

LAOS

FOOD & CULTURE

PHOTOGRAPHY WORKSHOP

\$4,250

IRON
CHEF
SHELLIE

PHOTOGRAPHY
by Ewen Bell



YUMMY PHOTOGRAPHY

Join Shellie Froidevaux and Ewen Bell as they immerse themselves in the spicy and sour delights of Laos cuisine. A week long journey that gets to the heart of sticky rice, forest foraging and a dozen things you can do with lemongrass.

January 10 - 16, 2019
Max group size of just 6 people

1

ACCOMMODATION

7 DAYS STAYING AT A COMFORTABLE
GUEST HOUSE IN THE BEST PART OF TOWN

3

CULTURE

LEARN ABOUT THE MONKS, TEMPLES
AND A TRADITIONAL BACI CEREMONY

5

INDULGENCE

ENJOY SERIOUS PAMPERING AT
LUANG PRABANG'S FINEST EATS

2

INSPIRATION

FABULOUS FOOD FOR YOU TO
SHOOT AND EAT

4

EDUCATION

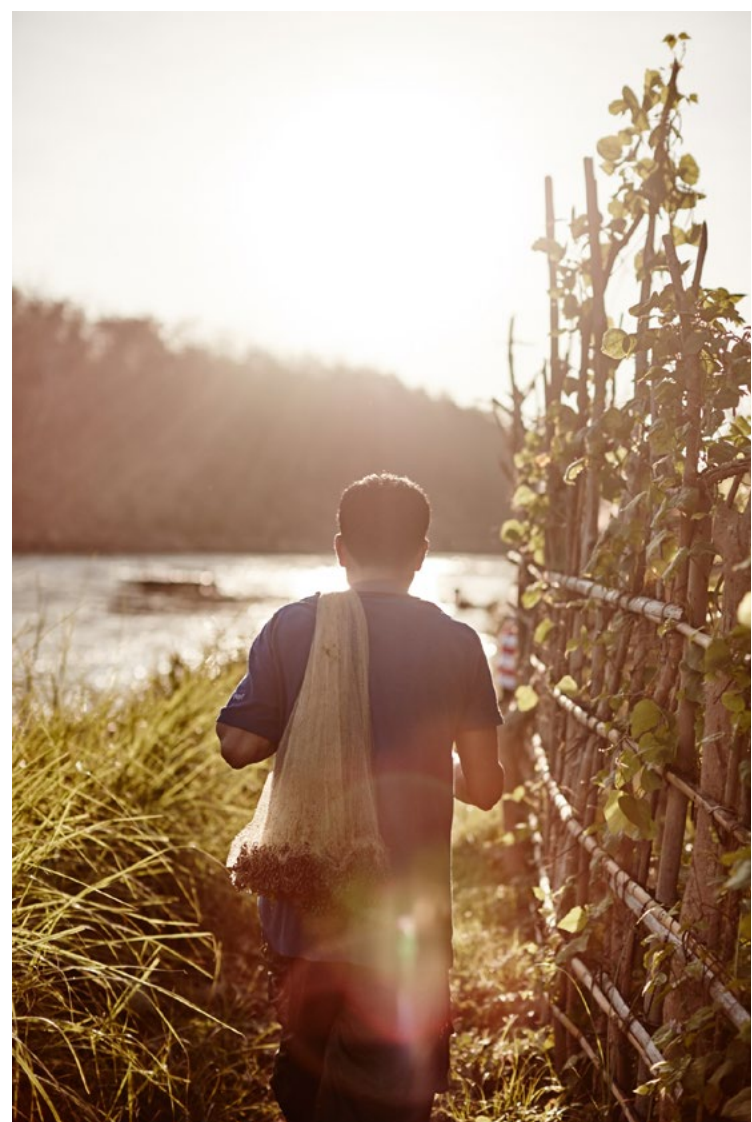
LEARN FROM THE PROFESSIONALS
HOW TO STYLE AND SHOOT

6

PERSONAL

VERY INTIMATE WORKSHOPS FOR
JUST 6 PEOPLE







DETAILED ITINERARY

January 10 / Arrive in Luang Prabang

We ask that our guests plan their travels to arrive on the midday flight from Bangkok and we begin the gourmet adventure together. A short drive from the airport will have us at the **villa** and ready to check-in, before a sit-down **lunch and introduction** to Laos cuisine. After lunch we make an orientation of the **old town** with our local guide, finishing with a tour of **Wat Xienthong** and sunset on the **Mekong**. Our dinner tonight will be an intimate Laos style of **BBQ**.

