

PHNOM PENH

# ASIALIFE guide

052009  
ISSUE 29

*Pride*



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

Snowy  
Hip Hop  
Halong Bay  
Bargain Buckets  
Mekong Swim

# What's on in May!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
 <p>EXHIBITION OPENING 6pm by Paul Stewart</p>	28	29	30	1	 <p>Fresco Chillout Sessions! BKK1 only 5-9pm Everyday</p>	<p>SUNDAY SEAFOOD SEMILLON BRUNCH @fcc</p>	
 <p>Fresco Chillout Sessions! BKK1 only 5-9pm Everyday</p>	5	 <p>Joco Wednesday PACHARAN Tapas &amp; Bodega</p>	 <p>Fresco Chillout Sessions! BKK1 only 5-9pm Everyday</p>	8	 <p>MEKONG PIRATES @fcc</p>	<p>Blokes.Balls.Beers</p>	
11	 <p>Fresco Chillout Sessions! BKK1 only 5-9pm Everyday</p>	13	14	 <p>Fresco Chillout Sessions! BKK1 only 5-9pm Everyday</p>	 <p>Blokes.Balls.Beers @fcc</p>	17	
 <p>chow Happy Hours 4 - 8 pm daily</p>	19	 <p>Joco Wednesday PACHARAN Tapas &amp; Bodega</p>	21	 <p>JURAM jam chow</p>	 <p>JURAM jam @fcc</p>	 <p>Fresco Chillout Sessions! BKK1 only 5-9pm Everyday</p>	24
25	26	 <p>Fresco Chillout Sessions! BKK1 only 5-9pm Everyday</p>	<p>cuban night with dj felipe PACHARAN Tapas &amp; Bodega</p>	 <p>DI FELIPE @chow</p>	 <p>MAMMA MIA! @fcc</p>	<p>Blokes.Balls.Beers</p>	31



The FCC, more than just a bar!



get more today!

015|016|081

ផ្ញើសារ hello

ប្រាក់លាន

million families

You can win the

100,000,000 RIELS

Over 600,000,000 RIELS in cash and prizes

Grand Prize!

Contest period 01/04/09 - 30/06/09.

How to Win

Simply refill a minimum of \$2 to join Daily, Weekly and Grand Prizes lucky draws. Join the happy hello family today and win!

JUST REFILL AND WIN!

The more you refill the more you can win.

It's easy! Just refill to win millions in cash prizes

Grand Prize 100,000,000 riels x 1

Weekly Prizes 10,000,000 riels x 13

Daily Prizes 1,000,000 riels x 91

Plus thousands of other great prizes

\*Terms and conditions apply. Visit www.hello.com.kh for full details.

It all starts with hello

## Editorial

IN MY PREVIOUS LIFE – the one before Cambodia – I had pretensions of being a novelist. One of my plot-lines involved a central character that was gay. I pitched it to my agent. “No. Won’t work. Everyone will think it’s a gay novel. Nobody who is straight will read it. Full-stop.” I took my agent’s advice a bit too far, perhaps and haven’t written a novel since.

Again, when we established AsiaLIFE in December 2006, I floated the idea of including a gay section – in the Pink was its working title – to my business partners at the time. Once again the answer was ‘no’. It’s too risky for a fledgling magazine, they said.

Over two years down the line and, at last, AsiaLIFE Guide has come out of the editorial closet. After all, it’s no longer such a big issue, is it?

In researching this month’s cover story, Johan Smits experienced that some mind-forged manacles still persist. One prominent member of the gay community asked not to be interviewed, others were happy being interviewed but did not want their photographs published. Without exception it was gay men who were showing reticence. The reason being that they did not want to cause problems for their work colleagues. The expat lesbian community of Phnom Penh seems to be more out there.

As the issue evolved, it became clear that various members of the gay and lesbian community had differing views of the way they, and their sexuality, were perceived by the non-gay community here – although “curiosity” was a recurring theme. The katoy, or ladyboy, is well-rooted in Cambodian culture. Has this led to a stereotypical labelling of homosexuality that is ill-informed, and in the view of at least one person interviewed, a mockery of their very being?

Not since our Empowerment issue (AL#20) have I felt the same tingle of anticipation about how this issue will be received and perceived by you, our readers. It has been a long-time in coming.

I thank all those who agreed to be interviewed for the cover story, and in particular to Johan for all his hard work. I have absolute confidence that you will find this issue particularly interesting and hope that we have helped to move the debate a little distance from the transsexual cliché. If you do wish to respond to the article and enter the debate as to what life in the Penh is like for gay expats, please join the debate on our forum at: [www.asialifeguide.com](http://www.asialifeguide.com). Who knows, maybe it will inspire me to start writing a novel again.

Mark Jackson  
 Publisher – AsiaLIFE Guide

# contents

in the penh

calendar

storyboard

coverstory

food corner

40

scrapbook

bar stool

48

kaleidoscope

50

leisure & wellness

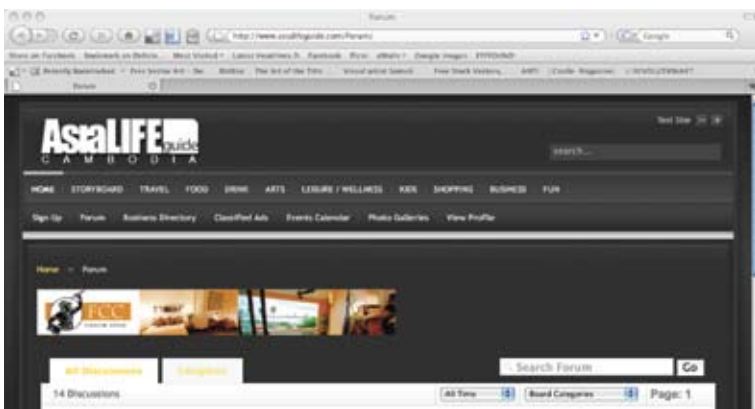
56

next generation

20

28

62





no tourist in sight

think expats



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

Aim for a different target audience. For advertising contact us at: [qudy@asialifeguide.com](mailto:qudy@asialifeguide.com) or 012 960 076.  
Get involved online at [www.asialifeguide.com/forum](http://www.asialifeguide.com/forum). Pick up our new **What's On Map** this month.

# PHNOM PENH AsiaLIFE guide

**Publisher & Editor-in-Chief:** Mark Jackson  
mark@asialifeguide.com  
Tel: 017 828 237

**Managing Editor:** Naomi T. Robinson  
naomi@asialifeguide.com

**Associate Editor:** Johan Smits  
johan@asialifeguide.com

**Art Director:** Keith Kelly  
keith@asialifeguide.com

**Sales Manager:** Qudy Xu  
qudy@asialifeguide.com

**Sales:** Sorn Chantha  
chantha@asialifeguide.com

**Photographers:** Nathan Horton, Virginie Noel & Conor Wall

**Proof Reader:** Coral Glennie

**Accounts & Distribution:** Seang Seyha

Special thanks to: William Bagley, Sam Campbell, David Flack, Darren Gall, Sowon Hak, Trevor Keidan, Will Koenig, Gwang Ching Lee, Nora Lindstrom, Sam Moffet, Nicky McGavin, Sylvia Nam, Our Books, David Preece, Jessica Rendell, Rapid Regis Seng, Vuth, Nick Walsh, Sarah Wong and Sok Yeng – for their contribution to this issue.

For advertising enquiries call **Qudy** on 012 960 076 or Chantha on 012 576 878.

If you want a copy of AsiaLIFE Guide Phnom Penh delivered to your doorstep email: mark@asialifeguide.com

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

**On the Cover:**  
Cover photography by So Shoot Me Studio. Art Direction/Design by Keith Kelly.

**Partners:**



AsiaLIFE is a registered trademark.  
No content may be reproduced in any form  
without prior authorisation of the owners.  
© Mekong Media Company Ltd.

shopping

64

business

69

getaways

73

map

86

unplugged

83

- 32 Restaurant Guide
- 33 Review
- 35 Bargain Bucket
- 42 Bar Guide
- 43 Bar Talk
- 44 Grapevine
- 51 Bootleg
- 52 Culture Guide
- 53 Arts Diary
- 57 Leisure & Wellness Guide
- 58 Beauty Spot
- 59 Nick Walsh
- 60 Sam Moffett
- 63 Next Gen Guide
- 66 Shopping Guide
- 70 Business Guide
- 71 Trevor Keidan
- 76 Getaway Guide
- 83 Letter from America
- 84 Challenge Nora
- 85 This Month in History
- 88 Horoscope
- 89 Sudoku
- 89 Quiz
- 90 Crossword

home is where The SHOP is  
- since 2001 -  
bakery and delicatessen # 39, street 240, Phnom Penh  
023 986964 or theshop.cambodia@gmail.com to place your orders



## The Month That Was

monologues, anzac, puppets, cigars, global child



■ **THE VAGINA MONOLOGUES** ⚡  
With two sold out nights, a full matinee and US\$5,000 raised for Women Peacemakers NGO, the Phnom Penh edition of the Vagina Monologues might just have been last month's biggest event. Organised by AsiaLIFE Guide's very own Nora Lindstrom, the play was performed as part of the international V-Day movement to end violence against women and girls. The Messenger Band, Cambodia's first all-female protest song folk group, opened the shows to loud applause. Comprising of garment factory workers, or former garment factory workers, their a-cappella songs added a Cambodian element to the predominantly expat show.

While the Vagina Monologues addresses serious issues such as sexual identity, sexual freedom and violence, it presents these

fundamental issues in an accessible and entertaining way. Some strong moments in the show included Sharon's "Surprise Triple Orgasm" moan, as well as the much quieter "Phnom Penh Single Expat Moan", followed by rapturous laughter. The show took the mixed expat and Khmer audience through layers of experiences and emotions, ranging from the woman who looked at her vagina for the first time and entered "Vaginal Wonderland", to the woman whose husband didn't like hair, to flooding accidents, to the story of a man who loved vaginas, and from experiences of sexual bliss to the use of rape as a weapon of war in former Yugoslavia.

"It calls itself the Monologues, but the play is an ongoing conversation that invites everyone, men and women, to participate,"



said Isabelle Skarbuskis, the play's director. "In our performance, we offer you the questions – but from there, the journey is yours." The money raised will contribute to reduce violence against women in Cambodia. – VIRGINIE NOEL.

■ **ANZAC DAY** ⚡  
Anzac Day was celebrated in traditional manner with a dawn service at the Australian Ambassador's residence in Phnom Penh on Apr. 25. Those attending the service then retired to the Sunway Hotel for breakfast. Australian Rules fans had a choice between the Winking Frog and the Gym Bar to watch Collingwood Magpies play Essendon Bombers. The Bombers came from behind to win a rousing encounter 93-88 to tie the teams at seven wins a-piece with one draw in their Anzac Day encounters.

Most then took the opportunity for a quick nap before heading off to Talkin to a Stranger where ABAC (the Australian Business Association of Cambodia) hosted a barbecue.

■ **PUPPET PARADE**  
Screaming children heralded the arrival of a giant catfish rampaging through the streets of Siem Reap on the evening of Mar. 28. No, this is not the plot of a Korean schlock horror film, but the Giant Puppet Project Street Parade, a children's community arts project that has been gaining in size and prominence since founding in 2007.

The almost 10-foot long, illuminated catfish was joined by his giant puppet friends from sky and sea, a greater adjutant bird, a Siamese crocodile, rare flowers, stars and planets, a dragon boat,



Indonesian pianist and tenor at Almond Hotel on Apr. 25

and a road safety puppet all led by a 15-foot dancing Hanuman, the white monkey king. Late renowned Cambodian artist, Svey Ken also made an appearance accompanied by his real life son, Svy Piseth, on one of the floats.

The project is the creation of residents Sasha Constable and Stuart Cochlin, and London-based artist Jig Cochrane. This year it brought together 530 children from 14 different organisations around Siem Reap to build the nine giant puppets premiered at the parade.

Kicking off from beside the Old Market, the parade toured through Pub Street before rejoining the river road and wending its way up to the Raffles Grand Hotel. The children held their illuminated puppets up high and danced through the streets of Siem Reap. The joyful scene of colour, dance, song and light drew tourists and locals alike out of shops, bars and restaurants to cheer on the jubilant children.

Each of the puppets is designed to represent educational themes such as road safety, endangered species and environmental awareness. The aim is to creatively introduce the children to issues that are rarely discussed in Cambodian culture.

“We’re teaching the kids that they can manage something that looked impossible to them at the beginning of the workshops – building a giant puppet. That way we can help them to build self-esteem”, says Jig, the project’s art director, who flies in from London every year especially for this event – NICKY MCGAVIN.

#### ■ GLOBAL CHILD

Pleasant surprises awaited all those who braved the downpour and attended the opening of the Global Child student photography exhibition and silent auction at the McDermott Gallery, Old Market. The exhibition, Apr. 25 to May 1, displayed the work of five young Global Fund students,

following classes led by American volunteer Robbie Flick.

Most of the pupils had never really picked up a camera before the ten-week course. The star of the show was undoubtedly Vutha Ot (18), who seems to possess a rare gift for capturing a person’s essence.

The tall, open-faced student said he felt proud of the work he has done, and very pleased that it makes other people happy. The others also proved themselves equal to the task, with Numhearn Dourng (12) demonstrating a clear instinct for contrasts. One of her photos was a clear favourite among visitors. Chamroun Reach (13) displayed a pleasing playfulness in her work, while Soda Chhoun (13) showed a shy sensitivity. Confident, young Marot Bun (14) exhibited an interesting eye for the abstract. The photo he took while on a visit to Toul Sleng is striking on a number of levels.

They all seemed a little surprised at the level of interest shown in their work, and looked visibly exhausted at the end from having to answer so many questions from enthralled visitors. Exhausted, but happy, they were a credit to themselves. – NICKY MCGAVIN

#### ■ NAGA CONNOISSEURS

An exclusive cigar bar joined NagaWorld’s ever-expanding list of options away from the roulette table last month. General Manager, Steve Cheng, who unveiled the Aristocrat Cigar Bar on Apr. 5, is clear about the market he is targeting. “The Aristocrat is a special place for the upper class to gather,” he said at the opening. “It will slowly become a club-house for the elite.”

Light and airy the bar lacks the stuffy atmosphere of gentleman’s clubs around the world. With cigars starting at US\$10, rising to US\$60 plus for Cuban cigars, prices are not necessarily prohibitive.

*Aristocrat Cigar Bar, NagaWorld, Hun Sen Park. ■*





Richard proposes today's special at 

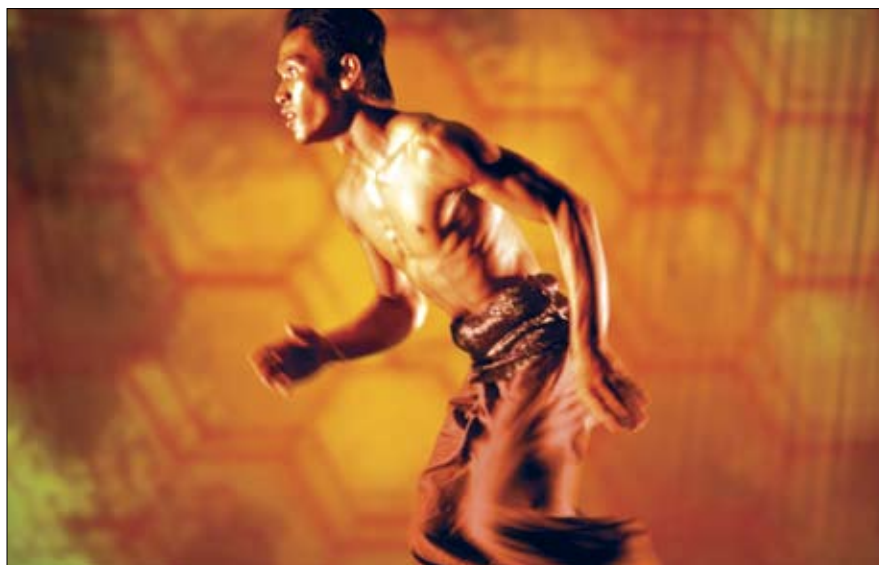


**Bai Thong**  
INDOCHINESE & FRENCH CUISINE

100-102, Solhearos Boulevard  
Phnom Penh, Cambodia  
T 855-23 21 10 54 HP 855-12 666 390  
bailthong@online.com.kh

POWERED BY 





Dansez Roam! – contemporary art performers wowed the crowds at the Chenla Theatre on Apr. 24 and Apr. 25



**rather** not think about it?


When it comes to retirement planning many of us are guilty of putting it off until tomorrow.

Put off by the thought of inflexible pension plans? Don't want to tie up large sums of money for the long term?

Most retirement plans today offer the flexibility and access you need to cope with life's changing circumstances.

At Infinity, we're here to help you find the best retirement solution so that your future is secured without any hassles and headache.

**infinity**  
FINANCIAL SOLUTIONS

An associate of Infinity General Insurance 

Thailand +66 (0) 2 261 1571 | Malaysia +60 (0) 3 2164 6585 | info@infinsolutions.com | LOFSA License No.BS200548

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

## News & Events

vespa, bosbapanh, retro, mamma mia, superfly, noises off, phu quoc, dignity

### ■ GREEN VESPA

In response to the recent spate of networking events, Alan at the Green Vespa has declared the first Thursday in each month a non-networking night. Come incognito, leave your business cards at home and keep your conversation to accepted pub talk – sports, girls / boys and music. The first drink is on the house.

Alan has also made the last Friday in the month regulars' night. Letting the lunatics take over the asylum, Alan will have a night on the other side of the bar while Vespa regulars take care of the customers. Fun, games and surprises with two-for-one canned beer and pour-your-own shots from 6pm with any food order.

*Green Vespa, 95 Sisowath Quay*

### ■ BOSBAPANH AT TOPAZ

French restaurant, Topaz, and 12-year-old, Khmer soprano Bosbapanh are collaborating to raise funds for Cambodian arts and artists on Jun. 5 at 7pm. The fundraising recital was initiated when Bosbapanh heard about the difficulties facing a family of Cambodian classical artists whose house burnt down. Using the launch of her 2007 Concert VCD, Bosbapanh will give a recital to raise funds to be donated to the Cambodian Foundation for the Arts.

This organisation promotes all the arts in Cambodia as well as providing mutual assistance to artists in need. This year, the Foundation will support the

family of Em Theay, her daughter Thong Kim An and her granddaughter Noam Naroath. In late March, these three generations of Ramayana dancers and singers lost everything they had in the fire.

Em Theay, 72, has been featured in numerous Cambodian dance books and TV documentaries, and is one of only 10 percent of Royal Court dancers to survive the Khmer Rouge. To help Em Theay and her daughters, as well as to support the Cambodian Foundation for the Arts Bosbapanh will give a recital of popular Cambodian and international classics. Accompanying her will be Topaz's in-house pianist, Bosbapanh's group of classical musicians

and her accomplished younger brother, flutist Panhlauv, age 8. The concert will include a range of music from the elegant songs of King Sihanouk to traditional mohori Khmer lullabies, eternal songs from an international repertoire and Bosbapanh's own rendition of La Vie en Rose.

Topaz Restaurant's Executive Chef Alain Darc will compose an innovative dinner with signature dishes in harmony with the recital. Tickets for the recital and dinner are US\$100 per person and include a cocktail reception, a gourmet three-course dinner and wine.

*To book (essential – Topaz Restaurant, 182 Norodom Blvd., Tel: 023 221 622; 012 346 555 or email: manager@topaz-restaurant.com*

## If you like AsiaLIFE then you're going to LOVE us!



Media Publications  
Advertising Sales  
Events Planning  
Graphic Design  
Marketing  
Writing



For more information contact Mark Jackson

Tel: (Cambodia) +855 17 828 237 • Tel: (Laos) +856 207 863 576

mark@asialifecambodia.com • markbjackson@gmail.com



■ **RETRO NITE**

Get down and boogie the night away at Raffles Hotel Le Royal on May 9. Organised by ISPP, the event is open to all and includes food, drink and prizes, all for only US\$45, available at ISPP.

Call Kathy at ISPP on 012 675 838 for more information.

■ **MAMMA MIA**

Further evidence of the FCC's expanding range of activities aimed at drawing in a more expat clientele is Mamma Mia sing-along night on May 30, starting at 7.30pm. The night, held in association with AsiaLIFE Guide, includes a screening of the hit musical starring Meryl Streep featuring a medley of Abba songs on the big screen at the FCC's rooftop terrace. Don't worry if you've forgotten the lyrics, as they are printed Karaoke-style at the bottom of the screen.

The F's Michelle Duncan promises prizes for the best and the worst fancy dress costumes. Anyone brave enough to don a long, blonde wig, high heels and tight pants will see the US\$2 entry fee waived. Michelle, who hopes the event will be the start of many rooftop film events, says that there will be a sting in the tail at the end of the screening. With a 5pm to 9pm happy hour and DJ Illest mixing some Abba classics until late, there really is something for everyone. Dance away under that disco ball, while gazing across to the moonlight silhouette of the National Museum in the background.

FCC Phnom Penh, 363 Sisowath Quay

■ **MOTHER'S DAY BRUNCH**

Raffles Hotel Le Royal is celebrating Mother's Day on

May 10 with a special brunch. A free Rossini cocktail greets all attendees, who will also receive a voucher for 50 percent off all Raffles Amrita Spa treatments, valid until Aug. 31. Children can also decorate their own cake in order to say thank you to the most special person in the World. Running from 11.30am to 3pm, tickets cost US\$26+ per adult, with children under 10 years of age eating for free.

Raffles Hotel Le Royal, Tel: 023 981 888 ext. 1442 or email: dining.leroyal@raffles.com

■ **SUPERFLY**

May 16 sees the launch of a new monthly "Superfly" night featuring international DJs Clockwork Soul and Juveris at Pontoon Lounge. Playing an eclectic mix of funk, soul, disco, boogie, Latin, breaks, and everything in between, Pontoon's owner Eddie says that this will be "the best and most original dance music the capital has ever heard." Pontoon will get a makeover for the night with additional sound installation, lighting and projected visuals.

Pontoon Lounge, on the Tonle Sap (bottom of Street 106)

■ **NOISES OFF**

The Phnom Penh Players latest thespian venture will be a performance of Noises Off. Written by English playwright, Michael Frayn, Noises Off is a comedy play within a play that shows the madness associated with the night before a big performance. Directed by Stewart Jordan, proceeds from the performance will go to support local Cambodian performing arts. This year, they are raising

money for Epic Arts, a group that works with deaf and disabled young people in Kampot. "Noises Off is a great farcical play, full of adult humour and laughs," says Stewart. "It's the first time I've directed a play, but fortunately we have a great and experienced cast, along with a large crew of behind the scenes help to organise everything else that needs to be done, so they're making my life very easy."

Stewart adds that there is still time for people to get involved in set design, construction and costumes. As time of going to press the venue for the play was still unsure, although performances were slated for May 29 and 30.

To get involved or to discover the venue, email: phnompenhplayers@hotmail.com

■ **DIGNITY**

Norwegian social-anthropologist and freelance journalist, Tone Ulland, has been working in Cambodia for three years now. The mother of four has been interested in marginalised children, since she worked with street kids in Mozambique and adopted a street boy together with her husband.

Since her first visit to the Steung Meanchay rubbish dump she has wanted to write a children's book for the children living there. The book, co-written with a girl who used to work at the dump, is now finished. A fantasy book for preschool children, in Khmer and English, Tone hopes the book will build the self-esteem of the poorest children in Cambodia. An exhibition of photographs taken at the dump, entitled 'Dignity', will be on display at

Café Living Room throughout the month.

For more information about the book, contact Tone at: toneulland@hotmail.com.

■ **GETTING TO PHU QUOC**

Now that the border crossing at Prek Chak has opened to international visitors, getting to the beautiful island of Phu Quoc has become simpler and cheaper. Before the border was opened, visitors needed first to travel to Ho Chi Minh City before flying to the Vietnamese island. Now it's possible to drive from Phnom Penh to the border near Kep in approximately three hours (taxi for US\$45). From there it's best to stay overnight in Ha Tien before taking the 8am speedboat, which takes an hour-and-a-half (US\$12). The Prek Chak border crossing is open from 6am to 6pm, although you need to get your Vietnamese visa in advance in Phnom Penh. ■



**DISC kit UNT**

**CUT & SAVE COMING SOON!**

For more detail please call +855 98 320 656 or simply e-mail to [discountkit@email.com](mailto:discountkit@email.com)

**Looking for Health Insurance?**

Health • Home • Car • Hotel • Factory • Employees

**Adapted Solutions Tailored to Your Needs. A Western Expert on Your Side.**

**AG SERVICE**

INSURANCE AGENT For **ASIA INSURANCE (CAMBODIA)**

Hotel Cambodiana, 313 quai Sisowath, Bureau N°3 (Facing Tennis) Phnom Penh

Contact us now for a free quotation!  
**Call 017 360 333**  
**016 953 585**  
**info@ag-service.org**  
**Visit: ag-service.org**

# Openings

naga spa, mazinga, double xl, starbucks

## MAZINGA

This small, unpretentious Thai restaurant opened recently close to the riverfront. The menu includes a range of Thai dishes at reasonable prices, such as green curry for US\$3.25. The menu also has a smaller range of Khmer dishes. Sounds like a bargain bucket of the future! Open from 6am to 11pm.

*Mazinga Thai Restaurant, 6 Sot-hearos Blvd., Tel: 089 693 697*

## DOUBLE XL

Belgian chef Yves who used to run the XXL along the riverfront and on Victory Hill in Sihanoukville, has opened yet another larger-than-life restaurant. Despite its name the latest restaurant is quite petite – seating 28 – and reservations are recommended at lunchtime in

particular. Anyone who frequented either of his previous restaurants will need no persuading to try his latest venture. The cuisine is a mixture of seafood, house favourites and Belgian classics, such as fish waterzooi (US\$14). All come in extra large portions. If you have room after your main you can always try Yves' famous chocolate mousse (US\$4). The restaurant also has a good selection of Australian and French wines. Open 5pm til late.

*Double XL Café, 138 Street 118, Tel: 023 301 001*

## STARBUCKS

No need to travel to Bangkok. The first Starbucks opened in Phnom Penh last month. Perversely just as chains of the Seattle coffee franchise are closing in the West, 'Starbucks'

opened here on the ground floor of The Place on Sihanouk Blvd, with comfy seats and WiFi. Fans will need no introduction. Coffees come in three sizes with latte from US\$2 to US\$3.50 and regular coffees from US\$2 to US\$3. Open from 8am to 10pm. Just don't tell the guys from Seattle.

*Starbucks, Ground Floor The Place, Sihanouk Blvd.*

## THE SPA AT NAGAWORLD >>

NagaWorld opened its spa on Apr. 24. Speaking at the opening ceremony, NagaWorld's President and CEO, Tan Sri Dr Chen said that the promotion of the ancient Cambodian spa therapy could attract many tourists to the Kingdom. "There is much whisper of a Thai spa therapy or a Japanese hot sauna," he said

at the ceremony. "It is timely to promote this concept of the ancient Cambodian spa therapy in this culturally rich country." In what he claims to be the only all-suite unisex spa in Cambodia, which offers sauna, steam, Jacuzzi and other therapeutic services in a "one-stop entertainment complex," Tan Sri Dr Chen believes that NagaWorld will help promote the image of ancient Khmer massage globally.

Certainly judging by AsiaLIFE's visit, no expense has been spared in creating a luxurious atmosphere. The therapy rooms with sauna, steam and flower bath are inviting, and the spa incorporates both water and flowers well. The spa uses Tomichik flowers in part of its treatment, claiming that these have natural soothing and healing properties.

**ARTISANS ANGKOR**  
Cambodian Fine Arts & Crafts

Up to **60% off**

**Annual Sale**

from 16<sup>th</sup> until 23<sup>rd</sup> May 2009  
9.00 am to 6.00 pm

- ⇒ Silk Clothes
- ⇒ Scarves
- ⇒ Home Furnishing
- ⇒ Stone Carving
- ⇒ Polychrome Statues
- ⇒ Lacquered Panels

at **Le Mansion** in front of National Museum

Tel: (855) 63 963 330 / info@artisansdangkor.com / www.artisansdangkor.com

Did you know that Java offers...

cinnamon rolls yogurt chocolate fondant  
apple cake rye bread quiche banana muffin  
wholemeal bread baguettes muffins strawberry  
crumble focaccia chocolate brownies panini  
tiramisu white chocolate cheesecake ...and more!

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

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





# Control your empire for \$199\*

**SIGN-UP PROMOTION**  
With every new package, get a free gift:  
LCD TVs, laptops, iPhones, Wi-Fi routers and many more.  
Call us at 023 888 181.  
Conditions apply.



For just **\$199** per month, **EZECOM CORP** gives you: symmetrical speeds, ultra-high performance over ADSL or Fibre, 24/7 technical support, preferential data routing, premium service standard guarantee, 30 mailboxes with 300MB storage each, 20MB web space, support for multiple users and access to data centre solutions.

For more information on our **CORP** packages, please log on to [www.ezecom.com.kh](http://www.ezecom.com.kh)

\*Conditions apply.



