

PHNOM PENH

# ASIALIFE

guide

092009  
ISSUE 33  
US\$1

# Kool Khmer

Cambodian  
youth fake on  
modern life



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What's on in September

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## Editorial

OUR FOCUS THIS ISSUE is the country's younger generation – we've taken to the streets, the shopping malls and even the latest fashion magazines to ascertain just what falls into the category of 'Kool Khmer' these days. We thought it was high time that we highlight some of the more noteworthy looks that we've all been seeing on the streets and atop souped-up motos swerving suicidally past us through the traffic. Cambodia's youth are redefining Khmer style by seemingly Frankensteining together styles from all of the surrounding developed Asian countries – save for one.

Speaking of young ones – September finds the kids home from summer holidays and back at school. We've spoken with a few of them to capture their

thoughts on that, you may be surprised to hear what they had to say.

In the arts scene – this month is all about Architecture. Java Café & Gallery, Meta House, the French Cultural Center, Khmer Architecture Tours and Mith Samlanh have teamed up yet again to challenge both the art and architecture community of Phnom Penh to reflect on what it means to be a resident of the Capital during this time of immense structural change.

This last month has seen a changing of the guard here at AsiaLIFE. Mark has headed out for greener rice patties for a few months as Naomi returns from Canada after a four-month maternity leave. Her baby boy, Isaac, is happy, healthy and loving the Penh. **A**



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# PHNOM PENH AsiaLIFE guide

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

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

**Associate Editor:** Nora Lindstrom  
nora@asialifeguide.com

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

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

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

**Photographers:** Nathan Horton & Conor Wall

**Proof Reader:** Johan Smits

**Accounts & Distribution:** Seang Seyha

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

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# in the penh

## The Month That Was

buildings, venues, fashions, culture

@Meta House



### ■ CELEBRATING CAMBODIA'S MODERN HERITAGE

Fans of New Khmer Architecture crowded MetaHouse on 19 Aug. for a presentation on the Vann Molyvann Project by American architect and project founder Bill Greaves. Appalled by the lack of care accorded to the iconic buildings designed by the Kingdom's most famous architect, as well as the outright demolition of two of his greatest buildings in 2008, Greaves quit his New York-based job last year to spend his time documenting the remaining treasures.

The presentation was kicked-off with a screening of *Concrete Visions*, a film by Nico Mesterharm. Greaves then presented his project and discussed the genius behind Molyvann's "beautiful, gracious, modern and deeply Cambodian" designs.

The key objective of his project is to create a record of these buildings, as all of Molyvann's drawings were destroyed during the Khmer Rouge. He further explained that without thorough documentation, if the buildings were destroyed,

all clues to their design would be lost forever.

The event was attended by a large amount of students from Cambodia Mekong University, as well as both locals and foreigners interested in preserving and celebrating Cambodia's unique modern architectural heritage. Due to huge turnout to the event there is hope that MetaHouse and Bill Greaves will organise a repeat presentation.

*For more about the Vann Molyvann Project, visit [www.vannmolyvannproject.org](http://www.vannmolyvannproject.org)*

### ■ MORE THAN SPRINGBOKS

South African smooth Chenins, crisp Chardonnays and powerful Cab-Savs were the stars of the show at a wine tasting hosted by the African republic's Ambassador, H.E. Douglas Gibson, in association with Celliers d'Asie at the Heritage Suites Hotel, Siem Reap, in late August.

The event was part of a series looking to promote future trade between South Africa and the South-East Asian region. For Ambassador Gibson, starting the series with South Africa's wines, which enjoy a strong internation-

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@Elsewhere: Kite Museum



@Club White

al reputation, was an easy choice. “For price and quality” he said, “South African wines compete with the best the new and old world have to offer”.

Mr. Gibson drew on South Africa’s and Cambodia’s common dark histories and vision for the future, affirming that improving trade is necessary for both countries as they strive to take people out of poverty and aid them towards a better life. We can all drink to that.

■ **DARK CLOUDS AT JAVA**

The Storm, a joint exhibition by Cambodian artists Srey Bandol and Meas Sokhorn opened Aug. 8 at Java Café & Gallery.

Described as an exhibition “that scrutinises man’s soul”, the featured artwork explores destructive forces in the world. Through Tornado, an intimidating black installation made from barbed wire and wood by Meas Sokhorn, the artist looks at the devastating effects of pent up anger and violence. Srey Bandol’s Floods, a

series of collages, explores more literal storms by juxtaposing consumerism with environmental degradation and catastrophes, challenging the viewer to consider what we destroy in our reckless drive to consume.

Together, the installation and the collages paint a rather bleak picture of both the present and the future, questioning our contemporary way of living. Despite the exhibition’s dreary message, the opening was a merry affair. Along with the artists, the Penh’s usual art set – both young and old – attended the opening, and were treated to drinks and nibbles. The exhibition closed Aug. 30.

■ **ELSEWHERE IS ELSEWHERE AGAIN** ⚡

The Kite Museum, opposite the new National Assembly, was the site of the second “alternative” First Friday party on Aug. 8.

Following the re-launch of the legendary party at the capital’s train station in June, the August bash saw a similar set up

with live music and DJs, as well as a US\$3 cover charge and a requirement to change money for tokens to purchase drinks. New was the crêpe stand, where punters could sample either sweet or savoury crêpes for US\$1.50–US\$3.

There were no kites in sight as the party was held not inside the museum, but at the grounds behind. The site is where the former Vann Molyvann-designed national theatre used to stand before being demolished in 2008, following a devastating fire in 1994. Despite the lack of a theatre, there was an open stage on the grounds, which served as the dance floor, with DJs spinning tunes in one of the corners. Just like in June, the large

size of the venue gave the party a distinctly school disco feel, though after midnight the dance floor slowly started to fill up. Limited seating meant some punters opted to sit on the ground, though most seemed happy to mingle around the stage.

The new First Friday events are not like the wild pool parties before, yet the changing venues of the party are likely to draw the capital’s curious souls to the next bash too. Only one question remains, where will it be?

■ **BEACH PARTY @ CLUB WHITE** ⚡

Full moon party-goers got a sandy welcome at Club White on Aug. 6, as the club’s entrance was covered in sand to evoke the legendary full

moon parties on the beaches of Thailand's Koh Phangan.

Thumping tunes from DJs Steve J, Lefty and Achaya, as well as projections by VJ Sputnik encouraged punters to fill the dance floor, while red bull and vodka buckets for US\$8 set the scene for a party into the small hours of the morning. The party attracted what has become the new club's regular crowd – mainly young Khmers with disposable income, with a sprinkling of foreigners. Not quite the frenzied beach party feel promised by the entrance, as the club is indoors there was no moon, full or otherwise, in sight. Nevertheless, one or two daring party-goers did strip down to their bikini tops as the night progressed, and the multitude of empty bottles of whisky on the tables was further evidence of a good party. Club White intends to host Full Moon parties monthly according to the lunar calendar, with the next one taking place on Sep. 4.

**F MAGAZINE LAUNCH**

There were no pyjamas in sight at the launch of F Magazine at Club White on Friday Aug 15th. Calling itself the “first fashion forward magazine in Cambodia”, the bi-lingual publication features stories and advice on style, beauty and fashion, mixing international trends with local talent. At the launch, VIP guests were treated to drinks and nibbles whilst watching a fashion show which featured designs by Don Protasio, Sar Chantho, and Diva. The designs ranged from Don's funky and versatile creations, through street wear and cocktail dresses by Diva, to luscious evening gowns by Sar Chantho. Though most models in the show could use a tip or two from Tyra Banks's runway coach, the crowd was hyped with some



girls even resorting to shrieking when their favourite model came on to strut his stuff.

It was a congregation of the hip and heavenly, where the only

ones in more traditional Cambodian dress were the parents of the organisers, watching their kids' success. Onwards and upwards was the message – or forward, as the team behind the magazine describes it.

Sophea Ke, managing editor of F, said the publication will have a circulation of 10,000, and will be sold in Phnom Penh, Siem Reap and Battambang for US\$3.50. It will be published on a bi-monthly basis until next year, when it will appear in newsstands monthly.

**RUBIES SUPERHERO PARTY**

Mortals and superheroes mixed for one night on Friday, August 21 to share in the liquid power poured by Rubies' own “super Barmen” and “Barwoman”. A blue and yellow masked 1980s British comic book star, “Banaman” flexed his muscles and flew

to the scene by moto, plantain belt ready for post night-out cravings. The Simpsons Duffman's red cape lifted off the ground as he flew in the wind of the bar's floor fan, with utility beer can belt in check, while X-Men's Wolverine lurked in red shadows throughout the night. “Lucky” Supermarket was by far the night's most creative maiden—apron plastic grocery bags accessorizing her costume, while it seems a few other superwomen <http://mail.google.com/mail/?attid=0.5&disp=emb&view=att&th=1232769279e0add6> came incognito. At \$3 a glass for the night's special, “The Caped Babbette”, a sweet and soury gin potion, fueled plenty of mere mortals eager to join the select heroes in garb. The theme was a hit among the Rubies' crowd yearning for a little childhood comic book and cartoon action in the Penh.

**FCC MICHAEL JACKSON PARTY**

The King of Pop came alive Saturday night at the Foreign Correspondent Club, where Blue Chili's dancers in drag opened up the evening in an intense bejeweled costumed routine ready to rival any moonwalks and glittery gloves itching to come out. As soon as lights turned off and the disco ball colored the night, fans rushed to the dance floor where DJ Phillippe spun disco and funk. Kids air guitared to MJ classics, while those of the beloved music star's generation pulled out their 1980s moves to Billie Jean and Smooth Criminal. Though few zombie claws came out as Thriller blasted from this riverside rooftop, the dancing did not stop until guests got enough and then transitioned over to more Latin beats. It doesn't matter if you're black or white, tourist or expat, Michael Jackson remained in guest's hearts as they grooved and tried out the King's signature moves.

**CULTURAL EXCHANGE WITH THE REPUBLIC OF INDONESIA ARTISTS**

Fresh of the plane, Indonesian Artists Didik Supriyantra and Andreas Purwoto sat cross-legged in front of their classical instruments still marked by airport tags, at the Almond Hotel Friday night, as they took part in what has become a routine cultural exchange between Cambodian artists and those from around the world. Hotel Owner Luu Meng welcomes the opportunity to send Cambodian musicians abroad and let them promote



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his country and tourism. While Cambodian artists played in Indonesia, these two musicians dressed in traditional costume delighted a mix of international guests enjoying an evening of music and Chinese dinner. Between mixed steamed dim sum and doubled steamed vegetable soup, the guests' digital cameras flashed down upon the artists who pounded a gengdag (drum) and lightly strung fingers over horizontally placed vibrating metal strings. In a low-tone melodic chant, they seemed lost in a peaceful trance, perhaps imagining a quiet Indonesian island village left behind.

**■ SUPERFLY**

Pre-club beats by DJ Clock-Work Soul started this month's Superfly at Rubies Wine Bar on Friday Aug. 15th. Getting ready for some more serious clubbing, punters sipped their drinks in a relaxed atmosphere waiting for the evening to kick off. Over at floating club Pontoon, the party was already in full swing at DJ ClockWork Soul's arrival from Rubies around 11pm. Promising "No Hip Hop, No R & B, No crap Electro House, only the very best in funky ass shaking music" this third instalment of the monthly club night

did not disappoint. Party posters urged revellers to dress sexy as sin, and dance dirty as funk, and the atmosphere only got hotter as night the wore on.

**■ MISS LANDMINE CANCELLED**

The controversial art project, Miss Landmine Cambodia 2009, which brings together land mines and beauty pageants, was all but cancelled on Aug 3. Complying with last-minute government regulations, the much anticipated exhibition at Meta House featuring photographs of the contestants in the pageant, all land mine survivors, as well as the actual event of the pageant were abandoned. On-line voting for the winner of the second ever Miss Landmine contest is on-going until World Disability Day on Dec. 3 at miss-landmine.org.. The website also features further information about the concept, as well as details of last year's successful event in Angola. Project organiser Morten Traavik expressed his disappointment at the cancellation of the event, and it remains unclear how, if at all, the eventual winner of the online voting will be crowned. The winner of the event was to receive a state-of-the-art custom-made prosthetic limb. **f**



**Traffic cops**

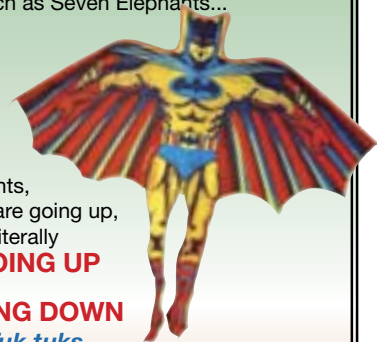
The presence of traffic police at almost every street corner has even made AsiaLIFE's own Conor Wall buy a helmet. Make sure you've got your registration and mirrors too to avoid the boys in blue

**Mini Marts**

Coming to your street corner, soon. Check out hilarious names such as Seven Elephants...

**Kites**

It's kite-flying season, and neon-coloured kites bearing pictures of superman, elephants, batman and others are going up, quite literally



**GOING UP**

**GOING DOWN**

**Tuk tuks**



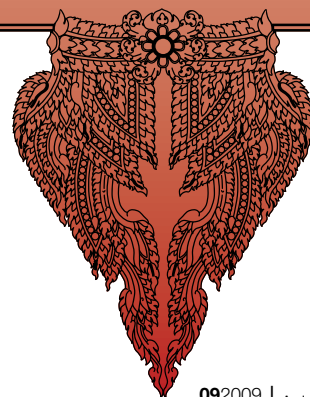
Banned from Norodom Boulevard for being "anarchic" and "causing disorder", will tuk tuk drivers from now on have to decide which part of the city to work from?

**Segregation**

No longer do locals and foreigners have separate parties, as the Penh's kool khmer youth has taken to clubbing at the Penh's premier night clubs. Welcome!

**Scruffy looks**

Fashion has arrived in the Penh, and fisherman's pants and greasy hair are allowed only on dirty patchoulis, so scrub up



# News and Events

disney crocs, comedy, dancing, deutschland



PHOTO BY JEREMY HOLDEN

**DISNEY AWARDS CROCODILE CONSERVATION**

They may not be cuddly creatures from a Disney cartoon, but that doesn't mean the multinational entertainment company doesn't care. In August Sam Han, National Field Coordinator of the Cambodian Crocodile Conservation Programme, was selected as a Disney Worldwide Conservation Fund Conservation Hero for his work to save the Siamese crocodile from ex-

inction. Critically endangered, only 250 Siamese crocodiles remain in Cambodia, mostly in the Cardamom Mountains. Working together with NGO Fauna & Flora International as well as the Cambodian Forestry Administration, Sam Han and his team have been instrumental in ensuring the survival of the species. As part of his award package from the Disney Worldwide Conservation Fund he will receive a cheque of US\$1,000 to

be shared with his team. Since its establishment in 1998, the fund has supported 750 projects with more than US\$12 million in grants to both individuals and organisations.

*For more information about the Siamese crocodile see [www.fauna-flora.org](http://www.fauna-flora.org)*

**COMEDY AT KHMER SURIN**

The first weekend of September sees the Phnom Penh Players' latest production, An Evening of

Chekhov, take over at the annex of Khmer Surin Restaurant. Featuring two of Russian playwright Anton Chekhov's best loved comedies, 'The Bear and The Proposal', the Penh's very own expat theatre group hopes to get some chuckles out of the audience at their second production this year. Though each one-act play is a stand-alone piece, both explore the relationships between men and women, miscommunications, love, land, and debt. Brendan O'Driscoll, a newcomer in Cambodia but not in the world of theatre, is the director of both plays. The performances will take place at Khmer Surin on Sept 4th and 5th. Doors open at 7:00 PM and the performances start at 7:30 PM. Tickets are available from Java Cafe, Rubies Bar, and Talkin' to a Stranger for US\$10.

**"WE'RE GONNA GO DANCING!"**

A Japanese / Cambodian collaborative contemporary dance project produced by Amrita Performing Arts in collaboration with the Japan Contemporary Dance Network. Work in progress public showing on Sept. 1 6.30pm at the Parkway Square Theater Studio on Mao Tse Tong Blvd. Free entry but limited seating. For more info and passes, contact Amrita



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# Deutschland

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■ **10 YEARS OF CHEESE FONDUE**

Tell restaurant, Phnom Penh's one and only fondue house celebrated its 10-year anniversary in August. Having undergone major renovations earlier in the year, the restaurant was more than ready to celebrate in style. Owner Urs Hauser organised an intimate dinner for a small group of friends, while regular customers were treated to a promotion on Swiss cheese fondue, partly also to commemorate the Swiss National Day on August 1st. Serving cheese fondues, raclettes, pork knuckles and home-made rye bread, Tell is truly unique in the capital. Its little sister restaurant opened in Siem Reap in 2002, and is currently run by former partner Thilo Krueger.

■ **SPRECHEN SIE DEUTSCH!** <<

You can now brush up your German at the Penh's German Centre at Meta House. Run in cooperation with the Goethe Institute, the intensive courses are directed mainly at beginners,

but as the programme develops more advanced classes will become available too. Beginners' course Hallo Deutschland! is currently accepting applications for the course starting Sep. 14. Held daily from 8am to 12.30pm, the course lasts 10 weeks and has a maximum of 15 participants. It costs US\$500. A slightly less intensive 18-week course is also available. It starts Sep. 5. The German Centre also offers SD1 testing for foreign nationals seeking family unification in Germany.

■ **PILSNER UND SAUERKRAUT** <<

Octoberfest is back on Oct. 3 when One More Pub will host Phnom Penh's version of the famed drinking extravaganza. For US\$22 punters will be treated to an all-you-can-eat buffet featuring German specialties such as sausages, meatloaf, potato salad, pretzels and of course sauerkraut. Owner Peter will also sacrifice a whole pig for the feast, which will be grilled before filling revellers' tummies. Free flow of Anchor beer and red wine are included in the price, and Bavarian tunes will complete this thoroughly German fest. Prost! 🍷

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# Pick of the Month

eat, web, buy, wellness, listen



■ **EAT:**

**Mangosteens**

We're coming to the end of the season, so make sure to fill your tummy with yummy mangosteens before it's too late. Known as 'superfruits', mangosteens are said to be full of antioxidants and a great boost your immune system. They can fetch up to US\$10 per fruit in New York, and though prices vary in Phnom Penh there is no doubt they are significantly cheaper here. To avoid getting your fingers dirty, score the shell first with a knife, and then pry open with your thumbs. Enjoy!



■ **BUY:**

**I [BK] PP**

Remember the quickly disappearing Boeung Kok lake by wearing this funky T-shirt. Designed by a group of international and local students during a workshop in Phnom Penh, the T-shirt is available at Java Café & Gallery, Bodhi Tree Del Gusto and The Flicks cinema for US\$5 for foreigners and US\$3 for locals. Women's and men's shirts are available in sizes from small to extra large. All profits go to support local NGOs' community advocacy efforts. For more information, please see [www.teangtnaut.org](http://www.teangtnaut.org)

■ **LISTEN:**

**Khmer Rock**

1960s Khmer rock is in revival. Tunes by old-school favourites Ros Sereysothea, Sinn Samouth, Pan Ron and others have found new audiences over half a century since their recording, and not just in Cambodia. Leading the revival is contemporary American-Cambodian band Dengue Fever, which plays Cambodian pop-influenced psychedelic rock. Sleepwalking Through the Mekong, the band's music documentary featuring footage of them playing at Snowy's bar is currently doing rounds around the world, including Phnom Penh's Meta House. For the classic tunes, check out local music stores. There's more info at [www.Sleepwalkingthroughthemekong.com](http://www.Sleepwalkingthroughthemekong.com)

■ **WELLNESS:**

**Kickboxing at Paddy's**

You may not look glamorous whilst sweating away at Paddy's, but a kickboxing session there is one of the best work-outs in town. Go armed with a litre of water and plenty of energy for a one-hour session of Pradal Serey (Khmer kick boxing). The session focuses on cardio fitness and striking techniques, in 3-minute rounds. You'll be surprised how long 180 seconds can be! To keep your hands safe, hand wraps are for sale at the gym. Sessions are held Mondays and Wednesdays 7-8pm. They cost US\$5. Paddy's Gym is located on National Road 5, just past the Japanese Bridge. 🇰🇷



■ **WEBSITE:**

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# Our City — A Month of Architecture & Urban Design

## ■ INSIDE/OUT

Sep. 2, 6 – 9pm

*Java Café & Gallery*

Exhibition opening featuring installation by Kong Vollaik, a series of images of billboards of development projects and the future they envision. Launch of a mobile exhibition on tuk-tuks in collaboration with the SaSa Art Gallery, featuring photographs of interior spaces, both figurative and imaginative.

## ■ SACRED DANCE/SACRED SPACE

Sep. 5, 9 – 11am, Free entrance

*Khmer Arts Ensemble*

Join the renowned Khmer Arts Ensemble for an open rehearsal of a sacred classical dance drama amid the splendor and spirituality of its temple-like theater in Takhmao. For directions and other information, please contact Veasna at 023-425-780 or veasna@khmerarts.org.

## ■ KHMER ARCHITECTURE TOURS

Sep. 12/13, 6/27, 8:30 – 11:30 am

Learn about the past, present and future of the area; An

introduction to 'The Building' by its residents as well as its artists, with the assistance from the Aziza School, On Photography Cambodia (OPC) and Cambodia Livings Arts (CLA). Price: Cambodians USD1 and foreigners USD 15. All proceeds from tour fees & donations directly support Aziza School and the folk and classical dance class of Master leng Sithul in 'The Building'.

## ■ ARCHITECTURE FILM FESTIVAL

25 – 27 September, 7pm

*Meta House*

Screenings, Q&A and slide show portraits of famous national and international architects, focusing on Asia. Featuring Cambodian architecture, continuing with Japanese modern architects like Kenzo Tange. Detailed schedule will be announced by September 1st.

## ■ LE FUNAMBULE (MAN ON WIRE)

Sep. 1st, 15, 25, 7pm

*Centre Culturel Français*

dir: James March

In 1974, Philippe Petit stepped out on a wire suspended between New York's twin towers, then the world's tallest buildings. After an hour dancing on the wire, with no safety net or harness, he was arrested and thrown into an underground prison.

## ■ ARTISTS AS ARCHITECTS

Sep. 23, 7pm

*Centre Culturel Français*

Phnom Penh-based curator Erin Gleeson presents a slide-lecture describing a selection of artworks compiled specifically with Cambodian contemporary artists in mind and so focuses on artists who use affordable materials and low-tech methods to achieve conceptually strong and physically sustainable works.

## ■ IMAGINARY PARK OF THE ARTS

Sep. 24, 7pm

*Centre Culturel Français*

The first Cambodian competition of architecture which will give birth to the "Imaginary Park of the Arts" of Phnom Penh. Under

the presidency of Vann Molyvann, ten teams will be in competition to imagine this space of artistic expression & community. The competition will give place to an exhibition from the 24th of September, grouping together the various scale models.

## ■ PRESS CONFERENCE

Sep. 26, 10am

*Java Café & Gallery*


Launch of public art installation by Meas Sokhorn, a collaboration between JavaArts and Mith Samlanh/Friends

## ■ CONFERENCE:

**PHNOM PENH - 150 YEARS OF URBAN ARCHITECTURE**

Sep. 30, 7pm

*Centre Culturel Français*

The Heritage Mission, dedicates its work to the creation of means of protection & management of the architectural heritage of Phnom Penh. Presentation of historical view of the construction of the capital. 150 years of urban architecture will be explained. 

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# Openings

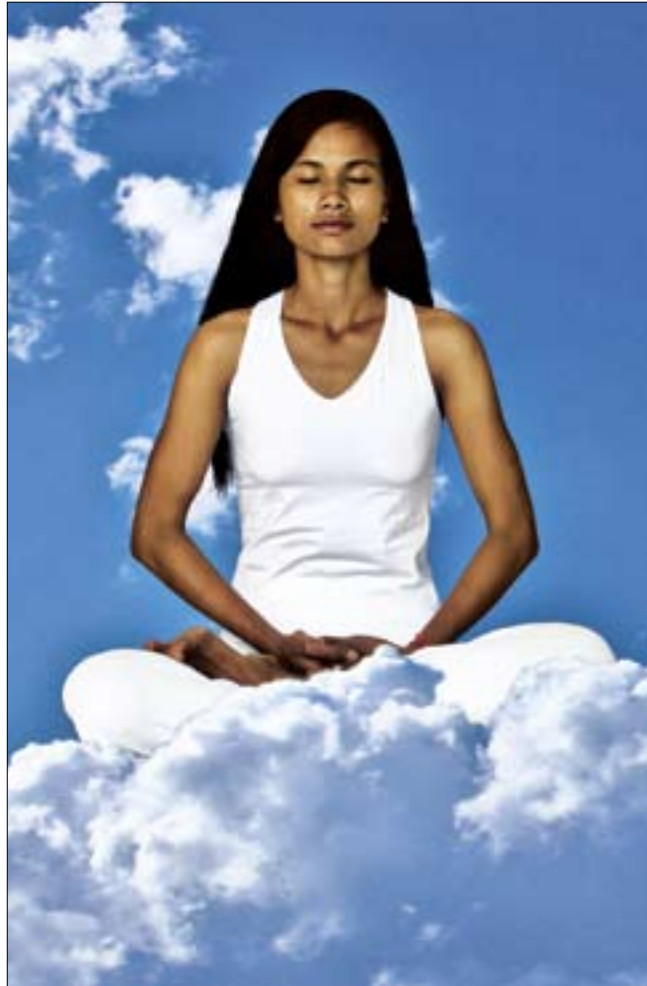
wine, food, pamper, relax

## ■ HAUTE COUTURE TAPAS

Resembling a stylish living room, new tapas bar Pavot opened on the quiet a couple of months ago. Very tastefully decorated in white, grey and pastels, and walls complete with owner Maknorith Oum's family photos, the establishment is likely to attract customers for a quiet, sophisticated drink and some nibbles. The short tapas menu features various spring rolls (US\$4), and other "mini-bouchées", while the more extensive drinks menu offers a variety of cocktails (US\$5), wines by the glass (US\$3) and the bottle, as well as fresh fruit shakes (US\$3).

Oum opened the bar mainly so customers to looking at his clothes, jewellery and chinaware boutique could enjoy a drink and appetiser whilst browsing his collection. The boutique is due to open on the first floor of the 1960s villa at the end of September. A fashion designer by trade in the 1980s and 90s, Oum was known in the French fashion circles as Mr No Buttons on account of his flowing designs. Once the boutique opens, it will be one of very few places in Cambodia selling true, hand-made haute couture.

*Pavot Tapas Bar, 57 Street 57, Open noon to 11pm.*



## ■ MOUNTAIN YOGA RETREAT ◀◀

New eco-lodge, The Vine, will host a yoga retreat Sept. 18th – 20th. Enjoy beautiful, scenic views from the lodge of the mountains and village of Chamcar Bei in a relaxed, peaceful setting 20 kilometers from Kampot. Partake in daily yoga, Pilates and meditation sessions, afternoon walks in the hills, swimming, visits to local villages, and fresh, organic food. Cost will include meals, accommodation and classes, massage extra. Taught by Alison Hawkins, Oskar Nery and Kate Liana, all based in Phnom Penh.

*For details, cost and transport please contact Alison at flying-monkeyyoga@gmail.com, or Kate at kate@kateliana.com, or 017-23-60-25.*

## ■ SAYANA RUMDUL

Named after Cambodia's national flower, Sayana Rumbul spa opened on Street 282 in early July. Treatments currently offered include a large variety of massages from US\$8. Body wraps, scrubs and baths, as well as pampering packages, will also be available as soon as the owners are satisfied staff have attained a professional skill level. Set on two floors, most rooms are semi-private featuring only two beds, with one room also featuring a private steam

www.samborvillage.com  
017 924612/062 961291

*Sambor Village*  
hotel - restaurant - swimming pool bar  
Kampong Thom - Cambodia



room, Jacuzzi and small open-air shower. There is also one larger indoor space for groups, while foot massages are performed on the shaded balcony. Overall, the atmosphere is relaxing, with a faint scent of lemongrass in the air. Ample secure parking space in front of the spa makes for easy access for those with cars.

