

PHNOM PENH

ASIALIFE guide

062009
ISSUE30

Scorched Earth

Cambodia's response to Climate Change



www.asialifeguide.com

The Rubbish Business
Luang Prabang to Hanoi
Elephant Man
Khin You

What's on in June!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Fresco Chillout Sessions! 5-9pm Everyday 	2	3 loco Wednesdays PACHARAN <i>Apert & Cocktails</i>	4 fully booked	5 your planet needs YOU! World Environment Day	6 Blokes.Balls.Beers PREMIER LEAGUE 	7
8 @the Happy Hours 5-7 pm daily	9 Fresco Chillout Sessions! 5-9pm Everyday 	10	11 Fresco Chillout Sessions! 5-9pm Everyday 	12 chow Happy Hours 4-8 pm daily	13 DJ ACHAYA @chow	14 Fresco Chillout Sessions! 5-9pm Everyday 
15	16 chow Happy Hours 4-8 pm daily	17 loco Wednesdays PACHARAN <i>Apert & Cocktails</i>	18	19 Fresco Chillout Sessions! 5-9pm Everyday 	20 LIVE MUSIC @fcc	21
22 fully booked	23 @the Happy Hours 5-7 pm daily	24 Fresco Chillout Sessions! 5-9pm Everyday 	25 SALSA NIGHT FEATURING DJ JIMMY @pacharan	26	27 Fresco Chillout Sessions! 5-9pm Everyday 	28 @the Happy Hours 5-7 pm daily
29 Fresco Chillout Sessions! 5-9pm Everyday 	30	1 loco Wednesdays PACHARAN <i>Apert & Cocktails</i>	2 Fresco Chillout Sessions! 5-9pm Everyday 	3 chow Happy Hours 4-8 pm daily	4 Blokes.Balls.Beers PREMIER LEAGUE 	5



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Editorial

IF IN LAST MONTH'S ISSUE of AsiaLIFE Guide we came out, this month we have most definitely gone to ground. Gone have the sequins and mascara to be replaced by solar panels and biogas. Green is the new Pink.

Jun. 5 is World Environment Day. To mark this occasion the first week of the month is Environment Week. A series of events around town aims to increase awareness of issues that affect all of us living in the Penh. The end of the month will see a carbon-trading workshop, organised by French NGO Geres.

Climate change has received much attention in the press over recent years. Cambodia is a country highly vulnerable to climate change according to many observers, including the prime minister. Certain parts of the country are susceptible to drought and others to flood, according to the catchy "National Adaptation Program of Action to Climate Change." While drought threatens rice production, flood increases the prevalence of water-borne diseases such as malaria.

So what is Cambodia doing to combat climate change?

In our cover story, Johan Smits interviews various players from corporations to NGOs who are doing their bit to meet the global challenge.

Although potentially calamitous, climate change is not the most obvious environmental issue concerning people in the Penh. When asked about the negative side of life here, many would point at the impromptu piles on the side of the road awaiting the arrival of Cintri rubbish trucks. The capital has a particular odour that, especially during the dry season, is far from pleasant. However, as AsiaLIFE Guide

discovers, rubbish is not just a smelly business, it can be a profitable one.

One organisation that is doing its bit to reduce its carbon footprint, perhaps somewhat surprisingly, is the British Embassy. Winner of the 'Foreign Secretary's Award for Greening the Foreign and Commonwealth Office' – has a bureaucrat ever come up with a pithy title? – the embassy has introduced measures such as paper recycling and compost in order to reduce its carbon footprint. As her Royal Highness was unavailable for comment, Nora Lindstrom had a cup of tea with the embassy's green ambassador, Rob Bateson.

As you read this issue, we hope that you will want to get involved in green projects. The first way to do this is to enter the debate on our website's Forum. Whether you know other companies that are being green, or just want to know what you can do to help, click on the website – www.asialifeguide.com. Last month's debate on being gay in the Penh certainly provoked views from both ends of the rainbow spectrum.

Ever since we launched in Dec. 06, AsiaLIFE has been a free magazine. Often people are surprised that we could produce such a quality magazine for free. Unfortunately one of the side effects of the global recession has been a decline in advertising revenue. In order to maintain the highest quality, we have decided to place a US\$1 cover on each copy of the magazine, starting in July. We trust you understand.

Mark Jackson
 Publisher – AsiaLIFE Guide

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The Month That Was

photographers, hip hop, performers, films, rugby

@FCC – Paul Stewart Exhibit



PICK OF THE PENH

May was a crazy month in the Penh, as AsiaLIFE Guide's photographers, Nathan Horton and Conor Wall show. Albeit it seemed to be all over before it had started, or at least it was for Ricky Hatton. For the Penh, May was far more pink than pugilistic as Pride 09 rolled out at bars and clubs around town. Coinciding with the International Day Against Homophobia (May 17) rather than national holidays the highlight of the week was the official party at Pontoon Lounge, the previous day. The Lounge hasn't rocked so much since Bert Bevans played 'My Heart Will Go On' by Celine Dion.

Indeed Pontoon was the heart of many of May's highlights. May 16 saw the start of Superfly, a monthly event that organisers promise will be the "best and most original dance music the capital has ever heard." Is that a promise of things to come or a criticism of things past? The Penh's normally floating nightclub ended the month with a performance by Irish beatboxer Cian Sayles on May 23. A veteran of hundreds of shows mainly in his native Dublin, Cian awed the crowd by producing multiple sounds and beats usually only heard from musical instruments or in 'When Harry Met Sally'. "Anyone can do it," Cian says encouragingly, who plans to collaborate with hip hop group Tiny Toones.

@Chenla – Aqua Rap



@Pontoon – Glory Hole



An advertisement for Subtyl New Fashion Boutique. On the left, a woman is shown from the back, wearing a white, backless dress and a grey beanie. On the right, there is an orange background with white text. The text includes the store name 'SUBTYL New Fashion Boutique', the address 'Street 240 nr.43eo', the description 'Fashion accessories and clothes.', the hours 'Open everyday from 9am to 7pm', and the contact information 'tel 023 992 710, subtyl@online.com.kh'.

An advertisement for Chillikids Children's clothes. The top part features the brand name 'Chillikids' in a stylized font, with 'Children's clothes' underneath. Below this, it says 'up to 12 years old'. The bottom part of the ad shows a clothesline with various items of children's clothing hanging on it, including a pair of shorts, a t-shirt, and a pair of socks. A small cartoon cat is also visible. The text at the bottom provides the store's location and contact information: 'open from 9 am to 7 pm everyday in Subtyl Shop, #43Eo street 240', '+ 855 (0) 23 992 710', and 'chillikidscambodia@gmail.com'.



@Talkin' to a Stranger - Dimple



@Naga

May was a great month for hip hop fans. The French Cultural Centre's Hip Hop Festival, proved there is more hop in hip than goes down the Heart on a Saturday night. For those who prefer a more mellowed way of passing their Friday nights, Talkin to a Stranger was the destination on May 22. Dimple entertained the assembled crowd with his musical repertoire much reminiscent of James Blunt. Naga-World opened its doors to the public to celebrate the King's birthday.

For once film buffs had a choice wider than between Meta House, and a DVD take away pizza, with the European Film Festival, while Meas Sokhorn's exhibition Exhale opened at the Chinese House, and Paul Stewart's spectacular panoramas adorned the walls of the FCC.

And congratulations to the Cambodia Kouprey's for their 24-8 win over Laos. You rippas! 🏆



@Olympic Stadium

PHOTO BY JIM GARRISON

Northern Europe meets Mekong



**Battambang - Siem Reap - Phnom Penh
June 2009**

A festival of poetry and ideas featuring writers from Cambodia and Europe

Readings throughout Phnom Penh
Workshops

Seminar on Literary Aesthetics - 20th June at the Buddhist Institute
Visit www.nouhachjournal.net for more details

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News & Events

fundraising, football, daughters, environment, poetry, russians

■ LA VIE EN ROSE »

Promising that it will be the first of “a series of regular musical events that will run throughout the year” Luu Meng, speaking as the President of the Khmer Foundation for the Arts, announced a fundraising concert to be performed by 12-year-old Khmer soprano Bosbapanh at Topaz Restaurant on Jun. 5, to members of the press last month.

“We consider Bosbapanh to embody the promise of a bright future for Cambodia,” said Maylis Darc, managing director of Thalias, the management company for Topaz and other restaurants around town. She committed much stronger support for the Arts in the future.

Bosbapanh treated the assembled media to a sample of the songs she will perform on the night, including the classic Edith Piaff song ‘La Vie en Rose,’ which is also the name given to the fundraiser.

All proceeds will go to the Khmer Foundation for the Arts, established to help artists in need, according to Luu Meng, who is also head chef at Malis Restaurant and president of the Hotel Association. Part of the proceeds will support Em Theay, 75, one of a handful of Royal Court dancers to survive the Khmer Rouge regime, her daughter Thong Kim An and her granddaughters. In late March, these three generations of Ramayana dancers and singers lost everything they had, including costumes and musical instruments, in a fire.

Bosbapanh will give a recital of popular Cambodian and international classics as well as launching her new CD. Accompanying her will be her accomplished younger brother, flautist Panhlauv, 8. The concert will include music from the elegant songs of King Sihanouk to Bosbapanh’s own rendition of La Vie en Rose.

Topaz Restaurant’s Executive Chef Alain Darc will compose an innovative dinner with sig-



nature 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.

Luu Meng announced there will be a performance of Javanese dancers at Malis Restaurant on Jul. 3. Further evidence of the restaurant group’s continued support of the Arts. This is part of a cultural exchange between The Art + Foundation and Indonesia.

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

■ BAYON CHALLENGE 2009

Founded in 1995, the Bayon Wanderers FC has contributed much to the development of football in Cambodia through playing friendly matches against many teams in Phnom Penh and the provinces. The Wanderers have even played several times against the Cambodian national team, as part of their training and preparation for tournaments. Initially started by Hanuman FC in 1996, the Bayon Challenge experienced a hiatus since 2001,

due to reconstruction work at both Old and Olympic Stadiums. The tournament was given a kiss of life last year. Sponsored by Infinity Financial Solutions, the first winners of the rejuvenated tournament were Care International. At time of going to press, three teams from Vietnam and one from Bangkok had signed up for this year’s competition, which will take place on Jun. 6 and Jun. 7 at the Old Stadium. True to their name the Wanderers plan to go on tour to Phuket in Novem-

ber and to Bangkok in April. If you want to get involved, contact Billy on 012 803 040, bije@online.com.kh.

■ DAUGHTERS

Daughters is holding a weekend of art and awareness from Jun. 11 to Jun. 14. The Phnom Penh NGO works with victims of trafficking and sex exploitation trapped in the sex industry in Cambodia. An exhibition of paintings and photography created by girls

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who have been helped by the organisation will be on display during the day at Gasolina on Jun. 13. Attendees can also buy handicraft products produced by Daughters at the event. There will also be two events at Meta House.

■ DR. HEAVY METAL

Fans of Thom Thom's charismatic leader will be pleased to hear that Jean Philippe Petesch has attained a PhD in Heavy Metal from the Sorbonne-Nouvelle. As Dr. Heavy Metal is on his way back to France, Thom Thom will play a series of farewell gigs in the Penh this month. Starting at Sharky's on Jun. 5 and Jun. 6, the rockers will move to La Croisette on Jun. 12. The official farewell party will be at Gasolina on Jun. 26. Dr JP & the Nurses will support the band. Jean Philippe's first book is now published at Amazon Books: <http://www.amazon.fr/MAIDEN-Morceaux-desprits-Jean-Philippe-Pesch/dp/2357790040>.

■ ENVIRONMENT WEEK & CARBON TRADING >>

Coinciding with World Environment Day on Jun. 5, the second Environment Week in Cambodia will be held between Jun. 1 and Jun. 7. Supported by the Ministry of Environment, the French Embassy and AFD, a series of events will take place throughout the week, aimed at increasing general awareness on environmental issues.

In an attempt to get greater participation from Khmers, many of the events will be outdoors. An exhibition on recycling and new technologies against pollution in our cities will be held at Wat Phnom from Jun. 1 to Jun. 5. Environmental films will be screened at the



French Cultural Centre (Jun. 1 to Jun. 5), Meta House and Hun Sen Gardens (Jun. 5 to Jun. 7). On World Environment Day itself, a special broadcast for the world's premiere of 'Home' by Yann Arthus Bertrand will be shown at Hun Sen Gardens, the French Cultural and The Chinese House. For more detailed information, visit: www.environment-week.org

Later in the month French NGO, Geres will hold a carbon

finance-training workshop in Phnom Penh (Jun. 22 to Jun. 27). Hosted by international experts, the training will provide conceptual and practical understanding of climate change and the opportunities arising from carbon markets. There will be five sessions on: climate science, carbon policy and carbon markets, carbon project cycle, carbon auditing, and selling carbon. Those wishing more information should email: r.deau@geres.eu.

■ NORTHERN EUROPE MEETS MEKONG

An international poetry festival titled 'Northern Europe meets Mekong' will run throughout June in Battambang, Siem Reap and Phnom Penh. Supported by AsiaLIFE Guide, the festival features writers from Cambodia and Europe who will hold poetry readings at venues throughout Phnom Penh, conduct creative writing workshops with children, and speak at a free seminar at the Buddhist Institute.

Aiming to promote poetry and to share universal ideas between poets from all over the world, audiences will be entertained with poetry readings at venues as varied as the Australian Centre for Education, the French Cultural Centre and Monument Books, while finding out more about the art of modern poetry.

"The International Poetry Festival will be an important event in Cambodia, bringing writers from Europe and Cambodia together to discuss modern poetry," says Kho Tararith, director of Nou Hach Literary Association. "The festival aims to remind writers from Cambodia and all over the world about Cambodia's literary history while exploring new writing to both conserve traditions and to develop new ideas in Cambodian society."

The month-long festival will come to a peak with a seminar on Jun. 20 at the Buddhist Institute featuring writers from Cambodia, Sweden, Iceland, Denmark and the Faroe Island. Hosted by Nou Hach Literary Association, in cooperation with the Sowers Association and the Khmer Writers' Association abroad, the seminars are now in their seventh year and mark an important event on the Cambodian literary calendar.

"We would like to welcome Cambodians and people from

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other countries who are interested in this festival to join us throughout June to celebrate poetry and the sharing of ideas," says Kho.

Next month AsiaLIFE Guide will publish one of the poems produced during the festival.

The following events had been confirmed as of going to press:

Jun. 16, 5pm – Reading at the French Cultural Centre Exhibition Hall.

Jun. 16, 6pm – Reading at the Australian Centre for Education, GIL Centre.

Jun. 17, 7pm – Reading at Gasolina, Street 57.

Jun. 19, 6.30pm – Reading, with nibbles from Java Tea Room, at Monument Books.

For more details of the events, visit: www.nouhachjournal.com.

■ **THE RUSSIANS ARE COMING**

In a lavish dinner held May 18 at Raffles Hotel Le Royal, Beeline became the latest telecom company to open for business in Cambodia. Sotelco, a subsidiary of VimpelCom, the leading telecom provider in what was the former Soviet Union, claims that Beeline has a simple and understandable structure with a single price (5 cents per minute)

for calls to all local destinations regardless of network. International calls will cost either 15 or 20 cents per minute, depending on the destination.

"We decided to make an entry with such a simple product because the pricing of all local operators is quite complicated – it depends on the payment amount, the time of day, and destination of the call, which clients find difficult to comprehend," explained Gael Campan, general director of Sotelco. "One of the advantages of our brand is that the service is simple and understandable for the subscriber." SMS messages will cost 2 cents within the network.

■ **THE KNOWLEDGE**

Chenla Theatre had a full house when We Want (U) To Know, a film reflecting on Cambodia's troubled past as the leaders of the Khmer Rouge stand on trial, was screened on May 7. Professionally produced, and coaxing laughs out of the audience despite its serious subject-matter, the film was warmly received. Directed by Ella Pugliese and Nou Va, and produced by the Khmer Institute

for Democracy, it is the first participatory film ever made in Cambodia. Through the project, the people of Thnol Lok village in Takeo Province were handed the cameras and microphones to re-create their own memories and experiences from Khmer Rouge times. The aim was to allow survivors to confront the past and help youths understand what happened.

"It is really a production of the people," said co-director Nou Va, who also features in the film. After four screenings in Phnom Penh, the film will now travel around Cambodia and beyond to raise awareness and instigate debate. Any organisation wishing to use the film in its outreach activities is welcome to request a copy from the Khmer Institute for Democracy.

■ **THE BUILDING**

Since early 2008, On Photography Cambodia, founded by Maria Stott, has collected and produced a collection of images, historical documents and personal histories. As part of this process, project team members and participants were trained in various aspects of research,

photography and archiving. An exhibition of the photography entitled, 'The Building – an Urban Story of Cambodia', will be on display at the Bophana Audiovisual Resource Centre from Jun. 11.

A photographic exploration of Phnom Penh's past, present and future, it is focussed on the Municipal Apartments on the Bassac riverfront ('the Building'), which was part of an ambitious scheme from the 1960s for a new Phnom Penh.

"Today, these origins are contrasted by what the Building has come to represent in contemporary Cambodia," says Maria. "It is both a symbol for the city's social issues – development, dispossession, exclusion and landlessness – as well as home to active community members, artists and ordinary city dwellers."

The exhibition captures over 50 years of the building's history from the heyday of the 1960s, through the post-Khmer Rouge reconstruction period to the present-day building-boom in Phnom Penh. The exhibition will be accompanied by weekly Saturday movie screenings and talks. ■



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calendar

June

environment, football, quizzes, charlies angels, hellhounds, poetry

sunday

monday

tuesday

wednesday

thursday

31

01

02

03

04

Alley Cat Rib Night

Gym Bar Quiz

The Wrestler
Meta House at 7pm

Talkin Head Trivia
Pit your brains against the QuizMaster at Talkin to a Stranger

Environment Week
Exhibition and films at various locations (see page 10 for details)

Environment Week

Loco Wednesdays

Vespa Wine Wednesday

Up The Yangtze
Meta House at 7pm

Pontoon Ladies Night

Zeitgeist

Meta House at 7pm

Talkin Lamb

Environment Week

Non-Networking Night

At the Green Vespa

Glory Hole Gay Night at Pontoon

07



Environment Week

Environmental Film Festival
(See page 51 for programme)

Bayon Challenge 2009
International football tournament at the Old Stadium

Intercon Sunday Brunch

Pontoon - One Drop Sundays

08

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

09

Now We Thrive Not Survive
Exhibition opens at Meta House at 6pm

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

10

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

Trafficking and Hollywood
Meta House at 7pm

Pontoon Ladies Night

Vespa Wine Wednesday

Loco Wednesdays

11

The Building

Opening of exhibition at the Bophana Audiovisual Resource Centre

The Children of Krousar Thmey
Meta House at 7pm

Talkin Lamb

Glory Hole Gay Night at Pontoon

14

Joe Montague's Collection of Cambodian Ephemera
Meta House at 7pm

Intercon Sunday Brunch

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

15

Vespa Malt Monday

16

Wild Styles
Meta House at 7pm

Alley Cat Rib Night

Gym Bar Quiz

Talkin Head Trivia
Pit your brains against the QuizMaster at Talkin to a Stranger

Northern Europe Meets Mekong
International poetry festival at venues around town (see pages 10/11 for details)

17

Pontoon Ladies Night

Seasons of Migration
Meta House at 7pm

Vespa Wine Wednesday

Northern Europe Meets Mekong
International poetry festival at venues around town (see pages 10/11 for details)

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

18

Queen Norodom Monineath Sihanouk's Birthday

Spotlight / Touch the Sound
Meta House at 7pm

Talkin Lamb
Roast lamb dinner at Talkin to a Stranger each Thursday (bookings essential)

Glory Hole Gay Night with Cabaret Dancers at Pontoon

21

Father's Day

Maurizio Kagel
Meta House at 7pm

Pontoon - One Drop Sundays

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

22



Vespa Malt Monday

23

Global Hybrid
Meta House at 7pm

Gym Bar Quiz

Talkin Head Trivia

Alley Cat Rib Night

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

24

Kampuchea: Death & Rebirth
Meta House at 7pm

Pontoon Ladies Night

Vespa Wine Wednesday

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

Loco Wednesdays

25

Dogora / Baraka

Meta House at 7pm

DJ Jimmy

Gets into Salsa at Pacharan from 9pm until late

Talkin Lamb

Glory Hole Gay Night with Cabaret Dancers at Pontoon

28

Tyson
Meta House at 7pm

Pontoon - One Drop Sundays

Intercon Sunday Brunch

29

Vespa Malt Monday

30

Talkin Head Trivia

Pit your brains against the QuizMaster at Talkin to a Stranger

Gym Bar Quiz

Alley Cat Rib Night

01

02

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



friday

07
Ouer Sokuntevy
 Khmer artist at Java Gallery opens at 6pm
Environment Week
Thom Thom / Dr JP & the Nurses
 Seriously heavy music at Sharkys from 9pm
La Vie en Rose
 Fundraising dinner at Topaz by Bospapanh
DJ Jimmy Salsa
 At Talkin to a Stranger
Housexy DJ Ricardo (France) @ Pontoon
Environmental Film Festival
 (See page 51 for programme)
Hellhounds @ Velkommen Inn
Winking Frog Live Band

10
Magic Potion
 Celtic jazz fusion at the Chinese House from 7pm
Thom Thom / Dr JP & the Nurses
 Second leg of the heavy tour at La Croisette 8pm
You Khin
 Exhibition by veteran Khmer artist opens at CCF at 6.30pm (See page 48)
Studio Image
 Exhibition by Khmer photographers opens at the CCF at 6.30pm
Superfly w/ DJ Clock Work Soul @ Pontoon
Hellhounds @ Velkommen Inn
Winking Frog Live Band

19
Northern Europe Meets Mekong
 International poetry festival at venues around town (see pages 10/11 for details)
Charlie's Angels
 Rainwear fashion show at Gasolina from 7pm
Hellhounds @ Velkommen
 Play Velkommen Inn every Friday from 8.30pm after 'beer o'clock'
Primate Souls (House Mash Up) @ Pontoon
Winking Frog Live Band

26
Regulars Night
 At the Green Vespa – Alan takes a night off and the regulars run the bar
Thom Thom / Dr JP & the Nurses
 The final gig at Gasolina from 7pm
DJ Achaya Sounds of Europe...Deep House, Tech House @ Pontoon
Hellhounds @ Velkommen
Winking Frog Live Band
Alley Cat Friday Devious Dice

03

saturday

06
Environment Week
Hydro Phonics Twist it Up Hip Hop Party @ Pontoon
Bayon Challenge 2009
 International football tournament at the Old Stadium
Environmental Film Festival
 (See page 51 for programme)
Thom Thom / Dr JP & the Nurses
 Seriously heavy music at Sharkys from 9pm
Winking Frog Live Band

13
Cambodia for Sale
 Meta House at 7pm
Daughters
 Exhibition at Gasolina during the day
DJ Achaya
 Plays Chow from 8.30pm to late
TECH 12 hip hop party @ Pontoon
Grandfather and I
 Book reading at Monument Books at 5pm
Winking Frog Live Band

20
New Soundz for Phnom Penh
 Meta House at 7pm
Sips & Nibbles
 Tea tasting by Singapore Tea House at Java TeaRoom at 4pm
TECH 12 hip hop party @ Pontoon
Mekong Pirates
 Play Gasolina from 6pm with DJ Aaliyah
Winking Frog Live Band

27
TECH 12 (UK) @ Pontoon
Winking Frog Live Band

04



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Openings

lingerie, elsewhere, 4faces, the boat

LUXURY LINGERIE

Promesses lingerie shop opened last month, bringing much needed quality underwear to the women of Phnom Penh. Stocked with French Aubade and Thai Raphaela Magica lingerie, available in several sizes, the classy shop hopes to tap into the niche lingerie market by offering products previously unavailable in the capital. Complete with a VIP changing room, where groups of friends can sit and relax whilst trying on undergarments, Promesses is about much more than just getting that everyday bra.

"I want to introduce the idea of lingerie as a luxury," says owner Soreasme Ke Bin. "It's not dirty, it's what's closest to your skin." Soreasme must now convince

customers that lavish underwear is worth spending money on. Aubade bras can cost over US\$100, while the Raphaela Magica line is somewhat less expensive. Sexy negligees command prices up to US\$200.

Compared to underwear more commonly available in the Penh, the collection at Promesses is certainly alluring. There is colour and sparkle, and even the plain black and white bras manage to look more opulent than bras in other places. Though some of the items are without doubt made mainly for impressing that certain someone, Promesses also stocks less extravagant, more functional pieces. When visiting Promesses, don't miss out on chic, new prêt-à-porter shop Kaprices located upstairs.

Promesses and Kaprices, 20 Street 282. Open 9am-7pm. Tel: 023 993 527.

ELSEWHERE

Elsewhere has re-located to the bustling Golden Mile. With two pools, sleek white walls and sensible 8am to 11pm opening hours, it may carry the same name, but beyond serving massive mojitos and characteristic passion fruit vodkas, it's a different place. Instead of the infamous First Friday parties, co-owner Marie hopes to offer more grown-up events, such as jazz concerts, dance performances, maybe even circus shows. The menu at Elsewhere features soups, salads, sandwiches and pastas (US\$3 to US\$9). There is also a kids' menu with child-friendly dishes for US\$2 to US\$3. "The food is very much snacks and finger foods," explains Marie. "Light dishes that are easy to eat by the pool." Despite being significantly smaller than the previous building, Marie has managed to fit most of her popular clothes shop on the first floor.

Elsewhere, 2 Street 278, Tel: 012 660 232

SIEM REAP'S 4FACES

The latest delivery on the Siem Reap bar and arts scene is a relaxed bar, café and photo-gallery. The doors opened on Apr. 24, at a time when many others in Siem Reap are considering closing theirs. "We wanted to start in the low season, to get all the mistakes out, as you can do some things during the low season that you can't get away with in the high," says out Eric, a professional photographer who has lived in Cambodia for the last three years.

Located a few doors down from the Maharajah Indian Restaurant, the main feature is the "black wall" on which will be shown revolving photography exhibitions. The opening exhibition, by Vietnam War photographer Tim Page certainly merited a viewing. An exhibition by Steve Goodman and his images of Cambodian street life, opened on May 29.

"We have the best fish and chips in Siem Reap," boasts owner Eric de Vries, "done in the English style, with vinegar and tartar sauce, and wrapped in newspaper." Other highlights include veggie spring rolls (US\$2.75), Kampot pepper chicken wings (US\$4), chicken satay (US\$4) and sweet spareribs (US\$5). At US\$3.50, the Brilliant Burger certainly has a brilliant price and must be the best value for money for a burger in town. The bar also has free WiFi, and three TV screens showing sports

4FACES, Old Market Area, Tel: 089 208 336. Open 10am - late. www.4faces.net. Happy Hour 4pm - 6pm.

