

24天

破解翻譯腦，三步驟打造母語級表達力

英語口說奇蹟

Resource Kit

精選資源大補帖



健身管理 音樂欣賞 藝術文化
職場生存 × 料理挑戰 × 國際旅行
家庭關係 攝影探索 人生理念

► Intro 學習說明

讓英文成為你日常使用的語言之一，從興趣出發、從生活開始。

這份課後補充資源是為「希望把英文自然融入生活」的你準備的，涵蓋課程中的九大主題：健身管理、職場生存、家庭關係、音樂欣賞、料理挑戰、攝影探索、藝術文化、國際旅行與人生理念。我精選了適合你們的素材，希望能幫助你打開更多泛聽與輸入英文的管道。

因為這些連結來自網路公開資源，可能會隨時間變動或失效，無法定期更新與維護；但請不用擔心，這些內容僅是額外補充參考，不會影響到課程的主體學習。也希望這些資源能讓你的學習更多元、更有彈性。如果遇到連結失效，很歡迎你依課堂所學的方法，按自己的興趣尋找其他類似資源，或到課程留言區與我和同學們交流討論！

► 怎麼使用這些資源

你可以選擇自己喜歡的主題，用最舒服的節奏來看這些影片或文章，也可以把這堂課教你的學習方法運用在這些資源上，像是背景聆聽、主動開口模仿，或是跟讀練習。

怎麼用都沒問題，重點是——**你能持續接觸、覺得自在，甚至享受其中**。每個人最適合的學習方式都不同，找到屬於自己的節奏最重要。

這些連結不是作業，也不是壓力，而是你和英文之間的生活連結點。當你覺得它有趣的那一刻開始，英文就已走進你的生活了。

開始之前的小 Tips

我在每個主題裡都標記了我最喜歡的三個資源。

如果你不知道從哪裡開始，建議就從這三個之一下手。

雖然我喜歡這些資源裡的每一個，但這幾個是我最最喜歡的。

也希望你會喜歡！

► 健身管理 Fitness Management

Train your body, sharpen your English.



鍛鍊身體，訓練英文。






編號	想看 / 已看	資源內容與網址	林熙老師說
1 	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ 20 MIN CARDIO HIIT WORKOUT - ALL STANDING - Full Body. No Equipment, No Repeats</p>	No verbal instructions, just music, Male & Female demo together, pretty easy, all standing - no floorwork.
2	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ 20 Minute Cardio HIIT Workout: No Equipment at home workout for heart pumping cardio</p>	Great! Trainer talks you through it. 2 versions, one easy and one intermediate.
3	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ 20 Min Fat Burning HIIT Workout - Full body Cardio. No Equipment. No Repeat</p>	No verbal instructions, just music, looks pretty easy, but is actually tiring to do, bit of floor work.
4	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ 30 Min FULL BODY WORKOUT with WARM UP No Equipment & No Repeat Rowan Row</p>	If all other videos are too easy for you, then try this! No equipment, but quite advanced.
5 	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ How to Get in Better Shape than 99% of People</p>	20 mins, British & American (Ali Abdaal), 6 tips. Must watch! Better Shape is NOT usually talking about how your body looks - it's about how fit and healthy you are.
6 	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ I walked 10,000 steps a day for 30 days</p>	13 minutes, British accent (Matt D'Avella). Talks about the incredible health benefits of walking 10,000 steps a day and how to do it.

▶ 職場生存 Workplace Survival

Upgrade your English, unlock your career.

升級英文，解鎖職涯。

編號	想看 / 已看	資源內容與網址	林熙老師說
1 	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ 12 Ways to Survive a Toxic Work Environment	Short and simple. Good vocab and advice.
2	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ 4 ways to hack your motivation and get more done	Good advice on being more productive. Has links to many other great workplace survival articles, too.
3	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ How to get better at finishing things	Explains why we don't finish things & gives 2 tips on how to get better at finishing things.
4 	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ How to figure out your productivity style	Everybody's different. Use your personality to design your time.
5	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ How to prevent everything from feeling like an emergency at work	4 tips to deal with stress better.
6	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ 2 ways to be happier at work when you feel stuck	Very short and simple. Good ideas, too.

