



LET'S DO IT TOGETHER!

大家一起来!

LIFESTYLE
TRAVEL

Let's Do It Together

Unity is power! As the old saying goes, two is better than one. What a group of people is able to do surpasses one's ability and capability.

Let's Do It Together will showcase 10 traits of a community, where each trait will be elaborated in one episode. In a total of 10 episodes, we will investigate the traits of 10 communities across 10 different countries. We will go deep into the communities and look into the different activities to explore what remained unchanged as each community continues to bring their people together. It's the community spirit that we are looking for that are missing in our society today, and we want to bring it back again! So let's do it together!

Host: Allan Wu and Janet Hsieh

大家一起来!

团结就是力量! 俗话说, 三个臭皮匠胜过一个诸葛亮。我们说一群人能做的事远远超越了一个人的能力。

《大家一起来!》将会展现一个社区的十大特点而每一集会详细说明其中一个特点。在这十集里, 我们将调查出十个不同国家的十个社区特征。我们即将深入社区, 研究不同活动, 探索在每个社区的特点, 来告诉大家为什么这些社区一直能保持他们邻里之间的和谐

我们正在寻找的是在现今社会所缺少的社区精神, 然后把这种精神再次带回社会里。所以, 让我们大家一起来!

主持人: 吴振天 和 谢怡芬

Language: Chinese

For sales enquiries on content distribution:

Grace Chia gracechia@mediacorp.com.sg
Pamela Teo pamelateoww@mediacorp.com.sg
Tracy Sim tracysim@mediacorp.com.sg
<http://contentdistribution.mediacorp.sg>

Episode: 10 x 30 minutes
Producer: August Pictures
Distributor: Mediacorp





EP1: Peru - The Duty to pass on

The ancient tradition of using the local grow grass from the village to weave it into the village's only rope bridge that allow villagers to walk over the river valley gaining access to the outside world. Every June for 3 days in Q'eswachak, this ancient handicraft skill that belongs to the Quechua community has been passed down for generations for the last 500 years, a living bridge that protects the community.

Every June for 3 days in Q'eswachak, this ancient handicraft skill that belongs to the Quechua community has been passed down for generations for the last 500 years, weaving a rope bridge that gives them access to the outside world is also a living bridge that protects the community.

Episode 2: Finland - The Way We Live

Reindeer Round up is when all the reindeer herders get to take their pay cheque home. The Sami people are the ones who are the only reindeer herders in the Arctic. They allow all their reindeer to wonder freely on their own and only when the time is due for their round up, that's when herders will spend about 2-3 weeks time to gather all their reindeers and with the help of all the herders from their community.

The Sami people are the ones who are the only reindeer herders in the Arctic. They allow their reindeers to wonder freely and when the time is due, the Sami community will spend 2-3 weeks time to gather all their reindeers. Here we see how from young to old gathers and work together.

Episode 3: France - Brewing Relationship

The only place where all the grapes, by rule have to be hand picked. The community fought hard to protect their name, the mobile community who come together every year to help the local growers and champagne houses to harvest their grapes. The people who form this mobile community comes from around the world. What brings these people back year after year? Who are these people who form a unique community?

The only place where all the grapes, by rule have to be hand picked. The community fought hard to protect their name, the mobile community who come together every year to help the local growers and champagne houses to harvest their grapes. Who are these people who form a unique community?

Episode 4: Guatemala - Our Beliefs

Communicating with the dead is a joyous occasion for the Guatemalans. The local uses their own made kite to send messages to their loved ones. Each family will prepare their own kite and groups will construct a giant kite secured by tall bamboo stalks and plastic strings. Each kite bear messages that they want to express. It is also on this day that the cemetery comes alive not to mourn but to celebrate.

Communicating with the dead is a joyous occasion for the Guatemalans. The local uses their own made kite to send messages to their loved ones. Each family will prepare their own kite and groups will construct a giant kite. Each kite bear messages that they want to express.

Episode 5: Spain - United As One

"Not a Sport, but a local Catalonia cultural tradition." Says the local. Purely by the power of the human ability, the local with each team having as many as one thousand people in a team, they will come together to form a human tower with a maximum of 10 tier high ending with the highest point with a small kid rising her/his hand showing four fingers representing the four lines on the Catalonia flag.

"Not a Sport, but a local Catalonia cultural tradition." Says the local. Purely by the power of the human ability, the local with each team having as many as one thousand people in a team, they will come together to form a human tower with a maximum of 10 tier high.

Episode 6: South Korea - Sisterhood

The sea women of Jeju, a group of legendary women who has given pride and dignity to the role they play in their family and a well-respected figure now known around the world. The bonding that is build between these women are unspeakable, something that has to be experience to know the hardship they bear and the pride they deserve from everyone of us.

The sea women of Jeju, a group of legendary women who has given pride and dignity to the role they play in their family and a well-respected figure now known around the world. The bonding that is build between these women are unspeakable.

