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LIFESTYLE  
TRAVEL

## LINGO TANGO

Did you know that there are more than 6,500 languages in the world? Join hosts Tosh Zhang and Wang Weiliang as they travel around the world to explore the unique language and history of the country they visit. Not only will the hosts be learning the unique languages and different cultures, Tosh and Weiliang will also be fulfilling various challenging missions in each episode. They will be finding out the specialties and beauty of countries like Spain, Philippines, India, Thailand, and more!

**Host:** Tosh Zhang and Wang Weiliang

### 叽里咕噜闯天下

你知道世界上有超过6,500多种语言吗?一起与主持人张智扬和王伟良环游世界来探索每种语言的独特魅力和他们游览的国家背后的历史。他们不只会学到各种独特的语言和不同的文化,他们也必须要在每一集里完成各种任务和挑战。跟随两位主持人到西班牙,菲律宾,印度,泰国等等找出各国的特长与魅力吧!

**主持人:** 张智扬 和 王伟良

Language: Chinese

Episode: 13 x 60 minutes  
Producer: Friday Pictures  
Distributor: Mediacorp

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### EP1: EL SILBO

The Guanches who used to inhabit an island La Gomera in Spain created a form of communication known as El Silbo (a type of whistling) to convey messages with one another. The Guanches, together with this ancient form of communication had perished but now lives on in another form, the Spanish language.

In this episode, the hosts will take up the challenge of learning this ancient form of communication in an attempt to interact with the locals. But the mission doesn't end there, they also need to trek into the deep mountains to communicate and be understood by shepherds in the region!

### EP2: BIEMA

A forgotten tribe has been hiding in the northern mountain parts of Sichuan. To commemorate their ancestor's unique identity, they've given themselves a new name, "Baima", which means "Tibetan Soldiers". These loyal Tibetan soldiers have been living in the mountains and have not interacted much with the world outside. They do not have their own words, but they do have their language – Biema.

Alcohol and music play a big part in Baima people's life. The Baimas use their beautiful voices and make use of colorful festivals and occasions to pass on their culture, traditions, and Biema from one generation to another. In this episode, the hosts visit the mountains during Lunar New Year, and will learn Biema through various Lunar New Year activities!

### EP3: SINHALESE

Other than language and writings, Angampora (a form of martial arts from Sri Lanka) is another valuable asset that was passed down to Sri Lankans by the Sinhalese Kingdom. Angampora has its unique moves and weapons. However, due to its deadly nature, Sri Lanka had strictly prohibited their citizens from practicing Angampora during the British rule. Since then, Angampora was passed down through word-of-mouth and simple illustrations on leaves.

In this episode, the hosts will be visiting a hidden village to master Angampora. But before they can do so, they will first need to learn Sinhalese. Will the hosts be able to successfully learn Angampora and impart their skills to local Sri Lankans?

### EP4: TUWA

There's a group of Tuvas living in the deep forest of The Altun Shan Reserve. They look similar to the Mongolians but have a very different language and habits. Having to live through the winter season for as long as seven months yearly, Tuvas is one of the toughest communities who can survive well in winter. Tuvas made use of natural resources such as trees to build snowboard and straws to make instruments. Unlike Tuvas from Russia, who uses Russian to create Tuva characters, Tuvas from China can only make use of Tuwa to commemorate the past.

In this episode, the hosts choose to visit Tuvas during winter, and they will be experiencing Tuvas winter survival skills while learning Tuwa. As more people get to know the Tuvas, will Tuwa be taken off the list of top 20 endangered languages in China? Watch this episode to find out!

### EP5: GUJARATI

A salt desert located in Rann of Kutch can be found in Northeast of Gujarat, India. Salt farmers working in the field are known as Agariya, and they speak Gujarati. The temperature at the Rann of Kutch can be a scorching 50 degrees Celsius. It produces one of the highest amounts of salt in India, other than supplying salt to all other parts of India; it also export and sell them to the rest of the world.

Agariya salt farmers live in poor conditions, and their children grew up in an environment without education and schools. They do not have doctors visit them when they are ill, and they even have to travel a few kilometers to obtain drinking water. In this episode, the hosts will be staying and experiencing Agariya's living conditions, and also participate in activities by the International Rescue Committee to help improve their living conditions!

### EP6: ITBAYAT

Itbayat people living in the far northern part of the Philippines made use of their given knowledge and wisdom on nature to create opportunities to survive. Itbayat Island, isolated from the rest of the world, has typhoons frequently because of its geographical location.

