

A woman with her hair in a high bun, wearing a brown dress and white gloves, is lying on a bed with brown sheets. She is looking directly at the camera with a slight smile.

**THE
BEAUTY
INDUSTRY**





FCC
PHNOM PENH

what's on in
February 2010

mon	tue	wed	thu	fri	sat	sun
1 Daily CROW EIGHT Choose 1 dish + 1 drink (from a selection) only \$8	2	3 50% discount on selection of bottled wine & wine by glass 8pm - 9pm daily from \$10 only	4	5 Mr. NU	6 Mr. NU	7
8	9 Happy Hour! 5pm-7pm Daily	10 Chinese New Year 19th - 19th	11	12 Mr. NU	13 RICHY & PHIL	14 PACHARAN Special Value Menu PACHARAN
15	16 Happy Hour! 5pm-7pm Daily	17 Happy Hour! 5pm-7pm Daily	18	19 AUSTRALIA'S JANOVSKIS	20 PAUL JANOVSKIS	21 SUNDAY SPECIAL All you can eat, free beer of choice \$12.95 + 10% GST
22	23 Daily Lunch Special 2 tapes + 1 drink (from a selection) \$3.95 only + 10% GST	24	25 Happy Hour! 5pm-7pm Daily	26 JUFAM	27 JUFAM	28 Happy Hour! 5pm-7pm Daily 1/2 Price Drinks and 1/2 Price Cocktails everyday!



HAPPY CHINESE NEW YEAR

enjoy love.



www.fcccambodia.com
for more information, call 012 253 222
facebook events@fcccambodia.com

Mr. NU

7-Late FCC
Mr. NU reprend les plus grands succès français et internationaux des 60's à nos jours avec sa guitare. Playing French and International hits from the 60's to today.

P Jae Stanley and Swackhammer

8:30-Late FCC
Live Jazz.

Richy & Phil

8-Late FCC
Kick Back and Relax to the musical duo.



B. 26th @ FCC
N. 27th @ FCC



BLUES SOUL AMERICANA

AUSTRALIA'S PAUL JANOVSKIS LIVE FCC AT THE 19/FEB | 20/FEB 8pm - LATE

Enjoy

10

cents/min
calls to Malaysia.

Plus 15 cents/min to 11 countries.



China
(+86)



USA
(+1)



Canada
(+1)



Vietnam
(+84)



Thailand
(+66)



Singapore
(+65)



Indonesia
(+62)



Laos
(+856)



Myanmar
(+95)



Brunei
(+673)



Philippines
(+63)

*25 cents/min to other countries

To enjoy lower call rates to your favourite countries, just dial 166.

Press **166** + **Country Code** + **Phone Number** + **Dial**

i.e. To call +6031234567 in Malaysia, press 1666031234567

Editorial

THOSE OF US WHO HAVE lived in Cambodia over the last few years have noticed many changes. Most of these have been beneficial to the overall development of the country whilst others have not been so good. Still more bridge the gap between the two – shades of grey rather than black and white.

The evolution of the Cambodian Beauty Industry is a prime example of the equivocal nature of the country's transition along the road of progress. A simple survey of the streets of the capital reveals the large number of Lexus, the standard bearer of the emerging middle class – the Khmer Riche. With such affluence comes new demands and expectations. The traditional image of Khmer beauty is being transmogrified into a more pan-Asian concept of perfection – a standardised view of beauty. This generates a demand for beauty enhancements. Nose jobs, breast implants, botox – the list of treatments that previously required a

flight overseas but are now available within the country is growing. This in turn creates valuable employment opportunities for the less privileged.

But how safe is it?

In this issue we investigate the rise of the Beauty Industry in Cambodia to see just how closely regulated the sector is. It may come as little surprise to you to find that the business is full of charlatans. We speak to professionals who claim that they frequently have to fix treatments carried out by other practices with dubious qualifications that have gone wrong.

The freedom that many of us enjoy from a lack of clear rules and regulation comes at a cost. In the case of botched up plastic surgery that cost just might not be worth it.

If you want to enter into a debate about the state of the beauty and health sector within Cambodia, log onto our website – www.asialifeguide.com.

Mark Jackson
 Publisher – AsiaLIFE Guide



Contents

	08 in the penh
	18 calendar
	22 storyboard
	26 cover story
	34 food corner
	46 bar stool
	54 scrapbook
	56 kaleidoscope
	60 leisure & wellness
	66 next generation
	68 shopping
	76 the insider
	80 siem reap
	86 getaways
	91 unplugged
	94 map



Enjoy overseas calls* for just **15c**/min!

* For the most popular countries

dial: 179 - [Country Code] - [Area Code] - [Telephone Number]

 Call us for **Free** (24 hours/7days): **0611**

 For non-Beeline users: 090-999-611

www.beeline.com.kh



Beeline[®]

live on the bright side

Behind the Curtain

Managing Editor: Naomi T. Robinson
naomi@asialifeguide.com
Tel: 017 697 136

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 & James Grant

Proof Reader: Johan Smits

Accounts & Distribution: Seang Seyha

Publisher: Mark Jackson
mark@asialifeguide.com

Special thanks to: Sam Campbell, Zoe Daniel, Tom DiChristopher, Natalie Elverd, Darren Gall, Craig Gerard, Owen Griffiths, Nicky Hosford, Trevor Keidan, Melissa Fisher, Will Koenig, Gwang Ching Lee, Kate Liana, Greg Lowe, Sam Moffett, Our Books, David Preece, Dorine Schreiner, Vuth, and Sok Yeng – for their contribution to this issue.

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

If you want a copy of **AsiaLIFE Guide Phnom Penh** delivered to your doorstep email: mark@asialifeguide.com or call: 012 960 076

AsiaLIFE Guide Phnom Penh is printed in Cambodia by **Sok Heng Printing House** 21C Street 232 & corner Street 113, Sangkat Boeung Prolit, Khan 7 Makara, Phnom Penh, Kingdom of Cambodia.

On the Cover:
Photograph by Nathan Horton. Clothes and location Ambre. Special thanks to Manika from F Models Agency.

Partners:



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



Naomi Robinson

AsiaLIFE Guide's managing editor has a degree in Fine Arts with a focus on sculpture and installation. Naomi set out to find a job in which she could use her creative expression without having to struggle as a starving artist. She pursued a career in the Canadian film and television industry, during which she had the honour of working with industry greats such as director Ang Lee, and can boast her involvement with the Academy award winning film *Brokeback Mountain*. Hungry for a change of location as well as career focus she moved to Phnom Penh where she happily settled into journalism. Naomi has thoroughly enjoyed being part of the growth and evolution of this fine magazine, and is proud to be a member of the AsiaLIFE team.

James Grant has over eight years experience as a British fashion, editorial and lifestyle photographer. Although trained in traditional techniques of photographic film he now pursues his work through up-to-date digital equipment. A graduate in photography from Solent Southampton University, throughout his career James has had the honour of working with Alasdair MacLean, top British fashion designer Kim Jones and stylist/art director Simon Foxtan. He has also worked with Pop Magazine, Visionaire Bookzine, Sienna Miller and other celebrities. Since settling into Asia James has used both his Fine Art training and technical fashion experience, harmonising the two principles in order to bring a fresh style and aesthetic to photography in Cambodia. You can see more of his work at: www.jamesgrantphoto.com.



James Grant

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

Darlin'
Darlin'

CLUB LOUNGE

Ladies
night out
& Glamour Party



• LADIES NIGHT OUT

- > Every Tuesday and Wednesday
- First drink is free
- 50% discount on drinks all night
- Buy 2 bottles get 1 free.

• GLAMOUR PARTY

A night of glamour and beauty. Party all night with celebrities and the hottest models of Phnom Penh. See and be seen.

- > Every Thursday



NAGAWORLD®
CAMBODIA
金界

T : 023 228 822
www.nagaworld.com

in the penh

The Month That Was

clubs, climbs, laureates, line-ups, brass, boogies



@Bophanna



@Memphis

■ CLASSY CLUBBING

The former piano bar of top end restaurant Topaz on Dec. 26 opened in its new capacity as high class club Studio 182. Complete with an 80s style décor and playing a mix of oldies but goodies, the Penh's latest addition to the clubbing scene hopes to attract a slightly older crowd for some sophisticated partying. The opening bash was a mellow affair, with the management still sorting out some kinks at the bar. Nevertheless, the club shows potential with its interesting artwork, comfortable sofas, beautiful outdoor terrace, and music at a level that still allows for conversation between guests. Like at the restaurant below, fun at Studio 182 doesn't come cheap, with mixers from around US\$5 and Angkor draft setting you back US\$3. Look out for regular club nights between Thursday and Sunday, as well as the upcoming Shooting Eve Party on Dec. 31. For more information, visit www.studio-182.com

■ KEEP ON KHLIMBING

The second climb by Khlumb the Penh came to its official finish on Dec. 27 after a weeklong event at Kidz Cool in Chroy Changvar. Offering participants the chance to scale a 9m climbing wall, the fun event was the



@Studio 182

ideal Christmas break pastime for both children and adults alike. Kidz Cool, a child and family oriented "fun village" proved the perfect setting. Complete with water slides, a 400m² indoor playground, a mini tennis club, and a beauty princess parlour in addition to the climbing wall, it allows parents to take the backseat while kids can safely roam around under the watchful eyes of Kidz Cool staff. For more information, visit www.khlumbtech.com, or call Tony on 012 279 870.

■ 30 YEARS OF THE ICRC

An exhibition celebrating 30 years of continuous ICRC activities in Cambodia opened at Bophana Audiovisual Resource Centre on Dec. 29. Featuring photographs of Red Cross workers in action over the past three decades, the exhibition offers viewers an insight into how Cambodia has developed over time through the shifting focus of the international organisation's work in the Kingdom. Reflecting the changes in approach, the mix of harrowing and uplifting images

were grouped into different categories. The photos are accompanied by a short documentary.

■ HAPPY 2010

New Year's Eve Dec. 31 saw a variety of venues in the capital put on parties like it was 1999. At Sharky's punters were treated to a great line-up of local talent at Penhstock – the first of three nights of live music. Featuring Lost Highway, Bum n Draz, The Stiff Little Punks as well as JP & the Nurses, the event celebrated not only the new year, but the rise of the Penh's music scene over the past year. The atmosphere was raunchier over at the Burlesque Bash Party hosted by Riverhouse Lounge. Excited partygoers were decked in masks, while the bubbly flowed in anticipation of the countdown to the new decade. Meanwhile in Sihanoukville, foreigners and Khmers alike crowded Serendipity Beach, with multiple fireworks going off well before the clock hit midnight, and beyond.

■ KISS MY BRASS

Australian band Plan B played its first of three gigs in Cambodia at Memphis Pub on Jan. 1. Ringing in the new year a day late, the eight-piece soul-influenced rock band treated the appreciative crowd to both well-known covers and original tunes. Describing



Let's grow!

with ABA Business Loans

-  **Attractive interest rates**
-  **Easy registration process and quick approval**
-  **Simple and efficient business analysis**
-  **+855 98 203 503 | www.ababank.com**



Head Office
Tel: +855 98 630 685

Mao Tse Young
Tel: +855 98 630 284

Toek Thla
Tel: +855 98 630 220

Siem Reap
Tel: +855 98 630 221

Stade Chas
Tel: +855 98 630 137

Borei Keyla
Tel: +855 98 630 640

Toul Kork
Tel: +855 98 630 310

Battambang
Tel: +855 98 630 725



@University of Cambodia



@Talkin

itself as “more brass than class”, the band is currently on a re-union tour after having broken up in the 1980s. Four of the band’s original members are part of the line-up, while the other four are more recent additions to the set. Memphis saw a surprisingly full house despite the event being held on New Year’s Day, a sign of how seldom bands complete with trumpet, saxophone and trombone players are heard in the capital.

■ **NOBEL LAUREATE LECTURES CAMBODIAN STUDENTS**

In the fourth installment of the Bridges Lecture series at University of Cambodia, Professor David J. Gross presented The Future of Science and Human Development on Jan. 6. The 2004 Nobel Laureate winner for Physics spoke to a packed crowd of students, foreigners, and professors. His speech was on the value of scientific method applied to social problems. He outlined predic-

tions of where science may go in the future, and urged students to think of sustainability and humanity in their future actions and careers. Sponsored by the International Peace Foundation, the series seeks to open dialogue between various academics and visionaries to fostering deeper understanding of today’s problems. The next lecture is on Jan. 18, call to reserve seats (023) 993-274.

■ **PAUL BENOIT SERENADES THE LAMB**

Paul Benoit, singer, songwriter and guitarist from Seattle serenaded the crowd at Talkin to a Stranger on Jan 7. Guests came for Talkin’s famous Thursday lamb roast, and stayed late to hear the soulful tunes. Playing solo and in bands for over 20 years in the U.S., Benoit has embarked on a tour that’s taken him from Central America to Southeast Asia, combining his passion for travel and music. He’s received an

enthusiastic reception to his mix of blues, rock, pop and American folk music at his gigs in Phnom Penh, Sihanoukville and Siem Reap. As the clear, breezy night wore on, regulars, diners, and music fans were entertained by his playful style. He’ll head to Laos and Myanmar next, but is eager to return to Cambodia soon.

■ **META TURNS THREE**

Meta House was the place to be on Jan. 8 when the Penh’s first art and media centre celebrated its third anniversary. With short films playing in the background, guests at the lively birthday party crowded the breezy rooftop for free drinks and finger food. Later, the Cambodian Space Project, the capital’s latest addition to the music scene, took over, treating the highly appreciative crowd to their own unique takes on 60s and 70s Khmer tunes. Founded by German filmmaker Nico Mesterharm in January 2007,

Meta House has made a firm mark on the art scene in the capital through screening hundreds of films, hosting numerous exhibitions and actively supporting the development of Cambodian contemporary art.

■ **JURAM WOOS CHOW**

Jan 8 Chow hosted Filipino singer-songwriter Juram Gavero, who performs here several times a year. The intimate crowd swelled as the night wore on, as his music wooed passers-bys and word spread to come check out the sound. Playing an energetic mix of current and old favourites, the crowd sang along to Red Hot Chili Peppers, Johnny Cash, Pink Floyd, and Stevie Wonder covers. Juram was joined by excellent Australian saxophone player Robert, who added a strong injection of blues. Based in Ho Chi Minh City, Juram has been playing in the region for over 12 years.

David TREAL
017 360 333
General Agent of Asia Insurance Cambodia Plc.
Hotel Cambodiana
373 Sihanouk Quay,
Phnom Penh
T 023 229 306
F 023 426 392
info@agcambodia.com
www.agcambodia.com

Your health insurance specialist
Adapted Solutions Tailored to Your Needs

AG Cambodia
1000 BENEFIT INSURANCE AGENT

Business a bit slow these days?

Get noticed with
PHNOM PENH
AsiaLIFEguide

For advertising in print or online contact us at:
gudy@asialifeguide.com or 012 960 076

Visit us online at:
www.AsiaLIFEguide.com



@Naga Aristocrat Bar

His deep, soulful, gritty voice pulls you in and his remarkable guitar playing and dynamic stage presence keeps the show lively and entertaining.

■ **OYSTERS AND WINE**

Select guests gathered at the sophisticated Aristocrat Bar at the Naga complex on Jan. 9 to enjoy the launch of the bar's latest weekly event — Oyster Bar. Complete with delicious French and Vietnamese oysters presented on a bed of ice, as well as a free flow of crisp Oyster Bay sauvignon blanc from New Zealand, the early evening gathering was a delight to the guests' palates. Though the launching was free of charge, guests are in the future expected to pay US\$45 for the pleasure of unlimited wine and oysters. The event is set to recur every Saturday between 5pm and 8pm.

■ **BILLY PAGE**

English singer-songwriter Billy Page entertained a lively crowd at Sharky's on Jan. 10. Armed with a guitar and a deep, melodic voice, his compositions ran from bright, fluid melodies, to muddy, thick blues and rock. The crowd warmed up quickly and was soon cheering for more as punters were drawn in by the engaging performer. The critically acclaimed musician first played in Cambodia five years ago — atop a rickety pool table at Sharky's, and has been returning every year since. "I've been to Japan, Vietnam, China — all great, but there's nothing like the atmosphere and people in Cambodia. I love it." Judging by the flow of listeners

who came up between sets to shake his hand and thank him, the feeling is mutual.

■ **A GOOD FRIEND IS HARD TO FIND**

Meta House opened its doors on Jan. 12 for the re-hanging of an exhibition by Cambodia's pre-eminent painter Svay Ken, who passed away in 2008. The collection of personal and autobiographical paintings documents the artist's relationship with the late Ingrid Muan, co-founder of the Reyum Gallery. Viewers were given a glimpse of small yet significant moments from a relationship spanning seven years, which played an important role in the development of Khmer contemporary art. The exhibition was first displayed at the Reyum Gallery in early 2006. The opening of the exhibition featured a programme of short speeches including a reading by poet David Oliveira. Entitled "Enduring River, For Ingrid Muan" the Oliveira's poem captured the feeling of the exhibition through highlighting the impact both Ingrid and Svay Ken had on the lives they touched.

■ **EQUINOX TURNS FOUR**

The crowd spilled onto the street as Equinox celebrated its fourth anniversary on Jan. 15. The popular Golden Mile bar and restaurant attracted what seemed like most of the Penh's socialites, for an all-night happy hour, live music, and a slide-show of the most memorable exhibitions held at the establishment. New band Cacath & los Poporks kicked the evening off with some

Early Valentine's Dinner:

- Saturday Feb. 13 / 19.00 pm.
- Location: Knai Bang Chatt Resort or Sailing Club.
- Price: \$38.00/pp incl. one glass of champagne.

Valentine's Menu

Stuffed potato with grilled prawns / Roasted tomato bisque, topped with crabmeats / Tiger prawns with fresh salmon medallion, served with steamed roots. — or — Charcoal grilled beef tenderloin, with roasted potatoes and butter vegetables / Homemade baked apple tart, with vanilla ice cream / Coffee or Tea / Petit Four

Valentines Brunch:

- Sunday Feb. 14 / 10.30 am. - 14.30 pm.
- Location: Knai bang Chatt Sailing Club.
- Price: \$10/pp.

To know: Our SPA treatments & restaurant are open to outside guests. / Sunday Brunches at The Sailing Club every Sunday (10.30 am - 14.30 pm)

Res.: 017 917 452 / Resort reception: 011 568 609 / Email: info@knaibangchatt.com / www.knaibangchatt.com



**The SPA of
Knai Bang Chatt**

Traditional Massages / Aromatherapy Massages
Body Treatments / Facial Treatments / Beauty Treatments

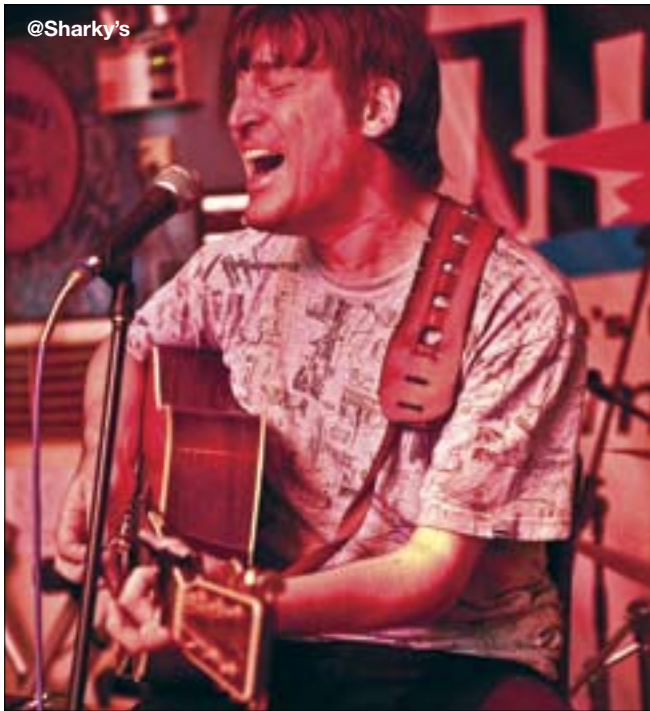
The SPA of Knai Bang Chatt pampers and enchants you. Experience the best of Khmer and Asian massages combined with superb skills and human tenderness in mind to help you render into a state of pure bliss and true tranquility in the company of the lulling sea.

It's your private time to relax, unwind, recharge and rejuvenate.

Knai Bang Chatt

SPA Reservations: 011 568609

Email: spa@knaibangchatt.com



@Sharky's

jammy tunes, after which the Cambodian Space Project treated the fun-seeking crowd to its well-loved repertoire of retro Khmer music. Later, the music was taken onto street, as some party-goers decided to stage an impromptu drumming session. Over the past four years, Equinox has become a mainstay of Street 278, hosting regular exhibitions and live music, as well as serving up solid international cuisine.

MEKONG PIRATES @ FCC

Jan. 16 the FCC rooftop was teeming with revellers from all walks of life, from families to dreadlocked backpackers, and everything in between. It seemed the entire city had come out to see Phnom Penh's favourite, eclectic band. Performing with 15 musicians that night, the ever-changing line up included a sax player and a new guitarist. The energy level was on overload as dancers crowded to the front and craned their necks to catch a glimpse of the band's pirate costumes. The band's fervent leader put it best, "We make happy music for happy people." True indeed.

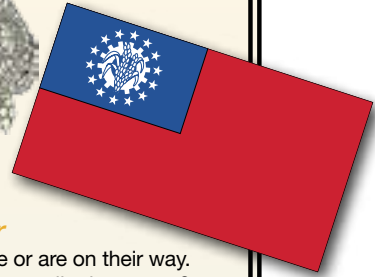
HAPPY BIRTHDAY SAMBO

Phnom Penh's one and only elephant hosted her fiftieth birthday at Wat Phnom on Jan. 17. Having survived war and tragedy, Sambo's anniversary was certainly a cause to celebrate. At the afternoon event, friends of the capital's big one showed up with

treats including mangos, bananas, pears, apples, and not to forget – birthday cakes! Donations were also made for food and medical costs. Children, many of whom had made birthday cards for Sambo, had the opportunity to buy balloons and stroke Sambo's trunk. After chants and prayers by monks, the Cambodian Space Project performed in Sambo's honour, though the birthday girl seemed more interested in munching on her delicious presents.

