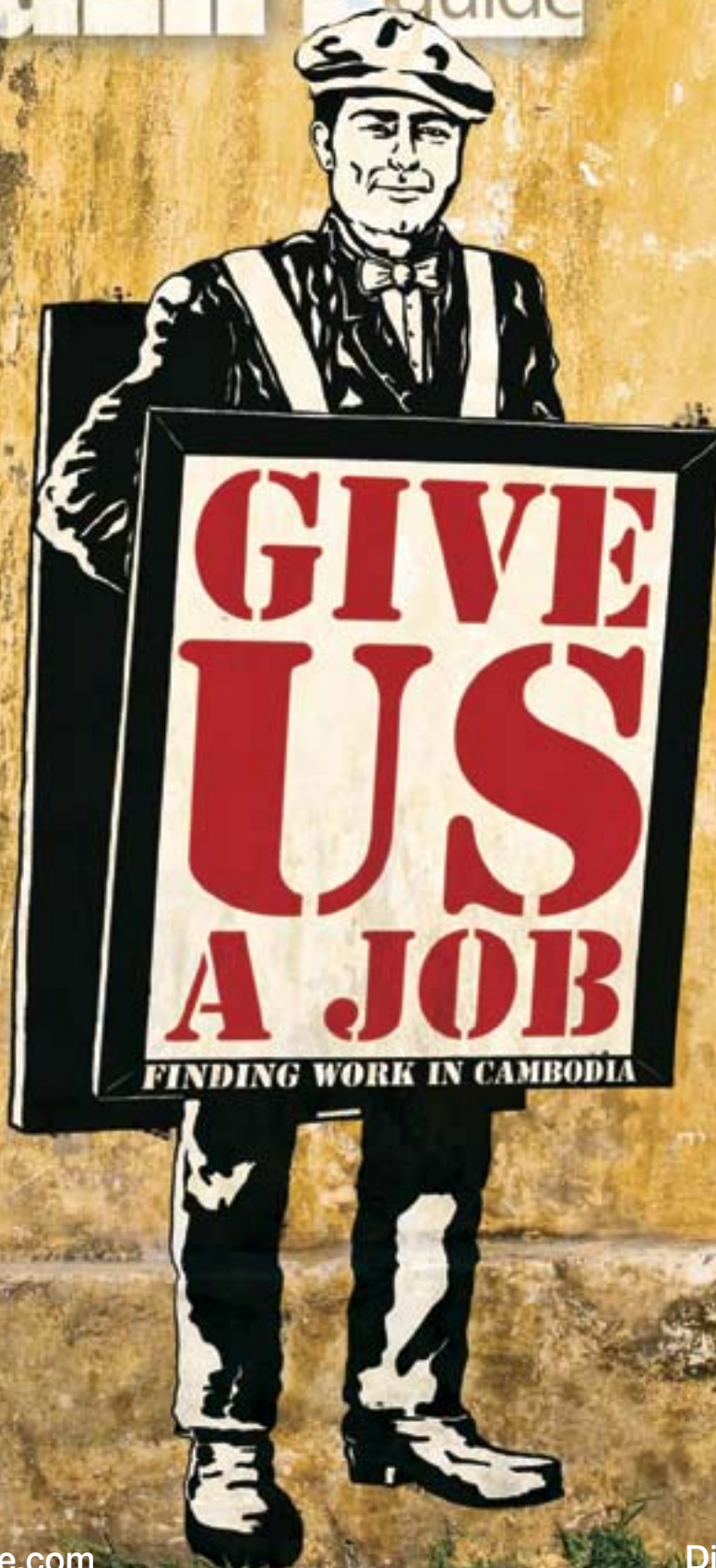


PHNOM PENH

# ASIALIFE

guide

012009  
ISSUE25



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## Editorial

THE START OF THE NEW YEAR is supposed to herald a new dawn. This month not only do we celebrate the western New Year but the Chinese as well. At a time of so much uncertainty in the global financial markets it seems like a good time for us to take stock of what we are doing, job-wise. With this in mind, AsiaLIFE looks at employment opportunities within the Kingdom.

We talk to various HR professionals working in Phnom Penh as well as several expats who have found Phnom Penh the ideal place to start a new career or even set up their own business. The third cover looks at the job market from a Khmer prospective, asking whether the skills being learned by students match the ones that perspective employers are seeking.

In Phnom Penh LIFE we talk to Muoy You. The story of this most determined woman serves as a lesson for us all about what can be achieved in this country.

The New Year is also a time of resolutions and perhaps a few too many imbibitions. In Unplugged, Virginie Noel takes to the streets of Phnom Penh to ask various Penhites what they have resolved to do, or not to do, this year. While in Health, Dr. Nick Walsh gives the low-down

on what is unhealthy – and healthy – about a glass of red wine. Continuing the healthy theme, we asked wine expert Patrick Uong to do a blind tasting with a twist – it was water not wine this time.

Many readers have expressed how much they enjoyed last month's issue of AsiaLIFE – even some whose photograph was not included in the cover story. One particular column that often receives praise is the Next Generation article written each month by Angela Savage. This month she gives the low down on children's playpens in the capital.

We wish all those following the Chinese or Vietnamese calendar a happy new year – those preferring to follow the Khmer lunar calendar will have to wait a little while longer.

As always we appreciate your comments on the current issue or any other aspect of life in the Penh. During the course of the month we will be loading past articles on our website, to be launched next month. This will make it much easier for you to get involved in the debate about what living the AsiaLIFE is like in Phnom Penh. In the meantime you can send your emails to:

[Naomi@asialifeguide.com](mailto:Naomi@asialifeguide.com) 📧



Santa Claus completes another successful trip through Cambodia

CAROLE ELIAGENCE MELIION ROUGE

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in the penh

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**Accounts & Distribution:** Seang Seyha

Special thanks to: **Our Books, Sam Campbell, Mark Easty, Adam Fitzgerald, Darren Gall, Craig Gerard, Sum Sarith, Trevor Keidan, Will Koenig, Gwang Ching Lee, Nora Lindstrom, Sam Moffet, Andrew Nette, David Preece, Angela Savage, Uli Schmidt, Vuth, Nick Walsh** – for their contribution to this issue.

For advertising and marketing enquiries please call **Qudy** on 012 960 076.

If you want a copy of AsiaLIFE Guide Phnom Penh delivered to your doorstep email: [asialifephnompenh@gmail.com](mailto:asialifephnompenh@gmail.com)

AsiaLIFE Guide Phnom Penh is printed in Cambodia by Digital Advertising, 90 Street 44MC, Sangkat Stung Meanchey, Khan Meanchey, Phnom Penh, Tel: 023 987 600.

**On the Cover:**  
Cover photography and design by Keith Kelly. Artistic inspiration from Blek le Rat & Banksy.

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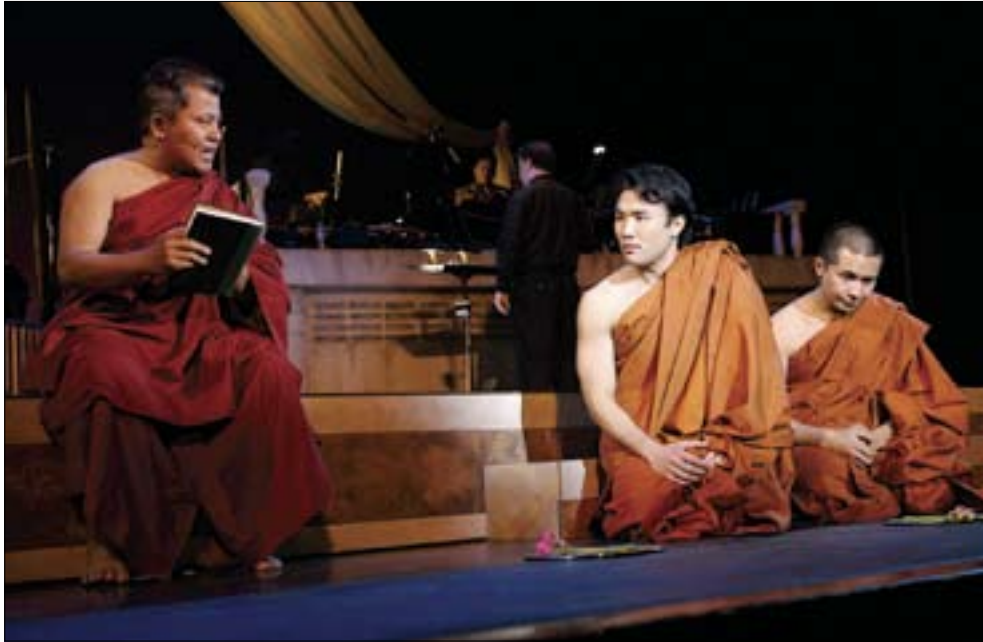


Raffles Hotel Le Royal  
PHNOM PENH, KINGDOM OF CAMBODIA

# in the penh

## The Month That Was

Elephants, kickboxing, photographs and a marathon



### ■ WEEPING ELEPHANTS

The world premiere of the first Cambodian rock opera, *Where Elephants Weep*, was held to a gala audience on Nov. 28. The short series of performances at the Chenla Theatre proved so popular with Cambodia's nascent musical-going public that the organisers Cambodia Living Arts put on an extra performance.

Composed by Him Sophy, the musical is a tale of a young Khmer American, who returns to

Cambodia to study as a monk. Back in the country of his birth, he falls in love with beautiful singer, Bopha. Unfortunately her family does not view him as a suitable match. A re-working of the traditional Cambodian tale of *Toum Tiou*, the plot of *Where Elephants Weep* will be familiar to anyone who has read *Romeo and Juliet* or seen *West Side Story*.

The musical works best when it is most Khmer. Local villag-

ers walk on and off stage, songs are sung in Khmer to traditional instruments and dancers perform Apsara-style dancing. Unfortunately this does not happen often enough in the first half of the performance, which is far too much like a second-rate Broadway musical. As the plot develops, becoming more and more a reflection of the injustices within contemporary Cambodian society, the musical becomes much more interesting.

The ending, where Him Sophy gives the familiar tale of two ill-fated lovers a Buddhist twist, is truly inspired and has much greater depth than even Shakespeare's ending of *Romeo and Juliet*.

### ■ FIGHT CLUB

International Kun Khmer fights last month at the Olympic Stadium saw some highly decorated amateur French kick boxers taking on Khmer champions of past and present. In the first fight of the night Alain Schiffer took on Chlam Saw. While initially causing some problems with good movement and some solid blows from both punches and kicks, the fight was ended by a technical knock-out in the third round after Schiffer received a firm knee to the head severely dazing him.

Next up, Lelo Page took on Sok Srey Touch in the only ladies fight of the night. It proved to be hugely mismatched as the more powerful French fighter rained so many telling blows upon her unfortunate opponent that the fight was stopped in the first round.

Ex-national champion, the semi-retired Nuon Soriya took on Derdaga Sofiane in the next bout. A more evenly balanced encounter, the Frenchman displayed quick feet and an array of attacks.



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Derdaga had no qualms about fighting in close from the clinch and while he was cut in the third as one of Soriya's many elbows landed, for the most part he held his own. Soriya looked most dangerous charging forward on rampaging attacks that sent the visitor scurrying. In the open ring though the Derdaga was confident and not afraid of attacking himself with some prodding kicks to the head often followed by a flurry of punches. The decision went to the judges and soon both fighters hands were raised in a well earned draw.

This left World Middleweight champion Vorn Viva to fight for a Cambodian victory. His opponent Chaibi Hicham had other ideas. The exchanges were fierce from the outset, with both boxers going for some big punches. After the two fighters had given each other a respectful hug on the final bell again both combatant's arms were raised to signal another draw. – Mark Easty.

■ **NOT SO LONELY LONG-DISTANCE RUNNER**

This year's Angkor Wat International Half-Marathon saw a record number of competitors

running around the Unesco World Heritage site on Dec. 7. The field of 2,593 contestants surpassed last year's previous record 2,150 runners.

The men's event was won by Cambodia's Olympic marathon runner Hem Bunting who completed the course in 1 hour, 13 minutes and 53 seconds. The women's race was won by American Melissa Todd in a time of 1 hour, 22 minutes and 44 seconds.

The previous day 171 riders took to the streets around Siem Reap to compete in the Angkor Wat Bike Rally. Cambodian Lucky Meas Samnang lived up to his name winning the 80-kilometre race.

■ **GARUDAS FLYING HIGH**

The PSE Garudas got off to a winning start in the 2008-2009 Cambodia Rugby Premiership beating Stade Khmer 27-0 at the Old Stadium on Nov. 30. The league will continue until the grand final in Phnom Penh on Apr. 5.

This month the Garudas play the Sisowath Knights on Jan. 11, and Stade Khmer play a Siem Reap team on Jan. 25. Both games will be played at the Old Stadium.



■ **PUTTING PHNOM PENH IN FOCUS**

The first week in December saw the capital's first international photography festival. All of Phnom Penh's galleries and several alternative venues collaborated to make Photo Phnom Penh a resounding success.

From its initial parade along the streets of the city to the final two days of projections in Wat Botum Gardens, the festival not only attracted international pho-

tographers but also showed how many talented photographers there are working here.

Stand-out events included Ludovic Careme's photographs of Cambodian youth culture at Xem la Gallerie, Wang Gang's black and white photographs of the Yi people shown at The Chinese House and Indian photography Achinto Bhadra's colourful masked portraits of women who have been trafficked shown at the Department of Plastic Arts. ■

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# News & Events

art, tonle sap, flights



## ■ MELON ROUGE ◀◀

As part of the Phnom Penh Photo Festival, the photography agency Melon Rouge organised a series of photo exhibitions and projections in what is informally called LA Bodega, the impressive Colonial building behind FCC.

“We felt that we had to do something and wanted to show contemporary photography, an exchange between cultures – Khmer, western, Asian,” said Alexandre Burgeat, co-director of the agency. “Moreover, we wanted to do this while staying within the realm of a festival, like the ones in France.”

All photos shown on the walls were by photographers living in Cambodia, whereas the daily projections also included international photographers. Melon Rouge officially started in September this year catering to the various local media, NGOs and businesses. All pictures relate to Cambodia and the Asian continent. In February they will also launch their photo library to sell photographs online internationally.

As there is no documentary school in Cambodia where specialised iconography training can be followed, an experienced iconographer is training two Cambodians for the purpose of indexing their online library.

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Melon Rouge does not believe in an elitist approach to photography, according to Alexandre. They currently count about ten photographers – both professional and upcoming.

“I’m very impressed with the number of photographers in this country,” he says, “it’s enormous.” According to Alexandre, more photographers are joining them every month and he encourages other new talent to contact them.

84 Sotheiros Boulevard, www.melon-rouge.com

**FLY BUDGET TO THE U.K.**

AirAsia X, the long haul subsidiary of low-cost carrier AirAsia, announced the launch of direct flights from Kuala Lumpur to Essex, in the U.K., last month. Flights from the Malaysian capital to London Stanstead Airport – a 45-minute train ride from the City of London – will commence on Mar. 11 with fares from as low as £99 (US\$150) one-way.

“I always dreamed to be one day able to offer affordable flights to London,” said AirAsia CEO Tony Fernandes. The initial five times a week service

will use Airbus A340 plains with a capacity of 286 passengers.

Fernandes forecasts that the new route could become a shuttle service with a flight departing every four to five hours. “It will then help us to further lower fares. Why not at £49 (US\$74) one way,” he said. Twenty-three Airbus A330s are on order and up to two additional Airbus A340 could also be added.

Booking for the London route has already begun. AirAsia also operates flights direct from Phnom Penh to Kuala Lumpur.

**TONLE SAP DATABASE**

The Tonle Sap Biosphere Reserve Environmental Database was formally launched on Dec. 17. Claimed to be the most comprehensive website available on the biosphere, the database is part of the Tonle Sap Environmental Management Project. Supported by the government and the ADB, the project aims to protect and preserve the Tonle Sap Lake.

The largest freshwater lake in Asia, the Tonle Sap accounts for a large amount of the country’s biodiversity. For about half the year the lake flows down the Tonle Sap River into the Me-

kong. During the rainy season the Tonle Sap River reverses direction and flows back into the lake. This causes the lake to expand to six times its normal size creating an enormous wetland area of global significance. As one of the most productive fisheries in the world, it is also of huge importance to Cambodia. Due to such ecological diversity the Tonle Sap Lake was designated a UNESCO biosphere in 1997.

The database contains over 10,000 textual documents. Its creators hope the database will assist in the protection of the lake and improve the livelihoods of the many people that live around it.

For more information, visit: www.tsbr-ed.org


**LEARNING TO BRUSH AND FLOSS**

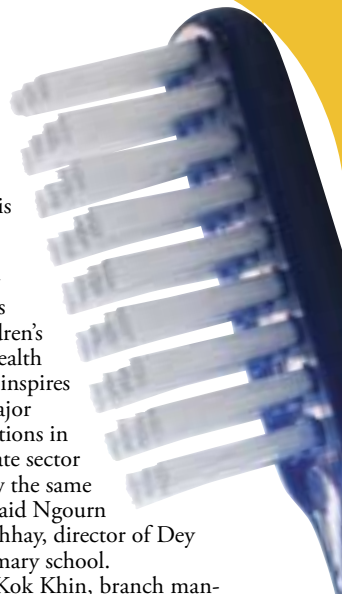
With the help of ANZ Royal Bank’s Community Fund, 325 children in Kampong Cham Province received dental care education and kits in November and December. The children, from the Dey Dos and Tuol Thmar primary schools are the first group to take part in the ANZ Royal Bank Community

Fund dental project.

“I think this programme not only improves the children’s dental health but also inspires other major organisations in the private sector to follow the same route,” said Ngoun Meng Chhay, director of Dey Dos primary school.

Mao Kok Khin, branch manager of ANZ Royal’s Kampong Cham branch said that the scheme was part of the bank’s commitment to developing Cambodian communities. “The staff in the Kampong Cham branch, for instance, sees dental care and health education as an issue to be addressed,” he said. “That is why we have this activity today.”

A further 375 children will receive similar support from the Bank’s Community Fund in the following weeks. 



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# Openings

spas, not spas



■ **KHMER BASAC RESTAURANT.** Opened last month, the Cambodian owned and run Khmer Basac Restaurant is giving Sovanna BBQ across the street a run for its money. Although fresh barbecued fair is not on offer the large menu offers an array of choices from Khmer to Thai cuisine. Affordable dishes such as Papaya Salad (US\$2), crab with black pepper (US\$10) and shrimp cakes (US\$3.80) are just two of the many dishes on offer. Air-conditioned indoor as well as outdoor seating is available. The newly built restaurant is open from 6am to 10pm daily.

*Khmer Basac Restaurant, 1 Street 21, Tel: 012 631 420*

■ **ALL BUFFED AND PUFFED** Riverhouse Asian Bistro has put on a new face after lengthy renovations. They will open with the New Year on Jan. 1. The longstanding restaurant has not only revamped their menu but has also employed a new chef. The same great

location has not changed and the lounge upstairs will still be playing the same pumpen' beats. Hip-hop on Friday nights and House on Thursday.

*Crn. of Sisowath & Street 110  
Tel: 023 220 180*

■ **NOT A SPA** After months of renovations Perfect Skin Lab has opened its doors to the public. Claiming to be a different kind of business this Singaporean owned enterprise argues it is 'Not a Salon, Not a Spa, but a Lab!' The lab uses dermalogica products exclusively and has a wide range of treatments available. Facials range from US\$30 to US\$88. Spa body treatments, including body-shaping treatments run from US\$12 to US\$88. The lab is offering a new customer 'buy one treatment get one free' promotion as well as discounts on products and treatment packages. Open from 10am to 7pm

*Perfect Skin Lab, 199 Street 63,  
Tel: 023 334 199*

# Year of the Ox

A new year, a new animal



DISCIPLINE IS THE KEY ingredient to success as of January 26th, in the new year of the Ox.

This is a year that will reward those who are dedicated and work hard. Those who ride in on other's coattails or pass others work off as their own will be sorely disappointed.

2009 is a year of opportunities. The global economy will begin to recover from the financial meltdown. We will see world major powers put aside their differences to overcome the financial crisis. It is also a time for rebuilding and reconstructions from the damage brought by war and natural disasters, as well as the financial tsunami of 2008.

Most conflicts during this period will lie on the lack of communication and refusal to give in

on small technicalities. Patience and understanding is required. Shortcuts are to be avoided during this period!

The year of the Ox will be a year of harmony, peace and relaxation.

■ **THE OX PERSONALITY**

People born in the Year of the Ox are patient, speak little, and inspire confidence in others. They tend, however, to be eccentric, and they anger easily. They may have fierce tempers and although they speak little, when they do they are quite eloquent. Ox people are mentally and physically alert. Generally easy-going, they can be remarkably stubborn, and they hate to fail or be opposed. They are most compatible with Snake, Rooster, and Rat people.

## Famous Ox People

Heather Locklear, Jane Fonda, Jack Nicholson, Juliette Lewis, Margaret Thatcher, Meg Ryan, Meryl Streep, Princess Diana, George Clooney, David Blaine, Tori Spelling, Heidi Klum, Rufus Wainwright, Monica Lewinsky, Dave Chappelle, Neve Campbell, Tyra Banks, Kate Moss, Eddy Murphy, Dennis Rodman, Tim Roth, Enya, Michael J. Fox, Boy George, Forest Whitaker, Woody Harrelson, K.D. Lang, Nadia Comaneci, Brack Obama.

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# calendar

## January

happy new year!

sunday

monday

tuesday

wednesday

thursday

### Salsa Sundays

Dance at the rooftop FCC Phnom Penh every Sunday from 5.30pm

### Sunday Brunch

Free-flowing Moët & Chandon Champagne every Sunday from 11:30am to 3pm at the InterContinental Hotel

**Monday Night Football**  
NFL games shown at Gym Bar at 7pm every Monday

**Malt Monday**  
Four single malts for only US\$15 at the Green Vespa

### Gym Bar Quiz

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

### Alley Cat Rib Night

Full-rack for US\$8, half-rack US\$5.50 at Alley Cat Café, every Tuesday

**Vespa Wine Wednesday**  
Buy one bottle of wine and get another for free at the Green Vespa

**La Croisette Live Music**  
live music -Every Wednesday

# 01

**Talkin to a Stranger**  
Lamb dinner – Thursdays – \*booking essential

# 04

### Metahouse

Opening - Photographs by Tim Page

### Sunday Brunch

Salsa Sundays

# 05

**Monday Night Football**

**Malt Monday**

# 06

**Gym Bar Quiz**

**Alley Cat Rib Night**

# 07

### Pontoon

Hydro Phonics & Jurassic 5's Akil performing live from 8pm

**Vespa Wine Wednesday**

**La Croisette Live Music**

# 08

### Death & Rebirth

Documentaries about KR regime at Meta House at 8pm

**Talkin Lamb Dinner \***

# 11



### Metahouse

Film – New Year Baby

**Salsa Sundays**

**Sunday Brunch**

# 12

**Monday Night Football**

**Malt Monday**

# 13

### Metahouse

Opening - Another China

**Alley Cat Rib Night**

**Talkin Head Trivia**

**Gym Bar Quiz**

# 14

**Vespa Wine Wednesday**

**La Croisette Live Music**

### Traits & Portraits of Women

Exhibition by Margherita des Balzo opens at the CCF at 6.30pm

### Another China

Funky video art by Alfred Banze at Meta House from 7pm

### Louis Sclavis

Photography exhibition opens at the CCF

**Talkin Lamb Dinner \***

# 18

### Wong Kar-Wai

Meta House screens In the Mood for Love and Chunking Express from 6pm

**Salsa Sundays**

**Sunday Brunch**

# 19

### Land is Life

Documentary by Nico Mesterharm & Ian White at Meta House from 6pm

**Monday Night Football**

**Malt Monday**

# 20

**Live Music ~ The Encounter of Méliès and Bowers**  
Louis Sclavis and the Phare musicians perform at Wat Bothum at 6.30pm

**Gym Bar Quiz**

**Alley Cat Rib Night**

# 21

**Vespa Wine Wednesday**

**La Croisette Live Music**

# 22

**Talkin Lamb Dinner \***

# 25

**Salsa Sundays**

**Sunday Brunch**

# 26



**Chinese Lunar New Year**

**Monday Night Football**

**Malt Monday**

# 27

**Chinese Lunar New Year**

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

### Prey Long

Award winning documentary at Meta House

**Gym Bar Quiz**

**Alley Cat Rib Night**

# 28

**Chinese Lunar New Year**

**Vespa Wine Wednesday**

**La Croisette Live Music**

# 29

**Talkin Lamb Dinner \***

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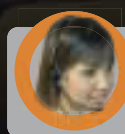
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Group 1, Village 4, Sangkat 4, Mittapheap, Sihanouk Ville



friday

saturday

02

**Winking Frog Image Band**  
Play the Winking Frog every Friday

**Alley Cat Friday Devious Dice**  
US\$1 roll wins drinks and prizes at the Alley Cat Café

**Two Fish**  
Opening - Country Life oil paintings by Bryan Goodwin

03

**Winking Frog DJ Paul Stewart**  
UK DJ plays the Winking Frog every Saturday night

**Soundz of Berlin**  
DJ Derek Risle aka Der E-Kreisel from Berlin plays La Croisette

**Metahouse**  
Opening - Raining at Preah Vihear

09

**Battle of Algiers**  
Is screened at Meta House at 8.30pm

**Winking Frog Image Band**  
**Alley Cat Friday Devious Dice**

10

**UXO Night**  
Short films by Ian White at Meta House

**Winking Frog DJ Paul Stewart**

16

**Winking Frog Image Band**

**Rubies Wine Bar**  
Rubies Party

**Alley Cat Friday Devious Dice**

17

**Concert & Dance Performance**  
Louis Sclavis, Phare Ponleu Selpak in the CCF's garden at 6.30pm

**Metahouse**  
Martial Arts Film Fest, 6pm-midnight

**Winking Frog DJ Paul Stewart**

23

**Winking Frog Image Band**

**Alley Cat Friday Devious Dice**

24

**Time for Justice**  
Film about Khmer Rouge trials at Meta House

**Winking Frog DJ Paul Stewart**

30

**The Flute Player**  
Film by Jocelyn Glatzer and Cambodian Living Arts is screened at Meta House

**Winking Frog Image Band**  
**Alley Cat Friday Devious Dice**

31

**Winking Frog DJ Paul Stewart**

# storyboard

## Streetsmart: Around Central Market

The area surrounding Central Market is a true urban space. Youngsters crowd Sorya Mall, the richesse get luxury items in shops adjacent to the market, while simply everyone drives around the focal art deco building. Words by **Nora Lindstrom**.



Central Market from a bird's eye view

### SHOP 'TIL YOU DROP

Clearly the most popular mall in Phnom Penh, Sorya teems with life. Set on eight floors, high-school kids and families carefully step onto the multiple escalators as they explore this consumer paradise. With its large number of jewellers, the ground floor is easily the most sparkling. Assuming you have a few hundred – if not thousand – dollars lying about, these traders in stone can sort you out with almost any kind of trinket. Why not get a ring featuring Ratanakiri rubies or Pailin sapphires?

A branch of Lucky supermarket is also located on the ground floor, with small shops selling women's shoes and clothes – notably branded beauty products, including Shiseido. Unless you're a millionaire, however, the most exciting find is Swensen's ice cream parlour. Single scoops of this very tasty ice cream start at US\$1.25, with boats, sundaes

and other creations priced around US\$3 to US\$8. The cookies and cream is not far off Ben & Jerry's best.

Small shops selling clothing and shoes fill most of the first and second floors. Some items seem over-priced when compared to the market next door. The nail bars at the back of the first floor are a better investment. In these, your nails are transformed into little pieces of art starting from US\$2 for a set of ten. There are even picture books allowing you to choose your pattern.

A branch of KFour, the modern electronics and houseware store, sets the tone for the third floor, which is devoted to console games, CDs and DVDs. There is an admirable collection of films of different genres and origins, most for around US\$2. The 'Gentle Lady Slimming Hot Dance' DVD (US\$3) at Dream Factory sounds particularly appealing. This floor is also

where to pimp up your mobile phone or laptop with various stickers and such.

The food court on the fourth floor is popular with Khmers and provides a relatively sanitary insight into the local cuisine. The only snag is that you need to change money into food court coupons first, making you feel like a kid at school, although it is an easy process to redeem unused credit. Alternatively, head for CityMart, the capital's best-stocked sports emporium.

Finally the fifth floor is where the fun kicks off. The rollerblading rink is a major attraction, with prices from US\$1 per hour. Ear-plugs are a good idea, unless you like listening to Barbie Doll belted out full tilt. There are also a few gaming arcades, as well as a cinema showing films in Khmer.

Upwards and onwards, there are two things to be had – food and views. While you might as well skip the Master Grill, head

further up to Master Suki Soup. The panoramic view of Phnom Penh from the top dome is unbeatable, and the soup is cheap.

### AROUND THE MARKET

Back at the roundabout there are more jewellers. Most of these are easily recognisable by their red and gold exterior. Invariably, the inside is decked out with a chandelier, and the jewellery is expensive. At the northern end (Street 126) are several computer shops selling quality computer accessories such as laptop fans. The little contraptions sell from US\$10, placed underneath your laptop they keep it from overheating. The best is Uni Young (2 Street 53, Tel: 012 525 201) on the way to Russian Boulevard. In addition to selling all the latest Mac products, the owner is a certified re-seller for Apple products, which means he gives full Apple warranties on products. He can also fix your Mac quicker than





**Sorya Center - Bustling with activity everyday of the year**

you can say “my PC has picked up another virus.”

Also on Street 53, is where the latest Café Fresco opened late last year. Set on two floors, the interior is similar to its sisters on the riverfront and in Boeung Keng Kang, though there is no playroom. It has the same mix of quality coffees, shakes, sandwiches and cakes, as well as some more substantial dishes. The fanned balcony with views of the market is a particularly nice spot especially during the cool season. It’s open from 7am to 9pm.

Just off the roundabout, on Kampuchea Krom, is restaurant Sam Doo. From the extensive menu, the dim sum (US\$1.80) is particularly recommended, though the other dishes are also very reasonably priced as well as tasty. What the place lacks in ambience it makes up in cleanliness and lack of hassle.

From the bus (dangerous minivan) and taxi (someone’s Toyota Camry) station around the north-western corner of the market you can catch a ride to

almost anywhere in the Kingdom. Write the price you want to pay on a piece of paper and start asking around. Although it can be a bit intimidating to start with, bear with it and you will most certainly get your ride.