In this episode, the hosts will pick up Itbayat. Through the language, they will learn about Itbayat people's life and environment and also participate in the preparation process for the flying fish season event. The flying fish season is an essential annual event for them, as this is where they obtain their primary food source!





### EP7: BASQUE

In the eyes of Europeans, Basques are known to be a “unique” group of people, and it is said that it’s not easy to be a Basque man. Other than their masculine image and strength, Basque men are also proud of their cuisine. It is no wonder Basque is not only Spain’s food heaven, it is also the place that has the most Michelin restaurants.

In this episode, the hosts will take up the challenge of picking up Euskara, and they will also need to learn to be like a real Basque man. With the guidance of Basque men, will the hosts be able to get past Basque women’s standards?

### EP8: KUY

Since a hundred years ago, Kui living in the Northeast part of Thailand shares a special bond with elephants. Every year in June, the Kuis will hold a one of a kind elephant sacrificial ceremony. Kuis turning 20 years old will participate in the celebratory ceremony as they believe their participation will bring them good luck and wealth. Other than Kui’s unique language Kuy, they also use Pasa Pi Bahn, a type of forest Elvish language when hunting for wild elephants.

In this episode, the hosts will be visiting elephant town – Surin Province. They will have to complete the mission of learning the rules and techniques of training elephants from four elderly elephant trainers.

### EP9: ESTONIAN

Due to Estonia’s history, remaining silent became one of Estonian’s traits. Estonians believe that words from speech come deep from the soul; hence, words need to be used with caution. Estonians used their voice on both critical occasions in 1988 and 1991, where they gained independence and ended Soviet rule through petition.

In this episode, the hosts will be visiting this fairy tale kingdom to explore the Estonian culture and understand their strength. Their travel will start from the North of Estonia, where they get to know the primary language – Tallinn, and then Southward to Setomaa to get a feel of the unique charm of the Setos dialect. Lastly, the hosts will end their journey with a visit to Kihnu Island!

### EP10: TONGAN

There’s a group of people living happily on an island. They speak their own language, practice their own religion, customs and habits, and they strongly believe that being ‘meaty’ is the true definition of a beauty. This island is known as the Kingdom of Tonga! However, things started to change when the most beautiful man on the island successfully reduce his weight from 200KG to 130KG. He experienced what it feels like to be light and decided to start a national campaign to encourage his people to lose weight.

Find out in this episode to see if the two skinny hosts will be indulging in food and drinks to experience Tonga’s definition of happiness or whether the hosts will lead the people to join the national campaign and educate them on a better eating habit?

### EP11: MON

Though they do not have their own country, it is still a practice for the Mons to celebrate their own National Day every year. Both the older and younger generations of Mons work together to preserve the Mon culture and traditions. The young Mons use modern approaches such as setting up radio stations, newspaper publishing, and also tour around Asia using their singing to help comfort Mons overseas.

Will the hosts be able to successfully learn Mon and also perform various rap songs and pop songs with the young Mons? Can the hosts become the new generation of idol for the Mons fans? Let’s watch to find out!

### EP12: BUNUN

Pasibutbut is a famous harvest song by the Bunun, and it became a ritual for priests to lead Bunun men to perform the harvest song yearly before their harvest season. The Bunun has performed Pasibutbut for more than a thousand years. And Pasibutbut is best known for its unique eight harmonies.

In this episode, both hosts will learn the traditional culture of Bunun and perform Pasibutbut with Bunun men at the ritual. Will the hosts be able to learn Bunun and Pasibutbut at the same time?

### EP13: LAOS

The journey to explore Laos will start with the Laotian royal cuisine. Laotian royal cuisine was once the imperial chef’s pride. However, due to the political changes in 1975, the famous Laotian royal cuisine has vanished.

In this episode, the hosts will be learning Lao and working together with renowned chefs to re-create the famous royal cuisine. The hosts have to complete different missions before they can obtain the ingredients for cooking. What’s more, they will be receiving instructions in Lao from the chefs to complete the legendary royal cuisine!

