

PHNOM PENH

ASIALIFEguide

042009
ISSUE28



SELF RISING

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Editorial

IT'S THAT TIME OF THE year when tempers start to fray and the sensible head off for the coast. The problem is where to go. A long bus trip down to a crowded beach or a short ferry trip across the Mekong River.

This month we have set our intrepid writers off to different corners of the Kingdom in search of some cool, refreshing water to temper the April heat. Nora Lindstrom visits Kampot, Sylvia Nam goes to Sihanoukville and Johan Smits draws the short straw – or does he – and travels to neighbouring Silk Island.

April is also the time of Cambodia's own New Year. If you stay in the Penh during the festivities (Apr. 14 to 16) be prepared to get well and truly doused. Johan finds out what Khmer youngsters get up to, that is when they are not throwing water bombs at each other.

Continuing the watery theme, in our leisure section, we sample some of the varied options available in the Penh for those who like mucking about on the water.

As so many restaurants and bars take the opportunity to take a few days off for Khmer New Year we have listed both those that have confirmed they are closing and those that will be staying open during the holidays on page 39.

This month's issue is not all about water, in our cover we look at the hospitality training schools around the country. The people who have taken it upon their shoulders to train often the most underprivileged in Cambodian society and provide them with a future working in the country's restaurants, cafés and hotels.

Last month I mentioned that we are looking again into how we distribute our magazine. We have decided to target our magazines more at a few key outlets (see page 68 for details). We believe that by doing this we will ensure that copies of the magazine are available for readers later on in the month than is currently the case. We have also decided to make a small charge to cover our costs for delivering the magazine to subscribers. For US\$10 for six months or US\$20 for a year, we will deliver a copy of the magazine either to your doorstep or to a PO Box. For more details on this see page 68 as well.

Don't forget our website, now fully up and running, which has each article from this issue and many articles from past issues uploaded on it. It also has details of all the events taking place in Cambodia over the next month.

We have just concluded the first poll of the month – who makes the Perfect Phnom Penh Pizza – the winner of which was Le Duo. Our thanks to all of you who participated in the poll. If you want to have your say on this month's poll, simply log onto our homepage and register your vote.

As always we trust that you enjoy our current issue, if there is anything you disagree with or want to discuss, don't send us an email. Instead, visit our website, and join in the nascent debate in our forum. It is through your comments that we hope our magazine and the website will grow into the voice of the Penh. Happy reading!

Mark Jackson
 Publisher – AsiaLIFE Guide

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bar stool



NOBLE HOUSE
CHINESE RESTAURANT



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The Month That Was

fundraisers, sa sa, smart, green, boats, cheese, wine



■ GIANT FUNDRAISERS
Last month saw a couple of fundraising events for worthy causes. In the capital, a quiz evening took place at the Forestry and Wildlife Training Centre on Mar. 20. US\$2,871 was raised for Chhouk the elephant. The money will go towards providing an artificial foot for Chhouk, who is now being looked after at the Phnom Tamao Wildlife Park. The director of Phnom Tamao

and his team participated in the event. Prizes including a year's membership at The Place, a painting by Snow, original paintings by Lucky the Elephant and a personal training session with kick boxer Richard Weir were auctioned for at the event. You can still donate online to Chhouk at: wildlifealliance.org

In Siem Reap over US\$2,000 was raised for the Giant Puppet Project in a silent auction with

prizes from Hotel de la Paix, La Maison d'Angkor, John McDermott, Miss Wong and an afternoon at the Bakheng Elephant Farm. This was followed by the Giant Puppet Parade, which set off from the Old Market at 7pm on Mar. 28.

■ SA SA OPENING 

The capital's latest gallery opened on Mar. 21. The gallery provides a permanent space for Art Rebels (Stiev Selapak).

The current exhibition shows many of the pieces that the young Khmer artists have been working on over the last couple of years.

Sa Sa Gallery, 7 Street 360, Tel: 011 936 855

■ GREEN IS THE COLOUR

And rugby is the game. After 61 years of waiting Ireland finally won rugby's Grand Slam on Mar. 21. The occasion was celebrated by a packed house

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at the Gym Bar, where both North and South was united in a chorus of Danny Boy. Earlier on in the week St Paddy's Day was celebrated in time-honoured fashion. Both the Green Vespa and Rory's Bar was a sea of green as many a can of the black stuff was polished off in celebration of the man who drove the snakes away from the Emerald Isle.

■ BOAT LAUNCH

Mar. 6 saw the inaugural sunset cruise of the luxury cruising catamaran Kanika. Managed by Camen International, Kanika will be setting off on regular sunset and dinner cruises two to three times a week. However, Kanika's main purpose will be as a special venue that can be chartered to hold all kinds of functions, birthday parties, weddings and special events. The first cruise started off from Phnom Penh's riverfront and went all the way to Silk Island on the Mekong River, past floating villages, providing great views of the city's rapidly changing skyline. Plenty of drinks and canapés, together with a specially ordered magnificent sunset, led to a happy crowd during the two-hour long cruise.

Kanika luxury cruises: kanika-boat@gmail.com, Tel: 012 848 802 / 089 848 959

■ SAY CHEESE!

On the Mar. 25, the InterContinental Hotel held its monthly wine and cheese evening. Not only a gourmet event but also a great networking opportunity, the Intercon's wine and cheese evenings are starting to become a tradition. With all of Phnom Penh's major wine importers represented, and with so many

quality cheeses that would make Mickey Mouse explode with jealousy, this is a monthly treat to look out for. Check out the Events Calendar at www.asialifeguide.com for details of next month's event.

■ WINEMAKER'S DINNER

Thalias Group held one of their infamous tri-annual Winemaker's Dinners in the Piano Bar at Topaz restaurant on Mar. 3. Those who attended were treated to a six-course dinner that was matched perfectly with five wines from the M. Chapoutier Vineyard supplied through Quarto Products. While wining and dining patrons were entertained alternately by live lounge music and informative talks about M. Chapoutier's Wines. Thalias Group will be holding their next Winemaker's Dinner in a few months time. Follow AsiaLIFE Guide's Events Calendar for details.

■ SMART PHONE LAUNCH

Another mobile phone player entered the Cambodian scene with a vengeance last month becoming the country's eighth mobile service provider. Believing that the mobile sector has room to grow, Smart Mobile, a Russian owned company, has launched their 093 and 010 mobile numbers. "Despite the financial crisis, mobile phone service is a basic need for people, especially in developing countries," said Thomas Hundt, chief executive officer of Latelz Co Ltd. "Only around 24 percent of the Cambodian population has access to mobile phones." The official opening of their office on Monivong Blvd. was followed by a launch party at Raffles Hotel Le Royal mid last month. **■**

News & Events

korea, chefs, sos, novels, wheelies

■ KOREA SPICES UP THE AIR

Last month Korean Air celebrated its fortieth anniversary. The airline, which flies daily from Phnom Penh and Siem Reap to Incheon International Airport, just outside Seoul, has a fleet of 130 planes flying to 140 destinations. "It is my sincere desire to make Korean Air a strong company that can endure any challenge by focusing on the growth and strengthening of our fundamental values," said Korean Air Chairman and CEO Yang Ho Cho at the commemorative event. The current fleet will be increased to more than 180 by 2019 as the airline focuses on enlarging its network to 140 destinations across six continents including Africa, South America and Europe.

■ BATTLE OF THE CHEFS

The French-Cambodian Chamber of Commerce (CCFC) is holding its annual gala dinner at the Hotel InterContinental on Apr. 4. Five chefs from the Hotel de la Paix, Topaz, Naga World, Malis and the Hotel InterContinental will prepare a five-course gastronomic menu. The meal costs US\$85 per person or US\$600 for a table of eight and includes one glass of wine per course. Reservations should be made through the CCFC on: 012 801 950, ccfc@online.com.kh.

■ NEW ARRIVAL AT SOS

Following the arrival of Fiona Lindsay at International SOS, the medical centre has just launched a baby health clinic. A registered nurse, Fiona has an extensive background in maternal and neonatal health – working for over 10 years in both private and public hospitals in Australia. She will help patients with vaccinations, weight, diet, breast-feeding and tips on how to manage your baby's crying. She can also link parents with other community resources for young families in Phnom Penh. If you are interested in finding out more about this service, please contact: International SOS on 023 216 911 or 012 816 911 and ask to speak to Fiona.

■ HOW TO FINISH YOUR NOVEL

They say that everyone has at least one novel inside them. Renowned writer Timothy Hallinan, author of ten highly praised thrillers and a non-fiction book on Charles Dickens, will give a talk aimed at all those budding writers out there who are struggling with their project. The talk will take place at ACE Cambodia, 46 Street 214, on Apr. 30 at 6.30pm. Space is limited so all wishing to attend this free event are advised to reserve a seat through organisers Monument Books by email to: enquiries@monument-books.com.

■ PENFOLDS DAY

The InterContinental Hotel is hosting a wine tasting on Apr. 3 from 7pm to 10pm, to mark the release of the latest vintage of the prestigious Penfolds bin range and a selection of super premium wines featuring Grange, RWT and Bin 707, with fine cheeses as the complement. There will be an auction to raise money for the Sunrise orphanages. The tasting costs US\$35+ for bin class releases, US\$45+ for super premium class releases and US\$80+ for master classes.

Contact Damian Cooper at the Hotel Intercontinental on: 016 921 88 to reserve your place.

■ SWIMMING THE MEKONG

The Mekong River Swim is an annual event that challenges even the hardiest to swim across Southeast Asia's mightiest river. Those who dare, swim halfway across the river (700 metres), from the Prek Leap Agricultural School to the shores of Koh Daek (Daek Island). A non-competitive event, all are welcome to partake in this one of a kind experience. This year's swim – the fourteenth – will be held on Sunday, Apr. 5 at 9am. Boats will depart for the school from Sisowath Quay in front of the FCC at 7.45am. Swimmers can also make their own way to the school, which is about 7km beyond the Japanese

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Friendship Bridge on the right side of the road. The entry fee is US\$10 for expats, or 10,000 riel for Cambodians. The event is sponsored by bongthom.com, International SOS, CamSwim, Tiger Beer, and The Shop. For more information visit: www.mekongriverswim.blogspot.com.

■ **LONDON BOUND** »

The first round of the ANZ Royal Nike Changemakers wheelchair race will take place at Suor Srun Street (Street 7) on Apr. 25. A series of 200-metre sprints will take place between 4.30 and 6pm on the road opposite Wat Bothun, near Sothea's Boulevard. With a top prize of US\$200, the event marks the beginning of the 2009 season. It is seen by organisers CNVLD as the first step towards determining who will represent Cambodia at the London 2012 Paralympic Games.

Separately, CNVLD announced that ISPP students, staff and teachers had successfully raised US\$3,000 through their annual Fun Run. The money will be used to continue their support of the Takeo ISPP Templestowe Falcons volleyball team through the 2009 National Volleyball League. Five of Cambodia's most



outstanding ANZ Royal CNVLD Wheelie Grand Prix athletes participated in the Fun Run.

Finally the organisation announced last month that renowned sculptor George Friml will join the Armed Art programme, through the CNVLD and the Australian Business Volunteers, at the Don

Bosco Technical School, Phnom Penh in July 2009. Friml continues the work of Val Sutherland, who held three tenures at Don Bosco from 2005-8.

■ **MIELE GUIDE 2009**

Voting started for the Miele Guide 2009 / 2010 on Mar. 16. Last

year's inaugural guide profiled 320 restaurants in Asia. "The second edition of The Miele Guide will be even bigger and better," says Pauline Ooi, Associate Publisher of The Miele Guide. "In addition to ranking Asia's top 20 restaurants, we will be listing the top five restaurants in each country

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represented in the guide this year.” This year’s guide will also feature an overview of each country’s dining scene. Written by top restaurant critics and food writers, the country introductions will provide insider perspectives of what the current highlights of dining out in each Asian country are. The Miele Guide 2009/2010 will be launched in October 2009. As per last year, voting will be a combination of votes by critics and a popular internet vote. To register your vote log on at: www.mieleguide.com.

■ **RETRO DINNER DANCE**

ISPP are hosting a retro-themed dinner dance on May 9 at 7pm. The event, which is open to all friends of the international school and their families, includes live music, dancing, prizes and an art auction. Tickets (US\$45) can be bought from Kathy Fossati on 012 675 838.

■ **TALKIN CHANGES**

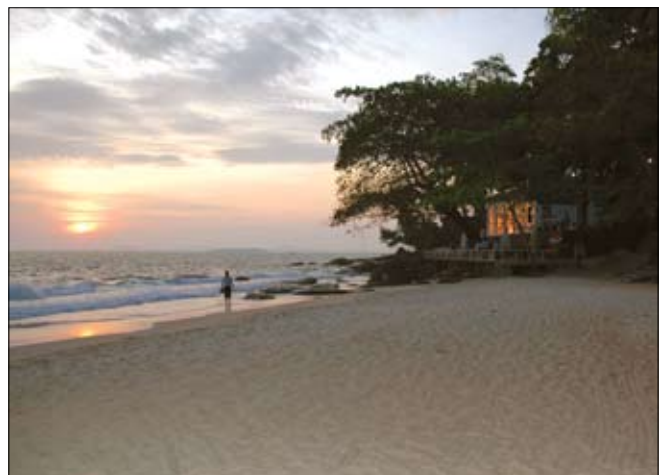
Since time immemorial Talkin to a Stranger has been associated with ‘Closed Mondays’, now no longer. The Penh’s most popular expat garden bar is now closed on Saturdays and Sundays, but open on Mondays. ‘I Don’t Like Mondays’ happy hours features US\$1 draft beer and US\$2 cocktail creations from 5pm to 8pm. Also during the hot season lamb Thursdays have been turned into a seafood and bubbles night – more details will be posted on their Facebook site. Talkin remains available for private hire on either Saturday or Sunday. Going the other way and on the opposite bank of the river, Maxine’s (aka Snow’s) is now closed during the week and open at the weekend. So, Talkin weekdays and Maxine’s at the weekend, it’s simple right?

■ **FRESH FCC**

Changes are afoot at the FCC. The first Sunday of every month will be a Seafood Semillion Sunday. A seafood platter accompanied by free flowing semillion wine will be served from 11am to 3pm. The price is US\$39 for adults, children under-six can binge for free, while those between 6 and 12 years of age can savour their calamari for half-price. Fresco BKK is introducing a chill-out session every Thursday, Friday and Saturday from 5pm to 9pm with discounted wines and the promise that there will be someone there to take care of your kids. While later on at weekends, the FCC rooftop will show live Premier League games on the big screen with draft Tiger beer only US\$1 during matches – so you can watch Liverpool reel in United throughout April and May under the stars. In addition to introducing Loco Wednesdays with half-price mojitos, sangria and caprioska from 6pm, Pacharan will host a three-course dinner with matching wines on Apr. 10. Finally, pencil May 23 into your diary and start searching out for hot pants, high heels and outrageous blonde wigs, FCC in association with AsiaLIFE is putting on a Mamma Mia singalong on the rooftop with prizes for the best fancy dress – here we go again!

■ **INDEPENDENT PROMOTION**

The reasons for taking a short break in Sihanoukville keep on mounting. The Independence Hotel is running a special promotion throughout the month of April. In addition to a 40 percent discount on room rates, the package includes breakfast, free massage and shuttle service to downtown Sihanoukville. *Independence Hotel, Tel: 034 934 300 / 012 728 090, info@independencehotel.net*



Openings

new eats, salons, sentiments

■ GREEN GARDEN GUEST HOUSE

This new guesthouse with a small outdoor bar opened last month in Street 222. With only eight rooms Green Garden is cosy and comfortable. Prices are democratic, starting at US\$6 for a single room and US\$8 for a double, up to US\$26 for a double “high class”. German-owned, the rooms are clean. The food menu lists your regular Asian dishes, including pho, all at low prices.

40 Street 222, Tel: 012 830 628 or 012 618 468

www.greengarden-guesthouse.com

■ PHNOM PENH SPORTS CLUB

Advertising “all kinds of sports”, this newly-opened club hosts two swimming pools, a gym, steam and sauna rooms, body and foot massages, evening aerobics and table tennis. The outdoor swimming pools – one for kids and one for adults – are of decent size. The gym is spacious but not air-conditioned. Most of the equipment consists of treadmills and cycling machines, but there is also some of the standard weight equipment. All the equipment seems new and in good working order. Prices for western adults (12 years and older) are US\$60 per month and US\$450 per year for full-week membership, with options for three and six months. Weekday membership (Mon. to Fri.) is US\$50 per month, US\$400 per year, and options for three and six months. This includes access to everything, except the body & foot massage (US\$5 per hour) and the planned Jacuzzi. Opening hours are 6am to 9pm.

245 Street 271 (corner of Street 464), Tel: 023 217 223 / 012 617 357.

■ MEKONG QUILTS

An outlet for the NGO Mekong Plus, Mekong Quilts opened in Phnom Penh on Mar. 23. The shop stocks a large range of hand-crafted bed covers, home accessories, gifts and decorations. Baby quilts range from

US\$35 to US\$45, adult quilts (double to king) are US\$140 to US\$190, cushion covers and pillow-cases are US\$12 to US\$17, and a range of gift items and home accessories are from US\$2 to US\$45. All the profits from the store are cycled through Mekong Plus, which provides scholarships to promote many health and quality of life initiatives in remote villages in Svay Rieng Province.

Mekong Quilts, 49 Street 240. Open 9am to 7pm.


■ 4FACES GALLERY

The latest gallery to open in the Kingdom’s largest tourist centre, 4Faces Gallery, features the black-and-white photographs of Dutch photographer Eric de Vries. The gallery will also have monthly exhibitions of photo-journalism, fine art and documentary photography by international photographers displayed on its ‘Black Wall’. An exhibition featuring the photography of Tim Page will open the gallery on Apr. 24. The gallery also has a café and is open from 10am to late.

4FACES Gallery, Old Market area, Siem Reap, Tel: 089 20 83 36, www.4faces.net

■ FEELING HOME

This boutique hotel situated in the heart of BKK 1 opened last month. The nine well-proportioned rooms (US\$35 to US\$60) have small balconies overlooking the quieter end of Street 278. The hotel also has two serviced apartments (US\$1,200 / US\$1,500 per month), a small Asian restaurant and the latest in the Café Sentiment franchise – ensuring a good cup of coffee to wake you up in the morning. Feeling Home has free internet throughout, but the stand-out feature is the quality of the beds. As luxurious as any five-star hotel, they will ensure you have a good night’s sleep.

Feeling Home, cnr. streets 278 & 63, Tel: 02 221 522, www.feelinghomecambodia.com 

HAPPY KHMER NEW YEAR!

FLY LOUNGE

Riverside, #21 AEo, St. 148, Phnom Penh, Cambodia
info@flyloungecambodia.com
www.flyloungecambodia.com

calendar

April

easter, semillion, openings, jam, belle, song, quizzes, parties, champagne

sunday

monday

tuesday

wednesday

thursday

29

30

31

01

02

Minerallos
Paintings by David Harding opens at Java Cafe and Gallery at 6pm

Chams & Khmer Relations
Lecture by Emiko Stock at Reyum Gallery at 6pm

Glory Hole Gay Night at Pontoon

InterContinental Curries of the World

Loco Wednesdays
At Pacharan, half-price mojitos, sangria and caprioska from 6pm

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

La Croisette Live Music

Seafood Semillion Sunday
Seafood Platter plus free flow of Semillion, US\$28 per person from 11am - 3pm

Mekong River Swim
Meet outside the FCC at 7.45am

Parade
Performance at Srah Chork (Wat Phiport Reangsey) at 6pm

Intercon Sunday Brunch
Salsa Sundays

06

Revolution Poker Night

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

07

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

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

08

Australian Women's Connection (AWC) Lunch
Second Wednesday each month. For info call 012 223 801

Vespa Wine Wednesday

Loco Wednesdays

La Croisette Live Music

09

Sarong and Krama, Burning Box & Mom
Three exhibitions open at the CCF at 6.30pm

Pa-ra-da
Romanian artists at CCF from 7pm (US\$8)

Glory Hole Gay Night at Pontoon

12

Easter

Easter Sunday Brunch
Champers and Easter eggs at the InterContinental

Pontoon One Drop Sundays
The best in reggae, dub and ska

Salsa Sundays

13

Revolution Poker Night

14

Khmer New Year

15

Khmer New Year

Loco Wednesdays

La Croisette Live Music

16

Khmer New Year

Curries of the World
Every Thursday at the Hotel InterContinental from 6.30 to 10.30pm

Glory Hole Gay Night with Cabaret Dancers at Pontoon

19

Pontoon - One Drop Sundays

Salsa Sundays

Intercon Sunday Brunch
Free-flowing Laurent Perrier champagne every Sunday from 11.30am to 3pm at the InterContinental Hotel

20

Revolution Poker Night

Vespa Malt Monday

21

Talkin Head Trivia

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

22

Vespa Wine Wednesday

Loco Wednesdays

La Croisette Live Music
Live music at the riverside bar and restaurant every Wednesday

23

InterContinental Curries of the World

Glory Hole Gay Night with Cabaret Dancers at Pontoon

26

Pontoon - One Drop Sundays

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

Intercon Sunday Brunch

27

Nathan Horton
Exhibition opens at the Mansion behind FCC

Revolution Poker Night

Vespa Malt Monday

28

The Mekong in all its States

By Jerome Ming opens at AFD (Street 106)

Topaz Piano
Indonesian pianist plays the Piano Bar, Topaz Restaurant

Gym Bar Quiz

Alley Cat Rib Night

29

Vespa Wine Wednesday

Loco Wednesdays

La Croisette Live Music

30

Timothy Hallinan
Book talk at ACE Cambodia, 46 Street 214

InterContinental Curries of the World

Glory Hole Gay Night with Cabaret Dancers at Pontoon

CAMBODIA'S HOTTEST SPOTS
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friday

03

Housexy
 DJ Dunc the Funk plays Pontoon
Toeuk Kmean Charon (Still Water)
 Exhibition opens at the Bophana Centre
Penfolds Day
 Wine Tasting at the Intercontinental Hotel from 7pm to 10pm
Alley Cat Friday Devious Dice
Winking Frog Live Band

10

Housexy
 DJ Emanuel, resident DJ at Bed Supper Club, Bangkok plays Pontoon
Actresses
 Film with English subtitles at Le Cinema CCF at 7pm
Betty Ford and the GT Falcons
 Reunion gig at Talkin to a Stranger from 9pm
Winking Frog Live Band
Alley Cat Friday Devious Dice

17

Winking Frog Live Band

24

Belle
 Modern dance performance at the Chenla Theatre at 6.30pm
Tim Page
 Exhibition by photographer opens at 4Faces Gallery, Siem Reap
Juram Jam
 The best voice in town plays CHOW from 8pm
Winking Frog Live Band
Alley Cat Friday Devious Dice

01

Khmer Scenes
 Nasy Radet exhibition opens at Equinox

saturday

04

Bodega Funk
 At the Café du Centre at 8pm
Winking Frog Live Band
Five Chefs
 Gala dinner at the Hotel InterContinental
Twist it Up Party' Hip Hop Night at Pontoon
Versailles – during 17th century
 Court music at the Art Café at 7pm

11

DJ Tech
 Plays Pontoon
Sounds of Berlin
 Dance party at Gasolina from 9pm
DJ Sylvia
 Saigon DJ plays CHOW from 8pm
Twist it Up Party' Hip Hop Night at Pontoon
Winking Frog Live Band

18

DJ Solo and Illest
 C at Pontoon
Live Music at Revolution
Twist it Up Party' Hip Hop Night at Pontoon
Winking Frog Live Band

Anzac Day

Phnom Penh Horns
 Play live at Gasolina from 7.30pm
Albertus Vishnu
 Indonesian tenor at the Art Café at 7pm
Belle (see 24th)
Wheeler Grand Prix 2009
 First Round at Street 7 from 4.30 to 6pm
Juram Jam plays FCC from 8pm
Wine & Cheese Night
 At the InterContinental from 7.30 to 9pm
Winking Frog Live Band

02



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Water, Water Everywhere – and Not a Tourist in Sight

It's that time of the year again. Tempers start to rise in the pressure cooker that is Phnom Penh in April and Khmers start throwing water over each other. The sensible head for water, the rest get hot under the collar. But where should you go, if you want to get away from the madding crowds? **AsiaLIFE** sent **Johan Smits**, **Nora Lindstrom** and **Sylvia Nam** off in search of the beach less travelled.



Silk Island: the ideal place to get away from tiring Phnom Penh

■ LOST IN SILK

Does Phnom Penh's sweltering heat make you long for a couple of hours on the beach but you don't have time to drive all the way to Sihanoukville? Look no further than charming Silk Island. Located on the Mekong River, a mere twenty kilometres north-east of Phnom Penh, this rural stretch of land makes you feel a world away from the capital.

Famous for its population of silk weavers, this island also has a small beach on its far-north edge. There are two ways to get to Silk Island, or Koh Dach in Khmer – not to be confused with nearby Mekong Island or Koh Okhna Tey where silk weavers live.

If you want to go all the way by water, hire one of the tourist boats that are lined up along the

riverfront near Street 136. Depending on the boat, the price is around US\$10 an hour. A faster way of getting there is to drive across the Japanese Bridge onto Road 6A (towards Siem Reap) and take a ferry (1,000 riel one-way) just east of the road. There are no English signs so you might need the help of a motodop driver to locate the ferry points, depending on your Khmer. The crossing is a very pleasant passage from hectic Phnom Penh to tranquil Koh Dach and sets the scene for what follows.

Once on the other side, the overland drive is at least half the fun, so take your time. A dusty, sandy road takes you through charming villages and past picturesque views of the river. The pace of life here is reassuringly slow. Some ten minutes before destina-

tion, the road passes a delightfully modest wat. The exterior may look neglected with some of the outer walls missing and its roof caved in, but inside awaits a surprisingly well-maintained shrine. The road finally ends at a steep, eroded bank that leads down to the beach.

At first sight the white, sandy beach area itself is disappointing. Rubbish left by visitors – plastic bags, empty cans and pieces of white foam boxes – litters the area. However, make your way to the river's edge, install yourself in one of the many little thatched huts that are pulled into the water and enjoy the calm. The water itself is very clean and inviting enough for a refreshing splash on a hot afternoon. Local vendors are eager enough to sell you food, fresh fruit and cold drinks – a

whole chicken costs about US\$10 and is cooked for you in three different ways. If you order some food, the use of a thatched hut should be thrown in for free.

As this place is very local, there are no other amenities so bring a beach towel or a sarong to change into your swimming gear. At the weekends and during public holidays it can get quite busy when families flock here. If you are not only looking for water but also for some calm, then you'd better come during the week when you will find the isolation you crave. Lazing around with a suspenseful book and a cold beer while listening to the sound of the water underneath your wooden platform, makes you forget that this is still Phnom Penh.

