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# AsiaLIFE

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June 2008



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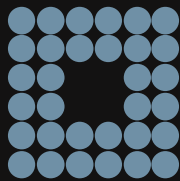


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# AsiaLIFE

JUNE 2008



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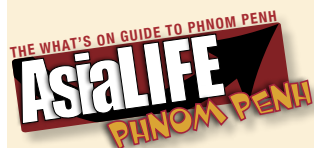
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# Editorial

THE IMPORTANCE OF GOOD quality healthcare is apparent for all to see. Whether it is due to dehydration, a minor bike accident or something more serious, such as Dengue Fever, there are times when most, if not all of us, are in need of some medical attention. Over the past few months Drs. Laura Watson and Jim Cousins have provided us with handy tips on what we should do in medical situations. Now we look in greater depth at the healthcare that's available in the capital.

From conventional medicine to Khmer cupping to traditional Chinese herbal treatments, AsiaLIFE covers the spectrum of medical alternatives in the capital. We also pop across the border to Ho Chi Minh City to see why so many middle-class Khmers and expats are choosing to go there for their healthcare.

One drawback about living in Phnom Penh is the poor quality of the internet provision. Slow, costly and unreliable, the reality is that the service is a fraction of that available in Thailand or Vietnam. Choose between an

expensive home service and a dirty internet café! But it doesn't have to be this way. As we discover, Phnom Penh has a range of places, from pubs to cafés to swimming pools where you can surf in comfort.

In our other regular features, we look at what meat options there are out there for the capital's carnivores, as well as taking a walk around Wat Phnom and talking to one of the country's leading expat artists – Stef.

Football fanatics will be pleased to see that we have extensive coverage of the European Championships in our Leisure section, despite all the British teams failing to qualify for the finals. Drinks are on Alan at the Vespa if Torres scores the winning goal!

Finally, thanks to Mobitel outlawing seven-digit numbers, we have a new mobile number – 012 261 449. Also, due to some technical problems, we have created a new email account – [asialifephnompenh@gmail.com](mailto:asialifephnompenh@gmail.com).

As always, please send your comments on this or any other issue. We hope that you enjoy your reading. ❗

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# news & events

romdeng splash, rugby, saffron, miele, living room

## ■ MENU MAKEOVER

K West launched its new French menu concept featuring daily changing plates du jour, inspired by French chef Manu Baudet's one-month stint working alongside chef Him Leng Hour. New specials include salad, meat, main and dessert options of the day. Diners can look forward to fresh chicken liver pate (US\$5), smoked salmon salad with dill sauce (US\$7), braised lamb shank on mashed pea (US\$17) and chocolate mouse (US\$2.50).

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

## ■ LUNCH IS LOOKING GOOD

Romdeng began promoting its daily lunch deal. The fixed price menu features salad, main course, rice and dessert for US\$6.50. Set menu changes weekly. Dishes include lotus root salad with chicken and young lotus seeds in galangal dressing; stir fried Laut Char Noodles with bean sprouts, mushrooms, and Kai Lan; and sweet mango with coconut on sticky rice.

*Romdeng, 74 Street 174, Tel: 092 219 565*

## ■ INDOCHINE CUP

For the last ten years rugby teams from Vietnam, Laos and Phnom Penh – the Vientiane Buffalos, Hanoi Dragons, Saigon Geckos and Phnom Penh Pangolins –



**Scrum down** Action from last year's Indochine Cup

have competed for the Indochine Cup. Last year the Geckos snatched the cup away from the Pangolins, who had held it for the previous three years. This year, new captain Greg Eggins is hoping to use home advantage to win the cup back. The matches will be held at Northbridge School on Jun. 7, starting at 8.30am. A women's touch rugby – the Phnom Penh Apsaras are the holders – will run alongside the men's rugby. Food and drink is available for anyone wishing to

cheer on either the Pangolins or the Apsaras.

*Indochine Cup, Northbridge School, Jun. 7 from 8.30am.*

## ■ KOUPREYS GO TO LAOS

Cambodia's national rugby team, the Koupreys, set off for Laos on May 28 to play an international match with the Lao national team as part of their summer programme of internationals.

The 22-man squad included two expats, Ray Leos and Jean-Baptiste de Seze, eligible under the Inter-

national Rugby Board's three-year expatriate residency requirement. In mid-July, the Koupreys travel to Jakarta to play Indonesia and Laos as part of the Asian Five Nations Series, co-sponsored by the Asian Rugby Football Union and the Hong Kong and Shanghai Banking Corporation.

Welsh coach Brian Thomas is quietly confident of his team's chances. "Most of our guys have played together for a few years now, so that's a plus," he says. "We've got good speed in our

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back line, and we've been training hard to improve our fitness."

**■ 100 ATMS**

In a clear sign that the banking sector is moving in the right direction, ANZ Royal Bank opened its hundredth ATM at the end of April at BS department store. "We are all delighted with the opening of our hundredth ATM," said ANZ Royal's marketing manager Heng Thida. "The more ATMs we have in the market, the more people we reach. The important thing is to provide our customers with superior service and convenience."

**■ ROMDENG'S SUMMER SPLASH**

Taking advantage of Romdeng's new location, with its large garden and swimming pool, the Cambodian restaurant will host a summer pool party and BBQ on Jun. 21 from 6pm to 11pm. In addition to the best of Khmer food – grilled pork filet and pork belly, lemongrass marinated grilled beef brochettes, and grilled Cambodian fish cakes – DJ Franky will mix the top summer hits of the last 30 years. There will also be cocktails mixed according to the Friends formula. Towels and beach balls will be provided to all.

Admission is US\$15 for adults and US\$8 for kids aged six to twelve. All the money raised will go to the Mith Samlanh training centre land campaign.

Cambodian Summer Splash, Jun. 21, 6pm to 11pm.  
 Romdeng Restaurant, 74 Street 174, Tel: 092 219 565

**■ SAFFRON REVOLUTION**

A Burma Relief party will be held at Talkin' to a Stranger on

Jun. 13. The organisers hope to raise awareness of the issues surrounding Cyclone Nargis and its aftermath through a panel discussion including members of the NGO community from 7pm. A film will also be shown.

At 9pm, DJ Primitive Souls will kick off the party, coinciding with some special Talkin drink promotions and a raffle. Growing Together Myanmar, a grassroots project that has worked in Myanmar since 2005, will receive 10 percent of all the proceeds. There will be a US\$5 cover charge on the door. For further information about the relief party contact Allie Hoffman on 012 924 357. To learn more about Growing Together Myanmar, visit its website at: [www.growingtogethermyanmar.org](http://www.growingtogethermyanmar.org).

Burma Relief Party, Jun. 13.  
 Talkin to a Stranger, 21B Street 294

**■ MIELE GUIDE**

Voting has started on the first Miele Guide. In what is claimed to be Asia's first truly independent pan-Asian restaurant guide, Asia's diners are invited to vote online for their favourite restaurants. The first edition of The Miele Guide, due to be released at the end of October, will evaluate restaurants in 16 Asian countries – Brunei, Cambodia, China, India, Indonesia, Japan, Korea, Laos, Malaysia, Myanmar, Philippines, Singapore, Sri Lanka, Taiwan, Thailand and Vietnam.

"We want to create a credible, transparent system through which to showcase establishments that deliver excellence and exceptional dining by Asian standards," says Aun Koh, director of the guide's publishers, Ate Media. "We hope



**BURMA RELIEF**

Good cause Fundraising event for victims of Cyclone Nargis



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that The Miele Guide will not only accurately reflect the opinions of Asia's most respected restaurant writers, but more importantly, capture public opinion. It is vital that The Miele Guide reflects the tastes of the dining public in Asia."

Online voting continues until end of July. The final guide will include in-depth profiles of the top 20 restaurants. To vote click online at: [www.mieleguide.com](http://www.mieleguide.com)

**■ CAREER FORUM 2008**

The fourth Cambodian career's forum will be held at the Mondial Centre on Jun. 14 and 15. The forum is seen as a platform for university graduates to meet their future employees and for companies to promote their activities. Last year's forum attracted more than 9,000 visitors according to the organisers, the French-Cambodian Chamber of Commerce. Entrance is free.

For more information, contact: Denis Gambade, Tel: 012 801 950 / 023 221 453

**■ MORE LIVING ROOM**

The range of functions and events at Café Living Room continues to expand. The latest departure is monthly fundraising events for socially responsible businesses and other projects. Salsa lessons continue every Thursday from 6.30pm, with classes costing US\$3 or US\$10 if food and drink is included. Qi Gong is on Mondays and Wednesdays from 5.30pm to 6.30pm. Twice monthly storytelling for kids is on Sundays from 9am to 10am and there is also Little Maestro, where children (aged 0 to 6) listen to music with Melinda Burgess. Leah Newman is still running her Kids Create classes on Wednesday afternoons, with separate classes for children aged 2 to 4 (4.30pm to 5.15pm) and aged 5 to 9 (3.20pm to 4.20pm). There are even plans to introduce yoga for kids this month.

# Openings

**■ GREEN PEPPER**

This small, unpretentious, air-conditioned Khmer-Thai restaurant opened late April, just one street back from the riverfront. With mains ranging from US\$2.50 to US\$4 – including beef loc lac (US\$3.50) and tom yam (US\$4) – this makes for a good place to dive in for a meal slightly away from the madding crowd. There's also a reasonable range of wines. Beers are US\$1 in the 5pm to 7pm happy hour. Open from 10am to 2pm, 4pm to 10pm.

Green Pepper, 6F Sothearos Blvd., Tel: 012 776 679

**■ BILLY BOB'S BAR**

Actually owned by two guys called Billy and Bob, this Country & Western bar – the first of its kind in Cambodia – is truly American through and through. Soon to be decked out with American, Texan and Rebel flags. Johnny Cash, Willy Nelson and Patsy Klein are already regulars. Near

Café Living Room, 9 Street 306. For more information call: 012 385 542 (Salsa), 012 693 498 (Melinda – Little Maestro), 012 242 301 (Leah – Kids Create), 012 892 249 (Phil – Qi Gong).

**■ INDEPENDENCE HOTEL**

Independence Hotel has a two-plus-one special promotion through the month of June. Spend two nights at the hotel and get the third night for free.

Independence Hotel, Independence Hotel, Sihanoukville, Tel: 034 934 300. ☒

the end of the month their ten-room guesthouse will be opening upstairs with rooms from US\$10 to US\$35. Draft beer is US\$1 all day, every-day. "Trailer Trash Welcome!"

Billy Bob's Bar, 9 Street 136, Tel: 016 307 295

**■ THE COFFEE MAKER**

Looking much like a Starbucks, The Coffee Maker, opened on May 20. With both indoor and outdoor seating on a large terrace, the café is the ideal place to have a cup of coffee while watching Hun Sen Park burst into early evening life. Coffees are US\$2 to US\$3, frappes US\$3.50 and smoothies US\$3. There is also a small food selection with waffles (US\$2.50 to US\$3.50), pizzas (US\$4) and sandwiches on offer.

The Coffee Maker, 50 Sihanouk Blvd., Tel: 012 756 400

**■ GASOLINA HAIR SALON**

Toni and Guy trained hair stylist, Eriq, is due to open a new salon at Gasolina on Jun. 3. Eriq has over 15 years experience as a stylist. To book an

appointment, contact Eriq on 017 839 546.

Gasolina, 56/58 Street 57

**■ FRIZZ**

Riverside restaurant Frizz relocated to Street 240 (next to Freebird) on May 5. Offering the same mix of quality Khmer cuisine and Cambodian cookery classes, the restaurant is open from 10am to 9.30pm, seven days a week. Mains are from US\$3 to US\$4 – fish amok is US\$4.25. There is also a limited international menu, including steak and Guinness pie (US\$5).

Frizz Restaurant, 67 Street 240, Tel: 023 220 953, www.cambodia-cooking-class.com

**■ BEBE IS BACK**

Veteran of the French bar scene, Bebe is re-born. His new bar, Les Jardins d'Orient, is set in a quiet garden on Street 75, near Wat Phnom. Serving couscous, tagines, paella, pasta and a range of cocktails, local residents will be pleased to hear that the bar closes at 10.30pm.

Les Jardins d'Orient, 35 Street 75. ☒



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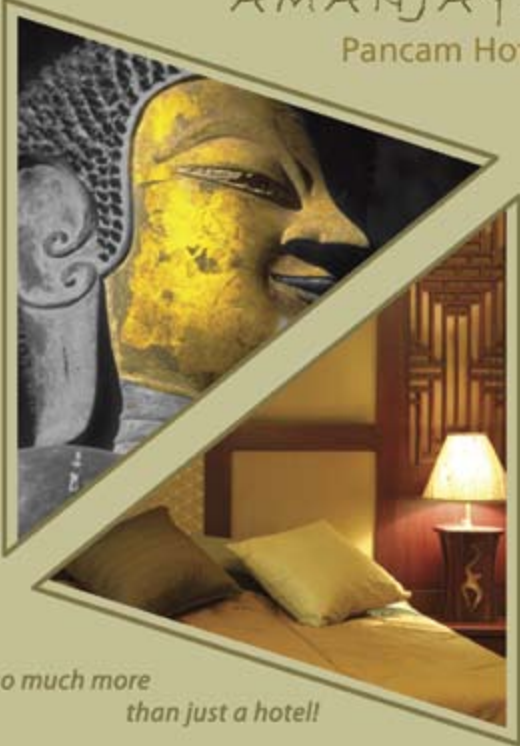
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## WINE, WINE WINE

The Quarto group has been very busy over the last month or so bringing winemakers from France and Italy to Cambodia. First off, Raffles Hotel Le Royal was the venue for a luncheon on Apr. 25 showcasing the French wines of Georges Duboeuf and foie gras from Rougie. Three days later Topaz hosted a winemaker's meal, featuring the wines of Joseph Drouhin.

Italian wines from the Garofoli and Mantellassi vineyards featured at Le Duo Restaurant on May 20. A vertical wine tasting allowed the select gathering to sample different vintages from Podium and Le Sentinelle wines at one standing. The evening demonstrated the subtle complexities of less well-known grapes such as Verdicchio, Sangiovese and Alicante.

For more information about these wines, contact Sao Saboeun at Quarto Products, 30 / 31 Street 108, Tel: 012 458 550, saboeun@quarto-products.com

## THE ROYAL PLOUGHING CEREMONY

Everyone was out in their best the morning of Friday, May 23 for the annual Royal Ploughing Ceremony or Pithi Chrat Preah Neangkol. The event, which heralds the beginning of the official Rice-Planting Season, was presided over by His Majesty King Norodom Sihamoni.

Hundreds of school children jostled for a look at the majestic royal bulls. The procession went as planned despite a slight altercation when one of the lead bulls decided he'd had enough. For a moment things looked as though they might end in tears as he headed for the naval brass band. Quite the astute music critic.

After the ceremonial three-times round the royal park the court Brahmins led the bulls to a podium of seven recep-

tacles. As one-thousand years of Brahman tradition dictates, each was filled respectively with rice, corn, beans, sesame, fresh-cut grass, water and rice whisky. The two regal bulls sampled the rice, corn and beans. According to the palace foretellers, this marks a good year to come for Khmer farmers in each of these crops.

## HOUSE MUSIC

A reception was held on May 8 at the German Ambassador's residence to mark the handing over of nine musical instruments to the Cambodian ART+ Foundation. The instruments, with a total value US\$12,000, were donated by the Goethe Institute of Jakarta.

A programme of traditional house music accompanied the handing over of the instruments. Uy Tach, Mao Samnag, El Leang, Anton Isselhardt and Friedrich Kleinknecht played pieces by Mozart and Marc-Antoine Charpentier. The ART+ Foundation "promotes the essential role of 'making music' in the education and development of young Cambodians in the continuous improvement of the Cambodian art education system," according to its director, Anton Isselhardt.

## CYCLO CRAZY

The semi-annual cyclo centre rally commenced last month on May 2. This event was an initiative to raise funds for the Cyclo Centre Phnom Penh and this year to generate awareness for 'World No Tobacco Day' - May 31. Twenty cyclo drivers took shifts in 10 cycles for the round trip from Phnom Penh through Prey Veng and Kampong Cham and back again. Accompanied by 10 foreign sponsors on bicycles, the group completed the 320km rally in three days. The initiative raised over US\$1,200. 





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# June

## mystical orient, svay ken, music

### WATERS AND RIVERS

Exhibition of mixed media by German artist Claudia Seise opens at the Art Café.

**01**

### CAREER FORUM

Fourth Cambodian Career Forum at the Mondial Centre.

**14-15**

### THE MYSTIQUE OF THE ORIENT

Opening of drawings by Nicolas Grey is at 6pm at Java Gallery.

**05**

### FESTIVAL OF MUSIC

A programme of musical events at the French Cultural Centre, National Cultural Centre and various bars around town (see page 15).

**16-21**

### INDOCHINE CUP

Rugby tournament featuring clubs from Hanoi, Saigon, Vientiane and Phnom Penh is at Northbridge School from 8.30am.

### LE COMTE DE JOJO

Musical fairy tales presented by Mariane at Gasolina from 9.30am to 11am. Call 012 905 530.

**07**

### STREET CHILDREN AND HIV/AIDS

Presentation and discussion at the ChildSafe Centre, 168 Street 13 from 6.30pm to 8.00pm.

**19**

### SUMMER SPLASH

Romdeng pool party and BBQ from 6pm to 11pm. Adults US\$15, children (6 - 12) US\$8.

**21**

### PREAH ANURUDH AND PREAH NEANG OHSSA

Classical Cambodian Dance performed by Amrita Performing Arts at the Chenla Theatre (3,000 and 6,000 riel).

**07-08**

### SVAY KEN

Exhibition by the veteran Cambodian artist opens at the Meta House at 6pm.

**24**

### LATINO NIGHT

Sarika Bar and Grill hosts a night of Latin music and music from 9pm.

### SAFFRON REVOLUTION

Burma relief party at Talkin to a Stranger from 7pm. Talk and film followed by Primitive Souls (US\$5 cover).

### CAMBODIAN SPIRIT

Exhibition by French artist Alain Hessian opens at Gasolina at 7pm.

**08**

### KIDS ROCK

2 Cool 4 School, The Taxi Boyz and Khemra Bonamy play Gasolina from 5pm.

**25**



**ELEPHANT MAN**

Classic David Lynch film showing at Le Cinema, French Cultural Centre.

**CHHIM SOTHY**

Exhibition of 25 pieces by the Khmer artist Chhim Sothy opens at the French Cultural Centre at 6.30pm.

**26**

**KHMIX IT**

Primitive Souls, Sovanna Phum drummers, Bun Hong, MC Curly and Technic Berlin play Talkin to a Stranger from 8pm.

**FRIENDS FLEA MARKET**

At the Mith Samlanh Centre.

**BEBE BIRTHDAY BASH**

Free passion fruit punch, skewers, live music and surprises at Les Jardins d'Orient, 35 Street 75.

**28**

**GYM BAR QUIZ NIGHT**

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

**TALKIN HEADS TRIVIA**

Pit your head against Talkin's quizmaster every other Tuesday. May 3 & 17

**HASH**

Meets at the railway station every Sunday at 2.45pm.

**REVOLUTION**

Pool competition on Mondays, Tuesday night chess night, poker on Wednesday and bowling on Thursdays.

**LA CROISSETTE**

DJ El Gilson plays Latin music each Thursday.

**REGULAR**

**Festival of Music**

*Launched in France in 1982 by the French Ministry of Culture, La Fête de la Musique (Festival of Music) is now held in more than a hundred countries in Europe and across the world – including Cambodia. Here, the festival will take place from Jun. 16 to Jun. 21.*

The main night is Jun. 20, when bands will play bars and restaurants across the city. Equinox will have an open stage from 7pm, DJ MC Curly will play the Meta House from 9pm and DJ Barry Burton plays La Croisette from 10pm. There will also be live concerts at the following venues: Chaktomuk Restaurant (8pm), FCC (8.30pm), Factory Lounge (9pm), Tonle Sap Restaurant (9pm), Café Central (9pm) and Memphis (9pm). Contact the venues for more details.

The following events will take place at the French Cultural Centre (unless otherwise stated), throughout the week:

- Jun. 16, 6.30pm – A demonstration of six traditional Khmer instruments by the musicians of Sovanna Phum.
- Jun. 17, 6.30pm – Western classical music performed by Cambodian musicians.
- Jun. 18, 6.30pm – Outdoor screening of Charlie Chaplin's The Kid, accompanied by musicians from the Royal University of Fine Arts.
- Jun. 19, 6.30pm – Concert of Arak music, conducted by Yun Khean.
- Jun. 20, 6.30pm – Original performance by two French accordionists, Ronan Robert and Vannig Noguét
- Jun. 21, 9.00pm - French electronic group X-Makeena plays the National Cultural Centre. This follows a concert featuring Cambodian stars, Meas Soksopeha, Ankun Kola, Keo Veasna, Nam Bunaroath, Sim Thaina and E Nita at 6pm. The night concludes with a night of funk at the Café du Centre.

For more info, contact: French Cultural Centre, 218 Street 184, Phnom Penh, Tel: 023 213 124, [www.ccf-cambodge.org](http://www.ccf-cambodge.org)

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## Phnom PenhLIFE: *Dr. Sex*

Dr. Andrew Thomson first came to Cambodia to help, and now over a decade later finds himself back in Phnom Penh. **Nora Lindstrom** talks to the humanitarian about then and now.



**Andrew Thomson** *Humanitarian Hero*

"I'D LIKE TO WINDSURF again" says Andrew Thomson, "you know in '91 I windsurfed across the Mekong to the Cambodian for brunch and they served me despite the wet suit." Being the first to windsurf on the Mekong is only one of his many anecdotes, but it is by no means the only claim to fame for one of the authors of *Emergency Sex (and Other Desperate Measures)*.

### ■ HUMANITARIAN WORK

Andrew first came to Cambodia in 1990 from his native New Zealand to work with the Red Cross. As the UNTAC mission rolled into town in 1992, he defected to the U.N. This was to be the start of almost a decade of work in various desperate war zones, from Haiti through Bosnia to Rwanda.

These experiences contributed to the international bestseller, co-authored with Heidi Postlewait

and Kenneth Cain. The three met in Phnom Penh with Postlewait and Cain also going on to work for the U.N. in various war zones. A highly personal account of living on the edge, it is also a damning critique of their employer.

The controversy following the book's publication led to Andrew's eventual resignation from the U.N.

"I don't fit into bureaucratic systems, I'm good at burning bridges," he admits.

His criticism of the U.N. is scathing – Kofi Annan is a particular target. Andrew questions the award of the Nobel Peace Prize to a man he considers directly accountable for disastrous mistakes made in war zones Andrew himself worked in.

### ■ BACK IN PHNOM PENH

"After living in New York for eight years I never thought I'd come back to Cambodia, I was

afraid Phnom Penh would be a backwater," he says. Yet three years after having moved back Andrew is a contented man.

"It's not the same town it was in '93, there is a distinct absence of fear and Kalashnikovs, and the living conditions have improved," he says.

The Phnom Penh of today is much more interesting than it was when he first came. "Back then there was just the NGO crowd, now there is real business, creative stuff, and various media," he says. "The traffic is worse, of course."

The decision to settle in Phnom Penh wasn't Andrew's alone, he had his wife and a six-month-old daughter to consider. "The quality of life here with a child is better than in New York," he maintains.

But it is not quality of life alone that made him return to the country. "Cambodia is such an interesting place to live, I love the Cambodian crazy sense of humour and how much life there is out on the street," he says. "Phnom Penh is making up for lost time."

Very much centred in the capital, Andrew has not been to Siem Reap since 1993.

"I don't want to go back and find a tourist hole, when I was there you could drive around in absolute solitude," he says. "There were landmines of course, so you couldn't explore all the temples, and you would have to get out by nightfall because the Khmer Rouge was still around."

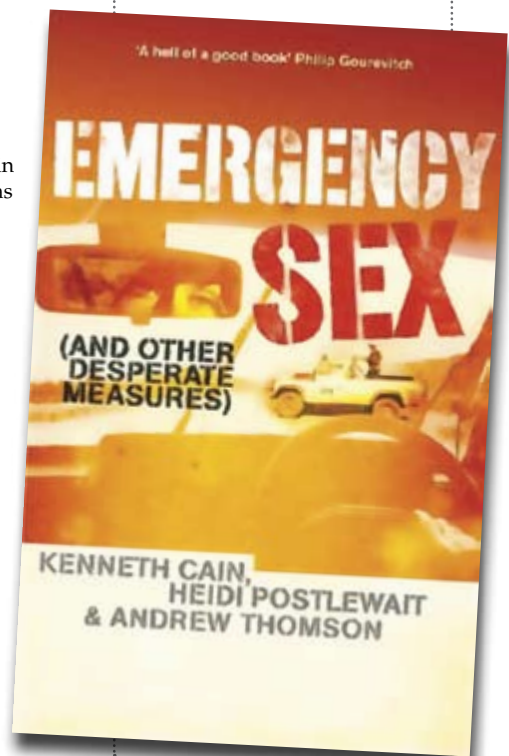
### ■ EMERGENCY SEX – THE BOOK

Andrew found it difficult to write about his past. "During

“During those years I lived between the extremes of war, love, hate and loss”

those years I lived between the extremes of war, love, hate and loss," he says. "It was difficult to put my visual memories into words."

*Emergency Sex* has now sold over 60,000 copies, and has been translated into French and Spanish. It is also a required text in some university courses. Yet what Andrew is most proud of is that copies of the book are available at the Russian Market. "When you can get a bootleg copy of your book at Psar Toul Tom Pong, that's when you know you've made it." ❏





# Vietnam *Hospital*

Hospitals in Thailand and Singapore dominate the medical tourism market. One hospital a few hours drive across the border in Vietnam aims to end all that. Words by Thomas Maresca.

STEP THROUGH THE SLIDING-glass doors of the hospital and feel the welcoming blast of air-conditioning. Check out the airy, open lobby with its polished floors and modern furniture, the sleek architectural design of the place. Ask for directions at the multilingual information desk. Examine the facilities, the medical services on offer, the credentials of the doctors and staff.

This could be a state-of-the-art medical facility in almost any developed nation, but you are not as far away as you might think. FV Hospital (FVH) is right across the border in Ho Chi Minh City, and it's vying to become Vietnam's first medical tourism destination.

## ■ TARGETING CAMBODIA

The 220-bed, French-owned hospital has made Cambodia a primary target for its marketing outreach. FVH opened a representative office in Phnom Penh last year. It supplies information and coordinates everything from accommodation to transport to visas for patients making the trip to Ho Chi Minh City. At the hospital, Khmer-speaking doctors, nurses and translators are on hand.

The result is that FVH is currently treating more than 500 middle-class and well-to-do Khmer patients a month – a number which is growing “tremendously,” according to Dr. Jean-Marcel Guillon, the hospital's general director.

It's not hard to see why they are coming. Located in Ho Chi Minh City's Saigon South area, FVH is one of only 15 hospitals in Southeast Asia (the only in Vietnam) to be accredited by an international agency – the French HAS (Haute Autorité de Santé).

