

PHNOM PENH

# ASIALIFE guide

102008  
ISSUE22

# chic

INSIDE PHNOM PENH'S FASHION INDUSTRY

The Silk Road  
Catherine Marnas  
Reading Rooms  
Macao  
Chao



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# PHNOM PENH AsiaLIFE guide

102008  
ISSUE22

## Editorial

"FASHION IS A FORM OF ugliness so intolerable that we have to alter it every six months," said Oscar Wilde, who coincidentally was born this month in 1854. Bearing that in mind, this month AsiaLIFE is re-visiting the capital's fashion scene.

Cambodian designers are beginning to cut an impression in international houses around the globe. Romyda Keth's designs can be found in Paris, Tokyo and Singapore. Sylvain Lim is bringing traditional Parisian haute couture to Phnom Penh. These two designers are leading the assault of the nation's designers on the world of fashion.

Not all the country's fashion gurus are Cambodian. Kellianne Karatau and Cassandra McMillan's Jasmine range is receiving similar international recognition to that bestowed upon Romyda Keth's Ambre. And, those looking for a more colourful take on the world of fashion should take the short trip to Siem Reap, and visit Eric Raisina's exclusive workshop.

Michelle Gilkes' lead article looks at the creations of all of these designers. She also talks with others who have yet to cut such a dash on catwalks around the world, but have already established themselves both domestically and regionally.

One thing that unites most of these designers is their use of Cambodian silk. As the recent exhibition on Cambodian silk at the Regent Park Hotel (AsiaLIFE 20) noted, a lot of what is referred to as Cambodian silk is actually imported from abroad. Nathan Green takes Cambodia's silk road to look at some initiatives designed at making the country's silk industry self-sufficient. He also considers the prospects of it leading silk producers out of poverty.

Away from the world of fashion, regular readers will notice a couple of new features to this issue. In Food, we have started a new regular insight into the capital's kitchens. First up, we go back stage at Friends the Restaurant, to look at both hygiene and training at Phnom Penh's highest profile, training restaurant.

In Unplugged, our intrepid reporter Nora Lindstrom takes to the streets in her first 'Challenge Nora.' She unearths what is taught in a Cambodian driving lesson. If you want Nora to take up your challenge in any future edition of AsiaLIFE please email us at: [asialifephnompenh@gmail.com](mailto:asialifephnompenh@gmail.com). And, wine expert, Darren Gall has joined our team. Over the forthcoming months he will give a few tips on what makes a decent bottle of plonk.

Next month marks two major events in the city's art calendar. Sponsored by the Goethe Institute, Jakarta, the fifth International Music Festival starts at the end of the month (Oct. 30 to Nov. 3). This year's festival will feature baroque music, particularly that of the Bachs. Earlier in the month, the second Lakhoan Festival, hosted by the French Cultural Centre, takes place at the Chenla Theatre (Oct.3 to Oct.9). AsiaLIFE previews both events, taking an in-depth look at one of the original works commissioned especially for the Lakhoan Festival.

If all this is insufficient to persuade you to stay in town for the month, then we get away to Macao, to discover there is more to the island than gaming halls.

*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](mailto:asialifephnompenh@gmail.com)!*

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# PHNOM PENH AsiaLIFE guide

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# calendar

## October

girls, hellhounds, khmer obscura, raising the pontoon, reading festival, smiles

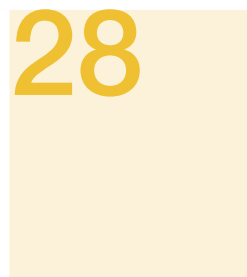
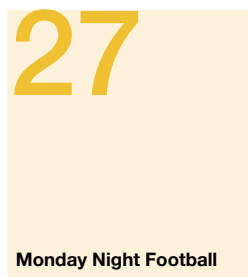
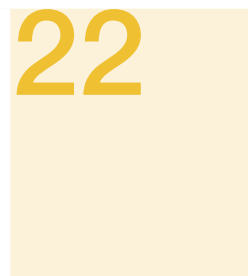
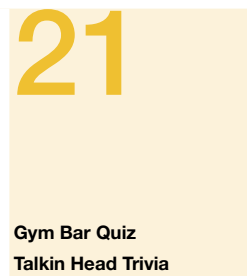
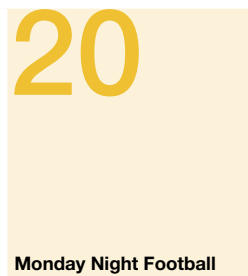
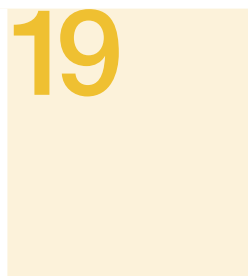
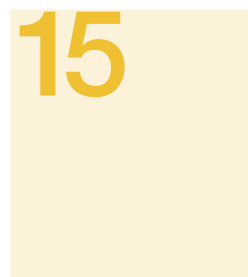
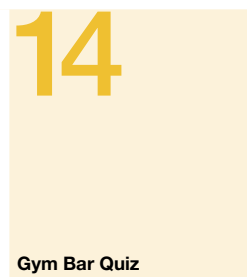
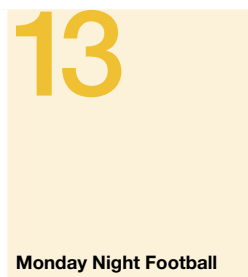
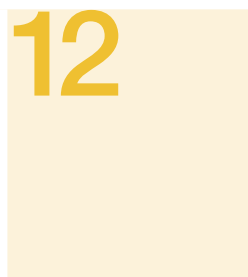
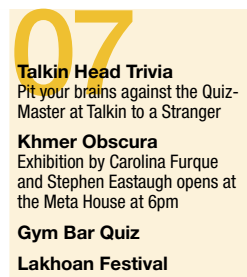
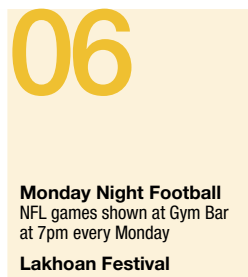
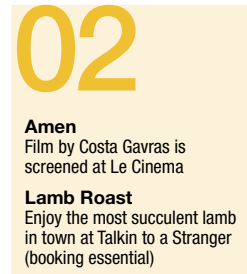
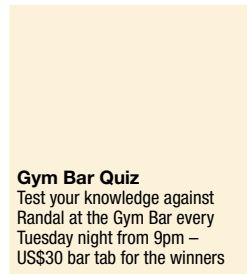
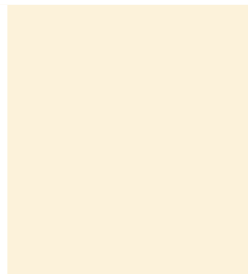
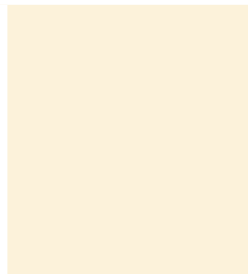
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monday

tuesday

wednesday

thursday



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## friday

# 03

### Lakhoan Festival

International theatre and dance festival at the Chenla Theatre – see page 61 for details

### First Friday

Why be Elsewhere?

## saturday

# 04

### Talkin Salsa

Get into the groove with DJs Rupert and Lucas

### Soundz of Berlin

DJ Nico plays house, techno and trance at La Croisette

### Chim Sothy & Clement Jesch

Exhibition opens at Art Café

### Lakhoan Festival

# 10

### Primitive Souls

Bring the house down at Talkin to a Stranger

### Grand Finals

The final of the qb National Volleyball League at the Olympic Stadium from 5pm

### Nude

Opening of exhibition by Leah Newman at Two Fish Gallery

# 11

# 17

### One Girl Two Guitars

Melanie, ex-Betty Ford & the GT Falcons, plays Talkin from 9pm

### Raise the Pontoon

Bert Bevans plays Pontoon Lounge

### Nicholas Axelrod

Exhibition opens at Equinox at 7pm

### Pinot Noir

Wine tasting and snacks at Saffron for US\$13

# 18

### Bad Neighbour

Popular Saigon expat band plays the FCC

### Ashes Cricket

Australia take on England at 10am, call Majid on 012 247 832 for details

# 24

### DJ Jonathan

Vietnamese based DJ plays Chow

### Reading Festival

# 25

### Smile

Opening of exhibition by 10 Cambodian children at Gasolina at 7.30pm

### Reading Festival

# 31

### King Norodom Sihanouk's Birthday

### Halloween

The capital's biggest Halloween party is at the Riverhouse Lounge, sponsored by Corona


### Fifth International Music Festival

# in the penh

## The Month That Was

environment, architecture, volleyball, frogs



■ **ENVIRONMENTAL OSCARS**   
The Environmental and Conservation Film Festival of Cambodia held its final night of screenings and celebrations at the French Cultural Centre to a packed and highly animated crowd on Sep. 18. Three awards were handed out with brother and sister filmmaking duo, Ben and Jos Pederick walking away with the Grand Prix du Bassac for their film *Prey Lang* – a documentary about the forest of the same name in the centre of Cambodia. Ben and Jos were joined on the winners' podium by two young Cambodian filmmakers, Hanserey Wathanak and Nong Samoeng, who won the best short film and best Cam-

bodian film prizes respectively. Their films dealt with issues of land rights and the environment. Festival organizer Allan Michaud presented the prizes, which included a video camera kit, and digital still cameras to the young Cambodian winners, all made possible through the support of Conservation International, the festival's main sponsor. The culmination of three days of films and forums, the festival continues to grow in scale and popularity.

■ **STANDING VOLLEYBALL**  
The third round of the 2008 qb National Volleyball League took place on the weekend of Sep. 20 and Sep. 21. The results were:

Frechen Pailin 0 – 2 Sunway Hotel Phnom Penh; MPA Kampong Speu 0 – 2 Battambang ICDS; Frechen Pailin 0 – 2 ISPP Templestowe Takeo; Globe Siem Reap 2 – 0 Kingmaker Prey Veng; ICDS Battambang 0 – 2 Siemens Kampong Speu; CTN Kratie 2 – 0 ISPP Templestowe Takeo; Frechen Pailin 0 – 2 Kingmaker Prey Veng; Globe Siem Reap 1 – 2 Sunway Hotel Phnom Penh; BHP Billiton Kampong Speu 1 – 2 Battambang ICDS; Siem Reap Globe 2 – 0 ICDS Battambang; BHP Billiton Kampong Speu 2 – 0 CTN Kratie; MPA Kampong Speu 0 – 2 Globe Siem Reap; CTN Kratie 0 – 2 Siemens Kampong Speu; MPA Kampong

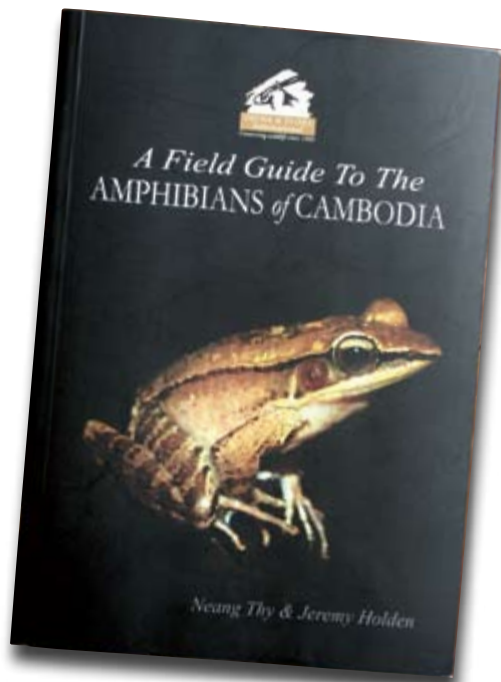
Speu 2 – 0 Kingmaker Prey Veng; BHP Billiton Kampong Speu 2 – 1 ISPP Templestowe Takeo.

The grand final, which will be played on Oct. 10 at the Olympic Stadium will be between the Sunway Hotel Dragons Phnom Penh and the Siemens Kampong Speu, while BHP Billiton Kampong Speu and Globe Siem Reap ICDS will meet for third place.

■ **ARCHITECTURE MONTH**  
September marked Phnom Penh's first architecture month. Too often divided, the capital's arts scene united behind a cause – to spark a dialogue on the direction that the city's development should take. This in-



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volved a series of talks, debates and exhibitions by architects and artists, both Cambodian and international.

Java Café hosted two exhibitions, SpotMap by Kong Vollack and Khvay Samnang; and Panca Evenebj's packed I {heart} Phnom Penh. Darryl Collins, co-author of Building Cambodia: 'New Khmer Architecture' 1953 to 1970, co-hosted a lecture on preserving traditional Khmer wooden architecture with Hok Sokol, also at Java Café.

Meta House's contribution involved an exhibition by another of Building Cambodia's co-authors, Helen Grant Ross with John Vink and students from PHARE, which focused on Phnom Penh's urban spaces.

The French Cultural Centre put on two talks. The first was by French artist Georges Rousse, and the second by the father of New Khmer Architecture, Vann Molyvann.

The former produced possibly the most eagerly awaited exhibition of the festival at 32 Sothearos Boulevard. Playing with perspectives, Rousse painted the word DREAM on the downstairs walls with a further perspective-distorting painting upstairs. The opening day of the exhibition was packed with Phnom Penh residents, who seemed as interested in the sadly dilapidated building recently acquired by the FCC group, as in Rousse's work.

#### ■ IT AINT EASY BEING GREEN

Sep. 16 marked the launch of Neang Thy and Jeremy Holden's book – A Field Guide To The Amphibians of Cambodia. Published by Fauna & Flora International, an organisation working to conserve the planet's threatened species and ecosystems, the book comprises of beautiful photographs and descriptions of frogs and other amphibians that can be found in the jungles and wetlands of Cambodia. The book boasts that it is the first of its kind to deal exclusively with Cambodia's amphibian fauna.

To purchase the book, email: [ffcambodia@gmail.com](mailto:ffcambodia@gmail.com)

#### ■ IN A SPIN

The first official fitness training studio and Spinning facility in Phnom Penh, Open Palm Studio started its classes last month. The hour long spinning classes boast expert coaching and a motivating environment that helps spinners burn up to 500 calories per session. With no complicated movements to learn it's a perfect workout for those who want to shed a few pounds and need a kick-start. Classes (US\$10/single, US\$100/12 classes) are on Tuesdays and Thursdays at 8.15am. Pre-booking is essential as space is limited. Personal Training is also available on Tuesdays and Thursdays by appointment.

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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 រេលាម៉ោង ប្រហែលជា ៨យប់ នៅម្ដុំស្ពាន ជ្រោយចង្វារ បើសិនជាលោក អ្នកបានឃើញ រឺ ជួប ក្មេងស្រី ដែលមានភិន- ភាគ ដូចខាងលើ សូមមេត្តាជួយផ្តល់ព័ត៌មានមក ទូរស័ព្ទលេខ ០១២ ៣១១ ១១២

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# News & Events

festival, marathon, treasure hunt, paint ball, charity ride

## ■ LAKHOAN FESTIVAL »»

Featuring twelve companies from Cambodia, France, Laos, Myanmar and Thailand, the second Lakhoan Festival will be held at the Chenla Theatre from Oct. 3 to Oct. 9. Seven original Khmer works have been created especially for the festival, which opens with a parade departing from the intersection of Mao Tse Tung and Kampuchea Krom boulevards on Oct. 3 at 3pm. All performances are free. Check out Kaleidoscope for more information.

## ■ ANGKOR WAT HALF MARATHON

The twelfth annual Angkor Wat Half Marathon will take place on Dec. 6. Setting off



from outside Angkor Wat, the course runs through the temple complex. The entry fee for the half marathon is US\$50 (US\$2 for Cambodians), although there is an expat discount fee (US\$40) as long as you register before Nov. 10. Those wishing to take part in the event, but not quite in the physical shape to run the full distance might prefer to enter the 10km (US\$40) or 5km (US\$40) road races. There is also a 3km fun run (US\$25) that is open to all, and a 21-km wheelchair race (US\$25).

The following day, Village Focus is organising an 80km bike race and 30km fun ride. Both these cost US\$50 for international competitors and US\$25



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# Finger Food



## ■ OKTOBERFEST

German-run bar One More Pub will celebrate Oktoberfest on Oct. 11. The eat-as-much-as-you-can buffet includes a whole spit-roast pig, sauerkraut and potato salad. Free draught Anchor beer will be on tap all night. The meal starts at 6.30pm and tickets (US\$20) are available from either One More Pub or Dan's Meats, and restricted to a maximum of 40 people.

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

## ■ TOPAZ PIANO BAR

Starting from the first week in October, the upstairs Piano Bar at Topaz has a new look. The two-piece band continues, but instead of just lounging while listening, customers can eat from the Topaz's a la carte menu, or ask the restaurant to design a special menu for the occasion. There is also a Champagne Happy

Hour each night from 6pm to 8pm.

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

## ■ VAN AND ARTISANS

Van's Restaurant introduced a new menu and formula last month, which includes a dish of the day (US\$9) for both lunch and dinner. Each Friday and Saturday a band will play in the gardens from 6pm to 9pm. There will also be an exhibition of goods from Artisans d'Angkor at the restaurant between Oct. 10 and Oct. 20.

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

## ■ CHOCOLATE INTERCONTINENTAL

The InterContinental has launched a chocolate buffet for Friday and Saturday afternoons, from 3pm to 5pm in its lobby floor Regency Café.

*InterContinental Hotel,  
Mao Tse Tung Blvd.,  
Tel: 023 424 888.*

for Cambodians. All applications should be made by Nov. 21.

*The Phnom Penh Registration Office is at: PM Green Travel Co. Ltd., 79c Street 155, Tel: 023 213 525. For more information about the half marathon, visit: [www.angkormarathon.org](http://www.angkormarathon.org) and for the bike race, visit: [www.villagefocus.org](http://www.villagefocus.org).*

## ■ ANGKOR 10S

Phnom Penh will host the ANZ Royal Angkor 10s and Angkor Old Boys on Nov. 7 and Nov. 8. This year is the eighth edition of Cambodia's premier international club rugby tournament. It promises to be a spectacle of competitive yet social rugby for players and spectators alike. So far teams from regional neighbours Thailand and Singapore, and as far away as Dubai and Iran have agreed to compete in the ANZ Royal sponsored 10-a-side tournament alongside some local Cambodian teams. Teams from Melbourne (Australia), Toulouse (France), Thailand, Vietnam and a local barbarian outfit will contest the veterans competition.

*For more information, contact: [angkor10s@yahoo.com](mailto:angkor10s@yahoo.com).*

## ■ TREASURE HUNT

The capital's first treasure hunt will take place on Oct. 26. Teams of teachers, students, families and friends are invited to participate in what promises to be a fun day out. The hunt sets off from ISPP Elementary School (1 Street 360) at 9.30am. Entry costs US\$65 for a car and US\$55 for a tuk-tuk. This includes lunch and prizes for the lucky winners. All the proceeds go towards the ISPP's new school building fund.

*For more information, call: 012 811 238 / 016 201 234, or email [funrally@ispp.edu.kh](mailto:funrally@ispp.edu.kh). Entry forms are also online at: [www.ispp.edu.kh](http://www.ispp.edu.kh)*

## ■ PAINT BALL

Those wishing to get rid of all their pent-up angst will be pleased to hear that Pyramid Mega Entertainment Club has established the first paintball facility in Cambodia. Set in a 1,800 square metre field on Siem Reap's National Road 6, the facility opened on Sep. 26.

*For more information, phone: 017 783 777, or email: [info@pyramid-megaclub.com](mailto:info@pyramid-megaclub.com).*

## ■ GRAND FINALE

Those following the 2008 qb National Volleyball League will need no reminding that the Grand Final between the Sunway Hotel Dragons Phnom Penh and Siemans Kampong Speu will take place at the Olympic Stadium on Oct. 10. The purse for the winning team will be US\$3,000 – the highest for any sporting event in Cambodia. Child prodigy BosphoPanh and Cambodian rock band Coconut will make sure the crowd is in the right mood for the grand finale from 7pm.

Earlier in the day (5pm), BHP Billiton Kampong Speu and Globe Siem Reap ICDS will contest the third and fourth place play-off. Entry is free.

## ■ RIDE FOR CHARITY

The Street Retreat Charity Ride will take place next month from Nov. 1 to Nov. 14. The event is a fundraising, bicycle tour of Cambodia. The riders will set off at the Angkor Temples, and reach the finish line two weeks later in Sihanoukville. Throughout the two-week ride, participants will have the opportunity to visit development projects, and experience the Cambodian countryside in a unique way. The proceeds of the Charity Ride will go towards Future Cambodia Fund's

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# Phnom Penh Ba-Rocks



PHNOM PENH'S FIFTH international music will take place from Oct. 30 to Nov. 3. Most of the concerts will be at St. Joseph's Chapel on National Route 5, although the opening gala will be at the Chaktomuk Theatre on Sisowath Quay. There will also be a workshop concert at the Russian Cultural Centre.

As with the four previous years, the festival will have a specific theme – this time it is baroque music, focusing on the Bachs.

"Western baroque music has always been regarded as the 'cradle' of western art music," says Anton Isselhardt, the Programme Director of the Art+ Foundation, the festival's organisers.

Baroque was not just the music that dominated European court circles between 1600 and 1750. It was also a style of architecture and a philosophy, Anton adds. He cites the English philosopher Thomas Hobbes (1588-1679), whose 1651 book Leviathan is often credited as the foundation for western political theory establishing the social contract between state and civil society. It was written at a time of great civil upheaval, during the English Civil War.

"Baroque music was extremely innovative and implies radical extensions of form, irregularity and extravagance in turbulent times of many revolutionary cultural movements," says Anton. "I want to encourage artists by reflection on the past – to see how artists and the art community could work in turbulent times."

In addition to the festival, which is funded by the Goethe Institute in Jakarta, there will be a workshop, where six international musicians from the U.S., Japan and Germany will work alongside eight Cambodian musicians. This will culminate in the concert at the Russian Cultural Centre, sponsored by Canada Bank.

The five other concerts and the gala opening will feature international musicians, such as Reiko Suzuki, the Steckel family and Anton himself. "This is western music performed at the highest level," Anton assures.

Last year over 1,200 people attended the concerts. This year, Anton hopes for over 1,500 to come to the concerts, which are free.

## ■ PROGRAMME

**Oct. 30, 7pm** — Gala opening at the **Chaktomuk Theatre**, Sisowath Quay


**Oct. 31, 7pm** — Le Châlumeau at **St. Joseph's Chapel**, 1788 National Route 5

**Nov. 1, 11am** — Workshop concert at Russian Cultural Centre, 104 Norodom Blvd.

**Nov. 1, 7pm** — Bach & Bali at St. Joseph's Chapel, 1788 National Route 5

**Nov. 2, 11am** — Bach and Keyboard at **St. Joseph's Chapel**, 1788 National Route 5

**Nov. 2, 7pm** — Baroque to Rococo at **St. Joseph's Chapel**, 1788 National Route 5

**Nov. 3, 7pm** — Bach & Bali at **St. Joseph's Chapel**, 1788 National Route 5. 

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For more information on the Charity Ride email [allie@thepariproject.com](mailto:allie@thepariproject.com), or visit: [www.futurecambodiainfund.org](http://www.futurecambodiainfund.org)

**PHNOM PENH ROCKS**

After a bit of a summer hiatus, live music is back in vogue this month. The Hellhounds, one of the few bands who kept on gigging, are playing their mix of blues and Cajun sounds at the Gym Bar on Oct. 1 and Oct. 8 from 8.30pm. The FCC has invited Saigon's wandering Latino minstrels – Bad Neighbour – back to play another set at the FCC Phnom Penh on Oct. 18. Melanie, the former punk rocker from Betty Ford and the GT Falcons, is back to play a set, entitled 'One Girl Two Guitars,' at Talkin to a Stranger on Oct. 17 at 9pm.

**BIBI FOR WE**

Internationally-renowned fashion designer Bibi Russell, UNDP and Modern Dress Sewing Factory (MDSF) jointly launched a new international designer label titled "Bibi for WE" (Women Empowered).

# 2008 qb National Volleyball League

**FINAL STANDINGS AFTER 3rd ROUND COMPETITION**

Position	Team	Town	Games Played	Games Won	Games Lost	Sets Lost
1	SIEMENS KANGAROOS	K.SPEU	9	8	1	1
2	SUNWAY DRAGONS	P.PENH	9	8	1	2
3	GLOBE EAGLES	S.REAP	9	6	3	
4	BHP BILLITON SCORPIONS	K.SPEU	9	5	4	2
5	ICDS TIGERS	B'BANG	9	5	4	3
6	ISPP/T'STOWE FALCONS	TAKEO	9	5	4	3
7	MPA BEARS	K.SPEU	9	3	6	
8	CTN DOLPHINS	KRATIE	9	3	6	1
9	FRECHEN LIONS	PAILIN	9	1	8	-
10	KINGMAKER COBRAS	PREY VENG	9	1	8	-

MDSF is a business comprised of women living with HIV in Cambodia. Russell, is also a UNAIDS goodwill ambassador and founder of "Fashion for Development," a global movement seeking to help weavers and women across the globe.


"This project helps us to stand on our feet, earn a living," says Pham Srim, Business Manager of MDSF. "With HIV, one can lead a normal and productive life – that is the message of WE."

The 'Bibi for WE' label will initially create handbags

designed by Russell to market globally. The design will use local materials such as Cambodian silk, and is influenced by Cambodian design concepts.

For more information, email: [mdsfcambodia@yahoo.com](mailto:mdsfcambodia@yahoo.com)

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# Openings

coffee, soaps, food, relaxation

## ■ FRESCO III

Devotees of either the riverside Café Fresco or the second one in Boeung Keng Kang 1, will be pleased to hear that the FCC group is opening a third branch at Central Market in mid-October. This will have the same combination of fresh coffee, juices and sandwiches – this time a stone’s throw away from the bus station, handy for one of those long-distance trips. It will be open daily from 7am to 6pm.

*Café Fresco Central Market, 58 Street 53, Tel: 023 214 984*

## ■ ANGKOR SOAPS

This new shop sells natural soaps and spa products made from ingredients, such as ginger, lemongrass, palm sugar, wild honey and coffee,

grown organically in rural provinces in Cambodia. Originally started in Siem Reap, their latest products include a salad soap, natural coffee body soap and a sunshine smile soap – all costing US\$6.

*Angkor Soaps, 16 Street 374, Tel: 023 223 720, www.angkorsoaps.com*

## ■ CAFÉ JUP >>

Located next to Riverhouse Lounge and managed by the same S&A management company, Café Jup opened last month. The swanky air-conditioned interior provides for an ideal place to have a coffee, while using the free WiFi and enjoying the range of fresh products from their bakery or deli. Open from 8am to 10pm during the week but until later at weekends, with a large range of classic cock-



tails (US\$4 to US\$4.50) including 13 martinis, Jup could be the place to come and chill-out before or after a night at the Lounge.

*Café Jup, 157 Sisowath Quay*

## ■ KRORPOM CHHUK

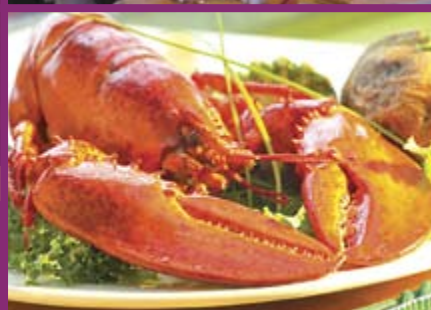
This massage spa and salon, run by the same owner as the popular Dermal Spa on Street 57 opened

recently. Centrally located and set in a large old building, a Thai massage costs US\$10 per hour and an oil massage US\$18 per hour. There is also a hair salon for both men and women. The spa is open from 9am to 10pm and the salon from 9am to 8pm.

*Krorpom Chhuk, 29 Street 200, Tel: 012 222 898*



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# storyboard

## Streetsmart: Kampuchea Krom

Stretching from Central Market across all ring roads to well out of town, **Kampuchea Krom** is one of the city's major thoroughfares with traffic to match. Quintessentially Phnom Penh, it features a hodgepodge of everything, including some interesting architecture. **Nora Lindstrom** explores.



Three dollars gets a cut

NEITHER WALKING NOR driving along Kampuchea Krom is particularly enjoyable, as every possible mode of transportation – motos, cyclos, pedestrians, cars and tour buses – come at you from every direction. At times you may fear for your life, but that is all part of the Phnom Penh experience.