*Information correct at time of printing*





## 第一集：希尔伯哨语

古代中国军队用烽火台传递敌人来袭的军情，戈梅拉岛上的关契人却把口哨做为传递信息的工具。据说，在顺风的情况下，距离九公里以外的人不知能听得清口哨人在“讲”什么，甚至还可以分辨出吹口哨的是“张三”，还是“李四”！

当初发明口哨语的关契人早已不复存在，关契语也随之灭亡。也许上天不愿让这个美妙的语言消失，口哨语竟然奇迹般地存活了下来，聪明的岛民开始用口哨来说西班牙语，这可是世界上唯一一个以声音表达另一种语言的特殊语言。

主持人要如何叽里咕咚地学习口哨语？他们这一回不但要学会西班牙语，跟当地人沟通，还要跟小孩一起上学，学习希尔伯哨语，这将是一场难上加难的双重挑战！

别以为任务就这样结束了！主持人还要走入深山峡谷学习牧羊，与牧羊人用口哨交流。月桂树环绕的国家公园，也会成为主持人的口哨竞技场，他们将在仙境中来一场捉迷藏，利用口哨交流讯息，找出对方的藏身之地！

主持人是否能够挑战到最后，用口哨说着华语，唱着新加坡名谣，与当地入一起同欢共舞？

## 第二集：白马语

公元6世纪，吐蕃王国东征大军与唐朝军队在九寨沟展开了一场激战。东征结束，吐蕃大军凯旋归国，却有一支队伍始终没有收到回家的指令，被遗忘在异乡的土地上。他们躲在四川北部的连绵群山中，过上了半农半牧的隐蔽生活，为了能够永远记住老祖宗的特殊身份，他们给自己起了一个新的名字“BieMa”（白马），意思就是“藏族的兵”。这支忠诚了一千多年的藏族卫士，世世代代居住在山寨里，鲜少与外界接触，没有自己的文字，却有着自己的语言。有研究显示，白马族是古代氏族的后裔，因为白马语之中还保留了大量古姜语的本音，是世上最古老的语言之一。

白马人的生活是酒和歌酿造的；无论宾客相聚，还是佳节喜庆，白马人无处不酒，无时不歌。歌丰富了白马人的生活内容，他们利用美丽的歌喉、色彩斑斓的庆典文化，把白马语及白马族的传统文化，一代代的相传下去。主持人特别选在农历新年期间，走进仙境般的连绵大山，接受白马人热情的款待。透过这期间才有的“啊乌达”（打秋千）、“啊乌尼”（转磨秋）、“嘎乐则”（摔跤）、祭祀以及迎宾仪式等活动，学习这个古老的语言，更要在欢乐的气氛中，逐一领略白马族即使安于一隅，却也怡然自得的乐天精神。

## 第三集：僧伽罗语

小小的一个国家竟然藏龙卧虎，隐秘传承的格斗秘术即将掘地而起！

堪称斯里兰卡国技的 Angampora 是僧伽罗王国除了语言与文字以外，留给斯里兰卡人的另一项文化遗产。相传这流传数千年的格斗术，是魔鬼传授给一名村名的。它有自己的独特的招数与武器，可以通过点安置敌人于死地。因为杀伤力强，在英国统治期间，斯里兰卡便严禁国民习练这项武术。至此 Angampora 便转入地下，捍卫这门武艺的 Angam 武士唯有通过口口相传，或一招一式地将这功夫画在叶子上，将它保存下来。

主持人这回不上武当山，他们将远渡重洋，到科伦坡附近的隐世小镇拜师学艺。他们必须先学会僧伽罗语，才有资格踏进 Angampora 的武术宝殿。在经过师父的鉴定首肯，许下誓言后，才能加入 Angampora 速成班。主持人要如何最短的时间内，学会这连外国人都热血沸腾的格斗术，还要把它传授给当地的斯里兰卡人？

主持人能唱会跳，但若耍习武学外语，还要传授武艺，连叶问都不敢打包票的事，他们行吗？

## 第四集：图瓦语

在新疆阿勒泰森林的深处，住着一群谜样的图瓦人，有人说他们是成吉思汗西征后留下的老弱残兵；有人说他们翻越雪山，从俄罗斯、蒙古国而来；他们是游牧民族，却不住蒙古包；他们看来与蒙古人相似，却说着迥然不同的语言，有着自己的生活习惯。

长达七个月的冬季，让图瓦人成为最善于与雪地打交道的民族，他们用大树制作具有一万年历史的古老滑雪板，在深山里来去自如狩猎为主，大自然成了他们的膜拜图腾。当俄罗斯的图瓦人，用俄文创造图瓦文字，为图瓦历史增添一笔记录。中国的图瓦人，只能用语言的传颂祭奠过去；他们祭山、祭水、祭木，用图瓦语传达他们对一草一木的馈赠，吹着用草秆制作的乐器，唱着类似动物呼叫的“呼麦”，他们与自然界一体共存。