ECONOMICS FOR PEACE

Students and foreign guests packed the conference centre at the University of Cambodia on Jan. 20, eager to listen to Professor Eric Maskin who give a brief lecture on globalization. As part of the International Peace Foundation Bridges series, the 2007 Nobel Peace Prize Laureate in Economics offered his theory to poverty gaps and income disparities between the developed and developing worlds. After receiving an Honorary Doctorate Degree, Prof. Maskin shed his academic costume to try and answer the question on everyone's mind: If private enterprise and free-trade increases gaps, who will train and educate the lowest skilled workers left behind? Though hinting to the role domestic governments, foreign aid, and NGOs, providing a straightforward solution to one of today's burning issues was beyond even the Nobel laureate. **F**



Myanmar

Everyone has either been there or are on their way. Whatever happened to boycotting totalitarian states?

Chroy Changvar

Buildings are rising, establishments are opening ... no wonder Snowy wants to leave.

Anti-corruption

Well, at least that's what the government claims...

War on Terror

Yemen is quickly becoming the latest addition to the Axis of Evil.

Chinese Investment

The Asian powerhouse more than doubled its investment to Cambodia over 2009, with more to follow.

GOING UP

GOING DOWN

Sam Rainsy

The opposition politician seems to have stepped into a spot of bother – again.

Climate Change Action

Copenhagen came and went, and the world has returned to its gas-guzzling ways.

Detox

January is over so we can all get back on the sauce.

Anthony Galloway

Not so much going down as taking a step back from the daily management of EAS.

British Pubs

So long fish & chips, Huxleys and The Winking Frog have left our midst.



News and Events

frisbee, running, games, rides, conservation, dreaming

■ ULTIMATE FRISBEE

In honour of International Women's Day, the Penh's ultimate frisbee enthusiasts are organising a two-day tournament at Northbridge on Mar. 6 and 7. Hoping to attract as many as 120 players from across Southeast Asia, the event is set to be full of fun. Anyone can join in, as teams will be drawn from a hat, though divided according to talent. The Penh's own team, Angelina's Orphans, are a laid back group of mostly expats that plays pickup games once a week. To participate in the tournament or join the team contact Craig Gerard on: craigdgerard@gmail.com. For more information, visit: www.phnom-penhultimate.com

■ KEP HALF-MARATHON

Local NGO Babsea will be hosting its third Annual Kep Trio

fundraising and sporting event in the Phnom Voar area of Kep on Mar. 6 and 7. The event includes a half-marathon, 10K run and a 10K Bike Ride, designed specifically to support the organisation's five-year integrated community development project 'Hand in Hand Cambodia'. Previous events in 2008 and 2009 raised over US\$100,000 in cash donations, delivered 130 new locally sourced bicycles for kids, and raised awareness amongst participants from all over the world about the rural poverty in Cambodia. The 2010 Kep Trio will kick off on Saturday afternoon with the 10K bike ride, followed by a dinner at luxury resort Knai Bang Chat's Sailing Club. The running portion starts bright and early on Sunday morning, with a staggered start for the half mara-

thon and 10K runs. Registration fees and suggested donations apply. For more information, visit: www.babsea.org.

■ CAMBODIA AT SEA GAMES

Cambodia's top tennis player Tan Nysan won the bronze medal at the 25th regional Southeast Asia Games in Vientiane, Laos in late December. Losing to Cecil Mamiit in two straight sets, it was Nysan's second consecutive bronze at the biennial sport tournament, which concluded on Dec. 18. The 11-country event saw Cambodian athletes return with three gold medals, Heng Theng and Sok Chanmean in petanque, and Chov Sotheara in the women's wrestling. 10 silver and 27 bronze medals were also won, with runner Hem Bunting coming third in the men's marathon. Though the total of 40

medals was Cambodia's best in decades, it still meant the Kingdom lost out to all but Brunei and East Timor in the final rankings, which was topped by Thailand with 266 medals in total.

■ FIX YOUR VESPA

The Phnom Penh Vespa Club has unveiled a new mechanic for the capital's ailing scooters in January. Following the closure of Chun shop's last year, and ongoing rumours that Bo was set to follow suit, Vespa Club organiser Soprach has unearthed Yan Yong, a Vietnamese-Cambodian who despite limited equipment has all the right skills to fix Vespas. Located on in Samaki village off National Road 5 some 2km past the Japanese Bridge, Yan Yong's shop is not conveniently located, but the adept mechanic is happy

-10% FOR ONLINE BOOKINGS WITH PROMO CODE ASIALIFE

The ecologically friendly resort you dreamed of is now a reality

- Spacious tented villas
- Gourmet restaurant
- Outdoors luxury at one with nature
- Floating swimming pool (March 2010)
- Room service at the touch of a button

A project from
Indochine lodges

Tel. +855 (97) 64 34 032
reservations@ecolodges.asia
www.ecolodges.asia

Floating on a river of tranquility

4 rivers
floating eco-lodge

Koh Andet Island, Tatai Village, Koh Kong

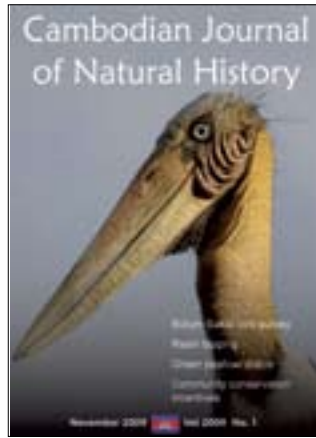
to make house calls. He can be contacted on 011 893 660 and 097 996 519.

■ KHMARNAVAL KICKS OFF

The streets of Sihanoukville are set to be taken over on Feb. 25-27 when Khmarnaval, Cambodia's largest street awareness show, rolls into town. Hosted for the sixth time by local NGO M'lup Tapang, the event aims to raise awareness of HIV/Aids as well as show how street kids can make positive changes in their lives. In addition to the 400 participants from local schools, NGOs and businesses, organisers of the carnival expect several thousands of spectators to attend the festivities, which will include parades with decorated floats, street theatre, art shows and concerts. If last year's event is anything to go by, over 10,000 people are likely to take part in the free of charge event.

■ NEW WINDS AT RIVERSIDE BISTRO

One of the Penh's longest serving restaurants Riverside Bistro welcomed Swiss guest chef Werner Inauen in January. With decades of work experience in over a dozen countries, chef Werner is set to give the estab-



lishment's menu sprucing up. Starting with weekly specials of Asian-international fusion food, as well as more traditional international and particularly Germanic dishes, the bistro is set to further improve its price-quality ratio by improving the latter but leaving the former untouched. If Werner's seared red tuna salad (US\$6.50) is anything to go by, Riverside Bistro is definitely on to a winner. Lightly seared, the tuna was close to divine in its freshness, while the herb and olive tapenade made for a great accompaniment.

■ CONSERVATION JOURNAL

The second annual Cambodian Journal of Natural History was published in early January. Exploring conservation issues and research in Cambodia, the journal also features thesis abstracts from graduates of a Masters course in Biodiversity Conservation at the Royal University of Phnom Penh (RUPP). Birdwatchers will be pleased to read about the status and distribution of the green peafowl in Cambodia, as well as see an avifaunal inventory for Botum-Sakor National Park in the southwest of the country. Progress in breaking the link between narcotics crime and rainforest loss is also investigated, as is liquid resin tapping by locals in Phnom Samkos Wildlife Sanctuary. The journal is published by the Centre for Biodiversity Conservation at RUPP, and jointly managed by FFI Cambodia and RUPP. To get your own copy, send your contact details to dane_ouk@yahoo.com with 'Journal' and either 'digital copy' or 'hardcopy' as a subject.

■ DREAMING OF MIDSUMMER

Feb. 11-13 will see over 40 ISPP students take to stage at Gasolina, in three performances of Shakespeare's well-loved play A Midsummer Night's Dream. Watch the magical love tangle unfold as you lounge on a daybed with friends enjoying a two-course dinner (US\$80 for four), or opt for lawn seating on mats for only US\$5. Tickets for the show, which starts at 5.30pm on all three nights, are available at ISPP Secondary and Primary Schools after Jan. 25. Seating is limited and reserved seating is highly recommended. A Midsummer Night's Dream is recommended for ages 7 and older. No late seating and no babes in arms. The production runs approximately one hour and twenty minutes. Dinner and dessert are also available at Gasolina after the show.

■ A NEW YEAR IN THE REAP

The FCC Angkor brought in the New Year quite literally in style. To the flavours of an iced, raw buffet, and DJ sounds, a special ice runway was the stage for a clothes and jewellery show by local designers Elizabeth Kiester, Don Prosatio and Loven Ramos. The models bravely strutted on the runway made from blocks of ice set up over the pool in front of the hotel, as smoke bubbled up through the lotus petal filled waters beneath them.

Don Prosatio presented his fluid creations, ultra soft fabrics with lots of motion in colours that brought dinner to mind – mustards, smoked paprika, vegetal greens, interspersed with bright citric splashes and a distinctly Smarties shade of blue. In stark contrast to Don's sombre colours, came the sassy creations of New Yorker Elizabeth Kiester. Structure and bright happy, colours define her designs, offset occasionally by the odd black number. Elizabeth Kiester is the dynamo behind Wanderlust, the energetic clothing brand now available in Siem Reap and Phnom Penh. The clothes were accompanied by bold jewellery designs by Don and Loven, and bags provided by Saray, a non-profit cooperative on the Tonle Sap Lake established by local NGO Osmose.

■ SACRED 4FACES

A busy reception opened the joint exhibition by Geoff Croll and Janös Kis at 4Faces Café on the first Saturday of the New Year. Amongst the crowd who came to see "SACRED...and the nuns life" was a group of seven Buddhist monks, some of whom were also the subjects of the works that peeked into their hallowed lives.

Hungarian-Israeli Janös Kis focuses his study on the tattoo art adorning the bodies of Cambodian monks. Shyly, highlighting how monks usually keep these tattoos hidden, one monk showed me the tattoo wending its way down his calf. The intricate Khmer and Pali script is intended to ward off harm, and is a long standing tradition amongst Khmer monks. The harm intended to be deflected by these coded charms has recently come to include bullets and bombs.

The focus of Scot Geoff Croll's first exhibition was the plight of nuns in Myanmar. Although taken from seven different locations all over the country, nuns are much more visible in the Southeast Asian country than in Cambodia, says Croll. Focusing on the attractive colour palette of the nuns' habits (pinks and reds), Croll kept a respectful distance from the women, while also allowing us a rare glimpse into their lives. The evening culminated with a blessing performed by the monks themselves. Both photographers are part of the SEA Collective. ■

CARWASH 04/02/10
The disco revolution shows no sign of letting up with its funky sounds of the 70s and 80s played by DJ Dirty Disco Daryl. Carwash is the place where party goers get to show off their groovy dancing moves. Enough DISCO, FUNK, SOUL and OLD SKOOL rock & roll to get funky!!! Right in the booty!!!

Fat Black Pussy Cat with MC Hydrophonic & Dj Tech 12 06/02/10
Mc Hydrophonic and Dj Tech 12 are back in Phom Penh bringing the Miami Beach legendary party in Cambodia!!! HIP HOP, DANCE, ELECTRO, REGGAETON will shake The Lounge once again.

DJ YUKIE (VALENTINE'S DAY PARTY) 13/02/10
Valentine's Day just got cuter with the ultra sweet DJ Yukie ready to electrify the evening's lovebirds with her bouncy music. Who needs cupid when there's Dj Yukie!!!

And much more to come...
In 2010 VIBE is gonna rock your nights!!!

events@partyvibe.asia
092 472 692 / 012 404 812
www.partyvibe.com

Openings

pies, watches, oysters and le rit's

■ MORE THAN PIES AT HALF-TIME

Gym Bar owner Randall is the latest contender on the meat pie scene. A long-time favourite amongst his punters, now anyone can enjoy the tasty pies at his new shop. Conveniently located on Street 278, for US\$3 you get a hearty, short-crust pie in four standard flavours, with occasional specials like lamb. Pies are made fresh every day, and are served hot and ready to eat in a cardboard takeaway box. In addition to pies, they also offer drinks and crisps. Pelican Foods was named after the spot billed pelican, an endangered bird that makes its home in Cambodia. A large poster featuring the bird and its history adorns the wall, so you can learn about conservation efforts to regenerate the species. In the future Pelican Foods may

expand to other items as Randall continues to perfect his recipes, but for now the pies are the star of the show.

Pelican Foods, 4D Street 278, opposite Liquid Bar. Open 10am to 7pm.

■ COOL WATCHES

Swatch, the hippest watchmakers of the 80s and 90s, recently opened a franchise store in central Phnom Penh. Stocking the Swiss brand's signature funky and colourful plastic watches, the shop offers real deal alternatives to the fake Rolexes found in the capital's markets. Prices start from around US\$40, going up to over a hundred. The top range watches are classy metallic, and come in chic, almost bracelet like models for women, and chunkier versions for men. Kids will be happy with a watch from

the brand's playful Flik Flak range. The shop also stocks Swatch's own jewellery collection, Bijoux.

Swatch, 128 Sihanouk Boulevard, Tel: 023 222 070. Open 9am to 7pm

■ FRESH OYSTERS

January saw the opening of Sonoma, a new oyster bar in Phnom Penh. Oysters are imported fresh from Vietnam every morning – each one is checked by the owner, ensuring quality. Despite the rain, large crowds turned out for their grand opening, to sample the tasty dishes and excellent wines provided by Quarto Products. The oysters were fresh and tasty, with great texture and the perfect tinge of brine. Prices range from US\$6-8 for a half dozen, either fresh or cooked in a variety of styles. The

menu also offers steaks, salads, sandwiches and Thai dishes. The cozy, elegant space furnished with wood tables offers a relaxed, pleasant atmosphere. Plans are afoot to offer more tasting nights, and customers can order oysters and other seafood direct.

Saloma, 32 Street 108, Tel: 077 723 911. Open 11am until late.

■ BAYON RETURNS

Friends of Bayon Market will be happy to know the popular supermarket is back. Now located around the corner from its former grounds, it offers ample parking space – a problem at the previous location on busy Monivong Boulevard. The premises are also more spacious. Bayon continues to stock foodstuffs not found elsewhere in the city. Of particular note is

SAVING FOR EDUCATION FEES



It's never too early to start investing in your child's future.

The only thing growing faster than your children, is the cost of higher education. And for many parents, establishing a regular monthly savings plan is the best way to ensure they have sufficient funds to cover their children's university or college fees.

Infinity's experienced consultants can provide the impartial advice that you need, and can develop a tailor-made financial plan which starts now – but will help you to provide for your family's needs in the future.

Get in touch today.

infinity*

Visit infinityfinancialsolutions.com
 Email info@infinityfinancialsolutions.com
 Call Thailand +66 2 261 1571
 Call Malaysia +60 3 2164 6585
 Call Cambodia +855 10 7199 7121

*The possibilities are endless



their selection of Japanese foods, which includes everything from wasabi through curry stock to all types of seaweed.

Bayan Market, 33-34 Street 114, Tel: 023 881 266. Open 8am to 9pm.

■ VEGETABLES TO GO

Lunch in the Penh has not been the same since the arrival of Vego salad bar in early January. Located in central BKK, the small new establishment serves fresh salads, wraps and homemade bagels, in addition to freshly prepared fruit and vegetable juices. All greens are chemical free and locally sourced. Prices range from US\$3.50 for a basic salad, to lunch combinations with a main course and a juice for around US\$7. You can also make your own salad, choosing from a large selection of vegetables, cheeses and some seafood. Vego further serves bowls of soup for as little as US\$1.50, and plain bagels start at US\$1. The fresh, modern décor of exposed wood and white walls with a few tables at the back invites you to enjoy your lunch at the premises, though everything

can also be ordered as a take away. Free delivery is available.

Vego, 3E0 Street 51, Tel: 012 984 596. Open 8am to 8pm.

■ ALMOST LE RITZ

Local NGO Nyemo opened Le Rit's in late January, a new boutique guesthouse, shop and restaurant on the eastern stretch of Street 240. Set in a large villa, the establishment has seven comfortable and spacious en-suite rooms (US\$25-US\$60). The downstairs and garden restaurant serves Khmer and Thai fare, with a focus on seafood. The US\$6 lunchtime two-course set meal is already proving popular. Adjacent to the restaurant, the shop stocks mainly silk handicrafts, from gorgeous curtains through to colourful kids' toys, all at affordable prices. Established in 1998, Nyemo supports vulnerable women through providing various services, including a six-month training programme in vocational skills. The NGO also offers tailoring services at Le Rit's, with manicures and pedicures to follow.

Le Rit's, 71 Street 240, Tel: 023 213 160. Open 7am to 10pm.

■ LIVE MUSIC IN SNOOKY

Located one street back from popular Ochheuteal Beach, The Wall is a new addition to Sihanoukville's party scene. Complete with a beachside patio for daytime lounging, and a bar and restaurant with live music and open mic sessions, the establishment hopes to attract tourists from the nearby hotel developments. The second floor "art house" – set to host wine tastings – features rock-inspired wall paintings by Cambodian artist Ravuth Nang. The real party however is downstairs at the venue's nightclub. Open from 9pm to late Thursday to Saturday, the club has a brick wall design giving it a rough yet cool feel, and the owners promise international DJs will make regular appearances.

The Wall, Street 23 Tola, Ochheuteal Beach, Sihanoukville, Tel: 034 934 581. Open 9am to late.

■ SINGING THE PEACE

One of Siem Reap's stalwarts and social centres, the Singing

Tree Café has recently changed name to Peace Café after being taken over by Maureen Chen, a meditation teacher who has lived in Siem Reap for three years. A long-time favourite with both visitors and residents of Siem Reap for its relaxing garden, vegetarian food, community ethic and events, Maureen says the Café will continue with the same winning formula, only better. "We're doing the same as before and more, especially for Khmers." Tai-Chi classes on Saturday mornings (8-9) have just been added to the schedule, as well as Live Chapei music on Thursday nights. The Café is sad to see the departure of Heidi, who has led the yoga classes for so long, but confirms that visiting teachers will keep the same times. The menu has been changed slightly and is now strictly vegan. According to Maureen, the new menu has proved popular, contrary to the naysayers who said it couldn't be done.

Peace Café, Wat Bo Road, Siem Reap



វីធីសាស្ត្រ មជ្ឈមណ្ឌលថែទាំស្បែកសុខភាពស្រ្តី

EL Skin & Wellness Center

No. 115 Street 109 & 118, Sangkat Mitthapheap, Khan 7 Makara (South of Council Minister), Phnom Penh.
Tel: 012 681 948 / 023 884 390. Email: sovanratana.sim@yahoo.com. Open: 10am-7pm Everyday






សុវណ្ណរតនា ស៊ីម - ប្រតិបត្តិការសេវាថែទាំស្បែកសុខភាពស្រ្តី
SOVANRATANA SIM - Facial Specialist of Cosmetology, Florida State, USA

Qualifications from Florida State: Diploma of Clinical Skin Care, International Skin Care Technique IDL
International Dermal Institute trained Staff

Authorized distributor of **dermalogica** **jeune orchide** **O-PI** **LOREAL**

Pick of the Month

tuk tuk, biodiversity, arey k'sat, dolphin calendar



RESPECT:

International Year of Biodiversity

As declared by the U.N., 2010 is the year to look after the biodiversity of the planet. Hoping to raise awareness of the irreplaceable natural wealth of the Earth, this year will see a number of events worldwide celebrating all things big and small – as long as they weren't man-made. For more information, visit: www.cbd.int



PARTICIPATE:

Pimp Your Tuk

Not for the faint of heart, but if you're up for an adventure don't miss out on the MaD Tuk Tuk Challenge. Kicking off on Apr. 1, as many as 25 teams of two will drive their pimped up tukkies from Siem Reap, via Phnom Penh to Sihanoukville, completing various challenges on the way. The purpose of the 'madventure' is to raise funds for Siem Reap-based NGO MaD For Good!, in a fashion befitting the name of the organisation. For more information, visit: www.madtuktukchallenge.com



GREEN HINT:

Cyclo Centre

Slow, yes, but also a great way to see the city. Book yourself and your friends some cyclos from the Cyclo Centre, a local organisation that offers support and basic facilities for the men pedalling this increasingly extinct mode of transportation. Alternatively, join one of Khmer Architecture Tours' cyclo excursions around notable buildings in central Phnom Penh. For more information, visit: www.cyclo.org.uk and www.ka-tours.org



GO:

Arey K'sat

For a lovely day in the countryside, head to the Mekong River ferry landing near Naga Casino. The 20-minute ride to Arey K'sat costs 800 riel a person (1,500 on moto, 7,000 for cars). On the opposite bank, you'll find trails through banana trees popular among runners and cyclists, rice paddies, and small dirt-road villages. Bicycles can be rented from US\$2/hour and horse cart rides are US\$18 for 2 hours. Don't miss watching the sun set on the ride back. Ferries run frequently, leaving when full, from early morning until around 8pm.



BUY:

Dolphin Calendar

Everyone needs a calendar, so why not get one supporting a good cause? Red Sun Falling Bar in Kratie organised the photo-shoot for a 2010 calendar entitled "The Dolphin Men of Kratie", featuring pin-up photos on the city's finest male specimens. Proceeds from sales of the calendar, which also contains interesting facts about dolphins, go towards protecting the endangered Irrawaddy Dolphin. The calendar is available from Monument Books for US\$6.

calendar

February

everything you've wanted to know about what's going on in the Penh ...

- HOLIDAYS
- ARTS & EVENTS
- FILM
- MUSIC & PARTIES
- FOOD & DRINK
- SALES
- SPORTS

2 Tuesday

Riverside Groundhog Day Party
@ Riverside Bistro, top tunes &
never ending drinks specials.

Burma VJ @ Meta House, 7pm.

3 Wednesday

Prof. Torsten N. Wiesel @
University of Cambodia from
2pm, part of Bridges for
Peace series.

Duo Pour Baton et Corde by
Ubi Company @ Chenla The-
atre from 7pm, free tickets
from CCF library.

I Am a Sex Addict, @ Meta
House, 7pm.

4 Thursday

Design Fair @ 55 Street 178
near National Museum from
11am to 8pm.

The Art of the Silversmith in
Cambodia, talk by Kong Vireak
@ CCF Cinema from 7pm.

Carwash @ the Riverhouse
Lounge – funky sounds of
the 70s and 80s.

Artist talk with photographer
Joachim Froese followed by
screening of Man On Wire, @
Meta House, 7pm.

5 Friday

Design Fair @ 55 Street 178
near National Museum from
11am to 8pm.

Cambodian Space Project @
Studio 182 from 10pm.

Mr NU @ FCC from 7pm,
French artist plays popular
songs in French, Spanish
and English from 60s.

