

THE WHAT'S ON GUIDE TO PHNOM PENH

AsiaLIFE

PHNOM PENH

December 2007

On the Canvas

The Cambodian Art Scene



PLUS: STREETSMART

- DANA LANGLOIS
- TIM PAGE • SAIGON
- LUNA D'AUTUNNO
- OUTSIDE DINING
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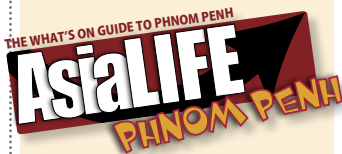
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Editorial

IT SEEMS THAT NOVEMBER marked the birthday for many bars and restaurants around town. Dec. 16 is the first anniversary of AsiaLIFE Phnom Penh. It's now one year ago that we launched our magazine at Pontoon Lounge.

At the time friends and acquaintances doubted whether there was enough going on in this fair city of ours to maintain a monthly lifestyle magazine. Hopefully a year down the line, and with the emergence of the Globe magazine as well, we've managed to answer a few doubters.

I believe this month's issue is our most interesting yet. We cover one of the more dynamic and visible aspects of life in this city – the arts scene.

Over the last few years, Cambodian art has started to really lift off. In our cover story, Charis Shafer investigates whether Cambodian artists are now ready to stand on their own two feet, or are still reliant on traditional western intermediaries and facilitators. Charis also provides an A-to-Z of the Phnom Penh art world, providing snippets of information on the artists here and the venues in which their works are displayed.

The third element of Charis' work is a retrospective on Dana Langlois' Java Café and Gallery. Over the last seven years Dana has probably contributed more than any other expat towards lifting the international profile of Cambodian artists as well as kick-starting the career of many young artists.

Away from art, not surprisingly, we feature some drinking and dining options for the festive season. Liz Ledden also provides some advice on where to buy Christmas baubles. Liz also talks with Fabrizio Sartor about his popular Luna d'autunno Restaurant.

Outside of Phnom Penh, we take a look at the changing face of Kampot, as well as providing you with the low-down on neighbouring



Saigon, for those of you who want a change of scene for Christmas.

Tim Page has produced some of the finest photo-journalism in the region. We include an interview, first printed in AsiaLIFE HCMC, with the veteran English photographer on his recent trip to Saigon.

The last year has been a roller-coaster full of challenges and rewards. I'd just like to take this opportunity to thank my wonderful team – Keith, Qudy, Liz, Charis, Ny, Seyhag, Nathan and Virginie – as well as all the freelancers and those who have come and gone, for their great support over the year. Second, I would like to thank all our advertisers who have prevented the bailiffs from knocking on my door.

Also last month, my colleague in Saigon Nick Ross decided to call it a day with AsiaLIFE. It was Nick who came up with the concept for the original Saigon Inside Out magazine that spawned AsiaLIFE HCMC and AsiaLIFE Phnom Penh. I just want to thank Nick for his boundless energy and mentoring.

As always I hope you enjoy reading this issue and look forward to receiving your feedback. Looking back at our initial magazine from December 2006, I think the advances we have made since then are clear for all to see. My promise to you, our readers, is that we will continue to make the same advances over the following year.

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this was

the month that was

seafood, cognac, smiles, photos, birthdays, and more...



Joseph Mussomeli At the Operation Smile auction

OPERATION SMILE

Cambodia was one of 25 countries that were part of Operation Smile's 'World Journey of Smiles' mission from Nov. 8 to Nov. 16. Designed to commemorate the organisation's 25-year anniversary, during the mission Operation Smile operated on an estimated 5,000 children across the world, born with a cleft lip or cleft palate – a congenital defect that is easily treatable yet sadly is often unaffordable for many in developing countries.

At a press conference on Nov. 5 to announce Cambodia's

inclusion in the groundbreaking mission, Operation Smile Cambodia's programme director, Dr Mok Theavy, said, "it is my dream that one day all babies born with a cleft lip or cleft palate in Cambodia get free treatment." Also announced were plans to collect and study the DNA of all children operated on so scientists could undertake a study on what causes the defects.

A fundraising event was held on Nov. 16 at the U.S. Ambassadors residence. Donations were made by local businesses and there was a raffle of works by local artists

including Linda Saphan, Qudy Xu and Fleur Childs. One of Linda's pieces raised US\$1,000 – the same amount as the cost of four operations.

For more information visit: www.operationssmile.com

SEAFOOD BUFFET OPENS AT RAFFLES HOTEL LE ROYAL

Nov. 2 was the opening night of Raffles Hotel Le Royal's new weekly seafood buffet. By 8pm the hotel's Café Monivong had filled up with patrons eager to try the seafood on offer, ranging from house smoked salmon, to sashimi, to seafood soups and hot and cold seafood mains. A stir-fry station offered fresh mussels, giant prawns and more, and an array of delectable desserts rounded things off nicely. Themed decorations in the form of a cylindrical aquarium and an ice-carving of a fish (with four kinds of caviar decadently served from its top) completed the scene. The buffet runs from 7pm every Friday night in Café Monivong, and is US\$24+ per person.

Café Monivong, Raffles Hotel Le Royal, Street 92, Tel: 023 981 888

HENNESSY PARTY AT TOPAZ

The rain outside did little to dampen the party spirit at Topaz on Oct. 26. The second floor Piano Bar played host to

a Hennessy cognac evening, where the young and beautiful, unashamedly dressed to impress crowd enjoyed live music alternated with DJ sets. Some excellent rhythmic drumming was a highlight of the evening. Special 'Hennessy Artistry' cocktails all featuring the premium beverage were enjoyed along with delicious canapés, in what is surely one of the city's most glamorous locales.

Topaz, 182 Norodom Blvd., Tel: 012 333 276

ANGKOR PHOTO FESTIVAL

Southeast Asia's premier photography festival hit the streets of Cambodia's major tourist town from Nov. 17 to Nov. 28. Photographers from Europe, the U.S., China, India, Thailand, Singapore, South Korea, Japan, Indonesia and Bangladesh had works shown at the event. There were also free workshops for emerging Asian photographers with renowned photographers Philip Jones Griffiths, Roland Neveu, Benoit Gysembergh, Patrick de Noirmont, Antoine d'Agata and Suthep Kritsanavarin. Proceeds from the event go towards the Anjali Centre set up by the organisers to provide Siem Reap's street children with basic schooling and art education.

For more information visit: www.angkorphotofestival.com

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■ RICK STEIN AT PACHARAN

Rick Stein, one of the U.K.'s most famous chefs visited Pacharan on Oct. 26, as part of his Indo-China Tour. The chef at London's Seafood Restaurant's appearance at one of the riverside's premium restaurants firmly puts Phnom Penh on the culinary map. Stein prepared a five-course degustation menu lapped up by the capital's gourmands.

Pacharan, 389 Sisowath Quay, Tel: 023 224 394

■ BIRTHDAY BASHES

November was a hectic month for bar owners. Some of the capital's best-loved bars and restaurants notched up another year last month.

The Green Vespa turned three on Nov. 10. Bar owner Alan was seen downing a yard of green ale – albeit in a non-too-impresive time – and Julian Grant played the Vespa's trademark mix of 80s music.

Nov. 17 was possibly the busiest night of the month. KWest celebrated its fifth anniversary with a special menu, lucky draw and DJ Illest spinning his MP3 vinyls. While around the corner customers at Dara's Salt Lounge were literally spilling out onto the street, watching a procession of drag acts, celebrating the third anniversary of Phnom Penh's first gay bar.

The following night one of Phnom Penh's most popular late night drinking haunts, Howie's Bar, notch up its eighth year.

■ ANGKOR 10S

Rugby teams from Singapore, Vietnam, U.A.E., South Korea,

France, Thailand and Cambodia tied their laces and held in their guts to take part in this year's Angkor 10s on Nov. 3. Held at Phnom Penh's Royal Navy Field, Singapore-based Bedok Kings ran out the winners of the Sharky Cup, beating the Saigon Geckos 24-0 in the final. On the previous day, the Bangkok Bangers won the Pickled Parrot Old Boys Cup in a competition that even featured a Russian team.

■ INTERNATIONAL MUSIC FESTIVAL

Phnom Penh's fourth international music festival ran between Nov. 1 and 11. A series of classical concerts featuring musicians from Cambodia, Germany, Japan and New Zealand were held at St Joseph's Chapel. The theme of the festival was exoticism and cross-culturalism.

■ CAMBODIA'S RAY CHARLES AT TALKIN

Talkin to a Stranger played host to the king of Khmer blues, Kong Nai. Kong Nai plays the chapei dong veng, a long-necked two stringed instrument. The event was a private one, which also featured a film crew recording footage for an upcoming documentary. In traditional garb, the raspy-voiced musician wore dark designer sunglasses to cover his blind eyes. Known as the Ray Charles of Cambodia, the master of the lithe instrument certainly has the ethos of the late blues musician and made the two strings sing for the privileged few who were able to witness this great in action. **☑**



Kong Nai Known as the Ray Charles of Cambodia

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Pepy Ride Proceeds go to bike-to-school programme

■ **VOLUNTOURISM ON TWO WHEELS**

Don't be surprised if you see a group of cyclists riding through the backwaters of Cambodia at the end of the month. The third annual Pepy Ride cycle marathon will set off from Siem Reap on Dec. 29, having first spent a few days in the tourist capital.

The ride includes Battambang, Kep, Kampot and Sihanoukville. En route the riders will volunteer at schools,

teaching English and environmental lessons, and meet with NGOs to better understand local development projects.

The volunteers raise US\$2,000 towards Pepy's programmes in Cambodia, which include supporting funding for rural schools, a bike-to-school programme that provides bikes to students with excellent attendance records, and a school library programme.

For more information visit <http://www.pepyride.org/>



Thom Thom Unplugged at Meta House this month

■ **SIEM REAP GETS SPORTY**

While CNN's eyes might turn towards the Johnny Walker Cambodia Open from Nov. 29 to Dec. 2, a couple of lower profile sporting events mark the first few days of the month in Siem Reap. A 100-kilometre race and 50-kilometre rally, the 2007 Angkor Wat Bike Race and Rally starts from Angkor Wat at 5.45am on Dec. 1. Organisers Village Focus International anticipate 200 participants for the event.

The following day 2,000 runners are expected to turn up for the twelfth annual Angkor Wat Half-Marathon organised by Hearts of Gold. Proceeds from both events will go towards funding projects by the organisations.

■ **SPIDERS AND WATER LILIES**

A new 170-page cookbook produced by Friends International featuring 42 recipes from Romdeng Restaurant will be launched at the restaurant on Dec. 7 at 6pm. Produced entirely on a volunteer basis, all the proceeds from this Cambodian cookbook will go to Friends International.

The recipes come from Romdeng's chef Sok Chong – a former street kid himself – and include Chinese and Cham

dishes as well as Khmer. There are also photographs of children who have benefited from the programmes of the international street kid NGO. Tastes from the food in the cookbook will be served at the opening.

Romdeng Restaurant, 21 Street 278

■ **CHRISTMAS GIFTS AT SILK & PEPPER**

This year Christmas shopping starts early at Silk & Pepper. Original necklaces, elegant jewellery, colourful scarves and refined bedspreads are just a few great ideas for unique Christmas presents. Silk & Pepper also presents their new collection of lovely children's pyjamas "Chut, je rêve" to place under the Christmas tree.

Silk & Pepper, 33 Street 178, & Amanjaya Hotel

■ **PHNOM PENH ROCKS**

Just like the proverbial London double-decker bus, rock concerts in this city seem to come in threes and fours. Dec. 1 marks what the organisers claim is the first indie rock concert in Phnom Penh. German band Diva International and Bear-Garden from Thailand will play at the Bopha Restaurant, Sisowath Quay, starting at 8pm.

The following weekend Australian blues band

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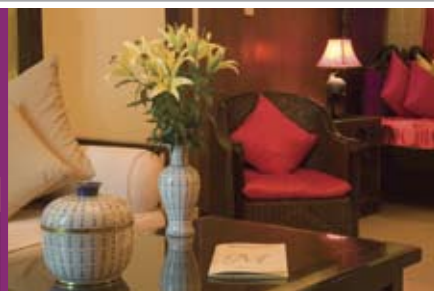
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Backsliders, featuring former Midnight Oil drummer Rob Hirst, will play some "delta-blues wall of sound" at the FCC Angkor and FCC Phnom Penh on Dec. 7 and Dec. 8 respectively, starting at 9pm.

In between the Phnom Penh-based Khmer and French rock band, Thom Thom, will play their first unplugged set at the Meta House (Dec. 5 at 7pm). And for those wanting some truly raw talent, ten-year-old soprano Bosbapanh is performing at the Chaktomuk Hall on Dec. 21 at 7pm, simultaneously launching her new album entitled Dreams.

Details of all events are in our Arts Diary, pages 60 to 61.

■ **VICTORIA'S FESTIVE SPECIALS**

Siem Reap's Victoria Angkor Resort & Spa is offering some special packages for the holiday season including a round trip airport transfer, dinner, daily breakfast, 20-minute massage and free room upgrade upon availability. The special three-night package is US\$427 from Dec. 23 to Dec. 26 and US\$457 from Dec. 30 to Jan. 2.

*Victoria Angkor Resort & Spa
Tel: 063 760 428,
www.victoriahotels-asia.com*

■ **INDEPENDENT XMAS**

Sihanoukville's premier Independence Hotel has a festive special. Its Coral Restaurant has a Christmas Eve dinner buffet for US\$29 net, including a free glass of Kir Royal. On New Years Eve, the Camellia Ballroom will host a gala dinner buffet with a lucky draw, free glass of Kir Royal and free soft drink for US\$49 net.

*Independence Hotel, Independence Beach, Sihanoukville,
Tel: 034 934 300. ☑*

Openings



■ **SAFFRON MONSOON** ☒

Majid and Evee's new restaurant, Saffron, had its official launch on Nov. 10. The well-attended opening, despite rival attractions that night, bodes well for the owners of Monsoon Wine Bar. They promise the new restaurant will have the same mix of Pakistani cuisine and fine wines, but as opposed to Monsoon, Saffron is open from 11am.

*Saffron, 11 Street 278,
Tel: 012 247 832*

■ **LIQUID FLAVOURS**

Bearing more than a passing similarity to Metro, Pascal, the popular Quebecois proprietor of Flavours Restaurant, opened his new bar, Liquid, last month. The smooth concrete interior provides a touch of class to

Street 278, difficult to find in Phnom Penh. The long bar and slate 9-ball pool table promise to make this one of the more sociable bars in town. Pascal says Liquid will be more bar than the restaurant-orientated Flavours.

Liquid, Street 278, Tel: 012 765 896

■ **UPSCALE THAI**

Opened in November, Phnom Penh Orchid is a stylish, contemporary spot for a Khmer, Thai or Chinese meal. One of a new breed of mid-range local restaurants with an upscale feel, the restaurant has a very comprehensive menu, with small dishes in the US\$3 to US\$4.50 range and large dishes averaging US\$6 to US\$10. There are also many cocktails and coffees on offer, and out the front is a bakery

with brownies, cookies, breads and more.

*Phnom Penh Orchid,
7 Street 360, Tel: 023 351 107*

■ **FROG WITHOUT THE PARROT**

This small guesthouse and bar was opened in early November by Steve, the owner of the Frog & Parrot. Serving pizzas, pasties and Madras curries until 3am, this promises to be one of the few places to go to if the midnight munchies hit you while down on the riverfront.

*Frogshack Balcony Bar,
175 Sisowath Quay,
Tel: 0121 909 685*

■ **ICE CREAM A-GO** ☒

Bong Karem ice cream has moved from its location from Sa: Restaurant to Java Cafe & Gallery and Java Express. It will be available in both outlets from 12pm to 8pm, Tuesday to Sunday.

*Bong Karem at Java Café,
56 Sihanouk Blvd. ☑*



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Phnom Penh Life: *He's Behind You*

Danny Whitehead has a passion for panto, and plays an integral role in the Phnom Penh Players. **Liz Ledden** finds out more about the group and why Danny is so enamoured with this satirical form of performing art.



Danny Whitehead Has written a panto *Hamlet*

A LOVE OF THEATRE AND desire to bring the art of the traditional English pantomime (or panto) to city's residents led Danny Whitehead to join theatre group Phnom Penh Players in 2000. That and a handy hint from a friend, who said the group was an ideal place for a singleton to meet someone special. This advice came true for Danny in double measure. "It's so far resulted in two marriages and two divorces!" he quips.

First involved in amateur theatre while at university, Danny developed a passion for the art.

"I love the impermanence of theatre," he states. "There's something magical about live theatre in that each performance will never exist again."

Pantos in particular are his love and joy due to their biting social and political satire. "I love it as it has such power," he says.

■ PHNOM PENH PANTO

Outside his native Britain many people may not be familiar with pantos, according to Danny. The form involves taking a tradi-

tional story, such as Cinderella, and presenting it in a satirical manner. It often has social and political undertones. Although on the surface it may appear aimed at children, the underlying humour should appeal more to an adult audience.

That's not to say pantos are refined. Commonly including archetypal characters, such as a man in drag playing an old woman, the humour is also steeped in burlesque. Audience participation is frequently encouraged through characters directly addressing the crowd. This creates a familiarity between actor and audience unusual in conventional theatre.

■ THE PLAYERS

The Phnom Penh Players theatre group, formed in 1994, is made up of an ever-changing group of expats who put on an average of four productions a year. Aside from the entertainment value of the performances, proceeds from ticket sales are donated to local performing arts groups and NGOs. In the past these have

included Sovanna Phum and the Royal University of Performing Arts. In addition to performing, writing and adapting scripts, Danny is one of the Players' five board members.

Sticking to what they know best, the group performs adaptations of classics by Shakespeare and Oscar Wilde as well as some less mainstream productions.

"We try and be eclectic while appealing to a wide audience," Danny explains.

They achieve this by producing original takes on familiar material. For example, Danny has written a new pantomime version of *Hamlet* for the group's upcoming Christmas performance. He likens the Prince of Denmark to a "Kurt Cobain of a different generation."

This year's Christmas performance will be something new for the group. It is the first time they will use a script written completely from scratch.

■ BECOMING A PLAYER

Anyone is welcome to join the group, says Danny. Actors are recruited via ads in the press and online.

"You need a sense of fun and to be willing to put in hard work," he explains. Each show takes around three or four months to prepare and rehearse. Some of the pantomimes have around thirty actors and ten crew. Smaller performances might use three actors and two crew.

But the non-matrimonial benefits are many. "Theatre is difficult to get into at home sometimes," he says. "It can be quite cliquy."

The group's willingness to give newcomers a chance has unearthed much acting talent too. "Some of our best perform-

“I love the impermanence of theatre. There's something magical about live theatre in that each performance will never exist again.”

ers have never acted before," says Danny.


Finding a suitable venue can sometimes be a problem, due to the lack of a regular, dedicated space. The group sometimes hires ballrooms in Phnom Penh's hotels, and for smaller shows uses the garden at Talkin' to a Stranger.

■ A BURGEONING ARTS SCENE

The future of art and the performing arts in Phnom Penh looks bright, according to Danny.

"A very creative and artistic group of people have migrated to Cambodia, and they're using the country's stimulus for inspiration," he says.

According to him, the growing number of cultural and artistic events held in Phnom Penh is a highly positive step for the development of the country's arts scene.

The Tragedy Pantomime of Hamlet – Prince of Denmark will be performed on the *Chenla Boat* on Dec. 7 (evening) and Dec. 8 (matinee and evening). Tickets cost US\$10 for adults and US\$5 for children, reduced price for Cambodians. For further information on upcoming performances or to inquire about joining Phnom Penh Players, email Danny at phnompenhplayers@hotmail.com 

Streetsmart: *Street 63*

Starting just south of Central Market, Street 63 heads all the way through an area with some interesting local businesses from beer gardens to aquarium shops, down to the more expat-oriented southern end. Words by **Liz Ledden** and **Mark Jackson**.

■ **1) SORYA CENTRE**

13-61 Street 63

The blue domed Sorya Centre is the place to come for shopping in air-conditioned comfort, be it for groceries at Lucky Supermarket, clothing, electronics, shoes, DVDs, or even to have an ice cream. The new American chain Swensons ice cream outlet is doing a roaring trade and is crowded everyday, giving the Lucky Seven ice cream counter a run for its money. Try Swensons' chocolate rainforest flavoured ice cream, one of their most rich and lush flavours. Also new is a fried chicken shop on the top floor with chicken pieces and fries if craving a grease fix. Other fun pursuits on the top floor include the roller-rink and the Khmer movie theatre. There's also an excellent view over Phnom Penh's rooftops from the balcony next to the roller-rink, a good spot to impress visitors.

■ **2) MENSWEAR STORE**

49EO Street 63

This no-name menswear store opposite Sorya Centre has classic button-up shirts and trousers suitable for casual business wear. Much more 'normal' than the women's wear available on the street, some of the clothing here is surprisingly wearable. A short sleeved button-up shirt in pale hues, stripes and checks will set you back US\$13. On the right is a wall of brand name sneakers including Diesel – though you have to question the authenticity. Most sell for around US\$33 a pair. There are also black and brown leather business shoes.

■ **3) UNIQUE SALON**

52EO Street 63

Featuring fashion with a distinctly north Asian vibe, Unique Salon is not for the demure dresser. Short denim shorts, vibrant colours and flashy accessories make it a somewhat garish selection, though there are few good finds here such as some cute retro print short dresses that could also



Sorya Phnom Penh's biggest mall



Unique Flashy clothes and slightly saner accessories

be worn as long tops. Somewhat dampening the shopping experience here is the leech-like sales assistant that follows you every move around the store.

■ **4) AQUARIUM SHOPS**

86 Street 63

If looking for a fishy friend this is the street to visit. There are three shops similarly set up with fish tanks full of colourful fish, open to the street. Fish food is for sale with accessories such as fake plants and little porcelain statues to adorn your aquarium, the aquariums themselves, and an abundance of fish. From tiny translucent and blue glowing fish up to some weighty looking carp, there's a few interesting tropical fish among the everyday varieties. Prices are unmarked and you may need to do a bit of market research before making a purchase, as one store quoted US\$20 each for what looked suspiciously like large goldfish. Still, in a city of much apartment dwelling and little time to commit to looking after a four-legged pet, these stores are a good option if looking for an animal companion.

■ **5) H2GO**

Cnr. Street 63 & 184

H2GO is a chic Khmer-run restaurant that is popular with a young Khmer crowd. The extensive menu has a wide range of Khmer, Thai and Chinese dishes. The range of Asian breakfast options (US\$1.50 to US\$3) is particularly impressive. Lunch and dinner includes various soups and seafood at reasonable prices (US\$1.50 to US\$8). It is open from 6am to 10pm and has free wireless.

■ **6) HAPPY GARDEN RESTAURANT**

Street 63 (between Street 214 & Street 222)

This impressively large beer garden really comes alive at night with multi-coloured lighting and loud professional Khmer singing cum karaoke. Its not a bad choice if you want to sample the atmosphere of Khmers letting their hair down.

01
03

■ 7) PSAR SILOP

Street 63 (Cnr. Street 240)
This small market is close to the junction with Sihanouk Blvd. Outside are a few fruit and street food stalls. The inner regions are turned over to basic household goods and a number of cheap hairdressers. This market has more local culture than most.

■ 8) U-SHOP

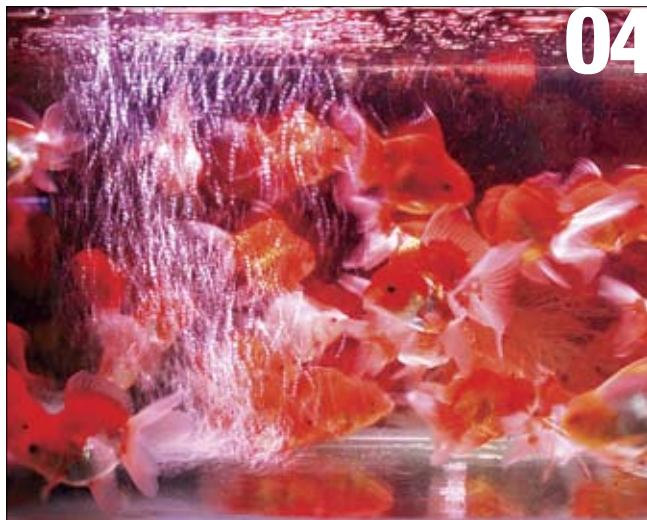
163Eo Street 63
Conveniently open 24 hours, U-Shop is a good place to pick up a cold beverage or two, and is handy for food and toiletry items too. Several aisles of groceries reveal an extensive range of sweet biscuits, brand name shampoos and the like, and most importantly, a drinks fridge. Beers from Leo to Guinness are available, plus there's every kind of juice and soft drink the city has to offer and some sweet pre-mixed spirits. For a cool drink if in the area, there are a few window stools with a bench to sit at.

■ 9) CINDY

150 Street 63
A new, French-Khmer run hair salon, Cindy is quite a funky find. With cool white and red décor, contemporary light fixtures and a feminine chic vibe, the salon is in a different league from the average local hairdressing businesses. Some Toni & Guy hair products adorn the shelves, a good sign that the salon is going for a more upscale image. A shampoo, cut and blow dry costs US\$7 and face massages are from US\$10 to US\$12. The sophisticated looking adjoining spa has massages and treatments ranging up to US\$150 dollars.

■ 10) SUNDAY VIDEO

Cnr Street 63 & Sihanouk Blvd.
A large CD, VCD and DVD emporium, this stocks an



Aquarium shops For all your fish related shopping needs



Flavours of India Offers tasty treats from the tandoor

extensive range of Khmer and other Asian titles, but has a good selection of Hollywood movies and western music as well. CDs range from US\$0.50 to US\$2.50, while the DVDs are US\$2 each. Good value three movies in one DVD sets sell for US\$3. The shop stocks new releases with a similar selection to the Russian Market, but has aircon. There's also a range of DVD and CD cases in different colours for sale, with most at US\$5.

■ 11) BISTRO LORENZO

154 Street 63
The first stretch of the street over Sihanouk Blvd. has a string of bars and restaurants on the left-hand-side. The first is Bistro Lorenzo, a Filipino-run restaurant that opened in July 2006. The aircon interior has a pleasing if somewhat sterile blue and yellow tiled decor. The menu is a mix of western and Asian dishes, including their homemade buko pie (US\$5), a coconut flan that Filipinos have either as a snack or a tempting desert. It features eight types of Australian steaks (US\$8 to US\$10), and pasta (US\$2.50 to US\$4) is apparently the house speciality. Open from 8.30am to 11pm.

■ 12) FLAVOURS OF INDIA

158 Street 63
Next to Lorenzo, Nepalese owner Dinesh has run Flavours for over three years, focusing on Nepalese and north Indian dishes. The restaurant is elegantly designed around a central couch, where customers can partake in a complimentary hookah. Specialising mainly in chicken dishes, a whole chicken tandoori costs US\$8 (US\$4.50/half) and a chicken 'reshmi' kebab US\$5.50. The thalis are also great value for money, especially if you are not sure which dish to choose, with

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the vegetarian costing US\$4 and the non-vegetarian US\$5.

13) INDIA KITCHEN

162 Street 63

A few doors along from Flavours of India is this simple, small air-conditioned North Indian restaurant. It has a compact menu including vegetable thali for US\$4. Opening at 9am, the relatively late breakfast includes masala omelette with paratha (US\$2.50).

14) GALAXY PUB

170E0 Street 63

Next door this simple one-room bar has been open for a couple of years now. Although it doesn't serve food, the Khmer staff are happy for you to bring some food over from one of the many neighbouring restaurants. With free pool table and internet, it's best to arrive before 7pm when the draught Tiger is US\$1. The bar doesn't open until 3pm.

15) GREEN MANGO

170 Street 63

The last building in the row is also the most famous. Tom's Bar was one of the oldest expat drinking haunts in Phnom Penh. Now the bar has just undergone its second or third transformation, since Tom sadly passed away. The latest owner took over the reins in November, promising to serve a mix of Khmer and western cuisine. Open from 7.30am to midnight, the décor is perhaps appropriately green.

16) FRIENDLY MART

157 Street 63

Just across the road is one of the town's inconveniently scarce convenience stores. Friendly has a reasonable selection of groceries and toiletries as well as a good stock of wine. It's open from 8am to midnight, every day of the year.

17) BOAT NOODLE I

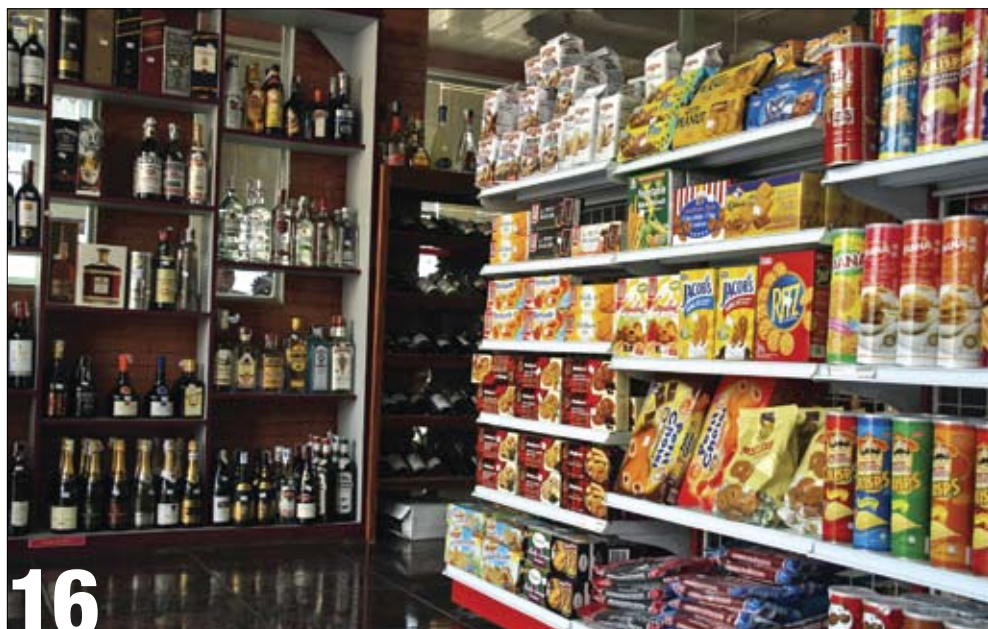
Street 63 & Cnr. Street 288

This simple Khmer diner has nowhere near as much charm as its sister restaurant on Street 294. However, it has the same mix of Thai and Khmer dishes at extremely friendly prices, ranging from 3,000 riel to 12,000 riel. There's also a barbecue with chicken wings for 2,000 riel and legs for 4,000 riel.

18) PACIFIC SYSTEMS

176 Street 63

While known as a computer repair centre, Pacific Systems sells printers, computers and general com-



16

Friendly Mart A convenient one-stop shop

puter accessories, from a US\$3.50 USB fan to a sleek Vaio brand mouse (US\$10). A wireless router is US\$55, while a wireless access point is US\$40. Webcams are from US\$15 to US\$20. This is also a good place to come for mouse pads of different kinds, such as their glass mouse pad for US\$4.

19) TEA CLUB & SOUCHE SPA

199 Street 63

Possibly only in Phnom Penh could you have a budget outdoor pho restaurant combined with a luxury indoor spa. The outdoor restaurant, open from 6am to 10.30am and 3.30pm to 9.30pm, serves both chicken and beef renditions of the Vietnamese noodle soup for 5,500 riel. Indoors the luxury Souche Spa, open 9.30am

to 8pm except Mondays (2pm to 7.30pm) has body massages starting at US\$16 and facials from US\$20. The spa has a very relaxing ambience and should have its jacuzzi up and running by the time this magazine hits the street. The Tea Club itself is an indoor aircon restaurant serving Chinese and Malay food, around the back of the Spa.

20) CONICAL HAT

209 Street 63

Next to the Tea Club, Conical Hat is one of the leading software companies in Cambodia. Managed by four experienced expats, with 21 local employees, the company specialises in providing highly localised business solutions. It claims to

have a unique understanding of technology and a strong commitment to service.

21) KURATA PEPPER

206E Street 63

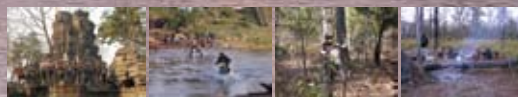
Further along the street and on the other side to Conical Hat, Kurata Pepper is possibly the most intriguing shop on the street. This Japanese-run company has grown organic black pepper at the foot of the Cardamon Mountains since 1997. The small shop sells the pepper in 50g bags for US\$3.50 as well as pepper mills, including a sophisticated automatic grinder for US\$15. There is also a small room where you can see women sieving the peppercorns. Open from 8am to 7pm, closed Wednesdays.



21

Kurata Pepper Stocks nicely packaged Kampot pepper and great grinders

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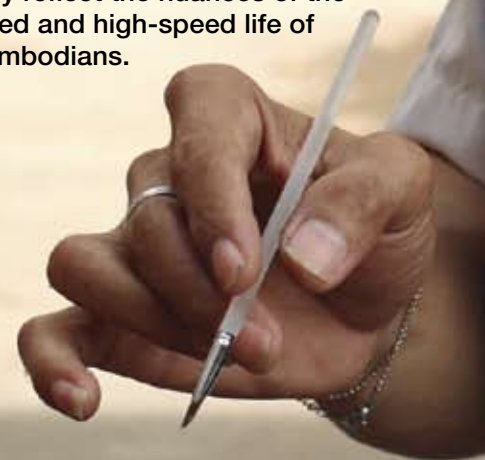
Are Cambodia's artists ready to go it alone?

Taking a quick scan of the numerous brightly coloured paintings of Angkor and of Khmer women holding vases along the streets outside the National Museum, it is hard to imagine the visual art of Cambodia to be anything more than kitsch. However, for a country its size, Cambodia is remarkably cognisant of the visual arts. This is especially evident in the younger generation of Cambodian visual artists. While the country's intellectual and artistic population was decimated by the Khmer Rouge and subsequent years of civil unrest, this new generation is forward thinking. At one time all visual arts events and collaborations had to be entirely coordinated by expats, today more and more artists are finding ways to support themselves. Some are creating collectives and others are using resources available to their own ends. Can young Cambodian visual artists finally navigate and create on their own? Words by **Charis Shafer**.

VOLLAK KONG SPEAKS SLOWLY AND methodically. Surrounded by foreigners at the FCC, he seems out of his comfort zone, but ventures forward. "I don't want to look back," says the Khmer art curator. "I want to see in the present and be making and thinking in the future." He is talking about the tendency of Cambodian art teachers and artists to copy styles and ideas of the past. It is a habit that dates back to the French period.

Cambodia's former colonial rulers had a long-established perception of

Khmer aesthetics. They considered the zenith Angkor and everything else as an afterthought. Vollak Kong does nothing to dispute the glory of Angkor. Everything that happened in the past is good, he says, but the past gives little inspiration on which to grow in the future. Carvings of stolid Apsaras and bas-reliefs of the Ramayana epic hardly reflect the nuances of the mechanised and high-speed life of young Cambodians.







Nico Mesterham Gives Cambodian artists a free rein at Meta House

■ CAMBODIA'S YOUNG ART REBELS

"I started from nothing," says Vuth Lyno, who looks a bit like a Khmer Buddy Holly. His original background was in IT. Like a lot of young Cambodians he was searching for the major that would bring the most lucrative return on his parent's investment. He discovered photography early on through collecting photos and "snapping photos around my head..." He met some artists at a workshop he took at Stéphane Janin's now sadly closed Popil Gallery. This workshop turned him towards fine art photography. He began to read more photography books and to fine tune his photographic skills.

At the workshop the young Khmer artists from disparate academic backgrounds from law to fine arts decided they did not want their frail community to end. Rattana Vandy also a member of Stéphane Janin's workshop remembers his desire to keep the community

going. "We don't have a culture of youth coming together," he says.

Rattana recalls that no one felt they would continue in their arts if they did not meet as a group. They formed Stiev Selapak or the art rebels. This twenty-odd group of young artists specialising in multiple media, photography and sculpture wanted to create a group independent from any affiliation or other art centre in Cambodia. According to Rattana he and the other members of the group, "want to sustain the contemporary arts in Cambodia."

These fresh faces in arty business casual attire seem unlikely candidates for art revolutionaries. Their work, however, is unlike any yet seen in Cambodia. The group's Canadian Khmer facilitator is Linda Saphan. She has helped the group by promoting them on her website and offering the group

“I enjoy the boom we see here recently, but it is not leading to higher salaries for artists.”

a place to meet. She also offers her suggestions and criticism.

"These guys share their artwork and the process of creating," Linda says. What is different about this way of learning is that there is no teacher to copy. There is no mimicry, but rather a search for individuality. This contravenes customary educational models in Cambodia.

Stiev Selapak's solution to the ever-pressing problem of capital is to reinvest in the group. Fifty per cent of the proceeds of any artwork sold by a group member goes back into the organisation.

■ LOVING KINDNESS AT THE META HOUSE

"The students were like that," Lydia Parusol puts her hands up to her face in mock amazement. She is referring to the reactions of students at a recent video art workshop where a Thai video artist presented her work and conducted training for fine arts students. For Lydia it is "the collaborations where people are leaning from each other" that gets her excited about her work at Meta House.