*Sayana Rumdul, 1 Street 282, Tel: 017 791 186. Open 10am to 10pm.*

■ **NEW HAIR AND NAIL STUDIO** White, sleek and modern, new Hair & Nail Studio of-

fers reasonably priced beauty treatments in pleasant, clean surroundings. Fans of quality nail care will be happy to hear the studio uses top brand OPI varnish, while hair care is done with L’Oreal, Schwarzkopf and Shiseido products. Manicures and pedicures will set you back US\$5 and US\$6 respectively. Hair care starts from US\$3 for shampoo and blowdry, up to US\$50 for colouring treatments. The salon also features a variety of massages. These are rather on the expensive side (from US\$30)

but staff advise they focus not only on relaxation but also on skin care, including whitening and slimming.

Until the end of September the establishment offers a 20% discount on all services.

*Hair & Nail Studio, 51D Street 214, Tel. 023 99 26 26. Open: 9am to 8pm*

■ **SOMETHIN’ COOKIN’ IN KAMPOT** Cambodia’s latest tourist enterprise is heating up Kampot. Siblings Kate and Dan Wetherall have started up a wine bar,

tour company and retail store called What’s Hot in Kampot. The store is set to open its doors this month, offering travellers a unique Cambodian experience with a twist. The bar provides a chilled atmosphere where to sip wine, indulge in a platter of cheese and listen to a great selection of tunes while discovering the benefits of living in or visiting the quaint and peaceful river town.

*13 National Road 3, Kampot, Tel. 016 984 157, www.whatshotinkampot.com.*

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# calendar

## September

geckos, divas, bollywood, heroes, eats

sunday

monday

tuesday

wednesday

thursday

30

31

01

02

**Wednesday Ladies Night**  
Buy 1+1 free cocktails all night at the Riverhouse Lounge  
**Bollywood**  
Indian movies are screened every Wednesday at Annam Indian Restaurant from 7pm  
**Film Screenings**  
@ The Chinese House 7.30  
**Pontoon Ladies Night**  
**Vespa Wine Wednesday**  
**Loco Wednesdays**

03

**Live Music at Riverside**  
**Talkin Lamb**  
**Glory Hole Gay Night at Pontoon**

06

07

08

09

**Australian Women's Connection (AWC) Lunch**  
Second Wednesday each month. For info call 012 223 801  
**Film Screenings**  
@ The Chinese House 7.30  
**Wednesday Ladies Night**  
@ Riverhouse Lounge  
**Bollywood**  
Indian movies are screened every Wednesday at Annam Indian Restaurant from 7pm  
**Pontoon Ladies Night**  
**Vespa Wine Wednesday**  
**Loco Wednesdays**

10

**Live Music at Riverside**  
**Intercon Sunday Brunch**  
**Pontoon - One Drop Sundays**

**Monday Madness**  
@ Pontoon All night buy one get one free tiger beer and cocktails  
**Live Music at Riverside**  
**Vespa Malt Monday**  
Four single malts for only US\$15 at the Green Vespa

**Live Music at Riverside**  
**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

**Live Music at Riverside**  
**Talkin Lamb**  
**Glory Hole Gay Night at Pontoon**

13

14

15

16

**Film Screenings @ The Chinese Riverhouse Ladies Night**  
**Bollywood @ Annam**  
**Live Music at Riverside**  
**Pontoon Ladies Night**  
**Vespa Wine Wednesday**  
**Loco Wednesdays**  
At Pacharan, half-price mojitos, sangria and capriosa from 6pm

17

**D'sco Geckos of Love**  
Play Talkin to a Stranger from 4pm to 8pm  
**Intercon Sunday Brunch**  
**Pontoon One Drop Sundays**  
The best in reggae, dub and ska

**Riverhouse Lounge Divalicious**  
**Live Music at Riverside**  
**Vespa Malt Monday**

**Live Music at Riverside**  
**Alley Cat Rib Night**  
**Gym Bar Quiz**  
**Talkin Head Trivia**  
Pit your brains against the QuizMaster at Talkin to a Stranger

**Artistic Journeys to China and the U.S.**  
Screening at Meta House at 7pm  
**Live Music at Riverside**  
**Talkin Lamb**  
Roast lamb dinner at Talkin to a Stranger each Thursday (bookings essential)  
**Glory Hole Gay Night with Cabaret Dancers at Pontoon**

20

21

22

23

**Riverhouse Ladies Night**  
**Film Screenings @ The Chinese**  
**Bollywood @ Annam**  
**Live Music at Riverside**  
**Pontoon Ladies Night**  
**Vespa Wine Wednesday**  
Buy one bottle of wine and get another for free at the Green Vespa  
**Loco Wednesdays**

24

**Pchum Ben**  
**Live Music at Riverside**  
**Pontoon - One Drop Sundays**  
**Intercon Sunday Brunch**  
Free-flowing Laurent Perrier champagne every Sunday from 11.30am to 3pm at the InterContinental Hotel

**Riverhouse Lounge Divalicious**  
**Live Music at Riverside**  
**Vespa Malt Monday**

**Live Music at Riverside**  
**Gym Bar Quiz**  
**Talkin Head Trivia**  
**Alley Cat Rib Night**

**Constitution Day**  
**Live Music at Riverside**  
**Talkin Lamb**  
**Glory Hole Gay Night with Cabaret Dancers at Pontoon**

27

28

29

30

**Riverhouse Ladies Night**  
**Film Screenings @ The Chinese**  
**Bollywood @ Annam**  
**Live Music at Riverside**  
**Ladies Lunch**  
At the Regency Café Intercontinental US\$18 (11.30am-2.30pm) no men

01

**D'sco Geckos of Love**  
Play Talkin to a Stranger from 4pm to 8pm  
**Live Music at Riverside**  
**Pontoon - One Drop Sundays**  
**Intercon Sunday Brunch**

**Riverhouse Lounge Divalicious**  
**Live Music at Riverside**  
**Vespa Malt Monday**

**Talkin Head Trivia**  
Pit your brains against the QuizMaster at Talkin to a Stranger  
**Gym Bar Quiz**  
**Alley Cat Rib Night**

**Oktoberfest at One More Pub**  
US\$22 all you can eat and drink!  
**Live Music at Riverside**





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



## friday

# 04



**DJ Cash Money**  
At Club White

**Phnom Penh Players at Khmer Surin**  
The Comedy An Evening of Chekhov starts at 7:30 PM (Doors open at 7:00 PM) see Arts Diary for more details.

**Live Music at Riverside**  
**Hellhounds @ Velkommen**  
**Winking Frog Live Band**  
**Alley Cat Friday Devious Dice**

## saturday

# 05

**Phnom Penh Players at Khmer Surin**  
The Comedy An Evening of Chekhov starts at 7:30 PM (Doors open at 7:00 PM) see Arts Diary for more details.

**Live at Riverside**  
Live music played at Riverside Bistro every night (See Arts Diary for details)  
**Winking Frog Live Band**

# 11

**Pontoon Housexys Sugar Party**  
**Live Music at Riverside**  
**Hellhounds @ Velkommen Inn**  
**Winking Frog Live Band**

# 12

**DJ Blue**  
@ Pontoon feat DJ Illest and DJ DSK (china)  
**Live Music at Riverside**  
**Winking Frog Live Band**

# 18



**Pchum Ben**  
**DJ Emanuel Skinner**  
@ Pontoon (bed supper club BKK)  
**Live Music at Riverside**  
**Winking Frog Live Band**

# 19

**Pchum Ben**  
**DJ Blue and DJ Illest**  
@ Pontoon  
**Live Music at Riverside**  
**Winking Frog Live Band**

# 25

**DJ Achaya**  
@ Pontoon  
**Hellhounds @ Velkommen**  
**Live Music at Riverside**  
**Winking Frog Live Band**  
**Alley Cat Friday Devious Dice**

# 26

**DJ Blue and DJ Illest**  
@ Pontoon  
**Live Music at Riverside**  
**Winking Frog Live Band**

# 02

**Live Music at Riverside**  
**Hellhounds @ Velkommen**  
**Winking Frog Live Band**  
**Alley Cat Friday Devious Dice**

# 03

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# Cambodia National Volleyball League Schedule

Saturday 12th September 2009	Score	Friday 25th September 2009	Score
Siem Reap Globe Eagles vs. Takeo ISPP Templestowe Falcons		Kompong Cham Berkeley Uni Bulls vs. Pailn Stadt Frechen Lions	
Battambang MOSVY Tigers vs. Phnom Penh ANZ Royal Dragons		Kratie Nike Changemakers Dolphins vs. Prey Veng Kingmaker Cobras	
Kompong Speu Global Giving Scorpions vs. Kompong Speu CTN Koupreys		Kompong Speu Global Giving Scorpions vs. Takeo ISPP Templestowe Falcons	
Kompong Cham Berkeley Uni Bulls vs. Kratie Nike Changemakers Dolphins		Phnom Penh ANZ Royal Dragons vs. Prey Veng Kingmaker Cobras	
Pailn Stadt Frechen Lions vs. Takeo ISPP Templestowe Falcons		Kompong Speu CTN Koupreys vs. Kratie Nike Changemakers Dolphins	
Battambang MOSVY Tigers vs. Siem Reap Globe Eagles		Kompong Cham Berkeley Uni Bulls vs. Phnom Penh ANZ Royal Dragons	
Sunday 13th September 2009	Score	Saturday 26th September 2009	Score
Kompong Speu Global Giving Scorpions vs. Phnom Penh ANZ Royal Dragons		Kompong Speu Global Giving Scorpions vs. Prey Veng Kingmaker Cobras	
Battambang MOSVY Tigers vs. Pailn Stadt Frechen Lions		Kratie Nike Changemakers Dolphins vs. Siem Reap Globe Eagles	
Kompong Speu CTN Koupreys vs. Siem Reap Globe Eagles		Kompong Speu CTN Koupreys vs. Pailn Stadt Frechen Lions	
Kompong Cham Berkeley Uni Bulls vs. Takeo ISPP Templestowe Falcons		Battambang MOSVY Tigers vs. Takeo ISPP Templestowe Falcons	
Pailn Stadt Frechen Lions vs. Siem Reap Globe Eagles			

■ GRAND FINALS - OCTOBER 2009

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## PROMOTION

Buffet only \$9 on November 9th\*



At the park in front of the Independence Monument



## Phnom Penh Life: Dimple

**Dimple Singh Nandra**, singer-songwriter, has yet to complete a year in the Kingdom, but so far so good. Words by **Nora Lindström**.

“THERE ARE UPS AND downs, of course,” says the soft-spoken Indian of his fairly new arrival to Cambodia. He adds that on the whole he enjoys life in the Penh, particularly the friendliness of the people and the great getaways only a few hours from the capital.

A number of reasons brought Dimple here, among them a spiritual quest, curiosity about Southeast Asia, and the opportunity for both Dimple and his wife to pursue their careers. “Buddhism was a clear factor. I come from the Mahayana side of Buddhism, and I wanted to see how spiritual this place is,” Dimple says.

He also expected Cambodia to be musically fresh and interesting. Before moving to Cambodia he and his family lived in Kenya, which made a strong musical impact on Dimple. It was there he recorded his recently released solo album *Umoja*.

“I like the sounds of traditional instruments and how they are played in different countries,” Dimple says. “Also, the content that I write can adapt itself to these instruments, to the sounds...” he continues. His musical style is often described as world, or reflective, music – the acoustic tunes are mellow and smooth, and his message often relates to contemporary global problems, and how to find balance in life.

### ■ **SETTLING DOWN**

Finding balance in Cambodia has taken its time, and since he arrived last September Dimple has played only two gigs in the Penh, both at *Talkin’ to a Stranger*. Much of his time has been spent preparing for the release of his album. “It’s difficult to work here if you don’t know where to find things. But finally I managed to pull it through,” he says. “It’s a great feeling”.

Last year, he was also selected as one of the finalists of *Sutasi*, an Asia-wide music competition



**More than just relaxed sounds**

searching for up-and-coming musical talent in the region. Though Dimple didn’t win, he appreciates the experience.

“I went to Singapore along with the other finalists. It was very good to meet all these other artists and songwriters and so on, to connect with them. That was the best thing that came out of the *Sutasi* experience,” he says.

Cambodia is yet to set its mark on Dimple, though he already professes an interest in Cambodian traditional instruments and the unique Cambodian style of singing.

“In terms of inspiration, I haven’t actually written much since I came here. That space in my mind when I start writing, I haven’t reached that yet. I don’t know, maybe somewhere something might start coming again,” he says. Now that he and his family have comfortably settled down, he expects this next year to be more productive.

### ■ **FAME AND FORTUNE?**

In the late 1990s Dimple was a part of *Full Circle*, a Kathman-


du-based band that reached international recognition for its acoustic music blended with traditional instruments. He has since played solo, though enjoys cooperating with other musicians. A Cambodian drummer accompanied him at one of his gigs at *Talkin’* earlier in the year.

With regards to his career, Dimple says he is satisfied with where he is musically, though financially there is still some room for improvement. “I’m hanging on, I’ve always done that. At one point I had a choice, and I decided I wanted to do this – so it’s the choice I made. I have to keep my faith,” he says.

He is however not happy to simply sit by and wait for opportunities to come to him. Instead, he emphasises making things happen, whilst simultaneously not trying to reach the unreachable. “Many musicians lose it on the way because they aim too high and so they lose their integrity.”

As father of a toddler, Dimple also needs to balance his career with caring for his family. “I can’t go out full on as a musician being a father, but now I can do more, just in a different way. Being a parent takes you to a different level, you can see things from a different perspective,” the 36-year old says. One of the songs on his new album is called *Maya*, after his daughter, and indeed the whole album is dedicated to her.

Dimple expects to spend the next few years in Cambodia, during which he hopes to connect with more local musicians and inspire others to write their own songs too. “Through what I’m doing I hope I can influence someone to think ‘well if you can do this, maybe I can do it as well’. I don’t want to be exclusive,” he says. A new song or two should also be forthcoming, as soon as Dimple finds inspiration.

*Dimple’s album, Umoja, is available at Monument Books and Talkin’ to a Stranger for US\$10, or online at [www.cdbaby.com/dimple/cd](http://www.cdbaby.com/dimple/cd)* 

## Streetsmart: Street 282

Though often upstaged by its neighbour, the Golden Mile, **Nora Lindstrom** finds that street 282 in fact, has a lot to offer – from South Asian food, through boutique hotels to quality spas and luxury lingerie.



Cool...

### ■ CLASS AND GOURMET

Clearly the up-and-coming street in BKK, Street 282 has in the past few months seen a flurry of new establishments opening. Though it's still some way away from being completely lined with bars, restaurants, shops and spas, the stretch between Norodom Boulevard and Street 63 is certainly taking steps in that direction.

Starting at Norodom Boulevard, past the University of Cambodia buildings, the first establishment you come across on is Scan Hotel. The earthy orange-painted building is rather imposing, though the hotel in fact only has 16 rooms. These start from US\$42 with breakfast included. The hotel also has a small library and free WiFi. Further there is a small swimming pool, available for non-guests to

use for US\$5 credit at the bar (US\$8 on weekends). Babies are not allowed in the pool.

Popular boutique hotel Villa Lanka is located almost next door. During the weekends, kids' laughter take over at the lush pool as families come to cool off. During the week it's quieter and cheaper too – pool use requires spending US\$5 (US\$3 for kids) on food and drink on weekdays, while the fee rises to US\$8 and US\$5 respectively over the weekend. Rooms at the beautiful hotel start from US\$44, with breakfast included. There is free WiFi throughout, as well as a shop housing a good collection of Elsewhere clothing.

A bit further on, recently opened Lunchbox serves gourmet sandwiches, home-made pies and hearty salads in a relaxed



...and KEWL!

outdoor setting. Currently still under flexible opening hours, the café is open daily from early morning usually until about 4-5pm. Evening openings, trivia nights and other events are being planned as the establishment develops. On Fridays, Saturdays and Sundays, designer Lauren Iida sells her funky clothing, along with second-hand and vintage clothing.

### ■ GET YOUR CURRY

For a variety of South Asian fare, look no further than the following strip across Street 51. First up is TasteBudz, serving Indian food with a focus on dishes from Kerala, home-state of the owner. The restaurant is a plain but comfortable no-frills affair, with most dishes costing around US\$3. Specialties include

chicken and mutton biriyani (US\$5 and US\$7), as well as Kerala fish curry (US\$2.50) and Kerala fish fry (US\$3.50). The filling vegetarian thali (US\$3.50) comes served on a banana leaf with free top ups of the different items. TasteBudz is open 10am to 10pm (closed Mondays), and offers free deliveries.

Next door is Mt. Manaslu Muraa's Café, a slightly more atmospheric but equally affordable eatery. The menu features a variety of Nepalese and Indian dishes, as well as some Tibetan specialties. The weekday buffet lunch is particularly good value at US\$2.75, with most dishes also suitable for vegetarians. Comfortable seating is available both in- and outdoors, and there is a meeting hall with balcony for private events. All dishes are





**A different kind of slide**

MSG free, and the restaurant boasts itself as selling “low fat food for health and beauty”. Open 8am to 10.30pm.

Completing the row of South Asian restaurants is Annam. More upscale than its neighbours, Annam serves both northern and southern Indian dishes in a relaxed garden setting. Dishes cost around US\$6, but the atmosphere of the restaurant, as well as the attractive presentation and loving preparation of the food make the slight splurge worth it. All day two-for-one Angkor draft is also a draw, as is the free WiFi. Seating is available both indoors and out, and the restaurant recently started screening Bollywood films on Wednesday nights from 7pm. Open 11am to 11pm, closed Tuesdays.

Newly opened spa Sayana Rumdul is located opposite Annam. Though currently only offering massages, the variety of treatments is set to increase as staff become increasingly proficient. Khmer traditional massages start from US\$8 per hour, while the spa’s signature 90 minute Sayana Rumdul Herbal Massage will set you back US\$26. Open 10am to 10pm.

Home of English private school takes up both sides of the street between the two speed bumps. Established in 1997, the school offers a range of English programmes from pre-school to grade 12.

**■ ENTER TOURIST TOWN**

Located at the corner of Street 57, the large Khmer Surin restau-

rant complex is popular among tour groups and those looking for some local fare in an atmospheric setting. Though service is rather hit and miss, the expansive menu features a large variety of traditional Khmer and Thai dishes. The meeting rooms in the Southgate annex can be hired for events at negotiable rates.

A stone’s throw further on you will find Goldiana Hotel. Opened in 1993, it was for many years the hotel of choice for many travellers to the Penh. Despite the age of the establishment the 148



**Taste delight at Annam**



**Bring a little culture home**

rooms remain in decent shape. And with a rooftop swimming pool (US\$5 for non-guests) and WiFi throughout, it’s not a bad choice today either. Reduced rates are available for longer stays, and the hotel has plenty of experience in accommodating groups. Rooms start at US\$38.

Next door to the hotel is Aziadée Tea, Spa & Beauty. The French owned spa is known for its serious deep tissues massages and offers quality treatments using all natural ingredients. The banana & jasmine reviving facial

(US\$18) sounds positively edible, while the Egyptian foot massage (US\$8) uses special salts to scrub impurities out of your soles. Open 9am to 9pm.

Promesses Lingerie and Kaprices prêt-à-porter shops are housed in the following building. On the ground floor you can find some of the best lingerie in the capital by French brand Aubade and Thai brand Raphaella Magica. Prices at the luxury boutique can be in the hundreds, but its quality is undeniable. Upstairs, Kaprices houses a collection of cocktail dresses, for prices around US\$50-US\$60. Open 9am to 7pm.

Almost directly across the street, a small new shop selling artefacts from Burma has recently opened. Seemingly directed at tourists, Yagon Space mainly stocks framed and unframed paintings by Burmese artists flown in from Burma, for prices from US\$8 to US\$35. Open 8am to 9.30pm.

Next door, at HPN Khmer language school, tutors with qualifications from English language schools teach Khmer in private classes starting from US\$5/h per person. Lessons are also offered at the student’s home, albeit with a US\$1-\$2 moto surcharge. HPN offers lessons on weekdays from 7am to 8pm, though the office is only open until 5pm.

Finally at the corner of Street 63 there is a local pool hall, after which you might as well turn back, as the last strip before Monivong Boulevard holds nothing of interest – at least not yet. ■

# Lakhaon Festival: fusing the traditional with the contemporary

Ahead of this year's Lakhaon Theatre Festival **Nora Lindstrom** talks to French actor and director **Franck Manzoni**, about the festival's leading play *The Girl, The Devil and The Mill*.



Taking the stage

HALF-WAY THROUGH HIS two-month residence at Phnom Penh's Centre Culturel Francais, Franck Manzoni is tired but satisfied. "I did a lot of work in the first month, and now I'm more relaxed. I know we've done good work and everything will be in place," he says.

Continuing last year's partnership between the French theatre company Compagnie Parnas and the CCF, Manzoni is in Cambodia to direct a play for the third annual Lakhaon Theatre Festival, which will take place at the Chenla Theatre. The festival showcases traditional theatrical forms of Southeast Asia, whilst also promoting cultural exchange. This year, Manzoni's play is the only foreign addition to the festival's programme, which in the past has also featured artists from the region.

Stepping out of tradition

Manzoni is following in the footsteps of Catherine Marnas,

artistic director of Parnas, who last year did a residence at the CCF and directed a play for the previous festival.

"Last year Catherine worked on a Cambodian tale, and so I wanted to come with a European, or Western one," Manzoni says.

He settled on a folk story by the brothers Grimm. Also known as *The Handless Maiden*, Manzoni's play *The Girl, The Devil and The Mill* is an adaptation of the traditional tale by Olivier Py. It tells the story of a young girl condemned to marry the devil. It's an old tale, but it will be performed in a contemporary fashion, Manzoni says.

Working with an all-Cambodian cast has posed challenges different from those Manzoni is used to. The language barrier has been an obvious issue; Manzoni says that despite an excellent translator, "it happens that what you see on the stage is absolutely not what you asked".

He describes Cambodian acting as very traditional and codified, with many actors finding it difficult to move beyond convention. During the week-and-a-half long auditions at the start of the project, he was thus looking for adaptability and potential to go beyond traditional roles and mannerisms.

"When I did the auditions, it was important for me to see if they could do something else, really go to another place. To go out of the codified practice and work with emotions that they really feel, not just the code," he says, comparing traditional Cambodian acting to puppetry.

From 40 aspirants, he eventually selected seven actors and four musicians for the play. Some of them worked with Marnas last year too, which according to Manzoni allows them to understand his direction more quickly.

## ■ SAME SAME BUT DIFFERENT

Though theatrical traditions may be different, Manzoni says he is struck by the similarity of themes in Western and Cambodian folk tales. "The stories, how they are written, the princess, the prince, the devil – they may have different names, but you find the same characters in both," he says.

The moral of the stories can however be different. Manzoni describes a traditional Cambodian play, in which a young woman is unhappily married to an unfaithful king. A god sees the situation and takes her away, and she ends up being unfaithful to her husband with the god. "Because she was with another man, she is humiliated and eventually she dies," Manzoni explains. He says he sees the play as a reflection of the suffering of women in Cambodia.

*The Girl, The Devil and The Mill* however sends a rather contrasting message. The girl





Setting the mood

condemned to marry the devil endures hardships and suffering, but grows through the experience, and love triumphs in the end.

“My purpose was to make the audience understand how a young woman can grow. How she flowers into a woman and becomes capable of making her own path in life and be free,” Manzoni says.

The Girl, The Devil and The Mill will play at the Chenla Theatre, cnr of Mao Tse Tung & Monireth Boulevards on Sept. 4th, 5th and 6th at 7pm.

**LAKHAON FESTIVAL**

Featuring French Compagnie Parnas, as well as six Cambodian

groups, including the Royal Ballet, the annual Lakhaon festival will be held at Chenla Theatre from Sep. 4th to 11th.

Five new plays have been created for this third edition of the CCF-sponsored festival, which infuses traditional theatrical forms with modern themes, as well as vice-versa, modern styles with traditional stories.

To make the plays accessible to all audiences, the plays are performed in Khmer with both French and English subtitles. They are also free of charge, which despite Chenla Theatre fitting an audience of 800, means you should get there early to avoid disappointment. 📌

## Programme

All performances will be performed at the Chenla Theatre

*The Girl, The Devil and The Mill*, (Compagnie Parnas), Friday 4th 7pm – Saturday Sep. 5th 7pm – Sunday 6th 7pm

*Ream Eyso & Moni Mekhala* (Lakhaon Kbach Boran, divine arts), Khmer Arts Ensemble, Monday 7th, 7pm

*Daytime's Darkness* (Lakhaon Niyeay, modern spoken theatre), Khmer Action Arts Company, Tuesday Sep. 8th, 7pm

*Kakei*, (Lakhaon Komnap, dramatic poetry) Department of Fine Arts, Wednesday Sep. 9th 7pm

*Dèkcheaspreakrou*, (Lakhaon Bassac), The School of Fine Arts, Thursday Sep. 10th 7pm

*Royal Ballet of Cambodia*, (Lakhaon Kbach Boran), Friday Sep. 11th 7pm 📌



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# THE YOUTH

The emerging young generation in Cambodia is certainly changing the social landscape. In a slowly modernising country where over 70 percent of the population is estimated to be under-25, the youth are adapting and adjusting – searching for their own path. It's an awkward time for the movers and shakers of tomorrow, full of short-lived fads and trends, and an attempt to fuse the traditional with the modern. Few can pinpoint where this is going, yet the urban youth of Phnom Penh is clearly excited and eager to experiment with all things new, bright, and shining. Words by Nora Lindstrom.

THE 50S AND 60S WERE THE golden age of Cambodian culture, when Phnom Penh, the Pearl of Asia, attracted intellectuals, artists, architects and traders to build a brave, new, modern Cambodia. Music and film boomed, infrastructure

projects were initiated, and uniquely Cambodian buildings were designed and constructed. As is too well known, the following decades destroyed that progress. Now, the relative prosperity of the twenty-first century may be reviving the

aspirations of half a century ago. Today's young generation is forward-looking, keen for change and even withstanding the current recession, has enough disposable income to take part in the pleasures of modernity that are flooding the country.



## The young generation keeps changing, very fast. Sometimes left, sometimes right – they accept foreign cultures without thinking

### ■ SEEKING IDENTITY

"It's like when you first see something and you don't know what it is, you don't know how to take it," says Sophea Ke of Cambodian youth culture. He is managing editor of the recently launched F Magazine. "That makes you feel awkward."

Still only 28 himself, he says those younger than him are going through an experimental phase. "They are unsure of their own ideas and are mainly trying to reach out to their peer group. The culture here is very young, it's difficult to pinpoint what exactly is going on."

He notes that it is not possible to identify any particular youth subcultures, such as exist in other more developed countries. "I think the youth in Cambodia are still trying to find their own identity."

Nhem Chamroeun is a 25-year old singer with local production company Rock Productions. He too sees his generation as experimental. This has two sides. "The fact that young people are eager to learn new things has both advantages and disadvantages," he says. "Getting to know the world and experience social life is positive, but being too experimental at a young age means that they are sometimes too young to understand the bad impact of something new."

Concerned that increased connectedness across Cambodian borders will lead to an inflow of foreign cultures, he fears this would dilute Cambodian culture and make young people forget their patrimony.

He is not alone in this fear.

Photographer Lim Sokchan Lina, 22, believes many of his peers follow new trends and fads like bleating sheep. "The young generation keeps changing, very fast," he says. "Sometimes left, sometimes right – they accept foreign cultures without thinking."

For the moment, the predominant influence of Thai culture seems to be on the wane. "Before, there was a lot of focus on Thailand, and people followed fashion from there," says Chantrea Tra, 28, business development manager of local La Reine fashion magazine. "But now, because of the political situation [between Thailand and Cambodia], Korean fashion and TV are more popular."

Like Lina, Tra often sees young people adopting foreign styles without further consideration. According to him, one of the aims of La Reine magazine is to act as a guide to its readers, showing how foreign fashions can be adapted to the Cambodian context. "We understand about what Cambodians want – western, foreign styles – but sometimes they copy directly what they see on TV and it's



Lim uses a camera to capture the Penh

not appropriate, it's not nice," he says. "So we want to help our readers understand the best way to upgrade their lifestyles."

In a changing setting, the boundaries of acceptability are not always clear. Sophea thus favours pushing the boundaries of convention by trying out new things. "Unless you try, you don't know if it's socially acceptable or not," he says.

