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ISSUE20



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Editorial

SPORT IS IN THE AIR. THE Olympics start in Beijing this month and our TV channels will soon be bombarded with images of Americans, Chinese and Australians being lauded with gold medals. Cambodia will have four competitors at the games, but do not expect them to step onto the medal rostrum. When we originally planned this issue, we decided to focus on these four athletes – two runners and two swimmers. However, as the issue developed we began to realise that this was not the real story.

Chatting with Chris Minko from the CNVLD, it became apparent that Cambodia's true sporting heroes are not the two men and two women who are going to compete in the Olympics, but the many disabled athletes who play volleyball and compete in wheelchair races across the country. These come from the most disadvantaged parts of society and have regained a sense of dignity, as well as respect within their own communities, through their sporting endeavours.

We decided to call this issue "Empower" to reflect the power that sport has to effect social change, as Chris says in the main cover story. We realised this after all was the ethos of the Olympic Games – "it's the taking part that counts" – not the medal tally at the end of the games, and so the title for the main cover story took shape. In the article we look at the empowering ability of women's rugby and kid's football, in addition to disabled volleyball and wheelchair racing.

Sport is not alone in its ability to effect social

change. Music has the same ability. In the second cover, Sam Campbell talks to Korsang, an organisation that employs returnees to rehabilitate drug users through hip hop.

The third angle on the empowerment theme is yoga. Virginie Noel puts down her camera to talk with Isabelle Skaburskis of Nataraj Yoga, who run two programmes – one with orphans and a second with victims of trafficking – helping these young people to become self-confident and independent.

In Kaleidoscope this month we take a look at Reyum. In addition to recording and publishing the long history of art within the kingdom, this institute works with disadvantaged children, giving them a solid training in basic art techniques.

Premier League football addicts will be pleased to note that our pundit, hot on his successful prediction of the winning goal scorer in the European Championships, has made some predictions for the winners and losers in this year's EPL. We've also included a full fixture list for the season ahead.

This month, as regular readers will realise, AsiaLIFE has undergone a make-over. We thought that after 20 issues it was time for a slight revamp. Most of the changes relate more to design than to content. Over the next couple of months we will be introducing more sections and regular features.

We hope that you enjoy our new look. If you want to give us feedback on this or anything else, email us at: asialifepnompenn@gmail.com

contents

in the penh	8	44	food corner
storyboard	22	58	bar stool
coverstory	28	64	scrapbook
getaways	38	66	leisure & wellness
		74	kaleidoscope

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THE WHAT'S ON GUIDE TO PHNOM PENH
AsiaLIFE
PHNOM PENH

shopping

80

business

85

regional

89

map

96

unplugged

95

- 20 Calendar
- 40 Getaway Guide
- 40 Motorbike Diaries
- 50 Restaurant Guide
- 53 Bargain Bucket
- 60 Bars
- 70 Beauty Spot
- 70 Leisure & Wellness Guide
- 71 Sam Moffett
- 73 Laura Watson
- 76 Arts Diary
- 77 Culture Guide
- 77 DVD Reviews
- 78 Top of the Bops
- 78 Billboard
- 79 Bookworm
- 82 Shopping Guide
- 86 Business Guide
- 87 Trevor Keidan
- 90 Regional Guide
- 102 Quiz
- 102 Sudoku

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in the penh

The Month That Was

pontoon, vans, koupreys, anz, silk, bands, meta house



■ GOING DOWN  In the month that the CCF closed its doors for a traditional French vacation and the Primitive Souls played Maxine's, the biggest party splash was at Pontoon Lounge on Jul. 25. The arrival of Bert Bevans,

the first resident DJ at London's Ministry of Sounds guaranteed a full house. Coupled with the pre-election midnight alcohol curfew that closed other late night haunts, this meant Pontoon was packed to the rafters.

As the revellers got into some of the sweetest house mixes Phnom Penh has heard this year, the deck started to rock and roll. Unfortunately one of the floatation tanks underneath the decking sprang a leak and the

pontoon started to sink. Around the witching hour water started to seep into the lounge, covering the dance floor. Still the music played, and the dancers strutted their funky stuff – who ever said that alcohol and electricity don't



85, Sothearos Blvd

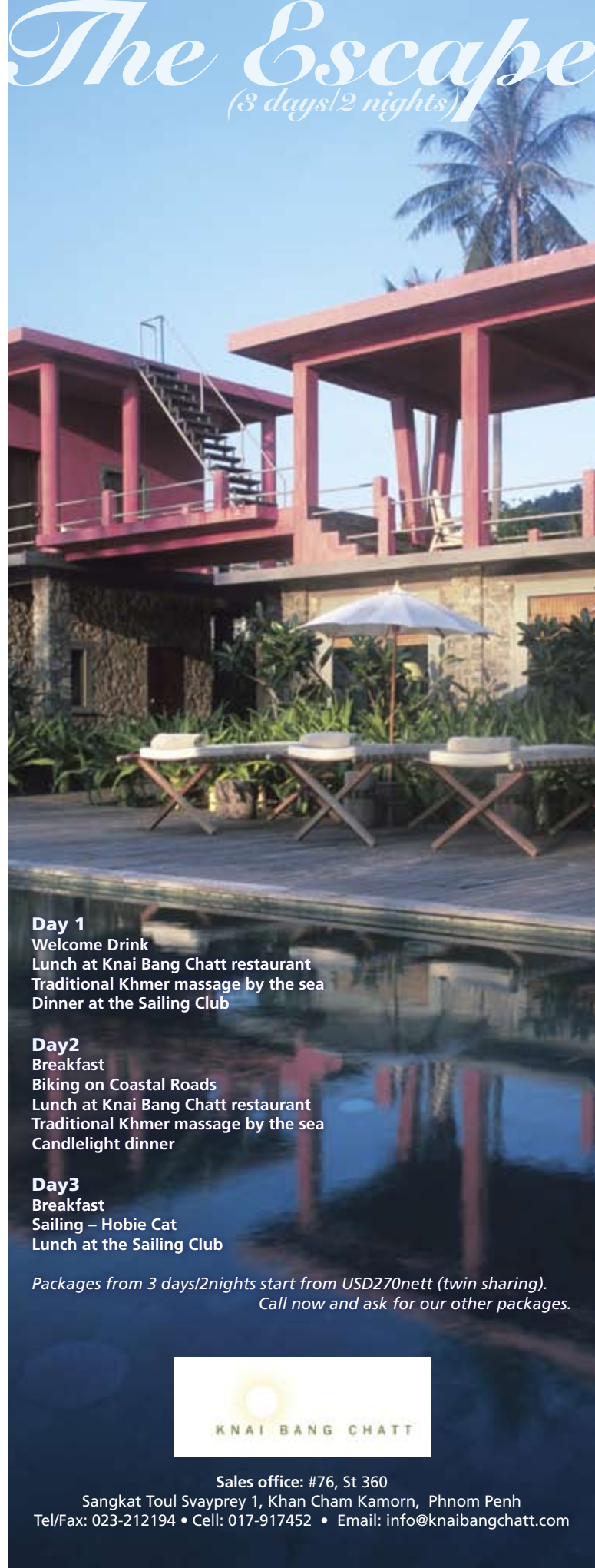
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The Escape

(3 days/2 nights)



mix? Eventually the power was cut and the party-goers headed off to the Riverhouse Lounge, or voyeuristically hung around to see the demise of Pontoon Lounge and the rising of Phnom Penh's very own Titanic.

Owner, Steve Nyirady (up to his waist in it – centre photo opposite page), assures that Pontoon will re-open shortly, once stringent safety checks are concluded – amazingly he managed to save most of the gear.

AsiaLIFE photographer Nathan Horton was present to capture the spirit of the night, from late-night ecstasy to morning-after hangover.

■ KHMER ARTISTS KICK-OFF VAN'S HAPPY HOUR

An exhibition of drawings and paintings created by 20 Cambodian artists marked the opening of Van's Restaurant's happy hour on Jul. 16. The artists, who all attend the Phare Ponleu Selpak School in Battambang, produced some 40 works especially for the occasion, depicting images from Cambodian mythology as well as drawings of Cambodian buildings and architecture. Two artists, Chea Sereyorth and Sokhom, sat in the restaurant's elegant gardens, creating two more drawings during the exhibition. The exhibition was the brainwave of Madeleine de Langalerie, assistant to the Senior Minister at the Ministry of Culture and Fine Arts. The works are available for US\$300 (unframed) or US\$330 (framed). Van's happy hour features two-for-one drinks from 5pm to 7pm. There is also a new lunch menu with salads starting from US\$2.

Van's Restaurant, 5 Street 102, Tel: 023 722 067

■ KOUPREYS ROUTED

The Koupreys, Cambodia's national rugby team, returned

home from their recent tour to Indonesia disappointed. They lost their opening game with arch-rivals Laos in the HSBC/Asian Five Nations Southeast Asia Regional Tournament in Jakarta by 33 – 0. This victory, coupled with a 15-14 win over Cambodia last month in Vientiane, handed Laos the 2008 Mekong Cup for the first time.

The Koupreys were then defeated 55 – 3 by the hosts. Coach, Brian Thomas, was phlegmatic about these reversals – Cambodia had previously beaten both nations and had not lost to Laos before their narrow defeat in the country last month.

“From a purely development angle, this is good for our guys. They have to take their lumps – it's part of them gaining valuable game experience at an international level,” he said. “On the other hand, we want to win – the national team is your showcase team, the team that represents your country and you want to create excitement, which helps maintain the enthusiasm for the sport in the country.”

The Koupreys are scheduled to meet Macau in a test match in September in Phnom Penh, although the precise date had not been fixed at time of going to press.

■ ANZ ROYAL BANK DONATES CHILD HELMETS

ANZ Royal Bank hosted a ‘Helmets for Kids’ donation ceremony at Aknoukwat Reachtheany Primary School on Jul. 17. Working with the Asia Injury Prevention Foundation (AIP Foundation), the bank donated 500 helmets to school children. The project aims to change the way the public thinks about road safety, and to help stem the number of traffic injuries and fatalities. According to the bank, only 0.5 percent of children wear



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Day2

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helmets nationwide. A report by the Road Traffic Accident & Victim Information System assessed that 81 percent of road accident fatalities suffered from head injuries, 76 percent of road casualties were motorcyclists and only 3 percent of them were wearing helmets. "This delinquency in helmet wearing no doubt affects children," said Mirjam Sidik, AIP Foundation Executive Director. "If parents are unwilling to wear helmets for their own safety, this apathy leads to even lower wearing rates among children. The ceremony today will hopefully help make parents aware that helmets are vital for their children's safety." Greg Craft, the founder of the AIP Foundation elaborated. "Until people realise the danger that they are putting their children in each day, an entire generation will be mauled on the streets of Phnom Penh."

■ **SILKWORM SOCIAL** »

On the Jul. 17 and 18 the public was invited to an evening of silk at the Regent Park Hotel. Attendees were treated to a detailed demonstration of silk manufacturing. Lay-silk enthusiasts were able to hold live



silkworm cocoons while being talked through the entire process from the silkworm through to the krama. All stages of the silk manufacturing process were covered, with the exception of

the messy silk dyeing process. Live silk worms in four stages of development wriggled about on mulberry leaves. According to the organisers, 96 percent of the silk sold in Cambodia

as 'Cambodian silk' is actually imported from Vietnam. The event was an effort to raise awareness about Cambodia's unique and exceptionally high quality golden silk.

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■ **NEW BANDS AT CAMBODIANA**

17th Crush, a seven-piece Filipino band, started playing the Hotel Cambodiana's QBa on Jul. 1. With three vocalists, two guitarists, a keyboard player and a drummer, the band can play a wide range of music from pop to hard rock. On the same night, Latino band Habana Revolution, featuring Cuban musicians Lina and Vicente, started playing the hotel's Lobby Bar. 17th Crush play Monday to Saturday from 8.15pm to midnight and Habana Revolution play Tuesday to Sunday from 7.15pm to 11pm.

Hotel Cambodiana, 313 Sisowath Quay

■ **ROCKED ON**

THE 4TH OF JULY 🇺🇸

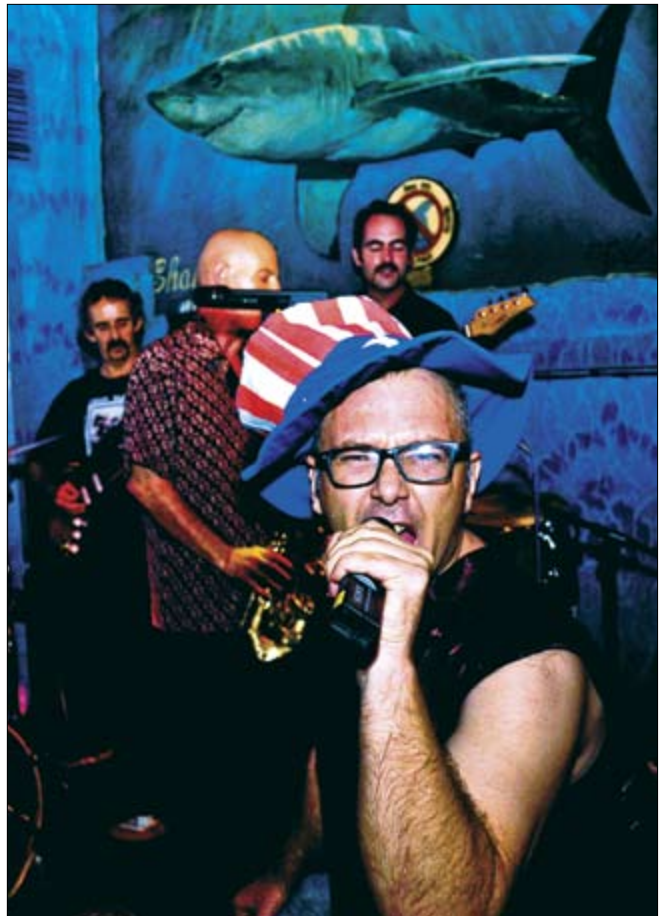
Traditional American activities marked 4th of July celebrations last month – food, alcohol and rock 'n' roll. Freebird celebrated its third birthday with two expansive buffet spreads and numerous drink promotions, which flowed all night. Curtis King and his travelling Saigon minstrels played Sharkys, providing a dose of live music, sadly so short in supply here in the Penh. Bemused local on-lookers

watched on as western women got into the groove, proving that Sharkys doesn't have to be the locale for ladies of the night. Come on guys, give us some more live music!

■ **META HOUSE BOOK LAUNCH**

Meta House in conjunction with the Communication Centre Phnom Penh and the Art+ Foundation Phnom Penh held a book launch and bid farewell to Wolfgang Meyer of Konrad Adenauer Stiftung Foundation at the Raffles Hotel Le Royal ballroom. The authors of the book – Cambodian Artists Speak Out: The Art of Survival – hope that it will provide Khmer artists with a medium to express their thoughts on the Khmer Rouge Regime. Cambodian artists, such as Svay Ken, Vann Nath, Pich Sopheap and Vandy Rattana contributed works of art to the book. The Konrad-Adenauer-Stiftung Foundation has plans to tour the book and some of the works of art internationally.

'Cambodian Artists Speak Out – The Art of Survival' is available free from Meta House, 6 Street 26, 4 and the Konrad Adenauer Stiftung Foundation, 4 Street 462. 📖



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News & Events

childsafe, art prize, salt soccer, miele sponsorship, volleyball, tooit tooit, takagi, qb

■ QB NATIONAL VOLLEYBALL LEAGUE

The 2008 National Standing Volleyball League starts this month. All games will be played on a Saturday and a Sunday at the Olympic Stadium in Phnom Penh between 2pm and 7pm. The round matches will take place on the weekends of Aug. 2/3, Aug. 30/31 and Sep. 20/21. The final is provisionally slated for Oct. 11, also at the Olympic Stadium. The league also announced last month that qb had agreed to be naming rights sponsors for the league. The winning team will receive a purse of US\$30,000. All games will be screened live on CTN.

■ CHIDSAFE BENEFIT

On Aug. 2, the ChildSafe Network and Malis Restaurant will team up for a ChildSafe Network benefit entitled Cuisine and Couture. The benefit will include a Krom Skor drum performance by Sovanna Phum and 'Styles for Smiles' fashion show, displaying the funky and original designs of Friends@240. A silent auction will be held throughout the night, with hotels, restaurants, spas, boutiques and other businesses throughout the city having contributed vouchers and prize packages. Guests will also receive gift bags

upon arrival and automatic entry into a lucky draw. Tickets cost US\$25 and include a fabulous banquet style, four-course Khmer menu, designed for sharing. Drinks are also included in the ticket price.

All money raised will go directly to ChildSafe Cambodia projects, protecting children from all forms of abuse. Since its inception in 2005, the network has directly assisted 562 children, educated over 2,000 children on Child Rights and trained and certified over 1,000 members in Cambodia and Thailand. Tickets are limited, and can be purchased by visiting Malis or by emailing: Lis@friends-international.org.

Cuisine & Couture, A Child-Safe Network Benefit, Malis Restaurant, 136 Norodom Blvd., from 7pm on Aug. 2.

■ BATTAMBANG SALT SOCCER

If you are in Battambang this month and stuck for something to do, then why not watch some kids football. SALT Academy (see cover story) has games throughout the month. Aug. 2 will see an under-12 girls and boys tournament, with the under-10s playing on Aug. 9 and the under-14s on Aug. 16. There will also be an Olympic Soccer Games for children between 8 and 14 years



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of age on Aug. 22 and 23. Games start at 8am.

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■ SINGAPORE ART MUSEUM »

Works of art by three Cambodian artists have been nominated for the inaugural Asia Pacific Breweries (APB) Foundation Signature Art Prize. The three pieces are Old Furnishings in the House a painting by Svay Ken, an untitled photograph by Mak Remissa (part of his Fish and Ant series) and another untitled work, this time a sculpture by Meas Sokhorn – part of his Exhale series. Dana Langlois, owner of Java Gallery and Café nominated the pieces.

In total, 34 artworks from 12 countries in the region were nominated for the award, which is the highest prize awarded by a jury in Southeast Asia. This month the initial list will be reduced to a shortlist of 10 artists competing for five awards – three Juror’s Choice awards and the People’s Choice Award, each of which carry a purse of SGD10,000 (approx. US\$7,350) and the Grand



Svay Ken’s Old Furnishings in the House is one of the entries in the APB Foundation Signature Art Prize

Prize of SGD45,000 (approx. US\$33,000). A website will be launched this month to allow people to vote for the People’s Choice. The ten finalists will also appear in an exhibition at the Singapore Art Museum during October and November.

The winners will be announced on Oct. 14.

“We are pleased that with the Asia Pacific Breweries Foundation Signature Art Prize, APB is able to show the region the quality of the art in Cambodia and give our local artists a chance to partici-

pate in the highest juried art prize in the Southeast Asian region,” said Michael van der Poel, General Manager of Cambodia Brewery Ltd..

For more information, visit: <http://www.nbb.gov.sg/SAM/signatureartprize>

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■ VISITING JAPANESE MUSICIAN AT CAMBODIANA

Japanese ocarina player, Takagi, will perform at the Hotel Cambodiana's Lobby Bar on Aug. 29. The ocarina is a traditional flute-like musical instrument. Takagi will be performing from 7.30pm to 9pm.

Hotel Cambodiana, 313 Sisowath Quay

■ TOOIT TOOIT

Just in time to celebrate its hundredth producer in Cambodia, Tooit-Tooit shop, located in the Russian Market, is introducing a fresh, new look to showcase its colourful, funky and trendy products.

Tooit-Tooit is a project run by the Cambodian street children organisation Mith Samlanh that supports parents of former street children to increase their income by producing unique bags and accessories from their homes. By participating in this project, parents can afford to send their children to school instead of having them work or beg on the streets. Meaning "Small-Small" in Khmer, Tooit-Tooit is the brand name of original designs made from recycled and local materials.

Tooit Tooit, Stall 312 Russian Market

■ NEW QB PACKAGES

Mobile phone provider, qb, last month announced the launch of two new packages for Cambodian subscribers. Both Talk3 Red and

Talk3 Green allow unlimited talk, SMS and MMS to anyone within the qb network at any time for US\$3 per month. Phonecalls outside the network will be charged at a flat US\$0.09 (Red) or US\$0.10 (Green) per minute. SMS / MMS outside of the network will be charged at US\$0.05 or US\$0.10. Talk3 Red is available only for students. The qb network only works for subscribers with a 3G UMTS phone.

■ MIELE GUIDE CULINARY SPONSORSHIPS

The Miele Guide, Asia's first truly independent regional restaurant guide, has just launched a culinary scholarship programme for 2008/2009. The scholarships will be at the Sunrice Global Chef Academy in Singapore. The programme aims to promote formal culinary education and to encourage excellence in the Asian culinary field. One of the scholarships will be awarded to a citizen or permanent resident of one of the Asian countries evaluated in the Miele Guide, including Cambodia, and the other will be awarded to a citizen or permanent resident of Singapore. Applications for the two scholarships should be made before Sep. 30. The results will be revealed at the official launch of The Miele Guide 2008/09 edition on Nov. 1.

To find out more information about the scheme, or to apply, visit the website at: <http://www.mieleguide.com/scholarship>



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Openings



■ **BED AND DIM SUM** 
 The Almond Hotel and Yi Sang Chinese Restaurant opened on Sothearos Blvd. last month. Fusing ancient and contemporary, the restaurant has staff dressed in traditional costumes and Chinese herbs on display, yet the air-conditioning and wall of wine bottles creates a more modern ambience. The Chinese chef has created a menu specialising in dim sum (breakfast and lunch only) and Cantonese cuisine with a special emphasis on seafood. If our first tasting is anything to go by, this will be a hit. The har gau (prawn dim sum) and char siu (roast pork) were particularly good. The 56-room hotel has a promotional rate of US\$40++, including breakfast and WiFi.

The seven, deluxe rooms on the top floor are particularly good value at US\$70++. Ask for a room with a balcony. Blossom Spa, situated on the first floor, is due to open in the second week of this month, according to the management. Yi Sang serves food from 6.30am to 10am, 11.30am to 2pm and 5.30pm to 10pm.

Almond Hotel & Yi Sang Chinese Restaurant, 128F Sothearos Blvd., Tel: 023 220 822, www.almondhotel.com.kh

■ **DE SALON**
 Those wishing for a fresh hair-do, will be pleased to note the opening of a new hair salon at the top of Nata Spa on Sothearos Blvd. Two hair specialists have been flown in from Malaysia to look

after your every need. This salon promises to lift the roof for hair care in the capital. With haircuts starting at US\$55 for women and US\$35 for men, and styling for US\$95, the prices match the promised standard. Open 9am to 7pm daily, treatments are mainly by appointment.

De Salon Hair Salon, 31 Sihanouk Blvd. Tel: 023 223 938

■ **DORI THY GALLERY**
 New gallery featuring the black and white photographs of German photographer, Doris Boettcher opens on the site of the original Two Fish Gallery on Street 278, over the weekend of Aug. 2 and Aug. 3. The gallery is open from 10am to 6pm.

Dori Thy Gallery, 9 Street 278 Tel: 012 661 552

■ **YODICAFÉ**
 This all-day café serves fresh fruit juices (US\$2), smoothies (US\$2.50), breakfast – poached eggs with toast (US\$2) – and lunch items such as a BLT or croque monsieur (US\$4). There is a small boutique in the back selling handmade items, such as coconut shell key chains and hair clips (US\$1), crocheted bags and belts (US\$8) and silk notebooks. All items are made by the staff, who are employed by the Yodiffee organisation, which seeks to empower young Cambodians with disabilities through education and business training for self-employment. Open from 7am to 7pm.

Yodicafé, 13E Street 282, Tel: 092 619 626

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■ **THE LITTLE CASTLE**  Situated on the popular Street 240, between Norodom Blvd. and Street 51, this mini-hotel opened on Jul. 1. Although it only has six rooms, each one is definitely on the large size, cable TV and air-con. Some of the rooms have beautiful tiling and large bathrooms. Twin and

double rooms cost US\$35, while the still ample-sized, single rooms are US\$30. All prices include breakfast and use of internet. Although describing itself as a mini-hotel and café, the downstairs restaurant has the feel of a hotel restaurant, with a light but limited menu – BLT (US\$4), hamburgers (US\$4.50)

and spaghetti carbonara (US\$6). With its excellent location and large rooms, this place is sure to fill up fast.

Mini Castello, 14 Street 240, Tel: 012 757 246

■ **CAFÉ SENTIMENT II**

Addicts of the coffee house situated on Monivong Blvd., should

note that a second branch has opened on the ground floor of the Sovanna Shopping Mall, situated between Mao Tse Tung Boulevard and Street 271. The second in a series of proposed chained outlets, this second sentiment has the same mix of coffee and pastries as its older sister. The key difference is that it is only on one floor.

Café Sentiment, Sovanna Shopping Mall, Street 271

■ **KOREAN KARAOKE**

Opened for just over a month, this Korean owned and run bar is not so much a ‘jazz café’ as a karaoke café – wholesome karaoke, that is. For some odd reason, the walls of this karaoke den are lined with plastic vines. Western and Khmer food is served at fairly decent prices with a burger costing US\$3 and fish amok, US\$3. However the owner warned, ‘most people just drink.’ Imported beers, such as Hite (Korean), Asahi and Heineken, are US\$2.50 and local beers are US\$2. Open from 10am to 1am, the karaoke is from 7pm to 12am.

Carole King Jazz Café 35 Street 288 Tel: 012 805 862 



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calendar

August

volleyball, ramayana, python, airs and graces, art of survival, catherine marnas, wine tasting

sunday

monday

tuesday

wednesday thursday

03

Standing Volleyball

First round of the national league from 2pm to 7pm at the Olympic Stadium

Monty Python Night

Starting with Life of Brian, a Python film every Sunday at the Frog & Parrot, 175 Sisowath Quay at 6pm

04

Ramayana in Wayang

Exhibition of Japanese drawings and paintings by artist Herjako opens at the Art Café at 7pm

05

Gym Bar Quiz

Test your knowledge against Randal at the Gym Bar every Tuesday night from 9pm – US\$30 bar tab for the winners

Talkin Head Trivia

Pit your brains against the Quiz-Master at Talkin to a Stranger

06

Vegetarian Banquet

Sample great vegetarian Pakistani cuisine at Saffron Restaurant for US\$6 from 7pm

07

Summer Sessions

DJ Illest plays chill house beats at Chow from 9pm to 11pm

Airs and Graces

Exhibition by Australian artist Ali Sanderson, opens at Java Gallery & Café at 6pm

10

Five o'clock Tea

Friedrich Kleinknecht (violin-cello) and Issei Sakano (piano) play Faure, Mendelssohn, Schubert and Saint Saens at the Art Café from 5pm

11

12

Art of Survival

Second group showing of the on-going project opens at the Meta House at 6pm

Gym Bar Quiz

13

The Most Secret Place on Earth

Filmmaker Marc Eberle attends the screening of his film at Meta House from 7pm

Art Of Survival II

Screening of Art of Survival exhibition at the Bophana Centre, 64 Street 200 at 6pm

14

Pakistani Independence Day

Celebrate at Saffron Restaurant – biryani for US\$3 from 7pm

17

Hash House Harriers

Set off from the railway station each Sunday at 2.45pm

18

19

Gym Bar Quiz

Talkin Head Trivia

20

Art for Adults

Leah Newman art classes start at Café Living Room

21

100 x France

Exhibition of a hundred photographs opens at the French Cultural Centre at 6.30pm

24

Standing Volleyball

Second round of the national league from 2pm to 7pm at the Olympic Stadium

25

26

Leang Seckon

Cambodian artist presents his Siem Reap NAGA installation from 7pm at the Meta House

Gym Bar Quiz

27

28

Summer Sessions

DJ Illest plays chill house beats at Chow from 9pm to 11pm

Catherine Marnas

Talks about contemporary theatre at the French Cultural Centre from 6.30pm

friday

01

First Friday

Kick off the month's parties at Elsewhere

Latino Party

Latin American cocktails, free salsa classes and live music from Habana Revolution at the Lobby Bar, Hotel Cambodiana from 8pm

08

Rubies re-opening party

Marking Rob's take-over of the Street 240 wine bar

15

Le Cinema reopens

Wine tasting

Sample the finest pinot noir at Saffron Restaurant for US\$14 from 7pm

Pakistani Independence Day

Celebrate at Saffron Restaurant – biryani for US\$3 from 7pm

22

Primitive Souls

Bring the house down at Talkin'

29

Takagi

Japanese ocarina player performs at the Lobby Bar from 7.30pm to 9pm

Association of Ideas

Opening of photo exhibition by Sylvain Chabloz at Equinox at 7pm

saturday

02

Cuisine & Couture

ChildSafe benefit at Malis Restaurant from 7pm, tickets US\$25

Lens of Vision & Expression

Exhibition by Samantha Oulavong opens at Café Living Room at 6:30pm

Standing Volleyball

First round of the national league from 2pm to 7pm at the Olympic Stadium

09

Rain Falls from Earth

Filmmaker Steve McClure attends the screening of his film at Meta House from 7pm

16

23

30

Salsa at Talkin

Get into the groove with DJs Rupert and Lucas

Standing Volleyball

Second round of the national league from 2pm to 7pm at the Olympic Stadium

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Streetsmart: Street 136

Just off the riverfront, there's a street with more to discover than you might think. Starting at Central Market and ending up at Sisowath Quay, **Naomi T. Robinson** explores this street in Psar Kandal district and finds some surprising gems.



USA Donuts: *Not just made for dunkin'*

■ **USA DONUTS**

15 Street 136 Tel: 023 992 943
If you're American and missing the comforts of home – this is the place to head. Greasy burgers, fried chicken – and yes, doughnuts – are all prepared the good ol' American way in this little hole-in-the-wall diner. Also available are all the non-perishable goods that you can't find elsewhere such as Cap'n Crunch cereal and microwave popcorn. Just watch out for the Mormons. Open 6am to 9pm.

■ **KHMER JUICE BARS**

Street 136 west of Norodom Blvd.
Surrounding USA Donuts like a bunch of New York cops are a handful of Khmer juice bars. Fresh fruit juices are available from 3,000 riel, smoothies are from US\$1. This makes for a healthy way to balance your body after your grease intake at USA Donuts.

■ **SO SHOOT ME STUDIO**

*1st Floor, 126 Street 136
Tel: 092 526 706*
Phnom Penh photographer Nathan Horton's studio is a beautiful open plan space dedicated to commercial photography. Because of its versatile set-up the space works equally well for lifestyle, fashion or still

life photography. The studio boasts a purpose-built make-up station as well as a chill-out and refreshment area for clients, complete with WiFi connection. Although primarily a working space for Nathan, the studio and lighting equipment is also available for hire (US\$100/full-day, US\$50/half-day).

■ **LAU GA AC NGOC HUNG VIET-NAMESE RESTAURANT**

126 Street 136 Tel: 012 499 088
Just below So Shoot Me Studio is a newly opened restaurant run by a genuinely friendly Canadian-Vietnamese woman. The restaurant is impeccably clean, air-conditioned and stylishly decorated. All your Vietnamese favourites are on offer here. Spring rolls (fresh and deep-fried), pho and spicy beef noodle soup. Don't miss out on their iced coffee, it's made to perfection. The only item on the menu that breaks the US\$2 barrier is the black chicken soup (US\$5). Filled with Chinese herbs and goodness this soup is said to cure ailments, make you stronger, smarter and improve your sleep! Open from 7am to 10.30pm.

