

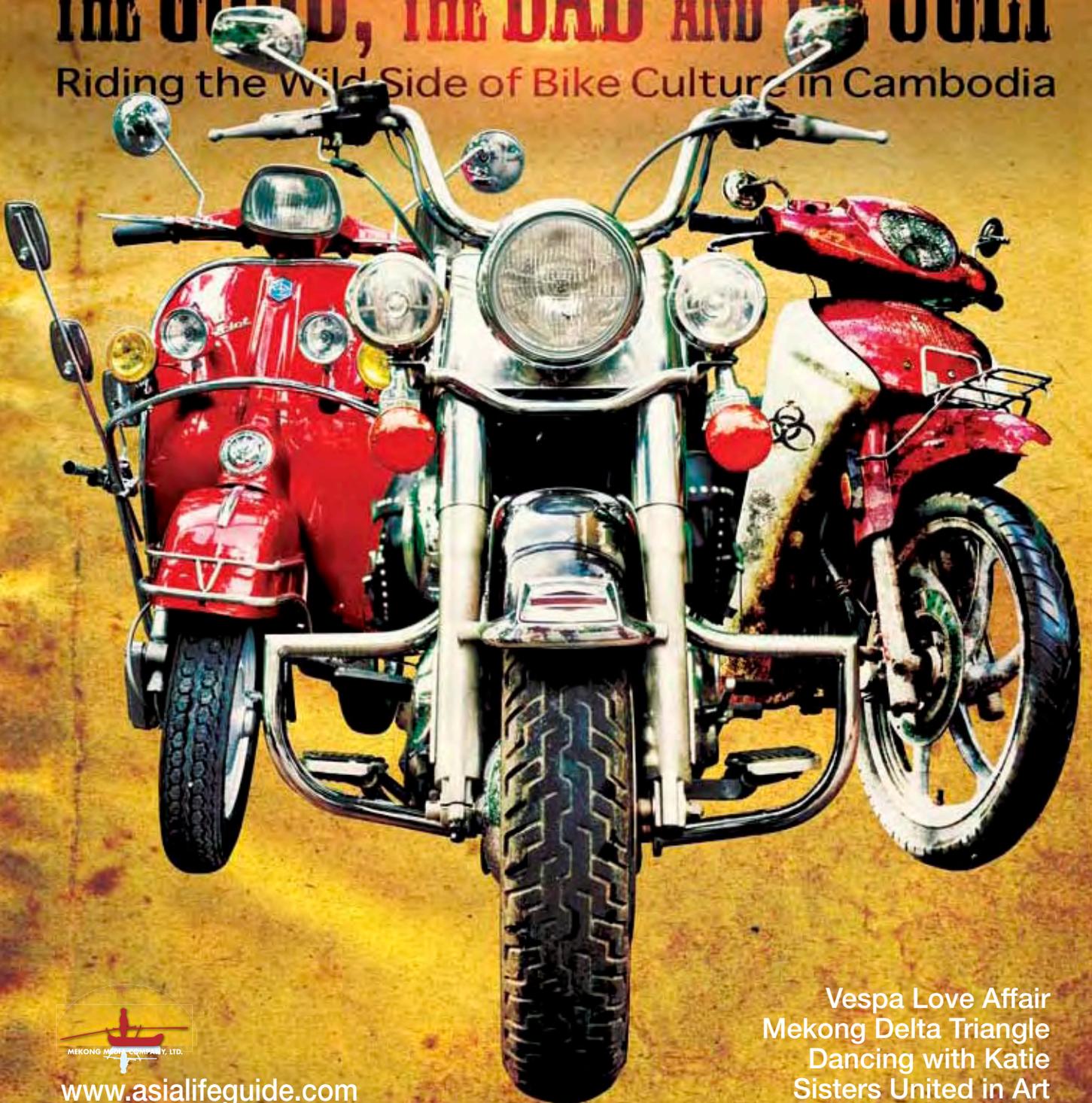
PHNOM PENH

ASIALIFE guide

072009
ISSUE 31
US\$1

THE GOOD, THE BAD AND THE UGLY

Riding the Wild Side of Bike Culture in Cambodia



Vespa Love Affair
Mekong Delta Triangle
Dancing with Katie
Sisters United in Art



www.asialifeguide.com

What's on in July!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Fresco Chillout Sessions! 5-9pm Everyday</p> 		<p>loco Wednesdays PACHARAN <i>Sips & Snags</i></p>	<p>fully booked</p>	<p>chow Happy Hours 4-8 pm daily</p>		
<p>@the Happy Hours 5-7 pm daily</p>	<p>Fresco Chillout Sessions! 5-9pm Everyday</p> 		<p>Fresco Chillout Sessions! 5-9pm Everyday</p> 	<p>@ chow roof top 8pm</p> 	<p>Fresco Chillout Sessions! 5-9pm Everyday</p> 	
	<p>chow Happy Hours 4-8 pm daily</p>	<p>loco Wednesdays PACHARAN <i>Sips & Snags</i></p>		<p>Fresco Chillout Sessions! 5-9pm Everyday</p> 		
<p>fully booked</p>	<p>@the Happy Hours 5-7 pm daily</p>	<p>Fresco Chillout Sessions! 5-9pm Everyday</p> 	<p>SALSA NIGHT FEATURING DJ JIMMY @ pacharan</p>		<p>Fresco Chillout Sessions! 5-9pm Everyday</p> 	<p>@the Happy Hours 5-7 pm daily</p>
<p>Fresco Chillout Sessions! 5-9pm Everyday</p> 		<p>loco Wednesdays PACHARAN <i>Sips & Snags</i></p>	<p>Fresco Chillout Sessions! 5-9pm Everyday</p> 	<p>chow Happy Hours 4-8 pm daily</p>		



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Editorial

REGULAR READERS WILL have noticed a change in AsiaLIFE Guide this month – there’s a US\$1 cover charge. For the last two-and-a-half years we have been giving the magazine away for free, so why have we now started charging for it?

The short answer is that like many other businesses we have been affected by the global downturn. Advertising revenue – our only source of revenue – has become increasingly unstable. In order to maintain, and improve, the high standards we have set ourselves, we decided last month to introduce this small charge.

This month you will see our new stands around town. They have a tray in the base. The system is simple – you take your copy of AsiaLIFE Guide and slip a US\$1 note in the slot. It’s an honesty box. If you want to take a copy of the magazine and not pay for it, you can. It’s up to you, but we feel that US\$1 represents remarkable value for money.

Below are a list of bars, restaurants and hotels around town where you can get a copy of AsiaLIFE Guide. In addition all advertisers will receive a few complimentary copies so regular customers can read the magazine on the premises.

We have also agreed with Monument Books to retail AsiaLIFE Guide at various outlets around town. Currently you can buy the magazine for US\$1 at:

Monument Books,
111 Norodom Blvd.

Monument Books,
Phnom Penh Airport International Departure Lounge,

Thai Huot Market,
Monivong Blvd.

Caltex Bokor, Cnr. Monivong & Mao Tse Tung Blvds.
 Caltex Boeung Keng Kang, 156 Norodom Blvd.
 Caltex Calmette, Cnr. Monivong Blvd. & Street 86.

The final way you can receive your copy of AsiaLIFE Guide is delivered to your home. For US\$10 per year we will deliver a copy of the magazine direct to your office or home. To be added to our subscription list simply email us at: mark@asialifeguide.com

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 Liquid
 Meta House
 Metro Café
 Nature & Sea
 Ocean
 Pacharan
 Pop Café
 Rising Sun
 Riverside Bistro
 Romdeng
 Singapore Kitchen
 Talkin to a Stranger
 The Pavilion
 The Shop
 Winking Frog

Mark Jackson
 Publisher – AsiaLIFE Guide

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scrapbook

kaleidoscope

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bar stool

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2009

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www.standupcambodia.net



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PHNOM PENH AsiaLIFE guide

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in the penh

The Month That Was

elsewhere, superfly, catwalks, mamma mia



@Elsewhere – Train Station



@Prommeses – Lingerie Launch

THE ELSEWHERE FIRST Friday Party might be officially dead, but the reincarnation party occurred at the Railway Station on Jun. 5. The capital's partygoers gathered at the half-derelict train station in eager anticipation. Local band Mekong Pirates opened the night, followed by DJs Dr WahWah and Paul, as well as newcomer Clockwork Soul, who is taking the Penh with storm. Apart from the music and general merrymaking, many in the crowd came to have a peek at the cathedral-like building and disused railway tracks. Check out our website's events calendar, as the rumour mill says something special will happen on Bastille Day, Jul. 14.

The following Friday (Jun. 12) saw the long-awaited launch of Superfly at Pontoon Lounge. With a mixture of funk, soul, disco, Latin, breaks, beats and treats, the night promised to be unlike anything seen or heard before in Phnom Penh. It didn't disappoint. Superfly on the second Friday of each month promises to be the hottest night of the month, each month.

Elsewhere, the Penh was distinctly fashionable in June. Prommeses launched its range of lingerie on Jun. 11 at an exclusive fashion show – all the guests were women. This was followed by Charlie's Angels at



@FCC – Mamma Mia

Gasolina on Jun. 19. Although men were allowed in this time, the show was still tailored to a specific market – rainwear. The following day (20) Cambodia's top modelling agency opened its own designer range. IChing was the venue for Sapor's entrance into the design-side of the world of fashion.

As always, Java Café was the centre of the art scene with the opening of Ouer Sokunthey's latest exhibition on Jun. 5, although the unveiling of Maria Stott's The Building Project (Jun. 11) at the Bophana Audiovisual Resource Centre was just as eagerly anticipated. Rivalling these for the cultural highpoint of the month was the Nou Hatch Journal Poetry Festival (Jun. 16-19).

Poets from Northern Europe and Cambodia exchanged ideas in a series of workshops and readings. Read next month's AsiaLIFE Guide for the launch of a new Book Festival to be held in Phnom Penh in October.

Finally, what would life be like without some good old-fashioned frolicking? The end of May (30) saw Mamma Mia take to the FCC's rooftop. Young and old alike showed that there is still a market for 70s disco, especially when the National Museum is the dance-floor's backdrop. Keep abreast of the next show – Grease meets Saturday Night Fever is the word on the street. The previous evening saw the launch of the Green Vespa's regular night. If the first



@Gasolina – Rainwear Fashion show

event is anything to go by, this might become as regular a part of the Penh's social calendar as the First Friday Part was.

Photos by Nathan Horton and Conor Wall. To see more visit the photo galleries at: www.asialifeguide.com

*If you want your event to be covered by AsiaLIFE Guide's photographers email: mark@asialifeguide.com. **F***

News & Events

clouds, promesses, safety, locate, arts

■ PROMISSES AND PROMESSES

Jun. 11 saw the grand opening of Kaprices and Promesses lingerie shop. This inaugural event was a male dream come true with a hundred and one female guests. A boudoir boutique full of bras and negligées presented like collection pieces, huge but intimate changing rooms and catwalk models with slinky dresses and sexy underwear cheered on by an ecstatic crowd, this event was for women only.

“Our models are not prepared to accept men in the audience,” said the owner of Promesses Lingerie. Yet, they are counting on their female guests to convince their men to go to there with a very special shopping list!

French Aubade, available at Promesses, is the first luxury clothing brand to penetrate the Cambodian market. Others may follow this encouraging lead. Seeing a fashion runway show, and all these women’s enthusiasm, is definitely a sign of a changing Cambodian mentality. Maybe next time the boys will be allowed in.

Promesses Lingerie, 20 Street 282

■ NOU HATCH POETRY FESTIVAL

Last month saw a festival of poetry and ideas organised by Nou Hatch Literary Association and supported by AsiaLIFE Guide. A series of events involved the collaboration of European and Cambodian

poets in workshops and readings. Nou Hatch selected one poem – Clouds – written by Yin Luoth and translated by John Marston to feature in this month’s magazine.

■ CLOUDS

*“Clusters of clouds, dispersing, you
Alter your form, are white, then black,
At times transform as rain. Your life
Unsure despite the sway of height.”*

■ MAKING ROADS SAFE

The Asia Injury Prevention Foundation (AIP Foundation) called for a “Decade of Action for Road Safety” in a ceremony held at Wat Botumwatey School on Jun. 5. AIP Foundation and the Ministry

of the Interior distributed 880 helmets to children and teachers of Wat Botumwatey and Chaktomoc schools to help reduce road accidents.

“The programme educates about the importance of helmet use, distributes helmets and implements extracurricular activities at schools to keep helmet rates high,” said AIP Foundation President Greig Craft. Each year 1.3 million people are killed in road accidents worldwide. AIP’s target is to reduce fatalities by 50 percent by 2020.

■ NEW LOOK FOR JAVA TEA

Coinciding with the arrival of premium teas from TWG Teas of Singapore, Java TeaRoom

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Register at <http://ukincambodia.fco.gov.uk> and click on LOCATE



The British Embassy Phnom Penh has consular responsibility for unrepresented Commonwealth Nationals, certain EU Nationals as well as British Nationals



Cambodia
National
Volleyball
League Schedule

Friday 24th July 2009	Score
Kompong Speu CTN Koupreys vs. Siem Reap Globe Eagles	
Battambang MOSVY Tigers vs. Kompong Cham Berkeley Uni Bulls	
Kompong Speu Global Giving Scorpions vs. Kratie Nike Changemakers Dolphins	
Kompong Cham Berkeley Uni Bulls vs. Prey Veng Kingmaker Cobras	
Kratie Nike Changemakers Dolphins vs. Takeo ISPP Templestowe Falcons	
Kompong Speu CTN Koupreys vs. Phnom Penh ANZ Royal Dragons <i>Live to Air CTN: 7.30 pm</i>	
Saturday 25th July 2009	Score
Kompong Speu Global Giving Scorpions vs. Siem Reap Globe Eagles	
Phnom Penh ANZ Royal Dragons vs. Takeo ISPP Templestowe Falcons	
Battambang MOSVY Tigers vs. Kratie Nike Changemakers Dolphins	
Kompong Speu Global Giving Scorpions vs. Pailin Stadt Frechen Lions	
Prey Veng Kingmaker Cobras vs. Siem Reap Globe Eagles	
Pailin Stadt Frechen Lions vs. Phnom Penh ANZ Royal Dragons	

has had a makeover. The walls are now a brilliant red and the couches a classical black, with soft touches provided by the Chinese silk cushions. The teas themselves, from classic Earl Grey to Moroccan mint to Japanese Emperor tea, range from US\$2 to US\$2.90. Now there's no excuse for enjoying your high tea in style.

Java TeaRoom, at Monument Books, 111 Norodom Blvd.

■ **BEELINE OLYMPIC RUN**

On Jun. 18 the country's latest mobile phone operator Beeline organised a run to celebrate the Queen's Birthday and the 115th anniversary of Olympic Day Run. "Beeline is proud to sponsor the Olympic Day Run," said Benoit Janin, Commercial Director of Beeline. "This is an opportunity for us to support the sport sector in Cambodia and to assist our partner in better promoting health educational in the country." The run, which started and finished at Hun Sen Park, was over a distance of two miles.

■ **LOCATE REGISTRATION**

LOCATE is an online consular registration database launched by the U.K.'s Foreign & Commonwealth Office. The British Embassy in Phnom Penh currently has consular responsibility for 63 nationalities including un-represented Commonwealth and E.U. countries, including Holland, Ireland and New Zealand. People can enter their travel insurance details along with any emergency contact details and next of kin. As it is confidential – only authorised consular staff have access to the database – registrants can also enter any important health

information, which would assist in their medical treatment should they be injured and unable to communicate.

Teachers, social workers and those working with children and young people will need to obtain some form of police clearance certificate upon trying to find work back home. The British Embassy can provide a consular clearance certificate of good behaviour only to those people who have registered on LOCATE. The same applies to anyone applying to join the U.K. armed forces, or those wishing to emigrate to certain countries, which may require such a certificate. In addition, the Cambodian authorities have also introduced a requirement that foreign marriage applicants produce this type of certificate. It makes sense to LOCATE.

■ **RATTANAKIRI PERFORMING ARTISTS**

Twenty-five artists from Yeak Loam Performing Arts group – a community of ethnic minority musicians and performers – will travel to Phnom Penh in July to record their work with Cambodia Living Arts (CLA). This marks a double first. Indigenous music has never before been recorded at CLA's studio, and it will be the first time the Yeak Loam Performing Artists have had their work professionally recorded.

Formed three years ago, the Yeak Loam Performing Arts group is renowned throughout Rattanakiri. Phnom Penh audiences will also have the unique opportunity to see the performers play at Gasolina on Jul. 24, where their handmade instruments such as the cha pei klook and mem will be on sale. Dancers will accompany the musicians.

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poses more challenging, and balancing all but impossible,” said organiser Kate Liana. “But moving through the poses in the fresh air, watching the small riverfront houses and fishing boats made for a peaceful, beautiful afternoon.” The class finished watching the last rays of the sun glint off the water, as the troupe sailed back to the riverside. The next outing will be on Jul. 18, starting at 4pm.

For further details, please contact Kate Liana, kate@kateliana.com.

MUSIC/LISTEN TO: RAINFOR-EST WORLD MUSIC FESTIVAL

It’s not too late to get your ticket for the world music festival in Borneo on Jul. 10 to Jul. 12. Featuring artists and groups from all over the world, this unique festival combines daytime workshops, lectures and jamming sessions with evening performances all in the heart of the Borneo jungle. One-day passes cost RM90 (around US\$25) for adults and RM45 for children (or RM 100 and RM55 at the gate) and can be purchased online at: <https://ticketcharge.comd.my>.

For more information log on to www.rainforestmusic-borneo.com

Yeak Loam Performing Arts Group, Gasolina, Street 57, Jul. 24, entry US\$5.

SMARTING UP TO A CLEAN ANGKOR

Smart Mobile, in cooperation with the student association of the Royal University of Law

and Economics held a “Green Environment at Angkor” campaign from Jun. 4 to 7 in Siem Reap. Coinciding with International Environment Day (Jun. 5), 150 students and guests cleared rubbish from Angkor Wat and Angkor Thom.

SUNSET YOGA ON THE MEKONG

On Jun. 6, the second Sunset Yoga set off from Phnom Penh to cruise the Mekong. One of the large riverside boats was cleared of furniture, and converted into a matted, al fresco yoga studio. “The waves made even simple

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calendar

July

ashes, superfly, films, punks, pontoons, quizzes

sunday

monday

tuesday

wednesday

thursday

28

29

30

01

02

Ladies lunch
At the Regency Café Intercontinental
US\$18 (11.30am-2.30pm) no men

Loco Wednesdays

Vespa Wine Wednesday

Pontoon Ladies Night

Global Hybrid
Exhibit featuring Cambodian contemporary artist opening at 6pm at Meta House

Talkin Lamb

Glory Hole Gay Night at Pontoon

05

Straight Refugee
Film at Meta House, 7pm

Killing of America
Film at Meta House, 7pm

D'Sco
The Geckos of Love play bluesy rock / pop / jazz at Talkin to a Stranger from 4pm

Intercon Sunday Brunch

Pontoon - One Drop Sundays

06

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

07

Iris Chang
Film at Meta House, 7pm

Cartouches Gauloises (Summer of 62)
Film by Medhi Charef at Le Cinema, CCF at 7pm

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

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



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

InterCon Ladies lunch

Ashes Series
First test starts at 5pm

Vegetarian Night
5 types of vegetable @ Saffron Restaurant US\$6 from 7pm - 9pm reservations 012 247 832

Pontoon Ladies Night

Vespa Wine Wednesday

Loco Wednesdays

09

Joop
Film at Meta House, 7pm

Talkin Lamb

Glory Hole Gay Night at Pontoon

12

Scales of Justice
Film at Meta House, 7pm

Phnom Penh Ashes Cricket
England takes on Australia (cnr. of Streets 63 and 360) at 10.30am (see page 58 for details)

Soul, Ska & Scooters
Best in 60s soul, motown, northern soul, ska, rocksteady & bluebeat with sangria and Sol from 3pm till 8pm, The Winking Frog

Intercon Sunday Brunch

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

13

Vespa Malt Monday

14

The Mystery of Picasso
Film at Meta House, 7pm

Alley Cat Rib Night

Gym Bar Quiz

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

15

Khmer Contemporary
Film at Meta House, 7pm

Pontoon Ladies Night

Vespa Wine Wednesday

Ladies lunch
At the Regency Café Intercontinental
US\$18 (11.30am-2.30pm) no men

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

16

'ScreenDocs' Rocks
Film at Meta House, 7pm

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

Glory Hole Gay Night with Cabaret Dancers at Pontoon

19

ER
Film at Meta House, 7pm

Midnightpiece
Film at Meta House, 7pm

D'Sco
The Geckos of Love play bluesy rock / pop / jazz at Talkin to a Stranger from 4pm

Pontoon - One Drop Sundays

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

20

Vespa Malt Monday

21

Burnt Theatre
Film at Meta House, 7pm

Gym Bar Quiz

Talkin Head Trivia

Alley Cat Rib Night

Total eclipse of the Sun

Visible from within a narrow corridor that traverses half of Earth. The path of the Moon's umbral shadow begins in India and crosses through Nepal, Bangladesh, Bhutan, Myanmar and China.



Ladies lunch
At the Regency Café Intercontinental
US\$18 (11.30am-2.30pm) no men

Pontoon Ladies Night

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

Loco Wednesdays

23

The One Who Set Forth
Film at Meta House, 7pm

Expired
Film at Meta House, 7pm

Salsa Night
DJ Jimmy at Pacharan from 8pm to late

Talkin Lamb

Glory Hole Gay Night with Cabaret Dancers at Pontoon

26

The Truth about China's Cultural Revolution
Film at Meta House, 7pm

Pontoon - One Drop Sundays

Intercon Sunday Brunch

27

Vespa Malt Monday

28

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

Gym Bar Quiz

Alley Cat Rib Night

29

Kids Behind the Camera
Film at Meta House, 7pm

Ladies lunch
At the Regency Café Intercontinental
US\$18 (11.30am-2.30pm) no men

30

Pay or Die and Messenger Band
Film at Meta House, 7pm

Pakistani Food
Biryani, Kebab and Saladrita (US\$5) from 11.30am to 10pm at Saffron Restaurant (reservations 012 247 832)



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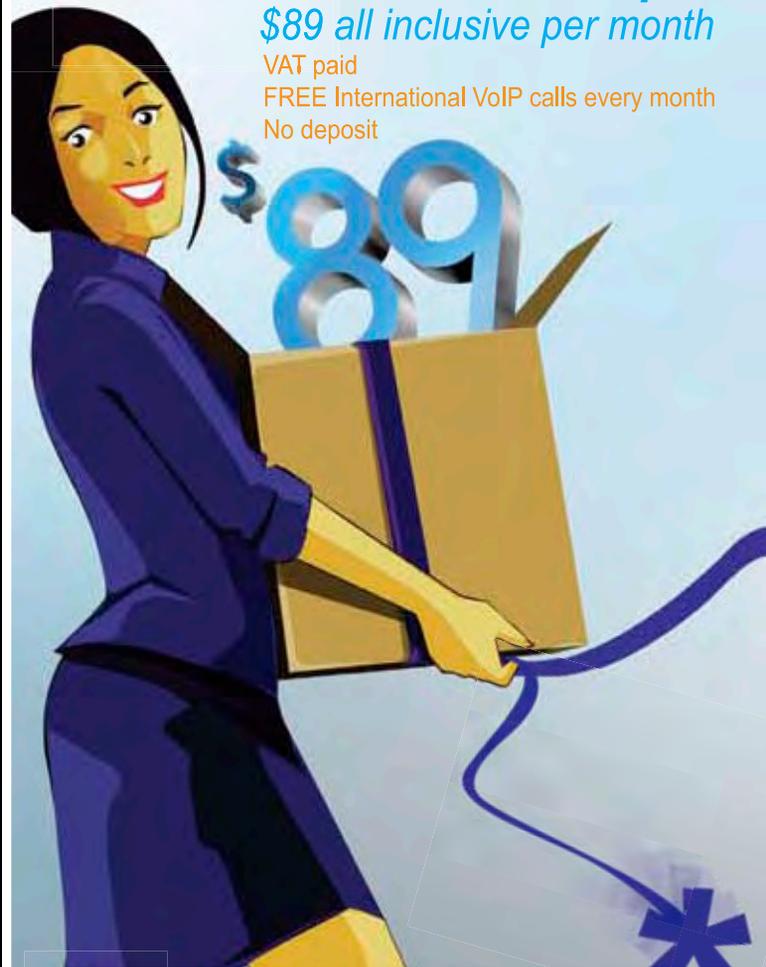
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friday

02

Kampuchea: Death & Rebirth
Film at Meta House, 7pm
The Boat Goes, the Pontoon Stays
Exhibition by Asia Motion photographers opens at Java Café from 6pm

Housexy
DJ Achaya, DJ Rob Little and DJ Stevie J at Pontoon Lounge

Desengagement
Film by Amos Gitai at Le Cinema, CCF at 7pm

Café Monivong Seafood Buffet
Hellhounds @ Velkommen Inn
Winking Frog Live Band

10

New Year's Baby
Film at Meta House, 7pm
Superfly Warm-Up Party
Resident DJs Clockwork Soul, Juveris and Stephane B get you in the mood at Rubies Wine Bar from 8pm

Café Monivong Seafood Buffet

Superfly
DJs Clockwork Soul and Juveris spinning the funkiest tunes at Pontoon

DJ Marine
Plays house music on Chow's rooftop from 8pm to 11pm

Hellhounds @ Velkommen Inn
Winking Frog Live Band

17

Dengue Fever Live!!!
Film at Meta House, 7pm
Housexy @ Pontoon Lounge
DJ Tim Coates, DJ Rob Little and DJ Stevie J at

Café Monivong Seafood Buffet

Route 66
Live @ Sharky's 9pm

Hellhounds @ Velkommen
Play Velkommen Inn every Friday from 8.30pm after 'beer o'clock'

Primitve Souls (House Mash Up) @ Pontoon
Winking Frog Live Band

21

Resuce Dawn
Film at Meta House, 7pm
Housexy
DJ Clockwork Soul plays US house music and Nu Disco beats at Pontoon Lounge

Ratanakiri Live
25 musicians and dancers at Gasolina from 7pm

Hellhounds @ Velkommen

Café Monivong Seafood Buffet

National Volleyball League
Opening round at the Olympic Stadium

Winking Frog Live Band
Alley Cat Friday Devious Dice

31

Café Monivong Seafood Buffet
Prawns, crabs, mussels, caviar... US\$25++

Keep the Cannibals on Your Right
Film at Meta House, 7pm

Housexy
DJ Achaya, DJ Rob Little and DJ Stevie J at Pontoon Lounge

Hellhounds @ Velkommen

Winking Frog Live Band
Alley Cat Friday Devious Dice

saturday

04

The Children of Krousar Thmey
Film at Meta House, 7pm

Lions Tour of South Africa
Third test starts 8pm

Twist It Up Party
Hydro Phonics, DJ Panara and guest DJ Vers@tile and Tinny Toones

4th of July Party
Curtis King Band Live @ Sharky's 9pm

Winking Frog Live Band

11

Who Am I?
Film at Meta House, 7pm

Belly Dancing
Five dancers perform at Gasolina from 7pm

Desengagement
Film by Amos Gitai at Le Cinema, CCF at 7pm

Stiff Little Punks
Play punk at The Cavern (Street 104)

DJ Marine
Plays funk and disco on FCC's roof terrace from 8pm to 12pm

Winking Frog Live Band

18

Hooked
Film at Meta House, 7pm

Love Man Love Woman
Film at Meta House, 7pm

Sunset Yoga
Sets off at 4pm. Contact kate@kateliana.com

Bad Neighbour
Plays FCC from 9pm until late

Route 66
Live @ Sharky's 9pm

Winking Frog Live Band

25

What is Wrong with Jaques Verges
Film at Meta House, 7pm

One Year Since Pontoon Sank
Anniversary party with guest DJ Charlie T

Dr JP & the Nurses
Play Sharky's 9pm with Special Guests Live

National Volleyball League
Opening round at the Olympic Stadium

TECH 12 (UK) @ Pontoon
Winking Frog Live Band

01



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■ DELI-SCIOUS

Run by importers, AusKhmer the Food Pantry opened late May next to the company's warehouse on Street 105. The small deli features a variety of many modestly priced wines (from US\$4/bottle), as well as several, mainly Australian beers, and even Strongbow cider (US\$2/ bottle). As for food, shelves full of less commonly found French delicacies are ready to tempt you. Frozen meats and fish are also available. Try the Malai crocodile meat (US\$1.70/100g) if you dare, or go more mainstream with an Australian T-Bone steak (US\$1.95/100g). Further there are cheeses, antipasti, and cold cuts, as well as a selection of sweets, teas, olive oils and other neatly packaged products. If the location is too awkward, ask for a menu and order home delivery. The shop/warehouse is usually able to accommodate your order the following day at the latest. This is just the place to find that little something you can't get in Lucky or Pencil.

The Pantry Shop, 125 Street 105. Open 10am – 6.30pm, for deliveries call 023 993 859 between 8am-5pm.

■ A HOTEL WITH A VIEW

Just as everyone is complaining about lack of tourists, what should open but a boutique hotel? Owner Tom O'Connor knows a thing or two, as he set up both the FCC Siem Reap and Metro Café on the riverside. This bijou hotel has only 12 rooms, six of them with river views. Bedecked in silver and unashamedly art deco is clearly aimed at the flashpacker set. The rooms are extremely comfort-

able with flat screen TV and separate bathroom and toilet. The efficient (for Cambodia) WiFi, good working space and spacious rooms make this a perfect business option. If available opt for one of the front rooms, where the large balconies afford great riverside views. Tom also plans to open a "fish café" on the corner of the street with Sisowath Quay towards the end of the month.

River 108, 2 Street 108, Tel: 023 218 785, www.river108.com

■ LA CLEF DE SOL

This small, boutique shop on the opposite corner of Streets 51 and 108 to La Marmite Restaurant opened recently. It has a good range of household goods and home decorations, including table-cloths, bed linen, curtains and bags. They also do made-to-order goods.

La Clef de Sol, 75E Street 108, Tel: 017 430 595. Open Monday-Saturday 10am to 7pm.

■ FRESH ROASTED COFFEE

There's a new aroma on the riverside these days. Just after Green Vespa, Café Symphonies serves six types of coffee roasted fresh on the premises. Although mainly geared towards the hotel and restaurant sector in Cambodia, customers have a choice of espresso and latte (both US\$1 for regular and US\$1.50 for large). The French management have extensive experience of the coffee business, running six coffee houses in Paris as well as some in Thailand. Worth the visit if only for the inhalation.

Café Symphonies, 81 Sisowath Quay, Open 8am to 5pm. ■

the food pantry



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Phnom Penh Life: Dancing with Katie

A leap of faith, love, and strong conviction are what brought **Katie Goad** to Cambodia. Now mother of a toddler and co-founder of Epic Arts in Cambodia, her journey from London to Kampot has not been without its challenges. Words by **Nora Lindstrom**.