Meta means loving kindness in Khmer, and the space is one dedicated to arts and film exhibitions and workshops, founded by Nico Mesterham. When I talk to him the German documentary filmmaker is hunched over smoking and chatting with Cambodian artist Sothy Chhim about the latter's upcoming exhibition. Nico is quick to make it clear that Sothy will have a free rein. "Whatever you come up with we will create it in reality," he says. He turns to me and emphasises that this is the philosophy behind Meta House. "We try to create a dialogue," he says.

■ MAKING A LIVING FROM ART

A rarity among Cambodian artists, according to Nico, Sothy Chhim is "one of the few who knows how to sell his works." Works based on Ramayana pictures and other traditional themes, he finds are the pieces that sell best. However, his show at Meta House will be different from his previous work. It will be more abstract, he promises. He says he would like to do more of this type of work, but the problem is in trying to sell such experimental pieces.

Sothy is fortunate to be able to sell his work and survive as an artist. This is primarily because of his language skills. Older artists, he says, can speak Russian, Vietnamese, Chinese, but the younger ones speak English and French. Sothy speaks French and English. These are the languages now required to sell to the foreign art buyers.

Nico's voice, speculating on the art market in Cambodia, resonates. "I enjoy the boom

Stiev Selapak Cambodia's art rebels



“People passing by just stared and asked, ‘Why? What is it?’ We explained it is a form of art – but they didn’t get it!”

stared and asked, ‘Why? What is it?’ We explained it is a form of art – but they didn’t get it!”

To bring works like this to the international stage, Rattana thinks one of the most useful tools is the Internet. He reports that many Cambodian artists have been trying to network and build themselves up in order to reach “the international stage.”

Rattana says that many ideas have sprung from interchanges like Stiev Selapak. One of these was their recent group show at Gasolina, but there are other ideas in the works as well.

“Up to now I don’t see contemporary art using the public space,” he says. He has plans of asking building owners to lend their outdoor spaces for a one-day temporary exhibition or riding bikes around the Tonle Sap and giving impromptu arts workshops for the children living there.

■ ARTISTS PLAYING CATCH-UP

“It is very tempting to say an art community exists,” Linda Saphan says of the recent movement in the arts over the past couple years. In reality, the ‘scene’ as defined as an environment or background is difficult to impose on a country like Cambodia, given its recent past.

“They have potential,” Linda emphasises. Dana Langlois agrees. “They have the talent, they have the will...it’s all there.”

Like ingénues in so many fields, the young artists of Cambodia are rushing to play catch up. Heang Thy already had a de-



Chhim Sothy Published in *Asian Art News*



Linda Saphan Promotes young Khmer artists on her website

we see here recently, but it is not leading to higher salaries for artists,” he says. “This is for sure the next level.”

Dana Langlois also knows about the exigencies of being an artist.

“The simple truth is they need money to live,” says the owner of Java Café, perhaps the longest running coffee shop and art space in Phnom Penh. Her recent Sala Arts project held workshops and exhibitions for Khmer artists. As Dana sees it, proponents of the visual arts in Cambodia face an uphill battle.

“Traditional arts are very well appreciated,” she points out, and subsequently are relatively well funded. Visual arts survive primarily through the generosity of a few individuals.

When asked if artists are ready to deal with buyers and collectors by themselves,

she is clear. “Honestly, no. Some are, the majority? No,” she replies.

Education, experience and exposure are what are required. “The greatest potential for Cambodian artists is to be seen, exhibited and sold abroad,” she says.

■ REACHING AN INTERNATIONAL AUDIENCE

According to Rattana Vandy, when Cambodian works are exhibited they tend to make a splash.

“Many are surprised to see the work from Cambodia. They have never seen Cambodia before,” he says, referring to a particular exhibition at the Khmer Art Academy where there was an installation of a hammock hanging in the tree.

“Both Cambodians and foreigners were surprised,” he says. “People passing by just

“Everybody is poor. Can they eat a painting? They think about eating first before painting.”

gree from the Institute of Foreign Languages at the Royal University of Phnom Penh in English, but, as her ultimate goal is to become a photographer, she enrolled in the Department of Media and Communications at the same university. Between her studies and her part-time job, she managed to attend Stéphane Janin’s workshop for young photographers and to attend workshops at the Angkor Photo Festival.

When asked if she is busy as she rushes in between school, her part-time job and her extracurricular activities, she responds breathlessly “a little.” Pursuing her chosen career path as a journalistic and artistic photographer is a challenge. “In Cambodia, we have very few photographers, especially women,” she says.

“The most important problem is money,” she adds. But she is optimistic and hardly greedy. “As long as you have one camera. It is enough.” Neither does she envy painters. “They spend a lot of effort to finish one work,” she says. Despite their hard work, “the income from that it is still low, it is really difficult to be famous,” she laments.

Renowned Cambodian artists are still so rare and under-publicised that even art students find it difficult to name well-known Khmer artists. Heang is clear about how art students can progress, though. “We need to spend so much time to improve our ability in this field,” she says.

She also believes that it will take both a concerted effort by Khmer artists and cooperation from international artists to boost artistic efforts. “If you don’t have help from a famous photographer – both national and international you maybe don’t have a chance to be involved in that field,” she says.

■ BEING A FEMALE ARTIST

As a female in a male dominated field, Heang feels extra pressure. She has seen women fall by the wayside because of other pressures. “Taking photos is time-consuming if you don’t have time, you can’t do it,” she says.

There are also long-held beliefs about what a woman should be permitted to do and what not to do that are a challenge to contravene.

“In Cambodian culture we cannot go far from our home. We can get work only in Phnom Penh.” She admits that she is doing work that many consider, “a little bit dangerous for a lady.”

Ouer Sokuntevy, known as Tevy, also understands about the challenges faced by young Khmer female artists. Battambang-born and educated at Phare Ponleu Soplak, Tevy struggled to continue her studies. When she met Dana Langlois, who invited her to have an exhibition at Java, it was a way to pursue her dream.



Heang Thy *One of the few professional female photographers in Cambodia*

Her first show was a nerve-racking experience. “I didn’t know anything, like a girl from the village,” she says. Dana was instrumental in finding her customers and in arranging for her to meet Nico at the Meta House, who set her up with an artist’s residency there. Tevy says that if it were not for Nico, she might not have been able to stay in Phnom Penh.

This kind of support is not something to which Tevy is accustomed. She was forced to attend art school in secret. Later, when her parents insisted she stay indoors, she took to painting at home and getting out to go to school when she could. She credits her current success to chance. “I’m lucky, very lucky,

” she says before adding that some people aren’t so lucky with a shake of her head.

According to her artists in Cambodia are neither accepted nor understood. “I want the Cambodian to understand what an artist is,” she says. The exigencies of the average Cambodian do not include the fine arts. “They haven’t money to buy a painting,” she explains. “Everybody is poor. Can they eat a painting? They think about eating first before painting.”

Not only is the money a struggle, as many subjects are taboo, she says. She brings up a recent show of hers at Salt Lounge dealing with homosexuality in Cambodia that featured men in various passionate embraces with other men.

“I didn’t show my family,” she laughs. “Maybe they’d say I’m crazy.” But her insidious energy is intoxicating, “I don’t care if everybody accepts or not.”

■ MODERN ART IS OLD

Sokorn Leang has a similar contagious energy as he describes his own struggle for an artistic voice.

“I learned a lot at school, but one day I want to be my own, but I cannot,” he says referred to the confining nature of the typical fine arts education. He is constantly searching for ways to incorporate pieces of his own history into his artwork. As a child he once tried to use a sewing machine left by a relative at his house. He accidentally pierced his finger with the needle and bleed everywhere. Now he incorporates sewing throughout his work.

Sokorn was one of the first Khmer artists shown at Java Café. One of his more controversial works featured beer girls with an Apsara background, likening the



Vann Nath *Artist who survived Tuol Sleng*

Art For Art's Sake

“If you don't have help from a famous photographer – both national and international you maybe don't have a chance to be involved in that field.”



Sokorn Leang Incorporates sewing in his work

mythical epitome of Khmer womanhood to modern day barmaids. This work elicited varied responses.

To Sokorn the main issue in arts today is autonomy. “How to get our own independent art,” he says. Even for students trying to explore different modes of expression, it is difficult because access to information is limited. He laments that paintings today can be in the modern style, “but modern is old,” he says.

Even these “modern” ideas are ideas from mid-century France. What is required, he advises throwing up his hands dramatically, is artists who are willing to work not one day or two days, but ten years perfecting their art. He draws a parallel between artists finding their style and Buddha's search for enlightenment. He admits, that like Buddha, suffering is inevitable, as should be perseverance. Artists have to try and fail and get up and try again until they have a strong sense of themselves. This self-awareness is what he feels separates artists from the masses.

“I know me more than other people know me,” he waxes philosophically. “When the work is finished. The work can tell,” he says echoing an artist's mantra that artworks should speak for themselves. “The end will tell us what this is,” he motions towards his heart. **A**



Art Café
84 Street 108
www.artcafe-phnom-penh.com
ART SPACE

This space seeks to provide a centre for social dialogue. The austere interior provides an ideal location for performances and exhibitions by Cambodian & international artists. Recent exhibitions included, Music at an Exhibition, a documentation of the Exposition Universelle in Paris 1889.

Chhin Taingchhea

UP & COMING ARTIST

This quiet and talented mixed-media artist is fascinated by spiders. “When their webs are damaged, they always fix them because lives depends on it.” This was the focus of his recent exhibition at Sala Arts. He also, along with other members of Stiev Selapak, participated in the exhibition Men Thoamada (Khmer for unusual). His panels depicting an old man's morning prayers show off the technical skills he acquired while studying for a BA in painting at the Royal University of Fine Arts. His new works also reveal a depth and refreshing awareness.

Doung Saree

ESTABLISHED ARTIST

Born in Phnom Penh in 1957, following the war she worked for the Ministry of Tourism and the National Museum helping to conserve archeologically important temples. In 1983 she became professor of sculpture at the Royal University of Fine Arts in Phnom Penh. She paints in watercolour and deileng, or coloured earth. In 2000 Reyum Gallery, published a Khmer alphabet book using Saree's fanciful and brightly-coloured illustrations.

Chhim Sothy

ESTABLISHED ARTIST

Born 1969 in Kandal Province, Chhim Sothy studied at the Royal University of Fine Arts, where he graduated in 1995. Chhim Sothy's style reflects his traditional training, though his later works incorporate more contemporary elements. His works can be found in Cambodian, French and Japanese collections. He was chosen by Asean in 2000 to represent Cambodia and his work has been published in Asian Art News. His next exhibition will be at Meta House.



FCC

Sisowath Quay
www.fcccambodia.com

ART SPACE

Since opening its doors in 1993, the FCC Phnom Penh has served a wide range of journalists, photographers, diplomats, movie stars and intrepid world travellers. It has also hosted numerous exhibitions. Recent exhibitions have included the photographs of Doris Boettcher and Jim Mizerski.

French Cultural Centre

218 Street 184
www.ccf-cambodge.org
Open from 7am to 7pm

ART SPACE

Phnom Penh's long-standing exhibition space and centre for various cultural and artistic activities. Recent visual arts exhibits include the French Khmer artist Denis Min-Kim and Sou Mey, a twenty-three-year-old Cambodian artist originally from Svay Rieng. The CCF also hosted the presentation of fourteen young Khmer photographers in the 14 + 1 exhibit.

Java

56 Sihanouk Blvd.
www.javaarts.com

ART SPACE

This Phnom Penh gallery had its first show in 2000. The renowned café and art space has put on the debut show of numerous Cambodian artists. A host to many international and local artists alike, this space most recently featured the work of Cambodian artists Svay Ken and Mexican artist Javier Areal.

Kong Vollak

UP & COMING ARTIST

Now supporting himself as a teacher of drawing and art history, Vollak was selected to curate a Cambodian art exhibition at Meta House in 2008, which will be put on display in other Mekong countries as well. He was a member of the four-person international art team, which collaborated on the exhibition at Hotel de la Paix, Lines and Lost Lines.

Leng Sokorn

ESTABLISHED ARTIST

Born in 1974 in Prey Veng province and educated at the Royal University of Fine Arts Sokorn had an exhibition at Java Café & Gallery entitled "Apey Mutrak" in April 2002. From there he has exhibited regionally and globally including at the Galleri Lista Fyr in Norway and at the Art-2 Gallery in Singapore. One of his most recent projects in Cambodia was the Rubbish Project launched with Fleur Smith. Together they led a network of volunteers working in the arts and entertainment industry to raise the profile of environmental issues in Cambodia. He will have an exhibition at Java in the coming year.

Mak Remissa

ESTABLISHED ARTIST

Born in 1970, Remissa found photography after enrolling at the Royal University of Fine Arts to study painting. In 1993, the French association Arts Cambodge offered photography classes to students and this short training session would change his life. While most in Cambodia at the time viewed photography as a blue-collar position with artistic potential, Remissa was intrigued. After he graduated he began working at the then French-language newspaper Le Mekong working as a photojournalist. Mark Remissa works as a freelance photographer and is one of Cambodia's leading photographers. He has had exhibitions internationally at the National Gallery in Canada and in Providence in the United States in addition to numerous exhibitions in Cambodia.

Meta House

6 Street 264
www.meta-house.com

ART SPACE

Meta House has established itself as a meeting place for art and film lovers. It also strives to be a place of exchange between Cambodian-based artists, Cambodian artists living overseas and their international counterparts. Meta House endeavours to foster an environment of self-expression and critical thinking to promote art awareness. Recent exhibits include the Khmer painter Oeur Sokuntevy and Khmer comic artist Em Satya.

Oeur Sokuntevy

UP & COMING ARTIST

The 23-year-old independent artist is determined to leave her mark on the Cambodian art scene. Inspired by the natural world as a child, she pursued her passion through art. She studied at Phare Ponleu Selpak in Battambang where she practised obligatory art techniques. Later she veered from this traditional path and began to do work which was both incendiary and whimsical. Her first exhibition of art on canvas coated in coffee beans was shown at Java Arts. Her later work from an exhibition at Meta House proved more personal and intimate depicting scenes from her childhood in Battambang.

New Art Gallery

Street 9 (next to Psar Kapko)

ART SPACE

A recent arrival on the gallery scene, this space also doubles as a frame shop, however it has hosted some interesting exhibitions. Among these have been Portraits des Femmes featuring Khmer Canadian artist Linda Saphan, Chinese Canadian video artist Mo Ling Chui and Chinese painter Qudy Xu, and the show Chess by Khmer photography Vandy Rattana.

Piteak

ESTABLISHED ARTIST

The street artist known as Piteak holds a diploma from the Royal University of Fine Arts. In 1994 he became a priest to return a good deed to his parents, but left in 1997 to begin painting. He also painted and sketched classical drawings of the Ramayana story for former King Norodom Sihanouk. He has had recent exhibitions at the Art House and Sala Arts.



Returning Artists

Like in many disciplines in Cambodia, artistic development is aided by returning artists. Some of these include American-trained artists like Sopheap Pich. Sopheap holds an MFA in painting from the School of the Art Institute of Chicago and has had exhibitions around the U.S. and Cambodia. Chath Piersath is another one of these artists. He crossed the Thai-Cambodian border in 1979 at the end of the Khmer Rouge with members of his family on the way to Aranyaprathet Refugee Camp. Although not trained as an artist, his work has been exhibited around the U.S. and Asia. A recent exhibit of his at Java Café addressed those living with HIV and AIDS. Another artists who has returned to Cambodia is Francophone Linda Saphan. The French Canadian Khmer artist holds a PhD from the Sorbonne in Paris and has exhibited internationally as well as in Cambodia. Likewise, classically trained French Khmer painter Denis Min Kim has had several well-attended exhibits in Cambodia and elsewhere.

Reyum

47 Street 178 (Across from the National Museum of Cambodia)
www.reyum.org

ART SPACE

Reyum is a non-profit, non-governmental organisation founded in December 1998. It provides a forum for research, preservation, and promotion of traditional and contemporary Cambodian arts and culture. All activities presented by Reyum are free and open to the public. A recent exhibit in January entitled "Creative Cambodia" featured recycling everyday materials. The next exhibition will feature recent graduates from the Reyum Art School.

RUFA

ART SPACE

The Royal University of Fine Arts (RUFA) was founded in 1918. Forced to close from 1975 to 1979 it reopened in May 1980. By 1988, its current five faculties – architecture and urbanism, archaeology, fine arts, choreography and music – were established. It became the Royal University of Fine Arts in 1996. Today, it serves around 800 students. RUFA is continually striving to teach Cambodian aesthetics and the importance of conservation as well as fostering the evolution of Khmer culture. Its main objective is to train a younger generation of artists, architects, and archaeologists capable of proactive participation in the preservation and development of various forms and expressions of Khmer culture. Many of Cambodia's artists have gone to RUFA.



Two Fish Gallery Café

9 Street 278

www.twofish-gallerycafe.com

ART SPACE

Run by Taiwanese artist David Huang (pictured left), Two Fish opened in September 2006 and provides an exhibition space for Asian art in a café setting. It shows art produced by artists living or working in Asia. Recent exhibitions include a group show of 16 artists to benefit the NGO, SFODA.

Vandy Rattana

UP & COMING ARTIST

Young Cambodian photographer and law student, Vandy Rattana is the president of the arts collective Stiev Selapak. His photos, at once raw and archival, have been exhibited at Noorderlicht Photofest in the Netherlands. As the leader of Stiev Selapak, he believes that networking and collaborations are essential for contemporary Cambodian artists. His recent work at a video workshop hosted at Meta House was a half-hour short film about his travels around Phnom Penh from the point of view of his own bicycle.

Svay Ken

ESTABLISHED ARTIST

Born in Takeo Province in 1955, Svay Ken came to Phnom Penh in search of work, and became a waiter at the Hotel Le Royal. Though he spent the Khmer Rouge years back in his home province, he later returned to Phnom Penh and resumed working at the hotel until he retired in 1994. During the later years of his career, he began drawing and painting the quotidian objects around him. Using this same distinctive style he also documents his memories of Cambodia during times of peace and war alike. Svay Ken has shown regionally since 1994 and was the Cambodian entry in the first Fukuoka Triennial in Tokyo in 1999.



Vann Nath

ESTABLISHED ARTIST

Trained through an apprenticeship with a local sign painter, before the war, Vann Nath painted movie posters and portraits. In 1978 he was sent to Tuol Sleng Prison, where he was tortured and nearly killed until his talents were discovered. One of only seven survivors of Tuol Sleng, Vann Nath wrote A Prison Portrait: One Year in the Khmer Rouge's S-21, published in 1998 by White Lotus Press. A recent exhibition of his work was at the Bophana Multimedia Centre.

The Seven-Year *Itch*

Java Café & Gallery has just turned seven years old. Owner Dana Langlois talks to **Charis Shafer** about the past, present and future of the capital's best-known gallery space.



Dana Langlois *Has been supporting Cambodian artists for the past seven years*

"IT WAS ONE OF THOSE DREAMS YOU have," says Dana Langlois. "I loved coffee and I loved art." She is talking about the creation seven years ago of her renowned coffee shop and art space, Java Café & Gallery.

Volunteer work brought the American to Cambodia and despite her background in fine art photography, she found herself doing public relations work. After a short time she fell in love with Cambodia, but was still eager to use her fine arts background. So she decided to open Java Café as a space for exhibitions and exchanges. Before Java, the only places to have exhibitions were Reyum and the French Cultural Centre, she says. She opened with a Thai artist in September 2000.

Finding artists at that time was relatively easy, according to Dana.

"Just because it was one of the only places, a lot of them came to me," she says. She also invited artists she met outside Phnom Penh and abroad to do exhibitions at Java Café. It became known, Dana recalls, "because of the art."

■ JAVA MEMORIES

Today, there have been so many exhibitions that she needs to consult her records to recall

each one. The majority of these were debut shows for her artists.

Despite the sheer number of exhibitions Dana finds it easy to describe some of the more memorable works that have passed through her space over the last seven years.

One was a video installation projected against a wall parallel to Java. Both moto drivers and gallery goers could enjoy the public art.

She also highlights a lively discussion, at a workshop hosted by Java, between Cambodian and Vietnamese artists. The roundtable discussion topics included censorship, and other pertinent artistic issues.

A third exhibition close to her heart was her collaboration with Khmer artist Svey Ken. They developed a theme together and the show was a great success. "I am quite proud of that as an exhibition," she admits.

She is also pleased with a more recent initiative – the Creations show. This happening combined art, fashion and food in a festive evening coinciding with the launch of the new Java menu created by Swedish chef, Nicklas Olssen. What excited her about this event? "It is this idea that all things can be art," she explains.

■ SALA ARTS SPACE

Away from Java, Dana launched the Sala Arts project last November. Her aim was for Sala to provide the space for artists to simply be themselves. For her, the point is not what younger artists do, but to give them space in which to do it. "Sitting around, just being artists in their own way," is how she describes it.

Unfortunately the project proved less successful commercially than artistically and Dana closed the riverside gallery earlier this year.

This does not mean that she has deserted the principles that led to her setting up Sala.

"I took part of what Sala was and brought it back to Java," she explains.

Her role, as she sees it, is to provide facilitation and support to artists. "I will be there to show ... to promote them," she explains.

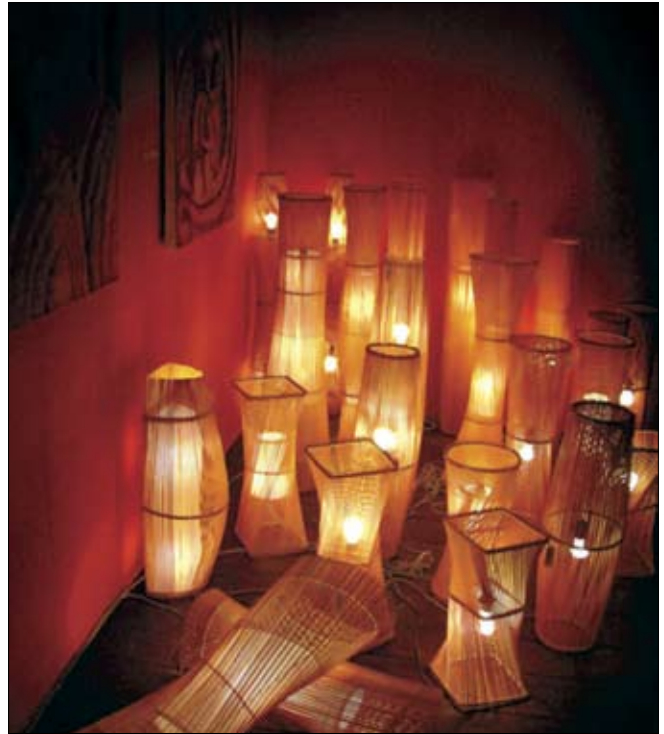
■ SOCIAL AND SOCIETAL ART

For Dana the artists that she nurtures have a great role to play in society. "I truly believe artists have a responsibility to society," she says. "They need to be society's soul."

However she is quick to differentiate between art that is the pulse of society and



Keeda Oikawa *The Japanese artist made a live painting at Java in 2005*



Meas Sokhorn *His 2006 debut exhibition featured sculpted rattan lamps*

“I truly believe artists have a responsibility to society. They need to be society’s soul.”

that which is merely decorative. Most of the work produced for current commercial consumption in Cambodia she sees as lacking in something. The profusion of Angkor Wat and Apsara paintings along the streets around the Royal University of Fine Arts she cites as an example of this mere mimicry.

■ PRESERVING THE PAST AND THE FUTURE

Despite her many years of involvement in the Cambodian arts scene, Dana has no intention of dwelling in the past. Instead she looks very much to the future. The Java Arts Office will be part of that future.

A selection of artists that Dana has worked with in the past as well as future artists, it will be held in a centralised location for people to easily access Cambodian artists. A small gallery space will display works. There will also be portfolios of Cambodian artists for potential collectors or interested parties to browse.

The office will also hold an arts library. Its tomes will be an invaluable resource for young artists and students of the arts in a country where intellectual property is scarce.

Dana plans to take on interns to help with the curation of future shows. In addition she will work with selected artists to help improve their portfolios and presentation skills.

More immediately she is working, in collaboration with the Art House in Siem Reap and Mexican Artist Javier Arean, to develop self-portraits of both young and old professional Khmer artists.

“I try to do different things,” she says. But for Dana just standing out from the crowd has never been enough. She adds that she is always striving to create something “stimulating and meaningful.”

Her longer-term goal is to involve the larger arts community. She will assume more gallery services in exchange for a commission. Though this puts her in the role of an art dealer, Dana resists the term.

“Art dealer sounds too profiteering... curator is too extreme,” she says searching for the proper title. After a moment she settles on it, “someone who just makes things happen.” ■



Video wall *This image by Lisa Miller was projected on a wall outside Java Café in 2003*

Requiem: *Tim Page*

Immortalised by Dennis Hopper's character in the movie *Apocalypse Now* and one of the main characters in Michael Herr's *Dispatches*, a highly acclaimed book about the American War in Vietnam and Cambodia, **Tim Page** remains one of the best-known war photographers of the 60s and 70s. **AsiaLIFE** caught up with him on a recent trip to Vietnam. Words by **Nick Ross**.



Tim Page One of the most well-known war photographers of the 60s and 70s

TIM IS AT EASE. DRESSED IN JEANS AND t-shirt with a blue, checked Khmer scarf draped around his neck, in one hand he holds a glass of German weissbeer and in the other he stabs the air with his cigarette as he makes a point. It's a Sunday afternoon, the beers have been flowing, but despite what should be a day off he has two cameras with him.

"What really turns me on is when I have an assignment," he says. "I shoot anyway, but the thought that anyone thinks I'm good enough to photo something, whatever it is, makes me really ... pumped."

Suddenly he stops. He's seen something. He gets up and limps over to a stack of glasses on a waiter's trolley and takes a couple of shots. For this one he's using his Canon EOS 5D, a high-end digital SLR that according to him takes some of the best black and white shots around.

He's been using digital cameras for four years now, but despite this remains ambivalent about them.

"When I go out and shoot on film I take a lot more trouble," he explains. "I use good film and know what comes out of my camera. Shots on film can last 50 years whereas of all the digital shots I took three of four years ago, only 15 percent of them are left."

Now based in Brisbane, Australia, the English-born, award-winning photographer had just finished a nine-day shoot in East

“What really turns me on is when I have an assignment. I shoot anyway, but the thought that anyone thinks I’m good enough to photo something, whatever it is, makes me really ramped and pumped.”

Timor for the Red Cross. Aside from various assignments, the compilation of photo essays and documentary work – including a documentary early next year in Papua New Guinea – he is a professor of photojournalism at Australia's Griffith University and is due to finish his PhD. in November.

■ THE LURE OF THE EAST

Time may have changed the focus and location of his work, but he still feels a big affinity for this part of Southeast Asia.

"There is something about Indochina that has a lure," he says. "It's an obsession, an addiction."

Leaving England in 1962 he drove overland to Indochina through Europe, Pakistan, India, Burma, Thailand and Laos. Broke, accident found him work as a press photographer in Laos stringing for UPI and AFP. His exclusive photographs of an attempted coup d'état in Laos in 1965 for UPI got him a staff position in the Saigon bureau of the news agency. Celebrated for his photography work in Vietnam and Cambodia during the 1960s, and for his coverage of the Six-Day War in the Middle East in 1967, he was wounded in action three times and in April 1969 took a huge piece of shrapnel to the head. Declared dead on arrival in hospital, he miraculously recovered and spent the next year in the U.S. undergoing extensive neuro-surgery.

In the 1970s Page worked as a freelance photographer for music magazines like *Crawdaddy* and *Rolling Stone*, and during the 80s and 90s returned to Indochina a number of times both for work and to discover the fate of his best friend, roommate and fellow photo-journalist Sean Flynn (son of the famous Hollywood actor Errol Flynn), who had been captured in Cambodia in 1970. The search came to an end in 1990 following the discovery of what appeared to be the grave of Flynn and his colleague Dana Stone in the Cambodian village of Bei Met.

■ IMMORTALISED

Tim's talk of the past teems with all sorts of Hunter S. Thompson-like tales. Famously depicted in film by Dennis Hopper in *Apocalypse Now* as the drugged-up hippy photojournalist in Colonel Kurtz's compound, according to Tim, the character was really a "composite of many people".

"I was in a private cinema with [Francis Ford] Coppola, Michael Herr, George Lucas and Stephen Spielberg," he says. "We had these two six-hour movies and Coppola was looking for a way to bridge them together. Dennis Hopper comes onto screen and Herr says, 'Tim, you've just made it into the movies.'"


The comparison with Dennis Hopper's character stuck and on Michael Herr's 1977 publication of the highly acclaimed *Dispatches*, of which Tim was one of the main characters, Tim's place in history was etched in stone.

Tim, though, is brutally honest. "Every photographer is no more than a mercenary," he says.

“ Every photographer is no more than a mercenary. ”

Now in his 60s he still maintains an intense passion for his work and gets pleasure seeing his “old images get accolades.”

“Photojournalism is about being memorable and awakening ideas in people,” he explains. “Our job is to do that and when we can’t get published it can be very deflating.”

To learn more about Tim Page or to see his images online go to www.timpimage.com.au. His exhibition, *Requiem*, a tribute to the photographers who died in the wars in Indochina, is on permanent display at the War Remnants Museum, 28 Vo Van Tan, D3, Ho Chi Minh City. The book version is presently being reprinted. 



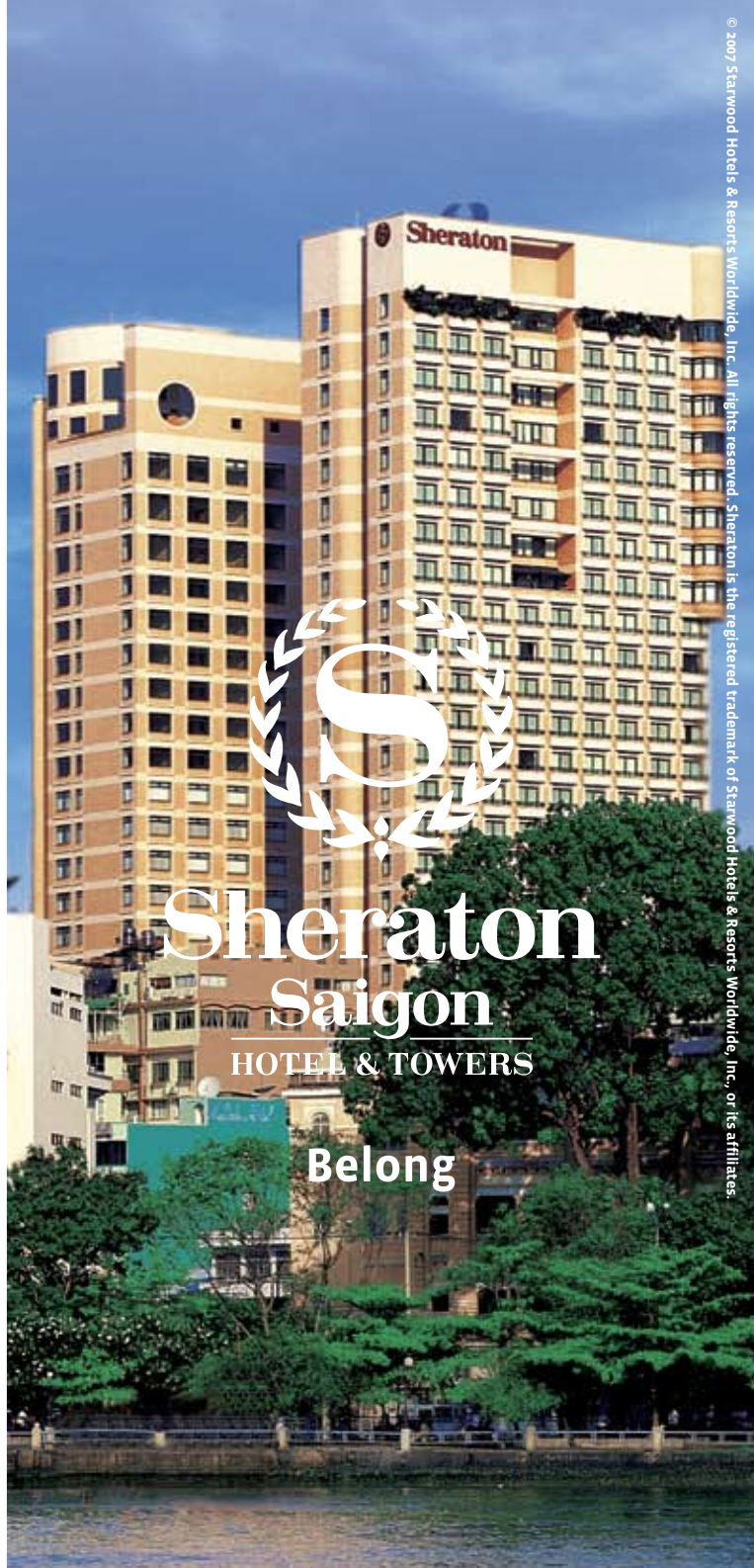
Vietnam, 1965 *Evacuating the wounded in Tam Ky*



Cuba, 1989 *Red Corvette in the Plaza Revolution, Havana*



Sri Lanka, 2000 *Girl at dusk in Anuradhapura*



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STARWOOD PREFERRED GUEST

Saigon *Sojourn*

Ho Chi Minh City may not be as developed as Bangkok, but it's home to some vibrant nightlife, decent shopping and excellent cuisine. Even better, it is only 250km from Phnom Penh. Words by **John O'Connor**. Photos by **Peter Stuckings**

getaways



Life's a blur: Notre Dame Cathedral and Diamond Plaza



Multicultural: Saigon's nightlife is becoming increasingly Cosmopolitan

CONSIDERING BOTH CITIES' mutual colonial history, Phnom Penh and Ho Chi Minh City could not be more different. True, much of the architecture left behind by the French may have its similarities, but beyond these aesthetics and the hordes of motorbikes, the connection between the two cities ends.

While life in Phnom Penh is slow, here everything is fast, energy buzzes in the air, the pace of change is inexorable, the traffic is terrible and dog quite literally eats dog; hardly a place for a relaxing weekend away.

But if you are travelling east and crave the sights, sounds and smells of the big city, then for vibrant nightlife, excellent cuisine and decent shopping, Saigon is hard to beat. It also acts as a gateway to some excellent beach spots including Mui Ne, Phu Quoc and Vung Tau.

■ HIGH BUT NOT LIGHT

For those taking their first trip to the city, there is a standard package-tourist trail that follows a surprisingly un-jaded path. Along the way such sites as the French-built Notre Dame Cathedral (Dong Khoi, D1), Ben Thanh

Market (Le Thanh Ton, D1) and the Jade Emerald Pagoda (Mai Thi Luu, D1) get a look in. The Reunification Palace (Nam Ky Khoi Nghia and Le Duan, D1), the symbol of the Communist victory on Apr. 30 1975, is perhaps a touch run down these days, but the War Remnants Museum (28 Vo Van Tan, D3) remains as gruesome as ever and acts as a fitting reminder of the atrocities of the past.

These are just a few of the numerous attractions scattered around the city, great if you're in search of some culture. However, for the Saigon of the 21st century, avoid the tourist trail and do it all on your own.

■ HEEL-TO-HEEL

A good way to explore is on foot. Start in Dong Khoi, the central downtown thoroughfare, and work your way around the various side streets and down to the river. Now earmarked as the business district of the future, this part of town is a mish-mash of office blocks, construction sites, colonial shophouses, designer clothing stalls, souvenir shops, restaurants, bars, hotels, malls and cafés. Its present state

of transition and delicate balance between old and new makes interesting viewing.

Head across the adjacent Nguyen Hue to Huynh Thuc Khang and Ton That Thiep and you find yourself in the former banking district. Once dominated by Indian bankers from French-run Pondicherry, except for three Hindu temples in the vicinity and the building housing The Temple Club and Fanny Ice Cream, few traces remain of the past.

Instead, Ton That Thiep is becoming increasingly gentrified, while a street down, Huynh Thuc Khang is home to electronics shop after electronics shop, each jostling for space.

The point here is to walk, the best way to explore a new place, and in downtown Ho Chi Minh City, wherever you go there's something to catch your attention. If you can master how to cross the roads and are prepared to brave it all on foot, this is the best way to get a sense of the real Saigon.

■ CAFÉ CULTURE

Vietnam is one of the world's top exporters of coffee, and the obsession with caffeine-infused drinks extends itself to local culture.

In Saigon the cafés come in all shapes and sizes – from street-side joints with plastic tables and 12-inch-high stools to large, brash aircon coffee shops that are the final say in kitsch, though it is in these places that business is done, contacts are made and WiFi comes free.

For the ultimate in Vietnamese café culture, head to Windows 4 (12 Alexandre de Rhodes, D1). A stone's throw away from the Reunification Palace, this is a place for makers and shakers and some quite beautifully kitsch design. Everything is flash and new, and even the urinals are decked out with personal TVs.

MGM (172C Nguyen Dinh Chieu, D3) and Number 9@ (9, Ly Tu Trong, D1) are built in the same mode, while Nirvana (37 Nguyen Dinh Chieu, D1) has taken an ancient wooden house from the Mekong Delta and kitted it out with reproduction art deco furniture.

