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Editorial

THE CITY IS A-CHANGING. Whether you like it or not, Phnom Penh's cityscape is going to undergo a massive upheaval over the next decade or so. Whether it becomes a mini-Bangkok, with high-rise buildings dotting the skyline, or a suburban sprawl is open to debate. Whichever happens, one thing is for sure, the city in 2018 will be very different from what it is now. This month we cover the debate from three very different perspectives.

September is Architecture Month. Java Gallery, Meta House and the French Cultural Centre are hosting a series of events – exhibitions, talks, screenings and a tour with the father of New Khmer Architecture, Vann Molyvann. The aim is to encourage the people of Phnom Penh to have a say in how the city develops. Nathan Green talks to both organisers and artists to find out more about this monumental project.

Sam Campbell talks to developers, real estate companies and one human rights advocate to discover how they feel the city will develop. Will it be upwards or sideways? What will be the impact on local residents?

The third is a personal top ten of the capital's most interesting architectural buildings from Darryl Collins, co-author of 'Building Cambodia: 'New Khmer Architecture' 1953 to 1970.'

Back in February, AsiaLIFE featured a burger challenge, where we tasted some of the best – and worst – burgers in town. The popularity of this article has prompted us to try out Phnom Penh's delivery boys. This time we gave them no forewarning.

Michelle Gilkes and Derek Mayes – equipped with mobile, stopwatch and US\$20 notes – had the enviable task of trying out the food, and determining the capital's best delivery dish.

Elsewhere in Food, we talk with Reiner Thieding, the man behind Scoop – the city's latest high-quality bistro, to see what makes this German chef tick.

As mentioned in last month's editorial, over the next few months we will introduce some new sections and regular features. In this issue you will find the first feature in our new Next Gen section. Over the months we will run a series of articles written by and for the under-18s and their parents. This month, Angela Savage gives some personal tips on how to keep young children entertained without breaking the bank.

Regular readers will also notice a couple of new features. Vox Pop is the first in a series where we take to the streets and ask the city's residents what they think about lifestyle issues. Virginia Noel asks some women, and one man, what dating men in the capital, is like. Best Kept Secret is another addition. Over the next couple of months we will look at some of Phnom Penh's hidden gems. The first is Le West Club Karaoke.

In general, the design changes we made last month have been well received. We hope that you will appreciate the new features in this month's issue equally as much. If you want to give us feedback on this or anything else, email us at:

asialifephnompenh@gmail.com 

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PHNOM PENH AsiaLIFE guide

Publisher & Editor-in-chief: Mark Jackson
mark@asialifecambodia.com

Managing Editor: Naomi T. Robinson
asialife@phnompenh@gmail.com
Tel: 012 261 449

Art Director: Keith Kelly
keithakelly@gmail.com

Sales Manager: Qudy Xu
qudy@asialifecambodia.com

Sales: Som Chantha

Photographers: Nathan Horton, Virginie Noel & Chean Long

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calendar

September

architecture, environment, latin grooves, cajun gris gris, quizzes, movies

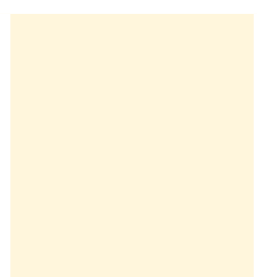
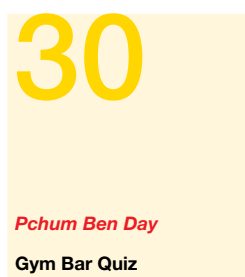
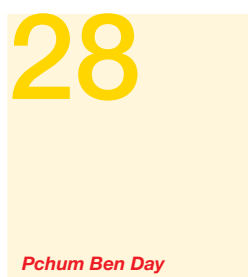
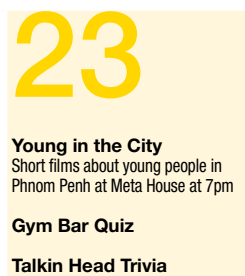
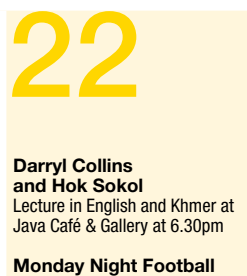
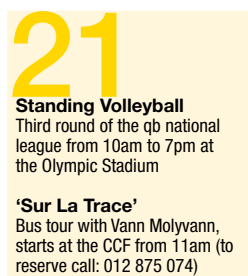
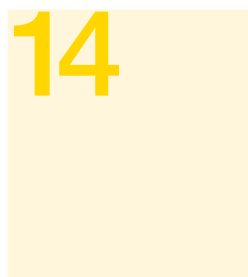
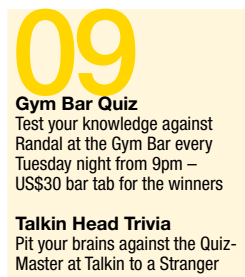
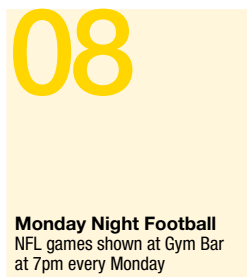
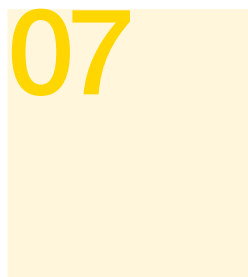
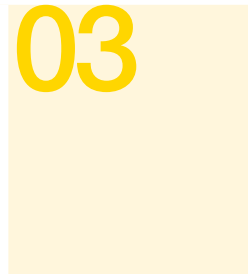
sunday

monday

tuesday

wednesday

thursday



friday

05

Khmer Images

Opening of exhibition by David Richards at Two Fish Studio

First Friday

Kick off the month's parties at Elsewhere

Latino Night

Live Latin music at Lobby Bar, Hotel Cambodiana from 7pm – 10pm

12

Georges Rousse

Conference in French and Khmer with the French artist at Le Cinema, CCF at 6.30pm

19

Primitive Souls

Play Talkin to a Stranger from 9pm

Romantic Italian songs and arias

Works of Donizetti, Bellini and Tosti performed by Mari Jinnai (soprano) and Issei Sakano (piano) at Art Café from 7pm

26

Thake

Performed by Cambodian master Thary at Art Café from 7pm

saturday

06

13

Vienna Divertimento

Masterpieces of Beethoven, Haydn and Mozart and Art Café from 7pm

Standing Volleyball (see Sep. 21)

Georges Rousse

Opening of exhibition by master French artist at 32 Sotheaeros Boulevard, back of FCC, from 12pm

Daniel Perrier & Leang Seckon

Exhibitions by the French and Cambodian artists opens at the CCF at 12.30pm

Looking Back – Looking Ahead II

Mini-documentaries on Khmer Rouge history at Le Cinema, CCF at 5pm

27

Cracking Bamboo

International and Cambodian percussionists play the Chlenla Cultural Centre from 7pm

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The Month That Was

art, fashion, star cell, cricket, publications, volleyball, secret war



ART SEEN

The opening of Ali Sanderson's exhibition, entitled *Airs and Graces*, at Java Gallery and Café, and the second part of Meta House's *Art of Survival* project were the highlights of the capital's art month. Ali's exhibition, which opened on Aug. 7, incorporated images from modern Cambodian culture in a series of sculptures and studies. There was also a collaborative piece with Panca

Evenblij and Tanja Wessels, *Chookalier* – consisting of a collection of feather dusters fixed around a rattan chicken cage – first show at The Hotel de la Paix, earlier this year. Perhaps most striking was the Warhol inspired mirror of Cambodian portraits, entitled 'Who's the fairest of them all?'

Ali was also involved in the second part of Meta House's *Art Of Survival* project, which launched on Aug. 12, and then



one day later at the Bophana Centre. The project represents a reflection by Cambodian and international artists on how the Khmer Rouge regime still impacts on Cambodian society today. The exhibition involves a documentary of the first exhibition and a book launched in parallel with the exhibition.

FASHIONABLE PHNOM PENH

The *Cambodiana* took to the catwalk last month with the

launch of a new Khmer fashion and lifestyle magazine by La Reine on Aug. 16. Models from Sapor's Agency displayed the latest fashions from La Reine in a show interspersed with lucky dip prizes. Some of the models were also on show on Aug. 22 at Phnom Penh's latest hotspot – the Sky Bar at the top of The Place, on Sihanouk Boulevard. Is this the start of a more fashionable Phnom Penh? In truth, La Reine's clothes,



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looked pale in comparison with those seen on catwalks in neighbouring capitals, such as KL or Bangkok. In contrast, the Sky Bar with its amazing views across Independence Monument and down to the river, could well soon become the most fashionable place in town. Expect to see more of Phnom Penh's glitterati gracing Phnom Penh's highest bar over the forthcoming months.

NEW STAR CELL

Mobile phone operator, Star Cell, opened a new office at 170b Norodom Boulevard on Aug. 8, due to increased demand. Star Cell's network has now been expanded to cover Sihanoukville, Siem Reap, along National Highway 6, and Kampong Thom, Battambang and Poipet provinces, in addition to the capital. The company plans to extend the network to Kam-pot, Kampong Cham, Pursat, Banteay Meanchey and along National Highway 4 in the near future. For further information, contact 098 200 199.

PHNOM PENH CRICKETERS

Phnom Penh might not be Lords or the MCG, but the capital's cricketers donned their whites – or didn't as the case may be – to apply willow to taped tennis ball on Aug. 23. Two mixed teams, in terms of nationality and gender, bashed

out a Twenty20 game at the Boeng Keng Kang School Oval. The Colours team (named after their attire rather than race) knocked up an impressive 196 for 6 from their 20 overs. This was largely due to the efforts of Madurangia, who scored 101 from only 30 balls, including 11 sixes. In reply, the Whites could only muster 76, with Madurangia taken three wickets in one destructive over. No prizes for guessing who was the man of the match. The Phnom Penh Cricket Club is keen to muster up more players – no prior experience is required. If you are interested in playing, contact club captain Majid on 012 247 832.

COMINGS AND GOINGS

In the month that the Phnom Penh Post has gone daily and La Reine has launched a new glossy magazine, the precarious nature of the capital's publishing industry was demonstrated by the demise of two publications – both launched earlier this year. The Advisor, a weekly magazine, and The Mekong Times, a daily newspaper, both folded this month. The Advisor's publisher, Anthony Galloway, has gone on record that the closure of his magazine is only temporary, while there have been reports that The Mekong Times will be re-launched as a weekly publication.

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MISSING



Twenty-three-year old Sokny Chhun (pictured) has gone missing. She was last seen at 8pm on Jul. 1 wearing a white shirt and brown trousers in the Chrouy Chanva district, across the Japanese Bridge. If you have seen her or have any information about her whereabouts, please contact the ChildSafe Hotline on 012 311 112. Alternatively, if you are in contact with Sokny, ask her to phone her mother, who is very concerned about her safety. The family is offering a reward for any information that will lead to her safe return.

ឈ្មោះ លុន សុខនី អាយុ ២៣ឆ្នាំ កាលពីថ្ងៃទី ០១ ខែ កក្កដា ឆ្នាំ២០០៨ វេលាម៉ោង ប្រហែលជា ៨យប់ នៅម្ដុំស្ពាន ជ្រោយចង្វារ បើសិនជាលោក អ្នកបានឃើញ រឺ ជួប ក្មេងស្រី ដែលមានភិន- ភាគ ដូចខាងលើ សូមមេត្តាជួយផ្តល់ព័ត៌មានមក ទូរស័ព្ទលេខ ០១២ ៣១១ ១១២ យើងខ្ញុំនឹងជូនសារកុណាជា ទីគាប់ចិត្ត ។

■ VOLLEYBALL RESULTS

The exciting first round of the qb 2008 National Volleyball League took place on Aug. 2 and Aug. 3 at the Olympic Stadium.

On Day One, Phnom Penh Sunway Hotel Dragons set the early pace by defeating Takeo ISPP Templestowe Falcons 2 – 0, and Battambang ICDS Tigers by the same score. The Falcons went on to beat Siem Reap Globe Magazine Eagles 2 – 1. Elsewhere, Pailin Stadt Frechen Lions beat Kratie CTN Dolphins 2 to 0, and the Kompong Speu Siemens Kangaroos beat the Kompong Speu BHP Billiton Scorpions equally convincingly.

The Dragons maintained their impressive form on Day Two defeating Kompong Speu BHP Billiton Scorpions 2 – 0, and then Prey Veng Kingmaker Cobras by the same score. Kratie CTN Dolphins also had a good day, first beating Prey Veng Kingmaker Cobras 2 – 0, and then overcoming Kompong Speu MPA Bears by 2 – 1. Kompong Speu Siemens Kangaroos had a mixed day, beating Pailin Stadt Frechen Lions 2 – 0, before going down to Takeo ISPP Templestowe Falcons by 2 – 1. In the other game Battambang ICDS Tigers beat the Pailin Stadt Frechen

Lions 2 – 0. This leaves the Dragons topping the table.

Results from the second round, held on Aug. 30 and Aug. 31 were not known at time of going to press. Teams are playing for a purse of US\$30,000.

■ THE MOST SECRET PLACE ON EARTH

Despite the torrential rain, Meta House was standing room only for the first screening of Marc Eberle's The Most Secret Place on Earth on Aug. 13. Using archive footage, the documentary traces the history of America's secret military campaign against Laos in the 60s and 70s. In many ways the forgotten war, when compared with the U.S. involvement in neighbouring Vietnam, the parallels with the U.S. administration's current foreign policy are unavoidable. Interviews with servicemen and CIA officers at the time provided an illuminating insight into the psyche – and self-denial – of the men involved in the heaviest aerial bombardment in history. Eberle showed a rough version of his documentary at the Meta House screening, the final version is due to be screened at Le Cinema, CCF in October. Details will follow in next month's issue of AsiaLIFE. ■



News & Events

mekong, health, responsible tourism, development, environment, weddings, australian taste

■ MIGHTY MEKONG >> WREAKS DEVASTATION

If the recent spate of steady rain has been getting you down, spare a thought for people in neighbouring countries. At least 130 people were killed and thousands were driven from their homes in northern Vietnam due to flooding caused by heavy rains in southern China. The high water in the Laos capital of Vientiane broke the 1966-record with water overflowing a levee that was built after that flood. The water level rose to nearly 14 metres, above its lowest level in the dry season. Laotian Foreign Ministry spokesman Yong Chanthalansy was reported as confirming that four people, including a child, had died. The



river also reached its highest level in 30 years in parts of north Thailand, according to officials, inundating farmlands and forcing the evacuation of thousands of people in three provinces.

■ HEALTH CHECK

According to the latest report by the National Center for HIV/AIDS, Dermatology and STDs, tests in 22 provinces and municipalities throughout Cambodia indicate that some 14 percent female sex workers are thought to have HIV/AIDS. This represents an enormous decline from the peak in 1998 when 43 percent were infected. The overall infection rate is now under one percent, compared to

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3.3 percent at its peak in 1997. Officials attribute the decline to increased condom use and high treatment rates. Elsewhere, World Watch reported that cases of dengue fever in Cambodia had more than halved compared with the same time last year. However, authorities warned that the risk is still high.

RESPONSIBLE TOURISM GUIDE

The ADP's Mekong Tourism Development Project has published a 148-page guidebook featuring responsible tourism activities in Cambodia, Laos and Vietnam. 'The Guide to Responsible Tourism in Cambodia, Laos and Vietnam' details over 25 activities in each country. Each one creates income for local people, minimises negative tourism impacts, involves local communities, conserves natural and cultural heritage, and helps people with physical disabilities. The guide costs US\$15 (plus postage) and can be ordered through the Pacific Asia Travel Association's online publication catalogue at: <http://www.pata.org/catalogue> or by email from: publications@PATA.org.



PHOTO BY JEREMY HOLDEN

ENVIRONMENT WEEK

This year's Environment Week will take place from Sep. 15 to Sep. 19. Over the five days of the festival, films will be screened at Le Cinema, French Cultural Centre (CCF). Awards, including the Khmer Film of the Year and Short Film of the Year, will be announced at the Festival. The best films will also be shown at Meta House on Sep. 25 from 7pm. The

CCF will have several speakers talking about environmental films.

The Institute of Technology of Cambodia (ITC) will host five days of conferences, workshops and film projections, with the input of international scientists from 8am to 12pm and 3pm to 5pm. The Royal University of Law and Economics will hold a three-day seminar from Sep. 15 to Sep. 17 on corporate social

responsibility policy from 8am to 12pm and 1pm to 8pm. The Bophana Centre will have a display from Sep. 15 to Sep. 20 (from 8am to 6pm).

Photographer Jeremy Holden will have an exhibition of his work in the Cardamom Mountains on display at the FCC from Sep. 15 to 25. A book entitled 'A Field Guide to the Amphibians of Cambodia' by



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Neang Thy and Jeremy Holden is also being produced.

There will also be events at Wat Phnom, Friends International, Sovanna Phum and a community media fair on the Womyns Agenda for Change boat on the Tonle Sap on Sep. 19 and Sep. 20. Other events are planned for The Pavilion and Sunway hotels. More precise information was not available at time of going to press.

The festival organisers aim to raise awareness among the Cambodian general public about environment issues. For more information contact Laurent at GERES on 023 986 891.

■ PLANS TO DEVELOP KOH RONG AND KEP

Together with Hong Kong-based Millennium Group, the Royal Group is raising US\$2 billion to develop Koh Rong, off Sihanoukville. The move is part of a plan to transform Cambodia's coastline into one of Asia's leading holiday destinations. MPDI, a subsidiary of Seng Enterprise, is working on another US\$2 billion project, with unnamed US, Japanese and Middle Eastern investors, to triple the size of Kep. The plan involves reclaiming land along a 6-kilometre stretch of coastline and building luxury bungalows. Construction is likely to start some time next year, after securing initial financing of about US\$250 million.

■ HEART OF NOWHERE?

Late night pleasure seekers might have to find alternative venues come November. Howie, of Howie's Bar, has confirmed that the land around his bar has been sold to developers. He plans to relocate to a new venue by November. Quite what the impact of this will be on other bars along the strip, including Heart of Darkness, the next couple of months will tell. On a brighter note, the Pontoon Lounge is due to re-launch towards the end of this month, at least providing a late-night alternative, if the Heart is forced to move on. The word is that Bert Bevans, the DJ who was playing the night the Pontoon sank, will return for the Raise-the-Pontoon party.

■ WHITE WEDDINGS AND LATIN NIGHTS

This month the Hotel Cambodiana is promoting its range of wedding packages, including use of a wedding planner. So if you are planning that special day in

the near future, contact the hotel. While each Friday night in the Lobby Bar, is Latino Night from 7pm to 10.30pm.

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

■ TASTES OF AUSTRALIA

A team of award winning Australian chefs will prepare a gourmet dinner at Le Royal Restaurant on Sep. 24 at 7pm. Featuring fine wines and food from Australia, well-known Western Australian chef, Don Hancey has devised a five-course menu. The team consists of four professional chefs from the Canberra based School of Hospitality Management who were the winners of the Lifestyle Food Channel Australian Regional Culinary Competition in 2007. The meal costs US\$55+ per person. The following Thursday and Saturday nights (Sep. 25 and 27) you can find Tastes of Australia at the hotel's Café Monivong.

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

■ SALT SOCCER

If last month's cover story inspired you to get more involved in sporting activities, or you are heading towards Battambang, this month's SALT Academy activities are: Sep. 1 to 3 – final games of the futsal competition; Sep. 6 – under-12 girls and boys friendly tournament; Sep. 13 – under-10 girls and boys friendly tournament; Sep. 21 – "Peace One Day" provincial exhibition game; and Sep. 23 – all-day Mine Risk Education Tournament for under-14 boys and girls from Battambang and five districts. All games will be played at the VTC in Battambang.

■ NATIONAL VOLLEYBALL LEAGUE

The third round of the qb National Volleyball League will be on Sep. 21 and 22 at the Olympic Stadium. The games will also be screened live on CTN. The final is scheduled to take place on Oct. 11.

■ MUSICAL VANS

Van's Restaurant, situated in a glorious colonial building overlooking the post office, has more to its bow than some of the finest French cuisine in the capital. Every Friday and Saturday night, a live band will play music from 5pm to 8pm in the gardens at the front of the restaurant.

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



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Openings

giving tree, singapore kitchen, linna, georgie best, blue lime, the place, le cedre... too



■ **GIVING TREE PRE-SCHOOL**
Set in Boeung Keng Kang district 1, the Giving Tree pre-school held its open day on Aug. 8. Claiming to have a play-based programme in both English and French, the curriculum includes story-telling, music, theatre / costume making, role play, dance and gymnastics. There is also a large outdoor play area, playground with sandbox and swimming pool. Children from 18 months to 5 years are accepted, either on a half-day (8am to 12pm) or full-day (8am to 4.30pm) basis.

*Giving Tree, 17 Street 71,
Tel: 017 997 112,
www.thegivingschool.com*

■ **SINGAPORE KITCHEN** 
Devotees of the Singapore Kitchen, formerly located on Monivong Blvd., will be pleased to hear that it has not closed but simply moved around the corner to Street 360. Whereas the previous kitchen was a bit cramped and stuffy, the new kitchen is set in a spacious building with the feel of an old Chinese Inn. There are also some private rooms upstairs for those who like to dine cross-legged on the floor. The food remains the same mix of classic Singapore hawker cuisine as before, with the same chef. Laksa (US\$3), Hainanese chicken rice (US\$3) and Hainanese pork chop (US\$5) represent great

value for money, and the black carrot cake is great when dipped in the hot chilli sauce – just don't expect any carrots. Open from 11am to 9.30 pm every day, there is a 20 percent discount on all dishes until the end of September. It also does delivery.

Singapore Kitchen, 11 Street 360, Tel: 012 729 731

■ **LINNA MASSAGE & SPA**
Another new arrival to Boeung Keng Kang's growing number of massage parlours and spas, Linna is a small spa with just two air-con rooms – has someone passed the word that expats like being pampered? One has three mattresses for Khmer massage (US\$5

per hour), the other has three massage beds for aromatherapy massage (US\$10 per hour). Other attractions include an ultimate back massage (US\$3 for 30 minutes) and a traditional Khmer steam for US\$3 per hour. Open from 9am to 10pm every day.

*Linna Massage & Spa,
213 Street 63, Tel: 016 550 508*

■ **GEORGIE BEST SPORT'S LOUNGE**
British pub and international restaurant Huxleys, underwent a bit of a make-over last month. Gone has the international restaurant to be replaced by a sports lounge. Named after the legendary Northern Irish and Manchester United winger – also noted for his love of a tippie – owner Rob Huxley says the Georgie Best Sports Lounge is more a place to sit back and relax than a sports bar. "It's liking sitting in your front room," he says. Keeping with the British theme of the downstairs pub, Huxleys will focus on British sporting events, such as the English and Scottish Premier Leagues, five-nations rugby, F1 and next year's Ashes series. "You can fall asleep in front of the cricket," Rob adds. The prospect of Pimms, strawberries and cream during Wimbledon beckons.

*Georgie Best Sports Lounge,
Huxleys, cnr. streets 136 and 5,
Tel: 023 986 602*

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■ **THE IN-PLACE** >>

Probably the most noticeable opening of the week was that of The Place on Sihanouk Blvd., close to ANZ Royal Bank. Those in desperate need of a work-out, will no doubt have already tried one of the gym's two floors – easily the best-equipped in town. The equipment is brand new and high quality with cross-trainers, step, treadmills and even rowers. In addition to a small bar and Apple Mac point, the sixth floor also has a large exercise room with fitness and dance classes each day from 4pm to 7.45pm. If working out is not your thing, The Place also has two restaurants and a ninth floor Sky Bar, open from 6pm for non-members. The latter. With its spectacular 360-degree views of the city, will surely become the in-place in town once they fathom out how to make a dry martini. Membership is US\$1,500 per year, although there is a current promotion of US\$10 per session or US\$120 for a block of 20 sessions. Open from 10am to 11pm.

*The Place, 92 Sihanouk Blvd.
Tel: 023 726 999*



■ **BLUE LIME**

As if co-owning two hotels in Phnom Penh was not enough, last month Alexis de Suremain opened a third hotel in the heart of the city. Situated on the same alley, off Street 19, as the Alley Cat Café, just like his other two hotels – The Pavilion and Kabiki – the centrepiece is a beautiful swimming pool. At Blue Lime, Alexis is aiming for a younger (25 to 40) audience and no kids. “It is more aggressive in terms of design,” Alexis claims. Each of the 14 rooms is decked out in an industrial grey – even the

beds have a grey, concrete base. All rooms have air-con, internet cable, safety deposit box and fridge. The top-floors have private balconies. If you aren't yet ready for this very contemporary and controversial design then just laze around the large infinity salt-water pool and enjoy a US\$3.50 cocktail. Both WiFi and use of pool are free, so long as you order at least US\$5 worth of food and drink. This month Alexis also plans to open the China House, just along from the Green Vespa on the riverfront. For once it is neither a hotel nor does it have a

swimming pool – details in next month's AsiaLIFE. Rooms range from US\$40 to US\$60.

Blue Lime Hotel, 42 Street 19z, (alley off Street 19), Tel: 023 222 260, www.bluelime.asia

■ **SECOND CEDAR TREE**

Fans of Le Cedre, will be pleased to hear that last month the owners opened a second outlet on Sisowath Quay, on the small stretch between FCC and Pacharan. Downstairs is a small kitchen and take-away service station, while a terrace restaurant with sweeping views of the Tonle Sap lies upstairs. It has the same range of Lebanese fare, albeit with a slightly truncated menu, as the original in Boeung Keng Kang – falafel sandwich (US\$3.50), kofte kebab (US\$4.25). Customers can also chose between blowing an arguileh (US\$8.50) – a traditional Arabic shisha pipe – or quaffing some arak (US\$2.25). Although it is only open from 11am to midnight, the owners promise they will stay open until the last customer leaves. This could be a good late night option before or after partying away at the Riverhouse Lounge or Pontoon.

Le Cedre Restaurant, Sisowath Quay, Tel: 023 990 301 ■

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Streetsmart: Street 214

Stretching from the back of the Royal Palace to Monivong Blvd., from the outside Street 214 may seem like nothing much, however this is a street where it's the inside that counts. **Nora Lindstrom** delves into the malls and stores, and finds a world of class and curiosity.



Paragon Mall: don't be fooled by the lack of customers

■ CARWASH

Corner of Street 19 and Street 214
Efficient, cheap and accessible, this city-centre carwash is in high demand, particularly during the rainy season. With motos brought back to sparkle for a mere 2,000 riel, and cars cleaned both inside and out for 10,000 riel, you simply can't go wrong. Hand your wheels over to the boys, sit in the fanned waiting area, and finally drive off with your car or moto shining just like when you bought it. It's as simple as that.

■ KHMER BBQ

Street 214, opposite carwash
In the evenings a row of Khmer BBQs opens up just opposite the carwash. In this thoroughly authentic setting you can get everything from beef to squid

to eel and prawns barbequed for you on your very own charcoal fire. The meat is tender and the seafood delectable, and with fairylights and melodious Khmer music the place verges on romantic. Watch out for the beer girls though, as they will keep your glasses filled practically unnoticed. Get there between 7pm and 9pm, and expect to pay US\$15 to US\$20 for an all-you-can-eat meal for two.

■ PARAGON MALL

12 Street 214
Paragon Mall dominates Street 214 east of Norodom Blvd. This modern-looking mall has a desolate air both weekdays and weekends, as though shopkeepers are waiting for masses of customers that never arrive. Don't be deterred by this, as the emptiness

makes for a pleasant shopping experience in the spacious, air-conditioned building. Set on three floors, the ground floor houses some stalls with beauty products, mostly of Asian origin. There is also a beauty salon, with treatments starting from US\$9, using Pan Cosmetic + and Elysees products.

Black Canyon Coffee, the Thai chain, also has its only outlet in Cambodia here. Decked with chandeliers, this place has a modern retro look and serves various coffee creations for around US\$2. An extensive food menu is also available. Next door is My Bakery, selling fresh bread and pastries from 2,000 riel. At the back, Market Place has everything from fresh food to toilet brushes – a good city-centre alternative to Luckys.

The first floor is devoted to women's clothes, in a boutique set-up. This is the place to go for some proper old-school retail therapy. While prices may be well above average – even t-shirts can stretch to US\$25 – these shops are worth a closer look. Many have a good range of clothes in western tastes and sizes. One recommendation is Bona, which has clothes imported from Singapore. It has many cool and funky numbers in the US\$25 to US\$100. Make sure you get the 15 percent discount.

Finish the first floor off with a visit to Mandy Fu's nail boutique – acrylic nails will set you back US\$15, while all sorts of nail art is yours for US\$2.50. Manager Yen speaks English and can accommodate almost all your nail-related wishes.