NEW VIEWS ON RIVERSIDE

Opened on the quiet some three months ago, Touk bar and restaurant had its grand opening under manager Anandi Deonarine on May 22. Run by Srey Pich, who has plenty of experience from involvement in Herb Cafe and Shadow Bar on Street 278, Touk is a very welcome addition to the riverfront scene. Promising a variety of entertainment every night of the week, from live music through DJs to performance art, the contemporary establishment is bringing affordable drinks in a chilled-out atmosphere to the riverfront. Be sure not to miss Martini Mondays, when the eponymous drinks go for as little as US\$2.50. The food menu includes local specialities, as well as more western dishes with a twist. Located just opposite the FCC, the view from Touk rivals that of its more established neighbour, so does the happy hour, between 5.30pm and 7.30pm most drinks are 20 percent off. With Anandi at its helm, the establishment is set to be fun, gay-friendly and happening. Given the location, the place will undoubtedly attract a fair share of tourists, but there's no reason for expats to shun this modern and stylish place, the view from which really could fool you into thinking you're on a boat (touk in Khmer).

Touk, Cnr. of Sisowath Quay and Street 178. Open 7am to late. 📍



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Phnom Penh Life: Elephant Matt

Everything you always wanted to know about elephants but were afraid to ask, **Johan Smits** talks with **Matt Maltby**, the Elephant Man.

"I DIDN'T WANT TO GET stuck in a lab," says Matt Maltby of his decision to leave the U.K. after graduating in Biological Sciences. Instead, he got stuck in a Cambodian forest in Koh Kong for one year, sleeping in a hammock between two trees and catching all kinds of unsavoury diseases.

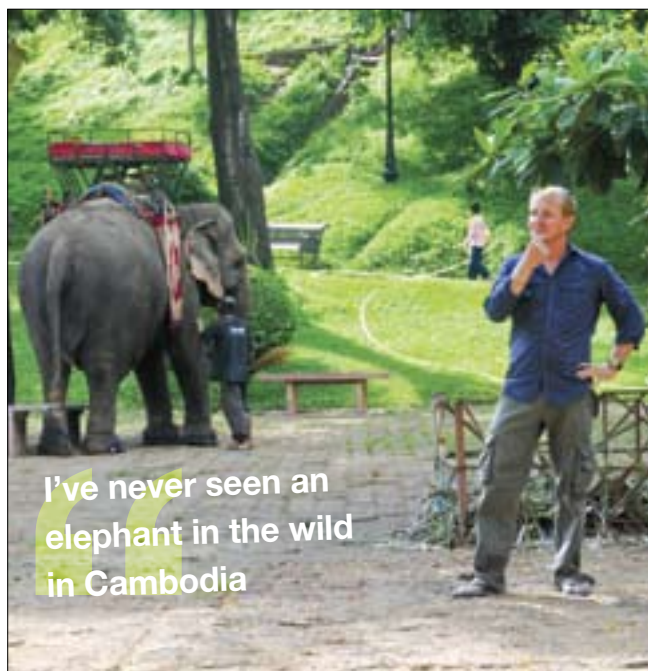
"I got tropical infections on my leg, trench foot with no skin on my feet, and I caught typhoid, typhus, but never malaria," he says, not without a certain flair for nostalgia. He was conducting biological surveys then. Nowadays Matt can be found in a new habitat, the concrete jungle of Phnom Penh, where he works with Fauna and Flora International (FFI) as Project Advisor for the Cambodian Elephant Conservation Group.

"It seems each survey we do turns up new findings and surprises, either species we didn't expect to find or, in some cases, totally new species, particularly reptiles and amphibians," Matt says. At twenty-seven, he thinks Cambodia is a great place to start a career. "I have gained a huge variety of skills through the work, from fixing boats and motorbikes in the field to cooperating with the government and local communities, to working in such a developing science as wildlife DNA research."

■ IT'S ALL IN THE DUNG

Due to its dense wilderness, Cambodia is also more challenging than Africa where Matt was working before returning here. "In Africa you can just fly over with a helicopter to count elephants – here this is impossible as they are hidden in the jungle and extremely hard to spot," he explains. "I've never seen an elephant in the wild in Cambodia."

That's where the DNA research comes in. By collecting samples from elephant dung, all



I've never seen an elephant in the wild in Cambodia

"He's behind you!"

kinds of data can be extracted, such as the minimum number of elephants, inter-breeding between herds, how they move around, and the number of males and females in a herd.

"In one national park in India they had a thousand elephants but only five males, because of poaching, so that posed a big problem for breeding," he says.

Finding elephant dung in an area as vast as the Cardamom Mountains is both simple and logical. "We only go where we think there might be elephants," he says. To get this information they interview local people and gradually build up a database. "We map the distribution within the Cardamoms," he explains. "Some move here and there, some just stay in one area. It's a very complicated dynamic." When the dry season comes, the surveying goes full throttle. As there is less water, the elephants stay close to watery holes and fruit trees. "We call these hotspots,"

Matt says. "The area is too big to search it all."

■ TRUST, NOT FORCE

It's not only the elephants that need attention. They often destroy farmers' crops, which creates a lot of conflict with the local villagers.

"We help the farmers grow different crops that elephants don't like, chilli for example, that create a good cash benefit, so they can grow four or five different crops and in the end have a more stable cash flow," he says. Thanks to maximising their yield, the farmers can then make more profit without having to expand their farm land by encroaching on the wilderness habitat, or supplementing their income in the dry season by cutting wood in the forest to make charcoal.

Creating trust is the most important, but also the hardest, element to make this work. It can take two years to build a relationship with one village, according to Matt. "When we

work with them we tell them, 'we have the contract here. You have to agree now not to cut any more forest and to grow these crops instead,'" he says. He throws in an example of a man who walked into their meeting with the villagers, heard about what they were doing, went home and smashed his charcoal kiln, committing to growing crops instead. "If you just do law enforcement it creates a lot of tension and fighting. To see that guy go home and do it himself is amazing."

■ GOOD JOB

According to Matt, the costs of DNA analysis are coming down every year. He sees it as a new but important tool in wildlife research, not just for the monitoring of elephants, but for many other elusive and endangered species such as tigers and Siamese crocodiles. In order to prepare handing over the DNA analysis to Cambodians in the future, FFI last month started the first DNA training to Khmer students as part of their master's course in biodiversity conservation. The only one that exists in the Kingdom.

"Before we just sent the samples off overseas, but hopefully in the future we can do it here," Matt says. Job prospects are pretty good for those who take the course, mostly with the environmental NGOs. Many are well paid. "There are so many students who study business and economics, but our graduates can all find good jobs," says Matt. "I think it's looking good for the future of the Cambodian management of wildlife."

At the time of going to press, FFI were expecting DNA results to come in soon from Australia. However, Matt says he's seeing signs that the elephant population in Cambodia is stabilising or even increasing.

For information on FFI, visit www.fauna-flora.org/asiapacific.php

Streetsmart: Monivong Boulevard, Part I

As one of the main arteries of Phnom Penh, Monivong Boulevard plays a crucial role in getting travellers through the city. Some interesting establishments also line the thoroughfare – just don't try to get to them during rush hour. Words by **Nora Lindstrom**.



The pool at the Phnom Penh Hotel

■ STARTING IN STYLE

Monivong Boulevard begins its journey south through the capital from the roundabout by the Japanese Bridge. The knotted gun monument in the middle of the roundabout was erected in 1999 following a government-led purge of guns. Though similar to famous knotted gun artwork by Swedish artist Reuterswård, Phnom Penh's symbol to non-violence is slightly different in design and was not made by the artist.

Past the French Embassy, the Phnom Penh Hotel comes up on your right. Generally considered as one of the Penh's more top-end hotels, it is surprisingly affordable.

The handsome rooms start at US\$80 for single occupancy and US\$90 for double, and go up incrementally to US\$180. Stay at the hotel includes free use of the pool and gym, as well as complimentary breakfast. Non-guests can also make use of the facilities. Lazing by the good-size pool for a day will set you back US\$6, while access to gym and pool costs US\$12.

The hotel also has a number of restaurants, including recently renamed Bua Khmer. From the new menu, you can choose between a variety of Southeast Asian dishes, all affordable at around US\$3 to US\$6 per item. Bua Khmer is open 11am to 2.30pm and 5pm to 10pm. Zen Japanese Restaurant is also located in the hotel. Its wooden

décor gives it a rather Scandinavian feel, though the menu is exclusively Japanese. The sushi melts in your mouth and the set menus are good value for money at around US\$10 to US\$12. Zen is open 10am to 2pm and 5pm to 10pm.

A stone's throw further south, Le Seoul offers Korean fare in a stylish setting. Get your regular dose of bibimpap (US\$6) or bulgogi (US\$6) or splash out on more the more expensive meat barbeques. As the restaurant only has a dozen or so tables, staff recommend making dinner reservations. Open 11am to 2.30pm and 5pm to 10pm.

If luxury is what you are after, Café Monivong, located at Raffles Hotel le Royal, is not to be missed. The restaurant



Fancy working out from in front of the TV?

Café Monivong cuisine

is famous for its daily dinner buffets which, depending on the theme of the night, cost between US\$25+ and US\$28+. Regardless of which night you go, the tables are jam-packed with delicious food and you will have to put serious effort into restraining yourself to make it through to the desserts. On Sundays, a brunch buffet (11.30am to 2.30pm) with free flow of Singapore Sling is yours for US\$26+. It may seem expensive, but it's worth it.

EXPAT ESSENTIALS

Pharmacie de la Gare, located at the corner of Street 110 by the railway station, has for years been the go-to pharmacy for expats and travellers. If you can't find your remedy of choice here, it's unlikely you'll find it anywhere in Cambodia. Compared to recent, more modern-looking competitors, the shop comes across as old school and a bit poky. Nevertheless, it has a good selection not only of medicines but also of various quality health and beauty products, at affordable prices. Open 7am to 7pm, Sundays 8am to 12pm.

For less commonly available food items, such as comfort food from home as well as luxury items like truffles, try

Thai Huot and Bayon supermarkets are between Street 118 and Kampuchea Krom Boulevard. Both stock rarities from faraway lands, such as Emborg rollmops and foie gras in Thai Huot, and a wide selection of Japanese food items in Bayon. The supermarkets are open 7.30am to 8.30pm and 7am to 8pm respectively.

Heading further south, a branch of popular Café Sentiment is located at the corner of Monivong and Kampuchea Krom boulevards. Next door you can get your fast food fill at Kentucky Fried Chicken – the first branch of the fast expanding chain. For junk food local style try Lucky Burger at the corner of Street 217.

Across the street from Lucky Burger are a number of shops selling sports equipment, from table-tennis tables, through free weights, to boxing gloves and trampolines. If sit-down activities are more up your street, don't miss out on the Penh's largest branch of the International Book Centre (open 8am to 8pm), or alternatively try the Peace Book Centre at the corner of Street 214 (open 8am to 8pm).

Another to make note of is Ginga, one of the better Japa-

nese restaurants in town. It has a proper sushi bar with chefs at work, as well as private booths and rooms in a clean and pleasant space. The extensive menu features everything from à la carte sushi, through teppanyaki to several set menus. The range of sake is also broad. Try the sushi set (US\$16+) for a full meal featuring sushi, tempura and noodle soup, as well as fresh fruit for afters. Green tea is complimentary with every meal. Open 11am to 2pm and 5.30pm to 10pm.

Finally, should you fancy getting two-wheels to help you discover Monivong as well as the rest of the city, stop at New! New! or Lucky! Lucky!. The two almost identical rental shops offer 160cc scooters and 250cc motorbikes starting from US\$3 per day. Monthly rates are also available from US\$55, and some motos are also for sale. No driving license is required, but you need to bring your passport to rent a bike. New! New! is open 7am

to 7pm, and Lucky! Lucky! from 8am to 6pm.

Monivong Boulevard south of Sihanouk Boulevard will be covered in the next issue. **PA**



It's Not Easy Being Green

Turning the lights off and cutting use of the aircon are good steps towards a greener lifestyle. Yet as the British Embassy shows, it is both possible and profitable to take the concept further. Words by **Nora Lindstrom**.



Rob and his electric motorbike with the messenger van in the background

Earlier in the year, the U.K. Embassy in Phnom Penh became the proud recipient of the first ever 'Foreign Secretary's Award for Greening the Foreign and Commonwealth Office'. According to Rob Bateson, leader of the embassy's green team, the award came as a complete surprise. "I think it was partly because the environment we work in is so much harder than that of many of our posts," he says.

Being green in Cambodia is not easy. "I think that's partly why we won this award," he adds. "We've been doing it in a country where this sort of environmental management isn't there."

Nevertheless, since the start of the green project in 2006, the embassy has managed to become more environmentally friendly in many domains.

"We started by putting together a green team," Rob says. "We made sure that there was a 'greenie' in each section. "Next, we had to find out what our baseline was, i.e. what our carbon footprint was."

The Embassy commissioned Geres, a French environmental NGO, to do a carbon audit on the embassy building as well as the Ambassador's residence. "Their report highlighted areas where we didn't have informa-

tion easily at hand, such as on airline flights," Rob says. "This gave us an incentive to be more accurate next time."

■ CUT AND SAVE

The carbon audit revealed where most spending occurred and encouraged the green team to find less polluting solutions.

"Unsurprisingly, transport, both by air and land, was a fairly large component," Rob says. In response the team introduced a video conferencing system to minimise air travel, and reduced the vehicle fleet making sure the Embassy was left with the most efficient cars.

"You've got to be pragmatic," he admits. "It would have been great if we'd gone for eco-friendly Priuses, however, in Phnom Penh, and especially when travelling around the country, you need a four-wheel drive."

One car, converted to run on bio-diesel, was later bought by the Ambassador to become his private car. The car needed minimal work to be converted, and while it runs as well as before, it costs less. "We buy the fuel from Bio-Diesel Cambodia, who makes it from used cooking oil from restaurants around town," he explains. The embassy's messenger van was also converted



... and the winner is ...

It's not just a green wash, it's a real green change

to run on cooking gas, and the regular motorbike was exchanged for an electric one.

Another big carbon spend was on energy and electricity. Lights were changed into more environmentally friendly ones, and staff collectively decided on a comfortable, constant room temperature. A centralised time switch was installed to make sure air conditioning units were turned off at the end of the day. Measures such as putting in push-button taps and dual flush toilets in bathrooms, as well as collecting rain water for irrigation and washing cars, also had significant effects. "After a year, we found we were using a third less water," Rob says.

■ THE BUSINESS CASE

As with any company, the embassy had to ensure the green measures were cost-effective. "We have to make a business case for this as well," Rob explains. The team's efforts have lowered costs in some areas, such as water and electricity bills, while in other areas investment will start paying dividends over time.

Availability of environmentally friendly product options was an issue. "We've been trying to push our suppliers to come up with green solutions," he says. In his experience,

the price differential between regular and green options is not always big, but suppliers need to be encouraged to find the products. He hopes that by finding the links once, they will be urged to offer greener solutions to other customers in the future as well.

In some areas the embassy team had to invent their own solutions. They contacted local organisations willing to recycle their shredded paper and even began composting on the embassy grounds.

Being green sometimes seems demanding and time-consuming, Rob however is encouraging. "You have to engage people and you have to get their interest, but it's not as difficult as it might seem," he says. "It's not rocket science." He also notes it gets easier with time, as people get used to the new measures. "I think people are open to the idea and it's not such a strange concept. The Cambodians came up with some of the best ideas."

Whilst the U.K. Embassy is arguably the greenest in town at the moment, Rob says other embassies, as well as businesses, seem keen to follow suit. The green team is eager to share information and help show how a little initial expenditure does recoup itself over time. "It gives you kudos when you can say, 'Look, I'm saving x tonnes of carbon compared to last year and I'm not being such a big drain on the country,'" Rob says. "It's not just a green wash, it's a real green change." ■

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A Changing Climate

'The PDD and the PIN have been submitted for a SSC CDM project to the CCCO for assessment by the DNA'. Welcome to the world of climate change. From biomass fuels to solar and wind power, from reforestation and afforestation to carbon trading, the issues – but also the opportunities surrounding climate change – are many-sided and often complex. A whole range of programmes has taken off in Cambodia involving actors as varied as large private companies, government agencies, climate change consultants, NGOs and local households. Johan Smits wrestles with the dense jungle of acronyms and explores which climate change issues are driving Cambodia today.

"OFTEN WHEN PEOPLE TALK about energy ... they think about electricity. Replacement of wood is not very high on the agenda," says Jan Lam, Senior Biogas Advisor with SNV, Netherlands Development Organisation. "In Cambodia, 85 percent of the energy needs is covered by firewood and charcoal, and it's not done in a very efficient way," he adds. SNV and MAFF (Ministry of Agriculture, Forestry and Fisheries) have formed a joint venture called NBP or National Biodigester Programme to try and tackle this problem.

In simple terms, a biodigester is a low-cost building where cattle dung and crop residues are collected for further 'digestion'. The methane produced in the breaking down of the material is kept in a sealed environment instead of released by cattle dung in the open field.

"It's like a giant fart," Jan explains helpfully.

This methane is a much more potent greenhouse gas (GHG) than carbon dioxide (CO₂). By burning it, energy is released that can be used by households for cooking

and lighting. "One biodigester can reduce carbon dioxide equivalent per year per plant by about six tonnes," Jan says. "In terms of biomass, 6 to 9 kilograms of firewood can be saved per day per household, as well as 50 litres of kerosene and 100 kilograms of chemical fertiliser per year." The latter comes from the slurry that can be used as an excellent fertiliser. "It's a closed circuit – you don't take more off the land than you put in it – that's the whole idea of integrated farming," he adds.



A biogester can drastically reduce carbon dioxide production

Evidence of the effectiveness of the system comes through the programme's rapid expansion.

"In Cambodia the NBP started in two provinces in 2006," says Saoleng Lam, Coordinator of NBP. "Now we're operating in eight provinces and plan to complete 17,500 plants by the end of the year."

The aim is to move towards a permanent market-oriented sector where the client – the farmer household – determines which way a product is delivered. Jan estimates a potential of around 200,000 biodigesters. "It pays itself off, the quality of life increases and it leads to a sustainable way of farming," he says. "You win everywhere."

This programme works very well in the countryside where many families have at least a couple of cows or pigs, but in urban centres there's no cattle waste to convert into energy.

"In Phnom Penh city alone people consume 100,000 tonnes of charcoal in one year," says Iwan Baskoro Southeast Asia Regional Director of Geres. "We did the study in 2005-2006." In response to this, Geres introduced improved cooking stoves that are affordable to the poor and have the potential to reduce large amounts of GHGs. "By cutting consumption, we can also release the pressure on the forest," he adds. Sales of the stoves, which can save up to 32 percent

It pays itself off, the quality of life increases and it leads to a sustainable way of farming. You win everywhere

of charcoal and are produced locally by micro-enterprises, are now around 200,000 per month.

Since their cooking stove programme took off, Geres has launched other initiatives such as improving charcoal kilns attached to sustainable forest management. To Iwan, biomass is a sustainable energy source for the future. Charlotte Nivollet, Geres' Deputy Director agrees. "If it's well managed, it's perfectly renewable," she says. They both think that non-biomass energy such as solar, though clean is too expensive for most people to embark upon.

■ A SUNNY BUSINESS

Margaret Ryan views things differently. She's an American consultant with Khmer Solar, a local company that provides solar energy solutions to private companies, organisations and homes.

"Last year we sold nearly 1,000 panels to households," she says. One 85-watt panel can power a colour TV and light. At US\$870 for an 85-watt system, it's not the kind of alternative energy source that is accessible to every family.

"There are a lot of issues that need to be addressed before green energy can be feasible for the average household," says Steve Gosselin. He works for Clean Energy Group (CEG), a subsidiary of the engineering firm Comin Khmère. He cites affordable micro-credit programmes or subsidies to help bridge the high initial investment costs. He also mentions the need to educate the consumer and to lower the high import taxes on green energy products. "As seen in many European countries, a lot of green technologies can not be profitable at this time without support from government or other subsidies," he says.

Khmer Solar sells to telecom companies, to power their signal repeater towers in rural areas, but it is the home sales market that they are really interested in. "Since 2004 we have an office in Battambang that is 100 percent about home use," she says. "We also extend credit there. And now we have Siem Reap and a smaller one in Kampong Chhnang."

Although solar energy is totally clean, environmental benefits are not on the end-users' agenda. "It's about convenience because they

don't have to go to the battery station, and also cost, because the generator runs off eventually," she explains. A similar observation was made by Jan about NBP's biodigester programme, where convenience is cited as the main motivator for rural people to adopt the system, followed by finance.

Khmer Solar is also experimenting with wind power on Bokor Mountain in Kampot, although Margaret doubts that it is a suitable energy source for Cambodia. "It works wondrously in Vietnam where they have a long coast and monsoons, but not here," she says. "It would be nice because wind is cheaper." Steve too believes that solar energy is by far the most abundant source of green energy in Cambodia. He thinks there's no doubt that the market will continue to grow. "Green energy technology is advancing rapidly," he says. "Every year there are innovative ideas while affordable products become available on the market."

■ BE PREPARED

Despite all these energy efficiency and green energy projects, climate change is happening and won't go away. According to a recent report by the Asian Development Bank, Southeast Asia will be among the regions worst affected by global warming. That's where climate change adaptation comes in. One particular player in that field is Oxfam America. Just over a month ago they brought together White House staff, climate experts and community leaders in Washington, DC, in a conference focusing on building people's resilience to the crisis.

"Oxfam's interest is mostly about adaptation and, obviously in the poorest areas, because usually they are going to be hit the worst, like delta regions and dry climates," says Brian Lund, Oxfam America's Regional Director for East Asia.

In order to help local people build capacity in this area, the Cambodian Climate Change Office (CCCO), which operates within the Ministry of Environment, cre-

ated the National Adaptation Programme of Action to Climate Change (NAPA). "Thirty-nine projects have been identified within NAPA to adapt to climate change, and two are currently under project document preparation," says Deputy Director Thy Sum. "Our role is also to mobilise resources to implement NAPA."

Programmes that have been launched in Cambodia include DDR – Disaster Risk Reduction – and the free disposal of relevant meteorological information to farmers, packed in a way so that they can use it effectively. "Everyone has to play an active role in adaptation to climate change," says Thy. "It will impact on everyone, but it depends on the region. Flooding may affect one province and drought another."

One of the programmes that Brian finds particularly exciting is SRI or System of Rice Intensification. It's a methodology for increasing the productivity of irrigated rice cultivation by changing the management of plants, soil, water and nutrients. "This is a really red hot one that's coming globally," he says.

There are a lot of issues that need to be addressed before green energy can be feasible for the average household

According to Piseyryth Luy, Oxfam Programme Officer for Livelihood and Income Security, 100,000 farmers in Cambodia have taken up SRI. It has become part of the government's national strategy.

"SRI can double the crop," adds Brian. "That's a pretty hefty opportunity for the country, but it's also going to the little guy that's where we are particularly interested in." SRI is considered very promising to climate change adaptation as there are a dozen reasons why it makes the plants more resilient such as less need for water (higher tolerance to draughts) and quicker replants. "It's positioning the farmer well when it comes to



Ten ways to reduce your carbon footprint

1. Become a vegetarian. In 2006 the FAO reported that, "the livestock sector generates more greenhouse gas emissions as measured in carbon dioxide equivalent than transport."
2. In the West you'd be encouraged to turn down the thermostat one or two degrees. Here you could turn down the air-conditioner a couple of notches. If you make sure all doors and windows are closed, you might not even feel the difference. Even better, open all doors and windows and turn off the air-con altogether.
3. Leave that Hummer where it is and take a bicycle. Say goodbye to those traffic jams and you might not need your air-conditioned gym membership any longer.
4. Don't fly that much. Or at least not so far. Go on holiday locally. Why not cycle to Kampot?
5. When on holiday, stay at eco-friendly hotels and lodges.
6. Don't print emails. Keep your office paper-free.
7. Recycle – not the easiest thing in Cambodia, but you can at least get rid of all your plastic, paper and aluminium cans by giving it to your domestic help or putting it in a separate box outside your door. You'll make the local waste pickers or "Hychai" very happy with it as it means income to them.
8. Turn off the lights if you don't need them and use energy saving light bulbs.
9. Fix water leaks and don't use more water than you have to.
10. Become more involved. Persuade others about the benefits of reducing your carbon footprint. ■

climate changes, and potentially the entire economy,” Brian says.

■ MONEY, MONEY, MONEY

Carbon trading is a system where companies in industrialised countries, bound by GHG emission caps under the Kyoto Agreement, buy CERs (Certified Emission Reductions) from companies or organisations that reduce their GHG emissions in developing countries not bound by Kyoto. It has become a huge market – valued at around US\$120 billion in 2008.

One company that specialises in the Mekong Region is Carbon Bridge, which works with emission reduction project developers to help them access the carbon market. By creating and selling the carbon credits, they bring in revenue to help pay back the investment costs.

“The Cambodian government has established their approval process. In our experience, they are far more efficient and transparent than Thailand and Vietnam,” says Bridget McIntosh, Managing Director of Carbon Bridge. She thinks that the

It will impact everyone, but it depends on the region – flooding may affect one province and draught another

agricultural sector – through biomass waste products – has the most to benefit from carbon trading.

However, Jan Lam from SNV does not believe that Kyoto really works for Cambodia and points to the polluting industries of China, India and Brazil. “They can use Kyoto and make a lot of money to clean up their act,” he says. “Cambodia cannot.”

Bridget disagrees. “We have found carbon buyers falling all over themselves to buy the credits from our Cambodian projects,” she says. “There are not enough projects in least

developed countries, so when they come up, they’re in huge demand.”

At the moment Cambodia has five Clean Development Mechanism (CDM) projects. One of them, in which Carbon Bridge is assisting, is the largest project in Southeast Asia for methane capture.

“Four of the five CDM projects that we have approved have been recognised by the UN, so that’s an 80 percent approval rate. The rate of rejection is very low in Cambodia,” says Thy from the CCCO. He stresses CDM is not a grant but an investment. “If Cambodia has a good environment to invest, they will come,” he says. Bridget agrees. “For our larger clients, their main motivation has been purely commercial. I think this is great.

This means the carbon market is working and driving demand from investors who don’t imagine themselves to be ‘green’ but find themselves developing a green project because it makes good business sense.”



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For smaller organisations the barriers can be high such as substantial project development and auditing costs and a long waiting period before the initial investment starts to pay itself off. This was also an issue that Geres was dealing with when it put its cooking stove programme into the carbon finance pipeline. It gradually recognised the need for a climate change unit that became operational in 2006 and is now serving Geres worldwide. As a member of the Asia Stove Programme Network, it found that many countries in Asia expressed the need to access the carbon credit market but lacked the capacity to do so on their own.

"In the end we came up with the idea to set up an alliance of NGOs in Asia where we can sit together, share experiences, build capacities and so on," Iwan Baskoro explains. Each and every member can develop its own project and then put it into the carbon pipeline."

One of the advantages of 'NEXUS – Carbon for Development' is to minimise the cost by sharing it among its members. Project developers that are members of NEXUS have to demonstrate that their projects have clear social benefits. Charlotte Nivollet fervently believes the money that can be made from the carbon market should benefit the community. "This is not really happening so far. The CDM market is supporting any kind of project that is just going to reduce tonnes of carbon dioxide that is emitted into the atmosphere with absolutely no concern of what the social impact of the project is," she

says. "NEXUS strongly believes that carbon finance cannot be just this. It has to be in the spirit of sustainable social development with clear social benefits."