The hospital offers a comprehensive range of medical services and treatments, up-to-the-minute technology, and a medical staff comprised of over 85 overseas-trained foreign and Vietnamese doctors. All set in a luxury-class environment.

More than just medical emergencies are bringing patients across the border. “I didn't

“We have many, many Khmers coming here for all different types of reasons, from a basic check-up to very difficult, complicated diseases”

expect it,” says Jean-Marcel. “I thought they were going to come here because they were very sick. But in reality we have many, many Khmers coming here for all different types of reasons, from a basic check-up to very difficult, complicated diseases.”

## ■ HOSPITAL OF CHOICE

Undoubtedly the hospital of choice for expats living in Vietnam, now expats in Cambodia and other international visitors have begun visiting – although not in overwhelming numbers yet. The Asian international medical tourism market is still dominated by Singapore, India, and particularly Thailand. Bumrungrad Hospital in Bangkok alone treats 400,000 international patients a year. FVH treated a total of 150,000 patients in 2007.

So why should an expat make the trip from Phnom Penh to Ho Chi Minh City instead of Thailand?

The proximity and ease of travel between Phnom Penh and Ho Chi Minh City is a factor. But the biggest and most obvious differential is price, particularly for the uninsured, although FVH does have agreements with over 40 insurance providers.

A standard delivery, for example, costs US\$800 at FVH, but nearly US\$1,200 at Bangkok Hospital. Breast augmentation at FV Hospital is US\$2,600 – it costs around US\$2,800 at Bumrungrad, and as much as US\$3,700 at Bangkok Hospital. A super-comprehensive ‘executive’ health



FV Hospital Vietnam's first medical tourism destination

check-up costs US\$260 at FVH. At both Bangkok and Bumrungrad, it will cost around US\$400. Savings on more complicated procedures with longer hospital stays can be significantly larger.

## ■ LOFTY AMBITIONS

Its medical services are top-notch, but FVH is not ready to claim to be on a par with the biggest and best hospitals in Asia. “We're not a competitor of Bumrungrad, or Bangkok Hospital, or Singapore – yet,” says Jean-Marcel. To this end, FVH is working towards accreditation from JCI (Joint Commission International), the US-based organisation considered the gold standard of accrediting bodies.

Jean-Marcel estimates it will take 18 months to get

JCI accreditation, which will significantly help its efforts to compete in medical tourism on a global scale. The hospital has already started a marketing plan to reach international customers, offering special package deals on some of the most common procedures sought after by medical tourists – cosmetic surgery, dental care, and elective procedures such as hip and joint replacements.

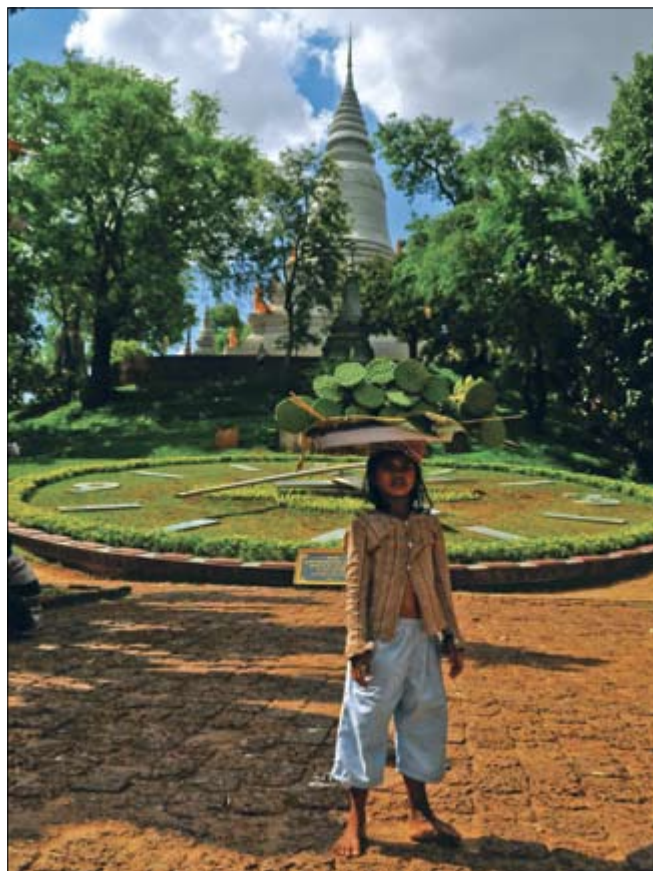
All of which, if it works out as planned, could be good news for Phnom Penh residents, who will have a world-class hospital closer to home than ever before.

FV Hospital Representative Office, 10 Street 114, Phnom Penh, Tel: 023 222 541, [www.fvhospital.com](http://www.fvhospital.com), [fvh-cambodia@fvhospital.com](mailto:fvh-cambodia@fvhospital.com)

# Streetsmart: *Street 92 and around Wat Phnom*

There is much more to the Wat Phnom area than the hill. This historical centre of Phnom Penh is not to be overlooked, particularly if you are looking for fine dining options. **Nora Lindstrom** explores.

storyboard



**Wat you looken' at?**

■ **WAT PHNOM**

At a mere 27 metres high, the hill at Wat Phnom is the city's highest point and one of the few compulsory tourist sights in town. Dating back to 1372 the first pagoda on this site was built to house four statues of Buddha found by Lady Penh in a koki tree that she fished out of the river. Later an altar was erected for Lady Penh, which is said to be a particularly lucky for women and also considered a powerful protector of the city.

The hill makes for a pleasant shady spot to spend an afternoon feeding the admittedly fat monkeys. On the grounds you can also get a ride on Sambo, Phnom Penh's only elephant. (Entry US\$1)

■ **STREET 92**

Easily the most interesting street spreading out from the roundabout around the Wat is Street 92. This includes the city's most famous hotel – Raffles Hotel Le Royal. Built in 1929 and steeped in history, the hotel has been home to celebrities, politicians and artists alike over the years. The building itself is a stunning mix of colonial, Khmer and Art Deco styles.

The hotel's Elephant Bar is one of the city's most popular expat drinking dens. Soak in the elegant surroundings and try one of the bar's two signature drinks, La Femme Fatale created in honour of the hotel's most famous visitor – Jackie Onassis – or Airavata, served in a handmade



**Elephant Bar** *A sip of elegance*

elephant goblet. The best time to spoil yourself is during the two-for-one daily happy hour (4pm to 8pm) when the bar's resident pianist Roel Manalo fills the room with an atmosphere of as time goes by.

Equally popular with expats is the hotel's beautiful swimming pool and the Friday night seafood buffet at Café Monivong.

Next to Le Royal, the National Library is housed in a beautiful colonial building dating back to 1924. Its atmosphere is quiet verging on eerie. Although few books are available for lending and the assortment of journals is rather arbitrary, it does offer a peaceful space to search through stacks of antique French books about Cambodia. There are

also some rare palm leaf manuscripts. The library is open from 8am to 11am and 2pm to 5pm and the relatively fast internet costs 1,500 riel an hour.

Le Royal is not the only hotel on the street. The Malaysian owned 138-room, Sunway Hotel is one of the few genuine four-star hotels in town. With well-equipped rooms ranging from US\$85 per night, it is also remarkably good value for money.

Opposite the Sunway is the new U.S. Embassy. Dominating the immediate vicinity, the embassy is open from 7.30am to 9am (Monday to Thursday) for visa applications, although a



**Wash this down with a few pints of Erdinger and you will be searching for your ski boots on exit.**

prior appointment is required. In emergencies American citizens should call 023 728 000.

**■ DINING OPTIONS**

Directly behind Le Royal (on Street 90) is an altogether different dining experience. The Alpine décor and smell of raclette makes you feel as if you have walked onto the set for The Sound of Music as soon as you step into Tell Restaurant. Now in its ninth year, this Swiss-run restaurant serves up excellent central European cuisine in the heart of Cambodia. The Oktoberfest delicatessen (US\$6.80) – essentially a full plate of meat – will satisfy any carnivore, and cheese lovers would consider it a crime to pass on the cheese fondue (US\$12). Wash this down with a few pints of Erdinger and you will be searching for your ski boots on exit.

A bastion of all things French, Le Deauville is another Phnom Penh institution. When owner André first opened this brasserie 14 years ago it was the only commercial establishment in the area. With separate Francophone and Anglophone seating areas around the bar, this is an idea place to become privy to an assortment of anecdotes and secrets of Phnom Penh. There is also an indoor air-conditioned dining area.



**Sushi Fusion** *An exquisite dining experience*

Another French option is the newly renamed fine dining restaurant, 112, located on Street 102 close to its junction with Monivong Boulevard. Formerly called 102, the restaurant has gone through a couple of numerical options following the tragic death of its former owner. The original restaurant served the best French cuisine in the capital.

Further north, located inside Cara Hotel, Fusion Sushi (corner of streets 47 and 84) is stylish with a delicate attention to detail. The sushi and sashimi is some of the best in town, with the melt-

in-your-mouth salmon sashimi absolutely divine. The 10-piece plate for US\$9 is an excellent way of sampling a selection of the fare on offer. There are several private rooms for both large and small groups – treat yourself and four friends to a two-hour ‘Special Sashimi Course’ dining experience for a mere US\$150 to US\$200.

The Cara Hotel itself is another suitable alternative to hotels along the riverfront. Stylish rooms are available with or without a balcony. As rooms without balconies also lack win-

dows, spending the extra US\$3 is recommended. Rooms start at US\$28 and include breakfast and wireless internet connection.

**■ OTHER ATTRACTIONS**

Wind up the night, with a blast of techno at the Casa Nightclub just north of Wat Phnom on Street 47. Don’t bother showing up early as the party really only gets going after midnight.

A newcomer on the guest-house scene, Me Mate’s Place is located at 5 Street 90. With 11 rooms from US\$12 to US\$20 this place is not to be overlooked. All rooms are en-suite with terrific showers, and there’s a breezy rooftop terrace. Owners Paul and Amanda hope to attract customers willing to “spend an extra buck for the difference.” The imminent launch of their restaurant will ensure that this place is a force to be reckoned with.

Coming up Norodom Boulevard – on your right by the Wat Phnom roundabout – is a traditional building that houses the Cambodia Craft Cooperation (open 8.30am to 6.30pm daily). The shop sells silk products, wickerwork, silverware and pottery made by provincial artisans. The silk scarves (from US\$10) are particularly beautiful. The elephant goblets used at the Elephant Bar are made by the organisation’s artisans and can be bought in the shop.

Situated at the corner of streets 47 and 90, are two shops where snooker and pool tables are made. Prices vary depending on the quality of wood used – from US\$250 for a small pool table to US\$1,500 for a proper snooker table. Ready in a day or two, this place can fulfil every bachelor’s dream of having his own table to play on. ■



**Tell Restaurant** *Raclette Fondue*



**National Library** *Shhhhhh*

storyboard



A photograph of a hospital room. In the foreground, a light-colored hospital bed is partially visible, with a white pillow resting on it. The bed is on a light-colored wooden floor. In the background, a wall is painted a light beige color. On the wall, the words "A Clean Bill of" are written in large, bold, blue capital letters. To the right of the text, there is a glass partition or window that looks into another brightly lit area of the hospital. The ceiling is white with recessed lighting fixtures.

# A Clean Bill of

*As Thomas Maresca's article reveals, hospitals across the border in Ho Chi Minh City are filled with Khmers seeking international standards of healthcare. Many expats choose to fly to Thailand for relatively routine surgery. Does this accurately reflect the state of healthcare provision in Phnom Penh? What facilities and treatments at an international standard are available in the capital? Mark Jackson talks to four health professionals about the state of care in Cambodia.*





Health?

**“IN FIVE TO TEN YEARS THE quality of hospitals will be similar to Vietnam or Bangkok,” claims Dr. Jean Claude Garen, the man behind Phnom Penh’s Naga Clinic. Few people are more qualified than Jean Claude to talk about the state of healthcare provision in the capital.**

Qualified as a general practitioner specialising in sports injuries in his native France, Jean Claude first came to Phnom Penh in 1994. At that time the only practising foreign GP was Dr. Gavin Scott. Jean Claude decided to stay. After unsuccessfully trying to establish his own clinic, he managed International

SOS for two years, before opening Naga some eight years ago.

Why is Jean Claude’s outlook so positive? Why is it not shared by the stream of Khmers and expats who seem to head for the nearest border as soon as any illness becomes complicated?

“It’s not perfect,” he admits. “But the young, specialist physicians trained in France, the U.K. and Australia are better than before.” This gives him grounds for optimism. He believes there will be a good level of general and orthopaedic surgery available in the foreseeable future. Those requiring more specialist surgery will have to wait longer.



**Jean Claude** *A gentle bedside manner*

#### ■ TAKES TWO GENERATIONS TO MAKE A GENTLEMAN

Jean Claude's optimistic appraisal of the state of healthcare provision in the capital is not shared by the one doctor who has been here longer than him.

"From my point of view, things haven't changed too much," says Dr. Gavin Scott.

Trained in St Andrews, Manchester and Liverpool universities as a general practitioner specialising in tropical and sexual diseases, Gavin first came to Cambodia in 1992 to establish the UN dispensary. He too decided to stay.

Like many others, part of the attraction of Phnom Penh came from his elevated status, both professionally and socially, in comparison with back home.

"It was rather pleasant being a big fish in a small pond," he admits.

This was not the only reason though. "The breadth of medical illnesses is very interesting, especially when compared with a GP's surgery in Manchester," he says.

Referring to the claim that it takes two generations – roughly equating to forty years – to make an English gentleman, Gavin believes that building up an international standard of healthcare within the country will take time.

"It's a slow process," he says. "Cambodia needs about 40 years – from 1980 – to have a reasonable infrastructure of hospitals and schools. There's another 10 years to go."

#### ■ CATCH 22

Apart from the well-documented destruction of the health service during the Khmer Rouge period, what are the route causes of the below par state of healthcare provision in the country?

No stranger to controversy, Gavin believes that part of the problem is caused by the exodus for healthcare overseas.

"If the Cambodian elite have any medical problems they go outside of Cambodia," he says. The quantity of middle-class Khmers currently sitting in waiting rooms in Ho Chi Minh City suggests that it is not just the elite that goes overseas for care.

It is the classic Catch 22 scenario. Without international standard healthcare both expats and wealthy Khmers go overseas for treatment, but so long as they do go overseas the standard of healthcare will not reach an international standard.

#### ■ DEMANDING BETTER HEALTHCARE

Both Gavin and Jean Claude agree that the situation is changing for the better, despite their disagreement on timescales. Part of the reason for this is supply and demand.

"The influx of foreigners is going to demand better healthcare," claims Dr. Reid Sheftall, general and plastic surgeon at Phnom Penh's American Medical Centre.

Recently awarded a contract to provide medical care for U.S. Embassy staff, the centre is one of three international quality

**“ The breadth of medical illnesses is very interesting, especially when compared with a GP's surgery in Manchester ”**

health clinics in the capital. The other two are International SOS and Naga Clinic.

Reid believes that as more and more global companies establish offices in Cambodia, the demand for international quality healthcare as part of the expat package will increase.

Nor is it just relocating expats who are requiring better care. Phnom Penh is experiencing enormous demographic changes which are placing new demands on the existing services.

Brian Ritchie has been branch manager at International SOS clinic for the last five years. In that time he has seen a shift in his patient profile.

"Cambodians have brought back experiences from overseas and fresh expectations," he says. These returnees expect more than a backstreet quack.

Like at Naga and the American Medical Centre, Khmers represent the majority of SOS's clients – many sponsored by companies and international organisations. Sue



Kemp, business development manager at International SOS, says that the number of locals on occupational health packages sponsored by their employers is increasing. SOS is responding to this growing demand.

#### ■ SHOPPING AROUND

Things might be changing, but what can people looking for international quality healthcare expect to get at the moment?

Naga, SOS and American Medical Centre are general practice clinics. All have a range of doctors, both expat and Khmers trained overseas. As well as general practice, these provide specialist knowledge in areas such as gynaecology, paediatrics and plastic surgery. All three have outpatient beds. In addition they all evacuate patients in emergencies.

To the lay observer, the differences between the three seem minor.

Part of the attraction of International SOS is that it is international. Part of a global group with 24 clinics and offices in 50 countries, members can use any clinic overseas.

They can speak to a doctor, possibly based in Singapore, any time of the day or night. The clinic also has an in-house laboratory.

Naga has a small operating theatre, though this is for minor operations such as the removal of cysts – none of the clinics perform orthopaedic surgery. It also seems to have cornered the Francophone market.

Reid emphasises the extensive experience of the doctors at the American Medical Centre. He also says that either he or one of the other doctors will accompany patients being evacuated rather than a nurse.

Dr. Gavin Scott's Tropical and Travellers Medical Services is a nine-to-five general practice. This means that you have to go

**“When there are complications you want specialists on hand immediately”**

somewhere else for emergency treatment, but you do know precisely which doctor will be seeing you. All the others are open 24/7.

#### ■ THE PERSONAL TOUCH

Possibly the key difference lies not so much in the services available, as in you – the client.

Choose the right doctor and practice for you and your needs. If you have a pre-existing complaint, it is best to find out which clinic has a specialist appropriate to your specific needs. “Establish a rapport with your doctor and a clinic,” Brian suggests. “Get to know your doctor.”

One of the advantages of living in such a small international community as exists in Phnom Penh is that you can get to know your doctor. General practices in the West, especially in large urban areas, are invariably impersonal.

Another of Brian's tips is to “see your doctor early.” He points out that as some services, such as ambulances, are inconsistent. It is best to plan ahead. “Time is certainly a factor,” he says. “Don't leave it late as you might do back home.”

#### ■ EMERGENCY EVACUATION

However well you get to know your doctor or plan in advance, there are certain situations where you will still need to be evacuated. SOS's policy is to send the patient to the nearest centre of international medical excellence. Often this is overseas.

While Reid states there are many routine operations that can safely be carried out in Cambodia, there are times when the operation really should be shipped overseas. This is especially the case when the surgeon is operating on one organ and other major organs are at risk.

“When you do a major piece of surgery and you have any kind of complications you want specialists on hand immediately,” he says. Quite simply there are far more specialists in Bangkok or Singapore than in Phnom Penh.

Although the decision to evacuate is determined by a number of factors including the risk of increased morbidity or even mortality likely to be caused by evacuation, ultimately it is patient who decides.

“If he feels strongly about going to Bangkok, then we'll send him to Bangkok, if that's what he really wants to do,” says Reid.

Sadly, another determining factor is insurance provision. Check that your clinic of choice has an agreement with your insurance company. It's much less stressful to hand over your medical insurance card to pay for essential medical treatment than your Visa card. If the clinic does not recognise the insurance policy you have, then you'll end up using your flexible friend to pay for the treatment.

#### ■ A HEALTHY FUTURE?

The recent opening of the Royal Rattanak Hospital in Tuol Kork provides further grounds for optimism. Run by the Bangkok Hospital group that operates 17 private hospitals in Thailand, the hospital has 15 physicians and 25 nurses. The two operating rooms and one delivery room are available 24 hours



**Dr. Reid** *Can you hear me now?*



Royal Rattanak Hospital

“ Cambodians have brought back experiences from overseas and fresh expectations ”

a day for emergencies. It also has four Intensive Care Unit beds and support facilities such as a laboratory and an x-ray and CAT scan unit with state-of-the-art equipment.

All interviewed welcomed the arrival of the hospital. Both the Reid and Brian look forward to working with the hospital in the future.

With all agreed that the standard of medical care is on the rise, perhaps Jean Claude’s timeframe of five to ten years is not overly optimistic. The French doctor has plans to open a diagnostic centre and even a new hospital in a year’s time.

In the not-to-distant future we might even find expats from Vietnam and Thailand popping across the border to receive competitively priced medical services to an international standard. Currently at least general practice is to an international standard.

With the general growth in the economy and the influx of both expats and returning Khmers, the standard of medical provision should improve. “In the future, it’s only going to get better,” says Reid. “People should feel very secure.”

True Cost of Medical Care

Can’t afford to pay a visit to the doctor? Think again. The truth is that the price of a consultation in Phnom Penh is very competitive, especially when compared with what it would cost back home – or the potential long-term costs of not visiting one. All four practices take drop-in patients.

**American Medical Centre**  
 Groun Floor, Hotel Cambodiana,  
[www.ANC-Cambodia.com](http://www.ANC-Cambodia.com)  
 24-hour number 023 991 863  
 Consultations – US\$15 for Cambodians,  
 US\$30 to US\$40 for expats (depending  
 on extent of treatment required).

**International SOS**  
 161 Street 51  
[www.internationalsos.com](http://www.internationalsos.com)  
 Tel: 023 216 911  
 Consultations are from US\$45  
 (depending on which doctor you see).  
 Membership from US\$190.

**Naga Clinic**  
 11 Street 254  
 24-hour emergency: 011 811 175  
 Consultations are from US\$15 for  
 Cambodians and US\$30 for expats.

**Tropical & Travellers Medical Services**  
 88 Street 108  
 Tel: 023 366 802 / 012 898 981  
 Clinic is open from 9am to 5pm.  
 Consultations: US\$50.





# The Eastern *Touch*

Phnom Penh offers a number of alternative medicine options with an eastern tradition. Treatments using herbs, cups, acupuncture and massage can be an alternative to pharmaceuticals or a visit to a western doctor. Words by **Naga** and **Naomi T. Robinson**.



**Dr. Kim** *A good sprinkling of health*

FROM ONE OF THE OLDEST CIVILISATIONS come some of the most unusual health remedies. From dried lizards, through hooves of endangered deer, to virile parts of tigers, your local Chinese herbalist has the cure for what ails you – even if you didn't know you were sick.

The theory behind Chinese medicine is that a body's chi or life energy must be unblocked and balanced. This energy moves through the body and its state can be determined by assessing the twelve meridian pulses. This is the basis for the science and art of acupuncture as well as the prescription of herbal medicine.

Acupuncture is often used to treat illnesses that have come on quickly and are not deep rooted. Moxibustion, or the burning of a small amount of mugwort or wormwood at the point of needle insertion, is used to treat more long-term illnesses. Herbs are

used when an illness is deep within the body and of a more serious nature.

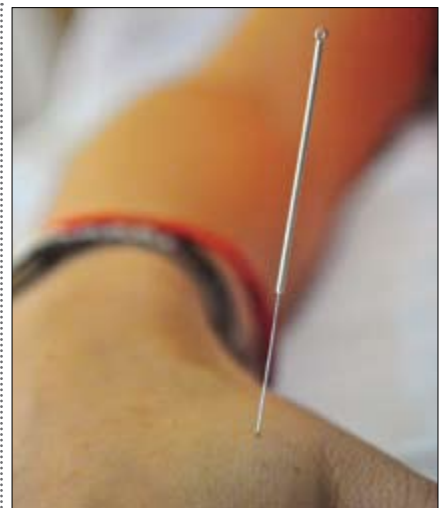
## ■ TRADITIONAL CHINESE MEDICINE

One of the most respected practitioners of traditional Chinese herbal medicine in Phnom Penh is Dr. Gu. Trained in Shanghai, he worked at Tong Sing Hospital on Sihanouk Boulevard before opening his own clinic near O'Russe Market.

A visit to his practice is filled with mystery, partially due to his limited English – take a Chinese-speaking friend if you can.

Pulling a small fabric cushion from his desk drawer, he tells patients to place the back of their wrists on it. He then closes his eyes and feels the wrist. This is how he diagnoses patient's problems – through heat and pulse.

Treatment might involve massage, acupuncture or even a course of herbal



**Acupuncture** *Honestly, it doesn't hurt*



**Dr. Gu** Take 9 of these and call me in the morning

pills. Nowadays Chinese medicine has evolved from the time when roots and herbs had to be boiled on the stove for hours before the pungent juices were decanted and then drunk.

Dr. Gu offers traditional Chinese diagnostic services, acupuncture and massage (US\$6 each or US\$10 for both), as well as the pills.

**■ KOREAN HERBAL MEDICINE**

If herbal pills are too far from the raw herbal experience you had in mind, Dr. Kim may have what you're looking for.

The Korean-born doctor has studied acupuncture and herbal medicine for more than 30 years, graduating from Sogang University in Seoul. His acupuncture teacher is a healthy 93 years old and still practicing medicine. Since opening his clinic in 2005 on Street 430, he has experienced a steady growth in his client base.

A one-hour treatment, consists of a consultation followed

by acupuncture or moxibustion (US\$15). After the first session, the needles are cleaned and put into a sealed plastic vial labelled with the client's name for use in subsequent sessions (US\$10).

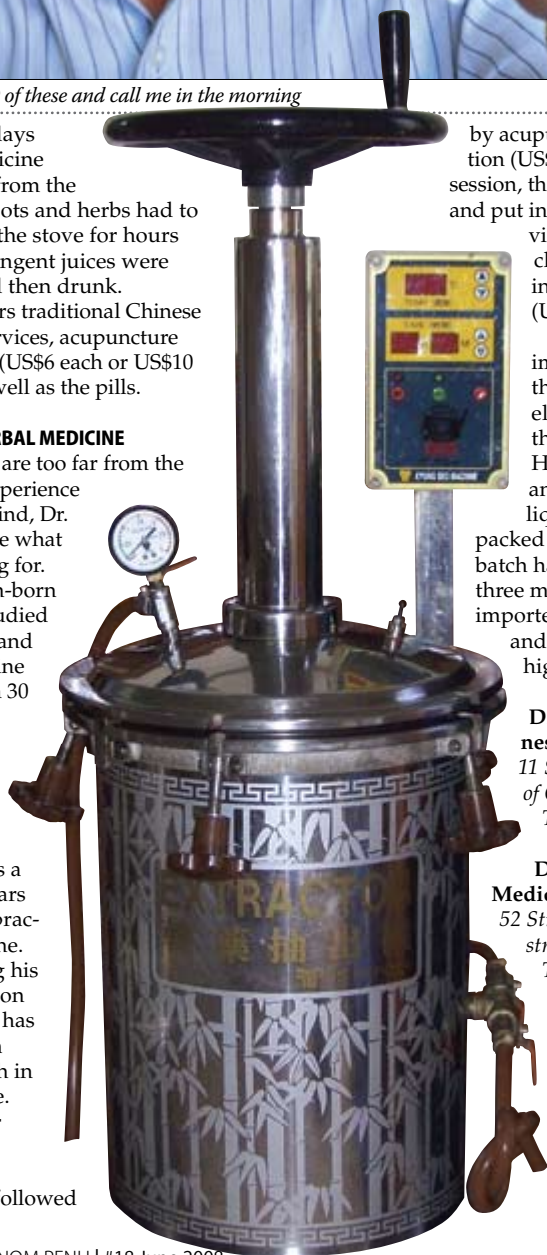
Dr. Kim has imported state-of-the-art stainless steel electronic equipment that distils the herbs. He then measures and seals the refined liquid into vacuum

packed pouches. Each batch has a shelf life of three months. All the herbs, imported from South Korea and China, are of the highest quality.