这一次，主持人选择在冬季拜访图瓦人。透过图瓦语的学习，他们体验图瓦人冬天的生存技能。在狩猎被禁止的现代，图瓦人只能靠独特的文化传统谋生，向外人展露图瓦的神秘面纱。变奏的图瓦生活是否能让更多人认识图瓦人，珍惜图瓦文化，图瓦语是否能因此脱离中国20大濒临灭绝的语言行列，都将透过主持人的亲身体验一一披露！

## 第五集：古吉拉特语

在印度古吉拉特邦省的东北部有一片嗜奇荒地 (Rann of Kutch)，这片荒地里藏着一片广袤无边的盐漠。这里半年是沼泽，半年则是寸草不生的干漠。

在盐田工作的盐农，被称作嘎依亚人 (Agariya)，他们说着当地通行的古吉拉特语。旱季期间，嗜奇荒地的气温可高达摄氏50度，工人全程留守盐田，白天将地下水泵进盐田内，隔取盐粒，晚上睡在方形盐田旁的简陋小屋中。雨季则到村内工作，收入勉强可以糊口。他们造就了嗜奇荒地的盐产量居印度全国之冠，除了供应全印度使用之外，还能外销出口。

嗜奇荒地的盐业可以追溯到5千年前。嘎依亚人仍旧使用百年前的方式，世代在这里制盐。他们赤脚工作，造成体内盐分含量过高，容易罹患败血症，无法活过50-60岁。即便死后被火化，手脚因含盐量过多而无法烧尽，是名副其实的金刚不坏之身。盐田生活条件贫瘠，盐农们十五天只能洗一次澡，孩子们为了生活，在没有学校，没有教育的环境下成长。饿了吃不饱，病了没医生照顾，饮用水得骑好几公里的路程到村庄的淡水集中地取水。他们最大的欢乐，就是在干季结束时，盛装打扮，穿上色彩鲜艳的衣服与家人出城去。

主持人不仅要感受嘎依亚人刻苦的生活条件，与他们一起生活，还要积极参与国际组织援助，改善他们的生活环境，付出自己一点小小的力量。同时，反思生活富裕的新加坡人，是不是更应该珍惜一事一物，包括餐桌上盐罐里那小小一撮的盐巴都得来不易！

## 第六集：伊巴亚特语

看云说话，看天吃饭，你懂得如何“察言观色”，与大自然沟通的语言吗？

看到牛和鸟纷纷在找地方躲避，就会赶快把牲畜赶回家；看见异常粉色和橘色的天空，就知道这是风暴的预警。住在菲律宾遥远北部外海的伊巴丹人为了生存，运用大自然赋予的智慧，为自己创造活下去的机会。

这里与世隔绝，是个暴风地带，每一年总有好几个月会遭到台风的袭击。主持人要走入风的故乡，走进伊巴丹人的生活，学习他们的语言，了解他们如何运用智慧与创意，与大自然搏斗。

不甘受制于自然界的严苛环境，伊巴丹人善用一草一物，他们住在可以遮风挡雨的石灰石房子，种的是可以对抗恶劣天气的根茎类食物。为了生存，他们发明了再循环美食，飞鱼季更是他们捕获食物来源的年度盛事。

主持人不仅会身体力行，透过语言感受伊巴丹人的生活与环境状态，并与岛民一起准备飞鱼季的活动，入祭祀前看巫师如何从猪肝判定今年的渔获量，到夜间出海用火把诱捕飞鱼，甚至是收获后的节庆活动，他们都要用伊巴亚特语发挥搞笑本色，为岛上的居民增添一份欢乐的气氛。

## 第七集：巴斯克语

来历不明，长相奇特，说话更是难懂的要命，巴斯克人可是欧洲人眼中的“异类”！

传说中，撒旦来到巴斯克，因为想要诱惑巴斯克人，开始学习巴斯克语，可是学了七年时间却仍只学会说“是”或“不是”，因此巴斯克人是“不会坠入地狱”的民族因为连撒旦都学不会巴斯克语。

这一集，主持人不但要学习巴斯克语，还要当个男人中的男人！据说，巴斯克男人不好当，得出的厅堂，入得厨房，才能得到巴斯克女人的青睐。他们有着硬朗的型男形象，在巴斯克传统节庆中总要表演各种农活技能，展现男性的雄风与力量。但是谁又想到，传统的巴斯克族竟然是母系社会，他们最在行的却是女人最要做的事——煮！