ORIGINALLY FROM ENGLAND, Katie Goad arrived in Cambodia as a newlywed in December 2003. “We boarded the plane for Cambodia with our rucksacks, and I’d been crying all the way to the airport thinking, “What are we doing?” she says of her flight to Cambodia with husband and partner, Hallam. “That tiny little ‘yes’ to marriage, and suddenly we’re moving country!”

She was not without a plan, however. Inspired by the example set by her disabled father, and stirred by an integrated dance company’s performance, Katie had trained as a dancer to be able to share the joy of movement and artistic expression with people with disabilities.

■ BEGINNINGS AND RETURNS

“My father had polio when he was four, so from when I was born I always knew him as disabled,” she says. “But I never thought of him as disabled because he never thought of himself as disabled.”

Katie had always loved the arts and wanted to dance, but never had the opportunity. “Then I saw a performance by CandoCo, an internationally renowned integrated dance company, and suddenly I knew – that’s it, that’s what I’m going to do,” she explains.

Together with friends from university, she established Epic Arts in London in 2001 under the motto Every Person Counts. “We do not want people to be hindered by their disability, instead we want to encourage society to see ability, not disability,” Katie says.

In following her husband to Cambodia, Katie’s aim was to bring the concept here. Yet she found it tough settling in Phnom Penh, without a job, language skills, or friends. “So I just went around on my bicycle with my CD player to different organisations offering movement



Katie: the self-effacing woman behind Epic Arts

workshops for people with disabilities,” she says. Few understood what that meant, and being able-bodied herself, the concept was hard to demonstrate.

Then she was fortunate enough to meet Kim Sathia, a former professional dancer, who was working as a receptionist at Cambodia Trust. Sathia had been injured in a traffic accident and became a wheelchair user. Initially, Sathia was hesitant to work with Katie, having decided that since the accident, dance was in her past. After Katie started teaching at Cambodia Trust, Sathia’s interest slowly grew. “Then one day she said to me, ‘I want to dance again,’” Katie recalls.

The two set to work the very next day, exploring movements

and finding a common language through them. The result was a small piece aptly titled “The Return.”

“That piece really helped lift the face of Epic,” she says. “It helped us to show what it really was about.”

■ SETTING DOWN ROOTS

Katie and Hallam, her supportive husband, moved to Kampot in 2005. “When we first went to Kampot we thought it was too nice, but then we realised that was a silly reason not to live somewhere,” she says. Even so, leaving the urban lifestyle of Phnom Penh for rural Kampot was not easy. The final decision was based on the lack of opportunities for people with disabilities in Kampot, as well

Then one day she said to me, “I want to dance again

as links with the Deaf Development Programme already working in the area. “It felt like the right place to be,” Katie reflects.

Epic Arts Café was opened the following year.

“It was a bit of shot in the dark, because none of us knew how to cook, but it just seemed like a good idea,” Katie smiles. Three years later, the café is not only a commercial success but has become a focal point for the deaf community in Kampot. It is helping to alter people’s preconceptions about disabilities. “When people come to the café they’re surprised that our deaf and disabled staff are being paid,” she says. “Hopefully the café will serve as a positive example.”

The organisation’s new, fully accessible centre, was opened in April 2009, completing Katie’s dream from university days. “It feels very overwhelming,” she says. “The day before the centre opened I was sitting on the steps of the building. There was this amazing rainbow over Bokor Hill and that just said it all to me somehow, it was a sign of promise and hope.”

Katie plans eventually to return to England. For the next few years, however, she is committed to staying in Kampot and, like a mother, watch her project grow and mature. “I’ve seen the change in these kids from when I arrived, from when we started out in Kampot,” she says. “The deaf kids who used to be so shy and timid, now they’re in the café teaching foreigners sign-language,” she marvels. “At Epic we’re like a family,” Katie adds, acknowledging that when the day comes, it will be very hard to leave. ■

Streetsmart: Monivong Boulevard, part 2

South of Sihanouk Boulevard, Monivong Boulevard becomes somewhat less hectic and goes rather Chinese. Here is the heart of Korea Town, as well as the capital's premier club for some proper local action. Words by **Nora Lindstrom**.



The freshest fruit on Monivong

ASIA ON A PLATE

Travelling south from Sihanouk Boulevard towards Monivong Bridge, the construction site on your left is for the ultra-modern and futuristic Golden Tower. Whether anything more than a hole in the ground will ever come out of this everlasting project still remains to be seen. For the moment cranes and construction workers fill the site.

Across the road at the corner of Street 278 is Heng Heng Restaurant. Perfect for midnight munchies, it stays open twenty-four hours. Popular among locals especially at dinnertime, when you may have to wait for a table, the place is virtually deserted in the early hours. Dishes on the Khmer-Chinese menu start from around US\$3.

Heading south, don't miss out on bright and shiny L.M.S. Fresh Fruit Shop. Air-con-

ditioned and clean, the shop sells well-presented local and imported fruit at very reasonable prices. The avocados are some of the best in the Penh.

The following strip hosts a few big seafood restaurants, before famed bargain bucket Chinese Noodle House comes up on your right. The La Men noodles are handmade every morning, yet the noodle soups and dumplings are yours for just US\$1.20. Two separate dining rooms reflect the establishment's popularity. Both austere setting and decent fare are the same in both. The service is equally fast.

For something more upscale, try Japanese restaurant Yamamoto almost opposite, at the corner of Street 302. Often surrounded by Lexus cars in the evenings, it comes as no surprise that the menu features a much wider selection of whisky than

sake. Nevertheless, the sushi is perfectly passable. The set meal is US\$12 and the teppanyaki is prepared in front of your eyes by your very own chef. (Open 11am-2pm, and 5pm-10pm).

A number of more and less seedy-looking foot massage parlours line both sides of the street just before Street 310.

Korea Town starts after Street 310, with Korea Business Centre, Hana Mart food shop, and Son Ou Kong restaurant amongst other establishments. Inside the centre is a small library full of Korean manga comics. Many of the streets off Monivong on this strip also host Korean restaurants.

South of Mao Tse Tung Boulevard, only a few places are worth a visit. Hua Nam restaurant serves Chinese fare specialising in seafood and duck. The place is unquestionably one of the finest Chinese restaurants in town. The

interior is dark and wooden, with fish tanks providing amusement. (Open 11am-2pm, 5pm-10pm). On the opposite side of the boulevard is the Vietnamese Embassy. The visa section is open from 8am to 11.30am and 2pm to 4.30pm, and 9am to 11.30am on Saturdays (closed Sundays).

BABES AND BEER

For quality baby products look no further than Willi Shop south of the crossing with Mao Tse Tung Boulevard. Full of anything and everything related to little ones, the products here are all imported from France and include important essentials such as quality baby car seats. There are treats for mums too, including various cosmetics and health care products. (Open 8am-8pm.)

For a tippie different from your usual watered-down Anchor, stop at Chinese-run Man Han



Wili Shop: everything you need for the little one

Lou, the first of the Penh's two microbreweries. The establishment serves four kinds of beer – gold, red, green and stout. The red ale is a curious half-and-half mix of gold and stout, while the green is essentially the same as the gold, but green in colour due to the added spirulina, a seaweed extract. The restaurant serves reasonable Chinese, Thai and Khmer fare, and is extremely popular with locals for morning dim sum, before 10am. (Open 7am-2pm, 4pm-10pm.)

If all that beer has made you sleepy, head next door to Master Kang Health Care Centre, run by the same group that owns Man Han Lou. Clean and professional, this place is worth bearing in mind. The foot massages (from US\$10) are some of the meanest in town, and the various body massages (from US\$12) come highly recommended too.

The complex also includes Asia Club and Asia Gardens. Tucked away behind Man Han Lou and Master Kang, are possibly the most secluded gardens in town.

Bungalows can be hired by the night or longer and members can use the swimming pool as well as benefit from discounts at the Club's other outlets, including Sunflower Daedonggang Restaurant. Technically just around the corner on Street 466, Sunflower is now the only North Korean restaurant in town. Asia Club is also the place where you can pick up a copy of AsiaLIFE Guide, as our offices are located here.

The last place on Monivong worthy of mention is Rock. Home to Phnom Penh's biggest club, Rock attracts the capital's local party kids especially over the weekends. Regular performances on the enormous stage compete with a multitude of VIP rooms with 24/7 karaoke along the dimly lit corridors with padded walls. The back of the club boasts a spa with massages (from US\$12) and various treatments such as body wraps, waxing, and manicures. The club is open daily from 9pm to 2am, while the spa is open 10am-10pm (or until 1am for massages). 



Cheers: Man Han Lou Restaurant



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Wheels of Change

As the capital gears up for the start of the National Volleyball League, **Mark Jackson** talks with CNVLD Secretary General **Chris Minko** about the future of disability sports in the kingdom.



Gunning for Gold: the national team will compete in the World Cup in Bangalore in November

IN THESE TROUBLED times it's not often you come across an organisation genuinely looking forward to the future. Businesses are failing, banks are running out of money and many NGOs are looking forlornly at donors begging bowl in hand. Not so CNVLD (Cambodian National Volleyball League (Disabled)), the National Volleyball League starts once more on Jul. 24 with the organisation behind it looking towards expansion rather than retrenchment.

"Last year we cut operational cost, by 50 percent, but at the same time we increased local staff," explains Chris Minko, CNVLD's Secretary General. "In other words we've localised." Chris stresses the importance of "local sponsors, local staff and local volunteers." The latter, with

more than 100 volunteers helping the organisation, is an interesting development for a country not noted for local volunteerism. Thus CNVLD has ensured that 80 percent of its funds go to the athletes with only 20 percent on administration. Many NGOs achieve the reverse.

■ PROFESSIONAL APPROACH

It is not volunteerism but professionalism that the Australian stresses most when talking of the development of what is arguably the country's most successful and highest profile organisation.

"We are moving the organisation into a new level of professionalism," he says. CNVLD has passed due diligence tests in both the U.S. and Australia, and has been noted by the U.N. for its best practices. All this has been achieved without it

ever owning a four-wheel drive. "The athletes take the public bus," explains Chris.

One of the organisation's strength is its strong commitment to CSR (Corporate Social Responsibility), according to Chris. This is something he feels passionately about. It is not just about funding programmes.

All CNVLD's athletes have bank accounts with ANZ Royal, which sponsors the volleyball league. "It gives them control over their money," stresses Chris, something especially important in rural Cambodia, where loan sharks are still the predominant 'banking' institution. ANZ Royal now has its own disability programme, which states all the company's future banks will have disability access. Chris sees this as a catalyst for change,

with other banks following ANZ Royal's lead.

It's not just banks that are changing. Ever since the country held the 2007 WOVD Cambodia Standing Volleyball World Cup in Phnom Penh – coming third – there has been a shift in the public's attitude to disability. "They won the hearts of the nation as they played before capacity crowds never seen before or since at indoor sports events at the Olympic Stadium," he says.

The team go to Bangalore in November for the next world cup. Chris is not-so-quietly confident that the team will bring back another medal, but this time gold.

Recently Cellcard, who sponsor the Wheelie League, commissioned director Darren Campbell to shoot two com-



PHOTO BY JEAN LONCIE

Van Vun: already preparing for Stratford 2012

mercials featuring the volleyball team. They show the athletes as part of the general panorama of Cambodian life. "It doesn't show them as disabled people it shows them as the country's true sporting heroes," he mentions as evidence of how the country has moved on.

■ TOWARDS STRATFORD

With advertising agency Brand Solutions having designed CNVLD's new logo and tops for the teams, Chris feels the sport has most definitely gone mainstream. He is very confident about the professional future of disabled sport within the country. "We aim to establish Cambodia as the ASEAN centre for disability sports," he says. With extra funding from Nike, as part of the company's 'Nike Changemakers' scheme due to kick in next year, who knows this aim might not be that over-ambitious.

As more funding is secured, the programme will expand into new provinces and hopefully a third sport to accompany volleyball and wheelchair racing. Powerlifting is the current preferred option. The greater the sponsorship, the more the people CNVLD can reach. "We've only

touched the tip of the iceberg," Chris says. "We could open a club in every province." In return sponsors such as ANZ Royal and Cellcard, "get an association with the rebuilding of Cambodia, through disability," he claims.

The future will not lead to Stratford 2012, at least for the volleyball players, as standing volleyball is not an event in the Paralympic Games. Instead CNVLD is throwing its weight behind Van Vun, a polio sufferer who competes in the wheelchair half-marathon. Already Vun is perilously close to reaching the Olympic qualifying time, something no Cambodian athlete (either able-bodied or disabled) has done previously, and this achieved with a local wheelchair. His preparation for Stratford starts next January when Vun will enter the Sydney Marathon. There he'll receive a new wheelchair of international standard that might one day take him on the road to becoming the kingdom's first Olympic medallist.

The ANZ Royal National Volleyball League starts at the Olympic Stadium on Jul. 24 with a Cellcard Rock 'n' Roll Concert and the first round of matches. It concludes in October. 📺

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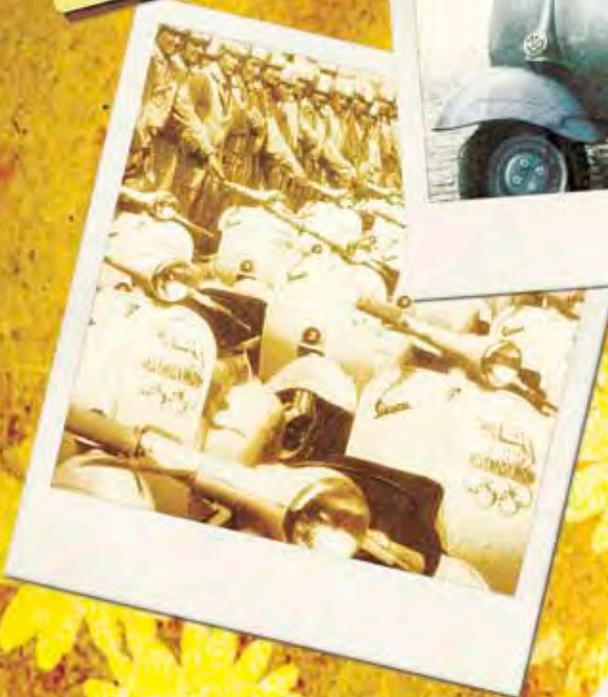
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The Vespa Love Affair

Named after the sound of its engine, resembling a wasp (or vespa in Italian), the Vespa is the world's most iconic scooter. Since it was first manufactured in 1946 the Vespa has travelled the world over capturing the imaginations and winning over the hearts of millions. Much more than just a means of transportation, the Vespa is a statement, an identity, a lifestyle. Though perhaps most often associated with Italy, British mods, or celebrity chef Jamie Oliver, Cambodia too has a history with the sought-after scooter. Nora Lindstrom delves into the Penh's Vespa scene - and falls in love.

The Vespa romance starts in post-World War II Italy. Following the war, the Piaggio company's aeronautical plants lay in ruins and Enrico Piaggio, son of founder Rinaldo, decided to branch out into transportation. He paired up with aeronautical engineer and designer Corradino D'Ascanio, whose avant-garde design for a scooter had already been rejected by another manufacturer, Innocenti, who later started producing competing Lambrettas.

Legend has it that D'Ascanio was not a friend of motorcycles, considering them awkward and uncomfortable. Using his aeronautical experience, however, he

designed a monocoque frame scooter for the post-war era that was low and easy to ride for both men and women, kept the driver clean, and allowed for easy changing of wheels.

Thus the Vespa was born and patented in 1946 as "a rational, comfortable motorcycle offering protection from mud and dust without jeopardising requirements of appearance and elegance." It was a groundbreaking design. Though it wasn't exactly love at first sight between the Vespa and the public, it did not take long for first Italy, and then the world, to become utterly enamoured with the newcomer.

From the very start, Vespa Clubs were integral to the Vespa experience. Enrico

Piaggio started them as part marketing ploy, part service network. By the early 50s the clubs had over 50,000 members. In a changing world, riding a Vespa became synonymous with freedom and progress. Within a decade of unveiling the first scooter, Vespas were being manufactured in 13 countries and marketed in another 101.

By 1960 two million Vespas had been manufactured. A decade later that number had doubled. As the Berlin Wall came down, over ten million Vespas, as well as a multitude of knock-offs were grazing the earth. To this day, another six million have been sold, about 70 of them are in Cambodia.



Vespa Valley: open to anyone who loves Vespas

■ VESPAS IN CAMBODIA

According to a well-known story among Vespa enthusiasts in Cambodia, a local Vespa owner, upon hearing the Khmer Rouge was advancing on Phnom Penh, packed his scooter in a box and threw it in the Tonle Sap. No one knows whether he wanted to keep the Khmer Rouge from destroying his beloved scooter or he meant to retrieve it later. What we do know is that sometime in the early 80s a scuba diver chanced upon the box and the Vespa was retrieved.

“My father told me the story,” says Phnom Penh’s only working Vespa mechanic Bo. “It was maybe 1983 or 1985. Someone found the box and asked my father to go there to take the Vespa.” Having started his shop in 1980, Bo’s father was at that time one of a dozen mechanics in Phnom Penh specialising in patching up the Vespas that in one way or another had survived the Khmer Rouge years.

Prior to Pol Pot, Vespas were a common means of transportation in Cambodia. As the country slowly recovered from the regime, the surviving scooters were for a while still in regular use, until new scooters and motorcycles became affordable. Bo says there was a lot of money to be made from fixing Vespas. Though other shops have closed, Bo followed in his father’s footsteps and now has his hands full servicing the remaining scooters in the capital.

Like all over the world, Vespas evoke a certain nostalgia in Cambodia too.

“Older people in Cambodia still consider Vespas so cool, so cute. Always when I drive past they say, ‘So cute, so cute’. It reminds

At that time, it was easy to flirt with the girls if you rode a Vespa, but now for me it’s the opposite.

them of when they were young,” says Tong Soprach, proud Vespa rider and organiser of Phnom Penh’s Vespa Club. “They like to talk about the Vespa they had in their youth. At that time, it was easy to flirt with the girls if you rode a Vespa, but now for me it’s the opposite.” Clearly current Khmer youth lacks an appreciation for the Vespa’s sex appeal.

Thirty-two-year old Soprach’s first memory of a Vespa is from when he was a boy. “When I was around five or six, after the Khmer Rouge, I found just the body of a Vespa, not a motor or anything, and I started to play on it with my friend every day,” he says. “One day it was suddenly gone, but ever since then I wanted one.”

Acquiring one was however no mean feat. Convincing his family of the virtues of an old, restored scooter as opposed to a new and modern one was at first tricky. “The worry was my mum, she didn’t like it. She said that ‘The Vespa is not modern, not attractive’. She wanted me to get something new.”

Then, as she was coming home for a wedding, Soprach’s mother was hauled off a moto by a mugger. Though unharmed, she started to appreciate the safety of the Vespa, as her son showed her the built-in locker on his newly acquired Taiwan-made 1980s Vespa PX.

Though Soprach may not attract local girls with his scooter, his choice of theme for the Vespa nevertheless gets its share of attention. As a dedicated ‘Gooner’, Soprach’s scooter is pimped up accordingly. “A lot of Arsenal fans have seen my Vespa and once they’ve found out who the owner is they’ve hugged me and thanked me,” he says.

■ THE COOL KIDS’ CLUB

According to Soprach, only four vintage Vespa models are available in Cambodia — Vespa Super and Vespa Sprint, the production of which started in the 60s, as well as the classic Vespa PX from the late 70s and 80s, and Vespa T5. Many were manufactured in either India or Taiwan, two of the many countries to which Piaggio has licensed production. Amongst enthusiasts, the older, or original, models (meaning they were in Cambodia before the Khmer Rouge) are generally more coveted and fetch higher prices than those imported from Vietnam at a later date, though Bo points out the latter are often easier to fix.

Regardless of model, all Vespa owners are equally invited to join in the celebratory scooter rallies. The first was a Halloween ride held on Oct. 29, 2006. Since then rallies have been organised on an ad hoc basis, generally to commemorate a particular event, such as International Women’s Day or Independence Day. Recent months, however, have seen the re-emergence of the Phnom Penh Vespa Club. Events will now be organised on every last Sunday of the month.

Ben Heath, who with Soprach has coordinated many of the Vespa-related activities

in Cambodia, says the club is mainly for socialising and having fun.

"We're not 'purists', we don't really know a lot about Vespas," he says. "There are a few guys who know more technological aspects, like about engine parts, but for the majority of us we're not technical or mechanical, we just like to socialise and ride a Vespa."

Ben himself was a complete novice to the world of Vespas when he first came to Cambodia. "I had no interest in scooters or motor-bikes at all," he says. "It was only because me and some colleagues had seen them around. On a whim we decided to go to the shop and ended up buying some Vespas." Initially, he was terrified of driving around, but terror soon turned into enjoyment. "There's nothing like riding a Vespa around Phnom Penh, the craziness of the traffic... I get a buzz from it."

Despite his love affair, Ben accepts that Vespas are not that practical. They can be trickier to ride because of the wrist gear, they often have problems starting up, and because they have two-stroke engines, oil must be added mechanically to the petrol. Yet Ben is unwilling to focus on the downsides. "They're actually very resilient, once you get over the getting started issue – they're hardy bikes," he says.

■ A LIFESTYLE CHOICE

Unlike Ben, Adrian Bebbington, better known as Bev or DJ ClockWork Soul, has had a long affair with scooters. "I'm actually a Lambretta man," he admits. As these are unavailable in Cambodia he settled for a Vespa. His beautifully restored 1968 model is from the same year he was born. Despite initial hesitation Bev confesses to having fallen in love with it.

A scooter-man since his early teens, Bev is well-versed in the history of scooters, and the unique way in which they tie in with music and fashion. "In England there's a really massive scene. In fact there's been a scene since the mods in the 1960s," he says. "I think it's fair to say that the U.K. has been the leading scooter scene in the world really."

Bev himself caught the mod revival scene in the 80s, during which up to 90 scooter rallies were held annually in the U.K., sometimes with as many as 30,000 participants. Though the rise of Nazi skinheads killed the scene for a while, the last decade has seen a resurgence. "There's a lot of guys my age who had scooters years ago, who got married, had kids, got a mortgage, and then bought themselves a scooter again," he says. "Now all of a sudden there's quite a big scene."

A DJ by trade, he hopes to introduce the music dimension to the scene, as exemplified by a recent Vespa rally, which culminated in the Penh's first Northern Soul party at Winking Frog in May.

Alan Haire, proprietor of the Penh's Green Vespa bar, wishes he'd got into the scene during his corporate days in London and Dublin. "It would have saved me an absolute fortune," he says. Alan bought his green 1965 Vespa on his very first day in Cambodia in 2004, and decided to call and decorate his bar accordingly. "I bought a green Vespa, and I think the name [Green Vespa] is better than

There's nothing like riding a Vespa around Phnom Penh, the craziness of the traffic... I get a buzz from it.

the Green King, the Green Lion, or the green whatever, and it's quite an original name for an Irish-British pub," he says.

Following mechanical problems and a mishap or two, Alan no longer rides his scooter, which is now simply an icon for the popular bar. Like so many other Vespa-riders, however, he is not quite ready to give up on his affair with the two-wheeler. "The ones around Phnom Penh now are showing their age and looking a bit worse for wear," he says. "But if

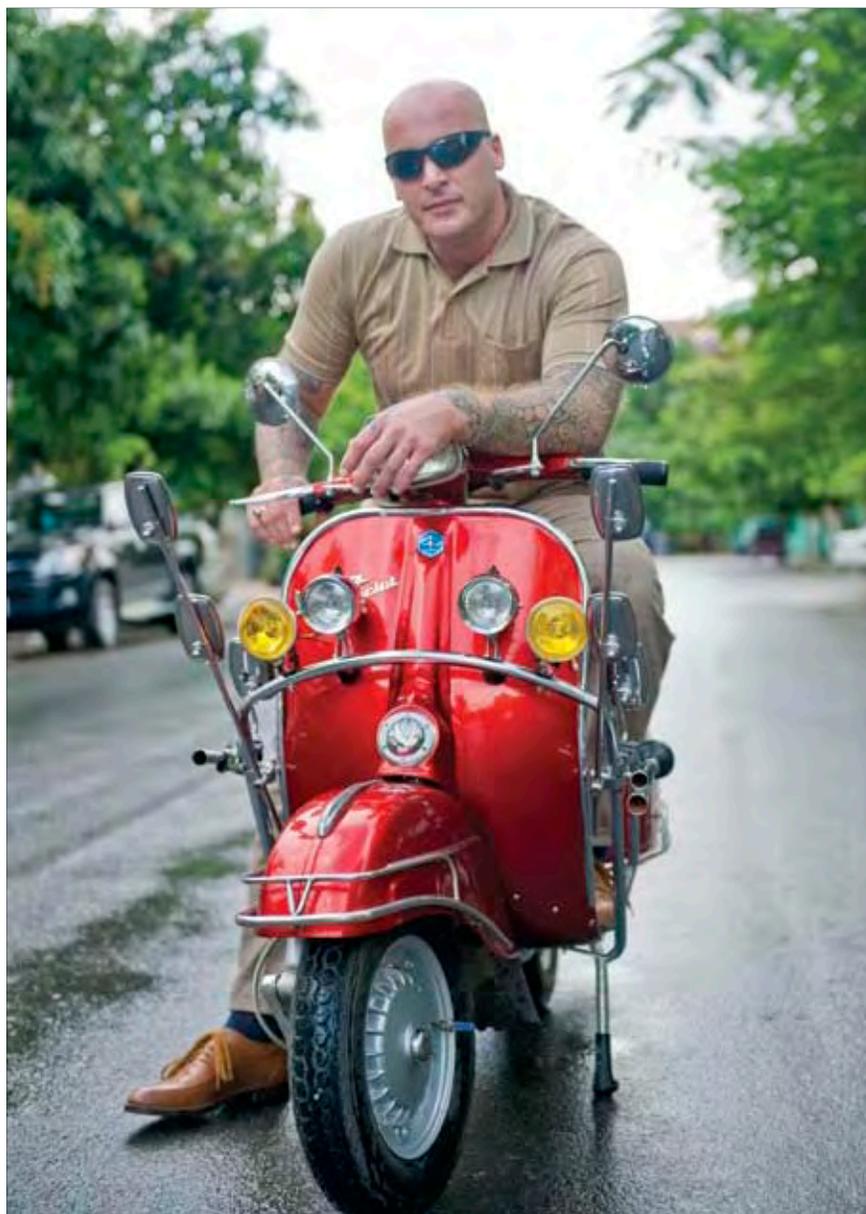
there was an influx of new ones I'd probably bite the bullet and buy a new one."

■ AS DEAD AS A VESPA?

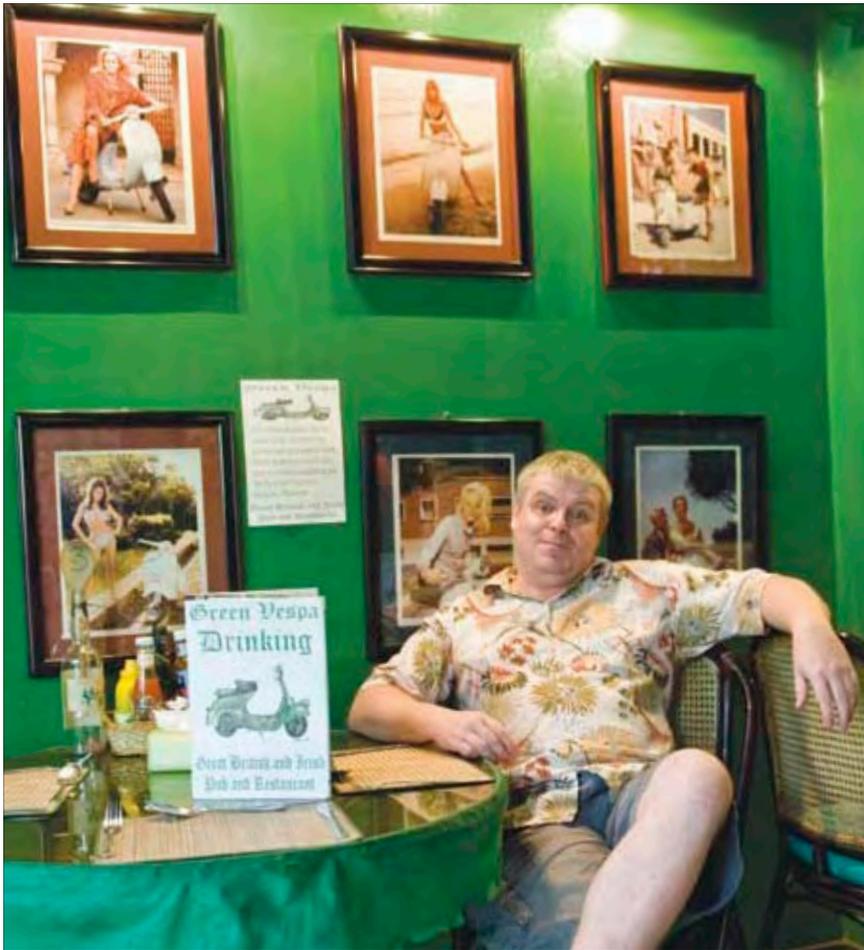
The future of Vespas in Cambodia is however in doubt. Coveted by expats, many have already been shipped out of the country. According to Bo there are none coming in. "Some may be found in the provinces, but otherwise no more. If you take them all, then there will be no more Vespas in Phnom Penh."

Bev contrasts what is happening in the kingdom with just across the border in Thailand. "It's really sad, because lots of westerners are buying Vespas, and when they leave they just ship them out. Whereas in Thailand, the scene is getting bigger and bigger because people are bringing them in. Here in a few years time there won't be anything left."

There seems to be consensus among Vespa enthusiasts that new, modern Vespas are simply too expensive for the market here. "You



Man and the bike: Bev with his 1968 Vespa



Green Vespa: home for Vespa memorabilia

can buy new models second hand in Phnom Penh now, but they cost around US\$3,000, so people think ‘Oh for that, I can get a car’,” says Bo. Alan says he would love to be the first owner of a brand new Vespa in the capital, but doubts that would be money well spent. Others are less interested in the new scooters – for Ben and Soprach it’s all about the old, restored models.

Restoration of Vespas in Cambodia however poses its own problems, particularly as authentic spare parts are not always available. Many Vespa enthusiasts in the West are dubious about Vespas that have been restored

in Asia, and heated debates rage on internet forums over the pros and cons of importing scooters from places like Vietnam.

“A couple of years ago, I was living in Malaysia and bought a scooter there and exported it home. I was going to start an export business,” Bev explains. “But this guy in London told me not to touch them with a bargepole, because they bodge them there.” He knows well how scooter enthusiasts in the U.K. will only appreciate restorations done with genuine parts, but thinks that in places like Cambodia you have to make do with what is available.

“At the end of the day, if the scooter works, the scooter works,” he says. “I would love for all the parts in my Vespa to be genuine Italian parts, but you can’t do that here.” He is also full of admiration for the resourcefulness of Bo and his father. “It’s really interesting watching them work. Whenever I get them working on my scooter it’s amazing, they just make do with what they’ve got.”

