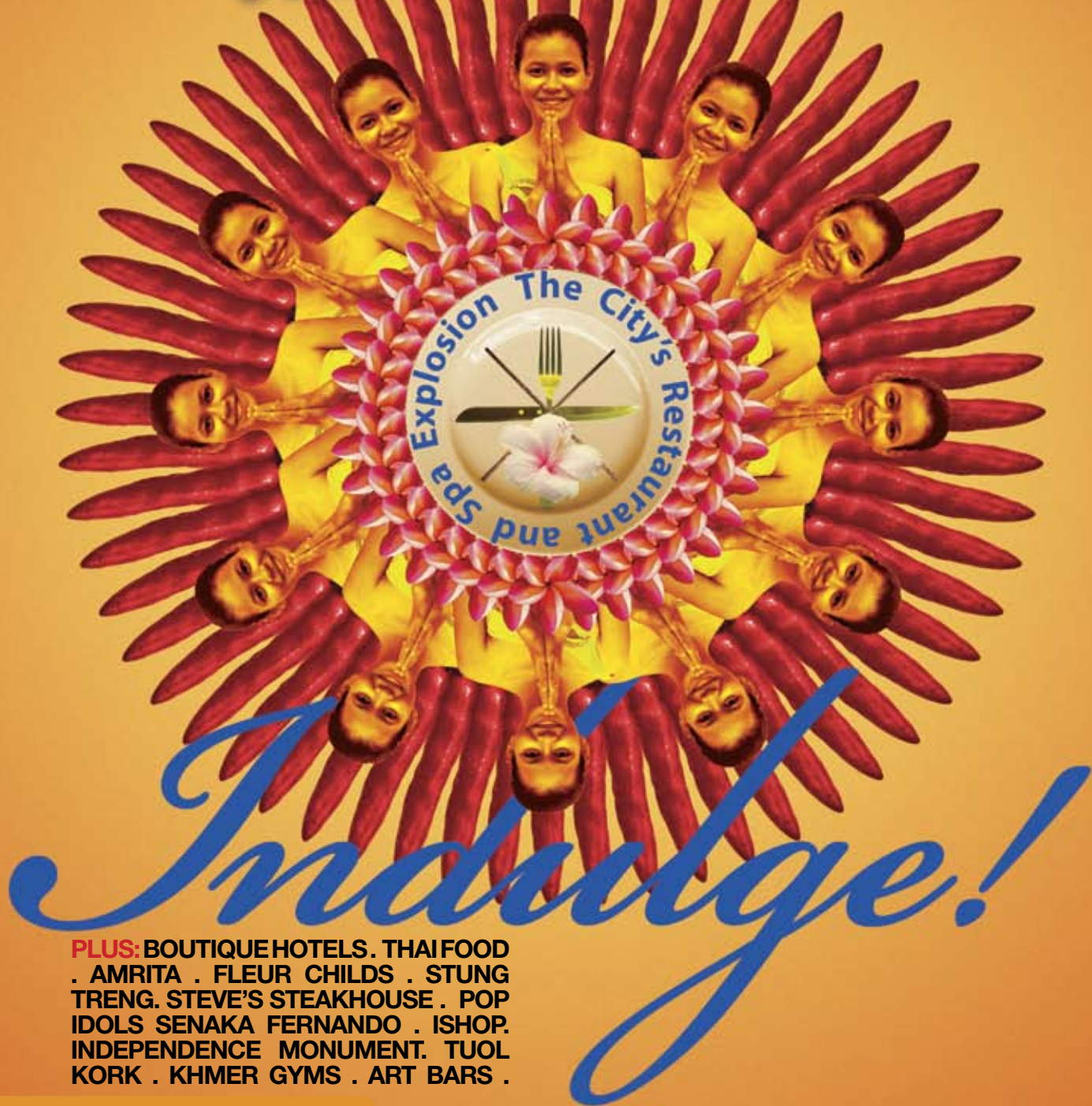


THE WHAT'S ON GUIDE TO PHNOM PENH

AsiaLIFE

PHNOM PENH

May 2008



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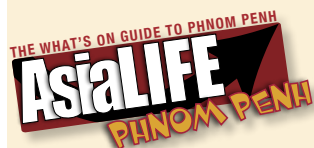
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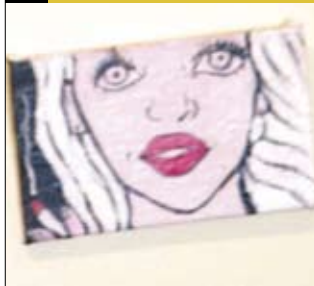
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Australian artist who now works with Operation Smile

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Bringing a taste of America to Siem Reap

Editorial

IT'S NOT AN EXAGGERATION to say there has been an explosion in the number of restaurants and spas opening in Phnom Penh over the first few months of 2008. Several factors have coincided to bring about this resurgence of indulgence in the capital. In our cover, Lis Meyers asks the owners of the establishments, why now?

Finding a reasonably priced, quality hotel room in town is becoming increasingly difficult. Many hoteliers are reporting 90 percent occupancy. This disequilibrium between supply and demand has led to the emergence of a boutique hotel market, we take a look inside them.

Breaking away from downtown, Nora Lindstrom, takes a stroll along the streets of Tuol Kork, to see what there is to do in the capital's most up-and-coming district. She also gets into shape by visiting some Khmer gyms.

Even further a field, Virginie Noel takes a trip along the Mekong and Sekong rivers to Stung Treng and up to the

Laos border, to find out how the region is slowly beginning to open itself up to tourism.

In Food, we sample some of the many Thai restaurants in town as well as talking with Steve Billington, whose steakhouse has become a staple of the Phnom Penh restaurant scene.

Unplugged fans, will notice that Will has taken a short break, but don't fret he'll be back next month. It's business as usual with our other regulars, Eva, Gwan Ching Lee and the QuizMaster.

And business is the title of our new section, which we kick off by interviewing Senaka Fernando, Chair of the British Business Association of Cambodia.

We trust that you all had a good and restful Khmer New Year and are raring to get back into the swing of things. Hopefully this month's issue will give you some ideas on a few new places to try out.

As always your comments on this or any other issue are appreciated. Please send your emails to the editor at mark@asialifecambodia.com

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this was

the month that was

prime time, arts, rugby, masquerade, saigon

Correction

We would like to note that in last issue's article titled "Long in the Tooth" Dr. John Santoro is the Chief Medical Dentist at the International SOS Medical & Dental Clinic in Phnom Penh and not the Chief Medical Officer. Dr Jim Cousins is the Chief Medical Officer.

PRIME TIME NEWS

Raffles Hotel Le Royal launched its Prime Tuesday buffet on Apr. 1. Featuring many items that would be familiar to regular Le Royal-buffet fans, the highlight of the buffet was the black Angus prime beef rib joint – surely the best beef in town! It costs US\$24 per person.

Café Monivong, Hotel Le Royal, Tel: 023 981 888 ext. 1442, email: Dining.LeRoyal@raffles.com

ART SEEN >>

Art Café was packed on Apr. 1 for the debut solo exhibition of young Indonesian artist Karina Putri Harayanto. Entitled 'The Dreams of Karina Putri', the twenty-year-old art student at the Institute of Arts in Yogyakarta displayed a mix of graphic art, wood carvings and mixed media. The opening, held in cooperation with TEMBI Culture House in Yogyakarta, also included a performance of Balinese dance by Ira Setiawati. The exhibition runs through May.



Here's looking at you Tevy, Ali and Veasna at Java opening

Later that week, Battambang-born artist, Oeur Sokuntevy opened her second exhibition at Java Café and Gallery. Entitled 'Something in the Signs' Sokuntevy created sculptures to represent the twelve characters of the Cambodi-

an signs. The exhibition, curated by Ali Sanderson, represented a return to form for the young artist who promised so much in her debut exhibition, also at Java, in December 2006, but whose subsequent exhibitions have disappointed.

The artist, herself, is very down-to-earth when talking about her artistic process. "I like to keep it simple and experiment," she says. "These sculptures basically come from playing around with different materials creating artworks through trial and error."

DOMESTIC RUGBY SEASON CONCLUDES

The 2008 domestic rugby season reached a fine climax on Apr. 6 at Phnom Penh's Old Stadium. In the men's senior final, the PSE Garudas – featuring several members of last year's Cambodian national men's rugby team – used their superior speed to defeat Stade Khmer, 31-12.

In the women's final, the Scorpions edged the Happy Girls 5 - 0, while in the under-20 men's final, Lycee Rene Descartes blanked the Kangaroos, 17 - 0. The younger age groups also featured competitive finals, with Sarika prevailing over Tonsay Prey, 7 - 0 in the under-17 boys, while in the under-14s, the Cats outlasted the Spiders 25 - 15. In a special women's touch competition the Lycee Rene Descartes overcame Neary 5 - 0.

Cambodian Federation of Rugby Secretary General, Philippe Monnin, praised the teams who participated in this year's domestic competition. "Since January, we have been playing every week without rest, organising 156 games, including thirteen senior 15-a-side

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matches" he said. "It was difficult because of the short schedule and I thank all who were involved for their hard work and patience."

The Cambodian men's national side, the Koupreys, will play Laos in Vientiane on Jun. 1 in the first in a two test series for the Mekong Cup. In mid-June the Federation Cup – a seven-a-side tournament for all junior teams – will take place and on Jul. 12 and 19. Finally there will be two test matches in Jakarta against Laos and Indonesia in the Asian 5 Nations Regional Division.

For further information contact: Ray Leos, Director of Media Relations, Cambodian Federation of Rugby, Tel: 012 520 571 rayleos1@yahoo.com

DOMINIC ROUSE AT THE MCDERMOTT GALLERY

The McDermott Gallery in Siem Reap's Old Market held a masquerade soirée on Apr. 12 to celebrate a new exhibition of the works of English photographer Dominic Rouse, entitled 'The Philosopher's Tomb.' Guests were provided with paper masks decorated by the gallery staff. The event included a video presentation of the artist's work by gallery owner John McDermott.

The winner of a number of awards, including the 2005 The

Photo Review's Annual Competition, Rouse began his photographic career at the age of 16. His work has been described as a "surreal world ruled by the ruthless logic of dreams, where dark forces wrestle with ethereal beauties amid the ruins of hybrid civilisations."

Narisara Murray, curator of the McDermott Gallery, said the artist was selected for his "very powerful vision and unique technique in digital manipulation, combining objects with the people he shoots." Rouse's works are displayed on the first two floors of the gallery and the exhibition will continue for two months.

McDermott Gallery, The Alley, Old Market Area, Siem Reap

NEW LIFE IN SAIGON

Celebrations were in full swing as AsiaLIFE HCMC was officially relaunched at Vasco's in Saigon last month. Hundreds of specially invited guests and colleagues became the first to look at the new and improved publication. Guests were treated to a sizeable bar tab which included the new 9 Dragons Rum. Hung from The Black Infinity, up-and-coming Vietnamese star Le Cat Ly and AsiaLIFE's very own Harold Burgon performed for the crowd.

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news & events

wine, no-tobacco, ubana, anz, goings, stars

■ ANZ ROYAL VOLUNTEERS >>

Staff from ANZ Royal Bank have just completed the first volunteer project between the ANZ Royal Bank, the ChildSafe Network and Mith Samlanh.

Since December the project has seen 25 ANZ Royal staff organise activities for children at weekends. In the programme, Cambodian volunteers mentor the street children. To celebrate the completion of the first round of volunteers, a Khmer New Year party was held for the volunteers and children at Mith Samlanh's transitional home on Apr. 6. A



Learning to play the piano ANZ volunteers mentoring street kids

second group of ANZ volunteers will begin activities in early May.

"The real benefit is that the children are happy to have such quality time and attention from their local community and a new set of role models to learn from," said Mark Turgesen, ChildSafe International Coordinator, of the impact the volunteers have had. "This is a great way to build futures, together."

For further information contact Mark Turgesen, Tel: 012 563 039, email: mark@friends-international.org, www.childsafe-cambodia.org

Openings

■ CADILLAC BAR & GRILL

This month's other new arrival is also on the riverfront. With a large wooden bar and embracing air-conditioned atmosphere, owner Kenny Friedman describes his bar as "a nice hassle-free place to have a drink or eat some good hearty food along the riverfront." Opened on Apr. 9, the menu features American favourites, such as a half-pound classic burger (US\$6.25) and meatballs (US\$7.25) as well as pasta (US\$6.50 to US\$7.25) and a few Asian dishes (US\$3.75 to US\$5.50). Portions are large. The music is a mix of blues and rock and roll and there's a small upstairs lounge area,

ideal for reading a book. In keeping with its Boston-style bar atmosphere, the happy hour features free buffet food rather than cheap booze. Open 8am to 1am.

*Cadillac Bar & Grill,
219E Sisowath Quay,
Tel: 011 713 567.*

■ CHOW

A quiet month on the openings front due to Khmer New Year, but this did not deter the owners of the long-awaited Quay Hotel and Chow Restaurant. The Quay is a five-storey, 16-room boutique hotel with rooftop Jacuzzi designed by Gary Fell of Gfab Architects, with rooms from US\$70++ to US\$120++. The ground floor Chow Restaurant is a spacious air-conditioned

bar and restaurant which comes alive from 4pm to 8pm with its half price happy hour – draught beer is US\$1. The place exudes style, challenging Metro for the most contemporary bar along the riverfront. The food is decidedly south-east Asian, including light 'chows' for around US\$7 to US\$8.50, and mains, such as lamb rendang (US\$16) and bun cha Hanoi roast duck (US\$9.50), reflecting the whole region. The extensive range of cocktails (US\$6.50 to US\$8) includes 10 Martinis. Juices (US\$3) and fresh Illy coffee are available for those with some work to do. Open from 7am to 11pm.

*Chow, 277 Sisowath Quay,
Tel: 023 224 894*

■ GRAPEVINE

Darren De Bortoli will present some wines from his family's vineyard at the Restaurant Le Royal on May 3. Together with his brother-in-law Steve Webber – recently awarded the Gourmet Traveller WINE Magazine's 2007 Winemaker of the Year – De Bortoli runs his family's Australian Yarra Valley winery. Le Royal's chef, Christian Rose, has chosen five courses to match the fine wines. The price for dinner and wine is US\$55 net and cocktails are from 7pm with the dinner commencing at 7.30pm. Pre-payment is required.

Restaurant Le Royal, Raffles Hotel Le Royal, Tel: 023 981888 ext. 1442 or 1001 or email: restaurants.leroyal@raffles.com.

■ CYCLO AGAINST TOBACCO

To mark World No Tobacco Day, the Cyclo Centre Phnom Penh is arranging a Cyclo Rally along the Mekong River from May 2

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FRIDAY THE MASH UP MIX

SATURDAY Passion

END OF ST.108, OPP THE NIGHT MARKET

to May 4. The 320-kilometre ride will go from Phnom Penh to Prey Veng and on to Kampong Cham before finishing at Wat Phnom around 4pm on May 4. Supported by the World Health Organization and Taiwan International Medical Alliance, the organisers hope to promote awareness of the ill-effects of tobacco and raise funds for the Cyclo Centre.

For more information, contact Im Sambath on 012 518 762/012 679 624 or email: cyclocenter@camintel.com

MONSOON TURNS SAFFRON

The capital's most popular wine bar and Pakistani restaurant – I know it's not a common formula – has been sold by Majid and Eevee. The couple promise that their successful formula will be continued at Saffron Café and Wine Bar, including vegetarian banquets and wine tastings. The wine list at Saffron is to be updated, and air-con and WiFi installed for customers comfort.

Saffron Café and Wine Bar, 11 Street 278, Tel: 012 214 973

PAUL UBANA JONES

The man with that amazing mop of hair and an equally brilliant voice is in town again this month. Fans will need no

persuading, but if you haven't been fortunate enough to see the New Zealand blues singer who has opened with the likes of Bob Dylan, Patti Smith, Crowded House and Ben Harper, come to the FCC Phnom Penh on either May 2 or May 3. As always at the FCC, the performance is for free.

Paul Ubana Jones at the FCC Phnom Penh, May 2 & May 3 at 9pm.

TIGER SPOTTED IN LAOS

Next time you travel to Laos, look out for the Tiger Beer sign. Asia Pacific Breweries – the brewers of Tiger Beer – extended their reach in Southeast Asia in March with the opening of a brewery in Vientiane. A partnership with the government, Asia Pacific Breweries is only the second brewer to be granted a beer investment licence. The opening means that the company now has one brewery in both Cambodia and Laos, as well as five in Vietnam.

NEW FACE AT K WEST

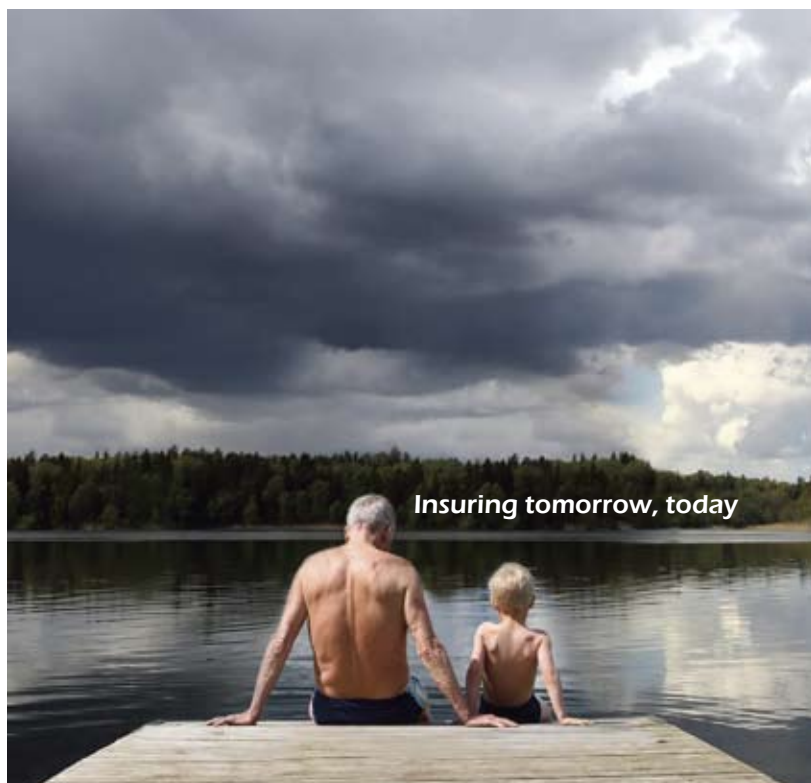
Starting May 1, K West welcomes French chef Manu Baudet. Manu has worked at the Hyatt Regency Hotel in Auckland, New Zealand, as well as the L'Arpege restaurant in Paris and Les Saveurs in

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London. He will spend one month at K West working alongside chef Him Leng Hour. Coinciding with his arrival, K West is introducing a new set menu, featuring a choice of either Asian or European cuisine for US\$12. K West's sister hotel, the Amanjaya, is also sporting a new look, having changed its name to Amanjaya Pancam Hotel.

K West, Cnr. Street 154 and Sisowath Quay, Tel: 023 214 747

STARS REACH SIEM REAP

Mobile phone network, Star Cell, announced the completion of the first phase of its nationwide expansion last month. The company now has coverage across Phnom Penh and through Siem Reap, with dedicated customer care centres in both cities. The second phase of the company's expansion is underway, with coverage in Sihanoukville.

For further information, contact: 098 200 199, www.star-cell.net

NEW LOOK CAMBODIANA

Last month the Hotel Cambodiana opened two new outlets. The Lobby Bar and Gallery is a cosy and relaxing non-smoking lounge with Cambodian entertainment. Alternatively dine

under the stars at Annies with Cambodian, Malay, Indian and Chinese cuisine. Starting May 19 – until May 31 – the hotel will hold an ASEAN buffet dinner promotion in the Mekong Garden Restaurant for US\$20++ per person.

Hotel Cambodiana, 313 Sisowath Quay, Tel: 023 218 189

PONTOON NIGHTS

Apr. 26 saw the launch of the Pontoon Lounge's PASSION night, which the owners promise will bring the excitement of a London club to Phnom Penh. This month in addition to holding PASSION every Saturday night, Pontoon has joined forces with Maxine's (a.k.a Snowys) to launch the first, Pirates of the Mekong river rampage on May 30. A ferry will run between the two bars with DJs Primitive Souls playing both bars.

BUSINESS LUNCH

New Indian restaurant, Passage 2 India, has launched an express business lunch for Monday to Fridays. The three-course set lunch will feature an appetiser, main course and dessert and cost US\$10.

Passage 2 India, 17 Street 322, Tel: 015 901 333



ម៉ានហាន់ឡូ ជ្រាបៀវែងផលបិតដោយភោជនីយដ្ឋាន ជ្រាបៀវែងលឿង ជ្រាបៀវែងខ្មៅ ជ្រាបៀវែងក្រហម និងជ្រាបៀវែងបៃតង ។
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May

film festival, beer, ubana, fleas



EUROPEAN FILM FESTIVAL

This year's European Film Festival will be at Le Cinema, French Cultural Centre (see Arts Diary, page 65 for details).

06-10

HANDEL'S HALLENSER SONATAS

Friedrich Kleinknecht (violin-cello) and Anton Issehardt (flute) play at the Art Café.

PRIMITIVE SOULS

Play Talkin to a Stranger.

CHHIM SOTHY

An exhibition of works by the Khmer artist will open at Ocean Restaurant.

09

SA VEASNA

An opening of paintings by the Khmer artist will be at Java Café & Gallery from 6.30pm.

MEAN STREETS

Classic Scorsese gangster movie from 1974, showing at Le Cinema, French Cultural Centre at 7pm.

01

FIRST FRIDAY

Primitive Souls kick off the month's partying at Elsewhere.

DRUM AND BASS FIRST

Phnom Penh's only regular Drum & Bass night from 10pm at Pontoon.

02

PAUL UBANA JONES

Plays at the FCC Phnom Penh from 9pm.

02-03

CAMBODIAN CIRCUS

A new performance of Cambodian circus by Amrita Performing Arts will be at the Chenla Theatre at 6pm. (See page 63 for details).

03-04

FRIENDS FLEA MARKET

Moving house? Need to spruce up your house, visit the Mith Samlanh compound on Street 13 behind Friends Restaurant, from 9am.

LE MECANO DE LA GENERAL

Outdoor screening of the silent classic by Buster Keaton at 7.30pm, accompanied by Khmer musicians, at the French Cultural Centre.

10

DAVID HARDING

Presentation and discussion on street children related issues by David Harding at The ChildSafe Center, 186 Street 13 (near Friends Restaurant) from 6.30pm to 8pm.

TAXI BOYS AND THOM THOM

Play Sharky's Bar at 9pm.

15

100% HIP HOP

French band Ethadam plays the Chaktomuk Theatre at 7pm with Khmer guest band.

17

LA NUIT

A night of hip hop at the Café du Centre, French Cultural Centre from 9pm.

19

MICHEL BOUVET

Exhibition by one of France's most famous graphic designers opens at the French Cultural Centre at 6.30pm, running until Jun. 22.

MEAN STREETS

Classic Scorsese gangster movie from 1974, showing at Le Cinema, French Cultural Centre at 7pm.

22

STAY ANOTHER DAY

Exhibition with photographs and handicrafts highlighting the campaign, promoting sustainable tourism in Cambodia, opens at the Meta House at 6pm.

23

FRIENDS FLEA MARKET

Moving house? Need to spruce up your house, visit the Mith Samlanh compound on Street 13 behind Friends Restaurant, from 9am.

24

MEAN STREETS

Classic Scorsese gangster movie from 1974, showing at Le Cinema, French Cultural Centre at 7pm.

BLIND BEER TASTING

12 beers for US\$12 at Green Vespa from 7pm

29

PIRATES OF THE MEKONG

Primitive Souls play both Pontoon Lounge and Maxine's as a boat plies its way between the two bars.

30

GYM BAR QUIZ NIGHT

Every Tuesday night from 9pm with a US\$30 bar tab for the winner.

TALKIN HEADS TRIVIA

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HASH

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Phnom PenhLIFE: *Carry on smiling*

Be it a cleft palate, surviving the tsunami or facing a blank canvas, Australian artist and secretary of Operation Smile, Fleur Childs believes that every experience can bring inspiration. Words by **Anita Surewicz**.

FLEUR CHILDS HAS LIVED in Cambodia for the past 18 months. In this time she has not only managed to create and exhibit art, but has also become actively involved in numerous voluntary projects. As the Secretary of the Board of Directors of Operation Smile, Fleur facilitates missions by foreign medical staff to Cambodia, as well as promoting the organisation and its work.

Considering herself fortunate to be involved in activities she feels passionate about, she recalls one moment last year. "I was working around the clock on Operation Smile's 25th anniversary mission and at the same time I was frantically putting the finishing touches on some canvases for a group show. I was living on a few hours of sleep a night and it hit me that for not one minute did it feel like hard work."

■ FLEUR AND HER ART

She discovers her artistic inspiration from everyday life. "I believe that every experience leaves its mark on us and influences us," she says. "Be it a visit to a great gallery, a chance encounter, a trauma or a moment of great joy."

Whether working in oils, charcoal, pencil or even collage, it is portraiture that Fleur ultimately returns to.

"People fascinate me," she says. "Something as simple as somebody's posture or a few of their wrinkles can tell you so much about them and the world."

Having run workshops to promote contemporary art in Cambodia, Fleur is excited about the next generation of emerging artists in this country.

"I've had the chance to meet a few contemporary Khmer artists that are really leading the way in



Fleur Childs Felt an instant passion for Operation Smile

“I stood there in medical scrubs watching a little child receive the same surgery that had once changed my life”

terms of art practice here, including [Leang] Seckon and [Pich] Sopheap," she says. "They have been a great inspiration."

However, she is realistic of the role that as an international artist she can play in the development of contemporary art in Cambodia. "It will be Khmer artists that define what contemporary art becomes here, not expats," she says. "Hope-

fully we can participate in the dialogue and inspire each other."

■ A CATHARTIC EXPERIENCE

Perhaps her most significant artistic experience has nothing to do with either Australia or Cambodia.

Recalling the day she survived the 2004 tsunami in Sri Lanka, Fleur says that her most memorable exhibition also doubled as a therapeutic experience. "Showing large oil on canvas portraits of myself nearly drowning in the Boxing Day tsunami was a very cathartic experience," she explains.

■ OPERATION SMILE

Fleur's face lights up as she talks about the work of Operation Smile Cambodia.

In existence for over 25 years and with foundations in 26 coun-

tries, Operation Smile was formed in Cambodia six years ago. Since then it has given free medical reconstructive surgery to over a thousand children and young adults. "The programme also provides free medical training to Cambodian medical students and practitioners," she points out.

Born with a cleft lip and cleft palate, Fleur felt an instant passion for the project.

"I stood there in medical scrubs watching a little child receive the same surgery that had once changed my life," she explains. "It was a big moment for me and since then I've been proud to volunteer as a spokesperson and honoured to serve as a board member. We have only just started and there are so many more lives that can be changed forever."

■ THE FUTURE

To date Operation Smile has only operated in Phnom Penh, Siem Reap and Battambang, Fleur explains that there are moves to go north and south in 2008 and 2009. The organisation also plans to open a care centre in Phnom Penh where children can receive year-round care and comprehensive post-operative care.

Fleur the artist also has plans for 2008. Having exhibited in both Western Australia and Sydney, she tries to have a solo exhibition at least once a year. This October she will exhibit two series of portraits at Java Art Café in Phnom Penh.

"The portraits will be the culmination of about twelve months of work and before that exhibition even begins I should be half-way through working on my next series," says the workaholic artist.

For more information on Operation Smile visit: www.operationssmile.odg.kh or phone Fleur on 017 501 676. ❏

Pop *Idols*

While Dengue Fever grips the west coast of America, back home in Phnom Penh, the local music scene is really taking off. **Charis Shafer** talks with two rappers, a DJ and a rock band.