# calendar

## May

pride 09, eu films, hip hop festival, openings, live bands, and mamma mia ... here we go again!

sunday

monday

tuesday

wednesday

thursday

27

28

29

30

**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**

31

**Glory Hole Gay Night at Pontoon**

**InterContinental Curries of the World**

03

**Hatton v Manny Pacquiao**  
Watch the big fight at Winking Frog from 9am. Tickets (US\$10) include roast pig dinner and two San Migs

**Seafood Semillion Sunday**  
First Sunday of every month at the FCC from 1am to 3pm, all-you-can-eat seafood, plus free-flowing semillion

**Intercon Sunday Brunch**

**Salsa Sundays**

04

**Revolution Poker Night**

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

05

**Cinco de Mayo**

**EU Film Festival**  
Films from around Europe with English sub-titles at Le Cinema (see page 53 for details)

**Talkin Head Trivia**  
Pit your brains against the QuizMaster 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**

06

**EU Film Festival**

**Vespa Wine Wednesday**

**Pacharan Loco Wednesday**

**La Croisette Live Music**

07

**Studies of Decay**  
Exhibition by Liz Wuerffel opens at Java Cafe & Gallery at 6pm

**Buildings**  
Exhibition by Kong Vollaak opens at the CCF at 7pm

**Non-Networking Nights**  
At the Green Vespa – no business cards or business-talk, first drink on the house

**EU Film Festival**

**Glory Hole Gay Night at Pontoon**

10

**Mother's Day**

**Mother's Day Brunch**  
At Café Monivong from 11.30am to 3pm, US\$26 per adult, kids under-10 eat for free

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

**Salsa Sundays**

11

**Pride 09**  
Film festival and art exhibition at Meta House and plenty of partying at venues around town (See pages 26 and 53 for details)

**Revolution Poker Night**

12

**Royal Ploughing Ceremony**

**Pride 09**

**I Am Pride**  
Exhibition as part of the Pride 09 Festival opens at Meta House at 6pm

13

**King Norodom Sihamoni's Birthday**

**Australian Women's Connection (AWC) Lunch**  
Every Thursday at the Hotel InterContinental from 6.30 to 10.30pm

**Pacharan Loco Wednesday**

**La Croisette Live Music**

14

**King Norodom Sihamoni's Birthday**

**Exhale**  
Exhibition by Meas Sokhorn opens at The Chinese House at 6.30pm.

**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**

17

**Phnom Penh Hip Hop Festival**

**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

18

**Phnom Penh Hip Hop Festival**

**Revolution Poker Night**

**Vespa Malt Monday**

19

**Talkin Head Trivia**

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

20

**ABAC Wine and Cheese**  
At the InterContinental – book through Derek (Talkin to a Stranger) Tel: 012 385 157

**Phnom Penh Hip Hop Festival**

**Vespa Wine Wednesday**

**Pacharan Loco Wednesday**

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

21

**Phnom Penh Hip Hop Festival**

**InterContinental Curries of the World**

**Glory Hole Gay Night with Cabaret Dancers at Pontoon**

24

**Northern Soul & Motown**  
DJ Clockwork Soul plays Winking Frog from 12pm to 8pm, with plenty of Vespas

**Phnom Penh Hip Hop Festival**

**Pontoon - One Drop Sundays**

**Salsa Sundays**

**Intercon Sunday Brunch**

25

**Revolution Poker Night**

**Vespa Malt Monday**

26

**Topaz Piano**  
Indonesian pianist plays the Piano Bar, Topaz Restaurant

**Gym Bar Quiz**

**Alley Cat Rib Night**

27

**Vespa Wine Wednesday**

**Pacharan Loco Wednesday**

**La Croisette Live Music**

28

**DJ Felipe**  
Plays Chow from 8pm

**Wine-Makers Dinner**  
At Pacharan – four courses with matching wines for US\$35 from 7.30pm

**InterContinental Curries of the World**

**Glory Hole Gay Night with Cabaret Dancers at Pontoon**



CAMBODIA'S HOTTEST SPOTS  
 CONNECT TO THE WORLD  
 IN STYLE AT  
 ONLINE HOTSPOT ZONES



## friday

### International Labor Day

**Hellhounds @ Velkommen Inn**  
**Orphan Smiles**  
 Exhibition by Khmer artist Nasy Radet opens at Equinox at 7pm  
**Bert Bevans**  
 Ex-Ministry of Sound DJ plays Pontoon Lounge from 9pm  
**Dignity**  
 Exhibit by Tone Ulland opens at Living Room  
**Messenger Band**  
 Khmer band plays Gasolina from 7pm  
**Alley Cat Friday Devious Dice**  
**Winking Frog Live Band**

## saturday

### 02

**Twist it Up Party' Hip Hop Night at Pontoon**  
**Winking Frog Live Band**

### 08

**Visak Bochea Day**  
**DJ Clockwork Soul**  
 U.K. DJ plays the Pontoon Lounge from 9pm  
**Angkor & Encore**  
 Blues band plays Gasolina from 7pm  
**EU Film Festival**  
**Hellhounds @ Velkommen Inn**  
 Play Velkommen Inn every Friday from 8.30pm after 'beer o'clock'  
**Winking Frog Live Band**  
**Alley Cat Friday Devious Dice**

### 09

**Mekong Pirates**  
 Live at the FCC from 9pm to late  
**Retro Nite**  
 Dinner and dance at Raffles Hotel Le Royal for US\$45  
**EU Film Festival**  
**Twist it Up Party' Hip Hop Night at Pontoon**  
 Hip hop party hosted by Hydro Phonics with DJ Octo (U.K.) and live performance from Tiny Toones from 9pm  
**Winking Frog Live Band**

### 15

**King Norodom Sihamoni's Birthday**  
**Darren Mac**  
 U.K. DJ plays the Pontoon Lounge from 9pm  
**Hellhounds @ Velkommen**  
**Winking Frog Live Band**

### 16

**Sounds of Berlin**  
 DJ Nico plays the Club at Gasolina from 9pm to 1am  
**Superfly**  
 At Pontoon Lounge from 9pm  
**Artisans d'Angkor**  
 Annual sale is at La Mansion from 9am to 6pm, until May 23  
**Phnom Penh Hip Hop Festival**  
 Various events at Meta House, the CCF and Pontoon Lounge (see pages 50-51 for details)  
**Live Music at Revolution**  
**Winking Frog Live Band**

### 22

**Dimple**  
 Indian singer launches his third CD with a live gig at Talkin to a Stranger from 9pm  
**Tim Coates**  
 U.K. DJ plays Pontoon Lounge from 9pm  
**Juram Jam**  
 The voice of Saigon plays Chow from 8pm  
**Phnom Penh Hip Hop Festival**  
**Hellhounds @ Velkommen**  
**Winking Frog Live Band**  
**Alley Cat Friday Devious Dice**

### 23

**Phnom Penh Horns**  
 Groovy French band plays Gasolina from 7pm  
**Juram Jam**  
 If you missed him play Chow, catch him at FCC from 8pm  
**Twist it Up Party' Hip Hop Night at Pontoon**  
**Phnom Penh Hip Hop Festival**  
**Winking Frog Live Ban**

### 29

**Regulars Night**  
 At the Green Vespa – Alan takes a night off and the regulars run the bar  
**DJ Achaya**  
 Plays the sounds of Europe at Pontoon Lounge from 9pm  
**Noises Off**  
 The Phnom Penh Players perform the Michael Frayn play (venue still to be decided)  
**Hellhounds @ Velkommen**

### 30

**Twist it Up Party' Hip Hop Night at Pontoon**  
**Mamma Mia**  
 Sing-along to the Abba-inspired musical at FCC from 7.30pm, free entry for anyone in fancy dress (US\$2 for others), DJ Illest plays ABBA classics after the film  
**Noises Off**  
 The Phnom Penh Players perform the Michael Frayn play (venue still to be decided)



**CALL CENTER**  
 013 72 72 72  
 023 72 72 72

**Phnom Penh Head Office**  
 60 Monivong Boulevard, Phnom Penh, Cambodia  
**Siem Reap Office**  
 #8-9, Mendul 2 Village, Svay Dangkm Commune, Siem Reap  
**Sihanouk Ville Office**  
 Group 1, Village 4, Sangkat 4, Mittapheap, Sihanouk Ville

■ FOR DAILY UPDATES CHECK ONLINE AT [WWW.ASIALIFEGUIDE.COM](http://WWW.ASIALIFEGUIDE.COM)  
 TO GET YOUR EVENT ADDED EMAIL: [MARK@ASIALIFEGUIDE.COM](mailto:MARK@ASIALIFEGUIDE.COM)



# storyboard

## Streetsmart: Golden City

With street names like Silver and Topaz, the modern residential neighbourhood around Sovanna Mall seems built for opulence. Though the recession has left it rather empty of inhabitants, **Nora Lindstrom** finds the area is not without treats.



Enter the mall



Sushi on a conveyor belt

### ■ SOVANNA MALL

Opened around a year ago, Sovanna Mall is by far the most interesting shopping centre in town, and slowly increasing in reputation. Well worth a visit if only to marvel at its air-conditioned grandeur and one of the Penh's few glass-panelled lifts, it also acts as a safe haven from the city's hectic and dirty streets. Located off Street 271 next to Kossamak Hospital, the area can also be accessed by taking Street 199 from Mao Tse Tung Boulevard. The mall offers ample parking space.

The ground floor is dedicated to fast food and cosmetics, including branches of Café Sentiment (offering free WiFi) and Lucky Supermarket. The former is small compared to other

branches. The latter makes for a quick shop as the supermarket is spacious and the customers are few, however the range of products is not as wide as in the branch on Sihanouk Boulevard.

One of the more interesting establishments on the ground floor is Juice It! As the name suggests it serves a variety of delicious and healthy juices and smoothies, from US\$1.70. The drinks contain no added sugar, and are made from fresh fruits and vegetables, though dairy products are added to some of the smoothies. Wheatgrass shots, should be available in the near future.

Another place worth a visit is Sacu Sushi Japanese Buffet Restaurant, which features potentially the Kingdom's only

food conveyor belt. Small plates with sushi rolls as well as suki soup ingredients roll by as you sit on a barstool in front of your very own pot. From there on it's simply a case of grabbing what you like from the passing mix of noodles, vegetables, meat, fish, egg and sushi. The fun – ideal for kids – will set you back US\$9.60. This includes fried rice, a choice of soft drinks, ice cream and fresh fruit.

### ■ ONWARDS AND UPWARDS

The first floor hosts a large number of clothes shops, some of which sell surprisingly appealing tops and dresses for US\$5 and up. A branch of sports shop CityMart is also located on this floor, which like its sister establishment in Sorya Mall sells

sports clothes and equipment, as well as some utterly unrelated bits and pieces, like flatscreen TVs and office desks.

A further flight up you will find heaven for shoe-fanatics, as well as a cheap, coupon-based food court, while the third floor is where DVDs, CDs and console games live. Zebra Shop, selling Thai stainless steel pots and pans as well as a good selection of Penguin knives is also located on this floor. Finally the top floor offers some rather unappealing furniture in a strange hangar-like setting. Give this a miss, unless you take the lift all the way up for kicks.

The mall is open from 8am to 9pm, though some stores may open and close at different hours.





Etude – pretty in pink

Does what it says on the tin

■ STREETS OF GOLD

Outside the mall a few establishments stand out from the usual mix of mobile phone shops, beauty salons and clothes shops.

Opposite the main entrance of the mall is Snow Yoghurt. This sells frozen yoghurt in various flavours and with different condiments from US\$1.25. Given the amount of sugar in the yoghurt it's hard to call it healthy, but it is definitely very tasty and certainly worth a visit. It's open from 11am to 9pm. Next door is a conspicuous branch of the KFC fast-food chain which is rapidly

spreading across the capital like bird flu. The menu comprises all the usual suspects. It's open from 10am to 9pm.

Etude cosmetics shop on the south side of the mall, is a little gem. Bedecked in pink and white it makes you feel like you are in Marie Antoinette's boudoir. Products on sale include everything from cleansers, through facial masks, to make-up and nail polish in a large variety of attractive colours and lush scents. The decorative packaging adds to their appeal. Etude is a Korean cosmetics brand especially popular with younger consumers, though

there's no reason why women of all ages can't enjoy these good quality and moderately-priced products. It's open from 10am to 8.30pm.

For something a bit out of the ordinary on the beauty front, head to Monorom Massage on Street 199 for the infamous 'fish massages'. For US\$5 you get the privilege of lying in a pool whilst being nibbled at by hungry tiddlers. The treatment is good for exfoliating the skin, but is rather an acquired taste. For something more mainstream, opt for a traditional foot massage (US\$7), which also includes a

foot soak and leaves your legs feeling light and bouncy. Body massages (US\$8) and facials (US\$15) are also available, and the establishment has a sauna. It's open from 10am to 11pm.

Finally, Korean-run Cha Seok Hwan beauty parlour at the end of Silver Street is another good find, tucked away among the empty buildings. The small salon is impeccably clean and the products are of a high standard. The Korean hairdresser speaks very limited English, but the Khmer staff can translate. A professional hair cut with shampoo and basic styling is yours for US\$8. Cha Seok Hwan opens around 9am. ■

ROOMS  
SERVICE APARTMENT  
HOME CUISINE RESTAURANT  
CAFÉ

ហ៊ីលីងហ្គូម®

FEELING HOME

WHERE YOU BELONG™

Nº 156, St. 278 & corner of St. 63,  
Boeung Keng Kang, Phnom Penh  
Hp +855 17 81 70 70  
Tel +855 23 22 15 22  
luumeng@manco.com.kh  
www.feelinghomecambodia.com

## Phnom Penh Life: Sunset with Snowy

A man of many talents, **Ian 'Snowy' Woodford** hosts one of the best sunsets in the capital at his bar, while enjoying the stress-free life of Cambodia. Words by **Nora Lindstrom**.

**The 90s were pretty rough,” he says. “But there was a lot of work available and there were few people here**

“LIFE’S NOT BORING IN Phnom Penh, unless you are,” declares Ian Woodford, or Snowy as he is generally known as. The chatty Australian is almost as iconic to Phnom Penh as the Japanese Bridge that customers travel across to reach his bar, Maxine’s in Chroy Changvar. Recently turned 51, Snowy arrived in Cambodia in August 1993, initially to work as a contractor for the UN. His perilous, but ultimately successful, assignment was to move 150 UN vehicles through Khmer Rouge dominated areas from Stung Treng to Kratie.

“After the job was done I decided to stay, hang around and have a look, because the place was, well, definitely different,” he explains. “I was a bit overwhelmed by Cambodia, so after the job I went back to Australia, but I had to come back to see what was going to happen here. And then I got wound up in it.”

Snowy, whose nickname stems from the Snowy Mountains outside Sydney, initially spent his time in typical Phnom Penh expat-style doing all sorts, including teaching English and creating art.

“The 90s were pretty rough,” he says. “But there was a lot of work available and there were few people here.”

### ■ SUNDOWNERS ON THE SAP

In 2005, Snowy opened Maxine’s bar, named after his daughter.

“I was getting bored with the bars in Phnom Penh, so I decided to set one up myself,” he explains. “When I opened the bar across the river, it was considered a bit of a joke really.





## I was getting bored with the bars in Phnom Penh, so I decided to set one up myself

I knew I had to do something out of the ordinary with the bar, to get customers to go across that bridge, so I put a lot of energy into creating something special."

Though he didn't create the scenic sunset over the Tonle Sap visible from the bar's balcony, Snowy did decorate the place with 600 painted brass bells, other curious memorabilia, as well as his own artwork, making the bar truly unique.

With experience in different sectors of the 'alcohol industry' down under, Snowy says that he knew what he was doing all along. Four years on, it's clear his efforts have paid off, as the bar has a regular following and loyal clientele.

"People are addicted to it," he says, adding that most patrons are local expats, though more and more Khmers and Chinese are also finding the place. "I prefer expats to tourists, they're much easier to deal with. They know what they want."

From a wealth of stories and intriguing encounters, one of Snowy's favourite memories is when Khmer-American band Dengue Fever decided to play at Maxine's a few years ago.

"They came to Phnom Penh and had set gigs to do, but then they came to my bar, loved it, and decided they wanted to play here first," he explains. "I didn't know them, but my friend did and he pushed me to have the gig. We only had one day to advertise, and on the night at 8.30pm we only had about 15 people in the bar, but by 9 o'clock when they started the

whole road was jammed and the bar packed. The building was actually undulating. The police came, but when Chhom Nimol started to sing they just looked on, and Khmers in the neighbourhood also joined the crowd."

### ■ SPOTS AND SPARKLE

Running a bar is not the only dish on Snowy's plate. He devotes a significant amount of time to his chosen art form – pointillism. "I've been doing art for years and years, but really only got into it here because I had time," he explains. "Initially, I was drawing, but then I came up with the dots."

Influenced by Australian aboriginal art, and inspired by Khmer motifs and culture, Snowy then went on to perfect the dots, and create the imaginative artwork that lines the walls of the bar. He has also exhibited his art at Raffles Hotel Le Royal, and regularly sends artwork back to Australia for sale.

However, Snowy the artist is currently on hold as he puts his energy into revamping Maxine's.

"At the moment I'm just concentrating on the bar, and once I get that done I'll get back to the art, and once I've done that for a while I'll come back to the bar and change it again," he says.

Having spent 15 years in the Penh, Snowy has seen some big changes in the city – for the better according to him.

"I've seen a complete flip," he says. "It's paradise now, you couldn't have it better than this."

The easiness of life in Cambodia, as well as Phnom Penh's small town feel, keeps the lanky Australian here and he doubts he'll return to Sydney any time soon. "I haven't cooked a meal, washed a car, done laundry for 15 years, so I think I might find going back a bit difficult," he smiles. ■

## KNAI BANG CHATT

the essence of Kep



### SPECIAL OFFER

**One night / One room**  
@ USD 134.00 net per room / night

**Two nights or Two rooms**  
@ USD 110.00 net per room / night

#### Includes:

- Welcome drink / Fruit Basket / free WiFi
- Free upgrade upon availability to upper level at rate USD 225.00 net per night
- Pay half board (USD 20.00/pp) and receive full board
- Complimentary extra bed for Children
- Complimentary breakfast

#### Other Benefits:

- Take one massage and give your partner the second for free @ USD 19.00 / hrs
- Extra room for your children @ USD 75.00 net per room night
- Membership prices on our boat rentals at the Sailing Club from 10 to 50% off

Note: Prices incl. taxes / Cash payments appreciated.

Does your business need better exposure around town?

PHNOM PENH  
**AsiaLIFE**guide

Advertise, and put the spotlight on your business.

Contact us at: [qudy@asialifeguide.com](mailto:qudy@asialifeguide.com)  
or 012 960 076

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

[info@knaibangchatt.com](mailto:info@knaibangchatt.com) • [www.knaibangchatt.com](http://www.knaibangchatt.com)  
Tel./fax: 023-212194  
Cell: 017-917452 / 012-349742





# Being A Gay Expat in Cambodia

This month Phnom Penh celebrates Gay Pride 2009. Images of male drag and transsexual artists performing venues like Blue Chilli, Salt Lounge and Pontoon Lounge will fill daily newspapers and monthly magazines like this one. The presence of such images in the mainstream media, along with the attendance of politicians at gay and lesbian awareness events, indicates the strides that Cambodia has taken in accepting sexual diversity. However, within this tolerance lies a stereotypical assumption that is misleading, though seemingly commonplace throughout the region. Most homosexuals are not transsexuals, they do not cross-dress and they certainly do not perform on stage for a living. They are doctors, nurses, teachers and business people just like in the heterosexual community. What has been the impact of the cultural dominance of the katoy (or ladyboy) on the perception of homosexuality within the Kingdom? **Johan Smits** talks with gay and lesbian expats, single and married, from various cultural backgrounds to find out whether being homosexual in Cambodia is any different than it is in the West.

"I HAVEN'T REALLY ENCOUNTERED anybody who's bothered about it," says Lee. "Maybe that's because they [Cambodians] don't understand what it's about." Lee is twenty-nine and has lived here for over a year. She is gay. The "it" she is referring to is her sexuality.

Lee is far from alone in feeling that many Cambodians just don't quite get it. Michael is a forty-year-old New Zealander working in education. He has been in Cambodia for longer than Lee – six years. Like Lee,

he believes the way he is being perceived here is all to do with novelty.

"It's different from what the Cambodians know," he says. Despite this lack of understanding he detects a different kind of criticism here than at home. "In the West, kids are trained, early on, to be homophobic," he says. "Walking around with your arms around each other was just normal till you got to be about the age of ten, and then teachers and parents would tell the kids, 'don't put your arm around your mate, that's kind of gay'."

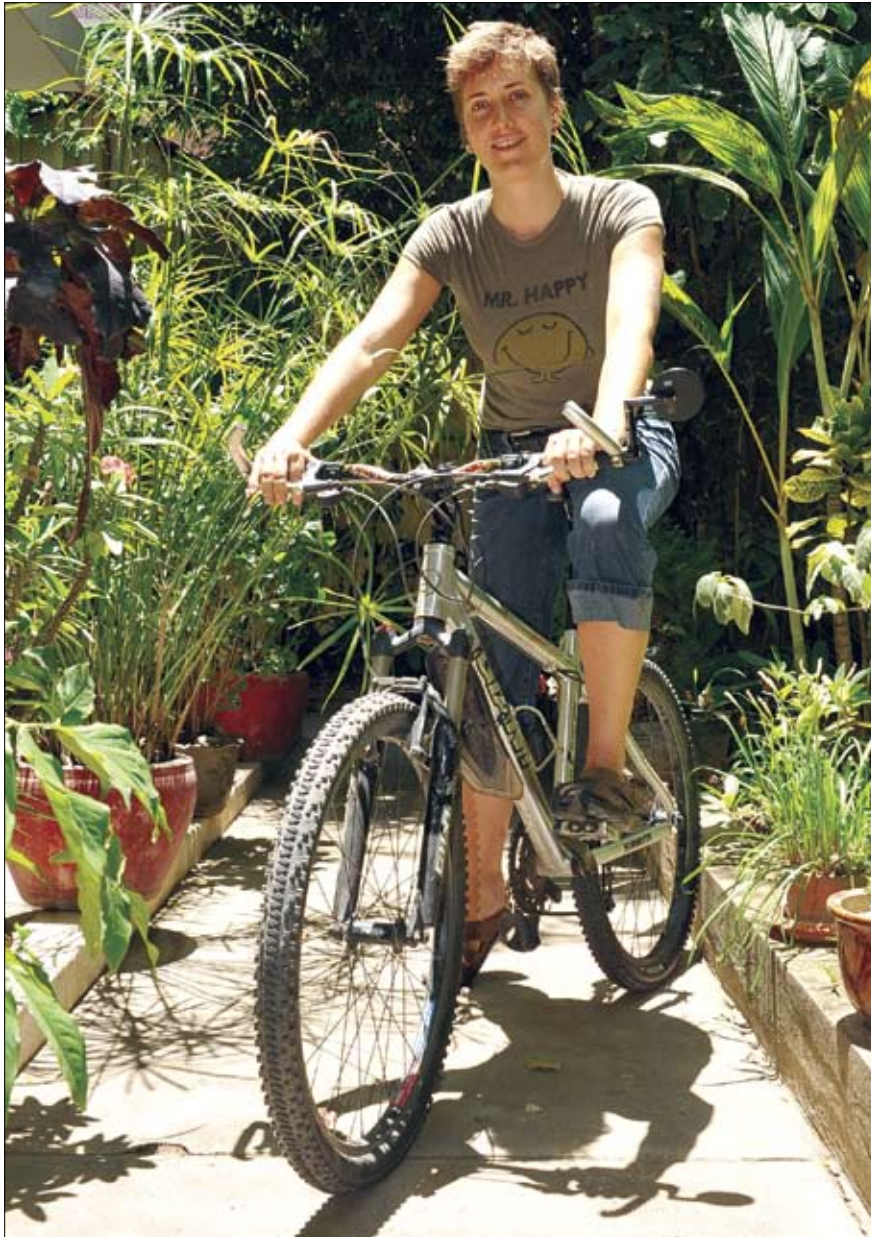
In Cambodia, it is commonplace for couples of the same sex to go

out holding hands in public, whether they are gay or straight. This makes it easy for gay couples to move around in public, as if they were just 'brothers' or 'sisters', but is this really what they want?

Isabelle is a thirty-year-old yoga teacher from Canada. While she may feel liberated walking along the street holding her girlfriend's hand, she regrets the lack of clear context in which her gender identity can be placed.

"There can be something safe and comfortable when you know 'this is who I am, this is how people are going to read me, this is the context they're going to give me', and I know how to work with that," she explains.





Isabelle – much easier to be gay

### ■ TABOO OR NOT TABOO, THAT'S THE QUESTION

For many expats, even discussing their sexuality is just not yet possible. Bob grew up in Myanmar, but is familiar with western society too. He has lived for seven years in Australia and is now in a relationship with Thomas from Germany. They're both around the same age, respectively thirty-two and twenty-nine. Bob thinks his native country and Cambodia are pretty similar in terms of cultural values and society. "It's never threatening towards gays and there's no hate, but at the same time it's very conservative, it's a taboo subject," he says.

While Thomas did not wear his love on his sleeve back home, it was at least a forum for discussion.

"In Germany I wouldn't go around declaring, 'I'm gay,' but there always comes

a point when you talk about it with colleagues or people you hang out with," he says. "This, you don't do here," although he is quick to add that it is not a subject that keeps him awake at nights.

Guillaume goes further than Bob and Thomas. Better known by his nickname 'Bébé', he has run several bars in Phnom Penh over the past ten years, as well as running guest houses in Kep and currently in Sihanoukville. Bébé regards Cambodians' "misconception of homosexuality" more an "incomprehension" than a taboo. He attributes it to a lack of cultural understanding and a social evolution that is still nascent. "The absence of culture with regards to sexual orientation makes being gay in Cambodia a subject of mockery, not opinion," he says. He believes that clichéd images of the effeminate gay are still very much in evidence here.

## If I'm a woman who sleeps with women, then one of us has got to be the man

### ■ WHAT'S IN A NAME?

Bébé's observation is reflected in the stereotypical gender roles foreigners feel are assigned to them here in same-sex relationships.

"If I'm a woman who sleeps with women, then one of us has got to be the man," says Isabelle. She finds that whereas being gay in the West it's very much about sexual identity, in Southeast Asia it is much more about gender identity. "People aren't going to associate you so much with whom you're sleeping than with the gender that you represent," she says.

Michael compares it to the time of his grandfather who never knew that he was gay because he didn't fit the cliché of the man in drag, the prevalent image of gay men at that time.

"To me I think it just shows a young culture – they haven't been exposed to lots of diversity and different ways of living," he says. "It just shows the immaturity of things, not in a patronising way, but that they're still young and formulating their ideas of how people are."

This view is echoed by Holly. Originally from the U.S., she has lived here for six years. A lot of the time local people think she's a guy, though this is something she has encountered before. "I had the same in West Virginia – I used to shoot pool with guys with shotguns in their trucks, who thought I was a boy – they're just so clueless," she chuckles.

The fact that in the Khmer language there is no word that means 'gay' the way it is understood in the West, underscores the focus on gender identity. With no real definitions for heterosexuals, homosexuals or bisexuals, roles of sexual identity seem to be more fixed.

"I think they struggle with the concept of two straight-looking guys sleeping in the same bed and having a sexual relationship on a regular basis," says Bob.

He relates an anecdote where he and Thomas ordered room service in a hotel, and the girl who served them didn't want to leave. "She was standing there, just out of curiosity," he laughs.

The drag figure and the 'katoy' [transsexual] is much more understandable in this society. As a result, many Cambodians would only perceive the 'feminine' guy as being gay, but not the 'masculine' one, claims Thomas.

Would a clearer terminology eventually lead to a better understanding of what being gay means? Fred is wary of superimposing a whole vocabulary that was created in the West. The forty-nine-year old American feels that some Asians may not want to buy into it. As the director of

one of Cambodia's leading performing arts companies, and having lived here for almost thirteen years, he is very much aware of the Cambodian cultural reality.

"We developed all this terminology," he says. "We're the ones who created the gay, the straight, the bisexual and so on, and now we've made other sub-terms of it – there's the rice queen, the potato queen etc." To him it's the very absence of those labels that is part of the beauty about Asians. "In fact there are many men who are very happily married, who also want to have sex with men sometimes. It's a very Asian reality."

#### ■ LOVE'S LABOUR WON

Michelle, thirty-two and Anandi, twenty-four, are both from Canada. They met here in Cambodia and tied the knot last month during a wedding ceremony on a boat on the Tonle Sap River. For Cambodia this is not like your everyday party, but the newlyweds received nothing but positive reactions from their Khmer friends who were invited and who took part in the celebrations.

"They were really congratulatory," says Michelle. "We were given cards, flowers and all kinds of stuff," she recalls. "They also giggled a lot of the time," Anandi adds.

This kind of reaction did not just come from people their age but from across different classes and genders who were all somehow represented by one person or another. I asked them if that also meant people understood what their gay marriage was really all about. "I think the people who were at our wedding understood that it was love," says Michelle.

She suspects that a lot of the time people focus only on the sex element when they discuss about being gay or straight, both here and in the West. "I believe it was a nice thing for them to see that it's about so much more than that, that it does involve love and emotions and feelings just the same way as between a boy and a girl."

I wondered if that made them confident enough to introduce one another as 'my wife'. For Michelle, at least in Cambodia, it would depend on who the people were, but back in Canada she would automatically introduce Anandi as her wife. Anandi was more reticent. "Sometimes it's better to ease that into a person," she explains.

By way of example she recounts how on her recent visit back home one of the first things she told her parents was that she was getting married. When asked what his name was, she answered 'her name is Michelle'. Anandi laughs at the memory. "They were like, 'so, you're getting married and you're gay? One at a time, kid!'"

#### ■ WOMAN'S BEST FRIEND

Despite the success of their wedding, Michelle and Anandi's story is an exception to the rule. The relationship issues that both gays and lesbians are facing in Cambodia seem to be no different than those of people looking for a straight relationship.



Anandi (left) and Michelle (right) – just married

When it comes to western-Khmer dating, gaps – both in culture and age – are immediately cited as obstacles. To Lee the very opportunity of meeting local lesbians hardly exists. "Maybe I've met two," she says. "I've been here for a while. You'd think you'd be able to meet a few more."

Not so for Holly – she reckons she knows more than forty Khmer lesbian couples.

"I meet them at WAC [Woman's Agenda for Change] functions and they all go to Gay Pride, drag shows and stuff," she says. "But they're culturally different from what I'm used to – I don't hang out with them, I just meet them."

Even, if you do manage to cross that cultural barrier, like with many straight relationships, the age difference kicks in. "They're all young, in their mid-twenties," says Michael. "People our age have probably been forced to get married," the 40-year-old opines.

Even when meeting other gay expats, age still comes up as a big spoilsport. According to Holly, most expat lesbians who are here bring their girlfriends with them. "If you're in your late twenties, it's no problem," she says, "but I'm not looking to get into a relationship with someone half my age." Michael agrees. He faces the same problem with men and is considering mov-

ing to another country because he doesn't want to end up alone.

Another exception to the rule is Helen. She's British, in her mid-thirties and met her Irish partner here in Cambodia. This month the couple will travel to the U.K. to enter a civil partnership. However, even she agrees that it's difficult to meet other lesbians of her age. She compares her Cambodian experience with other countries where she has lived. She claims there's a real lack of a formalised network here.

"Usually there's been a reasonably active NGO that is working a lot to try and raise awareness around the country to support

**In Germany I wouldn't go around declaring 'I'm gay,' but there always comes a point when you talk about it with colleagues or people you hang out with. This, you don't do here**





Helen (left), Lee (centre), Holly (right) and Banjo – united we stand

## I think they struggle with the concept of two straight-looking guys sleeping in the same bed and having a sexual relationship on a regular basis

tion of the gay community in Cambodia and that of the work he's been doing here in helping to revive Cambodian performing arts. "Even though our dance is very contemporary, it's still very much rooted in the classical form," he says. "The fact is that I can do that now, even when some people are mad at me, but that's normal, that's good, that's the actual discussion that needs to happen." He applies the same to the gay world and feels that some things can happen now that were not possible three to four years ago.

At the same time he believes that people need to be respectful. Change, he says, comes out of just being who you are. "It comes from a source of real integrity and a real desire to move forward. Then people will follow, because it's not being superimposed and it's real."

Not that everybody will be open to it. "Are they all going to tune into the TV station when it comes on television? Of course not. But I think more people will than you expect, because some of them are interested, some people are intrigued, and that will give them a chance to take a look inside that world." A world, he says, that not only consists of 'kato' and drag shows. "Transgender and all that, it's fine, that's part of who we are, but they should also see a slice of people who look just like them, who dress just like them, who have a good job, but they're gay, they're comfortable and they have a boyfriend." ■

### ■ GET INVOLVED

Do you have something to add or discuss regarding this story? Get involved online at <http://www.asialifeguide.com/Forum/> ■

people that are coming out, need help or counselling or whatever," she says. "I'm not really aware that there's anything like that in Cambodia, and yet the NGO scene is so active in so many other areas."

She too thinks that if you come here as a foreigner and want to be pro-active or just have the confidence to put yourself out there, it would be hard to get connected and make friends.

Holly sums it all up in a down-to-earth way. "I have to speak as a woman my age, right?" she says. "If you're a lesbian and you come to Cambodia – A, bring a partner; B, import a partner; C, get a dog; or D, don't come."

### ■ IT'S A YOUNG WOMAN'S WORLD

So it seems the world belongs to the young. It does for some. Anandi found it very easy to meet Michelle because she was 'in the scene', running a bar. Within three days of moving here, her social network was formed. She claims Cambodia to be the easiest place to meet girls, even better than Toronto.

Isabelle smiles when the topic arises. "You hear so much from single, straight women

about how frustrating it is to be in Phnom Penh, and I just laugh and say, you should try women because there are so many gay women here." She thinks it's probably much easier in Phnom Penh to be a single gay woman than a single straight woman.

As for the men, Bob and Thomas find it no trouble making contact here because it's a small community. Bob also mentions heterosexual friends who, when they know you're gay, may network for you and introduce you to other gay friends. To Bébé, the new opening of gay businesses makes it more and more possible to meet other gay expats.

### ■ PRIDE AND INTEGRITY

Holly, Lee and Michael are very enthusiastic about this month's Gay Pride. Michael hopes the event may help bring people together and establish more of a community. Michelle voices similar expectations. "It's such a transient life here, expats come and go. It's great Gay Pride is happening this year and I hope it can become something that will carry on," she says.

Fred too thinks it is fantastic. He sees very strong parallels between the evolu-

# Comme à la Maison

## Delicatessen

Restaurant, Deli Shop & Catering



13 St 57, Phnom Penh - 023 360 801 / 012 951 869  
[www.commealamaison-delicatessen.com](http://www.commealamaison-delicatessen.com)  
 Open daily from 06:00 to 22:30



# Drag Queen Divas

The increased number of gay-friendly establishments in the capital gives drag divas a chance to strut their stuff and change perceptions. Words by **Nora Lindstrom**.



**Cindy (left) – the queen of Phnom Penh's drag stars**

THE GAY SCENE IN Cambodia is growing, and fast. Where it hardly existed a few years ago, Phnom Penh has recently seen an increase in gay bars, as well as further popularisation of gay culture. Parallel to this, drag shows have become more common, to the extent that you can now get a dose of drag every night at a variety of venues in the capital.

