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ISSUE23

behind the camera's eye

shot of photography in cambodia



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Editorial

THE DIGITAL AGE HAS opened up the world of photography to almost everyone. What used to be a mysterious art carried out in a dark room is now a simple click of a button and a spot of photoshop. Or is it?

As the world is becoming more bombarded with photographic images, the French Cultural Centre has chosen this month to bring an international photography exhibition to Phnom Penh for the first time. From Nov. 29 until Dec. 7, images captured by the world's best photographers, including some based in Cambodia, will be exhibited and projected in venues around the city as part of Photo Phnom Penh.

AsiaLIFE talks with CCF's director, Alain Arnaudet, about his hopes for the festival and what we should expect.

International photographers have taken many different routes before coming to these shores and once arrived they opt for very different career paths. In our cover story we trace a few of these stories, and ask what the future holds for photographers in the city.

It would be very wrong to get the impression that the only quality photographers in the country have come from foreign lands. In the third article within our cover story, Marcus Burrows profiles four Cambodian photographers – Mak Remissa, Vandy Rattana, Thy Heng and Heng Ruvuth. The latter is one of four young photographers, with Khvay Samnang, Lin Vuth and Chhing Taingchhea, whose works have been chosen for Photo Phnom Penh.

Not all things artistic this month are photographic.

Nov. 28 marks the premier of Cambodia's first rock opera. Composed by Him Sophy and loosely based upon the

classic Khmer tale of Tum Teuv, Where Elephants Meet will transform the Chenla Theatre. AsiaLIFE talks with both the composer and John Burt, whose organisation, Cambodia Living Arts, commissioned this novel work.

Those people whose pursuits are more active than artistic should be pleased to hear that over the next couple of months, two of the major events in the country's sporting calendar take place. The country's major club rugby event, the ANZ Royal Angkor 10s, will be held at the Old Stadium on Nov. 7 and Nov. 8, while next month those looking for a thorough workout should make the trip to Siem Reap for the traditional Angkor Wat half-marathon (Dec. 7). We profile both events.

Following the completion of the qb National Volleyball League and on the eve of the standing volleyball world cup in Slovakia, we also talk to Chris Minko, secretary general of the Cambodian National Volleyball League, about the national team's ambition to be crowned world champions.

Another packed issue for you to digest this month, possibly as you escape the mass of people coming to the capital for the water festival. For those of you who decide to stay, we have listed those outlets that have confirmed they will stay open during the festive period (Nov. 11 to Nov. 13).

As always we trust that you enjoy this issue. Please give us feedback on anything contained within this or any other issue of AsiaLIFE. We are currently in the process of updating our website to make it much more interactive with you, our readers. In the meantime please continue to send your emails to:

asialifephnompenh@gmail.com 📧

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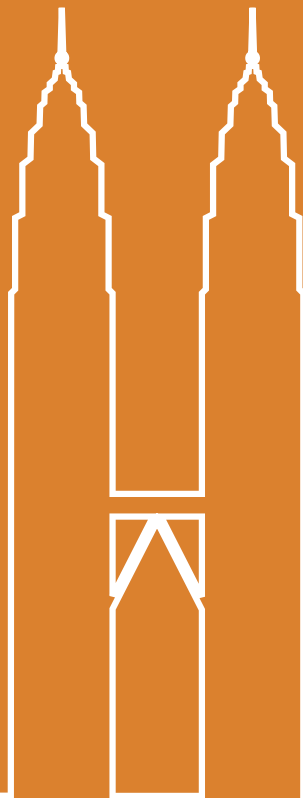
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in the penh

The Month That Was

volleyball, green, australia, chow, golf

■ KANGAROOS CROWNED CHAMPIONS

Led by legendary 60-year-old coach Cha Hok, the Kompong Speu Siemens Kangaroos became the qb 2008 National Volleyball League Champions on Oct. 10, ending the five-year run of the Phnom Penh Sunway Hotel Dragons, cruising to a 3-0 victory.

The Kangaroos' victory sparked off wild celebrations from the team that finished ninth place in last year's national league. Earlier in the day, the Kompong Speu BHP Billiton Scorpions, coached by Cambodian national team player Pin Sarath, sparked off a great day for the province by overcoming the Siem Reap Globe Magazine Eagles 2-0.

The final drew thousands of spectators to the Olympic Stadium who were treated to an electrifying live performance by Khmer rock band Coconu.

H.E Minister Ith Sam Heng presented the inaugural 2008 CN-VLD Disability Awards to representatives from ANZ Royal Bank, the International School of Phnom Penh, Digital Divide Data and qb for their efforts to support people with a disability in Cambodia.

■ GREEN DAY FOR VICTORIA

On Sep. 27 – World Tourism Day – five hotels in the Victoria hotels and resorts group in Vietnam and Cambodia held their annual Green Day. The event shows the



chain's commitment to environmental protection and sends a message across Southeast Asia that tourism can grow without endanger the local environment, according to the group's press release. Victoria Angkor Resort & Spa was given approval from the Cambodian authorities to collect rubbish at Bayon Temple. "As a group we are committed to spreading the environmental message across Indochina," said the Eric Simard, managing director of Victoria Hotels & Resorts.

■ AUSTRALIAN TASTE

On Sep. 24, Raffles Hotel Le Royal hosted an afternoon exhibition and evening dinner showcasing the best of Australian wine and food. Western Australian chef Don Hancey devised the five-course evening meal, while distributors such as Celliers d'Asie, Quarto

Products, AusKhmer and Fine Star treated the exhibition's visitors to a marvelous selection of Australian wines, cheese, meat and seafood. The four chefs specially flown in from Australia were winners of the Lifestyle Food Channel Australian Regional Culinary Award.

■ CHOW DOWN

Dedicated wine drinkers and enthusiasts, chefs, foodies and industry representatives gathered at Chow on Oct. 8 for some exclusive wine tasting. Hosted by Chow manager Patrick Uong, with select Italian wines provided by Quarto Products, the event allowed guests to explore and sample some lesser known wine varieties while trying out complementing samples from Chow's new menu. "A mid-week, early evening wine-tasting is a wonderful way to punctuate the working week," said Patrick. Ex-

pect the event to be recurring with different selections of high quality and interesting wines.

■ ANGKOR PRO-AM

The Victoria Angkor Resort & Spa hosted the De Bortoli Invitational Pro Am Tournament 2008, the first pro-am tournament for Australian amateur and professional golfers in Cambodia. The event saw 52 Australian seniors and club pros fly in to Cambodia to pit their skills on the Nick Faldo-designed course, the Angkor Golf Resort. Cambodia is the first stop on the Aussies' golfing tour of the region, organised by Ultimate Golf Challenge. This includes two pro-am events in Vietnam. The golfers are competing for a total prize of US\$33,000.

Tim Ireland, director of The Ultimate Golf Challenge, said the golfers were very impressed with the course. "Some said it is the best course they've played in Asia, even when compared with those in Singapore and Kuala Lumpur," he said. Prizes were handed out during a gala dinner at Victoria Angkor's Le Jardin d'Apsara.

De Bortoli Wines of Australia was the main sponsor of the tournament, co-sponsored by Victoria Angkor Resort & Spa, Celliers d'Asie, Perrier, Vittel, Red Apron, Artisans d'Angkor, Kampoul Adventure tours, Angkor Beer and Water O. – DIANA SAW



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calendar

November

salsa, hellhounds, juram, photo, quizzes, shoes, rugby, wine, music festival, devious dice

sunday

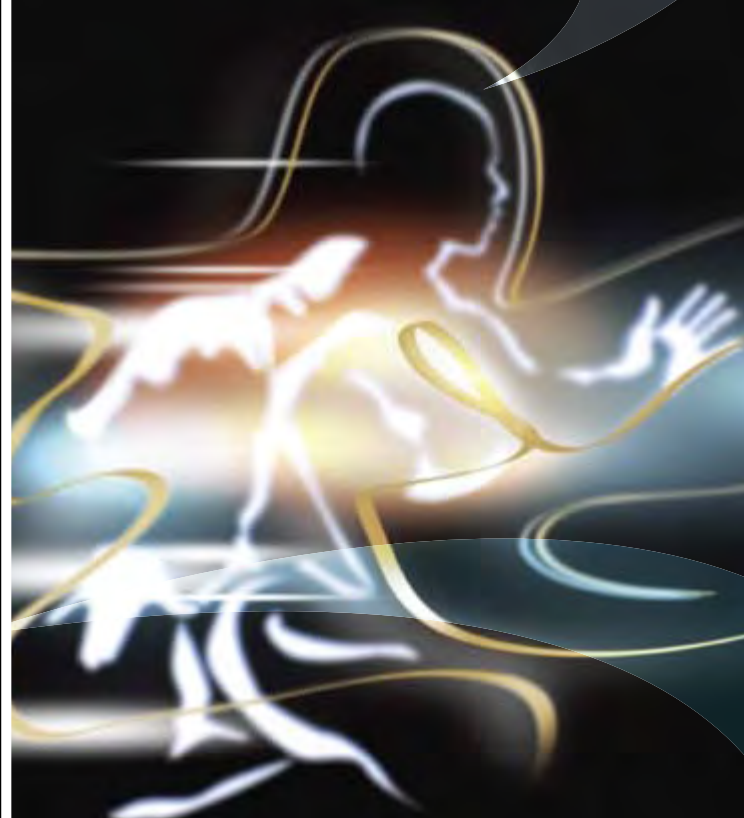
monday

tuesday

wednesday thursday

	<p>Gym Bar Monday Night Football NFL games shown at Gym Bar at 7pm every Monday</p> <p>Green Vespa Malt Monday Four single malts for only US\$15 at the Green Vespa</p> <p>Pacharan Salsa Learn to dance Spanish style at Pacharan. Mojitos and Sangria half price.</p>	<p>Gym Bar Quiz Test your knowledge against Randal at the Gym Bar every Tuesday night from 9pm – US\$30 bar tab for the winners</p> <p>Alley Cat Rib Night Full-rack for US\$8, half-rack US\$5.50 at Alley Cat Café, every Tuesday</p>	<p>Green Vespa Wine Wednesday Buy one bottle of wine and get another for free at the Green Vespa</p>	
02	<p>Gym Bar Monday Night Football</p> <p>Green Vespa Malt Monday</p> <p>Pacharan Salsa</p> <p>Fifth International Music Festival See Arts Diary page 63</p>	<p>Gym Bar Quiz Alley Cat Rib Night</p> <p>Talkin Head Trivia Pit your brains against the Quiz-Master at Talkin to a Stranger</p> <p>Intersection Exhibition of colour photomontages by Bruce Gunderson opens at Meta House at 6pm</p>	<p>Green Vespa Wine Wed Kids Create Kids arts classes with Leah Newman at Café Living Room from 3.30-5.00pm Tel: 012242301</p> <p>FCC – 9am til 3pm Live election returns watch. Special menu and drink items.</p> <p>La Croisette Live music every Wednesday night of November</p>	06
09	<p>Gym Bar Monday Night Football</p> <p>Green Vespa Malt Monday</p> <p>Pacharan Salsa</p> <p>Water Festival See page 41 for details of which places are open</p> <p>Independence Day Fireworks Film by Takeshi Kitano is screened at Meta House from 8pm</p>	11	12	13
16	<p>Gym Bar Monday Night Football</p> <p>Green Vespa Malt Monday</p> <p>Pacharan Salsa</p> <p>Corto Maltese Animation movie based on Hugo Pratt comic at Meta House from 8pm</p>	18	19	20
23	<p>Gym Bar Monday Night Football</p> <p>Green Vespa Malt Monday</p> <p>Pacharan Salsa</p> <p>Angkor Photo Festival Southeast Asia's leading photographic exhibition at venues around Siem Reap</p> <p>Green Vespa's 4th Birthday Bash (23) Great music, fun, games, prizes and a few surprises from 7pm</p> <p>Chow Brunch (23) DJ Rupert spins jazz & bossanova at Chow from 10.30am to 2.30pm</p> <p>Photo Phnom Penh (30)</p> <p>Where Elephants Weep (30)</p>	25	26	27
	<p>Gym Bar Monday Night Football</p> <p>Green Vespa Malt Monday</p> <p>Pacharan Salsa</p> <p>Angkor Photography Festival Photography by Gay Wind Campbell opens at Java Café at 6pm</p>	<p>Gym Bar Quiz Alley Cat Rib Night</p> <p>Talkin Head Trivia</p> <p>Gym Bar Quiz Alley Cat Rib Night</p> <p>Water Festival</p>	<p>La Croisette Live Music</p> <p>Green Vespa Wine Wednesday</p> <p>Water Festival</p> <p>La Croisette Live Music</p> <p>Café Living Room Kids Create</p> <p>Green Vespa Wine Wednesday</p> <p>Terror's Advocate Documentary about controversial lawyer Jacques Verges screened at Meta House at 8pm</p>	<p>Chow Down Daytime Water Festival Party at Chow Rooftop Terrace Bar from 11am to 4pm for US\$25</p> <p>Water Festival Party Beach party with bbq and DJ at the Sailing Club, Knai Bang Chat, Kep</p> <p>On Photography Cambodia Awareness event for the on-going photographic project will be at Chow from 6pm to 8.30pm</p> <p>Angkor Photography Festival</p> <p>Wine Dinner At Pacharan, contact the restaurant for details</p>

IT'S NOT
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SPEED



friday

saturday

Image Band

Filipino band plays the Winking Frog every Friday

Hellhounds

Play the Velkommen on Street 104 every Friday at 8pm

Friday Devious Dice

US\$1 roll wins drinks and prizes at the Alley Cat Café

01

Fifth International Music Festival

See Arts Diary page 63

Juram

Filipino vocalist and guitarist plays Pacharan

DJ Paul Stewart

UK DJ plays the Winking Frog every Saturday night

07

Winking Frog Image Band

Velkommen Inn Hellhounds

Alley Cat Friday Devious Dice

Shoe

Exhibition by Leah Newman opens at Café Living Room at 6pm

Angkor 10s

Cambodia's leading club rugby competition is at the Old Stadium (see page 16 for details)

08

Winking Frog DJ Paul Stewart

Soundz of Berlin

DJ Nico plays house, techno and trance at La Croisette

Angkor 10s

Cambodia's leading club rugby competition is at the Old Stadium (see page 16 for details)

14

Winking Frog Image Band

Velkommen Inn Hellhounds

Alley Cat Friday Devious Dice

Where in the World is Osama Bin Laden

Morton Spurlock's 2008 documentary screened at Meta House at 8pm

15

Winking Frog DJ Paul Stewart

Sex Work and Human Trafficking in Cambodia

Documentaries by Ian White and Nico Mesterharm and feature The Victim screened at Meta House at 8pm

21

Winking Frog Image Band

Velkommen Inn Hellhounds

Alley Cat Friday Devious Dice

Cambodian Eco-Night

Prey Lang and Seregeti of Cambodia are screened at Meta House at 8pm

22

Winking Frog DJ Paul Stewart

The New Kidz of Cambodia

John Weeks presents animation clips from PHARE as well as the screening of Nico Mesterharm's Life's a Beach at Meta House from 8pm

28

Winking Frog Image Band

Velkommen Inn Hellhounds

Alley Cat Friday Devious Dice

Angkor Photography Festival

Where Elephants Weep

Premier of the first Khmer rock opera at the Chenla Theatre

Winking Frog DJ Paul Stewart

Disco Pugwash

Primitive Souls DJ evening cruise, full bar and BBQ for US\$7.50. Tickets from Talkin to a Stranger

Where Elephants Weep

Khmer rock opera at the Chenla Theatre

Photo Phnom Penh

International photography festival runs through to Dec. 7. For details see pages 34 to 35

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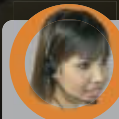
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Group 1, Village 4, Sangkat 4, Mittapheap, Sihanouk Ville



News & Events

artisans, festivals, christmas fair, cookbook, bodies, after-school

■ ARTISANS AWARD

Two items from Artisans d'Angkor's collection – the krama picnic trail for "lunch on the grass" and a set of temple candleholders – have qualified for the 2008 Award of Excellence by ASEAN Handicraft Promotion and Development Association (AHPADA) and UNESCO. The competition was established to encourage the craft sector to preserve cultural diversity and traditional skills and knowledge. A panel of experts in design and handicraft production presided over the awarding ceremony held in Bangkok on Oct. 14.

"This award is symbolic and shows our approach to reconcile history and contemporary expression about art and craft," said Artisans d'Angkor in a press

release. "More than that, this award is a recognition for our high quality handicraft work at Artisans d'Angkor."

■ CHOW WATER FESTIVAL

Riverside restaurant Chow is hosting a daytime Water Festival Party at its rooftop terrace bar on Nov. 13 from 11am to 4pm. Tickets (US\$25) include unlimited Asian barbeque, draught Tiger beer, Bellagio Rosé sparkling wine and special fresh fruit cocktails made with a new line of Giffard premium liqueurs. DJ Illest will play throughout the afternoon. The event is co-sponsored by Tiger Beer, Coca-Cola, Les Celliers d'Asie and Giffard Liqueurs.

Chow, 277 Sisowath Quay, Tel: 023 224 894

■ GIVING TREE AFTER-SCHOOL

Opened earlier this year, the Giving Tree pre-school, is launching five new after-school programmes. 'Messy Hands!' gives children the opportunity to develop both their fine motor skills and imaginations while educating them on caring for our environment. 'Roots and Rhythm' allows children to experiment with wind, string, and percussion instruments. 'Happy Feet' keeps little ones singing, dancing and moving their bodies to music. 'Rising Stars Yoga Adventures' takes children from three to five years on a yoga adventure while experiencing basic yoga postures, breathing and relaxation techniques. There are also swimming classes offered by an accredited Australian swimming instructor. Enrolment

begins the first week of November. Most classes are for children aged 18-months to five years and cost between US\$4 to US\$6

The Giving Tree Preschool, 17 Street 71, Tel: 017 997 112

■ CAMBODIAN COOKBOOK

Sala Bai Hotel School, Hôtel de la Paix and Periplus Publishing Group are launching a new Cambodian cookery book, imaginatively entitled *Cambodian Cooking* on Nov. 7 at the Arts Lounge. Siem Reap.

■ CHRISTMAS FAIR

The Women's International Group of Cambodia is holding its Christmas Fair at the InterContinental Hotel on Nov. 30 from 10am to 4pm. Vendors will sell a range of Cambodian handicrafts and jewel-



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lery. There will also be a raffle draw and Santa to keep the kids entertained. Tickets cost US\$3 (children under-12 for free). All proceeds go to organisations that support vulnerable women and children.

For tickets or further information call Sue Harris on 012 439 591, or email wicgambodia@yahoo.com.

■ CALL FOR BODIES

Two fish studio invites both Cambodian and expat artists (professional and amateur) to enter a juried show this December. The theme of the show, curated by Leah Newman, is Bodies. Works should be delivered to 2 fish studio by Nov. 17 (before 3.00pm), ready for hanging. Make sure that your work is properly labelled with your name, the title of work, price, materials, phone number and/or email. Non-refundable entry fee is 4,000 riel for Cambodians and US\$6 for expats. The show will be installed on Dec. 1 with the opening night on Dec. 5.

2 fish studio, 2D Street 302 (between Norodom and Street 51, Tel: 016 368 700 / 016 604 013

■ GO ONLINE GOLD

Last month Online launched new internet packages with DSL or Wimax and VoIP. 'Go Online Gold' enables users to receive and make VoIP calls anywhere nationwide or anywhere in the world at the lowest rates, claims Online. For a US\$3.00 rental fee per month, customers using the 084 access number can make unlimited calls to 084, 013 and 083 numbers. Calls to other networks will be charged at 10 cents per minute. Online claims that the package offers the cheapest outgoing international call rates.

■ JOHNNIE WALKER CAMBODIAN OPEN 2008

The Johnnie Walker Cambodian Open will return to the Phokeethra Country Club, Siem Reap from Dec. 11 to 14. Organisers are confident that the US\$300,000 Asian Tour event will place Cambodia firmly on the international golfing map.

Asian Tour's Senior Vice President Gerry Norquist believes that the staging of Cambodia's national championship will act as a launch pad for exciting talents to emerge.

"We are truly excited about the return of the Johnnie Walker Cambodian Open as this event will not only provide the inspiration for Cambodians to learn more about the game but also allow them to follow in the footsteps of our Asian Tour professionals," said Norquist.

As the second from last ranking event on the 2008 Asian Tour season, the Johnnie Walker Cambodian Open will also shape the race for the Asian Tour Order of Merit title, currently led by Mark Brown of New Zealand. Defending champion Bryan Saltus of the United States who secured his maiden triumph at last year's inaugural event will be among the contenders again.

The Johnnie Walker Cambodian Open is the only international golf tournament to be held in Cambodia.

■ AIRASIA OPENS

AIRPORT OFFICE

AirAsia, the largest low cost carrier in Asia, opened its new sales office at Phnom Penh International Airport last month. The facilities include reservation services, e-ticketing services, information inquiries and a group of dedicated front office staff.

"The opening of our sales office in Phnom Penh demonstrates our commitment to providing easy accessibility and truly low fares to the people of Phnom Penh and travellers around the region," said Tassapon Bijleveld, chief executive officer of Thai AirAsia. "We are constantly looking for ways to improve our services and increase savings for our guests."

AirAsia operates daily flights from Phnom Penh to Kuala Lumpur and Bangkok with a combination of 14 flights weekly. The sales office is open daily from 8am to 5pm.

AirAsia, Tel: 855 23 890 035 or Fax: 855 23 890 071.

■ LE ROYAL GOES DOLCE VITA

Raffles Hotel Le Royal has invited Italian chef Salvatore Silvestrino to present his signature dishes this month. On Nov. 7, Restaurant Le Royal will host an Italian wine dinner (US\$55+) from 7pm, where a gourmet meal will be paired with six wines, presented by Nicolas Olivry, marketing manager of Agricoltori del Geografico in Asia. The following evening Café Monivong will have a trattoria buffet from 6pm (US\$28+). Sunday brunch on Nov. 9 from 11.30am to 3pm will also have an Italian feel, with a glass of Bisol Jeio Prosecco included in the price of US\$28+. Starting Nov. 6, the hotel will also have its barbecue under the stars every Thursday night from 6.30pm (US\$20+)

For reservations, call 023 981 888 ext. 1442, or email dining.leroyal@raffles.com



KNAI BANG CHATT

Sailing Club



Kep Water Festival Beach Party

Saturday November 15, 18.00 PM
All night DJ dance party

Location: Kep / next to Knai Bang Chatt Resort

Food: \$8 BBQ

No entrance fee/Information: 092 882 750

Sailing Club Info:

Opening Hours: 7 days a week 10 am till 11 pm

Restaurant: Seafood Menu, BBQ and Beach Food

Rentals: Hobby Cat 16 Feet / Canoes / Bikes / Ski Boat

Activities: Sailing / Surfing / Windsurfing / Beach Volley Ball /

Ping Pong / Pétanque / Badminton

Activity Calendar Season 2008/2009:

Sailing Instructions / Documentary & Fun Movies /

Water Festival Beach Party / Hip Hop / Christmas Dinner / Volley Ball

Tournaments / Half Marathon / Khmer New Year Party...

Check website for the latest updates:

www.knaibangchatt.com

ANZ Royal Angkor 10s



PHOTO BY JOE GARRISON

CAMBODIA'S FIRST AND only international club rugby tournament, celebrates its eighth anniversary this month. Inaugurated in 2001, the tournament was originally held in Siem Reap, before moving to its current Phnom Penh home in 2003.

This year, ANZ Royal Bank has become naming rights sponsor for the tournament that will take place on Nov. 7 and Nov. 8 at the Old Stadium, close to the Japanese Fellowship Bridge.

The Angkor Old Boys, a popular veterans competition now in its fourth year, will kick off proceedings at 12pm on Nov. 7 with the finals starting around 4pm. The following day, preliminary

rounds for the Angkor 10s start at 8.30am, with the finals starting around 2.30pm.

Teams from Thailand, Singapore and Dubai will take on local clubs, Billa-bong Sharks, Stade Khmer and Les Piliers d'Angkor – a 100 percent Khmer team – in the 10s, while teams from Toulouse, Melbourne and Bangkok compete with two barbarian teams for the old boys crown.

The competition plays a pivotal role in rugby development in Cambodia, according to Tan Theany, the President of the Cambodian Federation of Rugby (CFR).

“Our players need this kind of tournament to improve their playing

skills,” she says. “The more they play with overseas clubs and teams, the more they can acquire the necessary skills and experience to become quality rugby players.”

CFR board member Larry Maley says that the funds raised by the tournament will be used for the ongoing development of the game in Cambodia by the CFR. “The money we raise from this year’s tournament will go towards sending the national girls team to Laos on a three- to four-day International Rugby Board development camp at the end of

November – the first of which Cambodia hosted last year.”

The 10-a side rugby competition, which has featured teams from all over the world, is fast becoming one of the most popular social rugby tournaments in Asia. It also marks the traditional “kick off” of the national rugby season – due to start on Nov. 23 at the Old Stadium. Last year’s tournament was won by the Bedok Kings from Singapore (photo above).

Entrance is free and there will be food and drinks on sale on both days.

ANZ Royal Angkor 10s, Old Stadium, Nov. 7 and Nov. 8.

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Angkor Wat Half-Marathon

SILVER MEDAL WINNER in the Barcelona Olympic marathon, Yoko Arimori first ran the Angkor Wat Half-Marathon in 1996. Two years later she decided to support and manage the event founding the NGO Hearts of Gold. This year she will compete as a guest in the event which takes place on Dec. 7.

The race has now grown into a major sporting event. Last year over two thousand people took part in the events, ranging from the half marathon to a 3-kilometre fun run for kids. In total US\$13,371 was raised for Cambodian charities. The organisers hope to raise more money from this year's event.

The race starts and finishes in front of the majestic towers of Angkor Wat.

"It's very flat and mostly shady," says Lesley Perlman, who has run the full half-marathon three times – last year she came in sixth in the women's race in a personal best time of 1 hour 39 minutes.

"There are times when it's just you and the trees," she adds. "You're alone a lot." Surely this has to be one of the most beautiful long-distance courses in the world, as it weaves its way around Banteay Kdei, Ta Prohm and Bayon, passing through both Victory and South gates.

The early start time (6.20am) might not be ideal for everyone, but it ensures that most runners will have completed their morning activities before the sun gets too hot – and in plenty of time for Sunday lunch.

"The free massages at the end are nice," says Lesley, who advises runners to set a strong pace and to keep on going. "It will soon be done," she smiles, "... though not soon enough."

In addition to the half-marathon there are also 10-kilometre races for both men and women, a 5-kilometre race for women a three-kilometre fun run for kids, a 21-kilometre wheelchair race

and a 10-kilometre race for amputees. The money raised goes towards providing prosthetic limbs for landmine survivors and HIV children.

The bike rides take place the previous day (Dec. 6), setting off at 5.45am.

The registration fee for internationals ranges from US\$25 to US\$50. Cambodians are charged US\$2 for the races and US\$25 for the rides. Registration should be completed by Nov. 20, although late registration is permitted for an extra US\$5 only.

For further information, visit: www.villagefocus.org and www.angkormarathon.com

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Photography for Change



PHOTO BY PALANI MOHAN/SHOOTAGE BY GETTY IMAGES

PHOTOGRAPHY IN CAMBODIA is not an exclusive Phnom Penh preserve, this month sees the fourth Angkor Photography Festival and as AsiaLIFE discovers there has been a shift of emphasis from last year.

Created in 2005, the Angkor Photography Festival is the first of its type in Southeast Asia, according to the organisers. “The Angkor Photography Festival differentiates itself from other photography events with its strong educational, therapeutic and humanitarian goals,” they claim.

Two exhibitions, one featuring the works of Christian Caujolle – the creator of photo agency VU – and the other showcasing Korean photographer Sujong Song, will open during the festival (Nov. 23 to Nov. 28). There will also be a series of slideshows featuring the works of photographers from around the globe.

Last year’s festival included gala events in

five-star hotels dotted around Siem Reap. This year in many respects the organisers have gone back to the roots of the festival. It could be argued that last year’s gala events distracted from the humanitarian and developmental side of the festival.

Like last year, there will be free photographic workshops for 30 young photographers who work in photojournalism and documentary-based photography. Through this programme, the organisers hope to guide emerging photographers in developing the skills to better document their own societies, understand universal ethical and professional standards, and eventually create a vibrant photographic network across Asia.

The festival also features a special day for the Anjali Children’s project (Nov. 27) at Wat Athvea. This centre was established for 80 children by

the NGO Photography for Change to provide them with “a safe and fun educational environment.”

The organisation claims that the centre offers pioneering work “in combining arts therapies and photography to provide a powerful way of supporting and enabling transformation in the lives of people in difficulty.” Every day, Anjali kids take English and Khmer classes and take part in creative art workshops. Anjali also subsidises public school for all the children and provides them with a rice allowance to take home to their families. Many of Anjali’s children are from poor or troubled families and most of them used to beg on the streets of Siem Reap helping their parents to feed their families.

For more details of the festival, visit the website on: photographyforchange.net.

Angkor Photography Festival Festival, Siem Reap, Nov. 23 to Nov. 28.

FOURTH ANGKOR PHOTOGRAPHY FESTIVAL SCHEDULE

Nov. 23

@ 8pm – Opening evening at the FCC; Carte blanche: Christian Caujolle; Acoustic Concert by Juram from the Philippines

Nov. 24

@ 6pm – Exhibition opening at the McDermott Gallery; Sohrab Hura – Life is Elsewhere, India; Munem Wasif – Rohingya Refugees (Illegal Immigrants from Myanmar, Bangladesh); James Withlow Delano – Burma: A Flameless Inferno at 8.30pm – Slideshows at the FCC; images of the year: AFP Asia at 10pm – Party at the Laundry Bar

Nov. 25

@ 6pm – Exhibition opening at the French Cultural Centre; Siddharth Jain – Rajasthan: Current Lives at 8.30pm – Slideshows at the FCC

Nov. 26

@ 8pm – Stop TB Partnership Photo Award, in partnership with Stop TB Tuberculosis / Department of WHO at the Angkor National Museum at 9pm – Slideshows at the Angkor National Museum

Nov. 27

@ 4pm – Special day for the Anjali children’s project at Wat Athvea; nine slideshows selected for the children; one exhibition – Children around the world / Eyedea; making of Children Photo Workshops; floating lanterns show

Nov. 28

@ 6pm – Farewell evening at the FCC; Carte blanche: Sujong Song; results of free photo workshops; Paris Match Award for the best reportage produced during the workshops; DJ Glazer from Sweden

Openings

interiors, cindy, poste and winking frogs

■ BEYOND INTERIORS

The stylish shop is nestled neatly in BKK1 between cafés Living Room and Fresco on Street 306. Long-time Phnom Penh beautifier, Bronwyn Blue, has sourced products and raw materials from Thailand, Vietnam, Indonesia and Cambodia to create her five individual collections. The shimmering green tiled wall in the interior of the show room is an arresting and beautiful sight to behold. All of Blue's products at Beyond Interiors are made with travel in mind. The furniture can be flat packed for easy shipping and has been treated to withstand any climate. Blue is committed to running her business in a socially and environmentally conscious manner.