Though many younger Cambodians seem able to resist the charm of the Vespa, Bo thinks this may have less to do with the design, and more to do with price and aspirations for modernity. Ben and Soprach point out that the popular Honda Fino has a Vespa-like design, suggesting Bo’s assertion has some weight. In addition, getting registration papers for restored scooters can be difficult, something that may deter some potential buyers.

As for Vespas currently available, the lack of supply has driven prices up so that 80s models fetch around US\$500, while 60s ones go for as much as US\$1,000. Compare that to Soprach’s Vespa PX, which he bought for a lowly US\$150 in 2004. Still, should you be helplessly smitten with the monocock scooter, ask around and you may just be able to find yourself a set of wheels and join the cool and desirable Phnom Penh Vespa set.

Green Vespa

95 Sisowath Quay Tel: 012 887 228

The popular expat haunt is covered in Vespa paraphernalia, including photos from the rare Piaggio 50th Anniversary Vespa Calendar featuring a variety of celebrities on Vespas. Also sells original Vespa memorabilia.

Kim Hong Vespa

341 Street 217

Bo’s shop where you can get your Vespa fixed, as well as enquire about scooters for sale.

Phnom Penh Vespa Club meets every last Sunday of the month, contact Tong Soprach on: soprach76@gmail.com 📧

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Born To Be Wild

Mention big bikes and most people will probably think of a Harley Davidson. Pure Americana it might be, but riding a Harley is a great way of touring the back-roads of Cambodia, according to two Australians. Words by **Mark Jackson**.

"IT'S THE RED FERRARI of bikes," says Derek Mayes. "Even if it is black." Together with business partner Murray Heath, Derek established Harley Tours Cambodia eighteen months ago to run customised tours around our kingdom on the king of motorbikes. They offer anything from overnight trips to 14-day tours of the country. Unlike other tours, there is no minimum number of people. "I'm happy to take one person on tour because I like driving," says Murray. These guys just love their bikes.

Murray's passion for the Harley Davidson started in 1998 when he was 35. "It was my first mid-life crisis," he says in typical Aussie deadpan. Not quite sure why he bought his first Harley, a Heritage Softail Classic, all he can remember was "it was just good fun." Derek's first experience with a Harley was more dramatic, though short-lived, lasting four minutes. He made the mistake of opening the clutch, was thrown backwards and could barely reach the brakes with his feet. "It was awesome," he says with his contagious Syd James laugh.

■ THE THRILL OF THE RIDE

"It's the comfort, the sound of the bike, and the power," says Murray, explaining why a Harley is so special. He has bought five in total. All are available to take on tour, although he sold one to Bunny at Brand Solutions.

The noise is something special, as AsiaLIFE Guide discovered when taken on a test drive. "You get quite a lot of looks when you open the clutch," admits Derek, especially in rural Cambodia. Not that the appeal is just for boys who like to make some noise.

Too heavy for town driving and with insufficient ground clearance for serious off-road driving, Harleys are great for cruising country roads in comfort and with power. "It's a thrill bike, but with safety," Derek explains. Sitting behind Derek, on the rear seat with backrest, is a far more comfortable experience than on the back of a Honda Dream or dirt-bike.



Griffith, New South Wales. Since then he has brought bikes in from Australia and Thailand as well as buying one locally.

■ BUYING A HARLEY

Murray recommends anyone looking to get their hands on a Harley go to Pov at Flying Bikes. "He brings in quite a few Harleys," he says, "mainly smaller ones." A second-hand Harley Sportster should cost between US\$5,000 and US\$10,000. The bigger bikes start at US\$15,000. Murray bought a second-hand Softail Classic '02, two years ago for US\$18,000. Alternatively you can bring a bike in from back home. It

costs between US\$3,000 to US\$4,000 to import a Harley from Australia, according to Murray.

Once imported Harleys are equally expensive to maintain. Also, it can be difficult to get parts. Murray recommends letting Bernard at the Bike Shop take care of your Harley. "A good guy," he knows his Harleys apparently.

If it is that fuel-injected adrenaline rush you are after maybe it is best to stick to Derek's advice. Let Harley Tours take care of you, at least on a trial

overnight run, while you find out whether all that investment is really worth it.

One thing the pair agree upon is their favourite Harley – the blue one. An FXD Dyna Wide Glide 2005, it just glides in fifth gear. Red it might not be, but the Ferrari of two-wheels it most certainly is.

An overnight tour costs US\$200 per person (exclusive of insurance, which Harley Tours will arrange through In't nity Insurance). They can also take couples as pillion passengers to Kep for US\$360 per couple, including rooms. For more information, visit: www.harleycambodia.com, or call 012 948 529. 🇦🇺

Make sure you're holding on tight when that clutch is opened, though. Capable of reaching 100mph, Murray never takes them over 90kph on tour. He also takes a pick-up truck with a spare bike just in case something goes wrong.

"A good dirt-bike rider can handle a Harley without doubt," assures Murray. However, Derek recommends more caution. "Sit on the back and let us do the work," he says. "You'll have much more fun on the back."

For both, Harley Tours is much more hobby than business. You get the sense they just enjoy any excuse for taking the bikes out on a ride. It's a hobby that can be expensive. That first Harley cost Murray AU\$26,000, although he did buy it from a local dealer in

Pimp My Ride

While the moneyed elite lavish thousands to spruce up their luxury SUVs, **Simon Jacy** discovers that even the most modest of motos is ripe for a makeover.



Making the bike into an object of desire

MOTORBIKES OF EVERY DESCRIPTION can be found across Cambodia. As leather-clad bikers on Japanese performance machines blaze down the highways and crusty off-roaders manhandle nimble dirt-bikes through the forest primeval, the capital's scrawny youth cruise the boulevards on a motley assortment of mopeds. But, like adolescents all over the world, these would-be rebels without a cause (steo in Khmer) strive to be different, customising their humble scooters any way they can – less 'pimp my ride' than 'pimp my snide'.

Late afternoon at an ordinary petrol station in southern Phnom Penh and the forecourt has just been taken over by bikers. But the gang, mostly gawky, self-conscious teenagers lounging on thin-tyred modified mopeds, draws only mild interest from the tired commuters. A lone disapproving grandmother shoots evil stares at a giggling pair of girls, their bleached hair and skimpy skirts still a slight shock in conservative Cambodia.

Gentle rebellion is what these gatherings are all about – showing off new clothes, hairstyles and, most of all, mopeds.

"I spend a lot to keep my bike looking different from other bikes. It's like getting a new

hairstyle – when I change my style, I change the way my bike looks," says the painfully awkward Vatthanak, 19-year-old owner of a pink Yamaha Fino moped with spiderweb-fine alloy wheels that sport a coil of glowing red fairy lights inside. The parked bike emits a disconcerting, shrieking sound every so often, perhaps appreciative of its owner's fawning commentary.

"The wheels are from one of my friends," he explains, bristling with pride. "He said they were too small to drive with so he sold them to me. The pictures [stickers] come from near O'Russey Market."

A cluster of stores bounded by construction wholesalers and Chinese hairdressers, this district near O'Russey Market is a Mecca of bike modification, every shop an Aladdin's cave of gaudy tat. Heavy books of garish stickers hang above shopkeeper Rith's doorway like slaughtered carcasses. The smiling 40-something was unsure why modification had become so popular. "I don't know why but I can say all my customers are young. It is the new Cambodia. People want to have new things and to look trendy."

Rith errs on the conservative side with an 80s Honda Cub, a leaping tiger on each flank

the only embellishment. He says cheap mirrors, hanging from the rafters like fantastical fruit, are his latest stock addition, thanks to recent changes in the traffic law.

Some worry that this harmless hobby could mutate into something much more sinister. Malaysia has seen its estimated 200,000 illegal moped street racers – called Mat Rempit, a derivation of 'ramp it' – morph from romanticised daredevils into bag-snatching hoodlums committing brazen street crimes in intimidating gangs. Indeed, the Malay police last month warned that Mat Rempit would now be labelled Samseng Jalanan, or 'road thugs', with anyone caught street racing sent straight to jail. The snarling bikes of the Malay Mat Rempit, boasting bored out blocks and other mods, have also inspired Thai gangsters to aggressively up-rate their underpowered underbones. Hundreds of Thai racers, many of them with links to Bangkok's shadowy underworld, have so far been sent to jail.

In Cambodia, while youths are willing to make substantial aesthetic changes to their rides, they usually balk at major mechanical overhauls. Pimped mopeds are more for synchronised cruising than chase or contest. There is a distinct animosity between the

disdainful riders of wheezy mopeds and the, usually older and wealthier, owners of larger motorbikes proper. Still, any cursory trip around town will confirm that suicidal show-offs are all too willing to risk their lives in stupid stunts. There is some anecdotal evidence of performance modification of mopeds, though the low price of bigger bikes compared with the rest of the region means boy racers can get their hands on something powerful with relative ease.

Changes to the Cambodian traffic law, including conservative speed limits, mandatory helmets and a ban on drink driving, could also put the brakes on this new fad. Persistent threats of fines and other penalties have seen sporadic adherence to the new code. However, fines of less than a dollar do little to deter owners of bikes that cost over a thousand times that amount, and, as Cambodian cops are equipped with only asthmatic 125cc Chinese chicken-chasers, simply running away is an easy option.

Phnom Penh's finest may have nothing to worry about anyway. The rigours of the ongoing economic downturn are leading the customisation craze away from speed. Riders once satisfied only with the most modern automatic mopeds, Honda Airblades and Suzuki Clicks, are now turning to vintage models, including the Lilliputian Honda Chaly and the legendary Honda Cub. Elegant in their simplicity and very economical, these are prized for their durability.

The first real four-stroke moped and officially the most successful motorcycle model in history, the Honda Cub has recently gained a cult following in both West and East. After having its engine oil replaced with chip fat, being vastly overloaded and dropped

off a building – abuse that couldn't kill the plucky Cub – Charlie Boorman declared the Cub officially the best motorcycle ever. What better ride to pimp? 



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Rebel with a Cause

Saraboth Ea, came to Cambodia to get in touch with his roots, instead the banker fell in love with a motorbike. Words by **Rosanna Villamor Voogel**.

"I LIKE FAST THINGS LIKE SPORTS cars, but I never thought about motorcycles until I came to Cambodia," says Saraboth Ea or Lee as he is better known. Raised in the U.S. for 30 years before moving to Cambodia, aged 32, Lee considers himself as Cambodian-American with Chinese ancestry. His family had lived in Cambodia for two generations by the time his father was born. Any connection with their family in China was lost through the generations.

Lee returned to Cambodia from New York in 2004 to get to know the country of his birth. His parents relocated to the U.S. in 1974, when he was just a baby, to escape the brewing conflict.

■ BABE IN ARMS

"I moved when I was two years old so I don't have any real memories of living here or growing up as a baby but I do remember sounds," he says. "I actually remember the sounds of planes, helicopters, and even explosions. Looking back it is probably because my dad was in the air force."

His father was part of the first group of cadets sent to France in the 1940s for military training. He was the only one who passed and returned to Cambodia fully certified and commissioned as an officer in the air force. He eventually became the commander-in-chief of the air force during the Lon Nol regime.

The admiration, respect, and love that Lee has for his parents are palpable. "I think they tried to teach us and show us the way," he explains of the way he was raised. "They were also fairly flexible for traditional Cambodian parents. They wanted us to assimilate into our new environment."

■ BANKER WITH A HEART

One of the first employees hired by ANZ Royal Bank in Cambodia, Lee is a pioneer of sorts. As senior relationship manager, he is responsible for managing the accounts of the bank's corporate and institutional clients, including the large multinational corporations that have invested in the country. His banking responsibilities include building more relations with top-tiered companies in Cambodia and providing them with superior financial services. Although driven by the number of clients he is able to bring under the ANZ Royal umbrella, there is much more to Lee than that.

"It's not just about making profits and the bottom line," he says. "It's much more multi-dimensional than that. It's about bringing a positive social benefit to the community you're operating in. My personal philosophy



Lee: went on a ride and became hooked

has to fit with my business philosophy and ANZ Royal strongly believes in CSR (Corporate Social Responsibility)."

■ THE MAN AND THE BIKE

Lee is also somewhat of a pioneer in the biking community in Cambodia too. Initially he stumbled upon the sport through a friend who had two bikes. His friend offered to teach him how to ride. Ever since he has been hooked. He started out with a simple dirt bike before purchasing his first sports bike, a Honda CV600.

This was his ticket to meeting new friends in the biking community.

"I loved that bike," he says. "It was a fantastic bike – not too big and with a comfortable riding position. It had plenty of power and as I started riding around, I met new people and their friends."

This loose collective of 35 biking buddies regularly meet near the Independence Monument. They share information about bikes and plan riding trips around Cambodia.

As his passion for riding intensified, Lee purchased a new bike and now cruises the streets of Phnom Penh in his shiny, black Yamaha R6. Lee estimates there are now about 50 to 60 bikes in

the country compared to around five when they first started a year ago. Enthusiasts here are also moving from 250cc to 600cc bikes.

■ BEHIND THE BIKE

For Lee though biking is not just something you do with some friends at the weekend. He is keen to develop the community aspect of the hobby of biking.

"We want to come up with a vocational training programme for at-risk youth and provide them with more skills and training so they can find jobs in some of the garages in the capital and in the provinces," he says. Lee has had initial discussions with a major motorcycle manufacturer in Japan to tap into its CSR programmes for possible funding for his group's idea.

Lee's boyish looks belie the true nature of his spirit. A self-proclaimed free spirit, he is a maverick.

"My whole family thought I was crazy for leaving what I had in New York to move to Cambodia," says Lee. This rebel has certainly paved the way for the causes he believes so passionately in. Causes that are about to be realised in the country he now calls home. ■

First Catch the Mousse!

We took **Mrs. Beeton's** famous instructions for making jugged hare to heart and set **Nora Lindstrom** off in search of the perfect chocolate mousse and ended up with some home truths.

■ DOUBLE XL

13 Street 118

Given the name of the restaurant, it should come as no surprise that the chocolate mousse (US\$4) at Double XL is simply huge. Served in a big wineglass, it comes topped up with whipped cream and sprinklings of orange shavings. The latter complements the scrumptious mousse well, while the cream is slightly superfluous. Great for sharing.

■ VAN'S RESTAURANT

5 Street 102

Beautifully presented, the two dollops of milk and white chocolate mousse come with complementing raspberry coulis, mint and crushed pistachios. Both varieties are thick and rich, and taste like real chocolate. If you're not into white chocolate you might find the white mousse a bit sweet. At US\$5.50 it's not cheap, but who would expect cheap at such a sophisticated restaurant.

■ OCEAN

11 Street 288

Proudly claiming to serve the best chocolate mousse in town, Ocean is in reality not far off the mark. The dessert is light and chocolaty, with vanilla sauce and raspberry coulis adding flavour. At US\$4 it is certainly worth the minor splurge



Ocean: arguably the best mousse in town

for chocoholics. There is also a chance the owner will treat you to an accompanying digestif.

■ PACHARAN

389 Sisowath Quay

Served in a glass with some whipped cream, the mousse (around US\$5) at Pacharan has a lovely orange edge to it. Though it could be more delectably presented - the mousse looks like it's been haphazardly spooned into the glass - it completes a meal of tapas and red wine very well. Note that the mousse is only available from the changing specials menu.

■ COMME A LA MAISON

13 Street 57

At US\$2.20, the mousse at Comme a la Maison is priced much more reasonably than many of its competitors. Despite an odd slightly grainy consistency, the mousse is delicious and light. Served in a small bowl with a touch of whipped cream, it's nice way to round off a thoroughly French meal.

■ POP CAFE

371 Sisowath Quay

The Penh's most popular Italian restaurant serves its mousse (US\$4.50) slightly chilled and very firm. Full of rich dark chocolate, this is the ideal dessert for chocoholics in search of a

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Marmite: classic French mousse

quick fix. Best combined with the panna cotta and shared with someone special.

■ DEL GUSTO

43 Street 95
Well known among chocolate mousse enthusiasts, Del Gusto has expectations running high. When the dessert (US\$3.50) arrives, it looks like these will be fulfilled. Centred on a large triangular plate, the cylinder shaped mousse is served complete with chocolate sauce. Alas, it is frozen.

Though this apparently is not common, it did put a dent in the enjoyment of this dessert.

LA MARMITE

Cnr. Streets 51 & 108
Complete with wafer and made from Belgian chocolate, the mousse (US\$ 3.75) at La Marmite looks delectable. Nicely presented in a glass and of lovely consistency, it's light and sweet. If you like sugar, this mousse will take you to seventh heaven. The Belgian chocolate tart tastes even better. 🍫



Del Gusto

The Definitive Chocolate Mousse

Everyone claims their Mum makes the best chocolate mousse, well mine does, and here is the secret to the Jackson family recipe.

■ INGREDIENTS

12 eggs (medium)
400g dark chocolate (Cadbury's Bournville works well, but make sure you use proper chocolate and not cooking chocolate)

Nob of butter

Tablespoon of brandy (optional)

■ METHOD

Break up the pieces of chocolate and melt slowly, either in a double saucepan or a heat-resistant basin placed over a saucepan of simmering water. When the chocolate is fully melted, add the butter and brandy if desired, stirring until smooth.

Leave the chocolate mixture to cool, but not go hard. Meanwhile whisk 12

egg whites until they are very stiff, light and fluffy (an automatic mixer will help massively here but a hand-held whisk will do the job, providing the egg whites form stiff peaks).

Beat 10 egg yolks in a separate basin and then add to the cooled chocolate mixture, making sure that the chocolate does not curdle. Gently fold the egg whites into the chocolate mixture. Pour into a large serving bowl and place in the fridge for at least six hours. The mousse can be decorated with grated chocolate.

This recipe will feed 12 people. The above ingredients can be reduced by half for a smaller dessert.

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constantly and offers authentic French food in a sophisticated yet pleasant setting.

Beginning of 2007, the restaurant relocated to a stunning, spacious property at 182 Norodom Boulevard. This entirely custom-built establishment includes a dining room that can seat 100 comfortably, 4 VIP Rooms, a luxurious garden, a terrace under the stars that can accommodate 150, a piano bar with a nightly lounge act, a wine cellar boasting 5,000 bottles as well as a Cuban cigar room unique in Phnom Penh.

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Food Talk: Don't Look Back in Anger

Despite his Hollywood looks and Austrian origins, NagaWorld's executive chef **Jacob Angerer**, has a distinctly French culinary appreciation. Words by **Mark Jackson**.

"GOOSE LIVER," SAYS JOHN Travolta doppelganger, Jacob Angerer, sitting in his Le Gourmet Restaurant. Despite possessing looks that would make any Pulp Fiction fancy dress competition a formality, the nickname of NagaWorld's executive chef owes more to Hong Kong than Hollywood. Given to him, because of his passion for working with the richest of foie gras, it was clearly well-chosen.

"It has a distinctive taste and texture," he explains. "You can play around with it, using different terrines and fruits."

The tasting menu he has prepared for us demonstrates the flexibility of his beloved liver. A terrine served with dried cranberries; pan-fried with port and apple; and finally an espuma with a touch of truffle oil. The final variation reveals his second culinary passion, experimenting with frothy sauces (espuma) whether cold as with the goose liver or hot as in our main course – halibut with wild asparagus and a muscat espuma sauce.

Judging from this tasting, this most innovative of chefs is set to be a big hit with the Penh's gourmands. Although the first espuma was a tad bitter for our tastes, the pan-fried liver did literally melt away in the mouth. However, the halibut gently pan-fried, as all quality fish should be, was the stand out dish. Flaking off the fork, the delicate fish was perfectly complemented by the light sauce and al dente asparagus. Jacob is keen to use only the best and freshest ingredients – wild asparagus is in season now.

Trained in his native Austria and Switzerland, and having worked for 18 years as a chef in many of Asia's top hotels, the 43-year-old chef has not found adjusting to Cambodia as smooth as his espuma.

"The most important thing in Cambodia is to improve hygiene,"



No Grease, no Fiction and not just for Saturday Night



Goose Liver Parts I, II & III

he says echoing an opinion expressed by many of the top chefs and restaurateurs in town. He identifies the food suppliers as the major problem. First, though, he is putting his own house in order. All NagaWorld's food handlers have stool and blood checks and the casino is working towards typhoid jabs and x-rays for tuberculosis for employees.

"I want to implement the [hygienic] systems and then force the suppliers to implement them," Jacob explains. Ultimately he sees a chef's association as the best way of ensuring food and hygiene quality in the capital's restaurants.

Being in charge of 280 staff and running seven food and beverage outlets in Phnom Penh's only casino, Jacob certainly car-

ries some weight. "We have the highest turnover in food and beverage in Cambodia," he claims.

"In the first quarter this year our revenue more than doubled."

This offers the young chef certain advantages other chefs could only dream off. He can indulge in lavish ingredients, such as his beloved goose liver, for the casino's showpiece French restaurant, as it is only a tiny fraction of his overall budget. Opposite the Aristocrat cigar bar on the casino's first floor, Le Gourmet is clearly aimed at Cambodia's spending class.

"Ours is a traditional concept of presenting French cuisine," he says. "There's a smaller menu with daily specialities, such as the wild asparagus."

Despite the downturn created by the global recession, Jacob is confident there is a market for this top-end cuisine, albeit a limited one. "Few restaurants are providing a very good quality, but the number of people spending a lot of money is limited."

In the long term Jacob wants to open a small restaurant under his own supervision, but not with him cooking every day. Rest assured there will be goose liver on the menu.

For now, seven months into his Cambodian adventure, Jacob is perfectly happy, despite the demanding standards he clearly sets himself. "My career goal is to accomplish a certain perfection in my department and then to move to the next assignment."

Le Gourmet will be holding a goose liver fortnight from Jun. 24 to Jul. 7, coinciding with the Austrian chef's birthday on Jun. 21. Jacob will celebrate the day itself with some friends in Kuala Lumpur, where he worked as a chef for several years. The theme of his party? You've guessed it. No grease on the menu, just the choicest of goose liver.

Le Gourmet, NagaWorld, Hun Sen Park, Tel: 023 228 822. 

restaurant guide

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Boat Noodle
83 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: 017 417 776
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**

Bougainvillier
277C Sisowath Quay, Tel: 023 220 528
Elegant, riverfront French restaurant using gourmet homemade ingredients, specialising in foie gras. Fish, beef, gourmet pasta dishes and langoustine also feature, plus a regularly changing specials board and excellent French wines. Three course set lunches are also available. Open from 6am to 11pm. Also has rooms upstairs. **03 A/C**

Comme à la Maison
13 Street 57, Tel: 012 951 869
Decidedly sophisticated French restaurant with a beautiful outdoor terrace area at the front, yet secluded from the street.



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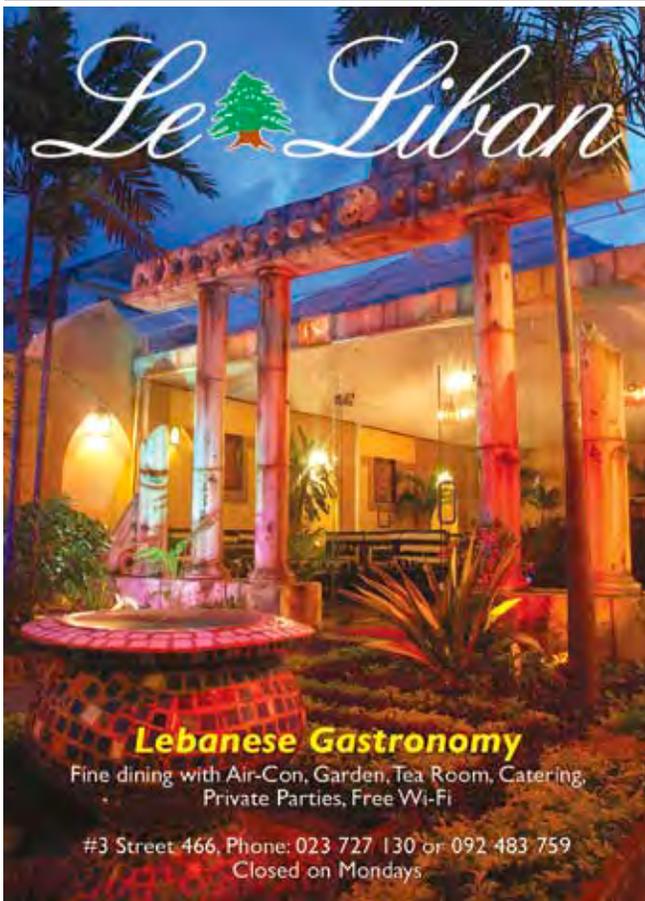


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Review: Suzume

Mid-range Japanese cuisine can be difficult to find, Ka Ea Lim finds some.



IT'S EASY TO MISS THIS small and modest Japanese restaurant along Street 51. When you step inside, it's even more difficult to believe it serves Japanese cuisine until you take a couple of good minutes to skim through its generous menu.

From the more than 150 authentic and fusion Japanese dishes, we narrowed it down to a fantastic four – salmon sashimi (US\$7/5 pieces), negi maguro-maki/tuna and leek sushi (US\$2/6 pieces), ebi dashimaki tamago/egg rolls with mince shrimps (US\$5/4 pieces), and a bowl of tempura udon/noodle soup with battered shrimp (US\$8).

The litmus test for good sashimi lies in its freshness. Suzume's salmon passed the test with flying colours. The pink meat was tender, moist and free from any unpleasant fishy smell. The negi maguro-maki lacked the taste of leek, but the raw tuna (imported from Vietnam) was fresh. The egg rolls however were too thick, thus making it difficult to detect any shrimp. Little more than a plain omelette, it didn't justify the US\$5 price tag.

The tempura udon was among the best. The generous portions consisted of four succulent prawns covered in light batter. The soup was hot and tasty with just the right consistency.

Hot green tea was served by the pot and refilled without charge.

Surprisingly, Suzume does not offer some of the more commonly known dishes like miso soup. However, it does have a strong selection of sashimi and sushi platters (from US\$4 to US\$20) and various bite-size sushi (US\$1.50 to US\$4 for two pieces). It also offers a door-to-door bento lunch box delivery service.

Though clean the place lacks in atmosphere. The owner could spruce the place up a bit to create a better ambience.

If you are expecting a rotating belt displaying mouth-watering plates of sushi, white paper lanterns with Japanese calligraphy or even waitresses screaming "Irrassyai-mase!!" (welcome in Japanese), Suzume is definitely not the place. But if you wish to settle for fresh sashimi, a hearty bowl of hot noodle soup, an extensive variety of boldly created fusions and a good laugh with a group of friends over drinks, Suzume has the ability to fuel your appetite.

They even throw in hot towels and real chopsticks, not the disposable kind!

Suzume, 14A Street 51 (near the SOS International clinic), Tel: 092 748 393. Open 11am-2pm, 5-11pm. 🍱

One of the best French kitchens in town, shown by its popularity both at lunch time and at night. Small delicatessen at the back of the restaurant. Open from 6am to 10.30pm. **03 🍷**

Equinox

3A Street 278,
Tel: 012 586 139 or 092 791 958
Cool French-run hang-out on with new menu including breakfast. Upstairs bar has a nice open balcony, good cocktails and music. Downstairs is the best football 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 🍷**

La Croisette

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

La Marmite

Cnr. Streets 108 & 51, Tel: 012 391 746
This small, reasonably priced French bistro has two adjoining rooms, one non-smoking. Relaxed, cosy atmosphere. Serves excellent fish, steaks and offal as well as daily specials, but no Marmite! Open 11am to 2.30pm & 6pm to 10.30pm. **02 A/C**

La Residence Restaurant

22/24 Street 214, Tel: 023 224 582
Fine dining on an international scale in this sophisticated restaurant, where French classics meet gourmet, modern cuisine. Open from 11.30am to 2pm & 6.30pm to 10.30pm. **04 A/C**

Le Jardin

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

Tamarind

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

The Wine Restaurant

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

Topaz

182 Norodom Bvd,
Tel: 012 333 276 / 023 221 622
Sophisticated, aircon restaurant with outside dining, upstairs bar, wine shop, cigar room and private rooms. One of Phnom Penh's finest restaurants. Open 11am to 2pm and 6pm to 11pm. **04 A/C**

Van's Restaurant

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

indian sub-continent

Annam

1C Street 282,
Tel: 023 726 661 / 099 926 661
Beautiful terracotta terrace and garden 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 🍷**

Mount Manaslu Muraa's Café

1a Street 282, Tel: 023 996 516
Nepalese restaurant set in the heart of Boeung Keng Kang serves authentic cuisine from the kingdom as well as Indian, Khmer, Thai and Chinese dishes. Also has a good range of cocktails and shakes. **02**

Saffron

17B Street 278, Tel: 012 247 832
Pakistani and Middle Eastern café, restaurant and wine bar. The curries are excellent and not too spicy, and come with a range of breads and chutneys. The wines have a bias towards the antipodes, including possibly the best range of wines by the glass in town. Open 11am to 11pm. **02 A/C 🍷**

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



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Sangkat Boeung Keng Kang 1, Khan Chamkarmon, Phnom Penh

with prices to match. Good place for an Indian treat, especially the tandoor. 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 flane 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**

Boddi 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 every day 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
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-paneled traditional English pub downstairs serving pub grub, international restaurant located on the first floor. Abundance of water features creates a soothing place to dine out. 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 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**

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Bargain Bucket



THE NEW YORK HOTEL might sound an unlikely place to find authentic Chinese food, but behind the bland foyer lurks a pleasant surprise.

Ignore the peeling, damp scarred walls and the tacky, fairground, faux-forbidden city décor, and focus on the menu instead. Few places offer such tasty and fresh dishes for such a low price. The yellow egg noodles, made up from the raw ingredients on site

and vigorously hand pulled in the traditional way, are the main attraction. They are served 'dry' fried, in a soup and in other variations. The "planed" noodles are shorter and thicker than the standard issue, though both types are good. The springy noodles have a firm bite and are not soggy. Vegetables are as crunchy as you'd expect from Chinese stir-fry, and the meat — often a major stumbling

block for Chinese restaurants — is good quality, with no evidence of sinew, bone or intestines. Prices are very reasonable at US\$1.5 to US\$2 for most dishes, and crisp Tsing Tao Beer is US\$1 for a large bottle, cheaper than in many shops.

Staff are attentive, when not engrossed in soap operas spewing from the obligatory background television, though some do not

understand Khmer, speaking Chinese and heavily-accented English only. Open from 8am until 10pm, seven days a week, the restaurant is a great choice for breakfast, lunch or dinner. Its relatively unknown status means finding a table is a cinch and food is rapidly prepared. Recommended for noodle fans and misers alike.

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HUNGRY?

