

Lists of Learning Materials for 21-Day English Transformation Program

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List of YouTubers and interesting YouTube Channels

You can check out some recommended channels to help you explore sources of content for your English input here:

Travel:

- Nas Daily <https://www.youtube.com/@NasDaily/>
- Mark Wiens <https://www.youtube.com/user/migrationology>
- Yes Theory <https://www.youtube.com/c/YesTheory/>
- Fun for Louis <https://www.youtube.com/user/FunForLouis/featured>
- Allison Anderson <https://www.youtube.com/@allisonanderson/>
- Lexie Limitless <https://www.youtube.com/@LexieLimitless>
- Jon Olsson <https://www.youtube.com/user/JonOlssonVideoBlog/featured>

Entertainment & Lifestyle:

- MrBeast <https://www.youtube.com/@MrBeast>
- Will Smith <https://www.youtube.com/c/WillSmith/>
- Charles the French <https://www.youtube.com/c/CharlesTheFrench/>
- Liza Koshy <https://www.youtube.com/lizakoshy/>
- Casey Neistat <https://www.youtube.com/user/caseyneistat>
- PewDiePie <https://www.youtube.com/user/PewDiePie>
- James Charles <https://www.youtube.com/channel/UCucot-Zp428OwkyRm2I7v2Q>
- David Dobrik <https://www.youtube.com/c/DavidDobrik/>
- Dude Perfect <https://www.youtube.com/user/corycotton>
- REACT <https://www.youtube.com/finebros>
- People VS Food <https://www.youtube.com/c/peoplevsfood/>
- The Try Guys <https://www.youtube.com/c/tryguys>
- The Bee Family <https://www.youtube.com/user/ehbeefamily>
- TheOdd1sOut <https://www.youtube.com/c/theodd1sout/>
- Wassabi <https://www.youtube.com/user/hoiitsroi>
- Matthew Santoro <https://www.youtube.com/user/MatthewSantoro/>

- Anna Akana <https://www.youtube.com/c/AnnaAkana/>
- Shane <https://www.youtube.com/user/shane>
- Smosh <https://www.youtube.com/c/smosh/>
- Dropout <https://www.youtube.com/c/collegehumor/>
- How it should have ended <https://www.youtube.com/user/HISHEdotcom>
- Joey Graceffa <https://www.youtube.com/user/JoeyGraceffa/>
- Frank James <https://www.youtube.com/c/FrankJamesChannel/>
- Julie Nolke <https://www.youtube.com/c/FeelingPeckish>
- Babish Culinary Universe (Food & Cooking)
<https://www.youtube.com/c/bingingwithbabish>
- Wong Fu Productions <https://www.youtube.com/user/WongFuProductions>
- Peter McKinnon (Photography & Cinematography)
<https://www.youtube.com/c/PeterMcKinnon/>
- Mike Boyd (Experiments & Learning)
<https://www.youtube.com/user/microboyd>
- Doctor Mike <https://www.youtube.com/c/DoctorMike/>
- Jamie Oliver (Food & Cooking) <https://www.youtube.com/c/jamieoliver/>
- Mrnigelng <https://www.youtube.com/user/nigelscomedythings>

Self-development:

- Lavendaire <https://www.youtube.com/c/Lavendaire>
- Matt D'Avella <https://www.youtube.com/user/blackboxfilmcompany>
- Thomas Frank <https://www.youtube.com/user/electrickeye91>
- Ali Abdaal <https://www.youtube.com/user/Sepharoth64>
- Gary Vee <https://www.youtube.com/c/garyvee>
- Pick Up Limes <https://www.youtube.com/c/PickUpLimes/>
- Nathaniel Drew <https://www.youtube.com/c/nathanieldrewofficial/>
- Productivity Game (Book Summary)
https://www.youtube.com/channel/UC02x9yG9ZFF_VZp1VnMoptg
- Better Ideas <https://www.youtube.com/c/BetterIdeas/>
- Improvement Pill <https://www.youtube.com/c/ImprovementPillChannel/>

- Simon Sinek <https://www.youtube.com/user/SimonSinek>
- Mel Robbins <https://www.youtube.com/c/melrobbins>
- Charisma on Command <https://www.youtube.com/user/charismaoncommand>

Technology:

- Marques Brownlee <https://www.youtube.com/user/marquesbrownlee>
- Unbox Therapy <https://www.youtube.com/user/unboxtherapy>
- Jonathan Morrison <https://www.youtube.com/user/tldtoday>
- Justin Tse <https://www.youtube.com/user/JTechAppleTV>
- Linus Tech Tips <https://www.youtube.com/user/LinusTechTips>
- iJustine <https://www.youtube.com/user/ijustine>
- ShortCircuit <https://www.youtube.com/c/ShortCircuit/>
- TechAltar <https://www.youtube.com/c/TechAltar/>
- Tyler Stalman <https://www.youtube.com/c/stalman/>
- Digital Trends <https://www.youtube.com/c/digitaltrends/>

Educational & stories:

- Nas Daily <https://www.youtube.com/@NasDaily/videos>
- Physics Girl: <https://www.youtube.com/c/physicsgirl/>
- Veritasium <https://www.youtube.com/c/veritasium>
- BrainCraft: <https://www.youtube.com/user/braincraftvideo>
- What I've Learned: <https://www.youtube.com/c/WhatIveLearned/>
- JRE Clips <https://www.youtube.com/c/JREClips/>
- Casually Explained <https://www.youtube.com/c/CasuallyExplained/>
- Great Big Story <https://www.youtube.com/c/GreatBigStory/>
- Wall Street Journal <https://www.youtube.com/c/wsj>
- National Geographic <https://www.youtube.com/c/NatGeo>

Media outlets:

- Asian Boss: <https://www.youtube.com/c/AsianBoss/>
- Vice <https://www.youtube.com/c/VICE/>
- Vox <https://www.youtube.com/c/Vox/>

- Insider <https://www.youtube.com/c/thisisinsider/>
- WIRED <https://www.youtube.com/c/WIRED/>
- BuzzFeed Video <https://www.youtube.com/user/BuzzFeedVideo>
- Vogue <https://www.youtube.com/c/Vogue>
- Vanity Fair <https://www.youtube.com/user/VanityFairMagazine>

List of Vloggers (YouTube Channels)

Female Vloggers

- Michelle Choi <https://www.youtube.com/@michellechoii>
- Itsyuyan <https://www.youtube.com/@ItsYuyan>
- Jenn Im <https://www.youtube.com/c/clothesencounters/>
- itsJudysLife <https://www.youtube.com/user/itsJudysLife/featured>
- Vanessa Tiiu <https://www.youtube.com/@VanessaTiiu/>
- Alia Zaita <https://www.youtube.com/@aliazaita>
- Colleen Vlogs <https://www.youtube.com/c/ColleenVlogs/>
- Elena Taber <https://www.youtube.com/c/ElenaTaber/>
- Marla Catherine <https://www.youtube.com/c/MarlaCatherine/>
- Zoe Sugg <https://www.youtube.com/user/MoreZoella>
- Linh Truong <https://www.youtube.com/@withlovelinh/>

Male Vloggers

- Casey Neistat <https://www.youtube.com/user/caseyneistat>
- Peter McKinnon (Photography & Cinematography)
<https://www.youtube.com/c/PeterMcKinnon/>
- Earthrise <https://www.youtube.com/@earthrise>
- Gone with the Wynns <https://www.youtube.com/user/gonewiththewynns>
- Mo vlogs <https://www.youtube.com/c/MoVlogs/>
- Roman Atwood Vlogs
<https://www.youtube.com/user/RomanAtwoodVlogs/featured>
- Ellie and Jared <https://www.youtube.com/user/stylebyellie>

- Alfie Deyes Vlogs <https://www.youtube.com/user/PointlessBlogTv>
- ThatcherJoeVlogs <https://www.youtube.com/user/ThatcherJoeVlogs>
- Mark Wiens <https://www.youtube.com/user/migrationology>
- FunForLouis <https://www.youtube.com/user/FunForLouis>
- Jon Olsson <https://www.youtube.com/@JonOlsson/>

List of karaoke songs (YouTube channels)

- Sing King <https://www.youtube.com/user/singkingkaraoke>
- Sing2Piano | Piano Karaoke <https://www.youtube.com/c/Sing2Piano/>
- Tracks Planet Karaoke <https://www.youtube.com/c/TracksPlanetKaraoke/>
- YouSingTheHits <https://www.youtube.com/user/YouSingTheHits>

List of short movie clips 1 (YouTube Channels)

If you want, you can also watch a movie or TV series you like on any streaming service for this activity. On the other hand, if you don't have enough time for the whole movie, you can check out the movie clips (3-5 minutes) here available on these YouTube Channels:

- Movieclips <https://www.youtube.com/user/movieclips>
- Entertainment Access <https://www.youtube.com/c/EntertainmentAccess/>
- TopMovieClips <https://www.youtube.com/@topmovieclips5056/>
- BestClips
<https://www.youtube.com/channel/UC8BQGqcCSFq6RC9feEGUGFA/featured>

List of English variety shows/TV programs

- Jimmy Kimmel Live <https://www.youtube.com/user/JimmyKimmelLive>
- The Tonight Show Starring Jimmy Fallon
<https://www.youtube.com/user/latenight>

- The Late Late Show with James Corden
<https://www.youtube.com/user/TheLateLateShow>
- The Ellen Show <https://www.youtube.com/user/TheEllenShow>
- The Graham Norton Show
<https://www.youtube.com/user/OfficialGrahamNorton>
- The Daily Show <https://www.youtube.com/c/TheDailyShow/videos>
- The Late Show with Stephen Colbert
<https://www.youtube.com/c/ColbertLateShow/videos>
- Entertainment Weekly <https://www.youtube.com/user/ew>
- Wired <https://www.youtube.com/user/wired>
- Vanity Fair <https://www.youtube.com/user/VanityFairMagazine>
- First We Feast <https://www.youtube.com/@FirstWeFeast/>
- Vogue <https://www.youtube.com/user/Americanvogue>

List of English lesson videos

- VOA Learning English <https://www.youtube.com/user/VOALearningEnglish>
- BBC Learning English <https://www.youtube.com/user/bbclearningenglish>
- English with Lucy (UK) <https://www.youtube.com/c/EnglishwithLucy/>
- Rachel's English (US) <https://www.youtube.com/user/rachelsenglish>
- Business English – Learn with Business English Pod (US)
<https://www.youtube.com/user/bizpod>
- mmmEnglish (AU) https://www.youtube.com/c/mmmEnglish_Emma/
- Lingua marina <https://www.youtube.com/c/linguamarina/>
- Learn English with Papa Teach Me (UK) <https://www.youtube.com/user/papateachme>
- Learn English with TV Series
<https://www.youtube.com/c/LearnEnglishWithTVSeries/>
- Helena Daily English <https://www.youtube.com/c/HelenaDailyEnglish/>
- Oxford Online English (US & UK)
<https://www.youtube.com/user/oxfordonlineenglish>

- Learn English with EnglishClass101.com (US)
<https://www.youtube.com/user/ENGLISHCLASS101>
- Speak English with Vanessa (US) <https://www.youtube.com/user/theteachervanessa>
- Learn English with Emma <https://www.youtube.com/user/EnglishTeacherEmma>
- Engvid <https://www.engvid.com>

List of podcasts/audiobooks/news/speeches

Podcast & Interviews

Youtube:

- KND studio: คำนี้ดี Featuring
<https://www.youtube.com/watch?v=DK83hMpLxS8&list=PL9gb6NXEhenJXO2cKiyk67J7XzC0LSagm>
- All Ears English
<https://www.youtube.com/channel/UCajKaiBJSwYcDFbfMICpSpA>
- mmmEnglish's PODCAST | Build Your English Confidence
<https://www.youtube.com/watch?v=FfwWDCzs2vE>
- The Power Learning Podcast <https://www.youtube.com/watch?v=r-EiyrDgLks>
- BBC's the English We Speak
<https://www.youtube.com/watch?v=qLgjYIygZRw&list=PLcetZ6gSk9692J5Mq2pY4siPVbMCu4v6c>
- Luke's English Podcast
<https://www.youtube.com/@LukesEnglishPodcast>
- Mastering English with Ease and Fun
<https://www.youtube.com/@MasteringEnglishwithEase>
- Farang Angmor: The Lessons Learned
<https://youtube.com/playlist?list=PLAD-UTMswMx-awFdI5ugH5NMU5U6owKeT>

News Channels

- BBC News <https://www.youtube.com/user/bbcnews/featured>
- CNN News <https://www.youtube.com/user/CNN>
- ABC News <https://www.youtube.com/user/ABCNews>
- NBC News <https://www.youtube.com/user/NBCNews>

- CNBC <https://www.youtube.com/user/cnbc>
- Al Jazeera English <https://www.youtube.com/user/AlJazeeraEnglish>
- Reuters <https://www.youtube.com/@Reuters>
- The Economist <https://www.youtube.com/user/EconomistMagazine>

Audiobooks

YouTube Channels:

- Great AudioBooks https://www.youtube.com/@great_audiobook
- Greatest AudioBooks <https://www.youtube.com/user/GreatestAudioBooks/>
- Steven Red Fox Garnett
<https://www.youtube.com/c/StevenRedFoxGarnett/featured>
- Audio Libre Library <https://www.youtube.com/@audiolibrelibrary4908>

Fiction Audiobooks:

- Peter Pan <https://youtu.be/ev1nR0ChRnc>
- Twelves Years A Slave <https://www.youtube.com/watch?v=g-ILc8W0P3Y>
- Sherlock Holmes: The Adventure of the Priory School
<https://www.youtube.com/watch?v=7SnaHnDbEEk>

Non-fiction audiobooks:

- Ikigai: The Japanese secret to a long and happy life
<https://youtu.be/uSDHIWHjxws>
- Atomic Habits <https://youtu.be/QwaDvbC04mI>
- The Art of Thinking Clearly <https://youtu.be/ImC6ECStpGA>
- No Excuses <https://youtu.be/A0CBqHjaY3A>

Speeches (YouTube Channels)

- English Speeches <https://www.youtube.com/c/EnglishSpeeches>
- Goalcast <https://www.youtube.com/c/Goalcast/>
- Motivation Ark <https://www.youtube.com/@MotivationArk>

List of Facebook Pages

If you could not think of Facebook Pages to follow, here are some of our recommended pages:

- Nas Daily <https://www.facebook.com/nasdaily/>
- Ellen Degeneres <https://www.facebook.com/ellentv/>
- GoalCast <https://www.facebook.com/goalcast/>
- How to DAD <https://www.facebook.com/HowtoDADnz/>
- Charles The French <https://www.facebook.com/charlesthefrench/>
- 9gag <https://www.facebook.com/9gag/>
- Gary Vaynaychuk <https://www.facebook.com/gary/>
- Memes <https://www.facebook.com/memes/>
- The Language Nerds <https://www.facebook.com/thelanguageners/>
- PunHub <https://www.facebook.com/PunHubOnline/>
- TED <https://www.facebook.com/TED/>
- TED-Ed <https://www.facebook.com/TEDEducation/>
- BBC One <https://www.facebook.com/BBCOne/>
- VT <https://www.facebook.com/VT/>
- In the NOW <https://www.facebook.com/inthenow/>
- In The Know <https://www.facebook.com/InTheKnowByAOL/>
- AJ+ <https://www.facebook.com/ajplusenglish/>
- Harvard Business Review <https://www.facebook.com/HBR/>
- Power of Positivity <https://www.facebook.com/powerofpositivity/>
- BuzzFeed <https://www.facebook.com/BuzzFeed/>
- Positive Energy+ <https://www.facebook.com/positiveenergyplus/>
- Upworthy <https://www.facebook.com/Upworthy/>
- Futurism <https://www.facebook.com/futurism/>
- Tasty <https://www.facebook.com/buzzfeedtasty/>
- 8FACT <https://www.facebook.com/8fact/>
- Now I've Seen Everything <https://www.facebook.com/seen.everything/>

- Happiness Is. <https://www.facebook.com/happiness.is.archive/>
- UberFacts <https://www.facebook.com/UberFacts/>
- Bright Side <https://www.facebook.com/brightside/>

List of fairy tales and stories

- British Council Stories <https://learnenglishkids.britishcouncil.org/short-stories>
- English Fairy Tales (Youtube Channel)
<https://www.youtube.com/c/EnglishFairyTales/featured>

List of short movie clips 2 (TV Series)

You can watch a few scenes from these TV Series for this activity. Here are our recommended shows but you can also watch any shows you like on any platform you prefer.

For the videos with subtitles available, please click the English CC icon to turn on English subtitles.

FRIENDS Series (with English Subtitles)

- **Playlist - Friends Series**
https://youtube.com/playlist?list=PLJBo3iyb1U0cGfTm1du_L8b81kiGioqJ7
- Friends: Joey Finds Out <https://youtu.be/XZVHmRvfDHM>
- Friends: Phoebe Discovers Monica and Chandler's Relationship
<https://youtu.be/gyKmICnNRhs>
- Friends: Rachel Buys An Expensive Naked Cat <https://youtu.be/Xtwar56r4Lg>
- Friends: Trivia Game <https://youtu.be/VEYgKitZMWE>
- Friends: Joey's Bad Birthday Gift <https://youtu.be/221F55VPp2M>

