2022-03-25

Contents

Chapter 1

(2021),
- - - "

                                                       "

DALF C1

Chapter 2

1

2

3

?

( ) 1 1

-

-

-

-

•

_

–

–

–

– ** ?**

– ** ?**

– ** ?**

–

– /

– ( )

–

–

3

( )   1 (6)   XX

( )   ( )

"   "

Chapter 3

^_^)

- /
- /

3.1

chrome, firefox, tor, microsoft edge, opera.

safari, chrome, tor, firefox

Safari ( ) airdrop keychain

Chrome profils , , .. profils ( )

Tor Tor firefox sci-
hub Tor Tor google duckduckgo

Firefox Chrome Tor Firefox

chrome google Tor duckduckgo

baidu,
google, duckduckgo, yahoo google duckduckgo **
** " "

9

"recommendations french dictionary"   "le meilleur dictionnaire francais"

hub   quora   **/   /pdf/**

3.2

                                                              " "   " " " "   Je

suis rentré chez moi.   etre   avoir   " suis rentre ai   rentre"   "etre   "   "etre "   "   "   "   "

3.3

- " "   " "

- *   " xxxxxxx"

- "-"   XX - YY   XX   YY   DELF -A1   DELF A1
  (DELF   A1,A2,B1,B2   )

- "|" or   X Y

- "site "

- "intitile:"

- "filetype:"   pdf "filetype:pdf"

-   "   "

                                                      "   " "   "

3.4

                              (   )

                                        (   )

- XX
  XX
    YYYY   YYYY
  ZZ

~

Chapter 4

4.1

/　　/

A	A1
A2	
B	B1
B2	
C	C1
C2	”

B1　　B2　　C1

- A1 60–100

- A2 160–200

- B1 360–400

- B2 560–650

- C1 810–950
- C2 1,060–1,200

$$\mathrm{TCF(\ /\ /\ ),\ TEF(\ /\ /\ ),\ DELF/DALF(\ /\ /\ )}$$ (

4.2

-
-
-

0   / /

(Edx coursera)

1. Edx:On-Ramp to AP® French Language and Culture
2. Coursera:Étudier en France: French Intermediate course B1-B2
3. Fun-mooc:Vivre en France - A1
4. Fun-mooc:Vivre en France - A2
5. Fun-mooc:Travailler en France A2-B1
6. Fun-mooc:Vivre en France - B1
7. Fun-mooc:Préparer et Réussir le DELF B2 et le DALF C1
8. Ecole ouverte(québec)

(3 4 6   Fun-mooc   )

+ +   —

—Hachette

…   …   RFI Savoirs
TV5monde

app app

- 　　　WordReference   Antidote
- Dictée Bescherelle

- Arte.tv youtube
- Radios (app)
- youtube

app

Chapter 5

5.1

1   2   3

 3

5.2

20 3

" "   3   4-

5   1

7:00-7:45,   X -X …. YY

tip

17

Chapter 6

6.1

2015   :

Rescue Time   Waste
No Time (Extension)

iCalendar   Google Calendar

excel   notion

toggl track

Tide

" "

>

toggle   ～

19

6.2

GTD(get things done)   " - - - "   todo

/ /

Chapter 7

7.1

5-8   30   1-2   ...

log   A1 XX   XX   Y

(quality)   (quantity)

0-A1   B1-B2   C1   B1 B2   B2

7.2

/   vblog

7.3

Agile   log   /

" "

Chapter 8

1

1.
2.
3.
4.

16

/)

- "   .
-                                    /
-
-
-
-

23

-

”

~

Chapter 9

2

G-Suite

　　　　　　　Google　　　　　　　　　　(doc,excel,ppt,form etc.)　　　youtube

　　　　　　　　　　　　　　　　　　　15G
　　　　　　Youtube　　　　　　Youtube　　Chrome:　　　　　　　　　　　safari
F.lux

Global speed

Z-library

　　　　　　　　　…

　　Roam Research　　　Onenote　notion

　　　　　　　Rescue　Time　　　WasteNoTime　　　Tide　　　　Toggle
Track
　　　　　Github Rstudio, Terminal