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**

Madeleine's Bakery

19 street 228, Tel: 012 988 432

A bakery and restaurant offering a variety of baked goods as well as organic lunches and catering services. Open Monday to Saturday 8am to 5pm. **02**

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 night-club upstairs. **03 A/C**

Riverside Bistro

Cnr. Sisowath Quay & Street 148,

Tel: 012 277 882 / 012 766 743

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

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 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. **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 speciali-

ties with a full bar, draught beer, wine and sprits. Open 7am till late. **02**

Wine Garden

219 Street 19, Tel: 023 223 527
Outdoor garden restaurant at the front of Open Wine. BBQ meat, fish and seafood as well as Fanny ice-cream. Excellent wines by the glass or bottle. Open 9am to 11pm ever day. **02**

italian

La Volpaia

20-22 Street 13, Tel: 023 992 739
Part of a global pizzeria chain that includes Florence, Tokyo, Seoul and Phnom Penh. Good terrace area and inside aircon room. The cuisine is excellent with pizza and pasta cooked fresh in front of your eyes. **03 A/C**

Le Duo

17 Street 228, Tel: 012 342 921 / 023 991 906
This beautiful restaurant has the option of sitting outside or inside in air-con. Excellent wood-fired pizzas and pasta. Friendly Sicilian owner will guide you through the extensive wine list. Open from 11.45am to 2.15pm & 6.15pm to 10.15pm (closed Wednesday lunch). **02 A/C**

Luna d'Autunno

6C Street 29, Tel: 023 220 895
Beautiful courtyard or stylish interior aircon 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 Blvd., Tel: 012 601 095
Affordable, canteen-style restaurant with lots of specials dotted around the walls. Charismatic owner has a copious supply of Japanese vodka. Open 11.30am to 2pm and 5.30pm to 9pm. **02 A/C**

Suzume

14A Street 51, Tel: 092 748 393
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 Sotheaeros 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. Wicked tequilas and margaritas. 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.sharksofcambodia.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 and Illy 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. Manaslu 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 Sotheaeros 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 hawker food, the new improved Kitchen has a more relaxing atmosphere than

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its previous incarnation. Try the laksa – full of wholesome ingredients and with a great spicy, creamy sauce – those wanting a more subtle flavour could do worse than trying the Hainanese chicken rice. Open from 11am to 9.30pm, does delivery. **02 A/C**

cafés

Art Café
84 Street 108, Tel: 012 834 517
Elegant bistro and art gallery in the style of an European coffee house that opened early January. German flame cakes and eau de vie as 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 strong Ily 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 changerroom. 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 air-con make these outlets a good place to take some time out. **02 A/C**

Café Symphonies
81 Sisowath Quay
Serves six types of coffee roasted fresh on the premises. Although mainly geared towards the hotel and restaurant sector in Cambodia, customers have a choice of espresso and latte (both US\$1 for regular and US\$1.50 for large). Worth the visit if only for the inhalation. Open 8am to 5pm.

Café Yeji
170 Street 450, (near the Russian Market), Tel: 012 543 360
Quiet, cosy café serving bistro-style western cuisine, with extensive range

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

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

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**

House of Coffee

Bleary-eyed and woollen-tongued, **Simon Jacy** staggers around Phnom Penh's coffee houses to find the best place to start the day.

"COFFEE PLUNGES INTO the stomach, the mind is aroused, and ideas pour forth like the battalions of the Grand Army on the field of battle," wrote the august Honor de Balzac over a century ago – sentiments that are familiar to coffee lovers the world over. With strong 'Vietnamese' coffee on offer all across town for next to nothing, what do Cambodia's coffee houses have to offer?

■ CAFÉ SENTIMENT

Street 278 & 63; 64 Monivong Blvd.; Sovanna Shopping Mall
A funky new building on the coveted corner of Street 278, even from outside, this place feels right. The well-prepared coffee is rich chocolate brown, with milky versions frothy and textured, and a warm flavour that lacks even a hint of bitterness. There are all the usual choices and a mouthwatering array of pastries appetising enough to make even the most puritanical dieter fall off the wagon. Thick glass walls give the busy street outside the silent, contemplative air needed for an undisturbed perusal of the morning papers, all of which are available to customers. While the slightly eclectic music choices might put some off, a professionally run coffee house with excellent WiFi is sure to become a firm expat favourite.

■ CANYON COFFEE

Paragon Mall Street 214
On first impressions Canyon Coffee has the feel of a polished international chain. Only when customers choke on their stale confectionary, served in a greasy cardboard cup, do the flaws – including uncomfortable, grease stained furniture – become all too apparent. Its location in the lobby of the Paragon Mall gives the place a generic and transitory airport-bland ambience, a feeling exacerbated by an abundance of redundant staff and a serious dearth of customers. The cheap and inoffensive coffee is passable,



Service with a smile at Coffee Maker



The stylish new T & Coffee on Monivong Blvd.

though it's very light on flavour, thin and too weak. Smokers are banished to the scorching outside tables. A Clicknet wireless connection is available.

■ COFFEE MAKER

50 Sihanouk Blvd.
A combination of lime-striped wallpaper and vinyl veneer makes for a distinctive ambience. Add in a constant stream of Khmer-language pop music, and you get the impression that Coffee Maker is aimed at the local market – supported by the SUVs parked out front. However the coffee is smooth and has no bitter aftertaste. The pastries are also tasty. The menu has far more hot food available than might be expected, so this is more of a restaurant than a coffee house. Service is good and the prices reasonable. There was no wireless internet at time of going to press.

■ MONDOLKIRI CAFÉ

Street 63 near corner Street 154
Mondolkiri Café is a strange place indeed. A long menu that promises a wealth of coffee choices actually consists of three pages packed with local breakfast favourites – like rice porridge, noodle soup and deep fried bread – and only one type of coffee, with or without sweet milk, hot or iced. There isn't even any fresh milk. For westerners and Cambodians with taste, the lukewarm syrupy heart-starters that cost a dollar here are much better sampled at a Vietnamese café for less than a quarter of the price. Only an option if you have more money than sense (or taste). There is neither WiFi nor internet access.

■ "STARBUCKS," BUT NOT

The Place, Sihanouk Blvd.
Subject to mild controversy as to whether the café is an official franchise – it isn't – the question of authenticity quickly becomes irrelevant upon a visit. For the most part this unofficial outlet selling official Starbucks imported coffee is superior to



Café Sentiment: great place for chilling over coffee

the real thing. Staff are attentive, polite and helpful. The whole place feels much classier than you'd expect. The reasonably-priced imported coffees, skilfully prepared so as to be indistinguishable from 'real' Starbucks, are available in the three sizes familiar to Starbucks' patrons. The policy of serving in paper cups seems a little out of place, even if they are officially branded. Speedy WiFi and a wealth of other amenities elsewhere at the place make this an ideal hangout for both busy businessmen and laid-back loungers.

■ T & COFFEE WORLD

335 Monivong Blvd, in front of Wat Koh Pagoda
The original T&C is – according to

most Cambodians – still the best. One of the few modern buildings with any originality, the quirky Monivong branch has been serving up hot java to Khmer businessmen and mid-level civil servants for years. Dark nearly to the point of dingy, with rickety tables and wicker chairs scattered around, this homely spot is light on pretention. Coffees are cheap and locally-sourced, the tall cups steaming a rich, deep aroma that only improves on the tongue. The firm's long practice has helped them perfect both coffee and service, making for an experience that is both pleasurable and relaxed. Definitely worth a look if you can find a free table amongst the frantic laptop brigade. 📶

bar stool guide

key to symbols

A/C Air Conditioning

WiFi Free Wireless Internet Service

 Tiger Super Cold

 Live Music and DJs

Aristocrat Cigar Bar

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

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**

Cadillac Bar & Grill

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

Cathouse Tavern

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

Chow

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

Dodo Rhum House

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

Elephant Bar

Raffles Hotel Le Royal, Street 92 Tel: 023 981 888
Pleasant bar, popular with expats especially during the two-for-one happy hours (4pm to 8pm). A flamboyant carpet, comfortable wicker chairs and hotel pianist provide a sense of a time gone by.

Has many signature cocktails, including its more illustrious sister hotel's trademark Singapore Sling. (Open 2pm to 12am Monday to Friday & 12pm to 12am Saturday & Sunday). **A/C**

Elsewhere

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**

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.

Factory Lounge

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

FCC Phnom Penh

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

Flavours

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

Freebird

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



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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 8pm Fridays. Renowned for excellent mojitos. Open 6.30am to midnight. **A/C** 

Liquid

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

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. **A/C** 

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** 

Meta House

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

Metro Café

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

Munich Beer Restaurant

Sotheas 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 Sundays. **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,



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Bar Talk: Gasolina

"WHEN I FIRST ARRIVED IN Phnom Penh six years ago, there were bars only for specific nationalities – one for the Brits, one for the French, one for the Australians, Americans, and so on..." says Jerome Meunier, owner of Gasolina. Thus in 2005, he decided to open a place where everyone, regardless of nationality, could get together.

"I opened in this area because I wanted a family atmosphere," he says referring to its Boeung Keng Kang location. "I didn't want tourists. I wanted to create an expat hangout." Having a garden setting was also important, both for Jerome, who lives at the establishment, and Diesel his dog.

Indeed, Gasolina is a very dog-friendly establishment, where our four-footed friends are free to roam around as they please. Jerome says that kids do far more damage to the garden than the dogs. Even so, Gasolina remains very child-friendly as well. Significantly, the enclosed grounds mean both dogs and kids are safe during their prowls. On Saturday mornings, many dog owners in the capital gather with their pets around 9am.



Over the years, the place has undergone various changes, yet the community feel Jerome set out to achieve remains. The place hosts art auctions and exhibitions, fashion shows, dance shows and live music, as well as private parties on a regular basis. Many of the events are to benefit a particular charity. The restaurant even has its own football team, and on Sundays at 6pm many French

coinche enthusiasts gather for a card game.

Recently, a former indoor exhibition space was turned into a bar. Initially, the idea was to open a club, but given the location and complaints from neighbours, the idea was abandoned. The space will now be made into an adult-only, chill-out lounge, complete with shishas, a wide selection of films, and Turkish-oriental

music. On Sundays, films not widely available in Cambodia will be screened.

"Because we intended it to be a club, the sound system is one of the best in town," claims Brian Gray, Gasolina's PR man.

Cocktails are very affordable at US\$2-US\$3.50, and the selection of martinis is especially impressive. You can also indulge in a litre of homemade sangria for US\$10. In an apparent acknowledgment of the many Belgian patrons, there is a wide range of Belgian speciality beers by the bottle, such as Leffe, Hoegaarden, Chimay and Duval (US\$3.50). Cuban cigars, of the Romeo Y Julieta variety, are yours for US\$2.50-US\$3.50.

Overall, Gasolina is a relaxed and secluded space. Though the busy BKK market is only just down the road, the place makes you feel as though you've left the hustle and bustle of the city. It's not where the party's at, but it is ideal for some well-deserved lounging, or smooching with that special someone.

Gasolina, 56-58 Street 57, Tel: 012 373 009, open 7am-midnight (closed Mondays).

free internet and 24-hour cable sports channels. Clean well-kept guesthouse upstairs with 15 rooms. Open 24 hours. **A/C**

Pontoon Club Lounge

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

Phnom Penh's only floating club, stylish, funky drinking spot and late night venue. Favourite among the expat scene, Pontoon sometimes hosts party nights with visiting DJs and live shows. The friendly staff mix excellent cocktails at the beautiful amber bar. Unbeatable

location. Happy hours 6pm to 8pm. Open 6pm to 2am (weekdays) and until late at the weekend.

Revolution

96 Street 51, Tel: 012 393 392

Poker Mondays, GLBT encouraged. Cheeky cocktails and shooters. Pool table. Live music & open mic Thursdays and Saturdays. Happy hour 4pm - 8pm. Open 7 days a week 7am to late. **A/C**

Rising Sun

20 Street 178, Tel: 012 970 719

English-style pub with reliable break-

fast, 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, Tuesday is House and Hip-hop is on Tuesday & Friday. Open 4pm to 2am. **A/C**

Rory's Irish Pub

33 Street 178, Tel: 012 425 702

Most Irish of the Irish bars in town with the barmaids dressed in emerald green. Good place to talk to local expats or try the Irish stew. Open 7am to midnight or 2am at weekends.

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Rubies

Chr. 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. **A/C**

Scoop Bistro Bar

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

Sharky Bar

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

Talkin to a Stranger

21B Street 294
Elegant bar with nice gardens set in the heart of BKK1. Excellent place for post-work drinking or indulging in their vast array of cocktails. One of the few places in town putting on events and live music. Has a trivia quiz every second Tuesday. Don't be a stranger. Open 5pm to late Monday to Friday.

The Chinese House

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

The Winking Frog

128 Sotheaors Blvd., Tel: 023 356 399
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.

gay

Blue Chilli

36 Street 178
This welcoming bar run by Thai national Oak is probably the number one gay bar in town currently. Chic décor makes this one of the coolest bars in town and the drag shows on Friday and Saturday are an additional draw.

Classic

42 Street 19
Very Khmer bar that has nightly drag shows, after which the dance floor fills up with all-comers.

Green Garden

40 Street 222
Most recent gay bar in the Penh has an

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Thirsty Thursday - Buy 1 small bottle of Angkor beer and get 1 free

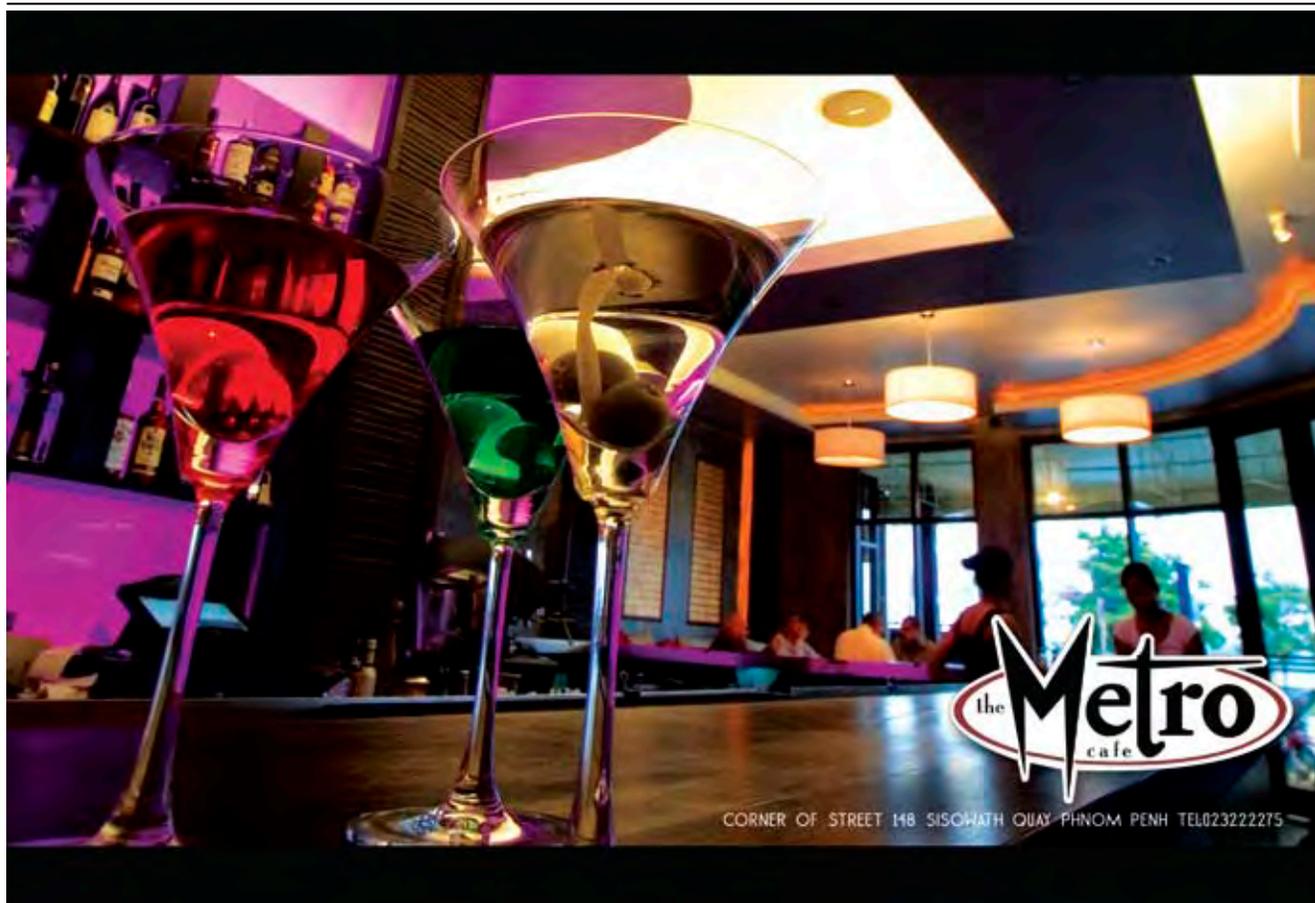
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Grapevine: Let It Rain

With the impending – okay it's come early this year – wet season, Darren has a look at some full-bodied wines which pair perfectly with a night sheltering from the rain.



JULY IN PHNOM PENH means the onset of the big wet. Rain as hard and heavy as two rounds with Manny 'The Pacman' Pacquiao, where tuk-tuks are overtaken by makeshift rafts in the streets. According to the urban dictionary 'Let it Rain' has three meanings. It is exclaimed when a favourable event occurs, it is stated when expressing determination in the face of a challenge, and it justifies yourself spending a lot of money – as in, "You make me want to take you out and let it rain."

For this month's reviews I choose it to mean all three. For me, the rainy season means 'Red Season', a small window in the year when one can truly indulge the passion to open a bottle of full bodied red wine, recline in a comfortable lounge chair, meditate, ruminate and philosophise over its charms in a pool of calm reflection and tranquil contemplation. Let it rain!

■ CHARLES MELTON NINE POPES

Nine Popes is legendary Australian winemaker Charlie Melton's tribute to the wine of Chateauneuf du Pape. Charlie was one of the first to recognise the value and tradition of the Barossa's old Grenache, Shiraz and Mourvedre

vineyards. At a time when others were pulling out vineyards of red to plant more fashionable white varieties, Charlie was convincing farmers to keep their historic vineyards. He was one of a small group of winemakers who helped retain the viticultural heritage of the Barossa Valley. The rest, as they say, is history and the wine is now an Australian icon. Incredibly rich with layers and layers of complex red berry, spice and charry oak, it has hints of molasses, dark chocolate, iron fillings, gun smoke and brambles. A tiny amount of this wine is currently floating around Phnom Penh. This is a perfect wine to sit back, perhaps alongside a wheel of mature hard cheese, some quince paste, duck's liver paté and some jamon Iberico. You may well solve all the problems of the world right there.

■ VERITAS BULL'S BLOOD

Rolf Binder is one of the Barossa region's most respected winemakers. His father first made this wine, and with his Magyar ancestry, called it Bull's Blood – a literal translation of the famous Hungarian red wine ('Egri Bikaver'). A blend of 100-year-old vine Mataro (Mourvedre) and old vine Shiraz, only 500 to 600 cases are made

each vintage. Veritas wines are some of the most respected and sought after amongst the winemaking fraternity in Australia and the small allocation available in Phnom Penh is worth tracking down. Its dense, rich, complex aroma, strongly perfumed with a mix of black cherries to fruitcake, carries a weighty palate. Initially lush it tightens its grip slowly and finishes with spicy tannins. Match with full flavoured stews!

■ GABRIEL LIOGIER CHATEAUNEUF DU PAPE

The plateau of the village of Chateauneuf, near Avignon, is situated on stony granite soils. No fewer than thirteen different varieties are permitted for the production of this most prestigious appellation of the Rhône Valley. But the four principal varieties are: Grenache, Cinsault, Mourvèdre and Syrah, with a touch of the white grape adding perfume and a silky texture. This powerful Chateauneuf wine is deep in colour and has a complex, fruity nose. It is full, rich and ripe on the palate, bursting with, ripe, red berry and black-forest cake flavours accented by subtle hints of mixed peel, exotic spices, coffee grinds and truffle. Match with barbecued meats.

■ DOMAINE PAUL BLANCK 'F' PINOT NOIR

Though arguably not a full-bodied wine (definitely medium bodied), it's just too good to omit. Blancks have been making wine in Alsace for hundreds of years. This wine was the brainchild of two brothers, Bernard and Marcel Blanck, 35 years ago. They had completed their training in Burgundy and Bordeaux, and started suspecting the possibilities offered by their parcel of vines in the Grand Cru Furstentum. Since 1985 Frédéric and Philippe Blanck have carried on their work. This wine is undoubtedly the Alsace regions greatest Pinot Noir and gives a glimpse of the enormous potential of the Furstentum Grand Cru. The wine is exceptional with loads of sweet cherry and wild strawberry flavour, a rich creamy texture and hints of nice forest floor (truffles, spices, game, damp earth). Pair with pigeon, guinea fowl, turkey, duck and gosling.

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



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Heart of Darkness

38 Street 51

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

Pontoon Club Lounge

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

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

Salt Lounge

217 Street 136

In addition to being Phnom Penh's first openly 'gay' bar, it has one of the most contemporary designs in town and the best cocktails. Has recently become a bit of a pick-up joint with 'boys' hanging about outside, consequently tends to be shunned by the gay expat community. **A/C**

Nightclubs

Heart of Darkness

38 Street 51

The most famous of the city's nightspots with a good-sized dance floor make this

the in-place in town. Has well priced spirits and mixers and is totally packed out on Friday and Saturday nights. Open 8pm to late. **A/C**

Memphis Pub

3 Street 118,

Tel: 012 871 263

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

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kaleidoscope

Sisters United in Art

Two sisters in contrasting ways are starting to make waves on the Cambodian contemporary art scene. **Mark Jackson** talks to **Veasna** and **Kanitha Tith** at the Chinese House.

“WHATEVER YOU WANT to do, do it now. Don’t wait until tomorrow because the chance might be gone.” Young Khmer artist Kanitha Kith, 22, is standing beside her model of Boeung Kak Lake, recently exhibited at the Bophana Audiovisual Resource Centre as part of the exhibition ‘Still Waters’. She is giving advice to her peers, although she could equally be describing the lake that is the subject of her installation.

Searching the internet, Kanitha came across a satellite image of the disputed lake. “It looked like the heart of Phnom Penh,” she explains. The floating installation in the shape of a heart is made from bamboo. The artist has strewn morning glory over it. Various coloured balloons dangle from its rim. “I want to show them how many lakes in Phnom Penh are already filled in.” Each balloon represents a former lake.

■ BRIDGING THE ARTIST AND SOCIETY

Although the advice comes from Kanitha, it is elder sister, Veasna Tith, 25, who is actively trying to develop the fledgling contemporary art scene in Cambodia, through curation.

Upon graduating from the Royal University of Fine Arts (RUFA) Veasna first became interested in curation while on the Mekong Art and Culture Project, which involved the four Mekong sub-region countries. She took a workshop in curation at the end of 2007. “I had never heard about curators before,” she says.

Most Cambodians have come across the term, according to Veasna. This is part of a general disconnect between artists and society.

“Society doesn’t really understand artists, and artists don’t care about society,” she says. “They only care about doing what they want.”

She sees her role as acting as a bridge between society and the artist. As a curator she thinks more about how people will view the art than she ever did as an artist.



Kanitha (left) and Veasna at the Chinese House

Prior to Veasna, art curation was very much a preserve of foreign artists and art enthusiasts. While praising the work of foreign curators such as Dana Langlois at Java Gallery and Nico Mesterharm at Meta House, who have done much to promote contemporary art in the kingdom, she sees herself as being closer to the artists. “There are lots of foreign curators, but I understand local artists more than them,” she says. “They are talented, but if nobody promotes them, how can they show their talent.”

Although Veasna does not have her own website she uses Linda Saphan’s website (<http://saphan.info/other-artists/>) to help promote local artists, in addition to arranging exhibitions. The

next will be at the Chinese House involving the 2008 crop of graduates from RUFA, although a time has yet to be set. She is putting together an exhibition with Brad Gordon, one of the partners in the Chinese House. Brad also has a gallery in Thailand. “I really enjoy working with him.”

■ FREEDOM THROUGH ART

While Veasna prefers to work in mixed media – next year she will study textiles as part of her masters in fine art in China – her younger sister prefers to work with installations, like the one of Boeung Kak Lake.

“I want to show people a different way to art, not just painting and sculpture,” she says. “We have many different kinds of art in the

Society doesn’t really understand artists, and the artist don’t care about society

world. I want to show them what installation means and how I feel with my art.”

Although graduating last year in interior design from RUFA, Kanitha is now committed to being an artist.

“Art makes me feel free, because I always have many ideas and I don’t know how to let my ideas out,” she says. She believes that in Cambodia there is little room for creativity in interior design companies – you just follow instructions. “Only art can let me show the ideas that I want to show people.”

Although this promising young artist is due to have an exhibition with Chinese artist Qudy Xu at Hotel de la Paix in Siem Reap in August, her feet are very much firmly on the ground. “I am still learning a lot,” she says smiling when asked whether she wants to follow her sister’s footsteps into the world of curation.

Not so her elder sister. When Veasna returns from China she wants to use the skills developed there to teach the next crop of RUFA students in textiles. For her, art is a quintessential part of the future development of the country.

“If the culture and art develops, the country also develops,” she says. “It’s a very good thing to promote and create something for the next generation.”

You sense that this confident, young woman will be very much at the heart of the country’s contemporary art scene, long after the lake that has provided inspiration to her sister has become a developer’s gold mine. ■

On the Record: New U.S. Music Releases

Record companies claim that piracy is killing music. When four major companies own 80 percent of the world's recorded music, it is difficult to be too sympathetic. Still, interesting new music continues being recorded and released. Here are some I hope you have not missed from the U.S.

Fleet Foxes provided last year's out-of-nowhere surprise with their folksy, eponymous debut. With its pastoral themes, pretty melodies and soaring harmonies, Beach Boys comparisons abounded, but it's more mannered and contemporary than that. Also employing lots of folksy stacked harmonies is the affecting **Bon Iver's** lo-fi suite of songs, 'For Emma, Forever Ago'. Songwriter, Justin Vernon lost his band, girl and health so turned survivalist for a winter in a Wisconsin log cabin, shooting and butchering his food and carving this album out of his heart. It's not nearly as depressing as that scenario might suggest. The naked intimacy and immediacy of the tracks help the poignant beauty of Vernon's fragile voice and highlight the cathartic essence of the songs.

Meanwhile, back in the Big Apple they make more noise. Brooklyn band, **TV On The Radio's** 'Dear Science' is powerful white boy funk rock with passion. Angry and boisterous, it packs a punch. The anti-Bush rants are on the mark though a bit late. Honourable mention also goes to Brooklyn's distinctly un-Goth, inappropriately named, **Vampire Weekend**, who captivate with catchy songs and joyful, African guitar on their first album, 'Vampire Weekend'.

Though none of **The Raconteurs** come from Brooklyn to my knowledge, 'Consolers of the Lonely' is still an excellent album with a huge nod to the great classic rock of the late 60s, early 70s. The shades of The Who and

Led Zeppelin in all their pompous majesty fall all over this. Jack White has become increasingly comfortable in the studio, borrowing techniques from all over the planet, including those magical mariachi horns from Love's 'Forever Changes'.

The best re-release of last year was **Dennis Wilson's** 'Pacific Ocean Blue'. It even made the U.K. top 20 – an extraordinary feat for a 30-year-old solo album from the Beach Boys drummer. At a time when the rest of the band was in disarray and Brian still in bed, Dennis, came up with this ravishing opus. Tough and lovely by turns it has gorgeous, tender songs of love, loss and wonder. It effectively plays that trick of close-mic'd, intimate, bruised vocals being picked up, swept along and lifted up by a swell of epic, widescreen fully-orchestrated arrangements and gospel choirs.

Saving the best to the last we have **Animal Collective's** outstanding 'Merriwether Post Pavilion'. In this, their ninth album, it seems as if the U.S. freakfolk outfit have added bass and beats to their eclectic mix. Every track on this, party friendly album, is a bouncy, sparkling gem. Swirls of texture and blissful harmonies float over off-kilter warped beats that then converge around delirious, ethereal tunes worming their way into your brain. Check out the infectiously happy closing track, Brothersport, and you will be hooked.

Happy listening –
SEBASTIAN BLOCKLEY

Bootleg

Simon Jacy AsiaLIFE's scathing film critic, casts a jaundiced eye over what's on offer

■ THE EMPIRE STRIKES BACK

Irvin Kershner (1980)

The second of the 'proper' Star Wars films and the only one without a happy ending, Empire has gained a cult following among those who respect George Lucas' cinematic vision but feel betrayed by his saccharine self-indulgence. A definite downer compared to the other films, Empire sees the rag-tag rebels lurch from one defeat to the next, Luke Skywalker's (Mark Hamill) immature impatience and Han Solo's (Harrison Ford) scheming mercantilism landing their unlikely partnership in hot water. Croaking sage Yoda makes his first appearance and the inimitable James Earl Jones imbues black-clad Darth Vader with sinister menace. The stirring score, iconic set and costume designs, and re-mastered special effects have helped keep the film fresh, though for soulless cynics, seeing the crowing do-gooders finally get their come-uppance is the major attraction. Lucas should have stopped the franchise here.

■ 12 ROUNDS

Renny Harlin (2009)

Produced by World Wrestling Entertainment, few would have expected such a tired concept – a vengeful psychopath taking elaborate revenge on a moralistic supercop – to produce anything original or worth watching. And they'd be right. A sneering international terrorist is enraged

when his femme fatale squeeze is killed by the square jawed hero, police detective Danny Fisher (former wrestler John Cena). He kidnaps Fisher's simpering bride (Ashley Scott) thus sparking an over-complex revenge involving, you've guessed it, 12 rounds of competition. Despite some interesting shots from the New Orleans locations, a plot strikingly similar to the at-best-medocre Die Hard With a Vengeance, though with plot twists and anything resembling convincing acting missing, definitely makes this also-ran one to miss.

■ CRANK 2: HIGH VOLTAGE

Mark Neveldine & Brian Taylor (2009)

A soulless sequel to the stunningly awful Crank, High Voltage reprises the disastrous writer/director team from the first film. One wonders if their script filled even a single page. Jason 'mockney' Stratham is back as the swaggering protagonist Chen Chelios, this time predictably angered by the theft of his heart. To keep his artificial ticker primed, Stratham must repeatedly shock himself, a vapid plot device to replace the poisoning of the original film. Incomprehensible surrealism and pointless cameos fill out a vacuum left by the flimsy plot, though this trumped-up travesty can only limp from one cinematic cliché to the next. For lobotomised hooligans only. **A**



Arts Diary

■ OPENING THIS MONTH

Global Hybrid

Cambodian contemporary artists Ouer Sokuntevy, Chhan Nawath, Riem Em, Leang Seckon, Pich Sopheap, Kong Vollaik meet counterparts from the diaspora (Tom Tor, Sayon Syprasoeuth, Andrew Han) as well as U.S. based artists Stephane Janin (France) and Denise Scott in a group show, which opens at Meta House on Jul. 2 at 6pm.

The Boat Goes, The Pontoon Stays

Exhibition by Asia Motion's photographers Ryan Plummer, Srikanth Kolari, Nicolas Axelrod, Stephane Janin, Peter Harris, Carlos Franklin, Jeff Perigois, Eric De Vries and Isabelle Lesser opens at Java Café on Jul. 3 from 6pm, running through the month

■ MUSIC & EVENTS

4th of July Party

Curtis King Band plays live at Sharky's on Jul. 4 from 9pm.