Beyond Interiors, 14E Street 306, Tel: 023 987 840

■ CABARET IN CAMBODIA

Cindy, the owner of the infamous lady boy salon on Street 63, has opened an equally unique night-time venue with her friend Kevin – K & Cindy's. The formal dining area serves authentic Thai, Khmer, Laos and Vietnamese dishes. The menu reads like a novel with hundreds of food choices (from US\$3 to US\$9). This is an ambitious project with restaurant, performance theatre bar with a stage, dance floor and chill out area. The cocktails are strong, served with panache offer great value at US\$3. Cabaret is performed every Friday night at 10.30pm and Saturdays at 11pm. Costumes, wigs and make up are lavish, extravagant and comically surreal. Golden-attired professional dancers wearing jewelry-encrusted masks 'live

the life they sing about in their songs.' Promises to be quite an experience.

K & Cindy's Bar and Restaurant 34 Street 306 Tel: 015 551 155

■ CAFÉ POSTE

Set in a beautiful French colonial villa overlooking the main post office square, this bijou café has a decidedly contemporary, white interior, which seems to be all the rage at the moment. Opened last month, with tables and chairs spilling out onto the pavement, the menu is understated with simple fare, such as ham and tuna sandwiches, quiche lorraine and croque monsieur (all US\$3.50). Ideal for breakfast or light lunch, it has a range of pastries, coffees and soups. Open from 6.30pm to 9.30pm.

Café Poste, cnr. streets 102 and 13

■ WINKING FROG

Behind the intriguing name lies a welcome addition to the Phnom Penh bar scene. Owner Derek promises that there will be plenty of entertainment on show with live music on Friday nights and DJs on Saturdays performing on a stage at the front of the large, air con bar. The rear is more attuned to sports with a slate 9-ball pool table and football shirts on display. The food is a mixture of pub grub, Thai and Khmer cuisine.

There's also WiFi throughout the downstairs area. The upstairs guesthouse has 31 rooms with prices ranging from US\$15 to US\$25. Each has air con and en suite bathrooms.

The Winking Frog, 128 Sotbearos Blvd., 023 356 399 / 013 356 399



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Streetsmart: Terracotta Mile (Street 278)

Street 278 has long been one of the more popular streets for expat and tourists to hang out or shop. One of **AsiaLIFE's** first streetsmarts, in February 2007, over the last two years the street has undergone many changes. So we decided to walk the street one more time.



Kissing cousins? Flavours and Herb Café

FAMILY AFFAIRS

At the junction with Street 51 by Wat Lanka lie two similarly designed restaurants. The original is on the south side of the street. Run by popular French Canadian Pascal, Flavours (cnr. streets 51 & 278) has a beautiful terracotta terrace with comfortable quality wicker chairs to lounge around in. Added to the mix of western and Asian cuisine, this has made Flavours a popular place for expats to come after work.

On the adjacent corner, Herb Café was opened by relatives of Pascal's wife a few months after Flavours. With a similar décor and ambience – you could find spot the difference on this corner – this al fresco restaurant specialises in Khmer food and fish dishes. It also offers WiFi.

Upstairs from Herb Café is Nature and Sea. The second floor restaurant has relaxing views of Wat Lanka and the tulip bulb at the top of Independence Monument. The food is squeaky clean, using GM-free, non-MSG, organic produce, with excellent salads, pancakes, fish dishes and juices. It also sells organic products. The only snag is the steep climb up a couple of flights of stairs with low ceilings to get there.

Next door to Nature and Sea is Setsara Thai Restaurant (3 Street 278). Continuing the terracotta theme, the outside terrace area makes for a beautiful shaded spot to enjoy the Thai food, with most dishes around US\$3 to US\$3.50. Owner Marco wishes us to point out that the restaurant does not



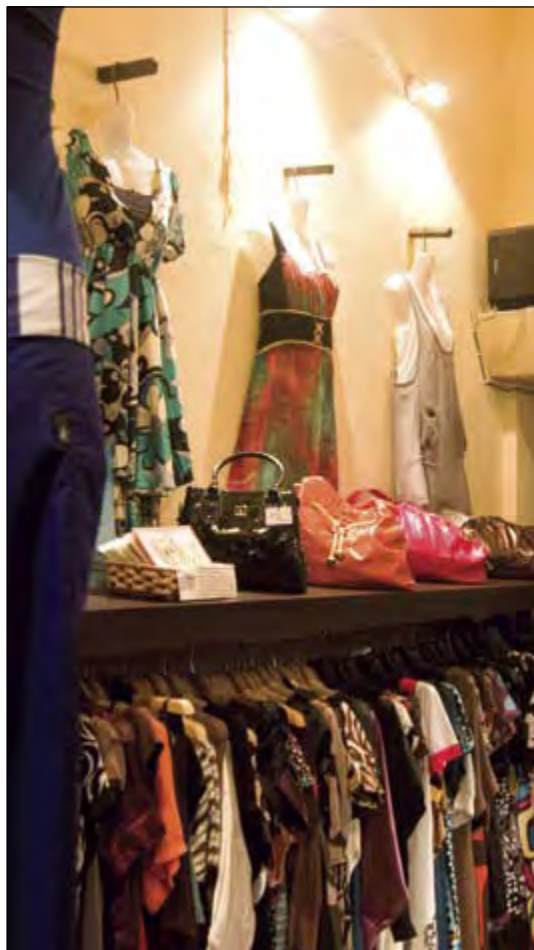
charge for delivery, as indicated in our delivery challenge article (AsiaLIFE 21).

For a long time Equinox, next to Setsara, has been one of the places for French expats. Ownership has changed recently with Marco – same owner of Setsara – taking over from Bebe, who established the bar. However the mix of terrace upstairs bar with ground floor bar spilling onto the street remains, as do the monthly photographic exhibitions. The major change has been the closure of the clothes shop and gallery at the rear of the restaurant. Bebe has moved to Veranda Hotel in Kep.

One of the major changes to the street in the past two years has been the closure of Zombie Bird House Bar across the street from

Setsara. This is now Shadow Restaurant (1a Street 278). Run by the same management as Herb Café, it features the same menu and terracotta tiles, but lacks the quirkiness of Zombie, most of whose patrons seem to have moved to One More Pub on Street 294.

Just along from there, Boom Boom Room (1C Street 278) is part of the clothing and music chain that has mushroomed through the country since the first shop opened on Boeung Kak Lake in 2002. This shop specialises in casual wear for travellers and features a whole collection of music. Owner Simon based his simple formula of hip-yet-cheap clothes for “money you can spend without thinking about it” on similar models found in Bangkok's Koh San Road.



Boom Boom

Next door, Amok Restaurant and Café (2 Street 278) opened in 1999 and is one of the longest standing of the Khmer restaurants serving to western tastes. The cuisine is a mix of Khmer and Thai served in a beautiful garden environment with a large terracotta terrace and plenty of pot plants. It has numerous takes on the amok theme – including corn, tofu and mushroom amoks (US\$3) for vegetarians.

Across the road is Liquid Bar (3B Street 278). Opened by the same management as Flavours last October, the smooth concrete interior provides an industrial-feel to the bar. With a slate 9-ball pool table, elegant bar, range of cocktails from US\$3 and snacks such as pizzas, crepes, and satay, this is a good option for those wishing to stay out on the street until late. It opens at 8pm and closes at 1am.

■ GOLDEN STRIP

After Liquid the street is inundated with cheap hotels offering similar standard accommodation with air-con for affordable prices. Most have incorporated 'golden' into their names – Golden

Bridge, Golden Comfort, Golden Gate and even Golden Tour Eiffel Guest House. The rooms generally cost US\$15 for a single and US\$18 for two people. From the littering of massage parlour cards in some of the hotel receptions, it's best advised to check the place out before booking, unless you are in need of a golden handshake.

The area is not exclusively golden. Miss Care & Spa (4b Street 278), a small and reasonably priced beauty salon and spa, has seven chairs for foot massage as well as a small barber's chair at the front with Thai and aroma massages given in two small, pleasant air-con rooms at the back. They also offer the full range of treatments including facials and manicures.

A couple of clothes shops lie next to each other. Kanjana (4A Street 278) specialises in bags, accessories and candles as well as having a small internet spot. Next door, Spicy Green Mango provides a far more pleasant shopping ambience. It has a far greater selection of colourful clothes for women, particularly shoes, t-shirts and skirts, designed by Ukrainian



Liquid

designer Anya Weis. Shoes range from US\$27 to US\$30, tops from US\$10 to US\$11, and the funky hats cost US\$12.

The short and congested stretch between streets 51 and 57 ends with a couple of restaurants from the sub-continent. Saffron Café and Bar (11 Street 278) is run by Majid and Eevee, the former owners of Monsoon Restaurant on Street 104. This restaurant has a range of light meals, snacks and main dishes, which carry a Pakistani and middle eastern flavour. Outside is a small terrace area and inside a larger air-con space with a very cool eastern ambience. Saffron also has a large range of cocktails and an extensive wine list. Of particular note are the monthly vegetarian buffet evenings and wine tasting evenings. Both of which need a reservation – call: 012 247 832.

New Maharaja Restaurant is a simple and cheap north Indian restaurant serving up the usual mix of vegetarian and meat curries. It has one of the best value breakfasts, consisting of daal, egg, chapatti and coffee for US\$2.

At the corner of streets 278 and 57, Anise Hotel and Restaurant has spacious rooms with air-con for between US\$35 and US\$70. The restaurant has a mixture of international, Cambodian and Asian dishes. Once more the terracotta terrace with comfortable rattan furniture makes for a very pleasant place to eat. Especially when traditional Khmer music is being played – each Tuesday, Thursday and Saturday from 6pm to 8pm.

■ BEYOND THE STRIP

Across Street 57, the first shop of note is Zoco, run by Spanish fashion designer Nuria Lopez Conesa. The funky and colourful dresses and skirts range from between US\$16 and US\$25. There is also a small range of accessories, bags, jewellery and also swimwear. The shop is open every day from 9am to 9pm.

Just up the street Tom Yum Kung Restaurant (10 Street 278) serves great value Thai cuisine. Most dishes range from between US\$2 to US\$4. The simple design consists of a series of tables set on terracotta tiles surrounded



Saffron

by plants, under a thatched roof. It's open from 7am to 10pm.

Next door to Tom Yung, Red Orchid Coffee Restaurant and Bar (14b Street 278) is a small hole-in-the-wall bar, on the site of the former My Lien Bar. Open from 10am to 12am, it has a mixture of pizzas, western and Khmer food, with a small pool table at the back.

Across the road, Dori Thy Gallery features the black and white photographs of Doris Boettcher. This gallery, on the site of the former Two Fish Gallery, is open by appointment – call: 012 661 552.

Along from Tum Yung, Blue Seven Massage Parlour (10 Street 278) is part of the chain found in Siem Reap. Downstairs is one room with foot massage, while upstairs is a large room with dividers allowing a modicum of privacy. Full-body massage – either two or four hands – and oil massage is available. Prices range from between US\$4.50 and US\$20 depending on how many hands you prefer and whether you

opt for one hour or two hours. It is open from 8am to midnight.

At the corner with Street 63 is Green Mango Restaurant (17 Street 63). The last of the street's numerous terracotta offerings, this small place has comfortable wicker chairs and an eclectic menu that would please the United Nations. It is open from 8am to midnight.

Across Street 63, on the right as you walk up the street, Tom and Alice Custom Tailors (153 Street 278) fits both men and women in a comfortable atmosphere. A typical fitting for women will be US\$18, and for men's trousers US\$20. They also have a selection of material for sale. A shirt with material costs US\$20. The shop is open from 8am to 8pm.

Across the road lies La Gourmandise Bleue (159 Street 278). This small elegant café offers a range of patisseries and couscous in an air-conditioned environment. It provides a most unusual oasis near the end of what can be a hot and tiring street. ☐



La Gourmandise Bleue

Phnom Penh Life: David Richards

Cambodia's contemporary art scene may be in its infancy, but artists such as **David Richards**, who recently moved to live in Cambodia full-time after over a decade of annual visits, are challenging the Kingdom to look again. **AsiaLIFE** caught up with him at his Phnom Penh studio.



Artist captivated by Khmer culture

"THE KHMER CULTURE, and especially the people, have captivated me and intrigued me ever since the very first time I entered Cambodia in 1995," David Richards tells AsiaLIFE. "The energy in Phnom Penh and elsewhere in the Kingdom was almost electric but definitely surreal."

David's curiosity was aroused by the chance purchase of the illustrated history, 'Angkor: Heart of an Ancient Empire' in the Phnom Penh departure lounge after a brief sojourn in the capital. "I realised this is a place I wanted to come explore and really find out more about," he recalls.

His crowded apartment-cum-studio, packed with books, temple bells, kitsch Chinese lanterns and colourful silks, is evidently the home of someone passionate about Asia. The numerous reproductions of Angkor-era carvings and statues suggest a strong interest in ancient Cambodia, something David readily confirms.

The complex symbolism of ancient Cambodian art was a "deep mystery" that warranted further investigation, he explains.

He researched the Kingdom fully before making annual trips for the next 12 years.

"I was just mystified by it, and when I came, it had an even stronger impact on me than I expected," he says. "I had very high expectations – a lot of it was this romantic nostalgic idea about the temples in the ancient times. I felt it was a place I wanted to get into pretty heavily."

■ CONTEMPORARY FEEL

Hailing from an artistic background – both his mother and uncle were painters – David is a prolific watercolour artist. He has been painting for over 35 years, 20 of them based in Maui, Hawaii.

His paintings provide a contemporary twist to traditional images of jungle-clad Bayon faces and carved Apsara dancers. Almost Picasso-esque flattening of figures and reduction of perspective allows viewers to approach these familiar themes in a new way.

He says he wants to "peel back the layers" of Khmer culture to glean an understanding of what drives Cambodian society, espe-

cially the older aspects of Asian culture, such as ancient temples, that have "a certain magnetism."

"That follows through with the people who live in the countryside," he says. "I always spent time in the countryside, since that is where the essence of Khmer culture thrives. I have always been drawn to the simplicity of country life in every country I have travelled to."

■ NEXT COLLECTIONS

David's next show will feature 10 works produced between 1997 and 2008 that have never been previously exhibited here or anywhere else, though AsiaLIFE were given a sneak peak before this month's show.

While the earlier canvases have a forceful energy, the later images are more layered, with a greater depth and dimension.

"My feelings about Cambodia have grown and matured and keep growing," he says. "As I gain more knowledge about Cambodia and I gain more experience, my paintings reflect that."

A colonial series is also in the works – shuttered French

colonial-era piles with stained peeling paint lovingly reproduced. This is a long-term project to capture and preserve "the beauty and character of the old colonial French buildings in their decaying state before they get the 'facelift' or the 'paint-over' that so many developers feel are needed," he says.

■ CHANGING TIMES

The sense that Cambodia is a nation in transition drives David's work. "I knew the country would change, as it certainly has, and I wanted to be aware of the changes as they occurred."

He concedes that in his quest to record and even resurrect the past, some images are idealistic rather than based in realism.

"I paint the world not as I see it but as I'd like to see it," he explains. "I take bits and pieces from what really exists and then I transform it into art that has the essence of what you see with a lot more added."

In addition to his artistic endeavours, including a Lowry-esque series of stick-figure commissions featuring popular hostess bars, David teaches part time at the Reyum Institute, helping the emerging crop of Cambodian artists hone their talents.

"The Cambodian art scene is incredible right now," he says. "Even though I've been coming back here every year for the last ten years, keeping my hand on the pulse of the changes as they happen, I was unaware how explosive the arts scene is. My timing was perfect."

Seventy-five David Richards originals are on display at The Image, 57 Street 240. Other works will be shown at New Art Gallery, Street 9 next to Kapko Market from Nov. 7 through the month. An exhibition featuring David's Colonial Series is scheduled for FCC, Phnom Penh in November next year. ■

Bon Om Tuk

Cambodia's crowded Water Festival (Nov. 11 - 13) can seem to visitors little more than a confusing jostle. One of three held simultaneously in one of the region's largest annual celebrations, **Bon Om Tuk** is both a colourful carnival and revered ancient ceremony.



PHOTO BY JIM MIZERSKI

Action from last year's boat races

WITH OVER A MILLION annual visitors – nearly ten per cent of the Kingdom's population – the Water Festival (Bon Om Tuk in Khmer) is Cambodia's largest annual event. As with much else in Cambodia, Bon Om Tuk's roots go deep, subsequent epochs adding or changing elements to create a layered, diverse celebration that is distinctly Khmer.

Boat racing is the main focus of the event, with around 300 pairs of intricately decorated boats competing in front of the Royal Palace. These are powered by rowers who come in village teams to race intricately-decorated, locally-made boats. Countless Cambodian spectators crowd the riverbanks cheering on their favourites, as the contenders for first place battle through relentless knock-out rounds.

The two classes of racing boat – Touk Ngor and Touk Moug



Team VSO in action

– are the direct descendents of Angkor's ancient navy. Both can be seen carved into the bas-reliefs in walls of Angkor's famed Bayon temple. Here, the navy of Jayavarman VIII can be seen vanquishing Cham invaders in vessels almost identical to today's racing boats. Some academics claim that contemporary competitions were born of military exercises or training from the Angkor period. Certainly today's racers compete for the King's praise, still esteemed by rural Cambodians as a great honour.

We have 10 to 15 villagers to help us go the right way and to stop us falling in

PHOTO SUPPLIED BY VSO

■ SPIRITUALITY

Traditionally, the Water Festival takes place when the waters of Tonle Sap River change direction. Though changing weather patterns and upstream development mean the change no longer corresponds exactly with the lunar calendar that dictates the date of Bon Om Tuk, this unique phenomenon usually occurs around the same time. The relatively still waters allow racing in boats that would normally become submerged.

This change in the flow of the river is thought by many to have been the original focal point of Bon Om Tuk. Animism and nature-worship still pervades Khmer consciousness, subtly altering Theravada Buddhism for a belief system distinct from others in the region. The spirit of the river is housed in a small shrine on the promenade that is popular even outside of the Water Festival. Some still believe the river's change of flow is the spirit returning temporarily to its home – the sea.

■ RACERS

Of the 434 boats and 25,355 racers City Hall claims will compete in this year's races, there will be at least one team of expats.

"Competing is a way to raise the profile of VSO and what we do," says Sarah Woolledge, one of the VSO team rowers. "It's also very important to be culturally involved in Cambodia. And it's a lot of fun."

Team VSO is borrowing a boat from a village across the Mekong River, according to Sarah, as well as enlisting the help of the villagers.

"We have 10 to 15 villagers to help us go the right way and to stop us falling in," she explains. "They help us with training, and on race day."

Just two weekends are set aside for training, which focuses on weight distribution, paddling and "the fine art of bailing the boat out."

"The best thing is the atmosphere," says Sarah, not least because of the huge crowds. "The worst thing is getting in the boat without falling in the water," she laughs.

■ FIRE PARADE (BANDET PRATIB)

As the sun sets on the Water Festival, an entirely different ceremony begins. The Fire Parade (Bandet Pratib) is unfamiliar to most non-Khmers, though it is an integral part of celebrations. Just as the Water Festival

pays tribute to the water spirit, the Fire Parade is a form of fire worship. Dazzling floats called Pratib parade along the capital's riverfront, as booming fireworks illuminate the crowds. Today's Pratib bear the illuminated insignia of the government ministries and feature designs relevant to each body's work.

Small floating votive offerings are made by some of the more traditional Khmers. Called Loy Pratib and Loy Krathong, these miniature altars – complete with candles, fruit and incense – were once very popular on the second night of Bon Om Tuk, though changing times have seen the tradition fade.

■ MOON PRAYER (ORC AM BOK)

Around the same time, the Moon Prayer (Orc Am Bok) is observed. Commemorating

the selflessness of a previous incarnation of Buddha, the Moon Prayer is celebrated in pagodas throughout Cambodia.

Legend tells of a disguised angel testing the mettle of Buddha, who was at the time incarnated as a rabbit. Feigning hunger, the faux hunter complained he would soon die. Buddha leapt into the hunter's campfire, offering his flesh as meat. The angel was so impressed that the Buddha's rabbit image was emblazoned across the moon as a shadow that is esp-

cially prominent on the night of Orc Am Bok.

In an informal ceremony, Cambodians gather to pray in the local temple, feasting on the rabbit's favourite food, and stare up at the moon. Respectful foreigners are welcome. **■**

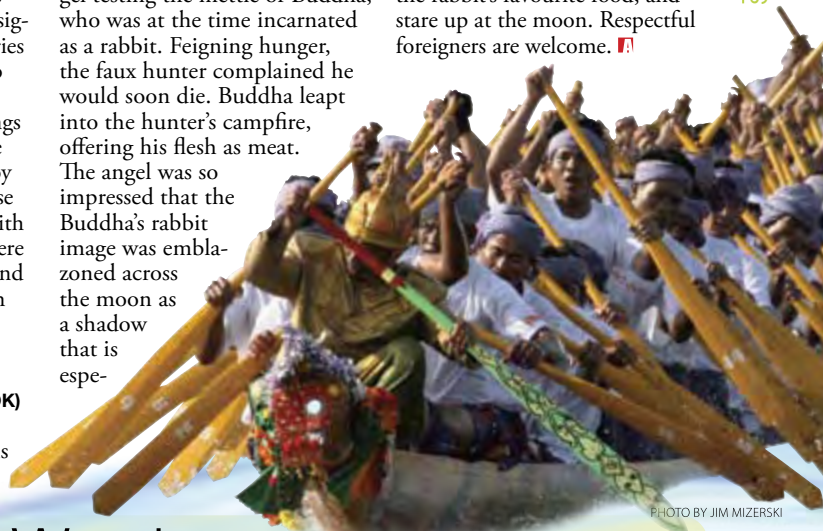


PHOTO BY JIM MIZERSKI

Where to Watch

THE WATER FESTIVAL

is always very crowded. Roads close to the riverside are blocked to motorised traffic, and hordes of dawdling pedestrians bring congested boulevards to a near standstill.

With over a million visitors, many of whom have never before visited Phnom Penh, thieves and pickpockets have a field day, especially in the riverfront crush. Visitors should carry only what they need – be prepared to lose whatever is in your pockets.

The best viewpoints are closer to the Royal Palace. The FCC is usually very popular, with upstairs tables, as is the Ponlok Restaurant on Sisowath Quay.

Local spectators usually elbow for room at the water's edge, or else stand atop the Japanese Friendship Bridge at the north end of the city. This gives a surprisingly good view, as boats come quite close during races. Still, there's no shade from the merciless sun and no protection from unpredictable seasonal squalls.

The Chroy Chiangva peninsula, directly across the river from central Phnom Penh is another option. Distance makes the races a little hard to make out but a cheap pair of binoculars from a local market is sufficient. Unfortunately, expat favourite Maxine's is normally closed.



PHOTO BY STEF BETTENS

Another option, for those wanting to get really close to the action, is to lie around on the Pontoon Lounge, where the boat that is normally anchored there, is removed just before the races commence.

For a quieter, but equally interesting, water festival, you can get away to Siem Reap (as in the picture above). You can still observe the Bandet Pratib, but using smaller hand-made floats cast into the river. **■**



VISIONS CAMBODIA

The end of this month marks the first **Photo Phnom Penh Festival** organised by the **French Cultural Centre** (Nov. 29 to Dec. 7). The works of international and local photographers will be projected on the walls of Wat Bothum, running parallel to a series of 13 different exhibitions. Cambodia is a country rich with photo opportunities from grinning children, saffron-robed monks to over-laden motos. In many respects the lure to photographers, both established and novice, is clear. **AsiaLIFE** takes this opportunity to talk with some international photographers who have chosen to make Phnom Penh their own. Words by **Mark Jackson**.

"CAMBODIA LENDS ITSELF VERY naturally to photographic opportunities, I often hear my new arrivals gasping: 'wow, there's a photograph everywhere you look' and they are right," says Nathan Horton of Cambodia's unique photographic appeal. Nathan runs photographic tours throughout the country. "Cambodia's streets and waterways are an endless procession of characters getting on with life, working, clambering on vehicles, hanging out in cafés, buying fish in markets and praying to their gods."

It's a view shared by most photographers who have chosen to make Cambodia their home – regardless of how long they have been in the country.

Joe Garrison first came to the country in 2000, before settling here the following year. For him the inspiration comes from the people.

"The things they do, the way they do them, the lives they live, the hassles they overcome," he says. "All of these things combine to present hundreds of interesting photo opportunities every single day."

A relatively recent arrival to the country, Virginie Noel derives artistic inspiration from the quintessential unpredictability of life here.

"The visual stimulation from everything that goes on, the messiness, the chaos, the randomness of it all – it feels real and alive," she explains.

Whatever the reason for settling, Cambodia is drawing an increasing number of photographers, both experienced and green, leading to an apparent over-saturation of the market, according to many.



Paul Stewart

■ PHOTOGRAPHER WITH A CAUSE

All agree that it is the people that make this country special. Not just in the photo opportunities that they afford, but in their openness to being photographed.

“It takes just the smallest of introductions to be allowed to photograph,” says Magnum photographer John Vink. “There is very little suspicion as to what I am doing.”

John is in an unrivalled position to talk about being a foreign photographer in the country. A professional photographer since 1972, he first came here in 1989, working in the refugee camps along the Thai border, before settling in the country in 2000.

A photographer with a strong sense of social justice, he has been working on land issues in the country for the past nine years. He believes there is an openness in the country that gives him access to much more than would be possible in many other countries.

“They [social issues] are crystal clear here,” he explains. “They are brutally exposed.” This allows him to reflect on similar issues in the West. “They help me unravel the mechanisms of social injustice which take place in more developed countries.”

Having researched and documented social issues within a developing context, John plans to use this knowledge upon his return to his native Belgium next year “to work on the disintegration of my country.”

I try to encourage people to experience first, photograph later.

■ FROM FASHION TO PANORAMA

Like John, Paul Stewart was an experienced photographer long before he settled in Cambodia. After finishing his photographic studies in Edinburgh, Scotland in the mid-80s, he spent twelve years working in London.

“I wanted to be a ‘fashion’ photographer and assisted many photographers,” he explains. His chosen career path coincided with an explosion in style magazines at the time, and he worked on magazines such as I.D. and Face as well as assisting Trevor Leighton and Robert Erdman on fashion shoots.

“After a brief spell in Paris, the bubble burst for me and I saw fashion as a shallow form of expression,” he explains. “I left for a six-month stint in Transkei, South Africa and rediscovered why I wanted to take pictures.”

After an initial visit to the country in 1993, shooting stills on a video documentary on the Tonle Sap, this rediscovery led him to Cambodia. After a spell re-branding U.K. travel company Airtours, Paul returned to Cambodia.

“A week or so after I’d left Airtours, September 11 happened and the travel industry went

into a massive shock and recession,” he says. “Share prices hit the deck – sound familiar?”

Now settled in Cambodia, he finds the lure of the river irresistible once more.

“I have a global river initiative I started work on after leaving Airtours, that’s why I’m here,” he explains. “My goal is to photograph the entire length of the Mekong in panorama – both in the rainy and dry seasons.”

This leads to quizzical looks from Khmers as he stands by the banks of the river with tripod and camera. “I love to hear a shout and then ten pairs of feet slapping the ground and making their way over to me,” he says.

He sees his works as a means of promoting all business sectors along the river by placing the panoramas on his website: www.mouth-tosource.net. “The key here is that my work is always online ‘working’ to promote the region or destination it was photographed in.”

As if the goal of capturing the majestic river that dominates the region is not sufficient, Paul sees it as part of a loftier project of “getting a panorama story of all the rivers from the mouth to the source on the entire planet in one portal.”

■ THE ROAD LESS TRAVELLED

In some respects, Nathan Horton’s career mirrored that of Paul’s before he experienced a similar conversion on the road to Damascus. From idealistic art student to fashion and lifestyle photographer, somewhere along the



way you sense that Nathan had lost track of why he had chosen to become a photographer in the first place. Then he came to Cambodia in 2005, to shoot a 12-page spread for 'Food & Travel' magazine.

"Being here rekindled my fire for all of the things I loved about Asia," he says. It helped that his host ran a tour company. "We became friends and decided that we could work well together to run photography tours."

For Nathan, the tours encapsulate all that he loves about photography. "A perfect excuse to be out and about with a camera watching life, meeting people and going out of my way to discover new things," he adds.

Currently working on two projects – one a five-day tour with the FCC aimed at regional expats, and the other a trip around the Tonle Sap from Phnom Penh to Battambang and Siem Reap and back – Nathan is especially proud of the way that his tours make a point of engaging with the local people.

"Unfortunately all too often, tourists tend to use a camera as proof they have visited a country, but in truth it's like eating food with rubber gloves on," he says. "I try to encourage people to experience first, photograph later."

Commenting that tourists often use the camera as a barrier between them and the subject, he tells his students to use it as a means of talking with local people. This allows them to get much more out of the

experience. "If you engage with the locals you will have a better understanding of them and probably come away with better pictures."

■ CUTTING THEIR TEETH

So, we have three photographers with vast experience before coming to Cambodia, who have taken quite different roads once they arrived on these shores. Therein lies a further attraction of working as a photographer in the Kingdom – there is a great range of work available. Whether your passion lies with social, environmental, travel, reportage, art or commercial photography, Cambodia has it – in abundance.

This makes Cambodia an ideal country for young photographers to cut their teeth.

Peter Harris started as an assistant to a commercial photographer in his native U.S. in the mid-90s. After a stint in computers, he resumed his photographic career in 2005, volunteering for the U.N. World Food Programme. He came to Cambodia in 2007.

Like John Vink, he is more driven by photography that deals with social issues. "I prefer to document projects for NGOs – what better place is there to be," he observes.

He wants to have some impact in the time that he has in the country. "My goal is to complete several projects that will bring about some awareness, both locally and internationally, to issues I am currently sensitive to," he says.

While Peter prefers NGO work, AsiaLIFE photographer Virginie Noel started off with travel and street photography. Having photographed "with a passion" for years, she decided to give herself six months to become a photographer, after the project on which she was the coordinator came to a close. She admits that being in Cambodia at the time of deciding to pursue this new career path was "a bit of a coincidence".

Although initially drawn to street and travel photography, she now finds this a bit shallow.

"I like to dig a little deeper, to go beyond first appearances and tell more in-depth stories," she says. "Once you build a relationship with the subjects of your photographs, it adds another dimension and a whole meaning to the images," she says nearly echoing Nathan Horton.

Not one to shirk controversy her current project is working with transsexuals across Cambodia. "I aim to give an insight into their lives, through photographs, but also through in-depth interviews," she says.

Once she finishes her project in around six months, she hopes to publish it as a book. "If I manage to achieve this, that's something I'll be very proud of."

■ BUYERS' MARKET

With such opportunities, both in terms of photo opportunities and variety of work, quite literally on every doorstep, it is not surprising that the market is increasingly competitive.



Virginie Noel



Ryan Plummer/Asia Motion

“Photography has gone bananas as far as a business model is concerned,” says Paul Stewart. “Anyone can take pictures and crucially, publish them too.”

