



LIFESTYLE

TAKE A BREAK

Take A Break is a travel programme that will pick out the best short holiday destinations for you. Find out more about the lesser-known and interesting places that are worth venturing over the weekend! Each episode will feature different itinerary for different travelling groups, such as a solo traveller, a romantic trip for two, a trip for buddies and a family vacation. A comprehensive itinerary will be presented and the travellers have to complete all the activities within their short holiday period. The itineraries will also be categorised into "budget" and "luxury" to cater to travellers with a different budget in mind.

Travellers: Felicia Chin, Desmond Tan, Jeffrey Xu, Ian Fang, Desmond Ng, Hayley Woo, Jayley Woo, Tay Ping Hui, Cavin Soh, Romeo Tan, Dawn Yeoh, Tracy Lee, Quan Yi Fong, Vivian Lai, Fiona Xie, Ben Yeo

说走就走 ~ 短假游

《说走就走 ~ 短假游》是为热爱长周末的新加坡人所设计的。无论是在新加坡的酒店，或是出国，节目将针对不同的消费群，介绍适合他们的旅游行程，如：一个人的旅行，两个人的浪漫之旅，好友三人行，亲子之旅，或是适合乐龄人士的行程等等。节目也会介绍新颖有趣、鲜为人知的旅游景点，并事先出示已经制定好的旅游行程。而能否完成所有的行程将成为旅游者的一项挑战。每一个消费群的旅游行程也会分成精打细算版和奢侈豪华版，满足不同消费者的需求。节目中介绍的地方包括清迈，澳门，广州，越南，老挝，新加坡等。

主持人：陈凤玲、陈洞江、徐鸣杰、方伟杰、黄振隆、胡佳琪、胡佳嫻、郑斌辉、苏栢诚、陈罗密欧、姚懿珊、李美玲、权怡凤、赖怡伶、谢宛谕、杨志龙

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Episode 1: Taiwan 台湾

In this episode, Felicia Chin will show us how to plan a memorable 4 days 3 nights trip to Taiwan! What is there to see and eat in Taiwan. Let Felicia show us the way!

在这一集的节目中，陈凤玲将会带你尽情享受4天3夜的台湾之旅！在台湾，要去哪里才可以痛快地吃喝玩乐呢？请跟着凤玲走吧！

Episode 2: Korea 韩国

In this episode, Desmond Tan and Jeffrey Xu go for a holiday in Korea. They will shed their idol image and immerse in the fun activities in Korea.

在这一集的节目中，新传媒公子陈洞江与徐鸣杰将会到韩国去。在旅程中，看这两位公子怎样抛开偶像形象，尽情享受韩国之行！

Episode 3: Korea 韩国

In this episode, Jayley and Hayley Woo visit Korea to discover all things that have to do with fashion and beauty!

这一集，佳琪与佳嫻姐妹俩的目的地是韩国。姐妹俩发掘那里最时尚的潮流，化妆品以及护肤品！

Episode 4: Vietnam 越南

In this episode, good friends Ian Fang and Desmond Ng visit Vietnam for good food, shopping and an unforgettable sight-seeing trip!

在这一集的节目，方伟杰与黄振隆哥儿俩将会到越南享受美食，购物以及观赏大自然美景。

Episode 5: Malaysia 马来西亚

In this episode, getai singers Hao Hao and Bao En visit Penang for authentic Malaysian cuisine and outdoor activities.

在这一集的节目中，歌台歌手皓皓与宝恩将会到槟城享受道地的马来西亚美食，以及尝试惊险刺激的户外活动！

Episode 6: Thailand 泰国

In this episode, Romeo Tan visits Chiang Mai for a sight-seeing trip and discovers the beauty of Mother Nature.

在这一集的节目中，新传媒公子之一的陈罗密欧，将会到泰国清迈，沉浸在当地的大自然景观里。

Episode 7: Thailand 泰国

In this episode, good friends Vivian Lai and Quan Yi Fong visit Chiang Mai where they will show you where to shop, eat and also picturesque locations for nice photos!

在这一集的节目中，赖怡伶与权怡凤两个好友将带大家到清迈的美食景点，购物景点，还有“拍照”景点！

Episode 8: Taiwan 台湾

In this episode, Tracy Lee and Dawn Yeoh will travel to Northern part of Taiwan to visit Taipei city and Yilan!

在这一集的节目中，李美玲与姚懿珊将会到台湾的台北及宜兰等地游玩。

Episode 9: Hong Kong 香港

In this episode, Ben Yeo and Fiona Xie will take us on a fun tour around Hong Kong. This "Pearl of Orient" is well-known for its good food, shopping and sight-seeing!

在这一集的节目中，杨志龙与久违的谢宛谕将会带大家到美食及购物天堂的“东方之珠” - 香港游玩。

Episode 10: Indonesia 印度尼西亚

In this episode, musician Hong Jun Yang will take his wife Candyce Toh and their newborn baby to Bali for an unforgettable family trip!

在这一集的节目中，音乐人洪俊扬将会带妻子杜蕙粤与宝宝到巴厘岛欢度美好的假日！

Episode 11: Australia 澳洲

In this episode, Quan Yi Fong and Chef Eric will visit Margaret River in Australia. What will the dynamic be like between the host and the chef?

在这一集的节目中，观众可以看到名嘴权怡凤与名厨Chef Eric 共游澳洲玛格丽特河的乐趣。

Episode 12: Australia 澳洲

In this episode, Tay Ping Hui and Cavin Soh will visit Perth, the capital of Western Australia.

在这一集的节目中，郑斌辉与苏栢诚将会到访澳大利亚首府 - 珀斯。

Episode 13: Royal Caribbean Cruise 皇家加勒比邮轮

In this episode, Jeremy Chan, Kimberly Wang and Chen Chen will head off to Royal Caribbean Cruise for a luxurious holiday!

在这一集的节目中，田铭耀，王智荟以及陈晨将会乘搭皇家加勒比邮轮，享受奢华舒适之旅！