If you’d rather take a proper bus, go to the south-eastern corner and get yourself a ticket on a Sorya bus. However, they only sell tickets for travel on the day or the next day, whereas travel agents around town can sell Sorya tickets several days in advance.

Opposite the bus station on a short street leading to Monivong Boulevard is a little street full of Chinese restaurants – an extension of Street 136. Various cuisine from all over the world’s most populous country are crammed into this short stretch – from the north to Szechuan to Fujian. The main specialities though are the noodles, spun on the pavement at the front, and dumplings. This makes for an ideal spot to grab a snack while waiting for friends from Saigon to arrive.. 🍲



**Gold anyone?**



**Café Fresco III - A healthy lunch**

## Phnom Penh Life: Muoy You

Like so many Cambodian's Muoy You's life was wrecked by the Khmer Rouge regime, now she is helping to rebuild the country of her birth through a novel approach to education.

Words by **Johan Smits**.



**Muoy You – Quenching educational thirst**

WHEN MUOY YOU LEFT Kampuchea in 1972 to study for her PhD at the Claremont School in Paris, she thought she'd be back in four years time.

"When I left things were bad but not that bad," she recalls. "However, watching the escalating news of the unrest and the war on TV made me very anxious. Then, in 1975, there was such widespread relief that the Khmer Rouge had seized power, we believed there'd be no more bloodshed, no more corruption. Although we knew Kampuchea was going to be a Communist regime we were ready to accept it and we were ready to come back."

Along with her Khmer architect husband, Muoy applied for a Khmer Rouge passport in Paris to return to their homeland. While waiting out the lengthy process, to their delight the couple found that she was pregnant. By the time the official documents were ready, Muoy was too far pregnant to fly. She bid an emotional farewell to all her Khmer friends who were returning and vowed to join them later, with her child. She never heard from or saw any of them again. Later, when the brutal regime was finally ousted in 1979, Muoy found out that

everyone in her family was dead apart from her sister.

### ■ RETURNING WITH A MISSION

"I had always wanted to come back but I couldn't because of my children and their education," she says. "It was my intention before I arrived to help rebuild Cambodia."

But just a few days after she arrived in 1997 there was a political unrest and all the expats were leaving. The airport was looted and Muoy lost all the materials that had been shipped over for the project. She flew with her children back to safety in France.

Years later, in 2003, Muoy returned to Cambodia. She founded her NGO Seametry, a children's school including a nursery, kindergarten and primary school. Muoy believes that the only salvation for Cambodia is through education.

"I'm from a poor background but my children have been successful through education," she says. But it is not just any old education that is needed.

"I didn't want to start any school," she says. "I wanted it to be a school of international standard. One where children are rooted in their own culture, but internationally aware."

I notice there is such a thirst to improve oneself, for change and to build a better future, that's why the country can lift itself up

**INTEGRATED APPROACH TO EDUCATION**

A teacher by trade, Muoy believes that the children here are too much rooted in rote learning and are not taught how to take initiative. "But that is difficult to change," she admits. "A certain driving force is needed. That's why I seek participation from foreign parents."

At Seametrej, Muoy wants a social and cultural mix of children, providing quality education to students of all backgrounds, Khmer and foreign, rich and poor.

"It's a self-sustainable project," she says. "Children pay fees according to their parents' income, ranging from nothing to relatively high fees for rich Khmers or foreigners."

There are currently 52 children at Muoy's school, ranging from 18 months to 14 years. She has plans to expand the primary school but is lacking sponsors and would like to launch an appeal for this.

**PROBLEMS WITH STATE EDUCATION**

After having been through so many events, how does Muoy experience her home country?

"On the one hand I see a lot of improvement," she says. "Before there was a lot of hardship, no infrastructure, not much freedom and certainly no openness to the rest of the world at all. Now Cambodia is much more abreast of the world. But there is a moral decline. The gap between rich and poor is huge."

For her the crying shame is that Khmer children are really bright. It is the approach to teaching and its quality that is a real problem. What is needed is support and direction.

"This needs to come from the government and international organisations and NGOs. But they often seem to think that education is building schools whereas that's only secondary," she says. "We also need a lot of resources, human and material – children here have no books to read in Khmer, and also the translations are really poor."

According to Muoy, the school curriculum is not bad, it's the method of teaching that is weak.

"Here there's too much of a TV oriented society," she thinks. "TVs are everywhere, even in government buildings and banks, dulling people's minds and suppressing critical thinking. All the TV programmes do is spreading consumerism, but no education."

**THIRST FOR KNOWLEDGE**

When Muoy went to school herself, Cambodia's state schools were good. She explains how everybody went to the same schools, rich or poor, and that teaching jobs were highly regarded and well paid.

"Teachers had respect and enjoyed financial independence," she says. "Now state schools are for the poor. We lack support."

How does she see the future right now?



Seametrej - the school with a pool

"When I came here in 2003 I was really enthusiastic, but now I feel more and more disheartened and discouraged," she says, "even despair because I don't know where we're going."

However, it's not all doom and gloom for Muoy.

"I notice there is such a thirst to improve oneself, for change

and to build a better future, that's why the country can lift itself up," she says. "The Khmers are really resilient people. They're keen, motivated and ready to work hard."

If you want more information about Seametrej or how you can help, visit the website at: [www.seametrejcamboia.org](http://www.seametrejcamboia.org)

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On the waterfront near the night market

Newly Opened on the Waterfront

## Placebo Rocks the Wat

Never before has Cambodia's most celebrated monument served as a backdrop for a rock concert, **Mark Eastty** was one of the thousand people lucky enough to get a free ticket. Additional reporting by **Mark Jackson**. Photos by **Nathan Horton**.



Placebo lights up the night

ARRIVING AT ANGKOR WAT just before sunset is a majestic experience any day of the year. But on Dec. 7, the twelfth-century temple became the ethereal backdrop for the first rock concert ever to be held at the Unesco World Heritage Site.

Funded by USAID, with local partner qb, the concert was part of a global MTV Exit campaign to help end human trafficking – a crime impacting millions of people worldwide. One of four concerts organised by Cambodian-based media company Phibious throughout the Kingdom, the aim of the tour was to increase awareness of trafficking within Cambodian youth.

Alternative rock band Placebo had the privilege of topping a bill that also featured American boy band The Click Five, Grammy and Tony award winning singer songwriter Duncan Shiek and Aussie pop starlet Katie Miller Hiedke. Cambodian music was represented by Khmer hip hop legend Pou Klaing along with pop stars Sokun Nisa, Meas Soksophia and Chorn Sovanrech.

The show began shortly after dusk with the thousand-strong crowd surrounded by the tropical jungle, and the local cicadas competing with the MCs in volume. First up was an Apsara dance performance – the traditional Cambodian dance was perfectly in keeping

with the temple surrounds. Then it was time for the musicians of the modern era to take to the stage.

### ■ CLICKING INTO ACTION

As the fountain rear and centre of the stage projected the MTV Logo, Click Five appeared. The drums struck up, the electric guitars pulsed to life and lead singer Kyle Patrick began to sing a tale of teenage angst. The crowd was however perhaps a little mature for such teenage woes and the lyrics only really resonated with those who were fans already. However, the enormity of the concert was not lost on the band.

“This was a performance of a lifetime,” Patrick summed up

their feelings. “Nothing could have prepared us for such an experience. We are truly thankful for all those who made this show happen.”

The next of the western artists to take to the stage was Kate Miller Hiedke who entered into a soft sultry ballad that demonstrated both talent and an impressive vocal range. As the intro to Britney Spears, ‘Toxic’, started up so did the first real cheers of excitement, although the artist later admitted that a number of the crowd had mistaken her for the fallen diva herself. Her operatic parody was not lost on everyone and she was unquestionably the highlight of the night so far.



Rockin' the Wat - Placebo, The Click Five and Pou Kliang

Duncan Shiek, Sokun Nisa, Meas Soksophia and Chorn Sovanrech sang subtle yet rousing ballads that, while not rocking the crowd, were captivating and served as a great contrast to the second star of the night – Pon Kliang.

The local hip hop star succeeded in bringing the entire crowd to life, uniting locals, residents and visitors alike as he rinsed out lyrics urging Khmers to respect their culture and spread the right message in the way they live their life. The smooth bouncing bass lines and energetic stage performance kept hands raised in the air throughout. Quite capable of rocking any concert he headlines in the Kingdom he served as the perfect warm up for U.K. sensation Placebo.

**THE MAIN ACT**

“Let’s not forget the reason that we are here today at this special

concert,” said lead singer Brian Molko before the band launched into the first track – ‘Because I Want You.’ “Millions of people are currently living as slaves. We’re here to join the fight to combat this abhorrent trade.”

His melodic voice pulled the crowd closer to the stage as the eerie guitar and keyboard sounds shimmered and pulsed throughout the venue.

Many of the tracks had been reworked with the band spending a week at their London recording studio to create a set in keeping with the ancient temple. Nowhere was this more evident than on ‘Meds.’ Debutant drummer Steve Forrest switched to bells and beaters, leaving the guitars and violin of Fiona Brice to create a stark yet soulful sonic soup of keyboard twangs, guitar riffs and effervescent vocals.

Forrest was soon back behind the drums again though, grinning like a schoolboy as he pounded his way through ‘Post Blue’, ‘Blind’ and ‘Drag’, the front rows of the audience now swelling with everyone eager to get a closer look. This provided the ideal opportunity for Molko to drum home the final lesson of the night.

“Please, when you go home tonight spare a thought for the prisoners of human trafficking,” Molko announced to the crowd before the band played their final track – ‘Twenty Years.’ With its catchy rousing vocals, spine tingling keyboards and punchy drums, this provided a fitting climax to an unforgettable night.

**TV BROADCASTS**

The concert will provide content for a series of

television programmes produced by MTV EXIT to be broadcast on Cambodia’s Bayon TV and on MTV channels internationally. These specials will mix concert footage with information about human trafficking. All MTV EXIT programming will be produced rights-free and free of charge for all broadcasters and organisations. MTV believe that both the concert and the subsequent broadcasts will help effect much-needed change.

“Music is an incredible force for change and this concert illustrated that,” said Simon Goff, MTV EXIT Campaign Director. “Today we joined together at a truly moving and beautiful location to make a statement that we all have to join together to end slavery.”

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# MAKING A FRESH START

For many of us a New Year heralds a new start. For some, that involves a change of job or more drastically a new career. Is Cambodia a good place to try and translate those good intentions into reality? **Johan Smits** spoke to a few people in the field of human resources, to some employers and to a number of local expats who found a job here or took the leap to start their own business.

"EXPECT TO TAKE A SALARY CUT when you start a job here in Cambodia," warns Curran Hendry, Director of HR Services at AAA. His company offers professional training and HR services. "There may be exceptions for very specific skills such as high level engineering and so on, but these people are usually outsourced from abroad. Patience is the key."

According to Curran, there is not an overwhelming demand out there. Around 80 percent of AAA's clients request positions that are for mid- to upper-level Cambodian management.

But don't despair yet - as a local expat you can be very interesting to a cost-conscious employer.

"Local expats who are living here are already familiar with Cambodia," he says. "They sometimes can offer the same level of skill sets as a relocating expat, but at a much lower cost, while repatriating an expat is expensive."

Kevin Bittel, managing director of The Secretary, believes there is a supply of young people here with a range of skills. However there's a reluctance to employ non-Khmer speakers in a Khmer speaking/bilingual office.

"The better ones end up freelancing and consulting," he says. "This is good as the employers are breaking labour law by employing them without work passes anyway."



Senaka, on the job

So, what is the plus side about finding employment in Cambodia?

"The job market is so small that it's easy to meet people," Kevin says.

Curran agrees. "Networking is important," he says. "There exists a variety of networking events in Phnom Penh for pro-active, outgoing individuals to go to." (See Information box. Pg. 27)

"Taking a professional approach to your job seeking is also important" advises Susanna Coghlan, Director of Training at AAA. "Do just like you would at home," she says. "It's no different over here – for example writing a good CV and a follow-up letter."

But this being Cambodia where everything goes, would it be acceptable to wander into your interview in flip-flops, wearing a Bob Marley t-shirt and brandishing the peace sign?

"Absolutely not," says Curran. "Attitude is key – be patient, act courteously, be on time, dress properly, wear a tie, be professional. Expect the same standards of interviewing as in the West."

#### ■ A BLEAK OUTLOOK

Knowing all this, what is the state of the Cambodian job market for local expats?

Both Curran and Kevin agree that the supply is growing stronger than demand.

"I think there will be more people in the pool with more experience so the less experienced will find it harder to get work" says Kevin.

According to Curran the job market is relatively fixed, but there is an increase in expats looking for jobs. The demand for certain jobs in the construction industry is diminishing, such as for people with a western civil engineering background and architects. After the recent boom in the construction sector, the current stagnation is affecting those kinds of jobs in particular.

Add to this an increasing level of competition from Cambodian job seekers and the picture becomes rather gloomy.

"We decreased the number of expat employees because Cambodians are improving,"

says Senaka Fernando, director of Price Waterhouse Coopers. "All we need is local people who speak good English and have the right personality. Then we train them," he says. All of their professional Cambodian staff are put through a rigorous training course accredited by ACCA – the Association of Certified Corporate Accountants. "Once they have this qualification, they can find a job anywhere."

Senaka now hires only local expats that have worked previously for PWC or for an international accounting firm, unless they have a good track record that can be traced.

He emphasises the importance of screening perspective employers, referring to the recent incident of a foreigner arrested for paedophilia, who worked at one of the capital's two international schools.

Not that he wants to discourage expats coming over.

"They can find a job if they really want to," he assures. "But I really encourage employers to do a proper background check."

#### ■ CAREER CHANGE: FRESH PERSPECTIVES

To many young people the exoticism of Cambodia and its pace of development make it an ideal environment to start a new life and try a career change. Do they have more of a chance here than in their home country in the West? Not according to Curran.

"Cambodia is a small labour market," he says. "A person with marketing or sales experience who suddenly wants to work for an NGO is going to have a hard time finding a job. It's not a free-for-all market, you still need good skills and experience."

Joep Roest is living proof that it is possible to find the job of your dreams in Phnom Penh. The thirty-one-year-old Dutchman arrived here in late 2007 to join his girlfriend. Barely one week later he started his first employment with a U.N. organisation.

"It was unpaid and a real change of pace from my previous job but a totally new environment," he says. "I was keen to be

**I think there will be more people in the pool with more experience so the less experienced will find it harder to get work**

doing something as I was afraid that any extended period of joblessness would make it extremely hard to find work, stay in a relationship and stay sane."

But his willingness to work without salary for a while paid off in the end.

"It was apparent to me that the internship was a stop-gap," he says. "It would last me until I found something more challenging."

That translated itself four months later into a managerial position at a new start-up in the private sector where he felt he belonged.

"Some aspects are similar to my previous work but the key difference is the scope of the work," he explains. "Before I was working in a much more specialised role."

#### ■ CAREER CHANGE: THE FULL MONTY

Thirty-nine-year-old David Towers didn't have any problems getting employed either. "My background was in strategic planning at universities and colleges in the U.K., but that became a bit boring," he says. "It made me think, what will I be doing in five years time?"

David initially wanted to work for Unicef or Unesco in South-America, but the amount of red tape involved and the low pay made him look at Asia. As he had no teaching experience, he first put himself through a teaching course in Bangkok.

"Cambodia seemed more attractive to me, less developed," he explains. "Instead of watching a soap opera on TV, you could take part in one," he smiles.

It took him 24 hours to find his first teaching job. Initially he just wanted to teach but very soon he was offered the post of acting dean at a major university. The self-effacing Scot felt the position to be a little too grandiose, so he became 'Officer in Charge' instead.

"The first six months I started teaching and watched all the chaos and observed all the problems," he recalls. "Then I stepped to the vice-rector and proposed a series of measurements to help solve all those problems. Ninety percent of what I wanted to do got accepted. I really enjoyed it!"

Just like Joep, David wasn't paid that much in the beginning. "But the experience was invaluable," he says.

His one regret is that during those three-and-a-half years he should have done a lot of networking. "I was very happy then and was purely focused on the job," he says.

By chance a friend told him about a World Bank funded project in management information systems in higher education. This led to a contract job in Tadjikistan and later to a position as project planner in Sudan. After the project in Sudan finished, David returned to a



**Attitude is key – be patient, act courteously, be on time, dress properly, wear a tie, be professional**

part-time position of scholarship advisor in Cambodia.

#### ■ LANDING THE DREAM JOB

So there are opportunities out there, but how do you grab them?

“Looking for work in Cambodia from Holland proved difficult, so I decided to make the leap and start searching once I arrived,” says Joep. “My feeling was that it would be easier to convince any potential employer of my worth in person than it would be by sending a C.V. that did not match what they were offering.”

In the beginning Joep started by thumbing through the job advertisements in the Cambodia Daily every morning.

“My afternoons were spent exploring the city and getting through a pile of Sopranos episodes,” he recalls. “After one week of this, I came across an advertisement for an internship with a U.N. organisation. I applied and was accepted after a short interview.”

Are there perhaps any Cambodian-specific skills that might do the magic?

“The biggest problem here is becoming too pushy and ambitious,” says David. “You first need to understand the Cambodian mindset. My experience at Norton University was crucial to comprehend Cambodian working practices.”

He also found that actually being a part of an institution required him to support his colleagues, rather than telling them what to do. “As a consultant on the other hand, you have a client relationship – the rules are different,” he says.

Joep had a similar experience – to him it was all about communication.



David - Experience counts

“I am learning to communicate differently with my Khmer colleagues than with my western colleagues,” he explains. “Speak slowly and think about the words you are using. It is more difficult to maintain than you might think. It does pay dividends in the end however as many mutually frustrating miscommunications are avoided.”

David believes his previous experience aided him a lot. “Coming here as a twenty-year-old without actual work experience would be a lot harder,” he reckons.

#### ■ LEARNING THE LOCAL LINGO

Curran from AAA thinks that you should make the effort to learn some of the language somehow.

“It may not be imperative for your job but it definitely helps,” he says. “It adds a great deal of value to your experience here in Cambodia.”

Joep agrees.

“It did not play a role in my job search but it would have helped,” he says. “Knowing Khmer is definitely important and much

sought after by employers. It is something I have vowed to work on since starting this job as I see foreigners who speak Khmer get so much in return for knowing even just a bit.”

Kevin from The Secretary looks at it in a more nuanced way. “Language acquisition is based on need,” he says. “Cambodians and foreigners who need to learn each others’ language will do so. Bear in mind that ‘need’ is complex and is manifested at a number of levels.”

That ‘need’ wasn’t there for David. “Learning Khmer is something I feel I should do rather than have to do,” he says.

#### ■ FINAL ADVICE

So what advice do these successful jobseekers have for aspiring ones?

“Get working as soon as you can,” Joep says. “Try not to find the ideal fit with your previous experience, it probably does not exist here. Come at it from the angle that this is an opportunity to do something new. Be cheeky and apply for anything that interests you and get in front of people, let them know who you are.”

To David it’s important to take into account Cambodia’s history.

“If you’re coming from the West, you have to realise where Cambodia is coming from,” he advises. “Stop comparing with your own country’s standards.”

So is Cambodia the new El Dorado or not? The answer must be both yes and no. While there are a lot of unique opportunities around, the consensus seems to be that you only get out of it what you put into it. Joep’s summary describes what many expat workers experience.

“When I went back home I had a great many people telling me they would love to do what my girlfriend and I have done,” he explains. “Then comes the ‘but...’ We have been lucky but getting it all to come together has involved taking some risks and walking away from a lot. In the end we made it happen, nothing was handed to us and that is why we are here and they are not.” ■



Taking the professional approach at AAA

# Starting Your Own Business

Perhaps a more straightforward way of achieving that long-awaited career change is to take the leap and set up your own business – surely that would be a lot easier? **Johan Smits** sets off in pursuit of the answer to the million riel question.

“I’D SAY, YES.” KEVIN BRITTEN IS unequivocal in his support of the view that Phnom Penh is a Mecca for those wishing to establish their own business. “I know people from the military and construction industry who’ve re-invented themselves as bar owners.” Kevin himself used to be in Occupational Health and Safety training and education. “I’ve only been running my own business since I came to Cambodia,” he says. “Re-inventing yourself is an interesting idea, and quite possible here.”

So, why don’t we all start our own businesses then?

## ■ NOT AS EASY AS IT SOUNDS

“You have to be very serious about it,” says Lionel Cadiot who runs his own company Endemic Mosquito Control. “It’s really hard work, you have to be professional and take good care of your customers – it’s a small village here.”

He also advises that who you know is as important as what you know.

“In the beginning, when I was in advertising, I had some nasty competitors who wanted me out of the country,” he claims. “Having good contacts here is very important. Once you know the right people here, life becomes much easier.”

There seems to be general agreement that Cambodia offers more opportunities for setting up shop than in the West.

Lionel sees three major advantages in Cambodia compared to his native France. According to him, you don’t need much finance to start off with, the paperwork is cheaper much less complicated, and there are still many opportunities.

“If you have a good idea and it’s original, you can start,” he says. “There’s less competition here, you can still be the first.”

## ■ GETTING ON YOUR BIKE

Thirty-nine year old Mark Ellison, who started his travel agency Asia Adventures, has experienced more of a roller-coaster ride. His has been one of trial and error.

Like many of us, he first came to Cambodia as a tourist and fell in love with the country. At the time he was working in the U.K. promoting cycling tourism, and noted there weren’t any cycling tour companies out here. He carried out further research in the U.K. and in 2004 he came back to Cambodia to set up his own cycling tour company.



Lionel – in the know

**In hindsight I was very naive. I didn’t know anybody here. I didn’t know Cambodia. I didn’t know much about tourism in Cambodia**

“In hindsight I was very naive,” he admits. “I didn’t know anybody here. I didn’t know Cambodia. I didn’t know much about tourism in Cambodia.”

The first few months he spent cycling around the country. He soon teamed up with another expat who had a small tourism business here. They worked together for several months before realising they weren’t really on the same wavelength.

“Then I was approached by a larger tour operator and started working for them as a management consultant,” he says. “Those two years were really useful. I made a lot of contacts in the industry and learnt a lot about the tourism sector in Cambodia, how it really works and so on.”

During those crucial years he also discovered there wasn’t really a huge market for bicycle tourism here. Instead he decided to set up a regular tour company with cycling as a niche.

## ■ RED TAPE, STAMPS AND CERTIFICATES

Like Lionel, Mark agrees that setting up a company here is actually a pretty straightforward and simple process.

“But nobody explains it to you, and the people involved make it more difficult,” Mark says. “It’s substantially cheaper than in the U.K. but there are a lot of ‘service charges’ with almost every civil servant you have to go through. Cambodia seems to

be a country of stamps – I had to bite my tongue many times. Eventually I left all this to my Khmer partner.”

Lionel also had to overcome a major obstacle.

“It was a nightmare to find the right people with the right skills, especially in sales,” he says. “They all have an MBA but in reality it’s a different story.”

This view is echoed by Price Waterhouse Coopers’ Senaka Fernando.

“Qualifications are pretty bad,” he says. “All those MBAs don’t mean much – you pay, you pass.”

**If you have a good idea and it’s original, you can start. There’s less competition here, you can still be the first.**

**CHILD’S PLAY**

For forty-year-old Valerie Jullien from southern France, starting her own business almost came as an accident. “I never considered starting my own business – it’s not what I wanted,” she says.

Valerie arrived four years ago to work with Unesco and was employed at the Royal University of Fine Arts on an archaeology and architecture project.

“My first experience was working with Cambodians in a Cambodian institution,” she explains. “Then I became a mother and decided to stay here.” She took a year’s maternity leave to spend time with her baby and then tried to find a job relating to her professional experience and background. It didn’t work out.

“Maybe it just wasn’t the right time for me,” she says. “I got the idea of making children’s clothes.” She talked to friends and less than two months later “6 to 6” was born, a small boutique selling children’s clothes at a space she rents at Elsewhere.

Like Lionel, she discovered there was very little competition. “At least not for the day-to-day style of clothes that I produce,” she says. “I think I’m the only one selling clothes for under-one-year-olds.”

It’s not as easy as it sounds though.



Valerie – ended up Elsewhere

“You need to put in a lot of human effort, and there is a lot of learning on the job,” Valerie says. “I started making clothes for my little daughter and I picked up a lot from friends.” One of them had been a professional pattern maker with an international fashion designer.

There is also a lot of exchange involved with her staff. “I bring in a lot of ideas and my vision while I learn from them the more technical aspects,” she explains.

Her challenges are more of a practical nature compared with Lionel and Mark.

“It’s sometimes difficult to find the appropriate fabric and the level of quality that I want. I need to spend a lot of time going around asking everywhere,” she says. “Then there are also the small things like power cuts etc., but that’s the same for everybody else.”

For her, the most important factor in deciding to give it a go was the support she has received from her friends and the community at large. “When I told my friends that I wanted to do this, everybody wanted to help,” she says. Barely a couple of months in business, Valerie now employs five people. ■

## Useful sources

**HR Inc. Cambodia**, human resource and recruiting agency, [www.hrinc.com.kh](http://www.hrinc.com.kh)

**American Academic Associates Ltd. (AAA)**, professional training and human resource services, [www.aacambodia.com](http://www.aacambodia.com)

**The Secretary Ltd.**, business services and facilities, [www.theseecretarycambodia.com](http://www.theseecretarycambodia.com)

[www.Bongthom.com](http://www.Bongthom.com), website listing job offerings

[www.expats-advisory.com](http://www.expats-advisory.com), website listing job offerings

[www.yellowpages-cambodia.com](http://www.yellowpages-cambodia.com), online business listings

**The Phnom Penh Post**, daily newspaper with classifieds

**The Cambodia Daily**, daily newspaper with classifieds

**International Business Club (IBC)**, 56 Sotheaeros Blvd., Tel: 023 210 225 [www.ibccambodia.com](http://www.ibccambodia.com)

**British Business Association of Cambodia (BBAC)**, 124 Norodom Blvd., Tel: 012 803 891 has monthly networking events for members and guests

**ANZ Sundowners**, regular networking event at the rooftop of ANZ Royal’s head office. ■

# Cambodian Job Market

With so many employers complaining about how difficult it is to find the right people, you might expect there to be fantastic opportunities out there for clever Cambodian graduates? Think again. Words by **Johan Smits**.



Luu Meng sees the need for a new hotel school

“THERE’S A HUGE GAP BETWEEN the skills of graduates and what’s needed on the labour market,” says David Towers who works as a scholarship advisor. “Most students in the city want to become accountants and in the countryside they all want to become doctors or teachers.”

It’s an observation shared by different players in this country’s market. According to Kevin Britten from The Secretary, skills relevant to the workplace are in very short supply. In addition wage levels are not driven by market forces. “The commercial sector suffers from the pay and conditions in the NGO sector being much higher,” he says.

## ■ WRONG SKILL SETS

Relevant skills seem to be lacking to such extent that some potential employers choose to focus on the candidate’s attitude and personality and then train in-house, a recruitment strategy that Price Waterhouse Coopers has adopted here for all of their professional staff.

Other employers are acting similarly. Luu Meng is a local businessman who employs around 200 Cambodians in several operations in the hotel and restaurant sector. He believes there’s a need for a good hotel school in Phnom Penh.

“The NGOs do their best and help poor people off the street and back into society,” he says. “But it’s not the same as in a real hotel school where students are already at a

There has to be a correlation between training and employment. We don’t talk about a job, but about a career.

certain level from the start and enrol to learn additional professional skills.”

## ■ ATTITUDINAL CHANGES

Some training professionals have picked up on that. Trevor Sworn is Chief Executive of Yejj, an organisation that offers training in IT and hospitality.

“There has to be a correlation between training and employment,” he says. “We don’t talk about a job, but about a career.” For over a year now Yejj has been increasing their focus on ‘soft skills.’ This has proved very successful, helping students to develop their interpersonal skills, how to conduct job interviews and how to write a good CV.

Independent trainer and consultant, Lim Vannak, has been training Cambodians since 2003. “It’s about building inner strength, confidence for their future jobs and increasing self-esteem,” he says. “I focus on attitude and on how to attract future employers.”

Curran Hendry from AAA agrees.

“They have to focus on their communication skills, they have to engage more, come out of their shell, practice interviews etc,” he says. “It’s often a confidence issue.”

This is what many employers complain about. Staff are not critical enough. They don’t dare to question their managers. This makes it hard to throw new ideas at them for feedback.

## ■ BRIDGING THE GAP

So how to fill that void?

“We need a radical overhaul of the education system to include some basic attitude-development courses,” says Kevin. “In terms of vocational training we have a shortage of skills and the ethos of rote-learning becomes totally inappropriate in the context of training, so the training very often is ineffective.”

David is in total agreement.

“The education system here is more based on memory and less on critical thinking,” he says. “They’re not used to question their teachers and bosses.”



Bright futures ahead

## It's about building inner strength, confidence for their future jobs and increasing self-esteem

But Vannak is reluctant to point the finger at the universities. "It's about individual responsibility," he says. "I'm not sure if students always do their best to improve their abilities. Often they just go there to get their degree, but that's not enough."

### ■ STUDENT PERSPECTIVE

What do students themselves think? Eighteen year-old Linda Nul is studying IT at the University of Cambodia. In the future he would like to open his own centre.

"If I do my own business, nobody can blame me," he says, illustrating the Cambodian unwillingness to deal with criticism. However, at the same time there exist a great willingness to learn.

This becomes apparent when talking to Nul and his two fellow students, 28 year-old Pich Sophat and 18 year-old Kun Chan So Thea who are university students in English. All three would jump at the opportunity to work abroad. "It would be better paid," So Thea thinks. "I can learn from foreign culture and different language," says Nul.

They are very optimistic about finding a job after graduating. "The school will find a job for me," Sophat says. But is that a realistic expectation?

"For kids coming out of university, it will still be hard," says Curran. "They come out ill-prepared, which is not their fault. We find that the universities are lacking good initiatives to help their graduates finding jobs."

Trevor has already acted on that. In 2009 Yejj will start M-Ploy, a dedicated in-house recruiting department to place students in IT and hospitality.

One way of building up that much needed experience is working while studying.

"There are many university programmes that can be done while working," says Curran. That's exactly what Sophat is doing – studying English part-time while working at a Phnom Penh boutique hotel. **F**



Service with a smile at Yejj

# food corner

## Behind the Dish: Metro

Since opening, riverside restaurant, **Metro Café** has become one of the capital's most popular dining outlets, but what goes on behind the scenes? **Nora Lindstrom** finds out.