### ■ CULTURE CLASH?

Teenagers at Sorya Mall appear impervious to any cultural dangers involved in following foreign fashion trends. Wearing big trucker caps, colourful T-shirts and loose jeans, friends Pin Pech Dara and Pheng Virak, both 17 year-old high school students, spend two to three hours each

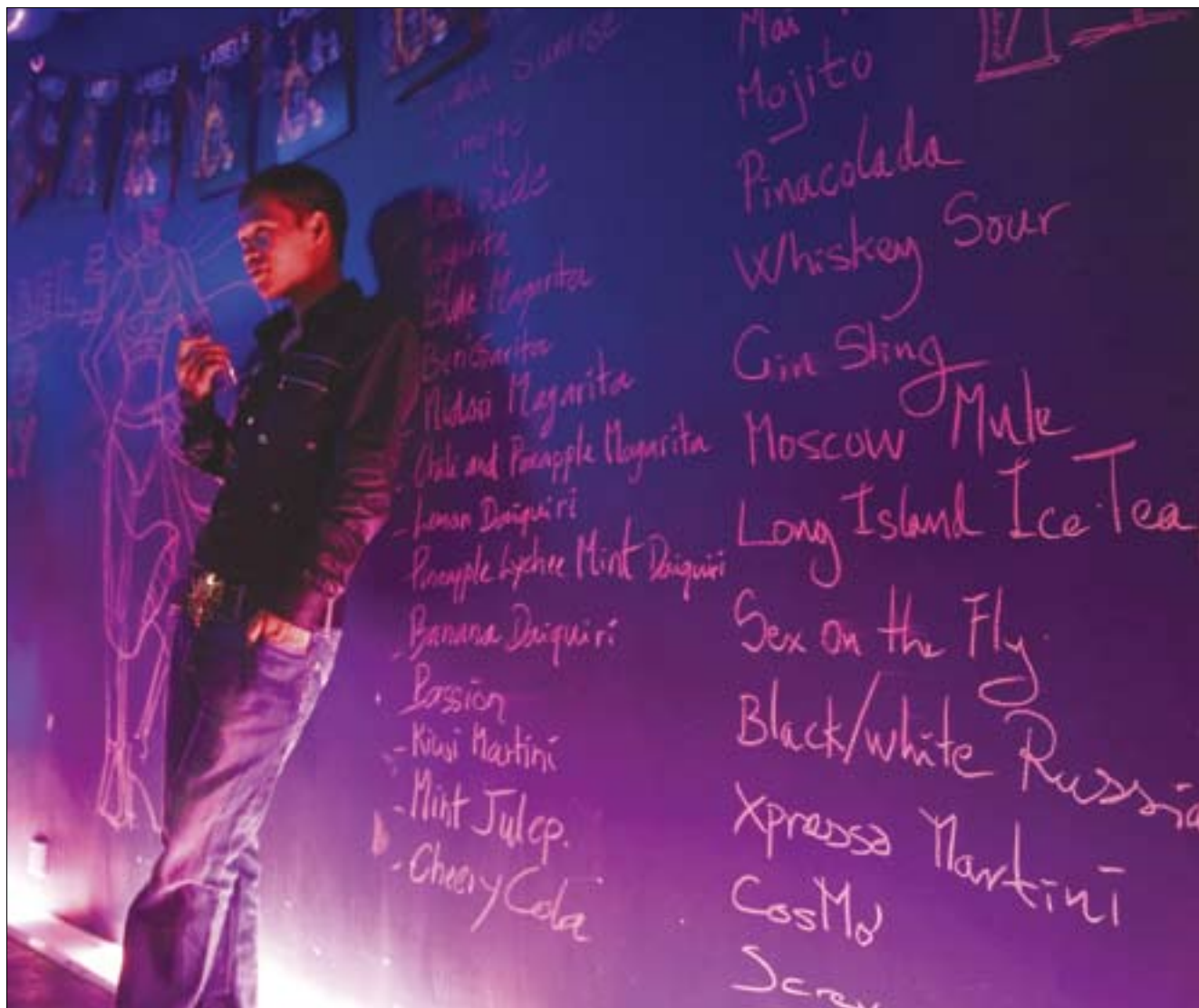
day at the mall. They spend half the time rollerblading, and the rest hanging out with friends.

"We like Thai, Korean and American music and fashion," says Dara. "To know the latest trends, we mainly watch TV and films."

What makes particular styles cool or fashionable? Dara states it is whatever makes him feel "attractive", whereas Virak perhaps unwittingly provides a prime example of peer pressure. "I couldn't wear sports clothes here because no one else does and so if I did then I would stand out," he says. It might be some time before Nike penetrates the Cambodian youth market then.

Srey Pheak, 17, is a friend of Dara and Virak. Like them she spends lots of her time at the mall. Unlike the boys, she does not enter





Sophea looking Fly on the wall

the skating rink, but instead watches the boys practice their tricks through the wire mesh fence. “My parents don’t approve, they say it’s dangerous for girls,” she says. A quick glance at the rink confirms her parents are not alone in their views. Dara says that some girls do rollerblade. “Some are even more skilled than I am,” he admits.

‘One rule for boys and another for girls’ is not exactly unique to Cambodia. Nor is it just restricted to ‘dangerous’ sports. Pen Sokunthea (Kunthea), 28, is well-acquainted with the constraints traditional Cambodian culture puts on young women. She enjoys a good party and socialising with friends at the capital’s popular clubs, yet feels both family and societal pressure to conform to a more customary female role.

However, as she lives independently in Phnom Penh far removed from her family in the provinces, there is not much her parents can do to stop her.

“I’ve tried to explain to them that going out is not bad, that we’re just having fun with friends and trying to get to know what is happening outside Cambodia,” she says. “If we

## I want old people to have more understanding for the youth and their choices, to accept what young people do in this modern world

just stay at home we cannot know anything or learn anything.”

Fewer social constraints are placed on boys’ behaviour. According to her, they can take part in modern culture more easily. “If women follow Cambodian culture, I think they lose life opportunities,” she says.

Kunthea demonstrates the classic modern-traditional woman dichotomy. She embraces the way custom dictates strongly against female promiscuity. “I think the good thing about Cambodian culture is that it’s closed about girls having sex,” she says. On the

other hand she wishes for more openness in pre-nuptial relationships, and rejects arranged marriages. “If we try to follow Cambodian culture and get the wrong man, that’s more dangerous than if we live together first and get to know each other, and then marry. I think that’s a good idea.” What she is looking for is a happy medium between what she describes as western promiscuity and Cambodian strictness.

Just like in the West, parental attitude varies depending on individuals concerned. Like Chamroen, Mok Anit, 24, is a singer at Rock Productions. She performs at the company’s Rock club seven nights a week, often in revealing, sexy clothes, but she feels no reproach from her parents. “They fully support me,” she says. “They trust me. I may wear sexy clothes, but I don’t do anything bad.” Her colleague, Sovanita, 18, has a different experience. Her mother sometimes disapproves of her skimpy style.

Sovanita believes the older generation in general are quick to pass judgment. Her cry sounds so much like so many youth throughout the ages. “Things have changed so people



Chantrea see change more than just in flash clothing



Kunthea sees the good and the bad in change

have to catch up with the change,” she says. “I want old people to have more understanding for the youth and their choices, to accept what young people do in this modern world.”

■ SKIN-DEEP CHANGE

What exactly is it that the youth of Cambodia are doing? What is the modernity that they so yearn for?

Nhem Chamreoun believes contemporary Cambodian youth culture is based on showing off. “Society today is very materialistic,” he says. “The way people dress, the way people eat, and the materials that they use, such as phone or car.”

During a shopping spree at Sorya Mall, Lun Raby, 16, says he wants to see a general improvement in style. “It’s too ugly now,” he says. The high-school student

Because we can only see what the past used to be like, and we don’t really know what the future will be, we might as well live in the now

himself is clad in tight jeans and a pink T-shirt. His hair is dyed red and he wears a futuristic-looking plastic wristwatch, which he claims is all the rage at the moment. His best friend Son Soavansak, 17, wears the same watch, though his is yellow compared to Raby’s pink one.

Chantrea Tra illustrates the change Cambodian society is undergoing by referring to eating habits.

“Before people only wanted to eat – plain and simple. Then they wanted to eat delicious food,” he says. “Now they want to eat delicious and beautiful food – they want to show off.” He cites fast food, especially burgers, pizza and KFC, as popular ‘show-off food’ among the young.

According to Lina, youth fashion is all about two to three-month fads, from Thai style, through Chinese, to Korean. He argues there is little beyond superficial change among his peers. “They all just want to show off, to be alternative,” he says. Tra adds that much of what is considered trendy is determined by how difficult it is to get. “The higher the price and the less available an item is – the cooler it is,” he says.

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Lim Sokchan Lina considers himself different from his peers, less concerned with fashion and more focused on his work. He is part of a photographers' collective called the Art Rebels, which focuses on documenting social issues in Cambodia. He believes his peers are more concerned in fashion trends than social issues.

"They are young, they need to grow up," he says. According to him, too many are missing out on their education by caring more about appearing cool amongst their peer group. "They go to school but they don't study, they just talk to their friends," he says.

Over at the skating rink, Dara, Virak and Srey Pheak are keen to emphasize that school comes before fashion. "I spend a lot of time here, but I take care of my studies first," Virak claims. All three plan to go to university, to study accountancy or law. They also do not come to the mall on Sundays, as that is the one day in the week they are required to stay at home with the family.


Similarly Raby and Soavansak do not intend to be mall rats for the rest of their lives. "I want to become a banker and an artist," Raby says. Best friend Soavansak naturally agrees.

**■ EXCITING TIMES**

One thing all interviewed agree upon is that Cambodia is going through exciting times, with the urban youth at the vanguard of change.

"They are lucky right now," says Tra. He says that when he was 18 a decade ago he did not have the same opportunities. Kunthea agrees. "Phnom Penh now and ten years ago are very different places. Now it's very exciting with shopping malls, tall buildings – it's a very entertaining place," she says.


The young themselves are looking forwards, not back. "I don't think much about history, I think about now and the future," says Lina.

Sopheha too favours living in the moment. "Being a young Cambodian is about not caring so much about what happened in the past, nor caring so much about the future either," he says. "Because we can only see what the past used to be like, and we don't really know what the future will be, we might as well live in the now." 



Rock Productions' Kids in the Hall

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# food corner

## Food Talk: Fishy Business

A cursory glance at the Cambodian diet reveals a wealth of fish and seafood that rarely makes it onto expat plates. **Simon Jacy** discovers Fish, a new restaurant that is hoping to reel in customers using a wide range of ocean treasures.

TOM O'CONNOR, OWNER of Fish, told Asia Life that Fish "is obviously, predominantly seafood." However, the restaurant will also offer more down-to-earth, or ocean rather, eats.

Fish and chips, a heart warming and waist-expanding favourite the commonwealth over, has been a European working class staple for over a century. And now Phnom Penh finally has a chippy of note.

Fish, a 'gourmet fish and chip shop', will offer "a large selection of your regular fish and chip shop traditional favourites," says Tom, including crumbed and beer-battered fish, battered prawns and potato scallops. A high-class Aussie take on the blue-collar favourite, then.

The fish is definitely a cut above the rubbery frozen fillets found elsewhere, with local sea fish such as swordfish, seabass, red snapper and red emperor, as well as imported cod, salmon and tuna. "Much of the local catch comes from around Kampot, Kep and Vietnam, with some from Preah Sihanouk," Tom says. The fresh water fish – which tastes almost identical to North Sea cod and is used in nearly every other dish of fish and chips – and vegetables are sourced from Cambodia.

Oysters, both imported and local, and sushi are available for customers who are looking for something more refined.

The restaurant is located at the top of the riverside, in a charming corner spot once occupied by the Rendezvous Café. "The location and contemporary-modern venue are to attract a wide range of customers," Tom says. "It is light and airy with a definite café feel; Singapore-style. The street tables – Sangkat police notwithstanding – seem a great place to catch up. The difference between Metro's dark winebar/lounge décor and Fish's light, seafood theme is striking.

"It's a simple concept – fish and chips. There's a large expat market here as well as a growing mid-class Khmer market of young guys that have come back from Australia after studying or working," he adds. "The predominant customer base is mostly residents – though we will have some tourist trade – whether expats or Khmers."

Takeaways range from US\$1.50 to US\$5, with restaurant starters and salads starting at \$3.50 and rising to \$14-15 for main courses like lobster tails and steak.

Tom, also involved in other successful businesses such as the FCC and Metro, hopes the Fish venture will be a success, as this type of high-end business "hasn't yet been done." 🍷



Tom is exploring new waters at Fish

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## Changing Palate

As eating out is increasingly a part of Khmer life, the Cambodian nouveau riche is becoming increasingly demanding. Unfortunately too often food quality does not quite match expectations. AsiaLIFE Guide talks with two chefs who are trying to revive the country's cuisine. Words by **Melissa Fisher** . Photographs by **Lim SokchanLina**.



**Gustav leading the team**

EATING OUT IS BIG FOR Phnom Penh residents, but the trouble is the food is rarely authentic. With Monosodium Glutamate (MSG) and other additives drowning out the purity, a habit has been formed that is difficult to break. When Gustav Auer, hospitality business coordinator for Friends International, first worked alongside his staff at Romdeng Restaurant, he literally had to lock away the MSG, to avoid the temptation to use it.

“Cambodian food still has flavour without the MSG,” he explains. “It was just a habit to add it to everything. The sad part is that international companies promote additives. All the character is gone from the food.”

Thus, Romdeng and Friends restaurants are on a quest that

takes them out to the local markets and provinces to find Cambodian ingredients that bring back the character of pure Khmer cuisine. In this quest to honour national identity, Romdeng strives not to westernise those discerning palates, but to have them re-discover Cambodian cuisine.

Gustav knows that anyone can find Cambodian food on the streets, but there is a lot of mixing with regional and western influences.

“This means Cambodian food loses its identity,” he says. “Food has to be creative.” For him, that creativity comes through the ingredients his staff collects in the provinces.

While Friends Restaurant remains visited largely by west-

erners, Gustav explains that the Khmer customer base continues to grow, in part thanks to local media promotions and more importantly, word of mouth.

“As Cambodians become more affluent, changes in eating habits are very noticeable,” explains Gustav Auer. “More middle class Cambodians are eating out everyday. It is becoming part of their lifestyle.” He also believes they are becoming more critical of the food they eat. “After all, it is their food!” he says.

Executive chef and partner in Malis, Luu Meng agrees that Cambodian patronage is on the increase. He spots a trend in Cambodian society to use Khmer restaurants for business lunches and dinners.

“Cambodians look for quality dining and a pleasing environment to experience going out,” he says. “When they go out, the tables, the chairs, the service, the quality – everything needs to be different from how it is at home.”

Like Romdeng, Malis proudly keeps in line with honouring Cambodian culture through the use of local ingredients and traditional recipes. The restaurant does not serve fusion, but rather brings “Cambodian cuisine to life.”

Meng details how ingredients are gathered from no further than 10km from the city, and everything from the tiles that line the restaurant patio to the stone and palm plates and pots, are Cambodian.



“Our goal is to help the local economy while maintaining a Cambodian atmosphere,” he says.

Meng believes it is normal for middle-class Cambodians to dine out and try European cuisine, Chinese food, or fast food just for the experience. Cambodian cuisine sits somewhere between the sweeter or spicier Thai cuisine that “attacks” your taste buds and the pungent Vietnamese fish sauces and garlic. It is deceptively mild on the palate.

“That is how we stand out,” he says. “The taste starts out small, then as we take in more and more we are able to pick the flavour of each ingredient.”

Cambodian roots, national identity and modernisation all play a role not in a changing palate, but rather a changing lifestyle, entering the high-end public dining space.

“Lifestyles are changing,” says Meng. “The challenge is to keep high quality food and service, without making it too grandiose. Cambodians want to own something, to build something and Khmer cuisine is the perfect way to do just that.”



The Cambodian food lifestyle is changing according to Luu



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PHOTO BY NATHAN HOHON

**2 Color Pomelo Salad w/ Fresh Shrimps & Toasted Coconut (Serves 1)**

- INGREDIENTS:**
- |  |   |
|--|---|
| 175g pink Pomelo broken into small pieces  | 1tbsp chopped roasted peanuts                   |
| 175g white Pomelo broken into small pieces | 2tbsp mint leaves whole                         |
| 120g peeled large raw shrimps              | 2tbsp Thai basil leaves whole                   |
| 1tsp toasted coconut                       | 6tbsp sweet and sour sauce                      |
|  | Coriander leaves and chili julienne for garnish |

**METHOD:**  
Place shrimps into salted boiling water and cook for about 2 minutes (do not overcook). Take them out of the water, set aside to cool and slice them into halves lengthwise.  
In a bowl gently mix all the rest of the ingredients with the shrimps and the sweet and sour sauce, place the salad on a large plate and serve garnished with coriander and chili julienne.



PHOTO PROVIDED BY RONDENG

**Char-Grilled Eggplant with Pork and Coriander (Serves 1)**

- INGREDIENTS:**
- |                        |   |
|------------------------|---|
| 150g ground pork file  | 2 cloves garlic finely chopped                  |
| 400g Japanese eggplant | 1tbsp chopped coriander leaves                  |
| 1tbsp fish sauce       | 6tbsp pork stock                                |
| 2tbsp oyster sauce     | Salt and black pepper to taste                  |
| 1tsp palm sugar        | Coriander leaves and chili julienne for garnish |
| 2tbsp sunflower oil    |   |

**METHOD:**  
Char grill the eggplant until skin is blackened, remove skin with a knife but do not use water or the eggplant will get soggy and lose the smoky taste. Cut in to 2cm pieces and arrange on a large plate.  
In a wok heat up the oil, add the garlic and fry until fragrant, put in the ground pork and fry until cooked, add the fish sauce, oyster sauce, palm sugar and pork stock and simmer until sauce thickens.  
Then add the chopped coriander season with salt and black pepper to taste, place on top of eggplant and serve garnished with coriander leaves and chili julienne.



PHOTO PROVIDED BY RONDENG

**Galangal Sauce (Makes about 750ml)**

- INGREDIENTS:**
- |                                |                    |
|--------------------------------|--------------------|
| 200g galangal peeled and pound | 1tbsp salt         |
| 100g garlic finely chopped     | 100ml palm vinegar |
| 200g white sugar               | 150ml lime juice   |
| 150ml fish sauce               | 200ml water        |

**METHOD:**  
Mix galangal with 100ml of water and soak for about 5 minutes and squeeze out all the juices by using a clean cotton cloth and discard the galangal meat.  
Mix garlic with lemon juice and marinade for about 5 minutes.  
Then mix the galangal juice with lime garlic mixture, rest of the water, sugar, fish sauce and salt whisk well and keep refrigerated until ready to use. Will keep for up to 4 days in fridge



PHOTO PROVIDED BY RONDENG

**Lotus Root Salad with Chicken and Young Lotus Seeds in Galangal Dressing (Serves 1)**

- INGREDIENTS:**
- |   |   |
|---|---|
| 150g boneless chicken breast boiled and thinly shredded | 1tbsp mint leaves                                     |
| 200g thinly sliced young lotus root                     | 16 young lotus seeds broken into halves               |
| 30 Thai basil leaves thinly sliced                      | 2tbsp roasted chopped peanuts                         |
| 2tbsp coriander leaves                                  | 6tbsp galangal dressing                               |
|   | Water spinach flower and coriander leaves for garnish |

**METHOD:**  
In a bowl gently mix all salad ingredients with the dressing and serve on a large plate garnished with water spinach flower and coriander leaves.  
Always serve some galangal dressing on the side with it.



# restaurant guide

## key to symbols

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

**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 Bvd., 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 Bvd., 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**

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buns and more go for a mere US\$1.20. In addition wonton soup and other tasty meals are a steal. Open 7am to 2am. **01**

**Xiang Palace**  
Intercontinental Hotel, 296 Mao Tse Tung, Tel: 023 424 885  
Upmarket restaurant with possibly the best range of Cantonese cuisine in town, served in opulent surroundings. Open 11.30am to 2.30pm (Sunday from 9.30pm), 5.30pm to 10.30pm. **04 A/C**

**Yi Sang Chinese Restaurant**  
128F Sothea's 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. 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 foosball table in town. Also has a second street-level bar and terrace restaurant with regular art exhibitions. Popular place for WiFi. Open 7am to late. Serves food from 7am to midnight and delivers from 8am to 10pm. **02 ☺**

**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**

**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 Blvd.  
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

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**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 Blvd., Tel: 012 813 817 / 023 213 062**  
Decidedly upmarket and sophisticated Indian restaurant in a beautiful setting with prices to match. Good place for an Indian treat, especially the tandooris. Open from 11am to 2pm and 6pm to 10.30pm. Closed Mondays. **03 A/C** 🍷

**international**

**Art Café**

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

**Billabong**

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

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

**Do It All Pub & Bistro**

**61 Street 174, Te: 023 220 904**  
A restaurant/pub with it all. Intercontinental cuisine from African, Asian and Western. Also playing hip-hop and reggae into the early hours. Open 9am to 4am.

**Double XL Café**

**128 Sotheaors Boulevard, 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 7am to 11pm. **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**  
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# Review: Steve's Steakhouse

*Noodles and rice are nice but sometimes there's no substitute for a thick, bloody steak, says Simon Jacy.*

CAMBODIA'S SCRAWNY cattle rarely make the grade, however, their tough and stringy flesh making meals an arduous chew-a-thon. Even finding a restaurant that adheres to the western idea of a steakhouse, rather than a karaoke-oriented barbecue of fatty gristle, can be a challenge.

Walk through the door of Steve's Steakhouse and there is an instinctive feeling that you've arrived at the right place. The main dining room has a distinctly equine theme, with coiled ropes, oil lamps, leather straps and saddles hanging from the rafters. One could almost imagine a weary Argentine rancher wending his way home to such a spot, at least if he was married to a wealthy Greek.

The homely feel is amplified by the dark wood panelling and bottles which glint invitingly from behind the polished bar. Reflecting the varied menu, other influences are also evident—the converted Khmer stilt house gives an airy, open atmosphere to the proceedings, with the neatly pruned trees growing through the roof adding a taste of nature. Air-conditioned rooms are also available.

The menu is strong in the Greek department, with both familiar favourites such as tzatziki – olive oil, vinegar and cucumber (US\$2.50) and more obscure but equally tempting options skilfully prepared – the US\$3.75 spanakopita is excellent. Fresh ingredients make dishes one might normally shy away from, such as calamari and shrimp (US\$6.50), a safe bet. Even the salads, normally a major stumbling block for restaurants in Cambodia, are right on the mark. The green salad is sharp and crunchy enough to efficiently clear the palate and Greek favourite horiatiki ('peasant's salad' US\$4.50) is recommended.

Standard expat fodder like fish and chips (US\$5.50) burgers (US\$2.25-US\$5.50) are also on offer and reasonably priced, though more refined than most places around town.



But of course, as the establishment ostentatiously claims to be a steakhouse, most of the more red-blooded patrons come to sink their teeth into a thick, tasty slab of beef. Steve's doesn't disappoint.

An entire page is devoted to the imported steaks (Cambodian beef is available listed as "hamburger steak") from the US, Argentina, New Zealand and Australia. Different cuts – tenderloin, striploin, rib-eye and T-bone – are available, and the weight of each is listed. Obviously, imported food is more expensive, and imported prime cuts fetch a price some expats will balk at—US\$13 for a 300g Argentine T-bone rising to US\$26 for a 225g US tenderloin. Still, the quality of the meat is guaranteed and the chef is proficient enough to do the meat justice.

Anxious to ensure full bellies for meat lovers, Steve's throws in a salad or steamed veggies, and a side of potatoes, grilled, chipped, baked, mashed or gratin. The tangy green salad mentioned above comes as pleasant surprise, as does the potato gratin. Gratin is always a tricky dish to master. Luckily, Steve's effort ticks all the boxes; soft, yielding spuds with a creamy

and rich sauce, and a crisp, slightly chewy crust. Be aware the gratin is made fresh so is not always available.

The steak itself is tender, braised on the outside to seal in the juices then cooked through. And that's the only gripe: while undeniably succulent, a steak without a clearly pink hue and, dare I say it, a trickle of blood, cannot be described as rare. Perhaps because of the common local fear of undercooked beef – a little puzzling given a strong preference for the admittedly delicious raw beef salad – Steve's, like countless other restaurants, interprets the instruction 'rare' as 'medium', or at best 'medium-rare'. Woolly thinking, since an undercooked steak can always be sent back for another turn in the pan, while an overcooked one is ruined. Chefs take note.

Overcooking aside, the steak (a US\$15 300g Australian T-bone) is certainly worth the money. Sauces are an optional extra at US\$1, though are advised for the connoisseur. Pepper, green pepper, herb butter, béarnaise, Roquefort and mushroom are all available, presented separately in a small bowl. The mushroom sauce avoids the

pitfalls of insipid thinness or too much salt, complementing the beef with a full, rounded flavour that doesn't overwhelm the mushrooms. Happily, the sauces also appear to be freshly prepared.

Getting a good vino to accompany your meal is only a challenge in that there is almost too much choice. Three full pages of imported wines, ranging from US\$14 to US\$73 a bottle, should satisfy even the snootiest sommelier.

Dessert offers another chance to expand your waistline, with western treats like apple pie (US\$2.50) and banana splits (US\$3) appearing alongside Mediterranean offerings like the delicious Yaourt me meli (Greek yogurt with honey and walnuts US\$2).

Service is efficient and accommodating, with smiley staff helpful and knowledgeable. Families are also welcome, with a special kids menu and special catering for children's birthday parties.

With its combination of relaxed vibe and serious food, Steve's offers something for everyone.

**Steve's Steakhouse, 20, Street 51 cnr. Street 282, Tel. 023 987 320**



ents and lots of healthy options. Open from 7am to 10pm. Closed Mondays. **02 A/C**

**Garden Center Café 2**  
4B Street 57,  
Tel: 023 363 002 / 092 206 582  
www.gardencentercfe.com

More compact version of the Garden Center is conveniently located close to the popular Street 278. Open from 7am to 10pm. Closed Tuesdays.