La Residence: up-market French cuisine in a modern setting

KFour electronics and furniture shop dominates the top floor. Here you will find first-class home and entertainment electronics – everything from plasma screens, through sound systems, to wine coolers and washer-dryers. It's not cheap, but it's definitely quality. Half the space is devoted to furniture – dining tables, beds, and massive office desks. On the second floor you can also get your very own Asian-style frilly photo taken. If all this shopping becomes a bit too much, grab some sushi at Alko Japanese Restaurant. Though not the best Japanese food in town, it's clean, the décor is comforting and the prices are keen. Open from 8am to 9pm.

■ PENCIL SUPERCENTRE
15 Street 214

Across Norodom, although it doesn't look all that super from the outside, Pencil Supercentre has certain noteworthy features. The perfume section features all the usual suspects from an airport duty free, with prices from US\$50. The selection of wines certainly beats the choice on offer in many other supermarkets. There are also more staff than customers, allowing you to browse virtually undisturbed. Set

on three floors, the two floors above the food section are reminiscent of a discount store with potentially the most ugly artwork in the kingdom, featuring motives from Christian mythology on a raised background. The shop also sells baby clothes and buggies. In the book section you can find Point de Vue magazines from the early 90s (US\$3.50), as well as a hilarious booklet entitled English Khmer Love Letters (US\$1). Open from 7am to 9.30pm.

■ LA RESIDENCE
22/24 Street 214 Tel: 023 224 582

On the opposite side of the street from Pencil, French restaurant La Residence hides a world of private luxury behind its massive wooden gate fronting. Make sure to dress up or the waitresses will outshine you. Enjoy the foie gras ravioli (US\$19) or try the beef or lamb (from US\$28), which La Residence prides itself in. The menu is inventive and sophisticated, with all the food prepared using only the best ingredients. An evening here can cost anything from US\$20 to US\$1,000, depending on whether you opt for that \$900 bottle of wine or not. Open for lunch (12pm to 2pm) and din-



Pencil Supercentre: has a great range of wines on offer



MW Furniture: just the place to go for that indispensable mock Victorian settee

ner (from 6pm) weekdays, and for dinner only at weekends.

MW FURNITURE

53 Street 214

This furniture shop on multiple floors has regular, if expensive, furniture for the newly arrived expat, as well as more interesting options for those looking for added flare. With all items imported from Hong Kong, and home delivery included, MW's has everything from shoe racks to beds, all with price tags of hundreds if not thousands. Items can be ordered too, with a month and a half delivery

time. The further up you go in this furniture emporium, the more remarkable it gets. The top floor's "Italianised Lifestyle Section" is simply the bomb – think Scarface meets baroque. Apparently this kind of oversized, heavy wooden furniture is all the rage among the Khmer nouveau riche. Open from 8am to 7pm.

EDISON ELECTRIC CAMBODIA

14 Street 214


Think that your flat or villa needs a little sparkle; look no further than Edison Electric, just across the street from MW.

Chandeliers, from the gaudy to the modern, fill the shop. You can't help but wish you had that extra US\$500 to spare to buy one. Walking around, you yearn to be in IKEA – some of the chandeliers and lampshades are fabulous – unfortunately the prices are equally make believe. If you have the money to spend on lighting, this is the place to go. They even offer free installation. Open 8am to 7pm.

DAN MEATS

51A Street 214

Rolf Lanzinger is proud of his butchery, and not without

reason. Established in 1995, the oldest butchers in town has had this German at its helm for close to 10 successful years. His 16 types of sausages, beef and pork fillets and numerous other meat products are served at most bars, hotels and restaurants in Phnom Penh and beyond, as well as in both Khmer and expat homes. The key to Dan Meats is quality and excellence in service, with all products made on site from Cambodian meat, without chemicals or preservatives. This is carnivore heaven, where sausages sell for US\$9/kg. Open from 8am to 5.45pm. 

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Phnom Penh Life: First Past the Post

Unless you have been away for a while, you can hardly fail to have noticed that Cambodia has a new daily English-language newspaper. **AsiaLIFE** speaks to the newspaper's new CEO, **Michel Daguet**.

WHEN INITIAL REPORTS surfaced that the Phnom Penh Post's owner and editor-in-chief, Michael Hayes, had sold the Post to a consortium led by the man who founded the Myanmar Times, the city's rumourmongers spread the word that Michael had sold out. The paper was losing its independent voice, they said. Several months down the line, the new owners have delivered on their promise to produce a quality, daily tabloid newspaper, with Michael Hayes still the editor-in-chief. However, the man charged with ensuring the paper maintains its reputation for quality news reporting is another Michel, this time French, whose knowledge of publishing in the region dates back to 1994.

■ AT HOME IN HANOI

Michel's first encounter with publishing was in Hanoi, where he helped create the electronic publishing department of the Vietnam Investment Review, run by Ross Dunkley. Fourteen years later Ross was to become his business partner, and publisher, at the Post.

The success of this venture persuaded Michel to launch his own software company. Unfortunately he was ahead of his time. "Originally I wanted to publish more digital content on CD-ROM and on the emerging web, but this business model turned out to be more romantic than rational," he explains. "I almost went bust in '98, in the middle of the Asian financial crisis."

A short sojourn in Europe, where he took an MBA at Insead before consulting for a large IT firm in London, persuaded Michel that Europe was no longer his home. "I realised that I had taken a very wrong turn," he says. "I had obviously become addicted to Asian chaos and I was showing some very severe withdrawal symptoms in this structured London work environment."

So he quit his job, despite the lucrative salary.



Michel Daguet: the man behind the Post

■ TAKING OVER THE POST

The opportunity to take over the reins at the Post came after he met up again with Ross Dunkley, who by this time was running the Myanmar Times. The pair discussed the possibilities of creating a newspaper in an emerging market. "I remember we talked seriously about Afghanistan for a while," he says. "But then Cambodia came into the picture, with this intriguing icon of the Asian press – The Phnom Penh Post."

Michel immediately saw the promise of such an acquisition. "When you are looking at buying a business, you are looking for qualities, but more importantly you are looking for weaknesses that you can fix," he explains. "In this case we had a very good newspaper, located on a fast growing advertising market, but with a very wrong commercial format." He specifically refers to the paper's fortnightly publishing cycle. "This newspaper gleamed like a sleeping beauty with a lot of unrealised potential."

Our daily issue number one will probably remain in the pantheon of the worst print jobs in newspaper history

■ TEETHING PROBLEMS

The pair's greatest challenge lay in moving from fortnightly to daily publishing – from 50 to 500 pages each month. In addition to recruiting new staff, Michel had to import new presses, suitable for daily printing. Inevitably there were delays and teething problems, but on Aug. 8 the first issue of the new Post hit the newspaper stalls.

"Our daily issue number one will probably remain in the pantheon of the worst print jobs in

newspaper history," Michel concedes. "But after a few very long nights at the printing house, our printing team finally got familiar with the intricacies of their new toys and a week later our colour registration was much better."

Michel appreciates the understanding nature of the Post's readers. "In general I found that our readers have been very gentle and forgiving of some of the shortcomings and rough edges of our first issues," he says.

Not that the Frenchman is getting complacent. He is well aware that the new owners of the Post are going through a honeymoon period. Future plans include "beefing up the business section," as well as focusing on regional news, lifestyle and community content, and sport. The internet is also an important area to be developed. "It is now refreshed everyday and some of the content we are posting is web exclusive," he says.

■ PHNOM PENH: HOME FROM HOME

Following his failed attempt to re-adapt to Europe, Phnom Penh feels like home – "just that right level of chaos." However, the transition to Phnom Penh has been far from plain sailing. He has become an Air Asia commuter, with his wife and three kids living in Bangkok. "I dragged my kids through four different schools in four different countries in four years," he says. "When we returned to Bangkok, I knew that I could no longer hijack their social life any more."

So, despite the ease with which Michel has assimilated into a Phnom Penh expat's life – The Shop for breakfast, Metro for lunch and Talkin after work – Michel looks forward to escaping at the end of a tiring working week. "I enjoy going to the multiplex cinema with my kids in Bangkok over the weekend," he says. Maybe this time Michel has got the balance just about right. ■

Developing Phnom Penh:



Sky-high or Pie in the Sky?

The view from the Sorya Centre shows how low-level the Phnom Penh sky-line still is. But for how much longer? Sam Campbell discovers Cambodia's capital is growing both outwards and upwards. Is it sustainable?

THE PHNOM PENH OF YESTERYEAR with its tatty terraces of tumbledown shacks and dull Soviet monoliths is dying. Like a supersized serpent slowly shedding its skin, the city once referred to as the "Paris of the East" is being resurrected one brick at a time. Oknha Em Buntha, senior executive director of the Khmer-American Development Company, has seen Phnom Penh's re-

birth at first hand. He tells AsiaLIFE that Phnom Penh has come on in leaps and bounds since cautious Khmers reoccupied a devastated, deserted necropolis almost three decades ago.

Today's Phnom Penh is undeniably poles apart from the city that lacked even a single traffic light a decade ago. "Everything has changed," he says. "Before 1992, the price of houses in

the city was not high like now." Oknha Em attributes this to an ever-increasing political stability that has attracted foreign investors to Cambodia.

A villa in the much sought after Boeung Keng Kang district 1 cost between US\$50,000 and US\$100,000 in 1992, Oknha Em recalls. The same property might now fetch in excess of US\$1 million.





Okhna Em and Jeff Massnick: Phnom Penh should expand outwards rather than upwards

■ A BUOYANT MARKET

Sung Bonna, head of Bonna Realty, claims real estate prices are stable for the moment, but will soon resume their upwards march on the tails of the CPP's landslide win in July's national election.

Douglas Clayton, managing partner of Leopard Capital, a private equity fund manager specialising in Asia's frontier markets, is confident.

"Cambodia has had a land speculation boom but not yet a construction boom," he tells AsiaLIFE. "After four decades of under-investment there is still a shortage of high-end space in every segment of the property market. Where these shortages can be filled in off-prime locations the returns may still be attractive."

His optimism is shared by CB Richard Ellis. The leading global real estate service provider recently decided to open an office in Phnom Penh after many years of involvement in the Cambodian property business.

"CBRE is focusing mainly on property management, market research for investors looking at Cambodia as an alternative investment opportunity, and continuing valuation," says Jessica Minogue, the company's Research and Valuation Manager for Vietnam. "The aim is to provide an international standard of real estate service."

Like Sung Bonna, Jessica reports that prices have remained quite stable in 2008, but she predicts the property market will

We are now seeing land prices in prime locations at US\$4,000 to US\$5,000 per square metre

pick up with the safe passing of the election. "Land prices rose significantly in 2007," she adds. "We are now seeing land prices in prime locations at US\$4,000 to US\$5,000 per square metre."

Despite plans for mixed use satellite cities, Jessica says there is still a shortage of adequate grade 'A' office space. "We predict that the first new high-rise office buildings will achieve premium rents due to the existing grade 'C' quality buildings and companies forced to conduct business out of villas," she says. Nor is it just quality office space that is lacking. "There is also a lack of quality retail space and high-end hotels in the capital."

■ SOUND OF THE SUBURBS

Given such drawbacks, and Phnom Penh's often rudimentary infrastructure, current prices may seem absurd. But Phnom Penh lies on a low-lying floodplain bounded by rivers so space is at a premium, with demand driving prices ever-higher. As land near Phnom Penh's boulevards breaks the

US\$5,000 per square metre mark, it is difficult to find affordable property in central Phnom Penh.

The solution could be simple - expand the city.

Jeff Massnick, chair of Khmer-American Development, says the suburban exodus has already begun.

"From a residential standpoint, it's growing exponentially out in all directions," he says. "We think it's important they expand into the outlying areas because density is an issue."

His partner, Okhna Em predicts more dedicated office buildings, medium-rise apartment buildings and high-profile retail developments in areas currently on the city's outskirts.

He says the web of national highways that radiates from central Phnom Penh will become the arteries of suburban communities. As the target areas are currently used for agriculture, developers and the government have a blank page.

Jeff reveals that new developments are to be officially zoned, with industrial development along National Highway 4 that runs past Pochentong Airport. Substantial luxury residential and commercial developments are already underway at Chroy Changva, a peninsula linked to the city by the Japanese Friendship Bridge.

"Entry level" properties from Cambodia's nascent middle class are another possibility being explored by Khmer-American Development.

■ A HIGH-RISE FUTURE

Many Asian developers see a different picture - a city in the sky. In a town where, within living memory, the fourteenth century Wat Phnom temple was the tallest building, several high-rise projects look set to permanently change the Phnom Penh skyline.

Mu Hion Woo, GS Engineering and Construction's business development chief in Cambodia, says Koreans are the natural choice for urban regeneration. "Which country has the most experience in developing satellite cities?" he asks. "The answer is Korea. There are probably four or five such cities near Seoul. Korea is fully experienced in development and construction in this field. Our decision to build a 52-storey building here is because this is an anchor business for us. We have plans to expand into other fields such as satellite cities or infrastructure."

He even claims that Cambodia could emulate South Korea's meteoric rise from agrarian backwater to industrialised powerhouse.

"Cambodia has similar seaside harbour areas and natural resources but a small population," he says. "I think they have a good potential in resources but due to some past destabilisation in their politics they couldn't develop. Now that that has stabilised, it is the right time for Cambodia to step up and take its place in the world."

Many naysayers protest that Cambodia lacks the robust economy needed for showcase developments such as GS Engineering's gargantuan IFC Tower.

Leopard's Douglas Clayton notes that Phnom Penh's prime land is already more expensive than Jakarta and is rapidly catching up to Bangkok. "At this point the risk to reward equation does not look favourable to us, however bargains can still be found in secondary areas."

Still, Phnom Penh property is "relatively insulated from the global slowdown as the economy is underleveraged and there is no excess supply of building space," he adds. "The bigger risk is over-exuberance toward future development given the modest level of end-user demand, particularly at the high-end. Fortunately, while many construction plans have been discussed, few projects have actually been started."

A second risk is that the global slowdown might "cripple" overseas speculators

who have pushed up land prices. "But a correction in land prices would be healthy longer term," he says.

GS Engineering's Mu Hion Woo is adamant high-rise and high-profile is the way forward.

"I am often asked if Cambodia is ready for a 52-storey office building and I always answer yes," says Mu Hion Woo. "But for us it is business on one hand, and a contribution to the development of Cambodia on the other. If

you want to see the potential of Cambodia, you can see it in this project."

Mu Hion Woo claims his project will contribute to the country and the economy.

"We are building the highest class office and residential facilities - really good facilities for foreigners who would like to invest in Cambodia, so I think that that this project will attract both foreigners and more Korean companies."

Sung Bonna disagrees. He feels that such developments may be "a little bit early." He warns that company predictions are not guarantees, and potential buyers "should study carefully before deciding to buy houses and land."

Confronted with a completely new concept, Cambodians certainly seem a little jittery.

The rumoured departure of one of the South Korean shareholders of Gold Tower 42 earlier this year sparked a spate of press rumours in April. The Chakraval Daily



Rising Phnom Penh: Is this the future for the city?



Men at work: safety standards are not the same in Cambodia as in the west

reported that he had “carried money from the sales of apartment buildings and escaped to South Korea.”

Despite the sudden disappearance of advertisement billboards, Teng Rithy, Gold Tower 42’s senior manager, said that hearsay was to be expected - given the project’s unprecedented scale.

“This is only a rumour,” he said, dismissing reports that Phnom Penh’s alluvial soil is not able to support such a towering structure.

“It is no problem, don’t be worried,” Teng Rithy assured, noting that over 80 percent of the apartments in Gold Tower 42 have already been sold.

Like Sung Bonna, Jeff Massnick seems unmoved by the Korean projects. He says his firm will focus on low-rise buildings of up to three storeys and medium-rise constructions of 12 to 14 storeys. Khmer-American Development Company has “no interest in high-rise construction,” he adds.

“Once you get above about 14 storeys, it is an entirely different construction technique that is not readily available in Cambodia,” he says. “With these high-rises - particularly in the centre of the city - I’m concerned about the traffic impact. I’m hoping that future mid-rise and high-rise developments will be outside the centre of the city.”

■ UNEVEN DEVELOPMENT

But an increased number of traffic jams is not the only consequence of rapid development. Naly Pilorge, director of human rights organisation Licadho, says uneven

Everyone accepts the need for development in Phnom Penh and elsewhere, but this development should be for the benefit of the majority of the people, not simply for the financial benefit of a few powerful and influential individuals

development is driving the capital’s poor further towards destitution.

“Everyone accepts the need for development in Phnom Penh and elsewhere, but this development should be for the benefit of the majority of the people, not simply for the financial benefit of a few powerful and influential individuals,” she told AsiaLIFE. “Urban development in Phnom Penh has all too often impacted on the land rights of communities, particularly poor ones, who have been violently forced off their land without adequate compensation. Thousands of Cambodians have been evicted from their land in Phnom Penh, often with grossly excessive force by the authorities, some

resulting in deaths of villagers, and thousands more are living under threat of eviction.”

Forced evictions are a major concern - even international groups such as Amnesty International have lambasted authorities and developers for ignoring residents’ rights. “The case of Sambok Chap village is perhaps the clearest example of how so-called ‘development’ can trample over poor citizens,” Pilorge explains. “In 2006, more than 1,000 families were evicted from Sambok Chap and dumped in squalid conditions at Andong on the outskirts of Phnom Penh. Two years later, conditions at Andong remain appalling - with grossly inadequate water, sanitation and health services - and the authorities’ promises of land titles for the people who were relocated there have not been fulfilled. Meanwhile, the land in Sambok Chap that the people were evicted from remains bare and unused.”

The rights of residents must be prioritised, according to Naly, something she claims rarely happens at the moment. “The land rights of people in urban communities need to be respected and the input from communities on development needs to be heard and considered,” she says. “The authorities and the courts need to follow the land law properly and ensure that villagers with legitimate land rights or land ownership cannot be bullied and threatened legally or physically into giving up their land.”

■ ECONOMIC FOUNDATIONS

Such concerns may fade when the looming global downturn arrives in Cambodia.



Jeff is stoic. “Economies are always in an ebb and flow,” he says. “Nothing stays consistent. Sure there will be downturns, and there will be upturns as well. It’s impossible to accurately predict the future.”

He claims Cambodia’s cash economy may shield the Kingdom from a real estate crash like in neighbouring Vietnam, where real estate has lost around 40 per cent of its value this year. “A lot of the economies are in trouble due to poorly considered loans,” he claims. “Neighbouring countries have grown much faster and inflation has been much greater.”

Jeff thinks that Cambodia’s stability, especially in

I’m concerned about the traffic impact. I’m hoping that future mid-rise and high-rise developments will be outside the centre of the city

the banking sector bodes well. “The combination of the stability of government and the accountability of banks will have a good deal to do with Cambodia’s future success,” he confidently predicts.

CBRE’s Jessica Minogue agrees that Cambodia still has a lot of room left to grow. “Prices have risen considerably in the past eight years in Cambodia since peace was attained, however it is still considered relatively cheap compared to neighbouring countries such as Vietnam and Thailand,” she notes.

She still believes there is a gap in the market that could be filled in the next few years. Mu Hion Woo is also unfazed by the global downturn.

“There are so many expensive parts of the world compared to Cambodia,” he says. “The Camko City project and Gold 42 Towers have started to sell places - especially Gold Tower 42 - at high prices. Our product is really high quality and there is a limited supply of this kind of accommodation available in

Cambodia. “He says the construction of the Tower will take about four years. “I think there is a lot of potential.”

■ CAVEATS AND CONCERNS

Jessia’s rosy appraisal is tempered by caveats over a possible glut.

“Developers need to be careful not to flood the market with an excess of properties before the country is ready,” she warns. “They must do their research on existing supply and future demand for the types of developments they are undertaking.”

Leopard Capital’s Douglas Clayton has concerns over city planning. “As the city’s population grows, we would like to see more thought given to mass transit, to prevent future gridlock in the city centre, as has happened everywhere else in Asia,” he says. “These systems take many years of advance planning, which doesn’t appear to have started yet in Phnom Penh.”

Jeff shares similar concerns.

“Zoning is tricky,” he says. “I certainly wouldn’t want to build an upmarket housing project, then suddenly a scrap metal yard opens up right next to me. So from that point of view, the lack of zoning concerns me and I hope that they make progress working on this.”

For Naly Pilorge, reform cannot come quickly enough. “The government needs to radically change how it views the development of urban areas and ensure that the needs and input of poor communities are put first, above all else,” she affirms. ■

Art for Architecture

Phnom Penh is changing fast, too fast some would say. In a series of events this month, Phnom Penh's artists and architects ask where the city has come from and where it is heading. **Nathan Green** talks to the people behind this month's activities



Kong Vollak: has helped produce a spot map of the city's art spaces and architectural icons

NOT EVERY GENERATION GETS THE chance to rebuild their city, but Cambodia's tumultuous recent history and the economic resurgence of the last decade have combined to give the people of Phnom Penh the opportunity to reshape and modernise the country's capital. As the city grows, both outwards and upwards, concerns are rising that the needs of the city's inhabitants, and of the city itself, are being ignored by developers. As lakes are drained, residents evicted and skylines altered, both the city's architectural heritage and its prospects for becoming the living, breathing, healthy modern capital every country needs, are at risk.

"The last couple of years have been insane," says Dana Langlois, owner of JavaArt, Café and Gallery, pointing to the raft of new developments under construction in seemingly random spots around the city. "I don't want to stop the city from developing and I am really happy to see it, but I just think it could be done with more thought."

Where we go, we don't know? The city can go in any direction and it is important they get it right.

■ UNITED ARTISTIC FRONT

The desire to kick-start that thinking is behind a month of exhibitions, lectures and publications to be held in September. The organisers hope to encourage people in Phnom Penh to have a say in how their city takes shape. Dana proposed the idea to her colleagues in the Cambodian art and culture community after attending a talk by a visiting city planner from India about how a local art community there had influenced the government on city development and urban planning. The French Cultural Centre and

Meta House are also holding architecture-themed events during the month.

"The idea is to have an exhibition purely about architecture in Cambodia and to speak about the different problems facing architecture in the country," says Lydia Parasol, art manager at Meta House. "By unifying the centres with one theme, one exhibition, in many spaces, we can really provide a story."

Panca Evenblij, a Dutch artist and long-time resident of Phnom Penh, will provide the centrepiece for JavaArt's activities with a participatory exhibition called 'I Love Phnom Penh'. Panca will plant the seeds but leave it to the local community to give the artwork shape, creating a blueprint for how the residents want their city to look.

"I like to collect ideas from different people, so everyone is invited to contribute what they feel about the city," she says. "I just want to start with something small and develop something, much like you have a city and it starts somewhere and it grows."

Panca says her three-year sojourn as an artist in Cambodia has taught her that people love participating in artistic projects. "They are part of the artwork," she says. "You don't have this distance between the people and the artwork."

■ MAPPING THE CITY'S ARCHITECTURAL ICONS

Java will also hold an exhibition of works by two young Cambodian artists, Khvay Samang and Kong Vollak. Their collaborative drawings both document the city's architectural heritage and express their ideas for the buildings of the future. They are based on drawings the two worked on for a guide map illustrating the location of Phnom Penh's art spaces and architectural icons. The SpotMap, which has been produced by JavaArts, the ChildSafe Network and ANZ Royal Bank, will be launched at the exhibition.

"Art can change everything," Vollak says. "The artist is the doctor of feeling because he can create ideas. When these are shown to the audience, the audience can absorb the ideas of the artist."

While Java will largely be interactive and try to help script the future, Meta House's contribution will portray a country in transition. "Architecture is one symbol of how society and the country is changing," Lydia Parasol, the curator for the 'In Transition' exhibition, says. "Where we go, we don't know? The city can go in any direction and it is important they get it right."

■ PERILS OF THOUGHTLESS DEVELOPMENT

The exhibition at Meta House will juxtapose drawings of old traditional Battambang buildings, by students from Phare Ponleu Selpak, with pennants contributed by architecture historian Helen Grant Ross. These depict pure Phnom Penh architecture, public spaces and sporting areas from the 1950s and 60s.

It will also portray a disturbing vision of the possible future of Phnom Penh development as captured through the lens of Magnum photographer and long-time Cambodia resident John Vink. His 'Absence of Architecture' series documents the early stages of a new suburban residential area on the outskirts of the city. It warns of the dangers of developers pushing ahead without thinking carefully about what they are building, who for, and how it looks and feels.

"It is so extreme, it is so unreasonable," he says of the new subdivision. "Who would want to live there? The problem I have is that there is nothing behind it. It's not to make something beautiful, it's not to make something useful, it's just to make money. These are empty dreams, there is no projection to the future."

According to John, this absence of architecture is too prevalent in this new period of urban development. For him, this lies in stark contrast to when the city, and the country, was modernised under the guidance of Vann Molyvann, the leader and most prolific of a group of architects behind the so-called New Khmer Architecture movement in the 1950s and 60s.

■ LEARNING FROM THE PAST

This group was given licence by then-King Norodom Sihanouk to modernise Cambodia through construction, urban development



Lydia Parosol: exhibition purely on architecture

Architecture for Art



IT IS NOT OFTEN THAT A DILAPIDATED old colonial era building in a far-flung corner of the world serves as venue for an exhibition by one of the world's most unique living artists.

Phnom Penh will be treated to just such a spectacle this month when French artist Georges Rouse displays his work, and creates his next masterpiece, as part of a range of activities planned to kick-start debate on Phnom Penh's architectural heritage.

While most of the artists on display will use their art to make a statement about architecture, Georges will use architecture to make a statement about art. Principally a photographer, architectural spaces are simply a means to an end for Georges. By painting their interiors, paying close attention to contours and natural light, he creates a hologram-like image that can only be seen in its intended form from one spot. When captured on film, the image serves as a document to the subservience of architecture to his imagination.

His work is aesthetically beautiful, but its true power and magnificence hits home when the viewer realises that the image, which appears at first glance to be artificially superimposed on the print, is intrinsic to the architectural structure.

Alain Arnaudet, director of the French Cultural Centre (CCF), which is bringing Georges to Cambodia, says his presence lends huge status to the month. "For me, Georges Rouse is one of the most important contemporary French artists," he says. "His work is universal. You don't need to speak another language, you don't need to understand another culture

to appreciate his work. Everyone can be captured by Georges Rouse, which is actually quite rare."

While the building itself is usually of secondary importance to Georges' final work, it takes on special significance here given the rapidly changing cityscape in Phnom Penh and the theme of the month's exhibitions.

The building has recently been bought by the Foreign Correspondents' Club (FCC), saving it from further disrepair and likely destruction. "We have an interest in preservation and when the building finally became available we got hold of it," says FCC director Steve Hayward. "The plan is to restore the old building to its former glory and turn it into a place where the public can go."

Though nothing has yet been confirmed, Steve says it is likely the building will be turned into a restaurant, art gallery and library, with the land surrounding it developed into a boutique hotel. Regardless of its final use, the building will remain true to its initial style, which the owners say is either Italian baroque or French colonial. The FCC is currently commissioning experts to date and confirm the architectural heritage of the building.

Steve says the FCC's plans for the building serve as a statement to the city that it is better to preserve Phnom Penh's architectural heritage than destroy it, as has happened in Hong Kong and Singapore. "Once you destroy it you can't get it back," he says, pointedly referring to the many historic buildings already destroyed in the city to make way for yet another steel and blue glass monstrosity. "I wish we were restoring 20 more, really." ■



PHOTO BY JOHN VINK

Part of John Vink's *Absence of Architecture* series

If you don't confront people with something they won't move ahead, they will just perpetuate, and perpetuation is degeneration.

and major infrastructure projects. The grandiose plan was to transform Phnom Penh into a vibrant capital city to rival the best of Asia.

Vann Molyvann alone was responsible for more than 100 major public works, including the Independence Monument at the intersection of Sihanouk and Norodom boulevards, the National Sports Centre (or Olympic Stadium) built in 1964 and modelled on Angkor Wat, and the One Hundred Houses development. Commissioned by the National Bank of Cambodia for its staff in 1965, the development was inspired by Le Corbusier's theories of communal living but adapted to both the cultural needs of its inhabitants and the demands of the physical environment.

"This guy is such a genius," John says. "His buildings are relevant, they are well-built, they are well thought out. There is something behind it, a humanistic background. He is thinking about the people he is building for and he is incredibly gifted. The buildings are beautiful they are harmonious and they work well. That is what architecture is about. I hope, I wish, I knock on wood that there are Khmer architects who know about their architectural history."