For good quality espresso-based coffee, Illy Café (11-13 Lam Son Square, D1) provides an international environment with Italian coffee to match. Highlands Coffee (235 Dong Khoi, D1), a growing chain

selling both generic local and imported coffee, is also a nice place to relax. However, for the most interesting mix of both foreign and local, try out Trung Nguyen (50 Ho Tung Mau, D1). Also a nationwide chain, the full range of espresso-based coffee is on sale as is a selection of local and imported filter coffee. Topping the menu, though, is the weasel coffee. Made from beans picked from the droppings of weasels, this is supposed to be the best Vietnam has to offer. At VND57,000 a go (US\$3.60) it better had be. Just don't smell it.

■ NIGHTLIFE

Like cafes, Vietnamese nightclubs are also a unique feature of life in Saigon. Be prepared in advance, though, for copious amounts of hair gel, scantily clad women, deafening beats and lots of top shelf spirits.

For the better venues in town head to the Palace Club (Palace Hotel, 55-65 Nguyen Hue, D1), Volcano (148 Cong Quynh, D1) and Gossip (79 Tran Hung Dao, D1). Prices here are far from cheap – a beer starts at VND70,000++ and spirits go from about VND700,000 a bottle.

For cheaper drinks, the bars are a better option. Downtown, a bottle of Tiger costs around VND30,000 (US\$1.90) while a spirit and mixer goes for around VND60,000.

Underground (69 Dong Khoi, D1) remains one of the most popular bars downtown while Café Latin (19-21 Dong Du, D1) is good for live sport, Qing (31

Dong Du, D1) is an excellent wine bar, La Habana (6 Cao Ba Quat, D1) does tasty cocktails, Alibi (11 Thai Van Lung, D1) mixes French flair with Vietnamese charm, the Irish-themed Sheridan's (15/13 Le Thanh Ton, D1) has nightly live music and Blue Gecko (31 Ly Tu Trong, D1) has a distinct Australian touch. Head out of town a little and you'll find Number 5 (43 Mac Dinh Chi, D1), presently the most popular expat bar in town.

“ the pace of change is inexorable, the traffic is terrible and dog quite literally eats dog ”

The backpackers' area also has a number of bars including the rowdy Go2 (187 De Tham) and Le Pub (175/22 Pham Ngu Lao). For 24-hour drinking and nightlife to match, this is the place to go when international-style bars like Q Bar (7 Lam Son Square, D1) and Lush (2 Ly Tu Trong, D1) finally close up.

■ FOOD GLORIOUS FOOD

Vietnamese cuisine is the source of much local pride. Pho (noodle soup) emanates from Hanoi making it less of a Saigon must-try. The city's most historically significant pho joint, Pho Binh (7 Ly Chinh Thang, D3) is an official landmark. A group of northern loyalists met in 1968 to plan the Tet Offensive, and all over a bowl of noodles.

White rice noodle dishes (bun) are also to be found everywhere.

For the Imperial-style version (bun bo Hue), try 3A3 Bun Bo Hue (39A Ngo Duc Ke) and for bun thit nuong (rice noodles with salad and barbecued pork) go to the night stalls outside the east gate of Ben Thanh Market.

Beyond this, the best Vietnamese cuisine in town is seafood, barbecues and hotpots. A good place to start is Luong Son (31 Ly Tu Trong, D1). A large beer hall of a place with open, fan-cooled seating, the speciality is bo tung

xeo (marinated beef barbecued at the table). The menu here includes the full range of seafood as well as local, not-so-delicate delicacies such as deep-fried scorpion for the brave of heart.

The top floor terrace restaurant Quan Nuong (3rd Floor, 29-31 Ton That Thiep, D1) also specialises in on-the-table barbecues, and is almost always packed to the brim, while the restaurant on the floor below, the art deco Temple Club, serves up Vietnamese street food and local specialities in a quite stunning colonial environment.

For good seafood head to the down-to-earth Quan Ta (31 Nguyen Thi Dieu, D3) or the slightly garish, mock colonial Quan Bien (86 Vo Van Tan, D3), while the classy, Chinese-themed Chen (152 Nguyen Trai, D1) does some of the best hotpots in town.

■ INTERNATIONAL CUISINE

Going budget, it's best to head to the backpackers' area (De Tham, Bui Vien and Pham Ngu Lao, D1), where a few places serve excellent but cheap fare. The long-running Margherita (175/1 Pham Ngu Lao, D1) does an interesting but tasty mix of Mexican, Italian and Vietnamese cuisine. Another winner is Chi's Café (40/27 Bui Vien, D1), an attractive but low-key eatery doing good sandwiches, breakfasts, baked potatoes and Vietnamese cuisine. For price and quality, this area is also home to probably the best Thai restaurant in town, Coriander (185 Bui Vien, D1). Try their pad thai – as authentic as it comes.

Back in town there are a number of standouts including the excellent Jaspa's (33 Dong Khoi, D1) and its sister restaurant Al Fresco's (27 Dong Du, D1), home to the jumbo barbecued ribs. The sandwich, salad and meat pie café-cum-restaurant Juice (49 Mac Thi Bui, D1) also offers solid, tasty fare while the miniscule Black Cat (13 Phan Van Dat, D1) is the home of the mega burger and an excellent range of sandwiches and subs.

Also notable is the Spanish tapas restaurant Pacharan (97 Hai Ba Trung, D1), home to good cuisine, an amazing Spanish wine list, excellent cocktails and Wednesday night live music, and The Refinery (74/7C Hai Ba Trung, D1), a French-style bistro with outdoor garden terrace seating. However, for perhaps the most interesting menu in



Acoustic Bar: Saigon's latest live music hotspot



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Lush: The city's premier nightspot also does excellent cuisine

town, head to Xu Restaurant & Lounge (Level 1, 71-75 Hai Ba Trung, D1). Here international fine dining cuisine has been mixed with Asian and Vietnamese flavours in a modern, stylish setting. And don't forget the interior-designed Cepage (Lancaster Building, 22 Le Thanh Ton, D1), rated by many as the best restaurant in town.

■ SHOP BUT DON'T DROP

A number of malls have sprung up in recent years selling the full range of genuine goods including Diamond Plaza (34 Le Duan, D1), Parkson Plaza (39-45 Le Thanh Ton, D1) and Saigon Tax Centre (39 Le Loi, D1). However for not-so-genuine cheap CDs, watches, designer clothing and odds n' ends head to the recently relocated Saigon Square (77-89 Nam Ky Khoi Nghia, D1). As good, if not better than its competitor Ben Thanh Market, be prepared both to bargain and walk away.

Antique Street, a road which sells mainly repro, is Le Cong Kieu, and Dan Sinh Market (104 Yersin, D1) has a good selection of army surplus equipment and fake war Zippo's. However, topping all and undoubtedly the market of all markets is Binh Tay Market in Chinatown (Thap Muoi, D6). Most of the goods here go wholesale, so don't expect to buy much. But the displays, variety and range of goods are so eye-catching that it's more than worth a visit.

■ ACCOMMODATION

Hotel Majestic
1 Dong Khoi, D1
www.majesticsaigon.com.vn
Classic colonial-style downtown hotel with views over the river.

Mogambo Mini Hotel
20Bis Thi Sach, D1
Tel: (+84) 8 825 1311

Better known as Saigon's original American-run bar/restaurant, Mogambo has 10 rooms upstairs for a good price.

Norfolk Hotel

117 Le Thanh Ton, D1
Tel: (+84) 8 829 5368
One of the city's premier, mid-range hotels.

Park Hyatt

2 Lam Son Square, D1
www.saigon.park.hyatt.com
Luxury colonial-style hotel adjacent to the opera house.

Que Huong III

127 Pham Ngu Lao, D1
Tel: (+84) 8 836 9522
The best mid-range hotel in the backpackers' area.

Sheraton 88 Dong Khoi, D1

www.sheraton.com/saigon
Strategically-located five-star in the heart of Saigon's business and commercial district.

Tram Anh Guesthouse

185/24 Pham Ngu Lao, D1
Tel: (+84) 8 837 1004
Budget hotel in the backpacker's area with spacious aircon rooms.

■ INFORMATION

Currency: Vietnamese Dong
US\$1 = VND16,100

■ GETTING THERE

A return flight to Saigon takes approximately 45 minutes and costs around US\$180. Regular buses also make the trip (6 hours) and cost US\$12 one way.

■ VISAS

No visas for Vietnam are available at the border. To get your visa in advance go to the Vietnamese Embassy on Monivong Blvd. or visit any travel agents. The price of the visa varies depending on how quickly it's needed, but is around US\$30 to US\$33. ❏

Room *with a View*

OVERUSED CLICHÉ THAT it is, for once the majestic, sweeping views from the top floors of the Independence Hotel justify all superlatives. First opened in 1963, the hotel epitomises the chequered history of Cambodia's major coastal resorts of the time. Designed by French architects Leroy and Mondet, it is very much in the style of the New Khmer Architecture of the 50s and 60s. Used first by Khmer Rouge forces and then Untac, locals claim that it is haunted.

Recently reopened after more than twenty years of inactivity, the seven-story hotel nestles at the northern tip of Sihanoukville's Independence Beach. It quite literally dominates the surrounding landscape.

From its lofty vantage point, the top floors afford breathtaking views of the bay and nearby islands. All the rooms are sea-facing, although the lower floors look out over the trees with only fragmented views of the sea through the gaps. It is well worth spending



Stunning coastal views:
From the Independence

the extra money for a deluxe room – all of which have unbroken sea views.

■ PERFECT GETAWAY

Although called a resort and spa, the spa is not due to be completed until early next year when the hotel will have its official opening. This does not mean that the hotel is lacking facilities. The beautiful

new swimming pool – the old one was reportedly used by the Khmer Rouge to hold prisoners – falls away into the surrounding woods and there is a 200-metre stretch of private beach as well as a small gym.

Although some of the service needs to be freshened up for the 'hard' launch it is friendly throughout, with

possibly the best housekeeping I've experienced in a hotel.

Its current semi-open status means that room rates are extremely reasonable at the moment and the hotel is mainly empty, making this the ideal spot for a weekend getaway.

Dine al fresco at the stylish beach restaurant raised on rocks over the beach and with mature trees emerging through the terrace area. Order your food from the main restaurant and have it served to your table by your own personal waiter; the ultimate in decadence. My advice is simple – get there before the bus loads of tour groups arrive. One thing is for sure, when the hotel is fully opened, it will once more become the place to stay in Sihanoukville.

Independence Hotel,
Street 2 Thnou, Sihanoukville.
Tel: 034 934 300,
www.independencehotel.net. Rooms are US\$100+ (deluxe), US\$110+ (superior) for residents of Cambodia showing this magazine – **MARK JACKSON.** ☞

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Champey Inn
resort

the motorbike diaries: part 6



Travelling from Vietnam to London by motorcycle, Mike Gracey and Lotta Väänänen cross from Nepal to northwestern India and head up to the Himalayas.

side of the road at over 4,000 metres. However, the surrounding views made it all worthwhile. One day at dusk we ascended Taglang La, the world's second highest road pass at 5,300 metres, the bikes barely making it due to lack of air, and on the way down we were forced to descend in the dark. Fortunately we came across a Tibetan tent and spent the night there drowning ourselves in thick blankets provided by the kind owner, who even served us ice cold beer! The following day we passed many gompas perched on high hill tops and inevitably ran out of fuel, 70kms before our destination. We met some travellers on Enfields who donated a couple of litres and finally we made it to Leh.

For further info on Lotta and Mike's trip, go to their blog on www.thebigtripon.blogspot.com. 🚩

AFTER WE INSISTED OUR BIKES TO be legally stamped into India, we were progressing towards Delhi when my bike came to a sputtering halt; water had been sucked up into the fuel tank from the numerous river crossings back in Nepal. Three hours draining the tank later we were back to dodging death on one of India's highways in the dark.

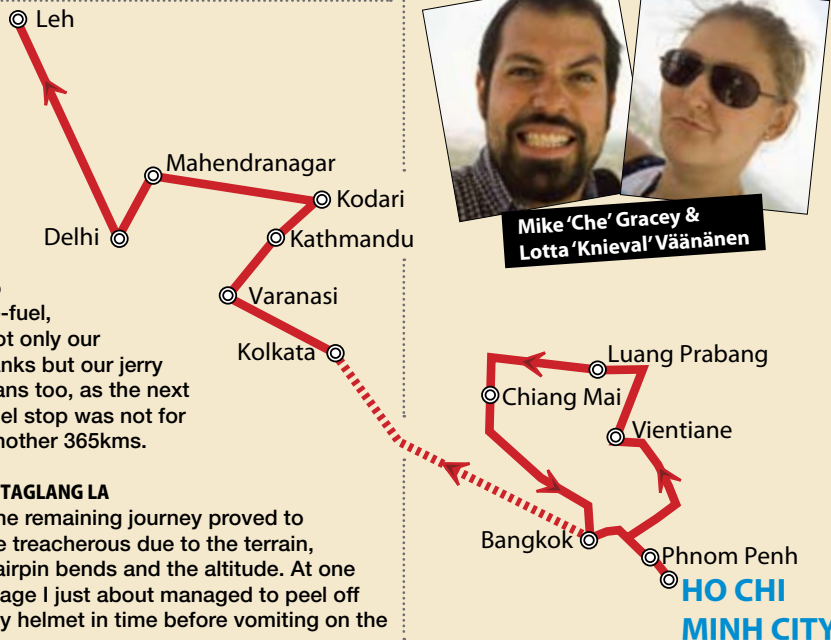
■ NORTH TO LEH

After a brief stopover in Delhi we headed north to Leh in the Himalayas. The 1,000-km journey took eight days. We encountered many landslides but luckily with the bikes we were able to snake our way past stationed vehicles. Once we broke away from the clouds we were stunned to come across snow-capped peaks and were utterly speechless, but were even more so when we came to a thunderous river dominating a good 200 metres of the road. We ploughed through, only dropping the bike once. In Tandri we had

to re-fuel, not only our tanks but our jerry cans too, as the next fuel stop was not for another 365kms.

■ TAGLANG LA

The remaining journey proved to be treacherous due to the terrain, hairpin bends and the altitude. At one stage I just about managed to peel off my helmet in time before vomiting on the



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Battambang

La Villa

East bank of river Tel: 012 826 186

www.lavilla-battambang.com

Beautifully restored 1930s colonial house with six rooms from US\$45 to US\$50.

Special expat offer of two nights for US\$49 per person for two people including day trip and lunch.

Chau Doc (Vietnam)

Victoria Chau Doc Hotel

32 Le Loi Tel: +84 76 865 010

www.victoriahotels-asia.com

A few kilometres on the Vietnamese side of the border, Chau Doc's finest has great views of the Bassac River, a swimming pool, a restaurant serving both international and Vietnamese cuisine and great massages. Rooms from US\$180 a night.

Kampot

Bokor Mountain Lodge

Riverfront, Kampot Tel: 033 932 314

www.bokorlodge.com

Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms ranging from US\$20 to US\$35. Also has a good restaurant and bar with some outside seating overlooking the river.

Les Manguiers

2km north of Kampot Tel: 092 330 050

Small resort with bungalows and rooms set in beautiful gardens overlooking the river. The three rooms cost US\$15 and the four bungalows US\$20 to US\$25. Also has a restaurant with daily changing, freshly prepared food. Best to book up in advance especially at weekends.

Kep

Champey Inn Resort

Tel: 012 501 742

Sea-fronted resort with bungalows from US\$40 per night. Has a well-sized swimming, restaurant, bar and pleasant gardens.

Knai Bang Chatt Resort

Tel: 012 879 486

www.knaibangchatt.com

Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public for US\$150 per night including breakfast. Elegant swimming pool, air-con, gym, library and fantastic gardens, this resort is the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea.

The Beach House

Opp. Kep Beach Tel: 012 240 090

www.thebeachhousekep.com

Small hotel with pool in an excellent location, directly opposite Kep's mermaid statue. Relaxed café, and tasteful western-style rooms all with sea view. Can organise trips to nearby Rabbit Island or further afield to Bokor Mountain. Rooms from US\$30 to US\$45 per night.

Veranda Natural Resort, Kep

Tel: 012 888 619,

www.veranda-resort.com

Traditional wooden bungalows set in the hillside, hot water and breakfast from US\$20. Spacious family bungalows with

air-con cost US\$60. Also has a good restaurant and bar with some quite stunning sweeping views down to the coast.

Kratie

Le Relais de Chhlong

Mekong riverside, Chhlong (Kratie Province) Tel: 012 501 742

champeyinn@mobitel.com.kh

Beautifully restored colonial house set in a peaceful village with stylishly furnished rooms. Intimate restaurant, swimming pool and river views make this a unique and luxurious place to get away from it all.

Phnom Penh - Deluxe

Amanjaya

1 Sisowath Quay Tel: 023 214 747

www.amanjaya.com

Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con West bar. Rooms from US\$155 to US\$265. ☺

Cambodiana

313 Sisowath Quay Tel: 023 426 288

www.hotelcambodiana.com

Great riverside location with spectacular sweeping views of the confluence of three rivers. Large rooms with air-con, in-room safes and good bathrooms. Live band plays nightly (except Sundays).

Himawari

313 Sisowath Quay Tel: 023 214 555

www.himawarihotel.com

The 115 beautifully-designed suites have aircon, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts. Rooms from US\$113 to US\$306.

Imperial Garden Hotel

315 Sisowath Quay Tel: 023 219 991

Large hotel and villa complex next to the Cambodiana. Has a swimming pool, gym and tennis court. Live band plays nightly.

Intercontinental

296 Mao Tse Tung Tel: 023 424 888

www.ichotelsgroup.com

One of Phnom Penh's most luxurious 5-star hotels. The 346 aircon rooms have all the expected facilities including in-room safes and king size beds. Also has a large swimming pool, a Clark Hatch Fitness Centre, a spa and beauty salon. Rooms from US\$190 to US\$1,500.

Raffles Hotel Le Royal

Street 92 Tel: 023 981 888

www.phnompenh.affles.com

Emanates the same class as its more famous namesake in Singapore. The Elephant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays. Rooms from US\$260 to US\$2,000.

Sunway Hotel

1 Street 92 Tel: 023 430 333

www.sunway.com.kh

Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities. Rooms from US\$80 to US\$540.

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Phnom Penh - Mid-Range

Anise

2C Street 278 (Cnr. of 57) Tel: 023 222 522
www.anisehotel.com
Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine. Rooms from US\$28 to US\$60.

Aram

70 Street 244 Tel: 012 565 509
www.bodhitree.com
Renovated 1950s building which is part of the Bodhi Tree group. Has spacious rooms with en suite and a chic cafe. Rooms from US\$36 to US\$45.

Billabong

5 Street 158 Tel: 023 223 703
www.thebillabonghotel.com
Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Serves good food. The rooms are a reasonable size with aircon and range from US\$36 to US\$58.

Bougainvillier

277G Sisowath Quay Tel: 023 220 528
Stylish riverfront hotel with 40 rooms, including some impressively large suites. Dark wood antique style furniture and jewel coloured silks create a luxurious ambience, and all the necessary amenities are available. The hotel is also home to a gourmet restaurant. Rooms are US\$50 to US\$80.

FCC Phnom Penh

362 Sisowath Quay Tel: 023 724 014
www.fccambodia.com
Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-

speed Internet access and the latest mod cons. Rooms from US\$85.

Goldiana

10-12 Street 282, Tel: 023 219 558
www.goldiana.com
Extremely popular hotel for visiting NGO workers presumably due to its close proximity to NGO-land and decent prices. Rooms from US\$28 to US\$48.

Renakse Hotel

277C Sisowath Quay
Tel: 023 214 498
Large hotel set in some beautiful gardens just across the road from the Royal Palace. Rooms US\$35 to US\$60.

The Pavilion

227 Street 19 Tel: 023 222 280
www.pavilion-cambodia.com
Beautiful boutique hotel set in a colonial building with 10 large, uniquely-designed rooms, each with either a small balcony or garden. Outdoor swimming pool, free Wi-Fi and a small poolside restaurant. Rooms from US\$50 to US\$65.

Villa Langka

14 Street 282
Tel: 012 449 857
www.villalangka.com
Brand new boutique hotel with restaurant and beautiful swimming pool. Just a stones throw away from Wat Lanka.

Phnom Penh - Budget

Bodhi Tree

50 Street 113
Tel: 023 998 424
Small guest house with relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng. Rooms from US\$8 to US\$26.

California 2

317 Sisowath Quay Tel: 023 982 182
www.cafecaliforniaphnompenh.com
Recently refurbished with a great location along the river front. All the rooms have air-con, cable TV and hot water. Popular downstairs bar. Owner Jim is a mine of information on bike-trips out of town. Rooms from US\$17 to US\$22.

L'Imprevu

Highway 1, 7km past Monivong Bridge
Tel: 024 390 405
www.hotel-imprevu-resort.com
Complex with twenty-four bungalows just outside of Phnom Penh. Tennis courts and excellent swimming pool make this a good break from the city. Bungalows for US\$13 to US\$20.

Tonle Sap Guest House

4-6 Street 104 Tel: 023 986 722
www.tonlesapguesthouse.com
Clean, well-kept guesthouse upstairs with 15 rooms, from US\$15 to US\$30, with air-con, fans, hot water, cable TV. Downstairs Pickled Parrot bar open 24 hours.

Tony's Guest House

180 Street 130 Tel: 092 289 068
Guest house next door to popular bar that also goes by the owner's name. All the rooms (from US\$15 to US\$25) have air-con, 60-channel cable TV, king-size beds and an en-suite bathroom with hot water.

Siem Reap

Amansara

Pokambor Avenue Tel: 063 760 333
www.amanresorts.com
The ultimate in Siem Reap's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor jet set. Only able to get a room if Mr & Mrs Smith are not on a flying visit.

FCC Angkor

Pokambor Avenue
Tel: 023 992 284
www.fccambodia.com
Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free Wi-Fi for guests both in rooms and around the pool. Rooms from US\$90 in low season.

Hotel de la Paix

Sivutha Boulevard
Tel: 063 966 000
www.hoteldelapaixangkor.com
Stoneware bathtubs in the rooms, mini-Pods on request and flexible reading flashlights above the decadently lavish beds make de la Paix a modern design classic. The Arts Lounge downstairs is a great place to chill and has free Wi-Fi. Special offer rooms from US\$165 a night.

La Residence d'Angkor

River Road Tel: 063 963 390
www.residencedangkor.com
Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Rooms are US\$340 to US\$440 a night.

Raffles Grand D'Angkor

1 Charles de Gaulle
Tel: 063 963 888
Elegant hotel with opulent gardens and a spectacular swimming pool in its grounds. Has frequent art exhibitions and Apsara dancing on nearby terrace. Rooms are from US\$350 in the high season.

Sofitel Phokeethra Royal Angkor Golf and Spa Resort

Road to temples Tel: 063 964 600
www.accorhotels.com/asia
Large spacious resort on the road to the temples. 18-hole golf course, expansive

swimming pool and French-Khmer décor. Rooms from US\$160 a night.

Victoria Angkor

Near Royal Gardens
Tel: 063 760 428
www.victoriahotels-asia.com
Large beautiful hotel with the most luxurious swimming pool, gardens and Le Bistrot Restaurant. Rooms from US\$285 per night.

Sihanoukville

The Independence Hotel

Street 2 Thnou, Sangkat No. 3, Khan Mittapheap
Tel: 012 728 090
Beautifully restored hotel on Independence Beach, originally opened in 1963, reopened in 2007 following a complete refurbishment. Infinity pool and sweeping ocean views from most rooms. Gym, conference rooms and circular restaurant. Rooms from US\$110 to US\$450 per night.

Reef Resort

Road from Golden Lion to Serendipity
Tel: 012 315 338,
bookings@reefresort.com.kh
Small guesthouse set around a beautiful pool, very much in the style of the Billabong in Phnom Penh. Rooms have aircon with in-room safe and cable TV. Family rooms also available. Has a welcoming bar with excellent TV screen and a 9-ball pool table. Rooms from US\$35 to US\$60.

Sokha Beach Resort

Sokha Beach, Tel: 034 935 999
With its own private beach, excellent swimming pool and fine restaurants, Sokha is easily the classiest place to stay in Sihanoukville. A live Filipino band plays around the cocktail bar at night. Rooms are available from US\$85, but only if you try hard.

Travel

Cambodia Uncovered

Tel: 012 507 097
www.cambodiauncovered.com
Offers village and cultural tours in Phnom Penh and surrounds including road trips, Mekong cruises, accommodation, cooking classes and more. Tours are for one to four people.

Compagnie Fluviale du Mekong

Tel: 023 216 070
www.cfmekong.com
Luxury cruises all the way from the Mekong Delta to Siem Reap in air-con accommodation. The full trip lasts seven days, with the journey from Phnom Penh to Siem Reap taking three days.

Exotissimo Travel

46 Norodom Boulevard
Tel: 023 219 151
www.exotissimo.com
Excellent French-owned agency specialising in flight bookings, package holidays and a range of well-run tours of South-East Asia. Brochures are available online.

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www.tourismtheextreme.com
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Food Talk: *A little slice of Venice*

Luna d'autunno is one of Phnom Penh's most chic Italian eateries. **Liz Ledden** chats to co-owner and manager **Fabrizio Sartor** about what makes his restaurant and menu so unique.



Fabrizio Sartor Proud to stock purely Italian wines



Evening in the garden The perfect spot for an intimate dinner

VENETIAN FABRIZIO SARTOR made the move to Cambodia a year-and-a-half ago after previously working in Berlin for three years. Searching for "greater opportunity," he says he found what he was looking for in Phnom Penh, following the helpful suggestion of his friend Bemelli Gino of the Luna group.

"It felt like the right moment for business in Cambodia," says Fabrizio. "I came for one restaurant, now we have two, and have plans for another one," he adds.

“I came for one restaurant, now we have two, and have plans for another one”

■ LUNA FAMILY

The brainchild of a small group of Italian friends headed up by Bemelli Gino, Luna d'autunno is a successful restaurant chain in both Vietnam and Cambodia. A love of the region led the group to set up the chain in Southeast Asia, according to Fabrizio.

The first restaurant opened in Hanoi eight years ago, followed by Mui Ne (also in Vietnam), Phnom Penh, Saigon and Siha-noukville. A Siem Reap branch is currently in the planning stages and due to open in a year, says Fabrizio.

■ UNIQUE DISHES

With a background as a chef, Fabrizio is clearly passionate about Italian cuisine. He has personally trained his kitchen staff in the art of cooking, northern Italian style.

"Luna has a lot of signature dishes that other restaurants here don't have," he says.

One of these specialties, originating from Fabrizio's home town, is cuttlefish in squid ink sauce with polenta (US\$7). The sole e luna di tonno (filled pasta with fresh tuna) at US\$9.40 is another special dish at the restaurant. Though loosely based on a Venetian dish, it is a concoction of his own, Fabrizio explains.

Homemade gnocchi and an extensive pizza menu are other points of pride. While he doesn't want to boast he has the best pizzas in Cambodia, Fabrizio maintains his customers often tell him that he does.

■ SOPHISTICATED AMBIENCE

"An Italian atmosphere in an international way," is how Fabrizio describes Luna. The owner of I Ching Décor is a business partner, he says, and explains the design company has transformed the restaurant's interior into a highly chic, minimalist room with a sophisticated ambience.

A glass-fronted wine room houses only Italian wines imported by the restaurant. Fabrizio proudly explains there are wines at Luna that you cannot find anywhere else in Cambodia.

Though the majority of Luna's clientele are expats, Fabrizio is noticing more Cambodian customers, who he says are eager to try new things. While the customer base is changing, so

too are the restaurant's initiatives. Live music acts have been recently introduced, along with a weekend brunch buffet, with all-you-can-eat Mediterranean cuisine for US\$12 per person.

One of the biggest hurdles he is trying to overcome is training the staff, he says. "Although, I get much satisfaction when they understand and do it properly," he adds. On the more positive side, he believes that the country is on the way up and improving. "Now is the right time to have a business here," he says, a sentiment being echoed by many of Phnom Penh's foreign business owners right now.

Luna d'autunno, 6c Street 29, Tel: 023 220 895
www.lunadautunno.com



Chefs in action Luna's open air kitchen

Feasting *al fresco*

With the holiday season approaching and the celebratory meals it brings, what better time than to dine in the sunshine or under the stars? Be it in a garden, on a terrace, a rooftop or even poolside, **Liz Ledden** and **Mark Jackson** explore some of Phnom Penh's best outdoor dining options.

■ L'IMPREVU

National Road 1, approx. 6km over Monivong Bridge, Tel: 023 360 405

To get away from the city for a day to swim, eat and relax, L'Imprevu has the ideal set up. A hotel with bungalows and a large swimming pool, there's a pool-facing restaurant where you can sit either under shade on the terrace or dine poolside at a table. The French menu features salads (US\$4 to US\$6), grilled meats (US\$8 to US\$10) and traditional French fare such as steak tartare (US\$6) and frogs legs (US\$7) with a choice of green pepper or Provençal sauces. There are also some pan-Asian dishes at US\$4-5. The fully stocked bar features Belgian duvel beer (US\$5 a bottle). To make a day of it and use the pool, it's US\$1 for kids and US\$2 for adults during the week, and US\$2 and US\$4 respectively at the weekend.

■ ELSEWHERE

175 Street 51, Tel: 023 211 348

With relaxing, cushioned daybeds dotted around the pool set in a lush garden, the grounds of Elsewhere are a wonderful place either for a drink or to dine. Lit up at night it arguably looks its best. The diverse menu includes a mix of western and Asian tapas-like snacks and tasty, healthy food, which must be washed down with Elsewhere's amazing vodka passion (US\$3). An added bonus is that it's free for a dip in the refreshing yet small pool, though in the daytime you may be sharing it with the under-five brigade.

■ LE DUO

17 Street 228, Tel: 023 991 906

Le Duo is the spot for Sicilian inspired food in Phnom Penh, with an affordable pizza and pasta menu averaging US\$6 per person. Dining al fresco is a must on a clear, not too hot night. There are plants throughout the seating area and the low lighting outside creates a relaxing ambience. Try



Tamarind: One of the best rooftop dining options in the city



Le Jardin: Large grassy yard creates an excellent feeling of space

the delicious seafood and garlic butter pizza, or the picante (hot) pizza, and check out the rotating dessert stand inside for a sweet treat afterwards. Le Duo now has a swimming pool to the left of its outdoor seating, which can be used by diners for an additional US\$6 per person. Plans are afoot for an Italian delicatessen to be built in the grounds in a few months time.

■ LE JARDIN

16 Street 360, Tel: 011 723 399

Salads, sandwiches and savoury cakes with a decidedly French bent are on offer in this large grassy yard café that creates an

excellent feeling of space. Geared towards families, there's a kid's play hut and sandpit with toys on the spacious grounds. Seating is outside yet undercover. There are a few daybeds with funky batik cushions set under the trees that offer a little more privacy. Crepes, ice-creams and sorbets are the drawcards here. For lunch, both the chicken and rocket salad (US\$4) and the pita bread with meatballs and yoghurt sauce (US\$4) are delicious.

■ BODDHI TREE UMMMA

50 Street 113, Tel: 012 565 509

Though often busy with tour groups and visitors heading in

or out of the Toul Sleng genocide museum opposite, the original Boddhi Tree Café nevertheless has a pretty garden setting dense with greenery. The café fare is fresh, tasty and healthy, with original juice and shake concoctions and food ranging from Khmer curries and stir fry dishes to western salads and sandwiches, often with unique combinations of ingredients. The food is reasonably priced, with most items from US\$2 to US\$4. There are some long chairs with cushions better for groups and some smaller tables too and the lush courtyard space is a bit different to anything else offered in the city.

■ LE CEDRE

1 Street 360, Tel: 023 997 965

Le Cedre is Phnom Penh's only Lebanese restaurant. Dishes range from small hot and cold dishes, with excellent fetta in pastry, kibbeh, vine leaves and dips, to Lebanese pizzas with traditional toppings such as zaatar (a middle eastern spice blend). The meat dishes include a 'baby' chicken with garlic sauce, that's not so tiny. This is also the place to try some new wines hailing from Lebanon, unique in Phnom Penh to Le Cedre. The undercover terrace seating offers a highly conducive environment for a Lebanese feast.

■ LUNA D'AUTUNNO

6c Street 29, Tel: 023 220 895

Luna's outdoor dining area offers a relaxing alternative to its aircon, designer interior. It is the perfect spot for a casual dinner with friends. You can see the chefs in action in the open-air kitchen and there are enough trees to make you feel like you've escaped from the busy streets outside. The wood-fired pizzas, split into separate red and white pizza menus are excellent – and you can even see the pizza oven in action. There's also a great selection

of antipasti, pastas (averaging US\$7) and meat dishes (from US\$10 to US\$22).

■ ANNAM

1C Street 282, Tel: 023 726 661
Annam offers a more upmarket Indian dining experience than many of its contemporaries in Phnom Penh. Set in a house in a serene garden, the restaurant has undercover terrace seating, along with an indoor dining area. From the terrace, you can see the professional looking kitchen in action behind a glass wall. The menu includes an extensive range of northern and southern specialties, with excellent masala dosas (10,000 riel), a crispy pancake enclosing a mildly spiced potato mixture, with chutneys and sambal on the side. There's also a menu featuring Chettinad dishes, originating from the southern Indian state of Tamil Nadu. With fruit trees, a water feature, a garden swing and a neatly manicured lawn, the grounds offer a beautiful setting for a delicious Indian meal.

■ TALKIN TO A STRANGER

21 Street 294, Tel: 012 798 530
In the style of an Australian beer garden, Talkin is a great spot for pub grub under the stars. Casual, unpretentious and relaxing, the bar is all outdoors, with some barstools around the bar itself which and lots of chairs and tables hidden amid the greenery. Along with the Australian beers and excellent cocktails – try something creative from the extensive martini menu – Talkin is a good spot for a meal. The best night to go is Thursday when the roast lamb special is great value at US\$8 or US\$10 with a glass of wine, but it's best to book this in advance.

■ TAMARIND

31 Street 240, Tel: 012 830 139
This well-situated French restaurant has possible the most attrac-

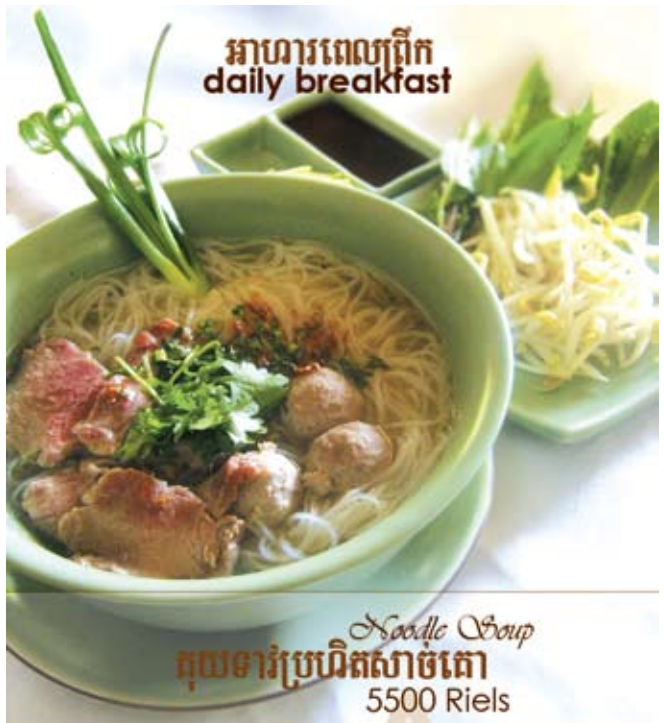
tive roof terrace in town (open evenings only), fairy lights and all. Leaning more towards North African than French, the three mixed mezze starters are excellent value and ideal for sharing. Tagines and couscous are the most popular main courses although there is normally a good range of fish dishes available.

■ COMME A LA MAISON

13 Street 57, Tel: 023 360 801
Phnom Penh's longest running French restaurant also has the most elegant garden terrace. The mood at the restaurant changes as the day progresses. Breakfast involves excellent freshly baked bread on the premises; salads, flans and snacks are ideal for a light lunch; and a three-course meal makes for dinner. It's always advisable to look at the weekly-changing specials board, although both fish and meat carpaccio make for a great starter and the steak is an excellent value main. There is also a delicatessen at the back selling both freshly baked bread and delicious homemade paté.

■ GARDEN CENTER CAFÉ I

23 Street 57, Tel: 023 363 002
Although sitting on plastic chairs on a covered terrace next to potted plants is not everyone's cup of tea, the original Garden Center is a little piece of Britain in Phnom Penh. Very much in the style of British garden centres, the café serves some of the freshest, healthiest and safest food in town. Bread is cooked fresh in its bakery and the home-made muesli and unsweetened yogurt – though not cheap – is a cut above anything found in the capital's supermarkets. Despite having one of the widest selections of breakfast options, the standout dishes are the salads and flans. ❏



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Fax (855) 23 222 533



Elsewhere: Use of the pool comes free with the food

Restaurant Guide

KEY TO SYMBOLS

- 01** Under \$3 per average dish **A/C** Air Conditioning
- 02** \$3 – \$6 per average dish Free home delivery available
- 03** \$6 – \$10 per average dish Free wireless Internet service
- 04** \$10+ per average dish ChildSafe®

ChildSafe®



A network protecting children from all forms of abuse. www.childsafe-cambodia.org.