Keeping it fresh is the key to success at Metro



THE COOL, CHIC AND calm exterior of Metro Café does not prepare you for what awaits behind the scenes. The kitchen is hot, cramped, and full of activity as meals are dished out to hungry customers. Set in one room with conspicuous black and yellow tiles, there are different stations for hot and cold plates and several pots bubbling away at the stove. One member of staff is busy doing the dishes, while others go about preparing orders – and this is during the lull period between lunch and dinner.

### ■ THE SET-UP

Thirteen staff work under Executive Chef Lim Heang serving over 100 plates on a daily basis. Originally from Kampong Cham Province, Heang was taught by an Australian chef. He worked with his father at the InterContinental Hotel, as well as at the FCC, before taking over at Metro in 2006. Driven by a desire to please customers, his attention to detail – down to the last piece of ornamental bell pepper – is evident when you see him in action.

“I like to cook Asian food because of the presentation” he explains. The 28-year old comes

**I make all members of staff taste everything, taste perception here is really good, but measuring ingredients is important to maintain the same standard of the dish.**

across as soft-spoken and somewhat shy. It is difficult to imagine him shouting at staff in Gordon Ramsey-style.

Most ingredients come from local markets, arriving at 8am every morning. Then they are pre-chopped and stored away in neat boxes, before the kitchen officially opens at 10.30am. Other ingredients are imported, such as Metro's famous steaks, made with meat provided by AusKhmer. Heang says he serves over three Kampot Peppercorn steaks each day, despite the price tag of US\$16. The fish is sourced from Central Market.

### ■ SCANDINAVIAN SUPPORT

The kitchen has recently received a short-term Danish reinforcement in the form of Nikolaj Lenz. A newcomer to Phnom Penh, he is here to hone the skills of the kitchen staff at Metro, and help develop the

menu. Excited about the opportunity, he hopes to create a weekly specials menu, enlarge the selection of healthy drinks, as well as do some wine training with the staff. Any development will be strictly in the Metro – food of international standard with a Khmer twist. A new menu is all but published.

Overall he is pleased with the efficiency and cleanliness of the place, “though there is of course always room for improvement”. He has even earned the nickname ‘Mr Bean’ from the staff as a result of all the pointing he does during training.

“I call it the nosy finger” he says. “I point at something and let them try to figure out what’s wrong.”

Satisfied with the progress being made, he recognizes that the most challenging aspect is to ensure implementation of what has been taught.

“We’ve done everything from simple training to using baking paper on cutting boards when it’s busy, and how to clean knives,” he explains. “I make all members of staff taste everything, taste perception here is really good, but measuring ingredients is important to maintain the same standard of the dish.”

### ■ SOCIAL RESPONSIBILITY

A portion of Metro's profits go to supporting the Cambodian Children's Fund (CCF), a Phnom Penh-based organisation. CCF provides shelter and teaching, including restaurant training, to impoverished children in Cambodia. Currently five youngsters from CCF are employed at Metro – three girls and two boys. The restaurant also provides financial support to staff for further education outside the restaurant. Nick points out that the management is keen to develop the Khmer staff so that the restaurant can essentially be run by them.

“In a few years time, if they stick with it, these guys are going to be on top of the hospitality industry in Cambodia” he predicts.

*Metro Café, Cnr. of Street 148 & Sisowath Quay* 📍

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# Food Talk: Javier Elola

With views across the Tonle Sap river and its Dr No style polished copper interior, Pacharan Tapas and Bodega has become a Phnom Penh favourite. General Manager **Javier Elola** reveals that well-priced, high-quality food is the secret to Pacharan's success.



Creating a warm atmosphere with good quality food

EVEN THOUGH HE HAS been in Cambodia just 14 months, Javier Elola has seen many changes in the catering industry. “To tell you the truth, I was really amazed when I came here,” he tells AsiaLIFE. “This is such a small city but it has so many different restaurants – Japanese, Italian, Chinese, Korean, North Korean, French. The variety is truly astounding.”

Such a saturated industry will always be competitive – in Phnom Penh only the strong survive. “I’ve seen a lot of places open and close,” says Javier. “The people keep changing – the NGO workers for example. The prices of supplies are going up. In just one year it has changed a lot.”

With so much uncertainty, predicting what will happen next year is no easy task.

“I have no idea,” Javier laughs. “There are many people who want to open new places here, but it’s not very easy to do. The competition is very high – you have nice products at a good price. People here are not big spenders, so you have to give the best quality at the lowest possible price.”

■ **QUALITY FOOD AND SERVICE**  
Pacharan at least seems safe, with both the Phnom Penh branch and its Ho Chi Minh City counterpart only growing in popularity.

So what is the restaurant’s secret to success?

“I guess quality,” Javier says. “I think our secret is that we have

It’s good-quality, fun eating – a really Spanish concept where people gather together and share dishes

real Spanish food. It tastes Spanish because the chef is Spanish, the general manager is Spanish, and we have Spanish ingredients. Pacharan is based on quality and trying to get the prices as low as possible. But our main concern is quality – quality food, and of course, quality service too.”

The open plan kitchen, where chefs prepare dishes in

full view of diners, is more than just a trendy fad.

“We want to show that everything we have is fresh and everyone can see the cleanliness of the kitchen,” says Javier. “I think that’s very important in Phnom Penh where the food is not really fresh in many other places, and it’s good for people to see the way we work.”

■ **SIMPLE CONCEPT**

The menu concept is simple – “basically tapas.”

“It’s good-quality, fun eating – a really Spanish concept where people gather together and share dishes,” explains Javier. “We try to get the best out of each ingredient. We try to make it as simple as possible so you can taste the best of the flavour of our ingredients.”





Rustic Spanish fare

Getting the best is important as most ingredients are imported from Spain. Manchego cheese, chorizo, Serrano ham, Iberian ham (“the best ham in the world”), anchovies, olive oil, olives, and even the rice for the paella are all Spanish. Steak is from New Zealand, and only the vegetables are Cambodian.

Just don’t ask what’s best. “Many people ask what is best here,” says Javier. “I don’t like to say that one thing is better than other things. All of our dishes are really good quality. That’s what we try to do. Paella is very popular among Japanese and Koreans – it’s probably the best known Spanish dish around the world. This is food you can find all over Spain.”

**■ GROWING POPULARITY**

Most of Pacharan’s customers are expats, according to Javier.

“I’d say we work 80 percent with regulars, and there are also some tourists because we’re recommended in all the tourist magazines,” he claims. “We have

some Spanish tourists coming here because we’re highly recommended on blogs. But mostly, it’s people who live here – I’d say people who like to go out, drink and eat. They come here because they know what they like.”

Spanish cuisine is apparently growing in popularity amongst wealthier Cambodians. “We’re starting to get a lot of Cambodians, usually they’re high-ranking officials,” he says. “They’ve travelled a bit more so are a bit more open to new things.”

The food might be unfamiliar but Cambodians like it, Javier adds as they keep coming.

“I want people to come to the bar and gather, make it a little bit noisy with a warm atmosphere,” he says. “There are many people who come to the restaurant to enjoy a nice conversation – you feel like you’re in a good mood to socialise, do business or whatever.”

*Pacharan (389 Sisowath Quay, Tel: 023 224 394) is currently offering one free tapas with every drink, except during happy hour. ■*



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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®

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### cambodian

**Boat Noodle**  
8B Street 294, Tel: 012 774 287  
Khmer and Thai restaurant with excellent, well-priced food, set in a beautiful, traditional wooden house. Open 4pm to 10pm. **01**

**Frizz Café**  
67 Street 240, Tel: 023 220 953  
Dutch-run, restaurant specialising in authentic Khmer cuisine. Serves very good amok. Also runs its own cookery classes. **02**

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

**K'NYAY**  
25K Suramarit Blvd., Tel: 023 225 225  
[www.knyay.com](http://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](http://www.malisrestaurant.com)  
Beautiful modern Khmer restaurant with a courtyard set around narrow water channels and decorated with terracotta floor tiles. Inside there are four aircon rooms if the mid-day sun gets too much. The cuisine is modern Khmer, with no MSG, and is served elegantly in hollowed out palm tree bark. **04 A/C**

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

**Romdeng**  
74 Street 174, Tel: 092 219 565  
Recently moved to new location on 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](http://www.almondhotel.com.kh)  
Restaurant specialising in Cantonese food and dim sum that fuses the traditional with the contemporary, set on the ground floor of the Almond Hotel. Serves some of the best dim sum in town. Open from 6.30am to 10am, 11.30am to 2pm and 5.30pm to 10pm - dim sum not served in the evening. **03 A/C**

### french

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

**Bougainvillier**  
277G Sisowath Quay Tel: 023 220 528  
Elegant, 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 excellent French wines. Three course set lunches are also available. Open from 6am to 10.30pm. Also has rooms upstairs. **03 A/C**

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

**Elsewhere**  
175 Street 51, Tel: 023 211 348  
A beautiful garden with palm trees, bath-

# Bargain Bucket



**■ KO KO RO (MR. SUSHI)**  
 When you enter Mr. Sushi's little restaurant, you might be forgiven for thinking you have just walked into some Tokyo suburb rather than Phnom Penh's Sihanouk Boulevard. The unpretentious decoration and sometimes shambolic presentation only adds to the atmosphere. Mr. Sushi used to play 70s disco music, as befits a real Japanese restaurant, but his tape recorder must be broken lately. Never mind that – the food is what you come for here. Ko Ko Ro has two

menus, one with combination dishes and the other à la carte. The combinations cover a wide variety of food including curries (around US\$5); tempura (US\$5.50 to US\$8.50); beef and pork (around US\$5.50); fish (US\$5.50 to US\$6); sushi and sashimi (US\$7 to US\$13) and vegetables, prawn and chicken dishes (US\$5 to US\$5.50). All come with soup, rice and a small side dish and there is a 2,000 riel discount during lunch. The sushi à la carte menu ranges from US\$1 for egg or squid

sushi to US\$3 for sushi rolls such as tuna, salmon and red snapper. The sashimi à la carte offers you red snapper sashimi for US\$3.50 and goes up to US\$6.50 for an assortment. In between you can get a salmon, tuna and roast beef sashimi for US\$5. The à la carte is a big favourite. Not only you can put together your own menu, but the quality is more impressive than the US\$8.50 baked white meat fish and sashimi combination where the fish is rather dry. For the same price (US\$8.50)

Mr. Sushi now offers a sushi buffet on the eighth of every month. If eight is not your lucky number don't worry – he does the same every evening for US\$11. Ko Ko Ro's sushi and sashimi can be washed down with Tiger for US\$2, or if you feel more courageous try the rice sake (US\$6 for a small bottle – about six small cups) or the six different kinds of Japanese vodka on offer (US\$3 per shot).  
**KO KO RO, E018 Sihanouk Boulevard, Tel: 012 601 095 – JOHAN SMITS 🇳🇵**

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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: 023 220 554  
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**

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

## indian sub-continent

**Annam**  
1C Street 282, Tel: 023 726 661  
Beautiful terracotta terrace and garden Indian restaurant, offering north and south Indian cuisine, 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**

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

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

## international

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

**Billabong**  
5 Street 158, Tel: 023 223 703  
Excellent western and Asian food which comes with a dip in the hotel's beautiful pool. Open from 6am to 9pm. **02**

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



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# Recipe Corner: Pineapple and Ginger Ceviche

*Another cookbook on Cambodian cuisine, do we really need it? Why not try it out?*

**INGREDIENTS**

- 14oz (400 g) firm white fish fillets thinly sliced (no skin) – sea bass, turbot, halibut or monkfish,
- 1 ½ cups (300 g) cubed fresh pineapple
- 2 in (5cm) fresh ginger root, peeled and chopped
- 2 Tbs salt
- 3 small red shallots, peeled and thinly sliced
- 2 birds-eye chilli peppers, thinly sliced
- 1 bunch coriander leaved (cilantro) or sawtooth herb, finely sliced

**PREPARATION**

This unusual Ceviche uses pineapple rather than more acidic citrus, requiring an overnight marinade to chemically cook the fish. When the fish is cooked it will become opaque.

Combine the fish, pineapple and ginger in a shallow dish. Sprinkle with the salt. Cover and marinate in the refrigerator for 24 hours.

To serve, combine the marinated fish with the shallots, chillies and coriander leaves or sawtooth herb in a bowl and mix well.

**Note:** *Be sure to use very fresh fish when making Ceviche*


**Serves:** 4

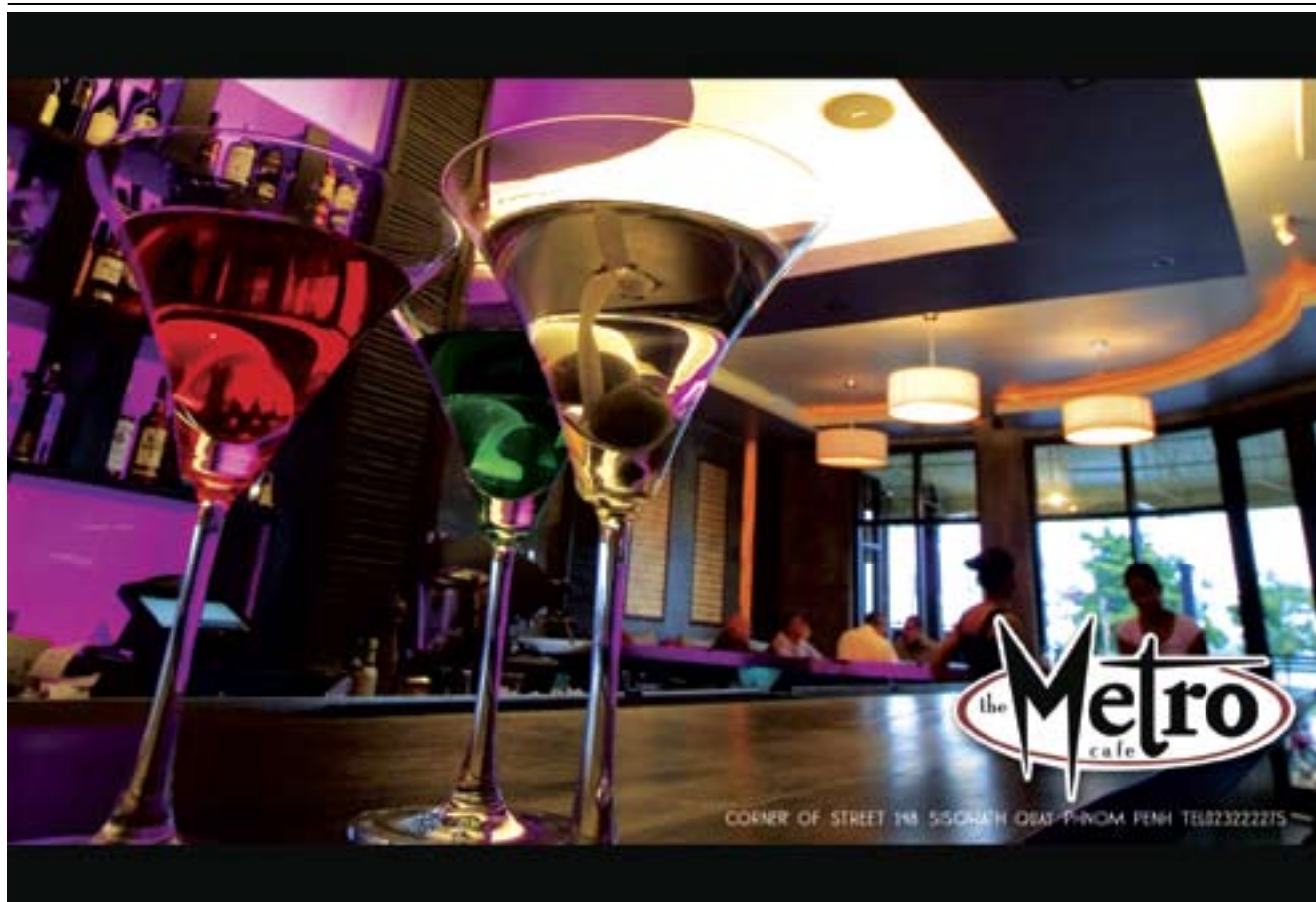
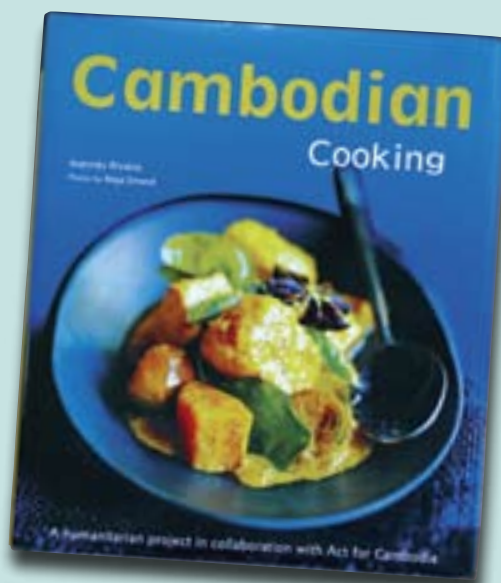
**Preparation time:** 25 minutes, plus 24 hours to marinate.

**ABOUT THE CHEF**

Siem Reap's Hotel de la Paix Chef, **Joannes Riviere** recently launched his second cookbook, **Cambodian Cooking**. Filled with 60 enticing recipes for snacks, salads, soups, stir-fries, barbecues and desserts. Beautifully illustrated with

stunning full-colour photographs, the book is prefaced with an informative picture based section on Cambodian ingredients. You'll no longer

have to quietly wonder to yourself at the market. **Cambodian Cooking** is available to purchase at Monument Books for US\$23 





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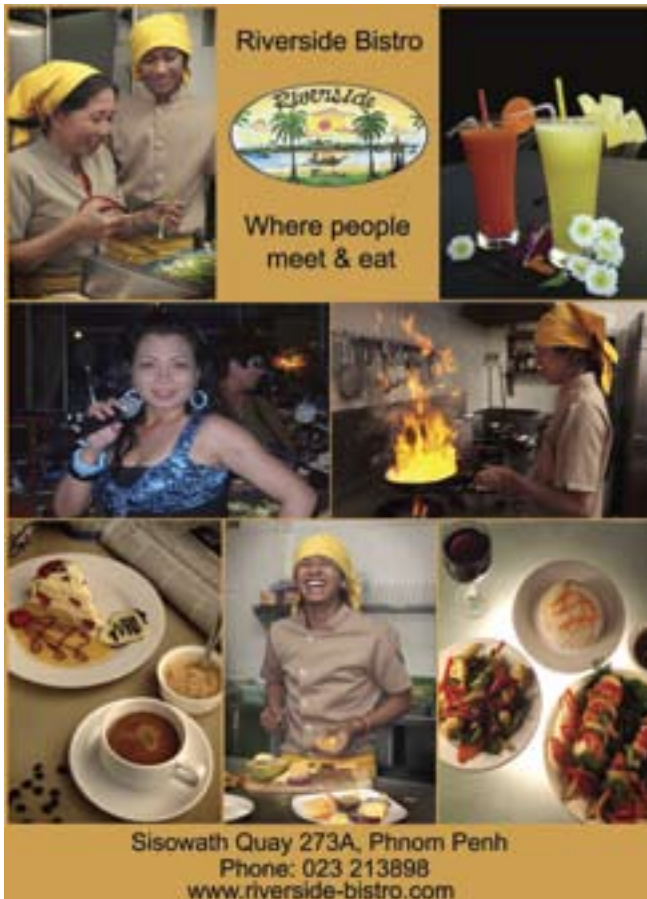
The Chef offers you quality of produces carefully prepared by himself.

**Pastry:** Macarons (18 flavours), chocolates, croissants, cakes and oriental pastries, birthday cakes.

**Caterer:** Tunisian couscous by order, sandwiches, taboules, salads.

Open from Monday to Sunday, 7:00am - 8:00pm.

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www.riverside-bistro.com

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

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

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

**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  
Aicon 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**  
Street 108, Tel: 023 997 850  
Garden Center Café 2  
www.gardencentercafe.com

Popular expat restaurant with fresh ingredients and lots of healthy options. Open from 7am to 10pm. Closed Mondays. **02**

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

**Gasolina**  
56/58 Street 57, Tel: 012 373 009  
Largest garden bar and restaurant in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with 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**

**Jaan**  
Cnr. of Sisowath Quay & Street 106  
Latest venture from the owners of the popular Flavours Restaurant and Liquid Bar on Street 276, this river-fronted restaurant spills out on the pavement providing a great vantage point to see the night market unfold. Meaning 'plate' in Khmer it has an extensive menu of Asian, Khmer and international cuisine. **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

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# Review: Tamarind Restaurant

*A touch of the Mediterranean in the Penh, AsiaLIFE finds out if there is more to Tamarind than couscous*



SITUATED ON THE LOVELY Street 240, Tamarind is a favourite meeting point of consultants, country directors and their underlings and other serious people proudly wearing long sleeves and laptops, as well as for the distinctive and equally serious community of expat wives. In the old days, when rumour of an edible tournedos or pasta cooked al dente spread wide and fast, it was one of the first restaurants offering more than the ordinary fare.

The ground floor ambience, somewhere between the usual hole in the wall bar and a bistro, and the peculiar seating arrangement – mostly low wicker furniture with only a few round tables suited for comfortable dining, have retained

the atmosphere of earlier times. Evening diners should not miss out on the opportunity for dining out under the stars in what is undoubtedly the finest roof terrace setting in the capital.

We ordered starters from the tapas selection, the classical mezze of hummus and moutabal (purees of chickpeas and aubergine respectively mixed with tahini), Moroccan meatballs, and a good but rather pricy bottle of Spanish red. All starters were good value for money but a bit bland. The hummus lacked garlic and cilantro and the moutabal lacked parsley. Both suffered from the absence of lemon and olive oil. The meatballs were similarly under spiced – low on salt and contained no cumin or chili.

For mains we had duck breast, green beans with garlic and mash, and Couscous Royal. The duck was cooked medium rare to perfection, but the beans had no garlic and the mash was nowhere close to the buttery and fluffy excellence it requires. The couscous was copious, with only slightly overdone skewers of lamb, chicken and beef, and a merguez sausage. Sadly missing were the chunks of lamb slowly simmered with Moroccan spices – the centerpiece of this famous dish. Unfortunately, the vegetable stew was overcooked, watery and without any trace of the lovely spice concoction known as Ras al Hanout. Equally disappointing, the couscous was neither steamed and fluffed up

twice nor finished with butter, which, in the countries where couscous originates, would easily be grounds for divorce.

Nevertheless, all considered and abstracting from the spice phobia of the kitchen, the menu has an impressive variety of dishes and its orientation towards North African, Middle Eastern and Mediterranean specialties makes the Tamarind an interesting option. Considering location, menu, the friendly staff and the basics, Tamarind is an attractive dining alternative for Phnom Penh's foodies. We will certainly come back to try the reputedly excellent cocktails and the appealing choice of deserts.

**TAMARIND, 31 STREET 240, TEL: 012 830 139 – ULI SCHMIDT**



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away your afternoon. The relaxed inside dining area has a small gallery attached to it with exhibitions of Cambodian photography and art. Open 7am to 10pm. **02 A/C** 📶 📶

**K West**  
1 Street 154 (Cnr. Sisowath Quay)  
Tel: 023 214 747  
Stylish aircon bar and restaurant below the Amanjaya with an excellent steak menu and good value happy hour from 6pm to 8pm Fridays. Now has a brasserie menu with daily specials. Also has free Wifi. Open 6.30am to midnight. **03 A/C** 📶 📶

**Le Quay Café**  
Cnr. Sisowath Quay & Street 110,  
Tel: 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**

**Madeleine's Bakery**  
19 street 228, Tel: 012 988 432  
A bakery and restaurant offering a variety of baked goods as well as organic lunches and catering services. Open Monday to Saturday 8am to 5pm. **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 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 restau-

rant that dishes up some of the best fish and seafood in town. Try the red snapper or the squid with rocket. Often has exhibition around the understated walls. **03**

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

**Pacharan**  
389 Sisowath Quay, Tel: 023 224 394  
Barcelona comes to Phnom Penh via London's Mayfair in this exquisite up-market bodega. Aircon restaurant that specialises in tapas and fine Spanish wines. Set in a beautiful colonial building with great decor, an open kitchen and sweeping views of the river, Pacharan is one of Cambodia's finest. Second branch in Ho Chi Minh City. Open from 11am to 11pm. **02 A/C**

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


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

**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**  
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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 local 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



**Tasty treats at Comme à la Maison**

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 special-

ties 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**

**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**

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

**Le Seoul**  
62 Monivong 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 Blvd., 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**

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

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

### mexican & tex-mex

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

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

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

### thai & pan-asian

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

**Bua Thai**  
Ground Floor, Phnom Penh Hotel, Monivong Blvd. Tel: 023 990 098  
Over 200 dishes provide a wide range of delights in this surprisingly good Thai

restaurant. The sauteed prawns with chuchee 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 itd 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 terridor. 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**

**Singapore Kitchen**  
110 Street 360, Tel: 092 201 304, 017 821 480  
Specialising in classic Singapore hawkker food, the new improved Kitchen has a more relaxing atmosphere than its previous incarnation. Try the laksa - full of wholesome ingredients and with a great spicy, creamy sauce - those wanting a more subtle flavour could do worse than trying the Hainanese chicken rice. Open from 11am to 9.30pm, does delivery. **02 A/C**

### cafés

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

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

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



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The third outlet on the chain has the same mix of sandwiches, cakes, coffee and smoothies is close to the Central Market, making an ideal location to take a break from all that shopping. Open 7am to 6pm. **A/C**  

**Café Living Room**

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

**Café 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 panini 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 overlooking the Royal Palace. Asian & Western meals served for breakfast, lunch and dinner with a nice selection of wines, cocktails, smoothies, and coffees. Four computer terminals allow customers to surf while they chill. **A/C** 

**Fizz**

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

**Java Café & Gallery**

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

**Java Tea Room**

Monument Books, 111 Norodom Blvd.  
Second outlet of the popular Java Café located in the rear of Monument Books. Has comfortable mismatched sofas and antique-look décor. A small lunch menu is available along with an extensive tea and coffee menu. **A/C**

**La Gourmandise Bleue Patisserie**

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

**The Coffee Maker**

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

**The Melting Pot**

168 Street 155, Tel: 092 223 301  
Cute, cosy café with Parisian owners located diagonally across from the Russian Market's NYEMO. Good coffee and lunch spot specialising in French crepes. Open 8am to 5.30pm.

**The Deli**

13 Street 178, Tel: 012 851 234  
Chic delicatessen, bakery and small restaurant serving excellent bread and pastries. Take-away menu includes sandwiches from US\$2.50 and salads from US\$3. Open from 6.30am to 10pm (closed Sundays). **A/C**

**Two Fish Gallery Studio**

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



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# bar stool

## Water Water Everywhere

But are you too afraid to drink? This month **AsiaLIFE** subjected one of Phnom Penh's best-known wine gurus, **Patrick Uong**, to a blind bottled (and not so bottled) water taste test. He came to some surprising conclusions!



And it begins...

### ■ WATER O

**Aroma:** An empty salt-shaker.

**Taste:** Thick, citrus, sodium.

**Comments:** This is my favourite. If I was drinking this with a meal, I feel this would cleanse my palate more than any of the others.

**Rating:** 9/10

### ■ KHMER BLUE

**Aroma:** Rubber, petrol, plastic, petroleum, tin.

**Taste:** Dry, very chalky, slightly mineral

**Comments:** It feels good

**Rating:** 5/10

### ■ LA VIE

**Aroma:** Soap, dust.

**Taste:** Potassium magnesium, paper, wood.

**Comments:** I like this because it's



rich. It feels nourishing. It's very viscous in the mouth and feels almost oily.

**Rating:** 7/10

### ■ OXYGENIZER

**Aroma:** Carrots, floral, some kind of flower petal.

**Taste:** Carrots, flowers.

**Comments:** I definitely smell carrots and it tastes as though it was infused with carrots. I prefer water infused with cucumber, but this is interesting.

**Rating:** 7/10

### ■ NEW DAY

**Aroma:** Slightly mineral with a hint of salty chlorine.

**Taste:** Flat bland and thin.

**Comment:** It smells like a salt-water swimming pool. It doesn't

taste like fresh clean crisp water.

*Rating: 5/10*

**PHNOM PENH TAP WATER**

**Aroma:** Dirt, old pipes, pocket change, salt, chlorine, the sea.

**Taste:** Not good.

**Comments:** Oh my God! Do I have to drink this? Is it safe? It smells like so many things. It smells like the back tank of a toilet. It smells like laundry water – not soapy – it smells like there’s dirt in the water, and it’s not clear. Wow that’s



**OXGEN**

**Aroma:** Steamed carrots, sugar, empty salt-shaker, sodium, baking soda.

**Taste:** Sweet - buttery carrots - no mineral.

**Comments:** This tastes like it’s flavoured. It tastes more like carrots than anything. It’s a bit too weird.

*Rating: 4/10*

**EVIAN**

**Aroma:** Sweet and dry, like dry air, chalky and gravelly.

**Taste:** A lot of minerals, too



interesting – if this were wine I would love it. I’m sure it’s safe to drink – but it tastes awful. It tastes old, really old – like you’re drinking something that isn’t good for you.

*Rating: 1/10*

**EUROTECH**

**Aroma:** I’m getting nothing but the sausage cooking downstairs.

**Taste:** Thin, metallic, tinny.

**Comments:** It’s very thin, as though there is no mineral content.

*Rating: 4/10*



astringent, tinny and sour.

**Comments:** Wow, a lot of flavour. I don’t like this at all.

*Rating: 3/10*

**AQUAFINA**

**Aroma:** Plastic, dust, liquorish.

**Taste:** Not good – garbage, apple peels.

**Comments:** What the hell is that? This just gets worse and worse.

It’s just so weird. If I new what was it was and I new it was good for me I would drink it. But since this is blind – I’m afraid. This is

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awful. It smells like something that has been stored in an Indian warehouse for a long time.

**Rating:** 2/10

■ **SCHWEPES SODA WATER**

**Aroma:** Pleasant, sweet, tropical fruit, lemongrass jelly, caramelised sugar, lychee or longan, floral, powdery, just a hint of soda in the back.

**Taste:** Longan or longan seeds, tropical fruit, slightly sweet, chalky.

**Carbonation:** Very nice.

**Comments:** I like it. It's interesting. It tastes as though it has been infused with some longan or seeds of a longan.

**Price per litre:** US\$1.20

**Rating:** 7/10

■ **PERRIER**

**Aroma:** Dust, soap, chalk.

**Taste:** Mineral, salty, very chalky and dry, citrus.

**Carbonation:** Very thin.

**Comments:** The bubbles are pleasant – they just tickle the tongue.

**Price per litre:** US\$4

**Rating:** 5/10

■ **EVEREST**

**Aroma:** Carrot – black liquorish, anise seed, chalky sodium, rocky beach sand.

**Taste:** Black liquorish, chemicals, citrus.

**Carbonation:** An assault of bubbles.

**Comments:** Really full bodied, but a bit offensive. I don't like this because the bubbles are too strong – and it has that artificially sweet citrus taste.