But rather than being embraced, Vann Molyvann's legacy has been undermined in recent years. Many of his most famous landmarks have been left in disrepair, demolished or defaced in botched restoration projects. It is perhaps fitting that the continued neglect of Molyvann's monument to Cambodia's performance arts, the Preah Suramarit National Theatre, was the trigger-point for the start of

a re-unification effort among Khmer artists that eventually led to this month's activities.

The theatre itself was gutted by fire in 1994 and had remained in disrepair despite, or perhaps because of, a squatter community of Phnom Penh artists that had taken up residence in the area. After years of lobbying to repair the theatre, the government sold it and the land around it. The theatre was destroyed early this year and the art community was forcibly evicted, their homes re-developed into a commercial district. According to Dana Langlois, this event encouraged the city's artists to look even more closely at what was happening to the city around them.

■ A REALISTIC PERSPECTIVE

Although other communities in Phnom Penh are experiencing the same fate, there is little chance that the efforts of the art community will filter through to the general population,

according to Ly Daravuth. "Contemporary art is still very marginalised in terms of the whole society, the bigger picture," says the founder of Reyum Institute. "It doesn't mean the work of Java is not important, but we have to recognise it is very marginalised within the city. The artists that are here are important and good, but they are still very few and they hardly touch the core of society."

Daravuth is being a realist rather than a pessimist. The publishing arm of his institute is also playing its part in architecture month, publishing a French version of the 2003 Vann Molyvann book *Modern Khmer Cities*, in association with the French Cultural Centre (CCF). The book brings to life the work of Vann Molyvann. The man himself will also be here during September at the invitation of the CCF to talk both about the history of architecture in Cambodia and to present his vision for the future.

Daravuth warns that the world is very different from when Molyvann was given free reign, and almost unlimited money, to make his architectural vision come to life. Instead of a patron like King Norodom Sihanouk, developers and architects today must build international projects for international developers.

■ REACHING OUT TO THE FUTURE GENERATION

All agree that if the month is to be judged a success, the exhibitions and lectures must reach out to the young Cambodian artists and architects that will be responsible for shaping the Phnom Penh of the future. The key, according to John Vink, is to challenge them to break the shackles of a culture that has lost its ability to confront mainstream views.


"Art can exist only through confrontation," John says. "You get good artists only because they were confronted with something that disturbed them and they wanted to go beyond that. It's the same with architecture. If you don't confront people



Panca Evenblij: wants everyone to contribute to her exhibition at Java

Schedule of Events

Java Café & Gallery, Meta House and the French Cultural Centre are holding a series of events for Architecture Month. The information given below was correct at time of going to press.


- Sep. 4** – Spot Map, exhibition at Java Café & Gallery from 6pm, runs to Sep. 7.
- Sep. 11** – I ♥ PP, exhibition curated by Panca Evenblij opens at Java Café & Gallery at 6pm, runs to Sep. 28.
- Sep. 12** – Georges Rouse, lecture (in French and Khmer) at Le Cinema, CCF.
- Sep. 16** – In Transit, group exhibition at Meta House opens at 6pm, runs to Oct. 4.
- Sep. 17** – Architecture Video Festival and artist talks at Meta House from 7pm.
- Sep. 20** – Opening of exhibition by master French artist Georges Rouse at 32 Sothea Boulevard, back of FCC, from 12pm.
- Sep. 20** – Exhibitions by Daniel Perrier & Leang Seckon opens at the CCF at 12.30pm.
- Sep. 21** – ‘Sur La Trace’, bus tour in French and Khmer with Cambodia’s greatest living architect, Vann Molyvann starts at the CCF from 11am (reservations required before Sep. 16, tel: 012 875 074).
- Sep. 22** – Lecture in English and Khmer with Darryl Collins and Hok Sokol at Java Café & Gallery at 6.30pm.
- Sep. 24** – Making Friends, exhibition at Friends The Restaurant from 6pm to 9pm.
- Sep. 25** – Conference in French and Khmer with Vann Molyvann at the CCF from 6.30pm. 

with something they won't move ahead, they will just perpetuate, and perpetuation is degeneration.”

Lydia from Meta House agrees, seeing the month principally as a platform for younger architects to meet with their elders and really start to think of the city they are helping to build. “Is there some hope that this exhibition will influence developers, city planners and so forth?” she asks. “For sure. That something like this architecture month can happen shows that people are already coming together and thinking about things. They are interested to learn. There is demand to explore new things, new ways of thinking, planning and building. The people have the energy and they are doing it. That’s perfect.”

Alain Arnaudet, director of the French Cultural Centre, will judge the month a success if it helps people become aware of the important architectural heritage that surrounds them and reminds them of where they come from as they move into the future. “Of course they have Angkor and the temples but they also have a new heritage and they have to take care of it,” he says. “They have colonial houses, which are fantastic, and the buildings of the 50s and 60s are amazing as well. You can go and develop, and preserve your heritage as well.”

It remains to be seen whether September’s activities are the first act in a process to preserve Cambodia’s modern architectural heritage behind glass, or whether it will kick-start a dialogue between the city’s residents and those bringing money into the city to build its future.

That will depend on the Khmer community, says Dana. “We need leaders, but they have to come from the Khmer community. This is just a little fire to get things moving but it needs to come from the local people to really have an impact.” 

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Top 10: a Menu of Phnom Penh Architecture

September has been dubbed Architecture Month, so AsiaLIFE has invited **Darryl Collins**, co-author of 'Building Cambodia: 'New Khmer Architecture' 1953 to 1970' to list his favourite buildings in this architecturally-rich city.



PHOTO BY KEITH KELLY



PHOTO BY KEITH KELLY

STARTERS

Even by Cambodian standards, Phnom Penh is a relatively modern city. Founded in the 1430s, and named after Daun Penh, it has survived attacks, been elevated from a village to capital, redefined along colonial lines, immeasurably enhanced by design, become derelict and then revitalised. Angkorian it is not, a bustling metropolis it is. Architectural styles abound, from Middle Period to Protectorate through twentieth and twenty-first centuries.

A glance at any Cambodian travel brochure or website related to Phnom Penh will find the indisputable 'winners' for all to see – from Wat Phnom to the Naga Casino. Without a doubt, they are architectural in nature, landmarks that echo the history of the capital. This Top 10 is a chronological listing spanning 100 years from the 1860s to 1964.

MAINS

1) ROYAL PALACE (1860S TO PRESENT- DAY)

architects: Cambodian & French

The Royal Palace is Phnom Penh's most memo-



orable building complex. The present palace was constructed by King Norodom with French assistance and officially opened in 1870. Most original wooden structures were later demolished and reconstructed to original designs in concrete, brick and stucco. Extensively renovated in 1962 to its present form, parts of the Royal Palace are open to, and very popular with visitors. The Khemarin Palace remains the private residence of H.M. King Norodom Sihamoni and members of the royal family.

2) CENTRAL POST OFFICE (1895)

architect: Daniel Fabre

Magnificently sited in a small square and witness to over a century of government postal business, this fine example of neo-classical architecture crowns a group of faded, once important colonial buildings. A central squat tower surmounted by a cupola roof was removed in the late 30s and replaced by an eccentric array of loud speakers. Nevertheless, this stately reminder still echoes the French quarter that was



PHOTO BY KEITH KELLY



centred on banks, postal services, administrative offices, hotels and traders.

3) HUYNH THO RESIDENCE (1920S)

architect: unknown

A wonderful example of what George Groslier dubbed the Comprador-style, from the Chinese business agent of a foreign company – hence equating to Chinese-Khmer. This architectural pastiche borrows from almost every ‘neo’-style – from Renaissance Revival to Palladian – but still makes a superb statement on the corner of Norodom Boulevard and Street 178. In the recent past, this building housed the Embassy of Japan.

4) MUSÉE ALBERT SARRAUT (NATIONAL MUSEUM OF CAMBODIA) (1920)

architects: *George Groslier & Cambodian*

Conservator Groslier’s masterful merger of traditional, Angkorian Khmer temple and later Cambodian wat architecture was enlarged to meet the needs of a colonial museum. The carved woodwork (doors and windows) and shutter paintings in the main entrance galleries are by students of the then Ecole des Arts Cambodgiens. With its peaceful interior garden, this is one of the real architectural marvels of the city and an appropriate home for the nation’s art treasures.

5) HOTEL LE ROYAL (1929)

architect: *Ernest Hébrard*

Designed as a one of a suite of Indochine hotels, Le Royal is a grand example of French colonial style. Elegantly restored by Raffles’ International in 1997, the original hotel building featured sloping tiled roofs punctuated by triangular dormer windows, arcaded walkways and airy uncluttered corridors leading to high-

Selected Designers, Architects and Engineers

DANIEL FABRE (1850-1904)

Architect and town planner, responsible for the facelift of Phnom Penh and Wat Phnom in the 1890s, he also contributed designs for many of the public buildings in the burgeoning city.

GEORGE GROSLIER (1887-1945)

French museologist-historian, George Groslier diligently promoted traditional Khmer culture and became the first conservator of the then Musée Albert Sarraut.

ERNEST HÉBRARD (1875-1933)

By 1923, Hébrard founded the French Town Planning Service in Indochina, L’Service de la architecture et de la urbanisme de Indochine in Hanoi. He sited Psar Thmei, and in 1925, published an urban proposal Plan d’Extension de la Ville de Phnom-Penh.


JEAN DESBOIS (1891-1971)

Saigon-based architect of the Société Indochinoise d’Etudes et de Constructions (SIDE), he also designed apartments and stores in the square surrounding Central Market.

LOUIS CHAUCHON (1878-1945)

Engineer and architect for SIDE, he designed a number of Phnom Penh buildings – in particular, Le palais du Commissariat de France, 1938.

VANN MOLYVANN (B.1926)

French-trained Vann Molyvann was the first fully qualified Khmer architect. He returned to Cambodia in 1956 and almost immediately set to work with commissions throughout the city. Vann worked on urban plans, provincial state residences, factories, monuments, public works, education facilities and also maintained a private practice. 

ceilinged rooms with shuttered windows. This is the epitome of locally adaptive architecture, in keeping with the tropical climate.

6) PSAR THMEI (CENTRAL MARKET) (1937)

architects: *Jean Desbois & Louis Chauchon*

This quintessential southeast Asian colonial Art Deco market was built on reclaimed land over a former swamp. Its moderne design and the technology employed in its construction,



PHOTO BY KEITH KELLY



PHOTO BY KEITH KELLY

ranks it as one of the most important 30s buildings remaining in Phnom Penh. Designed by Desbois and engineered by Chau-chon, it still functions as the main market. One of the shopping highlights of Phnom Penh, a lively, bustling affair filled with fresh daily goods, clothes and household wares, it has most recently undergone a facelift orchestrated by the Phnom Penh Municipality.

7) CHAKTOMUK CONFERENCE HALL (1961)

architect: Vann Molyvann
Perched overlooking the Tonle Sap at Chaktomuk and in close visual proximity to the Royal Palace, this multi-purpose conference hall is a creative approach to the blending of Khmer tradition with 'New Khmer Architecture'. It still fulfils audience expectations for a comfortably designed auditorium with excellent acoustic quality and sightlines. Restored a few years ago, after the tragic loss in 1994 of the Preah Suramarit National Theatre (also designed by Vann Molyvann), it remains one of the precious few spaces for public spectacle.

8) INDEPENDENCE MONUMENT (1962)

architect & engineer: Vann Molyvann & Ing Kieth
The iconic centre of Phnom Penh and the adored subject of busloads of tourists, the monument is a very subtle modern expansion – using adapted modular proportions – of an ancient Khmer tower. Initial soft pink, granite-finished, reinforced concrete forms were decorated with traditional Khmer motifs by master craftsman, Taing Veut. The original lotus ponds have recently been altered by the municipality to feature decorative lighting and fountains.

9) TECHNICAL INSTITUTE OF CAMBODIA (ITC) (1964)

architects: Soviet team from Moscow
This technical educational facility consisting of a low-slung, series of airy classrooms, stairwells and corridors is still in use today. Louvered screens admit air and filtered sunlight in a series of buildings well-adapted to Cambodia's climate. Designed by Russian architects and built with Soviet funds, the Institute of Technology

was a gift to Cambodia. Better known by its abbreviation ITC, it was an important addition to the growing number of tertiary educational facilities planned along this aptly named street, formerly called Boulevard U.S.S.R.

10) NATIONAL SPORTS COMPLEX (OLYMPIC STADIUM) (1964)

architects: Vann Molyvann & multi-national team
The National Sports Complex is one of a number of great architectural masterpieces in Phnom Penh that adhere to canons and draw inspiration from traditional Khmer architecture. Utilised through the 60s for both national and international sporting events, public rallies to welcome state guests and spectacular political and theatrical events, this complex is in danger of being rendered useless by unsympathetic development. The product of a team effort during the 1960s, a host of architects, engineers and experts contributed their services to see this spectacular complex completed. It was originally designed to cover over 40 hectares.

AFTERS

Built historical heritage outlives its creators – the architects and engineers and sometimes its original function – but it stands resolutely as witness to great design, a style, megalomania or folly. Private or public, sacred or secular, daily experience of the built environment shields and protects, is for official use, or provides access to work and commerce. It offers a chance to convey personal taste in interiors and express admiration of exterior space and form.

We all are hooked to the world of the latest fad, gadget, 'wannabe' or 'must have'. Modern halls of commerce are constantly dedicated to our purses and shifting desires. Is the tallest and biggest necessarily the best? What about that quirky building almost hidden around the corner?

Over recent years, the Phnom Penh skyline is in constant flux. Fine examples of heritage architecture have been demolished in the rush for development. Are the replacements in the category of exemplary architecture or, merely contemporary concrete boxes? **A**



An alternate Top 10

- 1) Wat Phnom (14th/15th century)
- 2) Banque de l'Indochine (1890s/1930s) 5 Street 102, now houses Van's Restaurant.
- 3) Sino-Khmer residence (c.1915) Sot-hearos Blvd., opposite National Museum, now houses Unesco headquarters.
- 4) Sino-Khmer residence (c.1915) Sot-hearos Blvd., opposite National Museum, derelict – will host the Georges Rouse exhibition as part of Architecture Month
- 5) Tan Pa residence (1923) Street 114, now houses Maybank Bank
- 6) National Library of Cambodia (1924) & National Archives of Cambodia (1926) Street 92
- 7) Phnom Penh Railway Station (1932) Monivong Blvd.
- 8) State Palace Chamkar Mon (1966) Norodom Blvd., now houses The Senate
- 9) Royal University of Phnom Penh (1968) Russian Confederation Boulevard
- 10) The 'Round House' (c.1971) Norodom Blvd., now houses Pachem Dental Clinic



Special thanks to ARK Architecture Research Khmer team (from 2000), Helen Grant Ross, the author and Hok Sokol.

Delivery Challenge

Following on from the success of February's Burger Challenge, this month **AsiaLIFE** has put the capital's delivery boys to the sword. Find out which venue is the capital's Speedy Gonzales and which is the city's Delivery Turkey?



PHNOM PENH IS A CITY driven by delivery food. Whether it is the flooded streets in the wet season, or the crippling heat of the dry season, expats often turn to a quiet night in with a DVD and a pizza. The reason for this is the ease at which we can ring our favourite restaurant and have piping hot, beautifully presented food delivered to our door in less than 30 minutes – or can we? Too many times food is either wrongly delivered, takes too long to arrive, or when it does finally turn up, it's not as advertised.

This month AsiaLIFE is putting the capital's delivery boys to the test. We invited two of the judges from February's popular burger challenge – foody Michelle Gilkes and Derek Mayes, owner of Talkin to a Stranger – to try out 12 of Phnom Penh's more popular delivery options. We discovered some true gems

and two absolute duds. And this time we didn't inform the establishments in advance. They still don't know.

■ THE CONTENDERS

Flavours of India

Tel: 023 990 449

Order: Palak Paneer

Delivery Time: 19 minutes

Cost: US\$5

Packaging: Reusable plastic containers

Eco-friendly Packaging: Yes

The ordering process went well. Michelle was informed that they would be 30 minutes although they arrived in a mere 19. The delivery driver arrived at the door with a smile and the proper change. The dish was warm, had just the right amount of spice and a beautiful cumin flavour.

Rating: 9/10

Setsara

Tel: 017 338 184

Order: Gaeng Panang with chicken

Delivery Time: 31 minutes

Cost: US\$4, plus US\$2 delivery

Packaging: Styrofoam and plastic bags sealed with rubber bands

Eco-friendly Packaging: No

According to Michelle, this was the second simplest ordering experience of the day. The dish was perfectly spiced, hot and a great value for money. The portion could easily feed one large Englishman or three Canadian women. Michelle's only complaint was that when she licked the curry off her fingers – they tasted of the rubber bands used to seal the food. They charged US\$2 for delivery, which irked Derek.

Rating: 8.5/10

Java Express

Tel: 012 833 512

Order: Smoked salmon and cream cheese sandwich

Delivery Time: 23 minutes

Cost: US\$5.25

Delivery Challenge Contest Rules

- 1) Every order was given in exactly the same way by the same person – Michelle.
- 2) Additional information – such as a phone number – was only given when requested.
- 3) If the food had not arrived after 35 minutes one, and only one, extra phone call was made to the restaurant to find out what was up.
- 4) As soon as the order was placed, the stopwatch started to tick.
- 5) All food was delivered to the same address – Nathan Horton's photo studio on Street 136.
- 6) Each delivery guy was paid with a US\$20 note.





Michelle giving the orders

Packaging: Plastic bags and cling film in a paper bag

Eco-friendly Packaging: Moderate – no styrofoam in sight

The ordering process was a bit awkward leaving Michelle with the feeling that he didn't know where he was bringing the food. However, the delivery driver called back to verify the direc-

tions – from the street outside the building. The sandwich itself was fabulous – loads of smoked salmon and good quality cream cheese. Derek felt the additives such as the crisps and the salad could be ditched, whereas Michelle thought the crisps were a nice touch – well, she is American.

Rating: 8/10

The Shop

Tel: 092 955 963

Order: Lasagne

Delivery Time: 25 minutes

Cost: US\$6

Packaging: reusable plastic container, paper bag

Eco-friendly Packaging: Yes

The overall ordering experience was a pleasant one. The man on the phone asked what she planned to pay with and repeated the order back. The food arrived still warm and the delivery driver had the proper change. Derek was most impressed that they managed to keep the garlic bread from being soggy. It tasted great too.

Rating: 7.5/10

Freebird

Tel: 023 224 712

Order: Nacho Grande

Delivery Time: 33 minutes

Cost: US\$5.75

Packaging: Plastic bags sealed with elastic bands, styrofoam and aluminium foil

Eco-friendly Packaging: No

The ordering process with friendly Freebird staff member was a breeze. She repeated the order back clearly which made for a pleasant pain-free experience. However, the nachos were soggy and a little cold and the cheese was stuck to the underside of the tin-foil packaging. Admittedly nachos are a difficult thing to deliver well.

Rating: 7/10

Luna d'Autunno

Tel: 023 220 895

Order: Prosciutto ham and mushroom pizza

Delivery Time: 27 minutes

Cost: US\$8.50

Packaging: Cardboard pizza box

Eco-friendly Packaging: Yes

The ordering process was less than pleasant – the woman hung up before Michelle was finished speaking. 26 minutes after Michelle placed the order the driver called to ask her to come down to the street. Once she managed to persuade him to come up he arrived at the door with a smile and a helmet. Although the pizza was hot, it was undercooked. The sauce was bland and the 'prosciutto' was not prosciutto, but regular bacon.

Rating: 6/10

K'nyay

Tel: 023 225 225

Order: Green tofu curry

Delivery Time: 36 minutes

Cost: US\$4

Packaging: reusable plastic containers, cute little paper gift bag

Eco-friendly Packaging: Yes

The friendly delivery guy arrived smiling and confident. The food was still hot, although a bit on the bland side. The wild rice made for a healthy and good-looking touch. Presentation was both eco-friendly and aesthetically pleasing.

Rating: 6/10

Kandal House

Tel: 012 525 612

Order: Lok Lak

Delivery Time: 24 minutes

Cost: US\$3.75 (minimum order US\$5)

Packaging: Styrofoam

Eco-friendly Packaging: No

The ordering process was friendly and went smoothly. The owner himself delivered the food with a smile. However, the lok lak, which was pleasantly presented, tasted distinctly average.

Rating: 6/10

AWARD CEREMONY

MISSING IN ACTION AWARD

Garden Center Café

Tel: 092 429 968

Order: Spinach and cheese pie

Cost: US\$0

Delivery Time: still waiting...

Packaging: we'll let you know...

The ordering process went well and that's about all we can say for the Garden Center.



Speedy Gonzales: Fresco's Reuben sandwich

When the food failed to arrive after 44 minutes, Michelle called them to ask where the food was and got hung up on. The restaurant called back four minutes later to confirm directions and assure us that the food would arrive in 5, no 10, no 15 minutes....

Rating: We're still waiting.

DELIVERY TURKEY AWARD

Alley Cat Café

Tel: 012 306 845

Order: Enchilada meal

Delivery Time: 44 minutes

Cost: US\$6.50

Packaging: Styrofoam and plastic bags sealed with elastic bands

Eco-friendly Packaging: No

The ordering process was a breeze and it was here that the good service stopped. The delivery driver got lost twice and when he finally did arrive was extremely reluctant to come up the stairs to the front door. He then charged 2,000 riel for delivery. Things got worse as Derek opened the packaging to discover the "food". Michelle immediately refused to eat it based on its appearance. After summing up the courage to try the food, Derek reported that Michelle was wise for backing away. The only saving grace was the cute little drawing on the receipt.

Rating: 9/10

SPEEDY GONZALES AWARD

Café Fresco

Tel: 023 217 041

Order: Reuben sandwich

Delivery Time: 13 minutes



Le Cedre's winning falafel sandwich

Cost: US\$4.50

Packaging: Paper Bag – Paper wrapping

Eco-friendly Packaging: Yes

The ordering process was simple and straightforward with no hiccups. The delivery guy came all the way up the stairs without having to be asked and let us keep the receipt. The food, which was the first to arrive, was pleasantly presented, tasted great and still warm. It only took 13 minutes.

Rating: 9/10

**■ AND THE WINNER IS ...
GOLDEN DELIVERY BOX AWARD**

Le Cedre

Tel: 012 810 731

Order: Falafel sandwich

Delivery Time: 23 minutes

Cost: US\$3.50

Packaging: Styrofoam

Eco-friendly Packaging: No

Michelle had to speak to two different people and say "falafel sandwich" no less than six times before she was finally understood. Although

they asked what kind of bill she would be paying with, the delivery driver still arrived without proper change. However, the food arrived quickly, was great value for money and tasted amazing – more than making up for the earlier hiccups. It was agreed that Le Cedre is the home of the best falafel sandwich in town, regardless of the fact it's the only one.

Rating: 10/10 🏆



Still waiting: Michelle and Derek tape a nap while waiting for Garden Center's spinach and cheese pie

Food Talk: The Scoop on Scoop

The latest addition to Phnom Penh's culinary scene, Scoop serves up impressive cuisine in a chic and stylish setting. **Lis Meyers** sits down to lunch with partner and chef **Reiner Thieding** to find out what's cooking at his new restaurant.



Scoop's high-backed chairs provide for intimacy within a very contemporary setting

REINER THIEDING HAS long been passionate about food. "I started to cook professionally when I was 12 and grew up cooking with my mother," he says. Enjoying the sense of creating while cooking, he considers it the highest compliment when he receives praise from his customers. Fortunately for Reiner, his new restaurant is well on track to receive rave reviews.

■ THE GLOBETROTTER RETURNS TO THE KITCHEN

A longstanding globetrotter, Reiner amassed extensive culinary knowledge as he travelled the world working in five-star hotels in New York, Bermuda, Saudi Arabia, Monte Carlo, Jordan, Vietnam and the cruise liner Silver Sea Cruises. Having served as Hotel InterContinental's food and beverage manager for two years, Reiner finally decided it was time to return to the kitchen. Working in hotels, he felt



Reiner Thieding: happy back in the kitchen

he was spending too much time behind a desk and too little time creating in the kitchen.

"I don't like administrative work too much and there comes a point when you decide to do what you really want to do," he explains. "Cooking and people are my passion. I enjoy talking to people and giving personalised service. I enjoy creating an experience and giving customers something special."

■ SIMPLE CHIC

The restaurant has a distinctive, stylish atmosphere that is perhaps unmatched in Phnom Penh. The sophisticated space is perfect for a business lunches, family dinner or a girls' night out for cocktails.

"After working in and visiting so many international restaurants, we had a lot of ideas," says Reiner. "The main objective was to achieve a simplicity while making it hip."

Scoop's interior is mostly white and black, with splashes of colour to be found in pink napkins and retro-patterned cushions. White leather, high-backed chairs surround sleek black tables. Cutlery, plates, and glasses all have funky and fresh designs. The space also features a cool lounge area with red and green swivel chairs and light fixtures that constantly fade in and out of various colours.

■ CHEF'S SECRETS

Though Reiner cooks by a few simple rules – believing this to be the perfect recipe for a successful kitchen and restaurant – he constantly seeks to perfect and refine each dish. “I will never be finished with something,” he says. “There will always be something I can do better.” He also enjoys putting elements of surprise into his dishes. “Whatever we do, we try to do it with something a little different with a twist.”

Believing food to only be as good as its ingredients, Reiner ensures that only top quality products go into Scoop's dishes. “We respect ingredients. We only buy the best. There is no negotiation,” he says. A simple example of this is Scoop's green apple juice (US\$4.50). 100 percent natural and very refreshing, it is anything but the standard apple-like concoction you once drank from juice boxes.

The restaurant also aims to make as much food as possible in-house. Only homemade pasta is served at Scoop's tables, with fresh angel hair, fettuccini, and linguini made daily. Accompanying pasta sauces include carbonara cream sauce with bacon and mushroom (US\$10) or a gorgonzola cheese sauce (US\$12) with chicken and spinach. Even the bread and butter takes on a

sophisticated air at Scoop, with the restaurant's “café de Paris” butter made with 36 different kinds of ingredients.

All dishes served at Scoop can also be seen as edible works of art, with enormous attention going into the presentation of each dish. Consommé cherry tomatoes (US\$4.35) comes garnished with a delicate rice crisp covering the bowl like a large snowflake. The “profiteroles to fall in love with” (US\$4.50) are dainty delights with heart shaped pastries propelled by edible wings.

■ THE SCOOP FAMILY

As hard as Reiner and his business partners have worked to put together a successful top-notch eatery, they recognise that their restaurant will only be as good as their weakest link. They put a great emphasis in making the restaurant a positive working environment for all staff. “I have a very good team,” Reiner says. “My objective was not to look for skill, but for positive attitude and happiness. Skill I can teach.”

All staff went through an extensive two and a half months of training. Everyone in the kitchen played an integral role in refining and perfecting the menu. Seeking to foster a family-like atmosphere, Reiner plans team-building events, including boat parties along the Mekong and future retreats to Sihanoukville Bangkok, Singapore and Hong Kong.

Now back in the kitchen and at the helm, Reiner feels at home. Asked how he feels to finally have his own restaurant, Reiner smiles. “It is great! I am so happy and I get to be so creative.” The rest of Phnom Penh should be happy, as well.

*Scoop Bistro Bar, 2-6A Regency Square, Mao Tse Tung Blvd.
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restaurant guide

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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

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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,

Review: Spice Market

With the selling of the popular Monsoon Restaurant, diners must now venture to Saffron for a taste of Majid's famous cooking. Lis Meyers tries his blend of Pakistani and Middle Eastern Cuisine.

THE SLENDER RESTAURANT, RUN by the former owners of Monsoon Wine Bar, has a warm and welcoming atmosphere. It stands out among all the standard Golden-named hotels on Street 278. The warm air-conditioned interior is decorated with wicker furniture and deep red and olive green accents. Framed Pakistani textiles adorn the walls. Wines and cocktails are listed on blackboards and there are a few tables outside for dining alfresco and great people watching.

■ THE MEAL

Monsoon was well known for its vegetarian banquets, so it is no surprise that Saffron's vegetable daal (US\$4.50) was the biggest hit of the night. A mixture of lentils and corn, the dish had lovely textures and deep flavouring. It went perfectly with basmati rice. The trio of dips (US\$4) with sesame roti bread was enjoyable. The tzatziki was by far the best dip, with a light and refreshing taste and just the right amount of herbs. The eggplant dip was smooth and creamy. The only dip that disappointed was the beetroot and cashew. While noteworthy for its deep pink colour, it needed something more.

All dishes are accompanied by genuine basmati rice, a refreshing salad dish of cucumber, pepper and tomatoes in a chilled yogurt, and a butter roti bread that is quite delectable without being too greasy. These sides were tasty and well-prepared.