■ **MANGO BAR**

118 Street 136 Tel: 012 938 702
Despite its name, the place is neither a gurlie bar nor a fruit



Juice Bars: *One of the best places for a quick shot of Vitamin C*



ManGo Bar: Despite its mis-name, ManGo serves good food and is not a male-only preserve

stand. This bar and restaurant offers affordable western and Asian dishes as well as wireless internet connection. The laid-back service, which is a bit on the slow side, makes for a relaxing place to spend the afternoon with your laptop catching up on emails. Open from 10am till late.

■ **SHAKHANDA CAFÉ**

77 Street 136 Tel: 012 499 088
 Khmer run and patronised this coffee house seems to be constantly busy. Its success could be due to the menu's vast array of coffees and teas (2,500 to 4,500 riel), smoothies and fresh fruit juices (6,000 riel).

Or it could be due to their large Khmer food menu with all items coming in under US\$2. Most likely, their secret is the revolving glass desert case filled, most inexplicably, with leather belts and wallets. Whatever their secret, this is an amiable and affordable place to grab a

quick snack and a coffee. Open from 7am to 10.30pm.

■ **PKD1 GUESTHOUSE**

40 Street 136 Tel: 012 769 920
 Named after the district, Psar Kandal District 1, this Khmer-run guesthouse has been open for nine months. Unfortunately situated next door to Gold Star nightclub, the rooms are not recommended for light sleepers. Owner, Ny Sokun, is friendly, knowledgeable and speaks English. All six rooms are en suite, very clean and lovingly decorated with silk accents. Twin or double rooms with hot water and air-con go for US\$15.

■ **HUXLEY'S PUBLIC HOUSE**

Crn. of Streets 136 & 5
 Tel: 023 986 602
 Named after Aldous Huxley the author of Brave New World and the grandfather of the pub's owner, the crisp white walls, light wood accents and greenery make for a refreshing change in décor from most bars in the city. As well as typical English pub grub Huxley's offers a three-course set menu every night for US\$11 and a proper Sunday roast for US\$15.50. Not only does this English pub mix up one of the best Bloody Marys in town it's



Stars in their eyes: Nathan Horton's Studio – now you know where we shoot the covers



Huxleys Public House: One of the few decent English-style pubs in town

also the only establishment that offers proper English pints. (If you know of any others, please let us know) Open 11am till late.

■ **NORDIC**

22 Street 136 Tel: 023 998 676
Scandinavian, western and Asian food are available at this restaurant and guesthouse. The accommodation comprises of both hotel style rooms and studio apartments. All rooms come with free wireless internet en suite bathrooms, air-con and cable television. Nordic House also has a contract with a medical clinic with 24-hour service. Open 7am to 12am.

■ **BOGIE & BACALL**

20 Street 136 Tel: 012 1735 524
Straddling the fine line between hostess and girly bar is the crudely black-lit Bogie & Bacall. The stark interior is more trashy Euro-resort, than Rick's Café Americaine. Young women eagerly greet patrons at the entrance of the black-walled



Garden Bar: Relaxing by the riverside

neon-lit bar and hotel. Starlets from the big screen are fairly thin on the ground but if you want a local beer and a Khmer waitress to chat to, this might be right up your alley.

■ **RED FOX**

10 Street 136 Tel: 012 183 6265
Nestled in a bunch of high-pitched girly bars, Red Fox targets a more laid-back clientele. Regular poker nights are this

hole-in-a-wall's chief attraction, although it also serves food and has a few rooms upstairs.

■ **SALT LOUNGE**

217 Street 136 Tel: 012 289 905
Friendly neighbourhood bar boasts a gay, lesbian and straight friendly environment. A specials list with constantly changing and imaginatively named cocktails sits atop their glowing bar. Outgoing staff and funky beats provided by international and local DJs make this a lively and enjoyable place to spend an evening. Open 6pm to 1am.

■ **GARDEN BAR**

Cnr. of Sisowath Quay and Street 136

Just across Street 136 from the Hope and Anchor, this corner bar is usually filled with backpackers looking for a quick, cheap bite to eat as they stroll down the riverside. Happy hour from 4pm to 7.30pm offers US\$0.75 Angkor draft and US\$1.50 cocktails. Open 7am till 1am.

■ **HOPE AND ANCHOR**

213 Sisowath Quay Tel: 012 261 167

One of the few places left on the riverfront with an unobstructed view of the river. This unassuming corner bar loosely based on an English pub, offers free pool and foosball at 2,000 riel per game. A large projection screen often shows late-night football matches. The wide selection of western and Asian cuisine on offer includes waffles and heuvos rancheros for breakfast. Ice-cold Anchor and draught Tiger beer are served at the horseshoe shaped bar. The 5pm to 8pm happy hour offers US\$0.75 beers and US\$1.50 cocktails. Open 7am till 2am. ■

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Phnom Penh Life: An Artist without Limits

The last few months have seen a new face pulling the strings at Java Gallery. **Adam Fitzgerald** talks with Australian artist and curator **Ali Sanderson** about her inspirations and future plans.

EVEN AFTER TEN YEARS IN the art world Ali Sanderson still admits to getting nervous and excited before a new exhibition. “On the other hand I am restless and irritated if I have nothing coming up,” she says. “I thrive on a deadline.”

At 22, Ali Sanderson decided to leave her native Melbourne to be an artist. A graduate of the Victorian College of the Arts in Melbourne, she had a succession of exhibitions throughout Australia – some of which are still touring, before ending up in Cambodia in late 2006. Together with her partner, filmmaker Ben Pederick, she set off on a round the world trip “without enough funds.” Visiting a relative, who was living in Ratanakiri at the time, they were approached to make a film about the construction of water wells in local villages. Since then, Ali and her artwork have become familiar fixtures on the Cambodian arts scene.

■ DESCRIBING ALI'S STYLE

It is hard to pin down Ali's style. Preferring to use a wide array of materials, she uses everything from crayons, everyday objects, video and ceramics.

“I never have a particular medium,” she says. She even uses Khmer pop culture magazine clippings, to elaborate her installation pieces. “A totally new environment is created within a certain space which changes the way that you perceive that particular space,” she explains. “Think of your silliest, craziest dreams and then try to create that landscape in a gallery.”

In these installation pieces there may be video, performance, audio, sculpture – anything you can think of to project a new environment. “There are no limits when it comes to installations, except of course, the space you have to work with,” according to her.

Contrary to the image of the artist as a solitary almost reclu-



Ali Sanderson: Artist who loves challenging everyday preconceptions

sive figure, Ali enjoys working in a collaborative environment. “It gives me the courage to take more risks and push limitations feeding off each other's energy,” she says.

Her inspiration comes from such artists as Leigh Bowery and Paul McCarthy. But her greatest influence is controversial Italian sculptor Maurizio Cattelan, whom she met in 1999 at the Melbourne Biennale. “He is my greatest mentor,” she says. “What a genius!”

Like the controversial Italian sculptor, Ali enjoys art that challenges every day preconceptions. “I like art that shifts life's realities and makes you think differently about everyday things or scenarios,” she says.

Ali likes to mix Cambodian pop culture and politics, the latter being a tricky subject in Cambodia. Nevertheless she tries to take an irreverent approach to her

work, and to see the humour and irony in the subjects she's working with at the time. However it is doubtful that she will ever go as far as her mentor, whose ‘The Ninth Hour’ sculpture depicts Pope John Paul II being struck by a meteorite. The Phnom Penh art scene is just not ready for this type of experimentation.

■ ART IN CAMBODIA

Although she believes strongly in promoting Cambodian culture and artists, Ali feels that being an international artist in Cambodia is also far from easy. “It's difficult as an international contemporary artist to get essential critical feedback in Cambodia,” she explains.

However, she has seen massive advances in the local art scene over the last two years. This in part she attributes to a ripple down effect, from the recent explosion of interest in Chinese art, into Southeast Asia.

“People's interest in art from the region seems to be increasing,” she says. “Collectors are seeking out something different to what is being produced in the West at this point in time. The Phnom Penh art scene is growing steadily,” she claims.

■ WHAT'S NEXT?

Her upcoming solo exhibition ‘Airs and Graces’ opens at Java Café & Gallery on Aug. 7. Ali worked with local artisans to produce contemporary objects with a traditional slant. The works take a look at Cambodia's own karaoke culture, in various portrait photographs.

True to her word about thriving on deadlines, she will also contribute to the upcoming group exhibition, entitled ‘The Art of Survival,’ running at Meta House from Aug. 12. In collaboration with Panca Evenblij her piece features photographic works portraying a Swedish ‘friendship association’ that came to Cambodia during the Khmer Rouge regime, upon invitation from Pol Pot. The friendly Swedes seemed to leave the country not quite understanding the enormity of what was happening in the country at the time.

As well as having her own exhibitions, Ali also works as a curator. Currently curating Java Café & Gallery during Dana Langois' maternity leave, Ali wants to continue this type of work. She cooperates with various NGOs and local artists helping them realise their exhibitions or projects. One project on the horizon, is an exhibition featuring paintings created by the elephants of Phnom Thmao Wildlife Sanctuary, which she describes as “funny.” With so much work on her plate and so much creative imagination, one thing seems for sure, Ali won't be restless and irritable for quite some time to come.

Airs and Graces, a mixed media exhibition is on show at Java Gallery & Café from Aug. 7 to Aug. 31. **■**

Iconic Phnom Penh: Royal University of Phnom Penh, Institute of Foreign Languages, and Institute of Technology

Wedged on the narrow strip of land between Russian Federation Boulevard and Phnom Penh's aging railroad tracks sit some of Cambodia's most prominent educational facilities. In their weathered modernist architecture, RUPP, IFL and IT stand as symbols of a rebuilt and slowly improving opportunity for higher education in Cambodia. Words by **Andrew Turco**.



Institute of Foreign Languages: Long elevated walkway with the library in the background

DESIGNING THE UNIVERSITY COMPLEX

In the 1950s, all three campuses were part of a university complex master plan along Russian Boulevard, which itself was part of a larger goal of developing the western part of Phnom Penh out along Russian Boulevard to the newly constructed airport, according to Helen Grant Ross and Darryl Collins. Although unified in their proximity to each other, in their being a part of the same general plan, and in their use of mid-century modern architecture, even today, each campus has a noticeably distinct design. They were built at the time when Vann Molyvann was changing the face of the city and as Phnom Penh was sprouting buildings in

what is now considered the New Khmer Architectural style.

Both the railroad tracks behind and the smoothly paved boulevard in front of the campuses were constructed on elevated land. With the surrounding area's perpetual flooding during the rainy season, site planning and water management had to be taken into account from the start.

According to Ross and Collins, instead of filling all the land that the campuses had been allotted, Vann Molyvann and public works engineer Ung Krapum Pkha proposed to incorporate water basins and moats throughout the campuses. This landscape design not only provided potential aesthetic benefit for the campus, but was also better

at absorbing water during the heaviest parts of the rainy season. This creative solution to the problem of water and flooding is unfortunately lacking in much of today's architecture – where raised and graded land simply pushes one builder's problems into a neighbour's backyard.

ROYAL UNIVERSITY OF PHNOM PENH

Pushing the envelope beyond the expected is a design element that continues throughout the three campuses. The main building on the RUPP campus evokes LeCorbusier's clean geometry and his elevated, compact buildings set in a garden setting. Vann Molyvann, who was an admirer of LeCorbusier, included grassy areas for

students to gather and a pond in front, which provided a buffer between the university buildings and the road.

The main building is a wide, squat six-storey structure with the top floor open but covered in an effort to provide outdoor space for students and for classes. Throughout the campus, there are numerous outdoor spaces, including the tiled and easily accessible open roof of Building C at the back of the campus. Here students and teachers can gather, study and relax in fresh air. The constructed but hollow elevator shaft that runs up the main vertical corridor of the university's primary building is a reminder of grand ambitions throughout the campus, but of a budget that

didn't always stretch quite far enough to complete all proposals.

The most attention-grabbing structure on RUPP's campus, however, is Vann Molyvann's auditorium, located just to the right of the main entrance to the campus. Its parabolic swoops stand in contrast to yet compliment the rigid rectangularity of the main building behind it. Although now sealed with glass doors and windows, its walls were originally open to breezes and fresh air as part of Vann Molyvann's attempts to customise his designs to the local climate. Renovations completed two years ago have given the building a new sense of life, and the building is now the site of the relocated graduation ceremonies. Inside, there are no fixed seats, and until the renovation, the building was often used simply for storage or parking. Luise Ahrens – a Maryknolls project coordinator who initially came as an advisor for the university and has worked extensively on its rebuilding – says that it was mostly empty, with the exception of “some families who lived backstage.” Now, graduates fill its space every March as they listen to commencement speeches, including one from Prime Minister Hun Sen every year.

The now defunct and algae filled Olympic-size swimming pool behind the main building also indicates the grandeur of the original campus design. With its high diving and underwater viewing platforms, the pool was originally built to a high standard. Unfortunately, today the level of water in the pool simply rises and falls according to the season. Its prominent location in the middle of campus stands as a reminder of the steps that still exist for this largest and oldest university in Cambodia.

■ IFL AND IT

Adjacent to RUPP's main campus sits the Institute of Foreign Languages, constructed in a style even more expressive of the New Khmer Architectural style, with its honeycomb concrete roof, red brick and angular concrete overhangs. The campus, designed by Vann Molyvann, was dedicated in 1972, after the architect had already left Cambodia, according to Ross and Collins. The campus is filled with moats, and the long elevated walkway to the main building evokes the traditional entrance to Angkor Wat. Just as the neighbouring campus has the smaller and more expressive audi-



Royal University of Phnom Penh: Recently restored main auditorium

torium building in front, visitors arriving to IFL's campus are also greeted with a smaller and more expressive building – the circular library set on the other side of the grand walkway.

Further down the road and currently separated by the few dormitories that exist on campus and by Cambodia's Chamber of Commerce building sits the Institute of Technology. Its distinctive, slatted concrete façade allows in light without the heat and harshness of direct sunshine. Most of the classroom buildings at all of the campuses have outdoor, covered hallways in an effort to minimise heat. Most rooms are lined with banks of windows to maximise natural light and minimise the need for artificial lighting.

■ A MIRROR OF CAMBODIA'S RECENT PAST

The three universities have an intertwined, if complicated history. Even the name of what is present day RUPP itself is hard enough to keep track of. According to the university's own internal handbook, the school opened its doors on Jan. 13, 1960 under the name of the Royal Khmer University with French as its language of instruction. This French legacy is still apparent from the Khmer, French, and English signage on the decorative architectural elements that include the university's name. When Cambodia became the Khmer Republic in 1970, the name of the university also changed, becoming Phnom Penh University. Closed from 1975 to 1979, it reopened in 1980 and merged with IFL in 1988. It wasn't known as the

Royal University of Phnom Penh, however, until 1996.

IFL itself reopened in 1981 and served as a place for crash-course training to surviving primary school graduates who would go on to become Vietnamese and Russian teachers, according to a RUPP handbook. As a result of it emerging from the ashes of the Khmer Rouge Regime and of the way it had to be hastily put together by those who hadn't fled or been killed, the instruction was fairly elementary. During this time, many of IFL and RUPP's teachers were sent abroad to study in the Soviet bloc. Charting the language of instruction of the university over time provides a microcosm of the changes occurring around the country itself, as the language went from French to Vietnamese and Russian and now predominantly to English.

Many events that took place throughout the campus similarly paralleled the status of the surrounding country at the time. What was originally the building to house foreign lecturers at the rear of RUPP's campus under the French became housing for the Vietnamese and Russian faculty during the 1980s and eventually became a temporary hospital operated by UNTAC in 1993.

Unfortunately, when the UN left, all of the remaining equipment disappeared virtually overnight. Today, the building is used for a few classes.

Although IT used to be connected with RUPP, after the Khmer Rouge shut down all three universities, it restarted independent of the other two campuses

and remains unaffiliated today. According to Ross and Collins, France took the main role in overhauling the university in 1993 after its abandonment in the 1970s and its reopening by the Soviets in the 1980s.

■ CAUTIOUSLY OPTIMISTIC FUTURE

As one of nine public universities in the country, RUPP is slowly rebuilding itself into a thriving and rigorous university. For Ahrens, the changes that have occurred so far have been immense. When she arrived, only three floors were operative, and there was no library. The classrooms and offices didn't have doors or windows, and the campus lacked electricity and water. Now its student population is over 10,000. The canteen is full at lunch, and the library “is filled upstairs to downstairs,” according to Ahrens, scoffing the oft-claimed view that Cambodians don't read.

A large addition to the campus library was just approved by the Ministry of Finance in June. There is also a big push to have faculty study abroad, and the first Fulbright doctorate candidate was just selected. Overall, these changes taking place at RUPP will hopefully continue to evolve and provide an opportunity to educate and train today's population to think critically, thoughtfully, and extensively.

Sources: *Royal University of Phnom Penh Teacher Handbook*; interview with Sister Luise Ahrens; and *Building Cambodia: 'New Khmer Architecture' 1953-1970* by Helen Grant Ross & Darryl Leon Collins, *The Key Publisher*, 2006. ■





It's the TAKING PART that counts

This month the sporting world will turn its eyes' on Beijing for the XXIX Olympic Games. The hopes of any of Cambodia's four competitors coming home with a medal are slim, but their mere attendance at the Games reinforces the Olympian ideal that it is the taking part rather than the winning that counts. Mark Jackson takes a look at four organisations that are using participation in sport to help change the lives of the country's next generation. Additional reporting by Virginie Noel.

ONE FIGURE FOLLOWS TWO FELLOW ATHLETES around the track. It is 6.30 in the morning and this is a training session for the Cambodian runners going to the Beijing Olympics – all two of them. The venue is Phnom Penh's own Olympic Stadium, built from 1962-1964 and originally slated to hold the 1963 South East Asian (SEA) Games at a time when, like other parts of society, Cambodia's sporting future looked so full of promise.

Not quite the loneliness of the long-distance runner, but 25-year-old marathon runner Bunting Hem stands head and shoulders above the rest of Cambodian athletes, if not in stature then in ability. A silver medal winner in the 2007 SEA Games, Bunting shattered the Cambodian record with a truly respectable time of 2 hours 26 minutes and 28 seconds.

Realistically, Cambodia has no medal prospect for Beijing, something that national coach Chay Kimsan acknowledges. "I hope that the athletes will achieve their personal best time, but I don't think they will win a medal," he says. He is looking towards London 2012 for Cambodia gaining its first Olympic medal since it re-joined the Games in Atlanta in 1996. If that dream is achieved then Bunting, who only took up running in 2003 because his mother felt that football was too dangerous, is the most likely medal prospect.



PHOTO BY KEITH KELLY

Standing volleyball: Cambodia's true sporting heroes

Bunting Hem: Gunning for gold

■ **SEEING ABILITY**

In Cambodia, perhaps more than most countries, sport is not so much about winning and losing, but in true Olympian spirit, it is simply about taking part. Participating not just in the sporting activity, but in the wider community as a whole.

Chris Minko is Secretary General of the Cambodian National Volleyball League (Disabled). "The true national sporting heroes of this country are the national volleyball team and they are disabled athletes," he claims. Cambodia came third in the WOVD World Cup held in Phnom Penh last year. "They have broken down so many barriers within mainstream society by showing the abilities of people with a disability."

He talks of Khmers sitting in cafés watching their games, noting how good the athletes are. He proudly shows front pages of Khmer

national newspapers where the volleyball team is pictured alongside all the other news.

"Quite often they have dropped the word disabled, and it's just the national volleyball league," he says. "That to us is integration at its best." It is indicative of the great progress the sport has made since the national league's inauguration in 2000.

Unfortunately the team will not appear in the Paralympics, instead it will focus on the next world cup, to be held in 2009 in Slovenia. Chris explains that there is no team sport for standing amputees in the Paralympics – they are all sitting sports. Standing volleyball was thrown out after the 2000 Sydney Games and replaced with rowing. Chris is lobbying hard to have volleyball included as an event in the London Paralympics.

According to Chris, standing volleyball is now the most well-paid team event in

Cambodia. The qb National League, which starts on Aug. 2 at the Olympic Stadium will carry a purse of US\$3,000 for the winning team, the highest for any sporting event in Cambodia, he claims.

But CNVLD is not just about success and money. Chris' organisation provides support for over 300 athletes, working in 11 provinces. In 2005, CNVLD incorporated wheelchair racing into its programme. Now they have around five clubs, each having five to seven members, with a special emphasis on women.

"Sport has a unique power to effect positive social change," he says. This is especially the case in a post conflict country like Cambodia. "It brings ex-foes together in a sporting context. Sport is an important part of conflict resolution."

He cites one example where five wheelchair athletes in Battambang were provided



Everyone says that girls should stay at home, that's why we play rugby to prove them wrong

It's a man's game: Cambodia's young women's rugby team challenges traditional gender roles

with ANZ Royal Bank accounts. When they turned up to the branch, they found there was no disabled access. Now, over the next couple of years, the bank is rolling out a programme to provide disabled access to all branches across the country. Chris believes that other banks will follow their lead. He also mentions how Caltex employs at least one disabled person at each of its petrol stations.

The people that CNVLD works with are the most marginalised in society. "By and large a woman in a wheelchair in the provinces is pretty well locked up in her hut," says Chris. Part of his organisation's work is to bring members back into the community with dignity. They are provided with support and given an ANZ Royal Bank account to encourage them to save, but they do not receive an income from the organisa-

tion, which might stop them going out and finding work.

What they do get is a disciplined sports programme. If they break the rules they are thrown out for a year. "Everyone single person who has been thrown out of our programme has returned as a much better individual," he claims. "Some of our leading coaches now, are people who were removed for disciplinary reasons."



Stretching Cambodia's future sporting stars: Sam Schweingruber with his SALT Academy



SREI POEW (11) AND RAKSMEI (14), FOOTBALL PLAYERS

Raksmei (bottom right) lives in an orphanage and has been part of the team for six months. "I have many friends now, we are very close as a team. We all play together. We feel healthy and are happy to play. I want to become a coach, so I can help other girls play football and learn about life."

Srei Poew (bottom left). "We can play just like boys. I want to be part of the national team. Football has taught me to be brave. If boys laugh at me now, I don't care, I am proud that I can play football."

SARA, ASSISTANT COACH (TOP LEFT)

"I want to help other kids get better at playing football. I think that teaching others will help me to improve my ability to play football too. I am afraid that the team won't listen to me, but I know the girls can learn a lot about life by playing football together as a team. I learned a lot and I want to help others learn like I did."

MAKARA, COACH (TOP, FOREGROUND)

"When I first started coaching, my family didn't believe me because I was already 22 years old. They said I was too old to start playing football. But then my brother came to see me coach and now they respect me more than before and they are very proud of me. I like coaching because I can see that it is very good for the girls. Many of them live at the orphanage, they don't have families, so they often feel very lonely, sad or shy. Now that they play together as a team, I can see a difference in their behaviour. They form friendships, they support each other and are very close as a team now. Personally, coaching has taught me how to be a leader and a good role model to others. I am also more patient now."



disadvantaged backgrounds in Cambodia, growing up around the rubbish dump there. Many used to collect rubbish.

At first they played low contact touch rugby, but seeing that boys their age were playing tackle rugby they soon opted for that version of the game.

One of them, Srey Mom, admits she was initially shy of its physicality, but now she loves it. The game has had an empowering effect upon her.

"Everyone says that girls should stay at home, that's why we play rugby to prove them wrong," she says.

Although her mother was initially worried by her choice of sports, once she saw how much Mom enjoyed it, she let her daughter carry on playing.

Andrew admits that initially players' discipline was sub-par, but this has improved vastly over the two to three years they have been playing.

"They had to get from a level of nothing to playing internationals in one year," he says. These internationals were against women who were much older and physically bigger than the Cambodian players. What they lacked in experience and physical bulk, they more than made up for in enthusiasm and ferocity in the tackle.

But discipline, especially among the younger members of the team, is something that still needs working on, according to team captain Sapoeun.

"I am proud of being captain, but sometimes the other players don't listen to me and that makes it hard," she says. In just a couple of years she has come a long way towards realising the value of teamwork and discipline, something which she carries through to her studies in IT.

"Before we didn't think too much about team sports, we just wanted to get fit, but now we realise we have to play together to win," adds Mom.

On their recent tour to Laos the team notched up their first victory – against a Thai university side – but lost narrowly against arch-rivals Laos.

"We really want to beat Laos," says the determined Sapoeun.

I want to help other kids not to waste time in their life like I did. I want to see them get involved in sports and I want to be a good influence on them

ART OF LOSING

Perversely learning how to lose is something that Sam Schweingruber tries to instil into the children he coaches at his SALT Academy in Battambang. Sam, who was a youth football coach and special

Around 70 percent of the athletes find jobs for themselves, a remarkable statistic. Chris puts this down to a restored sense of self-esteem, a sense of discipline and the incredible strength of the disability network within the country.

"We give people hope, what they do with that hope is up to that individual," he says.

What Chris hopes for now is greater sponsorship. In the past the national team has received support from ANZ Royal Bank and recently qb announced that it would sponsor the national standing volleyball league. Though he welcomes this corporate support, Chris wants more. He invites other corporate entities to look at the positive side of corporate sector social responsibility – the ANZ Royal support of the wheelchair programme

has been judged a role model for sport and development by the U.N..

"If we had the sponsorship I could open 40 volleyball clubs tomorrow and a wheelchair club in every province in the country," he claims.

TACKLING POVERTY

Like Chris, Andrew Newman, puts a growing sense of self-belief as one of the greatest attributes that sport can bestow on athletes. For the past two years Andrew has coached the women's national rugby team.

The women, who are between 15 and 20 years of age, started playing rugby at the Pour un Sourire d'Enfant School in Stung Meanchay. Like the athletes supported by CNVLD, they come from some of the most

education needs teacher in his native Switzerland, first came to Cambodia in 2002. He started SALT (Sports and Leadership Training) Academy in September 2006 to provide leadership training for young, unemployed coaches.

He incorporates life skills, such as learning to lose, into his programme. “Cambodians don’t like to lose,” he says, pointing out the shame involved in losing face. “If you grow up not knowing how to lose, you can blow up later on. Most kids will not have a villa and a Lexus when they grow up, so there is a danger that they are going to feel like losers all their lives.”

One of his lessons is that the children are all part of one team. They can actually enjoy losing so long as they know that they all did their best in the process. “A Lexus is not the key to happiness in life,” he says.

In addition to coaching and leadership, the attendees learn self-respect – saying no to drugs, taking personal responsibility for their actions, awareness of health issues and a sense of fair play. He encourages them to have realistic and achievable personal goals.

“I try to give them better options,” he says, a view echoing that of Chris Minko.

One of the people who has benefited from these options is Sopheak. The 25-year-old has been coaching since 2007. His motivation comes from his own experience. “I used to be a person who did bad things and I wasted a lot of time,” he explains. “I want to help other kids not to waste time in their life like I did. I want to see them get involved in sports and I want to be a good influence on them.”

He recently started coaching a team specifically for kids with drug addiction problems and street children. “I want to bring a change to the kids, and make a difference to their lives,” he explains. “If they play football they have less time to waste and do bad things.”

Last season, SALT had 28 teams at under-18, and under-14 levels – both boys and girls. Like Andrew and Chris, Sam places a high importance on the role of sport in the personal development of girls in Cambodia. Last season was the first time that girl teams were incorporated into the programme. “It gives the girls a sense of equal rights,” he says. “It shows them their worth.”

■ GIVING KIDS A CHILDHOOD

At the end of the process, some of the members go on to become professional coaches, teaching football skills to children. One of the organisations that employs former-SALT children is the Indochina Starfish Foundation. Initially set up by Peter Slater and Thin Theory in 2006 as a school, teaching some 10 children in the Tuol Sleng area, Indochina Starfish now has some 1,200 children benefiting from their programme.

Coming to the country as a tourist Peter was struck by the state of the young children he saw working on the streets collecting rubbish. He first employed Theory as his interpreter, but when Peter left the country he left her with some money to teach the children



Child’s play: Learning how to have some fun

PHOTO COURTESY OF INDOCHINA STARFISH



Chris Minko: Secretary General of CNVLD

and provide them with an opportunity of climbing out of their cycle of poverty.

Returning six months later, he was struck by how much Theary had achieved in such a short period of time. Now the organisation supports two schools, one in Boeung Salang and the other in Stung Meanchay. The centres have children ranging from 7 to 17. Many of them, especially in Stung Meanchay, come from the poorest of families.

"Some of the kids who come to school don't have any clothes," says Kate Griffin, who started volunteering for the organisation three months ago and has become de facto country manager.

In addition to their schooling and one good meal a day, the children receive a food

parcel – rice, vegetables, MSG, etc – for their families, in lieu of the loss of income caused by the children attending school. The sole proviso is that the children's attendance rate has to be up to scratch.

The football programme started as an attempt to give the children an outlet. "We try to give the children a bit of a childhood," explains Kate, adding that life tends to be very serious for them, especially those that are working on the streets. What motivates Kate the most is seeing "all the smiles on the faces of the kids."

It is football that seems to make the children smile the most, as they gather outside their centre at 4.45am in eager anticipation, even though the truck does not leave until

We try to give the children a bit of a childhood

5.30am. Although officially the scheme is set up as an under-14 league, in reality all are welcome. The youngest player is two-years old.

Indochina Starfish works with 10 organisations in Phnom Penh as well as two in Battambang and another couple in Siem Reap. These provide US\$3,500 per year to sponsor a team, with a minimum commitment of three years. Working in conjunction with the Cambodian Football Federation, the organisation provides kit, boots, transport, coaches and pitches. The latter is currently the main stumbling block, with a suitable pitch desperately needed for Indochina to set up an under-14 competition in September.

In addition to teaching children how to work together, the programme has very tangible benefits for some of the older children. The organisation pays for them to gain a 'D' coaching licence, which allows them to coach children. Though this is limited to those 17 and over. If they prove good enough then Indochina Starfish will then pay for them to become professional coaches.

■ A BRIGHT FUTURE

Teamwork, discipline, self-esteem and the ability to lose, these are virtues that young sportsmen and women are learning from the various sporting programmes within the country. They are key to their personal development. Cambodia's individual athletes might not return with any medal from Beijing, but maybe in four years' time if Chris Minko can manage to persuade the Paralympic Committee, the country's standing volleyball team might just bring a medal home. Even if they don't, does it really matter? As in Cambodia, sport really isn't a matter of winning or losing – at least not on the field or the track.

■ MORE DETAILS

Further information about the organisations featured in this article, can be found at the following websites:

Cambodia National Volleyball League Disabled (CNVLD)

www.standupcambodia.net/


Cambodian Federation of Rugby

www.cambodiarugby.org

SALT Academy

www.saltacademy.net

Indochina Starfish Foundation

www.indochinastarfish.org 

YOB NOM, WHEELCHAIR ATHLETE

Yob Nom, athlete and winner of the April 2008 wheelchair marathon in Phnom Penh, radiates with pride when talking of her athletic achievements. The 36-year-old has been in a wheelchair for 14 years now, following a devastating fall from a tree that left her paralysed from the waist down.