## ■ SPARKLING BLUE

“I have a soul for drag,” declares Oak, owner of Street 178 gay bar Blue Chill, where he also performs. “Three years ago when I first came to Cambodia there wasn’t much in terms of gay life here, so I thought, ‘Why don’t I do something for the gay community?’” the Thai national explains.

Thus he opened Blue Chill, the cool and classy mainstay of the gay community in Phnom Penh. The drag shows didn’t start until early 2008, however, in an attempt to offer something different and attract more customers to the bar at weekends. “We now do drag shows on Friday and Saturday nights, and each week we have a new show. That’s why customers keep coming back, because the show is always different,” he says.

Performing in drag was not something Oak had done before, in fact it was a far cry from his former office job in Thailand.

“The first time I performed in drag I was very shy but I believed I could do it. Now, our show is very popular,” he says, adding that all the fancy costumes and dresses are made expressly for the shows.

Along with Oak, bartender Dee Dee is one of the regular performers at the bar. “One night when I was working I ended up dancing on the bar,” he says. “I took some of my clothes off and the crowd loved it – that made me very happy, and I thought I might do it again.”

A friend then suggested Dee Dee should wear some make-up when performing. Although he was initially hesitant, he slowly started dressing up more and more. “At that time there were no drag shows in Phnom Penh, it all started here at Blue Chill,” Oak says. “Now I really enjoy performing, I want to make our customers happy.”

According to Oak, the shows at Blue Chill attract a mixed audience of gays, straights, men, women, locals and foreigners. The

atmosphere is generally festive. “I think people outside our [gay] community think our performances are strange and funny, but I don’t think they see them as ‘bad’, we don’t get hassled,” says Dee Dee. Both he and Oak believe it is now easier to be openly gay in Cambodia. “At first my family was doubtful, but now they are okay. It’s better to be gay and good, than straight and bad,” Dee Dee smiles.

## ■ BREAKING NEW GROUND

Well before drag shows were established at Blue Chill, however, Cindy was blazing the trail for the art in Cambodia. “I’ve been performing for a long time,” the former dance student says. “The first show I did was at Casa Club by Wat Phnom – maybe ten years ago.”



Since then, Cindy has challenged traditional perceptions of the gay community in various ways and become something of a poster boy for the community in Cambodia. He even appeared on a local TV show about sexual identity.

"Before people used to think ladyboys were not good," he explains. "But over the years many people have seen us and realised we're not crazy, we're normal people."

Despite his modest demeanour, Cindy is a natural performer. "I started by doing theatre when I was young, then I got into make-up, costumes and hair. Initially, I was inspired by the Spice Girls," he says.

Cindy's sister Cheata also performs. Unlike her brother, she has completed the gender transformation. "I'm 100 percent woman, so performing comes naturally," she says whilst showing off some of her latest moves.

The siblings used to perform regularly at their own bar Madame Cindy's, but since its closure last month they are back to doing mainly private shows. "There is a lot of demand, from hotels and embassies, so I do around two to four shows per month, but I'm also training others," Cindy says.

#### ■ GOING MAINSTREAM

Pontoon Lounge, on the river, is one of the more mainstream establishments hosting regular gay nights featuring cabaret-style drag shows. Every Thursday, the bar transforms into the Gloryhole, where Jojo, Gege and Rosa entertain punters by dancing and miming to songs decked in wigs, sequins and high heels.



What's new pussycat?

Jojo, who dresses as a woman in her daily life too, has been performing in drag for around a year.

"I'm usually a bit nervous at the start of the performance, but then I warm up and begin to enjoy it," she explains backstage whilst getting ready for the show. "I don't care what other people think, I like myself like this. Performing is a kind of art for me, but it comes straight from the heart."

Gege is similarly unconcerned about people's perceptions of her.

"I like performing," she says. "I've wanted to dress this way since I was small, in fact, when I was younger I used to try on my mum's clothes."

Both Gege and Jojo have had surgical help in achieving their feminine looks, and are keen to show them off. In addition to performing at Pontoon, the good friends do nightly shows at local club Classic, on Street 19. The Gloryhole performances however allow them to flaunt their dance moves to a wider audience, as the Classic shows are more geared to a Khmer crowd. "I like to dance sexy on stage," says Jojo, while Gege admits to being more into dancing to romantic songs.

Rosa, who the others affectionately call "the big jar," is another veteran among drag queens. "I like everything about performing in drag. Singing, dancing to music, wearing wigs and girly dresses, feeling sexy on stage," she says. "For me, it's a way to express myself."

Although she only gets her dresses out for performances, Rosa identifies herself as a woman. Like Oak, she thinks that there is less discrimination than before. "We also have a strong community. We're like brothers and sisters," she adds.

Cheata and Cindy echo the sentiment. "It's a good time for us just now," they say. "Through our shows, Cambodians are increasingly interested in and aware of our community and see us as regular people." The drag divas are driving the rainbow revolution in Cambodia it seems. ■

## Pride 09 Programme

THE LGBT (LESBIAN GAY BI Transsexual) community is this year launching PRIDE 09 starting on May 12 with activities and events spread out over six days. According to the organisers the events will be both fun – parties and social nights – and educational – films, exhibitions and workshops. They hope to inspire the gay and lesbian community to be proud of their sexuality. One of the key aims of the events is to explore ways of developing a variety of services to strengthen the community in Cambodia and to help them access the services that are already available to them.

The most ambitious so far in Cambodia, this year's Pride aims to raise awareness of the specific issues facing Khmer lesbians. PRIDE 09 will have woman's issues and spaces in all of this year's events such as films, female artists and workshops dedicated to lesbians in Cambodia.

"We are not here to say whether we are gay, lesbian or bisexual, because many people fear rejection from family, teachers or friends, but with this event I think it's an opportunity to have that space, to see that you're not alone," says Piseth, one of the organising members of the PRIDE 09 committee. "There will be activities, performances, video – it's a way of showing people that there is a history of gays. It hasn't happened yesterday or today."

Srorn is one of the male initiators of PRIDE 09. He works for Marie Stopes International, an NGO providing sexual reproductive health services and family planning. He hopes that this year's events will let Cambodians acknowledge gay men and women in Cambodia. "Lesbians in Cambodia can't talk much about their rights – they don't know where to go to or who to talk to," he says.

Unlike in western countries there will not be a grand parade through Phnom Penh. "It's been decided that this is not appropriate for Cambodia this time," says Collette, an expat member of the committee. However, there will be plenty of fun activities for those wishing to get involved.

**May 11 to 17** – Gay Pride Film Festival at Meta House. (See Arts Diary page 51 for details)

**May 12** – Meta House launches an art exhibition at 6pm. The exhibition runs until Jun. 6.

**May 13** – Men's Health Social Services (MHSS) through MStyle will host the opening show and party at their venue on Street 95 (near Toul Sleng) from 9.30pm.

**May 14** – Party at Pontoon Lounge for Gloryhole, Phnom Penh's only regular gay club night from 10pm

**May 15** – Extra-special drag show at Blue Chilli, Street 178 from 10pm.

**May 16** – Official Pride Party at Pontoon Lounge from 9pm until the early hours.

**May 16** – Bandanh Chaktomuk, Cambodia's first national grassroots network for men who love men, will be holding workshops for Cambodia's lesbian and gay community. Times and venue to be confirmed.

**May 17** – Chill out and recover with a picnic at Pontoon Lounge on Sunday afternoon. Bring your own food and drink from 4pm.

**May 17** – Mr. Gay Cambodia Contest at Salt Lounge (217 Street 136). Watch the King (or Queen!) of Phnom Penh Pride 2009 get crowned.

Check [www.phnompenhpride.blogspot.com](http://www.phnompenhpride.blogspot.com) for updates. ■

# M-Style

Launched last November by international NGO Family Health International (FHI) as a co-branded project with local NGOs, interest in the M-Style network initiative has exceeded expectations organisers say. Words by **Nora Lindstrom**.

"M-STYLE IS A PROGRAMME THAT provides comfortable spaces for MSM [men who have sex with men], where they can access information, especially about sexual health," explains Phal Sophat, executive director of Men's Health Social Service, one of the organisations involved in M-Style. Membership at the six M-Style clubs is currently over 1,000, and rising.

Although project funding is based on improving sexual health in the target group, its impacts are much wider. Phal Sophat describes M-Style clubs as places for MSM to share their experiences and support each other. There are currently five clubs in Phnom Penh and one in Banteay Meanchey.

"In addition, we have M-Style role models," Sophat adds. "The purpose of these is to showcase people who are openly gay. Some MSM are scared, but they can look up to the role models and see how they have solved particular problems."

Members of the clubs tend to be in the 19-to-25 age range. They include ladyboys, gays and bisexuals. Phal Sophat estimates there may be as many as 140,000 MSM in Cambodia, though many remain hidden. At the launch of M-Style last year FHI Associate Director Caroline Francis stated there were around 20,000 people who said they were MSM in the country, around 9,000 of them lived in Phnom Penh. Through M-Style, the organisers hope information and support about issues affecting MSM will reach a wider audience.

## ■ HANGING OUT

According to Sophat, one of the main issues



**M-Style organisers providing information**

MSM face in expressing their sexual identity is discrimination and resentment from the family and immediate community. "But I don't think society discriminates against MSM, because there are no rules or laws that punish or condemn those who are MSM in Cambodia" he says.

For many M-Style members, the clubs offer a non-judgemental space in which to hang out and meet new people. One member who wished to remain anonymous said he also came for his health, as he wanted support and advice before taking his first HIV test. "I'm here to share my experience with

others, and to learn from their experiences," another member said.

The clubs organise regular educational sessions, parties, and support group meetings. In the near future, M-Style will also go on the road, travelling to provincial towns around Cambodia to promote and widen the network. "The road show also aims to target discrimination and stigma, promote safer sexual behaviour as well as encourage increased health seeking behaviour among MSM," says Helena Horal, a Programme Officer at FHI.

The interactive website is a key part of the programme. It contains helpful advice and information on a variety of topics, including on coming out, having safe sex, cool bars and clubs, and the latest fashion. An important feature is the members-only chat room. Members can also create online profiles for further networking and send questions to M-Style experts on topics ranging from health through fashion to love and relationships.

"The website is especially good for reaching hidden MSM, who for one reason or another can't come to the M-Style clubs," says Phal Sophat. Hidden MSM in Cambodia include many married men, who are bisexual.

Sophat admits that despite its valuable function, the website is only accessible to a minority of the target group that have internet access. Nevertheless, with over 18,900 hits so far, as well as a thriving online community, the website is clearly meeting a demand.

For more information visit: [www.mstylekhmer.com](http://www.mstylekhmer.com). 📌

**La Croisette** international bar & restaurant since 1997 - 241 Quai Sisowath - Phnom Penh - Tel: 023 220 554




- free Wifi
- great coffee / breakfast / lunch / dinner
- happy hour 8pm - 10pm:
- cocktails \$ 3.50
- Tiger beer \$ 1.50
- every Wednesday 8pm: Live music
- every 1st Saturday: Soundz of Berlin (hosted by DJ Nico from Metahouse)



# food corner

## The Dirty Dozen

Since we started 'Bargain Bucket' in January 2007, AsiaLIFE's mini-review of the Penh's best cheap eats has become essential reading, featuring Malay, Chinese, Japanese, Thai, Khmer, Indian, Filipino, Vietnamese, Indonesian and even Burmese options. This month we have flipped through past issues to select the 12 best bargains in town. Vote online for the Golden Bucket – details at the end of the article.



Win Myanmar



Baan Yai Thai

■ **ISSUE #3**  
**Sophia's Kitchen**

For over four years, Sophia has served high quality, cheap Malay and Chinese food in her small canteen-style kitchen close to Central Market. The menu only has eight dishes, but at these prices who can complain. The daily changing specials come with a dessert and are particularly good value. As you would expect from a native of Penang, the laksa is highly authentic and the serving large. Packed with plenty of fried tofu and noodles, there are even a few clams beneath the surface of the coconut and chilli flavoured broth.

*Sophia's Kitchen, 13E Street 81*

■ **ISSUE #5**  
**Sam Doo**

Among the Central Market area's predominantly northern Chinese eateries Sam Doo is an exciting find. Specialising in dim sum and with a wide range of other Cantonese dishes as well as Szechuan dishes on offer, Sam Doo is a low-priced option. The basic décor, whiteboards displaying the specials and jumble of fish tanks

at the entrance all enhance Sam Doo's cheap and cheerful atmosphere. Bamboo baskets of freshly steamed dim sum such as har cao (prawn dumplings), siew mai, bbq pork buns and Phoenix dumplings each contain three or four pieces. In addition, wonton, noodle and barbequed meat soups in different combinations are available.

*Sam Doo Restaurant, 56-58 Kampuchea Krom (Street 128)*

■ **ISSUE #6**  
**Mamak's Corner**

Popular, buzzing, Mamak's Corner is consistently packed with patrons enjoying cheap, tasty, halal Malaysian fare. Accompanied by a moderately spicy curry sauce liberally poured all over the fresh, thin egg parcel, the roti telur is particularly good. The mee goreng mamak is another bargain meal with a choice of meats or seafood, and is similar to pad thai, albeit with egg noodles in place of rice noodles, and is spicier. In addition to the small menu, a buffet is available with dishes including the slow-cooked beef rendang and fried fish. The

price is dependent on the dishes you select. A milky teh tehrek (Malaysian tea) is the perfect beverage with which to wash down your meal, Malaysian style.

*Mamak's Corner, 17 Street 114*

■ **ISSUE #7**  
**No Name**

On asking the owners what the name of this basic Khmer eatery was, they replied "no name," which I guess is just about as good as anything else. Set in a quiet residential area No Name serves delicious Khmer cuisine at a bargain price. Good choices include plates of tender barbequed beef or eel. In true Khmer fashion the serving sizes are large enough to share. For its off the beaten track locale, the restaurant is consistently full of patrons, and they'll even switch the TV channel to BBC News should a group of barangs grace its presence. Not one for those wanting stylish décor or air-con, but great for a really local dining experience.

*No Name Khmer restaurant (behind Ministry of Land Management), Cnr Street 95 & 436*

■ **ISSUE #8**  
**Win Myanmar**

For a downtown curry on the cheap – slightly removed from the norm – look no further than Win Myanmar Restaurant. It's small and very spartan with cheap and simple dishes. Western, Indian and Khmer dishes are on the menu too, but for the taste of Myanmar try one of the Burmese curries or snacks. Different curries are available on different days of the week, ranging from fish and prawn to egg, pork and chicken. At the time of our visit pork and pumpkin was the curry of the day. The meat was simmered for hours, so tender it literally fell apart, and was topped with a mild curry sauce. Try the Kimma paratha, shredded chicken inside layers of flaky paratha bread. The restaurant offers free snacks consisting of basic salads, all-you-can-eat rice with every meal and free home delivery.

*Win Myanmar Restaurant, 23Eo Street 110*

■ **ISSUE #9**  
**Baan Yai Thai**

Tucked down a quiet street south

of Mao Tse Tung, Thai cheapie Baan Yai Thai serves basic and bargain priced food. It has recently introduced an all-you-can-eat lunchtime buffet. Standard Thai dishes such as a great chicken red curry and pad thai make this a good lunchtime choice if you are in the vicinity of the Russian Market. Set in a wooden house location, diners can choose between sitting outdoors or heading upstairs to lounge on colourful floor cushions on an open-air balcony.

*Baan Yai Thai, 13 Street 99*

■ **ISSUE #16**

**Chinese Noodles**

Chinese, Khmers, and expats pack into this tiny piece of paradise for authentic and inexpensive Chinese fare, prepared with little fuss or frills. Thick and savoury homemade La Men noodles are kneaded, stretched, cut, and cooked by hand out front of the restaurant. Each and every noodle is a little piece of heaven. Soups are accompanied by tender duck, pork, beef, mushrooms or, for the more daring, intestines and pig stomach. Huge platters of fried noodles with veggies and your choice of meat provide an equally palatable option. While the staff can barely speak a word of English, simply point out what you want on the two-page plastic menu and it will be delivered to your table in a flash.

*Chinese Noodles, 553-551 Monivong Blvd*

■ **ISSUE #19**

**Dosa Corner**

True to its name the dosas here are absolutely fabulous. These thick and fluffy South Indian crepes, traditionally eaten at breakfast, are generally made from fermented rice and urad bean and then fried on a skillet. At Dosa Corner they come with sambar – a tasty pea and vegetable stew – and three chutneys with complementary tastes. Coconut chutney is sprinkled with mustard seeds and has a grainy texture and subtle, sweet flavouring. Green mint chutney features mint leaves and coconut milk. Spicy chutney is made from chilli and onions, with a great kick. Not limited exclusively to delectable dosas, a large range of South Indian food is also on hand, with quite a bit that is vegetarian friendly. The interior of Dosa Corner has much more charm than your average bargain bucket with light blue walls adorned by Indian artwork and atmospheric ceramic light fixtures.

*Dosa Corner, 5E Street 51, near Wat Lanka*



**Dosa Corner**

■ **ISSUE #21**

**Warung Bali**

The best and possibly only place in town for genuine Indonesian food, Warung Bali brings the tastes and flavours of authentic Indonesian cooking to Phnom Penh. Perhaps the best part of Indonesian cooking is its sweet soy sauce. Known as kecap manis, it comes in red ketchup-like bottles and can be found in many of the restaurant's dishes. To best taste this special ingredient, order ayan makar keap/Bali, with its tender pieces of chicken smothered in the sauce. While this dish is not the most photogenic looking, it is wonderful. Mie goreng is fried noodles with seafood, Indonesian style chicken, and plenty of vegetables in a mild but tasty sauce. Gado gado features steamed mixed vegetables with a hefty topping of peanut sauce. The restaurant has many more vegetable dishes, perfect for hungry vegetarians. Waiters are amiable and friendly and service is speedy.

*Warung Bali, 25E Street 178*

■ **ISSUE #22**

**Singapore Kitchen**

Recently moved to a new location – to the west of Monivong Boulevard, this restaurant specialises in classic Singapore hawker food, the new improved Kitchen has a more relaxing atmosphere than its previous incarnation. Gone has the basic working-man's-cafe interior, to be replaced by the feel of a traditional Chinese Inn. But, don't worry the food is still the same high quality, with the same Singapore-Chinese chef. While the laksa is the classic dish – full of wholesome ingredients and with a great spicy, creamy sauce

– those wanting a more subtle flavour could do worse than trying the Hainanese chicken rice. This simple dish comes with a clear broth to cleanse the palate. Open from 11am to 9.30pm, the Kitchen does delivery as well.

*Singapore Kitchen, 110 Street 360*

■ **ISSUE #25**

**Ko Ko Ro (Mr. Sushi)**

When you enter Mr. Sushi's little restaurant, you might be forgiven for thinking you have just walked into some Tokyo suburb rather than Phnom Penh's Sihanouk Boulevard. The unpretentious decoration and sometimes shambolic presentation only adds to the atmosphere. Ko Ko Ro has two menus, one with combination dishes and the other à la carte. The combinations cover a wide variety of food including curries, tempura, beef and pork, fish, sushi and sashimi, and vegetables, prawn and chicken dishes. All come with soup, rice and a small side dish. The sushi à la carte menu ranges from egg or squid sushi to sushi rolls such as tuna, salmon and red snapper. The sashimi à la carte includes red snapper, salmon, tuna and roast beef sashimi. Wash down with Japanese vodka.

*Ko Ko Ro, E018 Sihanouk Boulevard*

■ **ISSUE #27**

**Famous Beef and Noodle Soup**

Unpretentious and modest to the extent that it lacks a proper name, 'Famous Beef and Noodle Soup' is a long-time favourite among Penhites. The short menu features beef, chicken, and vegetarian pho, as well as a few other dishes, including, somewhat bizarrely, tortellini al formaggio. As the name of the place declares, it is the noodle soup that you come here for. This traditional Hanoian dish is served in a large bowl and can be enjoyed for breakfast, lunch or dinner. Essentially a broth-based soup with thick rice noodles, vegetables and your choice of meat, beef pho is the most common variety. In addition to the bowl of soup, your pho comes with a separate plate of fresh condiments, such as chilli, onion, bean sprouts, and basil, which you add to taste. On the table, there are a variety of sauces and spices so you can prepare your pho just the way you like it.

*Famous Beef and Noodle Soup, Street 178*

■ **ISSUE #28**

**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. Open from 7am, the real action starts around 11am. 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 the menu changes daily. Most dishes are served with rice. Mild flavours are preferred over excessive spice. The ingredients are fresh, and the vegetables are not overcooked, retaining their taste and crunch. The owner is keen to point out that she doesn't use any MSG.

*Cucina Filipina, 217 Street 302, closed Sunday*

## The Golden Bucket

Vote online at [www.asialifeguide.com](http://www.asialifeguide.com) for the Penh's best bucket. The winning restaurant will get a certificate as the best bargain dining option in town. A meal for two will be awarded to the first winning contestant plucked from the hat. Voting will take place throughout May, and the winner announced in the July issue of AsiaLIFE Guide.



# Food Talk: Offers You Can't Refuse

**Lau Two**, the Al Pacino of Asia and chef at Singapore Kitchen, may not know who his Hollywood doppelganger is, but he certainly knows Singaporean food. **Nora Lindstrom** sits down for a chat with Phnom Penh's Scarface.

"HOW TO FRY FLAT noodles, that's the only thing my bloody father taught me!" exclaims Sin Chong Weng, owner and chef of the recently relocated Singapore Kitchen. Not that anyone knows him by that name, as he is generally referred to only as Lau Two, in reference to him being the second oldest in a Singaporean family, or Al Pacino to his western friends.

For a small guy, the Straits' born chef is a regular spitfire. Looking precisely how Al Pacino would if he were Asian, the 65-year-old father of three, only got married some five years ago. Like his Hollywood double he is a workaholic. Lau Two spends 10 to 12 hours each day at his restaurant. Keen to cook with the freshest ingredients, he personally goes to the market up to four times a day. Allegedly, the only time he ever takes a holiday is during Chinese New Year.

Another trait he shares with his more famous lookalike is that he doesn't mince his words.

"I was tricked into coming to Cambodia," Lau Two says. "I was told by a friend that there were lots of opportunities here for eateries." So he packed up his restaurant in China and relocated to the Penh. "But the location of the first Singapore Kitchen on Monivong Boulevard was not good. There was no parking, and I didn't make any money," he says. Concluding that his friend was wrong, Lau Two closed the first Singapore Kitchen and returned to his native city-state.

## ■ THE GODFATHER II

So why is he back?

"I got a second call from my friend," he admits. This time around, however, with improved premises, business is booming.

"We're meant to open at 10am, but customers come at nine already. Many people who come



The Al Pacino of Singaporean cuisine



**We're meant to open at 10am, but customers come at nine already**

for lunch return for dinner as well. Even the Singaporean Ambassador eats here," he says.

Expanding upon the only thing he was taught by his street vendor father, Lau Two serves 1960s style Singaporean street hawker food in a basic but pleasant setting. "I can't think beyond Singaporean food, it's so unique," he says.

## ■ SINGAPOREAN HAWKER FOOD

Like the population of his home country, Singaporean cuisine is a fusion of several traditions, including Chinese, Balinese, Malaysian and Indonesian. One of the most popular dishes is Hainanese chicken rice (US\$3), in which a small chicken is marinated through a special process to

make the meat 'odourless' as well as very tender and smooth.

Oyster omelettes (US\$5), another typical Singaporean dish are also served, though Lau Two laments the small size of Cambodian oysters. Other popular and tasty choices include seafood laksa (US\$3), Hokkien fried prawn noodles (US\$3), fried carrot cake (US\$2.50) as well as charcoal steamboats of various kinds. To help the customer navigate the extensive menu, there are little thumbs up-signs next to the most sought-after dishes. Chilli crab Singaporean style can also be had, but must be pre-ordered.

Lau Two is said to be famous in Singapore for his noodles. "He does them just the way my father likes them," a friend and regular customer said in praise. The chef himself admits to being a fish man, and is planning on adding some new dishes on the menu to reflect this.

Like customary street grub, the food at Singapore Kitchen

is delicious no-nonsense fare, though with a big difference – it's clean, hygienic and made only with fresh ingredients. The restaurant itself is set up like a Chinese guesthouse, with regular seating as well as a private room on the ground floor, while the mezzanine offers Japanese style seating on the floor and is great for larger private parties.

In addition to Lau Two, some 15 staff work at the restaurant, including two local chefs who prepare the Khmer dishes that are also featured on the menu. Singapore Kitchen further offers catering at various functions, such as US\$6 all-you-can-eat buffets, as well as home and office delivery.

"I make a bit of money now, so I'm a happy man." Lau Two concludes on his re-opened restaurant, before dashing off to the market to re-stock on fresh vegetables.

*Singapore Kitchen, 110CD, Street 360. Tel: 092 201 304, 017 821 480*

Discover Child Prodigy

# **bosbAPANH**

Khmer Coloratura Soprano

Performing Khmer  
and International Works.

Launch of DVD  
**DREAM** ត្រង់ ត្រង់

## *Recital la vie en rose*

**Exclusive Charity Benefit  
Dinner @ Topaz**

In harmony with an innovative menu  
created specially for this evening by  
executive chef Alain Darc.

**Friday, June 5th, 2009 @ 7pm**  
**\$90\* / Person**  
included cocktail, recital, dinner, wines

**Profits to benefit the  
Khmer Foundation for the Arts.**

THE FRENCH CONNECTION™

**TOPAZ**  
RESTAURANT & PIANO BAR

N° 182, NORODOM BOULEVARD  
T 023 22 16 22 F 023 22 16 99 - [manager@topaz-restaurant.com](mailto:manager@topaz-restaurant.com)  
FOR RESERVATIONS 012 408 555 - 012 346 555

POWERED BY **thalias**




More information [www.bosbapanh.com](http://www.bosbapanh.com)

\* Plus 10% VAT



# restaurant guide

## key to symbols

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

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

### 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**

**Fritz**  
67 Street 240, Tel: 012 524 801  
Dutch-run, restaurant specialising in authentic Khmer cuisine. Serves very good amok. It has cookery classes too. Open 10am to 11pm. **02**

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

**K'NYAY**  
25K Suramarit Blvd. (Street 268),

Tel: 023 225 225 or 092 665 225, [www.knyay.com](http://www.knyay.com), [knyay@hotmail.com](mailto: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 specialities. 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](http://www.malisrestaurant.com)  
Beautiful modern Khmer restaurant with a courtyard set around narrow water channels and decorated with terracotta floor tiles. Inside there are four aircon rooms if the mid-day sun gets too much. The cuisine is modern Khmer, with no MSG, and is served elegantly in hallowed 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 9pm. **02** 

**chinese**  
**Hua Nam**  
753 Monivong Blvd., Tel: 023 364 005  
Large Chinese restaurant that specialises in seafood and duck. Has a good selection of wines. Has VIP rooms. Open 11am to 2pm, 5pm to 10pm. **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., Tel: 023 218 888  
Large Chinese restaurant that specialises in crispy Beijing duck. Stays open until late in the morning. Open 12pm to late. **02**

**Sam Doo**  
56-58 Kampuchea Krom (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. Open 7am to 2am. **01**

**Xiang Palace**  
Intercontinental Hotel, 296 Mao Tse Tung, Tel: 023 424 885

Upmarket restaurant with possibly the best range of Cantonese cuisine in town, served in opulent surroundings. Open 11.30am to 2.30pm (Sunday from 9.30pm), 5.30pm to 10.30pm. **04 A/C**

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

**French**  
**Atmosphere**  
147C 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**  
277C 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 11pm. Also has rooms upstairs. **03 A/C**

**Comme à la Maison**  
13 Street 57, Tel: 012 951 869  
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

SUSHI

@ **le quay** Boutique café & crêperie

+ **Amara**  **Spa**



FREE WIFI

Corner of Sisowath Quay & St. 110, Phnom Penh 023 998 730
HAPPY HOUR **50%** off on all beers 5pm - 7pm

# Review: London Lemongrass

After March's trip down under, this month Coral Glennie takes on Cambodian food London-style.

CONVENIENTLY PLACED close to Camden Road Station, Lemongrass is the only Cambodian restaurant listed in London. Clean and functional, but with few traces of Khmer heritage, this 26-seat, canteen-style eatery may lack the cultural impact of London's Vietnamese canteens, but is a good value-for-money option for those wanting a reminder of Phnom Penh.



We started with soup. The Cambodian prawn soup (£6) was slightly spicy with large prawns in abundance and had a great tamarind taste. The Lemongrass tom yum (£6), although very filling and containing huge mussels, was not so much to our taste. There were also ten other pre-dinner treats on the menu (£3.30 to £8.80) ranging from prawn toasts to crispy aromatic duck (£8.80), none of which sounded particularly Cambodian!

Having said this, the lok lok (£7.90) was excellent – better than most served up in Phnom Penh. With very tender cubes of steak, you could taste the chargrilled meat. The pad choy ginger (£5.70) was well-flavoured, light and crispy and the Phnom Penh chicken (£6.30) also was full of authentic spices. These excellent dishes brought back the feel of Cambodia even if the snow outside seemed less authentic! Luckily we did not have to take our shoes off.

Owner and chef Thomas recommended his speciality dish of the house – garlic lemon mushrooms. More magical than magic, these definitely should not be missed, although they did not appear to be on the menu. Just mention your time in Cambodia, ask Thomas nicely and I'm sure he'll oblige.

We finished with bananas flambé (£4.90, without the alcohol £3.90), which made for a most satisfactory conclusion. To accompany our

meal we ordered a refreshing bottle of the ubiquitous Tiger at £3.40 and a very decent and, for London, reasonably-priced bottle of Chilean Merlot (£13.80).

The décor is minimalist with pastel-coloured walls, grey tiles and large mirrors. A few tokenistic Buddha's and a picture of an elephant are dotted about the room, but James Last music predominates and the staff, apart from Thomas, are from central Europe. Service was slow but friendly and although busy cooking, Thomas took time out to talk to us during the course of the meal.

Chatting to Thomas afterwards, we commented on the fact that there was no amok or prahok on the menu. He explained that these dishes would not be so popular as there was a very small Cambodian community in London.

A good selection of vegetables and vegetarian dishes are available from £4.60 to £5.70. There are also three set menus, one being vegetarian. These cost £12 (for two people), £18 (for three) and £24 (for four), and include a four-course menu including all the above-mentioned dishes and more.

To be recommended but don't expect a typical Cambodian atmosphere and choose your dishes carefully!

**Lemongrass, 243 Royal College Street, London NW1 9LT, Tel: 020 7284 1116. Open Monday to Saturdays from 5.30pm to 11pm. 📍**



purely  
**MAGNIFICENT**



simply  
**EXCEPTIONAL**



**Open everyday**

11:30 am to 02:30 pm

05:00 pm to 10:30 pm

**023 722 067**

**vans.icb@gmail.com**

No 5, street 102,

Place de la Poste - Main Post Office

Phnom Penh

**Gastronomic French Cuisine**







# popcafe

## DA GIORGIO

*Italian Managed*  
Air-con Dining  
Authentic Italian Cuisine  
Homemade Pasta, Gnocchi, Pizza, Lasagna

Lunch: 11 am - 2:30 pm  
Dinner: 6 pm - 10 pm  
**Eat in or take away**  
#371, Sisowath Quay, Next to FCC Tel: 012 562 892



### 3 Course Daily Set Lunch \$8 Cocktail Happy Hour 2 - 6pm



**Lemongrass**  
RESTAURANT

#14, St. 130, Phnom Penh, Reservations & Delivery: 012 996 707



# K

KHMER & VEGAN CUISINE

023 225 225  
092 665 225

MON-FRI 12-9PM  
SAT 7AM-9PM

www.KNYAY.COM



## HUNGRY?

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. **02 66**

**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**  
Cnr. Streets 108 & 51, 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 10.30pm. **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 from 11.30am to 2pm & 6.30pm to 10.30pm. **04 A/C**

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

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

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

**Topaz**  
182 Norodom Bvd.  
Tel: 012 333 276 / 023 221 622  
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 66**

**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 7am to 10pm. **02 A/C 66**

**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. Open 11am to 2pm and 5.30pm to 10.30pm. **02 A/C 66**

**Flavours of India**  
158 Street 63,  
Tel: 012 886 374 / 023 990 456  
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 11pm. **02 A/C 66**

**Saffron**  
17B 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 66**

**Shiva Shakti**  
70 Sihanouk Bvd.,  
Tel: 012 813 817 / 023 213 062  
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 66**

### 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 specialities. Features art exhibitions and classical music performance on Friday and Saturday. Open from 11am to 11pm. **02 A/C 66**

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

**Boddhi Tree Umma**  
50 Street 113, Tel: 023 211 397  
Relaxed garden atmosphere and open



coffee  
food  
lose yourself in the taste!  
and much more

**The Coffee Maker**  
ALL THE BEST WE SERVE

50 Sihanouk Boulevard, Chamkarmorn ☎ 023 987 721 ✉ porsithear@gmail.com

# Bargain Bucket

## ■ A TASTE OF MALAYSIA

Malaysian food is often overshadowed by its neighbour to the north. This is a pity as the cuisine has a unique flavour, nestling somewhere between Thai and Indian on the palate. Rohimah opened Café Malaya on Street 118, close to the Central Market some four years ago, before moving two doors along the road a month ago. This no-nonsense, family-run restaurant serves food just the way that Malay's like it – in a buffet.