全世界最著名的厨师少不了巴斯克男人，巴斯克料理更是让他们引以为傲。在巴斯克，他们会以食为名，定期聚会，组织了以男人至尊的TXOKO乡村美食俱乐部。难怪巴斯克不但是西班牙的美食圣地，更是米其林餐馆最多的地方。

在巴斯克男人的调教下，主持人是否能够通过巴斯克女人的标准。当一名内外兼具的“百分百巴斯克男人”？





## 第八集：桂语

原来电影“魔戒”里的精灵语不是幻想，这个世界上真的有蛊惑森林精灵的语言！

生活在泰国东北的桂族(Kuy)，几百年来就与大象接下了不解之缘。虽然泰国已经禁止捕猎野象，桂族仍旧把大象看做宠物饲养，密不可分的生活在一起。每年的泰历六月，他们都有独一无二的大象祭祀活动，迈入20岁的桂族少年更会参加素林象背授戒庆典，因为他们相信这样能为自己带来好运及财富。

桂族的语言很独特，他们没有自己的文字，民族传统及生活知识等只仅仅通过口头代代相传。桂族有许多的忌讳，他们相信森林有精灵的存在。在捕抓野象时，他们会使用森林精灵语言(Pasa Pi Bahn)来扰乱森林中的精灵，让它们无法通知野象危险的到来。训象时，他们会以普遍的高棉语和象沟通。

主持人将会拜访大象之乡—素林府，跟桂族人一起跟大象生活，学习训象的技巧。他们最大的任务，是向硕果仅存的四位驯象长老(MoChang)了解驯象的规定及技巧，学习即将消失的森林精灵语言，然后跟年轻的象夫到森林里验证成果。

## 第九集：爱沙尼亚语

漫长而黑暗的冬天，以及爱沙尼亚过去的历史，造就了爱沙尼亚人喜欢保持沉默的性格。他们认为言语中的文字源自于灵魂深处，包含很多意义，应该小心谨慎应用，必要时可以作为一件秘密武器来保护自己的梦想和行动。所以他们惜字如金，不轻易开口，但是一开口，却一鸣惊人！

1988年，10万名爱沙尼亚人，用了五天五夜的时间，不间断的唱着爱国歌曲，这个举动打开了爱沙尼亚走向独立的序幕。三年后，一条长达373公里的音乐人墙，从爱沙尼亚连接到拉脱维亚。这由两百万人组成的队伍，手牵着手，途径三个城市，大声唱着他们的诉求。最后，这场史无前例的和平请愿，结束了苏维埃共和国对波罗的海三小国的统治。

当年言结合民歌，它的威力比坦克大炮还要强上千倍万倍，爱沙尼亚的独立，靠的是全国人民的金口，以及根深蒂固的民歌文化。主持人将会踏上这个童话王国，跟着爱沙尼亚语，去探索爱沙尼亚的文化精神，了解他们的民族力量。他们从北方出发，先探索爱沙尼亚语的基础语言—塔林语(Tallinn)，然后一路南行到Setomaa，感受Setos方言的独特魅力，再往西渡海，看Kinhu小岛上的女人如何自强不息，竭力保存Kinhu方言。这一集的叽里咕噜闻天下，语言不再是单一的个体，而是力量的展现！

## 第十集：汤加语 TONGAN

在世界南端的太平洋上，有一个快乐国度，有一群人快乐的生活在岛上。他们说一种语言，守着一个宗教，拥有自己的一套风俗习惯，而且坚守自己的审美观——肉肉就是美，肥胖才是幸福！

没错，那就是胖子的天堂——汤加王国！在这里，即使你胖成一堵墙，也是美的冒泡的天使。汤加王国人口虽然只有一万一千人，但还是很拥挤，因为这里有太多的巨无霸！但是开朗的汤加人丝毫不以为意，他们依旧在星期天举行大食会，吃着高淀粉食物，坚守全球最胖国家第一名的“荣耀”！

当汤加第一美男，汤加国王图普四世成功将体重由200公斤减到130公斤，感受到身轻如燕的好处之后，他决定发起全民减肥运动，大破“胖子才是高贵”的国民观念。为此，他还特地派人巡视、监督老百姓到底有没有认真地减肥！

这一回，两位瘦皮猴主持人将要勇闯肥胖王国，他们要趁机大吃大喝，让自己增肥，体验汤加人肥就是美的幸福定义？还是拯救汤加人于肥胖的灾难，带领汤加人加入减肥运动的行列，教导当地人更正确的饮食观念？主持人必须学好汤加语，一起参与、见证这场胖瘦大对决！因为这可不是靠体型就能打赢的胜仗！