If you want to add a more active element to your beach



Water-skiing on the river in Kampot

visit then book yourself on a photo retreat to Koh Dach with photographer Nathan Horton. Starting from his studio in central Phnom Penh, his trip includes visits to the local silk weavers, walks through photogenic local villages and time on the beach for swimming and lunch. If you want to extend the fun, then Nathan's weekend retreat offers an overnight stay on Koh Dach with more photographic themes and a post-production class that will help you immortalise your visit in print.

For info on Nathan Horton's photographic trips visit www.nathanhortonphotography.com

■ CALMING KAMPOT

Kampot is a fantastic riverside escape from the heat of Phnom Penh. With its relaxed atmosphere and cooler air, it offers some much needed respite for hard-working urbanites.

A private taxi takes about two-and-a-half hours and shouldn't cost much more than US\$35. Buses are available too, but these can take up to six hours and have a tendency to break down or stop at numerous points along the way.

Set on an estuary, the water in Kampot's river is brackish. A mixture of sea and fresh water, the mix varies with the tide. Though clean enough, it is best not to



Karma Sunset: the Sailing Club at Knai Bang Chatt

swim right by the town. Instead head to the guesthouses further up the river.

For one of the most unique swimming experiences in Cambodia, wait until the sun sets before getting into the water. As darkness descends, the water itself is lit up by bioluminescent microorganisms that sparkle at every move, making it feel like you are swimming in a sea of glitter. The phosphorescence can be seen for about eight months per year (not during the rainy season) along most of the river in Kampot.

A great place to check out this spectacular natural phenomenon is backpacker haunt Boddhi Villa. To get there cross the bridge from Kampot and take the dusty road to the right following the river. Stay in one of the two floating rooms (US\$10/night) that open directly onto the river. If you dare, from here you can skinny dip with the luminescent organisms.

Whilst simply lazing about in the tepid, slowly moving water may seem all right for the sleepy provincial capital, activities with slightly more pace are also available.

At Les Manguiers, a few kilometres north of Kampot on the eastern bank of the river, single and double kayaks are available for rent starting from US\$4 for two hours and US\$12 for a day. Staff there recommend trips up the river,



Sweeping view of Occheuteal Beach

where you can stop at one of the other riverside establishments for a drink or a bite to eat. The guesthouse (rooms from US\$3) itself is set in spacious, green grounds that are perfect for kids and the US\$6 lunch is good value for money.

Bodddhi Villa also has water skiing and wakeboarding. At US\$2 per minute it isn't exactly cheap, but when the 200 horsepower boat isn't broken you can have some good fun, if not exactly environmentally friendly, buzzing up and down the river. Owner Hugh promises kite surfing will be offered shortly, as well as diving trips down to the sea.

For more quiet fun, carry on eight kilometres further up river from Bodddhi Villa to Utopia. Owner Max describes his place as a guesthouse for grown-ups, where most people get up and go to bed early. Dorm beds start at US\$3, while en-suite bungalows, for which reservations are encouraged, cost US\$25. But it's not all about being a boring adult, as inner tubes are free and a swing hangs from a coconut tree on the bank of the river promising awesome bellyflops for those brave enough to climb up the tree. Max also offers to teach people stand-up rowing, but only if it takes his fancy.

Several guesthouses and other establishments offer boat cruises both up and down the river, which is especially popu-

lar at sunset, when blue fishing boats pass you en route to their nightly trade.

Should the brackish water of the Kampot river fail to take your fancy and you aspire for

wider views, hire a scooter and head down to Kep-by-the-sea. At Knai Bang Chatt sailing club, 16- and 13-cat sailboats are rented for the hourly rates of US\$25 and US\$13 respectively, while

windsurfs and kayaks are yours for US\$12 and US\$4 per hour. Alternatively, order a cocktail at the bar and walk down the pier to watch the sunset.

Kep has a range of options for staying the night from the budget Le Bout du Monde to the uber-boutique Knai Bang Chatt (see Getaways Section for details). Best to time your trip so as to arrive for lunch at the crab stalls situated on the coast between Kep beach and Knai Bang Chatt. Fresh crustaceans are hauled in from pots in the sea. The earlier you get there the fresher the catch.

■ BEACH IT!

A trip to Sihanoukville does not have to involve beaches crowded with hawkers by day and fire jugglers by night. Sylvia Nam guides you through some of the unspoilt attractions of Cambodia's major resort town.

Due south of Serendipity and Ochheuteal beaches a footpath connects Otres Beach with its two more commercialised cousins. A thirty-minute walk along the beachfront, it takes approximately the same amount of time to get there by car given the state of the road, which is only partially paved and filled with crater-sized potholes. If you persevere you will discover a beach unlike its neighbours – unpopulated and serene. The white sandy beach of Otres is similarly narrow but, un-



Airport: Sihanoukville's latest disco



Fresh fish barbecued right on the beach

like Ochheuteal, clean with palm frond umbrellas giving some methodical order to an otherwise mellow atmosphere.

Cantina del Mar is sister to Cantina on the Phnom Penh riverfront. If the long stroll along the beach has worked up your appetite you could do far worse than pit-stop here. Its signature dish of fish tacos (US\$4) is served in a taco warmer accompanied by pico de gallo, a salsa roja, sour cream and onions. Cantina anglicises this dish as fish and chips, using the same deep-fried fish pieces as for the fish tacos, but this time served with perfect French fries. The fruit shakes (less than US\$2) and margaritas are also worth trying. A few shacks along, Freax Bar has urban graffiti artwork adorning the walls of an otherwise simple thatched roof shack.

At the opposite end of the coastal crescent sandwiched between the port and Independence Beach lies Victory Beach. Here lies a mix of industrial and idyllic with “Airport: Fashionable Disco Flights” – a dance club across the street from Holiday Palace Hotel. True to its name, the space is impressive and aviation-themed. The open-air club rests beneath a hangar with a full-size passenger aircraft as the centrepiece. The upper decks are reserved for “business class,” though the lower decks are not called “economy class,” and the

staff are not dressed as flight attendants. The Transformers-esque DJ booth blasts a combination of techno, house and hip hop. Situated right on the beach, non-dancers can lounge on comfort-

able papasans under the moonlight interspersed with speckles of light from the nearby port. Drinks are reasonably priced with draft beer from US\$1 and cocktails approximately US\$3.



Stay Cool with Cantina del Mar's famous frozen margaritas

Before heading out dancing, neighbouring Chhne Meas restaurant is popular with holiday-makers. Its extensive assortment of fresh seafood dishes includes braised fish with soy ginger sauce and scallions, tender beef lok lak and steamed crabs (US\$5-13) with dipping sauces ranging from a pickled mango side, chilli-infused fish sauce and lime with salt and pepper. When we visited the restaurant had run out of prawn and squid by 8.30pm so it's best to get there early at the weekend.

In between the Serendipity and Victory beaches are the twin resorts of Sokha and Independence. Both have their own private beaches and tranquillity in abundance. While Sokha is well-established with expats wishing to get away from the hot-season dust of the Penh, in many respects Independence provides a more secluded option for those wishing to opt out in luxury. Splash out! Ask for one of the two top-floor rooms – preferably the suite – and just spend your time watching the beautiful blue sea out of your window and the fishing boats making their leisurely way out to catch squid at sunset. During the whole of this month there is a 40 percent discount on rooms at the hotel, including a complimentary massage, so, really there is no excuse for not getting away from the heat of the Penh this month, after all. ■

Streetsmart: Occheuteal & Serendipity, Sihanoukville

Cambodia's prime beach resort is the place that most Phnom Penh expats, and tourists, head for to avoid the capital's hot, summer months. **Sylvia Nam** walks the street most travelled.



Cloud Nine: chill out on Serendipity Beach

SIHANOUKVILLE MIXES the industrial and the idyllic. While better known as the home of pristine beaches that dot its coast off the Gulf of Thailand, the town also serves as a commercial shipping hub with the country's only deepwater port. Nowhere is this combination of industrial and idyllic more apparent than when gazing across the gulf where container ships overshadow brightly painted fishing boats, jerry-rigged floaters taking divers to adjacent islands and the occasional stark white cruise ship docked for the night.

But pleasure is the modus operandi of the area where rest and relaxation draw families wishing to escape the capital for a weekend jaunt or beach bunnies touring their way around Southeast Asia.

The diversity of expectation is evident in the range of services and businesses catering to different needs. The prolific number of bar shacks and bungalows perch somewhat precariously on the beachfront. The town has a range of karaoke clubs, restaurants and bars, and an occasional casino that seem to spring up with ever-increasing intensity, in contrast to the general sleepiness of the area. This dynamic is clear in the popular Occheuteal Beach spanning the blocks southeast of the Golden Lions Circle with businesses clustered along gridded streets.

Mekong Express offers deluxe bus services to Sihanoukville twice daily at 7.45am and 2.30pm. Departing from the riverfront in Phnom Penh, a one-way fare is US\$7 per person.



Water sports at Occheuteal Beach

Half a dozen other bus and taxi companies run from the capital with trips varying from four to six hours depending on the company used to traverse the 230 kilometres via National Road 4.

■ GOING FOR GOLD

The Golden Lions are monumental, suggestive of Jeff Koons with a Cambodian twist. In their gilded glory they provide a central landmark that orients visitors to Sihanoukville. As a traffic roundabout, it dovetails between Occheuteal, Serendipity and Sokha beaches. At dusk, hawker stalls spring up from across the roundabout to sell sugar cane juice, soft drinks and snacks – mostly to teenagers hanging out in groups or motodops waiting for a fare. All are illuminated by

the nearby billboards that provide rare overhead lighting.

Like most other towns and cities in the country, there is no real centre making the Golden Lions one of the few prominent, visual markers. It is also the starting point of the major arterial route of Ekreach Street that stretches across Sihanoukville. The rest of the town unfolds across a wide swath of land through capillary roadways that diverge from Ekreach, including those leading to the area's beaches.

Wandering the area by foot can be taxing so renting a motobike is one way to facilitate the task of getting around (daily rentals US\$5-7). There is an official ban on foreigners renting motorcycles, though enforcement appears to be cyclical. With the traffic much more forgiving than in



Occheuteal Beach is dominated by shacks selling cheap drink and food

Phnom Penh, riding motos can be manageable for the uninitiated. The alternatives are the ubiquitous motodops and tuk-tuks.

Heading west from the traffic circle the Golden Sands Hotel and Casino, located between Kanda and Tola Streets is a popular lodging option with Cambodian families and Asian tourists. Though the beach is only 150 metres away, the hotel pool provides an alternative site for sunbathing, swimming and drinking with chilled cocktails and fruit shakes from US\$1-3. Another option further down Tola Street is Orchidée Guesthouse, which also has a pool with lounge chairs. A buffet breakfast of cheese, eggs, fresh bread and coffee is included in the cost of the room. The eclectic décor is in line with its conversion from a colonial-style villa to family-run hotel.

■ DOWN THE ROCKY ROAD

On the other side of Golden Sands is Angelo's Traverna, a popular dinner option for those wanting ribs, grilled prawns or burgers that come with salads and other sides. It also has Greek specialties, such as souvlaki as well as kebabs (from US\$5). Next



Go Jet Skiing on Occheuteal Beach

door, La Pona has an assortment of Khmer and western seafood barbeques (from US\$5-8.) Be prepared for a long wait between dishes if the restaurant is busy.

Opened six months ago by a Korean and a German – previous followers of the Shaolin Temple order – Cinderella Café is a recent addition to the area behind Ochheuteal Beach. Located between Tola and Mithona Streets, it serves Lavazza coffee. The espressos pack a punch and the chilled fruit drinks provide respite from a long day at the beach. Seating is available indoors and on the open terrace overlooking the street. The café also offers Korean-style noodles and German schnitzel (from US\$4). A notable feature of the café is that drinks are served with eco-friendly, reusable straws that resemble bamboo. At night, the café becomes a full service bar with a pool table in the back and live music at the weekend. Next door, on either side of Cinderella, is Tropical Massage that offers the typical US\$7 foot or full-body massages, and Gold Star Korean restaurant with the standard fare of soups and stir-fries from US\$5.



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THE PATH TO SERENDIPITY

The main access point to Occheuteal beach runs perpendicular to the water. Sometimes referred to as Serendipity Road, it marks where one beach begins and the other ends, with shops, restaurants, and guesthouses huddled on its edges. The road is poorly lit so proceed with caution if you're trekking the road alone at night.

EcoSea Dive has one of its branches on this road, next door to The Dive Shop, both of which offer PADI certified dive trips to the most popular and closest island of Koh Rong Samloem. Day trips start from US\$59. Prices include transport, equipment, instruction and food. Along the road are backpacker hotspots Monkey Republic (rooms US\$5-9) and Cool Banana Bungalows (from US\$6). Both serve pub food and cheap draft beer.

A more upscale option just up the road from Monkey Republic, is Reef Resort. The well-maintained air-conditioned rooms with breakfast range from US\$35 to US\$80. It also has a lovely swimming pool and the restaurant serves good Mexican cuisine. Just across the road is Top Cat. The only cinema in Cambodia showing English-language movies, this is a treat for those wishing to recline on a comfy chair and down a beer while watching a Hollywood feature. Just make sure you don't tell MGM or Warner Brothers about it.

There are some retail options on the road to be had as well. Boom Boom Room, with another location in Siem Reap, is known for its wide selection of digital recordings in addition to some clothing. Zoco Clothing too has one branch on the road, in addition to its location on Serendipity Beach, and carries an array of sartorial musts including swimwear, clothing and accessories. **FA**



Reef Resort: avoid the crowds on the beach



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Khmer New Year Games

This month it is Cambodia's turn to celebrate New Year. **Johan Smits** finds out what games the country's youth will get up to on this most important cultural event.

AFTER WESTERN AND Chinese New Year, the middle of this month marks the Khmer version. This time we mean business. Spread out over no less than three days (Apr. 14 to Apr.16), Khmer New Year is the most important cultural festivity in Cambodia. Marking the end of the harvest season, it is a good time – it is hot and dry – for farmers to take time off and celebrate a new beginning. But what does it mean to that vast majority of Cambodia's society – its youth? We took some time off school, got permission from our parents, and joined the youngsters in their celebratory games.

On each day of the festival, special games are played in the playgrounds of pagodas, on the streets or in people's own front yards. This year we played with our youthful friends at a pagoda on Silk Island on the Mekong River. Thankfully, you don't have to be a kid to join in these traditional New Year games, but usually they are played by children and youngsters.

Youths are divided into female and male teams. This offers a welcome opportunity for teenagers and young adult players to flirt with the opposite sex in time-honoured fashion. Apart from sheer fun, the purpose of the games is to train mental and physical dexterity. It also teaches kids how to overcome obstacles and instil values of justice and forgiveness.

Bas Angkunh, roughly translated as "throwing brown seeds" – a reference to the edible fruit seed that is used in the game – is one of the most popular ones. Each group aims their own angkunh at the master angkunhs placed on the ground belonging to the other group. The winners must then knock the knees of the losers with the fruit seeds.

"The harder I get hit on my knee, the more the boy is interested in me," confides Molika



Playing Bas Angkunh on Silk Island

to me with a laugh. A single, twenty-year-old university student of business management, she sees the games as a fun way of increasing her chances of meeting her Prince Charming.

Her favourite game is called Leak Kanseng. In this game, all participants bar one sit in a circle. The odd-one-out holds a kanseng or kroma (Cambodian towel or scarf) twisted into a round shape. He walks around the circle while singing a song and secretly trying to place the kanseng behind one of the others. When that chosen person realises what is happening, she must pick up the kanseng, beat the person sitting next to her with it, and run fast around the circle before the other person takes her place.

"But the beating is just for fun," Molika assures me. "It's a way of physically grabbing the attention of a boy or a girl."

Sakavach is a nineteen year-old student of law and interna-

tional relations. I ask him if he has already beaten up his future girlfriend. "No, I am too young to have a girlfriend," he says to my surprise. "I play for fun, if I have a girlfriend, my studies will suffer."

A moment later the youths prepare for Chaol Chhoung or "throwing the kroma". In this game, a kind of courting ritual, two teams of boys and girls stand in two rows opposite each other. A member of one team throws the chhoung, a cloth ball, over to the other side. Whoever manages to catch it must then chase the other person and try to hit him or her with it. If the person gets hit, the first one can then ask him or her to dance together or sing a song.

None of our hosts seemed to know much about the origins of these games. "They have been passed on from generation to generation," says Molika. "I don't really know where they come

from." Neither are they restricted to Khmers only – Sakarach tells me that his Cham Muslim friends join in the games.

The NGO Room to Read has published a small poem and picture book covering some of the Khmer New Year games. According to this, Khmer ancestors elected to teach their younger generations through poems and popular games. "Some taught people how to live in society and some others taught people about human psychology too," it states.

Meanwhile the chhoung cloth ball is whizzing back and forth between the boys and the girls. A few of them try to duck away, to the others' wild laughter, while a moment later the targeted boy or girl gets chased around to the loud cheers of the others.

The children's picture book A Poem about Khmer Popular Games is available from the NGO Room to Read, 111 Street 566, Tel: 012 768 329 

Phnom Penh Life: Bo and the Garden Path

Returning to her native Cambodia from her adopted country, Holland, it took two visits to the Kingdom and an inspirational trip to Sri Lanka before **Bowineth Phem** discovered her roots. Words by **Johan Smits**.

“A PART OF ME HAS CONSTANTLY felt very Khmer, that’s why I’ve always been drawn to this country,” says Phnom Penh-born Bowineth Phem, or “Bo” for short. “I wanted to discover my roots and it has been a long journey.”

Bo was part of the first Cambodian family in Holland. When they came to live there in late 1975, she was less than two years old. A year before, her father, who had been studying in Belgium on a scholarship, was offered the opportunity to continue with his studies. He came back to Cambodia to fetch his daughter. That was at the end of 1974 and the situation in Cambodia had already turned very turbulent.

The young Bo and her parents continued to live in Belgium for one year. Then the family moved across the border where her father carried on with his studies and was offered a position as a lecturer at the university where he is still working today.

“Both my sister and brother were born there,” explains the now thirty-five-year-old Bo.

In Holland, she studied Health Science, specialising in Mental Health Science and Clinical Psychology. “Before moving to Cambodia, I worked as a psychologist in different settings – a psychiatric hospital for adults with psychosis, personality disorders and depression, a child mental care institute and a private psychological practice for children,” she says.

■ THE RETURN

The nascent psychologist first returned to her country of birth in 1998 to carry out research for her Masters degree at the Transcultural Psychosocial Organisation.

“It was a very special period for me as it was the first time I came back to my roots,” she explains.



Bo: healing children through play

“I remember how I struggled at the beginning as I had such very intense and deep experiences but at the same time I had to collect data for my research.”

Those four emotional months of research proved insufficient for Bo to process the deep personal experience she went through.

When she returned to Holland she felt very homesick for Cambodia. Bo wanted to go back.

“I’ve always felt a strong connection with the local people here and have some very precious friends,” she says. “I was determined to return for a longer period.”

Years later, in 2003, she was finally offered a job to work as a psychologist at the ‘Centre for Child Mental Health’ in Takhmau. She ended up working for two-and-a-half years at the centre.

“From my experience the traumatic history of Cambodia

is an undeniable underlying factor among all generations in Cambodia,” she says. “This is affecting the psychological and emotional well-being of each individual, to some extent in one way or the other.”

This observation extends to her parents and even herself though they were fortunate enough not to live through the Khmer Rouge regime. According to Bo, the experience of losing close relatives and of being severed from their roots has affected them all.

■ **MYSTERY PAINTINGS, CHANCE ENCOUNTERS AND A SPECIAL MONK**

A few years later, in 2005, a fateful turn of events led to an unexpected change in her life. That year Bo travelled to Sri Lanka to visit the Butterfly Peace Garden, an after-school programme for children with opportunities for trauma healing through art. There she befriended the project’s founder, the artist Paul Hogan, who introduced Bo to a method of healing through ritualistic painting called “mystery painting”. Paul also told her about a special monk, who was believed to live somewhere in

Cambodia. Both the work of the Butterfly Peace Garden and Paul’s captivating stories of the Khmer monk touched something inside Bo. When she returned to the Kingdom she decided to try and locate the famous monk.

She never found him. But her personal journey led her to the Sweet Mango Pagoda in Sre Khnong village. She felt an immediate resonance for the name of the pagoda. The head-monk welcomed children from neighbouring villages to come on a regular basis for creative activities. Inspired by Paul Hogan’s work in Sri Lanka, Bo founded the Mango Tree Garden in August 2005.

“I never intended to do that,” she says. But the series of events made her decide otherwise. Although registered as an NGO, Bo’s project is very small and grassroots.

■ **THE GARDEN PATH**

“The objective is to offer a place of healing to all children, especially those who have been affected psychologically and emotionally or are at risk of developing mental health problems,” Bo explains. Through creative

The traumatic history of Cambodia is an undeniable underlying factor among all generations in Cambodia. This is affecting the psychological and emotional well-being of each individual

play, a healing process is set in motion that helps the children to grow and develop into resilient and mentally healthy adults. To achieve this objective, Bo’s Mango Tree Garden is adopting the principles she learnt from Paul Hogan in Sri Lanka – the ‘Garden Path’.

“The Garden Path uses earthwork, heartwork, and artwork,” she explains. “These elements together lead to healing and stimulate learning through play, which

has a positive, contagious impact on all children and adults, and eventually the community.”

Apart from working with the local community, the Mango Tree Garden also offers creative programmes for children from other local organisations, orphanages and schools based in and beyond Phnom Penh. Besides working for Mango Tree, Bo works as a psychologist for a local NGO – Children and Development.

Together with her Dutch husband Erik, Bo has now been living in Cambodia for six years. They have two young sons.

“Sometimes I’m torn between two different worlds and cultures, but I am learning to live with this tension which kind of feels like a dance,” Bo says. “I have discovered that my roots are in me.”

But the personal journey does not seem to be finished. “We plan to go back to Holland by the end of this year and settle down there for a few years,” she confides.

“Then we will see. Maybe we will come back to Cambodia again – who knows ...”

For more information about Mango Tree Garden, visit: www.mangotreegarden.org

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Setting P/ace

There are plenty of places in Cambodia to satisfy your appetite, but a handful of eateries also promote socially responsible business. By giving local youth hospitality training, these restaurants try to break the cycle of poverty by providing a career instead of a handout. Craig Gerard visits four venues in Phnom Penh and two in the provinces that will feed your soul and your stomach.

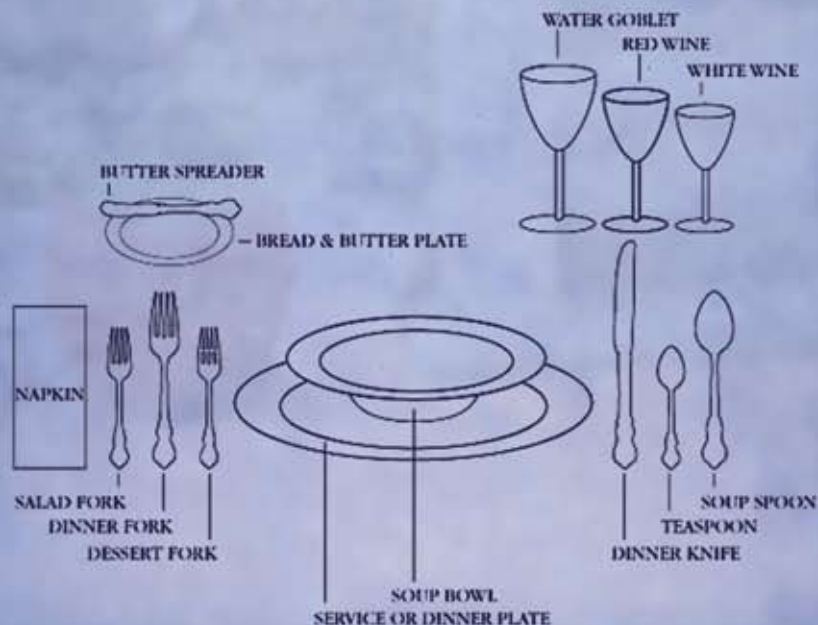
ASK ANYONE ABOUT training restaurants around the Penh and they immediately think of Friends, for good reason. The international tapas restaurant is lively, colourful and full of good cheer, not to mention delicious food.

"We like to use local ingredients, fruits and vege-

tables that are in season," explains Gustav Auer, the International Hospitality Business Coordinator for Friends International. "Nothing canned!"

The menu started eight years ago with items that blended local flavours with European favourites. Today it has completely

changed, thanks to the students at the restaurant and their willingness to try creative and mouth-watering combinations. Not that they create a culinary masterpiece on day one. It is a long process, which begins with building the trainees' self-esteem.







Friends Restaurant: the final stage of Friends International's training programme

■ GIVING A FRIENDLY HAND

"Many of these kids have been physically and mentally abused," says Gustav. Trainees were all either street kids or in danger of becoming street kids. Friends International supports them during their transition, including providing a social worker. The next aspect of training is hygiene and basic kitchen tasks, such as chopping, preparation work and cleaning. Once this is mastered, the students move to Romdeng, Friends' sister restaurant on Street 174, to learn fine Cambodian cooking. They then graduate to Friends, where they master international recipes.

Graduates of the programme can be found at restaurants and hotels across Phnom Penh. One of the greatest success stories is a former student who opened the vegan friendly K'Nyay.

Gustav scoffs at the idea that students may open a restaurant in competition with Friends.

"It is the ultimate accomplishment if a student can get to that level," he says. More to the point, he sees these establishments as partners to round off the training. "It is great for the students to see this end product. They are more likely to hire our graduates."

This year, Gustav plans to spend more time on projects in Laos and Egypt, so he is leaving the training oversight in the very capable hands of Sao Sokunthy, a seven-year veteran of Friends International.

Sokunthy's favourites on the Friends' menu are the zucchini cheddar fritters, crunchy on the outside and creamy-soft on the inside and the grilled fish fillet with salsa verde, which

Their goal is to employ the "unemployable." "We try to build them up from where they are



Trevor Sworn: founder of Yejj

did have a tasty "green sauce," that was not quite salsa. Still, the fish was succulent and quite enjoyable. Other favourites include the Asian mango coleslaw, which packs a spicy bite only mellowed slightly by the lime and young mango sweetness; the Cambodian chicken curry, with its mild, but lasting flavour; and Khmer spiced fish in banana leaf.

As there are many small plates on the menu – best shared by three to four people – you can experiment with many dishes. Don't discount the specials – these are the students' masterpieces, and make sure to wash your meal down with a signature frozen drink. The pineapple chilli margarita has a refreshing pop not to be missed.

■ CAFÉ YEJJ

Café Yejj is a charming, comfortable café a block east of the Russian Market. Most see this as a nice place to stop after shopping, but their pastas and paninis make Yejj its own destination. Try the apple, brie and basil panini for US\$4.25 or the pomelo salad with prawns for a lighter meal that will still leave you satisfied. If you are in the mood for something thicker, dig in to the Moroccan lamb stew, slow cooked and spiced to perfection. You can wash this down with a creamy cold lassi, a frappe or speciality soda. Thought you couldn't get a cup of Starbucks in Phnom Penh? Think again! Café Yejj proudly serves Starbucks coffee as well as other free trade and organic fruit and vegetables as often as possible. It is part of their socially responsible business model, and that is what sets Café Yejj apart from the other latte joints in town.