While we had heard good things about the lamb masala with spicy



A trio of dips for US\$4.50

tomato (US\$7) and prawn masala in tamarind sauce (US\$6.50), both dishes proved to be a disappointment on the night. Asked for all dishes to be medium spicy, the prawn dish had just way too much kick to be properly enjoyed by this spice lover. The prawns were also on the chewy side. While lamb is a rare commodity in Cambodia and was at a bargain price, the meat should have been much more tender. In contrast with the prawn masala, the "spicy" tomato, lacked any kick whatsoever and definitely needed a quick injection of a few more spices.

The service was a nice surprise. The sole waiter attending the tables greeted all customers with an excited greeting and a large smile, maintaining his warm welcome throughout the meal. He treated every diner as if they were highly valued guests and was quick to refill water and bread.

■ THE VERDICT

While the Pakistani and Middle Eastern dishes served at Saffron feature subtle blends of rich spices, the meal failed to dazzle. While AsiaLIFE hopes Saffron sticks around for a while, it could also do with a few improvements to make its cuisine a bit more noteworthy. Regardless, it makes for a solid introduction to Pakistani food, all served at very fair prices.

Saffron, 11 Street 278, Tel: 012 247 832 – Lis Meyers

Scrapbook caption



“Does this make my beads look big?”

The winner of last month's *Scrapbook caption competition* was Jeffrey Whittaker who wins a meal for two, with a bottle of wine thrown in, at the Green Vespa for his wit. This month's competition has the same rules. Simply provide a caption for one, or many, of the photographs in our *Scrapbook* (page 58) to have a chance to win a meal for two with a bottle of wine at Chow's Restaurant. SMS entries to 012 261 449 by Sep. 20.

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 Sothea's 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 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,

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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 and private rooms. One of Phnom Penh's finest restaurants. Open 11am to 2pm and 6pm to 11pm. **04 A/C**

Van's Restaurant
5 Street 102, Tel: 023 722 067
French fine-dining in a grand setting awaits at Van's, located on the second floor of a well preserved colonial era building near the city's Post Office. Open every day from 11.30am to 2.30pm and 5pm to 10.30pm. **04 A/C**

indian sub-continent

Annam
1C Street 282,
Tel: 023 726 661
Beautiful terracotta terrace and garden Indian restaurant with open kitchen, separate aircon restaurant and kids' playpen. Separate north and south Indian menus. Open from 11am to 3pm & 6pm to 11pm. Closed Tuesdays. Free home delivery. **03 A/C**

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

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

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

Passage 2 India
17 Street 322,
Tel: 023 726 449
Phnom Penh's latest Indian restaurant, borrowing its name from the EM Forster novel opened on Mar. 8 on the site of the old Lotus Restaurant. Has special

three-course set lunches for US\$11.50. Open 11am to 2.30pm and 5.30pm to 10pm. **02 A/C**

Saffron
11 Street 278,
Tel: 012 247 832
Pakistani and Middle Eastern café, restaurant and wine bar. The curries are excellent and not too spicy, and come with a range of breads and chutneys. The wines have a bias towards the antipodes, including possibly the best range of wines by the glass in town. Open 11am to 11pm. **02 A/C**

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

international

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

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

Bodhi Tree
50 Street 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 playground and baby changer. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **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 Bodhi Tree. Open 7am to 9pm. **02**



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■ WARUNG BALI

The best and possibly only place in town for genuine Indonesian food, Warung Bali brings the tastes and flavours of authentic Indonesian cooking to Phnom Penh. With Bali Café having shut its doors, some of its staff decided to downsize and open this much smaller eatery. While prices have also gone down significantly, quality definitely has not. Indonesians come in flocks for meals here. Perhaps the best part of Indonesian cooking is its sweet soy sauce. Known as kecap manis, it comes in red ketchup-like bottles and can be found in many of the restaurant's dishes. To best taste this special ingredient, order ayan makar keap/Bali (7,000 riel), with its tender pieces of chicken smothered in the sauce. While this dish is not the most photogenic looking (and as a result it is not pictured above), it is wonderful. Mie goreng (7,000 riel) is fried noodles with seafood, Indonesian style chicken, and plenty of vegetables in a mild but tasty sauce. Gado gado (6,000 riel) features steamed

mixed vegetables with a hefty topping of peanut sauce. The peanut sauce has a subtle but definite kick. The restaurant has many more vegetable dishes, perfect for hungry vegetarians. The menu also features a range of interesting Indonesian beverages. The Warung Bali (6,000 riel) cooler, a drink with pineapple, orange juice, and coconut will have you feeling like you have been transported to an Indonesian island beachside hideaway. The kelapa muda (7,000 riel), young coconut with syrup and ice, is also very refreshing. Waiters are amiable and friendly and service is speedy. Much like any bargain bucket pick, Warung Bali has little to offer in the way of atmosphere. White tablecloths are adorned with a traditional Balinese black and white checkered cloth. Feeling inspired to plan a trip to Bali after such a good meal? A table just by the entrance offers a plethora of travel information on Indonesia.

*Warung Bali, 25E Street
178, Tel: 012 967 480 –
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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.gardencentercfe.com
The long-standing outdoor terrace restaurant has found a new home on Street 108. Decked out in shades of muted green with vintage posters on the walls. The food, including yoghurt, granola, bread and pâté, is prepared fresh in the kitchen. Open from 7am to 10pm. Closed Mondays. **02** 🍷

Garden Center Café 2
23 Street 57, Tel: 023 363 002
www.gardencentercfe.com
More compact version of the Garden Center is conveniently located close to the popular Street 278. Open from 7am to 10pm. Closed Mondays. **02** 🍷

Gasolina
56/58 Street 57, Tel: 012 373 009
Largest garden bar and restaurant in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche 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
Arguably the best pub grub in town and guaranteed never to send you home hungry. Country pub style menu with wide range of breakfasts. Special food offers each night of the week with a range of alcohol for US\$10. Open 6pm till late. **02 A/C**

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

Huxleys
Cnr. of Streets 136 & 5,
Tel: 023 986 602
Wood-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 Blvd., Tel: 023 987 420
Great coffees, salads, mix-and-match sandwiches and juices served in an elegant setting. The terrace, which overlooks the Independence Monument, is a good place to sit and while away your afternoon. The relaxed inside dining area has a small gallery attached to it with exhibitions of Cambodian photography and art. Open 7am to 10pm. **02 A/C** 🍷

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

cafe and lounge



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cafe and lounge

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.tonlesapquesthouse.com

Aircon bar with an excellent 9-ball pool table. 24-hour satellite sports channel. Reliable international and Khmer cuisine is available at the bar. Open 24 hours with free Wifi. **02 A/C**

Restaurant Tell

13 Street 90,
Tel: 023 430 650

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

Rising Sun

20 Street 178, Tel: 012 970 719

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

Riverhouse Restaurant

6 Street 110,
Tel: 012 766 743

Sophisticated restaurant with a welcoming outside seating area that serves up a mix of Asian and western food, including couscous. Has a nightclub upstairs. **03 A/C**

Riverside Bistro

Cnr. Sisowath Quay & Street 148
Tel: 012 277 882

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

Sarika

69 Street 566, Tel: 017 456 116

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

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**

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21B Street 294

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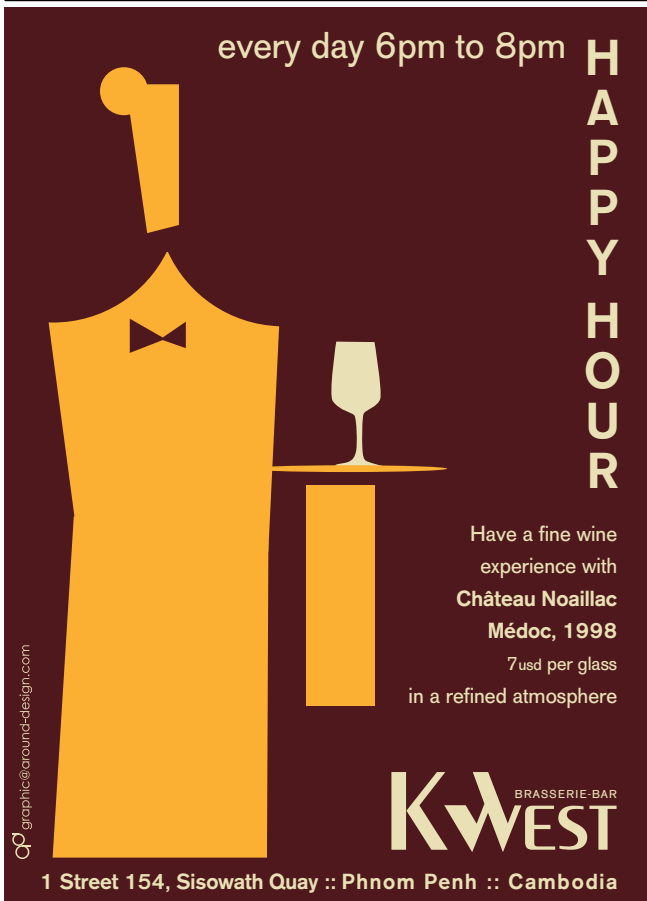
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KWEST BRASSERIE-BAR

1 Street 154, Sisowath Quay :: Phnom Penh :: Cambodia

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 every day. **02**

italian

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

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

Le Duo
17 Street 228, Tel: 012 342 921

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

Luna d'Autunno
6C Street 29, Tel: 023 220 895

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

Pop Café
371 Sisowath Quay, Tel: 012 562 892

A sophisticated, small Italian restaurant located next to the FCC that serves light,

contemporary Italian cuisine including fresh pasta and pizzas. Extremely popular with expats. Open for lunch from 11.30am to 2.30pm and 6pm to 10pm for dinner. **02 A/C**

japanese & korean

Fusion Sushi
18 Street 47,
Tel: 023 986 114

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

Ko Ko Ro
18 Sihanouk Bvd.,
Tel: 012 601 095

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

Himajin
84 Sothearos 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 Sothearos Bvd., Tel: 012 968 095

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

Pyongyang
400 Monivong Bvd., Tel: 023 993 765

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

mexican & tex-mex

Alley Cat Café
Cnr. of Streets 19, 178, Tel: 012 306 845

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

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



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Corner of Street 51 & Street 108
012 391 746

one of the best bar menus in town. The burritos and burgers are extremely good, although of gargantuan proportions. Open 4pm to 2am. **02 366**

thai & pan-asian

Anise Terrace

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

Bua Thai

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

Chow

277 Sisowath Quay, Tel: 023 224 894
Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices and Ily coffee. Great place to have a drink during 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 366**

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 Sothea 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 strong Ily coffee and mix-and-match sandwiches. The interior has a slight retro 70s feel to it and there is a pleasant outside seating area. Open 8am to 8pm. **A/C**

Café Fresco

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

Café Living Room

9 Street 306, Tel: 023 726 139
Set in a stylish villa, Living Room has healthy salads and snack plates, plus a great coffee menu. Has a kid's playroom and baby changer. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C**

Café Yeji

170 Street 450, (near the Russian Market) Tel: 012 543 360
Quiet, cosy café serving bistro-style western cuisine, with extensive range of coffees. Good pasta dishes, a wide selection of pannini and wraps and

fabulous cheesecake make this an ideal spot to escape the bustle of the nearby Russian Market. Air-conditioned dining upstairs. Open every day from 8am to 5pm. **A/C**

Corner 33

33E2 Sothea 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, macarons, pastries, baklava along with coffee and tea. The menu now includes breakfast, salad and couscous (order one day in advance). Open from 7am to 8pm. **02 A/C**

Le Rit's

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

The 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 patisseries and juices, excellent salads and sandwiches. Crowded at lunchtime, but the small, cool courtyard at the back creates a perfect haven from the sun. Open 7am to 7pm Monday to Saturday and 7am to 3pm Sunday.

Two Fish Gallery 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). **!**



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bar stool

On the trail of Bloody Mary

AsiaLIFE sets **Simon Power** off in search of the capital's perfect spicy vodka and tomato juice and comes back with a little history lesson.

YOU CHANT "BLOODY Mary" three times in front of a mirror, and a drink with a stick of celery in it magically appears and exorcises the ghosts of a previous night's drinking. Or so the story goes. Popular opinion is that the Bloody Mary was invented in 1939 by George Jessel, an American actor and singer, for his starlet Mary Pickford. It was possibly named after the English queen, Mary I, who's penchant for burning Protestants at the stake earned her the endearing moniker.

The spicy, tomato juice based drink has been added to and amended over the years. Most bar staff, boozehounds and barflies have their own much-lauded, unique variations. But your classic Bloody Mary contains a mixture of tomato juice, vodka, celery salt, black pepper, Tabasco, Worcestershire sauce, horseradish and lime juice.

■ HUXLEYS

Cnr. of streets 136 and 5. Huxleys makes a bloody good Mary. Though slightly on the frothy side, it's well presented with plenty of ice to prevent premature diluting, and a crunchy stick of celery. Robbie's secret ingredient is the bottle of horseradish sauce mix he keeps in the fridge. This gives the concoction the necessary mule kick. The recently revamped upstairs sports lounge makes for a great morning-after venue with its big comfy sofas and large sports screen if required. Best sampled before one of Huxleys' Sunday Lunch specials. **US\$3.75.**

■ METRO

Cnr. Sisowath Quay & Street 148 Known as one of the best in an increasing number of venues to get a well mixed drink in the city, Metro's Mary was slightly disappointing. A bit on the bland side, it was lacking in both Ta-

basco and Worcestershire sauce. However, once the staff had supplied the appropriate components, the great brunch menu and laid-back atmosphere made up for earlier omissions. Overall her majesty would have been satisfied. **US\$3.60.**

■ FREEBIRD

69 Street 240

Ordering the spicy beverage in Freebird proved an exercise in lateral thinking. The first attempt contained enough lime to keep the British navy in nicknames for years.

After ordering again, this time without the lime, we had a drink we could work with. All there was left to do was re-order the lime – and we were away. The large selection of condiments and ever-helpful staff made adjustments easy and fun. The air-con and Tex-Mex menu make this an unrivalled hangover oasis in the middle of the hectic, dusty city. **US\$3.**

■ CHOW

277 Sisowath Quay

Chow's stark white interior doesn't really lend itself to a morning recuperation-session but there is no denying they know how to mix a cocktail. At US\$6.50, it is at the more expensive end of the spectrum, so it's best to visit during the 4pm to 8pm half-price happy hour. The cocktail looks good with both olive and celery garnishes. It's definitely a break from the norm with a 20ml. shot of red wine and no Worcestershire sauce. Traditionalists may not be keen but the mixture works. The lack of Worcestershire makes the Mary fresh and light and the celery salt and horseradish are more distinct making this a tasty drink. **US\$6.50.**

■ ALLEY CAT

Cnr. streets 19 & 178

For those of you who, like Queen Mary I, have more Catholic tastes, Alley Cat has given their cocktail a Mexican twist. Made with Tapatio hot sauce instead of

Tabasco the drink has a pleasant, mild, salsa flavour. In keeping with Alley Cat's image, it's one of the biggest in town, weighing in at around 450mls. However, it is light enough to make for a refreshing drink. Two big chunks of ice kept the Mexican Mary cold but not diluted. **US\$3.**

■ RUBIES

Cnr. of streets 19 & 240

To their credit Rubies keeps things simple with their Bloody Mary. It tastes good, with the right balance of flavours and spice. A dash of port was added to the top to give the Mary depth and a nice 'rounding out' of flavours. As it does not open until 5pm Rubies is either a breakfast stop for one of those really lazy Sundays or one for the 24-hour Mary-lover. **US\$3.**


■ GREEN VESPA

95 Sisowath Quay

With arguably the best fry up in the city, this bar has great brunch potential and the Bloody Mary doesn't disappoint. It's rich and well balanced with a good amount of Tabasco. If you give Alan a day's notice, he can even concoct a Bloody Caesar with some homemade clamato juice – a surprisingly tasty portmanteau of tomato juice and clam broth. This is a must for the experienced Mary connoisseurs. **US\$3.**

■ EQUINOX

3A Street 278

Although climate change doesn't seem to have been invented in Cambodia yet, there was enough melted ice in this Bloody Mary to convince even the most hardened eco-sceptic. The already melting ice was added too early to the mix and after all the ingredients had been shaken we were left with a large glass of warm, weak-tasting cocktail. Not a good Mary-experience. **US\$3.** 



Bar Talk: Howies Bar



Howie's happy family

"THIS IS A FAMILY BAR," explains Howie, owner of his namesake establishment on Street 51. By that he doesn't mean you should bring your kids along, but is instead referring to the atmosphere at this small bar next to the Heart of Darkness. Here most customers are regulars and greeted by name as they walk in. For those playing pool, staff ensure their names are entered onto the players' list as they order their first drink.

On a strip famed for its girlie bars, Howie's promises hassle-free drinks served by friendly staff. Established in 1999, a few years after Howie returned to his native Cambodia following almost two decades in the US, the bar was not an immediate success.

"I was looking for a job, you know, and I saw this bar for sale," he explains. "But the first two years were horrible." However as the bar scene in Phnom Penh changed, more people started making their way to Howie's. Now this well-known watering hole draws a regular crowd almost every night for mellow drinking into the wee hours. It's a place you can count upon when all else fails.

"When I first started, I didn't know anything about music," Howie says. So he built his collection by asking customers for recommendations. "That's why everyone likes the music here," he asserts. For the past three years, it's been mainly rock coming out of the speakers and by now regulars are likely to know most tunes by heart.

Few prices have changed since the bar first opened. Cans of beer start from US\$1.50, while ever-popular gin and vodka tonics are yours for US\$2. Similarly, the artwork has remained the same. The three paintings Howie bought when the bar first opened still hang on the walls, while he himself has added colour and illustrations. The ceiling covered in plastic vines and hanging fruit completes the look.

Previously a fixture at the bar, Howie explains that he now has a family and new priorities. "I would like a regular day job," he says. There has been talk of selling, but for the moment the bar remains Howie's. Open daily from 6pm until around 5am.

*Howie's Bar,
32 Street 51. 📍*

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bar stool guide

key to symbols

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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

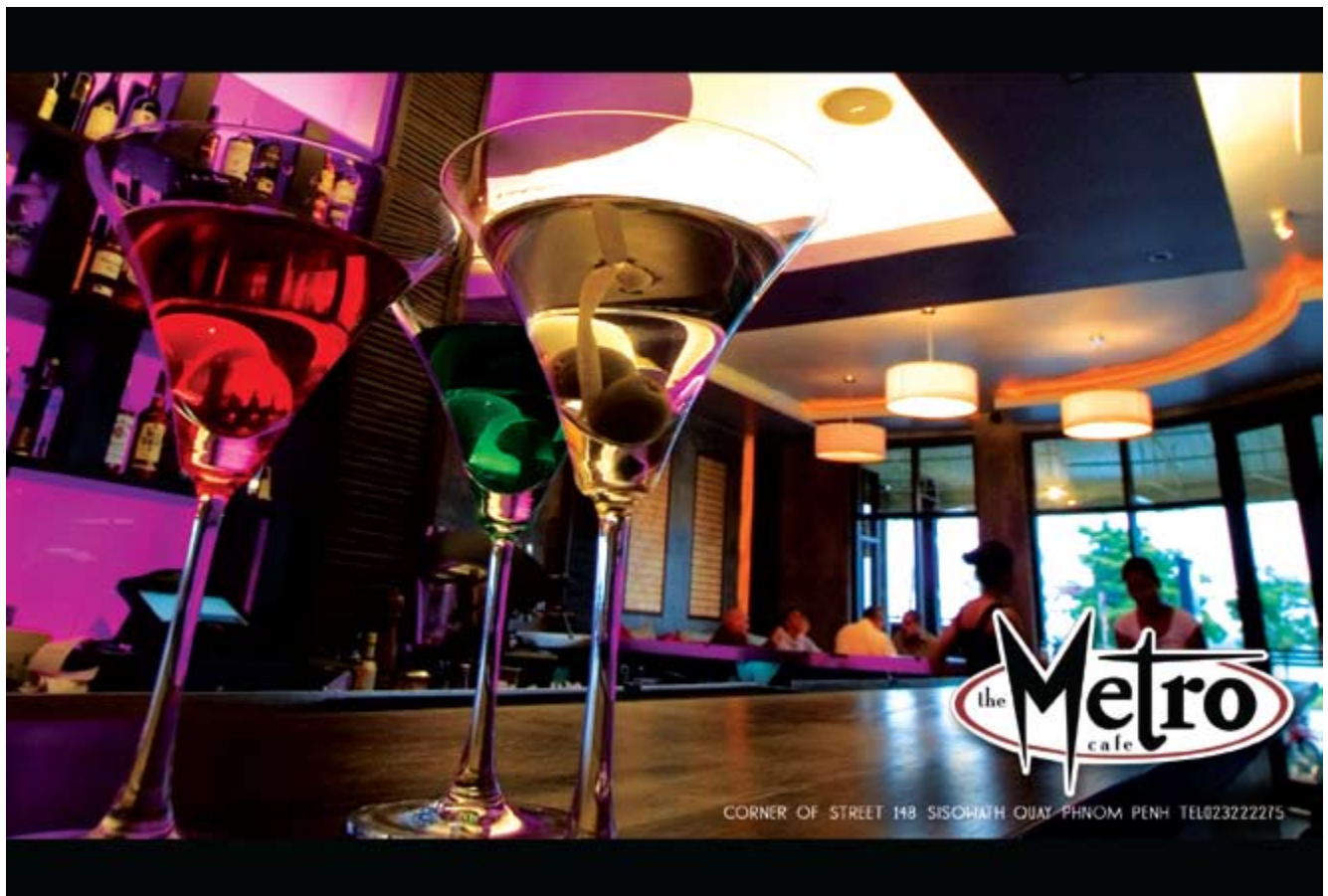
69 Street 240, Tel: 023 224 712
Air-conditioned American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. The menu is international with good lunch offers and an excellent range of bottled sauces. Be prepared for some good solid R&R. WiFi is available, but there is a charge.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



Best Kept Secret: Pop Idols

Lis Meyers uncovers hidden gems of Phnom Penh and the best places you didn't know about.



THOSE WHO HAVE NO trouble getting behind a microphone and belting their heart out will be pleased to hear about AsiaLIFE's great karaoke find. Le West Club Karaoke offers private rooms and a great selection of western music, making for a hilarious night on the town. Barangs can finally join in on the karaoke fun.

■ KARAOKE LIKE A ROCK STAR

Private rooms are large and spacious, perfect for large groups and private parties. Each air-con room is equipped with an enormous TV screen or projector, a complex sound system, and even laser lights to liven up the atmosphere. Room rental cost 1,000 riel per minute. While this may seem a bit pricey, it actually breaks down to US\$15 an hour. Split among a couple of friends and it is mere pocket riel, won't break the bank and is definitely worth it.

Snacks and drinks are also available at Le West Club. Karaoke girls come around with menus and leave some snacks on your tables, in case you get hungry and forget you will be charged five times the standard price for your craving. Whisky dominates the spirits menu, but be warned, the cheapest bottle is US\$30.

■ SING YOUR HEART OUT

With truly something for everyone, Le West Club features a variety of thick

binders with Khmer, Korean, Chinese, French, and English selections. Singers and non-singers alike can belt out Beatles, Britney, or Bonnie (of karaoke favorite "Total Eclipse of the Heart Fame"). Each room comes with two microphones, perfect for heart-wrenching duets and massive group serenades. Rooms also leave plenty of space for dancing.

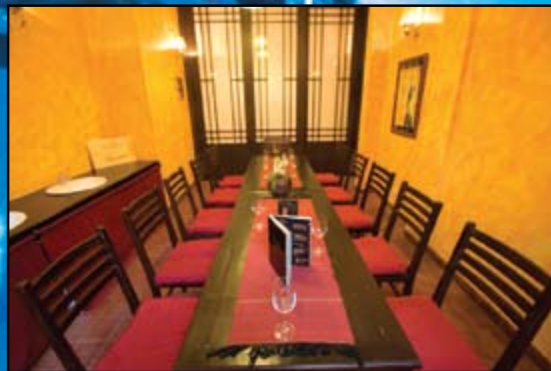
Lyrics are broadcast on the televisions or screens, accompanied by music videos clearly from the eighties. The videos portray melodramatic lovers in various cities of the world. It is fun just to see how good you are at guessing each locale.

■ SOMETHING TO CONSIDER

The downstairs lobby can often be filled with an unusual amount of young girls in glittering traditional garb. Ignore them and they'll leave you alone. At least two girls are assigned to each room. They work the karaoke machine and plug in song requests, in addition to providing the drinks.

As the place tends to fill up on certain nights, it's best to call in advance and make a reservation. Don't take any chances when risking a night of karaoke filled fun. Be your very own pop idol for the night, but you may regret it when a video of your performance appears on You Tube.

*Le West Club Karaoke,
504 Street 230, across from
the Mondiale Centre, Tel: 023
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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-paneled 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
Stirring eclectic bar right on the river, boasting the best sunset views in Cambodia. Across the Japanese Bridge, Maxine's - or Snow's Bar - is well worth seeking out for its laid back ambience and old Indochine charm. Open Tuesday to Sunday from near sunset till late. **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 Expresso. 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**

Picked 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
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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

Cnr. Street 19 & 240, Tel: 012 823 962
Small corner wine bar with warm wood panelled interior and loyal following. Happy Hour from 5.30pm to 7.30pm. Open 5.30pm til late, closed Mondays.

Salt Lounge
217 Street 136

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

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

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DJ Paul Stewart

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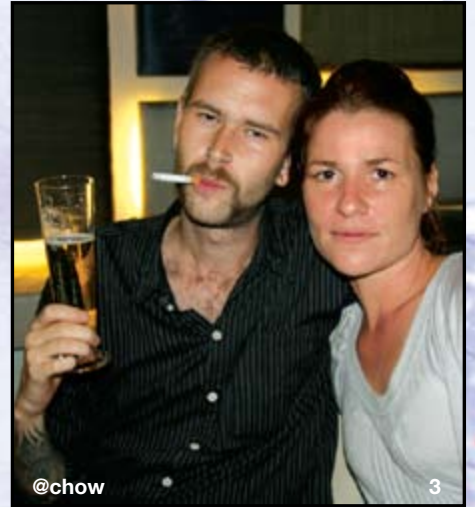
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@chow

4



@rubies

7



@rubies

10

■ CAPTION COMPETITION

Provide a caption for any of the above photos and you could win a meal for two with a bottle of wine at **Chow Restaurant**. Simply SMS to 012 261 449 or email: asialifephnompenn@gmail.com. Best caption wins. *Entries by Sep. 20.*

kaleidoscope

Not so still life

It's not always easy living the dream, even in laid-back Cambodia. Photographer **Nathan Horton** tells **Nathan Green** he really is going to start living his when the tourist season rolls back around.



Nathan Horton: the man and his camera

WHEN HE PACKED UP HIS London studio and moved to Cambodia two years ago, Nathan Horton was returning to his roots, reminding himself just why it was he first picked up a camera to pursue a life in photography.

"I came to Cambodia to get away from what I was doing," he says. "I spent ten years in London becoming the photographer I didn't really want to be, and I really wanted to get back to doing travel photography."

Today, sitting in his Phnom Penh studio So Shoot Me while his three-week-old daughter dreams the day away in her cot out back, he admits it has not been as easy as he had hoped. Nathan is a seriously busy man.

I lived the one man, his camera and his rucksack lifestyle for five or six years until I had my first daughter

He is in hot demand in the capital as a commercial photographer, shooting campaigns for a who's who of well-known companies operating in Cambodia, including ANZ Royal, Nokia and Coca Cola. Nathan also shoots for AsiaLIFE, a magazine,

he says, that shares his love for the lifestyle trinity of food, drink and travel.

■ SHOOTING LONDON LIFE

Away from his commercial commitments, Nathan indulges his passion through travel photography workshops. Run from his Street 136 studio and from more exotic locations around Cambodia, it is these travel photography packages that drew him to Cambodia after a decade as a commercial photographer operating out of the English capital.

It was a place he already knew well. Following graduation from a politically-orientated art school in 1990, Nathan began working for a commercial photographer to raise money for a photographic tour of Asia. Originally aiming to

spend a year, he stayed for two. The camera gave him an excuse to look more closely at the lives of those he encountered on his travels. "I was really in my element as a photographer in Asia," he says. "It reminded me of all the reasons I picked up a camera in the first place."

The next three or four years saw him juggling exhibitions in London with further trips to Asia, funded in part by selling his work to photo libraries but mostly through working in bars and restaurants. "I lived the one man, his camera and his rucksack lifestyle for five or six years until I had my first daughter," he explains.