**Price per litre:** US\$1.20

**Rating:** 4/10

■ **ST. AMOND**

**Aroma:** Carrots and chalk.

**Taste:** Carrot, vegetables.

**Carbonation:** Average.



**Comments:** Quite dull. I don't pick up any mineral content. It tastes more as though it's been infused with vegetables, and it's really thin.

**Price per litre:** US\$2

**Rating:** 3/10

■ **SAN PELLEGRINO (PATRICK THOUGHT HE LOVED PELLEGRINO)**

**Aroma:** minerals – spring water.

**Taste:** Sodium, expired and tired, too much mineral, acidic.

**Carbonation:** Doesn't last.

**Comments:** That's bad! That's bad, that's bad! I need something to wash my mouth out with.

It starts out high with a lot of sodium and a lot of bubbles and finishes flat. It doesn't taste clean or fresh it tastes expired and tired, but I keep drinking it! Maybe there's too much mineral content. It's totally overpowering.

**Price per Litre:** US\$2.53

**Rating:** 2/10

■ **CRYSTALLINE**

**Aroma:** Carrot, sea salt, air.

**Taste:** Carrot, minerals, clean.

**Carbonation:** A bit flat.

**Comments:** The smell reminds me of getting dried sea salt on your skin as a kid on the beach. This is the thinnest and the least charismatic. Even though it has less charisma it has much more mineral content and tastes quite clean. It would make for a good palate cleanser.

**Price per Litre:** US\$0.86

**Rating:** 6/10

**Disclaimer:** All of these taste tests were blind and the water was tested at room temperature, which is why Patrick swears he didn't recognise his beloved Sam Pellegrino. He's devastated. Please be kind to him. 🙏



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# bar stool guide

## key to symbols

- A/C** Air Conditioning
- WiFi** Free Wireless Internet Service
-  Tiger Super Cold
-  Live Music and DJs

**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 lily 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 foosball table in town with regular tournaments. Also has a second street-level bar. Open 10:30am to late. **A/C**

**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. **A/C**

**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.



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

**CORNER 33**

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- "WINE AND CHEESE TUESDAY" - COMPLIMENTARY CHEESE PLATE WITH ANY BOTTLE OF WINE
- "WINE WEDNESDAY" - BUY 1 BOTTLE OF WINE (FROM A NEW WORLD SELECTION) & GET 1 FREE!!!!!!
- "THIRSTY THURSDAY" - BUY 1 TIGER BEER AND RECEIVE ANOTHER "ON THE HOUSE!"
- "CURRY FRIDAY" - CURRY "of the day" and 2 LOCAL BEER CANS FOR ONLY \$8.50

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restaurant@tellphnompenh.com

## Bar Talk: Velkommen Inn



"THE SUMMERS IN THE south of Norway are the best on earth," says Velkommen Inn's Edvin Engeland. Unfortunately they don't tend to last very long in that part of the world, which may explain why he ended up here. Having travelled around Asia for 25 years, the now 43 year-old Norwegian first came to Cambodia in 1999. From that moment he wanted to have a year off in Cambodia – why not? He finally managed to put words into action once his daughter was old enough to be left behind in cold Norway.

"I had no fixed plans when I came here," he explains. "I just wandered past that 'For Rent' sign in the street, walked in, and ten minutes later we had a deal." The Velkommen Inn thereby became the fourth non-girlie bar in popular Street 104. Those not-so-fixed plans became a little more fixed when Edvin became engaged with a Cambodian, and the Velkommen has since built up a nice crowd of regulars and passers-by alike. Every Friday the auspiciously named The Hellhounds create a great buzz with their blues, cajun and zydeco live tunes. When the band is not playing, Edvin avoids music. "I want to create more scope for talking and human interaction," he says. It seems

to work as the Velkommen has that inviting friendliness that draws people in. The bar also hides a not-so-secret secret – its food. Their US\$5.50 pan-fried fish fillet with capers, boiled potatoes and vegetables is an absolute hit with all the Vikings in town, but the menu doesn't stop there. Salads, burgers, steaks, fish, chicken, pasta and Asian dishes compete for your attention. And there is a wide range of spirits sitting on the shelves waiting to be poured for those wishing to make a night of it.

The inn wouldn't be an inn without rooms – six of them. Ranging from US\$20 to US\$40, they offer great value for money – witness the raving reviews of customers on Tripadvisor. If you need to give your partner a valid excuse to hang out at the bar, the Velkommen also doubles up as The Hash House Harriers' headquarters, that self-proclaimed 'drinking club for people with a running problem'. Quite nice black and white pictures of their exploits in Cambodia decorate the Velkommen's walls – just in case you need that extra proof.

*Velkommen Inn, 23 Street 104, Tel: 092 177 710 / 720. Serves breakfasts from 7am and stays open till late at night- JOHAN SMITS.*



**Freebird**

69 Street 240,  
Tel: 023 224 712

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

**Gasolina**

56/58 Street 57,  
Tel: 012 373 009

The largest garden bar in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche facilities. Open from 11am to late.

**Green Vespa**

95 Sisowath Quay, Tel: 012 887 228

The walls of this popular expat haunt are strewn with photos of vespas and VIPs. 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

# No Holds Barred



**Santa goes native at Java Café & Gallery during the AsiaLIFE Christmas Cabaret Party**

Heart a run for its money. Tends to be a popular late hang-out, especially around the pool table. Open 7pm to 6am. **A/C**

**Huxleys**

Cnr. of Streets 136 & 5, Tel: 023 986 602

The wood-paneled interior decorated with posters of famous British screen personalities and sportspeople helps to create the atmosphere of a Covent Garden bar. Well-stocked bar with fantastic cocktails. Not to be missed. **A/C**

**K West**

1 Street 154 (Cnr. Sisowath Quay)

Tel: 023 214 747

Air-conditioned bar and restaurant with a good value happy hour from 6pm to 8pm Fridays. Renowned for excellent mojitos. Open 6.30am to midnight. **A/C**

**Liquid**

Street 278, Tel: 012 765 896

Welcoming Metroesque bar on the popular Street 278 run by the same owner as

Flavours. Serves food and good cocktails. Has one of the best pool tables in town. Happy Hour from 5pm – 8pm. **A/C**

**Maxine's**

Over Japanese Bridge, Tel: 012 200 617

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

**Memphis Pub**

3 Street 118, Tel: 012 871 263

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

**Meta House**

6 Street 264, Tel: 012 607 465

[www.meta-house.com](http://www.meta-house.com)

This multi-media arts centre established by German Nico Mesterham opened in January. Has a very cool terrace bar with barbecue. Closed Mondays.

**Metro Café**

Cnr. Sisowath Quay & Street 148.

Tel: 023 222 275

Stylish and swish, Metro has much more than a cool décor and changing light boxes. Reasonably priced Tiger and house wines and a great range of Martinis, try the Espresso. Open 10am to 2am. **A/C**

**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).

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# Grapevine: New Year, New World, New Wine

Since the dawn of the new Millennium, New World wines have stormed up the sales charts, gaining worldwide recognition and taking large chunks of market share from European producers along the way. So – in the tradition of out with the old and in with the new – Darren Gall looks at some of the best this brave New World of wine has to offer in Cambodia for 2009.



## ■ MAJELLA ESTATE, COONAWARRA, SHIRAZ (AUSTRALIA)

The Coonawarra wine region is a small strip of ancient terra rossa soil over limestone, (only 15 kilometers long and 1.5 kilometers wide) and the single stretch of road that runs its length is home to the biggest names in the Australian wine industry. The Majella Estate vineyard has been producing some of the region's very best Shiraz grapes since the late 1960s, selling them to the big companies, where they ended up in some of Australia's most famous wines. At the beginning of the 1990s Majella co-owner, Brian 'Proff' Lynn decided to keep a little back to produce a family label. Majella Estate Shiraz is now hailed as one of the great red wines of Australia. A cool-climate Shiraz, this wine is pepper and spice and all things nice over a massive dollop of sweet, dark plum and fresh raspberry juice, with enough cherry oak and fine tannin to tame the rarest of steaks.

## ■ VINA MAIPO, CENTRAL VALLEY, CARMENERE (CHILE)

Carmener is a rare grape variety once believed lost to the world – the pestilence pyloxera saw it all but wiped in France out by the early 1900s. The variety was exported to Chile for cultivation over a century

ago but was mistakenly classified as Merlot! The ongoing riddle was why Chilean Merlot seemed to be richer, deeper and more flavoursome than Merlot in other parts of the world until a team of ampelographers tested the vineyards and discovered two distinctly different varieties existed, one Merlot and one the long-forgotten Carmenere. Today Chile claims the variety for itself, nicknaming it the Jurassic Park variety – the grapes that returned from extinction. The Vina Maipo Winery is now owned by Concha y Toro the largest producer in Chile and since the takeover this reliable and affordable label has become widely exported throughout the world. Carmenere is a soft, silky, medium-bodied red wine with concentrated flavours of mulberry, tobacco leaf and cinnamon spice given further complexity by notes of mocha and smoky oak. Match with chicken, pork or rabbit.

## ■ MULDERBOSCH, STELLENBOSCH, SAUVIGNON BLANC (SOUTH AFRICA)

Mulderbosch winemaker Mike Dobrovic, is widely regarded as one of the most talented winemakers in all South Africa. The wine shows lively, green apple hues. A tropical bouquet is packed with guava, green fig, passionfruit, gooseberry and a hint of green pepper, the

palate has a tropical/passion fruit mid-palate wrapped in a sleeve of complex herb and freshly cut grass characters. The mouth-filling, ripe fruit is supported by good, crisp acidity. A very refreshing wine perfect with shellfish, goat's cheese or battered squid.

## ■ TRENTHAM ESTATE, MURRAY DARLING, CABERNET SAUVIGNON / MERLOT (AUSTRALIA)

The Murphy Brothers are on a roll at the moment – their Trentham Estate winery was recently awarded five stars (the highest rating possible) by renowned wine writer James Halliday in his Australian Wine Companion 2009. Winemaker Anthony Murphy recently traveled to London to collect the International Wine & Spirit Competition Trophy for Top Shiraz and both Anthony and his viticulturist brother, Pat were jointly nominated for the Gourmet Traveler 'Winemaker of the Year' awards. The Trentham Estate Cabernet Sauvignon (70 percent), Merlot (30 percent), is a classic Bordeaux blend that is eminently drinkable and outrageously affordable for a wine of such quality and appeal. Perfumed aromas of forest berries are given further complexity by notes of dark chocolate and coffee grinds from maturation in French and American oak. On the palate the wine is bursting with ripe fruit, the Merlot

component giving a fleshy, juicy mid palate, the Cabernet component adding firmness and length to the wine with the fine grained tannins holding it all together. Perfect with roast lamb or duck.

## ■ CLOUDY BAY, MARLBOROUGH, PINOT NOIR (NEW ZEALAND)

Probably the most famous Sauvignon Blanc producer in the world, Cloudy Bay first made Pinot in 1989 and the winemaking team has been obsessed with the variety ever since. Their purpose-built Pinot Noir cellar allows the winemakers to handle as many as 40 unique parcels of wine from 25 different sites. This wine has an enticing fragrance of dusky dark fruits – black cherries, plums and berries intermingled with rich earthy aromas, mocha and exotic spices. The palate of ripe red and black fruit has chary oak flavours and plush velvety tannins. Great length and depth of flavour here. Drink it with pork belly, duck or mushroom risotto.

*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](mailto:darren_gall@yahoo.com)*



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Open from 5pm to late, happy hour from 5pm to 7pm, closed Tuesdays. **A/C** ☎

**Open Wine**

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

**Pacharan**

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

**Pickled Parrot**

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

**Pontoon Lounge**

**River end, Street 108, Tel: 012 889 175**  
Phnom Penh's only floating bar, stylish, funky drinking spot and late night venue. Favourite among the expat scene, Pontoon sometimes hosts party nights with visiting DJs. The friendly staff mix excellent cocktails at the beautiful amber bar. Unbeatable location. Open 11.30am until midnight (weekdays) and until late at the weekend.

**Revolution**

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

**Rising Sun**

**20 Street 178, Tel: 012 970 719**  
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 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.

**Velkommen Inn**

**23 Street 104 Tel: 092 177 710**  
This comfortable hotel restaurant and bar, 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. **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 Sothearos 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. ☎



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Phnom Penh  
Cambodia  
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# scrapbook



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@de la paix



@Bodega



@Living Room



@Bodega



@Java



@Java

# HISTORY



# ELEGANCE



# COMFORT



# ALONG THE SEA SHORE



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

# kaleidoscope

## French Cultural Connection

Building bridges through art, the **Centre Culturel Français (CCF)** continues the process of opening the world of art to Cambodia and the work of Cambodian artists to the world. **Craig Gerard** sat down with **Alain Arnaudet** to learn what's in store for 2009.

"OUR PRIMARY MISSION IS to open windows on the world," explains Alain Arnaudet, the Cultural Attaché and Director of the CCF. Cambodian artists do not have as much opportunity to see the world beyond Cambodia or to be exposed to expressions other international artists are creating, according to Alain. This is the role CCF tries to fill. By helping Cambodian artists meet and collaborate with artists from Europe, Alain hopes to inspire them to create their own work. This is not always an easy task. Not only do the artists need to be inspired, but they also must create something the public will enjoy and connect with. It is clear that Alain enjoys the challenge.

The CCF operates in three main areas – education, a foreign language library and the Arts. Their schools teach free French lessons to over 6,000 Cambodians annually, with classes in Phnom Penh, Siem Reap and Battambang. The library is home to the largest French language book collection in the country. But it is in their cultural art activities that the centre really thrives.

Designed to foster cooperation between France and Cambodia in the world of art, Alain has taken the role of the centre a step further by helping to create art. There are a number of programmes coming in 2009, which Alain has had a personal hand in developing.

### ■ A YEAR OF COLLABORATION

This month, the CCF continues the Cinema Concert series, where a traditional Cambodian orchestra plays music in front of an old silent film. "It's improbable," explains Arnaudet, "but it works so well." January's viewers are in for a special treat as CCF brings in contemporary French jazz musician Louis Sclavis to do a 15-day residency with a local group. The collaboration is a perfect example



Bringing the world to Cambodia

of the East meets West marriage the culture centre arranges.

In February, the CCF will host a huge exhibition of wedding photographs from around the world. The collection includes hundreds of weddings from different time periods and from Cambodia, France, China, and Lebanon, among others.

At the end of February and beginning of March, the CCF will stage an exhibit of video art – an entirely new art form in Cambodia, according to Alain. Two pairs of artists will merge their different art forms to create the videos. The first collaboration is between a Columbian videographer and a Khmer painter, the second pairs a French videographer with a Cambodian dancer.

"This is the progression of art we are trying to build," says

Alain. Not only are the Cambodian artists exposed to international art, the teams will create something never seen before in Cambodia, an idea which thrills Alain.

In May, the CCF will pair up with the Meta House to put on a week-long hip hop festival, complete with concerts and dance shows featuring French, German and Cambodian hip hop artists. They will bring in the German artist Storm, who, according to Alain, is "one of the most important hip hop dancers in the world."

Performance art fans can also look forward to the Lakhaon Festival in the autumn, which will again feature live stage dramas and plays. The focus is to blend traditional forms of Cambodian theatre with contemporary influences.

## This is the progression of art we are trying to build

This year, the CCF is putting more energy and time into the French and English translations, so larger audiences can enjoy the Khmer language performances.

### ■ TAKING CINEMA TO THE PROVINCES

Alain also looks forward to continuing La Route du Cinema, the national tour of films around Cambodia. By bringing the art out of Phnom Penh and to the provinces, the CCF can reach an entirely different audience. The outdoor screenings take place in 15 different towns all over the country, and typically draw crowds of around 1,000 people.

"It is an amazing success," Alain explains. With over a hundred screenings a year during the dry season, the centre is bringing new cinema and documentaries to over 100,000 people outside of Phnom Penh. With games for the kids, vendors selling ice cream and families relaxing on the lawn, each screening is like a festival. "Everyone comes to the centre of town to enjoy the shows," says Alain. Each screening is a reminder of what the CCF does here in Cambodia.

As the Centre Culturel Français continues to grow in influence and push the envelope of Cambodian art, Cambodian artists are not the only benefactors from their success. The CCF has strong influence over the emerging art scene in Cambodia. Edgy, sophisticated, unique and looking to build bridges from Cambodia outward, art fans in Phnom Penh can rejoice in 2009.

Further information on this year's events can be found at [www.ccf-cambodge.org](http://www.ccf-cambodge.org) or read *AsiaLIFE* guide's *Kaleidoscope* each month. ■

# Bootleg

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

## ■ YOJIMBO

*(Akira Kurosawa, 1961)*  
To its contemporaries a mould-breaker, Yojimbo is at once familiar to any cynical member of Generation X. This black-and-white masterpiece recounts the oft-told story of a world-weary wandering ronin – the famed Toshiro Mifune in one of his greatest roles – who begrudgingly protects the small town peasants from vicious crime lords. Con-niving and mercenary, the lead character is the classic anti-hero turned saviour. His lone wolf style and the set piece face-offs evoke the westerns of John Ford.

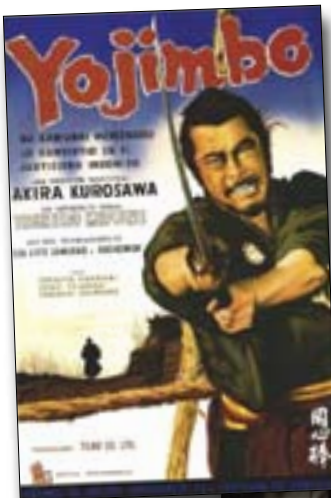
## ■ TRANSPORTER 3

*(Olivier Megaton, 2008)*  
Irritating mockney Jason Stratham reprises his role as Frank Martin, the grimacing transporter, in this cliché-ridden second sequel. In a plot strikingly similar to the first film, the mincing Stratham must transport the beautiful Valentina (Nata-

lya Rudakova) from Marseilles, through Stuttgart and Budapest, to Odessa. Perhaps an attempt to win some little-known prize for most uninspiring action film of the year, Transporter 3 is yet another mediocre and unforgettable effort based around the overwrought performances of Hollywood's most overrated 'star'.

## ■ MAX PAYNE

*(John Moore, 2008)*  
Once a moderately popular 2001 videogame, Max Payne has ill-advisedly been turned into a dark and dreary film noir. Payne's one-dimensional character is still too much for the cardboard Mark Wahlberg, who lurches from one scene to another, treating the death of his wife and newborn baby with as much emotion as the sleep-inducing, so-called action scenes. The shady dealings of a pharmaceutical giant fail to inject any life into this almost-unwatchable and certainly unforgivable waste of time. **F**



## Cinemas

### Le Cinema

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

### Meta House

6 Street 264 Tel: 012 607 465  
Movie shorts and documentaries from Cambodia and the rest of Asia. All 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 every-day 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 arts.

### Two Fish Gallery Studio

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

## Performing Arts

### Amrita Performing Arts

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

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



Discover the taste of Java's bakery, homemade and fresh every day!

### Java Café & Gallery

56e1 Sihanouk Blvd  
Phnom Penh, CAM  
7d/wk 7am - 10pm  
023 222 087

### Java Express

56e1 Sihanouk Blvd  
Phnom Penh, CAM  
M - Sa 7am - 3pm  
092 289 126

### Java TeaRoom

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

# Arts Diary

## ■ OPENING THIS MONTH

### *Country Life*

Oil Paintings by NZ artist Bryan Goodwin opens on Jan. 2 at two fish Gallery

### *Photography Exhibition*

By Louis Sclavis opening Jan. 15 at the CCF Gallery and runs until Feb. 7

### *Raining at Preah Vihear*

12 drawings by Srey Bandol opens at Metahouse (ground floor) runs from Jan. 3 to Jan. 10

### *Photographs by Tim Page*

Award-winning English Life and Time Magazine photographer exhibits iconic images of our times. Opens at Metahouse (Mezzanine/ 2nd floor) Jan. 4.

### *Another China*

Collaborative works from the Lijiang Studio by Khmer and International artist opens Jan. 13 at Metahouse (ground floor)

### *Traits and Portraits of Women*

Margherita des Balzo creates an homage to the brilliance and grace of women through drawings. Opening Jan. 15 at 6.30pm in the CCF Hall, runs to Feb. 7

## ■ ONGOING

### *Visual Makers*

Exhibition of the collective works of photo-agency Asia Motion continue at Equinox, runs through to Feb. 4.

### *Accidental Voodoo*

Mixed media exhibition of the works of Bradford Edwards running at FCC until Jan. 31

### *Red Corner*

Exhibition by AsiaLIFE photographer Virginie Noel continues at Café Living Room, runs through to Jan. 4.

### *McDermott Gallery 2*

Three exhibitions will run at the McDermott Gallery 2, The Passage, Siem Reap from Nov. 21 to Jan. 15. 'Burma: A Flameless Inferno' by James Whitlow Delano; 'Rohingya Refugees' by Munem Wasif; and 'Life is Elsewhere' by Sohrab Hura. [www.mcdermottgallery.com](http://www.mcdermottgallery.com)

### *While Saving the World*

A photographic essay on Expats in Phnom Penh by Ali Sanderson and Panca Evenblij. Running throughout the month of January at Rubies Wine Bar.

## ■ MUSIC, EVENTS & PERFORMANCES

### *Concert & Dance Performance*

Louis Sclavis, Phare Ponleu Selpak, and Belle will work as a beautiful artistic team in the Garden of the CCF Jan. 17 at 6.30pm

### *The Encounter of Méliès and Bowers ~ Ciné-Concert*

Louis Sclavis and the Phare musicians perform at Wat Bothum Jan. 20 at 6.30pm

### *Cambodian & Western Performing Arts*

Music & dance performances at the Art Café from 7pm, each Friday & Saturday, for details visit: [www.artcafe-phnom-penh.com](http://www.artcafe-phnom-penh.com).

### *Cambodian Performing Arts*

Sovanna Phum has weekly performances of shadow puppetry and traditional dance,



**Red Corner by Virginie Noel**

each Friday and Saturday at 7.30pm. Entrance is US\$5 for adults and US\$3 for children.

### *Art for Kids*

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

## ■ FILM

### *Rooftop Cinema*

Each month the Meta House shows films, documentaries and hosts events on its rooftop terrace. This month's screenings include (6pm unless stated): Jan. 3 (7pm) – *Raining at Preah Vihear*, film by Vandy Rattana Jan. 4,5 – Films with Tim Page; Jan. 8 – Short Docs about the Pol Pot regime, followed by *Death and Rebirth* (8pm); Jan. 9 – *The Battle of Algiers*, (8.30pm) *Terror's Advocate*; Jan. 10 – UXO Night, short films on landmines by Ian White, followed by *Bombhunters* (8pm); Jan. 11 – *New Year Baby*; Jan. 14 – *Garment Workers in*

*Cambodia*; Jan. 15 (7pm) – *Another China*, funky video art performance by German Artist Alfred Banze; Jan. 16 – *Pearl River Delta: Lean Planning, Thin Patterns*, followed by *Up the Yangtze* (8pm); Jan. 17 – Martial Arts Fest (6pm till midnight); Jan. 18 – *Chunking Express* and In the *Mood for Love* by influential Chinese director; Jan. 19 – *Land is Life* by Nico Mesterharm & Ian White; Jan. 20 – Best of Khmer Doc Makers; Jan. 21 – films concerning the Khmer Rouge by DMC students; Jan. 22 – Selection of BBC World Service Trust films; Jan. 23 – Films from Khmer Mekong Films production company; Jan. 24 – *Time for Justice*, a film about the KR trials; Jan. 25 – TV for Democracy, from UNDP; Jan. 27 – *Prey Long*, an award winning environmental film by Jocelyn and Ben Pederick; Jan. 28 – *The New Khmer Kidz*; Jan. 29 – *Baraka & Dogora*; Jan. 30 – *The Flute Player* by Jocelyn Glatzer with CLA; Jan. 31 – *The Nu Sound of Phnom Penh*. **A**

**META HOUSE**

The State of Khmer Arts:  
Visit Cambodia's first multi-media gallery!

Tue - Sun, from 6PM  
Rooftop Cinema starts 7PM  
Chill-Out Bar and BBQ

Street 264, 76 - Sangkat Chaktomuk, Khan Daun Penh, Phnom Penh  
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FAX: 855-93-24-160 MOBILE: 017-507-465

**two fish studio**  
house 2D, street 302 phnom penh



■ SVAY KEN

The beloved grandfather of folk art in Cambodia, Svay Ken passed away last month at the age of 75.

The self-taught painter was dedicated to the contemporary art scene in Phnom Penh, attending

every exhibition opening until his failing health made it impossible.

His last exhibition 'Sharing Knowledge' at the Bophana Audio-visual Resource Centre centred on Buddhist ideals. The focus of his exhibition was the importance of

kindness and good deeds and the consequences of bad deeds such as hatred delusion and greed.

Svey Ken was a revolutionary artist and his legacy will remain an inspiration for all contemporary Cambodian artists. **A**



REST IN PEACE: 1933 – 2008

THE *Vagina* MONOLOGUES  
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{V DAY} 2009

FEBRUARY 2009

# leisure & wellness

## Phnom Penh's Pill Peddlers

"Quit worrying about your health. It'll go away," Robert Orben once famously said – advice that may be a little too true given Cambodia's filth-stricken streets. **AsiaLIFE** checks out the capital's pharmacies to sort the wheat from the chaff.



**U Care**



**Pharmalink**

TO ENABLE AN UNBIASED comparison, an intrepid Asia Life reporter, donning T-shirt and jeans for an ordinary tourist disguise, compared prices of commonplace items, as well as feigning a mild case of the backpackers' bane, giardia. With symptoms including stomach cramps, nausea and belches that taste like sulphur, it should conventionally be treated with metronidazole, tinidazole or nitazoxanide.

### ■ U-CARE

*14 Sihanouk Blvd*

With branches scattered across the city, U-Care is probably the most familiar pharmacy in Cambodia. Its English-speaking staff

and wide range of products make it a favourite for many expats. Small tubes of Colgate toothpaste are a reasonable US\$0.50 and an Oral B toothbrush is US\$1.10.

Polite and attentive, workers point out razors (Gillette Mach 3 US\$6.30) and shaving foam (Gillette Foamy US\$2.60). The choice of soaps is unrivalled and quite cheap, with Camay at US\$0.50 and Dove at US\$1.10. A very sympathetic white-coated pharmacist asks pertinent questions about the stomach complaint. She prescribes phloroglucinol (used "in the treatment of abnormal and painful contractions of the intestine") for US\$5.50 and the old favourite immodium for US\$5.80. Despite

half marks for their prescription, U-Care scores well on convenience and service, and has an excellent variety of products.

### ■ NAGA CLINIC

*11 Street 254*

Tucked away in a leafy side street, the diminutive Naga is easy to miss. Distinctly upmarket, Naga has little in the way of ordinary soaps, and only big tubes of toothpaste are on offer (US\$2.16). Unsurprisingly, items are a little more expensive here, with Gillette shaving cream at US\$2.93 and Mach 3 razors at US\$7.43. Oral B toothbrushes are a bargain though, at just US\$1.10 for a twin pack. Naga shines in medical advice. The

only pharmacy to advise a visit to a qualified doctor, Naga prescribed "symptomatic treatment" consisting of Smecta sachets (US\$1.50 for six sachets).

### ■ PHARMACIE DE LA GARE

*81Eo, Monivong Blvd*

The train station pharmacy as it has become known, has been dishing out medicine to lakeside's stricken flotsam for many years. A veritable Aladdin's cave of all things pharmaceutical, the bets are that, if this pharmacy doesn't stock it, it's not in Cambodia. Narrow isles and densely-stocked shelves can make it a little tough to find what you're looking for, but prices are competitive. Mach 3 razors go for US\$3.80,

# leisure & wellness

## amusement

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

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

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

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

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

## beauty products

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

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

**Pharmalink**  
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**  
Tchou Tchou preschool, 13 Street 21  
Lessons in this rhythmic Brazilian cross between dance and martial arts, cost US\$2. Held every Monday and Wednesday 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: 026 526 706  
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 Sotheaeros Blvd.,  
Tel: 012 715 785  
Learn to scuba dive in Phnom Penh. The academic part of the course takes place in the Plaza Hotel pool, while the real diving is over a weekend in Sihanoukville. Total cost for a course is US\$395.

## dental

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

**SOS Dental Clinic**  
161 Street 51, Tel: 023 216 911  
International quality dental clinic, fully equipped with the latest equipment including dental cameras. US dentist

shaving foam for US\$2.40 and toothbrushes for US\$1. There are no small tubes of toothpaste, but a gorilla-sized Colgate retails for US\$5. Lux soap is a mere US\$0.30, and Dettol US\$0.60.

Seven pharmacists serve the constant stream of customers, keeping up a constant multi-lingual tumult. Ciproflaxin, a common anti-biotic, was prescribed at US\$9 for a sheet of 10 tablets.

### ■ PHARMALINK, 14EO, Street 432

Certainly the most observant, Pharmalink's pharmacist rumbled the reporter, very dubiously asking about if he was "from our competitors." Prices are very reasonable – a big tube of Colgate for US\$2.60, shaving cream for US\$2.90, Mach 3 razors for US\$7.43 and Oral B toothbrush twin-packs for US\$1.50. After reassuring staff that their would-be customer was nothing more than a jaded journo, the reticent pharmacist prescribed Omez, an antacid, anti-nausea medication Klenniel, and antibiotics. Perhaps fearful of unfavourable comparison, she declined to reveal the prices, though all medications were genuine and manufactured in developed nations.

### ■ ANGKOR CHEY PHARMACIE 34 Street 13 (Opposite Old Market)

Much more of a Khmer-style pharmacy, six money changing booths and a key-cutter do brisk business in front of the sprawling store, making parking a bit of a challenge. Prices here are rock bottom – small tubes of Colgate are US\$0.50 and big ones only US\$1.25, while Antibax soap fetches US\$0.50 and Dove US\$1. Gillette Mach 3 razors are the cheapest in town at US\$5.50. Angkor Chey's only weaknesses

seem to be the trifling concerns of polite customer service and basic medical knowledge. "Yes?" barked Angkor Chey's belligerent pharmacist, her back turned. Without asking any questions, she prescribed US\$2 immodium and US\$5 pepto bismol, not making eye contact a single time. A shrivelled crone muttered curses in Khmer and glared Medusa-like in the background. How long is the course of medicine? "Check the internet," the pharmacist growled over her shoulder.