**Dr. Gu Yong De's Chinese Medicine Clinic**  
11 Street 115 (just south of O'Russe Market)  
Tel: 012 698 304

**Dr. Kim's Oriental Medicine Clinic**  
52 Street 430 (Cnr. of streets 468 & 430)  
Tel: 012 620 210

**Tong Sing Hospital**  
116E, Sihanouk Blvd.  
Tel: 023 219 293



## The Khmer Connection

**■ MEDICINAL HERBS**

The medicinal herb stall in any open-air market in Cambodia is recognisable by the variety of dried products stacked in plastic bags and on bamboo trays. These include flowers, long sticks with thorns, various roots, chalks, berries, fruits, leaves, bark, sap, and on occasion sea creatures, amphibians and snakes.

Usually run by an older woman, she will ask about symptoms, before weighing out portions and folding the ingredients into a paper packet. She then provides instructions for the herbs to be brewed in a special clay pot and taken as a tea.

The spiritual elements of indigenous medicinal roots and herbs are believed to be enhanced by the location where and time when the materials were gathered.

Roots are gathered during the night and on dark moons. Leaves are taken during the midday sun, when they receive most energy from the solar waves. Bark and sap are gathered in the mornings when the tree's energy is rising. Prayers and offerings are often necessary. Adherence to these strict rules is said to ensure the spiritual quality of the products.

**■ CUPPING AND COINING**

You may have wondered about the many Khmers sporting perfectly, circular purple marks on their bodies. These polka dots are a result of an ancient procedure termed cupping.

Used to treat many illnesses from fever through diarrhoea to high blood pressure, the most frequent ailment addressed by this ancient healing art is a hangover. The entire procedure takes about 30 minutes and will set you back 5,000 riel.

To begin with, an alcohol-based gel is rubbed over the patient's back. This acts as a disinfectant and prepares the surface to make it easier for the cups to stick to the skin.

Once the skin is prepared, kerosene-dipped cotton is lit







and held inside a medicinal glass cup. This first heated cup is then repeatedly run up and down the patient's back. The suction caused by the heated air in the cup draws blood to the surface preparing the body for what is to come. Once the patient's back is warmed-up the true cupping experience commences.

Moving at incredible speed the skilled technician heats each cup with the burning torch and places it on the patients back. Approximately 50 cups are placed in less than five minutes. The cups are left on the patient for 10 to 15 minutes.

Being cupped is not a painful experience. Patients report their skin feeling tight as the skin under each cup wells up under the suction. The theory is that this process draws toxins from the blood. It certainly leaves a residual red circle.

Once the cups are removed the toxins that have been drawn from the blood are wiped off the patient's back, often with a krama that looks as though it's seen its fair share of toxins. The patient's back and legs are then massaged for about 10 minutes. Patients report feeling clear-headed, calm and having renewed energy.

A painful alternative to cupping, coining is often administered with a copper disk. It results in red welts along the body. Used for the same purpose as cupping, it does not require a skilled technician or specialised tools. Women tend to prefer this method fearing that cupping will adversely affect their skin.

Locating an establishment offering cupping or coining can be difficult to find for non-Khmers. The easiest way to access this service is to ask your Khmer friends for a recommendation. Many of the places you see on the street advertising massage for 5,000 riel also offer cupping. 🇰🇷



# Latino Fiesta & BBQ

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# Physiotherapy in Phnom Penh

Physiotherapy can promote healing, minimise pain and prevent re-injury. Whether you suffer from back pain, arthritis or any other muscle or joint problem, it can help alleviate your pain and get you out and about again. **Anita Surewicz** talks with two Phnom Penh physiotherapists.



**Jean-Claude Dhuez**

THE OPTIONS FOR WESTERN PHYSIOTHERAPY in Phnom Penh are limited. Anyone requiring the services of an experienced, qualified western physiotherapist can visit either the Naga Clinic or the International Physiotherapy Clinic – whichever you opt for, ask for Jean.

## ■ NAGA CLINIC

As well as providing general and tropical medicine, Naga Clinic provides a broad range of medical services including physiotherapy.

Jean-Marc Nicolai, a French certified physiotherapist and massage therapist, is one of the two physiotherapists, practicing at the clinic.

Since he began at Naga in September 2007, Jean-Marc has treated a wide variety of ailments and injuries.

"I treat everything from back problems and lumbago to hemiplegia [a paralysis affecting one side of the body usually caused by a brain lesion]," he says. "I also frequently treat chest conditions, such as bronchitis, in babies."

Having worked for the French national soccer team from 1993 to 2000, Jean-Marc has had ample experience in treating sport injuries. He is also a licensed osteopath. He says that the combination of physiotherapy and osteopathy has opened up new possibilities in his treatment of patients.

"I find osteopathy complementary to physiotherapy," he says. "While physiotherapy

involves working on movement, osteopathy is more about spine alignment. In my mind I always think both like a physiotherapist and an osteopath," he adds. "If a patient comes in with a sore ankle but also has back problems, I will look at both to see if there are any possible connections between the two."

He is open to new technology. "I occasionally use small electrotherapy treatment to reduce pain before I begin working on the patient with my hands."

## ■ INTERNATIONAL PHYSIOTHERAPY CLINIC

Jean-Claude Dhuez first came in contact with physiotherapy while competing as a high-level rower in France and needed some treatment. This encounter provided him with the impetus to pursue a career in physiotherapy rather than teaching, as he had previously intended.

Following his passion for the profession, as well as appetite for adventure, Jean-Claude arrived in Cambodia in 1991 as a volunteer for Handicap International to help set up the National Rehabilitation Centre.

In 1997 Jean-Claude he opened the first international physiotherapy clinic in Phnom Penh.

"The most common problems that I treat are back and joint problems such as arthritis, inflammation and sports injuries," says Jean-Claude. "Most of my treatment relies on massage therapy to relax the muscles and prepare

the body for further treatment and the manipulation of joints in order to rebalance the body." He is keen to stress that his treatments are always gentle and never forced.

## ■ OSTEOPATHY AND ACUPUNCTURE

Incorporating elements of osteopathy in his treatment, Jean-Claude uses a combination of treatment techniques that are predicated on the specific needs of a particular patient.

"I often incorporate foot and ear reflexology in my treatment to stimulate the reflex zones located on the foot and ear by massage," he says.

He has recently started using acupuncture as a method of pain relief as well as essential oils in massage therapy. "I make special aromatherapy blends for my patients to help with conditions such as inflammation, respiratory problems, muscle spasms and arthritis," he says.

Since his arrival in 1991 Jean-Claude has helped to develop the curriculum for the Cambodian National Physiotherapy School.

"The training in Cambodia is different to how physiotherapists are trained in European countries," he explains. "Rather than giving an overall picture, the training in Cambodia focuses on the main types of pathology found in this country. Cambodian physiotherapists usually only specialise in a small number of areas."

It is also an area of medicine that is yet to really catch on in Cambodia. Most of his Cambodian clients are either referred by an international doctor or come through word of mouth. "While I have more and more Cambodian patients, they still only represent a small percentage of the people I treat," he says. "The field of physiotherapy is still very new in Cambodia."

## Jean-Claude Dhuez

*International Physiotherapy Clinic  
29B Street 288, Tel: 012 802 725  
Amata-aroma@gmail.com*

*Open Monday – Friday from 8.30am to 12.00pm and 2.00pm to 6.30pm. Treatment costs: US\$30.*

## Naga Clinic

*11 Street 254,  
Tel: 011 811 175 / 023 211 300 (24 hours)  
www.nagaclinic.com*

*Jean Marc Nicolai – Tel: 012 923 918*

*Suy Ravuth – Tel: 011 811 175*

*Open everyday 24 hours, treatment costs: US\$20. ☒*



## Physiotherapy: *What is it about*

THE AIM OF PHYSIOTHERAPY IS TO treat and manage movement disorders arising from various health conditions, injuries and diseases. Physiotherapists are trained to diagnose the causes of joint, muscle and nerve conditions and to provide treatment using an array of drug-free treatments to relieve pain, restore mobility and prevent further problems.

### ■ OSTEOPATHIC AND CHIROPRACTIC TREATMENTS

Both Chiropractors and Osteopaths use manipulation of the muscular-skeletal system as the primary means of treatment. While Chiropractors focus on the relative position of the vertebrae, Osteopaths focus on the motion of the spinal segments.

Osteopathy places a strong emphasis on the inter-relationship of the body's nerves, muscles, bones and organs. Osteopathic physicians view the body's systems as interconnected and believe that each system affects the others. In particular, Osteopathy emphasises the importance of the alignment of the vertebra and bones in the healing process and views imbalances in the spine as the central factor in illness.

Chiropractic treatments focus on the functioning of the body's skeletal and nervous system. A chiropractic adjustment usually involves correction of spinal misalignment through manipulation to improve the efficiency of the nervous system and the body's natural healing ability.

### ■ CONDITIONS THAT CAN BE TREATED WITH PHYSIOTHERAPY

Spinal problems including prolapsed discs as well as neck, arm and leg pains.

Stiffness in joints such as shoulders, elbows, wrists, knees and ankles and arthritis.

Injuries to muscles, ligaments, cartilage.

Rehabilitation after orthopaedic surgery such as hip replacements.

Treatment to aid healing after fractures, sprains and joint dislocation.

Chest conditions including asthma, pneumonia, cystic fibrosis, emphysema and bronchitis.

Neurological conditions such as paralysis and hemiplegia experienced after strokes, head injuries and nerve injuries.



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## Sensational Sabah

Perched on the northern tip of Borneo, the Malaysian state of Sabah offers something for everyone. With premier diving, stunning flora and fauna, lush rainforests, beautiful beaches, adventurous mountain climbing and some cuddly orange friends, a trip to this island paradise will be truly unforgettable. Words by **Lis Meyers**.

getaways



PHOTO PROVIDED BY SUTERA HARBOUR

### Sabah Harbour Resort

SABAH'S CLAIM TO FAME and the highest mountain in South East Asia, Mount Kinabalu lies just two hours from the provincial capital of Kota Kinabalu. Its majestic peaks often lost in the clouds, the summit is an impressive 4,095m. The surrounding Kinabalu Park became Malaysia's first World Heritage Site in December 2000, receiving this recognition for its rich flora and fauna. Larger than Singapore, the park covers a staggering 754 sq. km.

Most visitors choose to hike around the park's numerous trails or view rare flowers and plants in the picturesque botanical garden. Look out for the highly coveted Rothschild's slipper orchid or the elusive rafflesia, the world's largest flower. Park fees are RM15 and admission to the botanical garden is a further RM5.

#### ■ CLIMBING MOUNT KINABALU

Those with determination and willpower can attempt the long and arduous climb to Mount Kinabalu's peak. The ascent and subsequent descent can be com-

pleted in two to three days. Park rules require all climbers use a registered guide – both guides and porters can be booked at the park.

Two trails, the Summit Trail and Mesilau Route, lead to the mountain's summit, the former is the more popular choice with climbers. Depending on your fitness level the first part of the climb should take four to five hours. There are numerous shelters along the way and several lodges where climbers can spend the night. Most opt to resume climbing at 3am so as to complete the final three-hour trek to Low's Peak – Kinabalu's highest point – in time for the sensational sunrise over Sabah. Climbers are only permitted to stay at the summit for 20 to 30 minutes due to the risk of altitude sickness. The descent takes three to four hours.

Adventure addicts can also tackle the world's highest via ferrata (iron road) on Kinabalu. This is a mountain path with fixed cables, stemples, ladders, and bridges embedded in the rock face to make the climb accessible to climbers of all levels of experience.

### Borneo is one of two islands in the world – the other is Sarawak – where orang utans can be found in their natural habitat

#### ■ GOING WILD

Borneo is one of two islands in the world – the other is Sarawak – where orang utans can be found in their natural habitat. Literally meaning “forest people” in Malay, the apes roam freely over 4,300 hectares of land at the Sepilok Rehabilitation Centre, located just 30 minutes from Sandakan.

The best time to visit is during the 10am feeding time – most tour operators will schedule your visit for this time. Watch as the agile human-like apes swing on ropes, play, wrestle, and eat their morning meal of bananas and milk. When the orang utans have had their fill, Makak mon-

keys swoop in to gobble up the leftovers. Entry costs RM30 with a RM10 fee for a photo permit. All proceeds go to supporting the orang utans. It costs RM5,000 a year for each ape.

Nature lovers should not miss taking an expedition down the lower Kinabatangan River. 560 kilometres long, the Kinabatangan has the largest concentration of wildlife in all of Borneo. Venture down the river in a motorised boat, with your eyes scanning the thick rainforest and mangroves for animal sightings. Spot playful proboscis monkeys with their long noses and big bellies or the rare hornbill play in the trees above. Crocodiles, monitor lizards, wild pigs, tropical birds, and Makak monkeys are also commonly spotted. You may even catch a glimpse of some wild elephants. Numerous tour companies offer river cruise packages, usually including a night in riverside lodges in Sukau.

At the conclusion of your river safari, travel the seas to Turtle Island Park, a safe haven for endangered Green and Hawksbill Turtles. The park



is located three hours north of Sandakan. It is here the turtles come to lay their eggs. Selangan Island is open to the public with facilities for overnight stays. Enjoy an afternoon of snorkelling and swimming at the beach, then gather at night as turtles come ashore to bury their eggs in the sand. Be sure to reserve your place well in advance.

#### ■ DIVER'S DELIGHT

Considered one of the ten best dive sites in the world, the tiny island of Sipidan has over 3,000 species of fish and hundreds of species of coral. Divers will delight in swimming alongside barracuda, moray eels, manta rays, sea turtles, and frogfish.

Located 35km south of Semporna – the mainland gateway to Celebes Sea diving – Sipidan was formed as living corals grew atop an extinct undersea volcano. Exquisite shallow reefs circle the island with a 2,000-metre drop off point leading straight to the sea floor. Divers in Sipidan commonly see twenty or more sea turtles on a single dive and are guaranteed shark sightings, including white tip reef sharks, grey reef sharks, and hammerhead sharks.

Famous for its muck diving and macro marine life, Mabul Island is located just twenty minutes from Sipidan. The Mabul sea floor consists of sand and broken rubble, offering the chance to see rare and exotic small creatures of the deep.

Permits are required to dive in Sipidan (RM40). As these are limited, it's best to book your



Land's end beach

Sipidan dive in advance. It is no longer possible to stay on Sipidan, so visitors must now stay in Semporna. Divers can also arrange for longhouse stays on Mabul Island.

#### ■ CITIES, SPAS AND SUNSETS

Kota Kinabalu is strategically located near both Kinabalu National Park and Tunku Abdul Rahman Park. Set against the South China Sea and tropical hills, the city has a unique natural beauty. Largely destroyed during World War II, Kota Kinabalu has since been rebuilt and still retains much of the charms of a smaller city.

Spend a few hours walking around this pedestrian friendly town. If you are in Kota Kinabalu on a Sunday, be sure to check out the Gaya Street Fair, where traders set up shop on the main street. Just before sunset, hike, bike, or hitch a ride up to the Signal Hill Viewpoint for a panoramic view of the city and the surrounding sea.

No holiday is complete without a trip to the spa, and Kota Kinabalu hosts a myriad of places that emphasise the traditional treatments of Borneo. Just twenty minutes out of the city on Jalan Penampang, Ka'andaman is a traditional healing garden with fabulous foot and body

massages that will melt away your troubles. Alternately, try Jari Jari, for an out of this world experience where Dusun Lotud therapists practice age-old massage therapy passed on by their mothers and grandmothers.

Those looking to escape the city will be pleased to know that sweet relief is just minutes away. The Tunku Abdul Rahman Marine Park hosts picture postcard beaches and crystal clear blue waters. The park spans a cluster of five islands – Pulau Gaya, Pulau Sapi, Pulau Manukan, Pulau Mamutik, and Pulau Sulug. Shores are pristine and secluded with hassling hawkers nowhere to be seen. While a trip to the park makes for a perfect daytrip, it is also possible to stay on Pulau Gaya and Pulau Manukan. Licensed boats departing from the Kota Kinabalu Jetty Terminal will ferry you to these nearby paradises for RM40. Entrance to the national park is RM10.

#### ■ LOCAL CUISINE

Sabah is home to a variety of mouth-watering cuisine, with great Malay, Indian, Chinese, and seafood restaurants throughout the region. Delicious local dishes include: beef rendang, laksa (coconut-based curry soup), gado-gado (boiled egg with vegetables and peanuts), kerabu mangga, (mango salad with chili), and hinava (raw fish with lime juice and ginger). Delicious platefuls of Malay noodles can be found just about anywhere.



Sabah's wildlife Fancy a hug?



For something out of the ordinary, visit @mosphere, Kota Kinabalu's famous revolving restaurant. Located in a 30-story suspension building, @mosphere boasts a funky retro feel and stunning 360-degree views. While the idea may seem gimmicky, the food speaks for itself. Crumbed brie cheese croquettes (RM25), cracked black pepper and black bean lamb shanks (RM60), and @mosphere's famous bread and butter pudding (RM25) are standout dishes.

Alternative Kota Kinabalu dining options include Chinese and seafood at the popular Grand Portview Seafood Restaurant, traditional Indian at Devi's Café, the local favourite Salim, or the much-adored Little Italy.

The English Tea House is a little gem you don't want to miss in Sandakan. Perched atop a hill overlooking the small city and harbour, the garden atmosphere is absolutely divine. Be sure to order the fabulous Malay tasting plate for RM14! The set tea is RM18 per person. Learn how to play croquet over afternoon tea for RM18.

In Semporna, try Pearl Village Restaurant located inside the



**Rafflesia in bloom** *The world's largest flower*

floating complex of the Dragon Inn. Live catch are brought out in a basket before being cooked on demand. Crab costs RM3.90 and red snapper RM9 – both per 100g.

**NIGHTLIFE**

It can be hard to find decent nightlife in Sabah – smaller towns virtually shut down by 10pm. In Semporna, Scuba Junkie Backpackers is the only place with a crowd past sunset. While central Sandakan is an after-hours ghost town, venture out to the Bandah Indah area (Mile 4) for a decent dose of nightlife.

Kota Kinabalu, does have a buzzing bar scene with hole-in-the-wall joints, live music, and pumping discos. Dance the night away with Kota Kinabalu's bright young things at Jugs – the club at Sutera Harbour or stop by Shenanigans, an Irish theme pub located at the Hyatt. Those looking for something with a bit more sophistication can try the nearby Cocoon, which also features late night, live music. Other watering holes can be found along the Waterfront Esplanade Complex and the more centrally located Beach Street.

PHOTO BY DAVID KIRKLAND AND © SABAH TOURISM



**Rainforest of Kinabalu National Park**

PHOTO BY DAVID KIRKLAND AND © SABAH TOURISM





Tanku Islands

## INFORMATION

### History

One of the most culturally diverse states in Malaysia, Sabah's 4.5 million population is a mix of Muslim and non-Muslim native groups, Chinese, as well as over 32 indigenous tribes. In 1963, Sabah merged with Sarawak, Singapore and the peninsular states to form Malaysia. However, Sabah retains a remarkably different feel from Peninsular Malaysia.

### Currency

US\$1 – RM3.2 (approx.)

## GETTING THERE AND AROUND

Malaysia Airlines (or its subsidiary company MAS Wings) and Air Asia have daily flights to Sabah. Kota Kinabalu International Airport now acts as the main hub for all air travel within Borneo.

Long distance express buses operate between major cities in Sabah, making it relatively easy to get around on land. Mini-buses also operate throughout the region.

## ACCOMMODATION

### SEMPORNA

#### HIGH END

##### Seafest Hotel

Jalan Kastam  
www.seafesthotel.com

Overlooking the Semporna harbour, the Seafest Hotel offers business class comfort, great views, and a health centre. Rooms go for RM90 a night.

#### MID-RANGE

##### Dragon Inn

1 Jalan Custom  
www.dragoninnfloating.com

A floating complex of wooden huts and walkways located on the harbour, this hotel has a unique charm. Rooms start at RM66.

## BUDGET

### Scuba Junkie Backpackers

Block B, Lot 36  
www.scuba-junkie.com

This popular backpacker choice is located across the street from the dive shop. Rooms (RM40 to RM60) come with air-con, hot water, free internet and complimentary English breakfast, dormitory beds are RM15. There's a 50 percent discount for all guests diving with Scuba Junkies.

## SANDAKAN

### HIGH END

#### Sabah Hotel

Jalan Utara  
www.sabahhotel.com

Comfortable four-star hotel nestled among peaceful gardens with swimming pool, spa, and sports facilities. Rooms from RM290.

## MID-RANGE

### Nok Hotel

Jalan Pelabuhan  
www.nakhotel.com

This long-established hotel is constantly improving with additions such as a rain forest roof top bar. Rooms start at RM60 per night.

## BUDGET

### Mayfair Hotel

24 Jalan Pryer  
Tel: 098 215 9855

While the rooms are simple and sterile, this place is an excellent find. All rooms come equipped with TVs and DVD players and are from RM40 per night.

## KOTA KINABALU

### HIGH END

#### Sutera Harbour

www.suteraharbour.com  
Elegant 384-acre resort with everything you could ask for and more, including 14 restaurants, four swimming pools, a 27-hole golf course, cinema, children's facilities, spa, and marina. Rooms start at RM760 per night.

## MID-RANGE

### Best Western Kinabalu Daya

Lot 3 & 4, Block 9, Jalan Pantai  
www.kkdayahotel.com

Set in the heart of the city this recently renovated hotel has a stylish, boutique feel. Rooms are from RM110-132.

## BUDGET

### Hotel Garden

3 Lorong Dewan (Australian Place)  
www.hotelgarden.com.my

Basic, clean en suite rooms with air-con, television, and hot water start from RM75.

## TOUR OPERATORS

**Scuba Junkie** ([www.scuba-junkie.com](http://www.scuba-junkie.com)) consistently receives rave reviews from divers as the top PADI dive operator in Semporna. Fun Dives cost RM200 for two dives and RM250 for three, with a RM50 equipment rental fee. For those looking to be certified, Scuba Junkie offers a range of courses – a three-day open water course will cost you RM750 (ask for Matt as your instructor).

## SI Tours

([www.sitoursborneo.com](http://www.sitoursborneo.com)) is the place to go for wildlife adventures. Eagle-eyed guides can spot all sorts of incredible fauna and are knowledgeable and friendly. The tour company has two lodges, the Kinabatangan Riverside Lodge and Abai Jungle Lodge, both with their own restaurant. While quite basic in amenities, both provide rustic accommodation in beautiful, lush settings. The standard two-day Sandakan safari is US\$258. SI can also arrange for stays on Selingan Island.

## Borneo Escapade Tours

([www.borneoescapade.com.my](http://www.borneoescapade.com.my)) also provides reliable guides and a long list of small group tours throughout Sabah. All packages and excursions are explicitly designed to have a positive impact on local culture and environment. Be sure to ask for the affable Jimmie as your guide. Customised tours are available.

## USEFUL WEBSITES:

[www.sabahtourism.com](http://www.sabahtourism.com)  
<http://travel.tourism.gov.my>

## Jet Setting Through Sabah

TRAVELLING TO AND within Sabah could not be easier or more affordable thanks to Air Asia. The budget airline company offers a large timetable of reasonably priced flights throughout the region.

Daily flights between Phnom Penh and Kuala Lumpur start at US\$60 each way (at time of printing and are not inclusive of taxes and fuel surcharges). Phnom Penh to Kuala Lumpur flights departs at

4.35pm daily, while the return flight leaves at 3.15pm.

With links throughout Sabah, travellers can avoid long bus rides and fly through the country in order to make the most of their vacation time. Air Asia operates numerous return flights from Kuala Lumpur to Kota Kinabalu, Tawau (closest airport to Semporna), and Sandakan – all starting at RM39.

Visit [www.airasia.com](http://www.airasia.com) for a complete timetable and price quotations. ✈

## the motorbike diaries: part 11

Travelling from Vietnam to London by motorcycle, Mike Gracey and Lotta Väänänen drive through Turkey.



### Mt. Nemrut

AFTER FIVE HOURS AT THE Turkish side we were finally welcomed through and headed to Dogubayazit, visiting a meteorite site along the way. Entering Dogubayazit reminded us of war-torn Bosnia on TV back in the early 90s. Kids by the roadside greeted us with their middle fingers – we returned their compliments.

Having visited some local sights we continued towards Tatvan through snowy mountains, to avoid the city of Van where Turkish tanks were rumbling towards Iraq. Filling up our tanks cost US\$70 instead of the three bucks it did in Iran.

After giving chase to yet another bunch of foul-mouthed kids we continued in solid rain. Thoroughly drenched we arrived in Diyarbakir, where again we were greeted with the customary middle finger.

Once our boots had dried out we wanted to head towards Mt. Nemrut, but the batteries on our bikes were beginning to act up due to the cold weather and we required some assistance. A kindly taxi driver provided us with jump cables and after a few faulty starts, the bikes roared into action. We thanked the driver for his generosity, only to face a demand of money for his 'kindness'!

Taking back roads to Mt. Nemrut, we eventually arrived at the base of the mountain. Riding the bikes to the highest point permitted we continued on foot, sinking knee-deep in the snow. Surrounded

by the magnificent view on top we were greeted by ancient stone-heads that guard the 2,000-year-old burial mound of King Antiochos I of Kommagene.

Heading towards Cappadocia we finally encountered some hospitality as a local shopkeeper invited us for breakfast and proceeded to lay out a table filled with local delicacies, accompanied by copious amounts of tea. We had a long drive over the mountains ahead and ended up driving in the dark, still far from our destination. The temperature was mind-numbingly low, and despite wearing all our clothes our fingers and toes felt as if someone had taken a sledge hammer to them.

We witnessed a hideous accident, two cars had collided, and other by-passers were seeing to the victims. Carefully squeezing by on the icy road we pulled in at an army barracks to report the accident but they had already been notified. Shivering and tired, we enquired if they might be able to offer us a bed for the night.

*For further info on Lotta and Mike's trip, go to their blog on [www.thebigtripon.blogspot.com](http://www.thebigtripon.blogspot.com).*



Mike 'Che' Gracey & Lotta 'Knieval' Väänänen

## Getaway

ChildSafe®



A network protecting children from all forms of abuse. [www.childsafe-cambodia.org](http://www.childsafe-cambodia.org).

### Battambang

#### La Villa

East bank of river, Tel: 012 826 186  
[www.lavilla-battambang.com](http://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](http://www.victoriahotels-asia.com)  
A few kilometres on the Vietnamese side of the border, Chau Doc's finest has great views of the Bassac River, a swimming pool, a restaurant serving both international and Vietnamese cuisine and great massages. Rooms from US\$180 a night.

### Kampot

#### Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314  
[www.bokorlodge.com](http://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](mailto: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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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](http://www.ichotelsgroup.com)  
One of Phnom Penh's most luxurious 5-star hotels. The 346 aircon rooms have all the expected facilities including in-room safes and king size beds. Also has a large swimming pool, a Clark Hatch Fitness Centre, a spa and beauty salon. Rooms from US\$190 to US\$1,500.