Artist talk with sculptor Blake
Ward, followed by Ian White's
Clearing for Results and De-
cade, @ Meta House, 7pm.



@Sharky's

6 Saturday

Vincent Courtois and the
musicians of Phare Ponleu
Selpak @ CCF from 7pm.

Fat Black Pussy Cat with MC
Hydrophonic & DJ Tech12 @
Riverhouse Lounge.

P Jae Stanley & Swackham-
mer @ FCC from 8.30pm,
jazz band from Vietnam.

Disco: Spinning the Story @
Meta House, 7pm.

Cambodia Whisky Night with
the Cambodia Space Project
@ La Croisette.

7 Sunday

Emir Kusturica's Arizona
Dream @ Meta House, 7pm.

8 Monday

NFL Superbowl @ Gym Bar,
6:00am.

9 Tuesday

Talkin Heads Trivia @ Talkin
to a Stranger.

From Hollywood to Hanoi,
and Testimonial Therapy @
Meta House, 7pm.

10 Wednesday

Special Chinese New Year
menu @ FCC and Chow.

Vegetarian Banquet @ Saf-
ron Restaurant from 7pm
for US\$6 per person (book-
ings required).

New Rulers of the World @
Meta House, 7pm.

11 Thursday

Special Chinese New Year
menu @ FCC and Chow.

A Midsummer Night's Dream
@ Gasolina by ISPP from
5.30pm, contact Mary Ful-
lerton on 089 879 957.

Throw Down Your Heart, and
Smot by Neang Kavich @
Meta House, 7pm.

Goodmorningbeautiful\
mini film fest @ Cafe Living
Room, 7.30pm

12 Friday

Special Chinese New Year
menu @ FCC and Chow.

A Midsummer Night's Dream
@ Gasolina by ISPP from
5.30pm, contact Mary Ful-
lerton on 089 879 957.

Suites, original dance @
Chenla Theatre, 7pm, free
tickets from CCF library.

The Asian Invasion, and
Happiness of the Katakuris @
Meta House, 7pm.

Mr NU @ FCC from 7pm,
French artist plays popular
songs in French, Spanish
and English from 60s.

13 Saturday

Special Chinese New Year
menu @ FCC and Chow.

A Midsummer Night's Dream
@ Gasolina by ISPP from
5.30pm, contact Mary Ful-
lerton on 089 879 957.

Suites, original dance @
Chenla Theatre, 7pm, free
tickets from CCF library.

Biryani Weekend @ Saf-
ron Restaurant for US\$6
per person.

Lunar New Year @ Xiang Pal-
ace, InterContinental Hotel with
suckling pig, roast duck, nian
gao and more (lunch & dinner).

Charity fundraising evening
@ Le Liban Restaurant for
Taramana from 7pm.

Happy Chinese New Year with
the Cambodia Space Project,
somewhere in the provinces.

Valentine's Party with DJ
Yukie @ Riverhouse Lounge.

Richy & Phil @ FCC from 8pm.

Days of Being Wild @ Meta House, 7pm.

OneFLY OneYEAR OnePARTY @Fly Lounge, 9:00pm.

14 Sunday

Chinese New Year

Valentine's Day

Special Chinese New Year menu @ FCC and Chow.

Biryani Weekend @ Saffron Restaurant for US\$6 per person.

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

Valentines Day Brunch @ Regency Café, InterContinental Hotel with free-flowing champagne from 11.30am to 3pm for US\$45+, or US\$30+ sans-bubble.

Special Valentine's Day menu @ Pacharan.

Traffic Light Party @ Darlin Darlin Club Lounge, NagaWorld from 8.30pm to 2am.

Valentine's Day Dinner @ all restaurants in NagaWorld.

Love Red Party @ Riverside Bistro, special menu, free roses & chocolate, live music & lucky draw.

Valentine's Dinner @ Knai Bang Chat and the Sailing Club, Kep, US\$38 including glass of Taittinger and rose.

Chinese New Year Brunch @ Café Monivong, Raffles Hotel Le Royal from 11.30 to 3pm with Lion Dance for US\$28++.

Valentine's Buffet Dinner @ Café Monivong, Raffles Hotel Le Royal from for US\$26++.

6-course Romantic candlelit dinner @ Restaurant Le Royal, Raffles Hotel Le Royal from pm to 10.30pm for US\$55++.

Sweet Surrender Special @ Sayana Rumdul Spa, hot aroma massage, lime scrub and bath US\$70 for two.

Oldboy @ Meta House, 7pm.

15 Monday

Canadian Flag Day

Special Chinese New Year menu @ FCC and Chow.

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

16 Tuesday

Mardi Gras

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

Craig Ritchie photo exhibition opens @ Meta House, 7pm.

17 Wednesday

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

Terrors Advocate @ Meta House, 7pm.

18 Thursday

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

The Drug Years @ Meta House, 7pm.

19 Friday

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

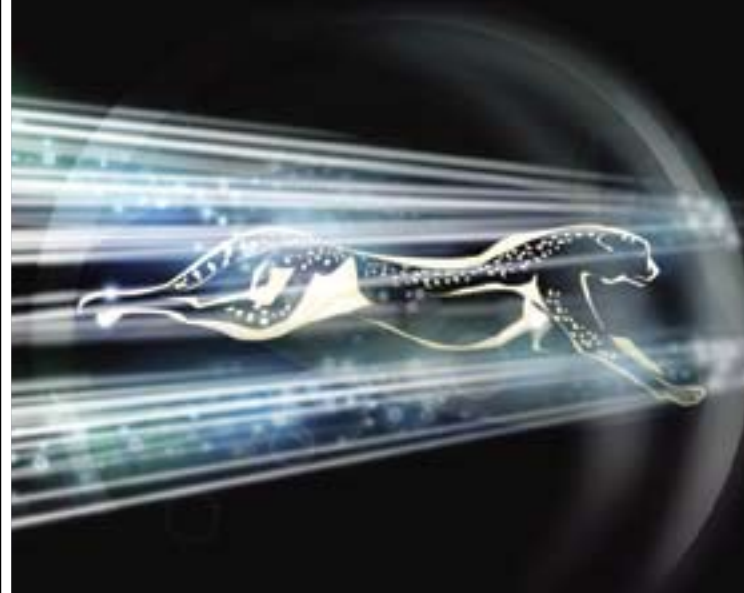
Paul Janovskis @ FCC from 7pm, blues with acoustic guitar.

Chef's table @ Le Gourmet Restaurant, NagaWorld from 7pm for US\$69 (reservations only 12 seats).

Getting High: the History of LSD, and Requiem for a Dream @ Meta House, 7pm.

20 Saturday

Biryani Weekend @ Saffron Restaurant for US\$6 per person.



BIG BUSINESS BROADBAND FROM \$599*

FIBER OPTIC or ADSL



- * 1Mbps
- * Symmetric speeds
- * Prioritised bandwidth
- * Key Account Management

OPTIONS

Backup connection with enhanced SLA

Faster speeds available on request



CALL CENTER
023 72 72 72
081 72 72 72

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



Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

Paul Janovskis @ FCC from 7pm, blues with acoustic guitar.

Grass, and Up in Smoke @ Meta House, 7pm.

21 Sunday

Biryani Weekend @ Saffron Restaurant for US\$6 per person.

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

After Copenhagen, a conference on climate change with GERES and AFD, 7pm @ CCF Cinema.

An Evening of Cambodian and Egyptian Dance @ Meta House, 7pm.

22 Monday

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

23 Tuesday

Talkin Heads Trivia @ Talkin to a Stranger.

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

24 Wednesday

The Invisible Frame: Tilda Swinton & the Berlin Wall @ Meta House, 7pm.



Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

Wine & Cheese Night @ Lobby Lounge & Bar, InterContinental Hotel from 7pm to 9.30pm for US\$20+.

25 Thursday

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

Crazy Love @ Meta House, 7pm.

26 Friday

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

Roeum (Hair) exhibition of sculpture and installation by Khvay Samnang opens @ Java Café from 6pm.

Green Night 3 – Eco-party in cooperation with Smart Mobile @ Meta House, 7pm.

Juram @ FCC from 7pm.

27 Saturday

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

Juram @ FCC from 7pm.

BBQ Weekend @ Saffron Restaurant for US\$8, includes glass of wine.

Storytelling by Ralph Nataf @ Equinox from 8pm.

DMC student night with short films @ Meta House, 7pm.

28 Sunday

Lunar New Year @ Xiang Palace, InterContinental Hotel with suckling pig, roast duck, nian gao and more (lunch & dinner).

BBQ Weekend @ Saffron Restaurant for US\$8, includes glass of wine.

La Rue Danse @ Wat Bothum, 7pm

Manuela y Manuel V@ Meta House, 7pm.

29 Monday

It's About Time @ Equinox, photography exhibition by Tiphaine Rios opens.

Every Monday

Monday Madness @ Talkin to a Stranger. Beer and cocktail specials all night

Open Mic Jam session at Riverside Bistro from 8.30pm.

Diva-licious Monday @ The Riverhouse Lounge. Girl DJs from radio 97.5 Love FM.

Yoga Under the Stars @ Amara Spa, Riverside & Street 110 from 6.30pm, call 017 236 025 for details.

Every Tuesday

Ladies Night @ Darlin Darlin (Naga). First Drink is free. All drinks half-off. Buy two bottles get 1 free.

Quiz Night at Gym Bar, 9pm.

All the burgers you can eat @ Steve's Steakhouse for US\$7.50 from 6.30pm to 9pm.

Floorfillaz @ Riverside Bistro, dance to the best new hip hop and r'n'b tunes from 9pm.

Taboo Tuesday with DJ Makara @ Riverhouse Lounge.

Singapore kitchen
Singapore charcoal steamboat

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

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

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

Address: # 110 CDEn St 360 boeong kenglangRl, Chamkarmorn, PhnomPenh . HP: 092 201 304, 017 821 400

Every Wednesday

Talkin Bubbles Wednesday@
Talkin to a Stranger, 6pm
Aus Sparkling US\$2.50,
Champagne US\$7

Ladies Night @ Darlin Darlin
(Naga). First Drink is free.
All drinks half-off. Buy two
bottles get 1 free.

Girls Gone Wild Night @
The Riverhouse Lounge. All
cocktails (for ladies) Buy 1
Get 1 Free.

Section 5 (live music) @
Riverside Bistro,
8.30pm

Bollywood films @ Annam
Restaurant. 7pm.

Movies @ The Chinese
House. 7:15pm.

Simply the Best @ Riverside
Bistro, the best of rock and
pop live from 8.30pm.

Ladies Night @ the Riverhouse
Asian Bistro – all martini
cocktails buy 1 get 1 free
from 6pm to 12am.

Every Thursday

Lamb Roast Thursdays @
Talkin to a Stranger 7pm.
Bookings essential.

All the U.S. chicken you can
eat @ Steve's Steakhouse for
US\$7.50 from 6.30pm to 9pm.

'Remedy @ Riverside Bistro
– Live Music New & Old
Classics from 8.30pm.

World Art Lounge @ Studio
182, 11pm

Glamour Party @ Darlin
Darlin (Naga) 9pm. A night of
Glamour and Beauty. Party
all night with celebrities and
Phnom Penh's top models.

VIBeration Thursday – House
music all night @ Riverhouse
Lounge.

Every Friday

Outdoor barbeque @ Golden
Mermaid Restaurant with
traditional German sausage
and meat, and goulash.

Girl Power @ Riverside
Bistro, live music - power
ballads & pop from 8.30pm.

Thank God It's Friday @
Studio 182, 11pm

Every Saturday

All-you-can-consume fresh
oysters and Kiwi Sauvignon
Blanc @ The Aristocrat
Wine & Cigar Bar, Naga-
World, from 5pm to 8pm for
US\$45.

Shabu Shabu Buffet @ the
Korean Grill, NagaWorld from
6.30pm to 10pm for US\$20.

Melody Classic (live music) @
Riverside Bistro, 8.30pm

Saturday Night F(or)ever @
Studio 182, 11pm

Every Sunday

'Hey Macarena' @ Riverside
Bistro, live Cheesy Pop
from 8.30pm.

Special Steak Nite @ Steve's
Steakhouse for US\$7.50
from 6.30pm to 9pm.

Sunday Brunch @ Regency
Café, InterContinental Hotel
with free-flowing cham-
pagne from 11.30am to
3pm for US\$38+.

Raggamotion Sunday @
Riverhouse Lounge with DJ
Pannara. 🇧🇵



@CHOW

STUDIO 182

The Art of Parties



UP IN PHNOM PENH NOW
Call 077 777 182 for reservations



Opens from Thursday to Sunday
9:00 p.m. until late

182 NORODOM BLVD - PHNOM PENH

www.studio-182.com

storyboard

Phnom Penh Life: Man of Books

Manager of the most iconic bookstore in the capital, **William Bagley** turns years of literary experience into a successful mix of tales and toys. **Craig Gerard** hears the story from the face of Monument Books.

A RELATIVE NEWCOMER to Phnom Penh, Monument Books general manager William Bagley has the admirable task of selecting what English language books are available in the city. “I’ve always been passionate about reading,” William explains. One of five brothers, he says they used books to escape from each other. “It has fuelled everything I’ve done.”

William, who arrived in Cambodia in August of 2008, has been in the book and literature business for the past 25 years. Prior to Monument Books, he worked for a regional bookstore in Thailand for five years. Much of that time was spent as a buyer, working between India and Japan. “I never considered working in a bookstore as a career,” says William. “Most people start working part time in a book store to launch their writing career or to get through school. That was the case for me, but I never really left.” Two and a half decades later, William finds himself surrounded by books of his choosing.

“When deciding what to carry, we think about what the community wants,” says William. While large publishing houses have their agenda of authors they want sold, that vision doesn’t always fit in with a bookstore in Phnom Penh. For example, Monument has a range of books on the Vietnam War, since many travellers in the region are former service men, or people who are on their way to Vietnam. William’s selections reflect careful thought of who the readers might be. “Sometimes I’m choosing books for the largest possible audience,” he says. “Other times I’m choosing books that only two or three people might be really interested in.” The freedom to make those decisions is part of what William really enjoys about his job.

“I value being able to make connections for readers,” he notes. “When people come into the store and ask for book suggestions, it gives me the chance to introduce them to a book they may not have considered.”



Just William – has always sought escape in books

So how does a bookstore survive in a city where US\$4 counterfeits are available in every market? William believes there are enough people who value the commodity of literature. They want to buy books that aren’t just a throwaway after one read.

Offering an alternative to pirated books also sends the message that stores haven’t given up

on giving authors proper credit.

“We have been instrumental in carrying books that have been widely copied,” says William. “If you don’t offer legitimate copies, you may as well give away the market.” Selling real copies provides a “real” alternative to copied books, hopefully denting that market. While he doesn’t blame people for trying to buy

cheaper versions, he does feel authors and publishers should be reaping the rewards rather than the copiers. This is something that Monument Books can help instigate in Cambodia.

Monument is not all about books. Since his arrival on Norodom Boulevard, William has helped to launch Monument Toys on the second level of the bookshop, what he calls a “complimentary business.” After ramping up the children’s book section, it made sense to offer a “one-stop-shop” for children’s entertainment, he explains.

While there are many similarities between the customers of the book market and the toy market, the two industries are run quite differently. This has been a challenge, but one worth taking. Similar to books, he has found numerous people want high quality toys that won’t break after one use. He has also noticed that parents are willing to spend more time browsing for books if their children are happily occupied upstairs.

Shifting some of the focus away from the books towards the people behind those books is another way that William has engaged with the local community. “We’ll do any event connected with books,” William says, “as long as it is entertaining to the customers.” While some ideas come from publishers, others are brought to the store from the authors. This allows the stories to come to life. “People really enjoy hearing from authors about their work,” William explains. Monument Books has been a crucial outlet for literature-based events in the Penh.

William Bagley has much to celebrate after his first year in the Penh. The book selection has improved, first class toys are available, and events are drawing new crowds into the store. “It has taken the full year to see the things change in a way I like,” he says. It seems his customers are liking it too. **F**

Year of the Metal Tiger

With the western New Year now firmly behind us, Valentine's Day (Feb. 14) sees the start of the Chinese New Year. 2010 is the Year of the Tiger. **Owen Griffiths** finds out what being a tiger means.

THE TIGER PERSONALITY

People born in the year of the Tiger are generally unpredictable, rebellious and impulsive. One of the Tiger's key personality traits is an incredible bravery that can boarder on recklessness. Their competitive nature often leads them into conflict. Notoriously quick to rise to any challenge, they are always prepared to defend the honour of loved ones.

The Tiger is also lucky and, like all cats, has the uncanny ability to land on its feet. Tigers are generally very frank and straightforward about their feelings. However, they can be guilty of constantly seeking the approval of friends and loved ones. They are very often well liked due to their charming nature but can be impatient, quick-tempered or selfish.

Tigers are very impulsive when it comes to money. They like to spend it and they like to share it. However, with luck well and truly on their side, Tigers' pockets don't stay empty for very long.

The Tiger is traditionally known as the sign of courage but not all Tigers are the same. The intrinsic differences between them are attributed to the five elements – Earth, Fire, Wood, Water and Metal. 2010 is a Metal Tiger year.

Influenced by the Metal element, Tigers born this year are likely to stand out in a crowd.



DIGITAL ILLUSTRATION BY KEITH KELLY

Metal is said to give their personalities an extra sense of rigidity and an unyielding determination. Added to the Tiger's natural competitiveness this can lead to a persistent personality and a determination to achieve their goals by any means necessary. The Metal Tiger is prone to acting first and thinking later. This often leads them to jump to conclusions without fully weighing up the options.

TIGER CHARACTERISTICS

Unpredictable, rebellious, colourful, courageous, self-reliant, powerful, strong, friendly, hopeful, passionate, daring, impulsive, vigorous, stimulating, sincere, affectionate, humanitarian, generous. Tigers can also be: restless, reckless, impatient, quick-tempered, vane, obstinate, selfish, aggressive, unpredictable, resilient and dismissive.

Famous Tiger People

Agatha Christie, Beatrix Potter, Bill Murray, Demi Moore, Diana Rigg, Dylan Thomas, Emilio Estevez, Emily Bronte, Enya, H. G. Wells, Hilary Swank, Jay Leno, Jim Carrey, Jodie Foster, Jon Bon Jovi, Karl Marx, Kate Moss, Kofi Annan, Leonardo DiCaprio, Lionel Richie, Marilyn Monroe, Mel Brooks, Oliver Reed, Oscar Wilde, Queen Elizabeth II, Robbie Williams, Sheryl Crow, Sir Alec Guinness, Sir David Attenborough, Sir Richard Branson, Stan Laurel, Stevie Wonder, Tennessee Williams, Terry Wogan, Tom Cruise, Victoria Beckham, Wesley Snipes, William Wordsworth.



Comme à la Maison
Delicatessen
Restaurant, Deli Shop & Catering



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



Streetsmart: Street 306

Kate Liana discovers there is more than meets the eye to this side street tucked into the popular Bong Keng Kang neighbourhood.



Beyond Interiors – exactly what the names says



Need to work but want to relax? Do both at Living Room

■ **NORODOM BLVD. TO STREET 51**
Gleaming white and frosty cold on the junction with Norodom Blvd., you'll feel as if you stepped into a space lab on some remote planet as you enter **Derma-Care**. In addition to waxing, facials, and nail care, this top end skin clinic offers advanced procedures. Live like a Palo Alto trophy wife and indulge in botox, lip plumpers, and chemical peels or splash out on anti-oxidant boosters, and anti-ageing treatment. Priced steeper than the average local spa, look out for package deals and various discounts. Hair loss treatment is also available for men.

Further along the block sits **Living Room**, office-away-from-office to consultants and freelancers. The leafy front yard and downstairs have a large seating area with couches and a playroom for children. Upstairs has more seating, a breezy terrace, and two private meeting rooms. Rotating art exhibits adorn the walls, and they occasionally host films and lectures in the evenings. The newest addition is a small clothing boutique on the second floor selling the Things of Substance line from an Australian designer who lives in Hanoi. Cute, work and play-friendly frocks, trousers and blouses are

made from linen, cotton jersey and silk in a variety of colours. Stylish, gorgeous tables, chairs, sofas, and cushions galore are offered at **Beyond Interiors**. Check out the ceramic, eggshell blue vases at US\$25. Funky glass bowls tinted a lovely green bottle-glass shade run for US\$97, and an ornately carved wooden mirror frame is US\$2,300. Karma candles using

all natural soy wax are US\$12 and burn for 46 hours. Both outdoor and indoor furniture can be ordered, and the knowledgeable, helpful staff can help you create an entire ensemble.

If it's home cooking you crave, you're on the right block. You'll feel like mama's taking care of you as the staff at **Cucina Filipina** fill your plate with fresh, hearty food. Aubergine salad,

sweet and sour pork, tofu in oyster sauce, and pumpkin in coconut milk were all part of a recent lunchtime feast. From US\$1.50 for a basic plate to US\$3 for more, this is a true bargain and worth every riel.

Whether you're on break from work or taking a long, leisurely dinner, there's no lovelier place than **Safran**. Serving Khmer and French food, like lotus salad, fried prawns in pepper, filet mignon, and Quiche Lorraine, this hidden gem is a favourite amongst residents. The airy outdoor patio and cool indoor seating area are both decorated in low-key elegance, using sparse, modern designs with a touch of Asian spice. Foreign papers and magazines make it an appealing spot for solo dining as well. Closed Mondays.

Situated in a large, wooden villa, the BKK **U&Me** offers the same quality, affordable services as their Riverside outposts. Massages, facials, waxing, nail care, and skin treatments are all available from 10am to 10pm. The hand and foot spa with paraffin treatment for US\$14 is a particularly good deal. Housed in the same complex is **Bare Necessities**, stocking bras from Australia and New Zealand in cup sizes



Bare Necessities provides your most intimate needs

A to J (egad). Exquisite designs are available, along with plain, soft cotton types for less flashy occasions. Black lace nursing bras will rekindle any romance that got buried under a heap of nappies, and sheer nighties will help things along if you have yet to get knocked up. This is the spot for those esoteric items women can't live without and men have never heard of, like nipple covers, clips to keep straps in place, and adhesive strips that lift, pull and shape in gravity-defying ways. Most are re-usable up to 20 times, so make sure he's worth it before applying.

If you're looking for excellent coffee, the BKK outpost of **Cafe Fresco** fuels NGO staff, consultants and trailing spouses with Illy products. The pretty white building has a roof terrace, but the cool aircon interior is hard to leave. Comfortable leather chairs, WiFi, and good lighting make it a popular favourite. Serving a wide array of pastries and baked goods, heartier food includes excellent, fresh sandwiches and salads. Pick your own ingredients and bread for a made-to-order delicacy.