January 11

Before dawn we'll make an early start to see what **Tak Bak** is all about, then return to our villa for an early **breakfast of croissants** and fresh coffee. Our special guest for the day, **local chef** Toui, will take us through the **morning market** and explain what some of the more remarkable offerings of the season are all about. We end up with **lunch at his cafe**, a contemporary fusion of Laos flavours and wok cooking. The afternoon is dedicated to exploring some of the temples and **meeting monks**. We finish the day with **sunset drinks** and dinner by the Mekong for some **Mok Pa and Laab** with sticky rice.

January 12

Breakfast today will be the traditional style of **Nem Khao** a steamed rice crepe, stuffed with pork mince, followed by a short tuktuk ride out to meet Keo and her **organic garden**. Keo will walk us through a handful of **classic Laos dishes** and explain why certain ingredients are essential, and others are not. She's an excellent presenter and a fabulous cook. After lunch, we head to a small village on the Nam Khan to see how the locals **catch fish**, as they cast their nets as the sun goes down for some lovely photography. Dinner tonight will offer a strong **French influence**, as is typical of the town and recent history.

January 13

We have a big day planned to travel a long way north and explore two fascinating parts of local culture. First is the **Kaiphaen** production, where river weed is collected and prepared for eating. The **NamBak market** will be full of kaipaen and variations on the flavours. We drive on to meet a **Taileu** community who are doing great things with **cotton textiles**, and doing seriously tasty things with **bamboo shoots, wild ferns, and mushrooms**. After lunching with the Taileu we drive back to Luang Prabang, and have dinner at a local restaurant that serves a traditional **pho**.

January 14

After a long day yesterday, the morning is dedicated to a sleep in and time to plan a massage treatment. We will help you pick a **spa and massage** service within walking distance of the villa. After lunch we'll spend the afternoon on the Mekong travelling upstream by boat to visit to **Pak Ou caves**, the site of thousands of **Buddhist statues** by the river. Along the way we'll learn a little about Lao Hai, the local **rice wine**. Dinner tonight will be at one of Luang Prabang's finest, featuring **contemporary Laotian cuisine**.

January 15

Our final day in Luang Prabang is spent at doing a **style and shoot session** at one of the local hotels. We put all of what we've learnt throughout the week into a shoot with some of our favourite Laotian dishes from the week. It will be late afternoon when we return to the villa, and you will have a little spare time **before dusk**. Our plans for dinner involve a special **ceremony** and the help of local villagers to keep the **rice wine** flowing.

January 16 / Departure

We transfer to the airport in Luang Prabang to catch our flight home on the midday flight back to Bangkok, or you can extend your stay.

THE STORY OF STICKY RICE

Khao Niao is the local word for sticky rice, and it comes in many colours and many dishes. We want to share as many of those variations with you as possible.

We'll be exploring the different ways that sticky rice is used in Laos cuisine, from mopping up the flavours of an eggplant jeow, to being slowly warmed through in a coconut and lychee sauce. We'll see plenty of rice fields and even some sun-dried rice cakes out on the streets.





THE STORY OF VILLAGES

We visit a couple of villages far from Luang Prabang to explore their cuisine and their crafts.

There are dozens of ethnic groups in Laos, too many to see in a few days. We'll be travelling through mountains where the Khmu, Hmong and Taileu call home. We have a special lunch planned with the Taileu because they are really good cooks in addition to excellent weaving and textile crafts.



THE STORY OF PHO

Noodle soup is staple of the Laos people, but it takes on many forms and is served with many kinds of noodles.

Once on a journey through remote Khmu regions we were offered a delicious fresh bowl of soup, and moments before it was slid across the table our host takes a few spoonfuls of congealed ducks blood and completes the dish to his satisfaction. You never quite know what you'll get when ordering pho, but we'll cover a few of the variations during our week of gourmet exploration.



THE STORY OF THE MEKONG

So much of life in Laos is connected to the Mekong. We will taste a wide variety of food that is grown, caught or harvested with the help of this powerful river.