#### Raffles Hotel Le Royal

Street 92 Tel: 023 981 888  
[www.phnompenh.affles.com](http://www.phnompenh.affles.com)  
Emanates the same class as its more famous namesake in Singapore. The Elephant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays. Rooms from US\$260 to US\$2,000.

#### Sunway Hotel

1 Street 92 Tel: 023 430 333  
[www.sunway.com.kh](http://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.

### Bougainvillier

277G Sisowath Quay Tel: 023 220 528  
Stylish riverfront hotel with 40 rooms, including some impressively large suites. Dark wood antique style furniture and jewel coloured silks create a luxurious ambience, and all the necessary amenities are available. The hotel is also home to a gourmet restaurant. Rooms are US\$65.50 to US\$130.

### FCC Phnom Penh

362 Sisowath Quay Tel: 023 724 014  
www.fcccambodia.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 WiFi, 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 opened on the riverside in April. Stunningly designed by Gary Fell, the stand-out features are the roof-top jacuzzi and the very contemporary ground-floor bar and Chow Restaurant with WiFi 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

and 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.

### Cara Hotel

18 Street 47, Tel: 023 430 666

Just north of Wat Phnom, a stylish boutique hotel with a great sushi restaurant.

### 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 Riep'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.fcccambodia.com

Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free Wi-Fi for guests both in rooms and around the pool. Rooms from US\$90 in low season.

### Hotel de la Paix

Sivutha Boulevard, Tel: 063 966 000  
www.hoteldelaixangkor.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 a

spectacular swimming pool in its grounds. Has frequent art exhibitions and Apsara dancing on nearby terrace. Rooms are from US\$350 in the high season.

### Sofitel Phokeethra Royal Angkor Golf and Spa Resort

Road to temples, Tel: 063 964 600  
www.accorhotels.com/asia

Large spacious resort on the road to the temples. 18-hole golf course, expansive swimming pool and French-Khmer décor. Rooms from US\$160 a night.

### Victoria Angkor

Near Royal Gardens, Tel: 063 760 428  
www.victoriahotels-asia.com

Large beautiful hotel with the most luxurious swimming pool, gardens and Le Bistrot Restaurant. Rooms from US\$285 per night.

## Sihanoukville

### The Independence Hotel

Street 2 Thnou, Sangkat No. 3,  
Khan Mittapheap,

Tel: 012 728 090

Beautifully restored hotel on Independence Beach, originally opened in 1963, reopened in 2007 following a complete refurbishment. Infinity pool and sweeping ocean views from most rooms. Gym, conference rooms and circular restaurant. Rooms from US\$110 to US\$450 per night.

### Reef Resort

Road from Golden Lion to Serendipity  
Street 2 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

43-44E 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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## Carnivore's Delight

With a recent review on vegetarian cuisine and this June issue dedicated to health, **AsiaLIFE** thought it was about time for an ode to meat. **Lis Meyers** explores the best in BBQs, roasts, Sunday dinners and steaks. Meet lovers – get ready to start drooling!

### ■ HUXLEYS

Corner of streets 136 & 5

This British pub and restaurant offers a Sunday roast for those who like their meat and two veg with a touch of sophistication. The excellent three-course roast (US\$15.50) features a starter, roast, dessert and glass of house wine. A two-course option is also available for US\$13. Roasts vary from week to week but either the traditional roast beef or roast pork with crackling is sure to make an appearance. Another constant is the calorific Eton Mess – chantilly cream, meringue, mixed berries and toasted almonds. When tasted the roast lamb has a contemporary continental take with Parmesan crust. Cooked to perfection in a superior gravy, it was the best lamb sampled.

### ■ THE LAZY GECKO CAFÉ

23 Street 93

Weekly Sunday roasts at The Lazy Gecko bring a taste of home to weary travellers, hungry backpackers and some regular expats. This lakeside favourite features a relaxed setting and ever-friendly staff. Diners can choose between roast lamb (US\$5.50) or beef (US\$5), accompanied by potatoes, Yorkshire pud, cauliflower, carrots, beans, gravy and a horseradish or mint sauce. It tastes better than it looks, though the meat is a bit bland, it goes well with the rich gravy. Served from 5pm, plates go fast so be sure to arrive early. The banofi pie (US\$3.50) is a must – just tell yourself the bananas make it healthy!

### ■ TALKIN TO A STRANGER

21b Street 294

In keeping with the capital's most innovative bar's style, Talkin takes a different slant on the Sunday roast theme, serving its roast lamb dinner on a Thursday evening. Smothered in thick gravy, the tender lamb comes



**Dan's Meats** Take your pick



**The kitchen** Lip smakin' good

with all the trimmings and a great mint jelly (US\$9). The gravy was perhaps a bit overpowering, but the lamb was well prepared. This hearty meal is easily enjoyed in the open-air garden setting. Roast dinner starts at 7pm, with reservations recommended.

### ■ RISING SUN

20 Street 178

Tel: 012 970 719

This cosy pub adjacent to the river offers Sunday roasts for US\$6. Choose between the beef, pork with apple sauce or half of a chicken – all are accompanied by carrots, green beans, broccoli, and crispy potatoes. While the roast chicken was tender, it was on the bland side. The roast beef fared better, going down well in a hearty pool of brown gravy. The gargantuan portions ensure that you will not be leaving with an empty stomach.

### ■ CAFÉ MONIVONG: PRIME TUESDAY

Raffles Hotel Le Royal

Café Monivong's Tuesday roast buffet (US\$24) features two roasts each week. Enormous herb-crusted slabs of meat are hand-carved on demand and served with a large array of sauces. The prime rib was pink and juicy – a smash hit especially when paired with either the red wine or sour orange saffron sauce. The lamb was well seasoned and complemented the rosemary sauce. As overwhelming as the promise of all-you-can-eat meat is, be sure to save some room for dessert. A chocolate fountain to-die-for awaits!

### ■ PACHARAN

389 Sisowath Quay

Spanish cuisine has a reputation for producing high-quality pork. Pacharan, Phnom Penh's tapas bar and bodega, is no exception. The succulent cochinitillo asada, or roast suckling pig will take you to a whole





**K West** *Not your average steak*

new orbit. The ultimate meat indulgence, it does truly melt in your mouth. Savour the perfectly prepared skin. These are crisp strips of heaven. Swine lovers will also love the flavour-packed chorizo a la plancha (US\$5.50) and paper-thin slices of smoky jamon iberico, from acorn-fed black-footed pigs (US\$14.85 for 50 grams).

■ **RESTAURANT TELL**

13 Street 90

Located behind Le Royal, this Swiss restaurant jet sets you to a picture postcard alpine chalet. Its signature dish is the Eisbein pork knuckle (US\$12.80) – a gigantic hunk of meat slow roasted on a spit in the restaurant’s garden. The tender meat is surrounded by a crackling

crispy-skin shell. Succumb to the fatty goodness of it all! But be warned, it needs two to work on this larger-than-life dish, and even then there may still be leftovers. Complete the Swiss experience with the Thueringer Bratwurst (US\$6.80) – a peppery sausage with deep layers of flavour. Most meat dishes come with roasted potatoes and sauerkraut.

■ **GREEN VESPA**

95 Sisowath Quay

For the ultimate meat feast, head to Green Vespa and order the mega mixed grill (US\$12.50). The massive dish features 100 grams of prime beef fillet, a New Zealand lamb chop, pork chop, sausage, back bacon, grilled tomatoes, Heinz baked

beans, fries, and black pudding – all topped with a fried egg and served with a variety of condiments. A proper ode to beef, the fillet is thick and juicy, and absolutely delectable in HP brown sauce. For my American tastes, the black pudding was surprisingly tasty. The Vespa also does weekend roasts (US\$7.75 to US\$9.50) every Saturday and Sunday from noon.

■ **ALLEY CAT CAFÉ**

Corner of streets 19, 178

This hole-in-the-wall café hosts a rib night every Tuesday from 7pm to 10pm. Pork ribs covered in a homemade BBQ sauce are served with an assortment of sides (US\$5 to US\$8). Using your hands is a must while eating these super-sized ribs.

The meat is cooked well and the tangy BBQ sauce is great – if only the ribs had been dripping in it. They taste perfect when washed down with an Alley Cat Margarita (US\$3).

■ **THE KITCHEN**

17 Street 148

This new restaurant near the riverside specialises in both Khmer and western barbecue. Another with a hole-in-a-wall charm to it, the Kitchen serves finger-licking-good spare ribs (US\$5 for half, US\$8 for a whole rib) with a slightly sweet tangy barbecue sauce. Those feeling particularly adventurous should try the exotic meat barbeque of crocodile (US\$3.50), ostrich (US\$4), and kangaroo (US\$4). The kangaroo was fantastic. Ribs and skewers



**Talkin' to a Stranger** *Roast lamb dinner*

## DO IT YOURSELF MEATS

Dining out is not the only way to get your fair share of meat. Whether it's a Sunday roast or an early evening barbecue you crave, the number of quality butchers around town means that good meat can be delivered right to your door.



**Dan's Sausages** *Great on the grill*

### ■ AUSKHMER

125 Street 105  
(between streets 348 & 330)  
Tel: 023 214 478 or 012 905 856

Providing Australian beef and lamb to top restaurants such as K West, Metro, and Topaz, all AusKhmer's meat is sent to Cambodia in vacuum-sealed bags to maintain top quality. While different cuts, including high-end Angus beef, are always to hand the staff suggest strip loin (US\$14.40 per kilo) and rack of lamb (US\$23 per kilo) for barbecues and a beef cube roll (US\$17 per kilo) or bone in leg of lamb (US\$9 per kilo) for roasts. Meet ordered by phone or email, will be delivered to your door.

### ■ BUTCHER & CO.

219 Street 19  
Tel: 023 223 527

Located at Open Wine, this French butcher sells 100 percent Cambodian beef and pork to European standards. The paté (US\$12 to US\$14 per kilo), sausages (US\$11 to US\$12 per kilo), and terrines (US\$13 to US\$14 per kilo) are all made on the premises. Meat, hung in a cold room for several weeks to ensure tenderness, can be cut on demand and vacuum-sealed or purchased pre-packaged at the counter. Co-owner, Frank, suggests t-bone (US\$15 per kilo) or rib-eye on the bone (US\$16 per kilo) for barbecuing, and tenderloin (US\$12 per kilo) for roasting.

Open seven days a week from 8am to 11pm, delivery is free.

### ■ DAN'S MEATS

51a Street 214  
Tel: 012 906 072

German owner, Lanzi, takes great pride in his meat and sausages, which are sold to restaurants, bars, and individual customers throughout the country. All the Cambodian meat is thoroughly inspected to ensure quality. Famous for his sausages (US\$9 per kilo), Lanzi sells bratwurst, Toulouse and British sausages. He suggests beef tenderloin (US\$9 per kilo) for both grilling and roasting. Pork lovers will certainly enjoy his pork ribs (US\$7.50 per kilo) and butcher's ham (US\$9.50 per kilo). All the meat is hung, aged and cut on the premises. Open Monday to Friday from 8am to 5.30pm, delivery is free.

### ■ SMOKEY DA BOAR

Tel: 012 836 442

This Kiwi-owned butchers, specialises in smoked meat and sausages. Its smoky bacon (US\$8.50 per kilo) is brined for ten days, smoked in an old country-style smoke house and then cured for another ten days. Beef sausages (US\$7.50 per kilo) are made with an organic casing and Smokey's seven secret herbs and spices. Honey-cured smoked ham (US\$8 per kilo) features organic Cambodian honey. In an effort to promote local producers, all meat is from Cambodia. As they do not keep large amounts of stock to hand, it is best to order three to five days in advance for beef and seven to ten days for bacon. Orders, by telephone only, are free if 5 kilograms or over. ❑

are cooked on a large outside grill, while the other meat comes in paper-thin slices cooked on a do-it-yourself Khmer barbecue at your table. It's open till 2am – good news for those with late night carnivorous cravings.

### ■ K WEST STEAKHOUSE

Corner of Sisovath Quay & Street 154

Far from your average steakhouse, K West offers sensational steaks in a sophisticated setting. When ordering from the grill, diners can design their own dishes with a choice of side and sauce. The sirloin (US\$12 for 200g) is everything a good steak should be, especially when drizzled with a green peppercorn sauce. The rib eye (US\$17.10) is

topped with a port sauce and cheese. All of the food is beautifully presented. K West plans on launching a Sunday roast in the near future.

### ■ METRO CAFE

Corner of Sisovath Quay & Street 148

Meat constitutes over half of Metro's food sales, according to owner American Paul Tripp. This will come as no surprise to anyone who's tried the larger-than-life Australian sirloin steak served in an amazing Kampot peppercorn sauce (US\$14 for 350g). If this is too much for you, try the beef tenderloin roll served in a béarnaise sauce (US\$18). A hundred grams lighter, it is served with French fries.

Both steaks are Australian. The third meet is home produced. The spicy spare ribs (US\$7.50 for 500g) come in a great tangy sauce, including a mystery ingredient coming from Paul's native U.S. You're guaranteed to be licking your fingers at the end of the meal.

### ■ BOUGAINVILLIER

277G Sisovath Quay

Just south of Metro, this French restaurant has one of the widest ranges of steaks in town – both imported and local. Choose from the local filet de boeuf (US\$9.50) and the Argentinean version (US\$15.50) – both 200g. Those with undiminished appetites and a friend or too, should try the 900g Australian rib of beef

(US\$45). Bougainvillier is also one of the few places in town to serve Kobe beef – either the 250g rib eye (US\$32) or the 200g filet de boeuf (US\$49). All steaks come with a choice of five sauces, including foie gras and truffle, for those who want a truly extravagant French night out.

### ■ STEVE'S STEAKHOUSE

20 Street 51

Offering an impressive selection of large slabs of meat from America, New Zealand, Australia, Argentina, and from Steve's own farm in Cambodia, the steaks range from US\$7 to US\$22 depending on size, cut, and country of origin. Come here for pure, unadulterated meat in its simplest form. ❑



# Food Talk: *You Scream, We All Scream... for Gelato*

Searching for good ice cream in Cambodia, **Tarek Abbou** and **Hat Nary** took matters into their hands. **Lis Meyers** gets the scoop on **Bong Karem Italian Gelato**.

"I WAS FED UP WITH BEING served sub-standard ice cream," says Tarek, founder and manager of Bong Karem. Teaming up with owner Hat Nary, he began making his own ice cream two-and-a-half years ago. What resulted was fresh, homemade gelato, a true taste of Italy produced in Phnom Penh. This creamy treat has since attracted many loyal followers. Popular among Khmers, expats, and tourists, everyone screams for Bong Karem ice cream.

## ■ A SWEET START

Tarek learned the art of gelato making while working at a large ice cream parlour in Berlin. Having travelled the globe, he settled in Phnom Penh and returned to the sweet profession of his youth, where he passed on his secrets to Battambang-born Nary.

The pair churns out a lot of ice cream from their tiny operation. Bong Karem currently supplies its gelato to restaurants and cafés across the city, including Friends, Romdeng, Living Room, Café Yeij and Sarika. The business also offers a mobile display for large functions and parties.

With a franchise at the Veranda Guesthouse in Kep, the ice cream is also available outside of the capital. Bong Karem will soon be sold in ice cream carts



**Hat Nary**

throughout Siem Reap – the perfect way to cool down after temple hopping.

## ■ MORE THAN YOUR AVERAGE ICE CREAM

Priding themselves on high-quality, natural ingredients, Nary and Tarek refuse to use artificial emulsifier, stabilisers, or colour-



**Serving it up** *Anyone for a scoop?*

ing. It is for this reason that the gelato is best served fresh and cannot be kept longer than a month. In addition, all creations are safe and pasteurised.

"If you use fresh ingredients and have a skilled chef, the outcome is going to be good," says Tarek. Packed with flavour, a rich creamy texture and fresh aromas, the outcome will not disappoint.

## ■ WHAT'S YOUR FLAVOUR?

With 36 flavours to choose from, making a selection is no easy matter. "Coffee and coconut are very popular choices with Khmers," says Tarek. "Kids like the bubbly – it is pink and tastes like bubblegum."

Addicted to the intense, super rich flavour of chocolate ice cream, Nary is always sure to have some in stock. "When I eat

it, I want more and more and just can't stop!" she confesses. She also enjoys passion fruit. "It is a little sweet and a little sour and I love its bright colour!"

Those looking for something different can try the *leche merengada*, a Mexican concoction of cinnamon and lemon zest. Tarek is also happy to create new flavours out of just about anything.

For Nary, the most rewarding part of the business is her interactions with customers. "When I sell ice cream and see customers' happy faces, it is very satisfying."

Bong Karem fans will be thrilled to learn that ice cream can now be delivered to their doors. A variety of their most popular flavours can be ordered in half-litre quantities (US\$5.50 per tub).

Bong Karem, Tel: 092 235 336



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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
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- 04** \$10+ per average dish  ChildSafe®

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### 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**

#### Green Pepper

6F Sotheros Blvd, Tel: 012 776 679  
Serving Khmer and Thai food in an elegant setting near the riverfront. Open from 10am to 2pm – 4pm to 10pm **02**

#### K'NYAY

25K Suramarit Blvd., Tel: 023 225 225  
[www.KNYAY.com](http://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](http://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 Monivong Bvd.,  
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 Monivong Blvd.,  
Tel: 023 721 966  
Cambodia's only micro-brewery with four types of German-style beer. Has extensive Chinese, Thai, Khmer and Vietnamese menus, as well as *dim sum* breakfasts and excellent seafood. Features traditional Khmer dance performances nightly. **03**

#### Mekong Village

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



**Navajo Bread:** A crispy treat at Alley Cat

#### Sam Doo

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

#### Xiang Palace

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

### French

#### Atmosphere

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

#### Bougainvillier

277G Sisowath Quay Tel: 023 220 528  
Riverfront French restaurant using gourmet homemade ingredients, specialising in foie gras. Fish, beef, gourmet pasta dishes and langoustine also feature, plus a regularly changing specials board and French wines. 3 course set lunches are also available. Open 6am to 10.30pm. **03 A/C**

#### Comme a la Maison

13 Street 57 Tel: 023 360 801  
Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. One of the best French kitchens in town, shown by

its popularity both at lunch time and at night. Small delicatessen at the back of the restaurant. Open from 6am to 10.30pm. **03**

#### Elsewhere

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

#### La Croisette

241 Sisowath Quay, Tel: 011 882 221  
Riverfront restaurant with an ample outside dining area screened off by trees. Good, reasonably-priced, French cuisine with excellent barbecues, as well as Asian and Khmer food. Newly redecorated with more indoor air-con space. Open 7am to late. **02 A/C**

#### La Marmite

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

#### 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**



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**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 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 Tel: 023 726 449  
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\$11.50. Open 11am to 2.30pm and 5.30pm to 10pm. **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 Blvd. Tel: 012 813 817  
Decidedly upmarket and sophisticated Indian restaurant in a beautiful setting with prices to match. Good place for an Indian treat, especially the tandooris. Open from 11am to 2pm and 6pm to 10.30pm. Closed Mondays. **03 A/C**

**International**

**Art Café**

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

**Billabong**

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

**Bodhi Tree**

50 Street 173  
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**



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food corner



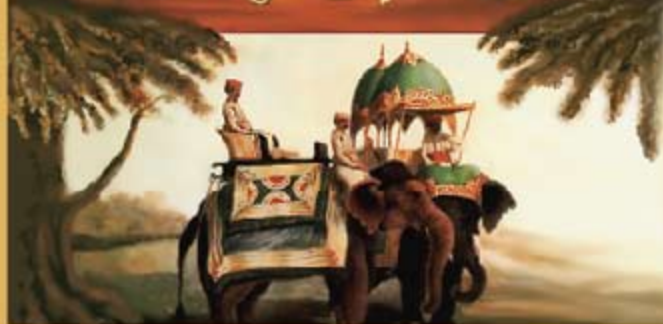
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# Green Pepper Restaurant



10am-2pm

Khmer Food

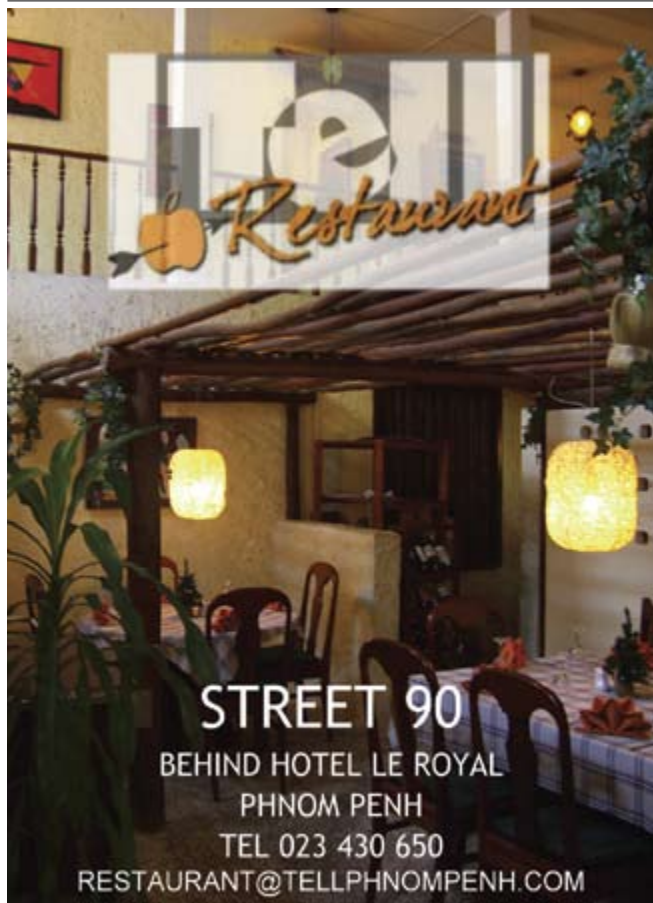
4pm-10pm

Thai Food

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### 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 changeroom. 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 Boddhi 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 high 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.gardencentercfe.com

The long-standing outdoor terrace restaurant has found a new home on Street 108.

Decked out in shades of muted green with 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**

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# Bargain Bucket



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MIAO XIANG XI HEALTHY Vegetarian Restaurant is a vegetarian restaurant with numerous tricks up its sleeve. Roast chicken thighs (3,500 riel) come in compact, tasty portions and are served wrapped around lemongrass skewers. Despite tasting exactly as advertised, there was not a trace of actual poultry inside them. The Chinese short noodles (2,500 riel) come with thick, stout noodles in a rather bland broth with vegetables, soft, juicy tofu and three forms of faux meat. Boiled dumplings (3,000 riel) are quite different from the standard variety found in the city. Stuffed with carrots and cabbage, they have a heartier and more savoury quality. Note though that not all the food at Miao

Xiang Xi Healthy Vegetarian Restaurant is as healthy as indicated in the restaurant's name – much is deep-fried and coated in oil. While there's little spoken English, the laminated menu bears large pictures of every offering with English descriptions for easy selection. The restaurant has little atmosphere with drab walls and stark interior, but is surely worth the trip for cheap Chinese food catering especially for herbivores. Watch out for the jolly, smiling Buddha when trying to find the place. Diners may have their doubts, but we assure you, it truly is all veg!

*Miao Xiang Xi Healthy Vegetarian Restaurant, 699 Monivong Boulevard - LIS MEYERS*

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



**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. Now has a brasserie menu with daily specials. 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 dishes up some of the best fish and seafood in town. Try the red snapper or the squid with rocket. Often has exhibition around the understated walls. **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.tonlesapguethouse.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** 

**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**  
21B Street 294  
Cosy garden restaurant cum bar using imported Australian and local products. Menu changes regularly and Thursday night is

cafe and lounge



# CORNER 33

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GRRRRRRR... 



special roast lamb night. Excellent cocktails menu. Open 5pm to late. **02**

**Tell Restaurant**

13 Street 90, Tel: 023 430 650

Alpine style restaurant with high quality Swiss cuisine. Serves some of the best cheese fondue in town. **03 A/C**

**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 every 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**

**Fusion Sushi**

18 Street 47, Tel: 023 986 114

Located inside of Cara Hotel. Beautifully decorated, impeccable service. Serves excellent quality Japanese and Korean sushi. **04 A/C**

**Ko Ko Ro**

18 Sihanouk Bvd., Tel: 012 601 095

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

**Himagin**

84 Sotheaors Bvd., Tel: 023 214 641

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

**Origami**

88 Sotheaors Bvd., Tel: 012 968 095

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

**Pyongyang**

400 Monivong Bvd., 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

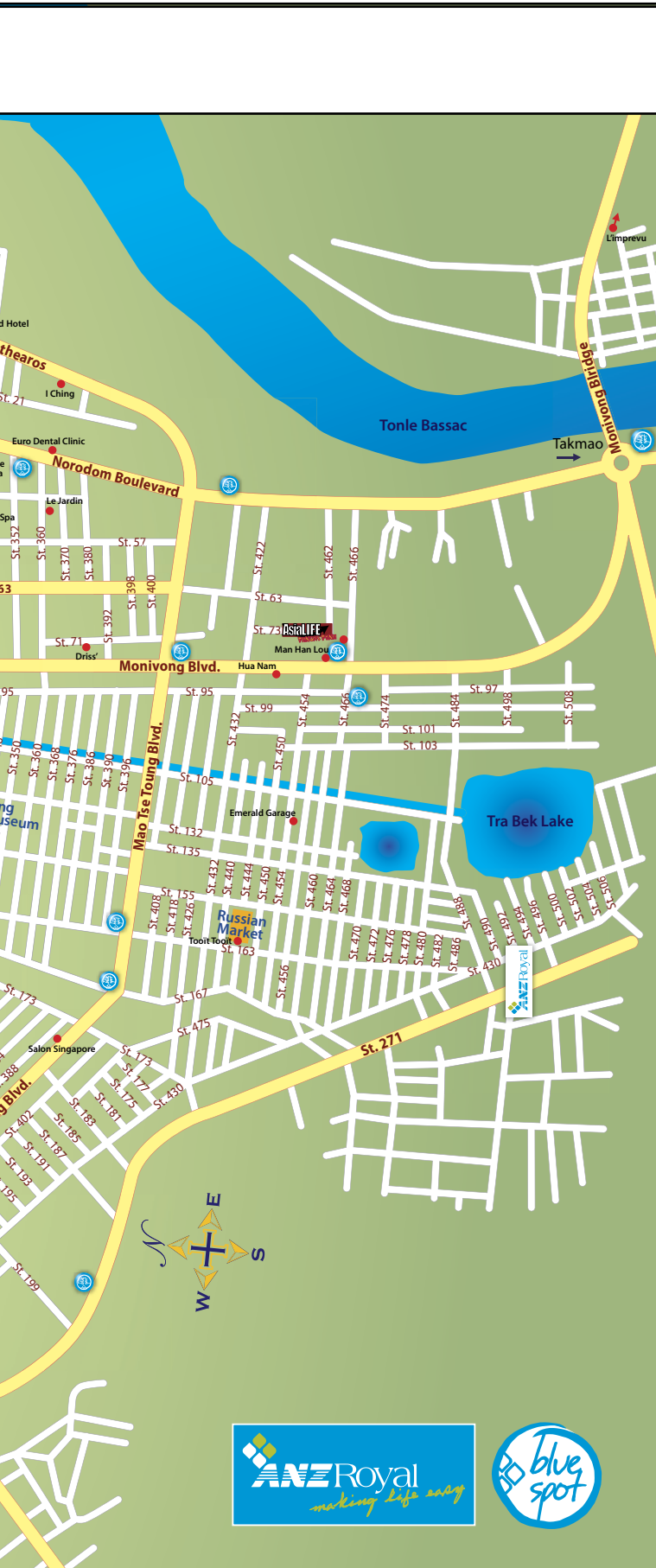
A mainstay of the riverside scene, this is a popular meeting place for local expats. Serves good Mexican fare and features photographs that capture the changing face of Cambodia. Open 3pm to late, closed on Saturdays. **02**



# CENTRAL PHNOM PENH







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food corner

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**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 A/C**

**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 chili 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 andilly coffee. Great place to have a drink during its 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 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 Sothearos 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 an European coffee house that opened early January. German flame cakes and eau de vie as specialities. Open from 11am to 11pm. **A/C**

**Café Fresco**  
363 Sisowath Quay,  
Tel: 023 217 041  
This outlet at the base of the FCC sells 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. 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 Sothearos 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  
Delightful French patisserie with a touch of the middle-east, offering chocolates, macarons, pastries, baklava along with coffee and tea. The menu now includes breakfast, salad and couscous (order one day in advance). 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 Studio**  
2D Street 302 Tel: 016 368 700  
www.twofish-gallerycafe.com  
Gallery space, art & Chinese calligraphy classes, reflective meeting space, private lunches and dinner parties, coffee and juices. Open 11am to 5pm (Closed Sunday & Monday). **A**





# Recipe Corner: *Veal Tenderloin Topped with Fresh Langoustines*

*A sumptuous dish where the delicate, but rich flavour, of the tenderloin is complimented by the rich cream sauce and the fresh langoustine.*

- **INGREDIENTS (SERVES 1)**
- 800g veal tenderloin
- 8 langoustines
- 0.05cl cognac
- 0.05kg carrots
- 0.05kg onions
- 0.3l whipped cream
- 0.025kg butter
- 0.12l veal stock (powder)
- olive oil

**Preparation time:** 5 minutes

**Cooking time:** 20 to 25 minutes

■ **PREPARATION**

Cut the tenderloin into eight 100g slices. Open the langoustines, keeping the heads and the skin.