■ A GREEN FUTURE?

Both Bridget McIntosh and Brian Lund foresee more projects in Cambodia related to the UN's REDD programme, Reducing Emissions from Deforestation and Forest Degradation in Developing Countries. "Cambodia has some of the largest remaining tracks of rain forest in the region," Brian says. "That's one area of response that's particularly important for Cambodia. It's about diving into the carbon trading market and using the forest as Cambodia's effective contribution to the world's response to climate change." He believes that these kinds of projects are going to be quite big in the future.

Bridget also sees the Cambodian carbon trading market evolving towards the voluntary market. This market is the demand from companies or individuals which voluntarily choose to offset their emissions (for example flights offsets). Typically, under the voluntary market more interest exists in small scale projects. "They have more sustainable development benefits and are not just cheap carbon credit to meet compliance," according to Bridget. She deems these types of small scale projects more suitable to Cambodia. "I see more small household-scale projects around wood energy. After all, wood energy is the main source of energy used in Cambodia

and not only is it causing emissions, it is also contributing to deforestation," she says.

■ INFORMATION:

Looking to offset that big, fat carbon footprint? There is a voluntary market for people who want to reduce their impact on carbon emissions. Bridget McIntosh recommends to google one of the many carbon offset providers on the internet, credit card in hand, or to contact Cambodia's own home-grown offset provider Geres.

Websites:

- Geres: www.geres-cambodia.org
- Oxfam America: www.oxfamamerica.org
- National Biodigester Programme: www.nbp.org.kh
- Netherlands Development Organisation: www.snvworld.org
- Carbon Bridge: www.carbon-bridge.com
- Khmer solar: www.khmersolar.com
- Clean Energy Group: www.cleanenergycambodia.com
- Cambodian Climate Change Office: www.camclimate.org.kh

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Foul Smell of Success

Making money out of rubbish isn't exactly novel, but it could prove the solution to all those bad smells and unsightly piles of rubbish that characterise Phnom Penh's streets. Words by **Johan Smits**.

"I THINK IN THE FUTURE WASTE MANAGEMENT and recycling will improve, because people are starting to see that they can make money from it," says Kora Heng Yon. The director of the Community Sanitation and Recycling Organisation (CSARO) does not beat about the bush when discussing our capital's current waste management system. He believes it to be inefficient and weakly managed. Walk around the city past the impromptu dumps on every other street corner, or just try taking a breath near the open sewer along Street 105 and you quickly get the picture. With no recycling schemes or waste sorting programmes at hand, who do you turn to

with your household waste if you want to be green and clean?

In 1997 Kora with some like-minded Cambodians, founded the non-profit CSARO. Back then they believed it was possible to improve the environment while bettering the living conditions of the urban poor – in particular the thousands of adult and child waste pickers who eke out a living from Phnom Penh's waste. Locally known as the 'hychai', these are men, women and children, who go around town pulling a cart and scavenging or buying mostly plastic, glass, paper and aluminium waste.

has set up a special mobile outreach programme that includes a library bus, teaching first aid skills and hygiene.

"We work with three hundred hychai children and their parents," he says. The aim of the programme is to bring the children back to school. As for the adults, CSARO teaches them how to increase their income through waste recycling, and how to improve hygiene. The recyclable material that the waste pickers collect is sold to local depots – usually small family owned businesses – where the waste gets prepared for shipping to Thailand and Vietnam.

"It depends on the buyer's requirements," Kora explains. "They may want plastic bottles to be grinded or chopped into small pieces. The depots then also get a better price." Eventually the material gets remade into plastic chairs, tubes, waste bins and so on. "Some people here can recycle tyres, but for recycling into more difficult products, they need special skills and I think we don't have that here yet," Kora says.

With the urban slum community CSARO focuses on waste management and sanitation – clean water, toilets, sewers and roads. The people in the community who are interested in recycling are taught how to make products out of waste. The result is a series of funky handicrafts that CSARO sells wholesale to outlets in Phnom Penh and Siem Reap. "Mith Samlang [international NGO] sends some of their children to join our training," says Kora. "We instruct them for about three months and after that they go and spread the word in the community."

■ DIRTY BUSINESS

However, this still leaves us with an enormous amount of organic waste. For that purpose CSARO has started a composting facility near their centre where they successfully produce organic fertiliser, which is sold to farmers from the provinces, to households who use it in their garden and to commercial flower and plant growers. Demand is so big now that it outruns their supply.

Currently CSARO and the waste pickers collect organic waste only in zones where CINTRI, the private company doing the waste collection in Phnom Penh, doesn't provide a service.

"They don't allow us to collect in other zones," says Kora. "When an NGO goes to work and sends the community to collect waste, they worry about their business."

■ HYCHAI, HYCHAI, HYCHAI!

Through a series of programmes CSARO works with both urban slum populations and the 'hychai' people. For the children, CSARO





A woman working at Steung Meanchay



Recycling can be a profitable business

However, almost all of the waste that CINTRI collects is just put in trucks and transported to the dump without sorting, according to Kora. "They don't recycle," he says. This leaves all kinds of environmental problems such as the release of toxic gases and pollution of ground water, according to him. "We tried to negotiate with them and to explain how their company can benefit but they said there's no need to cooperate," Kora claims.

When AsiaLIFE Guide contacted CINTRI they were unavailable to be interviewed. According to their website in 2002 the company signed an exclusivity agreement with the Municipality of Phnom Penh to provide rubbish collection services for a period of forty-nine years.

"When negotiating with a private company, the government could include a requirement to build a compost plant," says Kora. "If that's not possible, then they should find a partner who can do the job and provide them with a licence." However, he thinks that the future might see improvements. He believes the market is out there, it's just that the people need to learn skills to make compost out of organic waste from urban people. "The market exists," he says.

■ TOWARDS A SOLUTION

"When waste is collected, you need to think of a transit area," Kora says. He proposes a processing centre for all the household waste where the waste pickers help separate it, clean the recyclable waste and pack it properly for shipment and sale abroad. It would considerably reduce the waste that ends up on dumps and decrease the burden on the environment.

"The waste pickers would be very happy to be part of such a system because waste separation for them means a way to provide income," he says. "They should be assisted with their hygiene and be provided with protective clothing and masks."

There's also work to be done at the consumer end. According to Kora, the government should do a lot of public awareness campaigns and set up a system so that households know where they can put their different kinds of waste – public recycling containers for example. "If you keep the current system, people don't want to change, or even if they want to change, they can't, so you have to give them a way to change," he says.

For more information, visit: www.online.com.kh/users/csaro



Kora displaying CSARO's recycled products

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food corner

Green Packaging

Getting food delivered to your house or office is a common and cheap trend in Phnom Penh. While it may not burn a hole in your pocket, the vast amount of packaging used for takeaways is a significant drain on the environment. Words by **Nora Lindstrom**.

COMPARED TO EATING out, takeaways create a substantial amount of waste. To get to your house in an appetising condition, food that would otherwise most likely be served on a regular plate has to be wrapped and covered in various ways. Putting price and functionality first, most cafés and restaurants pay little thought into what impact this wrapping will have on the environment.

Though more or less environmentally friendly packaging does exist, in Phnom Penh it takes a great deal of effort to be green as the availability of products is limited. Some establishments however are leading the way for less harmful packaging.

■ A GREEN CHALLENGE

Griet Lorré, owner of The Shop, is constantly looking for more environmentally friendly packaging solutions for deliveries. Spearheading the move towards green deliveries, she has been using non-bleached brown paper bags for takeaways since The Shop opened some eight years ago. To further minimise plastic waste, takeaway drinks are served in paper cups and customers are encouraged to bring their own reusable cups and flasks.

Last year, The Shop expanded into delivering food in biodegradable boxes made from sugar palm pulp imported from Thailand. According to Griet the boxes are expensive, but she considers them a worthwhile investment.

"You have to start somewhere," she says. "I would prefer to use a locally made product, made using banana leaves or bamboo leaves for example." Such products, at



a reasonable price, are not yet widely available in Cambodia.

Like Griet, Dana Langlois at Java Café laments the lack of green and affordable packaging options. She stresses that in addition to ecological considerations, food packaging must take into account issues of hygiene and functionality. Eating fish and chips out of an old newspaper is thus not on the cards.

At Java, typical lunch takeaways are currently delivered in white paper bags, with bagels and sandwiches wrapped in cling film. Side orders, such as crisps and salad come in separate plastic bags. While recognising there is room for improvement and being keen to learn about alternatives, she cites price and availability as key constraints to going green.

"At K'NYAY we use strong, reusable plastic containers to hold our food items where needed," says David Hunt, co-owner of the restaurant. "We encourage our customers to reuse, recycle or return them." Even the plastic cups in which drinks are delivered are made of sturdy plastic, and hence re-usable.

Customers can also bring their own tiffin tins to K'NYAY for regular lunch orders. Two sets of tins are needed, one set for that day's lunch and the other for the following day.

"We're up for trying and using as much environmentally friendly packaging as possible," says

David, who is also keen to find local green packaging solutions. All deliveries are made in bags made from old Khmer newspapers and cardboard.

“We’re in the process of trying to produce totally natural packaging, a banana leaf box, to deliver our rice to customers” he says. He also notes that some of the items on the menu, for instance coconut and pumpkin parcels, have their own natural packaging.

■ PLASTIC AIN'T FANTASTIC
Not everyone is equally keen on promoting green values in their packaging. In fact, most estab-

lishments in the Penh have yet to catch on to the idea.

Styrofoam boxes and tinfoil are cheap and widely available, hence almost universally used in deliveries. They are however particularly harmful to the environment in that they can seldom be re-used. Both materials reputedly take over five lifetimes to decompose. Takeaways generally arrive in plastic as opposed to paper bags and many food items are individually packed in plastic. Some claim plastic bags can take up to 500 years to decompose, but given that they have only

kept the salad dressing from soaking through.

Interestingly, all deliveries made in paper bags arrived in better condition than those in plastic bags. The paper bags’ robust flat bottoms and straight sides kept the different items from getting mixed up.

Consumers can influence businesses by demanding greener policies, and favouring more environmentally friendly establishments. In



been around for 50 years or so it’s difficult to say for sure.

Although it is important to take functionality into account when choosing packaging, there is no need to compromise on quality when going green.

The rice and stew delivered in K’NYAY’s sturdy plastic tubs arrived just as hot as the daal and rice from another restaurant, which came in an odd combination of plastic bag and styrofoam. K’NYAY’s stew was also significantly easier to serve, while The Shop’s biodegradable box was surprisingly sturdy, and

this case, however, you can eliminate the problem altogether by literally voting with your feet by eating out – as long as you take your bike that is!

If you know of a restaurant that has environmentally friendly deliveries, email us at: mark@asialifeguide.com.

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Breakfast-Lunch-Dinner

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

Food Talk: Le Liban

While European and Asian restaurants abound in Phnom Penh, middle-eastern cuisine, a delectable fusion of the best from East and West, is far harder to find. **Simon Jacy** investigates Le Liban, the capital's second Lebanese.

A RESTAURATEUR FOR THE past 35 years in Paris, undoubtedly one of the world's culinary capitals, Le Liban's genial proprietor Mansour Choueri certainly knows what makes a good eatery. A holiday to Cambodia originally opened Mansour's eyes to the kingdom's nebulous beauty, he tells AsiaLIFE Guide. After hosting a sell out dinner at a Phnom Penh hotel in January 2007, he realised that Cambodia had business potential in addition to its allure. He returned for a longer 10-day trip, weighing the obvious work involved in founding a business here against the possible benefits.

Deciding to take the plunge, Mansour sold one of his two Parisian restaurants to raise the capital to open Le Liban. The other is still open for business in Montmatre. At the beginning of 2009, he moved to Cambodia full time, opening the doors of his restaurant to a curious public. Le Liban has so far attracted a mixture of foreign expats and well-heeled locals, many of the foreigners working as consultants for the numerous NGOs in the area. Cambodian customers are mostly VIPs with connections to the nearby Senate and Interior Ministry.

"Very, very happy," with his restaurant's progress to date, Mansour clearly enjoys life in the Kingdom. "I don't know what it is about Cambodia, but I like it here too much!" he laughs with a theatrical twirl of his cigarette. "There is some kind of magic here."

■ GLOBAL INGREDIENTS

Le Liban's ingredients come "from across the world" using only the best, says Mansour. A trip into his heavily-scented storeroom confirms the claim.

The heady fragrances of Syrian cumin, Iranian pistachios and other myriad spices are almost



Mansour came for dinner and decided to stay

overwhelming despite the chill. Cambodian coffee, offered alongside Lebanese Arabica, and the south coast's world famous pepper are the only locally sourced ingredients, excepting occasional orders for lamb.

The latter is bought from ethnic Cham communities, long-time residents who originally hail from Vietnam's Mekong delta and are commonly called 'Khmer Islam', Mansour reveals. He says the lamb – a traditional Lebanese dish at celebrations that is cooked with basmati rice,

cashew nuts and saffron – is becoming popular at the soirées of rich Cambodians.

Abuchi, a Lebanese chef flown in especially to work at Le Liban, blends the diverse flavours with admirable panache, his skills a testament to the rich history of his homeland. For millennia the crossroads of the Mediterranean, Lebanon, the hub of an ancient commercial empire subsequently colonised by the Ottoman Turks and the French, combines the best of Asian and European cuisines to

produce delicious dishes with unique flavours.

Mezze, similar to Spanish tapas and Italian antipasto, is central to Lebanon's café culture. Some mezze, like hummus – cooked, mashed chickpeas, blended with tahini, olive oil, lemon juice, salt and garlic; and baba ghanoush, seasoned mashed aubergine, will be familiar to many readers. However, moud-jadera, a sharp salad of parsley that stops just short of sour, will be new to most, as will kebbe, moreish meatballs of beef with pine nuts that are crisply dry on the outside yielding to a firm textured succulence inside.

Le Liban's kafta, a favourite across the Muslim world, is a far cry from the manky, processed slabs of offal masquerading as kebabs that westerners unthinkingly choke down. Finely minced beef is combined with spices and lemon juice, and served with thin unleavened bread. Perfectly complimented by an onion and parsley garnish, this superlative dish is emblematic of the robust, earthy flavours of Lebanese cuisine at its best.

Surprisingly, Le Liban also offers breakfast, 'cheap and best' local favourites like noodle soup appearing alongside more exotic options. Most authentic is the Lebanese breakfast of dried apricots, dates, pomelo jam and figs, egg labne yogurt and olive oil, served with tea or coffee. The thick Lebanese coffee, served in a Lilliputian cup with a spoon of cinnamon bark, is recommended, though not a good idea for the faint hearted.

Further expansion is on the cards for Le Liban, according to Mansour, with the opulent 1,001 Nights dining room just finished and plans for belly dancing in the Arabic-themed Balbek room.

Le Liban, 3 Street 466 (between Senate Golf Range and Interior Ministry), Tel: 092 483 759 ■

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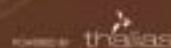
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cambodian

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

Frizz
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 an 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, 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
Beautiful modern Khmer restaurant with a courtyard set around narrow water channels and decorated with terracotta floor tiles. Inside there are four aircon rooms if the mid-day sun gets too much. The cuisine is modern Khmer, with no MSG, and is served elegantly in hollowed out palm tree bark. **04 A/C**

Magnolia
55 Street 51, Tel: 016 944 493
Unpretentious and well-priced Khmer restaurant conveniently located on Street 51, has an extensive menu serving breakfast and buffet lunch (from 11am to 2pm). Fish, squid, eel, frog, chicken, beef, and pork dishes all have their own page on the menu. Cocktails are surprisingly good and WiFi is complimentary though slow. Open 6.30am–10pm. **02**

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 A/C**

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 from 6am to 10am. New menu introduced in May. **03 A/C**

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

french

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

Bougangvillier
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**

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Review: Magnolia

Renovated from a school to a restaurant, Magnolia opened on the quiet earlier in the year. Combining sophistication with affordability, it serves up good, mainly Vietnamese, fare in a very pleasant setting.



LOCATED ON STREET 51, Magnolia is fronted by spacious outdoor seating among leafy greenery. The décor is unpretentious and fresh, with the white walls ceding centre stage to the beautiful colonial-style tiles. The ground floor terrace and first floor balcony are lovely places to enjoy your meal. The jazz and classical music playing in the background further create a warm and unruffled atmosphere.

The menu is extensive. Kuy Teow noodle soups (around US\$2) make a cheap breakfast option, along with a strong and satisfying iced coffee for US\$1.20. The Vietnamese-style thick and syrupy hot coffee (US\$1) is also delicious, though an acquired taste.

Lunch is a buffet affair, with almost ten different dishes as well as fruit. At US\$3, it's a bargain, though vegetarians beware, you're unlikely to get much on your plate. Theoretically, the buffet is open from 11am to 2pm. In practice however, the food is all but gone if you arrive after 1pm. For an extra dollar, you can finish your meal with Asian style desserts.

For dinner, your options seem limitless. Fish, squid, eel, frog, chicken, beef, and pork dishes all have their own page on the menu, with items costing around US\$5 each. Prawn dishes are slightly more expensive at US\$8, while the vegetarian options are bargains at US\$2 to US\$3. In addition, there are salads (US\$4), soups (US\$3), Vietnamese pancakes (US\$3) and hot pots (US\$10) to tempt you.

The stir-fried shell fish in coconut milk (US\$4) comes recommended, although it takes some effort to extract the snail-like creatures from their shells. The fried aubergine (US\$2.50) and cauliflower in batter (US\$3) are plain but tasty. The former simply melts in your mouth. Unfortunately the stir-fried squid with green pepper (US\$5) was somewhat disappointing as the squid was rubbery and rather tasteless.

The cocktails are surprisingly good and modestly priced at US\$3. Though the dry martini comes with only one small olive, it achieves a good balance between the gin and the vermouth. The margarita is decoratively presented and not too strong. House special Magnolia Kiss is creamy and lush.

Magnolia has an abundance of courteous and attentive staff, who do not hover around you. English skills are also acceptable, and the waiter repeated our order to make sure he had taken it down correctly.

WiFi is complimentary if somewhat slow. The comfortable seats and regular height tables nevertheless make surfing a pleasure. Also, if you come in the morning, you can have the place virtually to yourself up until lunchtime.

All told, Magnolia is a welcome lunchtime crowd pleaser. But it should not be overlooked for dinner, especially if you're into cocktails.

Magnolia, 55 Street 51, Tel: 016 944 493. Open 6.30am-10pm. 🍴

Italian Restaurant

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Open 6.30am - Late



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Lemongrass
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#11, Street 278, Phnom Penh, Cambodia 012 2472227

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pakistani & middle eastern flavours

cafe and bar



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

Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street. One of the best French kitchens in town, shown by its popularity both at lunch time and at night. Small delicatessen at the back of the restaurant. Open from 6am to 10.30pm. **03 A/C**

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. **02 A/C**

La Croisette
241 Sisowath Quay, Tel: 023 220 554
Riverfront restaurant with an ample outside dining area screened off by trees. Good, reasonably-priced, French cuisine with excellent barbecues, as well as Asian and Khmer food. Newly redecorated with more indoor air-con space. Open 7am to late. **02 A/C**

La Marmite
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 Norodum 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 restaurant serving north and south Indian cuisine. Featuring an open kitchen and air-con kids' playpen, the restaurant has free WiFi, draught beer with all-day happy hour, a good selection of wines, and big screen showing Bollywood music and movies. Ideal for small banquets and business meetings. Offers outdoor catering and delivery food. Open from 11am to 11pm. Closed on Tuesdays. **03 A/C**

Dosa Corner
15 Street 51, Tel: 012 673 276 Street
This small south Indian restaurant opened in January. True to its name it has a wide range of very good value dosa (US\$1 to US\$2) as well as thali and biryani dishes (US\$2.50 to US\$4). Air-conditioned, it's open from 7am to 10pm. **02 A/C**

East India
9 Street 114, Tel: 023 992 007
Predominantly South Indian cuisine in this pristine restaurant. Excellent breads including 9 types of dosa. All-you-can-eat vegetarian Sunday special for US\$4. Open 11am to 2pm and 5.30pm to 10.30pm. **02 A/C**

Flavours of India
158 Street 63,
Tel: 012 886 374 / 023 990 455
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**

Saffron
17B Street 278, Tel: 012 247 832
Pakistani and Middle Eastern cafe, 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**

Sher-e-Punjab
16 Street 130, Tel: 092 992 901
Just off the riverfront, this restaurant is a favourite haunt of Phnom Penh expats due to its tasty tandoori dishes. Highly courteous service, and generous free snacks and condiments make this a wallet friendly option. **02 A/C**

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.



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Bargain Bucket

MEANING GREEN IN KHMER, Baitong is simply a fantastic find. The large air-conditioned café-restaurant with a fresh, modern décor, serves quality food at low prices. While aimed at the growing Khmer middle class, the Khmer-British owners hope to attract some expat custom.

Opened in early 2009, the place is evidently prospering. The lunchtime crowd spills over into vacant meeting rooms, and there is not much left of the express lunch buffet by 1pm. This comes as little surprise as the daily 12pm to 2pm buffet offers a full lunch, including a drink, for a mere US\$2-3.

The owners are keen on creating a community feel about the place. To this end, art by local art collective 'The Art Rebels' is exhibited in the adjoining Sasa Gallery. Free meeting rooms are also offered to NGOs.

Baitong promotes green values by serving only organic rice, as well as selling local produce in the restaurant.



There is talk of organising exhibits to raise environmental awareness in the future.

The menu at Baitong is Khmer dominated. The finger food, which doubles up as starters, is served in generous portions. The fresh spring rolls with prawns (US\$2.50) are light and tasty, while the fried ones (also US\$2.50) are large and not overly greasy. The crispy goujons (US\$2.50), which can be ordered as meat, seafood

or vegetable versions, come similarly recommended.

A less ordinary choice is the crispy salad (US\$2.50), featuring deep-fried noodles, dried fish, and cashew nuts. Though the fish can be slightly hard to chew, the salad comes together very well. The smooth and creamy Thai green curry (US\$2.50) is equally good.

Most dishes can be ordered either with chicken, pork, beef, prawn or tofu. They can also be had as small portions for

one or two persons, or large ones for three to four people.

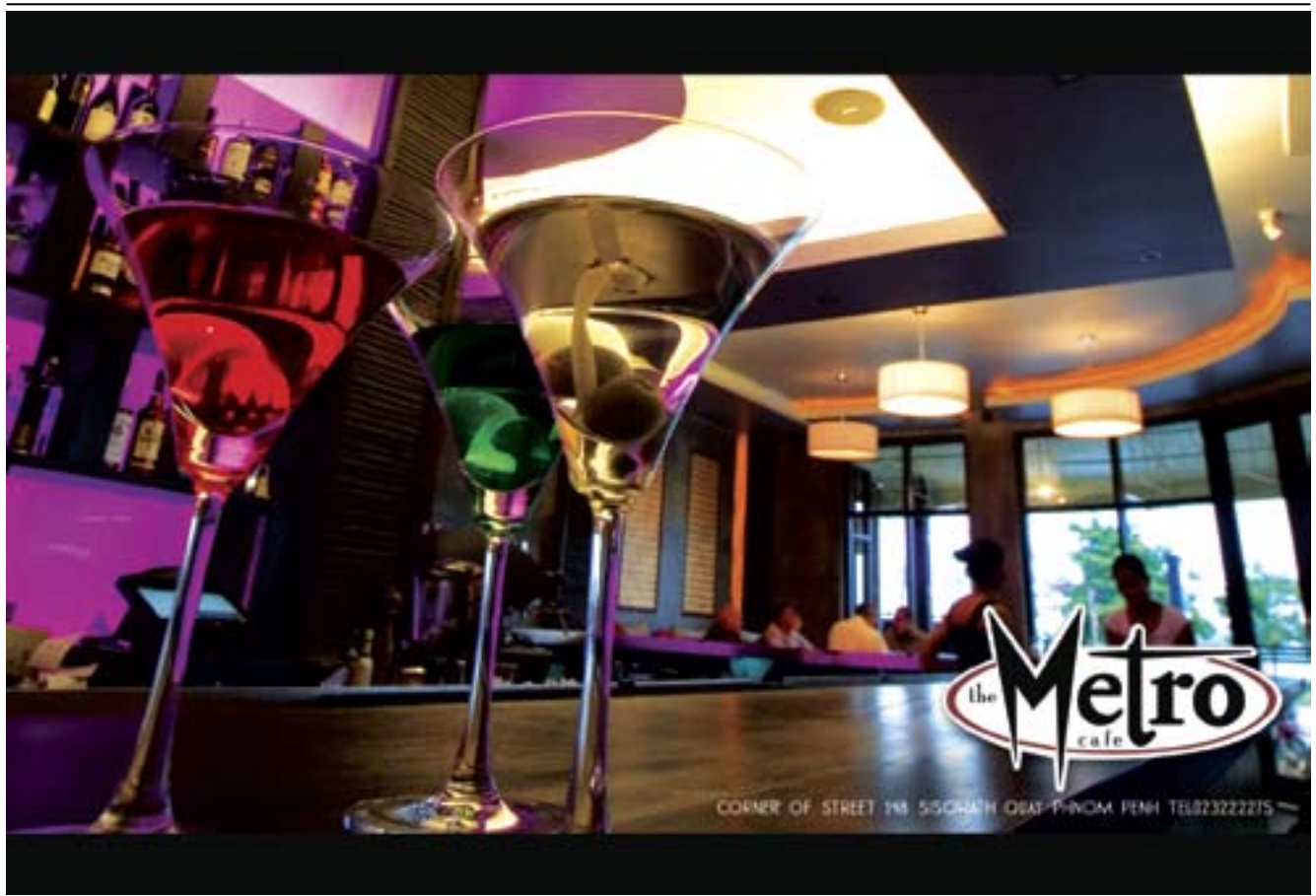
Along with the general price scheme, several decent bottles of wine are available for US\$10.

Parts of the establishment are furnished in a more café-like fashion, with armchairs and sofas. You can spend your day taking advantage of the free WiFi while sipping a tea or coffee. Most hot drinks on the menu will cost you less than a dollar. On the first floor, there is also a pool table for customers use.

Service is friendly and attentive, though there is room for improvement in terms of English-language skills. The non-smoking policy makes for a salubrious dining experience.

To sum up, Baitong is a steal. Fair prices make the restaurant fit the bargain bucket bill, while the cleanliness, air-con, WiFi and delicious food put it a cut above places usually covered in this section. Definitely worth a try.