■ THE DREAMER

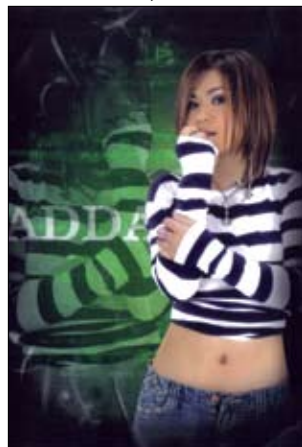
Rapper Poukhlaing is an educator. He believes his brand of soulful, lyric-inspired lines will update the population of Cambodia about what is going on in the world of music outside the country. "It's going to catch the teenagers up to hip hop," he says of his most recent album. His love for the country he left when he was young is apparent in one of his most popular hits, "Save the Khmer Music." To him, it is a love song to the culture and the people of Cambodia. He has also begun to incorporate more traditional Khmer music into his songs. Of his fans, he hopes they will enjoy living, but start thinking about the future. In his song, "Because I'm drunk," he describes all the idiotic things that could happen while drinking. He is not advocating a dry Cambodia, but encourages fans to enjoy themselves while being responsible. After suffering a long time, Cambodian youths are finally ready to do that, Poukhlaing asserts. "They just want to live more than anything else right now." One of his motivations for "making it" in Cambodia, is that he wants his daughter Emily, who is currently in the U.S., to be proud of her dad when she comes to Cambodia.



Coconut Have just released their third album



DJ Illest King of the mp3 vinyl



Adda ... Is she it?



Poukhlaing Wants his fans to start thinking of the future

■ THE IT GIRL

Adda has just released her first album called New Generation. She can hear herself everywhere. "Teenagers have my songs on their ring tones," she laughs. Her inspiration is talking with other teens and then using their stories in her songs. She has widened her fan base by touring the country, organized by Suzuki. Having appeared on numerous Khmer-language television shows, she gets lots of press over her style. With a gleaming gem in one tooth, her new asymmetrical bob and characteristic heels, she is the picture of Cambodia's hip set. She recently was on the InStyle show on TV3 discussing her particular look. "I like free style," she says taking as much liberty with her English as she does with

her look. "They call me up and ask me where I bought this or that," she says of her fans. "I don't know where the hell I got it from," she says smiling. She may not know where it came from, but she certainly has it.

■ THE LONER

DJ Illest likes to keep busy. He regularly DJs in Phnom Penh at Riverhouse Lounge, but finds time to skip off to Bangkok to play at Qbar there with occasional stops in Singapore. From commercial music to old school, this French-raised DJ has made a name for himself in his native land. How does he set himself apart? "The way I make myself different is using turntables," he says. Though vinyl can be difficult to use, DJ Illest still sticks by it. He uses the records and records them to mp3s, which he

then controls through turntables. Though he keeps busy, he wants to find the time to make his own beats and explore the possibility of producing artists. "I bring the DJ aspect of the hip hop community," he says.

www.myspace.com/djillest9494

■ THE REBEL

Sam Pety is the leader of the pack. The band Coconut, who recently supported Stacie Orrico at the qb concert at the Olympic Stadium, has been together since 2006 when a group of Royal University of Fine Arts classmates got together and began to play. The club, Spark needed someone to play and the group stepped in. "Then we wanted to produce new songs," Sam says. "We convinced Spark to build a studio." Bringing a new sound to Cambodia has

not been easy. With influences like Limp Biskit, Linkin Park, Korn and Hillary Duff, it is not hard to see why there was a disconnect with a Khmer audience. Sam is positive. "Now, it's beginning," he says. Sam waxes on about rock versus pop. Pop songs talk about love, he reports and rock talks about people enjoying themselves. The band has been touring around Cambodia. "Sometimes they don't understand - they wonder, 'what kind of songs are these?'" he says. But his persistence has paid off. "Now, we have got successful." Coconut has just released its third album, 'Try to Wipe Away the Tears' which he says is very popular now. The title track is about love and betrayal. Though with their recent success, it seems Coconut has nothing to cry about. ❏

storyboard

Streetsmart: *Tuol Kork*

Tuol Kork is on the rise. This area in northwest Phnom Penh, once best known for its karaoke bars, is gentrifying fast. The massive and relatively inexpensive villas are luring more expats into the area. With them has come an increasing amount of services. Words by **Nora Lindstrom**. Photos by **Virginie Noel**.

storyboard



T & Coffee

THE MAIN THOROUGHFARE in Tuol Kork is Street 289. This northern continuation of Mao Tse Tung Boulevard leads from the Sokimex roundabout to the large radio antenna that dominates the area. Lined with small shops and local restaurants of no particular interest, a few places stand out.

Coming from the south, a branch of **T&Coffee** (open 6am to 10pm) is hidden behind the Sokimex petrol station, left of the roundabout. While its atmosphere does not stand comparison with places downtown, it is seemingly the only coffee shop in the area and offers free WiFi. Most importantly, the freshly ground coffee is good, making it ideal for decently priced take-outs on the way to the office. Espresso is 3,200 riel, cappuc-

cino 6,000 riel, iced coffee 4,000 riel and great smoothies 6,000 to 7,000 riel.

Venturing further north, a bit of effort finds you **Kanya Massage** (38 Street 289, open 9am to 9pm). Run by the **Cambodian Acid Survivors Charity** this haven of tranquillity is staffed entirely by professionally trained acid burn survivors. Massages start at US\$4 for an hour's Thai massage, up to US\$15 for a slimming massage. Pedicures and manicures weigh in at US\$3 and US\$2 respectively. You can also pick up 'babs' purses made by acid burn survivors, some of them blind. Coming in three sizes (US\$3, US\$5, US\$10), they can be custom made on demand.

Towards the antenna end of street is the **Long Beach Plaza Hotel**. This hotel is most note-



Kanya Massage



Long Beach Plaza Hotel Pool

worthy for its large pool. Open 7am to 7pm every day, except for Monday, when its open from 12pm, a dip costs only US\$1. Despite the less than glamorous surroundings, its relatively unknown status lets you swim with few, if any, onlookers and fellow dippers.

■ **STREET 566**

Whether by coincidence or not, Street 566 (second left off Street 289, after the roundabout) is becoming the restaurant street of Tuol Kork. Aem Nyirady owns the newly opened **Sarika Garden Grill** (69 Street 566, open 10am to 12pm). Owner of both Riverhouse Lounge and Lemongrass, she had no qualms about opening in Tuol Kork, "My son's school is here and our house is around the corner – it's

convenient," she explains. It is convenience that she hopes will bring customers to her beautiful restaurant and bar. Private table barbecues are from US\$12 and there's a 5pm to 8pm happy hour with two-for-one drinks (cocktails start at \$3.50). With facilities to host private parties, live bands in the near future and the **Diplomats Bar, Sarika** is undoubtedly the classiest place to dine in Tuol Kork.

A few blocks down, the owners of Korean restaurant **Bi Won** (open 11.30am to 2.30pm, 5.30pm to 9.30pm) are similarly banking on convenience. Specialising in BBQs (from US\$20), these come with a distinctly Korean flavour. Multiple side dishes, including kimchi, are free and unlimited with every meal, and can be accompanied



Sarika Garden Grill



Bi Won Korean Restaurant

by the Korean 'vodka', soju, to complete a truly authentic experience. While the local staff may have little knowledge of what they are dishing up from the Korean-run kitchen, the place is popular with Koreans. Don't expect it to come cheap though.

While most local 'restaurants' in the area may scare expats off with their blaring karaoke and dolled-up girls at the entrance, **Srov Tom** on the corner of streets 289 and 566 is more welcoming. No plastic chairs in sight here, instead it is all rattan with a touch of greenery. The roadside barbeque has Anchor Beer on tap for 2,000 riel a glass. The food is essentially Khmer, with cockroaches, grasshoppers, and even snake on skewer. Not your most amazing culinary experience, but for a local night out this buzzing place is not to be missed.

The street is not just about food. Resplendent in multiple colours and with an inviting 400 square metre children's playground next to the street, the kindergarten and primary part of **Zaman International School** is at the junction of Street 315. The non-profit school, founded in 1997, has over 800 students from 4 to 18 years of age.

■ **THE SIDE STREETS**

Following Street 315 northwards is the main office for **Cambodia Brewery Limited** (56 Street 315). The company brews Tiger,



The Garden Shop

Anchor, ABC Stout and Gold Crown beers. In truth there is little of interest in visiting the head office, as the brewery is out of town. Further along the street is the office for **Bassac Orchid** (10B Street 315). This advertising agency has been involved in Cambodia since 1996, acting as a stand-alone agency for the last few years, with clients including ANZ Royal and Coca-Cola.

Situated on Street 295 by Tuol Kork market and claiming to be first of its kind in Cambodia, the **Garden Shop** sells seeds and seedlings for fruits, vegetables and flowers. It also offers a variety of advice in both English and French on gardening, landscaping, and pesticide and fertiliser use. It's a good stop for both keen gardeners and those less prepared to muck in, but who nevertheless want a nice garden.

Heading back towards the Sokimex roundabout, on Street 592, is the **Royal Rattanak Hospital** (11 Street 592). Brand new, it is more like a hotel than a hospital. In-patient rooms, starting at US\$145 per night, have everything you would expect in a hotel room, including flatscreen TV. Part of the Bangkok Hospital Network, the staff are Khmer and Thai with good English-language skills. Consultations for expats are US\$24. The hospital is also open for 24-hour emergency care. ❑

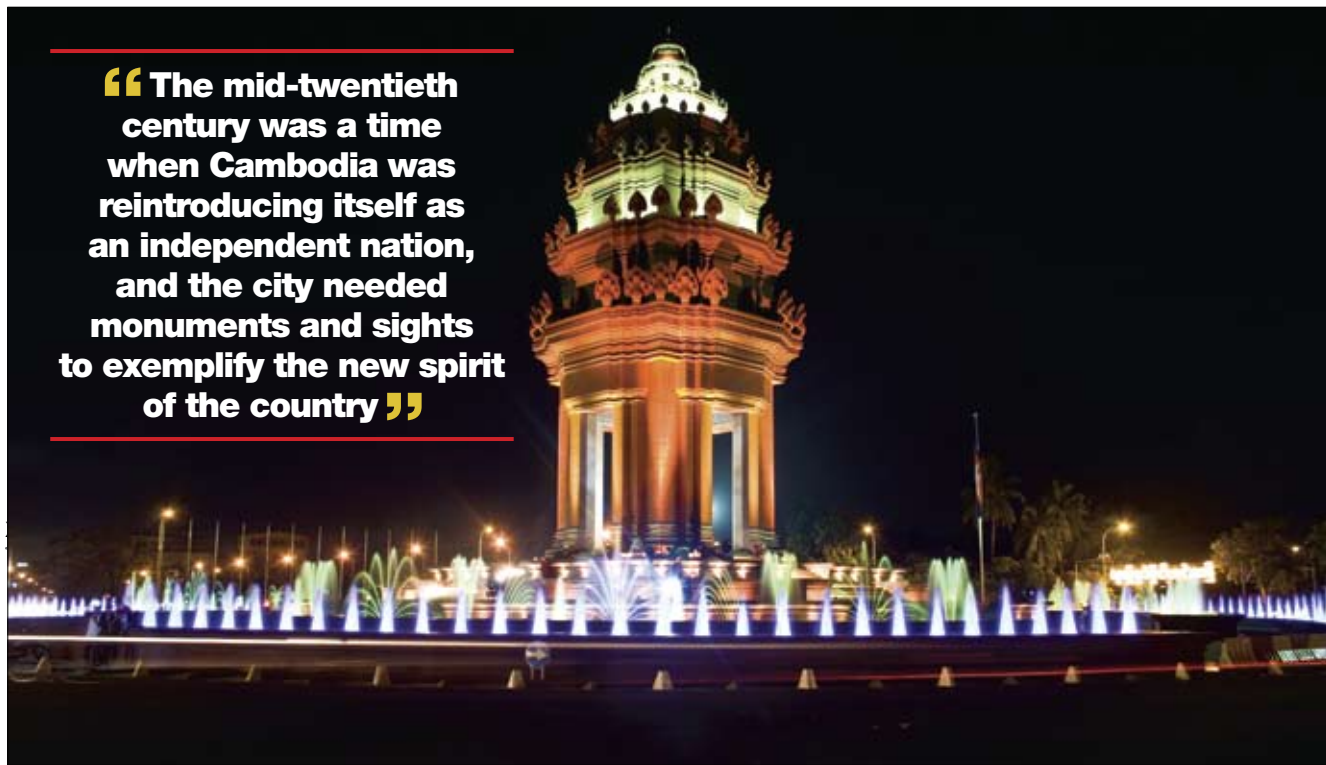


Srov Tom Restaurant

Iconic Phnom Penh: *Independence Monument*

Harking on the past glory of the Khmer empire, yet constructed and designed in a contemporary manner reflective of mid-century Cambodia's explosive growth and development, few structures rival the Independence Monument for its iconic presence in the capital. Words by **Andrew Turco**.

“The mid-twentieth century was a time when Cambodia was reintroducing itself as an independent nation, and the city needed monuments and sights to exemplify the new spirit of the country”



All lit up Renovations in 2007 included the addition of lighted fountains

ALTHOUGH INDEPENDENCE Monument wasn't officially inaugurated until 1962 – nine years after Cambodia gained independence from France – plans were underway and construction had begun long before the actual dedication. Phnom Penh in the 50s and 60s experienced a period of rapid growth, thanks to the optimism of independence, a booming economy, and the migration of hundreds of thousands of rural residents to the capital.

Vann Molyvann, often credited with the design of Independence Monument, states in his book *Modern Khmer Cities* that the 1950s and 1960s were not only a time of infrastructure development and growth, but also a period of beautification.

Independence Monument was built within the parks and boulevards that were built when the East-West canal under Sihanouk Boulevard was filled-in.

King Norodom Sihanouk was dedicated to showing Cambodia's growth and embarked on a slew of public works projects that would change the face of Phnom Penh, and many of Cambodia's other cities as well. The Monument is one example of the result of King Sihanouk's desire to show the success of one of Southeast Asia's newly independent nations. The mid-twentieth century was a time when Cambodia was introducing itself as an independent nation, and the city needed monuments and sights to exemplify the new spirit of the country.

■ THE ORIGINS AND DESIGN

Vann Molyvann's drawings of the monument are dated March 1957, according to Helen Grant Ross and Darryl Leon Collins's writing. Although Vann Molyvann was thoroughly involved in the project, Ross and Collins also note that more preliminary drawings from January of the same year by Du Ngoc Anh, an engineer from Saigon, exist. While mysteries still remain about the details of the monument's exact origins, its symbolic importance is unambiguous.

At the request of King Sihanouk, the design for the monument was inspired by Angkor's Banteay Srei, according to Ross and Collins. Although the design motifs reflect Angkorian temples, the structure remains

unmistakably modern. It does not feel like a lazy copy of past Cambodian buildings. Both its construction and design are unmistakably modern, and at the same time pay respect to past Khmer architecture.

"Conceived in the Angkorian tradition, the monument relied on an integration of Le Corbusier's Modular for its proportions," writes Vann Molyvann in *Modern Khmer Cities*. Perhaps as a result of these proportions, the monument appears contemporary without making use of the angular, modernist surfaces common in the New Khmer Architecture of the time.

Because the land under the Independence Monument is fill and therefore soft, extensive pilings were required in order



PHOTO BY ANDREW TURCO

Prior to renovations *In need of some tender loving care*

to support the weight of the structure. Underneath its surface, the core of the monument is concrete, which was then clad in crushed red marble, according to Ross and Collins. Over time the stone has been painted, giving it the familiar colour and surface that is recognisable today.

■ THE MONUMENT WITHIN THE CITY

Standing tall over the intersection of Norodom and Sihanouk boulevards, the Independence Monument serves to anchor the surrounding sections of the city. Just as Sixtus V arranged Rome and Baron Haussman organised Paris, Independence Monument serves as a focal point in the organisation of the city. It serves as a recognisable landmark, serving as the starting point for two of the city's main boulevards. Its deep brown colour and its elevated pedestal give it an understated and dignified position in the urban fabric of Phnom Penh.

Modest renovations in 2007 have given Independence Monument a new look. Lighted fountains have replaced the shrubs around parts of the perimeter. The former coloured spotlights that used to shine on the monument in a blue-red-blue arrangement evocative of the Cambodian flag have been replaced by simple and elegant white lighting.

During the renovations, when green construction hoarding surrounded the site and blocked

sightlines across the monument and its small plaza, the importance that the monument plays in anchoring and weaving together the surrounding neighbourhoods became apparent. Without being able to see across the space the monument occupies, the area felt disjointed and incomplete.

Now at sunset, when the fountains and lights are turned on, couples sit by the edge and parents bring children to marvel at the dancing water. Food carts surround the area, and bicycle vendors selling inflatable toys walk their bikes around the circle of the monument. The place is full of life.

■ THE MONUMENT AS A SYMBOL

Today, Independence Monument has evolved into a symbol as powerful as many of Cambodia's other famous landmarks – foreign dignitaries are still brought by the monument during their visits. All it takes is a look at a 100 riel note or the covers of many of the publications about Cambodia to see the familiar silhouette of one of Phnom Penh's most iconic structures.

■ FURTHER READING

The following sources were used while compiling this article. You might wish to explore them too. *Building Cambodia: New Khmer Architecture 1953-1970*, Helen Grant Ross and Darryl Leon Collins, The Key Publisher, 2006. *Modern Khmer Cities*, Vann Molyvann, Reyum Press, 2003. ☑



Sarika
GARDEN GRILL

Hse. 69, St. 566, Tuol Kork
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sarika.grill@online.com.kh

Hungry for More

Phnom Penh has been given a sudden splash of fresh paint in recent months. New and increasingly upscale restaurants and spas are popping up across the cityscape at delightful rates. But why now? What is it about the country, city, or its many inhabitants that have led to this boom? Words by Lis Meyers.

STAYING ON TOP OF THE CITY'S restaurant and spa scene is becoming increasingly difficult. An explosion of new places has led to a renaissance that is fine-tuning standards of service, quality, and taste throughout the city. This boom can be explained by a variety of factors that have merged together at this particular moment to create new and increasing markets and demands, facilitated by increasing development. Put simply, people in Phnom Penh, Cambodians, business people, tourists, and expats, are hungry for more.

Phnom Penh's residents are increasingly seeking new alternatives and more op-

tions in their daily lives. Corner 33 is a five-month-old café with a laid back but sophisticated lounge atmosphere and free WiFi and Internet stations. Despite little formal advertising, it is thriving. Owner, Tom Huynh, attributes this success to word of mouth and a general trend to seek out novel alternatives. Julian Grant, managing director of S&A Enterprises, which recently launched Sarika Garden Grill, feels similarly. "It's not enough for someone just to open a restaurant, you have to have something different," he says. "The standards have been raised. You have to go that extra mile when it comes to competition."

1- Carved Smoked
Smoked Norwegian
2- Prawns
Fresh p

Appetizers, Toppings, and Sauces	\$4.95	\$4.95	\$4.95	\$4.95	\$4.95	\$4.95	\$4.95	\$4.95	\$4.95
1- Nam Tok / ส้มตำ Grilled sirloin beef, mint, shallot, selection of Thai herbs									
4- Ginger Chicken in Banana Leaf / อกไก่ย่างใบกล้วย Cubes of chicken breast grilled with sweet ginger and soy									
5- Calamari Indochine / กุ้งทอดน้ำปลา Rounds of fresh squid battered and deep fried with lemon & chili dipping sauce									
6- Satay / ซอสมะพร้าว Thai-style satay skewers of chicken or beef served with peanut dipping sauce									
7- Tod Mun Plaa / ปลาทอดน้ำปลา Deep fried fish cakes with sweet & sour Thai chili dipping sauce									
8- Kaduk Moo Tod Krahem Prik Thai / หมูทอดน้ำปลา Pork spare-ribs deep fried with garlic & pepper									
9- Cashews Prik Katiem / ถั่วทอดน้ำปลา Cashews lightly fried with chili, garlic & onion									
10- Ga Goung Spring Rolls / ไข่ทอดน้ำปลา Vietnamese-style fresh spring rolls									



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Amara Spa Stylish day spa with Zen-like interior

■ FRESH PLACES, GLAM SPACES

The thirst for the fresh and new seems to be linked to an increase in up-market options. The arrival of restaurants such as Van's, La Residence, Yi Sang, and Passage 2 India, as well as Amara and Nata Spas, indicate a growing desire for glamour and luxury.

Most expats are sure to have noticed the latest newcomer to the riverside, Amara Spa, a stylish day spa with a striking Zen-like interior and indulgent services and treatments. Manager, Patricia Tan sees the spa as offering a lifestyle rather than a simple massage. "More people have spending power and are looking for luxury and quality," she says. "I have tried so many spas in Phnom Penh and you can only get high quality services in the top hotels."

While Patricia hopes to bring luxury spa services to non-hotel guests, she also intends to offer affordable prices so that these services are accessible to a wider range of people.

Similarly, the one-year-old Nata Spa aims to provide a top end spa alternative, catering to high-end and walk-in customers, offering a "VIP" experience for all.

Porleng Van, owner of Van's Restaurant, a gorgeous classical French restaurant in a heavenly colonial estate beside the Post Office, believes her restaurant is filling a much-desired market. "I found that Phnom Penh city does not have enough high-end restaurants," she says.

Van's is not the only high-end restaurant to open recently.

“More people have spending power and are looking for luxury and quality”



Patricia Tan Oversaw Amara Spa's opening

The sumptuous La Residence Restaurant is located in a luxurious colonial mansion, featuring large, contemporary dining rooms, a delightful garden in the centre of the city, and a swimming pool area. The main focus of the restaurant, however, is its haute cuisine. Ansiu La Planeta, proprietor of La Residence, felt this was crucial to the restaurant's success. "We were really looking for a good chef. For me this was key." Ansiu eventually found a chef to meet his standards, bringing Japanese chef Takeshi Karo from a Michelin starred restaurant in Verriere, Switzerland.

Ansiu believes it would have been nearly impossible to open La Residence a few years ago. "In 2002 and 2003 there were less business men and people were not in this habit of going to nice restaurants," he explains.

This raises the question, why now? What is it about the present moment in Cambodia that is prompting this sudden explosion of fresh places and glam spaces?

■ THE CITY THAT COULD

The city has gone through tremendous changes in the past few years. Julie Thai, owner of Le Wok, a leisurely French and Asian Restaurant across from the National Museum, describes a true transformation. "It was so different six years ago. After 10pm everything was dark and no one was out," she says. "Now I almost eat better than I do in France."

Phnom Penh is becoming increasingly stable for development, encouraging foreign

and local investment that is bringing increasing amounts of fresh cash and people to the city. "There is a lot of development," says Tom. "Apartments are being built, people are investing, and more and more people are coming through."

Katrina Vynagredenko, manager of Mes Amis, a tiny eatery in Boeung Keng Kang offering pastas and pizzas, cites the new apartments that are being built throughout the area. The renovation and reconstruction along the riverside and large projects by Tower 42 and De Castle are telling examples of the city's growth. These in turn prompt the sudden expansion of service industries. Recent months have also seen a rapid increase in international franchises, including Swensons and KFC, testifying to the increased faith and security foreign developers are feeling in deciding to invest.

Development is also expanding outwards into new areas of the city. Sarika Garden Grill offers western and Asian cuisine in a lush tropical garden and 1960s Cambodian wooden house in Toul Kork – an untapped market within the city.



Nata Spa Growing demand for glamour and luxury

"There is a lack of space in the centre of the city, and people are moving outside of town for cheaper rent," says Julian. "You can rent a villa in Toul Kork for a reasonable price." As a result, Julian believes more and more businesses will soon be arriving in Toul Kork.

■ BUSINESS LUNCH

Increased development has created an influx of businesses and business people in the area. As corporations are investing within the country, they are bringing with them experienced staff with great spending power. Numerous restaurant owners attribute part of the restaurant explosion to an increased presence of business people in the city.

Cambodian chef Luu Meng is opening Yi Sang, an upscale Chinese restaurant, in May. "There are more business people in town and it's good to have a few different choices for them," he says. A partner of Malis, Bai Thong, and Café Sentiment, Luu Meng wants to be part of this growing market.

Upscale restaurants offer impressive spots to discuss contracts, deals, and proposals, or to wine and dine clients.

“There is a lot more buzz in Phnom Penh now. It’s going to be very exciting”



Corner 33 Opened due to lack of places to discuss and do business



Luu Meng at Malis Restaurant *Welcomes a greater choice for business people*

Sarika and La Residence foresee such needs, opening private and VIP rooms within their restaurants to cater to businesspeople.

Doing business in IT consulting, Tom conceived of Corner 33 with his own market in mind.

"Corner 33 came about because we had trouble finding places to go to discuss business," he says. "The city needed a place where people could sit down, have a coffee, and discuss business."

■ THE RISE OF THE MIDDLE CLASS

Change is also being prompted from Cambodians themselves, as more and more Cambodians are starting to eat out, get out and chill out. It is no secret that the Khmer middle class is on the rise, creating larger numbers of Khmers with money to spend on dining out, travelling, and developing cosmopolitan tastes.

Porleng sees how increased development has launched a change in Cambodians themselves. "The country is developing and more and more Cambodians can afford to enjoy life – they want to try new things," she says. Increasingly Cambodians are travelling overseas, returning with higher standards and tastes. "Cambodians are really starting to learn how to enjoy food and wine," she says.

Speaking to the strength of the middle class and increased spending power, restaurants and spas are seeing high levels of Khmer customers. Close to half of La

Residence's clientele is Khmer, suggesting a change in Cambodian taste buds.

Remy Meas runs Le Quay, the café located outside of Amara Spa. "Local people like to eat out and will sometimes go out seven days a week," he says.

Celine Jacobelli owns Aziadee Spa and the recently opened Amret Spa. She is finding that high numbers of Cambodians are coming to Amret. "There is an increasing middle class where people have more money to spend on themselves – they are starting to really enjoy themselves," she says. "There is a big market for services catered towards Cambodians."

Similarly, 20 to 30 percent of all customers at Dermal Spa are Khmer. "Cambodians are getting more modern and making more money," says the spa's Cambodian manager Rathana Ly. To tap into this expanding market, Rathana has created an ambience and atmosphere at Dermal that both Asian and western patrons will respond to. She also emphasises steam treatments to appeal to her Khmer clientele.

"People are looking for serious alternatives on where to go," says Julian. "Cambodians are feeling a bit more experimental." He cites the queue outside the bustling KFC as evidence of this. "There are a lot of people who have spent time outside of the country," he points out. "They might not be as far removed from western tastes and styles as people think."

■ WILL TO SUCCEED

Waiters, chefs, and spa therapists are becoming increasingly well trained and qualified. They have built up the skills and experience needed for such upscale businesses to thrive and succeed.

In selecting staff for Mes Amis, Katrina found it surprisingly easy to find capable local individuals. "Khmer staff are becoming increasingly trained," according to her. "It was easy to find experienced and professional English-speaking staff." Similarly, Donna Gubaton, operations manager of Nata, was able to obtain masseurs and spa technicians with impressive experience.

All of the staff at La Residence are from a training school in Siem Reap. "It would have been much more difficult to find people throughout the country without the school," remarks Ansiau. "They like making something different," he says praising his team. "They are passionate to work at this restaurant and are learning a lot in a very short time."

Yet, this by no means signifies that all service is in tiptop shape. Only development will propel Cambodian skills and knowledge upwards to great new heights. In order to provide the best for her customers, Patricia brought in Thai-based Horwath Spa Consulting to train Amara employees on new techniques and products featured at the spa. Ansiau, too, is taking his time to train his staff so they can meet the high standards of the market La Residence caters to.

■ THE PLACE TO BE

The growing flow of tourists to the city is another contributory factor to the number of spas and restaurants being opened. Cambodia is finally perceived as safe for travel and is gaining international prominence as a tourist destination. Rather than stopping only in Siem Reap, visitors are choosing to add Phnom Penh to their itineraries. While not overloaded with breathtaking and noteworthy sites, the city still has a great deal to offer for its mostly transient guests.

"Tourists are increasing. They don't just stop in Siem Reap, they are interested in seeing the capital," says Porleng. "There is an opening of borders, and more and more people are coming from within Asia and around the world."

Julie believes there is a new type of tourist coming to Phnom Penh. "All the people whom I meet now who stop in Phnom Penh say 'I would have missed Cambodia if I hadn't stopped here,'" she says. "Angkor is the place to see and Phnom Penh is the place to be – tourists are starting to realise this."