Pan-fry the tenderloin with clarified butter. Remove from the heat and cover the pan with aluminium foil to preserve the heat.

Repeat with the langoustines, this time cooking in olive oil.

To create the sauce, pan-fry the skin of the langoustines with the carrots and onions. Add the cream and cook gently.

Flambé the veal with cognac, add the veal stock and cook gently. Add the langoustine cream sauce.

Serve two slices of veal per person on the sauce. Top each slice with a langoustine (head optional). Serve with pan-fried pota-



toes, sautéed mushrooms, fried garlic and parsley.

■ **ABOUT THE CHEF**

Frank Sampéré studied cooking, service, wine waiting and management in catering schools in Perigord and Toulouse. Then he worked in The Sporting Club in Monte Carlo, before moving to Hanoi in 2002 where he co-owned La Salsa Restaurant. In 2005, he came to Phnom Penh to open a wine wholesale company with Phillip Veckmans. The Wine Restaurant opened in 2007. Frank is its executive chef and co-owner.

*You can find more tasty creations by Frank Sampéré, and wine to complement them at: The Wine Restaurant, 219 Street 19. 🇰🇷*



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## Getting wired in *Phnom Penh*

Although still a luxury to have at home, with a range of bars and restaurants offering wireless connections throughout Phnom Penh, good internet access is very possible to find. You just have to know where to go. Words by **Andrew Turco** and **Mark Jackson**.



bar stool

PHNOM PENH IS STILL NOT A city truly wired for the internet – it's expensive, slow and unreliable. Despite this, at least you don't have to sit in a crowded and charmless internet café. Pull up a chair on a café's veranda and enjoy a drink or snack while surfing the web. No one place is perfect, but depending on whether you are most concerned with speed, price, or ambience, there will always be somewhere that is right for your internet needs. You can even go online while standing in the pool.

### ■ BODDHI TREE DEL GUSTO

43 Street 95

With its wicker furniture and wooden plank floors, the Boddhi Villa's Del Gusto restaurant provides the perfect escape from the rest of the city. Located south of the busier parts of town on a quiet, gravel street, there's no better place to watch the driving rain in the late afternoon. The internet signal is strong, whether on the second-floor balcony or

in ground-floor garden, and the connection is one of the fastest and most reliably around. There's no minimum order either. Simply ask a staff member for the password to get online. The chairs and tables are low and outlets are a little sporadic, but beyond that, there's little to prevent you whiling away the whole afternoon overlooking the villa's garden.

*Charge: None*  
*Time to load Gmail: 4 seconds*  
*Time to Facebook: 4 seconds*

### ■ CAFÉ LIVING ROOM

9 Street 306

With furniture ranging from low, comfy couches to big, wooden tables and rooms spanning from the outdoor veranda to the air-conditioned study, the Living Room has the perfect environment for every kind of internet user. In mid-afternoon the café is dominated by people typing away at their laptops. Extension cords are laid out throughout the building, so there's no need to worry about battery life. Accessed

through a weekly password given by the waiters, customers are requested to refrain from making large downloads or accessing media-intensive files. There is also a minimum food requirement.

*Charge: US\$3 minimum food order*  
*Time to load Gmail: 7 seconds*  
*Time to load Facebook: 4 seconds*

### ■ CAFÉ SENTIMENT

64 Monivong Blvd.

With three floors and a refreshing mix of Khmer and expat customers, Café Sentiment is a good place to get connected efficiently. As there's no minimum order to use the internet, a fifty-cent pastry will get you through the door and connected. Ask someone behind the counter for the password while ordering. The interior space is large, so while no one will bring you a glass of water, you will have free reign of the three floors to access the web. Plus, the internet is fast.

*Charge: None*  
*Time to load Gmail: 4 seconds*  
*Time to load Facebook: 11 seconds*

### ■ CORNER 33

33E2 Sotheaeros Blvd.

The four central computers on this first-floor space mean that internet can be a part of anyone's Corner 33 experience. There's also wireless for those who want to use their own laptop. With no password and no minimum order – just a request to be reasonable – signing online is quick and easy. The connection is fast, though the speed can fade in and out. The open interior provides a bright and airy space to work, and there's an range of seating options. Additionally, with its very internet-friendly setup, don't expect anyone to come bother you about staying online for too long.

*Charge: None*  
*Time to load Gmail: 6 seconds*  
*Time to load Facebook: 11 seconds*

### ■ FREEBIRD

69 Street 240

The daddy of the free-internet bar, Freebird now offers a wireless service in addition to its original plugged-in format. With no minimum order requirement and a simple ask-the-barmaid password, surfing here is no problem at all. The new booths at the back also provide privacy if that's what you are after. Despite an initial sluggishness in opening Facebook, the connection was as quick as anywhere in town. Owner Dunk requests that you don't download music or chat online.

*Charge: None*  
*Time to load Gmail: 8 seconds*  
*Time to load Facebook: 30 seconds*

### ■ HUXLEYS

Cnr. Streets 136 & 5

Proving that it is safe to drink and surf, Huxleys has coverage in both its downstairs bar and first-floor restaurant. Getting connected is a breeze, just ask one of the friendly members of staff for the easy to remember



password. Order one of the signature Bloody Mary's, flip open your laptop and try not to get distracted by the nostalgic music. Although the speed is a bit variable, enjoy the genuine warmth of a British pub and surf at your leisure.

Charge: None

Time to load Gmail: 15 seconds

Time to load Facebook: 6 seconds

#### ■ K WEST

1 Street 154

In addition to offering one of the fastest connections in town, K West has automatic wireless log in – no need to ask the barmaid for a password. Sit at the long bar, order a drink, flip open your laptop and enjoy the air-conditioning. The recently revamped menu now has an emphasis on daily specials making this the ideal place for a working lunch.

Charge: None

Time to load Gmail: 5 seconds

Time to load Facebook: 9 seconds

#### ■ MES AMIS

41 Street 310

A fairly recent arrival to the restaurant scene, Mes Amis offers easy web access to accompany its full food and drinks menu.

Although a bit slower than many of the other internet bars, there's no password and no minimum order, making it an ideal place for a quick internet check. Just order a drink, flip open your laptop, and begin checking your email. The kitchen closes at 10pm, but you can stay on the web until the bar closes around 11.00pm. As the rows of small, square tables are clearly set up for dining rather than laptops, Mes Amis is perhaps better left for quick email checking and regular dining than for extended work online.

Charge: None

Time to load Gmail: 11 seconds

Time to load Facebook: 75 seconds

#### ■ METRO

Cnr. Sisowath Quay & Street 148

A Jekyl and Hyde character, lively and packed with a mixed clientele at night, by day Metro Café is one of the more popular places to hook up a laptop. The underside of the bar is lined with power strips, making plugging in incredibly convenient. The signal strength does go in and out occasionally – depending on how many users there are at the time. As long as

you don't mind the occasional hiccup and aren't planning to download too much, it's extremely convenient to use. There's no password and no minimum order, so just order a coffee and connect right away. Free WiFi only available from 10am to 6pm.

Charge: None

Time to load Gmail: 20 seconds

Time to load Facebook: 11 seconds

#### ■ THE PAVILION

227 Street 19

Few places in Phnom Penh can be beat the Pavilion's pool-side atmosphere and tranquil seating areas under the shady trees. Although it's not the kind of place where someone will offer to bring you a glass of water, it's easy to spend time sitting by the pool cruising the internet. Technically, there's a US\$5 minimum order to enable you to go online, but no one supplying the password seems to mind so long as you order something. It's a great place to spend an afternoon, and the surroundings provide the perfect distraction from any pressing work demands that pop up on the computer screen.

Charge: US\$5 minimum food order

Time to load Gmail: 11 seconds

Time to load Facebook: 11 seconds

#### ■ VILLA LANGKA

14 Street 282

Another surfing-by-the-pool option, this boutique hotel offers the same package as The Pavilion, albeit with slightly less foliage. The key difference between the two is that there is no official minimum food order at Villa Langka. Just order a drink, ask the staff for the password and you are on your way. Although, like most places in town, the connection can drift in and out, the speed is comparable with most other places. Best avoided at weekends when the place can get over-run by kids.

Charge: None

Time to load Gmail: 9 seconds

Time to load Facebook: 5 seconds

*All the above cafés, bars and restaurants were selected because they offer customers a free internet service. If you know of any other places that offer such a service, SMS the details to 012 261 449 and we will list them in the next issue of AsiaLIFE. ☑*

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TEL: 023 222 275**

# 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** 📺

### Billy Bob's Bar

9 Street 136, Tel: 016 307 295

Newly opened, the only country and western bar in the city. All-day US\$1 draft. **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](http://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 crêche 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-panelled 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

Stringently 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 Filipina singers. Band plays from 9pm to 12.30am (weekdays) and 10pm to 2am (weekends) and guests are always welcome to join in. Also has open mike sessions. Open 5pm to late, closed Sundays. **A/C** 📺

### Meta House

6 Street 264, Tel: 012 607 465  
[www.meta-house.com](http://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** 📺

### Open Wine

219 Street 19, Tel: 023 223 527





## Bar Talk: *Zeppelin Café*



Head Banging goodness

TUCKED IN AMONG THE bars of Street 51, Zeppelin Café has carved out a one-of-a-kind niche in the Phnom Penh bar scene. With turntables in back and walls lined with vinyl, the bar is a haven for people who prioritise rock music above all else.

Onto its third location in just over six years, owner, Jun says his current location is closest in feel to the bar's original home. One thing that has remained a constant throughout the years, however, is Jun's clear love for music. Originally hailing from Taiwan and now living here with his wife, Jun simply loves music. He is open to new stuff, old stuff and music from around the world – as long as it's rock.

The records on the shelves are part of a music collection Jun started when he was 17. Unsurprisingly, his favourite band is the bar's namesake. Although he neither plays guitar nor sings, music is everything to him. "No music would mean no life," he says.

### ROCKING ALL OVER THE WORLD

The bar started as a small piece of paradise where Jun could listen to music and share his passion for rock with others. Now, good friends from around the

world bring posters, CDs, and records back for him from their home countries.

He has noticed slight differences in music preferences between men and women over the years. "Not all men or women like the same kind of music," he concedes. "The Rolling Stones and the Kinks seem to bridge a gap between genders that few other bands can."

Outside of Zeppelin, Jun loves roaming the CD shops of Phnom Penh for the occasional gem. He spends his days rummaging from shop to shop. His love for music is clear.

"Just because I don't shake my head doesn't mean I don't feel it inside," he says. Jun's love of rock goes much deeper. "I don't move around a lot, but it's all happening inside me."

*Zeppelin Café, 109c Street 51, Tel: 012 881 181 – ANDREW TURCO*



## The Famous Billy Haynes Band has Returned



Enjoy an evening of entertainment at the Qba with The Billy Haynes Band featuring DJ Deguzman, Daily from 8:30pm to 12:00 pm (Except Sunday).

- House Beer Available from :\$4.50
- The Tapas Food Menu from :\$7.00 each
- Selection of fine Wines & Spirits from around the World :\$40.00 per Bottle

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Phnom Penh*

*Qba  
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AT GREEN VESPA  
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2 FOR 1 LOCAL BEERS  
2 FOR 1 SPIRIT/MIXERS  
2 FOR 1 WINE GLASS  
2 FOR 1 SANDWICHES  
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(not applicable with any other promotions)

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corner street 51 (Pasteur) & street 278



#20 Street 178 Tel: 012 970 718  
Phnom Penh, Cambodia

Open from 7am!

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

**Sharky Bar**

126 Street 130, Tel: 023 211 825



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  
3 B Street 278 • 023 720 157



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.

## ■ PONTOON

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.  




[www.sharkysofcambodia.com](http://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. 


## Tukei 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 Bar

109C Street 51, Tel: 012 881 181

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 location 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

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Street 240  
Phnom Penh  
Cambodia  
023 990 951





# Scrapbook



**'ave ah go ya mugs!:**  
Chilling at the Australian Embassy



**Soaken' up more than the music:**  
Tropical cocktails at Raffles



**"Play it again Roel..."**  
Raffles, closer than Casablanca



**What's so funny?**  
Fun at the CCF



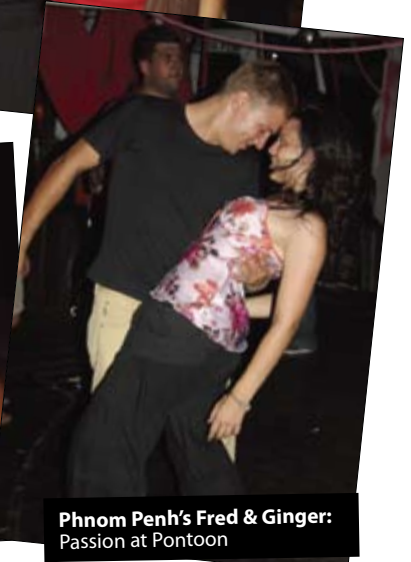
**Sex in the City reunion?:**  
Where are the Cosmos?



**the Macerana:**  
Alive and well?...



**Two beauties:**  
Taking a break from the dance floor



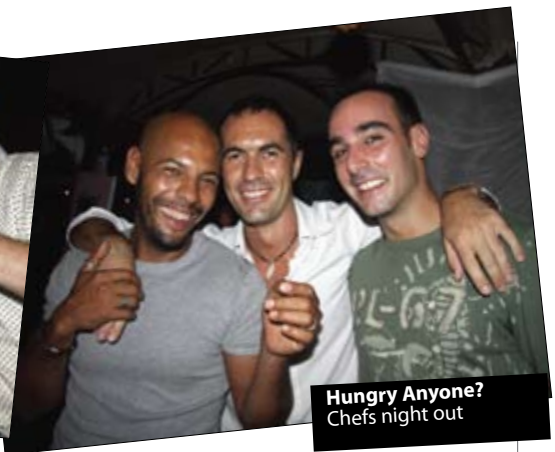
**Phnom Penh's Fred & Ginger:**  
Passion at Pontoon



**You've got a little something on your face**



**Primitive Souls?**



**Hungry Anyone?**  
Chefs night out





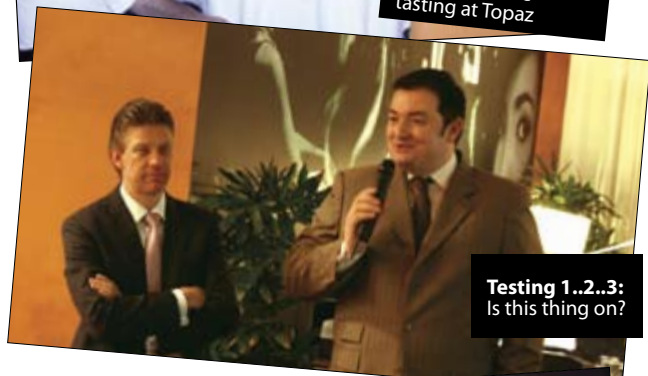
Rodrigue's Inspiration?:  
Probably not...



Evening out at Topaz:  
Fromage!



Cheers!  
A night of wine  
tasting at Topaz



Testing 1...2...3:  
Is this thing on?



Grooven' at the Qba:  
Billy Hanes Band



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Gastronomic French Cuisine



# European *Championships*

**AsiaLIFE** previews this month's biggest sporting event, providing a full list of the fixtures. Be warned though, if you want to cheer your nation all the way to the final, you'll need some good cocoa to keep you up through to the early hours of the morning. Words by **Mark Jackson**.



**Greek Delight** *Winners of the competition in 2004*

EVERY FOUR YEARS THE TOP 16 nations in Europe pit their skills together in the second biggest football competition, the European Championships. This year's competition kicks off on Jun. 7 when co-hosts Switzerland play the Czech Republic. It concludes in Vienna, Austria some three weeks later, in the early hours of Jun. 30 (Cambodia time).

#### ■ HISTORICAL UPSETS

If history is anything to go by, the winners are unlikely to be the pre-tournament favourites, Germany. The World Cup

may have been dominated by football's elite nations, with Italy, Germany, Brazil and Argentina dominating proceedings – only England (1966) and France (1998) have broken their stranglehold on the Jules Rimet Trophy since the war. This is not the case with the European version, which has served up its fair number of thrills and surprises over the years.

Possibly the biggest surprise of all occurred four years ago when the unheralded Greek team lifted the trophy, knocking out favourites France en route, before beating the host nation

Portugal 1 – 0 in the final. This is by no means an isolated incident.

In 1992, eventual winners, Denmark, did not even qualify for the finals. The Danes finished second in their qualifiers behind Yugoslavia, who subsequently withdrew from the tournament due to the conflict in the Balkans.





The Danes put out France and England in their group, before defeating holders Holland in the semis, and Germany 2 – 0 in the final.

All these events pale into insignificance when compared with 1964. At that time called the European Nations' Cup, the mighty Luxembourg managed to knock the Dutch out in the round-of-sixteen stage by 3 – 2, in what is surely the greatest football upset of all time. That event was eventually won by the Spanish – that nation's only major tournament success.

#### ■ THIS YEAR'S FINALS

Croatia's 3 – 2 victory at Wembley last November denied this year's tournament the presence of the one nation guaranteed to fill the Gym Bar in the early hours of the morning – most games kick-off at 8.45pm in Europe (1.45am Cambodian time). However the truly cosmopolitan nature of the Premiership means that many of the players will be familiar to devotees of Star Sport and ESPN. What price on Ronaldo slipping the winning penalty under the legs of his Manchester United colleague Edwin van Der Saar, playing in the Dutch goal?

Chelsea fans can choose between following Petr Cech in goal for the Czech Republic, German captain Michael Ballack or the French trio

of Makelele, Malouda and Anelka. Liverpool fans might be split between the Spanish quartet of Torres, Reina, Alonso and Arbeola, and the Dutch pair of Babel and Kuyt. Similarly Arsenal allegiance might alternate between France (Gallas), Spain (Fabregas) and Holland (Van Persie). But there is no doubting which nation Manchester United fans will be cheering on – Portugal with currently the world's best player, Cristiano Ronaldo.

#### ■ GROUP OF DEATH

A kindly draw has assisted Ronaldo's chances of becoming the player of the tournament. It's also aided the chances of any nation that has avoided the group of death.

Group C contains world champions Italy, the team they defeated in the final two year's ago, France, and the team that might otherwise have been many pundits dark horses, Holland. Romania look as if they are very much making up the numbers.

The idiosyncrasies of the draw mean that France and Italy could also meet again in the semi-finals. They were also drawn in the same qualifying group. If they come first and second in their group and then knock out the two qualifiers from Group 4 – probably Spain and holders Greece, they will meet yet again in Vienna in the early hours of Jun. 27.



**Better than Best?** Will Ronaldo give Portugal their first trophy?

### POOL A

DATE – TIME	RESULT
07 JUN – 23:00	Switzerland ___ v ___ Czech Rep
08 JUN – 01:45	Portugal ___ v ___ Turkey
11 JUN – 23:00	Czech Rep ___ v ___ Portugal
12 JUN – 01:45	Switzerland ___ v ___ Turkey
16 JUN – 01:45	Switzerland ___ v ___ Portugal
22 SEP – 01:45	Turkey ___ v ___ Czech Rep

### POOL B

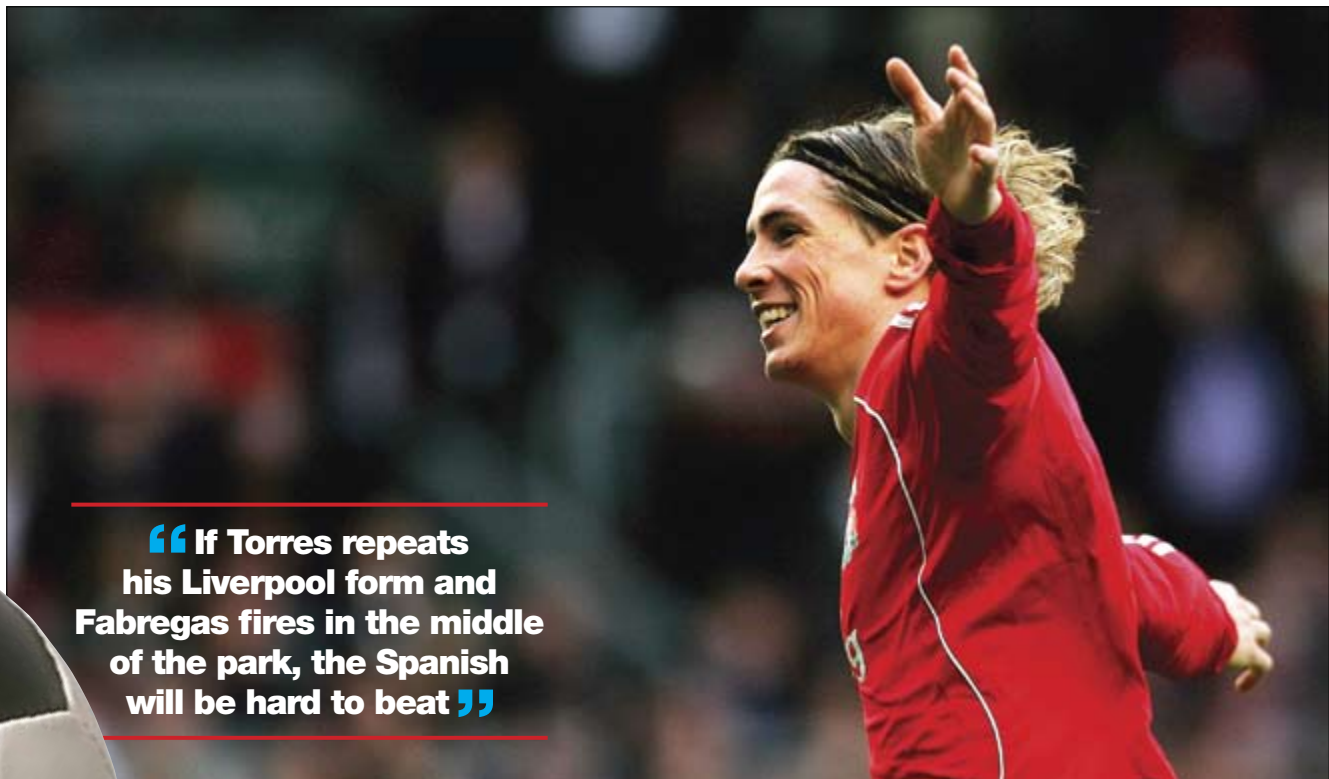
DATE – TIME	RESULT
09 JUN - 23:00	Romania ___ v ___ France
10 JUN - 01:45	Holland ___ v ___ Italy
13 JUN - 23:00	Italy ___ v ___ Romania
14 JUN - 01:45	Holland ___ v ___ France
18 JUN - 01:45	Holland ___ v ___ Romania
18 JUN - 01:45	France ___ v ___ Italy

### POOL C

DATE – TIME	RESULT
08 JUN - 23:00	Austria ___ v ___ Croatia
09 JUN - 01:45	Germany ___ v ___ Poland
12 JUN - 23:00	Croatia ___ v ___ Germany
13 JUN - 01:45	Austria ___ v ___ Poland
17 JUN - 01:45	Poland ___ v ___ Croatia
17 JUN - 01:45	Austria ___ v ___ Germany

### POOL D

DATE – TIME	RESULT
10 JUN - 23:00	Spain ___ v ___ Russia
11 JUN - 01:45	Greece ___ v ___ Sweden
14 JUN - 23:00	Sweden ___ v ___ Spain
15 JUN - 01:45	Greece ___ v ___ Russia
19 JUN - 01:45	Greece ___ v ___ Spain
19 JUN - 01:45	Russia ___ v ___ Sweden



**“ If Torres repeats his Liverpool form and Fabregas fires in the middle of the park, the Spanish will be hard to beat ”**

**■ A GERMAN VICTORY?**

The top half of the draw looks decidedly easier. Ronaldo shouldn't need to even warm up for the Portuguese to win their group, while Germany and Croatia should qualify from Group B at a canter.


If all goes to plan the semi-finals should pair Portugal with Germany and a repeat, repeat, repeat, Franco-Italian show down. Although on paper Spain has as good a team as anyone, the nation vies England for the claim of the sport's greatest perpetual under-achievers, with the exception of 1964. However if Torres repeats his Liverpool form and Fabregas fires in the

middle of the park, the Spanish will be hard to beat.

Considering their impressive performance in the World Cup finals two years ago and near-home advantage, Germany must go into the tournament as favourites. With age on their side, it's likely their squad will outlast either Italy or France in the final.