The formula is simple. The table at the far end of the restaurant has several trays filled with various Malay dishes. You simply grab a plate and stack it up with as much food as you want (US\$4). When we visited options included beef rendang, kari ayam (chicken curry), sayur goreng (fried vegetables), pajori (an aubergine dish), ikan goreng (fried fish) and curried eggs. Rohimah assures that the



dishes are changed every day, although she had never counted how many dishes she perfected during her many years in Malaysia.

The standout dish was the beef rendang. The tender pieces of beef literally melt away in your mouth, while the pajori was an interesting way of serving the vegetarian staple. The only real criticism was there was not really too much on offer for vegetarians – the fried

vegetables looked a little sorry and there is only so far that a curried egg will go. With no alcohol on the menu, customers should try the teh talik, a sweet milky tea, referred to as Malay tea 'cappuccino' by one of the customers. Open from 10.30 to 8pm, it's best to arrive early if coming for lunch, as the many regular customers tend to pile their plates high before noon.

*Café Malaya, 65 Street 118* 📍

balcony restaurant with an imaginative menu. Right opposite Tuol Sleng. Open 7am to 9pm. **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 room. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C** 📍

## **Del Gusto Café**

**43 Street 95, Tel: 012 446 710**  
Beautiful colonial setting makes a perfect setting for the Mediterranean-inspired menu. Run by the same people as Bod-dhi Tree. Open 7am to 9.30pm. **02**

## **Double XL Café**

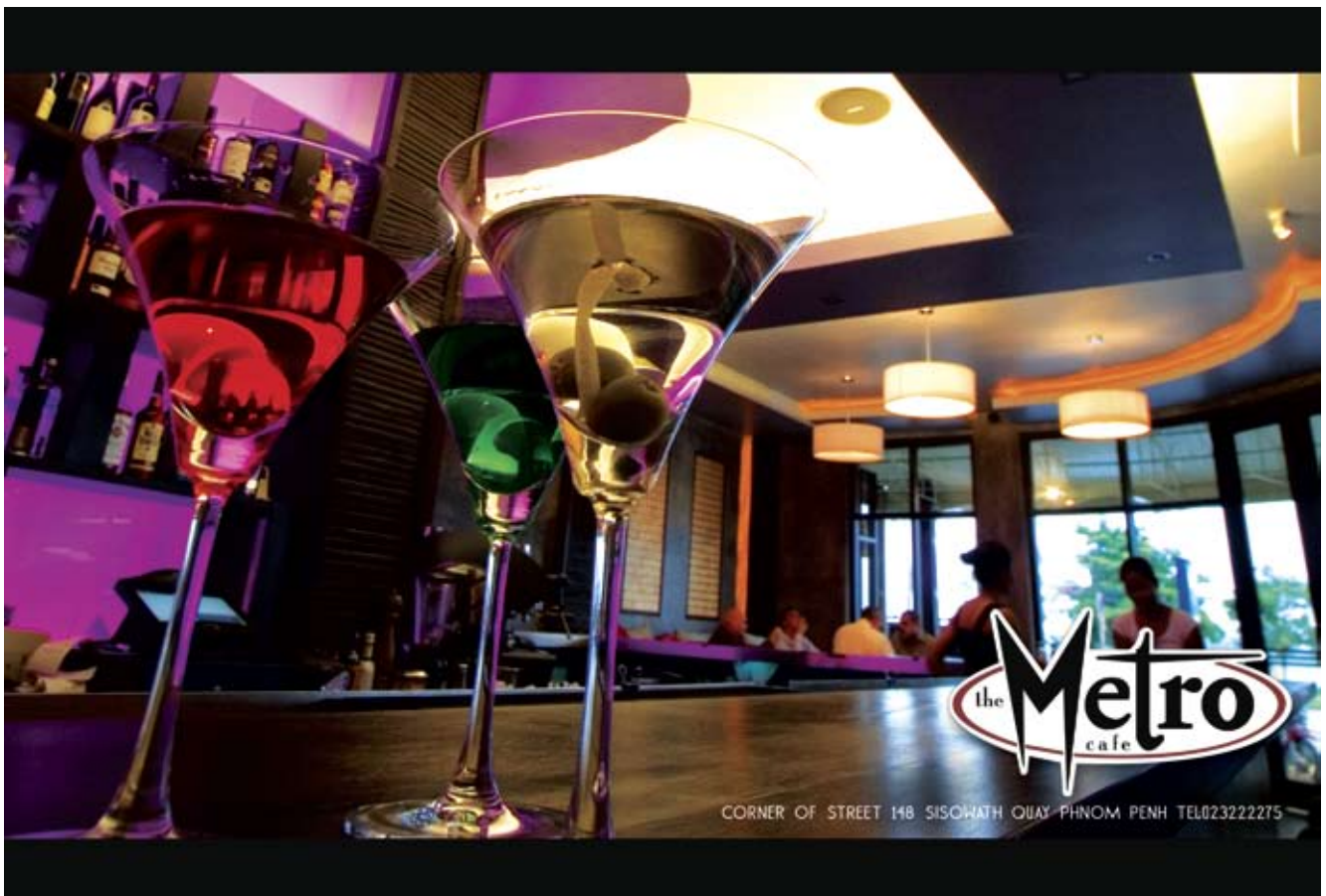
**138 Street 118, 023 301 001**  
Cosy, air conditioned restaurant run by long-time Belgian chef, Yves. Specialises in Belgian cuisine with portions on the XXL size, daily changing specials and extensive wine list. Open 5pm to late. **03 A/C** 📍

## **Edelwiess Restaurant**

**375 Sisowath Quay, Tel: 092 341 329 / 012 422 589**  
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. Open 10am to late. **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







**LA MARMITE**  
Café Restaurant Bar  
French Traditional Food

**Simply Good**  
Open 7 days a week, 11am to 2pm & 6pm to 10pm  
Corner of Street 51 & Street 108  
012 391 746



**Madeleines**

19 Ceo Street 228, Phnom Penh  
Tel 012.988.432  
Email cookadom@hotmail.com

**Mt. Manaslu Muraa's Cafe**  
Experience the taste of Nepal with International cuisines

Nepalese \* Indian \* Khmer \* Thai \* Chinese \* and more accompanied by a variety of chilled cocktails, shakes, coffee, and teas



Tel: +855 23 996 516 \* +855 12 176 0740  
No. 1A St. 282 (west of Wat Lanka),  
Sangkat Boeung Keng Kang 1, Khan Chamkarmon, Phnom Penh

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: 017 765 896**  
Relaxing restaurant and popular bar run by two Quebecois with comfortable chairs falling onto the street. The mix of Asian and western cuisine has proved so popular that they have a copycat restaurant opposite. Open 7am to late. **02**

**Freebird**

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

**60-61 Street 108,  
Tel: 023 997 850 / 092 429 968**  
Garden Center Café 2  
[www.gardencentercfe.com](http://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**

**4B Street 57,  
Tel: 023 363 002 / 092 206 582**  
[www.gardencentercfe.com](http://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 Tuesdays.

**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 6.30am till late. **02 A/C**

**Gym Bar**

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

**Huxleys**

**Cnr. of Streets 136 & 5, Tel: 023 986 602**  
Wood-panelled traditional English pub

downstairs serving pub grub, international restaurant located on the first floor. Abundance of water features creates a soothing place to dine out. Open 11am to late. **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 278, 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 brasserie 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: 023 998 730,  
[www.amaraspahotelcara.com](http://www.amaraspahotelcara.com)**  
The restaurant side of Amara Spa specialises in 28 varieties of crêpes (US\$2.50 to US\$8) with salads (US\$3 to US\$4.50) and panini (US\$3.50 to US\$6) also featuring strongly on the menu. Le Quay is a very healthy addition to the riverside scene. Open from 8am to 11pm (to 1am on Friday & Saturday). **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



**Endless combinations  
Creates a kaleidoscope of exotic flavors**

**Annam** @  
The Indian food Place

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



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 10am to 11pm. **03 A/C**

**Nature & Sea**

Cnr. Street 51 & 278, Tel: 012 195 3810  
Laid back eatery overlooking Wat Langka. Serves many types of fish dishes as well as some great crepes. Also sells some take home organic produce. Open from 12pm to 2pm & 6pm to 10pm (closed Sunday lunch). **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 11am to 2pm & 5pm to 12am, 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 12am. **02 A/C**

**Pickled Parrot**

4-6 Street 104,  
Tel: 012 633 779 / 023 986 722  
www.tonlesapguesthouse.com  
Aircon bar with an excellent 9-ball pool table. 24-hour satellite sports channel. Reliable international and Khmer cuisine is available at the bar. Open 24 hours with free WiFi. **02 A/C**

**Restaurant Tell**

13 Street 90, Tel: 023 430 650  
Up-market eatery that re-creates the genuine feel of an Alpine chalet. Older sister to its namesake restaurant in Saigon's District 1, it has a spacious indoor restaurant and outdoor terrace with rotisserie and bar. European menu with imported steaks, fondue, raclette and an extensive wine list. Open 11.30am to 2pm & 5pm to 11pm. **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 last orders. **02**

**Riverhouse Restaurant**

6 Street 110,  
Tel: 012 766 743 / 023 212 302  
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 / 012 766 743  
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 air of elegance. Spacious gardens provide an excellent setting for the range of BBQs. Specialises in skewers, seafood steak and Asian cuisine. VIP rooms upstairs. Open 10.30am to 11pm. **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 11am 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. Open from 11am to 10.30pm. **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



*Sarika*  
GARDEN GRILL

Weekend Special BBQ  
Charcoal Grill Dinner \$10  
Buy 1 Get 1 Free Draft Beer  
Khmer Classical Music Entertainment

#69, St.566, Corner of St. 317  
Toul Kork (Behind ZAMAN School)



BRASSERIE BAR, OPEN EVERYDAY 6 PM TO 12 PM

Free **Wi Fi**

1 Street 154,  
Sisowath Quay  
Phnom Penh  
Tel: 023 214 747



BRASSERIE-BAR  
**KWEST**

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



#11, street 278, phnom penh, cambodia ph 012 247832

# 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

# Singapore kitchen

Singapore charcoal steamboat

Come experience the flavours of the 60s with our authentic Singapore hawker food fare such as Charcoal Fish Steamboat, Hainanese Chicken Rice Laksa, Fried Carrot Cake, Char Kway Teow, Seafood Hor Fun, Hokkien Mee and many more.

Enjoy these classic Singapore street fare in a refined and elegant dining atmosphere.

We also provide full catering service for corporate entertaining, lunch, tea and cocktail reception as well as social events.



Address: # 110 CDEo St 360 boeng kengkangll, Charrkamorn, Phnom Penh , HP : 092 201 304, 017 821 480

to 7pm Monday to Saturday and 7am to 3pm Sunday. **02**

**The Winking Frog**  
 128 Sothearos Blvd., Tel: 023 356 399  
 Large air-con British-run pub with live band at weekends, including karaoke on Saturdays. 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**

**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**

**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 / 023 991 906  
 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 (closed Wednesday lunch). **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**  
 Cnr. Streets 47 & 84, Tel: 023 986 114  
 Located inside of Cara Hotel. Beautifully decorated, impeccable service. Serves

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

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

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

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

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

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

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

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

**Bua Thai**  
 Ground Floor, Phnom Penh Hotel, Monivong Blvd. Tel: 023 990 098



Over 200 dishes provide a wide range of delights in this surprisingly good Thai restaurant. The sauteed prawns with chuchee chilli paste are divine. **03 A/C**

**Chow**  
277 Sisowath Quay,  
Tel: 023 224 894

Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices andilly coffee. Great place to have a drink during it'd half-price 4pm to 8pm happy hour. Open 7am to 11pm. **04 A/C**

**Kucina Filipina**  
217 Street 302,  
Tel: 099 860 775

Small, well-located, ground-floor restaurant that is very popular with the Penh's Filipino community. Gets very crowded for the lunch-time buffet, so it's best to arrive early. Open from 7.30am to 7pm (weekdays) and to 1pm on Saturday, closed Sundays. **01**

**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**

**Mazinga Thai Restaurant**  
6H Street Sothearos Blvd.,  
Tel: 089 693 697

Cosy restaurant run by Thai woman with a wide range of Thai dishes and a smaller range of Khmer dishes at reasonable prices. Thai-style seating upstairs. **01**

**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 at weekends, including karaoke on Saturdays. 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 strongilly coffee and mix-and-match sandwiches. The interior has a slight retro 70s feel to it and there is a pleasant outside seating area. Open 8am to 8pm. **A/C**

**Café Fresco II**  
Cnr. Streets 51 & 306, Tel: 023 224 891

Second outlet of the popular riverside café is in BKK. Has a similar feel and menu to its fore-runner including the same excellent coffee. Open 7am to 7pm. **A/C**

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

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

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

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

**Corner 33**  
33E2 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**  
42B Street, 178,  
Tel: 015 609 909 / 092 360 632

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.,  
Tel: 092 451 462

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**



Looking for something different?  
Visit us for fine wines and more!

QP

Quarto Products

FINE FOOD & WINE DISTRIBUTOR

#30 & 31 St. 108, Sangkat Wat Phnom, Khan Daun Penh, Phnom Penh  
Tel: +855 (0)23 221 772 Fax: +855 (0)23 221 770  
333 Slorkram Village, Slorkram Commune, Siem Reap  
Tel: +855 (0)63 760 865 Fax: +855 (0)63 760 866

Fusion Sushi

ミックスすし料理

experience  
NEW RECIPES  
for 2009

No.18, Street 47 & 84 Phnom Penh 023 986 114



# bar stool

## Going to a gay bar, gay bar!

The gay bar scene is alive and well in Phnom Penh. Often attracting a mixed crowd, the handful of establishments catering to the gay and lesbian community offer variety and some very curiously named cocktails. Words by **Nora Lindstrom**.

BLUE CHILLI IS A HUB for gay-friendly activities in the Penh. The bar has a fun and sociable atmosphere, not least because of its friendly and attractive staff. Owner Oak is adamant on pleasing his customers, whether gay or straight, and likes to share his thoughts on the differences in the gay scene here and in his native Thailand. The bar's chic décor makes the place cool and trendy, while the outdoor seating is great for some chilled-out lounging. Friday and Saturday night drag shows are an additional draw.

Around the corner is Khmer haunt Classic. With nightly performances featuring drag queens, dancers and other gregarious characters, the place is certainly one-of-a-kind. After the shows, the dance floor fills up with a mixed crowd of ladyboys, gays and straights, so double-check who you are chatting to. Drinks are on the expensive side, with cans of Anchor going for US\$2.50, but that's not really why you came anyway.

Salt Lounge is another gay stronghold, with possibly the most interesting drinks menu in town. Looking for Salty Red Cock? Yours for US\$3. Or how about some Creamy White Stuff?



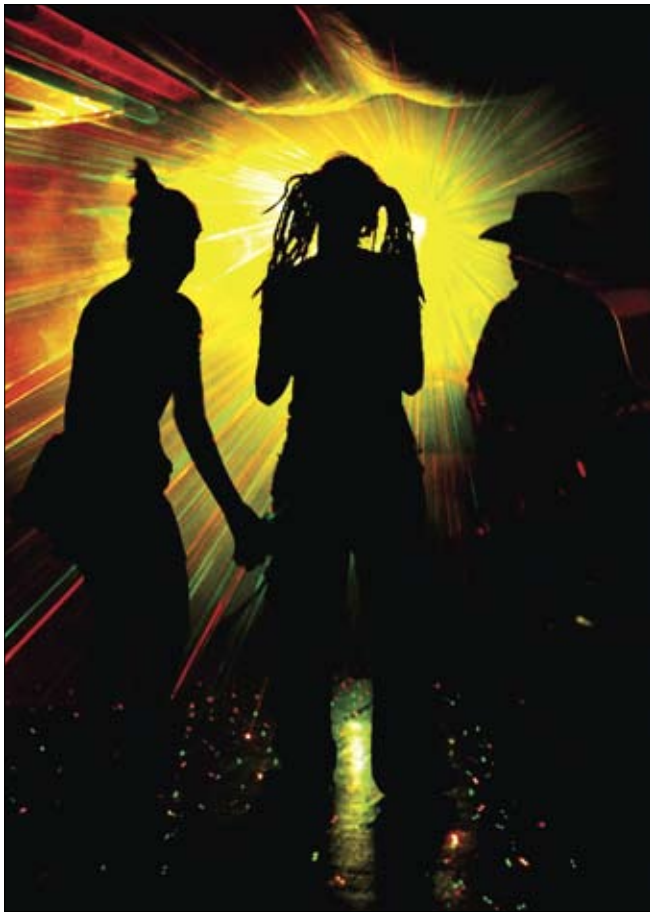
Drag show at Blue Chili

HOSTING THE BEST PARTIES IN TOWN, WITH REGULAR INTERNATIONAL DJs AND ACTS!  
OPEN 6PM TILL 2AM WEEKDAYS AND 6PM TO LATE WEEKENDS. HAPPY HOUR 6-8 PM DAILY.

BAR AVAILABLE FOR PRIVATE FUNCTIONS

TONLE SAP RIVER OPPOSITE STREET 108  
FACEBOOK: PONTOON CAMBODIA  
TELEPHONE 017 682 071  
PONTOON@ASIA.COM





**Pontoon Lounge hosts the Gloryhole Club night every Thursday**

Likewise only US\$3. Located just off riverside amid a row of girlie bars, Salt Lounge is a stylish joint with an indoor bar as well as outdoor sofas. Like Classic and Blue Chilli, Salt Lounge hosts drag shows every Friday, however it is much more of a pick-up joint than Blue Chilli.

Recently opened gay bar and guesthouse Green Garden is yet to come of age, but shows promising signs. With an outdoor bar and seating space, it would be perfect for a chilled-out BBQ and some splashing in an inflatable pool. To quench your thirst, try a Cocky Norwegian (US\$2). The establishment also offers free WiFi.

The notorious Heart of Darkness has recently also been added to the gay clubbers list, which is not surprising as it was initially a gay bar. Punters claim the dance floor in the infamous club has become a particular gay spot. Rumours remain unsubstantiated, but consider yourself forewarned.

Finally, Pontoon Bar and Lounge brings Gay Thursdays to one and all. Once a week, the popular floating establishment hosts The Gloryhole club complete with a fascinating drag show, tunes by DJ Vagina Dentata, DJ Oz and Dockyard Doris, as well as a bunch of deals on drinks. The crowd is mixed, the entertainment attention-grabbing and the music fun and funky. If you're insecure about going to a gay bar, this is the place to get a taste for the gay life in your more regular surroundings.

*Blue Chilli 36 Street 178 corner of Street 19*

*Classic 42 Street 19 Behind Royal Palace*

*Salt Lounge 217 Street 136 just off Sisowath Quay*

*Green Garden 40 Street 222*

*Heart of Darkness 26 Street 51*

*Pontoon Bar and Lounge Sisowath Quay, opposite Street 108*

**GET INVOLVED**

Do you have something to add or discuss regarding this story? Get involved online at <http://www.asialifeguide.com/Forum/>



# Fine Wine Boutique & Tasting Gallery

1580 - 1780  
Street 240  
Phnom Penh  
Cambodia  
023 990 951





**Connections**  
**Support**  
**News**  
**Lifestyle**  
**Health**  
**Entertainment**  
**Network**

**M-STYLE**

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



*I have got the CCC experience.*

*Have You?*

**DISCOVER IT.**  
 CAMBODIAN COUNTRY CLUB WHERE ACTION HAS HEATED UP.



St. 2004 Group 6 Tueuk Thla District Russey Keo, Phnom Penh, Cambodia  
 Tel No. +855 12 251 755  
[www.cambodiancountryclub.com](http://www.cambodiancountryclub.com)

# bar stool guide

## key to symbols

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

**Aristocrat Cigar Bar**  
**NagaWorld, Hun Sen Park**  
 Air-conditioned gentlemen's club aimed at attracting wealthy Khmers who like a good cigar and glass of wine. Not as stuffy as you might imagine and cigars are available from US\$10. **A/C**

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.

**Bar 33**  
**33 E2 Sotheaors Blvd.**  
**Tel: 092 998 850**  
 Upstairs from Corner 33 and run by the same owners, this is a sophisticated spot to have a cocktail while looking out across to the Royal Palace. Also has Strongbow cider for a taste of Somerset. **A/C**

**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**

**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**

**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**

**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**

**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.

**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**

**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**

**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**

**Flavours**  
**Cnr. Street 51 & 278, Tel: 012 175 896**  
 Relaxing restaurant and popular bar run by two Quebecois with comfortable chairs

**Dodo Rhum House**  
**42C Street 178, Tel: 012 549 373**  
 Bar named after an extinct bird, which

**JAAN**  
 Breakfast-Lunch-Dinner

Sisowath Quay  
 Corner of street 106  
 On the waterfront  
 Near the night market

# Bar Talk: Talking about a Revolution

DESPITE ITS NAME REVOLUTION is not a lair for insurgents, but a chilled-out bar attracting a mix of laid-back expats and travellers with its cheap drinks and various activities.

"I always try to do things a bit differently, because there's a lot of bars that all do the same," says owner Alex Hales. "Though whether I succeed or not is, of course, another question." Alex, who also owns the Drunken Frog at Lakeside, opened the bar in December 2007, just around the corner from 'golden' Street 278 on Street 51.

Set on two floors, Revolution is certainly a drinking den, but it also offers space for social occasions including regular darts, pool, poker, and board game nights.

"I'm quite happy to let people use the space, for free, for things they like to do, like rehearsals for plays," says Alex. Thus while the ground floor is a regular bar decorated by Alex himself, the upstairs is a plainer space more akin to a games room.

Until recently, live music was also on the menu, but this has been stopped following complaints from neighbours.

According to Alex, the main characteristic of his clientele is that most patrons are drunk at the end of the night. This is no great surprise with offers such as draught Anchor for 75 cents per glass or US\$3.50 per jug during the daily 4pm to 8pm happy hours, and additional gin-tonics weighing in



at US\$1.75. On Saturdays, all drinks are two-for-one.

"We're not a party bar, in the sense of a night club, but you can come and have a good and enjoyable time here," says Alex. "For me, owning a bar is not about making money. It's a place to meet my friends, meet new people and enjoy the social scene. I have a number of day jobs, so the bar really is more a hobby than anything else."

Alex also has a secret weapon on the horizon – food. So far, customers have been welcome to order food from other restaurants, but in the future Alex hopes to offer a home-cooked alternative. Keeping it simple, the idea is to serve just one dish per night, but to make sure it is done well. Food samples suggest the Revolution team are on the right track.

Like many other establishments, the walls of Revolution are adorned with a photo exhibition. Just as with social events, Alex welcomes artists to contact him about displaying their work.

"In fact, I invite anybody who has a good idea, provided it doesn't involve breaking the law or doing something ridiculously stupid, to use my place to show themselves off in any way," Alex says. Self-exhibitionists get in touch!

*Revolution, 96 Street 51. Open from 4pm to when the last customer leaves – NORA LINDSTROM*



## THE WINKING FROG

Live Sport • Live Music • Hotel



**Thai and Western Food**

**FRIDAYS 8 PM till LATE**  
Live Band

**SATURDAY 8 PM till LATE**  
Live Band & Karaoke

Sothearos Blvd., Phnom Penh, Cambodia • Tel: 023 356 399 • 013 356 399 • 099 801 548

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





# Grapevine: Get Fresh!

As the southwest monsoon begins to build in Cambodia and the humidity rises to a level akin to walking around in hot soup, it's time to freshen ourselves up says **Darren Gall**.



THE NEW LUNAR YEAR AND the closing of spring brings with it fresh new ingredients, exciting new menus and new vintage releases of just bottled, crisp, aromatic wines. So, get out there and get fresh with your food, your wine and your love life. Here is a selection of 'fresh' new releases that can currently be found in and around Cambodia.

## ■ SILENI, CELLAR SELECTION PINOT GRIS, NEW ZEALAND

I'm not sure where Sileni take its name from but 'the Sileni' were followers of Dionysus the god of wine. Satyrs and Sileni were always looking for nymphs although the nymphs teased them and managed to outsmart them, making the Satyrs and Sileni look like fools. Apparently your Sileni is not nearly as nymph crazy as your Satyr. He is more interested in drinking wine and getting drunk. Slightly spicy with persimmon aromas this wine's palate is redolent of white peach and subtle fruit spice. Beautifully balanced by natural acidity, it has a long finish. It is just off-dry.

■ **CHATEAU HOSTENS PICANT, "CUVÉE DES DEMOISELLES", BORDEAUX BLANC, FRANCE** St. Foy is a little appellation tucked behind the world famous St Emillion region of Bordeaux. The secret of Saint Foy is that the wines are made from the same varieties and

of the same quality as those from St. Emillion, but cost three, four, and even up to ten times less. Well worth seeking out, this superb white wine is 50 percent Semillon, 45 percent Sauvignon Blanc and 5 percent Muscadet. The nose is pleasantly creamy, with distinctive pear scents. Herbal and clean on the palate, it too has a nice long finish.

## ■ SPRINGFIELD, LIFE FROM STONE, SAUVIGNON BLANC, SOUTH AFRICA

One of the world's truly great Sauvignon Blanc wines comes from a rocky vineyard in South Africa's Western Cape. A wine of incredible character, depth, intensity, finesse and complexity, it is laden in both bouquet and palate with intense aromas and flavours of sweet capsicum, kiwi, starfruit and passion fruit. It has notes of fine talc, wet slate, gunsmoke, flint and minerals on the finish.

## ■ DOMAINE PAUL BLANCK, SCHLOSSBERG, GRAND CRU, RIESLING, ALSACE, FRANCE

This Grand Cru Riesling is one of the best examples of great Alsace wine. Subtle, fresh aromas of nectarine, butter and wild flowers, fruit spice and citrus play with exotic hints of sugar banana. A moderately sweet wine, with flavours redolent of nectarines and fruit spice, its richness and vibrancy combine well on the palate. It has a delightful

intensity of flavour and a fine balanced acidity to the finish. Superb with spicy Asian food.

## ■ CHAMPAGNE DE SAINT GALL, BRUT TRADITION PREMIER CRU N.V. FRANCE

I could, of course, love this wine for its name alone! Saint Gall is the largest Premier and Grand Cru grape producer in the region. Historically a huge percentage of production has been sold to the 'big name' champagne houses. More recently the vineyard has become known in its own right. The result is champagne of exceptional quality at a fraction of the price of better-known houses. With light, shortbread, biscuit notes on the nose, a lean and crisp citrus fruit on the palate and light honey and floral blossom hints, Saint Gall has a good crisp finish with a hint of creamy richness on the end. It is as good a champagne as any of the house cuvées from the most famous names in Champagne – and better than a great many of them.

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

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: 012 887 228

The largest garden bar in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with creche 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



[www.harleycambodia.com](http://www.harleycambodia.com)  
Tel: 012 385 157

Talkin  
to a  
stranger

Don't drink someone  
else's Beer

Drink ours...  
in the garden!



South Australia's Own.

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

**Liquid**

**Street 278,**  
Tel: 012 765 896

Welcoming Metrosque 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** ☑

**Man Han Lou**

**456 Monivong Blvd., Tel: 023 721 966**  
Cambodia's first micro-brewery with four types of German-style beer. The dark beer comes recommended, avoid the green unless you are on St Paddy's night.

**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 Expresso. Open 7:30am to 01am. **A/C** ☑☑

**Munich Beer Restaurant**

**Sothea's Blvd.**  
Second of the Penh's micro-brewery offers a gold and stout beer at very reasonable prices – treat yourself to a stein.

**One More Pub**

**16E Street 294, Tel: 017 327 378**

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

**Open Wine**

**219 Street 19,**  
Tel: 023 223 527

Large wine shop with well-priced wines from around the world. Has an outside dining area with occasional wine tastings. Open from 9am to 11pm every day. **A/C**

**Pacharan**

**389 Sisowath Quay,**  
Tel: 023 224 394

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

**Pickled Parrot**

**4-6 Street 104,**  
Tel: 012 633 779

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

**Pontoon Club Lounge**

**Tonle Sap River opposite Street 108,**  
Tel: 017 682 071

Phnom Penh's only floating club, stylish, funky drinking spot and late night venue. Favourite among the expat scene, Pontoon sometimes hosts party nights with visiting DJs and live shows. The friendly staff mix excellent cocktails at the beautiful amber bar. Unbeatable location. Happy hours 6pm to 8pm. Open 6pm to 2am (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** ☑☑

**at One more** *where friends meet*

no special events  
no live music  
no pool table  
no swimming pool  
but  
good western food  
ice cold drinks  
garden terrace  
rooms for rent  
no flooding

18Eo Street 294 – 017 327 378 – Closed Tuesdays

**Raffles Hotel Le Royal**  
Saturday | 9 May 2009 | 7pm

**Retro Nite**  
Dinner & Dance

\$45 per ticket

For information, please call 023 213 103.  
Tickets available at ISPP Elementary and Central Office.  
Enjoy great music, good food & art auction.  
Exciting prizes for best-dressed.

SPONSORS:  
Raffles Hotel Le Royal, hello, HUAWEI, The Phnom Penh Post

Organised by: ISPP

**LIQUID**

Drop in and shoot some pool on our quality, slate 9 ball pool table!  
Open 8:00am til late • Happy Hour 5pm-8pm. Angkor draft: 75c. Cocktails \$2.50  
3B Street 278 • Tel: 023 720 157





**ENGLISH PUB  
& RESTAURANT**

*Great British Food  
Served All Day.*

**Good Music,  
Great Mixed Drinks,  
& Some of the  
Coldest Beer in Town!**

**Open from 7am!**

#20 Street 178 Tel: 012 970 718  
Phnom Penh, Cambodia



**DAN MEATS**

INSPECTED QUALITY MEAT PRODUCTS

#51a, St. 214 Tel. 012 906 072 , 012 294 604



**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.

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

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

**Sharky Bar**  
126 Street 130,  
Tel: 023 211 825  
Biggest and most famous of Phnom Penh's bars is set on the first floor with countless pool tables and a large balcony to look out over the street. Guaranteed to be lively, a place where anything can happen. Serves surprisingly good food, especially the Mexican. Open 4pm to 2am. A/C ☎

**Talkin to a Stranger**  
21B Street 294  
Elegant bar with nice gardens set in

the heart of 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. ☎

**The Chinese House**  
128 Sothea's 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 Sothea's Blvd.,  
Tel: 023 356 399  
Large air-con British-run pub with live band at weekends, including karaoke on Saturdays. 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. A/C ☎

**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. ☎

**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



Your  
"Home" away from Home



*The Comforts of Home and Much More...*

Asia Club Boutique Hotel, luxurious home away from home, offers guests an extraordinary tranquil place that is created by combining unique architecture and structure, expressive decor and artistry, and magnificent features all in one great location. With our beautiful garden and great service, the result is an extraordinary experience that would make your memory a long and lasting one. Make your long-term stay reservations with selections of Khmer Bungalow and Khmer Villa, and enjoy the culture of Cambodia just like at home.