**Gasolina**  
56/58 Street 57,  
Tel: 012 373 009

Largest garden bar and restaurant in town. Extensive menu includes a Saturday brunch and BBQ, and Sunday brunch with crêche facilities. Open from 7am to 12.30am Closed Mondays. **02**

**Green Vespa**  
95 Sisowath Quay, Tel: 012 887 228  
Arguably the best pub grub in town and guaranteed never to send you home hungry. Country pub style menu with wide range of breakfasts. Special food offers each night of the week with a range of alcohol for US\$10. Open 6.30am till late. **02 A/C**

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

**Huxleys**  
Cnr. of Streets 136 & 5, Tel: 023 986 602  
Wood-panelled traditional English pub downstairs serving great pub grub. Comfortable Sport Bar located on the first floor. 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**

**Jaam**  
Cnr. of Sisowath Quay & Street 106  
Latest venture from the owners of the popular Flavours Restaurant and Liquid Bar on Street 278, this river-fronted restaurant spills out on the pavement providing a great vantage point to see the night market unfold. Meaning 'plate' in Khmer it has an extensive menu of Asian, Khmer and international cuisine. **02**

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

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

Open 6.30am to midnight. **03 A/C**

**Le Liban**  
3 Street 466, Tel: 092 483 759  
New Lebanese restaurant with beautiful indoor and outdoor seating. Authentic middle-eastern cuisine served in an elegant atmosphere. Open from 11am to 2pm and 6pm till late. **03 A/C**

**Le Quay Café**  
Cnr. Sisowath Quay & Street 110,  
Tel: 023 998 730,  
www.amaraspahotelcara.com  
The restaurant side of Amara Spa specialises in 28 varieties of crêpes (US\$2.50 to US\$8) with salads (US\$3 to US\$4.50) and panini (US\$3.50 to US\$6) also featuring strongly on the menu. Le Quay is a very healthy addition to the riverside scene. Open from 8am to 11pm (to 1am on Friday & Saturday). **02 A/C**

**Le Rit's**  
14 Street 310, Tel: 023 213 160  
Restaurant and boutique handicraft shop run by the NGO NYEMO, set in a beautiful garden, the restaurant specialises in Asian and European cuisine. Open from 7am to 5pm, closed Sundays. **02**

**Madeleines Bakery**  
19 street 228, Tel: 012 988 432  
A bakery and restaurant offering a variety of baked goods as well as organic lunches and catering services. Open Monday to Saturday 8am to 5pm. **02**

**Metro Café**  
Cnr. Sisowath Quay & Street 148  
Tel: 023 222 275  
Stylish Metro has much more than cool décor and changing light boxes. Contemporary Asian and western dishes on a manageable menu divided into small plates, grills, salads, soups and large plates. Also has reasonably priced Tiger, house wines and a great range of Martinis. try the Espresso and you'll never look back. Free Wifi. Open 10am to 11pm. **03 A/C**

**Nature & Sea**  
Cnr. Street 51 & 278, Tel: 012 195 3810  
Laid back eatery overlooking Wat Langka. Serves many types of fish dishes as well as some great crepes. Also sells some take home organic produce. Open everyday 8am to 10pm. **02**

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

**One More Pub**  
16E Street 294, Tel: 017 327 378  
English-style bar with comfortable wooden bar stools, filled with traditional paraphernalia and enough flags to make the UN envious. No hip hop nor techno music, instead hearty Teutonic fare. Open from 11am to 2pm & 5pm to 12am, happy hour from 5pm to 7pm, closed Tuesdays. **03 A/C**

**Pacharan**  
389 Sisowath Quay, Tel: 023 224 394  
Barcelona comes to Phnom Penh via London's Mayfair in this exquisite up-market bodega. Aircon restaurant that specialises in tapas and fine Spanish wines. Set in a beautiful colonial

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www.tonlesappguesthouse.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**  
73 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 A/C**

**Riverhouse Restaurant**  
6 Street 110, Tel: 012 766 743 / 023 212 302  
Sophisticated restaurant with a welcoming outside seating area that serves up a mix of Asian and western food. Has a nightclub upstairs. **03 A/C**

**Riverside Bistro**  
Cnr. Sisowath Quay & Street 148,  
Tel: 012 277 882 / 012 766 743  
Popular restaurant with expats and tourists alike mainly due to its large outdoor terrace 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 A/C**

**Scoop Bistro Bar**  
2-6A Regency Square,  
Mao Tse Tung Blvd., Tel: 023 424 457  
Elegant, chic bistro with a simple, yet refined black and white design with comfortable, high-backed dining chairs providing seclusion from other diners. Wonderfully conceived menu with homemade pasta and varied selection of vegetarian dishes. Slightly raised lounge area is ideal for cocktail or coffee. Has three private rooms. Open from 11am to midnight, closed Sundays, reservations recommended. **04 A/C**

**Steve's Steakhouse**  
20 Street 51, cnr. Street 282,  
Tel: 023 987 320  
Longstanding restaurant specialising in local grain-fed beef as well as a large variety of imported steaks, hamburgers, ribs and Greek cuisine. Has a terraced lounge with pool tables upstairs as well as a sports bar with large screen TV. Happy Hour from 12pm to 7.30pm. Open from 11am to 10.30pm. **02 A/C**

**Talkin to a Stranger**  
21B Street 294  
Cosy garden restaurant cum bar using imported Australian and local products. Menu changes regularly and Thursday night is special roast lamb night. Excellent cocktails menu. Open 5pm to late, Monday to Friday. Available for hire at the weekend. **02**

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

**The Winking Frog**  
128 Sotheaeros Blvd., Tel: 023 356 399  
Large air-con British-run pub with live band at weekends, including karaoke on Saturdays. Thai Chef preparing pub grub, Thai and Khmer food and large slate, 9-ball pool table at the back, this place offers something for everyone. Has a 31-room guesthouse upstairs. Open 24 hours. **02 A/C**

**Velkommen Inn**  
23 Street 104, Tel: 092 177 710  
Comfortable hotel restaurant and bar, the Velkommen Inn, just off the riverfront, offers a wide selection of western dishes as well as several Scandinavian specialties with a full bar, draught beer, wine and sprits. Open 7am till late. **02**

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

**italian**

**Aria D'Italia**  
219 Street 254, Tel: 012 840 705  
Cute little Italian pizzeria tucked away between Streets 51 and 55, next to Naga Clinic. Well-priced lunch set menu and homemade ravioli. Home delivery available. Open 10.30am to 2pm, and 5.30pm to 10pm. **03 A/C**

**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. Excellent Sicilian owner will guide you through the extensive wine list. Open from 11.45am to 2.15pm & 6.15pm to 10.15pm (closed Wednesday lunch). **02 A/C**

**Luna d'Autunno**  
6C Street 29, Tel: 023 220 895  
Beautiful courtyard or stylish interior air-



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# Bargain Bucket

HIDDEN AWAY ON STREET 107 just south of Orussey Market, Bites restaurant is a great find despite being located somewhat off the beaten path.

Being Malaysian owned, the restaurant naturally specialises in Malay cuisine, all of it strictly halal. Try the roti chanai telur (7000 riel) for starter – it's a traditional flatbread filled with egg and onion, and comes with a fantastic eggplant-curry dipping sauce. The fried eggplant with chilli (6000 riel) melts in your mouth, though the dish could use some salt. Different kinds of nasi goreng, literally meaning fried rice in Indonesian and Malay, also feature on the menu. The seafood nasi goreng (12 000 riel) comes with a surprising amount of fresh seafood. Mee goreng, fried noodles, and nasi lemak, are also available.

In addition to Malaysian dishes, the menu also features regular Khmer and “pan-Asian” fare for prices around US\$2-US\$3. Thoroughly western foods



are available as well, such as cooked breakfasts and various sandwiches, as well as vegetarian chilli for 10 000 riel.

On the drinks side, try the ice lemon and mint tea (4000 riel) featuring fresh mint leaves, or opt for one of the several fruit shakes. No alcohol is featured on the menu, but the staff is happy to serve beer on demand. The dessert section, featuring the likes of apple crumble, has sadly been crossed out.

Though small, Bites has indoor, balcony and patio seating, and its clean appearance makes it stand out on the slightly murky street. Outdoor plants, painted rattan chairs and tables with fabric tablecloths make for a homely atmosphere, and the amount of Malaysian regulars vouches for the authenticity of the Malaysian fare, it is a definite go-to place for those looking for halal menus.

*Bites Restaurant, 240b Street 107, Open 7.30am to 10pm, Tel: 012 858 567*

# SUSHI

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\*catering and private parties

con restaurant, whichever you choose, Luna has more classical pizzas, both red and white, to choose from than most restaurants. Also serves excellent pasta and other up-market Italian food. Good wine cellar on view in the restaurant. Open 11am to 2.30pm and 5.30pm to 10.30pm. **03 A/C**

**Pop Café**  
371 Sisowath Quay, Tel: 012 562 892  
A sophisticated, small Italian restaurant located next to the FCC that serves light, contemporary Italian cuisine including fresh pasta and pizzas. Extremely popular with expats. Open for lunch from 11.30am to 2.30pm and 6pm to 10pm for dinner. **02 A/C**

**japanese & korean**

**Fusion Sushi**  
Cnr. Streets 47 & 84, Tel: 023 986 114  
Located inside of Cara Hotel. Beautifully decorated, impeccable service. Serves excellent quality Japanese and Korean sushi. **04 A/C**

**Le Seoul**  
62 Monivong Blvd.  
Popular up-market South Korean restaurant specialising in BBQ. Each table is equipped with its own charcoal burner. All beef is imported from the U.S.. Open from 11am to 2.30pm and 5pm to 10pm. **03 A/C**

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

**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 A/C**

**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.sharkysofcambodia.com  
Not just a pretty face, the biggest & most famous of Phnom Penh's bars has one of the best menus in town. The burritos and burgers are extremely good, although of gargantuan proportions. Open 4pm to 2am. **02 A/C**

**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 its 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 Sothearos Blvd., Tel: 023 427 131  
Little known but excellent Thai restaurant that serves well prepared and wonderfully spicy dishes. A subdued elegant setting and reasonable prices make this a real find. **02 A/C**



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

**cafés**

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

**Café Fresco I**  
 363 Sisowath Quay, Tel: 023 217 041  
 This outlet at the base of the FCC sells strong lily coffee and mix-and-match sandwiches. The interior has a slight retro 70s feel to it and there is a pleasant outside seating area. Open 8am to 8pm. **A/C**

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

**Café Fresco III**  
 58 Street 53, Tel: 023 214 984  
 The third outlet on the chain has the same mix of sandwiches, cakes, coffee and smoothies is close to the Central Market, making an ideal location to take a break from all that shopping. Open 7am to 6pm. **A/C**

**Café Living Room**  
 9 Street 306, Tel: 023 726 139  
 Set in a stylish villa, Living Room has healthy salads and snack plates, plus a great coffee menu. Has a kid's playroom and baby changer. 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 Thalialis 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  
 Cozy air-conditioned coffee house with relaxed atmosphere, located in Toul Kork district serves Khmer, Thai and European cuisine. Open every day for breakfast, lunch and dinner from 6am to 9pm.

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

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

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# bar stool

## Bar Talk: Drink's Best Friend

Free is disingenuously defined as any unsupervised and un-tethered object left in plain view, is as rare a find in Phnom Penh as elsewhere in the world. However, **Simon Jacy** discovers that some free nibbles do a lot to lift every venue, whether humble or opulent.



Asian twist at Raffle's

### ■ ELEPHANT BAR

Arguably the most attractive if not the most imposing of Cambodia's colonial edifices, Hotel le Royal has become a legend, both for its associations with the Singapore original and the hotel's role as a base for the devil-may-care reporters of the Indochina War. Unlike Singapore's the hotel lacks the rich patina of artefacts associated with a long colonial past. The hotel was looted during the KR years, so the Elephant Bar sports a jarring mish-mash of 70s dictator chic and sober, heavy conservatism. Still, the cocktails are some of the best in town, and the big dish of taro chips that comes free with every drink is an added bonus. Breaking with an audible crunch and coated in fine salt dust, this snack is probably as good as it gets in Phnom Penh (at least for free), especially when enjoyed with a Bloody Mary or Whiskey Sour over a game on one of the least crooked pool tables in the city.

*Raffles Hotel le Royal, Street 92, Tel. 023 981 888*

### ■ HERB CAFÉ

One of the growing cluster of cafes and restaurants opposite Wat Langka, Herb Café has steadily built up a significant group of regulars. Though some pick through a plate of unremarkable fair, most seem to be attracted by the endlessly fascinating vistas of busy street activity, including the comings and goings of motodops, saffron-clad monks, and the diverse street traffic that flows from the wide boulevards into the warren of BKK. With cheap beers on draft and a wide range of visible landmarks – the newsstand where union leader Chea Vichea was assassinated, the ancient Wat Lanka pagoda where Sri Lankan monks taught the Buddhist Dhamma to curious Cambodians in the 14th century – can act as handy prompts for flagging conversations. The free peanuts on offer are a little on the ordinary side, though the addition of sugar – a nod to the Southeast Asian palette: some Cambodians even eat French fries



Sweet caramel corn or sour relish

with sugar – initially takes some getting used to. In Herb's favour, the peanuts are plentiful and the dishes gladly refilled, but the sweet/savoury combination can unsettle stomachs, and the inclusion of dried, bitter cloves of garlic seems designed as an infuriating work-related diversion for the anti-landmine staff, who can often be seen relaxing here at weekends.

*Cnr. Streets 278 & 51, Tel. 012 765 896*

### ■ MAN HAN LOU

With its low, packed tables and looming copper tanks, Man Han Lou feels like a rather attractive combination of prim British seaside café and Dr. No secret lair. The tables are for the restaurant's delectable Dim Sum and refined Chinese cuisine, and the big steel tanks at the back for producing beer (the polished copper tanks that are the centrepiece are just for show). For those light of wallet, just a beer will be enough to sample one of the best dishes on the menu—the pickle that

comes as a free snack for drinkers. Crunchy, spicy radish, cabbage, ginger and carrots is reminiscent of Korean favourite kimchee but the ginger and chilli flavours don't overpower as they do in some kimchees. The tang is just enough to work up a healthy thirst for the clean taste of the Man Han Lou lager, its flat, clear flavour unsurprisingly suggestive of Chinese brew Tsing Tao where the brewer once worked. When sampling the nutty black beer and the bizarre green brew, munching a few of the sliced fresh chillies to deaden your tongue might be a good idea.

*456 Monivong Blvd, Tel. 023 721 966*

### ■ VELKOMMEN INN

As more and more expats make Phnom Penh their home, a rash of bars and restaurants catering to the homesick tastebuds of the voluntary exiles has rapidly sprung up. But while the Americans lounge in their ice-cold glass boxes and the Brits





The classic best friend

wallow in their whisky dens, the relatively small contingent of Scandinavians have come up with a much more welcoming option. Centrally located on what last year became dubbed 'fight street' for the lamentable scraps between drunken louts, Velkommen offers a more laid back and friendly atmosphere than most other places nearby: Only the occasional flag suggests the bar's Northern European pedigree. The polished hardwood fittings and arty photos are positively

restrained but Norwegian Edvin has earned a name both running a tight ship – Velkommen is also a guesthouse – and the popular parties he throws every weekend. The laid-back staff still manages to be exceptionally efficient, and one can even speak fluent Norwegian – very unusual for an ethnic Khmer. Cold beers come with freshly made popcorn still warm from the pan, though other treats are available at the packed Friday sessions.

23 Street 104, Tel. 092 177 710

# 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*  
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 Sotheaors Blvd. Tel: 092 998 850*  
Upstairs from Corner 33 and run by the same owners, is a sophisticated spot to have a cocktail while looking across the Royal Palace. For a taste of Somerset have a Strongbow cider. **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 Illy coffee. Great place to have a drink during its half-price 4pm to 8pm happy hour. Open 7am to 11pm. **A/C**

### Do It All Pub & Bistro

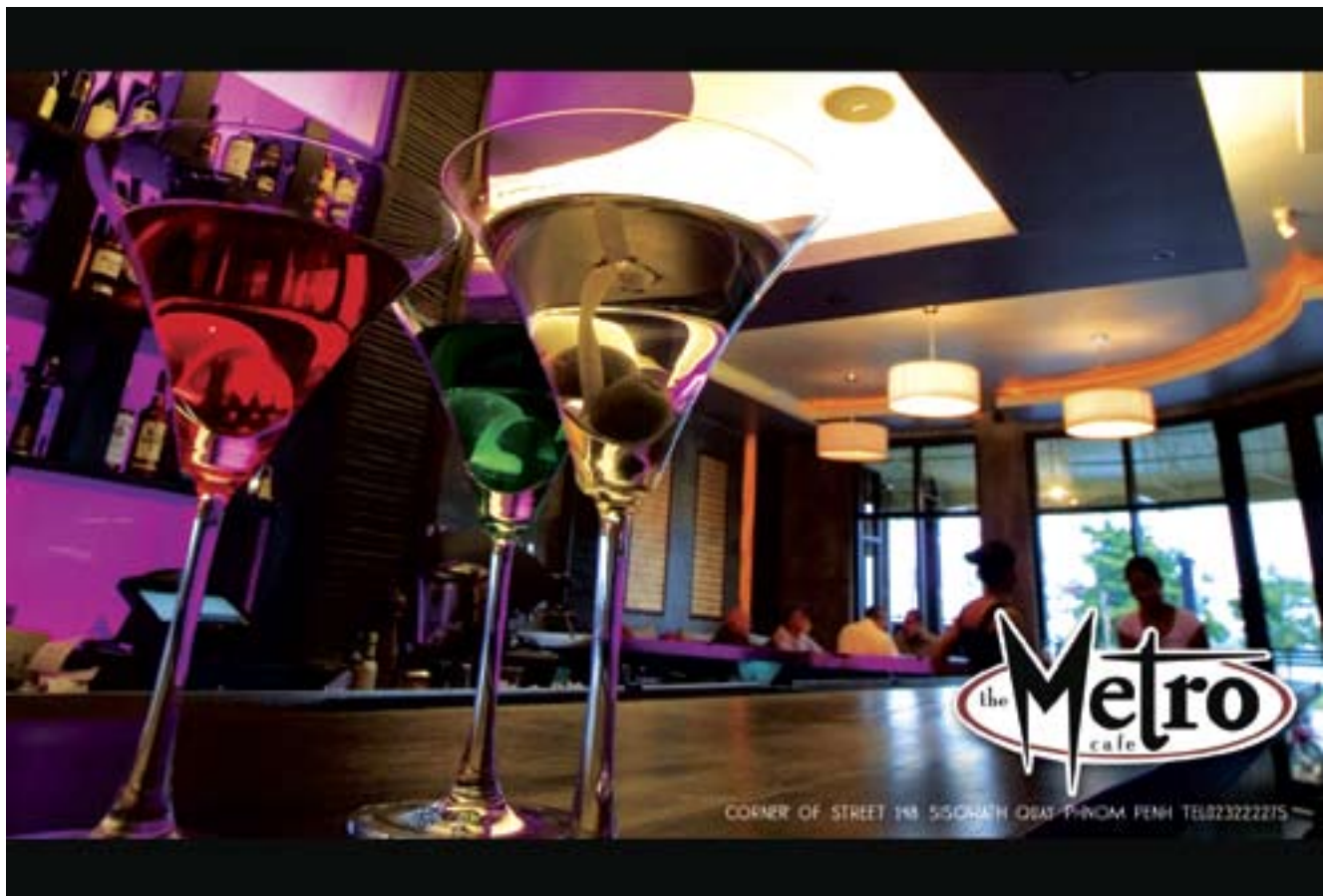
*61 Street 174, Tel: 023 220 904*  
A restaurant/pub with it all. Intercontinental cuisine from African, Asian and Western. Also playing hip-hop and reggae into the early hours. Open 9am to 4am.

### 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**



# Bar Talk: Club White

Among fans of clubbing in the Penh, new Club White has been the talk of the town. Nora Lindstrom sits down with Stephen Nyirady to get the scoop.



AMONG FANS OF CLUBBING in the Penh, new Club White has been the talk of the town. Opened with a bang in early July, the nightclub brandishes itself as “up-scale, modern and ultra-stylish”, bringing the future of clubbing to Cambodia. “The venue was originally a slot club,” says Stephen Nyirady, Managing Partner of the club, “It was one week from opening and all the slot machines were in place”. When the gambling licences were revoked the owners were forced to change their business plan. “The shareholders then approached me about opening a nightclub,” Nyirady explains. As a veteran of running clubs in the Penh, Nyirady accepted.

With what he calls ‘big names’ backing the new club, the shareholders then set about creating an international style at a quality venue. “They’ve gone beyond what most Khmer designers would do,” he says, referring to the work put in to the

place by his local partners. Inspired by the popular Bed Supperclub in Bangkok, to which Club White also has links, it was decided the new club would be white-themed, and state-of-the-art sound and light systems were installed.

Events Manager, Goy, who worked in the same position at the Bed Supperclub for eight years, was brought across. “The idea is for her to use her extensive network of contacts in Bangkok and beyond to put on some decent parties,” Nyirady says.

Nyirady believes the expat customer base has for a long time been hungry for a quality nightclub in the City, but acknowledges it might take a bit longer to introduce the concept to Cambodians. He expects to get locals excited about more than hip-hop by slowly introducing other types of music.

“We have to make the local market ready,” he says. “But I do think they are ready for it. Even though there isn’t yet a huge demand for DJs and

club culture, there is a growing number of young Khmers who are interested.”

Currently, the club is still a work in progress. Whilst developing a stable customer-base, compromises are made to ensure commercial success. Consequently, hip-hop is the music you’ll most often hear, and the drinks menu features an ample whisky selection. The cheapest is a Johnny Walker Gold Reserve at US\$99 per bottle, while the most expensive – the Johnny Walker King George V is yours for US\$999. And to further bust out your bling, puff on a Cohiba Siglo 6, for only US\$41.

The expat market has not been forgotten. Nyirady explains he fought for a mixers menu, ensuring the price for a spirit & mixer, though expensive, is manageable at US\$4.50. If that still sounds a bit pricey for you, make your way to the club for Tuesday’s Lipstick Jungle Ladies’ Night, when women are treated to by-one-get-one-free cocktails

(US\$5). White Wednesdays house nights are also affordable; all mixed drinks are under the same promotion as Tuesdays and no gender discrimination is in effect.

A variety of nibbles are also available at the club, and once the downstairs Chinese restaurant opens the food menu will become even more extensive.

The 300-person capacity club tolerates no weapons, minors, drugs or nudity. In addition, sandals are banned, though it will be interesting to see how that policy is enforced – particularly during the club’s monthly Full Moon parties. The next big party will be held on 5 Sept. when internationally renowned DJ Cash Money, the “maestro of hip-hop”, will set the scene for some serious booty dropping.

*Club White, Mao Tse Tung Blvd (across InterContinental Hotel), Tel: 016 994 483. Open 8pm to 3am daily, 4am on weekends. Table reservation required at weekends. 📍*



**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. **...**

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

**Gasolina**

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

**Green Vespa**

95 Sisowath Quay, Tel: 012 887 228  
 The walls of this popular expat haunt are strewn with photos of vespas and VIPs. Has an excellent selection of single malt whiskey, 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-panelled interior decorated with posters of famous British screen personalities and sportspeople helps to create the atmosphere of a Covent Garden bar. Well-stocked bar with fantastic cocktails. Sports bar upstairs! **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 it's laid back ambience and old Indochine charm. Open Friday - Sunday from sunset til sunrise. **...**

**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](http://www.meta-house.com)  
 This multi-media arts centre established by German Nico Mesterham opened in January. Has a very cool terrace bar with barbecue. Closed Mondays.

**Metro Café**

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

**Munich Beer Restaurant**

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# Grapevine: Days of Wine and Spices

*"THE YEAR WAS 1968. WE were on recon in a steaming Mekong Delta. An overheated private removed his flak jacket, revealing a t-shirt with an iron-on sporting the Mad slogan "Up with miniskirts!" Well, we all had a good laugh, even though I didn't quite understand it. But our momentary lapse of concentration allowed Charlie to get the drop on us. I spent the next three years in a POW camp, forced to subsist on a thin stew made of fish, vegetables, prawns, coconut milk and four kinds of rice. I came close to madness trying to find it here in the States but they just can't get the spices right."*

— Seymour Skinner

Living in this wonderful city you get to enjoy your fare share of spicy Khmer, Thai, Vietnamese, Chinese and Korean cuisine. There is also a smattering of very good Indian and Pakistani restaurants, even Mexican and Creole cooking. Ah the spice(s) of life but, what are the best wines to drink with these spicy foods? How to avoid a fire breathing episode with arms flailing about wildly trying to get a waiter's attention to ask for copious pitchers of ice cold water?

Whilst taste is a highly subjective and personal matter along with the food/wine pairing relationship, I thought I'd share with you my experiences and philosophies after almost half a lifetime drinking wine in Asia.

Firstly, it helps to understand a little about peppers. What makes hot peppers hot is an alkaloid called capsaicin and related compounds known as capsaicinoids. When capsaicinoids bind to pain receptor neurons on the tongue they immediately send messages, (probably along the lines of: ouch this is bloody hot) to the brain. Now it will also help to learn that capsaicin is insoluble in water -which is why drinking icy water provides little relief from the burn beyond the first few precious gulps, once the mouth warms up the burn is back.

In some regions of the sub-continent they serve yoghurt drinks to go with rich fiery curries; capsaicin is fat soluble and yoghurt shakes are cold, high in lactic acidity (to stimulate saliva flow) and have some sweetness (which is also proven to ameliorate the burn). This makes a yogurt shake a very effective remedy.

However, if knocking over a few bottles of vintage yoghurt at dinner is not your idea of a fine repast, good news is at hand. Capsaicin is also soluble in alcohol and fruit sweetness, (natural fruit sugars) such as those found in wine is very effective at ameliorating mouth-burn. Acidity is also effective in wiping out some of those burning sensations.

It is important to remember that alcohol, once it reaches certain concentrations, (usually once you get up over about 12.5% alcohol to Volume)

gives off a warm feeling in the mouth and we certainly don't want to be attempting to wash away heat with more heat!

That is why I look to low-alcohol wines to match with hot and spicy dishes, wines from cooler climates with alcohol levels under or up to about 12%.

Matching wine to hot, spicy fuller-bodied dishes should not mean higher in alcohol, oak character and tannin. I find tannin and oak are amplified with hot spicy foods and are generally an all together unpleasant combination. In my opinion, big spicy, alcoholic reds brimming with woody/ oak characters and aggressive tannins render the dish awful and your palate wanting to sue you for malpractice.

When matching wines to lighter bodied, spicy dishes such as Thai salads and soups, fish, hot and sour dishes or vegetarian curries, my preferred wine of choice is a cool-climate, low alcohol Riesling, usually from Germany or Alsace France, but it may be from Australia or New Zealand; the higher the heat intensity the sweeter I tend to like it. Pinot Gris or Pinot Grigio can also work well as can Sauvignon Blanc and a light Gewürztraminer. A juicy Viognier, (but again watch the alcohol level) can work well with curried chicken dishes, whilst with dishes of extreme heat intensity a slightly spritzzy Moscato or even a dessert style, late harvest wine are both

interesting matches that tend to work well.

When it comes to fuller flavoured dishes and red wines I tend to be a little more controversial. I look for rich, juicy, flavourful reds with good acidity, low alcohol and barely perceptible tannins. The wine that works perfectly well for me is a good, rich, cool-climate, New World Pinot Noir or a riper French Burgundy. Now whilst these wines are generally categorized as medium bodied, the rich primary fruit flavours and good acidity see them stand up to the most vigorous red curry beef or Szechuan peppered pork.

I'll finish with my all time favourite combination, because I live in eternal hope that when I finally ascend to the restaurant at the top of the universe, the waiter will smile, wink and without even bothering to take my order he'll pop out to the kitchen and return with a dish of red curried duck and a pot of steaming saffron rice, whilst somewhere over my shoulder the sommelier is already decanting a middle aged DRC Richbourg, (Pinot Noir) from a very good year.

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

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

## Revolution

96 Street 51, Tel: 012 393 392  
Poker Mondays, GLBT encouraged. Cheeky cocktails and shooters. Pool table. Live music & open mic Thursdays and Saturdays. Happy hour 4pm - 8pm. Open 7 days a week 7am to late. **A/C**

## Rising Sun

20 Street 178, Tel: 012 970 719  
English-style pub with reliable breakfast, meat pies and hamburgers. Has a regular following around the bar at night especially on Fridays. Great posters of British films and TV classics adorn the walls. Ideal for that touch of nostalgia and the fish and chips are good, although not wrapped in

newspaper. Open 7am to 10pm.

## Rory's Irish Pub

33 Street 178, Tel: 012 425 702  
Most Irish of the Irish bars in town with the barmaids dressed in emerald green. Good place to talk to local expats or try the Irish stew. Open 7am to midnight or 2am at weekends.

## Rubies

Cnr. Street 19 & 240, Tel: 012 823 962  
Small corner wine bar with warm wood panelled interior and loyal following. Happy Hour from 5.30pm to 7.30pm. Open 5.30pm til late, closed Mondays.

## Saffron

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



tails. 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. **A/C**

**The Chinese House**  
128 Sotheaeros 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 Sotheaeros 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** **WiFi**

**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. **A/C**

the place handed over to the Gloryhole Club – great name and a great drag show that you don't have to be gay to appreciate.

**Salt Lounge**  
217 Street 136  
In addition to being Phnom Penh's first openly 'gay' bar, it has one of the most contemporary designs in town and the best cocktails. Has recently become a bit of a pick-up joint with 'boys' hanging about outside, consequently tends to be shunned by the gay expat community. **A/C**

**Nightclubs**

**Heart of Darkness**  
38 Street 51  
The most famous of the city's nightspots with a good-sized dance floor make this the in-place in town. Has well priced spirits and mixers and is totally packed out on Friday and Saturday nights. Open 8pm to late. **A/C**

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

**Pontoon Club Lounge**  
Tonle Sap River opposite Street 108,  
Tel: 017 682 071  
Phnom Penh's only floating club, stylish, funky drinking spot and late night venue. Favourite among the expat scene, Pontoon sometimes hosts party nights with visiting DJs and live shows. The friendly staff mix excellent cocktails at the beautiful amber bar. Unbeatable location. Happy hours 6pm to 8pm. Open 6pm to 2am (weekdays) and until late at the weekend.

