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# 向世界挑战

Challenge the World

LIFESTYLE  
TRAVEL

## Challenge the World

Challenge the World is a fun, pulsating, heartwarming programme that sees a Singaporean taking on exciting, sometimes whimsical and most often physically challenging cultural feats of the world!

In this infotainment cum reality show, one participant- notable Singaporean- will travel to different parts of the world and attempts to bring home a moment of glory- and many friendships forged along the way- as he battles in a traditional game one hardly hears of in this part of the world. Will they succeed? What will they bring home?

**Hosts:** Tao Li, Huang Jing Lun, Allan Wu, Michelle Chia, Ryan Lian, Jeremy Chan, Alfred Sim, Apple Chan, Wallace Ang, Maxi Lim

## 向世界挑战

《向世界挑战》一个集合娱乐和丰富资讯的全新动能实况节目，每集一个小时，由一位本地运动员或艺人代表新加坡，到世界各地去进行传统竞技的挑战，和当地人进行切身较量，文化交流！

世界上每个角落都有它独特的传统竞技比赛。有的由来已久，世代传承下来，成为各个民族独具特色的文化竞技！有的有趣、好玩，但有的可是非常的考验参与者的体力，毅力甚至脑力！

勇敢接受挑战的新加坡代表们是否能为新加坡争取到荣耀？他们如何克服困难，跟当地人一较高下？

**主持人：**陶李，黄靖伦，吴振天，谢韵仪，廖永谊，田铭耀，沈志豪，陈芷尤，洪圣安，林俊良

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**Producer:** Threesixzero Productions  
**Distributor:** Mediacorp





#### EP1: WINTER SWIMMING

On the first episode of this brand new series "Challenge The World" we will be bringing Singapore's former National team swimmer Tao Li to take part in the international winter swimming competition in Harbin, China.

With temperatures plunging as low as -20 degrees, will Tao Li be able to compete and successfully complete the challenge?

What problems will she be faced with? Stay tuned to find out!

#### EP2: TUNA TOSSING

What's the first thing that pops in your head when we say tuna? You might be surprised to know that there is a popular competition in Port Lincoln, Australia that requires you to toss a tuna.

In this episode, our presenter got a chance at a hand in the Tuna Tossing Competition, and even got to swim with these large fishes! Will he be able to learn all the techniques required and return with pride?

#### EP3: WIFE CARRYING

Legend has it that robbers in Finland used to steal people's wives on their backs in the 1800s. This old folk tale then went on to become an annual competition - the Wife Carrying World Championship. How does this competition work and what are the rules?

Our presenter this week might have the physique and muscles, but the only thing he's missing is a wife. Will he find one in time for the competition?

#### EP4: PENNY FARTHING

Talk about Penny Farthing - something you have seen in a museum? But did you know it has actually become a famous competition in the Guinness World Records.

In this episode, Michelle Chia will be taking part in the National Penny Farthing Championship in Australia. In just 2 weeks, she has to learn the various techniques needed to ride a penny-farthing. It's no easy feat but is she up for it?

#### EP5: BUN FESTIVAL

Jumping out from the big screen, actor Ryan Lian headed to Hong Kong Cheung Chau to participate in an annual traditional "Bun snatching" competition.

He has a fear of heights, and is an amateur in climbing, will he be able to overcome these challenges and climb the 14 metre high 'bun mountain'?

Don't miss this episode of Challenge The World to find out if he makes it to the top!

#### EP6: FIERLJEPPEN HOLLAND

Fierljeppen, also known as river or canal vaulting, is a distinct sport in Holland with 300 years of history. It demands a high level of fitness and coordination, and professionals train for years before their debut competition. With just 2 days of training and no sports background, will our Singaporean representative make it to the other side, or will he be swept away by the waves?

#### EP7: QIANGGU

The shu-gu-peng or log climbing competition in Hengchun, Taiwan is held every year during the Hungry Ghost Festival. This 100-year-old athletic event invites 32 teams to climb up a 23-meter high and greased log. Alfred Sim, former national athlete and singer accepted the challenge. However, as the training began, he suffered an unexpected blow which led him to the road of wanting to give up.

#### EP8: SSIREUM COMPETITION

Wrestling - a sport that requires a mix of courage, strength and technique. However, is the skinny one always at the losing end in a wrestling competition?

Korea has a wrestling sport called Ssireum which has been a traditional national sport since the fourth century. Along with this week's host, we will be exploring the techniques and history of this amazing sport. What will her outcome be?

#### EP9: LONG BOAT RACING

Singapore's all-rounder Wallace Ang travels to Phichit, Thailand to participate in the annual King's Cup Long Boat race! He has never rowed a boat, nor seen a Thailand long boat before. So what challenges will he be faced with along with the tough training process.

Will he get along well with his teammates and will they make it to the finals together? Stay tuned to find out!

#### EP10: NINJA

Ninjas - these unconventional Japanese warriors have been immortalized in art and film worldwide. While fictional ninjas are meant for entertainment, relics of actual ninjas can still be found in Koka, Japan.

In this last episode, our host will slip into authentic ninja gear at The Ninja Competition, have a hand at stone wall climbing, and aim at targets with real shuriken throwing stars.