Those looking for an upset should avoid Greece, after all

lightning does not strike twice, unless you are golfer Lee Trevino. They will do well to progress beyond the quarter-finals. A better bet is Croatia, buoyed by their double over England. While the Dutch team has enormous promise and could go all the way if they get off to a flier – their opening games are against France and Italy.

European Championship finals are from Jun. 7 to Jun. 30. 

**QUARTER FINALS**

<b>Q1</b> 20 JUN – 01:45	A1 _____	v _____	B2
<b>Q2</b> 21 JUN – 01:45	B1 _____	v _____	A2
<b>Q3</b> 22 JUN – 01:45	C1 _____	v _____	D2
<b>Q4</b> 23 JUN – 01:45	D1 _____	v _____	C2

**SEMI FINALS**

<b>S1</b> 26 JUN – 01:45	Q1 _____	v _____	Q2
<b>S2</b> 27 JUN – 01:45	Q3 _____	v _____	Q4

**CUP FINAL**

<b>30 JUN – 01:45</b>	Winner S1 _____	v _____	Winner S2
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## Beauty Spot: Derma Spa



ONE OF THE NEWEST arrivals to the Phnom Penh scene, Dermal Spa offers more than just the run-of-the-mill spa treatments. Distinctive rejuvenation therapies include treatments for hypersensitive skin, oxygenation facials and bio-peels. A range of unique therapeutic body treatments including heat revival therapy and Khmer herbal compresses is also offered alongside well-established favourites such as massage, body scrubs, waxing and steam baths.

Also termed ear coning, ear candling is a non-intrusive procedure which assists the natural clearing of earwax and promotes a healthy atmosphere in the ears, sinus cavities and throat.

Proponents of this procedure claim that ear candling can alleviate headaches, sinus conditions, ear infections, allergies, vertigo and hearing loss caused by the build-up of excessive earwax.

### THE TREATMENT

Unlike a common candle, ear candles are made from

cotton or linen soaked in beeswax and rolled to form a hollow tube. Narrowed at one end, the tube is placed vertically into the ear while the client lies on one side.

The heat produced by lighting the candle melts earwax and creates a vacuum that gently extracts excess wax and other impurities from the inner ear and sinuses. Some claim that smoke circulating in the ear can have physically beneficial and even mind-clearing effects. Once the candle is removed a cotton swab is used to gently remove residual earwax from the outer ear.

While the medical benefits of ear candling are disputed, the treatment is a soothing and relaxing experience. As the candle wanes, its warmth creates a pleasant sense of well-being and contentment.

Ear candling sessions at Dermal Spa last one hour and cost US\$16.

**Dermal Spa, 4C Street 57,  
Tel: 012 222 898 or 016 540  
454. Open everyday from  
8am to 10.30pm -  
ANITA SUREWICZ**

# 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 Tmao Wildlife Park

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

### Sorya Centre

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

## Chemists

### Naga Pharmacy Centre

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

### U-Care Pharmacy

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

## Classes

### 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.

### Kids Create

**Living Room, 9 Street 306**  
Fun art classes for kids aged 2 to 9 on Wednesday from 3.20pm to 5.15pm. Call Leah Newman on 012 242 301.

### Little Maestro

**Living Room, 9 Street 306**  
Bring the Mozart out of your tot (aged 0 to 6). Classes from 9am to 10am on Sundays. Call Melinda Burgess on 012 693 498.

### 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.

### Salsa

**Living Room, 9 Street 306**  
Classes every Thursday from 6.30pm for US\$3, or US\$10 with food and drink. Call 012 385 542.

### Scuba Nation Dive Center

**18E0 Sotheaors 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.

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# Sam Moffett: Exercise As An Aphrodisiac

THE BENEFITS OF EXERCISE JUST keep on piling up. It can keep your heart healthy, your body slim and trim, and now comes the news that it can act as an aphrodisiac too. Although you may not feel so sexy after a sweaty workout, don't be surprised if you find yourself feeling more in the mood for love.

According to Discovery.com, research now suggests that along with all of the other health benefits exercise confers, it can also give a big boost to your sex life. The reason has less to do with getting stronger than with the release of endorphins in the brain – as a result of physical exertion – that influence how we feel.

These are the same neurochemicals responsible for a runner's high or the sense of exhilaration that comes from any intense exercise session. It turns out that these brain chemicals may also be linked to the release of hormones that power the sex drive. Research has shown that women who exercise regularly tend to have more active sex lives, are more



easily aroused, and reach orgasm more quickly than those who don't work out.

Less vigorous forms of exercise can take another approach. Instead of stimulating brain chemicals to rev up

the sex drive, yoga and tantra provide postures that can help resolve specific sexual problems. Some are said to work by stimulating blood flow to the genitals while others are directed toward maximizing sexual performance and satisfaction. Though there may not be scientific proof that these exercises add up to effective aphrodisiacs, my bet is that most practitioners are pleased with the results.

So whether your preference be for the treadmill, tennis court, yoga class or weightlifting, it seems increasingly clear that the more you move your body the better your sex life will be.

**Sam Moffett** is manager of **Clark Hatch Fitness Centre, Hotel InterContinental, 3/F Mao Tse Tung Blvd.**



## 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 (week-days), 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.

### Paddy's Gym

**635 National Road 5, just past the Japanese Bridge, Tel: 012 214 940**  
Bearing the air of an American boxing gym, Paddys 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 week-days (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.

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## Naga: LIFestyle Messages

How to complement both western and eastern medical approaches

MANY SIMPLE PROCEDURES provided by western medical doctors, such as blood, faecal and urine analysis; fungal identification; skin cancer spot freezing; injections and pap smears are invaluable tools that help in understanding our body chemistry. X-rays, ultrasound, and other non-invasive scans allow visual displays of the structures within the body. In a medical emergency, surgery and drugs are usually the only good response to a critical situation.

However western medicine often fails to present a more rounded picture both in diagnosis and treatment. Now, more and more western-trained doctors are also skilled in alternative medicine, traditional medicine and/or eastern medicine.

Visiting an alternative medicine practice requires more time initially. To determine the right treatment or herbal formula, to do acupuncture or to change diet, the practitioner must spend time with the client. Diagnosis includes looking at visual signs of organ, meridian or energy changes, and testing the pulse.

Herbs and acupuncture help stubborn illnesses and muscle-related conditions. Acupuncture has a proven record



in healing back spasms. There is no reason why patients should not visit an acupuncturist at the same time as going to a western doctor. These approaches should be seen as being complementary rather than alternative.

### ■ WIDE RANGE OF APPROACHES

For both humans and animals, herbs can make a difference when treating long term problems, emotional problems and changes in chemistry – adolescence, pregnancy, teething and menopause. Nausea and debilitation of appetite can be eased in cancer sufferer.

Naturopathy, homeopathy, tissue salts, Bach flower remedies, massage,

meditation, visualisation and guided imagery, dietary adjustments, herbal remedies, acupuncture and yoga, all have proven, long term track records.

All bodies have a similar chemistry. Genetic combinations differ, personalities and life experiences differ thus creating emotional and physical differences. So why should just one approach be utilised in finding solutions to complex problems.

The body and mind might need all the above

to make the necessary changes to balance and health. When aerobics and weightlifting prove too strenuous, try pilates or yoga. When yoga is too much, walk. When walking is too much, swim. Any movement helps.

When all approaches fail, when seriousness and the heaviness of not feeling well threatens, try one last approach – laughter. It is amazing how this can help lighten the load. ☑



### Image Beauty

57Eo Street 240, Tel: 012 455 239  
Khmer, English and Thai speaking stylists trained in hair, facial and nail treatment. L'oreal Professional products available. Free wi-fi, tea and coffee provided.

### Eriq at Gasolina

Tony & Guy trained stylist. 15 years experienced in African, European and Asian hairstyles  
Call Eriq to book an appointment  
Gasolina, 56/58 Street 57,  
Tel: 017 839 546

### 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.

#### Naga Clinic

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

### Optics

#### Eye Care

166 Norodom Blvd., Tel: 016 556 602  
Modern opticians with ophthalmolo-

gists on hand to check prescriptions. Have an interesting range of glasses and lenses. Frames from under US\$100.

#### Grand Optics

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

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**Pools**

**Asia Club**

456 Monivong Blvd.,  
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

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 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.

**Dermal Spa**

4C Street 57, Tel: 012 222 898

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

**In-Style**

63 Street 242, Tel: 023 214 621

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

**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.

**Seeing Hands Massage**

6 Street 95, 209, 246, 253 Street 53  
Tel: 016 856 188

String of massage parlours where the service is provided by the blind at a very reasonable price.

**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. Mixed touch rugby at Northbridge School on Saturdays at 3.30pm. Contact Greg Eggins on 012 810 900.

**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. 



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## Laura Watson: *Sunburn and skin cancer*

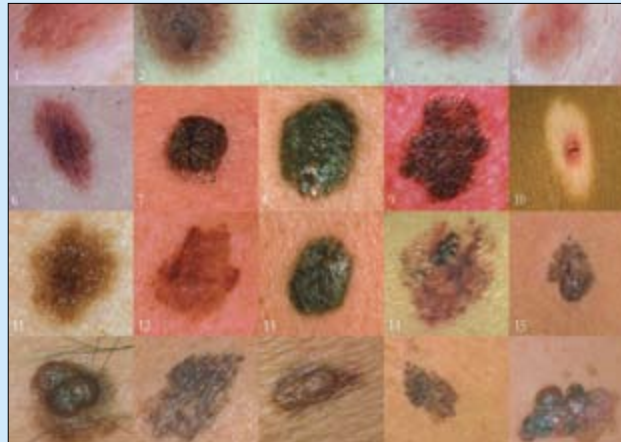
WE HAVE ALL SEEN THEM, lobster-red tourists on the beach at midday stretched out under a scorching tropical sun while bemused locals look on. Desperate to get a tan, they ignore the long-term effects of what they are doing.

The skin's natural protection from the sun comes from the pigment melanin. Your ability to withstand the sun depends on the amount of melanin you have in your skin. If you are very pale you might burn with less than 15 minutes exposure to midday sun. Very dark skins can still burn, but it might take hours of intense exposure.

Damage from the sun cannot be seen immediately. Over-exposure to sunlight will cause redness and pain a couple of hours after the damage has been done. Burnt skin will then peel about three days later due to a drying of the outer layer. If the burn is severe it can cause blistering, which indicates a deeper layer of affected skin. If blistering is extensive you can feel dizzy and nauseous and you may have a mild fever. Severe extensive sunburn can cause significant body fluid loss and even shock.

### ■ SKIN CANCER

Skin cancers can be divided into melanomas and non-melanomas. A melanoma is a cancer that grows from the melanin-producing cells in the skin – the melanocytes. These are found in the bottom layer of the epidermis. Melanoma is the most dan-



gerous form of skin cancer, but non-melanomas such as basal cell and squamous cell carcinomas are the most common. These cancers form from cells in the middle and top layers of the epidermis.

Your risk of developing these cancers is directly related to two factors – your lifetime exposure to sun and your inherited ability to make melanin. Over 75 percent of caucasians over 65 years of age in Queensland have non-melanoma skin cancer.

Ultra-violet (UV) radiation in sunlight causes skin damage. Ultra-violet can be divided into UVA and UVB. Generally UVB causes the sore redness of sunburn associated with over-exposure and the commoner skin cancers that arise in the top layers of skin, while UVA penetrates deeper into the skin and creates the less visible damage that causes wrinkling, skin aging and melanoma.

Childhood sun damage/sunburn is far more damag-

ing than adult sunburn. Some research has suggested that a single episode of blistering sunburn in childhood may be enough to double your lifetime risk of melanoma. This is thought to be because children have a higher proportion of immature melanin-producing cells. These immature cells are more vulnerable to damage. By protecting your children from sunburn you can significantly reduce their risk of malignant melanoma later on in life.

Sun exposure over time results in prematurely aged and wrinkled skin. You do not have to burn for sun to cause this kind of damage and sunscreens, even UVA screens, offer insufficient protection.

Look out for suspicious lesions and get them checked by a health professional – preferably a skin specialist – especially if you have high-risk freckly or pale skin. If your mole or lesion is asymmetrical, itchy, has

irregular borders, is varied in colour, is more than 6mm in diameter, bleeds or is slow to heal, seek medical advice. Rough scaly areas, particularly on a bald head, face or ears can indicate an early form of skin cancer.

### ■ SUN PROTECTION

The best protection from the sun is to stay in the shade. Avoid the sun between 11am and 3pm, when it is at its fiercest. This reduces your dose of UV. Of course it isn't always possible to avoid the sun. When exposed, use a good quality sunscreen – one that screens both UVA and UVB – with a protection factor of 30 or above. Reapply it after swimming. Good modern sunscreens are easily absorbed and non-sticky.

Wear a shirt and a hat during the hottest hours of the day. The latter will help protect your head from roasting and also help protect your nose and cheeks – the areas where non-melanoma skin cancers are most common. Sunglasses that screen out UVA and UVB will help reduce your risk of cataracts.

Finally, when out in the sun, why not follow the excellent Aussie advice – slip on a shirt, slop on some sunscreen and slap on a hat!

*Laura Watson is a general practitioner at the International SOS Medical Clinic in Phnom Penh. For more information please email [sue.kemp@internationalsos.com](mailto:sue.kemp@internationalsos.com). ☑*

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## The Art of *Happiness*

**AsiaLIFE** delves into the life behind the smiles of Stéphane “Stef” Delaprée’s Happy Painting Gallery through an interview with his partner, Anne-Sylvie Charest – the woman who discovered him.

kaleidoscope



**Stef** *The happiest painter in Phnom Penh*

WHEN ANNE-SYLVIE FIRST met Stef in Quebec, he was working as a publisher, promoting his own cartoon magazine *Bambou*, as well as creating cartoons commissioned by the prestigious *Tintin* magazine.

Gradually Stef began to experiment with his own work, creating stylised cartoon-like scenes of daily Quebecois life. It was in the state capital that Stef’s first Happy Painting was created. The style was further developed over a six-month period he spent in Costa Rica, where he produced a series of paintings of women, in his newly conceived style.

### ■ NOMADIC ARTIST

Travel was very much in the artist’s blood. He spent much of his childhood in Senegal, growing up in a family who had a love for all things artistic. With inspiration abounding, his experimentation in drawing and comics flourished.

With wanderlust firmly implanted in his character, he con-

“He spent much of his childhood in Senegal, growing up in a family who had a love for all things artistic”

tinued his travels to El Salvador, India, Afghanistan, Spain and France. He was “searching for an ideal, with empty pockets,” according to Anne-Sylvie.

This led him to Cambodia in 1993. He first came to visit his brother, Pascal, who was working with a human-rights NGO. Stef found work making illustrations for this and other organisations. His trademark bright colours and murals of happy Cambodians even led to a commission to design the layout and illustrations for the new Constitution of the Kingdom of Cambodia.

### ■ MAKING ART HIS BUSINESS

His first solo exhibition in Cambodia was in 1995 at the New Art Gallery in Phnom Penh. Within the first two hours of the opening night all 20 of his paintings were sold.

Now Happy Painting is very much a part of the Cambodian cultural landscape. Stef has five galleries throughout Cambodia. He has also established a studio where he creates his art.

His artistic process is drawn-out. First he extracts specific elements from photographs, which he recomposes first by drawing and then by painting the final work. He also trains and manages staff to help create the galleries’ line of handmade silkscreen products. This range includes original paintings, serigraphs, sculptures, post cards and t-shirts.

The commercial success of his art means that Stef is one of the country’s few truly independent artists. He does not rely on any other gallery, group of

artists or government support to continue his work. A commercial artist, he often has worked commissioned by companies within Cambodia. Last year, both Camshin and Singha Beer approached him for their image campaigns, as did the SCA, (Societe Concessionnaire des Aeroports) who commissioned some large-scale paintings.

His biggest work to-date is a monumental mural for the airport lobby at the new international airport in Sihanoukville. “He has started to enjoy working on very large canvases and luckily it seems that his customers like that too,” says Anne-Sylvie.

### ■ STILL AN ARTIST AT HEART

But his desire to create is not solely commercially driven. “Stef loves Cambodia and over the years we’ve met people like us who share a sensibility to life and want pleasure out of it,” explains Anne-Sylvie.

A collection of his *Bambou* cartoons has been exhibited at the Museum of Quebec and his work has been included in other international cartoon events in both Europe and Canada. Bought by collectors from all over the world, 30 of his pieces are due to be shown in a Museum in Calcutta.

Ultimately it is the feel-good factor that his paintings give to the people that walk into his galleries that keeps on driving the artist forwards, according to Anne-Sylvie. “His paintings are not just souvenirs but pieces of art that have a great simplicity and share the idea of the pleasure for life,” she says. “Finding happiness in his art is such a revitalising and positive experience.”

### Happy Gallery

FCC Phnom Penh, Phnom Penh,  
Tel: 023 221 732  
FCC Angkor, Old Market,  
Angkor Century Hotel, Siem Reap  
[www.happypainting.net](http://www.happypainting.net) 📧



# Book Worm

AsiaLIFE takes a look at a selection of books available at Phnom Penh's Monument Books

www.monument-books.com

■ **NEW IN CAMBODIA**

**The Steep Approach to Garbadale**

Iain Banks, Abacus, US\$16

**Bad Dates – True Tales from Single Life**

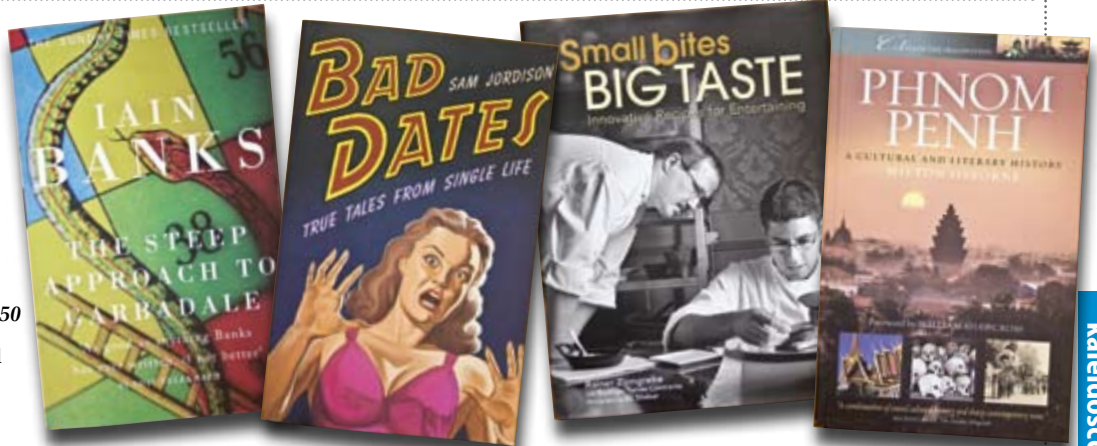
Sam Jordison, John Murray Publishers, US\$15

**Small Bites Big Taste**

Rainer Zimngrebe, Marshall Cavendish International, US\$37.50

**Phnom Penh – A Cultural and Literal History**

Milton Osborne, Signal Books, US\$24.50



*THE STEEP APPROACH TO Garbadale* is the latest offering from the author of *The Crow Road* and *The Wasp Factory*. A rich story of complex family emotions and unfinished business, the novel revolves around the return of Alban Wopuld to his family estate, Garbadale, to discuss the selling of the family business to the Americans. Bank's fans should just head off to the bookshop now.

Comprised of emails from around the world telling tales of bad dates, *Bad Dates* consists of 163 true stories that range from rude to disgusting to horribly embarrassing. All are hilarious. Littered between the humorous tales of dates gone wrong are amusing bits of sexual or romantic related trivia. For example 38 percent of men surveyed in Hong Kong have interrupted sex to answer their mobile phones. Two appendices list a countdown of the 50 worst one-liners and a helpful

and amusing list of dating don'ts. Meant in the nicest way possible, this is a great book to read in the toilet.

Comprised of photographs of streets and restaurants in Mexico as well as stunning images of mouth-watering Asian and Latin American fused cuisine, *Small Bites Big Taste* features recipes created by the Executive Chef at the Ritz-Carlton in Cancun, Mexico. The amazing photographs are by award-winning Malay photographer, SC Shekar. The shockingly small print used for the recipes makes this more of a coffee-table book than a functional cookbook. A beautiful book, it's possibly not worth the strain on your eyes.

Osborne's long-time love affair with Cambodia began in 1959 when he arrived in the country as a young Australian Foreign Service Officer.

*Phnom Penh – A Cultural and Literal History* is an intimate portrayal of his observations

of Cambodia's changes and difficulties over the last 50 years, accompanied by a comprehensive account of the country's history dating back to the ancient Angkorean era. Surprisingly, save from the front cover, the book holds not a single photograph and is filled

instead with ink illustrations.

Lovingly written, for those who share the author's great fondness for this scarred yet beautiful country, this book is worth a read. ❏

■ **"FUGITIVE DENIM: A MOVING STORY OF PEOPLE AND PANTS IN THE BORDERLESS WORLD OF GLOBAL TRADE"**

by Rachel Louise Snyder, WW Norton

*Fugitive Denim* delves into garment production, detailing both the struggles and the successes of creating a sweatshop-free industry.

Snyder's new book follows the life of a pair of jeans – from cotton seed to department store – and all of the lives the creation of this pair of jeans touch. From the cotton grower in Azerbaijan, Snyder's commentary moves to the designers in Italy, the women in the garment factories of Phnom Penh, lab technicians in North Carolina and the American consumer shopping in Washington D.C.

In crisp, witty prose Snyder delivers a captivating account of the true cost of fashion in a global economy. Recently named one of the best business books of the year by the *Library Journal* in the U.S., the book was released in the U.K. last month.

On Jun. 4 at 7pm, the author will be holding a reading and book signing at Monument Books / Java Tea Room. A limited number of books will be available for purchase.



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Iced and hot teas from around the world!  
Plus coffee, scones, cakes, sandwiches and salads...

*Java Tea Room*  
at Monument Books

OPEN EVERYDAY 8AM - 9PM

# Arts Diary: Cambodian Regional Highlights

## ■ OPENING THIS MONTH

### Natural Space

Exhibition of 25 pieces by Khmer artist Chhim Sothy opens at the Exhibition Hall in the French Cultural Centre on Jun. 26 at 6.30pm.

### Svay Ken

Exhibition by the veteran Cambodian artist is opens at the Meta House on Jun. 24 at 6pm.

### Waters and Rivers

An exhibition of mixed media on paper by German artist Claudia Seise will be on show at the Art Café from Jun. 1 to Jul. 30.

### The Mystique of the Orient

Opening of drawings by Nicolas Grey is from 6pm to 9pm on Jun. 5 at Java Gallery. The exhibition runs through to Jun. 29.

### Group Exhibition

Café Living Room will show a group exhibition of photographs by Cambodian and expat photographers through the month of June.

### Cambodian Spirit

Exhibition by French artist Alain Hessian will start at Gasolina at 7pm on Jun. 13.

## ■ MUSIC, EVENTS & PERFORMANCES

### Festival of Music

This unique event, celebrated simultaneously by millions of people across the world, will take place in Phnom Penh from Jun. 16 to Jun. 21. Each night, Khmer and French musicians will perform at the French Cultural Centre. Musicians perform at the French Cultural Centre, the National Cultural Centre and

various bars around town (see box on page 15).

### Khmix It! DJ and Drummers

Talkin to a Stranger and Meta House present a night of music, featuring Primitive Souls, the drummers of Sovanna Phum, Bun Hong (clarinet), MC Curly and Technic Berlin at Talkin to a Stranger on Jun. 28 from 8pm.

### Kids Rock

Thom Thom presents 2 Cool 4 School, The Taxi Boyz and Khemra Bonamy in their final concert before the schools out for summer at Gasolina on Jun. 25 from 5pm.

### Classical Cambodian Court Dance

Newly revived performance of classical Cambodian dance – Preah Anurudh and Preah Neang Ohssa – will be performed by Amrita Performing Arts at the Chenla Theatre on Jun. 7 and Jun. 8. Tickets are 3,000 and 6,000 riel and are available from Amrita.

### Mekong Pirates

To celebrate the festival of music, the Mekong Pirates will play a mix of rock, reggae and folk at Gasolina from 7pm on Jun. 21. A surprise band is promised.

### Le Comte de Jojo

Musical fairy tales presented by Mariane at Gasolina from 9.30am to 11am on Jun. 7. For more information call 012 905 530.

## ■ CAMBODIAN & WESTERN PERFORMING ARTS

Music and dance performances at the Art Café from 7pm. This month's performances are: Jun.

6 – Thake and vocal, traditional Cambodian court music; Jun. 7 – Cole Porter, Broadway musical featuring a piano recital by Juergen Assman; Jun. 13 – Italian Baroque music, Johanna Brauch on violoncello, Mao Samnag on violin, Anton Isselhardt on flute; Jun. 14 – Homage to Olivier Messiaen, Senses upside down, illustrated lecture by Dr. Christoph Bendick; Jun. 20 – Grand Duo Concertante, traditional house music from the 18th century; Jun. 21 – Bob Dylan, a living legend by Charlie David; Jun. 27 – Brahma dances, authentic Cambodian ritual dancers from the Royal University of Fine Arts; Jun. 28 – Homage to Olivier Messiaen, Méditations pour le Mystère de la Sainte-Trinité, organ works part IV.

## ■ 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

### English Films at Le Cinema

At Le Cinema this month at 7pm: Jun. 26 Elephant Man (David Lynch)

### Rooftop Cinema

Each month the Meta House shows films, documentaries and hosts events on its rooftop terrace from 7pm. Tuesday – artist special; Wednesday / Thursday – German cinema; Friday – Phnom Penh Filmfest; Saturday – films about Cambodia; Sunday – films set in Asia. This month's offerings are (G =

film in German): Jun. 1 – Lust Caution; Jun. 2 – The Power to Change; Jun. 3 – Neil Young; Jun. 4 – The Soul of a Man; Jun. 5 – Schiller (G); Jun. 6 – Strange Culture; Jun. 7 – 'Hot' and more; Jun. 8 – A Chinese Ghost Story; Jun. 10 – The Clash, Westway to the World; Jun. 11 – The Counterfeiters; Jun. 12 – Wettlauf um die Welt (G); Jun. 13 – September Tapes; Jun. 14 – The Golden Voice; Jun. 15 – Three Seasons; Jun. 17 – The Clash, Westway to the World; Jun. 18 – The Kebab Connection; Jun. 19 – Die Himmelsweise (G); Jun. 20 – Fete de la Music, from 6PM, Khmer rock, pop and hip hop with DJ Hurly and video of Thom Thom; Jun. 21 – One Evening after the War; Jun. 22 – The Lover; Jun. 25 – Tin Drum; Jun. 26 – Spur der Steine (G); Jun. 27 – John Pilger Night, four documentaries; Jun. 29 – Chungking Express.

## ■ ONGOING: PHNOM PENH

### Chhim Sothy

An exhibition of works by the Khmer artist will run through June at Ocean Restaurant. Ocean Restaurant, 11 Street 288

### Michel Bouvet

Exhibition revealing the works of one of France's most famous graphic designers runs at the French Cultural Centre until Jun. 22.