### ■ DEPOT DE PHARMACIE "A" DARA PISETH

Cnr. Sisowath Quay & Sihanouk Blvd.  
Definitely no-frills, Depot de Pharmacie is little more than a single room with wooden shelves. 'Auntie' sells no soap, toothbrushes or any of the other items a westerner would expect to see from her plywood shuttered window. Just the drugs, as Keith Richards would say. Customers usually come with a specific medicine in mind, and versions from what could be called the Who's Who of deadly drug producers are all on offer. No English is spoken. But this was the only pharmacy to make a correct prescription, albeit only after heavy Khmer-language persuasion. Tindazole is US\$1 per packet and Ciproxin, an all-purpose antibiotic, a ridiculously cheap 200 riel per tablet. Be warned though, Auntie says this is "my price, with a special discount for you."

### ■ BOTTOM LINE

The lack of reliable medical diagnosis form the pharmacists consulted in the course of researching this article, drums home one essential point – if you are feeling ill then consult a qualified doctor before visiting the pharmacist. ■




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## Beauty Spot: Magic Spa



LOCATED FAR OUT OF town, the décor at Magic Spa is almost astonishing. Contrary to expectations, this is no regular Khmer massage parlour, but a modern and stylish site of relaxation and care. Using high quality imported products, treatments offered include a wide range of massages (from US\$12), facials (from US\$20), exfoliating body scrubs (US\$20), as well as nail and hair care. The place is on the small side, but given the out-of-the-way location, most patrons are likely to have booked ahead anyway.

For a body scrub and mask – recommended for perfecting that poolside look – you are stripped to paper panties, and asked to enter a steam closet. It's hot and humid, bordering on the stifling, but great for opening the pores in your skin and as a preparation for what is to come.

Some 20 minutes later you are laid on the bed for the scrub. At Magic Spa, ingredients used include coffee, green tea, turmeric and honey. With four hands rubbing the scrumptious mix from top to toe you can relax in the knowledge that every little bit of dirt and pollution will have disappeared from your skin by the time they are done. After being whisked to the shower, you

are given a new pair of one-size-fits-all paper panties and again laid on the bed.

This time the paint-brushes come out and your body is covered in a mineral mask that sucks impurities out of your skin. As if that wasn't enough, the plastic sheet you are lying on is then folded around you. Wrapped up like a pharaoh, the lights are dimmed and you're given a lovely head massage whilst lying in state. Once the mask has dried and you feel unable to move, it's time for a last shower to scrub off the pink disguise, followed by body lotion. It's a US\$40, two-hour session that involves a great deal of nakedness, but leaves your skin feeling soft and radiant for days.

For those living centrally, the location is a major drawback – situated in Atwood Business Centre almost halfway between the city and the airport. On the other hand, should you live in Northbridge or Toul Kork this place is ideal, particularly as there is plenty of parking space. According to the staff, a large part of the clientele so far has been local and foreign dignitaries, arriving in their SUVs.

*Magic Spa is open 9am-6pm at Atwood Business Centre, 3E0, Russian Boulevard. Tel: 023 866 142*



# Sam Moffett: Weight Loss – Fast or Slow?

MOST OF US DON'T GET fat overnight, so expecting to lose it safely and super-fast is likely to backfire. A quick all-or-nothing approach appeals to our lazy side. For two to four weeks you can probably dive into an extreme diet or drop everything to spend hours in a gym and see results, maybe even dramatic ones.

But this approach is not without consequences. Doing too much too soon can lead to

a number of things – mental burnout, injury, the loss of muscle mass and water, disruption of your body's homeostatic balance and food cravings. You can even become less active. At some point you'll need to return to your normal lifestyle, you'll get busy and find it tough to keep up the regimen.

Instead, choose a more realistic plan than compliments your existing schedule and

habits – something you can keep up over time. This is especially the case if you have a roller coaster history of gaining and losing fitness and pounds.

Change your expectations. Rather than see weight drop off fast, accept a slower loss. Focus on something other than the scale. Observe how much fitter and firmer you are getting. Aim to eat more fruit and vegetables every day for a week. Exercise regularly at

a pace you can keep up and fits your normal schedule. Make mini-goals and notice your improvements. Celebrate your accomplishments.

These are the keys to a programme that may not have the fastest results, but will go much further to you keeping your weight off for the longer haul.

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

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

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

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

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

## hairdressers

**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.

## 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 is for members only, who get a discount at 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 pool, gym, steam room and Jacuzzi.



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Dermal Spa, #4C, St. 57, BKK 1 (next to Anise Hotel) Tel: 023 720 042

# Nick Walsh: Alcohol

CHRISTMAS AND THE NEW Year bring time to reflect on the year gone by and what lies ahead with family and friends. It is a time for rest and relaxation – often lubricated with alcohol. A drug used for millennia, alcohol has important social and cultural functions. While there are health benefits associated with moderate consumption, but excessive consumption can result in harm for individuals as well as the community.

## ■ A LITTLE DRINK IS GOOD FOR YOU

The health benefits from alcohol have become increasingly recognised in recent years. The cardio-protective effect is the most well known. Studies have shown that 1 to 2 standard drinks\* daily results in a reduced risk of cardiovascular disease. Red wine has long been thought of as promoting health to a greater extent due to the high concentration of antioxidants in grapes. But it may be that alcohol itself benefits the cardiovascular system.

Regardless of the type of alcohol you consume, the evidence is that small amounts can be beneficial, but increased consumption quickly results in the risks becoming greater than the benefits.

## ■ BREAKING DOWN ALCOHOL

Alcohol is broken down in the liver by an enzyme called alcohol dehydrogenase and then further by acetaldehyde dehydrogenase to non-toxic substances. There are a number of different subtypes of these enzymes, which results in some people processing alcohol at different rates. You may know people that go red in the face when they only consume small amounts of alcohol. This is a result of having a particular type of acetaldehyde dehydrogenase that doesn't process alcohol as efficiently, resulting in higher concentrations of acetaldehyde in the blood.

Men and women process alcohol at different rates. In general women return a higher blood alcohol reading having consumed the same amount of alcohol.

Drinking regularly results in processing of alcohol and other metabolising systems becoming more efficient, so alcohol can be processed more quickly. In general though, we process blood alcohol at the rate of about one standard drink an hour.

## ■ RISKS OF ALCOHOL

The main risks in excessive alcohol consumption relate to the short-term harm of direct liver and brain toxicity, road traffic accidents and other trauma, poorer mental health as well as social and interpersonal difficulties. Interpersonal conflict and trauma are the most common, and more common in younger people.

Alcohol is toxic to brain cells at high concentration and so chronic 'binge drinking' can result in memory loss. Short-term memory is the first affected. Permanent brain damage is the end result in severe alcoholism and binge drinking.

Long-term harms result from the chronic toxic effect of alcohol on the liver causing scarring and in severe cases cirrhosis and other medical problems such as heart disease (direct toxic effect on the heart) and diabetes (from the chronic high sugar content of alcohol and its effect on weight). Depression is not uncommon.

You may be concerned that you, a family member or friend are drinking too much if alcohol is associated with interpersonal conflict, depressed moods, sleeping problems, a morning tremor or the inability to not drink alcohol. It may be difficult to approach somebody on that subject, but many people will already realise by that stage that perhaps alcohol is causing more harm than desired.

## ■ TREATMENT FOR PROBLEMATIC USE

There are few effective treatments available for alcohol dependence, a syndrome defined as drinking increased amounts, having increased tolerance, withdrawal symptoms, cravings and problems associated with alcohol consumption.

Behavioural techniques focus on changing drinking behaviour or avoiding situations that may lead to excess drinking. Many people with chronic heavy alcohol usage may not be able to modify their drinking and will have to stop completely. Support groups such as alcoholics anonymous can be helpful for individuals in this situation.

Medication to prevent alcohol cravings is effective in reducing relapse to alcohol use. Currently there are two medications available. Speak to your doctor about which one might benefit you. Anti-craving medication should be viewed as a vehicle or assistance to cease alcohol – you need to do the driving!

Ideally it is commenced in combination with a plan to stop alcohol that includes counselling. Being so readily available and so socially acceptable, stopping alcohol can be difficult, and relapse is common. Nevertheless, many people are eventually able to keep their consumption under control, particularly if loved ones are involved in the process.

*\*one standard drink is 10g. ethanol which is approximately 300ml. full strength beer or 400ml. light beer or 100ml. wine, 60ml. fortified wine, 30ml. ('a shot') of spirit.*

## ■ RECOMMENDED ALCOHOL CONSUMPTION

Recent reviews of the scientific literature recommend that to reduce the harms associated with alcohol consumption you:

*Consume no more than four standard drinks on any one occasion*

*Consume no more than two to three standard drinks daily*

*Observe two alcohol free days per week*

*If you have problems associated with alcohol then you should consider cutting down or ceasing completely.*

## ■ THE PERFECT HANGOVER CURE?

A hangover is caused by the dehydrating effect of alcohol combined with the side effects of some by products of the breakdown of alcohol, in particular acetaldehyde. This produces nasty side effects, such as nausea, vomiting, headache and depressed moods. Thus a person's metabolising genetics can play a role in how fast alcohol is broken down and how strong the hangover is.

There is no cure to a hangover but remember to keep well hydrated with water during and after consuming alcohol to reduce the dehydrating effect of alcohol. And take thiamine or a vitamin B complex before and after consuming large amounts of alcohol – particularly before bed and the morning after. Drinking alcohol can deplete your body's thiamine stores.

*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@international-sos.com. 📧*



**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. 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. Open from 6am to 10pm.

**The Billabong**  
 5 Street 158, Tel: 023 223 703  
 www.thebillabonghotel.com  
 Sheltered garden hotel with an excellent outdoor swimming pool good both for lengths and relaxation. 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 for members. 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. 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. Open from 6am to 9pm.

In a large old house centrally located.  
 Salon Open from 9am to 9pm

**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 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, with well-priced massages range and beauty treatments.

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

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

**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.

**spas**

**Amara Spa**  
 Cnr. Sisowath Quay & Street 110,  
 Tel: 023 998 730, 012 873 999  
 Fax: 023 998 731  
 www.amaraspa.hotelcara.com  
 A unique & comprehensive Day Spa providing a wide selection of facials, body massages and treatments; arranged into four storey sophisticated modern facility. 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. Open from 9am to 9pm.

**Aziadee**  
 16AB Street 282,  
 Tel: 023 996 921  
 Very relaxing, air-conditioned massage parlour with individual rooms.

**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. Open 9am to 9pm, closed Monday.

**Champeï Spa & Salon**  
 38 Street 57,  
 Tel: 012 670 939  
 www.champeispa.com  
 Beautiful spa in the heart of Boeung Keng Kang 1 district. Has a full range of massages and body treatments. 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: +855 (0) 23 990 394  
 Khmer owned with Thai trained masseurs. Same ownership as Dermal spa.

**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.

**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. 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. 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. 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.

**tennis**

**The Club at Northbridge**  
 1km off National Road 4,  
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 Excellent tennis court. Book in advance.

**VIP Sport Club**  
 Norodom Boulevard, Tel: 023 993 535  
 Courts are available for hire by the hour or for members. 



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# next generation

## Indoor playing

Only as a last resort, on a rainy day in the middle of winter, would any self-respecting Australian choose an indoor play centre over a park or playground. But a year in Phnom Penh with a toddler has given **Angela Savage** new appreciation of the merits of playing indoors.

“IF THE TOURIST HAS heart disease, infection disease, psychosis disease, stupid disease, any disease is forbidden to play in it,” lists the ‘Instructions for the Tourist’ in English at the entrance to the Paragon Centre’s indoor playground. It’s one of several gems guaranteed to entertain you while your children entertain themselves in ‘Toys Land’, one of several indoor play centres Phnom Penh has to offer.

Coming from part of Australia known as the ‘Garden State’, I was sceptical about taking my child to play inside an air-conditioned shopping mall. But with limited options for entertaining an active toddler, especially during the hotter months, I had nothing to lose.

What won me over was seeing how much my daughter enjoys these places. She can interact with local kids her own age and easily play for an hour or more without getting bored. ‘That was fun!’ she told me after a recent foray – high praise coming from a nearly three-year-old.

### ■ NAUGHTY PALACES

Sometimes known as ‘Naughty Palaces’, indoor play centres combine brightly coloured, padded vinyl climbing equipment and slides with tunnels, suspension bridges, obstacle courses and the highly popular pen filled with coloured plastic balls, which kids can jump and/or slide into.

The play areas are fully enclosed and make the most of limited space by extending up several levels, like a three-dimensional game of snakes and ladders. They are cleverly designed for children to safely explore and practice a range of motor skills – climbing, balancing, rolling, crawling. They are more likely to get ‘stuck’



Sydney Shopping Centre Playroom



Can more fun be had?

A section next door offers video games and toddler-friendly rides, including an incongruous Mickey Mouse armed with a pistol

than hurt. Most centres have employees who will come to a child’s rescue, but you should also expect to supervise.

Toys Land on the second floor of the Paragon Centre is among the cleanest and quietest places in town and costs 2,000 riel per child.

When it comes to the Naughty Palace at the back of Pencil Supermarket, getting there is half the fun. Tickets cost 2,000 riel at the check-out counter at the rear of the supermarket. Then go out the back door, up the stairs on the left, through a dimly lit bar called Mr M Café, through another door at the rear of the bar and up another set of stairs to the play centre. The Naughty Palace is popular with local and expat families and contains a trampoline and some fun obstacle courses, as well as the usual slides, tunnels and pen full of coloured plastic balls.

The first-floor playground at the Sydney Shopping Centre on Kampuchea Krom (2,000 riel) has room to run around. In addition to a jungle gym, a free-standing unit with four slides, caterpillar-shaped tunnels and a helicopter, the playground contains two deep tubs of plastic balls for jumping into. There are also small seesaws and rockers. A section next door offers video games and toddler-friendly rides, including an incongruous Mickey Mouse armed with a pistol. To-



kens – actually old 50 cent coins from Hong Kong – cost 500 riel at the ticket window.

The 'Space Ship Zigma II' upstairs at the Big A shopping centre on Monivong Boulevard (1,000 riel) has seen better days, though its pint-sized patrons didn't seem put off by either the shabbiness or the smell. In a variation on a theme, the entire floor is covered with coloured plastic balls.

## RESTAURANT PLAY-PENS

Supermarkets and shopping malls are not the only options for indoor play in Phnom Penh.

The playroom at the Living Room contains a doll's house and toy car park, books, blackboard and chalk, and pencils and pictures for colouring in. There's a change table for babies, plus a footstool in the toilet to help toddlers reach the seat.

Children are made to feel welcome at Annam Indian restaurant, where a staff member is generally on hand to play catch the ball, balloon or inflatable animal in the air-conditioned playroom. Our toddler likes to watch her dosa being made in the glass-fronted kitchen.

City Suki on Monivong Boulevard has a jumping castle netted off at the front of the restaurant, though this was deflated when I went to inspect it.

Café Fresco on Street 306 has a room at the back for kids, with beanbags, books, puzzles, a magnetic whiteboard and a large flat screen TV and DVD player. It's popular for ice cream.

### Annam

1C Street 282, open 11am-3pm, 6-11pm. Closed Tuesday.

### Big A Superstore

266-272 Monivong Boulevard. Open 8am-9pm

### City Suki

Around 400 Monivong Boulevard

### Fresco

Cnr. Streets 306 and 51. Open 7am-7pm

### Living Room

9 Street 306. Open 7am-6.30pm (Mon-Thur), 7.00am-9.30pm (Fri-Sun)

### Paragon Centre

12 Street 214. Open 9am-9pm

### Pencil Supermarket

15 Street 214. Open 8am-9pm

### Sydney Shopping Centre

139 Kampuchea Krom (St 128). Open 8.45am-8.00pm

# next generation guide



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

## cafés & restaurants

### Annam

1C Street 282, Tel: 023 726 661

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

### Café Fresco II

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

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

### Café Living Room

9 Street 306, Tel: 023 726 139

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

### Gasolina

56/58 Street 57, Tel: 012 373 009

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

### Intercontinental Hotel

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

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

### Java Café

56 Sihanouk Blvd., Tel: 023 987 420

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

### Java Tea Room

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

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

### Le Jardin

16 Street 360, Tel: 011 723 399

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

### Romdeng

74 Street 174, Tel: 092 219 565

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

### Kids Create

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

Art classes with Leah Newman each Wednesday at Café Living Room, from 2.30pm to 3.25pm for 2 to 3-year-olds and from 3.30pm to 4.15pm for 4 to 6-year-olds.

### Khmer

Gecko & Garden Pre-school,

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

### Yoga

Gecko & Garden Pre-school,

1 Street 282, Tel: 092 575 431  
Yoga lessons with Georgina Treasure for 3 to 5-year-olds from 3pm to 4pm on 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 dodgeball track, for those who haven't had enough of close shaves on the streets of Phnom Penh.

### Phnom Penh Water Park

50 Street 110, Tel: 023 881 008

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

### Phnom Tamao Wildlife Park

Phnom Tamao,

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

### Sorya Centre

Corner Street 63 & 142

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

### Villa Langka

14 Street 282

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

## pre-schools

### Gecko & Garden Pre-school

1 Street 282, Tel: 092 575 431

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

### Giving Tree Preschool

17 Street 71, Tel: 017 997 112, [www.thegivingtreeschool](http://www.thegivingtreeschool)

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

### Kindercare

60 Street 322, Tel: 023 214 890

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

### Tchou Tchou

13 Street 21, Tel: 023 362 899,

[www.tchou-tchou.com](http://www.tchou-tchou.com)  
Kindergarten and pre-school for 18 months to 5-year-olds, open from Monday to Friday from 7.30am to 12pm. French is the main language, although English and Khmer is also practised.

## international schools

### ICan International School

85 Sothearos Blvd, Tel: 023 222 418

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

### International School of Phnom Penh

146 Norodom Blvd, Tel: 023 213 103

[www.ispp.edu.kh](http://www.ispp.edu.kh)  
Not-for-profit international school founded in 1989, ISPP has 395 students from pre-school to Grade 12. It is the largest international school in Cambodia, and the only authorized IBO school in the country.

### Lycée Français René Descartes

Street 96, Tel: 023 722 044

[www.descartes-cambodge.com](http://www.descartes-cambodge.com)  
French school offering primary and secondary level education, extra-curricular activities include basketball, football and rugby.

### Northbridge School

1km off National Road 4 on the way to the airport, Tel: 023 886 000

[www.niscambodia.com](http://www.niscambodia.com)  
Quality international school with curriculum for students from pre-school to high school as well as good sports facilities.

### Zaman International School

2843 Street 3, Tel: 023 214 040

[www.zamanisc.org](http://www.zamanisc.org)  
International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab.

## shops

### Jolly Baby & Kids

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

### Farlin Showrooms

129 Monivong Blvd, 175A Mao Tse Tung Blvd., Tel: 023 228 222 / 012 875 222

Sells a variety of products for babies and mothers imported from Taiwan, Singapore and Hong Kong.

### 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.

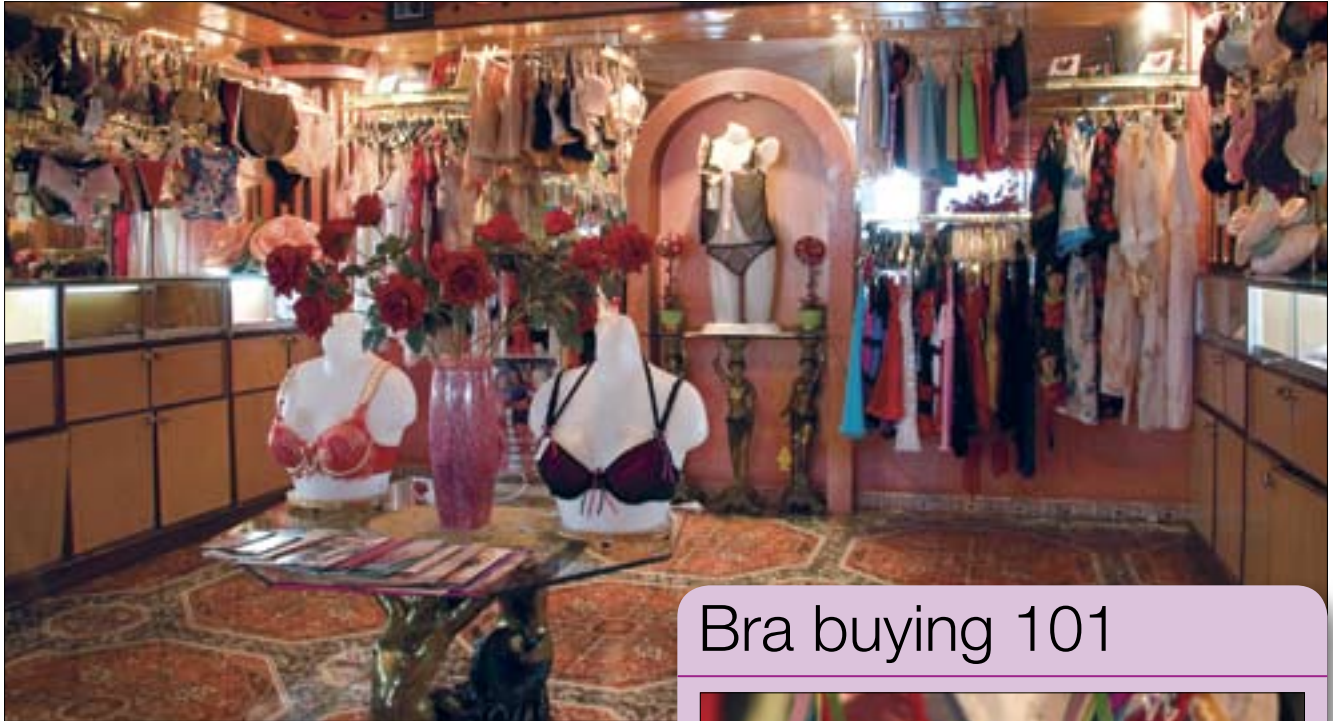
### Willi Shop

769 Monivong Blvd., Tel: 023 211 652  
All products are imported from France, including bébé brand baby products, the range includes prams, baby care, cots and toys. Open from 8am to 8pm.

# shopping & fashion

## Lingerie Hell

It is a simple statement of fact that neither sexy nor functional lingerie can be easily found in Cambodia. What at home would be a nip into M&S, Etam or Victoria's Secret, turns into an altogether more frustrating adventure in Phnom Penh. Words by **Nora Lindstrom**.



Satin and Lace at La Belle

### ■ SIZE MATTERS

Local women are small in size but large in number, and so it is no wonder the lingerie market caters mainly for them. Markets such as Orussey and Toul Tom Poug stock a decent amount of lingerie, however most of the pieces on sale will appeal little to western tastes, while western sizes, although not an utter rarity, are not easily found. Knickers are often 'one size fits all' – though they clearly don't fit all. Most bras are in the range AA70 to B75 (32 to 34 in U.K. terms). Prices are rock bottom, US\$3 to US\$5 without haggling, but there are no changing rooms. Many market stalls however also stock a good amount of accessories, such as transparent and flowery straps.

### ■ BEST OPTIONS

On the fourth floor in Sorya Centre, as well as a smaller selec-

**Knickers are often 'one size fits all' – though they clearly don't fit all**

tion in Sovanna Mall, CityMart stocks relatively decent Triumph underwear. Larger bra sizes such as E85 and D90 are available in some models, but significantly compromised aesthetic value. There is a good selection of knickers in decent materials, as well as 'Queen size' pants for those with more generous behinds. Prices range from around US\$15 and up for bras, while a set of three basic briefs will set you back US\$10. Significantly, CityMart also has good-sized changing rooms with locks.

Lucky Market on Sihanouk Boulevard is another place worth checking out. Similar to City-

## Bra buying 101



- 1) Know your size, in both European and American terms, but also know these are not entirely standardised.
- 2) When trying the bra on, the cup should completely contain the breast – if you're bursting out you need a bigger cup size, if the opposite – go smaller
- 3) The bra should fit snugly when on the last (loosest) hook. If it hurts, opt for a larger circumference; if it's loose try a smaller one
- 4) The back of the bra should be at the same level as the front – adjust the straps if they are pulling the back up, otherwise you need a smaller size
- 5) The front of the bra should lie flat against the breastbone, if it doesn't the cups may be too small
- 6) Remember to adjust the straps for comfort
- 7) Put a shirt on and make sure your bust looks fabulous 🍑

Mart, smaller sizes dominate, but a few more generous sized bras can be found. Check out the Guy Laroche selection, which though not exactly cheap – prices start from around US\$40 – this could be worth it for a special occasion. Like in CityMart, changing rooms are provided.

Paragon Boutique probably has the best and largest selection of lingerie in town. Various brands are displayed, such as Elle and Vanity Fair, and although most sets are available in small sizes only, the capital's potentially largest range of 'regular-sized' non-padded bras can be found here. Prices start from around US\$10 for a bra, the staff are helpful – though slightly stalking as the shop tends to be empty – and there are good, private changing rooms.

**SEX APPEAL**

Set in Parkway Square, La Belle lingerie shop seems to be one of a kind in Phnom Penh. Admittedly small sizes and frills are de rigueur, but it stocks well-known brands such as real Calvin Klein and even La Perla (at around US\$60).

If you're into less conventional lingerie, this is the place to go for neon-coloured, flower-shaped nipple covers (US\$5 for a set of five), as well as size-reducing granny pants and tiny, tiny thongs.

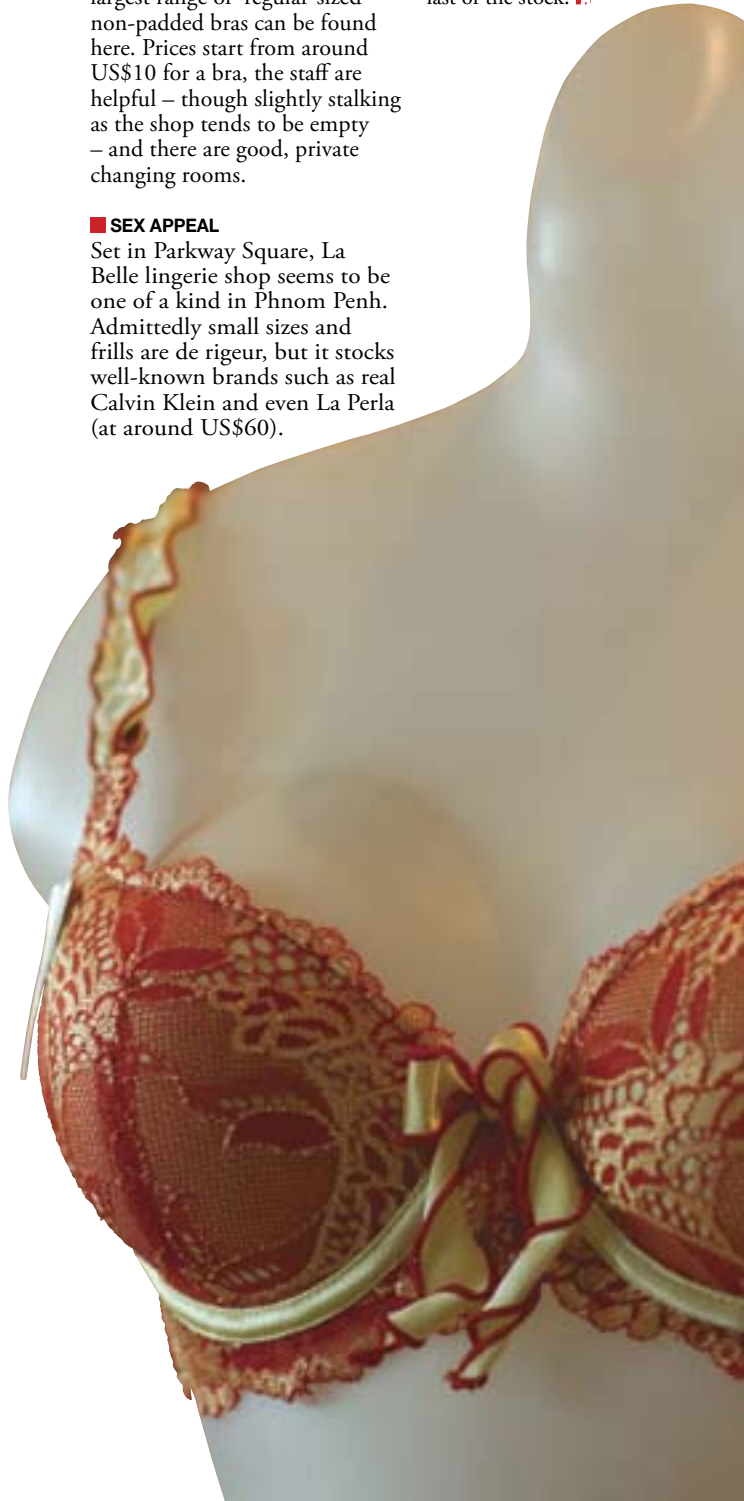
Threads stocks some pretty Shenga underwear, made fair trade from Cambodian silk. The bras come in all sizes, though circumferences tend to be 80 and up – large that is. Matching pants are also available. Unfortunately, as these are no longer being made, the samples currently on display are the last of the stock. **F**

**ERIC RAISINA**

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 Workshop : +855 (0)63 963 207  
 eric.raisina@gmail.com

**beyond interiors**

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Tonle Bassac, Phnom Penh  
(Behind Java Café)

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# shopping guide

ChildSafe®  
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 7 days, 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. Retail a range of Fujitsu LifeBooks, including the U1010, T2010, T4220, S7111 and the award-winning S6410.

## fashion

**Ambre**  
37 Street 178, Tel: 023 217 935,

**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

**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 to 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 Kellianna Karatau and Cassandra McMillan, this boutique creates its own collection of designs twice a year using hand-woven Cambodian silk. Open 8am to 6pm.

**Kambuja**

**165 Street 110, Tel: 012 613 586**  
 Stylish fashion outlet with clothing designed to fuse west with east.

**Keo**

**92 Street 222, Tel: 012 941 643**  
 Haute couture fashion house run by Sylvain Lim, the grand master of Cambodian fashion. Has some pret a porter too.

**L'Armoire**

**126 Street 19, Tel: 012 830 551**  
 Designer Alexandra Barter describes her collection as "Cambodian tropical". With women's fashion, accessories and homeware, Alexandra's range is stylish and wearable, ideal for expats in Cambodia. Open from 10.30am to 5.30pm, closed Mondays.