Baitong, 7 Street 360, Tel: 092 500 400. Open: 7am-11pm



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Salmon roll



Tuna sushi



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333 Slorkram Village, Slorkram Commune, Siem Reap
Tel: +855 (0)63 760 865 Fax: +855 (0)63 760 866

Open from 11am to 2pm and 6pm to 10.30pm. Closed Mondays. **03 A/C** 🍷

international

Art Café

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

Billabong

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

Boddhi Tree Umma

50 Street 113, Tel: 023 211 397
Relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng. Open 7am to 9pm. **02**

Café Living Room

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

Double XL Café

138 Street 118, Tel: 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**

Elsewhere

2 Street 278, Tel: 012 660 232
Re-located to the bustling Golden Mile, with two pools, sleek white walls and sensible 8am to 11pm opening hours. The menu at Elsewhere features soups, salads, sandwiches and pastas. Don't miss out on their infamous cocktails. There is also a kids' menu with child-friendly dishes. Has boutique clothes shop upstairs. **03 A/C** 🍷

FCC Phnom Penh

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

Flavours

Cnr. Street 51 & 278, Tel: 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**

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
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
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**

Jaan

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

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restaurant spills out on the pavement providing a great vantage point to see the night market unfold. Meaning 'plate' in Khmer it has an extensive menu of Asian, Khmer and international cuisine. **02**

Java Cafe & Gallery

56 Sihanouk Blvd., Tel: 023 987 420
Great coffees, salads, mix-and-match sandwiches and juices served in an elegant setting. The terrace, which overlooks the Independence Monument, is a good place to sit and while 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
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 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 everyday 8am to 10pm. **02**

Ocean

11 Street 288, Tel: 017 766 690
European managed Mediterranean restaurant that dishes up some of the best fish and seafood in town. Try the red snapper or the squid with rocket. Often has exhibition around the understated walls. **03 A/C**

One More Pub

16E Street 294, Tel: 017 327 378
English-style bar with comfortable wooden bar stools, filled with traditional paraphernalia and enough flags to make the UN envious. No hip hop nor techno music, instead hearty Teutonic fare. Open from 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 nightclub 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



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Sangkat Boeung Keng Kang 1, Khan Chamkarmon, Phnom Penh

Steve's Steakhouse & Greek Restaurant

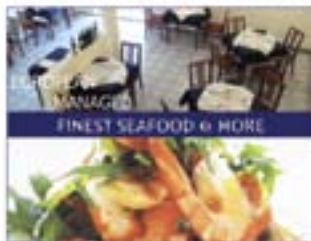
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Large variety of Western Cuisine & Quality Selection of Local Dishes.

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Oriental Elegance



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

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** 🍷

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

The Winking Frog
128 Sotheaors 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 / 023 991 966
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 Sotheaors Blvd., Tel: 012 968 095
Up-market, contemporary Japanese restaurant with a spacious air-con area downstairs and four private rooms upstairs. Specialises in sushi and tempura, and has Asahi, Kirin and Sapporo beers. Open from 11.30am to 2pm and 5.30pm to 9.30pm. **03 A/C**

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**

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** 🍷 🍷

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

thai & pan-asian

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

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**

Mt. Manasu Muraa's Café

1a Street 282, Tel: 012 176 0740 / 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 hawk 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 specialties. 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 changerom. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C** ☎

Café Sentiment

64 Monivong Blvd.; Sovanna Mall; Cnr. Streets 63 & 278 Popular coffee shop chain run by the same Thalias group that manages Malis and Topaz restaurants, has a good range of coffees and snacks. Free WiFi and aircon make these outlets a good place to take some time out. **02 A/C** ☎

Café Yeij

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

Corner 33

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

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.

Morning Café

32C Street 592, Tel: 023 982 109 / 012 808 816 Cosy air-conditioned coffee house with relaxed atmosphere, located in Toul Kork district serves Khmer, Thai and European cuisine. Open every day for breakfast, lunch and dinner from 6am to 9pm.

The Coffee Maker

50 Sihanouk Blvd., Tel: 023 987 721 / 012 506 400 Recently opened, modern café overlooking Hun Sen Park, serves coffee, juices and light refreshments. Already popular with middle-class Khmers, this is a great place to watch the early evening exercises.

The Deli

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

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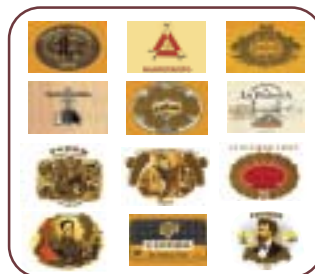
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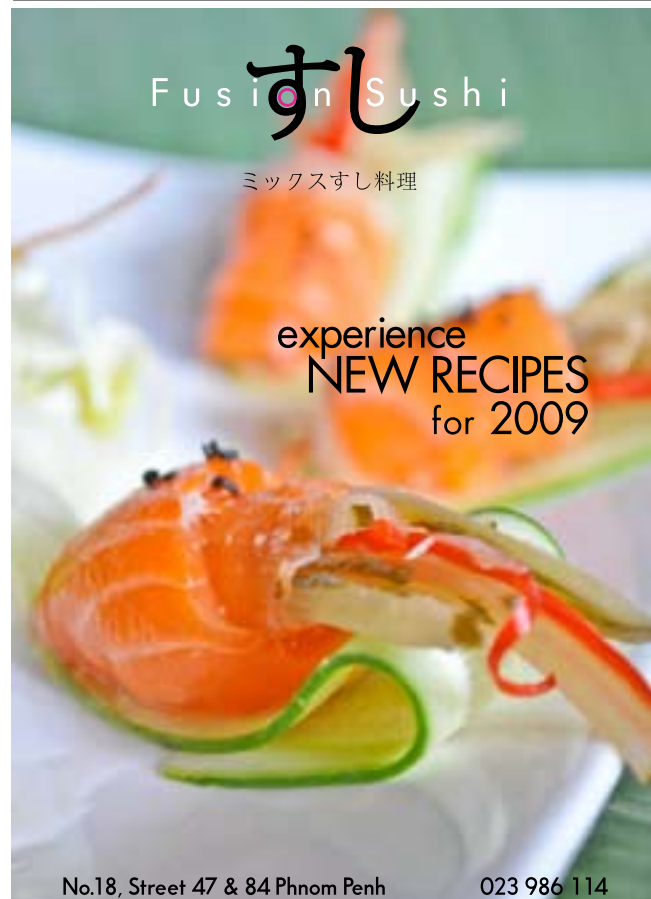
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Saturday Night Fever

There's no denying Phnom Penh urbanites like a good party. Although decent nightclubs are few and far between, as **Nora Lindstrom** discovers, there is certainly variety.



Clubbing Khmer style at Spark

■ THE HEART OF DARKNESS

38 Street 51

Legendary, infamous, and thumping every night, the Heart of Darkness was the icon of Phnom Penh during its heyday off the rails. Though the gun-touting bodyguards are gone, the club retains an illustrious air of danger, attracting hardcore party crowds virtually every night. There are few other places in town where at three on a Wednesday morning you are guaranteed to find a dance floor full of punters. For a club, the drinks are surprisingly cheap – a gin and tonic will set you back a mere US\$2.50 and draught Tiger is yours for US\$2. For those in serious party mode bottles of spirits start at US\$20.

The music is consistently average hip hop, and the dance floor has recently been declared to be part of the Penh's gay scene. Though doors open at 8pm, don't bother turning up until closer to midnight.

■ H2O LOUNGE

19 Street 242

Popular among rich and famous locals, this classy and modern club seems almost out of place in Cambodia. Beads, sparkle, glass, mirrors and revolving neon lights set the atmosphere, though early evening Khmer love songs remind that you haven't left the country. Later on, the music changes into what staff call "the latest tunes," meaning popular hip hop and R&B. Cocktails are US\$4.50.

Predictably the menu features a large selection of whisky by the bottle. Though most customers are male, women are tempted in on Wednesdays when Ladies' Night promises drinks promotions. The club has a VIP room complete with a karaoke set, the use of which is free of charge for customers but reservations are recommended. Open 7pm until late. Closed Mondays.

■ THE ROCK AND SPARK

Monivong Blvd. / Mao Tse Tung

Reminiscent of a space age womb, stepping into The Rock, on Monivong Blvd., is like entering an incredibly gaudy parallel universe. The place is simply gigantic, and there are regular performances on the

massive stage. Popular among Cambodian youth, this would be the perfect place to host an Asian version of the Eurovision song contest. A slightly toned down Rock look-a-like is Spark, located just off Mao Tse Tung Boulevard, next to Parkway. Not quite spectacular enough for international song contests, Spark could nevertheless host some fabulous cabaret shows like those found on cruise liners. For a bit of curious Khmer action, head to either after 10pm on a Friday or Saturday. Both are open daily from 9pm to 2am.

■ RIVERHOUSE LOUNGE

6 Street 110

For a riverside party with upper class Khmers, look no further



Pontoon – the Penh’s hottest night club

than Riverhouse Lounge. With regularly changing club nights, from Diva DJs on Mondays, through Foreplay Tuesday and Ladies’ Night Wednesday, to house and Latin Thursdays, the club offers something on every day of the week. Weekends are when the place really kicks off with the latest hip hop tunes played by a variety of DJs on Fridays, while Night Fever Disco takes over on Saturdays. Sunday is all about the latest chart music. Hardcore fans of the establishment can purchase VIP membership, which gives access to an exclusive seated area and various other promotions. For chilled out drinks on the balcony, Riverhouse is open from 4pm, but if a party is what you want, head there well after 10pm.

■ PONTON

Tonle Sap opposite Street 108
In a town starved of proper nightclubs, Pontoon is like a

seven-course meal. With its unique location and ever-improving club nights, this is where the party is most weekends. Thursday’s gay night The Gloryhole is increasingly drawing the crowds, though it is Friday’s HouSexy and Saturday’s Hip Hop Mashup that remain the real favourites. Upcoming SuperFly clubs, to be held every second Friday of the month, promise a host of funky tunes and general merriment with international DJs Clockwork Soul and Juveris. Connected to an international club network including the five biggest clubs in Bangkok, Pontoon’s managers hope to get a good mix of hot foreign DJs to come and spin the decks in the coming months. Imminent extension of the actual pontoon, as well as opening of a guesthouse on the adjacent boat, means you can soon spend your whole weekend twirling away at Pontoon. Open from 5pm, until very late. **■**

■ GET INVOLVED

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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**

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**

Bar 33
33 E2 Sothearos 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**

Elsewhere
2 Street 278, Tel: 012 660 232
Re-located to the bustling Golden Mile, with two pools, sleek white walls and sensible 8am to 11pm opening hours. The menu at Elsewhere features soups, salads, sandwiches and pastas. Don't miss out on their infamous cocktails. There is also a kids' menu with child-friendly dishes. Has boutique clothes shop upstairs. **03 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. **WiFi**

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. **WiFi**

Dodo Rhum House
42C Street 178, Tel: 012 549 373
Bar named after an extinct bird, which is brave considering the turnover rate in town. Nicely decorated with strong, wood-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.

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

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.

Freebird
69 Street 240, Tel: 023 224 712
Aircon American bar with neon lighting, a

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Bar Talk: Elsewhere

ELSEWHERE IS ELSEWHERE, literally. Re-located to the bustling Golden Mile, gone has the lush greenery and secret nooks and crannies for long-lost lovers. In are kids, no less than two pools, sleek white walls and sensible 8am to 11pm opening hours. It may carry the same name, but beyond serving massive mojitos and characteristic passion fruit vodkas, it's a different place.

According to Marie de Suremain, who co-owns and manages the establishment, finding a new place was very difficult. With husband Alexis, she spent a whole year on the lookout.

"This was our last choice. We hesitated," he says. "It's a completely different house from before, but it was not easy to find something similar. So the question was, should we wait longer, or open something else?"

The couple went for the latter. Transforming what used to be Amok Restaurant into a much more multi-purpose space required vision. The building looks completely transformed. Yet Marie says very little work was done beyond putting in the pools and removing the corrugated iron roof that covered the garden.

"You know, when I first came to Cambodia eight years ago, the restaurant in this very building was the first one I went to," she says. Perhaps then, it was destiny.

Marie is not sure if all previous customers will follow the establishment to its new



location. The new Elsewhere is aimed at a different crowd. She hopes more customers will make use of it as a daytime space.

Part of the concept is to be child-friendly, as many families in the capital struggle to find welcoming venues. The adults' and kids' pools, as well as the big sun beds, are further likely to attract tourists from the neighbouring guesthouses.

Currently, use of the pools requires a minimum spend of US\$5 for adults, and US\$3 for children, and WiFi is complimentary. This may however change pending demand. "We'll take about a month to adjust," says Marie.

Late night parties are however out of the question, though the 6pm to 8pm happy hour featuring US\$2 cocktails remains.

Instead of the infamous First Friday parties, Marie hopes to offer more grown-up events, such as jazz concerts, dance performances, maybe even circus shows. The idea is to continue the tradition by organising these every first Friday of the month.

The menu at Elsewhere features soups, salads, sandwiches and pastas for prices ranging from US\$3 to US\$9. There is also a kids' menu with child-friendly dishes for US\$2 to US\$3. "The food is very much snacks and finger

foods," explains Marie. "Light dishes that are easy to eat by the pool."

Despite being significantly smaller than the previous building, Marie has managed to fit most of her popular clothes shop on the first floor. "It was only when I started putting everything in place that I realised how big the old space was," she says. "We are now leaving some of the clothes in the shop at Villa Lanka."

In short, it's a fresh start for an old-timer, now sleeker and more mature. Only time will tell if it is an equally winning concept.

Elsewhere, 2 Street 278, Tel: 012 660 232

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variety of memorabilia, comfortable seats, rock music. International menu with good lunch offers, an excellent range of bottled sauces, excellent International, Mexican food and burgers. Be prepared for some good solid R&R. Open 7am to midnight. **A/C**

Gasolina

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

Green Vespa

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

Gym Bar

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

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

K West

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

Liquid

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

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. **J**

Memphis Pub

3 Street 118, Tel: 012 871 263

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** **J**

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

Sotheaeros 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** **J**

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** **J**

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. **O2** **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



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.

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

45 Sisowath Quay 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
Hotel restaurant and bar 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. **A/C** 📺

Zeppelin Bar

109C Street 51, Tel: 012 881 181
If you like your music heavy then this is the bar for you. Over 1,000 vinyl albums played by stone-faced DJ owner. New location is next to Walkabout. Unique for Phnom Penh. Open 4pm to late. 📺

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 till late, closed Sundays. Buy-1-get-1-free on cocktails everyday from 2pm to 10pm. **A/C** 📺

Pontoon Club Lounge

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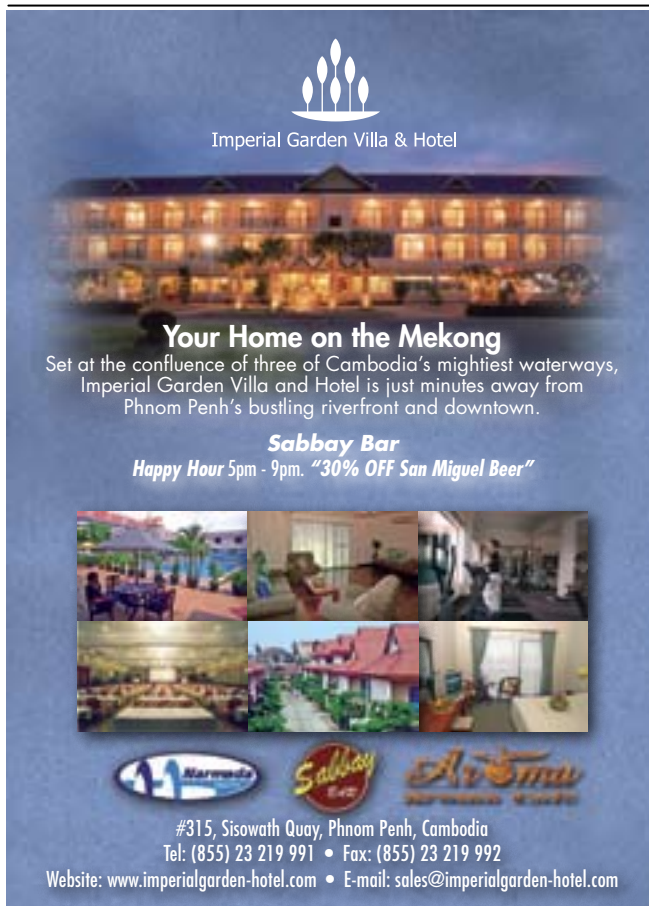
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Website: www.imperialgarden-hotel.com • E-mail: sales@imperialgarden-hotel.com

gay

Blue Chili

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. 📺



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scrapbook



@Winking Frog



@Winking Frog



@Raffles - Retro Night



@Raffles - Retro Night



@Pontoon



@Fly Bar



@Chenla - Aqua Rap



@Raffles - Beeline launch



@The Place

A large graphic featuring the silhouettes of two people dancing. The background is dark blue with a pattern of concentric circles and dots. A bright starburst effect is centered behind the silhouettes.

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kaleidoscope

The Artist's Return

Khin You returned to Cambodia in 2004, but it is only this month that he has his debut exhibition in the kingdom at the French Cultural Centre (CCF). **Johan Smits** talks with the veteran Cambodian artist.



The veteran Khmer artist returned to Cambodia in 2004

"I USED TO DRAW IN THE sand on the banks of the Mekong River," Cambodian-born Khin You remembers from his childhood. "Later on I drew on paper and charcoal and used roots of certain vegetables and trees to extract colour." He first learnt how to draw before he learnt how to read and write.

A beautiful portrait of Khin's parents testifies to his natural artistic talents. It is the only one of his pre-Khmer Rouge era works that has survived, thanks to his sister who managed to save it. When you study the framed piece of withered paper on which the charcoal drawing has been entrusted, it is hard to believe that this was the work of an eight-year-old. One of his uncles, a painter of Buddhist scenes in temples, initiated Khin into the art of drawing when he was still a child. Later he continued his training at fine arts schools and universities in Phnom Penh and Marseilles.

Now sixty-two, this month Khin is having his first exhibition

of oil paintings in Cambodia, the country he returned to in 2004. An architect by training, he spent most of his life in different countries – France, the Sudan, Qatar and the U.K. It was during his time in Sudan – by then he was in his early thirties – that Khin first discovered his own style.

His firm and expressive brush stroke is very much reminiscent of Vincent van Gogh, the artist he feels most inspired by. According to Khin, the influence on the technique itself is only minor. "His influence is mostly on my mind," he says. Van Gogh sold only one painting in his life, but staid true to his vision despite the lack of commercial success. Khin believes that contemporary artists in Cambodia too often adapt their work according to how they think it might sell best. Some of the more established, best-selling Cambodian artists have told him that their style has been copied by other artists, who hope to increase their sales that way. Still, he recognises the economic reality of Cambodian artists.

Khin's work predominantly consists of surrealist portraits of women.

"My art tries to depict the condition of women," he says, "conditions that sometimes are far from enviable!" One of the works that will be on display at the CCF is a dreamlike scene that depicts a woman lying on human-sized books.

"She is an illiterate," Khin says. "For her, it's a bed not a book," Khin explains. "Nobody has told her – not her parents, not society." The inequality of women and their suffering runs as a strong leit motif through most of Khin's work, influenced by his time in the Middle East and Africa. "The inequality of women in Qatar is somehow similar to that of Cambodia, whereas the situation in Sudan is more in between that of here and the West," he says.


Khin's exhibition at the CCF is called *Imagined Portraits of Women*. "France has a long history of art. Artists have to work hard to create something new," he says. "But at the same time it

is easier to get a message across, because modern and conceptual art is well received." However, he anticipates some of the audience in his country of birth will be surprised by his art.

"The word 'art' has a deep meaning and is very difficult to understand, just like God and religion," he explains. "To me reality is not art and art is not real and exact." For him art is situated "somewhere between reality and fantasy."

Since Khin returned to Cambodia he has also explored the art of sculpture, assembling pieces of hardwood that have naturally been transformed into various shapes by weather, fire or termites. Although not on display at the CCF, we might be able to view them soon at his future art gallery.

Khin plans to exhibit the works of his friend, the American-Khmer sculptor Chanthou Oeur who will soon move to Cambodia, at the gallery as well. With over two hundred of his own paintings to choose from, it won't be hard to fill up the space. If it's up to him, it won't stop there. "I wish in the future we could have a museum of modern art in Cambodia."

Imagined Portraits of Women opens at the CCF on Jun. 12. 



From the exhibition

On the Record: Buying Music in Cambodia

I LOVE RIFLING THROUGH poorly sorted racks of music – you never know what might turn up – so Cambodia is a treasure trove for me. In the west, record shops are fast disappearing but here you can still spend hours flipping through racks. CDs tend to be sorted alphabetically by artist's name: P for Paul Weller, for example. Within the letter, however, glorious alphabetical anarchy reigns leaving plenty of opportunity for serendipitous discoveries along the way.

Whilst flipping through a 'D' section a few years ago, looking for Dead Can Dance records, I was delighted to come across the two 'Ziggy' David Bowie albums – 'The Rise and Fall of Ziggy Stardust and the Spiders From Mars' and 'Aladdin Sane' – ripped from a Russian RCA Victor CD. It seems probable that many of the records available in Cambodia originally arrived in the suitcases of people working here. The bootleg discs on sale reflect that historical legacy.

The colonial past is shown by a good selection of French artists. Looking for Serge Gainsbourg LPs? 'L'Histoire De Melody Nelson', 'Comic Strip' and a lot more besides are out there. UNTAC days have also left behind some great music. There are a surprising number of albums by Nigerian Fela Kuti.

Indian music features in stocks and is also enjoyed by Cambodians. Female vocal Hindi film music has a similar catch in the voice to the Cambodian pop style. If you enjoyed the soundtrack to 'Slumdog Millionaire', look for A. R. Rahman's (its composer) sublime earlier album 'Signature'.

There is sometimes an attempt to classify CDs by genre – separate sections for French music and jazz/reggae/blues for example. Classical music can also have its own section. And don't

forget local music. The music of the years of independence produced some wonderful pop, which survives despite its creators suffering terrible fates. Sinn Sissamouth, Ros Srey Sothea and Pan Ron are names to look out for. 'Cambodian Rocks', with a photo of the Bayon on the cover, is the compilation with which many people start.

Expect to pay no more than US\$2 a CD. At this price you can afford to impulse shop. I have often bought albums on the strength of a cover or even if a track title catches my eye. I discovered Elliott Smith in 2001 in just such a way when I bought 'XO' because of a couple of track titles, in complete ignorance of the affecting, tuneful Beatles-y melodies on the record. The cover of The Eels 'Daisies of the Galaxy' was similarly my entrée to the strange-but-wonderful delights of Mr E's world.

If you are really into music and have time to spare, there are few greater joys in the kingdom than diving into record racks in a shop you haven't yet visited.

The third floor of Sorya Shopping Centre has many shops with eclectic selections – a good source of Asian as well as western sounds. The Russian Market has a corner with several stalls and you can't fail to spot CD shops around town. One shop, popular with expats, is located between the Rising Sun and the FCC. If you don't have time to sort through the racks and know what you want, particularly if you want to load up your iPod, digital downloads are available from Boom Boom Room's outlets in the capital, Siem Reap and Sihanoukville. They have a voluminous catalogue with a comprehensive list of albums at very cheap prices. Happy hunting! - SEBASTIAN BLOCKLEY

Bootleg

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

■ THE INTERNATIONAL

Tom Twyker (2009)

Changing times call for new villains, and in the current climate, few are more reviled than bankers. Claiming to have been inspired by the Bank of Credit and Commerce International banking scandal, *The International* is more fast paced action than sober financial analysis, the facts of the real case just pegs on which to hang high-pressure drama and exciting shootouts. Clive Owen adequately handles his role as a bitter Interpol agent driven by failure, though soft-spoken Naomi Watts is unconvincing as a hardnosed attorney fighting for the truth. The gritty, nonstop style has been better executed in other recent films, notably the *Bourne* trilogy, and the staccato plot reverts to some banal stereotypes. However, *The International* remains an amusing diversion.

■ FAST & FURIOUS 4

Justin Lin (2009)

What do Hollywood producers do when a mediocre idea has been exhausted by three formulaic films? An interquel of course, in the case of *Fast & Furious 4* set between the lamentable *2 Fast 2 Furious* and already-forgotten *The Fast and the Furious: Tokyo Drift*. Director Justin Lin, inexplicably emerging unscathed from the wreckage of *Tokyo Drift*, has been given another vehicle to trash. Dominic Toretto (Vin Diesel), now an international criminal, must revenge the death of his sweetheart Letty (Michelle Rodriguez), murdered by the hench-

man of a notorious drug lord named Arturo Braga. Paul Walker, another near-inanimate fixture of this staid series, unsuccessfully attempts to thicken the plot as the undercover FBI agent Brian O'Conner. Mostly though it's just car porn, with actors gurning as the polished real stars pirouette through increasingly improbable action sequences. Only the most avid fans could stomach this vapid rehash of the 1939 original.

■ DEAD MAN

Jim Jarmusch (1995)

Dubbed a "psychedelic Western" by cinematic iconoclast director Jarmusch, *Dead Man* is both bizarre and fascinating. Fusing the poetry of William Blake – namesake of the lead character played by Johnny Depp – with a haunting improvised soundtrack from Neil Young, this black and white feature bamboozled critics upon its release, only later earning cult classic status. Described both as "acid" and "postmodern," its slow pace and jarring, stilted dialogue will put some off, but this daring reinterpretation breathes new life into the tale of the colonisation of the West, long a mainstay of Westerns. The culture of Native Americans is for once accurately portrayed, and a wealth of stars, including Billy Bob Thornton, Iggy Pop, John Hurt and Robert Mitchum (in his last performance), add dimension with solid though ambiguous performances. Is *Dead Man* a poignant tragedy or a well-observed pastiche? Perhaps both. ■



Bookworm: A Search for Identity

This month **William Bagley** goes in search of the best and the rest in environmental books, and yes they all are printed rather than eBooks!

*Can I Recycle My Granny?
And 39 Other Eco-dilemmas* –
Ethan Greenhart

*50 Ways To F**k The Planet* –
Mark Townsend & Davis Glick

*Fugitive Denim: A Moving
Story of People and Pants in the
Borderless World of Global Trade*
– Rachel Louise Snyder

The Last Oil Shock – David Strahan

Acme Climate Action – Provocateur

SOMETIMES I DESPAIR OF THE publishing industry! The reality of global warming inches daily ever closer and what's their response? A positive tsunami of recently published books in all colours and sizes overflows from the shelves. Here are just a few.

Can I Recycle My Granny? And 39 Other Eco-dilemmas is a rehash of columns from Spiked online magazine, which attempts to spoof some of the more evangelical tendencies of the average eco-worrier. It's too smug and repetitive to be truly effective satire and, frankly anyone who comes up with the odious idea of everyone having a "carbon skidmark," should be put under house arrest quicker than a Burmese general can say Aung San Suu Kyi!

Much better, surprisingly perhaps given its title, is *50 Ways To F**k The Planet*. For me, sometimes the issues are so big, I'm tempted to throw the chemical-free, organic cotton sheet over my head and stay in bed all week. But this acerbic yet thought-provoking guide works, exposing the hypocrisy of governments and business while

poking fun at our own behaviour as consumers – why do people prefer bananas to be wrapped in plastic as they're already encased in a natural protective coat?

Fugitive Denim: A Moving Story of People and Pants in the Borderless World of Global Trade is a well-written human story of "the people who make your pants." Author Rachel Snyder, who has lived for some time in Cambodia, is soon to leave. Her conclusions of how the fortunes of families here are directly connected to, and sometimes threatened by, the buying whims of your typical Paris fashionista, are sobering to say the least.