■ **STREET 51 TO MONIVONG BLVD.**

A large, local elementary school teeming with lively children on the next block is a welcome sight after so many commercial enterprises. After that is **Shiatsu-ya**. This traditional Japanese massage style uses pressure points along the body's meridian lines. In addition to improving circulation and lowering blood pressure, it purports to treat headaches, stress, body toxins, and anxiety. One hour with the Japanese Shiatsu master is US\$20, cer-

tainly worth a try if the local stuff doesn't do it for you anymore.

If **Dermologica's** giant billboard of models with white cream smeared on their faces doesn't put you off, check out this skin care spa. They offer a five-minute analysis of your skin (termed "face mapping") that can diagnose any skin problem. Offering personalised skin care, they sell and use the highly regarded Dermalogica products in their treatments. And they don't come cheap. Intense Moisturising Masque is US\$68 for 75ml, MAP-15 regenerative cream is US\$153 for 8 grams. Men's soothing shaving cream fares better at US\$34 for 180 ml. Special promotions and deals run frequently, which makes ponying up the cash a bit less painful.

Next door, the **Tea Club** will transport you back to bygone days in their elegant, refined dining room decorated with red walls, wood carvings and antique Chinese beauty product ads. Affordable Malaysian Chinese food includes curry laksa, hotpots, tofu, seafood and noodle dishes, along with oolong and chrysanthemum tea. Open until 3pm weekdays, and 7pm on weekends, a good choice for something new.

Tumble out onto Monivong Boulevard and sprint across to **Chinese Noodle Restaurant**. Lunchtime finds every table in the joint packed with locals and foreigners feasting on cheap, popular noodle soups and dumplings. The fresh, handmade noodles are slapped and stretched on a table right outside, so you can watch your lunch and eat it too. 🍜

LUNCH SPECIAL



**3 SET MENUS NOW AVAILABLE
QUALITY & HEALTHY LUNCH**

At Competitive Price starting at **\$6**

Menus include old time favorites such as Kimchi Soup, Grilled Saba, Mushroom, Beef or Chicken Teriyaki, Hot pot fish roe rice and all served with traditional Korean Banchan (side dishes) such as squid, tofu, Korean pancake and kimchi of course. Monday to Friday from 11am to 230pm



No. 18, Street 47 & 84, Sangkat Sras Chork, Khan Daun Penh, Phnom Penh, Cambodia
023.986.114 www.hotelcara.com/fusionsushi



Step back in time at the Tea Club

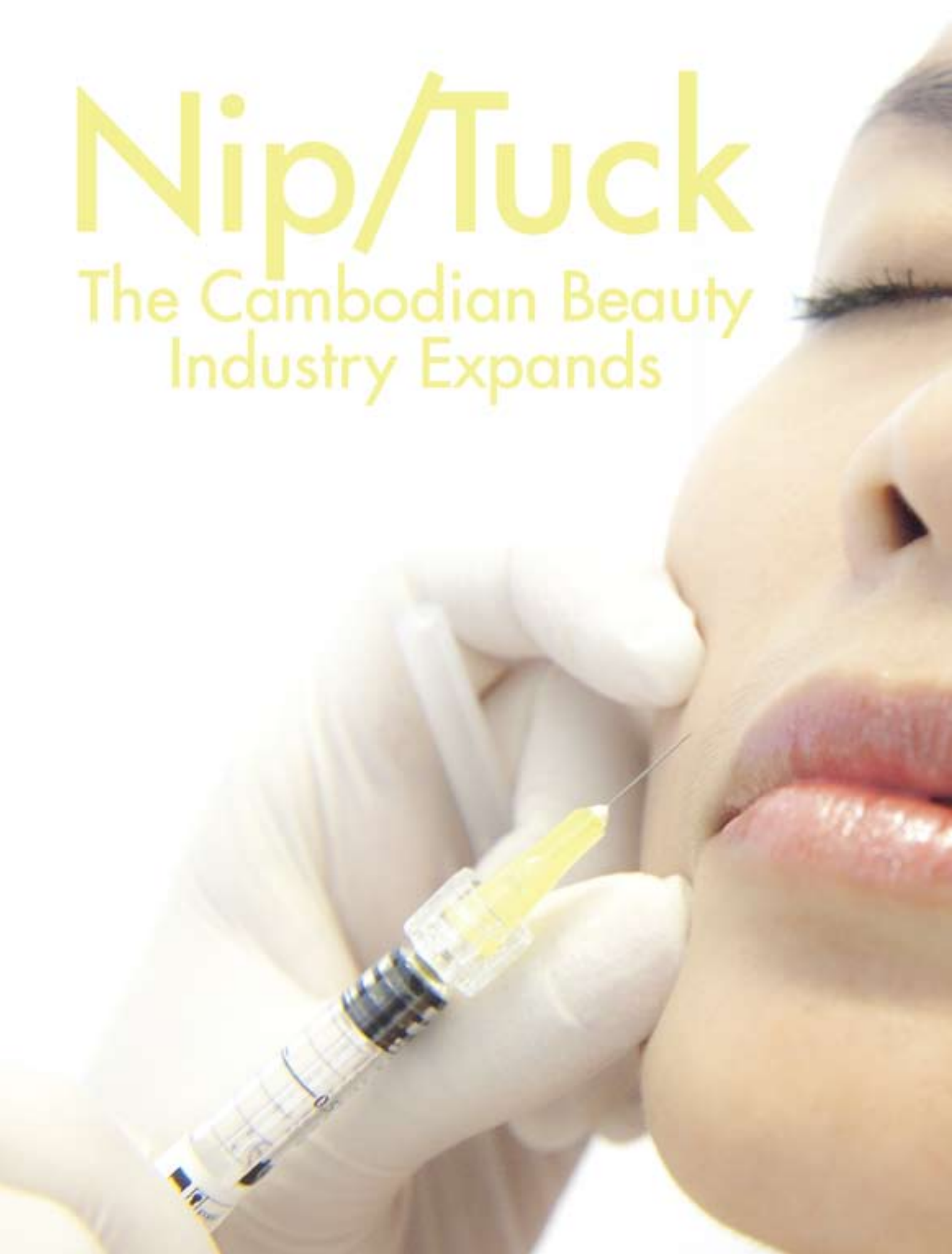
7am - Late. Tel: 023 222 685

New school dishes

The best fish & chips in Asia
Corner of St.108 & Riverfront

Nip/Tuck

The Cambodian Beauty Industry Expands





Beauty is as beauty does, they say, but with rising disposable income in Cambodia, the demand for treatments to augment nature's endowments are on the rise. However, due to a largely unregulated market those seeking beautification may get more than they bargained for. Words by **Nora Lindstrom**.

THE CAMBODIAN BEAUTY industry is growing. Where services a decade ago were limited to small roadside barbers with basic equipment, today those with the cash to afford it can get anything from high-end hair cuts through botox injections to quality breast implants.

Dermatologist Dr. Em Sam Ol of Derma-Care Skin Clinic, attributes the changes in the industry to the effects of globalisation. "Before people would go abroad for these kinds of treatment," he says. "But now we have real beauty here, and middle and high level people can enjoy these services in Cambodia."

According to Sam there are essentially two kinds of service providers in the Cambodian beauty industry – cheap, local salons that mainly deal with hair and make-up but also offer some beauty treatments, and professionally run establishments with high quality and increasingly technology-based services.

"[The latter] is slowly growing," he says. "It's about real beauty and aesthetics where we use botox, laser and medicine for long-term impact and improvement of the skin. These are new ideas that have developed only in the last five years."

Opened around a year ago, Sam's clinic offers a wide range of high-tech services. "At the moment, botox, fillers and some medicine for the skin are popular," he says. "Among foreigners, the first two are most popular, while among Cambodians it ranges from medicine for the skin, through botox and fillers, to laser treatments."

Trained in part abroad, Sam notes that there are inherent dangers in the uncontrolled growth of the industry. "Only a few doctors have been trained abroad for using laser, and especially botox and fillers. You need special training for that," he says. "We have many clients who

come to us from another salon or clinic," he adds, explaining how he often sees patients who have had botched chemical or synthetic implants. "In some cases we can solve the problem by removing the substances, but in others we cannot because the problem is very serious and we need to transfer the patient abroad."

Sim Sovanratana (Ratana) of EL Skin & Wellness Centre has experienced similar situations. "Some people go for pigmentation treatments to salons that use too strong products, which harm the skin. The skin goes red and sometimes becomes inflamed," she says. "Afterwards they come to me."

She describes how the common desire for whiter skin leads Cambodian women to try out treatments that use steroids and hydrocortisone. Unless properly administered, these are often too strong for the skin, leading to complications.



Ratana giving a facial at El Skin & Wellness Centre



Jun Kikuchi was surprised by the low skill level in Cambodia

■ SAFETY FIRST?

Following three years of training in the U.S., Ratana has a Diploma in Clinical Skin Care from the Florida Career College. At EL, she provides over three hundred beauty treatments using Dermalogica products and new technologies for skin care, including light and heat energy, a third generation intensive therapy.

Unlike some in the industry, she is aware of her limits. “The first thing to consider is customer safety,” she says. “I would like to provide laser treatments to my customers as well, but in order to do that I would first have to return to the U.S. for further training.”

Lack of professional training is a pervasive problem in the industry. “Many people working within the beauty industry in Cambodia have had no formal training,” says Natalie Elverd, technical advisor at local NGO Friends International. With two decades of experience in the Australian beauty industry, Natalie is currently offering technical and training support in hair and beauty to the Mith Samlanh School’s vocational programme.

“Over the past couple of years I have seen some improvement in the quality of services offered,” she says. “But in many locally run businesses hygiene standards are still non-existent or very poor, due to lack of education and training.” Using dirty equipment can have any number of consequences, from irritating sensitive skin to spreading various infections and fungi.

Work in the beauty industry is in high demand among young Cambodians, especially girls. In Phnom Penh, a variety of beauty schools offer courses covering various aspects of beauty. Full courses generally cost between US\$500 and US\$1,000 – significantly more than most beauty therapist hopefuls are able to pay. Consequently, many learn the trade on the job. Given the lack of regulation of the schools, there is also no guarantee that graduates have learnt the appropriate skills.

When Japanese hairdresser Jun Kikuchi opened his top-end salon De Gran last year, he was astonished by the low skill level of those applying for jobs at his salon. “They have no basic skills,” he says. “They’ve just learnt by following someone else.” Who that someone else might be, and whether he or she is qualified, is a moot point.

Jun is not alone in his views. Diep Peseng (Thear), managing partner of popular Champei Spa, prefers to hire inexperienced staff and provide training in-house, to ensure his staff do not use unsafe techniques learnt elsewhere. “It’s better to get someone without any knowledge and teach them our way from the start,” he says. “It’s a lot faster and easier for us.”

Ratana also provides in-house training for her staff, commencing with looking at the basic ingredients of products. A knowledge of what each pot and tube contains is imperative in ensuring customers get the correct treatment, she maintains. Unfortunately, Cambodia is awash with counterfeit beauty products, so what’s written on the label does not necessarily reflect what’s in the pot. “It’s a big problem,” says Ratana. “You really need to go to the right place for real products, and look for certifications.”



Natalie Elverd – teaching the tricks of the trade at Friends

Sam too considers limited regulation of products a key issue affecting the industry. “The quality of medicine is most important,” he says. “Is it proper? Where is it from? Is it FDA approved?” Sellers in the markets, who are often the first stop for locals seeking treatment for skin conditions, seldom have the answers to these questions.

■ SCULPT ME PRETTY

In addition to seeking out conventional beauty treatments, Cambodians are also increasingly looking into more drastic measures.

During his decade of working in the country, American plastic surgeon Dr. Reid Sheftall of The Breast Clinic has seen an almost complete change in his clientele.

“There’s been a huge increase in Cambodian patients lately,” he says. “When I first arrived 10 years ago there used to be no Cambodians, there was no middle class. Now, almost three quarters of his patients are locals, including actresses, singers and models.

Through surgery, many are looking to attain more western, or Caucasian, features.

“The reason for that is that the western world dominates the fashion industry,” says Reid. “Most of the famous magazines have more Caucasian than Asian women in them. They see that, and they like the high nose, the bigger eyes...”

The quest for more beautiful and youthful looks through surgery has its pitfalls. Given limited regulation, some establishments offer services they are not qualified to perform. Like Sam and Ratana in the field of dermatology, Reid says many of his patients come to him after someone else has “mangled” them.

“There are people here doing it that are not plastic surgeons, they’re just doctors who want to make some money,” he says. “They even caught a dentist here doing it a couple of years ago, and people are doing it in beauty salons.”

By “it” Reid is referring to a variety of surgeries, from liposuction through tummy tucks and nose jobs, to eyelid surgery to creating a double crease. “Beauty salons should not be doing operations on people,” he adds, calling for stricter regulation of the industry. He suspects many of his patients who come for corrections are either too scared of going back to their original doctor, or have gone back only to be told that there is “no problem”.

Nose jobs and breast augmentations are some of his most common procedures. According to Reid, these are in theory very simple, but demand skill and a meticulous eye.

“Plastic surgery is easier in some ways than general surgery, but the standards of precision are much higher,” he says. “In plastic surgery, if you’re off half a millimetre on the eyelid,

the patient is going to be very unhappy because they came to you wanting to look better, and instead they look worse.”

Not everything can be improved by the knife. Reid turns away at least half of the people that come to him. “I tell them I don’t want to do it because I don’t think it will make them look better,” he says. “I can make money from surgery and I love doing it, but I tell them ‘I don’t want to do that on you’ because I don’t want them to have a bad result.” Unfortunately, that still leaves the customers the option of seeking out another surgeon.

Reid believes plastic surgery is here to stay. “It will increase as the middle class increases and people also become more aware of the world,” he says. “People are going to want to correct things they are unhappy about.”



Dr Reid Sheftall has seen a huge increase in Cambodian patients



Dr. Em Sam Ol of Derma-Care



Face mask at Champei Spa

He also argues there is very little stigma attached to plastic surgery in Cambodia. “The singers aren’t embarrassed at all,” he says. “They all come in and take their tops off and ask me if they should be doing it. A lot of them have really rich husbands.”

■ **BEAUTY TOURISM?**

Though health tourism is yet to hit Cambodia, Reid is already getting patients flying in from other parts of the world. Predominantly, these are Americans of the Khmer diaspora, though he does get patients from Thailand, Singapore, Australia and France. With breast augmentations priced at US\$2,500, it is easy to see the draw.

At Derma-Care, most foreign clients are expats, happy to have someone local to go to for reliable beauty treatments. Sam thinks it will take some time before Cambodia reaches the same level of health or beauty tourism as in Thailand and Singapore. “Maybe ten years or so. We need to increase the quality first, we need capacity building,” he says.

He also notes that while labour costs in Cambodia are

Hair and Beauty Hints and Tips by Natalie Elverd

■ **MANICURES AND PEDICURES**

Look for clean equipment and towels, especially cuticle cutters and nail filing tools as skin infection and fungus can be easily spread from one person to another. Avoid razors.

■ **HAIR REMOVAL**

Ask if the wax used in the business is new. Some businesses will recycle wax. Not a nice thought when someone might have had a bikini wax the day before your waxing service.

■ **FACIAL SKIN SCRUBS AND MASKS**

Some products are not what they claim and may be too harsh to use on the face, they are often bought at the local market. Ask questions about the products

being used or ask friends for recommendations. Also check the water in steaming machines used on the face during a facial, if it looks dirty ask for it to be changed.

■ **HAIR CUTS**

The key to achieving a good hair cut is good communication between you and the hairstylist. Skills are obviously also very important, but you may have had the best technical haircut and it could have been your worst. If the hairstylist doesn’t understand you, take along a translator.

■ **HIGH-TECH TREATMENTS**

Please be careful if you are considering facial injections, chemical peels or laser treatments, Cambodia is not regulated and the experience of the technician may be minimal. **A**

significantly lower than in the West, customers still need to pay for quality products. “Because we buy high quality medicine, we need to have a high price,” he says. At his clinic, botox injections start from US\$12 per unit.

Though it serves to be wary when seeking out beauty treatments in Cambodia, Natalie says using common sense and doing your research will take you far.

“One of the many pleasures when living in or visiting Cambodia is the vast selection of affordable beauty treatments available,” she says. “Ask for a friend’s recommendation. Some of the popular and well-known businesses here do offer a high level of service.”

Sam says stricter control of the industry is needed, but also notes that patients’ experiences through trial and error are likely to help improve the industry. “Step by step people will begin to understand and seek the right place for beauty services,” he says. “Because of side effects and complications from those who don’t practice well, people will become increasingly aware.” **F**

A Model Life?

Making a living out of being pretty may seem like one of the easiest jobs in the world, but as anyone who's watched America's Next Top Model knows, getting the pout just right and learning to smile with your eyes is not always a piece of cake. In Cambodia, where the modelling industry is still in its infancy, even those few who are taller than the bare minimum of 1.65m have a hard time making ends meet. Words by **Nora Lindstrom**.





Vichka from Sapor's Models striking a pose at Darlin' Darlin'

BEAUTY MAY BE IN THE EYE OF THE beholder, but when it comes to the modelling industry it is generally only skin deep. "It's not hard to become a top model if you have the right look," says Sapor Rendall, a former model and founder of Cambodia's oldest modelling agency, Sapor's Modelling. Having established her agency in 1996, Sapor has watched the industry develop for over a decade. "When I first started the modelling agency I had about four models," she says. "It was so difficult to find models – people didn't believe in modelling, they'd never seen a catwalk fashion show."

Since then the industry has expanded, with several agencies cropping up over the past few years, and more and more young girls and boys dreaming of making it as a model. "Now I don't need to find models, they find me," says Sapor.

Modelling manager Men Nimulroat (Ruddy) of La Reine Modelling agrees there is a large supply of hopeful models. He gets around 30 applicants for each of his modelling courses, which he has run monthly since the agency opened a year ago. Half of the applicants are usually accepted onto the course. However, it's still difficult to find models. "Most people are too short, or they lack confidence," he says.

A former model himself, Ruddy says employment opportunities have increased over the past five years, though not in line with the supply of models. "There is not enough work for everyone who wants to become a model, but there's more work than before,"

Now I don't need to find models, they find me

he says. He lists product shows, welcoming ceremonies, fashion shows, launches, ribbon cuttings, and TV commercials as work commonly undertaken by models.

According to Sapor, the right looks and the right attitude can earn some models up to US\$2,000 per month. "If you have the right ability, you can earn good money," she says. Initially though, models earn a fraction of that. Ruddy says that on average models at his agency earn between US\$100 to US\$150 per month. He tries to dispel any myths of fame and fortune aspiring models might have early on. "Before models start training here, I always ask them how much they want to be a model," he says. "Because if they love it only a little, I tell them not to spend time with that because by modelling in Cambodia you can't earn much money, and you won't become as famous as a singer or an actress."

Kouy Chandanich, 21, has been working in the industry for a year. She was invited to train at Sapor's agency after a chance meeting with Sapor at a party. "I've wanted to be a model since I was a teenager," she says. "It's great to be a model, it makes me happy." Chandanich earns a couple of hundred dollars a month. "It's not much, but to me it means a lot."

Unlike Chandanich, who admits she does not need to make money to support herself, other aspiring models are expected to earn enough not only for themselves, but for their families. Working part-time is the industry norm. "You cannot be a full-time model and make a living from it, because there is not enough work yet" says Sapor. She encourages her models to focus on careers outside of the industry, especially as modelling careers usually come to an end once the model turns 30. Her agency helps with finding other employment, such as working as a hostess during Thursday's Glamour Night at Darlin' Darlin' Club in the Naga complex.

Hosting events at top-end clubs attended by Cambodian celebrities is often a far cry from the daily lives of many models.

"When they come here they wish they could come to this kind of place every day," Sapor says of Darlin' Darlin'. "But they can't afford to come to a club like this." Still, being seen at the club is important. "I go out with Sapor and the other models a lot," Chandanich admits.

Vantha Vichka, 20, is one of Sapor's models who also works at the club. "I love modelling, it's my childhood dream," she says. Sapor sees great potential in Vichka, who has worked in the industry for six months. "She has very unique features," she says, adding that Vichka is popular among clients because of her positive attitude.

Ruddy also notes that having a pleasant character is key to making it in the indus-



La Reine - Model School

try. "I teach them not just how to walk, but how to be a good model," he says. "Because as a model you don't work alone, you work in a team for a client."

There are however limits to the extent that models should be expected to please their clients. Both Sapor and Ruddy acknowledge some people still equate modelling and hostessing with prostitution. Clients occasionally put pressure on the models to do more than was agreed upon. "It's very annoying. Some men ask me to introduce them to the models, they say they want to have dinner with the girls," says Sapor. "I tell them that if you meet the models in public you can do whatever, but don't ask me."

Models are also under pressure to augment the looks that are the tools of their trade. "Some models get plastic surgery," Ruddy admits. "Now it's not so expensive, about US\$300-US\$700 for a nose job." Although she would not consider plastic surgery herself, Chandanich knows many who have had work done. "They don't like their face, they think they look thin, or fat, or something," she says.

Despite the low pay and potential pitfalls of the industry, young girls and boys are drawn by its apparent glamour. Eoun Sorey, 19, put high school on hold to pursue a career in modelling. "I like being in the celebrity industry," she says. "I consider

myself a celebrity too, because I have been on TV."

Chandanich, who cites her biggest success so far as appearing in a recent Ambre fashion show attended by the King, says she enjoys being recognised from her appearances in magazines and on TV. "It's great to know that people know about me," she says, adding that her dream is to eventually work as a model abroad.

However, both Ruddy and Sapor agree that a lack of confidence and height are likely to keep most Khmer models from breaking onto the international catwalks. There are also cultural pitfalls that have to be negotiated. Sapor tells the story of how she created controversy by once staging a fashion show where some of the models wore bikinis. "In Cambodia you can't have shows where the girls wear bikinis or underwear," Ruddy confirms.

Though the modelling industry is one of the few industries in Cambodia unlikely to benefit from development aid, there may nevertheless be more money in store for struggling models. Ruddy notes that the Ministry of Culture recently issued a directive ordering all TV commercials to be made in Cambodia. "That's why in the future, models will have full-time work and be famous like actors," he says. Whether it will help them grow any taller is another matter. **■**



Sapor - set up Cambodia's first modelling agency

food corner

Lunar New Year

Feb. 13 to 28 will see the Chinese of the Penh sitting down to quality meals to celebrate the beginning of the Year of the Tiger. **AsiaLIFE** finds out where you should go for some quality Chinese and Singaporean fare.