Cambodian

Boat Noodle 1 & 2
184 Street 63 Tel: 012 200 426
8B Street 294 Tel: 012 774 287

Khmer and Thai restaurant with excellent, well-priced food. The Street 294 branch is set in a beautiful, traditional wooden house. Open 4pm to 10pm. **01**

Frizz Café
335 Sisowath Quay,
Tel: 023 22 09 53

Dutch-run, riverside restaurant specialising in authentic Khmer cuisine. Serves very good amok. Also runs its own cookery classes. Open 10am to 11pm. **02**

Malis
136 Norodom Bvd. Tel: 023 221 022
www.malisrestaurant.com

Beautiful modern Khmer restaurant with a courtyard set around narrow water channels and decorated with terracotta floor tiles. Inside there are four aircon rooms if the mid-day sun gets too much. The cuisine is modern Khmer, with no MSG, and is served elegantly in hollowed out palm tree bark. **04 A/C**

Pon Loc
319 Sisowath Quay Tel: 023 212 025
Large, multi-storied restaurant serving Khmer food on the riverfront. Always seems to be filled out with locals and tourists alike. Open 10am to 12am. **02**

Romdeng
21 Street 278 Tel: 092 219 565
Run by the same NGO as Friends, this non-profit training school restaurant

specialises in Khmer cuisine. Food has an appropriately fresh and daring flavour, especially if you opt for the crispy tarantulas as a starter. Good place to try fermented fish prahok. Open 11am to late. **02**

Chinese

Mekong Village
290 Monivong Bvd.
Large Chinese restaurant that specialises in crispy Beijing duck. Stays open until late in the morning. **02**

Sam Doo
56-58 Street 128 Tel: 023 218 773
The place for dim sum in Phnom Penh, baskets of steamed prawn dumplings, pork buns and more go for a mere US\$1.20. In addition wonton soup and other tasty meals are a steal. **01**

Xiang Palace
Intercontinental Hotel, 296 Mao Tse Tung
Upmarket restaurant with possibly the best range of Cantonese cuisine in town, served in opulent surroundings. **04 A/C**

French

Atmosphere
141C Norodom Bvd. Tel: 023 994 224
Well-established aircon restaurant serves fine French food in an elegant yet tastefully decorated setting. Close to Independence Monument. Open from 11am to 2pm and 6pm to 10.30pm. Closed Sundays. **03 A/C**

Bougainvillier
277G Sisowath Quay Tel: 023 220 528

Riverfront French restaurant using gourmet homemade ingredients, specialising in foie gras. Fish, beef, gourmet pasta dishes and langoustine also feature, plus a regularly changing specials board and French wines. 3 course set lunches are also available. Open 6am to 10.30pm. **03 A/C**

Comme a la Maison
13 Street 57 Tel: 023 360 801
Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. One of the best French kitchens in town, shown by its popularity both at lunch time and at night. Small delicatessen at the back of the restaurant. Open from 6am to 10.30pm. **03**

Elsewhere
175 Street 51 Tel: 023 211 348
A beautiful garden with palm trees, bath-sized swimming pool and luxurious reclining couches makes you feel anywhere else than in the centre of town. A separate restaurant has a simple menu, although dining Romano-style is far cooler. Open 10am to late. Closed Tuesdays. **02**

La Croisette
241 Sisowath Quay Tel: 011 882 221
Riverfront restaurant with an ample outside dining area screened off by trees. Good, reasonably-priced, French cuisine with excellent barbecues, as well as Asian and Khmer food. Welcoming bar to have a drink and look at a photo of Bridgette Bardot in her prime. Open 7am to late. **02**

La Marmite
80 Street 108 Tel: 012 391 746
This small, reasonably priced French bistro has two adjoining rooms, one non-smoking. Relaxed, cosy atmosphere. Serves excellent fish, steaks and offal as well as daily specials, but no Marmite! Open 11am to 2.30pm & 6pm to 11pm. **02 A/C**

Le Deauville
Street 94 & Wat Phnom Tel: 012 843 204
French bar and restaurant overlooking Wat Phnom. Popular after work when there are free bar snacks. Indoor aircon space as well as outside terrace area. Open 11am to 10pm. **02 A/C**

Le Jardin
16 Street 360 Tel: 011 723 399
Beautiful shaded restaurant with large garden and spacious outdoor play area for kids. Serves excellent ice cream. Open 7am to 16pm. **02**

Tamarind
31 Street 240 Tel: 012 830 139
Bold Mediterranean / North African restaurant set on three floors which serves couscous, tagines, chawarma, tapas and mezze. Small bar with pool table

downstairs denies the elegance upstairs, especially the roof terrace, which opens after sunset. Open 10am to 12pm. **03 A/C**

The Melting Pot
168 Street 155,
(opposite Russian Market)
Tel: 092 223 301
Cute, cosy café with Parisian owners located diagonally across from the Russian Market's NYEMO. Good coffee and lunch spot specialising in French crepes. Open 8am to 5.30pm. **01**

Topaz
182 Norodom Bvd. Tel: 012 333 276
Sophisticated, aircon restaurant with outside dining, upstairs bar, wine shop, cigar room and private rooms. One of Phnom Penh's finest restaurants. Open 11am to 2pm and 6pm to 11pm. **04 A/C**

Indian Sub-Continent

Annam
1C Street 282 Tel: 023 726 661
Beautiful terracotta terrace and garden Indian restaurant with open kitchen, separate aircon restaurant and kids' playpen. Separate north and south Indian menus. Open from 11am to 2.30pm & 6pm to 10.30pm. Closed Tuesdays. **02 A/C**

East India
9 Street 114 Tel: 023 992 007
Predominantly South Indian cuisine in this pristine restaurant. Excellent breads including 9 types of dosa. All-you-can-eat vegetarian Sunday special for US\$4. **02 A/C**

Flavours of India
158 Street 63 Tel: 023 990 455
Relaxing Indian and Nepalese restaurant with friendly staff and a good range of dishes. Both the vegetarian and meat thalis are good value. Open 10am to 10pm. **02 A/C**

Monsoon
17 Street 104 Tel: 016 355 867
Sumptuously-designed Pakistani restaurant and wine bar. The curries are excellent and not too spicy, and come with a range of breads and chutneys. The wines have a bias towards the antipodes, including possibly the best range of wines by the glass in town. Open 6pm to 2am. **02 A/C**

Mount Everest
98A Sihanouk Bvd. Tel: 023 213 821
The longest running of the capital's Indian restaurants, featuring an extensive halal menu including 8 tandoor dishes from US\$3.50 to US\$8. Open 10am to 11pm. **02 A/C**

Sher-e-Punjab
16 Street 130
Just off the riverfront, Sher-e-Punjab is a

Comme à la Maison
Delicatessen
Restaurant, Deli Shop & Catering



13 St 57, Phnom Penh - 023 360 801 / 012 951 869
www.commealamaison-delicatessen.com
Open daily from 06:00 to 22:30



favourite haunt of Phnom Penh's expats, due to its tasty tandoori dishes. Highly courteous service and generous free snacks, condiments and desserts make this a wallet friendly option. **02 A/C** 🍷

Shiva Shakti

70 Sihanouk Blvd. Tel: 012 813 817
Decidedly upmarket and sophisticated Indian restaurant in a beautiful setting with prices to match. Good place for an Indian treat, especially the tandooris. Open from 11am to 2pm and 6pm to 10.30pm. Closed Mondays. **03 A/C** 🍷

International

Art Café

84 Street 108 Tel: 012 834 517
Elegant bistro and art gallery in the style of a European coffee house. German flame cakes and *eau de vie* as specialities. Features art exhibitions and classical music performance. Open from 11am to 11pm. **02 A/C** 🍷

Billabong

5 Street 158 Tel: 023 223 703
Excellent western and Asian food which comes with a dip in the hotel's beautiful pool. Lunchtime special of food & swim for US\$7.50 is particularly good value. Open from 6am to 9pm. **02**

Bodhi Tree

50 Street 113
Relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng. Open 9am to late. **02**

Del Gusto

43 Street 95
Beautiful colonial setting makes a perfect setting for the Mediterranean-inspired menu. Run by the same people as Bodhi Tree. Open 7am to 9pm. **02**

FCC Phnom Penh

363 Sisowath Quay Tel: 023 724 014
Phnom Penh's landmark restaurant, with sumptuous views across the river on one side and the National Museum to the other. It's best to come at sunset when the streets below are most crowded, the cocktails are half price and draft beer goes for US\$1. Open 7am to midnight. **03**

Flavours

Cnr. Street 51 & 278 Tel: 012 175 896
Relaxing restaurant and popular bar run by two Quebecois with comfortable chairs falling onto the street. The mix of Asian and western cuisine has proved so popular that they have a copycat restaurant opposite. Open 7am to late. **02**

Friends

215 Street 13 Tel: 023 426 748
Non-profit training restaurant where all the proceeds go to the neighbouring street-kid school. Food is a reliable mix of Mediterranean and Asian with tapas thrown in if you are not feeling too hungry. Great juices. Another one of Phnom Penh's places designed to take it easy, but this time with a clear conscience. Open 11am to 9pm. **01** 🍷

Frog & Parrot

273 Sisowath Quay
Tel: 012 909 685
Riverfront restaurant with a reasonable mix of pub grub and Asian cuisine. Based on the barmaids' sales pitches to passing punters, seems to have a perpetual happy hour. Serves food 6am to late. **02**

Garden Center Café & Café 2

23 Street 57 Tel: 023 363 002
www.gardencentercfe.com
Long-standing outdoor terrace restaurant set amongst plants, trees and small fountains that is ideal for healthy lunches

or breakfasts. The food, including yoghurt, granola, bread and pâté, is prepared fresh in the kitchen. Second restaurant at 48 Street 57. Open from 7am to 9pm. Closed Mondays. **02** 🍷

Gasolina

56/58 Street 57 Tel: 012 373 009
The Latin spirit comes to Phnom Penh with the largest garden bar and restaurant in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche facilities. The owners also host tai chi, capoeira and yoga classes. Open from 11am to late. **02**

Green Vespa

95 Sisowath Quay Tel: 012 887 228
Arguably the best pub grub in town and guaranteed never to send you home hungry. Country pub style menu with wide range of breakfasts. Special food offers each night of the week with a range of alcohol for US\$10. Open 6pm till late. **02 A/C**

Gym Bar

42 Street 178 Tel: 012 815 884
The best sports bar in town also has reasonable food. Good burgers, curries and an ignominiously named Joel Garner hot dog. Open 11am to late. **02 A/C**

Irina Russian Restaurant

15 Street 352 Tel: 012 833 524
Russian restaurant of iconic Phnom Penh status. If you can walk out of the restaurant after hitting the vodkas then you are doing well. Open 12pm until the vodka runs out. **02**

Java Cafe & Gallery

56 Sihanouk Blvd. Tel: 023 987 420
Great coffees, salads, mix-and-match sandwiches and juices served in an elegant setting. The terrace, which overlooks the Independence Monument, is a good place to sit and while away your afternoon. The relaxed inside dining area has a small gallery attached to it with exhibitions of Cambodian photography and art. Open 7am to 10pm. **02 A/C** 🍷

Jungle Bar & Grill

273 Sisowath Quay
Tel: 012 474 230
Small restaurant that serves excellent Khmer and western food that tends to be overwhelmed by the larger Riverside next door. Free use of Internet so long as you buy something. Open 7am to 2am. **02 A/C** 🍷

K West

1 Street 154 (Cnr. Sisowath Quay)
Tel: 023 214 747
Stylish aircon bar and restaurant below the Amanjaya with an excellent steak menu and good value happy hour from 6pm to 8pm Fridays. Also has free Wifi. Open 6.30am to midnight. **03 A/C** 🍷

Metro Café

Cnr. Sisowath Quay & Street 148
Tel: 023 217 517 / 012 906 706
Stylish Metro has much more than cool décor and changing light boxes. Contemporary Asian and western dishes on a manageable menu divided into small plates, grills, salads, soups and large plates. Also has reasonably priced Tiger, house wines and a great range of Martinis. try the Espresso and you'll never look back. Free Wifi. Open 10am to 2am. **03 A/C** 🍷

Nature & Sea

Cnr. Street 51 & 278 (2nd floor)
Tel: 012 195 3810
Laid back eatery overlooking Wat Langka. Serves many types of fish dishes as well as some great crepes. Also sells some take home organic produce. Open from 8am to 10pm. **02**

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- * Wines
- * Snacks
- * Music



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Limited Edition

thursday **creations**

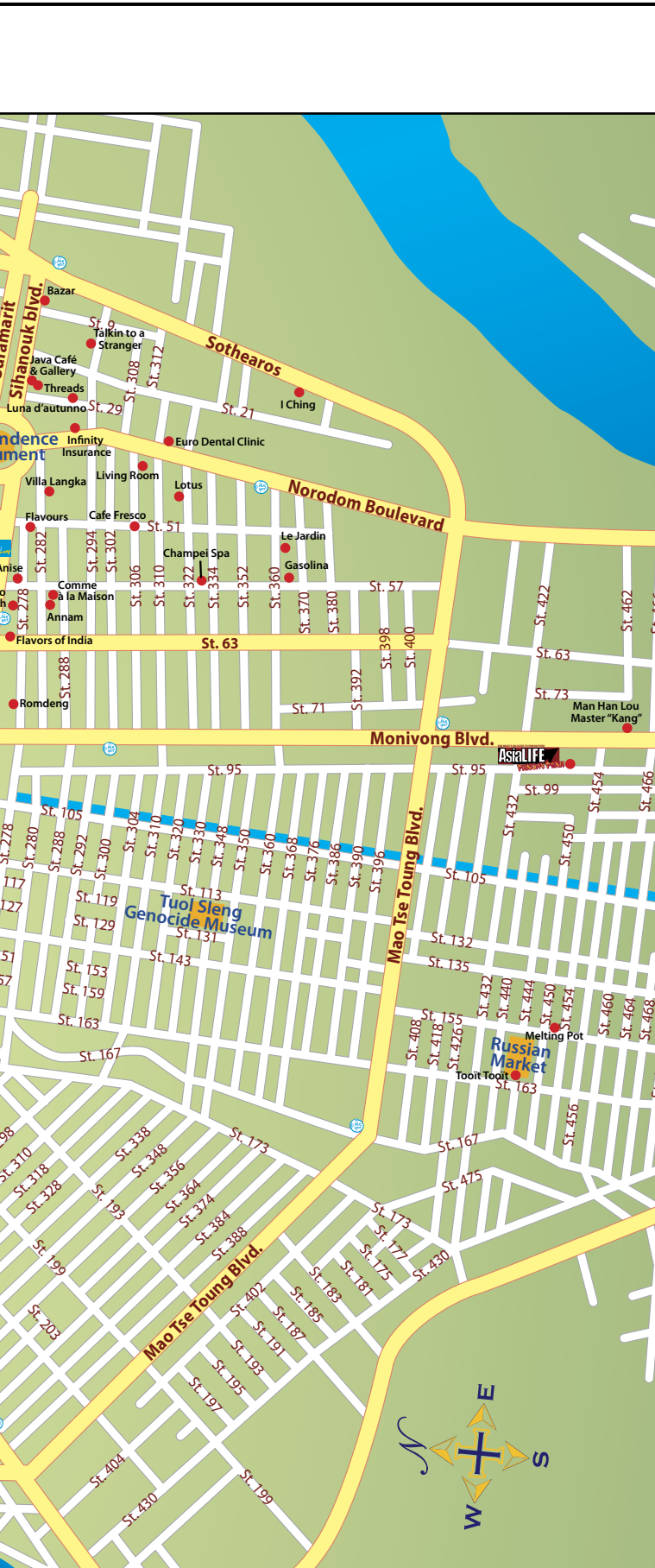
unique fusion dishes by **NICKLAS OLSSON**
every **thursday** night at Java Café & Gallery

food corner

CENTRAL PHNOM PENH



map



Fine Wine Boutique & Tasting Gallery

No 15Eo, Street 240,
Phnom Penh Cambodia.
Open 9am to 9pm

Tel: 023 990 951 / 012 818 728
E-mail: red_apron@online.com.kh

map

Pacharan

389 Sisowath Quay Tel: 023 224 394
Barcelona comes to Phnom Penh via London's Mayfair in this exquisite up-market bodega. Aircon restaurant that specialises in tapas and fine Spanish wines. Set in a beautiful colonial building with great decor, an open kitchen and sweeping views of the river, Pacharan is one of Cambodia's finest. Second branch in Ho Chi Minh City. Open from 11am to 11pm. **02 A/C**

Pickled Parrot

4-6 Street 104 Tel: 012 633 779
www.tonlesapguesthouse.com
Aircon bar with an excellent 9-ball pool table. 24-hour satellite sports channel. Reliable international and Khmer cuisine is available at the bar. Open 24 hours with free Wifi. **02 A/C**

Restaurant Tell

13 Street 90 Tel: 023 430 650
Up-market eatery that re-creates the genuine feel of an Alpine chalet. Older sister to its namesake restaurant in Saigon's District 1, it has a spacious indoor restaurant and outdoor terrace with rotisserie and bar. European menu with imported steaks, fondue, raclette and an extensive wine list. **03 A/C**

Rising Sun

20 Street 178
Tel: 012 970 719
English-style pub with good breakfast, meat pies and hamburgers. Has a regular following at night especially on Fridays. Great posters of British films and TV classics adorn the walls. Ideal for that touch of nostalgia and the fish and chips are good, although not wrapped in newspaper. Open 7am to 10pm. **02**

Riverhouse Restaurant

6 Street 110,
Tel: 012 766 743
Sophisticated restaurant with a welcoming outside seating area that serves up a mix of Asian and western food, including cous-cous. Has a nightclub upstairs. **03 A/C**

Riverside Bistro

Cnr. Sisowath Quay & Street 148
Tel: 012 277 882
Popular restaurant with expats and tourists alike mainly due to its large outdoor terrace area to view the river. Serves a mixture of Asian and western food with an emphasis on German cuisine. Has rock music videos and a pool table in the Mata Hari pub at the back. Open from 7am to 2am. **02**

Talkin to a Stranger

21B Street 294
Cosy garden restaurant cum bar using imported Australian and local products. Menu changes regularly and Thursday night is special roast lamb night. Excellent cocktails menu. Open 5pm to late. **02**

Bargain Bucket

Nouveau Pho de Paris:
Authentic beef pho



NEXT TO THE NEW YORK Hotel on Monivong Blvd. – there are two other branches in the city plus a Siem Reap outlet – Nouveau Pho de Paris is an excellent place for a cheap Vietnamese meal. The decor is quite 70s kitsch with wood panelling on the walls and some questionable 'art', but the tasty and well-priced food more than compensates.

The restaurant's namesake pho is only US\$1.60 with a flavoursome broth and authentic taste. Fresh spring

rolls are available for US\$1.90 with the two rolls in the serving coming pre-cut to share.

Other cheap dishes include beef in clay-pot for US\$1.80 and Cambodian dishes, such as noodles (US\$1.60), pancake (US\$1.60) and soup with vermicelli noodles (US\$1.50). If you want to really 'splurge' here, the excellent BBQ pork and braised duck are US\$3.60 and US\$4.40 respectively.

Nouveau Pho de Paris, 260Eo Monivong Blvd. Tel: 023 723 076 – Liz Ledden

The Shop

39 Street 240 Tel: 092 955 963
Stylish café, with a wide range of fresh bread, tempting patisseries and juices, excellent salads and sandwiches. Crowded at lunchtime, but the small, cool courtyard at the back creates a perfect haven from the sun. Open 7am to 7pm Monday to Saturday and 7am to 3pm Sunday. **02**

Two Fish Gallery Café

9 Street 278, Tel: 016 368 700
Gallery with three small exhibition spaces and a café run by Taiwanese artist, David Huang. Opened in September 2006, the café has a mixture of good

juices, healthy food created with the freshest of ingredients and home-style Taiwanese cuisine. **02**

Wine Garden

219 Street 19, Tel: 023 223 527
Outdoor garden restaurant at the front of Open Wine. BBQ meat, fish and seafood as well as Fanny ice-cream. Excellent wines by the glass or bottle. Open 9am to 11pm ever day. **02**

Italian

La Volpaia
20-22 Street 13, Tel: 023 992 739

Part of a global pizzeria chain that includes Florence, Tokyo, Seoul and Phnom Penh. Good terrace area and inside aircon room. The cuisine is excellent with pizza and pasta cooked fresh in front of your eyes. **03 A/C**

Le Duo

17 Street 228, Tel: 012 342 921
This beautiful restaurant has the option of sitting outside or inside in air-con. Excellent wood-fired pizzas and pasta. Friendly Sicilian owner will guide you through the extensive wine list. Open from 11.45am to 2.15pm & 6.15pm to 10.15pm. **02 A/C**

Luna d'Autunno

6C Street 29, Tel: 023 220 895
Beautiful courtyard or stylish interior air-con restaurant, whichever you choose, Luna has more classical pizzas, both red and white, to choose from than most restaurants. Also serves excellent pasta and other up-market Italian food. Good wine cellar on view in the restaurant. Open 11am to 2.30pm and 5.30pm to 10.30pm. **03 A/C**

Pop Café

371 Sisowath Quay, Tel: 012 562 892
A sophisticated, small Italian restaurant located next to the FCC that serves light, contemporary Italian cuisine including fresh pasta and pizzas. Extremely popular with expats. Open for lunch from 11.30am to 2.30pm and 6pm to 10pm for dinner. **02 A/C**

Japanese & Korean

Ko Ko Ro

18 Sihanouk Bvd.,
Tel: 012 601 095
Affordable, canteen-style restaurant with lots of specials dotted around the walls. Charismatic owner has a copious supply of Japanese vodka. Open 11.30am to 2pm and 5.30pm to 9pm. **02 A/C**

Himajin

84 Sotheaors Bvd.,
Tel: 023 214 641
Beautiful small restaurant with open bar and private Japanese-style dining rooms. Elegant tiled floor, and wooden décor create a very homely feel. Reasonable prices. Open from 11am - 2pm and 5pm - 10pm. **02 A/C**

Origami

88 Sotheaors Bvd.
Tel: 012 968 095
Up-market, contemporary Japanese restaurant with a spacious air-con area downstairs and four private rooms upstairs. Specialises in sushi and tempura, and has Asahi, Kirin and Sapporo beers. Open from 11.30am to 2pm and 5.30pm to 9.30pm. **03 A/C**

Tapas Shakes Daiquiris & Khmer Smiles

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#215 Street 13 Phnom Penh
Tel: 012 802 072
restaurants@friends-international.org

www.streetfriends.org

Mexican / Tex-Mex

Alley Cat Café

Cnr. of Streets 19, 178 Tel: 012 306 845
Small, friendly patio café serving good Mexican food and claiming to have the biggest burgers in town. Hard to find, Alley Cat is tucked down an alley at the back of the National Museum, the first on the right if you are coming from Street 178. **02**

California 2

317 Sisowath Quay Tel: 023 982 182 www.cafecaliforniaphnompenh.com
Friendly bar on the riverfront serving good food, especially the Baja fish tacos. Has cheap beer all day and a few budget hotel rooms upstairs. Open 7am to 10pm. **02**

Cantina

347 Sisowath Quay Tel: 023 222 502
A mainstay of the riverside scene, this is a popular meeting place for local expats. Serves good Mexican fare and features photographs that capture the changing face of Cambodia. Open 3pm to late, closed on Saturdays. **02**

Freebird

69 Street 240 Tel: 023 224 712
Aircor American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music and laptop hook-ups to the Internet. International menu with good lunch offers, an excellent range of bottled sauces and free chilli from 2pm on the first Saturday of the month. Be prepared for some good solid R&R. Open 7am to midnight. **02 A/C**

Sharky Bar

126 Street 130 Tel: 023 211 825 www.sharkysofcambodia.com
Not just a pretty face, the biggest and most famous of Phnom Penh's bars has one of the best bar menus in town. The

burritos and burgers are extremely good, although of gargantuan proportions. Open 4pm to 2am. **02**

Pan-Asian

Anise Terrace

2C Street 278 Tel: 023 222 522
Beautiful terrace restaurant serving up South-East Asian cuisine. Does excellent value breakfasts and also sells New Zealand ice cream. Open 6am to 11pm. **02**

Lemongrass

14 Street 130, Tel: 012 996 707
Elegantly designed Thai-managed restaurant that serves Thai and Khmer cuisine. Aircor with stylish use of heavy wood and artefacts to create a far more luxurious ambience than the reasonable prices would suggest. **02 A/C**

Lotus Restaurant & Lounge

17 Street 322 Tel: 012 400 999
This fine dining restaurant is managed by model agent Sapor. The elegant upstairs restaurant, while mixing Asian and western cuisine, specialises in Vietnamese. The suave downstairs lounge bar serves two-for-one happy hour cocktails from 5pm to 8pm and has a special celebrity night every other Wednesday. Open from 10am to 2pm and 6pm to 11pm. **03 A/C**

Man Han Lou Restaurant

456 Monivong Blvd. Tel: 023 721 966
Cambodia's only micro-brewery with four types of German-style beer. Has extensive Chinese, Thai, Khmer and Vietnamese menus, as well as *dim sum* breakfasts and excellent seafood. The restaurant is spacious, accommodates large groups and also has a private dining area. Features traditional Khmer dance performances nightly.

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ph 012 247832

food corner



រ៉ង់ដេង
Romdeng

A taste of Cambodia's provinces

Mith Samlanh's second training restaurant run by former street youth and their teachers. Serving authentic Cambodian cuisine with a modern twist.

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restaurants@friends-international.org

ChildSafe®

a not for profit training restaurant run by former street youth

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Dinner: 6 pm - 10 pm
Eat in or take away

#371, Sisowath Quay, Next to FCC Tel: 012 562 892



**CORNER OF STREET 148
& SISOWATH QUAY
PHNOM PENH**

food corner

Festive feasts and *New Year beats*

It might not quite be the same as dozing off in front of the Queen's Speech or cracking open a XXXX on Bondi Beach, but Phnom Penh does have a rane of options for expats over the festive period. Words by Liz Ledden.



InerContinental *One of the five-star Xmas alternatives*

■ **FCC**
Christmas Eve and Christmas Day at FCC feature a 'Heavenly Christmas Feast' for US\$30 net per person. It includes a three-course dinner with several choices, such as a starter of salt and Kampot pepper squid, a main of duck confit ravioli and a dragon and passion fruit pannacotta for dessert. Heavenly, indeed!

New Year's Eve at the FCC is inspired by the hedonistic hippy haven of Goa, India. The 'Goin Goa' dinner and party is US\$25 net per person, and features a spicy Goan feast followed by a DJ bringing in the New Year in true FCC party style.

*FCC Phnom Penh,
363 Sisowath Quay,
Tel: 023 724 014*

■ **RAFFLES HOTEL LE ROYAL**
Raffles is pulling out all stops for their grand Christmas and New Year celebrations! Christmas Eve features a buffet lunch at the Café Monivong (US\$40 net, children 6 to 12 half price), a buffet dinner with traditional Christmas meats and desserts (US\$49 net, children 6 to 12 half price), and a gourmet dinner in the hotel's Restaurant Le Royal. The big day itself sees a turkey

and seafood buffet at Café Monivong, with Santa bringing presents for the kids at lunchtime. Restaurant Le Royal will have a special Christmas lunch menu and two hours of classical music performances. Lunches are US\$55, US\$69 and US\$80 (net) depending on whether you opt for 3, 5 or 6 courses.

For New Year's Eve there will be a gourmet feast in Restaurant Le Royal (7 courses at US\$119.50 net per person) and a seafood grill and dinner dance around the pool and gardens (US\$115 net per person). The party will progress to the Conservatory for the big countdown, followed by dancing in the Elephant Bar.

*Raffles Hotel Le Royal,
Street 92, Tel: 023 981 888*

■ **INTERCONTINENTAL**
The InterContinental's Regency Café will play host to a Christmas Eve dinner (from 6.30pm) and Christmas Day brunch (11.30am to 2.30pm). Traditional turkey and bourbon-glazed ham are among the treats on offer, topped off with Christmas pudding and apple pie both made the old-fashioned way.

New Year's Eve will consist of an 'Around the

World' themed party in the hotel's Grand Ballroom, with cuisine from France, China and Cambodia. There's also free flowing beer, wine and soft drink, lots of entertainment promised and some prizes.

*Intercontinental Hotel,
296 Mao Tse Tung,
Tel: 023 424 888*

■ **HOTEL CAMBODIANA**
A Christmas Eve gala buffet at the Cambodiana will include French oysters, a tempura station, BBQ and more with free beer. The dinner is US\$35+ per person, and US\$18+ for 6 to 12 year olds. Christmas Day will feature a seafood brunch buffet with free soft drinks and beer (at the same price as the Christmas Eve feast).

A 'Glamour and Countdown by the Mekong' party for New Year's Eve promises to be one of the city's biggest and best with a host of well-known Cambodian singers and performers to entertain the party-goers. Fireworks, live comedy, a kids hip hop show and Asia's very own Tom Jones also form the line-up. A feast including roast turkey, sushi, fresh oysters, whole Atlantic salmon and more is in store. Tickets are US\$69+ per person, and US\$35+ for 6 to 12 year olds.

*Hotel Cambodiana,
313 Sisowath Quay,
Tel: 023 426 288*

■ **KWEST**
KWest restaurant at the Amanjaya Hotel will put on a special Christmas dinner menu for US\$35 per head featuring a delectable array of festive favourites. For New Year's Eve, the restaurant will host a US\$45 per head dinner at one of the best vantage points in the city for the all the riverfront action.

*KWest, 1 Street 154,
Tel: 023 217 517*



House of tequila

Cantina's Hurley has seen more comings and goings along Phnom Penh's riverfront. He talks with **Charis Shafer** about two of his greatest passions – tortillas and tequila.



Hurley Full of interesting tales at Cantina's bar

"THE TEQUILA A LOT OF people take as shots I marinate my meat in," says Hurley without a twinge of irony. Cantina has a unique place on the river and not just for its Latin Asian fusion, thanks to its owner and bartender, Hurley.

Pouring a shot of Caza Dores he talks about his chilli-growing project with the Ministry of Agriculture. Going through some other bottles of tequila he is distracted from his story as he finds another choice brand and muses, "I've never really tried to sell this before." If he were to sell it though, it would go for US\$12 a shot, he ventures.

Though it is his passion now, gardening was not always his *raison d'être*. Hurley first came

to Cambodia with Untac when the country's political instability still made it front-page news. When he came to Cambodia as a journalist, he fell for the country and decided to stay.

■ FAMOUS FRIENDS

Because of his long history in the country, Hurley has a rare perspective on Cambodia. In his bar he surrounds himself with various other well-informed and worldly characters. On any given evening there will be writers, artists, filmmakers and adventurers who have met and become friends with this amiable bartender along the way.

The sign for Cantina is a piece of art made from twisted guns. This metaphorical art piece finds

a home with other bric-a-brac that intermingles with tourists and locals noshing on crispy nachos and throwing back salty margaritas. The menu, not to be out of step with the quirky kitsch of Cantina, draws a snide visual parallel between American film vixen Joan Crawford and Michael Jackson post-surgery.

■ ONLY COMFORT CUISINE IN THIS CANTINA

Nestled between pizza joints with dubious menu offerings, its riverside location is a haven for backpackers, especially those from the Americas missing cuisine with a Latin twist.

The food is specially engineered to remind Hurley of his California childhood. Quesadillas, nachos and burritos are just some of the Tex-Mex specialties on offer. All tortillas, Hurley proudly reminds customers, are made in house. He says early on his staff were not keen about the extra work, but now they actually work harder to create the perfect, crispy tortillas. The delight on his face when describing the artistry involved in creating the perfect tortilla shows that he considers the cuisine more than food.

He produces another margarita, this one made with a top

shelf tequila. "It really makes a difference," he insists. The taste is richer. As a European writer gets up to leave and bids goodbye to Hurley, another one of his friends settles down at the bar. This one also has a similarly fascinating provenance, but calls Cambodia his home. There does not seem to be a break in the steady stream of fascinating visitors to the small bar at the back of Cantina.

■ DRINK IN THE HISTORY

In between chatting with one of many friends, Hurley tries to explain the chilli project again, but gets distracted. Hurley is also a filmmaker who has been documenting the riveting evolution of his chosen home away from home. As any good bartender, he is at home discussing his latest technological acquisition, here the new PC Mac hybrid, as he is recommending drinks and dishes.

As the evening wears on, more stories and recommendations are volleyed between stories of the way it used to be in Cambodia.

Stumbling off the stool, visitors and regulars alike know that the unfinished stories are only an invitation to come again to this bar that drips with history like condensation on the side of the margarita glass. **A**



Homemade tortilla bread Excellent with Cantina's side sauces

Bars

KEY TO SYMBOLS

A/C Air Conditioning



Free Wireless Internet Service



Tiger Super Cold



Live Music

Barbados15 Street 108,
Tel: 012 210 295

One of the more stylish of the stock Phnom Penh one-room bars with more friendly barmaids than punters, and a pool table at the rear. The contemporary light-box bar cuts this one out above most. Large screen to watch live football in intimate surroundings. Open 8am till late. **A/C**

Broken BricksStreet 130
Tel: 012 790 898

Grungy, alternative little corner bar with eclectic music, lava lamps and exposed brick walls. Features a pizza menu and a dimly lit, chilled ambience. Open 11am to 2am.

California 2317 Sisowath Quay
Tel: 023 982 182

www.cafecaliforniaphnompenh.com
Friendly bar on the riverfront serving cheap beer all day and reasonably priced food. The owner has a stock of photographs taken on his many bike trips around Cambodia and plenty of information about more obscure tourist destinations. There are also a few rooms upstairs. Open 7am to 10pm.

Cathouse Tavern

4 Street 51

The longest standing of Phnom Penh's bars, which was the only bar in town during the U.N. days. The large curved bar invites you to sit and chat with the welcoming barstaff. Open 4pm to midnight. **A/C**

Dingo Bar34 Street 108
Tel: 012 303 531

Aussie bar that serves beer for US\$1 and set the trend by being the first bar to open up in the now buzzing part of town between streets 108 & 102. Open 4pm to 2am.

DV8

7 Street 148 Tel: 012 620 441

One of the long-stays of the one-room, attentive hostess bars. Close enough to the river for you to sample alternative Phnom Penh on a promenade along the front. Open 12pm to 2am. **A/C**

Dodo Rhum House42C Street 178
Tel: 012 549 373

Bar named after an extinct bird, which is brave considering the turnover rate in town. Nicely decorated with strong, wooden bar and chill-out room at the back. Has a good specials menu for around US\$6 to US\$7 and tapas for US\$3 as well as over 20 different flavoured rums created by bar's owner for US\$1.50 per shot. Open 5pm to late.

Elephant BarRaffles Hotel Le Royal, Street 92
Tel: 023 981 888

Pleasant bar, popular with expats especially during the two-for-one happy hours (4pm to 8pm). A flamboyant carpet, comfortable wicker chairs and hotel pianist (Tuesday to Sunday 6pm to 10.45pm) provide a sense of a time gone by. Has many signature cocktails, including its more illustrious sister hotel's trademark Singapore Sling. (Open 2pm to 12am Monday to Friday & 12pm to 12am Saturday & Sunday). **A/C**

Elsewhere

175 Street 51, Tel: 023 211 348

A beautiful garden with palm trees, a bath-sized swimming pool and luxurious reclining couches makes you feel anywhere else than in the centre of town. Great jazz-funk and ambient soundtracks and appropriately laid back service make this the optimum place to chill. Has Friday night parties once a month with DJ and a good clothes shop upstairs. Closed Tuesdays.

Equinox

3A Street 278, Tel: 012 586 139

Cool French hang-out that overlooks

Street 278. Upstairs bar has a nice open balcony, good cocktails and music. Has the best foosball table in town downstairs with regular tournaments. Also has a small designer clothes shop. Open 10:30am to late.

Factory Lounge

83 Street 240

French-run bar with eclectic paintings and good range of cocktails. Good place to chill after shopping along the street. Open 5pm to late.

FCC Phnom Penh363 Sisowath Quay
Tel: 023 724 014

The first stop for newcomers and it's easy to see why. Set in a beautiful colonial house with sumptuous views across the river on one side and the National Museum to the other. It's best to come at sunset when the streets below are most crowded, the cocktails are half price and draft beer goes for US\$1. Open 7am to midnight.

Fizz

42 E Street 178, Tel: 012 175 896

Recently opened bar that specialises in fresh juices. Also has a range of Khmer and Thai food.

FlavoursCnr. Street 51 & 278
Tel: 012 175 896

Relaxing restaurant and popular bar run by two Quebecois with comfortable chairs that fall out onto the street. The mix of Asian and western cuisine has proved so popular that they have a copycat restaurant opposite. Open 7am to late.