D'Sco

The Geckos of Love play bluesy rock / pop / jazz at Talkin to a Stranger from 4pm with BBQ and drinks specials.

Stiff Little Punks

Phnom Penh's only punk band plays the Cavern on Street 104 with free food and drink promotions.

Route 66

Play Sharkys on Jul. 17 & 18 from 9pm.

Bad Neighbour

Saigon's grooviest band plays the FCC on Jul. 18 from 9pm.

Dr. JP and the Nurses

The Penh's resident Heavy Metal band plays Sharkys on Jul. 25 from 9pm.



Maria Stott: Building exhibition at Bophana Audiovisual Centre

■ FILM

Le Cinema

The following films will be shown at Le Cinema, CCF at 7pm: Jul. 3 / 11 - *Desengagement* (Amos Gitai); Jul. 7 - *Cartouches Gauloises: Summer of 62* (Medhi Charef).

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: Jul. 1 - KM LO returns

to Meta House; Jul. 3 - *Kampuchea: Death & Rebirth, Out of the Poison Tree*; Jul. 4 - *The Children of Krousar Thmey, Cambodian Dreams*; Jul. 5 - *Killing of America, Straight Refugeeez*; Jul. 7 - *Iris Chang*; Jul. 8 - *The Gendered Lens*; Jul. 9 - *Joop*; Jul. 10 - *Belonging, New Year's Baby*; Jul. 11 - *Who Am I?*; Jul. 12 - *Scales of Justice*; Jul. 14 - *The Mystery of Picasso*; Jul. 15 - *Khmer Contemporary: An Exclusive Video Documentation*; Jul. 16 - *'ScreenDocs' Rocks*; Jul. 17 - *Dengue Fever Live!!!*; Jul.

18 - *Love Man Love Woman, Hooked*; Jul. 19 - *Midnight-piece, ER*; Jul. 21 - *Burnt Theatre*; Jul. 22 - *Art of Documentary Editing*; Jul. 23 - *Expired, The One Who Set Forth*; Jul. 24 - *Rescue Dawn*; Jul. 25 - *What Is Wrong With Jaques Verges*; Jul. 26 - *The Truth About China's Cultural Revolution*; Jul. 29 - *Kids Behind the Camera*; Jul. 30 - *Pay or Die and Messenger Band*; Jul. 31 - *Keep the Cannibals on Your Right*.

■ ONGOING

Imagined Portraits of Women

Debut Cambodian exhibition by veteran Khmer painter You Khin continues at the French Cultural Centre (CCF).

The Studio Image

Work of photographers Lim Sokchanlina, Uy Nouseireimony, Pha Lina and Sovann Philonng continues at the French Cultural Centre (CCF).

Imagine That

Three weeks, 10 streetkids, 50 cameras - exhibition at Romdeng Restaurant, 74 Street 174 continues.

Streetlife

Photographic exhibition by Steve Goodman continues at 4Faces Gallery, Siem Reap.

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.

META HOUSE PHNOM PENH
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Cinemas

Le Cinema 04

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 02

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 06

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.

Bophana Audiovisual Resource Centre 03

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 07

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 22

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 04

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 23

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 01

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

Meta House 02

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 gallery, it does have occasional exhibitions.

Pich Sopheap

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

Reyum Institute of Arts & Culture 27

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

(Sino-Khmer Residence) 28
Sotheaors 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 16

128 Sotheaors 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 Sotheaors 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 06

84 Street 108 Tel: 012 834 517
Elegant bistro and art gallery in the style of an 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 24

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 25

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

Epic Arts

1DE0 Sotheaors 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. 

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Ashes to Ashes

From Jul. 8 to Aug. 24 Pomms and Aussies throughout the Penh will be rolling into work worse for ware, or heading off early to the pub – it's Ashes time. The oldest conflict, the longest series (potentially 9,000 minutes), the fiercest foes, the smallest trophy, and this time there will be a mini-Ashes here. Words by **Mark Jackson**.



ORIGINS OF THE ASHES

The first test between England and Australia was played in 1877, but the Ashes themselves only date back to the ninth test between the two nations, in 1882. That year the Australians played just one test, at The Oval in London. A low-scoring affair on a difficult wicket, Australia made only 63 runs in its first innings, England replied with 101. In their second innings, the Australians struggled to 122, leaving England a meagre 85 runs to win. When England's last batsman, Ted Peate, walked out to the crease ten were still needed for victory. Peate managed only two before being bowled by Harry Boyle, leaving Australia victors by seven runs. It was England's first loss on home soil.

On Sep. 2, the *Sporting Times* featured a satirical obituary.

"In Affectionate Remembrance of ENGLISH CRICKET, which died at the Oval on

29th AUGUST, 1882. Deeply lamented by a large circle of sorrowing friends and acquaintances. R.I.P. N.B. – The body will be cremated and the ashes taken to Australia."

The following English tour of Australia (1882–83) was dubbed 'the quest to regain the Ashes'. A small terracotta urn, reputedly containing the 'ashes' of a bail representing the now defunct state of English cricket, was presented as a gift to the England captain Ivo Bligh by a group of Melbourne women.

Since that tour, which England won 2-1, the rivalry although fierce has been dominated by the Australians. Of 64 Ashes series, Australia has won 31 against England's 28, with the test win-loss ratio standing at 121 to 95 in the southern hemisphere nation's favour. There have been 84 draws.

Australia is also the current champions, having white-

washed England 5–0 to regain the Ashes in 2006–07. In Sir Donald Bradman, Australia has the highest scoring Ashes batsman (5,028 runs) and leg-spinner Shane Warne is the top wicket taker (195). So what chance England this summer?

THE SERIES AHEAD

England's Barmy Army of fans will take inspiration from the last time the Ashes were held on English soil in 2005. Despite being totally out-played in the first test at Lords, England fought back to take the second test by two runs (the smallest winning margin in Ashes history), and the fourth test by three wickets, after the third test was disrupted by rain. With the final test ending in a draw, England took the series 2-1, their first series victory against the tradi-



PHOTO BY DAVID HANCOCK/PAF



Cal shaping up to take a drive

tional foe in 18 years. Legendary commentator and leg-spinner Richie Benaud rated the series as the most exciting in living memory.

Despite regaining the Ashes at a canter the following year, Australia has been hit by the retirement of legends Shane Warne, Glen McGrath, Adam Gilchrist, Justin Langer and Matthew Hayden. Much will depend on how the relatively inexperienced tourists adapt to playing in English conditions. They go into the series as firm favourites, having recently beaten the mighty South Africans in their own back yard.

England, on the other hand, had a humiliating winter. Long-term captain Michael Vaughan stepped down last August after a series loss to the South Africans. Replaced by the swashbuckling Kevin Pietersen a new dawn was promised. Another series loss later – this time in India – and Pietersen, was sacked after a public bust-up with coach Peter Moores, who was also dismissed. In stepped Andrew Strauss to be the nation's third captain in almost as many months. Almost inevitably failure in the West Indies followed.

For England to have any hope of success in the forthcoming series, they will need to recapture the same combination of aggressive 'body line' and reverse-swing

The Ins and Outs of Cricket

CRICKET IS OFTEN LIKENED to chess. A game of strategy and technique, the longest form of the game is played over five days, often without a positive result. To the uninitiated – especially those on the wrong side of the Atlantic – the rules can be somewhat confusing. Hopefully the following explanation will clear things up.

“You have two sides, one out in the field and one

in. Each man that's in the side that's in goes out, and when he's out he comes in and the next man goes in until he's out. When they are all out, the side that's out comes in and the side that's been in goes out and tries to get those coming in, out. Sometimes you get men still in and not out. When a man goes out to go in, the men who are out try to get him out, and when he is out he

goes in and the next man in goes out and goes in. There are two men called umpires who stay out all the time and they decide when the men who are in are out. When both sides have been in and all the men have been given out, and both sides have been out twice after all the men have been in, including those who are not out, that is the end of the game!”

Still confused? 

bowling that upset the Australians four years ago. The key will be the fitness of all-rounder Andrew Flintoff and the ability of Stuart Broad, James Anderson and possibly Graham Onions, to get the ball in the face of the Australian upper order.

■ FIXTURES

Jul. 8 to Jul. 12
First Test, Cardiff

Jul. 16 to Jul. 20
Second Test, Lords

Jul. 30 to Aug. 3
Third Test, Edgbaston

Aug. 7 to Aug. 11
Fourth Test, Headingly

Aug. 20 to Aug. 24
Fifth Test, Oval
(Each day's play starts at 5pm Cambodia time.)

■ PENH'S PUNDITS

Chris Dring

Phnom Penh England captain, average all-rounder

It's probably the worst Australian team to come over to England in decades, but I still fancy them to win. I think the key players to look out for could be Bopara for England, who is bang on form, and Johnson for the Aussies. He bowled really well in South Africa. Also worth keeping an eye out for is Phil Hughes. My prediction, 1-2 to the Aussies unfortunately.

Majid Wazir

Pakistan, lethal right-hand fast bowler - people sometimes mistake me for Shoaib Akhtar

Last series, Australia was the stronger side, but this year my money is on England. The English have the home-ground advantage and Australia is missing the openers from the last series (Hayden and Langer), not to mention Warnie and McGrath. Guys to watch out for are Australia's Mitchell Johnson and Ricky Ponting, and England's Ravi Bopara and Andrew Strauss.

Callum McCulloch (Cal)

Australia, right-hand batsman, right hand unorthodox bowler

Australia will win of course



Essential Penh cricket equipment

– 3-0 with two rain draws. Ponting will be Australia’s rock and Johnson will swing them out of the park.

Randal Laurence

Gym Bar owner, Australia, right-hand batsman and off-spinner

England may sneak the Cardiff test, but they can’t possibly win at Lords, and won’t get much of a look in after that. There’s usually a bit of bad weather about, so a bit of rain could save England from a more embarrassing series defeat. Phillip Hughes is a rare talent, Mitchell Johnson is a workhorse and Ricky Ponting has something to prove.

Rob Huxley

Huxleys Owner, England, right-hand medium fast swing bowler, right-hand batsman

England is going to win by a single test with four rain delays. Chris Broad is going to finally learn how to hit the wicket from two yards. He’ll be one of our saving graces with both bat and ball. I’m not scared of anyone in the Australian team, they’ve all gone. There’s nobody to fear.

AsiaLIFE Guide Pundit’s Prediction

Australia to win at Lords, England to win at Headingley and Edgbaston, to take the series 2-1 with the other two tests ending in a draw. Watch out for spin, with no Warne to face England might groom some pitches that turn

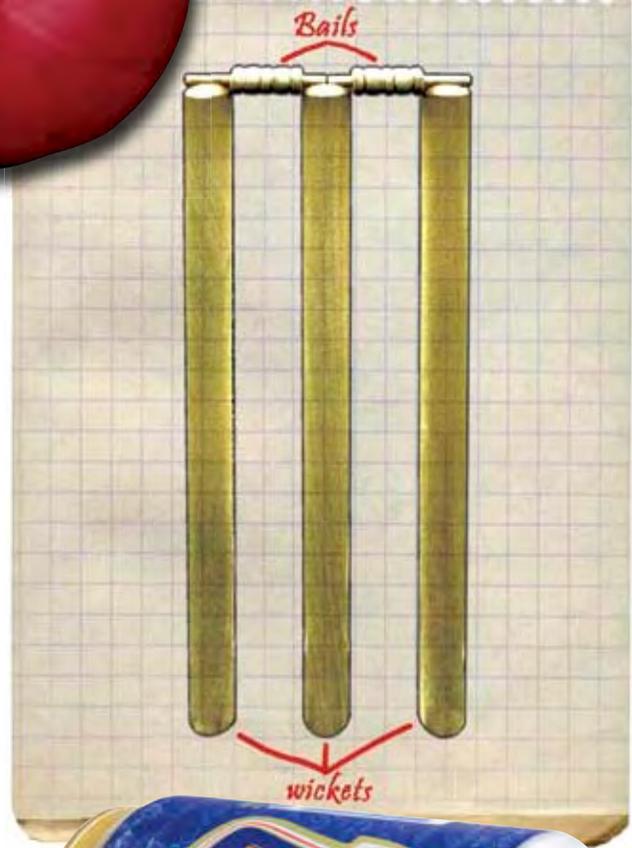
square on the first day. Man of the Series – England’s five groundsmen.

■ **THE ASHES IN CAMBODIA**

This month Phnom Penh will have it’s very own Ashes match when the Australian All-Stars take on England’s Eagles at the school pitch at the corner of Streets 63 and 360 on Jul. 12 at 10.30am. England’s captain Chris Dring, is confident of victory in the shortened twenty over version of the sport. He believes the game will be decided by two factors. “How much alcohol is consumed the night before and during the match and how many Pakistani, Sri Lankan or Indian players, we can pretend have British passports?” With the Australian team famed for it’s beer consumption, and the British Embassy promising to be in attendance to ensure all the necessary paperwork, victory for the Pomms is almost assured.

There will be a fee of around US\$7 for players, which include food and soft drinks. AusKhmer, Wing, Modern International School and Saffron Restaurant will sponsor the event along with AsiaLIFE Guide.

If you want to play, or watch, call either Adam (Australia) on 012 812 062 or Chris on 017 363 928. 📞



Cricket Gaffes

PART OF THE ALLURE OF cricket lies as much in off-field as on-field antics. Spectators find it difficult to focus on the 'action', when it is spread over six hours and five days. Champagne and Pimms are traditional distractions. The same applies to the commentators.

Possibly the most famous commentator of recent time appeared on the radio rather than TV. Brian 'Jonners' Johnson was as much famed for his gaffes as for his love of the game. His most famous one occurred in a match between England and the West Indies. Legendary West Indian pace bowler Michael Holding was tearing into bowl against English batsman Peter Willey. Jonners' commentary was precise, "The bowler is Holding the batsman's Willey."

Mind you the most famous Jonners' incident was no gaffe at all, but a set-up. Aired by the BBC when Jonners died in celebration

of the spirit of the man, the initial recording occurred in another England, West Indies clash. England's greatest ever all-rounder Ian Botham was playing an aggressive shot and losing his balance. He started falling towards the wicket. Despite all his efforts to leap over it, he knocked off one of the bails with his leg, thus being dismissed 'hit wicket'. When Jonners was describing Botham's unfortunate dismissal at the end of the innings, fellow commentator Jonathan Agnew casually slipped in, "he couldn't quite get his leg over." For the next two minutes Johnson carried on his commentary, despite collapsing into a bout of infectious laughter that made him so popular with listeners. It all goes to show, despite what happens on the field over the next two months and in the Penh – it's only just a game.

For more of Jonners' gaffes, visit: <http://www.johnners.com/>

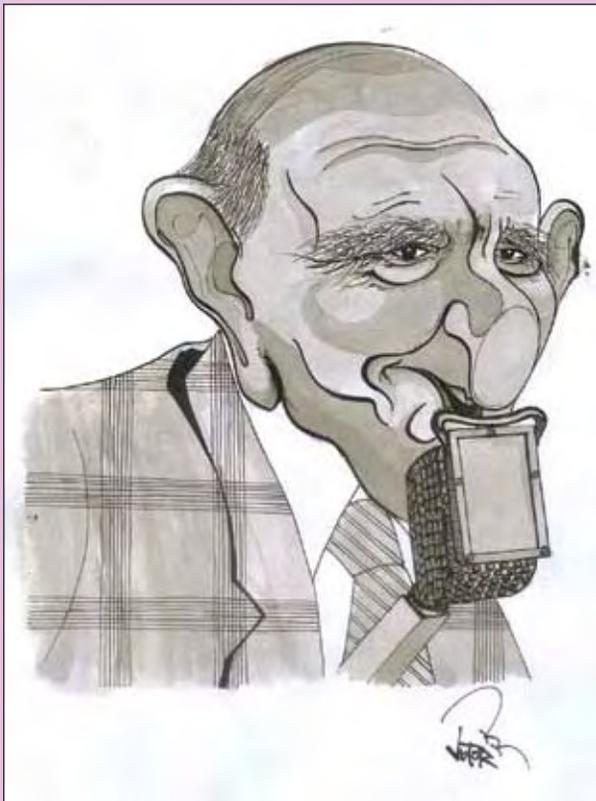


ILLUSTRATION BY VICTOR BLANCO

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amusement

Kambol Cart Raceway

Tel: 012 232 332

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

Parkway Square

113 Mao Tse Tung Blvd, Tel: 023 982 928

Ten-pin bowling alley with lanes costing between US\$6 and US\$9 per hour, depending upon the time of day. It also has a dodgem track, for those who haven't had enough of close shaves on the streets of Phnom Penh.

Phnom Penh Water Park

50 Street 110, Tel: 023 881 008

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

Phnom Tamao Wildlife Park

Phnom Tamao,

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

Sorya Centre

Corner Street 63 & 142

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

beauty products

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16 Street 374, Tel: 023 223 720

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chemists

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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).

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Laura Watson – Dengue Fever

A MOSQUITO-BORNE VIRAL disease, Dengue Fever is widespread across tropical areas of the world, especially Southeast Asia. Most common in urban environments, around 2.5 billion people worldwide are at risk. There are about 50 million cases a year. In Cambodia most cases occur in the rainy season between June and November although there is some transmission all year.

Dengue is one of the leading causes of child mortality in Cambodia. In 2007, there were almost 40,000 cases with 400 deaths. Last year was much quieter with 10,000 cases and 65 deaths, mostly in children. The relatively low incidence of infection in 2008 means there is now a pool of non-immune children who are susceptible to the infection. This raises the chances of another epidemic this year. Already the number of infections has increased compared to last year, so it is important to be vigilant.

The disease is spread by the bite of an infected *Aedes aegypti* mosquito. Also known as 'tiger' mosquito ('mu klaa' in Khmer) due to its largish size and stripy legs, *Aedes* are day biting and have their peak activity after sunrise and for a few hours before sunset. They need small pools of fresh water to breed and can fly up to 200 metres. You cannot get Dengue Fever from direct contact with an infected person!

■ HOW DO I KNOW IF I HAVE DENGUE?

The standard version of Dengue is characterised by sudden onset of high fever with intense headache (often right behind the eyes), muscle and joint pains, and intense exhaustion or mal-



aise. The fever usually lasts for five to seven days, sometimes with a rash occurring around day six. This reflects the development of the body's immunity to the virus. It usually consists of small red spots all over the torso and/or limbs. The palms of the hands may feel very hot, itchy and uncomfortable.

It is typical to feel nauseous, to have trouble drinking and to be unable to eat for several days. This often leads to dehydration and a need for intravenous fluids. If you are sick enough to need to see a doctor, blood tests will show a lowered white blood cell count and decreased platelets from about day three of the illness. It is advisable not to travel by motorbike or bicycle if you have low platelets because of the risk of serious bleeding should you have a crash. The low white cell count makes you more susceptible to infection and so you should avoid anyone else who is sick.

If you become very dehydrated, show signs of bleeding, have very low platelets, are pregnant,

are on blood thinning treatment, or have a stomach ulcer you should be admitted to hospital.

Although the disease is usually relatively mild and self-limiting, it may present in a severe form known as Dengue Haemorrhagic Fever or Dengue Shock Syndrome. This is more common in those under 15 years of age having their second infection, but may occur at all ages and with a first infection.

For Cambodians, Dengue Fever is largely a disease of childhood. Most adult Cambodians will have already been exposed to the virus multiple times and likely developed immunity through infection.

■ HOW LONG DOES IT LAST?

The disease is at its worst in the first week of fever. The second week, after the fever breaks, you should feel better and be able to eat and drink more normally, although you may have a rash and sore/hot hands and feet. It is normal to still feel utterly exhausted

during this week. After this, recovery is quite varied. Some adults seem to bounce back quickly while others have a type of post-viral fatigue that may last several months. This can take the form of tiredness, lethargy and even depression. It is also common to experience hair loss around three months. Do not panic if this happens, it will grow back.

There are four serotypes of the Dengue Fever virus. Once you have had an infection you have life-long immunity to that strain.

■ PREVENTING DENGUE

There is currently no vaccine or drug prophylaxis for preventing the disease. Vigilance to prevent mosquito bites during daytime hours is the best means of prevention. Screening of houses and using knock-down sprays every couple of days helps. Making sure your own yard or apartment building does not have breeding sites for mosquitoes is imperative. Get rid of old plant pots, old tyres, any piles of junk lying around. Ornamental ponds should have larvae-eating fish living in them.

Use an effective insect repellent daily, especially on the lower legs. The repellent should contain DEET or citriodiol – this comes from lemon eucalyptus and is not the same as citronella, which smells lovely but is ineffective. If you eat in an outdoor setting, especially in the hour before dusk or early morning, burn a mosquito coil under the table.

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

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education

Khmer School for Expats and Travellers
35 Street 288,
Tel: 012 867 117

Khmer-language lessons given on a one-to-one tuition basis only, costing US\$10 per hour, a typical course lasts for 30 hours.

Khmer School of Language
52G Street 454, Tel: 023 213 047
Khmer-language lessons given at the school for US\$4 per hour or for US\$5 in

the privacy of your own home or office. All the teachers are experienced and trained at the school.

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

gyms

Clark Hatch Fitness Centre
Intercontinental Hotel, 3/F Mao Tse Tung Boulevard, Tel: 011 380 769
Well-equipped fitness centre run by a regional gym company that even has a rowing machine. Membership is US\$90 per month or US\$10 per day (US\$15 at

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

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

Beauty Spot: Derma-Care

OPENED SOME SIX MONTHS ago, Derma-Care is located in a modern and sleek building at the corner of Norodom Boulevard and Street 306. Staffed by two qualified dermatologists as well as three nurses and two therapists, the place is not your average spa but a professional skin clinic.

Like any doctor's, treatments are preceded by a consultation during which the most appropriate therapy or remedy is identified. Consultations cost US\$5, which is waived if you opt for a treatment. In addition to a range of beauty treatments performed using American Derma-Rx products, a variety of medical cosmetic services are also offered.

The latter include soft tissue augmentation (i.e. fillers for wrinkles), minor dermatologic surgery, antioxidant boosters, chemical peeling, and lipolysis to destroy fat. Botox, the celebrated face-freezer, is also administered at US\$12 per unit. That may sound cheap, but getting rid of those forehead lines will nevertheless end up costing you between US\$320 and US\$480. Hair and nail diseases are also treated.



Thai and Singaporean trained Dr. Em Sam Ol speaks very good English. According to him, many of the clinic's customers are Cambodians in search of whiter skin. This is achieved through injections of a whitening substance into the bloodstream. To achieve maximum results, injections are initially administered bi-weekly and later on a monthly basis. One injection costs US\$60, though a set of 10 is

available for US\$400. Dr Em Sam Ol says the treatment has no side effects, assuming you don't overdo it like Michael Jackson.

■ FANTASTIC FACIALS

For something less invasive than surgery or injections, try the relaxing facial for all skin types (US\$35). Thoroughly professional, the treatment promises to "oxygenate the skin, bringing back lustre to the face".

Complete with careful cleansing, using a mechanically rotating brush, and a discomfiting extraction of persistent blackheads, the facial has a noticeable effect on your skin. After the hour-long treatment, you come out perhaps looking a touch pink, but certainly feeling rejuvenated. Undoubtedly, this is one of the better facials to be had in the Penh.

Derma-Care also offers facials for particular skin types, be it oily, sensitive, pigmented or blemish-prone. These cost between US\$68 and US\$75 depending on treatment. A special intensive eye treatment, perfect for alleviating the need for botox later in life, is yours for US\$75.

Derma-Rx products are also for sale at the clinic.

Despite its medical qualifications, Derma-Care does not compromise on ambience. The clean and sleek white look of the establishment gives it an air of professionalism, while the relaxing music played during facials helps you unwind.

Derma-Care Skin Clinic, 161B Norodom Boulevard, Tel: 023 217 092

The Gym at The Place

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

VIP Club

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

hairdressers

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

Eriq Amtalla
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 den-



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Address:
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2- House No. 7, St. 334
Working hours: 9:00 am to 11:00pm (Everyday)





Sam Moffett: Treating Modest Gym Injuries

Anyone who exercises regularly is at some point likely to get a modest injury. It just comes with the territory. The best way to reduce that likelihood is to warm up properly and stretch before and after you exercise.

GENERALLY THERE ARE three modest and common problems, excluding those that may require medical intervention – muscle soreness, strains and sprains.

The most common is muscle soreness that occurs 24-48 hours after exercise as muscle tissue that has been stressed by exercise begins to heal, or lactic acid is released into the muscle. It can be mild to severe (I can hardly walk!), is natural and should dissipate gradually on its own.

Beyond that, overstressed tissues can evolve into actual injuries like strains or sprains, which involve connective tissues like muscles, tendons or ligaments and need more attention. Strains can result when muscles or tendons are overstressed, usually around the lower back, shoulder, elbow, knee or ankle. The pain is usually localised to a very specific area, unlike muscle soreness. The best thing to do is try to limit use of that area and ice it for 15-20 minutes as soon as possible. If soreness continues beyond a day or two

try switching to moist heat like a hot wet towel.

A sprain occurs when a ligament (which connects bone to bone) is injured. The symptoms are very similar to a strain, except there is often some swelling. Treat as you would for a strain, except that if the swelling persists it is recommended to compress the area with a bandage and elevate it. Sprains can get worse, so be more careful with these. They are more common in the shoulder – mainly because there is limited space

in the shoulder joint and tissues can get pinched – and elbow. When they occur in the lower back, the conventional wisdom is to get in bed and rest. However, that can be counterproductive and cause muscle spasm. It's often better to maintain fairly regular activity, just try not to stress the lower back. If symptoms persist consult your doctor.

It's all worth every ache!

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

tal facilities. 24-hour service. Open 8am to 10pm (8am to 6pm at weekends).

Naga Clinic

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

minor surgery. 24-hour service.

optics

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

Grand Optics

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

pools

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

Fitness One

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

L'imprevu Resort

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

Raffles Amrita Spa

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

The Billabong

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

The Club at Northbridge

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

Open Palm Studio

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

VIP Club

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

spas

Amara Spa
Cnr. Sisowath Quay & Street 110,
Tel: 023 998 730, 012 873 999
Fax: 023 998 731
www.amaraspa.hotelcara.com
A unique & comprehensive Day Spa providing a wide selection of facials, body massages and treatments; arranged into four storey sophisticated modern facility. Open from 11am to 11pm.

Amatak Spa

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

Amret Spa

3 Street 57, Tel: 023 997 994 / 012 414 038
Stylish spa with treatments in individual rooms. Also has rooms for couples with Jacuzzi. Open from 9am to 9pm.

Aziadee

16AB Street 282,
Tel: 023 996 921
Very relaxing, air-conditioned massage parlour with individual rooms. Open 9am to 9pm.

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.

Derma-Care Skin Clinic

161B Norodom Blvd.,
Tel: 023 217 092
Staffed by two qualified dermatologists this is not your average spa but a profes-



European Dental Clinic

160A, Norodom Bd (across ISPP South Campus)

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

Secretary : 023 211 363 / 012 893 174



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

Emergency
092 804 471
012 986 024 / 012 854 408

sional skin clinic. Offers a range of beauty treatments using American Derma-Rx products, soft tissue augmentation, minor dermatologic surgery, antioxidant boosters, chemical peeling, and lipolysis, as well as beauty treatments.

Dermal Spa
4C Street 57,
Tel: 012 222 898

Spa offering beauty salon, foot massage and body massage services. Specialises in dermalogica skin and beauty products. Open 9am to 10.30pm

In-Style
63 Street 242,
Tel: 023 214 621

Set in beautiful villas, the lovely gardens and revitalising café that greet your entrance indicate that this is more than just a spa. Full range of massages and beauty treatments with an emphasis on the Balinese. Open 9am to 9pm.

Master Kang Health Care Centre
456 Monivong Blvd., Tel: 023 721 765

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

Miss Care & Spa
4B Street 278,
Tel: 023 221 130

Small beauty parlour and spa set on the Golden Street, with well-priced massages range and beauty treatments.

Monorom Massage
B87 - B91 Street 199 (near Sovanna Mall), Tel: 017 555 778

Professional foot and body massage parlour that offers unique fish treatment. Also has free sauna and steam room. Open from 10am to midnight.

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

Sawasdee Massage
6B Street 57,
Tel: 023 996 670

Oil, Thai-style and foot massage are available from trained masseuses in this excellent parlour, which also does beauty treatments. For a few dollars more than the dorm-style mattress massages, you can have the privacy of your own room. Open 9am to 11pm.

Seeing Hands Massage
6 Street 94, 209, 246, 253 Street 53
Tel: 016 856 188

String of massage parlours where the service is provided by the blind at a very reasonable price. Open 9am to 7pm.

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

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.456A, Monivong Blvd.(st93), Phnom Penh, Cambodia
Website: www.asiagarden.com.kh
Email: info@asiagarden.com.kh



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- Body wrap and body scrub therapy
- Skin care facial therapy
- Nailcare, waxing
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H/P: 012 360 490, Tel: 023 722 029
Amatakbeautyspa@yahoo.com
www.amatakbeautyspa.com

next generation

Ethical Parenting in the Penh

Trying to make life perfect for our children whilst doing no harm to the planet requires more energy than most parents can muster. **Georgie Treasure** provides some inspiration.



For your Cheeky Monkey

WE SEE OUR LITTLE ONES' faces in every child worker on the streets of Phnom Penh. We wonder if our grandchildren will grow up in a world without oil. But if we buy that second-hand car seat in the interests of the environment will it be safe enough? Will his development be hindered if we don't get him the latest 'educational' electronic gadget from Monument Toys? Will she ever walk normally again, after two years in generously sized cloth nappies?

Once confident individuals who knew our own minds, we soon become timid, vulnerable creatures as we stumble into the baffling world of parenthood. If we can resist the advertisements, peer pressure is another thing altogether. There is nothing like a parents and babies coffee morning to destabilise our confidence in everything we believe in. Bombarded with advice from all corners we rush out to buy toys, cots, high-chairs, car seats, baby baths, bouncers, bottles, sterilisers,

etc. Ten years on and we have amassed enough to fill a small landfill. Nearly all of it is made of plastic and produced under sweatshop conditions.

Disposable nappies contain superabsorbent chemicals, paper pulp, plastics and adhesives. They require a resource-intensive manufacturing process, and the first ones ever thrown away have yet to decompose. Here in Phnom Penh they end up on Steung Mencheay rubbish dump where children just like our own, only not in nappies, come across them every day.

In the words of Jack Johnson, whose Curious George soundtrack will teach you and your kids all you need to know about green living, "Reduce, Reuse, Recycle!"

■ REDUCE

As all experienced parents know, we hardly need or use any of the stuff we buy for our kids. This is the number one rule for all brand new parents. We are all told it, we all ignore it, and we all go on to tell it again.



Ethical toys at Rajana

■ REUSE

In Phnom Penh this could not be easier. Even if you love to shop, there is probably no excuse to buy anything new in this city. The Cambodia Parent Network (<http://groups.yahoo.com/group/cambodiaparentnetwork/>) is a great source of products for children and babies, from swing sets, cots and breast-pumps to buggies and books, both for sale or for free.