Dim sum at Yi Sang



Sam Doo's more than dumplings

CHINESE FOOD

Man Han Lou

If you want to celebrate Chinese New Year with a clean glass of fresh beer, there really is no better place than Phnom Penh's first microbrewery. The four varieties – Gold, Black, Red and Green are brewed fresh daily and are worth a try. Gold is a pale ale with a strong, crisp finish and nice wheat taste. The black stout is not too heavy, has a rich, mellow taste and goes down easy. The amber Red ale is a blend of Gold and Black, sharp and interesting, and the Green is Gold blended with spirulina if your health plan includes beer. Pints are between US\$2 and US\$3, also available in jugs. Dishes of salted peanuts, pickled vegetables and candy corn are your reward for purchase. Man Han Lou is also a popular spot for early morning dim sum with the capital's Chinese community.

Man Han Lou, 456 Monivong Boulevard.

Yi Sang Restaurant

The Almond Hotel has more than some of the best value business rooms in town, Yi Sang Restaurant, situated on the ground floor of the hotel, is developing a reputation for serving some of the finest Chinese cuisine in town. Dim sum lovers enjoy the prawn and pork dumplings – light and tasty, with the perfect texture. Taro puffs were torpedo-shaped bird nests of fried taro, which hid a mix of pork, mushroom, taro and prawn inside. Big, juicy prawns saved the steamed prawn rice roll from its customary blandness. The roast pork bun was an excellent specimen – pillowy dough engulfing rich, salty roast pork. The prawn on sesame toast was dry and greasy but sinfully delicious. Considering its elegant setting, Yi Sang is surprisingly affordable for the setting – each dish was around US\$2-4.

Yi Sang Restaurant @ Almond Hotel, 128 F Sothea Boulevard

Xiang Palace

For some top end fine Chinese dining don't miss out on Hotel InterContinental's Xiang Palace. Starting from US\$2.50 for three pieces, the dim sum is a definite draw, particularly during the Monday to Saturday lunchtime buffet (US\$16+). During Chinese Lunar New Year, the restaurant will also be serving a special à la carte menu, which includes a traditional treasure pot (US\$168+ for six persons). Complete with abalone, roasted duck, pork belly, Qing Yuan chicken, and auspicious sea cucumber among a dozen other ingredients, the beautifully presented dish is unlikely to leave anyone hungry. Throughout February, all New Year specialties, including chef Teng's special homemade XO sauce (US\$16.80), are available as takeaways from the hotel's Deli Shop.

Xiang Palace, Hotel Intercontinental, Regency Square, 296 Mao Tse Toung Boulevard

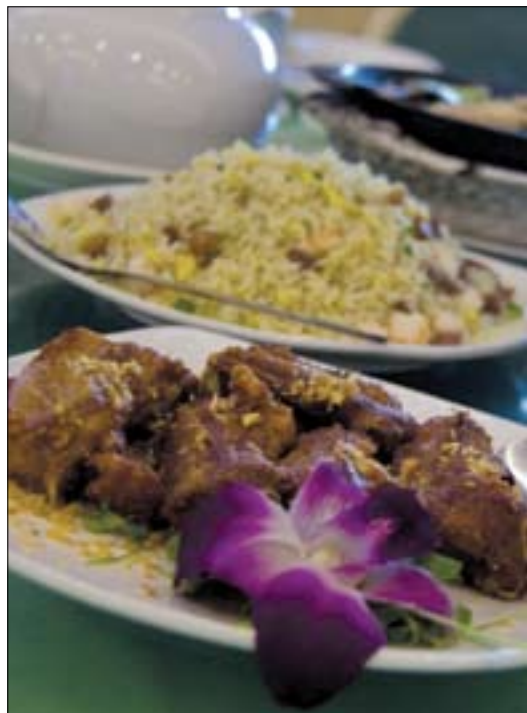
Sam Doo

Lunch time bargain hunters can do far worse than heading for Sam Doo. The dumplings in the wonton soup were some of the tastiest in recent memory. Chewy noodles and rich roasted duck on the bone sweetened the deal. The Chinese broccoli was fresh and crisp, loaded with garlic in a white sauce. Delicately spiced Singapore noodles with shrimp, pork, egg, chilli and slivered pepper had great texture. The pearl chicken engulfed by sticky rice and wrapped in a giant, thin leaf was interesting but dry. Crowded at lunch and dinner, the food comes lightening fast. Dim sum dishes were US\$1.80, the rest between US\$3-5.

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

Lao Di Fang

Translated as Old Place, Lao Di Fang is most definitely one for those in the know. The menu is



Old school food at Lao Di Fang



Pulling out some great dishes at Chinese Noodle House

replete with dishes customarily described as authentic, shorthand for difficult for western palates to stomach. Deep-fried salt and pepper pig tripe with ginko, anyone? We were game. Dry and chewy, the ginko berries were a unique addition, although this dish is certainly “acquired”. Hot and spicy, the Hong Kong-style stuffed fish with gourd, aubergine and pepper was a delicious, hands-down winner. The seafood hotpot had fresh squid, pork and pork tendon, along with black mushrooms, snow peas and carrots. The braised tofu with abalone sauce was soft and tasty, and the house special spare ribs with garlic were perfectly moist, even though fried. Clean, brightly lit, with private rooms available, portions were huge and each dish was between US\$3-4.

Lao Di Fang, 403-405 Monivong Boulevard (corner Street 182)

Chinese Noodle House

Perennial favourite of Phnom Penh diners, Chinese Noodle House inspires long, rhapsodic declarations of love. Hand pulled noodles star in the famous soup, along with pickled greens, bok choy, and a choice of duck, pork, intestine, beef, seafood and mushrooms. Tasty and filling, dishes can be livened up with chillies soaked in oil, or soy sauce. The other must-eat are the dumplings, bursting with chopped greens and minced pork.

Other dishes such as fried vegetables, noodles and rice are on offer, but why mess around? Soup and dumplings are US\$1.20, and the other dishes around US\$2. Friendly staff make the experience a pleasure.

Chinese Noodle House, Cnr. of Monivong and Street 294

■ **SINGAPORE FOOD**

Singapore Kitchen

Singapore Kitchen is the real deal, serving great, authentic Singaporean hawker fare. You simply can't go wrong with the seafood laksa (US\$3), which is both spicy and savoury, in a rich, heady coconut milk broth. Another favourite is the flavoursome seafood bee hoon, while the fish congee is a thick, pleasing, hearty dish with large chunks of fish in the rice porridge. The carrot cake, which despite its name is not a dessert, is a fantastic little side dish – and the black carrot carries a kick. The Khmer menu also offers a few unique dishes, like flower crab in coconut milk. The pleasant, high-ceilinged, and fan-cooled interior offers a relaxed, peaceful atmosphere, and with most prices well under US\$5 it's simply perfect for a midday break.

Singapore Kitchen, 110 Street 360

Sophia's Kitchen

Sophia will not let you go hungry. Clean, cheerful and dirt cheap, she keeps you stuffed

without breaking the bank. The laksa had bean curd, mushrooms and lemongrass floating in coconut milk laced with chilli. Fragrant and delicious, this was the spiciest, though the noodles were mushy. The hokkien mee was less spicy, more like a rich consommé, with vermicelli noodles, bean curd, watercress, and chopped

prawn. Minced pork and shi-take mushrooms joined thick noodles in a rich gravy heavy with scallions. Yam cake was starchy and comforting like taro – the carrot cake more like a warm, mushy omelette with chilli and onions. This is tasty comfort food at its most filling.

Sophia's Kitchen, 13E Street 81



Sophia's Kitchen can add a little spice to your life

Food Talk: A Taste of Pakistan

As one of the only true Pakistani restaurants in the Penh, owner and chef **Majid Wazir** takes pride in his country's cuisine, making Saffron a dining experience instead of just a meal. Words by **Craig Gerard**.



Majid: the man and his curry

FOR TWO YEARS MAJID Wazir has been serving up Pakistani and Middle Eastern food at Saffron Restaurant located on the ever-popular Golden Mile. While the quality of the food has remained constant, the street has developed into a bustling expat corridor. Majid feels the difference. "We're busier and busier all the time," he explains. Saffron more than holds its own with other 'Indian' restaurants in the area.

Unlike restaurants with a novel-like menu offering hundreds of items, Majid keeps the menu at Saffron simple. While some of the items change quarterly, every item on the menu has its own distinct flavour and style. Most of the spices are Pakistani, all imported from Singapore. The result is a subtle cuisine.

"Saffron serves food you would find in a Pakistani home," says Majid. While some dishes are 100 percent Pakistani, others

borrow from Southeast Asia. For example, the rice comes with a hint of lemongrass, just enough to remind you that this is Phnom Penh and not Lahore. He also uses Kampot Pepper in most of the dishes. Since all the meals come with both bread and rice – what Majid calls "the meal deal" – the entrees are quite good value.

But what really sets Saffron apart from other South Asian restaurants is the wine selection. As the former owner of Monsoon Wine Bar on Street 104, Majid has his finger on the vino-pulse of the city. He took both wine and play list from Monsoon when creating Saffron, giving the restaurant a hip, lounge feel, with trip-hop house beats bouncing off sparsely decorated walls. However, don't expect fancy wine bar prices. With glasses of red or white at US\$3.50 and no bottle over US\$34, the Australian and

Chilean wines in particular offer great value. Also, if you order five entrees, you will get a bottle of wine for free. If wine isn't your bag, Saffron also has a full bar, with a few specialty cocktails including the scrumptious raspberry mojito.

The restaurant does claim to be both Pakistani and Middle Eastern, though the only Mediterranean dishes on the menu are hummus and tzatziki. Majid admits the strength of the restaurant is in the Pakistani cuisine. His favourite dish is also the most popular menu item – the chicken massala (US\$6.00) is thick with tomatoes and strong curry aromas. His samosas are also customer favourites. "The crust melts in your mouth," he says.

According to Majid, it takes years to master the various Pakistani spices and the slow cooking method. However, Majid is happy to share some of his knowledge by offering

cooking classes for four to seven people (US\$25 per person).




The courses are usually held on Sunday afternoons, and start with a trip to the spice shop and local market to learn where you can source ingredients. The group chooses from dishes on the Saffron menu to prepare in the kitchen at the restaurant. After the lesson is over, each participant can invite a friend to come to Saffron and the entire extended group enjoys the food they have prepared for free.


For Majid, Phnom Penh is a place of unlimited opportunity. He beams when he talks about Cambodia, a place he has lived in for the last six years. "This is the best place in the world," he says. "I would very much like to become a citizen here." For now, the city can be content knowing it has a place to order some fine Pakistani cuisine.

Saffron, 17B Street 282, Tel: 012 247 832. 📍

restaurant guide

key to symbols

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

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

cambodian

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

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

Green Pepper
6F Sotheros Blvd, Tel: 017 417 776
Serving Khmer and Thai food in an easy setting near the riverfront. Open from 10am to 2pm – 4pm to 10pm **02**

K'NYAY
25K Suramarit Blvd. (Street 268),
Tel: 023 225 225 or 092 665 225,
www.knyay.com, knyay@hotmail.com
Modern Khmer restaurant that is tucked away down an alley off of Sihanouk Blvd. The menu includes a selection of freshly prepared, vegan dishes, along with more traditional Cambodian specialities. Also offers a selection of cakes, ice creams and sorbets, using all vegan ingredients. Monday–Friday 12pm–9pm, Saturday 7am–9pm, closed Sundays. **02**

Malis
136 Norodom Blvd., Tel: 023 221 022
www.malisrestaurant.com
Beautiful modern Khmer restaurant with a courtyard set around narrow water channels and decorated with terracotta floor tiles. Inside there are four aircon rooms if the mid-day sun gets too much. The cuisine is modern Khmer, with no MSG,

and is served elegantly in hollowed out palm tree bark. **04 A/C**

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

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

Romdeng
74 Street 174, Tel: 092 219 565
Recently moved to new location on Street 174 and run by the same NGO as Friends, this non-profit training school restaurant specialises in Khmer cuisine. Food has an appropriately fresh and daring flavour, especially if you opt for the crispy tarantulas as a starter. Good place to try fermented fish prahok. Open 11am to 9pm. **02** 

chinese

Hua Nam
753 Monivong Blvd., Tel: 023 364 005
Large Chinese restaurant that specialises in seafood and duck. Has a good selection of wines. Has VIP rooms. Open 11am to 2pm, 5pm to 10pm. **03 A/C**

Man Han Lou Restaurant
456 Monivong Blvd., Tel: 023 721 966
Micro-brewery with four types of German-style beer. Has extensive Chinese, Thai, Khmer and Vietnamese menus, as well as dim sum breakfasts from 6am to 10am. New menu introduced in May. **03 A/C**

Mekong Village
290 Monivong Blvd., Tel: 023 218 888
Large Chinese restaurant that specialises in crispy Beijing duck. Stays open until late in the morning. Open 12pm to late. **02**

Sam Doo
56-58 Kampuchea Krom (Street 128),
Tel: 023 218 773
The place for dim sum in Phnom Penh, baskets of steamed prawn dumplings, pork buns and more go for a mere US\$1.20. In addition wonton soup and other tasty meals are a steal. Open 7am to 2am. **01**

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

Yi Sang Chinese Restaurant
128F Sothearos 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



BUSINESS LUNCH
USD20
Included 3 courses menu
1 drink, 1 coffee or tea

THE FRENCH CONNECTION™

TOPAZ
N° 182, NORODOM BOULEVARD
T 023 22 14 22 HP 012 40 85 55
manager@topaz-restaurant.com



OPEN FOR BREAKFAST, LUNCH & DINNER

Featuring Our Unique Bar Top
Air Conditioned Indoor & Pond Garden Dining
Private Business/VIP Rooms

MALIS RESTAURANT

LIVING CAMBODIAN CUISINE™

N°134, St. 41, NORODOM BOULEVARD,
PHNOM PENH, CAMBODIA
T 855-23 22 10 22 | Hp 855-12 342 555
lumeng@online.com.kh
www.malis-restaurant.com



DOSA CORNER



Specialised in south indian dishes at affordable price
15 Varieties of dosa to choose from
For Home Delivery and Party Order Please call 012 673 276

NO. 5E, STREET 51, WAT LANGKA, PHNOM PENH, CAMBODIA

The Tamarind

MEDITERRANEAN BAR & RESTAURANT

VISA Mastercard

Oriental Elegance



Three floors: Bar, A/C Restaurant and Rooftop terrace, offering **Oriental and French** cuisine. Specialties: Tapas, Couscous, Tagines, Chawarma, Kebabs
 Happy hour from 3pm until 7pm - cocktails 50% off. Credit cards accepted.
 # 31 Street 249, Tel: 012 830 139; reservations catering - home delivery

THE TASTE OF THE OCEAN

MEDITERRANEAN CUISINE



MANAGER
 FINEST SEAFOOD & MORE

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

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

Equinox
 3A Street 278,
 Tel: 012 586 139 or 092 791 958
 Cool French-run hang-out on with new menu including breakfast. Upstairs bar has a nice open balcony, good cocktails and music. Downstairs is the best football table in town. Also has a second street-level bar and terrace restaurant with regular art exhibitions. Popular place for WiFi. Open 7am to late. Serves food from 7am to midnight and delivers from 8am to 10pm. **02 A/C**

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

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

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

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

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

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

Topaz
 182 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 A/C**

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

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

Mount Manaslu Café
 1a Street 282, Tel: 023 996 514/
 012 637 485/017 760 740
 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 A/C A/C**

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 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 A/C**



Inside
Steve's Steakhouse
 There is a Secret

#20Eo, Corner of St.51 (Pasteur) & St 282.
 Tel: 023 987 320

Coming soon!

Shiva Shakti

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

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**

Aussie XL Café

128 Sothearos Boulevard,
Tel: 023 301 001
Aussie style bistro food with quick lunch menu from \$5. Good selection of house wines and retail wines. Open 7am to 11pm. **03 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 room. 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.

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
On the 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**

Fish

Sisowath Quay, cnr of Street 108,
Tel: 023 222 685
Contemporary, modern restaurant specialising in all things oceanic. Menu includes everything from lobster through sushi to gourmet fish and chips for upmarket, but reasonable prices. Open 7am to late.

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 popu-

A taste of **romdeng** provinces

Mith Samlanh's second training restaurant run by former street youth and their teachers. Serving creative Cambodian cuisine.

New Location
#74 Street 174, Phnom Penh
Tel: 092 219 565
romdeng@mithsamlanh.org

Free WiFi and Swimming Pool

Open daily from 11AM - 10PM

Private Functions • Catering • Home Delivery

A New Welcome In Cambodia

Nestled in a quiet and exclusive residential district in Phnom Penh, DP Lodge redefines the idea of a welcome stay. Even before you arrive, the welcome begins with an airport pickup. Throughout your stay you'll experience Cambodian hospitality that makes you feel at home.

DP lodge is ideal for an extended stay in Cambodia, for business or leisure. With just twelve special rooms complete with en-suite bathrooms, there's also a dedicated business centre for small meetings, a cosy bar and restaurant and personal concierge service at your fingertips. Remarkably, our room rates range from an affordable **USD 38 to USD 68** per night with complimentary breakfast. Call or visit us soon.

Outdoor Bar open daily from 5pm - 10 pm
Restaurant open daily from 6.30am to 10 pm

Our Menu

Full English Breakfast
Traditional homemade butter & kaya toast
with 2 half boiled eggs
Dan Dan Noodles

Pumpkin soup
Caesar salad
Beef Fillet with creamy mushroom sauce
Fish n Chips
Spaghetti Bolognese
Spaghetti Carbonara
Homemade Fish or Beef Burger
Club Sandwich

dp • lodge
— PHNOM PENH —


No. 47 Street 322
Boeung Keng Kang I Khan Chankamom
Phnom Penh
Rest : +855 (0) 23 720 128
Lodge : +855 (0) 23 713 503
Email: reservation@dp.lodge.com

#11, street 278, phnom penh, cambodia tel: 012 297823

saffron

pakistani & middle eastern flavours

cafe and bar



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

ខេត្តស៊ីយ៉ាត ប៊ែតស៊ី

Khmer Thai Restaurant

Serving Khmer and Thai Food
No. 42E0-44E0-46E0 St. 172 and corner St. 23
(near Wat Saravorn).
Tel: 012 530 707 / 011 530 707 / 081 530 707
Email: lv-leakhena@yahoo.com

Free home delivery
Open 9:00am - 10:00pm seven days a week.



Golden Mermaid restaurant

Traditional Specialities from Old Europe



Open Monday to Saturday - 7am / 10:30pm - Tel: 023 998 480
Corner Street 104 & 13 Phnom Penh (in front of Post Office)

lar that they have a copycat restaurant opposite. Open 7am to late. **02**

Friends

215 Street 13, Tel: 012 802 072
Non-profit training restaurant where all the proceeds go to the neighbouring street-kid school. Food is a reliable mix of Mediterranean and Asian with tapas thrown in if you are not feeling too hungry. Great juices. Another one of Phnom Penh's places designed to take it easy, but this time with a clear conscience. Open 11am to 9pm. **01**

Garden Center Café

60-61 Street 108, Tel: 023 997 850 / 092 429 968
www.gardencentercfe.com
Popular expat restaurant with fresh ingredients and lots of healthy options. Open from 7am to 10pm. Closed Mondays. **02**

Garden Center Café 2

4B Street 57, Tel: 023 363 002 / 092 206 582
www.gardencentercfe.com
More compact version of the Garden Center is conveniently located close to the popular Street 278. Open from 7am to 10pm. Closed Tuesdays.

Gasolina

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

Green Vespa

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

Golden Mermaid

28 Street 13, Tel: 023 998 480
New, sophisticated restaurant near the Post Office in the old quarter, serving traditional Old European fare. Elegant, relaxed atmosphere, housed in a beautifully restored French colonial building. Open 7.30am to 2.30pm, and 5pm to 10.30pm.

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**

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**

Jaun

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

Java Cafe & Gallery

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

K West

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

Le Liban

3 Street 466, Tel: 023 727 130
Lebanese restaurant with beautiful indoor and outdoor seating. Authentic middle-eastern cuisine served in an elegant atmosphere. Open Tuesday - Sunday from 11am to 3pm and 6pm to 11pm. **03 A/C**

Le Quay Café

Cnr. Sisowath Quay & Street 110, Tel: 023 998 740, 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

172Eo Street 51, BKK I, Tel: 012 998 432
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

ខេត្តស៊ីយ៉ាត ប៊ែតស៊ី

FRIENDS

the Restaurant

Smiles

Tapas Shakes Daiquiris & Khmer

a tapas style restaurant run by former street youth in training

#215 Street 13 Phnom Penh
Tel: 012 802 072
friendstherestaurant@mithsamlanh.org

www.mithsamlanh.org



Review: Americana in a Roll

What's a sub shop doing in Phnom Penh? Incredibly good business, it turns out. American-style sub shop Fatboy has quickly won a loyal following. Kate Liana digs in.



SUBMARINE, HERO, grinder, hoagie, po' boy, torpedo – a sandwich by any other name may taste as good, but would tremble in the shadow of this enormous American staple. Originally named for their resemblance to submarines, this is no dainty affair. If you've never tried one for yourself, now's the time – just head to the Fatboy on Street 130.

Arthur Avenue in the Bronx is well-represented by the hot meatball sub. The meatballs were hearty and delicious. Swimming in a tasty, rich marinara sauce and slivers of melted mozzarella, this won our hearts and stomachs. Heading down to New Orleans, the Cajun chicken sub was perfectly spiced with crisp, thick bacon. Overall it was a bit dry but solid. The Italian sausage sub was straight from San Gennaro's feast. The sausage had a great mellow, herbed flavour – the onions and peppers grilled soft but not mushy. Vegetarians will be appeased by the veggie delight, heaped with fresh, crisp vegetables, black olives, jalapenos

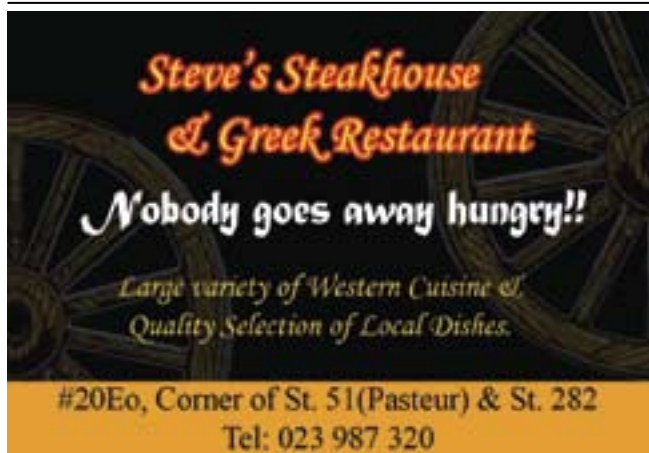
and pickles, and any cheese or dressing you like.