He sees this as a profound shift in the profession since the days when he would develop prints in a dark room. “In the old days of film, I would describe photography as a craft.” Not that Paul is a stick-in-the-mud Luddite, admitting that he has not shot film in over ten years.

This has led to what many photographers see as an over-saturation of the market.

Joe Garrison is in a good position to comment. The former environmental scientist first came to Cambodia in 2000, before settling here the following year. Initially, he focused on travel photography and photo-documentation before turning to full-time freelance work five years ago.

He sees the rapid development of the country as being a double-edged sword.

“It will open a lot of opportunity for things like advertising, journalism and tourism photography,” he says. “But the same development is leading to more and more photographers trying to set up and get established here.” Joe can foresee photographers waging a rate war to get the same contract.

This has always been very much part and parcel of the job, according to Nathan.

“The professional world of photography doesn’t allow much space for helping each other,” he says. “Often finding work is harder than doing it. It’s very much a stand up on your own two feet business.”

This is something that Irish photographer Connor Wall, who supplies photographs for the Cambodia Daily, has experienced.

“The English newspapers and magazines published in Phnom Penh don’t have big budgets to splash out large amounts on photographs,” he says. Other photographers, who wished to remain anonymous, stated that the Daily can pay as little as US\$25 for a cover photograph. This, however, is extravagance compared with the Khmer publications, who pay as little as US\$2.50 for a photograph and article, according to Connor.

A former forklift truck driver, who taught himself photography, Connor offers some phlegmatic advice to those wishing to pursue a photographic career in the Kingdom.

“Don’t expect to make millions from your work here,” he says. “Instead think of Cambodia as a perfect learning environment.”

■ NEW LENS

So, we have an over-saturated market that offers the opportunity for young photographers to become rich with experience if not in money. But does it always have to be this way?

Like Joe Garrison, Belgian photographer Isabelle Lesser knows a lot about what it takes to survive as a photographer in the country.

She first came to Cambodia after an “old man” she was photographing for a newspaper in Belgium put her in touch with an NGO in Cambodia, telling her she was made for the country.

“Working in Belgium in the middle of winter photographing politicians wasn’t really my thing,” she says. “The old man was right. I am in my sixth year in this country.”

After surviving for so long as a freelance photographer, Isabelle is using this experience to establish Asia Motion – what she claims is the country’s first photography agency.

The agency will be launched in an exhibition at Equinox Bar on Street 278 on Dec. 5. It already includes six photographers – Erin Gleeson, Nicolas Axelrod, Peter Harris and Ryan Plummer in Cambodia, Stephane Janin in the U.S. and Srikanth Kolari in



Stephane Janin/Asia Motion

India. The unifying theme is their use of Asian photography.

“Our main goal is to support Asian photographs outside of Asia,” Isabelle explains.

“With so many photographers in Cambodia, it is hard to work out the professionals from the amateurs,” she adds, stressing that the agency stands for quality photography.

Isabelle sees the agency working very much as a cooperative, with photographers still being able to work as freelancers. The only restriction is that they do not sell their photographs to another agency within Cambodia. She hopes that the collective should grow to an optimum of 15 photographers, who will support each other.

“The photographers have nothing to lose, just win,” she stresses. Isabelle will personally promote their works, sell them internationally and raise the price paid for photographs within the country.

■ PURSUING THEIR PASSION

If eeking out a living from behind the lens is so tough, why are so many people eager to pursue a career that can be far less glamorous than it first seems, especially when your editor is screaming deadlines at you?

The answer is really quite simple. “Combining a passion with employment is something far too many people don’t get the opportunity to do,” observes Joe.

A passion for photography is something that unifies all the photographers interviewed in the course of this article. Cambodia offers the opportunity for those prepared to give it a go to live out their dream, so long as they have a good eye and a half-decent digital camera.

If you feel that you have the same passion for the subject, then maybe you would be best to follow Isabelle’s advice. “Take your chance, Cambodia is full of surprises.” Who knows, maybe in a few years it could be your photograph that is being shown at the Photo Phnom Penh festival?

Paul Stewart

www.mouthtosource.net

Isabelle Lesser

www.isabellelesser.com

Asia Motion

www.asiamotion.net

Joe Garrison

<http://www.garrisonphoto.com>

John Vink

www.johnvink.com

Connor Wall

<http://www.conorwallphoto.com>

Nathan Horton

www.nathanhortonphotography.com

Ryan Plummer

<http://ryanplummer.com>

Virginie Noel

www.virginienoel.be

Peter Harris

www.fotojournalism.net



Srikanth Kolari/Asia Motion



Nathan Horton



Isabelle Lesser

Khmer Photographers in Focus

Gone has the time when photography in the Kingdom was dominated by western photographers. **Marcus Burrows** talks with four Cambodians who are putting Khmer photography on the map.



Heng Ravuth

■ BRINGING ABOUT CHANGE

A photo-journalist for Cambodia Soir, Reuters and many NGOs in Cambodia, Mak Remissa is in great demand. He has even had exhibitions in France, the U.S. and Canada. He speaks with the confidence and animated happiness of a man who has transcended even his own expectations of success. It's been a lengthy journey.

"When I started photography, as an intern, all photographers were foreigners – no-one was hiring Khmer photographers," he says. "I felt out of my depth."

It has been a struggle, but one with ultimate reward.

"I've slept on floors with no food with only friends for support," he explains. "Years later I accompanied His Majesty King Sihanouk on his airplane trip to Beijing for the Olympic Games. I've met and mixed with the whole cross section of society and it all informs my work."

He seeks the universal in his photographs. "For me, it's more about capturing life," he says. "The reality of life. The background just happens to be Cambodia. If it makes the viewer think, consider, then decide 'I want to improve this, to influence a change' this is the main point of my art. A desire to reveal or show something that can then bring about a change."

Remissa is committed to providing children with opportunities for learning skills. He often takes students and children with him in the field to train them in photography. "A lot of the parents imagine their children will be in an air-conditioned office in a smart suit," he says. "But the reality is out in the wild, waiting for hours in the heat under a tree for the right shot!"

Teaching the photographers of the future is an area he plans to focus on.

"I want to have a place where I can create a photographic school for the younger generation," he says. "A place where they can develop a skill. In the beginning I was lucky enough to get help myself, now I want to give something back with my experience."

Despite his vision for the future, Remissa is realistic about the current status of photographers within the Kingdom.

"In Cambodia, nobody considers photography as a profession, unless it's somebody in the park or outside the palace taking your photograph for a tourist with a monkey." This is something that at least one photographer is determined to change.



Vandy Ratana

■ LIVING FOR THE MOMENT

Vandy Ratana's extraordinary body of work is a photographic documentation of Cambodian urban reality. He has a perceptive and patient eye for his subjects.

"I can wait patiently for hours for 'the moment' when all elements fall into place," he explains. "I get very excited when I experience the things that randomly happen and are not planned."

Self-taught, for him photography is about instinct. There is nothing wrong with his instinct, leading to praise from experienced professionals such as John Vink, and a contract at the Phnom Penh Post.

Not that a lack of training means that he is ignorant about his chosen art.

"Henri Cartier-Bresson – the father of photo-journalism – he established the Magnum photo agency," he immediately cites as a major influence. "I also admire Larry Clark. His work has a raw gritty quality."

One of the challenges that Ratana faces is a lack of understanding about his work. "You know, I find it really annoying when people can't understand or appreciate the subtlety behind a photograph," he says. "They find it confusing, so put it down. They're really saying 'I don't like it because I don't understand it.'"

A lot of his photos have been exhibited and published abroad. However, he would prefer to help others to develop themselves.

"It would be a personal dream to open up a training school to train people in photography and give them the opportunity at an education," he says. "My personal dream is to get people talking about photography as much as possible."

■ CREATING A LASTING MEMORY

Talking to Thy Heang you start suspecting she was born with a camera in her hands.

"I've absolutely loved photography ever since I was young," she explains. "Whenever a relative had a camera, I wanted to test it and

play around. To this day I still get excited by seeing the outcome."

Initially she was discouraged by the response her advances received. Subjects not only didn't want to be photographed, they were suspicious of this young Khmer woman with a camera. Refusing to take the rejection personally, she has gone on to form a lasting professional friendship with the Art Rebel Collective.

"We want to interest people, to illustrate and make people realise the meanings behind our subjects," she explains. "We aim to change the direction of art for better things in the future." Nine photographers from the group, including Heang, have been accepted for the Bangladesh Photographic Festival held in Dhaka in January 2009. The subject of her work is 'Night Stories'. "With these images, I explore the interaction between three generations of women in my family at night-time," she explains.

"My main interest is in documenting reality, people's lives, their activities, Cambodian culture, the everyday life of the people and myself," she says. "Usually I have a theme in mind, but I do like my subjects to be natural. I don't arrange them or ask them to perform."

Her exhibition of portraits, gleaned from fortune-tellers around Wat Phnom and the markets of Phnom Penh, provides a perfect example of this unobtrusive approach to recording authentic exchanges.

"I see photographs as a lasting memory," she explains. "They can make us recall places, people, our life. Like the past is still alive by remembrance, that photographic moment now has an extra life."

Heang feels a duty to explain her country to the outside world.

"Photography can transform the way people perceive our country," she says. "I've seen many works that have focused on the misery of poverty, HIV, sex workers etc., but not on Cambodian life that was happy or positive. I want to redress this imbalance."

■ DISTORTED TRUTHS

Heng Ravuth's passion for photography began with pencil strokes. Studying at the Royal University of Fine Arts, he began drawing from photographs. Soon he dropped the pencil and picked up the camera.

"I wanted to create my own artistic vision through the medium of photography," he explains. "I wanted to externalise my own inner feelings and make them manifest in my art, to share this with the world. Most of my work is not based in reality. I like to explore the unconscious and intangible, to express the expansion of the imagination. I prefer subjects that distort reality."

As with most Cambodian students, Ravuth faced a financial barrier. Compared to charcoal and paintbrushes, expensive cameras are by and large out of reach. However, having the latest high-tech equipment wasn't essential to him.

"My teacher always instilled in me that the camera never really mattered," he says. "What mattered most were the moment and the concept. If you want to take a photograph, take it. If the camera is cheap, you will still have a photo of great value. It's the same photo whether the camera is cheap or expensive."

Dressed in his avant-garde Spanish revolution t-shirt with his combat camera bag, Ravuth certainly fits the profile of an artist. His mood-laden images of reverie are very reminiscent of early David Lynch and it's impressive how he has created his 'special effects' on film so convincingly.

"Nan Goldin is my favourite photographer," he says. "Like her, I want to document the truth with my artistry for the rest of my life. I would like to inspire people and push the parameters of what can be done here. People should not give up on their own dreams. If we follow our hearts, we will get success." ■

Talking Without Words

At the end of the month, Phnom Penh has its own international photography exhibition. **Mark Jackson** talks with the French Cultural Centre's **Alain Arnaudet**, the man behind the scenes.



Achinto Bhrada



Chhin Taingchhea

"I WANT TO SHOW THE DIVERSITY of photography through this festival, and to try to get the public to see what is going on behind the photograph," explains French Cultural Centre (CCF) director, Alain Arnaudet, explaining the reasoning behind this month's Photo Phnom Penh festival.

When he took over the reins of what is arguably the main driving force behind cultural events in Cambodia, Alain promised to "move closer to the Cambodian people" and "to participate in the meeting of cultures" (AsiaLIFE 14). In the first international photographic festival to be held in the capital, he is delivering on his promise.

■ NIGHT OF THE YEAR

From Nov. 29 to Dec. 7, a series of exhibitions will be held around ten venues in the city, culminating with the night(s) of the year on Dec. 6 and Dec. 7. In this final event photographs by international and local photographers will be projected onto 12 large (4m by 3m) screens set in the gardens outside Wat Botun, at the junction of Sothearos and Sihanouk boulevards.

"It is a technical challenge to do this here," says Alain.

Most of the photographs are taken from the Arles Festival in France – generally reputed to be one of the most prestigious photographic festivals in the world.

Photographs from around the world featuring art, fashion and politics will be screened alongside images of Cambodia taken by local photographers, including AsiaLIFE's very own Nathan Horton, Virginie Noel and Keith Kelly.

The venue is most important to the CCF, due to its popularity with Cambodians – especially young ones in the evening – according to Alain.

"I want to go as close as I can to the Cambodian people," he says. His face literally lights up as he demonstrates how the park will be full of people watching the large screens.

"I want Cambodians to ask 'what did the photographers want to tell me?' To open their window to photography."

Not that the festival is just a one-night stand.

■ STOPPING THE TRAFFIC

With 13 exhibitions in total, the festival opens with a tour of some of the exhibition spaces, concluding at the French Embassy. There the walls will be adorned with a series of three-metre-high faces taken by photographer JR.

“It will amaze people,” promises Alain, his face lit up once more. All the faces are part of the photographer’s Women are Heroes exhibition, a series of women’s expressions taken from around the world. It is sure to stop the traffic.

■ CAMBODIAN EXPOSURE

Four of the photographers on display are Cambodian, some chosen by a workshop held by Antoine D’Agata in April.

He keen to stress the strength of all the work produced by the four Khmer photographers, Alain is particularly excited by the work of Khvay Samnang. This exhibition consists of a series of portrait shots of high school children in rural Cambodia taken with a simple digital camera.

“The idea is so simple yet strong,” explains Alain, adding that the idea is the most important thing in photography. The photographs resonate with the stark images of S-21 inmates taken by the Khmer Rouge.

Alain observes how objective the photographs are – a clear distance between the photographer and his subject matter. Heng Ravuth’s approach is strikingly different. Her photographs have a very intimate quality, according to Alain.

The two other Cambodian photographs take yet different approaches. Chhing Taingchhea has taken a series of landscapes through a pinhole camera, while Lin Vuth’s approach is much more abstract. This just demonstrates the variety of approaches available to photographers, so long as the concept is strong.

■ INTERNATIONAL PERSPECTIVE

The exhibitions also feature works of international photographers, including Ludovic Careme’s pictures of fashion-conscious young Khmers.

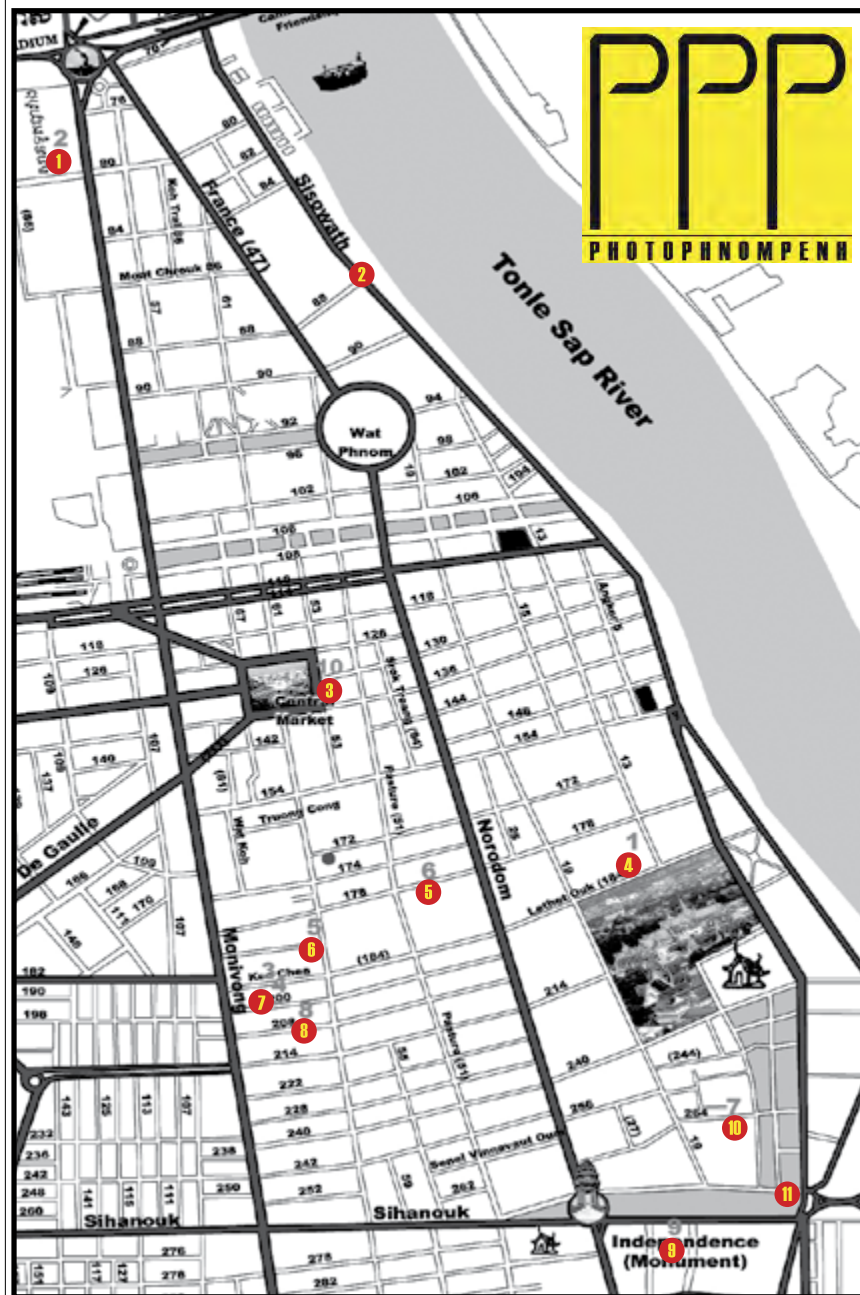
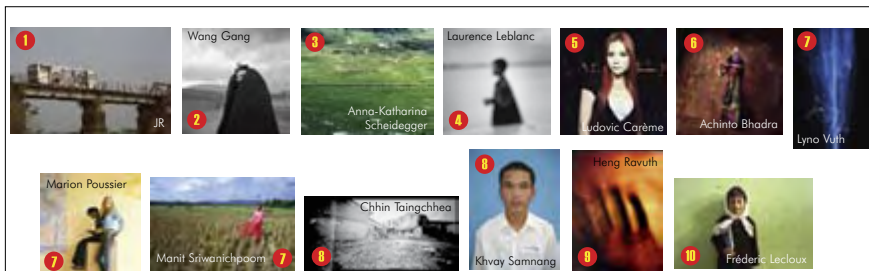
“Visual arts in general and photography in particular is part of our everyday life,” says Alain. He hopes that through the festival, the photographers will be able “to talk with people through images.”

“It’s interesting how people can talk to the world without words,” he explains. “It’s very interesting.”

Photo Phnom Penh Festival from Nov. 29 to Dec. 7 will be held at various locations around Phnom Penh.



Khvay Samnang



- | | | |
|--|---|---|
| <p>1 Murs de l’ambassade de France
Walls of the French Embassy
#1 bv Monivong</p> | <p>4 Musée National National Museum
rue / street 178</p> | <p>8 Centre Bophana #64 rue / st. 200</p> |
| <p>2 Chinese house #45 quai Sisowath</p> | <p>5 XEM la Galerie #13E0 rue / st. 178</p> | <p>9 Java Café #56E1 Bv Sihanouk</p> |
| <p>3 Café Central / près du Marché Central
Next to Central Market</p> | <p>6 Département des arts plastiques
#37 rue/st. 63</p> | <p>10 Metahouse #6 rue / st. 264</p> |
| | <p>7 Centre Culturel Français
#184 rue/st. 218</p> | <p>11 Wath Botum Nuit de l’année
Night of the year</p> |

food corner

Food Talk: La Residence

One of Cambodia's premier restaurants, La Residence offers an unparalleled dining experience. AsiaLIFE asked Ansiu La Planeta, La Residence's proprietor, what makes a good restaurant.



Traditional greeting at La Residence

ORIGINALLY ANSIAU LA Planeta wanted to create a good restaurant in the middle of a garden – an appealing prospect given Phnom Penh's distinct lack of green spaces. "My first idea was something very green downtown with a good atmosphere," he explains. "And, of course, with good French food."

Floor-to-ceiling windows open out onto the lush gardens. Contemporary art, including frescoes made with burnt coffee and latex, merely complements the verdant serenity just outside. La Residence is "a wedding of the modern and the traditional," says Ansiu. Taking the best of both to produce an inimitable dining experience – luxury hardwoods, opulent silks, custom-made

furniture and paintings heavy with burgundies and gold – La Residence is a showcase of the best in contemporary Southeast Asian design.

"I was very excited to take this big house with so many traditional touches and put something modern inside," smiles Ansiu.

■ DELECTABLE CUISINE

But the main focus is the food.

"We use only the best meat, local sea fish – there's a lot in Cambodia in fact but some people don't realise – and of course we have the foie gras menu," he says.

Foie gras is a La Residence speciality, with a whole page devoted just to the French delicacy.

"The idea is to make something very different, something

very fine," he explains. "After you take two spoonfuls, you say 'wow – this is really different'. The taste is very deep and complex."

An extensive cellar, cooled to 18°C, offers a wide choice of wines but Ansiu wants to avoid becoming too specialist.

"I don't want to make a gastronomic restaurant like we can see in Paris or New York, because when we talk about gastronomic, you must have the service," he explains. "For example, as regards wine, if you want to be a gastronomic restaurant, you need to have somebody who can speak for one hour with every customer about wine. And he must choose the wine for them. Right now it's not possible here."

Our oysters are fresh from France. I prefer oysters from France so I wait, and when I have good ones by plane, I send a message

Preferring to say his restaurant serves "fine food," Ansiu is still keen to offer customers variety. "My idea is to change

the menu every eight months to a year,” he says. “People need variation to discover more and different dishes.”

Most of his customers live locally – NGO workers, businessmen and diplomatic staff. Wealthy Cambodians often take advantage of La Residence’s three private rooms. The exclusivity even stretches to a second entrance and separate parking.

Some also choose to use the secluded pool – a beautiful spot to take a break. A leafy sour mango tree shades one end of the azure tiled pool, and sun-warmed, pink-veined sandstone lines the emerald lawn.

ONLY THE BEST

Ansiau admits to being slightly taken aback by La Residence’s popularity with Cambodians.

“Of course we develop a good connection with those people and I think it’s because we want to propose something that tastes different,” he suggests. “Sometimes people think that, if you prepare French, Spanish or Italian food, Asian people don’t know it very well and will accept it and say that it’s good just because it’s different, just because it’s western.

I think that’s a big mistake. If you know Asia, you know that in Bangkok, in Shanghai, in Hanoi, in fact everywhere there are many, many restaurants – Indian, Chinese. There are more restaurants in Asia than in Europe so Asian people know the taste of the raw ingredients very well – they are very exigent about that.”

As a result, only the best ingredients are used at La Residence. “Our oysters are fresh from France,” he says. “I prefer oysters from France so I wait, and when I have good ones by plane, I send a message.”

With so many new restaurants opening up in the city, Ansiau thinks there may be a surplus of restaurants in Phnom Penh, not that he sees this as a bad thing. “Nobody wants to go to the same restaurant every day,” he says. “We are all different so I’m very confident.”

With a ‘salon de the’ on the cards when his new pastry chef arrives, and regular live jazz in January, despite the restaurant’s glowing reputation, Ansiau is clearly determined to avoid resting on his laurels.

La Residence, 22-24 Street 214



Only the freshest ingredients are good enough



Habanos

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all cigars

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Flash this advertisement
to enjoy discount



Promotion valid until 31 December 2008

Across the Japanese Bridge

A few minutes out of town on the way to Siem Reap are a string of restaurants popular with Khmers, especially on Sunday afternoons. **Marcus Burrows** braves the traffic and tries some of them out.



As if transported to another universe at Ta Ta Dome Restaurant

EVER FEEL LIKE YOU'VE been duped into a particularly lazy way of thinking widely held as fact by your peers? Khmer cuisine may well have been given an unfair bashing. Ask expats what they really think of Khmer cuisine and most will pull a sour face followed by a roll-out of the tongue. Well it's time to lay that myth to rest. Over the Japanese Bridge and five minutes along the bustling road to Siem Reap is a delightful stretch of Khmer restaurants that boast the most diverse range of authentic Khmer cuisine, all in one district.

■ STUNG MEAS

The first restaurant in a long procession on the left is called Stung Meas. Walking through a simple outside café terrace of tables set among soursop trees, then past bubbling tanks full of catfish, eels, prawns and cages of talkative Mynah birds nibbling on red chillies, you arrive at what most people come for – dining out in the great outdoors.

Sturdy wooden runways on stilts stretch out over a vegetated lake, housing thatched large wooden dining huts. The air is full of birdsong. Its natural simplicity creates an intimate atmosphere of breezy serenity and calm. The best time to come is on Sunday afternoons when the chatter and laughter of Khmer families ring out from each of the sheltering huts. The service is friendly and attentive, although nobody speaks English, which really doesn't seem to matter.

The menu has everything from goat, cow's tongue, steamed eel, intestines, duck, lobster, prahok, shrimp, crab and fresh water fish. No prices are displayed, any enquiries are met with a shrug. Vegetarian options are somewhat limited down to soups. I plump for a glorious typo error 'Sour Mined Fish' (US\$3.50 with US\$.0.50 for rice) and I really have no idea what will show up, which is half the fun of it.

A deep steaming bowl of grey broth, what it may lack in visual appeal it more than makes up

the striking appearance of an other-worldly 70s Sci-Fi movie kitsch vision of the future, straight out of Logan's Run

for in taste and nourishment. Dense in flavour, many subtleties jostle for dominance. Lemon, perhaps a little too much salt, dandelion, burdock, crushed peanuts, spinach and plenty of white meaty flesh from the fresh fish, without a needle bone present. It's delicious! I take my time with it, taking in the ambience as fish splash about in the lake underfoot. Accompanying it is a raw salad of cabbage, aubergine, cucumber and fresh herbs and as much rice as you need.

■ STAR RESTAURANT

The Star Restaurant is the next port of call. Once past the traditional restaurant area, which includes a night entertainment stage for Khmer singers to croon their romantic ballads, extensive stilted runways of wood veer off into the lake. It's a beautiful complex. Even larger in scope than Stung Meas, the gangways are supported by cement which makes it feel more secure and sturdier underfoot. The huts are large with little Swiss Family Robinson style curtains over the glassless windows. You dine on the varnished trunk of a tree. The wild panorama of the lake outside is truly impressive, so choose your hut wisely.

Staff explain that the lack of any prices displayed on the menu is due to market prices changing every day. The most popular dish with the locals is the grilled fish, which comes with the warning that it takes time.

Choices are even more eclectic here – fried pig brain with egg or crab, steamed black chicken

Chinese herbal soup, “shar fine” (shark fin?), and fried white noodle with viscera. A French influence seems to be in play with titles such as shrimp gratin with cheese, lobster mayonnaise sauce and octopus sautéed provençale. Plenty of vegetarian options include a recommended watermelon soup.

I opt for the roast suckling pigeon. I imagine a plump fat bird roasting in an oven. When it arrives, I’m genuinely dismayed. Two tiny fragile hairless baby chicks, have been deep fried brown. It’s pitiful. To top it off there’s no muscle to bone ratio whatsoever. Just bones and beaks – it’s inedible – and at US\$5 this is no bargain.

At least the fish is a healthy specimen that would have any fisherman proudly describing his catch to his wife that evening. Initially it tastes great and there’s plenty of flesh, although it could have used some flavouring. Other than a sprig of lemongrass hanging out of its mouth, like an old cigarillo, it’s devoid of any seasoning and ultimately rather bland for US\$6.50.

■ **TA TA DOME**

From the road the Ta Ta Dome has the striking appearance of an other-worldly 70s Sci-Fi

movie kitsch vision of the future, straight out of Logan’s Run. Lit blue at night, driving past, it’s always held a certain curiosity value.

The dome turns out to be a kid’s party area whilst the restaurant is an open-air arena with a live band on stage that no-one acknowledges. There’s a choice of different seating environments to dine in. None of which use the lake to any advantage.

The menu is again ripe with comic misunderstandings and devoid of prices. Crab eggs, duck feet shroud bean clay pot, boiled sweets with lobster, steamed sand, pork lip swoot and sour suc, mushroom and sea slug with duck feet in casserole and steamed prawn fresh milk. It makes AsiaLIFE’s typos seem mundane.

The mixed seafood, vegetable and tofu claypot (US\$7) is a sure-fire winner. Vegetables were al dente with a healthy crunch, seafood portions were generous, squid was spot on and the tofu was fresh, creamy and flavour-some, cooked and served up in a pot of tasty gravy. It came with a mixed seafood fried rice (US\$3.50) that was fit to burst with squid and prawn. Just goes to show that Khmer food can be really good after all. ■



Thatched dining huts at Stung Meas Restaurant



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restaurant guide

key to symbols

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

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 Sothearos 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 specialties. 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.

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: Gazelle's horns or Tcharek m'saker

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



Gazelle Horns

INGREDIENTS (SERVES 2 PEOPLE)

Pastry

3 measures of flour (around 3kg.)

1 measure of smen or melted butter

One measure of a mix of water and orange blossom water

Pinch of salt

Icing sugar, sieved

Almond mix

3 measures of ground almonds (about 400g.)

1/2 measure of raw sugar

1/2 coffee spoon of cinnamon powder

4 tbs. of orange blossom

Syrup

500 g of crystallized sugar
¼ litre of water, orange blossom water

PREPARATION

Mix the sieved flour with the salt and melted butter. Rub in hands to let the mixture stick well to the flour.

Slowly sprinkle with the mix of water and orange blossom water while kneading the

pastry until it becomes supple. Separate in little balls and let them rest for a while.

Simultaneously, prepare the almond pastry with the above-mentioned ingredients. Make sure to mix them all well together.

Thinly roll out the pastry, then cut it in 8cm-diameter circles. Put one tablespoon of almond pastry in the middle of the circle; fold in half and lightly press the sides to glue the two sides together, then shape it into a half-moon (croissant).

Continue with this until you run out of pastry. Then, put the croissant pastries on a baking tray and cook in a pre-heated oven for about 10 to 15 minutes (200C – 220C). They should get a light golden colour. Take them out of the oven and let them cool down.

During the cooking, prepare the syrup with the sugar, water and orange blossom; once the syrup starts to thicken slightly, take it off the heat and let it cool down a little. Dip each

croissant in the syrup and let the syrup drip off them.

Sprinkle the sieved ice sugar on each croissant. Cover well by gently pressing them with the palms of your hand to make the sugar stick. Let it rest for a few hours, then again cover the croissants with sieved ice sugar to form a second layer.