*Features & Amenities*

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.



owner. New location is next to Walk-about. Unique for Phnom Penh. Open 4pm to late. 🍸

**gay**

**Blue Chilli**  
36 Street 178

This welcoming bar run by Thai national Oak is probably the number one gay bar in town currently. Chic décor makes this one of the coolest bars in town and the drag shows on Friday and Saturday are an additional draw.

**Classic**  
42 Street 19

Very Khmer bar that has nightly drag shows, after which the dance floor fills up with all-comers.

**Green Garden**  
40 Street 222

Most recent gay bar in the Penh has an outdoor bar and seating space that would be perfect for a BBQ. Also offers WiFi. 📶

**Heart of Darkness**  
38 Street 51

The most famous of the city's nightspots with a good-sized dance floor started off as a gay bar. Has well priced spirits and mixers and is totally packed out on Friday and Saturday nights. The dance floor is a popular gay haunt. Open 8pm to late. A/C 🍸

**Pontoon Club Lounge**  
Tonle Sap River opposite Street 108, Tel: 017 682 071

Phnom Penh's only floating club, stylish, funky drinking spot and late night venue. Thursday night is gay night with the place handed over to the Gloryhole Club – great name and a great drag show that you don't have to be gay to appreciate.

**Salt Lounge**  
217 Street 136

In addition to being Phnom Penh's first openly 'gay' bar, it has one of the most contemporary designs in town and the

best cocktails. Has recently become a bit of a pick-up joint with 'boys' hanging about outside, consequently tends to be shunned by the gay expat community. A/C

**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 Club Lounge**  
Tonle Sap River opposite Street 108, Tel: 017 682 071

Phnom Penh's only floating club, stylish, funky drinking spot and late night venue. Favourite among the expat scene, Pontoon sometimes hosts party nights with visiting DJs and live shows. The friendly staff mix excellent cocktails at the beautiful amber bar. Unbeatable location. Happy hours 6pm to 8pm. Open 6pm to 2am (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 🍸

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

**CORNER 33**

## Café and Lounge

Level 1, Open from 7am-10pm

*Relaxing Spacious Modern*

- Great Food
- Great Coffees & Drinks
- Great Service
- Great View
- Free Wifi & Internet Stations





**BAR 33**  
Level 2, Open from 5pm...

One level up from Corner33 Café, Bar33 is an exciting new bar overlooking the Royal Palace. Come and enjoy a night of great company over a popular selection of drinks and a fabulous view to match...

**Happy Hour 5pm-8pm daily!**

So you think it's hard to get your hands on a copy of AsiaLIFE Guide. Check one of these fine locations for your copy...

The Shop	Comme à la Maison
Java Café and Gallery	Flavours
Talkin to a Stranger	Rising Sun
Green Vespa	Pop Café
Metro Café	Monument Books
Fresco (BKK St. 51)	Meta House

...or have one delivered to your door for US\$10 for six months or US\$20 for the entire year. Contact Mark at 017 828 237 or mark@asialifeguide.com



PHNOM PENH  
**AsiaLIFE** guide  
www.asialifeguide.com

## Green Vespa

### Drinking and Dining

On the Riverfront, Phnom Penh

Open  
6.30am -  
Late



Full  
Aicon  
Comfort

**Full English Breakfast, Colemans Mustard, Branston Pickle, hp sauce, Heinz Tomato Ketchup, Cottage Pie, Shepherds Pie, Bangers and Mash. Imported Meat Pies, Sausage Rolls, Beer Battered Fish and Chips with Mushy Peas, Malt Vinegar. Home made soups and stews. Roast Rack of NZ Lamb, Sirloin of Beef, Pork and Crackling, mint sauce, apple sauce, horseradish. Fresh salads daily, Deep Filled sandwiches, Delicious Desserts. Guinness Draught, Strongbow Cider, Coopers, Stella, Single Malts. English, Scottish and Irish Newspapers Great British and Irish Pub and Restaurant**



# scrapbook



@Talkin' to a Stranger



@Almond Hotel



@Talkin' to a Stranger



@FCC



@French Cultural Centre



@Meta House





@Gym Bar



@Australian Business Association



@Fly Lounge

A large graphic featuring silhouettes of people dancing against a blue background with a globe and circular patterns. The text "Your life our style" is centered in a bright, glowing area.

**Your life  
our style**

**elements**  
club lounge

[www.elementsclub.net](http://www.elementsclub.net)

Attwood Business Center, Ground Floor  
Segment C, 57-69 eo, St. 110  
Sangkat Toeuk Thla, Cambodia  
Mobile# +855 15 703 001/15 703 002



# kaleidoscope

## Hip Hop Festival

Meta House and the French Cultural Centre (CCF) join forces to organise the largest hip hop festival the Penh has ever seen. We spoke to the organisers about the capital's growing hip hop scene, graffiti and the peculiarities of Cambodian rap. Words by **Johan Smits**.

"FOR SURE IT'S A STRUGGLE between generations and I guess it's the same here as abroad. It's a small revolution for the young generation to not have to listen to the same old songs as their fathers," says Nico Mesterharm, Meta House's director, of the rising popularity of hip hop in Cambodia. At 42, he doesn't really consider himself the right target group for it, but observing today's emerging Khmer hip hop scene reminds him of Germany 25 years ago. "I think that in every country it starts with listening to foreign hip hop and from there people start making up their own styles. In Cambodia now they have their own lyrics and they create some of their own beats."

### ■ WE ARE THE WORLD

Together with the CCF, Meta House is organising the capital's largest hip hop festival from May 16 to 24. The festival will start with a performance at the Chenla Theatre by French dance company Accrorap. Its choreographer,

Kader Attou, has recently been appointed by the French Ministry of Fine Arts as director of one of its most prestigious contemporary dance centres (the 'Centre Choréographique de La Rochelle').

For Alain Arnaudet, director of the French Cultural Centre in Cambodia, one of the festival's aims is to give Cambodian dancers an opportunity to perform with some of the best hip hop dancers in the world.

"Tiny Toones [the first hip hop youth centre of Cambodia] is very active in hip hop culture, but their dancers could learn more from international dancers, and how to build choreography," Alain says. They will be taking part in a workshop with German hip hoppers 'Raphael' and 'Storm' before showing off their skills at the Chenla Theatre.

It's not only a question of hip hoppers learning from other hip hoppers. Khmer classical and contemporary dancer 'Belle', profiled in our previous issue, will be performing alongside

French hip hop dancer Sébastien Ramirez.

"We thought it could be a good opportunity for Belle to have the experience of mixing her dance with hip hop – she's very enthusiastic about having such a chance," Alain says. "It will be a kind of 'mutual workshop' as each of the two dancers will learn from one another." He believes that it always takes time for people to become accustomed to new codes and references in any new form of art expression, including rap. This is no difference in Cambodia than anywhere else.

"Contemporary dance has always been 'unfamiliar' to people all around the world, particularly at the beginning in Europe, if you remember the first steps of Martha Graham," he explains.

The festival will end with a big open-air hip hop jam at Wat Bothum, organised by Meta House and funded by the CCF, the Goethe Institute/German Cultural Foundation, and the 'Elysée

Fund'. On stage will be Khmer performers whose names will sound familiar to hip hop lovers in Cambodia – DJ Sdey, MC Curley, DJ Illest, Khmer clarinetist Bun Hong and Cambodian percussionists Soum Phearum, Porn Samrith and Eb Vutha.

### ■ SPRAY 'EM UP?

"What is still missing here is a graffiti scene," says Nico. "It's interesting, isn't it? They have break dancers, MCs and DJs, but graffiti is completely neglected here." According to Nico, graffiti is one of the four major components of hip hop culture and the missing link in the Cambodian hip hop scene. He's had requests from local artists to organise a workshop but had to abandon the idea due to a lack of teachers. "Now, because we're preparing the hip hop festival, we might have found a graffiti teacher," he says.

Does that mean that soon Phnom Penh's walls will be sprayed all over with graffiti cre-





## They have break dancers, MCs and DJs, but graffiti is completely neglected here.

ations? “No, for sure it’s different here than in the West,” Nico says. “They have a small graffiti scene in Vietnam but there too you cannot just spray on walls. They are art students – they just don’t do that.”

### ■ DA GENTLEMEN'S RAP

In the West hip hop is often associated with voicing social concerns. Nico has noted how certain social issues are being raised in Khmer rap lyrics. MC Curley, whose parents died of Aids, often raps about HIV, child labour and access to education for the poor. DJ Sdey chooses to educate kids about the Khmer Rouge period in his songs.

“They need to bring across their message politely,” Nico says, referring to western ‘gangsta rap’ with its frequent use of swearwords, insults and tough language. “Here in Cambodia you cannot do that. The audience would hate the performers,” he says. “They need to behave and that’s what they do, they will not cross that border.”

For the Wat Bothum show, the emphasis will be on party songs as much as social issues.

“We don’t want people to go home with a headache. They also

should have fun, that’s clear,” Nico assures. In cooperation with the CCF, he wants to do what he has been doing for two-and-a-half years on Meta House’s rooftop, only now on a bigger scale.

“In the end it’s just meant to be a good party,” he laughs, “where Cambodians and foreigners can have good fun together.”

### ■ PROGRAMME

**May 16** – Acclaimed French dance company ‘Accrorap’ performs at Chenla Theatre.

**May 17** – Hip hop screenings at Wat Bothum.

**May 19** – Hip hop films at the CCF.

**May 20 & 21** – Hip hop films at Meta House.

**May 22** – Tiny Toones perform at Chenla Theatre followed by dancers Raphael & Sébastien in their show ‘Seul Ensembles.’

**May 23** – Tiny Toones perform at Chenla Theatre followed by Belle & Sébastien and German performer Storm.

**May 24** – Open air hip hop jam ‘Khmix it!’ at Wat Bothum

### Meta House

[www.meta-house.com](http://www.meta-house.com)  
Tel. 023 224 140 / 012 607 465

### French Cultural Centre

[www.ccf-cambodge.org](http://www.ccf-cambodge.org),  
Tel. 023 213 124 / 125

## Bootleg

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

### ■ WATCHMEN

(Zack Snyder, 2009)

This long-awaited superhero flick has finally crash-landed. Snyder, the director of well-received throwaway ancient action romp 300, has done an admirable job of compressing a sprawling story that spans several graphic novels into a slightly overlong single film. Set in an alternate 1985 where superheroes helped win the Vietnam War and keep Nixon in power, Watchmen spends an inordinate amount of time trying to rationalise an over-complex and completely unbelievable plot. Some good action scenes and a winning twist are almost lost in a film that tries to be both serious and amusing – failing on both counts. Worth a sidelong glance, if only for comedy value.

### ■ CITIZEN KANE

(Orson Welles, 1941)

This legendary feature will feel familiar to anyone raised in a western culture. Its hollowed-out media mogul having been rehashed and parodied countless times. Initially an ambiguous figure, Charles Foster Kane (Orson Welles) emerges as a forlorn and increasingly solitary

hypocrite as the story of his life unfolds through the quest of a journalist seeking to explain his final word – “Rosebud.” Kane’s character, said to be a pastiche of media baron William Randolph Hearst, Howard Hughes and Welles himself, is a grasping, self-centred, misguided would-be philanthropist convinced of his own brilliance. Welles’ portrait is both believable and compelling. A stunning masterpiece.

### ■ X-MEN ORIGINS: WOLVERINE

(Gavin Hood, 2009)

Another product of Hollywood’s seemingly unending obsession with superheroes, Wolverine is just what you’d expect from the fourth film in an already exhausted franchise. Horrified by the unofficial release of a version with unfinished special effects Hugh Jackman called the experience “like a Ferrari without a paintjob.” A moped would have been a fairer simile. In fact, the more juicy aspects of the story were already covered in the second X-Men film, so the convoluted plot must painfully weave its way around the “existing facts” in the vain search for a storyline. Avoid. ❌





# Bookworm: A Search for Identity

**William Bagley goes off in search of gay and lesbian novels and ends up picking up a few blood-thirsty vampire books.**

*The Twilight Saga* - Stephanie Meyer

*The Society of S* - Susan Hubbard

*Night Shift* - Lilith Saintcrow

*Hunter's Prayer* - Lilith Saintcrow

*Dead Until Dark* - Charlaine Harris

IT'S NOT SO EASY TO STROLL about town cradling an eight-month-old ankle biter who rather insists on being carried by his old 'da' - all the time if you would be so kind! So when Mr Publisher told me this month was the gay issue, I knew it was going to be challenging - I'm a newbie here and haven't really explored the byways of Phnom Penh yet. Instead, I live vicariously through this very excellent magazine and browse the Internet with one hand (I'm still holding the son and heir, remember?).

So I looked at the current top-selling gay and lesbian titles on Amazon.com. Imagine my surprise on finding a Poppy Z Brite vampire novel released more than fifteen years ago at number one. It reminded me how long in the tooth this particular publishing phenomenon now is - but it also made me think about why readers of all persuasions are fascinated by vampires. It's about the search for identity linked to themes of forbidden and transgressive sexual desire.

Vampires as romantic anti-heroes seem to have come of age in 'The Twilight Saga', Stephanie Meyer's wildly successful quartet, but for all the teen angst and sensual longing, I prefer my vamps to be a little more knowing like Charlaine Harris' Stookie Stackhouse novels - fast and funny with an irresistible Southern drawl. 'Dead Until Dark' is the first in this sassy series and has been adapted for an HBO series (showing here on cable now) by no less than Alan Ball of Six Feet Under fame. This is quality stuff.

Meanwhile, Jill Kismet, of Lilith Saintcrow's novels 'Night Shift' and 'Hunter's Prayer', is a wise-cracking ex-prostitute. She is a tough hunter of werewolves who patrols the Nightside. These mysteries are quite strong on plot while also having some good action set pieces - so well worth a go too.

For a less obvious, more reflective take on the genre, give 'The Society of S' by Susan Hubbard a try. I really thought this wasn't for me but, once started, it quickly drew me in and I couldn't stop reading - it's an atmospheric coming of age tale with a winning heroine who senses she is apart but doesn't know quite why. Although you may get to the root of her family's unhappiness quicker than Ariella, this has a lot of pleasing depth to it even though it trails away by the end. **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  
Open since 1995, this air-con art shop sells 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.sakiapel.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.

### Aspara 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 Bldvs., 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

### *Buildings*

Exhibition by Khmer artist Kong Vokkal opens at the CCF on May 7 at 7pm.

### *Dignity*

Photo exhibition by Tone Umland about Steung Meanchay opens at Living Room on May 1, running through to May 20.

### *I Am Pride*

Exhibition, as part of the Pride 09 Festival, opens at Meta House on May 12 at 6pm, running through to May 17.

### *Studies of Decay*

Exhibition by Liz Wuerffel opens at Java Café & Gallery on May 7 at 6pm, running through to May 31.

### *Exhale*

Exhibition of sculptures by Meas Sokhorn opens at The Chinese House at 6.30pm on May 14, running to May 24.

### *Orphan Smiles*

Exhibition by young, Khmer artist Nasy Radet opens at Equinox at 7pm, running throughout May.

## ■ MUSIC, EVENTS & PERFORMANCES

### *Phnom Penh Hip Hop Festival*

Various events will take place at Meta House, the CCF and Pontoon Lounge from May 16 to 24 in Cambodia's largest hip hop festival ever (see pages 50-51 for more details).

### *Sounds of Berlin*

DJ Nico mixes club sounds with a touch of Goa at The



Club, Gasolina on May 16 from 9pm to 1am.

## ■ FILM

### *European Union Film Festival*

The following films will be screened at Le Cinema, CCF. May 5, 7pm – *Tomorrow We Move* (Chantal Ackerman, 2004), French with English sub-titles.

May 6, 7pm – *Christmas Story* (Juha Wuolijoki), Finnish with English sub-titles

May 6, 9pm – *Monkeys in the Winter* (Milena Andonova), Bulgarian with English sub-titles.

May 7, 7pm – *Goodbye Lenin* (Wolfgang Becker), German with French sub-titles.

May 7, 9pm – *Santa Maradona* (Marco Ponti), Italian with English sub-titles.

May 8, 7pm – *Duska* (Joss Telling), Dutch with English sub-titles.

May 8, 9pm – *Kids in da Hood* (Catti Edfeldt, Ylva Gustavsson), Swedish with English sub-titles

May 9, 7pm – *The Duchess* (Saul Dibb), English with English sub-titles

Additional screenings of *Tomorrow We Move* will be shown at Le Cinema on May 15 & May 29 at 7pm.

### *Gay Pride Film Festival*

Meta House, in coordination with the Indonesian Q! Film Festival will host the Penh's first gay and lesbian film festival from May 11 to 17 (starting at 6pm). May 11 – *Milk*; May 12 – Q! Festival; May 13 – *Beautiful Boxing, Khmer Rogue, Fire*; May 14 – *Palace of Dreams, Love Man Love Woman, Roxxxane*; May 16 – *First Love, Road Movie, 881, Bangkok Love Story*; May 17 – *Love for Share, Blossoming of Maximo Oliveros, Priscilla Queen of the Desert*

### *Rooftop Cinema*

Each month the Meta House (open Tuesday to Sunday 2pm to 10pm) shows films, documentaries and hosts events on its rooftop terrace. This month's screenings (7pm unless stated) include:

May 1 – *Workingman's Death*; May 2 – *King & Filmmaker*; May 3 – *Nu Phillipine Cinema*; May 5 – *Photomotion*; May 6 – *Into the Great Silence*; May 7 – *Vietnam: American Holocaust*; May 8 – *Forest Night*; May 9 – *Climate Changes*; May 10 – *We Want You to Know*; May 11 to 17 – *Gay Pride Film Festival*; May 19 – *Trafficking and Holly-Wood*; May 20 – *Rize, Freedom Writers*; May 21 – *Style Wars, Status Yo!*; May 22 – *Videsh: a Heaven on Earth*; May 23 (6pm) – *63 Years On*; May 25 – *Baader-Meinhof Komplex*; May 26 – *Kampuchea: Death & Rebirth*; May 27 – *Cambodia 1989*; May 28 – *The Tenth Dancer, Samsara*; May 29 – *Fear and Hope in Cambodia, The Road from Kampuchea*; May 30 – *Site 2*; May 31 – *Terror's Advocate*.

## ■ ONGOING

### *Intercity*

Exhibition featuring the works of young Cambodian artists continues at Meta House until May 9.

### *Ramsar Site 999*

Exhibition of photographic prints of northern Cambodian flooded forests by Paul Stewart continues at FCC throughout the month.

### *Tim Page: Faces of War*

Award-winning English photographer has photos on sale on the second floor of Meta House throughout the month. An exhibition of his work is also on display at 4Faces Gallery, Siem Reap. 

Does your business need better exposure around town?

PHNOM PENH  
**AsiaLIFE**guide

Advertise, and put the spotlight on your business.

Contact us at: [qudy@asialifeguide.com](mailto:qudy@asialifeguide.com)  
or 012 960 076

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

  
META HOUSE

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

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

Street 264, #6 - Sangkat Chaktomuk, Khan Daun Penh, Phnom Penh  
HOMEPAGE: [www.meta-house.com](http://www.meta-house.com), EMAIL: [mesterharm@gmx.net](mailto:mesterharm@gmx.net)  
FIXED: 023 - 224 140, MOBIL: 012- 607 465



# Dressing Up

Photo essay by **Virginie Noel**. Check out more of her work online at [www.virgienoel.be](http://www.virgienoel.be).









# leisure & wellness

## Cambodian Country Club

Last month, the Cambodian Country Club officially opened its doors to the public becoming the first country club in the Kingdom since before the war. **Johan Smits** speaks to its chair **Van Sou Ieng** about country clubs, his love of sports and hopes for the future.



The CCC's inviting swimming pool

"I THINK AND I HOPE THAT Cambodia will catch up with the true idea of a country club and understand that it is different from a golf club," says Sou Ieng, chair of the Cambodian Country Club (CCC).

Originally a British concept, country clubs found their way into Asia through colonising European countries. Often a very exclusive, elite affair, historically many country clubs refused to admit members of minority races and faiths. Over time, they evolved more into business clubs and expanded to include families too with a higher emphasis on entertainment.

The CCC wants itself to be accessible to all people living in Cambodia – locals and foreigners alike – so long as they can afford the fees and meet certain standards. Though targeting middle to upper income families, Sou Ieng claims that

membership fees (US\$768 / year, US\$80 / month) are not prohibitive. "We're not selecting people by money, we would like to select members by culture and by what we call certain cultural and educational standards and knowledge," he says.

### ■ SPORTS, SPORTS, SPORTS

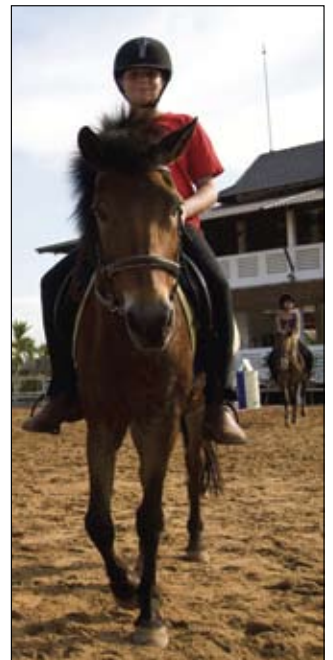
Very much sports oriented, the CCC hosts a 25-metre salt water swimming pool, equestrian centre, two tennis courts, a badminton court, gym and aerobics facility, basketball court and sand field to play volleyball. Instruction in martial arts such as taekwondo and judo will be offered once they find a teacher, and one more hectare is currently being developed into a football and rugby field – for training purposes, not for competition.

Not that the CCC is just for adults. A kid's club has all kinds of sports and leisure activities, as

Thirty years ago, the idea of a club was well anchored into the minds of Cambodian citizens

well as a children's climbing wall. "Schools often bring their children here," Sou Ieng says. "They even have Summer camps where the kids can sleep over for a few nights, learning an entire sports course over four of five days."

The country club wouldn't be one without a real club-house. Situated alongside the pool and overlooking the club's facilities, it is home to two restaurants and bars spread over two floors – one is air-conditioned. It's the centre of the country club's life.



Equestrian events for all ages



Van Sou Ieng - feeling at home

“Our wish is to get families with their kids together in one place where everybody can enjoy themselves, from the kids to the parents and even grandparents,” he says. With its mix of sports, food and entertainment, the club is well positioned to serve that purpose.

In many Asian countries golf clubs have been extended into country clubs. This is something that Sou Ieng wishes to avoid. “In Europe when you say ‘country club’, you don’t just think of golf, you think of many sorts of sports facilities,” he explains. However, if you’re keen on golf, it is also available. “There is a golf driving range just across the road with which our club is associated. If you are a member of this club, you’re also a member of this golf range.”

#### ■ A BRIDGE ACROSS CULTURES

As of their official opening last month, the club counted eighty members. Despite the fact that the centre can cater for up to 1,000 people, their target membership is somewhere between 400 and 500 members. One challenge that the CCC might face is how to balance the often-differing expectations of both local and foreign members. Sou Ieng acknowledges that there is a cultural exchange to be done. One of the club’s purposes is to provide a platform for local people to meet and exchange views with expats. He also believes there’s a market for Cambodian returnees from abroad.

“They are also a target,” he says. “They will understand both sides and will bring the two cultures together. I also think that, previously in Cambodia, thirty years ago, the idea of a club was well anchored in the minds

of Cambodian citizens, so those people that left the country at that time and have returned are familiar with the concept.”


In order to promote the new Cambodia Country Club, special events will be organised on a monthly basis. In the pipeline are a light and sound show, a laser show and an acrobatics performance.

Sou Ieng refutes the idea that the club’s location, near Northbridge International School, is a problem. “We are halfway to the airport which is quite near to the city compared to other Asian countries,” he says. Situated about seven kilometers from central Phnom Penh, Sou Ieng reckons the club can be reached within ten minutes when the roads are quiet and in half-an-hour in heavy traffic.

“It is less crowded around here so people think it’s far, but it’s not far,” he stresses. “There is a lot of open space here so you have the feeling that you are going somewhere out of town, towards the countryside, but it’s still close to the city.”

Opening a new business of this scale might be viewed as rather ambitious in this economic climate, but Sou Ieng remains upbeat. “Coming here to relax, be in the open and enjoy some sport is actually a good way to cure your depression,” he laughs.

#### ■ INFORMATION

*Cambodian Country Club, Street 2004, near Northbridge International School, Tel. 012 231 755 (French and English) / 016 704 759 (Khmer and English), www.cambodiancountryclub.com, email: cambodiancountryclub@gmail.com* 

## 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.

#### ■ GET INVOLVED

Do you have something to add or discuss regarding this story?  
Get involved online at <http://www.asialifeguide.com/Forum/> 



# Beauty Spot: Amara Spa

AT AMARA SPA AESTHETICS is not only skin-deep, it's visual. The boutique spa is a design enthusiast's oasis of sanity from the noise and heat of the riverfront. Its design-driven philosophy comes across in the broad strokes of the spa's interior, achieving a contemporary Asian style that fuses the modern with the traditional. The finer design details, from the soft lighting and granite tiles to the various water bowls filled with purple lilies accented by a single orange chrysanthemum, make a trip here special.

A full-service menu includes massages, scrubs, wraps and facials. The latter are tailored for women using Comfort Zone products, an award-winning Italian spa and cosmetics line. The menu includes facials for men too. Massages have been crafted by an industry professional to meet the needs of Amara's clientele. Techniques are hybrid, as seen in the combination of shiatsu, Thai and aromatherapy in the spa's signature East West Fusion (90 minutes/US\$35). The Ayurlomi Hot Oil Massage (90 minutes/US\$35) combines healing techniques developed from India and Hawaii to eliminate fatigue and tension. Amara uses light massage oils from Thai brand Sukhita, that contrast with the heavier oils often found at other spas in the capital.



The foot massage (60 minutes/US\$12) is comprehensive. Starting with a foot wash followed by a mentholated scrub with jasmine and jojoba oils, the actual massage covers leg, neck and back. The Action Sublime Anti-Aging Treatment (90 minutes/US\$58) focuses on the face but to the benefit of the entire body. The treatment targets the effects of free radicals, sun exposure and general environmental pollution on the face, neck and décolletage. Hydration is central through a series of cream cleansers, toners, moisturisers and two separate masks.

The facial starts off with a thirty-minute back massage of aromatic oils. Luckily the massage component doesn't end there. While waiting for various masks to weave their magic spell, the therapist massaged my head, arms and legs to promote circulation, and relieve tension and stress. The holistic approach of the treatment is a cornerstone of the spa. Fully relaxed and with skin feeling smooth and nourished, I was given a hot ginger tea to drink. A perfect note to end the treatment.

*Amara Spa, Corner of Sisowath Quay and Street 110. Tel: 023 998 730. Open daily - 11am to 11pm.*

**Paddy's Gym**  
635 National Road 5,  
just past the Japanese Bridge,  
Tel: 012 214 940  
Bearing the air of an American boxing gym, Paddys offers an honest workout with recently imported equipment. Good range of free weights, boxing ring, boxing bags and aerobics. Entrance is

US\$3 or US\$45 per month. Open from 6am to 8pm.

**Raffles Amrita Spa**  
Raffles Le Royal Hotel,  
Street 92, Tel: 023 981 888  
Modern gym and pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi costs US\$10 week-

days (US\$15 at weekends). Open from 6am to 10pm.

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

**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.

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**  
57Aeo 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. Open 9am to 8.30pm.

**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.

## hairdressers

**De Salon Hair Spa**  
31D Sihanouk Blvd., Tel: 023 223 938  
Fancy new hair salon opened in late

**Blazing Trails**  
in Cambodia

Killing Fields Road, Phnom Penh  
012 676 381 / 012 542 916  
099 526 463 / 092 856 353  
Free pick up from Phnom Penh




from  
15USD

**Phnom Tamao Wildlife Sanctuary - Villages Tour**  
**Tonlé Bati Lake & Temples - Sunset Tour**

# Nick Walsh: Health for Men

**YOUR AVERAGE MALE MAY** hit 35 or even 40 before it hits home that he is not indestructible and health is important. For years the health sector has focused on promoting health in women and children – for good reason. But recently there has been more focus paid on the importance of men looking after their health. Men face many of the same health issues as women, but there are some issues particularly relevant to men which change over time.

■ **FEELING INDESTRUCTIBLE?** During your teens and twenties risk is taken with a grain of salt and the consequences are not always considered. Young men are indestructible – or at least feel that way. Until something goes wrong that is – and it's not just about helmets!

Reducing risk is important. Did you know that for each drink after the fourth, your risk of an accident or problem related to alcohol intoxication increases substantially? Keep it below four and the risks are limited, particularly if you're planning on staying out late. Being drunk means you are more likely to be a mugging target or do something stupid. The body metabolises around one drink (or just under a can of beer or glass of wine) per hour.

Sexual risk can be prevented by not being too drunk and using condoms correctly. Chlamydia and gonorrhoea are easily transmitted and very common, par-

ticularly among bar girls and sex workers here in Phnom Penh. HIV is less easily transmitted but having an STI or the presence of any blood increases the risk significantly. Using a condom will reduce this risk – but note that up to 50 percent of sex workers in Phnom Penh are HIV positive. If you are at any risk of HIV transmission then get to your doctor within 48 hours to commence post exposure prophylaxis (PEP) which is a cocktail of anti-HIV medication taken for a month to prevent seroconversion. It's the morning after pill for HIV. You'll also need to be tested or treated for other STIs.

Everybody forgets the sun but good sun protection in the early years makes a world of difference later. This includes using sunglasses.

■ **LIFE CATCHING UP WITH YOU?** The 30s and 40s often lead to a growth of the girth. Having a belly is an independent risk factor for heart disease. Being overweight puts you at risk of high blood pressure, high cholesterol, diabetes (type 2) and fatty liver.

The big determinants of this as middle age approaches are exercise, diet and alcohol – not being active enough, eating too much of the wrong food and drinking too much alcohol. The main remedies are regular aerobic exercise (150 minutes per week), eating a low-fat, low-salt, balanced diet complete with daily fruit and

vegetables, and reducing alcohol consumption particularly if weight is a problem.

It is important at this stage in life that you start seeing a doctor regularly to get blood pressure, cholesterol and body mass index checked together with any other indicated tests. You should have your prostate checked regularly after the age of 40 – and skin every year.

■ **THE MIDDLE AGES** This is when a healthy balanced diet, regular exercise and not smoking really make a difference. Hitting 50 means continuing with the prostate checks but starting screening for bowel cancer too – particularly if there is a family history of it. This usually means looking for blood in the stool (faecal-occult blood), but can mean a colonoscopy.

If you haven't stopped smoking yet you really need to. It takes about 10 years for the excess cardiovascular risks associated with smoking to disappear. Weight is the next priority and your body mass index (weight in kg / height in m<sup>2</sup> – there are calculators on the web) should be less than 25 – and certainly less than 30. Having muscle mass is a good thing and strength as well as aerobic exercise are important for fitness.

Regular doctor check ups are vital at this stage to pick up increases in blood pressure or cholesterol. You should have any chest pain investigated. A cardiac stress test is prudent

at this age if your doctor thinks your chest pains are an indicator of heart disease.

■ **THE GOLDEN YEARS** Wisdom and patience may come as the age of grandparenthood is entered, but this is also when health risks really escalate. Knowing your doctor, and your doctor knowing you, is very important at this time. All health alerts should be attended to promptly, and you should have regular blood pressure (annually), prostate (every two years) and bowel cancer screening (every two years). It is important that your heart is evaluated with a cardiac stress test. Lung function tests are important if you have a history of smoking.

Robust old age is governed by regular physical activity, a balanced and modest diet – you don't need to eat as much as you're used to – and timely management of any healthy issues. Keeping your brain occupied is important for preventing dementia and the more mental activities you do the better. Continuing to work and spending time with friends and family is one way of doing this.

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



Tired, Stressed, Want to relax...  
Come to enjoy our professional - Massage, Spa  
Steam, Sauna, Coffee

Tel: (855) 23 222 846, (855) 23 217 774, H/P: (855) 12 670 939  
E-mail: info@champeispaspa.com, www.champeispaspa.com

Address :  
1- House No. 38, St. 57, Boeung Keng Heng 1, Phnom Penh  
2- House No. 7, St. 334  
Working hours: 9:00 am to 11:00pm (Everyday)





# Sam Moffett: Ten More Reasons to Exercise

*A good many of us focus too much on the weight loss aspect of exercise. There are plenty of other reasons to invest a little time on exercise.*



## 1. BETTER SEX

Physical activity sends more blood to all parts of our body, which improves our response to sexual stimulation. Looking better and feeling stronger definitely doesn't hurt in the bedroom.