You can make your own combo, choosing from a wide range of dressings, including red wine vinegar, Caesar dressing, whole grain mustard or hot sauce. Additional toppings include tuna, beef tenderloin, salami, and Swiss and feta cheese. Caesar is the lone salad, but any sub can be made into a salad or wrap.

Fresh baked on the premise, the bread is chewy, soft, and substantial. It soaks up the sauce, but doesn't fall apart. Choose between white and multigrain. Six-inch subs are around US\$4-5, and foot-longs go for US\$6-8. Skip the cookies, and get your calories from US\$1 Beer Lao or Anchor.

The service was friendly, helpful and quick and the decor is your classic sub shop, with fluorescent lighting and shiny countertops. With no tables – just a counter running along the wall with stools – this is not one for intimate dinner dates, but perfect if you're alone or with mates.

**Fatboy Subs,
124 Street 130. 📍**



Le Liban

Discover our Lebanese lifestyle...

Restaurant.Pub and Lounge.Catering.Delicatessen.Reception.Events
Gardens.Terrasses. Tea room. Private rooms. Gallery.





11 AM-3PM, 6PM-11PM
From Tuesday to Sunday

#3, street 466
Phnom Penh

+855 (0) 23 727130

info@leliban-restaurant.com

www.leliban-restaurant.com

Lebanese
Gastronomic
Cuisine



popcafe

DA GIORGIO

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

Lunch: 11:30 am – 2:30 pm
Dinner: 6 pm – 10 pm

Eat in or take away

#371, Sisowath Quay, Next to FCC Tel: 012 562 892



Italian Restaurant
Luna d'autunno
Woodfired
PIZZAOTTAEN

"Great quality even
better value"

Welcome to Italy

New Menu • Three mile pasta • Menu changes weekly
Wine Garden • Free WiFi

Open Daily
11 am - 11 pm
Free Delivery

Reservation recommended
023 220 895 / 092 798 781

66, Street 29
Next to Independence Monument



PELICAN
FOOD COMPANY

HOME MADE PIES

PLAIN BEEF, CHICKEN CURRY, VEGETABLE,
CHILLI BEEF, THAI CHICKEN.

OPPOSITE LIQUID BAR

#4D, ST 278 PHNOM PENH CAMBODIA 023214540

Bargain Bucket: Kuobuk Korean

A Korean restaurant that qualifies for the AsiaLIFE Bargain Bucket, what next – a quiet Khmer wedding? Words by Melissa Fisher.



YOU ALMOST MISS IT IF you're zooming past on your moto, save for the bright orange lettering pasted on the windows that reads, "US\$2-US\$4." A massage parlour? Nope. The pricing sign may be bigger than its name, but Monivong's "Kuobuk", serves exactly what it advertises – USD\$2 to US\$4 dishes.

This family-run establishment, with its sunlit interior and gigantic picture of a Korean provincial home, borders less on fast-food and more on fast-casual dining. For friends of Korean fare, it is not to be missed. Typical Korean BBQ marble tables with stainless steel gas grills set into the table can seat parties of four to eight. The owner presented us with two menus, explaining the level of spiciness and the number of side dishes you can get for free. The special event menu (US\$2 – available from 7am-2pm) allows you to choose from five individual dishes, accompanied by a side dish of Korea's national dish – the piquant red pickled cabbage kimchi that tickles the tongue.

We chose the dolsoth-bibimbap. Who can go wrong with this delicious and healthy dish of various vegetables and a fried egg atop rice? Mix the

steaming contents containing the Korean hot pepper paste gochujong with your chopsticks. You'll be drinking litres of filtered water brought to you at no-charge. Need less spice? Go for the Seollung-tang soup, or cow bone stock, a mild milky noodle broth with a slight seasoning of salt and pepper brought out with a small bowl of white rice.

Bigger groups order from the black felt main dishes US\$4 menu, with options such as grilled pork belly, kimchijjigea (kimchi stew), beef soup, and river shrimp. These are accompanied by a free assortment of tasty side dishes including potatoes, vegetables and more kimchi. Flip to the back of the menu for larger made-to-share dishes for US\$3 to US\$4, such as dongeurangddang, pan-fried mini pancakes of mixed vegetables and ground meat akin to homemade potato pancakes.

No true Korean meal would be complete without a bottle of Soju Chamisul, US\$4. Pricier Korean liquors are available, as well as domestic and regional bottled beer for US\$3-US\$2.

Kuobuk Korean, 318 AEo, Monivong Blvd., Tel 023 992 010. Open 10am-midnight

or the squid with rocket. Often has exhibition around the understated walls. **03 A/C**

One More Pub

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

Pacharan

389 Sisowath Quay, Tel: 023 224 394
Barcelona comes to Phnom Penh via London's Mayfair in this exquisite up-market bodega. Aircon restaurant that specialises in tapas and fine Spanish wines. Set in a beautiful colonial building with great decor, an open kitchen and sweeping views of the river, Pacharan is one of Cambodia's finest. Second branch in Ho Chi Minh City. Open from 11am to 12am. **02 A/C**

Pelican

4D street 278, Tel: 023 214 540
A variety of pies made fresh every day, served hot and ready to eat in a cardboard takeaway box. Open 10 am to 7pm

Pickled Parrot

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

Restaurant Tell

13 Street 90, Tel: 023 430 650
Up-market eatery that re-creates the genuine feel of an Alpine chalet. Older sister to its namesake restaurant in Saigon's District 1, it has a spacious indoor restaurant and outdoor terrace with rotisserie and bar. European menu with imported steaks, fondue, raclette and an extensive wine list. Open 11.30am to 2pm & 5pm to 11pm. **03 A/C**

Rising Sun

20 Street 178, Tel: 012 970 719
English-style pub with good breakfast, meat pies and hamburgers. Has a regular following at night especially on Fridays. Great posters of British films and TV classics adorn the walls. Ideal for that touch of nostalgia and the fish and chips are good, although not wrapped in newspaper. Open 7am to last orders. **02**

Riverhouse Restaurant

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

Riverside Bistro

Cnr. Sisowath Quay & Street 148, Tel: 012 277 882 / 012 766 743
Popular restaurant with expats and tourists alike mainly due to its large outdoor terrace area to view the river. Serves a mixture of Asian and western food with an emphasis on German cuisine. Has rock music videos and a pool table in the Mata Hari pub at the back. Open from 7am to 2am. **02**

Scoop Bistro Bar

2-6A Regency Square, Mao Tse Tung Blvd., Tel: 023 424 457
Chic bistro with a simple, yet refined black & 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. Three private rooms. Open 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, Sunday to Friday. Sat closed, but available for private functions. **02**

T-Bone Steak House

392 Monivong Boulevard, Tel: 012 900 138
Serves a premium selection of both imported and Cambodian beef, in a class, air-conditioned setting. A carnivore's delight. Open 12pm to 2pm and 5pm to 11pm

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**

Vego

3E0 Street 51, Tel: 012 984 596
Modern salad bar offering home-made bagels, fresh fruit and vegetable juices, as well as wraps and salads for eat-in or takeaway. Choose from a large selection of ingredients to create your own lunchtime plate of greens. Open 8am to 8pm. **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**

italian

Aria D'Italia

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

Luna d'Autunno

6C Street 29, Tel: 023 220 895
Beautiful courtyard or stylish interior air-con restaurant, whichever you choose, Luna has more classical pizzas, both red and white, to choose from than most restaurants. Also serves excellent pasta and other up-market Italian food. Good wine cellar on view in the restaurant. Open 11am to 2.30pm and 5.30pm to 10.30pm. **03 A/C**

Pop Café

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

japanese & korean

Fusion Sushi

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

Le Seoul

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



LAVAZZA
— THE ITALIAN —
espresso
— EXPERIENCE —

**#1 ITALIAN ESPRESSO IN THE WORLD
NOW #1 IN CAMBODIA**

Phnom Penh

Corner 33 Bar & Lounge
Intercontinental Hotel-Lobby Bar
Java Cafe & Gallery
La Potenza Le Duo
Living Room Cafe
Moon Bay Cafe
Morning Cafe
Naga World Hotel-Italian Restaurant
Pacharan Cafe
Scoop Bistro & Bar
The Place
Van's Restaurant

No. 33, Sothea Blvd
Intercontinental Hotel
No. 56, Sihanouk Blvd
No. 17, St. 228
No. 09, St. 306
No. 33A, St. 271
No. 32C, St. 592
Naga World Hotel
St. 184 (Riverside)
Mao Tse Toung Blvd
Preah Sihanouk Blvd
No. 05, St. 102

Siem Reap

The Central Café
Hotel De La Paix
King Cafe
Royal Angkor-Sofitel Resort

Corner of Old Market
Sivutha Blvd
Corner of Kingdom Hotel
Vithei Charles de Gaulle

Sihanoukville

Cinderellas Cafe

Ochhteual Beach

Kampongcham

Fresh Coffee

No. B6, Borei Riverside

Kampot

Bokor Mountain Lodge Hotel

Riverview Drive

Koh Kong

Aqua Sunset

Koh Kong

Street Food: Num Un Sawm Jayk Aang



Name: Num Un Sawm Jayk Aang (Grilled Banana Rice Cake)

Price: Between 500 – 1,000 riel for 1 cake (the street cart vendors usually sell the cakes for 500 riel, while the street side vendors sell their home-made cakes for 1,000 riel).

Ingredients: Rice is fried with coconut milk, beans, salt & sugar to make a moist paste. This is then wrapped around a single banana.

Served: The cake is served wrapped in a banana leaf

and skewered with small, thin sticks to ensure both ends remain closed. Before being sold, it is placed over burning coals till the inside turns soft. As a result the outer banana leaves become dried and slightly burned.

Taste: Crispy rice coating with a soft, sweet rice and banana centre (4 out of 5).

Where to get it: From street carts or street side vendors everywhere.

Other Info: Available all day. 🍴

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

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

Yumi Restaurant, Bar and Grill
29a Street 288, Tel: 092 163 903
An elegant but inexpensive English run Yakitori restaurant nestled in a quiet street in BKK. Serving top-notch Japanese nibbles, hot and cold sake, plum wine, wine and beer. Don't leave without trying the salt and chilli squid. **03 A/C**

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

Cantina
347 Sisowath Quay, Tel: 023 222 502
A mainstay of the riverside scene, this is a popular meeting place for local expats. Serves good Mexican fare and features pho-

tographs that capture the changing face of Cambodia. Wicked tequilas and margaritas. Open 3pm to late, closed on Saturdays. **02**

Casa Lika
16 Street 136, Tel: 012 429 542.
An American run family restaurant serving up some of the best Mexican fare in town. The rustic brick walls and colourful Mexican artwork sets an authentic tone. With great music and even better tacos. A great place to share some Coronas with friends. **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.sharkyofcambodia.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 🍴**

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 lily coffee. Great place to have a drink during it'd half-price 4pm to 8pm happy hour. Open 7am to 11pm. **04 A/C 🍴**

Kucina Filipina Garden
No 16 Street 306, Tel: 023 993 219/
099 860 775
Settled in a nice villa with open air garden. Kucina serves non-vegetarian and vegetarian food. It is very popular with the Penh's Filipino community, excellent value meals. Open from Monday-Friday from 7am-6pm, every Friday and Saturday serves dinner buffet from 6:00pm-8:30pm. **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**

Paratan Restaurant
42 Street 172,
Tel: 012 530 707/011 530 707

Cozy, traditional-style Khmer-Thai restaurant near Wat Saravorn. Set on two floors, the first floor also features a open-air balcony. Open 9am to 1pm, free delivery.

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

Singapore Kitchen
110 Street 360,
Tel: 092 201 304, 017 821 480
Specialising in classic Singapore hawk food, the new improved Kitchen has a more relaxing atmosphere than its previous incarnation. Try the laksa – full of wholesome ingredients and with a great spicy, creamy sauce – those wanting a more subtle flavour could do worse than trying the Hainanese chicken rice. Open from 11am to 9.30pm, does delivery. **02 A/C**

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 🍴**

Brown Coffee & Bakery
17 Street 214, Tel: 023 217 262
Stylish, locally owned café with bakery on the premises. Serves affordable coffees, though house specialty is the green tea latte. Open 7.30am to 8pm. **02 🍴**

Café El Mundo
219 Sisowath Quay, Tel: 012 520 775
Affordable and stylish riverside café and restaurant with adjacent apartments for short-term hire. Seating available on the mezzanine lounge, ground-floor restaurant and on the street-side terrace. Open 6.30am to 10.30pm.

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



Annam

The Indian food place



Crispy Masala Vadai

to

Juicy Murgh Kebab



SOUTH to NORTH only @ Annam

#1C, Street 282, Sangkat Boeung Keng Kang I, Khan Chamkarmorn, Phnom Penh, Cambodia
Tel: + 855 23 726 661, Mobile + 855 99 926 661, + 855 89 506 661 Email: annamphnompenh@gmail.com

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 Thalians 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 Yeij
170 Street 450, (near the Russian Market),
Tel: 012 543 360
Quiet, cosy café serving bistro-style western cuisine, with extensive range of coffees. Good pasta dishes, a wide selection of pannini and wraps and fabulous cheesecake make this an ideal spot to escape the bustle of the nearby Russian Market. Air-conditioned dining upstairs. Open every day from 8am to 5pm. **02 A/C**

Chill Ice Cream & Coffee Lounge
219D Sisowath Quay, Tel: 092 547 534
Pretty, casual lounge on the riverside offering coffee, sandwiches, cocktails, and some of the best homemade ice cream in town, as well as inventive ice cream cocktails. Open 11am to midnight. **02 A/C**

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

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

Java Tea Room @ Monument Books,
111 Norodom Blvd., Tel: 092 451 462
Second outlet of the popular Java Café located in the rear of Monument Books. Has comfortable mismatched sofas and antique-look décor. A small lunch menu is available along with an extensive tea and coffee menu. **A/C**

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

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

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

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

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

Chill
ICE CREAM & COFFEE LOUNGE
Homemade Ice Cream
Special Birthday Ice Cream Cakes
Sandwiches & Pastries
Great Coffees & Cocktails
Now We also do Wheelchair
".....no worries. we DO have spoons.....!"
0219D Sisowath Quay Street 450, Russian Market, tel 092 547 534

Japanese Kitchen
Mr. Sushi & Kokoro
25th of every month all food 25% off



Salmon roll
\$2.75



Tuna sushi
\$1.75



Tempura
\$3.50

Karaoke room with more than 2000 songs in English
(Holds up to 17 people)

Eo 18 Shihanouk Blvd, Phnom penh, 012 601 095

T-BONE
Steak House
open everyday from 11am to 10pm
392 Monivong Boulevard
corner st360
012 900 138

discover our special valentine set menu
to share from the starter to the dessert...
on February 14th only

and as usual,
EVERYDAY for LUNCH Le Wok SET MENU
among a wide selection of dishes
Starter + Main Course
or
Main Course + Dessert
including coffee



Le wok
restaurant

simply unique



33 street 178

bar stool

Lassi Me Lovely

Both a pick-me-up and cool-me-down, lassis are a healthy yoghurt-based drink great at any time of the day. **Nora Lindstrom** tells you where to go for your very own glass full of goodness.



Have it your way at Saffron - Sweet or Salty

HAILING FROM SOUTH Asia, lassis are by now a common drink almost the world over. From traditional mildly salted lassis to something approaching a regular smoothie, they have made their way into people's hearts and stomachs.

In the Penh, most South Asian restaurants offer the conventional salty, plain and sweet lassis. At **Dosa Corner**, these cost US\$1.50. For the latter, homemade yoghurt is blended with sugar, to make a slightly frothy, almost painfully sweet drink. The salty kind looks the same, but tastes like liquefied cottage cheese and is a great accompaniment to the restaurant's signature dosas. The house speciality however is the buttermilk lassi, which is essentially the salty version with an added knob of butter.

Over at Pakistani and Middle Eastern restaurant **Saffron**, a lassi will set you back US\$2. Served

in a big glass, the light, sweet drink is cooling and staff are happy to add more or less sugar according to taste. In the savoury variety, the tangy tasty of homemade yoghurt comes through, making the drink perfect for calming down your palate after a mouthful of spicy curry.

Should you want to take your South Asian experience a step further, don't miss out on **Annam's** masala lassi (US\$2). Served in a beautiful copper goblet and topped with chopped coriander, this mix of homemade yoghurt, masala spice mix, green chilli and salt, is definitely different. Hailing from Tamil Nadu in India, according to staff at the restaurant, the lassi tastes like a cold, watered down version of a masala curry. It's undoubtedly an acquired taste, but apparently popular among the South Asian customers at Annam. If for nothing else but its novelty value,



Annam's Masala Lassi is a tast treat for the adventurous

it's certainly worth a try. Those with less of a sense for adventure might however prefer opting for the sweet mango lassi (US\$2).

Cafés in the capital also serve up a variety of yoghurt-based drinks. At **Café Fresco's** three outlets, fruity lassis are on offer for US\$3. The signature Passionate Lassi is a blend of passion fruit, orange, and homemade yoghurt. Served with a maxi-sized straw, it's refreshing and not too sweet, though it loses some of its thickness if you leave it to sit for too long. At Fresco you can also make your own tropical lassi, choosing from ingredients including apple, orange, watermelon, papaya, and banana.

For a real burst of sweetness in a glass, head to **Friends** the Restaurant. The NGO establishment serves mango and strawberry lassis (US\$4), also available as a combination of the two. The

colourful drinks come garnished with a bit of mint, and are beautifully thick in consistency. Perfect for kids in need of a pick me up, though adults may want to ask the staff to use sugar a bit more sparingly.

Mango lassi is also on the menu at expat hangout **The Shop**. For US\$2.50, you get a big glass full of lushly thick lassi that combines finely crushed ice with ripe mango and fresh yoghurt. Not too much sugar makes the drink fit an adult taste.

The most exciting, and distinctly grown up lassi in the capital may be the Absolute Lassi (US\$5) at upscale Indian restaurant **Shiva Shakti**. Though Swedish vodka probably is not a traditional ingredient of the drink, the blended mix of homemade yoghurt made from fresh milk, mandarin-orange juice and Absolute vodka is a fantastic little find. Served in a



Fresco gets Passionate

traditional copper goblet, it is cool and refreshing – in fact, it would most likely work a treat as a hangover cure with yoghurt lining the stomach, citrus fruit providing Vitamin C, and the vodka giving a kick. If alcohol isn't your thing, Shiva Shakti also serves sweet and salty lassis (US\$2.80+), as well as fruit and honey ones (US\$3.80+).

- **WHERE TO GO:**
- Dosa Corner**, 5 Street 51
- Saffron**, 17B Street 278
- Annam**, 1C Street 282
- Café Fresco**, 363 Sisowath Quay,
- Friends**, 215 Street 13
- The Shop**, 39 Street 240
- Shiva Shakti**, 70 Sihanouk Blvd. ■



Fruity sensations at Friends

KWEST BRASSERIE BAR

Happy Hour 18:00 to 20:00 Buy 1 Get 1 free

RANDOM GONG 22:00 up Buy 1 get 1 free

Beware of the Gong...

Amanjaya Pancam Hotel #1 Street 154, Sisowath Quay, Phnom Penh
023 214 747 or 023 219 579
email : reservation@amanjaya-pancam-hotel.com
www.amanjaya-pancam-hotel.com

the food pantry

Visit Phnom Penh's newest and best gourmet food and fine wine store.

Wide selection of fine wines from the world's premier regions. Large range of boutique and imported beers. An excellent source of the finest cuts of beef, lamb and deli meats. Huge variety of cheeses, oils, vinegars, sauces, antipasto, gourmet products and cooking ingredients. Good variety of organic selections. Fresh bread, Fresh Vegetables, Juices, jams, Milk, Butter.

#125 (15Z) St. 105 (between St. 330 & 348)
Boeung Keng Kang 3, Phnom Penh, Cambodia
Tel: (+855) 023 214 478 • Fax: (+855) 023 214 473

bar stool guide

key to symbols

A/C Air Conditioning



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 Sothearos 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 lily 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**

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. **A/C**

FCC Phnom Penh

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

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.

Fly Lounge

21A Street 148, Tel: 089 509 007
Cool Cambodian-owned chill-out lounge with indoor pool and dancefloor. Changing, funky décor and themed parties. Open 5pm to late **A/C**

Freebird

69 Street 240, Tel: 023 224 712

@Maxine's

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

Gasolina

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

Green Vespa

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

Gym Bar

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

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**

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
Stirringly eclectic bar right on the river, boasting the best sunset views in Cambodia. Across the Japanese Bridge, Maxine's – or Snow's Bar – is well worth seeking out for its laid back ambience and old Indochine charm. Open Friday - Sunday from sunset til sunrise. **A/C**

Memphis Pub

3 Street 118, Tel: 012 871 263
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 8pm to 10pm. **A/C**

Meta House

*6 Street 264, Tel: 012 607 465
www.meta-house.com*
This multi-media arts centre established by German Nico Mesterherm 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

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

One More Pub

16E Street 294, Tel: 017 327 378
English-style bar with comfortable wooden bar stools. 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

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

Bar Talk: Hongster

Boasting possibly the best pub name in the Penh – and in triplicate – Hongster has taken up Revolution’s poisoned chalice. Craig Gerard discovers what lies behind the name.

It is rare that the same location graces these pages twice in the span of a year. But when Revolution (featured in May 2009) closed down, and the yellow canopy went up blaring “HONGSTER HONGSTER HONGSTER” it seemed worthy of our curiosity.

The venue is actually Mr. Horng Restaurant and Sports Bar, named after the manager and Cambodian partner Horng. “Hongster” is the nickname given to Horng by the Australian owner Noel Hunt. Noel regularly visited Cambodia prior to moving to Phnom Penh last year. He first met Horng four years ago, and they struck up an immediate friendship.

“I was impressed with how honest he was,” says Noel of their first encounter. Horng was able to get things done for Noel and his other barang friends. He would arrange a SIM card here, a tour guide there, always keeping things both affordable and honest.

When the property became available, Noel jumped on it. “There are no downsides to

this location,” he claims, even though there are six other bars within a stone’s throw. In fact, he welcomes the competition. “You have to be better than the other guy, or you won’t make it.”