“ The standards have been raised. You have to go that extra mile when it comes to competition ”

■ I ♥ PHNOM PENH

The restaurant and spa boom should also be examined via the city's expats. Aspiring restaurateurs and spa owners have a great deal of personal incentive these days. Rob Huxley, the owner of Huxley's, a British pub and European restaurant a street back from the riverfront, believed this was the time to make his big move. "It seemed like a good choice to do it now before prices go up too much," he says. "The cost of doing this would be ten times higher later on."

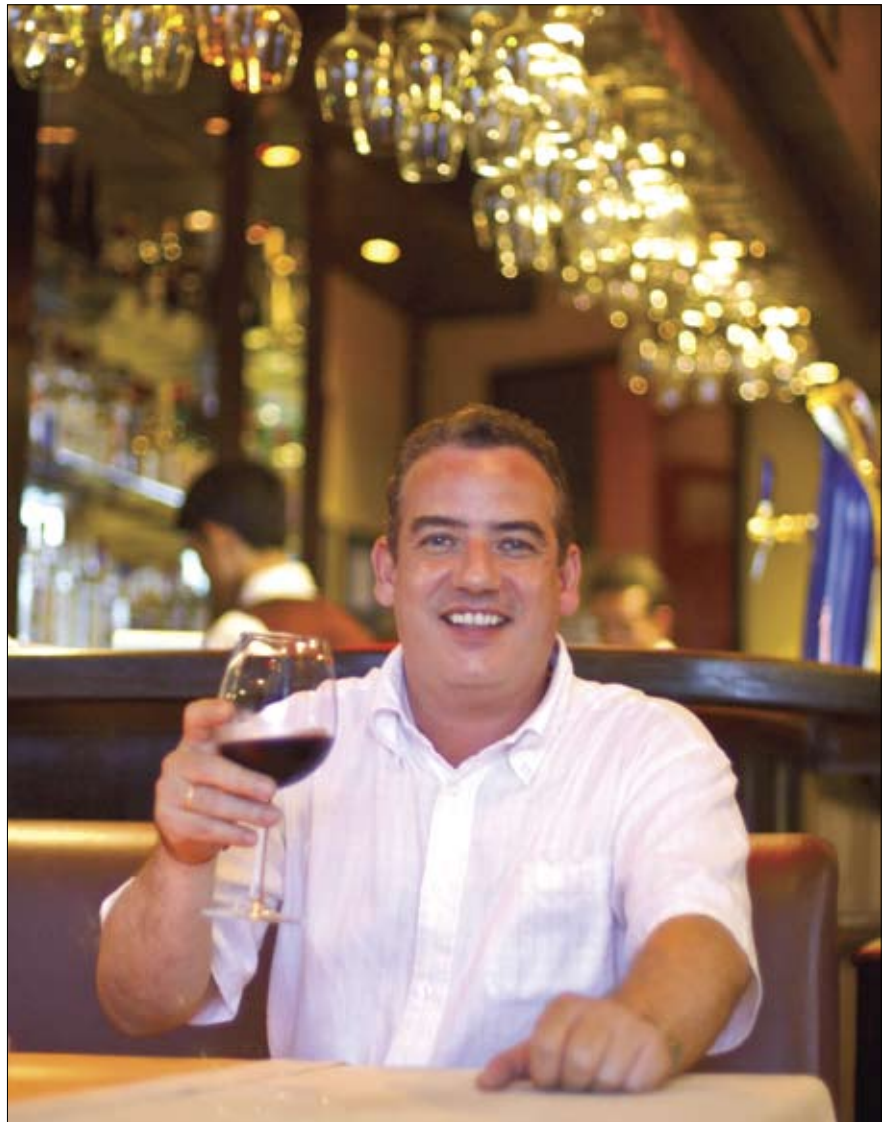
Both Tom and Katrina have relished the opportunity of starting their own restaurant, something they believed would have been much more difficult and costly in their home countries of New Zealand and the Ukraine, respectively.

"There is so much opportunity here, anyone can do anything," says Tom. "I don't think I could have done this in New Zealand.

Katrina agrees. "It is easier to invest and open a business here than it would be in many of our home countries," she says.

Moreover, expats are increasingly falling in love with Phnom Penh and deciding to stick around. For many, starting a business seems like a good way to sprout roots. "You have many people who visit the country, fall in love with it, and decide to open up a business," says Remy.

Rob agrees. "You don't invest to make money here. We do it because we want to stay and have stability. We build something we'd like to go to ourselves." Rob sees his



Julian Grant *Believes that Cambodians are becoming more experimental with their dining choices*

pub as a way of investing in the country he has come to love so much. "I felt it was a good time to reinvest in the country. I wanted to show that I had a commitment to staying here and that I was looking towards the future."

This love is not merely felt by Phnom Penh's expat crowd. Luu Meng views his string of restaurants, cafés and hotels as a means of helping his homeland. "In creating businesses, you create jobs," he says. "We are not only a business to make money, we are also building something for Cambodia."

■ STILL HUNGRY

Phnom Penh is hungry for change and it seems that development in the spa and restaurant industries is only just getting started. Phnom Penh residents will have the daunting and busy task of keeping up with the plethora of places that will surely be arriving on the scene in the coming months and years.

Many of the restaurant and spa owners interviewed have plans to keep building and expanding. In two months, Corner 33

will be expanding to include a bar on its second floor. Porleng will open a coffee bar/French bistro across the street from Van's in a completely different style. She also hopes to bring a new, light lunch menu to Van's focusing on simpler fare. Sarika Garden Grill will also officially open the high-end Diplomats Bar this month, considered by Julian to be "a serious alternative to the Elephant Bar."

Nata Spa will be opening its own Salon in May, offering modern hairstyles and top-end products. Nata will also be expanding to Siem Reap.

Such continued development will mean great things for the city and its inhabitants, according to Julie. "All the new places will encourage the city to improve in terms of service, quality, and novelty," she says.

Everyone seems greatly energised by the ever-expanding market. "Two years ago there were just a handful of places to go to," says Tom. "I think you will see a lot more quality restaurants and cafés coming. There is a lot more buzz in Phnom Penh now. It's going to be very exciting." **A**

Boutique Blossoming

Restaurants and spas are not all that's new in the city. Internationally boutique hotels are very much in vogue these days and Phnom Penh is no exception. Lis Meyers explores the city's rapidly developing boutique hotel boom.



Kabiki Hotel New boutique hotel specifically designed for families

THE INCREASED NUMBERS OF TOURISTS staying in Phnom Penh after temple hopping in Siem Reap shows that Cambodia is no longer a one-stop destination. Looking for charming yet affordable places to stay in this rapidly developing city, many opt to stay in smaller, boutique hotels that offer service and comfort at appropriate prices. As a result, boutique hotels have become all the rage. Operating at close to maximum capacity, the market can barely keep up. New boutique hotels are being developed throughout the city and across the country.

■ FULL HOUSES

Widespread bookings and near bursting occupancy are testament to how much in demand boutique hotels are these days. Villa Langka has found itself filling up since two weeks after opening, despite minimal advertising.

Pavilion, the sanctuary boutique hotel that also serves as a haven for many of the city's expats, runs at close to 100 percent occupancy, even after doubling in size to include the house next door. Many of the rooms at Pavilion have already been booked for New Years Eve 2008. To meet the high demand and expand into new markets, Pavilion has developed two new properties, the recently opened Kabiki and the upcoming Blue Lime.

With its nine rooms, the FCC Phnom Penh is running at 95-98 percent occupancy. The Quay, a hip and contemporary hotel along the Riverfront, was opened by the FCC on

Apr. 10. Having recently purchased a highly sought after colonial estate on Sotheaeros Boulevard, opposite the National Museum, the company hopes to do something spectacular with it in the coming years.

Similarly, Anise Hotel reports being 90 percent full, with bookings being made at least two weeks in advance. Anise, too, will soon find itself with a sister hotel. As of going to press, Almond Hotel was due to open at the end of this month.

The market is also attracting new players to the city's scene. Those behind the Kep-based Knai Ban Chatt hope to soon bring their brand of exclusivity and escapism to both Phnom Penh and Siem Reap.

■ PRICES THAT CANNOT BE BEAT

Until now, Phnom Penh's visitors have only had the very top and the very bottom of the market to choose from in selecting where to stay in the city. Tourists could go budget, staying for US\$10 to US\$15 on the Golden Street (Street 278) or super-budget at the lake. The alternatives were either the five-star hotels, or a few quality hotels along the riverfront, such as FCC Phnom Penh, Bougainvillier and Amanjaya. Accommodation for around US\$40 to US\$50 was very much limited, with the Billabong, Anise and Scandinavia Hotels as notable exceptions.

Offering decent prices alongside charm and modern amenities, boutique hotels can

fill that large gap. Despite rates that are much lower than your standard big hotel, boutique hotels offer quality comfort and service that often cannot be beaten.

"There is a big market for mid-range hotels," says Nathalie Parize, co-owner of Elsewhere and owner of Villa Langka. "There are a lot of guesthouses for US\$5 to US\$15, but some people want more comfort and something with a pool."

■ ROYAL TREATMENT

In staying small, boutique hotels are able to treat all guests like royalty. Luu Meng, a partner in Anise and Almond Hotel believes they offer quality treatment with great attention to detail. "You pay a certain amount and get extra service," he says. "We will take care of the needs of any particular client."

Service can be highly personalised, according to Michelle Dunkin from the FCC. "With 16 rooms you should know the name of everyone who walks through the door," she says. FCC's Director, Steve Hayward, agrees. "You are more than a number. It is more intimate."

Even with hosting just 11 rooms, Knai Bang Chatt has developed a reputation for delivering personalised service and raking in the essence of Kep as a de-stress retreat. "We offer that special touch that makes you feel so at home but yet away," says Jef Moons, co-owner of this southern lifestyle property. Recognising that an ideal retreat spells different things for different people, Knai Bang Chatt offers tailor-made packages based on the desires of each individual guest."

■ LOCATION, LOCATION, LOCATION

Alexis de Suremain, owner of Pavilion, Kabikia, and Blue Lime, believes that for boutique hotels, another factor is vital. "The key issue in Phnom Penh is not the clients or feel, the market, or marketing, but finding the appropriate location," he says. "The toughest thing is to find the right space." Alexis visited hundreds of houses to find the right space for Pavilion, using nearly every real estate agent in the city.

Location has also proved essential to the FCC, choosing to locate its properties along the bustling riverside area. "Location is important," says Michelle. "For us it's about trying to find the right place, something central." Thanks to its popular location, the FCC has become a landmark in the city.

While Alexis searched high and low for Pavilion, Nathalie Parize simply happened to stumble upon the site of Villa Langka. "I bumped into the house and saw it was for rent," she says. Unable to turn down the love-

ly house centrally situated across from Wat Langka, it seemed natural to open a hotel.

■ LIFESTYLE DESIGNS

Due to their small size and personal service, boutique hotels are able to fill particular niches within the market. Boutiques are increasingly concept driven, emanating lifestyle characteristics or catering towards a very specific crowd.

"You have to have a concept if you want to sell," says Alexis. Luu Meng also sees his hotels as very concept driven, branding Almond as Phnom Penh's premier business hotel.

"Concepts create a unique feeling," he says. "People today want to see more variety."

Nathalie agrees. "The point of a boutique is to have its own specific charm," she says.

No one seems better able to tap into these niches than Alexis. "We are cutting the market between families, young people, and those who want privacy and calm," he says.

Pavilion offers a peaceful sanctuary. Centred around a lovely pool and garden area, it makes the perfect escape without having to leave the city limits. "It's key to have a garden and pool," says Alexis. Going the extra mile, some rooms in the newer part of Pavilion have their own private pools.

Yet, in order to preserve the tranquil atmosphere, Alexis discourages children at the Pavilion. As a result, Kabiki Hotel has been designed to cater specifically to families. Alexis realised that people were increasingly bringing their children with them to Phnom Penh, and had few options to stay. The restaurant features high chairs and child-friendly food like burgers and shakes. The large garden space can accommodate roller-skating and bike riding, and a playground area will soon be installed. Small garden areas in front of each room have a gate that locks, creating a safe playing space for the young ones to ensure they will

stay within their parent's reach. Rooms even feature bunk beds.

Blue Lime, Alexis's third property, is meant for a younger, more hip crowd. It has a novel, cutting edge design, decorated with stark grey concrete and vibrant silk accents. The dynamic space embraces the city, rather than shielding guests from it.

The Quay will also help to tap into some of this younger crowd. The space already stands out against the cluttered riverfront facades. "It will be more modern and very city chic," says Steve.

Villa Langka has also positioned itself as a family friendly place. "Little by little families are coming to Cambodia," says Nathalie. Large rooms can easily accommodate extra beds for children and the pool area serves as a great place for kids. Simultaneously, Villa Langka has also been able to position itself as a suitable accommodation option for business people with free WiFi and large desks in every room.

Although in a much higher price range than other boutique options, Knai Ban Chatt, will soon be bringing its own unique concept and essence to the cityscape. Fashioned as a "lifestyle property," it aims to provide the ultimate experience in luxury, beauty, and serenity, while maintaining a distinctive Cambodian feel.

■ GENERATION X

Boutique owners and developers also believe there is something special about Generation X that makes charming, mid-range hotels appealing to them.

"It's that range of people aged 35 to 45 looking for something more special," says Nathalie of this new clientele. "These people backpacked around when younger and would now like to stay somewhere unique, rather than being in a hotel that is everywhere in the world."

“These people backpacked around when younger and would now like to stay somewhere unique, rather than being in a hotel that is everywhere in the world”

Alexis agrees. "It's the first backpacker generation and they are still feeling nostalgic from earlier trips," he says. "But they have grown richer and don't want to go somewhere too budget – they want something nicer and more relaxed."

As Generation X continues to travel to Phnom Penh and Cambodia, boutique hotels will, no doubt, grow and flourish, bringing their added charm to an already charming city.

■ FRESH BOUTIQUE

Kabiki
22 Street 264, Tel: 023 222 290

Blue Lime
Alley off Street 19 (next to Alley Cat Café)

Villa Langka
14 Street 282, Tel: 012 449 857
www.villalangka.com

The Quay
277 Sisowath Quay, Tel: 023 224 894
www.thequayhotel.com

Almond Hotel
128F Sothearos Blvd., Tel: 023 220 822
www.almondhotel.com.kh



The new en suite pool at the Pavilion Hotel

Stung Treng: *Cambodia's Wild West*

Strolling around Stung Treng, you cannot help but think of Wild West towns – a feeling evoked by its location as a gateway to some of Cambodia's wildest areas and its very own blend of Lao and Cambodian culture. While the town itself does not have very much to offer beyond its rough charm and stunning river views, there is an overwhelming choice of things to do and see around Stung Treng. Words and Photos by **Virginie Noel**.

getaways



Back to Stung Treng *The town is set on an unspoilt stretch of the Mekong and Sekong rivers*

BLESSED WITH A LARGELY unspoilt stretch of the Mekong and Sekong rivers, the province has protected forests, magnificent waterfalls, welcoming villages and the rare Irrawaddy dolphin. The river and its banks are really the main attraction of the region and the developing tourism industry is increasing the possibilities for visitors to explore the area. Access to Stung Treng has now become much easier thanks to the new Sekong Chinese Friendship bridge linking the town with Kratie province, although cars still had to cross the river by ferry, as at the time of writing. Motorbikes and bicycles, however, can use the bridge.

The 190km-long stretch of the Mekong river from the Lao border to Kratie is one of only five remaining freshwater dolphin habitats

■ **STUNG TRENG AND SURROUNDS**

Before heading out to the countryside surrounding Stung Treng, take the time to visit Thala Barivat, a Chenla temple

on the west bank of the Sekong River. To get to this ancient temple, take the ferry from the town centre across the river (1,000 riel per person). Several ancient temple ruins in the area are worth exploration, such as Prasat Preah Ko west of Thala Barivat. Completely submerged by vegetation, these ancient ruins are likely to awaken the dormant Angkor explorer in you. Close to Thala Barivat are a new pagoda and the Nopaana orphanage.

The first port of call for most travellers to Stung Treng is Mr. T's Riverside restaurant and café. Mr. T is most knowledgeable about the area. He organises

one or two-day boat trips to the nearby dolphin pools and waterfalls, as well as homestays and trekking tours, including a three-day trek along the Ho Chi Minh trail. He can also arrange onward travel to Ratanakiri and most places in Cambodia.

Two dolphin pools – Koh Kongsat and Koh Santuk – are some 20km south of Stung Treng. A visit to these can be combined with another highlight of this area, Koh Preah, a beautiful island with pleasant beaches and good swimming. To get there, rent bicycles and spend the day watching dolphins, swimming in the rapids and trekking on Koh Preah island. Boats for rental are

available at the river guard stations at Damrei Phong.

A visit to Stung Treng's Mekong Blue Silk Weaving Centre is the perfect opportunity to pick up a present or two for loved ones. Mekong Blue is a project of the Stung Treng Women's Development Centre, a local NGO. Producing some of the finest silk products in Cambodia, the organisation has a selection of products ranging from silk scarves to bedding, clothing and accessories. Include a tour of the workshop and mulberry fields in your visit.

For sunset, head out to the place locals refer to as "where the temple fell into the water." Artefacts litter the site of an ancient temple located about 3km out of town along the riverside road to the Mekong. Situated at the junction of the Sekong and Mekong rivers, there are beautiful views over this massive stretch of water.

Close to Stung Treng, Virachey National Park's western end is accessible through Siem Pang village. Both trekking and stunning river trips can be booked through the Ministry of Environment in Stung Treng. Two homely guesthouses in Siem Pang village can be booked through the guards at the National Park.

■ HOMESTAYS

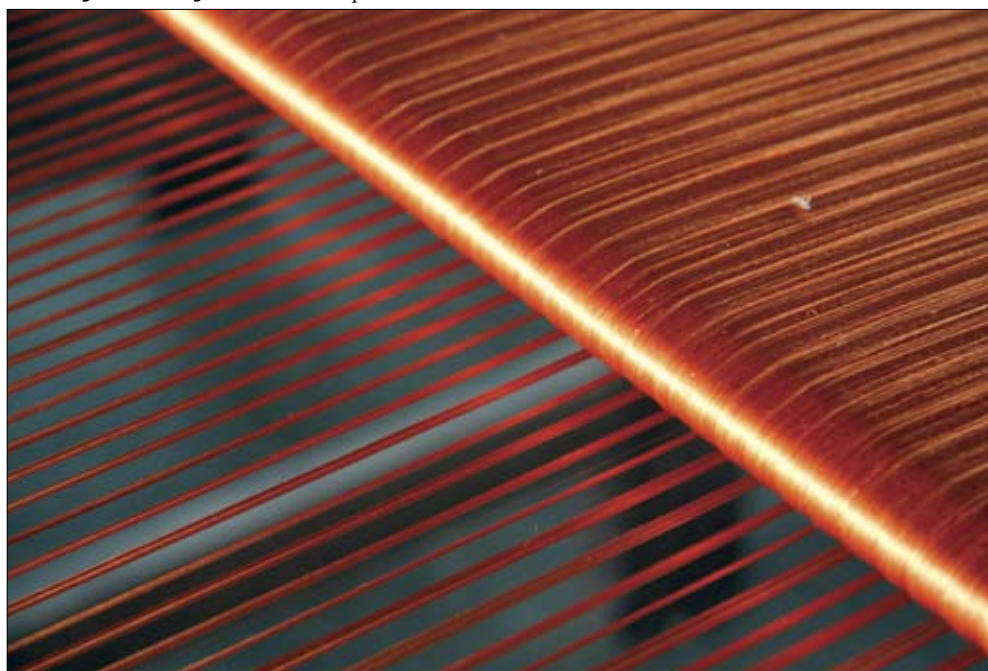
One great experience that the province affords is a homestay in charming Ou Svay commune. While Stung Treng offers some reasonable basic and mid-range accommodation, these village homestays are a much more rewarding option.

Ou Svay is one of five artificial villages created by King Sihanouk in 1962. King Sihanouk sent people there from different provinces to protect the border with Laos. Back then, the villages had a school, a hospital, good roads and even an airport. During the Khmer Rouge regime, people were forced to leave the village, and the infrastructure was destroyed during the war. Now, the village is working towards improving its infrastructure again by developing sustainable ecotourism.

A visit to this village does have a very fresh feel to it. According to Touch Sophany of the Culture and Environment Preservation Association, only six foreigners have visited Ou Svay since last year. Visitors are welcomed by a short ceremony



Ou Svay homestay *Back to basics experience*



Mekong Blue *Produces some of Cambodia's finest silks*



Deep-fried frog *Not for the feint of heart*

held by the village elders, intended to introduce visitors to the local spirits.

While a beautiful village in its own right, Ou Svay is also the perfect base from which to explore the area's many riches. "Visitors can see flooded forests, waterfalls, dolphins, birds and other animals," says Touch Sophany. "We can take them on trekking tours, boat tours, cycling tours, camping trips to the islands, and fishing tours with the local fishermen."

TOWARDS THE LAO BORDER

From Ou Svay, Son Phamit Waterfall at the Lao border can be reached via a scenic boat trip

(US\$20 per boat). Combine a visit to the waterfall with a stop at Anlong Cheuteal dolphin pool, which boasts a sizeable population of the rare Irrawaddy dolphin.

Located near the Lao border, in a stunning stretch of river, the pool has spectacular mountain backdrops. The best chance of sighting the rare mammals is to visit the dolphin pool at 10am to 11am or between 4pm and 5pm. Enjoy a cool drink at the local stall on the beach or float around on your boat or a hired tube.

The 190km-long stretch of the Mekong river from the Lao border to Kratie is one of only five remaining freshwater dolphin

habitats. It is thought to be home to around 80 to 100 dolphins, according to WWF. Remnants of the French railway built in 1893 can be seen opposite the dolphin pool. From here, it is possible to trek to Phnom Bong Khouy Mountain, which offers stunning views over the river and towards Laos' 4,000 islands from its peak.

To trek to Phnom Bong Khouy Mountain from Anlong Cheuteal, ask the river guard post to organise a guide from Preah Rumkel. The trek takes about three hours.

Another gem not to be missed is the Ramsar wetland reserve. Identified by the WWF as a biodiversity hotspot, a boat trip along this stretch of the Mekong will take you through islands of flooded forests, unique to this part of the world. Bird-watchers will delight in the diversity and number of waterfowl.

The Culture and Environment Preservation Association can organise your homestay in Ou Svay (US\$2 per person, US\$4 including a home-cooked meal), as well as a traditional Khmer dinner at the local pagoda – a distinctive experience not to be missed!

While taking a walk through the village, also look out for that inconspicuous stall in front of the pagoda – it has reportedly the best barbequed beef in Cambodia, perfect with a beer or two to wind down at the end of the day and soak up some village atmosphere after a rewarding day exploring the river's many treasures.

WHERE TO STAY

Le Tonle

Riverside, Stung Treng
Tel: 092 674 990 / 012 397 476, email: fieldco@tourismforhelp.org
Small tourism training guesthouse and restaurant located in a charming wooden house on the riverside, run by Swiss NGO Tourism for Help. Three well-decorated rooms (US\$6 with shared bathroom) surround a large and comfortable living room area. Call ahead to book.

Sekong Hotel

Riverside, Stung Treng
Located on the riverfront, has fan and air-con rooms for US\$7 to US\$15.

LyLy Guesthouse

Behind local market, Stung Treng
Tel: 012 937 859 / 012 170 7049
Great location right behind the local market, this guesthouse has comfortable rooms to watch the locals go about their daily business at the market. Fan rooms cost US\$6, and air-con rooms go for US\$15.

Sekong Star Hotel

Stung Treng
Tel: 074 973 762, 012 61 1530
A five-minute walk from the town centre this hotel has a wide selection of large, clean rooms. Air-con rooms with TV cost US\$15, and rooms with fans are US\$5.

Ou Svay homestay

Call Mr. Touch Sophany on 011 724 250, or email sophany@cepacambodia.org.

THE EATS

Le Tonle Restaurant

Riverside
Tel: 092 674 990 or 012 397 476, email: fieldco@tourismforhelp.org
French chef Cyril trains young Cambodians from poor backgrounds in high-quality French cuisine. Part of Tourism for Help's training centre, the menu is varied and includes roasted tofu, or roasted pork with sesame and honey for 12,000 riel, as well as a good selection of French desserts for around 6,000 riel.

Sunn Tha Café

Road from the market to the river
Has a good selection of cheap and hearty Khmer breakfasts, including the classic Keoteow (Khmer noodle soup with pork or beef), pork and rice, or



Street food Ou Svay style

French baguette with paté for around 5,000 to 7,000 riel. Excellent iced coffee comes highly recommended. Also serves lunch and dinner.

■ TOURS AND INFORMATION

Ou Svay-based **Culture and Environment Preservation Association (CEPA)** arranges boat trips to Anlong Cheuteal dolphin pool, trips to the Ramsar Wetland forest, bird-watching trips, fishing and cycling tours, sunset trips and trekking. CEPA, Contact Mr. Touch Sophany on 011724250, or email: sophany@cepa-cambodia.org.

Mekong Blue Silk Weaving Centre

Street 2, Sre Po village, Tel: 012 622 096, 012 609 730, email: mekongblue_base@camshin.net. www.mekongblue.com Open from 7.30am to 11.30am and 2pm to 5pm, closed Sundays. Visits by appointment can also be arranged outside opening times.

Mekong Discovery Trail


The Mekong River Discovery Trail Project is a joint project of the Cambodian Ministry of Tour-

ism, SNV and United Nations World Tourism Organisation.

The project is currently "developing a new tourism asset in Cambodia" called the Mekong Discovery Trail between the Lao border and Kratie. Parts of it are within easy reach from Stung Treng town. The project's main objectives are to promote responsible tourism and wildlife conservation, according to Daniel de Gruiter, the product development officer on the project.

Daniel sees the trail as an opportunity to develop community-based ecotourism along the Mekong River via the regional gateways of Kratie and Stung Treng. This provides an authentic experience of the river life in northeast Cambodia, according to Daniel.

The newly developed Mekong Discovery Trail website provides visitors to Stung Treng and Kratie with a wealth of information on the region, as well as suggesting itineraries for independent cycling and walking tours of various lengths.

Contact Daniel de Gruiter, Tel: 012 732 047, send email to: dcdgruiter@yahoo.co.uk, or visit: www.mekongdiscoverytrail.com 



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the motorbike diaries: part 10

Travelling from Vietnam to London by motorcycle, Mike Gracey and Lotta Väänänen drive through Iran and towards the Turkish border.



Towards Turkey Mt. Ararat looms in the distance

DESPITE FIGHTING STRONG side winds, the road conditions in Iran were terrific. Beyond Kerman we no longer required armed escorts and were delighted to cruise at our own pace. However, we remained cautious and did not stray away from the main highway.

We stopped in the ancient city of Yazd, consisting of mud brick buildings and wind towers dating back to the Sassanian period (220 A.D.). We were thankful to gain visa extensions at the local 'Aliens Bureau' rather than the intimidating sounding 'Disciplinary Force for Islamic Republic of Iran Department for Aliens Affairs' in Tehran. We spent a month snaking our way across this hospitable country, making numerous friends along the way.

After a relaxing week admiring the magnificent architecture of the ancient mosques in Esfahan and consuming countless coffees at the grand Abbasi Hotel, we headed to Tehran where we visited the impressive National Jewels Museum and took a stroll to the former U.S. Embassy, today known as the 'U.S. Den of Espionage' and home of the Sepah Militia, a group committed to upholding the revolution. As we approached the building, we could clearly see a mural of the stars and

stripes flag with large letters stating 'Down with the U.S.A..'. I looked around and grabbed for my camera when a large figure appeared at the entrance of the building and fixed his eyes on us. We were quick to turn around and made our way to the metro getting lost amid the rush hour crowd.

Leaving Tehran we continued on our quest towards Turkey. Arriving in Zanjan for the night, I lost Lotta in the evening traffic! In panic I drove in search of her, and after the worst hour of my life, a young fellow approached me ensuring that my wife was well and that her bike had broken down. He guided me to Lotta. After making sure she was all right I towed her straight to the nearest mechanics.

The following day we drove to the border and the closer we got to Turkey, the clearer we could make out the 5,137m snow-peaked Mt. Ararat. The weather was getting worryingly cold.

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



Mike 'Che' Gracey & Lotta 'Knieval' Väänänen

Getaway

ChildSafe®



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

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 from 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.