Students learning about hospitality at Shinta Mani Hotel, Siem Reap

Yejj also runs a Hospitality Training Centre, helping to teach underprivileged and vulnerable women a marketable trade. With about 350 students a year, the training courses effect a positive change on many people. Many students go on to work for their sponsoring agencies or in other hospitality organisations in Phnom Penh. According to Operations Manager Darren Marshall, this year the training centre plans to launch M-Ploy, a job placement function to help graduates connect with other reputable businesses. For now, the Café has their pick of trainees, so the service at Yejj is always impeccable.

■ HAGAR THE NOT-SO HORRIBLE

Another hospitality training organisation, Hagar International serves a staggering 85,000 meals per month at 20 different venues around Phnom Penh, helping women who have been abused or exploited. All employees at the restaurant and catering facilities have graduated from their hospitality-training programme.

The six-month curriculum starts with job readiness, where trainees learn valuable work skills that enable them to find a job. Next is catering training, with courses such as food management, hygiene, and customer service. Finally, Hagar helps to place these graduates in their own catering facilities or at other hotels and restaurants around the city.

Working with women who have seen their fair share of hard times can be rewarding. Operations manager Frank Woods explains their goal is to employ the “unemployable.”

We are looking for students who are eager to learn, but unable to further their own education

“We try to build them up from where they are,” he says.

Open to the public for both lunch and dinner, the restaurant has a complete international menu. Serving everything from fried rice, Korean steak, chicken burritos to club sandwiches, you can find something to fit your mood. Look past the spelling mistakes on the menu and you are in for a delicious treat. The Asian tide bites – don’t expect lobster – will provide you with all the fried goodness you need for US\$3.50, though it could have used some additional dipping sauces. Pan-fried sea bass for US\$6.50 may be the best deal on the menu, with a deliciously silky butter garlic sauce, the succulent fish is served on a bed of greens. The chef took his time with each item, as all four dishes ordered came out at four distinct times. While the constant refills of cold, clean water were appreciated, the lack of a drink’s menu was puzzling. What the restaurant lacks in ambience (the soundtrack seems to be “Muzak: The Worst of 1983-1987”), it makes up for in taste.

■ GIVING CHILDREN A SMILE

A bit more off the beaten path is Lotus Blanc, part of Pour un Sourire d’Enfant

(PSE). The French NGO runs a hospitality industry vocational training centre for youth living in the Stung Meanchey dump. The restaurant is located just south of the city dump in a complex that also houses a bakery and educational classrooms. PSE enrolls children from 17 years of age on vocational training programmes. The training courses take between 15 months and two years to complete. They focus on six key aspects of the hospitality industry.

The restaurant itself is comfortable, and can seat up to 80 people at a time. As long as you can avoid the busloads of French or Italian tourists, you are in for a dining treat. The menu is simple, with a choice of four different starters, five entrées, and four desserts. The whole package comes to US\$8 regardless of your selection. Though you can opt out of the dessert, the small portions ensure you will want all three courses.

When AsiaLIFE Guide visited, the simple balsamic vinaigrette salad was the only starter available (we can blame the Italians), but the entrée selections all looked appetising – fried rice with garlic prawns, beef lasagna, seafood kebabs, pad thai, and pork medallions with a cream and mushroom sauce. The food was well prepared. The meats were juicy, sauces were flavourful, but not overpowering, and the presentation was well thought out. With most beers, shots and cocktails at US\$1, this may be the cheapest place in town to get slugged. However, the



Hospitality training is not just a piece of cake

Don't come out of pity, come because the food is good

deaf students, they also offer performance art workshops and deaf and disabled advocacy. They train these employees to work in the restaurant, no easy task for a crew with little restaurant experience.

"We didn't know what we were doing when we first started," admits General Manager Hannah Stevens. She says it has been a long road to get to where they are, especially working with waiting staff who use their hands to speak, but changes are afoot at Epic Arts. They have hired a restaurant manager to oversee operations and completed a renovation of their space, so return visitors will have a brand new experience, including free WiFi. The new menu comes complete with pictures on how to sign your order in Khmer sign language. Previously diners had to check a box on the menus to indicate their preferences.

So what to order next time you visit Kampot? Hannah raves about the carrot cake and brownies. The menu features a wide selection of baked goods as well as many vegetarian options, including salads and home-made muesli. The bagel with cream cheese and homemade banana jam may be favourite, "Oh, that's the one!" she exclaims. She claims that visitors who come to Kampot for a quick bite usually end up coming back throughout their visit.

"It's really a lovely atmosphere because of the deaf community that spends time there," she says.

This year, Epic Arts will start a vocational training programme to train staff as artists and as art workshop facilitators. This opens the door for more employees at the café and helps them extend their art projects as well.

restaurant remains below the radar since it is only open for breakfast and lunch, Monday through Friday and is a bit difficult to find. Call ahead and they can email you a less-than-helpful map, but if you get close, people in the nearby vicinity are happy to point out the way.

■ TURNING A DEAF EAR

The opportunities for soul food are not limited to Phnom Penh. Opened in 2006 as a place where deaf students in Kampot could hang out, Epic Arts Café offers a unique opportunity for the deaf and disabled community. The café not only employs a number of

■ PASSIONATE ABOUT THEIR COOKING

In well-travelled Siem Reap, Shinta Mani Hotel stands out for its hospitality training centre. Targeting youth from low-income families at risk of joining gangs, prostitution or other vulnerable life styles, the programme hosts about 30 students a year, according to

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Gustav Auer and his trainees at Romdeng

Solomon DeLeon, the director of community based activities. Managers from each section of the hotel do the training, and the students take additional courses in English, customer service and hygiene.

“We are looking for students who are eager to learn, but unable to further their own education,” Solomon explains. Students all receive a monthly stipend of money and food, so the schooling is not a financial drain on their families. Once the training is finished, graduates stay with Shinta Mani until they can be placed in a quality hospitality job in Siem Reap.

A large part of the training for the hotel focuses on the restaurant. Once noted as the top place to eat in Siem Reap, the chef and staff try to recapture some of that glory. “The chefs cook with passion and love, and it comes out in the flavour of the food,” says Solomon. The menu has superb

Khmer choices served alongside tasty western standbys. The pomelo salad with pork (US\$5) is a real treat. The fish amok is one of the better versions of the Khmer classic in town at US\$8.50, and you can never go wrong with Australian tenderloin crusted with Kampot pepper for US\$15. The wine list is robust, with glasses for US\$5 or bottles up to US\$85 for special occasions. If you are looking for something a little stronger, try their signature Khmer Martini, made with ginger-infused vodka and lemongrass-infused vermouth.

Many patrons of all these restaurants make the mistake of being less critical because they are training facilities. Gustav from Friends International, would rather see customers be more critical, “otherwise, how will our students learn?” he asks. It is a sentiment echoed by Darren at Café Yejj. “It is important for our workers to learn

the process of how expats like to enjoy their meals,” he says. It seems the high standards of the managers are paying off; – the food at all of these establishments is top notch. Gustav puts it simply, “Don’t come out of pity, come because the food is good.” Don’t worry Gustav, as long as the food is good, we’ll keep coming!

Café Yejj, 170 Street 450, Tel: 092 600 750

Friends, 215 Street 13, Tel: 012 802

Romdeng, 74 Street 174, Tel: 092 219 565

Hagar, 23 Street 288, Tel: 012 306 075

Lotus Blanc, Stung Meanchey, Tel: 012 508 537

EpicArts Café, 1st May Road, Kampot, Tel: 012 454 935

Shinta Mani, Corner of Oum Khum & 14th Street, Siem Reap, Tel: 063 761 998



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food corner

Food Talk: New Wind Blows at Equinox

As the establishment matures from a late-night cocktail bar to more multi-purpose space, **Nora Lindstrom** sits down with Marc Salvetti and head chef Chansophorn Nong to talk about exciting developments on the food front.



Marc Salvetti at Equinox

“WE’RE WORKING TOWARDS a more complete menu,” says Equinox’s French owner Marc Salvetti. Over the years, this now 3-year-old establishment has developed both in size and atmosphere. When Marc, or Marco as he is also known, switched from being a sleeping partner to taking over the management reins some 10 months ago he decided it was time to expand the menu from snacks and quick munchies to more serious dishes.

“We now have a rolling menu with inventive specials changing every two to three weeks, and the mains menu has been extended,” he says. “We also have a real breakfast menu – the eggs benedict (US\$3.50) in particular has been very popular. There’s one guy who comes here every day for it.”

Marco hopes these changes will make people think of Equinox as a daytime café and restaurant, as well as gallery space with regularly changing exhibitions, and not just only a night-time bar.

■ YOUTHFUL AMBITION

Integral to the wider and more sophisticated set of dishes has been the arrival of Chansophorn Nong as head chef, as well as the increase in kitchen staff from one to four. It is the 28-year old’s first time in charge of a kitchen, not that he lacks confidence. “I believe in myself, I want to show my ability,” he says.

Sophorn, whose life-long dream has been to work in the food industry, began learning the trade at Friends NGO, before taking on an internship at the InterContinental Hotel. He then moved on to Le Duo restaurant from where Marco snapped him up.

“It’s my first time as head chef, but I have good experience,” he says. “I’ve learnt from some of the best in the industry.” Despite his confidence, he admits his new position is not without its challenges. “The most difficult thing is teaching staff and making sure everything runs smoothly in the kitchen,” he says, emphasising the importance of hygiene in food preparation.

“When I was learning, I promised myself I have to become a chef, so I tried to work really hard,” he says. Despite aspiring to establishing his own restaurant in the future, for the moment he is happy at Equinox. “My life is good, and I can understand about food from around the world,” he says. “Here, I can do what I want to do, and I want to support the restaurant so it can be successful and I can be too at the same time.”

■ FRESH IDEAS

The menu at Equinox is heavily Mediterranean-oriented, with pasta, crêpes and pizza dominating. Both Marco and Sophorn however see room for improvement and are currently working on new ideas for a soon-to-be published extended menu. “We want to offer more choice, more variety,” says Marco.

“I would like to add homemade lasagne to the menu, as well as some other home-made pasta,” says Sophorn, who used to specialise in pasta and pizza whilst at Le Duo. “In Cambodia, French and Italian food are very popular just now,” he adds. Marco is also keen to see customers tucking into more fresh food, as well as sipping fresh juices.

The changes at Equinox are gradual, and Marco hopes for customer feedback as the establishment develops. “We’ve had the new breakfast menu for a while, but not so many people know about it yet,” he explains. “Before we start advertising something new we want to make sure we’ve got it right.”

Both agree one of the current top dishes is the aptly titled ‘Marco’s Beefsteak’, though Sophorn says his favourite dish is the grilled fish. Naturally, both of these will remain on the revamped menu. “Our food is delicious, and we have a good relationship between staff

“We now have a rolling menu with inventive specials changing every two to three weeks, and the mains menu has been extended

and customers, so people come again and again and again,” Sophorn says.

The establishment’s central location and laid-back atmosphere add to the place’s popularity. Many come regularly to use the WiFi, which is available for US\$5 per week, with no minimum purchase. “It’s a bit like an ‘open office’ sometimes,” Marco says.

Equinox also offers free delivery service between 8am and 10pm, though food is available at the restaurant from 7am all the way until midnight.

*Equinox, 3A Street 278.
Tel: 092 791 958*



Sophorn, following his dream

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restaurant guide

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cambodian

- Boat Noodle**
8B Street 294, Tel: 012 774 287
Khmer and Thai restaurant with excellent, well-priced food, set in a beautiful, traditional wooden house. Open 4pm to 10pm. **01**
- Frizz Café**
67 Street 240, Tel: 023 220 953
Dutch-run, 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 or 092 665 225, www.knyay.com, knyay@hotmail.com
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. Also offers a selection of cakes, ice creams and sorbets, using all vegan ingredients. Monday-Friday 12pm-9pm, Saturday 7am-9pm, closed Sundays. **02**

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

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

Romdeng
74 Street 174, Tel: 092 219 565
Recently moved to new location 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 Blvd.
Large Chinese restaurant that specialises in crispy Beijing duck. Stays open until late in the morning. **02**

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

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

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

french

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

Bougainvillier
277G Sisowath Quay, Tel: 023 220 528
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** 

Equinox
3A Street 278, Tel: 012 586 139 or 092 791 958
Cool French-run hang-out on with new menu including breakfast. Upstairs bar has a nice open balcony, good cocktails

Review: Café Monivong

Located in one of Phnom Penh's most luxurious and historical hotels, Raffles Le Royal, sophisticated Café Monivong unsurprisingly offers something well out of the ordinary. In fact, their buffet dinner is rather to die for.

OFFERED EVERY NIGHT between 6pm and 10pm, the buffet dinners are not exactly cheap, but the fine dining experience is so scrumptious it is without a doubt worth splurging out on. On Saturday evenings, Café Monivong offers an Italian-themed night. For US\$25+ you are treated to a variety of Italian and other dishes, all delectably presented.

Start with the salad bar, which also includes a range of North African and Middle Eastern cuisine, move on to the cold selection of vegetables, seafood and meats, and return for melt-in-your-mouth sushi and sashimi before progressing on to the hot courses. The sushi and sashimi are particularly good, making it difficult to move on, but with eight changing hot dishes on offer in addition to all the Italian dishes and desserts waiting for you, try not dwell on the Japanese delicacy for too long.

Out of the hot dishes, the braised veal's cheek had our dinner party raving, while the vegetable dishes are tasty in their simplicity and not overcooked. Saturday night's specialties are however the home-cooked pizza, as well as the pasta and risotto 'action stations'. For the latter two, diners can watch the food being freshly prepared and dictate which ingredients will be used. For the pasta, you have a choice of four sauces and variety of vegetables and ham, as well as an assortment of pre-cooked Barilla pasta. There's less choice when it comes to the risotto. Though the dish is flavoursome, the lack of cheesy, creamy smoothness is somewhat disappointing.

The dining experience is completed with a wonderful assortment of cheeses, and a selection of desserts that will fool anyone with a sweet tooth to think they are in heaven. On



Italian night, desserts include chocolate mousse, tiramisu, trifle, chocolate pralines, meringue, fresh fruit and ice cream. The real challenge is to make sure you pace yourself on the other courses to leave space for these treats.

No Italian dinner, or any fine dining experience for that matter, is complete without complementing wines. At Café Monivong, a free flow of six different Italian wines is yours for US\$16++. It represents fabulous value for money, and the staff are available to ensure you are drinking the right wine with each dish.

In addition to Italian night, Café Monivong also hosts meat-centred Prime Tuesday buffets (US\$28+), Succulent Seafood Fridays (US\$28+), and Wake Up and Smell Sunday brunches (US\$26+, 11.30am-2.30pm) featuring free flowing Singapore Sling. Buffet dinners on other nights cost US\$25+ and the US\$16++ wine buffet is available on Tuesdays and Fridays too. Children between 6-12 years of age eat for half price, while kids younger than six eat for free. To make the most of your Raffles experience, go as early as possible, as the buffet closes promptly at 10pm.

Café Monivong, Raffles Hotel Le Royal, Street 95, Phnom Penh, Tel: 023 981 888



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and music. Downstairs is the best foosball table in town. Also has a second street-level bar and terrace restaurant with regular art exhibitions. Popular place for WiFi. Open 7am to late. Serves food from 8am to 10pm to midnight and delivers from 8am to 7pm. **02 A/C**

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

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

Indian sub-continent

Annam
1C Street 282, Tel: 023 726 661 / 099 926 661
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 Blvd., Tel: 012 813 817
Decidedly upmarket and sophisticated Indian restaurant in a beautiful setting with prices to match. Good place for an Indian treat, especially the tandooris. Open from 11am to 2pm and 6pm to 10.30pm. Closed Mondays. **03 A/C**

international

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

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

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

Cadillac Bar & Grill
219E Sisowath Quay, Tel: 011 713 567
Air-conditioned riverfront bar which

promises a hassle-free drink. Mixing up burgers, pasta and some Asian food with Blues and rock and roll, this American-style bar serves good hearty food. Open 8am to 1am. **03 A/C**

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

Del Gusto
43 Street 95
Beautiful colonial setting makes a perfect setting for the Mediterranean-inspired menu. Run by the same people as Bodhi 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
Aircon American bar with neon lighting, a variety of memorabilia, comfortable seats,

SUSHI @ **Le Quay** Boutique café & crêperie + **Amara Spa**



ENJOY sushi by the river for the first time + **15% OFF** from our new menu

Corner of Sisowath Quay & St. 110, Phnom Penh 023 998 730

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expiration
Apr 30 '09

Bargain Bucket

■ CUCINA FILIPINA

Located in the heart of BKK1, this little Filipino eatery, which opened last December, is a very welcome addition to the food scene in the expat-dominated area. With only six tables, the place is often crowded at lunchtime, so it's best to arrive early. Owner and chef Ofelia Genodepanon started the business, essentially out of boredom. She describes how she used to sit in the car for long periods of time waiting for her children to leave their school at lunchtime. She wished she had somewhere to spend that time, so she created her Filipino Kitchen.

Open from 7am, the real action starts around 11am. From then onwards, eight different dishes – four of which are vegetarian – are served by the staff from a lunch buffet. Filipino specialties like adobo, a marinated dish, and kare kare, a meat dish with peanut sauce, are mainstays, though



what's on offer changes daily. Most dishes are served with rice, and like food in Ofelia's hometown Manila, mild flavours are preferred over excessive spice. The ingredients are fresh, and the vegetables are not overcooked, retaining their taste and crunch. Ofelia is keen to point out that she doesn't use any MSG. "My family eats here too," she comments. Prices range from US\$1.50 for rice with one main, to US\$3 for several mains and unlimited rice. Water is free of charge

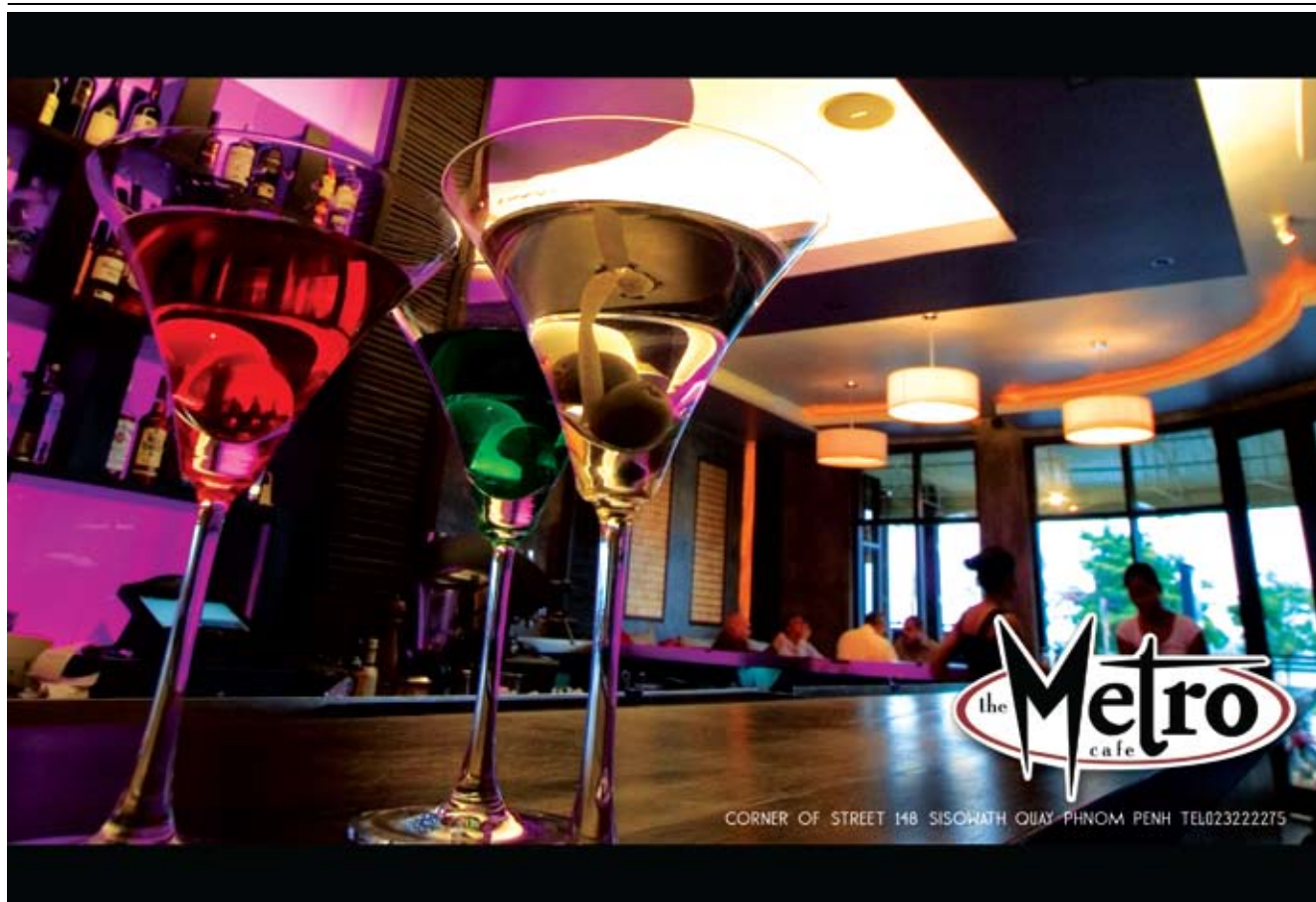
while sweet apple, peach or lime-flavoured ice tea costs 75 cents. Essentially, this is a sub-US\$5 lunch bargain.

Cucina Filipina also serves Bon Café coffee. Perfect for breakfast, a cup of black coffee goes for a mere 75 cents, while a single espresso is US\$1. Combine with a USA Donut (2,500 riel) or Filipino favourite pandesal (5,000 riel for a set), which Ofelia describes as similar to English muffins. Essentially, pandesal is a rather bland tasting yeast-raised

bread, probably best enjoyed with spreads and other condiments. Alternatively, try the carrot or banana cake, which is also 5,000 riel.

A steady, and sometimes overwhelming, lunchtime crowd of Filipinos and other expats frequents Ofelia's establishment. No wonder, as Cucina Filipina despite its basic décor, offers really, tasty and filling food at great value for money in a homely and cheerful atmosphere. After lunchtime, the place reverts to a café and stays open until 7pm, though if there is any food left over from lunch this can be reheated to demand. Take-aways are available, and Ofelia also caters for offices and businesses, including two international schools – ISPP and the British International School.

217 Street 302, Tel: 099 860 775. Open from 7.30am to 7pm (Mon. – Fri.) and 7.30am to 1pm (Sat.), closed Sunday – NORA LINDSTROM. 📞



CORNER OF STREET 148 SISOWATH QUAY PHNOM PENH TEL: 023222275

The Tamarind
MEDITERRANEAN BAR & RESTAURANT
Oriental Elegance

Three floors: Bar, A/C Restaurant and Rooftop terrace, offering **Oriental and French** cuisine. Specialties: Tapas, Couscous, Tagines, Chawarma, Kebabs
Happy hour from 3pm until 7pm: cocktails 50% off. Credit cards accepted.
31 Street 240, Tel: 012 830 139; reservations catering - home delivery

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La Gourmandise Bleue Pâtisserie

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, taboule, salads.

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

159 EO Street 278 (behind Lucky supermarket), Phnom Penh
Tel : 023 99 40 19 - 012 160 30 40

Japanese Kitchen
Mr. Sushi & Kokoro
Sushi Buffet \$11 Only (Every Night)

Salmon roll Tuna sushi Tempura

25 Kinds of Food!

Big private room (up to 17 people)
Placed in front of Monument park
Eo 18 Shihanouk Blvd, Phnom penh, 012 601 095

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. 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.gardencentercfe.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.gardencentercfe.com
More compact version of the Garden Center is conveniently located close to the popular Street 278. Open from 7am to 10pm. Closed Mondays. **02** 🚗

Gasolina
56/58 Street 57, Tel: 012 373 009
Largest garden bar and restaurant in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche facilities. Open from 7am to 12.30am Closed Mondays. **02**

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

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

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

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

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

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

Le Liban
3 Street 466, Tel: 092 483 759
New Lebanese restaurant with beautiful indoor and outdoor seating. Authentic middle-eastern cuisine served in an elegant atmosphere. Open from 11am to 2pm and 6pm till late. **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**

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. **02**

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 7:30am to 01am. **03 A/C** 📶

Nature & Sea
Cnr. Street 51 & 278, Tel: 012 195 3810

PROMOTION

Sushi Buffet only \$8.50 on the 2nd Sunday of every month

Menus in English and Khmer
English and Khmer speaking waitresses

Enjoy nice **80's songs** at your table or our small **sushi bar** while our **Japanese chef** makes sushi right in front of you.