## 2. BETTER SLEEP

As long as you don't exercise two hours before bed, you'll get better, deeper sleep if you exercise regularly.

## 3. LESS STRESS

The more you exercise, the better you'll cope with anxiety, stress and depression. The

production of endorphins stimulates happy positive feelings.

## 4. MORE BRAIN CELLS

Exercise drives more oxygen to feed your brain, making you think more quickly and clearly.

## 5. MORE CONFIDENCE

Exercise is a confidence builder both physically and emotionally – you feel better about yourself.

## 6. TONED, DEFINED MUSCLES

The more you exercise the stronger and healthier your muscles will become, and the

better they'll serve you. It's not all about healthy weight loss – building healthy mass is another exercise benefit.

## 7. CLEAR SKIN

Regular physical activity promotes circulation and sends nutrients to your skin, leading to less acne and a better complexion.

## 8. STRONGER IMMUNE SYSTEM

Regular exercise helps combat free radicals, and you sweat out toxins. Lower blood pressure, lower cholesterol levels and a lower heart rate help you ward off ill health.

## 9. MORE ENERGY

You'll notice this right away, as increased energy increases your ability to enjoy almost everything else in life.

## 10. CHOCOLATE

Exercising regularly allows you that occasional guilt-free chocolate – go for it!

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

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. Open 8am to 10pm (8am to 6pm at weekends).

### Naga Clinic

11 Street 254, Tel: 023 211 300 / 011 811 175  
French-Khmer run clinic with a team of international and Khmer doctors. Impressive range of modern facilities. Has a 24-hour pharmacy on site and can perform minor surgery. 24-hour service.

## optics

### Eye Care

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

### Grand Optics

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

## pools

### Asia Club

456 Monivong Blvd., Tel: 023 721 766  
Beautiful swimming pool tucked around the back of Man Han Lou Restaurant near Caltex Bokor. Use of pool is for members only, who get a discount at both Man Han Lou Restaurant and Master Kang Health Care Centre.

### Fitness One

Himawari Hotel, 313 Sisowath Quay, Tel: 023 214 555  
Outdoor hotel swimming pool, gym, steam room and Jacuzzi.

### L'imprevu Resort

Highway 1, 7km past Monivong Bridge, Tel: 012 655 440  
Peaceful resort complex just outside of the city has bungalows, tennis court, table tennis, boules and a beautiful swimming pool. Children for free.

### Raffles Amrita Spa

Raffles Le Royal Hotel, Street 92, Tel: 023 981 888  
Attractive pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi. Open from 6am to 10pm.

### The Billabong

5 Street 158, Tel: 023 223 703  
www.thebillabonghotel.com  
Sheltered garden hotel with an excellent outdoor swimming pool good both for lengths and relaxation. Swimming hours from 8am to 8.30pm.

### The Club at Northbridge

1km off National Road 4, (on the way to the airport), Tel: 023 886 012  
International school has a pool for members. Open every day, there are also tennis courts and playground for kids.

### Open Palm Studio

12 Street 101, Tel: 012 633 278  
The first official Spinning facility in Phnom Penh. Tuesdays and Thursdays at 8.15am. Call to book in advance.

### VIP Club

Norodom Boulevard, Tel: 023 993 535  
Large sports complex with gym, outdoor swimming pools and tennis courts. Open from 6am to 9pm.

## spas

### Amara Spa

Cnr. Sisowath Quay & Street 110, Tel: 023 998 730, 012 873 999  
Fax: 023 998 731

www.amaraspa.hotelcara.com  
A unique & comprehensive Day Spa providing a wide selection of facials, body massages and treatments; arranged into four storey sophisticated modern facility. Open from 11am to 11pm.

### Amatak Spa

4 Street 228, Tel: 023 722 029  
Beautiful, up-market spa set in a large villa close to Monument Books established by Khmer beautician who used to work at Raffles Hotel Le Royal. Open from 9am to 10pm. Accepts visa.

### Amret Spa

3 Street 57, Tel: 023 997 994 / 012 414 038  
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. Open 9am to 9pm.

## Pharm@link

A chain of PHARMACIES with the BEST BRANDS OF MEDICINE & COSMETICS at your door step.



**FIRST AID KITS**  
AVAILABLE ON DEMAND



CONTACT HEAD OFFICE: (+855) 23 215 727

PHARMALINK DAUN PENH #20D, street 184 - Phnom Penh MON-SAT > 7:30 AM - 8:00 PM  
PHARMALINK NAGA CLINIC #11, street 254 - Phnom Penh 24/7  
PHARMALINK BOEUNG TRABEK #14E0, street 432 - Phnom Penh MON-SUN > 7:30 AM - 8:00 PM



For reservation  
Cal: 012 455 239  
We speak  
Khmer-English-Thai  
Facial Treatment  
Hair Treatment  
Nail Treatment  
Massage



FREE WI-FI Internet  
Tea selection - Coffee - Espresso  
Image Beauty Lounge 57AE0, Street 240  
Phnom Penh

**Bliss**

29 Street 240, Tel: 023 215 754  
Health spa at the back and upstairs in this beautiful French colonial building. Have a massage, facial, body scrub or simply wallow in the beautiful flower bath. Open 9am to 9pm, closed Monday.

**Champeï Spa & Salon**

38 Street 57, Tel: 012 670 939 / 023 222 846, www.champeïspa.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. Open 9am to 10.30pm

**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. Open 9am to 9pm.

**Master Kang Health Care Centre**

456 Monivong Blvd., Tel: 023 721 765  
Large health centre next to Man Han Lou Restaurant. Offers foot massage in either public or private rooms downstairs, with both Chinese and oil massage upstairs. Downstairs also has a grand piano which is played in the evenings.

**Miss Care & Spa**

4B Street 278, Tel: 023 221 130  
Small beauty parlour and spa set on the Golden Street, with well-priced massages range and beauty treatments.

**Monorom Massage**

B87 - B91 Street 199 (near Sovanna Mall), Tel: 017 555 778  
Professional foot and body massage parlour that offers unique fish treatment. Also has free sauna and steam room. Open from 10am to midnight.

**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. Open 9am to 11pm.

**Seeing Hands Massage**

6 Street 94, 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. Open 9am to 7pm.

**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.

sports general

**Cambodian Federation of Rugby**

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

**Cambodia Golf & Country Club**

Route 4, Tel: 023 363 666  
International standard, 18-hole golf course.

**Cricket**

Infrequent fun games played at a school off Street 360, near Street 63, on Sunday mornings. No equipment required and little prior knowledge of the rules is also ok. Contact Majid at Saffron Wine Bar on 012 247 832.

**Football: The Bayon Wanderers**

www.bayonwanderers.com  
Mixed Khmer and western team. Training sessions 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.

tennis

**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 mwmbers.

# 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



- Scaling-polishing
- Crown & Bridge
- Whitening
- Orthodontic Treatment
- Root Canal Treatment
- Tooth Colored Filling
- Child Prevention
- Dental Implant

**Emergency**  
092 804 471  
012 986 024 / 012 854 408

Come & celebrate who you are at Phnom Penh's Gay & Lesbian Pride Week

phnom penh gay & lesbian pride '09

ប្រទេសកម្ពុជា ខែកក្កដា ២០០៩

កម្ពុជា ក្រុងភ្នំពេញ ខែកក្កដា ២០០៩

Film festival, parties, art exhibition, workshops, picnic, friends, celebration.



12 - 17 May 2009

Visit our website for full details

With events held at



www.phnompenhpride.blogspot.com

## Amatak Beauty Spa

dermatological products

- Massage therapy
- 4 hands massage
- Aromatherapy
- Khmer, Thai massage
- Body wrap and body scrub therapy
- Skin care facial therapy
- Nailcare, waxing
- Amatak Beauty Spa Package (for him/her)
- Steam bath, jacuzzi and more...

#4 St. 228, Phnom Penh  
H/P: 012 360 490, Tel: 023 722 029  
Amatakbeautyspa@yahoo.com  
www.amatakbeautyspa.com



# next generation

## iSWAM the Mekong

On Apr. 5 many of the Penh's adult community swam the mighty Mekong River, but four eleven-year-old children from iCAN, who were raising money for the Cambodia's Dump Children Committee caught the eye. This month we give you **Jessica Rendall**, **'Rapid' Regis Seng**, **Sarah Wong** and **Sowon Hak**, who truly are the Penh's next generation.

### ■ JESSICA

Swimming the Mekong River felt tiring and fun. It was also scary knowing what could possibly happen to me if I wasn't careful. I felt really, really, really proud of myself for doing something different for a change and pushing myself out of my comfort zone. When I first saw the length I had to swim, I was pretty sure that there was no way I was going to make it across. When I got in the water to warm up, I took another look at the distance and realised that it wasn't that far at all. During the swim, I was pretty tempted to wave my hand in the air and give up, but I looked at the other side and saw the children from Cambodia's Dump Children Committee (CDCC) smiling and thought that if I were to give up I would feel guilty, because of all the children I had let down. That gave me an urge to give it all I had and finish what I had started. I was feeling nervous already, when on top of that, the photographer from the AsiaLIFE magazine was there to take pictures of us to feature in their magazine. It was a chance of a lifetime and I had a rainbow of feelings, but I was glad that I did it and will definitely never forget, my Mekong River swim experience. (Jessica swam the Mekong in 17.03)

### ■ RAPID

I did it!!! It was a massive experience for me to swim across the Mekong River! I can remember going to watch the Mekong River swim last year, when I couldn't really swim at all, and wondered whether I'd ever be a good enough swimmer to do that. It's amazing what you can achieve when you put your mind to it. I thought the mighty Mekong River was going to be very deep and cold, but instead the water was warm and kind of refresh-



Jessica (lying), Sarah (left), Sowon (middle) and Rapid (right)

ing. It didn't smell really bad either, as I thought it might. But the scariest thing is that you can't see what's in the water at all – it was just dark brown! I think that the Mekong River swim is a very challenging thing for people to do because if you swim straight to where you're heading, the current will push you far away. I was feeling a bit dizzy with my new, and fashionable, swimming

cap, but it was all right because when I went into the water I felt soooo much better. When I reached half way about 400m, I felt like I had just swum two lengths of our school swimming pool. I would love to do it again because it was a very challenging experience for me and I thought that I couldn't reach the end, but fortunately I did it. (Rapid swam the Mekong in 15.43)

### ■ SARAH

On Sunday, we swam the Mekong River and it was an incredible experience. I felt both excited and nervous. When I saw how long it was I felt a bit nauseous but did it anyway, because I knew it would be a fun thing to try. It was very exhausting and I don't think I have ever swum so hard and so much in my life! While swimming the river, I wanted to give up because I was completely wiped out, but I urged myself to get to the end. No turning back now! When I finally got up to the bank I felt as if I was going to flop over. But the support of my friends and family made me walk up the muddy steep hill. I feel proud and now I can say: "I've swum the Mekong River!" C.D.C.C will also get brand new bikes and I feel great that I have helped to make that happen. I feel good about myself that I have achieved something so huge. The amazing feeling I get when someone tells me how proud they are, is when I knew it was definitely worth not giving up! (Sarah swam the Mekong in 18.30)

### ■ SOWON

First when I saw how much I needed to swim I was thinking inside my head that it was far and I couldn't do it. When the race started I was very nervous. After I had swum about half way I thought that it wasn't too bad after all. I really enjoyed it a lot. Now CDCC are going to have bicycles and I am very proud of myself that I swam the Mekong River. (Sowon swam the Mekong in 15.11)

### ■ THE RESULTS

In total Sarah, Sowon, Jessica and Regis raised US\$1,000 for CDCC, which will be matched on behalf of iCAN by its Director, Elaine Younn. The grand total of US\$2,000 should be enough to buy 50 bicycles and cycle helmets for the children at CDCC. 🇰🇲

# next generation guide

ChildSafe®



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

## cafés & restaurants

### Annam

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

### Café Fresco II

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

### Café Living Room

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

### 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.

## classes

### Kids Create

**Café Living Room, 9 Street 306, Tel: 023 726 139**  
Art classes with Leah Newman each Wednesday at Café Living Room.

### 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.

### 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.

## 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.

### 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

See Business Section page 71.

## 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 Bvd, 175A Mao Tse Tung Blvd., Tel: 023 228 222 / 012 875 222**  
Sells a variety of imported products for babies and mothers imported from Taiwan.

### Kid's World

**112 Sothearos Bvd., Tel: 012 661 168**  
Bright and cheery children's store selling an extensive range of real Lego, from small pieces up to elaborate box sets such as build-your-own Ferraris. The store also features a small play table. A range of baby products under the 'Nuk' label are also available.

### Monument Toys

**111 Norodom Bvd., Tel: 023 217 617**  
To the rear of Monument Books is a well-stocked toy section. It features an excellent range of well-known board games and toys including Barbie dolls, Transformers, Magic 8 balls and more. It has to be the best place in the city for brand name toys and games. 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, cots and toys. Open from 8am to 8pm. 🇫🇷

**Enrolments for Secondary Years 7 and 8 OPEN NOW**

**British International School**

85 Sothearos Blvd Phnom Penh Cambodia  
Tel: (855-23) 222 416-8 [www.ican.edu.kh](http://www.ican.edu.kh)



# shopping & fashion

## Behind the Quilt

One of Saigon's best success stories over the past few years has now come to the streets of Phnom Penh – Mekong-Quilts. Words by Mark Jackson.



Kalyan, Tuyen and Sarah in the Street 240 shop

THANH TRUONG WAS A dentist with a passion – she loved quilting. She also had a mission, to provide rewarding employment for poor rural women in Vietnam and increase their incomes. She began by training a group of 30 women in the art of quilt-making in 2001. “Many of them had the basic skills,” explains Sue Wise, an Australian, who started volunteering for Vietnam Quilts in May 2005. “They had the patience and they were all looking for employment and a way to increase their family income.”

Sue admits that the quality of the first quilts was lacking, but quickly as the quality issues were overcome, the organisation began to grow. Initially Thanh sold quilts from her own home. In 2003 she opened her first shop in

Saigon. A second retail outlet was opened in Hanoi in 2007, and a third on Phnom Penh's popular Street 240, this March. The organisation changed its name to Mekong-Quilts to reflect this regional development.

### ■ QUALITY QUILTS

With so many shops already offering household accessories, often from the finest silk, it is the quality of the product that cuts Mekong-Quilts out from the rest, according to Bernard Kervyn. Bernard is the director and co-founder of Mekong Plus, the NGO established to carry out community development projects in the villages where the quilts are produced. He is also Thanh's husband.

“Mekong Quilts has aimed, from the start, at the top quality,”

he says. “Experts say they could sell for up to US\$1,000 in the U.S.” An adult-sized quilt retails for between US\$140 to US\$190 in the Phnom Penh shop, with other household accessories in the US\$2 to US\$45 range.

“Quilt aficionados can be very difficult people,” he adds. “Mekong-Quilts started from the customers, with design and quality. What do the specialists like? Then we trained women to produce the quilts with extremely strict rules for quality, timely delivery etc.”

Today, the programme employs about 200 women in total. The profits from the shops are returned to the villages where the quilters live, to help the whole village. Part of the profits, are set aside to train more quilters and develop the programme through

marketing and opening of new shops, with the aim of employing more women.

### ■ COMMUNITY DEVELOPMENT

The other dimension to the organisation is that it focuses on the community as a whole. “This is not a quilt programme but a community development programme,” says Bernard. “The quilters keep their children at school, improve the sanitary condition of their homes and diversify their sources of income. We will help them for all that, but if they don't try to change, they will have to leave the project. Also, part of the profits are for the whole village, not for the quilters, as we want to reinforce the community, not create jealousy.”

Since 2004 Mekong-Quilts has supported local NGOs in Prey



Who could resist a quilted teddy?

Veng and Svay Rieng. Although for the moment the quilts are still made in Vietnam, as the quilters require a lot of training to enable them produce top-quality products, the intention is to train quilters in Cambodia.

"In the near future we will train Khmer quilters in Svay Rieng," says Bernard. The aim is to employ 100 women in these villages. This is good news for the poor villagers as on average the income of those involved in the scheme in Vietnam has increased two-fold, according to Bernard.

The women also work close to their children, receiving training in health and micro-credit to develop the family economy.

Bernard is also keen to point out that money from the Street 240 shop will stay in the country, not channelled into Vietnam. "All the profits from the quilt store will be cycled through our NGO, Mekong Plus, providing scholarships, promoting many health and quality of life initiatives in remote villages of Svay Rieng Province," he says.

*Mekong Quilts, 49 Street 240 is open 9am to 7pm.*

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

**COULEURS D'ASIE**

GIFTS . HOME DECO  
 SILK COLLECTIONS  
 SPECIAL ORDERS

beyond interiors



SHOWROOM No. 14, ST. 306. BKK1  
 EMAIL: INFO@BEYONDINTERIORS.BIZ  
 WEBSITE: WWW.BEYONDINTERIORS.BIZ  
 HP: +855 12 930 332 PH: +855 23 987 840

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

OPEN; Everyday  
 8:00 ~ 19:00

St.63 St.322, BKK 1, Phnom Penh  
 TEL&FAX 023-726480 H/P 012-842970  
 customer@ksline-cambodia.com  
 http://www.ksline-cambodia.com





**Sobhana Boutique**  
No. 23, St. 144/48, Sangkat Phsar Thmey III, Khan Daun Penh, Phnom Penh, Cambodia.  
Phone: (+855 23) 219 435  
Email: sobhana@sobhana.org  
[www.sobhana.org](http://www.sobhana.org)

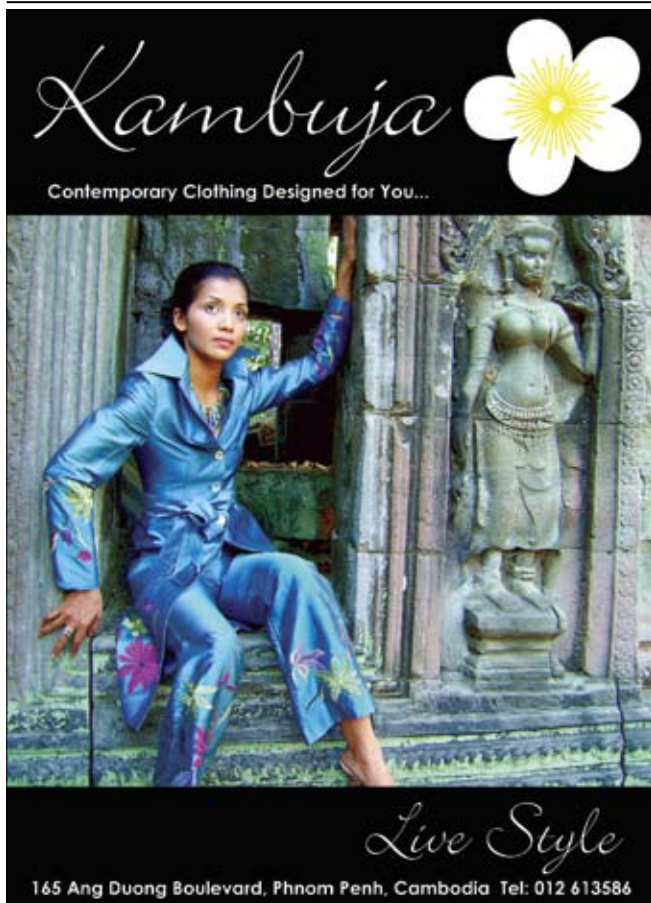
**Siem Reap Angkor International Airport**  
Tel: (855) 63 964 727

22B ST 278 PHNOM PENH  
TEL: 017 755964

**ZOCO**  
CLOTHES



CLOTHES THAT YOU WANT TO WEAR



**Kambuja**  
Contemporary Clothing Designed for You...

*Live Style*  
165 Ang Duong Boulevard, Phnom Penh, Cambodia Tel: 012 613586

## shopping guide

ChildSafe®



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

### art

**Happy Painting Gallery**  
FCC; Domestic Airport  
[www.happypainting.net](http://www.happypainting.net)  
Open since 1995, these popular aircon art shops sell the extremely colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

### books & cds

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

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

**Monument Books**  
111 Norodom Blvd., Tel: 023 217 617  
Extensive range of new English-language books in town including recent releases and sections on Asia, Cambodia, travel, cuisine, design and management. Good children's section as well as a wide choice of magazines and newspapers. Open from 7.30am to 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 Sothearos Blvd., Tel: 023 220 873  
[www.ichingdecor.com](http://www.ichingdecor.com)  
Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

**Le Rit's**  
14 Street 310, Tel: 023 213 160  
Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden. Open from 7am to 5pm, closed Sundays.

**Pavillon d'Asie**  
24 - 26 Sihanouk Blvd., Tel: 012 497 217  
Antique lovers dream, with a large array of well-restored furniture and decorative objects. Wooden cabinets jostle for space with Buddha statues and old wooden boxes. Upstairs are pieces from the French colonial era. Open 9am to 6pm. Closed Sundays.

### computers

**S.I. Computer Tecnology**  
43-45 Street 43-45, Tel: 023 216 699  
93 Sihanouk Blvd., Tel: 023 218 880  
Top quality computer show room for company that deals in latest computer equipment. Retailers a range of Fujitsu LifeBooks, including the U1010, T2010, T4220, S7111 and the award-winning S6410.

### fashion

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

**Beautiful Shoes**  
138 Street 143, Tel: 012 848 438  
Located near Tuol Sleng Museum, this family-run business measures your feet and designs the shoe exactly as you wish. The shop also caters for men. Open from 7am 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](http://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](http://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 / 023 211 741**  
**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.

**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 Mondulkiri honey. A portion of the profits helps fund education for a local orphanage. Open 9am to 8.30pm.

**Comme a la Maison**

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

**Dan's Meats**

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

**Kurata Pepper**

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

**Madeleines Bakery**

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

**Smokey da Boar**

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

**The Deli**

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

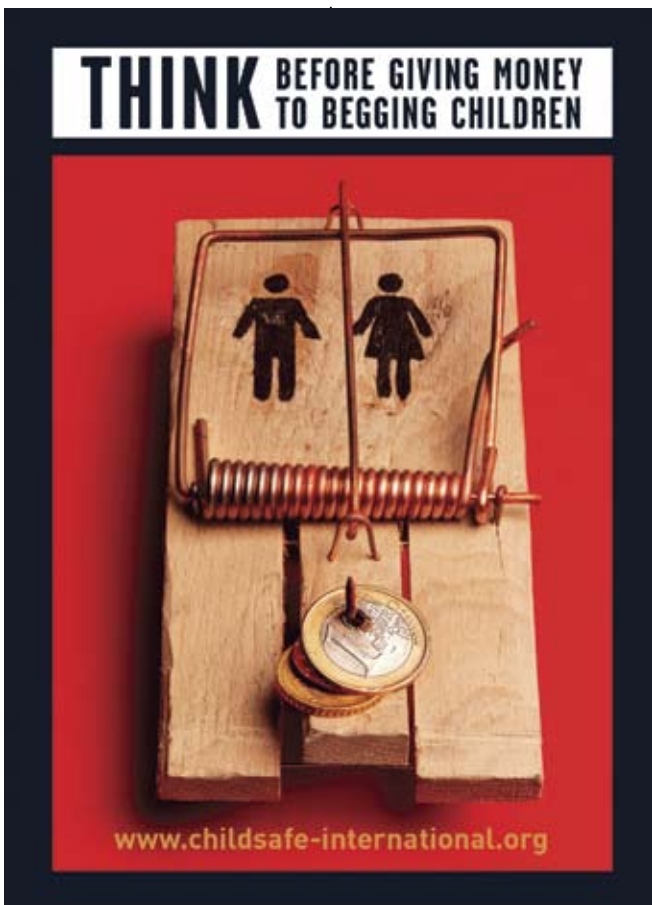
**Veggy's**

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

**it**

**Netpro Cambodia**

**146D, Street 376, (near Toul Sleng Museum), Tel: 855 23 215 141,**  
**info@netpro-cambodia.com,**  
**netpro-cambodia.com,**  
IT support company that delivers high quality and reliable services to home and small to medium size organisations in Cambodia..



**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, lamb and also has groceries, wines, beers by case or six pack, 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 WarZone, 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.



**Threads**  
Women's and Men's Clothing  
Cottons and Silks

Now Selling Fair Trade  
Silk Lingerie By Shenga

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



Create Your Lifestyle  
live your taste

Bloom  
ATELIER

Bazaar  
art de vivre

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

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

Like the Tropical Garden where they are created, the **SONG** collection grows organically and allow **SONG** followers a constantly evolving supply of new pieces for the home or family wardrobe.

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

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

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

SONGresort.com  
song.pp@asiasongdesign.com  
SONG-life.com

Natural lifestyle by Valerie Gregori McKenzie

## silks & accessories

### Couleurs d'Asie

33 Street 240, Tel: 023 221 075  
www.couleursd'asie.net

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

### Friends 'n' Stuff

13 Street 215, Tel: 023 426 748

A colourful shop with unique products designed by Mith Samlanh/Friends students and parents of former street kids. Range includes clothes, necklaces, purses and 2nd hand goods. Also has a nail bar run by students from the beauty class. Open from 11am to 9pm 7 days.

### 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.

### Sobhana Boutique

24 Street 144/49, Tel: 023 219 455

A not for profit organisation founded by Princess Norodom Marie, offering a range of colourful, handwoven silk products. Profits help to support local women by funding the training, medical care and education of weavers.

## Wine

### Celliers d'Asie

635 National Road 5, Tel: 023 986 350

Wine supplier with the largest quantity of retail stock in town, the Celliers d'Asie group has been providing wine to most of the top hotels and restaurants in town for over ten years.

### Open Wine

219 Street 19,

Tel: 023 223 527

Aircon wine shop and tasting gallery. Sells wines, severac and calvados and meat. Has occasional free wine-tastings.

### 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. 🍷

64 ml 65 Oct 🍷  
57 upon 59 anon 61 tea  
54 bebop 55 ship 56 loco  
51 oar 52 kaput 53 guitars  
RIND 47 Eugene 49 knock  
38 heart 39 use 41 TAMM-  
taro 36 Judas 37 thorn  
pars 33 Slat 34 epic 35  
lots 28 boat 31 sees 32  
let 18 let 25 whole 26  
10 loll 11 oils 12 glee 14  
Sept 8 erase 9 FREEBIRD  
4 gov 5 ewe 6 ensign 7  
1 Edgar 2 surge 3 plead  
DOWN  
69 pond 70 knelt 71 tsp  
66 icon 67 conic 68 auto  
62 Hopi 63 ONEMOREPUB  
55 slur 58 nag 60 atale  
48 ask 50 unto 52 KGB  
45 SSE 46 Coma 47 err  
headers 43 tirades 44 oat  
37 Throua 40 spatula 42  
hon 30 lisp 33 set 36 jot  
red 24 twig 27 ebb 29  
agate 21 its 22 else 23  
GREENVERSPA 19 Elle 20  
dull 15 owner 16 roll 17  
1 ESP 4 geese 9 flog 13  
ACROSS

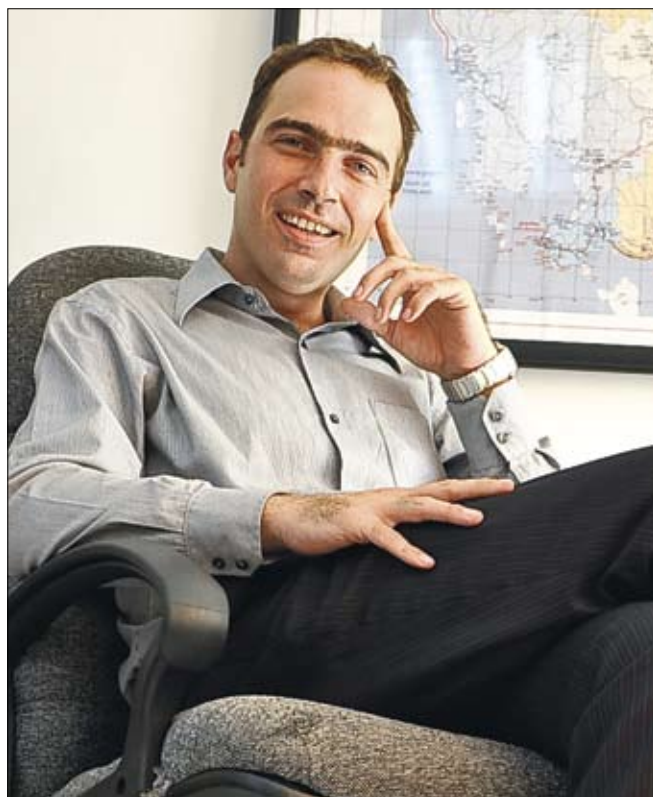
Crossword  
ANSWERS



85, Sothearos Blvd  
Tel: (023) 220 873  
www.ichingdecor.com  
ichingdecor@online.com.kh

## The Hot Seat: A Risky Business

In the latest in our series of interviews with key stakeholders in Cambodia's business community, **David Treal**, general manager of AG Service Cambodia takes up the Hot Seat.



David Treal – taking the hot seat

### AsiaLIFE: What experience did you have in the sector before you came to Cambodia?

David Treal: I started working in the field of insurance six years ago in Bangkok. I worked for three years in the main branch of AG Service providing expats and Thais with insurance solutions adapted to their specific needs. During this time I learned how important it is to get a broker to deal with your insurance issues. Policies are often very complex. With so many offers on the market it's a must to get counselling from a broker to help you pick the right coverage and deal with your claims when they occur.

### Why did you decide to come to Cambodia?

I first came on holiday. I noticed there were no insurance agents

or brokers to answer the demand of a well-established expatriate community. I thought there was a window to start my own business here. In 2006, I started AGS Cambodia.

### How do you compare doing business in Cambodia with the other countries you have worked in?

Cambodia is one of the few countries in Southeast Asia where you can have 100 percent foreign ownership. Work permits and visas are easier to obtain compared to neighbouring countries. Compared to other countries where many sectors are already well established, Cambodia has a lot to offer in terms of sectorial development. The process to open a commercial company

with the Ministry of Commerce is relatively fast – about two weeks. The Ministry of Economy and Finance is doing a great job regulating the sector and restoring public confidence in the financial institutions.

### What types of insurance does AG offer its clients?

We are a general insurance agency so we offer all types of insurance solutions from motor vehicle or fire insurance to health insurance or public liability.

### Who are your typical clients, and what type of insurance is most popular?

Most of our clients are foreigners or Cambodians who have lived abroad. Foreigners are very concerned about protecting their health and investments against the risk of living and doing business in Cambodia. With almost no construction standards the risk of fire is high in the country, so foreign investors are looking for security. The risk of road accident is very high as well, considering the state of the transportation network and the lack of law enforcement. Health insurance may be the highest concern of our clients. With poor health infrastructure most conditions would require a medical evacuation to a neighbouring country and guarantees of payment must be presented to hospitals prior to getting treatment.

### Over the years have you seen an increased take-up of insurance by Cambodians?

Cambodians are slowly becoming to understand the benefits of holding an insurance policy. More and more employees request to have health insurance provided by their employer and purchase motor vehicle insurance. As with the banking industry, the insurance sector is now taking its part in the development of the country. The government has

made great progress in passing laws to make mandatory public liability insurance for commercial motor vehicles. In time, this will also be introduced for private vehicles, and hopefully there will be less hit-and-run accidents.


### How do you see the insurance industry developing in Cambodia?

The industry should grow as the country grows. With the construction boom and double-digit growth, two new companies started business in Cambodia. Now the crisis has delayed these developments, but the insurance industry is so small in Cambodia, compared to Thailand or Vietnam, that there is definitely room for growth in the sector.

### With the global downturn what are the major challenges facing the insurance industry?

In a time of crisis when you have no guarantees, people tend to look for security. Yes, less development will mean less new business to insure, but maybe some people without insurance during the boom years are now looking to protect their investment and will purchase a policy.

### If you were to give some advice to someone thinking of taking out an insurance policy what would it be?

Come to see me! 

