



## LIFESTYLE TRAVEL

### Let's Go Gai Gai

With the influx of airlines in recent years, the number of Singaporeans travelling abroad has also increased rapidly. With price slashes and countless promotions, travel has been made more affordable, especially for those travelling in groups. Wanderlust coupled with delectable cuisine and recreation is paradise on earth.

While many are able to afford this sort of lifestyle, the other side of Singapore is blinding in contrast – there is a large group of underprivileged and elderly who are not as fortunate. Some of them are vulnerable as they begin to weaken from ailments and lack of family involvement. Many of them have never owned a passport, nor ever been able to entertain the thought of taking a flight somewhere.

Most of us take travelling for granted; nothing to it. Just purchase a ticket and you're setting off in the next few hours or so. What if we were to transfer this sort of privilege to someone else? Someone who needs a wish granted...

Host: Michelle Chia

### 陪你去走走

近年来，随着越来越多航线的开发，新加坡人可以出国的机会增加了，加上航空时不时的机票促销，我们身边出国走走的人三五成群。可以去到国外看看风景，吃喝玩乐，体验民情，是人生一件很美好的事。

然而，新加坡很多角落，其实都存在着很多独居老人，弱势人士，以及需要社会福利扶持的团体。他们当中，有着很多人，是一辈子都没有出过国的。出国，对我们来说，也许是一件很平常容易的事，但或许是他们从来没有过的梦想，心里的一个小小愿望。。。透过这个节目，让我们和主持人，在带领观众看到异地风俗民情和地道美食的当儿，一起帮他们圆梦。

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#### **EP1: Chris & Darren – Hong Kong**

Mom hopes to fulfil her son's wish of taking him to Hong Kong Disneyland to celebrate his birthday. She wants to make up for all the wonderful moments lost. This trip to Hong Kong has drawn mother and son closer. They have demonstrated a love for each other that has touched everyone they've met. They're also inspired to knock down all walls and trials with courage!

#### **EP2: Auntie June & Uncle Tong – Taipei**

Neither family nor friends thought well of this union because of the vast contrast in their status and academic qualifications, but nothing could come between their love for each other and their commitment to spend the rest of their lives together. The husband's only regret is not being able to take his wife around the world when he could still afford to. He hopes to make up to his wife with a belated honeymoon and take her on trips while they are still mobile.

#### **EP3: Candy & Twins - Seoul**

A single mom raising twin boys with ADHD, the family has never had a chance to go overseas because of the children's condition and their financial hardship. Mom wishes to fulfil the boys' curiosity by taking them outside of the world they know. She also hopes that more people will open their hearts to understand what it's like with ADHD and the challenges the caregiver goes through.

#### **EP4: Sim Siblings - Hong Kong**

After their parents passed on one after another, younger sister took up the responsibility of looking after her brother, who was suffering from weakened vision and memory loss; the effects of post-brain surgery where a tumour was removed. Although brother and sister lived under one roof, they were hardly communicating. This trip is going to be their first together. Sister was willing to put aside her work and studies to accompany her brother to see the world. After a few days in Hong Kong, the siblings started to get to know each other at a deeper level and were able to resolve any misgivings they had. Their relationship has become a lot closer.

#### **EP5: Mickey's Family - Taipei**

The three children lived apart when they were younger, which was no surprise that they felt distant from each other. Being able to finally live in the same house had been hard to come by but their differences were tearing them apart. An emotionally exhausted mom hopes that through this short vacation, the children would be happy. She wants to compensate for what she hasn't been able to give them and hopes that the relationship between the siblings would become closer.

#### **EP6: Uncle Koh & Jason - Hanoi**

An elderly man with no children or wife, and other than routinely exercising at the senior citizens centre, he can be found watching TV at home for most of the day. On this trip to Vietnam, the elderly man is accompanied by his social worker where he is able to experience food and culture different from what he's used to. These are memories to be relished and will stay with him for a very long time.

#### **EP7: William & Ivy - Bali**

For ten over years, mom had been singlehandedly bringing up three children while holding on to all hope that her gambling and drug-taking husband would turn over a new leaf. Her unfaltering determination to stay by her husband's side paid off when he finally saw the error of his ways. Mom hopes to reunite the family by dissolving the resentment her eldest son had for his father and what better time to do it than during the family holiday. This was also the best time for the children to enjoy and indulge in the love their parents showered upon them.

#### **EP8: Tan Couple - Macau**

The stroke had resulted in a loss of speech and movement. Under the care of his wife, he gradually recovered. Six years ago, the wife was diagnosed with breast cancer. She now has to be administered injections every three months in order to prevent the cancer from spreading. Although the couple has been plagued by illness, this has not stopped them from living their lives to the fullest. Their love and support for each other has stirred many hearts. No one knows when she would have a relapse from the cancer. This trip to Macau may be the couple's first and perhaps... their last.

#### **EP9: Lim Family - Bangkok**

The couple has been married for 17 years. With a son and daughter, they were nothing short of the ideal family. The family sustained themselves entirely on the husband's salary. In order to improve their lifestyles, the husband worked long hours and took on overtime duties, which started to affect his health and also resulted in a drift between him and his family. In recent times, the wife was diagnosed with colorectal cancer. A surgery was on the cards and post-care was going to be a major part of her life. It is understandable why a trip before the surgery was going to be so valuable. The daughter intends to throw a birthday party for her parents on the trip as they've never had a birthday celebration before.