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7	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ How not to take things personally? Frederik Imbo TEDxMechelen	<p>Learning not to take things personally is crucial for both workplace survival and happiness. When we do, we focus on our hurt feelings, making it hard to stay productive. Internalizing criticism also damages our sense of security and puts our job at risk. Most important: train yourself by staying in uncomfortable situations; remember, it's usually not about you, but if it is, use it to self-examine.</p>
8	<input type="checkbox"/> / <input type="checkbox"/>	 Podcast 前往連結 ▼ How to love criticism	<p>(Challenging English, but a good way to deal with criticism) Interview about how to not only learn to accept criticism but to actually thrive with it. Script available in both English and Chinese.</p>
9 	<input type="checkbox"/> / <input type="checkbox"/>	 影集 預覽片段 ▼ Suits	<p>(Netflix) I love this TV series! Lawyers who are super cool! Everyone is so smart and thinks so fast. There's no real lawyer stuff happening, it's just about people acting cool. Watching multiple seasons of TV series is one of the best ways to improve your English.</p>
10	<input type="checkbox"/> / <input type="checkbox"/>	 電影 預覽片段 ▼ The Intern	<p>(Netflix) Touching movie about the workplace. More entertainment than anything else. A 70-year old man becomes an intern at a company run by young people. He proves that old people can teach young people a thing or two.</p>

► 家庭關係 Family Relationships

Build stronger bonds – with your family and your English.

建立深層的關係，不只家庭，還有你的英文。

編號	想看 / 已看	資源內容與網址	林熙老師說
1 	<input type="checkbox"/> / <input type="checkbox"/>	 影集 預覽片段 ▼ Young Sheldon	(Netflix) While watching the first episode (or any other episode you like), pay attention to the way that the different members of the family speak to each other. It's not completely realistic, but it is quite funny, and many of the ways they interact are simply exaggerated versions of exactly how Westerners interact.
2	<input type="checkbox"/> / <input type="checkbox"/>	 影集 預覽片段 ▼ Chesapeake Shores	(Netflix) Heart-warming family drama. A broken family gradually reunites in their hometown over 6 seasons. The actors speak quite slowly and clearly, so it's great as a beginning TV series. Pay extra attention to the interactions between family members.
3 	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ Tips to Improve Family Relationships	Understanding family relationships. Packed with great advice and vocabulary! The beginning has a great short section of 10 tips. It is a long article, so try to read at least the 10 tips. The rest of the article is worth reading, too.
4	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ Children are more likely to succeed if they live in this type of environment.	Medium length article on the effect of a healthy family on childhood development.
5	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ What 'gentle parenting' does for your kids	Relatively long article on new thoughts on parenting styles. People are too harsh on parents these days, blaming them for everything their kids do. This article discusses how we should view parents.

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6	<input type="checkbox"/> / <input type="checkbox"/>	 演講 前往連結 ▼ TED Talk: The single most important parenting strategy	(14 mins) Script in English and Chinese. Great video on relationships. American accent.
7	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ How Stoics Find And Build Deep Relationships	(10 mins) If you haven't looked into Stoicism, it's one of the best philosophies for happy living. His videos are excellent to watch when you need something positive in your life.
8 	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Stoicism's Tips For Solving Problems With People	(10 mins). More Stoic wisdom from Ryan Holiday. His videos are great! Advanced, but worth watching.
9	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ 10 Stoic Parenting Tips	(10 mins). I love how Stoicism is so realistic. It's not just positive thinking - it's looking at how the world really is. Then, it teaches you how to live happily in harsh times.



► 音樂欣賞 Music Appreciation

Feel the music, flow with the language.

感受音樂，讓語言自然流動。

編號	想看 / 已看	資源內容與網址	林熙老師說
1 	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ Classical music: Beethoven 9th Symphony.</p>	This is by far my favorite classical music. In this video, the fourth movement [IV Finale 52:12] is fantastic!
2	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ Classical music: Mozart - Symphony No. 40</p>	This is my favorite piece of Mozart music. The whole symphony is amazing!
3	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ Classical music: Vivaldi The Four Seasons</p>	This is such a classic! Along with the Beethoven & Mozart symphonies, this is my favorite piece of classical music. It's heavenly!
4	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ Classical Elgar: Yo-Yo Ma.</p>	Before Yo-Yo Ma, I never realized how good the cello could sound! This is one of his best performances
5	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ Classic Popular Song: Rihanna - Diamonds.</p>	What a great song!
6	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ Classic Popular Song: Coldplay - Hymn for the Weekend</p>	Coldplay has been one of my favorite bands for around 20 years. This song is great!