## CV

**David Treal**

**Age:** 36

**Company:** AGS Cambodia

**Position:** General Manager/ Owner

**Nationality:** French

**Marital Status:** Single

**First came to Cambodia in:** 2004



# 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: 092 900 937  
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, electricians, 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-Cambodjienne  
Office 13A Ground Floor  
Hotel Cambodiana, Tel: 023 221 453

www.ccfcbangladesh.org

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

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

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

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

## commercial banks

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

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

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

# 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: 023 723 545

**Silk Air**  
313 Sisowath Quay (Himawari Hotel)  
Tel: 023 826 808

**Thai Airways**  
294 Mao Tse Tung Boulevard  
Tel: 023 214 359

**Vietnam Airlines**  
41 Street 214  
Tel: 023 363 396

# Embassies

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

**Malaysia**  
5 Street 242 Tel: 023 216 176

**Belgium**  
Phnom Penh Centre, 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

**Denmark**  
8 Street 352 Tel: 023 987 629

**Sweden**  
8 Street 352 Tel: 023 212 259

**France**  
1 Monivong Boulevard  
Tel: 023 430 020

**Thailand**  
196 Norodom Boulevard  
Tel: 023 726 306

**Germany**  
76-78 Street 214 Tel: 023 216 381

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

**Japan**  
75 Norodom Boulevard  
Tel: 023 217 161

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

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

**Vietnam**  
436 Monivong Boulevard  
Tel: 023 726 283

+855.12.899.325 :: Phnom Penh, Cambodia, Earth  
keithakelly@gmail.com :: www.keithakelly.com

*Keith Alan Kelly*  
Art Direction &  
Graphic Design  
Freelance without borders since 2005



# Trevor Keidan: Wealth Report

Thinking of adding some property to your portfolio? If so, you might well be interested in the findings of the 2009 Wealth Report as well as some other facts and figures from some of the U.K.'s main mortgage lenders.

DISTRIBUTED BY KNIGHT FRANK AND Citi Private Bank, the Wealth Report came out in March this year. It made for some intriguing reading – especially if you are interested in the property and the luxury homes markets.

According to the Knight Frank Prime International Residential Index – or PIRI for short – almost 50 percent of the locations featured in the report were able to achieve positive price growth in 2008. In 26 of the 55 nations, the price of property increased last year. However, in the final quarter of last year it was a very different story. The price of property in three quarters of the countries featured in the report either decreased or stalled in the last three months of last year.

Of the locations featured, Bangkok came out tops with the price of residential property increasing by 22.5 percent in 2008. Reflecting the global trend, in the last quarter of the year, the price of residential property in Bangkok rose by just 3.4 percent. Other Asian locations fared well. In Jakarta, property prices increased by 17.7 percent in 2008, and by just 3 percent in the last quarter of last year. Similarly Bali property prices were up by 16.7 percent on the year and by 3.7 percent at the end of last year.

While residential properties in emerging markets appeared to hold their own, those in the established financial centres definitely did not. Hong Kong was the worst performing location experiencing falls of 24.5 percent on the year. London was another big loser. It came in at 53 in the list of 55 locations. Property prices in the U.K. capital fell by

16.9 percent, according to the report, while properties in the neighbouring Home Counties fared even worse – falling by a massive 19.4 percent.

The report also questioned whether the current downturn is leading to a ‘re-pricing’ of properties around the world or if “something more fundamental had occurred that will mean prime market pricing will be further suppressed and take a long time to recover.” Its conclusion – using London as an example – is that re-pricing and recovery is likely to occur. The justification for this conclusion is that London’s top-end market has begun to move once again after stalling in 2008. The report states that wealthy international buyers are being lured back to the London real estate market because of a 30 percent reduction in the price of property as well as a 20 percent fall in the pound. This has resulted in discounts of up to 50 percent, something which wealthy international buyers are finding hard to resist.

Knight Frank’s head of residential research Liam Bailey says that sales activity is starting to pick up. “The number of properties in the central London markets which exchanged rose by 26 percent on a year-on-year basis, and 13 percent on a month-on-month basis. Both February and March recorded more sales activity than the same period a year ago,” Bailey says.

But have property prices really bottomed out, and has the market really started to move. The answer depends on who you ask. We have heard from those plugging the top end of the market, but what’s happen-

ing mid-market. In the U.K. one building society, the Nationwide, recently came out with some positive news. Earlier this month it announced that property prices in the U.K. rose by 0.9 percent in March, and that house purchase activity had reached its highest level since May 2008. The building society did temper its comments by saying that it was still too early to talk of a recovery.

The Nationwide’s positive news was countered by another of the U.K.’s major lenders – the Halifax. It reported that prices had declined by 1.9 percent in March. House prices in the first quarter of 2009 were 2.7 percent lower than those in the last quarter of 2008. “Conditions are likely to be tough during the remainder of 2009 despite the improvements in affordability,” it added.

In conclusion it would appear that luxury homes are starting to move (if they indeed ever stopped) while the demand for ‘family’ homes and apartments is still unclear. With such conflicting reports around at the moment, if you are looking to add property to your portfolio it might be best to wait until things are slightly clearer. Towards the end of the year might be the time to start looking and investigating. Happy house hunting!

*Trevor Keidan is Managing Director of Infinity Financial Solutions. This company provides impartial, tailor-made, personal financial advice to clients in Cambodia and Southeast Asia. Should you wish to contact Trevor please send an email to [tkeidan@infinsolutions.com](mailto:tkeidan@infinsolutions.com).*

sonal accident, healthcare, construction and engineering insurance. Group policies can be customised.

## international schools

**ICan International School**  
85 Sothearos Blvd., Tel: 023 222 418  
[www.ican.edu.kh](http://www.ican.edu.kh)  
iCAN is a truly international school. It offers affordable, high quality education to 330 children, aged 2-12, from 29 different nationalities, using the British curriculum. iCAN is a contemporary, purpose-built school and is the first in Cambodia with interactive whiteboards in every classroom. All iCAN teachers are fully qualified, experienced and encourage a love of learning that goes beyond what is taught.

**International School of Phnom Penh**  
146 Norodom Blvd., Tel: 023 213 103  
[www.ispp.edu.kh](http://www.ispp.edu.kh)  
Founded in 1989, this non-profit, non-sectarian international school has 567 students from Pre-K to Grade 12. The largest international school with over 65 professional teachers, and the only authorised IB Programme in the country.

**Lycée Français René Descartes**  
Street 96, Tel: 023 722 044  
[www.descartes-cambodge.com](http://www.descartes-cambodge.com)  
French school offering primary and secondary level education, extra-curricular activities include basketball, football and rugby.

**Northbridge School**  
1km off National Road 4 on the way to

the airport, Tel: 023 886 000  
[www.niscambodia.com](http://www.niscambodia.com)  
Quality international school with curriculum for students from pre-school to high school as well as good sports facilities.

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

## it & software

**Conical Hat (Cambodia) Ltd.**  
Norodom Blvd., Tel: 023 362 957  
[info/conicalhat.com](http://info/conicalhat.com), [conicalhat.com](http://conicalhat.com)  
Software company that specialises in providing highly localised business solutions including accounting, payroll and billing.

## legal

**Sciaroni & Associates**  
56 Sothearos 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. Sothearos & Sihanouk Blvds., Tel: 023 997 492,  
[www.theseecretarycambodia.com](http://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](http://www.asiamotion.net)  
Photographic agency established by

Isabelle Lesser in November 2008 as a cooperation between local and international photographers.

**Melon Rouge Agency**  
84 Sothearos Blvd., Tel: 092 644 811,  
[www.melon-rouge.com](http://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.

Does your business need better exposure around town?

Advertise, and put the spotlight on your business.

Contact us at: [qudy@asialifeguide.com](mailto:qudy@asialifeguide.com)  
or 012 960 076

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



# The Geek: WiFi Alert



*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.*

The other day I was enjoying my coffee and happily surfing the Internet provided free with my drink. I looked around and noticed the place was full of people doing exactly the same as me – coffee and Internet. It has become a habit in the Penh. Then it struck me. This would be a gold mine for a sniffer – a person who collects data (such as passwords, conversations) off the network. This can be done for good or not so good purposes. In the case of your personal information, it's likely to be ugly.

Wireless network connections work in the same way as radio broadcasting, but at a lower and unlicensed frequency. It's convenient but anyone else on the network can easily 'sniff' the data being broadcasted and get all your usernames, passwords or conversations.

Why would someone do that?

Statistics show that a lot of hacking takes place just to prove that it can be done.

Some mistakenly think that because the place they are surfing at gave them a password to access the wireless and Internet, they must be safe. Well, guess what, the password is also given to the hacker/intruder by the restaurant staff when they buy their coffee. Whether you pay for your WiFi or it's free with the purchase of your latte, you're not likely to be the only one using it.

The following are some tips

to make your WiFi surfing safer.

## DO

Use free WiFi like you would a public Internet terminal.

Use secure POP, IMAP or SMTP for your Outlook or other mail programme. Ask your IT administrator about this.

Login to your Gmail, Yahoo, Facebook or work webmail sites if you see HTTPS:// in the address bar and there is no error certificate prompting.

If you are doing any serious transactions, use VPN (virtual private network) to your secure network.

Install a personal firewall software on your computer. Windows firewall also does a basic filter of the bad traffic. Make sure it's turned on.

## DON'T

Don't use your email programme if secure encryption is not embedded.

Don't do banking at free WiFi spots. If you think that if you check your bank balance really quickly, you'll be safe, think again.

Don't accept an error certificate while logging onto a secure website.

*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. 📧*

## Nathan Horton Photography

Tel: 092 526 706

Full service professional photographer. Hotels, bars, restaurants, spas and location work. Call for Travel Photography workshops and Travel Photography tours. [www.nathanhortonphotography.com](http://www.nathanhortonphotography.com)

## Printing & Design

### Digital Advertising

60E Street 38, Tel: 023 987 600

Print house with modern equipment that provides full print services as well as graphic design.

## Relocation

### Crown

115-116 Street 335, Tel: 023 881 004

Global transportation and relocation company with over 150 offices in 50 countries, specialising in expat support and household shipment.

## Security Firms

### MPA

23 Street 214, Tel: 023 210 836

Well-established security company that is responsible for keeping many of the town's buildings safe and sound.

## Shipping

### Crown

Hotel Cambodiana, 313 Sisowath Quay, Tel: 023 986 680, [www.crownrelo.com](http://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](http://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](http://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](http://www.telesurf.com.kh)

Internet service provider (ISP) providing 24-hour broadband Internet service. 📧

## PHOTOGRAPHIC DAY TRIPS



## GET OUT OF TOWN!

MORNING PRACTICAL CLASSES IN PHNOM PENH

AFTERNOON GUIDED TOURS TO PLACES YOU HAVEN'T BEEN

BEFORE

092 526 706

[WWW.NATHANHORTONPHOTOGRAPHY.COM](http://WWW.NATHANHORTONPHOTOGRAPHY.COM)



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](mailto:jpobriot@yahoo.ca)





## In Search of the Dragon

Situated less than 200 kilometres from the Vietnamese capital of Hanoi, Halong Bay is unquestionably one of the must-see places in Southeast Asia. Words by **Mark Jackson**, photos by **Keith Kelly**.



In search of your wallet – one of the many mobile floating shops.

LEGEND HAS IT THAT soon after the Viet people settled in Vietnam, on the command of the Jade Emperor, a she-dragon ('Long') and her children descended ('Ha') to drive out the invading Mongols. The dragons spat pearls into the bay. These transmogrified into thousands of tiny islands and rocks, rising from the waters like impenetrable walls. The invaders' boats crashed into the rocks and shattered into pieces, saving the Vietnamese people. The she-dragon was so bewitched by Halong's natural beauty that she decided to stay and her children lived in the nearby Bai Tu Long Bay, which literally means, "looking for dragon."

Although some geologists might poor scorn on the myth, believing the bay to be the result of millions of years of geologi-

cal movement, stalactites in the shape of a baby dragon's spine can be found in the roof of Sung Sot Cave and the she-dragon's remains lie in Thien Cung Cave. For those who still remain sceptical, the countless pearls that are fished out of the bay and on sale around the town of Halong should be proof for even the most cynical of modernists.

To get to the bay all you have to do is hop on one of the many charter boats from Bai Chay Port, which is where the buses from Hanoi's My Dinh station stop. Alternatively arrange the trip with one of the many bucket shops in Hanoi.

The bay itself is unquestionably one of the world's natural wonders. 1,969 karst islands, islets and rocks jut out of the beautiful, calm green waters. Halong's beauty lies in the

sheer quantity of the irregularly shaped rocks, the caves and the wonderfully calm waters. Unesco recognized it as a World Heritage site for its landscape and beauty (aesthetic value) back in 1994, and once again in 2000 for its geology.

Throughout the ages the bay has been more than a natural beauty spot, serving as the hub of trading and cultural transactions between Vietnam and its South-east and East Asian neighbours, as well as the scene of many fierce naval battles.

The waters themselves contain marine, coral and mangrove ecosystems providing an enormous array of aquatic species, 163 different species of coral and almost a thousand species of fish, shrimp and abalone that provide a rich harvest for the fisherman who still live on the waters.

**If you are Vietnamese and haven't been to Halong, you can't understand your own country, if you are a foreigner and haven't visited Halong, you can't say you have been to Vietnam**

The Vietnamese have a saying which sums up the importance of Halong on their culture. "If you are Vietnamese and haven't





**Hang Dau Go Cave**

been to Halong, you can't understand your own country, if you are a foreigner and haven't visited Halong, you can't say you have been to Vietnam."

Of the almost 2,000 karst islands and rocks in the bay the biggest and most popular place to stay for tourists is Cat Ba, which although technically just outside the world heritage site and in neighbouring Hai Phong Province, has also been declared a separate world heritage site by Unesco for its international environmental significance.

About half of the rocks have names, normally based on their shape, such as 'stone dog' on Dau Go Island and 'incense burner', 'fighting chickens' (the symbol of Halong Bay) and 'giant turtle'. To be honest some of the rock's names are a bit stretched, but at least this allows you licence to create a few good ones of your own. After all half are still unnamed.

Some are named after historical events, such as 'poem' mountain, which has the engravings of the muses of past emperors and poets. Ti Top Island is named after the Russian pilot who met Ho Chi Minh here in 1962. It has a spectacular viewpoint at the top of a 400-step climb. Although unpopulated, some of



**Squid at Tuyet Beo floating restaurant at Cat Ba Island**

the islands have monkeys, which the fortunate can spot from their boats. Endangered golden-headed langur live on Cat Ba.

Although dozens of caves and grottos have been discovered so far, many more await intrepid cavers. Archaeologists believe that three prehistoric cultures have lived in the area, spanning some 17,000 years. Bones and stone bowls have been found in some of the caves. Many even have remnants of the time when the bay was not covered in water – small freshwater shells – evidence that the area was once dry, almost impossible to believe as you sail through the narrow channels.

There are three types of cave. The first are the sea-level caves like Bo Nau (a kind of bird). A small cave that is easily accessible, it contains many interesting stalactites. Larger caves, such as Thien Cung and Sung Sot (Surprise) are some 30 metres above sea level. Only discovered at the end of the nineteenth century, Sung Sot is said to be two million years old. Split into three sections with a well-lit, interlinking path, it covers some 10,000 square metres. Again the stalactites have been given names, like 'ship's sail', 'frog family' and 'two lovers', but the clearest and most illuminated rock formation is a jutting male member that leaves little to the imagination.



The third group consists of caves you can pass through in a small boat or, for the more sporting, by kayak. The longest series of 'through' caves is at Ho Ba Ham – in total some 400 metres long. Close to Sung Son is the 50-metre long Hang Luon ('through cave'). Once you pass through it, you enter the most spectacular of lagoons, as if entering a long-lost world.

One of the more interesting things to do while sailing through the bay is to visit one of the four fishing villages, or floating markets in the bay. The most easily accessible are Ba Hang close to 'stone dog' rock and Bo Nau just before Sung Sot Cave, but the biggest one is Cua Van, some 20 kilometres from Bai Chay.

Most trips stop at one of the villages where you can buy fish and seafood to cook on the boat. The villagers live, work and sleep on the little rafts, that is when they are not out catching fish. Small schools based in the elders' house ensure that the children receive a rudimentary education.

The main beach in Halong is called Bai Chay and it is a reasonable civic beach with plenty of seafood restaurants and bars



**Emerald waters of Halong Bay**

on it. The best time to visit is as the sun goes down over the bay and the locals come out in full attire to wade in the not particularly clean waters.

Ti Top Island has a better, albeit artificial, beach. Glorious beaches can be found further a field on Quan Lan and Ngoc Vung islands, but these involve an overnight stay. Possibly the best beach in Quan Ninh Province is Tra Co beach in Mong Cai close to the Chinese border some

185 kilometres from Halong. It has 17 kilometres of sand and is reputed to have good surf. You can get there by bus or speedboat.

More than 400 boats ply their trade from Bai Chay wharf in Halong. Most of them do a day-trip around the bay. Around 50 of them have berths below deck so that you can spend an amazing night sleeping under the stars or taking a romantic midnight dip.

Above all it is the size of the bay that is crucial – some 1,533

square kilometres - there might be another 100 or so boats drifting their way aimlessly around the rocks. There's always some space for you to find and settle into your karma, with only the gentle rustle of breeze through potted palm trees, and the soothing hum of the engine. If you are lucky enough to time your trip for a fine day, with the sun shimmering on the waters, you might just start to believe in dragons. 🐉



**Phu Quoc**

Ong Lang Beach,  
Kien Giang  
Province, Vietnam.  
Tel: (+84) 773 995 895  
Fax: (+84) 773 995 896

[www.chenla-resort.com](http://www.chenla-resort.com)

Sales Office in Phnom Penh  
Street 288 n. 42AB -  
Boeung KengKong 1 -  
Phnom Penh  
Tel: +855 23 210831  
+855 12 845881  
[cambodia@chenla-resort.com](mailto:cambodia@chenla-resort.com)

*"Less than 5 hours by car from Phnom Penh"*

RESORT & SPA  
**CHEN LA**

Special  
Honeymooners

Special  
families

\$ 120



## getaway

ChildSafe®



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

## battambang

## La Villa

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

## Riverside Balcony Bar &amp; Restaurant

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

## chau Doc (vietnam)

## Victoria Chau Doc Hotel

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

## kampot

## Bar Red

Old Market area, Tel: 092 724 720  
Restaurant and bar in close to the river, just around the corner from Bokor Mountain Lodge. Open from 6pm to late this is a good spot for a late night drink with personable host Steve, or to try some Indian food including their gargantuan samosas.

## Blissful Guest House

Kampot, Tel: 012 513 024  
Small guest house, with 11 rooms, set in a quiet part of town. Downstairs restaurant and bar, and communal TV room upstairs.

## Bodhi Villa

Across the river, Kampot  
Small guest house just across the old bridge in Kampot. The few basic rooms are extremely cheap and there are bungalows overhanging the river too. Most definitely a place to chill like the lotus eaters.

## Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314  
[www.bokorlodge.com](http://www.bokorlodge.com)  
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms. Also has a good restaurant and bar with some outside seating overlooking the river.

## Epic Arts Café

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

## Jasmine

House 25 Riverside Road, Kampot  
Tel: 012 927 313  
Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish oasis on the Kampot riverfront. Serves tasty Thai, Khmer and café fare. Also has photography decorating the walls, and occasional film nights.

## Les Manguiers

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  
[rikikititavi@asia.com](mailto:rikikititavi@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.

## Kep

## Beach House

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

## Champey Inn Resort

Tel: 012 501 742  
Sea-fronted resort with fan-cooled bungalows. Has a swimming pool, a restaurant, a bar and a pleasant garden.

## Kep Lodge

Tel: 092 43 53 30 [www.keplodge.com](http://www.keplodge.com)  
Six nicely decorated, private bungalows with a big veranda, pool table, swimming pool and WiFi. Also has a bar and restaurant with Khmer and western food.

## Knaibang Chatt Resort

Tel: 012 879 486  
[www.knaibangchatt.com](http://www.knaibangchatt.com)  
Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public. Elegant swimming pool, air-con, gym, library and fantastic gardens, this resort is the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea. Check for special offers. Also has a Sailing Club next door with bar and restaurant, as well as hobby cats.

## Le Bout du Monde

Kep, Tel: 011 964 181  
[www.leboutdumondekep.com](http://www.leboutdumondekep.com)  
Individual and separate bungalows in traditional Khmer architecture located at a top of a hill with good views and nice gardens. Serves French and Khmer cuisine. Rooms have hot water, mini-bar, fan and safe.

## Led Zeppelin

At the roundabout, Kep  
Small bar which sells the coldest beer in town situated right by the Kep roundabout. Ambience is distinctly rustic but chill and the limited range of snacks great value.

## Star Inn

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

## Veranda Natural Resort

Tel: 012 888 619, [www.veranda-resort.com](http://www.veranda-resort.com)  
Traditional wooden bungalows set in the hillsides, 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.



View from top of Phnom Chisor.

## kratien

## 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  
[champeyinn@mobil.com.kh](mailto:champeyinn@mobil.com.kh)  
Beautifully restored colonial house set in a peaceful village with stylishly furnished rooms. Intimate restaurant, swimming pool and river views make this a unique and luxurious place to get away from it all.

## Red Sun Falling

Kep Beach  
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 Ratana-kiri, this guesthouse has cheery, colourful and clean rooms. The café serves up

some of the most innovative food and drink in town. Has facilities for storing motorbikes also available.

## phnom penh - deluxe

## Amanjaya

1 Sisowath Quay, Tel: 023 214 747  
[www.amanjaya.com](http://www.amanjaya.com)  
Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar.

## Cambodiana

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

## Himawari

313 Sisowath Quay, Tel: 023 214 555  
[www.himawarihôtel.com](http://www.himawarihôtel.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 Cambodian. 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.affles.com  
Emanates the same class as its more famous namesake in Singapore. The Elephant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays.

**Sunway Hotel**

1 Street 92, Tel: 023 430 333  
www.sunway.com.kh  
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

**phnom penh - mid**

**Almond Hotel**

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

**Blue Dog Guest House**

13 Street 51, Tel: 012 658 075  
Well-located guest house with eight rooms and separate ground-floor restaurant. Rooms range from US\$7 to US\$9 with a fan and US\$12 with air-con.

**Boddhi 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 and great beds. Also has two apartments, an Asian restaurant and a Café Sentiment.

**Golden Banana Boutique Resort**

**\*\*SPECIAL PROMOTION\*\***  
15% off from room rate for expats living in Cambodia till 31st of July 09




Wat Damnak, Siem Reap, Cambodia  
Tel: (855) 63 766-655 - (855) 12 654-638  
Email: goldenbanana2@gmail.com  
Website: goldenbanana.info



**the blue pumpkin**



**bakery  
ice cream  
restaurant  
lounge**



free old market - siem reap  
www.tbumpkin.com  
063 963 574  
open 06:00 to 22:00

WiFi spot

**HOTEL CARA**  
luxury you can afford



No.18, Street 47 & 84 Phnom Penh 023.430.066 www.hotelcara.com



# 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.

## 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 Sothea Blvd. Tel: 023 356 399  
Centrally-located guesthouse with 31 en-suite, air-conditioned rooms. Downstairs is a British-run, 24-hour pub with sports bar, live music and good Thai food.

## sihanoukville

### Cantina del Mar

Otres Beach, Tel: 012 702 502  
Taco and seafood stall on one of Sihanoukville's most unspoiled 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 Pailote'

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 from around the world and tapas, as well as great cheese and Lavazza coffee. Open from 10.30am to 10.30pm.

### Angkor What?

Pub Street, Tel: 012 490 755  
"Promoting irresponsible drinking since 1998," this graffiti-laden bar is the mainstay of Pub Street. A healthy mix of loud rock, punk and grunge, buckets of vodka and red bull for US\$6 and a pool table ensures that you will never feel alone. Open from 5pm to late.

### Chilli Si-dang

East River, Tel: 012 723 488  
Restaurant bar serving Thai food and a wide range of wines, with a cool design,

pool table and good sound system. Open from 9am to 11pm.

#### **ELLA Wine & Jazz Bar**

*Trajan Pro, 300m west of hotel de la paix  
Tel: 092410 200*

Set in an old Khmer house, with a large garden with platform beds, ELLA opened late 2008. It has an extensive wine list, international cocktails and tapas. The music is pure jazz and there is a separate wine room. Open Tuesday through Sunday 5pm to 1am.

#### **Funky Munky**

*Pub Street, Tel: 011 481 303*

The former riverside bar has moved to the corner of Pub Street. Good mix of music, excellent film posters and pool table compete with the pub grub for your attention. Try the Sunday lunch or build your own burger. Alternatively compete in the most competitive 'charity' quiz on a Thursday.

#### **Giddy Gecko Bar**

*Lane off Pub Street, Tel: 092 857 400*

Late night drinking den that has a good range of cocktails. Good option for those wanting to get away from the hordes on pub Street.

#### **Laundry Bar**

*Old Market, Tel: 016 962 026  
www.laundry-bar.com*

Extremely chilled music bar just off Pub Street with great mellow decor and extremely cool t-shirts. Its multi-page music catalogue makes for the perfect respite from the Cambodian obsession with hip-hop, and they can burn 7 CDs. Free drink during the 6pm to 9pm washing hours. Open 6pm to late.

#### **Linga Bar**

*Alley behind Pub Street, Tel: 012 246 912  
www.lingabar.com*

Laid back, gay-friendly bar with extremely chilled Buddha Bar tunes and some amazing light boxes. Unsurprisingly serves a great range of cocktails. Free WiFi. Open from 5pm to late.

#### **Miss Wong**

*Lane off Pub Street,  
Tel: 092 428 332*

Imagine yourself in China at the turn of the last century and you won't go much wrong in Miss Wong. Extremely welcome addition to the same-old Siem Reap bar scene, serves excellent and original cocktails and dim sum. Open late.

#### **Molly Malone's**

*Pub Street Tel: 063 963 533*

*www.mollymalonescambodia.com*  
Obligatory Irish Pub with lots of wood panelling and Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-conditioned rooms. Open from 7am to midnight.

#### **Red Piano**

*Pub Street, Tel: 063 964 730  
www.redpianocambodia.com*

Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has great views of the mêlée down below. Open from 7am to 11.30pm.

#### **The Warehouse**

*Old Market, Tel: 063 965 204*

Popular expat bar opposite the old market that plays great 80s music. Good Asian fusion cuisine and with an additional selection of menus from nearby outlets, this is a great place to hide from the hordes along Pub Street and use the free Wi-Fi. Also has a small gallery upstairs. Open from 10am to 3am.

#### **X Bar**

*Sivutha 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.

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: 092 950 803, www.happypainting.net*  
Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards. Open 8am to 10pm.

#### **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**

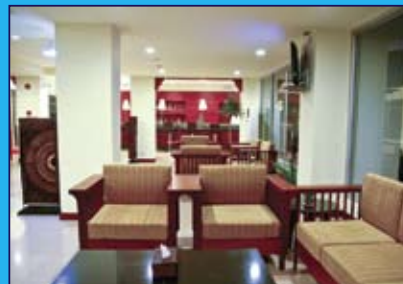
*FCC, Pokambor Ave., Tel: 092 822 323*

A contemporary art space representing a select group of artists based in Cambodia. The Gallery exhibits sculptures, oil

# HISTORY



# ELEGANCE



# COMFORT



# ALONG THE SEA SHORE



The Independence Hotel

● Boutique Resort ●

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

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

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

### siem reap - cafes

#### **Blue Pumpkin**

*Old Market, Tel: 012 946 227  
www.bpumpkin.com*



# Central Siem Reap



paintings, photography and mixed media.  
Hours: 10am to 10pm.

**The Wa Gallery**  
333 Sivutha Boulevard, Tel: 016 746 701  
Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. Open 10am – midnight

**Wat Kandal Gallery**  
River Road, near Wat Kandal  
Tel: 092 521 801  
Tucked away by the river, and nestled under rambling shade trees, the gallery/studio shows Jean-Pierre Obriot's tranquil contemporary paintings of monks and Buddha images, as well as his collection of antiques.

## siem reap - hotels

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

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

**FCC Angkor**  
Pokambor Avenue, Tel: 023 992 284  
[www.fccambodia.com](http://www.fccambodia.com)  
Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free 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](http://www.goldenbanana.info)  
Villas and suites surrounding a salt water pool with WiFi, private outdoor bath and showers, bar and restaurant.

**Golden Orange**  
Off East River Road, Tel: 063 965 389  
Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers.

**Hotel de la Paix**  
Sivutha Boulevard, Tel: 063 966 000  
[www.hoteldelapaixangkor.com](http://www.hoteldelapaixangkor.com)  
With stoneware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free WiFi.

**La Palmeraie**  
N6 Airport Road, Tel: 092 952 113  
[www.lapalmeriaedangkor.com](http://www.lapalmeriaedangkor.com)



## សណ្ឋាគារ ម្សៅរង្សី អ៊ិន GOLDEN ORANGE HOTEL

Group 1, House No 7, Slokram Village, Siem Reap  
Tel: 063 965 389 • [www.goldenorangehotel.com](http://www.goldenorangehotel.com)  
[reservations@goldenorangehotel.com](mailto:reservations@goldenorangehotel.com)

Rooms from \$30 (including breakfast), Free Broadband Internet / Wifi,  
Rooms have air-con, in-room security box, mini-bar, private shower with hot water, Deluxe rooms with jacuzzi, Cozy bar, Roof top terrace area. 10 minutes from the airport.



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.residedangkor.com

Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Both upstairs Martini Lounge and downstairs bar have recently been revamped. Great place to splash out.

**Raffles Grand Hotel D'Angkor**  
1 Charles de Gaulle, Tel: 063 963 888  
Elegant hotel with opulent gardens and a spectacular swimming pool in its grounds. Has frequent art exhibitions and Apsara dancing on nearby terrace.

**Sokha Angkor**  
Cnr Sivatha Rd and National Rd 6  
Tel: 063 969 999, www.sokha-hotels.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 Quan Street  
Tel: 063 964 391  
Relaxing three-room beauty spa in the heart of town that's popular with expats. Now has a second outlet in the modern complex close to the Central Market. Frequented by those expats in the know.

**Helicopters Cambodia**  
658 Hup Quan Street, Tel: 063 963 316  
Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

**Phokeethra Country Club**  
Sofitel Royal Angkor Resort & Spa,  
Vitheo Charles de Gaulle,  
Tel: 056 396 4600,  
golf@sofitel-royal-angkor.com  
International standard 18-hole, 72-par golf course managed by the Sofitel Royal

Angkor Golf and Spa Resort. Situated 16km outside of Siem Reap.

**Sokha Helicopters**  
24 Sivatha 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.

**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-paneled interior with solid bar and aircon provide this restaurant with authenticity. Serves foie gras, croque monsieur, cheese, cold cuts and French wines.

**L'Oasi**  
East River Road, Tel: 092 418 917  
The best Italian restaurant in, or rather just outside of, town. The hardest part is to find this place - keep on going on the East River Road in the direction of the temples, for a couple of kilometres until you see the large Italian flag, but once there the combination of the beautiful garden and home-cooked Italian pasta and pizza makes the trip worth it.

**Madame Butterfly**  
Airport Road,  
Tel: 016 909 607  
Large restaurant set in a traditional wooden house with beautiful Chinese artifacts set in a pleasant garden. Serves Thai, French and Khmer cuisine.

**Maharajah**  
Next to Pub Street, Tel: 092 506 622  
Halal restaurant offering 261 Royal Indian dishes, including a large selection of vegetarian and non-vegetarian specialities. Open from 10am to 11pm with free home delivery.

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

**Singing Tree Café**  
Wat Bo Road, Siem Reap, Tel: 012 490 265  
Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialities. Also a centre for yoga, meditation and reiki healing.

**Tigre de Papier**  
Pub Street, Siem Reap, Tel: 012 265 811  
The thing that differentiates this place from all the other restaurants along Pub Street is its half-day cookery classes, starting at 9am. Friendly, helpful French management.

**Viroth's**  
Wat Bo Road, Tel: 012 826 346  
Elegant restaurant on the other side of river with excellent terrace garden. A good place to try royal Khmer cuisine including amok and beef Lok lak.