One of five children from a rice farmers' family, her father died during the Khmer Rouge regime. The family was poor and her mother could only afford to fund her treatment for six months after the accident. She spent three years following the accident at home, not able to work or help her mother earn a living. In 1997, Handicap International brought her to the Physical Rehabilitation Centre in Battambang, where she still works today.

At the centre, she started to play basketball, where she was the only woman on the team. "At first, the other players said things like, how can you play with us, you're just a woman, you're too weak," she says. But she persisted. "Now, I play just like them, and I participated in competitions with the men's team and we won third place in the 1998 competition."

When she returned to her village with the prize money, people's attitudes towards her changed as well.

"Before, the neighbours asked my mother why I didn't just kill myself," she says. "But when everyone saw me on TV, people started respecting me. Now they are proud to know me, and they admire my ability to be an athlete. They cannot do what I do and they are amazed at my ability to compete like this."

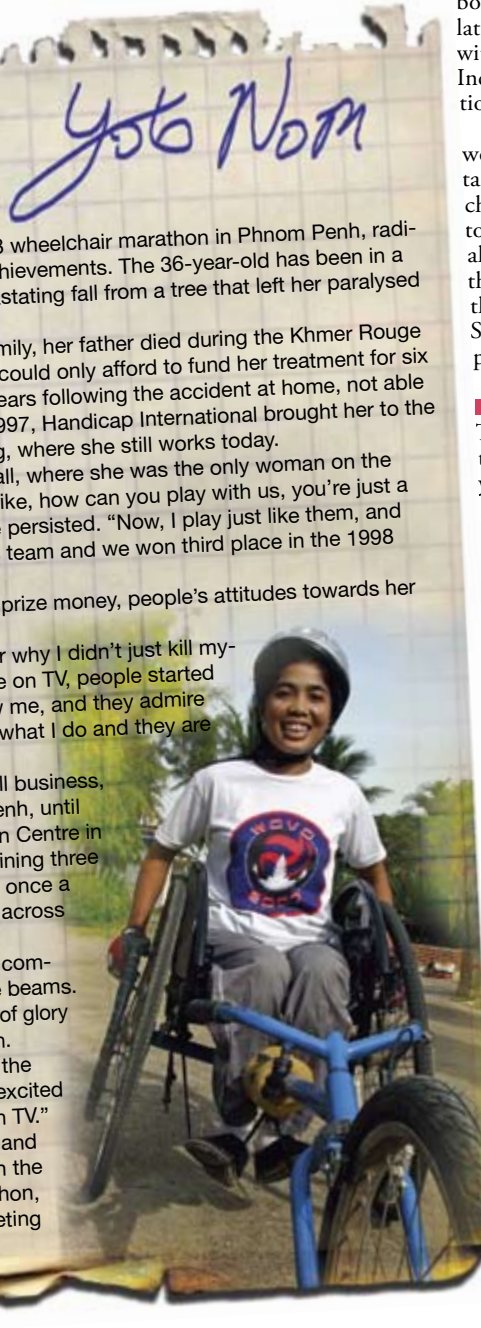
She used the prize money to start a small business, and went on to train in sewing in Phnom Penh, until she eventually returned to the Rehabilitation Centre in Battambang. Since 2000, she has been training three times a week with the basketball team and once a year her team participates in competitions across the country.

"I am always very happy when we go to compete in the provinces, I love travelling," she beams.

In April 2008, she had her latest moment of glory when she won the marathon in Phnom Penh.

"I didn't think I could win because I was the skinniest," she says. "I was so happy and excited when I won. Everyone at home watched on TV."

Now, she keeps training in both sports and is looking forward to more competitions in the future, such as the Siem Reap half-marathon, as well as nourishing her dream of competing internationally one day.



Empowerment through Karma Yoga

Sport is not the only medium being used to empower young Cambodians. As **Virginie Noel** discovers, **Nataraj Yoga** is pioneering yoga programmes with orphans and victims of trafficking.

“WHEN I PRACTICE YOGA, I FEEL strong and my head is clear,” says Dara. “I feel much better than before.” Dara has been practicing yoga for a year and a half now. She started learning it at the Kin Kleang Orphanage, where she used to live. Now, in addition to her practice, she works on reception at the Nataraj Yoga Studio. She is just one of the young Cambodians who have benefited from yoga.

When I practice yoga, I feel strong and my head is clear. I feel much better than before.

■ YOGA FOR ORPHANS

While most of us know something about complicated yoga postures from Indian postcards, few realise the practice of yoga extends far beyond the physical aspect of acrobatic postures. One element of yoga is the practice of helping others and sharing its benefits – karma yoga. This is a principle Isabelle Skaburskis took to heart when, together with other passionate yogis, she started developing projects to bring yoga to disadvantaged Cambodians.

Yogaswari, a senior Jivamukti teacher from New York, and Mia Berglund started teaching yoga at Kin Kleang Orphanage in early 2007.

Their organisation, Azahar International, aims to provide vocational training in yoga to people in disadvantaged parts of the world. Soon, the children were coming to the Nataraj studio every week to study yoga with Isabelle and Vannac, a Cambodian who is currently training for certification as a yoga teacher in Australia.

Effortlessly stretching into challenging postures, the children seem naturals at yoga. Isabelle wants to use their enthusiasm for yoga to further their education.

“We are setting up a programme for the children to come to the studio four to five times a week,” she says. “We will teach yoga and English, as well as nutrition and self-care classes.” Due to start this September, the classes will also include cooking and environmental awareness. The idea is to offer a well-rounded complementary education designed to teach children how to care for themselves and their environment.

■ WORKING WITH TRAFFICKING VICTIMS

When Christina Bradlee came to Cambodia she wanted to integrate her counselling profession with yoga. Teaming up with Isabelle Skaburskis and Transitions Cambodia, she brought yoga to young women who had been victims of trafficking. Yoga classes completed the vocational training and therapy Transitions Cambodia offers to help young women overcome the trauma of trafficking. Their approach

aims to support the women in becoming independent and self-sufficient, healthy and confident individuals.

After a nine-month programme designed to introduce them to yoga, the women have come a long way. A number of them practice on their own every day. Through yoga, the women have been able to learn about their bodies, face their emotional traumas and gain in confidence. They are also learning to use the skills they gain in yoga class to address specific problems they face in their daily lives, such as recurring bouts of anxiety or lack of concentration.

■ BUILDING FOR THE FUTURE

Both programmes are sponsored by Taiwanese yogi John Ang, who aims to integrate all aspects of yoga into his practice, including karma yoga. Funds are partly generated through his studio, Yoga Living, in Taipei.

Future plans are plentiful. Isabelle hopes to create a yoga teacher-training programme for former students. She believes the shared experience of teacher and students will enable them to work through emotional barriers and considerable personal changes.

A new project, in collaboration with the Cambodian Acid Survivors Charity, starts in September. Visiting yoga teacher Anna-Marie Larsen will work with resident physiotherapists to help acid attack survivors. After an acid attack, victims typically feel that everything has been taken from them, and that they do not have any value anymore. Practising yoga can change this. “Yoga can help you identify the value of your own being,” explains Isabelle.

She aims to extend the use of the studio for vocational training in yoga as well as professional training for young Cambodians through administration and management of the studio.

In addition to Dara, another 19-year-old woman, Srei Nei, is employed at the studio, providing them with valuable work experience and skills. They are proving invaluable assets to the studio. “Dara is the one holding the studio together now,” explains Isabelle.

Dara taught her first class to a group of orphans last week, this experience seems to have clarified what she plans to do in the future. “I want to be a yoga teacher,” she says, her smile dispelling any doubts about her motivation, “because I love it.”

For more information on Nataraj and the project, visit www.yogacambodia.com. ■



Korsang: Empowering through Hip Hop

Cambodia is awash with organisations striving to help the underprivileged, but how can you tell the good from the bad? Empowerment, says **Sam Campbell**.



Music is used as a tool to allow former drug addicts to empower themselves

EVEN FROM OUTSIDE THEIR suburban drop-in centre, it's clear Korsang – called, “a group of cool dudes bringing harm reduction to Cambodians at risk,” on their website – is no ordinary NGO. A thick hip hop bassline thuds through the afternoon air as an industrious bustle of visitors come and go.

Korsang, founded to tackle Cambodia's HIV/AIDS pandemic, works with drug users to provide quality education, case management and health services to drug users, sex workers and prisoners. A small grassroots organisation, Korsang is unique because of its ‘peer related connection’, allowing each participant to be treated with dignity.

“Korsang is to treat people with love compassion and respect, and non-judgement,” says Holly, one of Korsang's staff. “When we do that, I think that they'll realise their potential.”

The organisation primarily employs Cambodian Americans deported from the U.S. in a policy begun in June 2002. Most Korsang staff came to America as small children after fleeing the Khmer Rouge as political refugees with “permanent status” as Americans. After coming to U.S. seeking the American dream, many families ended up on state aid in ghettos, their children driven by economic

necessity to commit crimes they have now been deported for.

All staff receive training as Harm Reduction Educators, HIV Prevention and Outreach Workers. They are both inspiring teachers and approachable friends to Cambodian youths in similar circumstances to what they had experienced in the U.S.. But the professional knowledge is there – all Korsang employees have graduated from a college-level case management course, receiving U.S. college credit and U.S. standard case management certification.

“A lot of people have reduced their usage and have stopped using through the programme of what we're providing them – love care friendship,” says Wicket, one of Korsang's drug user outreach and education programme staff.

“This organisation is different because it's run by felons and people down on the street, including myself,” adds Holly.

She claims that Korsang is currently the only NGO effectively responding to the HIV/AIDS crisis among drug users.

Korsang's main goal is to reduce HIV infection amongst drug users. It does this by offering clean needles to drug users, as well as

education and healthcare both in an on-site infirmary at the drop in centre and on the streets through one of the 24 outreach sites around Phnom Penh. The medical team treats drug users for abscesses, infections and many other conditions.

“They're sick all the time,” says Wicket. “The streets are rough, so they get beat up and cut up and stuff. We take care of them. We patch them up. If we can't patch them up on site – in the outreach areas, we bring them here. If it's more serious, we refer them to hospital.”

But treatment is just part of the story.

“The work gets done but we have fun too,” says Holly. “Last night there were 35 bodies in here laying on the ground sleeping safely – their stomachs are full, the ones that need medicine have medicine, and it's just a beautiful thing.”

Korsang promotes a positive self-image among at-risk youth by providing an outlet to stimulate their creative senses. Staff help students explore their creative side through song writing, creative technology, audio, digital music recording, community arts and dance. The Kormix project, with around 50 students, has proven to be very successful,

providing opportunities to build character, leadership skills and gain valuable knowledge in a safe and supportive environment.

“Some of them are adults too – we call them our kids because we keep that student-teacher relationship,” clarifies Boomer, a Korsang staff member involved in the Kormix project. “For the kids and drug users that come here, we want them to have something to do here. We’ve got music, break dancing, visual arts. It’s to keep the kids focused and busy, and give them an insight into what the future can be like.”

Here, Korsang’s choice of staff comes into play. “The teachers, the instructors take part in the programme, we’ve got as much a responsibility teaching as the student have taking the course,” says Boomer. “We’re like their role model.”

The Kormix Project builds self-respect and a sense of accomplishment, helping to break the cycle of addiction.

“All the kids from the programme last year, all of them stopped puffing or stopped injecting. It’s proven – last year we did it, but no-one ever did it before,” says a proud Boomer. “We went out there and proved to the whole community that, if we talk to the kids and see what the kids like, and bring it in, we can help people. If there’s a way out for them, they probably will escape.”

The contemporary nature of the arts on offer is also a draw – hip hop, with its American roots

and commercial success, is a natural hook to get kids thinking about the future. Cambodian youth emulate hip hop stars, and the music has great credibility among urban poor, Korsang’s target group. Break dancing classes are held at Korsang five times weekly, with hip hop/break dancing instructors from Tiny Toones

“We have students come here – drug users – that want to come here to break dance or want to rap,” says Boomer. “They come here, get services and get to break dance or to rap.”

Wicked agrees. “Right now it’s a hip hop generation – that’s the ‘in-thing,’” he says, a muffled electro beat persistent in the background. “We can use it as a tool to let them express themselves and tell their story through music, through arts, through dance. That’s what they’re doing – putting that other stuff aside and looking at things in a more positive way.”

Holly is more precise. “It’s not even about us empowering them, it’s about us giving them the opportunity to empower themselves,” she says. “We’re not taking responsibility for that, they’re taking responsibility for that. It’s not like we have some special power we can give them to be empowered. People need to empower themselves because it doesn’t work when someone does it for you. There’s no such thing as that.”

For more information about Korsang visit: www.korsangkmer.org



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Phnom Oudong

One of Cambodia's numerous abandoned capitals, Oudong rises from the table-flat plains 40 km northwest of Phnom Penh, massive stupa spires rearing from the scrub-clad hillside. Words by **Sam Campbell**. Photography by **Nathan Horton**.

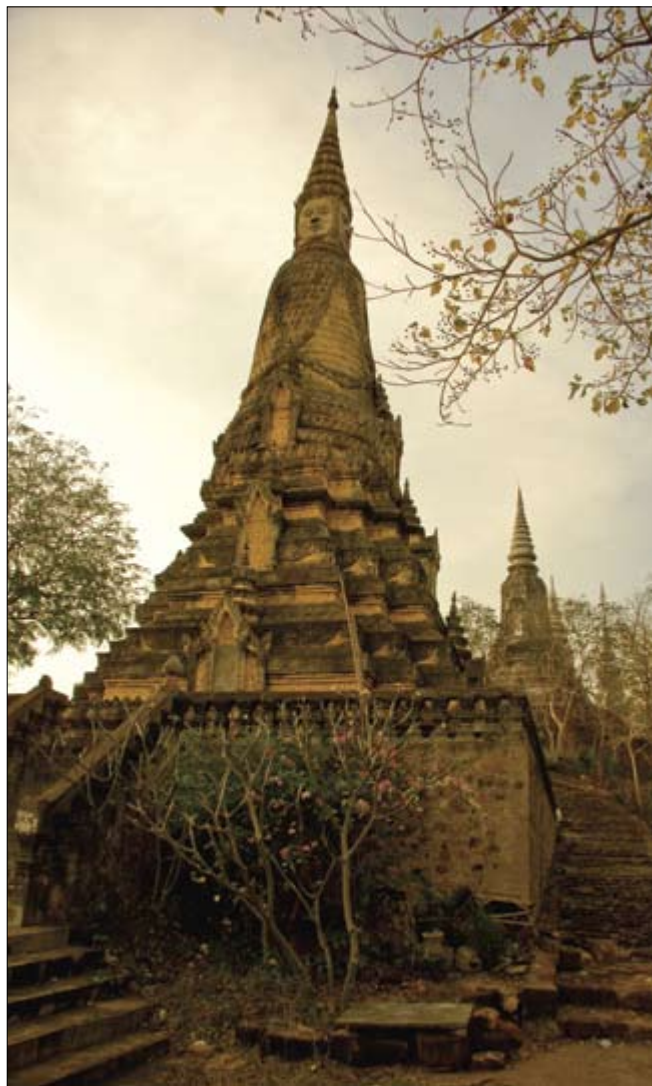
BETWEEN 1618 AND 1866 Oudong was home to Cambodia's kings, after the previous capital at Longvek was sacked by invading Thais in 1593. The area, centred around a saddle-backed hillside known as Phnom Oudong, was once called Oudong Meanchey – Oudong meaning “noble” in Khmer, and Meanchey meaning “victory”. Even the geography here is sacred – the shape of the hill is said to represent a rearing naga.

Before reaching the temples, visitors must first run the gauntlet of garrulous vendors who drag unsuspecting tourists into their open-air greasy-spoons for hearty helpings of straightforward fare, chiefly noodles and rice-soup. Small fresh water crabs, caught in nearby rice paddies and stacked high, are an Oudong speciality.

Those able to escape will notice the once-magnificent buildings now mostly lie in ruins, a melancholy reminder of Cambodia's turbulent recent past. The stands of towering hardwoods are also gone for the most part, leaving only shrubs that provide scant shade. The unforgiving sun does little to deter the destitute beggars that flank the steep staircase, though money changers at the foot of the hill break dollars into miniscule denominations of riel for visitors looking to boost their karma.

■ PHNOM PREAH REACH THROAP

Even the most puritanical gym-freaks will be sweating by the time they scale the higher ridge. Called by locals Phnom Preah Reach Throap (“Sacred Royal Fortune Mountain”), this is said to have been the hiding place of the Royal Treasury after the fall of Longvek. It is dominated by the forlorn Vihear Preah Athroes (“Temple of the Sacred 18 Corners”). A 10-metre-high sitting Buddha statue was once the central attraction here, but



The steep path up to the top of the complex is littered with stupa

now only a few pitted remnants remain. Shoes should be removed before entering.

An imposing statement of royal prestige when built, sustained demolition campaigns by both Khmer Rouge and Lon Nol forces have left only a blasted hulk.

Fragments of decoration still adhere to the eight massive columns, now bearing only the weight of clear blue skies. A hap-

hazard mosaic of French ceramic tiles dots the uneven floor.

Khmers seem undeterred by the rubble – vendors do a roaring trade in Buddhist paraphernalia to be used in prayers at the small shrines within.

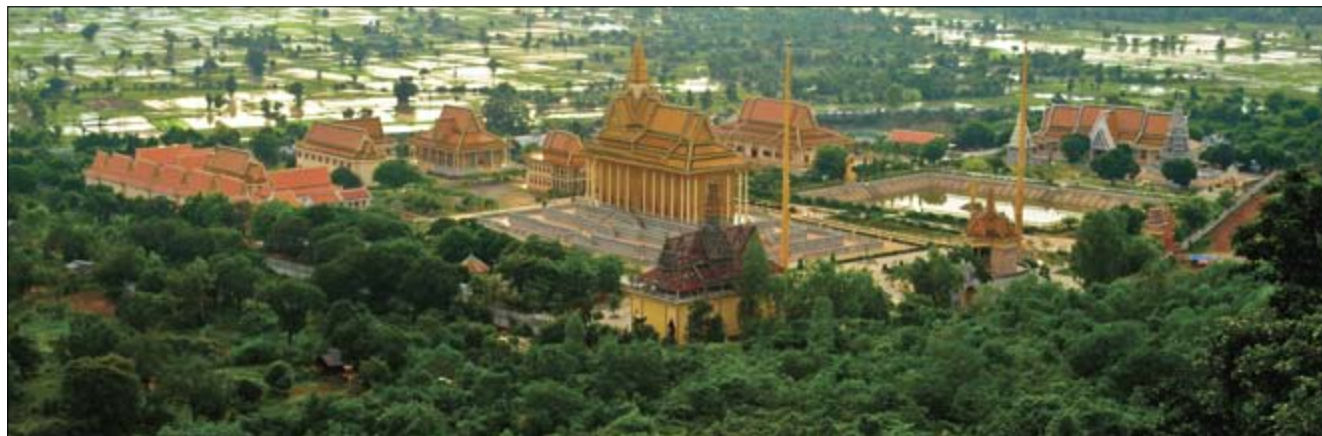
Local legend has it that the Buddha here – facing north instead of the traditional easterly direction – is a testimony to the strength and power of the an-

cient Cambodian kingdom. In the 18th century, the Chinese Emperor apparently sent envoys across Asia to identify any potential threats to Imperial China. When the Chinese arrived at Oudong, they saw the mountain shaped like a naga, and were astounded by the wealth of the royal capital. The envoys went home, telling the Emperor that the Khmers were a powerful race, and had the power to take over the world. The Emperor asked the Khmer king if he could build a temple on the site, with the Buddha facing toward China to protect his kingdom.

Another, more bizarre legend surrounds Ch'keir Amao stupa, apparently a memorial to an abbot's pet dog. This was no ordinary hound – reportedly he could go shopping for his master, a basket held in his jaws and list tied to his collar. The dog was reincarnated as the son of a Chinese Emperor, one of the temple attendants says, in a confusing story that has probably become conflated with the legend surrounding Vihear Preah Athroes.

Heading towards the other hill, three small shrines house sacred icons that are typically Khmer. Vihear Preah Ko (“Temple of the Sacred Cow”) and Vihear Preah Keo (“Temple of the Sacred Gem”) represent the treasures carried off from Longvek by Thai marauders. This rather depressing tale, known simply as Preah Ko, Preah Keo, is popular as a temple mural and is familiar to all Cambodians. Vihear Prak Neak (“The Temple of Buddha Shaded by a Naga”) stands nearby.

Haphazard steps lead across the dip, the ascent punctuated by dilapidated shrines where believers pause to placate the spirits. One such altar is dedicated to Hanuman, the Hindu monkey god turned Khmer, with miniature kites offered alongside the ubiquitous incense.



■ PHNOM CHEYCHETTHA

The other narrow ridge, Phnom Chey Chettha, still bears the name of Oudong's founder, King Chey Chettha II (1618-26). Visitors must skirt around three large stupas, widely agreed to be the final resting places for the ashes of three Cambodian kings.

The first, built by King Chey Chettha II himself for the kings of the preceding Sri Sothor period (1593-1618), is called Damrei Sam-poan ("Three Thousand Elephants"), perhaps because of now-vanished decorations.

In the middle lies the colourful Tray Troeung, built at the close of the 19th century by King Norodom for his father King Ang-Duong (1845-49), though some Khmers believe King Ang-Duong's ashes are interred beside the Silver Pagoda in Phnom Penh's Royal Palace.

The best preserved of the three stupas is Chettdey Mak Pruom, where the ashes of King Norodom, grandfather of the current King Shihamoni, are kept. A constant milling crowd of locals leave in their wake a choking smog of aromatic incense on holidays, though

midweek sees only shy monks and cheeky urchins.

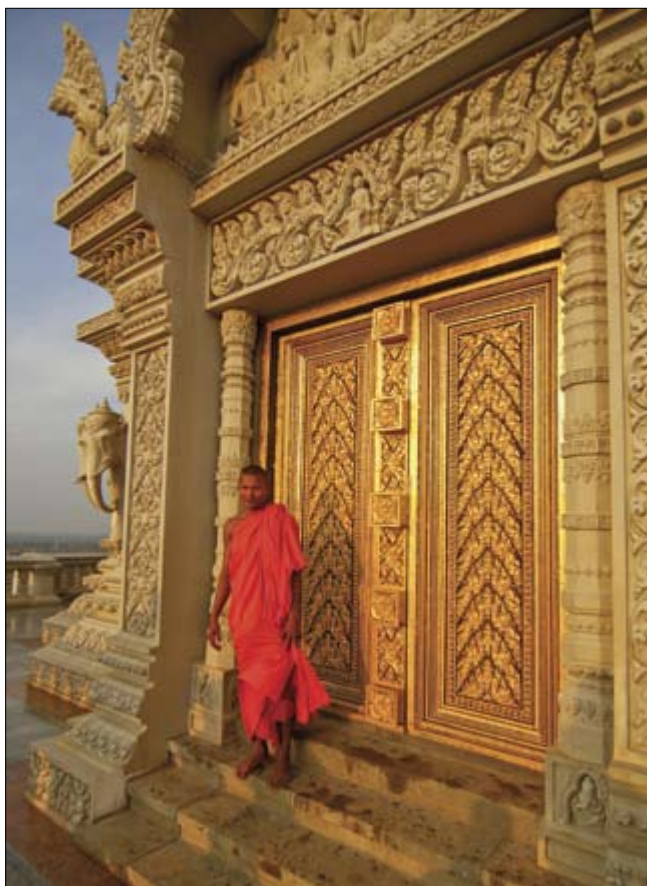
A rubber-legged descent leads past dry ritual ponds – descendants of Cambodia's Hindu era.

■ ROYAL PAST

Other local attractions reveal the area's royal past. Silversmiths abound in the surrounding villages, hammering out betel nut cases in the traditional way – though most are now only silver-plated. This trade, a legacy of the opulent royal court, now mostly caters for foreign tourists.

Veang Chas ("Old Palace") is the location of the king's residence, a few kilometres from Oudong. Rusted cannons are ranged around the decayed citadel, of which only a few ramshackle wooden halls remain. A press used to mint silver coins is now a shrine to ancestral spirits, and ponds that once teemed with crocodiles are now choked with morning glory.

Oudong is about 40 kilometres northwest of Phnom Penh along Highway 5 on the way to Battambang. The journey there takes about one hour. Hiring a taxi for a return trip should cost around US\$30. ■



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chau Doc (vietnam)

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www.victoriahotels-asia.com

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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.

Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314

www.bokorlodge.com
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms ranging from US\$20

to US\$35. Also has a good restaurant and bar with some outside seating overlooking the river.

Les Manguiers

2km north of Kampot,

Tel: 092 330 050

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

Rikitikitavi

Riverfront, Kampot,

Tel: 012 274 820

rikikititavi@asia.com

Superb western food is served up in massive portions in this river-facing restaurant, bar and three room guesthouse. A more upmarket venue for Kampot, the upstairs seating affords great sunset views.

Rooms range from US\$25-35 and are the most stylish in town. Restaurant and bar closed on Mondays.

kep

Kep Lodge, Kep

Tel: 092 43 53 30 www.keplodge.com

Six nicely decorated, private bungalows with a big veranda, pool table, swimming pool and WiFi. Also has a bar and restaurant with Khmer and western food. Bungalows with queen size beds and hot water cost US\$23-US\$28 (low season) and US\$30-US\$36 (high season), breakfast included.

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part
13

The Motorbike Diaries:

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



Attaturk Mausoleum in Ankara

IN ANKARA WE WERE TO stay with friends of a fellow traveller we had met in Iran, who made a hobby of sharing their tiny apartment with any odd motorcyclist who happened to be passing through their country. Ozhan and Ozge were the kindest people imaginable and welcomed us with open arms, spoiling us rotten with home-cooked meals and various bottles of wine.

We were shown around Ankara and visited the impressive Attaturk Mausoleum. In pouring rain we strolled about and climbed the citadel, where from the ancient city wall – dating back to the Byzantine period – we admired a misty view over the capital. It was a welcome change to be guided from one point of interest to another without having to study the map or worry about the safe parking of the bikes!

It was here in Ankara we experienced a form of reverse culture shock. After months of the simple life – the butchers by the roadside and the colourful street markets of various degrees of filth – we were overwhelmed with plentiful American style coffee houses, complexes and shopping malls, and the sheer enormity of the choice on offer, we hadn't seen anything like it since leaving Thailand several months ago.

After our incredibly luxurious home-stay, it was time for us to continue our quest west. We'd had more than our fair share of trouble in getting the bikes started lately, due to the cold conditions, and the amount of kilometres we had by now under our belts. This morning was no exception, and although after some hard cursing and pleading my bike eventually roared into life, Mike's stayed unmistakably dead – yet again!

The tedious routine of starting the bike with jump cables followed until we eventually succeeded and started our frosty ride towards Istanbul. We had decided to spend the night in Bursa before continuing to Istanbul the following day, where we were to meet up with our friends Al and Hiroko who had specifically flown from the U.K. to welcome us into Europe.

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



Mike 'Che' Gracey & Lotta 'Knieval' Väänänen

HISTORY



ELEGANCE



COMFORT



ALONG THE SEA SHORE



Knai Bang Chatt Resort

Tel: 012 879 486
www.knaibangchatt.com
Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public for US\$150 per night including breakfast. Elegant swimming pool, air-con, gym, library and fantastic gardens, this resort is the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea.

The Beach House

Opp. Kep Beach,
Tel: 012 240 090
www.thebeachhousekep.com
Small hotel with pool in an excellent location, directly opposite Kep's mermaid statue. Relaxed café, and tasteful western-style rooms all with sea view. Can organise trips to nearby Rabbit Island or further afield to Bokor Mountain. Rooms from US\$30 to US\$45 per night.

Veranda Natural Resort, Kep

Tel: 012 888 619,
www.veranda-resort.com
Traditional wooden bungalows set in the hillside, hot water and breakfast from US\$20. Spacious family bungalows with air-con cost US\$60. Also has a good restaurant and bar with some quite stunning sweeping views down to the coast.

Raffles Hotel Le Royal

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

Sunway Hotel

1 Street 92,
Tel: 023 430 333
www.sunway.com.kh
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities. Rooms from US\$80 to US\$540.

phnom penh - mid

Almond Hotel

128F Sotheaors Blvd.
Tel: 023 220 822
www.almondhotel.com.kh
56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi for US\$40++ and deluxe rooms for US\$70. Downstairs restaurant serves dim sum and Cantonese food. Spa due to open this month.

Anise

2C Street 278 (Chr. 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.

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

kratie

Le Relais de Chhlong

Mekong riverside,
Chhlong (Kratie Province),
Tel: 012 501 742
champeyinn@mobitel.com.kh
Beautifully restored colonial house set in a peaceful village with stylishly furnished rooms. Intimate restaurant, swimming pool and river views make this a unique and luxurious place to get away from it all.

phnom penh - deluxe

Amanjaya

1 Sisowath Quay,
Tel: 023 214 747
www.amanjaya.com
Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar. Rooms from US\$155 to US\$265.

Cambodiana

313 Sisowath Quay,
Tel: 023 426 288
www.hotelcambodiana.com
Great riverside location with spectacular sweeping views of the confluence of three rivers. Large rooms with air-con, in-room safes and good bathrooms. Live band plays nightly (except Sundays).

Himawari

313 Sisowath Quay,
Tel: 023 214 555
www.himawarihotel.com
The 115 beautifully-designed suites have aircon, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts. Rooms from US\$113 to US\$306.

Imperial Garden Hotel

315 Sisowath Quay,
Tel: 023 219 991
Large hotel and villa complex next to the Cambodiana. Has a swimming pool, gym and tennis court. Live band plays nightly.

Intercontinental

296 Mao Tse Tung,
Tel: 023 424 888
www.ichotelsgroup.com
One of Phnom Penh's most luxurious 5-star hotels. The 346 aircon rooms have all the expected facilities including in-room safes and king size beds. Also has a large swimming pool, a Clark Hatch Fitness Centre, a spa and beauty salon. Rooms from US\$190 to US\$1,500.



The Independence Hotel
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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

Bodhi Tree

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

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.

Sokha Heng Guesthouse

29 Street 178, Tel: 023 990 077
New, modern, clean 25-room guesthouse located conveniently close to the National Museum. Has rooms with air-con and hot water for US\$20 and US\$25.

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.

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
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.residence dangkor.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 Hotel 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.

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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

House of Malibu

Serendipity Beach,
Tel: 012 733 334
Clean bungalows fronting the beach with
pleasant garden. Rooms come with air-
con or fans and cable TV. Prices are from
US\$25 to US\$50, breakfast included.

Independence Hotel

Street 2 Thnou, Sangkat No. 3,
Khan Mittapheap,
Tel: 012 728 090
Beautifully restored hotel on Indepen-
dence 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.

Reef Resort

Road from Golden Lion to Serendipity
Tel: 012 315 338,
bookings@reefresort.com.kh
Small guesthouse set around a beautiful
pool. Rooms have aircon with in-room
safe and cable TV. Family rooms also
available. Has a welcoming bar with ex-
cellent 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
around the cocktail bar at night. Rooms
are available from US\$85, but only if you
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travel

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food corner

Seoul Food – and Pyongyang

Don't know your bulgogi from your kim chi? Think that pajeon is a small bird? Fret no longer, the massive increase in Korean tourists and businesspeople has sparked off the opening of a spate of Korean restaurants throughout town. **Lis Meyers** samples the best food from both north and south of the border.