Freebird69 Street 240
Tel: 023 224 712

Air-conditioned American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music and laptop hook-ups to the Internet. The menu is international with good lunch offers, an excellent range of bottled sauces and free chili from 2pm on the first Saturday of the month. Be prepared for some good solid R&R. Open 7am to midnight. **A/C**

Frog & Parrot

273 Sisowath Quay Tel: 012 909 685

Riverfront restaurant with a reasonable mix of pub grub and Asian cuisine. Based on the barmaids' sales pitches to passing punters, seems to have a perpetual happy hour. Serves food 6am to late.

Gasolina

56/58 Street 57, Tel: 012 373 009

The Latin spirit comes to Phnom Penh with

the largest garden bar and restaurant in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche facilities. The owners also host tai chi, capoeira and yoga classes. Open from 11am to late.

Golden Vine

81 Street 108 Tel: 012 889 146

Air-conditioned bar with girls doing bar Maypole dancing to hip-hop. Particularly attentive service and surprisingly good food, especially Sunday roast. Open 12pm to late. **A/C**

Green Vespa

95 Sisowath Quay Tel: 012 887 228

The walls of this popular expat haunt are strewn with photos of vespas and VIPs. Has an excellent selection of single malt whisky, and does a US\$10 special combination of food and drink. Good music, especially if you are an 80s throwback. Open early till late. **A/C**

Gym Bar42 Street 178
Tel: 012 815 884

The best sports bar in town with more wide screens than sense and a good nine-ball pool table too. Ideal for watching Premiership football or any other sport. Reasonable food. Open 11am to late. **A/C**

Hope and Anchor213 Sisowath Quay
Tel: 023 991 190

Well-located restaurant and bar on the front with seats stretching out onto the street. Wide screen TV for watching football. Open 6am to 2am.

Howie's Bar

32 Street 51

Air-conditioned and open until very late, this is the Heart's unofficial chill-out bar although the sound system could give the Heart a run for its money. Tends to be a popular late hang-out, especially around the pool table. Open 7pm to 6am. **A/C**

K West1 Street 154 (Cnr. Sisowath Quay)
Tel: 023 214 747

Air-conditioned bar and restaurant with a good value happy hour from 6pm to 8pm Fridays. Renowned for excellent mojitos. Open 6.30am to midnight. **A/C**

Mata HariCnr. Sisowath Quay and Street 148
Tel: 012 277 882

Darkened bar at the back of Riverside Bistro which has a couple of pool tables and friendly barstaff. Open from 6pm to late.

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fantastic cocktails served daily from 6pm

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Phnom Penh, Cambodia

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Getting in the Festive *Spirit*



No snow or fireplaces, but the holiday season is just around the corner. Even though it may not be the same as home, a spirited holiday can be spent at any number of places around town. Charis Shafer runs through some of Cambodia's Christmas and New Years offerings.



■ GREEN VESPA

95 Sisowath Quay,
Tel: 012 887 228

The Green Vespa is going all out for the holidays. On Christmas Day after one o'clock a full five-course dinner can be had including smoked salmon and prawn appetisers, potatoes and leek soup, roast meats and cranberry sauce. This is topped off with Christmas pudding and coffee. This sit down dinner is US\$25 a head and requires reservations. On Christmas Eve and Boxing Day roast turkey and ham can be had for US\$10 a plate and on Christmas Eve mulled wine will be available by the glass for US\$1.50. On New Years Eve vodka and red bull will be US\$1 and on New Years Day a pick-me-up Bloody Mary is US\$1.

■ RIVERSIDE BOATS

Sisowath Quay

Interested in a more customised Christmas or holiday party? Round up a party and get a boat together. The riverside boats are easily obtained with a little planning and some hand gestures. Just stroll along the river and

find a sign saying a boat is for rent. A typical vessel holding twenty people can be had for US\$10 per hour. A larger craft, holding up to 40 people, can be had for US\$20 an hour. Beer, water and coca-cola can be purchased from the captains for US\$1. Liquor, mixers and food are generally purchased outside and brought on to the cruiser. The best time to set off is around sunset and a trip typically lasts for two to three hours.

■ SHARKY BAR

126 Street 130,
Tel: 023 211 825

Start the party early at Sharkys with their BBQ on Dec. 2. There will be free flowing Angkor Draft from 5pm to 9pm for a mere US\$7 a person. On Dec. 21 Sharkys will have their 12th birthday bash. Enter the draw to win a motorbike and enjoy the Curtis King Band live with fun and games Sharkys' style. On Christmas Eve there will be drink specials all night long and on New Years Eve enjoy the funk of the Happy Lucky Love You Long Time Band along with more enigmatic Sharky fun and games.

■ FREEBIRD

69 Street 240,
Tel: 023 224 712

Enjoy an air-conditioned holiday at the atmospheric bar, Freebird. Their Christmas day buffet will feature traditional holiday favourites of turkey and ham with all trimmings. A specialty rarely found in Cambodia, Freebird eggnog will be available for a limited time only on Christmas day. The buffet begins at 2pm on Christmas Day and ends at 6pm. On New Years Eve there will be cool champagne to match the bar's interior.

■ ELSEWHERE

175 Street 51,
Tel: 023 211 348

The holidays are definitely a reason to visit one of the city's favourite party spots. On Christmas Day there will be many drinks specials and barbeques. For New Years Eve, there will be a party with champagne, red and white wine specials all night long. Looking for a festive headstart? Elsewhere's first Friday party will be on Dec. 7 with plenty of holiday cheer to go around. ❗

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WITH DJ IMRAN

SAT 10/11

IT'S ALL GONE PETE
TONG—90'S PARTY

SAT 17/11

KLUBBHEADS
WITH DR WAH WAH

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NIGHTS- SENSATION
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Spot the Bar



Maxine's

Across Japanese Bridge
Tel: 012 200 617

Stirringly eclectic bar right on the river, boasting the best sunset views in Cambodia. Across the Japanese Bridge, Maxine's – or Snow's Bar – is well worth seeking out for its laid back ambience and old Indochine charm. Open Tuesday to Sunday from near sunset til late. **A/C**

Memphis Pub

3 Street 118 Tel: 012 871 263

The only permanent rock venue in town with a house band that plays covers with Filipina singers. Band plays from 9pm to 12.30am (weekdays) and 10pm to 2am (weekends) and guests are always welcome to join in. Also has open mike sessions. Open 5pm to late, closed Sundays. **A/C**

Meta House

6 Street 264 T
el: 012 607 465
www.meta-house.com

This multi-media arts centre established by German Nico Mesterham opened in January. Has a very cool terrace bar with barbecue. Open Friday to Sunday only.

Metro Café

Cnr. Sisowath Quay & Street 148.
Tel: 023 217 517 / 012 906 706

Stylish and swish, Metro has much more than a cool décor and changing light boxes. Reasonably priced Tiger and house wines and a great range of Martinis, try the Espresso. Open 10am to 2am. **A/C**

Miles

Cnr. Streets 310 and 113
Tel: 011 698 470

Extremely chilled, jazz bar and gallery near Toul Sleng. Live jazz is played every Friday night. Is open every night if you just want to relax. **A/C**

Monsoon

17 Street 104
Tel: 016 355 867

The combination of a Pakistani restaurant and wine bar is not one that readily springs to mind, especially in a street more noted for hostess bars. But the sumptuously

designed Monsoon truly is an oasis. The wines have a bias towards the Antipodes, including possibly the best range by the glass in town. **A/C**

Open Wine

219 Street 19, Tel: 023 223 527

Large wine shop with well-priced wines from around the world. Has an outside dining area with occasional wine tastings. Open from 9am to 11pm every day. **A/C**

Pacharan

389 Sisowath Quay
Tel: 023 224 394

Barcelona comes to Phnom Penh via London's Mayfair in this exquisitely up-market bodega. Specialising in tapas and fine Spanish wines, this air-conditioned restaurant and bar is set in a beautiful colonial building with great decoration, an open kitchen and sweeping views of the river. Open from 11am to 11pm. **A/C**

Pickled Parrot

4-6 Street 104, Tel: 012 633 779
www.tonlesapguesthouse.com

Air-conditioned bar with an excellent 9-ball pool table, which is a popular late night hang-out with expats. Reliable international cuisine is available at the bar, free internet and 24-hour cable sports channels. There is also a clean well-kept guesthouse upstairs with 15 rooms, from \$15 – \$30, all of which have air-con, fans, hot water, cable TV and mini-bar. The bar staff speak good English. Open 24 hours. **A/C**

Pontoon

River end, Street 108
Tel: 012 572 880

Phnom Penh's only floating bar, Pontoon is a stylish, funky drinking spot and late night venue. A definite favourite among the expat scene, Pontoon sometimes hosts party nights with visiting DJs. The friendly staff mix excellent cocktails at the beautiful amber bar. Unbeatable location. Open 11.30am until midnight (weekdays) and until late at the weekend.

Q Bar

96 Sothea Bvd.,
Tel: 092 541 821



This month's Spot the Bar shouldn't be too difficult to work out. To win two cartons of Tiger Beer as well as a Tiger premium pen, either email mark@asialifecambodia.com or SMS 012 182 8237 with the name of the bar the above photo was taken in. The first name picked out of the hat on December 15 is the winner. As before the bar also serves Tiger Super Cold.

Last month's winner, Matthew Krivonozka correctly answered that November's "Spot the Bar" was Elephant Bar.

Modelled on 'the bed' in Bangkok, this late night bar has a large area with enormous white beds to recline on. Funky dance and house music spins on the decks. Features a generous 6pm to 9pm happy hour. Open 4pm to 4am. **A/C**

Red Fox

10 Street 136,
Tel: 012 183 6265

Small bar close to the riverfront, which has frequent special drink promotions and a laissez-faire attitude towards smoking. Poker nights three times a week. Has a small guesthouse upstairs. Open 9am to late.

Rising Sun

20 Street 178
Tel: 012 970 719

English-style pub with reliable breakfast, meat pies and hamburgers. Has a regular following around the bar at night especially on Fridays. Great posters of British films and TV classics adorn the walls. Ideal for that touch of nostalgia and the fish and chips are good, although not wrapped in newspaper. Open 7am to 10pm.

Riverhouse Lounge

6 Street 110, Tel: 023 220 180

Set above a sophisticated restaurant, the Lounge has become the alternative dance venue for both expats and young Khmers, its key advantage is its location, with a self-contained air-conditioned dance room and great balcony to chill out and watch the river float by. Actually varies its music, featuring some of the best DJs in town. Monday night is Retro, Thursday is House and Hip-hop is on Tuesday & Friday. Open 4pm to 2am. **A/C**

Rory's Irish Pub

33 Street 178, Tel: 012 425 702

Most Irish of the Irish bars in town with the barmaids dressed in emerald green. Good place to talk to local expats or try the Irish stew. Open 7am to midnight or 2am at weekends.

Rose Bar

8 Street 104
Tel: 012 992 197

Long bar with normal array of numerous barmaids and pool table to the rear. Has a good food menu including excellent steaks. Has some rooms upstairs. Open 10am to late. **A/C**

Rubies

Cnr. Street 19 & 240
Tel: 012 823 962

Small corner wine bar with warm wood panelled interior and loyal following. Happy Hour from 5.30pm to 7.30pm. Open 5.30pm til late, closed Mondays.

Salt Lounge

217 Street 136

In addition to being Phnom Penh's first openly 'gay' bar, has probably the most contemporary design in town. It also welcomes straight customers. Open 6pm to late. **A/C**

Scandinavia Bar

4 Street 282,
Tel: 023 214 498

Comfortable terrace bar that specialises in sangria and vodkas for the capital's art-going fraternity. Open 7am to midnight.

Shanghai Bar

21 Street 51
Tel: 012 804 836

www.shanghaibarcambodia.com
Fifty barmaids dressed in Robert Palmer outfits waiting to serve you. Good oval bar that allows space to chat to expats and tourists. Has the reputation for the best Sunday roast (from 7pm) in town and great monthly Saturday barbecues. Open 4pm to late

Sharky Bar

126 Street 130
Tel: 023 211 825

www.sharkysofcambodia.com
Biggest and most famous of Phnom Penh's bars is set on the first floor with countless pool tables and a large balcony to look out over the street. Guaranteed to be lively, a place where anything can happen. Serves surprisingly good food, especially the Mexican. Open 4pm to 2am. **A/C**

Simply Blue

Cnr. Norodom Blvd. & Street 295
Tel: 012 179 9469

Contemporary cafe and bar with white interior, fish tank tables and a coffee bean topped bar. Generous happy hour with two for one US\$3 cocktails. Open 6am to 1am.

Talkin to a Stranger

21B Street 294

Elegant bar with nice gardens set in the heart of NGO town. Excellent place for post-work drinking or indulging in their vast array of cocktails. Good food and one of the few places in town putting on events and live music. Has a trivia quiz every second Tuesday. Don't be a stranger. Open 5pm to late, closed on Mondays. **A/C**

Teukei Bar

23B Street 111,
Tel: 012 707 609

Long-standing French bar with an extremely chill feel and good ambient music, serving reasonably-priced Asian and French cuisine. Upstairs has a red pool table and smoker-friendly balcony. Open 5pm to late.

Tony's Bar

180 Street 130
Tel: 092 289 068

Popular expat bar with large screen and some occasional live music. If you stay here too long, you can always book into one of the rooms in the guest house next door, which is also run by Tony. Open 9am to late. **A/C**

Walkabout

109 Street 51
Tel: 023 211 715

If nowhere else is open in town then you can always depend on the Walkabout. Plenty of women to offer males some company, but if you find yourself here then you should really be thinking it's time to go to bed. Open 24 hours. **A/C**

Woolly Rhino

79 Sisowath Quay
Tel: 012 836 904

Irish bar-cum-guest house. Good nine-ball pool table and friendly owner are the bar's main attraction. Open 6am to late. **A/C**

Zanzibar

15 Street 104
Tel: 012 778 295

Although it looks just like all the other one-room joints, this is the friendliest of the friendly waitress bars. Run by Khmer sisters, this bar is always lively and has a good pool area upstairs. Open 4pm to 2am. **A/C**

Zapata

83 Street 108
Tel: 012 778 295

Friendly bar that looks more like a wine than hostess bar. Usual mix of cheap drinks and friendly smiles set to a hip-hop vibe. Excellent long bar for shoulder massaging. Open 4pm to late. **A/C**

Zeppelin Cafe

49 Street 86

If you like your music heavy then this is the bar for you. Over 1,000 vinyl albums played by stone-faced DJ owner. New bar has more room than previous intimate space. Unique for Phnom Penh. Open 4pm to late. **A/C**

Zombie Bird House

1A, Street 278

Contender for smallest bar in town. Tiny hole-in-a-wall with good music and friendly French owner. Open 5pm to 2am.

Nightclubs

Gold Star

42 Street 136
Tel: 012 824 089

Recently opened a second floor to this increasingly popular Khmer nightclub. Well-priced beers and non-stop hip-hop provide a welcome and central late-night alternative. Open 24 hours. **A/C**

Heart of Darkness

38 Street 51

The most famous of the city's nightspots with a good-sized dance floor make this the in-place in town. Has well priced spirits and mixers and is totally packed out on Friday and Saturday nights. Open 8pm to late. **A/C**

Martini

45 Street 95

One of Phnom Penh's longest standing institutions, although it has moved to a venue a bit out of the way. Has a large outdoor beer garden with separate compact disco room which features the same DJs as elsewhere in town. Popular with tourists looking for a new friend. Open 7pm to 3am. **A/C**

Q Bar

96 Sothea's Blvd
Tel: 092 541 821

Small, dark late night bar with house and guest DJs spinning funky dance and house music. Features a generous 6pm to 9pm happy hour. Open 4pm to 4am. **A/C**



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Scrapbook

May I have this dance:
Romancing the Vespa?



Shootout:
England fans turn to drink
after early Euro exit



Pacharan:
Here's cheers



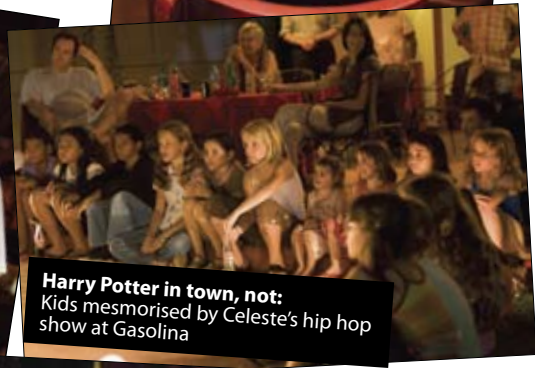
Alan's green birthday:
Hamming it up for the gallery



Shootout:
England fans turn to drink
after early Euro exit



Harry Potter in town, not:
Kids mesmerised by Celeste's hip hop
show at Gasolina



Pacharan master class:
At Rick Stein's gourmet
food evening



Not him again:
Tim taking every opportunity to
get his mugshot in Scrapbook

Simply unbelievable:
A hip hop star holds his pose
for the camera at Gasolina



scrapbook

CHAT PARTY CHILL

Q BAR

#96, Sothearos Blvd 092 541 821 6pm til very late

Doing the can can:
K West and sponsors of their birthday bash



Funky beats:
DJ Illest gets the party kicking at K West



Smiling for the camera:
At the Operation Smile charity auction



Barbie anyone?:
New restaurant opening at Pontoon



All decked up:
Fine dining at Pontoon



Happy lovely funky smiling drinking ...:
... at Talkin



Crowded house:
No room to groove as the HLLYLT band comes to Talkin



Peace:
Happy Talkin' trio



Don't drink someone else's Beer

Drink ours... in the garden!



South Australia's Own.

And then there were Two

Branching out from the riverfront to NGO and expat land, Café Fresco's second outlet is a clean, white, modern addition to the neighbourhood. Words by **Liz Ledden**.



Double Vision Will the new Frescos prove as popular as the original?

THE FIRST THING THAT stands out upon entering Café Fresco's latest incarnation is the large counter displaying new lunch options and mouth watering desserts. With a more extensive range on offer than the original Fresco, there are salads (from a tasty three tomato salad to a baby potato with crab concoction), to quiches, to flaky baklava and decadent chocolate truffles (US\$0.50 each). While the original sandwich, smoothie and coffee menu remains the same as the original café's, there are new additions too.

A hot food menu graces the whiteboard and though the dishes weren't yet available during our visit, they will be by the time you read this. A little more expensive (US\$8 to US\$9) – though also more substantial – the dishes include a five spice and salt calamari with a cucumber noodle and coriander salad (US\$8.50) that sounds promising and flavoursome. Then there's a steak sandwich, an antipasto plate and much more to tempt you away from a US\$4 sandwich.

Along with the cakes, cookies, slices and chocolate goodness on display, a new dessert option is on offer in the form of ice cream sundaes. Ranging from US\$5 to US\$5.50 and featuring innovative sweet combinations, there's also a simple ice cream in a waffle cone option if not wanting to go all out.

The café has an interesting layout, with outdoor seating at the front and side, and upstairs on an open air, covered patio. The indoor seating is arranged in different corners and pockets with a separate room for the kids. It comes complete with televisions, game consoles, board games, toys, a blackboard and tiny tables.

Catering more for the expat crowd than the original riverfronted Fresco, the café has a business lunch vibe on weekdays, with a family friendly atmosphere come the weekend. Whichever is your scene, if it's a tasty western lunch and quality coffee fix you're after, the new Café Fresco is the perfect place.

Café Fresco (2), Corner Streets 51 & 306, Tel: 023 224 891. Open 7am to 7pm. ☑

KEY TO SYMBOLS

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Art Café

84 Street 108 Tel: 012 834 517

Elegant bistro and art gallery in the style of an European coffee house that opened early January. German flame cakes and eau de vie as specialities. Open from 11am to 11pm. **A/C** ☑

Café Fresco

363 Sisowath Quay Tel: 023 217 041

This outlet at the base of the FCC sells strong illy coffee and mix-and-match sandwiches. The interior has a slight retro 70s feel to it and there is a pleasant outside seating area. Open 8am to 8pm. Second outlet now open on Street 51. **A/C** ☑

Café Yeij

170 Street 450, (near the Russian Market) Tel: 012 543 360

Quiet, cosy café serving bistro-style western cuisine, with extensive range of coffees. Good pasta dishes, a wide selection of pannini and wraps and fabulous cheesecake make this an ideal spot to escape the bustle of the nearby Russian Market. Air-conditioned dining upstairs. Open every day from 8am to 5pm. **A/C**

Fizz

42 Street 178 Tel: 015 609 909

Possibly the first authentic juice bar in town. An excellent range of original juices is on offer as well as some Khmer and Thai dishes. Also has coffee and ice cream.

Jars of Clay

39 Street 155 Tel: 023 300 281

Close to the Russian market this small café has a good range of cakes and desserts, teas and coffees. Makes birthday cakes.

Java Café & Gallery

56 Sihanouk Boulevard Tel: 023 987 420

Great coffees, salads, mix-and-match sandwiches and juices served in an elegant setting. The relaxed inside dining area has a small gallery attached to it. Open 7am to 10pm. **A/C** ☑

Java Tea Room

Monument Books, 111 Norodom Blvd.

Second outlet of the popular Java Café located in the rear of Monument Books.

Has a vintage vibe with comfortable mismatched sofas and antique-look décor. A small lunch menu is available along with an extensive tea and coffee menu. **A/C**

Living Room

9 Street 306

Tel: 023 726 139

Set in a stylish villa. Living Room has healthy salads and snack plates, plus a great tea and coffee menu. Has a kid's playroom and baby changeroom. Uses organic and fair trade produce. Open 7am to 6.30pm (or 9pm on weekends), closed Mondays.

The Melting Pot

168 Street 155

Tel: 092 223 301

Cute, cosy café with Parisian owners located diagonally across from the Russian Market's NYEMO. Good coffee and lunch spot specialising in French crepes. Open 8am to 5.30pm.

The Deli

13 Street 178

Tel: 012 851 234

Chic delicatessen, bakery and small restaurant serving excellent bread and pastries. Take-away menu includes sandwiches from US\$2.50 and salads from US\$3. Open from 6.30am to 10pm (closed Sundays). **A/C**

The Shop

39 Street 240 Tel: 023 986 964

Stylish, with a wide range of fresh bread, tempting patisseries and juices, excellent salads and sandwiches. Crowded at lunchtime, but the small, cool courtyard at the back creates a perfect haven from the sun. Open 7am to 7pm Monday to Saturday and 7am to 3pm Sunday.

Two Fish Gallery Café

9 Street 278 T

el: 016 368 700

www.twofish-gallerycafe.com

Gallery with three small exhibition spaces and café. Opened in September 2006, the café has a mixture of good juices, healthy food created with the freshest of ingredients and home-style Taiwanese cuisine.

№ 168A – Street 155
near Russian Market
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Fresh fruit juice, Coffee, Tea, Milk shakes,
Panini, salads, Crêpes,
Ice cream and Sorbet.

Quiz Nights

Are you known for being full of useless facts? Always amazing your friends with your extensive knowledge of 16th Century clavichords? Then a pub quiz could very well be the one thing that has been missing from your life. Words by **Naomi Robinson**.



Gym Bar: Punters waiting for a different kind of kick-off



Talkin: The most interactive quiz in town

HERE IS HOW IT WORKS. YOU arrive at the pub, order yourself a drink, pay your US\$1 fee and acquire an answer sheet. Players can compile themselves into teams or, if you're feeling brave, you can be a 'lone-man' team. The first thing you must do is come up with a team name – the stranger the better. Something like 'The Glue Sniffing Gangster Monkeys' is sure to give you that needed edge.

■ QUIZZIN A STRANGER

Talkin to a Stranger hosts by far the liveliest, most interactive quiz night in town. The quizzes are created and brilliantly MC'd by Quizmaster Dave Preece, an ISPP English literature teacher who has been crafting quizzes for years.

The game is split up into four rounds and each round has its own theme. These vary widely from geography to pop culture to picture trivia. All four themes are announced at the beginning of each night and each team picks which round will be their 'Joker Round' in which they receive double points for each

correct answer. A favourite is the free drinks round. At the end of the round one special question is asked, the team to correctly answer the question first gets a free round of drinks.

After the quiz is completed, the answer sheets are tallied by a panel of ISPP teachers and the winning team is awarded the pot, which is usually around US\$50 to US\$60. QuizMaster Dave then poses the Super Jackpot question. It costs 2,000 riel to play and the question is usually extremely obscure. So the jackpot's kitty tends to roll over from quiz night to quiz night and often gets to be as large as a couple hundred dollars before someone finally gets the question right.

■ SMARTER THAN A GECKO

This Lakeside bar, a favourite with tourists and expats alike, holds Phnom Penh's longest running quiz night. Much like Talkin to a Stranger, the Lazy Gecko's Quiz format is broken into four rounds with four different themes. After each round the answer sheets are shuffled

around between teams and marked. Throughout the night players are encouraged to purchase raffle tickets to win a bottle of Jim Beam or Smirnoff Vodka. The proceeds from the raffle are donated to the Phnom Tamao Wildlife Reserve.

For a twist on the usual and a real treat for live music fans, the quiz is polished off with a musical question featuring an a capella performed by Koda, a member of the staff who is blessed with a beautiful voice.

Ash and Barb, the friendly restaurant owners encourage anyone to step up to the roll of Quizmaster. If you're willing to write the quiz and MC the event you will be rewarded with free food and drinks all night.

■ WORKING OUT THE GRAY MATTER

The Gym Bar has been running their quiz night bi-weekly for two years. The bar has numerous TV screens, all displaying different sporting events and the walls covered from floor to ceiling in football jerseys. The combination of these things causes the

average man's body to gleefully emit a specific testosterone based aroma, that any woman entering the bar can immediately detect. That being said, on quiz nights, much like any other night, the bar is almost entirely full of men – with the exception of lone female "Glue Sniffing Gangster Monkeys" team.

It costs US\$1 to play and the prize is a US\$20 bar tab. Randal, the bar's owner, rattles through 50 questions based on subjects as diverse as history, geography sports, music, current events and pop culture to name a few. One of the more lively questions asked last month was "What is the name of the British children's comic strip that featured characters such as Master Bates, Ben Dover, and Tom the Cabin Boy?"

Talking to a Stranger's 'Talking Heads Trivia Tuesday' starts at 8pm. Best to call ahead and reserve a table.

Lazy Gecko Quiz Night, Thursdays from 8.30pm to 10.00pm.

Gym Bar is every Tuesday night at 9pm and runs until 10.30pm - answer Captain Pugwash. 🍀

Leisure & Wellness

Amusement

Kambol Cart Raceway

Tel: 012 232 332
A few kilometers west of the airport is Phnom Penh's flashiest go-cart track. Boasting a 900m international standard size track complete with hairpin turns, a cart costs US\$7 for a 10-minute round. The track can also be rented by the hour (US\$150) half-day (US\$500) or the entire day (US\$900).

Parkway Square

**113 Mao Tse Tung Blvd
Tel: 023 982 928**
In addition to being a shopping centre, Parkway has a ten-pin bowling alley with lanes costing between US\$6 and US\$9 per hour, depending upon the time of day. It also has a dodgem track, for those who haven't had enough of close shaves on the streets of Phnom Penh.

Phnom Penh Water Park

**50 Street 110
Tel: 023 881 008**
Traditional mix of slides and wave pools. Entrance is US\$2 weekdays (US\$3 at weekends). Open from 9.30am to 5.30pm.

Phnom Tamao Wildlife Park

Phnom Tamao,
Approximately 44 kilometres away from the capital along Highway 2, and then on a 6-kilometre track, lies Cambodia's best wildlife centre. All the animals are either rescued from traders or bred at the centre. Many of the animals are critically endangered. Animals include tigers, elephants, sun & black bears, many species of waterfowl, samba dears and Siamese crocodiles. Open from 8am to 4pm, the entrance fee is US\$5 for adults and US\$2 for children (2,000 and 1,000 riel for Khmer adults and children respectively).

Sorya Centre

Corner Street 63 & 142
The top floor of Phnom Penh's original shopping centre has a rink devoted to roller-skating and roller-blading. Hiring the skates or blades costs between US\$1 and US\$2.

Chemists

Naga Pharmacy Centre

**413 Sisowath Quay
Tel: 023 212 324**
International quality pharmacist and beauty store opposite the Cambodiana Hotel. Has an impressive array of products.

U-Care Pharmacy

**26-28 Sotheaors Blvd. Tel: 023 222 499
14 Sihanouk Blvd. Tel: 023 224 099**
High quality western-style chemist and pharmacy that sells the full range of beauty products, including international brands. Open 8am to 10pm.

Classes

Capoeira

**Gasolina, 56-58 Street 57
Tel: 012 810 993 / 011 871 071**
Lessons in this rhythmic Brazilian martial art, a cross between dance and martial arts, cost US\$2 each and are held every Tuesday and Thursday from 6.30pm to 8pm. Contact either Xavier or Michel on one of the above telephone numbers.

Cooking Classes

**Frizz Café, 335 Sisowath Quay
Tel: 023 22 09 53**
Khmer cookery lessons each day, except Sundays. The one-day course (US\$20), limited to 10 people, includes a market tour, an introduction to Cambodian herbs and ingredients, and a 16-page colour recipe book.

Photography Workshops

**Pontoon, Sisowath Quay
end Street 108, Tel: 092 526 706
www.nathanhortonphotography.com**
Daily drop-in workshops covering technical and creative considerations in the context of travel photography. US\$25 or US\$20 if booked in advance.

Scuba Nation Dive Center

**20 Street 278
Tel: 012 715 785**
Learn to scuba dive in Phnom Penh. The academic part of the course takes place in the Plaza Hotel pool, while the real diving is over a weekend in Sihanoukville. Total cost for a course is US\$350.

Yoga & Tai Chi

**Gasolina, 56-58 Street 57
Tel: 012 373 009**
Classes run every week. Call for details of times and prices.

Dental

European Dental Clinic

**160A Norodom Boulevard
Tel: 023 211 363**
French-run dental practice since 1994 which provides full dental hygiene services with modern equipment. Open 8am to 12pm and 2pm to 7pm (closed Sundays).

SOS Dental Clinic

**161 Street 51,
Tel: 023 216 911**
International quality dental clinic, fully equipped with the latest equipment including dental cameras. US dentist explains the process of what is going on with your teeth and has multilingual staff.

Education

Khmer School for Expats and Travellers

35 Street 288 Tel: 012 867 117
Khmer-language lessons given on a one-to-one tuition basis only, costing US\$10 per hour, a typical course lasts for 30 hours.

Khmer School of Language

52G Street 454 Tel: 023 213 047
Khmer-language lessons given at the school for US\$4 per hour or for US\$5 in the privacy of your own home or office. All the teachers are experienced and trained at the school.

Gyms

Clark Hatch Fitness Centre

**Intercontinental Hotel
3/F Mao Tse Tung Boulevard
Tel: 011 380 769**
Well-equipped fitness centre run by a regional gym company that even has a rowing machine. Membership is US\$90 per month or US\$10 per day (US\$15 at weekends). Open 6am to 10pm (weekdays), 8am to 8pm (weekends)

Fitness One

**Himawari Hotel,
313 Sisowath Quay
Tel: 023 214 555**
Small, well-equipped gym with outdoor swimming pool. US\$6 per day for use of pool or US\$10 for pool, gym, steam room and jacuzzi. Prices rise to US\$8 and US\$12 at weekends.

Raffles Amrita Spa

**Raffles Le Royal Hotel,
Street 92
Tel: 023 981 888**
Modern gym and pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi costs US\$10 weekdays (US\$15 at weekends). Open from 6am to 10pm.

Physique Club

**Hotel Cambodiana,
313 Sisowath Quay
Tel: 012 810 432**
Most modern of the five-star fitness centres with reasonable selection of equipment, although has a small changing area. Membership is currently US\$66

per month or US\$7 per day. Open from 6am to 10pm.

VIP Club

Norodom Boulevard, Tel: 023 993 535
Large sports complex with gym, outdoor swimming pools, sauna, steam room and tennis courts. US\$5 per day for use of all facilities (except tennis which is US\$7 per hour). Open from 6am to 9pm.

Medical

American Medical Center

**Ground Floor Cambodiana Hotel
313 Sisowath Quay
Tel: 023 991 863**
www.amc-cambodia.com
Operated by an American surgeon, can arrange emergency evacuation.

International SOS Medical Clinic

**161 Street 51,
Tel: 023 216 911**
Globally renowned provider of medical assistance and international health care. Offers emergency repatriation services and has multilingual staff.

Jenevieve Nowakowski

Tel: 012 723 169
Larger than life qualified healer and reiki master who works by appointment only.

Naga Clinic

11 Street 254, Tel: 023 211 300
French-Khmer run clinic with a good reputation and impressive range of modern facilities.

Personal Counselling Service

Tel: 023 211 300
mycounselling@yahoo.com
Qualified British counsellor who works by appointment only.

Optics

Eye Care

166 Norodom Blvd., Tel: 016 556 602
Modern opticians with ophthalmologists on hand to check prescriptions. Have an interesting range of glasses and lenses. Frames from under US\$100.

Grand Optics

**71 & 75 Norodom Blvd.
Tel: 023 213 585**
Modern opticians with the latest equipment including a computerised eye test. Makes prescription glasses and contact lenses at affordable prices.

Pools

Asia Club

456 Monivong Blvd. Tel: 023 721 766
Beautiful swimming pool tucked around the back of Man Han Lou Restaurant near

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Caltex Bokor. Use of pool costs US\$10 per day for either individuals or small groups of people. Members (US\$50 per month) also get a 15 percent discount on both Man Han Lou Restaurant and Master Kang Health Care centre.

Fitness One

Himawari Hotel,
313 Sisowath Quay
Tel: 023 214 555

Outdoor hotel swimming costs \$6 per day or US\$10 for pool, gym, steam room and Jacuzzi. Prices rise to US\$8 and US\$12 at the weekend.

Raffles Amrita Spa

Raffles Le Royal Hotel,
Street 92
Tel: 023 981 888

Attractive pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi costs US\$10 weekdays (US\$15 at weekends). Open from 6am to 10pm.

The Billabong

5 Street 158
Tel: 023 223 703

www.thebillabonghotel.com
Sheltered garden hotel with an excellent outdoor swimming pool good both for lengths and relaxation. Daily usage costs US\$5 and Wi-Fi weighs in at US\$5 per 24 hours. Swimming hours from 8am to 8.30pm.

The Club at Northbridge

1km off National Road 4
(on the way to the airport)
Tel: 023 886 012

The international school has a pool costing US\$5 per day. Membership of the club is US\$200 per family for three months or US\$100 for individuals. Open every day, there are also tennis courts and a playground for kids.

VIP Club

Norodom Boulevard Tel: 023 993 535
Large, centrally located and popular sports complex with gym, outdoor swimming pools, sauna, steam room and tennis courts. US\$5 per day for use of all facilities (except tennis which is US\$7 per hour). Open from 6am to 9pm.

Spas

Amret Spa

3 Street 57
Tel: 023 997 994

Stylish spa with treatments in individual rooms. Also has rooms for couples with Jacuzzi. Massages from US\$8 to US\$30. Open from 9am to 9pm.

Aziadee

16AB Street 282
Tel: 023 996 921

Very relaxing, air-conditioned massage parlour with individual rooms. Massages start from US\$8, with aromatherapy from US\$18.

Bliss

29 Street 240
Tel: 023 215 754

Health spa at the back and upstairs in this beautiful French colonial building. Have a massage, facial, body scrub or simply wallow in the beautiful flower bath. Massages start from US\$20, facials from US\$35 and packages range from US\$40 to US\$75. Open 9am to 9pm, closed Monday.

Champeï Spa & Salon

38 Street 57
Tel: 012 670 939

www.champeispa.com
Beautiful spa just across the road from the first Garden Center Café. Has a full range of massages from US\$8 and body

treatments US\$6 to US\$25. Open from 9am to 11pm.

Dermal Spa

4C Street 57
Tel: 012 222 898

Spa offering beauty salon, foot massage and body massage services. Specialises in dermalogica skin and beauty products.

In-Style

63 Street 242
Tel: 023 214 621

Set in beautiful villas, the lovely gardens and revitalising café that greet your entrance indicate that this is more than just a spa. Full range of massages and beauty treatments with an emphasis on the Balinese.

Master Kang Health Care Centre

456 Monivong Boulevard
Tel: 023 721 765

Large health centre next to Man Han Lou Restaurant. Offers foot massage in either public or private rooms downstairs, with both Chinese and oil massage (US\$12 per hour or US\$20 per 2 hours) upstairs. Downstairs also has a grand piano which is played in the evenings.

Miss Care & Spa

4b Street 278
Tel: 023 221 130

Small beauty parlour and spa set on the Golden Street. Well-priced massages range from US\$7 to US\$16 and beauty treatments are from US\$4.

Punarnava

Ayurveda Centre Spa
Hotel Cambodiana,

313 Sisowath Quay
Tel: 012 810 432

Traditional Indian-style Ayurveda massage and healing that can provide relief to a range of physical ailments. All staff are professionally trained.

Sawasdee Massage

6B Street 57
Tel: 023 996 670

Oil, Thai-style and foot massage are available from trained masseuses in this excellent parlour, which also does beauty treatments. For a few dollars more than the dorm-style mattress massages, you can have the privacy of your own room. Massages start from US\$13.

Seeing Hands Massage

6 Street 95, 209, 246,
253 Street 53

Tel: 016 856 188
String of massage parlours where the service is provided by the blind at a very reasonable price.