### Stay Another Day

Opening of an exhibition with photographs and handicrafts highlighting the Stay Another Day campaign, promoting sustainable tourism in Cambodia, runs at the Meta House on Jun. 20. ❗



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Monthly program available at [www.artcafe-phnom-penh.com](http://www.artcafe-phnom-penh.com)



# 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 moves start at 7pm.

## Galleries

### Art Café

84 Street 108 Tel: 012 834 517  
Elegant bistro and art gallery in the style of a European coffee house that opened early January. Has rotating exhibitions by Khmer artists. Open from 11am to 11pm.

### 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.

### Reyung

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 Studio

2D Street 302 Tel: 016 368 700  
www.twofish-gallerycafe.com  
Gallery space, art & Chinese calligraphy classes, reflective meeting space, private lunches and dinner parties, coffee and juices. Open 11am to 5pm (Closed Sunday & Monday).

## 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). 

## Top of the Bops



### TOP 10 U.S. DOWNLOAD SINGLES

- 01 Bleeding Love **Leona Lewis**
- 02 Lollipop **Lil Wayne**  
featuring **Static Major**
- 03 4 Minutes **Madonna**  
featuring **Justin Timberlake**
- 04 Pocket Full Of Sunshine  
**Natasha Bedingfield**
- 05 No Air **Jordin Sparks**  
featuring **Chris Brown**
- 06 Sexy Can I **Ray J & Yung Berg**
- 07 Leavin' **Jesse McCartney**
- 08 Love In This Club **Usher** featuring **Young Jeezy**
- 09 Forever **Chris Brown**
- 10 Say **John Mayer**



### U.K. TOP 10 DANCE SINGLES

- 01 Toca's Miracle 2008 **Fragma**
- 02 Something Good '08 **Utah Saints**
- 03 Machine Gun **Portishead**
- 04 Beeper **Count & Sinden**  
featuring **Kid Sister**
- 05 Get This Feeling **Fedde Le Grand**
- 06 Cry For You **September**
- 07 Black & Gold **Sam Sparro**
- 08 My Destiny **Delinquent** featuring **Kcat**
- 09 Speed Up **Funkerman**
- 10 Night **Benga & Coki**



### TOP 10 MOST REQUESTED SONGS AT LOVE FM, 97.5

- 01 Winner At A Losing Game **Rascal Flatts**
- 02 Touch My Body **Mariah Carey**
- 03 Low **Flo Rida & T-Pain**
- 04 Teardrops On My Guitar **Taylor Swift**
- 05 What You Don't Know **Monrose**
- 06 With You **Chris Brown**
- 07 Love Like This **Natasha Bedingfield**  
featuring **Sean Kingston**
- 08 Break The Ice **Britney Spears**
- 09 Run To Me **Youngstown**
- 10 Bleeding Love **Leona Lewis**



**JULIAN'S TOP PICK!** – Toca's Miracle 2008 **Fragma**

**ONE TO WATCH!** – Party People **Nelly** featuring **Fergie**

These charts are provided by **LOVE FM, 97.5 Phnom Penh** and are for the week ending **May 18**.

kaleidoscope



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Get focus Get fun **Get stitched** Get green  
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shop@friends-international.org  
Mon 1pm-5pm & Tues-Sat 8am-5pm



**META HOUSE**  
The State of Khmer Arts:  
Visit Cambodia's first multi-media gallery!  
Tue - Sun, from 6PM  
Rooftop Cinema starts 7PM  
Chill-Out-Bar and BBQ  
Street 264, #6 - Sangkat Chaktomuk, Khan Daun Penh, Phnom Penh  
HOMEPAGE: www.meta-house.com EMAIL: mesterham@gmx.net  
FIXED: 023 - 224 140 MOBILE: 012 - 607 465



# Billboard:

## Album reviews by LOVE FM's Julian Grant

■ **JOHN LENNON**  
*Double Fantasy*



Rather than the comeback John Lennon had hoped for, this album was his farewell. Of the 13 songs, seven are written by Lennon himself, the rest by his wife Yoko Ono. The lead single (*Just Like Starting Over* – called the Elvis/Orbison track by Lennon – demonstrates his love of rock 'n' roll. Written for his son Sean, *Beautiful Boy* is a touching confirmation of Lennon's attempt to be the father he wasn't to his first son, Julian. *Woman* is a moving ballad about the love of his life – Yoko Ono. Despite the heavy echo on the vocals, common throughout all his recordings, there is no mistaking Lennon's song-writing talents. Impossible to listen to without recalling Lennon's assassination just 21 days later, there may be better Lennon albums out there, but *Double Fantasy* is worth a slot in anyone's music collection.

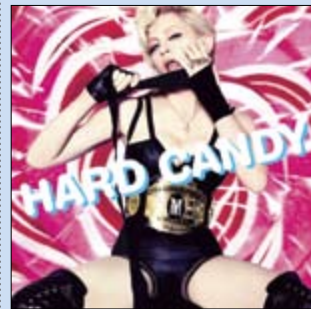
■ **THE KOOKS**  
*Konk*



Released last month *Konk* is the second album from this Brighton-based indie band. Already a U.K. No. 1,

the title refers to the studio, owned by former Kinks' front man Ray Davis, where it was recorded. The opening track, *See The Sun* creates plenty of interest with its catchy chorus. I loved the acoustic start to the album's hit single *Always Where I Need To Be*, although I quickly tired of it. For me the album's highlight is *Mr. Maker*, although *Shine On* with its contagious melody will be the next release. Indie fans will enjoy the interesting guitar hooks and funky rhythm of this promising album.

■ **MADONNA**  
*Hard Candy*



Madonna's eleventh studio album is her tenth U.K. No. 1 – only Elvis and The Beatles have done better. A cut above her previous album, *Confessions On A Dance Floor*, in many respects this represents yet another bounce back for this natural survivor. Featuring industry heavies Justin Timberlake, Timbaland and Kanye West, *Hard Candy* has a hip hop feel throughout, while remaining essentially a pop/dance record. "It's kinda' like *Holiday* with an R&B groove," explains producer Timbaland. Even though the lyrics have little depth, it is full of foot-tapping songs and as sexually suggestive as always. The bouncy *Give It To Me*, the best track on the album, is sure to be a club hit. Another highlight, *Candy Shop* is pure pop. Madonna fans will enjoy this album, although *Like A Prayer* and *Cherish* it is not. ❌

# DVDs in the 'hood

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

■ **THE DARJEELING LIMITED**  
*Wes Anderson (2007)*



Another stylish film from the director of *The Royal Tenenbaums* (2001) and *Rushmore* (1998), the film is a comedic tale of three brothers travelling across India, having not spoken to each other since the death of their father. Their journey begins on a train only Wes Anderson could have designed. The brothers get kicked off board due to events involving painkillers, Indian cough syrup and pepper spray. At this point the true journey begins. Anderson's usual suspects – Owen Wilson, Jason Schwartzman, Anjelica Huston and Bill Murray – give performances only this talented young director could inspire. Anderson fans will not be disappointed.

■ **LA VIA EN ROSE**  
*Olivier Dahan (2007)*



There is really only one person in this film – Marion Cotillard playing Edith Piaf. The film tells the dramatic and often tragic life story of "the

little sparrow" tracing her rise from the brothels of Paris to fame and fortune. Spotted as a street singer with a remarkable voice, she is groomed for stardom. Despite being a difficult person to be with on occasions, Piaf inspired immense loyalty from those who surrounded her. Her tragedy was that she never found a permanent loving relationship contributing to her descent into alcohol and drug addiction. The film skillfully demonstrates the power of her music. Cotillard won this year's Oscar for best actress with her stunning performance.

■ **REAR WINDOW**  
*Hitchcock (1954)*



Hitchcock was the master of suspense and there is no film more suspenseful than this 1954 classic. From the sweeping opening sequence to its dramatic conclusion the English director proves a master of his craft. Photographer Jeff Jeffries (James Stewart) is cooped up in his flat with a broken leg, the only relief from his tedious and the oppressive heat is from eavesdropping on his neighbours' activities. Then he sees his neighbour kill his wife, or does he? Avoiding the melodrama that crept into some of his Hollywood work, Hitchcock weaves the most taut suspense. Irremediably claustrophobic, the *Rear Window* is possible the great director's finest work. You'll never view your neighbours in the same light again. ❌



## A Market With a *Difference*

The new Friends flea market offers goods both old and new in an alternative market setting. **Nora Lindstrom** goes off in search of a bargain.

FRIENDS MAY BE A HOUSEHOLD name among expats in Phnom Penh, yet how many of us venture beyond the restaurant and the Friends 'n' Stuff shop. A new initiative by the street children NGO might just change that.

On the last Saturday of each month, the organisation is holding a flea market, located in the courtyard of the Mith Samlanh Centre, next to Friends The Restaurant. The intention is to raise money for its Land Campaign – an initiative to pay off debts acquired when the centre was bought in 2006.

### ■ VARIETY OF PRODUCTS

Offering an alternative shopping experience from the city's regular markets, the organisers hope that departing expats will sell or donate unwanted clothing or household items. The market also affords the opportunity for small-scale producers and artists, who could not otherwise afford a permanent retail space in town, to display their goods in the heart of the city.

To-date the market stalls have attracted both NGOs and commercial producers – albeit with Friends products very visibly present. During the first two markets, organic produce, second-hand books, bric-a-brac, clothes and jewellery featured strongly. There



All smiles

are also many arts and crafts produced by disadvantaged groups in Cambodia.

Prices range from absolute bargains under a dollar, to decidedly more expensive handmade artefacts. Seeing Hands also

offers 15-minute back and shoulder massages for US\$2.

### ■ FRIENDLY SERVICES

The daily Mith Samlanh's workshops remain open, offering hair cuts for a dollar and a close

shave for a mere 1,000 riel. Face painting (2,000 riel) for children is also available, and a manicure-pedicure will set you back US\$2.50. A children's entertainment programme will keep the little ones occupied.

Food by trainees at Friends is also on hand. Get yourself a traditional Khmer lunch, or grab a tarte tatin from the stall run by Le Café du Centre. Alternatively pop into the adjoining Friends The Restaurant for some tapas.

If you wish to support the Land Campaign further, you can buy your own brick – painted by one of the kids, or yourself if you prefer – for US\$50. The brick is subsequently laid in a supporters' wall.

### ■ WORTH A VISIT

Much more than plain shopping, the Friends' flea market is a family-friendly event where you can find a needle in a haystack, while supporting good causes. And don't forget to get your raffle ticket to win a weekend for two at Hotel de la Paix in Siem Reap!

The next flea market is on Jun. 28. A stall costs US\$20 per day. For further details on how to book one, contact Penny Tynan on 012 333 423, or penny@friends-international.org.

For more information on the Land Campaign, visit their website at [www.friends-international.org/campaign.html](http://www.friends-international.org/campaign.html) 📄

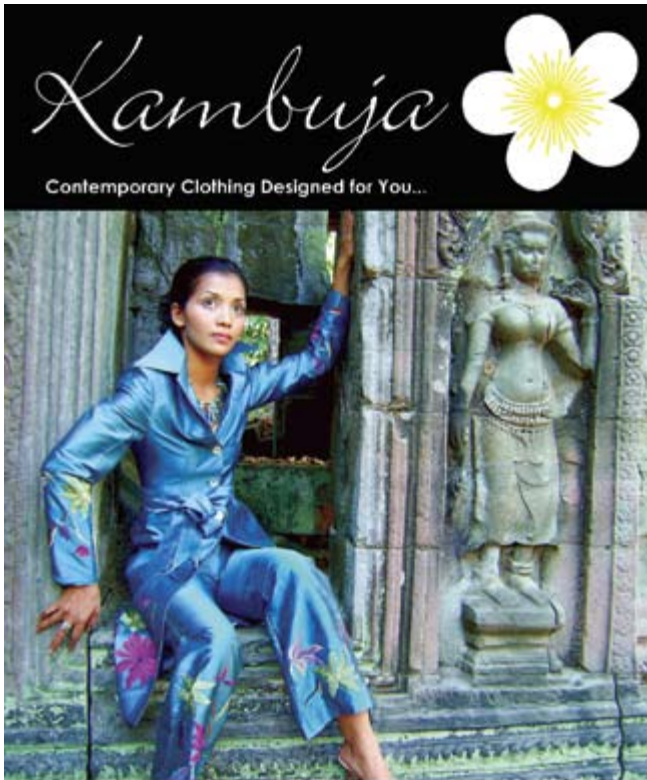
Jasmine Boutique



Kingdom of Cambodia [www.jasmineboutique.net](http://www.jasmineboutique.net)

#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](mailto:jasmineboutique@online.com.kh)





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*Live Style*

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Phnom Penh is now home to a beautiful new **SONG** store - located in # 75 street 240; the store contains a full slice of **SONG** life: Holiday inspired clothing, Yoga & Lounge wear, Bags & Accessory for every occasion, as well as Home furnishings and Bed linens.

Like the Tropical Garden where they are created, the **SONG** collection grows organically and allow **SONG** follows a constantly evolving supply of new pieces for the home or family wardrobe.

Designer Valerie Gregori McKenzie inspiration comes from the time spent between her Nevis island home in the West Indies & her tropical Indochina style house on the Saigon river. Her designs are relaxed, yet sophisticated with beautiful hand made Embroidery.

Collections have evolved to become a true Life Style Brand with its heart & soul bound to the notion of healthy living and inner calm.

**SONG** collection are distributed in 22 countries, from five stars Spas & Resorts throughout the Maldives, Europe and the Caribbean to major luxury retailers such as SAKS 5th Avenue in the US and David Jones in Australia.

**SONG**

*Natural lifestyle by Valerie Gregori McKenzie*

SONGresort.com  
song.pp@asiasongdesign.com




# Shopping Guide



A network protecting children from all forms of abuse. [www.childsafe-cambodia.org](http://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](http://www.happypainting.net)

Open since 1995, these popular aircon art shops sell the extremely colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

## Books & CDs

### Bohr's Books

5 Sothearos Bvd.,  
Tel: 012 929 148

Small bookshop with a good range of secondhand and copied books. Features predominantly fiction titles, from US\$3 to US\$6. Cheaper than similar set-ups in the city. Some copied bestsellers are only US\$3.

### Carnets d'Asie

French Cultural Centre (FCC)  
218 Street 184, Tel: 012 799 959

French-language bookshop that has sections on Cambodia and Asia as well as general fiction. Good range of French magazines and newspapers. Open from 8am to 8pm (closed Sundays and holidays).

### CD World

103 Sihanouk Boulevard

Shop with possibly the widest range of CDs, DVDs and software packages outside of the Russian Market. Open from 8am to 9pm.

### D's Books

12E Street 178 & 79 Street 240  
Tel: 092 675 629

Claiming to be Asia's number one choice for books, 'D' stocks over 20,000 copies. Most are second-hand (from US\$3.50), but some are originals (from US\$6). Heavy emphasis on best sellers, National Geographic past-issues and travel books. Open 9am to 9pm.

### 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 Sothearos Blvd.,  
Tel: 023 220 873

[www.ichingdecor.com](http://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.



**Sobbhana Boutique**

No. 23, St. 144/49, Sangkat Phsar Thmey III, Khan Daun Penh, Phnom Penh, Cambodia.  
Phone: (+855 23) 219 455  
Email: [sobbhana@sobbhana.org](mailto:sobbhana@sobbhana.org)

[www.sobbhana.org](http://www.sobbhana.org)

Siem Reap Angkor International Airport  
Tel: (855) 63 964 727



**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.

**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 Raisina**

53 Veal Village, Siem Reap  
Tel: 012 965 207 / 063 963 207  
Accessories, home decorations, textiles and clothing created by Malagasy-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**

**Alpine Trading**

13 Street 90,  
Tel: 012 961 084  
This quality European beer importer supplies restaurants, cafes and bars.

**AusKhmer**

125 Street 105,  
(between Streets 348 & 330), Tel: 023 214 478  
Excellent source of Australian beef and lamb and also has groceries, wines, beers by the case or six pack, plus a great range of imported cheeses. This major supplier of cafes and restaurants is also open to individuals who can check out the warehouse style store and coolrooms.

**Bong Karem**

Tel: 092 235 336  
Italian gelato delivered to your door! Also available at Friends, Romdeng, Living Room, Café Yeij and Sarika. Delivery available from 12pm to 5pm

**Butcher & Co.**

219 Street 19,  
Tel: 023 223 527  
Quality 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 Mondulkiri 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**

**Supreme 5**

265B Mao Tse Tung Blvd.,  
Tel: 023 994 668 / 012 195 7578  
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.

**Kids' Stores**

**Kid's World**

112 Sothea's Bvd., Tel: 012 661 168

**DAN MEATS**  
INSPECTED QUALITY MEAT PRODUCTS  
#51a, St. 214 Tel. 012 906 072, 012 294 604

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{TEL} 023 722 310  
{EMAIL} alexandrbarter@gmail.com

{OPENING HOURS}  
TUESDAY – SUNDAY 10.30 – 5.30,  
MONDAYS BY APPOINTMENT ONLY



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.couleursdasie.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..

**Sobbhana 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.

**Toot Toot**  
Stall 312 Russian Market  
Toot Toot 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.

## Vehicle Showrooms

**Ford Motors**  
350, Crn Streets 217 & 182, Tel: 012 820 606, 023 241 241  
Newly opened showroom. Selling ford cars, trucks, vans and SUVs

## Wine

**Celliers d'Asie**  
635 National Road 5,  
Tel: 023 986 350  
Wine supplier with the largest quantity of retail stock in town, the Celliers d'Asie group has been providing wine to most of the top hotels and restaurants in town for over ten years.

**Open Wine**  
219 Street 19, Tel: 023 223 527  
Aircon wine shop and tasting gallery with garden restaurant serving barbecues and Fanny ice-cream. Sells wines from as little as US\$6 as well as severac and calvados. Has occasional free wine-tastings.

**Red Apron**  
15 Street 240, Tel: 023 990 951  
The self-proclaimed home of wine enthusiasts in Phnom Penh is both a wine boutique and tasting gallery. With around 300 wines (from US\$10) the boutique has far more range for a special occasion than the supermarkets. Also arranges wine tastings in the air-conditioned gallery for US\$15.



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Tonle Bassac, Phnom Penh  
(Behind Java Café)



85, Sothea Blvd  
Tel: (023) 220 873  
www.ichingdecor.com  
ichingdecor@online.com.kh

## The Designer: *Anya Weil*

Ukrainian-born, with American citizenship, clothes designer **Anya Weil** moved to Cambodia 18 months ago. She talks about her **Spicy Green Mango** range and her plans to open a pre-school.



Cut from a different cloth

**AL** – What is your background?

**AW** – I've been a yoga instructor for 10 years. I used to be a radio DJ when I was in university and my degree is in Finance. After graduation I worked in a bank for about six months and decided never to do that again. I needed to do something creative, so I began as a yoga teacher, then I started designing yoga studios.

**AL** – Tell me about your business

**AW** – My business is what I want to do. It's about creativity. I believe in creative energy. Look at the clothing in my shop – it's opposite. It's about who I am. I just express and create what I have inside.

**AL** – What other businesses are you involved in?

**AW** – I'm working on a pre-school called The Giving Tree. It will open in August. Many schools have the same concept – learning through play. We have the same concept but we approach it in a

different way. The idea is of a tree that gives. It is so strong and powerful it has so much energy it can give and let things grow. Our logo is many different animals on a big tree. It can be a home for anybody.

**AL** – Why did you decide to open a clothing shop?

**AW** – Being a mother I created a lot for my daughter. I would design her clothes and have them made. All the parents would ask, "where did you get it?" Basically I was supplying my friends with this cool stuff I was designing for my

daughter and myself. So my husband eventually said – you should just open a shop. I plan to eventually design some shirts for men – t-shirts as well as dress shirts.

**AL** – Where do you get your design ideas from?

**AW** – I just do what feels good to me. I like patchwork, I like combining things which don't seem to work together at first. But when you combine them in your way, they work. Much like the name of the shop – Spicy Green Mango. When I first heard of



Put some spice in your wardrobe

“ I like combining things which don't seem to work together at first ”

this dish I didn't want to try it. I thought the flavours wouldn't work together. But then I ate it. It's good. It's great!

**AL** – What are the differences between being a businesswoman here and in the west?

**AW** – It's much easier here. The reality is that building a business is much cheaper. It's less stressful. You can just do it. Cambodia is a place I would recommend for people to start your first business. If it doesn't work out it's not that dramatic to stop, you don't lose as much. If your business fails elsewhere, it can crush you forever. But here, you just close.

**AL** – Have you noticed any changes in the Cambodian business environment in the last 18 months?

**AW** – I think the whole reality of Cambodia is changing. It is becoming more business oriented. A different crowd of expats is coming, people from business. I don't think it's going to be another Bangkok, but it's moving in that direction. I don't think it's a bad thing – this is life – it's reality, but it is changing. ☑

### The CV

■ **Job Title:**  
Store Owner, Designer,  
Yoga Teacher, School  
Founder

■ **Age:** 32

■ **Nationality:** Ukrainian

■ **Marital Status:** Married

■ **Children:**  
Three-year-old daughter



# Business

ChildSafe®



A network protecting children from all forms of abuse. [www.childsafe-cambodia.org](http://www.childsafe-cambodia.org).

## Advisory Services

### Alcoholics Anonymous

20B Street 286, Tel: 092 974 882  
[www.aaphnompenh.org](http://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](http://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](http://www.abac.com.kh)

### British Business Association of Cambodia (BBAC)

124 Norodom Blvd, Tel: 012 803 891  
[senaka.fernando@kh.pwc.com](mailto:senaka.fernando@kh.pwc.com)

### Chambre de Commerce Franco-Cambodgienne

Office 13A Ground Floor Hotel Cambodiana 313 Sisowath Blvd, Tel: 023 221 453  
[www.cccfambodge.org](http://www.cccfambodge.org)

### International Business Club of Cambodia

56 Sotheaors Blvd, Tel: 023 210 225  
[zirconium@online.com.kh](mailto:zirconium@online.com.kh)

### Canadian Trade Commissioner Service

Canadian Embassy, 9 Street 254

Tel: 023 213 470 Ext 417  
[www.infoexport.gc.ca/kh/](http://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](mailto:mbcc.secretariat@gmail.com)

### Singapore Business Club (Cambodia)

92, Norodom Blvd, Tel: 023 360 855  
[singcamb@online.com.kh](mailto:singcamb@online.com.kh)

## Cleaning

### Christine Franke

Tel: 092 884 255

European standard house cleaning including training of Khmer staff.

## Commercial Banks

### Maruhan Japan Bank

83 Norodom Blvd., Tel: 023 999 010

Cambodia's first Japanese commercial bank.

## 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](mailto: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](mailto:email@asiainsurance.com.kh)  
[www.asiainsurance.com.kh](http://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](http://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](http://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](http://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](http://www.niscambodia.com)

[info@niscambodia.com](mailto: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](http://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](mailto:info@conicalhat.com), [www.conicalhat.com](http://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](http://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

THE WHAT'S ON GUIDE TO PHNOM PENH

# AsiaLIFE

## PHNOM PENH

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[www.asialifecambodia.com](http://www.asialifecambodia.com)

# 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.

**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

## Post Office

### Main Post Office

Cnr. Street 102 & Street 13  
Open from 6.30am to 9pm

The place to go if you want to send something overseas, or if something has got lost in the post, this is where you might find it.

## Printing & Design

### Digital Advertising

60E Street 38,  
Tel: 023 987 600

Print house with modern equipment that provides full print services as well as graphic design.

### Graphic Roots

216B Street 63,  
Tel: 023 210 712

Graphic design company which offers full creative design services. Over ten years experience in Cambodia.

## Security Firms

### MPA

23 Street 214,  
Tel: 023 210 836

Well-established security company that is responsible for keeping many of the town's buildings safe and sound.

## Telecoms

### Cadcoms

825A Monivong Blvd.,  
Tel: 023 726 680

New communications company with Norwegian connections has launched the qb 3G entertainment network.

### Cambodia Samarat Communication

56 Norodom Blvd., Tel: 016 81001  
Internet provider that issues the 016 SIM card.

### Camshin

6B-7B 294 Mao Tse Tung Boulevard  
Tel: 023 367 801

Internet provider that also installs land lines and issues the 011 SIM card.

### City Link

170 Norodom Blvd., Tel: 023 220 112  
One of the major internet providers in Phnom Penh.

### Mobitel

33 Sihanouk Blvd., Tel: 012 801 801  
Major mobile phone company which issues the 012 SIM card and has an impressive main office, making it easy to keep your telephone number after your phone has been stolen, although normally you have to wait a few hours.

### Online

60 Monivong Blvd., Tel: 023 727 272  
The biggest and most reliable of the Internet providers. Has a major drive on its 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.

## Shipping

### 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



# Trevor Keidan: Interesting Times?



WITH RECORD-BREAKING RETURNS from the developing world, European and U.S. stock markets doing well and everyone buying more property than would have previously been thought possible; it all seemed to good to be true. And, of course, it was.

A great grey cloud appeared on the horizon and the heavens opened. Now instead we have banking woes in the U.K., the Bear Stearns debacle, plummeting stock prices, financial stocks in a woeful state, and oil and gold surging seamlessly out of control.

The thing to consider is was this all really such a surprise. With U.S. debt levels at record highs, the printing presses running overtime and the end of the sub-prime fixed rates; the story was already written on the wall.

### ■ PLAY AGAINST THE MARKET

I am not sure we will we ever learn.

As a rule, investors have a “follow the herd mentality.” They tend to sell low and buy high. The fundamental flaw in the strategy seems obvious, but time and time again we see history repeating itself.

The great investors of our time, like Warren Buffet, tell you to do the exact opposite of the markets. In other words

buy when people are selling, and sell when people are buying.

When we try and apply investment techniques to our own savings and investments, we often get too caught up in the emotions of the whole experience. We tend to end up on the wrong side of every trade. Good financial planners will always take a longer-term view of their clients’ needs and try to plan around those specific goals.

The easiest and most effective way to generate strong, long-term growth is by investing on a regular basis. Invest smaller amounts every month regardless of any short-term volatility. Take a long-term view, be consistent and disciplined.

Choose funds that have an excellent long-term strategy regardless of short-term volatility. Most of all – be brave. Do not follow everyone else into a freefall dive without so much as a parachute.

History tells us that if you focus on the longer-term, stay disciplined and work with a competent and trusted financial advisor, you can achieve your goals without too much stress and heartache.

### ■ FIVE EASY STEPS

Here are five simple steps to achieving your longer-term objectives:

- 1) Find an independent financial advisor you can work with and trust – ask your friends who they work with.
- 2) Really put some thought into your medium- and long-term objectives. Discuss these with your financial advisor.
- 3) Decide on an amount of money you can save on a regular basis over a long period of time. Don’t ever overstretch. Do what is affordable. If there is a shortfall between what you need to save and what you can save, address this over time with small increments.
- 4) Be disciplined and focus on the end goal.
- 5) Review your investment on a regular basis with your advisor.