ABOUT THE CHEF

Aged 47 and born in Tunisia, Mohamed Mounni opened the patisserie 'La Gourmandise Bleue' in January, 2008, to sell French and Eastern specialties. Mohamed graduated from Le Cordon Bleu culinary school in Paris. **1**



Atmosphere

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

Bougainvillier

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

Comme a la Maison

13 Street 57, Tel: 023 360 801
Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. One of the best French kitchens in town, shown by its popularity both at lunch time and at night. Small delicatessen at the back of the restaurant. Open from 6am to 10.30pm. **03 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 Bvd. 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**

Open & Closed for the Water Festival

If you are staying in town for the Water Festival, do not despair, not everywhere is closing down for the Festival. The following places have confirmed they will be open:

- | | |
|---------------------------------------|-------------------------|
| Alley Cat Café
(open 7pm til 11pm) | FCC Phnom Penh |
| Almond Hotel | La Croisette |
| Café Fresco | Pacharan |
| Café Sentiment | Saffron |
| Chow | Topaz |
| Comme a la Maison | Winking Frog |
| | Scoop (open 4pm onward) |

However the following places have confirmed they will close for part or all of the festival:

- | | |
|----------------------------------|----------------------------------|
| Closed Nov. 8 to Nov. 17 | Closed Nov. 11 to Nov. 13 |
| Friends the Restaurant | Bai Thong |
| Romdeng | Java Café |
| Closed Nov. 9 to Nov. 13 | La Residence |
| Green Vespa | La Marmite (until 14) |
| Pop Café | Malis |
| Talkin to a Stranger | Metro Café |
| Closed Nov. 10 to Nov. 13 | Open Wine |
| Meta House | Rising Sun |
| Freebird | Vans |
| Closed Nov. 10 to Nov. 16 | |
| Art Café | |

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Scrapbook caption



"Hey Mister, I'll have what she's having with a twist!"

The winner of last month's **Scrapbook caption competition** was **Kathy Fossati** who wins a meal for two, with a bottle of wine thrown in, at **Chow** for her 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 **Metro Café**. SMS entries to **012 261 449** by **Nov. 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
7C Street 282, Tel: 023 726 661
Beautiful terracotta terrace and garden Indian restaurant with open kitchen, separate aircon restaurant and kids' playpen. Separate north and south Indian menus. Open from 11am to 3pm & 6pm to 11pm. Closed Tuesdays. Free home delivery. **03 A/C**

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

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

Flavours of India
158 Street 63, Tel: 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 Blvd., Tel: 012 813 817
Decidedly upmarket and sophisticated Indian restaurant in a beautiful setting with prices to match. Good place for an Indian treat, especially the tandooris. Open from 11am to 2pm and 6pm to 10.30pm. Closed Mondays. **03 A/C**

international

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

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

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

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

Bargain Bucket



■ **CHINESE NOODLES HOUSE**

Located just south of the Bayon Bakery on Monivong Boulevard, Chinese Noodles House offers up lots of inexpensive noodles, noodle soup and dumplings. The welcoming staff do not speak a lot of English, though they are happy to provide English menus. The food does not take too long to appear. This is serious fast food. The stir-fried noodles with beef (US\$1.70) are pretty standard fare coming with mixed vegetables and egg, but with very little beef to be seen. The noodles themselves are very tasty and made fresh daily. Time it right and you can witness the noodles being made by the staff out front, where they are expertly kneaded, stretched and finally cut ready for use. The noodle soup comes in all varieties – beef, duck, intestine, pig stomach, seafood, pickle, and mushroom (US\$1.20 for standard or US\$1.50 for large). The standard is big enough for

most, and the large would easily feed two. They also dish up bargain dumplings (US\$1.20 for a dozen). These can be ordered steamed (labelled ‘boiled’ on the menu) or deep-fried. With pork and some leafy green filling, they are best eaten with the soy, chilli and lime dipping sauce provided. A little on the small side, they are great if you just want a cheap snack. Soft drinks and beer range from US\$0.80 to US\$1, and there is always the complementary tea. A small restaurant with basic décor, the seating isn’t your standard Southeast Asian fantastic-plastic. Instead the metal chairs prevent any danger of the legs giving out from underneath you, as can often be the case at small inexpensive establishments. There are only eight tables seating four each so during busy periods this place tends to fill up rather quickly.

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551 Monivong Blvd. –
Adam Fitzgerald*

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Edelwiess Restaurant
375 Sisowath Quay, Tel: 092 341 329
This open-air restaurant specialising in German and Khmer food offers the perfect spot to enjoy an Erdinger beer while watching life go by on the riverfront. **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
Airon 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
www.gardencentercfe.com
More compact version of the Garden Center is conveniently located close to the popular Street 278. Open from 7am to 10pm. Closed Mondays. **02** 🚗

Gasolina
56/58 Street 57, Tel: 012 373 009
Largest garden bar and restaurant in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche facilities. Open from 11am to late. **02**

Green Mango
Cnr. 63 & 278, Tel: 016 821 303
Very green décor for this corner plot that used to be Tom's Bar. Serving a mix of Khmer and western dishes in a relaxing atmosphere, it's open from 7am to midnight. **02**

Green Vespa
95 Sisowath Quay, Tel: 012 887 228
Arguably the best pub grub in town and guaranteed never to send you home hungry. Country pub style menu with wide range of breakfasts. Special food offers each night of the week with a range of alcohol for US\$10. Open 6pm till late. **02 A/C**

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

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

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

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

K West
1 Street 154 (Cnr. Sisowath Quay) Tel: 023 214 747
Stylish airon bar and restaurant below the Amanaya 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: 023 213 582
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 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**

Riverhouse Restaurant

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

Riverside Bistro

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

Sarika

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

Scoop Bistro Bar

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

Steve's Steakhouse

20 Street 51, cnr. Street 282,
Tel: 023 987 320
Longstanding restaurant specialising in lo-

saffron
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Review: Right up your alley

With its tucked away location, the Alley Cat Café is a great spot to escape the traffic for lunch or dinner. Adam Fitzgerald goes Mexican.



FULL OF CHARACTER THIS place has the laidback atmosphere of a bar in someone's garage. Though it has the ubiquitous round, low, rattan furniture, these are comfy and encourage you to lounge around and listen to the great mix of music from Johnny Cash to The White Stripes.

With its rattan chairs and new vinyl padded walls the Cat may not look Mexican, but the majority of the menu is. In addition to all the regular Mexican dishes you would expect, there are a few lesser-known dishes such as the chimmi chungu (deep fried burrito) and soppapillas (Mexican doughnuts).

The chicken or pork fajita meal (US\$5) is a large serving coming with two flour tortillas, Mexican rice and refried beans, with salsa and sour

cream on the side. With lots of filling and bell peppers and onions to accompany your choice of meat, the fun part is getting all the goodies into the tortillas and still manage to wrap it up tight enough to get into your mouth! The spice is up there, so it is not a bad idea to wash this down with a frozen margarita (US\$3).

Most 'meal' dishes come accompanied with Mexican rice, salsa and refried beans. Forget the light brown canned mush that you get when you try to do this yourself at home. These beans are black and meaty, in a vegetarian way. Both the burrito meal (US\$4.25) and taco meal (US\$4.50) come with the choice of beef, chicken, chorizo, and bean. The tacos have one unique option – tuna. Both meals are large

– one rather big burrito or two hard shell tacos.

Beware those with more delicate palates. Dishes at the Cat are generally on the spicy side. If you dare to order a dish 'mild', be prepared for a quizzical smile and a "we will try!?" response from the friendly and helpful staff. If your mild order isn't quite so mild, the sour cream defiantly does provide a nice, cooling tang.

The quesidillas (US\$3) are an exception to the spice rule. Available in the same meat options as the other meals – as well as a vegetarian alternative – they also come with sour cream and salsa. The serving is a little on the small side but as one of the cheaper options on the menu, it is more of a snack. If there is not enough spice for your liking you can always add more hot sauce yourself.

Top your meal off with at least one serve of soppapillas. These tasty deep-fried pieces of pastry are cooked fresh, light and fluffy. Served with sugar and cinnamon sprinkled on them and your choice of honey (US\$2) or chocolate sauce (US\$3), these are reason enough to stop in at the Cat.

Alley Cat Café has a variety of drinks and food specials that run on different nights of the week (between 7pm and 10 pm.). The most fun is the 'devious dice' on Fridays where for US\$1 you get to roll your dice on a craps board. Whatever you roll you receive – lighters to beers to shots. Two doubles in a row and you win the evening's pot!!

Alley Cat Café, alley off Street 19 just south of the corner of Street 178, Tel: 012 306 845. 📍

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cal grain-fed beef as well as a large variety of imported steaks, hamburgers, ribs and Greek cuisine. Has a terraced lounge with pool tables upstairs as well as a sports bar with large screen TV. Happy Hour from 12pm to 7:30pm. **02 A/C** 🍷 🍻

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 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**

Velkommen Inn

23 Street 104 Tel: 092 177 710
Comfortable hotel restaurant and bar, the Velkommen Inn, just off the riverfront, offers a wide selection of western dishes as well as several Scandinavian specialities with a full bar, draught beer, wine and sprits. Open 7am till late. **02**

Wine Garden

219 Street 19, Tel: 023 223 527
Outdoor garden restaurant at the front of Open Wine. BBQ meat, fish and seafood as well as Fanny ice-cream.

Excellent wines by the glass or bottle. Open 9am to 11pm ever day. **02**

The Winking Frog

128 Sotheaors Blvd. Tel: 023 356 399
Large air con British-run pub with live band and DJs at weekends. With pub grub, Thai and Khmer food and large slate, 9-ball pool table at the back, this place offers something for everyone. Has a 31-room guesthouse upstairs. Open 24 hours. **02 A/C** 🍷 🍻

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**



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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**

Le Seoul

128 Sothearos Blvd.
Popular up-market South Korean restaurant specialising in BBQ. Each table is equipped with its own charcoal burner. All beef is imported from the U.S.. Open from 11am to 2.30pm and 5pm to 10pm. **03 A/C**

Mr. Sushi & Ko Ko Ro

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

Himajin

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

Origami

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

Pyongyang

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

Mexican & Tex-Mex

Alley Cat Café

Cnr. of Streets 19, 178, Tel: 012 306 845
Small, friendly patio café serving good Mexican food and claiming to have the biggest burgers in town. Hard to find, Alley Cat is tucked down an alley at the back of the National Museum, the first on the right if you are coming from Street 178. **02 A/C**

Cantina

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

Sharky Bar

126 Street 130, Tel: 023 211 825
www.sharkysofcambodia.com
Not just a pretty face, the biggest and most famous of Phnom Penh's bars has one of the best bar menus in town. The

burritos and burgers are extremely good, although of gargantuan proportions. Open 4pm to 2am. **02 A/C**

Thai & Pan-Asian

Anise Terrace

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

Bua Thai

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

Chow

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

Lemongrass

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

Le Wok

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

Regent Park Hotel

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

Cafés

Art Café

84 Street 108, Tel: 012 834 517
Elegant bistro and art gallery in the style of an European coffee house that opened early January. German flame cakes and eau de vie as specialties. Open from 11am to 11pm. **A/C**

Café Fresco

363 Sisowath Quay, Tel: 023 217 041
This outlet at the base of the FCC sells strongilly coffee and mix-and-match sandwiches. The interior has a slight retro 70s feel to it and there is a pleasant outside seating area. Open 8am to 8pm. **A/C**

Café Fresco

Cnr. Streets 51 & 306, Tel: 023 224 891
Second outlet of the popular riverside café is in BKK. Has a similar feel and



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

Café Jejj

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

Corner 33

33E2 Sotheaors Blvd., Tel: 092 998 850

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

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
Gallery space, art & Chinese calligraphy classes, reflective meeting space, private lunches and dinner parties, coffee and juices. Open 11am to 5pm (Closed Sunday & Monday). ☎

Green Vespa's Caption Contest Winners



■ **GREEN WITH ENVY**
Jeffrey and Maureen Whitaker are here seen enjoying the fruits of their labour. Jeffrey was the winner of the first AsialIFE caption competition for which he won a dinner for two with

wine, courtesy of Alan at the Green Vespa. If you fancy your chances of winning this month's competition, simply turn to Scrapbook (pages 58 - 59) and submit your witty entry to asialife@phnompenh.com.

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bar stool

Mocktails

Whether it's a health kick, antibiotics, or a bun in the oven – all of us, from time to time, need to take a break from the booze. Whatever the reason, teetotalling seems to have become the new black. Popular bars and restaurants throughout Phnom Penh have caught on to this trend and added new alcohol-free sections to their menus. **Naomi Robinson** heads out to do her healthiest reporting yet.



Chow's Ginger Julep

■ **RUBIES WINE BAR**

Cnr. of streets 19 & 240

Invented by owner, Rob, the Lemongrass & Ginger Fizz, is a smash hit. Tangy and not overly sweet it has a zesty ginger kick provided by his house-made ginger syrup. With a splash of apple juice as a substitute for rum, Rubies' Virgin Raspberry Daiquiri makes for a fruity, delicious and sin free beverage. The most creatively named the Mojoless Mojito is just as full of character as its alcoholic clone but jazzed up a bit with the substitution of ginger ale for soda. All of Rubies mocktails are US\$3.

■ **HUXLEYS**

Cnr. of streets 136 & 5

While you may or may not notice a slight hint of something missing – Huxley's pint sized Virgin Mary (US\$2.50) is jam-packed with flavour. Concocted with the bar's own homemade mixture of horseradish, mustard and other secret ingredients you'll accept the absence of vodka. And unlike most bars in town Huxley's never drops the celery. Be sure to hit Huxley's happy hour to get your second moorish virgin for free.

■ **CHOW**

277 Sisowath Quay

Chow has just revamped their



Huxleys' Virgin Mary

menu adding not only less expensive food items and an US\$8 lunch special but also a classy selection of drinks for teetotallers. A variation of Chow's alcohol-laced Silver Moon, healthy cousin Silver Medal wins first place for originality. A base of grapefruit juice and house-made lychee syrup is topped off with a sugar and sea-salt rim and garnished with a naked lychee fruit wrapped in a kaffir leaf. This drink will invoke jealousy from your alcohol-imbibing friends. Based on the classic San Francisco cocktail, the Ginger Rogers, Chow's Ginger Julep is just spicy enough and not too sweet. All Chow mocktails are \$3.00.

■ **JAVA**

Though Java may not be a bar – we just had to mention their Blueberry Smoothy (US\$3). Full of anti-oxidants and their own house-made yoghurt this healthy alternative to an afternoon cocktail is divinely delicious and promotes a healthy prostate! Another great option is the Lady Bug (US\$2). Found under the frozen blends section, this refreshing combination of watermelon and lime is topped off with a sugared rim to give that authentic cocktail feel.

■ **METRO**

Cnr. Sisowath Quay & Street 148
As far as we know Metro was the

first to have a segment of their menu dedicated to non-alcoholic beverages. Their Healthy Choices section is full of wonderful, fruity concoctions. The Cool Passion (US\$2.50) is a tasty blend of freshly strained passion fruit, orange and pineapple juices, and homemade lemonade. However the most exciting of the lot has to be the Raspberry Orange Crush (US\$3). Made from blended frozen raspberry puree, cranberry and orange juice, topped off with a scoop of orange sorbet and served in martini glass, this is a must try.

■ **LAU GA AC NGOC HUNG**

77 Street 136
Off-the-beaten track a few blocks away from the riverfront is the home of the best passion fruit mocktail in Phnom Penh. Comprised of real passion fruit mixed with soda and sugar syrup. At US\$1.25 it's a real treat.

■ **EQUINOX**

3A Street 278
Yoghurt chocolate shake (US\$1.75) may sound weird, but it tastes great. Made from liquid chocolate, sugar syrup, ice and homemade yogurt – this is the drink we've all been missing and just didn't know

it. Equinox also has a large list of fresh juices and fruit shakes.

■ **LIQUID**

3B Street 278
Who doesn't love a bar armed with a juicer? Fresh fruit juices are on offer at Liquid – watermelon, pineapple, mango (all US\$2) and carrot (US\$2.50) to name a few. Shakes (US\$1.50) and lassies (US\$1.75) made from the same freshly made fruit juices are also available.

■ **ELEPHANT BAR**

Raffles Hotel, Le Royal, Street 92
If you prefer to sip your mocktails in a sophisticated atmosphere while live piano music tinkles in the background the Elephant Bar at Raffles Hotel Le Royal is the place for you. The menu boasts four original non-alcoholic cocktails the most unique of which is the Vis a Vis. Blended frozen banana mixed with pineapple juice, coconut cream and hint of some unidentifiable spice. Served in a champagne saucer this drink is sure to please. All Elephant mocktails are US\$5. Be sure to hit their happy hour from 4pm to 8pm when all cocktails and mocktails are two for one. ■



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bar stool guide

key to symbols

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Barbados

15 Street 108, Tel: 012 210 295
One of the more stylish of the stock Phnom Penh one-room bars with more friendly barmaids than punters, and a pool table at the rear. The contemporary light-box bar cuts this one out above most. Large screen to watch live football in intimate surroundings. Open 8am till late. **A/C** 📶

Blue Cat

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

Cadillac Bar & Grill

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

Cathouse Tavern

4 Street 51
The longest standing of Phnom Penh's bars, which was the only bar in town during the U.N. days. The large curved bar invites you to sit and chat with the welcoming barstaff. Open 4pm to midnight. **A/C** 📶

Chow

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

Diplomat's Bar

69 Street 566, Tel: 017 456 116
Set in a beautiful 1960s wooden Khmer house directly above Sarika Restaurant, the Diplomat's Bar exudes the elegance of Asian colonial times, yet has a refreshingly chilled out atmosphere. Has two VIP rooms and live music is played Thursdays to Sundays from 7pm to 11pm. **A/C** 📶

Dodo Rhum House

42C Street 178, Tel: 012 549 373
Bar named after an extinct bird, which is brave considering the turnover rate in town. Nicely decorated with strong, wooden bar and chill-out room at the back. Has a good specials menu and tapas as well as over 20 different flavoured rums created by bar's owner. Open 5pm to late.

Elephant Bar

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

Pleasant bar, popular with expats especially during the two-for-one happy hours (4pm to 8pm). A flamboyant carpet, comfortable wicker chairs and hotel pianist provide a sense of a time gone by. Has many signature cocktails, including its more illustrious sister hotel's trademark Singapore Sling. (Open 2pm to 12am Monday to Friday & 12pm to 12am Saturday & Sunday). **A/C** 📶

Elsewhere

175 Street 51, Tel: 023 211 348
A beautiful garden with palm trees, a bath-sized swimming pool and luxurious reclining couches makes you feel anywhere else than in the centre of town. Great jazz-funk and ambient soundtracks make this the optimum place to chill. Has Friday night parties once a month with DJ and a good clothes shop upstairs. Closed Tuesdays.

Etcaetera Bar

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

Equinox

3A Street 278, Tel: 012 586 139
Cool French hang-out that overlooks Street 278. Upstairs bar has a nice open balcony, good cocktails and music. Has the best football table in town with regular tournaments. Also has a second street-level bar. Open 10:30am to late. 📶

Factory Lounge

83 Street 240
French-run bar with eclectic paintings and good range of cocktails. Good place to chill after shopping along the street. Open 5pm to late.

FCC Phnom Penh

363 Sisowath Quay, Tel: 023 724 014
The first stop for newcomers and it's easy to see why. Set in a beautiful colonial house with sumptuous views across the river on one side and the National Museum to the other. It's best to come at sunset when the streets below are most crowded, the cocktails are half price and draft beer goes for US\$1. Open 7am to midnight. 📶

Fizz

42 E Street 178, Tel: 012 175 896
Specialises in fresh juices. Also has a range of Khmer and Thai food.

Flavours

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

Freebird

69 Street 240, Tel: 023 224 712
Air-conditioned American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. The menu

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Bar Talk: The Winking Frog



WITH ITS CURIOUS NAME, you'd be forgiven for expecting to find this latest addition to the Phnom Penh bar scene on lakeside. But you'd be wrong as the frog in question winks down on Sotheaors Boulevard, around the corner from established Talkin' to a Stranger and fellow newcomer One More Pub. It is a much classier drinking den than one to be found in the backpacker ghetto.

A Bangkok-import – owner Derek had a bar there with the same name for over five years, before recently crossing east to slower-paced Phnom Penh. Derek explains the name is the brainchild of “just a few guys in a pub in Blackpool”, in his native England.

Opened on Oct. 4, a few things still need to be finalised, however draft Super Cold Tiger and Anchor beers are on tap at US\$2 and US\$1.50 respectively, as is the pool table, and the rather impressive football shirts displayed on the walls. A former Rugby League player himself, Derek makes further promises of South African satellite for the rugby, and Arsenal fans can be certain of not missing as single match as Derek is a Gooner.

A mezzanine level, free WiFi, and a menu filled with proper pub grub as well as Thai and Khmer dishes, should be in place by the time you read this. Derek even persuaded his former chef to move from her native Thailand to ensure the same homemade pies he used to

dish up in Bangkok can now be had in Phnom Penh.

“People want entertainment,” says Derek. The Winking Frog will have live music at the weekends with a Philippine band, and potentially other music as well. Charity nights are also in the pipeline – Derek claims he raised over US\$35,000 for various charities during his time in Bangkok. Which means it's time for all you NGO workers to go and befriend the man.

But Derek is running more than a pub. The Winking Frog offers 31 reasonably priced rooms over four floors, all complete with air-con and en-suite bathrooms for prices between US\$15 and US\$25. There is also plenty of parking space. Once fully up and running, the place will never close, meaning drinks from champagne to Irish coffee will be available for both late night and early morning revellers. A post-work happy hour will also be initiated, and Derek has plans of introducing Winking Frog ‘credit cards’ for discounts.

Though located somewhat out of the way, Derek is convinced the area is up and coming. Live music is certainly something that won't go unappreciated in Phnom Penh, and if super cold Tiger is your tippie, be sure to pop in.

The Winking Frog, 128 Sotheaors Blvd., 023 356 399 / 013 356 399, www.thewinkingfrog.com



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Grapevine: Wines to Give Thanks With

A selection of wines for the North American festive season



THE TRADITIONAL North American, thanksgiving is taken on the second Monday of October in Canada and the fourth Thursday of November in the U.S.. A form of harvest festival, it celebrates the autumn harvest feast of 1621, shared between the Plymouth colonists and the Wampanoag Indians.

The central theme of the thanksgiving meal is the turkey, preferably roasted, the larger the better. Alongside the turkey, the table is set with all manner of delights – from cured ham, shellfish and crustaceans, to soups, sweet potatoes, corn, Waldorf salads, rice and corn-bread (in the south), along with, cheese plates and apple or pumpkin pie (preferably both and just like Mum used to bake).

Here you will find a selection of wine recommendations that are available in Cambodia.

■ ON ARRIVAL

Nothing says celebration quite like sparkling wine. Pink Champagne is all the fashion at the minute, while Italian styles Moscato di Asti and Brachetto are also very trendy.

Recommendation: Taittinger Comtes du Champagne Rose; Champagne Devaux Rose.

■ TURKEY

Turkey flesh can often be on the dry side so I look for wines that have low acidity, good 'fruit sweetness' and a touch of viscosity. Pinot Gris (in the Alsace style as opposed to the Italian Pinot Grigio style), is the perfect white for me, although Viognier also matches quite well. The perfect red is a sparkling Shiraz although Pinot Noir is also sublime. A fuller bodied Merlot or, a medium bodied Zinfandel can also work well.

Recommendation: E. Guigal Cote du Rhone Blanc; Banrock Station Sparkling Shiraz; Leon Beyer Pinot Gris.

■ HAM

Thanksgiving hams are often sugar or honey cured, juicy and a little fatty, (often contrasted with a sweet/sour apple sauce high in natural acidity), so we can either compliment or contrast these flavours with our wine choice. Viognier is a delicious, fruity, spicy, low acid white wine match that compliments well; rosé works very well with its soft fruit and good acidity; and cool climate Merlot is a delightful, contrasting red wine pairing. Remember that fuller bodied wines tend to be too overpowering here.

Recommendation: Trentham Estate Viognier; Vina Maipo Rosé; Paringa Merlot

■ SEAFOOD

Usually with crustaceans and shellfish, a delicate, lighter bodied white wine with good natural acidity is the preferred choice. Sancerre or New Zealand Sauvignon Blanc is the perfect match. A flinty dry and delicate Chablis also works well.

Recommendations: Oyster Bay Sauvignon Blanc; Laroche Chablis Grand Cru 'Blanchots'; Springfield 'Life from Stone' Sauvignon Blanc.

■ CHEESE PLATTERS

It's a difficult match when both soft cheeses, such as brie and camembert, and hard cheeses are served on the same platter. I suggest a sweet, delicate late harvest wine like Sauternes, Barsac or Auslese for soft cheeses, Cabernet Sauvignon for harder cheeses or, a good vintage port if it's a combination of the two.

Recommendation: Quinta do Noval 20-year-old Tawny Port; Trentham Estate Taminga.

■ APPLE PIE

A difficult dish to pair with wine but I enjoy matching it with late

harvest Riesling, a delicately sweet Moscato or an Amontillado sherry.

Recommendation: Trentham Estate Taminga; d'Arenberg 'Noble' Riesling.

■ AFTER DINNER:

Cigars and Cognac, or Armagnac are the perfect way to finish any feast, a chance to undo the top button of your trousers, recline back into a comfortable chair, get all reflective, introspective and philosophical whilst the digestive qualities of a fine cognac and a good Cuban cigar work their magic.

Recommendation: Michele Chiarlo Grappa di la Court; Sempe Vieil Armagnac (15 years).

Darren Gall is a 20-year veteran of the wine industry with experience 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. You can contact him at: darren_gall@yahoo.com



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is international with good lunch offers and an excellent range of bottled sauces. Be prepared for some good solid R&R. WiFi is available, but there is a charge. Open 7am to midnight. **A/C**

Gasolina

56/58 Street 57, Tel: 012 373 009
The largest garden bar in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche facilities. Open from 11am to late.

Green Vespa

95 Sisowath Quay, Tel: 012 887 228
The walls of this popular expat haunt are strewn with photos of vespas and VIPs. Has an excellent selection of single malt whisky, and does a US\$10 special combination of food and drink. Good music, especially if you are an 80s throwback. Open early till late. **A/C**

Gym Bar

42 Street 178, Tel: 012 815 884
The best sports bar in town with more wide screens than sense and a good nine-ball pool table to boot. Ideal for watching Premiership football or any other sport. The food is good and there's a non-sports quiz every Tuesday. Open 11am to late. **A/C**

Hope and Anchor

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

Howie's Bar

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

Huxleys

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

K West

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

Liquid

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

Maxine's

Over Japanese Bridge, Tel: 012 200 617
Stirring eclectic bar right on the river, boasting the best sunset views in

Cambodia. Across the Japanese Bridge, Maxine's - or Snow's Bar - is well worth seeking out for its laid back ambience and old Indochine charm. Open Tuesday to Sunday from near sunset till late. **A/C**

Memphis Pub

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

Meta House

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

Metro Café

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

One More Pub

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

Open Wine

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

Pacharan

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

Pickled Parrot

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

Pontoon Lounge

River end, Street 108, Tel: 012 889 175
Phnom Penh's only floating bar, stylish, funky drinking spot and late night venue.

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Best Kept Secret: Bumper Cars

If you're ever in the need for letting off some steam look no further than the dodgems at Parkway Square. Though not for the faint of heart if you're prepared to take a bruise or two the bumper cars are guaranteed to bring out some shrieks and giggles. Words by Nora Lindstrom.



■ BUMP, BUMP AWAY

It's just like you remember it from the fun fair you used to frequent as a kid – except Khmer style. That means no rules, no seat belts, loud Khmer music and disco lights. Get into your car, press the accelerator and start steering into others. It's fantastic. You might however want to bear in mind Newton's third law of motion, stating that for every force there is an equal and opposite reaction. In dodgem terms this means there are lots of collisions. Bumper cars they may be, dodgems they're not.

The price for a five-minute ride may seem a bit steep at US\$1, but when you are being rammed from every direction at maximum velocity it feels like those minutes drag on forever. If you get the craving for more, several tickets can be bought at once. Buy three and you get one ride for free, buy five and you can have two extra goes. Stay the whole day and the ambulance to Calmette is thrown in for free.

■ CRASH, BANG, WALLOP

The best way to take advantage of this bouncy activity is to get a group of friends together,

have a drink or two to soften the blows, and take over the place. There are enough cars for over ten people to bump around at once. However, it gets crowded when there are over seven cars on the track at any one time.

Alternatively, this can be a great place for taking an anger management session, or brushing up on your localised driving technique.

■ SAFETY ISSUES

With no seat belts there is a risk you could be thrown out of your car. You will most certainly suffer a few hits even if you drive like a model Phnom Penh citizen. So, while dodgems are generally for kids, and despite the lack of age restrictions at Parkway, the activity is not recommended for under 12-year-olds.

Open 9am to 11pm everyday, dodgems can be combined with some ten-pin bowling next door, a game of snooker, or a bit of indoor golfing – all on the second floor at Parkway. Who said there is nothing to do in Phnom Penh when it rains?

Dodgem Cars, 2nd Floor Parkway Square, 113 Mao Tse Tung Blvd. 📍

Favourite among the expat scene, Pontoon sometimes hosts party nights with visiting DJs. The friendly staff mix excellent cocktails at the beautiful amber bar. Unbeatable location. Open 11.30am until midnight (weekdays) and until late at the weekend.

Revolution

96 Street 51, Tel: 012 393 392
Welcome addition to the Street 278 bar scene, just round the corner on Street 51. Happy hour from 4pm to 7pm. **A/C**

Rising Sun

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

Riverhouse Lounge

6 Street 110, Tel: 023 220 180
Set above a sophisticated restaurant, the Lounge has become the alternative dance venue for both expats and young Khmers, its key advantage is its location, with a self-contained air-conditioned dance room and great balcony to chill out and watch the river float by. Actually varies its music, featuring some of the best DJs in town. Monday night is Retro, Thursday is House and Hip-hop is on Tuesday & Friday. Open 4pm to 2am. **A/C** 📍

Rory's Irish Pub

33 Street 178, Tel: 012 425 702
Most Irish of the Irish bars in town with the barmaids dressed in emerald green. Good place to talk to local expats or try the Irish stew. Open 7am to midnight or 2am at weekends.

Rubies

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. **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


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AsiaLIFE guide

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. 

The Winking Frog
128 Sotheaeros Blvd. Tel: 023 356 399

Large air con British-run pub with live band and DJs at weekends. With pub grub, Thai and Khmer food and large slate, 9-ball pool table at the back, this place offers something for everyone. Has a 31-room guesthouse upstairs. Open 24 hours. **A/C** 

Zeppelin Bar
109C Street 51,
Tel: 012 881 181


If you like your music heavy then this is the bar for you. Over 1,000 vinyl albums played by stone-faced DJ owner. New location is next to Walkabout. Unique for Phnom Penh. Open 4pm to late. 

Nightclubs

Heart of Darkness


38 Street 51
The most famous of the city's nightspots with a good-sized dance floor make this the in-place in town. Has well priced spirits and mixers and is totally packed out on Friday and Saturday nights. Open 8pm to late. **A/C**

Riverhouse Lounge

6 Street 110,
Tel: 023 220 180
The alternative dance venue for both expats and young Khmers. Self-contained air-con dance room and great balcony to chill out. Monday night is Retro, Thursday is House and Hip hop is on Tuesday and Friday. Open 4pm to 2am. **A/C** 

DJs

DJ Paul Stewart

Tel: 017 362 849
English DJ entertainer, presenter and show director who has years of experience in many countries. 