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7	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Classic Popular Song: Beyonce - Halo.	This song has a lot of repetition built into it, so it's a good one to use for learning English.
8	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Classic Popular Song: Maroon 5 Sugar	This was my son's favorite song for a while. I love Maroon 5's music, too. Be sure to check this out!
9	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Classic Popular Song: Lady Gaga Poker Face.	She's such an interesting artist. No list of modern pop songs would be complete without at least one Lady Gaga song. The music video seems to be completely unrelated to the lyrics.
10	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Classic Popular Song: U2 Beautiful Day.	U2 was one of the best bands of the 90s and early 2000s. This is one of their best songs. I've listened to it hundreds of times.
11	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Classic Popular Song: James Blunt - You're Beautiful.	When this song came out, it resonated deeply with me. Each time I listen to it, it reminds me of the most important person in my life.
12	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Classic Popular Song: Linkin Park - Numb.	With their blending of several musical genres, Linkin Park has made some of the most unique and good music of any band.

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13	<input type="checkbox"/> / <input type="checkbox"/>	 電影 預覽片段 ▼ Begin Again	<p>Great music, interesting story & very satisfying ending. I watched this when it came out and again last year. It's great!</p> <p>Movies in which the main character is down on their luck are always appealing because we've all been down, so we can relate to the characters. When we're down, we want to improve our lives, just like what happens in the story.</p>
14	<input type="checkbox"/> / <input type="checkbox"/>	 電影 預覽片段 ▼ La La Land	<p>(Netflix) A mix of jazz, music from the 80s, and a great story. I've watched this movie twice already!</p>

► 料理挑戰 Cooking Challenge

Stir up flavors, spice up your English.

炒出美味，也炒熱你的英文力。

編號	想看 / 已看	資源內容與網址	林熙老師說
1 	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Jamie Oliver's YouTube Channel	All great videos and explanations for cooking specific dishes. Not only are his videos great, you can practice listening to his British accent.
2	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Jamie Oliver - How To Make Perfect Scrambled Eggs - 3 ways (British, French, & American style).	One of the essential recipes if you're spending a lot of time overseas. You can save quite a lot of money by cooking yourself.
3 	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Gordon Ramsay's YouTube Channel	Everybody loves Gordon Ramsay! British accent, he teaches cooking in a really vibrant way. Some videos have recipes, some don't.
4 	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ How To Cook	Over 20, 1-minute Kitchen hacks to quickly make you better in the kitchen. You've gotta watch these videos if you want to learn how to cook more successfully with less effort.
5	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Joshua Weissman YouTube Channel	American, mostly Western food. Lots of great playlists. He makes cooking fun!
6	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ But Better (Joshua Weissman playlist)	Teaches how to make famous food, like McDonald's burgers, etc. at home using better quality ingredients and tasting better than the original meals.

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7	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ MasterChef World YouTube Channel	Full episodes of MasterChef World! You can learn how to cook recipes from all over the world and listen to different English accents at the same time!
8	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Cooking a Perfect Medium Rare Steak in 15 Minutes!	From Canada. This video is very exciting! If you've ever wondered how to cook a better steak, look no further. It's great to learn from the masters.
9	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Gordon Ramsay's most popular desserts.	There are 3 chocolate desserts, and a super fast tiramisu. If you've got a sweet tooth, you've gotta try some of these.
10	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Gordon Ramsay Cooks Up a Simple and Easy Pasta Dish in Just 10 Minutes!	Gordon Ramsay is such a master of cooking and explaining the process. If you love pasta, this video is a must watch.

You can find the complete recipe here | 前往連結 ▼
[Gordon's 10 Minute Pasta Recipe | Bite](#)

或掃描 QR Code 觀看



11	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Ramsay in 10 YouTube playlist	There are 40 videos, but for most of them you'd need to buy his cook-book for complete recipes. Recommended if you really like cooking and Gordon Ramsay.
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► 攝影探索 Photographic Exploration

See the world through your lens – and express it in English.