If you really want to scare yourself try David Strahan's *The Last Oil Shock*. With solid historical analysis, he reveals the apocalyptic consequences of inaction while showing how even respected organisations like Greenpeace have a self-interested agenda. After that his helpful last chapter on how to survive is no comfort whatsoever.

For quirky enjoyment, however, I thoroughly recommend *Acme Climate Action* from Provocateur. It's a book of tear out posters and stickers aimed at provoking debate but in a fun, graphic way. Kids (and schools no doubt) will love to get involved while parents should appreciate the slightly retro design. Time to replace that fraying poster of the tennis player scratching her bottom, I'd say!

All books are available at *Monument Books, 111 Norodom Blvd., Tel: 023 217 617* 

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.sakapel.org
Lakeside studio of the Khmer artist, viewing is by appointment only.

Reyum Institute of Arts & Culture

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

Sa Sa Gallery

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

Scan Gallery

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

The Mansion

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

The Chinese House

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

Performing Arts

Amrita Performing Arts

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

Apsara Arts Association

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

Art Café

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

Art + Foundation

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

Cambodian Living Arts

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

Chaktomuk Conference Hall

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


Chenla Theatre

Cnr. Mao Tse Tung & Monireth 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. 



Arts Diary

■ OPENING THIS MONTH

Ouer Sokuntey

Exhibition of new works by the Battambang-born artists opens at Java Café and Gallery on Jun. 5 at 6pm, running through the month.

The Building

Exhibition of photographs based on the Municipal Apartments on the Bassac riverfront opens at the Bophana Audiovisual Resource Centre from Jun. 11, running through to Jul. 4. The exhibition will be accompanied by weekly Saturday movie screenings and talks.

Now We Thrive Not Survive

Exhibition featuring work by four young women who've come from backgrounds of trafficking and sexual exploitation employed at Daughters opens at Mea House on Jun. 9 at 6pm.

Imagined Portraits of Women

Debut Cambodian exhibition by veteran Khmer painter You Khin opens at the French Cultural Centre (CCF) on Jun. 12 at 6.30pm, running through the month (See page 48).

The Studio Image

The CCF, in partnership with the Melon Rouge Agency, presents the work of photographers Lim Sokchanlina, Uy Nouseireimony, Pha Lina and Sovann Philong on Jun. 12 at 6.30pm.

Streetlife

Photographic exhibition by Steve Goodman opens at 4Faces Gallery, Siem Reap on Jun. 26.

Daughters

Exhibition of paintings and photography created by girls who have been helped by the anti-trafficking NGO Daughters will be at Gasolina on Jun. 13.

■ FESTIVALS

Northern Europe meets Mekong

International poetry festival runs throughout June in Battambang, Siem Reap and Phnom Penh sup-

ported by AsiaLIFE Guide. The following events had been confirmed as of going to press:

Jun. 16, 5pm – Reading at the French Cultural Centre Exhibition Hall.

Jun. 16, 6pm – Reading at the Australian Centre for Education, GIL Centre.

Jun. 17, 7pm – Reading at Gasolina, Street 57.

Jun. 19, 6.30pm – Reading, with nibbles from Java Tea Room, at Monument Books.

For more details of the events, visit: www.nouhachjournal.com.

Environment Week

Coinciding with World Environment Day on Jun. 5, the second Environment Week in Cambodia will be held between Jun. 1 and Jun. 7. An exhibition on recycling and new technologies against pollution in our cities will be held at Wat Phnom from Jun. 1 to Jun. 5. Environmental films will be screened at the French Cultural Centre (Jun. 1 to Jun. 5), Meta House and Hun Sen Gardens (Jun. 5 to Jun. 7). On World Environment Day itself, a special broadcast for the world's premiere of 'Home' by Yann Arthus Bertrand will be shown at Hun Sen Gardens, the French Cultural and The Chinese House. For more detailed information, visit: www.environment-week.org.

■ MUSIC & EVENTS

La Vie en Rose

Fundraising dinner at Topaz Restaurant on Jun. 5, including songs by child prodigy Bosbapanh. All proceeds go to the Khmer Foundation for the Arts.

Magic Potion

Traditional Celtic music meets jazz-rock at the Chinese House on Jun. 12 at 7pm.

Grandfather and I

Book launch and reading by Margherita del Balzo from her new children's book will be at Java

TeaRoom/Monument Books on Jun. 13 at 5pm.

Thom Thom Farewell Tour

Say goodbye to Dr. Heavy Metal and friends at Sharky's (Jun. 5 & 6), La Croisette (Jun. 12) and Gasolina (Jun. 26).

Mekong Pirates

The twelve minstrels play Gasolina on Jun. 20 from 6pm assisted by DJ Aaliyah.

■ FILM

Environmental Film Festival

Short films around the environmental struggles and projects in Cambodia and Southeast Asia will be shown at Meta House from Jun. 5 to Jun. 7. More information about the films is available at: www.meta-house.com.

Jun. 5, 7pm – *Cambodian Wildlife Part 3* (Allan Michaud), *Feed the Bears* (for Free the Bears), *Home* (Yann Arthus Bertrand), *Saving Cambodia's Great Lake* (Asian Development Bank), *Water for Life, Water for Livelihood* (for UNDP). Jun. 6, 7pm – *Cambodian Wildlife Part 1* (Allan Michaud), *Cambodia's Last Wilderness* (Asian Development Bank), *Tackling the Challenge* (for Foreign & Commonwealth Office), *Feed the Bears* (for Free the Bears), *Forest is Our Life* (Nong Sam Oeung), *Saving Wildlife* (Christophe Gargiulo), *Land is Necessary to Community Villagers* (ICSO), *Dry Season* (ICSO). Jun. 7, 7pm – *Cambodian Wildlife Part 2* (Allan Michaud), *Prey Long* (Ben and Jocelyn Pederick), *Feed the Bears* (Free the Bears), *Forests for Our Future* (Asian Development Bank), *Yeak Loam Lake* (Nong Sam Oeung), *Cardamoms* (Christophe Gargiulo), *Cambodia's Forest Stewards* (Community Forestry International), *Lands of the Lake* (Christophe Gargiulo).

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: Jun. 2 – *The Wrestler*; Jun. 3 – *Up the Yangtze*, Jun. 4 – *Zeitgeist*; Jun. 5 to Jun. 7 – *Environmental Film Festival*; Jun. 9, 7.30pm – *Daughter's Centre*; Jun. 10 – *Trafficking and Holly-Wood*; Jun. 11 – *The Children of Krousar Thmey*; Jun. 12 – *KMF Night*; Jun. 13 – *Cambodia for Sale*; Jun. 14 – *Joel Montague's Collection of Cambodian Ephemera*; Jun. 16 – *Wild Styles*; Jun. 17 – *Seasons of Migration*; Jun. 18 – *Spotlight / Touch the Sound*; Jun. 19 – *Cambodian Living Arts*; Jun. 20 – *New Soundz for Phnom Penh*; Jun. 21 – *Maurizio Kagel*; Jun. 23 – *Global Hybrid*; Jun. 24 – *Kampuchea: Death and Rebirth*; Jun. 25 – *Dogora, Baraka*; Jun. 26 – *Il Divo*; Jun. 27 – *Venus Boyz*; Jun. 28 – *Tyson*; Jun. 30 – German Filmmight.

■ ONGOING

I Am Pride

Continues at Meta House until Jun. 26.

Orphan Smiles

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

Tim Page: Faces of War

Award-winning English photographer has photos on sale on the second floor of Meta House throughout the month.

Celebration of the Spirit of Cambodia

Exhibition curated by Sasha Constable featuring the work of seven young Khmer artists from Krousar Selapak continues at Hotel de la Paix throughout June.

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PHONE: 093-274 140 MOBILE: 012-960 076

leisure & wellness

Blazing Saddles

The arrival of a company offering quad bike tours through the countryside around the capital means that getting off-road is no longer the preserve of the brave at heart. Words by **Mark Jackson**.



A great way to see rural Cambodia

PART OF THE ATTRACTION of living in the Penh is the wealth of opportunities that lie at our doorstep. A few minutes motorbike drive across the Japanese Bridge and you can find rural communities on dirt roads that seem lost in time. Up to now the problem has been accessing them.

Unless you fancy handling a dirt-bike, the only real way of getting to these nearby villages has been by bicycle, boat or joining the Hash. Since February there has been another way – and one with a bit of vroom.

“We want to give everybody the chance to see rural Cambodia,” says Pasqua Garraccio, founder of Blazing Trails. “This is an activity for bikers who are used to riding in the countryside, as well as curious people and nature lovers that have never touched a machine with an engine at all.”

Pasqua has five quad bikes offering four trips – a one-and-a-half hour trip to the Killing



“Is it a bird? Is it a plane? ...”

Fields and around local villages (US\$15), a sunset tour (US\$20), a half-day river life tour (US\$35) and the total adventure (US\$65). We took up his offer to take us on the full tour.

“Our machines are very easy to drive!” Pasqua promised. “Because we use ATV-quads, our tours are aimed at every one.

Novices will appreciate the safety of four-wheel machines and the more experienced drivers can be more adventurous than with a motorbike.” As our photographer, Nathan Horton, was an experienced dirt-bike rider and our editor is a total two-wheel novice (can’t even ride a bicycle), we tested out both claims.

■ NO EXPERIENCE REQUIRED

As Blazing Trails is situated on a small road off the main road to the Killing Fields, a tuk tuk picked us up from central Phnom Penh around 7.30am and conveyed us through the early morning traffic. Instructions on how to use the quads were cursory. Switch here, pull throttle back to start, squeeze break to stop. And then we were off.

I found myself stuttering forwards followed by a sudden explosion of speed while I tried to get used to an accelerator that was controlled by hand rather than foot. Our much more experienced photographer got the hang of it immediately.

However, quickly I found myself ploughing through early wet season puddles splattering my shorts, t-shirt, legs and anything else that came in my near vicinity with mud. It truly was as easy as Pasqua indicated and, at least for me, exhilarating. Nathan found the quads a bit



The complete off-road experience

tame compared with dirt bikes, although more comfortable.

The only lesson I could have done with was how to break without also squeezing the throttle, which has the same effect as skidding a car – why are they both on the same side? This apart, learning how to drive a quad is as easy as learning to ride a bike – maybe I'll get around to that some day.

For Pasqua there is really only one pre-requisite for anyone wishing to enjoy the day out. "Our customers just have to be interested in discovering Cambodian villages, with local people smiling in fascination at our 'weird four-wheels bikes'," he says. "Each outing is a tour, not a race, so people can relax in a beautiful setting."

Again he was true to his word. Villagers might be accustomed to seeing six Cambodians balanced precariously on a moto, or a dozen piglets in a motorbike basket, but a westerner caked in mud sitting on a four-wheeled motorbike is a sight worthy of their full attention.

Occasional breaks – to stop the quads from overheating – allow plenty of photo-opportunities with smiling locals inquisitive about what the crazy barangs are getting up to.

■ IN THE TIGER'S DEN

Although the journey itself is not as important as getting out of town and letting rip, Pasqua has found a series of interesting back streets, apart from a short stretch along a main road, that lead to Phnom Tamao Wildlife Park.

"As a motorbike driver, I discovered Phnom Penh countryside by myself, but it takes time to find the good places, the nice roads," he explains. "Most of the people here don't have days and days to spend searching the right road, so we did it for them!"

On the way to Tamao we stopped at a small pagoda – Tmor Nemei – with good views of the surrounding plains and what appeared to be an extensive afforestation project. The way back included lunch on the Tonle Bati with a visit to the twelfth century temple, Ta Prohm, there.

The highlight of the trip though was visiting the wildlife park. In addition to watching the elephants showing off their football skills – I dare anyone to tackle them – we were allowed to go round the back of the tiger cages. Quite whether this is on the 'official' tour I'm not sure, but stroking the flank of an animal that could tear you limb from limb as soon as sneeze at you, is an experience I'll never forget. Fortunately, I hardly ever used my left hand anyway.

Blazing Trails provides an interesting and, for the biking novice, safe way of accessing the beautiful countryside close to Phnom Penh. One final piece of advice is to put on plenty of sun-block, that is unless you want a dappled suntan in between the lumps of mud that are sure to cling to your legs.

Blazing Trails, Killing Fields Road, Tel: 012 676 381 / 012 542 916 / 099 526 463 / 092 856 353
www.blazingtrails.combodia.com

leisure & wellness

amusement

Kambol Kart Raceway

Tel: 012 232 332

A few kilometers west of the airport is Phnom Penh's flashiest go-kart 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

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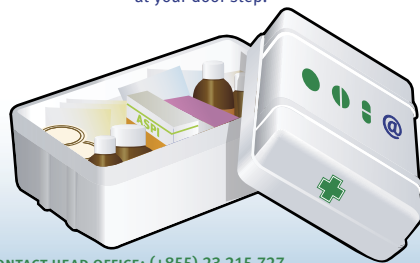
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Fiona Lindsay – Babies: The First Six Months



BABIES' FIRST SIX MONTHS see growth and developmental changes unlike any other period in their lives. At times looking after them can be exhausting, but watching as they move from tiny newborns to engaging six-month-olds is a wonder to watch.

■ BREASTFEEDING

Significant evidence indicates that breastfeeding has a wide range of health benefits for both the baby and the mother. For the baby these include a reduction in gastrointestinal, respiratory and ear infections. Mothers can recover faster from the delivery, allowing them to care both for themselves and their babies more effectively. There is also evidence of a reduction in ovarian and breast cancer.

Breast fed babies feed frequently and must be allowed to do so. Breastfeeding works in a supply and demand way – the more the baby feeds the more milk the mother produces. It is recommended that babies are fed only breast milk for the first six months of life. Breastfeeding can be difficult, so seek skilled assistance as soon as

problems occur. Like any newly learnt skill, it often involves a lot of trial and error before everything runs smoothly.

■ GROWTH

When looking at babies' growth patterns look at trends over a month, rather than any one or two particular recordings. Sometimes it appears your baby has grown remarkably or indeed shrunk!

This can depend on the technique used to weigh your baby or the scales used for weighing. In the early months have the same person check the baby each time and use the same scales.

Typically at birth, babies can lose up to 10 percent of their birth weight, but by week two they should have returned to their original weight. From birth to month three babies usually put on 150 to 200 grams per week, weight gain then slows a little and from months three to six they put on 100 to 150 grams per week. Look out for signs your baby is growing well, such as when clothes become too small, the baby looks well, and people are

commenting on how much your baby has grown.

■ DEVELOPMENT

At birth babies' movements are reflexes, such as when a newborn baby grasps your finger when his or her palm is touched. By month two they should be smiling. From months two to four they begin to gain some control over their bodies. They coo, smile, babble, see more and manage a little control of their head. More deliberate movement should occur by month six. They may roll from stomach to back, grasp toys, explore objects with their mouth, laugh, squeal and enjoy their reflection in the mirror.

Your baby should attain distinct developmental milestones within the first six months. Make sure your baby has a health and developmental assessment performed by a health professional at identified key developmental stages, ideally at birth, between week one to four, week eight, between weeks 16 to 18, and at month six. These assessments – involving language, movement, hearing and vision, and overall health – identify any issues early, so that they can be monitored and treated as soon as possible.

■ SLEEP

Babies need a remarkable amount of sleep. This is when they grow. It sometimes feels that getting them to sleep takes longer than the actual sleep itself. This is often due to the baby being overtired, which makes it difficult for them to settle to sleep. Tired signs are your baby's way of telling you they need sleep. It is common for parents to confuse tired signs with the

baby needing a feed, a nappy change or simply some attention.

Typical tired signs include the baby crying or grizzling, yawning and grimacing, clenching fists, jerky movements and looking away from you. Unlike when they are well rested, babies will not be distracted by things they normally enjoy, such as you chatting, feeding or playing with you.

Up to week six babies typically need 16-20 hours sleep per 24 hours, spread over sleeps lasting two to four hours. At this age they can only manage to stay awake for about an hour or less before they become tired. From week six to month three they need about 15 hours sleep per 24 hours. Sometimes they can cope with being awake for a little longer, up to one and a half hours, before they are tired and ready for bed. By month six they sleep a total of 14 hours, and will stay awake happily for two to two-and-a-half hours before needing a sleep. They usually have two sleeps a day.

All babies are different and can present their own unique challenges. Seeking medical help cannot only provide health and development assessments, but also offer an abundance of information, guidance and support that can make caring for your baby much easier and more enjoyable.

Fiona Lindsay, is a registered nurse who runs the Baby Health Clinic at International SOS. She has an extensive background in maternal and neonatal health, working for over 10 years in both private and public hospitals in Australia. For more information please email: sue.kemp@internationalsos.com.

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 Te Seng Tseung Boulevard, Tel: 011 380 769

Well-equipped fitness centre run by a regional gym company that even has a rowing machine. Membership is US\$90 per month or US\$10 per day (US\$15 at weekends). Open 6am to 10pm (weekdays), 8am to 8pm (weekends)

Fitness One
Himawari Hotel,
313 Sisowath Quay, Tel: 023 214 555
Small, well-equipped gym with outdoor

swimming pool. US\$6 per day for use of pool or US\$10 for pool, gym, steam room and jacuzzi. Prices rise to US\$8 and US\$12 at weekends.

Paddy's Gym
635 National Road 5, just past the Japanese Bridge, Tel: 012 214 940
Bearing the air of an American boxing gym, Paddy's offers an honest workout with recently imported equipment. Good range of free weights, boxing ring, boxing bags and aerobics. Entrance is US\$3 or US\$45 per month. Open from 6am to 8pm.

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

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

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

The Gym at The Place
90 Sihanouk Blvd, Tel: 023 999 699
A brand new establishment featuring a fully equipped gym and weekly classes in dance, yoga and aerobics. Open 6am -10pm Mon-Fri and 8am -10pm weekends

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

Beauty Spot: Amatak Spa

FRONTED BY A LOVELY green garden, Amatak Spa is set in a large, modern villa. The sound of trickling water from the various fountains envelops the place, and gives the spa an air of tranquillity.

Opened around a year ago, Amatak now offers a wide choice of services. These range from massages through body wraps, to nail care and waxing. An additional draw is that Dermalogica products are used for the facials. A multivitamin facial including a head and leg massage is yours for US\$45, while a 45-minute express facial costs US\$20.

The hour-long relaxing oil massage (US\$20) is, as it says on the tin, relaxing. With calming music playing in the background, the masseuse uses long and strong strokes to soothe your tired muscles. Smelling faintly of almond, the oil makes your skin feel soft and supple. After the



massage, or any other body treatment for that matter, you are welcome to use the steam room free of charge.

Beyond the regular options on the menu, an interesting service worth trying out is the hand or foot paraffin treatment (US\$15). The latter treatment starts with a foot soak and scrub, followed by a lotion massage. The therapist then uses a brush to apply

hot paraffin wax on your toes and calves. Several layers are applied, until your feet are entirely covered. The wax is very hot, but should not burn. The sensation is similar to pouring candle wax on your skin. Your feet are then left covered with towels while the therapist massages your head, neck and shoulders. Fifteen minutes later the wax is peeled off, and the treatment concludes with

lotion and short massage. The result is soft skin and rested feet. People with arthritis often say paraffin wax treatments ease the pain in their limbs substantially.

Tastefully decorated, Amatak Spa has a nice ambience with reasonably-priced services. If you have the time and the money, don't miss out on the total body wellness package, which at US\$80 includes a detoxing and slimming massage, an express facial and anti-aging eye treatment as well as an express manicure and pedicure. It lasts a whopping four hours!

The spa currently offers a 15 percent discount on all treatments, and 20 percent discount on all spa packages between 9am and 3pm on weekdays. Walk-in customers are welcome.

Amatak Spa, 4 Street 228, Tel. 023 722 029. Open daily 9am-10pm.

hairdressers

De Salon Hair Spa
31D Sihanouk Blvd., Tel: 023 223 938
Fancy new hair salon opened in late June by the same group that run Nata Spa.

Eriq Amtalla
Street 268 (Sumamarit Blvd.)
Tel: 016 839 546 / 017 839 546
Unisex hairdressers is open from 9am to 6pm (Monday to Thursday) and 9am to 7pm (Friday to Saturday), closed Sundays. Appointments preferred.

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

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

pools

Asia Club
456 Monivong Bvd., 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.

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Sam Moffett: A Beginners Guide to Gym Equipment

It can be a bit daunting when you first go into a gym and see a wide variety of equipment. Here's a quick look at the various kinds of equipment you're likely to see and what they are used for.



IN GENERAL, THERE ARE three kinds of equipment – machines for cardiovascular (heart and lungs) exercises like running and cycling; resistance machines for strength training; and various weights for strength training and body-building.

■ CARDIO EQUIPMENT

Treadmills

Designed for running or walking indoors, these will exercise your legs as well as your heart and lungs. Be sure to have an instructor show you how to use them correctly, as they can be varied by speed and incline. Always look forwards when using them, and try not to hold on to anything!

Exercise Bikes

Good for the legs as well as heart and lungs, these come in all shapes and sizes and are very easy to use. Just get on and pedal. Because there is no weight-bearing they are safe to use by almost anyone, even people recovering from injury or just starting out. Make sure the saddle is at the right height, ie. your legs should be slightly bent at the knee when the pedal is at its lowest.

Ellipticals (or CrossTrainer)

These are a cross between exercise bikes and treadmills, where you basically stand up and mimic the action of a cross-country skier. They work out the arms as well as legs, heart and lungs, are versatile and good

for just about everyone. Many people find they are easier on their knees than a treadmill. Simple to use, try to stand up straight without leaning too far forward or too far back.

■ RESISTANCE MACHINES

Primarily sit-down machines these provide resistance for exercising various muscles such as legs, chest and shoulders. They're pretty simple, but it's best to have a trainer show you how to use them and how to change the resistance (weight) levels. These machines are generally safer for beginners and getting a feel for strengthening your muscles.

■ FREE WEIGHTS

Free weights are the individual

weights you would see on a rack, either to be lifted separately or on either end of a bar. They are more versatile and functional than the resistance machines, but make sure to get training in how to use them as they can cause injury if not used properly. Start light and build up to heavier weights gradually. Don't be pressured by anyone else into lifting a weight that is heavier than you think you can manage! Also be careful when you're picking up or putting free weights back down. Use the proper technique, ie. keep a tight back and bend at the knees.

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

The Billabong

5 Street 158,
Tel: 023 223 703
www.thebillabonghotel.com
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.amaraspahotelcara.com
A unique & comprehensive Day Spa providing a wide selection of facials, body massages and treatments; arranged into four storey sophisticated modern facility. Open from 11am to 11pm.

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.

Bliss

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

Champey Spa & Salon

38 Street 57, Tel: 012 670 939 / 023 222 846, www.champeyspa.com
Beautiful spa in the heart of Boeung Keng Kang 1 district. Has a full range of massages and body treatments. Open from 9am to 11pm.

Dermal Spa

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

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Image Beauty Lounge
57AEO, Street 240
Phnom Penh

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.

The Spa at NagaWorld

Hun Sen Park, Tel: 023 228 822
This luxurious spa promises to bring the ancient Cambodian spa therapy to the world, and claims to be the only all-suite unisex spa in Cambodia. Therapy rooms with sauna, steam and flower bath are inviting, and the spa uses Tomichik flowers as part of its treatment.

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 members.



Address: No.454A, Monivong Blvd (st31), Phnom Penh, Cambodia Website: www.asiagarden.com.kh
Tel: 023 221 766, 011 896 285 Email: info@asiagarden.com.kh



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160A, Norodom Bd (across ISPP South Campus)

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

Secretary : 023 211 363 / 012 893 174



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next generation

Travelling with kids

As **Georgie Treasure-Evans** prepares for three weeks backpacking around northern Laos with her husband and two girls under five, she shares a few tips with **AsiaLIFE Guide** to help you plan for your own family adventures.



THE LONG SCHOOL BREAK is a strange time for both parents and children alike in Expatia. Inevitable sadness is brought about by yet more goodbyes to beloved friends, often distracted by wonderful trips home to reconnect with friends and family. For some there are agonizingly long days hanging about in Phnom Penh waiting for everyone to come back and schools to start!

But these long summers also provide the perfect opportunity to explore the beautiful and exotic places within our reach. What better region to brave with children than Southeast Asia, cheek pinching aside? You are welcomed everywhere by willing babysitters and playmates – from local kids to fully-grown backpackers. You can relax on long bus journeys as the children get passed around your fellow passengers for a good dose of ogling and boiled sweet-pushing. Nobody cares when you ask the bus to make five loo stops in half an hour. Even a tantrum provides intriguing relief from the tedium of the journey.

■ EIGHT IS ENOUGH

Here are a few essentials to add to your usual list. Keep it

simple and only pack what you and your kids can carry!

01. Take your favourite baby carrier, and a cotton sling that folds up small. The Ergo carries new-borns up to four year olds – perfect for long walks or late night transits.

02. A wet cloth in a plastic bag is great for washing faces and hands. Waste-free, it is eco-friendly and lighter than a pack of wipes. Accepting that your offspring will look and smell rather like street children for most of the trip can be quite liberating. It helps you pack half as many clothes.

03. A bendy, plastic 'catchy' bib that you can fold up and shove in a pocket is great to stop children picking food up off the floor. It doubles up as a nosebag if you fill it with raisins for children snacking on the loose.

04. Bags of nuts, dried apricots and prunes are filled with protein and iron for when the children's diet becomes less balanced. Otherwise Royal D and local snacks will probably suffice.

05. An inflatable highchair that folds up small makes having to eat out three times a day with babies or toddlers bearable.

06. Take some stories and songs downloaded onto an MP3 player with headphones and/or speakers as well as a book of children's songs or the words to your favourite songs. Be prepared to sing for hours!

07. Pack a small kit of natural remedies. Echinacea is good for fighting colds, lavender oil soothes mossie bites and aids restful sleep, citronella repels mosquitoes, chamomile helps reduce skin irritations, aloe vera calms sunburn, tea tree is a good antiseptic and eucalyptus unblocks noses. Also pack a full first-aid kit, sunscreen, sun suits and hats and mossie guard.

08. Toys come last on my list from experience. Travelling kids mostly play with their environment – rubbish, old tin cans, cigarette butts, plug sockets, hotel loo brushes, filthy shoes, etc. My nine-month-old daughter played with a half-full plastic water bottle for three weeks

in Vietnam. If we didn't have it on long journeys we were in trouble. But, if you have room, pack a bag with small toys that you can empty onto the floor wherever it becomes necessary. Twister is great for older kids and making friends.

■ RELAX AND ENJOY

Your kids can help you pack. Explain why you need to travel light and tell them how exciting it will be to come home again knowing all their toys are waiting for them.

Other than that relax and try not to worry about the mosquitoes, dirt, heat and jetlag. Your kids are probably far more tolerant to these than you are. As we get older we become set in our ways. Children are the perfect antidote!

Join in their excitement as they experience new cultures, food, transport and lifestyles. Watch them become thoughtful, compassionate and open-minded as they begin to see their own life in the bigger picture. Encourage them to be thankful for this opportunity of a life-time.