Normal pub fare is available, with delicious fish ‘n’ chips and, according to Noel, “the best chicken curry I’ve ever eaten.” Almost everything on the menu is under US\$4 because good value is their top priority. The duo spent time building the balcony upstairs, to include large screen TVs showing all sorts of sports.

With US\$1 draft beers all the time, a deep menu, and a resource like the Hongster, Mr. Horng Restaurant and Sports Bar may just make the grade on a block with plentiful options. Most of all, the Hongster is a laid back place where everyone is welcome. And if you still none the wiser, hongster means a male flirt apparently.

Mr. Horng Restaurant & Sports Bar, 9CEo Street 51, Tel: 012 666 796



Fine Wine Boutique & Tasting Gallery

15Eo - 17Eo
Street 240
Phnom Penh
Cambodia
023 990 951



**THE N°1 CLUB
IN CAMBODIA**

**NEWLY REDESIGNED
MORE SPACE
BETTER PARTIES**

Lounge

110 Sisowath Quay, Phnom Penh, Cambodia
VIP Line: 012 299 161 Open: 4pm till late

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 in this exquisitely up-market bodega. Specialising in tapas and fine Spanish wines, this 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**

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 till late, closed Mondays.

Saffron

11 Street 278, Tel: 012 247 832
Pakistani and Middle Eastern café, restaurant and wine bar. The curries are excellent

and not too spicy, and come with a range of breads and chutneys. The wines have a bias towards the antipodes, including possibly the best range of wines by the glass in town. Open 11am to 11pm. **02 A/C**

Scoop Bistro Bar

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

Sharky Bar

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

Talkin to a Stranger

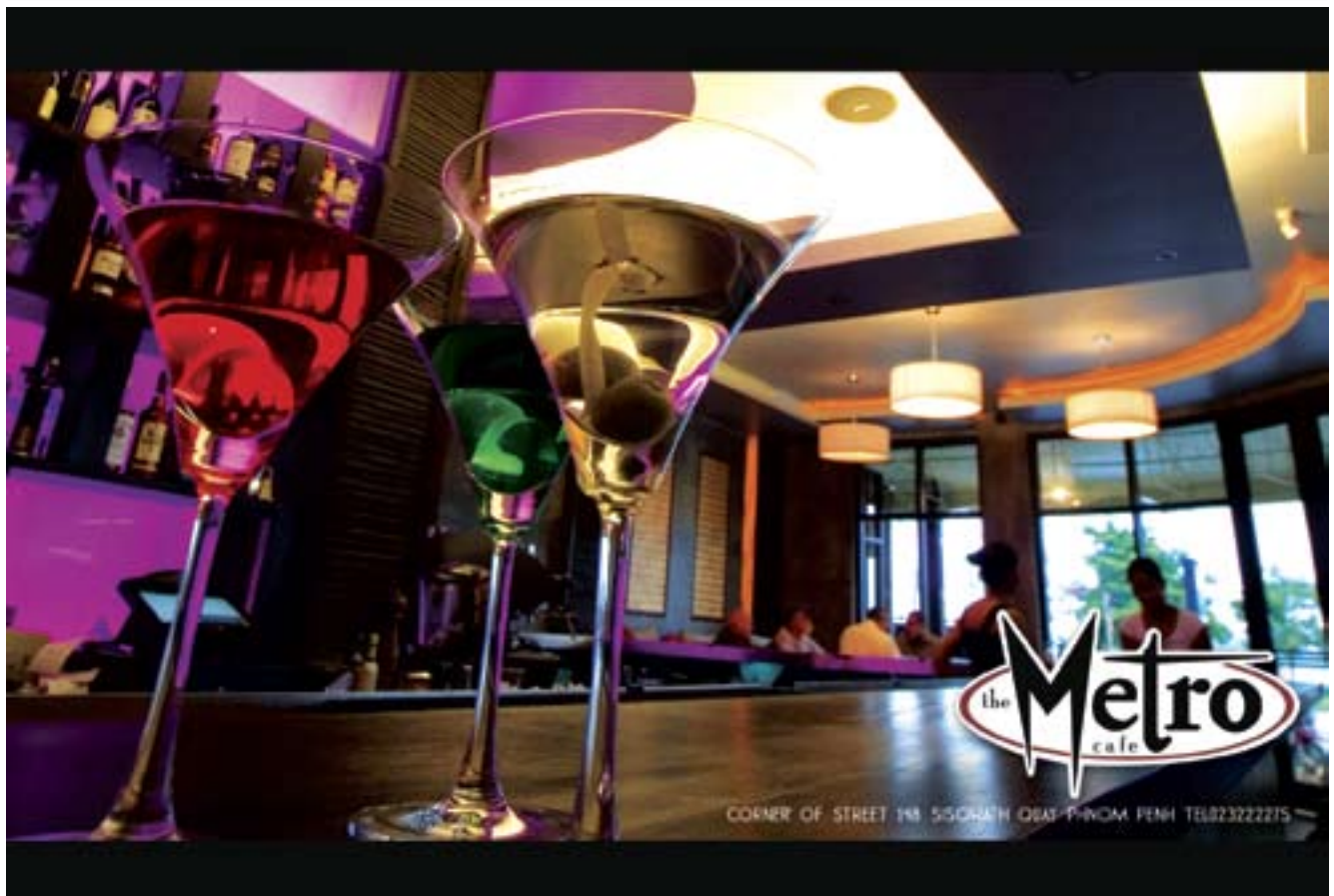
21B Street 294
Elegant bar with nice gardens set in the heart of BKK1. Excellent place for post-work drinking or indulging in their vast array of cocktails. One of the few places in town putting on events and live music. Has a trivia quiz every second Tuesday. Don't be a stranger. Open 5pm to late Sunday-Friday.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

The Chinese House

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

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**



Darren Gall: Chardonnay Revival



Much maligned in recent years, Chardonnay seems to be making a comeback, particularly in Asian markets. By Darren Gall.

IN ASIA, TRADITIONAL RED wine drinkers are starting to dabble in white wines. Increasingly they seem to prefer the richer, creamier, fuller bodied characters of Chardonnay to the crisp, tart new darlings of western markets such as Sauvignon Blanc and Pinot Grigio.

From Burgundy France to Napa Valley California, throughout Australia, South Africa, Argentina, Chile and New Zealand there are vast landscapes of Chardonnay vineyards, many with long and rich histories, all with a need to find markets and consumers. In chronic oversupply and largely out of fashion, winemakers and wine marketers have been doing a lot of earnest meditation and sober assessment of the variety once considered a precursor to commercial success.

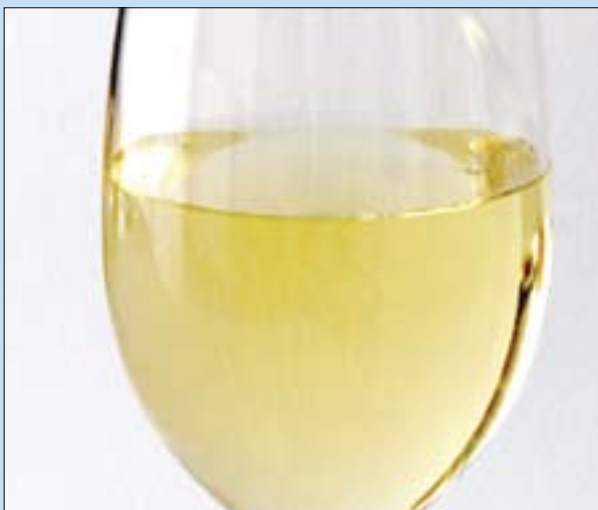
Premium Chardonnay styles have changed. Leaner, more refined and more expressive of their terroir than their fat, oaky forbearers of the 80s and 90s, the price of Chardonnay wines has also undergone a sharp market correction. The adjustments have rendered

current model premium Chardonnays more accessible to the consumer both in style and in the rapport between price and quality.

When oak matured, with its slight smokiness and subtle mineral-wash finish Chardonnay is the perfect accompaniment to smoked salmon and can be matched to a range of white meat dishes from chicken to small game and smoked ham.

■ **WINE OF THE MONTH**
Pierre Andre 'Le Grand Pre' Chablis (100 percent Chardonnay)

Pale lemon in colour with a playful green hue, this wine offers up restrained, subtle aromas of green fig, washed rind, white peach and honeyed pear. The palate offers up intense flavours of stone fruits with hints of custard apple, honey, nut, citrus and crème brûlée. The mouth-feel is very refined with a gentle waxy texture and a persistent, flinty talc/mineral finish. It is a superb wine with salads, vegetarian dishes, fresh oysters, salmon dishes, chicken salads and quiche Lorraine. (About US\$22 a bottle). **A**





The Rising Sun

ENGLISH PUB & RESTAURANT

Great British Food Served All Day.

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

Open from 7am!

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

TELL Restaurant
since 1999

Cheese Fondues, Raclettes, Pork Knuckles, Steaks, Sausages, Sauerkraut and more

Schneider Weisse Wheatbeer

Private Dining Rooms, A/C Restaurant, Terrace

13, Street 80, behind Hotel Le Royal
Phnom Penh, Tel. 023 430 650

le quay café

L'after work



**Unwind in a fresh and non-smoking environment
Taste our Tapas or Sushi Combined with a selected glass of wine.**

Monday to Friday / 5 - 8pm







Corner of Sisowath Quay and Street 110, Phnom Penh – 023 998 730
discover our menu online www.amaraspahotelcara.com/cuisine.html

Experience Chinese New Year at Asia Club Resort

February 13 at 6PM

Featuring

"Shangri-La" Chinese ethnic minority performance
Chinese Dragon dance performance
North Korean performance
Food & Music!

Special Tickets: \$29.80USD

Special Tickets: \$29.80USD
(purchased before February 03)

Tickets: \$38USD
(regular price)



ASIA CLUB
SMALL LUXURY RESORT

456 Monivong Boulevard
tel. 023721766 or 012357561

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**

gay

Blue Chilli 36 Street 178

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

Classic 42 Street 19

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

Green Garden 40 Street 222

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

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**

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 Time will tell?, Tel: 017 682 071

Phnom Penh's only floating club, vanished without trace just before the 2009 Water Festival. Rumours have it that Pontoon will resurface sometime soon, maybe even by the time you read this magazine. Having already sunk once, maybe we should rename the popular expat dance venue - Titanic. Owners are staging some events near Central Market during the hiatus.

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**

Studio 182 182 Norodom Boulevard, Tel: 077 555 182

Top end club with prices to match. Vintage tunes from the 60s onwards, with regular club nights. The beautiful rooftop terrace is a definite draw. Open Thursday to Sunday, from 8pm.. **A/C**

Sudoku Answers

We can't give you a puzzle without providing the answers. So here is the completed puzzles from this month's issue of AsiaLIFE.



Gwan Ching Lee

4	1	9	6	5	2	3	7	8
3	2	8	4	6	7	1	5	9
5	6	7	8	1	9	2	3	4
2	5	3	9	8	1	4	7	6
8	7	1	6	4	5	9	2	3
6	6	4	7	3	2	5	8	1
9	4	2	3	7	6	8	1	5
1	8	6	2	5	4	3	9	7
7	3	5	1	9	8	6	4	2

■ EXTREME

1 "Tiger" Woods 2) Farah Fawcett 3) Rio de Janeiro 4) Iceland 5) Denmark 6) David Carradine 7) Slovakia 8) The Philippines 9) Rio de Janeiro 10) Copenhagen 11) Love's Labour's Lost 12) Hugh Grant 13) Ian McShane 14) Courtney Love 15) Dr. Zhivago 16) Ryan O'Neal 17) Slovenia 18) Strawberries 19) Jerry Lewis and Eddie Murphy 20) Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb 21) Based Baste 22) Aweigh/Away 23) Tax/Tacks 24) Recede/Reseed 25) Boos/Booze 26) Mark/Marque 27) Thai/Tie 28) Mustard/ Musted 29) Roam/Rome 30) Douse/Dowse

Pub Quiz Answers

Cocktail of the Month: The Golden Triangle

Heroin chic never tasted so good. Kate Liana visits The Golden Triangle.



IN THE POLITICS OF HEROIN in Southeast Asia, Alfred McCoy describes the heroin trafficking the CIA engaged in during the Vietnam War. Sipping The Golden Triangle outside Metro, one can imagine mercenary pilots and Laotian army officers in a wooden hut in the mountains, outlining supply routes and clearings in the forest for the helicopters to land.

Meanwhile, back at Metro... First mint and lime are muddled with a dark, crystalline substance the bartender declared brown sugar. Tequila and Grand

Marnier are added, and the glass is topped with draught Tiger Beer. The lime and tequila give a sharp, tangy flavour, though a touch more Grand Marnier would sweeten things up a tad. Tiger gives a bit of fizz and a nice, hoppy edge. Served on the rocks with liberal amounts of mint leaves, it's cold and refreshing like a mountain spring. In late afternoon, the light coming over the river is soft, liquid gold. Close your eyes, sip away, and savour the buzz.

Metro Café, Cnr. Sisowath Quay & Street 148



time for dinner?
a cold beer?
glass of wine?

at
ONE MORE?

open Mon - Sat from 5pm till late (closed on Sunday)
16 Eo.St.294 • 017 327 378



Riverside
Bistro
established since 1996

Live Band's fusion & local
Happy Hour from 4-7pm
Home made Fresh Pasta
All live sports events, 4 TV's
Music in Blu-Ray HD on 65" TV

Sisowath Quay 273A
corner street 148
Tel: 023-21 38 98
www.riverside-bistro.com

VISA MasterCard Wi-Fi



www.harleycambodia.com
Tel: 012 385 157

Talkin
to a
stranger

Don't drink someone
else's Beer

Drink ours...
in the garden!



South Australia's Own.

scrapbook



@Bophanna



@Riverhouse Lounge



@CHOW



@Memphis Pub



@Sihanoukville Serendipity Beach



@Memphis Pub



@Meta House



@Studio 182



@Talkin to a Stranger



@Naga Aristocrat Bar



*Terms and conditions apply

+ (country code) (area code) (phone number)

Use Smart Mobile and from now till April 30th you can call to these 10 countries for only **10 cents** per minute!



USA



Canada



Thailand



Japan



Vietnam



Malaysia



Korea



India



Singapore



China

(Including Macau & Hong Kong)



Smart
mobile

More info: 888 or 010 200 888
www.smart.com.kh

kaleidoscope

Cambodian Space Project

From the Outback to the Kingdom, meet the latest cross-cultural collaboration on the musical landscape of Phnom Penh. Words by **Kate Liana**.

THE KARAOKE BARS OF Phnom Penh may seem a long way from war-torn East Timor, but while Australian singer Julien Poulson was unsuccessfully trying to record protest songs in East Timor, Srey Thy was singing in karaoke bars in Phnom Penh. Fortunately for the capital's music lovers Julien paid heed to a friend's advice – that the Cambodian capital was a cosmopolitan, enticing city with a lively art scene – and decided to move to the Kingdom. If he had not then the pair would never have met and there would be no Cambodian Space Project – the band that has taken the Kingdom by storm since the end of 2009.

However, it was not Srey Thy's mellifluous voice, but Chapei singer Kung Nai who initially got Julien hooked on Cambodian music.

"I was captivated, I had never heard anything like it," he says of the first time he heard Kung Nai's voice. "When I was told what the lyrics meant – basically he had made up a song about my turning up at his house unexpectedly – it helped me understand the humour and playfulness in Cambodian culture." Julien went on to follow Kung on a tour through Australia and New Zealand, filming the documentary *Mekong Delta Blues*.

It was on his third trip to Cambodia in early 2009 that he met Srey Thy.

Srey Thy had sung in local restaurants in her province since a child. Initially aspiring to be an Apsara dancer, she grew up working on the family's farm listening to her mother's singing, as the family had no money for lessons.

"My mother would sing in school during breaks," she says. "One of her teachers heard her and asked her to sing for the whole school – he thought her voice was amazing."

In an effort to make a living as a singer, Srey Thy moved to Phnom Penh four years ago and began working in karaoke parlours. The going was tough in the beginning, until her chance meeting with Julien last year. "My mother is so excited that I'm



Cambodian Space Project struts its stuff Meta House



The future looks bright for this duo

singing, and so happy for me," she says. "The first time she saw me perform live, she was crying."

Unlike other young singers, Srey Thy had always loved the Khmer songs from the 60s and 70s. "They feel more passionate and deep to me," she explains. "They remind me of my life – growing up poor, working hard, taking care of my family."

Older people would often say her singing reminded them of

based Davis Zunk. The group recorded songs in Kampot and hope to record more in the near future. Last month they played Meta House's fourth anniversary party and the FCC. The group also made a trip to Srey Thy's village in Prey Veng, bringing with them a generator for the community and putting on a musical spectacle the likes of which had never been seen in the small border town.

Many exciting things are on the horizon for the group. The Australian ambassador has asked them to perform at an upcoming event, and there's a possibility they could play at an upcoming festival in Australia. For Srey Thy who has never travelled outside of Cambodia, this is a particularly exciting thought. They also have plans to record an album and shoot a video here. A previous video shot over Christmas that was placed on YouTube has already become popular with Khmers living abroad, and has generated much attention.

"The reaction we've had is amazing," says Julien. "I feel like I've stumbled upon this gem, and I'm looking forward to developing our sound and creating something otherworldly." Stay tuned for liftoff.

For more information about the band call Julien on 077 622 839, or visit: <http://www.myspace.com/thecambodianspaceproject>

To watch the band's video on YouTube, visit: http://www.youtube.com/watch?v=Hr_WjxpLUVw

■ THE CAMBODIAN SPACE PROJECT HAVE SEVERAL UPCOMING GIGS IN FEBRUARY, INCLUDING:

Studio 182
Phnom Penh
Feb. 5, 10pm

HAPPY CHINESE NEW YEAR
Somewhere in the
Cambodian provinces
(Locations TBA)
Feb. 13, 8pm

Bootleg

AsiaLIFE's **Simon Jacy** jumps into action.

■ **SURROGATES**

(2009, Jonathan Mostow)
 Living vicariously is by definition the opposite of risk taking, and this film, a big screen version of a successful comic book stocked with an adequate number of A-listers (Bruce Willis, Ving Rhames) is the quintessence of the sad inclination it seeks (and fails) to parody. Surrogates turns its back on meaningful content and milks every cinematic cliché in the book. The film relies too heavily on special effects and slickly conceived near future tech, making it feel like a normal Hollywood feature, only much less good. An interesting if flawed concept poorly executed makes this one mediocre at best.

■ **HARRY BROWN**

(2009, Daniel Barber)
 Michael Caine is one of few personalities to be such a cinematic legend that even the mere mention of his name provokes a flurry of impersonation, sometimes of impersonators themselves. Caine's inimitable drawl is very much in place in this well-executed vigilante crime thriller. Few could be better cast as a decrepit righter of wrongs than Caine. Like an aged Harry Palmer, pensioner Harry Brown (Caine) shuffles around his inner city estate, enjoying his twilight years with

a few quiet beers down the local, at least until street hoods murder his best friend. Big mistake. Unashamedly predictable, the by-the-numbers plot is no more complicated than the interminable Death Wish series, though infinitely more watchable.

■ **THE GREAT ESCAPE**

(1963, John Sturges)
 A Christmas favourite – at least for the boys – this WW2 classic actually got a bit of panning when it first came out. Overlong, perhaps even plodding at times, it is certainly no masterclass in filmmaking, though inspired casting give it a pleasing juxtaposition of stiff upper lip Brits and cocksure Americans. Indeed, the traditional usurpation of Britain's wartime achievements by the late-arriving Yanks continues in this POW escape drama. While the American paymasters get to roar off in stolen motorbikes and planes, the Brits practice politeness and patiently wait for a train. Even McQueen's far-fetched traipse on his motorcycle cannot detract from the undeniable achievements of the real escapees, who really did excavate tunnels they named Tom, Dick and Harry, many eventually paying for their attempt with their lives. Essential viewing for the few who haven't yet been initiated. **A**



PHOTOGRAPHIC DAY TRIPS

GET OUT OF TOWN!
 MORNING PRACTICAL CLASSES IN PHNOM PENH
 AFTERNOON GUIDED TOURS TO PLACES YOU HAVEN'T SEEN BEFORE
092 526 706
 WWW.NATHANHORTONPHOTOGRAPHY.COM

MEAS SOKHORN CONTEMPORARY ART MUSEUM

This month **UPSTAIRS**
DOWNSTAIRS@
 JAVA CAFE & GALLERY

Over Sokuntevy

Arts Diary

the first stop for a bit of culture ...

ARTS & EVENTS
FILM
MUSIC & PARTIES

2 Tuesday

Burma VJ @ Meta House, 7pm.

3 Wednesday

Prof. Torsten N. Wiesel @ University of Cambodia from 2pm, part of Bridges for Peace series.

Duo Pour Baton et Corde by Ubi Company @ Chenla Theatre from 7pm, free tickets from CCF library.

I Am a Sex Addict, @ Meta House, 7pm.

4 Thursday

Design Fair @ 55 Street 178 near National Museum from 11am to 8pm.

The Art of the Silversmith in Cambodia, talk by Kong Vireak @ CCF Cinema from 7pm.

Artist talk with photographer Joachim Froese followed by screening of Man On Wire, @ Meta House, 7pm.

5 Friday

Design Fair @ 55 Street 178 near National Museum from 11am to 8pm.

Cambodian Space Project @ Studio 182 from 10pm.

Mr NU @ FCC from 7pm, French artist plays popular songs in French, Spanish and English from 60s.

Artist talk with sculptor Blake Ward, followed by Ian White's Clearing for Results and Decade, @ Meta House, 7pm.

6 Saturday

Vincent Courtois and the musicians of Phare Ponleu Selpak @ CCF from 7pm.

Fat Black Pussy Cat with MC Hydrophonic & DJ Tech12 @ Riverhouse Lounge.

P Jae Stanley & Swackhammer @ FCC from 8.30pm, jazz band from Vietnam.

Disco: Spinning the Story @ Meta House, 7pm.

Cambodia Whisky Night with the Cambodia Space Project @ La Croisette.

7 Sunday

Emir Kusturica's Arizona Dream @ Meta House, 7pm.

9 Tuesday

From Hollywood to Hanoi, and Testimonial Therapy @ Meta House, 7pm.

10 Wednesday

New Rulers of the World @ Meta House, 7pm.

11 Thursday

A Midsummer Night's Dream @ Gasolina by ISPP from 5.30pm, contact Mary Fullerton on 089 879 957.