用鏡頭看世界，用英文說出來。

編號	想看 / 已看	資源內容與網址	林熙老師說
1 	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ Smartphone photography course: How smartphone cameras ACTUALLY work!</p>	<p>I love this channel! His videos are such high quality, his British accent sounds great, and his videos are interesting.</p> <p>This video is awesome! He teaches principles behind BOTH smartphones & cameras at same time. A wonderful and interesting introduction to cameras.</p>
2	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ Smartphone photography course: 13 Smartphone Photography tips & tricks</p>	<p>British. Honestly, this isn't the most interesting video out there, but it has reasonably good content and is quite understandable. Well worth a look if you take pictures with your smart-phone.</p>
3	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ Smartphone photography course: The ULTIMATE GUIDE to iPhone Photography!</p>	<p>66 mins, 2 guys, advanced English. Many principles apply to Android & photography in general. Quite a fun video, too.</p>
4	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ 5 Everyday Photography SECRETS You Must Try on Your Smartphone for Stunning Photos</p>	<p>Smartphone photography course: 8 mins, French accent, but CREATIVE tips</p>
5 	<input type="checkbox"/> / <input type="checkbox"/>	 <p>YouTube 影片 前往連結 ▼ Smartphone photography course: Smartphone Photography 101</p>	<p>This is quite comprehensive, for iOS & Android. If you're looking for a complete course on smartphone photography, this is a good one.</p>

編號	想看 / 已看	資源內容與網址		林熙老師說
6	<input type="checkbox"/> / <input type="checkbox"/>		文章 前往連結 ▼ 24 Photography Blogs To Bookmark Right Now	This is a great webpage that links to 24 photography blogs on different aspects of photography. Well worth checking out!
7	<input type="checkbox"/> / <input type="checkbox"/>		文章 前往連結 ▼ Best Photography Blogs of 2025 Similar to the webpage above.	Even more excellent photography blogs. This website is great for delving deeper into photography.
8	<input type="checkbox"/> / <input type="checkbox"/>		網站 前往連結 ▼ Dave Morrow Photography: Photography Fundamentals Tutorial Series	Awesome for a MUCH deeper dive into photography for people crazy about photography. It's got almost anything you'd ever want.
9	<input type="checkbox"/> / <input type="checkbox"/>		YouTube 影片 前往連結 ▼ General Photography YouTube playlist: Photography Tutorials for Beginners	British, pretty short videos. You could watch the videos in any order.
10	<input type="checkbox"/> / <input type="checkbox"/>		YouTube 影片 前往連結 ▼ General Photography: Photography Tutorials for Intermediate More advanced.	Same photographer as above (Sean Gallagher). Videos can be watched in any order. Just choose the ones that interest you the most.
11	<input type="checkbox"/> / <input type="checkbox"/>		YouTube 影片 前往連結 ▼ General Photography: 8 IMPORTANT Composition Tips for Better Photos	12 mins, British, Great Info on composition.
12	<input type="checkbox"/> / <input type="checkbox"/>		YouTube 影片 前往連結 ▼ Extremely comprehensive photography course: Learn Photography for Beginners Full photography course	This video is 4 hours long! If you want to understand everything about cameras, you'll get most of it here.

► 藝術文化 Art & Culture

Explore creativity, speak with confidence.

探索創意，自信表達。

編號	想看 / 已看	資源內容與網址	林熙老師說
1 	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Bob Ross YouTube Channel	TONS of oil painting lessons. Bob's a master. Many people grew up watching his videos on TV back in the day.
2 	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Art appreciation video: How to Look at Art: Crash Course Art History #2	The Crash Courses are brilliant. They condense tons of info into short videos. This one is only 11 minutes long. It's quite slow, with an American accent.
3	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Art appreciation video: How to Look at Art - Top Tips from an Art Historian!	7 tips in 8 minutes. Great content in this video. Teaches you how to appreciate online art, too.
4	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Art appreciation video: How To Visit An Art Museum: Guided by an Art Tour Expert	This 7 minute video teaches you how to take kids around a museum.
5	<input type="checkbox"/> / <input type="checkbox"/>	 演講 前往連結 ▼ TED Talk: How to See Like an Artist Scott Mallory	Quite an interesting TED Talk. Scott paints a painting while he gives his talk.(16 mins)
6	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Art appreciation video: Mona Lisa: Great Art Explained	This is a short version of the video. If you've ever wondered about the Mona Lisa, this is the video to watch! (14 mins)