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

**Club White**  
305 Mao Tse Tung Boulevard opposite InterContinental Hotel  
Tel: 013 994 483  
Brandishing itself as the future of clubbing in Cambodia, this upper class club is the latest addition to the Phnom Penh scene. White and modern, it attracts the Penh's local movers and shakers with a penny to spare. Open 7 nights a week from 8pm until late, the Bangkok-linked club hosts international DJs belting out hip hop, house and other party tunes. Every second Saturday of the month is a special club night. **A/C**



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**Great British and Irish Pub and Restaurant**

**gay**

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

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

**Green Garden**  
40 Street 222  
Most recent gay bar in the Penh has an outdoor bar and seating space that would be perfect for a BBQ. Also offers WiFi.

**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

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# kaleidoscope

## All For Art and Sundry

In the growing Cambodian arts scene, **Meas Sokhorn** stands out with his organic shapes and powerful installations. **Nora Lindstrom** sits down with the artist who wants to bring art into the everyday.



Meas sees value in even the smallest object

“IT’S NOT EASY TO LIVE for art. But you are an artist, not a businessman!” exclaims Meas Sokhorn, expressing his disapproval of contemporary artists who only create for monetary reward. Sokhorn, or Korn as he’s known, is part of the vanguard of young Cambodian artists who are creating and changing the local art scene all at the same time. At 32, this interior design graduate has exhibited widely in Cambodia, and was also a finalist in the international contemporary art competition, Signature Art Prize, hosted by the Singapore Art Museum in 2008.

“I don’t create art to get income or money. I want to make art! Even from one chopstick, you can make anything. A 100 riel note, it too has value,” he says, suggesting creativity can bring life to objects generally perceived as worthless.

He says he believes in art for art’s sake, not for profit. Consequently, he says the current recession may in fact have a positive impact on the arts by making artists look around and use what is readily available for their creations. “The more you lack, the more you find things to be interesting and creative,” he summarizes.

Dana Langlois of Java Arts, who has represented Korn since his debut solo exhibition at Java Gallery in 2006, aptly describes him as an artist that never compromises himself, someone who always stays true to his vision. “He continually searches for ways to express himself, he works hard, and understands the importance of his work for himself and for society,” she said.

Korn’s most recent installation, Tornado, is a large piece made using barbed wire and wood. Exhibited at Java Gallery as part of The Storm exhibition which ran throughout August, Korn’s intimidating installation com-



## ...art speaks louder than words

manded a whole room, which like the tornado was painted black.

Korn says he wanted to look at cause and consequence through the installation. "Why is there a storm, where is it coming from?" he asks.

"Something I do today will have an effect on the following day," he continues, describing how even small, accidental events that go unnoticed can snowball into bigger issues, and build violence and anger both at the individual and social level, sending the world into turmoil. He purports education as the answer. "Unless we are educated about something, we are in the prison of the moment," he says.

### ■ PUBLIC ART

One of Korn's upcoming projects is a public art piece, to be announced in September. The artist feels strongly about the need to allow people access to art, noting that most of his exhibitions have been held in spaces not many of his compatriots visit. He laments the lack of a public contemporary art museum, which means his and other artists' pieces are temporarily exhibited in shops and galleries, but there is nowhere for a more permanent exhibition.


"I have a vision of public art. I hope it will happen soon in Cambodia," he says. Korn wants people to understand art, because "art speaks louder than words", especially in a country such as his where people cannot always speak up.

But it's about more than expression – Korn is also keen to develop an understanding of what art is. "It's about how you feel inside. For me it's in the heart, in the stomach and in the head," he says.

"Art is in the everyday. Do you think all artists are born that way? No! The way you speak, the way you act, the way you are is automatic, unless you start thinking about it, and then it becomes art," he explains. "Everybody can make art".

In the New Year, Korn will be travelling to Los Angeles for a residency with artist Denise Scott, which will culminate in an exhibition in the city's Asto Museum. The residency is part of the Global Hybrid project, a long-term art project that brings together Cambodian and US-based artists for a multi-cultural dialogue.

In the meantime, however, the chain-smoking artist is to be found in his studio in Phnom Penh's Russei Keo district, or at art exhibitions around town with English dictionary in hand - "I want to be able to express myself better," he says. In words, as in art, Meas Sokhorn is keen to get his point across.

For upcoming exhibitions and further information, see [www.javaarts.org](http://www.javaarts.org) 



Juxtaposition

## Bootleg

AsiaLIFE's Simon Jacy dusts off his boots and pulls a few quick draws off the shelf.

### ■ A FISTFUL OF DOLLARS

(1964, Sergio Leone)

Clint Eastwood, in his first appearance as the 'Man with No Name', purposefully swaggers into the dusty and troubled border town of San Miguel. A hard-nosed gunfighter with a heart of gold concealed deep beneath his squinty belligerence. Clint soon plays off the two families of gangsters against each other, handsomely profiting in the process. *Fistful of Dollars* is an obvious homage to Akira Kurosawa's *Yojimbo* (1961), lifting both its simple but strong storyline and its winning visual style. But the film is more than just fawning hero-worship—with his 'Spaghetti Westerns' (this one is actually a 'Paella Western' because it was shot in Spain) Sergio Leone was one of the pioneers of the modern Western genre, long pregnant pauses interspersed with complex action scenes replacing the staid and predictable set-pieces of 1950s Hollywood. His quirky style, odd close-ups and a definite Latin feel, have spawned a legion of imitators.

### ■ IN THE LOOP


(Armando Iannucci, 2009)

A film spin-off from the BBC series *In the Thick of It*, *In the Loop* features the same fast-paced political comedy, with foul-mouthed Scot Malcolm Tucker (Peter Capaldi) a fixer for hapless Secretary of State for International Development Simon Foster (Tom Hollander). A TV slipup where Foster says war is 'unforseeable' allows the cast to take a trip to the US, where James Gandolfini is among those who

mercilessly mock modern politics. Steve Coogan also appears in a minor role, though fans will be disappointed by his rather average turn. The subject matter may have worked much better under the Bush regime than populist Obama, and the close-in, 'TV' style may be too claustrophobic for some. Still, for those who don't mind a dense, dialogue-driven plot, and who appreciate well-crafted satire, *In the Loop* is a rare treat.

### ■ TERMINATOR SALVATION

(McG, 2009)

When vehicles in Cambodia are completely worn out, so pitifully decrepit as to be beyond all hope of repair, backstreet butcher mechanics dismember the carcasses to inexpertly throw together some awful Franken-wagon. And so it is with McG and the terminator franchise. The former music video maker has attempted to distill the best elements from the first three films and seamlessly blend them into a thrilling action for the 21st century. He has failed abysmally. The risible storyline meanders between the heroes of the other films who must cooperate to ensure that... actually I won't waste the space. Suffice to say the script slips to new lows in both patronizing predictability and insultingly shallow characterizations. The whole film seems to be some scary experiment in how to most shamelessly pimp out a once-original concept. Rich stuff from the director who publicly said using his real name would be the "ultimate sell-out." Cinema's only chance of salvation is to terminate McG. 



# Arts Diary

## ■ OPENING THIS MONTH *INSIDE/OUT*

An Exhibition featuring an installation by Kong Vollaik, a series of images of billboards of development projects and the future they envision and the launch of the mobile exhibition on tuk-tuks in collaboration with the SaSa Art Gallery at Java Cafe and Gallery Sept. 2

## *SACRED DANCE/ SACRED SPACE*

Join the renowned Khmer Arts Ensemble for an open rehearsal of a sacred classical dance drama on Sept. 5 amid the splendour and spirituality of its temple-like theatre in Takhmao, a place where space and movement interact in a form of ritual prayer. For directions and other information, please contact Veasna at 023-425-780 or veasna@khmerarts.org

*The Roads to Development*  
Meta House exhibits photos by Wayne McCallum and others from the new book "Roads to Development - Insights from Sre Ambel District. Sept. 4 at 6pm

*I Am What I Am! - Queer Worlds in Phnom Penh*  
An evening of films and live performances about and by Asian Drag Queens. Meta House in cooperation with the Indonesian "Q-Film Festival" - one of the biggest

queer film festivals in Asia hosts festival director John Badalu. Sept. 5 at 6pm.

## ■ MUSIC AND EVENTS

*An Evening of Chekhov*  
Phnom Penh Players strike again with an evening of hilarity at Khmer Surin. Two plays by Russian playwright Anton Chekhov, *The Bear* and *The Proposal* will be performed at 7pm on Sept. 4 & 5. Tickets are available from Java Cafe, Rubies Bar, and Talkin' to a Stranger for US\$10.

## *D'Sco*

The Geckos of Love Play Talkin to a Stranger from 4pm to 8pm Sunday Sept. 13 & 27

## *CCF*

Phnom Penh-based curator Erin Gleeson presents a slideshow-lecture on Sept. 34. Her lecture describes a selection of artworks by international visual artists who share inspiration and working methods common to architects. The selection is compiled specifically with Cambodian contemporary artists

## *Riverside Rhythms*

Live music every night of the week at Riverside Bistro.

## *Winking Music*

Live music at the Winking Frog every Friday and Saturday from 8.30pm.

## ■ FILM

### *Le Cinema*

The following films (in English or with English subtitles) will be shown at Le Cinema, CCF at 7pm: Sept. 1/15/26 - *Le funambule*; Sept. 12/25 - *Comme les autres*

### *Indian Movies*

The best of Bollywood shown every Wednesday at Annam Restaurant, 1C Street 282, at 7pm.

### *Wednesday Screenings*

Every Wednesday night The Chinese House screens films at 7.30pm. The film is always preceded by a vegetarian meal at 6.30pm.

### *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 films include: (7pm start time unless otherwise noted) Sept. 1 - *My Khmer Heart - The remarkable story of Geraldine Cox*; Sept. 2 - *The Edge of Love (John Maybury)*; Sept. 3 - *Criminal Minds on Film*; Sept. 5 - *I Am What I Am*; Sept. 6 - *Adventures of Iron Pussy*; Sept. 8 - *Girl Inside*, a Canadian documentary on gender shifting; Sept. 9 - *Me Myself*, a film about Thai Ladyboys; Sept. 10 - *Phnom Penh Pride* and

*Gendernauts*; Sept. 11 - *Departures*, a powerful Japanese Oscar-winner; Sept. 12 - *Battle Royal*, a Japanese cult film; Sept. 13 - *Tokyo, Triptych of three urban tales*; Sept. 15 - *In Search of Ghandi*; Sept. 22 - *Kampuchea: Death and Rebirth*; Sept. 23 - *Barthory, Unveiling history's greatest murderers*; Sept. 24 - *Pay or Die*, films about the health sector; Sept. 25 - *Concrete Visions (Nico Mesterharm) & Land for Sale (Nana Yuriko)*; Sept. 26 - *Baukunst*, the work of superstar Architects; Sept. 27 - *Building the Gherkin*, the future of Phnom Penh's skyline; Sept. 29 - *Terror's Advocate*; Sept. 30 - *Darwin's Nightmare*.

## ■ ONGOING

### *The Wait*

Exhibition by Chinese artist Qudy Xu and Cambodian artist Tith Kanitha continues at the Hotel de la Paix, Siem Reap, runs through the end of the month.

### *Walking Through*

Photography exhibition by Vandy Rattana continues at Sa Sa Gallery, 7 Street 360 on Aug. 29 at 7pm, running through to Sep. 25.

### *Andeol Cadin*

Photo Reflections by Andeol Cadin continues at Equinox on Aug. 7 at 7pm. 📍



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Visit Cambodia's first media and art center  
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rooftop cinema chill out bar & BBQ open from 6pm  
street 264 #6 sangkat chaktomuk, khan daun penh  
homepage [www.meta-house.com](http://www.meta-house.com), email [mesterharm@gmx.com](mailto:mesterharm@gmx.com)  
fixed 023 224 140, mobile 012 667 465



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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 Sopal 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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# leisure & wellness

## Cinemas

A wealth of cheap DVDs can be a blessing for bored expats, says **Simon Jacy**, but the full cinema experience is difficult to find in Cambodia.



The culture of film at Meta House

UNLESS YOU'RE A NGO czar with money to burn, watching movies at home can be frustrating. But all is not lost: several venues in Phnom Penh now offer an alternative to the tinny sound and boxy screen of your living room.

### ■ META HOUSE

Nestled among the sprawling villas behind Hun Sen park, the leafy Meta House has since 2007 been a cultural hub of Phnom Penh. Easy-going artists mingle in the shade of towering trees that equal the three story space. There's always something arty going on at Meta House: on a recent afternoon visit, a western artist patiently daubed gold paint onto a Buddhist stupa made of old tyres in the garden, while an exhibition of photos by the legendary Tim Page took up the first floor. Completing the ambiance of a Bohemian artists' colony in the midst of the jungle are the bar and cinema on the top floor. The rough wood and colourful textiles give the space an ethnic, hilltribe flavour, though the seats

are just what you'd find at a western cinema: folding backs with cup holders—perfect for longer pictures. Films are projected onto a screen and, the occasional stubborn mosquito aside, the open-air setup seems to work very well.

Meta House is Cambodia's biggest art and media center so their schedule is light on fictional features and heavy on "media that matters." Documentaries are the order of the day, with both local (Vann Molyvann Project, Cambodia for Sale, Aki Ra's Boys) and international efforts (The Baader Meinhof Complex, Living in Emergency: Doctors Without Borders) on offer. With a 60-person maximum capacity, the rooftop venue promotes a relaxed, friendly atmosphere that often leads to deep discussion and debate of the serious issues raised. Some of the better international features (Johnny Mad Dog, Mysterious Skin) are also shown, though it is the rare documentaries, sometimes with those involved in the production actually present at the screening,

that are most worthwhile. Best of all, film viewings are free.

6 Street 264, Tel. 012 607 465  
[www.meta-house.com](http://www.meta-house.com)

### ■ FLICKS CINEMA

A relatively new arrival on the Phnom Penh scene, Flicks is looking to improve upon the western cinema experience. Located on the first floor of an otherwise unremarkable suburban house, Flicks has a definite art house cinema feel. Bare floorboards give a theatrical air to the small bar area, where peanuts, beers and other sundry snacks are on offer. The main attraction, though, is the screening room, where a four-and-a-half meter picture is projected onto the wall with top-of-the-range equipment. Hollywood blockbusters and classics, as well as some more unusual films, are available, though the lack of official film distribution means all films are shown from DVD. The poor quality of DVDs on sale in Cambodia means much of the library is mailed in from abroad so the newest

releases are not always immediately available. Customers can suggest their own choices if they give notice, or suggest a change to the scheduled film if no other customers are present. Thai-style cushions encourage viewers to veg out, though those with more arthritic limbs can take a seat on the comfortable sofas at the back. Smokers must leave the screening room to sneak in a cheeky fag.

At US\$3.50 a ticket, the experience is cheap, and regular events (New Zealand Day, 'Say Hello to My Little Friend'—an Al Pacino afternoon) add variation. School visits or parties can also be accommodated.

39B Street 95, Tel. 097 896 7827

### ■ FRENCH CULTURAL CENTRE (CCF)

To some, the CCF, promoting the French language and culture in Cambodia's increasingly Anglo-American-centric society, is a bizarre neo-colonial white elephant trying to bolt the stable door long after the horse has bolted. But whether or not the centre will succeed in its mission





#### Get out of the house!

to take back the dreams and aspirations of Cambodians, the CCF remains a choice venue for all Cambodia-based culture vultures. Their cinema, with its soft seats and sloping angle, is arguably the plushiest in town, though the emphasis on mainly French-language art can sometimes be in danger of slipping into Gallic pretentiousness, and films are not shown as often as elsewhere. Still, the CCF can on occasion offer unforgettable screenings, such as last year's Charlie Chaplin silent features with a live traditional Khmer band playing the score. Check the schedules.

218 Street 184, 023 213 124,  
[www.ccf-cambodge.org](http://www.ccf-cambodge.org)

#### ■ THE DUNGEONS

Not a real name, of course, the above refers to the crepuscular caverns where laughably bad home grown films are inflicted upon indifferent audiences. Though Khmers are increasingly ignoring the old cinemas around

town in favor of dubbed soaps on TV, there are still a few that haven't been converted to windowless karaoke prisons (Cine Lux on Norodom Blvd. is probably the best known). An intimidating prospect for those without Khmer language skills, a trip to the local cinema can nonetheless be an educational experience. Buy your sugary biscuits in the foyer then traipse into the screening room. The equipment and seating has seen better days but, as long you don't stick fast to the floor or your chair, there's no reason to complain. The films, no matter what their subject, are universally awful, acting more as a conversation topic for the casual audience than an actual attraction in themselves. Even if you can understand the dialogue, the 'plot' will be indecipherable, featuring one grisly murder or mutilation after another, the writers making inventive use of Cambodia's rich panoply of malevolent spirits. Highly recommended. 🍿



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[www.dimple.co.in](http://www.dimple.co.in)

## leisure &amp; wellness

## amusement

**Kambol Cart Raceway**

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

**Parkway Square**

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

**Phnom Penh Water Park**

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

**Phnom Tamao Wildlife Park**

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

**Sorya Centre**

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

## beauty products

**Angkor Soap**

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

## chemists

**U-Care Pharmacy**

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

**Pharmalink**

11 Street 254, 14 Street 432  
20D Street 184,  
Tel: 023 215 727  
Modern, western-standard pharmacy on the way to the Russian Market. Staff speak English and have a range of western products on sale. Open from 7.30am to 8pm (Monday to Saturday).

## classes

**Aikido Classes**

24R Street 252 (on villa rooftop),  
Tel: 012 811 234  
Japanese martial art class taught by an experienced Aikido practitioner. Monday, Wednesday, Friday at from 7pm to 9pm. Fee US\$30/month. For further information or enrolment, please contact Olivier olivierlaotai@yahoo.fr

**Cambodian Cooking Class**

Frizz Restaurant, 67 Street 240  
Tel: 012 524 801  
The first and only Khmer cooking school for travellers and expats in Phnom Penh. Courses cost US\$20 for a full day, including transport to the market and a colourful 16-page recipe booklet.

**Capoeira**

Tchou Tchou preschool, 13 Street 21  
Lessons in this rhythmic Brazilian cross between dance and martial arts, costs US\$15 per month. Held every Tuesday and Thursday from 6.30pm to 8pm. Contact Michel on 012 458 167.

**Kids Create**

Living Room, 9 Street 306  
Fun art classes for kids aged 4 to 12 on Wednesday from 3.30pm to 5pm. Call Leah Newman on 012 242 301.

**Little Maestro**

Living Room, 9 Street 306  
Bring the Mozart out of your tot (0 to 6). Classes from 9am to 10am on Sundays. Call Melinda Burgess on 012 693 498.

**Photography Tours**

126 Street 136, Tel: 092 526 706  
www.nathanhortonphotography.com  
Weekend photography tuition and guided tours to Kampong Chhnang and Udong, covering technical and creative considerations in the context of travel photography.

**Qigong**

Living Room, 9 Street 306  
Qigong practice group meets every Monday and Wednesday at 5.30pm to 6.30pm For more information contact, Phil 012 892 249.

**Scuba Nation Dive Center**

18E0 Sothea Blvd.,  
Tel: 012 715 785  
Learn to scuba dive in Phnom Penh. The academic part of the course takes place in the Plaza Hotel pool, while the real diving is over a weekend in Sihanoukville. Total cost for a course is US\$395.

## dental

**European Dental Clinic**

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

**SOS Dental Clinic**

161 Street 51, Tel: 023 216 911  
International quality dental clinic, fully equipped with the latest equipment including dental cameras. US dentist explains the process of what is going on with your teeth and has multi-lingual staff.

## education

**Khmer School for Expats and Travellers**

35 Street 288, Tel: 012 867 117  
Khmer-language lessons given on a one-to-one tuition basis only, costing US\$10 per hour, a typical course lasts for 30 hours.

**Khmer School of Language**

52G Street 454, Tel: 023 213 047  
Khmer-language lessons given at the school for US\$4 per hour or for US\$5 in the privacy of your own home or office. All the teachers are experienced and trained at the school.

**My First Khmer**

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

## gyms

**Clark Hatch Fitness Centre**

Intercontinental Hotel, 31F Mao Tse Tung Boulevard, Tel: 011 380 769  
Well-equipped fitness centre run by a regional gym company that even has a rowing machine. Membership is US\$90 per month or US\$10 per day (US\$15 at weekends). Open 6am to 10pm (weekdays), 8am to 8pm (weekends)

**Fitness One**

Himawari Hotel,  
313 Sisowath Quay, Tel: 023 214 555  
Small, well-equipped gym with outdoor swimming pool. US\$6 per day for use of pool or US\$10 for pool, gym, steam room and jacuzzi. Prices rise to US\$8 and US\$12 at weekends.

**Paddy's Gym**

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

**Raffles Amrita Spa**

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

**Physique Club**

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

**The Gym at The Place**

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

**VIP Club**

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

## hairdressers

**Arya Vong Kim**

P31 Street Platinum  
(by Sovanna Mall), Tel: 011 516 575  
Professional beauty salon run by French-Cambodian hairdresser Arya Vong Kim. Mainly focuses on quality hair care, including great cuts and colouring. The only authorised L'Oréal Professional salon in Cambodia. Open 9am to 8pm

**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.

**Hair & Nail Studio**

51D Street 214,  
Tel: 023 992 626  
Sleek new Cambodian-run beauty salon offers quality nail care using OPI products. Other services include hair, body and facial treatments. Prices start from US\$3 for a haircut, going up to US\$80-100 for more specialised treatments. Open 9am to 8pm.

**Image Beauty**

57A Eo 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,



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# Sam Moffett: Weight Training for Health

*Despite popular belief, cardio training alone is not enough for maintaining optimum health*



I'VE WRITTEN ABOUT THIS a number of times, but it bears repeating. Too many people, especially those primarily concerned with their weight, think that going for a jog or a bike ride several times a week is all it takes to improve their health. It's good for you, no doubt!, but that kind of cardio exercise alone isn't enough to keep you healthy and strong as the decades pass.

There's simply tons of evidence now to encourage people to strength train in addition to getting regular cardiovascular exercise. Most suggests at least two training periods a week to work out the major muscle groups.

Strength training, or resistance training, can pay off in a lot of different ways: primarily allowing one to add more



muscle tissue which results in a greater ability to burn more calories and reduce body fat, and developing stronger more dense bones. The latter is especially important as we age.

Of course not everyone is cut out for hitting the barbells and dumbbells, and strength training doesn't necessarily mean bodybuilding. More commonly it can involve the use of gym machines and various resistance activities that work toward the goal of making sure that your major muscle groups are strengthened.

Cardio exercise is still a definite must. But you'll be surprised at how much better you'll feel if you're stronger as well!

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

including the American Embassy. Can arrange emergency evacuation. 24-hour service.

## International SOS Medical Clinic

161 Street 51,  
Tel: 023 216 911  
Globally renowned provider of medical assistance and international health care. Team of expat and Khmer doctors offer general practice, specialist and emergency repatriation services. Has multilingual staff. Members have access to SOS clinics around the globe. Has on-site laboratory and dental facilities. 24-hour service. Open 8am to 10pm (8am to 6pm at weekends).

## Naga Clinic

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

## optics

### Eye Care

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

### Grand Optics

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

## pools

### Asia Club

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

### Fitness One

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

### L'imprevu Resort

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

### Raffles Amrita Spa

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

### 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  
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### VIP Club

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# Beauty Spot: Arya Vong Kim

*In an increasingly professional hairdressing market, newly opened salon Arya Vong Kim is without doubt a welcome addition.*

"IN FRANCE, YOU HAVE to study for five years to become a professional hairdresser" says Arya, owner of the eponymous salon. "Without official qualification, you're not allowed to open a salon" she claims. Having completed her studies to become a qualified hairdresser, stylist, visagiste and make-up professional, Arya worked in Lyon, France for 10 years before recently relocating to her native Cambodia.

Now, together with her husband, also a Cambodian returnee, she has opened what she describes as the first professional salon in Cambodia. With endorsement from L'Oréal, the international hair and cosmetics brand, Arya's salon is officially the only place in Cambodia authorised to use authentic L'Oréal Professional products.

The company calls it its 'flagship salon'. And not without reason. Services offered at the modern salon are top notch. Arya says her training in France not only focused on hairdressing, but went further into studying the texture of hair and its chemical reactions with different products, the biology behind hair care, as well as how different cuts and colours complement the customer's face, colouring and even lifestyle.

Despite the emphasis on quality, prices are not staggering. A shampoo, cut and blowdry will set women back



between US\$20 and US\$38, and men US\$15. Colourings and highlights start from US\$30, up to US\$100. A "Rituel Bien-être" comprising a shampoo, mask and lotion, is a deal at US\$15.

Given her experience in Europe, Arya is used to working with both fine and thicker hair, and admits she is particularly keen on working with blonde hair. She did a simply excellent job giving my limp blonde

tresses light and shine through highlights. In styling my hair she further took into consideration not only my skin tone and the shape of my face, but also my habits, thus giving me a low-maintenance, easy, fall-into-place cut.

At the moment, Arya does all the work in the salon, though some Cambodian staff work as apprentices. In the future, Arya hopes to open a beauty school for disadvantaged youth. "But that's still a few years away," she says.

There are only two downsides. One is that communication in English may be somewhat difficult, as Arya admits her English language skills are limited with French being her mother tongue. The other is the location. Sovanna Mall is for many potential customers still in the back and beyond.

However, for expert hair care and professional hair products from L'Oréal, it's worth the trip. The products don't come cheap, many cost around US\$20 or more, but using the right products can keep your locks significantly healthier and earn you extra fashion points for cool styling. Arya also says she is more than happy to advise potential customers on hair care and products – no purchase necessary.

*Arya Vong Kim, 31 Street Platinum (by Sovanna Shopping Mall), Tel: 011 516 575, Open 9am to 8pm. ☐*

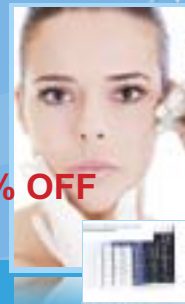
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**Amatak Spa**

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 professional 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

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160A, Norodom Bd (across ISPP South Campus)

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# Laura Watson: Trying to conceive

## ■ TRYING TO CONCEIVE

With a world population of well over 6 billion it is hard to understand sometimes how getting pregnant can seem so complicated. What follows is an attempt to provide some basic pointers on how you can improve your chances of getting pregnant healthily.

## ■ EXPECTATIONS

It really is true that the more relaxed you are about being pregnant the easier it may happen. We all know someone who tried for years without success then conceived the minute they adopt a baby. Some cultures can put enormous pressure on women to be pregnant the month after they marry. Cambodian women are often expected to be pregnant right away following a wedding and may seek medical advice much earlier than necessary because of pressure from their families. It may help to know that it is normal for conception to take some time.

The statistics show that for couples who are normally fertile and having regular sex without contraception 85% will be pregnant within 12 months. Of those that don't get pregnant that first year, about 70% will get pregnant the following year. Of those that remain without a child, about 50% will conceive each successive year.

## ■ DIET AND BAD HABITS

Maintaining a healthy balanced diet can help a woman conceive. Avoid junk food and make sure that you eat a variety of fruit, vegetables, proteins and preferably wholegrain carbohydrates. Obesity, being underweight or exercising excessively can result in abnormalities of ovulation. Smoking is not only harmful to your unborn child once pregnant but affects the way the cells move in your fallopian tubes reducing the chance of an egg meeting a sperm and conception occurring. Alcohol too reduces your chance of conception.

Men are not exempt from this advice. A healthy diet can help a low sperm count. Smoking and alcohol reduce the motility of sperm and cause an increased number of abnormally shaped sperm.

## ■ MEDICAL CHECK

As well as having good general health it is a good idea to make sure that you are up to date with all your vaccines. Of particular relevance is to check whether you have had the rubella (german measles) vaccine and to consider having a blood test to check your immune status to this disease. Cambodian women will often never have had the vaccine and some will have immunity from having had the disease. Rubella is a common infection in Cambodia and infection during the first 12 weeks of

pregnancy results in deafness or other congenital problems.