This is a great strategy to help plan your financial goals through investing some of your monthly income into mutual funds. Your financial advisor will have several different options available depending on your specific needs and requirements.

*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](mailto:tkeidan@infinsolutions.com)*



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## Angkor by Air

Tired of traipsing all over the temples? Looking for a different perspective to view one of the true wonders of the world? Why not see Angkor by air? Words by **Mark Jackson**.

UNDERSTANDABLY A VISIT to the temples of Angkor is a must-do for nearly all visitors to Cambodia. As the magnificent complex becomes more and more established as an international tourist destination, the temples become increasingly overrun with tourists. Time your trip badly and you are as likely to see a busload of Korean tourists, as the enigmatic face of Bayon. At such times it pays to think of alternative ways to take in the temples.

While a ride on an elephant can offer you a lofty view of Angkor Thom and the hot air balloon affords fantastic views of Angkor Wat, to really soak up the full panorama of the complex by air, there really is only one option – hire a helicopter.

### ■ THE PACKAGE

Two companies – Helicopters Cambodia and Sokha Helicopters – fly helicopters over the complex. The former runs flights out of the domestic terminal at Siem Reap airport. Both companies offer a range of flights ranging from six minutes to half an hour.

Helicopters Cambodia's basic eight-minute flight is just long enough to whiz round the southern tip of Angkor Wat. Sokha

“ The craft literally hovered above the ground before setting off towards the temples ”

offers a similar trip lasting six minutes. Of better value – unless you just want to savour the thrill of flying in a helicopter – is Helicopters Cambodia's 14-minute flight (US\$130 per person). Continuing past Angkor Wat towards the Eastern Baray, this flight gives you an impression of the scale of the complex as a whole. It also provides a bird's eye view of some of the less trekked temples. Once again Sokha's trip is two minutes shorter.

Both companies also run extended 20-minute and 30-minute flights over the Tonle Sap and the temple complex.

We opted for Helicopters Cambodia. In existence for nine years now, this is a professional operation. All passengers have to specify their weight (in kilograms) before take-off, the helicopter is new and looks well-maintained and the pilot, Kiwi David Taylor, is reassuringly experienced. David also doubles-



Up up and Angkor

up as tour guide, providing a running commentary throughout the flight.

### ■ THE FLIGHT

Part of the fun of the trip is actually flying in a helicopter – especially if it is your first time. Do not expect a manic whirring of blades and deafening noise. Modern helicopters have come a long way from celluloid-inspired images of war choppers.

Our take-off was extremely smooth – the craft literally hovered above the ground before setting off towards the temples. Visibility is excellent, as the helicopter points slightly nose-first towards terra firma. Try to get a window seat or best of all one next to the captain.

Once in the air, the flatness of the terrain around Angkor becomes apparent. The verdant nature of the forest still around Angkor Thom is equally striking. Although the view of Angkor Wat is excellent, it's possibly of greater interest to identify features you would miss while on the ground. These include paddy fields that used to be the former reservoirs for the ancient civilisation and a straight path that used to be an ancient highway.

Ultimately though one of the greatest pleasures is watching the procession of ant-like creatures ploughing their way around the temples. That is unless it's your turn to be an ant the following day.

### ■ PRICES PER PERSON

**Helicopters Cambodia**  
8 minutes – US\$75  
14 minutes – US\$130  
20 minutes – US\$175  
30 minutes – US\$265

**Sokha Helicopters**  
6 minutes – US\$50  
12 minutes – US\$100  
20 minutes – US\$160  
30 minutes – US\$240

### ■ WHO TO SEE

**Helicopters Cambodia**  
10 Street 310, Phnom Penh,  
Tel: 023 213 706,  
658 St Hup Guan, Mondul 1,  
Siem Reap, Tel: 063 963 316  
[www.helicopterscambodia.com](http://www.helicopterscambodia.com)

**Sokha Helicopters**  
2 Street 134 Phnom Penh,  
Tel: 023 885 772  
24 Sivatha Road, Siem Reap,  
Tel: 012 184 8891  
[www.sokhahelicopters.com](http://www.sokhahelicopters.com) ■



Best seat in the sky Not a tour bus in sight



# Regional Guide



A network protecting children from all forms of abuse. [www.childsafe-cambodia.org](http://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](http://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](http://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](http://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](http://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 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](http://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.hoteldelaixangkor.com](http://www.hoteldelaixangkor.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 5.30am to 11pm.

## Siem Reap - Galleries

### Carnets d'Asie

**333 Sivutha Bld., Tel: 016 746 701**  
[www.carnetsdasie-angkor.com](http://www.carnetsdasie-angkor.com)  
 Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th century.

### Klick

**Alley behind Pub Street, Tel: 063 761 084**  
 Commercial fine art gallery dedicated to the work of Swiss photographer Pier Poretti. Black and white photographs are given a face-lift using hand-tinted water colours. Prints start at US\$40.

### McDermott Gallery

**FCC Complex, Pokambor Avenue & alley behind Pub Street, Tel: 012 274 274**  
[www.mcdermottgallery.com](http://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](mailto: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

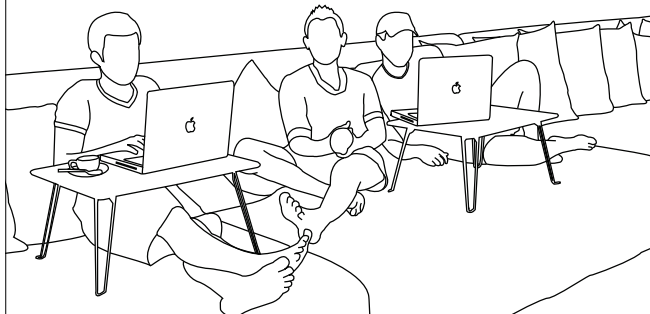
### Amanara

**Pokambor Avenue, Tel: 063 760 333**  
[www.amanresorts.com](http://www.amanresorts.com)  
 The ultimate in Siem Riep'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. ☺

**THINK BEFORE GIVING MONEY TO BEGGING CHILDREN**



**the blue pumpkin**



**bakery  
ice cream  
restaurant  
lounge**



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

# CENTRAL SIEM REAP



## Claremont Angkor

17 Phum Wat Bo, Tel: 063 966 898  
www.claremontangkor.com  
New reasonably priced hotel with swimming pool, gym and large outside terrace area. Well-located just across the river, but within easy access of both temples and town.

## FCC Angkor

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

## Golden Orange

Off East River Road, Tel: 063 965 389  
Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers. Rooms from US\$20.

## Hotel de la Paix

Sivutha Boulevard, Tel: 063 966 000  
www.hoteldelapaixangkor.com  
With stoneware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free Wi-Fi. Special offer rooms from US\$165 a night.

## La Residence d'Angkor

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

## Raffles Grand D'Angkor

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

## The Red Piano

341, 50m Northwest of the Old Market, www.redpianocambodia.com  
Nicely designed guest house with 15 comfortable and spacious non-smoking rooms. All include air-con, cable TV and a hot shower from US\$16 to US\$28 a night. Promises a hassle-free stay.

## Sokha Angkor

Cnr Sivutha Rd and National Rd 6  
Tel: 063 969 999, www.sokhahotels.com  
Huge 5 star resort, sister property to Sihanouville's Sokha Beach Resort. Located just back from the centre of town, it has a large pool, Irish pub and Japanese restaurant. Rooms from US\$250-2000 a night.

## Victoria Angkor

Near Royal Gardens, Tel: 063 760 428  
www.residencedangkor.com  
Beautiful hotel with the most luxurious swimming pool and gardens. Rooms from US\$285 per night.

## Siem Reap - Leisure

### Body Tune

293-296 Pokambor Avenue  
www.bodytune.co.th  
Heavy grey stone Thai-run spa with selection of massages and facials starting at US\$12. All masseuses work with Thai instructors.

### Frangipani

Alley behind Pub Street, Tel: 063 964 391  
Relaxing three-room beauty spa in the heart of town that's popular with expats.

Massages are from US\$18. Body treatments and facials start at US\$22.

## Phokeethra Country Club

Sofitel Royal Angkor Resort & Spa, Vithel 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 gallery shopping area is this beautifully shaded high quality restaurant.

### FCC Angkor

FCC Complex, Pokambor Avenue  
Tel: 063 760 280  
The best example of contemporary Asian architecture in Cambodia, the elegant bar and restaurant serve a mix of Asian and International cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel and arguably the coolest pool room in Cambodia.

### La Noria

Wat Bo Road, Tel: 063 964 242  
Beautiful restaurant, set on a raised terrace area surrounded by trees. Serves good international and Khmer cuisine. Has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

### Le Malraux

155 Sivutha Boulevard  
www.le-malraux-siem-reap.com  
Sophisticated French fine dining establishment close to the market with good outside terrace and welcoming bar. Has a fine selection of wines.

### Le Bistrot de Paris

Old Market Area, Tel: 092 964 790  
Parisian-style bistro which opened in December 2006. Heavy wood-panelled interior with solid bar and aircon provide this restaurant with authenticity. Serves foie gras, croque monsieur, cheese, cold cuts and French wines.

### Maharajah

Next to Pub Street, Tel: 092 506 622  
Halal restaurant offering 261 Royal Indian

**Happy Painting Gallery**  
Since 1995

Featuring the iconic artist  
**STEF**

- FCC-Phnom Penh 023-221-732
- FCC-Angkor 063-965-623
- Paar Chaas Quarter 063-963-114
- Angkor Century Hotel 063-963-623

www.happypainting.net



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 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 Madagascar-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 Zef. 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 druggstore that also has two branches in Phnom Penh. Sells health and beauty products. Open 8am to 12am.

**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 bugalows overhanging the river too. Most definitely a place to chill like the lotus eaters.

**Bokor Mountain Lodge**

*Riverfront, Kampot, Tel: 033 932 314  
www.bokorlodge.com*

Beautiful French colonial building set on the riverfront with recently refitted air-con en-suite rooms. Restaurant and bar serves a variety of Khmer, Asian and Western food. Rooms are from US\$20 to US\$35 and the restaurant is open from 7am to late with Wi-Fi.

**Bonkors**

*Riverside Road, Kampot*  
Next door to the British pub Rusty Keyhole, Bonkors is a pub and wine bar, hosted by Terri and Richard. The good selection of drinks includes cocktails and imported French wines, and air conditioning is an added bonus. Open from 1pm to midnight, closed on Wednesdays.

**Epic Arts Café**

*Old Market, Kampot*  
Employing deaf staff, this café next to the old market has a good range of bagels, shakes, brownies and coffee. Open from 7am to 6pm.

**Jasmine**

*House 25 Riverside Road, Kampot  
Tel: 012 927 313*  
Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish addition to the Kampot riverfront. Serves tasty Thai, Khmer and café fare, it also has photography decorating the walls, and dark wood furniture including two large tables for groups.

**Les Manguiers**

*2 km North of Kampot, Tel: 092 330 050*  
Beautiful tiny resort set on the Kampot side of the river a couple of kilometres out of Kampot. Three rooms (US\$15) and four bungalows (US\$20 - US\$25). Also has a restaurant with food prepared fresh every day.

**Little Garden Guest House**

*Riverside Kampot*  
Good value guest house well located near the old bridge on the riverside. Good sized rooms cost between US\$10 to



*History, Elegance and comfort along the Sea Shore!*



**The Independence Hotel**  
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**Spend two nights and get your third night for FREE! Offer applies for the month of June only.**

# 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.

US\$18. Also has a restaurant open from 7am to 10pm.

## Rikitikivi

*Riverfront, Kampot, Tel: 012 274 820*  
rikitikivi@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.

## 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 weekends. 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

# 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

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 Ratanakiri, this guesthouse has cheery, colourful and clean rooms for only US\$4 to US\$5 a night. The café serves up some of the most innovative

## Italian Restaurant Luna d'autunno

Wood fired  
pizzaoven

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

6c Street 29  
Phnom Penh  
Tel. 023 - 220 895  
lunaphnompenh@gmail.com

## សណ្ឋាគារ គ្រោងទំព័រ កំពង់ GOLDEN ORANGE HOTEL

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Cozy bar, Roof top terrace area.  
**10 minutes from the airport.**



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 Mittapheap, Tel: 012 728 090**  
Beautifully restored hotel on Independence Beach, originally opened in 1963, reopened in 2007 following a complete refurbishment. Infinity pool and sweeping ocean views from most rooms. Gym, conference rooms and circular restaurant. Rooms from US\$110 to US\$450 per night.

### La Maison Blanche

**Victory Hill, Tel: 012 913 714**  
Hotel conveniently placed on Victory Hill's

main drag and a few hundred metres walk from Victory Beach. Opened in August with rooms from US\$6 (fan) to US\$12 (air con).

### Le Vivier de 'La 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.

### Luna d'autunno

**Ekareach Street, Tel: 034 934 280**  
Best Italian restaurant in Sihanoukville, serves a similar menu to the one in Phnom Penh, but with a heavier emphasis on seafood. Beautiful roof-top terrace and interior air-con restaurant. 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.

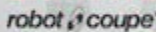
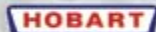
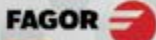
### Top Cat

**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.

# SUPREME 5 EQUIPMENT SUPPLIES



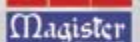
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Siem Reap, Siem Reap Province  
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www.supreme5.com

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. **A**

- PUB QUIZ ANSWERS**
- 1) Bitter Sweet Symphony
  - 2) Gangsta's Paradise - Coolio
  - 3) Pretty Fly for a White Guy - The Offspring
  - 4) Achy Breaky Heart - Billy Ray Cyrus
  - 5) Livin' La Vida Loca - Ricky Martin
  - 6) Killing Me Softly - The Fugees
  - 7) Losing My Religion - REM
  - 8) Cotton Eye Joe - Rednex
  - 9) One Week - The Barenaked Ladies
  - 10) Common People - Pulp
  - 11) Junta 12) Ampersand
  - 13) Drachma 14) Abraham Lincoln 15) Nellie Kim
  - 16) Men in Black 17) Killer Whale 18) Eliot Ness
  - 19) Southampton
  - 20) Napoleonic 21) Coca Cola 22) The Color Purple
  - 23) Martina Hingis 24) Global Witness 25) Beehive Radio 26) DH Lawrence
  - 27) Black Beauty 28) Twelfth Night 29) 1988, Seoul 30) The Anarchists Cookbook.





# Reef Resort Sihanoukville

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www.reefresort.com.kh
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## Spring Cleaning *in America*



ILLUSTRATION BY WJH / OUR BOOKS

AS THE WEATHER WARMS and the days lengthen, millions of Americans delve into the massive amount of stuff they have accumulated over the winter – and attempt a spring cleaning.

Rooms cluttered with assorted junk are sorted and emptied. Sexy but useless gadgets, like laser-guided nail clippers and USB-powered toasters, are removed from desks and packed away with a hint of buyer's remorse. Clothes that are too big, or more often too small after months of holidays and even less activity than the already paltry American norm, are tossed from the nation's closets.

### ■ GARAGE SALES

But not all the remnants of the great American pastime of consumption are destined for attics, landfills or recycling yards. Instead – in a fine example of Americans eternal search for both wealth and more items

**It's the rare American who will give away a battered armoire to a neighbour when they can sell it for enough money to buy an inflatable pool table**

to display that wealth – the unwanted items are proudly displayed on lawns and driveways next to bright red signs announcing "Garage Sale."

Even as Internet commerce and sites like eBay flourish, a plethora of garage sales sprout every weekend of spring and summer. Although beloved American icons such as cheeseburgers and shopping malls are finding a place in Cambodians' hearts, the

garage sale remains an alien idea. Cambodian families rarely move from one house to another, and when they do they usually give away their possessions to family, friends and neighbours instead of selling them all off at once.

It's the rare American who will give away a battered armoire to a neighbour when they can sell it for enough money to buy an inflatable pool table. It's true that most garage sellers simply want to clear out the goods as fast as possible. They are willing to sell baby outfits for a dime, or their entire collection of pots and pans for US\$10. Some show more chutzpah, demanding US\$50 for a pair of designer jeans that looks no different from a pair on the rack at the local discount retailer. Usually, if you know what you want and have survived a few Cambodian markets with your wallet intact, you can make out with some decent acquisitions.

### ■ LOST IN TRANSLATION

When we arrived in the United States from Cambodia, I expected my wife to be eager to explore the unwanted treasures for sale. After all, she was no stranger to selectively picking over merchandise for sale in markets big and small and haggling for a fair price. Except for weekly farmers' markets, a garage sale is the closest experience to buying something in Cambodia. There are no final prices, no managers and no cash registers.

However, when I asked her to go with me to a garage sale, she refused. When I asked her why, she said, "Why should we buy a garage? We don't even own a house!"

She was correct on that point, so I promised to keep any purchases small in both size and cost.

*Will Koenig lives in Oregon with his wife and son. Contact him at will.koenig@gmail.com. ■*

# this month in history

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



■ **A STAR IS BORN**  
**JUN. 1, 1926**

One of the most iconic figures in the twentieth century was born Norma Jean Mortensen on Jun. 1, 1926 in Los Angeles. Marilyn Monroe was as famous for her off-screen romances, marrying Joe DiMaggio and Arthur Miller as well as having an alleged affair with President JF Kennedy, as for her on-screen success. A tragic character, who spent most of her childhood in foster homes and orphanages, Monroe eventually died from an overdose of sleeping pills on Aug. 5, 1962. Despite being typecast as a dumb blonde, Monroe had the honed timing of a comic genius, as she demonstrated in the classic Billy Wilder comedy – *Some Like It Hot* (1959).

■ **TIANANMEN SQUARE MASSACRE**  
**JUN. 4, 1989**

One of the blackest days in Chinese history, and one that is sure to be recalled around the globe

in the build-up to the Olympics took place in Beijing's Tiananmen Square in 1989. In the early hours of the morning of Jun. 4 the Chinese Government ordered the People's Army to open fire on a group of protesting students that had gathered in the square since April. Government estimates were that 300 people died in the attack, whereas other estimates place the figure at ten times that amount.

■ **BOBBY KENNEDY ASSASSINATION**  
**JUN. 5, 1968**

An event that shook the world occurred on Jun. 5, 1968. Senator Robert Kennedy, brother of President JF Kennedy, was assassinated outside the Hotel Ambassador in Los Angeles. Kennedy, shot while leaving from a celebration of his victory in the California presidential primary, was the front-runner for the Democratic Party's presidential nominee. An outspoken critic of the Vietnam War, racial



discrimination and poverty, Kennedy served as U.S. Attorney General from 1961 to 1964.

■ **MAGNA CARTA**  
**JUN. 15, 1215**

Seen by many as the building block for modern day democracies and human rights around the globe, the Magna Carta was signed by the English King John at Runnymede on Jun. 15, 1215. The charter established basic rights for English citizens, including habeas corpus, and stipulated that the king's will was bound by law.

■ **WATERGATE**  
**JUN. 17, 1972**

A seemingly routine burglary at the National Democratic Headquarters in the Watergate complex, Washington DC on Jun. 17, 1972 eventually led to the downfall of President Richard Nixon. The five arrested men were hired by Nixon's re-election committee. Subsequent investigations revealed an extensive cover-up and other illegal activities authorised by the White House. Nixon eventually resigned on Aug. 9, 1974.

■ **NAPOLEON MEETS HIS WATERLOO**  
**JUN. 18, 1815**

Napoleon Bonaparte's imperial domination of mainland Europe came to its inevitable end on the fields of Flanders on Jun. 18, 1815 at the hands of combined British, Dutch, Belgian and Prussian troops under Wellington. This ended 23 years of warfare between France and the other European powers. Bonaparte, who had previously served one period of exile on the Italian island of Elba was sent into exile on the Atlantic island of St Helena. He died there on May 5, 1821.

■ **ORIGINS OF WORLD WAR II**  
**JUN. 28, 1914**

An event that sparked off the First World War occurred on Jun. 28, 1914, when Hapsburg crown prince Archduke Franz Ferdinand and his wife were assassinated by a Serbian nationalist in Sarajevo. The subsequent declaration of war by the Austro-Hungarian government triggered a chain of events that plunged the rest of Europe into a bloody conflict that lasted until 1918. ❏

■ **CELEBRITY BIRTHDAYS IN JUNE**

*Figures in brackets represent the age they will be on their birthday.*

- Jun. 1 – Morgan Freeman (71); Jun. 3 – Tony Curtis (83); Jun. 4 – Angelina Jolie (34); Jun. 5 – Mark Wahlberg (37); Jun. 6 – Bjorn Borg (52); Jun. 7 – Prince (50), Liam Neeson (56), Tom Jones (68); Jun. 9 – Nathalie Portman (27), Johnny Depp (45), Michael J. Fox (47); Jun. 10 – Liz Hurley (43); Jun. 14 – Steffi Graf (39), Donald Trump (62); Jun. 17 – Venus Williams (28); Jun. 18 – Isabella Rossellini (56), Paul McCartney (66); Jun. 21 – Nicole Kidman (41); Jun. 25 – George Michael (45); Jun. 28 – John Cusack (42), Mel Brooks (82); Jun. 30 – Mike Tyson (42).







# Cambodia's first Japanese commercial bank opens

For centuries Japan has been synonymous with excellence, innovation and attention to detail. MARUHAN Japan Bank's experienced and dynamic team of professionals aims to bring these qualities to the banking sector in Cambodia. Multi-lateral donor agencies and companies of any size now have access to bespoke banking solutions ranging from simple advisory services through to complex business restructuring using a mix of debt and equity. At the same time, MARUHAN Japan bank will also offer an innovative range of off-the-shelf products to meet the growing demand for premium personal and business banking services in Cambodia.

## Strong bi-lateral ties

The friendship between Japan and Cambodia has always been strong. MARUHAN Japan Bank, as the first Japanese commercial bank in the country, aims to build further on these strong ties by delivering services that facilitate and encourage investment and contribute to the speedy rebuilding and development of Cambodia. With its impeccable credentials and unrivalled business acumen, the MARUHAN Japan Bank is set to be an ideal partner for new investors from Japan and Korea.

## Over 50 years of business expertise

The MARUHAN corporation has grown from humble beginnings in a small town north of Kyoto to become one of Japan's most successful privately owned conglomerates. This success has seen the company broaden its portfolio and set its sights on growth throughout the region, including indochina. Together with its key Cambodian partner, MARUHAN Japan Bank promises to provide world-class commercial and investment banking expertise underpinned by local knowledge and industry expertise.

## Giving back

While MARUHAN takes pride in the scope, success and stability of its international operations, the company firmly believes that the true measure of its success lies in what it can give back. The Bank's corporate and social responsibility programme will promote growth and well being in the communities in which it serves.

## Open for business

MARUHAN Japan Bank celebrated the opening of its Head Office on May 22 with an official ribbon-cutting ceremony attended by both international guests and many of Cambodia's political and business leaders. Prominently located on Norodom Boulevard, the internationally designed banking facility possesses state-of-the-art financial and IT facilities and is a physical embodiment of the brand's key pillars of service, strength and success.

The branch operates during the business hours of 8.30 AM - 4 PM Monday - Friday and can be contacted by calling 023 999 010.



To find out more about MARUHAN Japan Bank, contact a customer service agent on 023 999 010 or visit [www.maruhanjapanbank.com](http://www.maruhanjapanbank.com)

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# The QuizMaster

■ **1990S LYRICS**

- Name the song and the artist
- 1) "I'm a million different people from one day to the next..."
  - 2) "As I walk through the valley of the shadow of death, I take a look at my life"
  - 3) "At least you'll know you can always go on Ricki Lake."
  - 4) "You can tell your ma I moved to Arkansas"
  - 5) "She's into superstitions, black cats and voodoo dolls"
  - 6) "I felt all flushed with fever, embarrassed by the crowd"
  - 7) "That's me in the corner, That's me in the spotlight"
  - 8) "Where did you run to? Where did you go?"
  - 9) "Like Harrison Ford I'm getting frantic, Like Sting I'm tantric, Like Snickers, guaranteed to satisfy"
  - 10) "She came from Greece she had a thirst for knowledge, She studied sculpture at Saint Martin's College"

■ **CHAIN LETTERS**

- The last letter of the previous answer is the first letter of the next answer.
- 11) Which Spanish word, meaning committee, represents a military dictatorship, used particularly in Latin America?
  - 12) In printing what name is given to this symbol: & ?
  - 13) What did the Euro replace in Greece?
  - 14) Who was the first President of the USA to be assassinated?
  - 15) Who was the second woman to be awarded a perfect score of ten in an Olympics Gymnastics event?
  - 16) Which movie was advertised with the tag line, "Protecting the earth from the scum of the universe"?
  - 17) How is the Orca otherwise known?
  - 18) Who led the team that eventually led to Al Capone's arrest?

- 19) From which English port did the Titanic set sail on its fateful voyage?
- 20) Income tax was first introduced in Britain to finance which war?

■ **BANNED!**

- 21) The 1970 Kinks hit Lola was banned from BBC Radio until the lyrics were changed slightly, as it was deemed to be advertising which product?
- 22) Which book by Alice Walker was banned by the American Library Association but was later turned into a successful movie?
- 23) Which tennis star was handed a two-year ban after testing positive for cocaine at Wimbledon in 2007?
- 24) The Cambodian government banned the publication Cambodia's Family Trees by which NGO?
- 25) The Cambodian government tried to ban broadcasts of Voice Of America and Radio Free Asia on which popular radio station?
- 26) Who wrote the novel Lady Chatterley's Lover, which was famously banned in the U.S., the U.K. and Australia for breaking obscenity laws?
- 27) Which Anna Sewell novel was banned in South Africa in 1955?
- 28) Which Shakespeare play was banned in New Hampshire because it includes a girl dressing as a boy?
- 29) Canadian sprinter Ben Johnson was banned after testing positive for steroids at which Olympics?
- 30) Which 1971 cookbook has been banned in many countries?

■ **Answers on page 86**

# 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 5:**

*"I know what I believe. I will continue to articulate what I believe and what I believe — I believe what I believe is right."*  
(Rome, Italy July 22, 2001)

# Sudoku

MIND GAMES TO KEEP YOU THINKING

**S.I. COMPUTER TECHNOLOGY SUDOKU PRIZE COMPETITION**

Congratulations to Chuor Lynarath, last month'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 012 261 449 with the four numbers from the cells shaded grey in the four corners of the puzzle, starting from the top left hand square and moving clockwise.

All winning entries will enter the prize draw on June 15. Good luck! 🍀

Level: Intermediate

Gwan Ching Lee's time: 20 mins

	4							
7					5			
			3	9		2	1	4
	2	6						8
				1	4			
8						3	7	
5	1	9		7	8			
			6					2
							9	

## 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.

9	3	7	2	6	4	5	8	1
5	8	4	1	3	7	9	6	2
2	1	6	8	9	5	3	4	7
6	7	1	4	2	9	8	3	5
4	2	3	5	8	6	1	7	9
8	5	9	7	1	3	4	2	6
7	6	5	9	4	8	2	1	3
3	4	2	6	5	1	7	9	8
1	9	8	3	7	2	6	5	4



Gwan Ching Lee





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