編號	想看 / 已看	資源內容與網址	林熙老師說
7 	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Art appreciation video: Vincent Van Gogh's The Starry Night: Great Art Explained	Van Gogh is my favorite artist - for some reason, his paintings speak to me. This video is 16 minutes with slow British pronunciation. The first half is about Van Gogh and the second half is about the painting
8	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Art appreciation video: The Thinker by Rodin: Great Art Explained	An extremely well-known piece of sculpture. (16 mins)
9	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Art appreciation video: The Scream: Great Art Explained	This painting looks like the artist was a bit crazy. I do like it, though. (15 mins)
10	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Art appreciation video: Andy Warhol's Marilyn: Great Art Explained	This is one of the more modern pieces of art. Andy Warhol is famous for a quote he never said: Everybody gets their 15 minutes of fame. This video is also 15 minutes long.
11	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Art appreciation video: The Great Wave by Hokusai: Great Art Explained	A favorite video with Westerners, there's a lot of art by Hokusai in this video. (15 mins)
12	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Art appreciation video: Monet's Water Lilies: Great Art Explained	More of a Van Gogh fan myself, I've never really understood why everybody's so crazy about Monet. His art is super popular, though, so I've included this 15-minute video.

► 國際旅行 International Travel

Go places with English – literally and figuratively.

有了英文，走遍世界，也走向成長。

編號	想看 / 已看	資源內容與網址	林熙老師說
1 	<input type="checkbox"/> / <input type="checkbox"/>	 電影 預覽片段 ▼ Eat, Pray, Love	(Netflix) There are so many themes in this movie: travel to Italy & language barriers, speaking with your hands, putting on weight while overseas, meeting and spending time with people you meet, trying new things (ashram, meditation), facing challenges, local customs, and romance. It's a pretty good movie about travel.
2	<input type="checkbox"/> / <input type="checkbox"/>	 影集 預覽片段 ▼ Jack Whitehall: Travels with My Father	A British travel documentary and comedy series with a father and son going on global adventures to strengthen their bond. Their contrasting personalities – Jack's youthful exuberance and Michael's traditional demeanor—create humorous and heartfelt moments throughout their journeys.
3 	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ 18 Day Japan Travel Adventure	This is really interesting - a family (father, mother, and three kids) travels to Japan and tries all kinds of things. The kids are so cute!
4	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Arriving in Tokyo Japan! The Most Beautiful City!	A young husband and wife take their baby to Tokyo. Pretty short - 21 minutes.
5 	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Best Things To Do In Melbourne!	I've spent so many years in Melbourne - it's great to see it from the view of a tourist. I discovered lots of cool places that I'd never been to. Great watch if you're going to Melbourne.

編號	想看 / 已看	資源內容與網址	林熙老師說
6	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Taiwan - An Underrated Travel Destination and Why You SHOULD Visit!	An American comes to Taiwan. In just 12 minutes, he introduces most of the highlights in Taiwan, including Taiwanese food and places to visit.
7	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ How to Make Travel Meaningful	This article goes over 18 ways to increase your enjoyment while you travel.
8	<input type="checkbox"/> / <input type="checkbox"/>	 文章 & Podcast 前往連結 ▼ The Meaning of Travel With Emily Thomas	This is a long interview with Emily Thomas, who knows all about travel. The English is quite advanced, but you can listen and read at the same time.

► 人生理念 Life Philosophy

Think deeply, speak clearly – with the words that matter.