The appearance of Tamara, now 12, grounded him and led to his entry into the commercial photography market in London.



Cambodia's people are its real jewel

He quickly found his niche in lifestyle photography for major magazines and newspapers, including Elle, Food & Travel, Land Rover and The Times. Still, his working life was punctuated with as many offshore commissions as he could muster.

Unfortunately, these commissions tended to barely cover his costs, forcing him to stick with the commercial work between trips until a commission from Food & Travel magazine in 2005 opened a door to a way out. During a drunken conversation with Mark Ord, his guide in Cambodia and the founder and director of Gecko Travel, an idea was born that would turn Nathan's world on his head.

PACKAGED PHOTOGRAPHY TOURS

Over the course of the next year, the two turned the concept be-

hind Gecko Travel's photographic tours of Cambodia into reality. Designed for travellers wanting to add something different to their offshore holiday, the 11-day packages unleash participants on the very best photographic destinations the country has to offer under Nathan's expert guidance.

Despite the breathtaking beauty of Angkor, which he claims has the power to take his breath away no matter how often he visits, it is the people that are the real jewel in the crown of Cambodia. Teaching people how to better use their cameras is a key part of his job, but it is helping people understand how to work with the people they photograph that is the most rewarding.

"I really emphasise how to photograph people in a foreign country," he says. "Although most of the people who come on my tours probably came here to see



Photography lesson for HIV orphans in his studio

Angkor, they come away just as deeply charmed by the people."

To Nathan, travel photography should be about integrating and sharing your experience with the country. "Photography is not just about running away with images trapped in a little black box," he says. True to this philosophy, no matter how busy Nathan is, he gives as much of his time as he can to helping Cambodians access, appreciate and learn from photography.

THE DRAGONFLY

AsiaLIFE caught up with him following a morning photography lesson for local children left orphaned by HIV and ahead of an afternoon on the Mekong working on his next travel tourism plan.

The Dragonfly, a Cambodian ferry cum boutique hotel he plans to incorporate into the packaged photography tours he runs with the FCC, is central to Nathan's

dream of opening up the true beauty of Cambodia to the outside world. "The real hidden side of Cambodian life is how much of it is lived on the water," he says. "The Dragonfly will give us quite unique access to it."

Owned by tourism outfit Jungle Journeys, the restored dark wood vessel has sleeping berths for eight and space for off-road vehicles, motorbikes and kayaks. Nathan says the Dragonfly will be able to stop in places the larger cruise ships cannot, and the onboard vehicles will further help crack open Cambodia's hidden interior.

As he leaves his studio for the Dragonfly, his wife Srey Leak keeps watch over their new daughter. Elsewhere in Phnom Penh, an advertising executive plans his next campaign. Nathan Horton may be living his dream, but it's a busy one. ■

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How to Win Any Negotiation

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Man Eating Bugs

Peter Menzel and Faith D'Aluisio, US\$17.50

SET IN VICTORIAN London, *Oscar Wilde and the Candlelight Murders* starts with the famous playwright and raconteur stumbling upon the mutilated corpse of a 16-year-old boy. The plot proceeds like a Sherlock Holmes novel, with Wilde enlisting the help of Sir Arthur Conan Doyle, the famous fictitious detective's author, to unravel the mystery. The fast-paced plot is interspersed with some of Wilde's dry observations, such as "work is the curse of the drinking classes" and "consistency is the last refuge of the unimaginative". Although fans of both Wilde and Holmes might shudder at the prospect of this literary marriage, Brandreth's humorous observations should be sufficient to please most readers.

How to Win Any Negotiation Without Raising Your Voice, Loosing Your Cool or Coming to Blows is precisely the sort of book that should not find its way onto the Phnom Penh bookshelves. In addition to possessing one of the longest titles in literary history, the

book fails to deliver on its verbose promise. It offers advice on how to cope with hostile arguments, but does not appear to offer advice on how to maintain your own cool when faced with an unmovable object. Mayer's style is typically "The Apprentice" business American English. Hardly any paragraph lasts longer than a sentence, thus giving any reader brain ache rather than illumination. Worst of all is its total cultural irrelevance. Where is the section on how to negotiate with a police cop who stops you for taking an illegal left, or what to do with a local business partner who has lost face? The book is praised by Larry King of Larry King Live – need we say more.

An interesting coffee book table book, especially if you have not yet visited Skuon, *Man Eating Bugs* represents a journey around the world, eating various forms of insects from Australia to Peru and Mexico to Indonesia. The photography is quite breathtaking, especially the shot of the Indonesian man with two, apparently live, bugs in his mouth. This is not a book for the overly squeamish, but would make for an ideal conversation piece at the commencement of a dinner party – especially if you persuade your guests that you have used it as a recipe book. The only drawback is that, despite having only recently arrived in the country, the book was first published in 1998. The information in the Cambodia section is in dire need of updating. More a book to flick through than to study. **F**

On the Shelf

■ BUILDING CAMBODIA: 'NEW KHMER ARCHITECTURE' 1953 TO 1970

Helen Grant Ross and Darryl Leon Collins



THIS 2006 HARDCOVER coffee table-style book is not only beautifully produced, but timely given the building boom changing the face of Phnom Penh.

An architectural history of Cambodia in the fifties and sixties, *Building Cambodia* chronicles the origins and development of 'New Khmer' architecture – a phrase coined to describe the blending of modern, mainly European, architectural techniques with a mixture of contemporary and ancient Khmer styles.

Its best-known exponent, architect Vann Molyvann, was one of many young Khmers trained in France. Upon his return, he found himself at a young age head of town planning and housing at the Ministry of Public Works.

He helped oversee a major post-independence expansion of public works, including universities, government buildings and public housing in Phnom Penh and provincial capitals such as Siem Reap and Battambang.

At a time when it seems virtually every street in Phnom Penh is experiencing some sort of major construction and plans are afoot for a number of colossal apartment blocks, it's interesting to recall the city's architecture was once the envy of many in Southeast Asia.

Foreign authors eulogised Phnom Penh's as a "cosmopolitan melting pot" and admired its physical look, the tree-lined boulevards and shady parks.

Of course for the majority of Cambodians, the sixties was a time of poverty and corruption, when the countryside was slowly being drawn into a bloody conflict that would eventually engulf the nation.

But in Phnom Penh and other major provincial capitals, the post-independence

period unleashed a flood of creativity in music, the arts and architecture, in which King Norodom Sihanouk played a major role by encouraging and mentoring.

Building Cambodia features a number of chapters on different aspects of Cambodia's architectural heritage. Each of these examines particular buildings, biographies of the people behind their creation and provides meticulous photo credits, references and footnotes.

What makes the book so fascinating is that as well as being an architectural history, it is a celebration of the era and the cosmopolitan life in Phnom Penh.

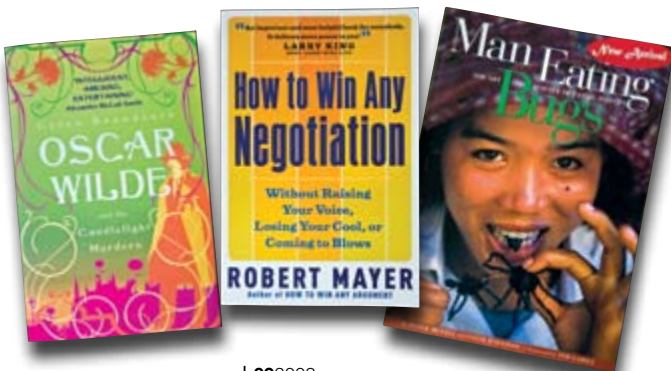
Ross is a French architect and Collins an art historian – both have extensive experience in the region. They have combined their talents well to amass an impressive array of original source material, including plans, photographs, and ephemera such as stamps, magazines, spreads and event programmes.

Many of the buildings examined in the book, such as Phnom Penh University, Chaktomuk Conference Hall, the Cambodiana Hotel and Independence Hotel in Sihanoukville, are still with us.

Some such as the few remaining sixties era public apartment blocks near the riverside are in a poor state and face an uncertain future. Others, like the national theatre, have already fallen under the wrecking ball.

Phnom Penh still rates as one of Asia's more liveable capital cities, the authors end the book on a pessimistic note, lamenting the lack of appreciation for the country's architectural heritage.

At nearly US\$70, this book is not cheap. But for fans of architecture and those interested in the country's urban pre-war history, it's worth it. **F**



Arts Diary

■ OPENING THIS MONTH

Spot Map

Exhibition at Java Café & Gallery opens on Sep. 4 at 6pm, runs to Sep. 7.

Dreaming of Prayer Flags

Exhibition by American fine art photographer Sandy Shum and Cambodian book launch of Dreaming of Prayer Flags will be on Sep. 4 at McDermott Gallery at the Old Market, Siem Reap.

I ♥ PP

Exhibition curated by Panca Evenblij opens at Java Café & Gallery on Sep. 11 at 6pm, runs to Sep. 28.

Fauna & Flora in the Cardamoms

Exhibition of photographs taken by Jeremy Holden for Fauna & Flora International in the Cardamom Mountains runs at the FCC, Phnom Penh from Sep. 15 to 25.

In Transit

Group exhibition at Meta House opens on Sep. 16 at 6pm, runs to Oct. 4.

Georges Rousse

Opening of exhibition by the master French artist on Sep. 20 from 12pm at 32 Sothearos Boulevard, back of FCC.

Daniel Perrier & Leang Seckon

Exhibitions by the French and Cambodian artists open on Sep. 20 at 12.30pm at the CCF.

'Sur La Trace'

Bus tour in French and Khmer with Cambodia's greatest living architect, Vann Molyvann starts at the CCF on Sep. 21 from 11am, reservations required before Sep. 16, Tel: 012 875 074.

Making Friends

Exhibition at Friends The Restaurant opens on Sep. 24 from 6pm to 9pm.

■ MUSIC, EVENTS & PERFORMANCES

Georges Rousse

Conference in French and Khmer on Sep. 12 at Le Cinema, CCF at 6.30pm.

Darryl Collins and Hok Sokol

Lecture in English and Khmer with Darryl Collins and Hok Sokol at Java Café & Gallery on Sep. 22 at 6.30pm.

Vann Molyvann

Conference in French and Khmer with Cambodia's greatest living architect at the CCF on Sep. 25 at 6.30pm.

Cambodian & western performing arts

Music and dance performances at the Art Café from 7pm, unless otherwise stated. Sep. 5 – Keith Jarrett I, the art of improvisation (documentary); Sep. 6 – Keith Jarrett II, spheres organ improvisation (audio); Sep. 12 – the young Mozart, early works of the genius; Sep. 13 – Vienna Divertimento, masterpieces of Beethoven, Haydn and Mozart; Sep. 19 – Romantic Italian songs and arias by Donizetti, Bellini and Tosti, with Mari Jinnai (soprano) and Issei Sakano (piano); Sep. 20 – Messiaen Organ Works Part IV, Livre du Saint Sacrament (audio); Sep. 26 – Thake and vocals, performed by Cambodian Master Thary; Sep. 27 – Age of Elegance, German baroque masters.

Cambodian performing arts

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

Art for Kids

Leah Newman is holding art lessons for children each Wednesday at Café Living Room. Classes are from 2.30pm to 3.25pm for kids aged 2 to 3, and from 3.30pm to 4.15pm for kids aged 4 to 6.

■ FILM

Le Cinema, CCF

Black Cat White Cat (Kusturica, 1998) is screened at Le Cinema, CCF on Sep. 4, 11 and 25.

Rooftop Cinema

Each month the Meta House shows films, documentaries and hosts events on its rooftop terrace from 7pm. This month's screenings include: Sep. 2 – Astor Piazzolla in Portrait (documentary) and *La Revancha del Tango* (video); Sep. 3 – *In the Dark* (feature), *Universal Access* (documentary); Sep. 4 – *Freedom Writers* (feature); Sep. 5 – *Darfur Now* (documentary); Sep. 6 – *Cambodian Artists Speak Out* (documentary), *A Reflection on Cambodian Contemporary Art* (documentary), *Performing for the Khmer Rouge* (documentary); Sep. 9 – *Feeling Like Going Home* (Scorsese), *John Lee Hooker* (live video); Sep. 10 – *Spotlight* (documentary), *Murder Ball* (documentary); Sep. 11 – *Venus Boyz* (documentary); Sep. 12 – *GTZ PSP documentaries*; Sep. 13 – *Messenger Band*; Sep. 17 / 18 –

Concrete Vision (documentary), *Architectural Film* (series); Sep. 19 – *Special Exercises* (documentary), *Kampuchea: Death & Rebirth* (documentary); Sep. 20 – *Hard Talk* (feature); Sep. 23 – *Young in the City*, short films by students of RUPP's Department of Media and Communication; Sep. 24 – *Depeche Mode*, videos 1986–98; Sep. 25 – *Selection of films from this year's Environmental and Conservation Film Festival* (Khmer with English subtitles); Sep. 26 – *Community Media Graeme Brown* (documentary).

■ ONGOING: PHNOM PENH 100 x France

Exhibition of a hundred photographs runs at the French Cultural Centre through to Sep. 20.

Art of Survival

Second group showing of the on-going project runs at the Meta House to Sep. 12 and at the Bophana Centre to Sep. 13.

Ramayana in Wayang

Exhibition of Japanese-style drawings and paintings by Javanese artist Herjako runs to Sep. 30.


Association of Ideas

Photo exhibition by Sylvain Chabloz runs through September at Equinox, 3A Street 278.

People in the Neighbourhood

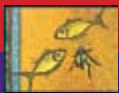
Oil paintings by Fox are on display around the walls of the FCC Phnom Penh to Sep. 15.

World Vision Photo Exhibition

An exhibition of 80 photographs by the INGO is showing at Café Living Room to Sep. 24. 

Khmer Images

by David Richards
opening Friday, 5 September
running 1 Sept. – 30 Sept.



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Bootleg

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

■ BARRY LYNDON
Stanley Kubrick (1975)

Based on the Thackeray novel that parodied the fantasy worlds inhabited by Jane Austin and Bronte sisters characters, Barry Lyndon is the tale of the rise and fall of Redmond Barry, an Irishman distinguished only by his aggressive arrogance and weak morality. The mid-eighteenth century costume drama was shot using only natural light. Much of the script was lifted straight from the book, making for authentic dialogue that complements a sumptuous production that won four Oscars. At just over three hours, Barry Lyndon is not for the casual viewer, but many Kubrick fans cite it as his greatest work (including Scorsese). An enthralling, unforgettable odyssey.

■ DARK KNIGHT
Christopher Nolan (2008)

Dark Knight is Christopher Nolan's much-hyped, long awaited sequel to the critically acclaimed Batman Begins. In keeping with the first film, Christian Bale's gravel-voiced Batman is closer to the brooding vigilante of Frank Miller's graphic novels than the almost-camp superhero of Tim

Burton's 1989 Batman. Heath Ledger's turn as the fanatical joker looks set to win him a posthumous Oscar. Supporting characters Harvey Dent (Aaron Eckhart) and Rachel Dawes (Maggie Gyllenhaal) add an extra dimension to what might otherwise have been just another high-budget action blockbuster, making this surprisingly layered and complex movie the summer's must-see.

■ SHINE A LIGHT
Martin Scorsese (2008)

A career-spanning documentary on the Rolling Stones, with concert footage from their A Bigger Bang tour, Shine a Light starts with dull 'behind the scenes' footage featuring diminutive Scorsese's frantic pre-show preparations. After a couple of forgettable performances, the swaggering pensioners get into their stride, belting out one iconic hit after another. Cutting live footage - including appearances from Buddy Guy, Christina Aguilera and Jack White - with vintage footage, the film is a must see for Stones fans, even if just to marvel at the cadaverous rockers' incredible resilience and longevity. **F**



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 every-day from 7am to 8.30pm.

Dori Thy Gallery
9 Street 278 Tel: 012 661 552
Features the black and white photographers 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. **F**



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<p>Java Café & Gallery 56e1 Sihanouk Blvd Phnom Penh, CAM 7d/wk 7am - 10pm 023 222 087</p>	<p>Java Express 56e1 Sihanouk Blvd Phnom Penh, CAM M - Sa 7am - 3pm 092 289 126</p>	<p>Java TeaRoom At Monument Books 111 Norodom Blvd Phnom Penh, CAM 7d/wk 8am - 8pm 092 451 462</p>
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Billboard



Album reviews by LOVE FM's Julian Grant

■ SHARLEEN SPITERI *Melody*



The former lead singer of Texas, Sharleen Spiteri has just released her debut solo album. The good news is that she still looks great but how about the music? Not only has she written all the songs, she has produced it perfectly as well. As expected there are glimpses of Texas but following on from the likes of Duffy and Amy Winehouse, Spiteri goes for 'retro.' This really suits her excellent voice. The lead single All The Times I Cried sounds great with its Phil Spector-ish high-flying piano, strings and a punchy chorus. It Was You is the album's highlight – a great foot-tapping beat with swelling horns. I'm Gonna Haunt You takes on a country feel, sung with a deep raspy voice. Overall this is great pop and highly recommended.

■ CHRIS BROWN *Exclusive*



Chris Brown received both attention and praise when he arrived on the hip hop scene in 2005, when only 17. Exclusive is his second album. Although released last November only now does it find itself entering the U.K. top 10. The first single Wall To Wall didn't enjoy the success of Brown's

previous singles and seems to be all about his adoring fans approaching him from all directions. It has the standard beats per minute of almost all hip hop tracks which will enable you to 'get down' but it lacks any imagination. Kiss Kiss is slightly better, it has the same tempo, but at least it tells more of a story. If the album does have a highlight then it's With You, which is very similar to Beyonce's Irreplaceable with open string guitar and catchy chorus. For me this is the way forward for Chris Brown if he hopes to prevent himself from being remembered as a young star that couldn't make the transition to adulthood success.

■ PULP *Different Class*



Although Pulp was formed in Sheffield, England in 1978 it wasn't until the release of this 1995 classic that Jarvis Cocker & Co. became a household name. It was great hearing this again recently as I remembered Cocker looking geeky in his corduroy suits and Buddy Holly glasses. The unlikeliest of pop icons, but that was much of the charm. There is a tragic/comic feel to his songwriting, highlighted in such tracks as Pencil Skirt – "I've kissed your mother twice now I'm working on your dad." Disco 2000, for me the album's second best track, is a nostalgic bitter-sweet look back at a childhood crush. The highlight for me, and their most loved song, Common People is a flawless mix of all that is pop, summed up perfectly in the line "she didn't understand, she just smiled and held my hand." As the album title suggests it is Different Class. **A**

Top of the Bops



kaleidoscope

■ U.S. TOP 10 ALBUMS

- 01 Love On The Inside **Sugarland**
- 02 Breakout **Miley Cyrus**
- 03 Mamma Mia **Soundtrack**
- 04 Rock N Roll Jesus **Kid Rock**
- 05 The Carter III **Lil Wayne**
- 06 Revelation **Third Day**
- 07 Viva La Vida **Coldplay**
- 08 Kidz Bop 14 **Kidz Bop Kids**
- 09 Camp Rock **Soundtrack**
- 10 Untitled **Nas**



■ U.K. TOP 10 DANCE SINGLES

- 01 Wearing My Rolex **Wiley**
- 02 When You Touch Me **Freemasons**
featuring **Katherine Ellis**
- 03 Take Me Away/Judgement
Chase & Status
- 04 What I Want **Bob Sinclar**
featuring **Fireball**
- 05 The Other Side **Pendulum**
- 06 Let Me Think About It **Ida Corr Vs Fedde Le Grand**
- 07 Get This Feeling **Fedde Le Grand**
- 08 Touch Me **Bingo Players/Chocolate Puma**
- 09 All I Ever Wanted **Basshunter**
- 10 Get Down **Todd Terry All Stars**



■ TOP 10 MOST REQUESTED SONGS AT LOVE FM, 97.5

- 01 Warwick Avenue **Duffy**
- 02 Take A Bow **Rihanna**
- 03 Summertime **New Kids On The Block**
- 04 Bye Bye **Mariah Carey**
- 05 Just So You Know **Jesse McCartney**
- 06 When You Believe **David Archuleta**
- 07 Always Be My Baby **David Cook**
- 08 Winner At A Losing Game
Rascal Flatts
- 09 Better In Time **Leona Lewis**
- 10 What You Don't Know **Monrose**



These charts are provided by LOVE FM, 97.5 Phnom Penh and are for the week ending Aug. 17.

ONE TO WATCH! – What You Look For **Sam Beeton**
JULIANS TOP PICK – 5 Years Time **Noah And The Whale** **A**

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leisure & wellness

What to expect when expecting... in Phnom Penh

Earlier this year AsiaLIFE's former deputy editor, **Liz Ledden**, took time of to have a baby. Now that beautiful Zara Mae has arrived, Liz shares her experience of being pregnant in Phnom Penh.



Liz, Steve and little Zara Mae

HAVING A BABY WAS FAR from my mind when I first moved to Phnom Penh. Work, travel and fun were on the agenda – and not necessarily in that order. First Friday parties, drinks at Rubies and debauched nights at the Heart were fully embraced during our first year in Cambodia's capital. There were people to meet, friends to be made and many a happy hour cocktail to imbibe. Something about Phnom Penh inspires a 'party like there's no tomorrow' attitude in many, and we found ourselves intoxicated with our new expat lifestyle.

Eventually, we came to the realisation that a perpetual hangover was not an ideal state to be in. A life change was in order. It was time to settle down, be responsible and perhaps make the hardest decision you can ever make – to have a baby.

■ PREGNANT IN THE PENH

A short time and several home pregnancy tests from U-Care later, I found myself pregnant in the Penh. So now what? Aside from swapping the cocktails for mocktails, I embarked on a mission to discover what the city had to offer in terms of pre-natal care. Other than joining a highly beneficial pre-natal yoga class, the most important step was finding a good doctor. Taking the advice of other mothers I started seeing Dr Laura Watson at SOS. The monthly appointments that ensued checked that everything was progressing as it should be. They also offered an opportunity to discuss what was going on with my changing body and the new life inside it.

I was inspired with confidence that I was in good medical hands – though I soon found out that SOS (and apparently, every other medical establishment in the city) were unable to perform the two more detailed ultrasounds pregnant women routinely get to check on the baby's development.

Trips to Bangkok were necessary to undergo a nuchal scan – an ultrasound looking for certain signs indicating that the foetus could have Downs Syndrome – typically undertaken at around 14 weeks into the pregnancy. At around 22 weeks another Bangkok visit was needed for a detailed scan to establish that the baby's organs and other body parts were developing, and to check for various birth defects. For these appointments I opted to visit Samitivej Hospital, an establishment well patronised by Phnom Penh expats and with a reputation for excellence in all matters maternal.

■ **'WHICH DO YOU PREFER, BOY OR GIRL?'**

Medical matters aside, I soon came to discover that being pregnant in Phnom Penh attracted much attention from Khmers. Inevitable cultural differences were revealed in conversations I was to have over and over again. The "how many months?" question, once answered, was most often met with a very frank comment on my body shape and size, and I was usually scolded for being 'too small!' (This despite the fact I ended up giving birth to a 3.3kg baby.) I guess I should be flattered, considering most barangs are chastised for being overweight.

The other obsession amongst Khmers was the sex of the baby. We chose not to find out the sex in advance, the admission of which was met by most Khmers with a look of incomprehension. "But haven't you seen a doctor?" they would ask as though I wasn't quite of sound mind. "Which do you prefer, boy or girl?" quickly followed. I still haven't quite established what the correct answer to this one should have been

The most fascinating pregnancy talk revolved around old wives

Whether I preferred sweet or sour foods was apparently indicative of the baby's sex. I preferred sweet – so that meant I was having a girl

tales. Whether I preferred sweet or sour foods was apparently indicative of the baby's sex. I preferred sweet – so that meant I was having a girl – one Khmer friend stood their baby on my stomach to see which leg it raised. Again, it revealed I was carrying a girl.

Meanwhile, western friends shared some beliefs of their own, and their common theory was that I was having a boy due to a low sitting bump and that I hadn't appeared to put on weight on my face. Funnily enough, I ended up having a girl – perhaps there's more truth in Khmer beliefs than we care to realise.

■ **BANGKOK BOUND**

For the birth itself, a decision had to be made about where to go. Option one was to stay in Phnom Penh and give birth in a local maternity clinic or Calmette Hospital. Neither was recommended by SOS due to a supposed lack of equipment to deal with any emergency that could arise. The new Royal Rattanak Hospital in Tuol Kork could have been an option, though it had just opened at this point so its reputation was not yet established.

We then weighed up whether to go to Bangkok to one of its

well-regarded international hospitals or to fly home to Australia. We chose Bangkok as it was closer, cheaper to fly to and better suited to my husband travelling back and forth to Phnom Penh for work. As I'd already had the aforementioned ultrasounds at Samitivej Hospital this was also where I felt comfortable giving birth, though some people prefer Bumrungrad – the behemoth of Bangkok medical institutions.

At 36 weeks pregnant (the latest most airlines let you fly) I departed Phnom Penh, first having to produce a letter from the doctor at check-in after the staff looked me up and down and queried my due date. In Bangkok we stayed conveniently close to Samitivej Hospital at Tropical Residence, a comfortable serviced apartment complex with a pool, gym, and even a complimentary tuk-tuk service to the nearby shops, cafés and Skytrain stop.

■ **AND BABY MAKES THREE**

The big day finally arrived and without going into the gory details, our daughter Zara Mae arrived. Let's just say that that the birth involved 15 hours of labour followed by an unplanned emergency caesarean – a double whammy - with a six-night hospital stay in order to recover.

Aside from the pain, sleeplessness and demands of a newborn, the hospital experience was excellent – from the kind staff to the facilities to the fact you could dial up some dim sum or order Starbucks to your room. Upon leaving they even loaded us up with all sorts of baby presents courtesy of the hospital.

We eventually returned to Phnom Penh after a long and arduous wait of nearly a month for Zara's birth certificate, Australian citizenship and Australian

passport to be processed. We were then barraged with questions on the baby's sex, age, appearance and size once more – though this time with even greater enthusiasm.

Seven weeks on, life in Phnom Penh with a baby is tiring yet manageable, even veering towards enjoyable during instances that don't involve crying frenzies or projectile bodily fluids. Babies and children are loved and accepted here, and we've found that it's no big deal to bring the baby along when eating out. We're thankful we can still go out and about and have dinner with friends, though our new lifestyle is not exactly conducive to pulling an all-nighter on Street 51 anymore. And that's just fine with us.

■ **USEFUL LINKS:**

MEDICAL
Samitivej Hospital (Bangkok)
http://www.samitivej.co.th/sukhumvit/womens_health_center_en.aspx

Bumrungrad Hospital (Bangkok)
<http://www.bumrungrad.com/overseas-medical-care/medical-services/clinics-and-centers/women-s-center.aspx>

SOS (Phnom Penh)
http://www.internationalingos.com/en/ourresources_clinics_cambodia_35.htm

BABY ADVICE AND FORUMS
Cambodia Parents Network
<http://groups.yahoo.com/group/cambodiaparentnetwork/>

Essential Baby
<http://www.essentialbaby.com.au/>

BabyCentre
<http://www.babycentre.co.uk/pregnancy>

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amusement

Kambol Kart Raceway

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.

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

chemists

U-Care Pharmacy

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

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 012 385 542.

Scuba Nation Dive Center

18EO Sotheaors Blvd., Tel: 012 715 785
Learn to scuba dive in Phnom Penh. The academic part of the course takes place in the Plaza Hotel pool, while the real diving is over a weekend in Sihanoukville. Total cost for a course is US\$395.

dental

European Dental Clinic

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

SOS Dental Clinic

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

education

Khmer School

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

Khmer School of Language

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

My First Khmer

PO Box 1498, Tel: 012 342 315
A network of university students offering language, translation, and interpreting services. Professional, affordable, and experienced. Call for a free lesson.

gyms

Clark Hatch Fitness Centre

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

Fitness One

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

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.

Beauty Spot: Image Beauty Lounge



LOCATED ON EVER-popular Street 240, Image is a professional hair and beauty lounge offering a range of beauty treatments at manageable prices. Haircuts cost under US\$10, as do manicures and pedicures. Massages range from US\$8 to US\$28, while all waxing is professionally done using French products – a full Brazilian is yours for US\$35.

What Image owner Brenda however specialises in is facials. A foe of wrinkles, Brenda has the expertise and equipment to rid you of those bags under your eyes as well as the signs of premature ageing due to excessive Cambodian sun. A Thai national, she explains how her whole family is in the beauty business. The trade really is in her blood. And if the smoothness of her skin is anything to go by, you had best trust her.

Following an evaluation of your skin, you are led to one of the back rooms to begin the process of rejuvenation. Using herbal products imported from Thailand, your skin is cleaned and your pores opened. All the while your feet are massaged to improve circulation.