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: 017 766 690
European managed Mediterranean restaurant that dishes up some of the best fish and seafood in town. Try the red snapper or the squid with rocket. Often has exhibition around the understated walls. **03 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. Open from 5pm to 7pm, 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.tonlesapaguesthouse.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. Has a night-club upstairs. **03 A/C**

Riverside Bistro

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

Sarika

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

Scoop Bistro Bar

2-6A Regency Square, Mao Tse Tung Blvd., Tel: 023 424 457
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, Monday to Friday. Available for hire at the weekend. **02**

The Shop

39 Street 240, Tel: 092 955 963
Stylish café, with a wide range of fresh bread, tempting patisseries and juices, excellent salads and sandwiches. Crowded at lunchtime, but the small, cool courtyard at the back creates a perfect haven from the sun. Open 7am to 7pm Monday to Saturday and 7am to 3pm Sunday. **02**

Velkommen Inn

23 Street 104, Tel: 092 177 710
Comfortable hotel restaurant and bar, the Velkommen Inn, just off the riverfront, offers a wide selection of western dishes as well as several Scandinavian specialties 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 Sothea's Blvd., Tel: 023 356 399
Large air con British-run pub with live band and DJs at weekends. Thai Chef preparing 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

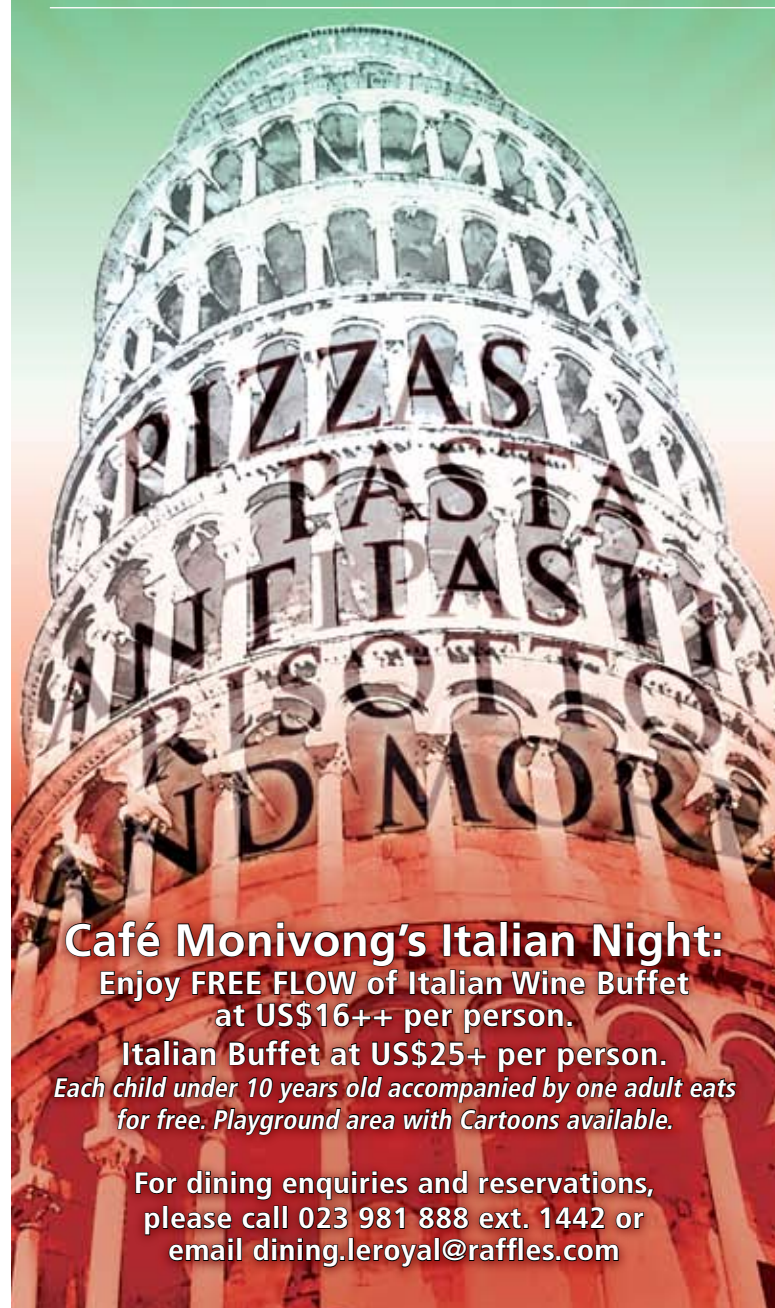
18 Street 47, Tel: 023 986 114
Located inside of Cara Hotel. Beautifully decorated, impeccable service. Serves



Raffles Hotel Le Royal
PHNOM PENH, KINGDOM OF CAMBODIA

DELIZIA ITALIANA

Every Saturday night, Raffles brings you the best of Italy to Phnom Penh. Indulge in home made Antipasti, freshly prepared pasta and risotto cooked to your taste, as well as crispy oven-baked pizzas... all paired with our finest selection of Italian wines.



Café Monivong's Italian Night:
Enjoy FREE FLOW of Italian Wine Buffet
at US\$16++ per person.

Italian Buffet at US\$25+ per person.
Each child under 10 years old accompanied by one adult eats for free. Playground area with Cartoons available.


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

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saffron

pakistani & middle eastern flavours

cafe and bar



*open 7 days - 11am-11pm
 *light healthy lunches & hearty pakistani cuisine
 *great selection of international wines
 *australian beers
 *free delivery in central phnom penh
 *catering and private parties

Steve's Steakhouse & Greek Restaurant

Something for Everyone!

Large variety of Western Cuisine & Quality Selection of Local Dishes.

#20Eo, Corner of St. 51 & St. 282
 Tel. 023 987 320

THE TASTE

OCEAN

MEDITERRANEAN CUISINE



EUROPEAN MANAGED
 FINEST SEAFOOD & MORE

Open Daily from 12 PM-2 PM/6 PM-10 PM
 Street 288, #11, PNH / Tel: 017 766 690

excellent quality Japanese and Korean sushi. **04 A/C**

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

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

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

Mt. Manaslu Muraa's Café
 1a Street 282, Tel: 012 176 0740 or 023 996 514
 Serving up great Nepalese and Indian food at affordable prices with both open-air and air conditioned dining areas.

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

The Winking Frog
 128 Sothearos Blvd., Tel: 023 356 399
 Large air con British-run pub with live band and DJs at weekends. Thai Chef preparing 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 ☺

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

Endless combinations
 Creates a kaleidoscope of exotic flavors

Annam @
 The Indian food Place

#1C, St. 282, Phnom Penh
 Tel: 023 726661 Mobile: 099 926661

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

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

Café Yeij
170 Street 450, (near the Russian Market), Tel: 012 543 360
Quiet, cosy café serving bistro-style western cuisine, with extensive range of coffees. Good pasta dishes, a wide selection of pannini and wraps and fabulous cheesecake make this an ideal spot to escape the bustle of the nearby Russian Market. Air-conditioned dining upstairs. Open every day from 8am to 5pm. **A/C**

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

Fizz
42 Street, 178, Tel: 015 609 909
Possibly the first authentic juice bar in

town. An excellent range of original juices is on offer as well as some Khmer and Thai dishes. Also has coffee and ice cream.

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

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

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

Madeleine's Café & Bakery
19 street 228, Tel: 012 988 432
Bakery and restaurant offering a variety of baked goods, organic lunches and catering services. Open Monday to Saturday 8am to 5pm

The Coffee Maker
50 Sihanouk Blvd., Tel: 023 987 721 or 012 506 400
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 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** 🎮

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Closed for Khmer New Year

Traditionally during Khmer New Year, lots of restaurants and bars take the opportunity to close and give their hard-working staff some time off. Below are listed the places that are staying open and those that are closing for the New Year

OPEN:


- Annam
- Chow
- Comme a la Maison
- Fusion Sushi
- K West
- La Croisette
- La Gourmandise Bleue
- Malis
- Metro
- Pacharan
- Saffron
- Steve's Steakhouse
- Tamarind
- Topaz
- Winking Frog

CLOSED:

- Alley Cat Café
- Dan Meats
- Gasolina
- Green Vespa

- Gym Bar
- Java Café Gallery, Tea Rooms and Express
- K'Nyay
- La Marmite
- La Volpaia
- Le Duo
- Le Rit's
- Liquid
- Meta House
- Mr. Sushi
- Ocean
- One More Pub
- Pop Café
- Rising Sun
- S'pore Kitchen
- Talkin' to a Stranger
- The Shop
- The Chocolate Shop
- The Wine Restaurant
- Van's 🎮

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Specialty Beers: Part 2

After last month's trip around the beer halls of Europe and cantinas of Mexico in the second half of his odyssey of special and rare beers, this month **Johan Smits** travels to the Far East and down under in search of the perfect pint – without even leaving the Penh.

■ TURNING TO JAPANESE BEER

We start in Japan with the intriguingly entitled Sapporo 2008-2009 limited edition "The Winter's Tale". Available in 33ml. cans at Bayon and Pencil supermarkets, the limited edition might not be that limited after all. However, with its rich golden colour, this crisp and slightly bitter beer goes down very well and leaves a pleasant, hoppy aftertaste. This seasonal brew might be a winner during one of Japan's snowy winters, but perhaps is not the perfect tipple during Cambodia's hot season.

Leaving the ubiquitous Asahi to the one side, of the other Japanese brews available in town, Yebisu and the better-known Kirin, the former got our thumbs up, or rather bottoms up. The all-malt Yebisu beer pours a lighter shade of gold than Sapporo's limited winter edition, and it has a richer, earthy smell while feeling lighter in taste. Kirin, on the other hand, has a slightly sweet aroma with spicy-floral hops. The taste is a mix of sweetness, fizz and malt. Overall all three Japanese proved to be very good quality drinking beers.

■ ASIAN BREWS

Unfortunately, that's not what we could say about the Chinese brews we tried. Since the widely available Tsingtao – admittedly a palatable drinking beer – is already well known, we tested two harder-to-find brands in our quest for rare beers – Shanshui and Tezhi. Adventure is often greeted by reward. Alas, in both these cases we were left wishing we had stayed at home.

Shanshui's smell of rice husk might be open to debate, but the colourless drink itself is completely tasteless. We thought that was a negative point, until



The taste of Japan

a few seconds later the aftertaste kicked in and a disagreeable aroma of dirty dishwater and deadly chemicals filled our mouths. Coming from the same brewery as Tsingtao, this was a traumatic experience.

Thankfully Tezhi is not as revolting as Shanshui but despite the word 'beer' on the label, it's hard to recognise it as such. There's no head, it looks unnatural and has a chemical taste. Best left on the shelves.

We moved on to a safe haven, the Philippines, whose well-known San Miguel brew has recently been spotted more frequently in Phnom Penh, with many promotions at selected bars. With a grainy





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Say cheers at one of the Penh's two micro-breweries



Discover the best of Tasmania lurking in the capital's flora

aroma, this easy-drinking, quality beer leaves a sweet, malt flavour in the mouth and has a clean finish. Another welcome addition to Phnom Penh's army of beers.

Closer to home we had a look at some of the dark stouts floating around the capital. The harder to find Angkor Extra Stout and Beer Lao Dark came out on top, with a preference for the latter. Since the regular Beer Lao is one of Phnom Penh's most popular Asian drinking beers, it comes as no surprise that its pale brown brother is performing well

too. Compared to its fair sister, its body offers a much fuller, darker hit but at 6.5 per cent it is still an easy-to-drink beer compared to Angkor Extra Stout's 8 per cent. These dark ones are best enjoyed in an air-conditioned environment instead of a tropical hot-season sun.

■ HOME-BREW

What about Phnom Penh's own micro-breweries? Man Han Lou was the first in town, offering four varieties – Gold, Red, Black and Green – but only two of them are brewed. Red is a blend

of Gold and Black, and Green is Gold with spirulina added. Not much fun if you're colour-blind. The Gold and the Black were the most flavourful but still tasted a bit on the weak side.

The Penh's other micro-brewer, the Munich Beer Restaurant, offers Munich Gold and Munich Stout. At respectively 3.5 per cent and 4.2 per cent they are weak in alcohol content and tasted accordingly. The Gold is subtle and smooth but it won't win any gold medals, whereas the Stout tastes like cold coffee with not much of an aftertaste.

But for its price (US\$1.1 for a 330ml. glass) it's not a bad deal and both beers seem to be popular with the beergarden's Khmer patrons.

■ I WOULDN'T GIVE A XXXX FOR...

With a large number of Australians in town, unsurprisingly there's also a decent variation of that which they love most – their beers. The most readily available seems to be Coopers Sparkling Ale and Coopers Original Pale Ale from Adelaide. The red-labelled Sparkling Ale is the most potent



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Carlton Cold: does what it says on the bottle

at 5.8 percent and provides a balance of malt, hops and fruit. According to Cambodia's importer AusKhmer, both Coopers labels are produced by Australia's "only remaining family owned brewery of stature." The cloudy sediment is a result of the beer's secondary fermentation in the bottle.

The Tasmanian Cascade Premium Lager comes from Australia's oldest continually operating brewery and has a crisp, spicy hop finish. Its nephew James Boags Premium Lager, also from Tasmania, is a

crisp, pale European-style lager fermented at a lower temperature than most other Australian lagers.

From Melbourne, there is Crown Lager with a creamy fruitiness, a rich malty palate and a crisp hop finish. Apparently it was launched for the Australian consumer in the early fifties to celebrate the Coronation of Queen Elizabeth II. Not a great selling point with Australia's republicans.

Finally, pretty hard to find in Phnom Penh are the other Australian beers – Victoria Bitter

and Carlton Cold. The former, an award winning full-flavoured brew, can be unearthed at Green Vespa and the latter at Talkin' to a Stranger. With a lemon wedge stuck in the bottle's neck, the fresh tasting Cold is reminiscent of the Mexican Sol beer, but despite its hard-to-get image, we found Coopers more flavourful.

As with the European and Mexican beers in our previous issue, some bar owners warn that the availability of certain beers is not always a given. If your favourite brew is out of stock, come back in a couple of weeks.

■ **NEARLY EXTINCT**

James Boags Premium Lager: Metro Café

Carlton Cold: Talkin' to a Stranger

Victoria Bitter: Huxley's, Green Vespa

Crown Lager: Shanghai Bar, Metro Café

■ **SHOULD BE EXTINCT**

Shanshui: Friend Mart, Pencil supermarket

Tezhi: Chinese Supermarket – ground floor at Parkway

■ **ENDANGERED**

Yebisu: Bayon Supermarket

Kirin: Bayon Supermarket

Angkor Extra Stout: Pencil supermarket, some Khmer bars and beergardens around town

Man Han Lou's Gold, Red, Black and Green: Man Han Lou micro-brewery on Monivong Blvd.

Munich Beer Restaurant's Gold and Stout: Munich Beer micro-brewery on Sothea Blvd.

■ **EASIER TO SPOT**

Beer Lao Dark: Velkommen Inn, Pencil supermarket, Bayon Supermarket, Rising Sun, other bars

Sapporo 2008-2009 limited edition "The Winter's Tale": Bayon supermarket, Pencil Supermarket

Cascade Premium Lager: Talkin' to a Stranger, Shanghai Bar, Metro Café

Coopers Original Pale Ale: Equinox, Green Vespa, Talkin' to a Stranger

Coopers Sparkling Ale: Equinox, Green Vespa, Talkin' to a Stranger, Intercontinental Hotel, Shanghai Bar

San Miguel: Equinox, Pontoon, La Croisette, Gym Bar, Winking Frog, Thai Huot Supermarket, some other bars in town. 🍻

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bar stool guide

key to symbols

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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 or 023 882 329
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**

Equinox
3A Street 278,
Tel: 012 586 139 or 092 791 958
Cool French-run hang-out on with new menu including breakfast. Upstairs bar has a nice open balcony, good cocktails and music. Downstairs is the best foosball table in town. Also has a second street-level bar and terrace restaurant with regular art exhibitions. Popular place for WiFi. Open 7am to late. Serves food from 7am to midnight and delivers from 8am to 10pm. **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.

Freebird
69 Street 240, Tel: 023 224 712
Aircon American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. International menu with good lunch offers, an excellent range of bottled sauces, excellent International, Mexican food and burgers. Be prepared for some good solid R&R. 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 7am to 12.30am. Closed Mondays.

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

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

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

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

Huxleys
Cnr. of Streets 136 & 5,
Tel: 023 986 602
The wood-panelled 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

Bar Talk: Fly on the Wall

ONE OF THE MOST TALKED about 2009 additions to Phnom Penh's bar scene, Fly Bar is the first joint venture of ambitious Cambodian duo Ke Sophea and Chun Vuthy. The pair first clashed heads in school over a girl. "We both lost her in the end – she got married to some rich guy," Sophea notes. But the two remained friends, and when Sophea returned from further education abroad, Vuthy asked him to help out with his latest venture – Fly Bar.

With no experience in running a bar, Sophea and Vuthy started slowly with a soft opening on New Year's Day, followed by a grand opening on Valentine's Day when the bar's trademark – the indoor swimming pool featuring a glass wall – was finally completed.

"I always wanted a swimming pool, but I live across the street from my parents and they would not approve," says Sophea. Despite lacking a formal training in architecture, he designed the whole establishment. "I saw the concept of a glass-walled



pool in a magazine, but we had to compromise a little in its realisation as the construction company had never made anything like it before."

In addition to the pool, Fly Bar encompasses a stylish bar, a Middle Eastern-style lounge, a dance floor, and a mezzanine complete with glass floor allowing a quick peek at the bathers. A long and narrow space, typical of shophouses, this helps keep the thumping, dance-floor music from penetrating into the more chilled out bar and lounge areas.

The menu specialises in cocktails, partly because Sophea and Vuthy are fans themselves, and partly because the duo is intent on introducing more than whisky to the party-going Khmer crowd. "We want to change Cambodian drinking culture," says Vuthy. "We want people to come here to have a few cocktails, make friends, be happy, and relax, not like what happens in many Khmer places."

Indeed, Fly Bar is one of the few places in town where locals and foreigners mix over pineapple and chilli marga-

ritas, mojitos, long island ice teas and the twenty or so other cocktails on the menu (US\$3-US\$4). "We always have different groups coming, both foreigners and Khmers," says Sophea. "I'm not sure if the Khmers and foreigners can stand each other, but we have a good atmosphere here and there is a lot of space, so slowly they will get to know each other."

For a classy riverside joint, the prices are affordable, and there is a short menu with select midnight munchies for a few dollars. "When I'm out I like to have a small snack, so I expect other people do too," Sophea said. Most things at Fly Bar are modelled on what the pair like, but customers' suggestions are always welcome.

As for the future, the high school friends have ambitious plans for further joint ventures, so watch this space.

Fly Bar is located at 21 Street 148, just off Sisowath Quay. Open 5pm – 12/1am, or 2am on Fridays and Saturdays. 📍

Fridays. Renowned for excellent mojitos. Open 6.30am to midnight. **A/C** 📍

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

Maxine's
Over Japanese Bridge, Tel: 012 200 617
Stirring eclectic bar right on the river, boasting the best sunset views in Cambodia. Across the Japanese Bridge, Maxine's – or Snow's Bar – is well worth seeking out for its laid back ambience and old Indochine charm. Open Friday – Sunday from sunset til sunrise. 📍

Memphis Pub
3 Street 118,
Tel: 012 871 263
The only permanent rock venue in town with a house band that plays covers. Band plays from 10pm til 1.30am, later at weekends. Also has open mike sessions on Mondays. Open from 8pm til late, closed Sundays. Buy-1-get-1-free on cocktails everyday from 2pm to 10pm. **A/C** 📍

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

Metro Café
Cnr. Sisowath Quay & Street 148.
Tel: 023 222 275
Stylish and swish, Metro has much more than a cool décor and changing light boxes. Reasonably priced Tiger and house wines and a great range of Martinis, try the Espresso. Open 7:30am to 01am. **A/C** 📍

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

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

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

Pacharan
389 Sisowath Quay,
Tel: 023 224 394
Barcelona comes to Phnom Penh via London's Mayfair in this exquisitely up-market bodega. Specialising in tapas and fine Spanish wines, this air-conditioned restaurant and bar is set in a beautiful colonial building with great decoration, an open kitchen and



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Grapevine: Penfolds in Phnom Penh

I just love April. It's a very special time of year – a time for remembrance, rejoicing and renewal. The harvesting of ripe winegrapes is on in earnest, or coming to a close in the southern hemisphere, promising new wines and new releases, writes Darren Gall.



AUSTRALIANS AND NEW Zealanders commemorate their war heroes on the 25th – ANZAC Day. This is celebrated with dawn services, football matches, two-up games (a crude form of gambling involving tossing coins in the air and betting on the landed combinations), barbecues and libations. This is the time of year that Australia's most famous winery and producer of its most famous wine – Grange – releases its Bin wines into the world market. The new arrivals have just turned up in Cambodia.

Along with many wine lovers around the world, I eagerly await the annual release of the Penfolds Bin series. Grange may be the jewel in the Penfolds crown, but the Bin series remains its heart and soul. Since the first Bin was crafted by Max Schubert in 1959 the series has continued to grow and evolve. Each wine has carved its own unique place within the Bin family, which offers distinctive examples of Australia's iconic varieties and blends.

■ 2006 PENFOLDS BIN 28, KALIMNA SHIRAZ

A 100 per cent Shiraz blend from selected vineyards throughout the famed Barossa Valley, McLaren Vale and Langhorne Creek, the sweet plums, dark, sticky soy and chocolate aromas jump from

the glass. A multi-layered palate with the balance of ripe fruits, brazen tannins and acidity indicates the wine's superb cellaring potential. The Bin 28 is unashamedly a dry-grown, ripe and generously-flavoured Shiraz.

■ 2007 PENFOLDS BIN 128, COONAWARRA SHIRAZ

After an exceptionally dry winter the 2007 vintage saw the worst frosts on record in the cooler wine regions of Australia, resulting in a large drop in production. A youthful, spicy and quite inky Coonawarra Shiraz, this wine has a medium body and a deep crimson-mauve-purple colour with a mauve-purple hue. Its lifted nose of blackberry, plum, spice and violets, shows an impressive varietal character. The palate has a youthful, inky quality that is overlaid with liquorice, plum and spice with dark chocolate and black pepper in the background. With fine-grained tannins, it has an inky plum, spice and black pepper aftertaste.

■ 2007 PENFOLDS BIN 138, GRENACHE, MOURVEDRE, SHIRAZ

The fruit for the 138 is sourced from some of Barossa's old, low yielding vineyards to create this southern Rhône blend. The extremely dry (drought) conditions in the

Barossa in 2007 led to a low yield of small berries packed with an incredible intensity of flavour. The perfumed Grenache aromatics of crushed raspberry juice, juniper berry, quince and pomegranate dominate this blend. Spicy Shiraz and inky Mourvèdre provide savoury notes, chalky tannins and dusty earth. A very enjoyable wine.

■ 2006 PENFOLDS BIN 389, CABERNET SAUVIGNON / SHIRAZ

Created by the legendary Max Schubert – creator of Penfolds Grange – Bin 389 is often referred to as "Poor Man's Grange." Components of the wine are matured in the same barrels that held the previous vintage of Grange. Made from a blend of 52 per cent Cabernet Sauvignon and 48 per cent Shiraz the wine was matured for 12 months in 22 percent new American oak hogsheads, with the balance in older American oak. Major components were sourced from the Barossa Valley and Langhorne Creek, with parcels from Coonawarra and McLaren Vale. With an opaque black-crimson-purple colour with a black-purple hue, it has a perfumed nose of violets, spice, blackcurrant, cedar and blackberry. The palate flavours are more generous than the other Bin

series of the current release, with plum, blackberry and blackcurrant, over a layer of cedar, spice and dark chocolate. It has a very peppery back palate and excellent weight and depth, fine dry-ish tannins and a very long aftertaste. Will go down as one of the great Bin 389s – a classic.

■ 2006 PENFOLDS BIN 407, CABERNET SAUVIGNON

The major components for this eminently quaffable Cabernet Sauvignon were sourced from Robe, Coonawarra and McLaren Vale, with smaller parcels from Langhorne Creek and the Barossa Valley. Redolent of a dark blackcurrant/prune jus over a sticky date or Christmas pudding, it retains a somewhat savoury juiciness. A beguiling texture – south-east chalk, sea-mineral (wet-stone) gravelly tannins and integrated oak – conspire to create a dense, muscular weave. No mint, no leafiness, this is a full-throttle, ample dark Cabernet, replete with a cassis thumbprint.

Darren Gall is a 20-year veteran of the wine industry with experience from brand ambassador to winemaking and grape growing. He has worked in over 20 countries and is currently based in Asia as a market consultant. You can contact him at: darren_gall@yahoo.com

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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
Poker Mondays, GLBT encouraged. Cheeky cocktails and shooters. Pool table. Live music & open mic Thursdays and Saturdays. Happy hour 4pm - 8pm. Open 7 days a week 7am to late. **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. 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 BKK1. Excellent place for post-work drinking or indulging in their vast array of cocktails. 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 Monday to Friday.

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 Chinese House

128 Sotheaors Blvd., Tel: 023 356 399
Totally decadent cocktail bar set in beautiful old Chinese house. The ideal place for a drink before or after dinner.

The Winking Frog

128 Sotheaors Blvd., Tel: 023 356 399
45 Sisowath Quay, Tel: 023 222 280
Large air con British-run pub with live band and DJs at weekends. Thai Chef preparing pub grub, Thai and Khmer food and large slate, 9-ball pool table at the back, this place offers something for everyone. Live music on Fridays and Saturdays. 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**

Memphis Pub

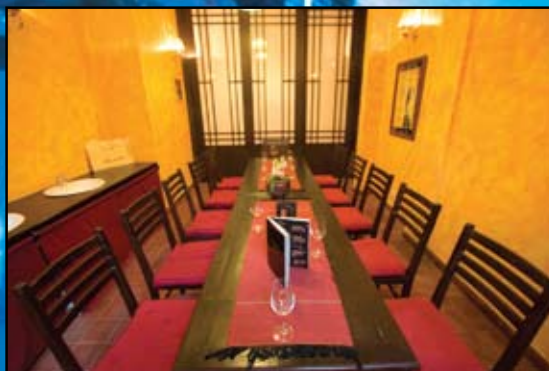
3 Street 118, Tel: 012 871 263
The only permanent rock venue in town with a house band that plays covers. Band plays from 10pm til 1.30am, later at weekends. Also has open mike sessions on Mondays. Open from 8pm til late, closed Sundays. Buy-1-get-1-free on cocktails everyday from 2pm to 10pm. **A/C**

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.

Riverhouse Lounge

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



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kaleidoscope

Belle of the CCF

In January this year, the French Cultural Centre (CCF) contracted the Khmer classical and contemporary dancer **Chumvan Sodhachivy (Belle)** as an associated artist. Their cooperation will culminate in a contemporary dance show at the Chenla Theatre later this month. **Johan Smits** spoke to both the artist and the CCF's director Alain Arnaudet and about their partnership, contemporary dance and their new forthcoming show.



Belle performing in the recent performance of *The Male and Female Partridge* at the Chenla Theatre

"WE ALL AGREE THAT SHE'S a fantastic dancer. People were amazed how Belle [Chumvan Sodhachivy] could do such a beautiful improvisation with Scavis," Alain says, referring to a show earlier this year where Belle's sensitive dance movements blended flawlessly with the clarinet tunes of French jazz musician Louis Scavis.

The CCF has worked before with Belle, including during last year's Lakhoan Festival and Les Nuits d'Angkor, but the six-month associated artist stipend marks the first time that the organisation has engaged in a partnership with a Khmer artist over such a long time-frame.

"Six months is a good period because we really get to know each other," Alain says. "Now it becomes increasingly interesting since we can discuss more in-depth about the things we do,

have regular meetings, and speak very freely because we understand each other better."

■ FROM CLASSICAL TO CONTEMPORARY

Phnom Penh-born Belle started dancing at the age of nine and has a background in Khmer classical dance. Trained at RUFA (Royal University of Fine Arts), she has danced with the Royal Ballet of Cambodia and has performed internationally in Asia, Europe, the U.S. and North Africa.

"The first time I did a workshop on contemporary dance, I didn't know what contemporary dance was," Belle admits. "I just went and enjoyed it." That was through an Indian contemporary dancer from New Delhi, who came to Cambodia to take part in a workshop with local artists. While learning Indian dance move-

ments, Belle taught her instructor some Khmer classical dance in exchange. Then they mixed it together. During that exchange Belle also learnt what contemporary dance really meant.

"Before, when I was still young and studied at RUFA, I sometimes felt like I wanted to do something where I did not always have to follow my teacher, where I could express my own feelings," she explains. To satisfy that urge, when Belle had free time, she started to explore dance in an extracurricular context and joined some exercise classes on pop music where she learnt about new kinds of different body movements. "My teacher there told me that I was learning fast and showed me how I could learn new movements on my own, develop my own skills," she says.

Her partnership with the CCF has already opened new doors to

The first time I did a workshop on contemporary dance, I didn't know what contemporary dance was, I just went and enjoyed it.

further explore the contemporary aspect of her personal dancing journey. Since their cooperation kicked off in January, Belle has been involved in various projects every month, mixing her choreography with music, video, plastic arts and even hip hop.