*Information correct at time of printing*



### 第1集: WINTER SWIMMING

《向世界挑战》，一部全新的“真人秀”资讯节目即将隆重登场！打头阵的是新加坡前国家游泳队选手陶李！她在摄制组的邀约下，勇敢接受挑战，到中国哈尔滨参加国际冬泳比赛。在零下10多20度的温度下，怕冷的陶李敢不敢下水呢？从来没有游过冬泳的她将面对什么困难？她最终有没有挑战成功呢？

### 第2集: TUNA TOSSING

说到金枪鱼，你会想到什么？金枪鱼罐头？金枪鱼面包？你可知道金枪鱼也可以拿来比赛？在澳大利亚林肯港就有这么一个独一无二的丢金枪鱼竞赛，每年都吸引世界各地的人前去参加。丢金枪鱼，很难吗？要怎么比呢？为什么大家会对丢金枪鱼感兴趣呢？这一集的《向世界挑战》就派出一位新加坡艺人飞往林肯港一探究竟，过程中他还和金枪鱼一起游泳，当然也不忘最终的目的——就是挑战丢金枪鱼比赛。

### 第3集: WIFE CARRYING

位于芬兰东部一个小镇，有着一个由民间传说演变而成，现在已享誉国际的竞赛，叫做“背老婆”竞赛。这个趣味性十足的竞赛，究竟其魅力何在，能够历久不衰？它的比赛规则是什么？要如何才能脱颖而出成为冠军？这一集的《向世界挑战》，节目组特地找来猛男主持人吴振天去挑战这项竞赛。但，单身的他空有肌肉，却没有老婆，要怎么去参加比赛呢？

### 第4集: PENNY FARTHING

说到大小轮脚车，你或许在脚车博物馆里看过；但你可知道在21世纪的今天，仍然有人骑着它在路上走？这一集节目，艺人谢韵仪将到澳大利亚参加一项被列入吉尼斯世界纪录的大小轮脚车竞赛。

大小轮脚车为何会在当地盛行？它跟一般脚车有何不同？据说会骑脚车的人未必能驾驭它，因为要掌握它非常考验体力和技巧。那挑战者谢韵仪要如何在短时间内学会，并达到能去参赛的程度？她会如何克服一切困难，向世界挑战？

### 第5集: BUN FESTIVAL

新加坡艺人廖永谊跑出电影大银幕，带着必胜的心情前往香港长洲，参加当地一年一度盛大热闹的抢包山比赛。完全没学过攀爬技术的他，要如何爬上14米高的包山？何况他还有惧高症，那他要如何战胜自我，成功爬上包山的顶端呢？

### 第6集: FIERLJEPPEN HOLLAND

荷兰有一项名为“壕沟撑杆跳”的独特比赛，已有300多年历史。这项比赛需要绝佳的体能和协调性，才能撑杆越过河岸。选手们多数从7岁就开始受训，而且必须经过好几年才能正式参加比赛。新加坡艺人田铭耀徒有搞笑细胞，没有运动细胞，却敢接受挑战，前往荷兰参加比赛。不过，他的训练时间只有短短两天。他究竟能否挑战成功？还是会沦为落汤鸡？

### 第7集: QIANGGU

台湾恒春每逢中元节举办竖孤棚比赛。这项有百年历史的竞技活动，邀请32支队伍，用叠罗汉和绑布条的方式，抢攻涂满黄油的23公尺高柱；谁先到顶并夺下顺风旗，就是冠军。

新加坡歌手沈志豪果敢接受挑战，前往台湾拜“竖孤棚8届冠军”陈进兴为师。作为前国家田径队代表，志豪拥有运动员的体力和身手。然而训练第一天，志豪就遭遇意想不到的打击，让他频频感叹“怎么办”，甚至萌生退意。比赛三天后举行，他能不负众望，勇敢应战吗？

### 第8集: SSIREUM COMPETITION

摔跤，是一个讲求力量、技巧和勇气的运动。这一集的《向世界挑战》将到韩国挑战韩式女子全国摔跤大赛。韩式传统摔跤跟一般摔跤有什么不同？摔跤过程中有哪些学问？个子瘦小的人就注定是输方吗？重点是，究竟有哪个女艺人这么大胆，敢于接下这项挑战呢？她在接受短短几天的训练之后，就要上场迎战全韩国的女摔跤好手。她的下场会是如何？

### 第9集: LONG BOAT RACING

多才多艺的洪圣安，不甘于待在室内唱歌主持演戏，决定来一次大胆的创举，到泰国披集府参加一年一度的国王杯长舟比赛！从来没划过舟，甚至连长舟都没见过的他，将面临什么样的挫折和困难？而长舟的训练过程究竟有多艰难？他和队友们是否能安然相处？比赛当天他被教练安排坐在船头，就不知道这是出奇制胜之举，还是灾难的开始？

### 第10集: NINJA

提到忍者，往往给人神出鬼没、高深莫测、无所不能的印象。很多电影、电视剧、小说等都曾以忍者为题材，所以造成有些人误以为忍者纯属虚构。但事实上，忍者是日本真实存在过的一种特殊行业！直到今天，日本滋贺县甲贺市每年都会举行忍者锦标赛，让所有忍者爱好者大显身手。最后一集的《向世界挑战》，请来了号称“狮城最后一位忍者”的艺人林俊良前往忍术村，跟全日本的忍者爱好者争夺第一忍者的荣誉！且看他是否能载誉而归。