The Big Bang Theory Series

- **Playlist – The Big Bang Theory**

<https://youtube.com/playlist?list=PLJBo3iyb1U0f9aAu8iT11C1PZSPgrXttS>

- Sheldon as a Professor <https://www.youtube.com/watch?v=61FasQ6KQCI>

- The Sibling Realignment <https://youtu.be/44eaanLsChY>

- Sheldon and Leonard talking in Klingon

<https://www.youtube.com/watch?v=sugq9CU3u0Y>

The Office (with English Subtitles)

- Youtube Channel <https://www.youtube.com/user/ustheoffice/videos>

Scenes:

- Fire Drill https://www.youtube.com/watch?v=gO8N3L_aERg

- Prison Mike <https://www.youtube.com/watch?v=a7RoP1LKMeM>

- Jim's Pranks Against Dwight

<https://www.youtube.com/watch?v=Xnk4seEHmgw>

How I Met Your Mother

- The Time Travelers (with English subtitles)

<https://www.youtube.com/watch?v=UPGq9JtjIBc>

- How I Met Your Mother - TOP 5 Moments (with English Subtitles)

<https://youtu.be/sCUEc7ZGGeU>

List of interesting TED talks with subtitles

You can watch any TED or TEDx talks you like on

YouTube:

- <https://www.youtube.com/c/TED/>
- <https://www.youtube.com/user/TEDxTalks/>

or on the website: <http://TED.com>

But if you don't know what to watch, these are some suggested talks you might like.

You can click the CC icon to turn on English or Thai subtitles.

- How to speak so that people want to listen
<https://www.youtube.com/watch?v=eIho2S0ZahI>
- Do schools kill creativity?
<https://www.youtube.com/watch?v=iG9CE55wbtY&t=18s>
- Your body language may shape who you are
https://www.youtube.com/watch?v=Ks-_Mh1QhMc
- How to spot a liar https://www.youtube.com/watch?v=P_6vDLq64gE
- What makes a good life? (Only English subtitle)
<https://www.youtube.com/watch?v=8KkKuTCFvzI>
- Inside the mind of a master procrastinator (Only English subtitle)
<https://www.youtube.com/watch?v=arj7oStGLkU>
- Looks aren't everything. Believe me, I'm a model.
<https://www.youtube.com/watch?v=KM4Xe6Dlp0Y>
- How great leaders inspire action
<https://www.youtube.com/watch?v=qp0HIF3SfI4>
- How to make stress your friend
<https://www.youtube.com/watch?v=RcGyVTaoXEU>
- My philosophy for a happy life (Only English subtitle)
<https://www.youtube.com/watch?v=36m1o-tM05g>
- Sleep is your superpower <https://www.youtube.com/watch?v=5MuIMqhT8DM>
- How to Get Your Brain to Focus (Only English subtitle)
https://www.youtube.com/watch?v=Hu4Yvq-g7_Y
- What makes you special? <https://www.youtube.com/watch?v=MY5SatbZMAo>
- The first 20 hours - how to learn anything
<https://www.youtube.com/watch?v=5MgBikgcWnY>
- There's more to life than being happy
<https://www.youtube.com/watch?v=y9Trdafp83U>
- How to sound smart in your TEDx Talk
<https://www.youtube.com/watch?v=8S0FDjFBj8o>

List of talent shows

- Got Talent Global <https://www.youtube.com/user/gottalentglobal>
- Britain's Got Talent <https://www.youtube.com/user/BritainsGotTalent09>
- America's Got Talent <https://www.youtube.com/user/AmericasGotTalent>
- Asia's Got Talent <https://www.youtube.com/user/asiasgottalent>
- The Voice <https://www.youtube.com/user/NBCTheVoice>
- The Voice UK
https://www.youtube.com/channel/UCOILivh3_AfkjDFy5X7EL5Q
- X Factor Global <https://www.youtube.com/user/xfactorglobal>
- X Factor UK <https://www.youtube.com/user/TheXFactorUK>
- X Factor USA <https://www.youtube.com/user/TheXFactorUSA>

List of online article sites

You can choose any article you find online via social media or Google search. If you don't know where to find the articles, these are some recommended platforms for your online readings:

- English Online <https://www.english-online.at>
- Breaking News English <https://breakingnewsenglish.com>
- Medium <https://medium.com>
- Vice https://www.vice.com/en_us
- Discover Magazine <http://discovermagazine.com>
- Science of People <https://www.scienceofpeople.com>
- Bright Side <https://brightside.me>
- Refinery <https://www.refinery29.com/en-us>
- Life hacker <https://lifelhacker.com>
- James Clear (Self-improvement tips) <https://jamesclear.com/articles>

All the Best & Happy Learning ☺