### ■ CENTRAL MARKET TO MONIVONG BLVD.

The first stretch from Central Market is lined with hairdressers. Prices are minimal, so you may want to splash out on the more top end Socheat Life Style Salon, where cuts start from US\$3. Not for those who fuss over their tresses, if you simply want to get rid of your split ends, you might as well let them have a go. Most places also offer manicures and pedicures. Afterwards, pop into M Collection a few doors up and check out the cool, retro frocks ranging from US\$25.

Lovers of coffee and WiFi shouldn't miss Café Sentiment at the corner with Monivong Boulevard. Set on three floors with air-conditioning and comfortable seats, as well as plenty of electric sockets, the coffee is cheap and the internet free. Morning coffee with a fresh croissant will set you back a mere US\$1.20, making the capital's mock-Starbucks fantastic value for money. It's open from 7am to 11pm.

Across Monivong is the multi-storey DS Shopping Mall. Apart from a large selection of kids' clothes and toys, there is nothing of particular interest to draw you here. Olibelle Beauty Centre is on the top floor, offering various expensive (US\$22 to US\$180) beauty treatments using Belle-Wave and Oligodermie products.

Back in the bustle of the street, be sure to look up and admire the yellow apartment building on the opposite corner. Now sadly covered in advertisements, the



**A feast for the eyes**

building's architectural beauty is still evident. Singapore Opticians is on the ground floor. This offers free eye tests and lenses from US\$11, depending on your prescription. You can also opt for shaded lenses. Frames start from around US\$20 or from US\$50 for designer ones. Open from 8am to 7pm, make sure to ask for the 10 percent discount.

**BEYOND MONIVONG**

Lining both sides of this wide four-lane street, small shops sell bread and pastries as well as cakes in all sizes from a tea plate to several-storey-high creations that should require planning permission. Prices vary, but expect to pay over US\$5 for a decent sized cake. You can also ask for your own inscription to be glazed on, but be warned that few bakers speak much English.

The find of Kampuchea Krom is Khov Chong Ly's shop at number 148. The selection of guitars is the best in town. You can get yourself a dusty Vietnamese acoustic guitar for



**Oh to be a kid again**



**Guitars galore**

US\$5, or spend over US\$200 on a cool electric one. All the guitars are second hand, and come mainly from neighbouring countries, even as far away as Japan. You can also get cases, amps, and electric keyboards, while bumping into local recording artists.

The corner with Street 109 is where the roasted pigs hang out – although you might find it hard to lick your lips in anticipation seeing them suspended in glazed orange by the roadside. The architecture on this strip, specifically the run down but beautiful apartment buildings with identical

balconies and rounded corners, is particularly noteworthy.

After Street 109, Kampuchea Krom is lined with shop after shop selling car and motorcycle parts. Difficult as it is to see how any of them can make any profit given the stiff competition, the amount of traffic passing by may just mean there are enough customers for all.

In between the various local fashion shops that are probably best avoided is BabyWorld, which stocks most things related to infants. Buy yourself a buggy, or just get that cute baby next door a toy to chew on. Then take your kids to Sydney Mall, where



**Tasty little piglets**

there is a good-sized children's playground on the upper floor. For 1,500 riel, you can let your kids run amok among slides, balls and other fun things, while you take up your watching brief on the sofa. It is open from 8.30am to 8.45pm.

If it is either some books or stationery that you are after, there is a branch of IBC further along at the corner with Nehru Boulevard. This stocks the same range of goods as at the main branch on Monivong Boulevard.

■ **KK AT NIGHT**

Traffic never abates on Kampuchea Krom, although it

does seem to increase in speed incrementally as night falls. Most shops start closing with sunset, while the flickering neon lights of clubs with names like Happy Hearts and Emperor are turned on. These clubs seem to possess Lexus-attracting magnets given the large number of SUVs parked outside into the wee hours. It's anyone's guess as to what goes on indoors.

There are a number of street kitchens also spring up as if from nowhere. However the general dirt and lack of atmosphere makes you wonder why anyone would choose to eat at them. ■

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# Phnom Penh Life: Hang the DJ

After years of bringing hopping beats to Phnom Penh clubbers, **DJ Brett Angel** has decided to call it a day. **Adam Fitzgerald** grants the Heart's headlining DJ one final request.

"MY PASSION FOR DJ-ING has paid off," says Brett Angel. "Phnom Penh gave me the opportunity to work for a good length of time without having to rely on other income. Not that it has been lucrative, but it's been enough to get by."

What began as a hobby spinning discs in the U.K. between 1995 and 2000, eventually led Brett to Thailand, and Koh Pang Yang. As the full moon parties became a raging success, the police began cracking down on foreign DJs. Brett decided to get out and give things a go in Cambodia.

In 2003 there were no foreign DJs in Cambodia. Coming from playing in Thailand where there is much more trance and hard house than in Cambodia where hip hop and R&B seemed to be the tunes of choice, Brett soon realised that he would have to slowly introduce different styles to the local people. He admits this has not been without challenges. He has often relied on friends back home to inform him of up-and-coming artists or tunes that can otherwise be hard to find here in Cambodia.

## ■ PLAYING TO THE CROWD

Brett's reputation grew through word of mouth and before he knew it, he became Saturday night regular at the Heart of Darkness. He was also a Thursday night resident at the Riverhouse Lounge, and played at Martinis on Fridays.

Like so many expats Brett had to adapt the way he worked in Phnom Penh. The biggest change was switching from vinyl to CDs. The quality of sound equipment available was another challenge – some venues simply use CD players without amps and rely on run-of-the-mill speakers. And there are always acts of God – a power cut at the Heart of Darkness one night, which lasted an hour-and-a-half, emptied the venue. "The place was packed



End of an era

again within half an hour," Brett recalls, once power was restored.

"Khmers like to have tunes played that they know and can take a while to warm up to new tracks – they need to be weaned onto them," he says. Being a rare DJ who is happy to take requests, Brett believes that a good DJ plays for the crowd and not just for himself. He recalls one night having a gun pulled on him when a request he played cleared the floor. Luckily the incident didn't end in anything worse than a friendly handshake from the gunman – once he'd changed the track. You might think that

playing the same-old, same-old would prove frustrating, but Brett assures that as long as the crowd is having a good time he loves nothing more than seeing their happy dancing faces.

## ■ RETURNING HOME

Now, the English DJ has decided to turn his back on the country that has brought him so much happiness – the last Saturday of September was his final appearance at the Heart of Darkness. But, his decision is for the best of reasons.

"With a young one on the way, due to arrive in March, we have

decided to head back to the U.K. to bring up our family," he explains. Access to free healthcare, quality education and a better salary are factors he mentions as influencing his decision. Also he isn't getting any younger. "I'd like to try my luck on the radio circuit given that all the late nights of clubs are starting to take their toll on me," he explains. "As much as I enjoy arriving home at sunrise every weekend, it can lose its appeal when it happens three nights a week."

As much as I enjoy arriving home at sunrise every weekend, it can lose its appeal when it happens three nights a week

## ■ MUSICAL LOVE AFFAIR

Hosting the 97.5 Love FM drive time show has allowed Brett to interview people such as Tony Hawke, Stacie Orrico and – the highlight of his time at Love FM – Ronan Keating.

Brett hopes this experience will help him in getting some work on the U.K. airwaves, allowing him more time with his family, instead of spending his Thursday, Friday and Saturday nights out till the early hours.

One thing shines through when speaking with Brett – he absolutely loves his music. His appreciation for those he has worked with and the opportunities they have provided him is totally sincere. Let's hope this refreshing level-headedness will not let him down when he is once again a small fish in a rather large pond. **■**

# THE RAG TRADE

Over the past few years increasing development in Phnom Penh, Siem Reap and Sihanoukville has opened the way for the growing presence of upscale fashionable boutiques producing high-end garments and accessories. The fledgling fashion sector, though slowly emerging, is setting a high standard for quality goods and attracting creativity, talent plus expertise from around the globe. Michelle Gilkes goes window-shopping.

IN FASHION TERMS, Romyda Keth is a prominent name in Phnom Penh. To enter Ambre, the colonial style villa boutique, is to be transported into a dazzling world of colour and sophisticated style. Her magnificent creations are displayed in intimate rooms of varying hues. From ultra-femininity to classic Hollywood glamour Romyda employs contour-enhancing designs, and fabrics such as jersey, voile, organza and Cambodian silk. Able to dress a woman of any age, Romyda has a collection for men, a bridal salon and even a 'Lolita' line for the young and chic. Her particular genius is the knack for transforming women, offering liberation from prosaic, utilitarian, unisex modes. Although the clothing line is marketed in fashion centres like Paris, Tokyo, and Singapore, if you want to find the whole of her collection you have to come to the 'maison mere' right here in Phnom

Penh. Here buyers can purchase pieces at wholesale prices. A prolific professional she produces several new designs every two weeks.

As a Khmer, Romyda takes particular pride in keeping Phnom Penh as her centre.

"Before Khmers used to think anything beautiful of quality must come from abroad like Thailand or Europe," she says. "Now they know that beautiful things can come from Cambodia."

Ambre's designs are graceful, beautiful, elegant and varied. You can wear her clothes casually or for a special occasion. You will always look stunning and feel beautiful. Romyda also offers a selection of accessories from exclusively designed jewellery to bags and shoes. Her helpful staff understands style in conjunction with body type. Any small alteration seems to happen before you have even tried on the next dress.





Jasmine

#### ■ HOUSE OF SILK

The increase of mid to high-end tourists discovering Cambodia as a destination spot also brings growing awareness of local boutiques and couturiers. KelliAnne Karatau of Jasmine Boutique notes that her boutique experienced a steady 40 percent increase in customers last year compared with 2006 – Romyda reported a similar rise for Ambre. This past year Jasmine experienced a larger jump due to an increase in retail and export sales and new credit card facilities.

“I think there is a high standard of design in Cambodia,” says KelliAnne. “People from Singapore and Saigon are coming to shop here.” KelliAnne first opened Jasmine with partner Cassandra McMillan in 2001. Employing 150 weavers to produce 100 percent hand-woven Cambodian silk of differing grades, Jasmine is the undisputed house of silk wear.

“We believe that the silk will stand out by itself,” says KelliAnne. “We are trying to keep the tradition of silk weaving alive and passing on that tradition by creating a market.” The luxurious look of a Jasmine gown is hard to match with their use of hand-woven detailing such as smocking, pintuck and frayed ruffle. Heavyweight silk, perfect for cool climates, is used in their classic line that always includes the wrap skirt, overshirt, A-line dresses and petticoat skirt. For warmer climates they have developed a soft silk that doesn’t need dry cleaning. The appeal is a mix of gothic romance, classy urbanity and relaxed sumptuousness.

**Before Khmers used to think anything beautiful of quality must come from abroad like Thailand or Europe. Now they know that beautiful things can come from Cambodia.**

The palettes for each season are often subtle in tone, without the use of too many bright colours. Presently the line is adorned with ‘tomato’ and ‘sidal’ in addition to basic black, white and nickel. Employing German dyes that never fade they have used a colouring effect called dipping. They plan to introduce a new fine dye technique from India called Shibori.

A sheer smocked swing coat, silk organza trenchcoat and jacket can be found in this season’s collection along with hand-painted silk items in silver and ice. The next collection, due to come out this month, will include crochet, new painting techniques, satin silks, lace, belts and even precious stone jewellery.

The boutique does not tailor make. They use their own standard designs and sizes,

which they can make for you in seven to 10 days. “It’s not a cheap product to produce as it is handmade but we want to employ local people and use local skills,” explains KelliAnne.

In addition to the Phnom Penh branch, Jasmine has one in Siem Reap and exports regionally. Their brand can be found in Brisbane, Melbourne and Perth in Australia, Singapore, Poland and the U.S.

#### ■ HAUTE COUTURE

The classic couture experience usually reserved for Paris and New York can be found with a visit to Keo. This salon is where Sylvain Lim designs his exclusive couture and prêt-a-porter line with his son, Keo.

Sylvain is one of the most impressive examples of a master designer. In his exclusive villa, he sees clients by appointment only. Clean, sophisticated minimalism defines his refined, distinctive and polished style. A Keo garment can look deceptively simple hanging on the rack but once worn, the exact position of pleats and the perfect structure of the outfit display a subtle refinement not easily produced. Keo designs are not simply a reflection of impeccable craftsmanship, but of flawless artistry.

He demonstrates a tasteful nuanced finesse where no adornments are necessary. The rule for colour seems to be classic, hushed tones and in design nothing superfluous. The result is effortless grace with the client never having to worry about what she is wearing.



Ambre

“We work like sculptures always looking for the right material before using ‘moulage’ or drapping technique to form the design,” he explains. For his one-of-a-kind creations he sometimes applies ‘lesage’ a handmade embroidery technique that can take up to two weeks to complete. Although at Keo everything is made by Sylvain and his son, they have opened a tailoring shop called Keo Tailor (77A, Sothearos Blvd.) for ordinary tailoring work.

In '74 this patrician of style left Cambodia to study in Paris and could only return after the fall of the Khmer Rouge.

“Though I lost my family I always wanted to return home and participate with my compatriots,” he says. “I was the first Khmer designer and Romyda Keth was the second. We are the only ones.” Only using fabrics found locally, cottons, crêpe and silk are all putty in his hands. “It’s difficult to find material sometimes but in the past two or three years it has become a lot easier.”

#### ■ SCULPTURED JEWELLERY

Artists like Sylvain Lim can also be found among masters of decorative accessories. Christine Gauthier of Water Lily Boutique is the creative genius in what can only be referred to as sculptured jewellery.

Using ordinary or natural materials such as beads, buttons, suede, copper and nylon wire, Gauthier moulds jewellery evoking the elements of nature that inspire her pieces.

**We are trying to keep the tradition of silk weaving alive and passing on that tradition by creating a market.**

Micro-beads assembled become broaches where a miniature garden of flowers, water pads and rice fields reside. Buttons are stacked into a flower blossom ring. Beads and wire are moulded into a necklace of cascading sunrays or waterfall earrings. Details reveal caterpillars, dragonflies and butterflies dancing around small beads of iridescent greens and browns. With Dadaist humour thread bobbins are transformed into a stylish couture handbag, or wide brimmed hat to be envied by any punk-inspired high-fashionista.

These special pieces convert the human body into a canvas for her art. Customers are encouraged to explore her work kept on display and hidden away in chest drawers.

Although, she has pieces that seem ordinary, she is hardly a simple ‘beader’.

“I am like a painter playing with colour depicting nature,” says Christine. She prefers to work with one customer to create a unique piece. She has made exclusive, jewellery for Ambre and runway samples to compliment Eric Raisina’s couture designs.

#### ■ OUT OF AFRICA

Originally from Madagascar, Eric Raisina works out of his villa boutique in Siem Reap. Having fallen in love with Cambodia eight years ago he has made this country his second home.

“There is much about Cambodia that reminds me of my home in Africa and it inspires me,” he says. “I mix African and Asian themes and it really creates a new look.”

Eric’s designs are very contemporary with a hint of ethnicity. His clothes are not for the fashion shy – these designs are stunning and bold.

Having studied textiles in Paris, Eric mixes Madagascar raffia with Cambodian silk. Using crochet and special textile techniques his fashion expression is sophistication with an edge. His collection of scarves and garments are visually sensational with the added touch of varying textures. Employing different textile techniques he can turn silk into silk-fur, plumes, or crocheted flowers.

“I love to use the real Cambodian silk called ‘golden silk’ – it’s not always easy to find but I use it,” he says. “I use my special secret formula to make stiff silk soft.”

Eric’s background is in couture. He has sold his special fabric to fashion houses such as Yves Saint Laurent, and original pieces to Christian Lacroix.

“I have a line where customers can buy off the rack but it’s still by appointment only and my dresses are completely exclusive,” he says. “I am not doing mass market, I don’t want to



Water Lily

With Dadaist humour thread bobbins are transformed into a stylish couture handbag, or wide brimmed hat to be envied by any punk-inspired high-fashionista

push a line and do 100 pieces because there are so many details and everything takes time.”

He produces one collection a year from his boutique workshop outside of Siem Reap employing 25 people. His new collection – called ‘A Thousand Flowers’ – will highlight crochet flowers a variation on his previous line. He also has a small range of men’s clothing.

The outcome of these varied textile techniques are brilliant showpieces where one scarf can feature silk crochet and fur for a luxurious feel and high-fashion look. His scarves and garments can be found in the Amansara Hotel in Siem Reap, and Couleurs D’Asie in Phnom Penh.

#### ■ SMALL IS GOOD

One of the attractions of setting up a business in Phnom Penh is that opportunities open up here that just are not possible elsewhere. One example of this is L’Armoire. Australian designer Alexandra Barter created the label catering to wholesale and private clients but before she settled in Phnom Penh, she lacked her own boutique.

“Anywhere other than here at the moment it’s difficult to have your own shop because it takes a lot of capital,” explains Alexandra. Open for only seven months, L’Armoire is marked by stylish minimalism. It offers no fuss classic garments defined by simplicity and functionality.

“Though my customers are modern they want something simple for this climate,” says Alexandra. “It’s difficult to be elegant when you’re sweating.”

Defying the heat her designs utilise silk faille, crêpe de chine, linen and cotton voile to create a clean and crisp casual look. Her dresses are detailed with underarm cowls, draped necklines and oblique pockets for a sleek urban look. She also offers casual pintucked shirts, sailor pants and colourful hand-dyed silk dresses, as well as a line in children’s clothes and home accessories.

“It’s so nice to make clothes at competitive, accessible prices,” she says. “There isn’t so much doubling up of the market here. We all have our own appeal to different women and so there is more choice.”

For Alexandra this is only part of the appeal of being a fashion designer in Cambodia. Here there is a definite market for those who want to stay small.

“In Bangkok, it’s more mass consumer consumption and mass advertisement carrying all the same labels from Vogue. Once you

had to go to Paris to find these labels but now it's no longer as special," she explains. "In Phnom Penh you can find beautiful designs by smaller labels – they're gorgeous, unique and not as easily recognisable."

#### **Ambre**

37 Street 178

#### **Jasmine**

73 Street 240

#### **Keo**

92 Street 222, Tel: 012 941 643

#### **Water Lily**

37 Street 240

#### **Eric Raisina**

Tel: 012 965 207

#### **L'Armoire**

126 Street 19

**In Phnom Penh you can find beautiful designs by smaller labels – they're gorgeous, unique and not as easily recognisable**



More than just scarves, silk is for men as well

## Off the Rack

WITH SO MUCH HAUTE COUTURE available in the city, it's refreshing to find out that the town also has a number of boutiques with local and regional designers churning out quality designs at affordable prices.

#### **SONG**

75 Street 240, Tel: 092 985 986

Known for its 'resort' wear and ethical sourcing of fabrics and materials, Song's style is very simple and casual with an emphasis on light and airy fabrics. Soft silks, crêpes and linens have been selected for a 'laid-back' line perfect for the tropics. Song's main design studio is in Ho Chi Minh City, Vietnam. Headed by Valerie Gregori Mckenzie, the international design team develops a collection for a wide international market including high-end resorts and hotels. A Song store opened in Phnom Penh late last year. "It seemed that you only could find 'ballroom' dresses at one point in Phnom Penh," explains Valerie. "Our next spring collection, available in March, will have light sheer cottons as well as an interesting mix such as ramie, cotton-hemp and silk."

#### **KAMBUJA**

165 Street 110, Tel: 012 613 586

East-West fusions are often seen on the runway but can sometimes lose transla-

tion in everyday wear, but at Kambuja an admirer of pan-Asian styles can find a design blend for practical wear. Styles from casual to elegant are made from a range of materials. You can find Kimono style silk jackets, organza scarves in beautiful pastels, a brown pinstriped suit dripping with urban-cool or an easy to wear spaghetti-string dress. A contemporary take on a sarong skirt and top bridges a gap between function and design. They also have coats made of Cambodian silk with traditional Khmer motifs, and a striking collection of men's shirts in cotton, linen and silk. With competitive prices, there is enough variety of items for any occasion.

#### **THREADS**

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

Linda Poan is a custom designer of increasing popularity offering affordable clothing for men and women. Off-the-rack items feature retro paisley printed wrap-dresses, floral patterned A-line frocks, simple and stylish cotton men's shirts and trousers. Linda works very closely with her customers on made-to-order items and has her seamstresses on site. She also features jewellery, ties, sunglasses and sexy undergarments by Shenga. Orders take three days to one

week and prices range from US\$35 to US\$65 for women's dresses and US\$95 for men's suits.

#### **ZOCO**

22B Street 278, Tel: 012 175 5964

Escaping the world of high-fashion, buyer Nuria Conesa fills her shop Zoco with funky casuals offering an eclectic array of printed dresses, shirts, t-shirts and bags imported from throughout Asia. "In future, as well as my line, I would like to be able to offer style designs made in Cambodia," she says. Zoco has two branches in Sihanoukville and one in Phnom Penh.

#### **COULEURS D'ASIE**

33 Street 240, Tel: 023 221 075

This boutique carries an interesting collection of trendy accessories from whimsical to stylish. Watches, decorative flip-flops, hair elastics, beaded bracelets and discounted diamond jewellery by Alfredo are available from US\$5 to US\$100. Men's silk ties, sexy bikinis, purses and bags run from US\$10 to US\$35. They also carry a limited selection of Eric Raisina items – Khmer silk scarves, fisherman pants and monk bags all of which run from US\$10 to US\$149. This is incredible bargain shopping!

# The Silk Road to Recovery

Cambodia does silk. And as **Nathan Green** and **Tum Makara** discover, it is one of the Kingdom's best prospects for economic development.



**Weaving for the future**

ON THE BANKS OF THE MEKONG A Cambodian artisan sits in the cool air beneath her traditional, raised wooden house and weaves a white silk krama. The 21-year-old uses the same tools and technique she has used ever since she began learning her craft at her mother's knee a decade earlier. Not much else has changed in that time either. The prices Pharen receives for her products have risen slightly, but so have the costs of her raw materials.

Still, it is an easy, enjoyable life. She receives US\$2 from the village middleman for each of the two silk kramas she weaves each day. When combined with profits from the other two looms the family operates this is more than enough to live on, even after costs are deducted.

The scene repeats itself more than 100 times as Prek Chrey Lech village stretches gently along the riverbank. When not planting and harvesting rice as the river recedes in

the dry season, the majority of the families in the village weave silk.

As village middlewoman Huang Hup has a privileged position. She supplies the weavers with raw materials and handles the sale of their fabrics in Phnom Penh. Lotus Pond, a handicraft retail outlet in the capital, takes the higher-quality goods while the remainder are sold at traditional markets in the capital, such as the Russian Market.

For a lower-quality silk scarf she gets about US\$3, of which 70 cents is profit. With hundreds of weavers from the village supplying her it is a tidy income. But she explains that while she makes a profit out of others' labour, without her capital there would be no work.

## ■ WINDS OF CHANGE

The system has worked for hundreds of years, dating as far back as the thirteenth century in some parts of the country. But the gentle tranquillity of the village is

being disturbed. Men like Ho Chomnab and Heng Seiha have come to the village demanding change. Few are complaining for Chomnab and Seiha are the face of a donor-backed project trying to help the village, and dozens like it throughout the country, improve their skills in weaving and business to ensure a higher income.

"They have traditional skills but we provide them with modern techniques to lift the quality of their fabrics," says Chomnab, a marketing manager and technical advisor for the Cambodian Sector-wide Silk Project. Chomnab is helping the villagers learn new techniques to reduce the time it takes to prepare their looms. He is also helping them improve their handling of raw silk.

Backed by the International Trade Centre, the technical cooperation agency of UNCTAD and the WTO, the project hopes to develop the entire value chain of the sector – from growing mulberry trees





We can't respond to demand from commercial buyers because we cannot fulfil the quantity of orders and meet their timeframes

#### Queen of silk

to raising silkworms, harvesting silk yarn, weaving and marketing. Silk is seen as a cornerstone of the Kingdom's long crawl out of poverty.

The project is involved with 30 weaving communities in Cambodia – 26 in Takeo Province, three in Prey Vang Province and one, Pharen's village of Prek Chrey Lech, in Kandal Province. The village has been involved since April this year, but so far just 12 weaving families have joined.

"People don't want to pay the 20,000 riel (US\$5) annual fee to join the local association because they can't see the benefit," Pharen says.

#### REACHING INTERNATIONAL BUYERS

They would do well to talk to weavers from Tanorn in southern Cambodia's Takeo Province, where a group of weavers set up their own Handmade Textile Association (HTA) in 1999 and joined the Cambodian Craft Cooperation (CCC), an association of small business enterprises founded in 1997 with the assistance of the Chamber of Crafts in Koblenz, Germany.

CCC introduced training programmes focussed on skills, tools and equipment but it was the arrival of ITC in 2003 that really got the ball rolling. The agency was looking to implement an Export-led Poverty Reduction Programme (EPRP) in the country, explains Marie-Claude Frauenrath, trade promotion adviser for ICT. It decided to support CCC's efforts in the village.

In addition to community building and technical training, the EPRP project helped with the preparation of marketing tools such as the [www.silkfromcambodia.com](http://www.silkfromcambodia.com) e-sales

website, catalogues and brochures and facilitated CCC's participation in several national and international trade fairs.

Seung Kimyonn, CCC's executive director, says that once weavers lifted the quality of their products – such as through the use of environmentally friendly azo-free dyes that conformed to E.U. import regulations – they found an international community hungry for their products. Annual sales amounted

to US\$320,000 by the end of the project in 2007, half of which came from exports. The monthly income of almost 100 weaver families in the programme rose from an average of US\$20 in 2003 to between US\$70 and US\$100 in 2007.

CCC made its first visit to an offshore trade fair in February 2007, returning with ten confirmed orders from international buyers, but only in small quanti-



No end of colour



Learning business skills

ties of about US\$2,000 to US\$6,000 per buyer. When they returned to Frankfurt's Ambiente Fair in February 2008 word had spread. Kimyonn returned with 15 buyers each ordering between US\$3,000 and US\$22,000 worth of products.

The CCC now stands on its own feet as a successful commercial venture and is replicating the pilot project with around 100 families in five new weaver communities. Buoyed by its success, the ITC has turned its attention to developing the entire sector through the Sector-wide Silk Project.

#### ■ MOVING BEYOND THE NGO

The Artisans Association of Cambodia (AAC) is a training and trade facilitation organisation that works directly with more than 42 social enterprises across the country, including the CCC. AAC members earned almost US\$2 million from exports in 2007, up from just US\$200,000 in 2003, according to association director Men Sinoeun. Export revenues grew 26 percent in the first half of this year to US\$1.4 million.

With international demand growing rapidly, the association's biggest challenge is sourcing enough high-quality silk products from its members.

"We can't respond to demand from commercial buyers because we cannot fulfil the quantity of orders and meet their timeframes," says Sinoeun.

Most of its members were established as NGOs to provide skills based training

## There is a huge amount of money we can get from the silk sector

and incomes to trafficked women, the poor and the disabled. The income from sales sustained the operations but in many cases it was a secondary goal. Sinoeun is now encouraging them to split off their commercial operations to improve productivity, and hence income for the people they are trying to help.

"Many are still thinking in an NGO way but need to start thinking like a business," he says. He singles out Peace Handicrafts and Silks – an independent cooperative of landmine and polio disabled artisans – as a member that has made a successful transition.

#### ■ REVIVING DOMESTIC SILK PRODUCTION

Prince Pheanuroth Sisowath, an official with the Ministry of Commerce, is the ITC's point man on the ground in Cambodia and the project coordinator for the Sector-wide Silk Project. He has been involved with the revival of the silk sector since donor funds began flowing into the country following UNTAC-sponsored elections in 1993.

While Sinoeun struggles to lift the quantity and quality of the silk his association's members produce, Prince Pheanuroth is turning his attention upstream to silk yarn production.

"My problem today is quantity," Pheanuroth says. "The market is here but we can't produce enough silk."

The bulk of the estimated 4,000 tonnes of raw silk used by Cambodian weavers every year is imported from Vietnam by just four Khmer families, primarily from Vietnam, but rising global demand for yarn and silk products means Cambodia is often left with the lowest quality yarns. The project aims to lift the quality of imported silk.

They are also building on work begun by the French Development Agency in 2002 to revive domestic production of Khmer golden silk. Sourced from a silkworm only raised in Cambodia, products made from Khmer golden silk are highly sought after by the high-end international market.