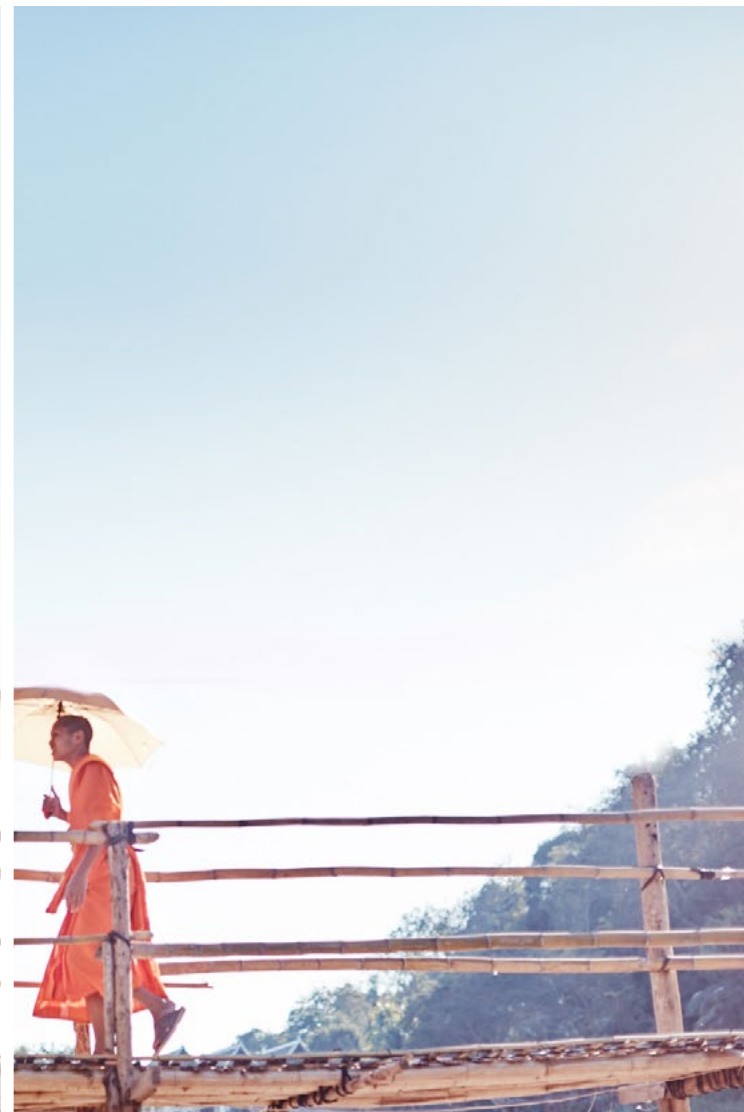
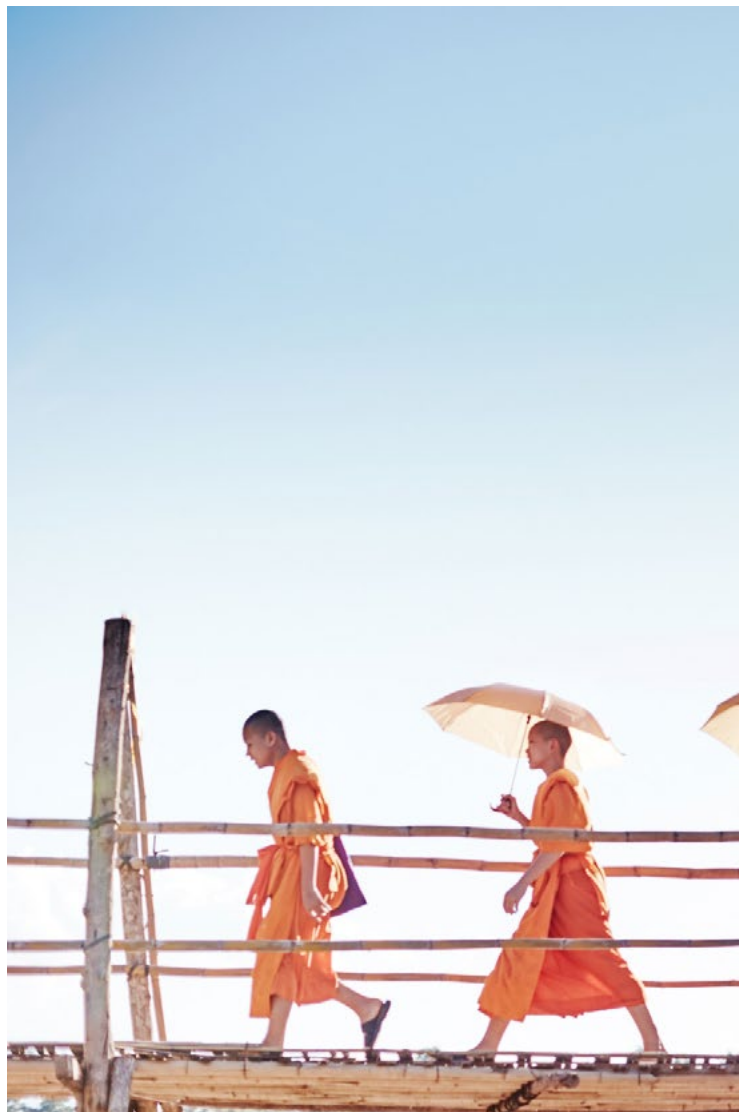
Keep a lookout in the markets for those fresh treats that come out of the Mekong. Mud crabs, live frogs, catfish, tilapia and much much more. We'll have some special guides on hand to help you learn about these sources of protein and how the Laos people use them when cooking.