Senses Salon & Spa

157 Sisowath Quay
Tel: 023 990 244

Up-market spa set on the riverfront that offers the full range of beauty treatments as well as both Thai and oil massages.

Sports General

Cambodian Federation of Rugby

cambodianfederationofrugby.com
Proper 15-a-side rugby league with four senior teams as well as kid's touch and women's rugby teams. Contact Larry at khmer_rugby@yahoo.co.uk for more details.

Cambodia Golf & Country Club

Route 4 Tel: 023 363 666
International standard, 18-hole golf course, which has green fees of US\$43 for a round.

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Pharmacy De La Poste
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... and other Pharmacies

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pharmacy +
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U-Care Phnom Penh :

- 26-28 Sotheaeros Blvd. (in front of National Museum)
- Sihanouk Blvd. (in front of ANZ Royal Bank)

U-Care Siem Reap :

- Old market Area (in front of pub street)
- International Airport (departure area)
- Angkor National Museum



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LAURA WATSON: *STRESS*

LIVING OVERSEAS CAN BE exciting, invigorating, and challenging. Those that choose an expat life often enjoy the edge and buzz that come along with new environments and new experiences and push their mind and body to the limit. Long working hours, long social hours, lack of sleep, high alcohol intake, a poor diet and lack of exercise all take their toll. Most people can cope quite well for some time, months or even a couple of years. But do not underestimate the effect that living with constant stress can have on your body.

If you are reaching your limit for stress then making minor decisions may seem difficult, you feel tired all the time yet can't sleep, feel tearful for no reason and you may have multiple unexplained minor physical complaints.

■ THE SCIENCE OF STRESS

'Stress' is the body's natural response to a potentially harmful situation or stimulus. If a tiger chases you in the jungle you need a burst of rapid action adrenaline to get your heart rate pumping and your legs running fast even before you have really had a chance to react – the 'fight-or-flight response'.

In addition to an increased heart rate your blood pressure is increased, blood flow to muscles increases and pupils dilate. Another stress hormone cortisol is released which helps to free up glucose in your muscles, decreases your sensitivity to pain and gives your immune system a quick boost.

It's pretty rare to be attacked by a tiger in most towns in Cambodia yet your body responds to the various stressful situations in your daily life in a very similar way.

The stress response is not in itself damaging. What is damaging is repeated and multiple bouts of this stress response without the chance for the body to recover and regain its normal physiological functioning. In effect your



adrenal glands create the opposite situation to that intended and 'burn out' the body's stress responses.

This results in your brain functioning less well, hormonal imbalances, increased blood pressure and a depressed immune system. You find it difficult to concentrate, suffer from insomnia and start to pick up some viral infections. The ultimate end point of all this unchecked stress is some level of burn out, breakdown or depression. Increased blood pressure and stress is a recipe for heart disease and strokes in later life. There is even some evidence that chronic stress can have a negative effect on cell turnover and may be a contributing factor in the development of some cancers.

■ HOW TO AVOID BURN-OUT

The crucial element is recovery. Your body needs time to recover from stress in the same way that an athlete uses rest and recovery time to allow their muscles to absorb extra exercise and grow stronger.

Recovery can take many forms. One of the best is moderate exercise such as walking, swimming, jogging, tennis or aerobics. Your body will be stretched and ready for sleep by the evening and your mind will have had a chance to switch off. Yoga, meditation, and massage can be very helpful.

Following a balanced low fat diet with plenty of fruit and vegetables, lots of protein and slow release carbohydrates, together with minimal

alcohol and caffeine can make a huge difference.

Take whatever downtime you can including weekends, holidays and lunch-breaks. Do not fall into the trap of working through your weekends and holidays because there is so much to do. You will be far more efficient and effective if you are properly rested. Get enough sleep. Make time for something you really enjoy – a dance class, music, art or laughter.

You do not need to be teetotal and live like a monk to have a healthy relationship with stress. You just need to give yourself a break, get enough alcohol-free sleep, limit your working hours, and have some days where you are in a relaxed recovery mode.

Lastly some of these symptoms of chronic stress may also be symptoms of a disease process. It is worth discussing them with your physician, before assuming it is stress.

Laura Watson is a general practitioner at the International SOS Medical Clinic in Phnom Penh. For more information please mail sue.kemp@internationalsos.com. 📧



school off Street 360, near Street 63, on Sunday mornings. No equipment required and little prior knowledge of the rules is also ok. Cost is US\$5 which includes drink and barbecue. Contact Majid at Monsoon Wine Bar on 016 355 867.

Football: The Bayon Wanderers

www.bayonwanderers.com Mixed Khmer and western team. Training sessions at the International School of Phnom Penh on Tuesdays from 5pm and Thursdays from 6.30pm. Cost is from US\$1 to US\$15. Contact Billy Barnaart on 012 803 040.

Hash House Harriers

The Hash meets at the railway station every Sunday at 2.45pm. An ideal way to see the countryside either walking or running, and then to make a public (school) exhibition of yourself. Costs US\$5 for the pleasure. Contact 012 832 509 for details.

Pangolins Rugby Club

Expat rugby team that plays others in the region. Also has female rugby team called the Apsaras. Contact Tim Smyth on 012 810 594.

Royal Cambodia Phnom Penh Golf Club

National Road 4
The other international standard golf course that charges US\$40 for 18 holes (weekdays).

Tennis

The Club at Northbridge

1km off national Road 4
Tel: 023 886 012
Use of the excellent tennis court costs US\$2.50 per person per hour. Book in advance.

Narmada Sports Centre Imperial Garden Villa & Hotel

315 Sisowath Quay
Tel: 023 219 991 Ext. 1021
Daily use of the tennis courts plus other facilities including sauna, pool and gym costs US\$7 during the week and US\$9 at weekends. Monthly membership is US\$72.

VIP Sport Club

Norodom Boulevard
Tel: 023 993 535
Membership to the sports club which includes usage of the tennis courts is US\$40 per month. The club also sells coupons for single and repetitive visits. Hourly rate is US\$7.

L'Imprévu Hotel

National Road No. 1 (7km after Monivong Bridge)
Tel: 024 390 405
Day rates start at US\$13 for a fan-cooled indoor court and rise to US\$20 for a court with aircon. Usage includes access to the hotel's other facilities.



Angkor *through 360 degrees*

Photographer **Paul Stewart** has created a virtual tour of the temples of Angkor. He talks with **Charis Shafer** about this and his next project.



Paul Stewart *Creator of an interactive journey through Angkor*

"I'VE HAD MORE QUESTIONS than answers in Cambodia," Paul Stewart says with a smile. This former travel company employee and commercial photographer must have found the equivocal nature of Cambodia to his liking. He has been in Cambodia since 2003.

"Everybody does Angkor, but I've never seen it done like this," he says, referring to his most recent Cambodia-based passion of shooting 360-degree virtual tours of Angkor Wat and the surrounding temples.

"It is really quite easy to do," he reports modestly, if time and technology were no barrier. Images are shot in succession and then 'stitched' together using specialised software. The result is a photo-realistic 360-degree

image, where the viewer controls movement.

“I hope the kids are selling them in the streets”

■ EASY INTERACTIVE ACCESS

The nature of the hospitality industry is constantly evolving, according to Paul. "Everyone is going online," he says. Now even grandparents are booking all their own tours through online travel sites. Tourists are making more impulse purchases.

"Buying the day before or two days before," is not an uncommon practice for these Internet-savvy travellers, he explains. A virtual tour readily accessible

could quickly turn a tourist towards Angkor for their next trip.

■ BRAND FROM ALL ANGLES

The applications for an interactive tour like this should be clear to anyone who has tried to explain the beauty of Angkor to a friend or relative. While gesticulating wildly may have an effect, tour companies and hoteliers want something slightly classier to show off the glories of Jayavarman VII's magnificent abode.

"It does actually work," Paul insists. He suggests it could be a good investment for those in the hospitality industry, either as part of tour gift packages or branded by certain hotels and sold as a souvenir.

Despite his emphasis on the commercial potential of his Angkor project, a material return on his investment is not what Paul is primarily seeking through his work.

"I want it to be popular," he says of his virtual tour. "I hope the kids are selling them in the streets."

The joy of creation is what really drives Paul. This can be seen both in the Angkor project and also with his more personal project to create the same virtual tour of another of the region's most majestic features.

■ FROM MYTHICAL MOUTH TO VIRTUAL SOURCE

"I want to do the whole world!" he says ambitiously before taking a moment's thought. "Well, not me." However, he does envision a future where there could be virtual online photographic access to many of the world's more remote regions.

His Mekong project is one step towards this future. "To illustrate the Mekong from mouth to source," is how he describes his ambitious project. He has travelled through Laos, Vietnam and Cambodia documenting the path of the Mekong in 360 degrees.

“Get ‘em off the road and in the boat”

Paul laments the recent under-utilisation of natural waterways such as the Mekong. His mapping project could precede a rediscovery of the river as a source of viable income for those who live along its banks. "I think it has commercial possibility," he ventures.

According to him at the moment, there is little encouragement for the local economies along the river. He envisions a time when individuals and small businesses could be listed on his virtual tour encouraging visitors to explore and stimulate local economies.

■ THE MANY-HEADED NAGA

"It really is an idea," he says of his plan to promote regional growth along the renowned river. "Brand the Mekong," he says almost as a mantra. Though he still has to explore farther up into China, this is a challenge he is eager to meet. "Crazy river up there," he warns. "Can't really get that close to it," he says like its inaccessibility is a gauntlet someone has thrown down specifically for him.

"It is a many-headed hydra - I should say Naga," he muses. "No one is in charge." He speaks of the lack of regulation along the meandering river. This is hardly a warning for Paul, more like an invitation.

The project still needs investment. "I've got another 2,000 kilometres to go!" he says, obviously enthusiastic to continue.

His ultimate goal is to "get 'em off the road and in the boat," he says of tourists exploring Southeast Asia. "And pay a fisherman for the privilege," he adds. "There's plenty of room on the river."

For more information visit Paul's website: www.mouthtosource.net. ■

Arts Diary: Cambodian Regional Events



"Flow" From the Art Rebels recent show at Gasolina

■ OPENING THIS MONTH
ASKANADI

A series of acrylic paintings on canvas by the Sumatran artist will be shown at the Art Café from Dec. 3 to Jan. 31.

FACES OF THE CARDAMOMS

An exhibition of photography taken by New Zealand environmentalist Wayne McCallum will be at the Two Fish Gallery Café from Nov. 30 to Dec. 20.

GAZE

An exhibition of photographs by Alexandre Maubacq will be on display at Gasolina from Nov. 30 through December.

OASIS OF SILENCE

An exhibition of the photographs by Swiss freelance photographer Beat Presser, who was editor of Palm Beach News and The Village Cry will be on show at the FCC Phnom Penh from Dec. 6 and at the Meta House from Dec. 27.

VINCENT BROUSTET

Works by the French artist will be on display at Jasmine Restaurant, Kampot on Dec. 15. The opening starts at 7pm and includes live painting. For more details about the artist visit: <http://www.artaway.blogspot.com/>

■ EVENTS & PERFORMANCES
BEAT PRESSER

The Meta House hosts an evening with the Swiss photographer Beat Presser on Dec. 19 from 7pm. The photographer will also have a workshop with Cambodian photographers, the results of which will be shown at the Meta House on Dec. 27 at 6pm. For more information visit: www.beatpresser.com.

CAMBODIAN PERFORMING ARTS

Sovanna Phum has weekly performances of shadow puppetry and traditional dance, each Friday and Saturday at 7.30pm.



Lino The artist happy with his recent work at Gasolina

Entrance is US\$5 for adults and US\$3 for children.

COMIC BOOK LAUNCH

Em Satya's Flower of Battambang will be launched on Dec. 11 at the Meta House with special guests from the Cambodian comic art scene.

FROM SPIDERS TO WATER LILLIES

A new cookbook produced by Friend's International featuring 42 recipes from Romdeng Restaurant will be launched at the restaurant on Dec. 7 at 6pm. The cost is US\$35 (softback) or US\$40 (hardback).

■ MUSIC
BACKSLIDERS

The Australian blues band will be performing at the FCC Angkor on Dec. 7 at 9pm and

the FCC Phnom Penh on Dec. 8 at 9pm.

BOSBAPANH

The ten-year-old soprano is launching her second album entitled Dreams in a concert with ten young instructors and graduates from the Royal University of Fine Arts at the Chaktomuk Hall on Dec. 21 at 7pm. Ticket prices are US\$2 for Cambodians and US\$3 for expats.

CAMBODIAN & WESTERN PERFORMING ARTS

Music and dance performances at the Art Café at 7pm, unless otherwise stated. Dec. 1 – Chapei Dong Veng by Ouch Savy; Dec. 2, 9, 16 & 23 at 5pm – Festive Advent music; Dec. 7 – Music of the Ayai; Dec. 8 – Left Field Ramblers, homage

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www.twofish-gallerycafe.com



META HOUSE
PHNOM PENH

"THOM THOM" UNPLUGGED
Cambodia's Nirvana live at Meta House
Wednesday, December 5, 7PM

BEAT PRESSER: PHOTO WORKSHOP
Art Exhibition Opening with Cambodian photographers
Thursday, December 27, 6PM

WEEKLY EVENT SCHEDULE (START 7PM)
Tuesday: Meet the Artist; Wednesday: Khmex! Live Music;
Thursday: German Cinema & Specials; Friday: Intern. Documentaries
Saturday: Focus Cambodia (Doc/Films); Sunday: Feature Films "Set in Asia"

Free Admission. Gallery open from Tuesday to Sunday, 6PM to Midnight
For details check our website: www.meta-house.com

Closed for Christmas 20-26

META HOUSE Street 284, #6, Phnom Penh Mobile 012- 607 465

to Bob Dylan; Dec. 14 – Celtic Blues by Juliane; Dec. 15 – Apsara dance; Dec. 21 – Royal Mahoorie music; Dec. 22 – Gospel music by the Left Field Ramblers; Dec. 24 – Holy Night, candle light & Baroque masters; Dec. 25 – Xmas lunch, authentic table music from the 17th century; and Xmas dinner, the music of Mozart; Dec. 31 – New Years Eve Party: at 8pm music of the Ayai and at 11pm Celtic Folk & Blues.

CAMBODIAN LIVING ARTS

Live concert by the Cambodian Living Arts at Meta House on Dec. 12.

INDIE ROCK CONCERT

The German band Diva International and Bear-Garden from Thailand will appear at the Bopha Restaurant, Sisowath Quay on Dec. 1 from 8pm in what the organisers claim is the first international Indie rock concert in Phnom Penh.

PAUL UBANA JONES

Paul Ubana Jones will play live at the FCC Angkor on Dec. 10 & 11 and FCC Phnom Penh on Dec. 14 & 15 (all gigs start at 9pm).

THOM THOM

The Cambodian and French rock band, Thom Thom, will play their first unplugged session at the Meta House on Dec. 5 at 7pm. For more information on the band visit: www.khmerthomthom.com.

FILM

CINEMA UNDER THE STARS

Raffles Hotel Le Royal presents classic movies poolside on Saturday nights at 7.30pm. Cost is US\$12 including



Javier Arean With Dana Langlois at his recent opening

popcorn and CocaCola. This month's showings are: Dec. 1 – Easy Rider; Dec. 8 – The Magnificent Seven; Dec. 15 – Gone with the Wind; Dec. 22 – High Noon; Dec. 29 – It's a Wonderful Life.

FACES OF THE CARDAMOMS

A screening of the documentary by Wayne McCallum will be at the Two Fish Gallery Café on Dec. 13 at 6.30 pm.

ROOFTOP CINEMA @ META-HOUSE

Each month the Meta House shows films and documentaries at 7pm. German films are shown each Thursday night, international documentaries on Fridays, documentaries about Cambodia on Saturdays and movies on Sundays. This month's offerings are: Dec. 2 – Days of Being Wild; Dec. 4 – Video art screening by Danius Kesminas; Dec. 6 – Epstein's Night; Dec. 7 – The Sounds of Silents; Dec. 8 – Looking Back: Looking Ahead; Dec. 9 – In The Mood For Love; Dec. 13

– Eraserhead; Dec. 14 – The Aristocrats (2005 documentary about a joke not the Disney animation); Dec. 15 – Staying Single When, and Three Days in Phnom Penh; Dec. 16 – Hearts of Darkness (documentary); Dec. 28 – Edge City; Dec. 29 – Nice Hat!; Dec. 12 – The Last Emperor.

SATURDAY AFTERNOON AT THE MOVIES

Free classic international films are shown every Saturday at 3pm (unless otherwise stated) at the Srey Dim Conference Hall, Pannasastra University, South Campus, 184 Norodom Blvd. Dec. 1 – Brazil (1985) (Terry Gilliam – Restored Director's Cut); Dec. 8 – Saturday Night and Sunday Morning (1961) (Karel Reisz); Dec. 15 at 2.30pm – Lagaan: Once Upon a Time in India (2002) (Ashutosh Gowariker).

ONGOING: PHNOM PENH

FLOWER OF BATTAMBANG

Comics and visual art by Em Satya continues at the Meta House until Dec. 12.

JAVIER AREAN: NEW WORKS

A selection of new works by the Mexican artist will be on display at Java Café & Gallery from Nov. 7 to Dec. 30.

MEAN RUP MEAN TUK

Group exhibition featuring 20 artists from different nationalities continues until Dec. 20 at the Department of Plastic Arts, Ministry of Culture, Street 63.

REYUM INSTITUTE

Exhibition of 15 graduates from the Reyum Art School continues at the Reyum Gallery through December.

ONGOING: SIEM REAP

MCDERMOTT GALLERY I

John McDermott's "Reverie: Images of Angkor" and Kenro Izu's "Passage to Angkor" continue at the McDermott Gallery I, FCC Complex.

MCDERMOTT GALLERY II

An exhibition of photographs by Polish photographer Tomasz Gudzowaty, Filipina fine art photographer and musician Wawi Navarozza, and the Cambodian arts group Stiev Selepak or "Art Rebels" will continue at the McDermott Gallery II, Old Market Gallery until the end of January.

SELF

Self-portraits by Cambodian artists will be on show at the Art-house from Nov. 29 to Dec. 27.

YEAR OF THE GOLDEN PIG

Exhibition of paintings and sculptures by Vincent Broustet and Sasha Constable runs at the Alliance Cafe/Art Lodge in Siem Reap through to Dec. 30. ❏

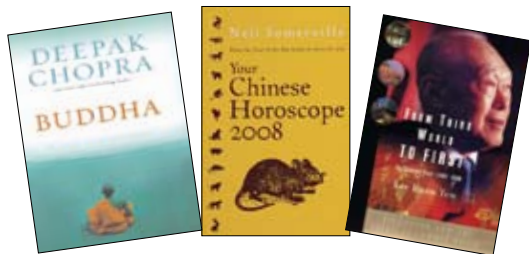
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Book Worm

Coral Glennie takes a look at a selection of books available at Phnom Penh's Monument Books.



■ NEW IN CAMBODIA

Buddha –

A Story of Enlightenment

Deepak Chopra, Harper. US\$ 22.50

Your Chinese Horoscope 2008

Neil Somerville, Harper Element, US\$18

From Third World to First, The Singapore Story 1965 – 2000

Lee Kwan Yew, Harper Collins, US\$32

THE PHILOSOPHY PRESENTED in Chopra's book, *Buddha – A Story of Enlightenment*, is that Buddha wanted to gain enlightenment but not to achieve the status of a revered personality. When Buddha spoke about himself he never talked about either miracles or God. Chopra's novel is a fictional adventure keeping to the spiritual essence of Buddha's life. It describes the journey of this young prince who gave up his worldly inheritance to discover his true calling. On this journey Buddha experienced extreme suffering and came close to death. Chopra views Buddha's life journey as one that begins asleep and ends awake.

Part of the mystery and the fun of reading any book about Chinese horoscopes is searching through the birth years of friends and families to see if their personal traits are traceable in the Chinese birth signs. Your Chinese Horoscope's author Neil Somerville has made the information instantly accessible and is very popular in the west for his writing on Chinese astrology. He describes the legend of how the Chinese zodiac and astrological system came to pass. One day, Buddha invited all the animals in his kingdom to come to him, but only twelve animals attended. The first to arrive was the rat, then the ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog and finally a pig,

in this order. Because Buddha wished to award these twelve animals, he named a year after each of them, and whoever was born during that year would inherit some of the personality traits of that animal. 2008 will be the year of the rat, characterised by innovation. For those born in this year it is a time of opportunity to make use of your personal skills. An intriguing read!

From *Third World to First, The Singapore Story 1965 – 2000* is a long and detailed account by Lee Kwan Yew of Singapore's rise to a world power from its colonial legacy and the devastating effects of the Second World War. Lee's unapologetic, uncompromising approach to political opponents, human rights and democracy makes for compelling reading. Interestingly, for those who believe that Britain's Margaret Thatcher was indeed the "Iron Lady" he found Indira Ghandi much less persuadable. Lee's undoubted economic and political skills in developing this small island state into a world-challenging economic power, need to be juxtaposed against some of his more contentious views, such as the development of his social policy based on research into inherited intelligence. The book covers wide-ranging world events in Asia such as the transfer of power from Britain to China in Hong Kong. In the words of Kissinger, "Lee Kwan Yew is one of the seminal figures of Asia, and this book does justice to his extraordinary accomplishments." ❏



www.monument-books.com

On the world stage

■ THE QUIET GIRL

Peter Høeg, Nadia Christensen (Translator), Farrar, Straus and Giroux

The pleasures of Peter Hoeg's *Smilla's Sense of Snow* were almost innumerable, bringing together as it did emotional upheaval, fascinating scientific details and dramatic plot twists that had an almost physical effect on the reader. *The Quiet Girl*, Hoeg's newest novel, looks to be in the same genre of literary thriller. It starts off with an oddball hero, Kaspar Krone, a circus clown who loves classical music and gambling; adds an order of nuns and a gaggle of children with supernatural abilities; and incorporates the same electrifying, action-movie sequences.

■ THE ALMOST MOON

Alice Sebold, Little, Brown
Helen Knightly has spent her life caring for her husband, her children, and most taxingly, her agoraphobic mother. At the beginning of *The Almost Moon*, she disengages herself from her duties by taking the drastic measure of suffocating her mother and storing the body in the basement. Taking place over only 24 hours, *The Almost Moon* is a fast-paced, horrifying examination of family relationships and the strain 'duty' can place on those whom are most bound to perform it. From the author of *The Lovely Bones*.

■ YOUNG STALIN

Simon Sebag Montefiore, Knopf

Noted historian Simon Sebag Montefiore's *The Court of the Red Tsar* was an incredibly detailed and moving look at Stalin's years in power. Now he turns his attention to the early years of Stalin's life, and the factors that turned a child into one of history's greatest monsters. Stalin's version of his past, suitably revised to meet his own political requirements, is dismissed; in its place is a finely researched story of Stalin's poverty-stricken upbringing, training as a priest (!) and early criminal tendencies.

■ EXIT GHOST

Philip Roth, Jonathan Cape

Possibly America's most lauded living author, Philip Roth returns with his long-time protagonist Nathan Zuckerman. Roth's alter ego, Zuckerman is a writer returning to New York post-September 11th. He quickly makes the acquaintance of several other writers who force him to re-enter the world of other people, from which he has isolated himself for 11 years. This is the final Zuckerman novel, and will be of most interest to those who have read earlier Roth, but a new work from the master of American letters is always rewarding. ❏



Culture

Cinemas

Le Cinema

French Cultural Centre
218 Street 184
Tel: 023 213 124

Just across the road from the French Cultural Centre, this 100-seat cinema shows international art house and mainstream movies, often in their original language with French subtitles (marked as *vastf* in the programme). Also has a children's cinema on Saturday mornings at 10am. Membership costs \$20 / year.

Meta House

6 Street 264 Tel: 012 607 465
www.meta-house.com

Movie shorts and documentaries from Cambodia and the rest of Asia. Friday nights focus on Asian works, Saturdays on shorts and documentaries from Cambodia, while Sundays are reserved for feature films with an Asian theme. All moves start at 7pm.

Galleries

Art Café

84 Street 108
Tel: 012 834 517

Elegant bistro and art gallery in the style of a European coffee house that opened early January. Has rotating exhibitions by Khmer artists. Open from 11am to 11pm.

FCC Phnom Penh

363 Sisowath Quay
Tel: 023 724 014

A series of temporary photographic exhibitions around the walls of this landmark Phnom Penh building.

French Cultural Centre

218 Street 184 Tel: 023 213 124

Large space in the grand floor of the cultural centre, which has changing exhibitions and also hosts special talks and events.

Gasolina

56/58 Street 57
Tel: 012 373 009

Newly created exhibition space around Gasolina's curated by Cambodia's best young female artist, Linda Saphan. Regular revolving exhibitions.

Happy Painting Gallery

FCC; Cambodiana Hotel; Airport
www.happypainting.net

Open since 1995, these popular aircon art shops sell the extremely colourful

and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

Java Café & Gallery

56 Sihanouk Bvd. Tel: 023 987 420
www.javaarts.org

Phnom Penh's contemporary art gallery with regular exhibitions of Cambodian and international artists, as well as great coffee. Its website has extensive details on what's happening in Cambodia's contemporary art scene.

Meta House

6 Street 264 Tel: 012 607 465
www.meta-house.com

This multi-media arts centre was established by German Nico Mesterham and opened in January. Set on three floors it has regular exhibitions, interviews with filmmakers and short films. Also has a very cool terrace bar with a barbecue. Only open Friday to Sunday.

Reym

47 Street 178
Tel: 023 217 149

Small gallery with regular exhibitions of Cambodian artists. Part of an NGO established for preserving traditional and contemporary Cambodian arts.

Two Fish Gallery Café

9 Street 278 Tel: 016 368 700
www.twofish-gallerycafe.com

Gallery with three small exhibition spaces and café run by Taiwanese artist, David Huang, for Asian art. Opened in September 2006, the café has a mixture of good juices, healthy food created with the freshest of ingredients and home-style Taiwanese cuisine.

Performing Arts

Amrita Performing Arts

Tel: 023 22 0424
www.amritaperformingarts.org

Performance art company that puts on both contemporary and classical music, dance and theatre. Contact website to find out details of how to get involved or times of their performances.

Sovanna Phum Khmer Art Association

111 Street 360 Tel: 023 987 564

Theatre with performances of shadow puppetry, dance, circus, classical, folk and masked dances every Friday and Saturday at 7.30pm (US\$5 per adult, US\$3 per child).

Hot off the Press

Charis Shafer reviews a couple of recent releases in Cambodia and Vietnam.

■ **FROM SPIDERS TO WATER LILIES: CREATIVE CAMBODIAN COOKING WITH FRIENDS**
Friends-International, Give2Asia



"As a good European, I was looking for comfort in food," Sébastien Marot says of his reason to open his restaurant, Friends. He was also eager to explore the culinary history of Cambodia much of which was lost during the years of fighting. Romdeng, which opened in December 2005, is a restaurant that features traditional Cambodian dishes. Now, like Friends, it has its own cookbook. These meals are for the more adventurous eater. The recipes were a joint effort by Friends-trained Cambodian chef, Sok Chhong and Gustav Auer. Sok's heart-wrenching story of reaching his life-long goal of becoming a chef is reason alone to purchase this book. For the gourmet also looking to explore Khmer cuisine – spiders included – this book is a must have. As much a coffee table book as a cookbook with gorgeous images by Jim Mizerski, it would

make a fantastic holiday gift for the foodie in the family.

■ **VIETNAM ZIPPOS: AMERICAN SOLDIERS' ENGRAVINGS AND STORIES (1965-1973)**
Bradford Edwards



Bradford Edwards first became interested in Zippos when he came to Vietnam. It was a like a mountain that needed to be climbed. Being the son of a man who had served a tour of Vietnam, he was especially interested. The lighter was a favourite among American soldiers in Vietnam and many were engraved with sayings emblematic of the times. In the late 90s fakes made by industrious vendors began to replace the original lighters. Today, the originals are very scarce. "It's impossible to find real ones in Saigon." Edwards book documents these artefacts with respect and humour. The adages on the lighters at once nihilist and nostalgic, give a window into what it must have been like for a young soldier fighting an unpopular war on the other side of the world. 🇺🇸



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Top of the Bops



U.K CHRISTMAS NO 1'S OF THE 1980S

- 1980 There's No One Quite Like Grandma
St Winifred's School Choir
- 1981 Don't You Want Me
The Human League
- 1982 Save Your Love Renee & Renato
- 1983 Only You The Flying Pickets
- 1984 Do They Know It's Christmas? Band Aid
- 1985 Merry Christmas Everyone Shakin' Stevens
- 1986 Rhet Petite Jackie Wilson
- 1987 Always On My Mind The Pet Shop Boys
- 1988 Mistletoe & Wine Cliff Richard
- 1989 Do They Know It's Christmas? Band Aid II



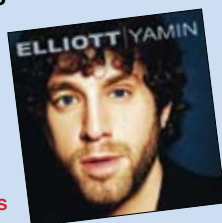
U.S. TOP 10 BILLBOARD ALBUM CHART

- 01 Long Road Out Of Eden Eagles
- 02 Blackout Britney Spears
- 03 Carnival Ride Carrie Underwood
- 04 Avenged Sevenfold
Avenged Sevenfold
- 05 Everything Is Fine Josh Turner
- 06 Raising Sand
Robert Plant /Alison Krauss
- 07 Unbreakable Backstreet Boys
- 08 Noel Josh Groban
- 09 The Best Of Andrea Bocelli: Vivere Andrea Bocelli
- 10 Still Feels Good Rascal Flatts



MOST REQUESTED SONGS AT LOVE FM, 97.5

- 01 Wait For Love Elliott Yamin
- 02 Someone D.H.T
- 03 Superwoman Paulini
- 04 Tattoo Jordan Sparks
- 05 Easy Paula Deanda
- 06 When You're Gone Avril Lavigne
- 07 1973 James Blunt
- 08 Hey There Delilah The Plain White T's
- 09 Beautiful Girls Jojo
- 10 Beautiful Girls Sean Kingston



JULIAN'S TOP PICK! – I Fell In Love With A DJ Che'Nelle

ONE TO WATCH! – My Friends Stereophonics

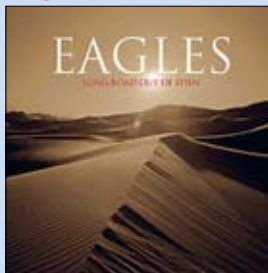
These charts are provided by LOVE FM, 97.5 Phnom Penh and are for the week ending November 11th.



Billboard:

Album reviews by LOVE FM's Julian Grant

THE EAGLES Long Road Out of Eden



Not surprisingly their first album of all new material in 28 years currently sits on top of the U.K. albums chart. The 20-song, double album has an uplifting country-rock vibe and contains a sufficient dose of famous Eagles harmonies in their 'new' sound. However, it's not new. There's no denying it's possible to hear echoes of everything from "Lyn' Eyes" to "Desperado" and it just doesn't stand the test of time, coming over as an imitation of what we heard in the 1970s when American music was at its very worst. Half of the songs on the album contain some merit but there are no gems. Tracks 2 & 3, "How Long" and Busy Being Fabulous" respectively offered some moments of encouragement but it was short lived. A single album of better than average songs surely would have been the logical choice?

TIMBALAND Shock Value



Better known as the man behind the music, with such hits as Nelly Furtado's "Promiscuous Girl" and more or less every song on Justin Timberlake's current album, Timbaland is currently regarded as one the most successful Hip Hop producers of all

time. Some of his peers have queued up to be on this album. 50 Cent, Justin Timberlake, Fall Out Boy, the Hives and even Elton John make appearances. The new single "Apologize" featuring one Republic is the stand out moment because it is so different. "Give It To Me" runs a close second. The "The Way I Are", is the only other worth mention. As a whole it is a bit of a mismatch. The genre changes with every song so the end result sounds more like a compilation than one solid piece of work. If you are a Timbaland fan you'll want this for the beats, but that won't be enough for most people.

PHIL SPECTOR A Christmas Gift For You



Take some of the best voices in pop, add Phil Spector's "Wall of Sound" and you have, for me, the greatest Christmas album of all time. Released on Nov. 22, 1963, the same day as the assassination of JFK, it flopped as radio stations throughout the U.S. did not play any Christmas songs during the period of mourning. Thankfully in subsequent years, the album has grown in popularity. "When you play the album it's not music that comes through the speakers, its tinsel," someone said describing it recently. The Crystals ("Da Doo Ron Ron") sing a brilliant, energetic version of "Santa Claus Is Coming To Town" and The Ronettes ("Be My Baby") are equally brilliant on "Sleigh Ride". The only original song on the album is "Christmas (Baby Please Come Home)" sung by Darlene Love. This album not only captures the essence of the Christmas spirit, it is also a pop masterpiece. ❗

kaleidoscope

AsiaLIFE PHNOM PENH

Advertising contact

mark jackson

tel: 012 182 8237

mark@asialifecambodia.com



Deck *the Halls*

Whether a believer or a 'bah humbug', you cannot deny that Christmas is approaching. For some Phnom Penh residents wanting to create a little Christmas cheer that means it's time to deck the halls – or at least a little tree in the corner of their apartment. **Liz Ledden** finds out where to get the best baubles to embrace the holiday season.



NCDP Stocks cards and baubles amongst the silk

FOR THE BIGGEST AND perhaps best range of Christmas decorations, NGO shop Tabitha is the place to go. Already stocked with Christmas goodies for the past few months, there is a dedicated Christmas room on the second floor, along with some classy gold and silver tree ornaments in display cases on the ground floor. The range upstairs covers the kitsch to the classic, from traditional looking patchwork wall hangings, advent calendars, a naff 'Christmas tree skirt' (US\$25) and Christmas stockings (US\$15), to much more simple and chic silk table runners in red or silver. Christmas cards are available for US\$0.80 each.

Some of the funkiest buys are the packs of silk-covered Christ-

mas tree decorations in all sorts of colours and shapes – from simple round baubles to reindeer (US\$8 to US\$12 a packet). For US\$35, you can pick up a black wrought iron Christmas tree, with curly 'branches' to hang decorations from. The perfect solution for those wanting to re-use a tree year after year, it also looks a little more contemporary and sophisticated than a green leafy or plastic variety.

Those preferring a more traditional Christmas tree should head for Pencil Super Centre. Stocking trees from under one metre to over two metres tall, the smaller trees (US\$7 to US\$13) – displayed on the store's central staircase – are available in both green and white. There's also a range of fairy lights. Some less

traditional items, such as small red plastic chilli lights, may inject a piece of Asia into your décor. Larger trees are on the ground floor. If you want to go all out and have your tree light up when plugged in, there's a tall tree with fibre optics for US\$66.

■ CHRISTMAS MARKETS

The city's markets are also a source of Christmas bits and pieces. Should you want the real McCoy Central Market is the place to buy a tree – although it may be a trite more tropical looking than the traditional fir.

Piles of potential decorations await at Russian Market. Several of the stalls alongside the CD and DVD section stock plastic bags full of colourful silk or faux silk covered ornaments from animals to stars, and a handful can be had for a few thousand riel.

Olympic Market has some suitable yet unexpected finds on its ground floor mixed in with the stalls featuring Buddhist figurines. Alongside the piles of incense are strands of tinsel in blue and silver and one stall features fake snow in a can, so you can transform your abode into a winter wonderland.

■ CHARITY CARDS

The two Rajana stores near the Russian Market are other sources of Christmas accessories, being a Christian NGO, including cards. Both the store on the outer ring of the market and the larger one around the corner stock cute cards for US\$0.65 to US\$1.25. Most are quite tasteful.

The Russian Market store stocks gift packs (US\$4.25) featuring a selection of red and green tree ornaments, mixed with miniature versions of Cambodian objects such as baskets. There are also individual ornaments near the counter (US\$0.95) such as red and green wreaths

and stars with bells attached. The larger store stocks a similar range, though with more ornaments (near the counter), including small bells tied to red ribbon for US\$0.50.

NCDP (National Centre of Disabled Persons) is yet another source of cards and ornaments. Christmas cards featuring Santa are US\$1.10 each, and in the centre of the store is a great array of silk ornaments. Stars with sequins are from US\$0.75 to US\$1 each. There's a range of animals including turtles, butterflies and ducks from US\$1 to US\$2.40 a piece. Small hanging stars made from woven palm leaves range from a reasonable US\$0.25 each.

NCDP

3 Norodom Blvd. Tel: 023 210 140

Pencil Super Centre

15 Street 214 (Cnr. Norodom Blvd.)
Tel: 023 982 394

Rajana

Russian Market & 170 Street 450
Tel: 023 993 642

Tabitha

239 Street 51 (Cnr. Street 360)
Tel: 023 721 038



Tabitha Lots of Christmas decor

Shopping Guide

ChildSafe®



A network protecting children from all forms of abuse. www.childsafe-cambodia.org.

Art

Asasax Art Gallery

192 Street 178
Tel: 012 217 795

Commercial art gallery featuring oil paintings based on Angkor reliefs by the artist Asasax. Open 9am to 8pm.