**siem reap - shops**

**Boom Boom Room**  
Old Market  
Boasts a 176-page catalogue of tracks that can be burned 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  
Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

**Sokha Helicopters**  
2 St. 134 Phnom Penh, Tel: 023 885 773  
24 Sivatha 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.

**Travel Indochina**  
43-44EO Street 108,  
Tel: 023 991 978  
www.travelindochina.com.au  
Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals. ☐

**Italian Restaurant**  
**Luna d'autunno**  
Woodfired pizzaoven

68 Independence Str.  
Sihanoukville:  
Tel. 034 - 934 280  
Lunasihanouk@gmail.com

6c Street 29  
Phnom Penh  
Tel. 023 - 220 895  
lunaphnompenh@gmail.com

**Happy Painting**  
**Gallery**  
Since 1995

Featuring the iconic artist  
**STEF**

- FCC- Phnom Penh 023-221-732
- FCC- Angkor 092-950-803
- Psar Chaas Quarter 063-963-114

www.happypainting.net



# Sihanoukville



- 1) Sadam Hussein
- 2) DC Beltway Sniper
- 3) Streaker - ran topless into an Australia vs England rugby match
- 4) Andy Warhol
- 5) Vanilla Ice
- 6) Not landing on the moon - he commanded the module that orbited the moon while Armstrong and Aldrin walked on it
- 7) Attempted assassination of Ronald Reagan
- 8) As a ski-jumper Eddie the Eagle threw his shoes at George W Bush
- 9) First "test tube baby"
- 10) West Side Story
- 11) Mae West
- 12) Rudyard Kipling
- 13) West Indies
- 14) West Indies
- 15) Isambard Kingdom Brunel
- 16) All Quiet on the Western Front
- 17) Angola
- 18) He was invisible (The Invisible Man)
- 19) Ernie
- 20) Sir Geoffrey Chaucer
- 21) A Midsummer Night's Dream
- 22) Eddie Cochrane
- 23) 10 o'clock
- 24) The Police
- 25) 1968
- 26) Home and Away
- 27) The Eiffel Tower
- 28) In the Summertime (Mungo Jerry)
- 29) Some Tarts
- 30) A Sonnet

## Pub Quiz Answers



## Reef Resort Sihanoukville

*Sihanoukville's premiere boutique hotel restaurant & bar*



Try our new **Mexican** menu

*Quesadillas - Sizzling Fajitas - Burritos - Taquitos - Tacos - Jalapeno Poppers - Wraps*



Serendipity Beach Road, Sihanoukville ☎ 012 315 338, 034 934 281

[www.reefresort.com.kh](http://www.reefresort.com.kh)

[bookings@reefresort.com.kh](mailto:bookings@reefresort.com.kh)



# unplugged

## American Government in Action

This month Will takes on the tricky subject of lawmaking and monkeys, or is that lawmaking monkeys.

MORE THAN 200 YEARS ago, the founding fathers of the United States crafted a unique governing system that spread power among a relatively weak federal government and individual states. They called it federalism.

For my Cambodian wife, this is a strange and wonderful system. In Cambodia, the lawmaking process is byzantine and centralised at best. Here in the United States, especially a relatively low population state like Oregon, lawmakers and lobbyists are usually delighted to have a humble resident observe and testify in hearings.

While there are federal laws that require uniform standards on everything from food labels to interstate highway construction, states still have the power to define many of their own laws, regulations, taxes and punishments. So what may be harmless over-the-counter medication in one state is considered deadly contraband in another. What may be a perfectly legal traffic manoeuvre in one part of the country may be worthy of a hefty fine elsewhere.

While this means that making a wrong turn while in the possession of potent cold medication may bring out the SWAT team (which can't be pacified with a fistful of riel), most Americans hear little about it – until the Legislature starts up every year or two.

When lawmakers from around the state gather to cobble together a budget and create legislation that may – if all the various constitutional hoops are jumped through – become law, the only thing most Americans pay attention to is talk about taxes. Americans hate taxes, almost as much as they hate socialism. When asked to define socialism, they tend to vaguely define it as something to do with high taxes and Karl Marx, though



ILLUSTRATION BY VUTH / OUR BOOKS

when pressed they have trouble identifying the latter.

Despite having lower tax rates than most OECD countries, Americans are eager to complain they're taxed to death, taxed upon death, and then shout "Death to taxes!"

While the money issues get the bulk of attention from talk show rabble-rousers, the real interesting issues often get less public attention. Many of the activities that my philosopher-lawmakers are working to ban never crossed my mind, but once they threaten to bring whatever it is to a grinding halt – well, is this my last chance to experience it?

One bill would make it illegal to tailgate, or closely follow, a fire engine. I've never done anything like that. My first impulse when I hear a siren, like most people, is to get out of the way. But it sounds exciting, almost as exciting as being a real fire-fighter, but with none

**Making a wrong turn while in the possession of potent cold medication may bring out the SWAT team**

of the danger of running into a burning building or performing mouth-to-mouth resuscitation on a centenarian.

Another bill, inspired by a series of rash of chimpanzee attacks on the East Coast, would ban the private purchase of primates. Owning a monkey has never been high on my list on priorities, but what if I'm missing out? The gibbons and macaques of Cambodia were always entertaining, though I've

always been a little scared of gibbons since one in Preah Vihear Province tried to eat my elbow. Is this my last chance to face my fear, adopt a primate and teach it to live in non-human-consuming harmony?

Other bills would ban burning the stalks left over after harvesting grass seed, legalise the production of hemp for industrial (but not recreational) purposes, make it a crime to abandon a horse, and stiffen penalties for eating a horse. (Oregon's not exactly ready for Belgian cuisine.)

But what am I, a law-abiding citizen, supposed to do with this rapidly closing window of opportunity? Race across town in hot pursuit of a fire engine with a monkey in the trunk? Alas, I can't afford to do any of that – my taxes are just too high.

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



## Challenge Nora: Pyjama Day

Many of us have wondered why Cambodian women wear their PJs in public, but few have had a go at it themselves. In her most recent challenge, **Nora Lindstrom** joins the latter group.



**Nora finds no end of takers for her roaming pyjama party**

THERE ARE ONLY TWO places where I have ever come across people wearing pyjamas in public. The first was my former college campus in Canada, where they would be sported by crapulent students trawling through the snow on their way to class. The second is more recently in the wonderful Kingdom of Cambodia, the Kingdom of Surprises, where it seems any and every woman owns pastel-coloured pyjamas and is not afraid to show them off.

In an attempt to go native, I make my way to the market to get my very own pair. Difficult to locate at first, I prowl through stand after stand of clothes, but there are no pyjamas in sight, until I reach the underwear section that is. Now this may just be my western-logic playing tricks, but usually, if something is sold in the underwear section, doesn't that generally imply the item is not to be worn openly in public? Not in Cambodia it seems. To

be fair, it's too hot to wear PJs at night anyway, so you have to find some use for them.

Looking through the various teddy-plastered, pastel-coloured designs I finally settle on an orange, cherry-spotted two-piece, with a bit of flair in front. The saleswoman is pleased. I've made a good choice she says, it's both machine-washable and has a very elastic waistband. "Sohm dot-bram-mui" she demands. Sixteen dollars! This is without doubt the most expensive pair of pyjamas I have ever bought, but then again, they are not only for bedtime. They are for much wider use.

The following day I feel conspicuous and hot as I head out in my orange jumpsuit. In a sad attempt to look cool, I have accessorised the outfit with black high heels and big, black earrings. As I walk through the door the guard for the building next door whistles appreciatively and calls his mates over to have a look. They seem amused.

Whilst running some errands around town I keep a keen eye out for fellow pyjama-wearers. To my surprise, and consternation, there seem to be very few around. Maybe PJs are out of fashion? Maybe I'm committing a major fashion faux pas even in the eyes of Cambodians? Maybe pyjamas are passé and I'm coming across as one of those sad little people who have yet to realise that socks in sandals are the ultimate no-go?

Just as I start to panic I spot my first partner in crime, which abolishes the crime altogether. Later on at the riverside I'm further encouraged by a motodop who shouts 'Cambodian lady!' after me. A group of tuk-tuk drivers also smile approvingly which makes me feel more confident. In all, locals seem to welcome me as one of them, one of many in this proud, pyjama-wearing populace.

Barangs on the other hand appear more confused by my

Maybe pyjamas are passé and I'm coming across as one of those sad little people who have yet to realise that socks in sandals are the ultimate no-go?

choice of attire, some seem even a bit taken aback. I have put them in an awkward position – here I am sipping cocktails at Chow wearing something completely unexpected, verging on inappropriate – an orange, cherry-spotted pair of pyjamas with flairs on the front! Most people don't know whether to comment or simply carry on pretending everything is perfectly normal.

One girl listens politely as I tell her about how I think my US\$16 pair of pyjamas is a good investment, and comments that it's probably very comfortable. Later on she figures out that I'm pulling her non-pyjama leg. "Thank God!" she exclaims, visibly relieved.

Most Cambodian women claim to wear pyjamas in public because they are comfortable. They certainly are, but in the April heat they are also incredibly hot, like miniature hothouses. I can also think of a number of other outfits that are equally comfortable, not pastel coloured or teddy-patterned, as well as cooler, like plain shorts and a t-shirt.

But each to their own. My barang friends will no doubt be relieved to know that I won't be sporting my orange jumpsuit again any time soon, unless I go back to university in Canada. 🇰🇷

# This Month in History

hand-shakes, crowns, invasions, assassinations, amnesty, toilets



## ■ STUFF THAT THEORY!

May 1, 1915

African American Olympic athlete Archie Williams was born in Oakland, California. Williams, along with Jesse Owens, defeated German athletes at the 1936 Berlin Olympics and helped debunk Adolf Hitler's theory of Aryan racial superiority. When asked about the infamous incident in which Hitler reportedly refused to shake the hand of fellow gold medalist Owens, Williams replied, "Hitler wouldn't shake my hand either." During World War II, which Williams once referred to as his "return to the Olympics – in the Pacific," he was a pilot in the air force and retired from the military 22 years later as a lieutenant colonel. He then taught in California secondary schools until his retirement.

## ■ IT'S MINE! NO, IT'S MINE! NO, MINE!

May 18, 1804

Napoleon Bonaparte became Emperor of France, snatching the crown from the hands of Pope Pius VII during the coronation ceremony, and then crowning himself. In 1885, to impede any further attempts at royal or imperial restorations, the French National Assembly opted to sell most of the French Crown Jewels. Only a handful of crowns

were kept for historic reasons, and they had their precious jewels replaced by decorated glass. Napoleon I's crown was one of the few kept. It is now on display in the Louvre in Paris.

## ■ DO NOT INVADE!

May 4, 1970

At Kent State University, four students were killed by National Guardsmen who opened fire on a crowd of 1,000 students protesting against President Richard Nixon's decision to invade Cambodia. Other students, who had merely been walking nearby or observing the protest from a distance, were also shot. The shootings triggered campus demonstrations across America. Hundreds of universities, colleges, and high schools closed throughout the U.S. due to a strike of eight million students.

## ■ GANDHI ASSASSINATED

May 21, 1991

Former Indian prime minister Rajiv Gandhi was assassinated in the midst of a re-election campaign, killed by a bomb hidden in a bouquet of flowers. He had served as prime minister from 1984 to 1989, succeeding his mother, Indira Gandhi, who was assassinated in 1984. Having remained aloof from politics until the death of his younger brother Sanjay Gandhi in 1980,



he became the youngest prime minister of India when he took office at the age of 40.

## ■ PEN IS MIGHTIER THAN THE SWORD

May 28, 1961

London lawyer Peter Berenson founded Human Rights organisation, Amnesty International 48 years ago. Reading of the arrest of a group of students in Portugal, Berenson launched a one-year campaign for their release. Today Amnesty International has over a million members in 150 countries working to free prisoners of conscience, stop torture and the death penalty, and guarantee human rights for women. After 2000, AI's agenda turned to the challenges arising from globalisation and the reaction to the 9/11 attacks in the U.S., provoking a major shift in its policy as the scope of its work was widened to include economic, social and cultural rights.

## ■ THANK YOU, CRAPPER

May 12, 1782

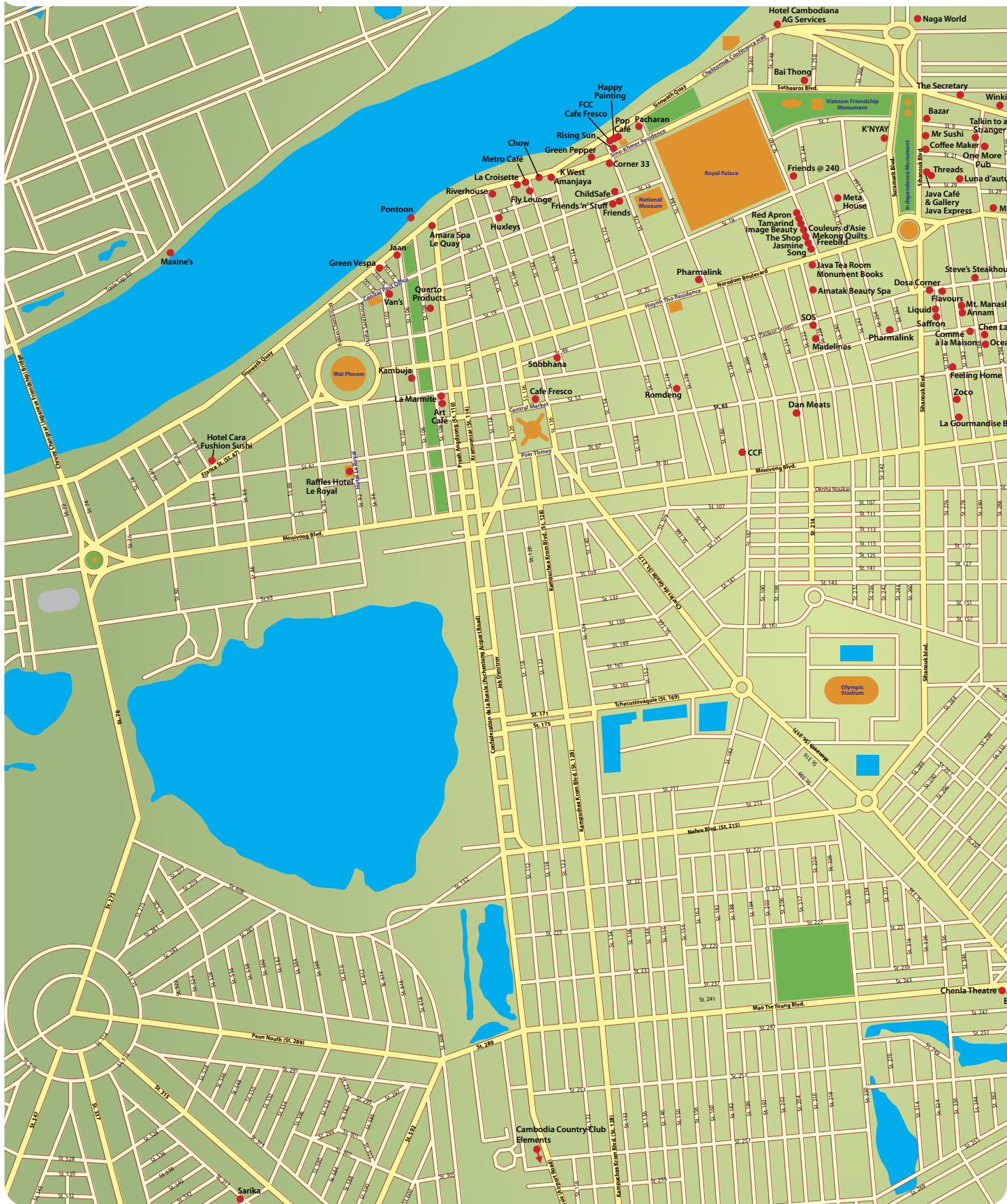
The flush toilet was patented by Thomas Crapper in 1782. Flush toilets were first used in the Indus Valley Civilization circa twenty-sixth century BC. The cities of Harappa and Mohenjo-daro had a flush toilet in almost every house, attached to a sophisticated sewage system.

In the 1880s, Thomas Crapper's plumbing company built flush toilets of Giblein's design. After the company received a royal warrant, Crapper's name became synonymous with flush toilets and the stuff within them. ■





# phnom penh: central





# WE'RE EXPERTS ON WATER TOO.

ENJOY WINNING

To ensure that we use only the freshest water available, we taste over 10 different water samples a day. It is then brewed together with the finest natural ingredients and undergoes over 200 quality checks. Not to mention a brewing process that takes more than 500 hours. Little wonder that it has won over 40 international awards and accolades. And counting.



# Personal horoscope, outlook and luck by hello

get more today!

015|016|081

## May Horoscope

hello care: 1452 or 016 810 000 | [www.hello.com.kh](http://www.hello.com.kh)

■ **TAURUS (APR. 21 – MAY 21)**  
Happy Birthday Taurus! While you're certainly getting noticed, there is a lot going on behind the scenes. A deliciously private love affair might figure this month, or you could be working on a creative project in solitude. Watch that you "mean what you say, and say what you mean", because the likelihood of misunderstandings runs high. Support for your career, or a whole new vision of where you want your professional life to go, comes now.

■ **GEMINI (MAY 22 – JUN. 21)**  
You have a lot of energy to pour into friendships, group projects, or goals this month. Singles might very well meet their match through friends and group associations. Attached Geminis will find much joy and understanding with their partner. A business partnership is a strong possibility. Past proclamations need to be set right carefully.

■ **CANCER (JUN. 22 – JUL. 22)**  
Professionally speaking, you're enjoying an invigorating and creative peak this month, Cancer. Your professional charisma is brilliant, and singles might find opportunities to meet a special someone through business events. Those of you looking for a job will find this a strong period for getting noticed in a most positive way. Intimacy is enhanced, particularly around the Full Moon on the 8th, occurring in your romance sector.

■ **LEO (JUL. 23 – AUG. 22)**  
Relationships are likely to be deliciously complicated this month, although at times running counter to your career endeavours, Leo. Professional pursuits get a lot of attention, and are especially favoured around the 4th and 5th. It's a strong month for creative communications, whether they involve promotional efforts, creative writing, or simply reaching out to others. Avoiding risks on a financial level is especially important this month.

■ **VIRGO (AUG. 23 – SEP. 23)**  
Financial creativity runs high this month, Virgo. You're in a position to come up with unique and powerful ways to increase your income. Reworking of projects that you previously thought were complete may be in order. However, you're entering a period in which attracting what you want on the job front is easy. While acquaintances could find you aloof or distant, charisma in love matters runs high.

■ **LIBRA (SEP. 24 – OCT. 23)**  
May is a close to idyllic time for enhancing or attracting a romantic relationship, Libra. Your major focus is on a partnership, and putting your own personal agenda aside for the time being. Stimulating and spicy moments are par for the course this month. However, you should watch for keeping your expectations reasonable, or you're liable to gloss over facts. Travel delays are likely.

■ **SCORPIO (OCT. 24 – NOV. 22)**  
Wonderful energy is with you for work and health routines,

Scorpio. Charisma on the job can mean getting noticed for your creativity and flair. Some of you will find an office flirtation or romance is heating up. The full moon on the 8th can bring surprising revelations. The second half of the month might be tricky. Negotiations or conversations with a partner that took place last month may be revisited this month, perhaps with some frustration. Home life is especially peaceful and fulfilling.

■ **SAGITTARIUS (NOV. 23 – DEC. 21)**  
An exciting, playful, and stimulating month is ahead, dear Sagittarius. This month brings abundant opportunities to enjoy hobbies, entertainment, and romance. Your charm is natural and finds an adoring audience. There was a lot of talk and general "busy-ness" on the job in April, and this month you'll be revisiting them, and perhaps redoing tasks that you thought were completed. Careful revision is in order.

■ **CAPRICORN (DEC. 22 – JAN. 20)**  
Your home and family life is lively and spirited this month, Capricorn. You're in demand around the time of the full moon on the 8th, and more than willing to help out a friend in need. Money-making ideas are abundant this month. You'll have to take the time to sit down and judge how realistic each is before acting upon them. Singles will find romantic opportunities close to home or through family connections.

■ **AQUARIUS (JAN. 21 – FEB. 19)**  
Family and domestic life feature strongly this month, Aquarius. Conversations with family members you had in April are revisited this month, but care should be taken in expressing yourself with clarity, as misunderstandings are likely. However, in general, your conversational skills are superb this month. Romantic or creative communications figure strongly. Ideas for increasing business income are plentiful, and a friend could be instrumental in helping you find them.

■ **PISCES (FEB. 20 – MAR. 20)**  
You are likely to expand your career pursuits and business connections this month, Pisces. Opportunities on the career front can seem to arrive out of the blue, and could come from past connections. Creative money-making ideas should be jotted down for future reference. A partnership requires attention, and going over recent conversations could be frustrating but necessary in order to clear up confusion.

■ **ARIES (MAR. 21 – APR. 20)**  
You're making up for lost time this month Aries! While your love life has been complicated recently, and others may have undervalued your worth, you're now strutting your stuff. Extremely magnetic, the world is appreciating your unique aative and dynamic energy around you is hard to resist or ignore. You have a whole new and credible vision for what you'd like to accomplish. ♀

### ■ CELEBRITY BIRTHDAYS THIS MONTH

*Figures in brackets represent the age they will be on their birthday.*

May 2 – David Beckham (34); May 5 – Adele (21), Craig David (28); May 6 – George Clooney (48), Tony Blair (56); May 9 – Billy Joel (60), Albert Finney (73); May 13 – Stevie Wonder (59), Harvey Keitel (70); May 14 – Cate Blanchett (40), Tim Roth (48), George Lucas (65); May 16 – Janet Jackson (43), Pierce Brosnan (56); May 17 – Enya (48), Dennis Hopper (73); May 22 – Naomi Campbell (39); May 24 – Bob Dylan (68); May 25 – Mike Myers (46), Ian McKellen (70); May 26 – Helena Bonham Carter (43), Lenny Kravitz (45), Pam Grier (60); May 27 – Henry Kissinger (86), Christopher Lee (87); May 28 – Kylie Minogue (41); May 29 – Noel Gallagher (42), Melissa Etheridge (48).

# The QuizMaster

## ■ FAMOUS FOR 15 MINUTES

1. On whose knee did six-year-old Stuart Lockwood become famous in August 1990?
2. How did John Allen Muhammad become notorious in October 2002?
3. How did Erica Roe become famous in January 1982?
4. Who coined the phrase famous for 15 minutes?
5. How did Robert Van Winkle become famous in the mid 90s under a chilled pseudonym?
6. What did Michael Collins become famous for not doing in July 1969?
7. How did John Hinckley Jr. become famous in 1981?
8. How did plasterer Michael Edwards leap to fame in the late 1980s?
9. How did journalist, Muntadar al-Zaidi, win friends and fame around the world in December 2008?
10. How did baby Louise Brown become famous in 1978?

## ■ GO WEST

11. Which musical is based on the story of Romeo and Juliet?
12. Who said - To err is human - But it feels divine?
13. Who wrote the line "East is East and West is West"?
14. Where is the Red Stripe Cup played?
15. Who founded the Great Western Railway using a seven-foot wide track?
16. 'Im Western Nichts Neues' is the name of the book that has been used for

the basis of two films in English – what are they called?

17. What was once Portuguese West Africa?
18. What was unusual about Dr Daniel Westin, played by David McCallum?
19. Who was the fastest milkman in the west?
20. Whose was the first name in Poet's Corner in Westminster Abbey?

## ■ SUMMER

21. Mendelssohn's Wedding March was written for which play?
22. Who first recorded Summertime Blues?
23. According to Sandy, how late did she stay up on "Summer Nights"?
24. Andy Summers is best known as the guitarist with which band?
25. What year did Mexico City host the Summer Olympics?
26. Which Australian soap is set in Summer Bay?
27. What European landmark grows six inches in the summer?
28. Who had a 1970 hit advises, "Have a drink, Have a Drive"?
29. According to the nursery rhyme what did the queen make on a summer's day?
30. "Shall I compare thee to a summer's day" is what type of poem?

■ ANSWERS ON PAGE 82 ❗

# Quote Unquote

## ■ SEX

*Everything you've always wanted to know about sex, but were afraid to ask ...*

*"Personally I know nothing about sex because I have always been married."*

— Zsa Zsa Gabor.

*"The difference between sex and love is that sex relieves tension and love causes it."*

— Woody Allen.

*"I used to be Snow White ... but I drifted."*

— Mae West. ❗

# Sudoku

MIND GAMES TO KEEP YOU THINKING

*This edition we have two puzzles for you, one of which is very easy and should only take you five minutes or so and the other is very hard and you will probably need about 45 minutes to complete it. Have fun!*

			7			9	5	
	2	8	1	6				7
6	7			3		1		
7			5		4		6	
5	6				1	2	8	4
1			6		2			
8	1			4	3	5	7	
	9	4			7			3
			9			8		

Level: Very Easy

Gwan Ching Lee's time: 5 mins

8			7					
		2		1	3			
5	4			2				
		7					6	
		6				5		3
	8		1					
4	3		8		7	1		
6			9				4	
								5

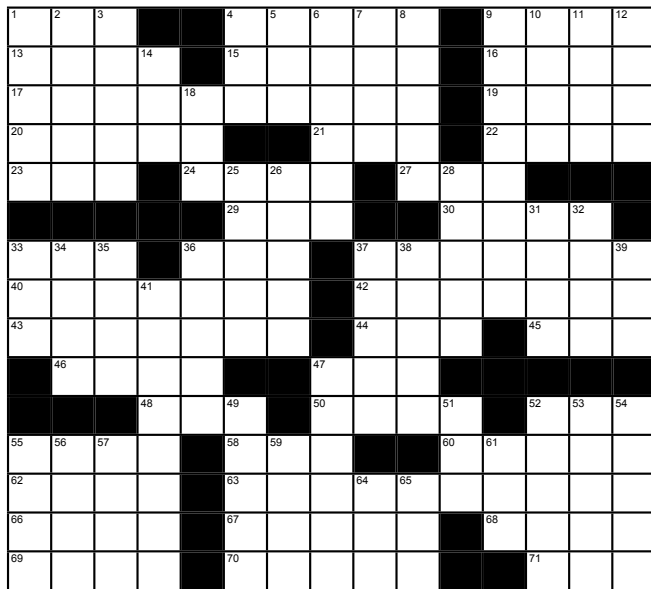
Level: Very Difficult

Gwan Ching Lee's time: 45 mins

■ ANSWERS ON PAGE 90 ❗



# Eating Out Tonight?



© David Flack 2009

**ACROSS**

- 1 A sixth sense
- 4 Long-necked birds
- 9 Whip
- 13 Unsharpened
- 15 Proud or rightful person
- 16 Stir up, as coffee
- 17 Inexperienced classic Italian moto
- 19 Reese's Legally Blonde role
- 20 Colourful stone
- 21 "\_\_\_ an ill wind..."
- 22 "What \_\_\_ could I have done?"
- 23 One point ball
- 24 Suddenly understand
- 27 Recede
- 29 Short judge's address
- 30 Cause of some mithtakes
- 33 Clubs together
- 36 Make a quick note
- 37 Walden writer Henry David
- 40 Flipper in the kitchen
- 42 Corner takers' targets
- 43 Rants
- 44 Certain cereal grain
- 45 Central Market to 63 across, 9 down or 41 down direction
- 46 Cook book, later filmed with Michael Douglas
- 47 Transgress
- 48 Now Jeeves-less dot com
- 50 "Do \_\_\_ others..."
- 52 Red secret police, once
- 55 Speak after a skinful, perhaps
- 58 Badger a horse
- 60 Start of two cities book
- 62 Kachina doll maker
- 63 Thirsty Brit's plea at 3 in the morning, perhaps
- 66 Click target, often
- 67 Like an ice cream holder
- 68 Word with graph and cue
- 69 Village green feature
- 70 Used a hassock
- 71 Generally 5 ml

**DOWN**

- 1 Tarzan's father's first name?
- 2 Cause of many a blackout
- 3 Beg
- 4 Official web address component
- 5 Feta source
- 6 Naval flag
- 7 Ember lead in
- 8 Eliminate
- 9 Lynyrd Skynyrd classic
- 10 Sprawl
- 11 Essential products
- 12 Mirth
- 14 Re-serve reason
- 18 Gather from the sea
- 25 Entire
- 26 Tiny amounts
- 28 Swell
- 31 Witnesses
- 32 Head-shakers for golf pros
- 33 Sonic boom achiever
- 34 Monumental
- 35 Tropical vegetable
- 36 Noted betrayer
- 37 Pointed stem modification
- 38 Popular t-shirt symbol
- 39 Consume, as fuel
- 41 Fruit noted for its sweet/tart taste
- 47 Pink Floyd warned him to be careful
- 49 Criticise
- 51 Boating blade
- 52 Broken down
- 53 Oversupplies (of)
- 54 Miles and Dizzy style
- 55 Transport, not only by sea
- 56 Crazy in Cadiz
- 57 Knowledgeable about
- 59 Soon
- 61 Tapioca is its bubbles
- 64 000,000, commonly
- 65 Follows 7 down

**ANSWERS ON PAGE 68**

# Sudoku Answers

We can't give you a puzzle without providing the answers. So here is the completed puzzles from this month's issue of AsiaLIFE.



Gwan Ching Lee

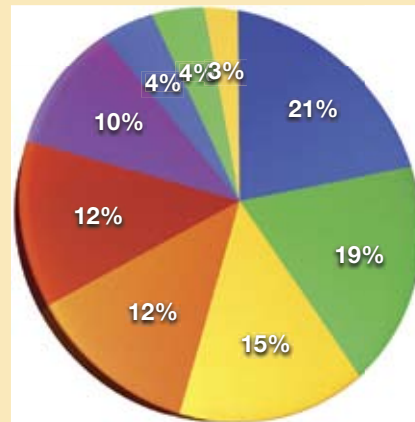
2	4	8	6	1	6	7	5	3
1	3	9	7	5	8	4	6	2
9	7	5	3	4	2	6	1	8
5	9	7	2	8	9	3	4	1
4	8	4	2	1	7	3	6	9
1	6	3	4	9	5	2	8	7
8	2	1	6	3	4	5	7	9
7	3	7	4	5	1	8	2	6
6	5	9	8	7	2	1	4	3

**VERY EASY**

5	3	9	1	4	2	8	7	6
8	7	4	7	5	3	6	1	9
6	9	2	1	7	9	8	5	4
2	7	6	9	5	1	4	8	3
3	8	5	2	7	4	9	6	1
1	6	4	9	8	3	7	5	2
7	1	3	8	2	9	6	4	5
4	6	9	8	1	3	5	2	7
5	6	4	2	9	7	3	1	8

**VERY DIFFICULT**

# Said on the Web



Who makes the best pizza in Phnom Penh?

- Aria d'Italia
- Luna d'autunno
- La Volpaia
- Freebird
- Chez Dim
- Le Duo
- Pop Cafe
- None of the Above
- FCC

**WWW.ASIALIFEGUIDE.COM**

## Tip #2

dedicate a song with



It's someone's birthday everyday.

Wish them

"Rik Reay Thngai Komneut"

by **hello**

**015|016|081**

CONCEPT DEVELOPMENT  
CREATIVE SERVICES  
COPYWRITING  
GRAPHIC DESIGN

FINAL ARTWORK  
EVENT PLANNING  
PUBLIC RELATIONS  
TV PROGRAMMING

TV SPOT PRODUCTION  
3D ANIMATION  
POST PRODUCTION  
VOICE OVER



worldwide<sup>®</sup>  
media production

Tel : (855-98) 920 144 / 803 888  
Email : info@wmpkh.com • Web: www.wmpkh.com



# the bubbly 7

5 រៀន  
/ 818



FORM YOUR OWN GROUP  
AND ONLY PAY ៥/្ក្ក  
Registration is free!

To register, write a text message containing all of your Cellcard friends' numbers  
(up to 10) *separated with a space* and send to **6868**

For example: **012xxxxxx 092xxxxxx 017xxxxxx 089xxxxxx**  
**Then send to 6868**

- Text messages containing special characters or letter will be invalidated

or Call to **811** and follow the instructions

\* For more information please check with your nearest dealer or call our help line number 012 812 812



cellcard

[www.cellcard.com.kh](http://www.cellcard.com.kh)