想得深，說得清 — 每個字都說在點上。

編號	想看 / 已看	資源內容與網址	林熙老師說
1 	<input type="checkbox"/> / <input type="checkbox"/>	 電影 預覽片段 ▼ The Shawshank Redemption	This is one of the best movies of all time. It's deeply touching and gets you to reflect on the meaning of life. I've seen it about 5 times so far.
2	<input type="checkbox"/> / <input type="checkbox"/>	 電影 預覽片段 ▼ Father Stu	Biographical drama about the transformative journey of a boxer who becomes a priest. The movie focuses on themes of redemption, suffering, and the power of faith. It's a heartfelt story of a man's journey from adversity to spiritual fulfillment.
3	<input type="checkbox"/> / <input type="checkbox"/>	 電影 預覽片段 ▼ The Green Mile	This is another extremely touching movie starring Tom Hanks. It's set in a prison, and focuses on the meaning of life. Well worth watching.
4	<input type="checkbox"/> / <input type="checkbox"/>	 電影 預覽片段 ▼ The Bucket List	This great movie is about two men who don't have much time left to live, and they decide to live the rest of their lives with adventure instead of just waiting to die.
5	<input type="checkbox"/> / <input type="checkbox"/>	 電影 預覽片段 ▼ The Secret Life of Walter Mitty	This is a feel-good movie about a boring guy in a boring job who daydreams all the time. He finally starts going on real adventures and living out his daydreams.
6	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ 7 behaviors to let go of if you want to live a peaceful and content life	Pretty short article about how to be happier in life.

編號	想看 / 已看	資源內容與網址	林熙老師說
7	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ If you want to feel happy and energetic into your 70s and beyond, say goodbye to these 5 habits now	More great advice on how to age happily. You don't need to wait until you're old - these are great for you to start at any age.
8	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ 7 things you're worrying about that won't matter in a year	We often worry about things that simply won't matter in the future. This is a great article to get you back to seeing things in perspective.
9	<input type="checkbox"/> / <input type="checkbox"/>	 文章 前往連結 ▼ The art of slow living: 8 habits to say goodbye to for a calmer, less stressful life	We're all stressed out nowadays. Here are 8 things that may be stressing you out even more at work and home.
10 	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ 50 (Short) Rules For Life From The Stoics	This brilliant 25-minute YouTube video is a must watch! Practicing Stoicism is a shortcut to happiness. With 50 rules, just take the first one that jumps out to you and start doing it.
11	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ 8 Stoic Habits That Will Improve Your Life	More Stoic philosophy. You are your habits. The things you habitually do completely shape your life and how you feel about it. These are great habits to work on. (15 mins)
12	<input type="checkbox"/> / <input type="checkbox"/>	 YouTube 影片 前往連結 ▼ Chasing Success vs True Fulfilment - Nat Eliason	A great video podcast from one of my favorite YouTubers (Ali Abdaal). If you haven't read his book, Feel-Good Productivity, it's worth reading. There's a Chinese version, too, if you need one.

編號	想看 / 已看	資源內容與網址	林熙老師說
13 	<input type="checkbox"/> / <input type="checkbox"/>	 <p>演講 前往連結 ▼ 1% Better Every Day - James Clear</p>	A great Keynote speech from the author of Atomic Habits. This video is a great introduction to his work. If you haven't read his book yet, it's one of the best books out there. Small habits accumulated make a huge difference in your life.
14	<input type="checkbox"/> / <input type="checkbox"/>	 <p>演講 前往連結 ▼ TED Talk: How to know your life purpose in 5 minutes - Adam Leipzig</p>	This video goes against common (misguided) thinking. The idea that we should know what our purpose in life is at a young age is usually wrong. Most people don't find their purpose in life until they've done all kinds of things. I didn't find my purpose until I was in my thirties. (10 mins)

24天 破解翻譯腦，三步驟打造母語級表達力 英語口說奇蹟

最後我想說

I hope you've begun using my curated list of resources and are incorporating English into your daily life. By the time you finish this list, your English will be better than you can imagine.
Thank you so much for joining me on this journey throughout this course.

I hope you've truly felt the power of muscle memory – because it's the key to instinctively speaking English.
Keep going with it – and share this method with anyone around you who wants to improve their spoken English.

Let's pass this on. This is exactly the kind of learning method Taiwanese learners need most. You've done an amazing job, and I hope you believe in yourself and keep getting better!

You've got this! See you when I see you.

Brett 林熙