THE STORY OF THE MONKS

Our local guide will help you to learn more about the traditions of novices and monks in Laos and the ritual of Tak Bak that takes place every morning on the streets.

No visit to Laos would be complete without learning a little about the culture and history of Buddhism, and Luang Prabang is right in the middle of that history. We'll visit a collection of temples, including the royal monastery of Wat Xien Thong. You'll have a chance to chat with the monks and let them share their own story.







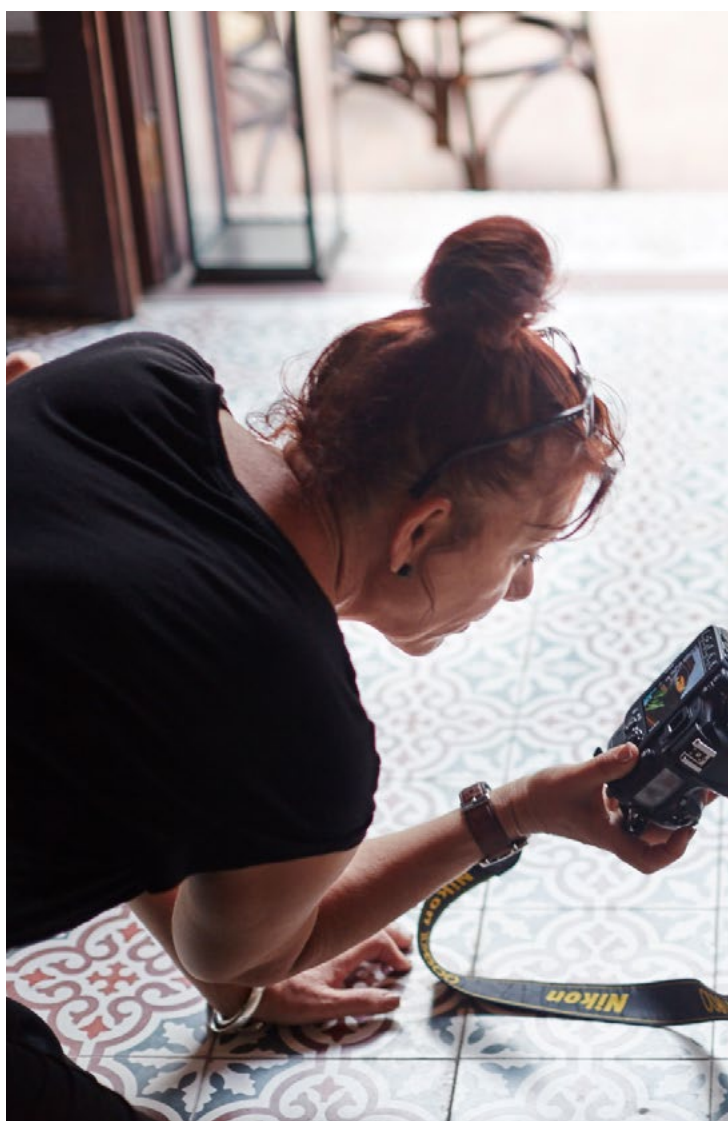
YOUR CAMERA

This is not a workshop restricted to professional cameras, we invite everyone and anyone who simply wants to enjoy their food and photography.