Treatments differ pending on the condition of your skin. However if oil, dirt and dust have decided to cling to your face, you are best advised to opt for a 'vacuum clean'. A nifty little machine, resembling a miniature Hoover, it literally sucks all impurities out of your skin. Though not exactly enjoyable, you can both see and feel the clarifying results. Its strong green light kills bacteria, while the ultra-sound reaches to the lower layers of the skin reawakening cells and firming your skin. Brenda herself uses it everyday. The facial is concluded with a short neck and shoulder massage.

Beautification without surgery is the motto at Image. An individualised facial using the ultra-bionic device will set you back US\$35, however Brenda recommends you come back at regular intervals to maintain the effects. If you want to preserve your youthful looks in hot, humid and dusty Cambodia, it might just be worth it.

Open daily from 9am to 7pm, appointments for facials are recommended.
Image Beauty Lounge,
57A Street 240,
Tel: 012 455 239/016 455 239
– Nora Lindstrom

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



THERE'S A LOT OF MISINFORMATION out there. Below are a few more myths about exercise, diet and fitness.

■ YOU NEED TO EXERCISE TO BURN FAT

The truth is you don't gain body fat because of a lack of exercise. You gain it because your blood sugar levels exceed what you are using. Basically, you are eating too many calories at one time.

■ NO PAIN, NO GAIN

This one holds the most potential for harm. You should feel some degree of soreness a day or two after a good work out, but that's very different from feeling pain while you are working out. A fitness activity should not hurt while you are doing it. If it does you are either doing it wrong or already have an injury.

If it hurts, stop and rest and see if the pain goes away. If it doesn't, or if it begins again after you start to work out, see a doctor.

■ EATING AFTER 7PM WILL MAKE YOU FAT

False. It all depends on whether or not the body needs that amount of calories at that time. Keep in mind your body is constantly burning calories, 24 hours per day, just the amount varies.

■ STRENGTH TRAINING WILL MAKE YOU BULK UP

No, and this bears repeating as many women are concerned about it. Muscle size is primarily affected by genetics and hormone production, therefore most women don't have the potential to build very large muscles.

■ YOUR METABOLISM SLOWS DOWN AFTER 30

Many studies have shown that the slowdown in metabolism is due to a loss of muscle tissue. Loss of muscle tissue is directly related to a lack of hard physical activity.

■ YOU NEED TO GET SWEATY

Sweating is not necessarily an indicator of exertion – it's your body's way of cooling down. It is possible to burn a significant number of calories without breaking into a sweat. Try taking a walk or doing some light, weight training.

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

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

Physique Club
Hotel Cambodiana, 313 Sisowath Quay,
Tel: 012 810 432
Most modern of the five-star fitness centres with reasonable selection of equipment, although has a small changing area. Membership is currently US\$56 per month or US\$7 per day. Open from 6am to 10pm.

VIP Club
Norodom Boulevard, Tel: 023 993 535
Large sports complex with gym, outdoor swimming pools, sauna, steam room and tennis courts. US\$6 per day for use of all facilities, monthly membership is US\$50 to US\$60. Open from 6am to 9pm.

hairdressers

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 Champei 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.

optics

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

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

pools

Asia Club
456 Monivong Blvd., Tel: 023 721 766
Beautiful swimming pool tucked around the back of Man Han Lou Restaurant near Caltex Bokor. Use of pool costs US\$10 per day for either individuals or small groups of people. Members (US\$50 per month) also get a 15 percent discount on both Man Han Lou Restaurant and Master Kang Health Care Centre.

Fitness One
Himawari Hotel,
313 Sisowath Quay, Tel: 023 214 555
Outdoor hotel swimming costs \$6 per day or US\$10 for pool, gym, steam room and Jacuzzi. Prices rise to US\$8 and US\$12 at the weekend.

L'imprevu Resort
Highway 1, 7km past Monivong Bridge,
Tel: 012 655 440
Peaceful resort complex just outside of

the city has bungalows, tennis court, table tennis, boules and a beautiful swimming pool. Pool costs US\$2 on weekdays and US\$4 at weekends, children 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



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JIM COUSINS: BACK TO SCHOOL

SUMMER'S OVER AND almost everyone that's going to return to Cambodia from holiday is back. If you went back to where you came from, you may have experienced a little culture shock. If you stayed here, you may have enjoyed a slower pace than normal. In any case, it's time to get back into the swing of things.

Phnom Penh hasn't changed in the past few months – the same fun and same dangers that existed before are still here. So, think safety and common sense. And what about your health? Maybe you need an update or an overhaul. It might also be a good time to turn over a new leaf in your life.

■ MOTOS, CARS, BARS AND KIDS

For those of us who have been in Phnom Penh a long time, the city doesn't really come across as being any more dangerous than most cities in the world. You wouldn't go to a "bad" neighbourhood or down a dark alley at 2am in New York, Paris or London, so why would you do it here? And pickpockets and thieves are everywhere in the world.

Many modern or developed countries have helmet laws for

motorcycle riders – some even for bicycles. The reason for this is that head injuries can be catastrophic. The victim often becomes a burden to society. It's best if you don't become that victim. In Cambodia, head injury and neurological treatment is limited and often requires evacuation to a centre of trauma expertise. So, why would you even think of riding a moto without a helmet? If you don't want to mess up your hair wearing a helmet, or carry one around for your motodop rides, a tuk tuk might be a little more safe – if you keep reminding the driver to slow down! Needless to say, wearing seatbelts in the car is another no-brainer.

The bar scene in Phnom Penh is diverse and can vary from mellow to extreme. People usually run into problems when alcohol and/or poor judgment override common sense. Risky behaviour and excess are rather unforgiving here when you get into trouble.

And don't forget the kids. Keep an eye on them, and keep in contact. If they are old enough to be on their own, they should have a mobile phone. Driving and safety standards in Cambodia are rather

lax and poorly enforced, so it's best to keep your eyes open, assess potentially dangerous situations and don't take safety for granted. In spite of your best efforts, accidents still happen, so it would be a good idea to make sure you have reliable evacuation insurance to take you to a centre of medical excellence and international standard, should you need it.

■ OUT AND ABOUT, HEALTH AND HYGIENE

Routine healthcare in Phnom Penh no longer means a trip to Bangkok. The primary assaults on your physical health in Cambodia are from infectious diseases and the environment. It's easy to wash your hands and your food. Choose carefully where and what you eat.

Vaccinations protecting against the most serious contractible illnesses are available. In addition to children's primary series, Hepatitis A and B, Typhoid, Tetanus and Rabies are recommended for Cambodia. Depending on where you are working, you may need the Japanese Encephalitis vaccine and Malaria prophylaxis. Remember, the only protection from Dengue Fever is prevention from bites – repellents and netting.

Sunscreens and moderation in this very sunny and hot environment may help to avoid sunburn, skin cancer and heat exhaustion. Last, good dental care is now readily available – prevention can help avoid the hassle of out of country care.

■ TURNING OVER A NEW LEAF...

Now that you're back, make some resolutions. There are so many New Years' in Cambodia, that if you wait, you'll always be putting them off until the next one. With strong health – both physical and mental – you can really make the most of your life here. So, protect yourself and get yourself in shape. Maybe you need to see your doctor or dentist, lose some weight, quit smoking, moderate your lifestyle. You'll be happier here if you do. Then learn Khmer, and the wonderful people of Cambodia and their culture will be an open book for you.

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

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



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Naga: The Magic of MSG



FOR OVER 1,200 YEARS Japanese cooks have incorporated a seaweed, laminaria japonica, in soup stock to enhance the flavour of food. In 1909, a Japanese scientist isolated the amino acid, a glutamate, in that seaweed. The Ajinomoto Corporation patented the process and named the product Ajinomoto now known affectionately as MSG.

Before 1960, the glutamate was made from hydrolysed wheat gluten and since then from corn, sugar beet, starch or sugar cane. MSG can be found in almost any commercial bagged, bottled, boxed, canned or frozen processed food.

All fast foods incorporate MSG, or its family of related chemicals. The chemical is found in medicines, supplements, nutrients, binders and even in live virus vaccinations. Fruit, grain and vegetables can be "enhanced" in their growth by the addition of MSG into the fertiliser, pesticides and growth stimulant sprays. MSG hides in shampoos, conditioners, cosmetics and soaps under the guise of amino acids or proteins. Even if a product is labelled "MSG free", it can be included by using the following names: any hydrolysed protein, yeast

extract, soy extract, protein isolate, disodium inosinate, disodium guanylate, gelatine, sodium casinate, carrageenan, calcium caseinate, spices, flavourings, textured protein, whey protein, malt extract and malt.

Studies in China and the U.S. have tried to link MSG and related chemicals to increased body mass, headaches, skin rashes, nerve and muscle disorders and glaucoma. The list of symptoms associated with MSG intolerance is extensive.

The human body produces glutamate every day. All protein foods contain glutamate. Tomatoes, mushrooms and kelp are very high in naturally occurring glutamate, as are naturally fermented products. Perhaps in small amounts MSG is not harmful. However, overuse of any good thing often causes damage.

Since the 1940s there has been a steady increase in the inclusion of the chemical. From the first products a baby uses on its body or ingests, MSG is now being absorbed in large, unnatural quantities.

Either read the labels and cut down on the intake or relax and enjoy that mysterious "fifth" flavour the next time the family eats out! 🍴

bath. Massages start from US\$20, facials from US\$35 and packages range from US\$40 to US\$75. Open 9am to 9pm, closed Monday.

Champeï Spa & Salon
38 Street 57, Tel: 012 670 939
www.champeispa.com

Beautiful spa just across the road from the first Garden Center Café. Has a full range of massages from US\$8 and body treatments US\$6 to US\$25. Open from 9am to 11pm.

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

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

Nata
31d Sihanouk Blvd., Tel: 023 223 938

www.nataspa.com.kh
Upmarket spa and beauty parlour that offers a staggering array of massages, beauty treatments, wraps facials, and spa packages for the individual and couple, including manual lymphatic drainage.

Master Kang Health Care Centre
456 Monivong Blvd., Tel: 023 721 765
Large health centre next to Man Han Lou Restaurant. Offers foot massage in either public or private rooms downstairs, with both Chinese and oil massage (US\$12 per hour or US\$20 per 2 hours) upstairs. Downstairs also has a grand piano which is played in the evenings.

Miss Care & Spa
4B Street 278, Tel: 023 221 130
Small beauty parlour and spa set on the Golden Street. Well-priced massages range from US\$7 to US\$16 and beauty treatments are from US\$4.

Punarnava
Ayurveda Centre Spa,
Hotel Cambodiana, 313 Sisowath Quay,
Tel: 012 810 432
Traditional Indian-style Ayurveda massage and healing that can provide relief to a range of physical ailments. All staff

are professionally trained.

Sawasdee Massage
6B Street 57, Tel: 023 996 670
Oil, Thai-style and foot massage are available from trained masseuses in this excellent parlour, which also does beauty treatments. For a few dollars more than the dorm-style mattress massages, you can have the privacy of your own room. Massages start from US\$13.

Seeing Hands Massage
6 Street 95, 209, 246, 253 Street 53
Tel: 016 856 188
String of massage parlours where the service is provided by the blind at a very reasonable price.

sports general

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

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

Cricket
Infrequent fun games played at a school off Street 360, near Street 63, on Sunday mornings. No equipment required and little prior knowledge of the rules is also ok. Cost is US\$5 which includes drink and barbecue. Contact Majid at Saffron Wine Bar on 012 247 832.

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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next generation

Animal magnetism

The Phnom Tamao Wildlife Rescue Centre in Takeo province is a wonderful day trip for families with children of all ages. But there's enough animal life closer to home in Phnom Penh to occupy your toddler, as **Angela Savage** discovers.



Street 63 has lots of shops offering fish – ideal for milk bottle shopping



Sambo: everyone's favourite elephant

FOR A SMALL CHILD, A Cambodian fresh produce market can seem like a zoo – or at least a farmyard – with its live chickens and ducks, piglets riding in baskets on the back of motorbikes, and fish of all descriptions flapping around in tubs of water. Even in metropolitan markets, there can be plenty to see, especially if you visit early in the morning.

If your toddler is up at dawn, head for the nearest market (psar), which will be bustling by then. Our local is Psar Boeung Keng Kang on Street 380, which has a large fresh fish section. Your child will marvel at the live catfish leaping from their trays and wriggling around on the muddy floor in what's sure to be

a short-lived bid for freedom. They may also see live crabs, eels, frogs, prawns and turtles.

Keep a packet of wipes or a face cloth handy, as the markets can get muddy, especially around the fishmongers.

■ BIRDS AND FISH

Between Monivong Boulevard and Street 63 (alongside Wat Koh), Street 174 is home to numerous open-air stalls selling birds and animals, including a fabulous array of chickens and cockerels. The prettiest have gold-feathered faces graduating to black from the neck down.

Also eye-catching are the shelves of colourful Siamese fighting fish, each in its own glass

The sight of a fluffy white dog riding upfront on a motorbike can be a source of great amusement and long conversations for a toddler

bottle. Playing cards are inserted between the bottles to block the fishes' view of their neighbours and thus prevent them from fighting. Sapphire blue, tanger-

ine, aqua and violet, they look like jewels with fins.

Most stallholders seem happy to have photos taken, and they might even give you a demonstration of the fish fighting by briefly removing one of the playing cards. Best time to go is mid-morning.

Around the corner at 86D Street 63 are several shops selling everything you need to set up your own aquarium. The walls are lined with tanks featuring a range of fish species from common carp to exotic arowana. With many tanks at eye-level for toddlers, these are fun shops to wander through and play 'I spy'. Again, the stallholders seem to tolerate spectators.

MONKEYS AND ELEPHANTS

The reputation of the monkeys at Wat Phnom as food-stealing, bag-snatching villains inclined to scratch if not bite may make some parents reluctant to let their infant or toddler get too close. An alternative is a leisurely cyclo ride around the Wat Phnom roundabout to view the macaques at a safe distance. You'll often see them walking the tightrope of electric cables overhead, mothers carrying their babies on their backs. Your cyclo driver will be happy to slow down so your child can take it all in.

While some toddlers may be too frightened to ride Sambo the elephant around Wat Phnom, chances are they'll enjoy watching her walk home between 4pm and 5pm along Sisowath Quay. Her mahout sometimes stops to give Sambo a shower from a spigot in the grassy area on the riverfront opposite Pon Loc restaurant (319 Sisowath Quay). Alternatively, wait a little further south towards Street 240 and watch street vendors throw treats of fruit and popcorn as Sambo ambles past.

PET PASSENGERS

When travelling by road in Phnom Penh, keep your eye out for animals in the traffic. The sight of a fluffy white dog riding upfront on a motorbike can be a source of great amusement and long conversations for a toddler who is new to Cambodia. Also novel are the ox-drawn carts laden with pottery, which come into Phnom Penh from Kompong Chhnang province, where the claypots (chhnang) are made. They can be seen every so often around Psar Kapko near the intersection of streets 9 and 294.

If you have the sort of child who can keep it together after sunset, consider ending the day at the FCC, 363 Sisowath Quay. With luck, the wall of geckoes will keep your toddler entertained long enough for you to catch your breath over a cold drink. **F**

TIP

Collect photos of the animals, birds, reptiles, fish and insects your toddler sees in Cambodia and put them in a small album. She or he will enjoy looking through the pictures, naming the animals and re-living the memories.

next generation guide



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

cafés & restaurants

Annam

1C Street 282, Tel: 023 726 661
In addition to serving excellent Indian food on a beautiful terracotta terrace, this Indian restaurant also has a playroom with a trained member of staff to ensure your little one gets up to no harm while you eat your chicken korma.

Café Fresco II

Cnr. streets 51 & 306, Tel: 023 224 891
Let your children play with puzzles and Lego on beanbags or watch films like the Lion King looked after by a trained member of staff as you enjoy your cappuccino.

Café Living Room

9 Street 306, Tel: 023 726 139
The playroom is stocked with books, games, wooden dollhouse and even a rattan crib, while the kid's menu has bite-sized portions. In addition to art classes there are plans to hold story-telling lessons.

Gasolina

56/58 Street 57, Tel: 012 373 009
Has weekly Saturday and Sunday brunches from 10am to 3pm for parents and their children. Also has the biggest garden in town for kids to wander around in.

Intercontinental Hotel

296 Mao Tse Tung Blvd., Tel: 023 424 888
The five-star hotel has a special activities corner for kids to play while parents enjoy Sunday Brunch from 11.30am to 3pm, including free-flowing Moët & Chandon champagne. A nanny is on-hand, and under-6s get to eat for free.

Java Café

56 Sihanouk Blvd., Tel: 023 987 420
Kid's menu includes chicken nuggets and pizza bagels and there are colouring pages and crayons to keep the kids amused. High-chair is available on request and baby-changing facilities are in the toilet.

Java Tea Room

Inside Monument Books, 111 Norodom Blvd., Tel: 092 451 462
Cheerful children's reading room has picture books, puzzles, art supplies and occasional story-telling sessions. Open from 8am to 8pm.

Le Jardin

16 Street 360, Tel: 011 723 399
This garden retreat has a great kids' area with playhouse and sandbox. Specialises in birthday parties, with cake, decorations, toys and drawing materials provided for US\$7 per child.

Romdeng

74 Street 174, Tel: 092 219 565
Large garden and swimming pool provides kids with plenty of opportunity to work off all that energy. Many of the Khmer dishes can be ordered in half-portions. If your kids like creepy-crawlies, they might just take on the crispy tarantulas.

Kids Create

Café Living Room, 9 Street 306, Tel: 023 726 139
Art classes with Leah Newman each Wednesday at Café Living Room, from 2.30pm to 3.25pm for 2 to 3-year-olds and from 3.30pm to 4.15pm for 4 to 6-year-olds.

Khmer

Gecko & Garden Pre-school, 1 Street 282, Tel: 092 575 431
Khmer classes for children from 2.5 to 6-year-olds from 3pm to 5pm on Wednesdays and Fridays, costs US\$96.

yoga

Gecko & Garden Pre-school, 1 Street 282, Tel: 092 575 431
Yoga lessons with Georgina Treasure for 3 to 5-year-olds from 3pm to 4pm on Thursdays, costs US\$75.

entertainment

Kabiki Hotel

22 Street 264, Tel: 023 222 290
The first hotel designed specifically for families, Kabiki has a salt-water swimming pool and large garden for kids to ride around on bicycles in. Menu has child-friendly dishes like chicken nuggets. Swimming is free so long as you spend US\$5 in the restaurant.

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

Villa Langka

14 Street 282
This family-friendly boutique hotel has a large pool where kids are allowed to splash about. The menu has a short children's section and use of the pool is free so long as adults spend US\$8 and children US\$5 at the restaurant.

pre-schools

Gecko & Garden Pre-school

1 Street 282, Tel: 092 575 431
This not-for-profit pre-school, established ten years ago, emphasises learning through creative play in a supportive environment. The Kids Club, for 18 months to 5-year-olds, is from 3.15pm to 4.45pm on Mondays, Wednesday and Thursday and costs US\$80 per child (Sep. to Dec.). Also has yoga and Khmer classes.

Giving Tree Preschool

17 Street 71, Tel: 017 997 112, www.thegivingtreeschool
Play-based programme in both English and French includes storytelling, music, theatre, role-play, dance and gym with large outdoor play area, playground with sandbox, and swimming pool. Takes kids from 18 months to 5 years, either half-day (8am to 12pm) or full-day (8am to 4.30pm).

Kindercare

60 Street 322, Tel: 023 214 890
Kindergarten set in the heart of Boeung Keng Kang district I.

Tchou Tchou

13 Street 21, Tel: 023 362 899, www.tchou-tchou.com
Kindergarten and pre-school for 18 months to 5-year-olds, open from Monday to Friday from 7.30am to 12pm. French is the main language, although English and Khmer is also practised.

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.

Lycée Français René Descartes

Street 96, Tel: 023 722 044 www.descartes-cambodge.com
French school offering primary and secondary level education, extra-curricula activities include basketball, football and rugby.

Northbridge School

1km off National Road 4 on the way to the airport, Tel: 023 886 000 www.niscambodia.com
Quality international school with curriculum for students from pre-school to high school as well as good sports facilities.

Zaman International School

2843 Street 3, Tel: 023 214 040 www.zamanisc.org
International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab.

shops

Jolly Baby & Kids

108 - 110, Kampuchea Krom, Tel: 012 995 795
Wholesale and retailer store that sells clothing and toys for children.

Kid's World

112 Sothearos Blvd., 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.

Willi Shop

769 Monivong Blvd., Tel: 023 217 652
All products are imported from France, including bébé brand baby products, the range includes prams, baby care, coats and toys. Open from 8am to 8pm. **F**

classes

shopping & fashion

Yoga and Farniente

Stretch into shape in Song's yoga outfits, or just lounge around the house in comfort. Fabrics used in this collection are yielding and pliable; bamboo, cotton and lycra mix. Pieces can be interchanged and layered in a constantly evolving capsule collection, to keep you feeling sensual and desirable all day. **Song Resort** yoga wear brings easy elegance into your chill-out time.





Brand New Shopping

Have the Olympics inspired you to get into shape? The recent opening of the Adidas store on Norodom Boulevard promises a brand new face to sportswear shopping in the capital. **Adam Fitzgerald** checks it out.



The international brand that stands for quality

IF YOU ARE WORRIED THAT those t-shirts and shoes you buy at the market are not quite up to scratch, worry no more. One of the biggest brands in the world, Adidas stands for quality. At the Adidas store on Norodom Boulevard, you can be certain you get what you pay for, with a receipt to boot.

■ IF THE SHOE FITS?

The range is extensive with running shoes and street shoes in an array of styles and colours. The ladies “Miss Piggy” street shoes are particularly cute, albeit with a not-so-cute price of US\$95. Granted, you could find street shoes at the market for US\$20 even without haggling but you would be hard pressed to find something this kitsch.

The store doesn't just stock running and street shoes. It also offers football boots (from US\$35 to US\$175) and goalkeeper

gloves for US\$9. If you have the pitter-patter of little feet in your home they also stock itsy-bitsy street shoes for toddlers from US\$22 to US\$32. The range of t-shirts and tracksuit bottoms are just as broad for all your jogging and casual needs with prices starting from US\$18.

If you are one of those crazy people that somehow manage to get a bit chilly in this steamy climate of Phnom Penh, then you can also pick up a zip-up jacket starting from US\$65.

A more logical choice would be a bathing suit. Adidas offers both one- and two-piece options for women with prices starting at US\$16. Men can pick up trunks from US\$22, or if you're not too shy they also stock some Speedo-style briefs for US\$9. Proper swimming attire is hard to find around the markets, so Adidas may be one of your best bets. Another plus of the Adidas store

is the fitting area. You can try on products in privacy rather than in the middle of a busy market.

■ SPORTING ACCESSORIES

Adidas also stocks a mountain of accessories including a range of sports bags for men and women from US\$26, and caps from US\$22. Although caps can be found at any of the markets around town for US\$3, they tend to be second-hand and pretty grubby, or made for tiny heads.

The store also stocks a range of footballs and even golf clubs – if that's your cup of tea.

After working up a sweat in your new sporting attire using all your new sporting equipment, you can pick up some much-needed sweatbands and deodorant.

■ OR VISIT THE MARKET

Bargain-hunters will still turn to the local markets. Run-

ning shoes cost around US\$20 and t-shirts and shorts go for anywhere from US\$2 to US\$5. Prices are significantly lower, but what about the quality?

In my experience almost all trainers at the market fall apart within a month or so, and that just tends to be street shoes. In the long run you may be better off paying more for one pair that will last you more than a few months, as opposed to buying three or four pairs in as many months from the market.

And as for t-shirts and shorts you may be able to get these cheaper at the market, but finding a wide range in your own size can sometimes be a challenge. Another good option is City Mart located on the top floor of Sorya. Their prices are on a par with Adidas as well as having just as broad a range.

Adidas Store, 164 Norodom Blvd., open from 9am to 9pm 🇰🇲

shopping guide

ChildSafe®



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

art

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

Over 20,000 copies. Most are second-hand, but some are originals. 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 new 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. 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 in English, French and Khmer. Apart from the library books, there's a range of illustrated children's books in multiple languages for sale. You may need to ask a staff member for assistance, as the books for sale are locked in a cupboard.

crafts & furniture

Bazar Art de Vivre
28 Sihanouk Boulevard, Tel: 012 776 492
Elegant furniture and home fittings shop that specialises in antique furniture, furnishings by Bloom Atelier and Cambodian silks. French-Vietnamese owner Mai also specialises in calligraphy and design. Open from 9am to 6pm (closed Sunday).

Chez l'Artisan

42D Street 178, Tel: 012 869 634
Quaint shop with high-quality wooden furniture and lampshades that also produces made-to-measure goods on request. Just make sure you don't trip over the dog on the way in. Open from 10am to 6pm.

I Ching Decor

85 Sothearos Blvd., Tel: 023 220 873
www.ichingdecor.com
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
Elegant shop specialising in antique and reproduction furniture, with a number of fine prints, framing service and a few sculptures. 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.

computers

S.I. Computer Technology

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. Retailers a range of Fujitsu LifeBooks, including the U1010, T2010, T4220, S7111 and the award-winning S6410.

fashion

Ambre

37 Street 178,
Tel: 023 217 935 / 012 688 608
High-end fashion designs created by Cambodian designer Romyda Keth that are popular all over the world. Beautiful colonial building with colour-themed rooms makes the perfect setting for the city's most glamorous design shop. Open 10am to 6pm (closed Sunday).

Beautiful Shoes

138 Street 143, Tel: 012 848 438
Located near Tuol Sleng Museum, this family-run business measures your feet and designs the shoe exactly as you wish. 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).

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 11 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. 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 wear-

www.couleursdasie.net
#33, Street 240 . Phnom Penh
Tel/Fax 855 23 221 075 . info@couleursdasie.net

COULEURS D'ASIE

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SPECIAL ORDERS

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-life.com

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contact

nathan horton on 092 526 706

www.nathanhortonphotography.com

able, 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 housekeeping, as well as a beauty training school.

Smateria

8Eo Street 57, Tel: 012 647 061

Boutique specialising in accessories made from recycled materials including a range of bags and wallets made from old fruit juice cartons, plastic bags and mosquito nets.

SONG

75 Street 240,
Tel: 092 985 986

www.songsort.com

Franchise of the Vietnamese-based SONG label owned by Keo Sophea who used to manage Kambuja. Features casual wear for both men and women designed by Valerie Gregori McKenzie.

Subtyl Kashaya

55 Street 240, Tel: 012 900 014

Owners/designers Sandrine Bury and Cinni Rajguru and Kashaya designer Catherine Theron share this boutique. The combination is a refreshingly light and bright shop with a selection of funky silk bags, cushions, ties, belts and shoes.

Subtyl Asia

Hotel Cambodiana

313 Sisowath Quay, Tel: 023 218 189.

French designer Sandrine Bury also has a boutique in Hotel Cambodiana selling a wide range of modern and stylish clothes and fashion accessories.

Threads

56 E1 Sihanouk Boulevard
(behind Java Café), Tel: 012 768 248

Unisex boutique tucked away behind Java Café that sells the designs of owner Linda.

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

Fashion boutique 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.

food

Alpine Trading

13 Street 90, Tel: 012 961 084

This quality European beer importer supplies restaurants, cafes and bars.

AusKhmer

125 Street 105, (between Streets 348 & 330), Tel: 023 214 478

Excellent source of Australian beef and

lamb and also has groceries, wines, beers by the case or six pack, plus a great range of imported cheeses. This major supplier of cafes and restaurants is also open to individuals who can check out the warehouse style store and coolrooms.

Bong Karem

Tel: 092 235 336

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

Butcher & Co.

219 Street 19, Tel: 023 223 527

Quality French butchers in the same building as Open Wine. The meats here are some of the finest cuts in the city.

Camory - Premium Cookie Boutique

167 Sisowath Quay,

Tel: 023 224 937

www.camoryfoods.com

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.

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 catering for western tastes - marmite, Branston pickle, cereals, Barilla pasta, Lao coffee and other expat essentials. Good range of cheeses, salad

Jasmine Boutique



Kingdom of Cambodia www.jasmineboutique.net

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

and meats are stored in the walk-in cold room at the back. Open 8am to 8pm.

to Mith Samlanh/Friends projects. Open 8am to 5pm, 7 days.

silks & accessories

Couleurs d'Asie
 33 Street 240, Tel: 023 221 075
www.couleursdaside.net
 Aircon shop selling French-designed silk and linen bags, scarves, cushions, pillow cases and quilts. Has a selection of soaps and bath salts from Senteurs d'Angkor, Amata beauty products and Eric Raisina's unique textiles and clothing. Open Mon.-Sat. 9am to 7pm, Sun. 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 Pit's training restaurant. Fun, funky and a bit different to the norm, their silks and accessories are in fantastic bright colours. Also has a great range of children's toys and hanging butterfly and bird mobiles. Second outlet on the eastern edge of the Russian Market.