Silk production, or sericulture, was largely destroyed during the Khmer Rouge years. Only 15 hectares of mulberry trees survived the regime, all in the Phnom Srok district of Banteay Meanchey Province. These trees produced less than 800 kg of silk each year, down from a peak of around 150 tonnes of golden silk yarn around the end of World War II.


The project has extended sericulture to more than 100 villages in Banteay Meanchey and neighbouring Oddar Meanchey Province, lifting annual production of golden silk yarn up to 4 to 5 tons by 2005. The project hopes to lift production to 38 tonnes, to meet around 10 percent of Cambodian silk demand, by 2010.

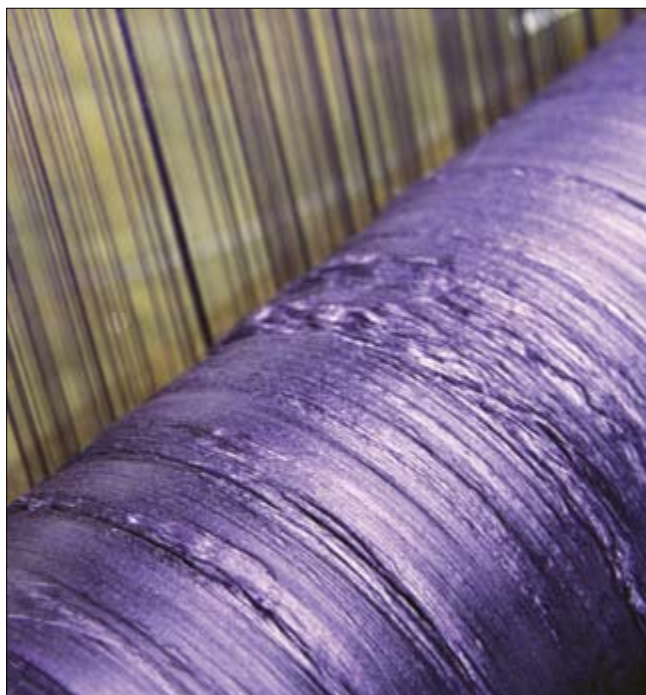


A silk krama in the making

Prince Pheanuroth estimates it will take around 30 years to establish the whole value chain of the Cambodia silk sector – from mulberry bush to market – but believes great progress towards that goal has been made over the last 15 years. “What we have done up to today is important because we have introduced the techniques again,” he says. “But we can improve more.”

He cites a conversation with a Korean expert from the FAO, who reminded him that silk was one of South Korea’s main sources of income when it started to rebuild itself. “Look where Korea is now,” he says. “There is a huge amount of money we can get from the silk sector.”

Some of that money will make its way back to Prek Chrey Lech village on the banks of the Mekong. It is unlikely to ever make Pharen and her family rich, but it will ensure their survival. 



A spool of raw silk at enfants du mekong

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**EZECOM**

# food corner

## Food Talk: Chow down

Patrick Uoung of the FCC Group's Chow speaks with Liz Ledden about returning to his native Cambodia and his ultimate passion – wine.



An ever stylish wine enthusiast

I see the wine list becoming more focused, featuring some more esoteric wines that pair well with the food

“I HAVE ALWAYS BEEN involved with food,” says Patrick Uoung, front man at sleek bar and eatery Chow.

His foray into the hospitality world came around age 10 when he began helping out his entrepreneurial mother in her California-based bakeries and coffee houses.

He discovered a passion for wine during a trip to California's Sonoma Valley wine region, when 19. “I realised there was a huge world of wine out there that was very daunting, and I didn't want it to be daunting for me,” he says. So, he set out to learn all he could about wine – reading books, attending wine tastings and brushing up on the all-important wine vocabulary.

“I found it was very easy for me to sell wine,” he says. This resulted in the San Francisco-based French eatery where he was then working, entrusting him to be their wine buyer.

“My whole world expanded,” he says. “I found that wine was such an integral part to eating.”

Patrick moved on to working for a larger restaurant featuring grilled foods and a raw seafood bar, with 450 wines gracing the menu. His wine expertise continued to expand, from an in-depth knowledge of western European and Californian wines, to those from New Zealand and Australia. “I'm now starting to learn more about Argentinean and South African wines too,” he adds.

## ■ BACK TO HIS ROOTS

Born in Phnom Penh, Patrick moved to the U.S. at the age of three, just before the Khmer Rouge evacuated the city. He made the move back to Cambodia seven years ago, primarily to reconnect with his one living grandmother – a Buddhist devotee who resides in one of the capital's wats.

"I was awestruck by the conditions in Cambodia, and the conditions my family was living under," he says of his return trip to Cambodia in 2001. He wanted to learn more about Khmer culture. This further fuelled his desire to return 'home'.

Embarking on a new life in Phnom Penh unleashed Patrick's creativity. He took up some diverse and unusual job positions away from the hospitality world, from yoga teacher to photographer's assistant to hair, make-up and clothing stylist for television productions and advertising campaigns. He also made furniture and leather goods, and even had a brief stint as a tour leader for a Swedish company.

A chance meeting with Andres of Spanish tapas bar Pacharan reignited his passion for food and wine.

"I was at an Indian-themed dinner party at my friend Bronwyn's, and Andres and Steve from the FCC Group were there," he explains. He began discussing wine with Andres over dinner. "It was a bonding point for us, and we became friends."

This led Andres to ask Patrick to move to Saigon to help open Pacharan there. "I thought I'd never work in a restaurant again as I wanted to pursue other creative things," says Patrick. He soon realised he could combine his knowledge and love of food and wine, with his creative skills in a hospitality environment.

The two months he was supposed to spend helping open Saigon's Pacharan turned into eight months.

## ■ CIAO, CHOW

When the FCC Group embarked on another venture, opening boutique riverfront hotel The Quay earlier this year, Patrick was offered the position of managing its bar and restaurant, Chow. Serving innovative cocktails, fine wines and pan-Asian cuisine, Chow has made a splash on Phnom Penh's drinking and dining scene with its cosmopolitan vibe and trendy white interior.

Chow is "chic, modern, and serves Asian food," explains Patrick. With his well-honed sense of style and Khmer background, Patrick seemed the obvious choice for the job.

He oversees the front of house staff and the bar, as well as the food service. Executive chef Clinton Webber is the man behind the menu and overlooks the kitchen. "Once the food hits the table it's in my domain," Patrick explains.

Sharing some of his wine pairing knowledge, Patrick says that "whites with residual sugar" go best with Chow's culinary offerings. "A more fruity, medium to fuller bodied white goes with our food," he explains. "Ones that help quell the fire and tame the spices – sugar in the wine does this."

"You want to avoid oaky wines like chardonnay – about the only thing it goes with is a Caesar salad," he claims. German wine varieties such as riesling and its counterparts are suitable choices, with Austrian and Alsatian wines also good.

Other options are "lighter reds with finesse" he adds., According to him French and New Zealand pinot noirs, cabernet franc from the Loire Valley, and some merlots are best suited to Asian cuisines. "Beer goes well too, particularly Asian beers and some of the Belgian varieties like Hoegaarden and Duvel, as they have some honey content."

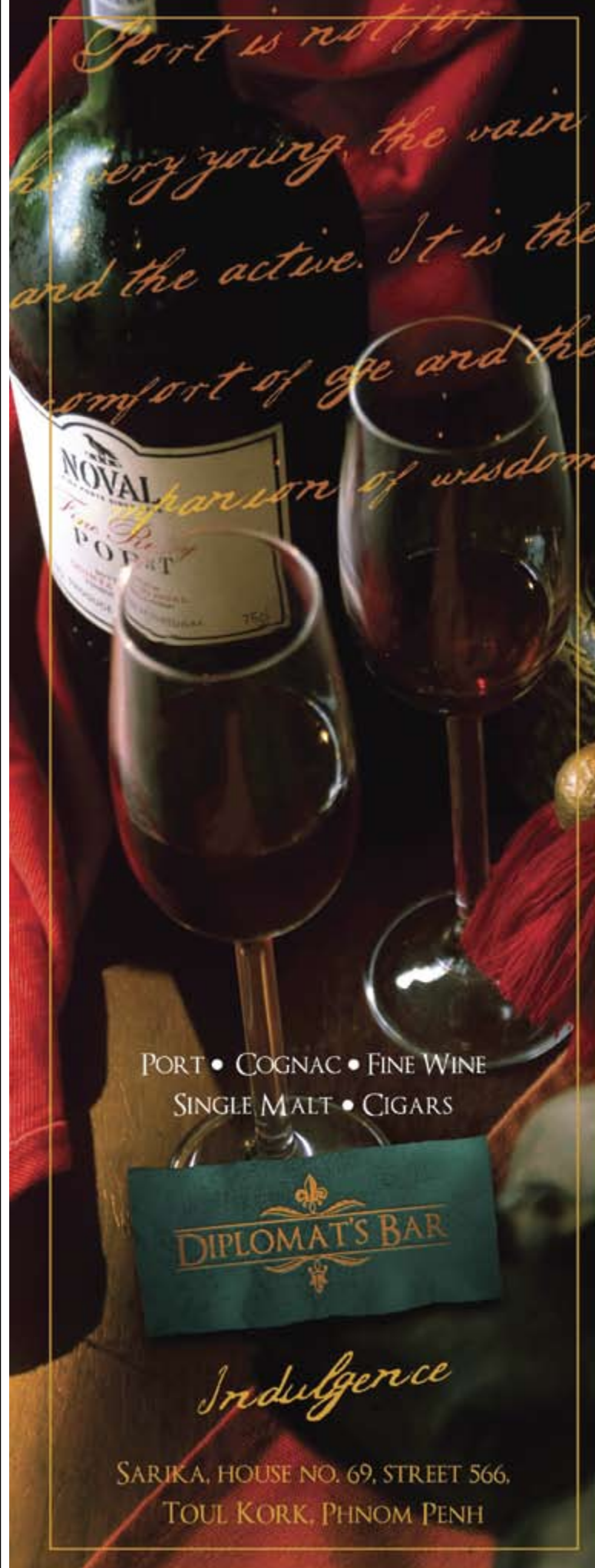
## ■ THE FUTURE LOOKS BRIGHT

As for what's next on Chow's radar, Patrick says an invigorated menu with more tapas-like bites and some cheaper noodle dishes for lunch should be introduced by the time this article goes to press. He hopes this will attract a bigger lunchtime crowd. He would also like to see the bar's juice selection grow to offer even more healthy drink alternatives.

While he wants to expand the cocktail menu, he plans the reverse for the wines. "I see the wine list becoming more focused, featuring some more esoteric wines that pair well with the food," he says.

He'd also like to see more events held in the space, and for travellers to try southeast Asian food rather than opting only for western cuisines.

"This area of the world has such great food, and we have the talent and ability to market it well," Patrick says of Chow and the FCC Group. "I strongly believe in our concept." ■



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# Behind The Dish: Friends Restaurant

Each month **AsiaLIFE** will take a sneak peak into the kitchens of Phnom Penh's top eateries. To start with, **Lis Meyers** visits Friends.



The classroom kitchen

STEPPING INTO THE kitchen of everyone's favourite training restaurant, there is a distinct sense of order. Despite having just finished busy lunch servings, the entire kitchen is immaculate – save for a few dishes in the sink that are soon tackled by a member of staff.

The kitchen is divided up into two sections, a larger area with a central workstation and numerous hobs, and a smaller area where all of the restaurant's fresh smoothies and cocktails are prepared. One very large fridge holds ingredients that have already been chopped or prepared, including mango salsa and spring rolls. Everything appears to be in their rightful places and many items are labelled. Laminated info sheets advise on important steps for each



Crispy fried wontons

dish and remind just how much chicken, mango, and cashew nuts should go into the ever-popular stir-fried chicken dish. Everything is translated into both Khmer and English for ease of understanding.

Gustav Auer is the hospitality and business coordinator of Friends-International. "It's very hectic but they are a good team," he says. "It is very busy and we have an average of 300 to 500 customers a day – I call it organised chaos."

## THE STUDENTS

The third level of a two-year training programme, cookery students are assigned to various stations in the kitchen, including salads, stir-fries, grilling, cutting and chopping, and cleaning. They then rotate to new stations once they have mastered each skill.

Chem Chanthy is one of the cooking team's female trainees. Originally from Siem Reap, the nineteen-year-old student has been with the programme for three years. "Sometimes it's very busy and very difficult to work with so many ingredients, especially as we are still learning," she says. She enjoys the atmosphere and camaraderie of the kitchen. "We are all friends and usually act like family towards each other." Most of the students work, learn, eat and live together.

"We encourage our staff to treat everyone with respect and allow for creativity," says Gustav. "We never patronise or put our students down. I am demanding. I ask a lot, but I always remind myself how far they have come. None of these kids had been in a kitchen before."

## HYGIENE

Staff wash hands before handling any products or equipment. The kitchen has four large sinks, each with bottles of both hand and dish soap beside it. Several large posters informing about food safety can be found around the kitchen.

**It is very busy and we have an average of 300 to 500 customers a day – I call it organised chaos.**

Hygiene is considered the first and most important step of the training programme. “If you do not have the basic standards of hygiene, you cannot cook,” says Gustav. “It is the main focus of our training. Level one of the training is really very much about hygiene.”

Hgam Kimhhor has been a teacher at Friends for two years, previously working at Boddhi Tree. “We start each morning by cleaning,” she explains. “When something is prepared we teach the students to clean immediately. The kitchen is cleaned after every meal. We start with cleaning.”

**■ TRAINING SESSION**

AsiaLIFE was invited to one of Friend’s training sessions, when the restaurant is shut down for the afternoon to teach new skills and dishes. The entire team gathers together in the kitchen, including the servers. Using one of the teachers to translate, Gustav explains how to make frozen red hibiscus and lime daiquiri, a new special for the restaurant. He demonstrates how to make the drink as the students take notes

and look on. “It is important that the ice is not crushed, but in little chunks. Otherwise the drink will not be slushy,” he says “Listen to the ice in the blender and you can hear when it’s finished.” Gustav then asks the students to make the drink again. Sampled after being prepared by a student, the drink is lovely and refreshing. They have been paying close attention!

Moving on, Gustav teaches a new courgette fritter recipe, after having received complaints about the current recipe served in the restaurant. “We adopted this new one from Gourmet Magazine, adding some extra ingredients and changing the cheese. It got four forks!”

Gustav mixes five grated courgettes, one cup of minced shallots, and some salt in a large bowl. Explaining why salt must be added at this stage, he demonstrates how it helps extract liquid from the courgettes. The liquid is squeezed out and discarded. Gustav then adds two lightly beaten eggs, half a cup of mint leaf, one and a half cups of aged cheddar cheese, one cup of breadcrumbs, and a tablespoon of dried oregano. He throws in some Tabasco sauce and a little salt and pepper. The mixture is then made into little balls and fried in a pan for three minutes until golden brown. Served with Friend’s creamy mayonnaise, everyone gets to try it with smiles all around – all agree that this new fritter recipe far surpasses its predecessor.

*Friends, 215 Street 13,  
Tel: 023 426 748*



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# restaurant guide

## key to symbols

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

### 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  
A modern Khmer restaurant that is tucked away down an alley off of Sihanouk Blvd. The menu includes a selection of freshly prepared, vegan dishes, along with more traditional Cambodian specialities. K'NYAY also offers a selection of cakes, ice-creams and sorbets, using all vegan ingredients. **02**

#### Malis

136 Norodom Blvd., Tel: 023 221 022  
www.malisrestaurant.com  
Beautiful modern Khmer restaurant with a courtyard set around narrow water chan-



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

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

#### Sam Doo

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

#### Xiang Palace

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

#### Yi Sang Chinese Restaurant

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

## Recipe Corner: Yam Plaa Gung (Prawns in Lemongrass)

*A fragrant and spicy dish, the delicate flavours of the prawns combine perfectly with the fresh lemongrass and chillies.*



Pawns in lemongrass

#### INGREDIENTS (SERVES 2 PEOPLE)

- 10 fresh prawns or large shrimp ~ peeled
- 4 stems of fresh lemongrass ~ finely chopped
- 2 fresh red chillies ~ finely chopped
- 5 cloves of garlic ~ finely sliced
- 3 kaffir lime leaves ~ chopped
- 1.5 tbsp. fish sauce
- 3 tsp. sugar
- ½ tsp. Knorr powder
- 1 tbsp. lime juice

#### Garnish

Fresh mint leaves

- 1 fresh red chilli ~ sliced lengthwise
- Lettuce leaves

**Preparation time:** 10 minutes

**Cooking time:** 10 minutes

#### PREPARATION

Mix together the fish sauce, sugar, Knorr powder and lime juice. Stir well and let sit for 5 minutes.

Bring a pot of water to boil then remove from the heat and add the prawns. Let the prawns sit in the hot water for one minute.

Add the garlic, chillies, lemongrass, kaffir leaves and the cooked prawns to the

sauce. Mix well to ensure the prawns are evenly coated.

Serve on a bed of lettuce and garnish with mint leaves and sliced red chillies.

**NOTE:** For a milder heat, remove the seeds from the red chillies.

#### ABOUT THE CHEF

Soon Sokloon, 37, has been working at Lemongrass since the restaurant opened ten years ago. She was trained in the restaurant and has been their head chef for six years. She is married with three children.



Soon Sokloon



**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 Jardin**

**16 Street 360, Tel: 011 723 399**  
Beautiful shaded restaurant with large garden and spacious outdoor play area for kids. Serves excellent ice cream. Open 7am to 6pm. **02**

**Tamarind**

**31 Street 240, Tel: 012 830 139**  
Bold Mediterranean / North African restaurant set on three floors which serves couscous, tagines, chawarma, tapas and mezze. Small bar with pool table downstairs denies the elegance upstairs, especially the roof terrace, which opens after sunset. Open 10am to 12pm. **03 A/C**

**The Wine Restaurant**

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

**Topaz**

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

# Scrapbook caption



**"Babe. You can have my body, but not my beer."**

The winner of last month's *Scrapbook caption competition* was Lee Saylor who wins a meal for two, with a bottle of wine thrown in, at **Chow** 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 **Talkin' to a Stranger**. SMS entries to 012 261 449 by Sep. 20.

**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

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**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: 012 886 374  
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 Bvd., Tel: 012 813 817  
Decidedly upmarket and sophisticated Indian restaurant in a beautiful setting with prices to match. Good place for an Indian treat, especially the tandooris. Open from 11am to 2pm and 6pm to 10.30pm. Closed Mondays. **03 A/C**

**international**

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

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

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

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

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

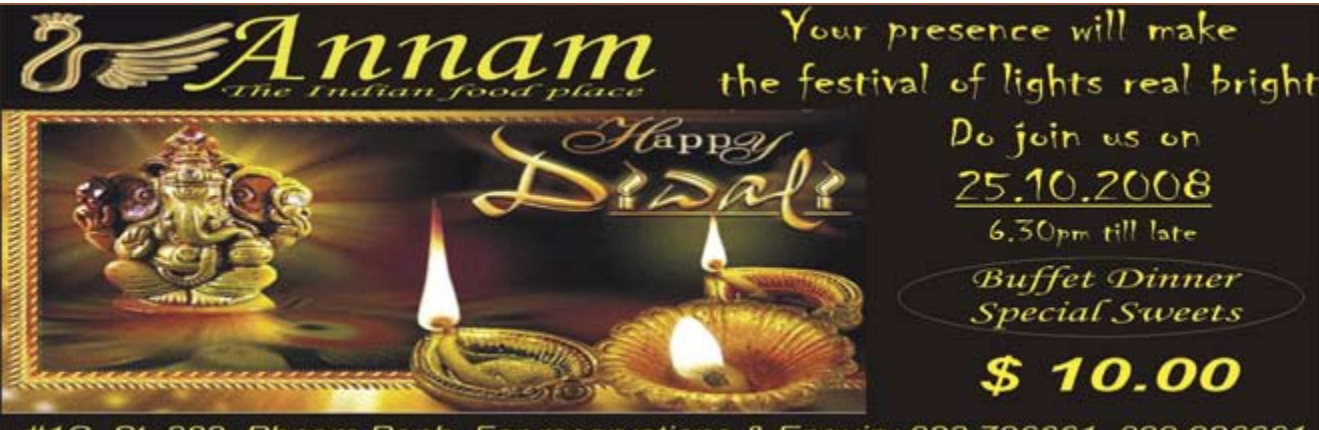
**FCC Phnom Penh**  
363 Sisowath Quay, Tel: 023 724 014  
Phnom Penh's landmark restaurant, with sumptuous views across the river on one side and the National Museum to the other. It's best to come at sunset when the streets below are most crowded, the cocktails are half price and draft beer goes for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

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

**Freebird**  
69 Street 240, Tel: 023 224 712  
Aircon American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. International menu with good lunch offers, an excellent range of bottled sauces, excellent International, Mexican food and burgers. Be prepared for some good solid R&R. WiFi is available, but there is a small charge. Open 7am to midnight. **02 A/C**

**Friends**  
215 Street 13, Tel: 012 802 072  
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 2**  
23 Street 57, Tel: 023 363 002  
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# Bargain Bucket



**■ SINGAPORE KITCHEN**

Never before have we repeated a Bargain Bucket, but this place is so good we felt it deserved another shot. Also, it has recently moved to a new location – to the west of Monivong Boulevard. Specialising in classic Singapore hawker food, the new improved Kitchen has a more relaxing atmosphere than its previous incarnation. Gone has the basic working-man’s-cafe interior, to be replaced by the feel of a traditional Chinese Inn. But, don’t worry the food is still the same high quality, with the same Singapore-Chinese chef. While the laksa (US\$3) is the classic dish – full of wholesome ingredients and with a great spicy, creamy sauce – those wanting a more

subtle flavour could do worse than trying the Hainanese chicken rice (US\$3). This simple dish comes with a clear broth to cleanse the palate. Our favourite dish was the Hainanese pork chop. Though, at US\$5, slightly outside the bargain bucket price bracket, the boneless chop came in a tangy tomato sauce with onions. A slight letdown was the carrot cake, which was a bit on the stodgy side, although it tasted much better when dipped in the hot chilli sauce. One small tip, if you bump into the chef, tell him how much he looks like Al Pacino and he’ll be your friend for life. Open from 11am to 9.30pm, the Kitchen does delivery as well.

*Singapore Kitchen, 110 Street 360, Tel: 012 729 731*

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**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-paneled traditional English pub downstairs serving pub grub, international restaurant located on the first floor. Abundance of water features creates a soothing place to dine out. 03 A/C

**Irina Russian Restaurant**

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

**Java Cafe & Gallery**

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

**K West**

1 Street 154 (Cnr. Sisowath Quay) Tel: 023 214 747  
Stylish aircon bar and restaurant below the Amanjaya with an excellent steak menu and good value happy hour from 6pm to 8pm Fridays. 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 additional to the riverside scene. Open from 9am to 8pm. 02 A/C

**Le Rit's**

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

**Mes Amis**

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

**Metro Café**

Cnr. Sisowath Quay & Street 148 Tel: 023 222 275  
Stylish Metro has much more than cool décor and changing light boxes. Contemporary Asian and western dishes on a manageable menu divided into small plates, grills, salads, soups and large plates. Also has reasonably priced Tiger, house wines and a great range of Martinis. try the Espresso and you'll never look back. Free Wifi. Open 10am to 2am. 03 A/C ☎

**Nature & Sea**

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

**Ocean**

11 Street 288, Tel: 012 176 6690  
European managed Mediterranean restaurant that dishes up some of the best fish and seafood in town. Try the red snapper or the squid with rocket. Often has exhibition around the understated walls. 03

**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

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# CORNER 33

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# Khmer Street Food Revealed

*Kounilla Kea and Prum Seila explain the appeal of Pong Tea Koun: Fertilised Duck Egg*



## A tasty snack...?

AS THE SUN BEGINS TO set over the streets of Phnom Penh, many traders set up their small stalls to sell a variety of fresh and cooked food. If you want to try out some street food and are looking for something a bit more Cambodian than stir-fried noodles, you could try some balut (fertilised duck egg with foetus) or pong tea koun as it is called in Khmer. Cambodia's number one snack is enjoyed across the country.

Cheng Chan Sok, a 45-year-old housewife and Phnom Penh resident, who has been eating baluts since she was young, eats one or two every day. Many other Cambodians share her taste. Chan Sok says that in the past, many Cambodians liked eating baby ducks.

"I like eating these eggs a lot because they're delicious and of course it provides me with energy," says a customer who usually comes out to eat with his girlfriend during the evening walkabout.

Many believe that foetus eggs are a source of energy. This is the reason why a lot of Cambodians eat them after a hard day's work. Popularly believed to be an aphrodisiac and considered a high-protein, hearty snack, baluts are mostly sold by street vendors at night.

But is this food for western tourists or expats?


"A foreigner might be afraid to try this kind of local snack, but it is quite normal for locals who usually have some eggs as an evening snack," says Sar Chandara.

However, expat Geoffrey Cain recommends westerners to try this Cambodian favourite.

"I think they're loaded with taste, unlike American eggs which are watered down and soggy," he says. "You have to live here for a while to enjoy the texture and flavour." Although he does admit "it's an acquired taste."

Usually the baluts are boiled in hot water or in oil and eaten with pepper salt and slices of lime or sweet-sour chilly sauce with garlic, according to Kim Tin, a food storeowner, who sells around 1,000 baluts every day. The ages of the eggs range from 17 days (small), 19 to 20 days (medium) and 20 to 23 days (large).

"Most people like to eat the middle-aged egg," he says.

If you want to try out this dish there is a row of small stores along Sotheaeros Boulevard, near Pannasastra University. Or you could always visit Kim Tin's store right in front of Orussey Market. 

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## Best Kept Secret: Café Nature

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



TUCKED AWAY ON AN obscure street just a few minutes from the Russian Market, the charming and cosy Café Nature is a great find! AsiaLIFE never would have guessed such a place could be hidden so well. A great bargain bucket, prices are low and affordable. Food is quite good, with a wide range of dishes from Korean snacks to breakfasts. If the restaurant was not enough of a find, Café Nature also features a tiny boutique.

### ■ FLOWERS, FLOWERS EVERYWHERE

Checked pink tablecloths and mix 'n' match furniture create the kind of atmosphere your grandmother would adore. Flowing sheets of organza are draped over windows and doorways. Waiters greet you with a warm welcome, adding a personal touch.

True to its name, Café Nature has a distinctively floral theme. The building has been painted an earthy green colour and potted plants line the stairway up to the café. Bright blossoms have been painted on many of the café's walls and small plants are sprinkled throughout the dining room. Placemats feature pressed flowers and cloth coasters have leaves painted on them. Even the bathroom retains this sense of flora.

### ■ THE REAL DEAL

The menu keeps things sweet and simple, with nothing too complicated and a nice selection of items to choose from. Chicken wings (US\$4.50) are smothered in a hot sauce with a slightly sweet touch. Chopped peanuts are

sprinkled on top of the sauce, adding an interesting texture.

A decent sized hamburger (US\$3.50) comes with all the trimmings and a side of fries and salad. The burger is thick and tasty, a real steal at this price!

Korean rice cakes with hot sauce (US\$4.50) are one of the more interesting dishes on the menu. The rice cakes have a chewy pasta-like texture and are bathed in a red-hot sauce. You had best like your food with spice before ordering this. Korean food fans are sure to enjoy the sweet cinnamon punch (US\$2), traditionally served with dessert.

Thick pancakes with chocolate and banana (US\$1.50) were shamefully good, perfect for breakfast, dessert, or mid-afternoon snack (or anytime). Café Nature also has an impressive cocktail list (US\$2.50 to US\$4).

### ■ LIGHT SHOPPING

A separate room next to the café has been converted into a quaint boutique selling a range of adorable items. With funky earrings (US\$4 to US\$7), cheerful baby jumpers (US\$5), and even a pair of tight blue stretch pants with silver stars (US\$10), it is definitely worth a browse.

While the café can be a bit tricky to find, it is well worth the effort and the perfect place to stop before or after a trip to the market. Café Nature is a darling place, with good food and low prices in a setting that will be sure to leave you smiling.

