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LIFESTYLE

THIS WEEKEND

A brand new six-part Asian travel series with a twist; **This Weekend** is not your typical travel guide. It's a getaway to a unique place in Asia where you explore, learn, have fun and eat something new - all in just one weekend!

Each episode will focus on one destination in Asia that is not your usual tourist haunt! Every episode will be told from the perspective of the traveler who takes off to a particular place with a goal in mind, and to complete their travel experience like no other in just one weekend.

Hosts: Roz Pho, Khairudin Saharom, Vaune Phan, Thanuja Ananthan, Heng Su-Ann, Claire Jedrek, Yuey Tan

这六集的亚洲旅游节目将会以创新的方式呈现。《**This Weekend**》不仅是旅游指南，还将把亚洲最独特的景点介绍给观众！节目还会教大家如何在短短的周末内尽情探索、学习、玩乐还有品尝美食！

每一集的节目将会集中在亚洲，可是去的地方可不是旅客常观光的景点！节目会以游客的角度出发，他们将会体验到前所未有的旅游经验！

主持人: Roz Pho, Khairudin Saharom, Vaune Phan, Thanuja Ananthan, Heng Su-Ann, Claire Jedrek, Yuey Tan

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THIS WEEKEND

Episode 1: Island Hopping in Flores, Indonesia

Roz Pho, celebrity and extreme sports junkie, heads to exotic Flores - Bali's lesser known neighbour. She snorkels in pristine waters while restoring the coral reefs, sails on a luxury yacht, enjoys traditional coffee and even gets threatened by a komodo dragon - all in a weekend.

艺人 Roz Pho 是个极限运动爱好者，她将会到印度尼西亚，前往富有异国风情的弗洛勒斯岛。她在短短的周末内将会在清澈的水域浮潜、学习如何保存珊瑚、乘坐豪华游艇、享有传统咖啡还有近距离接触恐怖的科莫多巨蜥！

Episode 2: Canyoning in Da Lat, Vietnam

Khairudin Saharom, architect and TV personality travels to Da Lat, Vietnam for a weekend getaway filled with what he loves best - a combination of visiting historically significant architecture, an extreme canyoning adventure and a personal cooking class by one of the city's top chefs.

Khairudin Saharom 是个电视主持人兼建筑师，他将会前往越南大叻市，沉浸在自己的爱好中。他的爱好包括：建筑历史，溪降，还有烹饪！越南顶尖名厨还会教 Khairudin 如何烹饪出美味的佳肴！

Episode 3: Biking In Mindoro, Philippines

Vaune Phan, an avid motorcyclist goes to Mindoro, the Philippines for a weekend getaway. After riding more than 200km, she experiences the local Mangyan culture, ziplines to the picturesque Pandan Islands for a dip in the sea, and witnesses how local tuna is prepared for export.

Vaune Phan 是个电单车爱好者，将会到菲律宾享有非一般的周末旅游！她会挑战200千米的电单路程、体验当地原住民的文化、溜索到景色迷人的Pandan岛、沉浸在当地的海域、看看本地人是怎么出口金枪鱼。

Episode 4: Going Green In Chambok, Cambodia

Thanuja Ananthan, a celebrity and activist, spends her weekend in Chambok, an ecotourism commune more than 100km from Phnom Pehn. She lives and cooks with the locals, treks 3km through a forest, plants trees, scales a 40m high waterfall and even collects bat poo with them.

艺人兼行动主义者 Thanuja Ananthan 将会前往远离柬埔寨首都金边100千米的Chambok镇。她将会与当地人居住交谈，了解他们的生活，与他们烹煮美食、走完全程3千米的森林路程、种树、攀爬40米高的瀑布、还有采集蝙蝠的便便！

Episode 5: River Surfing In Riau, Indonesia

Heng Su-Ann, a former national female golfer, heads off on a weekend getaway to Pekanbaru, Indonesia. She tries her hands on batik bono, immerse herself in a traditional fishing experience, visits a local surf shop, enjoys mud bath, and rides the legendary bono waves at the Kampar river.

Heng Su-Ann 是前国家高尔夫选手，她将会到印度尼西亚北干巴鲁省，学习如何编织 Batik Bono、了解传统捕鱼的方法、到访当地冲浪商品专卖店、享受泥浴还有冲浪！

Episode 6: Road Trip To Bentong, Malaysia

Claire Jedrek and Yuey Tan, race car drivers - go on a road trip to Bentong, Malaysia. They white water raft, horse ride along scenic trails, immerse in a Japanese cultural experience and enjoy lemang (bamboo cooked glutinous rice) at the famous Lemang To'Ki restaurant.

专业赛车手 Claire Jedrek 和 Yuey Tan 将会到马来西亚文冬。在那儿，他们将会泛舟、骑马以及观赏风景、陶醉在非一般的日本文化、还有前往著名的 Lemang To'Ki 餐馆享用 Lemang (一道本地糯米饭佳肴)。