Sayon Silk Works
 40 Street 178, Tel: 023 990 219
www.sayonsilkworks.com
 Since 2001 self-taught Cambodian designer Sayon has created all her own handbags, cushions, scarves and quilts from Cambodian silk. A nice selection of goods on sale. Open from 9am to 7pm.

Silk & Pepper
 33 Street 178 & Amanjaya Hotel
 Range of contemporary silk home interior products inspired by Asian and western designs. Sells all kinds of tailor made silks and linens. Also sells Kampot pepper. Open daily from 8.30am to 7pm.

Sobhana Boutique
 24 Street 144/49, Tel: 023 219 455
 A not for profit organisation founded by Princess Norodom Marie, offering a range of colourful, handwoven silk products. Profits help to support local women by funding the training, medical care and education of weavers.

Tabitha
 239 Street 51, Tel: 023 721 038
www.tabithafoundationaustralia.com
 Large selection of silk goods including bedcovers, cushions and scarves as well as some jewellery.

Toit Toit
 Stall 312 Russian Market
 Toit Toit sells ChildSafe certified products made by parents of former street children in vulnerable communities. Creative handicrafts and recycled accessories are available with all proceeds

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. Sells wines, severac and calvados and meat. Has occasional free wine-tastings.

Red Apron
 15 Street 240, Tel: 023 990 951
 Home of wine enthusiasts in Phnom Penh is both a wine boutique and tasting gallery. With around 300 wines the boutique has far more range for a special occasion than the supermarkets.



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<http://www.ksline-cambodia.com>



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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)



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56 E1z Boulevard Sihanouk
 Tonle Bassac, Phnom Penh
 (Behind Java Café)

The Hot Seat: Upwardly Mobile Norwegian

Since its launch earlier this year, qb has become one of the more high-profile players in the Cambodian telecoms industry. This month **AsiaLIFE** puts its CEO, **Morten Eriksen**, in the hot seat.

AsiaLIFE: qb has become a major name in Cambodia since its launch, who is behind it?

Morten Eriksen: The Investors of qb are a mix of International Venture Capital, Local Partner and Management.

Why did you decide to enter the Cambodian market?

We have studied the Cambodian market for years and believe that there is a good opportunity in this market as Cambodia has a very limited fixed line telecom infrastructure. Overall mobile market penetration is still low and the people of Cambodia are very eager to experience new technologies. On top of that we have a very good local partner which is very important for succeeding in a market like Cambodia.

Can you explain a bit about what qb does, especially as regards 3G technology?

qb is a mobile operator providing communication and mobile services to the people of Cambodia. qb is using a technology platform called 3G technology with HSDPA, or 3.5G. This is the latest technology platform available in the market today. qb will introduce other services such as high speed internet access, live TV through mobile, news services, emails, mobile gaming etc. We also have a wide selection of entertainment downloads available on our mobile portal with particular focus on music. There are three areas of focus for qb: high speed broad band solution, value for money and simplicity of use (plug and go). Coverage is very important in offering mobile services and we are currently building our network as fast as we can to cover all major cities and roads of Cambodia.

You have recently sponsored the national volleyball league, how important is this for qb?



Morten Eriksen: building qb's network as quickly as possible

The national volleyball league is a great initiative for the people of Cambodia. Our cooperation is an important part of qb's commitment to contribute to social responsibility in Cambodia and to make our advanced service offerings available to all people in Cambodia and to increase their quality of life. The national volleyball league cooperation has already given us a great value in return.

Do you think there should be more corporate social responsibility (CSR) in Cambodia?

qb is definitely a supporter of more corporate sector responsibility in Cambodia. We have proven this through several market initiatives, such as the

cooperation with the national volleyball league. qb has also an ongoing programme to develop environmental solutions for our telecom installations such as power savings. We have also taken initiatives to collocate our installations with others to reduce the number of towers to be constructed to minimise the environmental impact from such towers. qb is committed to take initiatives to increase the sector responsibility in Cambodia.

The Stacey Oricco concert made a big splash, do you have any plans for future concerts?

The Stacey Oricco concert was one part of a series of very successful events launching commercial services in Phnom Penh

where close to 100,000 people attended. We are continuously arranging campaigns, promotions and events in the market to offer the most attractive solutions to the people of Cambodia. Given our successful launch experience in Phnom Penh, large scale marketing events and/or concerts will be a part of our strategy in launching services in other cities in Cambodia later this year.

Your campaign seems targeted at Khmer youth. Why are you targeting this market?

Our key strategies are different from the other providers because rather than focusing on competing we are focusing on the people of Cambodia and how we can provide the best benefit to them. qb is committed to provide special packages and services to help students in the pursuit of education as they are Cambodia's future. qb awareness campaigns are in general targeting all people of Cambodia under our commitment to offer advanced and innovative services to everybody. Young people and students are a very important part of our strategy, but we will also focus on family & friends promotions and we will start to offer special tailor made packages to the corporate/SME market.

What do you think the future holds for business investment?

The Government of Cambodia has made several good initiatives to facilitate foreign investment in Cambodia, such as 100 percent foreign ownership of companies and tax incentives. This is one of the reasons that foreign investment and hence the Cambodian economy has been steadily growing. Together with other factors, the continuous increase in number of tourists is also a driving engine for the growing economy. Therefore, I believe that long-term business investment in Cambodia is a great opportunity. ■

CV

MORTEN ERIKSEN

Position: CEO Cadcomms

Age: 41

Nationality: Norwegian

Vice President: Master of Engineering & Master of Management with 20 years telecoms experience.

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
339 Street 110, Tel: 012 335 499
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.cccfcambodge.org

International Business Club of Cambodia
56 Sotheaors Blvd, Tel: 023 210 225
zirconium@online.com.kh

Canadian Trade Commissioner Service
Canadian Embassy, 9 Street 254
Tel: 023 213 470 Ext 417
www.infoexport.gc.ca/kh/

BCC / Malaysian Business Council of Cambodia
Unit G21, Ground Floor, Parkway Square
113, Mao Tse Tung, Tel: 023 221 386
mbcc.secretariat@gmail.com

Singapore Business Club (Cambodia)
92, Norodom Blvd, Tel: 023 360 855
singcamb@online.com.kh

Embassies

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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

commercial banks

Advanced Bank of Asia
148 Sihanouk Blvd.,
Tel: 023 720 435
www.ababank.com.kh
Commercial bank, managed by Koreans

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Trevor Keidan: All roads are not paved with gold



FOR A WHILE NOW I HAVE BEEN bleating on about the potential benefits of investing in gold. Its price has rallied from around US\$340 to over US\$900, with a slight correction to its current price of approximately US\$831. I have heard many different opinions on gold as an investment, some saying that they cannot see the value of gold, others saying it is too expensive (since it was in the US\$400s), while fans discuss the virtues of gold as an investment. It is a currency they say, it is in high demand as jewellery, and there is only a finite supply of this metal.

Gold has two distinct guises – gold, the commodity; and gold, the crisis currency. As a commodity, gold reacts to the law of supply and demand. When there is confidence in paper money and economies are thriving, there is not much profit in trading gold, the commodity. Gold, the crisis currency, is a totally different animal. It takes on this role when confidence in paper currency has broken down. The environment is one of crisis, whether that be oil, monetary, currency, banking or political. At these times people are generally depressed and pessimistic about the future. Taking rational decisions in this climate is extremely difficult, but crucial. Gold is an essential requirement for surviving a crisis period and even profiting from it.

■ WHAT INFLUENCES DEMAND?

Gold jewellery can be divided into two broad classifications – as decoration and as an investment. The former is typically sold

to western countries and contains a considerable degree of artistic value enhancement. The latter is sold to the Gulf, the Indian sub-continent and the Far East where its value resides in its gold content rather than its design. The tradition of wealth being stored in jewellery is long established in India and the Middle East. However, as this demand is created by wealth rather than fashion, it is much more susceptible to changes in the economic circumstances of the purchasers.

The Gold ETF is a security listed on the NYSE. The value of the ETF is determined by the dollar price of gold. This ETF has changed the fundamentals and the structure of the gold market. Anyone with an equity account can own gold without the costs and risks associated with holding physical gold.

Gold Field Mineral Services estimates that mine reserves are being reduced at in excess of 10 percent per annum. This reduction is being driven by a number of factors, namely the increase in the price of gold, the fall in lease rates and

shareholder pressure for simpler and reduced hedge programmes.

■ WHAT IS THE FUTURE FOR GOLD?

This is the million-dollar question. It is my belief that we will see continued pressure on the markets with a further unravelling of the financial sector and weakening of the dollar. I also believe that oil will continue its upward trend.

I would not be surprised to see gold break the US\$1,000 mark – experts have been throwing around numbers like US\$1,500 and US\$2,000. Having said all of this, nothing is certain in the markets, but I think that gold is still a good option for investing in these troubled times.

■ HOW TO INVEST IN GOLD?

You can buy the physical gold bullion and store it in a safe or hold it at a bank. Alternatively you could simply buy the gold ETF mentioned above or invest in one of the many funds available from the Merrill Lynch World Gold Fund through to some very interesting gold hedge funds or mining funds.

Whatever you do I would strongly advise that you consult with a professional financial advisor to ensure the fund you select matches your attitude to risk and your investment time horizons.

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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insurance

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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
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Infinity Insurance
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international schools

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www.ican.edu.kh
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www.ispp.edu.kh
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it & software

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Tel: 023 222 056

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61A Street 214
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China Airlines
32 Norodom Boulevard
Tel: 023 222 393

Dragon Air
168 Monireth Boulevard
Tel: 023 424 300

Eva Air
298 Mao Tse Tung Boulevard
Tel: 023 219 911

Jet Star Asia
333B Monivong Boulevard
Tel: 023 220 909

Lao Airlines
58C Sihanouk Boulevard
Tel: 023 216 563

Malaysia Airlines
172 Monivong Boulevard
Tel: 023 218 923

Royal Air Services
168 Monireth Boulevard
Tel: 023 881 090

Royal Khmer Airlines
36B Mao Tse Tung Boulevard
Tel: 023 994 502

Shanghai Air
19 Street 106
Tel: 023 723 999

Siem Reap Airways
61A Street 214
Tel: 023 722 545

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313 Sisowath Quay (Himawari Hotel)
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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

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 Sothearos Blvd.

ANZ Royal Offsite ATM Accessible Time: 7am to 10pm

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

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- 394 Sihanouk Blvd.
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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
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Banteay Chmar by Torchlight

It is not often that you can enjoy a secluded meal in an overgrown ancient temple. **Virginie Noel** took the opportunity to visit Banteay Chmar in north-western Banteay Meanchey Province.

While your hosts prepare a delicious dinner, explore the ruins in the early evening. Its other-worldly atmosphere can make you feel like the first explorer discovering the temple



Torchlit dinner among the ruins

GOING TO BANTEAY CHMAR feels like an adventure well before you actually get there. The trip from Siem Reap takes you over unsealed roads into a remote part of Banteay Meanchey Province. Rumours of an overgrown and wild temple, which you can explore by night time, are enough to wake the spirit of adventure in most of us. But before you get to play Indiana Jones, there are plenty of daylight activities to do in Banteay Chmar village, and a friendly host family to meet.

■ VILLAGE HOMESTAY

The taxi drops you off in Banteay Chmar central, right next to the small and friendly market. Here are several food stalls selling local fare, should you arrive at lunchtime. The food is cheap and basic, but tasty.

Upon arriving, you will most likely be greeted by Ponlok, one



Excellent vegetarian Khmer food

of the two guides in Banteay Chmar. He will take you to your appointed homestay and introduce you to the family you are going to stay with.

The homestays are very comfortable, with a bed, mosquito net and own room provided. The bathrooms are basic, but that is part of the charm of staying in the countryside.

After you have settled into your homestay and met the family, take some time to explore the village and its surroundings. Banteay Chmar is a traditional Cambodian village with some hidden gems, such as beautifully built wooden stilt houses or funky hairdressing shops in small wooden huts, in its dusty streets. The villagers are friendly and curious.

The village is part of the community-based ecotourism network (CCBEN). The villagers



If the heat gets too strong, you can always take a dip in the moat

manage and organise the tourism activities themselves. While you come to Banteay Chmar to see the temple, there are plenty of other activities to keep you busy here for a day or two. Ask your guide about activities in advance, as some need some time to organise. A fun way to get around the village is by oxcart or by tractor. Carting around in one of these unusual modes of transport provides a new perspective on Cambodian village life. It also makes you the star of the village for the day.

■ SILK AND HONEY

The French NGO Enfants du Mekong has a weaving workshop in the village, which always welcomes visitors. They employ 11 weavers and help support disadvantaged families in the area.

Do not miss Les Soieries du Mekong, where the finishing touches are put on silk products. You can purchase beautiful silk scarves, silk flowers and bags, as well as other accessories for a reasonable price. Over 60 weavers participate in this project organised by Les Enfants du Mekong, which specifically aims to help orphans. Most of their products are destined for export to European markets, with some sold locally or in Siem Reap.

If you have a sweet tooth, make sure you visit the local

beekeepers, who will be happy to show you their bee houses and let you sample some of their natural produce. A large bottle of honey (about one litre) costs US\$7. You can be sure that all proceeds go directly to the producer.

■ BANTEAY CHMAR TEMPLE

It's best to visit the temple in late afternoon. Then the sun is lower and its rays create beautiful light-and-shadow effects on the carvings and ruins – adding to its already eerie atmosphere. Built

by Jayarvarman VII (1181-1219), Banteay Chmar is a tribute to his son Indravarman and the leading Cambodian generals who defeated the Chams in some crucial battles. Several detailed carvings depicting these can be admired on the walls of the temple.

Surrounded by a 1,500-metre long by 900-metre wide moat, the vast temple complex is mostly in ruins. Trees overrun the structures in many places. Beware of mines and stay on well-trodden paths.

Unfortunately, Banteay Chmar has been the victim of relentless looting, which have deprived the temple of most of its intricate carvings. Only two of the original eight carvings of multi-armed Avalokiteshvaras still adorn the outer gallery. These are breathtaking in the intricacy of their detail. With a little imagination they will give you an idea of the temple's former splendour. Banteay Chmar also features towers bearing the rare faces of Avalokiteshvara – which can also be admired at Bayon. Although most of the towers have collapsed, there are still a few towers from which Avalokiteshvara smiles his enigmatic smile.

■ THE TORCH-LIT DINNER

The truly special part of a visit to Banteay Chmar, however, is



Carvings around Banteay Chmar depict victory over the Chams



Enfants du Mekong has a weaving workshop in the village

the atmospheric, torch-lit dinner the villagers offer their visitors. Around sunset, an eerie atmosphere sets in. While your hosts prepare a delicious dinner, explore the ruins in the early evening. Its otherworldly atmosphere can make you feel like the first explorer discovering the temple.

As the sun set, our guide lit up homemade torches, which emanated a fragrant smell from the different herbs contained within. They also acted as a natural mosquito-repellent, as the little pests did not bother us at all as night fell. Settling down for dinner on mats in the midst of the trees and ruins, with only torches lighting the

surroundings, a quiet and serene atmosphere set in. Dinner consisted of two fresh and copious vegetarian dishes, rice, pickles and local fruit for dessert. If you want to have a beer, or some local rice wine, ask your guide in advance or bring your own, as only drinking water is included in the price of the dinner.

Slowly savouring this homemade cooking, soak up the tranquil atmosphere, lie back and admire the torchlight playing on the carvings. Relish the truly unforgettable experience of dining in one of Cambodia's most ancient and remote temples. You might just give a toast to the ancient Khmers for building these marvels.

■ **INFORMATION**
Community Based Ecotourism
Project supported by Agir Pour le Cambodge.

Contact apl@online.com.kh,
www.agirpourleCambodge.org.

For bookings and information,
tel: 012 237 605.

■ **GETTING THERE**
Direct buses link Phnom Penh and Siem Reap to Sisophon. You can also catch a taxi from Siem Reap to Sisophon for around 17,000 riel. From Sisophon, local taxis will take you to Banteay Chmar for 15,000 to 20,000 riel. The trip from Sisophon to Banteay Chmar takes from one and a

half to two hours, depending on the weather. The condition of the road varies, as parts of the stretch between Siem Reap and Sisophon are being rebuilt. Smooth asphalt alternates with pothole-ridden dust road, but overall the trip is fast and relatively comfortable.

■ **HOW MUCH**
Dinner at the temple will set you back around US\$10 per person, including temple fee and transport. Homestays cost US\$7 per room, and a guide for the day will cost you US\$5. Hiring an oxcart for the afternoon costs US\$5\$ for four people, riding in a tractor US\$6 for four people. Bicycles are also available for rent at US\$1.50 a day. ■

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chau Doc (vietnam)

Victoria Chau Doc Hotel

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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.

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 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.

Epic Arts Café

Old Market, Kampot

Employing deaf staff, this café next to the old market has a good range of bagels, shakes, brownies and coffee. Open from 7am to 6pm.

Jasmine

House 25 Riverside Road, Kampot
Tel: 012 927 313

Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish addition to the Kampot riverfront. Serves tasty Thai, Khmer and café fare, it also has photography decorating the walls, and dark wood furniture including two large tables for groups.

Les Manguiers

2km north of Kampot, Tel: 092 330 050

Small resort with bungalows and rooms

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1 street 154, Sisowath Quay
Phnom Penh Cambodia

part 14

The Motorbike Diaries:

Travelling from Vietnam to London by motorcycle, Mike Gracey and Lotta Väänänen enter Europe.



As the sign says – you are welcome to Europe

WE WERE NOW 120 KILOMETRES west of Ankara and heading in the direction of Istanbul, planning to take a detour via the town of Bursa when the digital display on my speedometer began to flicker and all of my electrics – including the vital horn – stopped working. We rode for as long as I could before the cold weather became unbearable for the pair of us and I desperately needed to rest my saddle-sore behind! Inevitably my bike would not start again. We were in the middle of nowhere, not even half way to our destination for the day, and had to resort to spending the evening in a small town, once the battery had been re-charged at the local mechanics.

The following morning we decided to scrap Bursa altogether as our friends Al and Hiroko were waiting for us in Istanbul, and instead spent the entire day covering 455 kilometres to Istanbul. The weather seemed to be on our side and despite feeling tired we were overjoyed to finally cross the bridge over the Bosphorus and thus arrive in Europe. Naturally we paused at the sign welcoming us to Europe for a memorable photo when a policeman yelled at us to move along. On approaching the numerous spaghetti junctions –

much worse than what we had experienced in Delhi or Bangkok – we took a wrong turn and spent an eternity finding our way through the maddening traffic to the Sultanahmet zone. Eventually we found it and immediately headed to the meeting point, but could not find our friends. Instead, a persistent tout hassled us about taking a room at his hotel. The price was too steep for us, and we reassured him we did not need his help, he told us to “f**k off!” Shocked at this response I mouthed off at him and within seconds we began shoving one another when a small crowd encircled us and three other individuals joined in, attempting to take swings at me! With Lotta yelling, I quickly mounted my bike and we sped the hell out of there, leaving behind an angry mob. We were utterly startled and shaken, welcome to 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



The Independence Hotel

● Boutique Resort ●

Street 2 Thnou, Sangkat No. 03, Khan Mittapheap, Sihanoukville, Cambodia
Tel: +855-34 934 300 - 303 H/P: 012 728 090 • Fax: +855-34 933 660

Web: www.independencehotel.net

Email: info@independencehotel.net or indph@online.com.kh

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.

Little Garden Guest House

Riverside Kampot
Good value guest house well located near the old bridge on the riverside. Good sized rooms cost between US\$10 to US\$18. Also has a restaurant open from 7am to 10pm.

Rikitikitavi

Riverfront, Kampot, Tel: 012 274 820
rikikititavi@asia.com
Superb western food is served up in massive portions in this river-facing restaurant, bar and three room guesthouse. A more upmarket venue for Kampot, the upstairs seating affords great sunset views. Rooms range from US\$25-35 and are the most stylish in town. Restaurant and bar closed on Mondays.

Rusty Keyhole

Riverfront, Kampot
This riverside British pub is the place for expats to chew the fat over a pint in 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.

Kandal. Funded by a German chamber of trades and crafts. The baskets and handicrafts have marked prices.

Le Relais de Chhlong

Mekong riverside, Chhlong (Kratie Province), Tel: 012 501 742
champeyinn@mobil.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.

Red Sun Falling

Rue Preah Sumarit
Well-established western-run café and bar on the riverfront. One of the few bustling places in the evening, it has tasty food with dishes in the US\$1.50-2.50 range.

Santepheap Hotel

Rue Preah Sumarit (the riverfront)
Tel: 016 703 580 / 072 971 537
santepheaphotel@yahoo.com
Good centrally located Khmer style hotel facing the river, with basic rooms costing US\$15 including breakfast.

Sen Sok Guesthouse

South of the market, near the post office
Tel: 012 732 185, saratheam@yahoo.com
Small, friendly guesthouse with US\$4-12 rooms. Set in picturesque peaceful part of town, a 5-minute walk inland from the Mekong. Excellent rooftop views of the surrounding countryside.

Star Guesthouse

Opposite the market, Tel: 012 753 401
kratiestar@hotmail.com
A hub for arranging transportation and getting travel advice on travel to Ratanakiri, this guesthouse has cheery, colourful and clean rooms for only US\$4 to US\$5 a night. The café serves up some of the most innovative food and drink in town. Has facilities for storing motorbikes also available.

phnom penh - deluxe

Amanjaya

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

Cambodiana

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

Himawari

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

Imperial Garden Hotel

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

Intercontinental

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

Raffles Hotel Le Royal

Street 92, Tel: 023 981 888
www.phnompenh.affles.com
Emanates the same class as its more famous namesake in Singapore. The

kep

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.

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.

Keplodge

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: 012 879 486
www.knaibangchatt.com
Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public. 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. Check for special offers.

Star Inn

Kep Beach, Tel: 011 765 999
Hotel overlooking Kep Beach that has good sized and elegant air-con rooms. Rooftop restaurant serves seafood and cocktails. It stays open to late at weekends. Rooms from US\$20 to US\$50.

Veranda Natural Resort

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.

kratle

Cambodian Craft Co-operation

At Wat Roka Kandal
A small craft centre selling wickerwork by local artisans, housed inside Wat Roka

THINK BEFORE GIVING MONEY TO BEGGING CHILDREN



www.childsafe-international.org



Imperial Garden Villa & Hotel

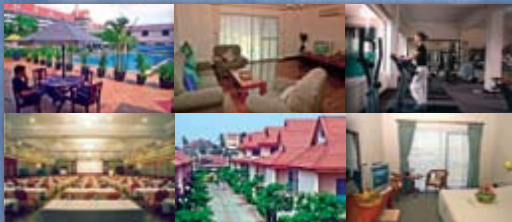


Your Home on the Mekong

Set at the confluence of three of Cambodia's mightiest waterways, Imperial Garden Villa and Hotel is just minutes away from Phnom Penh's bustling riverfront and downtown.

Sabbay Bar

Happy Tiger Beer Hour 5pm - 9pm. "50% OFF for TIGER Draught Beers"
Happy Cocktail Hour 5pm - 9pm. Buy One, Get One FREE!



#315, Sisowath Quay, Phnom Penh, Cambodia

Tel: (855) 23 219 991 • Fax: (855) 23 219 992

Website: www.imperialgarden-hotel.com • E-mail: sales@imperialgarden-hotel.com

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 Sothea's 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 (Cnr. of 57),
Tel: 023 222 522

www.anisehotel.com
Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine. Rooms from US\$29 to US\$60.

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.fccambodia.com

Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-speed Internet access and the latest mod cons. Rooms from US\$85.

Goldiana
10-12 Street 282, Tel: 023 219 558
www.goldiana.com

Extremely popular hotel for visiting NGO workers presumably due to its close proximity to NGO-land and decent prices. Rooms from US\$28 to US\$48.

Kabiki
22 Street 264, Tel: 023 222 290
www.thekabiki.com

Set in a secluded alley around the corner from the Pavilion, Kabiki is the first hotel in Cambodia dedicated to families and children. The two salt-water pools are designed with children in mind. The rooms (US\$45 to US\$70) have a double bed and a bunk bed as well as a small outside area for small children. Free WiFi, bar and restaurant.

Renakse Hotel
277C Sisowath Quay, Tel: 023 214 498

Large hotel set in some beautiful gardens just across the road from the Royal Palace. Rooms US\$35 to US\$60.

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

Five-storey, 16-room boutique hotel opened on the riverside in April. Stunningly designed by Gary Fell, the stand-out features are the roof-top jacuzzi and the very contemporary ground-floor bar and

Chow Restaurant with WiFi and a small poolside restaurant.

The Pavilion
227 Street 19 Tel: 023 222 280
www.pavilion-cambodia.com

Beautiful boutique hotel set in a colonial building with 10 large, uniquely-designed rooms, each with either a small balcony or garden. Outdoor swimming pool, free Wi-Fi and a small poolside restaurant. Rooms from US\$50 to US\$65.

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

Brand new boutique hotel with restaurant and beautiful swimming pool. Just a stones throw away from Wat Lanka.

phnom penh - budget

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.fccambodia.com

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

Golden Orange
Off East River Road, Tel: 063 965 389

Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers. Rooms from US\$20.

Hotel de la Paix

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

La Residence d'Angkor

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

Raffles 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.

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**Cantina del Mar**

Otres Beach, Tel: 012 702 502
 Newly opened taco and seafood stall on one of Sihanoukville's most unspoilt

beaches. If it is anything like its Phnom Penh older sister, expect great Mexican food and some mean tequila cocktails. Open from 10am.

Holy Cow

Ekareach Street, Tel: 012 478 510
 Beautiful restaurant set in a relaxing garden environment on the main street, with terracotta terrace downstairs and wooden dining area upstairs. Well-priced, good cuisine including vegetarian options from US\$1.50 to US\$3, with house wine at US\$2. Open 9.30am to midnight.

House of Malibu

Serendipity Beach, Tel: 012 733 334
 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, Khnan 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.

La Maison Blanche

Victory Hill, Tel: 012 913 714
 Hotel conveniently placed on Victory Hill's main drag and a few hundred metres walk from Victory Beach. Opened in August with rooms from US\$6 (fan) to US\$12 (air con).

Le Vivier de 'La Paillote'

Victory Hill, Tel: 012 633 247
 Upmarket French restaurant that certainly outshines the other places on Sihanoukville's late night drinking street. Sophisticated French cuisine in a beautiful garden setting. Open for lunch and dinner.

Luna d'autunno

Ekareach Street, Tel: 034 934 280
 Best Italian restaurant in Sihanoukville,

serves a similar menu to the one in Phnom Penh, but with a heavier emphasis on seafood. Beautiful roof-top terrace and interior air-con restaurant. Open for lunch and dinner.

Mick & Craig's Sanctuary

From Golden Lion to Serendipity Tel: 012 727 740
 Open restaurant serving reliable food, including wood-fired oven pizzas. Bar has a big screen and pool table. The 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.

Otres Nautica

Otres Beach, Tel: 092 230 065
 Boating company operating off Otres Beach. Has catamarans, lasers, sailing boats, sea kayaks as well as other vessels. Provides lessons and rental for beginner and expert sailors.

Paracambodia

Tel: 012 709 096, www.paracambodia.com
 Company that offers powered paragliding, either through a four-to-five-day course for US\$650 or a two-to-three-day conversion course for US\$300.

Reef Resort

Road from Golden Lion to Serendipity Tel: 012 315 338, bookings@reefresort.com.kh
 Small guesthouse set around a beautiful pool. 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.

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

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.

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,

Cambodia's trusted charter & scenic flights specialist!



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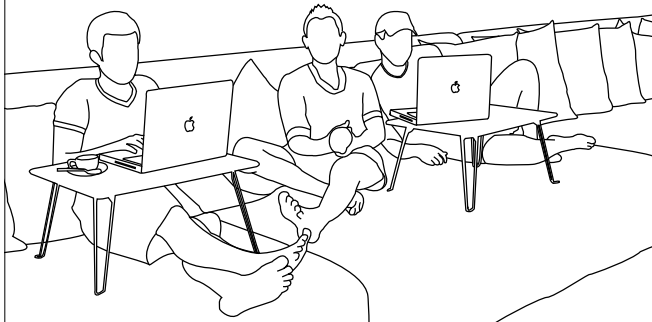


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SOKHA HELICOPTERS



the blue pumpkin



bakery
ice cream
restaurant
lounge

free old market - siem reap
wi-fi www.tbumpkin.com
spot 063 963 574
open 06.00 to 22.00



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, but only if you try hard.