## ■ FOLIC ACID, AND VITAMINS

Folic acid is a B vitamin that is essential to make healthy new cells. There is extensive research evidence that supplementing with folic acid can greatly reduce the risk of neural tube defects such as spina bifida and anencephaly (a catastrophic condition where the brain fails to form). Countries that have introduced folic acid fortification of flour have succeeded in dramatically reducing their incidence of these defects. Folic acid can be found in fruit, beans, lentils, some wholegrain flours but if trying to conceive you should take a supplement of at least 400micrograms every day from 3 months prior to pregnancy and through the first 12 weeks.

Not all vitamins are healthy, or known about with regards to pregnancy or conception. It is known that Vitamin A in large amounts is harmful to a fetus. It is best therefore, to avoid large doses of vitamins and stick to a healthy balanced diet or a multivitamin that only has 100% or less of the recommended daily allowance of each vitamin.

## ■ PREDICTING OVULATION

Although it does help not to worry too much about getting pregnant it can be beneficial to understand when your best chance of conception is during your cycle. Ovulation occurs 14 days before the first day of

your next period. So a woman with a regular 28-day cycle will release an egg on day 14 of her cycle (where day 1 is the first day of her period). Someone with a 26-day cycle would ovulate on day 12. Immediately after ovulation there is a change in hormones that makes the mucus in the neck of the womb (cervix) too thick for sperm to get through. Therefore you are most fertile in the 7 days before ovulation. Peak fertility occurs about 2-3 days prior to ovulation. (Sperm can live in the body for 7 days.) Other physical changes happen that you can notice in your body – you can read about these at [www.fertilityuk.org](http://www.fertilityuk.org). Knowing this will help you to understand why expensive ovulation predictor kits are only useful for knowing whether you did ovulate that month and not helpful in helping you time sexual intercourse right.

Of course not everyone does get pregnant easily and as a general rule if you are under 35 and have a regular period you should relax and try to get pregnant for at least a year before seeking any fertility intervention. If you are over 35 it is worth consulting your doctor after 6 months of trying. If you do not have a regular period at all, then seek advice sooner rather than later. Happy trying!

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

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**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 web-site for schedule and prices.

**Pangolins Rugby Club**  
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# next generation

## Vox Pop Back to School

Summer vacation is over and all the little kiddies are heading back to school. **Melissa Fisher** took to the playground to find out what the kids have to say Photograph by **Lim SokchanLina**.



■ **ALEXANDRE**  
**School:** Lycee Francais Rene Descartes  
**Age:** 5  
**What did you do over the summer and what about school did you miss?**  
 I missed my friends and the playground. I love to play with sand, cars, and do toy activities.

**Are you looking forward to going back to school?**  
 Yes, I am waiting with impatience to go back to school!

**What is the best thing about your school?**  
 The best thing is the school. I like drawing class and lunchtime a lot!

**What do you want to be when you grow up?**  
 A pilot. I love to draw aircraft and make paper airplanes.

**Do you have a funny story from school or the summer?**  
 No.



■ **LOUIS**  
**School:** iCAN  
**Age:** 8  
**What did you do over the summer and what about school did you miss?**  
 Over the summer I went to Saigon and to a water park and my cousin came, but it was a nightmare without my friends. I was walking around in circles in my house, I was so bored.

**Are you looking forward to going back to school?**  
 Yes! To see friends and I like history and math.

**What is the best thing about your school?**  
 Definitely the food! It's like a five-star gourmet meal with food like fish amok, meatballs and rice!

**What do you want to be when you grow up?**  
 I can't decide. An artist maybe because in year 2 we made a collage with newspaper strips and a frame with straws and I really liked that.

**Do you have a funny story from school or the summer?**  
 Yes, the first day back I had to take care of two twins that were crying like babies, but they were older than me. I had to keep a close eye on them.



■ **ALLISON**  
**School:** iCAN British International School  
**Age:** 6  
**What did you do over the summer and what about school did you miss?**  
 I missed my friends and I was excited to go to grade 2.

**Are you looking forward to going back to school?**  
 Yes! I want to play with my friends and do Art and Science. I like painting and drawing pictures of giraffes and myself.

**What is the best thing about your school?**  
 The best thing is hanging upside down. I like swinging upside down on the spider web on the playground with my friends.

**What do you want to be when you grow up?**  
 An Artist because I want to sell my art.

**Do you have a funny story from school or the summer?**  
 In school we sing songs and our teacher sings the chimpanzee song. It is quite nice.



■ **JESSICA**  
**School:** ISPP  
**Age:** 8  
**What did you do over the summer and what about school did you miss?**  
 The library. My favorite books are Magic Tree House and horse books!

**Are you looking forward to going back to school?**  
 Yes, for the library and to see friends. Before school I came back for two weeks from vacation in Colorado and it was very boring here. I think I can tell French class is going to be bad – I don't enjoy it too much. My dad wants me to learn Mandarin.

**What is the best thing about your school?**  
 The library and lunchtime and we get to decorate the classroom with art. I like pottery, decorating and abstract.

**What do you want to be when you grow up?**  
 A vet or an author, because I love every living thing.

**Do you have a funny story from school?**  
 Harold the Giraffe is kept in a box by our teacher, Mr. Warren. Harold is a puppet on Mr. Warren's hand and when he says 'Good-bye' to us, Harold bonks his head against the box!





**■ GABI**  
**School:** ISPP  
**Age:** 7

**What did you do over the summer and what about school did you miss?**

Over the summer I went to summer camp at iCAN and I read, did swimming and went to an island. The island was the best part, but I missed school and my friends. Summer was boring because all my friends left.

**Are you looking forward to going back to school?**

Yes, I missed my friends and I want to do more Math, more English and read better in Spanish and English. My favorite book is "La Gotita de Agua (The Little Drop of Water).

**What is the best thing about your school?**

The best thing is swimming. I love diving! I like playing tag at recess.

**What do you want to be when you grow up?**

A chef! I like to cook and I help my mom make salad and help with cutting. My favorite food is pasta Bolognese and pizza!

**Do you have a funny story from school or the summer?**

Over the summer my mom and I were swinging on one swing and we pushed faster and faster and then my mom fell backwards, but I didn't. It was so funny and my father was just looking at the sand crabs.



**■ HUNTER**  
**School:** Northbridge  
**Age:** 9

**What did you do over the summer and what about school did you miss?**

Well, I didn't really miss school because we took a big road trip across ten national parks in the U.S., but I do miss my activity subject, art and also reading. I love reading! My favorite book is a mystery series – The Happy Hollister.

**Are you looking forward to going back to school?**

Yes! I'm looking forward to a good teacher. I know him and he is a funny and good teacher.

**What is the best thing about your school?**

Playing at the playground. It's really nice living here [at Northbridge] because of all the fields and the playground. There are lots of good areas for exploring and paths for riding my bike.

**What do you want to be when you grow up?**

I'm thinking I want to be a teacher, explorer, artist, or chef. I especially want to be an explorer because I like taking risks.

**Do you have a funny story from school or the summer?**

Yes, my brother Duke picked up a frog one day after school and it peed on him. I think it's those frogs that just pee every time you touch them.



**■ DUKE**  
**School:** Northbridge  
**Age:** 7

**What did you do over the summer and what about school did you miss?**

Over the summer we took a road trip to see lots of canyons in the U.S. I don't want to see another canyon in a longtime! I missed my friends.

**Are you looking forward to going back to school?**

Yes! I want to see my good friends and go to my favorite activity subject, P.E. and do more learning about science and write stuff.

**What is the best thing about your school?**

I like playing soccer and the "specials"! The specials are P.E., Art, Library, Music, Foreign Language, Swimming, and IT. Each day we have 2 specials and sometimes we perform what we learn in an assembly.

**What do you want to be when you grow up?**

I want to be a pet-shop owner and a scientist. I have had 2 giant snails, a fish named "Albuquerque", a cat, Freddie the Fish, and two guinea pigs named "Santa" and "Cha-cha."

**Do you have a funny story from school or the summer?**

Over the summer we were in Colorado and it felt like it was winter or Christmas! There was a pool and a hot tub, but the pool was freezing and we had challenges for swimming in the pool and running to the hot tub.



**■ CHANRACHNA**  
**School:** Golden Gate American School  
**Age:** 9

**What did you do over the summer and what about school did you miss?**

I went swimming and played badminton, surfed on the Internet. I missed some of my friends but we still talked on the phone and would meet up somewhere.

**Are you looking forward to going back to school?**

Yes because I was at a different school before and I knew that Golden Gate American School was better.

**What is the best thing about your school?**

I love studying history and social science. I like to learn about the world and different countries.

**What do you want to be when you grow up?**

I want to be a judge in Cambodia because my sister is studying law and it is difficult to become a judge. "It is difficult to become a judge in Cambodia because you can get killed."

**Do you have a funny story from school or the summer?**

No, I just have happy stories from going on picnics over the summer and visiting other countries like Malaysia and Thailand. 🇫🇮



## Mekong-Quilts

Top quality hand made quilts  
a wide range of products

Project by and for women to support the  
Community development program in Svay Rieng.

49. street 240. Tel.: 023 219 607  
[www.mekong-quilts.org](http://www.mekong-quilts.org)



## next generation guide

ChildSafe®



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

### cafés & restaurants

#### Annam

1C Street 282, Tel: 023 726 661

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

#### Café Fresco II

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

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

#### Café Living Room

9 Street 306, Tel: 023 726 139

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

#### Gasolina

56/58 Street 57, Tel: 012 373 009

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

#### Intercontinental Hotel

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

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

#### Java Café

56 Sihanouk Blvd., Tel: 023 987 420

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

#### Java Tea Room

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

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

#### Le Jardin

76 Street 360, Tel: 011 723 399

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

#### Romdeng

74 Street 174, Tel: 092 219 565

Large garden and swimming pool provides kids with plenty of opportunity to work off all that energy. Many of the Khmer dishes can be ordered in half-portions.

### 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, started ten years ago, emphasises learning through creative play in a supportive environment. The Kids Club, for 18 months to 5-year-olds, is from 3.15pm to 4.45pm on Mondays, Wed and Thurs and costs US\$80 per child (Sep. - Dec.). Also has yoga & Khmer classes.

#### Giving Tree Preschool

17 Street 71, Tel: 017 997 112,

[www.thegivingtreeschool](http://www.thegivingtreeschool)

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

#### Kindercare

60 Street 322,

Tel: 023 214 890

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

#### Tchou Tchou

13 Street 21, Tel: 023 362 899,

[www.tchou-tchou.com](http://www.tchou-tchou.com)

Kindergarten and pre-school for 18 months to 5-year-olds, open from Monday to Friday from 7.30am to 12pm. French is the main language, although English and Khmer is also practised.



**international schools**

**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 Sothearos 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 nationalities, using the British curriculum. iCAN is a contemporary, purpose-built school and is the first in Cambodia with interactive whiteboards in every classroom. All iCAN teachers are fully qualified, experienced and encourage a love of learning that goes beyond what is taught.

**International School of Phnom Penh**  
146 Norodom Blvd, Tel: 023 213 103  
www.ispp.edu.kh

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

USA accredited school offering Nursery-Grade 12 university preparatory international education. Purpose built facility with expansive playing fields, playgrounds

and pool on secure, manicured grounds. PYP/IBO candidate school.

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

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

**Monument Toys**  
111 Norodom 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. 🇫🇷



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

**Java Café & Gallery**  
56e1 Sihanouk Blvd  
Phnom Penh, CAM  
7d/wk 7am - 10pm  
023 222 087

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

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



**"Learning through play"**



**British International School**

85 Sothearos Blvd Phnom Penh Cambodia  
Tel: (855-23) 222 416-8  
email: ican@ican.edu.kh www.ican.edu.kh

**NEW Early Years centre for 1 1/2 to 3 year-olds**

**iCAN Play Centre**

**Opening in September 2009**

# shopping & fashion

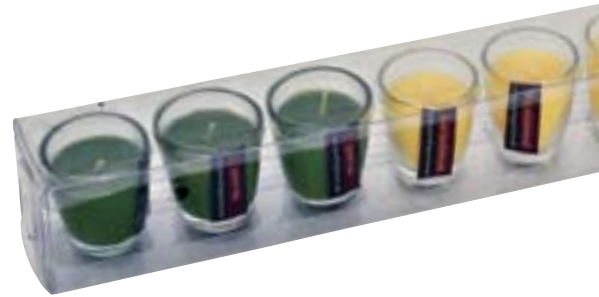
## Pimp Your Pad

Expat life often means a lot of moving around, which seldom makes spending money on interior design a worthwhile investment. There are however affordable ways in which to create a sense of homely comfort in your temporary lodgings – check out these household accessories, each item under US\$45.



### ■ MAGAZINE RACK

Keep your issues of AsiaLIFE in order with this cool magazine rack. Made from steel, it adds a modern touch to your pad. Given its artsy look, you can even use it as a table centre piece on your coffee table! Available at I Ching, for US\$45.



### ■ WHERE TO GO

**Beyond Interiors**  
14e Street 306 Tel: 023 987 840

**Tendance Khmère**  
4a Street 278 Tel: 012 584 661

**I Ching Decor**  
85 Sothea's Blvd Tel: 023 220 873

**Elsewhere 2**  
Street 278 Tel: 023 994 231

### ■ LAUNDRY BASKET

Forget ugly plastic baskets for your laundry, and invest instead in this classy laundry basket. Made from cane, the basket is in fact a single piece woven on a circular loom and then folded on itself. The result is a beautiful finish and no seams. The baskets come two colours and two sizes (US\$21, US\$24) and have stylish faux-leather handles.



### ■ THROW AND CUSHIONS\*

Play with your baby on this beautiful silk and cotton throw. The odd-shaped cushions are perfect for leaning on, despite their unconventional looks. The throw is currently available at a discounted price of US\$35, while the silk cushions will set you back US\$7. Get them at Tendance Khmère, where only hand-woven Cambodian silk is used.



### ■ LUXURY SHEETS

Everyone loves a good night's sleep. To make sure you make the most of the night, invest in these beautiful 100% cotton sheets from Elsewhere, at US\$36 for a double bed (280x260). Each pack comes with one top sheet and two pillowcases. Sweet dreams...



\* baby not included



**■ AROMATIC CANDLES**

What better way of creating a romantic atmosphere than by aromatic candles? Not only will the aromatherapy make you feel good, but the citronella candles (US\$16 and US\$25) repel mosquitoes as well. The Karma candles (US\$8-US12) are made from environmentally friendly soy wax, while the multi-coloured candles are hand-



**■ CHAIR CUSHIONS**

Your rattan have chairs have never looked as bright or been as comfortable as with these colourful cushions from Tendance Khmere. Each only US\$9, they are certain to add vibrancy to your dining room or kitchen. If green isn't your thing, the cushions come in a variety of other colours.

# 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 Cambo-

dia 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 Tecnology**

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

**fashion**

**Ambre**

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

**Beautiful Shoes**

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

**Bliss**

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



SONG - life . com



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





# 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: 092 194 468



**Sobbhana Boutique**  
No. 23, St. 144/01, Sangkat Phnom Thmey III,  
Khan Daun Penh, Phnom Penh, Cambodia.  
Phone: (+855 23) 219 405  
Email: sobbhana@sobbhana.org  
[www.sobbhana.org](http://www.sobbhana.org)

www.sobbhana.org



**SMATERIA**

Up-market boutique selling Cambodian  
handmade women's clothes, scarves,  
shoes, bags and other accessories in con-

**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 amaz-  
ingly vibrant designs have collected quite  
a following throughout the fashion world.

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

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

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

**MDSF**  
71E0 Street 261, Tel: 017 467 986  
[www.wwp-we.org/mdsf](http://www.wwp-we.org/mdsf)  
Small garment factory produces simple  
clothes and bags. Proceeds go to sup-  
port 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](http://www.songresort.com)  
Franchise of Vietnamese-based SONG label  
owned by Keo Sophea who managed Kam-  
buja. Features casual wear for both men and  
women designed by Valerie Gregori McKenzie.

**Subtyl**  
43 Street 240  
Up-market boutique selling Cambodian  
handmade women's clothes, scarves,  
shoes, bags and other accessories in con-

temporary and interesting designs. Run  
by French-born Sandrine and Indian Cinni,  
the Subtyl collection combines class with  
colour. Chillikids children's clothing is also  
stocked at the shop. Open 9am to 7pm.

**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 acces-  
sories, with dresses from US\$20. Has another  
store on the way to Serendipity Beach in  
Sihanoukville. Two more shops in the pipeline  
and a boutique in the Independence Hotel.

**food**

**Alpine Trading**  
13 Street 90, Tel: 012 961 084  
This quality European beer importer sup-  
plies 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 Yeji.  
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](http://www.camoryfoods.com)  
Makes cookies using agricultural produce  
from the provinces such as cashew nuts  
from Kampong Cham and Monduliri honey.  
A portion of the profits helps fund education  
for a local orphanage. Open 9am to 8.30pm.

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

**Dan's Meats**  
51A Street 214, Tel: 012 906 072



**beyond interiors**

No. 14, St. 306. BKK1

HP: 012 930 332  
PH: 023 987 840

INFO@BEYONDINTERIORS.BIZ  
WWW.BEYONDINTERIORS.BIZ



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

**Kurata Pepper**

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

**Madeleine's Bakery**

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

**Smokey da Boar**

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

**The Deli**

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

**Veggy's**

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

**silks & accessories**

**Couleurs d'Asie**

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

**Friends 'n' Stuff**

**13 Street 215, Tel: 023 426 748**  
A colourful shop with unique products designed by Mith Samianh/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: 092 194 468**  
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](http://www.sayonsilkworks.com)  
Since 2001 self-taught Cambodian designer Sayon has created all her own handbags, cushions, scarves and quilts from Cambodian silk. A nice selection of goods on sale. Open from 9am to 7pm.

**Silk & Pepper**

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

**Sobhana Boutique**

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

**Wine**

**Celiers d'Asie**

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

**Open Wine**

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

**Quarto Products**

**30 / 31 Street 108, Tel: 023 221 772**  
email: [yuthana@quarto-products.com](mailto: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. **!**

[www.couleursdasic.net](http://www.couleursdasic.net)  
#33, Street 240 . Phnom Penh  
Tel./Fax 855 23 221 075 . [info@couleursdasic.net](mailto:info@couleursdasic.net)

**COULEURS D'ASIE**

GIFTS . HOME DECO  
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*Jasmine Boutique*

#73, Street 240, Phnom Penh  
t: +855 (0)23 223 103

FCC Angkor  
Pokambor Ave, Siem Reap  
t: +855 (0)63 760 610

e: [jasmineboutique@online.com.kh](mailto:jasmineboutique@online.com.kh)  
[www.jasmineboutique.net](http://www.jasmineboutique.net)

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**Tonle Bassac, Phnom Penh**  
**(Behind Java Café)**

## The Hot Seat: No Ordinary Butler

Of the myriad of marketing agencies in the country one company found a way to provide a service that's a cut above. **AsiaLIFE Guide** sits down with Opus Managing Director **Phillip Butler**.

### When did you first come to Cambodia and what were you doing before you came here?

I first came to Cambodia in 2004. Before then I was working in IT in Dublin, providing solutions to corporate clients.

### If OPUS is not your first job in Cambodia, can you also run through what other jobs you have done in Cambodia?

The reason I first came to Cambodia was to work for a private charity supporting a communications and technical skills development programme. Since then I have also been the General Manager of an IT and Design services company. That role introduced me to the Phnom Penh business scene and gave me an understanding of the market's needs.

### How do you find working here compared to other countries?

I am excited to be working in Cambodia as the country is growing rapidly, providing many individuals and businesses with outstanding opportunities. There is a constant stream of new product launches with an ever-increasing level of advertising efforts.

We are seeing changes in regulations and trade barriers, also change in socio-economic conditions and demographic groups. I enjoy observing as well as taking part in innovative approaches to new technological opportunities in Cambodia.

In comparison to other countries, business in Cambodia faces intensifying competition that requires ever more market presence to increase brand awareness and sales, and that keeps my personal interest in working here alive. I strongly believe that the success of an emerging economy depends on new creative ideas and people who have the courage to implement them.



Phillip sees a promising future for marketing in Cambodia

### When did you establish OPUS and why did you see the need for OPUS in Cambodia?

OPUS has been fully established and open for business since 2008. The industry we are in is highly competitive, but I saw a need for a boutique agency with strong creative skills and technical expertise.

People tend to buy the experience that comes with the use of a product, rather than the product itself. Communication becomes the key influencer as customers stop relying solely on promotion, basing their purchasing decisions instead on recommendations from others and valuable engagement with the manufacturer. The fast moving market environment dictates the purchasing channels and platforms. It is not about the vendor's location any more, it is all about convenience. Not about the lowest price, but about quality and value.

The methods OPUS uses to promote businesses are constantly evolving to face the current needs of the market. By opening OPUS, Cambodia has gained a company which can keep pace with these evolutionary steps and support the rapid growth of the country.

### Your website mentions that you provide "complete solutions for your marketing and communications needs." Can you provide further information on the services you provide?

We offer services which support businesses from their very conception, through launch and growth. For example we can create a marketing plan, advertising campaign and website for a new or existing company.

Ultimately, we are here to provide our clients with integrated marketing solutions and ensure that their businesses become

well known, credible and in high-demand.

### What differentiates OPUS from other media and marketing companies operating in Cambodia?

Our high level of customer service, online marketing expertise and creative drive.

### How do you see the sector and business in general in Cambodia developing over the next few years?

Right now there are dozens of registered marketing and advertising companies in Cambodia. Inevitably some of these will fold. However, as the country's economy continues to grow more international players will enter the market. This will be healthy for the market.

### What plans do you have for OPUS in the future?

We are expanding our efforts to contribute to the Cambodian community by training and nurturing creative and technical skills in young and ambitious Khmers.

### How can anyone interested in your services get in contact with you?

*If you want to get in touch with Phillip phone him on Tel. 023 987 014 or drop me an email. Email. [phillip@opus.com.kh](mailto:phillip@opus.com.kh)*

## CV

**Phillip Butler**

**Company:** OPUS Cambodia

**Position:** Managing Director

**Nationality:** Irish

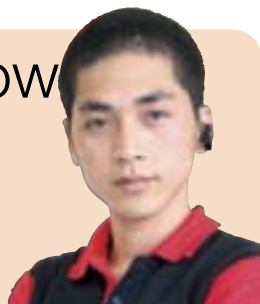
**Age:** 32

**Married:** No, but taken

**How long in Cambodia:**  
5 years



# The Geek: How to Speed Up Your Internet Browsing



*This month Yeng imparts his knowledge on how we can speed up our internet browsing.*

THE KEY TO SPEEDY surfing is the right internet browser. While Internet Explorer is the most commonly used more people are starting to use Mozilla Firefox, Safari, Google Chrome, or Opera.

There are many advantages and disadvantages to each of the above. My advice is, have a few on your computer just in case you want to switch. Many people use Internet Explorer because it is installed by default when you get your new computer. However, IE very often disappoints by crashing and noticeably slowing down other computer processes when opening a website.

The advantage of using IE over the others is when your company uses Microsoft collaboration servers like Exchange Email or Share-Point systems. However, I personally wouldn't use IE as my default browser.

To speed up your Internet browsing experience, I recommend Mozilla Firefox which can be downloaded free from [www.mozilla.com](http://www.mozilla.com). Firefox has numerous Add-ons so you can fully customize your browsing experience. One Add-on, colourful browsing tabs, allows you to open new pages in one window rather than opening a new window for each, helping you to save both space on your taskbar, and time. The bookmark toolbar is brilliant because you can simply drag a website address to it and instantly create a shortcut. (Tips: with your new bookmark like gmail.com on the toolbar, right-click and choose property, delete the name then ok. Now check out the b-toolbar again. You should be able to see the

icon of the website rather than wasting the space with long names.). To organize your b-toolbar into categories, you can also create folders and place similar ones in the same folder. Finally, compared to the other browsers, Firefox has the best file download management.

Google Chrome is known for its speed and can be downloaded from [google.com/chrome](http://google.com/chrome). Use Chrome if you are running a lower spec PC. It also has a special feature called the Most Visited Website Thumbnail which is shared by IE version 8 and Opera browser ([www.opera.com](http://www.opera.com)). Opera lets you personalize the program so you own it. Similar to Chrome's thumbnail, Opera calls it Speed Dial, which lets you build your own start-up page shortcuts.

Firefox and Opera are the Geek's top choices. However, these programs might also demand just a little bit more computing power. If you are looking for an improvement of your 3-year-old laptop for browsing the Internet, I would recommend Google Chrome.

My last tip this month is one shortcut key that you might not have even known was possible. To enter [www.google.com](http://www.google.com) try typing 'google' in the address bar and then hold down Ctrl + Enter on your keyboard. All above programs support this command. Enjoy!

*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](mailto:info@netpro-cambodia.com). Visit: [www.netpro-cambodia.com](http://www.netpro-cambodia.com) for more information. 📧*

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[WWW.NATHANHORTONPHOTOGRAPHY.COM](http://WWW.NATHANHORTONPHOTOGRAPHY.COM)

# 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.cccfCambodge.org

**International Business Club of Cambodia**  
56 Sotheaors 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.

**Forté Insurance (Cambodia)**  
325 Mao Tse Tung,  
Tel: 023 885 066  
www.forteinsurance.com  
The largest Cambodian underwriters. Established in 1996, specialise in car, accident, property, personal liability, marine, travel and transport insurance.

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

## international schools

**iCan International School**  
85 Sotheaors Blvd,  
Tel: 023 222 418  
www.ican.edu.kh  
iCAN is a truly international school. It offers affordable, high quality education to 330 children, aged 2-12, from 29 different nationalities, using the British curriculum. iCAN is a contemporary, purpose-built school

and is the first in Cambodia with interactive whiteboards in every classroom. All iCAN teachers are fully qualified, experienced and encourage a love of learning that goes beyond what is taught.

**International School of Phnom Penh**  
146 Norodom Blvd, Tel: 023 213 103  
www.ispp.edu.kh  
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  
USA accredited school offering Nursery-Grade 12 university preparatory international education. Purpose built facility with expansive playing fields, playgrounds and pool on secure, manicured grounds. PYP/IBO candidate school.

**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.

## Airlines



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

**Angkor Airways**  
32 Norodom Boulevard  
Tel: 023 222 056

**Bangkok Airways**  
61A Street 214  
Tel: 023 722 545

**China Airlines**  
32 Norodom Boulevard  
Tel: 023 222 393

**Dragon Air**  
168 Monireth Boulevard  
Tel: 023 424 300

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

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

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

**Lao Airlines**  
58C Sihanouk Boulevard  
Tel: 023 216 563

**Malaysia Airlines**  
172 Monivong Boulevard  
Tel: 023 218 923

**Royal Khmer Airlines**  
36B Mao Tse Tung Boulevard  
Tel: 023 994 502

**Shanghai Air**  
19 Street 106  
Tel: 023 723 999

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

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

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

**Vietnam Airlines**  
41 Street 214  
Tel: 023 363 396

## 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

**Phillippines**  
33 Street 294, Tel: 023 215 145

**Singapore**  
92 Norodom Boulevard,  
Tel: 023 221 875

**Sweden**  
8 Street 352, Tel: 023 212 259

**Thailand**  
196 Norodom Boulevard,  
Tel: 023 726 306

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

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

**Vietnam**  
436 Monivong Boulevard,  
Tel: 023 726 283



# Trevor Keidan: What Price Peace of Mind?



*What is the price of 'peace of mind' and what is its worth? That's the question many of us should ask when it comes to considering health (and indeed any other) insurance plans.*

AS EXPATS LIVING ABROAD the value we place on having health insurance is often considerably higher than that we would put on it back home. After all back home the chances are that medical expertise is almost always near at hand.

However, while medical facilities in certain South East Asian countries are second to none, certain expertise can be lacking. Often we would not expect to need specialist medical advice and expertise but if we did the cost of obtaining such facilities and attention could prove prohibitive – at least without the help of insurance.

For many the real value of having financial and administrative support is not just the price of the hospital and the medical evacuation alone. It's the fact that the insurance company has invaluable experience dealing with emergencies similar to the one they faced. They also had invaluable contacts as well as the ability to make things happen - fast.

Obviously peace of mind does come at a price. Life does involve risk and nobody is going to guard against, or compensate, for the financial losses that are invariably associated with that risk without

expecting to be paid for it. And that's where insurance companies come in.