## 第十一集：孟语

在伊洛瓦底江三角洲以南的下缅甸，曾经被一支强大的民族统治过。当缅甸王朝掘地而起。用武力瓦解了这个由孟族所建立的汉达瓦底王朝，孟族人却以另一种软实力影响了缅甸的语言与文化。

虽然没有自己的国家，孟族人却年复一年大肆庆祝自己的国庆日；虽然学校没有孟语课，孟族人却靠一己之力，在孟邦筹建了1200多间孟语学校；虽然不是缅甸的主人，他们却从不让自己随着岁月长河而式微。

维护孟族文化传统，传承孟语，不再是老一辈、出家人的任务。孟族年轻人以另一种更现代、更感动人心的方式来守护自己的民族尊严。他们办报纸、设电台，甚至用歌舞团巡回表演的方式，一路辗转从缅甸、泰国、马来西亚、走到新加坡，用歌声让孟语以一种精神粮食的力量抚慰海外孟族人心灵的寂寞。

在以缅甸、缅语为主流文化的影响下，孟族人的世界显得隐秘而有趣。两位主持人这次将突破文化藩篱，加入孟族歌舞团，学会孟语，与年轻团员一起演唱孟族的饶舌歌曲与流行歌曲，感受孟族青年的热情活力，了解他们的文化与民族精神！

他们有没有机会延续AhBoy的魅力，成为孟族粉丝的新一代偶像？让我们拭目以待！

## 第十二集：布农语

从台湾玉山到澳洲悉尼，在横跨一万五千公里到维也纳音乐厅，布农族以一首祈祷小米丰收歌曲Pasibutbut，唱出了独一无二的“八部合音”，惊艳了世人的目光，缔造了一段山中音乐传奇。

音乐仿佛是布农人与生俱来的天赋，每年在播种祭之前，祭司必须带领布农族男子演唱Pasibutbut，祈祷来年小米丰收。清澈透亮的歌声在广场上轻轻吟诵，一开始只有四部合音，但是当歌声高到某一个层次时，却出现了八个不同的音阶。繁复的和音方式，在这个古老的部落已经被唱诵了千百年，它打破了音乐的起源是由单音、双音，在发展至和音的理论，从此改写了世界音乐史。

爱玩爱闹的两位主持人，这回将“收身养性”，一边学习布农语，一边与部落里的孩子们一起练习八部合音。从一首首描述布农族生活习俗的歌谣，了解这个高山民族对天地万物的敬仰与生活态度，并且透过硕果仅存的2名巫师，在他们的穿针引线下，与布农族年轻男子一起在小米祭典上献唱，用歌声来传承布农语以及他们的传统文化。他们这回可别不小心触犯了布农族的禁忌，搞砸这个庄严神圣的祭典！

## 第十三集：老挝语

一本流落英国民间的寮国皇室食谱，启动了这一趟老挝语的探索之旅。

繁复的寮国皇室料理曾经是寮国御厨的骄傲，但是这个尚未为世人熟知的餐桌艺术，却因为1975年的政变而昙花一现，几乎化为传说。当年，皇室家族遭受迫害，纷纷出走海外，留在寮国境内的贵族成员在劳改营之后，把奢华的生活习惯化繁为简，饮食也以简朴为主，加上法国多年的殖民政策，如今的寮国料理早已变幻出不同的面貌。

老挝文源自于佛经上的古文，两位主持人这一趟可以说是名副其实的“取经之旅”。他们需要突破语言的限制，跟当地名厨携手合作，以寮国皇室食谱为蓝本，在现代寮国料理的基础上，烹调出一桌传说中的贵族晚宴。

这一趟旅程，主持人得边走边学，以有限的老挝语广邀各方好手，组成一支美食特工团队，拟出梦想中的菜单，并且透过不同的任务，取得当地的食材，例如：制作寮国传统木筏，逆流而上，寻找寮国料理不可或缺的配料—Padek鱼露，或是学习寮国传统的捕鱼法，猎取珍贵的孔明鱼。节目最后的高潮，就是他们要鸡同鸭讲，听懂寮国大厨们的指示，同时七手八脚，拿起锅铲把传说中的贵族料理，以崭新的面貌重现在寮国的餐桌上，为当地的饮食文化复兴尽一点小小的绵力。