#33 Level 1, Level 2, Sotheaeros Blvd (Corner St. 178), Phnom Penh, Tel.: 092 998 850, Email: info@corner33.com

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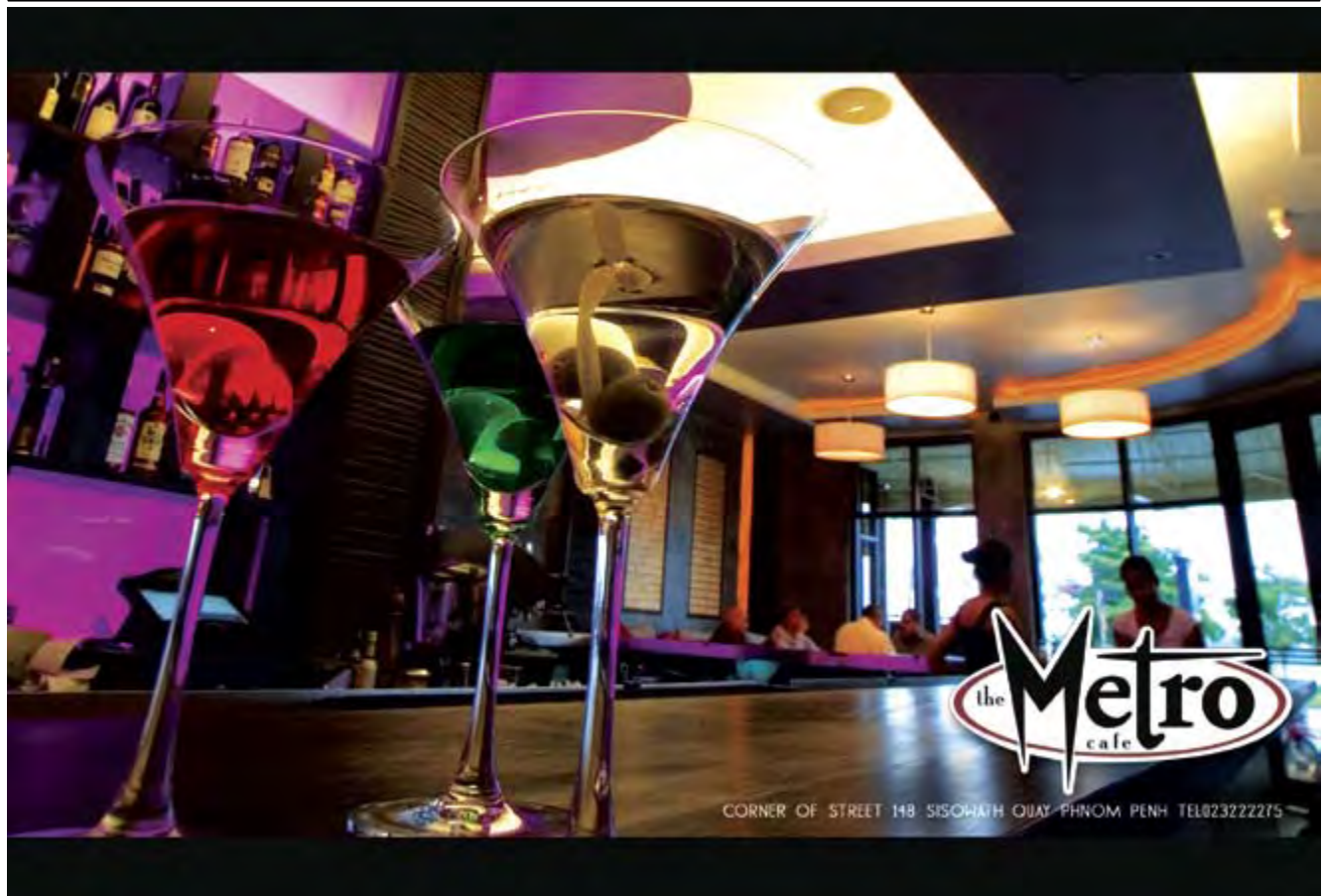




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■ CAPTION COMPETITION

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

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

kaleidoscope

Weeping Elephants

Seamlessly merging ancient Cambodian lullabies and Khmer Rouge propaganda songs with elements of western rock, *Where Elephants Weep* looks set to be an international hit. **AsiaLIFE** met with the composer and producer to discuss this exciting new work.



International cast during rehearsals for *When Elephants Weep*

AFTER A SELL-OUT premiere in Lowell, Massachusetts, new rock opera *Where Elephants Weep* opens this month in Phnom Penh.

"The opera is a way to do cultural preservation, cultural development and is also something new," says Him Sophy, the opera's composer and a professor of music at the Royal University of Fine Arts and the Royal Academy of Cambodia. "Nobody ever did an opera like this before."

Commissioned by Cambodia Living Arts (CLA), the opera meets the organisation's goal to produce new works, explains executive producer John Burt.

"Western cultural influences have moved in so quickly and become so dominant," says the 25-year producer and director of theatre-based projects for community development. "My question to younger Cambodian artists

Nobody ever did an opera like this before.

is how do you find the marriage between your own cultural roots and the dominant incoming western influences? Those influences are here to stay, so how do we find a way to dance together?"

■ CAMBODIAN WEST SIDE STORY?

Rock and roll was chosen as the western component for the story, a modern reworking of the classic Khmer romantic tragedy Tum Teuv, often called the Romeo and Juliet of Cambodia. The homecoming of a Khmer American – loosely based on CLA's founder Arn Chorn-Pond – *Where Elephants Weep* is a universal tale of love and loss. Sam, a refugee

from the Khmer Rouge's brutal misrule, was raised in the U.S. in 1980s but returns to Cambodia to be ordained as a monk. Committed to finding his roots in his native culture, he unexpectedly falls in love with Bopha, a Cambodian pop star.

Singers from the Philippines, South Korea and Japan appear alongside Khmer performers. The entire ensemble and chorus are Cambodian.

"One of the reasons we decided we had to have an international cast is because this is ultimately a story for every nation, every man, every woman, everybody," says John. "Also, Sophy wrote such sophisticated music, with such a western musical influence in terms of range and the demand for theatrical and musical training combined, that we decided to cast the principle roles internationally."

■ FUSING CONTEMPORARY AND TRADITIONAL

But it is the music that will really astound listeners.

"We wanted the music to be symbolic of life's journey," John explains. "It's very much about a man without a country. He doesn't really belong in the U.S. and he doesn't belong in Cambodia because he left and he's been westernised. Sophy's music very much reflects that tension ... the two cultural forms – the western rock and roll and ancient Khmer – are like two warring families."

"This is a new kind of contemporary sound that is rooted in the tradition," John adds. "People can more easily listen to and access it because the composer understands the root of the musical form. The sound of ancient Cambodia is woven into every thread of the music."

Conflict is at the centre of the work, with both the play and the music a series of resolutions, leading closer to the dialectical harmony of the last scene. The two parts of the orchestra are separated, with one at either end of the stage, though the music is one, much to the audience's surprise. Tentative flute flourishes interweave with increasingly compulsive drums to reach a riotous, clashing crescendo.

Not a shortage of traditional Khmer musicians, but rather contemporary musicians was a problem initially, according to John, though the discovery of a young pop-rock ensemble able to play Him Sophy's music soon completed the orchestra. Including a rock band, traditional Cambodian ensembles and a string quartet, the sound is unique and unforgettable, blending state-of-the-art synthesizers and electric guitars with folk instruments dating back to twelfth-century Cambodia.

Him Sophy says the performance is vastly different to domestic singing theatre.

"This production is more professional, or we can say more advanced or progressive because traditional forms are just repetitions. But this is a new creation with a new technique of performance," he adds. "It's completely different because we have stepped forward from the past. Of course we never forget the past, but we have to look to the future."

■ SETTING THE STAGE

Finding a venue was a "major challenge," says John, but his hardship may eventually be Cambodia's gain. The Chenla Theatre had no backstage or wings area.

Modifications necessitated the removal of the front seven rows of seats, lowering capacity by 55 seats to 416. John says it was a necessary sacrifice to accommodate a larger set.

With no national theatre, *Where Elephants Weep* should help cement Chenla's burgeoning reputation as a theatre of performing arts, John continues.

"It's very important for Phnom Penh's development as a 'new metropolis' to have many different kinds of performing venues," he confides. "There are already small community-based theatres like Sovanna Phum. There are the large state theatres, like the Chaktomuk, but there's nowhere that allows for large-scale theatrical events – anything that needs to be lit and have multiple accesses; i.e. backstage, side-wings. Essentially, we're building what we need."

For both men, sharing such an exceptional new work is reward enough in itself, although Him Sophy says it will help contemporary Cambodian arts.

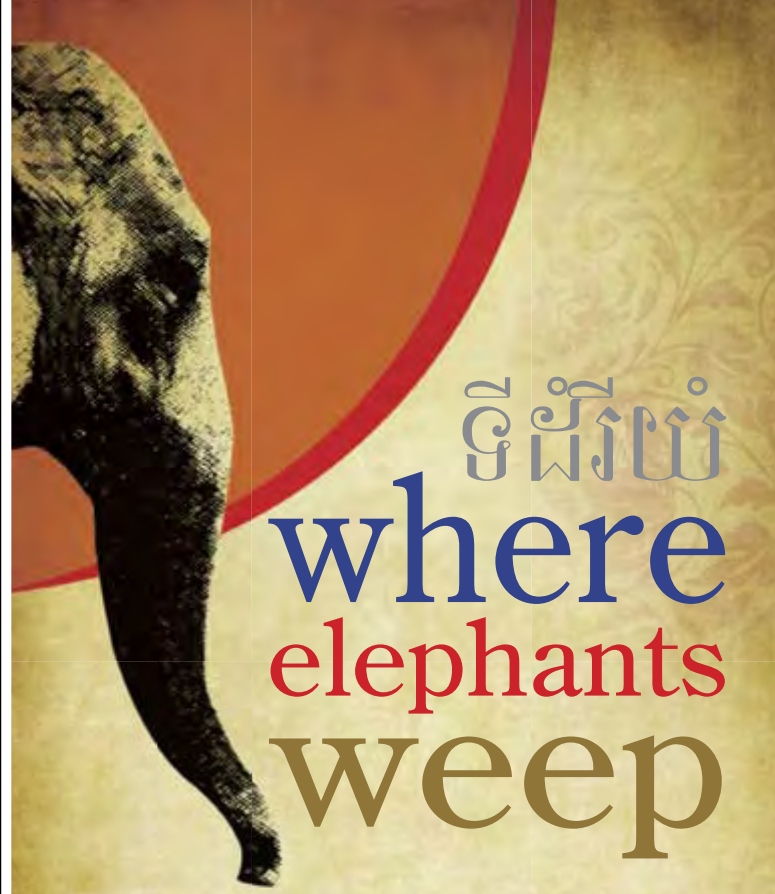
"In Cambodia, nobody knows the word 'opera,'" he says. "We have singing theatre but that's not opera. Now I have brought the form of opera to Cambodia but we try to do it in our own style – a Khmer Rock Opera. I hope it's not just for Cambodian people but for everybody."

John Burt is even more universal in his scope of optimism. "My dream," he says, "is that the arts can build bridges between cultural differences."

Where Elephants Weep will play at the Chenla Theatre, cnr. of Mao Tse Tung & Monireth blvds., from Nov. 28 to 30 and Dec. 5 to Dec. 7. 📍



Him Sophy and John Burt



ទីដឹងយំ where elephants weep

Amrita Performing Arts in association with
Cambodian Living Arts

John Burt, Executive Producer

present

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Music by Him Sophy

Libretto by Catherine Filloux

Commissioned by Cambodian Living Arts,
a project of World Education.

World Premiere 28 November 2008 (Invitation only)

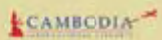
Seats available 29 November - 7 December 2008.

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Kingdom of Cambodia

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www.whereelephantsweep.net



On the Shelf

Andrew Nette reviews a book available at Phnom Penh's Monument Books

■ **NEW IN CAMBODIA**
Dancing In Shadows: Sihanouk, the Khmer Rouge, and the United Nations In Cambodia'
Benny Widyono, Rowman and Littlefield Publishers, 2008.

NEARLY TWO DECADES ON, the UN peacekeeping mission in Cambodia remains controversial. Some observers continue to lament its shortcomings, while others praise the effort as the start of the country's long journey towards a democratic state.

Dancing In Shadows: Sihanouk, the Khmer Rouge, and the United Nations In Cambodia, is the most recent contribution to this debate.

It seems strange now to think that a group of foreigners, no matter how well intentioned, thought they could come into another country and presume to administer it effectively.

Yet, that is exactly what happened under the United Nations Transitional Authority in Cambodia (UNTAC). Overnight the impoverished nation went from almost complete isolation to, as the author puts it, being "invaded" by the world.

Indonesian by birth, a career U.N. diplomat, Widyono had a ringside seat to the events that followed.

From 1992 to 1993 he was stationed in Cambodia as the provincial director of Siem Reap, one of 21 international shadow administrators that were supposed

to run affairs while an election was being organised.

He returned in 1994 as the U.N. Secretary General's Political Representative or Special Envoy to the new government of Cambodia.

UNTAC emerged after years of international diplomatic wrangling to end the civil war underway since the Vietnamese and their Cambodian allies drove the Khmer Rouge out of power in 1979.

This agreement, signed in 1991, stipulated the U.N. would take control of the country's governance working with a supposedly neutral body that comprised representatives of all the country's political factions, including the Khmer Rouge.

At the time it was the largest peace keeping mission ever undertaken by the U.N. – over 20,000 military, police and civilian personnel from over a hundred countries.

In retrospect it's easy to be cynical about UNTAC. As a young journalist this reviewer has vivid memories of the streets being clogged with U.N. four-wheel drives and one press briefing at which a U.N. spokesman informed us, completely straight faced, of the latest peace keeping casualty, a French soldier who'd fallen out of a third storey hotel room while on R&R in Pattaya.

Much more serious was the soft line taken by the U.N. on the Khmer Rouge in an unsuccessful attempt to get them to participate in the election.

This was epitomised by the famous 'bamboo pole' incident when UNTAC's two most senior representatives were prevented from visiting the former Khmer Rouge stronghold of Pailin by several young unarmed guerrillas who refused to lift a single bamboo pole blocking the road to their territory.

Problems also arose from the fact that Cambodia already had a government, even if it was one the country's resistance factions. One that many members of the international community chose not to recognise.

The State of Cambodia, the precursor to the Cambodian People's Party, had been in charge since 1979 and, as the author is the first to admit, continued to hold actual day-to-day power regardless of the U.N.'s mandate.

The U.N.'s mission did have its successes. An election was organised from scratch, a large number of Cambodian refugees were peacefully repatriated from Thailand, and space was created for the creation of NGOs and a more diverse media.

Widyono's book is a surprisingly self-reflexive insider account of this period and the years that immediately following. He recounts infighting and intrigue that accompanied what he labels the "intricate dance of governance" between the various players, local and international.

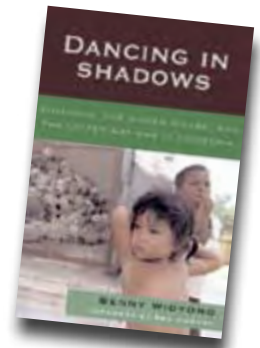
As the U.N.'s envoy from 1994 to early 1997, Widyono was privy

to and feted by both sides of the dysfunctional coalition government that emerged from the 1993 poll.

Some readers will not like his take on many events. He was not surprised by or particularly critical of the fact that despite being officially dissolved with the formation of the post-1993 government, the CPP continued to call the shots during UNTAC.

As CPP's coalition partner, Funcinpec was effectively marginalised because it was able to insert into the country's power structure only a few hundred people returning from exile or refugee camps compared to the thousands of civil servants loyal to the CPP.

His version of the events surrounding the 1996 defection of Ieng Sary and the tensions arising as both major parties tried to court the former Khmer Rouge foreign minister and troops that went with him, is particularly interesting. ■



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Arts Diary

■ OPENING THIS MONTH

Photo Phnom Penh
International photography exhibition organised by the French Cultural Centre will open at various venues around Phnom Penh from Nov. 29 to Dec. 7. Exhibitions continue until Dec. 21. See pages 34 - 35 for details.

Angkor Photography Festival
A series of exhibitions and slideshows will be shown at venues around Siem Reap from Nov. 23 to Nov. 28 (see page 18 for more details).

Shoe
Photography by Leah Newman opens at Café Living Room on Nov. 7 at 6pm, showing through the month. Works by Fleur Childs will also be on display.

Once/Twice: Focus on Southeast Asia
Photography by Gay Wind Campbell opens at Java Café Nov. 6 at 6pm, ends Nov. 25. All proceeds go to Mith Samlanh.

Intersection
Exhibition of colour photomontages by Bruce Gunderson opens at Meta House on Nov. 4 at 6pm.

■ MUSIC, EVENTS & PERFORMANCES

Where Elephants Weep
Khmer rock opera by Him Sophy will be performed at the Chenla Theatre, cnr. of Mao Tse Tung & Monireth blvds., from Nov. 28 to 30 and Dec. 5 to Dec. 7.

Fifth International Music Festival
Featuring baroque music, the Fifth International Music

Festival has a series of concerts to Nov. 3. All concerts are at St. Joseph's Chapel, 1788 National Route 5, unless stated. Nov. 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. Nov. 7 - Mahoorie classics, Cambodian Court Music from the 18th century; Nov. 8 - Bob Dylan a living legend; Nov. 21 - Apsara dance, traditional court dances; Nov. 22 - Filipino Folk, performed by Charlie Davids/Manila; Nov. 28 - From Mannheim to Vienna, chamber music from the 18th century; Nov. 29 - Feldpartie, "Out Door Ideas" by Haydn and Mozart.

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 3.30pm to 5pm for kids aged 4 to 12. Contact Leah on 012 242 301 for details.

■ FILM
Rooftop Cinema
Each month the Meta House shows films, docu-



A Gay Wind blows at Java Café

mentaries and hosts events on its rooftop terrace. This month's screenings include (8pm unless stated): Nov. 01 - Touch the Sound, featuring Evelyn Glennie; Nov. 2 - Without the King (Michael Skolnik, 2007); Nov. 5 - Women and Land (6pm), Up the Yangtze (8pm); Nov. 6 - The 11th Hour; Nov. 7 - Aidwork in Cambodia; Nov. 8 - Shooting the Messenger; Nov. 9 - Fireworks (Takeshi Kitano, 1997); Nov. 14 - Where in the World is Osama Bin Laden; Nov. 15 - Sex Work and Human Trafficking in Cambodia; Nov. 16 - Corto Maltese; Nov. 19 - Terror's Advocate; Nov. 20 - Why We Fight; Nov. 21 - Cambodian Eco-Night; Nov. 22 - The New Kidz of Cambodia; Nov. 23 - Spring, Summer, Fall, Winter and Spring (Kim Ki-duk); Nov. 25 - Palace of Dreams; Nov. 26 - Looking Back, Looking Ahead (Part II); Nov. 27 - Equity TV @ Meta House; Nov. 28 - Kampuchea: Death and


Rebirth; Nov. 29 - The Trials of Henry Kissinger; Nov. 30 - Shine a Light.

■ ONGOING
Analogue Ambiance
Exhibition by Chim Sothy and Clement Jesch offering a visual approach to the organ works of Olivier Messiaen continues at Art Café.

Rachel Poignant
Sculptures by the French artist continue at the French Cultural Centre Gallery to Nov. 23.

Vincent Broustet
Paintings by the French artist continue to be shown at the Exhibition Hall at the French Cultural Centre to Nov. 23.

Mount Pierre Cattle Station
Photography exhibition by Nicolas Axelrod continues at Equinox.

Dreaming of Prayer Flags
Exhibition by American fine art photographer Sandy Shum continues at McDermott Gallery at the Old Market, Siem Reap until Nov. 21. 



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

Bootleg

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

■ BABY MAMA

Michael McCullers (2008)
Yet another 'original odd couple' comedy, *Baby Momma* is thankfully not as bad as most of the year's despair-inducing 'gross-out' dross, though its Oscar chances are slim. Telling the mildly amusing tale of a Kate Holbrook (Tina Fey), a highflying executive who is desperate to conceive, and Angie Ostrowski (Amy Poehler), a working class surrogate with a womb for rent, *Baby Momma* has little in the way of surprises. With amusing cameos from Sigorney Weaver and Steve Martin, the film is bearable, but unoriginal at best.

■ THE QUIET AMERICAN

Phillip Noyce (2002)
Based on Graham Greene's 1955 novel, *The Quiet American* tells the story of jaded British reporter Thomas Fowler (Michael Caine) covering the Vietnam War from Saigon as a French defeat looms and American intervention is on the cards. A typically brash and under-informed American (Brendan Fraser) stumbles onto the scene, attempting to steal Fowler's beautiful Vietnamese lover

Phuong (Do Thi Hai Yen) and lead war-torn Vietnam to peace with a 'third force'. Lovingly crafted with an unforgettable performance from Michael Caine, *The Quiet American* is a must-see for all visitors to Southeast Asia.

■ RIGHTEOUS KILL

Jon Avnet (2008)
This month's New York cop thriller has Bob DeNiro and Al Pacino as the chalk and cheese partners who won't play by the rules. Thankfully, there are none of the acting contests or silence competitions that marred *Heat* – the first film to feature both heavyweights in the same scene. While run-of-the-mill *Righteous Kill* is more watchable than the atrocious *Meet the Parents* or the risible *88 Minutes*, it's certainly no classic. 'Turk' (De Niro) and 'Rooster' (Pacino) have 30 years of experience investigating murders, and before they retire, they want to solve one last big case. A lacklustre script and signposted twists mean that the stars have annoyingly little to work with – even Donnie Wahlberg's horribly overacted performance is as good (or rather bad) as anybody else's. **A**



Billboard



Album reviews by LOVE FM's Julian Grant

■ PUSSYCAT DOLLS

Doll Domination



Formed in Los Angeles in 1995, the new Spice Girls enjoyed worldwide success with their debut single *Don't Cha* and album *PCD*. Their new album is much of the same – cheesy pop with a hip hop twist. The lead single *When I Grow Up* is perfectly marketed to their young fan base. There is little to get excited about in this album, other than the vocals of Nicole Scherzinger – arguably the band's best singer – demonstrated best on the song *Happily Ever After*. *Out Of This Club* is probably the highlight, sounding fresh and somehow less manufactured. One for Girl Power fans.

sounds as great today as it must have 43 years ago. A song directed at a woman who once lived a life of privilege but has now experienced a reversal in fortune, it has become one of the most celebrated songs in history. Other highlights include *Queen Jane* and the bluesy, almost angry *Ballad of a Thin Man*, which offers another dimension to what is nothing less than a work of art.

■ THE KINGS OF LEON

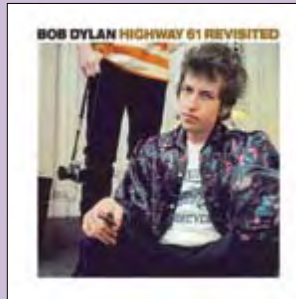
Only By The Night



Heavily influenced by Bob Dylan and Neil Young, this rock band of three brothers and a cousin hailing from Jackson, Tennessee, has been around for about five years. This, their fourth album, recorded in Nashville was released in September. The album's lead single *Sex On Fire* was a big miss for me – it would sit well playing over the credits of an episode of *Baywatch*. I even listened while reading the lyrics but still didn't 'get it'. The bad news is that the album is much of the same. As for highlights, *I Want You* was bearable and *Cold Desert* at least had a hint of rhythm, but the rest you can forget about. The shame is that the band actually consists of good musicians, but overall the album was dark, gloomy and depressing. When there is so much good music available no need to waste your money on this. **A**

■ BOB DYLAN

Highway 61 Revisited



Not the greatest vocalist of the 20th century but as a poet one of the most influential people of his generation. This, his sixth album, was recorded over a period of six days and released in August 1965, the title refers to the road that runs from Dylan's home state of Minnesota down through the Mississippi Delta. The opening track *Like A Rolling Stone* with its stunning intro

Top of the Bops



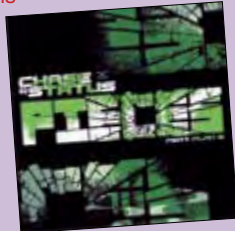
■ AUSTRALIAN TOP 10 ALBUMS

- 01 Only By The Night **Kings Of Leon**
- 02 Death Magnetic **Metallica**
- 03 Chimney's Afire **Josh Pyke**
- 04 We Sing. We Dance.
We Steal Things **Jason Mraz**
- 05 Dig Out Your Soul **Oasis**
- 06 Breakout **Miley Cyrus**
- 07 Appeal To Reason **Rise Against**
- 08 Walking On A Dream **Empire Of The Sun**
- 09 Oracular Spectacular **MGMT**
- 10 Doll Domination **The Pussycat Dolls**



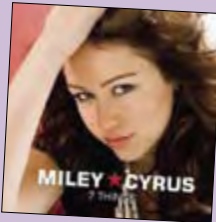
■ U.K. TOP 10 DANCE SINGLES

- 01 Pieces **Chase & Status**
featuring **Plan B**
- 02 Pjanoo **Eric Prydz**
- 03 Love Shy
(Thinking About You) **Platnum**
- 04 Silence **Delerium**
featuring **Sarah McLachlan**
- 05 What A Wonderful World **Axwell/Bob Sinclar/Ron Carroll**
- 06 Wearing My Rolex **Wiley**
- 07 Angel In The Night **Basshunter**
- 08 Beggin' **Frankie Valli/The Four Seasons**
- 09 All I Ever Wanted **Basshunter**
- 10 Crazy World **J Majik & Wickaman**



■ TOP 10 MOST REQUESTED SONGS AT LOVE FM, 97.5

- 01 7 Things **Miley Cyrus**
- 02 Secret Love **Jojo**
- 03 Summertime
New Kids On The Block
- 04 I'm Yours **Jason Mraz**
- 05 Burnin' Up **Jonas Brothers**
- 06 When I Grow Up **The Pussycat Dolls**
- 07 Always Be My Baby **David Cook**
- 08 In The Ayer **Flo Rida**
featuring **Will I Am & Fergie**
- 09 Take A Bow **Rihanna**
- 10 When You Believe **David Archuleta**



These charts are provided by LOVE FM, 97.5 Phnom Penh and are for the week ending Oct.19.

ONE TO WATCH! – Take Back The City **Snow Patrol**
JULIANS TOP PICK – Raindrops (Encore Une Fois)

Sash! featuring **Stunt** 🇰🇷

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; Domestic 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
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 artists.

Two Fish Gallery Studio

2D Street 302 Tel: 016 368 700
Gallery space, art & Chinese calligraphy classes, reflective meeting space. Open 11am to 5pm (Closed Sunday & Monday).

Performing Arts

Amrita Performing Arts

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

Art & Foundation

84 Street 108,
Tel: 012 834 517
www.amritaperformingarts.org
Performing western and Classical Music

Sovanna Phum Khmer Art Association

111 Street 360,
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leisure & wellness

On Top of the World?

Currently number three in the world, Cambodia's national volleyball squad hopes to become number one at this month's world championship in Handlover, Slovakia. **The Cambodian National Volleyball League (Disabled) (CNVLD)** is helping the Kingdom deal with its traumatic recent past. **AsiaLIFE** caught up with **Chris Minko**, CNVLD's Secretary-General to get the low-down.

ORIGINALLY CAMBODIA'S only professional sports league, the CNVLD has become much, much more. "We are a sports rehabilitation programme, as well as a sports development programme," Chris Minko explains. "We use sport to restore self-esteem through a highly disciplined programme of sport. We also restore hope – a very powerful element – in order to re-enter Cambodian society as an active member of the community."

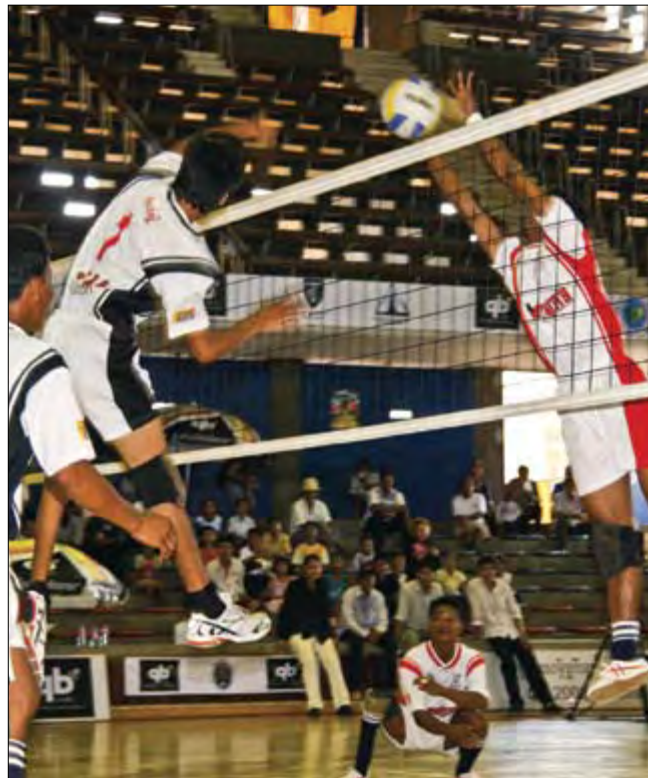
Positivism is central to the project's success he adds.

"It's a beautiful irony that, out of the tragedy of landmines, it's Cambodia's landmine survivors that are actually the true sporting heroes of this country.

From its humble beginnings as "a paddock with a piece of string and two balls," Cambodia now boasts a national team that is world number three, and has beaten leading western teams such as Canada and Poland. In fact the team often beats able-bodied opponents, including an Australian navy squad who have been defeated three years running.

In a country where some of the most respected sportsmen have indulged in shady dealings, most Cambodians rightly see their volleyball team as national sporting heroes. The benefits of showcasing Cambodia in a positive light are inestimable, Chris points out.

The project's successes are astounding – attending the 2001 World Cup in Slovakia; the Asian Games in South Korea in 2002, where Cambodia became the best team in Asia; Greece in 2003 where Cambodia became fifth best in the world; Canada in 2005 where Cambodia moved up to number four; and in December 2007, when CNVLD successfully organised the World Championship in Phnom Penh. As the host nation, Cambodia



Will Cambodia soar to World Number One?

moved up again to number three, their current ranking.

For Chris, one of the highlights was a surprise win over host nation Australia in the Sydney 2004 Paralympics.

"That's when we set the objective to be number one in the world," he recalls.

Chris credits such achievements to "a very good team of international technical advisors," including German Christian Zepp, a graduate of the German University of Sports and the Kingdom's new national coach.

"The key factor is that they are training the future coaches and sports administrators of Cambodia," he says. "That's something we're very focused on – our wheelchair racing and volleyball

programmes are no longer managed by foreigners, they're managed by our Cambodian staff."

Of course, the team would be nothing without the "grit and determination" of the athletes, Chris stresses, saying that the project has been 10 years of hard work.

"There've been many hurdles we've had to face given that we work with the most marginalised of Cambodian society – the disabled." Many disabled Cambodians live in abject poverty, he notes, though with a close personal relationship it is possible to overcome socio-economic factors. "We often call ourselves the volleyball family – we look at hurdles and we overcome them."

Prejudice against the disabled – disabilities are traditionally seen

as manifestation of bad karma – and a lack of recognition were obstacles to be overcome, but Chris would rather look from a different angle.