Georgie Treasure-Evans writes at www.motherland1.blogspot.com

next generation guide

ChildSafe®



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

cafés & restaurants

Annam

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

Café Fresco II

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

Café Living Room

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

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 swim-

ming 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 watch-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. 🇫🇷

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shopping & fashion

Waste Not Want Not

A rough guide to the three places in town where you can get your hands on recycled bags.

■ SMATERIA

Smateria's bags are made using plastic bags, tetrapaks and animals' mosquito netting. Drop off used plastic bags and tetrapaks at the company's shop on Street 57. From there, the materials are taken to the workshop to be washed, dried and eventually made into fabulous bags and purses. Bought from local markets, the mosquito netting is used to make sturdy and funky bags.

Smateria, 8 Street 57, Tel: 012 647 061, www.smateria.com



■ SMATERIA SCHOOL BAG WITH HAPPY FACE, US\$25



■ SMATERIA BLACK RECYCLED PLASTIC BAG BAG, US\$31



■ SMATERIA HOOK BAG, US\$18



■ SMATERIA RECYCLED TETRAPAK SCHOOL BAG FOR GIRLS, US\$23

■ FRIENDS 'N' STUFF

Trendy bags made using recycled materials at Friends 'N' Stuff shop come in a large variety of sizes and styles. Produced at home by individuals supported by Friends International from materials readily available to them in their home, such as food packaging, some materials are also provided by the organisation, which receives donations of used paper and newspaper.

Friends 'N' Stuff 215 Street 13, Tel: 023 426 748, <http://mithsamlanh.org/CONTENT/BUSINESS/stuff.html>



■ FRIENDS 'N' STUFF COMICS BAG, US\$13

■ FRIENDS 'N' STUFF BAG, US\$14.50



■ FRIENDS 'N' STUFF KHMER SHOPPING BAG, US\$7.50



■ FRIENDS 'N' STUFF HANDBAG MADE FROM RECYCLED PACKAGING, US\$8.50

BLOOM

Social enterprise Bloom makes a wide range of hip bags and purses using used rice and fish feed bags. A new range, soon available in both Phnom Penh and Siem Reap, are bags made from used banners. These are bought from men and women collecting and selling recyclable goods in the streets. Unlike many other shops selling products made out of fish feed and rice bags, Bloom also stocks bags with Khmer writing on them.

Stall 808, Russian Market, Old Market area, Siem Reap.
Tel: 092 601 328, www.bloomcambodia.com



BLOOM TOILETRIES BAG, US\$11

BLOOM DOCTOR'S BAG, US\$19



BLOOM MESSENGER BAG, US\$20



BLOOM BANNER STUDENT BAG, US\$20



BLOOM SMALL SHOPPING BAG, US\$5

BLOOM PATCHWORK ZIP AROUND TOWN BAG, US\$10



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

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Email: sobhana@sobhana.org
www.sobhana.org

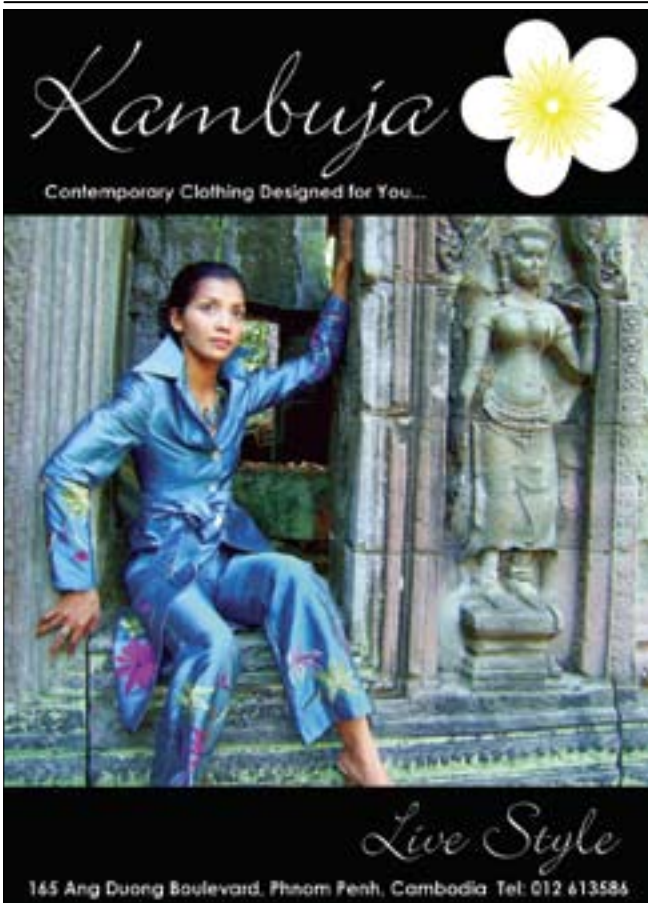
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shopping guide

art

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

books & cds

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

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

Monument Books
111 Norodom Blvd., Tel: 023 217 617
Extensive range of new English-language books in town including recent releases and sections on Asia, Cambodia, travel, cuisine, design and management. Good children's section as well as a wide choice of magazines and newspapers. Open from 7.30am to 8pm.

Open Book
41Eo Street 240
A welcoming reading room open to anyone to drop in, with a good range of children's books in English, French and Khmer. Apart from the library books, there's a range of illustrated children's books in multiple languages for sale. You may need to ask a staff member for assistance, as the books for sale are locked in a cupboard.

crafts & furniture

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

Bazar Art de Vivre
28 Sihanouk Boulevard, Tel: 012 776 492
Elegant furniture and home fittings shop that specialises in antique furniture, furnishings by Bloom Atelier and Cambodian silks. French-Vietnamese owner Mai also specialises in calligraphy and design. Open from 9am to 6pm (closed Sunday).

Beyond Interiors
14e Street 306, Tel: 023 987 840
This interior design showroom, managed by Australian designer Bronwyn Blue, can

provide the ultimate design solution to your interior dilemma. All products from Thailand, Vietnam, Indonesia and Cambodia are made with travel in mind and have been treated to withstand any climate. Open 7 days, 9am to 7pm

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

I Ching Decor
85 Sothea's Blvd., Tel: 023 220 873
www.ichingdecor.com
Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

Le Rit's
14 Street 310, Tel: 023 213 160
Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden. Open from 7am to 5pm, closed Sundays.

Pavillon d'Asie
24 - 26 Sihanouk Blvd., Tel: 012 497 217
Antique lovers dream, with a large array of well-restored furniture and decorative objects. Wooden cabinets jostle for space with Buddha statues and old wooden boxes. Upstairs are pieces from the French colonial era. Open 9am to 6pm. Closed Sundays.

computers

S.I. Computer Technology
43-45 Street 43-45, Tel: 023 216 699
93 Sihanouk Blvd., Tel: 023 218 880
Top quality computer show room for company that deals in latest computer equipment. Retail a range of Fujitsu LifeBooks, including the U1010, T2010, T4220, S7111 and the award-winning S6410.

fashion

Ambre
37 Street 178,
Tel: 023 217 935 / 012 688 608
High-end fashion designs created by Cambodian designer 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.

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or 012 960 076

www.AsiaLIFEGuide.com

Bliss

29 Street 240, Tel: 023 215 754
A beautiful colonial building houses this exquisite shop with funky patterned cushions, quilts and an excellent clothing line. The health spa at the back of the shop also sells Spana beauty products. Open from 9am to 9pm (closed Monday).

Eric Raisina

53 Veal Village, Siem Reap
Tel: 012 965 207 / 063 963 207
Accessories, home decorations, textiles and clothing created by Malagasy-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

Jasmine Boutique

73 Street 240, Tel: 023 223 103
www.jasmineboutique.net
Established in 2001 by Kelliane Karatau and Cassandra McMillan, this boutique creates its own collection of designs twice a year using hand-woven Cambodian silk. Open 8am to 6pm.

Kambuja

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

Keo

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

MDSF

71E0 Street 261, Tel: 017 467 986
www.wwp-we.org/mdsf
Small garment factory produces simple clothes and bags. Proceeds go to support women living with HIV and their children in Cambodia.

Promesses and Kaprices

20 Street 282, Tel: 023 993 527
Lingerie shop stocked with exclusive French and Thai undergarments previously unavailable in the capital. Complete with a VIP changing room Promesses is about much more than just getting that everyday bra. Chic, new prêt-à-porter shop Kaprices is located upstairs. Open 9am-7pm.

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 741www.songresort.com

Franchise of the Vietnamese-based SONG label owned by Keo Sophea who used to manage Kambuja. Features casual wear for both men and women designed by Valerie Gregori McKenzie.

Threads

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

Water Lily

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

Zoco

22B Street 278, Tel: 017 755 964
Fashion boutique run by the Spanish-born Nuria, sells dresses, skirts, bags and accessories, with dresses from US\$20. Has another store on the way to Serendipity Beach in Sihanoukville. Two more shops in the pipeline and a boutique in the Independence Hotel.

food

Alpine Trading

13 Street 90,
Tel: 012 961 084
This quality European beer importer supplies restaurants, cafes and bars.

AusKhmer

125 Street 105, (between Streets 348 & 330), Tel: 023 214 478
Excellent source of Australian beef, 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 WarpZone, Pencil Supercenter (opposite Cambodiana Hotel),
Tel: 092 235 336
Italian gelato delivered to your door! Also available at Kabiki, Meta House, La Veranda, Living Room, Cafe Yeij. Delivery available from 12pm to 5pm.

Butcher & Co.

219 Street 19, Tel: 023 223 527
Quality French butchers in the same building as Open Wine. The meats here are some of the finest cuts in the city.

Camory - Premium Cookie Boutique

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

Comme a la Maison

13 Street 57, Tel: 023 360 801
Decidedly sophisticated French restaurant 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.



Threads

Women's and Men's Clothing
Cottons and Silks

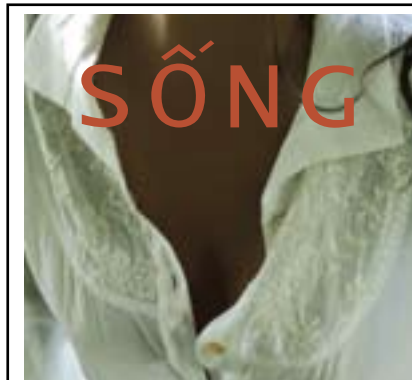
Now Selling Fair Trade
Silk Lingerie By Shenga

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



Jasmine Boutique

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



SONG-life.com



Phnom Penh: #75 Street 24
Siem Riep: Street 6, Mondul 1





Dan's Meats

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

Kurata Pepper

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

Madeleine's Bakery

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

Smokey da Boar

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

The Deli

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

Veggy's

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

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..

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

Street 19 (behind Royal Palace), Tel: 023 990 219
www.sayonsilkworks.com
Since 2001 self-taught Cambodian designer Sayon has created all her own handbags, cushions, scarves and quilts from Cambodian silk. A nice selection of goods on sale. Open from 9am to 7pm.

Silk & Pepper

33 Street 178 & Amanjaya Hotel
Range of contemporary silk home interior products inspired by Asian and western designs. Sells all kinds of tailor made silks and linens. Also sells Kampot pepper. Open daily from 8.30am to 7pm.

Sobhanna Boutique

24 Street 144/49, Tel: 023 219 455
A not for profit organisation founded by Princess Norodom Marie, offering a range of colourful, handwoven silk products. Profits help to support local women by funding the training, medical care and education of weavers.

Wine

Celliers d'Asie

635 National Road 5, Tel: 023 986 350
Wine supplier with the largest quantity of retail stock in town, the Celliers d'Asie group has been providing wine to most of the top hotels and restaurants in town for over ten years.

Open Wine

219 Street 19, Tel: 023 223 527
Aircon wine shop and tasting gallery. Sells wines, severac and calvados and meat. Has occasional free wine-tastings.

Quarto Products

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

Red Apron

15 Street 240, Tel: 023 990 951
Home of wine enthusiasts in Phnom Penh is both a wine boutique and tasting gallery. With around 300 wines the boutique has far more range for a special occasion than the supermarkets. 🍷

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http://www.ksline-cambodia.com

SMATERIA

I Ching decor

85, Sothearos Blvd
Tel: (023) 220 873
www.ichingdecor.com
ichingdecor@online.com.kh

The Hot Seat: Giving a Dog a Bone

After spending five years running an NGO, **Richard Pullen** has moved back to the corporate sector. The reason – dog bones. The long-suffering Brighton fan takes this month's hot seat.

AsiaLIFE: What made you first come to Cambodia?

Richard Pullen: I first travelled through Cambodia as a grubby backpacker in '99 looking to visit Angkor Wat. Six months later when I was back in the U.K. I wanted a change of scene and thought, "Cambodia seemed as good as anywhere." So I came back and stayed.

What was your experience before coming to Cambodia?

I was never an academic type so I left school at the earliest opportunity and joined an apprenticeship in the car industry in England. I spent 12 years working my way up the ladder until I reached my goal of Dealer Principle. Unfortunately sometimes when you reach your dreams they don't always live up to your expectations, hence the change of scene.

I understand that setting up the Fair Manufacturing Company represents a new departure for you. What made you make this move?

I spent five years here running an INGO dealing with mechanical design and support for landmine clearance operations around the world. While I enjoyed this work enormously I wanted to get back to business, as I'm more suited to it.

What products are you manufacturing and which markets are you aiming for?

Our key product is a hand tied chicken, pork and rawhide knotted dog chew bone, which we supply under license to all the major U.S. retail outlets. The product itself might seem small but we will produce over half a million bones a day, using 7 tonnes of chicken and about 30 tonnes of rawhide, all sourced from within Cambodia. In time, we also hope to make and market our own brands and flavours and promote the 'Made in Cambodia' tag globally.



A dog's life? – Richard and his chewy dog bone

Can you explain the principles behind FMC?

I have always believed that the corporate sector is vital to Cambodia's development – the more factories, the more jobs created. However, some of the factories here are not the nicest places to work and I wanted to set up FMC as a model company and a benchmark to others. As the name suggests we want to be fair to all, our staff, our customers and also to our shareholders. For the staff we intend to create an excellent working environment, and instead of paying the minimum wage we pay a fair day's pay for a fair day's work. We positively recruit people with disabilities and working with the National Centre of Disabled People (NCDP) we hope to become the biggest single employer of disabled people within Cambodia. To be fair to our customers we are installing international standards in food

handling and hygiene and perform regular tests for Salmonella, E. Coli and Melamine – a first in this industry. Also we are fair to our shareholders by proving a socially responsible employer can also be profitable.

Why did you decide to establish FMC in Cambodia and what advantages do you see Cambodia as having for businesses over other regional players?

The product itself is hand tied and therefore very labour intensive. However, it requires only limited energy and nearly all its main ingredients can be procured locally. Therefore it makes for the perfect product as labour costs are comparatively lower here than in other countries, and overheads and material costs are acceptable. In addition, the Cambodian Government is extremely pro-business and has been exceptionally supportive to us from

the beginning, which has been greatly appreciated. We are also seeing a lot of other US companies looking to diversify their manufacturing from China to other countries. Therefore I expect to see more international companies coming here within the next year or so, which is excellent news for the struggling manufacturing sector.

I understand that you have just had your first confirmed order. Can you tell us more about this?

Indeed, we have spent the last four months building the facility, getting registered and training our staff. Our first order is relatively small, about four million bones but we intend to increase production month on month for the next 12 months.

Do you see FMC as a company that practices CSR (Corporate Sector Responsibility)?

Not really, I have never really understood CSR as it seems it's just a way for a company to pay lip service to the consumer and to make itself look good. Whilst some companies have a good CSR policy, most tend to do the bare minimum required. FMC just has a different mindset and hasn't even informed our buyers of our ethos as we want the business based on quality and performance, not sympathy or compassion. **F**

CV

Richard Pullen

Age: 39

Company: The FAIR Manufacturing Company

Position: Managing Director

How long in Cambodia : On-and-off for ten years

Marital Status: As good as

Kids: Esti (2) and Archie (1)

business

advisory services

Alcoholics Anonymous
20B Street 286, Tel: 092 974 882
www.aaphnompenh.org

AA meets on Friday at 7pm, Wednesday at 12pm and Sunday at 12pm.

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

Architecture & Design

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

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

bikes & mechanics

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

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

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

building

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

business groups

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

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

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

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

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

BCC / Malaysian Business Council of Cambodia
Unit G21, Ground Floor, Parkway Square
113, Mao Tse Tung, Tel: 023 221 388
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, personal 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
iCAN is a truly international school. It offers

Airlines

Air Asia
66 Mao Tse Tung Boulevard
Tel: 023 356 011

Angkor Airways
32 Norodom Boulevard
Tel: 023 222 056

Bangkok Airways
61A Street 214
Tel: 023 722 545

China Airlines
32 Norodom Boulevard
Tel: 023 222 393

Dragon Air
168 Monireth Boulevard
Tel: 023 424 300

Eva Air
298 Mao Tse Tung Boulevard
Tel: 023 219 911

Jet Star Asia
333B Monivong Boulevard
Tel: 023 220 909

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

Lao Airlines
58C Sihanouk Boulevard
Tel: 023 216 563

Malaysia Airlines
172 Monivong Boulevard
Tel: 023 218 923

ROYAL KHMER AIRLINES
36B Mao Tse Tung Boulevard
Tel: 023 994 502

Shanghai Air
19 Street 106
Tel: 023 723 999

Siem Reap Airways
61A Street 214
Tel: 023 722 545

Silk Air
313 Sisowath Quay (Himawari Hotel)
Tel: 023 426 808

Thai Airways
294 Mao Tse Tung Boulevard
Tel: 023 214 359

Vietnam Airlines
41 Street 114
Tel: 023 363 396

THINK BEFORE GIVING MONEY TO BEGGING CHILDREN



www.childsafe-international.org

Embassies

Australia
Villa 11 Street 254, Tel: 023 213 470

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

Canada
Villa 11 Street 254, Tel: 023 213 470

China
156 Mao Tse Tung Boulevard,
Tel: 023 720 920

Denmark
8 Street 352 Tel: 023 987 629

France
1 Monivong Boulevard,
Tel: 023 430 020

Germany
76-78 Street 214, Tel: 023 216 381

Japan
75 Norodom Boulevard,
Tel: 023 217 161

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

Malaysia
5 Street 242 Tel: 023 216 176

Myanmar
181 Norodom Boulevard,
Tel: 023 223 761

Philippines
33 Street 294, Tel: 023 215 145

Singapore
92 Norodom Boulevard,
Tel: 023 221 875

Sweden
8 Street 352, Tel: 023 212 259

Thailand
196 Norodom Boulevard,
Tel: 023 726 306

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

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

Vietnam
436 Monivong Boulevard,
Tel: 023 726 283



Trevor Keidan: Rally or recession?

'Rally', 'recovery' and 'rebound' appear to be the watch-words of the moment, but should we really be so hasty in using them to replace the much touted and much talked of 'recession'?

WHILE RECENT DATA FROM THE U.S. has been better than expected and instilled some confidence in the markets and the U.S. economy in general, how much stock should we really place in these recent indicators?

In May we heard (courtesy of the bank stress tests) that the U.S. financial system though in dire straits, is no worse than expected. The previous month we heard that while the U.S. economy is losing jobs at a terrible pace, this was also only according to expectations. On top of that, recent figures from the Institute for Supply Management (ISM) showed that manufacturing output had fallen in April – but at a slower pace than in March. There was even talk from President Obama himself of stabilisation in consumer spending and housing.

Lest we forget, we are still in a recession.

The reality is that according to economists U.S. gross domestic product (GDP) will decline this current quarter. Although the second half of the year might show some marginal growth it will not be enough to stem the tide of unemployment. There will still be an awful lot of people out of work for a very long time to come – and this will adversely affect global economies.

So, with all this talk of market rallies, recoveries and rebounds what should we do?

To begin with it is important to put things in perspective and not to get caught up in all the newfound euphoria that the TV pundits, fund managers and experts are currently spouting.

While it is good news that confidence and optimism appear to be returning to the markets, we must temper this with a dose of realism.

In such a market – where some stocks are showing gains of 200 percent (since the beginning of the year) – it is easy to feel the need to jump in feet first. After all you do not want to be left out do you? This is where I must urge caution. Remember that – although there are some positive signs the economy is on the way to recovery – it might well be a long road ahead with a lot of bumps. For every winner there will most probably be a loser!

■ PLAYING THE LONG BALL GAME

Rather than trying to second guess the stocks that will do well in this current rally, the best course of action is to continue to invest for the long-term and to stick with a sensible plan of regular contributions. This will reduce the risk and take away the guesswork.

For those who simply 'must' invest in stocks in the market right now, there could

be some bargains to be had. However, I would advise you engage the advice of a personal financial adviser to assist with stock picks. Also I would remind everyone that, much like with other investments, when picking stocks it is advisable to take a long-term view and avoid trading in and out during this volatile period. Remember, do not panic – under any circumstances!

Acknowledge the fact that we are living in volatile times and stocks will invariably go up as well as down. Try to ignore the euphoria, the panic and the general noise that is generated from the markets every day. Take a measured approach and realise that every investment is for the long-term.

As for my own clients I will continue to recommend a long-term approach with clear investment time-lines and objectives. I will also continue to recommend monthly contributions as a way to weather this volatile storm – whether the market is up or down.

I will leave the market rallies to others!
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.

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

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 François René Descartes
 Street 96, Tel: 023 722 044
www.descartes-cambodge.com
 French school offering primary and secondary level education, extra-curricula

activities include basketball, football and rugby.

Northbridge School
 1km off National Road 4 on the way to the airport, Tel: 023 886 000
www.niscambodia.com

Quality international school with curriculum for students from pre-school to high school as well as good sports facilities.

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

it & software

Conical Hat (Cambodia) Ltd.
 Norodom Blvd., Tel: 023 362 957

info@conicalhat.com, conicalhat.com
 Software company that specialises in providing highly localised business solutions including accounting, payroll and billing.

legal

Sciaroni & Associates
 56 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 Bldvs., Tel: 023 997 492,
www.thesecretarycambodia.com
 Highly professional company that lets fully-serviced office accommodation on both a short-term and long-term basis.

Post Office

Main Post Office
 Cnr. Street 102 & Street 13
 Open from 6.30am to 9pm. The place to go if you want to send something overseas or get a PO Box.

Photography

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

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

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The Geek: Better Safe than Sorry



In his third article, Sok Yeng covers a subject that many users ignore at their peril – how to back up your data.

WHATEVER IS ON YOUR computer, photos, music, emails or your work documents, chances are you don't really want to part with it. According to statistics, one in ten hard drives fail each year so it's important to back up your computer often and effectively.

There are numerous tools available on the internet for free download. The question is, which one is right for you?

Microsoft provides an add-on for backing up your Outlook email programme. It's called SyncBack free-ware edition and it lets you easily create your backup profile and update changes to the backup destination with just one click. SyncBack is great for backing up your documents, desktop, your user profile or your entire D:\ drive by consuming less time and avoiding the annoying Windows Explorer prompt for a "Yes to all" click. Once a backup profile is finished, a nice webpage report will be displayed, so you know what has been backed up and what couldn't be copied with a clear reason.

What you need is a 250GB USB external hard drive that you can get in computer shops in Phnom Penh for about US\$80 to US\$90. If you think an external hard drive is too big (or you don't have that much data), you can also get a USB flash drive that can store up to 32GB. This is also available in the Penh with a slightly cheaper price tag than an external hard drive.

Once you are familiar with SyncBack and have explored the usefulness of the programme, you might also wonder how to restore your laptop back to its original state if it suffers a major Windows error, a

virus attack or a physical hard drive damage incident. You don't want to lose your licensed copy of an installed programme, especially if you no longer have the original software disks.

Programmes like Acronis True Image (pay version) or Macrium Reflect Free Edition can mirror a backup of your current hard drive including your Windows, installed programmes and files to your external hard drive. The mirror backup will be copied as one file, so you can still copy and paste files in the other areas of the drive. You can probably recover everything to your computer in just two to three hours if you use a combination of the two types of backup programmes.

For an alternative solution to using an external drive, or if you want to have access to your data even if you are travelling, there are a few options. Dropbox at www.getdropbox.com will give you 2GB online storage to start with for free. Mozy-Home Free edition at www.mozy.com lets you store your data in a safe and secure location, away from any disaster that may befall your computer. All you need is the Internet and a valid email address.

Whichever option you choose, backup your computer regularly, say at least once a week. You don't want to lose all your hard work and memories, especially since such loss can be prevented.

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

Printing & Design

Digital Advertising
60E Street 38, Tel: 023 987 600
Print house with modern equipment that provides full print services as well as graphic design.

Relocation

Crown
115-116 Street 335, Tel: 023 881 004
Global transportation and relocation company with over 150 offices in 50 countries, specialising in expat support and household shipment.

Security Firms

MPA
23 Street 214, Tel: 023 210 836
Well-established security company that is responsible for keeping many of the town's buildings safe and sound.

Shipping

Crown
Hotel Cambodiana, 313 Sisowath Quay, Tel: 023 986 680, www.crownrelo.com
Global transportation & relocation with over 150 offices in 50 countries, specialises in expat support and household shipment.

Telecoms

Cadcoms
825A Monivong Blvd., Tel: 023 726 680
Communications company with Norwegian connections has launched the qb 3G entertainment network. Has competitive talk packages.

Cambodia Samarat Communication
56 Norodom Blvd., Tel: 016 81001

Internet provider that issues the 016 SIM card.

Camshin
6B-7B 294 Mao Tse Tung Blvd.
Tel: 023 367 801

Internet provider that also installs land lines and issues the 011 SIM card.

City Link
170 Norodom Blvd., Tel: 023 220 112
One of the major internet providers in Phnom Penh.

Ezecom
7D Russian Blvd., Tel: 023 888 181
www.ezecom.com.kh
Internet service provider that promises boundless internet packages suited to everyone's needs. Good packages for those looking for unlimited downloads.

Hello
Tel: 016 810 000, www.hello.com.kh
Mobile phone provider that has the 015 and 016 SIM card. Is currently promoting cheap overseas calls.

Mobitel
33 Sihanouk Blvd., Tel: 012 801 801
Largest ISP in the country. Major mobile phone company which issues the 012 SIM card.

Online
60 Monivong Blvd., Tel: 023 727 272
The biggest and most reliable of the Internet providers. Watch out for their hotspots around town.

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

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

Telesurf
33 Sihanouk Blvd, Tel: 012 800 800
www.telesurf.com.kh
Internet service provider (ISP) providing 24-hour broadband Internet service. 📧

PHOTOGRAPHIC DAY TRIPS



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getaways

The Border Least Crossed – From Luang Prabang to Hanoi

The road less travelled has become so over-used on travel blogs that only the most hackneyed of journalists now uses it. This Khmer New Year **AsiaLIFE Guide** did take the road less travelled from Luang Prabang in Northern Laos to Hanoi and on it went through the border least crossed. Words and photos by **Mark Jackson**.



Tat Kuang Si Waterfalls, a thirty-kilometre ride from Luang Prabang

SET AT THE CONFLUENCE of the Mekong and Nam Khan rivers and nestled in high mountains, Luang Prabang is arguably the most beautiful town in the Mekong region. Inside the town itself there is not much to do, which is the quintessential charm of the Unesco World Heritage Site. Just take time out and set your internal clock to the pace of life that is Laos and charge your batteries for the trek into the unknown.