Swap children's books and DVDs with your friends. The monthly Friend's Flea Market (Street 13) has a good range of toys and books. Pass on old clothes and toys to siblings, friends and orphanages. Boeung Keng Kang Market (end of Street 57) has second-hand ballet, dress-up clothes and UV sunsuits. Use real nappies, available on-line or at the Russian and Olympic Markets.

Get creative with old packaging. Toilet rolls and plastic bottles make great rattles and maracas when filled with rice or colourful beans and pulses. Cardboard is great for all crafts. Your kids' school will also be grateful for it.

■ RECYCLE

Drop off cardboard cornflakes and tea packets, washed out tetrapak and black plastic bags at Smateria (8 Street 57). See them transformed into funky school bags, pencil cases and sun hats you can buy back for your kids.

Ask your local tailor to make dolls' clothes out of beloved baby clothes you are not ready to give away. This is a great way to challenge your second-hand Barbie's wardrobe. When you've run out of ideas ask your kids for more!

You can find beautiful children's clothing from small-scale fairly traded projects such as Cheeky Monkey, and Sok Sabbai, who share a shop at Le Jardin on Street 360, and Rajana on Street 450. Nyemo (in Le Rit's, 14 Street 310) and Tabitha on Street 51 are two women's NGOs that sell gorgeous toys and decorations for your child's bedroom.

Finally, the most environmentally friendly thing we can do is to be vegetarian. Watch this space for some great child-friendly veggie recipes. ■

next generation guide



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

cafés & restaurants

Annam

1C Street 282,
Tel: 023 726 661

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

Café Fresco II

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

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

Café Living Room

9 Street 306,
Tel: 023 726 139

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

Gasolina

56/58 Street 57,
Tel: 012 373 009

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

Intercontinental Hotel

296 Mao Tse Tung Blvd.,

Tel: 023 424 888

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

Java Café

56 Sihanouk Blvd.,
Tel: 023 987 420

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

Java Tea Room

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

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

Le Jardin

16 Street 360,
Tel: 011 723 399

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

Romdeng

74 Street 174, Tel: 092 219 565

Large garden and swimming pool provides kids with plenty of opportunity

to work off all that energy. Many of the Khmer dishes can be ordered in half-portion. If your kids like creepy-crawlies, they might just take on the crispy tarantulas.

classes

Kids Create

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

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

Khmer

Gecko & Garden Pre-school,
1 Street 282, Tel: 092 575 431

Khmer classes for children from 2.5 to 6-year-olds from 3pm to 5pm on Wednesdays and Fridays, costs US\$96.

Yoga

Gecko & Garden Pre-school,
1 Street 282,
Tel: 092 575 431

Yoga lessons with Georgina Treasure for 3 to 5-year-olds from 3pm to 4pm on Tuesdays. Drop-ins welcome (US\$6)

entertainment

Kabiki Hotel

22 Street 264, Tel: 023 222 290

The first hotel designed specifically for families, Kabiki has a salt-water swimming pool and large garden for kids to ride around on bicycles in. Menu has child-friendly dishes like chicken nuggets. Swimming is free so long as you spend US\$5 in the restaurant.

Kambol Cart Raceway

Tel: 012 232 332

A few kilometers west of the airport is Phnom Penh's flashiest go-cart track. Boasting a 900m international standard size track complete with hairpin turns, a cart costs US\$7 for a 10-minute round.

The track can also be rented by the hour, half-day or the entire day.

Parkway Square

113 Mao Tse Tung Blvd, Tel: 023 982 928

Ten-pin bowling alley with lanes costing between US\$6 and US\$9 per hour, depending upon the time of day. It also has a dodgem track, for those who haven't had enough of close shaves on the streets of Phnom Penh.

Phnom Penh Water Park

50 Street 110, Tel: 023 881 008

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

Phnom Tamao Wildlife Park

Phnom Tamao,

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

Sorya Centre

Corner Street 63 & 142

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

Villa Langka

14 Street 282

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

pre-schools

Gecko & Garden Pre-school

1 Street 282, Tel: 092 575 431

This not-for-profit pre-school, established ten years ago, emphasises learning through creative play in a supportive environment. The Kids Club, for 18

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iCAN

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85 Sothearos Blvd Phnom Penh Cambodia
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Bookworm: Kid's Books

William Bagley gives us the low-down on the latest and not so latest offerings in children's books.

The Clay Marble – Minfong Ho
The Odd Egg – Emily Gravett
Monkey and Me – Emily Gravett
Tales from Moominvalley – Tove Jansson
The Mysterious Benedict Society – Trenton Lee Stewart

IT'S FRUSTRATING TRYING to source children's books relevant to Cambodia. Quite apart from the telephone answering systems from hell ("...your call is important to us - please hold the line while we try to connect you" followed immediately by the loud raspberry of death as it randomly hangs up on you), some publishers in the U.S. just don't expect someone ringing from an obviously mythical land first thing in the morning ("You're from WHERE?" she cried in disbelief). I'm searching for children's books in Khmer and English which the publisher I telephoned actually produce, so I am mystified by the reluctance to seize the opportunity to sell the damn things actually in Cambodia.

Meanwhile, I can thoroughly recommend Minfong Ho's *The Clay Marble*. Though the author is Thai, she worked for an NGO at refugee camps on the Thai-Cambodian border after the Vietnamese invasion of Cambodia. Set in one of those camps, the novel is about courage, friendship and overcoming life's obstacles. Not new by any means (published in 1991), this is still high quality writing. Some of the inner thoughts of the 12-year-old female

heroine, Dara, don't ring true but it's an evocative and touching read.

Emily Gravett is an award winning illustrator and author of beautiful and witty picture books for younger kids. Her latest, *Dogs*, is only available in hard cover right now but try *Monkey and Me* or *The Odd Egg* – both will knock the little nipper's socks off and send them to the land of nod happy and satisfied or, as in the case of my little lad, inspire an attempt to re-enact Brion Gysin's cut-up technique by joyfully (and un-sleepily!) ripping pages to shreds.

If you're looking to keep a certain someone occupied for long periods of time, try the 512-page whopper, *The Mysterious Benedict Society*. When 11-year-old Reynie Muldoon responds to an advertisement recruiting "gifted children for special opportunities", he finds himself in a world of mystery and adventure. With elements of a Potter-like struggle against evil and Dahl-ish funtastical adventure, Trenton Lee Stewart delivers a five-star gripper.

Lastly, I love to tempt parents of a certain age by pointing them at near-forgotten reading pleasures from childhood. So if you enjoyed being lost in *Moominvalley* long ago, you might want to enchant the next generation - Tove Jansson's quirky Moomintroll stories are all available again.

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



The Geek: Child Proofing Your Computer



Learning to use a computer can be child's play, but as Sok Yeng points out, therein lies a tale.

WHEN THEY THINK OF child proofing their computers most people think only as far as managing the content their children can access. This is very important, but as a New Zealand couple recently found out, there are other precautions necessary.

Last month, three-year-old Pipi Quinlan, logged onto an internet auction site and proceeded to purchase a US\$12,000 Kobelco excavating digger, which she thought was a toy. Fortunately for her parents, who were asleep during the purchase, the seller and the website were willing to undo the sale. The moral of the story – be wary of automatic logins!

The automatic sign in option is a big advantage, and one you might still want to use. For Firefox users there is a solution. All you need to do is set the 'master password' that controls all the other passwords.

Go to: Tools>Options>Security and follow the links to set your master password. For those of you who haven't made the switch to Firefox yet, you're out of luck. To prevent unwanted logins you will have to disable automatic logins on all your favourite sites.

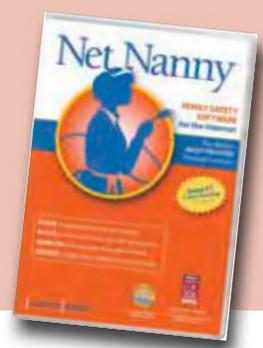
Equally as important is to ensure a safe environment for children using computers. Teach children early and be strict about food and drinks around the computer, not only to protect the hardware, but to prevent electrocution. Ensure all cables and cords are secure and out of reach. A terrible mistake that people might make is to leave a pen or pencil on the keyboard of the laptop. The next thing you know, your child unknowingly closes the lid and the screen is gone.

Internet chat sites should be banned for children who are too young. It's up to you

to decide when your child is old enough for Messenger or Skype or other internet chat programmes and sites, but many potential dangers lurk here. Make sure your child understands the risks in giving out personal information, sharing files and photos or arranging to meet someone in person. Using Skype in Cambodia, I get requests daily from strangers to be included in my contact list. Teach your kids about blocking these unknown people and not accepting any file downloads from people they don't know.

Finally, content protection is key. You don't want your child to accidentally view web pages that might harm them emotionally or expose them to violent or pornographic images they are not prepared for. A very popular and effective programme is Net Nanny. This filters websites and prevents inappropriate websites from being accessed by your children. Some internet browsers have content filter options so have a look around the help section to see what is available. Again, Firefox is the winner here with several free add-ons to suit your needs.

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. ☎



months to 5-year-olds, is from 3.15pm to 4.45pm on Mondays, Wednesday and Thursday and costs US\$80 per child (Sep. to Dec.). Also has yoga and Khmer classes.

Giving Tree Preschool
17 Street 71, Tel: 017 997 112,
www.thegivingtreeschool.com

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

Kindercare
60 Street 322, Tel: 023 214 890
Kindergarten set in the heart of Boeung Keng Kang district 1.

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

Golden Gate American School
15 Street 178,
Tel: 023 212 154 / 012 898 750
www.ggas.edu.kh
School with U.S. accredited curriculum offers courses from kindergarten through to high school in both English and Khmer. Specialises in general English, TOEFL and computer courses as well as study abroad and visa assistance services. Small class sizes and native English-speaking teachers.

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



Spread the fun with something from Sok Sabbai

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

Lycée Français René Descartes
Street 96, Tel: 023 722 044

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

Northbridge School
1km off National Road 4 on the way to the airport, Tel: 023 886 000
www.niscambodia.com
Quality international school with curricu-

lum 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.

shops

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

Farlin Showrooms
129 Monivong Blvd,
175A Mao Tse Tung Blvd.,
Tel: 023 228 222 / 012 875 222
Sells a variety of products for babies and mothers imported from Taiwan, Singapore and Hong Kong.

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

Monument Toys
111 Norodom Blvd., Tel: 023 217 617
To the rear of Monument Books is a well-stocked toy section. It features an excellent range of well-known board games and toys including Barbie dolls, Transformers, Magic 8 balls and more. It has to be the best place in the city for brand name toys and games. Open 7.30am to 8pm.

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

GOLDEN GATE AMERICAN SCHOOL



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15 Bis, St. 178 Sangkat Phsar Thmei 3,
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shopping & fashion

Citadel - Blades of Glory

They say the pen is mightier than the sword, but at Citadel the opposite is true. Looking at the variety of handcrafted knives, it's easy to be drawn not only by their beauty and functionality but also the history behind them. Words by **Ka Ea Lim**.



The man behind the knife

ESTABLISHED TEN YEARS ago by Dominique Eluere, Citadel is a name familiar to knife aficionados all around the world. Ninety percent of the products produced in the workshop, close to the airport, are for export. Some customers have even travelled to Phnom Penh just to have the privilege of purchasing a Citadel from its birthplace, claim the owners.

"We are ready to fulfil our customers' dreams," explains Christian de Saint Hilaire, a partner in Citadel. Expect to pay a minimum of US\$80, although prices reflect customers' requirements. "If you want something really special on a knife, diamonds for example, we'll get it done. No problem." However at Citadel, knives are prized for their aesthetic rather than monetary value. "We're looking at perfection and quality. Anything below that, we're not interested."

■ PASSIONATE ABOUT KNIVES

Although the shop is small, it still takes a long time to look through its collection of folding, combat, hunting, kitchen and table knives. There are even a few katana, more commonly known as samurai swords.

When you look at any knife in Citadel, you'll notice that all parts are made to fit in perfect harmony. The blades are accompanied by intricate, hand-carved handles made from the skin of stingrays, buffalo horns, cow bones, local wood and even traditional Chinese ivory seal. According to Christian, it takes six to ten hours to make a simple knife but two and half months for a katana.

Citadel's creator, Christophe Hiriart de Saint developed a passion for knives when he was a child. He created his first knife at the age of 12. Now he trains

and supervises a team of 55 Cambodians to produce about 800 knives with 40 to 50 different models a month. Knives have a long history in France where young boys often go fishing in villages carrying hunting knives, according to Citadel's manager, Catherine Sauvaget. It also has a symbolic meaning associated as a gift to mark the rite of passage for boys.

■ NOT JUST FOR BOYS

Surprisingly, some of Citadel's best customers are American women. They often request smaller and more delicate folding knives to fit in their handbags. Not used for self-defence, women buy them to perform simple tasks such as peeling an apple or just to cut pieces of paper when scissors are not available. "You see, it becomes

an indispensable part of you," Catherine smiles as she pulls a knife from her handbag.

Despite all the French involvement in the company the knives are Cambodian.

"The only French thing is the steel and the only reason is because you can't find good quality steel in Cambodia," explains Catherine. "Other than that, it's hundred percent made in Cambodia." What was once an unknown art in Cambodia is now being transferred to the skilled workforce busy in the workshop. If knives are not your cup of tea, a visit to the factory might just spark new interest.

Citadel, 11 Street 110. Open 11am – 6pm, closed Sundays. To visit the workshop near Phnom Penh International Airport, make an appointment with Christophe, Tel: 092 313 961. 📍



At the workshop near Phnom Penh Airport

Corrections

Sorry, last month we put the wrong captions for some of the recycled bags – here are the correct captions.



■ SMATERIA HOOK BAG, US\$18



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



■ BLOOM DOCTOR'S BAG, US\$19



■ BLOOM BANNER STUDENT BAG, US\$20

www.couleursdasie.net
#33, Street 240 . Phnom Penh
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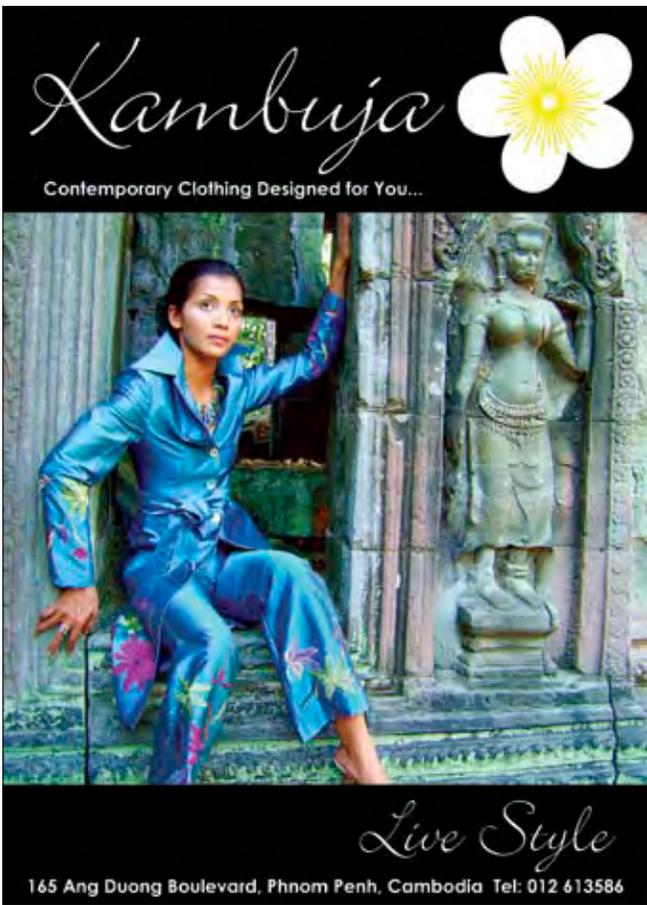


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EMAIL: INFO@BEYONDINTERIORS.BIZ
WEBSITE: WWW.BEYONDINTERIORS.BIZ
HP: +855 12 930 332 PH: +855 23 987 840



Sobhana Boutique
 No. 23, St. 144/49, Sangkat Phsar Thmey III, Khan Daun Penh, Phnom Penh, Cambodia.
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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 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. Retailis a range of Fujitsu LifeBooks, including the U1010, T2010, T4220, S7111 and the award-winning S6410.

fashion

Ambre
37 Street 178,
Tel: 023 217 935 / 012 688 608
 High-end fashion designs created by Cambodian designer Romyda Keth that are popular all over the world. Beautiful colonial building with colour-themed rooms makes the perfect setting for the city's most glamorous design shop. Open 10am to 6pm (closed Sunday).

Beautiful Shoes
138 Street 143, Tel: 012 848 438
 Located near Tuol Sleng Museum, this family-run business measures your feet and designs the shoe exactly as you wish. The shop also caters for men. Open from 7am to 6.30pm.

Bliss
29 Street 240, Tel: 023 215 754
 A beautiful colonial building houses this exquisite shop with funky patterned cush-



PROMESSES
Sexy and Trendy
 The first brand Lingerie boutique in the Kingdom, Exclusive collections from France, Italy and Thailand




20th, street 282, Phnom Penh Tel. : 023 993 527
lingerie@avant-trading.com

ions, quilts and an excellent clothing line. The health spa at the back of the shop also sells Spana beauty products. Open from 9am to 9pm (closed Monday).

Eric Raisina

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

Jasmine Boutique

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

Kambuja

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

Keo

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

MDSF

71E0 Street 261, Tel: 017 467 986
www.wpp-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 / 023 211 741
www.songresort.com
Franchise of Vietnamese-based SONG label owned by Keo Sophea who managed 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.

Alpine Trading

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

AusKhmer - The Pantry Shop

125 Street 105, Tel: 023 993 859
Run by importers, AusKhmer this small deli features a variety of modestly priced wines, Australian beers, and shelves full of French delicacies, cheeses, antipasti, and cold cuts, as well as a selection of sweets, teas, olive oils and other neatly packaged products. Open 10am - 6.30pm.

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 Mondulkiri honey. A portion of the profits helps fund education for a local orphanage. Open 9am to 8.30pm.

Comme a la Maison

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

Dan's Meats

51A Street 214, Tel: 012 906 072
Phnom Penh's man of meat, Lanzi, supplies his strictly non-vegetarian products to many of the restaurants and bars



Threads

Women's and Men's Clothing
Cottons and Silks

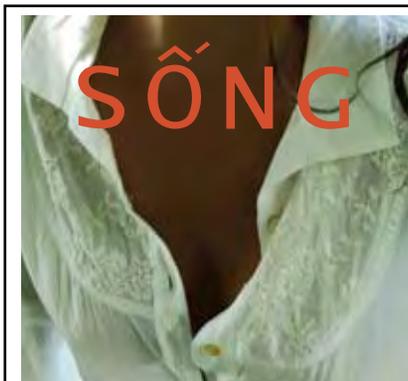
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Tonle Bassac, Phnom Penh
(Behind Java Café)



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FCC Angkor, Pokambor Ave. Siem Reap, t: +855 (0)63 760 610
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SONG - life . com



Phnom Penh: #75 Street 240
Siem Riep: 20 metres west of the old market



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408D Street 57, Phnom Penh
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www.smateria.com

22B ST 278 PHNOM PENH
TEL: 017 755964

ZOCO CLOTHES

CLOTHES THAT YOU WANT TO WEAR

around town. A good range of quality products is for sale at his butcher's shop.

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

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

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

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

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

silks & accessories

Couleurs d'Asie
33 Street 240, Tel: 023 221 075
www.couleursdaside.net
Airon shop selling French-designed silk and linen bags, scarves, cushions, pillow cases and quilts. Has a selection of soaps and bath salts from Senteurs d'Angkor. Amata beauty products and Eric Raisina's unique textiles and clothing. Open Mon.-Sat. 9am to 7pm, Sun. 9am to 3pm.

Friends 'n' Stuff
13 Street 215, Tel: 023 426 748
A colourful shop with unique products designed by Mith Samlanh/Friends students and parents of former street kids. Range includes clothes, necklaces, purses and 2nd hand goods. Also has a nail bar run by students from the beauty class. Open from 11am to 9pm 7 days.

La Clef de Sol
75E Street 108, Tel: 017 430 595
Boutique shop on the opposite La Marmite restaurant has a good range of household goods and home decorations, including tablecloths, bed linen, curtains and bags. Also does made-to-order goods. Open Monday-Saturday 10am to 7pm.

Mekong Quilts
49 Street 240, www.mekongquilts.org
An outlet for 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.

Mulberry Boutique
9 Street 51, Tel: 016 222 750
Boutique silk and souvenir shop next to Flavours restaurant in Boeung Keng Kang. Has a wide range of quality silk products, including bags, scarves, wall hangings and cushion covers, as well as jewellery.

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
Airon 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. 🍷

La Clef de Sol

Home Decoration, Table Linen, Bed Linen, Clothes, Curtains, Bags and more.
Special order available.

#75E1, Street 108 (Entry on Street 51)
Monday - Saturday
10:00 - 19:00
Tel: 092 197 468

The Hot Seat: Making Business Green

Daughter of the father of Khmer architecture Vann Molyvann, **Delphine Vann** returned to the country of her birth in 2001. An experienced development professional, she is now trying to forge the link between NGO and business.

AsiaLIFE Guide: Why did you return to Cambodia?

Delphine Vann: In my family we always considered ourselves “half-Cambodian”. Wherever we lived, in Europe or Africa, Cambodia was part of our lives, from the stories our parents told us, to the wall-sized picture of the Bayon temple that my parents’ photographer friend took in the 60s. I wanted to get to know this place and the people about whom I heard so much in my childhood. My parents finally decided to move back in the early 90s, enabling them to contribute to the preservation of the traditional Khmer culture and heritage. The opportunity arose for me to move to Cambodia with my family in 2001.

What work have you done in Cambodia?

At first, I assisted my family to set up an import export business. One of the projects we got involved in was a partnership to start up the first Fresco outlet. Back then, I found myself pouring lattes and serving breakfasts to grumpy, early morning expats. I wanted to get back to the humanitarian and development sectors I was familiar with, from my work in Bosnia, Rwanda, Colombia and the Philippines. Somehow, here, it touched me differently. I really felt happy to be able to dedicate my professional skills to projects in Cambodia. I joined the NGO world, first working for WildAid and later Oxfam, coordinating interesting projects dealing with some of the most challenging issues in Cambodia, including poverty alleviation, environmental conservation, and land issues.

What lessons did you learn from your initial foray into the development world here?

I gained a good understanding of Cambodia’s development sector and was able to explore various



Delphine: wants greater cooperation between business and development

strategies to bring a positive change in remote rural communities. I felt we needed to find new ways to enable vulnerable communities to move out of poverty, not merely provide them with just enough to sustain their family. I liked Oxfam’s approach to fair trade and power in markets, and was able to understand the relevance of engaging the private sector in development projects. I also understood the limitations and even reluctance of some NGOs in Cambodia to link up with the private companies, discouraged by blatant, abusive practices. This attitude is not conducive to sustainable development and keeps NGOs more dependent on donor money. The problem is quite deep. There is a clear division between those who do business and those who are NGO workers. These two worlds do not understand each other, and even dislike each other. At times, I think they are scared of each other!

You’ve recently had a change of direction away from development to business, why?

Not at all. I am still a development

worker by profession. I only changed my approach, by partnering up with ICE BV, to start up Cambodian Green Ventures, a company that can promote NGO-private sector linkages to ensure sustainability and profitability to development projects. There are numerous good ideas within NGOs and SMEs in Cambodia, great projects that know how to mitigate environmental and social impacts to bring positive change. The NGOs lack funding and business expertise to realise the projects.

Can you explain Cambodia Green Ventures approach?

Green Ventures Co., Ltd. is the Cambodian branch of Dutch-based International Consultancy Europe BV. With its worldwide network, ICE BV has the potential to target the right funding source, bring on the right partner and develop innovative, structured transactions. Green Ventures identifies local potential projects and partners, design and develop project components and assists in managing their implementa-

tion. Depending on the scope of each project, our intervention includes: capital investment, advisory services on investment and deal structuring, fundraising, management, and ad hoc technical assistance, with due diligence, on projects and partners.

What projects are you currently working on in Cambodia?

We support biogas projects, biodiversity conservation projects that include the development of sustainable tourism with revenues for local communities, renewable energy small infrastructure development, and the structuring of transactions on ecosystem services as refinancing strategy. We also promote the use of ‘cleantech’ and resource efficiency products through these projects.

What sort of projects are you looking for as partners in Cambodia?

Our priority is to support development projects and businesses interested in biodiversity conservation and committed to include local communities as stakeholders for development.

If somebody had such a project, how should they get in touch with you?

They can visit our website at: www.icebv.net, call us on: 023 724 381, or email me at: delphine@icebv.net 📧

CV

Delphine Vann

Company:
Green Ventures Co., Ltd

Position:
Country Manager

Country of Birth:
Cambodia

Kids: Scott (8)

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www.childsafe-international.org

business

advisory services

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

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

Narcotics Anonymous
20B Street 286, Tel: 012 990 937

Meet every Monday at 8pm, Thursday at 8pm and Saturday at 7pm.

Architecture & Design

Architecture in Asia

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

Bill Grant Landscape Design

Tel: 012 932 225

Bill is the city's most exceptionally talented landscape designer. Check out gardens designed by Bill Grant at www.landscapecambodia.com

bikes & mechanics

The Bike Shop

31 Street 302, Tel: 012 851 776

www.phnompenhbike.com

Specialises in repairing trusty steeds as well as renting them out in the first place. Also provides dirt bike tours.

Dara Motorbike Shop

339 Street 110, Tel: 012 335 499

More of an off-road bike specialist, which also arranges Sunday trips into the wild.

Emerald Garage

11 Street 456, Tel: 023 357 011

Mechanics specialising in maintenance and repair of vehicles, including oil changing and body painting. The place to go if you want to buy a jeep.

building

Bizzy Beez

Tel: 012 755 913

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

business groups

Australian Business Association of Cambodia (ABAC)

9 Mao Tse Tung Blvd, Tel: 023 215 184

www.abac.com.kh

British Business Association of Cambodia (BBAC)

124 Norodom Blvd, Tel: 012 803 891

senaka.fernando@kh.pwc.com

Chambre de Commerce

Franco-Cambodgienne

Office 13A Ground Floor

Hotel Cambodiana, Tel: 023 221 453

www.ccfCambodge.org

International Business Club of Cambodia

56 Sothea Blvd, Tel: 023 210 225
zirconium@online.com.kh

Canadian Trade

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

BCC / Malaysian Business Council of Cambodia

Unit G21, Ground Floor, Parkway Square 113, Mao Tse Tung, Tel: 023 221 386
mbcc.secretariat@gmail.com

Singapore Business Club (Cambodia)

92, Norodom Blvd, Tel: 023 360 855
singcamb@online.com.kh

Women's International Group

Tel: 092 942 435 / 012-934-831, email: dortekieler@gmail.com

WIG meets every first Wednesday of the month at 3pm at Hotel InterContinental with a speaker on various topics. Also has monthly lunches and events. Welcomes women new to Cambodia to form a network and get settled in. Annual fee of US\$20 goes to projects for poor women and children in Cambodia.

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

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Trevor Keidan: All that Glitters...

Trevor takes a look at the current gold market and concludes that now might just be the time to rush to the local market.

SINCE THE START OF THIS year gold has been trading around US\$800-900/oz. It hit a high of US\$993.20 in February 2009 after reaching a low of US\$810 the previous month. In June it was trading in the US\$900s. Taking inflation into account, its real value should be about US\$1,200. Gold closed at a record US\$1,011/oz on Mar. 17, 2008.

If we average out the price of gold over a period from 1979 to 1981 we find that a realistic price for gold in January 1980 would have been about US\$470. If we apply inflation to this figure an amount of gold that was worth US\$470 in 1980 would be worth about US\$1,200 today. That means that gold – which was trading in the US\$950 range in mid-June – was (at that price) trading at approximately 20 percent of its real inflation-adjusted value.

Does this mean that you should rush out and buy gold right now? It does if

you want value for money – because there is no doubt that gold, as a commodity, is cheap. However, before making your decision you should be aware of the other factors that have an influence on the price of gold.

We are hearing a lot about inflation nowadays. The fear of inflation has the tendency to drive up the price of gold.

Governments around the world have pumped trillions of dollars in cash into their economies as part of stimulus plans. There is now excess cash in the world's economy and the price of goods is going up. As this happens, the value of paper money goes down. Money then loses its appeal as a store of value and people turn elsewhere – often to gold – to protect their wealth.

Those people who do turn to gold to protect their wealth are in good company.

The Chinese have always prized the value of gold as a commodity – even more so now, during the current global financial crisis. China is buying

gold as a means of diversification of its holdings. This new Chinese appetite for gold will create an increased demand thus raising the value of the precious metal.

Gold's traditional safe-haven status is also coming in to play. When stocks and other commodity prices fall, investors tend to look to safe havens. With the 2008 recession many put their money into gold creating increased demand and short supply. This demand is expected to continue.

So is now the time to buy gold? On the evidence put forward, it would appear that it makes sense as a long-term 'buy-and-hold' play.

If you do want to get in to gold, here's how:

Bullion – In Cambodia you can go to a gold trader at the local market or even jewellers to buy gold bullion.

Jewellery – This can be bought in a variety of different outlets from jewellers to department stores.

Stocks – There are a number of gold mining compa-

nies listed on the New York stock exchanges.

ETFs (Exchange Traded Funds) – SPDR Gold Trust GLD is the world's largest gold-backed exchange traded fund. It can be bought and sold as an ETF, like shares in a stock market account.

Mutual/Hedge Funds – Gold-orientated mutual funds, such as those offered by Blackrock, offer an easy entry into the gold markets as do certain hedge funds.

Where exactly is gold headed? If we listen to market reporters and analysts the smart money would appear to back gold at US\$1,200/oz. There are even those who talk about gold reaching US\$2,000/oz.

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.

Established in 1996, specialise in car, accident, property, personal liability, marine, travel and transport insurance.

Infinity Insurance
126 Norodom Blvd, Tel: 023 999 888
Professional insurance company offering motor, property, home, marine cargo, personal accident, healthcare, construction and engineering insurance. Group policies can be customised.

international schools

iCan International School
85 Sotheaors Blvd, Tel: 023 222 418
www.ican.edu.kh
iCAN is a truly international school. It offers affordable, high quality education to 330 children, aged 2-12, from 29 different na-

tionalities, 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 Français René Descartes
Street 96, Tel: 023 722 044

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

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

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.