"I'd rather stress the success that we've had overcoming those hurdles," he says. "Prior to 2000 everyone laughed when it came to disabled sport – no-one even believed that disabled athletes could even play sport. Now you see eight years later that they're the nation's sporting heroes."

Changing Cambodians' negative perceptions of the disabled is also part of the plan. "People with a disability are now respected in Cambodia," says Chris, adding that such positive role models have helped other disabled people stop begging and become productive members of society. "It's a huge breakthrough in terms of recognition of disabled people," he says.


"It's been a long haul in terms of training the athletes to international standards."

And the future looks bright for CNVLD.

"We would like to see Cambodia recognised as the Asean centre for disability sports competition and development," says Chris.

"In the future – next year if we can – we'd like to develop regional competitions so that we're playing with Cambodia's neighbours. We would facilitate sporting games against Thailand because sport plays a key role in stopping violent processes from occurring. I'm a very strong advocate of diplomacy through sport."

But the primary target is still the same. "We remain absolutely determined – we are going to be number one in the world. We're number three now but we will get to number one."

The world championships will be held in Slovakia from Nov. 7 to Nov. 16. 

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.

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Pharmalink

11 Street 254, 14 Street 432 20D Street 184, Tel: 023 215 727
Modern, western-standard pharmacy on the way to the Russian Market. Staff speak English and have a range of western products on sale. Open from 7.30am to 8pm (Monday to Saturday).

classes

Cambodian Cooking Class

Frizz Restaurant, 67 Street 240 Tel: 012 524 801
The first and only Khmer cooking school for travellers and expats in Phnom Penh. Courses cost US\$20 for a full day, including transport to the market and a colourful 16-page recipe booklet.

Capoeira

Two Fish Studio, 2D Street 302 Tel: 012 458 167
Lessons in this rhythmic Brazilian cross between dance and martial arts, cost US\$2. Held every Tuesday and Thursday from 6.30pm to 8pm. Contact Michel.

Kids Create

Living Room, 9 Street 306
Fun art classes for kids aged 4 to 12 on Wednesday from 3.30pm to 5pm. Call Leah Newman on 012 242 301.

Little Maestro

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

Photography Tours

126 Street 136, Tel: 092 526 706
www.nathanhortonphotography.com
Weekend photography tuition and guided tours to Kampong Chhnang and Udong, covering technical and creative considerations in the context of travel photography.

Qigong

Living Room, 9 Street 306
Qigong practice group meets every Monday and Wednesday at 5.30pm to 6.30pm. For more information contact, Phil 012 892 249.

Scuba Nation Dive Center

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

dental

European Dental Clinic

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

SOS Dental Clinic

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

education

Khmer School for Expats and Travellers

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

Khmer School of Language

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

My First Khmer

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

gyms

Clark Hatch Fitness Centre

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

Fitness One

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

Paddy's Gym

635 National Road 5, just past the Japanese Bridge, Tel: 012 214 940
Bearing the air of an American boxing gym, Paddy's offers an honest workout with recently imported equipment. Good range

The 13th Angkor Wat International Half Marathon 2008



07 December 2008



06 December 2008

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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 > Website: www.villagefocus.org

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.

New Jack Holt International

38 Street 57 (at Champei Spa), Tel: 023 350 788
Contemporary hairdressers with a French-trained Khmer stylist. Offers the full range of hair treatments as well as nails and waxing.

medical

American Medical Center

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

International SOS Medical Clinic

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

Naga Clinic

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

optics

Eye Care

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

Grand Optics

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

Beauty Spot: Lotus Bud



CENTRALLY LOCATED ON seldom-visited Street 200, Krorpom Chhuk Massage Spa & Salon is set in a beautiful villa. Currently still undergoing minor renovations since being taken over by the owners of Dermal Spa, the high ceilings, beautifully tiled floors, white walls and multiple small treatment rooms inspire confidence that, when finished in early November, this will be a space of delightful tranquillity.

The two-hour Thai herbal massage consists of 60 minutes of professional Thai massage – without the walking on your back – followed by another hour of massage with a hot bundle of herbs. Said to release joint and muscle pain, improve blood circulation and ease periods, the masseuse heats muslin bundles of specially blended herbs that are then pressed, tapped and rolled on your skin.

The bundle produces a wonderful heat that digs deep into your body. My only complaint was that the ubiquitous Thai massage pyjamas prevented the bundle from being pressed directly onto my skin – for maximum benefit. Remember

not to eat beforehand, as the stomach massage may otherwise turn into a less comfortable experience.

The herbal massage provides satisfaction to both body and soul, as the aroma of the herbs fills the room and your mind drifts to a better place. At US\$25, it's not exactly cheap, but Manager Rothna explains that nothing less than a two-hour massage is really effective.

Krorpom Chhuk also has a professional hair salon, with shampoo and dry for US\$6, and cuts starting from US\$4. Hair conditioning treatments start from US\$20. When renovations are finished, Rothna hopes to increase the number of services provided, particularly the range of massages. She also plans to open a café on the outside of the building.

You are unlikely to go terribly wrong by trying out this lotus bud (the literal translation of krorpom chhuk), and the herbal Thai massages are highly recommended. The spa is open 9am-10pm, the salon 9am to 8pm.

Krorpom Chhuk, 29 Street 200, Tel: 011 668 455 – Nora Lindstrom

Facial treatment Specialist
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Sam Moffett: Which morph are you?

WHEN IT COMES TO GETTING IN SHAPE and building muscles, there are a number of questions you should consider. Are you eating enough and the right nutrients to accelerate muscle growth? Are you exercising correctly and regularly? What kind of body type do you have? The answer to the third question makes a big difference in terms of what you can expect from an exercise programme and muscle building.

There are the three common body types – endomorph, mesomorph and ectomorph.

■ ENDOMORPH

You have a naturally big body frame and usually have a round face, wide hips, big bones and slow metabolism. You are the type that gains weight and body fat easily. However, you also have the potential for gaining muscle mass quickly. The only

problem is that your muscles may be hiding under your body fat making you look big and bulky. So, you will have to build muscles and then burn off the fats to reveal your muscle definition. That means you will take slightly longer to show off your muscle gain and mass because you need time to cut away the body fats as well.

■ MESOMORPH

You are blessed with a naturally muscular body and have wide shoulders, small waist, athletic body frame and low body fat. With a somewhat high metabolism, you can pack on muscle very fast. You often excel naturally in sports and will have that sexy body that is everyone's envy. You are the type that will not take long to see your muscle gain in size, mass and definition.

■ ECTOMORPH

You are the skinny type with smaller muscles, very high metabolism, narrow shoulders, hips and waist. You find it hard to put on weight and muscles no matter how much you eat. You will take a longer time and need more effort than others to build muscle mass. It can be done, but it will be a constant battle, just as it is for the endomorph to lose weight.

Most people fall in between the three types – we will often be a mixture of meso-, endo- and ectomorph. However, knowing where you are starting from can give you a better idea of what you have to do and what you can realistically expect.

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

pools

Asia Club

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

Fitness One

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

L'imprevu Resort

Highway 1, 7km past Monivong Bridge, Tel: 012 655 440
Peaceful resort complex just outside of the city has bungalows, tennis court, table tennis, boules and a beautiful swimming pool. Pool costs US\$2 on weekdays and US\$4 at weekends, children for free.

Raffles Amrita Spa

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

The Billabong

5 Street 158, Tel: 023 223 703
www.thebillabonghotel.com
Sheltered garden hotel with an excellent out-

door 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: 023 998 730, 012 873 999
Fax: 023 998 731
www.amaraspahotelcara.com

A unique & comprehensive Day Spa providing a wide selection of facials, body massages and treatments; arranged into four storey sophisticated modern facility. Massages start from \$10 - \$55, facial

from \$42 - \$68 and package from \$75 - \$95. Open from 11am to 11pm

Amret Spa

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

Aziadee

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

Bliss

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

Champey Spa & Salon

38 Street 57, Tel: 012 670 939
www.champeyspa.com
Beautiful spa 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.

Dermal Spa

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

In-Style

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

Krorpom Chhuk

29 Street 200, Tel: 011 668 455, 012 222 898
Khmer owned with Thai trained masseurs. Same ownership as Dermal spa. In a large old house centrally located. Salon Open from 9am - 8pm, Massage and Spa open from 9am - 10pm

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



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#29 Street 200, Sangkat New Market III, Khan Daun Penh, Phnom Penh, Cambodia

Nick Walsh: Gastroenteritis

LITERALLY INFLAMMATION of the digestive tract, gastroenteritis is one of the most common conditions experienced by children and adults in Cambodia. It is also the leading cause of diarrhoea. There are many causes of gastroenteritis, which vary in severity and duration. In a large number of cases, gastroenteritis can be prevented. This is particularly important for infants and children.

■ COMMON CAUSES OF GASTROENTERITIS

Gastroenteritis is either infectious or non-infectious. The latter is the result of toxins produced by bacteria. It is commonly known as food-poisoning. Toxin producing bacteria are present in the food, and when these toxins are ingested, food poisoning results. EColi is one of the most common toxin-producing bacteria. Symptoms of nausea and vomiting develop quickly. Diarrhoea may follow. Abdominal cramps may occur. All symptoms resolve spontaneously and treatment is symptomatic.

Infectious diarrhoea is more severe and requires treatment. Viruses, bacteria and parasitic infections can all cause diarrhoea, and all are common in Cambodia.

Viral gastroenteritis is the most common form of diarrhoea in children in developing countries but, although common, proportionally less so in Cambodia. Viral gastroenteritis is easily transmitted from person to person by hand through

poor hand hygiene, food and drink. Exposure results in immunity so by the age of five over 95 percent of people will be immune. Young children are therefore the most at risk.

Symptoms are nausea, vomiting and watery diarrhoea which develop one to two days after exposure and continue for around a week. Fever and abdominal cramps (stomach ache) may occur.

■ TREATMENT

It is treated with symptomatic therapy – rehydration and a bland, non-fat diet – until symptoms resolve in a few days. Good hand hygiene (washing) is important to prevent further transmission. There is a vaccine available for rotavirus which confers 90 percent effectiveness against the virus.

Bacterial gastroenteritis is very common in Cambodia and usually necessitates antibiotics to treat. It is easily transmitted from person to person by hand through poor hand hygiene, food and drink, and through contaminated drinking water.

The most common organisms are EColi (which also produces a toxin), campylobacter, salmonella and shigella. Along with nausea, vomiting and diarrhoea, which develop over several days after exposure, temperature may be high and abdominal cramps severe. The diarrhoea often contains blood and pus as well as mucus. Young children are the most vulnerable and treatment should be initiated sooner rather than later.

Along with symptomatic treatment (oral rehydration solution, paracetamol and ibuprofen), antibiotics are usually required. No vaccinations are available for bacterial causes of gastroenteritis.

■ OTHER FORMS

Gastroenteritis due to other organisms is also common in Cambodia. These include giardia and amoebiasis (so called amoebic dysentery caused by the parasite entamoeba histolytica). The mode of transmission is similar, though contaminated water is a very common cause. Symptoms may be less severe in giardia, where watery diarrhoea and lots of gas are common. Treatment is simple. A single dose of the antibiotic tinidazole cures over 90 percent of individuals. Amoebiasis causes bloating, diarrhoea often with blood, fever and abdominal cramps. Early treatment is important to prevent other complications such as amoebic liver abscess (a collection of cysts in the liver). These can develop in the months after an untreated or incompletely treated infection. Treatment of amoebiasis is a little more complicated as two stages of the parasite life cycle (cyst and trophozoite) need to be treated with two different agents for around three weeks.

Remember, early rehydration and treatment are important to prevent complications. In the recovery phase keep a light diet, building this up over a few days, and avoid fat.

■ TIPS FOR DIARRHOEA IN KIDS

- 1) Continue breast-feeding.
- 2) Add water to breast-fed babies diet – usually about the same amount again as the milk they are consuming (i.e. three bottles of milk daily would mean three extra bottles of water or six bottles of 50 percent diluted milk).
- 3) Plain rice, rice soup, toast, bananas, lentils and plain crackers are all appropriate food types to eat if tolerated.
- 4) Hydrate early – small amounts often, particularly if they are vomiting.
- 5) A 20ml. syringe can be useful in very young children to give a few millilitres every few minutes.
- 6) Use a good, local oral rehydration solution.
- 7) If your child cannot hold down fluids, they will need a drip and will have to go to a clinic.
- 8) Most fits of diarrhoea resolve themselves but a stool test is important if symptoms are severe or persistent.
- 9) Practice good hand hygiene at home to prevent further transmission within the family.

Nick Walsh works as the Senior Medical Officer at International SOS. He is an Australian graduate with post-graduate physician training. His focal areas include emergency and general medicine. For more information please email: sue.kemp@internationalsos.com.

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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.

European Dental Clinic

160A, Norodom Bd (across ISPP South Campus)

Deborah Moore (UK) Dentist
Eric Le Guen (FR) Dentist
Channarith Penh (KH) Dentist
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Hotel Cambodiana
Phnom Penh



Aerobics

Aerobics classes start on 01 November 2008
Every Monday and Wednesday at 6.30 pm - 7.30 pm
Free for members Non members \$ 7.00
10 sessions coupon for \$ 60.00



Swimming

Swimming classes start on 01 November 2008
Every Saturday at 4.00 pm
Casual \$ 7.00
10 sessions coupon for \$ 60.00

For further information contact (855-23) 218 189 / 426 288 Ext: 622

next generation

Green spaces

Phnom Penh boasts more green space and parkland than first meets the eye, as **Angela Savage** reveals.



The new playground at streets 102 and 19

A NEW PUBLIC PLAYGROUND recently opened near Wat Phnom, the first of its kind in the Cambodian capital. For local and expatriate parents alike, the western-style playground, bordered by streets 94, 19 and 102, is a welcome addition to the city's facilities for children.

Designed for kids up to ten years old, the playground contains two sunken areas lined with spongy tiles – one filled with jungle gym equipment. Kids can climb steps and ladders to access suspended bridges, monkey-bars and slides of different heights and shapes. There are plans to fill the second space with more playground equipment.

A Cambodian friend who studied in Sydney said his children were thrilled to visit the playground, described by his son as 'just like the ones in Australia only better.' As the only one of its kind, the playground tends to get pretty crowded, especially at peak times – mid-morning and mid-afternoon. This can be part of the fun for some, overwhelming for others.

On sunny days, the ground may be too hot for little barang feet by about 9.30 in the morning – shoes have to be left outside the play area – although the busloads of Khmer kids arriving at this time seemed unperturbed. Cold drinks and food can be bought nearby and there are shady places in the surrounding area to sit and eat.

More spacious and less hazardous than the riverfront, these are some of the best places to take an evening stroll with small children

It's early days yet, and the municipal government, which is behind the initiative, is still ironing out issues like parking, security, supervision and waste disposal. But for now use of the

playground is free of charge. It is open from sunrise until well into the evening.

Phnom Penh's other public parks are not specifically designed with children in mind but can be very kid-friendly.

The relative cool of the late afternoon and evening sees Khmer families and friends gather to dahleng (literally 'walk-play') in the green spaces east of the Independence Monument and south of the Royal Palace. Young couples flirt, babies toddle in squeaky shoes, friends chat and snack on peanuts and clams, elderly people do stretching exercises. Men and boys play chequers on makeshift boards scratched into concrete or penned on park

benches, one player on twigs, the other on shells.

More spacious and less hazardous than the riverfront, these are some of the best places to take an evening stroll with small children, who will be made to feel welcome and admired wherever they go. You may even find yourself posing for photos with complete strangers so they can snap your cute child.

Wat Botum Park (on Sothearos Boulevard) is particularly popular for football, volleyball and badminton. Children wandering through makeshift playing fields are often invited to join in. Or you can bring your own equipment and stake out a patch here or on the lawns of Independence Monument Park. If you forget your ball, a roaming vendor will be on hand to sell you one.

As the winds pick up towards the end of the rainy season, kite-flyers are out in force in these parks, too. You can buy kites in the shape of phoenixes, bats, sharks and superheroes for US\$1-US\$3 from yet more vendors and join in the fun.

Also worth a mention is the section of Hun Sen Park opposite the Hotel Cambodiana between Sisowath Quay and Sothearos Boulevard. This modest grassy triangle features two large concrete elephants and a statue of Khmer poet Uk Ou surrounded by a pond perfect for floating paper boats. Late afternoon sees Khmer picnickers feasting on noodles and unidentified frying objects prepared in temporary cafes on the garden's perimeter.

What little shade there is in these parks tends to be over benches on the footpaths, making them unsuitable for playing in the heat of the mid-morning or mid-afternoon.

The green space in front of the National Museum off Sothearos Boulevard between streets 178 and 184 offers some shade during the day, as does the leafy garden surrounding Wat Phnom. Just watch out for the villainous monkeys.

Alternatively you can retreat to one of Phnom Penh's garden cafes such as Le Jardin (cubby house and sandpit), Gasolina (BYO tricycle), The Living Room (kid-sized outdoor seating), Elsewhere (not-so-kid-friendly pool but great garden) or Romdeng (kid-friendly pool and garden). **F**

next generation guide



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

cafés & restaurants

Annam

1C Street 282,
Tel: 023 726 661

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

Café Fresco II

Cnr. streets 51 & 306,
Tel: 023 224 891

Let your children play with puzzles and Lego on beanbags or watch films like the Lion King looked after by a trained member of staff as you enjoy your cappuccino.

Café Living Room

9 Street 306,
Tel: 023 726 139

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

Gasolina

56/58 Street 57,
Tel: 012 373 009

Has weekly Saturday and Sunday brunches from 10am to 3pm for parents and their children. Also has the biggest garden in town for kids to wander around in.

Intercontinental Hotel

296 Mao Tse Tung Blvd.,
Tel: 023 424 888

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

Java Café

56 Sihanouk Blvd.,
Tel: 023 987 420

Kid's menu includes chicken nuggets and pizza bagels and there are colouring pages and crayons to keep the kids amused. High-chair is available on request and baby-changing facilities are in the toilet.

Java Tea Room

Inside Monument Books, 111 Norodom Blvd.,
Tel: 092 451 462

Cheerful children's reading room has picture books, puzzles, art supplies and occasional story-telling sessions. Open from 8am to 8pm.

Le Jardin

16 Street 360,
Tel: 011 723 399

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

Romdeng

74 Street 174, Tel: 092 219 565

Large garden and swimming pool provides kids with plenty of opportunity to work off all that energy. Many of the Khmer dishes can be ordered in half-portion. 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.

classes

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.com

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

Kindercare

60 Street 322, Tel: 023 214 890

Kindergarten set in the heart of Boeung Keng Kang district I.

Tchou Tchou

13 Street 21, Tel: 023 362 899,
www.tchou-tchou.com

Kindergarten and pre-school for 18 months to 5-year-olds, open from Monday to Friday from 7.30am to 12pm. French is the main language, although English and Khmer is also practised.

international schools

ICan International School

85 Sothearos Blvd., Tel: 023 222 418

www.ican.edu.kh

International school teaching the English national curriculum to over 230 pupils. Has spacious and modern facilities.

International School of Phnom Penh

146 Norodom Blvd., Tel: 023 213 103

www.ispp.edu.kh

Not-for-profit international school founded in 1989, ISPP has 395 students from pre-school to Grade 12. It is the largest international school in Cambodia, and the only authorized IBO school in the country.

Lycée Français René Descartes

Street 96, Tel: 023 722 044

www.descartes-cambodge.com

French school offering primary and secondary level education, extra-curricula activities include basketball, football and rugby.

Northbridge School

1km off National Road 4 on the way to

the airport, Tel: 023 886 000

www.niscambodia.com

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.com

International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab.

shops

Jolly Baby & Kids

108 - 110, Kampuchea Krom,

Tel: 012 995 795

Wholesale and retailer store that sells clothing and toys for children.

Kid's World

112 Sothearos Blvd.,

Tel: 012 661 168

Bright and cheery children's store selling an extensive range of real Lego, from small pieces up to elaborate box sets such as build-your-own Ferraris. The store also features a small play table. A range of baby products under the 'Nuk' label are also available.

Monument Toys

111 Norodom Blvd.,

Tel: 023 217 617

To the rear of Monument Books is a well-stocked toy section. It features an excellent range of well-known board games and toys including Barbie dolls, Transformers, Magic 8 balls and more. It has to be the best place in the city for brand name toys and games.

Willi Shop

769 Monivong Blvd., Tel: 023 211 652

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. **F**

shopping & fashion

Khmer Wedding

When the wedding season beckons, it's best to be well-prepared, **Michelle Gilkes** visits a couple of tailors that specialise in fitting you out for that traditional Khmer wedding.

IF YOU LIVE IN CAMBODIA long enough you will inevitably be invited to a Khmer wedding where female guests sport the traditional *pha moun* – a dress shirt embellished with beads and sequins – and *hol*, the silk sarong. Generally custom tailored, two shops come highly recommended for Khmer wedding ensembles.

■ SIV-MEY

In business since 1992, Siv-Mey runs a small, unassuming shop – Siv-Mey Tailors – on Mao Tse Tung Boulevard and has since opened a second location near Psar Thmei (Central Market) named Siv-Hour. She attracts a steady stream of both foreign and local clientele.

“Most come to me because I have a very good reputation and over 20 years experience,” she explains.

Although Siv-Mey tailors a variety of clothing she focuses on customary wedding outfits, using silk from Takeo Province she weaves detailed, traditional, geometric patterns. Set on encouraging a new generation of tailors she now runs a school upstairs from her shop.

“I have 100 students and want to make good tailors,” she says. “They enjoy it very much and some of the best students come to work for me so they can properly learn the trade.”

The average cost for a wedding outfit is between US\$200 to US\$300 and from US\$70 to US\$100 for other garments. Customers can bring their own fabric or select from her stock. Orders generally take anywhere from three days to two weeks to complete.

■ PARADISE FASHION

For a larger variety of design styles you only need to walk around the corner from Siv-Mey's to find Paradise Tailors where owner Hak Vannath and her designer daughter Hor Sokunthea offer both traditional and contemporary design options.



Glitz and glamour for that most special of days

“The traditional style is more popular with older people but the younger generation is looking for something more modern,” says Hak Vannath.

What you find is a splash of western sensibilities with a distinctive Khmer accent. Defying the customary bronze hues found on traditional hol they embrace a range of colours utilising shades of cyan, yellow and purple, from vermilion to persimmon, burnt orange and rust, Venetian reds and sangria.

Hak Vannath started making clothes in 1992 and three years later began exporting to Khmer's living in the U.S..

Now Paradise caters to Phnom Penh's fashion elite including many entertainers from TV3, Bayon, TV5 and CTN.

Using 100 percent hand-woven Cambodian silk, they also have an assorted array of fabrics imported from Italy, France, Thailand and China.

“We have so many design styles we decided to produce our own catalogue called ‘Paradise Fashion’ which is in its ninth issue,” Hak Vannath explains. The catalogue (US\$5) highlights local celebrities modelling the designs.

From elaborate sequined detailing and embroidery, youthful short-hemmed dresses to milder polished modes Paradise offers something for everyone. You can find pha mounes reminiscent of the Regency fashion period. Choose from ribboned empire-waist bodices ornamented with small rosettes over a ruffled border then

modernised by an open-back, or long flowing halter dresses bunched at the back terminating in a long train.

Paradise also has wedding attire for children and men as well as accessories like bags. With all the clothing made by hand Paradise is not for the bargain shopper, prices begin at US\$200 and can run to US\$1,000 depending on the material and embroidery.

■ BYO SILK

If you want to buy silk to bring along to a tailor, visit Annie Nguon Vanny's stall (number 1208) in the Russian Market. Annie has been selling silk for the last 20 years and offers traditional silk, silk scarves and silk fabrics hand-woven in Cambodia from Takeo, Prey Veng, and Bantey Meanchey. Annie's silk collection is often purchased by foreign merchants buying for export and retail shoppers browsing through the market. The quality of her silk is from medium to high and she is open seven days a week from 8am to 5pm.

An alternative is to buy silk from the Stung Treng Women's Development Centre, an NGO that sells silk wholesale and retail produced by women they have taught to read, write and weave. The fabric is called ‘Me-kong Blue’ and proceeds provide a sustainable and liveable income for the women through fair trade. They have won the UNESCO Apadha awards for different designs and export to the U.S., Japan and different European countries.

Siv-Mey Tailors

159 Mao Tse Tung Blvd., Tel: 012 807 610

Paradise Tailors

159 Street 143, Tel: 012 761 699

Annie Nguon Vanny

Stall 1208 Russian Market ■

shopping guide



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

art

Happy Painting Gallery

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

books & cds

Carnets d'Asie

French Cultural Centre (FCC)
218 Street 184, Tel: 012 799 959
French-language bookshop that has sections on Cambodia and Asia as well as general fiction. Good range of French magazines and newspapers. Open from 8am to 8pm (closed Sundays and holidays).

D's Books

12E Street 178 & 79 Street 240
Tel: 092 675 629
Over 20,000 copies. Most are second-hand, but some are originals. Heavy emphasis on best sellers, National Geographic past-issues and travel books. Open 9am to 9pm.

Monument Books

111 Norodom Blvd., Tel: 023 217 617
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).

Beyond Interiors

14e Street 306 Tel: 023 987 840
This interior design showroom, managed by Australian designer Bronwyn Blue, can provide the ultimate design solution to your interior dilemma. All products from Thailand, Vietnam, Indonesia and Cambodia are made with travel in mind and have been treated to withstand any climate. Open 7days, 9am to 7pm

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.

Hidden Treasures

9 Street 148, Tel: 012 717 212
Antique shop tucked just around the corner from Riverside Bar. Has a surprisingly large selection of antiques.

I Ching Decor

85 Sotheaors Blvd., Tel: 023 220 873
www.ichingdecor.com
Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

Le Rit's

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

Pavillon d'Asie

24 - 26 Sihanouk Blvd.,
Tel: 012 497 217
Antique lovers dream, with a large array of well-restored furniture and decorative objects. Wooden cabinets jostle for space with Buddha statues and old wooden boxes. Upstairs are pieces from the French colonial era. Open 9am to 6pm. Closed Sundays.

computers

S.I. Computer Technology

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

fashion

Ambre

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

Beautiful Shoes

138 Street 143,
Tel: 012 848 438
Located near Tuol Sleng Museum, this family-run business measures your feet and designs the shoe exactly as you wish. The shop also caters for men. Open from 7am until 6.30pm.

Bliss

29 Street 240,
Tel: 023 215 754
A beautiful colonial building houses this exquisite shop with funky patterned cushions, quilts and an excellent clothing line. The health spa at the back of the shop also sells Spana beauty products. Open from 9am to 9pm (closed Monday).

Eric Raisina

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

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.

www.couleursd'asie.net
#33, Street 240 . Phnom Penh
Tel/Fax 855 23 221 075 . info@couleursd'asie.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 allow **SONG** followers a constantly evolving supply of new pieces for the home or family wardrobe.

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

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

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

SONGresort.com
song.pp@asiasongdesign.com
SONG-life.com

SONG
Natural lifestyle by Valerie Gregori McKenzie

Create Your Lifestyle
the good taste

Bloom ATELIER
Bazaar
art de vivre

28, Sihanouk Blvd, Phnom Penh
Tel: 012 776 492
maj_keo@yahoo.com

Hidden Treasures
Arts & Antiques

#9Eo, St. 148
Phnom Penh
Tel: 012 717212
www.asiaartsnantiques.com

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 home-ware, Alexandra's range is stylish and wear-able, ideal for expats in Cambodia. Open from 10.30am to 5.30pm, closed Mondays.

Sapors
11 Street 59,
Tel: 012 900 470
Modelling agency, training school for housekeeping, as well as a beauty training school.

Smateria
8Eo Street 57,
Tel: 012 647 061
Boutique specialising in accessories made from recycled materials including a range of bags and wallets made from old fruit juice cartons, plastic bags and mosquito nets.

Spicy Green Mango
4a Street 278 Tel: 012-915-968
29 Street 178 Tel: 023-215-017
Now open in two locations, designer Anya Weis offers a very different style of clothing to any other shop in Phnom Penh with imaginative, colourful skirts, trousers, t-shirts, belts and shoes.

SONG
75 Street 240,
Tel: 092 985 986
www.songresort.com
Franchisee 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 Kabiki, Meta House, La Veranda, Living Room, Cafe Yeji. Delivery available from 12pm to 5pm.

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

Camory - Premium Cookie Boutique
167 Sisowath Quay,
Tel: 023 224 937
www.camoryfoods.com
Makes cookies using agricultural produce from the provinces such as cashew nuts from Kampong Cham and Mondulhiri honey. A portion of the profits helps fund education for a local orphanage. Open 9am to 8.30pm.

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

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

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

Smokey da Boar
Tel: 012 836 442
Kiwi run wholesale butchers specialising in sausages, ham on the bone and burger meat. Phone orders only.

The Deli
13 Street 178,
Tel: 012 851 234
Cafe 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.

Jasmine Boutique

Kingdom of Cambodia www.jasmineboutique.net

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

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.couleursdassie.net

Aircon shop selling French-designed silk and linen bags, scarves, cushions, pillow cases and quilts. Has a selection of soaps and bath salts from Senteurs d'Angkor, Amata beauty products and Eric Raisina's unique textiles and clothing. Open Mon.-Sat. 9am to 7pm, Sun. 9am to 3pm.

Friends 'n' Stuff

13 Street 215
(next to Friends restaurant),
Tel: 023 426 748

shop@friends-international.org
A colourful shop with unique products designed by Mith Samlanh/Friends students and parents of former street kids. Range includes clothes, necklaces, purses and 2nd hand goods. Also has a nail bar run by students from the beauty class. Open from 11am to 9pm 7 days.

NYEMO

14 Street 310,
Tel: 023 213 160

NGO handicraft store on the grounds of Le Rit's training restaurant. Fun, funky and a bit different to the norm, their silks and accessories are in fantastic bright colours. Also has a great range of children's toys and hanging butterfly and bird mobiles. Second outlet on the eastern edge of the Russian Market.

Sayon Silk Works

40 Street 178, Tel: 023 990 219
www.sayonsilkworks.com

Since 2001 self-taught Cambodian designer Sayon has created all her own handbags, cushions, scarves and quilts from Cambodian silk. A nice selection of goods on sale. Open from 9am to 7pm.

Silk & Pepper

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

Sobbhana Boutique

24 Street 144/49,
Tel: 023 219 455

A not for profit organisation founded by Princess Norodom Marie, offering a range of colourful, handwoven silk products. Profits help to support local women by funding the training, medical care and education of weavers.

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.

Sobbhana Boutique
No. 23, St. 144/49, Sangkat Prear Thmey III, Khan Daun Penh, Phnom Penh, Cambodia.
Phone: (+855 23) 219 455
Email: sobbhana@sobbhana.org
www.sobbhana.org

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

22B ST 278 PHNOM PENH
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Beyond Interiors

Glass-fronted and filled with the latest in contemporary style, last month's opening of the Beyond Interiors showroom could almost have been the launch of a new gallery. To get the lowdown, **Asia LIFE** caught up with **Bronwyn Blue**, Beyond Interiors director.



