

Here's a list of free online resources and apps where people can learn new skills to improve their lives across various categories:

1. Languages

- [Duolingo](#) – Learn over 30 languages with gamified lessons.
- [BBC Languages](#) – Offers free courses in various languages.
- [Memrise](#) – Uses spaced repetition to help with language learning.
- [Busuu](#) – Free and paid options for conversational practice.

2. Career & Job Skills

- [LinkedIn Learning \(via Public Libraries\)](#) – Some public libraries offer free access to professional courses.
- [Coursera](#) – Free courses from top universities on business, data science, and more.
- [edX](#) – Harvard, MIT, and other universities offer free classes.
- [Google Digital Garage](#) – Free courses on digital marketing, coding, and more.
- [Grow with Google](#) – Free training in career development, IT, and small business skills.
- [Google Certificates](#) – Flexible online training programs designed to put you on the fast track to high-growth fields.

3. Technology & Coding

- [freeCodeCamp](#) – Learn coding through hands-on projects.
- [Codecademy \(Basic Free Plan\)](#) – Interactive courses on programming languages.
- [Harvard's CS50 \(via edX\)](#) – Free computer science course from Harvard.
- [MIT OpenCourseWare](#) – Free lectures and courses on computer science and more.

4. Health & Fitness

- [Nike Training Club](#) – Free guided workouts for strength and cardio.
- [Down Dog](#) – Free yoga, HIIT, and meditation sessions.
- [HASfit](#) – Free fitness programs on YouTube and their app.
- [MyFitnessPal](#) – Free calorie tracking and nutrition guidance.

5. Personal Finance & Investing

- [Investopedia Academy](#) – Free finance and investing lessons.
- [Khan Academy – Personal Finance](#) – Lessons on budgeting, investing, and saving.
- [The Motley Fool](#) – Free educational resources on investing and stock market basics.
- [Udemy Free Finance Courses](#) – Search for free finance and investment courses.

6. Business & Entrepreneurship

- [SCORE](#) – Free mentoring and courses for small business owners.
- [Shopify Learn](#) – Free e-commerce and entrepreneurship courses.
- [HubSpot Academy](#) – Free courses on business, marketing, and sales.
- [MIT OpenCourseWare – Entrepreneurship](#) – Free entrepreneurship courses.

7. Life Skills & Productivity

- [TED Talks](#) – Inspiring talks on all aspects of personal development.
- [Skillshare \(Free Courses Available\)](#) – Creative and personal development courses.
- [Notion Academy](#) – Learn productivity and organization skills.
- [FutureLearn](#) – Free courses on a variety of life skills.