During the day, the only thing to do, apart from lazing around, is to climb the 100-metre central Phu Si Hill to visit That Chomsi. The views from the top are well worth the hike. The ruins of a fourteenth century wat are on the northeast side of the hill.

At sunset the beautiful central street creeps into life as local traders set out their goods on mats in preparation for the 'daily' night market. Best arrive early, before the street becomes impassable. Try

Vast karst rocks rise from the ground, like Halong Bay on land, creating a stunning, verdant crucible

to get the lucky bargain price that awaits the first sale of the day. It's probably the best street market in the region – certainly the one with the most scenic setting.

Outside the town, two trips are worthy of your attention. Take a boat along the river to the nearby Pak Ou Caves, or better still visit the waterfalls at Tat Kuang Si. Even in dry season, the falls seem full of water. You can even take a short elephant ride. If you are not going any further afield in northern Laos

then the thirty-kilometre songthaew (large tuk tuk) ride to the falls is a good way of seeing the countryside just outside of town.

■ ONWARD TO PHONSAVANH

The trip to Hanoi started with a cramped songthaew ride to the local bus station, where a succession of seemingly identical vehicles brought travellers wishing to go to Vieng Vieng and further afield. Eventually, when our motley crew had assembled, we departed about 45 minutes later than the 9am start for the six-hour journey that, in time-honoured travelling tradition, turned out to be more like seven.

The route involves lots of winding roads, up, down and then back up again traversing the mountainous terrain between Luang Prabang and the plains outside of Phonsavanh. Immature trees on the outskirts of Laos' prime tourist attraction provide an

indication of a large afforestation project aimed at counteracting the excessive logging that has taken place in this area. Eventually these fade away, leaving the deforestation unchallenged. Still scenic, the road passes through a few villages with typical images of women carrying their babies and men sitting around chewing the fat.

After seemingly an eternity of bends and occasional stops for comfort breaks, coffee and lunch, the forest broke and we entered the plains surrounding Phonsavanh. Alpine scenery with rolling hills and occasional spruce trees, replaced the more traditional Southeast Asian forest terrain.

■ SEEKING OUT THE JARS

Phonsavanh has the feel of a town straight out of the Wild West. One long road runs through it, and along up to the Truong Son Mountains barring our way to Vietnam. Apart from



The only covered jar in Site 1



Hot springs near Sam village

those working on NGO projects, people come here for one reason, to visit the Plain of Jars. (Open 8am to 4pm Oct. to Feb., and 7am to 5pm Mar. to Sep., entrance 10,000 kip).

The Jars themselves date back to 500BC, although other remains are estimated at around 2,000 BC. Over 600 large earthenware pots litter the three sites, their original purpose unknown, although our guide asserted that they were burial jars, the bodies left to decay away under solid lids, which protected the decaying bodies from birds of prey. Only one of the lids remains in Site 1. "Forget the guidebooks, my grandparents told me so," he said. Guidebooks however offer alternative explanations for the unusual Neolithic containers, such as for storing local lao lao (rice wine).

Whether the jars were used as a cheap way of disposing of your nearest and dearest or an even cheaper way of sending them off in the appropriate manner, the plain in which they stand makes for a spectacular, barren landscape. Arrive at Site 1 early in the morning and try to escape your guide and discover the jars for yourself. With the sound of cowbells from the surrounding rolling hills, themselves reminiscent of burial mounds, it's easy to imagine yourself in the foothills of the Alps rather than northern Laos.

Although there are three sites on the plain, visiting all of them is time consuming. If you want to incorporate the other attractions on Phonsavan's doorstep in a day trip, it's advised to restrict yourself to Site 1 where the greatest number of the jars can be found.

In addition to ancient history, there are reminders of the country's more recent bloody history. From 1964 to 1973, the U.S. military inflicted the largest aerial bombardment in history on Laos dropping two million tons of bombs. That is approximately one plane load every eight minutes. The site was cleared of unexploded ordnance in 2004, with 127 pieces found and destroyed. It's advised to stay within the white lines close to the paths delineating the cleared areas. One of the craters on the site has a small tree growing out of it, a symbol of the country's rebirth. Those who want to find out more about the lasting legacy of the intensive bombing campaign – it is estimated that 30 percent of the bombs failed to detonate – should visit the Mines Advisory Group office on the town's main street. It has plenty of information about the organisation's clearance work since 1994 as well as an informative video.

■ HOT SPRINGS AND HOT WATER

The cheapest way to see the caves is by organised tour. However, if you can muster together a few

like-minded souls it's far better to hire your own minibus for the day (US\$70). This allows you the freedom to pick and choose where you go.

Two hot springs lie close to Phonsavan. The larger one is the village of Hom, some 50 kilometres out of town. The springs themselves (open 7am to 5pm, 10,000 kip), consist of a large, fenced off sulphurous mud-pond and a few concrete bath houses. Of little appeal in themselves, the setting is quite idyllic. Apparently the bungalows are popular with locals at the weekend.

Of far greater appeal are the smaller springs near the village of Sam (open 7am to 5pm, 5,000 kip). Set on the Tay River, the flow from the springs mingles with the natural current of the river, providing hot and cold running water al fresco. Watch locals come to wash their clothes, while soothing your aching bones. The only problem with this place is that the last half a kilometre is on a bumpy track that, according to our guide, can become inaccessible in the rainy season.

Tham Piu Cave is another location of note close to Phonsavan. On Nov. 24, 374 local villagers were killed while sheltering in the cave during an American bombardment. A large crater at the rear serves as testament to the 'collateral' damage caused by a single rocket. A small museum

below the cave has information, photographs and objects collected from the cave and nearby. November 24 is 'Remembrance Day' in Laos in memory of those lost in the tragedy.

■ THE ROAD TO SAM NEUA

There are two land options for travelling overland from Phonsavan to Vietnam. The conventional route is to take a bus (11 hours) to Vinh on the Vietnamese coast. The second option is to go northeast, across the mountains to Sam Neua. From there you enter Vietnam at Nam Soi / Na Meo. "Remote, seldom-used and often difficult," is how the Lonely Planet describes the latter crossing – still nothing ventured, nothing gained.

A bus leaves Phonsavan at 8am arriving in Sam Neua ten hours later. Cramped, hot and sticky, locals stand in the aisles or rest on bags of rice. It really is only for those who delight in travelling rough or can't afford to hire a mini-bus (around US\$80). The latter allows you to stop along the way at any of the numerous photo opportunities.

The scenery is spectacular. Rising to a height of some 2,000 metres, the low cloud allied to early morning mist gives the mountainous landscape an ethereal quality. You pass through numerous Hmong villages with terraced paddy fields, irrigation

channels and ubiquitous piglets. The only place of real note is a 100-metre waterfall close to the road, which makes for a welcome comfort break. There are also some springs around 20 kilometres out of Sam Neua.

Set in a beautiful valley, the town of Sam Neua itself is pleasant enough. However, be careful about what you eat as barbecued dog seems the specialty. It is not a place you would come to if it weren't for the Vieng Xai caves nearby.

LAOS HIDDEN CITY

Only an hour's drive from Sam Neua, Vieng Xai is a must for anyone interested in the Lao resistance to the Americans. Quite incredibly from 1964-73, President Kaysone Phomvihane led the Pathet Lao's military resistance to the planet's greatest military force from inside one of the caves. He spent the final two years of the campaign in a house also located in the valley. Fifteen people, including his two children and bodyguards, shared the somewhat cramped living space. A small bust of Lenin in his office is a reminder of the ideological divide between the two nations. It was here that the politburo met.



On top of the world – climbing into the clouds en route to Sam Neua

Another cave housed Nouthak Phoumsavanh, named after the Pathet Lao deputy prime minister and finance minister. Prince Souphanovong, minister of construction, lived in a third. Of greater interest is the house that he built in the grounds close to the cave, including a large bomb crater, which the civil engineer turned into a tennis court.

A pleasant walk across the lake from these caves is Xanglot, the largest cave in the complex. Enter it through Siphandone Cave and then climb down some steps.

During the war over 2,000 soldiers were garrisoned here. They even had a large theatre in one of the cave's larger vaults, which had been used for shelter by elephants before the war, according to our guide.

Tours set off at 9am and 1pm (30,000 kip). You can arrange your own tour outside of these times for an extra 50,000 kip, or hire a bicycle for 10,000 kip per half day.

Even those with little or no interest in the war, or caves for that matter, should visit the valley. "Painfully beautiful," is how one of the guidebooks describes Vieng Xai. It is wondrous. Vast



Phu Quoc

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Kien Giang
Province, Vietnam.
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Fax: (+84) 773 995 896

www.chenla-resort.com

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Boeung KengKong 1 -
Phnom Penh
Tel: +855 23 210831
+855 12 845881

cambodia@chenla-resort.com

"Less than 5 hours by car from Phnom Penh"





During the war up to 2,000 troops were entertained in Xanglot Cave while the Americans carpet bombed the surrounding countryside

karst rocks rise from the ground, like Halong Bay on land, creating a stunning, verdant crucible. It comes as no surprise that Nouhak Phoumsavanh visited his house here each year until his death last year, aged 90. If you have the time you could do far worse than spending a couple of days relaxing here, before taking on the final leg across the border and on to Hanoi. If coming from Vietnam you'll probably need the rest after negotiating the border crossing from hell.

■ BAD MORNING VIETNAM

The border with Vietnam is only a two-hour drive from the caves. This makes it tempting to head there directly from the caves, which is precisely what we did. Although the road is bumpy, it is another scenic drive to the border. Despite what guidebooks might say, the crossing itself is simple, so long as you have the right visa. The Vietnamese guards were

helpful, explaining there were two ways to travel overland to Hanoi. One involves a tortuous four to five hour motorbike ride in rugged terrain to Mai Chau, where you can get a bus to Hanoi. The other is on supposedly better roads to Thanh Hoa on the coast and then up Highway 1 to Hanoi. "Expensive," they smiled at us.

Whichever route you choose, there is no public bus for the initial 50 kilometres from Na Meo to Ba Thuoc, or at least so we were told. Unless you have your own transport, you have to take a xe om (motorbike taxi), which costs around US\$10. There are reports of a bus running from Na Meo to Thanh Hoa (US\$8) on Tuesdays, Thursdays and Saturdays, but we saw no sign of it.

If anything the scenery on the Vietnamese side is even more beautiful than in Laos. The ride along windy, mountain roads takes you through primary forest hardly touched by man. This really is the

road least travelled. The flipside of the unspoilt beauty is that it is also un-gearred for tourism.

Ba Thuoc is a town without any redeeming feature. Arriving late in the afternoon, we had no choice other than staying the night in the only 'guesthouse' we could find. After 15 years of travelling, the room we shared with various bugs and fungi, rates in the bottom three or four. We just couldn't get out of the town soon enough, and were pleased to hear that the bus to Thanh Hoa set off at 6am. If possible try to pass through without stopping.

The final leg of the journey was easily the least inspiring. The countryside deteriorates the nearer you get to the coast with only occasional karst rocks rising from paddy fields to lift flagging spirits. If it weren't for the poor quality of the road, or was that the bus' total lack of suspension, this would have been the ideal time to catch up on the previous

night's absence of sleep. As it was we were most welcome to arrive in Thanh Hoa and change for the bus to Hanoi. By mid-afternoon we had arrived safe and sound in what is, with Phnom Penh, the most beautiful capital city in Southeast Asia, our voyage over.

■ POSTSCRIPT

If I were to take this border crossing again I would do it in the morning. A bus or truck is supposed to leave Sam Neua at 6am (12,000 kip). This would allow greater options upon arrival in Vietnam. Despite having to sit on the back of a motorbike for so long, I would take the other route, spending a night in beautiful Mai Chau – one of the most pleasant day trips from Hanoi. Those going from Vietnam to Laos should note that the return bus from Nam Soi to Sam Neua leaves between 10.30am and 11am. There is no obvious sign of accommodation in Nam Soi, so it's best to spend the night in Na Meo, and then take the bus the following morning. Until someone provides a real, public transport solution to the border problem, possibly the best way to travel is to take things into your own hands, or rather legs, and get on a bike. ■



Verdant paddy fields greet your arrival into Vietnam

■ GET INVOLVED

Do you have something to add or discuss regarding this story?

Get involved online at <http://www.asialifeguide.com/Forum/> ■

getaway

ChildSafe®



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

battambang

La Villa

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

Riverside Balcony Bar & Restaurant

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

chau Doc (vietnam)

Victoria Chau Doc Hotel

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

phu quoc (vietnam)

Chenla Resort & Spa

Ong Lang Beach, Phu Quoc, Tel: +84 773 995 895, www.chenla-resort.com
Luxurious resort and spa on the beautiful island of Phu Quoc is less than five hours away from Phnom Penh. Set on a quiet bay, Chenla has 37 bungalows, including 6 Jacuzzi villas, a large swimming pool, relaxing spa and restaurant specialising in Mediterranean cuisine.

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
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 chang-

ing, 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
Western food served in large portions in this river-facing restaurant, bar and three-room guesthouse. A more up-market 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
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.

Knai Bang Chatt Resort

Tel: 012 879 486
www.knaibangchatt.com
Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public. Elegant swimming pool, air-con, gym, library and fantastic gardens, this resort is the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea. Check for special offers. Also has a Sailing Club next door with bar and restaurant, as well as hobby cats.

Le Bout du Monde

Kep, Tel: 011 964 181
www.leboutdumondekep.com
Individual and separate bungalows in traditional Khmer architecture located at a top of a hill with good views and nice gardens. Serves French and Khmer cuisine. Rooms have hot water, mini-bar, fan and safe.

Led Zeppelin

At the roundabout, Kep
Small bar which sells the coldest beer in town situated right by the Kep roundabout. Ambience is distinctly rustic but chill and the limited range of snacks great value.

Star Inn

Kep Beach, Tel: 011 765 999
Hotel overlooking Kep Beach that has good sized and elegant air-con rooms. Rooftop restaurant serves seafood and cocktails. It stays open to late at weekends.

Veranda Natural Resort

Tel: 012 888 619, www.veranda-resort.com
Traditional wooden bungalows set in the 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.

kratie

Cambodian Craft Co-operation

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

Red Sun Falling

Rue Preah Sumarit
Well-established western-run café and bar on the riverfront. One of the few bustling places in the evening, it has tasty food with dishes in the US\$1.50-2.50 range.

Star Guesthouse

Opposite the market, Tel: 012 753 401
A hub for arranging transportation and getting travel advice on travel to Ratanakiri, this guesthouse has cheery, colourful and clean rooms. The café serves up some of the most innovative food and drink in town. Has facilities for storing motorbikes also available.

phnom penh - deluxe

Amanjaya

1 Sisowath Quay, Tel: 023 214 747
www.amanjaya.com
Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar.

Cambodiana

313 Sisowath Quay, Tel: 023 426 288
www.hotelcambodiana.com
Great riverside location with spectacular sweeping views of the confluence of three rivers. Large rooms with air-con, in-room safes and good bathrooms. Live band plays nightly (except Sundays).

Himawari

313 Sisowath Quay, Tel: 023 214 555
www.himawarihotel.com
The 115 beautifully-designed suites have

aircon, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts.

Imperial Garden Hotel

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

Intercontinental

296 Mao Tse Tung, Tel: 023 424 888
www.ichotelsgroup.com
One of Phnom Penh's most luxurious 5-star hotels. The 346 air-con rooms have all the expected facilities including in-room safes and king size beds. Also has a large swimming pool, a Clark Hatch Fitness Centre, spa and beauty salon.

Raffles Hotel Le Royal

Street 92, Tel: 023 981 888
www.phnompenh.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

Asia Club

456 Monivong Blvd., Tel: 023 721 766
This private club and hotel with the most beautiful gardens in Phnom Penh is a haven away from the busy Monivong Blvd. on its doorstep. The five bungalows and four rooms are air-con with bath, large safe, flatscreen tv and large working area for business clients. With use of meeting rooms and swimming pool, Asia Club is a good business option and hidden gem.



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Hotel Review: 3 Nagas

Situated in the heart of Luang Prabang, the 3 Nagas is quite rightly deemed a design classic. Words by Mark Jackson.



LIKE THE UNESCO WORLD Heritage town in which it is situated, 3 Nagas is an immaculately preserved hotel. The two quite different, but equally brilliant, traditional Lao wooden buildings set on either side of Luang Prabang's main market street, date back more than a century. Converted into a hotel in 2003, they were taken over by Alila a year ago.

"The hallmark of Alila hotels and resorts is stylish, relaxing environments and superb hospitality," claims the boutique hotel management group. Certainly the 3 Nagas does not disappoint.

Each building has beautiful hard wood finishes, an elegant restaurant and darkened rooms, ensuring a restful stay. All rooms have their own private space, whether balcony or terrace, and Kambor House has idyllic gardens overlooking the Mekong River. To make matters complete the hotel is a haven from television sets so your tranquility will not be disturbed by the bleating sound of CNN. Free WiFi throughout the hotel means guests can keep abreast of events taking place in the outside world, should they wish.

Although one restaurant nominally serves western and the other Lao cuisine, the menus are interchangeable. Dining al fresco at Rama's House is the ideal way to sample Lao dishes, while the bar in the adjacent Kambor House is a chilled spot for an aperitif, or even complimentary afternoon tea. The grilled buffalo comes highly recommended.

The tiny spa has only two massages – with or without oil – delivered to you on a mattress in the privacy of your own room. The only drawback with the whole place is that due to Unesco preservation orders, there is no swimming pool.

The hotel can arrange trips along the river to the nearby cave and waterfall, but really Luang Prabang is a place to relax, and 3 Nagas is the ideal place to do this. Meaning "surprise" in Sanskrit, Alila claims its hotels "reflect the very best of a contemporary lifestyle." However, it will come as no surprise if you decide to extend your stay at this most delightful hotel.

3 Nagas, 97/5 Ban Vatnong, Sakkaline Road, Luang Prabang, Lao PDR, Tel: +856 71 253 888, 3nagas@alilahotels.com, www.alilahotels.com. ■

Almond Hotel

128F Sotheaors 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.

Boddi Tree

50 Street 113, Tel: 023 998 424
Small guest house with relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng.

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.

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 Sotheaors 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.

shanoukville

Cantina del Mar

Otres Beach, Tel: 012 702 502
Taco and seafood stall on one of Sihanoukville's most unspoilt beaches. Expect great Mexican food and some mean tequila cocktails. Open from 10am.

Holy Cow

Ekareach Street, Tel: 012 478 510
Beautiful restaurant set in a relaxing garden environment on the main street, with terracotta terrace downstairs and wooden dining area upstairs. Competitively-priced, good cuisine including vegetarian options. Open 9.30am to midnight.

Independence Hotel

Independence Beach, Tel: 012 728 090
Beautifully restored hotel on Independence Beach, originally opened in 1963, reopened in 2007 following a complete refurbishment. Infinity pool and sweeping ocean views from most rooms. Gym, conference rooms and circular restaurant.

Le Vivier de 'La Paillote'

Victory Hill, Tel: 012 633 247
Upmarket French restaurant that outshines the other places on Sihanoukville's late night drinking street. Sophisticated French cuisine in a beautiful garden setting. Open for lunch and dinner.

Luna d'autunno

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.

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

Sivatha Street & Pub Street, Tel: 092 207 842
Definitely the last option for continuing the night – just one for the road. Open from 4pm to very late. Supersize TV screen, table football and pool tables provide a number of options for staying up later.

siem reap - cafés

Blue Pumpkin

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

Café de la Paix

Sivutha Bld, Tel: 063 966 000
www.hoteldelapaixangkor.com

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

Email: info@independencehotel.net or indph@online.com.kh

Central Siem Reap



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 pastisseries 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

Golden Banana Boutique Resort

****SPECIAL PROMOTION****
15% off from room rate for experts living in Cambodia till 31st of July 09

(GB)

Wat Damnak, Siem Reap, Cambodia
Tel: (855) 83 766-833 - (855) 12 654-638
Email: goldenbananars2@gmail.com
Website: goldenbananars.info

4FACES GALLERY
The art photography and exhibitions

cafe bar gallery shop

opening may 29th

UNNAMED UNDEFINED UNCLEAR
by STEVE GOODMAN

JUNE 26 - JULY 23

hallo darling
by eric de vries

EVERY MONTH EXHIBITIONS
of selected works by photographers/artists

WATCH THE GAMES of English Premier League on TV-SCREENS

FREE WIFI HOTSPOT
... so bring your laptop

GALLERY SHOP with lots of ANGKOR WAT fine art photography

4FACES SIEM REAP
cafe bar gallery and gallery shop
Old Market area, Tel: 089 20 83 36
open 10 am - late
www.4faces.net

features ongoing exhibitions of other other photographers. Open 10am to 10pm.

The One Gallery

*The Passage, Old Market Area
Tel: 015 378 088*

Open 11am – midnight

Eclectic, contemporary gallery that combines Loven Ramos' mixed media artwork and objects and jewellery accumulated through his travels, with Don Protasio's fashion and accessories.

The Red Gallery

FCC, Pokambor Ave., Tel: 092 822 323

A contemporary art space representing a select group of artists based in Cambodia. The Gallery exhibits sculptures, oil paintings, photography and mixed media. Hours: 10am to 10pm.

The Wa Gallery

333 Sivatha Boulevard, Tel: 016 746 701

Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. Open 10am – midnight

Wat Kandal Gallery

*River Road, near Wat Kandal
Tel: 092 521 801*

Tucked away by the river, and nestled under rambling shade trees, the gallery/studio shows Jean-Pierre Obriot's tranquil contemporary paintings of monks and Buddha images, as well as his collection of antiques.



PHOTO BY KEITH KELLY

siem reap - hotels

Amansara

*Pokambor Avenue, Tel: 063 760 333
www.amanresorts.com*

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

FCC Angkor

*Pokambor Avenue, Tel: 023 992 284
www.fccambodia.com*

Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

Golden Banana Boutique Resort

*Wat Damnak Area,
Tel: 012 654 638 / 012 885 366*

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*

With stoneware bathtubs in the rooms,

Sunset on Serendipity

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 Residence d'Angkor

*River Road, Tel: 063 963 390
www.residencedangkor.com*

Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Both upstairs Martini Lounge and downstairs bar have recently been revamped. Great place to splash out.

Raffles Grand Hotel D'Angkor

1 Charles de Gaulle, Tel: 063 963 888

Elegant hotel with opulent gardens and a spectacular swimming pool in its grounds. Has frequent art exhibitions and Apsara dancing on nearby terrace.

Sokha Angkor

*Cnr Sivatha Rd and National Rd 6
Tel: 063 969 999, www.sokhahotels.com*

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

Tara Angkor Hotel

Road to Angkor, Tel: 063 966 661
Elegant, boutique hotel with attractive swimming pool and rooms at competitive rates.

Victoria Angkor

*Near Royal Gardens, Tel: 063 760 428
www.victoriahotels.asia*

Beautiful hotel with the most luxurious swimming pool and garden. Worth popping in and paying a visit if just to see the Siamese crocodiles in reception.

siem reap - leisure

Body Tune

*293-296 Pokambor Avenue
www.bodytune.co.th*

Heavy grey stone Thai-run spa with selection of massages and facials. All masseuses work with Thai instructors.

Frangipani

*Alley behind Pub Street,
615-617 Hup Guan Street*

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 Guan 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,
Vithe 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



សណ្ឋាគារ ផ្លាង់ស៊ី អ៊ិន
GOLDEN ORANGE HOTEL

Group 1, House No 7, Slokram Village, Siem Reap
Tel: 063 965 389 - www.goldenorangehotel.com
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.



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-panelled interior with solid bar and aircon provide this restaurant with authenticity. Serves foie gras, croque monsieur, cheese, cold cuts and French wines.

L'Oasi
East River Road, Tel: 092 418 917
The best Italian restaurant in, or rather just outside of, town. The hardest part is to find this place - keep on going on the East River Road in the direction of the temples, for a couple of kilometres until you see the large Italian flag, but once there the combination of

the beautiful garden and home-cooked Italian pasta and pizza makes the trip worth it.

Maharajah
Next to Pub Street, Tel: 092 506 622
Halal restaurant offering 261 Royal Indian dishes, including a large selection of vegetarian and non-vegetarian specialties. Open from 10am to 11pm with free home delivery.

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

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

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.

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. 

siem reap - shops

Boom Boom Room
Old Market
Boasts a 176-page catalogue of tracks that

travel

Blazing Trails
Killing Fields Road, Tel: 012 676 381 / 012 542 916



63 to 64 WAC
59 brat 60 Levi 61 Eden
54 she 55 San 57 whys
51 apace 52 tried 53 ton
47 dieted 48 ignore 50 tapir
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37 rode 38 onyx 40 near
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ACROSS

Crossword Answers

unplugged

Letter on Haircuts

Forget all those CNN pundits, **Will** says your local barber is the best indicator of what is really happening during a recession.



ILLUSTRATION BY VAULT / OUR BOOKS

DESPITE ALL THE COMPLICATED models, legions of economists and limitless supply of bloggers, your local barber is still a pretty good economic indicator. He provides a service that is inherently local, one that can't be outsourced or exported (at least until the tele-operated razor is perfected) and the demand for haircuts is elastic, certainly among the unemployed who don't mind looking like shaggy bums. Those with jobs can put off a haircut for a few weeks or turn to a skilled friend if they're interested in reducing their spending.

Of course, what's good for the suddenly thrifty but long-haired consumer is not good for the barber who can't get anyone in his chair, whether it's in an upscale shopping mall or on the side of the road in Ta Khmao – sorry, Duk Khmao. Such is the economic circle of life.

One of the biggest adjustments after moving to a new town or a new nation-state is finding a reliable barber. When

I was fresh to Cambodia, I picked a barber's shop on a dusty side street off Phsar Moun Ang, the grilled chicken market. Its advantages included an electric fan and a sign with haircuts written in English and prices written in Arabic numerals, which was important because my Khmer consisted of "susaday" and "baht." I also thought it would be more private than a barber on the sidewalk, but I was wrong.

So I walked in, exchanged a few rounds of polite bows and "susadays," pointed at the basic 3,000 riel haircut, and was invited via gestures to sit down in a specific chair. A small crowd soon gathered to watch me get a haircut, because apparently seeing a supersized American get a trim was entertainment. Getting a haircut in an actual shop only avoided the street theatre aspect because I was inside. It had become actual

theatre, complete with spectators heckling the barber.

Finally it was done. I handed the barber a 10,000 riel note, the smallest bill I had, and waited for change. He smiled and nodded.

I pointed at the sign, which clearly said 3,000 riel. He smiled and nodded.

I explained to the crowd in English that I wanted change, hoping an aspiring translator

would help me. Every spectator smiled and nodded.

After a certain amount of wild gesticulating on my part, the barber smiled, nodded and told me to get out.

Being a lowly volunteer, paying three times what I had intended for a haircut was kind of painful. I wasn't poor, at least not in Cambodia, where poverty is defined by phrases like "bamboo hut with a dirt floor" and "children are worth more tending animals or sold to baby brokers than sitting in a school." But I didn't have a lot of money to waste on overpaying mediocre barbers.