Happy Painting Gallery

FCC; Domestic Terminal Airport
www.happypainting.net

Open since 1995, these popular aircon art shops sell the extremely colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

Books & CDs

Bohr's Books

5 Sothearos Bvd.

Tel: 012 929 148

Small bookshop with a good range of secondhand and copied books. Features predominantly fiction titles, from US\$3 to US\$6. Cheaper than similar set-ups in the city. Some copied bestsellers are only US\$3.

Carnets d'Asie

French Cultural Centre (FCC)

218 Street 184

Tel: 012 799 959

French-language bookshop that has sections on Cambodia and Asia as well as general fiction. Good range of French magazines and newspapers. Open from 8am to 8pm (closed Sundays and holidays).

CD World

103 Sihanouk Boulevard

Shop with possibly the widest range of CDs, DVDs and software packages outside of the Russian Market. Open from 8am to 9pm.

D's Books

12E Street 178 & 79 Street 240

Tel: 092 675 629

Claiming to be Asia's number one choice for books, 'D' stocks over 20,000 copies. Most are second-hand (from US\$3.50), but some are originals (from US\$6). Heavy emphasis on best sellers, National Geographic past-issues

and travel books. Open 9am to 9pm.

Mekong Libris

12 Street 13,

Tel: 023 722 751

French bookstore and souvenir centre located opposite the post office building. Has a range of books on Cambodia and the rest of Asia, and a selection of imported French magazines. A good range of postcards are also available, no doubt due to the shop's location.

Monument Books

111 Norodom Boulevard

Tel: 023 217 617

Most extensive range of first-hand English-language books in town including recent releases and sections on Asia, Cambodia, travel, cuisine, design and management. Good children's section as well as a wide choice of magazines and newspapers both on display and ready to order. Open from 7:30am to 7pm (7:30am to 5:30pm Monday).

Open Book

41Eo Street 240

A welcoming reading room open to anyone to drop in, with a good range of children's books to peruse in English, French and Khmer. Apart from the library books, there's a range of illustrated children's books in multiple languages for sale, starting from under US\$1. You may need to ask a staff member for assistance, as the books for sale are locked in a cupboard.

Crafts & Furniture

Bazar Art de Vivre

28 Sihanouk Boulevard

Tel: 012 776 492

Elegant furniture and home fittings shop that specialises in antique furniture, furnishings by Bloom Atelier and Cambodian silks. French-Vietnamese owner Mai also specialises in calligraphy and design. Open from 9am to 6pm (closed Sunday).

Chez l'Artisan

42D Street 178

Tel: 012 869 634

Quaint shop with high-quality wooden furniture and lampshades that also produces

made-to-measure goods on request. Just make sure you don't trip over the dog on the way in. Open from 10am to 6pm.

Colori d'Oriente

Street 172, cnr. Street 13

Art gallery and souvenir shop close to the National Museum, which sells small prints and souvenirs. Open from 9.30am to 1pm and 2.30pm to 8pm, closed Sunday & Monday.

I Ching Decor

85 Sothearos Boulevard

Tel: 023 220 873

www.ichingdecor.com

Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

Le Lezard Bleu

61 Street 240,

Tel: 012 406 294

An elegant shop that would not look out of place in Paris. Specialising in antique and reproduction furniture, it also has a number of fine prints, mainly of Angkor. The shop has a framing service which comes highly recommended. There are also a few sculptures on sale, as well as a number of cheaper prints, although you'll have to ask the manager for the price list. Open 9am to 7pm.

Magic Gecko

87 Street 240

Tel: 012 890 916

Souvenir shop with friendly owners who speak good English. Sells a range of the brightly-painted metallic lizards available all over town.

Pavillon d'Asie

24 - 26 Sihanouk Boulevard

Tel: 012 497 217

Antique lovers dream, with a large array of well-restored furniture and decorative objects. Wooden cabinets jostle for space with Buddha statues and old wooden boxes. Upstairs are pieces from the French colonial era. Open 9am to 6pm. Closed Sundays.

Sap Bay

85 Street 240, Tel: 012 369 867

Shop with a selection of tableware and household goods with a pleasant café upstairs. Open from 10.30am to 5pm (closed Monday).

Fashion

Ambre

37 Street 178

Tel: 023 217 935 / 012 688 608

High-end fashion designs created by

Cambodian designer Romyda Keth that are popular all over the world. Beautiful colonial building with colour-themed rooms makes the perfect setting for the city's most glamorous design shop. Open 10am to 6pm (closed Sunday).

Beautiful Shoes

138 Street 143,

Tel: 012 848 438

Located near Tuol Sleng Museum, this family-run business measures your feet and designs the shoe exactly as you wish. Women's sandals cost US\$13 and leather boots US\$50. The shop also caters for men. Open from 7am until 6.30pm.

Bliss

29 Street 240

Tel: 023 215 754

A beautiful colonial building houses this exquisite shop with funky patterned cushions, quilts and an excellent clothing line. The health spa at the back of the shop also sells Spana beauty products. Open from 9am to 9pm (closed Monday).

Elsewhere

175 Street 51

Tel: 023 211 348

Upstairs boutique above a beautiful garden cafe with a range of clothing for both men and women. All items are designed by the two French owners. Open from 10am to late, (closed Tuesday).

Friends @ 240

32 Street 240

shop@friends-international.org

A creative fashion studio selling designs by students from Mith Samlanh/Friends, both ready to wear and custom made. Open 1 to 5pm Mon., 8am to 5pm Tues-Sat.

Jasmine Boutique

73 Street 240

Tel: 023 223 103

www.jasmineboutique.net

Established in 2001 by Kellianne Karatau and Cassandra McMillan, this boutique creates its own collection of designs twice a year using hand-woven Cambodian silk. Dresses start at US\$128, shoes from US\$33, bags from US\$17 and cushions from US\$37. Open 8am to 6pm.

Kambuja

165 Street 110

Tel: 012 613 586

Stylish fashion outlet with clothing designed to fuse west with east.

Keo

92 Street 222

Tel: 012 941 643

Haute couture fashion house run by



85, Sothearos Blvd

Tel: (023) 220 873

www.ichingdecor.com

ichingdecor@online.com.kh

Sylvain Lim, the grand master of Cambodian fashion. Has some pret a porter too.

Sapors

8 Street 240,
Tel: 012 803 519

Modelling agency, training school for housekeeping, as well as a beauty training school.

Smateria

8Eo Street 57,
Tel: 012 647 061

Unique boutique specialising in accessories made from recycled materials including a range of bags and wallets made from old fruit juice cartons, plastic bags and mosquito nets. Check out the blackboard tally showing how many plastic bags have been recycled to date.

Subtyl Kashaya

55 Street 240
Tel: 012 900 014

Owners/designers Sandrine Bury and Cinni Rajguru and Kashaya designer Catherine Theron share this boutique. The combination is a refreshingly light and bright shop with a selection of funky silk bags (from US\$21) and cushions (US\$12), ties, belts and shoes (US\$35).

Subtyl Asia

Hotel Cambodiana

313 Sisowath Quay Tel: 023 218 189.

French designer Sandrine Bury also has a boutique in Hotel Cambodiana selling a wide range of modern and stylish clothes and fashion accessories.

Threads

56 E1 Sihanouk Boulevard
(behind Java Café)
Tel: 012 768 248

Unisex boutique tucked away behind Java Café that sells the designs of owner Linda.

VNC

31C Sihanouk Bvd.
Tel: 023 223 066

Malaysian shoe store chain with young, fun, fashionable shoes. VNC is possibly the best place in town for stylish heels and flats, priced between US\$11 and US\$35. Also has a small range of handbags and puts on occasional sales with an excellent 50-75% off.

Water Lily

37 Street 240,
Tel: 012 812 469

Eclectic shop run by Christine Gauthier selling her distinctive range of colourful unique necklaces (US\$10 to US\$500), beads, earrings, flamboyant hats (from US\$26) and bags (US\$35). Open 8am to 5.30pm (closed Sunday).

Food

AusKhmer

125 Street 105 (between Streets 348 & 330) Tel: 023 214 478

Excellent source of Australian beef and lamb and also has groceries, wines, beers by the case or six pack, plus a great range of imported cheeses. This major supplier of cafés and restaurants is also open to individuals who can check out the warehouse style store and coolrooms.

Camory – The Premium Cookie Boutique

167 Sisowath Quay
Tel: 023 224 937

www.camoryfoods.com

Camory offers exquisite cookies inspired by traditional Khmer food culture. The young entrepreneurs of the boutique have

creatively integrated agricultural produce from the provinces into their cookies such as cashew nuts from Kampong Cham and Monduliri honey. A portion of the profits helps fund education for a local orphanage. Open 9am to 8.30pm.

Comme a la Maison

13 Street 57,
Tel: 023 360 801

Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. Small delicatessen and bakery at the back of the restaurant. Open from 6am to 10.30pm.

Dan's Meats

51A Street 214
Tel: 012 906 072

Phnom Penh's man of meat, Lanzi, supplies his strictly non-vegetarian products to many of the restaurants and bars around town. A good range of quality products is for sale at his butcher's shop.

Lucky Supermarket

160 Sihanouk Boulevard

Best known of the international-style supermarkets, Lucky, with its pleasant air-con, is a relief from the outdoor heat, and is the place to go for one-stop shopping. Has a good selection of cheeses, meats and wines, although the bread could be better.

Sorya Centre

Corner Street 63 & 142

The country's first shopping mall with the first ever escalators. Good range of electronic goods, clothes and household items with a food store at the top and a supermarket on the ground floor. Wonderful spot for people-watching.

Smokey da Boar

Tel: 012 836 442

Kiwi run wholesale butchers specialising in sausages, ham on the bone and burger meat. Phone orders only.

The Deli

13 Street 178
Tel: 012 851 234

Café and bakery with a good range of take away breads, sandwiches and pastries. Now has a second outlet on Street 51. Open from 6.30am to 6.30pm, but delivery service (within 30 minutes) is only from 7am to 11pm.

Veggy's

23 Street 240
Tel: 023 211 534

One of the few shops outside the supermarkets catering for Western tastes. Marmite, Branston pickle, cereals, Barilla pasta, Lao coffee, brown sauce (not HP) and other expat essentials at the front. A good range of cheeses, cured and cooked meats are stored in the walk-in cold room at the back. Open 8am to 8pm.

Kids' Stores

Kid's World

112 Sotheaeros Bvd.,
Tel: 012 661 168

Bright and cheery children's store selling an extensive range of real Lego, from small pieces up to elaborate box sets such as build-your-own Ferraris. The store also features a small play table. A range of baby products under the 'Nuk' label are also available.

Monument Toys

111 Norodom Bvd.,
Tel: 023 217 617

To the rear of Monument Books is a



Jasmine Boutique

#73, Street 240, Phnom Penh 023 223 103
FCC Angkor, Pokambor Ave, Siem Reap 063 760 610
www.jasmineboutique.net



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56 E1z Boulevard Sihanouk
Tonle Bassac, Phnom Penh
(Behind Java Café)



Sobhana Boutique

No. 23, St. 144/49, Sangkat Phsar Thmey III,
Khan Daun Penh, Phnom Penh, Cambodia.
Phone: (+855 23) 219 455
Email: sobhana@sobhana.org

www.sobhana.org

Siem Reap Angkor
International Airport
Tel: (855) 63 964 722

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Bazar art de vivre

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Home Textile and Lighting

BAZAR Art de Vivre
#28, Sihanouk Blvd. Phnom Penh
E-mail: mai_joe@yahoo.com

well-stocked toy section. It features an excellent range of well-known board games and toys including Barbie dolls, Transformers, Magic 8 balls and more. It has to be the best place in the city for brand name toys and games.

Silks & Accessories

Cambodian Craft Cooperation
1 Norodom Boulevard
Tel: 023 982 154

Has very high quality silk scarves and blankets along with a range of Cambodian homewares, mostly made in the provinces. Also has a small silver jewelry range.

Couleurs d'Asie
33 Street 240
Tel: 023 221 075
www.couleursdaside.net

Aircon shop selling French-designed silk and linen bags (from US\$12), scarves (from US\$12), cushions, pillow cases and quilts. Also has a selection of soaps and bath salts from Senteurs d'Angkor, Amata beauty products and Eric Raisina's unique textiles and clothing. Open 9am to 7pm (closed Sunday).

Friends 'n' Stuff
13 Street 215 (next to Friends restaurant)
Tel: 023 426 748
shop@friends-international.org

A colourful shop with unique products designed by Mith Samlanh/Friends students and parents of former street kids. Range includes clothes, necklaces, purses and 2nd hand goods. Also has a nail bar run by students from the beauty class. Open from 11am to 9pm 7 days.

NYEMO
14 Street 310,
Tel: 023 213 160

NGO handicraft store on the grounds of Le Rit's training restaurant. Fun, funky and a bit different to the norm, their silks and accessories are in fantastic bright colours. Also has a great range of children's toys and hanging butterfly and bird mobiles. Second outlet on the eastern edge of the Russian Market.

Sayon Silk Works
40 Street 178
Tel: 023 990 219
www.sayonsilkworks.com

Since 2001 self-taught Cambodian designer Sayon has created all her own handbags, cushions, scarves and quilts from Cambodian silk. A nice selection of goods on sale. Open from 9am to 7pm.

Silk & Pepper
33 Street 178 & Amanjaya Hotel

Range of contemporary silk home interior products inspired by Asian and western designs. Sells all kinds of tailor made silks and linens. Also sells Kampot pepper. Open 8.30am to 7pm.

Sobhanna Boutique
24 Street 144/49,
Tel: 023 219 455

A not for profit organisation founded by Princess Norodom Marie, offering a range of colourful, handwoven silk products. Profits help to support local women by funding the training, medical care and education of weavers.

Tabitha
239 Street 51,
Tel: 023 721 038
www.tabithafoundationaustralia.com

Large selection of silk goods including bedcovers, cushions and scarves as well as some jewellery.

Tooit Tooit
Stall 312 Russian Market

Tooit Tooit sells ChildSafe certified products made by parents of former street children in vulnerable communities. Creative handicrafts and recycled accessories are available with all proceeds to Mith Samlanh/Friends projects. Open 8am to 5pm, 7 days.

Wine

Celliers d'Asie
635 National Road 5
Tel: 023 986 350

Wine supplier with the largest quantity of retail stock in town, the Celliers d'Asie group has been providing wine to most of the top hotels and restaurants in town for over ten years.

Open Wine
219 Street 19
Tel: 023 223 527

Aircon wine shop and tasting gallery with garden restaurant serving barbecues and Fanny ice-cream. Sells wines from as little as US\$6 as well as severac and calvados. Has occasional free wine-tastings.

Red Apron
15 Street 240,
Tel: 023 990 951

The self-proclaimed home of wine enthusiasts in Phnom Penh is both a wine boutique and tasting gallery. With around 300 wines (from US\$10) the boutique has far more range for a special occasion than the supermarkets. Also arranges wine tastings in the air-conditioned gallery for US\$15.

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Afonso Vieira: Money—Your Employee

MONEY THAT IS STACKED under the pillow is not working for you. It begins to work the moment it is invested. When you invest your money, it works just as hard to produce an income as you do when you go to your daily job. Your money becomes your employee.

Generally speaking, besides salaries and bonuses that derive from a daily job, individuals can have three extra income sources:

- Interest
- Rent
- Profit

Interest is paid on bank deposits and other debt instruments like government and corporate bonds. These are virtually risk-free and semi-illiquid. However returns are normally offset by inflation.

Rent, on real estate and land, provides an enduring income stream for the individual and dependants. Real estate investments are low-risk over the long-term, but take time to sell.

Profits can originate from investments in private equity, like your own company for instance. Like real estate, private equity can be difficult to sell or part-sell if you need a cash injection. Profits can also come from investment in financial products.

INVESTMENT VEHICLES

The range of financial investment vehicles available nowadays is huge. All risk and liquidity levels are covered and your money can be invested into any economical sector or region.

Mutual funds are the most commonly used instruments. Some are specialised in a market sector, for instance real estate, making the mutual fund shareholder an investor into real estate without the hassle of managing a property or the difficulty of selling it. Others are specialised in one region only, for instance China. The difficulty with mutual funds investment is risk evaluation.

RISK

Risky investments aren't good or bad. You just have to find a balance between your tolerance for risk and the reward. If you are in your twenties, you have an enormous tolerance for risk. Let's take the worst case. Say that tomorrow, you lose your job and all your money in investments. It would be bad but not catastrophic. You could still go home and live with your parents, look for another job, and be okay.

Things are different when you're older. At 35, you have a spouse and kids. At 45, you have a mortgage. At 65 the "salaries and bonus" income source has dried out and your health problems are now solved with surgery not just medication. Simply by virtue of your age and place in life, you become more conservative.

You can't afford a total wipe out when you are near retirement age.

Regardless of what income source you chose to have as your "employee", the message is simple – make your money work for you.

Afonso is the Director of TWM - Financial Planning & Asset Management.
afonso.vieira@t-wm.com. ☑



Airlines



Air Asia

66 Mao Tse Tung Boulevard
Tel: 023 356 011

Angkor Airways

32 Norodom Boulevard
Tel: 023 222 056

Bangkok Airways

61A Street 214
Tel: 023 722 545

China Airlines

32 Norodom Boulevard
Tel: 023 222 393

Dragon Air

168 Monireth Boulevard
Tel: 023 424 300

Eva Air

298 Mao Tse Tung Boulevard
Tel: 023 219 911

Jet Star Asia

333B Monivong Boulevard
Tel: 023 220 909

Lao Airlines

58C Sihanouk Boulevard
Tel: 023 216 563

Malaysia Airlines

172 Monivong Boulevard
Tel: 023 218 923

Royal Air Services

168 Monireth Boulevard
Tel: 023 881 090

Royal Khmer Airlines

36B Mao Tse Tung Boulevard
Tel: 023 994 502

Shanghai Air

19 Street 106
Tel: 023 723 999

Siem Reap Airways

61A Street 214
Tel: 023 722 545

Silk Air

313 Sisowath Quay (Himawari Hotel)
Tel: 023 426 808

Thai Airways

294 Mao Tse Tung Boulevard
Tel: 023 214 359

Vietnam Airlines

41 Street 214
Tel: 023 363 396

ATMs

ANZ Royal

- 20 Kramuon Sar (cnr. Street 67)
- 100 Sihanouk Boulevard
- 316 & 363 Sihanouk Boulevard
- 265 Sisowath Quay
- Caltex, cnr. of Monivong Boulevard & Street 474
- Caltex, cnr. of Mao Tse Tung Boulevard & Street 202
- Caltex, cnr. of Mao Tse Tung Boulevard & Street 167
- Caltex Calmette, Cnr. of Monivong Boulevard & Street 86
- Caltex Sokha, cnr. of Kampuchea Krom & Street 139
- Lucky 7, Phnom Penh Centre
- Lucky Burger, 219 Monivong Blvd
- Luck Supermarket, 37-39 Monireth Blvd
- Lucky Supermarket, 160 Sihanouk Blvd
- Paragon Centre, 12 Street 214
- Pencil Supercentre, Sisowath Quay
- Pencil Supermarket, Street 214
- Pharmacy U-Care, cnr. of Street 178 & Sothea Boulevard
- Phnom Penh Airport, National Road no. 4
- Royal Phnom Penh International Airport
- The Rock, 468 Monivong Blvd
- Total cnr. of Streets 182 & 169

- Total cnr. of Monivong Blvd & Street 310
- Total, cnr. of Russian Blvd & Street 108
- Total, Avenue de Franc

Cambodian Public Bank

- 23 Street 114

Canadia Bank

- 126 Charles de Gaulle Boulevard
- 265-269 Ang Duong
- 394 Sihanouk Boulevard
- Royal Phnom Penh International Airport
- Sorya Shopping Centre, 16-61 Street 63

SBC Bank

- Head Office, 68 Street 214
- 203 Monivong Boulevard
- 168 Street 215
- 327 Sisowath Quay
- 55 Sihanouk Boulevard



Information

Advisory Services

Alcoholics Anonymous
20B Street 286, Tel: 092 974 882
www.aaphnompenh.org
AA meets on Friday at 7pm, Wednesday at 12pm and Sunday at 12pm.

Narcotics Anonymous
20B Street 286, Tel: 012 990 937
Meet every Monday at 8pm, Thursday at 8pm and Saturday at 7pm.

Bikes

The Bike Shop
31 Street 302, Tel: 012 851 776
www.phnompenhbike.com
Specialises in repairing trusty steeds as well as renting them out in the first place. Also provides dirt bike tours.

Dara Motorbike Shop
339 Street 110, Tel: 012 335 499
More of an off-road bike specialist, which also arranges Sunday trips into the wild.

Lucky Lucky
413 Monivong Boulevard,
Tel: 023 212 788
Cheap place to rent a motorbike from as low as US\$3 per day.

Business Groups

Australian Business Association of Cambodia (ABAC)
9 Mao Tse Tung Blvd, Tel: 023 215 184
www.abac.com.kh

British Business Association of Cambodia (BBAC)
124 Norodom Blvd, Tel: 012 803 891
senaka.fernando@kh.pwc.com

Chambre de Commerce Franco-Cambodgienne
Office 13A Ground Floor Hotel
Cambodiana 313 Sisowath Blvd,
Tel: 023 221 453
www.ccfCambodge.org

International Business Club of Cambodia
56 Sothearos Blvd, Tel: 023 210 225
zirconium@online.com.kh

Canadian Trade Commissioner Service
Canadian Embassy, 9 Street 254
Tel: 023 213 470 Ext 417
www.infoexport.gc.ca/kh/

BCC / Malaysian Business Council of Cambodia
Unit G21, Ground Floor,
Parkway Square 113, Mao Tse Tung
Tel: 023 221 386
mbcc.secretariat@gmail.com

Singapore Business Club (Cambodia)
92, Norodom Blvd, Tel: 023 360 855
singcamb@online.com.kh

Cleaning

Christine Franke
Tel: 092 884 255
European standard house cleaning including training of Khmer staff.

Housing

Bona Realty Group
209 Street 51, Tel: 012 831 199
Professional and well-established firm that

specialises in providing leased villas and flats. Also sells property.

Insurance

AG Insurance
Hotel Cambodiana, 313 Sisowath Quay
Tel: 012 195 35 85
info@ag-service.org
Professional insurance company offering health, home, car, factory, employee and hotel insurance packages.

Asia Insurance Cambodia
5 Street 13, Tel: 023 427 981
email@asiainsurance.com.kh
www.asiainsurance.com.kh
Hong Kong-based insurance company that was registered in Cambodia in 1996. Offers all types of insurance services including health, travel, general accident, money, marine, vehicle and fire.

Forte Insurance (Cambodia)
325 Mao Tse Tung,
Tel: 023 885 066
www.forteinsurance.com
The largest Cambodian underwriters. Established in 1996, specialise in car, accident, property, personal liability, marine, travel and transport insurance.

Infinity Insurance
126 Norodom Blvd,
Tel: 023 999 888
Professional insurance company offering motor, property, home, marine cargo, personal accident, healthcare, construction and engineering insurance. Group policies can be customised by special arrangement.

International Schools

ABC Preschool & Daycare
18 Street 228 Tel: 023 355 479
abc.childcare@yahoo.com
Preschool which takes children from 1 to 5 years old. American teachers are responsible for a range of subjects. Annual fees start from US\$800.

ICan International School
85 Sothearos Blvd, Tel: 023 222 418
www.ican.edu.kh
International school teaching the English national curriculum to over 230 pupils. Has spacious and modern facilities.

International School of Phnom Penh
146 Norodom Blvd,
Tel: 023 213 103
www.ispp.edu.kh
Not-for-profit international school founded in 1989, ISPP has 395 students from pre-school to Grade 12. It is the largest international school in Cambodia, and the only authorized IBO school in the country.

Northbridge School
1km off National Road 4 on the way to the airport, Tel: 023 886 000
www.niscambodia.com
info@niscambodia.com
Quality international school situated between the centre of Phnom Penh and the airport. Has a full curriculum for all students from pre-school to high school as well as good sports facilities.

Zaman International School
2843 Street 3,
Tel: 023 214 040
www.zamanisc.org
International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab.

IT / Software

Conical Hat (Cambodia) Ltd.
209 Street 63, Tel: 023 362 957
info@conicalhat.com
www.conicalhat.com
Software company that specialises in providing highly localised business solutions including accounting, payroll and billing.

First Cambodia Co Ltd.
86AB Street 13, Tel: 023 214 000
www.firstcambodia.com
The first and leading provider of IT Solutions and Networking in Cambodia. Staffed by internationally experienced consultants and local IT professionals, it offers world-class technical expertise combined with a deep understanding of the Cambodian market.

Legal

Sciaroni & Associates
56 Sothearos Blvd., Tel: 023 210 225
Law firm with a good reputation. Just the ticket if you get into a spot of bother.

Post Office

Main Post Office
Cnr. Street 102 & Street 13
Open from 6.30am to 9pm
The place to go if you want to send something overseas, or if something has got lost in the post, this is where you might find it.

Printing & Design

Digital Advertising
60E Street 38, Tel: 023 987 600
Print house with modern equipment that provides full print services as well as graphic design.

Graphic Roots
216B Street 63, Tel: 023 210 712
Graphic design company which offers full creative design services. Over ten years experience in Cambodia.

Security Firms

MPA
23 Street 214, Tel: 023 210 836
Well-established security company that

is responsible for keeping many of the town's buildings safe and sound.

Telecoms

Cadcoms
825A Monivong Blvd., Tel: 023 726 680
New communications company with Norwegian connections due to launch properly early next year.

Cambodia Samarat Communication
56 Norodom Blvd., Tel: 016 81001
Internet provider that issues the 016 SIM card.

Camshin
6B-7B 294 Mao Tse Tung Boulevard
Tel: 023 367 801
Internet provider that also installs land lines and issues the 011 SIM card.

City Link
170 Norodom Blvd., Tel: 023 220 112
One of the major internet providers in Phnom Penh.

Mobitel
33 Sihanouk Blvd., Tel: 012 801 801
Major mobile phone company which issues the 012 SIM card and has an impressive main office, making it easy to keep your telephone number after your phone has been stolen, although normally you have to wait a few hours.

Online
60 Monivong Blvd., Tel: 023 727 272
The biggest and most reliable of the Internet providers. Has a major drive on its Wi-Fi service at the moment. Watch out for their hotspots around town or surf in their showroom on Norodom.

Star-Cell
173 Nehru Blvd., Tel: 023 888 887
Newest of the mobile phone providers in the capital. Has special promotions until end 2007. Issues the 098 SIM card.

TeleSurf
33 Sihanouk Blvd, Tel: 012 800 800
www.telesurf.com.kh
Internet service provider (ISP) providing 24-hour broadband Internet service. Packages start from US\$59 with unlimited funtime costing US\$64.

Embassies

Australia
Villa 11 Street 254
Tel: 023 213 470

Belgium
Hotel Cambodiana
Tel: 023 214 024

Canada
Villa 11 Street 254
Tel: 023 213 470

China
156 Mao Tse Tung Boulevard
Tel: 023 720 920

Denmark
8 Street 352 Tel: 023 987 629

France
1 Monivong Boulevard
Tel: 023 430 020

Germany
76-78 Street 214 Tel: 023 216 381

Japan
75 Norodom Boulevard
Tel: 023 217 161

Laos
15-17 Mao Tse Tung
Tel: 023 983 632

Malaysia
5 Street 242 Tel: 023 216 176

Myanmar
181 Norodom Boulevard
Tel: 023 223 761

Philippines
33 Street 294
Tel: 023 215 145

Singapore
92 Norodom Boulevard
Tel: 023 221 875

Sweden
8 Street 352 Tel: 023 212 259

Thailand
196 Norodom Boulevard
Tel: 023 726 306

United Kingdom
27-29 Street 75
Tel: 023 427 124

United States
1 Street 96 (Wat Phnom)
Tel: 023 728 000

Vietnam
436 Monivong Boulevard
Tel: 023 726 283

On the *Waterfront*

For a long time Phnom Penh's sleepy backwater, **Kampot** seems set for a take-off in tourism. **Mark Jackson** speaks with some of its riverside proprietors about the appeal of the town.



Rainbow on the Waterfront

RUSTY KEYHOLE OWNER Kristian Duncan celebrates the third anniversary of his riverside pub on Dec. 5. The Manchester United fan had previously been working as the manager at Dusk 'til Dawn in Sihanoukville – a project he freely admits he didn't do justice. He decided to establish the Keyhole because he wanted something quieter.

It is this sense of calm that astonishes many visitors when they come to Kampot, according to Kristian.

■ SLEEPY KAMPOT

"Everyone says I can't believe how tranquil it is," he says. "You don't get bothered as much as in Phnom Penh or Sihanoukville."



Mythical proportions *Rusty Keyhole's famous ribs*

While it is true that Kampot's riverside does have the occasional beggar, there is no comparison with the numbers that stalk the capital's Sisowath Quay. This means that visitors can sit outside one of the many riverside bars and restaurants and enjoy the great river views in peace.

How long the sleepy town will stay this way is open to question? Kristian has noticed that more and more visitors are coming to the town, albeit not yet in overwhelming numbers.

"Before a lot of people had never heard of Kampot," he says before adding, "many still haven't."

But there has been a change in the town. Kristian has noticed that Khmers are spending money on their properties as real estate prices go through the roof.

He has also noticed a change in customers, with an increasing number of Khmers. According to Kristian, they mainly come to try out his ribs. Indeed Rusty Keyhole's ribs have taken on almost mythical proportions. He cites the example of one of his customers, who was told he had to try the ribs by a fellow traveller in Laos.

■ INCREASING CIVIC PRIDE

Eric Karatau has also noticed a distinct change in Kampot's riverside since he first came here four-and-a-half years ago. The New Zealand owner of Bokor Mountain Lodge says more Khmers are operating small businesses from within their shop fronts.

He also sees a lot more civic pride. The roads have improved, a new bridge has been built to supplement the rickety old bridge and the waterfront is looking a lot tidier than it used to. He also mentions a few huge projects in the pipeline such as the proposed resort at Bokor, the deep-water port at the mouth of the river and a new hydro-electric power station which could change the face of Kampot.

But for now the appeal of the town is definitely "chilling-out". "Many people check in for two nights and stay for five," says Eric.

His target market is the Phnom Penh expat family. According to him, Kampot has many attractions for children. They can safely walk around town, visit Bokor, swim in the river close to the Tek Chhouu falls and take sunset cruises along the river.



Bokor Mountain Lodge Prime riverfront location

The recent opening of an international border crossing with Vietnam nearby has already had a significant effect. "Every day there's more and more people using the border crossing at Ha Tien," he says. This will have a big impact on the town in the future as tourists will use the crossing as a means of travelling from Phu Quoc and the Mekong Delta to Bokor and the Cambodian coast.

"We're going to see the flow from the border before Kep," Eric says, asserting that Kampot is in the ideal location.

LONG-TERM FUTURE

"Its appeal is that it's not Sihanoukville," says Rikitikitavi owner Dominic Price. While he is in full agreement with Kristian and Eric as to the current ap-

peal of "peaceful" Kampot, he disagrees about the town's long-term future.

The Englishman came to Cambodia two-and-a-half years ago having spent the previous two-and-a-half years on a bike travelling overland from the U.K., a trip he says is a lot easier than you might think.

Once the proposed resorts are built along the road in Kep, across the river and up Bokor Mountain, Dominic feels that Kampot might become bypassed. "It will be the place for a stopover or a day-trip," he thinks.

But that is in the long-term. "In the medium-term Kampot has a great future," he says.

What remains to be seen is how long it will take before sleepy Kampot will be awoken by the noise of mass tourism. ❏



Rikitikitavi Attractive guesthouse and restaurant

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Cozy bar, Roof top terrace area.
10 minutes from the airport.



Rikitikitavi

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Regional Guide

Siem Reap - Bars

Angkor What?

Pub Street, Tel: 012 490 755
 "Promoting irresponsible drinking since 1998," this graffiti-laden bar is the mainstay of Pub Street. A healthy mix of loud rock, punk and grunge, buckets of vodka and red bull for US\$6 and a pool table ensures that you will never feel alone. Open from 5pm to late.

Funky Munky

Riverside, near Old Market Tel: 012 182 4553
 Lively pub on the river front with lots of rock posters and music to match. Typical pub grub menu with classics such as the ploughmans and an extensive burger list, including a cardiac arrest that carries a health disclaimer. There's a quiz each Thursday and a Sunday roast from 6.30pm. Open from 12pm to late with a 4pm to 7pm happy hour.

Laundry Bar

Old Market, Tel: 016 962 026
www.laundry-bar.com
 Extremely chilled music bar just off Pub Street with great mellow decor and extremely cool t-shirts. Its 243-page music catalogue makes for the perfect respite from the Cambodian obsession with hip-hop, and they can burn 7 CDs for US\$5. Free drink during the 6pm to 9pm washing hours. Open 6pm to late.

Linga Bar

Alley behind Pub Street, Tel: 012 246 912
www.lingabar.com
 Laid back, gay-friendly bar with extremely chilled Buddha Bar tunes and some amazing light boxes. Free Wi-Fi. Open from 5pm to late.

Molly Malone's

Cnr Pub Street & Sivutha Boulevard Tel: 063 963 533
www.mollymalonescambodia.com
 Obligatory Irish Pub with lots of wood panelling and Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-conditioned rooms from US\$20 to US\$35. Open from 7am to midnight.

Red Piano

Pub Street, Tel: 063 964 730
www.redpianocambodia.com
 Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has

great views of the m  le down below. Open from 7am to 11.30pm.

The Warehouse

Old Market, Tel: 063 965 204
 Popular expat bar opposite the old market that plays great 80s music. Good Asian fusion cuisine and with an additional selection of menus from nearby outlets, this is a great place to hide from the hordes along Pub Street and use the free Wi-Fi. Also has a small gallery upstairs. Open from 10am to 3am.

Siem Reap - Cafes

Blue Pumpkin

Old Market, Tel: 012 946 227
www.tbumpkin.com
 Popular caf   with a great range of freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Caf   coffee. Free Wi-Fi. Also has outlets at Angkor Wat and the airport.

Caf   de la Paix

Sivutha Bld, Tel: 063 966 000
www.hoteldelaipaixangkor.com
 Like the adjoining Hotel de la Paix, this small caf   exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and patisseries are all 50% off after 8pm.

Happy Painting

FCC, Old Market, Angkor Century Hotel Tel: 012 623 945
www.happypainting.net
 Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards. Open from 5.30am to 11pm.

Siem Reap - Galleries

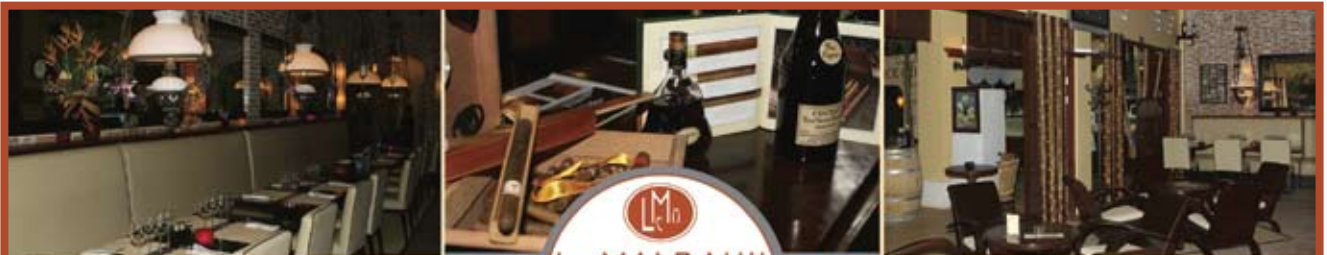
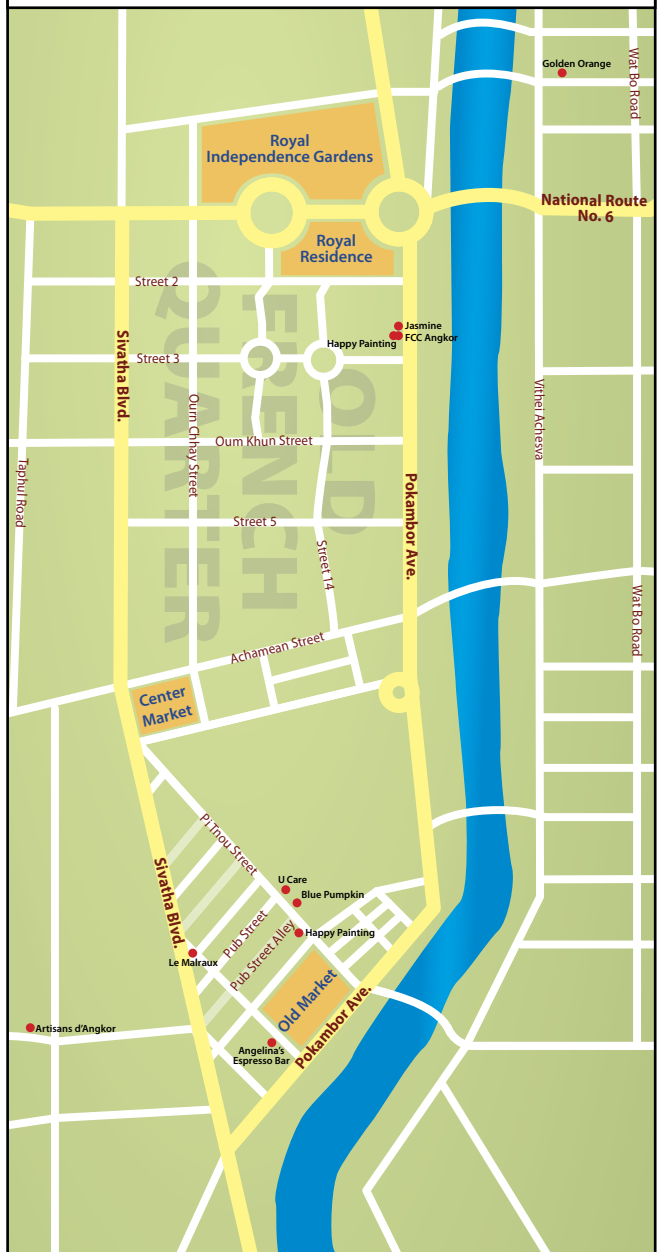
Carnets d'Asie

333 Sivutha Bld., Tel: 016 746 701
www.carnetsdasie-angkor.com
 Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th century.