Rikitikitavi

Riverfront, Kampot Tel: 012 274 820
rikikitavi@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.

Kep

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 K 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.rafles.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.

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\$29 to US\$60.

Aram

70 Street 244 Tel: 012 565 509
www.boddhitree.com
Renovated 1950s building which is part of the Boddhi 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.

Bougainviller

277G Sisowath Quay Tel: 023 222 528
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\$65.50 to US\$130.

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. 🌿

Kabiki

22 Street 264, Tel: 023 222 290
www.thekabiki.com
Set in a secluded alley around the corner from the Pavilion, Kabiki is the first hotel in Cambodia dedicated to families and children. The two salt-water pools are designed with children in mind. The rooms (US\$45 to US\$70) have a double bed and a bunk bed as well as a small outside area for small children. Free Wi-Fi, bar and restaurant.

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 Quay

Sisowath Quay Tel: 023 224 894
www.chowcambodia.com
Five-storey, 16-room boutique hotel which opened on the riverside in April. Stunningly designed by Gary Fell, throughout, the stand-out features are the roof-top jacuzzi and the very contemporary ground-floor bar and Chow Restaurant with Wi-Fi and a small poolside restaurant.

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 nd beautiful swimming pool. Just a stones throw away from Wat Lanka.

Phnom Penh - Budget

Boddhi 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-iPods 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

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 well-coming 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 other activities.

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. Also has a smaller speedboat which does a day trip from Phnom Penh to Siem Reap.

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. Specialises in adventure tourism in Cambodia. Brochures are available online.

Travel Indochina

43-44EO Street 108,
Tel: 023 991 978
www.travelindochina.com.au
Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals. 🌿



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Taste of *Thailand*

Thai Food seeks to fuse the basic flavours of hot and spicy, sweet, sour, and salty into many delectable dishes. As most of us can't just jet set to neighbouring Thailand on a whim, **Lis Meyers** explores Thai Food in Phnom Penh.



Bai Thong *Sumptuous setting for sophisticated Thai food*

■ BAI THONG

100-102 Sotheaeros Blvd.
Tel: 023 211 054

The beautiful, sumptuous setting at Bai Thong is adorned with a striking stone wall, sweeping drapes, and accents of maroon and gold. Chicken satay at US\$4.20 is expertly cooked and nicely marinated, with a thick peanut sauce on the side. For something special, order the duck with tamarind sauce on a bed of crispy noodles and Chinese greens for US\$7.40. The tamarind glaze adds a level of sophistication to tender slices of duck. Thai food lovers can order the set menu, a five-course meal at US\$11.90. Bai Thong offers some of the best Thai food sampled and the service is spot on.

■ BUA THAI RESTAURANT

Ground Floor, Phnom Penh Hotel,
Monivong Blvd.,
Tel: 023 990 098 or 011 49 94 60
Located inside the Phnom Penh Hotel, Bua Thai is a pleasant sur-

prise. The menu features over 200 dishes and features vibrant and appetising pictures of a number of the dishes. Koong Chochee (US\$12.50), sautéed prawns with chuchee chilli paste, is absolutely divine. The enormous prawns are cooked to perfection in the spicy chilli and peanut sauce. Pad Sew (US\$6), sautéed rice noodles with vegetables and meat, in a sweet soy sauce has a subtle flavour and is perfect for those with more delicate palates.

■ TOM YUM KUNG

10 Street 278
Tel: 023 359 293

Those who like their Thai food with a great big kick will love Tom Yum Kung. Most dishes come red hot spicy so be sure to have plenty of water and rice on hand! Order fiery green curry (US\$2.50) and your mouth will tingle long after the meal. Spicy squid salad features large portions of nicely textured and fresh-tasting squid. The fried

spring rolls (US\$2.25) were a bit disappointing, especially when compared to the rest of Tom Yum Kung's more exciting offerings. The restaurant attracts a large mix of Thais, Khmers, and expats in the know. The prices here cannot be beaten.

■ KHMER THAI RESTAURANT

26Eo Street 135
Tel: 092 810 812

Offering delectable Thai food in a lovely setting for those on any budget, the atmosphere at Khmer Thai is both charming and elegant with alfresco and indoor seating. Thickly wrapped spring rolls for US\$2 are filled with glass noodles and vegetables, with a tasty doughy texture. The satay Gai or grilled skewered chicken (US\$2.80) is out-of-this-world good, especially when combined with a scrumptious peanut and minced pork dipping sauce. The restaurant also does some fabulous curries at US\$3.50 to US\$4.

Both chilled tea and steamed rice come with the meal and are refilled frequently. Khmer Thai Restaurant is the perfect spot for a casual but enjoyable meal with good friends or family.

■ LEMONGRASS

14 Street 130
Tel: 023 222 522

Located adjacent to the sprawling riverside, Lemongrass takes you away from the bustling streets for a relaxing meal. The warmly decorated interior blends soothing yellow walls with dark woods, and a variety of Thai antiques line the walls. Tom Yung Gung, a fragrant lemongrass soup with prawns, (US\$5) comes beautifully prepared in a clay pot with mushrooms and hot peppers. The soup was smooth and well-spiced. Gai Pad Met Mamoung, a chicken stir-fry dish with cashews, onions and peppers is equally good. A very sophisticated Thai experience.

■ **SETSARA**

3D Street 278

Tel: 012 1911 328/011 549 781

Offering large portions of affordable food and upbeat service, diners can order any dish with their choice of meat (beef, pork, chicken, or seafood), vegetables, or tofu. Compact fried spring rolls (US\$2-3) come in two varieties and offer a great crunch with an almost creamy texture inside. A spicy dipping sauce accompanies the rolls.

Watery massaman curry (US\$4) had more of the consistency of a soup than a curry and came with more fish than seafood. All food is prepared without MSG and the restaurant will gladly deliver to your home.

■ **CHIANG MAI RIVERSIDE**

227Eo Sisowath Quay

Tel: 011 811 456

Barely noticeable along the busy riverfront and set amongst uninspired décor, this restaurant was quite the diamond in the rough, offering good food and speedy service. Seafood lovers will enjoy the Poo Pat Pang Knee (US\$7.00), a stir-fried yellow curry crab that is both tender and tasty. Give up all hope of retaining an air of sophistication as this dish is quite messy to eat! Pat See Yeuw (US\$2.50) makes a great alternative for those tired of the traditional Pad Thai. The thick noodles will leave you feeling full and satisfied. The menu has numerous vegetarian offerings, all clearly marked on its menu, and will also allow you to indicate the level of spice you want on a multi-pepper scale.

■ **BANYAN RESTAURANT**

245 Street 51

Tel: 012 850 065

Banyan offers a cheerful garden setting and an all-you-can-eat lunch buffet for US\$2.50 with a solid selection of options. However, quantity far surpasses quality, as nothing sampled proved particularly good. Pork ribs for US\$3.50 were far too fatty to be properly enjoyed. Clear soup with minced pork and vegetables at the same price fared slightly better. Dishes are bland and oily, as the restaurant seemingly caters to the misconception that



Classic Thai Green curry with chicken at Bua Thai

westerners just don't like their spices. The food suffers severely as a result.

■ **REGENT PARK HOTEL**

58 Sotheaors Blvd.

Tel: 023 427 131 or 023 427 674

Both Thai nationals and expats rave about the little known Thai restaurant in the Regent Park Hotel. The restaurant serves well-prepared and wonderfully spiced Thai cuisine for very reasonable prices in a subdued elegant setting. Long and thin spring rolls for US\$3 are arranged vertically in a glass vase and are a definite cut above the rest. Be sure to try the Tom Yung Kung (US\$4.50 to US\$6.80). With

a wonderful aroma, this lemon-grass and lime soup comes with shrimps galore and a big kick for those who like fiery food. The Pad Thai (US\$3) has great sweet and sour flavours, although the dried shrimp are a bit too chewy. The green curry is US\$4. Large slices of roasted beef are served alongside thick, spicy curry with huge chunks of vegetables.

■ **PHNOM PENH ORCHID**

7 Street 360

Tel: 023 351 10 78

Chef and owner Sotha Srong opened this small restaurant several months ago in order to bring more Thai food to Phnom Penh. The restaurant has a

simple ambience and makes for a nice air-conditioned lunchtime spot. Soft-shell crab, a rarity in Phnom Penh restaurants, was a tasty treat at US\$4.50 for eight. With a crispy fried exterior, the meat was soft and delicately accented with sautéed garlic and pepper. The red curry with roasted duck (US\$5.50) was slightly disappointing. While the curry was hearty and enjoyable, the small pieces of duck had very little meat and were difficult to eat.

■ **TIC'S PLACE**

21 Street 63

Tel: 012 559 311

Slightly more expensive than some of the other budget Thai places, Tic's Place might not be worth the extra price for such inconsistent food and barebones atmosphere. While some dishes soar, others fail miserably. Tom Yam soup (US\$3.50 to US\$5) was the most boring soup sampled over the course of the review, with no hint of spice or flavour. While noodles in Lad Na (US\$3 to US\$4) were thick and enormous, they were absolutely smothered in a murky pool of oil and sauce. But perhaps the Panang curry alone warrants a visit. The coconut-peanut sauce is thick, spicy, and absolutely incredible. It very well may be some of the best curry in town.

■ **INTHANOON RESTAURANT**

84Eo Monireth Blvd.

Tel: 011 214 949

Perhaps the city's best-kept secret for cheap and tasty Thai food, Inthanoon was a great find. Tom Ka Kai, a soup with tender chicken in simmered coconut milk, had multiple layers of flavours and soothing texture. It might just be the best Tom Ka Kai in the city! Sweet and sour

shrimp come with juicy pineapple and large chunks of vegetables. None of the food was excessively oily, unlike other places in the same price range. Typical of any great hole-in-the-wall restaurant, there is little ambience aside for pink faux-Burberry tablecloths. Inthanoon is a great place to go for a massive meal as all dishes range from US\$2 to US\$3.50. A bit out of the way and hard to find, look out for the large clinic next door. **[R]**



Regent Park Hotel Little-known restaurant with well-prepared dishes

Food Talk: *In Search of Good Meat*

Steve's Steakhouse brings both the taste of Greece and the wild, wild West to Cambodia. Lis Meyers chats with Steve about his longstanding restaurant and his passion for great meat.

WHEN STEVE BILLINGTON moved to Cambodia in 1997 to start the "Home of English" school, he found himself desperately seeking good meat. Having lived in Asia for over 28 years, he had spent most of his life in the field of education, starting the school in Phnom Penh for Khmer and expat children. Hoping upon an opportunity to take on his own restaurant, Steve decided to provide Phnom Penh with top quality meat and the best of Greek cooking.

■ GREEK GOES WESTERN

While it seems that Steve's Steakhouse has been in town forever, the restaurant originally functioned under the name of Athena, selling strictly Greek fare on Norodom Boulevard. Steve enjoyed the food and ate there frequently. When he learned the restaurant was looking to be sold, he decided to buy the place. "The opportunity was there and I wanted to keep it alive," says Steve. Hoping to achieve a better atmosphere, he moved Athena to its current home on Street 51, just a few metres from his school.

He maintained the restaurant's Greek cuisine and original name for two years, but decided to expand into steaks and meat. "The market for Greek food at the time was so temporary," he explains. "Greek cuisine is not known by everyone and there was no local market. Steaks and burgers have a much broader appeal. So I kept the best of the Greek food and added the meat. And it just seemed natural to go with the western theme." So Steve's Steakhouse was born.

■ BETTER BEEF

Much of Steve's decision was influenced by his desire to bring better quality beef to Cambodia. He was desperate for a good steak or hamburger. Feeling this was impossible to find, he began importing top quality meat into the country.



Desperate for a good steak So he opened his own steakhouse

Hoping to raise the standards of local meat, Steve began raising cows at his farm, located thirty minutes from the city off Highway One in the direction of Vietnam. Steve's father, who at the age of 87 is perhaps Phnom Penh's oldest living expat, runs the farm. Steve praises the tenderness and taste of the meat.

Steve also ensures that all cows on his farm receive humane treatment. He describes witnessing the atrocious treatment of animals at Cambodian slaughterhouses that would make anyone vegetarian. "We have the happiest cows you will ever want to see. They are well fed, well taken care of, and we make sure they never once have to suffer, not even for a second,"

he says. Stalls are even equipped with fans to keep the cows cool in the hottest months.

■ WELCOME TO THE WILD WEST

The restaurant has a distinctive wild-west feel. Walls are adorned with a whole range of saddles, ropes, harnesses, antique Mexican spurs, cowhides, and horseshoes, all imported from a saddle company in the states. The expansive space includes an outdoor bar area, an upstairs terrace, an air-conditioned dining room, and a recently opened VIP room for private parties.

The menu boasts an impressive array of bovine offerings hailing from the U.S., Australia, New Zealand, and Argentina. Imported steaks are sold at a

“We are American-style. We don't serve small portions and prefer people to go away full and not hungry”

wide range of prices from US\$10 to US\$22, depending on origin, cut, and size. Local grilled steaks range from US\$7 to US\$14. The meat is juicy and tender, coming in sizes guaranteed to leave you well satisfied.

"We are American-style," Steve says. "We don't serve small portions and prefer people to go away full and not hungry." Even the smallest steaks are massive. All meat products are safe and high quality, with Steve promising that this is one of the few places in town where food can be ordered medium-rare or rare, without risking a visit to SOS the following day.

Steve's restaurant continues to be the only place with Greek food. Those wanting a large sampling of Greek flavours can order a US\$5 mezze plate with various "tidbits of the day," including tzatziki, melitzana, skordalia, and spanakapita. Steve raves about the genuine Greek salad that can be purchased for US\$4 to US\$5, depending on size.

■ THE HAPPY CARNIVORE

Steve can be found there most days around mealtimes. "It's about doing something different and doing something I enjoy," he says of his business. "It's still small and friendly and the staff are like family. If the day comes when I don't enjoy coming in to the place, I will put it up for sale."

Steve's Steakhouse and Greek Restaurant, 20Eo Street 51, Cnr. of Street 282, Tel: 023 987 320

Recipe Corner: *Ocean Grilled Seafood with Fresh Herbs*

This traditional Mediterranean recipe combines the flavour of seafood with exotic spices and fresh herbs.



■ ABOUT THE CHEF

Leam Samnang graduated from Pour un Sourire d'Enfant catering school in Phnom Penh in 2004. After that Leam worked at the Indochine Bistro & Restaurant in Phnom Penh, where he was responsible for preparing the menu and learned to cook western food. He moved to Siem Reap in 2006, where he worked at the Royal Angkor Resort, specialising in Asian and western cuisines. He started working at Ocean Restaurant in 2007, where he has learned Mediterranean cuisine from the owner Herbert Ludwikowski.

You can find Leam Samnang and a taste of the Mediterranean at: Ocean, 11 St. 288. ☎

The dish *Ocean grilled seafood, fresh herbs and plenty of colour*

■ INGREDIENTS (SERVES 1)

- 80g fillet of red snapper
- 80g large shrimps
- 80g squid
- 1 clove garlic
- Fresh herbs
- Olive oil
- Butter

Preparation time: 5 minutes

Cooking time: 10 minutes

■ PREPARATION

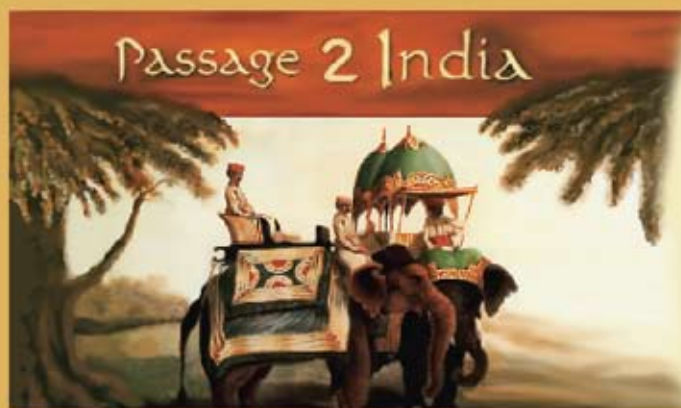
Cut the fillet of red snapper, shrimp and squid. Wash thoroughly as this is a sea fish.

Chop the garlic and fresh herbs and then place to one side.

Soak the snapper and seafood in a simple marinade of salt and black pepper for at least a minute.

Place the snapper and seafood in a pan and cook on medium heat for two minutes. Add the garlic, fresh herbs and butter. Cook for a further five minutes.

Serve on a plate with courgette gratin and mashed potatoes, or other vegetables of your choice.



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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

67 Street 240, Tel: 023 220 953
Dutch-run, run restaurant specialising in authentic Khmer cuisine. Serves very good *amok*. Also runs its own cookery classes. Moving to Street 240 in April. **02**

K'NYAY

25K Suramarit Blvd., Tel: 023 225 225
www.KNYAY.com
Khmer restaurant decorated in black and white which serves a wide range of vegan dishes at very reasonable prices. **02**

Malis

136 Norodom Blvd., 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

74 Street 174, Tel: 092 219 565
Recently moved to new location in Street 174 and 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

Hua Nam

753 Manivong Blvd., Tel: 016 899 555
Large Chinese restaurant that specialises in seafood and duck. Has a good selection of wines. Also serves Thai food and has VIP rooms. **03**

Man Han Lou Restaurant

456 Manivong 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. Features traditional Khmer dance performances nightly. **03**

Mekong Village

290 Manivong Blvd.
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 Blvd. 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 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

80 Street 108 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. Newly redecorated with more indoor air-con space. Open 7am to late. **02 A/C**

La Marmite

221 Sisowath 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**

La Residence Restaurant

22/24 Street 214, Tel: 023 224 582
Fine dining on an international scale in this sophisticated restaurant, where French classics meet gourmet, modern cuisine. Open for lunch and dinner Mondays to Fridays, and dinner only on Saturdays and Sundays. **04 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 6pm. **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**

The Wine Restaurant

219 Street 19, Tel: 023 223 527
Excellent fine dining restaurant in the same grounds as Open Wine. The fresh food and extensive selection of wines make this one of the more exclusive places to dine in town. **04 A/C**

Topaz

182 Norodom Blvd. 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**

Van's Restaurant

5 Street 102, Tel: 023 722 067
French fine-dining in a grand setting awaits at Van's, located on the second floor of a well preserved colonial era building near the city's Post Office. Open every day from 11.30am to 2.30pm and 5pm to 10.30pm. **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 3pm & 6pm to 11pm. Closed Tuesdays. Free home delivery. **03 A/C**

Dosa Corner

15 Street 51, Tel: 012 673 276 Street
This small south Indian restaurant opened in January. True to its name it has a wide range of very good value dosa (US\$1 to US\$2) as well as thali and biryani dishes (US\$2.50 to US\$4). Air-conditioned, it's open from 7.30am to 11pm. **02 A/C**

East India

9 Street 114 Tel: 023 992 007
Predominantly South Indian cuisine in this

cafe and lounge

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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** 🍴

Passage 2 India

17 Street 322
Phnom Penh's latest Indian restaurant, borrowing its name from the EM Forster novel opened on Mar. 8 on the site of the old Lotus Restaurant. Has special three-course set lunches for US\$10. **02 A/C**

Saffron

11 Street 278 Tel: 012 247 832
Pakistani and Middle Eastern café, 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 11am to 11pm. **02 A/C** 🍴

Shiva Shakti

70 Sihanouk Bvd. 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**

Bodhhi Tree

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

Cadillac Bar & Grill

219E Sisowath Quay, Tel: 011 713 567
Air-conditioned riverfront bar which promises a hassle-free drink. Mixing up burgers, pasta and some Asian food with Blues and rock and roll, this American-style bar serves good hearty food. Open 8am to 1am. **03 A/C**

Café 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 changer. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C** 🍴

Café Tropical

1 Street 94, Tel: 012 720 719
Small café on the Wat Phnom roundabout, with a range of dishes from Hawaii, Mexico, the West Indies, New Orleans and Southeast Asia. Cuban sandwiches, Thai quesadillas, tropical shrimp scampi and pork chilli compete on the menu. Open from 10am to 10pm, closed Sundays. **02 A/C** 🍴

Del Gusto

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

Driss'

21 Street 71, Tel: 012 872 400
A Moroccan tapas eatery and bar, Driss' has a colourful, casual vibe. Located near Psar BKK, Driss' offers tapas dishes from US\$2 including both vegetarian and meat options. Open from 5pm to late, closed Tuesdays. **03**

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**

Freebird

69 Street 240, Tel: 023 224 712
Aircon 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, excellent International, Mexican food and burgers. Be prepared for some good solid R&R. Open 7am to midnight. **02 A/C** 🍴

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** 🍴

Garden Center Café

60-61 Street 108 Tel: 023 363 002
www.gardencentercafe.com
The long-standing outdoor terrace restaurant has found a new home on Street 108. Decked out in shades of muted green with

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vintage posters on the walls. The food, including yoghurt, granola, bread and pâté, is prepared fresh in the kitchen. Open from 7am to 10pm. Closed Mondays. **02** 🍷

Garden Center Café & Café 2
23 Street 57 Tel: 023 363 002
www.gardencentercfe.com
More compact version of the Garden Center is conveniently located close to the popular Street 278. Open from 7am to 10pm. 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 Mango
Cnr. 63 & 278,
Tel: 016 821 303 / 012 607 481
Very green décor for this corner plot that used to be Tom's Bar. Serving a mix of Khmer and western dishes in a relaxing atmosphere, it's open from 7am to midnight. **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**

Huxleys
Cnr. of Streets 136 & 5, Tel: 023 986 602
Wood-paneled traditional English pub downstairs serving pub grub, international restaurant located on the first floor. Abundance of water features creates a soothing place to dine out. **03 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** 🍷

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** 🍷

Le Quay Café
Cnr. Sisowath Quay & Street 110,
Tel: 012 524 584
www.amaraspa.hotelcara.com
The restaurant side of Amara Spa specialises in 28 varieties of crêpes (US\$2.50 to US\$8) with salads (US\$3 to US\$4.50) and panini (US\$3.50 to US\$6) also featuring strongly on the menu. Le Quay is a very healthy additional to the riverside scene. Open from 9am to 8pm. **02 A/C**

Le Rit's
14 Street 310,
Tel: 023 213 160
Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden, the restaurant specialises in Asian

and European cuisine. Open from 7am to 5pm, closed Sundays. **02**

Mes Amis
41 Street 310, Tel: 023 212 118
Elegant Ukrainian-run restaurant in Boeung Keng Kang with secluded patio and simple air-conditioned interior with free WiFi. Menu includes salads (US\$3 to US\$4.50), pizzas (US\$3 to US\$7), pasta (US\$3.50 to US\$5.50) and burgers (US\$3.50 to US\$4). Open from 7am to 11pm. **02 A/C** 🍷

Metro Café
Cnr. Sisowath Quay & Street 148
Tel: 023 222 275
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**

Ocean
11 Street 288,
Tel: 012 176 6690
European managed Mediterranean restaurant that specialises in seafood. The cool interior is an appropriate mix of muted blues and greys. Also serves dishes like lamb in herbs for the non-fish eater. **03**

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.tonlesagguethouse.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 couscous. 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** 🍷

food corner



Sarika

69 Street 566, Tel: 017 456 116
Set in the most beautiful traditional wooden house in Tuol Kork, Sarika has an aura of elegance. Spacious gardens provide an excellent setting for the range of BBQs. Specialises in skewers, seafood steak and Asian cuisine. VIP rooms upstairs. **03 A/C**

Steve's Steakhouse

20 Street 51, cnr. Street 282, Tel: 023 987 320

Long-standing restaurant specialising in western food, including steaks, hamburgers, kebabs and a good range of dips, also serves Khmer dishes. Has a terraced restaurant upstairs. **02**

Talkin to a Stranger

27B 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**

The Kitchen

17 Street 148, Tel: 092 986 951
With a simple décor, this restaurant specialises in exotic meats – ostrich, crocodile and kangaroo. The Khmer set including beef, chicken, pork, squid and crocodile is US\$8, the half-ribs are US\$5 and full-ribs are US\$8. There's also a BBQ every day at 6pm with ribs, kebabs and brochettes. Open from 8am to 2am. **02**

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**

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 Blvd., 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 Blvd., 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 Blvd., 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**

Pyongyang

400 Monivong Blvd., Tel: 023 993 765
Phnom Penh's only North Korean restaurant has cultural shows starting at 8pm each night. The kim chi is excellent too. Unforgettable experience. Open from 11am to 11pm. **03 A/C**

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**

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**

Thai / 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**

Bua Thai

Ground Floor, Phnom Penh Hotel, Monivong Blvd. Tel: 023 990 098
Over 200 dishes provide a wide range of delights in this surprisingly good Thai restaurant. The sauteed prawns with chuchee chilli paste are divine. **03 A/C**

Chow

277 Sisowath Quay, Tel: 023 224 894
Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices and ily coffee. Great place to have a drink during the half-price 4pm to 8pm happy hour. Open 7am to 11pm. **04 A/C**

Lemongrass

14 Street 130, Tel: 012 996 707
Elegantly designed Thai-managed restaurant that serves Thai and Khmer cuisine. Aircon with stylish use of heavy wood and artefacts to create a far more luxurious

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ambience than the reasonable prices would suggest. **02 A/C**

Le Wok
33 Street 178, Tel: 092 821 857
Light and modern pan-Asian and French eatery with dishes such as prawns with lime and wasabi and Mekong lobster thermidor. Comprehensive wine list and cocktails. Open 9am to 11pm, closed on Tuesdays. **03**

Regent Park Hotel
58 Sotheaors Blvd. Tel: 023 427 131
Little known but excellent Thai restaurant that serves well prepared and wonderfully spicy dishes. A subdued elegant setting and reasonable prices make this a real find. **02 A/C**

Cafés

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. 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 strongilly 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. **A/C**

Café Fresco
Cnr. Streets 51 & 306, Tel: 023 224 891
Second outlet of the popular riverside café is in BKK. Has a similar feel and menu to its fore-runner including the same excellent coffee. Open 7am to 7pm. **A/C**

Café 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 coffee menu. Has a kid's playroom and baby changer room. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C**

Café Yeji
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**

Corner 33
33E2 Sotheaors Blvd. Tel: 092 998 850
First-floor café overlooking the Royal Palace. Asian & Western meals served for breakfast, lunch and dinner with a nice selection of wines, cocktails, smoothies, and coffees. Four computer terminals allow customers to surf while they chill. **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 comfortable mismatched sofas and antique-look décor. A small lunch menu is available along with an extensive tea and coffee menu. **A/C**

La Gourmandise Bleue Patisserie
159 St 278, Tel: 023 994 019
A French patisserie with a touch of the middle-east, offering chocolates, macaroons, pastries, baklava and more, along with coffee and tea. Open from 7am to 8pm. **02 A/C**

Le Rit's
14 Street 310, Tel: 023 213 160
Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden, the restaurant specialises in Asian and European cuisine. Open from 7am to 5pm, closed Sundays. **02**

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 pastisseries 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
2D Street 302, Tel: 016 377 687
www.twofish-gallerycafe.com
This popular café and gallery now has a new home. Although the café is no longer open, a space is available for private lunches and dinner parties. **1**



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Instant Bargain Bucket

Instant noodles are quick, easy and ridiculously cheap. They come in a plethora of flavours including chicken, pork, beef and seafood. Just throw in some boiling water and grab a spoon and fork for a speedy snack or meal. Lis Meyers browsed the aisles of Lucky Market to check out its large instant noodle selection. We selected six different brands for the ultimate bargain bucket taste test to determine which instant noodle reigns supreme!

Mama Instant Noodles (US\$.40) comes in an enormous array of Thai dishes. Dried noodles appear to have already been seasoned. Nearly inedible, the broth seems to be more MSG than pork. Standard ramen noodles are boring and lacking in quality. While the package lists most of its ingredients in Thai and English, it discreetly includes its 0.95 percent MSG content only in Thai. Mama faired a distant 6th in this competition.

Vina Acecook Noodles – with large “Good” on package – (US\$.15) is available in standard chicken, beef, pork, and seafood. While the noodles look appetising, they prove quite off-putting. The seasoning contains a strange after-taste that does not resemble meat in any way, shape, or form. A forgettable instant noodle experience overall.