An insurance company takes on the cost of that risk by effectively taking regular advance payments in return for safeguarding against personal loss. And while not everybody incurs those losses the insurance company will collect premiums from many to pay for the losses of a few.

And while medical insurance is one of the most sought after types of insurance available, nowadays there are policies that underwrite everything from cars to cats. Some of the

most common types of insurance include disability insurance, life insurance, motor insurance and even pet insurance.

What you cover and how much you spend on insurance is really up to you. After all when it comes to insurance - what is the price for peace of mind?

*Trevor Keidan is Managing Director of Infinity Financial Solutions. This company provides impartial, tailor-made, personal financial advice to clients in Cambodia and Southeast Asia. Should you wish to contact Trevor please send an email to [tkeidan@infinsolutions.com](mailto:tkeidan@infinsolutions.com).*

**Netpro Cambodia**  
146D, Street 376,  
(near Tuol Sleng Museum),  
Tel: 855 23 215 141,  
[info@netpro-cambodia.com](mailto:info@netpro-cambodia.com),  
[netpro-cambodia.com](http://netpro-cambodia.com),  
IT support company that delivers high quality and reliable services to home and small to medium size organisations in Cambodia.

[www.melon-rouge.com](http://www.melon-rouge.com)  
Photographic agency that offers a full range of visual products and services from fashion, life style, reportage, 360° panoramic pictures, to cultural event organisation.

gian 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.

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.

**Nathan Horton Photography**  
Tel: 092 526 706  
Full service professional photographer. Hotels, bars, restaurants, spas and location work. Call for Travel Photography workshops and Travel Photography tours.  
[www.nathanhortonphotography.com](http://www.nathanhortonphotography.com)

**Camshin**  
6B-7B 294 Mao Tse Tung Blvd.  
Tel: 023 367 801  
Internet provider that also installs land lines and issues the 011 SIM card.

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

**legal**  
**Sciaroni & Associates**  
56 Sothearos Blvd.,  
Tel: 023 210 225  
Law firm with a good reputation. Just the ticket if you get into a spot of bother.

**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.

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

**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.

**Office Space**  
**Kamia The Secretary Ltd.**  
784-787, Building F Phnom Penh Centre, Cnr. Sothearos & Sihanouk Blvds., Tel: 023 997 492,  
[www.thesecretarycambodia.com](http://www.thesecretarycambodia.com)  
Highly professional company that lets fully-serviced office accommodation on both a short-term and long-term basis.

**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.

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

**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.

**Pets**  
**Happy Dog**  
233 Kampuchea Krom (Street 128),  
Tel: 012 321 333  
Just what man's best friend wanted. This shop specialises in dog food, toys, products and services, including veterinary, boarding, grooming and shampoo. Open from 8am to 8pm.

**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.

**Hello**  
Tel: 016 810 000, [www.hello.com.kh](http://www.hello.com.kh)

**TeleSurf**  
33 Sihanouk Blvd, Tel: 012 800 800  
[www.telesurf.com.kh](http://www.telesurf.com.kh)  
Internet service provider (ISP) providing 24-hour broadband Internet service. 🇰🇷

**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.

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

**Photography**  
**Asia Motion**  
Tel: 092 806 117, [www.asiamotion.net](http://www.asiamotion.net)  
Photographic agency established by Isabelle Lesser in November 2008 as a cooperation between local and international photographers.

**telecoms**  
**Beeline**  
Tel: 090 999 611, [www.beeline.com.kh](http://www.beeline.com.kh)  
Mobile phone company offering VoIP international calls at attractive rates.

**Melon Rouge Agency**  
84 Sothearos Blvd, Tel: 092 644 811,

**Cadcoms**  
825A Monivong Blvd., Tel: 023 726 680  
Communications company with Norwe-

Helping NGOs, fundraise and advocate with high impact short documentary films.  
Full Service Video Production Company  
[www.AsiaMediaLab.com](http://www.AsiaMediaLab.com) Tel - 012 816 917 Email - [Toddabrown@hotmail.com](mailto:Toddabrown@hotmail.com)

## Ancient Ink

Thai bamboo tattooing stretches back 3,000 years, but is still alive today. **Hasan John Wafi** heads to Thailand's Ko Chang to go under the bamboo shoot and learn about the ancient tradition.

A SMALL GROUP OF YOUNG Thai men are happily chatting, smoking and enjoying a beer in the small house-cum-tattoo shop. A chilled reggae beat plays in the background, mingling with their laughter. Occasionally their voices die down as they gaze more intently at the works in progress.

There are three of us lying on thin mattresses on the floor, each flanked by a tattoo artist in mid-stream. Sittichai "One" Wanakhun, the home/shop owner, is concentrating on his latest piece. His right hand taps back and forth rhythmically as his left guides the needle-pronged bamboo into my skin. His bare foot is on my chest, pulling the skin taut.

Hanging from his neck is a chunky necklace adorned with five Buddhist charms, each enclosed in a transparent case. One of them, a small ivory elephant head, nods with approval with every tap.

"Don't worry," One says, "only about 30 minutes to go." I look to the elephant, who nods in confirmation. The pain is almost over.

I had travelled to Ko Chang, Thailand to get a tattoo to cover up a burn scar. Living in Southeast Asia with an interest in tattoo culture, I'd come across the Thai bamboo tattoo. I already had a couple of tattoos and was keen to try something different.

In bamboo tattooing, the end of a bamboo shoot is flattened and shaped into a platform, to which five micro-thin needles are firmly bound. The tattoo artist uses one hand to guide the needles as the other acts as the machine, rapidly tapping the needles so they penetrate the skin. Jasmine oil is applied throughout the process to prevent the ink from seeping into the skin until the artist taps it into the intended location.

What attracted me to getting a bamboo tattoo is the elegant simplicity of the process. This is how tattoos were done for thousands of years. Sitting in One's shop, it



East meets West

was almost like I had been transported back in time, albeit with a Bob Marley soundtrack.

### ■ WARRIOR GHOSTS

Thailand's history of bamboo tattooing stretches back some 3,000 years to the Khmer period. This ancient tradition, known as yantra, has gradually integrated elements of Buddhism and Hinduism over the years. Bamboo tattooing isn't as popular as it was in the past – nearly all Buddhist men were once tattooed – but spiritual tattoos are certainly not uncommon today in Thailand.

Researching on the Internet, I discovered that a bamboo tattoo artist named Sittichai "One" Wanakhun and his partner Olivia Huls run a thriving, modern-day bamboo tattoo business on Thailand's second largest island, Koh Chang.

After a pleasant five-hour bus and ferry journey I found myself on Koh Chang. I jumped in the back of a pickup truck taxi and headed for Lonely Beach, the backpacker area and the location of One's shop. As the driver set off, I looked in through the back window of the taxi and noticed a traditional Thai tattoo peeking out from under his sleeve, a fierce tiger with its eye on the road.

There are hundreds of traditional Thai tattoo designs, many of them animals and each with its own spiritual meaning. Buddhist men get the tattoos to show devotion or, more commonly, as good blessing charms. The power in these tattoos is believed to be very strong.

Amazingly Thailand has never been occupied. Invading armies all failed in their attempts and reported that the Thai soldiers were warrior ghosts, invisible at times and impossible to kill because of their protective tattoos, called sak yant.

The accompanying prayers chanted by the monks who create the tattoos are also believed to be potent. It's thought that the right tattoo composed by the best

PHOTO BY FRED WISNISKI



tattoo master can stop bullets and knives. Not surprisingly, the tattoos are popular with soldiers, policemen and members of Thailand's criminal underworld.

I was still brooding on my own tattoo design as we drove up a steep, rising road, high among the trees. Rounding a corner, the foliage cleared and revealed the ocean vista below.

Way out, wallowing in the water like giant hairy beasts, sat dozens of small tree-covered islands, the profound blue surrounding them, gradually lightening into aquamarine as it lapped at the beach far below. Beyond the beach rose one of the island's two peaks, shrouded in a blanket of dense virgin rainforest, hiding its mysteries in a labyrinth of lush greenery.

This was the land that tattooed warriors once fought for. It was at this point I realised I wanted a traditional Thai design.

**■ BAMBOO BUSINESS**

Walking down a dirt road towards Lonely Beach, I passed many tattooed people. I eventually came across a man sitting outside a tattoo shop, looking like an intimidating warrior ghost, except for the big smile on his face. It was the man himself – One.

After getting settled into a rustic bungalow behind the shop, I began looking at tattoo designs and finally decided on a traditional dragon accompanied by a Thai devil, a symbol of protection. I must admit, protection or not, I just thought it looked cool.

I was soon lying on the floor, with One working away on my chest. The pain wasn't too bad just yet, and I busied myself looking at One's own tattoos.

"My dad did most of my tattoos," he said, noticing me looking as he stopped to rub more oil



PHOTO BY RACHEL NIKLAS

**The sting of tradition**

into my skin. "Some of the ones on my legs I did myself."

Intrigued, I asked him more about how he became a bamboo tattoo artist.

"My dad taught me how to tattoo, and my granddad taught him. It's a family business," he laughed. "My granddad was a monk and my dad ran a famous bamboo tattoo school in Bangkok. I also spent three years as a monk learning how to tattoo."

One did his first tattoo when he was 15 years old and hasn't looked back since. He has more than 20 years' experience, and it shows. He's regarded as one of the best freehand tattoo artists in Thailand.

"It takes two years of training to be able to tattoo with bamboo and many more years before you can do it freehand," he explained. He stopped and

smiled. "OK, now you can have a break!"

One is a busy man and will usually see several customers a day, devoting an hour or two to each to keep everyone happy. While he worked away in the shop, I talked with his partner Olivia Huls, who explained some of the benefits of bamboo over the more conventional machine tattoo.

"As the needles are very thin and placed in a line, instead of a round bullet, it enables the artist to achieve more precision and a much finer line than that of a machine," she explained.

"Another benefit is that the skin is punctured, not torn, so there is no bleeding. Machine tattoos bleed because the skin tears as the machine moves over the skin, as opposed to the needles going straight in and straight out with

the bamboo process. This results in a significant reduction in pain."

The lack of bleeding means there is a very quick healing time – about four days. It also translates into a tattoo with strong, vibrant colours, since bleeding pushes the ink out of the skin.

Olivia and I sat and talked a while longer but I couldn't help envisioning my own tattoo. Had I made the right decision going bamboo?

**■ DRAGON DEVIL**

One scrutinises his work while rubbing in more oil, then taps away for a few more seconds before a peaceful smile plays across his face.

"It's done," he says, pointing me in the direction of the mirror.

The scales of the dragon hit me first, they seem to shimmer as its body coils round to its majestic head, smoke swirls in the background, from which an elaborate face glares out menacingly. I gaze in the mirror for a long time, something different catching my eye every few seconds, the subtle shades creating something living on my chest, the intricacy and elegance of it reminding me of the landscape I'd admired earlier in my trip.

I turn to One and give him the thumbs up. The scar is virtually invisible and I think he can tell by my expression that I love the tattoo.

For more information on Sit-tichai "One" Wanakhun, check out: [www.bambootattoochochang.com](http://www.bambootattoochochang.com).

**■ GET INVOLVED**

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

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# Our Man in Bangkok

We all need to get away from the Penh sometimes. Starting this month Bangkok-based journalist Greg Lowe gives us the low-down on what is new and hip in the City of Angels.



2010 a Bangkok odyssey



## ■ EAT:

### Khua Kling Pak Sod

Great little southern joint specialising in spicy authentic flavours from the owners' hometown of Chumpon served in Thai retro-chic aircon surrounds. Pictures of yesteryear Bangkok adorn the walls and the restaurant has a more distinctive design ethic than most, hence the higher prices. Dishes to try include gung pat sator (prawns fried with spicy stink beans), gaeng luang pla (yellow fish curry) and the eponymous khua kling moo. A few dishes and beer will set you back around 400-450 baht. Closed Mondays.

*Sukhumvit Soi 40, Tel: (0)2-391-1855*

## ■ DRINK:

### Red Sky

Perched on the 55th floor of the Centara Grand, Red Sky is one of central Bangkok's few rooftop bars and is worth a visit for a sundowner al a cityscape for this reason alone. The open-air martini bar is practically carved from mahogany (martinis cost 290 baht). Inside the more colourfully decorated wine bar features luxurious plush sofas and mellow jazz. Beers cost 230-290 baht, champagne cocktails 950 baht, wine by the glass start at 250 baht. Open 5pm-1am.

*Centara Grand at Central World, Rama 1 Road, Tel: +66 (0)2-100 1234, www.centralhotelsresorts.com*

## ■ PARTY:

### Bed Supperclub

While the recession has claimed many of Bangkok's clubs, Bed's eclectic mix of salsa, house, hip hop and electro, and its unique design – you can lounge about on bed-like sofas – continues to pull in the crowds of locals and out-of-towners alike. Big Saturdays feature residents DJ Ome, Fred Jungo and Josh Ezelle. While Sunday offers up Think Pink, a GLB night, and Nu Muzik in the second room playing breakbeat, nu jazz and house. ID is required for entry, even if you're 75.

*Sukhumvit Soi 11, Tel: +66 (0)2-651 3537, www.bedsupperclub.com*

## ■ SLEEP:

### Baan Saladaeng

Located off Silom Road this nine-room hotel offers style and value with a taste of individuality. Each room is themed by a local designer, and while some of the creations are a little odd they at least have buckets of personality. Rates range from 1,200 to 2,500 baht including breakfast. All rooms have free wifi.

*Saladaeng Road, Soi 3, Tel: +66 (0)2-636 3038, www.baansaladaeng.com*



Mission not impossible



# getaway

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## battambang

### La Villa

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

### Riverside Balcony Bar & Restaurant

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

## chau doc (vietnam)

### Victoria Chau Doc Hotel

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

## phu quoc (vietnam)

### Chenla Resort & Spa

Ong Lang Beach, Phu Quoc, Tel: +84 773 995 895,  
[www.chenla-resort.com](http://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](http://www.bokorlodge.com)  
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms. Also has a good restaurant and bar with some outside seating overlooking the river.

### Epic Arts Café

Old Market, Kampot  
Employing deaf staff, this café next to the old market has a good range of bagels, shakes, brownies and coffee. Open from 7am to 6pm.

### Jasmine

House 25 Riverside Road, Kampot  
Tel: 012 927 313  
Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish oasis on the Kampot riverfront. Serves tasty Thai, Khmer and café fare. Also has photography decorating the walls, and occasional film nights.

### Les Manguiers

2km north of Kampot, Tel: 092 330 050  
Small resort with bungalows and rooms set in beautiful gardens overlooking the riv-

er. Also has a restaurant with daily changing, freshly prepared food. Best to book up in advance especially at weekends.

### Mea Culpa

44 Sovansokar, Kampot, Tel: 012 504 769  
New accommodation established by the former manager of Bokor Mountain Lodge set in the French Quarter. Six rooms have air con, hot water, DVD and TV. The large garden has a patio pizzeria and bar.

### Rikitikitavi

Riverfront, Kampot, Tel: 012 274 820  
[rikikititavi@asia.com](mailto:rikikititavi@asia.com)  
Western food served in large portions in this river-facing restaurant, bar and three-room guesthouse. A more 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](http://www.thebeachhousekep.com)  
Small hotel with pool in an excellent location, directly opposite Kep's mermaid statue. Relaxed café, and tasteful western-style rooms all with sea view. Can organise trips to nearby Rabbit Island or further afield to Bokor Mountain.

### Champy Inn Resort

Tel: 012 501 742  
Sea-fronted resort with fan-cooled bungalows. Has a swimming pool, a restaurant, a bar and a pleasant garden.

### Knai Bang Chatt Resort

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

### Le Bout du Monde

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

### Led Zeppelin

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

### Star Inn

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

### Veranda Natural Resort

Tel: 012 888 619, [www.veranda-resort.com](http://www.veranda-resort.com)  
Traditional wooden bungalows set in the hillside, some with fans and others with air con. Settle down for the night and listen to the jungle purr. Has a good restaurant and bar with some quite stunning sweeping views down to the coast.

## kratie

### Cambodian Craft Co-operation

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

### Red Sun Falling

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

### Star Guesthouse

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

## phnom penh - deluxe

### Amanjaya

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

### Cambodiana

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

### Himawari

313 Sisowath Quay, Tel: 023 214 555  
[www.himawarihotel.com](http://www.himawarihotel.com)  
The 115 beautifully-designed suites have

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

### Imperial Garden Hotel

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

### Intercontinental

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

### Raffles Hotel Le Royal

Street 92, Tel: 023 981 888  
[www.phnompenh.affles.com](http://www.phnompenh.affles.com)  
Emanates the same class as its more famous namesake in Singapore. The Elephant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays.

### Sunway Hotel

1 Street 92, Tel: 023 430 333  
[www.sunway.com.kh](http://www.sunway.com.kh)  
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

## phnom penh - mid

### Asia Club

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



# the blue pumpkin



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**Almond Hotel**

128F Sotheaors Blvd. Tel: 023 220 822  
www.almondhotel.com.kh  
56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.

**Anise**

2C Street 278, Tel: 023 222 522,  
www.anisehotel.com  
Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine.

**Billabong**

5 Street 158, Tel: 023 223 703  
www.thebillabonghotel.com  
Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Serves good food. The rooms are a reasonable size with air-con.

**Bougainvillier**

277G Sisowath Quay, Tel: 023 220 528  
Stylish riverfront hotel with 40 rooms, including some impressively large suites. Dark wood antique style furniture and jewel coloured silks create a luxurious ambience, and all the necessary amenities are available. The hotel is also home to a gourmet restaurant.

**FCC Phnom Penh**

362 Sisowath Quay, Tel: 023 724 014  
www.fccambodia.com  
Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-speed Internet access and the latest mod cons.

**Goldiana**

10-12 Street 282, Tel: 023 219 558  
www.goldiana.com  
Extremely popular hotel for visiting NGO workers presumably due to its close proximity to NGO-land and reasonable prices.

**Kabiki**

22 Street 264, Tel: 023 222 290  
www.thekabiki.com  
Set in a secluded alley around the corner from the Pavilion, Kabiki is the first hotel in Cambodia dedicated to families and children. The two salt-water pools are designed with children in mind. The rooms have a double bed and a bunk bed as well as a small outside area for small children. Free WiFi, bar and restaurant.

**The Quay**

Sisowath Quay, Tel: 023 224 894  
www.chowcambodia.com  
Five-storey, 16-room riverside boutique hotel has beautiful contemporary rooms designed by Gary Fell. The stand-out features are the roof-top jacuzzi and the very contemporary ground-floor bar and Chow Restaurant with WiFi.

**The Pavilion**

227 Street 19 Tel: 023 222 280  
www.pavilion-cambodia.com  
Beautiful boutique hotel set in a colonial building with large, unique rooms, each with either a small balcony or garden. Outdoor swimming pool, free WiFi and a small poolside restaurant.

**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 competitive rates and a good kitchen, although the pool tends to get over-run by children especially at the weekend.

**phnom penh - budget****Blue Dog Guest House**

13 Street 51, Tel: 012 658 075  
www.villalangka.com  
Small guesthouse close to the Golden Mile with cheap upstairs rooms, some with A/C. Khmer art gallery on the ground floor, features artwork by the owner. Also has ground-floor restaurant.

**Bodhi Tree**

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

**Cara Hotel**

18 Street 47, Tel: 023 430 666  
Just north of Wat Phnom, this stylish boutique hotel has well-fitted rooms at very reasonable rates and a great sushi restaurant.

**Feeling Home**

Cnr. streets 278 & 63, Tel: 023 221 522,  
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 spottless rooms have air-con, cable TV, minibar, safety box and en suite rooms with hot water. The hotel is located close to the bus stations and the ferry dock.

**The Winking Frog**

128 Sotheaors Blvd. Tel: 023 356 399  
Centrally-located guesthouse with 31 en-suite, air-conditioned rooms. Downstairs is a British-run, 24-hour pub with sports bar, live music and good Thai food.

**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 Pailote'**

Victory Hill, Tel: 012 633 247  
Upmarket French restaurant that outshines the other places on Sihanoukville's late night drinking street. Sophisticated French cuisine in a beautiful garden setting. Open for lunch and dinner.

**Luna d'autunno**

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

**Mick & Craig's Sanctuary**

Road to Serendipity Beach,  
Tel: 012 727 740  
Open restaurant serving reliable food, including wood-fired oven pizzas. Bar has a big screen and pool table. The guesthouse has a few rooms, a bookshop and is a good source of travel information. Open 7am to late.

**Oasis Hotel**

Ekareach Street, Tel: 012 638 947  
Spacious sports bar with large TV screen showing F1 and movies. Two pool tables often with plenty of willing female opponents. It also has spacious rooms ranging from. Open from 7am to late.

**Otres Nautica**

Otres Beach, Tel: 092 230 065

Boating company operating off Otres Beach. Has catamarans, lasers, sailing boats, sea kayaks as well as other vessels. Provides lessons and rental for beginner and expert sailors.

**Reef Resort**

Road to Serendipity Beach,  
Tel: 012 315 338,  
bookings@reefresort.com.kh  
Small guesthouse set around a beautiful pool. Rooms have aircon, in-room safe and cable TV. Family rooms also available. Has a welcoming bar with excellent TV screen, slate pool table and excellent Mexican cuisine.

**Scuba Nation**

Tel: 012 604 680 / 012 715 785  
www.divecambodia.com  
Five-star PADI centre offering daily trips to the area's many islands and reefs including the decent dive sites at Koh Rung Samloem and Koh Kon. Also run a range of PADI-certified courses. Has office in Phnom Penh.

**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.

**sihanoukville - 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.

*Le Bout Du Monde**Kep, Cambodia*

Le Bout du Monde, Kep sur Mer  
Charm and Nature  
Fine Cuisine – Private Bungalows

For the opening of the new restaurant, Le Bout du Monde offers for each meal, either an aperitif, or a dessert. This offer closes September 30th.



Web: www.leboutdumondekep.com Tel: +855 (0)11.96.41.81 Email: contact.leboutdumonde@gmail.com



# HISTORY



# ELEGANCE



# COMFORT



# ALONG THE SEA SHORE



**Independence Hotel**  
● Boutique Resort ●

Street 2 Thnou, Sangkat No. 03, Khan Mittapheap, Sihanoukville, Cambodia  
Tel: +855-34 934 300 • 303 H/P: 012 728 090 • Fax: +855-34 933 660  
Web: [www.independencehotel.net](http://www.independencehotel.net)  
Email: [info@independencehotel.net](mailto:info@independencehotel.net) or [indph@online.com.kh](mailto:indph@online.com.kh)

**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 'charly' 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](http://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](http://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](http://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](http://www.redpianocambodia.com)  
Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has great views of the mêlée down below. Open from 7am to 11.30pm.

**The Warehouse**  
Old Market, Tel: 063 965 204  
Popular expat bar opposite the old market that plays great 80s music. Good Asian fusion cuisine and with an additional selection of menus from nearby outlets, this is a great place to hide from the hordes along Pub Street and use the free Wi-Fi. Also has a small gallery upstairs. Open from 10am to 3am.

**X Bar**  
Sivatha Street & Pub Street,  
Tel: 092 207 842  
Definitely the last option for continuing the night - just one for the road. Open from 4pm to very late. Supersize TV screen, table football and pool tables provide a number of options for staying up later.

## siem reap - cafés

**Blue Pumpkin**  
Old Market, Tel: 012 946 227  
[www.tbumpkin.com](http://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.hoteldelaixangkor.com](http://www.hoteldelaixangkor.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](http://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](http://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)

(1) 60 metres (2) Franz Beckenbauer (3) The Funeral of Diana, Princess of Wales (4) Tour de France (5) USA and Brazil (6) Motor racing (Formula One) (7) Twenty20 Cricket (8) NHL (National Hockey League) (9) Baseball (10) Rugby Union (11) Thearavada (12) Suryawarman II (13) (Phnom) Tbeng Meanchey (14) Chenla (15) Pol Pot (16) Nation, religion, king (17) 1953 (18) Czech (19) Monduliri (20) Koh Kong (21) Henry VIII (22) James Blunt (23) Percy Shelley (24) Gordon Ramsey (25) Ringo Starr (26) Emily Dickinson (27) Bertie Ahern (Pádraig Partháin Ó hEochthaíre) (28) Tobey Maguire (29) Thomas Cook (30) Thomas the Tank Engine

## Pub Quiz Answers



International photography gallery curated by Brenda Edelson set in the Friends Centre. All proceeds go to the Angkor Children's Hospital.

**Happy Painting**  
 FCC, Old Market  
 Tel: 092 950 803, www.happypainting.net  
 Three shops selling the extremely colourful and positive work of iconic artist Stef. Accepts credit cards. Open 8am to 10pm.

**Klick**  
 Alley behind Pub Street, Tel: 063 761 084  
 Commercial fine art gallery dedicated to the work of Swiss photographer Pier Poretti. Black and white photographs are given a face-lift using hand-tinted water colours.

**McDermott Gallery I & II**  
 FCC Complex, Pokambor Avenue,  
 Tel: 012 274 274  
 Alley behind Pub Street, Tel: 092 668 181

**www.mcdermottgallery.com**  
 Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other photographers. Open 10am to 10pm.

**The One Gallery**  
 The Passage, Old Market Area  
 Tel: 015 378 088  
 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. **Open 11am – midnight.**

**The Red Gallery**  
 FCC, Pokambor Ave., Tel: 092 822 323  
 A contemporary art space representing a select group of artists based in Cambodia. The Gallery exhibits sculptures, oil paintings, photography and mixed media.

Hours: 10am to 10pm.

**The Wa Gallery**  
 333 Sivatha Boulevard, Tel: 016 746 701  
 Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. Open 10am – midnight

**Wat Kandal Gallery**  
 River Road, near Wat Kandal  
 Tel: 092 521 801  
 Tucked away by the river, and nestled under rambling shade trees, the gallery/studio shows Jean-Pierre Obriot's tranquil contemporary paintings of monks and Buddha images, as well as his collection of antiques.

**siem reap - hotels**

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

**FCC Angkor**  
 Pokambor Avenue, Tel: 023 992 284  
 www.fccambodia.com  
 Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

**Golden Banana Boutique Resort**  
 Wat Damnak Area,  
 Tel: 012 654 638 / 012 885 366  
 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 stoneware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free WiFi.

**La 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 Sivatha Rd and National Rd 6  
 Tel: 063 969 999, www.sokhahotels.com  
 Huge 5-star resort, sister property to Sihanoukville's Sokha Beach Resort. Located just back from the centre of town, it has a large pool, Irish pub and Japanese restaurant.

**Tara Angkor Hotel**  
 Road to Angkor, Tel: 063 966 661  
 Elegant, boutique hotel with attractive swimming pool and rooms at competitive rates.

**Victoria Angkor**  
 Near Royal Gardens, Tel: 063 760 428  
 www.victoriahotels.asia  
 Beautiful hotel with the most luxurious swimming pool and garden. Worth popping in and paying a visit if just to see the Siamese crocodiles in reception.

**siem reap - leisure**

**Body Tune**  
 293-296 Pokambor Avenue  
 www.bodytune.co.th  
 Heavy grey stone Thai-run spa with selection of massages and facials. All masseuses work with Thai instructors.

**Frangipani**  
 Alley behind Pub Street,  
 615-617 Hup Guan Street  
 Tel: 063 964 391  
 Relaxing three-room beauty spa in the heart of town that's popular with expats. Now has a second outlet in the modern complex close to the Central Market. Frequented by those expats in the know.

**Helicopters Cambodia**  
 658 Hup Guan Street, Tel: 063 963 316  
 Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

**Phokeethra Country Club**  
 Sofitel Royal Angkor Resort & Spa,  
 Vithei Charles de Gaulle, Tel: 056 396 4600,  
 golf@sofitel-royal-angkor.com  
 International standard 18-hole, 72-par golf course managed by the Sofitel Royal Angkor Golf and Spa Resort. Situated 16km outside of Siem Reap.

**Sokha Helicopters**  
 24 Sivatha Road Siem Reap,  
 Tel: 012 184 8891,  
 www.sokhahelicopters.com  
 Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

**siem reap - restaurants**

**AHA**  
 The Passage, Tel: 063 965 501  
 Sophisticated and beautifully designed wine bar selling wide range of wines from around the world, tapas, great cheese & Lavazza coffee. Open form 10.30am to 10.30pm.