You'll need a DSLR or mirrorless camera and a couple of good lenses. 24mm for outings to farms and the market, and a 50mm lens for shooting lovely food and portraits.

Sunsets on the Mekong are best enjoyed with a longer telephoto lens. We will chat with you before the workshop to make sure you have a suitable lens before you arrive.

A good 24-70mm lens will do a good job for most of this workshop, but a fast f/1.4 50mm will be even better for pushing your photography to the highest level. We'll show you why.



LOVELY ACCOMMODATION

We have picked out a great location for this adventure, staying in a lovely part of the old town in Luang Prabang for the entire 6 nights and everybody gets a single room as an added bonus.

The standard of accommodation is very comfortable and offers a little bit of luxury. Our villa ensures everyone has their own room, each with private bathroom, air-conditioning and free wifi. For breakfast we head next door to our favourite French bakery in Luang Prabang for freshly baked croissants or pain au chocolat.



TECHNICAL & CREATIVE

This is a chance to find the bridge between the technical challenges of shooting high quality food imagery and the creative journey that inspires us.

Feed both sides of the brain with on-hand expertise for styling, set design, prop selection, camera equipment, advice on lenses plus professional techniques for processing RAW files to achieve publication quality pics.

GOOD GEAR

The lens is more important than the camera, and a fast or wide lens can give you more creative opportunities.

Don't think you have to be an expert on your lens, if your lens can shoot at f/2 you can do this workshop.

Tripod? Bring it if you have one and prefer to use it. They are not essential for food photography but for some people they would rather not leave home without it.

YOUR LAPTOP

We encourage you to bring your laptop so you can explore for yourself what we practice in the sessions. The week before arriving in Luang Prabang we'll remind you to download a trial copy of Capture One or Lightroom. We'll show you the rest.

We'll be giving special attention to the presentation of your photos, not just shooting them. Making your images work well in a layout for print or digital is the next step beyond processing a digital file.

Think of this as a chance to build a folio, presenting a range of skills or building a collection tailored to a stylistic theme.





IRON
CHEF
SHELLIE

YOUR ESCORT IRON CHEF SHELLIE

Self taught recipe developer, food stylist and photographer. Shellie has nearly a decade of blogging experience and now shoots and styles with some of Australia's best chefs. Shellie has a rare depth of knowledge in food, from the garden to the kitchen to the table to the camera. And everything she does comes with a giggle and a smile.

Shellie will show you how to turn a cake into a work of art with just a props and a little flair. Her collection of food styling props is the envy of her peers, the result of many years collecting random pieces of crockery, odds, ends and what most people would classify as junk.

When you join this food photography workshop you'll quick see why we call Shellie "The Queen of Props".

www.ironchefshellie.com.au



YOUR ESCORT EWEN BELL

Travel photographer, journalist and former “editor at large” for Digital Photography magazine. Ewen photographs for Food & Travel UK, Lonely Planet Traveller UK, Luxury Travel, Vacations & Travel and several other publications in any given year.

Ewen will share his knowledge on how to turn photography into a successful career, or cultivate the joy of following a journey of love.

We welcome professionals on these workshop who want to talk about career development. Sharing is caring.

www.ewenbell.com

www.photographyfortravellers.com





THE FINE PRINT

Dates

January 10-16, 2019

Price

AUD\$4,250

Group Size

This tour is limited to 6 travellers

Inclusions

- All meals are included and will be delicious
- All transportation by van, boat or tuktuk
- Airport transfers on arrival and departure

Exclusions

- Drinks and alcohol
- Flights into and out of Luang Prabang
- Your visa on arrival to Laos

Accommodation Standard

For this adventure we are offering single rooms instead of the usual twin-share. All 6 nights are at the same villa and you will love the location. First to book will get the first choice of room.

The itinerary is offered in good faith, but changes may occur when necessary.



7 DAY WORKSHOP / LAOS

JANUARY 10-16, 2019

MAXIMUM OF 6 PEOPLE

\$4,250

HOW TO BOOK

Fill out the booking form at the link below and send in your deposit of AUD\$1,100. Once the deposit is received your place on the tour is confirmed. There are only 6 places available for this adventure.

[Click Here to Book!](#)