Feeling at home: Bronwyn Blue in her new business enterprise

A FURNITURE STORE WITH a difference, the Beyond Interiors showroom does indeed go beyond mere mercantilism.

"I'm trying to create a business that makes life easy for people," Bronwyn Blue tells AsiaLIFE in the airy Street 306 showroom. "We've created ranges of home living products that basically fulfill everybody's needs."

Each collection contains a bed, a dining table, dining chairs, a television cabinet, coffee table, sofa and bookshelf. The open plan store is like several complete rooms, without walls.

The collections feature a range of styles, from Modern with its contemporary geometric feel; to Scandinavian, featuring blond woods; Italian with a dark, Latin feel; and Avalon including heavy sofas and bookshelves.

"We display ranges of designer collections through the genres of modern to classic in quality materials such as Eng-

lish oak and Indonesian teak," says Bronwyn. "Our ranges comprise of all interior décor products necessary to complete any style of fit-out."

■ KHMER CREATIVITY

But there's more to the Beyond Interiors concept than just furniture – Bronwyn calls it "a labour of love."

"The whole space was created as a kind of tribute to classic Khmer architecture from the 1950s and 60s," she explains.

The showroom was originally a classic villa in Phnom Penh, Sangkum Reastre Niyum art-deco style. "It had some very nice elements of old school design that we feel very romantic about here," she smiles, pointing out white-washed curved concrete ceilings that are distinctive of the period. "You see it everywhere but it's perhaps a little unappreciated in this modern atmosphere of people

we have a space that highlights the integrity of old-school Cambodian architecture and uses Cambodian materials in a way that is fresh and innovative

wanting things newer and bigger and higher. I really wanted to tease out those elements from the existing building and reflect it throughout the design of the space to say: "look how special this is" and to create a feature that is appealing to everyone."

But there's no pretentiousness, just practicality.

"We're very low-key," Bronwyn laughs, noting the handmade Khmer roof tiles that carpet the floor and glazed green pagoda roof tiles that adorn the wall. Definitely "not flashy," as she puts it, but it is rather elegant – precise even – and at the same time welcoming and comfortable. "We took raw materials that are locally made and interpreted them in a different way," she says. "Perhaps, rather than being a furniture shop that wants to flog you a dining table ... we have a space that highlights the integrity of old-school Cambodian architecture and uses Cambodian materials in a way that is fresh and innovative."

■ STORE CONCEPT

Beyond Interiors' innovative attitude also includes a revolutionary – for Cambodia – change in customer service.

"It's more about different ways of living – what your home looks like now and what your idea of your dream space is," Bronwyn says.

"Obviously people have their own furniture – some people are just looking for a bed set for their new place or to fit in with their new home they've built, rather than needing a whole household. We can accommodate that too," she assures.

Offering a comprehensive and unique service in Cambodia, Beyond Interiors source only high-end interior décor collections, and can manage the challenging process of interior fit-outs.

"Through our collective 10 years of regional experience, we understand the challenges of working in and around the region," Bronwyn adds. "From design concept through to import, transport, quality management, installation and follow-up support, working with our international management team, our clients rest assured that every challenge will be dealt with quickly and expertly."

■ ETHICAL BUYING

Most Beyond Interiors customers "are mindful of their home environment," she says. "It's for clients who want to be part of stylish home living space. They are investing in products that will last."

Durability is a feature that all Beyond Interiors products share – offering not just value for money but an ethical, green buy for those concerned about global issues.

"Beyond something looking beautiful we are looking to target clients that are conscientious of the origins of the raw materials that they're buying," she says.

Such customers are usually clued up about environmental concerns, so Beyond Interiors offers a green guarantee. "They can be sure everything we sell here comes from government designated forests in Indonesia," Bronwyn promises.

What wood there is, as well as being sustainably sourced, is conditioned to ensure longevity.

"It will stand the test of time," she assures. "It has been treated, fumigated, cooked, prepared for a lifetime of living in North London, or in South Carolina, in Laos or Cambodia."

Beyond Interiors' showroom is located at 14e Street 308, BKK I

business

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Trevor Keidan: Time to get interested in...compound interest



"BACK FROM THE BRINK!" AND "RECORD GAINS!" have been just two of the headlines that have been touted by the mainstream media in relation to the global financial crisis recently. They are in stark contrast to some of the other headlines we have seen of late – such as "Crash" and "Meltdown". It just goes to show what a difference a few days can make when it comes to dealing with the world economy! It also shows that we are living in uncertain and volatile times when it comes to finance.

While world leaders and their respective finance ministers are tackling the real issues in the economy what should we be doing? The answer is to learn how we can protect ourselves from this inevitable volatility as illustrated by these ever-changing headlines.

First up, we need to understand about regular savings plans, compound interest and dollar cost averaging.

■ COMPOUND INTEREST

Did you know that if you started saving US\$10 per week at the age of 20 – at an interest rate of just 2.5 percent after tax and allowing for inflation – you would have earned US\$35,480 by the time you were 60?

In reality you would have invested US\$20,800 by the time you were 60. But with compound interest that US\$20,800 would have earned you an extra US\$14,680 in interest over the 40-year period.

Had you started saving US\$50 per week at the age of 20 by the time you were 60

you would have put away US\$104,000. You would have earned interest of US\$73,400 giving you a total of US\$177,400.

Still with me?

When you save into an account your bank adds interest to your savings at monthly intervals. If you leave your money – including the interest – there and do not make any withdrawals then that money grows and grows. The interest earns interest on the interest. So you are earning interest on the amount you save as well as interest on the interest – compound interest. Interesting?

The longer you save the more you benefit from this compound interest.

It's the same for shares – but for shares instead of re-investing the interest you re-invest the dividends.

If you had invested US\$10,000 in the stock market in 1983 – that same US\$10,000 would be worth almost US\$200,000 at the end of 2007. By comparison – the same amount in bonds would be worth US\$77,558 over the same period of time – and that's with September 11, the dotcom crash and a number of wars and crises in between.

■ SAVINGS PLANS

Regular savings plans are an excellent way to reduce risk and to benefit from dollar cost averaging. Dollar cost averaging allows an investor to take advantage of the volatility of the share market.

By investing a set amount at set intervals you are effectively riding the ups and

downs of the stock market. You purchase more units when prices are low and less when prices are high. This reduces the risk of putting a large sum of money into a particular investment at the wrong time. You will also benefit financially from this – hopefully paying a lesser average price for your units or shares.

Those of you who know me well, will realise that I am a big fan of funds. One of the best things you can do right now is set up a regular investment plan to contribute to funds. Like shares, these go up and down and you will benefit by buying more units when the price comes down.

So, remember our golden rules of buying for the long term and regularly monitoring our investments. Do not put any money away that you might need at short notice. And to guard against this, set up a regular investment plan.

There you have it.

While the rest of the world is panicking and the world leaders are trying to sort out the world's financial problems, try and make this volatile situation work for you by planning. If you plan properly you could possibly end up profiting from all this uncertainty.

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

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Kampong Thom

A quiet provincial town, Kampong Thom is slowly emerging as a tourist destination in its own right. Located halfway between Phnom Penh and Siem Reap, it is the perfect stop to break up the journey to Angkor. Words and photos by **Virginie Noel**.

ALTHOUGH KAMPONG Thom Province has some important attractions to offer, it has not yet been exposed to mass tourism, preserving its unspoilt and authentic feel. Kampong Thom itself is a typical small Cambodian town, with a pleasant riverside and some beautiful French architecture.

One unique feature of the town is its colony of over 700 bats. For a great photo opportunity, look out for them in the cluster of trees near the provincial government building at around 5.30 pm to 6pm. Catch them flying off into the sunset.

■ BUILT IN STONE

Some quirky landmarks are also worth a mention, such as the statue of an elephant stepping on a tiger – the town's emblem. Another interesting statue is the well-preserved statue of the Rearing Lion, from the tenth century, which was brought to Kampong Thom from a jungle temple complex in Preah Vihear.

Built in the twelfth century Wat Kampong Pagoda is another of the town's highlights. It features, among stupas and shrines, some strange-looking statues of monsters. A mural inside the main sanctuary was painted in 1960 and depicts Norodom Sihanouk surrounded by the world leaders of the time.

Kampong Thom also boasts one of the country's few churches not destroyed by the Khmer Rouge. Designed by Vann Molyvann, it is definitely worth a look.

■ ISANAPURA

Located 28km from the town of Kampong Thom in Sambor Prey Kuk village is the ancient temple site of Isanapura. Dating back to the seventh century, this pre-Angkorian city was the capital of the Chenla kingdom.

The three main sites, each consisting of a large temple complex



Isanapura: makes Ta Prohm seem run of the mill

surrounded by double enclosure walls, contain a total of over 280 temples. Most of these are either off-limits or too damaged to be of interest, but several sites are very well-preserved and many of the temples carry beautiful intricate carvings.

The temples all have large central towers surrounded by shrines, gopuras and artificial ponds. Shaded by large trees, the best way to explore the site is by bicycle. Hire a bike and a local guide at the entrance and set off to explore the temples, some of which are held together by large tree roots.

The subject of active conservation efforts, new monuments are still being discovered and excavated around the site. Local communities are involved in safeguarding activities, such as periodic weeding, removing of trees dangerous to the monuments, and installing supports.

GTZ is currently working in collaboration with Exotissimo and local communities to develop community-based tourism services in the area. Local guides are available to guide tours around the temples, and bicycles can be rented from villagers.

An interesting addition to the site is the Isanborei crafts hut, located near the entrance. This initiative of the Sambor Prey Kuk Conservation and Development Community aims to support the local community by promoting traditional crafts that are in danger of disappearing due to the increased use of modern tools. The hut exhibits and sells beautifully crafted tools, such as Kruh – baskets made of bamboo and rattan traditionally used for carrying liquids – at very reasonable prices.

After visiting the temples, enjoy a picnic in huts by the river, which is a pleasant 1.5 kilometre walk through forests away from the temple site. Villagers will be happy to take you back to the site in ox-carts if you arrange it in advance.



Hitching a lift Kampong Thom style

■ AROUND KAMPONG THOM

South of the town, Phnom Santuk is the most important holy mountain in the province, and comparable with Udong. The 900 steps leading to the top are shaded by trees and boulders all the way up. Your efforts will be rewarded by the spectacular views over the surrounding rice plains. Apart from a modern pagoda, several cave shrines containing sculptures of Buddha can be explored on the hilltop plateau.

On the way to Santuk, stop at the village of Samnak to visit the local sculptors. Watch them carve giant Buddha statues out of huge slabs of rock.

The province not only offers impressive archaeological sites such as Sambor Prey Kuk, Prasat Kuk Hak Nokor and many others, but provides glimpses of peaceful village life and beautiful countryside. Endless rice paddies, picturesque rivers, and small sleepy villages are non-assuming, yet quintessential Cambodian sights that make every trip complete. The best way to explore the province is by mountain bike, so get on your bike and explore.

■ ACCOMMODATION

Sambor Village

Due to open in December 2008, this boutique hotel will offer

high-standard accommodation while retaining a village atmosphere. The traditional Khmer wooden house, and 20 bungalows, are located in a lush garden, complete with vegetable patch,

swimming pool and farm animals. Traditional music at evenings by the pool rounds off the experience of staying in true Khmer-style, without having to forego any home comforts. (US\$55 a night).

They also organise boat tours and other activities.

Democratic Street, 500 metres north of Tela Station on the riverfront, Tel: 098 698 814 or email info@samborvillage.com



Traditional stone masons at work

Stung Sen Royal Garden Hotel

This used to be the best hotel in town, but age is starting to take its toll. Its central location makes this an attractive option nevertheless. Clean rooms with TV, hot showers, air con cost US\$20.

Street 6, Krom 3th, Village 1st, Kampong Thom, Tel: 012 309 495, 062 961 228.

Kampong Thom Village Hotel

Newer and with more character than Stung Sen Royal Garden, this hotel is less centrally located. Bright clean rooms with all amenities are US\$20 per night.

562 Kampong Thom Village. Tel: 062 962 311, 099 456 949.

■ TOURS AND ACTIVITIES

Local guides can organise tours to Sambor Prey Kuk and other attractions. Contact Sambor Prey Kuk Community at tourism.kt@gmail.com or call Sokly on 099 761 955 or Pich on 017 552 061.

For more information on GTZ's Tourism Development Project, contact Ngim Hong at 012 621 515 or hongngim@hotmail.com. 📌

getaway

ChildSafe®



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

battambang

La Villa

East bank of river, Tel: 012 826 186
www.lavilla-battambang.com
Beautifully restored 1930s colonial house with six rooms from US\$45 to US\$50.

Riverside Balcony Bar & Restaurant

West bank of river, Tel: 012 437 421
Traditional wooden house with great views of the river and good food. Open from 4pm to midnight.

chau Doc (vietnam)

Victoria Chau Doc Hotel

32 Le Loi, Tel: +84 76 865 010
www.victoriahotels-asia.com
A few kilometres on the Vietnamese side of the border, Chau Doc's finest has great views of the Bassac River, a swimming pool, restaurant serving both international and Vietnamese cuisine and great massages. Rooms from US\$180 a night.

kampot

Blissful Guest House

Kampot, Tel: 012 513 024
Small guest house, with 11 rooms, set in a quiet part of town. Downstairs restaurant and bar, and communal TV room upstairs. Rooms are from US\$4 to US\$7.

Bodhi Villa

Across the river, Kampot
Small guest house just across the old bridge in Kampot. The few basic rooms are extremely cheap and there are bungalows overhanging the river too.

Most definitely a place to chill like the lotus eaters.

Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314
www.bokorlodge.com
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms ranging from US\$20 to US\$35. Also has a good restaurant and bar with some outside seating overlooking the river.

Epic Arts Café

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

Jasmine

House 25 Riverside Road, Kampot
Tel: 012 927 313
Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish addition to the Kampot riverfront. Serves tasty Thai, Khmer and café fare, it also has photography decorating the walls, and dark wood furniture including two large tables for groups.

Les Manguiers

2km north of Kampot, Tel: 092 330 050
Small resort with bungalows and rooms set in beautiful gardens overlooking the river. The three rooms cost US\$15 and the four bungalows US\$20 to US\$25. Also has a restaurant with daily changing, freshly prepared food. Best to book up in advance especially at weekends.

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part 16

The Motorbike Diaries:

Having revised their ultimate destination to Finland, Mike Gracey and Lotta Väänänen find themselves stranded in the Ukraine.



Night train from Odessa

STANDING BY THE SIDE OF the street with two broken down motorcycles, we were miraculously rescued by none other than the Ukrainian motorcycling racing team. This was down to a phone call by a passing man who said he knew someone who then turned out to know someone else...

We found ourselves sitting on our bikes in the back of a large van, were taken to their workshop and provided with food and their showroom to sleep in. We were utterly lost for words. The following morning our bikes were fully serviced at no expense and numerous phone calls were made regarding trains bound for Poland. A staff member was sent with us to the train station in Odessa, where he bribed the cargo manager to take our bikes onboard the night train to L'viv.

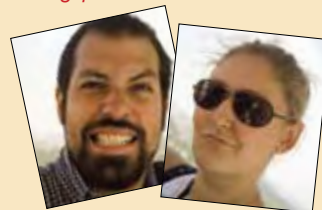
We pulled into L'viv at about 6am the following morning and were astonished to see a true winter wonderland. Nevertheless, we collected our bikes and through the dark, snowy landscape we drove the remaining 100 kilometres to Poland. En route I slid on an icy patch and dropped the bike!

Polish immigration warmly welcomed us to the E.U. and we continued through unbearable cold onto Przemysl. Here we hoped to catch a train to Warsaw and continue our journey through the Baltic

States or to the coast enabling us to catch a ferry to Helsinki. Christmas was just around the corner and we'd be damned if we wouldn't make it to Finland for the celebrations.

Unfortunately we discovered that no trains would accept our motorcycles, however we did meet four angelic fellows who arranged a small truck to take us 700 kilometres across Poland overnight, to the coastal city of Gdansk. We sat up front with the driver and arrived in Gdansk at dawn, from where a night ferry was to depart to Helsinki. However, we discovered that the ferry departed from another city altogether. We drove all the way there, only to be told there were no ferries to Finland, only Sweden, and that was back in Gdansk. After a 100 kilometres goose chase, practically frozen, we boarded a ferry to Nynäshamn, Sweden, bringing us that one step closer to home.

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



Mike 'Che' Gracey & Lotta 'Knieval' Väänänen

HISTORY



ELEGANCE



COMFORT



ALONG THE SEA SHORE



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.

champeyinn@mobitel.com.kh

Beautifully restored colonial house set in a peaceful village with stylishly furnished rooms. Intimate restaurant, swimming pool and river views make this a unique and luxurious place to get away from it all.

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.

Star Guesthouse

Opposite the market,

Tel: 012 753 401

kratiestar@hotmail.com

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

phnom penh - deluxe

Amanjaya

1 Sisowath Quay,

Tel: 023 214 747

www.amanjaya.com

Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar. Rooms from US\$155 to US\$265.

Cambodiana

313 Sisowath Quay,

Tel: 023 426 288

www.hotelcambodiana.com

Great riverside location with spectacular sweeping views of the confluence of three rivers. Large rooms with air-con, in-room safes and good bathrooms. Live band plays nightly (except Sundays).

Himawari

313 Sisowath Quay, Tel: 023 214 555

www.himawarihotel.com

The 115 beautifully-designed suites have aircon, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts. Rooms from US\$113 to US\$306.

Imperial Garden Hotel

315 Sisowath Quay, Tel: 023 219 991

Large hotel and villa complex next to the Cambodiana. Has a swimming pool, gym and tennis court. Live band plays nightly.

Intercontinental

296 Mao Tse Tung, Tel: 023 424 888

www.ichotelsgroup.com

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

Raffles Hotel Le Royal

Street 92, Tel: 023 981 888

www.phnompenh.affles.com

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

Sunway Hotel

1 Street 92, Tel: 023 430 333

www.sunway.com.kh

Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities. Rooms from US\$80 to US\$540.

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.

Kep Lodge

Tel: 092 43 53 30 www.keplodge.com

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

Knai Bang Chatt Resort

Tel: 012 879 486

www.knaibangchatt.com

Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public. Elegant swimming pool, air-con, gym, library and fantastic gardens, this resort is the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea. Check for special offers.

Star Inn

Kep Beach, Tel: 011 765 999

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

Veranda Natural Resort

Tel: 012 888 619,

www.veranda-resort.com

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

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.

Le Relais de Chhlong

Mekong riverside, Chhlong (Kratie Province), Tel: 012 501 742

phnom penh - mid

Almond Hotel

128F Sothearos Blvd, Tel: 023 220 822

www.almondhotel.com.kh

56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi for US\$40++ and deluxe rooms for US\$70. Downstairs restaurant serves dim sum and Cantonese food. Spa due to open this month.



The Independence Hotel

● Boutique Resort ●

Street 2 Thnou, Sangkat No. 03, Khan Mittapheap, Sihanoukville, Cambodia

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

Web: www.independencehotel.net

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

Anise

2C Street 278 (Cnr. of 57),
Tel: 023 222 522,
www.anisehotel.com

Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine. Rooms from US\$29 to US\$60.

Billabong

5 Street 158, Tel: 023 223 703
www.thebillabonghotel.com

Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Serves good food. The rooms are a reasonable size with aircon and range from US\$36 to US\$58.

Bougainvillier

277G Sisowath Quay, Tel: 023 220 528

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

FCC Phnom Penh

362 Sisowath Quay, Tel: 023 724 014
www.fccambodia.com

Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-speed Internet access and the latest mod cons. Rooms from US\$85.

Goldiana

10-12 Street 282, Tel: 023 219 558
www.goldiana.com

Extremely popular hotel for visiting NGO workers presumably due to its close proximity to NGO-land and decent prices. Rooms from US\$28 to US\$48.

Kabiki

22 Street 264, Tel: 023 222 290
www.thekabiki.com

Set in a secluded alley around the

corner from the Pavilion, Kabiki is the first hotel in Cambodia dedicated to families and children. The two salt-water pools are designed with children in mind. The rooms (US\$45 to US\$70) have a double bed and a bunk bed as well as a small outside area for small children. Free WiFi, bar and restaurant.

The Quay

Sisowath Quay,
Tel: 023 224 894
www.chowcambodia.com

Five-storey, 16-room boutique hotel opened on the riverside in April. Stunningly designed by Gary Fell, the stand-out features are the roof-top jacuzzi and the very contemporary ground-floor bar and Chow Restaurant with WiFi and a small poolside restaurant.

The Pavilion

227 Street 19 Tel: 023 222 280
www.pavilion-cambodia.com

Beautiful boutique hotel set in a colonial building with 10 large, uniquely-designed rooms, each with either a small balcony or garden. Outdoor swimming pool, free Wi-Fi and a small poolside restaurant. Rooms from US\$50 to US\$65.

Villa Langka

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

Brand new boutique hotel with restaurant and beautiful swimming pool. Just a stones throw away from Wat Lanka.

phnom penh - budget

Boddi Tree

50 Street 113, Tel: 023 998 424

Small guest house with relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng. Rooms from US\$8 to US\$26.

Cara Hotel

18 Street 47, Tel: 023 430 666

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

L'Imprevu

Highway 1, 7km past Monivong Bridge
Tel: 024 390 405
www.hotel-imprevu-resort.com

Complex with twenty-four bungalows just outside of Phnom Penh. Tennis courts and excellent swimming pool make this a good break from the city. Bungalows for US\$13 to US\$20.

Sokha Heng Guesthouse

29 Street 178,
Tel: 023 990 077

New, modern, clean 25-room guesthouse located conveniently close to the National Museum. Has rooms with air-con and hot water for US\$20 and US\$25.

Tonle Sap Guest House

4-6 Street 104,
Tel: 023 986 722
www.tonlesapguesthouse.com

Clean, well-kept guesthouse upstairs with 15 rooms, from US\$15 to US\$30, with air-con, fans, hot water, cable TV. Downstairs Pickled Parrot bar open 24 hours.

Tony's Guest House

180 Street 130,
Tel: 092 289 068

Guest house next door to popular bar that also goes by the owner's name. All the rooms (from US\$15 to US\$25) have air-con, 60-channel cable TV, king-size beds and an en-suite bathroom with hot water.

Velkommen Inn

23 Street 104 Tel: 092 177 710

Just off the riverfront, situated above Velkommen Inn Restaurant is the guesthouse of the same name. The spotless rooms have air-con, with cable TV, minibar, safety box and en suite rooms with hot water. The hotel is located close to the bus stations and the ferry dock. Rooms from US\$20.

The Winking Frog

128 Sothearos Blvd.
Tel: 023 356 399

Centrally-located guesthouse with 31 en-suite, air-conditioned rooms from US\$15 to US\$25. Downstairs is a British-run, 24-hour pub with live music.

sihanoukville

Cantina del Mar

Otres Beach, Tel: 012 702 502

Newly opened taco and seafood stall on one of Sihanoukville's most unspoilt beaches. If it is anything like its Phnom Penh older sister, expect great Mexican food and some mean tequila cocktails. Open from 10am.

Holy Cow

Ekareach Street, Tel: 012 478 510

Beautiful restaurant set in a relaxing garden environment on the main street, with terracotta terrace downstairs and wooden dining area upstairs. Well-priced, good cuisine including vegetarian options from US\$1.50 to US\$3, with house wine at US\$2. Open 9.30am to midnight.

House of Malibu

Serendipity Beach, Tel: 012 733 334

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

Independence Hotel

Street 2 Thnou, Sangkat No. 3,
Khan Mittaphheap, 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\$11 to US\$450.

Le Vivier de 'La Pailote'

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 offer 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

Roaf 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

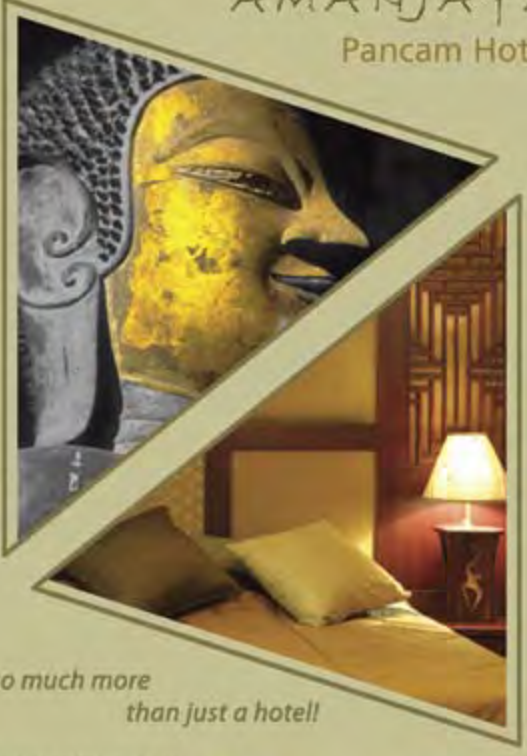
Tel: 012 952 011

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

AMANJAYA
Pancam Hotel



...so much more
than just a hotel!

www.amanjaya.com
Tel: +855 23 219 579
Fax: +855 23 219 545

 1 street 154, Sisowath Quay
Phnom Penh Cambodia

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
Chr Pub Street & Sivutha Boulevard Tel: 063 963 533
www.mollymalonescambodia.com
 Obligatory Irish Pub with lots of wood panelling and Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-conditioned rooms from US\$20 to US\$35. Open from 7am to midnight.

Red Piano
Pub Street, Tel: 063 964 730
www.redpianocambodia.com
 Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has great views of the m le e down below. Open from 7am to 11.30pm.

The Warehouse
Old Market, Tel: 063 965 204
 Popular expat bar opposite the old market that plays great 80s music. Good Asian fusion cuisine and with an additional selection of menus from nearby outlets, this is a great place to hide from the hordes along Pub Street and use the free Wi-Fi. Also has a small gallery upstairs. Open from 10am to 3am.

siem reap - caf s

Blue Pumpkin
Old Market, Tel: 012 946 227
www.tbumpkin.com
 Popular caf  with a great range of freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Caf  coffee. Free WiFi. Also has outlets at Angkor Wat and the airport.

Caf  de la Paix
Sivutha Bld, Tel: 063 966 000
www.hoteldelapaixangkor.com
 Like the adjoining Hotel de la Paix, this small caf  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, Domestic Airport Tel: 012 623 945, www.happypainting.net
 Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards. Open 5.30am to 11pm.

siem reap - galleries

Carnets d'Asie
333 Sivutha Bld., Tel: 016 746 701
www.carnetsdasie-angkor.com
 Set in an arcade, this gallery-cum-

bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th century.

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

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

The Arts Lounge
Hotel de la Paix, Sivutha Boulevard Tel: 063 966 000
 Large space in the ground floor of the hotel that showcases the works of Cambodian and international artists. All pieces focus on Cambodian subjects.

The Red Gallery
FCC, Pokambor Avenue Tel: 092 822 323
 A contemporary art space representing a select group of artists based in Cambodia. The Gallery exhibits sculptures, oil paintings, photography and mixed media. Hours: 10am to 10pm.

siem reap - hotels

Amansara
Pokambor Avenue, Tel: 063 760 333
www.amansararesorts.com
 The ultimate in Siem Reap's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit.

Claremont Angkor
17 Phum Wat Bo, Tel: 063 966 898
www.claremontangkor.com
 New reasonably priced hotel with swimming pool, gym and large outside terrace area. Well-located just across the river, but within easy access of both temples and town.

FCC Angkor
Pokambor Avenue, Tel: 023 992 284
www.fcccambodia.com
 Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free Wi-Fi for guests both in rooms and around the pool. Rooms from US\$90 in low season.

Golden Orange
Off East River Road, Tel: 063 965 389
 Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers. Rooms from US\$20.

Hotel de la Paix
Sivutha Boulevard, Tel: 063 966 000
www.hoteldelapaixangkor.com
 With stone-ware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free Wi-Fi. Special offer rooms from US\$165 a night.

La Residence d'Angkor
River Road, Tel: 063 963 390
www.residenceangkor.com
 Boutique, low-rise resort located across the river from the centre of town. Stylish wooden d cor. 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.



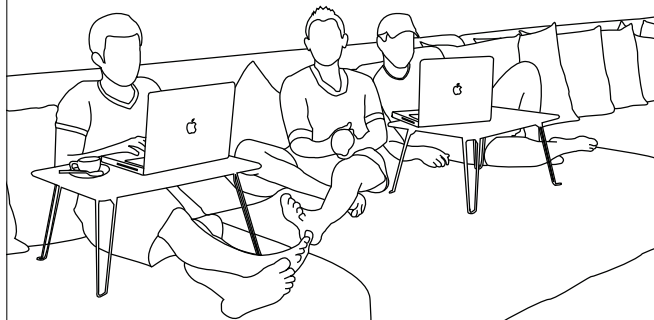
សណ្ឋាគារ គ្រោងទំន អ៊ិន
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Group 1, House No 7, Slokram Village, Siem Reap
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Sokha Angkor

Cnr Sivatha Rd and National Rd 6
Tel: 063 969 999, www.sokhahotels.com
Huge 5 star resort, sister property to Sihanoukville's Sokha Beach Resort. Located just back from the centre of town, it has a large pool, Irish pub and Japanese restaurant. Rooms from US\$250-2000 a night.

Victoria Angkor

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

siem reap - leisure

Body Tune

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

Frangipani

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

Phokeethra Country Club

Sofitel Royal Angkor Resort & Spa, Vithel Charles de Gaulle,
Tel: 056 396 4600,
golf@sofitel-royal-angkor.com
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24 Sivatha Road Siem Reap,
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www.sokhahelicopters.com
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siem reap - restaurants

Burgers Without Borders

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

Butterflies Garden Restaurant

535 Wat Bo Road, Tel: 063 761 211
www.butterfliesofangkor.com
Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.

Carnets d'Asie

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

FCC Angkor

FCC Complex, Pokambor Avenue
Tel: 063 760 280
The best example of contemporary Asian architecture in Cambodia, the elegant bar and restaurant serve a mix of Asian and International cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel and arguably the coolest pool room in Cambodia.

La Noria

Wat Bo Road, Tel: 063 964 242
Beautiful restaurant, set on a raised terrace area surrounded by trees. Serves good international and Khmer cuisine. Has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

Le Malraux

155 Sivutha Boulevard
www.le-malraux-siem-reap.com
Sophisticated French fine dining estab-

ishment close to the market with good outside terrace and welcoming bar. Has a fine selection of wines.

Le Bistrot de Paris

Old Market Area, Tel: 092 964 790
Parisian-style bistro which opened in December 2006. Heavy wood-panelled interior with solid bar and aircon provide this restaurant with authenticity. Serves foie gras, croque monsieur, cheese, cold cuts and French wines.

Maharajah

Next to Pub Street,
Tel: 092 506 622
Halal restaurant offering 261 Royal Indian dishes, including a large selection of vegetarian and non-vegetarian specialties. Open from 10am to 11pm with free home delivery.

Meric

Hotel de la Paix, Sivutha Boulevard
Tel: 063 966 000
www.hoteldelapaixangkor.com
Elegant, contemporary restaurant with classically simple yet powerful black and white décor and an open kitchen. Executive Chef Johannes Riviere has devised a daily-changing seven-course traditional Khmer set menu. Try to book one of the swings outside on the terrace.