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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

Laos Airlines

58C Sihanouk Boulevard
Tel: 023 216 563

Malaysia Airlines

172 Monivong Boulevard
Tel: 023 218 923

Royal Khmer Airlines

36B Mao Tse Tung Boulevard
Tel: 023 994 502

Shanghai Air

19 Street 106
Tel: 023 723 999

Siem Reap Airways

61A Street 214
Tel: 023 722 545

Silk Air

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

Thai Airways

294 Mao Tse Tung Boulevard
Tel: 023 214 359

Vietnam Airlines

41 Street 214
Tel: 023 363 396

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

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Office Space

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784-787, Building F Phnom Penh Centre, Cnr. Sothea's & Sihanouk Blvds., Tel: 023 997 492,
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Pets

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233 Kampuchea Krom (Street 128),
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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 Sothea's Blvd, Tel: 092 644 811,
www.melon-rouge.com

Photographic agency that offers a full range of visual products and services from fashion, life style, reportage, 360° panoramic pictures, to cultural event organisation.

Nathan Horton Photography

Tel: 092 526 706

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

Beeline

Tel: 090 999 611, www.beeline.com.kh

Mobile phone company offering VoIP international calls at attractive rates.

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.

Gamshin

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. 



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The Mekong Delta Triangle

Time was that travelling to the beautiful island of Phu Quoc involved an arduous bus journey, or expensive flight, to Ho Chi Minh City. The opening of the 'Ha Tien' border crossing to foreigners has changed all that. AsiaLIFE Guide travels to Phu Quoc and Chau Doc by land. Words by **Mark Jackson** and **Nathan Horton**, photos by **Nathan Horton**.



Chenla Resort on Phu Quoc: take your partner and never leave

ANYONE WHO HAS VISITED Kep and stared across the sea towards the large island to the south can hardly fail to be impressed by the majesty of Phu Quoc. So close as the crow flies, but frustratingly far for man, that is until recently. Now that the border at Prek Chak has opened to international travellers, it takes only five hours to get from Phnom Penh to Ha Tien on the southern Vietnamese coast. From here it is a two-hour ferry crossing to Phu Quoc.

The easiest way of getting to the border is taking a taxi from Phnom Penh. This should cost around US\$50, depending on your negotiating skills. Alternatively you can take a moto-dop (motorbike taxi) from Kampot, but the last 10 kilometres is on a pot-holed dirt road. Either way Kampot is the ideal place to break up your journey from the capital, especially if you pop into Rusty Keyhole on the riverfront for one of its famous ribs.

■ LEAVING CAMBODIA

Gradually, as you approach the border, the landscape becomes more like you might associate with Vietnam. Isolated rocks jut out of paddy fields. Unlike the main border crossing at Bavet, the streets are not paved with gold – or at least not golden casinos. Clearly this crossing has yet to make its way onto the international gaming map. This is rural Cambodia with all its rustic charm – in spades. The checkpoint resembles an out of date railway crossing.

Ignore the many moto drivers telling you there are no taxis on the other side of the border. Although they might be telling the truth, they can only take your bags as far as the Vietnamese checkpoint anyway.

The crossing is almost inevitably slow. Be prepared for casual conversation about where you come from, what you do for a living, and the football team you support. Exercise patience as it

takes at least half an hour to do what need only take a few minutes. The Vietnamese side follows in a similar vein.

Taking a xe om (Vietnamese for moto) seems to be the only way of getting to Ha Tien. Despite drivers claiming it is a 10-kilometre ride, the journey is barely half that, so US\$3 is a more than a reasonable fare. Once in the town, you should be able to find accommodation for around US\$11 (200,000 VND). We stayed at Hu Dong guesthouse. Next to the ferry office, it was clean and functional.

Home door to hotel door took less than five hours even allowing for all the time we wasted at the border crossing.

Ha Tien, is a pleasant enough town to stroll around especially if your expectations are not too high in the first place. About the same size as Kampot, it has an interesting fishing port. Although a faster pace than Phnom Penh's favourite weekend getaway town

(excepting Laos is there anything slower?), here there is absolutely no pampering to western tastes.

Good, fresh, local food can be had at Huong Bien Restaurant, which has the added bonus of a menu written in English. The town also seems to have adopted Vietnam's national pastime of opening coffee shops with a vengeance. Just to the left of the ferry office, air-conditioned and with free WiFi, 'Blue' is one such place. Apart from the half-interesting night market there is little reason to stay out much after 10pm.

■ THE ISLAND

Day Two started with an early call for the speedboat to Phu Quoc. Although advised to get to the office at 7.20am for the 8am departure, you can probably hit the snooze button as the departure point is only a two-minute walk from the office.

Bullet-style, like the boats that ply their way from Phnom Penh



Make an offering at the small pagoda near Chau Doc market

to Siem Reap, the main difference between this and its Cambodian cousins is that you 'have' to sit inside. Although comfortable the journey was slightly claustrophobic for anyone accustomed to sitting on the roof.

We arrived to be greeted by smiling staff who took us the half-hour trip across the island to our chosen resort. With bungalows right on the beach, Chenla is the perfect place to relax with your partner and get away from life in the Penh. The spacious rooms have just the right mix of natural hardwood and stone, playing the traditional with some sympathetic modern touches. Choose between taking the plunge in the infinity pool or bathing in the sea. If the weather discourages sunbathing take advantage of the spa. Everything here exudes calmness and health.

The size of Singapore, there is more to Phu Quoc than its beaches and resorts. There are pepper plantations to be visited, waterfalls to be sought out, hills to be hiked up, deserted beaches to be swum to and coral to be ogled at. Don't worry if you just feel like relaxing, very few visitors ever actually manage to do any of them.

If you do feel more adventurous Rainbow Divers is an established dive centre offering comprehensive service and courses ranging from one-day snorkelling trips through to night diving, PADI courses and

rescue diving. Ask at your hotel for details of excursions into the jungle, treks to hidden waterfalls, pepper plantations and island hopping. You can even visit a fish sauce factory. The extensive national park is a protected area and cannot be visited without a registered guide.

■ ACROSS THE DELTA

Leaving the island followed much the same course as arriving, with an 8am boat this time to Rach Gia. Although bigger than the one that brought us, there was no extra legroom. The Vietnamese comedy on VTV was blasted out at a decibel level akin to karaokes on Cambodian buses, so ear plus are advised. The trip took three hours instead of the advertised two-and-a-half.

Finding a taxi at Ha Tien port was easy. Just look for the smartly dressed guys in white shirts and green ties. They work for a radio taxi firm and have smart large six-seater Toyotas at hand. We managed to negotiate them down from 1,100,000 to 1,000,000 VND (US\$55), for the trip to Chau Doc from where we would take the ferry back to Phnom Penh. The journey was much more comfortable than on the Cambodian leg, due to the better condition of both car and road. It only took two-and-a-half hours.

Chau Doc itself is a pleasant enough town with a long promenade along the front leading onto a busy market. Best during the



Chau Doc's dried fish is an acquired taste

day when there is a distinct buzz about the place, its inhabitants tend to go to bed pretty early.

What the town does have is probably the best hotel in the Mekong Delta. Situated on the Bassac River, the Victoria Chau Doc has great sunrise views across the water. The rooms are luxuri-

ous and the swimming pool is a delightful place to forget about Phnom Penh. The third floor spa has even better views of the river than the pool's and although not on the cheap end of the price scale, the hotel's signature massage is an incredibly effective way to de-stress.

Once in town it is easy to arrange a trip along the river to visit the town's floating market – just ask at your hotel's reception. It's best to time your arrival at the market to before 7am when it is in full flow. The river's boat people come here to buy and sell fruit and vegetables, although some of the boats seem also devoted to basic household goods. A good hour-and-a-half is needed to take it all in.

Elsewhere, more permanent, stilted houses encompass small fish farms, where thousands of red snapper dazzle in the sun, especially during a fish pellet induced feeding frenzy. There are apparently over a thousand floating houses.

THE RETURN LEG

Another early morning boat, this time the Victoria's express one departing at 7am, took us back to Cambodia. Either arriving or leaving as the river snakes its way between the neighbouring countries, the contrast between the Cambodian and Vietnamese side is striking. In Vietnam, stilted homes are devoted to fish sauce production and fish rearing. Standing at the back of your boat

on the initial stretch from Chau Doc, the stench coming from the small processors is not for anyone with an acute sense of smell.

In Cambodia the river is wide with open green fields stretching from its banks, and only the occasional Wat breaking the horizon. Once the border is crossed the river narrows and the banks are littered with small villages spilling out into the waters. Two-and-a-half hours later the familiar sight of the Royal Palace comes into view as you enter the waters of the Tonle Sap, just in time to catch a late breakfast at the Green Vespa, opposite the ferry landing.

INFORMATION:

Rainbow Divers

Phu Quoc, www.divevietnam.com/phuquoc.shtml

Chenla Resort

Ong Lang Beach, Phu Quoc, www.chenla-resort.com, Phnom Penh Sales office, 42AB Street 288, Tel: 023 210 831.

Victoria Chau Doc

32 Le Loi Street, Chau Doc, resa.chaudoc@victoriahotels.asia, www.victoriahotels.asia. Special offers until Sep. 30. 



Chenla Resort: excellent fresh fish Mediterranean style



Phu Quoc

Ong Lang Beach,
Kien Giang
Province, Vietnam.
Tel: (+84) 773 995 895
Fax: (+84) 773 995 896

www.chenla-resort.com

Sales Office in Phnom Penh

Street 288 n. 42AB -
Boeung KengKong 1 -
Phnom Penh
Tel: +855 23 210831
+855 12 845881

cambodia@chenla-resort.com

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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 changing, freshly prepared food. Best to book up in advance especially at weekends.

Mea Culpa

44 Sovansokar, Kampot, Tel: 012 504 769
New accommodation established by the former manager of Bokor Mountain Lodge set in the French Quarter. Six rooms have air con, hot water, DVD and TV. The large garden has a patio pizzeria and bar.

Rikitikitavi

Riverfront, Kampot, Tel: 012 274 820
rikitikitavi@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.

Knaibang Chatt Resort

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

Le Bout du Monde

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

Led Zeppelin

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

Star Inn

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

Veranda Natural Resort

Tel: 012 888 619, www.veranda-resort.com

Traditional wooden bungalows set in the hillside, some with fans and others with air con. Settle down for the night and listen to the jungle purr. Has a good restaurant and bar with some quite stunning sweeping views down to the coast.

kratie

Cambodian Craft Co-operation

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

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.raf.es.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.

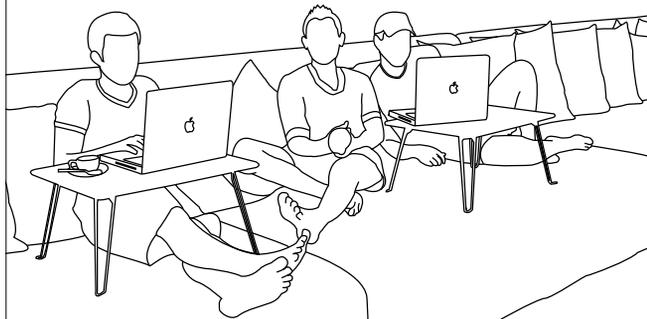
phnom penh - mid

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



the blue pumpkin



bakery
ice cream
restaurant
lounge

free old market - siem reap
www.tbumpkin.com
063 963 574
open 06.00 to 22.00



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.

Almond Hotel

128F Sothearos Blvd. Tel: 023 220 822
www.almondhotel.com.kh
56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.

Anise

2C Street 278, Tel: 023 222 522,
www.anisehotel.com
Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine.

Billabong

5 Street 158, Tel: 023 223 703
www.thebillabonghotel.com
Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Serves good food. The rooms are a reasonable size with air-con.

Bougainvillier

277G Sisowath Quay, Tel: 023 220 528
Stylish riverfront hotel with 40 rooms, including some impressively large suites. Dark wood antique style furniture and jewel coloured silks create a luxurious ambience, and all the necessary amenities are available. The hotel is also home to a gourmet restaurant.

FCC Phnom Penh

362 Sisowath Quay, Tel: 023 724 014
www.fcccambodia.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.

River 108

2 Street 108, Tel: 023 218 785,
www.river108.com
Art deco hotel aimed at the flashpacker set. The 12 rooms, six of them with river views, are extremely comfortable with flat screen TV and separate bathroom and toilet. Efficient WiFi, good working space and spacious rooms make this a perfect business option. If available opt for one of the front rooms, where the large balconies afford great riverside views.

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 competi-

tive 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 great beds. Also has two apartments, an Asian restaurant and a Café Sentiment.

L'Imprevu

Highway 1, 7km past Monivong Bridge
Tel: 024 390 405
www.hotel-imprevu-resort.com
Complex with twenty-four bungalows just outside of Phnom Penh. Tennis courts and excellent swimming pool make this a good break from the city.

Sokha Heng Guesthouse

29 Street 178, Tel: 023 990 077
Modern, clean 25-room guesthouse located conveniently close to the National Museum. Has well-priced rooms with air-con and hot water.

Tonle Sap Guest House

4-6 Street 104, Tel: 023 986 722
www.tonlesapguesthouse.com
Clean, well-kept guesthouse upstairs with 15 rooms, with air-con, fans, hot water, cable TV. Downstairs Pickled Parrot bar open 24 hours.

Velkommen Inn

23 Street 104 Tel: 092 177 710
Just off the riverfront, situated above Velkommen Inn Restaurant is the guesthouse of the same name. The spotless rooms have air-con, cable TV, minibar, safety box and en suite rooms with hot water. The hotel is located close to the bus stations and the ferry dock.

The Winking Frog

128 Sothearos Blvd. Tel: 023 356 399
Centrally-located guesthouse with 31 en-suite, air-conditioned rooms. Downstairs is a British-run, 24-hour pub with sports bar, live music and good Thai food.

sihanoukville

Cantina del Mar

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

Holy Cow

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

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 out-

HISTORY



ELEGANCE



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ALONG THE SEA SHORE



The Independence Hotel

● Boutique Resort ●

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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

shines 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
Sivutha Street & Pub Street,
Tel: 092 207 842
Definitely the last option for continuing the night - just one for the road. Open from 4pm to very late. Supersize TV screen, table football and pool tables provide a number of options for staying up later.

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.hoteldelepaixangkor.com
Like the adjoining Hotel de la Paix, this small café exudes contemporary chic.

Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and patisseries are all 50% off after 8pm.

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

siem reap - galleries

Alliance Café
7 Makara Street, Wat Damnak Area
Tel: 017 809 010
Small gallery established by Olivier Muzard adjoining his beautiful French restaurant features sculptures and paintings by Cambodian and international artists.

Arts Lounge
Hotel de la Paix, Sivutha Boulevard
Tel: 063 966 000
Large space in the ground floor of the hotel that showcases the works of Cambodian and international artists. All pieces focus on Cambodian subjects.

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

Friends Centre
Achamean Street, next to the Angkor Children's Hospital, Tel: 063 963 409 (x7015)
International photography gallery curated by Brenda Edelson set in the Friends Centre. All proceeds go to the Angkor Children's Hospital.

Happy Painting
FCC, Old Market
Tel: 092 950 803, www.happypainting.net
Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards. Open 8am to 10pm.

Klick
Alley behind Pub Street, Tel: 063 761 084
Commercial fine art gallery dedicated to the work of Swiss photographer Pier Poretta. Black and white photographs are given a face-lift using hand-tinted water colours.

McDermott Gallery I & II
FCC Complex, Pokambor Avenue,
Tel: 012 274 274
Alley behind Pub Street, Tel: 092 668 181
www.mcdermottgallery.com
Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other great photographers. Open 10am to 10pm.

Golden Banana Boutique Resort

****SPECIAL PROMOTION****
15% off from room rate for expats living in Cambodia till 31st of July 09



Wat Damnak, Siem Reap, Cambodia
Tel: (855) 63 766-655 - (855) 12 654-638
Email: goldenbanana2@gmail.com
Website: goldenbanana.info

4FACES GALLERY
Tel: 089 20 83 36
www.4faces.net

cafe bar gallery shop

opening may 29th

UNNAMED UNDEFINED UNCLEAR
by STEVE GOODMAN

JUNE 26 - JULY 23
hello 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



Central Siem Reap

to get a room if Mr & Mrs Smith are not on a flying visit.

FCC Angkor
 Pokambor Avenue, Tel: 023 992 284
www.fcccambodia.com
 Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

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

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 stoneare bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free WiFi.

La Residence d'Angkor
 River Road, Tel: 063 963 390
www.residenceangkor.com
 Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Both upstairs Martini Lounge and downstairs bar have recently been revamped. Great place to splash out.

Raffles Grand Hotel D'Angkor
 1 Charles de Gaulle,
 Tel: 063 963 888
 Elegant hotel with opulent gardens and a spectacular swimming pool in its grounds. Has frequent art exhibitions and Apsara dancing on nearby terrace.

Sokha Angkor
 Cnr Sivutha Rd and National Rd 6
 Tel: 063 969 999, www.sokhahotels.com
 Huge 5-star resort, sister property to Sihanoukville's Sokha Beach Resort. Located just back from the centre of town, it has a large pool, Irish pub and Japanese restaurant.

Tara Angkor Hotel
 Road to Angkor,
 Tel: 063 966 661
 Elegant, boutique hotel with attractive swimming pool and rooms at competitive rates.

Victoria Angkor
 Near Royal Gardens, Tel: 063 760 428
www.victoriahotels.asia
 Beautiful hotel with the most luxurious swimming pool and garden. Worth popping in and paying a visit if just to see the Siamese crocodiles in reception.

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 Sivutha Boulevard, Tel: 016 746 701
 Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina,

and other unique objects into a multifaceted mélange. Open 10am – midnight

Wat Kandal Gallery
 River Road, near Wat Kandal
 Tel: 092 521 801
 Tucked away by the river, and nestled under rambling shade trees, the gallery/studio shows Jean-Pierre Obriot's tranquil contemporary paintings of monks and Buddha images, as well as his collection of antiques.

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

siem reap - leisure

Body Tune
 293-296 Pokambor Avenue
www.bodytune.co.th
 Heavy grey stone Thai-run spa with selection of massages and facials. All masseuses work with Thai instructors.

Frangipani
 Alley behind Pub Street,
 615-617 Hup Guan Street
 Tel: 063 964 391
 Relaxing three-room beauty spa in the heart of town that's popular with expats. Now has a second outlet in the modern complex close to the Central Market. Frequenting by those expats in the know.

Helicopters Cambodia
 658 Hup Quan Street, Tel: 063 963 316
 Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

Phokeethra Country Club
 Sofitel Royal Angkor Resort & Spa,
 Vithel 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 Sivutha Road Siem Reap,
 Tel: 012 184 8891,
www.sokhahelicopters.com
 Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

siem reap - restaurants

AHA
 The Passage, Tel: 063 965 501
 Sophisticated and beautifully designed wine bar selling wide range of wines from around the world, tapas, great cheese & Lavazza coffee. Open from 10.30am to 10.30pm.

Alliance Café
 7 Makara Street, Wat Damnak Area
 Tel: 017 809 010
 French restaurant established by Olivier Muzard in a beautiful building just across the river. Has an adjoining exhibition space featuring sculptures and paintings by Cambodian and international artists. Also runs cookery lessons.

Burgers Without Borders
 The Passage, Old Market, Tel: 012 482 764
 Specialty burger bar, with good burgers made from Brazilian beef and soy shakes. The burgers are between US\$3.75 to US\$4.75 and the shakes are US\$2.75.

Butterflies Garden Restaurant
 535 Wat Bo Road, Tel: 063 761 211
www.butterfliesofangkor.com
 Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.

Chez Ninie
 Lane off Pub Street, Tel: 012 582 782
 Located conveniently right next to Miss

siem reap - hotels



សណ្ឋាគារ ខ្សោចដំឡូង 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.



Wong, this delightful small French restaurant has home-cooked cuisine with daily changing specials.

FCC Angkor
FCC Complex, Pokambor Avenue
Tel: 063 964 242

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 veg-

etarian and non-vegetarian specialities. Open from 10am to 11pm with free home delivery.

Meric
Hotel de la Paix, Sivutha Boulevard
Tel: 063 966 000
www.hoteldelaixangk.com

Elegant, contemporary restaurant with classically simple yet powerful black and white décor and an open kitchen. Executive Chef Johannes Riviere has devised a daily-changing seven-course traditional Khmer set menu. Try to book one of the swings outside on the terrace.

Singing Tree Café
Wat Bo Road, Siem Reap,
Tel: 012 490 265

Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialities. Also a centre for yoga, meditation and reiki healing.

Tigre de Papier
Pub Street, Siem Reap,
Tel: 012 265 811

The thing that differentiates this place from all the other restaurants along Pub Street is its half-day cookery classes, starting at 9am. Friendly, helpful French management.

Viroth's
Wat Bo Road,
Tel: 012 826 346

Elegant restaurant on the other side of river with excellent terrace garden. A good place to try royal Khmer cuisine including amok and beef Lok lak.

siem reap - shops

Boom Boom Room
Old Market
Boasts a 176-page catalogue of tracks that can be burned to CDs or mp3 discs. Also sells its designer t-shirts and hoodies as well as the Zico fashion label for women. Same chain as in Phnom Penh and Sihanoukville.

Carnets d'Asie
333 Sivutha Boulevard,
Tel: 016 746 701

Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

Eric Raisina
53 Veal Village, Siem Reap
Tel: 012 965 207 / 063 963 207

Accessories, home decorations, textiles and clothing created by Madagascan-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world.

Happy Painting
FCC, Old Market,
Tel: 012 623 945,
www.happypainting.net

Three shops selling the extremely colourful and positive paintings sculptures t-shirts and prints by iconic French-Canadian artist Stef. Accepts credit cards.

Jasmine Boutique
FCC Angkor, Pokambor Avenue
Tel: 063 760 610

Same sophisticated, stylish boutique as on St. 240 in Phnom Penh. The perfect place for the balgown you forgot to bring with you.

U-Care Pharmacy
Next to Old Market,
Tel: 063 965 396
Reliable western-style pharmacist and druggstore that also has two branches in Phnom Penh. Sells health and beauty products. Open 8am to 12am.

travel

Blazing Trails
Killing Fields Road,
Tel: 012 676 381 / 012 542 916
Adventure tourism company that runs

trips on quad bikes to Phnom Tamao, Tonle Bati and neighbouring villages. Free pick up for anyone within Phnom Penh.

Cambodia Uncovered
Tel: 012 507 097
www.cambodiauncovered.com

Offers village and cultural tours in Phnom Penh and surrounds including road trips, Mekong cruises, accommodation, cooking classes and other activities.

Exotissimo Travel
46 Norodom Blvd,
Tel: 023 219 151

www.exotissimo.com
Excellent French-owned agency specialising in flight bookings, package holidays and a range of well-run tours of South-East Asia. Specialises in adventure tourism in Cambodia. Brochures are available online.

Helicopters Cambodia
658 Hup Quan Street,
Tel: 063 963 316

Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

Sokha Helicopters
2 St. 134 Phnom Penh,
Tel: 023 885 773

24 Sivatha Road Siem Reap,
Tel: 012 184 8891
www.sokhahelicopters.com
Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

Travel Indochina
43-44EO Street 108,
Tel: 023 991 978

www.travelindochina.com.au
Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals. 



Crossword
Answers

ACROSS

1 slob 5 ebb 9 hopes
14 care 15 pout 16 opera
17 adan 18 into 19 paean
20 Licence to Kill 23 delta
24 egg 25 cat 28 SSE
29 tea 32 ebb 34 obi
35 limps 37 erred 39 For
Your Eyes Only 44 alien
45 eerte 46 rep 47 SAD
50 tee 51 UPS 54 mop
55 via 57 genre 59 Live
and Let Die 64 opine
66 dire 67 honk 68 dance
69 elan 70 once 71 Edgar
72 mews 73 seer

DOWN

1 scalds 2 ladies 3 oracle
4 beret 5 epic 6 bone
7 butte 8 Stooze 9 Hopi
10 opal 11 peel corn
12 era 13 San 21 nations
22 KGB 26 Abel
27 tidy 30 emu 31 APR
33 besige 35 lye 36 see
38 roe 39 farm 40 oleo
41 rrppling 42 yet 43 ere
48 ave 49 diadem 51 un-
done 52 Prince 53 seeker
56 anlie 58 ethos 60 Inca
61 veer 62 draw 63 Len's
64 ode 65 pad 

unplugged

Not With a Bang, but a Pepper Mill

Will gets ready to celebrate the Fourth of July, Cambodian-style!



will happily eat scrambled eggs for breakfast, chicken nuggets for lunch and duck à l'orange for dinner will recoil in disgusted horror at the sight of a duckling-in-shell being eaten with a bit of ground pepper and lime juice.

I know this, as I am that kind of American. The tale of “The Ugly Duckling” would have been much shorter – and more popular among foodies – if Hans Christian Andersen had been from Southeast Asia. But like many Americans, I choose to think the meat I buy at the grocery store has nothing to do with the capering Disney characters I grew up watching.

However, my protestations that she’s putting too much effort into a meal that is essentially a distraction (for most Americans) to drinking beer and lighting things on fire are ignored. Or, I am offered suggestions on how I can make myself useful. Of course, her definition of utility involves grinding lemongrass with a mortar and pestle, not teaching our son how to attach bottle rockets (smuggled from another state) to a paper airplane.

So instead of risking my fingers trying to teach physics to a two-year-old, I’ll be in the kitchen learning where food really comes from. I wonder how I could blame the British – or the Canadians?

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

THE FOURTH OF JULY IS A big deal for Americans. It’s more than just an anniversary of the public reading of a document that blamed all the world’s problems on the king of Great Britain. It’s a day to wave the flag, celebrate being American and thank the heavens that we’re not like those goddess Canadians with their universal health care, value-added tax and shockingly low rate of gun-related deaths.

There will be parades, apple pie and a great deal of literal flag-waving. There will also be fireworks, even if all the really good ones are illegal in Oregon. But amidst the fluttering U.S. flags and crackling of neutered fireworks, families and friends gather around what’s really important – the barbecue.

My wife, raised in a family and culture that is passionate about food, launches into days of preparation if someone so much as mentions a barbecue. Meat, preferably straight from the butcher who slaughtered the unlucky animal, must be carefully selected. A dizzying array of spices

– most of them exotic and some of them surprisingly expensive for being a weed – are gathered, diced and ground into finely measured concoctions. Whole chickens must be marinated, basted and left to stew in their own juices. A select assortment of vegetables are chopped and arranged, skewered on kebabs and dusted with other special spices.

Where I’m from, people just toss a patty of ground beef on a barbecue.

The most preparation revolves around what kind of soda to buy. The only spice is ketchup, unless you consider cheese a spice.

This does not go over well with Cambodians.

While western-themed fast-food restaurants have sprung up in Phnom Penh over the years, few Cambodian patrons of Lucky Burger or BB World buy the staple of American civilisation. Most of the diners are interested in fried chicken, not hamburgers. Even in the U.S., Cambodians routinely say fast-food burgers lack flavour and need some-

thing else beside beef, which is ironic as the standard sales pitch is that burgers are 100 percent ground beef. I usually mumble in response as I wolf down that flavourless burger before they start talking about truly flavourful food – prahoc, duckling-in-shell and pickled bamboo shoots.

Bringing traditional Cambodian feast food to a party full of Americans doesn’t always go down very well either. Most people like fried rice or Cambodian desserts. But an American who

- 1) Chicago 2) Richard Nixon 3) Balloon 4) In 5) “Video Killed the Radio Star”, The Bugles 6) Snow White and the Seven Dwarfs 7) Lee Harvey Oswald 8) Equestrianism 9) Sherlock Holmes 10) Ursula Andress 11) Agatha Christie 12) Michael Winner 13) Elvis Presley 14) Woody Allen 15) Banshee (bean sl) 16) Euthanasia 17) Rigor mortis 18) On tour in Kenya with Prince Philip 19) Terry Pratchett 20) Death Watch Beetle 21) Jack Dawson 22) Leukaemia 23) Lady Chatterley’s Lover 24) Claire Danes 25) Venus 26) Philadelphia 27) Narcissus 28) Shakespeare In Love 29) Your father 30) Carmen

Pub Quiz Answers

Vox Pop: Leaving the Penh

Expat life in the Penh is quintessentially transient. We come, we make friends, we leave. Then what? **AsiaLIFE Guide** asks the recently departed about adjustment and what they miss most about life in Cambodia.



■ JANE ⤴

Time in Cambodia: 2 years
Job in Cambodia: Editor
Now living in: New Zealand
Were you ready to leave when you did?

I was definitely ready, though to fly out over that flat expanse and away from the frangipani was terribly sad.

What was the strangest thing you found yourself having to adjust to once you left?

The traffic was swift and I crossed the roads very tentatively, rather than stepping out from the kerb in Phnom Penh knowing the motos would zip around me. I also found it difficult to come to terms with the small-talk – the New Zealand weather-talk.

What do you miss most about Phnom Penh?

Many, many things – the wind before the rain, the rain, the flame trees, the way you could turn a corner and have the hem on your skirt repaired by someone at a Singer on the pavement, and the Cambodian people.

■ ADAM ⤵

Time: 20 months
Job: Trailing spouse
Now living in: Australia
Ready or not?

We had no choice otherwise we would have lost our house to the bank, so no, I guess not.

Strangest thing?

The lack of noise, smells and people on the streets. I also forgot just how much motorists hate cyclists over here.

Miss most?

Friends and people smiling, the ease of which you can get around in Phnom Penh, and all those smells on the streets.



■ LIS ⤴

Time: 1.5 years
Job: So many! Intern at DC-Cam, volunteer at Friends, Writer for AsiaLIFE
Now in: UK
Ready or not?

After a year and a half in Cambodia, I felt it was time to depart. I had seen lots of close friends come and go and felt I had got all I could get from the experience. It was time to move on.

Strangest thing?

I can't really handle shopping malls anymore. They are just so big, so commercial, so busy, so expensive, and so air-conditioned! I find them completely overwhelming. I also hate the idea of established public transportation. I can't help wishing I could flag down a moto driver and be quickly carried to wherever my heart desired.

Miss most?

Joy-riding, people-watching on tuk tuk, nights out at Memphis, fresh lime juices, Chinese noodles, summer dresses and flip flops, the sense of community, feeling like my life was spontaneous and adventurous, Mekong boat cruises, and some fabulous, wonderful, amazing people.

■ JOHN LATHROP ⤵

Time: 7 months
Job: Novelist
Now in: Canada
Ready or not?

I was ready. I went there to obtain ideas, characters, colour and copy for a novel. It took me four months, not seven.

Strangest thing?

No longer having to adjust. No longer looking forward to a new twist on a new life.





Miss most?

The people. Both Khmer and expat. I miss the gentleness and the courtesy of the Cambodians. Living in Canada, I also miss the Cambodian climate. I miss living in a Buddhist country. I miss eating my eggs and bacon on the restaurant terrace, across from Wat Lanka watching the ashes of the deceased rising slowly upward through the hot, heavy air with the smoke from the cremation.

■ **CHRIS LEATHER** ▼

Time: 4 years

Job: Management Advisor

Now In: New Zealand

Ready or not?

Yes, we left with no regrets about our decision. I worked with people whose difficult lives were controlled by the powerful elite. When the system you can't control starts to get too much up your nose, it's time to go.

Strangest thing?

I have to wait a week to fix absolutely anything, not having a local market where I could go and buy fresh produce that wasn't in plastic containers, the petty complaints of my countrymen/women who live such privileged lives. I really can trust the traffic to be coming

from the direction I expect.

Miss most?