**MDSF**

**151B Street 199, Tel: 017 467 986  
 www.wwp-we.org/mdsf**  
 Small garment factory produces simple clothes and bags. Proceeds go to support women living with HIV and their children in Cambodia.

**Sapors**

**11 Street 59, Tel: 012 900 470**  
 Modelling agency, training school for house-keeping, as well as a beauty training school.

**Smateria**

**8Eo Street 57, Tel: 012 647 061**  
 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**  
 Franchise of the Vietnamese-based SONG label owned by Keo Sophea who used to manage Kambuja. Features casual wear for both men and women designed by Valerie Gregori McKenzie.

**Threads**

**56 E1 Sihanouk Boulevard  
 (behind Java Café), Tel: 012 768 248**  
 Unisex boutique tucked away behind Java Café that sells the designs of owner Linda.

**Water Lily**

**37 Street 240, Tel: 012 812 469**  
 Eclectic shop run by Christine Gauthier selling her distinctive range of colourful unique necklaces (US\$10 to US\$500), beads, earrings, flamboyant hats (from US\$26) and bags (US\$35). Open 8am to 5.30pm (closed Sunday).

**Zoco**

**22B Street 278, Tel: 017 755 964**  
 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**

**Shop at WarpZone, Pencil Supercenter  
 (opposite Cambodiana Hotel),  
 Tel: 092 235 336**  
 Italian gelato delivered to your door! Also available at Kabuki, Mieta House, La Veranda, Living Room, Cafe Yeij. 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.

**Sobbhana Boutique**  
 No. 25, St. 144/46, Sangkat Phnom Thmey III,  
 Khan Daun Penh, Phnom Penh, Cambodia.  
 Phone: (+855 23) 218 453  
 Email: sobbhana@sobbhana.org  
**www.sobbhana.org**

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**COULEURS  
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SPECIAL ORDERS

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

Like the Tropical Garden where they are created, the **SONG** collection grows organically and allow **SONG** follows 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.

**SONG**resort.com  
song.pp@asiasongdesign.com  
SONG-life.com

**SONG**  
Natural lifestyle by Valerie Gregori McKenzie

**Camory – Premium Cookie Boutique**  
167 Sisowath Quay, Tel: 023 224 937  
www.camoryfoods.com  
Makes cookies using agricultural produce from the provinces such as cashew nuts from Kampong Cham and Monduliri honey. A portion of the profits helps fund education for a local orphanage. Open 9am to 8.30pm.

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

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

**Kurata Pepper**  
Chr. 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.

**Madeleines Bakery**  
19 Street 228 Tel: 012 988 432  
A bakery and restaurant offering a variety of baked goods as well as organic lunches and catering services. Open Monday to Saturday 8am to 5pm

**Smokey da Boar**  
Tel: 012 836 442  
Kiwi run wholesale butchers specialising in sausages, ham on the bone and burger meat. Phone orders only.

**The Deli**  
13 Street 178, Tel: 012 851 234  
Café and bakery with a good range of take away breads, sandwiches and pastries. Now has a second outlet on Street 51. Open from 6.30am to 6.30pm, delivery service (within 30 minutes) is only from 7am to 11pm.

**Veggy's**  
23 Street 240, Tel: 023 211 534  
One of the few shops catering for western tastes – marmite, Branston pickle, cereals, Barilla pasta, Lao coffee and other expat essentials. Good range of cheeses, salad and meats are stored in the walk-in cold room at the back. Open 8am to 8pm.

### silks & accessories

**Couleurs d'Asie**  
33 Street 240, Tel: 023 221 075  
www.couleursd'asie.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, Tel: 023 426 748

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.

**Sobhanna 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.

**Quarto Products**  
30 / 31 Street 108, Tel: 023 221 772  
email: yuthana@quarto-products.com  
Fine food and wine distributors with large range of wines from around the world. Arranges frequent wine dinners and events.

**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. 🍷

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

## The Hot Seat: Hug Me Jet

We've all seen the Cambodian Cabbage Patch dolls in shops around Phnom Penh and Siem Reap, but what about the man – yes man – behind Hug Me! Dolls. **AsiaLIFE** talks with **Jet Odrerir**.



Filling a hugable gap in the market

### AsiaLIFE: What first brought you to Cambodia?

**Jet Odrerir:** I had a friend who had lived here since 1995 and I came to visit him, and see the temples and something outside of America.

### How did Cambodia initially strike you as a country?

It was a little rough around the edges, a bit chaotic, but it also had an infectious charm. Everything was so different, I was wide-eyed the whole trip.

### What was your experience before you came here?

I was in the remodeling business for fifteen years, specialising in updating old houses. Before that was school, playing in bands, exploring America.

### When did you establish Hug Me! Dolls?

I came up with the idea during my first trip. I worked through some ideas with my mom back in Minnesota who had taught me how to sew when I was young. I had no thoughts of moving at that time but in late 2003 I decided to sell my house in the States and move here and then I began in earnest.

### Why?

Originally because I didn't find any iconic Khmer soft dolls here and I thought someone should make a Cambodian styled Raggedy Ann. The other reason was the response I received from Asian women in the U.S. when I talked about doing this. They never had a doll that looked like them when they grew up and told me it would be great if someone would make one.

### Can you explain the concept a bit?

The main focus was to make Cambodian-styled dolls so people could take home a soft lovable reminder of Cambodia. We also wanted to make them from all-natural materials and local materials when possible. We wanted the producers to get a fair wage. All of the people who sew them and sell them really appreciate that the dolls are distinctly Cambodian and they are made right here – 100 percent. I wanted the doll to be just the size for a three- to thirteen-year-old to be able to squeeze and have as a friend.

### How successful has it been?

#### Where can we buy it?


Now that we sell online – [www.hugmedolls.com](http://www.hugmedolls.com) – you can buy

them 24 hours a day! The shops that we consign the dolls through here in Cambodia have normal business hours though. Sales have improved steadily since we've started and in high season there are a few dozen people making a livelihood from Hug Me! Dolls, which to me is a success. There is definitely room to grow however. The slow down in tourism has made things difficult as we were really turning the corner last year but new opportunities are out there.

### Do you have plans to establish other dolls?

We just finished up a Vietnamese doll that we sell online and on the Pandaw Cruise boats that travel between Siem Reap and Saigon. There are other things in the works as well but we have to see how the tourist market goes. Cambodia is a small pond and when there's a change in the market we all feel it. I think it would be great to set up the same sort of thing in other countries, each country making their own style of doll like a grass-roots multinational. If I meet someone who has the same goals and an enthusiasm for the idea I would like to see it spread to other countries.

### Finally - how much does the Hug Me! Doll cost and where does the money go?

They cost US\$29.90 for a Cambodian Apsara or Vietnamese ao dai, both using Cambodian hand made silk, and US\$25.90 for the Farmer and the Student. The cost of materials and all of the producers have to be paid for before the dolls actually get to the shops. The producers include women working at local NGOs, such as NYEMO, and tradespeople working out of their homes that make their business partly as sub-contractors to us. After a doll sells the shops take their percentage and we eventually get the remainder of that. Then of course there are the operating expenses, advertising, etc. 

## CV

**Jet Odrerir**

**Age:** 40

**Company:** Hug Me! Dolls

**Position:** Director

**Nationality:** American

**First came to Cambodia in:** 2001

## Photographic Day Trips from Phnom Penh



### GET OUT OF TOWN!

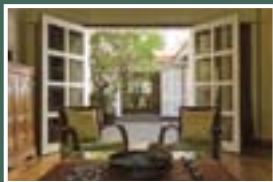
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nathan horton on 092 526 706

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

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Bassac Garden City, Street E Villar E10

Info : [www.exclusive-asia-homes.com](http://www.exclusive-asia-homes.com)

Info : [www.endless-villas.com](http://www.endless-villas.com)

## business

### advisory services

#### Alcoholics Anonymous

20B Street 286, Tel: 092 974 882  
[www.aaphnompenh.org](http://www.aaphnompenh.org)  
AA meets on Friday at 7pm, Wednesday at 12pm and Sunday at 12pm.

#### Narcotics Anonymous

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

### Architecture & Design

#### Architecture in Asia

Bassac Garden City, Street E Villar E10  
(off Norodom Blvd.) Tel: 012 221 348  
Architect with 15 years of experience in interior and architectural design in Asia.

### bikes & mechanics

#### The Bike Shop

31 Street 302, Tel: 012 851 776  
[www.phnompenhbike.com](http://www.phnompenhbike.com)  
Specialises in repairing trusty steeds as well as renting them out in the first place. Also provides dirt bike tours.

#### Dara Motorbike Shop

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

#### Emerald Garage

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

### building

#### Bizzy Beez

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

### business groups

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

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

#### Chambre de Commerce

Franco-Cambodgienne  
Office 13A Ground Floor  
Hotel Cambodiana, Tel: 023 221 453  
[www.ccfcbodge.org](http://www.ccfcbodge.org)

#### International Business Club of Cambodia

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

#### Canadian Trade

Commissioner Service Canadian Embassy,  
9 Street 254, Tel: 023 213 470 Ext 417  
[www.infoexport.gc.ca/kh/](http://www.infoexport.gc.ca/kh/)

#### BCC / Malaysian Business Council of Cambodia

Unit G21, Ground Floor, Parkway Square  
113, Mao Tse Tung, Tel: 023 221 386  
[mbcc.secretariat@gmail.com](mailto:mbcc.secretariat@gmail.com)

#### Singapore Business Club (Cambodia)

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

### commercial banks

#### Advanced Bank of Asia

148 Sihanouk Blvd.,  
Tel: 023 720 435  
[www.ababank.com.kh](http://www.ababank.com.kh)  
Commercial bank, managed by Koreans and Cambodians, established in 1996. Has branch office on Mao Tse Tung.

#### ANZ Royal Bank

Main Branch, 20 Street 114  
[www.anzroyal.com](http://www.anzroyal.com)  
Cambodia's major commercial bank has brought international standards of bank-

## Embassies

#### Australia

Villa 11 Street 254  
Tel: 023 213 470

#### Belgium

Hotel Cambodiana  
Tel: 023 214 024

#### Canada

Villa 11 Street 254  
Tel: 023 213 470

#### China

156 Mao Tse Tung Boulevard  
Tel: 023 720 920

#### Denmark

8 Street 352 Tel: 023 987 629

#### France

1 Monivong Boulevard  
Tel: 023 430 020

#### Germany

76-78 Street 214 Tel: 023 216 381

#### Japan

75 Norodom Boulevard  
Tel: 023 217 161

#### Laos

15-17 Mao Tse Tung  
Tel: 023 983 632

#### Malaysia

5 Street 242 Tel: 023 216 176

#### Myanmar

181 Norodom Boulevard  
Tel: 023 223 761

#### Phillippines

33 Street 294  
Tel: 023 215 145

#### Singapore

92 Norodom Boulevard  
Tel: 023 221 875

#### Sweden

8 Street 352 Tel: 023 212 259

#### Thailand

196 Norodom Boulevard  
Tel: 023 726 306

#### United Kingdom

27-29 Street 75  
Tel: 023 427 124

#### United States

1 Street 96 (Wat Phnom)  
Tel: 023 728 000

#### Vietnam

436 Monivong Boulevard  
Tel: 023 726 283





# Trevor Keidan: New Financial Year, New Financial You

THE NEW YEAR IS UPON US once again and many of us are turning our attentions to New Year resolutions – in a bid to improve our lot. With this in mind I began doing some research on resolutions and their popularity. I was quite surprised to find that financial commitments made it on to the list of most popular New Year resolutions.

In one particular list I discovered that ‘pay off debt’ came in at number 2 while ‘save money’ made it to number 3. ‘Lose weight’ was the most popular resolution. In another list ‘get out of debt’ only managed seventh spot having been edged out by ‘spend more time with family and friends’, ‘do more fitness’ and ‘lose weight.’ ‘Stop smoking’, ‘enjoy life more’ and ‘stop drinking’ also came out in front of finance.

Still, the fact that financial resolutions make it on to any resolution list at all must mean that at least some people are concerned about their financial standing and future. Here are a few suggestions to help create the ‘new financial you.’

**■ LIVE WITHIN YOUR MEANS**  
Instead of telling you how to get out of debt I will simply tell you NOT to get into debt. How do you avoid getting in to debt? Simply by living within your means. Although this advice might appear obvious it is a rule that people find hard to live by. There are those who



You can't just leave it up to the cards

believe that you can tell whether children will be financially well-off or not by the way they handle their pocket money. Children who rush off and spend their pocket money all at once and then come back to ask for more are unlikely to become rich. Others who put aside an amount may have a ‘shot’ at financial independence. It applies to adults too!

**■ IGNORE THE MARKETS AND CREATE YOUR OWN PLAN**

At the moment there is a lot of doom and gloom around. Trying to ‘second guess’ what the market will do can lead to ‘knee-jerk’ reactions that could make people do things they later regret. Instead – if you don’t have a financial plan – create one. And if you have one already – stick to it. The world’s most successful investor Warren Buffet does not follow market predictions and forecasts. He sticks to

his plan of buying the stocks of companies that meet his investment criteria.

**■ KEEP YOUR DISTANCE – EMOTIONALLY**

Take the emotion out of investments and become disconnected from the market. This is more difficult than it sounds and it is for this reason that we should have a plan. We need to know where we are going and how we intend to get there. When emotions enter the fray we often exercise poor judgement. When we become emotional we panic or freeze. Often we take action when we should do nothing and do nothing when we should take action. It is for this reason that we should have a method or a plan. And then we must stick to it.

**■ UNDERSTAND THE RISKS**

There is a common misconception that you have

to take a big risk to obtain a big reward. People blindly put their money into investments on the off-chance that this will lead to immense returns. They think that this is what George Soros and Warren Buffet do to amass their fortunes. The reality, however, could not be further from the truth. Both Soros and Buffet have rigorous investment criteria and strategies that they stick to – and so should we.

**■ TAKE ADVICE – THE RIGHT ADVICE**

Accept that there are no fortune-tellers, investment gurus or systems out there that will make you rich. There are those (like me) who make financial planning their business. The job of these financial advisers is to help you recognise and realise your financial objectives, plan your future and, if possible, achieve financial independence through a financial plan. Do not be afraid to obtain this advice – if nothing else it will encourage you to stay on track to meet your financial goals. In fact it could be the start of a whole ‘new financial you!’

*Trevor Keidan is Managing Director of Infinity Financial Solutions. This company provides impartial, tailor-made, personal financial advice to clients in Cambodia and Southeast Asia. Should you wish to contact Trevor please send an email to [tkeidan@infinsolutions.com](mailto:tkeidan@infinsolutions.com).*

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or 012 261 449



# ATMs

## ANZ Royal

### ANZ Royal Branch ATM

#### Accessible Time:

#### 24 hours

- ANZ Royal Independence Monument Branch. 100 Sihanouk Blvd.
- ANZ Royal Main Branch: 20 Fe-Eo, Kramuon Sar, Corner of Street 67
- ANZ Royal Olympic Branch: 361-363 Sihanouk Blvd.
- ANZ Royal Pet Lok Sang Branch: 1A & 1B Street 271
- ANZ Royal Phsar Derm Thkov Branch: 616A & B Street 271
- ANZ Royal Riverside Branch: 265 Sisowath Quay
- ANZ Royal Teuk Thla Branch: 1Eo & 1E1, Street 110A

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 24 hours

- ANZ Royal: 14 Street 106
- Big A Supermarket: 226-272, Monivong Blvd.
- Caltex Pet Lok Sang: Russian Blvd., Cnr. Street 271
- Flamingos: 32 Street 172
- Hotel Cambodiana: 313 Sisowath Quay
- PPIA-Arrival Luggage Pickup: Phnom Penh International Airport
- PPIA-Cafe Select: Phnom Penh International Airport
- PPIA-International Departure: Phnom Penh International Airport
- Rock Entertainment: 468 Monivong Blvd.
- Street 271: No. A81 Street 271
- Total Avenue De France: Avenue De France
- Total Monivong: Corner of Monivong Blvd and Street 310
- Caltex Boeung Keng Kang: Norodom Blvd, Cnr. of Street 41
- Caltex Boeung Tra Bek: Cnr. of Monivong Blvd. and Street 474
- Caltex Bokor: Cnr. of Monivong and Mao Tse Tung Blvd.
- Caltex Calmette: Cnr. of Monivong Blvd. and Street 86
- Caltex Mondial: Corner of Mao Tse Tung Blvd. and Street 202
- Caltex Phsar Derm Kor: Cnr. of Monireth Blvd., 374 and 384
- Caltex Sokha: Cnr. of Kampuchea Krom Blvd. and Street 139
- Caltex Spark: Cnr. of Mao Tse Tung Blvd. and Street 167
- Total Chateau D'Eau : Sihanouk Blvd.
- Total La Deese: Cnr. of Street 182 and 169
- Total La Gare: Cnr. of Russian Blvd. and Street 108
- Total Phsar Thmey: Cnr. of Street 217 and 316
- Total Takhmao: National Road 2, Sangkat Chak Angre Krom, Khan Mean Chey



### ANZ Royal Offsite ATM

#### Accessible Time: 5am to 12am



### ANZ Royal Offsite ATM

#### Accessible Time:

#### 5.30am to 10.30pm

- Royal Guest House: 91Eo, Street 154

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 8am to 9pm

- Happy Market: 268, Street 182, Tuol Kok
- Lucky Seven Phnom Penh Centre: Cnr. of Sihanouk Blvd. and Street 274
- Lucky Super Market: 160, Preah Sihanouk Blvd.
- Lucky Water Tower: No 37-39 Monireth Blvd.
- Paragon Supermarket: 12 Street 214

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 9am to 9pm

- Pencil Norodom: 15 Street 214
- Pencil Supermarket-Riverside: Sisowath Quay

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 9am to 12am

- The Tamarind: 31 Street 240
- Meeting Café: 12E, Russian Blvd. and Street 215

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 6am to 10.30 pm

- Lucky Bright Restaurant: H5 Norodom Blvd.
- Seven Bright Restaurant: 6 Street 13, (Opposite Post Office)

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 7am to 9.30pm

- Lucky Burger Monivong: 219 BC, Monivong Blvd.
- Top Ocean Burger: 103 Street 184

### ANZ Royal Offsite ATM

#### Accessible Time: 7am to 9pm

- Asia Europe University: 832 Kampuchea Krom
- Parkway Square: 113 Mao Tse Tung Blvd.

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 8am to 10pm

- U-Care Pharmacy Phnom Penh: Cnr. Street 178 and Sotheaors Blvd.

### ANZ Royal Offsite ATM

#### Accessible Time:

#### 7am to 10pm

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

### Cambodian Public Bank

- 23 Street 114

### Canadia Bank

- 126 Charles de Gaulle Blvd.
- 265-269 Ang Duong
- 394 Sihanouk Blvd.
- Royal Phnom Penh International Airport
- Sorya Shopping Centre, 16-61 Street 63

### SBC Bank

- Head Office, 68 Street 214
- 203 Monivong Blvd.
- 168 Street 215
- 327 Sisowath Quay
- 55 Sihanouk Blvd.

ing to the country. Has a large number of ATM machines around Phnom Penh and can arrange money transfers.

### Maruhan Japan Bank

83 Norodom Blvd.,  
Tel: 023 999 010  
First Japanese commercial bank in Phnom Penh.

## Insurance

### AG Insurance

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

### Asia Insurance Cambodia

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

types of insurance services.

### Forte Insurance (Cambodia)

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

### Infinity Insurance

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

## International schools

### ICan International School

85 Sotheaors Blvd,  
Tel: 023 222 418  
www.ican.edu.kh

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

### International School of Phnom Penh

146 Norodom Blvd,  
Tel: 023 213 103  
www.ispp.edu.kh  
Not-for-profit international school founded in 1989. ISPP has 395 students from pre-school to Grade 12. It is the largest international school in Cambodia, and the only authorized IBO school in the country.

### Northbridge School

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

### Zaman International School

2843 Street 3, Tel: 023 214 040  
www.zamanisc.org

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

## IT & software

### Conical Hat (Cambodia) Ltd.

Norodom Blvd., Tel: 023 362 957  
info@conicalhat.com, conicalhat.com  
Software company that specialises in providing highly localised business solutions including accounting, payroll and billing.

## Legal

### Sciaroni & Associates

56 Sotheaors Blvd., Tel: 023 210 225  
Law firm with a good reputation. Just the ticket if you get into a spot of bother.

## Post Office

### Main Post Office

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

The place to go if you want to send something overseas.

### Printing & Design

#### Digital Advertising

60E Street 38, Tel: 023 987 600  
Print house with modern equipment that provides full print services as well as graphic design.

### Relocation

#### Crown

115-116 Street 335, Tel: 023 881 004  
Global transportation and relocation company with over 150 offices in 50 countries, specialising in expat support and household shipment.

### Security Firms

#### MPA

23 Street 214, Tel: 023 210 836  
Well-established security company that is responsible for keeping many of the town's buildings safe and sound.

### Shipping

#### Crown

Hotel Cambodiana, 313 Sisowath Quay, Tel: 023 986 680, www.crownrelo.com  
Global transportation & relocation with over 150 offices in 50 countries, specialises in expat support and household shipment.

### telecoms

#### Cadcoms

825A Monivong Blvd., Tel: 023 726 680  
Communications company with Norwegian connections has launched the qb 3G entertainment network. Has competitive talk packages.

#### Cambodia Samarat Communication

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

#### Camshin

6B-7B 294 Mao Tse Tung Blvd.  
Tel: 023 367 801  
Internet provider that also installs land lines and issues the 011 SIM card.

#### City Link

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

#### Ezecom

7D Russian Blvd.,  
Tel: 023 888 181  
www.ezecom.com.kh  
Internet service provider that promises boundless internet packages suited to everyone's needs. Good packages for those looking for unlimited downloads.

#### Hello

Tel: 016 810 000, www.hello.com.kh  
Mobile phone provider that has the 015 and 016 SIM card. Is currently promoting cheap overseas calls.

#### Mobitel

33 Sihanouk Blvd., Tel: 012 801 801  
Largest ISP in the country. Major mobile phone company which issues the 012 SIM card.

#### Online

60 Monivong Blvd.,  
Tel: 023 727 272  
The biggest and most reliable of the Internet providers. Watch out for their hotspots around town.

#### Star-Cell

173 Nehru Blvd., Tel: 023 888 887  
Newest of the mobile phone providers in the capital. Has recently established an office within Siem Reap too. Issues the 098 SIM card.

#### TeleSurf

33 Sihanouk Blvd, Tel: 012 800 800  
www.telesurf.com.kh  
Internet service provider (ISP) providing 24-hour broadband Internet service. 

## Airlines



#### Air Asia

66 Mao Tse Tung Boulevard  
Tel: 023 356 011

#### Angkor Airways

32 Norodom Boulevard  
Tel: 023 222 056

#### Bangkok Airways

61A Street 214  
Tel: 023 722 545

#### China Airlines

32 Norodom Boulevard  
Tel: 023 222 393

#### Dragon Air

168 Monireth Boulevard  
Tel: 023 424 300

#### Eva Air

298 Mao Tse Tung Boulevard  
Tel: 023 219 911

#### Jet Star Asia

333B Monivong Boulevard  
Tel: 023 220 909

#### Lao Airlines

58C Sihanouk Boulevard  
Tel: 023 216 563

#### Malaysia Airlines

172 Monivong Boulevard  
Tel: 023 218 923

#### Royal Air Services

168 Monireth Boulevard  
Tel: 023 881 090

#### Royal Khmer Airlines

36B Mao Tse Tung Boulevard  
Tel: 023 994 502

#### Shanghai Air

19 Street 106  
Tel: 023 723 999

#### Siem Reap Airways

61A Street 214  
Tel: 023 722 545

#### Silk Air

313 Sisowath Quay (Himawari Hotel)  
Tel: 023 426 808

#### Thai Airways

294 Mao Tse Tung Boulevard  
Tel: 023 214 359

#### Vietnam Airlines

41 Street 214  
Tel: 023 363 396 



Whether staying for business or pleasure, our fully furnished guest rooms are comfortable, quite and classical with every convenience – from DVD player to Internet. Experience a moment of peace listening to classical music, while enjoying fragrant teas, coffees, fine spirits and foods. Relax and bathe yourself in the sun at our crystal blue swimming pool set in our tropical garden. Get some exercise at our quality Fitness Center. At the Club House play some billiards, relax with a book from our library, or enjoy the beauty of our antiques and artwork. A Business Center with television, computer, printer, Internet, and FAX is available for any need you may have. We also have free transportation available. Conference rooms are available for meetings. 24 hour security guards on site.



## ASIA Club

Customer Service Line: +855 23 721 766  
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## Getaway: Diving Sangalaki

Seeking an alternative to over-touristed Sipadan, **Jeremy Stein**, strikes gold in the waters of a remote, unspoiled island in Indonesian Borneo. Welcome to Sangalaki. Photos by **Caroline Istas**.



Sunset Sangalaki Style

WE'RE FIVE MINUTES INTO a dive at 18 metres when a giant trevally approaches and seems to start examining us. It's quite a disconcerting feeling, being approached by an animal close to your own size in its natural underwater habitat. But then another trevally appears, then another. Soon there are hundreds of these impressive but intimidating fish swirling around us, forming a solid wall of shining scales.

Swimming through the trevallies, we look down to the sandy bottom. Some 20 meters below us, three whitetip sharks are circling. Drifting in the current we are confronted by thousands of blue and yellow fusiliers, swimming into the current to feed on

microscopic plankton. Suddenly they part, as if commanded by Moses, to allow through five mantas, mouths wide open, also feeding.

Nearing the end of our dive, we spot two leopard sharks and mating turtles. It's clear to me that here in the waters that surround Borneo's Sangalaki Island, I've just completed one of the best dives of my life.

When divers think of Borneo, they usually think Sipadan. And while the diving there is world class, it has suffered from its good reputation. You can no longer stay on the island itself, which means that you must hole up in one of the busy commercialised resorts at Mabul. You then join

While renowned for the resident population of manta rays, there is much more to the experience.

a lottery to take a stab at getting access to the waters of Sipadan. If you stay for five days, you might be lucky enough to log about four dives over two days. The dives last 45 minutes, including the safety stop.

After all that, if you don't mind being under the water with up to

200 other divers at any one time, then it's a must.

Sangalaki provides an alternative to the overcrowded Atlantis that Sipadan has become. It is a remote "desert" island, partially covered with a tropical rain forest, just two degrees north of the equator. The island is truly unspoiled—less than three percent of the land has been utilised for the only resort on the island, Sangalaki Dive Lodge. What's more, there is no local population apart from the resident wildlife – monitor lizards, sea eagles, kingfishers, egrets and terns.

The most remarkable residents, however, may be the green turtles that waddle onto



the island every night in season to lay their eggs. The turtles return to the exact same spot on Sangalaki where they themselves were born 30 years previously. After 40 days or so, up to 100 baby turtles from each nest are born and set out into the ocean for the first time.

Out in the water Sangalaki offers diving that is comparable in quality to Sipadan, but in small exclusive groups. While renowned for the resident population of manta rays,

there is much more to the experience. Listing the species of marine life and corals would be like reading through a marine taxonomy book. But the most notable crowd pleasers that can be seen regularly include the huge schools of giant trevallies that first greeted us, fusiliers, snappers, triggerfish, bannerfish, leopard sharks, whitetips, green turtles and friendly cuttlefish.

Adding to Sangalaki's appeal are opportunities to see a variety of other colourful sea life. Garden

## There is no local population apart from the resident wildlife.

eels sway comically in the current, while gold-eyed jawfish peek out from their precision-built holes. A careful eye can catch orangutan crabs pretending to be corals, but it takes little effort to glimpse blue spotted stingrays, of which there seem to be an inexhaustible supply.

Kakaban Island, a 20-minute speedboat trip from Sangalaki, rounds off the experience with deep wall dives where sightings of hammerheads, threshers, blacktips and whitetips and photogenic gorgonian fans are commonplace. Barracuda Point is a ripping drift dive where, as the name suggests, divers can encounter swirling barracuda.

However, Kakaban's fame is mainly thanks to the jellyfish lake inside the island. The lake contains four identified species, but altogether there are millions of jellyfish, all non-stinging. It's an outstanding setting for snorkeling between dives.

The accommodation at Sangalaki Dive Lodge is simple – 10 detached wooden chalets on the beach each with a shower, bathroom and air conditioning or fan. There's a communal dining hall, The Rainbow Bar, and a purpose-built dive station.

The simplest, though not the cheapest, way to get to Sangalaki is via Singapore. From there you take a Silk Air flight into Balikpapan, Indonesia, where visas are available on arrival. A domestic flight takes you to Berau, where the Sangalaki speedboats wait to race you down the river for an hour and then across open ocean for the second hour-long leg.

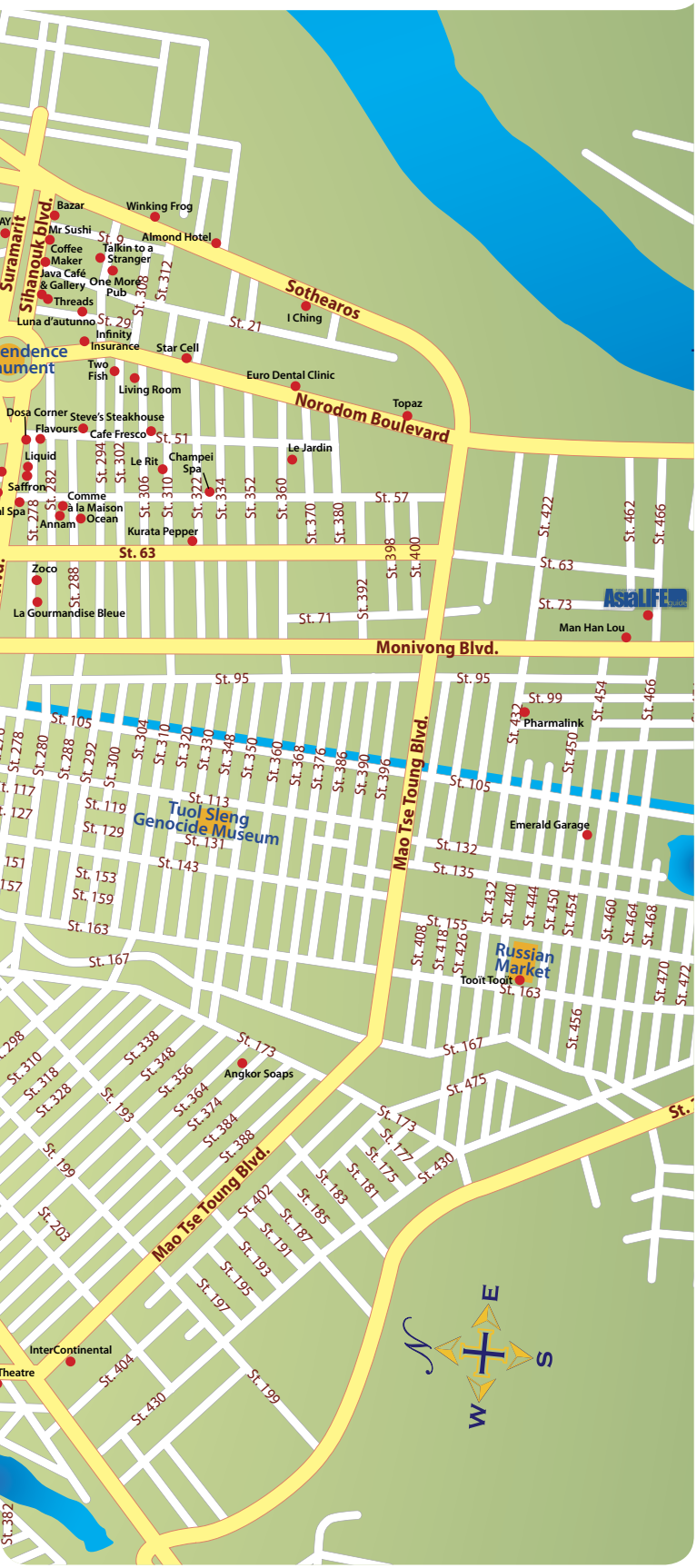
It's a bit of a trek to get there, but it's all part of the experience. Sangalaki offers secluded waters with a wealth of underwater wildlife – diving at its best.