The next time I needed a haircut, I sought out a barber that knew enough English to understand what his sign said. And I carried a wad of small bills.

My barber in the U.S. has two great advantages. He charges US\$12 a haircut, 16 times what it was supposed to cost that first time in Cambodia – but a bargain in the United States. Also he looks exactly like Ronald Reagan, the charismatic and beloved fortieth president of the United States. Having someone who looks like an icon of the conservative movement – if only because Republican presidents in the interim have failed to shine – is a definite plus in a barber.

He also provides change.

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

1) Rose Red 2) Po 3) Red Red Wine, 99 Red Balloons & The Lady In Red 4) Tom Clancy 5) International Red Cross 6) Rudolph In Red 7) Morgan Freeman 8) Trap 1 9) Simply Red 10) The Red Sea 11) Loretta Swit 12) Mouse Shit Chill! 13) The Full Monty 14) Tennessee Williams 15) Under The Boardwalk 16) Mulled Wine 17) Hothouse Flowers 18) By hot air balloon 19) Chill! Pepper 20) Bovril 21) Ruby Tuesday 22) Marilyn Monroe 23) Day of the Jackal 24) Daniel Day-Lewis 25) Grouch Marx 26) Rock Hudson 27) Shrove Tuesday 28) Leningrad (St Petersburg) 29) Wednesday 30) American Pie ❏

Pub Quiz Answers

Challenge Nora: On the Wagon?

Unimpressed by her drunken antics, **Nora Lindstrom** has been challenged to stay off the booze for a week. That, however, may be a challenge too far.

MISSION IMPOSSIBLE IS my first thought. Driving a tuk tuk or walking around in a pair of pyjamas are one thing, but I'm no Tom Cruise and I can't even remember the last time I spent more than a few days off the sauce. Staying sober in the Penh is difficult enough for a regular punter, but as a Finn who's spent significant amounts of time in bonny Scotland, it's almost against my religion. Nevertheless, a challenge is a challenge and there's no backing down. Failing, however, remains a real option.

DAY ONE

I begin on a Thursday, which is probably the worst day you can think of when it comes to starting a week of non-drinking. My theory however is that if I get through the worst – Friday and Saturday – then the rest of the week will be a breeze and I'll be all set for some serious catching up the next Friday. Unsurprisingly, my approach falls apart in practice. While Thursday was easy – I spent it recovering from Wednesday – Friday is a whole other ball game. I fail miserably only 36 hours into the challenge as various events, parties and general fun demand I should celebrate in style – with a lukewarm gin and tonic from a plastic cup. That was evidently followed by more, which was good in one sense – on Saturday morning I wake up adamant not to feel this way ever again – or at least for the rest of the week. Instead I shall properly commit myself to the challenge.

DAY ONE (TAKE TWO)

My headache from the night before does indeed make Saturday easy. Over dinner I perplex my friends by suggesting we continue the evening with foot massages as opposed to drinks. Clearly we don't, but when we do go out for drinks everyone orders lemonade! It rather makes me wonder if my



Cold Turkey isn't just for Xmas

pathological drinking habit has been fuelling my friends' alcohol consumption too. The more likely reason however is that they, like me, are still feeling the after-effects of last night. Lacking the energy a few glasses of wine usually bestows upon me, my chat is slow and my eyelids droop. I end up going home early and missing a friend's leaving party. This is no fun.

DAY TWO

Am determined to make it through the day this time. Already I feel good for having woken up unusually early on a Sunday, and am ready to embrace the last day of the weekend. Remarkably, I make it through the day. Fair enough I hardly speak to anyone all day for fear of being invited out for one thing or another, but I make it. I have now spent 48 hours without a single drop of the good stuff. Feel proud and self-satisfied!

DAYS THREE AND FOUR

Monday in the office was easy

enough. I fall ill in the afternoon, and wonder if a slight fever is a known withdrawal symptom among people in alcohol rehab. Perhaps the lack of alcohol in my bloodstream has finally brought on the dengue. I spend the rest of the day on the sofa in front of the telly feeling sorry for myself. Not that I'm safe even there, as my flat mate suggests drinking a kind of concoction of hot rum, lemon and honey would make me feel better. I wisely resist and instead focus on downing the sweet orange liquid that is Royal D. For some reason the situation distinctly reminds me of being hungover. The following day follows the same pattern.

DAY FIVE (ALMOST)

Recovered from my pseudo-dengue and bored after four days of virtually no social life, I agree to go out for dinner the following day. Big mistake! Turns out, it is perfectly hopeless to even contemplate enjoying a sophisticated French dinner without a

glass of wine – perfectly hopeless! No wonder the livers of French housewives are reputedly some of the most damaged in the world. Succumbing to the French housewife syndrome, I thus lapse back into my old, depraved ways.

DAY ONE (TAKE THREE).

I've given up hope. Though I'm sure I can make it through today, tomorrow is Friday and last week's experiences tell me not drinking will be utterly out of the question. As it happens, I don't even make it through Thursday and instead end up at Lakeside at 3am in the morning.

It's useless, and I admit defeat. Fact is, going off the wagon in Phnom Penh is simply too impracticable if you have any social life at all. The only way to succeed is by either leaving town, or becoming a hermit shunning all contact with friends and acquaintances. Still, I managed it for four lonely days – surely that gets me some brownie points, or perhaps a congratulatory drink? ■

This Month in History

massacres, norma, balloons, painting, shootings, burglary



■ BIRTH OF A LEGEND

June 1, 1926

Marilyn Monroe was born in Los Angeles as Norma Jean Mortensen. Following an unstable childhood spent in foster homes and orphanages, she landed a job as a photographer's model, which led to a movie career. She later married baseball legend Joe DiMaggio. Beneath her glamorous movie star looks she was fragile and insecure and eventually succumbed to the pressures of Hollywood life. She died in Los Angeles from an overdose of sleeping pills on August 5, 1962. She was best known for her roles in *Gentlemen Prefer Blondes* (1953), *The Seven Year Itch* (1955), *Bus Stop* (1956), *Some Like It Hot* (1959), and *The Misfits* (1961).

■ CHINESE MASSACRE

June 4, 1989

The Chinese government ordered its troops to open fire on unarmed protesters in Tiananmen Square, Beijing. The protest had started on Apr. 16 as about 1,000 students marched to mourn the death of Hu Yaobang, a pro-reform leader within the Chinese government. Despite government warnings, pro-reform and pro-democracy demonstrations continued for a month draw-

ing ever-larger crowds of young people, eventually totalling over one million people. The government imposed martial law on May 20 and brought in troops. In the pre-dawn hours of June 4, the People's Army, using tanks, machine-guns, clubs and tear gas, opened fire on the unarmed protesters. Armoured personnel carriers then rolled into the square crushing students still sleeping in their tents. The Chinese government later claimed only 300 died in the attack. U.S. estimates put the toll at over 3,000. Following the massacre, over 1,600 demonstrators were rounded up and jailed, with 27 executed.

■ SMALL STEP FOR SHEEP, BIG STEP FOR ANIMALS

June 5, 1783

The first sustained flight occurred as a hot air balloon was launched at Annonay, France, by brothers Joseph and Jacques Montgolfier. Their 33-foot-diameter globe aerostatique ascended about 6,000 feet. Its flight covered two kilometres and lasted 10 minutes. Word of their success quickly reached Paris. In September, they repeated the experiment for King Louis XVI. There was some concern about the effects of flight into the upper atmosphere on liv-



ing creatures. The king proposed to launch two criminals, but the inventors decided to use animals: a sheep, called Montauciel (climb-to-the-sky), a duck and a cockerel.

■ RETURN TO THE PASTORAL

June 7, 1848

French painter Paul Gauguin (1848-1903) was born in Paris. He worked as a stockbroker, then became a painter in middle age. He left Paris and moved to Tahiti where he developed an interest in primitive art. Among his best known paintings are *Vision After the Sermon* (1888), *When Shall We Be Married?* (1892), *Holiday* (1896), and *Two Tahitian Women* (1899). His style using broad, flat tones and bold colours, inspired artists such as Edvard Munch, Henri Matisse, and the young Pablo Picasso.

■ KENNEDY ASSASSINATED

June 5, 1968

Robert F. Kennedy was shot and mortally wounded while leaving the Hotel Ambassador in Los Angeles. The shooting occurred after a celebration of Kennedy's victory in the California presidential primary. He died on June 6 aged 42. President John F. Kennedy had made his brother and campaign manager, U.S. Attorney General

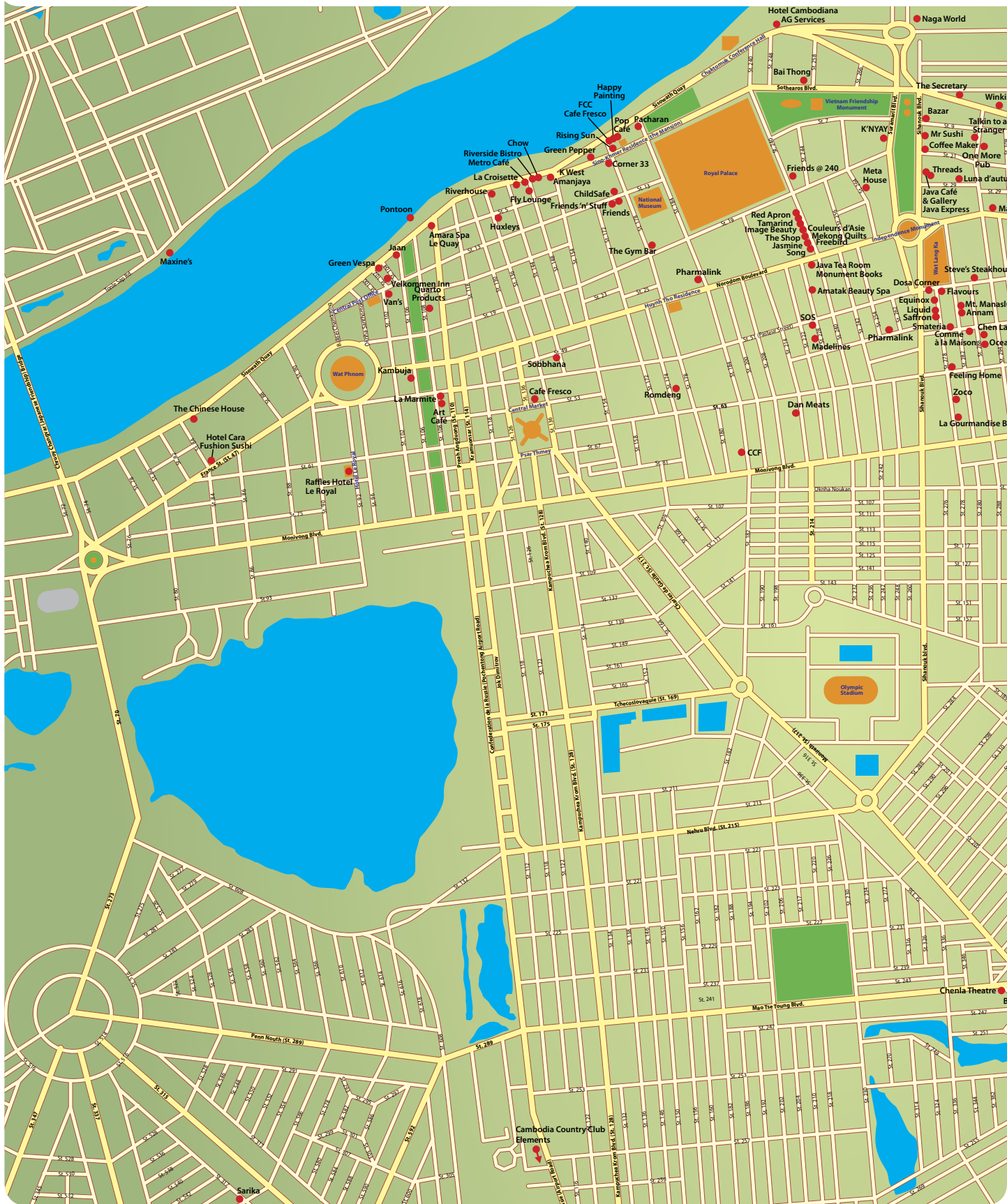
in 1961. Robert served as the president's closest confidant. After the assassination of JFK, Robert remained as Attorney General until 1964, when he resigned to make a successful run for the U.S. Senate from New York. Allied with the plight of the poor and disadvantaged in America, he spoke out against racial discrimination, economic injustice and the Vietnam War. In March of 1968, he announced his candidacy for the presidency and with the win in California, he appeared headed for the nomination.

■ WATERGATE – THE BEGINNING

June 17, 1972

Following a seemingly routine burglary, five men were arrested at the National Democratic Headquarters in the Watergate complex in Washington, DC. However, subsequent investigations revealed the burglars were actually agents hired by the Committee for the Re-election of President Richard Nixon. A long chain of events then followed in which the president and top aides became involved in an extensive cover-up of this and other White House sanctioned illegal activities, eventually leading to the resignation of President Nixon on August 9, 1974. ■

phnom penh: central





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■ GEMINI (MAY 22 – JUN. 21)

Happy Birthday Gemini! Your ability to persuade, enchant, and delight others returns with gusto this month after a few weeks of possible misunderstandings in May. Nevertheless, energy and vitality might sometimes be lacking, as you require more rest and time for reflection. There's a lot going on behind the scenes, and you might find yourself re-evaluating important parts of your life. Partnerships require sensitivity around the Full Moon.

■ CANCER (JUN. 22 – JUL. 22)

Your social calendar is busy this month, Cancer. Networking, spending time with friends, and group activities bring much stimulation. While you're certainly planting a few seeds for the future, your thoughts also turn to the past, as you review what has been working for you, and what needs to be left behind. The New Moon on the 22nd brings a sense of renewal and a new personal beginning. Conflict with a significant other might set the stage for change.

■ LEO (JUL. 23 – AUG. 22)

There's a spirit of competitiveness in your work this month, Leo, which can be quite invigorating and pleasant. Your ambitions are stimulated, and you easily find motivation to accomplish exactly what you set out to do. June is a strong period for making connections, particularly professional ones. Status quo in your love life is broken around the Full Moon on the 7th, and you're ready to have some fun. The need for rest becomes apparent at the New Moon on the 22nd.

■ VIRGO (AUG. 23 – SEP. 23)

Even though you have been taking life rather seriously recently Virgo, you're bound to surprise a few people this month with a more playful and spirited attitude. While professional matters remain a strong focus, you're very willing to put your business manner aside outside of the office. Your joie de vivre attracts positive attention this month. Your need for the support and company of friends becomes apparent in the last week of this month.

■ LIBRA (SEP. 24 – OCT. 23)

Intensity of feeling and an adventurous spirit are your themes this month, Libra. You are not accepting things at face value, particularly when it comes to close personal relationships. Superficial interactions fail to satisfy you, and the urge to get to the bottom of matters is strong. While there is much to discover this month, you might be reading too much into the situation. A desire for experiences that transcend the ordinary dominates. The 7th brings surprising news.

■ SCORPIO (OCT. 24 – NOV. 22)

A close relationship heats up this month, Scorpio. Whether it is your partner who is initiating exciting changes, or it's you who is looking for more spice, June brings a more impassioned approach to relating. It's a great period for enhancing or attracting love. Financial matters that you have been avoiding demand attention around the Full Moon on the 7th. The 22nd and 23rd could bring some tension surrounding work.

■ SAGITTARIUS (NOV. 23 – DEC. 21)

Your personal plans are not a big priority these days, dear Sagittarius. You are far too busy tending to others' needs and demands. Fortunately, most of these activities are enjoyable. Your charisma skyrockets on the job, and some friendly competition keeps work matters stimulating. The 7th brings surprising revelations. Financial tensions around the 22nd and 23rd motivate you to come up with a new plan.

■ CAPRICORN (DEC. 22 – JAN. 20)

June is a brilliant month for personal magnetism, Capricorn. Your love life speeds up, and creativity soars. Others appreciate your manner and style more than usual. Leisure activities figure strongly, but you are also very concerned with getting the job done. Re-organising and tending to important paper work eases your mind so that you can enjoy hobbies and entertainment without guilt.

■ AQUARIUS (JAN. 21 – FEB. 19)

A lot of your energy is poured into domestic matters this month, Aquarius, but you nevertheless find time for fun and games. In fact, you may be in the mood for entertaining in your home. You need outlets for your creative impulses, and you are seeking appreciation. A friend needs support on the 7th. The last week of this month brings health, work, and daily routines into focus. The urge to re-organise is strong.

■ PISCES (FEB. 20 – MAR. 20)

Your creative self-expression is strong this month, Pisces. Any writer's block or problems expressing yourself will disappear. The urge to reach out and communicate with others is powerful now, and might even be profitable! Honest, hearty conversations with important people in your private life are satisfying and productive. The 7th brings a flurry of professional activity that demands your attention.

■ ARIES (MAR. 21 – APR. 20)

The desire to plump your nest and acquire possessions this month is very strong, Aries. You're probably going to have to keep an eye out for impulse buys, but there's no harm in spending on some luxury items within your means. You might have great ideas about how to make money, but watch for spending whatever gains you make now. June 20th to 22nd are intense, lively days for you, particularly when it comes to love relationships.

■ TAURUS (APR. 21 – MAY 21)

It's an exceptionally self-expressive and exhilarating month for you, Taurus. You are filled with energy, initiative, and vitality, and have the powers of attraction on your side to boot. Reflection and rest in the past months begins to pay off, and you feel more confident going after what you want. The 20th to 23rd is strong for animal magnetism, but money matters might be the subject of conflict or stress with a partner. This is also possible around the Full Moon on the 7th. ♀

■ CELEBRITY BIRTHDAYS THIS MONTH

Figures in brackets represent the age they will be on their birthday.

Jun. 1 – Alanis Morissette (35), Morgan Freeman (72); Jun. 3 – Rafael Nadal (23), Anderson Cooper (42); Jun. 4 – Angelina Jolie (34); Jun. 5 – Mark Wahlberg (38); Jun. 6 – Bjorn Borg (53); Jun. 7 – Prince (51), Liam Neeson (57); Jun. 9 – Natalie Portman (28), Johnny Depp (46), Michael J Fox (48); Jun. 10 – Liz Hurley (44); Jun. 11 – Hugh Laurie (50); Jun. 13 – Richard 'John Boy Walton' Thomas (58), Malcolm McDowell (66); Jun. 14 – Donald Trump (63); Jun. 15 – Ice Cube (40); Jun. 18 – Isabella Rossellini (57); Jun. 20 – Nicole Kidman (42), John Goodman (57); Jun. 22 – Meryl Streep (60); Jun. 23 – Frances McDormand (52); Jun. 25 – George Michael (46); Jun. 26 – Chris O'Donnell (39); Jun. 27 – Tobey Maguire (34); Jun. 28 – John Cusack (43), Kathy Bates (61), Mel Brooks (83); Jun. 30 – Michael Phelps (24), Mike Tyson (whatever age he says). ♀

The QuizMaster

■ RED

1. What is the name of Snow White's sister?
2. Which of the Teletubbies is red?
3. Which three songs with the word red in the title topped the U.K. charts in the 1980s?
4. Who wrote the novel The Hunt for Red October?
5. Which was the first organisation to win two Nobel peace prizes?
6. Which song ends with the line, "You'll Go Down In History"?
7. Who played the character of Red in the 1994 film The Shawshank Redemption?
8. In a greyhound race, which trap number wears a red jacket?
9. Which pop group began life as The Frantic Elevators?
10. What was formerly known as the Arabian Gulf?

■ HOT

11. Who played Hot Lips Houlihan in the television programme M*A*S*H?
12. In Thai the bird's eye chilli pepper is called phrik khii nuu, what is the unappetising English translation of this?
13. Which film featured a striptease group called Hot Metal?
14. Who wrote the play Cat on a Hot Tin Roof?
15. Which song contains the lyric, "You can almost taste the hot dogs and french fries they sell"?
16. In Romanian it is called vin fier, in Danish Gløgg, and in German Glühwein

- what do we call this hot drink in English?
17. Which Irish rock band had their only top 20 hit with Don't Go?
 18. In 1987, how did Richard Branson and Per Lindstrand cross the Atlantic?
 19. The Naga Jolokia from Northeast India holds the record for the world's hottest what?
 20. Which hot drink was originally known as Johnston's Fluid Beef?

■ DAYS

21. Which day did the Rolling Stones sing about in 1977?
22. Who appeared from a cake to sing Happy Birthday to President Kennedy?
23. Which film and novel tell of the attempt to assassinate Charles de Gaulle?
24. Who won an academy award for his portrayal of Christy Brown in the film My Left Foot?
25. What actor said in A Day at the Races "Either he's dead or my watch has stopped"?
26. Who co-starred with Doris Day in Pillow Talk?
27. On what day before Lent are pancakes traditionally eaten?
28. Which city was besieged for 872 days in the 1940s?
29. On what day of the week was Solomon Grundy married?
30. Which song ends with the words "This'll be the day that I die"?

■ ANSWERS ON PAGE 79

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

5	2	8	6	9	4	1	7	3
1	6	7	8	3	2	9	5	4
4	9	3	7	5	1	8	2	6
6	5	1	2	4	6	7	3	8
3	7	6	1	8	5	4	9	2
8	4	2	9	7	3	6	1	5
2	8	4	5	1	6	3	6	7
6	3	9	4	2	7	5	8	1
7	5	1	7	3	6	8	2	9

■ EASY

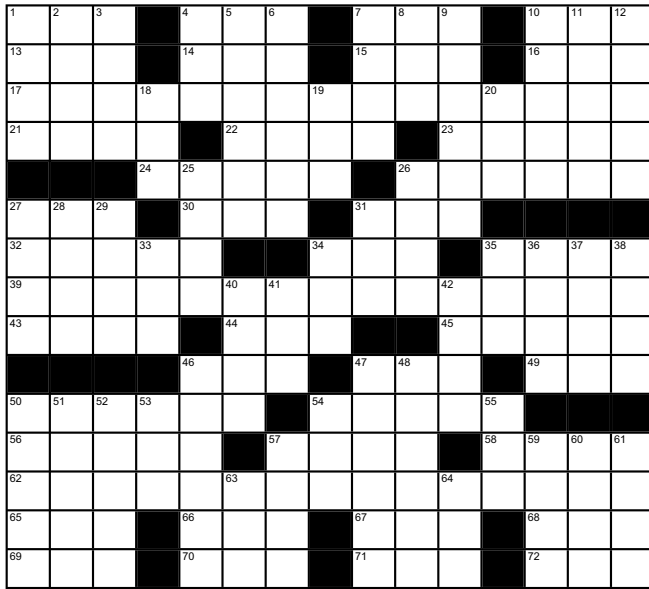
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Colourful Language



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ACROSS

- 1 Bag for liquids
- 4 Appropriate
- 7 Alabama hours in winter
- 10 Wrap (up)
- 13 Computer tower, basically
- 14 Bambi's mother
- 15 More than aye
- 16 A good listener
- 17 Been to the beach?
- 21 Boyfriend
- 22 Pipe or tube
- 23 Steamroll
- 24 Use power
- 26 Tune
- 27 Toward the stern
- 30 Anger
- 31 Screen, as employees
- 32 TV's Vice city
- 34 Negative prefix
- 35 Rotary-wing aircraft, informally
- 39 Almost never
- 43 Ledge preceder
- 44 US planet saving org
- 45 Read for a purpose
- 46 International fight
- 47 Target of many a celery stick
- 49 The Wonder Dog, and Horse
- 50 Shred
- 54 Omens
- 56 Clothing only worn by a man at a BBQ
- 57 Date or time seeking word
- 58 Having ability
- 62 Have a great night out
- 65 Beer additive in PP
- 66 He might turn into a yob
- 67 Significant time
- 68 "Hail, welcome"
- 69 Like many Communist flags
- 70 Agreeable word
- 71 Ten (prefix)
- 72 Traditional 10th wedding anniversary material

DOWN

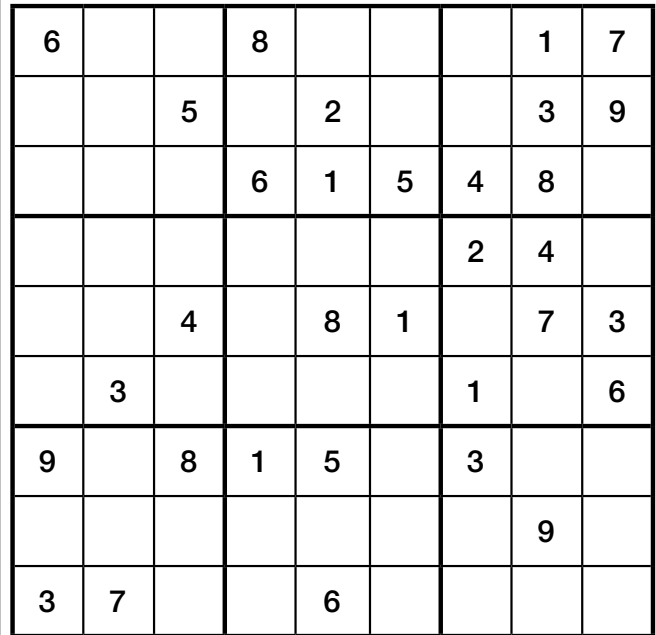
- 1 Wound covering
- 2 Recess

- 3 Fidel's island
- 4 Hubbub
- 5 Word with gun or baking
- 6 Term (of political office)
- 7 Liquid filled bubble
- 8 Ocean's younger brother
- 9 Pill
- 10 Power control mechanism
- 11 Dog-____: well used, as a magazine
- 12 Cleverly
- 18 Regret
- 19 Several scenes
- 20 Jellied or electric
- 25 What the clock should not strike
- 26 Restaurant reading material
- 27 Cambodian steamed fish dish
- 28 Twain's Huck
- 29 Mexican fare
- 31 A dial marked 11 on a Spinal Tap amp
- 33 Kitten's cry
- 34 Hoops top league
- 35 7 across + 6 hours
- 36 "Stand by ____ man"
- 37 Cycled
- 38 Form of quartz, often banded
- 40 Close
- 41 4th mth
- 42 Sports channel
- 46 "A fly _____", Mike McClintock book
- 47 Ate sparingly
- 48 Deliberately not notice
- 50 Pig-like mammal
- 51 Quickly
- 52 Attempted
- 53 100 cubic feet, when measuring a ship
- 54 Ship pronoun
- 55 Diego's opener
- 57 Wherefores' partner
- 59 Younger sibling, often
- 60 Strauss partner
- 61 First garden
- 63 One on 10 little piggies
- 64 Lady soldiers grp

ANSWERS ON PAGE 78

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!



Level: Easy

Gwan Ching Lee's time: 10 mins

ANSWERS ON PAGE 85

Quote Unquote

THE ENVIRONMENT

Green may be the colour, but is it a rich man's world?

"We do not inherit the earth from our ancestors, we borrow it from our children."

— Native American Proverb.

"Because we don't think about future generations, they will never forget us."

— Henrik Tikkanen.

"Suburbia is where the developer bulldozes out trees, then names the streets after them."

— Bill Vaughan.

Tip #3

Say **hello** and also ask "How are you" as well

"Sok Sabay"



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