**Alliance Café**  
 7 Makara Street, Wat Damnak Area  
 Tel: 017 809 010  
 French restaurant established by Olivier

**សណ្ឋាគារ ទ្រូងស្រាវ អ៊ិន**  
**GOLDEN ORANGE HOTEL**

Group 1, House No 7, Siokram 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.



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](http://www.butterfliesofangkor.com)  
Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.

**Chez Ninie**  
*Lane off Pub Street, Tel: 012 582 782*  
Located conveniently right next to Miss Wong, this delightful small French restaurant has home-cooked cuisine with daily changing specials.

**FCC Angkor**  
*FCC Complex, Pokambor Avenue*  
*Tel: 063 760 280*  
The best example of contemporary Asian architecture in Cambodia, elegant bar & restaurant serve mix of Asian and International cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel & arguably the coolest pool room in Cambodia.

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

**Le Bistrot de Paris**  
*Old Market Area, Tel: 092 964 790*  
Parisian-style bistro which opened in December 2006. Heavy wood-panelled interior with solid bar and aircon provide this restaurant with authenticity. Serves

foie gras, croque monsieur, cheese, cold cuts and French wines.

**L'Oasi**  
*East River Road, Tel: 092 418 917*  
The best Italian restaurant in, or rather just outside of, town. The hardest part is to find this place - keep on going on the East River Road in the direction of the temples, for a couple of kilometres until you see the large Italian flag, but once there the combination of the beautiful garden and home-cooked Italian pasta and pizza makes the trip worth it.

**Maharajah**  
*Next to Pub Street, Tel: 092 506 622*  
Halal restaurant offering 261 Royal Indian dishes, including a large selection of vegetarian and non-vegetarian specialties. Open from 10am to 11pm with free home delivery.

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

**Singing Tree Café**  
*Wat Bo Road, Siem Reap, Tel: 012 490 265*  
Vegetarian alternative lifestyle garden restaurant with clusters of foliage surrounding wicker and bamboo seating. Menu includes veggie burgers, quiche, salads, sandwiches and tofu-based Khmer specialties. Also a centre for yoga, meditation and reiki healing.

**Tigre de Papier**  
*Pub Street, Siem Reap, Tel: 012 265 811*  
The thing that differentiates this place from all the other restaurants along Pub Street is its half-day cookery classes, starting at 9am. Friendly, helpful French management.

**Viroth's**  
*Wat Bo Road, Tel: 012 826 346*  
Elegant restaurant on the other side of river with excellent terrace garden. A

good place to try royal Khmer cuisine including amok and beef Lok lak.

siem reap - shops

**Boom Boom Room**  
*Old Market*  
Boasts a 176-page catalogue of tracks that can be burned to CDs or mp3 discs. Also sells its designer t-shirts and hoodies, as well as the Zico fashion label for women. Same chain as in Phnom Penh and Sihanoukville.

**Carnets d'Asie**  
*333 Sivutha Boulevard, Tel: 016 746 701*  
Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

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

**Happy Painting**  
*FCC, Old Market, Tel: 012 623 945, www.happypainting.net*  
Three shops selling the extremely colourful and positive paintings sculptures t-shirts and prints by iconic French-Canadian artist Stef. Accepts credit cards.

**Jasmine Boutique**  
*FCC Angkor, Pokambor Avenue*  
*Tel: 063 760 610*  
Same sophisticated, stylish boutique as on St. 240 in Phnom Penh. The perfect place for the ballgown you forgot to bring with you.

**U-Care Pharmacy**  
*Next to Old Market, Tel: 063 965 396*  
Reliable western-style pharmacist and druggstore that also has two branches in Phnom Penh. Sells health and beauty products. Open 8am to 12am.

**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](http://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](http://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](http://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](http://www.travelindochina.com.au)  
Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals. 



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- 45 Oslo 47 road 48 even
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Crossword Answers

# unplugged

## Vox Pop: What's your style?

Urban youth like to dress up, especially when hanging out with their peers at the mall. To find out the latest trends in local fashion, **AsiaLIFE** spent an afternoon at Sorya mall talking to local cool kids about their style choices. Here's what they had to say.



PITOU

■ **PITOU**

**High school student, 17**

"I like modern style. For me, that means jeans and a tight shirt like the one I'm wearing just now. I follow Korean fashion, which I see on the TV. These clothes were bought in Rajut clothes shop. I have to admit I buy clothes very often"

■ **SENNAN**

**English student, 23**

I follow whatever is fashionable. Modern style is in right now, especially Chinese style. I can follow the trends by watching TV. Usually I wear a T-shirt and shorts that I've bought in the market.

■ **SREY ROATH**

**High school student, 16**

I like to wear normal shirts and shorts. My parents agree with what I wear, it's our generation. I got this outfit at Takhmau market.

■ **PISETH**

**High school student, 17**

I usually wear jeans and a long-sleeved top,



SENNAN



CHANTHEUN



OU DOM &amp; SEREY VIT

like this one. I buy my clothes from Rajut clothes shop on Sihanouk Boulevard. I go shopping a lot, and spend a lot of money on clothes.

■ **CHANTHEUN**

**Teacher, 27**

I like dresses. I buy them at markets, like Russian market and Central market. Sorya is too expensive! I like this dress because I'm small and short and it makes me look better! I wear T-shirts and long jeans in the afternoon, but if I come to a cold space like Sorya, I wear something like this. I follow Khmer fashion, which I see in Khmer films on TV

■ **CHHOEUN**

**University student 21**

What I'm wearing is Korean style. I watch Korean music videos, and especially like the way Korean bands dress. Urban, free style is cool just now. I bought these clothes from a small shop near my house. My parents let me wear what I want, but everything has a limit. That's what my Dad told me!





PISETH

■ **HAM**  
**High school student, 18**  
 My style is also Korean like Chhoeun's. My parents sometimes disapprove of the way I dress, but I tell them now it's 2009, I can have the style that I want!

■ **OU DOM**  
**High school student, 17**  
 I just follow my own mind, not any particular style. But I also like Korean style – I like the style of the artist Rain. I buy my clothes from the market.

■ **SEREY VIT**  
**High school student, 17**



CHHOEUN &amp; HAM



KACHNA

I follow my own ideas, but I also like Thai style. I like dresses like this one because they fit my body type. Usually, I buy my clothes at Olympic market, because it's near my house. My parents have no problem with what I wear

■ **KACHNA**  
**Petrol station attendant, 19**  
 Normally, I wear something like this or jeans and a T-shirt when I'm hanging out with friends. It's my own style, I don't really follow any fashion. I bought this outfit at Pencil. I don't really wear short shorts, well, maybe once in a while. 📌

## Best Kept Secret: Macarons

IF THE MONOTONY OF daily life ever gets to you and you need a touch of luxury to spruce it up, look no further than the macarons at La Gourmandise Bleue Patisserie. Not to be confused with macaroons, cookies made with coconut or almond paste common in various parts of the world, the macaron is a thoroughly French pastry supposedly favoured by Marie Antoinette. It looks like a dainty little cream-filled sandwich cookie, with a light, delicate crust and a silky smooth filling.

At La Gourmandise Bleue, 20 variants of the delicacy are available, ranging from chocolate, through rose, to lemon and apricot-lavender. Despite being home-made, they cost as little as US\$0.80 a piece. French-Tunisian owner Mohamed Mourni has a "Diplôme Patisserie

de Cordon Bleue", which is certain to ensure quality.

The macarons are stored in a freezer, meaning you need a bit of patience to let them thaw before sinking your teeth in. It's certainly worth the wait though, as the pastel coloured cookies taste like small bits of heaven. It is said a good macaron has a cookie-to-filling ration of 1:2, should be very light and have a very smooth crust. Those from La Gourmandise Bleue undoubtedly fill these requirements. In addition, given that the titbits are frozen, you can buy a box to store in your freezer for months on end. And when you get a craving, the Cambodian heat means the treats thaw in a jiffy.

*La Gourmandise Bleue, Patisserie Open 7am to 8pm. 159 Street 278, Tel. 023 994 019 📌*



# Letter from America: What's For Dinner?

**Will** attempts to enlighten his son on the connection between his food and the animals it came from.

THERE'S A JOKE IN Cambodia. Cows get uncomfortable when people start planning weddings – because beef is popular at the wedding reception. Pigs get uncomfortable when people are sick – because pork is on the menu at most funerals. And chickens get uncomfortable when they see any people gather – because Cambodians are always willing to lop the head off a chicken for a party's main course.

Cambodians always joke about their domestic animals, which usually end up cooked and served by the punch line. The average Cambodian has grown up surrounded by animals – most of them destined to be served next to a bowl of rice. The average American, on the other hand, grew up with an assortment of cats, dogs and domesticated rodents. Any other animals seen were likely cute, cuddly and residing at the local zoo.

Most Americans, including me, never quite connected the dots between their cheeseburgers and the lovable anthropomorphised characters of any Disney movie. The nuggets sold in flimsy cardboard boxes at McDonald's seemed to have very little in common with the characters from 'Chicken Run'.

All that changes once you've been invited to dinner with a Cambodian family in the provinces. Watching a quirky and entertaining chicken go from lively bundle of feathers to pan-fried entree right before your very eyes will rapidly drive home the lesson on where meat comes from.

I may have grown up naïve and innocent on the path from farm to plate, but I've vowed that my son will have a better understanding of where food comes from. He's a willing student, as he loves animals. He's not that different from any two-year-old in America or Cambodia.

If he was growing up in Cambodia, animals of all kinds

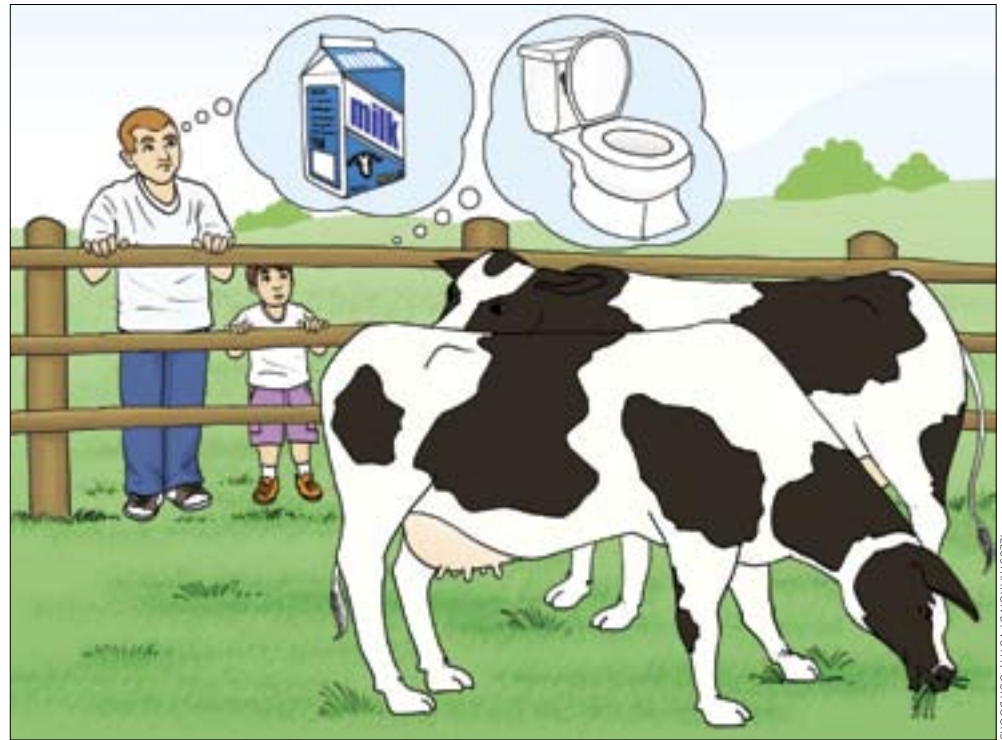


ILLUSTRATION BY WUTH / OUR BOOKS

would be constantly underfoot. Anyone who has driven through the countryside is well aware that every rural village has its resident dogs, chickens, buffalo, cows and pigs. Even in the cities many families keep some livestock. There are a few hens hiding behind villa walls in Phnom Penh, and a flock of goats roams the streets of Toul Kork district. The definition of livestock is sometimes stretched beyond the American ideal of man's best friend.

Watching a pooch roasted on a street corner also drives home a lesson on where meat comes from, at least for hot dogs.

Because we live in the state of Oregon – a land of zoning rules, high property values and hefty rental deposits – we don't have pets, and we certainly don't have any livestock. However, there is the great American tradition of county and state fairs. Throughout the summer each county government hosts

a gathering to celebrate all that is great about America, from agriculture to hypnotists to the amazing American ability to deep-fry anything.

And of course there are animals, lots and lots of animals at the fair. Many agriculture groups take the opportunity the fair provides to educate city folk about what life is like for animals and farmers. The milking demonstration at the dairy cow barn is always a popular attraction for people who only see cows out of their car window while racing down the interstate.

I took my son to the demonstration. He was enthralled, as I expected. Most toddlers love both milk and cows. He pointed to the hundreds of gallons of milk sloshing around and said, "Poop."

"No," I said. "That's milk."  
 "Poop."  
 "It's milk."  
 "Poop."  
 "Milk, just like we put in your bottle."  
 "Poop."  
 "Milk."  
 "Poop."  
 "Milk."

He looked at me, looked at the cows, watched as a bucket of milk was dumped into the drain directly in front of us. He looked up at me, the light of knowledge in his eyes.

"Poop."  
 We may have overemphasised potty-training.

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

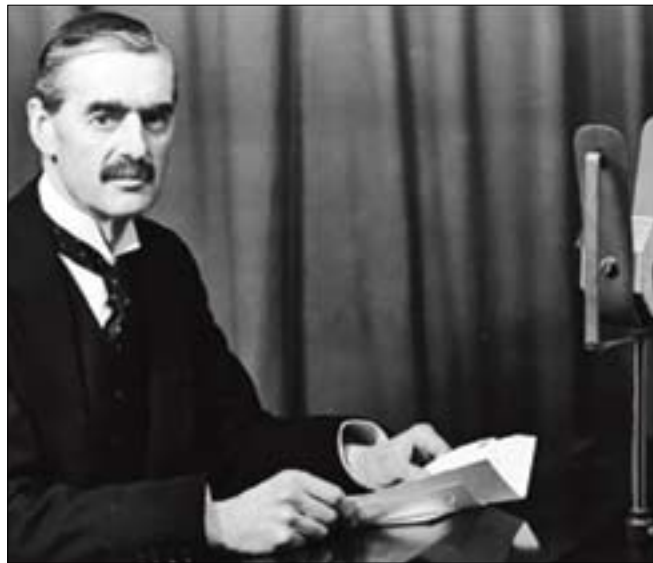
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# This Month in History

war, casualties, deaths, pandemics,



## ■ BRITAIN DECLARES WAR ON GERMANY

*September 3, 1939*

On Sep. 1, 1939 German troops swarmed across the Polish border and unleashed the first Blitzkrieg the world had seen. Britain and France had sworn to defend Poland. Honouring these obligations, the two countries sent ultimatums to Hitler demanding his withdrawal from Poland. Hitler declined to respond. On Sep. 3, Prime Minister Chamberlain went to the airwaves to announce to the British people that war was declared. Unfortunately Chamberlain's action did little to help the Poles. German troops advanced steadily. The final blow came on Sep. 17 when Soviet forces, under the terms of a secret agreement with Germany marched into Poland from the East. Warsaw surrendered ten days later. By Oct. 6, it was all over. Poland had ceased to exist as a country, and World War II was underway.

## ■ 9/11

*September 11, 2001*

On this morning, 19 Al-Qaeda terrorists hijacked four commercial passenger jet airliners. The hijackers intentionally crashed

two of the airliners into the twin towers of the World Trade Centre in New York City, killing everyone on board and many others working in the buildings. Both buildings collapsed within two hours, destroying nearby structures and damaging others. The hijackers crashed a third airliner into the Pentagon in Arlington, Virginia, just outside of Washington, D.C. The fourth plane flight crew and passengers attempted to retake control of the plane, which the hijackers had redirected toward Washington, D.C. The plane subsequently crashed into a field near Shanksville in rural Pennsylvania, killing all on board. In total 2,974 victims and the 19 hijackers died in the attacks. The overwhelming majority of casualties were civilians, including nationals of over 90 different countries.

## ■ PRINCESS GRACE DIES

*September 14, 1982*

American film and stage actress and fashion icon who later became Princess Grace of Monaco, died this day. Kelly became a famous actress in the 1950s, starring in such memorable films as Rear Window, To Catch a Thief,



High Society, and The Country Girl, for which she won the Academy Award for Best Actress. She retired from acting at age 26, becoming Princess of Monaco upon marrying Rainier III, Prince of Monaco, in 1956. They had three children – Caroline, Albert, and Stephanie. She died after being critically injured in a car accident with her daughter Stephanie in the autumn of 1982. The American Film Institute ranked her 13 amongst the Greatest Female Stars of All Time.

## ■ SPANISH (NOT SWINE) FLU

*September 28, 1918*

The 1918 flu pandemic (commonly referred to as the Spanish flu) was an influenza pandemic that spread to nearly every part of the world. It arrived in Boston on this day in 1918. Caused by an unusually virulent and deadly influenza A virus strain of subtype H1N1, historical and epidemiological data are inadequate to identify the geographic origin of the virus. Most of its victims were healthy young adults, in contrast to most influenza outbreaks which predominantly affect juveniles, the elderly, or otherwise weakened patients. The pandemic

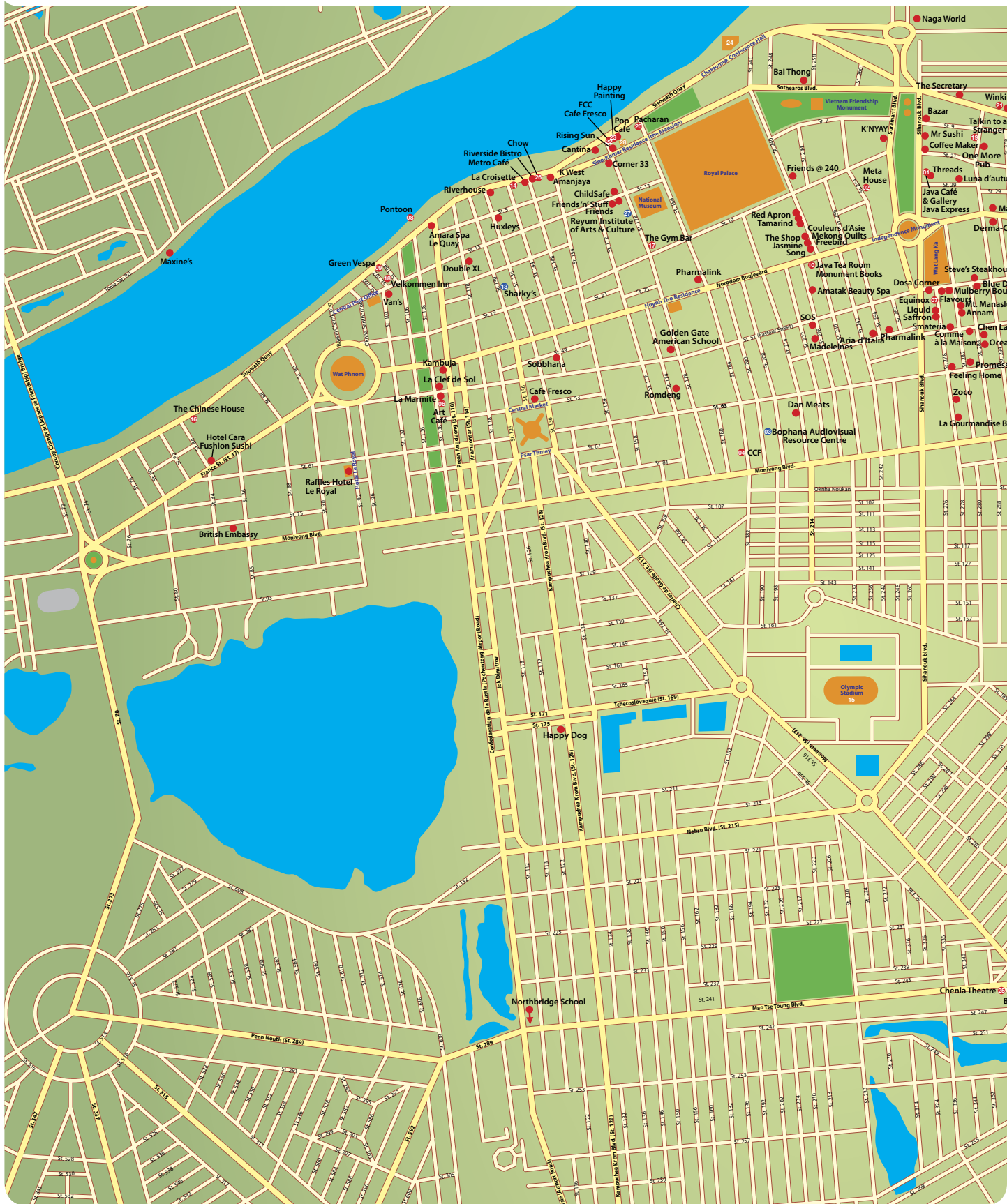
lasted from March 1918 to June 1920, spreading even to the Arctic and remote Pacific islands. It is estimated that anywhere from 50 to 100 million people were killed worldwide. An estimated 500 million people, one third of the world's population became infected. Comparisons have been made to the recent pandemic of swine flu.

## ■ REBEL NO MORE

*September 30, 1955*

James Byron Dean's status as a cultural icon is best embodied in the title of his most celebrated film, Rebel Without a Cause, in which he starred as troubled high school rebel Jim Stark. The other two roles that defined his star power were as the awkward loner Cal Trask in East of Eden, and as the surly farmer Jett Rink in Giant. His enduring fame and popularity rests on only these three films, his entire output in a starring role. His death at an early age helped to ensure his legendary status. He was the first actor to receive a posthumous Academy Award nomination for Best Actor and remains the only person to have two posthumous acting nominations. **F**

# phnom penh: central







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## September Horoscope

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### ■ VIRGO (AUG. 23 – SEP. 23)

Happy Birthday Virgo! September is a strong month for making your intentions known and making an impression. While you may be feeling misunderstood at times, you are nevertheless getting noticed and appreciated, even if it's simply admiration from afar. Love affairs, activities with children, and creative endeavours are especially rich and rewarding. Challenges with increased responsibilities and unexpected changes of course figure now. A partner might be hard to rely upon. Relationship tests or challenges arise around the full moon on the 4th.

### ■ LIBRA (SEP. 24 – OCT. 23)

Focus is on career, friendships, long-term goals, and weeding out that which is unnecessary or holding you back from accomplishment this month, Libra. A serious assessment of your attitude towards life mid-month brings you to a whole new life plan and motivates you to start completely fresh. Rigorous honesty with yourself is necessary now. The strength you derive from this assessment is especially clear by the last week of the month, when others begin to take note of your newfound confidence and positivity.

### ■ SCORPIO (OCT. 24 – NOV. 22)

Your social circle, community, and more expansive goals come into strong focus this month, Scorpio. Connections made may be surprising rewarding at the same time, both on personal and professional fronts. You might find yourself creating bridges between others and enjoying the process. The need for adventurous

excitement and mental stimulation is strong, and impels you to reach out for new experiences, fresh ideas, and interesting friendships. Romantic excitement is likely around the full moon on the 4th. A tug of war between a friend or your attention to activities and a lover might figure.

### ■ SAGITTARIUS (NOV. 23 – DEC. 21)

September is a time to shine on a professional or public level, dear Sagittarius. The more responsible and competent side of your nature is activated, and others more easily place their faith in you. It's a good time to ask for what you have been wanting from a higher-up, or for promotion and sponsorship. While your personal life may be on the backburner much of September, your family and domestic life requires special attention around the full moon on the 4th.

### ■ CAPRICORN (DEC. 22 – JAN. 20)

Impatience is something to watch for this month. With that in check, you could enjoy a rich, playful, and spirited month. Intensity in a partnership or other close relationships is likely. It's not the time to sweep anything under the carpet. Grievances surface, and it's best to manage them promptly, or even proactively. The higher goal is to connect at a deeper level. Business matters begin to take more priority towards the end of the month.

### ■ AQUARIUS (JAN. 21 – FEB. 19)

Work, research, and partnerships are big themes for you this month, Aquarius. Committed relationships are especially rewarding. You have much energy to pour into work, health routines, and taking care of

business. Drawing upon support from others is easier now than usual. A spirit for adventure and increasing your knowledge grabs hold in the last week of the month.

### ■ PISCES (FEB. 20 – MAR. 20)

You attract strong, supportive, and powerful people to you this month, Pisces. Relationships with others are spirited, dynamic, and in strong focus. You are especially willing to please a partner, but not afraid to take the lead either. Emotions run high in the days surrounding a full moon in your sign on the 4th. Responsibilities to others, and especially a partner, are magnified mid-month. A feeling that you don't know where you stand with a significant other eases towards month's end.

### ■ ARIES (MAR. 21 – APR. 20)

Work responsibilities and challenges are highlighted this month, Aries, particularly in the days surrounding the 18th. You possess much energy for work on and in your home, as well as activities with family. Although your main focus is on work and organization, others are easily charmed by your warmth and sincere approach to the world.

### ■ TAURUS (APR. 21 – MAY 21)

Hobbies, enjoyable pastimes, activities with children, and romance are all top priority for you this month, Taurus. Getting serious about a romantic relationship or creative project is likely in the days surrounding the 18th, leading to a fresh start or sense of renewal. The full moon on the 4th brings the need to help out a friend. Your home life is satisfying and heart-warming this month,

and you might find domestic activities especially rewarding.

### ■ GEMINI (MAY 22 – JUN. 21)

This is a strong month for harmonizing, collecting yourself, and peacemaking for you, Gemini. Your larger focus is on your home, family, and domestic activities. The need to assume more responsibility with family arises mid-month, leading to a sense of renewal on the domestic front. Money-making activities are energetic this month, although you might not always agree with others regarding these matters.

### ■ CANCER (JUN. 22 – JUL. 22)

A sociable and energetic month is in store, Cancer. You have big plans and plenty of spunk in September, sometimes surprising those around you. You are feeling especially independent and determined, and you receive an energetic boost from the cosmos that helps you to accomplish much. Your need for healthy and light social interaction is clear. However, a serious discussion mid-month helps to renew your focus on what is most important in your life.

### ■ LEO (JUL. 23 – AUG. 22)

September is a month in which your desire for pleasure and comfort tends to rule, Leo. The goddess of Love, Venus, is occupying your sign until the 20th, and you'll find that others are especially appreciative of your sense of style. Although you are typically a straightforward go-getter, this month you're in a more receptive state, taking a little extra downtime and perhaps engaging in more private activities and passions. 📌

### ■ CELEBRITY BIRTHDAYS THIS MONTH

*Figures in brackets represent the age they will be on their birthday.*

Sept. 1 – Gloria Estefan (52); Sept. 2 – Salma Hayek (41), Keanu Reeves (45); Sept. 3 – Charlie Sheen (44); Sept. 4 – Beyonce (28); Sept. 5 – Raquel Welch (69), Rosie Perez (45); Sept. 8 – Pink (30); Sept. 9 – Adam Sandler (43), Hugh Grant (49); Sept. 11 – Harry Connick Jr. (42), Moby (44); Sept. 12 – Yao Ming (29); Sept. 13 – Fiona Apple (32); Sept. 15 – Tommy Lee Jones (63), Oliver Stone (63); Sept. 18 – Lance Armstrong & Jada Pinkett Smith (Both 38), James Gandolfini (48); Sept. 19 – Twiggy (60); Sept. 21 – Bill Murray (59), Stephen King (62); Sept. 23 – Bruce Springsteen (60); Sept. 25 – Catherine Zeta-Jones & Will Smith (Both 40), Michael Douglas (65), Barbara Walters (78); Sept. 27 – Avril Lavigne (25), Gwyneth Paltrow (37), Meat Loaf (62); Sept. 28 – Naomi Watts (41); Sept. 30 – Eric Stoltz (48) 📌









លោកឱ្យខ្ពស់ មើលឱ្យឆ្ងាយ  
 កសិឱ្យខ្លាំង ហើយសម្រេច  
 យកជ័យជំនះឱ្យបាន



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