Never being cold, our biking mates and adventures, and always finding someone on the side of the road who could fix my punctures! Mangoes, mangosteens, passion fruit, big fat prawns from Kabco Market, croissants from Comme a la Maison, big hunks of fresh brie from Veggys, Russian Market retail therapy, being smiled at all the time, and our gorgeous apartment with 310 degree views over the river, parks and rooftops.

■ **BRIAN UNGER** ▲

Time: 4 years

Job: Special Advisor for iREACH

Now In: Canada

Ready or not?

Yes, though I do miss Cambodia, its people and expat friends.

Strangest thing?

Not seeing smiling people walking amid a huge variety of people on and in vehicles, rather seeing people always in cars, wine by the glass at US\$9, a good dinner for two at US\$80 to US\$100.

Miss most?

Working with Khmers and an exceptional array of expat experts as well as the more affordable massages, wines, dinners. 🇰🇷



Best Kept Secret: Thrift Japan

THRIFT JAPAN IS A TRUE secret. Located in a warehouse on France Street a few blocks north of Wat Phnom, the shop used to have a big sign indicating its name and whereabouts. That disappeared a good while ago so it is difficult to say whether the shop is even called Thrift Japan at all anymore. It also goes by the name of Tokyo Thrift.

Thankfully, despite the lack of a sign and confusion over the name, the place remains open. Even more importantly, it remains full of exciting, interesting and funky second-hand clothing. It's dead cheap too, with prices starting at 2,000 riel. You will be hard pushed to find many items with price tags for over US\$3.

Browsing the vast assortment is relatively easy as items are sorted according to type of clothing. You can find anything from micro-pants, through duffel coats, to kids' jumpsuits and pull-overs. The unusual dresses are particular favourites among many female expat shoppers. There are also a number of cool shirts in less common designs and patterns, and a wide assortment of jeans.

Imported from Japan, sizes vary from Khmer to western, meaning there is something for just about everyone. Also, if you know your Japanese designers, you may be able to score some true gems. Should something not quite fit, it's not a big investment to buy it anyway and have it altered later.

One of the most fantastic things about this vintage shoppers' paradise is the "ten items for half price" offer. If you, or you and your friends, buy more than ten items altogether you will receive a 50 percent discount. It sounds unbelievable, but it's true. By

buying ten items for around a dollar each, you will end up paying only five bucks in the end!

What is also verging on the incredible is the constant amount of new stock. Turn-over is so quick that you can visit on a weekly basis yet always find great new items to fill your wardrobe.

A nice change from the usual Cambodian shopping experience is that you are left in peace to find your treasures. In addition, there are changing rooms with mirrors. Ceiling fans provide bargain hunters some relief, but don't kid yourself, shopping at Thrift Japan is always a hot and sweaty experience.

For the uninitiated, a real downside is how difficult it can be to find the place. Once you've managed to hunt it down however, you have a seemingly endless supply of unique and different clothes, at rock bottom prices.

Thrift Japan, France Street (Street 47) 📍



Challenge Vanessa: A Fistful of Dollars

Vanessa Frey takes up Nora's mantle and tries to have some fun in the Penh on just US\$10 a day.



Who said aerobics is easy?

EVER HEARD OF BURGER-nomics? As a student, I was taught that a dollar should buy the same amount in all countries – Purchasing Power Parity Theory. After conversion a McDonald's burger should cost the same abroad as in the U.S. – simplest definition of the so-called "Big Mac index". But, what do you do in a country where there is no McDonald's and the domestic currency has been almost kicked out by the dollar? With only 10 bucks in my pocket for the day, I try not to buy, eat or do the things I would do at home, but to experience Cambodian life. Not as difficult as you might imagine, so long as you get on your bike. Oh and make sure you take along a friend!

■ 8AM

En route to our first stop, we have waf es on the street for breakfast. While there we buy a big bottle of water each to avoid buying several small ones along the trip. We go shopping on Street 47 in a huge hangar selling Japanese second-hand import clothes and stuffed toys. I get a really trendy pair of Boyfriend cut Jeans for US\$2, this I plan to customise into shorts.

■ 12PM

We ride to Tuol Kork Market, where we window-shop for a while – although there aren't any windows – before having a challenging lunch in a local eatery. We ask for a one-dollar meal each and get a good sample of typical Khmer food – bitter gourd stuffed with some kind of meat, fried pork with pickled mustard greens, caramel pork and prahok. This comes with an enormous plate of rice, which conveniently covers up the taste of prahok. For dessert, we drink a café dorcow teukor (iced coffee with tons of sweet milk).

■ 2PM

After lunch, a windy rainstorm makes us change our plan. Instead of heading straight to the swimming pool, we make our way to a strange market full of hairdressers and get a pedicure for the price of a rain poncho. As rain is letting up, we reach the Long Beach Plaza Hotel swimming pool crowded with fully dressed Khmer people, already soaked by the rain.

■ 5PM

Running out of time, we join an aerobics class in front of the

Ministry of Defence without even taking the leap into the water. All our efforts are ruined by the beer we grab in one of the guesthouses on Boeung Kak Lake watching the sunset.

■ 7PM

For dinner, we feel like having banh bao (steamed bread stuffed with pork, sausage,

egg and onions). The best are found close to Central Market. It's a long ride so we feel we deserve our two pieces (US\$1). For the Grand Finale, we pedal our way to Dodo Bar, where the drinks are cheap and the crowd is friendly – enough to buy us a second round of drinks. Buy one, get one free! 🍷

● THE DAMAGES	
Waffles	500 riel
Bottle of water	2,000 riel
Pair of jeans	8,000 riel
Lunch	4,000 riel
Ice coffee with milk	2,000 riel
Pedicure	2,500 riel
Swimming pool	4,000 riel
Aerobic	1,000 riel
Beer	4,000 riel
Banh bao (2)	4,000 riel
Drink	8,000 riel
Total :	40,000 riel (US\$10)

This Month in History

hong kong, live aid, equal rights, small steps, first scene



■ TURNING CHINESE

July 1, 1997

The transfer of sovereignty of Hong Kong from the U.K. to the People's Republic of China, often referred to as the Handover, took place on Jul. 1, 1997. The event marked the end of British rule. Chris Patten became the last governor of Hong Kong. Unlike his predecessors, Patten was not a diplomat, but a career politician and former Member of Parliament. He introduced democratic reforms that pushed Chinese / British relations to a standstill and affected negotiations for a smooth handover. Patten introduced a package of electoral reforms in the Legislative Council, which resulted in the present policy of "one country, two systems".

■ SAINT BOB

July 13, 1985

Described as the Woodstock of the 80s, the world's biggest rock festival was organised by Boomtown Rats singer Bob Geldof to raise money for famine relief in Africa. Wembley in London was packed with a crowd of 72,000, and TV pictures, co-ordinated at BBC Television Centre, were beamed to over 1.5 billion people in 160 countries in the biggest broadcast ever known. The transatlantic concert began in London's midday sunshine with a fanfare for Prince Charles and Princess Diana and Status Quo performing 'Rocking All over the World'. "Don't go to the pub tonight – please stay in and give us your money," Bob Geldof appealed.

"There are people dying now."

He himself took the call from the ruling family in Dubai who made the biggest single donation of £1 million. Across the U.K. eight appeal centres were set up with 200 phone lines to handle – mainly credit card – donations of up to £2,000. Live Aid eventually raised £40 million. Half of the money was spent on food and half on long-term development.

■ EQUAL RIGHTS

July 2, 1964

The Civil Rights Act of 1964 was a landmark piece of legislation in the United States that outlawed racial segregation in schools, public places, and employment. Conceived to help African Americans, the bill was amended prior to passage to protect women, and explicitly included white people for the first time. It also created the Equal Employment



PHOTO BY EDWIN ALDRIN. HTTP://NSSDC.GSFC.NASA.GOV

Opportunity Commission. Once the Act was implemented, its effects were far reaching and had a tremendous long-term impact on the whole country. Prohibiting discrimination in public facilities, in government, and in employment, it became illegal to compel segregation of the races in schools, housing, or hiring. Powers given to enforce the bill were initially weak, but were supplemented during later years.

■ SMALL STEPS AND GIANT LEAPS

July 16, 1969

The Apollo 11 mission was the first manned mission to land on the Moon. It was the fifth human spaceflight of Project Apollo and the third human voyage to the Moon. Launched on July 16, 1969, it carried Mission Commander Neil Alden Armstrong, Command Module Pilot Michael Collins and Lunar Module Pilot Edwin Eugene 'Buzz' Aldrin, Jr. On Jul. 20, Armstrong and Aldrin became the first humans to land on the Moon, while Collins orbited above. The mission fulfilled President John F.

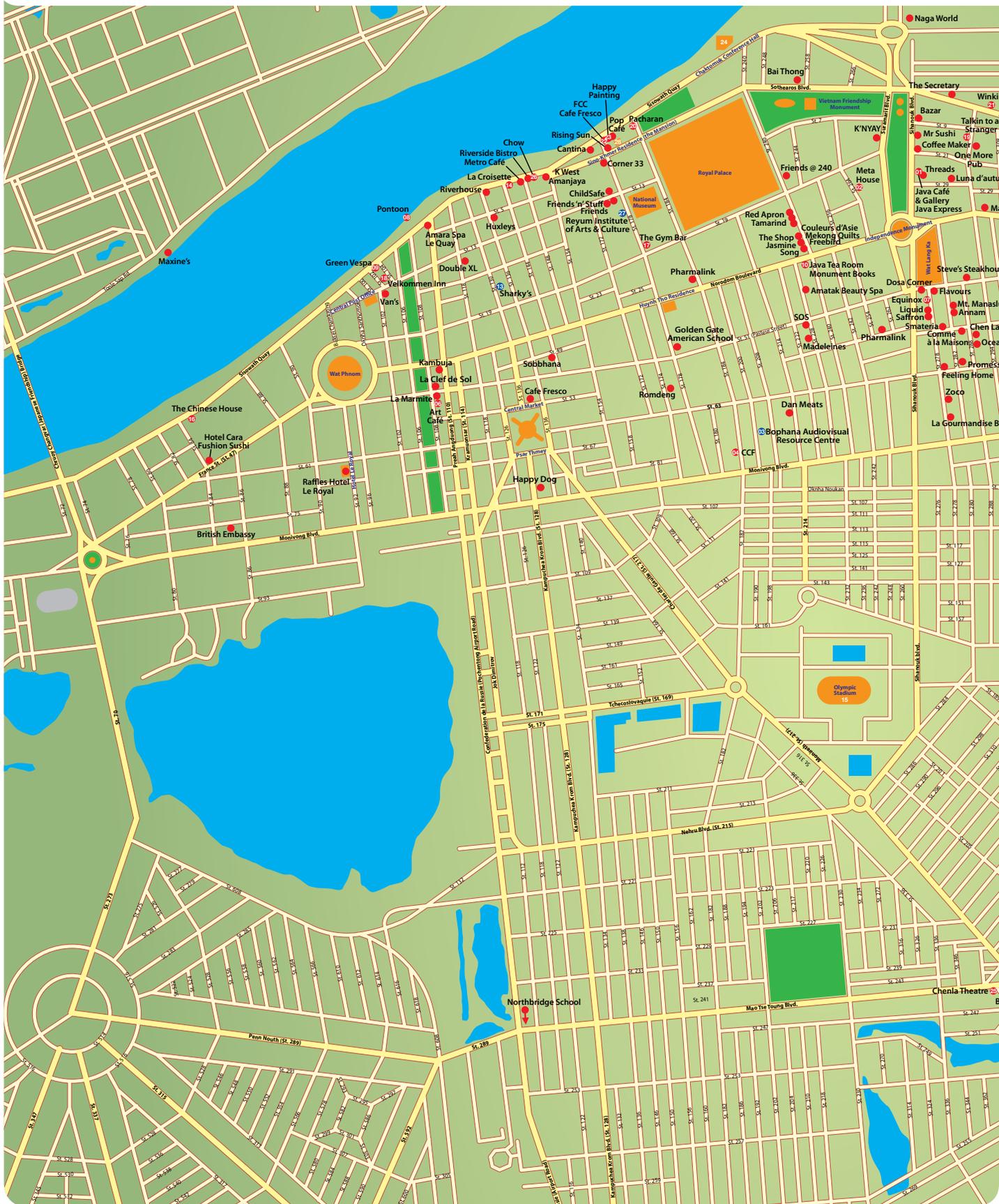
Kennedy's goal of reaching the moon by the end of the 1960s. Armstrong stepped off Eagle's footpad and into history as the first human to set foot on another world, famously describing it as, "One small step for [a] man, one giant leap for mankind."

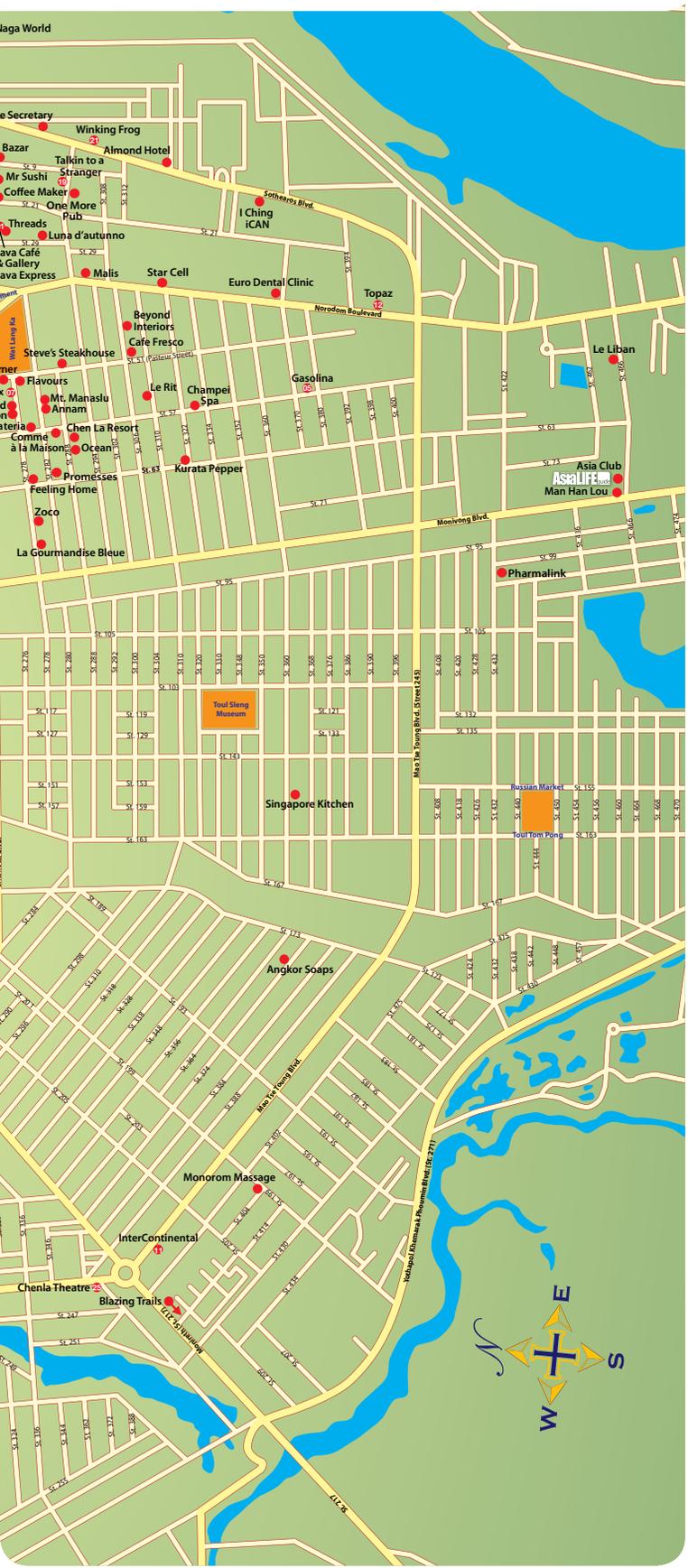
■ FIRST SERVE

9 July 1877

The annual international lawn tennis competition, also known as the British Open, was instituted in 1877 by the All England Croquet and Lawn Tennis Club as a men's singles amateur event for the All-England championship. The competition was expanded in 1844 to include women amateurs, as well as doubles. By the early 1900s, Wimbledon had become an international event in which non-British players competed, with increasing success, for the title. In 1968, the tournament became an "open" (that is, open to both professional and amateur players) and remains the most prestigious event in tennis. Fred Perry was the last British player to win the men's title in 1936, will Andrew Murray break the voodoo this year? 🎾

phnom penh: central





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To ensure that we use only the freshest water available, we taste over 10 different water samples a day. It is then brewed together with the finest natural ingredients and undergoes over 200 quality checks. Not to mention a brewing process that takes more than 500 hours. Little wonder that it has won over 40 international awards and accolades. And counting.

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July Horoscope

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■ CANCER (JUN. 22 – JUL. 22)

Happy Birthday Cancer! This month brings many surprises and personal revelations to your life. Tests, illuminations, and dramas with a partner occur from the 5th to the 8th which set the stage for a strong need to revamp your approach to life. A Solar Eclipse occurs in your sign on the 21st, and you experience an increased drive to take charge of your life. Issues surrounding personal appearance, become especially important now.

■ LEO (JUL. 23 – AUG. 22)

A friendly, sociable month is in your forecast, Leo. It's a strong time for recreating yourself and your goals, particularly after the 21st. Circumstances this month insist you rid yourself of guilt about under-performing, and develop trust in the larger plan. Do what you can to get yourself involved with others, through social events. It is in these settings your personal magnetism is the strongest.

■ VIRGO (AUG. 23 – SEP. 23)

Finding a better position for yourself, professionally speaking, will be easier than usual this month, Virgo. Others are recognising your charm and determination, and your ability to network and communicate with ease only sweetens the pot. Your romantic life is likely to be emotional and dramatic from the 5th to the 8th, and the Solar Eclipse on the 21st marks new beginnings within your social network.

■ LIBRA (SEP. 24 – OCT. 23)

Your career is the major focus this month, Libra. The chance for a new start professionally speaking occurs from the 21st forward. The 5th to the 8th brings urgent demands from home and family. These events serve as a reminder of personal responsibilities on the home front, as you've been paying a lot of attention to your public and professional life. Luckily, this month you have energy to spare and an especially adventurous spirit.

■ SCORPIO (OCT. 24 – NOV. 22)

Events this month bring up the issues of freedom and mobility for you, Scorpio. You are feeling restless and restrained, and the need to put some spice and adventure into your life is strong. The Lunar Eclipse on the 7th sets the stage for a new commitment to finding more ways to get out and about. Intimate matters are heating up this month, keeping a romance interesting, but avoid reading between the lines.

■ SAGITTARIUS (NOV. 23 – DEC. 21)

This month, focus is on a partner and relationships in general for you, dear Sagittarius. There are plenty of negotiations and compromises to make. Your love life this month is spicy, stimulating, sometimes challenging, but ultimately very satisfying. Your personal plans might be on hold for now as you tend to others' needs. An important money matter comes to a head early this month, prompting you to take more control over your finances.

■ CAPRICORN (DEC. 22 – JAN. 20)

July promises to be an eye-opening month for you, Capricorn, with Lunar and Solar Eclipses occurring in your sign and in Cancer, the one opposite yours. Partnerships are a big theme this month, and will be for months to come. New beginnings in relationships are in the works, and June's events get the ball rolling in that direction. Early in the month, your emotions are heightened and a personal revelation occurs that might surprise you.

■ AQUARIUS (JAN. 21 – FEB. 19)

Heightened romantic feelings and playful impulses are themes for you this month, Aquarius. It's a strong period for taking a small, perhaps familiar, vacation that allows you to recoup, relax and enjoy yourself. A vacation that is too ambitious, exotic, or unfamiliar might only serve to stress you out. Overall, July is a time to adapt and attract rather than initiate new projects.

■ PISCES (FEB. 20 – MAR. 20)

Big changes in your love life, social life, and career are in the works for you in the next few months, Pisces, and this month's events will give you a sense of what needs to be done. Tests in these areas of your life are likely now, and pave the way for new beginnings to come. Your more playful, creative, and romantic impulses are stimulated now, making it a good time for a holiday.

■ ARIES (MAR. 21 – APR. 20)

Changes on both professional and personal fronts are in store for you in the next few months, Aries. The cosmos is nudging your attention in the direction of home and family. This might require some changes in your approach to career, and some schedule juggling. Others are hanging on your words this month, and stimulating conversations about love and relationship figure strongly.

■ TAURUS (APR. 21 – MAY 21)

A flurry of activity this month will leave your head spinning at times, Taurus. Do your best to tend to these matters in an orderly fashion, making lists and following them, or you may find yourself experiencing unnecessary stress. You have the ability to find extra sources of income this month, but at the same time, your tendency to spend what you earn runs high.

■ GEMINI (MAY 22 – JUN. 21)

The need to sort out your finances becomes apparent in July, Gemini. Some drama regarding shared finances with a partner, loans, or taxes is likely this month. On a personal level, your personal magnetism increases from the 5th, and skyrockets after the 12th. Others are following your lead, and this is especially true of love interests and friends, and your charm knows no bounds. Take advantage of this exciting energy! 🎉

■ CELEBRITY BIRTHDAYS THIS MONTH

Figures in brackets represent the age they will be on their birthday.

Jul. 1 – Ruud Van Nistelrooy (33), Pamela Anderson (42), Dan Ackroyd (57), Debbie Harry (64); Jul. 2 – Lindsay Lohan (23); Jul. 3 – Tom Cruise (47), Tom Stoppard (72); Jul. 5 – Huey Lewis (58); Jul. 6 – 50 Cent (33); Geoffrey Rush (58), George W Bush & Sylvester Stallone (63), Dalai Lama (74); Jul. 7 – Ringo Starr (69); Jul. 8 – Kevin Bacon (51); Jul. 9 – Tom Hanks (53); Jul. 16 – Will Ferrell (42); Jul. 17 – David Hasselhoff (57), Donald Sutherland (75); Jul. 18 – Vin Diesel (42), Richard Branson (59), Nelson Mandela (91); Jul. 20 – Carlos Santana (62); Jul. 21 – Robin Williams (58), Cat Stevens (61); Jul. 23 – Willem Dafoe (54), Terence Stamp (70); Jul. 23 – Woody Harrelson (48); Jul. 24 – Anna Paquin (27), Jennifer Lopez (39); Jul. 25 – Matt LeBlanc (41); Jul. 26 – Kate Beckinsale (36), Sandra Bullock (45), Kevin Spacey (50), Helen Mirren (64), Mick Jagger (66); Jul. 30 – Hillary Swank (35), Arnold Schwarzenegger (62). 🎉

The QuizMaster

■ **FIRSTS**

- 1) In which city was the first skyscraper erected?
- 2) Who was the first American president to resign from office?
- 3) The first aerial photograph was taken over the Arc de Triomphe in Paris in 1858 from which type of 'aircraft'?
- 4) What's the first word in the Bible?
- 5) "I heard you on the wireless back in Fifty Two/ Lying awake intent at tuning in on you," were the first words sung on MTV. Name the song and artist.
- 6) What was the first ever feature length cartoon with sound and colour?
- 7) Who was killed in the world's first televised murder in 1963?
- 8) In which Olympic event did women first compete against men?
- 9) A Study in Scarlet is the first novel featuring which famous character?
- 10) Who was the first Bond girl?

■ **DEATH**

- 11) Who wrote the novel Death on the Nile?
- 12) Who directed Death Wish?
- 13) Who had a Number one hit with "Way Down" – less than two weeks after his death?
- 14) Who said, "It's not that I'm afraid of death, I just don't want to be there when it happens"?
- 15) What figure, from Irish mythology, wails signalling imminent death?
- 16) What, meaning "well or good death" is legal in the Benelux countries, Switzerland, Thailand and the U.S. states of Oregon and Washington?

- 17) What is the medical term used when the body stiffens after death?
- 18) In 1952, Queen Elizabeth succeeded to the British throne on her father's death. Where was she when she heard the news?
- 19) Which author's character, Death, rides on a horse called Binky?
- 20) Which insects, to attract mates, create a tapping or ticking sound that according to Wikipedia "can be heard in old building rafters during quiet summer nights"?

■ **LOVE**

- 21) What was the name of the lovesick young hero in the movie Titanic?
- 22) What illness kills Jenny in Love Story?
- 23) Which controversial novel became a best-seller across the English speaking world in the late 1950s and early 60s despite being banned?
- 24) If Romeo is Leonardo DiCaprio, who is Juliet?
- 25) Who was the Roman goddess of love?
- 26) Which city is known as "The city of brotherly love"?
- 27) Which flower shares its name with a mythological character who fell in love with his own reflection?
- 28) Which 1998 film earned Gwyneth Paltrow a Best Actress Oscar?
- 29) Who are you in love with if you have an Electra complex?
- 30) The heroine of which opera had a bullfighter lover called Escamillo?

■ **ANSWERS ON PAGE 85** 📄

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

3	5	1	2	4	6	9	8	7
9	4	6	8	7	5	2	3	1
2	8	7	9	1	3	4	5	6
4	2	6	1	3	6	8	7	5
1	9	8	6	5	7	3	4	2
7	3	5	4	2	8	1	9	6
5	9	2	3	6	4	7	1	8
8	1	3	7	9	5	2	6	4
6	4	7	5	8	1	6	2	3

■ **DIFFICULT**

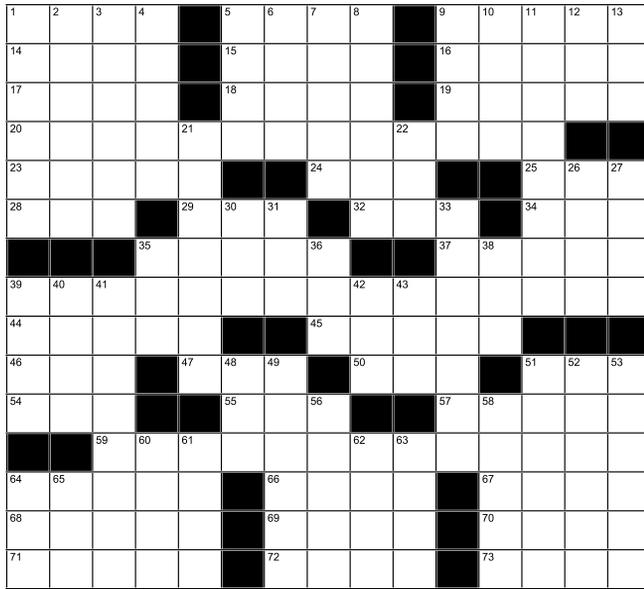
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Broccoli Varieties



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ACROSS

- 1 Couch potato
- 5 Recedes
- 9 Positive possibilities
- 14 It can be intensive
- 15 Sulky expression
- 16 Aria vehicle
- 17 6th month of the Hebrew calendar
- 18 Enthusiastic about
- 19 A neap turns to victory song
- 20 Executioner's permit
- 23 The Mekong in Kampuchea Krom
- 24 Chick capsule
- 25 ___house or Alley ___ (in PP)
- 28 Vientiane to PP direction
- 29 Afternoon drink
- 32 Flow's partner
- 34 Start for a Jedi master
- 35 Shows evidence of a leg injury
- 37 Made a mistake
- 39 Instruction on a top secret dossier
- 44 Foreign (or from even further away?)
- 45 Like a graveyard at night
- 46 One curl, lunge or squat
- 47 Condition caused by winter
- 50 Tiger's ball support
- 51 Brown van co.
- 54 Clean a tiled floor
- 55 Travelling through a duct opening
- 57 Spy thrillers, here
- 59 G 'n' R covered this Mc hit
- 64 State your point of view
- 66 Like some straits
- 67 Goose call
- 68 Twist or shag
- 69 Stylish vigour
- 70 Start of many a fairy tale
- 71 Winter of Frankenstein renown
- 72 Heard at Felix's feeding time
- 73 Teller of the future

DOWN

- 1 Burns with kettle contents
- 2 Powder-room
- 3 Gloria Foster's Matrix role

- 4 Pierre's tete-warmer
- 5 Lawrence of Arabia or Dr Zhivago, e.g.
- 6 Mandible or radius
- 7 Mini-mesa
- 8 Curly was one
- 9 Some Arizonian reservationists
- 10 Cooper Pedy find
- 11 Shuck, literally
- 12 Ms Lynn without Churchill's victory is an important time
- 13 First word in Central American capital
- 21 United group formed from a League of them
- 22 Red agency from 1954-91
- 26 1st murder victim, allegedly
- 27 Large, as in sum
- 30 One for whom plumage is pointless
- 31 Credit card company abbr.
- 33 Surround
- 35 Caustic soda
- 36 Use one of your 5 (you're doing it now)
- 38 Caviar, basically
- 39 McDonald's property
- 40 Margarine oils
- 41 Like a body-builder's muscles
- 42 (Not) now. (Or Bigfoot's blind cousin – childish joke)
- 43 Poet's before
- 48 Tree-lined rd.
- 49 Da maid mixed up royal's crown
- 51 Not tied
- 52 Singer of a decade ago
- 53 Keith Potger was one, and a New one too
- 56 A line confused like an old woman
- 58 Guiding principles
- 60 Machu Picchu resident
- 61 Swerve
- 62 Pull out your pistol
- 63 Mr. Spock's portrayer's
- 64 Joyful poem
- 65 Bachelor's apartment

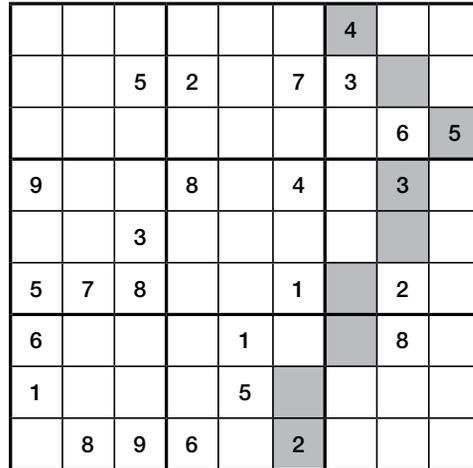
ANSWERS ON PAGE 84

Sudoku WITH A TWIST



Fun Mexican Food
Kitchen open 3-10:30. Closed Saturdays.
347 Sisowath Quay. On the river.

This Sudoku puzzle has a twist (literally). The usual rules of Sudoku apply – place a number in each empty square so that each row, each column and each 3x3 block contains all the numbers from 1 to 9. But, in addition, the “twist” of grey squares must also contain the numbers 1 to 9!



Level: Difficult
Gwan Ching Lee's time: 20 mins

ANSWERS ON PAGE 93

Quote Unquote

MOTORBIKES

Last month we were green, this month we certainly ain't...

“Faster, faster, faster, until the thrill of speed overcomes the fear of death...”

— Hunter S. Thompson.

“98 percent of all Harleys ever sold are still on the road. The other 2 percent made it home.”

— Anonymous.

“I believe many Harley guys spend more time revving their engines than actually driving anywhere; I sometimes wonder why they bother to have wheels on their motorcycles.”

— Dave Barry.

Tip #4

When you want to refill airtime

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