*Jeremy Stein is the founder of Rainbow Divers. He and his wife Caroline became majority shareholders and managing partners of Sangalaki Dive Lodge after rebuilding and renovating the resort, which reopened in March, 2008. For further details, visit: [www.sangalaki.net](http://www.sangalaki.net) or email Jeremy directly on [jeremy@sangalaki.net](mailto:jeremy@sangalaki.net). 📧*



# phnom penh: central





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## getaway

ChildSafe®



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

## battambang

## La Villa

East bank of river, Tel: 012 826 186  
[www.lavilla-battambang.com](http://www.lavilla-battambang.com)  
Beautifully restored 1930s colonial house with six rooms.

## Riverside Balcony Bar &amp; 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](http://www.victoriahotels-asia.com)

A few kilometres on the Vietnamese side of the border, Chau Doc's finest has great views of the Bassac River, a swimming pool, restaurant serving both international and Vietnamese cuisine and great massages.

## kampot

## Bar Red

Old Market area, Tel: 092 724 720  
Restaurant and bar in close to the river, just around the corner from Bokor Mountain Lodge. Open from 6pm to late this is a good spot for a late night drink with personable host Steve, or to try some Indian food including their gargantuan samosas.

## 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.

## 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](http://www.bokorlodge.com)  
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms. 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 oasis on the Kampot riverfront. Serves tasty Thai, Khmer and café fare. Also has photography decorating the walls, and occasional film nights.

## Les Manguiers

44 Sovansokar, Kampot, Tel: 092 330 050  
2km north of Kampot, Tel: 092 330 050  
Small resort with bungalows and rooms set in beautiful gardens overlooking the river. Also has a restaurant with daily changing, freshly prepared food. Best to book up in advance especially at weekends.

## Mea Culpa

44 Sovansokar, Kampot, Tel: 012 504 769  
New accommodation established by the former manager of Bokor Mountain Lodge set in the French Quarter. Six rooms have air con, hot water, DVD and TV. The large garden has a patio pizzeria and bar.

## Rikitikitavi

Riverfront, Kampot,  
Tel: 012 274 820  
[rkitikitavi@asia.com](http://rkitikitavi@asia.com)  
Western food served in large portions in this river-facing restaurant, bar and three-room guesthouse. A more upmarket venue for Kampot, the upstairs seating affords great sunset views. Restaurant and bar closed on Mondays.

## Rusty Keyhole

Riverfront, Kampot  
This riverside British pub is the place for expats to chew the fat over a pint in town. Friendly British owner has created as close to the atmosphere of a rural pub as you can in Kampot. Live premiership games, sunset happy hour, daily BBQs and a strict 'no missionaries' policy make this a must. Open 8.30am to midnight.

## kep

## Beach House

Opp. Kep Beach,  
Tel: 012 240 090  
[www.thebeachhousekep.com](http://www.thebeachhousekep.com)  
Small hotel with pool in an excellent location, directly opposite Kep's mermaid statue. Relaxed café, and tasteful western-style rooms all with sea view. Can organise trips to nearby Rabbit Island or further afield to Bokor Mountain.

## Champy Inn Resort

Tel: 012 501 742  
Sea-fronted resort with fan-cooled bungalows. Has a swimming pool, a restaurant, a bar and a pleasant garden.

## Kep Lodge

Tel: 092 43 53 30 [www.keplodge.com](http://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.

## Knai Bang Chatt Resort

Tel: 012 879 486  
[www.knaibangchatt.com](http://www.knaibangchatt.com)  
Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public. 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. Also has a Sailing Club next door with bar and restaurant, as well as hobby cats.

## Le Bout du Monde

Kep, Tel: 011 964 181  
[www.leboutdumondekep.com](http://www.leboutdumondekep.com)  
Individual and separate bungalows in traditional Khmer architecture located at a top of a hill with good views and nice gardens. Serves French and Khmer cuisine. Rooms have hot water, mini-bar, fan and safe.

## Led Zeppelin

At the roundabout, Kep  
Small bar which sells the coldest beer in town situated right by the Kep roundabout. Ambience is distinctly rustic but chill and the limited range of snacks great value.

## 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.

## Veranda Natural Resort

Tel: 012 888 619,  
[www.veranda-resort.com](http://www.veranda-resort.com)  
Traditional wooden bungalows set in the hillside, some with fans and others with air con. Settle down for the night and listen to the jungle purr. 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  
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  
[champyinn@mobil.com.kh](mailto:champyinn@mobil.com.kh)  
Beautifully restored colonial house set in a peaceful village with stylishly furnished rooms. Intimate restaurant, swimming pool and river views make this a unique and luxurious place to get away from it all.

## Red Sun Falling

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

## Star Guesthouse

Opposite the market, Tel: 012 753 401  
A hub for arranging transportation and getting travel advice on travel to Ratanakiri, this guesthouse has cheery, colourful and clean rooms. 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](http://www.amanjaya.com)  
Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar.

## Cambodiana

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

## Himawari

313 Sisowath Quay, Tel: 023 214 555  
[www.himawarihotel.com](http://www.himawarihotel.com)  
The 115 beautifully-designed suites have aircon, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts.

## Imperial Garden Hotel

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

## Intercontinental

296 Mao Tse Tung, Tel: 023 424 888  
[www.ichotelsgroup.com](http://www.ichotelsgroup.com)  
One of Phnom Penh's most luxurious 5-star hotels. The 346 air-con 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, spa and beauty salon.

## Raffles Hotel Le Royal

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

## Sunway Hotel

1 Street 92, Tel: 023 430 333  
[www.sunway.com.kh](http://www.sunway.com.kh)  
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

## phnom penh - mid

## Almond Hotel

128F Sothearos Blvd, Tel: 023 220 822  
[www.almondhotel.com.kh](http://www.almondhotel.com.kh)



+855.12.899.325 :: Phnom Penh, Cambodia, Earth  
keithakelly@gmail.com :: [www.keithakelly.com](http://www.keithakelly.com)



56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.

#### Anise

2C Street 278, Tel: 023 222 522, [www.anisehotel.com](http://www.anisehotel.com)

Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine.

#### Billabong

5 Street 158, Tel: 023 223 703 [www.thebillabonghotel.com](http://www.thebillabonghotel.com)

Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Serves good food. The rooms are a reasonable size with air-con.

#### 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.

#### FCC Phnom Penh

362 Sisowath Quay, Tel: 023 724 014 [www.fccambodia.com](http://www.fccambodia.com)

Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-speed Internet access and the latest mod cons.

#### Goldiana

10-12 Street 282, Tel: 023 219 558 [www.goldiana.com](http://www.goldiana.com)

Extremely popular hotel for visiting NGO workers presumably due to its close proximity to NGO-land and reasonable prices.

#### Kabiki

22 Street 264, Tel: 023 222 290 [www.thekabiki.com](http://www.thekabiki.com)

Set in a secluded alley around the corner from the Pavilion, Kabiki is the first hotel in Cambodia dedicated to families and children. The two salt-water pools are designed with children in mind. The rooms 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](http://www.chowcambodia.com)

Five-storey, 16-room riverside boutique hotel has beautiful contemporary rooms 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.

#### The Pavilion

227 Street 19 Tel: 023 222 280 [www.pavilion-cambodia.com](http://www.pavilion-cambodia.com)

Beautiful boutique hotel set in a colonial building with large, unique rooms, each with either a small balcony or garden. Outdoor swimming pool, free WiFi and a small poolside restaurant.

#### Villa Langka

14 Street 282, Tel: 012 449 857 [www.villalangka.com](http://www.villalangka.com)

Boutique hotel with restaurant and beautiful swimming pool, just a stone's throw away from Wat Lanka that has competitive rates and a good kitchen, although the pool tends to get over-run by children especially at the weekend.

### phnom penh - budget

#### Bodhi Tree

50 Street 113, Tel: 023 998 424

Small guest house with relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng.

#### Cara Hotel

18 Street 47, Tel: 023 430 666

Just north of Wat Phnom, this stylish boutique hotel has well-fitted rooms at very reasonable rates and a great sushi restaurant.

#### L'Imprevu

Highway 1, 7km past Monivong Bridge Tel: 024 390 405

[www.hotel-imprevu-resort.com](http://www.hotel-imprevu-resort.com)  
Complex with twenty-four bungalows just outside of Phnom Penh. Tennis courts and excellent swimming pool make this a good break from the city.

#### Sokha Heng Guesthouse

29 Street 178, Tel: 023 990 077

Modern, clean 25-room guesthouse located conveniently close to the National Museum. Has well-priced rooms with air-con and hot water.

#### Tonie Sap Guest House

4-6 Street 104, Tel: 023 986 722 [www.toniesapguesthouse.com](http://www.toniesapguesthouse.com)

Clean, well-kept guesthouse upstairs with 15 rooms, with air-con, fans, hot water, cable TV. Downstairs Pickled Parrot bar open 24 hours.

#### 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, 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.

#### The Winking Frog

128 Sothea Blvd. Tel: 023 356 399

Centrally-located guesthouse with 31 en-suite, air-conditioned rooms. Downstairs is a British-run, 24-hour pub with sports bar, live music and good Thai food.

### sihanoukville

#### Cantina del Mar

Otres Beach, Tel: 012 702 502

Taco and seafood stall on one of Sihanoukville's most unspoilt beaches. 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 gar-

## 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.

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den environment on the main street, with terracotta terrace downstairs and wooden dining area upstairs. Competitively-priced, good cuisine including vegetarian options. 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.

#### Independence Hotel

**Independence Beach, 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.

#### Le Vivier de 'La Paillote'

**Victory Hill, Tel: 012 633 247**  
Upmarket French restaurant that 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

**Ekreach 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

**Road to Serendipity Beach, 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, a bookshop and is a good source of travel information. Open 7am to late.

#### Oasis Hotel

**Ekreach Street, Tel: 012 638 947**  
Spacious sports bar with large TV screen showing F1 and movies. Two pool tables often with plenty of willing female opponents. It also has spacious rooms ranging from. 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.

#### Reef Resort

**Road to Serendipity Beach, Tel: 012 315 338, bookings@reefresort.com.kh**  
Small guesthouse set around a beautiful pool. Rooms have aircon, in-room safe and cable TV. Family rooms also available. Has a welcoming bar with excellent TV screen, slate pool table and excellent Mexican cuisine.

#### 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. Has office 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.

#### 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 with dancing girls.

#### Sokha Beach Resort

**Sokha Beach, Tel: 034 935 999**  
With its own private beach, excellent swimming pool and fine restaurants, Sokha is easily the most up-market place to stay in Sihanoukville. A live Filipino band plays around the cocktail bar at night.

#### 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

**Road to Serendipity Beach**  
Opposite the Reef Resort, this luxurious large screen movie house shows DVDs. The films are free but there is a charge for a massage. Open for breakfast and lunch.

### siem reap - bars

#### AHA

**The Passage, Tel: 063 965 501**  
Sophisticated and beautifully designed wine bar selling a wide range of wines from around the world and tapas, as well as great cheese and Lavazza coffee. Open from 10.30am to 10.30pm.

#### 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.

#### Chilli Si-dang

**East River, Tel: 012 723 488**  
Restaurant bar serving Thai food and a wide range of wines, with a cool design, pool table and good sound system. Open from 9am to 11pm.

#### ELLA Wine & Jazz Bar

**Trajan Pro, 300m west of hotel de la paix, Tel: 092410 200**  
Set in an old Khmer house, with a large garden with platform beds, ELLA opened late 2008. It has an extensive wine list, international cocktails and tapas. The music is pure jazz and there is a separate wine room. Open Tuesday through Sunday 5pm to 1am.

#### Funky Munky

**Pub Street, Tel: 011 481 303**  
The former riverside bar has moved to the corner of Pub Street. Good mix of music, excellent film posters and pool table compete with the pub grub for your attention. Try the Sunday lunch or build your own burger. Alternatively compete in the most competitive 'charity' quiz on a Thursday.

#### Giddy Gecko Bar

**Lane off Pub Street, Tel: 092 857 400**  
Late night drinking den that has a good range of cocktails. Good option for those wanting to get away from the hordes on pub Street.

#### 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 multi-page music catalogue makes for the perfect respite from the Cambodian obsession with hip-hop, and they can burn 7 CDs. 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. Unsurprisingly serves a great range of cocktails. Free WiFi. Open from 5pm to late.

#### Miss Wong

**Lane off Pub Street, Tel: 092 428 332**  
Imagine yourself in China at the turn of the last century and you won't go much wrong in Miss Wong. Extremely welcome addition to the same-old Siem Reap bar scene, serves excellent and original cocktails and dim sum. Open late.

#### Molly Malone's

**Pub Street, 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. Open from 7am to midnight.

#### Red Piano

**Pub Street, Tel: 063 964 730, www.redpianocambodia.com**  
Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has great views of the mêlée down below. Open from 7am to 11.30pm.

#### The Warehouse

**Old Market, Tel: 063 965 204**  
Popular expat bar opposite the old market that plays great 80s music. Good Asian fusion cuisine and with an additional selection of menus from nearby outlets, this is a great place to hide from the hordes along Pub Street and use the free Wi-Fi. Also has a small gallery upstairs. Open from 10am to 3am.

#### X Bar

**Sivatha Street & Pub Street, Tel: 092 207 842**  
Definitely the last option for continuing the night - just one for the road. Open from 4pm to very late. Supersize TV screen, table football and pool tables provide a number of options for staying up later.

### siem reap - cafés

#### Blue Pumpkin

**Old Market, Tel: 012 946 227, www.tbumpkin.com**  
Popular café with a great range of freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Café coffee. Free WiFi. Also has outlets at Angkor Wat and the airport.

#### Café de la Paix

**Sivatha Bld, Tel: 063 966 000, www.hoteldelapaixangkor.com**  
Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and patisseries are all 50% off after 6pm.

### siem reap - galleries

#### Alliance Café

**7 Makara Street, Wat Damnak Area, Tel: 017 809 010**  
Small gallery established by Olivier Muzard adjoining his beautiful French restaurant features sculptures and paintings by Cambodian and international artists.

#### 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.

#### Friends Centre

**Achamean Street, next to the Angkor Children's Hospital, Tel: 063 963 409 (x7015)**  
International photography gallery curated by Brenda Edelson set in the Friends Centre. All proceeds go to the Angkor Children's Hospital.

#### Happy Painting

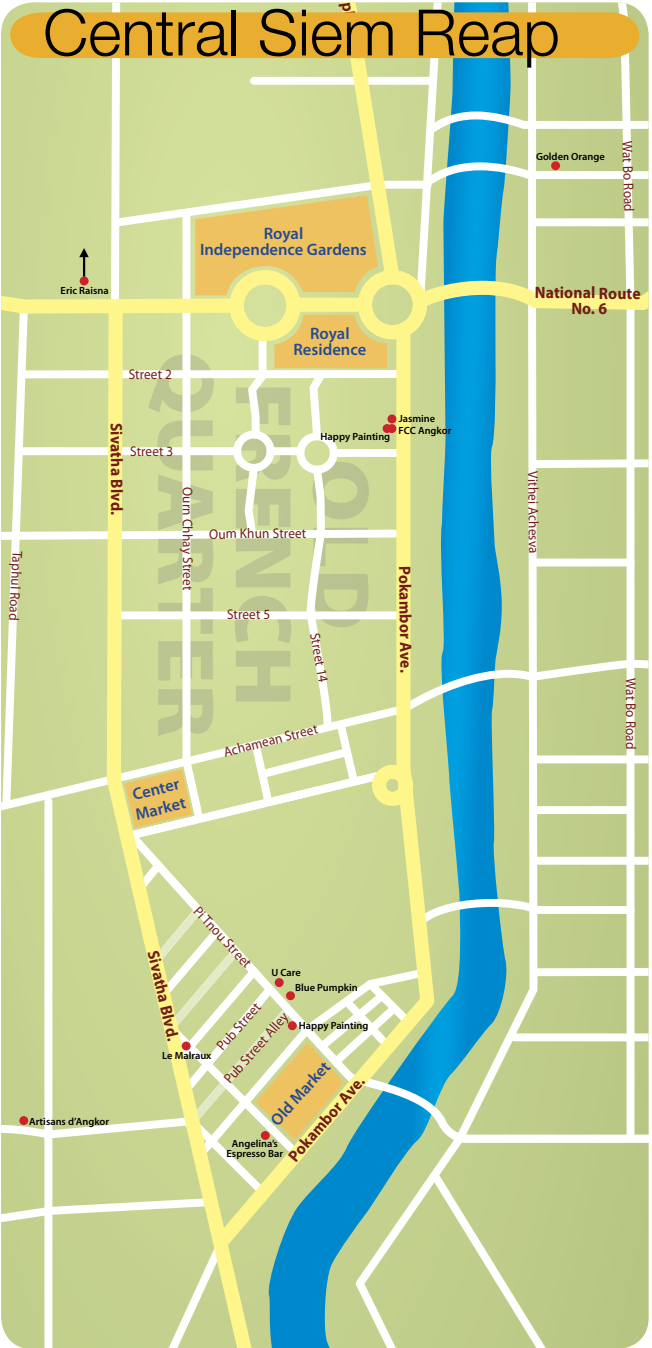
**FCC, Old Market, Domestic Airport, Tel: 012 623 945, www.happypainting.net**  
Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards. Open 5.30am to 11pm.

#### Klick

**Alley behind Pub Street, Tel: 063 761 084**  
Commercial fine art gallery dedicated to the work of Swiss photographer Pier Poretti.

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Black and white photographs are given a face-lift using hand-tinted water colours.

**McDermott Gallery I & II**  
 FCC Complex, Pokambor Avenue,  
 Tel: 012 274 274  
 Alley behind Pub Street, Tel: 092 668 181  
 www.mcdermottgallery.com  
 Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other other photographers. Open 10am to 10pm.

**The One Gallery**  
 The Passage, Old Market Area  
 Tel: 015 378 088  
 Open 11am - midnight  
 Eclectic, contemporary gallery that combines Loven Ramos' mixed media artwork and objects and jewellery accumulated through his travels, with Don Protasio's fashion and accessories.

**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.

**The Wa Gallery**  
 333 Sivatha Boulevard  
 Tel: 016 746 701  
 Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. Open 10am - midnight

**Wat Kandal Gallery**  
 River Road, near Wat Kandal  
 Tel: 092 521 801  
 Tucked away by the river, and nestled under rambling shade trees, the gallery/studio shows Jean-Pierre Obriot's tranquil contemporary paintings of monks and

Buddha images, as well as his collection of antiques.

**siem reap - hotels**

**Amansara**  
 Pokambor Avenue, Tel: 063 760 333  
 www.amanresorts.com  
 The ultimate in Siem Riep's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit.

**Claremont Angkor**  
 17 Phum Wat Bo, Tel: 063 966 898  
 www.claremontangkor.com  
 New reasonably priced hotel with swimming pool, gym and large outside terrace area. Well-located just across the river, but within easy access of both temples and town.

**FCC Angkor**  
 Pokambor Avenue, Tel: 023 992 284  
 www.fccambodia.com  
 Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

**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.

**Hotel de la Paix**  
 Sivutha Boulevard, Tel: 063 966 000  
 www.hoteldelapaixangkor.com  
 With stoneware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free WiFi.



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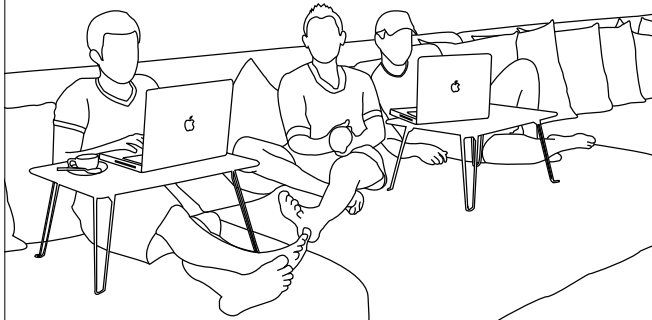
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### La Palmeraie

N6 Airport Road, Tel: 092 952 113  
www.lalpalmeriaedangkor.com  
Boutique hotel set in gardens with beautiful palm trees off the road to the airport. Separate villa with its own pool can be hired out on an exclusive basis. Four more villas share a second pool. Idyllic spot to get away from it all.

### La Residence d'Angkor

River Road, Tel: 063 963 390  
www.residencedangkor.com  
Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Both upstairs Martini Lounge and downstairs bar have recently been revamped. Great place to splash out.

### Raffles Grand Hotel D'Angkor

1 Charles de Gaulle,  
Tel: 063 963 888  
Elegant hotel with opulent gardens and a spectacular swimming pool in its grounds. Has frequent art exhibitions and Apsara dancing on nearby terrace.

### 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.

### Tara Angkor Hotel

Road to Angkor, Tel: 063 966 661  
Elegant, boutique hotel with attractive swimming pool and rooms at competitive rates.

### Victoria Angkor

Near Royal Gardens, Tel: 063 760 428  
www.victoriahotels.asia  
Beautiful hotel with the most luxurious swimming pool and garden. Worth popping in and paying a visit if just to see the Siamese crocodiles in reception.

## 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. All masseuses work with Thai instructors.

### Frangipani

Alley behind Pub Street,  
615-617 Hup Guan Street  
Tel: 063 964 391  
Relaxing three-room beauty spa in the heart of town that's popular with expats. Now has a second outlet in the modern complex close to the Central Market. Frequented by those expats in the know.

### Helicopters Cambodia

658 Hup Quan Street, Tel: 063 963 316  
Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

### Phokeethra Country Club

Sofitel Royal Angkor Resort & Spa,  
Vitheo Charles de Gaulle,

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## siem reap - restaurants

### AHA

The Passage, Tel: 063 965 501  
Sophisticated and beautifully designed wine bar selling a wide range of wines from around the world and tapas, as well as great cheese and Lavazza coffee. Open from 10.30am to 10.30pm.

### Alliance Café

7 Makara Street, Wat Damnak Area  
Tel: 017 809 010  
French restaurant established by Olivier Muzard in a beautiful building just across the river. Has an adjoining exhibition space featuring sculptures and paintings by Cambodian and international artists. Also runs cookery lessons.

### 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.

### Chez Ninie

Lane off Pub Street,  
Tel: 012 582 782  
Located conveniently right next to Miss Wong, this delightful small French restaurant has home-cooked cuisine with daily changing specials.

### 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

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and dance performances on Wednesdays. Open 6am to 10pm.

**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.

**L'Oasi**

*East River Road, Tel: 092 418 917*  
The best Italian restaurant in, or rather just outside of, town. The hardest part is to find this place - keep on going on the East River Road in the direction of the temples, for a couple of kilometres until you see the large Italian flag, but once there the combination of the beautiful garden and home-cooked Italian pasta and pizza makes the trip worth it.

**Madame Butterfly**

*Airport Road, Tel: 016 909 607*  
Large restaurant set in a traditional wooden house with beautiful Chinese artifacts set in a pleasant garden. Serves Thai, French and Khmer cuisine.

**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 specialities. Open from 10am to 11pm with free home delivery.

**Meric**

*Hotel de la Paix, Sivutha Boulevard, Tel: 063 966 000*  
[www.hoteldelapaixangkor.com](http://www.hoteldelapaixangkor.com)  
Elegant, contemporary restaurant with classically simple yet powerful black and white décor and an open kitchen. Executive Chef Johannes Riviere has devised a daily-changing seven-course traditional Khmer set menu. Try to book one of the swings outside on the terrace.

**Singing Tree Café**

*Wat Bo Road, Siem Reap, Tel: 012 490 265*  
Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialities. 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. 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 and beef Lok lak.

**siem reap - shops**

**Boom Boom Room**

*Old Market*  
Boasts a 176-page catalogue of tracks that can be burned either onto CDs or mp3 discs. Also sells its designer t-shirts and hoodies 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 Raisina**

*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 paintings sculptures t-shirts and prints by iconic French-Canadian artist Stef. Accepts credit cards.

**Jasmine Boutique**

*FCC Angkor, Pokambor Avenue, Tel: 063 760 610*  
Same sophisticated, stylish boutique as on St. 240 in Phnom Penh. The perfect place for the ballgown you forgot to bring with you.

**U-Care Pharmacy**

*Next to Old Market, Tel: 063 965 396*  
Reliable western-style pharmacist and drugstore that also has two branches in Phnom Penh. Sells health and beauty products. Open 8am to 12am.

**travel**

**Cambodia Uncovered**

*Tel: 012 507 097, www.cambodiauncovered.com*  
Offers village and cultural tours in Phnom Penh and surrounds including road trips, Mekong cruises, accommodation, cooking classes and other activities.

**Exotissimo Travel**

*46 Norodom Blvd, Tel: 023 219 151, www.exotissimo.com*  
Excellent French-owned agency specialising in flight bookings, package holidays and a range of well-run tours of South-East Asia. Specialises in adventure tourism in Cambodia. Brochures are available online.

**Helicopters Cambodia**

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## Pub Quiz ANSWERS



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## Letter on Phones and Recession

Will reflects on how living the American Dream can end up in tears and repossessions.



ILLUSTRATION BY WUTH / OUR BOOKS

SEVERAL YEARS AGO, WHEN my wife was living in Phnom Penh, a neighbour borrowed US\$1,000 from the local loan shark to buy a mobile phone. That might seem like a lot of money for a phone – this was when the U.S. dollar was worth actually something – but he bought a very fancy and advanced phone, at a time when most phones were still used merely to call people.

He was a provincial boy and new to Phnom Penh, so perhaps he thought that all the rich people he saw, with their sprawling villas and late-model luxury vehicles, owed their success to their cutting-edge handheld communications devices. All it might take to get into the elite of Cambodia would be a few calls to the right people from a US\$1,000 handset.

Too bad he could never make those phone calls – as my wife

found out when she was admiring the phone and asked if she could call a friend on it. He grinned sheepishly and shook his head, he didn't actually have any credit to make a call. He'd spent all the money on buying the phone.

(The moneylender had a tough time getting the loan repaid, as the boy turned out to be a member of the gendarmes. Some people don't have to worry about having their legs broken, no matter who they borrow money from.)

Phones are an easy status symbol in Cambodia. They've spawned their own shadow industry of holsters, purses and carrying cases to make it easier to flaunt these symbols. But that doesn't mean the owners can afford to actually call anyone. The real measure of wealth in Cambodia is not the price of the phone, but the number of minutes on it.

Some Cambodians who immigrate to the United States don't quite realise that. America is the land of opportunity, and there's money to be made everywhere – but it's also a lot more expensive to live well and legally. Certain extra expenses, like car and homeowners' insurance, are required by law. Other things, like owning a car and health insurance, are nearly impossible to forgo.

But no matter how much a family of recent immigrants is struggling with minimum-wage jobs and the myriad fees the Department of Homeland Security imposes, they are under greater pressure to show their relatives back home that they are flourishing. Not surprisingly, many of them are inclined to bite at that most American of concepts, the get-rich-quick scheme.

Most such schemes are mundane and transparently

phony, but occasionally the smartest guys on Wall Street dream up a scheme that's Earth-shaking in its brilliance – the sub-prime adjustable-rate mortgage for instance. You've probably heard of it on the international news over the past year – it's a way for banks to lend hundreds of thousands of dollars to people who have bad credit, no money for a down payment, and no ability to meet the payments of a regular loan. The low teaser rate resets after a few years to a rate that might be called "usurious," if that word still had any legal meaning in the U.S.

Most of the people who took out these ARMs apparently didn't read past the phrase "hundreds of thousands of dollars" before they signed on the dotted line. Anecdotally, many of the people caught up in these loans are immigrants. Doubtless, it made a certain amount of sense at the time. Immigrants with few resources had the opportunity to get a mortgage to buy a big house, a fancy car, cool gadgets – Cambodian-Americans love iPhones as much as anyone – cash to send back home to prove their success and maybe even pay for a few more relatives to come over.

We know a few Cambodian families that stand to lose their homes to foreclosure because of the rate reset. And there's little hope to sell at a price near the mortgage because home prices have fallen so far and fast. One Cambodian family we know has already sold their shiny new trucks, turned in their house keys and moved into a shelter.

But the matron of that family still has minutes to burn – iPhones come with a two-year contract that's more difficult to get out of than a mortgage.

*Will Koenig lives in Oregon with his wife and son. Contact him at: will.koenig@gmail.com. ■*

## Challenge Nora: Tuk tuk sir?

In the latest of the series of challenges to AsiaLIFE's Finn extraordinaire, **Nora Lindstrom**, has a go at a common profession in the capital – driving a tuk tuk.



Taking to the road: AsiaLIFE reporter driven to driving a tuk tuk to make ends meet

“TUK TUK SIR? TUK TUK?” I shout as I drive past the Royal Palace. The tourists rudely ignore me. Infuriating. I mean how much effort does it take to say ‘no thank you?’

Admittedly these people don't look like they are in need of a tuk tuk, having just stepped off a tourist bus to enter the palace, but you never know, there is always a possibility they might need one. At least acknowledge that I asked, will you? I'm only trying to make a living here.