*Café Nature, 14 Street 123 (Off Street 432), Tel: 012 936 451. 9am to 8.30pm, closed Sundays!*

one of Cambodia's finest. Second branch in Ho Chi Minh City. Open from 11am to 11pm. **02 A/C**

**Pickled Parrot**

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

**Restaurant Tell**

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

**Rising Sun**

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

**Riverhouse Restaurant**

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

**Riverside Bistro**

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

the back. Open from 7am to 2am. **02 A/C**

**Sarika**

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

**Scoop Bistro Bar**

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

**Steve's Steakhouse**

20 Street 51, cnr. Street 282,  
Tel: 023 987 320  
Long-standing restaurant specialising in western food, including steaks, hamburgers, kebabs and a good range of dips, also serves Khmer dishes. Has a terraced restaurant upstairs. **02**

**Talkin to a Stranger**

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

**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

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I would like to say a special thank you to everyone for all the great times, help, and support over the last five years.

- Andy at the Riverside Bar
- Barry of 104, 136 and 69 bars
- Koma and the Heart of Darkness
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- Tim and Dean at Pocket Guide
- 97.5 Love FM
- Pon at Kandal House
- Julian Grant
- Ben Brett
- Dee Dee
- Paul at Shanghai Bar
- Paul Blanche-Horgan
- Adam Parker
- Rob Huxley
- Al and Sharkys
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- Glen & Aaron from CTN
- I Apple
- Scott O'Donnell
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- David and Shane at Bogie & Bacall
- Roger and Brandon (former owners of Soho Bar)
- The Lee Brothers from the Temple Hotel, Siem Reap, AsiaLIFE
- ... and anybody else I may have forgotten.

Cheers guys, all the best Brett!

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 Sotheaeros 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 Sotheaeros 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](http://www.sharkysofcambodia.com)  
Not just a pretty face, the biggest and most famous of Phnom Penh's bars has one of the best bar menus in town. The burritos and burgers are extremely good, although of gargantuan proportions. Open 4pm to 2am. **02 ☎**

### thai & pan-asian

#### Anise Terrace

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

#### Bua Thai

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

#### Chow

**277 Sisowath Quay, Tel: 023 224 894**  
Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices

and Illy coffee. Great place to have a drink during its half-price 4pm to 8pm happy hour. Open 7am to 11pm. **04 A/C ☎**

### Lemongrass

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

### Le Wok

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

### Regent Park Hotel

**58 Sotheaeros 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 Illy coffee and mix-and-match sandwiches. The interior has a slight retro 70s feel to it and there is a pleasant outside seating area. Open 8am to 8pm. **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

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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 Yeij

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

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

#### Corner 33

33E2 Sotheaeros Blvd., Tel: 092 998 850  
First-floor café over looking the Royal Palace. Asian & Western meals served for breakfast, lunch and dinner with a nice selection of wines, cocktails, smoothies, and coffees. Four computer terminals allow customers to surf while they chill. **A/C** ☎

#### Fizz

42 Street, 178, Tel: 015 609 909  
Possibly the first authentic juice bar in town. An excellent range of original juices is on offer as well as some Khmer and Thai dishes. Also has coffee and ice cream.

#### Java Café & Gallery

56 Sihanouk Boulevard, Tel: 023 987 420  
Great coffees, salads, mix-and-match sandwiches and juices served in an elegant setting. The relaxed inside dining area has a small gallery attached to it. Open 7am to 10pm. **A/C** ☎

#### Java Tea Room

Monument Books, 111 Norodom Blvd.

Second outlet of the popular Java Café located in the rear of Monument Books. Has comfortable mismatched sofas and antique-look décor. A small lunch menu is available along with an extensive tea and coffee menu. **A/C**

#### La Gourmandise Bleue Patisserie

159 St 278, Tel: 023 994 019  
Delightful French patisserie with a touch of the middle-east, offering chocolates, macaroons, pastries, baklava along with coffee and tea. The menu now includes breakfast, salad and couscous (order one day in advance). Open from 7am to 8pm. **02 A/C**

#### 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**

#### Two Fish Gallery Studio

2D Street 302,  
Tel: 016 368 700  
[www.twofish-gallerycafe.com](http://www.twofish-gallerycafe.com)  
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# bar stool

## Barstools

In many of Phnom Penh's most popular establishments, barstools are the best places to sit. To prevent your bum from going numb, you had better choose wisely. **Nora Lindstrom** takes a seat.

### ■ CADILLAC BAR & GRILL

219E Sisowath Quay

"It's not the smallest of men that frequent Phnom Penh bars," says Cadillac's understated owner, Ken. Consequently, he decided to get the best stools he could – exact replicas of the ones at Freebird. At Cadillac the seats are white, but in all other ways the stools are the same. Effortless to get into, the cushion is so massive it makes you feel like royalty on a comfortable throne, and never once do you miss a backrest. Ken wants us to point out that he serves beer in pint glasses, just like Huxleys.

Rating: 8 / 10

### ■ CHOW

#### COOLEST STOOL AWARD

277 Sisowath Quay

Like everything else at Chow, the barstools have a modern flair. Unfortunately modern design does not necessarily make for great comfort, as the seats lack cushions and are a bit cold and slippery. They do swivel, making conversing with fellow revellers in all directions a simple task. The backrest is minimal but effective, and the cool design of the stools is likely to rub off on anyone who is sitting on them.

Rating: 7 / 10

### ■ GREEN VESPA

95 Sisowath Quay

"If it's got a back it's a bar chair," declares Green Vespa's Alan. The eight 'bar chairs' here, highly coveted by regulars, are of a conventional make, with small round cushions, four legs and footrests. Naturally, they are green. And as my six hours of sterling attendance during the sitting proves, the stools gloriously pass the numb bum test.

Rating: 7 / 10

### ■ FCC PHNOM PENH

363 Sisowath Quay

Although there are a variety of stools at the FCC, those at



Stylish seats at Chow

the bar are technically chairs as they have a backrest, according to the Alan-rule. You may miss out on the view by sitting there, but the sturdy wooden chairs are comfortable despite the lack of padding and at a perfect height to allow your elbows to casually rest on the bar. The one drawback is the weight of the solid, wooden chairs making for difficulties in getting in and out if the bar is crowded. Best to sit tight through happy hour at the very least.

Rating: 7 / 10

■ LE DEAUVILLE

*Wat Phnom Roundabout*

The barstools at Le Deauville are potentially the oldest in town, having lasted for 14 years since the French establishment first opened. Light and manageable, they are simple and round with footrests, although the cushions have gone a bit hard over the years. When choosing your stool, be sure to get

one on the correct side of the linguistically-divided bar.

Rating: 6 / 10

■ HOWIE'S BAR

**OVERHANG AWARD**

*32 Street 51*

Given the amount of regulars sat on the stools at Howie's every night, you might assume there can not be much wrong with the seats. On the rough and ready side, the small cushioned square on which to perch you bottom is nevertheless likely to leave some overhang, although it's not like anyone's looking. Getting up to play pool every now and then should prevent your bum from going numb.

Rating: 5 / 10

■ RUBIES

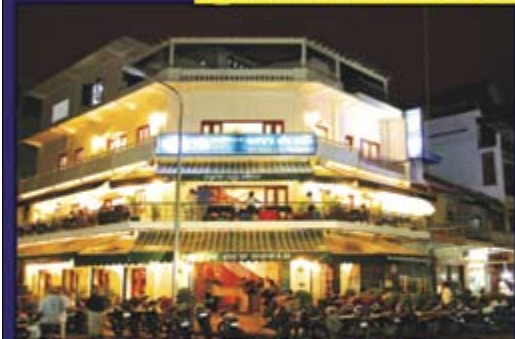
*Cnr. streets 19 & 240*

High and a bit difficult to ascend, Rubies' barstools may pose a challenge for those of lesser height. The seats sway and one



Cushy stools at Rubies

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Happily sat at Green Vespa

out of six is broken – allegedly. However, the removable fabric cushions are not only stylish but extremely comfortable, big and soft. Have a look out for the baby barstool, which won't let you reach for the bar, but is probably the cutest in town.

*Rating: 7 / 10*

■ **PACHARAN**

*389 Sisowath Quay*

Pacharan's stylish wooden barstools are satisfyingly wide even for ample rears. Though they require some effort to get into for those of us who are on the shorter end of the height spectrum, the footrests give you a true feeling of safety once you're perched. They are also at a great height for stuffing yourself with tapas at the beautiful air-conditioned bar, though be careful when climbing down if you've had one too many glasses of sangria.

*Rating: 7.5 / 10*

■ **HUXLEY'S PUBLIC HOUSE**

*Cnr. streets 136 & 5*

With rounded backrests each chair at Huxley's can only fit one, which isn't necessarily a bad thing as barstools regardless of their size generally become uncomfortable

with two on them. The green vinyl attached with studs to their wooden frames, makes them as distinctive as the bar's Bloody Marys. Set at a nice height for both tall and short patrons, they invite a long stay.

*Rating: 8 / 10*

■ **FREEBIRD**

**STOOL OF THE STOOLS AWARD**

*69 Street 240*

Freebird's barstools set the standard in Phnom Penh. Supersized, comfortable and secure, they are at a perfect height for eating. Popular among regulars, many of the seats along the bar are often reserved, but given that the same stools can be found throughout the bar there is no major drawback. This gets the stool award over Cadillac and Huxleys because, let's face it, they came first.

*Rating: 9 / 10*

■ **EQUINOX**

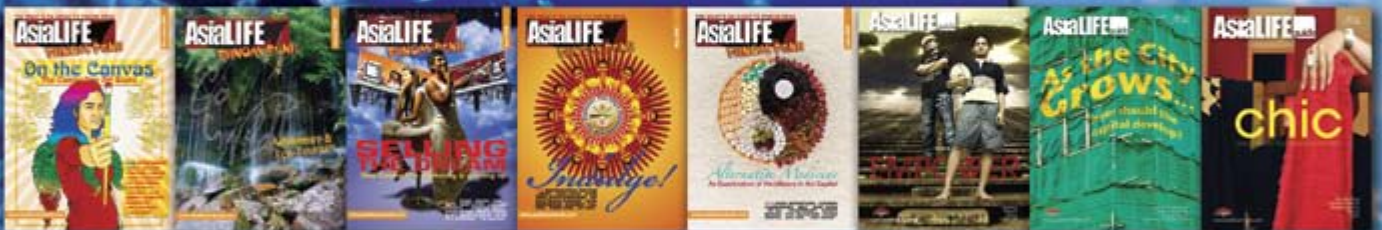
*3A Street 278*

There are two types of barstools at Equinox – steel and wood. Avoid the steel ones at all cost, as they provide no comfort at all, however the wooden stools with grey cushions make for a nice comfortable seat. With backrests and two

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levels of footrests in addition to the bar railing, these barstools are functional. However, despite the pleasant breeze from the fans, the lack of air conditioning combined with the seats' vinyl can make things a bit sticky.

**Rating: 6 / 10**

■ **LIQUID**

*Street 278*

Without a doubt, Liquid has the best padding of all the barstools in town. You literally sink into them. They are of a nice height, both in terms of the footrest as well as seating yourself comfortably at the bar. Sadly the half-sized backrest is rather deceiving and not particularly useful. As the seats are made of vinyl and the bar lacks air conditioning the stools are also prone to stick.

**Rating: 7 / 10**

■ **TALKIN TO A STRANGER**

*21b Street 294*

At Talkin you get a choice of two – high rattan chairs with backrests and low round vinyl-cushioned stools on one leg. The former have comfortable fabric cushions, but are rickety and do not inspire structural confidence.

While the former makes for a sturdier seat, the lack of being able to lean either backwards or forwards onto the bar might not keep you sat very long – not that this seems to deter most newspaper and magazine editors in town.

**Rating: 6.5 / 10**

■ **ONE MORE PUB**

*16E Street 294*

One of the latest arrivals on the Phnom Penh bar scene, the bar chairs were hand-made by the same carpenter who created the bar. Solid wooden chairs ensure no sway factor and the small cushions provide ample padding for those preparing for a lengthy session. The chairs are an ideal height for eating at the bar.

**Rating: 7.5 / 10**

■ **MAXINE'S**

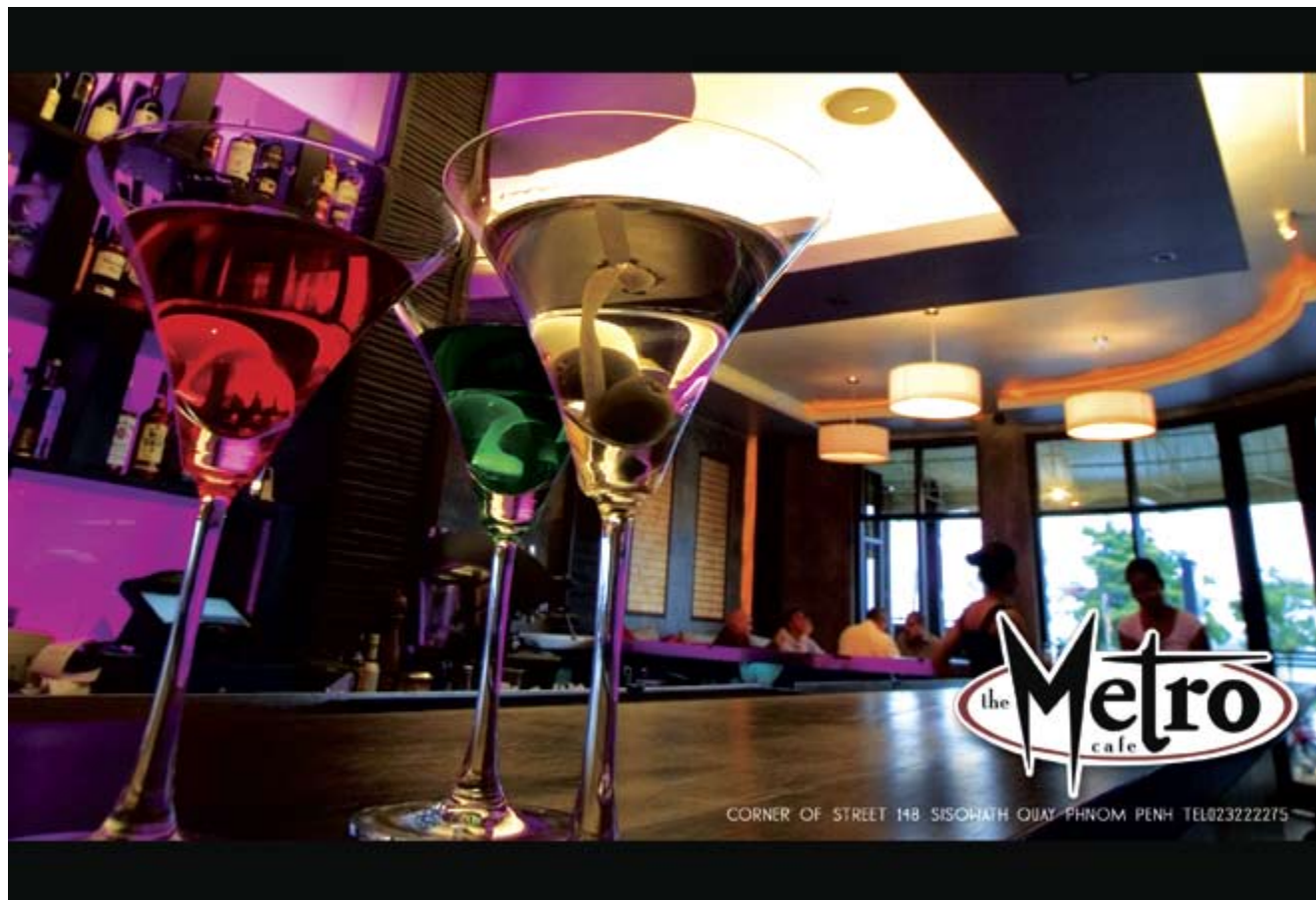
*Over Japanese Bridge*

The bar commonly known as Snow's has black leather bar-chairs with a low backrest. Comfortable to sit on and at a perfect height for customers of all sizes, these will reward anyone who has made the long trek over the Japanese Bridge.

**Rating: 7.5 / 10.** 🍷



Freebird's ultimate bar stool



CORNER OF STREET 118 SISOWATH QUAY PHNOM PENH TEL02322275



# Bar Talk: Raising the Pontoon

*The sunken icon will rise from the depths and the DJ who put it there will be present at its rebirth*



READERS WILL NO DOUBT remember Nathan Horton's dramatic pictures of the Pontoon Bar sinking on Jul. 25. Regulars of Phnom Penh's favourite 'house' dance venue will be pleased to hear that the Lounge is about to rise from its slumber on the bed of the Tonle Sap.

By the time you read this article, the soft launch should be underway. Towards the end of the month, Bert Bevan, the U.K.-based DJ who was spinning the night the original Pontoon sank, will return to Phnom Penh to play the official 'rising' party on Oct. 17.

This time Julian Grant, managing director of S&A Enterprises – the management company for the Pontoon Lounge, assures there will be no repeat of July's dramatic finale. "We have improved the flotation of Pontoon," he says. "There is an additional 18,700litre tank and another 30,200 litre tank – even Bert Bevan couldn't sink that!"

Not only has the Pontoon been made more secure, but the venue has been improved, he adds. The previously inadequate toilets have been

upgraded and the sound system has been improved. Additionally the bar has been relocated with an futher service station introduced. Hopefully this will put an end to those interminable waits to get served at the bar that characterised busy nights at the former Pontoon.

But it is not just on the Pontoon that there have been some upgrades.

The boat moored at the pontoon has been moved to open up a wider view of the river. It now has more seating at the front of the boat for those wishing to look up-river to the Japanese Bridge. A new air-conditioned area allows revellers to chill-out, or to take a break from the dance floor. There is also a new food and cocktail menu.

If all this is not enough to entice you onto Pontoon for a 'dry run' then you can always catch Bert's Studio 54 night at the Riverhouse Lounge, which is also managed by S&A, on Oct. 16.

*Bert Bevan plays the Riverhouse Lounge, Cnr. Street 110 & Sisowath Quay on Oct. 16, and the Pontoon Restaurant & Bar on Oct. 17. 📍*



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## Grapevine: Darren Gall

*Australians prefer Kiwi whites at least in terms of wine*



Ripe for the picking

LOCAL WINE LOVERS constantly looking to sniff out a good buy will be delighted to learn that the number one selling white wine in Australia is now available here in Cambodia. What might come as a surprise to many though, is that it is not an Australian wine.

According to market research company AC Neilson, the current number one selling white wine by value in Australia is Oyster Bay Sauvignon Blanc. The label is owned by Delegat's Estate, New Zealand's third largest winemaker. "New Zealand Sauvignon Blanc complements Australia's own white wine styles and our Sauvignon Blanc epitomises this style of wine, which consumers are seeking out more and more," says the estate's managing director Jim Delegat.

What shouldn't surprise is the wines outstanding quality. In its very first vintage Oyster Bay Sauvignon Blanc won the coveted Marquis de Goulaine Trophy for Best Sauvignon Blanc of the Competition at the International Wine & Spirit Competition in London. It was voted Premium White Wine of the Year at the Australian Liquor Industry Awards (ALIA) in both 2005 and 2006.

Described by one London wine scribe as "pretty close to being the elusive stuff of dreams", the wine takes its name from Oys-

ter Bay on the tip of New Zealand's south island. The fruit comes from the Marlborough wine region, described by Oz Clarke in his Webster's Wine Atlas as, "one of the greatest places on earth to grow them [vines], producing some of the world's most remarkable wines."

Pale straw green in colour with brilliant clarity, the wine is zesty and aromatic. A concentration of tropical and gooseberry flavours on the palate, it is crisp, elegant and refreshing. Complimenting seafood and lighter, spicy Asian dishes, it is best consumed within a year of harvest (while still racy and vibrant) and served well chilled.

Oyster Bay Sauvignon Blanc is exported to over 30 countries around the world. With its reasonable price tag, Asian food friendliness and eminently refreshing style Cambodia's wine lovers can be thankful this tally now includes them.

*Darren Gall is a 20-year veteran of the wine industry with experience in all of its facets from brand ambassador to winemaking and grape growing. He has worked in over 20 countries and is currently based in Asia as a market consultant. For information on where to obtain this wine or any aspects of the industry, please feel free to contact him at: darren\_gall@yahoo.com*



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 ☺

**DJs**

**DJ Paul Stewart**

Tel: 017 362 849

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# scrapbook



# PACHARAN

*Tapas & Bodega*

PHNOM PENH



## ■ CAPTION COMPETITION

Provide a caption for any of the above photos and you could win a free roast lamb meal for two at **Talkin to a Stranger** with a bottle of wine provided by AusKhmer. Simply SMS to 012 261 449 or email: [asialifephnompenn@gmail.com](mailto:asialifephnompenn@gmail.com). Best caption wins. *Entries by Oct. 20.*

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# kaleidoscope

## Contemporary dance: a Phoenix from the Ashes?

Headlining this month's Lakhoan Festival is a new work based on a traditional Cambodian folk tale. Mark Jackson talks with its director, Catherine Marnas, and its leading lady, Chumuan 'Belle' Sodhachivy.



Catherine Marnas giving her Cambodian stars a helping hand

LIKE SO MANY OTHER visitors to the country Catherine Marnas' motivation for coming to Cambodia was one of intrigue. "I didn't know Cambodia and had lots of curiosity about the country," she explains while taking some time off from rehearsals for her upcoming play, 'La Perdrix Mâle et la Perdrix Femelle' (the male and female partridge).

"It's very creative to think how I can do this here," the French director says of her two-month project, working with Khmer actors and musicians in producing a brand new piece of contemporary dance for the forthcoming Lakhoan Festival.

Not that this type of creative collaboration is anything new to the former teacher of interpretation at the National Conservatory in Paris.

When she is not putting on contemporary drama in Mar-

seilles with her theatre troupe Company Parnas, Catherine works around the globe on similar projects to the one that has drawn her to Cambodia. Very much a wandering director, Catherine has been involved on similar projects in Brazil, Mexico and China. It was in Brazil that she met the French Cultural Centre's director, Alain Arnaudet.

"Alain saw a workshop I did in Brazil with some students," she explains. "He said he wanted a workshop too."

### ■ HANDING OVER RESPONSIBILITY

For Catherine, the final performance is not everything. It is only part of the creative process. Shunning traditional auditions, she prefers to work with her potential actors in a workshop environment. Thirty Cambodian actors and musicians were initially selected for the workshop

## The idea is to leave the actors and musicians as 'owners' of the performance

over 10 days. At the end, she chose the 10 Cambodians – six actors and four musicians – who would perform the new piece. In this way, Catherine hopes to get the performers more closely involved in the work.

"The idea is to leave the actors and musicians as 'owners' of the performance," she explains.

Using traditional Cambodian music and instruments, Catherine has created a contemporary piece through incorporating modern theatrical approaches and techniques new to Cambodia.

"It is interesting work, but it is very different," she explains. "The rhythm is different – of speech, of life – there is no break."

Not that she is unfamiliar to such challenges. In China, she was unable to communicate directly with her actors.

"I was obliged to hear the music of their language," she explains. As a director you get an instinctive feeling as to whether your actors have got their lines right, she adds. Catherine demonstrates to the actors all elements of performance from how to move on the stage to female actors developing a more realistic speaking pitch than the traditional one adopted in Cambodia.

### ■ CROSS-CULTURAL PROJECT

The story of 'La Perdrix Mâle et la Perdrix Femelle' reflects the cross-cultural nature of the project, which has involved French

composer, Alain Aubin, as well as Catherine. Based on a traditional Khmer tale, which was translated into French, Catherine has introduced tales familiar to western audiences, such as the riddle of the Sphinx and Puccini's Turandot. The script was then translated back into Khmer. The two Chenla Theatre performances will have both English and French subtitles. The storyline of love, death, rebirth and ultimate success after a long struggle, can be seen as both a reflection of Cambodia's own history and that of its dramatic art.

"There was a tradition and then a break," Catherine says referring to the Khmer Rouge period. "There are lots of things to build in dramatic art."

Accepting that performers need to reflect upon the past, she also feels that dramatic art has to offer something new for the country's youth. For her, actresses such as Chumuan 'Belle' Sodhachiv, who plays the female lead in the new work, represent the future for Cambodian contemporary dance and theatre.

#### ■ A BELLE FUTURE

The daughter of famous actress, Nou Sondab, Belle started dancing when she was nine and studied classical dance at RUFA. Now 23, she has already toured Asia, Europe, the U.S. and Morocco, despite only graduating last year.

Belle agrees with Catherine that there is an absence of contemporary dance in the kingdom. She believes that any development of contemporary dance in the country should also be a reflection of the past.

"When we do contemporary dance, we need to know ourselves and our culture first," she says. "We love classical dance, but we want to develop."

Although she loves performing Apsara dance, she feels it is very controlled. "I can't dance very fast and express my own feel-

ings," she says. "Both of them have to go together."

Cambodian performers can learn much from such cultural exchanges as the current French Cultural Centre project, according to Belle. One specific example is how Alain Aubin has taught her new breathing techniques that allow her to project her voice from the stomach – a technique that is absent in Cambodian dramatic training, she says. She also mentions how Catherine has taught her how to change roles during a performance.

However, it is the way that Catherine encourages actors to develop their own roles that has most impressed Belle.


"She wants us to find for ourselves," Belle explains. "Unlike Cambodian directors, she does not tell us to do this and that."

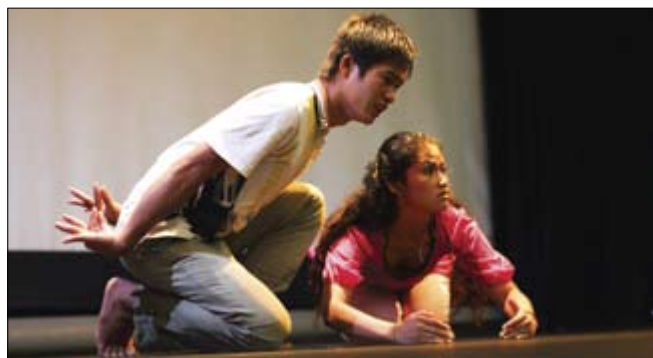
Confessing that sometimes she finds the traditional didactic approach to dance boring, Belle finds Catherine's approach refreshing. "We feel free and want to do the performance," she says.

#### ■ A LONG WAY TO GO

Both women are keeping themselves busy. Belle's own contemporary dance, The Story of Preah Kongkea is also part of the Lakhaon Festival. It will debut at the Chenla Theatre on Oct. 8. As for Catherine, once she returns to France, she is thrown into rehearsals for a play she helped create in Brazil back in July. It is due to be performed in France this year.

Eventually Catherine would love to see Cambodian actors perform in France, but feels that this is still some way off in the future. "It is so new," she says. More immediately, there are plans for the current work to tour Cambodia next year.

*'La Perdrix Mâle et la Perdrix Femelle' will play the Chenla Theatre, cnr. of Mao Tse Tung & Monireth boulevards on Oct. 3 & Oct. 4 at 6.30pm.* 



Crouching tiger?

## Lakhaon Festival

FEATURING TWELVE COMPANIES FROM CAMBODIA, FRANCE, Laos, Myanmar and Thailand, the second Lakhaon Festival will be held at the Chenla Theatre from Oct. 3 to Oct. 9.

Seven original Khmer works have been created especially for the festival. All the speaking performances will have both English and French subtitles projected onto a screen, except for Mahajanok Never Say Die, which will be performed in English with Khmer subtitles. There will also be a series of films shown at Le Cinema, French Cultural Centre.

The festival will open with a parade departing from the intersection of Mao Tse Tung and Kampuchea Krom boulevards on Oct. 3 at 3pm.

#### ■ PERFORMANCES

*Un Etrange Pêcheur*, original mime by Seur Thavrak.

*The Story of Prince Cheytot*, original female masked performance by Wat Khen Svay Kraov.

*Les Regrets du Chasseur*, original Mohori performance by Khmer Amatak.

*The Story of Preah Kongkea*, original Lakhaon Niyeay performance by Chumvan Sodhachiv.

*Le Père et le Gendre*, original shadow puppetry performance by Sinn Samy.

*Churning of the Sea of Milk*, shadow puppetry performance by Nguon Samath.

*La Cueillette du Leak*, original theatre of marriage performance by Khmer Amatak.

*Le Panier Percé*, original Ayai performance by Nhem Borin.

*Mahajanok Never Say Die*, Thai dance performance by the Makhampom Theatre Group, Thailand.

*La Perdrix Mâle et la Perdrix Femelle*, original performance by Catherine Marnas.

*Cabaret*, by Cabaret Lao. Puppets, traditional dance by Htwe Oo, Myanmar.