Singing Tree Café

Wat Bo Road, Siem Reap
Tel: 012 490 265
Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialties, all costing around US\$2. Also a centre for yoga, meditation and reiki healing.

Tigre de Papier

Pub Street, Siem Reap, Tel: 012 265 811
The thing that differentiates this place from all the other restaurants along Pub Street is its half-day cookery classes, starting at 9am and costing US\$10. Friendly, helpful French management.

Viroth's

Wat Bo Road, Tel: 012 826 346
Elegant restaurant on the other side of 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, Domestic Airport
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
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Kep in a Flash: Tides of Change

Thinking of getting away for the Water Festival? How about Kep?

FOR A LONG TIME VERY MUCH a Cambodian backwater with a chequered history, the coastal resort town of Kep is undergoing a resurgence of investment. Only a couple of years ago, Kep was very much off the tourist trail, frequented by backpackers in search of solitude and photographers seeking to capture the lost soul of derelict buildings. Now that the town is on the mains electricity and the border with Vietnam has been opened up to international travellers, there is far greater reason to visit sleepy old Kep.

Nowhere epitomises the change more than Veranda Natural Resort. Previously a small guesthouse with a few bungalows perched on one of the foothills stretching out from the town, Veranda is undergoing a renaissance under the management of Bebe, former co-owner of Phnom Penh's Equinox Bar.

The resort currently has 17 rooms varying in facilities, from fan to air con, and price (US\$25 to US\$70). All provide a leafy seclusion surrounded by wooden walkways set in the trees. For those wanting the ultimate jungle luxury hideaway, ask to see the luxurious La Villa, which has breathtaking views across the bay, although at US\$225 a night, it is outside the budget of most Phnom Penh expats.

Veranda has a great French kitchen and bakery. Bong Karem ice cream is also on offer for those with a sweet tooth. A small stall sells Lili Perles jewellery, and WiFi is available for those who don't want to get away from it altogether.



In addition to building a further seven VIP rooms (US\$100 / night), Bebe is going to launch a new bar – Phoenix – very much rising out of the ashes of Equinox. Look out for some special parties once the bar is open.

Down on the coast, exclusive resort Knai Bang Chatt, offers a less exclusive Sailing Club, which in addition to nautical adventures, makes for a great place to watch the sunset. It also is fast becoming the place to go for beach parties. After last month's Full Moon Party, this month they will have a Water Festival Party on Nov. 15 with barbecue and all-night DJ for US\$8.

Alternatively places to hang out include the long-standing Led Zep Café, run by Christian, who offers some seriously cold cans of beer as well as

vegetarian burritos for 7,000 riel. Previously Christian used to close during the low season, but now stays open all year – maybe this is the true sign that times are a-changing. Ask him for Stairway to Heaven and he's as likely to point you to a path leading up the adjoining hill, which bears that name. It's open from 8am to 9pm.

The town's other watering hole is Riel Bar. Run by the same crew as Botanica guesthouse, Riel is the only bar in town that stays open late. Owner Stephane has been known to arrange some gigs, show movies and have occasional book readings in the high season. He says that from November they will also have special evenings, such as vegetarian nights and barbecues. If you are looking for a cheap pad to crash out, then you could do far worse than Botanica, which has five simple, clean bungalows with fan for (US\$8 to US\$10).

A little more up-market, Kep Lodge has several large bungalows with fans for US\$23 to US\$36, depending on season. The main advantage of this place is that it has a swimming pool, which is ideal for families.

Veranda Natural Resort

Tel: 033 399 035 / 012 888 619

The Sailing Club, Knai Bang Chatt

Tel: 092 882 750

Botanica Guesthouse

Tel: 016 562 775

Riel Bar

Tel: 01 190 2771

Kep Lodge

Tel: 092 435 330

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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.

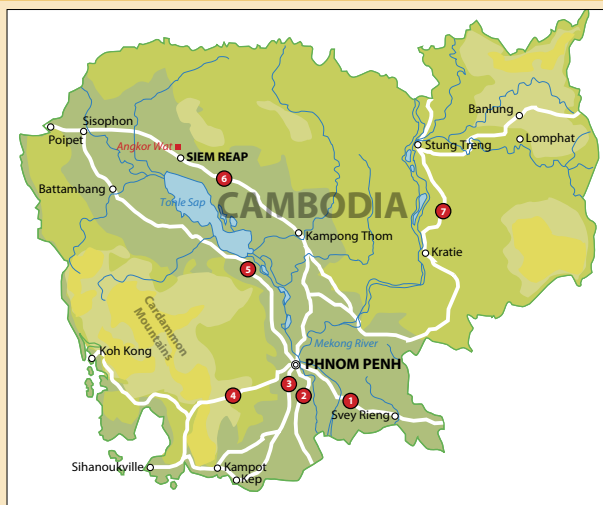
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www.exotissimo.com
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24 Sivatha Road Siem Reap, Tel: 012 184 8891
www.sokhahelicopters.com
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Travel Indochina
43-44Eo Street 108, Tel: 023 991 978
www.travelindochina.com.au
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) Blue 2) Black Beauty
- 3) White 4) Jack Lemon
- 5) Black, red and yellow
- 6) Pink 7) Green 8) Robert
- 9) Deep Purple
- 10) Robert Browning
- 11) Westminster Abbey
- 12) West Indies 13) Easter
- 14) South Africa
- 15) Oliver North 16) Westlife
- 17) Southern Lights
- 18) New South Wales
- 19) Easter Island 20) South Pacific
- 21) Pekinese
- 22) Pointer Sisters 23) Fluffy
- 24) Jack Russell 25) HMY
- 26) Sandy 27) Dog Day
- 28) HMS Beagle
- 29) Toto 30) Dalmatian

Pub Quiz ANSWERS



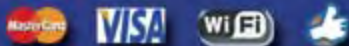
Reef Resort Sihanoukville

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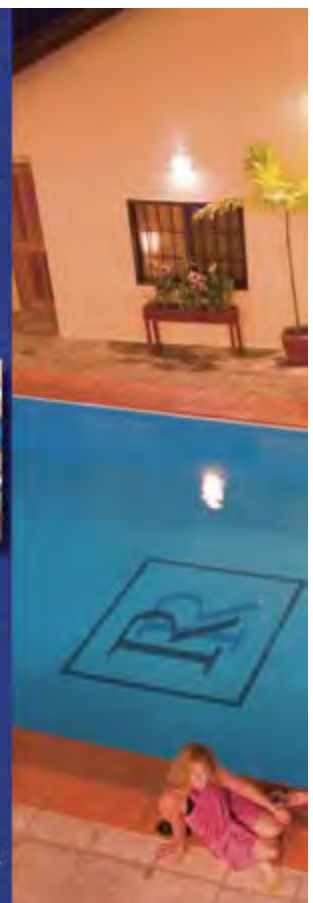
Quesadillas - Sizzling Fajitas - Burritos - Taquitos - Tacos - Jalapeno Poppers - Wraps



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phnom penh: central





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unplugged

Voting in America

Will Koenig takes a look at the current Presidential race and draws parallels to his own down-and-out time in America.

WHEN I WAS A YOUNGER, I was fascinated by the life of hobos. Growing up, there were lots of films and TV shows that featured lovable tramps getting into good-natured mischief.

In fact, when I had finished college and worked long enough to save up some money, I decided to try my own luck at being a vagabond. Starting in Astoria, Oregon, just a few blocks from where the Lewis and Clark expedition spent a long rainy winter, I slung my pack on my shoulders and stuck my thumb out, eager to see how far east I could get.

And I stayed like that for a very long time. It seems nobody wants to pick up a hitchhiker that's tall, dark, hulking and has a permanent five-o'clock shadow. A ride from a sympathetic former colleague got me to just beyond the edge of town, but no farther.

As the day came to an end, I considered having to sleep in the woods. Then it started to rain. And it got cold. I started walking back to town when a car pulled up and a man who turned out to be a reformed car thief offered me a ride. I did not ask if the car he was driving was stolen.

He dropped me off several blocks west of where I had started – so much for that.

I quickly learned that it was much easier just to buy a train ticket than attempt to hop a moving train or hitchhike. And that hostels offered more comfortable lodgings than the forest. But I still had fond memories of my time as a vagabond.

At least until the U.S. financial system was revealed to be as structurally sound as a canoe made of papier mâché. Hobo antics sound great when you're single and young, but the idea of living in a piano box with a wife and child is decidedly less appealing.

My wife says we could move back to her home village in Cambodia and grow rice and vegetables. But I'd like to think



ILLUSTRATION BY RUTH / OUR BOOKS

Hobo antics sound great when you're single and young, but the idea of living in a piano box with a wife and child is decidedly less appealing

that the American people can find a way out of the current mess that avoids us resorting to subsistence agriculture.

Unfortunately, the American voter – never terribly interested in dealing with a crisis more complicated than American Idol – is also faced with choosing the next president and a smattering of congressmen. That means debates,

advertisements, and long hard looks at the candidates' relationships with people who may or may not be mistresses, crime bosses or terrorists. The candidate's ability to understand an accounting statement or balance a checkbook rarely makes it to the front page.

(The U.S. election may have already been wrapped up by the time you read this, if so, you can rest comfortably knowing that all the world's problems will soon be resolved or that the world is about to plunge into a new age of darkness – depending on your political affiliation.)

For many journalists, U.S. elections are two months (or more) of extra work, extra rumours and extraordinarily irritated readers and viewers accusing you of being a tool of the right-wing or left-wing media conspiracy – some stories prompt both accusations. This all culminates in one very long night in early November as states like

Ohio and Florida get far more attention than they should ever have. This election promises to be especially confusing as some statisticians predict a 1 to 3 percent chance of an electoral tie.

It's almost enough to wish for a dictatorship, where everyone knows who is going to win far in advance. There's no need of late-night election roundups or daily opinion polls. Nobody has to stay up late the night after election day to cover the results. In fact, you can file your stories several days early and go relax on the beach. And if your editors complain about anything, they will likely disappear, giving you a shot at a promotion. (Editors are always complaining about something.)

Something to consider when I'm in a hobo camp, attempting to use a voter's guide to build a shelter.

Will Koenig lives in Oregon with his wife and son. Contact him at: will.koenig@gmail.com.

Challenge Nora: Bra Shopping

After last month's driving test challenge, this month **AsiaLIFE** sends **Nora Lindstrom** on that most taxing of female pursuits, finding a bra that will fit someone a bit more endowed than the average Asian.



If the bra fits? ...

TO COMPLETE MY SECOND challenge – to find a fitting bra – I head for hot and sweaty Orussey Market with photographer Long in tow. I don't generally take men I barely know with me when I shop for underwear – particularly ones with cameras – but what the heck this is Cambodia after all.

As any woman living in Phnom Penh knows, bra shopping in the Khmer Kingdom is riddled with difficulties, particularly relating to size. However, determined to succeed in my task, I've come prepared, wearing only a thin top and no bra to achieve a best possible fit. There are no changing rooms, so this will be the first time I'm going to try on bras in public. You could get into trouble for that in some other countries.

On the first floor, I approach a stall displaying numerous bras from the cute and innocent 'hello kitty' variety to the black,

I approach a stall displaying numerous bras from the cute and innocent 'hello kitty' variety to the black, diamond studded, fake lace bras of very dubious sex appeal

diamond studded, fake lace bras of very dubious sex appeal.

"What you size? What you size?" the stallholder asks whilst greedily eyeing my bust. The small English she speaks is helpful. After I have told her my size, a search of epic proportions begins.

The first bra I try on is properly padded with striking blue lace and red flowers. It reminds me of Ann Summers. To my surprise it almost fits, as do the next three or four samples. But the woman is still to understand that I want a 'C' cup, not 'B'.

"You like? You like?" she asks. I don't know how to explain that gaudy fake lace push-ups are not quite my thing. When I point to the plainer, less padded ones she shakes her head. These are available in small sizes only.

Finally, after I've tried squeezing my boobs into a variety of contraptions, she comes up with a lightly padded bra in exactly the right size – seemingly the one and only they have. It's not even forbiddingly ugly, but despite its US\$5 price tag I am not too keen. Plain and diminutive is what I like, and this is not it.

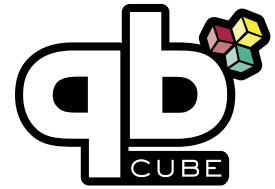
As I make to leave, not having purchased a thing yet leaving a mountain of sampled bras behind, the woman starts

cursing. Even with my very limited Khmer I can tell she is not impressed.

Once at a safe distance from the angry woman, I stop at another stall. Here it is the padded, bum- and hip-enhancing pants that draw my attention. Khmer women do seem to like their padding. When I ask for my size the woman shakes her head. Why would someone who already has a big bum want padded pants? Point taken, thank you very much.

Overall it seems I am simply too big for the Khmer bra market. And clearly not keen enough on colourful fake lace and padding. However, if luck has it your figure is more Khmer girl than western matron, local markets do stock a large selection of bras in sizes 'A' and 'B', though beware of the wrath of the stallholders if you try on too many without making a purchase.

If you want Nora to take on your challenge, email us at: asia-life@phnompenh@gmail.com. **FI**



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qb Corner

qb October Horoscope

your month ahead according to the stars, and of course, qb

■ **SCORPIO (OCT. 24 – NOV. 22)**
Happy Birthday Scorpio! November will be a month of increased confidence and initiative for you. Others are following your lead now. It's an excellent month in which to present your ideas, state your case, or simply get up to date with your emails, phone calls, and paperwork. Career offers come now, and money owed to you could also arrive, particularly in the last week of the month. You begin to realise some of your dreams of creating an ideal home environment in November, as you seem to have a handle on your daily activities.

■ **SAGITTARIUS (NOV. 23 – DEC. 21)**
November is an especially strong month for you in terms of career and family matters, dear Sagittarius. It's also excellent for personal finances. The first few weeks of the month could involve some sacrifices and rethinking of your plans. However, it's a time of gathering your resources for the weeks ahead. The last week of the month is extremely busy. You are willingly taking the lead and others have your best interests at heart. A lover or partner is paying a lot of attention to you, and it feels fabulous.

■ **CAPRICORN (DEC. 22 – JAN. 20)**
Expansion, confidence, and hopefulness are keywords for November, Capricorn. You are feeling good about yourself and confident about your future. A romantic revelation occurs around the full moon on the 13th. This is also the time when Venus, the planet of love and attraction, enters your sign. It's easier than ever to attract exactly what you want during this cycle. November is likely to be memorable for love and romance! Confusing financial matters or questions of ownership begin to resolve this month.

■ **AQUARIUS (JAN. 21 – FEB. 19)**
Business and public affairs continue to play a big role in your life in November, Aquarius, but the pressures and over-activity in these areas you encountered last month begin to dissipate. As a result, you're more likely to enjoy your increased exposure and recognition on a professional level. Increased responsibilities continue to be an issue in your life, but you feel more in control. Love this month is rather business-like as well, or could be found through professional contacts. Friends and group activities are abundant in the last week.

■ **PISCES (FEB. 20 – MAR. 20)**
Your sense of adventure runs high this month, Pisces, and you are itching for a change of pace. Any partnership conflicts that have been brewing are magnified in November, however. The key to resolving this potential tug-of-war is to find common ground and to renew the element of friendship and equality in your relationship. Watch for money tensions around the 4th and social blunders or misunderstandings on the 17-18. The last week of the month is outstanding for work, money, and career.

■ **ARIES (MAR. 21 – APR. 20)**
Finances, taxes, and intimacy are main themes for the first few weeks of the month, Aries. A love relationship reaches new depths of understanding. You are also very busy with research and investigations of all kinds. You are easily engrossed by special subjects and projects this month, and eagerly throw yourself into learning and producing. The need for challenges, whether these are mental or physical, becomes palpable from the 17th forward. A travel, creative, or educational opportunity falls into your lap in the last week of the month.

■ **TAURUS (APR. 21 – MAY 21)**
Close personal relationships are in focus this month, Taurus. You find yourself making concessions more than usual. A conflict between the precious time spent alone, and time spent with friends or group activities, is likely to capture your attention. Your responsibilities might interfere with your social life this month. Your desire nature is strong from mid-month forward. A full moon occurs in your sign on the 13th, pulling up some surprising emotions and feelings. Love opportunities are strongest on the 11 and 28. Good news arrives on the 29-30.

■ **GEMINI (MAY 22 – JUN. 21)**
Work continues to be in the spotlight for you this month, Gemini. However, responsibilities on the home front are likely to conflict with career matters. Work is busy for you in November, and you take especial pride in what you do. From the 16th forward, a partnership steps up a notch, becoming more dynamic and dramatic, and particularly so in the last week of the month. A love relationship reaches new levels of intimacy. A loan or money owed to you could arrive on the 29-30, particularly if it involves family or property.

■ **CANCER (JUN. 22 – JUL. 22)**
Romance, play time, and creativity continue to take centre stage in the first few weeks of November, Cancer. Still, there will be times when you feel exhausted by learning, projects, paperwork, and errands. You do find time for indulging in hobbies and other pleasurable activities. Your charm runs very high again this month. The 13th brings the need to help out a friend. Work is a flurry of activity in the last week of the month, and this period also favours stepping up physical activity or health routines.

■ **LEO (JUL. 23 – AUG. 22)**
Domestic and family matters continue to take centre stage for you this month, Leo. At first glance, the month may not seem to be as productive as most, but in fact you are "building your nest", gathering your resources, and preparing for busier months ahead. A career or reputation matter demands attention around the full moon on the 13th. Romantic activity picks up after the 16th. Socialising on the job, and perhaps even meeting someone through work, is also part of the picture in the second half of the month.

■ **VIRGO (AUG. 23 – SEP. 23)**
A busy month that involves plenty of errand-running, tending to paperwork, and attending appointments is in store for you, Virgo. When Venus enters fellow earth sign, Capricorn, on the 12th, your charm increases and you easily attract what (and who) you want! You may have to deal with a partner who is acting a little irresponsible (in your eyes) or erratic this month. Romance without any strings or expectations might be the answer. The 15-16 is a period of strength for you, when your powers of persuasion are especially effective.

■ **LIBRA (SEP. 24 – OCT. 23)**
It's time to organise your personal finances this month, Libra, after perhaps some over-spending. November is an excellent month for budget-making, asking for a raise, and discovering new ways to boost your income. The 10-12 is a strong time for money matters. Some erratic elements on the job can leave your head spinning at times, but keeping your cool is necessary. A generally friendly, positive attitude this month helps you to do just that. The last few days of November are excellent for education, learning, and communications. ■

This Month in History

trotsky, mom in space, wall, sesame street, virgin queen, another wall



■ A TROTSKY IS BORN

November 7, 1879

Born Lev Davidovich Bronstein, Leon Trotsky was a Russian revolutionary and Marxist theorist. One of the leaders of the Russian October Revolution – second only to Lenin – he later founded the Red Army. After leading the failed struggle against the rise of Joseph Stalin in the 1920s, Trotsky was expelled from the Communist Party and deported. He was eventually assassinated in Mexico by Ramón Mercader, a Soviet agent, infamously through receiving an ice-pick in the forehead. Somehow he managed to survive for more than a day, dying on August 21, 1940 from severe brain damage. Trotsky's ideas form the basis of Trotskyism.

■ FIRST 'MOM' IN SPACE

November 8, 1984

American astronaut Anna Fisher became the first mother to go into orbit, when she was selected as mission specialist on STS-51A, which launched on Nov. 8, 1984. An astronaut since January 1978, she was married to fellow astronaut, William Frederick Fisher. Fisher was accompanied by Frederick Hauck (spacecraft commander), David Walker (pilot) and fellow mission specialists Dr. Joseph Allen and Dale Gardner. Fisher logged a total of 192 hours in space.



■ FALL OF THE WALL

November 10, 1989

After several weeks of civil unrest, the East German government announced on November 9, 1989, that all its citizens could visit West Berlin. Crowds of East Germans climbed onto and

crossed the wall, joined by West Germans on the other side in a celebratory atmosphere, in scenes shown around the globe. Over the next few weeks, parts of the wall were destroyed, although stretches still remain to this day. The wall separated the two German states for 28 years and 1 day. During this period, at least 136 people were killed trying to cross the Wall, according to official figures. The fall of the Wall paved the way for German reunification, on Oct. 3, 1990.



■ SESAME STREET PREMIERES

November 10, 1969

The longest running children's programme on American television, Sesame Street premiered on November 10, 1969. Loved by all American youngsters and a few grown-ups, the programme has some of the most popular characters on television including Big Bird, Snuffleupagus, Oscar the Grouch, Grover, the Cookie Monster, Bert and Ernie, and Count von Count. Another one of the programme's characters, Kermit the Frog, broke away from the Street to pursue his own solo career, eventually creating the Muppet Show.

■ LIKE A VIRGIN QUEEN

November 17, 1558

Elizabeth I was Queen of England and Ireland for 44 years until her death in 1603. Known as The Virgin Queen, Gloriana,

or Good Queen Bess, Elizabeth was the daughter of Henry VIII and Anne Boleyn. Declared illegitimate after the execution of her mother, when she was three years old, and imprisoned by her half-sister 'Bloody' Mary who was Queen before her, Elizabeth reigned over 'the golden age' of English history. This saw the defeat of the Spanish Armada, the predominance of explorers such as Francis Drake and Walter Raleigh, and the flourishing of English drama under William Shakespeare and Christopher Marlowe. She died on 24 March 1603 at Richmond Palace.

■ WE DON'T NEED NO EDUCATION

November 23, 1979

Released by English progressive rock band Pink Floyd in 1979, *The Wall* sold six million copies in two weeks. The rock opera is largely based on lead singer Roger Waters' personal life. In 2003, Rolling Stone magazine listed it as number 87 in Rolling Stone's 500 Greatest Albums of All Time. With worldwide sales estimated at 30 million copies, it is the best-selling multiple-disc album of all time. It is also the best-selling album in the U.S. Director Alan Parker made a film of the album in 1982. ■



■ CELEBRITY BIRTHDAYS THIS MONTH

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

Nov. 1 – Larry Flynt (66), Jenny McCarthy (36); Nov. 1 – Ricky Martin (37), K. D. Lang (47); Nov. 3 – Godzilla (54), Dennis Miller (55), Roseanne Barr (56); Nov. 4 – Matthew McConaughey (39), Laura Bush (62); Nov. 5 – Bryan Adams (49), Art Garfunkel (67); Nov. 6 – Ethan Hawke (38), Sally Field (62); Nov. 7 – Joni Mitchell (65); Nov. 8 – Parker Posey (40); Nov. 10 – Kenny Rogers (44), Sinbad (52); Nov. 11 – Leonardo DiCaprio (34); Nov. 12 – Nadia Comaneci (47), Neil Young (63); Nov. 13 – Whoopi Goldberg (59); Nov. 14 – Prince Charles (60); Nov. 15 – Tilda Swinton (48); Nov. 16 – Lisa Bonet (41); Nov. 17 – Danny DeVito (64); Nov. 18 – Owen Wilson (40), Kevin Nealon (55), Margaret Atwood (69); Nov. 19 – Jodie Foster (46); Nov. 21 – Bjork (43), Tweety Bird (66); Nov. 22 – Scarlett Johansson (24), Jamie Lee Curtis (50); Nov. 23 – Naomi Robinson (31); Nov. 24 – Billy Connolly (66); Nov. 25 – Ben Stein (64), Gloria Steinem (73); Nov. 29 – Howie Mandel (53); Nov. 30 – Ben Stiller (43), Bo Jackson (46), Billy Idol (53), Ridley Scott (71)

Vox Pop

This month we've sent **Keo Kounila** out into streets to find out what the word on the street is about barangs (foreigners)! Photos by **Long**.

■ **THE QUESTIONS:**

What are your thoughts about the way barangs dress?

What surprises you about barangs?

What do you find difficult about them?

What is it you like about barangs?

When they meet you, how would you like them to interact with you?



Kem

Samoeurn Kem, Librarian, 29

I'm very surprised with the sexiness of barangs' clothes. I don't understand their mentality but Cambodian females dare not dress like that.

I find it surprising that they like going out till very late at night and seem not to be afraid of anything.

What I like about barangs is their welcoming behaviour. They often smile at us when they see us.

If they meet me in Cambodia, I want them to learn some Khmer and be friendly with Cambodians.



Nou

Vannsan Nou, 24, Student

Their countries are cold most of the time, so when they come to hot and humid Cambodia, it is common for them to show their ankles and arms.

What I find surprising about barangs is their backpacks. They have very big and heavy backpacks, which I think look wonderful.

What I find difficult about barangs is that they are not interested in being more familiar with our culture. When they come to our country or any, they should learn to adapt to the culture and politely accept us. Thus, I find it quite surprising they do not listen. Sometimes, their behaviour can have a bad influence on young Cambodian teenagers.

I like one point about barangs – they read a lot.

If barangs come to Cambodia, I hope they are friendly and try a little bit more to adapt to our culture – for example, they should not show affection in public.



Sopheap

Sopheap, 56, Meat Vendor at Central Market

Even though they dress quite provocatively, it is their custom. But Cambodians should not dress like barangs as it can make us lose our identity and traditions.

I find it surprising when they try to learn Khmer and talk to me when they buy my meat.

I don't have any difficulty talking with barangs so I have no idea what is difficult about them.

I don't pay much attention to barangs. They have their own traditions and way of living.

I hope all the barangs are friendly and smiling when they meet Cambodians.

Sreng, 45, Electronics Salesman at Central Market

This is already the year of 2008, so the way they dress is not too sexy at all. Their clothing looks normal.

I don't find anything surprising about barangs anymore. That's because I'm used to it.

Barangs are friendly, there's nothing difficult about barangs at all.



Sreng

What I like about barangs is that when they purchase my products, they do not complain like other customers. They are polite when they deal with me.

If I meet them somewhere like at my store, I want them to buy a lot and be polite.



Ry

Tang Ry, 54, Dessert Vendor

For them they think their dress is normal, but for us it is not normal. But somehow, it is their custom.

What I find surprising is that they don't often eat dessert. I wonder what they eat for dessert.



Leakhena

I don't find anything difficult about barangs. They are easy to talk to if I speak a little English and they speak a little Khmer.

I like their buying behaviour – quick, easy and effective.

If they come to Cambodia, they should learn more about Cambodian culture.

Leakhena, 15, Flower Vendor

I'm used to looking at barangs' clothes. I do find them normal, but I know I can't dress like them.

What I find surprising about barangs is that they are very tall and white.

What's difficult about them is that they party too loudly and do not care how their neighbours feel about the noise.

What I like about them is their friendliness.

If they meet me, I hope they buy more flowers. 🌸



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.

3	1	8	4	6	7	9	5	2
5	7	4	9	1	2	3	8	6
9	2	6	5	8	3	7	4	1
4	5	2	1	3	9	8	6	7
7	8	3	6	2	4	5	1	9
1	6	9	7	5	8	4	2	3
2	9	7	8	4	1	6	3	5
8	3	5	2	9	6	1	7	4
6	4	1	3	7	5	2	9	8

■ ANSWERS TO NUMBER PUZZLES

- 1) 515 – Deduct 97 each time.
- 2) 2183 – Reverse the previous number but add the first two digits.
- 3) 71.5 – Deduct 6.5, and 4.5 alternately.
- 4) 3 – Each block of 4 numbers equals 16.

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The QuizMaster

■ COLOURS

- 1) What colour eyes did The Boys from Brazil have?
- 2) In fiction who lived in the stables at Birtwick Hall?
- 3) What colour is the cross of the Greek flag?
- 4) Who joined Walter Matthau in the film 'Grumpy Old Men'?
- 5) What three colours are in the flag of Belgium?
- 6) In snooker what colour ball is worth 6 points?
- 7) At night what colour light is shown on the starboard side of a ship?
- 8) Who starred in 'The Sting' with Paul Newman?
- 9) Ritchie Blackmore, Jon Lord, Roger Glover, Ian Paice and Ian Gillan were members of which group?
- 10) Who wrote the poem "The Pied Piper of Hamelin"?

■ WHAT'S THE POINT?

- 11) In London where is Poet's Corner?
- 12) Formed in Germany, where were all of the members of Boney M originally from?
- 13) How is the rebellion Éirí Amach na Cásca better known in English?
- 14) In which country did Steve Biko die in detention?
- 15) What colonel was at centre of Irangate?
- 16) Which band has the third highest number of U.K. No.1 hits? Only Elvis and The Beatles have had more?
- 17) How are the Aurora Australis better known?

18) In which Australian state is Botany Bay?

19) How is Rapa Nui better known?

20) Shots of Malaysia's Tioman Island feature in which 1958 film?

■ IT'S A DOG'S LIFE

- 21) What breed of dog was named after the capital of China?
- 22) Which female pop group had hits with 'Automatic', 'Slowhand' and 'I'm so excited'?
- 23) What is the name of the three-headed dog, which guards the trap door in Harry Potter and the Philosopher's Stone?
- 24) Which short-legged dog is named after an English parson who developed the breed in the 18th century?
- 25) With which company logo do you associate Nipper the dog?
- 26) In the musical Annie what is orphan Annie's dog called?
- 27) Which film sees a young Al Pacino rob a bank to pay for his boyfriend's sex change operation?
- 28) What was the name of Charles Darwin's research ship?
- 19) Which American pop group had hits with 'Africa' & 'Rosanna'?
- 20) Which breed of dog was name after part of what was later to become Yugoslavia?

■ ANSWERS ON PAGE 93

Quote Unquote

■ BUSH TALK

The sad day beckons when the leader of the western comic world bids adieu to the White House. This month, we say farewell to Mr. President with two more great guffaws.

NUMBER 10:

"Let's make sure that there is certainty during uncertain times in our economy." (George W. Bush, Washington DC, Jun. 2, 2008).

NUMBER 11:

"I'll be long gone before some smart person ever figures out what happened inside this Oval Office." --George W. Bush, Washington DC, May 12, 2008)

What more fitting epitaph? That's all folks!

Sudoku MIND GAMES TO KEEP YOU THINKING

S.I. COMPUTER TECHNOLOGY SUDOKU PRIZE COMPETITION

Congratulations to Dan Ögren, last issue's Sudoku Prize Competition winner, who received the prize of a 2GB flash drive, provided by SI Computer Technology.

This issue's competition also carries a prize by SI Computer Technology. So to have a chance of winning a 2GB flash drive send an SMS to 012 182 8237 with the four numbers from the cells shaded grey, starting from the left hand square and moving to the right.

All winning entries will enter the prize draw on November 16. Good luck!

■ NUMBER PUZZLES

Here are three additional number puzzles for you to try. Each one is solved in a different way and none of them require complex mathematics to solve.

Question 1:

What number should replace the question mark?

7	5	12
10	?	23
3	8	11

Question 2: 13, 17, 3, 56, 34, 9, 38, ?, 8

What number should replace the question mark?

Question 3: 1, 1, 2, 6, 6, 12, ?, ?, 72, 216

What two numbers are missing from the sequence? **A**

Level: Difficult

Gwan Ching Lee's time: 25 mins

								2
	2		6	4	7	8		
							3	
							2	
9		5		3		6		4
	7				1			
	4							7
		8	2	5	9		1	
3					4			

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