Though perhaps they are right. I'm two hours into the job and I still haven't quite overcome the feeling that the trailer behind me is going to tip over any second. I was also very nearly hit by a truck at the senseless crossing by Wat Ounalom, and I don't think I've driven faster than 20 kilometres per hour, for the fear of, well, tipping over.

Kong, the man who is kindly teaching me the trade and whose tuk tuk I am driving, is looking more and more concerned. While I hustle potential customers he keeps a keen eye on the road.

From his uncomfortable seat on the metal ledge behind me he occasionally reaches for the wheel to keep us off a collision course.

When we first met he gave me two pieces of advice – never put your feet on the ground when the tuk tuk is in motion.

“Why?” I ask.  
“It's dangerous,” he says. And remember to turn the handlebars to make the vehicle turn, don't think you can turn by simply leaning one way or another.

Good advice, which I've followed pretty well so far. However, I think Kong's increasing anxiousness is not so much due to safety concerns, but over the state his poor motorbike will be in after a day of me driving around on it – mainly in the wrong gear.

I've had one customer so far. A hapless, but brave woman agreed to be my guinea pig after I, with great personal satisfaction, beat all the other hustlers in front of the FCC. And she wanted a roundtrip!

Double score!

Mercifully – for both of us – it was only a question of going up riverside and back. Driving

straight is just about ok, but trying to turn – which I equate with a high likelihood of tipping over – in Phnom Penh's anarchic traffic is a nightmare. Stingily she only offers me a dollar.

On the prowl, I drive around riverside. Ideally, I would like to park in front of the FCC and jump at punters as they leave the bar. That's out of the question however as the spots outside the legendary bistro are not only highly coveted, but reserved to more established drivers. Couldn't they give a newcomer a break?

Suddenly Kong's phone rings and he passes it to me. How exciting, my first call-up customer! The man at the other end of the line seems a bit surprised when I explain that I'm driving Kong's tuk tuk today, but he agrees to have me pick him up. To my horror, however, he lives near Toul Sleng, which I realise will take an amazingly long time to get to given my lack of speed, and will involve a lot of turning. With Kong increasingly rescuing me from disaster we make it, though I have to

apologise to the customer for having taken so long.

Thankfully, none of my fellow tuk tuk drivers seem to have picked up on my inexperience and hesitation. There are susaddais and soksabbais coming from every direction, as well as waves and smiles.

This is great. It's like the whole tuk tuk community is welcoming me. I fully expect to be invited for a smoke and some beers at the end of the day. I might even be allowed to park my tuk tuk in a good hustling spot.

Alas, it is not to be. At the end of the day Kong moves from the awkward ledge he has been perched on to the driving seat, while I take my more customary seat in the cushioned back. I may not have made a riel all day, but I certainly have developed a respect for tuk tuk drivers, especially for the art of keeping the trailers from tipping over.

When I return home, my flatmates tell me how they thought they saw this barang driving a tuk tuk on the riverfront earlier that day.

“That was, erm, me,” I reply, not without a hint of pride. ■



# This Month in History

kings, cans, caves



## ■ CELEBRATING CANNED BEER

*January 24, 1935*

Beer was first sold in cans, prompting enthusiasts of the malt brew to honour the auspicious event through a dedicated Beer Can Appreciation Day. "Beer Can Appreciation Day celebrates that great day in 1935 when beer was first sold in cans," the organisers proclaim. "It provides us with the opportunity to enjoy and appreciate the many different kinds of beer cans." Beer can collecting was a minor fad in the late 70s and 80s. The Beer Can Collectors of America, founded in 1970, was an organisation supporting the hobby. However, as canned beer lost favour to bottled beer, the organisation has now renamed itself Brewery Collectibles Club of America. Don't forget to pull open that can of Tiger on Jan. 24.

spent 28 years hiding out in the jungle not knowing World War II had long since ended. As American forces re-conquered the island in the 1944 Battle of Guam, Yokoi went into hiding. He hunted primarily at night and used much of the native plants to form clothes, bedding, and storage implements, which he hid in his cave. On the evening of Jan. 24, 1972, Yokoi was discovered in the jungle by two local men who were checking their shrimp traps along a small river. "It is with much embarrassment that I have returned alive," he said upon his return to Japan, carrying his rusted rifle at his side. The remark would later become a popular saying in Japanese.



## ■ KING IS BORN

*January 15, 1929*

Martin Luther King was born in Atlanta, Georgia. As an African American civil rights leader he spoke eloquently and stressed non-violent methods to achieve equality. King's efforts led to the 1963 March on Washington where he delivered his famous "I Have a Dream" speech. There, King raised public consciousness of the civil rights movement and established himself as one of the greatest orators in U.S. history. He received the Nobel Peace Prize in 1964 and was assassinated four years later in Memphis, Tennessee, on Apr. 4, 1968. In 1983, the third Monday in January was designated a legal holiday in the U.S. to celebrate his

birthday. In many respects King was the founder of the movement that has led to the election of Obama as the country's first African American President.



## ■ AND SO IS THE KING

*January 8, 1935*

Elvis Presley was born in Tupelo, Mississippi. In 1954, Presley began his career as one of the first performers of rockabilly, an up-tempo fusion of country and rhythm and blues with a strong back beat. His novel versions of existing songs, mixing "black" and "white" sounds, made him popular – and controversial – as did his uninhibited stage and television performances. Presley had a versatile voice and had

unusually wide success encompassing other genres, including gospel, blues, ballads and pop. He became one of the best-selling and most influential artists in the history of popular music and to date, he has been inducted into four music halls of fame.

## ■ OFF WITH HIS HEAD

*January 21, 1793*

In the aftermath of the French Revolution, King Louis XVI of France was guillotined on the charge of conspiring with foreign countries for the invasion of France. Although Louis was beloved at first, his indecisiveness and conservatism led some elements of the people of France to see him as a symbol of the perceived tyranny of the Ancien Régime. Today, historians and Frenchmen in general have a more nuanced view of Louis XVI, who is seen as an honest man with good intentions, but who was probably unfit for the Herculean task of reforming the monarchy, and used as a scapegoat by the revolutionaries. During the Revolution, the King had attempted to flee to Austria for assistance. Ten months later his wife, Queen Marie Antoinette, was also guillotined. 🗡️



## ■ TURN ON THAT RADIO

*January 24, 1972*

Japanese soldier Shoichi Yokoi was discovered on Guam after he had

## ■ CELEBRITY BIRTHDAYS THIS MONTH

*Figures in brackets represent the age they will be on their birthday.*

*Jan. 1 – Verne "Mini-Me" Troyer (40); Jan. 2 – Cuba Gooding Jr. (41); Jan. 3 – Mel Gibson (53); Jan. 5 – Marilyn Manson (40), Diane Keaton (63), Robert Duvall (78); Jan. 6 – Rowan Atkinson (54); Jan. 7 – Nicolas Cage (45); Jan. 8 – David Bowie (62), Stephen Hawking (67), Jan. 9 – Jimmy Page (65), Joan Baez (68); Jan. 10 – George Foreman (60), Rod Stewart (64); Jan. 11 – Paul Jackson (47); Jan. 12 – Kirstie Alley (54); Jan. 14 – Jason Bateman (40), LL Cool J (41); Jan. 16 – Kate Moss (35); Jan. 17 – Jim Carrey (47), Mohammad Ali (67), James Earl Jones (78); Jan. 18 – Kevin Costner (54); Jan. 19 – Dolly Parton (63); Jan. 20 – David Lynch (63); Jan. 21 – Geena Davis (53); Jan. 24 – Sheila Robinson (64), Neil Diamond (68); Jan. 26 – Wayne Gretzky (48); Jan. 27 – Bridget Fonda (45); Jan. 28 – Elijah Wood (28), Sarah McLachlan (41); Jan. 29 – Oprah (55), Tom Selleck (64); Jan. 30 – Phil Collins (58), Gene Hackman (79); Jan. 31 – Minnie Driver (38)*

# January Horoscope

your month ahead according to the stars

## ■ CAPRICORN (DEC. 22 – JAN. 20)

Happy Birthday Capricorn!! You begin the year with tremendous energy and initiative, Capricorn. You are especially focused, goal-oriented, and willing to go after what you want. 2009 brings new opportunities with money and personal possessions, and you'll get a taste of this energy towards the end of this month. You'll be discovering new ways of making money and expanding your resources. A partner or significant other requires special attention around the full moon on the 10th. January is a month in which rethinking plans is better than implementing new ideas. The new moon brings a pleasantly surprising communication.

## ■ AQUARIUS (JAN. 21 – FEB. 19)

While the New Year won't necessarily start with a bang for you, Aquarius, get ready for an exciting year ahead. You'll begin to feel this energy towards the last week of January, when the urge or need to start fresh overcomes you. 2009 is a year of discovery, expansion, and new beginnings. The urge to improve and grow is strong. You project confidence, optimism, and enthusiasm, and others receive you especially well this year. The full moon brings some confusion surrounding work and health matters, which requires sorting out. The 23rd brings a financial surprise.

## ■ PISCES (FEB. 20 – MAR. 20)

Venus, the goddess of love, is in your sign most of the month, Pisces, and your charm will soar. It's especially easy to attract who and what you want into your life in January. Your social calendar is busy, but you enjoy even the most hectic moments. 2009 brings a cycle of regeneration, spiritual protection, and an increased desire to contribute to, and invest in, altruistic activities and causes. The desire for rejuvenation becomes especially clear towards the last week of January. Romance blossoms all month, but particularly around the 17th.

## ■ ARIES (MAR. 21 – APR. 20)

The year begins with plenty of dynamism and activity in your professional life, Aries. You're especially serious about pursuing your goals, and your ambition runs very high. Be sure not to let love matters take a back seat this month as a result of much of your energy being poured into professional channels. 2009 brings plenty of activity, development, and opportunity with friends, groups, and business income. You will be enthusiastically pursuing some of your innermost wishes and goals. This month, you begin to experience some of these themes. On the 10th, domestic matters require careful attention.

## ■ TAURUS (APR. 21 – MAY 21)

The year begins with a strong instinct for adventure, learning, and risk-taking, Taurus. Your desire for experiences that reach beyond the usual routine is strong. Some of you will be satisfying this craving through adventuresome travel. 2009 brings opportunity and expansion into your professional life. Expanding your professional reach, developing your skills, and advancing your business will be strong themes this year, and January offers you a taste of this. Friendships are especially rewarding this month. A friendly surprise occurs around the new moon, and romantic matters blossom around the 10th.

## ■ GEMINI (MAY 22 – JUN. 21)

The year begins with a strong need for inner change, transformation, and self-mastery, Gemini. New Year's resolutions mean more to you than usual, as your conviction to rid yourself of bad habits is stronger than usual. 2009 brings wonderful energy for adventure, learning, and travel into your life. Your desire to expand your horizons and to reach out beyond your usual circles brings opportunity and reward. January offers you a sample of these themes. Special attention to finances is required around the

13th. Important decision making is best attempted before the 10th.

## ■ CANCER (JUN. 22 – JUL. 22)

The year begins with a strong focus on your social life and a significant relationship, Cancer. Relationship matters are especially lively – full of conflicts and resolutions. 2009 brings a strong emphasis on intimate relationships, financial expansion, and psychological growth. Partnerships deepen and bring rewards. A personal revelation occurs on the 10th, when the Moon is Full in your sign. Watch the words you choose to express yourself. A romantic surprise or chance meeting occurs around the 23rd. Financial matters seem pressing on the 26th, but can be handled with more objectivity in February.

## ■ LEO (JUL. 23 – AUG. 22)

The year begins with plenty of work activity and energy for health and fitness routines, Leo. Getting organized and “back on track” is the focus now. You are willing to pour more time than usual into doing just that. 2009 brings opportunity and development with close personal relationships and partnerships. Many of you will attract or enhance a significant relationship this year, and the beginnings of these new developments are happening this month. Balancing your own needs with a significant other is not only easier, it's rewarding and pleasant.

## ■ VIRGO (AUG. 23 – SEP. 23)

A scurry of activity in and around the home or with family is in store for you this month, Virgo. You are busy with preparations, repairs, and re-organizing – and enjoying every minute of it! It's a fabulous time to get your “nest” in order and functioning smoothly. The last week of December is positively intense for romance and intimacy. An exciting proposal or opportunity regarding love, recreation, and creativity comes your way. The holidays for you

in 2008 are likely to be especially magical and memorable. Love is in the air!

## ■ LIBRA (SEP. 24 – OCT. 23)

An especially busy – mostly pleasantly so – period is in store for you in the first three weeks of December, Libra. It can get a little hectic, with many errands to run, more ideas than you can realistically implement, and plenty of contact with friends, siblings, and neighbours. It's a time of networking, and you're coming across very smoothly. The last week of the month (and year!) is revealing and perhaps intense for family matters. From the 7th forward, great energy for attraction, entertainment, and romance is with you.

## ■ SCORPIO (OCT. 24 – NOV. 22)

In many ways, December is a “money month” for you, Scorpio. You enjoy extra energy and enthusiasm for increasing your income. It's an excellent opportunity period for a bonus or raise that truly makes a difference in your life! You could be taking on a bigger work-load at the same time. If you're waiting for money in the form of a loan or repayment of a debt to you, it's likely to arrive around the Full Moon on the 12th. December is a banner month for finances, communications, and learning.

## ■ SAGITTARIUS (NOV. 23 – DEC. 21)

Energy, verve, and confidence are with you this month, Sagittarius, until the last week of the month when your life winds down, quite appropriately! Until then, it's hustle and bustle, and matters are definitely working in your favour. Don't be surprised if romantic opportunities find you easily and when you least expect them – it's just that kind of month. A love interest has your best interests at heart just now. A proposal involving money comes to you in the last week of December. Writers and artists are especially inspired during this period. 📖

## Best Kept Secret: A Close Shave

You don't have to go to an up-market spa or beauty parlours to be pampered. As *AsiaLIFE* discovers, one small shop close to the Independence Monument is continuing the traditional skills of a Khmer barber.



AT FIRST SIGHT KHMER Barber looks just like any old fashioned barber's shop in the West – except there are no packets of rubbers on sale. Underneath the Khmer music being played on the radio, deep down that's precisely what the place is, only with a slight twist.

For US\$2, one of the six barbers will put a fresh blade in his cut-throat razor and don a white mask, more like an anaesthetist than a barber. Starting with a gentle shoulder massage, my barber, Chhen Chron, proceeded to remove all my unwanted facial hair. He even shaved places I was unaware of possessing hair – such as the bridge of my nose, immediately under my eye, and the outer curve of my ears. I had no idea I was in danger of morphing into a werewolf!

While admitting to some tension as the man in the mask yielded his bare blade close to my throat overall the experience was a relaxing one, especially when combined with a manicure and pedicure (US\$3). While Chron made my face look ten years younger, one of the many female assistants

started to soak my fingers in water before clipping away at excess nail and unwanted skin. Fortunately she took longer over her labour of love than Chron, who had clipped my final nasal hair before she started on my feet. Those of a ticklish persuasion should probably make sure that the shave is over before the pedicure starts. One involuntarily kick, and you might end up with more than a minor snick.

We then went to the small room next door where the assistant shampooed my hair and gave me a head massage (US\$3), the best ever cure for a hang-over. They also do foot massage (US\$5) and full-body massage (US\$10).

Open for four years now, all the barbers have been practising their art for many years. The oldest, Pen Loan, has been in the trade since the age of 18 – more than 50 years ago now. If you are lucky, he will play you a quick tune on his mandolin on the way out. What barber shop in the West would ever provide you with such a final flourish?

*Khmer Barber, 128 Norodom Blvd., Tel: 012 878 795 – open from 7am to 7pm, every day. 📍*

## 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*.

8	9	1	4	6	3	5	2	7
2	3	4	7	1	5	8	9	6
7	5	6	8	2	9	3	4	1
6	1	7	5	9	2	4	8	3
3	4	9	1	8	6	2	7	5
5	2	8	3	4	7	1	6	9
9	8	5	2	7	1	6	3	4
1	7	2	6	3	4	9	5	8
4	6	3	9	5	8	7	1	2

### ANSWERS TO THE NUMBER PUZZLES

Answer to Q1: 21 Multiply each number by three to get the next number.

Answer to Q2: 9 Along each row add the first three numbers together and deduct the fourth one to get the fifth one.

Answer to Q3: 5. In each row,  $1+2 = 3+4$  plus 1

## THINK BEFORE GIVING MONEY TO BEGGING CHILDREN



[www.childsafe-international.org](http://www.childsafe-international.org)

# Vox Pop

It's that time of year again! So AsiaLIFE asked people on the street what they would like to change in their life for the coming year.

**THE QUESTIONS:**  
**What's your New Year's Resolution?**

**Fousing**  
 I want to take a luxury trip to the moon with Russian astronauts. Oh – and learn Russian!

**Lou**  
 To not go to the Heart of Darkness more than once a month.

**Thida**  
 I want to go on a big motor-bike trip with my friends to follow the whole Cambodian border. I'm not scared of Thai soldiers, I think it's good to take risks in life, for the experience.

**Bapheny**  
 I will try to be nicer to my boyfriend, and I will try to in-

roduce him to my friends before I introduce my dog to them.

**Jayson**  
 To eat more bananas. I don't wanna cramp up.

**Haniz 'Sweet and Sticky'**  
 I want to stop being a fashion whore and instead become a superbitch.

**Scott**  
 (of D'Sco, The Geckos of Love Saturday nights at Revolution)  
 My new year's resolutions are to grow my moustache wide enough and thick enough to store spare guitar picks in it, and to extend at least one of the kitchen-sink medleys to break the one-hour barrier without actually clearing out the bar. 🍷



Fousing



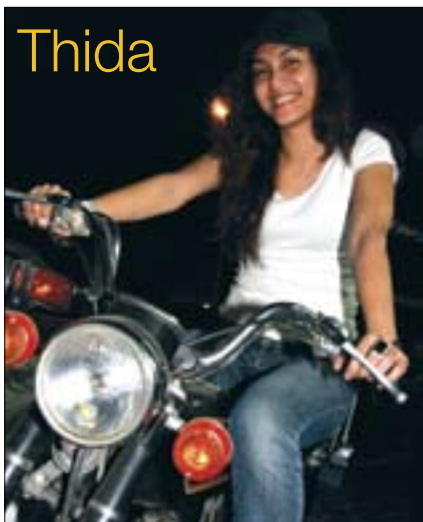
Lou



Jayson



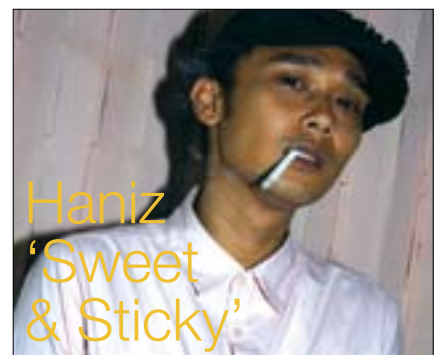
Scott



Thida

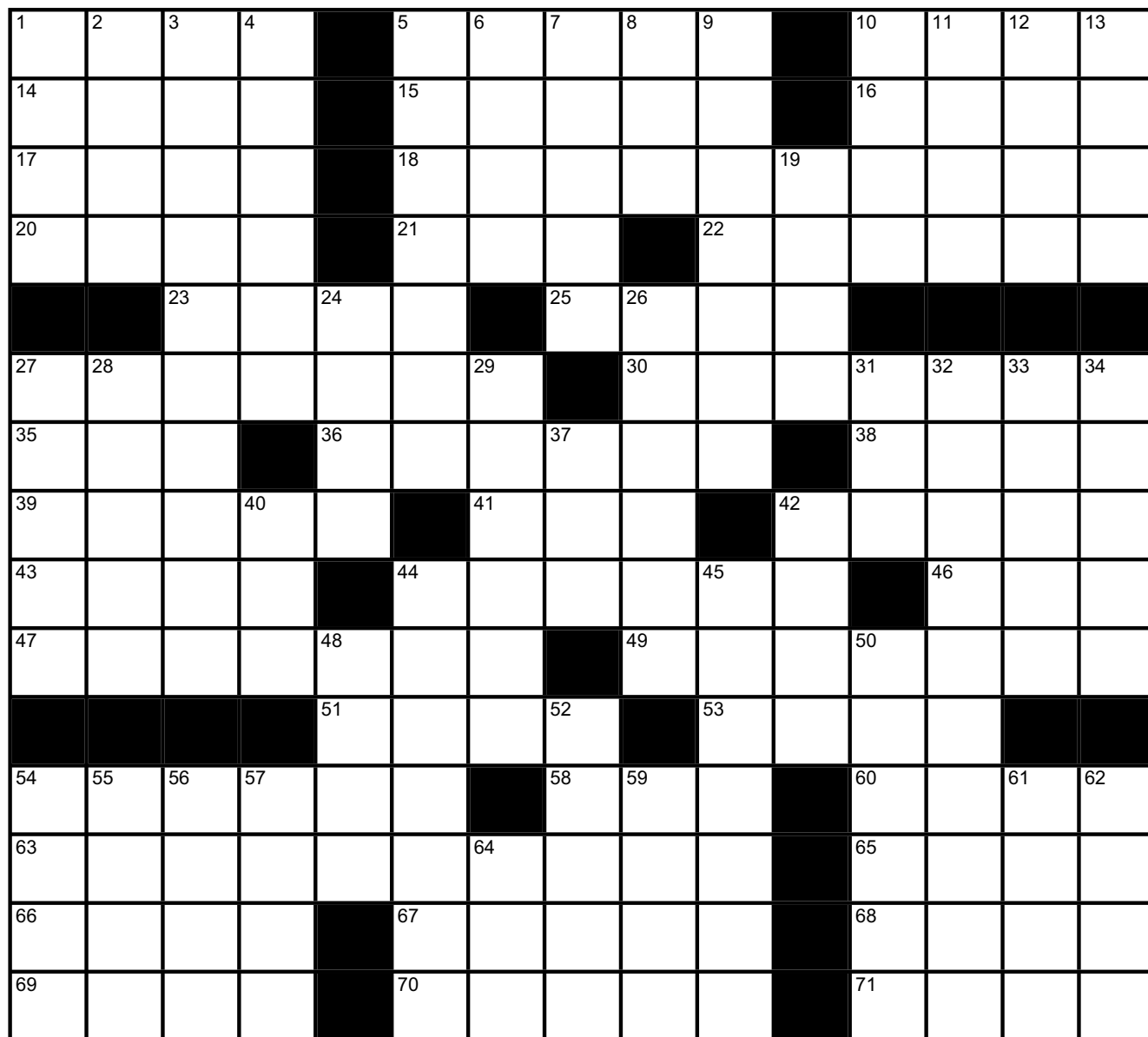


Bapheny



Haniz  
 'Sweet  
 & Sticky'

## In Phnom Penh



## ■ ACROSS

- 1 Pile of carpet  
 5 (with 25A) Leave the car at home  
 10 Comparative word  
 14 Townsend or Tong  
 15 Starry figure  
 16 Solo  
 17 "You and whose \_\_\_\_?"  
 18 Zesty flavouring in PP  
 20 Lows  
 21 \_\_\_\_ chi  
 22 Eyrie inhabitant  
 23 Final and circle opener  
 25 (see 5A)  
 27 Dish dirt  
 30 Gives new title  
 35 Simpson's "Whoops!"  
 36 Moulded  
 38 Seaweed variety  
 39 Warn  
 41 Sphere connected with 12D and 13D

42 Have a cow

- 43 Trim nails  
 44 01 code  
 46 X  
 47 Shake  
 49 Gull, albatross or cormorant  
 51 Almost visible vibe  
 53 Soon, by an unknown author  
 54 Each  
 58 Like 1, 5 or 17  
 60 Fairytale man-eater  
 63 Place of enlightenment in PP  
 65 Brief argument about taps  
 66 Block  
 67 Ravi's apparatus  
 68 Take away food  
 69 Only one connection with the floor  
 70 Learns of varied share  
 71 Shepherd and Turpin's gun

## ■ DOWN

- 1 Unsolicited e-marketing  
 2 Super deli order  
 3 Mood in PP  
 4 Violent spring  
 5 Like a young horse  
 6 Extent of field  
 7 Boundary  
 8 Convenience  
 9 Took over  
 10 Shortened spread  
 11 Spoken  
 12 Hillock  
 13 Asia, to a European (with "the")  
 19 Increase  
 24 Obscuring vapour  
 26 Theatres of war  
 27 Adjust  
 28 Like only 2 regions on Earth  
 29 Less difficult  
 31 "Special" alias  
 32 Cosmopolitan area in PP

- 33 Disturbed lever has slippery parents  
 34 Something to do with a penny in 8D  
 45 Graded books  
 48 "Toccatina and Fugue" composer  
 50 Helps another over the wall  
 52 Major artery  
 54 They are easy, supposedly  
 55 Horse game found in a loop  
 56 "American \_\_\_\_"  
 57 Hedges containing lip  
 59 Opens a letter  
 61 Anger at broken gear  
 62 British school returns note  
 64 Draw **A**

# The QuizMaster

## HELLO, BABY

- 1) John Cassavetes and Mia Farrow play a couple who have a son in which Roman Polanski film?
- 2) "She's my Baby" is the second line of which Gene Vincent Hit?
- 3) What was the sequel to Three Men and a Baby?
- 4) Who had a No.1 hit with Ice Ice Baby?
- 5) Who succeeded his father as ruler of Haiti until 1986?
- 6) Which famous Scots had a hit with Bye Bye Baby?
- 7) Brown Girl In the Ring was the B-side to which single?
- 8) What word is applied to a baby swan?
- 9) What was the name of the debut hit single from Britney Spears?
- 10) Which English expression is used to suggest that one doesn't need to reject an entire idea, concept or practice if only part of it is good?

## THE JACKSONS

- 11) By what name is rapper, producer and actor O'Shea Jackson better known?
- 12) On Aug. 9, 2000 who received the Presidential Medal of Freedom from Bill Clinton?
- 13) Who played the character called Jules Winnfield in the film Pulp Fiction?
- 14) Which 20th Century American artist painted The Moon Woman?
- 15) Which Oscar winning film star became a labour MP in 1992?
- 16) Which British Pop Star had hits with the songs 'It's Different For Girls' and 'Is She Really Going Out With Him'?

- 17) Who directed 'The Lord Of The Rings Trilogy'?
- 18) Who was the seventh President of the USA?
- 19) Which singer had a 1980 hit with the song 'Let's Get Serious'?
- 20) Which American Brigadier General was born In 1824 and earned his nickname after his defence at The Battle of Bull Run?

## IN THE PINK

- 21) Which contagious medical condition is also known as Pink Eye?
- 22) In Snooker, how many points are scored when you pot the Pink ball?
- 23) Betty Rizzo, Sandy Olson and Frenchy were gang members of the 'Pink Ladies' in which 1978 film?
- 24) Which Disney film featured the song 'Pink Elephants On Parade'?
- 25) Which Rock Band performed under several names including 'Sigma 6' and 'The Screaming Abdabs' before finally changing to their better-known name?
- 26) Having already had a Blue one at the start of the 20th century, which artist moved on to his Pink or Rose Period straight after?
- 27) Forming the title of the 1968 song by The Scaffold, who invented 'Medicinal Compound'?
- 28) What name is given to a cocktail of Gin, Grenadine, Cream and Egg White?
- 29) Which novel by Graham Greene features a teenage murderer called Pinkie Brown?
- 30) Which band provided the inspiration and the title song for the film Pretty in Pink?

ANSWERS ON PAGE 86

# Quote Unquote

## "SOCK AND AWE"

*And you thought Bush Quotes was over?*

### NUMBER 1:

*"This is your farewell kiss, you dog!"*  
Muntadhar al-Zaidi (Dec. 14, 2008).

### NUMBER 2 (THE FOLLOW UP):

*"I saw his sole."*  
George W. Bush (Dec. 14, 2008).

# Sudoku

MIND GAMES TO KEEP YOU THINKING

## S.I. COMPUTER TECHNOLOGY SUDOKU PRIZE COMPETITION

Congratulations to Pich Vanna, last issue's Sudoku Prize Competition winner, who received a prize, provided by SI Computer Technology.

This issue's competition also carries a prize by SI Computer Technology. So to have a chance of winning a 2GB flash drive send an SMS to 012 226 1449 with the four numbers from the cells shaded grey, starting from the top left hand square and moving in a clockwise direction.

All winning entries will enter the prize draw on Jan.15. Good luck!

Level: Easy

Gwan Ching Lee's time: 10 mins

			1			8		
7				2				6
	3				9		4	
	5			3				2
6			7		4			1
9					8		5	
	2		6				9	
4				8				3
			7			2		

## 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. The answers together with a full explanation can be found on Page 91

### Question 1.

What number is missing from this sequence?  
7, ?, 63, 189, 567

### Question 2.

What number should replace the question mark in the grid?

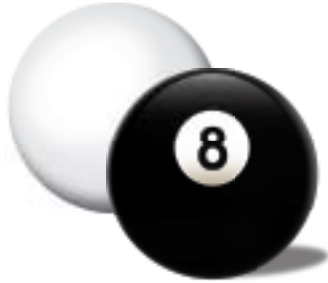
1	3	9	8	5
6	2	4	9	3
4	5	1	3	7
9	1	6	8	8
2	7	5	5	?

### Question 3

What number should replace the question mark?

2	6	7	2
1	4	3	3
7	1	5	4
2	7	5	?

# FUJITSU



LifeBook S7211

black & white simplicity



### Black and White Sophistication

High performance goes classic in this sleek black and white performer. This contrasting colour combination gives the notebook a wider display outlook so you don't have to strain your eyes while working long hours with full concentration. Thanks to this elegant two tone colour, the design of the notebook is easy on the eyes and appears slimmer too.



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The LifeBook S7211 is designed with perfection in mind, featuring a built-in 1.3 Mega Pixel camera without affecting overall design as well as built-in stereo speakers ensuring a complete multimedia experience.

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# New Year Extravaganza



## THOUSANDS OF PRIZES TO BE WON AND ALL YOU HAVE TO DO IS TOP-UP!!!

EVERYDAY - 1,500 bonus talk time winners. EVERY WEEK - 3 Nokia Slide Phones, a Sony Flat Screen LCD TV and a brand new Yamaha Fino to be given away. PLUS the 2009 Toyota VIGO 4WD for the grand prize winner.

The most exciting part is that all you have to do is to top-up and you automatically get a chance to win any of these exciting prizes up for grabs. Hurry the more you top-up the more chances of winning!

- Promo period is from December 22, 2008 to February 22, 2009  
Promo valid for top-ups of \$2 and more for both iLoad and Scratchcard.
- Daily winners will be notified via SMS
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