



DOCUMENTARIES / FACTUAL

TRAVEL

### The Great Escapade

It's not YOLO. Neither is it FOMO.

The new type of travel – global experiential adventures that relieves a burn-out in life. A holiday that is equal part exploration of the world and equal part re-discovery of oneself.

Join Chef Anthony Yeoh as he embarks on an adventure not at tourist hotspots but real life destinations that shake him out of his comfort zone.

In Sri Lanka, he learns how to ride the waves and care for elephants in a sanctuary. Deep in the Royal Belum Rainforest in Perak, the Jehai Tribe imparts blowpipe wisdoms. Inspired by the lessons gleaned on his adventures, he returns to Singapore and sets himself up for what might be his biggest challenge yet – a half marathon.

这不是 YOLO, 也不是 FOMO。

新的旅游种类 – 减轻生活倦怠的全球冒险体验。一个一边探索世界一边重新发现自己的假期。

跟随厨师Anthony Yeo 踏上这趟不是在旅游热点而是在使他摆脱了自己的舒适区现实生活中的目的地的冒险之旅。

在斯里兰卡, 他学习如何乘风破浪和照顾庇护所里的大象们。深在银州的 Royal Belum Rainforest, 济海部落赋予吹管智慧。被他的历险记收集的每堂课所启发, 他回到了新加坡并为或许是他目前最大的挑战 – 半程马拉松做准备。

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## Episode 1

Were you ever envious when you saw surfers breaking the waves in movies or dramas? Turns out it might actually be doable.

Ahangama in Sri Lanka has warm waters and good waves 6 months of the year and it is every surfer's sweet spot.

A complete newbie at surfing, Chef Anthony puts his knives and ego away and attempts to take on the waves by enrolling in a 3-day surf camp.

His surf sessions are a journey inward – of navigating the waves of his limitations and discovering the strength and courage to push through the currents. The time spent out of the ocean and with the locals however, is an immersion into a unique Sri Lankan culture where surfing is a lifestyle, a livelihood and an identity.

## Episode 2

Sri Lanka's captive elephants lead a life of hardship. Meet 8 elephants that have been rescued and rehomed in a small elephant orphanage in Pinnawala.

From going on daily walks, clearing their dung to feeding, bathing and tending to their wounds, Chef Anthony does it all with his fellow volunteers.

Follow Anthony's experience as he forms a special bond with one particular elephant and makes lifelong friends with other volunteers from all over the world.

## Episode 3

As digital natives, we have become slaves to our devices. Have you tried going for a digital detox? How about venturing off the grid for a couple of days in Perak's Royal Belum Rainforest? Estimated to be more than 130 million years old, the rainforest is home to the Jehai tribe, one of Malaysia's indigenous groups.

Chef Anthony's challenge that he set for himself is simple. He has to immerse in the Jehai people's way of life. From hunting with a traditional blowpipe to foraging for medicinal herbs in the forest, he learns what it means to be a man in the Jehai tribe.

Under the mentorship of a father and son pair, Anthony relives memories of past adventures with his late father, and rediscovers the value in disconnecting and enjoying a simpler way of living. Will he be able to apply the lessons learnt with his own tribe back in Singapore?

## Episode 4

Have you ever dreamt of running a marathon but thought it to be mission impossible? Chef Anthony is here to show you otherwise.

When he weighed 165kg at his heaviest years back, running never crossed his mind. But after losing 60kg a few years ago, he took it on to keep the weight off, stay fit and sane. And now, inspired by his adventures in Sri Lanka and Malaysia, Anthony is looking to get out of his comfort zone and push his boundaries even further.

His goal? An ultramarathon.

Anthony will be running more than ever, covering distances he's never attempted and discovering the potential he never knew he had. More than just a physical challenge, the marathon imparts valuable lessons that will follow him way beyond the finish line.

## 第一集

是否曾经因为看到冲浪者在电影或电视剧里乘风破浪而感到羡慕？事实证明，这实际上是可行的。

斯里兰卡的Ahangama 一年内有六个月都拥有温暖的海水和良好的海浪，而且还是每个冲浪者最爱的地方。

一位冲浪的新手，Chef Anthony 收起了他的刀和自我，并报名参加一个3天的冲浪营来尝试怎么乘风破浪。

他的冲浪课程是向内的旅程 – 导航了他的局限性浪潮和发掘推动潮流的力量和勇气。花在海洋以外和与当地人在一起的时间，反而让人沉浸在独特的斯里兰卡文化中，让冲浪成为一种生活方式，生计和身份。

## 第二集

斯里兰卡被俘虏的大象都过着艰难的生活。来跟八头被救出并重新安置在品纳瓦拉一个小小的大象孤儿院的大象见面。

从带着他们每天散步，清理粪便到喂食，洗澡和照顾他们的伤口，厨师Anthony 与他的志愿者一起一手包办所有的工作。

跟随 Anthony 的经历，看着他如何跟一头特定的大象建立特别的感情，还有跟来自世界各地的其他志愿者结为终身朋友。

## 第三集

作为数码原住民，我们已经成为电子设备的奴隶。你是否尝试过数码排毒？不如脱离电网，在银州的Royal Belum 热带雨林生活几天？估计已有1.3 亿年的历史，热带雨林是马来西亚其中一个土著群体-济海部落的家。

厨师 Anthony 为自己设下的挑战很简单。他必须沉浸于济海人的生活方式。从使用传统的吹管打猎到在森林里搜寻草药，他学到了怎么在济海部落当个男人。

在一对父子的指导下，Anthony重温了许多与他已故的父亲冒险的回忆，并且重新发现断开连接和享受更简单生活方式的价值。他能否把在部落学到的经验教训应用到自己身上？

## 第四集

是否想过跑一场马拉松，但认为这是一个不可能完成的任务？厨师Anthony 在这里向你们展示另一种情况。

在他最重的那些年里，体重达到165公斤时，他从未想过要跑步。但自从他几年前减了60公斤后，他坚持着减轻体重，保持健康和理智。而现在，被他在斯里兰卡和马来西亚的经历所受到启发，Anthony 想要摆脱他的舒适区并且更进一步地扩大他的界限。

他的目标是什么？一场超级马拉松。Anthony 将会比以往跑得更多，涵盖他从未尝试过的路程和发掘他从未知道自己拥有的潜力。马拉松不仅仅是一个身体上的挑战，它还给我们带来了宝贵的经验教训，这些经验教训将伴随着他走过终点线。