Episode 7: Japan - Community Spirit

One of the three biggest float festival in Japan, Chichibu festival celebrates the end of harvest season. It is also returning the water that was used during the farming back to the mountain gods. There will be a total of 6 floats each will require a team of more than a hundred people to carry. We see how the local community comes together in groups putting their best to make the yearly event an unforgettable.

Chichibu festival celebrates the end of harvest season. There will be a total of 6 floats each will require a team of more than a hundred people to carry. We see how the local community comes together in groups putting their best to make the yearly event an unforgettable.

Episode 8: China - We Are One Family

The Pig feast is a celebrative event in the south of China. Many villagers will rear their own pig for a year and all set for the pig feast. Everyone in the village is invited. They are not only the guests, they are also the helpers who make everything runs smoothly. There are dishes that are a must have including the dish known as raw skin! See how everyone comes to help, sing and even dress up for this occasion.

The Pig feast is a celebrative event in the south of China. Many villagers will rear their own pig for a year and all set for the pig feast. There are dishes that are a must have including the dish known as raw skin! See how everyone comes to help, sing and even dress up for this occasion.

Episode 9: Nepal - Band of Brothers

The people who have been guarding the highest mountain in the world, the Sherpas, are a group of people who lives in the high altitude areas begins to make a living by assisting foreign climbers who wish to summit Mt Everest and what happens before the climbers arrive? Sherpa community are the group of people who built the entire base camp. They also taught those who know them more than just mountaineering.

Sherpa, the group of people who lives in the high altitude areas begins to make a living by assisting foreign climbers who wish to summit Mt Everest. Sherpa community built the entire base camp. They also taught those people who have climbed with them lessons they will only learned on the mountain.

Episode 10: Burkina Faso - Community bonding

The local Kassena people are a set of ethnic groups inhabiting in the southern part of Burkina Faso. The men of the community will be task to build the houses with mud and the Kassena Women from the community are the ones to decorate the houses with hand painted patterns. Singing and dancing along as they work is how they kept their community bonding together. We see how they do everything together as a community.

The local Gurunsi people are a set of ethnic groups inhabiting in the southern part of Burkina Faso. The men of the community will be task to build the houses with mud and the Kassena Women from the community are the ones to decorate the houses with hand painted patterns.



第一集：秘鲁 - 传承，代代相传的使命

远在南美洲，秘鲁在一个名为奎斯瓦治卡的村庄，村民每年风雨不改，用上三天的时间，用手编织草绳重建出这一条绳桥让村民们通往外界的桥梁。这是一条已流传了五百年的活吊桥。

远在南美洲，秘鲁在一个名为奎斯瓦治卡的村庄。一群少有人知的克丘亚民族，肩负着民族的自豪和荣耀。村民每年风雨不改，用上三天的时间，用手编织草绳重建出这一条绳桥让村民们通往外界的桥梁。这是一条已流传了五百年的活吊桥。在这一集里，吴振天将跟随村民们携手编织这条使用野草为原材料制成的绳桥。

第二集：芬兰 - 我们的生存法则

在天寒地冻的芬兰北极圈内住着一群生存了几千年的游牧民族，萨米族拥有自己的一套生活法则，靠着驯养驯鹿为生，以祖先传承下来的传统智慧，在严寒中生存下来。

在天寒地冻的芬兰北极圈内住着一群生存了几千年的游牧民族，萨米族拥有自己的一套生活法则，靠着驯养驯鹿为生，以祖先传承下来的传统智慧，在严寒中生存下来。这一集，谢怡芬将和萨米人学习如何在荒芜的大地中进行圈点驯鹿的活动，为驯鹿点名、分类等，深入了解这些由老祖宗传下来的智慧，如何让一个身处恶劣环境中的民族团结起来。

第三集：法国 - 人情味

香槟是法国人的骄傲，也是葡萄酒中之王。每当葡萄成熟时，一群来自欧洲各地的帮手就会齐聚一堂，一起酿造出最佳品质的香槟酒和浓厚的人情味。

香槟是法国人的骄傲，也是葡萄酒中之王。每当葡萄成熟时，一群来自欧洲各地的帮手就会齐聚一堂，一起酿造出最佳品质的香槟酒和浓厚的人情味。这一集，吴振天将和这一群葡萄工友一起采摘葡萄，了解香槟的酿造过程，一起生活工作好几天。这群每年才碰一次面的工友，因香槟而结缘，早已经成了家人。他们酿制的香槟之所以美好，或许是其中已经加入了互助互爱的亲情。

第四集：危地马拉 - 相信团结就能改变

在危地马拉，风筝不止是一件玩具，更是一件重要的工具。在亡灵节期间，人们通过释放风筝，把他们心中想说的话，传递给亲人和世界。要将数十米高的风筝放上天，一个人是绝对办不到的。