"We decided to involve her in a special creation, mixing dance and video and then see what we're going to do with it," Alain says about one of these projects. The main creation in the works, however, is the show later this month at the Chenla Theatre, a partnership between CCF and Amrita Performing Arts, where she will have her own contemporary dance piece. Called 'Hope There Will Be Tomorrow,' it is loosely inspired by the life of her mother – the famous actress Nou Sondab.

■ GOOD ENERGY

"They are still trying to find their own voice," Alain says about contemporary dance in the Kingdom. "I know how difficult it is for classical dancers to find some kind of emancipation and break through that shell of conservatism." But his eyes lit up when talking about how he sees contemporary dance evolve in Cambodia. "For me, we are at that point now where they are

trying to find their personal path, and they do it quite well," he says. Despite his optimism, Alain is realistic about what is lacking to help them develop their art.

"There has to be more access to information, such as 'What is contemporary dance today? Who are the main choreographers? What is the history of contemporary dance?' and so on."

When Belle first performed a contemporary style of dancing, she found it hard. After performances she would hear the audience comment on the show, sometimes calling it 'crazy' or expressing incomprehension. But she also noticed how some of them were really excited to be seeing something new and

different. "Classical Khmer dance is very slow and straight, whereas my dance is very open and playful," Belle explains. "It comes more out of the heart."

Alain thinks that contemporary art in general gives a snapshot of what is going on in Cambodian society as a whole. "This country has been moving a lot over the last few years," he says. "Young people are much more involved in modernity – through fashion, through the arts... I encourage them. It's such a good energy!"

Belle will be performing on Apr. 24 & Apr. 25 at the Chenla Theatre. For more information contact the CCF – www.ccf-cambodge.org / Tel: 023 213 124 / 125



Performing classical Khmer dance

Bootleg

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

■ WALTZ WITH BASHIR

Ari Folman (2009)

Memory and forgetting are the subjects of this intriguing and acclaimed Israeli animated feature. Claimed to be a true story, 'Waltz with Bashir' documents the director's attempts to recall the bloody 1982 Israeli invasion of Lebanon, which culminated in the infamous Sabra and Shatila massacre. Images of a trouser-less Israeli commander blithely issuing orders while watching German porn, panicked soldiers massacring innocent civilians and tanks mistakenly reducing houses to rubble are casually woven into the story – a tacit account of Israel's blinkered militarised society. Perhaps most interesting are the accounts of soldiers in Folman's unit, now middle-aged and ensconced in respectable jobs. Though it pulls no punches, the director's take on events will leave some with a bad aftertaste, especially considering recent events in Gaza.

■ PAUL BLART: MALL COP

Steve Carr (2009)

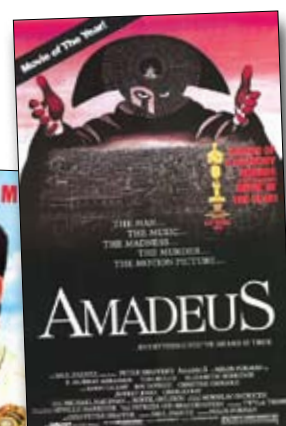
Unfortunately, the cover is the best thing about this half-cocked, brainless flop. Any sane person will soon realise this is definitely one to miss. Those of sound mind will foresee the entire plot – 'shock' twists included – in the first five

minutes. That leaves another 85 minutes of excruciating, stilted dialogue and crushingly unfunny slapstick. Apparently a sleeper hit, it's a demoralising reflection on our tarnished culture that Paul Blart's box office takings have dwarfed the U.K. re-release of the masterpiece *Barry Lyndon* – buy that instead. Indefensible!

■ AMADEUS

Milos Forman (1984)

In this adaptation of a play based on a short work by Aleksander Pushkin, the smouldering jealousy of Antonio Salieri, a contemporary of Mozart, provides the lens through which Mozart's burning passion and peerless virtuosity can be appreciated. Both Murray Abraham, as the moribund, two-faced Salieri, and Tom Hulce, as a giggling, immature Mozart, rightly won Oscars for their performances. The film also took a slew of other awards. Indeed, the complex relationship between Salieri and Mozart – the duplicitous court composer vacillating between hate and admiration, and the well-meaning but over-confident upstart bumbling toward disaster – is so well observed that even at over two-and-a-half hours, the film feels short and the stirring score is unforgettable. Buy it now.



Bookworm: Travel Writing

In his first column for AsiaLIFE, **William Bagley** gives some tips for quality reading, whether or not you decide to go travelling this hot season. All books are available at Monument Books.

Down the Nile: Alone in a Fisherman's Skiff – Rose Mahoney

A Time of Gifts and Between Woods and Water – Patrick Leigh Fermor

A Fortune-teller Told Me: Earthbound Travels in the Far East – Tiziano Terzani

I Have Seen the World Begin: Travels Through China, Cambodia and Vietnam – Carsten Jensen

RIGHT NOW I'D FEEL A lot more confident about taking a holiday if some fresh calamity in the financial markets wasn't being announced every week. So this year I plan to take refuge in some quality travel writing – you know, something with a bit more insight than the who, what and why of hitchhiking round Ireland with a refrigerator.

I'd never heard of Rose Mahoney before but in the past she has written about China, Ireland and pilgrimages to Christian and Hindu sacred sites. Her latest is called 'Down the Nile: Alone in a Fisherman's Skiff.' This is a book that inspires and not just to go down the Nile. She juxtaposes an account of her own palm-blistering hours on the Nile with the diary entries of two Victorian travellers – Gustave Flaubert and Florence Nightingale – to great effect. Nightingale was well versed in Egyptian history while Flaubert's interests lay more in visiting bathhouses and prostitutes. "I performed on a mat that a family of cats had to be shooed off," he famously said.

Mahoney's writing is richly evocative of the sights and smells of Egypt, and she has an eye for vivid and startling detail. She also finds time to give insight to the attitudes of the traditional Egyptian male as well as the frustration felt by the women she meets – at the end of her meeting with two of the best described female characters in the book, one says, "Rose, I tell you. I wish I could be free like you."

I was happy to discover that Patrick Leigh Fermor's books on his pre-Second World War walk from London to Constantinople were in print again. Leigh Fermor has always been considered among the greats – Lewis, Murphy, Newby – but I think 'A Time of Gifts' and 'Between Woods and Water' transcend the genre. His writing verges on the poetic, even magical. Reading them again now make me yearn to have been born in a different era. If you've never come across them before, seek them out now – you will not be disappointed. Your main problem will be that he has still to publish the third and final volume in the planned trilogy.

Closer to home, I'd never come across 'A Fortune-teller Told Me: Earthbound Travels in the Far East' by Tiziano Terzani or 'I Have Seen the World Begin: Travels Through China, Cambodia and Vietnam' by Carsten Jensen but both come highly recommended. I reckon I'll hunker down and forget about a holiday and let some quality reading transport me instead. **f**



Cinemas

Le Cinema

French Cultural Centre
218 Street 184 Tel: 023 213 124
100-seat cinema shows international art house and mainstream movies with 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

Asasax

192 Street 108 Tel: 023 217 795
Shop and gallery space devoted to Cambodian artist Asasax, just across from the National Museum.

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.

Bophna Audiovisual Resource Centre

64 Street 200, Tel: 023 992 174
As well as preserving much of Cambodia's audiovisual material, has regular exhibitions. Open from 8am to 6pm Mon. to Fri., 2pm to 6pm (Sat.).

Dori Thy Gallery

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

Equinox

3A Street 278,
Tel: 012 586 139 or 092 791 958
Cool French-run restaurant and bar has art exhibitions each month. Open 7am to late.

FCC Phnom Penh

363 Sisowath Quay, Tel: 023 724 014
Phnom Penh's landmark restaurant has a permanent, rotating exhibition devoted to photography. Open 7am to midnight.

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. Second gallery space is on the opposite side of the road by Café du Centre.

Happy Painting Gallery

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

Hen Sophal Gallery

39C Street 178
Gallery devoted to the works of the Cambodian artist open from 7am to 7pm.

Java Café & Gallery

56 Sihanouk Bvd., Tel: 023 987 420
www.javaarts.org
Contemporary art gallery with regular exhibitions of Cambodian and international artists. Website has details about Cambodia's contemporary art scene.

Meta House

6 Street 264, Tel: 012 607 465
Multimedia arts centre on three floors has regular exhibitions, interviews with filmmakers and short films. Open Tues. to Sun. 2pm to 10pm.

Mutrak Gallery

409 Street 246, Tel: 012 294 731
Gallery featuring the works of Cambodian artist Leang Seckon, viewing by appointment only.

New Art Gallery

20 Street 9, Tel: 012 824 570
More art shop that does framing than gal-

lery, it does have occasional exhibitions.

Pich Sopheap

24 Street 80, www.sakapel.org
Lakeside studio of the Khmer artist, viewing is by appointment only.

Reyum Institute of Arts & Culture

47 Street 178, Tel: 023 217 149
Small gallery with regular exhibitions of Cambodian artists. Part of an NGO established to preserve traditional and contemporary Cambodian arts.

Sa Sa Gallery

7 Street 360, Tel: 011 936 855
Gallery inside Baitong Restaurant devoted to the works of Cambodia's Art Rebels (Stiev Selapak).

Scan Gallery

4 Street 282, Tel: 023 214 498
Contemporary art gallery within boutique hotel close to Wat Lanka. Open from 7am to midnight.

The Mansion

Sothearos Blvd. (opposite the National Museum), Tel: 023 724 014
Latest project from the FCC Group, this beautiful, derelict French colonial building has been converted into a venue for occasional exhibitions and parties. Walk into the building and wander around for a taste of what the Penh used to be like.

The Chinese House

128 Sothearos Blvd., Tel: 023 356 399
Cocktail bar set in beautiful old Chinese house has revolving exhibitions on the ground floor.

Performing Arts

Amrita Performing Arts

128G9 Sothearos Blvd., Tel: 023 22 0424
www.amritaperformingarts.org
Performance art company that puts on contemporary and classical music, dance and theatre.

Apsara Arts Association

71 Street 598, Tel: 011 550 302
Promotes Cambodian arts and culture. Open from 7.30am to 10.30am (Mon. to Sat.). Performance on request – adults US\$5, children US\$3.

Art Café

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

Art + Foundation

84 Street 108, Tel: 012 834 517
Organisation devoted to the performance of western, classical music.

Cambodian Living Arts

407 Street 246
Art organisation devoted to the revival of traditional Khmer performing arts. Puts on occasional performances.

Chaktomuk Conference Hall

Sisowath Quay, Tel: 023 725 119
Designed by master Cambodian architect Vann Molyvann, this under-utilised building is worth a visit. Open from 7am to 11.30am and 2pm to 5pm (Mon. to Fri.).

Chenla Theatre

Cnr. Mao Tse Tung & Monireth Blvds., Tel: 023 883 050
www.culturalcenter-cambodia.com
One of the capital's major theatres, it has regular performances of theatre, dance and music.

Epic Arts

1DE0 Sothearos Blvd., Tel: 023 998 474,
www.epicarts.org.uk
Organisation that uses art to empower people with disabilities.

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**

Arts Diary

■ OPENING THIS MONTH

Toeuk Kmean Charon
(*Still Water*)

Group exhibition curated by Tith Veasna and featuring the works of 16 Khmer artists runs at the Bophana Audiovisual Resource Centre from Apr. 3 to Apr. 30.

Minerallos

Paintings by artist David Harding are on display at Java Café and Gallery from Apr. 3 to May 3.

Tim Page

Exhibition by photographer opens at 4Faces Gallery, Siem Reap on Apr. 24.

Nathan Horton

Works will be on display around the walls of the Mansion, behind the FCC, from Apr. 27 through May, in association with AsiaLIFE Guide.

Sarong and Krama, Burning Box and Mom

Three exhibitions open at the French Cultural Centre on Apr. 9 at 6.30pm. Young artists from Phare Ponleu Selpak have a collective exhibition entitled Sarong and Krama, Meas Sokun will exhibit his latest sculptures, entitled Burning Box, and Julie Besson will exhibit 'Mom'.

The Mekong in All its States

Photojournalist Jérôme Ming will exhibit photographs taken of villages and towns of six countries crossed by the Mekong River, at the AFD (5 Street 106) starting Apr. 28.

Phnom Penh Intercity

Exhibition curated by Sasha Constable featuring Ou Vannady, Chhea Bunna, Ouk Chim Vichet, Sokuntevy Ouer

and other Cambodian artists runs at Meta House from Apr. 25 to May 9.

■ MUSIC, EVENTS & PERFORMANCES

Chams and Khmer Relations Lecture by Emiko Stock will take place at Reyum Gallery at 6pm.

Globe Note

Young musicians who are criss-crossing the world to introduce children from disadvantaged backgrounds to music will play some Bodega Funk at the Café du Centre on Apr. 4 at 8pm. This will be followed by a parade in the Srah Chork quarter next to Wat Phiport Reangsey (near Street 80 & Sisowath Quay) on Apr. 5 at 6pm.

Pa-ra-da

Young Romanian artists will perform circus tricks at the French Cultural Centre (CCF) on unicycles, stilts and "giraffe" on Apr. 9 at 7pm. Costs US\$8 or US\$ for students and under 25s.

Contemporary Dance

Khiev Sovannarith, Hang Borin, Yim Savann, Phon Sopheap and Hem Linda will present solos and duos, and Belle, an associate artist at the CCF will present a new creation at the Chenla Theatre, on Apr. 24 and 25 from 6.30.

Juram Jam

Saigon's best voice pops across the border to play Chow on Apr. 24 and the FCC Phnom Penh on Apr. 25. Both gigs start at 8pm.

Versailles - during 17th century

Seventeenth century French Court music will be played at

the Art Café on Apr. 4 at 7pm.

The Romantic Art Song

Indonesian tenor Albertus Vishnu performs songs by Franz Schubert, Robert Schumann and Johannes Brahms at the Art Café on Apr. 25 at 7pm.

Betty Ford and the GT Falcons

The heavy rock band plays a reunion gig at Talkin to a Stranger at 9pm.

Phnom Penh Horns

Play a gig at Gasolina from 7.30pm.

Timothy Hallinan

Book talk by published novelist on how to finish your novel, organized by Monument Books, takes place at ACE Cambodia, 46 Street 214.

■ FILM

Actresses

The film, directed by Valéria Bruni Tedeschi, is a pointed and poignant portrait of a middle-aged woman who is artistically successful but generally unhappy. Winner of the Special Jury Prize at Cannes it is being screened at Le Cinema, CCF on Apr. 10, 18 & 28 at 7pm.

Rooftop Cinema

Each month the Meta House shows films, documentaries and hosts events on its rooftop terrace. Closed Mondays. This month's screenings include (7pm unless stated): Apr. 1 - *The Trial Has Begun*; Apr. 2 - *Cuba on Video*; Apr. 3 - *Gomorra*; Apr. 4 - *Terror's Advocate*; Apr. 5 - *Forest Night 1*; Apr. 7 - *Ted Talks Phnom Penh*; Apr. 8 - *Forever Until Now*; Apr. 9 -

Fight Club [not the Hollywood movie]; Apr. 10 - *Out of the Poison Tree*; Apr. 11 - *Hanuman Film Night*; Apr. 12 - *Waltz With Bashir*; **Meta House is closed from Apr. 14 to Apr. 16**; Apr. 17 - *Taxi to the Dark Side*; Apr. 18 - *Zero: An Investigation into 9/11*; Apr. 19 - *Samarita*; Apr. 21 - *Eviction Night*; Apr. 22 - *Kampuchea: Death and Re-birth*; Apr. 23 - *Cambo-Shorts*; Apr. 24 - *The Red Sense*; Apr. 25 - *Forest Night (Part 2)*; Apr. 27 - *Broadcast from Kung Yu*; Apr. 28 - *Better Factories*; Apr. 29 - *The Gendered Lens: Women in Politics*; Apr. 30 - *Sand and Sorrow*.

■ ONGOING

Part of the Process

Photo exhibition of images of transportation and daily life in Cambodia by Jean-Francois Perigois continues at Equinox.

The Life of the Streets

Two-person exhibition about Phnom Penh's street life with Cambodian artist Chhim Sothy and his Australian colleague Ian Whittaker runs at the Meta House until Apr. 22.

Smile

Exhibition of photography by ten students from the Centre for Children's Happiness (CCH) continues at K'Nyay Restaurant. The Children's images of Phnom Penh and its surroundings are also available for purchase in calendar form for US\$10. All proceeds go toward CCH.

Tim Page: Faces of War

Continues at Meta House with works for sale on the second floor. ■

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leisure & wellness

Friggin' in the Riggin'

The idea of a boat trip on the river usually sits somewhere at the bottom of those 'Ten things to do in Phnom Penh' lists. But with the hot season's relentless heat blazing the city, spending time on water suddenly becomes a very appealing proposition. We put on our captain's hat and checked out some of the boats on offer. All hands on deck! Words by **Johan Smits**.



Kanika: the only catamaran in Phnom Penh

A POPULAR WAY OF hitting the river is hiring one of the many tourist boats moored along the riverfront, near Street 136. Made of wood and often weather-beaten, they are a local and colourful way to experience that nautical feeling without the risk of seasickness or monster tsunamis – Phnom Penh's waterways are very calm. With the city being located at the confluence of three rivers, there's enough choice and variation to keep you happy for a while, whether you sail up the Tonle Sap, along the Mekong or down the Bassac.

Usually there is a fair range of boats available at different sizes according to how large your party is. Depending on your skills, prices can be negotiated but they all seem fairly similar across the board. One of the many on offer is Bopha Angkor Tour, a family owned business with three boats in different sizes ranging from

small (less than ten people) via medium (less than twenty-five) to large (up to ninety people on three decks). Like most of the boats for hire, you can customise your programme, whether you want a bring-your-own-booze-and-food sunset cruise or a fully catered half-day excursion to one of the nearby islands. The boats of Bopha Angkor Tour are very clean and comfortable, equipped with parasols and easy chairs on the upper deck, and made homely with lots of potted plants and flowers. Our captain's daughter spoke good English and helpfully guided us to some of the silk weaving families on Mekong Island.

A more exclusive way of enjoying Phnom Penh's rivers is to ride on some of the foreign-owned boats that offer high end cruises. Paneman owns a 27 metre-long boat that has been serving customers in Siem

Reap for over two years as part of a wider Ecotourism concept. When the level of the water in the Tonle Sap Lake becomes too low – from March to July – they bring the boat over to the capital. With its precious waxed wood, this boat exudes an atmosphere of luxury and can accommodate about twenty-five people. The lower deck has a bar and toilet – usually in that order – and if necessary, one cabin can be arranged for overnight trips. In the latter case, more people can also sleep on mattresses on the floor under mosquito nets. Here too you can completely customise your needs, from short sunset trips to a journey of several days. The company can arrange food and drinks or you can bring your own.

At 16.5 metres, the Mekong Dolphin is smaller than Paneman's boat, but it is available for charter in Phnom Penh all year

round. A typical Mekong river boat made of koki wood, it has a regular clientele of ambassadors, politicians and corporate customers. This boat is designed for high-end services. The lower deck has two air-conditioned cabins each with their own bathroom, and an additional half a dozen people can be laid to rest, so to speak, in hammocks on the upper and rear decks. Again, everything can be customised, either with full catering by the crew or bring your own food and drinks. Their most popular trips are the sunset cruises where the Mekong Dolphin sails up towards silk island, past the floating villages. However the British and Australian owners can arrange overnight trips to Kampong Chhnang and on towards Kratie.

Bringing boating to another level, the recently launched Kanika is the only luxury cruising catamaran for hire in town.



Paneman: offers sunset cruises and overnight trips

Built in 2004 on Mekong Island by Khmer craftsmen using traditional tools and designed by a leading Cambodian architect, the 24 metre-long Kanika has no less than five decks and can comfortably hold up to 100 people. Resting on different hulls and with a very low centre of gravity, the boat rests very stably on the water.

In essence a floating restaurant, this luxurious boat is also available for charter with special deals for full or half days. Originally the owners were targeting visiting tourists but, perhaps reflecting the global downturn, they have changed their emphasis to providing functions, cocktail receptions, birthday parties etc. for high-end hotels, tour operators and local businesses. They will still be running regular sunset and dinner cruises but only two to three times per week. Future

plans include regular trips to Mekong Island with a photographic workshop by AsiaLIFE Guide photographer Nathan Horton, and the purchase of jetskis, windsurfing equipment and kayaks whereby the Kanika will provide its customers with 'watersport days.' Also in the pipeline are monthly Full Moon party cruises with a DJ, food and drinks. Ahoy!

■ INFORMATION

Prices are wholly dependent on the customers' needs. Contact your local boat for pricing details.

Bopha Angkor Tour,
Tel: 092 665 774

Kanika, 089 848 959 /
012 848 802 /
kanikaboat@gmail.com

Mekong Dolphin, 012 633 257

Paneman, Tel: 012 576 878 /
012 186 9386



Mekong Dolphin: available for charter

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 Blvd., Tel: 023 224 099

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

Pharmalink

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

Aikido Classes

24R Street 252 (on villa rooftop),

Tel: 012 811 234

Japanese martial art class taught by an experienced Aikido practitioner. Monday, Wednesday, Friday at from 7pm to 9pm. Fee US\$30/month. For further information or enrolment, please contact Olivier olivierlaotai@yahoo.fr

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, costs US\$15 per month. Held every Tuesday and Thursday from 6.30pm to 8pm. Contact Michel on 012 458 167.

Kids Create

Living Room, 9 Street 306

Fun art classes for kids aged 4 to 12 on Wednesday from 3.30pm to 5pm. Call Leah Newman on 012 242 301.

Little Maestro

Living Room, 9 Street 306

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

Photography Tours

126 Street 136, Tel: 092 526 706

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

Qigong

Living Room, 9 Street 306

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

Scuba Nation Dive Center

18E0 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 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.

Beauty Spot: Shiatsu-Ya

THE SEARCH IS OVER.

Since Shiatsu-Ya Japanese Massage opened in November there has been no need to look any further for a truly professional and efficient Japanese-style massage. While Shiatsu-Ya is no spa or massage parlour scented by aromatic candles, it offers something much more meaningful to those sitting at computers day in day out – effective pain relief and treatment.

Shiatsu is a Japanese hands-on form of massage in which the therapist applies pressure to points on the body. In Japanese, shi means finger, whileatsu means pressure, so the therapy literally translates as finger-pressure. Recognised as a licensed medical therapy in Japan, the benefits are said to be multifarious. These include headache and general pain relief, deep muscle and tissue relaxation, stress reduction, toxin removal, improved blood circulation and reduced blood pressure.

At Shiatsu-Ya, hyuga-style shiatsu massages are offered by therapist Seki Junya who has years of experience following three years of compulsory training in Japan. One session with him lasts just over an hour and is currently on offer for US\$20.



■ BLISS THROUGH PAIN

The ambience of Shiatsu-Ya is more reminiscent of a doctor's reception than a usual massage parlour. The place is very clean and modern and there is a waiting area complete with sofas and magazines. Treatments are performed on raised beds behind a white curtain.

Once you've changed into your pyjama-like suit the therapist begins by enquiring after any ongoing ailments or recent injuries that he should be aware of. This is important to ensure you receive appropriate treatment, as some moves may not be appropriate should you suffer from a particular

injury, while conversely he may be able to focus on specific problem areas to alleviate pain.

As you lie on the table, the therapist begins by applying force to pressure points. This may hurt a bit, especially if you have stiff or sore muscles, but no pain no gain as they say. Therapist Junya does however encourage you to speak up if something feels too uncomfortable, though it is also likely that he will chide you for the state of your sore neck and order you to go on a holiday. In addition to applying pressure, the therapist also uses moves similar to spinal manipulation as practiced by chiropractors.

Despite the potential pain, the treatment is ultimately relaxing, and most importantly, it works. It is also reassuring to be in the hands of a professional therapist who knows how to focus on those areas of your body that need the most help. Furthermore, you walk out feeling like a load has been lifted off your shoulders and you can't wait to go back for more.

Shiatsu-Ya, 37B Street 306. Tel: 023 994 777. Open Tuesday-Sunday 9am-12pm and 2pm-8.30pm. Clients are seen by appointment. – NORA LINDSTROM ■

Paddy's Gym

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

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

Raffles Amrita Spa

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

Modern gym and pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi costs US\$10 weekdays (US\$15 at weekends). Open from 6am to 10pm.

Physique Club

Hotel Cambodiana, 313 Sisowath Quay, Tel: 012 810 432

Most modern of the five-star fitness centres with reasonable selection of equipment, although has a small changing area. Membership is currently US\$56 per month or US\$7 per day. Open from 6am to 10pm.

The Gym at The Place

90 Sihanouk Blvd, Tel: 023 999 699

A brand new establishment featuring a fully equipped gym and weekly classes in dance, yoga and aerobics. Open 6am -10pm Mon-Fri and 8am -10pm weekends

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.

Eriq Amtalla

At Gasolina 56-8 Street 57, Tel: 017 839 546

Unisex hairdressers located in the first floor of Gasolina. Open from 10am to 6pm (Tues. to Thurs.) and 10am to 8pm (Fri to Sat.).

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 Bvd, Tel: 023 213 585

Modern opticians with the latest equipment including free computerised eye test. Makes prescription glasses and contact lenses at prices much cheaper than in the West.

pools

Asia Club

456 Monivong 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.

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



Laura Watson: Pap Testing, HPV and Cervical Cancer

JADE GOODY WAS A British reality TV 'celebrity' who recently went through the terminal stages of cervical cancer at the age of 27. Since receiving her diagnosis live on Indian television she chose to continue to go through her suffering in public. Whatever the rights and wrongs of this, the effect in the U.K. has been a startling rise in requests for Pap Tests.

The Pap Test is the best way to screen for cervical cancer in women. It is important because this is one of the few cancers that can be stopped from developing in the first place simply by detecting and treating pre-cancerous cell changes. Uniquely, it is the only cancer so far that may be entirely preventable with a vaccine.

■ WHAT IS A PAP TEST?

Named after George Papanicolaou who developed the test in the 1930s, it involves an internal gynaecological examination. A sample of cells is taken from the surface of the cervix (neck of the womb) and either spread on a microscope slide or put into special liquid then sent to the laboratory for analysis. The liquid based test (ThinPrep) is newer and can also be used to test for some infections including human papilloma virus (HPV).

■ WHAT IS HPV?

There are lots of different strains of the human papilloma virus. Some are associated



with developing clinical warts, some with an increased risk of cervical cancer. HPV is spread by sexual contact. Most women infected with HPV will not develop cervical cancer but some women with HPV will go on to have cell changes that with time could become cervical or vaginal cancer.

■ WHO NEEDS A PAP TEST?

Testing should begin when women reach the age of 25, or three years after first sexual intercourse, whichever happens first. The test should be repeated at regular intervals until you reach 65 and the last three tests have been normal. Women of 65 who have never had a Pap Test and who have been sexually active should still have one done. There is debate on how often the test

should be done and protocols vary from country to country. If you have had a significantly abnormal Pap or have HPV you should have an annual test. If not the test should be done every two to three years. If you have had an abnormal Pap Test you should ask your doctor for an HPV Test. It is important that a reputable, reliable laboratory is used for these tests.