Pyongyang: One of the two North Korean restaurants in Phnom Penh where the waitresses perform traditional song and dance

■ LA KOREA

128C Sothearos Blvd.
Tel: 023 211 013

A hidden gem, the building's unassuming façade gives way to a well-designed interior with dark wooden tables in semi-private nooks. Specialising in barbeque with individual grills at each table, the grilled beef ribs (US\$21) marinated in soy sauce were succulent and juicy, with subtle flavouring from the marinade. Some of the best Korean food sampled, ten or more free dishes accompany the meal, included spicy pickled vegetables and grilled fish. The pancake fried with seafood and scallions (US\$12) was a tasty treat, a po-

tato latke with an under-the-sea twist. The much more affordable bright orange bean curd stew (US\$6) was great with rice, but be wary of the small clams that inevitably were added in this presumably vegetarian dish.

■ MEKONG KOREAN RESTAURANT

88 Sothearos Blvd.
Tel: 012 732 704

While this restaurant can get lost among the larger and glitzier eateries on Sothearos, it is a charming and cosy destination for affordable – emphasis on affordable – Korean cooking. The cheery yellow interior features regular tables or floor seating with sunken tables in

private nooks and rooms. Roast rib of pork (US\$7) was the big hit of the meal, with tender and perfectly seasoned meat. The vibrantly coloured kimchi pot stew (US\$6) was packed with flavour and served with super soft slices of bean curd. The bi bim bap (US\$6), listed as boiled rice with assorted mixtures, was nowhere near as good as it looked – the rice was too mushy, there was no meat to be found and the sauce was bland.

■ LE SEOUL KOREAN RESTAURANT

62 Monivong Blvd.
Tel: 023 427 000

For the ultimate up-market Korean splurge, head to Le

Seoul for high quality Korean cuisine in a modern Asian setting. Emphasising its barbeque (approximately US\$25), each table has a large charcoal grill in the centre and a hanging exhaust to suck up smoke, with all beef imported from the States. Haemul jean-gol or assorted fresh seafood stew is another popular choice, filled to the brim with shellfish, squid and octopus. The small vegetable dishes provided at the start of the meal fill every inch of the table and guarantee you leave absolutely stuffed and satisfied. Service is perfectly attentive, helping to cook the meat and even de-shell your shrimp, if required.



La Korea: Specialises in barbecues with grills at every table

FUSION SUSHI

18 Streets 47 & 84
Tel: 023 430 066

Don't let the name mislead, while the menu tends to be much heavier on the Japanese options, there is some good Korean to be found here – a great deal of it much cheaper than the Japanese offerings. One option is the hot and spicy pollack fish soup for US\$7. The tangsuyuk, Korean style sweet and sour sauce, (US\$7) is perfect with chunks of tender chicken, battered and fried until golden. Beef bulgogi (US\$5) is less successful – the beef is too tough and the broth is far too sweet. The atmosphere alone is worth the visit – the sumptuous exterior is quite stunning.

PYONGYANG

400 Monivong Blvd.
Tel: 023 993 765

Phnom Penh's first North Korean restaurant in town, Pyongyang is a truly special experience. While the food is hardly noteworthy, the nightly 8pm floorshow makes it worth the visit. With some of the most talented staff in town, North Korean waitresses clad in cotton candy pink dresses dance, sing, and play an array of instruments. Perfectly rehearsed dances resemble a cross between ballet and synchronised swimming, making for some great photo ops. After the show, Korean and Chinese diners take the stage for rousing karaoke renditions, with the occasional westerner daring to join in on the fun. While there are no standout dishes,

food is just okay, especially when compared to the other Korean restaurants in town. Noodle soup (US\$6) was subtly spiced and quite enjoyable, the pan-broiled shrimp and mushrooms (US\$12) were tender but bland and the kim chi cake (US\$5) does not taste as bad as it looks.

DAEDONGGANG

456F Monivong Blvd.
Tel: 011 402 392

The second North Korean restaurant in town is part of the same complex that includes Man Han

Lou Restaurant. Beautifully-attired women wait to greet you at the entrance and provide attentive service throughout, although with limited English. Predominantly North Korean, the food includes some Japanese dishes, such as raw red tuna (US\$10). The beef used for the Korean-style BBQ is imported from Australia, with beef spare-ribs for US\$25 and sirloin for US\$20. The sautéed squid on a hot plate (US\$8) came in an excellent piquant sauce and the equally spicy kim chi stew (US\$5) is sufficient as a meal on its own

as is the substantial seafood pancake (US\$10). The standout dish was the spicy stir-fried pork with kim chi (US\$6), though the intriguing green gram pancake (US\$3) is clearly an acquired taste. The main drawback with this place is the lack of atmosphere – solid wooden furniture and cold marble floor. Get a window seat on the left and look out over the lush greenery of the Asia Club. Try to visit at 7.30pm when the twenty-minute song, dance and music performance begins, including an amazing rotating



Daedonggang: The other North Korean restaurant with a floor show from 7.30pm



Le Seoul: Assorted fresh seafood stew

dance routine and performance on the gayageum, a traditional stringed instrument.

HAN KOOK KWAN

93 Street 432
Tel: 012 322 234

In the heart of what is fast becoming Little Seoul, Han Kook Kwan has a Jekyll and Hyde quality. Quiet most of the time, it bursts into life when coach loads of Korean tourists arrive and KBS World blares from the TV sets. Replete with the usual mix of BBQ meats (bulgogi beef is US\$12) and hotpots (kim chi stew is US\$6), what makes this place stand out is the amazing array of free appetisers – there really is no need to order more than one dish for two people. However, the menu deserves exploration. The dwaengi bulgogi (US\$9) – spicy pan-fried pork – was quite outstanding, with a veritable feast of ingredients contained within. The pajeon (US\$6), an omelette filled with seafood and vegetables was equally good. The only disappointment, apart from not being able to finish all the dishes – maybe asking for a doggy bag is not the best idea in a Korean restaurant – was the tough, steamed chicken with Korean seasoning. Best of all is soju, Korea’s answer to saki. At US\$5



DIY BBQ: Who says Korean food is just about kim chi?

per small bottle, this is ideal for chasing down your kim chi.

HWANG MI KWANG

83 Street 432
Tel: 012 991 864

Just across the road from Han Kook Kwang is the latest Korean restaurant in town. This place has an authentic feel. The waitresses wear traditional costumes and seating is beside low-level tables – no pit to mollycoddle western legs and backs here. The appetisers are more than enough to suffice even the hungriest of backpackers with the pancake particularly filling. The menu has no English translation, though there are large posters on the walls inside with English descriptions of the dish, which means that you have to cross-refer to the menu for prices. With only 12 dishes on the menu, most from US\$5 to US\$8, this is the cheapest Korean in town. Also in the hangover soup pollack (US\$6), it has what is surely the best-titled meal for the First Saturday morning. The oritang, a spicy duck stew (US\$8) had tender strips of duck hidden under the red sauce and lashings of vegetables (US\$30). The soju (US\$4) comes frozen, providing it with a refreshing slush puppy texture, ideal for those who find eating in the lotus position a trite uncomfortable. **FA**

Recipe Corner: Veal Zurichoise

A succulent dish with combines the delicate texture of veal with a rich, creamy mushroom sauce. Best washed down with a glass of Erdinger beer.



INGREDIENTS

- 120g. thinly sliced veal round
- 2 tbsp. (30 ml.) butter
- 3 tbsp. (45 ml.) minced onions
- 6 oz. (200g.) white mushrooms, thinly sliced
- ¼ cup (60ml.) demiglace or thickened brown stock
- ¾ cup (180 ml.) full-fat cream (35 percent m.f.)
- Salt and pepper

Preparation time: 5 minutes

Cooking time: 7 minutes

PREPARATION

Season meat well with salt and pepper.
Place butter in a skillet and bring to high heat. Melt the butter and quickly pan-sear the meat.

Remove the meat from the heat and put it to one side.

Cook the mushrooms and onions in the same skillet on a medium heat. Do not brown.

Clean the pan (deglaze) with some white wine and then add the demiglace. Cook for a further two minutes.

Add the cream and then reduce the sauce to the desired consistency.

Add seasoning and put the meat back in the pan, simmering it briefly.
Serve with roesti potatoes or noodles, and vegetables.

ABOUT THE CHEF

Sou Sophy, 32, first started working in the Tell Restaurant kitchen nine years ago as a kitchen helper. She has worked her way up through the ranks, becoming the chef two years ago. Born in Phnom Penh, she is married and has one child.



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3

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Food Talk: Dinner, with a Slice of History

Set in one of the most striking colonial mansions in the city, dinner at Van's sends you back in time to the height of Colonial Cambodia. Owner **Porleng Van** discusses the history of the house she spent the first few years of her life in and her fabulous French restaurant. Words by **Lis Meyers**.



New lunch menu has a range of cheap salads in the garden restaurant



Homemade duck liver terrine made with imported foie gras

THE ELEGANT OCHRE-yellow mansion that houses Van's Restaurant is steeped in the rich history of Phnom Penh and Cambodia. The land was bought by Indochine Bank in 1898, a French Bank with headquarters in Hanoi, looking to start subsidiary branches in Cambodia. The building was a bank until the 1960s.

"After that, my father bought it and transformed it into his home with private housing upstairs and his office on the main floor," says Porleng. Involved in many industrial businesses, her father was best known for owning a famous shoe company.

Porleng lived in the house for the earliest years of her life, her family then being forced to flee the country to escape the Khmer Rouge.

"We lost everything," she says. The Khmer Rouge government used the building to store ammunition, also keeping diamonds and gold in the old bank vault. Yet somehow the building was kept in



Porleng Van: Glad to be back home

remarkably good shape over the years. In the meantime, the Van family lived in Hong Kong and Singapore, before moving to Paris.

■ NEW LIFE, NEW RESTAURANT

Seeking to reclaim their property, the house was restored to the Van's in 2003. "We renovated it, wanting to make it into something with life inside," says Porleng. Renting out two-thirds of the building as high-end office space, the remainder of the house was transformed into a high-end French restaurant, homage to its French colonial roots.

"My mum has so many memories of this building," Porleng explains. "When she first came here after we finished renovating it, she was so happy she almost cried. VIP Room 12 was where we received guests and VIP Room 6 was an area for kids to play together. The main dining room was our family dining room."

Restored to its former glory, the restaurant's interior is just as elegant

as its exterior. Lustrous wood paneling, several stained glass windows, intricate moulding along the walls, and a tile mosaic floor all survived the long years. Newer aspects to the restaurant, such as its bronze lights and large marble bar, were carefully selected by Porleng and her staff to match the original décor.

■ DYNAMIC DUO

Having spent much of her adult life in Paris, Porleng sees opening a French Restaurant in a historic Cambodian home as the perfect way of blending the two main influences in her life. She believes her restaurant reflects both her own life and the history of Cambodia. "The history of the country matches it perfectly," she says.

Trained at the Institute Vatel in hotel management, Porleng spent many years managing hotels and banquet services in France. She met her French-German chef, Henri Fleck, on the internet. Searching through a site for chefs, Porleng made a webcam appointment with Henri. "Even miles away we had this feeling we were on the same page," she says.

After just one hour over the internet, Henri decided he would move from France to Cambodia to head the kitchen at Van's.

■ BON APPETITE!

As beautiful as the house is, the restaurant's biggest star is its classic French cuisine. Porleng's face lights up as she describes intricate and delicately prepared dishes, such as foie gras de canard (US\$15), homemade duck liver terrine with the foie gras im-

ported from France, or the pane de merou "Armaricane" (US\$13), sea perch steak cooked "Armaricane Brittany" style. Needing no translation, the soufflé au grand marnier (US\$5) is also a popular choice for many.

Porleng's favourite dish on the menu is much simpler. She prefers the gratinee a l'oignon (US\$5), French onion soup with cheese and crusted bread.

"It's surprising that such an easy dish to make can have so much flavour," she says. "It reminds me of Paris. We ate this after midnight when we got back from a night out."

As to be expected, the restaurant also features an extensive wine list, with "Prestige" high-end wines, an "Affaire" menu for business meetings, and "Voyage" with bottles from around the world.

Porleng and Henri recently opened up Van's delightful garden area for lunch, with a menu of salads and other light-fare at very affordable prices. They also introduced a happy hour at the restaurant, with buy-one-get-one-free drinks from 5pm to 7pm and 20 percent off all wine. Porleng hopes that these two offers will provide a chance for those who might not be able to afford a full dinner to get a taste of the restaurant. The introduction of happy hour and the garden lunch was celebrated on Jul. 16, with an exhibition of thirty drawings of old buildings in Cambodia, naturally including Porleng Van's old home and current restaurant in the mix.

*Van's Restaurant, 5 Street 102,
Tel: 023 722 067*

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restaurant guide

key to symbols

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

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

cambodian

Boat Noodle
 8B Street 294 Tel: 012 774 287
 Khmer and Thai restaurant with excellent, well-priced food, 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. **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
 Khmer restaurant decorated in black and white which serves a wide range of vegan dishes at very reasonable prices. **02**

Malis
 136 Norodom Blvd., Tel: 023 221 022
www.malisrestaurant.com
 Beautiful modern Khmer restaurant with a courtyard set around narrow water channels and decorated with terracotta floor tiles. Inside there are four aircon rooms if the mid-day sun gets too much. The cuisine is modern Khmer, with no MSG, and is served elegantly in hollowed out palm tree bark. **04 A/C**

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

Romdeng
 74 Street 174, Tel: 092 219 565
 Recently moved to new location in Street 174 and run by the same NGO as Friends, this non-profit training school restaurant specialises in Khmer cuisine. Food has an appropriately fresh and daring flavour, especially if you opt for the crispy tarantulas as a starter. Good place to try fermented fish prahok. Open 11am to late. **02** 

chinese

Hua Nam
 753 Monivong Blvd., Tel: 016 899 555
 Large Chinese restaurant that specialises in seafood and duck. Has a good selection of wines. 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 Blvd.
 Large Chinese restaurant that specialises in crispy Beijing duck. Stays open until late in the morning. **02**

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

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

Yi Sang Chinese Restaurant
 128F Sothearos Blvd. Tel: 023 220 822
www.almondhotel.com.kh
 Restaurant specialising in Cantonese food and dim sum that fuses the traditional with the contemporary, set on the ground floor of the Almond Hotel. Serves some of the best dim sum in town. Open from 6.30am to 10am, 11.30am to 2pm and 5.30pm to 10pm – dim sum not served in the evening. **03 A/C**

french

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

Bougainvillier
 277G Sisowath Quay Tel: 023 220 528
 Riverfront French restaurant using gourmet homemade ingredients, specialising

Review: Khmer Kitchen

With a new venue still in Boeung Keng Kang, Lis Meyers scopes out just what comes out of this Cambodian kitchen.



Eating here will keep your feet firmly on the ground

SOMETIMES IT SEEMS HARD TO distinguish between the “Khmer” restaurants in the city. All serve affordable Khmer and Thai cuisine – presented rather interchangeably throughout their menus – in delightful settings. Does Khmer Kitchen stand out from the rest?

■ TASTE OF CAMBODIA

Similar to its counterparts, Khmer Kitchen features a massive menu, making it just about impossible to settle on just one or two dishes. Of great appeal to vegetarians is that staff are happy to substitute tofu for meat in many dishes.

Fried spring rolls (US\$2.50) came in miniature form, compact and crisp, with a sweet dipping sauce on the side. Deep-fried to perfection, what's not to like? Best of all were the spicy frogs legs (US\$4), stir-fried with groeung paste, chilli, garlic and green pepper. The meat is tender and juicy. A fun finger food – be prepared to work a bit to get the meat off the tiny frog bones – but the rewards are worth it.

Homemade crispy rice crackers (US\$3.50) were topped with a sauce consisting of minced pork, shrimps, ground peanuts, garlic and red onion. While the blend of textures from the minced mixture


and crunchy crackers was tremendous, the sauce needed a slight kick and the shrimp could have been minced in with the rest of the mixture. The yellow noodles with mixed vegetables and a choice of meat or tofu (US\$3) were disappointing, with a decided lack of vegetables.

As for the desserts, the banana sweet soup (US\$3) was a huge hit. Tender bananas were simmered in coconut milk and tapioca. This is melt-in-your-mouth good!

Khmer Kitchen's garden atmosphere is pleasant and peaceful, with lush, green plants surrounding the restaurant. Light and breezy, you can enjoy open-air dining under a large thatched roof to protect you from sudden rains. The service, while slow on clearing the table and bringing out beverages, was amiable throughout.

■ THE VERDICT

While the meal was enjoyable overall, it lacked anything that made it truly special. With such a saturated market of similar restaurants – Khmer Surin, Amok, Boat Noodles, Khmer Borain – serving affordable Khmer and Thai food, there was nothing that made Khmer Kitchen stand out from the rest. Worth the trip for inexpensive Asian food in a pleasing setting, don't expect to be knocked off your feet.

Khmer Kitchen, 25 Street 310, Tel: 012 712 541. 

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 A/C**

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**

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 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

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with a range of breads and chutneys. The wines have a bias towards the antipodes, including possibly the best range of wines by the glass in town. Open 11am to 11pm. **02 A/C** 🍷

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

international

Art Café
84 Street 108, Tel: 012 834 517
Elegant bistro and art gallery in the style of a European coffee house. German flame cakes and eau de vie as 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**

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

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

Café Living Room
9 Street 306, Tel: 023 726 139
Set in a stylish villa, Living Room has healthy salads and snack plates, plus a great tea and coffee menu. Has a kid's playroom and baby changer room. 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 Boddi Tree. Open 7am to 9pm. **02**

FCC Phnom Penh
363 Sisowath Quay Tel: 023 724 014

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

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

Freebird
69 Street 240, Tel: 023 224 712
Aircon American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. 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. WiFi is available, but there is a small charge. Open 7am to midnight. **02 A/C** 🍷

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

Garden Center Café
60-61 Street 108 Tel: 023 363 002
www.gardencentercafe.com
The long-standing outdoor terrace restaurant has found a new home on Street 108. Decked out in shades of muted green with 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 2
23 Street 57, Tel: 023 363 002
www.gardencentercafe.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
Largest garden bar and restaurant in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crèche facilities. Open from 11am to late. **02**

Green Mango
Cnr. 63 & 278, Tel: 016 821 303
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
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CHI-CHA RESTAURANT
 It's chapatis and rice galore at this tiny budget Indian and Bangladeshi joint, tucked next to the river and often lost among its surrounding girly bars. Food here is 100 percent halal. The set lunches and dinners are a real steal. For instance, a whopping US\$2.50 gets you vegetable curry, daal, rice, chapatis, and green salad (consisting mainly of cucumbers with tomato and lemon accents). For a mere 2,000 riel more, carnivores can order set menus with meat, fish, chicken or beef accompanied with all the other trimmings. The daal is quite tasty, with a great blend of spices and flavours, married perfectly with rice. Chicken curry is tender and slightly sweet, although severely lacking in any spice. Carb lovers will

delight in the set menu's offer of all-you-can-eat chapatis and rice, refilled on demand. Dishes can also be ordered a la carte. Chicken curry is US\$1.50. Indian breads range from US\$0.40 to US\$0.50. Vegetable samosas (US\$1 for three pieces) are bland and off in texture with the unwarranted addition of corn. Chicken or beef samosas are US\$1 for two pieces. Wash down the meal with a tall class of well-spiced chai tea for just US\$0.50. Overall, the food was tasty, especially for the bargain bucket price. Those who expect their Indian with a substantial kick, however, will find themselves disappointed.

Chi-Cha Restaurant and Guesthouse, 27 Street 110, off Sisowath Quay, Tel: 023-336-065 - LIS MEYERS

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

K West
1 Street 154 (Cnr. Sisowath Quay)
Tel: 023 214 747
Stylish aircon bar and restaurant below the Amanjaya with an excellent steak menu and good value happy hour from 6pm to 8pm Fridays. 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.amaraspahotelcara.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 addition 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**

One More Pub
16E Street 294, Tel: 017 327 378
English-style bar with comfortable wooden bar stools, filled with traditional paraphernalia and enough flags to make the UN envious. No hip hop nor techno music, instead hearty Teutonic fare. Open from 5pm to late, happy hour from 5pm to 7pm, closed Tuesdays. **03 A/C**

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**

cafe and lounge



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cafe and lounge

Rising Sun

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

Riverhouse Restaurant

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

Riverside Bistro

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

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**

Scoop Bistro Bar

2-6A Regency Square, Mao Tse Tung Blvd., Tel: 023 216 130
Elegant, chic bistro with a simple, yet refined black and white design with comfortable, high-backed dining chairs providing seclusion from other diners. Wonderfully conceived menu with homemade pasta and varied selection of vegetarian dishes. Slightly raised lounge area is ideal for cocktail or coffee. Has three private rooms. Open from 11.30am to midnight, closed Sundays, reservations recommended. **04 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 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 ever day. **02**

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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
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Hotel Cambodia
Phnom Penh

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August Promotion

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

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

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

Pyeongyang
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 ☺**

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

Sharky Bar
126 Street 130, Tel: 023 211 825
www.sharkysofcambodia.com
Not just a pretty face, the biggest and most famous of Phnom Penh's bars has one of the best bar menus in town. The burritos and burgers are extremely good, although of gargantuan proportions. Open 4pm to 2am. **02 ☺**

thai & pan-asian

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

Bua Thai
Ground Floor, Phnom Penh Hotel,
Monivong Blvd. Tel: 023 990 098

Over 200 dishes provide a wide range of delights in this surprisingly good Thai restaurant. The sauteed prawns with chuchee chilli paste are divine. **03 A/C**

Chow
277 Sisowath Quay, Tel: 023 224 894
Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices 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 Daily from 9am to 11pm. **03**

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

cafés

Art Café
84 Street 108, Tel: 012 834 517
Elegant bistro and art gallery in the style of 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 changeroom. 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



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31 Street 240, Tel: 012 830 139: reservations catering - home delivery

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.

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, macaroons, 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 Coffee Maker
50 Sihanouk Blvd., Tel: 023 987 721
Recently opened, modern café overlooking Hun Sen Park, serves coffee, juices and light refreshments. Already popular with middle-class Khmers, this is a great place to watch the early evening exercises.

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/C**



La Brioche Doree

August Promotion
11.00 am to 10.00 pm

Marjolaine Cake



The delicious Marjolaine cake will be on sale for the month of August. We feature the Marjolaine as the "Cake of the Month". A smooth concoction of orange ganache and almond pistachio mousse.

All items are discounted at 40% after 06.00 pm

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bar stool

A Fresh Face at Rubies

Anyone who has been to Rubies over the past few weeks is sure to have noticed that there's a new boss in town. **Lis Meyers** chats with **Rob Ainge**, the down to earth and friendly new face of Phnom Penh's long-standing wine bar.

WHEN ROB AINGE FIRST arrived in Cambodia last February, he was unsure of what his time here would bring and where he would find himself. Having booked a one-way flight from England to Phnom Penh, he had little idea whether he would stay for three weeks, three months, or three years. Just four months later, Rob finds himself at the helm of Rubies with a course marked for smooth sailing.

Rob has spent much of his adult life in the bar and restaurant industry. Upon graduating in 2003, he spent two and a half years employed by Bacardi, working with bars to think of ways to sell more alcohol. Needing a break from the nine-to-five office gig, Rob moved with a friend to Exeter in southwest England to manage a bar.

As much as he enjoyed his time behind the bar, his primary goal was to own a watering hole of his own. "We moved down to Exeter in the hope of opening our own bar," he says. "We looked at a couple of places, but it never worked out because a big bar/restaurant complex opened in the area and would have been too much competition. We decided we would have to look somewhere else."

When the pair realised it was the wrong time and place for Exeter, they headed east to Cambodia. When his friend left, Rob remained in the country, travelling and spending some time helping to revamp Epic Arts Café in Kampot.

"I didn't know what I was doing. Then one day over lunch at Pacharan, Chad offered me Rubies," Rob explains the suddenness of his decision to buy the wine bar from former owner Chad Wasser.

Taking just two weeks to ponder the offer, Rob knew this was the opportunity he had been looking for. It was an easy decision.



Rob Ainge: Always wanted to have his own bar

"It was a bit of a godsend really," he says. "I was never expecting to stay here. But at the same time I always said that if something came along, I would be happy to stay."

Chad handed over the reigns on Jul. 1 and Rob has been in charge ever since, enjoying the rather hectic first weeks spent getting the hang of things.

Loyal fans of Rubies will be happy to know that its new owner does not plan any major overhaul. The neighbourhood wine bar's atmosphere, décor and menu will stay largely the same.

Chad's iPod was even part of the deal, ensuring that Rubies' chilled out vibe is perfectly and seamlessly maintained.

But the new owner does have a few small changes in mind. He would like to add draught Tiger Beer to the happy hour menu as a means of appealing to male clientele. He also hopes to incorporate a few more promotions and events, ranging from wine tasting to weekend parties. As Rubies currently only features a selection of several seldom ordered pizzas, Rob is also planning on introducing more food to the menu.

It is such a great bar – small, intimate, stylish. There are other beautiful bars in town, but you can tell the moment you walk in that Rubies has character

"It is such a great bar – exactly the type we had been looking to open back home – small, intimate, stylish." He beams when he talks about his new purchase. "There are other beautiful bars in town, but you can tell the moment you walk in that Rubies has character."

The bar he formerly managed in Devon "was about as different from Rubies as you can get." While the bar was a stylish cocktail lounge, it also featured large and lively weekend parties with DJs, and non-stop drinking and dancing. As much as Rob enjoyed his time in such an upbeat atmosphere, he looks forward to owning a different kind of establishment.

"I enjoyed the 'busy bar' experience, it was fun and exciting, but I'm looking forward to having the time to actually talk with the customers," he says. "Owning a smaller bar is easier to manage and just more fun."

Much like the omnipresent Chad, Rob hopes to be a permanent fixture at the bar. "I can't wait to meet everyone in town," he says.

*Rubies Wine Bar
Cnr. Street 19 & 240,
Tel: 092 823 962*

Bar Talk: One More Pub



Peter Dahlke: Return of a familiar face on the Phnom Penh bar scene

THOUGH ONLY OPEN FOR a couple of months now, this German-owned bar has already generated a regular following. The bar is often crowded, especially during the 5pm to 7pm happy hour when draught Anchor is US\$1.25. Owner Peter Dahlke is no stranger to Phnom Penh. He ran the Why Not bar on Street 63 from 2000 to 2003, before moving to Saigon, where he also opened a Why Not. He says he's returned to stay, but this time his bar carries a new name – well, why not?

This is a pub that actually feels like a pub – no hysterical women or droning music here. “I want to create a meeting place for everyone who is fed up with girlie bars and who wants a regular pub,” says Peter.

Most customers pack the bar looking at the flags of the U.N. and the impressive range of spirit bottles. A range of pub memora-

bilia gives it the authentic feel of an English pub. The comfortable red cushioned benching and hardwood tables help create the ambience of a Parisian bar. To round off the E.U. experience, the food has a distinctly Germanic flavour with dishes such as Nuremberg sausages (US\$7.50), grilled knuckle of pork (US\$12) and naturally, sauerkraut.

The former fashion and jewellery photographer plans a jewellery promotion evening for October and, true to his roots, an Oktoberfest, albeit with a potential twist. “I would like to have a Novemberfest to be different from the others, because the beer is as good in November as it is in October”. In the meantime, Peter will get his customers in training by offering them Erdinger weissbeer, courtesy of Alpine Trading.

One More Pub,
16E Street 294,
Tel: 017 327 378

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6PM - 7PM DAILY
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WHOLE DOVER SOLE 12:50
BEER BATTERED COD 12:50
LAMB ROGAN JOSH 7:50
BEEF + GUINNESS STEW 6:50
BONELESS LAMB STEAK 11:50
PLUM PUDDING / ICE CREAM 3:50
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bar stool guide

key to symbols

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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** 🎵

Blue Cat

34-36 Street 110, Tel: 012 954 998
Spacious, double-fronted pub with stylish bar and waitresses dressed in elegant uniforms. Menu includes light snacks, western and Asian dishes. Open from 9am to late. **A/C** 🎵

Cadillac Bar & Grill

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

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** 🎵

Diplomat's Bar

69 Street 566, Tel: 017 456 116
Set in a beautiful 1960s wooden Khmer house directly above Sarika Restaurant, the Diplomat's Bar exudes the elegance of Asian colonial times, yet has a refreshingly chilled out atmosphere. Has two VIP rooms and live music is played Thursdays to Sundays from 7pm 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

and tapas as well as over 20 different flavoured rums created by bar's owner. 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 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 make this the optimum place to chill. Has Friday night parties once a month with DJ and a good clothes shop upstairs. Closed Tuesdays.

Etcaetera Bar

38 Street 118, Tel: 092 538 385
Classic, small, black bar owned by Memphis owner, Bona Thiem has a large range of cocktails and daily specials. True to Memphis tradition, live music is played every Sunday night from 8pm to 11pm. Happy hour is 5pm to 8pm. Open from 10am to late, closed Mondays. **A/C** 🎵

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 with regular tournaments. Also has 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
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

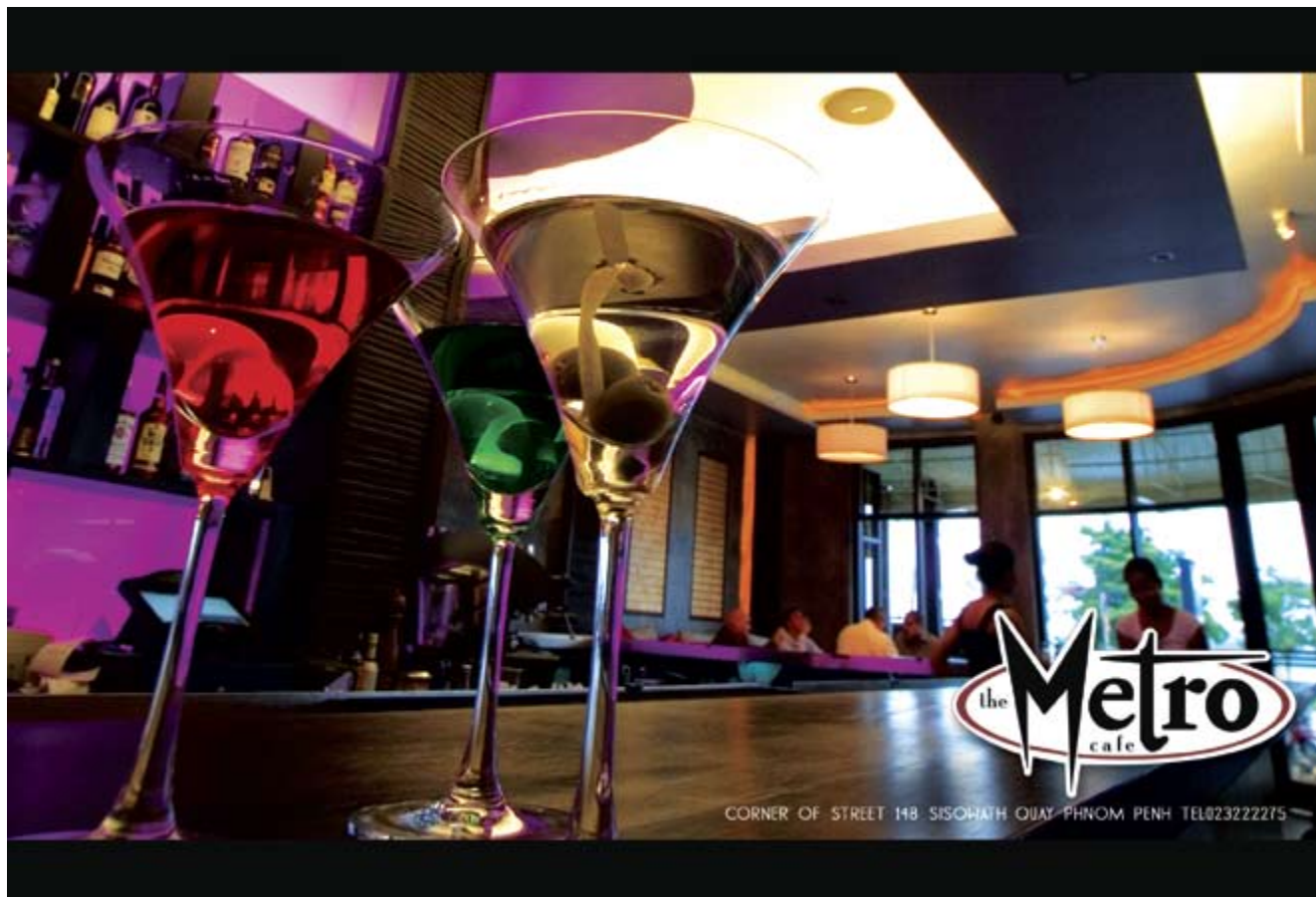
69 Street 240, Tel: 023 224 712
Air-conditioned American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. The menu is international with good lunch offers and an excellent range of bottled sauces. Be prepared for some good solid R&R. WiFi is available, but there is a charge. Open 7am to midnight. **A/C**

Gasolina

56/58 Street 57, Tel: 012 373 009
The largest garden bar in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche facilities. 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.