Wai Wai (US\$.20) is sold in only a few flavours including vegetable for those ramen-loving vegetarians and Pork Soeng Kreung. The noodles look incredible on the package – thick and plentiful with bright coloured vegetables – it seems like this will be a real instant treat. In reality,

it is okay, but not anything special. The broth has a touch of spice. Noodles have a nice texture, but are mostly ordinary. Only Thai readers will be able to discern that the dish has 0.54 percent MSG.

Goodnk Gink 4-me Instant Classic Noodles (US\$.30) varies from the rest in that it features glass noodles instead of the standard ramen. Made by a Thai company, the package comes with a seasoning pouch and sauce packet. While the noodles fail to look particularly appetising when raw or cooked, they are actually enjoyable and go nicely in its very spicy soup. Perhaps one of the best broths of the bunch, it actually tastes like Tom Yum! Servings are rather small and contain a whopping 1.7 percent MSG. These noodles are best enjoyed as soon as prepared, as the glass noodles will absorb the broth and congeal if allowed to sit too long.

Nong Shim Noodles (US\$.80), a Chinese Brand, comes in slightly more exciting flavours such as Shanghai Tangmyun Chicken and Hot and Spicy. The package is much larger than other brands, coming



Instant Noodles:
Spoilt for choice?

with a large portion of thick noodles, a seasoning pouch, and a packet of dried Chinese cabbage, carrot, and chives. While definitely on the pricey end of the instant noodle spectrum, the quality of the noodles far surpasses the competition. Thicker than the average instant noodle, they are soft and tender. But the dried vegetables seem to be more decorative than taste enhancing, as the broth is disappointingly mediocre. While the soup has a subtle taste, it is over-salted and could do with a bit more of a kick to highlight the delectable noodles.

Chinese Jishihefen Noodle (US\$.40) comes in the standard flavours and Korean flavour with a generous supply of flat rice noodles, a seasoning pouch, a sauce packet, and a bag of dried

vegetables. According to the package, the sauce contains palm tree oil, flour, hot pepper oil, and vitamin E. The pork broth is rich and has a nice kick that goes particularly well with tasty thick rice noodles. Coming in a hefty portion, it can easily serve as a meal on the go. We have a winner!

NOODLES OF NOODLES: CONCLUSION

Chinese Jishihefen Noodles reigns supreme, while Mama Instant Noodles brought up the rear. Nong Shim is noodlicious and Chinese Jishihefen has the best broth. Goodnk Gink 4-me is also a nice surprise with glass noodles rather than ramen. All dishes contain MSG. For your own instant noodle taste test and ultimate bargain bucket, head to the pasta aisle at Lucky Super Market and try, taste, and slurp away! 🍜

food corner

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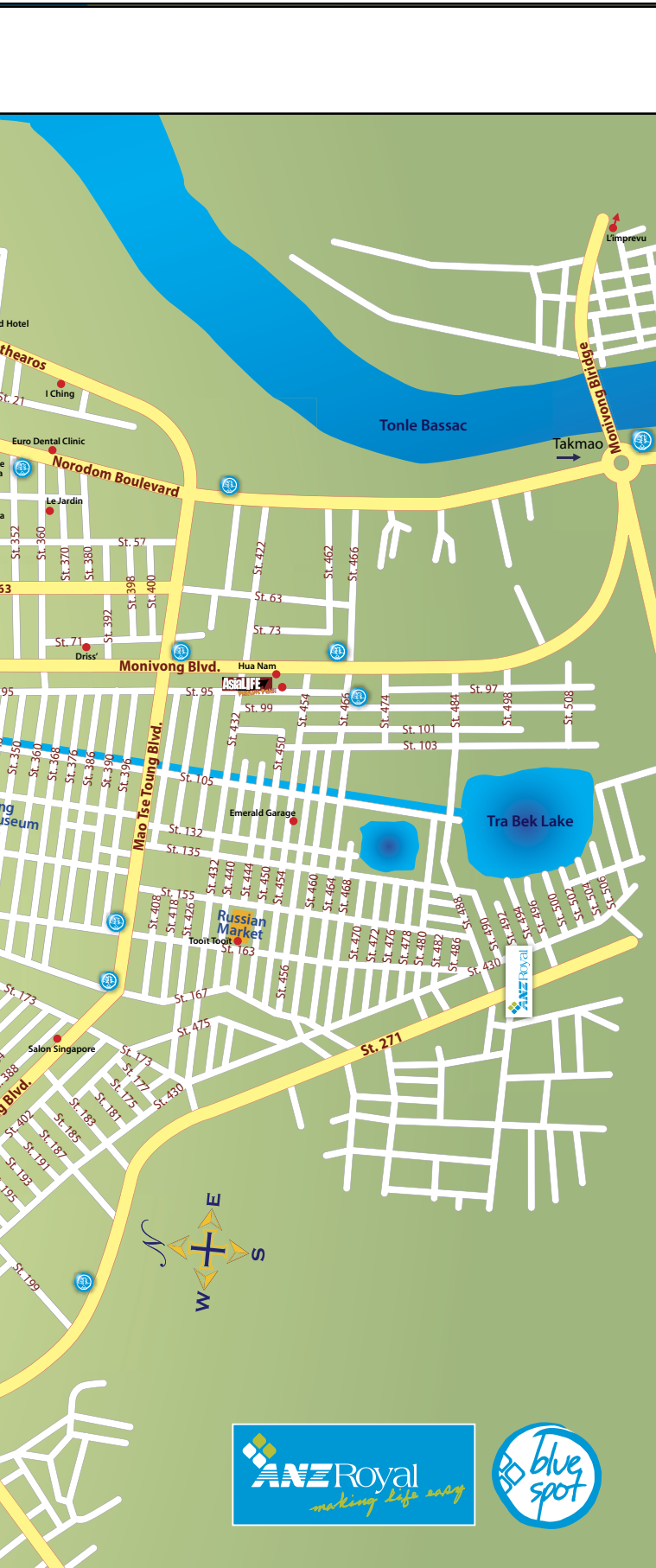
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Café Culture

A growing number of Phnom Penh bars, cafés and are hosting exhibitions featuring Cambodian and international artists. Today some of the most interesting and important works are displayed in such informal settings. Words by **Anita Surewicz**.



Art Café Live music, dance and art displays



FCC Has exhibited the works of some of the finest photographers to visit Cambodia



■ ART CAFÉ

84 Street 108, Tel: 012 834 517
www.artcafe-phnom-penh.com
A sophisticated bar and bistro in the tradition of European coffee-house culture, Art Café supports musical performances and frequently hosts art exhibitions. Anton Isselhardt started Art Café as a platform for artists to do solo exhibitions. With evening performances each weekend and revolving displays every two months he is slowly fulfilling this dream.

Art Café is currently presenting numerous musical performances supplemented by films and talks to celebrate the hundredth birthday of composer, Oliver Messiaen.

"The cuisine comes from the southwest of France, near the German border, where I was born," says Anton. Authentic Alsace-Palatinate flame cakes (US\$5.80 to US\$6.90) – a very thin-crust form of pizza with sour cream as a paste – sit alongside goulash (US\$6) and an Alsace choucroute with sauerkraut (US\$8) on the menu. The wine list includes a very dry Riesling (US\$4.20 per glass). Spending an evening here is like having a concert performance in your living room. Open from 11am to 2pm and 5pm to 11pm.

■ CAFÉ LIVING ROOM

9 Street 306, Tel: 023 726 139
Opened last August in a large two-storey villa in Boeung Keng Kang, Café Living Room features gourmet and Japanese food and has an abundance of organic vegetarian options.

"We support local businesses by using and selling organically-grown vegetables and food that is produced and supported by established non-profit organisations and shops," says Owner Megumi Kitabatake. Some of the Living Room specialties include an array of dips (US\$3.50) curry-flavoured Mekong fish (US\$4.75) and sushi (US\$5).

Art displays are changed every two months, with the next exhibitions of African art and photography by a Cambodian artist due to begin in mid-May. American artist, Leah Newman, also runs art sessions aimed at getting kids' creative juices flowing. Open from 7am to 8.30 pm, it's closed on Mondays.

■ OCEAN

11 Street 288, Tel: 012 176 6690
www.equinox-cambodia.com
The freshest entrant to the list of restaurants featuring art displays had not even hosted an exhibition as of going to press.

Catching the art patron bug, Ocean's owner, Herbert Ludwиковski, will exhibit paintings by the Khmer artist Chhim Sothy, throughout this month, starting May 9.

The plain white walls of the restaurant should make the ideal backdrop from which to hang the paintings. The vibrant colours of Sothy's works standing in contrast with the minimalist blank canvas.

The Mediterranean food at Ocean is equally refreshing, with the fish dishes standing out.

Time will tell whether Ocean proves as popular a venue for the arts as the two other German owned establishments – Art Café and Meta House.

■ FCC PHNOM PENH

363 Sisowath Quay,
Tel: 023 724 014
www.fcccambodia.com
This landmark riverfront bar and restaurant, routinely exhibits the work of photographers in the region. The FCC has exhibited the work of some of the finest photographers who live, or have travelled through this region. It is a tradition that on opening night of each exhibition, the photographer donates one

photograph to what is now the FCC Permanent Collection.

While the menu is still built on wood-fired pizzas (US\$6 to US\$8.50), the heart of the menu remains a finely crafted blend of Asian, Mediterranean and western-influenced flavours. It's best to arrive during the half price happy hour from 5pm to 7pm. Open 7am to midnight.

■ GASOLINA

56-58 Street 57, Tel: 012 373 009
www.gasolina-cafe.com
Better-known as a venue for the more active, having hosted salsa, Caipoiera and Tai Chi classes as well as fashion shows and rock concerts, garden restaurant and bar, Gasolina also offers an abundance of exhibition space.

Despite recent renovations and a shift in ownership, owner Jerome assures that art is most definitely part of Gasolina's future. "We will still exhibit art in the bar area as well as in a specifically designated indoor area," he says. Fans of the recent exhibition of graffiti art by French artist Theo Vallier will be pleased to hear this. Open from 7am to midnight, it's closed on Mondays.

■ JAVA CAFÉ AND GALLERY

56 Sihanouk Bvd., Tel: 023 987 420
www.javaarts.org

With its relaxing veranda setting overlooking the park and comfortable air-conditioned gallery/lounge area, Java Café's atmosphere is second to none. Changing exhibitions, organised by the owner, Dana Langois, showcase work by contemporary artists and add a creative element. It has the reputation for holding the best and most innovative exhibitions in Phnom Penh, often involving genuine, international artists.

In the past Java has pioneered events such as artistic exchanges between Vietnamese and Cambodian artists as well as video projections. Java has premiered the works of up-and-coming Cambodian artists such as Leang Seckon and Oeur Sokuntevy.

The Java menu is characterised by a great selection of coffees, salads, pancakes and sandwiches made to order on homemade bread. Some dinner options include fajitas (US\$4.50 to US\$5.50) and lots of vegetarian dishes (starting at US\$3.50).

The cocktails are worth trying too, especially while watching the adjacent park burst into life from the veranda at sunset. Open 7am to 10pm.

■ META HOUSE

6 Street 264, Tel: 023 224 140 or 012 607 465

www.meta-house.com

Opened in January 2007 by German filmmaker Nico Mesterharm, Meta House was Cambodia's first art, communication and media centre. With three floors of exhibition space and an open-air media lounge on the roof, Meta House offers a forum for the talents and ideas of both local and international artists.

Exhibits and workshops are brought to life in the open space of the ground floor. Intermediate floors are used to display student works, static and fluid installations as well as a private collection of paintings. The open-air rooftop provides a place to relax and enjoy some drinks, German sausages and screenings of film and video-art. Open from 6pm to midnight, the gallery opens at 6pm and events start at 7pm. It's closed on Mondays. ☒



Pioneering the arts Oeur Sokuntevy's exhibition at Java



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Bar Stool Guide

KEY TO SYMBOLS

A/C Air Conditioning



Free Wireless Internet Service



Tiger Super Cold



Live Music

Barbados

15 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** 📺

Cadillac Bar & Grill

219E Sisowath Quay, Tel: 011 713 567

Air-conditioned riverfront bar which promises a hassle-free drink. Mixing up burgers, pasta and some Asian food with Blues and rock and roll, this American-style bar serves good hearty food. Open 8am to 1am. **A/C**

California 2

317 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** 📺

Chow

277 Sisowath Quay Tel: 023 224 894

Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices and ily coffee. Great place to have a drink during its half-price 4pm to 8pm happy hour. Open 7am to 11pm. **A/C** 📺

Dodo Rhum House

42C 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 Bar

Raffles 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 football table in town downstairs with regular tournaments. Also has a small designer clothes shop and has recently opened a second street-level bar. 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 Penh

363 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.

Flavours

Cnr. 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.

Freebird

69 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 and an excellent range of bottled sauces. Be prepared for some good solid R&R. Open 7am to midnight. **A/C** 📺

Frog & Parrot

175 Sisowath Quay Tel: 012 190 9685

Popular Welsh run riverfront bar and guest house now with upstairs balcony lounge. Excellent madras curry and pasties and seemingly perpetual happy hour. Open from 6am to 2am.

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 crêpe facilities. The owners also host tai chi, capoeira and yoga classes. Open from 11am to late.

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 Bar

42 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 Anchor

213 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**

Huxleys

Cnr. of Streets 136 & 5,

Tel: 023 986 602

The wood-pannelled interior decorated with posters of famous British screen personalities and sportspeople helps to create the atmosphere of a Covent Garden bar. Well-stocked bar with fantastic cocktails. Not to be missed. **A/C** 📺

K West

1 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** 📺

Liquid

Street 278,

Tel: 012 765 896

Welcoming Metroesque bar on the popular Street 278 run by the same owner as Flavours. Serves food and good cocktails. Has one of the best pool tables in town. Happy Hour from 5pm – 8pm Angkor draft .75c, Cocktails \$2.50

Maxine's

Across Japanese Bridge

Tel: 012 200 617

Stirring 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 till late. 📺

Memphis Pub

3 Street 118 Tel: 012 871 263

The only permanent rock venue in town with a house band that plays covers with Filipino 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, Tel: 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. Closed Mondays.

Metro Café

Cnr. Sisowath Quay & Street 148.

Tel: 023 222 275

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 & 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. 📺



Bar Talk: *Freebird*

Real Americana



IT'S PRETTY EASY TO find "Dunk" once you step through Freebird's front doors. He's the one wearing the baseball cap and sitting on the stool at the far corner of the bar. He's probably chatting with a few of Freebird's regulars, and if you need further help in locating him, just look below the sign that says, "Explosives, when used properly, can be a wonderful source of entertainment." Since taking over and reopening Freebird on Jul. 4, 2005, Dunk's been overseeing the evolution of the Freebird bar, taking pleasure in seeing the development of what he calls "the Freebird family."

Dunk first arrived in Cambodia in 1990 looking for missing in action prisoners of war, and fell in love with the place. He came back for work throughout the 90s, and even though he feels that the changes between then and now are immense, he's happy to call Phnom Penh his home.

■ A TASTE OF AMERICANA

An explosive ordinance technician, Freebird's décor and character reflect Dunk's experience in that field. Filled with Americana memorabilia, including everything from black and

white photos of cowboys to signs for Route 66, the bar's most noticeable objects are those relating to the U.S. military. During his non-bar time, Dunk still is involved in explosive ordnance disposal.

Before Freebird, Dunk used to go to bars after work and, as he admits, wished that they would do this or that differently. "Finally, a friend said, 'Why don't you just do it yourself and make it just the way you'd want it to be done?'" he explains.

When he took control of Freebird, Dunk didn't simply continue it as it was. "At first, the old customers were irate with the changes," he says. But nothing stays the same, and over time, Freebird has evolved. He credits his staff for developing the bar into what it is today.

"Originally, the clientele was a rougher crowd, but the staff brought to my attention that this wasn't what they had been told it would be like," he says. As a result, Freebird reformed, under the leadership of the staff, and the majority of Freebird's bartenders are the same ones that started on opening day, a sure sign of the creation of a cohesive family.

*Freebird, 69 Street 240,
Tel: 023 224 712
- ANDREW TURCO*

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6:30 am - midnight

Info: 023 21 47 47



K West restaurant & bar, 1 street 154 Sisowath Quay, Phnom Penh

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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.

Revolution

96 Street 51,
Tel: 012 393 392

Welcome addition to the Street 278 bar scene, although just round the corner on Street 51, Revolution opened late 2007. Has a special Sunday rotisserie and 2 for 1 special cocktails and Tiger beer US\$1 happy hour from 4pm to 7pm. **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.

Sarika

69 Street 556, Tel: 017 456 116

Set in the most beautiful traditional wooden house in Tuol Kork, Sarika has an aura of elegance. The spacious upstairs bar makes an excellent spot for a pre-dinner cocktail or relaxing sundowner.

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**

Saffron

11 Street 278 Tel: 012 247 832

Pakistani and Middle Eastern café, 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 11am to 11pm. **02 A/C**

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



Drop in and play some pool on our quality slate 9 ball pool table!
Open 8:00am til Late • Happy Hour 5pm - 8pm Angkor draft .75¢, Cocktails \$2.50
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GRRRRRR...



Clubbers Guide

Getting into the party mood? Here's a quick flick through what's going down this month.

■ BRETT ANGEL

Plays the Heart of Darkness from 12.30am to 3.20am every Saturday night.

■ PRIMITIVE SOULS

May 2 – Elsewhere.
May 9 – Talkin to a Stranger.

■ PONTTOON

May 2, 10pm - Drum and Bass First. Phnom Penh's only regular Drum & Bass night.

May 9, 16, 23 – The Mash Up Mix. DJ Mark Luv plus regular guests will mix music from all genres and styles, from 10pm.

May 30 – Pirates of the Mekong, the first River Rampage. Pontoon and Maxine's combine to provide the perfect end to your month. Boat runs in between.

Every Saturday in May – PASSION. The excitement of a London club comes to

Phnom Penh. DJ Ach, Mark Luv and DJ F.U.D play silky, smooth house, and deep-down dirty beats.

■ RIVERHOUSE LOUNGE

Mon. to Thur. from 10pm,
Sat. to Sun. from 9pm.

Rockin' Retro Mondays – DJ Bobby plays classic oldies.

Foreplay Tuesdays – DJ Illest plays hip hop.

Ladies Night every Wednesday – DJ Cool Sam plays Cheesy pop.

House & Latin Grooves – DJ Madi plays classic house, every Thursday.

Hip Hop Fridays – DJ Bobby, DJ Illest, DJ Cool Sam play the latest Hip Hop and R&B.

Saturday Night Fever – DJ Madi, DJ Brett Angel and DJ Cool Sam play party classics.

Sundays – DJ Pannara plays Phnom Penh's biggest tunes followed by DJ Makara. 📺

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** 📺

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. 📺

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. 📺

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**

Zeppelin Cafe

Street 51

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 is next to Walkabout. Unique for Phnom Penh. Open 4pm to late. 📺

Zombie Bird House

7A, 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

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**

Riverhouse Lounge

6 Street 110, Tel: 023 220 180

The alternative dance venue for both expats and young Khmers. Self-contained air-con dance room and great balcony to chill out. Monday night is Retro, Thursday is House and Hip hop is on Tuesday and Friday. Open 4pm to 2am. **A/C** 📺 📺



Fine Wine Boutique & Tasting Gallery

1580 - 1780

Street 240

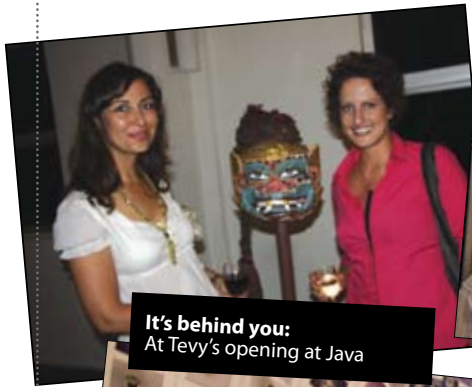
Phnom Penh

Cambodia

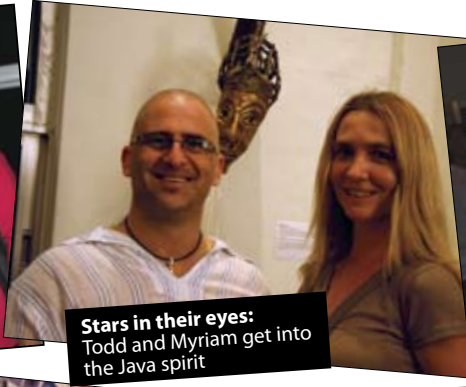
023 990 951



Scrapbook



It's behind you:
At Tevy's opening at Java



Stars in their eyes:
Todd and Myriam get into the Java spirit



All smiles:
Phillippe and Mark discussing the latest Child Safe policies at Java



In transition:
Some of the 15 young Cambodian artists on display at Reyum stand proud beside their works



scrapbook



www.harleycambodia.com
Tel: 012 948 529

Talkin
to a
stranger

Don't drink someone
else's Beer

Drink ours...
in the garden!



South Australia's Own.



What happens next?:
Have you tried drinking a Tiger while holding a motorbike helmet at the same time



Cool for cats:
Getting that mellow Memphis feeling



Indonesian sandwich:
Karina, Anton and Ira at the at Art Café exhibition opening



Separated at birth:
Two peas in a pod



Being cool is serious stuff!

**Hotel Cambodiana
Phnom Penh**

Annies
Supper Club & Breakfast Restaurant

Another first in Cambodia

Come & Enjoy the very best flavours at Annies Restaurant, tastes include Cambodian, Chinese, Indian & Malaysian cuisines. Dine under the stars over looking the Mekong River.

Open from: 6.30pm to 12.00pm Daily

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Leisure & Wellness

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The Sweet Smell of *Sweat*

Breaking sweat doesn't have to come with a hefty price tag. While local gyms may not be air-conditioned, they offer a no-nonsense workout for those who care less about the ambience and more about the muscle. Words by **Nora Lindstrom**.



Paddy's Gym Has equipment recently imported from the U.S.

■ VIP SPORTS CLUB

Southern end of Norodom Bld. just past the Ministry of Interior
Tel: 023 993 535

Boasting not only a gym, but also a 20-metre swimming pool, three tennis courts, table tennis, steam rooms, a sauna and a small restaurant, this place is definitely worth a visit. Plenty of parking spaces for cars provide an added bonus as do lockers, complimentary towels and drinking water. The gym at VIP is airy and well-equipped with a large amount of cardio equipment as well as fixed weight machines and some free weights. Staff are at hand to explain how some of the more

quirky looking machines work, although they have been known to go on disappearing acts. It's also best to bring along an iPod to drown out the hip hop emanating from the cheap sound system. In all, a great spot for a decent workout followed by relaxation in the sun beds by the pool. A visit without access to the tennis courts costs US\$4, or US\$6 with access to the pool. Monthly rates are US\$50 to US\$60 all inclusive. Open 6am to 9pm.

■ PADDY'S GYM

635 National Road 5 just past the Japanese Bridge, Tel: 012 214 940
Bearing the air of boxing clubs in American films, Paddy's

Gym offers an honest, sweaty workout. Open from 6am to 8pm, this place is packed with weight machines recently imported from the U.S., as well as a decent amount of cardio equipment. There's also a very good range of free weights, a boxing ring, several boxing bags and an aerobics space complete with disco lights. No air-conditioning or shower rooms, but the cheerful and helpful staff, will throw in a training programme as well as impromptu personal training. Lockers are available on request. Adding to the feel-good factor at Paddy's is that it also supports a group of street kids through free meals and training. Entrance is US\$3 (2,000 riel for Cambodians), or US\$45 per month.

■ RAMA FITNESS CENTRE

Cnr. of streets 180 and 63
Located centrally on a small side street, at 2,000 riel a workout, or US\$12.50 per month Rama Fitness Centre is definitely cheap. Inside are several fixed weight machines, mainly for the upper body, as well as free weights and a range of cardio equipment – much in disrepair. Dirt, dust and cobwebs await inside. There are no lockers and the female toilet is also used by men. If price is

your guide or you are simply looking to lift some weights, it is perhaps worth a try, just remember that price is often an indication of quality.

■ SOMRACH BODY BUILDING CLUB

Western end of Street 182
Well-known among locals and no wonder – it is only 500 riel per visit. Getting there without your own transport will cost you more than the entry. With very basic cardio equipment, some weight machines, and a row of flat bench presses, price reflects quality. However, it is by no means dirty or smelling of sweat. It's open from 4.30am to 8.30pm. Prepare to get stared at, especially if you are a woman.

■ OLYMPIC STADIUM

Monireth Blvd.
Whoever came up with the idea of daily aerobics classes at the Olympic Stadium was truly inspired. Starting around 5pm, classes in different styles – try out the traditional Khmer dancing – gather at the breezy top to boogie away in the beautiful sunset. For 500 riel this is a bargain and definitely worth checking out. Follow it by running up and down the stairs to the pitch and back, and you've done a proper day's workout. ☑

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Director Mobile: 012 655 440 • Telephone: 024 390 405
Manager Mr. SNA: 011 947 334
E-mail: info@imprevu-resort.com
<http://www.hotel-imprevu-resort.com>
National Road 1 (7km after Monivong Bridge)
Phnom Penh – Kingdom of Cambodia
Open 06:30 – 21:00

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 Sothearos 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

Capoiera

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.

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.

Qigong

Living Room, 9 Street 306

Qigong practice group meets every Monday and Wednesday at 5.30pm to 6.30pm For more information contact, Phil 012 892 249 or Johan 092 944 220.

Scuba Nation Dive Center

18E0 Sothearos Blvd., 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\$395.

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 Blvd.,

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 multi-lingual 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.

Beauty Spot: Champei Spa and Salon



Nestled in the heart of BKK, Champei Spa and Salon is an oasis of relaxation and tranquillity. If you are seeking stress-relief and a sense of replenishment, Champei offers a perfect escape from the hustle and bustle of Phnom Penh.

A place where East meets West and contemporary design and atmosphere provide the ultimate in luxury. Specious and thoughtfully designed, the salon is a sanctuary of serenity and rejuvenation.

The main treatment room exudes a refined and tranquil atmosphere and contains a steam room with enclosed garden and Jacuzzi. Soft music and intriguing fountains add to the relaxing ambience.

A full range of professional treatments and services including massage, reflexology, steam, Jacuzzi, aromatherapy, body scrubs, facials, manicures and pedicures are on offer, as well as a variety of packages. The variety of body scrubs, and the chocolate body mask, followed by a relaxing bath in a petal filled Jacuzzi represent the ultimate in indulgence.

■ PRODUCTS

Champei's range of skin products is characterised by a diversity of colours, scents, materials and textures.

"We use both modern and traditional medicine for healing and treatment," says Yeth Keokhanha, Champei's managing partner. "For modern medicine we use only the best quality imported products. For traditional medicine, we use the healing power of herbs and plants."

Freshly blended fruit plays a vital part in some of the treatments provided. A choice of papaya, ginger, coconut or avocado can be blended with milk and honey and used as an after body scrub compress.

Most of Champei's face and body care products come from Algoane, a French skin care range, which contains marine properties. According to Yeth Keokhanha, these products can restore and revitalise even the most deprived skin. "The high content of seaweed extracts in this brand fills the cells with energy and gives life to the skin" she says.

Massages:
US\$8 to US\$35

Beauty Treatments:
US\$5 to US\$55

Body Scrubs:
US\$35 to US\$55

Champei Spa and Salon,
38 Street 57, Tel: 023 222 846,
www.champeispa.com

Open everyday from 9am to 11pm - ANITA SUREWICZ ❏

Sam Moffett: Exercise and your skin

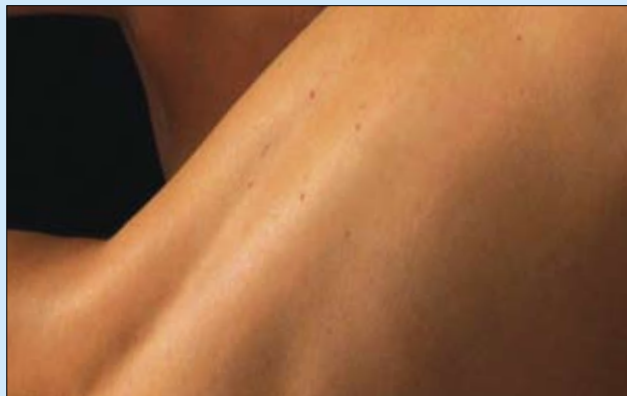
AS IF ANYONE NEEDED another reason to exercise, there is accumulating evidence that regular workouts benefit not just your body and mind, but also your skin.