#### ■ PROGRAMME

**Chenla Theatre**  
cnr. Mao Tse Tung blvd. & Monireth blvd.  
**Oct. 3, 6.30pm**  
*La Perdrix Mâle et la Perdrix Femelle*

**Oct. 4, 6.30pm**  
*The Story of Prince Cheytot*  
*La Perdrix Mâle et la Perdrix Femelle*

**Oct. 5, 6.30pm**  
*Un Etrange Pêcheur*  
*Mahajanok Never Say Die*

**Oct. 6, 6.30pm**  
*Les Regrets du Chasseur*  
*Puppets*

**Oct. 7, 6.30pm**  
*Churning of the Sea of Milk*  
*Le panier percé*

**Oct. 8, 6.30pm**  
*The Story of Preah Kongkea*  
*Cabaret*


**Oct. 9, 6.30pm**  
*Le Père et le Gendre*  
*La Cueillette du Leak*

**Le Cinema, CCF**  
218 Street 184  
**Oct. 4, 7pm**  
*Un Fil à la Patte*

**Oct. 6, 7pm**  
*The Tragedy of Hamlet*

**Oct. 7, 7pm**  
*Tambours sur la digue*

**Oct. 8, 7pm**  
*Phaedre*

**Oct. 9, 7pm**  
*Lapin Chasseur* 

# On the Shelf

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

■ **NEW IN CAMBODIA**

**Getting Away With Genocide? Elusive Justice and the Khmer Rouge Trial**

Tom Fawthrop and Helen Jarvis, Pluto Press, 2004. US\$22

**The Lost Executioner**

Nic Dunlop, Bloomsbury, 2005. US\$24

**A Cambodian Prison Portrait: One Year in the Khmer Rouge's S-21**

Vann Nath, White Lotus Press, 1998. US\$21

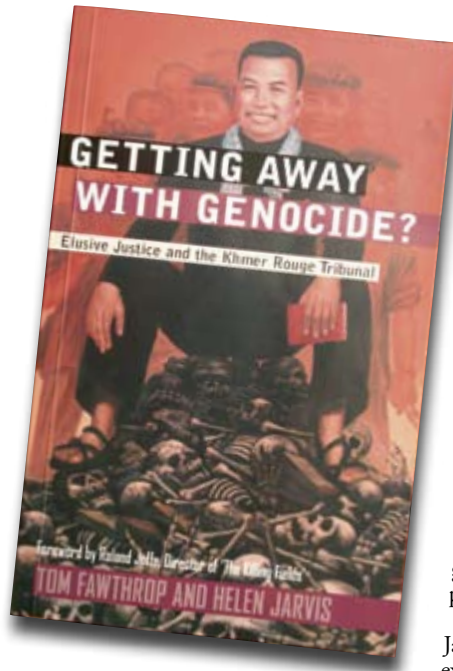
WITH THE INTERNATIONAL tribunal into the crimes committed by the Khmer Rouge scheduled to hold its first trial before the end of the year, lack of information about the proceedings is not a problem. Trying to find good, readable accounts explaining the background to the tribunal and the challenges it faces can be.

For those new to Cambodia the daily headlines about the tribunal's proceedings can often read like a laundry list of problems.

Corruption allegations continue to mar the proceedings, creating uncertainty among potential donors at a time when the tribunal is attempting to make up a financial shortfall. There is a huge backlog of documents to be translated. There is also the historically and emotionally vexed issue of whether to embark on further prosecutions.

With all this in mind, most local and international observers agree that given the challenge of holding trials of this size and complexity in Cambodia, significant progress is being made. Indeed, amid all the criticism it is easy to forget that for years conventional wisdom held that a tribunal would never get off the ground.

■ **GETTING AWAY WITH GENOCIDE?** Getting Away With Genocide? Elusive Justice and the Khmer



Rouge Trial explains why it took so long for the UN to recognise the mass murder committed by the Khmer Rouge and organise a tribunal into who was responsible.

Fawthrop is a British journalist who has covered Cambodia on and off since 1979. Jarvis also has a lengthy association with Cambodia including helping to archive much of the evidence of the Khmer Rouge's crimes. She is currently the head of public affairs for the tribunal.

Their book is a detailed, blow-by-blow account of efforts to bring the Khmer Rouge to justice, starting in 1979 with early attempts by the Vietnamese-backed People's Republic of Kampuchea to garner international recognition of the Khmer's Rouge's crimes.

These early efforts were derailed by Cold War politics that saw the West, backed by countries such as China, support Pol Pot as Cambodia's legitimate representative in the UN and arm

the remnants of the Khmer Rouge, contrarily, to oppose the Vietnamese backed government in Phnom Penh.

Further complications arose with the UN-backed peace plan for Cambodia in the early nineties, which played down the mass murder committed by the Khmer Rouge in an, ultimately unsuccessful, attempt to bring the recalcitrant guerrilla group into the peace process.

Fawthrop and Jarvis painstakingly examine the successive rounds of negotiations

between the Cambodian government and the UN that took place in the mid-nineties to reach agreement on a formula for a tribunal acceptable to all sides.

These saw sharp disagreement over issues such as the degree of Cambodian control and where the tribunal would be held. The result of the negotiations formed the basis of the arrangement we see today – a special chamber within the Cambodian court system comprising of local and international judges.

All of this is chronicled clearly and precisely, with useful supporting information and detailed footnotes. Those seeking a good primer about the background to the current tribunal would do well to check out Getting Away With Genocide?

■ **THE LOST EXECUTIONER** Kaing Guek Eav alias Duch, head of the infamous Tuol

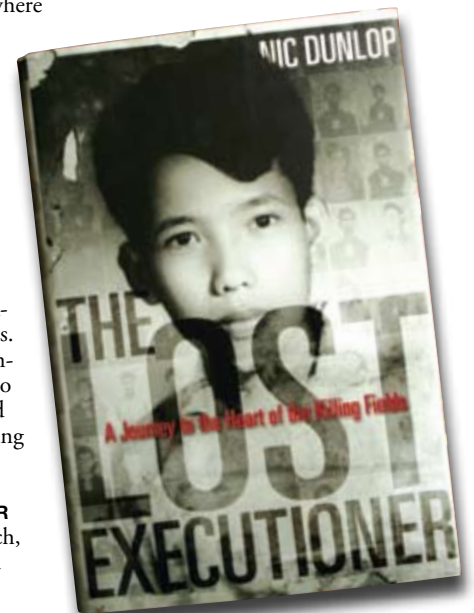
Sleng torture centre will be the first of the five senior Khmer Rouge leaders to stand trial.

Duch was arrested in May 1999 following revelations in the media he was working as a Christian missionary in a remote part of Cambodia's western border.

That he was arrested and is now standing trial for his crimes is in part due to the work of British photojournalist Nic Dunlop. His book, *The Lost Executioner* is a fascinating account of his obsessive search for the elusive Tuol Sleng commander.

The book traces Kaing Guek Eav's childhood through to his gradual conversation to revolutionary politics and his emergence as 'Comrade Duch', head of Khmer Rouge's most brutal detention centre.

Dunlop vividly evokes the instability that gradually engulfed Cambodia in the sixties leading up to the U.S. bombing of Cambodia in the early seventies. According to Dunlop, this was the cataclysm that propelled the Khmer Rouge from a tiny guerrilla group to a military force capable of taking over the country.



The book details Duch's role in the everyday brutality of Tuol Sleng to his post-1979 life along the Thai-Cambodian border, leading to his eventual discovery by Dunlop and his capture by the Cambodian authorities.

The *Lost Executioner* is part detective novel as Dunlop sifts through rumours and conflicting accounts of Duch's life and whereabouts, and part meditation on the nature of genocide and how it has affected Cambodia.

While the book contains some fascinating insights into the way Dunlop's journey changes his views of his own craft of photojournalism, he does not dominate the narrative. The priority is given to the Cambodian people Dunlop encounters and how they deal with their country's history.

The *Lost Executioner* is a highly readable book. That a lone journalist was able to find Duch while the Cambodian authorities, Thailand and western governments could not or would not, is also a telling example of the barriers to those seeking the truth about the Khmer Rouge.

#### ■ ONE YEAR IN S-21

Another quite unique aspect of the tribunal's proceedings is the participation of Khmer Rouge victims as civil parties. When Duch takes the stand one of the people sitting in the court as a civil party will be Vann Nath.

Many books have been written about life under the Khmer Rouge. A *Cambodian Prison Portrait: One Year in the Khmer Rouge's S-21* is one of the earliest and most chilling.

Nath is probably the best known ex-prisoner to have been sent to Tuol Sleng, or S-21 as it was otherwise known, and survived.

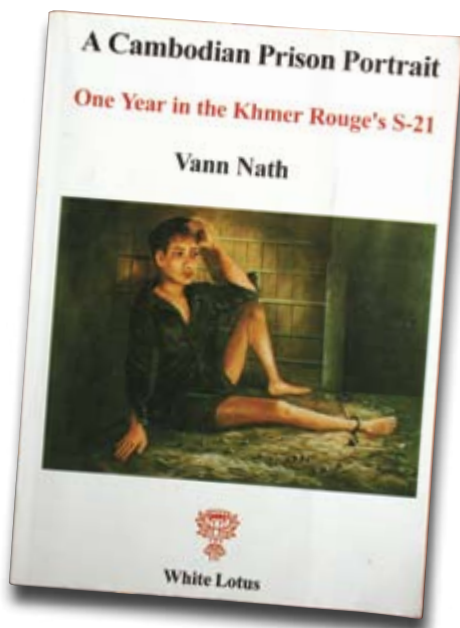
Evacuated from his home in Battambang in 1975 by the victorious Khmer Rouge. Arrested, sent to Tuol Sleng and tortured, he was about to face death when he was given a chance by Duch to paint a portrait of Pol Pot from a black and white photograph.

He continued to avoid death by painting further portraits of the elusive Khmer Rouge leader. His contemporary works depicting life in Tuol Sleng, several of which accompany the text, are well known today.

Nath calls his story "a bizarre tale of millions of people massacred by their own government without hesitation or judgement."

Much of A *Cambodian Prison Portrait* may seem 'old news' and the writing is not particularly elegant. However, as a short, clear-sighted account of the horrors of day-to-day life in Pol Pot's Cambodia, it is worth reading.

Most importantly, it will also remind you that behind all the headlines and the complex legal arguments of lawyers and judges are the stories of real people and their nearly two decade quest for justice. 📖



## 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 movies start at 7pm, closed Mondays.

## Galleries

### Art Café

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

### Café Living Room

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

### Dori Thy Gallery

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

### French Cultural Centre

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

### Happy Painting Gallery

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

### Java Café & Gallery

56 Sihanouk Blvd., Tel: 023 987 420  
[www.javaarts.org](http://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](http://www.amritaperformingarts.org)  
Performance art co. puts on contemporary, classical music, dance and theatre.

### Art & Foundation

84 Street 108,  
Tel: 012 834 517  
[www.amritaperformingarts.org](http://www.amritaperformingarts.org)  
Performing western and Classical Music

### 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. 📖



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Phnom Penh, CAM  
M - Sa 7am - 3pm  
092 289 126

### Java TeaRoom

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

# Arts Diary

## ■ OPENING THIS MONTH

### *The Girls*

Exhibition of paintings of hostesses and street children by Australian artist Fleur Childs shows at Java Café & Gallery from Oct. 9 to Nov. 2.

### *Analogue Ambiance*

Exhibition by Chim Sothy and Clement Jesch offering a visual approach to the organ works of Olivier Messiaen opens at Art Café on Oct. 4.

### *Nude*

Exhibition in acrylic and oil paintings by Leah Newman hangs at the Two Fish Gallery from Oct. 1 to Oct. 31. The opening is Oct. 10 from 6.30pm to 8pm.

### *Rachel Poignant*

Sculptures by the French artist are on show at the French Cultural Centre Gallery from Oct. 16 to Nov. 23.

### *Vincent Broustet*

Paintings of landscapes at night and sleeping bodies runs at the Exhibition Hall at the French Cultural Centre from Oct. 16 to Nov. 23.

### *Khmer Obscura*

Argentinean photographer Carolina Furque and Australian artist Stephen Eastaugh have an exhibition of mixed media at the Meta House from Oct. 7 to Oct. 30.

### *Mount Pierre Cattle Station*

Photography exhibition by Nicolas Axelrod opens at Equinox at 7pm on Oct. 17, with free punch and BBQ.

### *Reading Festival*

Festival of travel literature runs at the French Cultural Centre's Media Centre from Oct. 23 to Oct. 26.

### *Smile*

Exhibition of photographs by 10 children from the Steung

Meanchey dump is on show at Gasolina from Oct. 25 to Nov. 28.

## ■ MUSIC, EVENTS & PERFORMANCES

### *Lakhoan Festival*

Second international theatre and dance festival. All performances are free at the Chenla Theatre, cnr. Mao Tse Tung & Monireth blvds. from 6.30pm. Oct. 3, 6.30pm – La Perdrix Mâle et la Perdrix Femelle; Oct. 4, 6.30pm – The Story of Prince Cheytot, La Perdrix Mâle et la Perdrix Femelle; Oct. 5, 6.30pm – Un Etrange Pêcheur, Mahajanok Never Say Die; Oct. 6, 6.30pm – Les Regrets du Chasseur, Myanmar Puppets; Oct. 7, 6.30pm – Churning of the Sea of Milk, Le Panier Percé; Oct. 8, 6.30pm – The Story of Preah Kongkea, Cabaret Lao; Oct. 9, 6.30pm – Le Père et le Gendre, La Cueillette du Leak.

### *Fifth International Music Festival*

Featuring baroque music, the Fifth International Music Festival has a series of concerts from Oct. 30 to Nov. 3. All concerts are at St. Joseph's Chapel, 1788 National Route 5, unless stated. Oct. 3, 7pm – Gala opening at the Chaktomouk Theatre, Sisowath Quay; Oct. 31, 7pm – Le Chalumeau; Oct. 1, 11am – Workshop concert at the Russian Cultural Centre, 104 Norodom Blvd.; Nov. 1, 7pm – Bach & Bali; Nov. 2, 11am – Bach and Keyboard; Nov. 2, 7pm – Baroque to Rococo; Nov. 3, 7pm – Bach & Bali.

### *Cambodian & Western Performing Arts*

Music and dance performances at the Art Café from 7pm, unless otherwise stated. Oct. 3 – Ouverture Français, music from the 17th and 18th centuries; Oct. 10 – Mahoorie classics, traditional

Cambodian court music; Oct. 11 – Empfindsamer Stil (sensitive style), music from the 18th Century; Oct. 17 – La Liturgy Christal, documentary about Olivier Messiaen; Oct. 18 – Messiaen Organ Works Part VII, Livre du Saint Sacrement (continued); Oct. 24 – Sonata da Chiesa, flute and violin sonatas; Oct. 25 – George Branssens and Jaques Brel, performed by Patrick Mercier; Oct. 26 – Five O'clock Tea, chamber music by Schubert, Faure, Weber, Mendelssohn and Saint Saëns.

### *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*

The following English-language films are screened at Le Cinema, CCF at 7pm: Amen (Costa Gavras) on Oct. 2, 16, 23 & 30, and Into the Wild (Sean Penn) Oct. 26. Also Peter Brook's version of Hamlet will be screened on Oct. 4.

### *Rooftop Cinema*

Each month the Meta House shows films, documentaries and hosts events on its rooftop terrace from 7pm. This month's screenings include: Oct. 1 – Sbaek Thom, documentary about the Cambodian Living Arts Festival; Oct. 2 – Jade: The Stone of Heaven; Oct. 3 – Piecing Together Rwanda's Past, Shooting Dogs; Oct. 4 – Guatemala: When the Mountains

Tremble; Oct. 5 – Shadows and Lights: Joni Mitchell; Oct. 8 – Terror's Advocate; Oct. 9 – La Revancha del Tango, The Music of Astor Piazzolla; Oct. 10 – Paper Dove; Oct. 11 – Lands of the Lake, When the Flood Recedes; Oct. 12 – Heart of Gold: Neil Young; Oct. 14 – Artist Special: Carlos Franklin; Oct. 15 – Nanking; Oct. 16 – UXO Night; Oct. 17 – Three Men of War; Oct. 18 – Travel with Pilger; Oct. 19 – Cat Stevens: Majikat Earth Tour; Oct. 21 – Khmer Independent; Oct. 22 – The World of Jokes; Oct. 23 – Dogora; Oct. 24 – Bitter Mekong; Oct. 25 – Kampuchea: Death & Rebirth; Oct. 26 – Woodstock; Oct. 28 – Cambodian Filmmakers' Night; Oct. 29 – Beyond the Valley of the Dolls; Oct. 30 – Cambodiana; Oct. 31 – Burma All Inclusive.

## ■ ONGOING

### *Evaporation*

Exhibition of photographs and paintings by Charlotte Ducrot continues at the Galery Xem, 136 Street 178 throughout the month

### *Understand, Remember and Change*

Exhibition featuring the works of Heeder Soto Quispe, Flor de María Calderón Pérez and Filiberto Celada Alejos and Kerstin Kastenholz continues at Café Living Room

### *Georges Rousse*

Exhibition runs until Oct. 12 at 32 Sotheaors Boulevard

### *Daniel Perrier & Leang Seckon*

Exhibitions run at the CCF until Oct. 12

### *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 **A**

## Khmer Images

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



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# Billboard



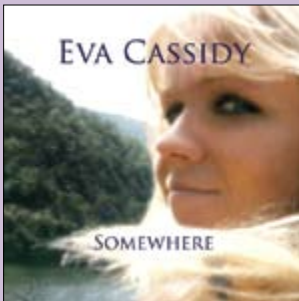
Album reviews by LOVE FM's Julian Grant

## ■ BOB MARLEY *Legend*



Born in Jamaica in 1945, Marley became the most successful reggae artist of all time in a career spanning 17 years. A posthumous release from 1984, Legend is his best selling album and is ranked 46 by Rolling Stone Magazine in its poll of best albums. Highlights include Jamming, and the 1974 live version of No Woman No Cry. Released the following year, this became his international breakthrough and remains a classic. From the moment the keyboard starts you're transported to somewhere else. Three Little Birds is a song full of hope, and sung with such conviction it assures you that indeed "everything's gonna' be alright." This is the classic collection from the master of Reggae.

## ■ EVA CASSIDY *Somewhere*



Known for her interpretations of everything from jazz to country, Somewhere is dotted with cover versions from Aretha Franklin to Dolly Parton. Cassidy's voice does not stand comparison with the likes of Franklin. Chain of Fools is delivered as jazzy pop, without the

deep soul of Franklin's version. Where Cassidy does shine is on the ballads. She has an articulation that is comparable with Karen Carpenter – even if the re-recorded vocals are little more than demos. Despite this, I found little to be excited about in the album. Many of the songs are weak, and I have little use for hearing renditions of Robert Burns' poem Red Red Rose. If there is a highlight, it is her cover of Walking After Midnight, which is delivered simply but effectively. Overall it's pretty bare but your Granny might like it.

## ■ THE VERVE *Forth*



Forth, the fourth album from the alternative rock band from Wigan, includes The Verve's first set of new material since 1997. Full of good, solid rock underneath almost psychedelic swirls of music, while it may fail to break any new ground, it is more polished than their previous albums. Highlights include Valium Skies, which is the simplest of love songs – for me the most memorable song on the album. Rather Be is thought provoking at a gentle pace, and reminiscent of their previous hit Lucky Man. The first single Love Is Noise is shiny pop, and by far the most commercial track. This is a good chill out album but don't expect to see it enjoying the success of Urban Hymns. I also can't seem to shake of thoughts of both U2 and Oasis, so if you like either of them you'll enjoy this. ■

# Top of the Bops



kaleidoscope

## ■ U.S. TOP 10 SINGLES

- 01 Whatever You Like **T.I.**
- 02 So What **Pink**
- 03 Disturbia **Rihanna**
- 04 Forever **Chris Brown**
- 05 Paper Planes **M.I.A.**
- 06 I'm Yours **Jason Mraz**
- 07 Viva La Vida **Coldplay**
- 08 Closer **Ne-Yo**
- 09 In The Ayer **Flo Rida**  
featuring Will I Am & Fergie
- 10 Dangerous **Kardinal Offishall** featuring Akon



## ■ U.K. TOP 10 DANCE SINGLES

- 01 Pjanoo **Eric Prydz**
- 02 Take Me Away/Judgement  
**Chase & Status**
- 03 Crazy World **J Majik & Wickaman**
- 04 Show Me Love **Robin S**
- 05 Diamond Life **Louie Vega**  
& Jay Sinister
- 06 Let Me Think About It **Ida Corr**  
Vs Fedde Le Grand
- 07 Something Good '08 **Utah Saints**
- 08 Watch out **Alex Gaudino** featuring Shena
- 09 Beeper **Count & Sinden** featuring Kid Sister
- 10 What I Want **Bob Sinclar** Pts Fireball



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

- 01 Summertime **New Kids On The Block**
- 02 I'm Yours **Jason Mraz**
- 03 7 Things **Miley Cyrus**
- 04 When I Grow Up **The Pussycat Dolls**
- 05 In The Ayer **Flo Rida**  
featuring Will I Am & Fergie
- 06 One Step At A Time **Jordin Sparks**
- 07 Take A Bow **Rihanna**
- 08 Bye Bye **Mariah Carey**
- 09 Leavin' **Jesse McCartney**
- 10 Party People **Nelly** featuring Fergie



These charts are provided by LOVE FM, 97.5 Phnom Penh and are for the week ending Sep. 21.

ONE TO WATCH! – The Shock Of Lightning **Oasis**  
JULIANS TOP PICK – Disturbia **Rihanna** ■



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# leisure & wellness

## In the Kick of Time

Last month Cambodian kick-boxers took on the best in the world, **Mark Eastty** was there to see which fighters would turn out victorious.



PHOTO BY NICOLAS AXELEROD

### Kick-starting Cambodia's first world title crown

AUG. 28 SAW KHMER KICK boxing reach the world stage for the first time as two local champions competed at Phnom Penh's Olympic Stadium for the International Sport Kickboxing Association's (ISKA) world titles. Meas "the dragon" Chantha fought reigning 68kg world champion Frankie Hudders from the U.K., while Vorn Viva took on Alban Ahmedi from Germany, the ISKA 75kg titleholder.

The prospect of a Cambodian taking a world belt was enough to draw a crowd of around five thousand people – all were abuzz with excitement as the night's early fights commenced. Young Australian fighter, Jacob Marks, was the first foreign fighter to take to the ring. He took on Cambodian Ek Vatha in a 57kg friendly bout. The opening rounds of the fight saw the nineteen-year-old

taking some serious punishment from his Khmer opponent. By the end of the second round it seemed he would fall, like so many foreign fighters who enter the ring here, to leg wounds. Throughout the third round, obviously suffering from the red wounds appearing on his thigh, he continued to soak up the pain. In the fourth round he began to reap the rewards for his perseverance. As a tiring Ek Vatha seemed to run out of ideas the Australian was able to demonstrate his power and technique. As Ek Vatha resorted to only leg kicks and elbows throughout the fifth round he took everything that was thrown at him, and landed some telling blows himself. Ek Vantha took the points decision, but the crowd had seen enough to be concerned about the quality of the foreigners.

The crowd was reduced to murmurs as it waited to see Cambodia's

first world championship attempt. Alban Ahmedi's composed first round saw him landing a number of solid punches. The second round had more of the same as he looked to make his early effort pay off with some strong combinations, rattling the Khmer challenger. This was all to change in the third, Vorn Viva came out with a renewed purpose. By the middle of the round he was giving as good as he got. The crowd reacted, and by the fourth round the Khmer boxer, buoyed by the home audience was showing his intent to make the belt his. He avoided some strong roundhouse kicks thrown by Ahmedi, countering with accurate jabs and elbows. By the fifth it looked like there could only be one winner. With some powerful right hooks, he made sure of this, thus becoming the first ever Cambodian ISKA world champion.

While a quick and powerful Tim Thomas from the U.K. disposed of Pan Sopphan with relative ease, loud cheers rocked the stadium as national champion Meas Chanta took to the ring with his British opponent, Frankie Hudders. The Englishman did not look comfortable from the start and Meas Chanta soon sensed it could be his night too. Hudders was dropped to the canvas twice in the third by two thumping knees from Meas Chanta, receiving standing eight counts on both occasions. By the end of the fight he was awarded a comprehensive points victory by all the judges.

At the end of a thrilling night Cambodia had proved its fighters are among the best in the world, leaving the crowd eager for more competitive international fights. **■**

# leisure & wellness

## amusement

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

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

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

**Phnom Tamao Wildlife Park**  
Phnom Tamao,  
44 kilometres out of the capital along Highway 2, lies Cambodia's best wildlife centre. All the animals are either rescued from traders or bred at the centre. Many of the animals are critically endangered. Open from 8am to 4pm.

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

## beauty products

**Angkor Soap**  
16 Street 374  
Tel: 023 223 720  
www.angkorsoaps.com  
Specialising in handmade soaps and natural spa products.

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

**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).

**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 Chngang 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 to 7.30pm. US\$3, or US\$10 with food and drink. Call 012 385 542.

**Scuba Nation Dive Center**  
18E0 Sothearos Blvd., Tel: 012 715 785  
Learn to scuba dive in Phnom Penh. The academic part of the course takes place in the Plaza Hotel pool, while the real diving is over a weekend in Sihanoukville. Total cost for a course is US\$395.

**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

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# The 13<sup>th</sup> Angkor Wat International Half Marathon 2008



07 December 2008



06 December 2008

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- > 30 KM Cyclo Race
- > 30 KM Fun Ride
- > 30 KM Bike Race

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- > 21 KM Int'l Half Marathon
- > 10 KM Road Race
- > 05 KM Road Race
- > 03 KM Fun Run
- > 10 KM Artificial leg
- > 21KM Wheel Chair

Deadline of Application: 20 November 2008

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- NPO/NGO Hearts of Gold

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- Free the Bear Fund Inc.
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- ANA Sales Co.,Ltd

**Siem Reap:** Tel: 063 964-470 / 012 868-104

E-mail: pmg\_rep@online.com.kh

Website: <http://www.angkormarathon.org>

**Bike Race:** # 12c, St 308 Sangkat Tole Bassac, Phnom Penh.

Tel: 023 221-748 / 012 615-883

E-mail: [bike@villagefocus.org](mailto:bike@villagefocus.org) > Website: [www.villagefocus.org](http://www.villagefocus.org)

room and jacuzzi. Prices rise to US\$8 and US\$12 at weekends.

**Paddy's Gym**

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

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

**Raffles Amrita Spa**

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

Modern gym and pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi costs US\$10 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 Champea 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.

# Beauty Spot: Hitting the Place



THE PLACE CERTAINLY has the wow-factor from top to bottom. The fourth floor beauty salon is jam-packed with chandeliers, pink bead curtains and massive mirrors, all vying for your attention. It looks fantastic, but as you are led to one of the several private treatment rooms, you start looking forward to shutting out all that busyness.

Once laid out on the comfortable table, Srei Leang cleanses your skin and scrubs off impurities. Her focus is as much on your décolleté as your face – a practice sadly overlooked in many salons, but oh so important in ensuring you look fabulous in low-cut tops. All products are Lancome, a definite sign of quality.

A facial mask and lush-smelling eye-patches follow, along with a face and neck massage. Then it's time for the vacuum clean, sucking the impurities out of your skin. Finally out comes the laser. As the plastic rod containing the beam is passed over your skin, there is a slight burning sensation but nothing too uncomfortable. The rod promises to rid you of crow's feet, rings under your eyes and any other wrinkles, as well as more stubborn impurities.

The treatment takes slightly over an hour and leaves your face feeling radiant. Don't count on looking fantastic though, as the scalp massage is likely to have messed up your hair. You will leave smiling, as the chatter from Srei Leang is filled with giggles.

The full on facial costs US\$50, but there are shorter treatments from US\$25. The Place Beauty Salon also offers an extensive list of other treatments, with women's haircuts starting from US\$15, as well as ear candling (US\$30), shaves (US\$5), waxing (from US\$15) and a two-hour body scrub for US\$80. A Thai massage in a private room will set you back US\$12.

The Place undoubtedly has splendour and facials are done very professionally with high quality products. Yet the overall impression is that beneath all the glamour the salon lacks soul, though that may partly be due to the lack of customers. Appointments seem unnecessary as the recently-opened salon is large and has plenty of staff. Opening hours are from 8am to 11pm.