Bar Scene: Blue Cat Bar



OPENED A COUPLE OF months ago, Blue Cat is the newest New York style bar in the riverfront area. On Street 110 just around the corner from the Riverhouse Lounge, this classy Khmer-owned bar shows signs of the rising Khmer middle class' demand for style.

Individual booth seating and a glowing multicoloured backdrop to the bar make for a modern feel. Their signature drink named 'Blue

Cat Famous' is frighteningly blue, but surprisingly tasty. All the usual favourites can be found on the menu, with burgers for US\$4 and fish and chips for US\$7.50. Hip hop, lounge room hits and funky acid jazz meld perfectly with the rich red walls and black furniture. Plans to open the upstairs into a DJ booth and chill out lounge room are in the works.

Blue Cat, 34-36 Street 110, Tel: 012 954 998



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Daily from 08.15 pm till midnight (Except Sunday).

313 Sisowath Quay, Phnom Penh, Kingdom of Cambodia
Tel: (855-23) 218-189 / 426-288 Fax: (855-23) 426-392
Email: marketing@hotelcambodiana.com.kh / www.hotelcambodiana.com

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 to boot. Ideal for watching Premiership football or any other sport. The food is good and there's a non-sports quiz every Tuesday. Open 11am to late. **A/C**

Hope and Anchor

213 Sisowath Quay, Tel: 023 991 190
Well-located restaurant and bar on the front with seats stretching out onto the street. Wide screen TV for watching football. Open 6am to 2am.

Howie's Bar

32 Street 51
Air-conditioned and open until very late, this is the Heart's unofficial chill-out bar although the sound system could give the Heart a run for its money. Tends to be a popular late hang-out, especially around the pool table. Open 7pm to 6am. **A/C**

Huxleys

Cnr. of Streets 136 & 5,
Tel: 023 986 602
The wood-pannelled interior decorated with posters of famous British screen personalities and sportspeople helps to create the atmosphere of a Covent Garden bar. Well-stocked bar with fantastic cocktails. Not to be missed. **A/C**

K West

1 Street 154 (Cnr. Sisowath Quay)
Tel: 023 214 747
Air-conditioned bar and restaurant with a good value happy hour from 6pm to 8pm Fridays. Renowned for excellent mojitos. Open 6.30am to midnight. **A/C**

Liquid

Street 278, Tel: 012 765 896
Welcoming Metroesque bar on the popular Street 278 run by the same owner as Flavours. Serves food and good cocktails. Has one of the best pool tables in town. Happy Hour from 5pm - 8pm. **A/C**

Maxine's

Over Japanese Bridge, Tel: 012 200 617
Stirringly eclectic bar right on the river, boasting the best sunset views in Cambodia. Across the Japanese Bridge, Maxine's - or Snow's Bar - is well worth seeking out for its laid back ambience and old Indochine charm. Open Tuesday to Sunday from near sunset till late. **A/C**

Memphis Pub

3 Street 118, Tel: 012 871 263
The only permanent rock venue in town with a house band that plays covers with Filipina singers. Band plays from 9pm to 12.30am (weekdays) and 10pm to 2am (weekends) and guests are always welcome to join in. Also has open mike sessions. Open 5pm to late, closed Sundays. **A/C**

Meta House

6 Street 264, Tel: 012 607 465
www.meta-house.com
This multi-media arts centre established by German Nico Mesterham opened in January. Has a very cool terrace bar with barbecue. Closed Mondays.

Metro Café

Cnr. Sisowath Quay & Street 148.
Tel: 023 222 275
Stylish and swish, Metro has much more than a cool décor and changing light boxes. Reasonably priced Tiger and house wines and a great range of Martinis, try the Espresso. Open 10am to 2am. **A/C**

One More Pub

16E Street 294, Tel: 017 327 378
English-style bar with comfortable wooden bar stools, filled with traditional paraphernalia and enough flags to make the UN envious. No hip hop nor techno music, instead hearty Teutonic fare. Has elegant, terracotta-tiled terrace and four guest rooms upstairs (US\$22 to US\$30). Open from 5pm to late, happy hour from 5pm to 7pm, closed Tuesdays. **A/C**

Open Wine

219 Street 19, Tel: 023 223 527
Large wine shop with well-priced wines from around the world. Has an outside dining area with occasional wine tastings. Open from 9am to 11pm every day. **A/C**

Pacharan

389 Sisowath Quay, Tel: 023 224 394
Barcelona comes to Phnom Penh via London's Mayfair in this exquisitely up-market bodega. Specialising in tapas and fine Spanish wines, this air-conditioned restaurant and bar is set in a beautiful colonial building with great decoration, an open kitchen and sweeping views of the river. Open from 11am to 11pm. **A/C**

Pickled Parrot

4-6 Street 104, Tel: 012 633 779
Air-conditioned bar with excellent 9-ball pool table, that's a popular late night hang-out with expats. Reliable international cuisine is available at the bar, free internet and 24-hour cable sports channels. Clean well-kept guesthouse upstairs with 15 rooms. Open 24 hours. **A/C**

Pontoon Lounge

River end, Street 108, Tel: 012 889 175
Phnom Penh's only floating bar, stylish, funky drinking spot and late night venue. 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, just round the corner on Street 51. Happy hour from 4pm to 7pm. **A/C**

Rising Sun

20 Street 178, Tel: 012 970 719

England, Denmark, Norway, Sweden, Germany, Spain, South Africa, Queen Mary 2, Thailand, Vietnam, Cambodia

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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.

Rubies
Chr. 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 till late, closed Mondays.

Salt Lounge
217 Street 136
In addition to being Phnom Penh's first openly "gay" bar, has probably the most contemporary design in town. It also welcomes straight customers. Open 6pm to late. A/C

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

Scoop Bistro Bar
2-6A Regency Square, Mao Tse Tung Blvd., Tel: 023 216 130
Elegant, chic bistro with a simple, yet refined black and white design with comfortable, high-backed dining chairs providing seclusion from other diners. Slightly raised lounge area is ideal for cocktail or coffee. Has three private rooms. Open from 11.30am to midnight, closed Sundays, reservations recommended. A/C

Sharky Bar
126 Street 130, Tel: 023 211 825
Biggest and most famous of Phnom Penh's bars is set on the first floor with countless pool tables and a large balcony to look out over the street. Guaranteed to be lively, a place where anything can happen. Serves surprisingly

good food, especially the Mexican. Open 4pm to 2am. A/C

Talkin to a Stranger
21B Street 294
Elegant bar with nice gardens set in the heart of NGO town. Excellent place for post-work drinking or indulging in their vast array of cocktails. Good food and one of the few places in town putting on events and live music. Has a trivia quiz every second Tuesday. Don't be a stranger. Open 5pm to late, closed on Mondays.

Teukei Bar
23B Street 111, Tel: 012 707 609
Long-standing French bar with an extremely chill feel and good ambient music, serving reasonably-priced Asian and French cuisine. Upstairs has a red pool table and smoker-friendly balcony. Open 5pm to late.

Tony's Bar
180 Street 130, Tel: 092 289 068
Popular expat bar with large screen and some occasional live music. 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.

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.

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

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

DJs

DJ Paul Stewart
Tel: 017 362 849
English DJ entertainer, presenter and show director who has years of experience aboard the Queen Mary 2.

scrapbook



@chow

1



@chow

2



@java

4



@bogje & bacall's

5



@reyum

6



@ponton

8



@ponton

9

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Happy Hour
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3

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@french cultural centre

7



@french cultural centre

10

■ CAPTION COMPETITION

Provide a caption for any of the above photos and you have a chance to win a two-course meal for two and a free bottle of wine at **Green Vespa**. Simply SMS to 012 261 449 or email: asia-ifephnompenh@gmail.com. Best caption wins. *Entries by Aug. 15.*

#389E1 Street Sisowath Quay (entrance on St. 184),
Chey Chomnas Doun Penh, Phnom Penh, Cambodia
T: 023 224 394 E: pacharan@fcccambodia.com

leisure & wellness

Phnom Penh: From Behind the Handlebars

Every Saturday morning, the **Easy Riders** gather at one of their predetermined rendezvous points around the city and prepare to get a little muddy. **Andrew Turco** put on his bicycle clips and joined them.



Bike trips invariably involve some form of river crossing

A SMALL GROUP OF REGULAR cyclists the Easy Riders have, over the course of a few years, mapped out a variety of interesting routes to the outskirts of the city. Each Saturday morning they stretch their legs, clear their minds, and maybe even tone a calf muscle or two. Most of the group's regulars started riding around Phnom Penh on their own – exploring the dirt roads that meander out of the city – before happening upon like-minded individuals.

The group began when two Kiwi couples started the informal Saturday trips. One early member – part of the Hash House Harriers – knew the areas around Phnom Penh well, which helped plan the initial routes. A fluid group, upon the Kiwis' departure earlier this year, leadership changed to another committed group of regular rid-

ers. "Pretty much by attrition," Sheila Robinson laughs when asked how she ended up as the leader. "I became the longest surviving member."

■ BREAKING OUT OF THE PENH

The group is very democratic. Everyone has access to the email mailing list. Routes are generally done on a rotating basis – with members free to give input on preference. Like many of the other riders, Sheila had an interest in cycling during her pre-Cambodia life in Calgary, Canada before joining the group. She and her husband originally started exploring trails around Phnom Penh on their own before learning of the group. Most of the members remember riding either solo or in pairs around the outskirts of the city before finding the rest of the Easy Riders.

Most come for the same reason – just to get out of the city. Nor does the weather put them off. "It's great to get a little muddy every week," says Sheila.

Although Phnom Penh is a hectic city, just cross the Japanese Bridge and take a left or right along the Tonle Sap and you enter a different world. Whether it's the vegetables growing along the exposed banks of the Mekong or the quiet dirt roads of the small villages that still remain so close to the city centre, a peaceful Saturday morning isn't that hard to find if you're willing to look.

■ ALWAYS MORE ROUTES TO FIND

The routes the group takes are the result of trial and error and a willingness to explore. Although the rides have all been given established names, like

"the Cabbage Patch" or "Bassac Islands", they are done purely from memory. Two members of the group are currently putting their routes down on a map. As a result, the knowledge that's been acquired over the past few years will be passed on, even if the legs that found them have moved on to other parts of the world.

The group regularly rides eight main routes, but this is by no means an exhaustive list. "There are more routes to be found," says Sheila. "It's just a matter of someone exploring a bit." When riding, it's amazing how many picturesque roads sit an easy turn off from the main highways leading out of Phnom Penh.

Bumpy roads with views of stilted houses and flowing rivers line most of the routes, which invariably involve a ferry of some kind. The Cabbage Patch Ride



It's great to get a little muddy every week

seems to be a favourite of many group members partly due to the number of ferry crossings involved in it.

During the rainy season, the water is not just in the rivers. The rain's effect on road conditions often determines which route the group takes. Some routes rely on being able to cut along riverbanks when the rivers are low, others are nearly impossible when the dirt roads are deluged with water. For the most part, the group leaves every Saturday regardless.

Not that the group is afraid of the mud. It's pretty much guaranteed that you'll need a shower after returning midday, and the Easy Riders are not the only things that get wet. "We know all the best bike washing places in town," says Sheila.

Easy Riders: rowena.eastrick@yahoo.com

RECOMMENDED ROUTES

One of the easiest routes out of the city, and one that the group often does with new riders, is to take the public ferry across the Tonle Sap and the Mekong. Ferries leave every half hour. There's no need to ride on Phnom Penh's roads, and you're already in rural countryside by the time you step off the ferry. Simply take a right or a left when you disembark, and ride around.

Another recommended trip is to cross the Japanese Bridge. Take a right on the other side, go around the peninsula and take the ferry to Silk Island, where you can also cycle in rural bliss.

CYCLING CAMBODIA

One rider that occasionally joins the Easy Riders is Smey, an enthusiastic Cambodian cyclist who heads one of the two biggest cycling clubs in Cambodia. Although originally a Cambodian 100-metre runner, he started cycling in 2001 and has been obsessed ever since.

Through the Cambodia Cyclist Club, he finds time to work with the next generation of Cambodian cyclists. He wants to build a group of Cambodians who can use their skills to become cycling guides. Two of the group's forty-two members are on the national team, and one member competed for Cambodia in last year's SEA Games in Thailand.

According to Smey, the south of Cambodia is the most popular place to cycle because of the infrastructure, but the north is his favourite – as long as you can tolerate the long distances and lack of regular comforts. However, you don't have to go that far. "You only need 10km to get outside of the business of Phnom Penh," he says.

Smey's enthusiasm for Cambodian cycling is unparalleled, and his group often works with Cambodians who would not otherwise have access to the equipment or races that members participate in. Mountain bike rentals, bike repairs, and cycling tours are all available through Cycling Cambodia, which also goes by the name Khmer Biker.

A cycling guide costs US\$45 per day and mountain bike rental is US\$8 per day, plus a US\$2 delivery charge.

Cycling Cambodia, Tel: 012 555 123, info@khmerbiker.com



Discovering hidden gems



Phnom Penh's busy streets seem a million miles away

English Premier League Season 2008/2009

Will Manchester Utd. make it a hat-trick of titles? Which of the three promoted teams will prove this season's Derby? Which manager will be the first for the Mourinho boot? The EPL kicks off once more on Aug. 16, follow all the games live on ESPN or Star Sports.

AUG. 16/17, 2008

Arsenal v West Brom.
Aston Villa v Man. City
Bolton v Stoke
Chelsea v Portsmouth
Everton v Blackburn
Hull v Fulham
Man. Utd. v Newcastle
Middlesbrough v Tottenham
Sunderland v Liverpool
West Ham v Wigan

AUG. 23/24, 2008

Blackburn v Hull
Fulham v Arsenal
Liverpool v Middlesbrough
Man. City v West Ham
Newcastle v Bolton
Portsmouth v Man. Utd.
Stoke v Aston Villa
Tottenham v Sunderland
West Brom. v Everton
Wigan v Chelsea

AUG. 30/31, 2008

Arsenal v Newcastle
Aston Villa v Liverpool
Bolton v West Brom.
Chelsea v Tottenham
Everton v Portsmouth
Hull v Wigan
Man. Utd. v Fulham
Middlesbrough v Stoke
Sunderland v Man. City
West Ham v Blackburn

SEP. 13/14, 2008

Blackburn v Arsenal
Fulham v Bolton
Liverpool v Man. Utd.
Man. City v Chelsea
Newcastle v Hull
Portsmouth v Middlesbrough
Stoke v Everton
Tottenham v Aston Villa
West Brom. v West Ham
Wigan v Sunderland

SEP. 20/21, 2008

Blackburn v Fulham
Bolton v Arsenal
Chelsea v Man. Utd.
Hull v Everton
Liverpool v Stoke
Man. City v Portsmouth
Sunderland v Middlesbrough
Tottenham v Wigan
West Brom. v Aston Villa
West Ham v Newcastle

SEP. 27/28, 2008

Arsenal v Hull
Aston Villa v Sunderland
Everton v Liverpool
Fulham v West Ham
Man. Utd. v Bolton
Middlesbrough v West Brom.
Newcastle v Blackburn
Portsmouth v Tottenham
Stoke v Chelsea
Wigan v Man. City

OCT. 4/5, 2008

Blackburn v Man. Utd.
Chelsea v Aston Villa
Everton v Newcastle
Man. City v Liverpool
Portsmouth v Stoke
Sunderland v Arsenal
Tottenham v Hull
West Brom. v Fulham
West Ham v Bolton
Wigan v Middlesbrough

OCT. 18/19, 2008

Arsenal v Everton
Aston Villa v Portsmouth
Bolton v Blackburn
Fulham v Sunderland
Hull v West Ham
Liverpool v Wigan
Man. Utd. v West Brom.
Middlesbrough v Chelsea
Newcastle v Man. City
Stoke v Tottenham

OCT. 25/26, 2008

Blackburn v Middlesbrough
Chelsea v Liverpool
Everton v Man. Utd.
Man. City v Stoke
Portsmouth v Fulham
Sunderland v Newcastle
Tottenham v Bolton
West Brom. v Hull
West Ham v Arsenal
Wigan v Aston Villa

OCT. 28, 2008

Arsenal v Tottenham
Bolton v Everton
Hull v Chelsea
Man. Utd. v West Ham
Middlesbrough v Man. City
Stoke v Sunderland

OCT. 29, 2008

Aston Villa v Blackburn
Fulham v Wigan
Liverpool v Portsmouth
Newcastle v West Brom.

NOV. 1/2, 2008

Bolton v Man. City
Chelsea v Sunderland
Everton v Fulham
Man. Utd. v Hull
Middlesbrough v West Ham
Newcastle v Aston Villa
Portsmouth v Wigan
Stoke v Arsenal
Tottenham v Liverpool
West Brom. v Blackburn

NOV. 8/9, 2008

Arsenal v Man. Utd.
Aston Villa v Middlesbrough
Blackburn v Chelsea
Fulham v Newcastle
Hull v Bolton
Liverpool v West Brom.
Man. City v Tottenham
Sunderland v Portsmouth
West Ham v Everton
Wigan v Stoke

NOV. 15/16, 2008

Arsenal v Aston Villa
Blackburn v Sunderland
Bolton v Liverpool
Everton v Middlesbrough
Fulham v Tottenham
Hull v Man. City
Man. Utd. v Stoke
Newcastle v Wigan
West Brom. v Chelsea
West Ham v Portsmouth

NOV. 22/23, 2008

Aston Villa v Man. Utd.
Chelsea v Newcastle
Liverpool v Fulham
Man. City v Arsenal
Middlesbrough v Bolton
Portsmouth v Hull
Stoke v West Brom.
Sunderland v West Ham
Tottenham v Blackburn
Wigan v Everton

NOV. 29/30, 2008

Aston Villa v Fulham
Chelsea v Arsenal
Liverpool v West Ham
Man. City v Man. Utd.
Middlesbrough v Newcastle
Portsmouth v Blackburn
Stoke v Hull
Sunderland v Bolton
Tottenham v Everton
Wigan v West Brom.

DEC. 6/7, 2008

Arsenal v Wigan
Blackburn v Liverpool
Bolton v Chelsea
Everton v Aston Villa
Fulham v Man. City
Hull v Middlesbrough
Man. Utd. v Sunderland
Newcastle v Stoke
West Brom. v Portsmouth
West Ham v Tottenham

DEC. 13/14, 2008

Aston Villa v Bolton
Chelsea v West Ham
Liverpool v Hull
Man. City v Everton
Middlesbrough v Arsenal
Portsmouth v Newcastle
Stoke v Fulham
Sunderland v West Brom.
Tottenham v Man. Utd.
Wigan v Blackburn

DEC. 20/21, 2008

Arsenal v Liverpool
Blackburn v Stoke
Bolton v Portsmouth
Everton v Chelsea
Fulham v Middlesbrough
Hull v Sunderland
Man. Utd. v Wigan
Newcastle v Tottenham
West Brom. v Man. City
West Ham v Aston Villa

DEC. 26, 2008

Aston Villa v Arsenal
Chelsea v West Brom.
Liverpool v Bolton
Man. City v Hull
Middlesbrough v Everton
Portsmouth v West Ham
Stoke v Man. Utd.
Sunderland v Blackburn
Tottenham v Fulham
Wigan v Newcastle

FEB. 07/08, 2009

Blackburn v Aston Villa
 Chelsea v Hull
 Everton v Bolton
 Man. City v Middlesbrough
 Portsmouth v Liverpool
 Sunderland v Stoke
 Tottenham v Arsenal
 West Brom. v Newcastle
 West Ham v Man. Utd.
 Wigan v Fulham

FEB. 21/22, 2009

Arsenal v Sunderland
 Aston Villa v Chelsea
 Bolton v West Ham
 Fulham v West Brom.
 Hull v Tottenham
 Liverpool v Man. City
 Man. Utd. v Blackburn
 Middlesbrough v Wigan
 Newcastle v Everton
 Stoke v Portsmouth

FEB. 28 / MAR. 1, 2009

Arsenal v Fulham
 Aston Villa v Stoke
 Bolton v Newcastle
 Chelsea v Wigan
 Everton v West Brom.
 Hull v Blackburn
 Man. Utd. v Portsmouth
 Middlesbrough v Liverpool
 Sunderland v Tottenham
 West Ham v Man. City

MAR. 3, 2009

Portsmouth v Chelsea
 Stoke v Bolton
 Tottenham v Middlesbrough
 West Brom. v Arsenal
 Wigan v West Ham

Mar. 4, 2009

Blackburn v Everton
 Fulham v Hull
 Liverpool v Sunderland
 Man. City v Aston Villa
 Newcastle v Man. Utd.

MAR. 14/15, 2009

Arsenal v Blackburn
 Aston Villa v Tottenham
 Bolton v Fulham
 Chelsea v Man. City
 Everton v Stoke
 Hull v Newcastle
 Man. Utd. v Liverpool
 Middlesbrough v Portsmouth
 Sunderland v Wigan
 West Ham v West Brom.

MAR. 21/22, 2009

Blackburn v West Ham
 Fulham v Man. Utd.
 Liverpool v Aston Villa
 Man. City v Sunderland
 Newcastle v Arsenal
 Portsmouth v Everton
 Stoke v Middlesbrough
 Tottenham v Chelsea
 West Brom. v Bolton
 Wigan v Hull

APR. 4/5 2009

Arsenal v Man. City
 Blackburn v Tottenham
 Bolton v Middlesbrough
 Everton v Wigan
 Fulham v Liverpool
 Hull v Portsmouth
 Man. Utd. v Aston Villa
 Newcastle v Chelsea
 West Brom. v Stoke
 West Ham v Sunderland

APR. 11/12, 2009

Aston Villa v Everton
 Chelsea v Bolton
 Liverpool v Blackburn
 Man. City v Fulham
 Middlesbrough v Hull
 Portsmouth v West Brom.
 Stoke v Newcastle
 Sunderland v Man. Utd.
 Tottenham v West Ham
 Wigan v Arsenal

APR. 18/19, 2009

Aston Villa v West Ham
 Chelsea v Everton
 Liverpool v Arsenal
 Man. City v West Brom.
 Middlesbrough v Fulham
 Portsmouth v Bolton
 Stoke v Blackburn
 Sunderland v Hull
 Tottenham v Newcastle
 Wigan v Man. Utd.

APR. 25/26, 2009

Arsenal v Middlesbrough
 Blackburn v Wigan
 Bolton v Aston Villa
 Everton v Man. City
 Fulham v Stoke
 Hull v Liverpool
 Man. Utd. v Tottenham
 Newcastle v Portsmouth
 West Brom. v Sunderland
 West Ham v Chelsea

MAY 2/3, 2009

Aston Villa v Hull
 Chelsea v Fulham
 Liverpool v Newcastle
 Man. City v Blackburn
 Middlesbrough v Man. Utd.
 Portsmouth v Arsenal
 Stoke v West Ham
 Sunderland v Everton
 Tottenham v West Brom.
 Wigan v Bolton

MAY 9/10, 2009

Arsenal v Chelsea
 Blackburn v Portsmouth
 Bolton v Sunderland
 Everton v Tottenham
 Fulham v Aston Villa
 Hull v Stoke
 Man. Utd. v Man. City
 Newcastle v Middlesbrough
 West Brom. v Wigan
 West Ham v Liverpool

MAY 16/17, 2009

Bolton v Hull
 Chelsea v Blackburn
 Everton v West Ham
 Man. Utd. v Arsenal
 Middlesbrough v Aston Villa
 Newcastle v Fulham
 Portsmouth v Sunderland
 Stoke v Wigan
 Tottenham v Man. City
 West Brom. v Liverpool

MAY 24, 2009

Arsenal v Stoke
 Aston Villa v Newcastle
 Blackburn v West Brom.
 Fulham v Everton
 Hull v Man. Utd.
 Liverpool v Tottenham
 Man. City v Bolton
 Sunderland v Chelsea
 West Ham v Middlesbrough
 Wigan v Portsmouth

DEC. 28, 2008

Arsenal v Portsmouth
 Blackburn v Man. City
 Bolton v Wigan
 Everton v Sunderland
 Fulham v Chelsea
 Hull v Aston Villa
 Man. Utd. v Middlesbrough
 Newcastle v Liverpool
 West Brom. v Tottenham
 West Ham v Stoke

JAN. 10/11, 2009

Arsenal v Bolton
 Aston Villa v West Brom.
 Everton v Hull
 Fulham v Blackburn
 Man. Utd. v Chelsea
 Middlesbrough v Sunderland
 Newcastle v West Ham
 Portsmouth v Man. City
 Stoke v Liverpool
 Wigan v Tottenham

JAN. 17/18, 2009

Blackburn v Newcastle
 Bolton v Man. Utd.
 Chelsea v Stoke
 Hull v Arsenal
 Liverpool v Everton
 Man. City v Wigan
 Sunderland v Aston Villa
 Tottenham v Portsmouth
 West Brom. v Middlesbrough
 West Ham v Fulham

JAN. 27, 2009

Portsmouth v Aston Villa
 Sunderland v Fulham
 Tottenham v Stoke
 West Brom. v Man. Utd.
 West Ham v Hull
 Wigan v Liverpool

JAN. 28, 2009

Blackburn v Bolton
 Chelsea v Middlesbrough
 Everton v Arsenal
 Man. City v Newcastle

JAN. 31 / FEB. 1, 2009

Arsenal v West Ham
 Aston Villa v Wigan
 Bolton v Tottenham
 Fulham v Portsmouth
 Hull v West Brom.
 Liverpool v Chelsea
 Man. Utd. v Everton
 Middlesbrough v Blackburn
 Newcastle v Sunderland
 Stoke v Man. City

Pundit's Predictions

Champions: Liverpool**Relegated:** Stoke, Hull, Bolton**First for the chop:** Paul Ince (Blackburn)

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, half-day or the entire day.

Parkway Square

113 Mao Tse Tung Blvd,
Tel: 023 982 928

Ten-pin bowling alley with lanes costing between US\$6 and US\$9 per hour, depending upon the time of day. It also has a dodgem track, for those who haven't had enough of close shaves on the streets of Phnom Penh.

Phnom Penh Water Park

50 Street 110, Tel: 023 881 008

Traditional mix of slides and wave pools. Entrance is US\$2 weekdays (US\$3 at weekends). Open from 9.30am to 5.30pm.

Phnom Tamao Wildlife Park

Phnom Tamao,

44 kilometres out of the capital along Highway 2, 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. Open from 8am to 4pm.

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. Hitting the skates or blades costs between US\$1 and US\$2.

chemists

U-Care Pharmacy

26-28 Sothearos Blvd., Tel: 023 222 499
14 Sihanouk Blvd., Tel: 023 224 099

High quality western-style chemist and pharmacy that sells the full range of beauty products, including international brands. Open 8am to 10pm.

Pharmalink

14 Street 432 Tel: 023 726 296

Modern, western-standard pharmacy on the way to the Russian Market. Staff speak English and have a range of western products on sale. Open from 7.30am to 8pm (Monday to Saturday).

classes

Cambodian Cooking Class

Frizz Restaurant, 67 Street 240
Tel: 012 524 801

The first and only Khmer cooking school for travellers and expats in Phnom Penh.

Courses cost US\$20 for a full day, including transport to the market and a colourful 16-page recipe booklet.

Capoeira

Two Fish Studio, 2D Street 302

Tel: 012 458 167

Lessons in this rhythmic Brazilian cross between dance and martial arts, cost US\$2. Held every Tuesday and Thursday from 6.30pm to 8pm. Contact Michel.

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 (0 to 6). Classes from 9am to 10am on Sundays. Call Melinda Burgess on 012 693 498.

Photography Tours

126 Street 136, Tel: 092 526 706

www.nathanhortonphotography.com

Weekend photography tuition and guided tours to Kampong Chhnang and Udong, covering technical and creative considerations in the context of travel photography.

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 012 385 422.

Scuba Nation Dive Center

18E0 Sothearos Blvd.,

Tel: 012 715 785

Learn to scuba dive in Phnom Penh. The academic part of the course takes place in the Plaza Hotel pool, while the real diving is over a weekend in Sihanoukville. Total cost for a course is US\$395.

dental

European Dental Clinic

160A Norodom Blvd., Tel: 023 211 363

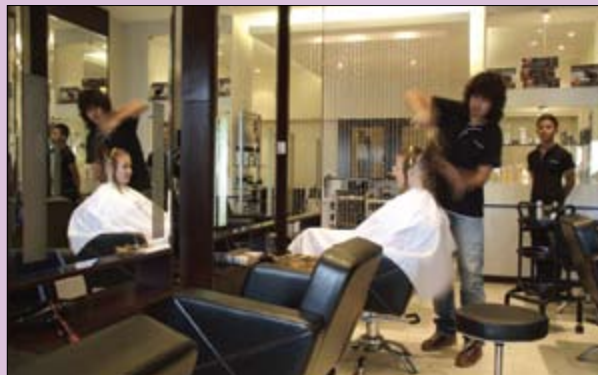
French-run dental practice since 1994 which provides full dental hygiene services with modern equipment. Open 8am to 12pm and 2pm to 7pm (closed Sundays).

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.