Klick

Alley behind Pub Street Tel: 063 761 084
 Commercial fine art gallery dedicated to the work of Swiss photographer Pier Poretti. Black and white photographs are given a face-lift using hand-tinted water colours. Prints start at US\$40.

CENTRAL SIEM REAP



With an Art Nouveau interior, **LE MALRAUX** offers French food and wine.



Home made ice-cream and desserts are also our specialties.

info@le-malraux-siem-reap.com
www.le-malraux-siem-reap.com

155 Sivutha, Siem Reap



McDermott Gallery

FCC Complex, Pokambor Avenue & alleyway behind Pub Street
Tel: 012 274 274

www.mcdermottgallery.com
The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other other photographers alongside McDermott's own work. Open 10am to 10pm.

The Arthouse

Upstairs at The Warehouse opposite Old Market
Tel: 063 965 204

info@thearthousesiemreap.com
Small gallery above the Warehouse that displays work of young Cambodian artists, curated by Sasha Constable. Current exhibition features the paintings and sketches of Battambang artist Srey Bandole.

The Arts Lounge

Hotel de la Paix, Sivutha Boulevard
Tel: 063 966 000

Large space in the ground floor of the hotel that showcases the works of Cambodian and international artists. All pieces focus on Cambodian subjects.

Siem Reap - Hotels

Amansara

Pokambor Avenue, Tel: 063 760 333
www.amanresorts.com

The ultimate in Siem Reap's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit.

Claremont Angkor

17 Phum Wat Bo, Tel: 063 966 898

www.claremontangkor.com
New reasonably priced hotel with swimming pool, gym and large outside terrace area. Well-located just across the river, but within easy access of both temples and town.

FCC Angkor

Pokambor Avenue, Tel: 023 992 284

www.fcccambodia.com
Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free Wi-Fi for guests both in rooms and around the pool. Rooms from US\$90 in low season.

Golden Orange

Off East River Road, Tel: 063 965 389
Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers. Rooms from US\$20.

Hotel de la Paix

Sivutha Boulevard, Tel: 063 966 000

www.hoteldelapaixangkor.com
With stoneware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free Wi-Fi. Special offer rooms from US\$165 a night.

La Residence d'Angkor

River Road, Tel: 063 963 390

www.residencedangkor.com
Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Rooms are US\$340 to US\$440 a night.

Raffles Grand D'Angkor

1 Charles de Gaulle, Tel: 063 963 888
Elegant hotel with opulent gardens and a spectacular swimming pool in its grounds. Has frequent art exhibitions and Apsara dancing on nearby terrace. Rooms are from US\$350 in the high season.

The Red Piano

341, 50m Northwest of the Old Market, www.redpianocambodia.com

Nicely designed guest house with 15 comfortable and spacious non-smoking rooms. All include air-con, cable TV and a hot shower from US\$16 to US\$28 a night. Promises a hassle-free stay.

Sokha Angkor

Cnr Sivatha Rd and National Rd 6

Tel: 063 969 999

www.sokhahotels.com

Huge 5 star resort, sister property to Sihanoukville's Sokha Beach Resort. Located just back from the centre of town, it has a large pool, Irish pub and Japanese restaurant. Rooms from US\$250-2000 a night.

Victoria Angkor

Near Royal Gardens, Tel: 063 760 428

www.residencedangkor.com

Beautiful hotel with the most luxurious swimming pool and gardens. Rooms from US\$285 per night.

Siem Reap - Leisure

Body Tune

293-296 Pokambor Avenue

www.bodytune.co.th

Heavy grey stone Thai-run spa with selection of massages and facials starting at US\$12. All masseuses work with Thai instructors.

Frangipani

Alley behind Pub Street,

Tel: 063 964 391

Relaxing three-room beauty spa in the heart of town that's popular with expats. Massages are from US\$18. Body treatments and facials start at US\$22.

Phokeethra Country Club

Sofitel Royal Angkor Resort & Spa,

Vithei Charles de Gaulle,

Tel: 056 396 4600

golf@sofitel-royal-angkor.com

International standard 18-hole, 72-par golf course managed by the Sofitel Royal Angkor Golf and Spa Resort. Situated 16km outside of Siem Reap.

Siem Reap - Restaurants

Abacus

Oum Khun Street, Tel: 012 644 286

www.cafeabacus.com

Set just back from the main road, this beautiful sheltered garden explodes with greenery. The interesting menu has specials including crocodile tails and frog legs' skewers. The steaks are excellent. Book exchange downstairs and two private dining rooms upstairs. Open 11am to late.

Angelina's Espresso Bar

West Side of Old Market

Contemporary designed coffee shop,

which actually makes its own coffee

blend - Mekong Symphony. The

sophisticated decor is perhaps a sign of

the times for Siem Reap.

Butterflies Garden Restaurant

535 Wat Bo Road, Tel: 063 761 211

www.butterfliesofangkor.com

Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.



Free daily tours

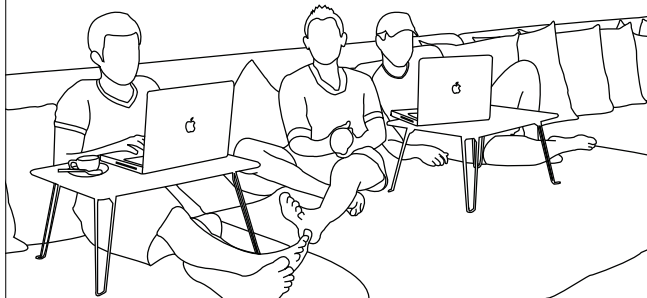
Join a trained guide for a tour of Artisans d'Angkor workshops

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Open everyday
7.30am - 6.30pm
Stone & woodcarving, lacquering and silk painting
- Silk Farm - Puok district (16km from Siem Reap)
Open everyday
8.00am - 5.00pm (workshops)
8.00am - 5.30pm (boutique and Café)
Silk museum and silk workshops from mulberry trees growing to silk weaving

Chantiers-Ecoles, Stung Thmey Street, P.O Box 47, Siem Reap, Kingdom of Cambodia. Tel: (855) 63 963 330 Fax: (855) 63 964 097
E-mail: info@artisansdangkor.com www.artisansdangkor.com



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ice cream
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Getting there



■ BATTAMBANG

GST runs seven buses a day from the Central Market Bus Station to Battambang, starting at 6.45am and finishing at 12.30pm. The journey takes between five and six hours and costs US\$4. Far more comfortable and quicker (four hours) is a shared taxi. Expect to pay US\$40.

■ KEP & KAMPOT

Both Kep and Kampot are served by the same bus service. Buses leave Phnom Penh at 7.30am and 1pm from the bus station 30 meters from the main entrance to the Olympic Stadium. Contact Hua Lian Transportation (Tel: 012 376 807) for details. Other buses leave from the bus station at the Central Market. A one-way ticket costs US\$5 and takes about 4.5 hours. Shared taxis can be found in the morning at the Central Market.

■ KRATIE

Buses departing for Kratie leave from the Central Bus Station next to the Central Market. The seven-hour journey costs between US\$5 and US\$5.50 and buses leave at 7am, 7.30am and 9.30am.

■ SIHANOUKVILLE

Mekong Express buses leave from their office close to the Green Vespa at 87A Sisowath Quay at 7:45am and 2.30pm, stopping at Orussey Market. Price is US\$5 including a snack and free pick-up. GST runs four buses a day (7:15am, 8:15am, 12:30pm & 1:30pm) for US\$4 from Central Market, but offer no pick-up or snack.

Carnets d'Asie

333 Sivutha Boulevard, Tel: 016 746 701
At the back of a galleried shopping area is this beautifully shaded high quality restaurant.

FCC Angkor

FCC Complex, Pokambor Avenue
Tel: 063 760 280
The best example of contemporary Asian architecture in Cambodia, the elegant bar and restaurant serve a mix of Asian and International cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel and arguably the coolest pool room in Cambodia.

La Noria

Wat Bo Road, Tel: 063 964 242
Beautiful restaurant, set on a raised terrace area surrounded by trees. Serves good international and Khmer cuisine. Has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

Le Malraux

155 Sivutha Boulevard
www.le-malraux-siem-reap.com
Sophisticated French fine dining establishment close to the market with good outside terrace and welcoming bar. Has a fine selection of wines.

Le Bistrot de Paris

Old Market Area, Tel: 092 964 790
Parisian-style bistro which opened in December 2006. Heavy wood-panelled interior with solid bar and aircon provide this restaurant with authenticity. Serves foie gras, croque monsieur, cheese, cold cuts and French wines.

Maharajah

Next to Pub Street, Tel: 092 506 622
Halal restaurant offering 261 Royal Indian dishes, including a large selection of vegetarian and non-vegetarian specialities. Open from 10am to 11pm with free home delivery.

Meric

Hotel de la Paix, Sivutha Boulevard
Tel: 063 966 000
www.hoteldelapaixangkor.com
Elegant, contemporary restaurant with classically simple yet powerful black and white décor and an open kitchen. Executive Chef Johannes Riviere has devised a daily-changing seven-course traditional Khmer set menu. Try to book one of the swings outside on the terrace.

Singing Tree Café

Wat Bo Road, Siem Reap
Tel: 012 490 265
Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialities, all costing around US\$2. Also a centre for yoga, meditation and reiki healing.

Tigre de Papier

Pub Street, Siem Reap
Tel: 012 265 811
The thing that differentiates this place from all the other restaurants along Pub Street is its half-day cookery classes, starting at 9am and costing US\$10. Friendly, helpful French management.

Viroth's

Wat Bo Road, Tel: 012 826 346
Elegant restaurant on the other side of the river with excellent terrace garden. A good place to try royal Khmer cuisine including amok.

Siem Reap - Shops

Boom Boom Room
Old Market
Boasts a 176-page catalogue of tracks

that can be burned either onto CDs for US\$1.25 or mp3 discs for US\$0.75. Also sells its designer t-shirts (US\$6) and hoodies (US\$15) as well as the Zico fashion label for women. Same chain as in Phnom Penh and Sihanoukville.

Carnets d'Asie

333 Sivutha Boulevard
Tel: 016 746 701
Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

Happy Painting

FCC, Old Market, Angkor Century Hotel
Tel: 012 623 945
www.happypainting.net
Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards.

Jasmine Boutique

FCC Angkor, Pokambor Avenue
Tel: 063 760 610
Same sophisticated, stylish boutique as on Street 240 in Phnom Penh. The perfect place to come for the ballgown you forgot to bring with you.

U-Care Pharmacy

Next to Old Market, Tel: 063 965 396
Reliable western-style pharmacist and drugstore that also has two branches in Phnom Penh. Sells health and beauty products. Open 8am to 12am.

ATMs

- ANZ Royal**
 - Street 125 (near Old Market)
 - National Route 6 (Caltex Service Station)
 - Siem Reap Airport
- Cambodian Public Bank**
 - 618 Achamean Street
- Canada Bank**
 - 558-559 Phsar Chas Street (Old Market Street)
- SBC Bank**
 - 18A Sivutha Boulevard

Battambang

La Villa

East bank of river, Tel: 012 826 186
www.lavilla-battambang.com
Beautifully restored 1930s colonial house with six rooms for US\$45 to US\$50. The only quality accommodation in Battambang.

Riverside Balcony Bar & Restaurant

West bank of river,
Tel: 012 437 421
Traditional wooden house with great views of the river and good food. Open from 4pm to midnight.

Sunrise Coffee House

Near Royal Hotel, Tel: 053 953 426
Excellent coffee, pastries and sandwiches. Open from 6.30am to 5pm, closed Sundays.

Kampot

Blissful Guest House

Kampot, Tel: 012 513 024
Small guest house, with 11 rooms, set in a quiet part of town. Downstairs restaurant and bar, and communal TV room upstairs. Rooms are from US\$4 to US\$7.

Bodhi Villa

Across the river, Kampot
Small guest house just across the old bridge in Kampot. The few basic rooms are extremely cheap and there are bungalows overhanging the river too. Most definitely a place to chill like the lotus eaters.

Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314
www.bokorlodge.com
Beautiful French colonial building set on the riverfront with recently refitted air-con en-suite rooms. Restaurant and bar serves a variety of Khmer, Asian and Western food. Rooms are from US\$20 to US\$35 and the restaurant is open from 7am to late with Wi-Fi.

Bonkors

Riverside Road, Kampot
Next door to the British pub Rusty Keyhole, Bonkors is a pub and wine bar, hosted by Terri and Richard. The good selection of drinks includes cocktails and imported French wines, and air conditioning is an added bonus. Open from 1pm to midnight, closed on Wednesdays.

Epic Arts Café

Old Market, Kampot
Employing deaf staff, this café next to the old market has a good range of bagels, shakes, brownies and coffee. Open from 7am to 6pm.

Jasmine

House 25 Riverside Road, Kampot Tel: 012 927 313
Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish addition to the Kampot riverfront. Serves tasty Thai, Khmer and café fare, it also has photography decorating the walls, and dark wood furniture including two large tables for groups.

Les Manguiers

2 km North of Kampot, Tel: 092 330 050
Beautiful tiny resort set on the Kampot side of the river a couple of kilometres out of Kampot. Three rooms (US\$15) and four bungalows (US\$20 - US\$25). Also has a restaurant with food prepared fresh every day.

Little Garden Guest House

Riverside Kampot
Good value guest house well located near the old bridge on the riverside. Good sized rooms cost between US\$10 to US\$18. Also has a restaurant open from 7am to 10pm.

Rikitikitavi

Riverfront, Kampot Tel: 012 274 820
rikikititavi.asia.com
Superb western food is served up in massive portions in this river-facing restaurant, bar and three room guesthouse. A more upmarket venue for Kampot, the upstairs seating affords great sunset views. Rooms range from US\$25-35 and are the most stylish in town. Restaurant and bar closed on Mondays.

Rusty Keyhole

Riverfront, Kampot
This riverside British pub is the place for expats to chew the fat over a pint in this sleepy town. The friendly British owner has created as close to the atmosphere of a rural pub as you can in Kampot. Live premiership games, sunset happy hour, daily BBQs and a strict 'no missionaries' policy make this a must. Open 8.30am to midnight.

Kep

Champey Inn Resort
Tel: 012 501 742
Sea-fronted resort with fan-cooled

bungalows at US\$60 per night. Has a swimming pool, a restaurant, a bar and a pleasant garden.

Knai Bang Chatt Resort

Tel: 012 349 742
www.knaibangchatt.com
Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public for US\$150 per night including breakfast. With an elegant swimming pool, reliable air-con, a gym, a library and fantastic gardens, this resort is the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea.

Star Inn

Kep Beach Tel: 011 765 999
Hotel overlooking Kep Beach that has good sized and elegant air-con rooms. Rooftop restaurant serves seafood and cocktails. It stays open to late at week-ends. Rooms from US\$20 to US\$50.

The Beach House

Tel: 012 240 090
www.thebeachhousekep.com
Modern hotel with aircon and good views of the sea, swimming pool, spa, restaurants and bars. Can arrange trips to Rabbit Island. Rooms from US\$35 to US\$45.

Veranda Natural Resort

Tel: 012 888 619
www.veranda-resort.com
Traditional wooden bungalows set in the hillside at the back of Kep, hot water and breakfast from US\$20. Spacious family bungalows with aircon cost US\$60. Also has a good restaurant and bar with some quite stunning sweeping views down to the coast.

Kratie

Cambodian Craft Co-operation

At Wat Roka Kandal
A small craft centre selling wickerwork by local artisans, housed inside Wat Roka Kandal. Funded by a German chamber of trades and crafts. The baskets and handicrafts have marked prices.

Red Sun Falling

Rue Preah Sumarit
Well-established western-run café and bar on the riverfront. One of the few bustling places in the evening, it has tasty food with dishes in the US\$1.50-2.50 range.

Santepheap Hotel

Rue Preah Sumarit (the riverfront)
Tel: 016 703 580 / 072 971 537
santepheaphotel@yahoo.com
Good centrally located Khmer style hotel facing the river, with basic rooms costing US\$15 including breakfast.

Sen Sok Guesthouse

South of the market, near the post office
Tel: 012 732 185
sarathem@yahoo.com
Small, friendly guesthouse with US\$4-12 rooms. Set in picturesque peaceful part of town, a 5-minute walk inland from the Mekong. Excellent rooftop views of the surrounding countryside.

Star Guesthouse

Opposite the market, Tel: 012 753 401
kratiestar@hotmail.com
A hub for arranging transportation and getting travel advice on travel to Ratanakiri, this guesthouse has cheery, colourful and clean rooms for only US\$4 to US\$5 a night. The café serves up some of the most innovative food and drink in town. Has facilities for storing motorbikes also available.

Sihanoukville

Cantina del Mar

Otres Beach, Tel: 012 702 502
Newly opened taco and seafood stall

on one of Sihanoukville's most spoilt beaches. If it is anything like its Phnom Penh older sister, expect great Mexican food and some mean tequila cocktails. Open from 10am.

Holy Cow

Ekareach Street, Tel: 012 478 510
Beautiful restaurant set in a relaxing garden environment on the main street, with terracotta terrace downstairs and wooden dining area upstairs. Well-priced, good cuisine including vegetarian options from US\$1.50 to US\$3, with house wine at US\$2. Open 9.30am to midnight.

House of Malibu

Serenity Beach Tel: 012 733 334
Nice, clean bungalows fronting the beach with a pleasant garden. Rooms come either with air-con or fans and have cable TV. Prices are from US\$25 to US\$50, breakfast included.

The Independence Hotel

Street 2 Thnou, Sangkat No. 3, Khan Mittapheap, Tel: 012 728 090
Beautifully restored hotel on Independence Beach, originally opened in 1963, reopened in 2007 following a complete refurbishment. Infinity pool and sweeping ocean views from most rooms. Gym, conference rooms and circular restaurant. Rooms from US\$110 to US\$450 per night.

La Maison Blanche

Victory Hill, Tel: 012 913 714
Hotel conveniently placed on Victory Hill's main drag and a few hundred metres walk from Victory Beach. Opened in August with rooms from US\$6 (fan) to US\$12 (air con).

Le Vivier de 'La Pailote'

Victory Hill, Tel: 012 633 247
Upmarket French restaurant that certainly outshines the other places on Sihanoukville's late night drinking street.

Sophisticated French cuisine in a beautiful garden setting. Open for lunch and dinner.

Mick & Craig's Sanctuary

From Golden Lion to Serendipity
Tel: 012 727 740
Open restaurant serving reliable food, including wood-fired oven pizzas. Bar has a big screen and pool table. The guest-house has a few rooms from US\$6 to US\$10, a bookshop and is a good source of travel information. Open 7am to late.

Oasis Hotel

Ekareach Street Tel: 012 638 947
Spacious sports bar with large TV screen showing F1 and movies. Two pool tables often with plenty of willing female opponents. It also has spacious rooms ranging from US\$5 (fan) to US\$20 (air con). Open from 7am to late.

Orchidée Guest House

Near Occheuteal Beach
Tel: 016 867 744
www.orchidee-guesthouse.com
Slightly set back from the road, this small place has a swimming pool and is a reasonable walk away from the beach. Rooms are air-conditioned and cost US\$10 to US\$25.

Otres Nautica

Otres Beach Tel: 092 230 065
Boating company operating off Otres Beach. Has catamarans, lasers, sailing boats, sea kayaks as well as other vessels. Provides lessons and rental for beginner and expert sailors.

Paracambodia

Tel: 012 709 096
www.paracambodia.com
Company that offers powered paragliding, either through a four-to-five-day course for US\$650 or a two-to-three-day conversion course for US\$300.

Luna d'autunno

Woodfired pizzaoven

Opening soon in Siem Reap

Cambodia: Phnom Penh - Sihanoukville - Siem Reap

Vietnam : Ha Noi - Mui Ne - Ho Chi Minh City

regional

Traditional Italian Cuisine

Phnom Penh: 6c Street 29
Tel.: 023 22 08 95 - 09279781
E-mail: lunaphnompenh@gmail.com

Sihanoukville: 59 Str. Independent
Sa..4 Kh. Mittapheap Tel. 034-934280
E-mail: lunasihanouk@gmail.com

Reef Resort

Road from Golden Lion to Serendipity
Tel: 012 315 338

bookings@reefresort.com.kh
Small guesthouse set around a beautiful pool, very much in the style of the Billa-bong in Phnom Penh. Rooms have aircon with in-room safe and cable TV. Family rooms also available. Has a welcoming bar with excellent TV screen and a 9-ball pool table. Rooms from US\$35 to US\$60.

Scuba Nation

Tel: 012 604 680 / 012 715 785

www.divecambodia.com
Five-star PADI centre offering daily trips to the area's many islands and reefs including the decent dive sites at Koh Rung Samloem and Koh Kon. Also run a range of PADI-certified courses. Have offices in Phnom Penh, but check the website for information on the diving season.

Sea Breeze

Independence Beach, Tel: 034 934 205
Australian-run hotel with large air-con rooms opposite Independence Beach. BBQs include freshly caught fish and imported steaks. The bar has a 9-ball slate pool table and a large screen for sporting events. Rooms from US\$10 to US\$40.

Snake House

Near Victory Monument, Tel: 012 673 805
So called because there is a house with snakes run by some Russians, rather than vice versa. If reptiles are not your scene, then the poolside bungalows and lush gardens provide a great spot to stay. The restaurant serves Russian and European cuisine and the bar can get very lively at night. Rooms from US\$15 to US\$20.

Sokha Beach Resort

Sokha Beach, Tel: 034 935 999
With its own private beach, excellent

swimming pool and fine restaurants, Sokha is easily the classiest place to stay in Sihanoukville. A live Filipino band plays around the cocktail bar at night. Rooms are available from US\$85.

Starfish Bakery Café

Behind Samadera Market

Tel: 012 952 011
Excellent place for a healthy breakfast or lunch set in a relaxing garden environment with good bread, salads, sandwiches, juices and porridge. Has a small shop run by the Rajana Association selling clothes and handicrafts. Good place to go for a massage. Open for breakfast and lunch.

Sushi Square

Victory Hill,
Tel: 012 913 714
Opened in August on the old site of mash Melting Pot, this sushi restaurant is run by the same owners as Le Vivier de la Paillote. Promises to add some variety to Sihanoukville's most cosmopolitan street.

Top Cat

On road from Golden Lion to Serendipity Beach
dabeevr@yahoo.com
Opposite the Reef Resort, this luxurious large screen movie house showing DVDs opened in August. The films are free but there is a charge for the air con and comfortable couches.

XXL

Victory Hill,
Tel: 092 738 641
Belgium-run restaurant serving good French cuisine including an excellent fillet steak and local fish. Slightly tucked away from the main Victory Hill drag, it has a good area for relaxing outside and also a stock of Belgian beers.



■ PUB QUIZ ANSWERS
 (1) Danny Kaye (2) Michael Caine (3) Haydn (4) All Carpenters (5) The Simpsons (6) With every Christmas card I write (7) Fairy Tale of New York (8) Mary's Boy Child by Boney M (9) Away In A Manger (10) Let it snow (11) Little Women (12) Door Knockers (13) Narnia (14) Brothers Grimm (15) The Mouse Trap (16) Herod (17) Pacific and Indian (18) Oil-ver Cromwell (19) Bohemia (modern day Czech Republic) (20) Mikhail Gorbachev (21) Poinsettia (22) Both males and females have antlers (23) 123 (146 legs less 23 beaks) (24) Capricorn (25) Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner & Blitzen (26) Biathlon (27) Speed Skating (28) Nets in goal (29) Melbourne (30) Ski-jumping.



Reef Resort Sihanoukville

Sihanoukville's premiere boutique
hotel restaurant & bar









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Serendipity Beach Road, Sihanoukville ☎ 012 315 338, 034 934 281

www.reefresort.com.kh

bookings@reefresort.com.kh

this month in history

transplants, losses, births, firsts...



■ **DECEMBER 3, 1967** **First successful heart transplant**
South African doctor, Christiaan Barnard performed the first successful human-to-human heart transplant operation on Louis Washkansky in Cape Town, South Africa. The operation lasted nine hours. Washkansky lived for 18 days following the operation, before dying of pneumonia. Barnard's most successful heart transplant patient was Dorothy Fisher, who lived for 24 years after her operation in 1969. The surgeon died while on holiday in Cyprus, not of a heart attack as originally reported but from an acute asthma attack.



■ **DECEMBER 5, 1791** **Mozart dies**
Possibly the most famous composer that ever lived, died in Vienna at the age of 35. Wolfgang Amadeus Mozart composed over 600 musical

works, including some of the finest operas – The Magic Flute, The Marriage of Figaro, Don Giovanni and Così Fan Tutte. Initial speculation that he might have been poisoned has subsequently been proved false. The precise cause of his death remains unresolved, although he did have a fever and it might have been related to syphilis. Despite his phenomenal output, the composer died penniless.

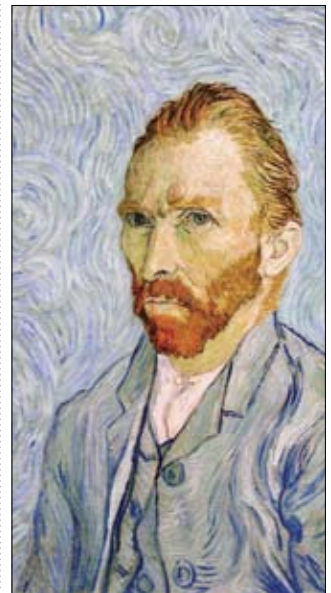
■ **DEC 25, 1899** **Birth of Bogie**
Hollywood's most famous tough guy was born Humphrey DeForest Bogart on Christmas Day, 1899 in New York City. Best known for his starring roles in films such as The African Queen, The Maltese Falcon, The Big Sleep and Casablanca, Bogie appeared in 75 movies. He won an Oscar for Best Actor for his performance as Charlie Alnutt in The African Queen. He was married four times most famously to Lauren Bacall, whom he met while filming To Have and Have Not. Chain-smoker, heavy drinker and president of the Hollywood rat pack, he died from cancer, aged 57 on Jan. 14, 1957. In 1999, he was voted as the Greatest Male Star of All Time by the American Film Institute.



■ **DECEMBER 17, 1903** **Wright Brothers learn to Fly**
Orville and Wilbur Wright made the first powered, controlled airplane flight near Kitty Hawk, North Carolina. Orville piloted the first flight, which lasted only 12 seconds and covered 36.5 metres. The brothers made three more flights the same day, none of which lasted longer than a minute. Although the validity of these flights has been contested, they have been accredited by the International Aeronautical Federation. The plane, Flyer I, is on display in the National Air and Space Museum, in Washington D.C.



■ **DECEMBER 23, 1888** **Van Gogh cuts off his ear**
Dutch expressionist painter Vincent van Gogh cut off his left ear while suffering from depression, after arguing with his friend the painter Paul Gauguin. The artist suffered recurring bouts of mental illness ultimately culminating in his suicide on Jul. 27, 1890 at the age of 37. Some of his most famous works include The Potato Eaters, Sunflowers, The Starry Night, Irises and Portrait of Dr. Gachet.



■ **DECEMBER 14, 1911** **Amundsen reaches the South Pole**
Norwegian explorer Roald Amundsen became the first person to reach the South Pole, beating British explorer Robert

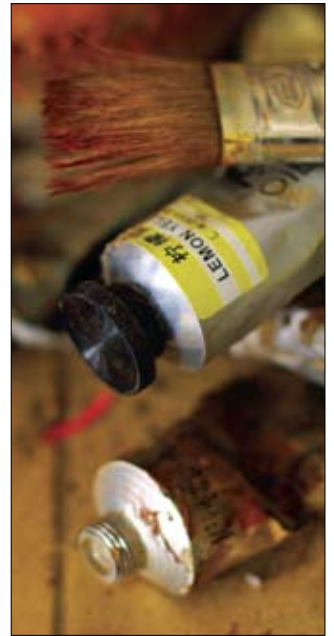


photo essay

art in the making by virginie noel



Khay Samnang *Playing with light*



Waiting



Khchao Touch *Studies*



Patiently



Grace of an Apsara



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456+ Monivong Boulevard Tel: 023 721 966

The QuizMaster's Noledge

ENTERTAINMENT

- 1) Which male singer and dancer co-starred with Bing Crosby in the film *White Christmas*?
- 2) In "The Muppet Christmas Carol", which famous actor played Ebenezer Scrooge?
- 3) Which classical composer wrote his *Christmas Symphony* in 1765?
- 4) What did Karen, Richard and Joseph have in common?
- 5) Which cartoon family has a dog called 'Santa's Little Helper'?

CHRISTMAS LYRICS

- 6) Which line follows "I'm dreaming of a *White Christmas*" twice?
- 7) The jolly words "Happy Christmas your arse, I pray God it's our last" come from which song?
- 8) "Long time ago in Bethlehem, so the holy bible says" is the beginning of which song?
- 9) Which Carol contains the line "The cattle are lowing, the baby awakes, but little lord Jesus no crying he makes"?
- 10) "It doesn't show signs of stopping, and I bought some corn for popping: the lights are turned way down low..." What line comes next?

ART AND LITERATURE

- 11) "Christmas won't be Christmas without any presents" is the first line from which literary classic written by an American woman?
- 12) On what did Marley's ghostly face first appear to Scrooge in Charles Dickens' *A Christmas Carol*?
- 13) In which fictional land is it always winter but never Christmas?
- 14) Who wrote the original story of *Snow White* in which there were no dwarfs?
- 15) Which long-running West End play, set at Christmas time, originally starred Richard Attenborough and was written by Agatha Christie?

HISTORY AND GEOGRAPHY

- 16) Who was the King of Judea visited by the Three Wise Men on their way to see the newborn baby Jesus?
- 17) There are two Christmas Islands. In what oceans are they?
- 18) In 1647, which ruler banned Christmas in England saying that feasting and revelry on a holy day were immoral?
- 19) Good King Wenceslas, originally known as Saint Wenceslas, was ruler of which country?
- 20) Which leader of the Soviet Union for almost seven years, stepped down from office on Christmas Day?

SCIENCE AND NATURE

- 21) Which Mexican plant is called the Flower of the Holy Night?
- 22) What makes reindeer unique amongst deer?
- 23) In the song 12 Days of Christmas - Add up all the legs and take away all the beaks, what number do you have left?
- 24) Which Star Sign covers Christmas Day?
- 25) What are the names of Santa's eight reindeer?

SPORT

- 26) Which winter sport comprises Cross Country Skiing with small-bore rifle shooting?
- 27) In which Winter Olympic Sport was the 5,000 metres event won in a time of 6m 59.97secs?
- 28) On New Years Day 1890, what were used for the first time during a football match in Bolton?
- 29) The Boxing Day Test takes place in which Australian city?
- 30) In which winter sport is your "equipment" 46% longer than you are?

ANSWERS ON PAGE 78



'Nuff said

Sudoku MIND GAMES TO KEEP YOU THINKING

SUDOKU PRIZE COMPETITION

In this edition Gwan Ching Lee has chosen an easy puzzle for you to try. Once you have completed the puzzle you can enter our Sudoku Prize Competition for a chance to win a mystery prize and a certificate of excellence from Gwan Ching Lee.

All you have to do is complete the Sudoku puzzle in this edition of *Asia Life* to reveal the four numbers in the four shaded corners of the puzzle.

Start with the number you think belongs in the top left hand square and give the others in a clockwise direction.

Send the four numbers either in a text message to 012 182 8237 or Email to mark@asialifecambodia.com.

All winning entries will enter the prize draw on Dec, 15, 2007. Sorry there will only be one winner.

Good Luck! 🍀

Level: Easy Peasy

Gwan Ching Lee's time: 5 mins

		5		1	8	2		
3	2		6	7		4	8	9
	9							
	5	2			1	8		
6			8		9			7
		7		4		9	5	
							7	
7	1	4		2	6		9	8
		8	3	9		5		

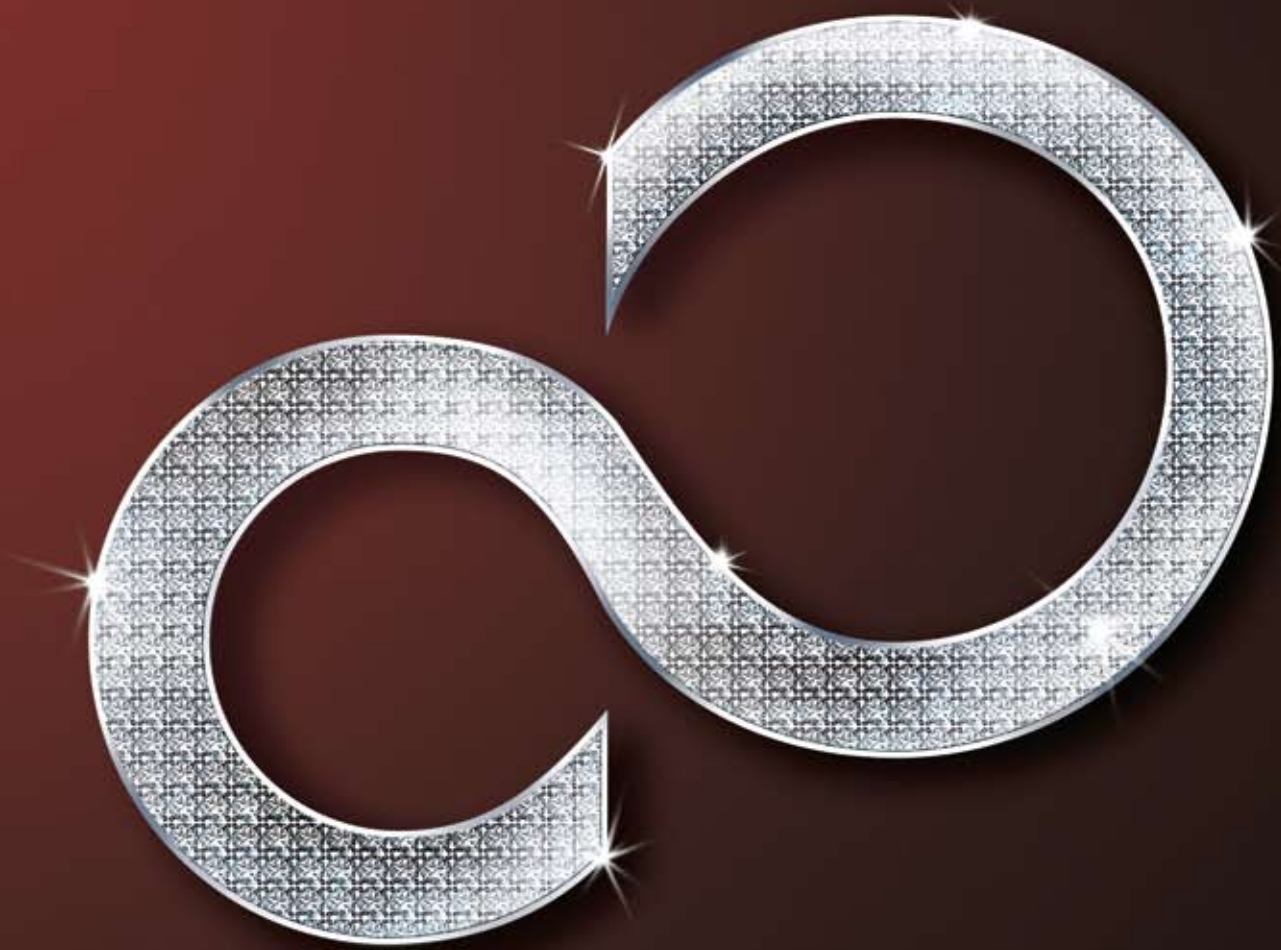
SUDOKU ANSWERS

We can't give you a puzzle without providing the answers. So here is the completed sudoku puzzle from the previous issue of *AsiaLIFE*.

5	3	1	4	8	6	2	9	7
9	6	8	5	7	2	1	4	3
4	7	2	9	1	3	8	6	5
1	5	9	8	2	7	4	3	6
6	2	4	1	3	9	7	5	8
3	8	7	6	5	4	9	1	2
7	1	6	3	4	8	5	2	9
2	4	3	7	9	5	6	8	1
8	9	5	2	6	1	3	7	4



Gwan Ching Lee



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