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

**DERMAL SPA**

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**dermalogica**

House No. 4C, Street 57, Sangkat Boeung Keng Kang I, Khan Chamkarmon,  
Phnom Penh, Kingdom of Cambodia. H/P: 012 222 898 / 016 540 454



# Sam Moffett: Pilates or Yoga

PILATES IS GAINING POPULARITY alongside yoga these days. Although both are physical activities, neither is considered a cardiovascular workout. Pilates and yoga share the same techniques to develop, tone and strengthen the muscles of the entire body – especially arms, legs, abdomen and back – by using the body's own resistance to build power during movement. Pilates poses can be strikingly similar to yoga postures, yet there are some profound differences.

Yoga is an ancient practice originally practiced in northern India over 5,000 years ago. Inspired by the ancient yoga asanas, German athlete Joseph Pilates created pilates 80 years ago. The biggest difference between them may be more philosophical than physical.

While pilates takes a mind-body approach to exercise, yoga involves mind,

body and spirit. Its principles come from Hindu ideals, encouraging practitioners to search for balance in their lives and lifestyle. You probably won't find much of that in a pilates class, which focuses on mental concentration, breathing and movement.

The physical differences stem from their contrasting outlooks. Yoga is holistic, whereas pilates works mainly on the core muscles in your trunk, building strength there above all. Yoga, for the most part, involves static poses that are held while you explore breathing, physical feelings and emotions. Pilates is about moving in ways that strengthen your core trunk, including stabilising muscles. It seeks to develop longer, leaner "dancer" muscles. Although both techniques enhance both flexibility and strength, yoga puts a greater empha-

size on flexibility, while pilates focuses more on toning.

Breathing and concentration are fundamental to both practices. The slight difference lies in that in pilates you inhale through the nose and exhale through the mouth, while in yoga you inhale and exhale through the nose only.

The choice depends on what you are looking for. If you want an exercise that improves flexibility while toning your muscles, especially the abs, then pilates may be a better choice. If you want to concentrate a bit more on flexibility and a little less on toning, and are also looking for something meditative that can help reduce stress, you should probably try yoga. Either choice is great.

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

## The Billabong

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

## The Club at Northbridge

1km off National Road 4,  
(on the way to the airport),  
Tel: 023 886 012  
International school has a pool costing US\$5 per day. Membership is US\$200 per family for three months or US\$100 for individuals. Open every day, there are also tennis courts and playground for kids.

## Open Palm Studio

12 Street 101  
Tel: 012 633 278  
The first official Spinning facility in Phnom Penh. US\$10/single, US\$100/12 classes Tuesdays and Thursdays at 8.15am. Call to book in advance

## 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.amaraspa.hotelcara.com](http://www.amaraspa.hotelcara.com)  
Stylish spa with treatments in individual rooms. Also has rooms for couples with Jacuzzi. Massages from US\$8 to US\$30. Open from 9am to 9pm.

### Amret Spa

3 Street 57, Tel: 023 997 994  
Stylish spa with treatments in individual rooms. Also has rooms for couples with Jacuzzi. Massages from US\$8 to US\$30. Open from 9am to 9pm.

### Aziadee

16AB Street 282, Tel: 023 996 921  
Very relaxing, air-conditioned massage parlour with individual rooms. Massages start from US\$8, with aromatherapy from US\$18.

### Bliss

29 Street 240, Tel: 023 215 754  
Health spa at the back and upstairs in this beautiful French colonial building. Have a massage, facial, body scrub or simply wallow in the beautiful flower bath. Massages start from US\$20, facials from US\$35 and packages range from US\$40 to US\$75. Open 9am to 9pm, closed Monday.

### Champey Spa & Salon

38 Street 57, Tel: 012 670 939  
[www.champeyspa.com](http://www.champeyspa.com)

Beautiful spa in the heart of Boeung Keng Kang 1 district. Has a full range of massages from US\$8 and body treatments US\$6 to US\$25. Open from 9am to 11pm.

### Derma 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.

### Krorpom Chhuk

29 Street 200, Tel: 011 668 455,  
012 222 898



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# Laura Watson: Surviving Puberty



**UNFAMILIAR BODILY** sensations, emotional turmoil and radical body changes can make puberty a roller coaster ride. And not just for the adolescent. Puberty for a parent can mean that your once easy-going offspring mutates into someone you hardly recognise, perhaps unpredictable and volatile. You may wonder whether these changes are normal.

■ **NORMAL FEMALE PUBERTY**

This usually starts around 9 to 13 years of age. The exact onset is controlled by hormones and determined mostly by genes, although affected by the environment and nutrition. It usually begins with the development of breast buds (small lumps of breast tissue under the nipple), which enlarge with time. Pubic hairs – long coarse hairs around the genital area – are next. At some point, usually after some breast and pubic hair development, menstrual periods (monthly bleeding) start. This may be preceded by some whitish, sticky vaginal discharge. This is the beginning of the body's response to reproductive hormones like oestrogen and progesterone.

The normal age range at which periods start is anywhere from about 9 to 15 years. Some girls have cramping pains from the onset of their periods, others

do not. It is normal for the cycle to be irregular for the first year or so. You may begin to notice how your body and emotions change over the month sometimes experiencing some breast tenderness and irritability/moodiness the week before your period. If period pains are debilitating or you have vaginal pain or itching or yellow/green smelly discharge you should see your doctor. You should also consult a doctor if your periods have not started by the age of 16 or if you have a regular cycle then miss more than six months of periods.

■ **NORMAL MALE PUBERTY**

Puberty for boys usually starts a bit later than girls – between 10 and 13. It starts with an enlargement of the testicles closely followed by the development of some pubic hairs around the genitals and under the armpits. Increasing levels of testosterone may cause some body odour as well as a deepening of the voice. It can take a year or two of having a voice that seems a bit out of control – sometimes high sometimes low – before it finally settles into an adult tone. Boys also begin to get frequent erections both day and night. This is a normal part of your body preparing for sexual activity. Sometimes testicles can feel firm and a bit achy. Again

this is normal. Any sudden or severe pains should be assessed by a doctor as soon as possible.

Some boys develop small lumps like breast buds under their nipples in adolescence too. This is normal and they will go away with time.

■ **IN GENERAL**

This onset of new hormones is also likely to result in some skin changes with oiliness and spots being common. Sometimes this can lead to acne, which can be embarrassing and may lead to scarring. If you think you have acne it is worth talking to a friendly GP or dermatologist about how best to manage it.

Many teenagers struggle with their body image and feel pressure to look a certain way. It can be easy to lose perspective on how you really look and feel and begin to slip towards an eating disorder such as anorexia. If you think this might be you then talking to someone professional about it should be your first step. Anorexia has a high fatality rate so prompt intervention and help can be life saving. Although anorexia and bulimia occur more frequently in girls these conditions do occur in boys too.

Sport and activity are essential for a healthy

teenager. Exercise helps your body and your mind to be strong and relax. This doesn't have to be team sports – dancing is wonderful exercise, so is walking, jogging, cycling and swimming. Adolescence is when your bone density reaches its peak, declining slowly from your early twenties. Think of your bones as something to invest in for your future. Calcium from dairy products, leafy vegetables and small fish, plus weight bearing exercise builds strong bones.

Going through puberty can be a tough time. Try to remember that everyone has been through it, even parents. There really is always someone out there who will listen to you – a parent, friend, teacher or your doctor. Confidential consultation is medical. In my view, if a teenager shows the maturity to make an appointment with a health professional and to seek help or advice then they have demonstrated their readiness for being treated confidentially.

If you want more sound advice and information, visit: [www.teengrowth.com](http://www.teengrowth.com)

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

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**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

## Reading Rooms

It's never too early to encourage your toddler to curl up on the couch with a good book. Phnom Penh's places to read, listen to stories and buy books let your child explore the pleasure of reading as a social or solo pursuit, as **Angela Savage** explains.



A bookworm is born



### ■ OPEN BOOK

The children sit on the floor listening to the man reading a story. He moves like the animal characters in the book, draws pictures on the whiteboard, allows his voice to rise and fall. His face is animated, his enthusiasm infectious. The children are captivated.

The man is Som Theang, better known as Tin, Director of Open Book, the NGO with a mission to promote the pleasure of reading.

Up to 80 children visit Open Book each day, spending hours at a time poring over the books that line the walls of this welcoming reading room on Street 240.

"We aim to create a happy place open to all," says founder Catherine Cousins. "Hopefully, as the children grow up, they will associate having books around them with feelings of happiness."

While the primary audience is local, Open Book encourages

people of all nationalities to come together.

It has an impressive range of languages – English, French, Khmer and Japanese are the most common. It also stocks books in Korean, Chinese, Russian and Spanish to name a few. Books are colour-coded by language and displayed on bookshelves Tin made himself.

The reading room is a perfect refuge on a rainy afternoon. Volunteers, mostly high school and university students keen to practice their English or French, are on hand to read stories to your children, or you are welcome to read to them yourself.

As well as books, there are puzzles, blocks and educational games to keep the kids occupied while you browse the small library. Lifetime membership is US\$15.

Open Book's reading room is open 7 days a week, 10am to 5pm.

### ■ STORYTELLING

Several venues host regular storytelling, presenting an opportunity to meet other (mostly expat) families and get exposed to quality children's books you can buy locally, online and/or ask friends to bring when they visit.

Open Book has story telling in Khmer followed by drawing every Thursday at 4pm. Storytelling at Monument Books is the first Wednesday of every month, from 3.30pm sharp until 4.30pm. Although it is pitched at 3 to 5 year olds, younger children are welcome. There is also drawing and colouring, too. Storytelling for 6 to 9 year olds is the third Saturday of the month, 10.30 to 11.30am. All these sessions are free.

The Living Room Café will resume its weekend storytelling sessions in October. Check their notice board or the Yahoo group 'Cambodia Parent Network' for details. US\$3 covers materials

for craft activities and a child's healthy snack plate. You need to register in advance.

Friends Flea Market, on the last Saturday of every month, has a range of kids' activities including storytelling, followed by drawing classes and/or music. See posters or announcements on the Cambodia Parent's Network for details. Again admission is free.

The Médiathèque at the French cultural centre has storytelling for young and old one Saturday each month at 10am in French or Khmer. It also has a good selection of children's books and a comfortable reading area.

### ■ BOOK BUYING

NGOs such as Room to Read, White Elephant/Domrei Sor and Wildlife Conservation produce books in Khmer and English or French, with a focus on folk tales and stories set in Cambodia. Most range from 4,000 riel to



# next generation guide



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

US\$6. These can be purchased at Open Book, the Friends 'n' Stuff shop, Carnets d'Asie at the French Cultural Centre, larger stationery stores, and some markets. Great if your kids are bilingual or aspiring to be, this is a fun way to learn about Cambodian culture.

Monument Books' Kids Corner sells children's books at U.S. prices and Carnets d'Asie has new children's books in French. D's Books has a children's section at the back where you can pick up the odd second-hand gem for US\$1 to US\$3.

Upstairs at Pencil Supermarket on Street 214 are inexpensive picture books in Khmer and English printed in India. They also have Indian-made colouring-in books and quirky posters such as the 'Visual World Dresses Chart' featuring couples in national costume.

The Russian Market also has a good range of inexpensive sticker and colouring-in books to while away rainy season afternoons.

**Open Book**  
41 Eo Street 240. Open 7 days, 10am to 5pm (except during the Water Festival).  
Tel: 012 876 623.  
Email: [openbook240@yahoo.com](mailto:openbook240@yahoo.com)

**Carnets d'Asie and Médiathèque**  
Opposite the French Cultural Centre, 218 Street 184, email: [mediatheque@ccf-cambodge.org](mailto:mediatheque@ccf-cambodge.org)

**Monument Books**  
111 Norodom Bvd.,  
Tel: 023 217 617

**Living Room**  
9 Street 306, Tel: 023 726 139

**Friends / Friends Flea Market**  
Friends 'n' Stuff, 215, Street 13. Flea Market is next door, last Saturday of every month, 9am to 4pm.

**Pencil Supermarket**  
15 Street 214

## TIP

When leaving Phnom Penh, please consider donating your pre-loved books to Open Book or Friends. Your toddler can help put things in 'Keep' or 'Give Away' piles. Those of us left behind will be grateful.

## 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 Tuesdays. Drop-ins welcome (US\$6)

## 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](http://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](http://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](http://www.ican.edu.kh)  
International school teaching the English national curriculum to over 230 pupils. Has spacious and modern facilities.

**International School of Phnom Penh**  
146 Norodom Blvd, Tel: 023 213 103  
[www.ispp.edu.kh](http://www.ispp.edu.kh)  
Not-for-profit international school founded in 1989, ISPP has 395 students from pre-school to Grade 12. It is the largest international school in Cambodia, and the only authorized IBO school in the country.

**Lycée Français René Descartes**  
Street 96, Tel: 023 722 044  
[www.descartes-cambodge.com](http://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](http://www.niscambodia.com)  
[info@niscambodia.com](mailto:info@niscambodia.com)  
Quality international school with curriculum for students from pre-school to high school as well as good sports facilities.

**Zaman International School**  
2843 Street 3, Tel: 023 214 040  
[www.zamanisc.org](http://www.zamanisc.org)  
International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab.

## 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 Bvd.,  
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: 023 211 652  
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.

# shopping & fashion

## Specialty Street: A Stitch in Time

Like many other Asian cities, Phnom Penh is full of streets that specialise in doing just one thing. This month **Naomi T. Robinson** takes a look at Street 109, and discovers there is more to it than just sewing machines.



Some of the many machines on offer

**JUST OFF THE PSAR** Orrusey roundabout is a street like no other in town. Street 109 is almost entirely dedicated to the art of sewing. Here you can find shops with sewing machines stacked from floor to ceiling. Antique food-powered Singers from the 1920s (US\$120) are here, as well as your almost top-of-the-line, fully automated, triple-option-stitch Brothers, Jukis and Yamatas (US\$70 – US\$180).

A handful of shops compete for your attention with hundreds of machines in stock. Despite its mouthful of a name, Tang Kim Heng Sewing Machine For Sale (209 Street 109) looks the best by far. The clerks here speak some

English and are willing to demonstrate the varying options on many of the machines on offer. They are also more than prepared to dismantle them to prove that the models are from Japan or the U.S., rather than a poor imitation, despite looking identical to the cheaper stock.

Everything you need to create the textile masterpiece you've always imagined can be unearthed on this street. From haberdasheries that would keep a button collector happy for years, to thread shops that will boggle your mind in the quantity of multi-coloured stock they have in store – it's all here on Street 109. Every colour you could ever

imagine is spooled in polyester (2,300 riel / 5,000m) and rayon (3,600 riel / 3,000m) – although cotton is sadly lacking.

The women at Ponleu Hary (88 Street 109) speak no English but trust me, that won't matter. Without any word being spoken, they found thread – in both polyester and rayon – that was a perfect match for the coral shirt I was wearing.

### ■ MORE THAN HABERDASHERY

But the street has more to offer than simply meeting your sewing needs. A couple of spray-paint stores have the widest range of aerosol paint canisters in town. One will set

you back between 3,000 riel and US\$1. The colour selection is slightly better than that found in the hardware section at the Russian Market.

Finally, if you want to pimp up your silver dream racer, one shop sells nothing but motor-bike stickers. From racing stripes to playboy bunnies to hello kitties racing playboy bunnies, you name it they have it. Stickers with "I love you!" or more eclectically "You are my Space!" – for once the typo is not ours – can be yours. Alternatively go for a Chinese-script sticker and you too can ride around town with a sticker you have no idea what it means. ■

# shopping guide



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

## art

**Happy Painting Gallery**  
FCC; Domestic Terminal Airport  
[www.happypainting.net](http://www.happypainting.net)

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

## books & cds

**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  
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

**Artisans D'Angkor**  
Craft Centre Tel: 063 963 330  
Silk Farm Tel: 063 380 375  
Specialising in stone and wood carving, lacquering and silk paintings. All items are hand made by the students at the training centre. Both the training centre and the silk farm are open to the public for tours and workshops.

**Bazar Art de Vivre**  
28 Sihanouk Boulevard, Tel: 012 776 492  
Elegant furniture and home fittings shop that specialises in antique furniture, furnishings by Bloom Atelier and Cambodian silks. French-Vietnamese owner Mai also

specialises in calligraphy and design. Open from 9am to 6pm (closed Sunday).

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

**I Ching Decor**  
85 Sothearos Blvd., Tel: 023 220 873  
[www.ichingdecor.com](http://www.ichingdecor.com)  
Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

**Le 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.

[www.couleursdaside.net](http://www.couleursdaside.net)  
#33, Street 240 . Phnom Penh  
Tel/Fax 855 23 221 075 . [info@couleursdaside.net](mailto:info@couleursdaside.net)

**COULEURS D'ASIE**

GIFTS . HOME DECO  
SILK COLLECTIONS  
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 allows SONG followers a constantly evolving supply of new pieces for the home or family wardrobe.

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

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

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

[SONGresort.com](mailto:SONGresort.com)  
[song.pp@asiasongdesign.com](mailto:song.pp@asiasongdesign.com)  
SONG-life.com

**SONG**  
Natural lifestyle by Valerie Gregori McKenzie

**KURATA PEPPER** Aromatic & Flavorful  
**Cambodian Pepper**

OPEN; Everyday (Exp. WED)  
8:00~19:00

St.63 J St. 322, BKK 1, Phnom Penh  
TEL&FAX 023-726480 H/P 012-842970  
[customer@ksline-cambodia.com](mailto:customer@ksline-cambodia.com)  
<http://www.ksline-cambodia.com>

Create Your Lifestyle  
live your style

**Bloom ATELIER**

**Bazaar**  
art de vivre

28, Sihanouk Blvd, Phnom Penh  
Tel: 012 776 492  
maj\_kea@yahoo.com

**ARTISANS ANGKOR**  
Cambodian Fine Arts & Crafts

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**VAN'S Restaurant**  
Street 102, Phnom Penh  
(near Post Office)

For information: 012 70 53 03  
www.artisansdangkor.com

\* Available in the limit of our stock.

**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.

**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 wearable, ideal for expats in Cambodia. Open from 10.30am to 5.30pm, closed Mondays.

**Sapors**

11 Street 59, Tel: 012 900 470  
Modelling agency, training school for 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.songresort.com  
Franchise of the Vietnamese-based SONG label owned by Keo Sophea who used to manage Kambuja. Features casual wear for both men and women designed by Valerie Gregori McKenzie.

**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**

127 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

*Jasmine Boutique*

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

Kingdom of Cambodia www.jasmineboutique.net

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

**silks & accessories**

**Couleurs d'Asie**

33 Street 240, Tel: 023 221 075  
[www.couleursdaside.net](http://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](mailto: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](http://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.

**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.

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

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

22B ST 278 PHNOM PENH  
TEL: 017 755964

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

## The Hot Seat: The Secretary

Fully-serviced office spaces at affordable prices – a novel concept? Not really, as **AsiaLIFE** finds out.



**Kevin: a customer service expert**

**AsiaLIFE: Kevin, what brought you to Cambodia?**

**Kevin Britten:** I relocated here in 2005 with Functional Engineering, which is Cambodia's number one electronic fire and security company. I left them in 2007 to run The Secretary.

**The Secretary provides serviced offices in Cambodia – can you explain the concept further?**

The core business is serviced office suites. Basically we offer an all-inclusive package, from the furnished office with internet and utilities all the way through to photocopying and coffee. I decided to simplify things by packaging it, everything is included in a monthly charge whereas most serviced offices count each sheet of paper and each cup of coffee and bill you for each item. This drives business people nuts and it's not my way of doing business or carrying out good customer service. I think the most important factor though is my staff. Included in the deal you get the secretarial

and administrative support that's vital for incoming businesses. I have a small but highly dedicated and highly professional team who believe in doing things the right way. We follow the philosophy that without the small things there are no big things.

**It's not exactly a novel concept – why do think no one had come up with this before?**

I'm sure they had but no one had got around to going through the grind of setting it up. Perhaps they were worried that the idea would be copied too quickly and easily, perhaps they confused the idea with office space that comes with a guard and a cleaner. A serviced office is quite, quite different - it's all about service and service is all about people.

**So how do you feel about working with Cambodians?**

I think that working with Cambodians is perhaps the greatest pleasure of being in Cambodia. I have never come across people so excited to learn and so focussed

on making tomorrow better than yesterday. My advice to people in business is to choose people you feel you can work with – this may not mean the most highly qualified or experienced people – treat them well, and give them the opportunity to grow. Then just watch what they do. In my experience they go from walking to flying.

**Do you have any other professional interests?**

I'm now developing the company's range of business services. After being in education and training for most of my career I'm now getting into the training consultancy business. I'm working with a partner to offer accounts and finance upgrades to businesses that have recently grown from small- to medium-sized operations but their accounting and management systems have not kept up with rapid growth. I'm also interested in consulting on training programmes – which is my real area of expertise. Another project is branching into property management, again it's a service-based business providing clients

a service which adds value to the property and therefore adds to the income of the property. There's a lot more to property than just building it. At the same time I've recently joined an Executive Recruitment Network. I can now source management and other expertise from outside Cambodia and the client can deal with a company based inside Cambodia. Basically I'm interested in any business outsourcing or development opportunity.

**Last month we covered property development in the capital – how do you think the property market is going to change over the next couple of years?**

It's clear that much of the stock of both residential and commercial property here is poor quality and outdated. The property boom we're seeing is just the city playing catch-up after decades of underinvestment. I think that as far as office space is concerned, right now it's very, very scarce. As the buildings now under construction open, the quality will rise and there will be more availability. There will be an inevitable glut which the market will correct. Right now people are predicting US\$30 to US\$40 per square metre for new office space for next year. That may well happen but I think that by 2011 it will settle closer to US\$20. As for the residential rental market, prices for quality buildings throughout the city are rising, but again the market is king. The fact that these price rises are being borne shows that there's a shortage of quality. One building soon to open has international standard three-bed apartments, which they are marketing at US\$4,500. I think people will pay that much if the product is good enough.

**As for setting up your own business – what advice can you give people who are thinking of doing the same?**

If you're planning an honest, straightforward business it's going to cost you more than you think, it's going to take longer than you think, and you're going to make less money than you think.

**What are you thoughts about the future of business in Cambodia?**

I'm optimistic, very optimistic. Business opportunities are everywhere and the country is so exciting to live and work in, that's why foreigners fall in love with it. It's a country which welcomes new ideas and is experimenting with all the new technologies and systems available. There's leapfrog development going on all around which is great for competitive advantage. Cambodia has so many positives, and it's full of as yet unexploited advantages. For example the level of English here is way, way higher than in either Thailand or Vietnam. Phnom Penh is more cosmopolitan and has the potential to be much more stylish than either HCMC or Bangkok. Peace, security and stability have been established, the frontier economy is going well, rule of law and other governance issues are now on the agenda and I'm confident that they will be addressed.

**Do you have any upcoming expansion plans?**

Only for my waistline. Yes, I do into the areas I've mentioned, and also possibly a foray into retail, plus of course The Secretary2 – when the building is finished. ■

**CV**

**KEVIN BRITTEN**

**Position:** Owner/MD Kamia The Secretary Ltd.

**Age:** 44

**Nationality:** British

**Marital Status:** Divorced and currently unattached

**Children:** Two – George (15) and Olivia (13). Both are living with their mother in Brunei and visit on school holidays

**Experience:** After graduating in English Language & Literature I worked in Sudan, Cyprus and Spain before moving to Brunei where I lived in a Borneo-suburban paradise for 17 years.

**business**

**advisory services**

**Alcoholics Anonymous**  
20B Street 286,  
Tel: 092 974 882  
www.aaphnompenh.org  
AA meets on Friday at 7pm, Wednesday at 12pm and Sunday at 12pm.

**Narcotics Anonymous**  
20B Street 286,  
Tel: 012 990 937  
Meet every Monday at 8pm, Thursday at 8pm and Saturday at 7pm.

**bikes & mechanics**

**The Bike Shop**  
31 Street 302,  
Tel: 012 851 776  
www.phnompenhbike.com  
Specialises in repairing trusty steeds as well as renting them out in the first place. Also provides dirt bike tours.

**Dara Motorbike Shop**  
339 Street 110,  
Tel: 012 335 499  
More of an off-road bike specialist, which also arranges Sunday trips into the wild.

**Emerald Garage**  
11 Street 456,  
Tel: 023 357 011  
Mechanics specialising in maintenance and repair of vehicles, including oil changing and body painting. The place to go if you want to buy a jeep.

**building**

**Bizzy Beez**  
Tel: 012 755 913  
Company that promotes itself as the city's premier handyman service. Does renovations, construction work, electrics, plumbing, painting and landscaping, as well as general handyman work.

**business groups**

**Australian Business Association of Cambodia (ABAC)**  
9 Mao Tse Tung Blvd,  
Tel: 023 215 184  
www.abac.com.kh

**British Business Association of Cambodia (BBAC)**  
124 Norodom Blvd,  
Tel: 012 803 891  
senaka.fernando@kh.pwc.com

**Chambre de Commerce Franco-Cambodgienne**  
Office 13A Ground Floor  
Hotel Cambodiana,  
Tel: 023 221 453  
www.cccfCambodge.org

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

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

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

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

**commercial banks**

**Advanced Bank of Asia**  
148 Sihanouk Blvd.,  
Tel: 023 720 435  
www.ababank.com.kh

Commercial bank, managed by Koreans and Cambodians, established in 1996. Has branch office on Mao Tse Tung.

**ANZ Royal Bank**  
Main Branch, 20 Street 114  
www.anzroyal.com  
Cambodia's major commercial bank has brought international standards of banking to the country. Has a large number of ATM machines around Phnom Penh and can arrange money transfers.

**Maruhan Japan Bank**  
83 Norodom Blvd., Tel: 023 999 010  
First Japanese commercial bank.

**finance**

**QnE**  
21 Street 322,  
Tel: 023 993 363  
Company that provides financial business solutions, including audit trails and real time business solutions. Free demonstrations available, simply contact Gateway Communications on the above address.

**insurance**

**AG Insurance**  
Hotel Cambodiana, 313 Sisowath Quay  
Tel: 012 195 35 85, info@ag-service.org  
Professional insurance company offering health, home, car, factory, employee and hotel insurance packages.

**Asia Insurance Cambodia**  
5 Street 13, Tel: 023 427 981  
email@asiainsurance.com.kh  
www.asiainsurance.com.kh  
Hong Kong-based insurance company registered in Cambodia in 1996. Offers all types of insurance services.

**Forte Insurance (Cambodia)**  
325 Mao Tse Tung, Tel: 023 885 066  
www.forteinsurance.com  
The largest Cambodian underwriters. Established in 1996, specialise in car, accident, property, personal liability, marine, travel and transport insurance.

**Infinity Insurance**  
126 Norodom Blvd, Tel: 023 999 888  
Professional insurance company offering motor, property, home, marine cargo, personal accident, healthcare, construction and engineering insurance. Group policies can be customised.

**international schools**

**ICan International School**  
85 Sothearos Blvd, Tel: 023 222 418

**Embassies**

**Australia**  
Villa 11 Street 254  
Tel: 023 213 470

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# Trevor Keidan: Wait and See

IT SEEMS IMPOSSIBLE TO TURN ON the news nowadays without hearing the words credit crunch, mortgage crisis and recession. In this ongoing saga the only question many of us have is “when will it all end?” If recent events are anything to go by, the answer is not any time soon.

The U.S. government effected one of the biggest bailouts in the country's history with its rescue of Fannie Mae and Freddie Mac. Britain's Chancellor of the Exchequer stated publicly that the U.K. is facing its worst economic crisis in 60 years. And the Spanish government is struggling to come to terms with what is now being freely described as a property market collapse. It just doesn't look good.

Or does it?

## ■ THE RIGHT TIME TO BUY?

Many people have begun to ask me whether they should step in and start investing in property. After all, U.K. house prices are starting to fall, the U.S. property market is in decline and the Spanish market is about to crumble.

My advice is to “wait and see.” We might not be at rock bottom just yet. I think that house prices might still decrease by a further 15 to 20 percent in certain markets.

However dramatic it might have appeared, the key question to ask about the ‘bailout’ of Fannie Mae and Freddie

Mac is whether it will work to rescue the U.S. housing market?

In the short term it might. It will help both organisations to lend money at lower rates of interest which will in turn help to keep the mortgage market and the housing market moving. However, the escalating cost of borrowing is not the only thorn in the side of the U.S. housing market. Take unemployment for example.