From reducing acne breakouts to fighting the signs of aging, health experts now say regular exercise can play a big role in how young and healthy your skin looks and feels.

It's no secret that exercise has many and important benefits for the entire body. But what many people don't realise is that our skin is the largest organ in our body, and thus, the benefits can be enormous.

■ CLEANSING THE SKIN

Among them is increased circulation and delivery of



nutrients to skin cells. This is a cleansing effect which helps get rid of damaging toxins and stress-related acne.

Another is giving skin the optimum conditions for making collagen – the support fibres that plump up your skin – give your face a more youth-

ful appearance and help keep lines and wrinkles at bay.

Most documented, it has dramatic benefits for acne-prone skin, by mediating the production of testosterone-related hormones like DHEA and DHT. This improves skin quality and prevents hair loss.

Finally, when you exercise your whole body tends to relax, including the muscles in your face. This helps crow's feet and anger expression lines to soften up, even preventing new ones from forming.

Firming up? Softening up? In the right places it's well worth the time! Have fun.

Sam Moffett is manager of Clark Hatch Fitness Centre, Hotel Inter-Continental, 3/F Mao Tse Tung Blvd. ☑



Paddy's Gym

635 National Road 5, just past the Japanese Bridge, Tel: 012 214 940

Bearing the air of an American boxing gym, Paddy's offers an honest workout with recently imported equipment. Good range of free weights, boxing ring, boxing bags and aerobics. Entrance is US\$3 or US\$45 per month. Open from 6am to 8pm.

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\$56 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\$6 per day for use of all facilities, monthly membership is US\$50 to US\$60. Open from 6am to 9pm.

Hairdressers

Salon Singapore
G15 Parkway Centre, 113 Mao Tse Tung Blvd., Tel: 023 300 888
Reliable and very reasonably priced Singapore-owned hairdressers based on the ground floor of the Parkway Centre. Open from 9am to 8pm.

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: 012 974 544, 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 Bvd, 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 Bvd., Tel: 023 721 766
Beautiful swimming pool tucked around the back of Man Han Lou Restaurant near 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

Champei Spa & Salon

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Massages and Spas.

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www.champeispaspa.com
Open daily 9am – 11pm

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Get fun
Get stitched
Get green

ChillZone
nailbar

#215, Street 13 next to Friends Restaurant
11am - 9pm on Mon-Sat & closed on Sunday
shop@friends-international.org

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.

L'imprevu Resort

Highway 1, 7km past Monivong Bridge, Tel: 012 655 440

Peaceful resort complex just outside of the city has bungalows, tennis court, table tennis, boules and a beautiful swimming pool. Pool costs US\$2 on weekdays and US\$4 at weekends, children for free.

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 playground for kids.

VIP Club

Norodom Boulevard Tel: 023 993 535

Large sports complex with gym, outdoor swimming pools, sauna, steam room and tennis courts. US\$6 per day for use of all facilities, monthly membership is US\$50 to US\$60. Open from 6am to 9pm.

Spas

Amara Spa

Cnr. Sisowath Quay & Street 110, Tel: 012 524 584

www.amaraspa.hotelcara.com

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.

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.

Champey Spa & Salon

38 Street 57, Tel: 012 670 939

www.champeyspa.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.

Naga: LIFeStyle Messages

Tips for maintaining better equilibrium and stability within changing environments and situations.



■ BENEFITS OF SEAWEED

Seaweed, sea vegetables and river moss, have an abundance of precious minerals and enzymes not easily obtained in other food sources. For instance, other than fish, sea vegetables are the only natural source of iodine. Inherent in all seaweeds are vitamins E, A, B1, B12 and C, as well as calcium, iron and some proteins. Each type has specific qualities.

Arame, dulse, hiziki, Irish moss, kanten, kelp, kombu, nori, sea palm and wakame are the most readily available.

Kelp is the highest in calcium. Kelp forests are deeply rooted in the seabed. They form large structures that are strong yet flexible, keeping them anchored during severe storms. Calcium is reflected in their form.

Nori, the black sheet used to make sushi, has the highest protein.

Red dulse is the highest in iron, helpful against anaemia.

Some contain sodium alginate, a compound that can help move radioactive material from the body. All

assist detoxification and have energetic qualities.

The taste and smell takes some getting used to, and like fish, reflects the waters where the plants grow. Prepared properly and eaten in small quantities, nutritionally rich sea vegetables quickly form a staple in the diet.

■ USING SEAWEED

First check for small stones and sand. Briefly wash the amount necessary for the recipe. Soak for no more than seven minutes.

Arame should be rinsed, not soaked. Nori sheets don't need any cleaning or rinsing, but the flavour is enhanced by crisping briefly over a flame.

Dulse, kelp powder, and nori can be used just the way they come from the store. Sprinkled them into soups, over vegetables, rice, and salads, they contribute colour, taste, texture, and energy.

Wakame and kombu boost

soup stock, bean, and vegetable dishes.

Kanten is a vegetarian substitute for gelatin in desserts and aspics.

The strong flavour, black colour, and unique texture of arame and hiziki are enhanced by sweet corn, carrots, lotus root or tempeh. Simply add a few drops of dark sesame oil, a splash of soy sauce, a hint of apple juice, a tablespoon of nut butter.

A savoury condiment, high in protein and minerals, can be made by first rinsing black and white sesame seeds, toasting them to release their oils, and combining them with roasted nori flakes after cooling. Keep in a well-sealed jar.

Asian food shops and health stores supply sanitised, packaged sea vegetables. Alternatively try bringing some home from your next beach trip! ■



Dermal Spa

4C Street 57, Tel: 012 222 898

Spa offering beauty salon, foot massage and body massage services. Specialises in dermatologica 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.

Nata

31d Sihanouk Blvd., Tel: 023 223 938

www.nataspa.com.kh

Upmarket spa and beauty parlour that offers a staggering array of massages,

beauty treatments, wraps facials, and spa packages for the individual and couple, including manual lymphatic drainage.

Master Kang Health Care Centre

456 Monivong Blvd., 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.



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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.

Cricket

Infrequent fun games played at a 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. ☑

Jim Cousins: **GET YOUR VACCINATIONS**

MANY OF YOU PROBABLY take vaccinations for granted. You come from countries where vaccinations are routinely required in childhood, and where you may have received advice about vaccinations before living or travelling abroad. But, vaccination requirements have probably changed since you were children. They change all the time. Medical and pharmaceutical research has made the world a safer place to travel in than it was only twenty years ago – at least as regards infectious diseases – but the diseases still exist. Being aware of the risks and taking proper preventive measures, will help to keep you healthy.

Vaccination recommendations are usually based on scientific evidence of risks versus benefits. That is to say, the risks of actually having the disease, or of having a bad reaction to the vaccination itself, compared with not getting the disease, developing some lasting immunity to the disease and staying healthy. The goal, of course, is to prevent serious illness, its consequences, and death.

■ **THE PRIMARY SERIES: CHILDHOOD AND ADOLESCENCE**
Standard childhood and adolescent vaccination schedules are generally universal in most developed countries around the world, though these may differ somewhat from country to country. These 'primary' vaccination series have pre-determined administra-



tion intervals in order to best provide long-lasting protection. Many require boosters in order to do so. A child, or even adult, may be at risk for a vaccine-preventable illness when travelling to a country where a disease exists for which he was not vaccinated as a child.

■ TRAVELLERS AND LIVING ABROAD

Travellers and expats from countries with developed health systems may be at more risk from vaccine-preventable diseases, if not previously vaccinated, than in their home country. These diseases may be transmitted through respiratory illnesses like influenza or tuberculosis, or through contaminated food and water – the faecal-oral route – as is the case with hepatitis A, typhoid, polio, or cholera. Tetanus and rabies –

both almost 100 percent fatal – as well as Japanese encephalitis, may be contracted from injuries or bites through the skin. Hepatitis B is a blood-borne disease transmitted through infected body fluids, usually sexually transmitted or through blood transfusions, which may not be entirely safe in developing countries.

■ PROTECTING YOURSELF

Most vaccines can be given on the same day. This is not a very fun way to get vaccinated, but is useful for travellers who haven't planned well enough in advance. Some childhood vaccines are grouped together into a single injection. This is not usually the case for travel-necessary vaccines.

It can take a month or more for some vaccines to produce protection, so the quick fix or quick catch-up idea is not ideal when going

to a high-risk destination. Some vaccines may require more than one dose for best protection. Preparations of immune globulin – immediate short-term antibody protection for those who may have, or may have had, an unexpected exposure without previous protection – exist for some vaccine-preventable diseases. These formulations are not often readily available and may be very expensive. It's better to be vaccinated.

So, don't make excuses. Get vaccinated! All children and adults should be vaccinated. Get advice from your doctor for your particular situation and geographic location. Verify that you are getting quality, international standard, 'cold chain' protected vaccination products. Carry your vaccination record with you when travelling. The World Health Organization International Certificate of Vaccination is internationally recognised and is usually printed in several languages.

However, bear in mind that vaccinations do not take the place of safe hygiene, health and risk control practices no matter where you are living or travelling.

Dr. Jim Cousins is the Chief Medical Officer at International SOS. He is an American graduate with post-graduate training in Internal Medicine and Paediatrics, practising in Cambodia for many years. For more information email sue.kemp@internationalsos.com. ❏

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Amrita: Reviving the Past, Creating the *Future*

The current explosion in the Phnom Penh visual arts scene masks the fact that things are moving along pretty well in the performing arts as well. **Mark Jackson** talks with **Fred Frumberg**, executive director of Amrita Performing Arts.

kaleidoscope

THREE WOMEN ARE SITTING huddled together. They tell the story of their survival from the Khmer Rouge regime. The setting though is not a traditional wooden house somewhere in the provinces, but the stage. 'Three Years, Eight Months, 20 Days' is one of Amrita Performing Arts most original works.

Veteran Dutch theatre director, Annemarie Prins asked the actresses to write down their own stories. These were then set to a style of prose reminiscent of the great post-modern playwright Samuel Beckett, and performed on a stark stage. While talking the women create clay figurines. These represent the victims being marched out of Phnom Penh at the onset of the genocidal regime. As well as being performed in Cambodia, the play met public acclaim at the 2007 Singapore Arts Festival. It is due to tour the U.S. in January 2009.

■ NO VOLUNTEER

Becket-style stage performances are a long way removed from Amrita's origins. Executive director and founder, Fred Frumberg, first came to Cambodia in June 1997 as a UN Volunteer. With a background in production management for the performing arts – including stints at the Netherlands Opera and the Paris Opera – Fred came to Cambodia to help with the revival and preservation of the performing arts.

He first came, on a one-year stint, out of "frustration with the 'heat and serve' style of producing large scale work at the Paris Opera." Once he came here, like so many others, he was moved by the determination and resilience of Cambodian artists. "I soon realised that what they did not need was short-term volunteers



Fred and his team at Amrita

trying to work out karma, so I decided to stay on," he says.

After six years of funding from UNESCO, Fred obtained a grant from the Rockefeller Foundation and obtained U.S. non-profit status for Amrita in July 2004.

At first the focus of the organisation was the revival and preservation of classical theatre and dance. Already being revived by surviving masters after the fall of the Khmer Rouge regime, Amrita built on this regenerative process.

"The new aspect we were able to add was expertise in produc-

tion management – the means to put on stage the results of what the artists had already spent years researching, documenting and resurrecting," he explains.

The initial fruits of Amrita's efforts were plentiful.

Large-scale public performances, research and documentation programmes, regional workshops and international tours of classical dance throughout the U.S. and Asia progressed. The group also appeared at London's Barbican Centre and at the Melbourne International Arts Festival.

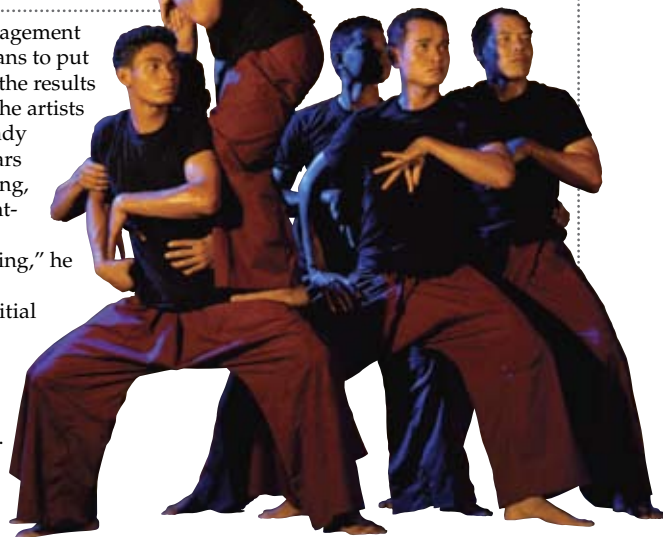
■ MORE CONTEMPORARY ARTS

In 2005, Amrita shifted its emphasis towards more contemporary work.

"It became clear that the young artists were eager to discover their own contemporary dance and theatre vocabulary," says Fred.

This was a delicate process. At the same time as Amrita helped young artists find their voice, it needed to respect and preserve the legacy of the masters of their craft.

Amrita sought out collaborative partners within Southeast Asia. One such partnership, with Pichet Klunchon from Thailand, led to the creation of 'Revitalising Monkeys and Giants.' This contemporary reinterpretation of the classical masked dance, Lakhaon Khaol, has been performed in Phnom Penh, Kuala Lumpur and Singapore.



Due to the limitations in the country's theatre, the organisation's approach to work in this medium was different. "Cambodia has a tradition of modern theatre developed in the 40s and 50s that has been revived but remains entrenched in dated French traditions," says Fred. "These are augmented with exaggerated acting techniques inspired by the worst aspects of Thai and Chinese soap opera," he adds.

"Three Years, Eight Months, 20 Days", is an example of a more international approach. "The Beckett-style of clear and simple poetry-like story telling proved a valuable tool in getting the actresses to focus on the reality of the story, and not only rely on the emotion," says Fred. Also teachers, they have continued to incorporate this performance style in both their work and teachings, he adds.

The collaboration with Prins is continuing. A new piece with the Dutch director, based on the Khmer Rouge tribunals, is currently in progress. The play is due to tour provinces around Cambodia in early 2009.

■ BUILDING AN ARTISTIC COMMUNITY

Clearly excited by his on-going work, Fred feels that the organisation's goal of reducing the dependency of Cambodian performance artists on others, is being realised. The organisation's other staff – Country Director, Suon Bun Rith; Programme Coordinator, Kang Rithisal; and Office Manager, Sin Sokunthea – are all Khmer. All the artists are hired on a project-by-project basis.

"Cambodia is once again a respected player on the international stage and can hold its own at any international festival or forum," says Fred. He attributes this success to the work of other performing arts organisations, such as the Khmer Arts Ensemble, Cambodian Living Arts, Sovanna Phum, PHARE and Epic Arts.

One example of this is 'Transmission of the Invisible.' Choreographed by Canadian director Peter Chin, the work premiered at the Harbour Front International Arts Centre in Toronto on Jan. 7. Two Cambodian dancers, Yim Savann and Phon Sopheap, joined three Canadian dancers in a piece, reflecting Amrita's own work, that preserves the country's dance traditions while celebrating "its new-found voice

“ Cambodia is once again a respected player on the international stage and can hold its own at any international festival or forum ”



Top to Bottom *Three Years, Eight Months, 20 Days; Transmission of the Invisible; Revitalising Monkeys and Giants*

in contemporary dance," says Fred. The work took four years of research and is due to tour Canada in early 2009.

■ WORK IN PROGRESS

While recognising that contemporary innovation in the visual arts has moved faster than in the performing arts, Fred feels that his artistic medium is catching up. 'Where Elephants Weep', a new Cambodian rock opera composed by Him Sophy, premiered in Lowell Massachusetts in April 2007. The Cambodian premiere is due to be in Phnom Penh on Nov. 28, this year. Amrita is co-producing this premier with producer John Burn in collaboration with Cambodian Living Arts.

Other projects this year include four dancers joining French-Cambodian choreographer Emmanuele Phuon in Florida in August, and two dancers joining the World Dance Alliance global summit in Brisbane in July.

None of this means that Fred has lost focus of the reason he came to Cambodia in the first place. "The process of revival and preservation is far from complete," he says. "Much of the classical repertory has yet to be revived."

Corporate sponsorship is now allowing Amrita to put on large-scale performances of traditional repertory. On Jun. 7 and Jun. 8, Amrita will stage some Cambodian classical dance at the Chenla Theatre, sponsored by ANZ Royal Bank. Fred is seeking more local sponsors to help expand this programme.

Confident of the future of Cambodia's performing arts, Fred looks forward to the day when "a community of dynamic young artists will eventually take the reigns and set the agenda for the future of Cambodian performing arts."

■ NEXT PERFORMANCES

A new creation of Cambodian Circus is on May 3 and May 4, and a newly revived work of Cambodian classical court dance – Preah Anurudh and Preah Neang Ohssa – is on Jun. 7 and Jun. 8 Both are at 6pm at the Chenla Theatre Phnom Penh, opposite the InterContinental Hotel. Tickets (3,000 and 6,000 riel) are available from Amrita Performing Arts (128G9 Sotheaors Blvd.) or on the door. For more information, contact Fred Frumberg at ffrumberg@aol.com or ring Amrita on 023 220 424, www.amritaperformingarts.org. ☑

Book Worm

Coral Glennie takes a look at a selection of books available at Phnom Penh's Monument Books.



www.monument-books.com

■ NEW IN CAMBODIA

The Complete Guide to Digital Photography
Michael Freeman,
Thames & Hudson, US\$50

Wild, Wild East, Recipes and Stories from Vietnam
Bobby Chinn, Conran Octopus
US\$ 28.50

The Art of Undressing
Stephanie Lehmann, Hodder
US\$15

The Great Betrayal
Millenia Black,
New American Library, US\$14



RENOWNED PHOTOGRAPHER and the author of twenty-three books on photography, Michael Freeman's latest book is written in simple English with a jargon-free, comprehensive glossary. The opening section of the book covers hardware, ranging from cameras to scanners and printers. Then follows a complete workshop on the use of image-editing tools. The last two sections cover techniques for taking your camera out "on the road" and producing professional-quality photographs capturing movement, sky tones, buildings, animals and much more. A beautiful book with over 600 illustrations, absolutely teaming with ideas and information on how to improve your photography, it comes complete with a free, updated CD.

"Near to Nirvana" is how Bobby Chinn describes the

flavours and diversity of Vietnamese food. The fusion-style recipes, photographed by award-winning photographer Jason Lowe, range in complexity from something as simple as chicken wings to more challenging fusion dishes put together by this famous chef. From Egyptian and Chinese parentage, Bobby Chinn was born in New Zealand, educated in England, lived in America and currently resides in Hanoi. The versatility of his experience shines through in both his recipes and the autobiographical narrative interspersing the recipes. For diners who love healthy food, the book abounds with low fat and vegetarian recipes. There are also some delicious combinations of ingredients. Delicious!

The Art of Undressing tells the story of Ginger, a trainee

chef and her stripper mother Poppy. Inhibited by her surgically-enhanced, single, beautiful mother, Ginger feels humiliated when she sells sex aids for her mother at her lessons for would-be strippers. Sometimes vulgar, sometimes very funny the novel manages to link food and sex in a clever way. Contemporary concerns of eating disorders among the young, the need for the gym and refusing fattening food is carefully explored. The need to be sexually versatile for its own state is juxtaposed against the view that love should be enough to bring sexual fulfilment. Ginger fears that she will become "a weirdo spinster hoarding her mother's vibrators as if they were going to be collector's items some day." Definitely worth a read if you can

cope with very overt sexual references!

Girl-chic, designer novel, *The Great Betrayal* manages to successfully trivialise the most painful human experiences. Shallow-thinking, sexual stereotyping and the need for designer clothes to assuage feelings of guilt and loss, are endemic in the characters. Millenia Black takes on the universal themes of young death, child pornography, the sex trade and incest, to little effect. We never get a sense of why the characters engage in such extreme behaviour. The two main women in the novel, Leslie and Dawn, never really trust each another and are jealous of each other's successes. The men are totally unbelievable and just let their genitals rule their heads. There is a twist in the tale, but a tasteless one. ❌

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Arts Diary: Cambodian Regional Highlights

■ OPENING THIS MONTH

Chhim Sothy

Exhibition of works by the Khmer artist opens at Ocean Restaurant on May 9, running through May. Ocean Restaurant, 11 Street 288

Michel Bouvet

Exhibition of one of France's most famous graphic designers opens at the French Cultural Centre on May 22 at 6.30pm, running until Jun. 22.

Sa Veasna

Paintings by the Khmer artist on the theme of war will be shown at Java Café & Gallery from May 1 until Jun. 1.

Stay Another Day

Exhibition with photographs and handicrafts highlighting the Stay Another Day campaign, opens at the Meta House on May 23 at 6pm.

■ MUSIC, EVENTS & PERFORMANCES

Cambodian Circus

A new performance of Cambodian circus by Amrita Performing Arts is at the Chenla Theatre on May 3 and 4 at 6.00pm. Tickets (3,000 and 6,000 riel) are available from Amrita.

PAUL UBANA JONES

The Kiwi singer plays the FCC Phnom Penh from 9pm on May 2 and 3.

CAMBODIAN & WESTERN PERFORMING ARTS

Music and dance performances at the Art Café from 7pm. This month's performances are: May 2 – Khim recital; May 3 – Olivier Messiaen organ works part II, Les Corps Glorieux; May 9 –

Handel's Hallenser Sonatas, Friedrich Kleinknecht violoncello and Anton Isselhardt flute; May 10 – Rococo Elegance, European chamber music; May 16 – Les Marquises, songs by Jacques Brel, performed by Patrick Mercier; May 17 – Mahori Mythology, lecture by Prof. Jack Body from the New Zealand School of Music; May 23 – Apsara Dance; May 24 – Bayan Ko, Filipino folk music by Charlie David; May 31 – Olivier Messiaen organ works part III, Livre d'orgue.

100% Hip Hop

French hip hop band Ethadam plays the Chaktomuk Theatre on May 15 at 7pm with Khmer guest band. This will be followed by a night of hip hop at the Café du Centre, French Cultural Centre on May 17 at 9pm.

CAMBODIAN PERFORMING ARTS

Sovanna Phum has weekly performances of shadow puppetry and traditional dance, each Friday and Saturday at 7.30pm. Entrance is US\$5 for adults and US\$3 for children.

■ FILM

European Film Festival

This year's festival is at Le Cinema, French Cultural Centre from May 6 to May 10. All films are in English or with English subtitles. May 6, 7pm – Two Days in Paris (Julie Delpy, Fr, in English); May 7, 12.30pm – Underbar och älskad av alla (Hannes Holm, Sweden); 7pm – Amazing Grace (Micheal Apted, U. K.); May 8, 12.30pm – I Will Show You (Denis Delic, Poland); 7pm – The Girl of Your Dreams (Fernando

Trueba, Spain); May 9, 12.30pm – Mystery of the Wolf (Raimo O. Niemi, Finland); 7pm – Summer in Berlin (Andreas Dresen, Germany); May 10, 12.30pm – Subway With Love (Filip Renc, Czech); 7.30pm – Indian (Paul Harather, Austria).

English Films at Le Cinema

At Le Cinema this month at 7pm: May 1, 22 & 29 – Mean Streets (Scorsese, 1974); May 14, 28 & 31 – Camera Kids. Outdoor screening of the silent classic *Le Mecano de la General* by Buster Keaton is on May 10 at 7.30pm, accompanied by Khmer musicians.

Rooftop Cinema

The Meta House shows films, documentaries and hosts events from 7pm. Tuesday – artist special; Wednesday / Thursday – German cinema; Friday – documentaries; Saturday – films about Cambodia; Sunday – films set in Asia. (G = film in German): May 1 – Darwin's Alptraum (G); May 2 – The Year of The Pig; May 3 – The Children of Krousar Thmey; May 4 – Rashomon; May 6 – Derek Jarman – The Super 8 Program; May 7 – Status Yo!; May 8 – Fitzcarraldo & Die Last der Traume (G); May 9 – The Weather Underground; May 10 – Dogora; May 11 – Crouching Tiger, Hidden Dragon; May 13 – Video Paintings by Brian Eno; May 14 – Jesus, You Know; May 15 – Das Fest des Huhnes (G); May 16 – Hearts and Minds; May 17 – Bombhunters; May 18 – The Road Home; May 20 – The Young Cinematographer Night; May 21 – Tough Enough; May 22 – Die Angkar (G); May 24 –

Mekong – The Mother / When the Floods recede; May 25 – Letters from Iwo Jima; May 27 – Architecture in Silesia / Poland; May 28 – Pioneers in Ingolstadt; May 29 – Schindler's List (G); May 30 – Battle of Algiers; May 31 – Death & Rebirth.

■ ONGOING: PHNOM PENH EDGES

Exhibition of photographs taken by Japanese media producer Yumi Schultz shows at Café Living Room throughout May.

FEELING OF THE BUDDHA

Exhibition by Leang Seckon runs at Café Living Room throughout May.

HYGIENE

Exhibition of paper sculptures by Battambang artist Kchao Touch continues at the French Cultural Centre until May 18.

IN TRANSITION

Exhibition of 15 contemporary Cambodian artists runs at Reyum Gallery through May.

THE DREAMS OF KARINA PUTRI

A mixed media exhibition by Indonesian artist Karina Putri Haryant is at the Art Café to May 30.

■ ONGOING: SIEM REAP

The Philosopher's Tomb

Dominic Rouse's photographic exhibition continues at the McDermott Gallery II, The Alley, Old Market.

LANDSCAPE

Exhibition by wandering photographer Antoine D'Agata is at the French Cultural Centre, Siem Reap. 📍



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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. Occasional films in English on Thursday at 7pm. Also has a children's cinema on Saturday mornings at 10am.

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 movies 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.

Café 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 coffee menu. Uses organic and fair trade produce. Has regular exhibitions as well as art classes for adults and kids. Open everyday from 7am to 8.30pm.

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 0089
Large exhibition space both around the bar and in one room has regular revolving exhibitions. Also hosts fashion shows and live bands.

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.

Reyom

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

2D Street 302 Tel: 016 377 687
www.twofish-gallerycafe.com
New studio space will open on Mar. 14. In addition to a gallery space, showing the works of Taiwanese artist David Huang, classes on art, Chinese calligraphy and Asian cooking will be available. Available for hire both for private lunches and dinner parties.

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). [X]

DVDs in the 'hood

Coral Glennie takes a look at some of the DVDs available in a shop, or stall, near to you.

BRICK LANE

Sarah Gavron (2007)



This romantic drama was adapted from the best selling novel by Monica Ali. It explores the difficulties that Bangladeshi immigrants have in adjusting to life in inner city London. Childhood images of Bangladesh are replaced by the concrete mass of London's depressing and over-crowded housing estates. Such a monumental transition inevitably brings with it feelings of fear, disappointment, loss of self-esteem, guilt and anger. Gavron explores these emotions by tracing the lives of one immigrant family. A sensitive and realistic analysis of immigrant life in Britain there are strong performances from Tannishtha Chatterjee, Satish Kaushik and Christopher Simpson. Surprisingly good!

THE PAINTED VEIL

John Curran (2006)

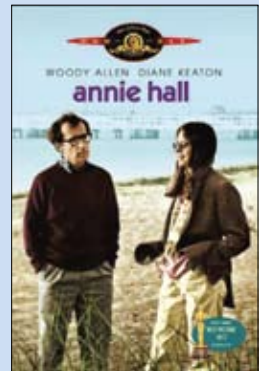


Based on the classic Somerset Maugham novel and set in the 1920s, this romantic

drama depicts the lives of a middle-class doctor Walter (Edward Norton) and an upper-class woman Kitty (Naomi Watts). The couple marry for the wrong reasons to devastating effect. The film explores the pain of rejection and the inability of two people to communicate their true feelings to one another until disaster strikes. Set mainly in Shanghai and a remote village in China, the brilliant cinematography captures the mood of the period. The performances by the two main characters are finely balanced and there are excellent supporting roles by Diana Rigg, Toby Jones, Bin Wu, Lorraine Lawrence and Johnny Lee. Don't miss!