Beauty Spot: De Salon



SOPHISTICATED AND classy, newcomer De Salon may have an unoriginal name, but it is nevertheless to be reckoned with. Malaysians Rao and B. Leong come across less like hairdressers and more like hair doctors.

Intent on bringing new hairstyles to Cambodia – why do all Cambodian women have long dark hair? – these boys are on a mission. Passionate about hair, their enthusiasm is contagious. Talk centres on introducing Chinese bobs, highlights and colours for women, while tempting Cambodian men into sporting other than the 50s gelled-down side-partings seen everywhere.

De Salon also specialises in scalp care, a particular problem in Asia due to the climate and the thickness of people's hair, B. Leong explains.

Taking a seat in this professionally-kitted salon is likely to involve you admitting to some embarrassing hair crimes – cheap shampoo, too much swimming, bad brushes and a very long time since your last proper hair cut. Add scratching your scalp to that and you may feel like you're in real trouble. Thankfully, frowns soon turn into smiles as Rao and the team explain how they will give your neglected mane some well-deserved TLC.

De Salon offers everything you would expect from a

salon. Shampoo and basic styling starts at US\$10 for short hair and US\$15+ for long. Haircuts are relatively pricey, from US\$55 for women and US\$35 for men. Hair and scalp treatments cost between US\$40 to US\$80, depending on the length and needs of your hair. A shampoo-cut-treatment-styling combo that leaves you looking and feeling fabulous will make you US\$95 lighter. Love of this calibre does not come cheap.

Visiting De Salon is not only good for your hair, it's also fun. The chat is random but amusing, with English the language of choice. Amid the laughter the boys also promise to lend an ear to all your worries. You may even land an invitation to Malaysia.

Prices may be well above average, but the devotion to hair at De Salon is in a class of its own. The products are of a very high standard too – the beautifying effects of a hair treatment can be felt for many weeks.

De Salon is definitely worth seeking out particularly if your hair has received very little affection of late. And we can only hope the chaps succeed in their mission to bring Cambodian hairstyles into the 21st century!

Open 9am to 7pm daily, treatments are mainly by appointment only.

De Salon Hair Salon, 31 Sihanouk Blvd. Tel: 023 223 938—NORA LINDSTROM

**We are Among the Best
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**Salon Singapore @ Parkway Square. G15
Tel: 023 300 888 • Open 9am - 8pm**



Sam Moffett: We're Living Longer, Make it Better!

Fact – We're living longer than ever before in history.

Fact – As we age we lose muscle mass, strength, flexibility and bone.

Fact – The resulting frailty leads to a loss of mobility and independence.

There's another critical fact – regular exercise, including aerobics, building strength and stretching can delay and may even prevent a life-limiting loss of physical ability until into your 90s and beyond.

With each increasing decade, people become less active. So, with each increasing decade, exercise becomes more important in terms of quality of life, independence and leading a full life. The key is to start slowly and build gradually as ability and strength improve. Most important is to start now.

Until recently most recommendations for all ages have emphasised aerobic, or cardio conditioning, such as walking, jogging or swimming. But getting fit doesn't end there. The American Heart Association now recognises the added value of muscle strength to reduce stress on joints, bones and soft tissues, enhance stability and just meet the demands of daily life – climbing stairs, getting out of a chair or opening a jar!

Strength training can be done in a gym with various machines, or at home with resistance bands or dumbbells. Large muscles should be exercised first, followed by smaller muscles then postural muscles, i.e. start with chest and upper back, then arms/shoulders and last lower back and abdomen.

Muscles have to be overworked to grow stronger. The goal for each exercise is three sets of 8 to 12 repetitions to induce muscle fatigue. Muscles also need time to recover. Strength training should be done two or three times a week on non-consecutive days.

New recommendations also emphasise stretching to improve flexibility and balance. Ten minutes a day is a good start, holding each stretched muscle for a count of 20, breathing slowly and increasing pressure very gradually as you breath out.

Why live longer if you can't enjoy it?
Sam Moffett is manager of Clark Hatch Fitness Centre, Hotel InterContinental, 3/F Mao Tse Tung Blvd. ☎

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.

My First Khmer
 PO Box 1498, Tel: 011 342 315
 A network of university students offering language, translation, and interpreting services. Professional, affordable, and experienced. Call for a free lesson.

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

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

Physique Club
 Hotel Cambodiana, 313 Sisowath Quay, Tel: 012 810 432
 Most modern of the five-star fitness centres with reasonable selection of equipment, although has a small changing area. Mem

bership 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

De Salon Hair Spa
 31D Sihanouk Blvd., Tel: 023 223 938
 Fancy new hair salon opened in late June by the same group that run Nata Spa.

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

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

New Jack Holt International
 38 Street 57 (at Champey Spa), Tel: 023 350 788
 Contemporary hairdressers with a

French-trained Khmer stylist. Offers the full range of hair treatments as well as nails and waxing.

medical

American Medical Center
 Ground Floor Cambodiana Hotel 313 Sisowath Quay, Tel: 023 991 863
 www.amc-cambodia.com
 Team of international and Khmer doctors that provide general practice services to clients, including the American Embassy. Can arrange emergency evacuation. 24-hour service.

International SOS Medical Clinic
 161 Street 51, Tel: 023 216 911
 Globally renowned provider of medical assistance and international health care. Team of expat and Khmer doctors offer general practice, specialist and emergency repatriation services. Has multilingual staff. Members have access to SOS clinics around the globe. Has on-site laboratory and dental facilities. 24-hour service.

Naga Clinic
 11 Street 254, Tel: 023 211 300
 French-Khmer run clinic with a team of international and Khmer doctors. Impressive range of modern facilities. Has a 24-hour pharmacy on site and can perform minor surgery. 24-hour service.

gyms

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

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optics

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

Grand Optics

71 & 75 Norodom Bvd, Tel: 023 213 585
Modern opticians with the latest equipment including free computerised eye test. Makes prescription glasses and contact lenses at prices much cheaper than in the West.

pools

Asia Club

456 Monivong Bvd., Tel: 023 721 766
Beautiful swimming pool tucked around the back of Man Han Lou Restaurant near Caitex 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 for free.

Raffles Amrita Spa

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

The Billabong

5 Street 158, Tel: 023 223 703 www.thebillabonghotel.com
Sheltered garden hotel with an excellent outdoor swimming pool good both for lengths and relaxation. Daily usage costs US\$5 and Wi-Fi weighs in at US\$5 per 24 hours. Swimming hours from 8am to 8.30pm.

The Club at Northbridge

1km off National Road 4, (on the way to the airport), Tel: 023 886 012
International school has a pool costing US\$5 per day. Membership 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 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.amaraspahotelcara.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.

Champeispa & Salon

38 Street 57, Tel: 012 670 939 www.champeispa.com
Beautiful spa just across the road from the first Garden Center Café. Has a full range of massages from US\$8 and body treatments US\$6 to US\$25. Open from 9am to 11pm.

Dermal Spa

4C Street 57, Tel: 012 222 898
Spa offering beauty salon, foot massage and body massage services. Specialises in dermalogica skin and beauty products.

In-Style

63 Street 242, Tel: 023 214 621
Set in beautiful villas, the lovely gardens and revitalising café that greet your entrance indicate that this is more than just a spa. Full range of massages and beauty treatments with an emphasis on the Balinese.

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

Laura Watson: Cut it Out



IF BAD BREATH, PREMATURE wrinkles, yellow teeth, coughing, wheezing and an empty wallet aren't enough reasons for you to quit, then try the fact that cigarettes kill half of all lifelong users. Smoking is a significant risk factor for heart disease, stroke, infertility, sudden infant death syndrome and most cancers.

Most smokers already know that smoking is really bad for them yet they continue to smoke. The reason for this is a fatal mix of social factors, peer pressure, denial and the powerful addictive properties of nicotine.

■ GIVING UP

It should not be underestimated how difficult this can be. One contributing factor to failed attempts to quit is the feeling that you should be able to quit by yourself, without any help. For anyone regularly smoking 10 or more cigarettes a day this is likely to end in failure. You should seriously consider getting some help first.

The most important step is getting to the point where you really want to give up. If you are undecided, think about what you might gain if you stop.

Perhaps you have a fitness goal you have always wanted to achieve, perhaps you have a relative who died of cancer or of emphysema, or perhaps you are getting to an age where you are starting to notice your wrinkles! A determination to quit is a prerequisite for success.

If you have decided you do want to quit then set a firm date.

It helps if this date is not just before a major work deadline or boozy event as these kind of things will test your resolve. Tell your non-smoking friends you are going to quit and when. Decide how you will deal with your smoking friends as they will most likely try to get you to give up on your resolve in order to help them justify their own habit.

■ NICOTINE REPLACEMENT

If you smoke more than 10 cigarettes a day then consider seeing your doctor for advice on nicotine replacement or the drug bupropion. Nicotine replacement comes in many different forms – chewing gum, patches and even an inhaler, which works well for many people as it gives you something to do with your mouth. You should plan on needing replacement to cover withdrawal symptoms for at least a month and possibly longer.

Bupropion is a drug that was originally developed as an antidepressant. It was not a successful antidepressant but had the side effect of reducing nicotine cravings and improving the success rates of those trying to quit. It should be used under medical supervision.

■ KEEPING FIT

Consider getting fit at the same time. Exercise is a powerful incentive not to smoke as you will really feel the difference in the gym or on the football pitch if you have stopped smoking. Exercise also releases powerful endorphins in the brain that feel great and relieve stress far more effectively than cigarettes.

Be ready for an increase in appetite. Smoking dulls the taste buds and the appetite. Many people notice some weight gain when they quit. Use your new-found determination to eat more fresh fruit and vegetables and cut down on empty calories from sugary, fatty foods or white carbs. Your skin, your digestion, and your partner will thank you for it as you tone up and smell sweeter.

This may sound strange, but be prepared for a relapse. Smoking is an addiction and as such can be seen as a relapsing and remitting condition. You will face challenges to your smoke-free status. Stressful events, parties, meeting up with old friends who still smoke can all weaken your resolve, especially when combined with alcohol. If you do relapse then do not fear – you now know that you did it once and that you can do it again. This will make you stronger next time.

Finally, quitting smoking may also be a form of service to the wider community. Recent research has shown that people tend to quit in clusters and that there is often a ripple effect. One or two people within a social group giving up may result in an ever-increasing circle of non-smokers as your own determination spreads out and helps others have the confidence to do the same.

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

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.

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kaleidoscope

Reyum: Documenting Cambodian Culture

For contemporary art with a Cambodian flavour, **Reyum Gallery** on Street 178 is hard to match. Yet their exhibitions are just one facet of a diverse organisation, as **Sam Campbell** discovers.



PHOTO BY MINA KEMIVA

Reyum Institute: Part of their work is teaching disadvantaged children basic art techniques

DIRECTLY OPPOSITE THE Royal Museum of Fine Arts' campus and a stone's throw from the National Museum, Reyum is perfectly situated as an art gallery. Most visitors, however, do not realise Reyum Institute's foremost goal is to research, document and promote Cambodian culture.

"For a culture to live, it needs institutions and people within that culture to make that culture happen," explains Ly Daravuth, Reyum's director, who co-founded the organisation in 1998. "Because of recent history, because the vernacular culture has not been very well documented and because of oral traditions in countryside; there's a lot we don't have but it's there. This is what we are doing."

It is a living culture, and cannot be summed up in one event, such as the Khmer Rouge period or the Angkor period. We want to show the richness of this culture

■ PUBLISHING FOR POSTERITY

The ongoing Oral History Project, a collection of interviews revealing the biographies of village elders from around Cambodia, is one such project – a history from the human perspective. Daravuth reckons there are already thousands of hours of interviews he hopes should soon become an online historical database.

But there are no safeguards to so-called traditional culture, which is continually evolving and changing, warns a pragmatic Daravuth. "If it disappears, fine – the world will continue to live," he smiles, though he says the vernacular culture may be poorer as a result.

Most research is published. "Our general mission is to put as much knowledge as possible into

Khmer language," Daravuth says. "To publish as many books as possible in Khmer. We think that there's a need for that."

One of Reyum's primary roles is to research and document rapidly changing traditions, publishing a record of the research for posterity. A traditionally illustrated Reamker, *Seams of Change – Clothing and Self-Care in the 19th and 20th centuries*, and *Modern Khmer Cities* by Van MoDaravuthvann, are just some of the informative titles on offer. Their comprehensive survey of temple painting, published with full-colour photos in a Khmer-language book, is perhaps the best example.

Daravuth himself was the book's head researcher, spending six years scouring rural Cambodia to document murals from over



Documenting Cambodia's rich cultural heritage

600 temples. The three-man team took over 20,000 photos – the first comprehensive record of Cambodian temple art. “People are more interested in ancient temples and statues,” Daravuth complains, smiling.

The book may now be the only record of the artistic heritage being obliterated in the rush to modernise. “Many villagers like new temples and new paintings,” he observes. “If they get money, they will destroy old paintings to make new ones. The improving economy is dangerous for old paintings ... Several temples had already been destroyed the second time I returned.”

Wat murals are seen in all Theravada Buddhist nations, though the Khmer style is unique, showing a transition from age-old techniques to a more modern, more western style over the last century.

“Now modern painting is more popular,” Daravuth sighs, but the intricate, flattened figures of the traditional style have a haunting quality hard to pinpoint. The fusion of old and new has created some peculiar scenes. John F. Kennedy, Kruschev, Nehru, Sukharno and Mao Tse Tung are smiling onlookers to a traditional Cambodian ceremony in one faded mural.

■ PUBLIC FORUM

But publishing is only one of many means of dissemination. With a lack of central venues for lectures, Reyum offers space at its galleries for Khmer language lectures on a wide range of topics, from esoteric village ceremonies to ancient temple drainage systems.

The free lectures are not well publicised but always prove popular. A recent event was mobbed, attentive students and bookish intellectuals straining to hear the latest findings of a respected scholar.

Daravuth says that these regular lectures fulfil Reyum's mission to educate through content-orientated information in many formats. “Reyum has a public space, a public forum. There's a need to offer spaces to Khmer lecturers,” he explains.

■ **CONTEMPORARY TRADITIONAL** Reyum's gallery space is essential in providing the public access to productive academia and evocative art.

Video installations alluding to the tragedy of the Khmer Rouge are just some of the many uniquely Cambodian exhibits to grace the Reyum Gallery this year. “Our point is not to copy artists in Paris, Tokyo or New York,” Daravuth explains.

Reyum's focus on the educational aspect of art often mystifies visitors who want to buy the exhibits. Reyum is surrounded by commercial galleries, but its works are not for sale.

Historical exhibits are very significant to Reyum's mission, Daravuth adds, as the displays are didactic, including drawings and maps to explain and educate visitors. However, the heavy workload involved in mounting such exhibitions means the institute can only manage one such project each year.

A recent exhibition, Relax by 27-year-old Battambang painter



Uncovering Cambodia's future artistic leaders

Kim Hak, is just such a fusion of the traditional and the contemporary. Classic Asian motifs are painted onto the leaves of revered Banyan trees, in what Kim Hak calls “a mix between traditional and modern.”

“The Buddha images, the trees and the monks are traditional,” he says. “But as for the leaves, the combination of the two – it's modern.” The bold images are unfussy yet enticing, mostly a series of white, red and gold figures painted in the simple style of pagoda murals based on concepts personal to the artist – religion, personal interaction, family and nature. The untreated leaves were collected by Kim Hak himself from villages, monasteries, temples and gardens.

■ WORKING WITH THE DISADVANTAGED

Born of rice farmers, Kim Hak is typical of a Reyum exhibitor. He has never received any formal art training, instead relying on self-discipline and inspiration from other artists. He thinks art “should be shared to give happiness.”

Such youngsters are the mainstay of Reyum's Art School, set up for disadvantaged Cambodians to use their spare time constructively in half-day art classes. Every year between 70 and 120 students are given the basic training familiar to western artists but are also schooled in traditional techniques, such as those used in temple murals, in the free four-year course. Past students have become artists and graphic designers.

The vocational nature means the art school is to become more distinct from the Reyum Institute. Still, the course is in line with Reyum's aims.

“There are about 12 million people carrying this heritage of culture, speaking a certain language, thinking in a certain way, living in this certain area of the world,” Daravuth says. “For me it is a living culture, and cannot be summed up in one event, such as the Khmer Rouge period or the Angkor period. We want to show the richness of this culture.”

Reyum Institute, 47 Street 178, www.reyum.org 📍

Arts Diary

■ OPENING THIS MONTH

Airs and Graces

Mixed media exhibition by Australian artist Ali Sanderson delving into the imagery of Khmer pop and magazine culture shows at Java Gallery & Café from Aug. 7 to Aug. 31. Also includes a closet gallery installation by Nina Howard.

100 x France

Exhibition of a hundred photographs taken from the National Library of France, the Museum d'Orsay and the Pompidou Centre opens at the French Cultural Centre at 6.30pm on Aug. 21 and runs through to Sep. 20.

Art of Survival

Second group showing of the on-going project features work by Pich Sopheap, Chat Piersat, Chhouen Rithy, Chan Vitarin, Ching Taingchea, Khauch Touch, Koung Channa, Phe Sophon, Kong Vollak, Kvay Samnang, Le Huy Hoang, Bradford Edwards, Panca Evenblij, Ali Sanderson, Virginie Noel and Herbert Mueller. Runs at the Meta House from Aug. 12 to Sep. 12. A video documentation of the first Art of Survival exhibition will be shown at the Bophana Centre, 64 Street 200, on Aug. 13 at 6pm.

Ramayana in Wayang

An exhibition of Japanese-style drawings and paintings by Japanese artist Herjako runs at the Art Café from Aug. 4 to Sep. 30.

Lens of Vision & Expression

Photography exhibition by Samantha Oulavong at Café

Living Room. Runs from Aug. 2 to Aug. 17. All proceeds go to LOVE.

Association of Ideas

Opening of photo exhibition by Sylvain Chabloz at Equinox, 3A Street 278 at 7pm on Aug. 29, runs through September.

People in the Neighbourhood

Oil paintings by Fox are on display around the walls of the FCC Phnom Penh from Aug. 1 to Sep. 15.

■ MUSIC, EVENTS & PERFORMANCES

Leang Seckon

Cambodian artist presents his NAGA installation in Siem Reap - together with Fleur Smith from 7pm on Aug. 26 at the Meta House.

Cambodian & Western Performing Arts

Music and dance performances at the Art Café from 7pm, unless otherwise stated. Aug. 1 - Hallenser sonatas, Handel; Aug. 2 - Collegium musicum, French and German baroque masters; Aug. 8 - Vivaldi & Henze, chamber music for flute, violoncello and piano; Aug. 9 - L'Asencion, Homage to Olivier Messiaen organ works part 5; Aug. 10 - Five o'clock tea (5pm), Faure, Mendelssohn, Schubert, Saint Saens with Friedrich Kleinknecht on the violoncello and Issei Sakano on the piano; Aug. 15 - Homage to Herbert von Karajan, documentary of rehearsal & concert; Aug. 16 - A la Milanesa, JC Bach violin recital;

Aug. 22 - Apsara dance; Aug. 23 - Mourir pour des idées, French Chansons by Georges Brassens performed by Patrick Mercier; Aug. 29 - De Fesch, de Gant & de Haem, early music from the Low Countries; Aug. 30 - Bayan Ko, Filipino folk and blues, Charlie Davids.

Cambodian Performing Arts - Sovanna Phum

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

Le Cinema

Reopens on Aug. 15.

ROOFTOP CINEMA

Each month the Meta House shows films, documentaries and hosts events on its rooftop terrace from 7pm. Aug. 1 - The Widow Farm and Megacities; Aug. 2 - GTZ PSP documentaries; Aug. 5 - Cambodian Directors, Giving Back, The Wave of Change, Tomorrow; Aug. 6 - Cambodian Directors II, The Burnt Theatre; Aug. 7 - Cambodian Directors III, Cambodia 1965, Rose of Bokor; Aug. 8 - HIV/AIDS in Southeast Asia, With Hope And Hell, Battle of Life, Heaven's Meadow; Aug. 9 - Rain Falls from Earth: Surviving Cambodia's Darkest Hour, director Steve McClure will attend the screening; Aug. 13 - The Most Secret Place on Earth, filmmaker Marc Eberle will attend the screening with Fred Branfman; Aug. 14 - Time

for Justice Part 1-3, series of shorts about the Khmer Rouge trials; Aug. 15 - Kampuchea: Death & Rebirth, Inside Pol Pot's Secret Prison; Aug. 16 - A Cambodian Story, Year Zero, The Silent Death of Cambodia, Cambodia: The Betrayal; Aug. 17 - One Evening after the War; Aug. 19 - Documenting the Art of Survival; Aug. 20 - Vietnam War Documentaries Part I, The Anderson Platoon, Year of the Pig; Aug. 21 - Vietnam War Documentaries Part II, Hearts and Minds, Fall of Saigon; Aug. 22 - Vietnam War Documentaries Part III, Vietnam: The 10,000 Day War; Aug. 23 - Hollywood to Hanoi; Aug. 27 - The Counterfeiters; Aug. 28 - DVDs showing concerts by John Mayall and Johnny Guitar Watson; Aug. 29 - The Revolution will not be Televised, Swimming against the Tide; Aug. 30 - Dogora, Baraka.

■ ONGOING: PHNOM PENH

Transformation

Cross-cultural exhibition of eight Los Angeles-based artists and eight Cambodian-based artists runs at the Meta House to Aug. 8.

(Re)generation

Exhibition featuring the works of the new wave of Khmer comic book artists continues at the Exposition Hall in the CCF until Aug. 17.

Houses in Battambang

An exhibition of watercolours by Chhum Channa continues at the Reyum Gallery until the end of August. **A**



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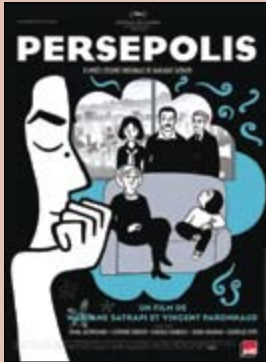
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Monthly program available at www.artcafe-phnom-penh.com

DVDs in the 'hood

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

■ PERSEPOLIS

Vincent Paronnaud & Marjane Satrapi (2007)



Persepolis, an ancient city in Iran, is an animated film based on Marjane Satrapi's autobiographical graphic novel of the same name, both sharing Satrapi's trademark Spartan graphical style. The story is a coming-of-age drama set against the backdrop of the Iranian Revolution. Satrapi's search for truth and freedom sits comfortably alongside family drama and international political events in a remarkably personal account that is both humorous and poignant. Highly recommended.

■ STREET KINGS

David Ayer (2008)



Tom Ludlow (Keanu Reeves) is the hero of a team of vigilante cops, headed up by captain Jack Wander (Forrest Whittaker). Bumbling Keanu begins to uncover a deeper conspiracy as Biggs (Hugh Laurie), an

internal affairs investigator, probes the team's murky accomplishments. Unfortunately, a promising script is let down by Reeves's wooden performance – portraying even a dim-witted and easily-manipulated vigilante cop is apparently beyond his abilities. Laurie, best known for his comedy roles, is difficult to take seriously as a hard-nosed, scheming internal affairs captain, and even Whittaker struggles with his two-dimensional role. Distinctly average.

■ CONAN THE BARBARIAN

John Milius (1982)



As a young boy, Conan (Arnold Schwarzenegger) witnesses the murder of his parents and the destruction of his village by a sect led by Thulsa Doom (James Earl Jones). Sold into slavery, a brooding Conan vows revenge, later unleashing his pent-up fury in spectacular style. Now mostly remembered as Schwarzenegger's first big break, the film has been overshadowed by a terrible sequel and numerous imitations. Striking locations, a quirky score and a show-stealing performance by gravel-voiced James Earl Jones make this worth a second look, despite Arnie's cringe-worthy, ham-fisted performance. A true classic. **A**

Cinemas

Le Cinema

French Cultural Centre
218 Street 184 Tel: 023 213 124
100-seat cinema shows international art house and mainstream movies. Occasional films in English. Children's cinema on Saturday mornings at 10am.

Meta House

6 Street 264 Tel: 012 607 465
Movie shorts and documentaries from Cambodia and the rest of Asia. All moves start at 7pm, closed Mondays.

Galleries

Art Café

84 Street 108 Tel: 012 834 517
Elegant bistro and art gallery in the style of a European coffee house with rotating exhibitions. Music played Friday to Sunday. Open from 11am to 11pm.

Café Living Room

9 Street 306, Tel: 023 726 139
Has regular exhibitions as well as art classes for adults and kids. Open everyday from 7am to 8.30pm.

Dori Thy Gallery

9 Street 278 Tel: 012 661 552
Features the black and white photographs of German photographer, Doris Boettcher is open from 10am to 6pm.

French Cultural Centre

218 Street 184 Tel: 023 213 124
Large space in the grand floor of the cultural centre has changing exhibitions and hosts special talks and events.

Happy Painting Gallery

FCC; Cambodiana Hotel; Airport

Open since 1995, these aircon art shops sell the 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
Contemporary art gallery with regular exhibitions of Cambodian and international artists. Website has details about Cambodia's contemporary art scene.

Meta House

6 Street 264 Tel: 012 607 465
Multimedia arts centre on three floors has regular exhibitions, interviews with filmmakers and short films, closed Mondays.

Reyum

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
Gallery space, art & Chinese calligraphy classes, reflective meeting space. Open 11am to 5pm (Closed Sunday & Monday).

Performing Arts

Amrita Performing Arts

Tel: 023 22 0424
www.amritaperformingarts.org
Performance art co. puts on contemporary, classical music, dance and theatre.

Sovanna Phum Khmer Art Association

111 Street 360 Tel: 023 987 564
Theatre with performances of shadow puppetry, classical and masked dances every Friday and Saturday at 7.30pm. **A**



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56e1 Sihanouk Blvd
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M - Sa 7am - 3pm
092 289 126

Java TeaRom

At Monument Books
111 Norodom Blvd
Phnom Penh, CAM
7d/wk 8am - 8pm
092 451 462

Top of the Bops

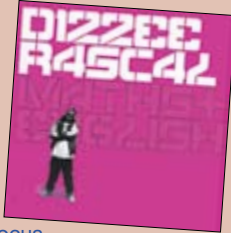
U.S. TOP 10 COUNTRY SINGLES

- 01 Home **Blake Shelton**
- 02 Good Time **Alan Jackson**
- 03 Back When I Knew It All
Montgomery Gentry
- 04 Better As A Memory
Kenny Chesney
- 05 Put A Girl In It **Brooks And Dunn**
- 06 Trying To Stop Your Leaving
Dierks Bentley
- 07 All I Want To Do **Sugarland**
- 08 I Still Miss You **Keith Anderson**
- 09 You Look Good In My Shirt **Keith Urban**
- 10 Should 've Said No **Taylor Swift**



U.K. TOP 10 DANCE SINGLES

- 01 Dance Wiv Me **Dizzee Rascal and Calvin Harris**
- 02 Wearing My Rolex **Wiley**
- 03 The Rip **Portishead**
- 04 You Belong **Hercules & Love Affair**
- 05 Timewarp / Join The Dots **Sub Focus**
- 06 Something Good '08 **Utah Saints**
- 07 Get Down **Todd Terry All Stars**
- 08 Dvno **Justice**
- 09 Touch Me **Bingo Players / Chocolate Puma**
- 10 All I Ever Wanted **Basshunter**



TOP 10 MOST REQUESTED SONGS AT LOVE FM, 97.5

- 01 Winner At A Losing Game
Rascal Flatts
- 02 Leavin' **Jesse McCartney**
- 03 What You Got **Colby O'Donis**
featuring **Akon**
- 04 When You Believe **David Archuleta**
- 05 Take A Bow **Rihanna**
- 06 Bye Bye **Mariah Carey**
- 07 Better In Time **Leona Lewis**
- 08 What You Don't Know **Monrose**
- 09 Always Be My Baby **David Cook**
- 10 Low Flo Rida **F. T. Pain**



These charts are provided by LOVE FM, 97.5 Phnom Penh and are for the week ending Jul. 20.

ONE TO WATCH! – Can't Go Back **Primal Scream** 



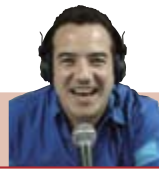
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Billboard



Album reviews by LOVE FM's Julian Grant

DAVID BOWIE

Aladdin Sane




This month's classic – arguably Bowie's best album – was a U.K. no. 1 in 1973 and the album that really turned him into a pop star. Most of the tracks consist of observations made while touring the U.S. in 1972. Throughout there is an intriguing mix of music – weird flashes of jazz, good pop, tender ballads and doo-wop blended together. Opening track, Watch That Man, is a highlight – a real piece of rock 'n' roll with an unmistakable '70s sound. I'd forgotten how good the two hits – The Jean Genie and Drive-In Saturday – are. The only downside is Bowie's version of the classic Rolling Stones track Let's Spend The Night Together, which he really should have left alone. Overall this is a great album from an artist who in many respects remains underrated for his influence during the '70s.

single Viva La Vida has recently been number one both in the U.K. and U.S.. Much of the album, including this year's big summer hit, Violet Hill, contains distorted guitar riffs with a bluesy underline. In the past the band have sounded a lot like Travis but now they seem veering more towards Oasis. The album's highlight is Lost – with a big organ sound along with hand-claps. Viva La Vida has had more downloads than any album in digital history and, like everything else they have done to date, the music is hugely commercial if somewhat safe with just a couple of standout songs.

B52S

Funplex



Formed as a new wave rock band in 1976, it has been 16 years since the B52s last album. The good news is that they are as wacky as ever and this album is packed full with up-tempo guitar pop backed by driving, club-friendly rhythms. The excellent harmonies of Cindy Wilson and Kate Pierson remain the life of the band along with the spoken words of Fred Schneider, who at 57 remains as sexually suggestive as ever. Love in the Year 3000 is certainly a highlight with a thumping backbeat and surreal lyrics. Juliet of Spirits, which will be their next single, flows beautifully. Overall this is a good album and if you have been a fan of their previous fun it will sit nicely with you but if not, give it some consideration before hosting your next party. 

COLDPLAY

Viva La Vida



Formed in 1997, Coldplay are one of the few groups from England who enjoy great success on both sides of the Atlantic. Their fourth album is currently top of the U.K. album charts and the lead

On the Shelf

Andrew Nette takes a look at some of the best books written about Cambodia

■ CAMBODIA AFTER THE KHMER ROUGE: INSIDE THE POLITICS OF NATION BUILDING

Evan Gottsman,
Silkworm Books

FIRST PUBLISHED IN 2004, this book fills what has long been a void in scholarly writing on Cambodia, the little researched period from 1979, when the Vietnamese overthrew the Khmer Rouge, to the arrival of the UN peacekeepers and the country's first multi-party elections.

It was a period when the country was under western embargo and riven by civil war. The internal workings of the government were a mystery not only to foreign observers but many Cambodians outside of Phnom Penh.

Gottsman demolishes the cliché that one-party states are monolithic entities devoid of conflict. In doing so, he sheds as much light on Cambodia now as in the eighties.

Arriving here in May 1994 Gottsman spent three years in Phnom Penh as deputy director of the U.S. government funded American Bar Association Cambodian Law and Democracy project.

In his various wanderings through ministerial buildings he came across thousands of government documents, including internal reports, draft laws, regulations and minutes of high-level party and government bodies.