According to the U.S. Labor Department the unemployment rate rose to 6.1 per cent in August. This is the highest level since 2003, and does not bode well for the country's housing market. An increase in unemployment could mean an increase in house foreclosures. This would have a negative impact on house prices in general.

In my opinion it is worth waiting a little longer. Prices may yet have further to fall in the U.S..

## ■ UK PROPERTY DOWNTURN

As for the U.K., some sources predict that house prices will fall by a further 15 to 20 per by the end of 2009. This is despite a package of government measures designed to assist Britain's homeowners and house buyers. The Chancellor of the Exchequer has announced that stamp duty will not apply to purchases of residential property of £175,000 or less. However, it seems unlikely that these measures will steady the market.

There is a general uncertainty in the economy overall – unemployment is rising and growth is falling. This lack of confidence in the state of the nation has caused the pound to fall sharply. It has also contributed to downward pressure on the housing market. So, for potential house buyers interested in the UK market, my advice once again is to wait and see.

## ■ BEWARE SPANISH BARGAINS

Finally – what about Spain? The country seems to be getting a lot of press lately – and for all the wrong reasons.

The Spanish property market has overheated. We are told that on the southern coast properties, and even whole developments, are lying dormant and unfinished. It seems they are not likely to be finished anytime soon. Developers have gone bust leaving buyers—many of them expats—in the lurch.

It would appear there is an oversupply of properties on the market. If this is the case now, then surely it will be the case in the future? It stands to reason that, even if you do snap up a bargain basement Spanish property now, you might not be able to sell it at a profit (or at all) in the future. So, when it comes to Spain my advice is to...wait and see.

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

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www.ezecom.com.kh

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www.hello.com.kh

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### Shanghai Air

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Tel: 023 723 999

### Siem Reap Airways

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### Silk Air

313 Sisowath Quay (Himawari Hotel)  
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- 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.
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- ### Canadia Bank
- 126 Charles de Gaulle Blvd.
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  - 394 Sihanouk Blvd.
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  - 203 Monivong Blvd.
  - 168 Street 215
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## Macau – More than a slot machine

Cirque de Soleil is opening in Macau adding to both the entertainment options and lively expat scene. AsiaLIFE HCMC's **Fiona Stalker** reports on drinking with clowns and going local style in one of Asia's glitziest destinations.

FROM THE MOMENT YOU land on the reclaimed land that houses Macau's new, shining airport it is clear the group of odd little islands is unlike anywhere else in the world. Even while the plane is taxiing on the runway cranes and building sites are visible, dwarfed only by the monolithic tower of the Venetian Macau Resort. The immigration queues are filled with groups of Asian tourist, mainly Chinese, all of whom are clearly excited about their upcoming holiday at one of the many casino resort developments. Look closely, however, and you'll see the other kind of person attracted to Macau's glitz and glamour.

While AsiaLIFE waited in line, a petite young woman with a fairy tattooed on her bare ankle flitted to the passport counter, with some kind of stringed instrument as carry-on luggage. Behind her followed a tall, lumbering man with a long grey beard and sinewy muscle showing beneath his loose cotton shirt. These people were some of the countless hundred performers and many thousand workers who have arrived to make rather than spend money.

### ■ CIRQUE DE SOLEIL

With dozens of casinos putting on round the clock entertainment and literally tens of thousands of hotel rooms needing to be maintained every day, Macau has become a mecca for hospitality professionals. For example, the gargantuan Venetian resort, the world's largest casino and second largest building, employs more than twelve thousand people ranging from cleaners to ballad singers and stocky, bearded and bereted punters to navigate the complex's indoor canal system. Croupiers must be Macau nationals and schools and universities have long been stripped of people to fill these and other positions



If you feel you must tick off the tourist-to-dos while in Macau, do so with a local twist.

so the casinos have had to look overseas for staff.

This has had a remarkable effect on the expatriate population of Macau with a mish-mash of hospitality and entertainment types joining the long existing construction and investment crowds in the expat bars and hotspots. This year the crowd will see an added jolt of colour as Cirque de Soleil launches Asia's first resident show in a specially built arena within the Venetian resort. This means not only that one of the world's finest entertainments will be available just hours from Phnom Penh, but that you have the chance to bump into the acrobats, jugglers and clowns in Macau's bars and restaurants after the show. Spending a night in Macau you can, in fact, join the circus.

The new Cirque de Soleil show, *Zaia*, which started on Aug. 29, is every bit as spectacular as you might imagine. Seventy-five artists in three hundred costumes tell the tale of a young girl who takes a journey to space. While flitting around the solar systems – and above the heads of the audience – she realises the inherent beauty of humanity and decides to return to earth.

There can be no doubt that the audience also notes the beauty of the humans on stage as the finely toned and taught figures dance, leap, contort and perform a range of other indescribable actions. Seeing them in character is remarkable enough but meeting



them in person would be even better. So what do these people do after work?

#### ■ AFTER THE SHOW

“Drink!” said Cirque de Soleil’s clown acts director Leonid Leykin, confirming circus performers are just like any other expat. “I suppose it’s personal preference, some drink while others, I don’t know, go swimming? No, I think most people drink.” Leonid recommends the long time expat favourite Lion’s Bar at MGM Grand as the watering hole of choice for his clowns. This is an eternally popular lounge bar on the ground floor of the MGM Grand where older business types and your standard, long suffering expats mingle with models and entertainment stars to the sounds of a pretty decent live band.

While it might seem odd that people who work in hotels and casinos stay on after hours, a casino employee explained the bars are usually free of tourists.

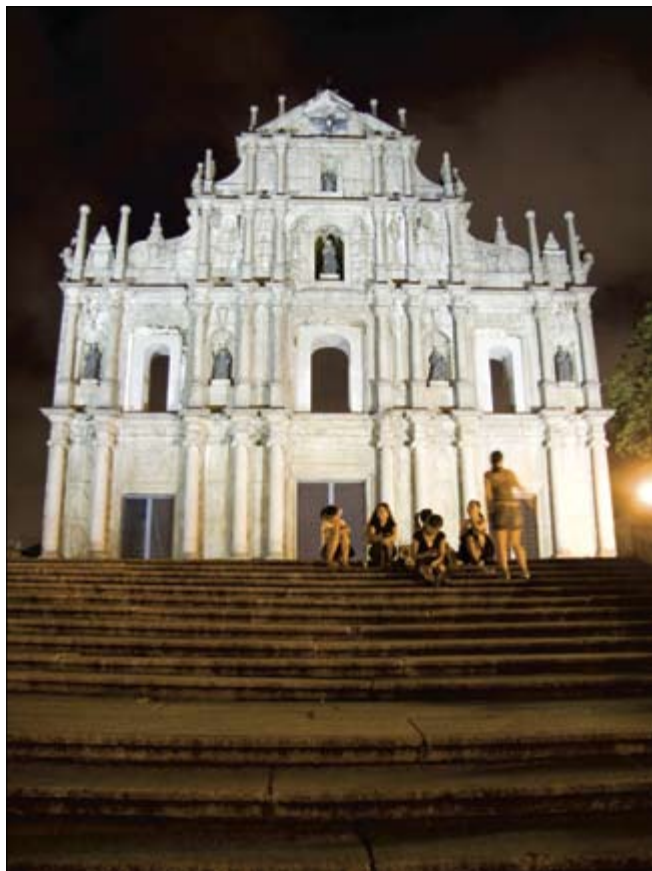
“Most guests are either in their room or on the floor so the bars and clubs are largely local,” he said. Another popular lounge



is the Bellini Bar at Venetian, especially for ladies’ night on Wednesday. These venues are well-patronised starters but in Macau late is late and many kick on to notorious clubs like MP4 (at the Royal Hotel, 2 - 4 Estrada Da Vitoria) and D2 (AIA Tower, 251A - 301 Avenida Comercial de Macau) which start happening around 3am.

#### ■ LOCAL MACAU

However, Macau isn’t all about glitz and glamour. For a truly local experience head to Che Che Café (70A Rua Tomas Viera) near the Kiang Vu hospital. This quiet, funky wine bar is owned and operated by Portuguese expat of 14 years, Pedro Ascensao. The headmaster of a kindergarten by day, Ascensao says Che Che is like a hobby and he tends the bar by himself, pouring exceptional and unusual Portuguese wines by the glass and bottle. Open from 9.30pm to 2am every night except Monday Che Che is something of a relic among the nearby neon. “This is the kind of Macau I like,” Ascensao says, “This is the old Macau.”



Buffets, Chinese food and club sandwiches are plentiful in the casinos and hotels but if you'd like a local bite head to Pier 22 behind the Shell service station on Rua Visconde Paco de Arcos. Grimy Styrofoam boxes containing live seafood crowd the entrance. The interior is greasy, so walk past the steaming kitchen to the outside plastic tables that face the inner harbour and look over the water to mainland China. The blue lights of Pont 16 casino are juxtaposed in the backdrop against shipping containers, fishing boats and groups of friendly and well-humoured Chinese and

Macanese sitting down to lengthy, cheap meals. The restaurant opens at 6pm, gets busy at 1am and stays open until 4am and you simply must try the fried duck's tongue washed down with litres of Tsingtao beer.

#### ■ TOURIST TWIST

If you feel you must tick off the tourist must-dos while in Macau, do so with a local twist. The well maintained neo-classical Portuguese architecture along the cobbled shopping streets around Senado Square remind tourists of the island's colonial past. During the day, it's hot, crowded and

at times verges on tacky so go local style instead. Head down at sunset with a cold drink from a convenience store, perch on the fountain's steps and while away a few hours in pleasant conversation and people watching.

The same goes for the ruins of St Paul's which can be downright disappointing in daylight. Built between 1602 and 1640, the building was destroyed by fire in 1835 and all that's left is the façade that is still mercilessly snapped by tour groups. At night this wall is lit up gloriously, hiding the fact that there is nothing behind it. Groups of young

people chill out on the steps below while quaint couples walk their dogs and locals generally go about their business.

Between drinking with circus performers and dining on duck's tongue there's much more to Macau than slot machines and gilt-leafed hotels. Enjoy the overwhelming experience of places like the Venetian Macau Resort but don't forget the real show is on elsewhere, and you can be part of it.

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## Riverside Balcony Bar &amp; Restaurant

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## Sunrise Coffee House

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## chau Doc (vietnam)

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## 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](http://www.bokorlodge.com)

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

## 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 set in beautiful gardens overlooking the

part 15

## The Motorbike Diaries:

Travelling from Vietnam to London by motorcycle, Mike Gracey and Lotta Väänänen have now entered Europe.



The magnificent Blue Mosque

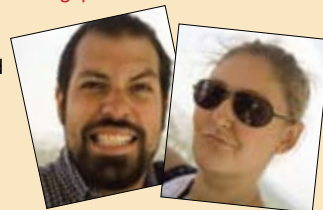
WE GALLIVANTED ABOUT Istanbul in a constant drizzle taking in various sights including the magnificent Blue Mosque, and fought off the persistent touts annoyingly repeating "Yummy-yummy in my tummy!" and "Hola-hola Coca-Cola!" During our sightseeing we learned about unsurprising weather conditions in Bulgaria and Romania, where it was snowing heavily as well as getting frightfully cold. We decided to seek out information regarding the 'Bosfor Ekspresi', a train connecting Istanbul with Bucharest and hoped to place the bikes onboard, and then continue to play it by ear once we reached Bucharest. To our dismay, we discovered that the train didn't contain a cargo carriage!

Pondering what to do next and reluctantly accepting the fact that we would have to drive through freezing temperatures, we stood outside the train station when Lotta caught sight of a ferry passing by – UKRFERRY. We would catch a ferry to Odessa in Ukraine! From there, we would press on. Our plan was to get closer to Lotta's native Finland – at least we would be making progress.

We boarded the ferry bound for Odessa but not before a heated discussion with the cargo manager. It appeared our motorcycles had been mistaken for bicycles! We had to fork out an extra US\$300 in order to place them onboard!

The journey over the Black Sea lasted two days and thankfully we had a cabin to ourselves. On reaching Odessa it was snowing, and after spending several hours at customs, we eventually drove them out of the harbour when my bike came to a sputtering halt. We decided to find a station, where hopefully we would be allowed to place our bikes on a train. I towed Lotta through rush hour traffic and as I ascended a small hill, her bike died on me too. Frustrated, I removed my helmet only for it to fall and roll down the hill towards oncoming cars! Neither Lotta nor myself could get the bike stand down. My helmet was now causing a traffic jam, I leant the bike on a parked van scratching it in the process, and fetched the damned helmet. We free-wheeled the bikes back to the docks and stood there in the dark and snow – stranded and surrounded by dubious looking characters.

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



Mike 'Che' Gracey & Lotta 'Knieval' Väänänen

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# HISTORY



# ELEGANCE



# COMFORT



# ALONG THE SEA SHORE



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.

### 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.

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 week-ends. 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.

kratie

### Cambodian Craft Co-operation

At Wat Roka Kandal

A small craft centre selling wickerwork by local artisans, housed inside Wat Roka Kandal. Funded by a German chamber of trades and crafts. The baskets and handicrafts have marked prices.

### 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 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

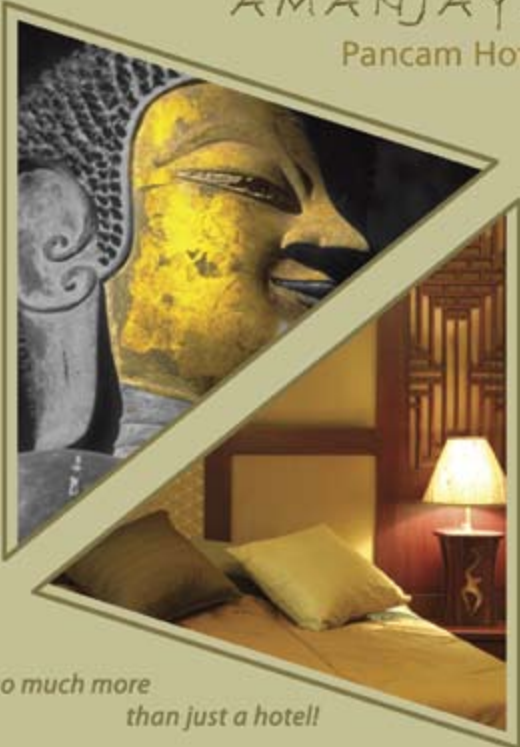
  
The Independence Hotel  
● Boutique Resort ●

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Tel: +855-34 934 300 - 303 H/P: 012 728 090 • Fax: +855-34 933 660

Web: [www.independencehotel.net](http://www.independencehotel.net)


Email: [info@independencehotel.net](mailto:info@independencehotel.net) or [indph@online.com.kh](mailto:indph@online.com.kh)

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Tel: (855) 23 219 991 • Fax: (855) 23 219 992  
Website: [www.imperialgarden-hotel.com](http://www.imperialgarden-hotel.com) • E-mail: [sales@imperialgarden-hotel.com](mailto:sales@imperialgarden-hotel.com)

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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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.

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

**Independence Hotel**  
Street 2 Thnou, Sangkat No. 3,  
Khan Mittapheap, Tel: 012 728 090  
Beautifully restored hotel on 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\$8 (fan) to US\$12 (air con).

**Le Vivier de 'La Paillette'**  
Victory Hill, Tel: 012 633 247  
Upmarket French restaurant that certainly outshines the other places on



Sihanoukville's late night drinking street. Sophisticated French cuisine in a beautiful garden setting. Open for lunch and dinner.

#### Luna d'autunno

**Ekareach Street, Tel: 034 934 280**  
Best Italian restaurant in Sihanoukville, serves a similar menu to the one in Phnom Penh, but with a heavier emphasis on seafood. Beautiful roof-top terrace and interior air-con restaurant. Open for lunch and dinner.

#### Mick & Craig's Sanctuary

**From Golden Lion to Serendipity**  
**Tel: 012 727 740**

Open restaurant serving reliable food, including wood-fired oven pizzas. Bar has a big screen and pool table. The guesthouse has a few rooms from US\$6 to US\$10, a bookshop and is a good source of travel information. Open 7am to late.

#### Oasis Hotel

**Ekareach Street, Tel: 012 638 947**  
Spacious sports bar with large TV screen showing F1 and movies. Two pool tables often with plenty of willing female opponents. It also has spacious rooms ranging from US\$5 (fan) to US\$20 (air con). Open from 7am to late.

#### 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. ☺

#### 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, 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 Guin-

## 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

ness either comes in a cold can or along-side 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

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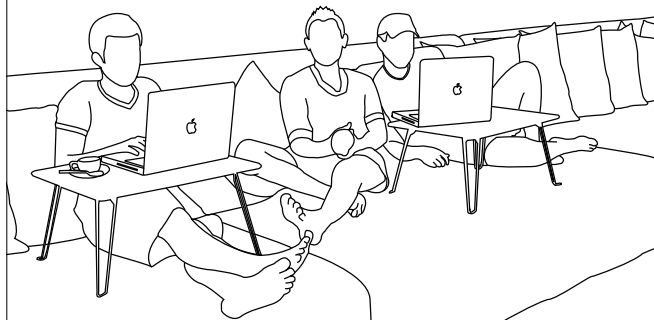


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restaurant  
lounge

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wifi www.tbumpkin.com  
spot 063 963 574  
open 06.00 to 22.00



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](http://www.tbumpkin.com)  
Popular café with a great range of freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Café coffee. Free WiFi. Also has outlets at Angkor Wat and the airport.

### Café de la Paix

**Sivutha Blvd, Tel: 063 966 000**  
[www.hoteldelapaixangkor.com](http://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 Blvd., Tel: 016 746 701**  
[www.carnetsdasie-angkor.com](http://www.carnetsdasie-angkor.com)  
Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th century.

### Klick

**Alley behind Pub Street, Tel: 063 761 084**  
Commercial fine art gallery dedicated to the work of Swiss photographer Pier Poretti. Black and white photographs are given a face-lift using hand-tinted water colours. Prints start at US\$40.

### McDermott Gallery

**FCC Complex, Pokambor Avenue & alley behind Pub Street, Tel: 012 274 274**  
[www.mcdermottgallery.com](http://www.mcdermottgallery.com)  
The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other other photographers alongside McDermott's own work. Open 10am to 10pm.

### The 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](http://www.amanresorts.com)  
The ultimate in Siem Reap's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit.

### Claremont Angkor

**17 Phum Wat Bo, Tel: 063 966 898**  
[www.claremontangkor.com](http://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](http://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](http://www.hoteldelapaixangkor.com)  
With stoneware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free Wi-Fi. Special offer rooms from US\$165 a night.

### La Residence d'Angkor

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

### Raffles Grand Hotel 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.redpiano.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 Siha-noukville's Sokha Beach Resort. Located just back from the centre of town, it has a large pool, Irish pub and Japanese restaurant. Rooms from US\$250-2000 a night.

### Victoria Angkor

**Near Royal Gardens, Tel: 063 760 428**  
[www.residencedangkor.com](http://www.residencedangkor.com)  
Beautiful hotel with the most luxurious swimming pool and gardens. Rooms from US\$285 per night.

## siem reap - leisure

### Body Tune

**293-296 Pokambor Avenue**  
[www.bodytune.co.th](http://www.bodytune.co.th)  
Heavy grey stone Thai-run spa with selection of massages and facials starting at US\$12. All masseuses work with Thai instructors.

### Frangipani

**Alley behind Pub Street, Tel: 063 964 391**  
Relaxing three-room beauty spa in the heart of town that's popular with expats. Massages are from US\$18. Body treatments and facials start at US\$22.

### Phokeethra Country Club

**Sofitel Royal Angkor Resort & Spa, Vithei Charles de Gaulle, Tel: 056 396 4600, [golf@sofitel-royal-angkor.com](mailto: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](http://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

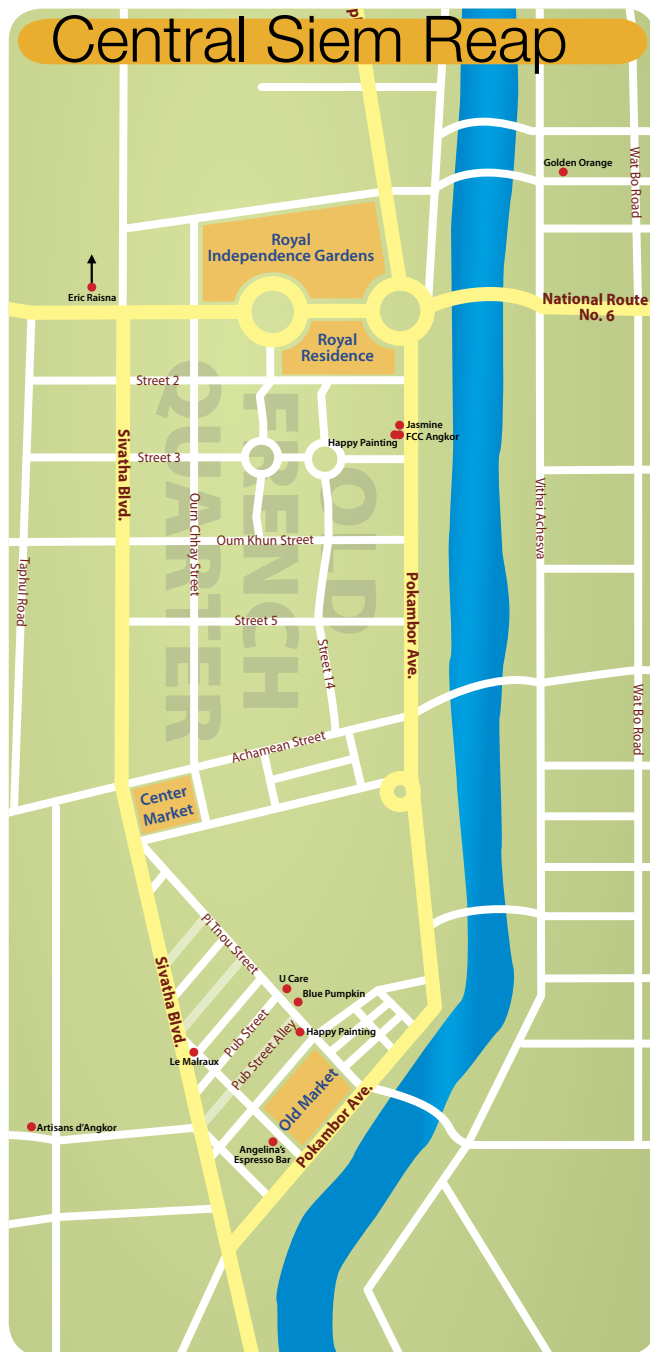
**Um Khun Street, Tel: 012 644 286**  
[www.cafeabacus.com](http://www.cafeabacus.com)  
Set just back from the main road, this beautiful sheltered garden explodes with

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# Central Siem Reap



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](http://www.butterfliesofangkor.com)  
Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.

#### Carnets d'Asie

*333 Sivutha Boulevard, Tel: 016 746 701*  
At the back of a galleryed shopping area is this beautifully shaded high quality restaurant.

#### FCC Angkor

*FCC Complex, Pokambor Avenue*  
*Tel: 063 760 280*  
The best example of contemporary Asian architecture in Cambodia, the elegant bar and restaurant serve a mix of Asian and International cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel and arguably the coolest pool room in Cambodia.

#### La Noria

*Wat Bo Road, Tel: 063 964 242*  
Beautiful restaurant, set on a raised terrace area surrounded by trees. Serves good international and Khmer cuisine. Has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

#### Le Malraux

*155 Sivutha Boulevard*  
*www.le-malraux-siem-reap.com*  
Sophisticated French fine dining establishment close to the market with good outside terrace and welcoming bar. Has a fine selection of wines.

#### Le Bistrot de Paris

*Old Market Area, Tel: 092 964 790*  
Parisian-style bistro which opened in December 2006. Heavy wood-paneled 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.

#### Merici

*Hotel de la Paix, Sivutha Boulevard*  
*Tel: 063 966 000*  
*www.hoteldelepaixangkor.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 Madagascan-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

#### Happy Painting

*FCC, Old Market, Angkor Century Hotel*  
*Tel: 012 623 945, www.happypainting.net*  
Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards.

#### Jasmine Boutique

*FCC Angkor, Pokambor Avenue*  
*Tel: 063 760 610*  
Same sophisticated, stylish boutique as on Street 240 in Phnom Penh. The perfect place to come for the ballgown you forgot to bring with you.

#### U-Care Pharmacy

*Next to Old Market, Tel: 063 965 396*  
Reliable western-style pharmacist and

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PHNOM PENH  
**AsiaLIFE** guide

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Lunasihanouk@gmail.com

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lunaphnompenh@gmail.com

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.

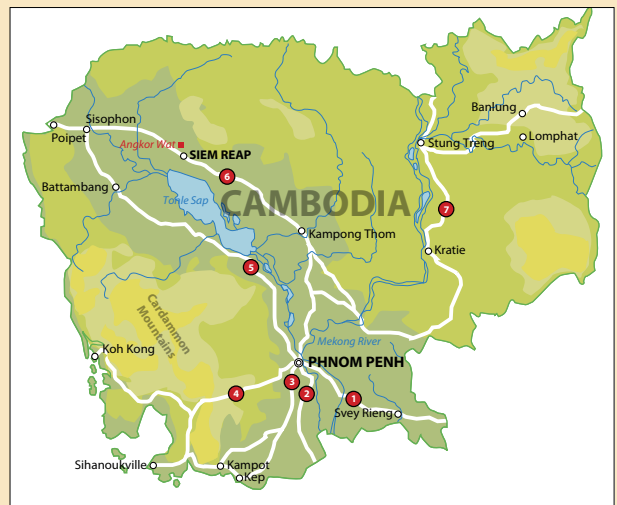
**Exotissimo Travel**  
46 Norodom Blvd, Tel: 023 219 151

**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  
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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.

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

**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.

# Sihanoukville



- 1) Lemon and Melon
- 2) Leek and Potato
- 3) Keats
- 4) Vincent Vega
- 5) Hips
- 6) Artichoke
- 7) Cherries
- 8) Married in Las Vegas
- 9) Kiwi fruit
- 10) Onions, car-
- rots and celery
- 11) Courage
- 12) Clarence
- 13) Simba
- 14) Scotland
- 15) Richard I
- 16) Griffin
- 17) Tight Fit
- 18) Puma and Cougar
- 19) Narnia
- 20) Pygmalion
- 21) Captain Peacock
- 22) Yarbards
- 23) Gregory Peck
- 24) Igor Stravinsky
- 25) The Birdman of Alcatraz
- 26) Albatross
- 27) Clarence Birdseye
- 28) Flightless Birds
- 29) Wishbone
- 30) Badminton

## Pub Quiz ANSWERS



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# phnom penh: central





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# unplugged

## Caring in America

Oun finds out that working in a U.S. nursing home isn't all it's cracked up to be

MY WIFE, OUN, IS A FULL-time student at the local community college. Her dream in life, along with meeting former U.S. President Bill Clinton and seeing the Atlantic Ocean, is to become a registered nurse and spend the rest of her life helping sick people. To gain experience in the nursing field, she decided to use the three-month summer break from school to work as a caregiver at a nursing home, a facility for people who are too infirm to take care of themselves.

Taking care of the aged and ailing is not easy work. For me, having to change the nappy on my infant son was enough to set both baby and me whimpering, or whining, with discomfort. The messiest messes, which a baby produces with frightening regularity, often triggered wails of anguish – from me, the father. The idea of changing another adult and cleaning up those messes was too terrible to contemplate.

But Oun was fascinated by the concept, partly because such a place couldn't exist in Cambodia. The idea of sending aged relatives off to decline in an isolated place surrounded by strangers shocked her Khmer sensibilities. But the idea of providing care to elderly folk warmed her heart, because she had been raised by her grandparents. She wanted to give something back to that generation, even if they were on another continent.

Many of the residents of this and other nursing homes are of the "Greatest Generation." They won World War II, fuelled a massive economic expansion and made the cheeseburger the icon of all that is free and entrepreneurial.

Sadly, the American generation caring for them isn't so great.