ANNIE HALL

Woody Allen (1977)



Described as a nervous romance, this Woody Allen film creates its own genre. Alvy Singer (Allen) is a New York comedian, who falls in love with a very nervous and talented singer, Annie Hall (Diane Keaton). Alvy is extremely pessimistic and is obsessed with death. This naturally impacts on their developing relationship. His performance is punctuated with asides to the audience and Allen's trademark ironic one-liners. The film serves as a historic document of love in the 1970s, clearly outlining the romantic idealism and introspection of the time. A true classic! [X]

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Billboard:

Album reviews by LOVE FM's Julian Grant

■ **DUFFY**
Rockferry



Exactly how pop should be, refreshingly simple, well produced with great vocals and uplifting melodies. The debut album from 23-year-old Duffy (Aimee Anne Duffy), who hails from North Wales, it is reminiscent of Amy Winehouse's brilliant retro sound. This girl may even be better. The music oozes with the sound of the sixties – her brilliant voice has already had comparisons with Dusty Springfield. The title track could easily be Dusty complete with its black and white video. Rockferry – a real place near Liverpool – isn't instantly commercial and failed to make the top 40, but don't let that put you off. The second single Mercy has found its way to the U.K. No. 1 spot. Rightly so, it's the best single this year and with a great video to match. The next single will be the slow and melodic Warwick Avenue. Writing every song on the album, indications are that Duffy has bags of talent. For me it's a must buy!

■ **ELBOW**
The Seldom Seen Kid



This Manchester band has been around since 1991 and The Seldom Seen Kid is their fourth album. This time they have produced, mixed and recorded their music without any outside help. For me, Guy

Garvey's vocals just aren't different enough. A good example is the song Mirrorball. At times I found the album difficult to navigate as the melodies are not clearly defined. The Bones Of You has an interesting drum pattern and nice harmonies. Grounds For Divorce, the first single lifted from the album, was a pleasant surprise with plenty of nice open-string guitar and catchy hand clapping along to lyrics, such as I've been working on a cocktail called grounds for divorce. For me it's the album's highlight. I found myself waiting for them to simply jazz things up a bit, eventually losing interest in its slow pace.

■ **U2**
The Joshua Tree



This month's classic was released in March 1987. The band's fifth album went on to win album of the year at the 1988 Grammy's, reaching No. 1 in both the U.K. and U.S. charts. Selling 20 million copies worldwide, it remains their biggest selling album. The sell-out worldwide Joshua Tree tour took the band to a new level of stardom. With Or Without You was the album's lead single. Standing up well to time, it's considered by many to be the group's most emotional song. I Still Haven't Found What I Am Looking For has always been a personal favourite – a great live version can be found in the Rattle & Hum movie. Where The Streets Have No Name is the only evidence of the old U2. Bono states the lyrics can mean whatever you want them to, but it's often interpreted as a reference to the streets of Belfast. A tribute to America, for all its gloom, there are some brilliant musical moments. ❗

Top of the Bops



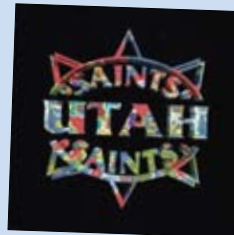
■ **TOP 10 AUSTRALIAN SINGLES**

- 01 Bubbly **Colbie Caillat**
- 02 Low **Flo Rida & T-Pain**
- 03 Sweet About Me **Gabriella Cilmi**
- 04 Don't Stop The Music **Rihanna**
- 05 Tattoo **Jordin Sparks**
- 06 Work **Kelly Rowland**
- 07 With You **Chris Brown**
- 08 Bleeding Love **Leona Lewis**
- 09 Crank That (Soulja Boy) **Soulja Boy**
- 10 Pictures Of You **Last Goodnight**



■ **U.K. TOP 10 DANCE SINGLES**

- 01 Something Good '08 **Utah Saints**
- 02 Beeper **Count & Sinden** featuring **Kid Sister**
- 03 Gonna Be Mine **Addictive** featuring **T2**
- 04 My Destiny **Delinquent** featuring **Kcat**
- 05 Now You're Gone **Basshunter**
- 06 Night **Benga & Coki**
- 07 Trash **Whip**
- 08 Tiny Dancer **Marco Demark** featuring **Casey Barnes**
- 09 Let Me Think About It **Ida Corr Vs Fedde Le Grand**
- 10 Uninvited **Freemasons** featuring **Bailey Tzuke**



■ **TOP 10 MOST REQUESTED SONGS AT LOVE FM, 97.5**

- 01 With You **Chris Brown**
- 02 Winner At A Losing Game **Rascal Flatts**
- 03 Teardrops On My Guitar **Taylor Swift**
- 04 Low **Flo Rida & T-Pain**
- 05 What You Don't Know **Monrose**
- 06 Bleeding Love **Leona Lewis**
- 07 Apologize **Timbaland**
- 08 Realize **Colbie Caillat**
- 09 Love Like This **Natasha Bedingfield** featuring **Sean Kingston**
- 10 Like You'll Never See Me Again **Alicia Keys**



JULIAN'S TOP PICK! – Something Good '08 **Utah Saints**

ONE TO WATCH! – Without You **The Feeling**

These charts are provided by LOVE FM, 97.5 Phnom Penh and are for the week ending April 13.

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iWant

With the computer market in Phnom Penh ever expanding, Apple is slowly grabbing a bit of a foothold in town. Though there is not the plethora of shops lined up side-by-side as with the PC stores, availability is increasing. **AsiaLIFE** explores.

■ IONE

463Eo, Monivong Blvd.,
Tel: 023 222 240

This small Apple authorised reseller is a gem. Covering the full range of MacBook, MacBook Pro, MacBook Air, iMac and Mac mini, it has just about anything you could want. The MacBook Air 1.6 Ghz sells for US\$1,959, the Core 2 Duo 2.0 Ghz iMac for US\$1,449 and the Core 2 Duo 1.83 Ghz Mac mini for US\$679. A legitimate OSX 10.5 upgrade can be had for US\$66, but otherwise there are no software offerings. The only things you can't leave the shop with are the G5 Mac Pro, Cinema Display and iPhone. The former two can be ordered. Other "configure-to-order" options are available. Though an authorised reseller, they do not upgrade or service computers themselves.

■ UNI YOUNG

2D1, Street 53
(just north of Central Market),
Tel: 023 219 207, 012 525 201

Though a smaller shop than any of the other places visited, Uni Young is possibly the most respected Apple dealer in town. Also an authorised reseller, this shop is able to upgrade and service your Mac. Warranty work is shipped to the regional service centre in Singapore. Legitimate single-user full versions of OSX



Mac Pro
More power

10.5 can be bought for US\$150, the family version for US\$250. Here you can walk away with just about any model of Mac you want – even with a 23" Cinema Display. The Core 2 Duo 2.16 Ghz 13.3" MacBook starts at US\$1,250, the Mac Pro Dual Quad-Core

2.8GHz with Dual Quad-Core 2.8GHz Intel Xeon "Harpertown" processor costs US\$3,264. It comes with 2GB memory, ATI Radeon HD 2600 XT graphics card, 320GB Serial ATA 3Gb and 16x double-layer Super-Drive (DVD+R DL/DVD+RW/CD-RW). This shop also has additional RAM and hardware on hand. If you are not comfortable installing it yourself, or don't want to void any warranty, they can do it for you. Anything not available can be ordered and custom configured to your needs.

■ ANANA COMPUTER

Ground Floor, Block A, Phnom Penh Centre, Tel: 023 211 543
Having only two laptops available, Anana has the smallest

selection available by far. Both models are complete with WiFi and Bluetooth. At the lower-end of the spectrum (US\$1,290) is the Apple 13.3" MacBook, which sports the 2.0 GHz Intel Core 2 Duo Processor. This model comes with 1 GB RAM, an 80 GB Hard Drive, and DVD/RW. Stepping up, they also have the MacBook 13.3" with a 2.16 GHz Intel Core 2 Duo Processor, 2 GB RAM, 160 GB Hard Drive and a CD-RW/DVD-ROM COMBO drive. With a built in web-cam, it retails for US\$1,830.

■ T.O. COMPUTER

10 Street 67 (opp. Central Market),
Tel: 023 224 035, 012 661 000
Being one of the few air-conditioned buildings next to Central Market, T.O. is not a bad place to pop in for a browse, though they are more useful for iPod accessories than anything else. Their Apple stock has dwindled to the size of Anana. When visited they had one Apple Mac Book 13.3" for US\$1,299, which comes with the Intel Core 2 Duo processor 2.0Ghz, 1GB RAM, 80GB Hard Drive, and a Combo DVD-CDRW Drive. The only other model was the Mac mini with the 1.83GHz Intel Core2Duo, 1GB RAM, 80GB hard drive, and a CD-RW/DVD-ROM COMBO

Jasmine Boutique



#73, Street 240, Phnom Penh, t: +855 (0)23 223 103
FCC Angkor, Pokambor Ave, Siem Reap, t: +855 (0)63 760 610
e: jasmineboutique@online.com.kh

Kingdom of Cambodia www.jasmineboutique.net

iTouch
The hot
new Pod



drive. Both come with WiFi and Bluetooth. The sales team assured that any Apple product can be ordered, but a price list was not to hand.

■ **ISHOP TIPS**

Price around before ordering anything and check online to get a feel for current market prices. This makes haggling for a "discount" that much easier.

Often you can have additional programmes pre-installed before you pick up your computer. All of the stores listed have a reasonable selection of iPods available, and numerous accessories for them as well. There is also a Mac Group in Phnom Penh that can assist with helpful hints and support regarding your Mac. They even have meetings and occasion

tutorial sessions. To join their mailing list email Jean-Luc Lebrun at john_luke@mac.com or Martine Verrot at verrotmartine@online.com.kh.

If your i-requirements are more Pod than Mac, the following models are available on the shelf at the time in the stores visited above. Apple's official on-line price is included in the final paragraph for ease of comparison. ■

	ANANA	IONE	T.O. COMPUTER	UNI YOUNG	APPLE'S ONLINE STORE
iPod Shuffle 1Gb	US\$110				US\$49
iPod Shuffle 2Gb					US\$69
iPod Nano 1Gb	US\$135				
iPod Nano 2Gb	US\$150				
iPod Nano 4Gb	US\$170	US\$159		US\$155	US\$149
iPod Nano 8Gb	US\$220	US\$209	US\$215	US\$205	US\$199
iPod Classic 80Gb		US\$269		US\$255	US\$249
iPod Classic 160Gb	US\$390	US\$369	US\$375	US\$355	US\$349
iPod Touch 8Gb			US\$215	US\$310	US\$299
iPod Touch 16Gb		US\$519	US\$425	US\$405	US\$399
iPod Touch 32Gb				US\$520	US\$499

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- ★ Laundry Equipment
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- ★ Hotel & Restaurant Supplies



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- ★ Espresso Machines
- ★ Coffee Bean & Coffee Powder
- ★ Syrups & Sauces
- ★ Accessories & Supplies

CFPA
Coffee & Food Processing Association

FRANKE
Magister

Trevi

Hamilton Beach

MOCAFF

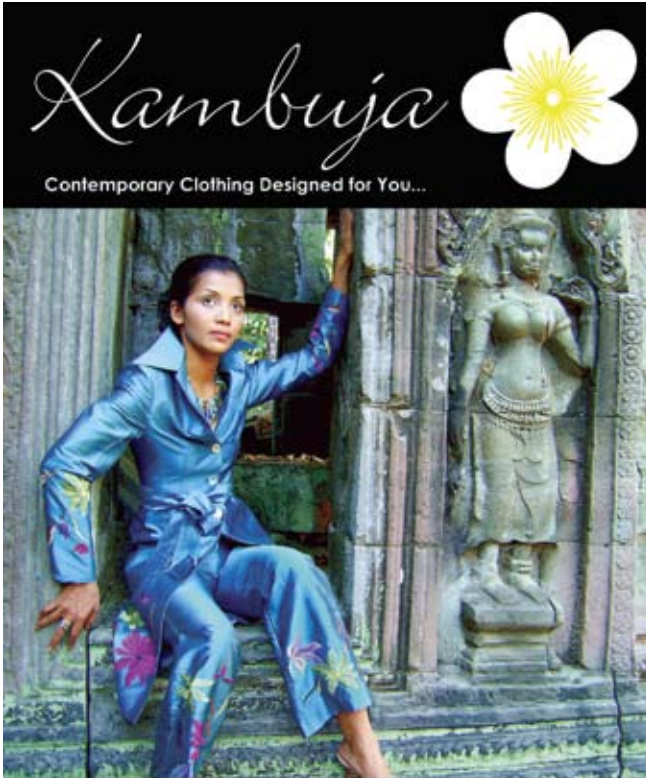
Segafredo


ec

No. 265BEo Mao Tse Tung Blvd.
Toul Svay Prey 2 Quarter, Chamkar Morn District
Phnom Penh, Cambodia
Tel/Fax: 023 994 668 ★ Tel: 023 224 189
H/P: 012 195 7578 / 011 909 300
Email: supreme5@online.com.kh

No. 713 Street 14, Module I,
Khum Savydangkum, Sroek
Siem Reap, Siem Reap Province
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www.supreme5.com



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song.pp@astasondesign.com
Open 9 am - 7 pm

SONGresort.com

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 Sotheaors Blvd., 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.

Monument Books

111 Norodom Blvd., 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.

I Ching Decor

85 Sotheaors Blvd., 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.

Le Rit's

14 Street 310, Tel: 023 213 160
Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden. Open from 7am to 5pm, closed Sundays.





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

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 Blvd., 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).

Computers**S.I. Computer Tecnology**

43-45 Street 43-45, Tel: 023 216 699
93 Sihanouk Blvd., Tel: 023 218 880
Top quality computer show room for company that deals in latest computer equipment. Retail a range of Fujitsu LifeBooks, including the U1010, T2010, T4220, S7111 and the award-winning S6410.

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).

Christina

Street 93 (Lakeside), Tel: 016 232 574
Glass jewellery and beads created by Christina Wenger from imported glass, in her workshop at lakeside – quite unique in Phnom Penh. Open from 1pm to 7pm, closed Mondays.

Eric Raisna

53 Veal Village, Siem Reap
Tel: 012 965 207 / 063 963 207
Accessories, home decorations, textiles and clothing created by Madagascar-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

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 Sylvain Lim, the grand master of Cambodian fashion. Has some pret a porter too.

L'Armoire

126 Street 19, Tel: 012 830 551
Designer Alexandra Barter describes her collection as "Cambodian tropical". With women's fashion, accessories and homeware, Alexandra's range is stylish and wearable, ideal for expats in Cambodia. Open from 10.30am to 5.30pm, closed Mondays.

Sapors

11 Street 59, Tel: 012 900 470
Modelling agency, training school for house-keeping, 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.

SONG

75 Street 240, Tel: 092 985 986
www.songresort.com
Franchise of the Vietnamese-based SONG label owned by Keo Sophea who used to manage Kambuja. Features casual wear for both men and women designed by Valerie Gregori McKenzie.

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



Threads Always in fashion

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.

Butcher & Co.

219 Street 19, Tel: 023 223 527
 Excellent French butchers in the same building as Open Wine. The meats here are some of the finest cuts in the city.

Camory – 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 Mondulhiri 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.

Kurata Pepper

Cnr. Streets 63 & 322, Tel: 023 726 480
 Selling organic Koh Kong pepper and associated products, Kurata is one of the more unusual shops in town. Watch the workers shift through the peppercorns in a room near the front entrance.

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.

Kitchen Equipment

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www.supreme5.com

Supplier of top quality kitchen, baking and laundry equipment, including fridges, ovens and expresso coffee machines. A host of well-known brands are available.

Kids' Stores

Kids' World

112 Sothearos 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 Blvd., Tel: 023 217 617
To the rear of Monument Books is a 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.couleursdassie.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 Monday-Saturday 9am to 7pm, Sunday 9am to 3pm.

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.

Toit Toit

Stall 312 Russian Market
Toit Toit 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. ☺

The Office: *Senaka Fernando*

The first in a series of interviews with the movers and shakers in Phnom Penh's business world is with the Chair of the British Business Association of Cambodia.



The accountant Senaka has helped develop the accountancy profession in Cambodia

AL – How long have you been in Cambodia?

SF – Last December I had completed 13 years. Initially I came in September 1994 for one assignment and I permanently moved here from the beginning of 1995. I set up the Ernst & Young office, which was closed in July 2000 and sold to PWC. I continued with PWC.

AL – What made you decide to come here?

SF – I was in Vietnam for two years and I was asked to come and do the audit of the Coca-Cola operations here. I liked the place. The opportunity came to get the Ernst & Young practice going. I was asked if I was willing to move here and I said fine. In Vietnam I was in Hanoi. In

“That’s the one thing that I would consider for me as a personal success – training people and seeing them moving on.”

1993 to 1994 it was a very difficult time in Vietnam. Vietnam was not liveable for me. This feels more like Sri Lanka – the culture, religion, the people – I feel at home. That’s the reason I decided to move here when the opportunity came.

AL – Why did you decide to stay?

SF – As an expatriate the financial rewards and the job satisfaction are large. Here you are a big fish in a small pond. Back home in Sri Lanka, or any other country, you are just one of the many. The job satisfaction is difficult to explain because you feel as if you have contributed something ... to the development of this place and the accounting profession as a whole. That satisfaction is great.

AL – Presumably when you arrived here there wasn’t much of an accountancy profession?

SF – When I opened the Ernst & Young office, there was just one professional staff member, myself, the driver, the receptionist, the office manager, the tea

lady, and the guard – that was it. Now at PWC we have more than 100 people.

AL – Over the years, what have been the major changes that you’ve seen?

SF – In 1994 / 1995 there were not many rules and regulations for the commercial sector. Gradually over the years many of the laws that were needed have been passed. Cambodia gaining WTO membership is fine. The establishment of the local institute of accountancy, the accounting standards and guidelines, they’ve all been put in place. And the country itself has developed over the years, the infrastructure has improved, as has the security situation. In 1995 the first piece of advice was not to go out after 9pm. Now it’s completely different. It has developed over the years and I hope for this to continue.

AL – What do you think has been your biggest success?

SF – It’s developing the accounting profession and training of the staff. When

The CV

■ **Job Title:**

Country Director, Price Waterhouse Coopers (PWC), Chair of British Business Association of Cambodia, Vice-Chair and Treasurer of International Business Club.

■ **Profession:**

Chartered Accountant

■ **Age:** 38

■ **Nationality:** Sri Lankan

■ **Marital Status:** Married

■ **Children:**

Two daughters, 11 and 6

I came here there were not many Cambodians who were qualified in accountancy. Now we have about 12 to 13 professional accountants with an international standard qualification... Capacity building here is an issue. People are very trainable in this country. They are willing to learn, to take advice and progress. That's the one thing that I would consider for me as a personal success – training people and seeing them moving on.

AL – How high would you rate accountancy in Cambodia internationally?

SF – Cambodia does not have an accounting qualification as such, so what we do is to put people through the ACCA (Association of Certified Corporate Accountants) programme from the U.K. In total there are approximately 25 to 26 fully qualified ACCA members, PWC has about 13 of them.

AL – What would you say are the greatest challenges in doing business here?

SF – It's retention of staff, at PWC anywhere in the world, we are regarded as a training ground. So here the biggest challenge I face is keeping the good people. After three to four years they become very marketable and attractive to the commercial sector. If someone with three to four years' experience leaves, you can't find a replacement, you have to start the process all over again. That is the biggest challenge.

AL – If you were able to change one policy in order to improve business in Cambodia, what would it be?

SF – To change the perception and image of Cambodia, because outside Cambodia people still think that there are landmines in Phnom Penh, it is a dangerous place, people carry guns, etc. I don't think there are enough people in the government who can go out there and promote Cambodia. They need a good PR person. Road shows for instance, investment promotion – that is something that I would do. To change the image of Cambodia to say it's not the Cambodia of 1975 to 1979 – it's bustling, it's booming, come visit, things are different. **X**

Business



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

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 & Mechanics

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.

Emerald Garage
11 Street 456,
Tel: 023 357 011 / 012 977 011
Mechanics specialising in maintenance and repair of vehicles, including oil changing and body painting. Also acts as a training centre for mechanics. The place to go if you want to buy a jeep.

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.ccfcbodge.org

International Business Club of Cambodia
56 Sotheaors 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

ICan International School
85 Sotheaors 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 Sotheaors Blvd., Tel: 023 210 225
Law firm with a good reputation. Just the ticket if you get into a spot of bother.

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

ATMs

ANZ Royal

ANZ Royal Branch ATM Accessible Time: 24 hours

- ANZ Royal Independence Monument Branch: 100 Sihanouk Blvd.
- ANZ Royal Main Branch: 20 Fe-Eo, Kramuon Sar, Corner of Street 67
- ANZ Royal Olympic Branch: 361-363 Sihanouk Blvd.
- ANZ Royal Pet Lok Sang Branch: 1A & 1B Street 271
- ANZ Royal Phsar Derm Thkov Branch: 616A & B Street 271
- ANZ Royal Riverside Branch: 265 Sisowath Quay
- ANZ Royal Teuk Thla Branch: 1Eo & 1E1, Street 110A

ANZ Royal Offsite ATM Accessible Time: 24 hours

- ANZ Royal: 14 Street 106
- Big A Supermarket: 226-272, Monivong Blvd.
- Caltex Pet Lok Sang: Russian Blvd., Cnr. Street 271
- Flamingos: 32 Street 172
- Hotel Cambodiana: 313 Sisowath Quay
- PPIA-Arrival Luggage Pickup: Phnom Penh International Airport
- PPIA-Cafe Select: Phnom Penh International Airport
- PPIA-International Departure: Phnom Penh International Airport
- Rock Entertainment: 468 Monivong Blvd.
- Street 271: No. A81 Street 271
- Total Avenue De France: Avenue De France
- Total Monivong: Corner of Monivong Blvd and Street 310

ANZ Royal Offsite ATM Accessible Time: 5am to 12am

- Caltex Boeung Keng Kang: Norodom Blvd, Cnr. of Street 41
- Caltex Boeung Tra Bek: Cnr. of Monivong Blvd. and Street 474

- Caltex Bokor: Cnr. of Monivong and Mao Tse Tung Blvd.
- Caltex Calmette: Cnr. of Monivong Blvd. and Street 86
- Caltex Mondial: Corner of Mao Tse Tung Blvd. and Street 202
- Caltex Phsar Derm Kor: Cnr. of Monireth Blvd., 374 and 384
- Caltex Sokha: Cnr. of Kampuchea Krom Blvd. and Street 139
- Caltex Spark: Cnr. of Mao Tse Tung Blvd. and Street 167
- Total Chateau D'Eau: Sihanouk Blvd.
- Total La Deese: Cnr. of Street 182 and 169
- Total La Gare: Cnr. of Russian Blvd. and Street 108
- Total Phsar Thmey: Cnr. of Street 217 and 316
- Total Takhmao: National Road 2, Sangkat Chak Angre Krom, Khan Mean Chey

ANZ Royal Offsite ATM Accessible Time: 5.30am to 10.30pm

- Royal Guest House: 91Eo, Street 154
- ### ANZ Royal Offsite ATM Accessible Time: 8am to 9pm
- Happy Market: 268, Street 182, Tuol Kok
 - Lucky Seven Phnom Penh Centre: Cnr. of Sihanouk Blvd. and Street 274
 - Lucky Super Market: 160, Preah Sihanouk Blvd.
 - Lucky Water Tower: No 37-39 Monireth Blvd.
 - Paragon Supermarket: 12 Street 214

ANZ Royal Offsite ATM Accessible Time: 9am to 9pm

- Pencil Norodom: 15 Street 214
 - Pencil Supermarket-Riverside: Sisowath Quay
- ### ANZ Royal Offsite ATM Accessible Time: 9am to 12am
- The Tamarind: 31 Street 240

ANZ Royal Offsite ATM Accessible Time: 6am to 7pm

- Meeting Café: 12E, Russian Blvd. and Street 215
- ### ANZ Royal Offsite ATM Accessible Time: 6am to 10.30 pm
- Lucky Bright Restaurant: H5 Norodom Blvd.
 - Seven Bright Restaurant: 6 Street 13, (Opposite Post Office)

ANZ Royal Offsite ATM Accessible Time: 7am to 9.30pm

- Lucky Burger Monivong: 219 BC, Monivong Blvd.
- Top Ocean Burger: 103 Street 184

ANZ Royal Offsite ATM Accessible Time: 7am to 9pm

- Asia Europe University: 832 Kampuchea Krom
 - Parkway Square: 113 Mao Tse Tung Blvd.
- ### ANZ Royal Offsite ATM Accessible Time: 8am to 10pm

- U-Care Pharmacy Phnom Penh: Cnr. Street 178 and Sothea Blvd.
- ### ANZ Royal Offsite ATM Accessible Time: 7am to 10pm

- Angkor Thom Book Centre: 261, Kampuchea Krom Blvd., Toul Kok

- ### Cambodian Public Bank
- 23 Street 114
- ### Canada Bank
- 126 Charles de Gaulle Blvd.
 - 265-269 Ang Duong
 - 394 Sihanouk Blvd.
 - Royal Phnom Penh International Airport
 - Sorya Shopping Centre, 16-61 Street 63

- ### SBC Bank
- Head Office, 68 Street 214
 - 203 Monivong Blvd.
 - 168 Street 215
 - 327 Sisowath Quay
 - 55 Sihanouk Blvd.

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

Gadcoms

825A Monivong Blvd., Tel: 023 726 680
New communications company with Norwegian connections has launched the qb 3G entertainment network.

Cambodia Samar 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 WiFi 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 fultime costing US\$64.

Telecoms

Crown

Hotel Cambodiana, 313 Sisowath Quay,
Tel: 023 986 680, www.crownrelo.com
Global transportation & relocation with over 150 offices in 50 countries, specialises in expat support and household shipment. 

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

Trevor Keidan: Diversification = Protection II



relative-value strategies and event-driven strategies. Often perceived as high-risk investments for the mega-wealthy, their performance is more directly attributable to the manager's skill than with traditional funds. Nowadays however there are many different hedge funds with varying risk profiles and a growing number of 'fund of hedge funds.' It is relatively easy to gain exposure to

a wide range of managers and strategies with as little as US\$10,000. Some of the multi-manager funds even come with a capital guarantee underwritten by large banks such as Citibank and HSBC – so you can never lose your capital. Furthermore they offer rising guarantees so that each year a portion of profits is

locked away and added to the final guaranteed amount.

Trevor Keidan is Managing Director of Infinity Financial Solutions and has been providing financial advice to Cambodian expats for more than five years. He can be contacted by email at tkeidan@infinsolutions.com

LAST MONTH I ADVISED that diversification is the best way of protecting your investment portfolio from unexpected risks, such as the 2007 subprime crisis. This month I will explain how fund managers can diversify your portfolio.

■ EQUITIES

A global equity portfolio is now very easy to achieve by utilising 'fund of funds.' A manager selects different funds in each sector and each country based on a 'best of breed' approach. No single manager can be the best in every single market but a fund of funds allows a manager to construct a portfolio made up of 15 or 20 of the best sub-managers.

■ BONDS

Similarly a fund of bond funds can provide exposure to the best bond managers worldwide. It can provide diversification across sovereign debt and emerging market debt, as well as corporate bonds of all ratings.

■ PROPERTY

Despite the current weakness in the U.S. and U.K. property markets, property is still a core asset for any well-diversified portfolio. The growing number of Real Estate Investment Trusts (REITs) and funds of property funds makes it simple to gain exposure to global property

markets. Less cyclical property strategies that invest in student accommodation or reversionary ground rents, can make the return largely independent of property value fluctuations.

■ COMMODITIES

Investing in commodities used to be the preserve of large institutional traders but recent years have seen more and more commodity-focused retail funds. Some of these invest in all types of commodities while others are more specialist focusing on single assets such as gold or asset classes such as agriculture. Despite the strong run in the price of many commodities such as gold and oil in recent years, commodity cycles generally last between 15 and 20 years. Many experts suggest there is a lot of upside left for most commodities due to the industrialisation of countries like China, India and Brazil. The JP Morgan Natural Resources Fund managed by Ian Henderson has returned 476 percent growth in the past five years. It provides exposure to precious metals, base metals, energy and soft commodities through a single fund.