■ WHO DOES NOT NEED A PAP TEST?

Women who have never had sex, women over 65 whose last three consecutive Pap smears were normal, women who have had their cervix and uterus removed as a total hysterectomy (and it was performed for a reason other than cervical cancer), and finally men!

■ VACCINATING AGAINST HPV

Around 70 percent of cervical cancers are caused by HPV types 16 and 18. The remaining 30 percent are probably associated with the other high-risk types of HPV, making this disease pretty much sexually transmitted. There are now two vaccines that protect against HPV. 'Gardasil' has been developed to protect against HPV types 16 and 18 – the commonest high risk types – and also types 6 and 11 which cause clinical warts. 'Cervarix' only protects against types 16 and 18 but is significantly less expensive. They are both li-

censed for use in women under the age of 26. Some countries such as the U.S., Australia and the U.K. now routinely include these vaccines for all girls around 11-12 years of age. They are both licensed for use in women under the age of 26 and are available in Cambodia. It will probably only be a matter of time before they are licensed for boys as well as girls.

If you have already had warts or have tested positive to HPV it is still worth considering the vaccine as you may only have had one type and can be protected against the other types.

Aggressive tumours in the very young, like Jade Goody's, are fortunately very rare. Jade's final legacy to the world may be to save many lives through an enhanced awareness of how vitally important it is to get this simple test performed on a regular basis. Your doctor can discuss this with you.

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



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Sam Moffett: The Best Time To Exercise

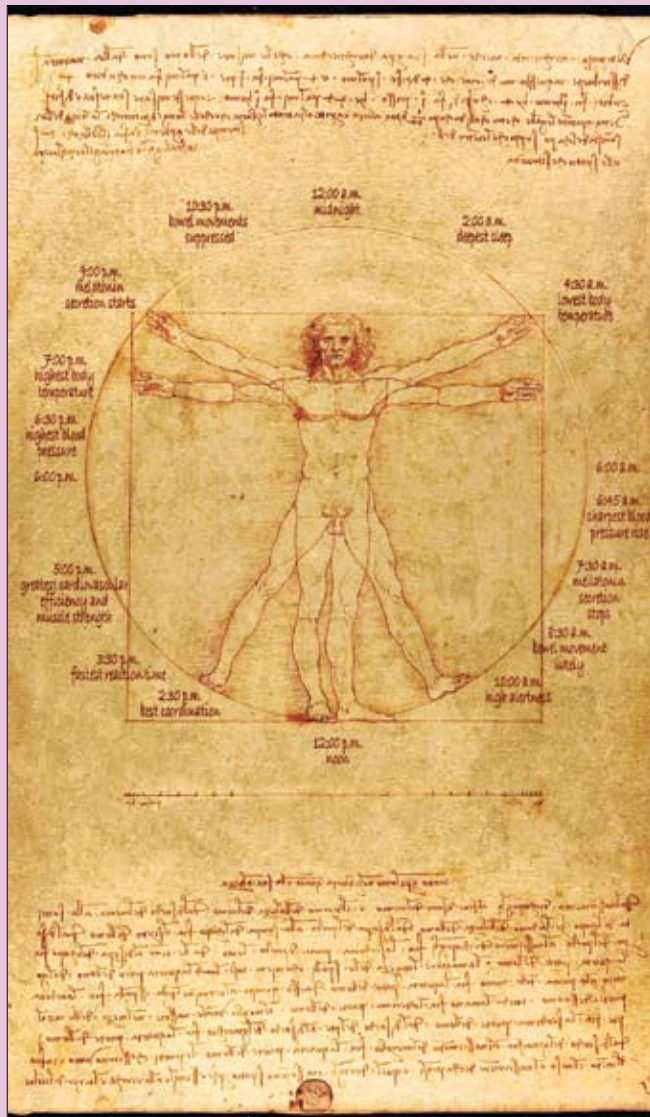
IF YOU ARE A REGULAR exerciser, you may have already determined your most productive time to exercise and follow a routine that works for you. On the other hand, if your exercise time varies from day to day, and it's wearing you out instead of pumping you up, you may be interested in the work of people who are studying how to best determine what time of day you should schedule your workouts.

■ RHYTHM IS NOT JUST FOR DANCING

The secret appears to lie in circadian rhythms, the daily cycles that our bodies follow. These rhythms originate in the hypothalamus and regulate everything from body temperature and metabolism to blood pressure. They result from the firing rate of neurons, conform to our 24-hour light-to-dark cycle, and may be regulated each day according to the environment.

■ WARM IS BETTER

When body temperature is at its highest, your workouts will likely be more productive – when your temperature is low, chances are your exercise session may be less than optimal. Body temperature is lowest about one to three



hours before most of us wake up in the morning, in contrast to late afternoon when body temperature reaches its peak. Studies consistently show that exercise during these late in the day hours produces better performance and more power. Muscles are warm and more flexible, perceived exertion is lower, reaction time quicker, strength is at its peak, and resting heart rate and blood pressure are low.

■ BUT DON'T FIX IT IF IT AIN'T BROKEN

Don't change your schedule if you feel good beginning your day with exercise. Everyone agrees that exercise at any time is better than no exercise at all. In fact, people who exercise in the morning are more successful at making it a habit. And though it has been suggested that morning exercise may put some people at a higher risk of heart attack, further research indicates that there is simply a generalised increased risk of heart attacks in the morning. So, if you like to exercise in the mornings, emphasise stretching and a good warm-up to be sure you're ready for action. Whatever your goal, be it losing weight, training, reducing stress, getting fit – exercise always works, all the time. ■

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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.

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.

Shiatsu-Ya
37B Street 306,
Tel: 023 994 777
Excellent shiatsu massage by qualified practitioner given in basic surroundings. Costs US\$20 per hour. Open from 9am to 12pm, and 2pm to 8.30pm, Tuesday to Sunday.

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 are held at the City Villa court on Wednesday and Friday, 8-10 pm and at the Old Stadium on Tuesday from 4.30 pm until dark. Contact Billy Barnaart on 012 803 040.

Hash House Harriers
The Hash meets at the railway station every Sunday at 2:15pm. 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.

Nataraj Yoga Center
No. 52, street 302, (bet. 63 and Monivong), Tel 855 12 250 817,
www.yogacambodia.com
Classes daily: Yoga, Pilates, check website for schedule and prices.

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.

The Club at Northbridge
1km off National Road 4,
Tel: 023 886 012
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.

spas

Amara Spa
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Fax: 023 998 731
www.amaraspahotelcara.com
A unique & comprehensive Day Spa providing a wide selection of facials, body massages and treatments; arranged into four storey sophisticated modern facility. 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.

Champey Spa & Salon
38 Street 57,
Tel: 012 670 939
www.champeyspa.com
Beautiful spa in the heart of Boeung Keng Kang 1 district. Has a full range of massages 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.

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.

sports general

European Dental Clinic

160A, Norodom Bd (across ISPP South Campus)

Deborah Moore (UK) Dentist
Eric Le Guen (FR) Dentist
Channarith Penh (KH) Dentist
Angela Clifford (AU) Hygienist

Secretary : 023 211 363 / 012 893 174



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Phnom Penh, Cambodia

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Keeping Your Kids Cool in Phnom Penh

As we brave the hottest months of the year in Cambodia, **Georgie Treasure-Evans** offers ten tips to help both you and your children keep cool in the city.

WE ALL KNOW IT IS coming, yet every year we still cannot quite believe just how much it is possible to sweat in this city in April and May. No matter how breezy our Tuk-Tuk, or how cold our car, by the time we have made it inside the school gates any pride we ever had in our personal appearance has long since melted away, never mind our ability to be calm and forgiving with our kids. Red faced, wet hair clamped to foreheads, tempers rising... Parenting with kids in Phnom Penh loses its appeal somewhat at this time of year.

■ SPLISH SPLASH

The most obvious way to cool down is to go for a swim. Phnom Penh has many child-friendly pools. But if you are in need of a change of scenery and a little adventure I recommend you brace the Water Park. Although the health and safety standards may not be on par with many of the hotel pools in the city, your kids will have a lot more fun! There are baby pools with fountains and mini-climbing structures, a wave pool, a lazy river with tubes, curly wurly water slides for the more daring and, what might possibly be the longest pool in Phnom Penh so parents can sneak off for a few laps of their own. And what water park is complete without a fun fair with a range of rides suitable for all ages. The pools are not shaded though so please beware of the sun.

■ OUT OF THE SUN

When the effort of applying sun cream and enforcing the rule of sunhats and UV suits all seems too much, a trip to an air-conditioned salon for some nail art or massage is a great alternative. Let your children try a hair wash, head or foot massage. The chance to escape the heat and relax will really improve everyone's mood.



Ice creams are not the only way to keep your kids cool in the heat

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Another place to go where the need for parental input is minimal is the wonderful, shady Le Jardin. Of all the child-friendly cafés in town this is the most comfortable, beautiful and relaxing. With trees to climb, a great play area and sand pit, the kids are allowed to run free and burn off some energy and there is a gate on the door to keep in wandering toddlers. Balance the obligatory ice cream with their delicious and cooling cold cucumber and feta soup, which most kids love.

■ TAKING IT EASY

Alternatively, just hang out at home with the children. Staying home is often much more relaxing for everyone, but it does require a few essentials to make it work. The hot season requires ice cream or lollies, body painting outside under a tree, a hose pipe and a paddling pool big enough for at least two adults.

next generation guide



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

cafés & restaurants

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

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

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

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

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

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

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

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

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

classes

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

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

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

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

international schools

ICan International School
85 Sothearos Blvd, Tel: 023 222 418
www.ican.edu.kh
International school teaching the English national curriculum to over 230 pupils. Has spacious and modern facilities.

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

Lycée Français René Descartes
Street 96, Tel: 023 722 044
www.descartes-cambodge.com
French school offering primary and secondary level education, extra-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
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.zamanic.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. Open 7.30am to 8pm.

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

First you kill an hour or so making ice cream together. My most child-friendly ice cream recipe could not be simpler. Mix equal amounts of condensed milk and either yoghurt and cream in a bowl and then add either lemon juice and rind to taste, or raspberries. Children love watching the cream thicken when you add the lemon – it's like magic. Then you can break up the afternoon with regular trips to the freezer to inspect and stir.

Healthier fun options include making ice-lollies out of watered down juice or even better, use orange flavoured Royal D electrolyte. Our bodies are 77 percent water and when we dehydrate we easily become irritable and snappy.

If all goes according to plan you get to spend the rest of the afternoon sitting back and watching the kids cover themselves with paint, wash off under the hose and splash about in the paddling pool, safe in the knowledge that when things get out of hand there is always the lure of ice cream to make them listen!

If all this feels like too much hard work the heat is always a great excuse to lie low and read books. Try cooling down one room, and lying down in bed and reading all your favourite stories for a while. When you run out of good books the Reading Room on Street 240 has some lovely books and games and is a peaceful refuge to curl up and spend time with your kids.

■ WHEN YOU CAN'T STAY IN

The perfect way to end off a sweaty day with the kids is to take a sunset ride in a cyclo down some quiet Phnom Penh streets. There is something about a cyclo ride that is instantly calming. The shaded seat at the front is just big enough to sit back comfortably and wrap your arms around your child. The breeze, as you move silently through the streets, makes this much-needed physical closeness bearable, often for the first time all day. All irritation and petty squabbles are soothed away by the gentle rhythm of the cyclo. A nice route is to do the length of Street 21, and take a walk in the peaceful gardens of Wat Svay Propei. ■

shopping & fashion

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shopping guide

ChildSafe®

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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 8pm.

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.

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,
 012 688 608
 High-end fashion designs created by Cambodian designer Fomyda Keth that are popular all over the world. Beautiful colonial building with colour-themed

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

Kambuja

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

Keo

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

MDSF

**71E0 Street 261, 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 Nuria, sells dresses, skirts, bags and accessories, with dresses from US\$20. Has another store on the way to Serendipity Beach in Sihanoukville. Two more shops in the pipeline and a boutique in the Independence Hotel.

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 Kabiki, Meta 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.

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



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

Kurata Pepper
Cnr. Streets 63 & 322, Tel: 023 726 480
Selling organic Koh Kong pepper and associated products, Kurata is one of the more unusual shops in town. Watch the workers shift through the peppercorns in a room near the front entrance.

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

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.couleursdaside.net
Aircon shop selling French-designed silk and linen bags, scarves, cushions, pillow cases and quilts. Has a selection of soaps and bath salts from Senteurs d'Angkor, Amata beauty products and Eric Raisina's unique textiles and clothing. Open Mon.-Sat. 9am to 7pm, Sun. 9am to 3pm.

Friends 'n' Stuff
13 Street 215, 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.

Mekong Quilts
49 Street 240, www.mekongquilts.org
An outlet for the NGO Mekong Plus, Mekong Quilts stocks a large range of hand-

crafted bed covers, home accessories, gifts and decorations. All the profits from the store are cycled through Mekong Plus, which provides scholarships to promote many health and quality of life initiatives in remote villages in Svay Rieng Province. Open 9am to 7pm Monday to Sunday.

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. 🍷

The Hot Seat: Working Mum

This month Patricia Tan, the owner of riverfront Amara Spa takes the Hot Seat.



AsiaLIFE: Patricia, you are a relatively new arrival to Phnom Penh, what was your background before you came here?
Patricia Tan: I studied Digital Media in Pennsylvania, USA and worked as a creative designer for an online marketing firm in Philadelphia for one year before I moved to Cambodia.

What made you decide to make the switch from the U.S.?
 I came to Cambodia to help my then boyfriend build the Hotel Cara. The hotel opened for business on Jul. 10, 2006. We tied the knot six months later.

After opening the boutique Cara Hotel you set about another ambitious project, Amara Spa – the first top-end spa on the riverfront. What made you decide to open Amara?
 We wanted to diversify our investment portfolio, especially in the field of hospitality. Phnom Penh has been evolving at an extremely fast pace for the past couple of years. High-end real es-

tate developments, nice boutique hotels and fancy restaurants are everywhere, but a genuine spa industry is almost ignored in this magnificent city. Therefore, we seized the opportunity to tap into this market and try to benefit from being the first.

Can you explain the philosophy behind Amara in greater detail?
 Like Hotel Cara, Amara Spa is a design-driven establishment. It is one of the most comprehensive professional day spas in Phnom Pen. Therapists are highly trained professionals with a great attitude who will make your experience more enjoyable. Treatments are carefully crafted and tailor-made to offer clients great value for money without compromising quality. We offer a five-star experience at a three-star price. We believe in “luxury you can afford.”

The design of Amara is quite unlike any other spa in the capital, what was the inspiration behind it?
 It is to offer a true sense of

escape. The whole spa experience is all about senses, smell, sound, sight, touch and taste. With every natural element that was incorporated into the design and the décor as a whole, the intention was to connect with your lost touch of true nature.

As a woman, and a mother, how have you found running your own business in Cambodia?
 It is quite enjoyable and extremely laid back running a business in Cambodia. I have found that Cambodians are less sexually discriminated when it comes to women running business compared with some other countries. It's very common to see women running business in Cambodia. In fact, I've seen more women own and run businesses here in Cambodia than any other country I've lived in.

What networks are there here to help you do business?
 Currently, there really aren't any. I work very closely with my hus-

band and staff. I have very limited networks outside of our family.

Finally, what plans - personal and business - do you have for the future?

The global financial crisis has inadvertently slowed business down in Cambodia as a whole, therefore, I don't have plans to start a new business. This will give me more time to fine-tune all my existing businesses. As for my personal life, I just want to spend as much time as possible with my daughter and husband. ■

CV

Patricia Tan

Age: 31

Position: President of Amara Spa

Vice-President of Hotel Cara

Nationality: Malaysian

Marital Status: Married with a 7-month-old baby girl

First came to Cambodia in: 2005

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business

advisory services

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

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

Architecture & Design

Architecture in Asia
Bassac Garden City, Street E Villar E10 (off Norodom Blvd.) Tel: 017 939 591
Architect with 15 years of experience in interior and architectural design in Asia.

Bill Grant Landscape Design
Tel: 012 932 225
Bill is the city's most exceptionally talented landscape designer. Check out gardens designed by Bill Grant at www.landscapecambodia.com

bikes & mechanics

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

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

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

building

Bizzy Beez
Tel: 012 755 913
Company that promotes itself as the

city's premier handyman service. Does renovations, construction work, electrics, plumbing, painting and landscaping, as well as general handyman work.

business groups

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

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

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

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

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

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

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

commercial banks

Advanced Bank of Asia
148 Sihanouk Blvd., Tel: 023 720 435
www.ababank.com.kh
Commercial bank, managed by Koreans and Cambodians, established in 1996. Has branch office on Mao Tse Tung.

ANZ Royal Bank
Main Branch, 20 Street 114

Embassies

Australia
Villa 11 Street 254, Tel: 023 213 470

Malaysia
5 Street 242 Tel: 023 216 176

Belgium
Phnom Penh Center, Sihanouk Blvd., Block/entrance F - Floor 7
Tel: 023 214 024

Myanmar
181 Norodom Boulevard
Tel: 023 223 761

Canada
Villa 11 Street 254
Tel: 023 213 470

Philippines
33 Street 294
Tel: 023 215 145

China
156 Mao Tse Tung Boulevard
Tel: 023 720 920

Singapore
92 Norodom Boulevard
Tel: 023 221 875

Sweden
8 Street 352 Tel: 023 212 259

Denmark
8 Street 352 Tel: 023 987 629

Thailand
196 Norodom Boulevard
Tel: 023 726 306

France
1 Monivong Boulevard
Tel: 023 430 020

United Kingdom
27-29 Street 75
Tel: 023 427 124

Germany
76-78 Street 214 Tel: 023 216 381

United States
1 Street 96 (Wat Phnom)
Tel: 023 728 000

Japan
75 Norodom Boulevard
Tel: 023 217 161

Laos
15-17 Mao Tse Tung
Tel: 023 983 632

Vietnam
436 Monivong Boulevard
Tel: 023 726 283



Trevor Keidan: It Pays to Have a Plan

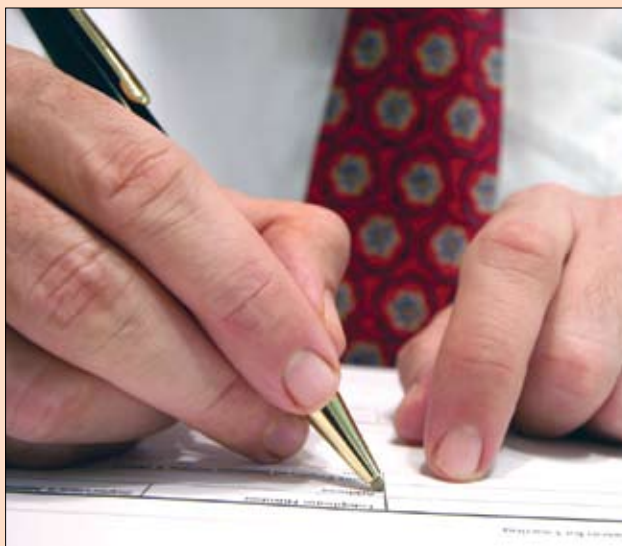
This month Trevor writes about the importance of making a financial plan – after all some of the world’s most successful investors won’t do anything without one.

LET’S TAKE WARREN BUFFET for example. It might interest you to know that before he even buys a single share he already has an exit strategy in place. Buffet’s exit plan is determined by his rigorous buying criteria. He only buys companies and shares in companies that meet his investment standards. When the investment – or company in question – fails to meet these criteria, Buffet sells. His exit plan is determined by his investment strategy.

Another of the world’s best-known investors, George Soros, also makes sure that he sticks to a plan. Unlike Buffet, who is famous for buying solid companies at prices less than they are worth, Soros is well known for making his money in the currency and futures markets. His strategy centres upon buying (or selling) investments prior to a market fluctuation that will change the value of that particular investment. In a way he is actually ‘second guessing’ the market.

Despite the fact that Soros’ method appears riskier than that of Buffet, he – like Buffet – is known for sticking to his plan. For example Soros will always ‘get out’ if he feels that his investment is jeopardised, and that the theory he used for making the investment in the first place is no longer valid.

Both Buffet and Soros have plans – and they stick to them, and we should too – even if our financial planning and



objectives are perhaps not as rigorous as theirs.

■ PLANNING FOR RETIREMENT

Our financial plans will probably take the form of planning for our futures – and especially our retirement. Recent studies have found that almost half of those living in retirement have underestimated the amount of money they need to live on in retirement. A similar number of retirees also underestimated the age they end up living to, in retirement. It stands to reason that – with advances in health and medicine – retirees are living longer.

According to recent studies by the United States Department of Labour an average person can expect to retire at the age of 65 and

the average (American) male can expect to live 16 years beyond the age of 65. The average (American) female can expect to live 19 years beyond the age of retirement.

So how much do we need for retirement. Although this differs from individual to individual dependent on their circumstances, as a general rule we should plan to spend just 4 to 5 percent of our overall savings per year. We should also plan to live for 30 years after the date of our retirement.

With this in mind, if we thought we needed approximately US\$3,300 per month to live on during our retirement then we would need to have saved US\$1 million by the time we actually retire (US\$1,000,000 x 4 percent

/ 12 = 3,333). Achieving US\$1,000,000 of savings sounds daunting when looked at in isolation and out of context. However, it is achievable – with discipline, planning and the miracle of compound interest.

■ MIRACLE OF COMPOUND INTEREST

Simply put compound interest allows us to earn interest upon our interest. Over a period of time – in a normal economic environment – it can boost savings tremendously. For example, savings of US\$10 per week – at an interest rate of just 2.5 percent after tax and allowing for inflation – would be worth US\$35,480 after 40 years. And this is all thanks to compound interest.

So when it comes to our retirement we – like master investors Buffet and Soros – should have our own ‘exit strategy’ underpinned by a proper plan. We should also start working on it as soon as we can. After all the earlier we start the earlier we can retire.

It is also important to realise that no one plan suits all. If we have any doubt as to how to achieve our overall financial goals and objectives as well as our retirement plans, we should speak to our personal financial adviser. After all proper planning could mean the difference between an enjoyable retirement and an uncomfortable one. ■

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The Geek: Viral Cambodia

Sok Yeng is the latest columnist to join AsiaLIFE Guide. In this his first column about computers and software he gives some advice on how to protect your computer from viruses.

I HAVE MET COUNTLESS traumatised clients with computers infected by viruses over the years as an IT service provider. Many of these say that Cambodia seems to be especially rampant with viruses, and that they experience more attacks here than elsewhere. Viruses can cause a lot of stress and drama, especially when they prevent you from getting your work done or worse still, eat up your files or disable your computer. Because viruses are such a regular occurrence you should take all possible steps to avoid them and protect yourself from attack.

There are lots of things you can do to protect your computer from viruses. The most important here in Cambodia relate to the use of the USB drives that everyone carries with them and uses frequently. Sometimes known as a thumb drives or flash sticks, whatever you call it, these small but potentially deadly tools of technology are how the majority of viruses are spread.

The first and in some ways the most effective way to safeguard your computer is little known – turn off the autoplay feature in Windows. Autoplay is a link file that tells Windows to open a CD ROM menu, start



playing a movie or some other automated action. Virus writers utilise this function to automatically start running a virus on your computer. You plug in your USB and your computer sees this file and executes a programme associated with it. If it's a really sneaky virus, its first action might be to turn off your anti-virus programme, leaving your system wide open. By disabling the autoplay feature, you can stop viruses before they get a chance to wreak havoc.

Install a fully supported anti-virus programme and keep the virus definitions up-to-date. Purchasing a licensed version of anti-virus software will keep

you better protected than a free version. I recommend NOD32 from eset.com to my clients because it is light and very powerful. Unlike Symantec, McAfee and Norton Anti-Virus, NOD32 does not clog up your RAM (this is one of the main components that affects your computer's operating speed). It may seem excessive, but you should update your virus definitions everyday.

Always scan your USB drive with an anti-virus programme before opening anything on it. If you've used your USB on any other computer, it might be infected. Beware especially of public computers such as those at photo processing

shops and internet cafes. They are almost always infected!

Don't use pirated software – software disks from the Russian Market can be infected. This is a tough one to avoid I know, but it's for the best, really. Don't double click on your drive when you first plug it in. Browse through it first and see if there are any suspicious files. Don't open email attachments from unknown senders, and don't follow links in emails or IM as these are a source of some spam-based phishing schemes (more on spam in future articles).

The most important thing you can do to save yourself a lot of pain and suffering is to backup your data. Get an external hard drive and copy your information to it regularly. You might even want to save your most important data to a CD ROM or DVD in the rare case that your computer and hard drive break down at the same time.

Follow these tips and always stay alert. You never know when you might be attacked.

Sok Yeng is the technical manager at NETPRO-Cambodia. This company provides IT solutions for the home or office. He can be contacted at info@netpro-cambodia.com. Visit: www.netpro-cambodia.com for more information.

www.anzroyal.com

Cambodia's major commercial bank has brought international standards of banking to the country. Has a large number of ATM machines around Phnom Penh and can arrange money transfers.

Maruhan Japan Bank

83 Norodom Blvd., Tel: 023 999 010
First Japanese commercial bank 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.

Office Space

Kamia The Secretary Ltd.

784-787, Building F Phnom Penh Centre, Cnr. Sotheaors & Sihanouk Blvds.

Tel: 023 997 492, www.theseecretarycambodia.com

Highly professional company that lets fully-serviced office accommodation on both a short-term and long-term basis.

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 or get a PO Box.

Photography

Asia Motion

Tel: 092 806 117, www.asiamotion.net
Photographic agency established by Isabelle Lesser in November 2008 as a cooperation between local and international photographers.

Melon Rouge Agency

84 Sotheaors Blvd, Tel: 092 644 811,
www.melon-rouge.com
Photographic agency that offers a full range of visual products and services from fashion, life style, reportage, 360° panoramic pictures, to cultural event organisation.

Nathan Horton Photography

Tel: 092 526 706

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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.

Smart Mobile
464 Monivong Blvd., Tel: 023 868 881
Newest of the mobile phone providers in the capital. Issues the 010 and 098 SIM cards.

Star-Cell
173 Nehru Blvd., Tel: 023 888 887
Mobile phone providers with the 098 SIM Card. Has recently established an office within Siem Reap too.

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

Korean Air
F3-R03, 254 Monivong Blvd.
Tel: 023 224 047/8

Lao Airlines
58C Sihanouk Boulevard
Tel: 023 216 563

Malaysia Airlines
172 Monivong Boulevard
Tel: 023 218 923

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 



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Our suites feature Khmer-Style queen bed or double beds, full bathroom, as well as the standard business services and amenities including: flat screen television, premium bath essentials, lighted makeup mirror, hair dryer and scale, full-size executive writing desk, fully stocked refreshment bar, in-room safe, daily housekeeping attention, complimentary morning newspaper, high-speed Internet access and Wi-Fi in the vicinity, 24-hour reception, 24-hour security and video surveillance, and parking lot.