#### **EP10: Jian Long & Bin Bin - Kaohsiung**

The son only has the intelligence of a primary school kid. He was highly reliant on his wheelchair and not able to tend to himself. On the other hand, he was often curious and excited when he came across something new. However, his mom was unable to afford to take him out on a holiday. She hopes that with the help of the public, she will be able to help her son see a world outside of his own.





### 第一集: Chris 和 Darren - 香港

妈妈希望能帮儿子实现心愿, 带他到香港迪士尼乐园游玩以及庆祝生日, 补偿儿子过往失去的快乐时光。这一趟到香港的旅程, 母子两人展现出令人动容的爱, 更激发出他们克服生活中困难的勇气!

### 第二集: Aunty June 和 Uncle Tong - 台北

老夫妇两人的身份和学历的差异曾经不被周遭的亲朋戚友所看好, 但他们用彼此的爱实现了执子之手, 与子偕老的承诺。老先生唯一的遗憾就是没在家庭经济尚可的时候带太太出国旅游。所以异常希望能在两人还能走动的时候, 补度一个迟来的蜜月旅行, 弥补他对爱妻的愧疚。

### 第三集: Candy 和 双胞胎儿子 - 首尔

单亲妈妈独自养育两个患有多动和自闭的双胞胎儿子。因为孩子的情况和有限的经济能力, 一家人从未有出国旅行的机会。妈妈希望能通过这次的旅程, 小小地满足孩子对世界的好奇心, 也让更多人理解自闭孩童的世界和看护人的艰辛, 从而能够体谅他们, 给予这些特殊孩子更大的包容心。

### 第四集: 沈氏兄妹 - 香港

父母先后患癌离世, 小2岁的妹妹一手扛起家计以及照顾因为脑瘤而弱视和记忆力受损的哥哥。兄妹虽同住在一屋檐下, 可是两人之间的沟通近乎零! 这次的旅程是兄妹两人首次一起旅行, 妹妹愿意暂时放下工作和课业陪哥哥去看世界。在香港游玩几天下来, 两人逐渐打开沟通的门, 解开多年来的心结, 兄妹关系更加融洽!

### 第五集: Mickey 一家人 - 台北

兄妹三人在过去成长的岁月里曾经分开住, 因此感情难免疏离。好不容易终于同住一屋檐下, 能够一家团聚, 但纷争不断。身心疲惫的妈妈希望能够通过一个短短的假期, 让孩子们开心一下, 弥补对孩子们物质上的亏欠, 也希望兄妹间的感情能够从此变得更融洽。

### 第六集: Uncle Koh 和 Jason - 河内

无儿无女无老伴的独居老先生, 平日除了早上固定到老人活动中心做早操, 其他时间就是独自在家看电视。在义工的陪伴下, 老先生如愿踏上越南河内, 体验到截然不同于新加坡的饮食和文化, 留下许多日后能够慢慢回味的美好记忆。

### 第七集: William 和 Ivy - 巴厘岛

十几年来妈妈独自带着三个孩子生活, 盼望染上赌瘾和毒瘾的老公能浪子回头, 最绝望之际甚至萌起过轻生的念头。性格刚强的她对老公不离不弃, 终于盼到老公痛改前非! 妈妈希望借由全家人一起旅游的机会, 化解大儿子对丈夫的怨恨, 让三个孩子体验温馨的亲子时光。

### 第八集: 陈氏夫妇 - 澳门

15年前先生突然中风, 丧失说话和行动能力, 在老婆的照顾下积极做复建好不容易才逐渐康复。6年前噩耗又传来, 老婆发现罹患乳癌, 后来扩散到脊椎, 目前每三个月须注射药物以控制癌细胞。虽然夫妻两都被病魔缠身, 可是两人互相扶持的精神令人感动。没人知道老婆的癌症是否会发作, 这次到澳门旅游可能是夫妻两的第一次, 也可能是最后一次。

### 第九集: 林家 - 曼谷

夫妻结婚十七年, 育有一子一女, 是标准的小康家庭。与妻子婚后到孩子出生至今, 一家四口靠的是先生微薄的收入。为了改善家人的生活, 先生拼命加班, 长时间的工作不仅影响了健康, 也让先生能够和家人相处的时间聊胜于无。近期妻子也被诊断患上了大肠癌, 肿瘤去除手术非进行不可, 后续治疗也必不可少。所以手术之前的一个旅程显得更为珍贵。因为父母辛苦为一家, 但从来没有正式的庆祝过一次生日, 女儿也希望能够在旅程中为父母庆祝生日。

### 第十集: 建龙 和 杉杉 - 高雄

儿子只有小学智力, 长期依赖轮椅, 生活也无法自理, 但对外面的世界充满好奇心, 看到新鲜事物就非常兴奋, 可是妈妈却无力让他走出新加坡。这让妈妈心里倍感难受, 所以希望能够在众人的协助下, 让建龙能够出国看一看外面的世界。