在危地马拉，风筝不止是一件玩具，更是一件重要的工具。在亡灵节期间，人们通过释放风筝，把他们心中想说的话，传递给亲人和世界。要将数十米高的风筝放上天，一个人是绝对办不到的。这一集，谢怡芬来到了偏远世界的角落，和当地社区一起制作风筝、扫墓等，参与了亡灵节前的准备功夫。凝聚了众人的力量，色彩斑斓的巨型风景飞上天际，向世人展示了玛雅人团结的力量。

第五集：西班牙 - 在一起，叠成力量的高度

叠人塔是西班牙加泰隆尼亚地区一项富有特色民俗活动，大人和小孩们一起叠起高高的人塔，展示了力量、勇气和智慧，也同时叠起了传统的堡垒。

叠人塔是西班牙加泰隆尼亚地区一项富有特色民俗活动，大人和小孩们一起叠起高高的人塔，展示了力量、勇气和智慧，也同时叠起了传统的堡垒。这一集，吴振天向当地叠人塔队伍学习如何完美叠出造型优美的人塔，经历了无数次的失败和成功，最终了解到最完美的叠人塔，其实要依靠众人的齐心协力和鼓励，一起战胜恐惧，展现勇气。

第六集：韩国，济州岛 - 她们之间，情比海深

一年里的90天，韩国济州岛的海女们风雨不改出海打捞，她们只靠着简陋的设备，就能憋着气，潜入十米的蔚蓝里捕捞海鲜。海女们亲如姐妹，相互理解和扶持，让冷冰冰的海底世界也变得温暖起来。

一年里的90天，韩国济州岛的海女们风雨不改出海打捞，她们只靠着简陋的设备，就能憋着气，潜入十米的蔚蓝里捕捞海鲜。海女们亲如姐妹，相互理解和扶持，让冷冰冰的海底世界也变得温暖起来。这一集，谢怡芬将潜入济州岛的海女社区，甚至住进海女的家里，和她们一起生活，学习憋气潜水的秘诀。她也将随着这群平均年龄70岁的海女出海捕捞，因为唯有和她们一起潜水，才能真正感受到海女的生活，才能理解这群海女之间比海更深的姐妹情缘。

第七集：日本，秩父 - 团队精神

秩父夜祭拥有超过三百多年的历史，是日本三大美祭之一。在夜祭期间，秩父的居民会积极的练习打太鼓、装饰屋台，拉着沉重的屋台在秩父市区内游行，没有大伙的齐心协力是无法办好这场美的盛事。

秩父夜祭拥有超过三百多年的历史，是日本三大美祭之一。在夜祭期间，秩父的居民会积极的练习打太鼓、装饰屋台，拉着沉重的屋台在秩父市区内游行，没有大伙的齐心协力是无法办好这场美的盛事。这一集，吴振天将融入到秩父本町的社区，学习如何打好太鼓，他也从中发现了打太鼓的奥妙。游行当天，他也会参与到屋台的游行中，亲身体会这场被列为联合国非物质文化遗产的传统，如何由一代传承到下一代。

第八集：中国，大理 - 共享浓厚的乡情

农闲的时候，大家才能团聚在一起过节。位于中国云南大理的金盏村每逢到了秋收冬至的时候，家家户户就会进行一场盛大的杀猪饭，这场饭局由筹备到坐下来吃饭，都是大伙一起进行的，厨房里和餐桌上都有一股浓厚的乡情。

农闲的时候，大家才能团聚在一起过节。位于中国云南大理的金盏村每逢到了秋收冬至的时候，家家户户就会进行一场盛大的杀猪饭，这场饭局由筹备到坐下来吃饭，都是大伙一起进行的，厨房里和餐桌上都有一股浓厚的乡情。这一集，谢怡芬来到村里的厨房，和当地人一起准备一场场的杀猪饭。这不是一场饭局那么简单，乡亲们的互助和齐心协力的精神，让人深刻的理解分享才是美食之所以令人难忘的真谛。

第九集：尼泊尔 - 夏尔巴人的坚韧

夏尔巴人是一个特殊的群体，他们长期在高山生活，为攀登珠峰的各国登山队当向导和挑夫。在空气稀薄的高山上，他们的肺活量大得惊人，在高海拔地区徒步更是健步如飞。

这一集，吴振天将随着夏尔巴人一起徒步7天到珠峰大本营，和他们一起搭建营地，为来临的登山季做好准备。在海拔超过5000米的大本营完成这些琐碎的事情，让他深刻的理解到，因为夏尔巴人默默的付出，登山客登顶的艰难任务也会变得容易一点。

第十集：布基纳法索，捷贝莱 - 社群凝聚力

布基纳法索是一个鲜为人知的非洲国家，在这里有一个独特的边界小镇捷贝莱，村民们使用当地可见的建材，包括黏土、牛粪等创造了属于自己独特的家园，并绘上线条简单设计却繁复的图案，家在大家的努力下顺利完成。

这一次，谢怡芬将来到这个偏远角落，融入当地的社群当中，与当地妇女学习如何利用最简单的材料，为家画出最漂亮并富有含义的图案。家无需华丽，但因为众人的付出和创造，就会变得温暖起来。