In the first week, Oun found there were three shifts, each apparently self-segregated by race. The morning shift employees were mostly white, mostly lazy and smoked more cigarettes than a

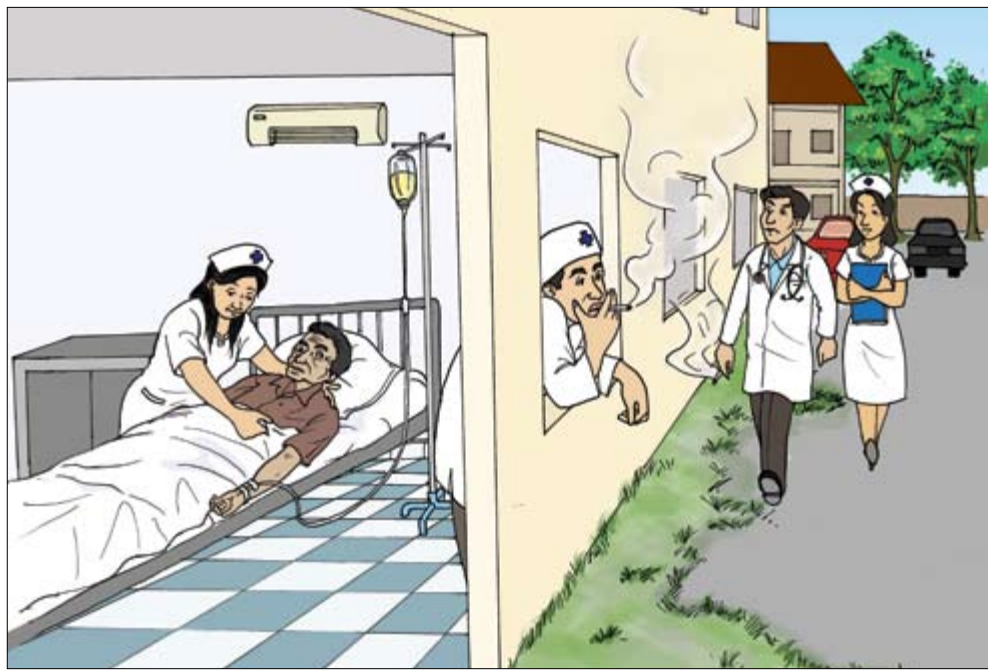


ILLUSTRATION BY WUTH / OUR BOOKS

**The glazed expression on some of her chemically enhanced co-workers, however, convinced her that sharing what they were smoking might not be the flavour enhancer she was looking for.**

nervous Frenchman on deadline. The night shift employees were all from Asia or various Pacific islands and displayed practiced skill at raiding the kitchen and taking naps where the manager wouldn't find them.

The afternoon shift employees, for the most part, were the most respectable of the lot. They worked hard, didn't gossip like the morning shift, and didn't take a fifteen-minute nicotine break every half-hour. Oun liked them, but these diligent workers weren't the pride of America, they were from Mexico. (Few of them spoke more than a little English, which may have helped limit the amount of gossip.)

Americans complain about foreigners showing up and taking their jobs. Business owners complain that their workers spend all their time sitting around complaining about foreigners. Meanwhile, the foreigners, who are from nations where laziness means slow starvation or a local government job, wonder why everyone is sitting around complaining instead of getting things done.


This, apparently, is globalisation.

Anyway, a few of the native-born Americans would work afternoon shifts, apparently

because it was easy to sneak out of the building after dark and get stoned – and that made changing adult diapers and shepherding Alzheimer patients far more entertaining.

Oun was excited about this because that was one of the herbs she had been searching for since we moved to the U.S. – I hadn't quite put "ganja" and "ganja" together – because a bit of hemp makes for tasty soup in Cambodia. The glazed expression on some of her chemically enhanced co-workers, however, convinced her that sharing what they were smoking might not be the flavour enhancer she was looking for.

Despite the miscreant colleagues, the rotten hours and the inevitable deaths of her beloved patients, she's still eager to work. It helps that here in the U.S. she can make more in a week than a teacher or factory worker in Cambodia makes in a year.

*Will Koenig lives in Oregon with his wife and son. Contact him at: [will.koenig@gmail.com](mailto:will.koenig@gmail.com).* 



# Challenge Nora: Crash Course

In the up-coming months **AsiaLIFE** is setting our intrepid Finnish reporter **Nora Lindstrom** a series of challenges. This month we've asked her to find out what actually goes on in a Phnom Penh driving lesson.



Method to the Madness?

IN DRIVING SCHOOL IN Finland you learn how to hit moose and drive on ice, while in Wales instructors keep a strict eye on applying the handbrake when stopping. In Cambodia you learn – well, that's the question really, what do you learn?

As the rain pours and lightning rips from the sky, I sit behind the wheel of a beaten up Toyota Camry with my instructor Seng An for my first Khmer driving lesson. I'm terrified. During my hour's wait for him to turn up, a fellow student has explained how he can drive perfectly well, it's just that passing the test is so difficult because you need to remember all the rules that you will never use. It's a promising start.

Seng An has been a driving instructor for 13 years and comments upon what a strong woman I am. Apparently most Khmer women prefer automatic cars, as using the clutch is too difficult. I guess it is in high heels, so have opted for trainers. I've been informed the speed limit in Phnom Penh is 40km per hour, rising to 90 as you leave town. Seng An

claims it's 25 – perhaps he means miles? Regardless, getting beyond second gear in the rain, darkness and traffic jams during my hour's lesson proves a challenge and whenever I try I nearly stall.

Five minutes into the lesson I'm hesitantly asked if I know how to drive, and frankly, I'm starting to doubt that myself. For the next 55 minutes my instructor's main concern is keeping me from hitting the motos that come from left right and centre. It seems most fellow road-users were never told you are meant to drive on the right in Cambodia. Or perhaps it really is on the left? Seng An would surely have mentioned that. With highly limited visibility, I don't know where we're driving most of the time and have severe difficulty spotting anything smaller than an SUV. Maybe that's why they are so popular. Thankfully my instructor has a second brake, and is swift in turning the wheel when I'm on a collision course, which is worrying often.

I am urged to stop at red lights, but whenever I do I brace myself for a hit from behind. Regardless of Seng An's theoretical rules, I

know it's simply not de rigeur to pay attention to that little red dot, making doing so more dangerous than not. Staying in lane seems of little consequence – not that the lines in the road are visible anyway. Stop signs are completely ignored. However, I am told to indicate at each turn – a lesson clearly lost on most drivers in Phnom Penh.

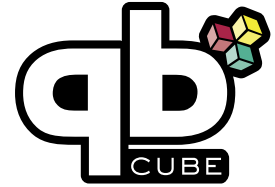
“Go, if you can, and if your car is bigger than the other guy's,” seems to be the rough rule of thumb for right of way. Following this, many drivers appear to have developed a particular skill of driving right into the middle of a crossing and then stopping if they encounter a vehicle bigger than their own. It makes for beautiful traffic jams in all directions. Note that cars with army plates are by definition bigger than all others – hitting them means serious trouble. Perhaps best to avoid state cars too, but for the rest it's fair play.

All drivers in Cambodia are required to have a valid license, however learning to drive seldom involves more than 10 hours of lessons with all the theoretical knowledge you need compressed

into 15-page leaflet. At Safety Driving School, such a course costs US\$100 for foreigners and US\$73 for Khmers. You can also get your very own Khmer license for US\$40, provided you have one from your home country already. A single lesson costs US\$15.

At the end of my lesson Seng An seems satisfied and maintains I would pass a local driver's test with flying colours. He does nevertheless give me his phone number and tells me to call if I ever have any trouble from the traffic police – just in case. I quietly congratulate myself for not having killed anyone, but am rather annoyed I didn't get to honk my horn, learn how to cut-up motos and bicycles, or find out how to disperse cows from the road – surely those skills are more essential to Khmer driving than indicating 25m before a turn? It seems what we need is a barang driving school teaching not the actual traffic rules, but the art of Khmer non-rules.

*If you have a challenge you'd like Nora to take on, email us at [asia-lifephnompenh@gmail.com](mailto:asia-lifephnompenh@gmail.com).*



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qb Corner

# qb October Horoscope

your month ahead according to the stars, and of course, qb

## LIBRA (SEP. 24 – OCT. 23)

Happy Birthday Libra! Friends are there for you this month, and have your best interests at heart. From the 18th, you feel like a weight has been lifted off your shoulders, and others are beginning to understand you better. Your desire to “plump” your nest this month is strong, but impulsive spending should be avoided. Nevertheless, it’s a month in which gifts and income boosts are more likely to come your way, particularly around the 6-8. Better days for romance occur on the 9-10, but disappointments are likely on the 11th.

## SCORPIO (OCT. 24 – NOV. 22)

With fiery Mars entering your sign this month, you are making a strong impression, and you are enjoying increased energy and stamina. You simply can’t sit still in October – you’re always on the go. Work finds you, whether this means job offers or increased demands from co-workers, particularly around the full moon on the 14th. Despite this scurry of activity, much is going on behind the scenes this month, and taking a break from the routine is in order. Power days this month occur on the 1-2, 6-8, and 21-22.

## SAGITTARIUS (NOV. 23 – DEC. 21)

Your social calendar is busy this month, Sagittarius. Romance is private and may involve making some personal sacrifices, although your charm skyrockets after the 14th, when the planet of love, Venus, enters your sign. It’s a time when job offers come to you and friends find you. Friends tend to have your best interests at heart. A romantic revelation occurs around the time of the full moon on the 14th. Stability in career, money, and other practical matters continues this month. The 26-27 boosts vitality and personal charisma.

## CAPRICORN (DEC. 22 – JAN. 20)

These days, you are more willing to take matters into your own

hands. The ball is in your court now and in the next few months, Capricorn. Your desire to go after your wildest dreams is strong. New developments on the domestic front capture your attention mid-month, but professional and public matters are more in focus in October. Social interactions are especially spirited this month, and romance may be found amongst your circle of friends. The 6-7 is excellent for career, business income, and romance.

## AQUARIUS (JAN. 21 – FEB. 19)

Career matters keep you on your toes this month, Aquarius. Communication plays an especially big role in your job just now, so keep it fresh and interesting. You’re feeling adventurous and desiring a break in the routine, and you should do just that! Delays encountered with regards to travel or education lift by mid-month. It’s time to reach for the stars. Romance sizzles after a few minor misunderstandings on the 9-10. An excellent period for career, communications, and money occurs on the 30-31.

## PISCES (FEB. 20 – MAR. 20)

Research, investigating, and getting to the bottom of matters are in focus in October, Pisces. You are especially perceptive and drawn to all that is taboo, hidden, or mysterious. Your personal stores of energy run high. A partner’s affairs move forward and news about loans or taxes arrives from mid-October forward. Money might come from faraway sources, publishing, or educational matters this month. A positive experience regarding your work arrives on the 13-14; money comes to you on the 17-19; and the 29-30 is strong for partnering, sharing, and intimate discoveries.

## ARIES (MAR. 21 – APR. 20)

Close relationships continue to be in focus this month. Emo-

tions run close to the surface mid-October, when the Moon is full in Aries. You may also see the culmination or “fruits” of a personal project at this time. The last week of the month is excellent for resolving communication problems that you’ve been enduring as of late. A partner is coming around, and sexuality is stronger than usual. The uncovering of important information occurs on the 1-2. The 26-27 is good for foreign affairs and education. The 29-31 is excellent for career and income.

## TAURUS (APR. 21 – MAY 21)

Relationships heat up in October, Taurus. Relationships are vivacious and dynamic – full of conflicts as well as resolutions. You are taking things quite personally now, and something that someone says or does now can easily rile you up. A tendency to be more accident-prone could be due to stress or physical exhaustion. Rest and relaxation are especially important now, and events around the full moon on the 14th will certainly give you reason to take some time off. Better days for personal magnetism are the 6-8 and 31.

## GEMINI (MAY 22 – JUN. 21)

Daily activities, work, and health routines step up this month, Gemini. Perhaps you have a larger workload than usual, or your work environment is especially spirited. While you might be busy reworking (or rewording) your creative projects in the first two weeks of October, after the 18th, the creative juices flow smoothly again. Communications with a lover or children improve after this date as well. A friend needs your help around the full moon on the 14th. Career and creative opportunities are strongest on the 29-31.

## CANCER (JUN. 22 – JUL. 22)


Romance blossoms and thrives this month, Cancer. Your special

style is appreciated by the rest of the world. You have so many admirers! Existing or new relationships sizzle. Your creativity is also above par. It’s an excellent month for entertainment, hobbies, and play time. It’s a good time to do something that requires additional bravery or courage, as some of your inhibitions are released and you are living more spiritedly. Competitive activities, such as sports or business, thrive in October. There is just no stopping you. Career and reputation matters require extra attention around the 14th.

## LEO (JUL. 23 – AUG. 22)

Your home life is especially busy and sometimes hectic this month, Leo. Arguments with, or on behalf of, family or household members could be part of the picture, but conflict resolution is bound to be quick and relatively easy. Excess energy is best channelled into constructive home or self improvement projects. After the 18th, communication problems and red tape seem to clear up, and it’s all systems go. The 8-9 is an excellent period for professional recognition. On the 13-14, money you’ve been waiting for could arrive; and the 30-31 is also strong for financial matters.

## VIRGO (AUG. 23 – SEP. 23)

Dealing with private matters and personal finances are big themes for you in October, Virgo. You could find that your phone is ringing off the hook, personal emails and invitations are abundant, and more than the usual errands need to be run. Communication problems ease after the 18th, and financial matters improve significantly at the same time. You’ll have to deal with overspending on personal pleasures around the 6th and 14th. A stellar period for personal relationships and intimate matters occurs on the 29-31, when your personal charm is strong. 

# This Month in History

Groucho, Wilde, Happy Birthday, Edison, I Love Lucy



## ■ BIRTH OF THE ONE-LINER

October 2, 1890

The famed master of wit, Julius Henry 'Groucho' Marx made a total of 23 feature films, 15 with his brothers – Gummo, Chico and Harpo Marx – the Marx Brothers. Groucho also had a successful solo career, most notably as the host of the radio and television game show *You Bet Your Life*. His distinctive image included a heavy greasepaint moustache and eyebrows, glasses and cigar. His look was completed by an exaggerated walk – with one hand on the small of his back he would bend his torso almost 90 degrees at the waist. Marx was often known for using his quick wit to insult people. On the set of *A Night at the Opera*, director Sam Wood, was furious with the Marx Brothers' ad-libs and antics. Yelling to all in disgust that he "cannot make actors out of clay," without missing a beat, Groucho responded, "nor can you make a director out of Wood." Groucho died in 1977.

## ■ THE IMPORTANCE OF BEING OSCAR

October 16, 1854

Irish playwright, poet and author of numerous short stories and one novel – the *Picture of Dorian Gray* – Wilde was born Oscar Fingal O'Flahertie Wills Wilde on 16 October, 1854. Best known for his biting wit – for example declaring "I Have Nothing to Declare Except My Genius," at New York's

customs – Wilde became one of the most successful playwrights of the late Victorian era. His most famous play 'The Importance of Being Earnest' is one of the most popular in the English language. Arrested for "gross indecency," Wilde was sentenced to prison where he conceived 'The Ballad of Reading Gaol'. After his release he spent his last three years penniless, in self-imposed exile from society and artistic circles before his death from cerebral meningitis on 30 November, 1900.

## ■ "HAPPY BIRTHDAY TO YOU"

October 13, 1893

According to the Guinness Book of World Records, 'Happy Birthday to You' is the most well recognised song in the English language. The song's melody comes from 'Good Morning to All,' written and composed by American sisters Patty and Mildred Hill in 1893. The combination of melody and lyrics in 'Happy Birthday to You' first appeared in print in 1912. In 1990, Warner Chappell purchased the copyright. Warner claims that unauthorised public performances of the song are technically illegal unless royalties are paid. So next time you blow out that candle just think, you might be breaking the law.



## ■ DEATH OF AN INVENTOR

October 18, 1931

Thomas Alva Edison died in his New Jersey home, aged 84. In addition to inventing the light bulb and the phonograph, Edison secured a further 1,091 patents. He also originated the concept of harnessing and distributing electricity, as well as being one of the first inventors to apply the principles of mass production. By the time of his death, he had become one of the major contributors to the development of the modern industrialised world.

## ■ "LUCY, I'M HOME!!"

October 15, 1951

American sit-com *I Love Lucy* premiered on October 15, 1951. Set in New York, the show centred on Lucy Ricardo (Lucille Ball), and her singer/bandleader husband Ricky Ricardo (Desi Arnaz). Shot in front of a studio audience – a technique now standard for most present-day sitcoms – the audience reactions were far more authentic than the 'canned laughter' used on most filmed sitcoms of the time. *I Love Lucy* was top of the U.S. ratings for four of its six seasons, and was the first to end its run at the top. The show won five Emmy Awards. ▣



## ■ CELEBRITY BIRTHDAYS THIS MONTH

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

**Oct. 1** – Jimmy Carter (84); **Oct. 2** – Sting (57); **Oct. 3** – Neve Campbell (35); **Oct. 5** – Kate Winslet (33), Guy Pearce (41), Sir Bob Geldof (53); **Oct. 8** – Matt Damon (38), Sigourney Weaver (59), Paul Hogan (69); **Oct. 10** – Brett Favre (39), Harold Pinter (78); **Oct. 11** – Joan Cusack (46); **Oct. 12** – Hugh Jackman (40); **Oct. 13** – Paul Simon (67); **Oct. 14** – Roger Moore (81); **Oct. 16** – Flea (46), Tim Robbins (50); **Oct. 17** – Eminem (36); **Oct. 20** – Snoop Dogg (36); **Oct. 21** – Carrie Fisher (52); **Oct. 22** – Jeff Goldblum (56), Catherine Deneuve (65); **Oct. 24** – Kevin Kline (61); **Oct. 26** – Hillary Clinton (61), Bob Hoskins (66); **Oct. 27** – John Cleese (69); **Oct. 28** – Joaquin Phoenix (34), Julia Roberts (41), Bill Gates (53); **Oct. 29** – Winona Ryder (37), Richard Dreyfuss (61); **Oct. 30** – Henry Winkler (63)

## Vox Pop

After last month's dating game, this month **Virginie Noel** asks Phnom Penh expats three further questions – *what is the most unusual thing you have done since you came to Cambodia, how do you keep yourself busy, and what activities do you recommend for people to do around Phnom Penh?*



alex

### ■ ALEX

#### Most Unusual Thing

Driving a four-wheel-drive at night along a non-existent road, searching for a jungle-clad pyramid temple in Preah Vihear Province. Six hours and 20 kilometres later, all we came across were wild animal sounds.

#### Keeping Busy

Riding around the city on my motorbike, flying around with my bicycle, wandering aimlessly and getting into the weirdest conversations with random Cambodians. Playing football at the Olympic Stadium until my legs collapse!

#### Recommendations

Check out the Olympic Stadium for exercise and socialising. Try playing Khmer chess with security guards at night.

### ■ SARAH

#### Most Unusual Thing

Learning Khmer Kickboxing at Paddys and ending up knee-deep in mud while taking boat race photos last year.

#### Keeping Busy

Kickboxing, playing cricket, the Talkin to a Stranger quiz, shopping, swimming, trying different restaurants in town, rescuing my cat off neighbour's roofs and supporting an NGO in Battambang.

#### Recommendations

Swim, take a Khmer cooking class, watch kickboxing on TV5, take part in exercise classes at Olympic Stadium at sunset and head out of town and visit a village. You can also try the meditation classes at Wat Lanka.

### ■ ANITA

#### Most Unusual Thing

Participating in the boat race during last year's Water Festival. The atmosphere was very exciting, and we drew a lot of attention because we were the only Barang boat. The boat we were racing started off really slowly – so as



nicholas

not to embarrass us – but soon they realised it was pointless and raced ahead. Then we were overtaken by boats from two races that started after us.

#### Keeping Busy

Teaching myself photography. I love to go out on the streets and take pictures in different parts of the city. Playing board games with friends.

#### Recommendations

Try the private Khmer dancing classes at Sovanna Phum. They teach Apsara and folk dancing. It's not as easy as it looks, because the moves are slow, they demand a lot of precision and control.

### ■ NICHOLAS

#### Most Unusual Thing

I went out on Trabek Lake in a rickety boat with a friend. We sat in a tree in the middle of the lake and watched people harvest morning glory on the lake. Also, does eating deep-fried frogs count?

#### Keeping Busy

I play ultimate Frisbee. I'm trying to start a team in Phnom Penh and am looking for partners at the moment. Call me on 016 460 732 if you are interested.

#### Recommendations

Go to the aerobics at the Olympic Stadium, it's a great place to relax and people watch.

### ■ PONTUS

#### Most Unusual Thing

Helping friends with a photo shoot at Raffles Hotel. We replicated scenes from an oyster party held by a Swedish NGO delegate with Pol Pot during the Khmer Rouge regime. The pictures were shown at Meta House during the Art of Survival show.

#### Keeping Busy

Usually I'm on my back on the couch watching bad cable and even worse karaoke. My second favourite past time is walking around the dirtier parts of the city where



sarah



pontus



anita



antoine

no tourists go. It gives me a better understanding about the real Penh. **Recommendations** Get a really good city map and compass, then go and find things out for yourselves. You can walk around for hours in places nobody has ever been to. It's more fun and interesting than seeing the usual tourist traps.

**ANTOINE**

**Most Unusual Thing**

We were in a boat, about to visit a floating village near Siem Reap during Pchum Ben last year, when we were attacked by the villagers, who were staging a wild water battle. Children, women, monks, everyone got involved. Because we were the only foreigners there, we were

soon at the centre of the battle. It was completely crazy!

**Keeping Busy**

I play petanque (boules) with friends at the Olympic Stadium. Or we take motorbike trips to Mekong Island, or anywhere else on the other side of the river. It's a great laugh to take the little ferries across the river and get lost in the countryside – but wait until dry season comes around again.

**Recommendations**

Go bowling, check out the golf range on Street 63, or watch some boxing at the weekend. Also, one place that is often forgotten, but is a treasure of information, is the Bophana Centre. You can watch documentaries about pretty much everything relating to Cambodia, it's really interesting. 📺

# Sudoku Answers

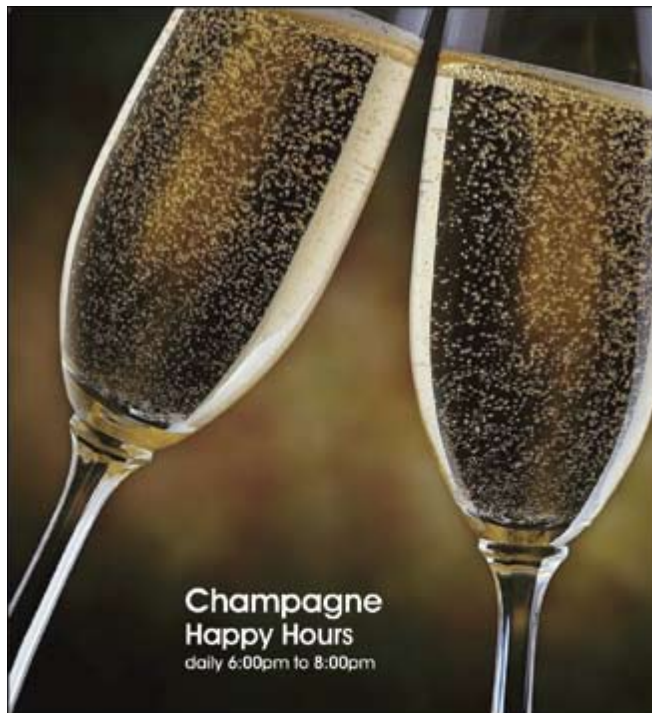


Gwan Ching Lee

*We can't give you a puzzle without providing the answers. So here is the completed puzzle from the previous issue of AsiaLIFE.*

6	4	7	5	9	1	3	2	8
9	1	5	8	3	2	6	4	7
2	3	8	6	7	4	1	9	5
1	7	2	4	8	3	9	5	6
3	8	6	7	5	9	4	1	2
5	9	4	2	1	6	7	8	3
4	2	9	3	6	5	8	7	1
7	5	3	1	4	8	2	6	9
8	6	1	9	2	7	5	3	4

2	5	9	7	4	8	1	3	6
1	8	4	6	2	3	7	5	9
7	3	6	9	5	1	4	2	8
6	9	8	3	7	2	5	1	4
5	7	2	8	1	4	9	6	3
3	4	1	5	9	6	2	8	7
9	2	3	1	6	7	8	4	5
4	6	7	2	8	5	3	9	1
8	1	5	4	3	9	6	7	2



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# The QuizMaster

## FRUIT & VEG

- 1) Which two fruits are anagrams of each other?
- 2) Which two vegetables are the main ingredients in a vichyssoise?
- 3) Which poet wrote of "Season of mists and mellow fruitfulness"?
- 4) John Travolta played which character in Pulp Fiction?
- 5) What fruit do we get from a rose?
- 6) Of which vegetable are Globe and Jerusalem varieties?
- 7) From which fruit is the drink Kirsch made?
- 8) What links Elvis Presley, Bruce Willis, Richard Gere?
- 9) What is another name for a Chinese gooseberry?
- 10) Which three vegetables are found in most stocks?

## LIONS

- 11) In 'The Wizard Of Oz' what was the Lion looking for?
- 12) What was the name of the cross-eyed Lion in a 1965 film that spawned the 'Daktari' television series?
- 13) In Disney's 'The Lion King' what is the name of the Lion cub who grows up to be King?
- 14) Which country has a royal flag called 'The Lion Rampant'?
- 15) Which King of England was nicknamed 'The Lionheart'?
- 16) Which mythical creature

- had the head of an Eagle and the body of a Lion?
- 17) Which group had a number one hit with 'The Lion Sleeps Tonight' in 1982?
  - 18) Both once being Ford car model names, found in the Americas, what are the two alternative names for the Mountain Lion?
  - 19) What is name of the fairytale land in The Lion, The Witch & The Wardrobe?
  - 20) What G B Shaw play inspired the film My Fair Lady?

## BIRDS

- 21) Which bird may have killed Dr Black?
- 22) Who did Jimmy Page play with before Led Zeppelin?
- 23) Who won an Oscar playing Atticus Finch?
- 24) Who wrote the music for the ballet Firebird?
- 25) How is Robert Stroud better known?
- 26) Which bird gave Fleetwood Mac a No 1 instrumental?
- 27) Who invented deep freezing?
- 28) What links the Cassowary, Kakapo and the penguin?
- 29) The furcula is what part of a bird?
- 30) What sport is played with a "bird" with only 14-16 feathers?

■ Answers on page 93

# Quote Unquote

*This month marks the anniversary of the birth of Groucho Marx, master of the one-liner. Below are ten classic quotes in celebration of a real comic genius.*

- 1) From the moment I picked your book up until I laid it down I was convulsed with laughter. Some day I intend reading it.
- 2) A man's only as old as the woman he feels.
- 3) A child of five would understand this. Send someone to fetch a child of five.
- 4) Anyone who says he can see through women is missing a lot.
- 5) I have nothing but confidence in you, and very little of that.
- 6) Military intelligence is a contradiction in terms.
- 7) Just give me a comfortable couch, a dog, a good book, and a woman. Then if you can get the dog to go somewhere and read the book, I might have a little fun!
- 8) Please accept my resignation. I don't want to belong to any club that will accept me as a member.
- 9) She got her good looks from her father. He's a plastic surgeon.
- 10) The secret of life is honesty and fair dealing. If you can fake that, you've got it made.

# Sudoku MIND GAMES TO KEEP YOU THINKING

## S.I. COMPUTER TECHNOLOGY SUDOKU PRIZE COMPETITION

Congratulations to **Chhim Phan Sochetra**, last issue's Sudoku Prize Competition winner, who received the prize of a 2GB flash drive, provided by SI Computer Technology.

This issue's competition also carries a prize by SI Computer Technology. So to have a chance of winning a 2GB flash drive send an SMS to 012 226 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 October 18. Good luck! 🍀

## NUMBER PUZZLES

Here are four additional number puzzles for you to try. Each one is solved in a different way and none of them requires complex mathematics to solve. The answers together with a full explanation can be found in next months issue.

- 1) 1000, 903, 806, 709, 612, ...? What comes next?
- 2) 129875, 57893, 39812, 21812, ...? What comes next?
- 3) 100, 93.5, 89, 82.5, 78, ...? What comes next?
- 4) What number should replace the question mark in the table below?

7	4	8	2
2	3	1	5
1	10	2	8
4	1	3	?

Level: Intermediate

Gwan Ching Lee's time: 15 mins

			4					
5				1	2		8	
	2	6				7		
7	8	3				5	1	9
			7		8			
		7				6	3	
	3		2	9				4
					5			

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