"Unsorted, uncatalogued, and left to gather dust, they were the product of a bureaucracy that was adept at recording its own activity but extremely disorganised," he writes.

This primary source material, which he has supplemented with interviews and secondary sources, allows him to recreate vital policy discussions within the post-1979 People's Republic of Kampuchea government and, its successor, the State of Cambodia.

His most interesting revelation is that so many of the

current debates taking place in Cambodia were also taking place throughout the eighties. Then, as now, there were sharp differences of opinion.

The book begins with a vivid description of the sheer scale of the devastation inherited by the new regime in 1979, not so much a nation as a collection of shell-shocked survivors rebuilding their country virtually from scratch.

It moves on from here to deal with economics, law and human rights, corruption, foreign relations, the tensions between Phnom Penh and the countryside, and the civil war.

The chapter on the Cambodian government's complex and at times contradictory relationship with Vietnam is particularly fascinating given some of the popular myths and preconceptions that persist about the era.

In the process, Gottsman is able to give voice and personality to many of the key players actually involved, including current Prime Minister Hun Sen.

While clearly not impressed with aspects of the regime's policies throughout the eighties – particularly its failure to implement the rule of law – Gottsman's writing remains sober and even handed throughout. Unlike many other foreigners writing on Cambodia, he does not get himself entangled in the story.

This book is essential reading for all those wanting to understand where Cambodia has been and, in the process, where it is going. **A**



Book Worm

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

■ NEW IN CAMBODIA

Vanishing Giants – Elephants of Asia

Palani Mohan, Editions Didier Millet, US\$40

How to Make a New Mother Happy

Uzzi Reiss & Yfat M. Reiss, Chronicle, US\$15

What Does China Think?

Mark Leonard, HarperCollins, US\$18

INTERNATIONALLY acclaimed photographer, Palani Mohan spent six years creating *Vanishing Giants – Elephants of Asia* – an intimate glimpse into the lives and struggles of the ever-dwindling population of the Asian Elephant. This collection of extraordinary images covers Cambodia, Thailand, Burma, Sri Lanka, Nepal and India – even Phnom Penh's own Sambo is featured. The black and white photographic book also includes many photographs of the world's quirkiest sport, elephant polo.

Don't know why it is, but it seems as though everyone is having a baby at the moment, so this month we've decided to recom-

mend a post-natal book. Written by doctors Uzzi and Yfat Reiss, *How to Make a New Mother Happy* focuses on what mothers should expect after giving birth. Often neglected in literature for what a mother should do before the big day, this practical book has three easy-to-follow sections. The first deals with the mother's body, the second with her mind and the third with how to resume a normal life. From breast-feeding to post-natal blues to how and when to resume your sex life, the authors provide invaluable medical advice as well as potential pointers for problems encountered along the way.

Author, Mark Leonard, claims that like the fall of the Soviet Union, the after-effects of the rise of China will "echo down the generations to come." Leonard's previous work, *Why Europe Will Run the 21st Century*, received lavish critical acclaim, his latest work promises to provide much insight into the thinking behind the leaders of the nation that threatens to challenge America's global hegemony. Well-written and informed, this is essential reading for those with an interest in international relations. **A**



shopping & fashion

DIV Fitness

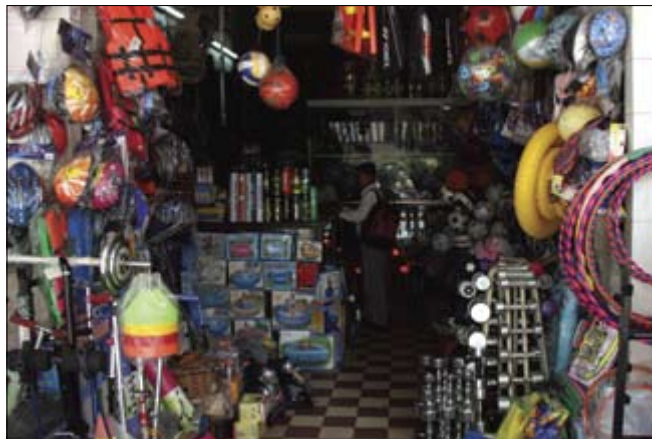
Keeping fit in Phnom Penh need not involve joining a gym. Sporting goods shops in the capital offer a wide assortment of equipment for convenient exercise in the home, in the city's parks or – in true Khmer fashion – on the street in front of your home. Words by **Nora Lindstrom**.

■ UP-MARKET

Perhaps the best collection of sportswear, shoes and accessories is found in CityMart on the fourth floor of the Sorya Centre. The shop is packed with brand names – RBK, Nike and Speedo, to mention a few – reminding you of sports shops at home. You can find everything from yoga mats to dumbbells, tents and sleeping bags to tennis, badminton and even squash rackets. The collection of sports shoes is particularly impressive – here you can get quality running, hiking, golfing and even basketball shoes for prices between US\$30 to US\$100.

CityMart also stocks a decent if relatively tacky and frilly collection of Triumph bras, including one model that looks vaguely like a sports bra. There are even decent-sized fitting rooms with mirrors in which to try them on! Omron heart monitors and other paraphernalia for the true exercise fanatic are also available. If you are serious about sports and want to invest in quality products, this should be your first stop.

Rather oddly, International Books Centre also stocks sports gear. Prices are similar to City-Mart, though the range is more limited. There is however a good



One of the clutch of sports shops along Monivong Boulevard

assortment of tennis and badminton rackets and at US\$5 the swimming goggles are great value for money. Rather disturbingly, you can also get a pair of nunchucks for a mere US\$5, for any of your, erm, nunchucking needs.

■ MID-RANGE AND MACHINES

Those of you keen on more serious exercise at home should try out a row of smaller sports shops on Monivong Boulevard opposite Lucky Burger. Here you can buy a treadmill, exercise bike, step machine or even a multi-gym. Prices vary widely based on quality. The cheaper machines tend

to come from Taiwan, while the more expensive ones are made in the U.S.. Prices range from US\$200 for a Taiwanese exercise bike, up to several thousand for American-made treadmills. Inexplicably a cheap and basic-looking multi-gym is yours for only US\$26!

The shops along this strip also stock straightforward sport accessories, from shoes to shuttlecocks. Free-weights start at US\$1, while fishing reels are from US\$25. A wetsuit for morning dips in the Mekong is yours for US\$190. A whole range of gear gathers dust on the floor in some of the shops

– how about a ‘shapely-waist’ sauna belt, or a jiggle-the-fat-away jiggley thing?

For garden parties and BBQs you might want to consider investing in a mini-trampoline (US\$95) or a paddling pool (from US\$10). Fancy a table tennis tournament? A quality table is yours for a mere US\$150 – add a trophy for the winner at around US\$15.

■ BIKES

If you're more into sports on two wheels, and the traffic in Phnom Penh has not scared you off, investing in a bike can combine cheap transportation, keeping fit and doing your part for the environment. ‘Bike Street’, or Street 107 by Capitol Guest House, is the place to go for two-wheelers.

It is worth shopping around, to ensure you get the right price, colour and type of bike. Most bicycles start from around US\$30 to US\$35, but the eventual price depends on your bargaining skills. A small city bike can be yours for US\$25. Don't be fooled by the slick new coat of paint – all bikes are second-hand. Price nevertheless does tend to reflect quality, so if you expect to do a lot of cycling on the potholed



Buying a Bike

101

1. Have an approximate idea of what you want and how much you are willing to spend.
2. Find the bike you want and tentatively ask for the price.
3. Ask to have a go – make sure the brakes and gears – if there are any – work properly.
4. If there are any problems, point them out and see if they can be fixed.
5. Try the bike again or swap to another one if problems persist.
6. Negotiate the price.
7. Once you've negotiated the price make sure they add the following: functioning bell, comfortable seat, headlight and metal basket (the plastic ones break very easily). These should all be included in the cost of the bike.
8. Try it again. Repeat steps 5 to 7 as often as is required.
9. Pay with a smile.
10. Enjoy your new bike!

Buy a helmet. Helmets can be found around the corner from Bike Street as well as in most of the other sports shops mentioned.

streets of Phnom Penh, spending that extra US\$10 might just be worth it. That said, some bikes are cheaper simply because the model is not in fashion anymore.

International Book Centre
250 Monivong Blvd.

Sports Shops
Monivong Blvd.
(opposite Lucky Burger)

Bike Shops
Street 107 (near Capitol Guest House) 📍

WHERE TO GO

CityMart
4th Floor, Sorya Centre,
Street 63



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 followers a constantly evolving supply of new pieces for the home or family wardrobe.

Designer Valerie Gregori McKenzie inspiration comes from the time spend 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.

SONGresort.com
song.pp@asiasongdesign.com

SONG
Natural lifestyle by Valerie Gregori McKenzie

shopping guide

ChildSafe®



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

art

Asasax Art Gallery
192 Street 178,
Tel: 012 217 795

Commercial art gallery featuring oil paintings based on Angkor reliefs by the artist Asasax. Open 9am to 8pm.

Happy Painting Gallery
FCC; Domestic Terminal Airport
www.happypainting.net

Open since 1995, these popular aircon art shops sell the extremely colourful

and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

books & cds

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).

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 fur-

niture and lampshades that also produces made-to-measure goods on request. Just make sure you don't trip over the dog on the way in. Open from 10am to 6pm.

I Ching Decor
85 Sotheaors Blvd.,
Tel: 023 220 873
www.ichingdecor.com

Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

Le Lezard Bleu
61 Street 240,
Tel: 012 406 294

An elegant shop that would not look out of place in Paris. Specialising in antique and reproduction furniture, it also has a number of fine prints, mainly of Angkor. The shop has a framing service which comes highly recommended. There are also a few sculptures on sale, as well as a number of cheaper prints, although you'll have to ask the manager for the price list. Open 9am to 7pm.

Le Rit's
14 Street 310, Tel: 023 213 160

Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden. Open from 7am to 5pm, closed Sundays.

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 Romya 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



l'armoire
— D'ALEXANDRA —

Homeware & Accessories
Womens Fashion,
Original Handprinted Textiles,
European Linens &
Cambodian Silks

#126, STREET 19, PHNOM PENH

{ TEL } 023 722 310

{ EMAIL } alexandrabarter@gmail.com

{ OPENING HOURS }

TUESDAY - SUNDAY 10.30 - 5.30,
MONDAYS BY APPOINTMENT ONLY

Jasmine Boutique



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

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.

Subtly 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, cushions, ties, belts and shoes.

Subtly 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.

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).

Zoco
22B Street 278, Tel: 012 175 5964
New fashion boutique on popular Street 278, run by the Spanish-born Nurie, sells dresses, skirts, bags and accessories, with dresses from US\$10. Has another store on the way to Serendipity Beach in Sihanoukville.

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
Makes cookies using agricultural produce from the provinces such as cashew nuts from Kampong Cham and Monduliri honey. A portion of the profits helps fund education for a local orphanage. Open 9am to 8.30pm.

Comme a la Maison
13 Street 57,
Tel: 023 360 801
Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. Small delicatessen and bakery at the back of the restaurant. Open from 6am to 10.30pm.

Dan's Meats
51A Street 214,
Tel: 012 906 072
Phnom Penh's man of meat, Lanzi, supplies his strictly non-vegetarian products to many of the restaurants and bars around town. A good range of quality products is for sale at his butcher's shop.

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.

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



christina
unique lampwork glass beads
handmade in phnom penh cambodia

no. 14, street 93 lakeside 016 23 25 74
open 13.00 - 19.00, closed monday
christina-glassgalaxy@online.com.kh



22B ST 278 PHNOM PENH
TEL: 017 755964

ZOCO
CLOTHES

CLOTHES THAT YOU WANT TO WEAR

food

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

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


Bong Karem
Tel: 092 235 336
Italian gelato delivered to your door!



Sobbhana Boutique
No. 23, St. 144/48, Sangkat Phsar Thmey III, Khan Daun Penh, Phnom Penh, Cambodia.
Phone: (+855 23) 219 455
Email: sobbhana@sobbhana.org
www.sobbhana.org

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

Photographic Day Trips from Phnom Penh



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CONTACT
nathan horton on 092 526 706
www.nathanhortonphotography.com

You got bag karma.

Get yours at:



Russian Market stall 312. Open 8am - 5pm.
(also available at Friends N Stuff next to Friends the Restaurant)



KURATA PEPPER

Aromatic & Flavorful

Cambodian Pepper

OPEN; Everyday (Exp. WED)
8:00 ~ 19:00



St.63 J. St. 322, BKK 1, Phnom Penh
TEL&FAX 023-726480 H/P 012-842970
customer@ksline-cambodia.com
http://www.ksline-cambodia.com



Create Your Lifestyle
live your style

Bloom ATELIER

Bazaar
art de vivre

28, Sihanouk Blvd., Phnom Penh
Tel: 012 776 492
mai_koa@yahoo.com

Threads

Women's and Men's Clothing
Cottons and Silks

Now Selling Fair Trade
Silk Lingerie By Shenga

56 E1z Boulevard Sihanouk
Tonle Bassac, Phnom Penh
(Behind Java Café)

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
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.couleursd'asie.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.

Alsohas 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 daily from 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.

Tooit Tooit
Stall 312 Russian Market
Tooit Tooit sells ChildSafe certified products made by parents of former street children in vulnerable communities. Creative handicrafts and recycled accessories are available with all proceeds to Mith Samlanh/Friends projects. Open 8am to 5pm, 7 days.

Wine

Celliers d'Asie
635 National Road 5,
Tel: 023 986 350

Wine supplier with the largest quantity of retail stock in town, the Celliers d'Asie group has been providing wine to most of the top hotels and restaurants in town for over ten years.

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

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

Your jeans have a hole in them.

Friends@240. Design studio. Tailoring shop. Hole fixer-uppers.
(a feel good business on street 240 ran by former street youth)

Mon 1-5pm & Tues-Sat 8am-5pm

The Hot Seat: Cambodia Hotel Association

Recently elected as President of the Cambodia Hotel Association, **Luu Meng** talks to **AsiaLIFE** about his plans for the association and his own businesses objectives.

AsiaLIFE: Tourism is the life-blood of the Cambodian Economy, what exactly is the Cambodia Hotel Association?

Luu Meng: The Association was started in 2005 and we currently have approximately 30 members. It represents the interests of the hotel and guesthouses in Cambodia. It works with the government and the tourism sector.

When did you become its President?

On Jul. 19. At first, it was not my idea to become President. I wanted to work with the association and volunteered to be on the board. Then everybody said I should become the President. I realised I had a strong team behind me and I wanted to build a strong organisation together.

What is that team?

Stefan Voogel, the new GM of the Hotel InterContinental, is vice-president of the Phnom Penh chapter and Emmet McHenny, the GM of Naga World, is the Treasurer. We also have the GMs of the Raffles Hotel le Royal and the Raffles Grand d'Angkor on the board, as well as the GMs from La Residence d'Angkor, the Victoria Angkor, the Sofitel Phokeethra and the Cambodiana Hotel. It is very good that such GMs are board members – bringing their much-needed experience to the association.

You currently have only 30 members out of the 400 or so hotels and guest houses in Cambodia, why is this figure so low?

The problem in the past was a lack of communication. We never really worked on the detail of how we could work together. Now there is new blood with greater international experience. There's lots of work to be done to regain the confidence of mem-



Luu Meng: Outside his latest business venture

bers. We will meet with the Siem Reap chapter on Aug. 4, and have drafted some proposal for what should be our priorities.

What is your immediate priority for the association?

This year and for the first six months of next year, we have to

look at ourselves – how we can create benefit for our members.

What are your long-term objectives?

To share ideas with other members, to go forward with service training quality, to provide a standard quality across hotels – then the hotels can welcome more tourists.

So, you see service as the most important area that needs to be improved?

Yes, the number one importance in Cambodia is to promote quality of service. Then our second priority is to market ourselves with other organisations – sharing ideas to talk to other bodies such as tourism and airlines. Also, the Ministry of Tourism needs a strong private body to work with.


Have you got any plans for promoting the association overseas?

Before we can promote overseas we need to talk with one voice.

You are part of the TopazCo group that owns Topaz, Malis, Bai Thong and Café Sentiment, as well as the ManCo group that manages Almond Hotel, what plans do you have for 2009?

For the group, we have many plans for next year. We're still working on the details, but we definitely want to make more events for Malis, like the Child-Safe benefit this Aug. 2. We want to turn Malis into the number one Cambodian restaurant in terms of quality and service.

With so many things on your plate, how do you find any time to relax?

The more I work the more I realise how important it is to balance family life with work. On Sundays I take my wife and two young children out to swim and out for meals. 

Fact File

CAMBODIA HOTEL ASSOCIATION

Founded: 2005

Members: 30

President: Luu Meng, GM Almond Hotel

Vice President: Pascal Deyrolle, GM La Residence d'Angkor.

business

advisory services

Alcoholics Anonymous

20B Street 286, Tel: 092 974 882
www.aaphnompenh.org
AA meets on Friday at 7pm, Wednesday at 12pm and Sunday at 12pm.

Narcotics Anonymous

20B Street 286, Tel: 012 990 937
Meet every Monday at 8pm, Thursday at 8pm and Saturday at 7pm.

bikes & mechanics

The Bike Shop

31 Street 302, Tel: 012 851 776
www.phnompenhbike.com
Specialises in repairing trusty steeds as well as renting them out in the first place. Also provides dirt bike tours.

Dara Motorbike Shop

339 Street 110, Tel: 012 335 499
More of an off-road bike specialist, which also arranges Sunday trips into the wild.

Emerald Garage

11 Street 456, Tel: 023 357 011
Mechanics specialising in maintenance and repair of vehicles, including oil changing and body painting. The place to go if you want to buy a jeep.

building

Bizzy Beez

Tel: 012 755 913
Company that promotes itself as the city's premier handyman service. Does renovations, construction work, electrics, plumbing, painting and landscaping, as well as general handyman work.

business groups

Australian Business Association of Cambodia (ABAC)

9 Mao Tse Tung Blvd, Tel: 023 215 184
www.abac.com.kh

British Business Association of Cambodia (BBAC)

124 Norodom Blvd, Tel: 012 803 891
senaka.fernando@kh.pwc.com

Chambre de Commerce

Franco-Cambodgienne
Office 13A Ground Floor Hotel Cambodiana, Tel: 023 221 453
www.cccambodge.org

International Business Club of Cambodia

56 Sothearos Blvd, Tel: 023 210 225
zirconium@online.com.kh

Canadian Trade

Commissioner Service
Canadian Embassy, 9 Street 254
Tel: 023 213 470 Ext 417
www.infoexport.gc.ca/kh/

BCC / Malaysian Business Council of Cambodia

Unit G21, Ground Floor, Parkway Square 113, Mao Tse Tung, Tel: 023 221 386
mbcc.secretariat@gmail.com

Singapore Business Club (Cambodia)

92, Norodom Blvd, Tel: 023 360 855
singcamb@online.com.kh

cleaning

Christine Franke

Tel: 092 884 255
European standard house cleaning including training of Khmer staff.

commercial banks

Advanced Bank of Asia

148 Sihanouk Blvd., Tel: 023 720 435
www.ababank.com.kh
Commercial bank, managed by Koreans and Cambodians, established in 1996. Has branch office on Mao Tse Tung.

ANZ Royal Bank

Main Branch, 20 Street 114
www.anzroyal.com
Cambodia's major commercial bank has brought international standards of banking to the country. Has a large number of ATM machines around Phnom Penh and can arrange money transfers.

Maruhan Japan Bank

83 Norodom Blvd., Tel: 023 999 010
First Japanese commercial bank.

finance

QnE

21 Street 322, Tel: 023 993 363
Company that provides financial business solutions, including audit trails and real time business solutions. Free demonstrations available, simply contact Gateway Communications on the above address.

insurance

AG Insurance

Hotel Cambodiana, 313 Sisowath Quay
Tel: 012 195 35 85, info@ag-service.org
Professional insurance company offering health, home, car, factory, employee and hotel insurance packages.

Asia Insurance Cambodia

5 Street 13, Tel: 023 427 981
email@asiainsurance.com.kh
www.asiainsurance.com.kh
Hong Kong-based insurance company registered in Cambodia in 1996. Offers all types of insurance services.

Forte Insurance (Cambodia)

325 Mao Tse Tung, Tel: 023 885 066
www.forteinsurance.com

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 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.

international schools

ICan International School

85 Sothearos Blvd, Tel: 023 222 418
www.ican.edu.kh
International school teaching the English national curriculum to over 230 pupils. Has spacious and modern facilities.

International School of Phnom Penh

146 Norodom Blvd, Tel: 023 213 103
www.ispp.edu.kh
Not-for-profit international school founded in 1989, ISPP has 395 students from pre-school to Grade 12. It is the largest international school in Cambodia, and the only authorized IBO school in the country.

Northbridge School

1km off National Road 4 on the way to the airport, Tel: 023 886 000
www.niscambodia.com

info@niscambodia.com

Quality international school with curriculum for students from pre-school to high school as well as good sports facilities.

Zaman International School

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www.zamanisc.org
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Trevor Keidan: Don't Panic

IN 1997, AN INVESTOR ASKED HIS advisor: "do you know the difference between a long-term investment and a short-term one?"

Before the advisor had a chance to consider his response, the investor quickly replied: "a long-term investment is a short-term one gone wrong."

He was feeling a little upset, having invested a substantial sum of money into the Asian equity market just prior to the Asian Financial Crisis. What started as a speculative gamble became a long-term hold. If this investor had simply held on, he would have done very well. The key to success here was:

- a) to avoid being leveraged and therefore forced to sell, and
- b) having the emotional discipline not to panic and sell after a difficult period.

This conversation should be remembered when considering investments. It is very important to take a longer-term view. Ask yourself what is really happening in the world and how you should position a portfolio to take advantage of this.

Timing is also important for single, lump-sum investments. If you buy something cheaply – say after it has been reduced by 20 percent – you will have a greater chance of making money. The

issue is that you must also structure your portfolio to ensure you don't go bust if you are wrong! This is not as easy as it sounds. Most of us are overconfident in our ability to predict what will happen. Our minds then play tricks on us after the event. We generally state that what happened was obvious but the reality is we are just using information that came to light after the event.

It is interesting to note that the DJ Euro-stoxx is trading at a price / earnings ratio of just 9.5 and with a dividend yield of over 4 percent. This sounds like a better investment than two years ago. Perversely investors are less inclined to invest now than they were two years ago despite the fact that many have investment time horizons greater than 20 years. Perhaps they will wait until all the good news is priced into the market again before investing?

Is now a good time to buy? Potential investors and clients ask me this question on a daily basis. I don't know if markets will go lower – I think they might – but we will only know the answer when the event has passed.

One thing is for sure though – markets are greatly discounted at the moment. It is a good time to enter the market, so long as

you have a longer-term view and are not looking for an immediate return on your investment. Casinos provide a quick buck. Financial advisors provide investors a longer-term growth opportunity in a well diversified and managed portfolio of investments designed around each investor's risk profile, time horizon and ability to handle volatility.

With interest rates staying steady or lowering and the constant threat they will continue to stay low, people are looking for alternatives to protect their money against the ever-increasing effects of inflation. I would suggest, as I do most months, that the best way forward is to seek professional advice from a financial advisor that you trust and can work with. There are plenty of opportunities in the markets but advice needs to be specific to your needs and not generic.

I would like to acknowledge Peter Fitzgerald from Insinger DeBeaufort Asset Management who both inspired me with a recent article and also provided much of the data.

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

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- 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

Tel: 023 424 300

Eva Air
298 Mao Tse Tung Boulevard
Tel: 023 219 911

Jet Star Asia
333B Monivong Boulevard
Tel: 023 220 909

Lao Airlines
58C Sihanouk Boulevard
Tel: 023 216 563

Malaysia Airlines
172 Monivong Boulevard
Tel: 023 218 923

Royal Air Services
168 Monireth Boulevard
Tel: 023 881 090

Royal Khmer Airlines
36B Mao Tse Tung Boulevard

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

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- Head Office, 68 Street 214
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- 168 Street 215
- 327 Sisowath Quay
- 55 Sihanouk Blvd.

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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.

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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 Blvd. 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.

Ezecom

7D Russian Blvd., Tel: 023 888 181
www.ezecom.com.kh
Internet service provider that promises boundless internet packages suited to everyone's needs. Good packages for those looking for unlimited downloads.

Hello

Tel: 016 810 000
www.hello.com.kh
Mobile phone provider that has the 015 and 016 SIM card. Is currently promoting cheap overseas calls.

Mobitel

33 Sihanouk Blvd., Tel: 012 801 801
Major mobile phone company which issues the 012 SIM card.

Online

60 Monivong Blvd., Tel: 023 727 272
The biggest and most reliable of the Internet providers. Watch out for their hotspots around town.

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
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61A Street 214
Tel: 023 722 545

China Airlines

32 Norodom Boulevard
Tel: 023 222 393

Dragon Air

168 Monireth Boulevard

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298 Mao Tse Tung Boulevard
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Shanghai Air
19 Street 106
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61A Street 214
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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

Siem Reap Behind Bars

Theme and décor stand out at **Behind Bars** Restaurant, so it is no wonder many passers-by simply stop to take a photo and move on. Words and photos by **Diana Saw**.

LOCATED IN THE BUSTLING Passage in the Old Market area, Behind Bars is a prison-themed restaurant with the décor including details such as metal grilles and urinals. The Thai owners also run the Dead Fish guesthouse and restaurant on Sivatha Boulevard. If you have been to the Dead Fish, it will be obvious the owners are trying to replicate their successful recipe at Behind Bars – quirky theme and cheap but creative décor.

The menu is Thai-Khmer-Chinese with curries for US\$2.50 and noodles at US\$2. Among the meat choices are pork, pig heart and liver or seafood (US\$2.50).

■ THE MEAL

I chose a set meal (US\$4 each) comprising of fish soup with bamboo shoots, stir-fried chicken with ginger, sweet and sour chicken, steamed rice and Khmer dessert. The soup was a bit salty but I enjoyed the chicken with ginger and the sweet and sour chicken. Dessert was a small plate of three cubes of colourful Khmer cakes made from rice and tapioca flour and coconut milk. Each dish was served in a tiny bowl, which looked insubstantial, but was enough for me.

My dining partner had the vermicelli with seafood soup that she found sweet, much like the Thai noodles. Although the fish was satisfactory, she complained the prawns did not taste fresh.

To wash it down, we chose a fresh lime juice (US\$1.25) – the only juice that did not come from the carton – and an iced Thai tea with milk (US\$1.75). The fragrant tea was made with Thai tea and fresh milk. Other drinks include iced coffee (US\$1.50), canned beer (US\$1.25) and glasses of wine (US\$2).

The menu also includes China jail sets (US\$4 each), comprising of various dim sum, fried spring rolls and tempura. Although not available during our visit, Thai



cook Thon assured that the new menu would be launched by the time this article reaches the press. The food will be handmade by staff at the Dead Fish restaurant, according to him.

■ CHON THE CHEF

The staff are friendly enough, although with only three staff members – one cook, one waiter and one to make drinks – it is not surprising to find stained tablecloths. Chon has 15 years experience making noodles in Thailand. He has been in Cambodia for eight months now.

He is often seen behind the pho kiosk that is parked in front of the restaurant. The kiosk is very clean and the baskets of noodles and ingredients are all covered with cloth so customers don't have to worry about flies.

As with Dead Fish, the restaurant is attached to a guesthouse. Upstairs there are six rooms with rates from US\$8 to US\$15.

Behind Bars, The Passage, Siem Reap, Tel: 012 630 377



A novel addition to the Siem Reap restaurant scene

regional guide

ChildSafe®



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

siem reap - bars

Angkor What?

Pub Street, Tel: 012 490 755
"Promoting irresponsible drinking since 1998," this graffiti-laden bar is the mainstay of Pub Street. A healthy mix of loud rock, punk and grunge, buckets of vodka and red bull for US\$6 and a pool table ensures that you will never feel alone. Open from 5pm to late.

Laundry Bar

Old Market, Tel: 016 962 026
www.laundry-bar.com
Extremely chilled music bar just off Pub Street with great mellow decor and extremely cool t-shirts. Its 243-page music catalogue makes for the perfect respite from the Cambodian obsession with hip-hop, and they can burn 7 CDs for US\$5. Free drink during the 6pm to 9pm washing hours. Open 6pm to late.

Linga Bar

Alley behind Pub Street, Tel: 012 246 912
www.lingabar.com
Laid back, gay-friendly bar with extremely chilled Buddha Bar tunes and some amazing light boxes. Free Wi-Fi. Open from 5pm to late.

Molly Malone's

Cnr Pub Street & Sivutha Boulevard Tel: 063 963 533
www.mollymalonescambodia.com
Obligatory Irish Pub with lots of wood panelling and Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-conditioned rooms from US\$20 to US\$35. Open from 7am to midnight.

Red Piano

Pub Street, Tel: 063 964 730
www.redpianocambodia.com
Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has great views of the mêlée down below. Open from 7am to 11.30pm.

The Warehouse

Old Market, Tel: 063 965 204
Popular expat bar opposite the old market that plays great 80s music. Good Asian fusion cuisine and with an additional selection of menus from nearby outlets, this is a great place to hide from the hordes along Pub Street and use the free Wi-Fi. Also has a small gallery upstairs. Open from 10am to 3am.

siem reap - cafés

Blue Pumpkin

Old Market, Tel: 012 946 227
www.tbumpkin.com
Popular café with a great range of freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Café coffee. Free WiFi. Also has outlets at Angkor Wat and the airport.

Café de la Paix

Sivutha Bld, Tel: 063 966 000
www.hoteldelapaixangkor.com
Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and patisseries are all 50% off after 8pm.

Happy Painting

FCC, Old Market, Angkor Century Hotel Tel: 012 623 945, www.happypainting.net
Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards. Open 5.30am to 11pm.

siem reap - galleries

Carnets d'Asie

333 Sivutha Bld., Tel: 016 746 701
www.carnetsdasie-angkor.com
Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th century.

Klick

Alley behind Pub Street, Tel: 063 761 084
www.redpianocambodia.com
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
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 photographers alongside McDermott's own work. Open 10am to 10pm.

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.

The Red Gallery

FCC, Pokambor Avenue Tel: 092 822 323
A contemporary art space representing a select group of artists based in Cambodia. The Gallery exhibits sculptures, oil paintings, photography and mixed media. Hours: 10am to 10pm.

siem reap - hotels

Amansara

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

Claremont Angkor

17 Phum Wat Bo, Tel: 063 966 898
www.claremontangkor.com
New reasonably priced hotel with swimming pool, gym and large outside terrace area. Well-located just across the river, but within easy access of both temples and town.

FCC Angkor

Pokambor Avenue, Tel: 023 992 284
www.fcccambodia.com
Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free Wi-Fi for guests both in rooms and around the hotel. 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 Hotel 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 Aparsa dancing on nearby terrace. Rooms are from US\$350 in the high season.

The Red Piano

341, 50m Northwest of the Old Market, www.redpianocambodia.com
Nicely designed guest house with 15 comfortable and spacious non-smoking rooms. All include air-con, cable TV and a hot shower from US\$16 to US\$28 a night. Promises a hassle-free stay.