Address: No. 456A, Monivong Blvd.(st93), Phnom Penh, Cambodia
HP: 023 721766, 011 896 286

Website: www.asiagarden.com.kh
Email: info@asiagarden.com.kh

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

ANZ Royal Offsite ATM

Accessible Time: 5am to 12am

- Caltex Boeung Keng Kang: Norodom Blvd, Cnr. of Street 41
- Caltex Boeung Tra Bek: Cnr. of Monivong Blvd. and Street 474
- Caltex Bokor: Cnr. of Monivong and Mao Tse Tung Blvd.
- Caltex Calmette: Cnr. of Monivong Blvd. and Street 86
- Caltex Mondial: Corner of Mao Tse Tung Blvd. and Street 202
- Caltex Phsar Derm Kor: Cnr. of Monireth Blvd., 374 and 384
- Caltex Sokha: Cnr. of Kampuchea Krom Blvd. and Street 139
- Caltex Spark: Cnr. of Mao Tse Tung Blvd. and Street 167
- Total Chateau D'Eau : Sihanouk Blvd.
- Total La Deese: Cnr. of Street 182 and 169
- Total La Gare: Cnr. of Russian Blvd. and Street 108
- Total Phsar Thmey: Cnr. of Street 217 and 316
- Total Takhmao: National Road 2, Sangkat Chak Angre Krom, Khan Mean Chey

ANZ Royal Offsite ATM

Accessible Time:

5.30am to 10.30pm

- Royal Guest House: 91Eo, Street 154

ANZ Royal Offsite ATM

Accessible Time:

8am to 9pm

- Happy Market: 268, Street 182, Tuol Kok
- Lucky Seven Phnom Penh Centre: Cnr. of Sihanouk Blvd. and Street 274
- Lucky Super Market: 160, Preah Sihanouk Blvd.
- Lucky Water Tower: No 37-39 Monireth Blvd.
- Paragon Supermarket: 12 Street 214

ANZ Royal Offsite ATM

Accessible Time:

9am to 9pm

- Pencil Norodom: 15 Street 214
- Pencil Supermarket- Riverside: Sisowath Quay

ANZ Royal Offsite ATM

Accessible Time:

9am to 12am

- The Tamarind: 31 Street 240

ANZ Royal Offsite ATM

Accessible Time:

6am to 7pm

- Meeting Café: 12E, Russian Blvd. and Street 215

ANZ Royal Offsite ATM

Accessible Time:

6am to 10.30 pm

- Lucky Bright Restaurant: H5 Norodom Blvd.
- Seven Bright Restaurant: 6 Street 13, (Opposite Post Office)

ANZ Royal Offsite ATM

Accessible Time:

7am to 9.30pm

- Lucky Burger Monivong: 219 BC, Monivong Blvd.
- Top Ocean Burger: 103 Street 184

ANZ Royal Offsite ATM

Accessible Time: 7am to 9pm

- Asia Europe University: 832 Kampuchea Krom
- Parkway Square: 113 Mao Tse Tung Blvd.

ANZ Royal Offsite ATM

Accessible Time:

8am to 10pm

- U-Care Pharmacy Phnom Penh: Cnr. Street 178 and Sothea Blvd.

ANZ Royal Offsite ATM

Accessible Time:

7am to 10pm

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

Cambodian Public Bank

- 23 Street 114

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.



ARCHITECTURE in ASIA would like to inform that in the previous advertisement for AsiaLIFE issues 23 (Nov 08), 24 (Dec 08) and 25 (Jan 09), that the Phnom Penh Villa Mansion interior/decoration/project pictures shown were the 2nd stage renovations done by Mr J Pierre Obriot, Interior Designer – 092 521 801 – jpobriot@yahoo.ca



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One Night in Bangkok

On a stopover or business trip in Bangkok and not sure where to go? Long-term resident **Ellen Boonstra** leads the way.



Enjoy the Bangkok sunset at Vertigo – just don't look down

SURE, THE THAI CAPITAL boasts a large number of magnificent temples (Grand Palace, Wat Pho, Wat Phra Keaw), but there's an entirely hip and trendy side to Bangkok waiting to be discovered. With a bit of forward planning, you should be able to squeeze in a decent selection of what bustling Bangkok has to offer in the way of up-market shopping, delectable international cuisine and chic nightlife.

■ SHOP TILL YOU DROP

Get those early morning emails, phone calls and exercises out of the way and hit the shopping malls at 10am sharp, because you've only got 12 hours till closing time and a lot of ground to cover. Over the past couple of years, Bangkok has seen a wave of upscale mega-malls sprout up, each vying to outdo the other in glamour and magnitude. Current leader of the pack is Siam Paragon ("the pride of Bangkok") with every imaginable fashion and luxury brand available. It

also houses South-East Asia's largest aquarium Siam Ocean World which kids will love (www.siamoceanworld.co.th).

Coming in a close second is Central World. Touted as Southeast Asia's biggest mall, it offers a variety of international designer brands. For more niche-targeted malls try Gaysorn for ultra-exclusive brands and one-off designer boutiques; Siam Centre and Siam Discovery Centre for local Thai brands and young designers; and MBK (Mah Boon Krong) for mobile phones, gadgets, DVDs, software, inexpensive clothing and imitation goods.

All the shopping centres mentioned above are located in close proximity to one another in the central Chidlom/Siam Square area, and are easily accessible via Bangkok's ever-efficient skytrain system (BTS).

If you're longing for the more 'ancient' Siam with quaint markets and street vendors, you'll find these present in abundance. Best-known is Chatuchak Week-

end Market, Asia's largest outdoor market. "If they don't sell it there, it's not in Thailand," is the accurate claim. Crowded markets can get very hot during the day, even for those acclimatised to the heat, making Suan Lum Night Bazaar (open daily 6pm – midnight) a pleasant alternative. This market is ideal for picking up last-minute souvenirs such as silk cushion covers and scarves, and funky locally-designed clothing and jewellery, as well as a large variety of home décor and gift items.

Another interesting option is Pratunam. Open daily from morning to late afternoon, you can find pretty much anything here from electronic gadgetry, t-shirts and children's clothes, to formal evening wear and some of the most bizarre outfits – the place if you're looking for a Halloween costume – all at rock bottom prices.

■ BANGKOK'S BEST BRUNCHES

Crepes & Co (Sukhumvit Soi 12) is arguably the city's most popular

Sunday brunch spot (reservations strongly recommended). Open from 9am to midnight, this creperie features a wide selection of pancakes, salads and Mediterranean dishes, which can also be enjoyed in the restaurant's lush garden. Picky eaters can even create their own crepe.

Many of the city's five-star hotels offer absolutely sumptuous all-you-can-eat Sunday champagne buffet brunches. Local residents favour the lavish spreads at Sheraton Grande Sukhumvit and the Four Seasons.

If you need to rest your weary feet from shopping in the Chidlom area, consider the Erawan Tea-room (Erawan Bangkok, Grand Hyatt). It serves up traditional Thai favourites like tom yam khung (sweet and sour soup with prawns) and mango sticky rice in the nostalgic atmosphere of a by-gone era, with panoramic windows overlooking the revered Erawan Shrine. Try their high tea (2-6pm) for around 150 baht (US\$4.75).



Bed Supperclub: exclusively for the uber-trendy

■ DINE WELL

More authentic Thai cuisine can be found at the very affordable Cabbages and Condoms (Sukhumvit Soi 12) where dinner, as the name suggests, includes a free condom (proceeds of the restaurant's meals go towards a NGO). Seating is in a beautiful garden area with lights adorning the trees, which gives the ambience a decidedly festive feel.

Quite a few hidden treasures can be found in the midst of the busy Sukhumvit area. Those serving contemporary Thai cuisine include: Face Bar (Sukhumvit Soi 38), set in an exquisite wooden Thai traditional house; Mahanaga (Sukhumvit Soi 29), with its dining area made up of Moroccan-inspired pavilions surrounding a courtyard; or Wyndham Thai (Sukhumvit Soi 16), with its vibrant décor of contemporary paintings and sculpted lotus flower lights.

The JW Marriott hotel on Sukhumvit Road boasts two of the city's best restaurants – New York Steakhouse and Tsu Nami. Like the Raffles in Singapore, the grand dame of hotels remains The Oriental, a must-visit if only for its famous Author's Lounge – illustrious alumni include Graham Greene, Somerset Maugham and John le Carré.

■ NIGHTLIFE DELIGHTS

From the old-world charm of the Oriental Hotel it's a short hop to the magical ambience of Sirocco (State Tower, Silom Road). This 64th floor open-air rooftop restaurant offers spectacular views of the Bangkok city skyline and Chao Praya River – absolutely not to be missed. Enjoy a balmy Bangkok sunset at the neon-tinted, circular Sky Bar. (Note: the restaurant strictly enforces a dress code of no flip-flops or shorts).

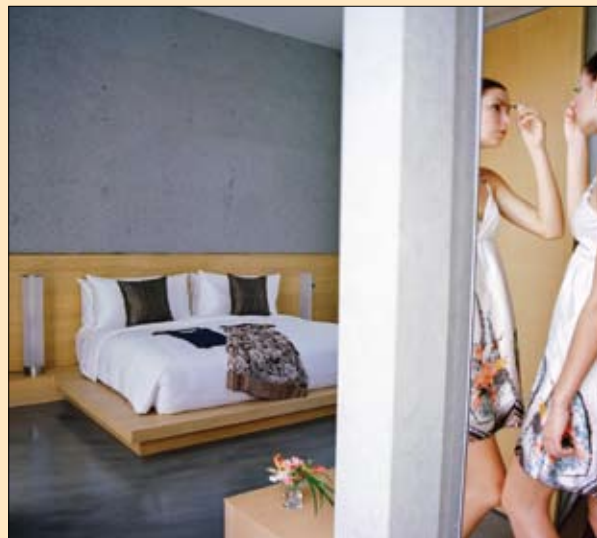
Next door is lounge bar Distil where you can chill out while enjoying a single malt Scotch whisky and a Cuban cigar. Vertigo at the Banyan Tree (21/100, South Sathon Road, Sathon) is another wonderful place to go for drinks overlooking Bangkok by night.

Centred around Sukhumvit Soi 11 are several nightspots, most notably Bed Supperclub, the uber-trendy, spaceship-like restaurant and bar where hip Bangkok does anything but lay its head to rest. The menu is one of the best in town and reservations are recommended. Other stylish nightspots include The Met Bar (Metropolitan Hotel, on Sathorn Road), Bar Su (Sheraton Grande Sukhumvit Hotel) and the Syn Bar (Nai Lert Park Hotel on Wireless Road).

Ellen Boonstra can be contacted at ellenbee2003@yahoo.com

Charming Cha-Am

Although Bangkok is a vibrant and exciting city, it's not for everybody. Sometimes all you want to do is get away from it all.



THAILAND IS RENOWNED for its pristine beaches and glorious islands but this often involves a flight or long bus trip from the capital. But, there is another way.

Just 160km south of Bangkok, Cha-Am is only a two-and-a-half hour taxi ride from Suvarnabhumi Airport (2,000 baht). You don't even have to stop off in the capital, that is unless you need a fix of air-con shopping malls or stylish nightclubs. Upon arriving in Cha-Am you feel as though you have stepped back in time. Unlike neighbouring Hua Hin, which has been overrun by large resorts in the last decade, Cha-Am retains the charm of the small fishing village that it still is.

Cha-Am has only one resort, but in this case you really are spoilt for lack of choice. With 72 deluxe rooms and seven pool villas, the Alila Cha-Am this beachside resort is the ultimate place to escape to.

After checking in at the glorious al fresco reception area with views stretching off across the hotel's lake towards the sea, stroll down to the beach and then reflect. Something is missing. It's not the beautiful white sand or inviting blue sea. It's people. Apart from your fellow guests and the hotel staff,

there's not another soul to be seen. Apparently the hotel does get more crowded during weekends when discerning Bangkok residents make the short trip from the capital, but during the week even your fellow guests are spread pretty thinly.

The rooms themselves are typical of five-star beach resorts, but with a few added touches. The WiFi is swift and efficient, the beds inviting to the point of indulgence and there is a large flat-screen TV with Apple TV so you can watch 'Pretty Woman' for the umpteenth time as you drop off to sleep.

However, it is the bathroom that the real treat awaits. There are rainfall showerheads and then there are rainfall showerheads. This one is the latter. Falling from a height of three metres, the shower creates the perfect back-to-nature experience. If you don't emerge from it feeling totally refreshed, then you really are in a really advanced catatonic state.

With two restaurants, one bar and a great spa, Alila Cha-Am has all the ingredients necessary to make your stay in Cha-Am unforgettable.

*Alila Cha-Am, Thailand,
+66 32 709 555,
www.alilahotels.com*

getaway



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

battambang

La Villa

East bank of river, Tel: 012 826 186
www.lavilla-battambang.com
Beautifully restored 1930s colonial house with six rooms.

Riverside Balcony Bar & Restaurant

West bank of river, Tel: 012 437 421
Traditional wooden house with great views of the river and good food. Open from 4pm to midnight.

chau Doc (vietnam)

Victoria Chau Doc Hotel

32 Le Loi, Tel: +84 76 865 010
www.victoriahotels-asia.com
A few kilometres on the Vietnamese side of the border, Chau Doc's finest has great views of the Bassac River, a swimming pool, restaurant serving both international and Vietnamese cuisine and great massages.

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 overlooking the river too. Most definitely a place to chill like the lotus eaters.

Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314
www.bokorlodge.com
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms. 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

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
rikikitavi@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 open 7 days a week.

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.

Beach House

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

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
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
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
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
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@mobitel.com.kh
Beautifully restored colonial house set in a peaceful village with stylishly furnished rooms. Intimate restaurant, swimming pool and river views make this a unique and luxurious place to get away from it all.

Red Sun Falling

Rue Preah Sumarit
Well-established western-run café and bar on the riverfront. One of the few

bustling places in the evening, it has tasty food with dishes in the US\$1.50-2.50 range.

Star Guesthouse

Opposite the market, Tel: 012 753 401
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
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
Great riverside location with spectacular sweeping views of the confluence of three rivers. Large rooms with air-con, in-room safes and good bathrooms. Live band plays nightly (except Sundays).

Himawari

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

Imperial Garden Hotel

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

Intercontinental

296 Mao Tse Tung, Tel: 023 424 888
www.ichotelsgroup.com
One of Phnom Penh's most luxurious 5-star hotels. The 346 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.rafles.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
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

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Siem Reap : Street #7 Near to pub street old market area Tel: 063 966 221

maharajahcuisine@yahoo.com
www.maharajah.biz

phnom penh - mid

Almond Hotel

128F Sothearos Blvd. Tel: 023 220 822
www.almondhotel.com.kh

56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.

Anise

2C Street 278, Tel: 023 222 522,
www.anisehotel.com

Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine.

Billabong

5 Street 158, Tel: 023 223 703
www.thebillabonghotel.com

Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Serves good food. The rooms are a reasonable size with 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

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

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

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

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

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

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.

Feeling Home

Cnr. streets 278 & 63, Tel: 02 221 522,
www.feelinghomecambodia.com

Stylish nine-room boutique hotel with ample rooms at competitive rates, including flatscreen TV, air-con, security box and great beds. Also has two apartments, an Asian restaurant and a Café Sentiment.

L'Imprevu

Highway 1, 7km past Monivong Bridge
Tel: 024 390 405

www.hotel-imprevu-resort.com
Complex with twenty-four bungalows just outside of Phnom Penh. Tennis courts and excellent swimming pool make this a good break from the city.

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.

Tonle Sap Guest House

4-6 Street 104, Tel: 023 986 722
www.tonlesapguesthouse.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 Sothearos 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.

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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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 garden 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 Pailotte'

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

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

Mick & Craig's Sanctuary

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

Ekareach Street, Tel: 012 638 947
Spacious sports bar with large TV screen showing F1 and movies. Two pool tables often with plenty of willing female opponents. It also has spacious rooms ranging from. 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 the air-con and comfortable couches.

Zoco

Independence Hotel, Road to Serendipity Beach
Two fashion boutiques – one on the way to Serendipity Beach, the other in Independence Hotel – run by the Spanish-born Nuria, sells dresses, skirts, bags and accessories, with dresses from US\$20. Has another shop in Phnom Penh.

siem reap - bars

AHA

The Passage, Tel: 063 965 501
Sophisticated and beautifully designed wine bar selling a wide range of wines



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Email: goldenbanana2@gmail.com
Website: goldenbanana.info

Central Siem Reap



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.



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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 - cafes

Blue Pumpkin

Old Market, Tel: 012 946 227
www.tbumpkin.com
Popular café with a great range of freshly baked breads and pastries. Serves shakes and health drinks for US\$1.75 and Bon Café coffee. Free WiFi. Also has outlets at Angkor Wat and the airport.

Café de la Paix

Sivutha Bld, Tel: 063 966 000
www.hoteldelapaixangkor.com
Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and patisseries are all 50% off after 8pm.

4FACES Gallery

Old Market Area, Tel: 089 20 83 36
www.4faces.net
Large range of hot drinks, shakes, spirits, beers, cocktails and a selected menu of snacks in this café cum gallery. English Premier League on tv-screens. Happy hour from 4pm to 6pm. Free WiFi Hotspot. Open 10 am - late.

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.

4FACES Gallery

Old Market Area, Tel: 089 20 83 36
www.4faces.net
Photography gallery showing photojournalism, fine art and documentary photography by international photographers on the Black Wall in monthly exhibitions with a permanent display are black and white photographs by Dutch photographer Eric de Vries. Open 10 am - late.

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 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. 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 Ave., 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

Amanara

Pokambor Avenue, Tel: 063 760 333
www.amanresorts.com
The ultimate in Siem Reap's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit.

Claremont Angkor

17 Phum Wat Bo, Tel: 063 966 898
www.claremontangkor.com
New reasonably priced hotel with swimming pool, gym and large outside terrace area. Well-located just across the river, but within easy access of both temples and town.

FCC Angkor

Pokambor Avenue, Tel: 023 992 284
www.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 Banana Boutique Resort

Wat Damnak Area, Tel: 012 654 638 / 012 885 366
www.goldenbanana.info
Villas and suites surrounding a salt water pool with WiFi, private outdoor bath and showers, bar and restaurant.

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www.childsafe-international.org

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.

La Palmeraie

N6 Airport Road, Tel: 092 952 113
www.lapalmeriaedangkor.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 Sivutha Rd and National Rd 6
Tel: 063 969 999, www.sokhahotels.com

Huge 5-star resort, sister property to Sihanoukville's Sokha Beach Resort. Located just back from the centre of town, it has a large pool, Irish pub and Japanese restaurant.

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. Frequenting 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,
Vithej Charles de Gaulle,
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International standard 18-hole, 72-par golf course managed by the Sofitel Royal Angkor Golf and Spa Resort. Situated 16km outside of Siem Reap.

Sokha Helicopters

24 Sivutha Road Siem Reap,

Tel: 012 184 8891,

www.sokhahelicopters.com

Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

siem reap - restaurants

AHA

The Passage, Tel: 063 965 501

Sophisticated and beautifully designed wine bar selling wide range of wines from around the world, tapas, great cheese & 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, elegant bar & restaurant serve mix of Asian and International cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel & arguably the coolest pool room in Cambodia.

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La Noria

Wat Bo Road, Tel: 063 964 242
Beautiful restaurant, set on a raised terrace area surrounded by trees. Serves good international and Khmer cuisine. Has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

Le 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 specialties. Open from 10am to 11pm with free home delivery.

Meric

**Hotel de la Paix, Sivutha Boulevard
Tel: 063 966 000
www.hoteldela paixangkork.com**
Elegant, contemporary restaurant with classically simple yet powerful black and white décor and an open kitchen. Executive Chef Johannes Riviere has devised a daily-changing seven-course traditional Khmer set menu. Try to book one of the swings outside on the terrace.

Singing Tree Café

Wat Bo Road, Siem Reap, Tel: 012 490 265
Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialties. 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 to 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 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

Blazing Trails

**Killing Fields Road, Tel: 012 676 381 /
012 542 916**
Adventure tourism company that runs trips on quad bikes to Phnom Tamao, Tonle Bati and neighbouring villages. Free pick up for anyone within Phnom Penh.

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

658 Hup Quan Street, Tel: 063 963 316
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- Nightingale 22) Robin (Bat-
- 20) Beer Lao 21) Florence
- 18) Bat 19) Maltasers
- 16) Rum 17) Avocado
- 14) Bread 15) Pavlova
- Palm 13) Tutti Frutti
- 11) Coconut 12) Sugar
- 10) Steel Magnolias
- 8) Lotus 9) Forget Me Not
- 5) Daffodil 6) Lily 7) Daisy
- 3) Snowdrop 4) Bluebells
- 1) Orchid 2) Bougainvillea

Pub Quiz Answers



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unplugged

When the going gets tough, start to pedal

This month Will has a few words of wisdom for those who prefer a Lexus to our two-wheeled friend.

I'M AN AMERICAN. THAT means I drive a car. It also means I don't get enough exercise, rarely interact with my neighbours and listen to too much talk radio – which is a longer way of saying I'm an American and, like most Americans, I spend too much time in a car.

But for several of my years in Cambodia, I was – by American standards – a dangerous counterculture hippie, whose shenanigans caused the housing bubble to burst and the Big Three American car companies to flirt with collapse, at least according to some crazed right-wing pundits. That's right, my trusted mode of transportation was a bicycle.

■ CYCLING IN THE PENH

Of course, in Cambodia relying on pedal power as your primary mode of transportation isn't that irregular. Most poor Cambodians do, and many expats have either brought their love of cycling to Cambodia or rediscovered it shortly after arriving. There was even a monthly Critical Mass rally in Phnom Penh for a while.

Phnom Penh, really almost all of Cambodia, is perfect for cycling. It's flat and level, the weather is consistently balmy, and traffic rarely moves faster than a vigorous pedal. The hordes of schoolchildren and other commuters on bicycle mean that motorists are at least somewhat aware of cyclists' presence. And best of all, police officers assume anyone on a bicycle is too poor to shake down and never demand bribes from cyclists – even if you're two metres tall and white as a freshly laundered sheet.

If you're in Cambodia and you haven't explored the city and the countryside by pedal power, I strongly urge you to give it a shot. Bicycles are easy to rent, and cheap to buy – the bicycle I bought from a slightly shady shop near Phsar O'Russe



ILLUSTRATION BY WUTH / OUR BOOKS

even came with a bike lock. The bike lock didn't have a key and obviously hadn't been effective enough to keep it where ever the original owner had wanted it to stay, but the shopkeeper was gracious enough to saw it off with a broad grin. He even sold me another lock, one with a key.

That kind of service mentality is always on display everywhere in Cambodia. Flats are rarely a problem because – at least in the city – there's almost always someone within sight kitted out with a patch kit and air pump. Sometimes it seems that half the people on the streets derive their income from patching tyres. Rumour has it that when business is slow they toss tacks on the road to drum up more customers, though I've never seen that happen. The average tube in Cambodia is more patch than original tube, so they don't need much help going flat.

Rides through the countryside are a lot of fun too, if you don't mind navigating ruts and bumpy roads

■ ROAD TRIP

Rides through the countryside are a lot of fun too, if you don't mind navigating ruts and bumpy roads. Every village has a hut with a selection of snacks and drinks for near constant refreshments. It's not a tour of the French wine country, but it has its perks.

On such a lone tour of the countryside one day, a freak accident led to one of the nicest things a Cambodian ever did for me. Many, many kilometres outside of the town

of Pursat, on a backroad south of town, the bolt that held the saddle to the frame of my bike snapped. Trying to pedal a seatless bicycle is not a pleasant experience.

Standing there on the road exhausted, wondering how I would survive a five-hour trudge back home with a broken bicycle and lamenting I had only brought along 1,500 riel (enough for a can of soda), a teenage girl asked if I was a Catholic missionary. I said no and explained that I worked with the Seventh-day Adventist Church. She spoke to her father, and without a word he gave me a ride home on motorbike. No charge.

Life is better on a bicycle. Something to keep in mind the next time I'm stuck in an American traffic jam.

Will Koenig is a journalist in Oregon, where he lives with his wife and son. E-mail him at: will.koenig@gmail.com. f

Challenge Nora: Gone Fishin'

Fed up with all the challenges, each more ridiculous than the other, **Nora Lindstrom** takes a break – and goes fishing.



Mirror, mirror on the wall....



Nora getting into the swing of things

“WHAT? YOU WANT TO come? On the boat?” The fisherman is confused and not without reason. I have indeed just asked him if I can go fishing with him. “Can you swim?” he eventually wonders, before agreeing to take me with him – at 6am on a Sunday morning!

Unsurprisingly, I'm not exactly fresh-as-a-daisy as I head across to Chroy Changvar for my first go at fishing Khmer style. Karim, 32, and his nephew Saleh, 15, wait for me at the boat. Karim's wife and four daughters – as well as what seems like the whole Cham community on this stretch of the river – have turned out to giggle and poke fun at me.

MEAGRE CATCH

I step onto the small, rickety thing we will be spending the day on. It neither flips over nor disintegrates underneath my feet, which I think must be a good sign. Confidently we set off as the sun rises and I am certain the mighty Tonle Sap is full of big, beautiful fish just waiting to get onto my plate.

Over the next few hours, as we throw and pull up the net over-and-over again. We catch a rather abysmal amount of not very impressive fish, most of which I really think we should throw back in for some further fattening up. We also catch a full, un-opened water bottle that makes Karim very happy, a right-foot shoe (sadly we failed to find the left), a CPP cap (also a trophy in Karim's eyes) and an empty tin of corn (which was immediately chucked back in), as well as used plastic bags in various sizes (also thrown straight back in).

What we haven't caught, to my deep relief, are any dead bodies or girls trying to commit suicide. Karim tells me it was only yesterday that he saved someone who jumped off the Japanese Bridge. He also relates the story of how he found the body of a drowned Chinese tourist – four days after the drowning.

To most of my fellow fishermen, as well as crew of passing cargo ships, the most exciting catch of the day is however a glimpse of me. I doubt Karim's little dinghy has ever been this popular with

passers-by, though the man himself seems unperturbed and simply continues the business at hand – chain-smoking and chucking the net into the water.

GOING DOWN FOR AIR

People think fishing is easy. You put in your net, laze about, drag it up, and voilà, there's dinner. Karim and Saleh's net however keeps getting stuck on something or other at the bottom of the Tonle Sap, and as ripping the net loose is out of the question there is only one solution – go down and get it loose.

To free the net, Karim and Saleh go diving Khmer style. The boat is equipped with an air tube, which they wrap around themselves, then they grab a rock for weight, and plop down into the dirty river without further thought. It is impossible to see anything down there so they simply use their sense of touch to free the net. Saleh tells me fishermen can spend up to an hour under the water this way. It's absolutely incredible. My sense of self-preservation keeps me from giving it a go, especially as I'm

told the air is pumped through the tube at such speed that it ends up coming out through the fisherman's eyes too.