■ CTAS

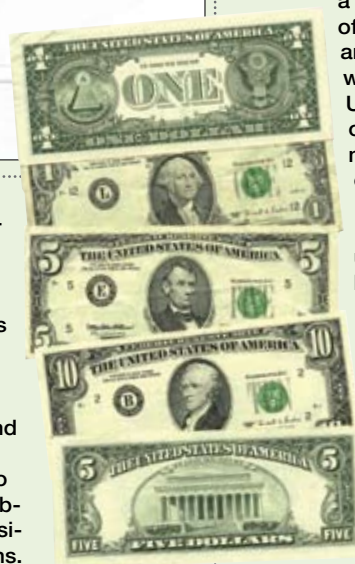
One of the most exciting and useful new fund types for portfolio diversification is the

CTA fund – or Commodity Trading Advisors. CTA funds invest in commodity futures and options, seeking to achieve absolute positive returns.

Whether markets rise or fall, a CTA fund can achieve positive returns for the fund by taking long or short positions. Most CTA funds use sophisticated computer models to trade commodity markets based on price movement trends. Such models can run 24 hours a day, 365 days a year. The higher volatility and low correlation with traditional asset types make CTA funds ideal tools for diversification.

■ HEDGE FUNDS

A generic term applied to many varied types of alternative investment funds, hedge funds have the ability to go short in a market as well as long, therefore generating absolute positive returns regardless of market direction. The numerous different strategies available for fund managers can be broadly grouped into opportunistic strategies,



Burgers without *Borders*

Serving burgers with an exotic touch, Siem Reap's only specialty burger café has the potential to be more than a cool name. Words by **Diana Saw**.

ALMOST ANY EATERY IN Siem Reap will make you a burger, but for your US\$3.50, you mostly get a thin patty of local beef, with Khmer salad leaves and tomatoes served on a defrosted bun. So when a specialty burger café opened, proclaiming to serve only prime Brazilian beef, it had no trouble drawing in tourists and expats, all craving good old comfort food.

■ NOT QUITE FAST-FOOD

Located in The Passage, just south of Pub Street, Burgers without Borders is simply furnished with exposed brick walls, wooden tables and chairs, and no tablecloths. The partially visible kitchen is reassuring stainless steel. The big, high ceiling fans are perfect for a hot day, and despite the rock music streaming softly through the speakers, overall, the atmosphere is laid-back and breezy.

The burgers are priced between US\$3.75 and US\$4.75. Each patty is made with 150g of Brazilian beef. Toppings, which include bacon, blue cheese and the intriguing cranberry mayonnaise, are US\$1 each.

Don't eat beef? There is also a chicken burger and a vegetarian one, made with mixed vegetables and chickpeas with a spicy raita topping. If you sense an Indian influence, it is because

the café is managed by Karthi Kayen, who runs Karmasutra – the fine Indian restaurant on Pub Street.

Also on the menu are toasted focaccia sandwiches and salads. If you are keen to try the salads, an order of grilled chicken breast is accompanied with two salads of your choice (US\$4.50). I chose the green chilli hummus and the Waldorf.

■ THE MEAL

The two grilled chicken steaks were plump and moist and came with big dollops of salads. I enjoyed the Waldorf with its fresh crunchy apples and liked that they did not sting on large purple grapes and walnuts. However, the green chilli hummus was not anywhere near as spicy as the name suggested. Nonetheless, it

was tasty, if a bit dry. A little more olive oil and it would have been perfect.

We also had the beef burger (US\$3.75). A definite two-hander, the burger was beautifully stacked and did not disappoint. The sesame-seed bun was toasted, the beef juicy. A mild tomato relish, a leaf of lettuce and slices of raw onion and fresh tomato completed the tower. The best burger I've had in a long time, it was only halfway through the meal that I realised it did not come with fries. Of course I ordered some, because what's a burger without fries?

The bowl of crinkle cut fries (US\$1.50) was piping hot and substantial, but clearly from a packet. In keeping with the mild flavours experienced so far, the fries were served plain.

When asked why fries are served separately, Karthi Kayen explained he could not afford to include fries with the burger because he uses expensive Brazilian beef at a cost of US\$13 a kilogramme (a quick calculation shows the patty costs almost US\$2). At the same time, he is unwilling to put up prices. Still, I enjoyed my burger and was quite happy to forgo French fries for a better cut of meat.

■ SOY SHAKES

The drinks menu is limited, with a selection of soft drinks and beers, but shakes are taken seriously. Listed as a separate category, Burgers without Borders' shakes are all made



with soymilk and you can choose from four flavours (US\$2.75). The friendly waitress was happy to accommodate my dining companion's request to replace the soymilk with water, but the result was a watered down passion fruit and raspberry drink. I had the apple cinnamon, but all I could taste was the soy.

■ MORE BURGERS

Currently, there are only six burgers on offer. Kayen says there are plans for more burger varieties, including lamb, pork and more vegetarian creations. The café tends to get busy in the evenings, so it's best to go for a late lunch.

With imagination and a dedication to deliver on what is advertised, Burgers without Borders could definitely stand out as much for its food as for its name.

Burgers Without Borders, The Passage, Old Market Area, Siem Reap, Tel: 012 482 764



Without borders Specialty burger café



History, Elegance and comfort along the Sea Shore!



The Independence Hotel
● Boutique Resort and Spa ●

Street 2 Thnou, Sangkat No. 03, Khan Mittapheap, Sihanoukville, Cambodia
Tel: +855-34 934 300 - 303 H/P: 012 728 090 • Fax: +855-34 933 660
Web: www.independencehotel.net
Email: info@independencehotel.net or indph@online.com.kh

Just mention this advert and receive Special Room Rates of \$100 for Superior and \$110 for Deluxe

Regional Guide



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

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 mêlée 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 café with a great range of freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Café coffee. Free Wi-Fi. Also has outlets at Angkor Wat and the airport.

Café de la Paix

Sivutha Bld, Tel: 063 966 000
www.hoteldelapaixangkor.com
 Like the adjoining Hotel de la Paix, this small café 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.carnetsd'asie-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.

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@theartousesiemreap.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 Bandle.

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.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. ☺

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 Sivutha 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.

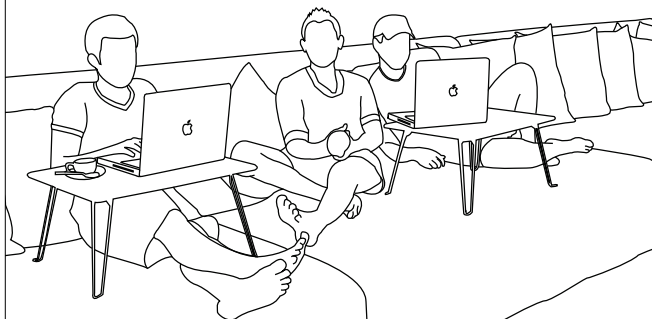
Siem Reap - Leisure

Body Tune

293-296 Pokambor Avenue
www.bodytune.co.th
 Heavy grey stone Thai-run spa with



the blue pumpkin



**bakery
ice cream
restaurant
lounge**

free old market - siem reap
www.tbumpkin.com
 063 963 574
 open 06:00 to 22:00

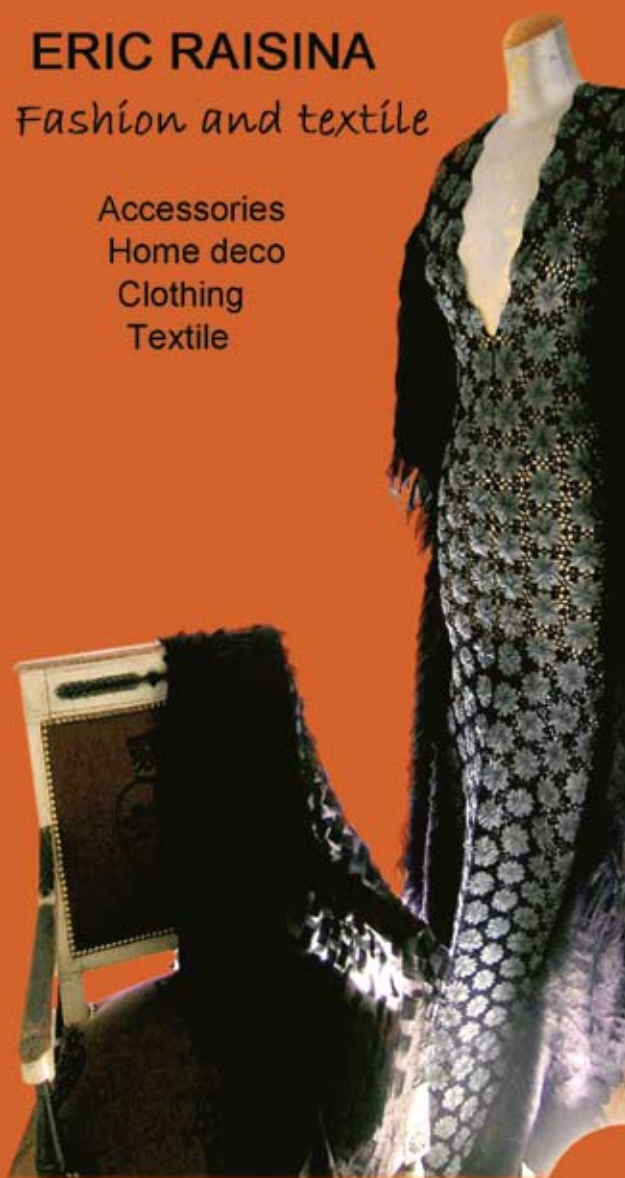


CENTRAL SIEM REAP



ERIC RAISINA Fashion and textile

Accessories
Home deco
Clothing
Textile



53 Veal Village, Kok Chork
Siem Reap, Cambodia
Tel : +855(0)12 965 207
+855(0)12 580 283
Atelier: +855(0)63 963 207
E-mail: raisina7@yahoo.fr



Happy Painting Gallery

Since 1995

Featuring the iconic artist
STEF

カシオペアが愛用する

- FCC-Phnom Penh 023-221-732
- FCC-Angkor 083-985-623
- Psar Chaas Quarter 063-963-114
- Angkor Century Hotel 063-963-623

www.happypainting.net



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.

Burgers Without Borders

The Passage, Old Market, Tel: 012 482 764
Specialty burger bar, with good burgers made from Brazilian beef and soy shakes. The burgers are between US\$3.75 to US\$4.75 and the shakes are US\$2.75.

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.

Carnets d'Asie

333 Sivutha Boulevard, Tel: 016 746 701
At the back of a galleryed 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



Colonial elegance La Villa in Battambang

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 specialties. 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 specialties, 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.

Eric Raisna

*53 Veal Village, Siem Reap
Tel: 012 965 207 / 063 963 207*
Accessories, home decorations, textiles and clothing created by Madagascan-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

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.

Supreme 5

*713 Street 14,
Tel: 063 761 867
www.supreme5.com*
Supplier of top quality kitchen, baking and laundry equipment, including fridges, ovens and espresso coffee machines. A host of well-known brands are available.

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.



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.

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 bug-aways 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

ATMs

ANZ Royal

- Street 125 (near Old Market)
- National Route 6 (Caltex Service Station)
- Siem Reap Airport

Cambodian Public Bank

- 618 Achamean Street

Canadia Bank

- 558-559 Phsar Chas Street (Old Market Street)

SBC Bank

- 18A Sivutha Boulevard

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 premier-ship games, sunset happy hour, daily BBQs and a strict 'no missionaries' policy make this a must. Open 8.30am to midnight.

សណ្ឋាគារ ខ្សោលជ័រ អ៊ិន GOLDEN ORANGE HOTEL

Group 1, House No 7, Slokram Village, Siem Reap
Tel: 063 965 389 • www.goldenorangehotel.com
reservations@goldenorangehotel.com

Rooms from \$20 (including breakfast), Free Broadband Internet / Wifi
Rooms have air-con, in-room security box, mini-bar, private shower with hot water, Deluxe rooms with jacuzzi
Cozy bar, Roof top terrace area.
10 minutes from the airport.



68 Independence Str.
Sihanoukville:
Tel. 034 - 934 280
Lunasihanouk@gmail.com

Italian Restaurant Luna d'Autunno

Woodfired
pizzeria

66 Street 29
Phnom Penh
Tel. 023 - 220 895
lunaphnompenh@gmail.com

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, saratheam@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 Ratanakir, 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 unspoilt 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

Serendipity 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 Mttapheap, 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 Paillote'

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 guesthouse 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.

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.

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) SiKHiSm (2) ChekHov
 - (3) KHatoum (4) GurKHas
 - (5) StockHolm (6) AnKH
 - (7) TutankHamen (8) The
 - blockHeads (9) MikHail
 - Gorbachev (10) Ayatollah
 - KHomeini (11) The New
 - Testament (12) Brave New
 - World (13) New York
 - (14) Olivia Newton-John
 - (15) Paul Newman (16) Good-
 - Year Blimp (17) The Seven
 - Year Itch (18) Happy Days
 - (19) Happy Talk
 - (20) Happy Valley (21) On the
 - Waterfront (22) Watership
 - Down (23) Roger Waters
 - (24) Bridge over Troubled
 - Water (25) Tonic Water
 - (26) Waterworld (27) Water
 - Carrier (28) Waterfall
 - (29) Waterford (30) Waterloo.



Reef Resort Sihanoukville

*Sihanoukville's premiere boutique
hotel restaurant & bar*



Try our new **Mexican** menu

Quesadillas - Sizzling Fajitas - Burritos - Taquitos - Tacos - Jalapeno Poppers - Wraps



Serendipity Beach Road, Sihanoukville ☎ 012 315 338, 034 934 281

www.reefresort.com.kh

bookings@reefresort.com.kh



photo essay **groceries by kate burbidge**



FOOD FOR ALL

Eating in Phnom Penh is not restricted to restaurants and delivery food. In this striking photo essay, **Kate Burbidge** examines the amazingly vital colours and textures of the food freshly available in the city's abundant local markets.



this month in history

morse, dante, machiavelli, marx, jfk, lusitania, hindenburg



■ FIRSTS

A holiday celebrated throughout most of the world, to mark **Labour Day, May 1** was also the day that Great Britain was formed with the union of England and Scotland in 1707. Wales had been part of England since the 1500s.

Almost three hundred years later (2004), **May 1** also marked the day that ten new member states – Poland, Hungary, the Czech Republic, Slovakia, Slovenia, Lithuania, Latvia, Estonia, Malta and Cyprus – joined the existing 15 countries of the E.U.

The Channel Tunnel, a 31.4-mile rail tunnel linking two countries of the E.U. – the U.K. and France – was officially opened on **May 7, 1994** by Queen Elizabeth II and President François Mitterrand in a ceremony at Calais. Plans for a fixed link between the two nations dated back to 1802.

The month of May was a successful one for aviation pioneers. On **May 20, 1927**, Charles Lindbergh took off from Roosevelt Field, Long Island, in the Spirit of St. Louis. Thirty-three hours later he became the first man to make a solo non-stop flight between New York City and Paris. Exactly five years later, Amelia Earhart became the first woman to fly solo across the Atlantic. Her 2,026-mile flight from Newfoundland, Canada, to Londonderry, Northern Ireland took about 13 hours.

“What hath God wrought?”

was the first official message sent by the telegraph’s inventor Samuel Morse. The message was sent from the Capitol building in Washington to Baltimore on **May 24, 1844**.



■ BIRTHDAYS

Author of *Il Principe* (The Prince), Italian philosopher Niccolò Machiavelli was born in Florence on **May 3, 1469**. In *Il Principe*, Machiavelli prescribes the means by which a prince should maintain power. By advocating a pragmatic form of government, the philosopher is credited with bringing about the break between realism and idealism in political thought.

Philosopher and political thinker, Karl Marx, was born in Treves, Germany on **May 5, 1818**. Marx wrote *Das Kapital* (Capital) and *The Communist Manifesto*

(1848), which formed the basis of Communist political doctrine.

Another German who had a major impact on the twentieth century, Sigmund Freud was born in Freiberg on **May 6, 1856**. The founder of psychoanalysis, in many respects Freud is the father of modern psychology.

On a literary note, Italy’s greatest renaissance poet, Dante Alighieri, was born in Florence on **May 14, 1265** (although the precise date is disputed). His *Divine Comedy* is widely regarded as the greatest work in Italian literature. Dante, himself, is referred to as the “father of the Italian language.”

The third person born in Florence in this month on **May 12, 1820**, Florence Nightingale is best known for her tireless work as a nurse in the Crimean War (1853 – 1856). Possibly the most lasting contribution of the “lady with the lamp” was the creation of the modern nursing profession.

May 29, 1917 was the day that 35th U.S. President John Fitzgerald Kennedy was born in Brookline, Massachusetts. The youngest man ever elected as President, he was also the first Roman Catholic. Kennedy was gunned down in Dallas, Texas on **Nov. 22, 1963**, making him the fourth U.S. President to be assassinated.

■ EVENTS

On **May 7, 1915**, the British passenger ship *Lusitania* was torpedoed by a German submarine off the coast of Ireland. 1,198 of its 1,924 passengers, including 114 Americans, were killed in the attack, which led to America’s entry into World War I. Con-

versely **May 7, 1945** was the date that Field Marshall Alfred Jodl signed the unconditional surrender of all German fighting forces at Reims, France, bringing to an end World War II in Europe.

Nelson Mandela became the first black President of South Africa on **May 10, 1994** in the post-Apartheid country’s first free elections.

Another ruler literally took it in his own hands to become Emperor of France on **May 18, 1804**. Napoleon Bonaparte seized the crown from the hands of Pope Pius VII during his coronation at Versailles and crowned himself.

Another Pope, John Paul II, was shot twice at close range while riding in an open automobile in St. Peter’s Square in Rome on **May 13, 1981**. The Pope recovered and later held a private meeting with the would-be assassin, publicly forgiving him.

Finally, a disaster that effectively ended commercial airship traffic occurred on **May 6, 1937**. The German airship *Hindenburg* burst into flames at Lakehurst, New Jersey, following a trans-Atlantic voyage. Thirty-six of the 97 passengers and crew were killed. ❏



■ CELEBRITY BIRTHDAYS IN MAY

The figures in brackets represent the age they will be on their birthday.

May 2 – David Beckham (33); **May 6** – George Clooney (47), Tony Blair (55); **May 10** – Bono (48); **May 13** – Stevie Wonder (58), Harvey Keitel (69); **May 14** – Cate Blanchette (39), Tim Roth (47); **May 16** – Janet Jackson (42), Pierce Brosnan (55); **May 17** – Dennis Hopper (72); **May 24** – Bob Dylan (67); **May 25** – Mike Myers (45); **May 28** – Kylie Minogue (40); **May 31** – Clint Eastwood (78).

Eva Chakan: *Team America*

After her brief sojourn in Siem Reap, Eva is back in town, this time double-dating with her annoying boss, Jena.

BACK IN PHNOM PENH AM chatting with Zara currently incredibly lucky to have stayed outside the country during the New Year. The time when everybody – and I mean everybody – leaves the capital as if UNHCR has just ordered an evacuation.

Zara was lucky enough to be visiting her mother who is on some kind of spiritual renewal quest thanks to recent press about Tibetan monks protesting against the Olympics. Her mother, like Richard Gere before her, has gone to visit the home of the Dalai Lama and Zara has run away to the Himalayan foothills to join her.

Am so jealous and need to begin planning my escape from the heat, but fear it will happen just as the rains begin.

“Who’s this new guy?”

“Met him in Siem Reap works both places. Here and there.”

“Am.? Brit?”

“Am..”

“Of course.”

“What of course?”

“You stick together.”

“So what? We’re an isolated society. Like Oz.. Look at our sports.”

“Huh?”

“Never mind.”

When you back?”

“This weekend! See you soon. Big kiss.”

“xx.”

Have not heard from Toby since our evening in Siem Reap when we ended up sleeping together. That is “sleeping” sleeping, after having watched one half of a Tom Cruise movie and one half of a straight-to-video horror film when the signal was lost from the former.

It was a totally fun encounter though I suspect that Toby was

slightly too upper crust for my liking – a little too beige. But am aware that his ability to hold a conversation and his Dead Poet’s Society innocence will make him a hit in this testosterone-starved populace. Still have not decided if his charms outweigh the drawbacks. Must see how long he’s in town

for – last thing I need is yet another Ex running around.

Jena, typically and irritatingly chirpy this Thursday, is

strutting up to me. I dread the banal revelation.

“Eva! Hey babe,” she coos bouncing her hips against my desk. “I am so craving Indian, aren’t you? Maybe because I heard Zara’s in India or maybe just because it is so bloody hot!”

Jena thinks using British colloquialism makes her sound worldly. It makes her sound like she’s in a high school

I imagine Zara’s Mom and Jena’s would get along fine, both having a philanthropic desire to see the unwashed masses of the world take a nice long bath in their hotel suite

am better able to cope, but the heat is getting to me. Perhaps Indian would be the right move and getting off early could be justified if I were heading to eat with a co-worker. Perhaps we can discuss the wording of the grant I am working on – in air-con. Despite all her faults, Jena knows her stuff and is a consummate networker.

“I could do Indian.”

Jena claps her hands like a baby seal. “Great! Because I so have a double date for us.”

She did not just say that. Yes she did. Well, if you can’t beat them...

“Yeah!” I clap my hands like a baby seal.

After a ten-minute dust bath in a tuk tuk, we arrive at the Indian place. Jena has been chatting the whole way. It is all I can do not to wrap my krama around my head.

“So I met these guys out the other night – American guys!” As if Jena would meet anyone else. No, I take it back. She’s popular with Australians.

“The one is, like, ridiculously good looking. I immediately demanded he be my friend. I mean how many attractive men are there around here. I mean, look, the local population is nothing to write home about. Like have you ever seen an attractive Khmer man?” Obvi-

performance of ‘A Christmas Carol.’ The debilitating heat makes it impossible to even attempt a retort.

Closing Windows on my computer, I am resigning myself to wrapping up work as Jena takes too much energy to stomach. It is already 4.45. Usually I



ously she is not programmed to pick up incredulity. Mine escapes her.

"Uh, no! Plus they are all short!"

It is all I can do not to retort to the undeniably petite Jena with some seventh grade, "um, look who's talking, bitch!"

Too hot to fight. Though this may call for drastic measures.

"Vodka tonic." I practically yell as soon as I reach the door. I sense a long night ahead.

"My mom and I went to India last time she was in town." I imagine Zara's Mom and Jena's would get along fine, both having a philanthropic desire to see the unwashed masses of the world take a nice long bath in their hotel suite.

I take a long sip on my finally-arrived drink and crunch on some samosas.

"It is so dirty there! We actually saw someone shit on the street! Seriously!" She says this so loudly I catch the eye of the owner of the restaurant hoping to give him an apologetic look that says, "she's not related to me by blood and the views expressed at this table do not necessarily represent those of the all members of said table."

"But I have to tell you before they come. I am so into this guy. He's adorable and his family is really connected. I think they are related to the Kennedys – by marriage." Uh- huh. So's Arnold Schwarzenegger.

"He is really sweet." This probably means he didn't mention he went to Yale until the third or fourth sentence.

The heat is making me surly. I use my napkin to wipe some of the sweat from my neck and with it comes Phnom Penh grime. Cannot wait to get home to shower.

I must at least participate in this conversation.

"What does he do here?"

"I think he is volunteering for several organisations here and in Siem Reap. He is also working on this side project of his."

Am just about to ask his name when it becomes totally irrelevant as the prince charming in question walks in with his unassuming friend who, I assume, is not related to the Kennedys.

Jena rushes to introductions. "Hi! Glad you found it! We were just talking about you! This is my friend I was telling you about, Eva! Eva, Toby, Toby, Eva."

Toby gives me a schoolboy grin.

"Yeah. We've met actually. Yeah. I think so." I smirk noting that Jena's glee has soured at Toby's flirtatious smile at me.

"We've slept together, actually." I almost said it, but have learned something about living in a small town in the last year.



"Gawd! That's priceless." Zara and I revel on a girl's Saturday night at the pub throwing back proper pints.

"I can see the steam coming out of her ears. She's so jealous! And you got his number?"

Shaking my head I blurt out – complete with wild and essential hand gestures – Jena's futile attempt to prevent related-to-the-Kennedys from exchanging numbers with me. "I can just call you, Toby, and then we can all get together again! All Americans!"

Zara nearly spits her pint on the green wall as I histrionically raise my glass to Team America. **A**

Quote Unquote

■ BUSH TALK

In the countdown to the U.S. Presidential election, AsiaLIFE is running a series of quotations from the leader of the western world, celebrating the world's greatest comic genius.

NUMBER 4:

"I don't particularly like it when people put words in my mouth, either, by the way, unless I say it."
(Crawford, Texas, Nov. 10, 2007)



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The QuizMaster

Getting into the spirit of last month's celebrations, this month's quiz adopts a distinct Khmer New Year theme. Good luck!

■ **KHMER**

- 1) The Golden Temple of Amritsar is the centre of which religion?
- 2) Which Russian author wrote Uncle Vanya, Three Sisters and The Cherry Orchard?
- 3) In which capital was General Gordon besieged for 10 months?
- 4) Which members of the British Army carry a Kukri?
- 5) In which city were the Olympics held in 1912?
- 6) What is the name for the Egyptian symbol of a cross with a loop that represents life?
- 7) Whose coffin is the single largest gold object in the world?
- 8) What was the name of Ian Dury's backing group?
- 9) Who became leader of the Soviet Union in 1985?
- 10) Who banned music on the radio in 1979?

■ **HAPPY NEW YEAR**

- 11) What is made up of 27 books?
- 12) What did Aldous Huxley write in 1932?
- 13) In which city is Broadway?
- 14) Who starred with John Travolta in the film "Grease"?
- 15) Which actor is married to Joanne Woodward?
- 16) The 1960 Orange Bowl saw the first appearance of which sporting giant?
- 17) In which film did Marilyn Monroe's white dress fly up?

- 18) Which long running series was the first to star Robin Williams as Mork?
- 19) Which song from "South Pacific" was recorded by Captain Sensible?
- 20) What is the name of Hong Kong's most famous racecourse?

■ **CELEBRATIONS**

- 21) What 1954 Marlon Brando film contained the line "I coulda been a contenda"?
- 22) Which film based on the book by Richard Adams, featured the song Bright Eyes?
- 23) Who is missing from the Live 8 line-up - Dave Gilmour, Nick Mason and Richard Wright?
- 24) Which Simon and Garfunkel song was a hit for Aretha Franklin in 1971?
- 25) Which drink was created when Indian army officers added quinine to soda to help fight malaria?
- 26) Which 1995 film starring and produced by Kevin Costner was a massive flop?
- 27) In Kipling's poem Gunga Din, what job did Gunga Din have?
- 28) In geography, what is a cataract?
- 29) Which Irish town is famous for its cut glass?
- 30) What was the last battle that Napoleon fought in?

■ **ANSWERS ON PAGE 85**

Sudoku

MIND GAMES TO KEEP YOU THINKING

S.I. COMPUTER TECHNOLOGY SUDOKU PRIZE COMPETITION

Congratulations to Michael Craig last issue's Sudoku Prize Competition winner, who received the prize of a 2GB flash drive, provided by SI Computer Technology.

This issue's competition also carries a prize by SI Computer Technology. So to have a chance of winning a 2GB flash drive send an SMS to 012 182 8237 with the five numbers from the cells shaded grey in the vertical centre line of the puzzle, starting from the top and moving downwards.

All winning entries will enter the prize draw on May 15. Good luck! **A**

Level: Intermediate

Gwan Ching Lee's time: 17 mins

						5	8	
		4	1	3	7			
2								7
6			4	2	9		3	
		3		8		1		
	5							6
7								3
			6	5	1	7		
	9	8						

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.

7	5	6	8	1	3	9	2	4
8	1	2	9	4	6	7	3	5
9	3	4	7	5	2	8	1	6
5	6	9	2	3	4	1	7	8
2	8	1	6	9	7	5	4	3
4	7	3	5	8	1	2	6	9
6	2	8	3	7	5	4	9	1
3	4	5	1	2	9	6	8	7
1	9	7	4	6	8	3	5	2



Gwan Ching Lee

'Nuff said



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