Starfish Bakery Café

*Behind Samadera Market
Tel: 012 952 011*
Excellent place for a healthy breakfast or lunch set in a relaxing garden environment with good bread, salads, sandwiches, juices and porridge. Has a small shop run by the Rajana Association selling clothes and handicrafts. Good place to go for a massage. Open for breakfast and lunch.

Top Cat

On road from Golden Lion to Serendipity Beach, dabeevr@yahoo.com
Opposite the Reef Resort, this luxurious large screen movie house showing DVDs opened in August. The films are free but there is a charge for the air con and comfortable couches.

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 Wi-Fi. Also has outlets at Angkor Wat and the airport.

Café de la Paix

*Sivutha Bld, Tel: 063 966 000
www.hoteldelapaixangkor.com*
Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and patisseries are all 50% off after 8pm.

Happy Painting

*FCC, Old Market,
Angkor Century Hotel
Tel: 012 623 945, www.happypainting.net*
Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards. Open 5.30am to 11pm.

siem reap - galleries

Carnets d'Asie

*333 Sivutha Bld., Tel: 016 746 701
www.carnetsdassie-angkor.com*
Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th century.

Klick

Alley behind Pub Street, Tel: 063 761 084
Commercial fine art gallery dedicated to the work of Swiss photographer Pier Poretti. Black and white photographs are given a face-lift using hand-tinted water colours. Prints start at US\$40.

McDermott Gallery

*FCC Complex, Pokambor Avenue & alley behind Pub Street, Tel: 012 274 274
www.mcdermottgallery.com*
The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other other photographers alongside McDermott's own work. Open 10am to 10pm.

The 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 Riep's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit. ☺

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

from Mountain Mist...

to Desert Bliss,

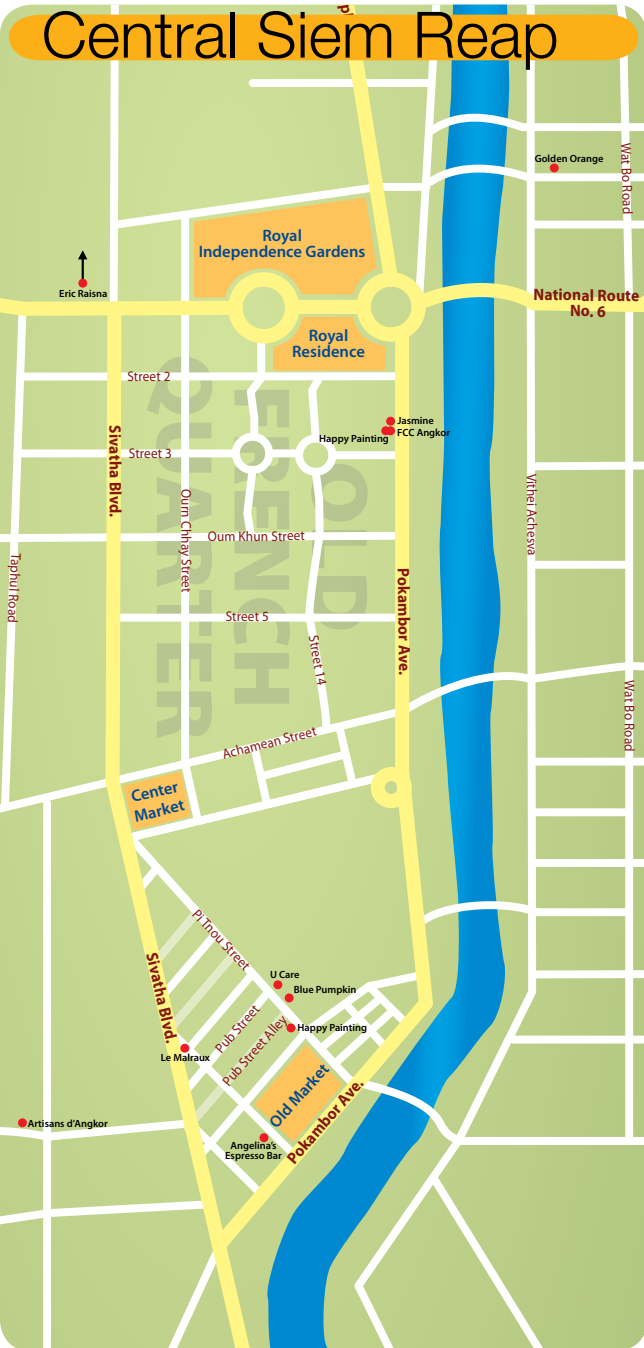
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Central Siem Reap

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.residenceangkor.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.

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.residenceangkor.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, Vithai 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
The Passage, Old Market, 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.

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 galleried shopping area is this beautifully shaded high quality restaurant.

FCC Angkor
FCC Complex, Pokambor Avenue
Tel: 063 760 280
 The best example of contemporary Asian architecture in Cambodia, the elegant bar and restaurant serve a mix of Asian and International cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel and arguably the coolest pool room in Cambodia.

La Noria
Wat Bo Road, Tel: 063 964 242
 Beautiful restaurant, set on a raised terrace area surrounded by trees. Serves good international and Khmer cuisine. Has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

Le Malraux
155 Sivutha Boulevard
www.le-malraux-siem-reap.com
 Sophisticated French fine dining establishment close to the market with good outside terrace and welcoming bar. Has a fine selection of wines.

Italian Restaurant
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Getting There



■ BATTAMBANG

GST runs seven buses a day from the Central Market Bus Station to Battambang, starting at 6.45am and finishing at 12.30pm. The journey takes between five and six hours and costs US\$4. Far more comfortable and quicker (four hours) is a shared taxi. Expect to pay US\$40.

■ KEP & KAMPOT

Both Kep and Kampot are served by the same bus service. Buses leave Phnom Penh at 7.30am and 1pm from the bus station 30 meters from the main entrance to the Olympic Stadium. Contact Hua Lian Transportation (Tel: 012 376 807) for details. Other buses leave from the bus station at the Central Market. A one-way ticket costs US\$5 and takes about 4.5 hours. Shared taxis can be found in the morning at the Central Market.

■ KRATIE

Buses departing for Kratie leave from the Central Bus Station next to the Central Market. The seven-hour journey costs between US\$5 and US\$5.50 and buses leave at 7am, 7.30am and 9.30am.

■ SIHANOUKVILLE

Mekong Express buses leave from their office close to the Green Vespa at 87A Sisowath Quay at 7.45am and 2.30pm, stopping at Orussey Market. Price is US\$5 including a snack and free pick-up. GST runs four buses a day (7:15am, 8:15am, 12:30pm & 1:30pm) for US\$4 from Central Market, but offer no pick-up or snack.

Le Bistrot de Paris

Old Market Area, Tel: 092 964 790
Parisian-style bistro which opened in December 2006. Heavy wood-panelled interior with solid bar and aircon provide this restaurant with authenticity. Serves foie gras, croque monsieur, cheese, cold cuts and French wines.

Maharajah

Next to Pub Street, Tel: 092 506 622
Halal restaurant offering 261 Royal Indian dishes, including a large selection of vegetarian and non-vegetarian specialties. Open from 10am to 11pm with free home delivery.

Meric

**Hotel de la Paix, Sivutha Boulevard
Tel: 063 966 000
www.hoteldelapaixangkor.com**
Elegant, contemporary restaurant with classically simple yet powerful black and white décor and an open kitchen. Executive Chef Johannes Riviere has devised a daily-changing seven-course traditional Khmer set menu. Try to book one of the swings outside on the terrace.

Singing Tree Café

**Wat Bo Road, Siem Reap
Tel: 012 490 265**
Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialties, all costing around US\$2. Also a centre for yoga, meditation and reiki healing.

Tigre de Papier

Pub Street, Siem Reap, Tel: 012 265 811
The thing that differentiates this place from all the other restaurants along Pub Street is its half-day cookery classes, starting at 9am and costing US\$10. Friendly, helpful French management.

Viroth's

Wat Bo Road, Tel: 012 826 346
Elegant restaurant on the other side of river with excellent terrace garden. A good place to try royal Khmer cuisine including amok.

siem reap - shops

Boom Boom Room

Old Market
Boasts a 176-page catalogue of tracks that can be burned either onto CDs for US\$1.25 or mp3 discs for US\$0.75. Also sells its designer t-shirts (US\$6) and hoodies (US\$15) as well as the Zico fashion label for women. Same chain as in Phnom Penh and Sihanoukville.

Carnets d'Asie

333 Sivutha Boulevard, Tel: 016 746 701
Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

Eric Raisna

**53 Veal Village, Siem Reap
Tel: 012 965 207 / 063 963 207**
Accessories, home decorations, textiles

and clothing created by Madagascar-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

Happy Painting

**FCC, Old Market, Angkor Century Hotel
Tel: 012 623 945, www.happypainting.net**
Three shops selling the extremely colourful and positive work of iconic artist 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.

travel

Cambodia Uncovered

**Tel: 012 507 097
www.cambodiauncovered.com**
Offers village and cultural tours in Phnom Penh and surrounds including road trips, Mekong cruises, accommodation, cooking classes and other activities.

Compagnie Fluviale du Mekong

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

Exotissimo Travel

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

Sokha Helicopters

**2 Street 134 Phnom Penh,
Tel: 023 885 773
24 Sivatha Road Siem Reap,
Tel: 012 184 8891
www.sokhahelicopters.com**
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Travel Indochina

**43-44EO Street 108, Tel: 023 991 978
www.travelindochina.com.au**
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Sihanoukville



- (1) Pears (2) Peach Schnapps
- (3) Grapefruit (4) Grape Kne
- High (5) Orange (6) Adam's
- Apple (7) Pomegranate
- (8) Avocado (9) Mango
- (10) Forbidden (11) Rainfall
- (12) Rainbow Warrior
- (13) The Great Train Robbery
- (14) Train (15) Bahrain
- (16) Brain (17) Prince Rainier
- (18) Drain
- away water (19) Trainspotting
- (20) Ukraine (21) Venezuela
- (22) Switzerland and Italy
- (23) Peru (24) Istanbul
- (25) Bangladesh (26) Finland
- (27) Dead Sea
- (28) Amsterdam (29) Australia
- (30) Bolivia.

Pub Quiz Answers



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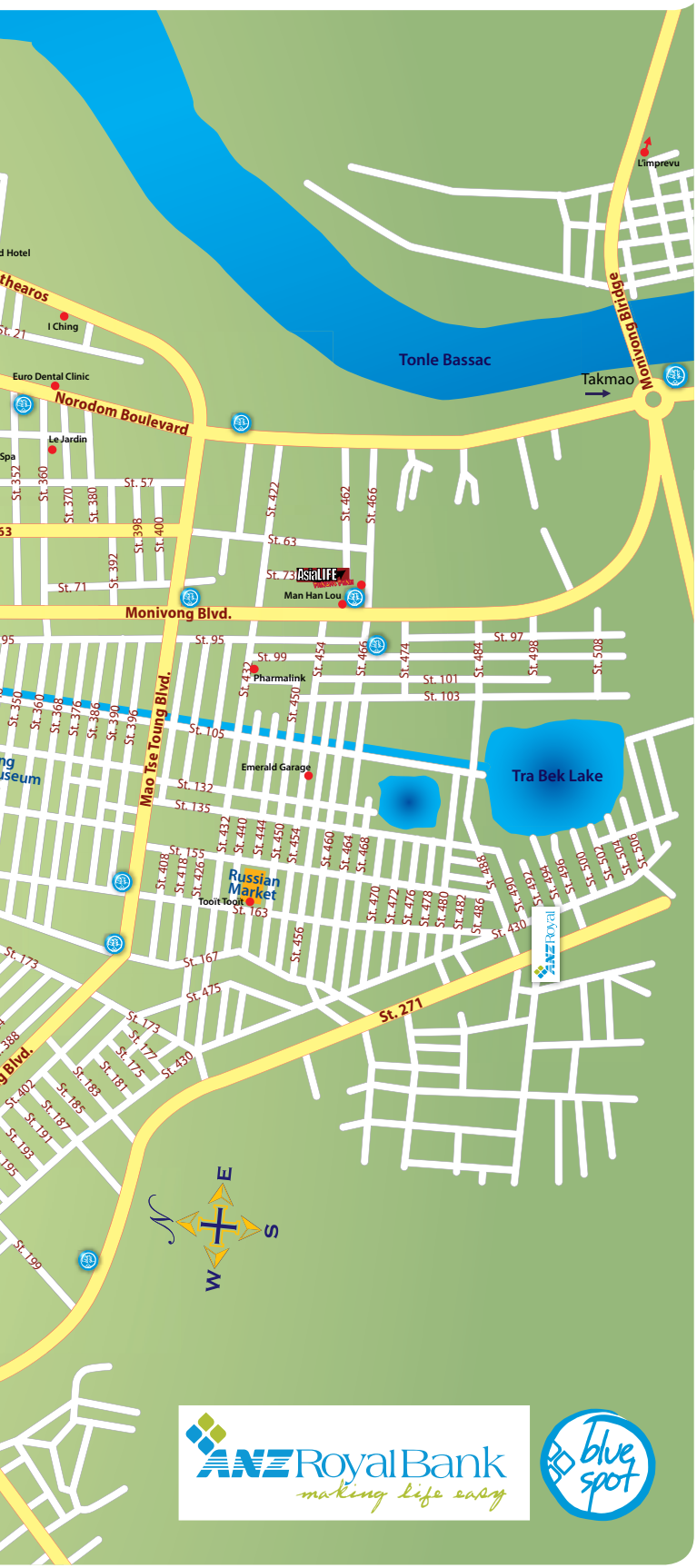
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phnom penh: central





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unplugged

Learning to Talk in America

Will discovers that listening to his first-born's first words is more linguistically challenging than conjugating German verbs.



Mistaking someone as being from, say, Mexico instead of Guatemala, makes people very upset. Confusing San Salvador and Honduras will get you a football to the face.

neighbourhood. Most of our neighbours speak Spanish as their first or only language. There are Spanish-language churches and shops. The government schools and departments have signs in Spanish first and English second.

Our son's daycare provider is originally from Mexico and several of his peers in care speak Spanish, so it was only natural that he started to pick up the language.

But he wasn't learning just Spanish. He also picked up English and Khmer, along with the standard baby babble – I refuse to except “horsie” and “pee-pee” as proper English.

This mishmash of language makes him even more difficult to understand than the average toddler. After slurping down a bottle, it's not empty or finished, it's “ah howie.” When he's thirsty he doesn't ask for water, he asks for “agua.” When we're off to grandmother's house, it's because he wants to see “ya-ya,” not grannie or grandma. Uh-oh, time to get going. The “agua” is “a-howie” and the little guy wants to go to “ya-yas” house.

At this point, he can read and speak whatever language he likes, so long as he just does it one at a time.

Will Koenig lives in Oregon with his wife and son. Contact him at: will.koenig@gmail.com.

ANYONE WHO HAS VISITED Cambodia's beautiful beach resorts has seen the long lines of foreigners reclining along the ocean, noses planted deep in novels and light non-fiction. The scantily clad barangs take their obligatory dips in the surf every hour, drink a coconut and soak up the sun, but the primary focus – at least until the sun goes down and the real debauchery begins – is the book.

Alas, Cambodia does not have a culture that puts a strong emphasis on literacy. Education is highly regarded – the overflowing universities are evidence of that – but more for its impact on future earnings and social status than any love of pure knowledge. Of course, school is also a great place to meet a future mate and gossip over Coca-Cola. But reading for pleasure isn't on the agenda.

While those long noses recline in their Speedos and bikinis, the Cambodian families at the beach – with the women baring nothing but feet and hands to prevent the terrifying prospect of a tan – frolic with abandon in the surf.

So I've always been curious what my son's reading habits would be like. Would he be a bookworm like his father? Merely a middleweight reader like his mother (who enjoys reading much more than the average Cambodian)? Or would he become a true American and spend as much time in front of the television as he does sleeping?

But before reading comes speaking.

His mother is a Cambodian who speaks Khmer, Thai, Japanese and of course English, the best language in the world. His father is an American (obvious, considering the linguistic arrogance in the preceding sentence) who speaks English and only enough German to embarrass himself by assigning the improper gender to articles.

I only studied German because it was so closely related to English. I could have learned Frisian, except investing years of study into that language didn't sound like it would open many doors around the world, except maybe doors to cold, barren sandbars and marshes in the North Sea. That and the fact that almost

no one speaks Frisian outside of those cold, barren marshes on the North Sea.

But, as it turns none of the languages we speak are enough to satisfy our toddling son.

America in general, and the Western U.S. in particular, has been experiencing a wave of migration from Latin America for the last few decades. This is, depending on what spectrum of the media you listen to, either business as usual or “The End Of Civilisation.” As America has survived waves of immigration by the Irish, the Italians and the Basques, Americans can survive anything.

The neighbourhood we live in is heavily Latino, which is a nice way to say someone speaks a language that got its start on the Iberian peninsula, but that you have no idea where they are actually from. Mistaking someone as being from, say, Mexico instead of Guatemala, makes people very upset. Confusing San Salvador and Honduras will get you a football to the face.

But for the most part Spanish is what you hear in our

This Month in History

mice, peanuts, bikes, leaders, scandals, detectives



■ M-I-C-K-E-Y-C-H-I-N-A

September 12, 2005

The world's fifth Disney park opened in Hong Kong, China on September 12, 2005, a date considered auspicious according to Chinese almanacs. Disney made an effort to avoid problems of cultural backlash by incorporating Chinese culture and traditions when designing the resort. The park consists of four themed lands: – Main Street, U.S.A., Fantasyland, Adventureland and Tomorrowland. The Hong Kong Disneyland is the smallest of the five parks and has been criticised for not meeting the company 34,000 visitors per day target. The park has also been accused of often serving sub-standard food, causing attendees to suffer food poisoning.



■ GOOD GRIEF!

September 10, 1992

Lucy in Peanuts comics raised her fee for psychiatric help. As a parody of the lemonade stand operated by many young children in the U.S., Lucy managed a

psychiatric booth where she gave advice for five cents per session. Due to a rising cost of hot chocolate one winter in the early 80s Lucy was forced to increase her fee to seven cents. The most frequent beneficiaries of Lucy's psychiatric wisdom were the anxious Charlie Brown, her little brother, Linus – the musical genius – and Snoopy. All received advice that was usually of little help and was followed abruptly by "5 cents please."

■ "WE SHOULD HAVE BELIEVED HIM WHEN HE SAID HE WAS RUNNING AWAY"

September 10, 1984

Sean O'Keefe set the world record for being the youngest person to cycle across the U.S.. The eleven-year-old boy, born in Fairbanks, Arkansas, cycled from Santa Monica, California to New York City. The boy accomplished the feat in just 24 days, averaging a speed of 5.2 kilometres per hour. The fastest time recorded for crossing the U.S. on a bicycle is seven days, 23 hours and 16 minutes.



■ DEATH OF THE CHAIRMAN

September 9, 1976

Mao Tse-Tung, dies at 82. The leader of the People's Republic of China, regarded as one of the most important figures in modern world history, remains a controversial figure to this day. Many of his socio-political programmes are criticised for causing severe damage to the Chinese culture, society, economy and foreign relations, not to mention a probable death toll in the tens of millions. He is generally held in high regard in mainland China

where he is portrayed as the great revolutionary and political strategist who transformed the country into the great power it is today.

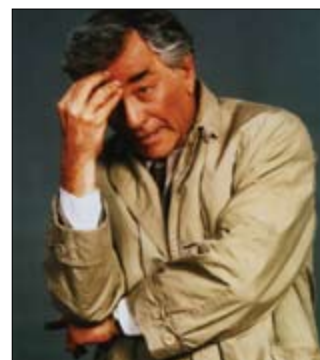


■ NAKED AMBITION

September 17, 1983

Vanessa Lynn Williams was crowned as the first African-American Miss America. Williams made history a second time as her rein as Miss America came to an abrupt end ten months later when a scandal led to her resignation. Years before Williams had posed for penthouse magazine. The magazine published the never before seen girl-on-girl nude photos of her and another woman simulating various sexual acts. However, as recent history has proven time and time again – women in show business who pose nude for magazines often do not damage their careers but actually advance them. "There's no such thing

as bad publicity". Williams has gone on to realise a successful acting career and has appeared in numerous films and TV shows over the last two decades.



■ "JUST ONE MORE THING..."

September 15, 1971

The American detective TV series, Columbo, aired for the first time on Sept. 15, 1971. Peter Falk stars as Lieutenant Columbo, a raincoat-clad homicide detective with the LA Police Department. Columbo was adored by viewers for his seemingly slow-witted detective work duping murder suspects into underestimating him. The show popularised the inverted detective story format, with each episode beginning with a crime, meaning the viewers knew who the killer is, and are ultimately satisfied at the end of each episode when Columbo throws them in jail. The show aired for seven years on NBC and is still being re-run around the world.!

■ CELEBRITY BIRTHDAYS IN JULY

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

Sep. 1 – Sep. 2 – Salma Hayek (42), Lennox Lewis (43), Keanu Reeves (44); Sep. 3 – Charlie Sheen (43); Sep. 7 – Macy Gray (38); Sep. 8 – Pink (29), Aimee Mann (48); Sep. 9 – Adam Sandler (42), Hugh Grant (48), Michael Keaton (57); Sep. 10 – Guy Ritchie (40); Sep. 15 – Tommy Lee Jones (62), Oliver Stone (62); Sep. 16 – Mickey Rourke (52); Sep. 19 – Twiggy (59); Sep. 21 – Faith Hill (41), Bill Murray (58); Sep. 23 – Bruce Springsteen (59); Sep. 25 – Catherine Zeta-Jones (39), Will Smith (40); Sep. 26 – Serena Williams (27), Olivia Newton-John (60); Sep. 27 – Gwyneth Paltrow (36), Irvine Welsh (47); Sep. 28 – Naomi Watts (40)

Vox Pop

Each month AsiaLIFE is going to take to the streets of Phnom Penh to ask people what they think about burning social issues. This month **Virginie Noel** asks people about their worst dating experience in Phnom Penh, the advice they have for women dating in the city, and why there are so few eligible expat men in the Penh.



prumsodun

■ PRUMSODUN

Worst dating experience

I came here knowing that I am just passing through so I avoided forming any serious romantic relationship. This can be difficult at times – I nearly broke my heart in Siem Reap but this is the price one pays for transience!

Advice

Know what the other person is looking for. Make sure it's not money.

No men

The nightlife in Phnom Penh is small and intimate and every night seems to be a party with sex workers, tourists, expats and young Cambodians who like to have a good time. In the gay scene, a good man is rare. Expats and tourists look at the Cambodian boys like meat, Cambodian boys look at them like money and opportunity.



■ NINA

Worst dating experience

I've definitely had a couple of bad experiences – being trapped in conversations with guys asking really intense questions way too early on. Really, I'm just into having fun.

No men

Get over being stuck on this ratio of men to women and that it's totally imbalanced. There are lots of great guys out there.

Advice

Lower your standards! No, no, that's a joke! Really, stop whining about how little men there are and start looking.



nina



hannah

■ HANNAH

Worst dating experience

I try to avoid it to tell you the truth. I work and live in a guest-house and see the way people interact there and, well, that has led me to avoid dating.

Advice

Take it easy.

No men

The best thing to do is to go to the airport on a Tuesday afternoon and get them straight off the plane, 'cos if you don't do that you've got no hope.



jenny

■ JENNY

Worst dating experience

I've actually never been on a date in Phnom Penh, but I've had two relationships. I haven't had a bad dating experience.

Advice

Avoid the Heart of Darkness! And be careful about the men you're connecting with, because they've all got lots of dark crazy secret things going on behind the scenes.

No men

There are decent men – you just have to figure out where they are. I met the man I am going to marry at Talkin to a Stranger, so I'd say Talkin to a Stranger is the best place. It's a great environment to meet people.



karen

■ KAREN

Worst dating experience

I haven't been here long, but what I've noticed is most guys are in their mid-forties wearing plait shirts and watches.

Advice

Leave Cambodia!

No men

I don't think you come to Cambodia to find a man. Do what I do and leave one behind and get him to come visit you.



anna

■ ANNA

Worst dating experience

Generally there's a bit of ego problem. You go out with guys who think they are here saving the world, knowing everything about international politics and don't give you a lot of airspace.

Advice

Get out of the Penh as quick as you can. Leave the country, and don't lower the bar!

No men

Women are more compassionate and attracted to aid work. Generally there's just more girls in this kind of work. And I think that maybe word has gone out in the international circuit that Phnom Penh is a place to come for single women and it attracts a lot of seedy men. ■

Quote Unquote

■ BUSH TALK

This month, we have a double whammy from the world's greatest comic genius, and leader of the western world. Both hail from the recent G-8 Summit in Rustsu, Japan on Jul. 10.

NUMBER 8:

"Goodbye from the world's biggest polluter." (George W. Bush in parting, to U.K. P.M. Gordon Brown and French President Nicolas Sarkozy).

NUMBER 9:

"Amigo! Amigo!" (George W. Bush, calling out to Italian P.M. Silvio Berlusconi – in Spanish).



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The QuizMaster

■ A FRUIT COCKTAIL

- 1) Which fruits are usually served 'belle helene'?
- 2) A screwdriver becomes a fuzzy screw when you add what?
- 3) 'Citrus grande' is Latin for which fruit?
- 4) In MASH what is Radar's favourite drink?
- 5) What is the flavour of Grand Marnier?
- 6) What is the more common name of the thyroid cartilage?
- 7) What fruit is the flavour in Grenadine?
- 8) Which fruit has the most calories?
- 9) What fruit in Khmer sounds purple?
- 10) According to the proverb, which fruit tastes the sweetest?

■ A SEASONAL ROUND

- 11) What does a pluviometer measure?
- 12) Which Greenpeace vessel was sunk in Auckland Harbour?
- 13) What crime took place at Sears Crossing, Bedfordshire in 1963?
- 14) Who or what was the Flying Scotsman?
- 15) To where did Concorde make its first commercial flight in 1978?
- 16) In the Wizard of Oz, what was the scarecrow lacking?

- 17) Who did actress Grace Kelly marry?
- 18) What is the function of scuppers on ships?
- 19) Which Irvine Welsh novel was made into a successful film starring Ewan McGregor?
- 20) Joseph Conrad, author of The Heart of Darkness, was born in what country?

■ WHERE IN THE WORLD

- 21) In which country are the Angel Falls?
- 22) The Matterhorn straddles the border of which two countries?
- 23) In which country does the Amazon rise?
- 24) In which city would you find The Blue Mosque?
- 25) In which Asian country would you spend a taka?
- 26) Which country is home to Nokia?
- 27) The River Jordan flows into which sea?
- 28) Which city is served by Schiphol Airport?
- 29) In which country is the 'Great Dividing Range' of mountains?
- 30) What is the largest land locked country in South America?

■ ANSWERS ON PAGE 95

Sudoku Answers

We can't give you a puzzle without providing the answers. So here is the completed puzzle from the previous issue of AsiaLIFE.

5	9	8	2	4	6	7	1	3
2	3	7	9	1	8	4	6	5
1	6	4	3	5	7	8	2	9
4	5	3	7	2	9	1	8	6
8	2	6	1	3	5	9	7	4
9	7	1	6	8	4	5	3	2
7	4	2	8	9	3	6	5	1
6	1	9	5	7	2	3	4	8
3	8	5	4	6	1	2	9	7



Gwan Ching Lee

Sudoku MIND GAMES TO KEEP YOU THINKING

S.I. COMPUTER TECHNOLOGY SUDOKU PRIZE COMPETITION

Congratulations to Chhim Phan Socchetra, last issue's Sudoku Prize Competition winner, who received the prize of a 2GB flash drive, provided by SI Computer Technology.

We have two Sudoku puzzles for you in this edition. Our prize Sudoku is an intriguing shape, with lots of empty cells. Concentrate on the parts of the puzzle with the most 'givens' and you will soon fill the empty cells.

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.

All winning entries will enter the prize draw on Sep. 15.

Good luck! 🍀

Level: Intermediate

Gwan Ching Lee's time: 20 mins

	4				1	3	2	
9				3				7
			6					5
		2						6
	8						1	
5						7		
4					5			
7				4				9
	6	1	9				3	

Level: Difficult

Gwan Ching Lee's time: 30 mins

		9						
	8			2	3			
7			9			4		
6			3				1	
5				1				3
	4				6			7
		3			7			5
			2	8			9	
						6		

Fujitsu recommends Windows Vista® Business.



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