The boat is steered by a motor as well as oars. Having failed to pull up any fish I decide to prove my usefulness, by having a go with the front oar. Even though I'm pushing with all my might, we end up going nowhere. In fact, we're going backwards.

Hot and smelling of fish, we approach the riverbank after some five hours on the prowl. Most fishermen spend at least eight hours each day on the river, but as a newbie I'm given a break. Still hoping to catch my Moby Dick I ask to have a go with the smaller cast net. Karim painstakingly shows me how to throw it, and wraps the net around me in a particular fashion. I give it a go, but the net refuses to spread out beautifully. Instead, it plops into the water as a heap and the onlookers laugh. Nevertheless, I end up catching a small squid, as well as some mango peel, which in addition to the shoe, cap and bottled water will make for an excellent dinner. **F**

This Month in History

problems, zippers, buddha, martyr



■ "HOUSTON, WE HAVE A PROBLEM" ⤴

April 11, 1970

Apollo 13 was launched from Cape Kennedy at 13.13 Central Standard Time in the U.S. Two days after the launch, an electrical fault caused an explosion in an oxygen tank resulting in a complete loss of oxygen and electrical power. The command module remained fully functional on its own batteries and oxygen tank, but they were sufficient only for the last hours of the mission during re-entry and landing. The crew shut down the command module and used the lunar module as a "lifeboat" for the return to earth. Despite great hardship caused by severely limited power, cabin heat, and water, the crew successfully returned to Earth and the mission eventually became known as a "successful failure". A radio transmission from astronaut Lovell during the mission, "Houston, we've had a problem," spawned the misquoted phrase in popular culture, "Houston, we have a problem."

■ "NEWFOUNDLAND, WE HAVE A PROBLEM TOO"

April 15, 1912

During her maiden voyage in the icy waters off Newfoundland, the

luxury liner Titanic hit an iceberg and sank two hours and forty minutes later, in the early hours of 15 April 1912. Resulting in the deaths of 1,517 people, the sinking of the Titanic was one of the most deadly peacetime maritime disasters in history. The high casualty rate was due in part to the ship carrying insufficient lifeboats for everyone aboard. A disproportionate number of men died also, due to the women-and-children-first protocol that was adopted. The ill-effects of the disaster can still be felt today with the spawning of numerous films on the theme, including possibly the world's worst soundtrack by Celine Dion.

■ LET'S ZIP ⤵

April 29, 1913

Gideon Sundback of Hoboken, New Jersey, U.S. patented the zip fastener this day in 1913. The bulk of a zipper consists of two strips of fabric tape, each affixed to one of the two pieces to be joined, carrying tens or hundreds of specially shaped metal or plastic teeth. These teeth can be either individual or shaped from a continuous coil. The slider, operated by hand, moves along the rows of teeth. The friction against the

teeth causes a characteristic buzzing noise, which is probably the origin of the name zipper. It also has leant to many an excruciating moment for men, especially when the slider's operator has fallen under the influence.

■ SPEAKING OUT AGAINST CHILD LABOUR

April 16, 1995

Iqbal Masih, a young boy from Pakistan who spoke out against child labour, was shot to death. At the tender age of four, he was sold into servitude as a carpet weaver and spent the next six years shackled to a loom. Aged 10, he escaped this brutal slavery and later joined the Bonded Labour Liberation Front of Pakistan to help stop child labour around the world. He assisted over 3,000 Pakistani children that were in bonded labour escape to freedom and began speaking out, attracting worldwide attention as a

speaker at an international labour conference in Sweden. In 1994, Iqbal was awarded the Reebok Human Rights Award. In 2000 he was posthumously awarded The World's Children's Prize for the Rights of the Child.

■ HAPPY BIRTHDAY ⤵

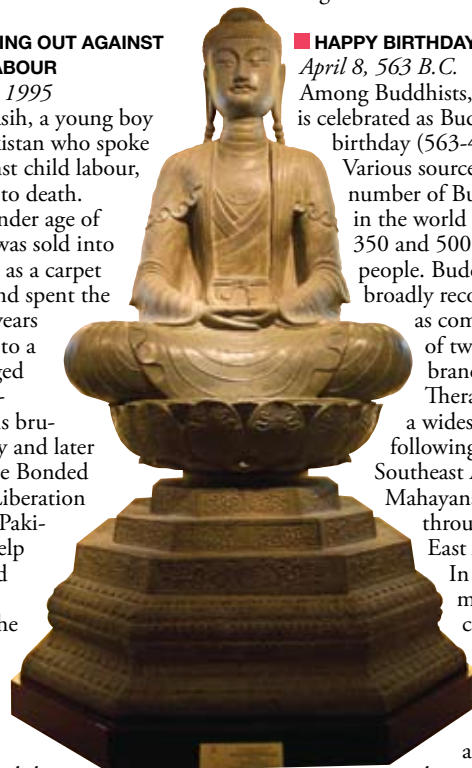
April 8, 563 B.C.

Among Buddhists, this day is celebrated as Buddha's birthday (563-483 B.C.).

Various sources put the number of Buddhists in the world between 350 and 500 million people. Buddhism is broadly recognised as comprising of two major branches – Theravada has a widespread following in Southeast Asia, and Mahayana is found throughout East Asia.

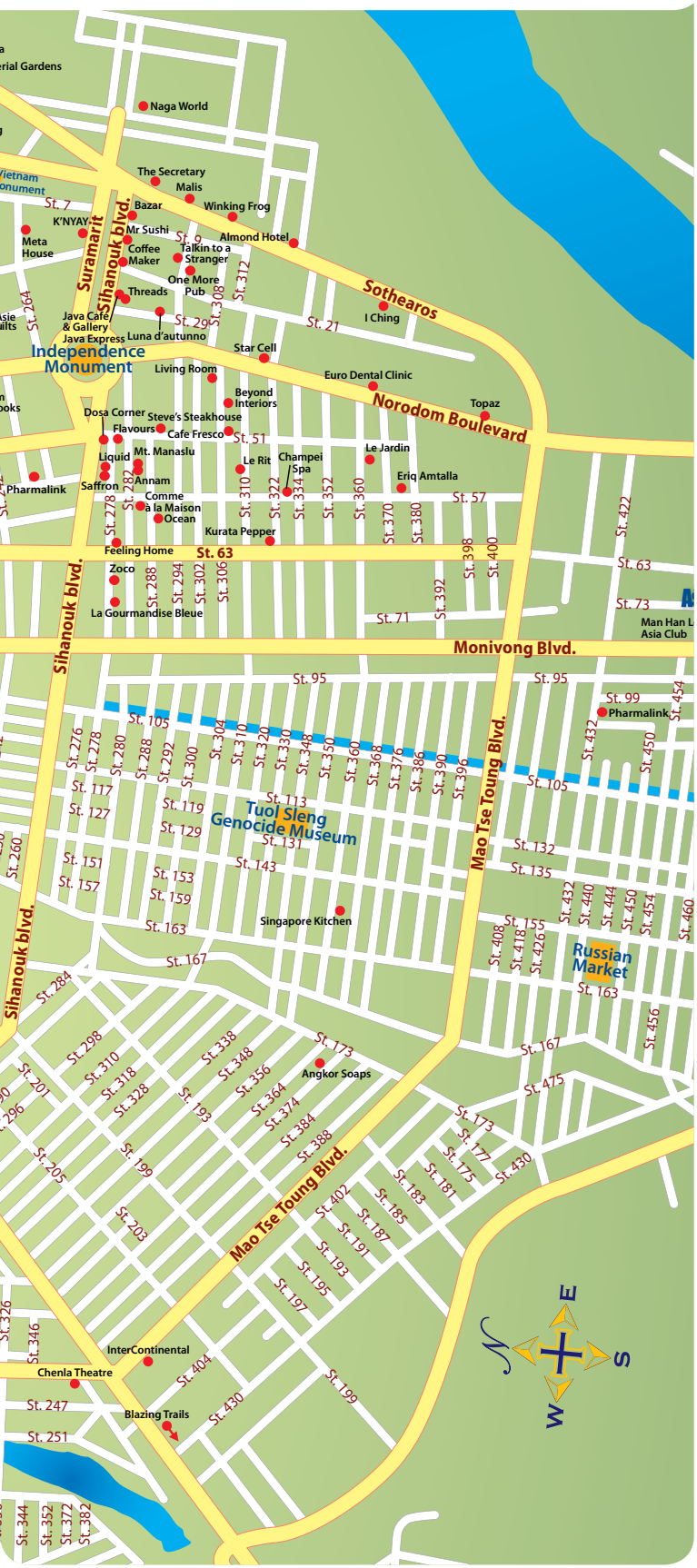
In some methods of classification, Vajrayana is considered a third branch. While

Buddhism remains most popular within these regions of Asia, both branches are now found throughout the world. ■



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April Horoscope

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■ ARIES (MAR. 21 – APR. 20)

Happy Birthday Aries! This month your demands and needs in love continue to remain strong, but may not be answered as you'd like for the time being. Matters improve mid-month, however, and by May, you're getting exactly what you want, when you want. Remember that a lover does have your best interests at heart, but you may be sending out confusing signals. You'll experience a surge in personal energy and confidence towards the end of the month.

■ TAURUS (APR. 21 – MAY 21)

You continue to lay low this month, Taurus, but you begin to come out of your shell from the 10-19, when others show more interest in your needs and wants. Love is tricky until the 9th, and could require you to make some personal sacrifices. It's a strong time for personal enjoyment and rewards through friends and contacts. Money may come your way around the 9th or 10th, and a work project comes to completion.

■ GEMINI (MAY 22 – JUN. 21)

After a busy month of attention to career goals and professional matters, you're feeling more sociable, Gemini. Love on the job, involving a superior, or through business could figure in April, especially around the 21st. Opportunities to expand your horizons, physically or mentally, arrive after the 24th. Love and intimacy are especially rewarding from the 4th to the 6th.

■ CANCER (JUN. 22 – JUL. 22)

Professional matters are especially important in your life in April, Cancer. In general, you have more energy at your disposal to pursue your professional goals purposefully. Singles are likely to find love while embarking on non-routine adventures. Interesting surprises are in store. Matters surrounding shared finances and intimacy have a magical quality to them this year, and evidence of this is clear in April.

■ LEO (JUL. 23 – AUG. 22)

Some truly magical moments are likely to occur in the areas of partnering and love this month, Leo. Some of you may be meeting creative or spiritual people with whom you find much in common. The 21-23 is strong for intimacy, security, and affection. Towards the end of April, career matters come into strong focus, especially money-making ideas, although you still manage to balance your life with rewarding extra-curricular activities.

■ VIRGO (AUG. 23 – SEP. 23)

Virgo, your connections with other people, and your dependence on them, are brought to your attention in April. Shared finances, power plays, and other "give and take" matters are in strong focus now. It's not a month in which your personal projects, needs, and desires are easily met, or even an issue on the table. Money matters take precedence around the 9th.

■ LIBRA (SEP. 24 – OCT. 23)

Relationships continue to feel complicated until the 20th, Libra, after which you are more able to enjoy your social life. Your goals are clearer and you are less likely to give off confusing or mixed signals to others. There is a strong connection between love and work this month, and if social opportunities through work present themselves (which is very possible), be sure to grab them. The 20th to the 22nd brings stellar opportunities for love.

■ SCORPIO (OCT. 24 – NOV. 22)

Romantic and creative excitement is in store for you this month, Scorpio. Nevertheless, there is a lot of work that needs to be done, and you fortunately are in the right frame of mind to take care of business. The 23rd brings golden career opportunities. Money matters that have to do with domestic affairs, real estate, and creative projects are very strong. Watch for overextending yourself from the 25th to the 27th, when rest is more appropriate.

■ VSAGITTARIUS (NOV. 23 – DEC. 21)

Plenty of opportunities for extra-curricular activities arise in April for you, Sagittarius. You are also absorbing information like a sponge, so all matters related to learning, teaching, speaking, and writing are expected to run particularly well this month. Fortunate events surrounding your home and family are likely. The 9th to the 11th will be strong for personal

recognition, and you might need to come to a friend's rescue.

■ CAPRICORN (DEC. 22 – JAN. 20)

Your intuition is powerful this month, Capricorn, particularly for financial and domestic matters. April is more a month for setting goals and visualizing instead of taking aggressive action. Until the 21st, your focus is strong on inner psychological growth. Try not to overdo or overwork from the 4th to the 6th, when you will be more susceptible to injury and illness.

■ AQUARIUS (JAN. 21 – FEB. 19)

Friends and connections figure strongly this month, Aquarius. April is also notable for attracting money, rewards, or gifts. Communications are strong, and love may even come through them. Intellectual ties in existing relationships assume more importance to you than usual. Your personal stores of energy are tremendous, but don't overestimate what you can do – know your limits.

■ PISCES (FEB. 20 – MAR. 20)

April brings financial matters to your attention, Pisces. However, be sure to put off major financial outlays until after the 17th. Take this time to budget. The 14th to the 16th brings personal recognition, particularly on the job. Career opportunities are strong this year, and begin to show themselves this month. The 20th to the 22nd is fabulous for personal magnetism and romantic opportunity. ♀

■ CELEBRITY BIRTHDAYS THIS MONTH

Figures in brackets represent the age they will be on their birthday.

Apr. 2 – Emmylou Harris (62); Apr. 3 – Eddie Murphy (48), Alec Baldwin (51); Apr. 4 – Robert Downey Jr. (44), David Blaine (36); Apr. 5 – Colin Powell (72); Apr. 7 – James Garner (81), Francis Ford Coppola (70), David Frost (70), Jackie Chan (55), Russell Crowe (45); Apr. 8 – Kofi Annan, Patricia Arquette (41); Apr. 9 – Hugh Hefner (83); Apr. 10 – Steven Seagal (57), Omar Sharif (80); Apr. 12 – David Letterman (62), Andy Garcia (53), Claire Danes (27); Apr. 14 – Julie Christie (68), Robert Carlyle (48), Sarah Michelle Gellar (32); Apr. 15 – Emma Thompson (50); Apr. 16 – Ellen Barkin (54), Martin Lawrence (44); Apr. 17 – Posh Spice (35); Apr. 19 – Kate Hudson (30), Maria Sharapova (22); Apr. 20 – Jessica Lange (60); Apr. 21 – Queen Elizabeth II (83), Iggy Pop (62), Andie MacDowell (51), Robert Smith (50); Apr. 22 – Jack Nicholson (72); Apr. 23 – Michael Moore (55); Apr. 24 – Shirley MacLaine (75), Barbara Streisand (67); Apr. 25 – Al Pacino (69), Renee Zellweger (40); Apr. 28 – Penelope Cruz (35); Apr. 29 – Daniel Day-Lewis (52), Michelle Pfeiffer (51), Uma Thurman (39)

The QuizMaster

■ FLOWER POWER

1. What type of flower is a ladies slipper?
2. Which plant translates as paper flower in Khmer and several other Asian languages?
3. Which white flower is sometimes referred to as, the Fair Maid of February?
4. Which group had a number one hit in 1993 with, "Young at Heart"?
5. By what one word name is the Lent Lily otherwise known?
6. To which plant family does the tulip belong?
7. What is the name of Donald Duck's girlfriend?
8. What flower is generally thought to be the inspiration for the shape of the towers at Angkor Wat?
9. Can you remember what the state flower of Alaska is?
10. Which film featured a pregnant Daryl Hannah and a diabetic Julia Roberts?

■ A TASTE OF TRIVIA

11. Which fruit contains 'milk'?
12. The Palmyra Palm is the national plant of Cambodia, how is it more commonly known?
13. Which flavour of ice cream is named from the Italian phrase meaning "all fruits"?
14. Queen Victoria, allegedly, offered a reward for anyone who could bring her which fruit that is common in South East Asia?
15. Which dessert made of meringue, cream and fresh fruit was created in honour of a prima ballerina?
16. Grog, as issued by the Royal Navy for over 200 years, is a mixture of water and which spirit?

17. Which is the fruit also known as the alligator pear?
18. Which mammal forms part of the Bacardi logo?
19. Which Mediterranean sounding sweets were originally called Energy Balls?
20. What did The Bangkok Post describe as the Dom Pérignon of Asian beers?

■ BIRD BRAINED

21. Other than monarchs, who was the first woman to be depicted on a British banknote?
22. How is Dick Grayson known?
23. Which 2005 animated movie is centred around the lead character who mistakes a falling acorn for a piece of the sky and causes widespread panic?
24. Which group recorded the album, "Now That's What I Call Quite Good"?
25. What nickname was bestowed upon the French singer Edith Piaf?
26. What was the original name of the Golden Hind, the flagship of Francis Drake?
27. Which song by Kid Creole and the Coconuts went to number 7 in the U.K. charts in July 1982?
28. What type of painted bird brings many birdwatchers to Cambodia?
29. Rufus T. Firefly was a character in which "classic" 1933 comedy?
30. The Camargue in France is home to 400 bird species and is one of the few places in Europe to see which large bird?

■ ANSWERS ON PAGE 82

Sudoku MIND GAMES TO KEEP YOU THINKING

Sudoku puzzles are graded from easy to extreme and in this edition we have one of each to provide you with a real challenge. The easy puzzle should take you no more than 10 minutes or so, whereas the extreme puzzle is of 'Grand Master' standard and if you complete it within 30 to 40 minutes this is quite an achievement.

	5			3				
9	4		8		6	7	5	1
		7			1	4		
				7	5		9	8
8		6	2		7	5		4
3	1			9				
		9	5			8		
6	7	2	1		3		4	5
				4			2	

Level: Easy

Gwan Ching Lee's time: 10 mins

	5		3					4
				2			7	
6							9	
8			4					1
		9				6		
2				7				5
	1							3
	7			8				
4					6		2	

Level: Extreme

Gwan Ching Lee's time: 30 mins

■ ANSWERS ON PAGE 90

Quote Unquote

■ HAPPY TALK?

In keeping with this month's upbeat tone, here are some quotes about happiness.

"Some cause happiness wherever they go; others, whenever they go."

— Oscar Wilde.

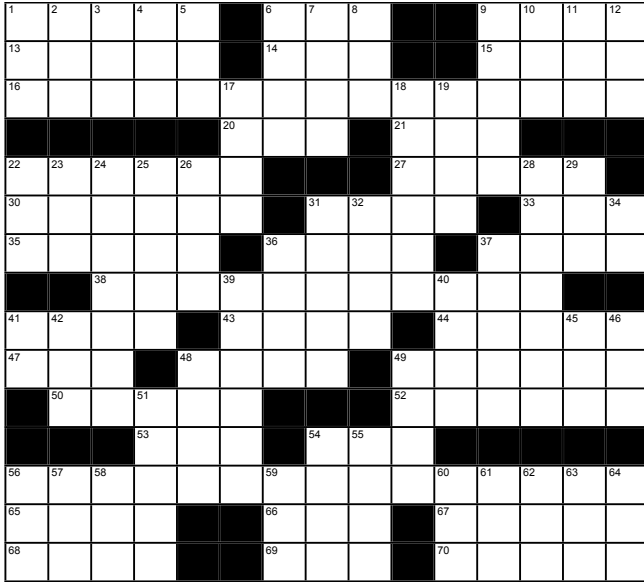
"Happiness: An agreeable sensation arising from contemplating the misery of another."

— Ambrose Bierce.

"Happiness is good health and a bad memory."

— Ingrid Bergman. ❗

Classic Spaghetti



© David Flack 2009

ACROSS

- 1 Change
- 6 Clash
- 9 Curling action
- 13 Barbecue location, often
- 14 One game of cards
- 15 10 down with friends
- 16 "Only _____." Controversial Billy Joel song
- 20 He sounds like he floats, to a Brit
- 21 Diego's lead in
- 22 Certain chewy substance
- 27 Lovers' meeting
- 30 Not showing concern
- 31 Cereal component
- 33 X-Games term for height
- 35 Extreme happiness spot favoured by many PP expats
- 36 Food on a hook
- 37 Hammered thumb remark
- 38 Nick Cave's posse
- 41 Feeling of sympathy
- 43 Having the ability
- 44 Prepare coffee beans
- 47 One in a deck
- 48 Intended victim
- 49 Doodler's canvas
- 50 Feared monitor word
- 52 State forcefully
- 53 U2 or Metallica single
- 54 A good listener
- 56 A certain cygnet's story
- 65 Basically a bellows organ
- 66 Unagi source
- 67 Christopher Columbus' birth-place
- 68 Give under pressure
- 69 Also the missing word from the theme
- 70 Connery and Moore, notably

DOWN

- 1 Suitable
- 2 Final syllable of 'Song of the South' classic zip-opening song title
- 3 Consumed
- 4 House building animal, in tales

- 5 As well
- 6 Sport with an Olympic debut in Tokyo
- 7 First name in pop art
- 8 Le king
- 9 Showy flower
- 10 Aussie shield bearer
- 11 P2H3 event
- 12 Local salt alternative
- 17 Stick to (the rules)
- 18 Land with many houses, or only one that matters
- 19 It's spun, in two ways
- 22 Bill paid later
- 23 Non-renewable resource
- 24 Waste money on fried food
- 25 Suspicious
- 26 It's gone! "___where?" (Different if you don't know the PP scene)
- 28 Breakfast staple
- 29 Twitch
- 31 Poorly
- 32 Get up (with the sun?)
- 34 Element with atomic no. 45
- 36 What not to call a lady
- 37 Yankee whiffs
- 39 Beer holder
- 40 Periods of note
- 41 Pennsylvania short code
- 42 Cooler necessity
- 45 Title
- 46 Explosive early AC/DC track
- 48 Atari's 1972 ground-breaking release
- 49 Cleopatra's beau Antony
- 51 Blusher
- 54 Scene of the (original) crime
- 55 First word of hogmaney ditty
- 56 CrazySexyCool girls
- 57 Shade
- 58 Conclusion
- 59 Olde-style affirmative
- 60 Kryuchkov was its chairman 1988-91
- 61 MGM's mascot
- 62 Small hotel
- 63 Land of Cain's exile
- 64 Talk

Sudoku Answers



Gwan Ching Lee

We can't give you a puzzle without providing the answers. So here is the completed puzzles from this month's issue of AsiaLIFE.

7	2	3	9	4	6	1	8	5	9
6	9	3	8	1	2	7	7	6	3
1	6	8	7	2	5	9	3	4	5
2	7	6	8	9	4	5	1	3	8
4	3	5	1	7	2	6	9	8	7
8	9	1	5	6	3	4	2	7	1
3	8	3	6	9	7	2	6	2	8
1	4	8	5	1	9	7	3	8	6
9	6	2	8	2	6	8	4	1	5
5	4	2	6	3	7	8	1	9	4

EASY

7	2	1	6	3	5	8	6	4	9
6	9	5	1	4	8	2	9	7	3
3	6	8	6	9	4	7	4	1	5
5	8	6	3	7	9	1	6	4	2
4	2	6	1	5	8	9	3	7	8
1	3	7	2	4	9	5	4	6	8
8	9	3	7	5	1	4	2	8	6
3	8	6	9	7	3	4	1	5	2
1	4	8	2	4	5	7	6	1	8
9	6	2	1	4	8	3	6	7	5

EXTREME

'Nuff Said



Tips #1

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Happy Khmer New Year
this month.

Sou Sdey Chnam Thmey

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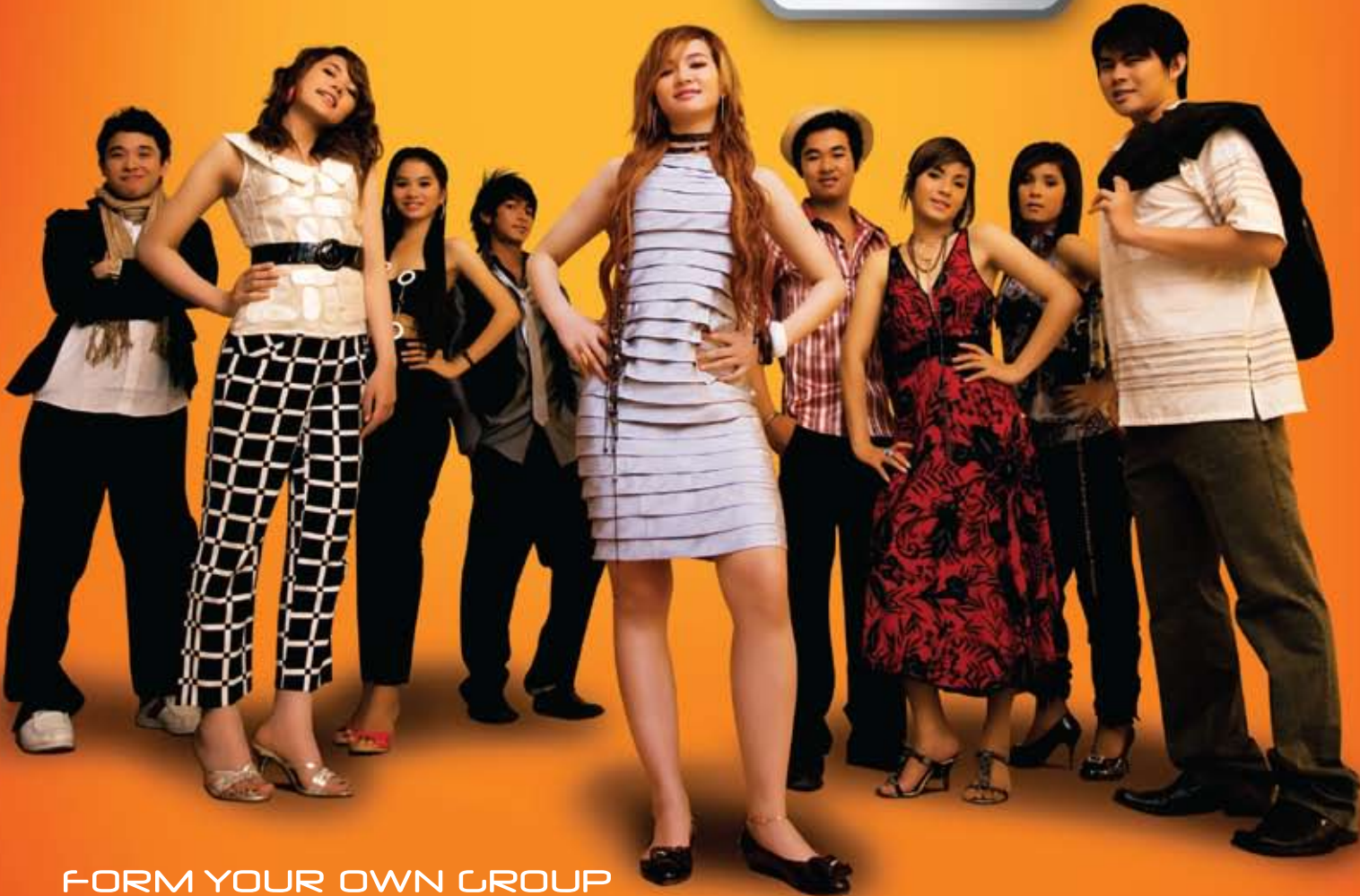
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