Sokha Angkor

Cnr Sivutha Rd and National Rd 6 Tel: 063 969 999, www.sokhahotels.com
Huge 5 star resort, sister property to Sihanoukville's Sokha Beach Resort. Located just back from the centre of town, it has a large pool, Irish pub and Japanese restaurant. Rooms from US\$250-2000 a night.

Victoria Angkor

Near Royal Gardens, Tel: 063 760 428
www.residencedangkor.com
Beautiful hotel with the most luxurious swimming pool and gardens. Rooms from US\$285 per night.

siem reap - leisure

Body Tune

293-296 Pokambor Avenue
www.bodytune.co.th

Heavy grey stone Thai-run spa with 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, Vithe 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.

Sokha Helicopters

24 Sivutha Road Siem Reap, Tel: 012 184 8891
www.sokhahelicopters.com
Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia. Trips over Angkor from US\$50.

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.

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.

the blue pumpkin

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restaurant
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free old market - siem reap
Wi-Fi www.tbumpkin.com
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Butterflies Garden Restaurant
 535 Wat Bo Road, Tel: 063 761 211
www.butterfliesofangkor.com
 Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.

Carnets d'Asie
 333 Sivutha Boulevard, Tel: 016 746 701
 At the back of a galleryed shopping area is this beautifully shaded high quality restaurant.

FCC Angkor
 FCC Complex, Pokambor Avenue
 Tel: 063 760 280
 The best example of contemporary Asian 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 Wednesday. Open 6am to 10pm.

Le Malraux
 155 Sivutha Boulevard
www.le-malraux-siem-reap.com
 Sophisticated French fine dining establishment close to the market with good outside terrace and welcoming bar. Has a fine selection of wines.

Le Bistrot de Paris
 Old Market Area, Tel: 092 964 790
 Parisian-style bistro which opened in December 2006. Heavy wood-panelled interior with solid bar and aircon provide this restaurant with authenticity. Serves foie gras, croque monsieur, cheese, cold cuts and French wines.

Maharajah
 Next to Pub Street, Tel: 092 506 622
 Halal restaurant offering 261 Royal Indian dishes, including a large selection of vegetarian and non-vegetarian specialties. Open from 10am to 11pm with free home delivery.

Meric
 Hotel de la Paix, Sivutha Boulevard
 Tel: 063 966 000
www.hoteldelapaixangkor.com
 Elegant, contemporary restaurant with classically simple yet powerful black and white décor and an open kitchen. Executive Chef Johannes Riviere has devised a daily-changing seven-course traditional Khmer set menu. Try to book one of the swings outside on the terrace.

Singing Tree Café
 Wat Bo Road, Siem Reap
 Tel: 012 490 265
 Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialities, all costing around US\$2. Also a centre for yoga, meditation and reiki healing.

Tigre de Papier
 Pub Street, Siem Reap, Tel: 012 265 811
 The thing that differentiates this place from all the other restaurants along Pub Street is its half-day cookery classes, starting at 9am and costing US\$10. Friendly, helpful French management.

Viroth's
 Wat Bo Road, Tel: 012 826 346
 Elegant restaurant on the other side of river with excellent terrace garden. A good place to try royal Khmer cuisine including amok.

that can be burned either onto CDs for US\$1.25 or mp3 discs for US\$0.75. Also sells its designer t-shirts (US\$6) and hoodies (US\$15) as well as the Zico fashion label for women. Same chain as in Phnom Penh and Sihanoukville.

Carnets d'Asie
 333 Sivutha Boulevard, Tel: 016 746 701
 Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

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

Happy Painting
 FCC, Old Market, Angkor Century Hotel
 Tel: 012 623 945, www.happypainting.net
 Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards.

Jasmine Boutique
 FCC Angkor, Pokambor Avenue
 Tel: 063 760 610
 Same sophisticated, stylish boutique as on Street 240 in Phnom Penh. The perfect place to come for the ballgown you forgot to bring with you.

U-Care Pharmacy
 Next to Old Market, Tel: 063 965 396
 Reliable western-style pharmacist and drugstore that also has two branches in Phnom Penh. Sells health and beauty products. Open 8am to 12am.

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.

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.

siem reap - shops

Boom Boom Room
 Old Market
 Boasts a 176-page catalogue of tracks

battambang

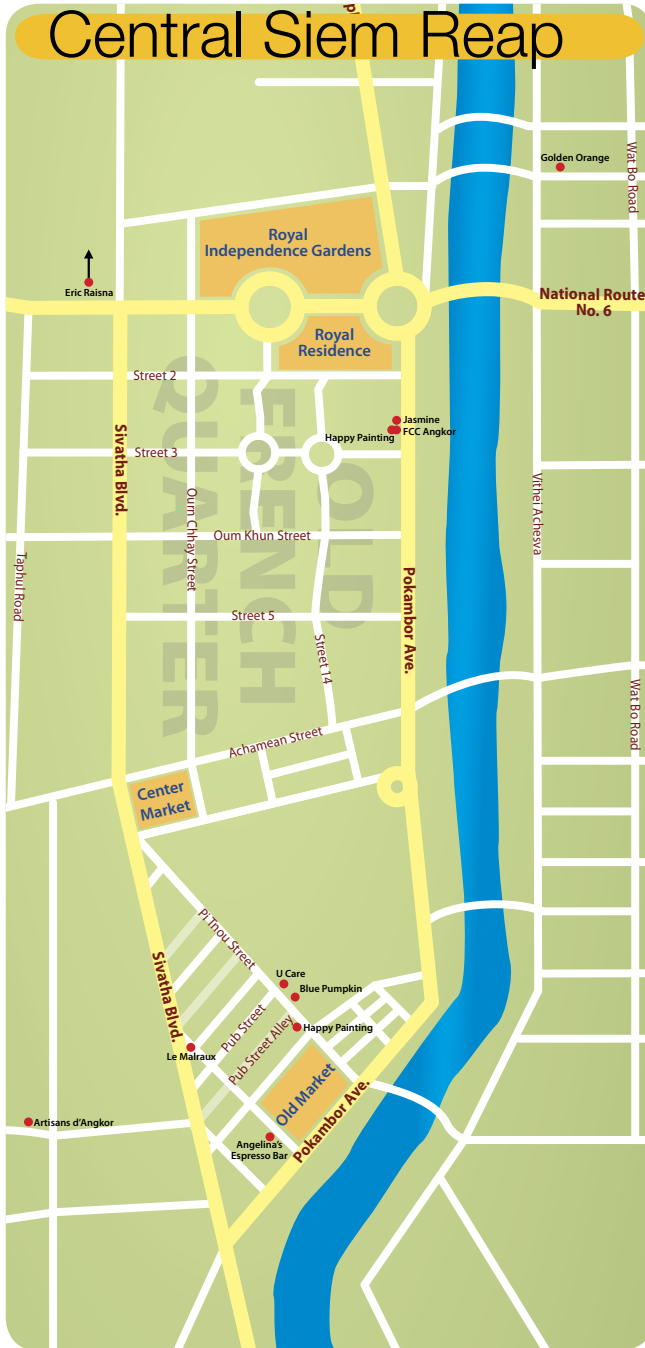
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www.lavilla-battambang.com

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Central Siem Reap



Jasmine

House 25 Riverside Road, Kampot
Tel: 012 927 313

Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish addition to the Kampot riverfront. Serves tasty Thai, Khmer and café fare, it also has photography decorating the walls, and dark wood furniture including two large tables for groups.

Les Manguiers

2 km North of Kampot, Tel: 092 330 050
Beautiful tiny resort set on the Kampot side of the river a couple of kilometres out of Kampot. Three rooms (US\$15) and four bungalows (US\$20 - US\$25). Also has a restaurant with food prepared fresh every day.

Little Garden Guest House

Riverside Kampot
Good value guest house well located near the old bridge on the riverside. Good sized rooms cost between US\$10 to US\$18. Also has a restaurant open from 7am to 10pm.

Rikitikitavi

Riverfront, Kampot, Tel: 012 274 820
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.

Rusty Keyhole

Riverfront, Kampot
This riverside British pub is the place for expats to chew the fat over a pint in town. Friendly British owner has created as close to the atmosphere of a rural pub as you can in Kampot. Live premiership games, sunset happy hour, daily BBQs and a strict 'no missionaries' policy make this a must. Open 8.30am to midnight.

kep

Champey Inn Resort

Tel: 012 501 742
Sea-fronted resort with fan-cooled bungalows at US\$60 per night. Has a swimming pool, a restaurant, a bar and a pleasant garden.

Kep Lodge, Kep

Tel: 092 43 53 30 www.keplodge.com
Six nicely decorated, private bungalows with a big veranda, pool table, swimming pool and WiFi. Also has a bar and restaurant with Khmer and western food. Bungalows with queen size beds and hot water cost US\$23-US\$28 (low season) and US\$30-US\$36 (high season), breakfast included.

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

Keap Beach, Tel: 011 765 999
Hotel overlooking Keap 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

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
santepheapotel@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
krieststar@hotmail.com
A hub for arranging transportation and getting travel advice on travel to Ratanakiri, this guesthouse has cheery, colourful and clean rooms for only US\$4 to US\$5 a night. The café serves up some of the most innovative food and drink in town. Has facilities for storing motorbikes also available.

Sihanoukville

Cantina del Mar

Otres Beach, Tel: 012 702 502
Newly opened taco and seafood stall on one of Sihanoukville's most sunspit 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
Clean bungalows fronting the beach with pleasant garden. Rooms come with air-con or fans and 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,

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- Paar Chaas Quarter 063-063-114
- Angkor Century Hotel 063-963-623

www.happypainting.net

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.

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 guest-house has a few rooms from US\$6 to US\$10, a bookshop and is a good source of travel information. Open 7am to late.

Oasis Hotel Ekareach Street, Tel: 012 638 947

Spacious sports bar with large TV screen showing F1 and movies. Two pool tables often with plenty of willing female opponents. It also has spacious rooms ranging from US\$5 (fan) to US\$20 (air con). Open from 7am to late.

Orchidée Guest House Near Occheuteal Beach, Tel: 016 867 744 www.orchidee-guesthouse.com

Slightly set back from the road, this small place has a swimming pool and is a reasonable walk away from the beach. Rooms are air-conditioned and cost US\$10 to US\$25.

Otres Nautica

Otres Beach, Tel: 092 230 065
Boating company operating off Otres Beach. Has catamarans, lasers, sailing boats, sea kayaks as well as other vessels. Provides lessons and rental for beginner and expert sailors.

Paracambodia Tel: 012 709 096, www.paracambodia.com

Company that offers powered paragliding, either through a four-to-five-day course for US\$650 or a two-to-three-day conversion course for US\$300.

Reef Resort

Road from Golden Lion to Serendipity, Tel: 012 315 338
bookings@reefresort.com.kh
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.

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.

ATMs

ANZ Royal

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

Cambodian Public Bank

- 618 Achamean Street

Canada Bank

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

SBC Bank

- 18A Sivutha Boulevard

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, dabeev@yahoo.com

Opposite the Reef Resort, this luxurious large screen movie house showing DVDs opened in August. The films are free but there is a charge for the air con and comfortable couches.

XXL

Victory Hill, Tel: 092 738 641

Belgium-run restaurant serving French cuisine including an excellent fillet steak and local fish. Tucked away from the main Victory Hill drag, it has a good outside area and a stock of Belgian beers. 🍷!

Italian Restaurant
Luna d'autunno
Woodfired pizzaoven

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

6c Street 29
Phnom Penh
Tel. 023 - 220 895
lunaphnompenh@gmail.com

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- 1) Edgar Allen Poe 2) East-house 3) A. A. Milne 4) Kurt Vonnegut 5) Sydney Opera House 6) Edinburgh - at the foot of the Royal Mile
- 7) Curling 8) Gregory 9) The Rising Sun 10) P.G. Wodehouse 11) Bahrain 12) Land of the Long White Cloud
- 13) Sunnydale 14) Philias Fog 15) Mt. Snowdon
- 16) Sunni 17) Lorraine and Nancy 18) I Wandered Lonely as a Cloud 19) A train Snowball 21) Maggie May 22) The Prime Of Miss Jean Brodie 23) Rydell High
- 24) Neighbours 25) Don't Stand So Close To Me
- 26) London School of Economics 27) Hogwarts
- 28) Spider Man/Peter Parker
- 29) Adolf Hitler 30) Fame.

Pub Quiz Answers

Sihanoukville



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Fruitpicking in America



ILLUSTRATION BY WUTH / OUR BOOKS

CAMBODIA MAY BE HOT, IT may be humid, and it certainly is mired in poverty — but it has an Eden-like variety of fruit.

Cambodia has mangoes, such sweet and wonderful mangos. Rambutan, mangosteens, papaya, and so many varieties of banana that it's near impossible to keep track of them all. And then there's the bane of Europeans — the durian.

No matter what time of year it is, delicious fresh fruit of some kind is coming into season. And in Phnom Penh you're rarely far away from a market stall loaded with a cheap and plentiful variety. It's as easy as walking up the stall and pointing. If you can count to ten in Khmer you can negotiate a fair price.

My wife grew up with that constant supply of fresh fruit, often picked straight from the tree in her home village. Ever the gourmet and loving wife, she taught me to appreciate the fruits of Cambodia — even if all I was interested in eating was rice cake and Pringles.

Then we moved to the United States, where the favoured fruit

is that thin slice of tomato on a cheeseburger or the dab of ketchup on a plate of fries. The closest many Americans get to fresh fruit is the artificial blueberry flavouring in those oversized 1,000-calorie muffins sold at the coffee shops on every other corner.

She was disappointed to say the least.

But while much of America is filled with a monoculture of corn, the Willamette Valley of Oregon has its own version of Eden — one with orchards, nuts and vines.

There are no mango trees, nor banana trees, nor (thankfully) anything that makes durian. But there are orchards laden with cherries, peaches and apples. There are fields with every sort of berry: strawberries, blueberries, raspberries, blackberries and our own hometown favourite, the Marionberry.

These were worthy compensation for the tasteless bananas and overripe mangoes found in the aisles of American supermarkets. But the best part of all

these homegrown berries is you can pick them yourself.

Once the weather warms up, strawberries quickly ripen. After that there is a steady succession of fruit, up until the apples ripen as the weather cools and the long gloomy winter beckons. It keeps an avid amateur fruit picker busy.

My wife, used to heavy toil under the hot Cambodian sun, was amazed the first time we visited a U-pick strawberry field. Hardly anyone was there despite the near-explosion of fruit on the low plants and the low prices on the sign.

While she scurried among the strawberry plants, I strapped our year-old son into a chestpack and picked raspberries, which are taller and offer more shade.

The baby helped pick berries, though he quickly learned it was far easier to grab handfuls of berries from the bowl I had collected than to actually pick them off the vines himself. With the bowl so near, he was able to much more rapidly shovel the raspberries into his mouth, or at least the general vicinity of his mouth. In a very short

the favoured fruit is that thin slice of tomato on a cheeseburger or the dab of ketchup on a plate of fries

time he managed to cover both of us with a red sticky mass of berries.

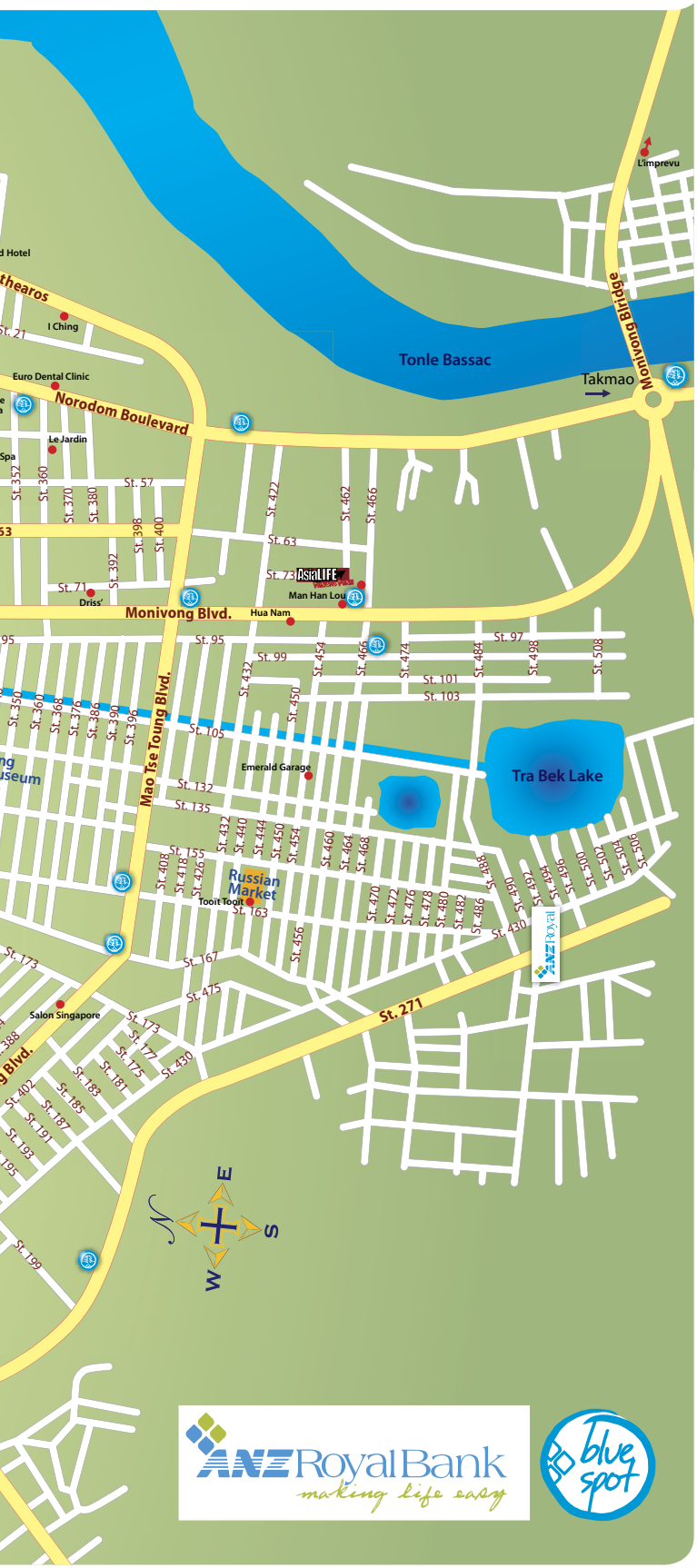
My wife was dedicated to the idea of picking her own weight in strawberries, but finally took a break and visited us in the shade. Our son stretched out his arms to her, as if asking for a hug. While we were both distracted with loving parental pride, he managed to steal two squishy handfuls of strawberries from his mother's bowl.

You can tell he's Cambodian. He loves fruit.

Will Koenig lives in Oregon with his wife and son. Contact him at: will.koenig@gmail.com. 📧

phnom penh: central





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Photo Essay

A day in the life of Phnom Tamao by Chean Long





This Month in History

garcia, divorce, arafat, mother teresa, burton, stevie ray vaughan

■ DEATH OF THE DEAD

August 9, 1995

One week after his 53rd birthday Jerry Garcia, lead guitarist and vocalist of the psychedelic rock band the Grateful Dead, died of a heart attack while in a drug rehabilitation centre. Garcia was often ill due to his rock and roll lifestyle, and in 1986 experienced a diabetic shock that nearly cost him his life. Although his health improved slightly after that, he continued to struggle with heroin addiction. One of the original founders of the band, Garcia performed with the Dead for its entire three-decade career. Despite having two-thirds of his right middle finger chopped off by an axe wielded by his own brother he was ranked 13th in Rolling Stone's "100 Greatest Guitarists of All Time."

■ SECOND TIME'S A CHARM

August 1, 1976

Screen stars Elizabeth Taylor and Richard Burton divorced each other for the second and final time. This marked Taylor's sixth divorce and Burton's third. The two met and fell in love during the 1963 filming of *Cleopatra*. The press followed their love affair with great enthusiasm as they were both married to other people at the time. The rela-



tionship the two portrayed in the 1966 drama 'Who's Afraid of Virginia Woolf' was said to closely resemble their off-screen marriage. All told Elizabeth Taylor has had eight marriages and eight divorces. Richard Burton weighed in at a mere five.

■ BIRTH OF ARAFAT

August 24, 1929

Longtime leader of the Palestine Liberation Organisation and later president of the Palestinian Authority, Yasser Arafat spent much of his life fighting against Israel in the name of Palestine but changed his views in 1988 when he accepted U.N. Security Council Resolution #242. Arafat received the Nobel Peace Prize in 1994 along with Shimon Peres and Yitzhak Rabin for their efforts to create peace in the Middle East. In late 2004, after living under house arrest for over two years, Arafat became ill and fell into a coma. Arafat died in his home on November 11, 2004 at the age of 75.

■ BIRTH OF A SAINT

August 27, 1910

Mother Teresa was born Agnes Gonxha (Albanian for "rosebud") Bojaxhiu on Aug. 27, 1910. As a child Agnes was fascinated by stories of the lives of missionaries and their service. By 12, she determined that she would commit

herself to a religious life. For most of her life she ministered to the poor, sick, orphaned, and dying. In 1997, she was awarded the Nobel Peace Prize for her work in poverty awareness and for her service to humanity. The beloved nun died of a heart attack at the age of 87. Mother Teresa's death in 1997 was overshadowed by the high-speed death of a little-known U.K. princess.

■ TIM BURTON TURNS 50

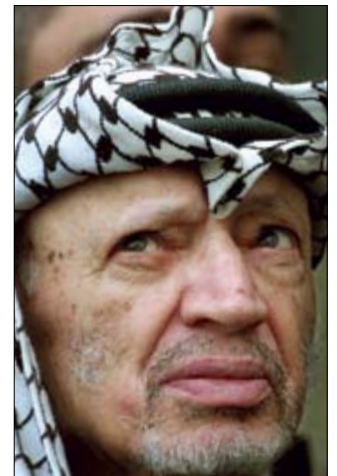
August 25, 2008

Born in 1958, filmmaker Burton has directed many dark and stylistically unique films such as *Beetlejuice*, *Edward Scissorhands*, and most recently *Sweeney Todd: The Demon Barber of Fleet Street*. The award winning director began his career as an animator for Disney. Though the first projects he worked on with Disney were not at all in line with his creative tastes, Disney executives recognised his talent and allowed him free reign to create his darker themed projects. His first, *Frankenweenie* (1984), was a 30-minute film about a boy reanimating his dead dog. Upon the film's completion Disney shelved the project for fear that it would be too disturbing for children. The film was eventually released to video years later. Burton is now applauded for his unique, dark style. His films have won seven Oscars and 23 Oscar nominations.

■ STEVIE RAY VAUGHAN DIES

August 27, 1990

Vaughan, a critically acclaimed blues guitarist, was known to dissolve cocaine in his whisky each day for a morning pick-me-up. Although cocaine and Crown Royal were the musician's drugs of choice, it was surprisingly not his destructive lifestyle that caused his death. After playing a concert with Eric Clapton he was killed when his helicopter crashed into a ski hill. A hugely influential electric blues guitarist, Vaughan played with many musical greats such as Stevie Wonder, Keith Richards, Mick Jagger and David Bowie, who had Vaughan play lead guitar on his album, *Let's Dance*. He was 35 years old at the time of his death. **F**



■ CELEBRITY BIRTHDAYS IN JULY

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

Aug. 2 – Peter O'Toole (76); Aug. 4 – Barack Obama (47); Aug. 7 – David Duchovny (48), Charlize Theron (33); Aug. 8 – Dustin Hoffman (71); Aug. 11 – Hulk Hogan (55); Aug. 14 – Steve Martin (63); Aug. 16 – James Cameron (54), Madonna (50); Aug. 17 – Sean Penn (48); Aug. 18 – Edward Norton & Christian Slater (both 39), Robert Redford (72), Robert de Niro (65), Roman Polanski (75), Patrick Swayze (56); Aug. 22 – Tori Amos (45); Aug. 26 – Macaulay Culkin (28); Aug. 28 – Jack Black (39), Shania Twain (43); Aug. 29 – Michael Jackson (50); Aug. 30 – Cameron Diaz (36).

Eva Chakan: The One about Matthew McConaughey

Cigarettes: 40 and counting. Alcohol units: many at lunch. Caffeine units: 10ish. Time since I last had carnal relations: 1 month, 7 days and 23 minutes (not that I'm counting).

■ THURSDAY 3PM

High time I hightail it out of the city. There's a reason people call it The Penh. The incestuous-ness of the whole shebang gets to be a bit much from time to time. There are just too many times that I can snog the same people in Elsewhere and then see them snogging every other girl and boy of a certain age and socio-economic level.

After many weeks of too much coffee, alcohol and cigarettes, I need a break. Luckily, Smirnoff decided to take a break from his ice-station and fancied a bit of a trip himself. How to keep him cool is my next worry!

Now for the usual dilemma – Where to go?

As long as Smirnoff and I make Pan Galactic Gargle Blasters – the alcoholic equivalent to a mugging; expensive and bad for the head – the issue is moot. Kep, here I come.

Zara was first of four to sign up.

"Oh Cherie, it will be a marvellous a'venture just to leave ze city". Her accent is beginning to grate on my nerves. Seriously hope I'll get through the weekend without strangling her.

■ FRIDAY 9PM

Arrived. Finally.

How many pee breaks should a three-hour car journey consist of? Arguments over who sleeps where and with whom cloud my brain. Cannot supposedly mature, sensible adults share? Help me Smirnoff, you're my only hope, and how sweet you are going down.

Illusion of mature sensible adults is shattered as drinking-games are proposed. Living the expat life regresses us to teenage years. Luckily Pan Galactic Gargle Blasters are successful. Accidentally spilled drinkie on Dahlia – oopsie!

■ SATURDAY 10AM

If that guy does not stop that bloody racket, somebody will ... gggah. Head hurts. Mouth tastes like camel. Water. Water. Throat feels like the dust of Kampong Cham in the dry season, when it's dry. Dry. Dry. Cracking up and turning to dust. Bodies lying around willy-nilly. A stranger in my bed.

■ SATURDAY 2PM

On Rabbit Island surrounded by lush tropical ants. Mostly mystified about how I got here. Stranger in my bed turned out

to be Roger's girlfriend, Dahlia I-don't-get-drunk-because-I'm-English-and-have-a-poker-up-my-bottom-and-it-is-so-undignified-kneel-before-me Smith-Jones. Ha ha (owie, my head) vaguely remember her drooling on my naked shoulder. Blackmail material is mine. Loathing diminishes with hangover.

Dive fully dressed into the water. Feels so cool. Codeine is kicking in and am starting to come to life. Diet Coke. Stat.

Dahlia's bikini is attracting attention. It's not the kind of attention the bikini is designed for. A beautiful turquoise butterfly is choosing her US\$15,000 swimsuit-covered boob to defecate the contents of a lifetime of drinking. I snigger covertly. The butterfly has amazing stamina. Most creatures would have to take a break when confronted with that kind of volume. Its faeces stain her bikini. Poor Roger bears the brunt of her bitching. Pity melts away though, as my alcohol-stained brain realises that he made that bed and she was in it.

■ SATURDAY 7PM

Sunburned in spite of cream and staying in shade when not in water. In so much pain that

wouldn't let Matthew McConaughey slide his hand under my skirt, unless it was covered in aloe vera. Wonder whether aloe vera can substitute for lube. He has the most chewable nipples. Anyway, moving on ... the crab is delicious. So is McConaughey.

■ SUNDAY 1AM

Too much pain to lie on my back. Too hot to lie on my front. Resign myself to insomnia, pour another drink and light up a cigarette. Amuse self by trying to blow smoke rings. Fail. Blue smoke curls into the night.

Paradise can be found in Cambodia. Not a single motor to be heard apart from the gentle whirring of the bungalow fan. I can almost hear the waves on a distant shore. I don't want this night to end. The peace comes dropping slow – Yeats captures it perfectly.

■ SUNDAY 6PM

Back in the Penh. Depressed at prospect of work tomorrow. Take a valium and hope to rejoin McDreamy in the arms of Morpheus. There he can certainly slide his large hands over every inch of my body – Aloe Vera optional! 🍷

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The QuizMaster

■ HOUSES

- 1) Who wrote The Fall of the House of Usher?
- 2) What type of house are hops dried in?
- 3) What author's only detective work was The Red House Mystery?
- 4) Who wrote Slaughterhouse 5 and Palm Sunday?
- 5) Jorn Utzon designed what after winning a competition?
- 6) Where is Holyrood House?
- 7) Hack, Hog Line and House are terms in what sport?
- 8) What is the first name of TV's Dr. House?
- 9) What name is shared by a Phnom Penh bar and A House in New Orleans?
- 10) Who created Jeeves and Wooster?

■ THE WEATHER - ALL ANSWERS CONTAIN SOMETHING TO DO WITH THE WEATHER

- 11) Manama is the capital of which state?
- 12) New Zealand is also known as Aotearoa - what does that mean?
- 13) Where is Buffy the Vampire Slayer set?
- 14) Who went Around the World in 80 days?
- 15) It is known as Yr Wyddfa by some locals - what is it called in English?
- 16) Islam has two major denominations Shi'a and?
- 17) A region of eastern France has a girl's name with

- another girl's name as its capital. What are they?
- 18) What is the first line of Wordsworth's famous poem "Daffodils"?
 - 19) What is the collective noun for camels?
 - 20) What is the name of the Simpsons' cat?

■ SCHOOL'S OUT!

- 21) Which song contains the line, "It's late September and I really should be back at school"?
- 22) Which novel is set at the Marcia Blaine School for Girls?
- 23) What is the name of the school attended by the cast in the film Grease?
- 24) Which TV soap features Erinsborough High School?
- 25) Which song contains the line, "Young teacher the subject of schoolgirl fantasy"?
- 26) John F. Kennedy attended which school in London?
- 27) Which school's motto is Draco Dormiens Nunquam Titillandus?
- 28) Which superhero attended Midtown High School in the Bronx?
- 29) Who was rejected twice by the Academy of Fine Arts Vienna in the early 1900s?
- 30) What were students at the New York High School of Performing Arts seeking?

■ ANSWERS ON PAGE 94

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 7:

"Too many good docs are getting out of the business. Too many OB/GYNs aren't able to practice their love with women all across the country." (Poplar Bluff, Missouri, U.S., Sep. 6, 2004)


Sudoku

MIND GAMES TO KEEP YOU THINKING

S.I. COMPUTER TECHNOLOGY SUDOKU PRIZE COMPETITION

Congratulations to Rath Ronay, last issue's Sudoku 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 012 226 1449 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. Please remember to provide us with your name.

All winning entries will enter the prize draw on Aug. 15. Good luck! 

Level: Intermediate

Gwan Ching Lee's time: 20 mins

	9					7	1	
2				1	8			5
1			3					
		3			9			
		6				9		
			6			5		
					3			1
6			5	7				8
	8	5					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.

4	2	9	6	5	8	7	1	3
3	8	1	4	2	7	5	6	9
5	6	7	3	1	9	8	4	2
2	7	4	5	8	3	1	9	6
9	5	3	2	6	1	4	7	8
8	1	6	7	9	4	3	2	5
6	3	5	1	4	2	9	8	7
7	4	8	9	3	6	2	5	1
1	9	2	8	7	5	6	3	4



Gwan Ching Lee

Fujitsu recommends Windows Vista® Business.



3.5G



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