Throw Down Your Heart, and Smot by Neang Kavich @ Meta House, 7pm.

Goodmorningbeautiful\mini film fest @ Cafe Living Room, 7.30pm

12 Friday

A Midsummer Night's Dream @ Gasolina by ISPP from 5.30pm, contact Mary Fullerton on 089 879 957.

Suites, original dance @ Chenla Theatre, 7pm, free tickets from CCF library.

The Asian Invasion, and Happiness of the Katakuris @ Meta House, 7pm.

13 Saturday

A Midsummer Night's Dream @ Gasolina by ISPP from 5.30pm, contact Mary Fullerton on 089 879 957.

Suites, original dance @ Chenla Theatre, 7pm, free tickets from CCF library.

Charity fundraising evening @ Le Liban Restaurant for Taramana from 7pm.

Happy Chinese New Year with the Cambodia Space Project, somewhere in the provinces.

Valentine's Party with DJ Yukie @ Riverhouse Lounge.

Ritchy & Phil @ FCC from 8pm.

Days of Being Wild @ Meta House, 7pm.

OneFLY OneYEAR OnePARTY @ Fly Lounge, 9:00pm.

14 Sunday

Oldboy @ Meta House, 7pm.

16 Tuesday

Craig Ritchie photo exhibition opens @ Meta House, 7pm.

17 Wednesday

Terrors Advocate @ Meta House, 7pm.

18 Thursday

The Drug Years @ Meta House, 7pm.

19 Friday

Paul Janovskis @ FCC from 7pm, blues with acoustic guitar.

Getting High: the History of LSD, and Requiem for a Dream @ Meta House, 7pm.

20 Saturday

Paul Janovskis @ FCC from 7pm, blues with acoustic guitar.

Grass, and Up in Smoke @ Meta House, 7pm.

21 Sunday

An Evening of Cambodian and Egyptian Dance @ Meta House, 7pm.

24 Wednesday

The Invisible Frame: Tilda Swinton & the Berlin Wall @ Meta House, 7pm.

25 Thursday

Crazy Love @ Meta House, 7pm.

26 Friday

Roem (Hair) exhibition of sculpture and installation by Khvay Samnang opens @ Java Café from 6pm.

Green Night 3 – Eco-party in cooperation with Smart Mobile @ Meta House, 7pm.

Juram @ FCC from 7pm.

27 Saturday

Juram @ FCC from 7pm.

Storytelling by Ralph Nataf @ Equinox from 8pm.

DMC student night with short films @ Meta House, 7pm.

28 Sunday

La Rue Danse @ Wat Bothum, 7pm

Manuela y Manuel V @ Meta House, 7pm.

29 Monday

It's About Time @ Equinox, photography exhibition by Tiphaine Rios opens.

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 every Saturday & Sunday from 10am-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.

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

The Chinese House 16

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

Performing Arts

Amrita Performing Arts

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

Apsara Arts Association

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

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

Sovanna Phum Khmer Art Association

111 Street 360, Tel: 023 987 564
Theatre with performances of shadow puppetry, classical and masked dances every Friday and Saturday at 7.30pm. 

Best Kept Secret: Breakfast at Mekong River Restaurant

Looking for a bargain basement breakfast? AsiaLIFE has discovered just the place. And it's on the riverfront. Words by Kate Liana.


LOCATED ON A WIDE CORNER on the riverside near the night market, with a large outdoor seating area Mekong River Restaurant is the perfect spot for people watching, or perusing the many local and international papers on offer. Given the cheap prices and riverfront location, its all-you-can-eat breakfast attracts many tourists and backpackers, but is also a popular local haunt for expats.

Cooked fresh each morning, take your pick of scrambled or fried eggs, bacon, broiled tomatoes, fried rice, toast with butter and jam, banana pancakes, fruit, fresh bread, pain au chocolate, and a wide variety of pastries and sweets from a local bakery. Wash it down with

lemonade or orange drink, or amazingly good coffee, fresh brewed. Refill your plate as often as you like.

Open since 2003, the restaurant has grown in popularity over the years. The restaurant shows documentaries on Cambodia several times a day and the owner, Eric Page, is a filmmaker from France who has shot several films in Cambodia. He and his wife, Pisey, are first-time restaurant owners, but clearly know a thing or two about attracting customers.

The most important meal of the day costs 11,000 riel (US\$2.75), from 7.30 until 11.30. Bon appetit!

Mekong River Restaurant, Cnr. Of Sisowath Quay & Street 118 




META HOUSE PHNOM PENH
Visit Cambodia's first media and art center
gallery open tuesday to sunday from 2pm until 10pm
rooftop cinema chill out bar & BBQ open from 6pm
street 264 #6 sangkat chaktomuk, khan dau penh
homepage www.meta-house.com, email mesterharm@gmx.com
fixed 023 224 140, mobile 012 607 465

leisure & wellness

Khlimb the Penh

Though not for those with severe vertigo, rock climbing is a fun and challenging activity for people of all ages. Now you can also do it in Phnom Penh. Words by **Nora Lindstrom**.



Climbing can be both safe and fun

MOVING TO CAMBODIA can mean having to give up particular sports or hobbies, especially if they relate to ice or snow. A novel setting can however also prompt starting something new. With Khlimb the Penh, the capital's latest recreational club, not only those with a background in rock climbing can enjoy the sport, beginners can have a crack at it too.

"We've had people between the ages of four and seventy climb the wall," says Yves Nommay, one half of the duo behind the climbing venture. While watching yet another person scale the 9m rock wall at Kidz Cool "fun village" in Chroy Changvar, Yves explains how climbing really is an activity the whole family can enjoy. Observing kids in swimsuits eagerly making their way to the top, it seems that it is the adults who are having more trouble finding the right hand and foot holds.

A French climbing enthusiast since the age of 12, Yves started Khlimb the Penh last year together with Irishman Tony

Keating. The informal club's first event was the scaling of the unfinished "Yellow Tower" building in Chroy Changvar. The two put together a temporary 25m climbing wall on the site, welcoming both old and young to have a go at making their way up over a weekend in October. "200 to 300 people came on the first day alone," says Yves. He adds that locals in particular surprised him with their skills. "Cambodians are very fit climbers," he says. "I'd like to start a climbing federation here, get Cambodians to compete in regional level climbing competitions."

Yves and Tony met by chance in Phnom Penh. Yet unlike Yves, who has spent a lifetime climbing rocks and walls, Tony comes to climbing more from the engineering and construction side. "We make the climbing walls ourselves using materials sourced from Cambodia," he says. To ensure a good price for materials, Yves and Tony hired Sok Sophorn to take care of the sourcing. Though

a novice to the field of climbing, she was excited about scaling walls. "At first it was difficult, but now I really like climbing," she says, before spider-like she makes her way to the top again.

"We've had a lot of nannies come with their kids," Yves says about the event at Kidz Cool. "It took some convincing, but eventually most of the nannies too had a go at the wall. They did really well, and it was only when they looked down whilst on the top that they got scared!"

Tony assures there is no need to feel unsafe. "It took a week to prepare the wall," he says. "We first made sure the safety was in place." Yves claims that Khlimb the Penh's safety precautions are stricter than what would commonly be found in Europe. "The top five important things in climbing are safety, fun, self-confidence, trust, and again safety," he says.


The main problem facing Yves and Tony is finding new, exciting locations for future climbs. "It would also be nice

to have a big indoor space," says Tony, adding that some of the international schools as well as the Kidz Cool establishment have showed interest in building permanent walls.

Yves adds that there are some outdoor climbing sites in Cambodia for more advanced climbers. "There is one in Kep by the reclining Buddha that was set up by an American some time ago," he says.

The next Khlimb the Penh event will be an extensive rope course at Kidz Cool. That will have to wait until mid-February however when Yves and Tony return from a work trip to Iraq, where they will be providing security training to NGOs operating in the war-torn country.

Learn more about Khlimb the Penh by visiting their website at www.khlimbtech.com, or call Tony on 012 279 870.

For more information about outdoor climbing in Cambodia, read: *Rock Climbing in Cambodia*, by Benjamin Tipton. US\$15 from Monument Books. 

leisure & wellness

amusement

Kambol Cart Raceway

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

Parkway Square

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

Phnom Penh Water Park

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

Phnom Tamao Wildlife Park

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

Sorya Centre

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

beauty products

Angkor Soap

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

chemists

U-Care Pharmacy

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

Pharmalink

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

classes

Aikido Classes

24R Street 252 (on villa rooftop), Tel: 012 811 234

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

Cambodian Cooking Class

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

Capoeira

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

Global Art Centre

Behind house 206 Norodom Blvd., Tel: 012 514 790
An international art and creative program designed for children aged 4-18. Classes held Tuesday to Friday in the afternoon and all day on Saturday. Courses cost \$38/month for 2 hrs lesson every week (including books). Free trial.

Photography Tours

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

Qigong

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

Scuba Nation Dive Center

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

dental

European Dental Clinic

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

SOS Dental Clinic

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

Sam Moffett: Visceral Fat and BMI



Sam Moffett explains why fat does matter, even if you are feeling fit.

TOO MANY OF US THINK that if we are fit then waist size shouldn't matter too much. However it does, not only for evaluating your general fitness but also as a health risk.

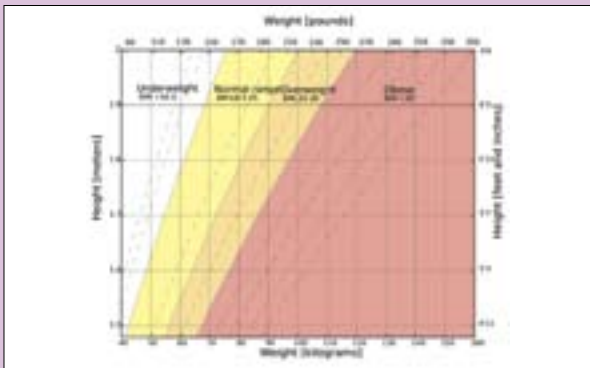
In addition to carrying that extra weight, a thickening waistline can be a sign of a build up of a dangerous type of fat you can't see or feel, called visceral fat. This builds up around the internal abdominal organs and is strongly linked to type 2 diabetes and heart disease.

The best way to gauge the amount of excess visceral fat is with hi-tech equipment such as CT scans or MRI's, but those are expensive and impractical. An easier way, and starting point for assessing whether you have

too much abdominal fat, is by checking your BMI, or body mass index. Just Google "How to check your BMI". It reflects your relative weight for your height and is generally associated with body-fat percentage. The average person with a BMI of 25 or above is considered overweight because, at this BMI, health risks increase.

Generally, a person with an "overweight" BMI who has a waist circumference that is greater than 35 inches for women or 40 inches for men is a good candidate for an exercise programme to reduce their abdominal fats, both seen and unseen!

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




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

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

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



education

Khmer School for Expats and Travellers

35 Street 288,
Tel: 012 867 117

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

Khmer School of Language

52G Street 454,
Tel: 023 213 047

Khmer-language lessons given at the school for US\$4 per hour or for US\$5 in the privacy of your own home or office. All the teachers are experienced and trained at the school.

My First Khmer

PO Box 1498,
Tel: 012 342 315

A network of university students offering language, translation, and interpreting services. Professional, affordable, and experienced. Call for a free lesson.

gyms

Clark Hatch Fitness Centre

Intercontinental Hotel, 3/F Mao Tse Tung Boulevard, Tel: 011 380 769

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

Fitness One

Himawari Hotel,
313 Sisowath Quay, Tel: 023 214 555

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

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\$4 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 Gran

19 Street 352, Tel: 023 999 707

Classy yet affordable Japanese-run hair

Beauty Spot: EL Skin & Wellness Centre

It's not so easy to keep your face looking as smooth as a baby's bum. Even keeping abreast of the latest technology is taxing. Nora Lindstrom goes to EL Skin to try out its LHE treatment.



THERE USED TO BE A TIME when weekly Saturday bathing was all there was to body care. Then came daily moisturising, with the occasional mask and scrub. Now, it's all about hi-tech solutions designed to eliminate skin problems from pimples, through wrinkles, to fat and stretch marks.

Thankfully, there's at least one spa in town that's on top of the latest developments. Run by Sim Sovanratana, who has a diploma in Clinical Skin Care from the U.S., EL Skin & Wellness Centre offers over 300 treatments,

to deal with almost any skin-related problems.

Following an initial consultation and skin analysis, Ratana recommends appropriate treatments. Pigmentation and acne facials are in high demand, however detecting the onslaught on wrinkles on my face, Ratana decides to deal with the problem head on with an LHE Age Smart treatment (US\$129).

LHE stands for light and heat energy, a third generation intensive therapy that increases the effects of the products used and further encourages the skin to regenerate itself

through producing more collagen. The 75-minute treatment encompasses the usual steps of a facial. The LHE part consists of a machine that looks like an epilator, but instead emits heat and a very bright red light. It's a bit uncomfortable for the eyes, which despite being protected can detect the light, but otherwise the procedure is painless.

For best results, 20-somethings are encouraged to receive the treatment for three times over two months, and over-40s once a week over six weeks. After only a single

treatment, results are limited, however it did leave my skin supple, more moisturised, and visibly brighter.

Overall, EL Skin & Wellness Centre's white, clean appearance makes it less of an aromatic day spa than a centre specialised in making your skin look its best. Though not the cheapest, facials start at US\$28, while a quick manicure is yours for US\$5. Body care starts at around US\$20.

EL Skin & Wellness Centre,
115E0 Street 109, Tel: 012 681 948, Open: 10am to 7pm.

salon. Beautiful premises are one of a kind and service is excellent.

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
57AEO Street 240,
Tel: 012 455 539
Khmer, English and Thai speaking stylists trained in hair, facial and nail treatment. L'oreal Professionnel products available. Free WiFi, tea and coffee provided. Open 9am to 8.30pm.

New Jack Holt International
38 Street 57
(at Champei Spa), Tel: 023 350 788
Contemporary hairdressers with a French-trained Khmer stylist. Offers the full range of hair treatments as well as nails and waxing.

medical

American Medical Center
Ground Floor Cambodiana Hotel
313 Sisowath Quay, Tel: 023 991 863
www.amc-cambodia.com
Team of international and Khmer doctors that provide general practice services to clients, including the American Embassy. Can arrange emergency evacuation. 24-hour service.

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

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

optics

Eye Care
166 Norodom Blvd., Tel: 016 556 602
Modern opticians with ophthalmologists on hand to check prescriptions. Have an

interesting range of glasses and lenses. Frames from under US\$100.

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

pools

Asia Club
456 Monivong 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
The first official Spinning facility in Phnom Penh. Tuesdays and Thursdays at 8.15am. Call to book in advance.

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

spas

Amara Spa
Cnr. Sisowath Quay & Street 110,
Tel: 023 998 730, 012 873 999
Fax: 023 998 731
www.amaraspa.hotelcara.com
A unique & comprehensive Day Spa providing a wide selection of facials, body massages and treatments; arranged into

AMATAK BEAUTY SPA

dermatologica
treatments

We have created an environment for you to relax, respect, rejuvenate and rejoice in the pure pleasure that Amatak Beauty Spa offers.

168 St. 102, Dons Penh, Phnom Penh, Cambodia. Tel: 023 723 659 / 023 309 495.
Email: amatakbeautyspa@thefox.com, Web: amatakbeautyspa.com

European Dental Clinic

160A, Norodom Bd (across ISPP South Campus)

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

Secretary : 023 211 363 / 012 893 174

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

Emergency
092 804 471
012 986 024 / 012 854 408

Sweet Surrender 30% off*

Unwind this Valentine

Get 30% discount for all services exclude Massages, Steam, Sauna and Waxing.
Treat yourself and your love one this Valentine with "SWEET SURRENDER PACKAGE" on 14 Feb 2010.

*Promotion starts: 29 Jan till 28 Feb 2010
For reservation: 017 79 11 86 or 023 727 156
sayanarumdulspa@asia.com

sayana rumdul SPA
THE PERFECT PLACE FOR LEISURE

Villa #1, St. 262, Sangkat Beoung Keog Hong 1
At the west of Wat Langkar. Open Daily: 10 a.m. till 11 p.m.

Nick Walsh: Should I Stay or Should I Go?

Nobody wants to be ill but in Cambodia illness is made more complex by having to decide whether to be treated in country or go overseas. Dr. Nick Walsh gives some advice.

AS AN EXPAT LIVING IN Cambodia, you will experience your fair share of illnesses. Coughs and colds – not too bad. Diarrhoea – maybe I'll manage. Amoebic dysentery – only just. Dengue – what do you recommend doctor?... Appendicitis – do I really want to have my appendix out in Cambodia?

Cambodia's health system was devastated in the 70s, and only reemerged in any recognisable form in the 90s. Today it is significantly better, but insufficient training and resources continue to impede the development of a consistently high quality service providing the population with state of the art health care.

But it's not just about money. Cambodia spends around 11% of GDP per capita on health care (85% in the private sector), which is a substantially higher proportion than most of Asia, but with poorer health outcomes. Certainly GDP is lower than neighbouring countries, but in an ideal world you should expect more bang for your buck. There are many reasons – health sector efficacy is a complicated affair.

On deciding whether you should receive treatment in Cambodia or travel overseas, there are a number of issues to consider. The reality is that most illness can be treated in Cambodia, if it is diagnosed in a timely manner, correctly and treated appropriately. This means you need to monitor any early symptoms and go back to the doctor if you are



not satisfied with your progress. Most chest infections, skin infections, diarrhoea and other common illnesses can be managed like this. You may or may not need intravenous fluids and usually you will return to health fairly quickly.

The question of whether to travel overseas for treatment should not be 'Can I be treated in Cambodia?', but rather 'is it safe for me to be treated in Cambodia?'. Almost all medical conditions can be treated in Cambodia, but caution is strongly recommended for serious conditions such as surgery, and those requiring specialist diagnostic facilities. It may cost more to leave the country, but ultimately you and your family's health is more important than the cost.

Specifically, any acute condition requiring surgery should

be managed outside the country, unless insufficient time is available to allow evacuation – which is uncommon. The key is to present early to your doctor. It is not that surgery cannot be performed in Cambodia – it can. However, should you develop complications or your surgery is not straightforward for any reason, you need to be in a centre with sufficient diagnostic and higher care facilities.

Other conditions that should be managed in Thailand or Singapore include significant cardiac conditions such as a heart attack, orthopaedic operations requiring pinning or plating, childbirth, many kidney conditions (excluding infections), severe head injuries and stroke and on occasion some tropical infections (e.g. dengue fever with a low platelet count).

Paediatric expertise in Cambodia is limited, and although many childhood conditions can be managed, significant illnesses may need referral overseas.

So the message is prevention, seek help early and stay safe. Build a relationship with your health provider so that if you do become ill you will be cared for by someone you trust, and always have evacuation insurance even if you do not have health insurance. Ultimately it's risk we are really managing.

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



ជីវម៉ា-វែរ មន្ទីរព្យាបាល និងថែរក្សាស្បែក
DERMA-CARE SKIN CLINIC

Free skin consultation every Monday and Tuesday

- ▶ Skin Consultation by Accredited Dermatologists
- ▶ Derma-Rx "Proven Products From USA"
- ▶ Offers International Quality Skin Treatments: Botox "Allergan" & Filler "Restylane" & "Teosyal"
- ▶ Chemical Peeling
- ▶ Lipolysis "Mesotherapy"
- ▶ Facial & Aesthetic
- ▶ "O.P.I" Manicure/Pedicure and Paraffin Treatment
- ▶ "LYCON" Waxing
- ▶ Radio Frequency
- ▶ CO2 Laser



Tel: 023 217 092 / 017 719 693 / 016 900 828 # 161B, Norodom Blvd., BKK 1, Phnom Penh

four storey sophisticated modern facility. Open from 11am to 11pm.

Amata Spa

4 Street 228, Tel: 023 722 029 / 012 360 490
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

EL Skin and Wellness Centre

115E0 Street 109, Tel: 012 681 948
New salon that uses Dermalogica, L'Oréal, Jane Iredale and OPI products for a variety of face and body treatments. Professional, relaxed ambience, and opportunity for customers to sample products before purchase. Open 10am to 7pm.

In-Style

63 Street 242, Tel: 023 214 621
Set in beautiful villas, the lovely gardens and revitalising café that greet your entrance indicate that this is more than just a spa. Full range of massages and beauty treatments with an emphasis on the Balinese. Open 9am to 9pm.

Master Kang Health Care Centre

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

Miss Care & Spa

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

Monorom Massage

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

Punarnava

Ayurveda Centre Spa, Hotel Cambodiana, 313 Sisowath Quay, Tel: 012 810 432
Traditional Indian-style Ayurveda massage

and healing that can provide relief to a range of physical ailments. All staff are professionally trained.

Sawasdee Massage

6B Street 57, Tel: 023 996 670
Oil, Thai-style and foot massage are available from trained masseuses in this excellent parlour, which also does beauty treatments. For a few dollars more than the dorm-style mattress massages, you can have the privacy of your own room. Open 9am to 11pm.

Seeing Hands Massage

6 Street 94, 209, 246, 253 Street 53, Tel: 016 856 188
String of massage parlours where the service is provided by the blind at a very reasonable price. Open 9am to 7pm.

Shiatsu-Ya

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

The Spa at NagaWorld

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

sports general

Cambodian Federation of Rugby

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

Cambodia Golf & Country Club

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

Cricket

Infrequent fun games played at a school off Street 360, near Street 63, on

Sunday mornings. No equipment required and little prior knowledge of the rules is also ok. Contact Majid at Saffron Wine Bar on 012 247 832.

Football: The Bayon Wanderers

www.bayonwanderers.com
Mixed Khmer and western team. Training sessions are held at the City Villa court on Wednesday and Friday, 8-10 pm and at the Old Stadium on Tuesday from 4.30 pm until dark. Contact Billy Barnaart on 012 803 040.

Hash House Harriers

The Hash meets at the railway station every Sunday at 2:15pm. An ideal way to see the countryside either walking or running, and then to make a public (school) exhibition of yourself. Contact 012 832 509 for details.

Nataraj Yoga Center

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

Royal Cambodia

Phnom Penh Golf Club, National Road 4
The other international standard golf course.

Touch Rugby

Mixed touch rugby (touch football) is played most Saturday afternoons at 3:30 pm at Northbridge School. Tournaments also within SE Asia. Please contact Rowena (rowena.eastick@yahoo.com) 012 1896786, or Paul 012 516460

tennis

The Club at Northbridge

1km off National Road 4, Tel: 023 886 012
Excellent tennis court. Book in advance.

VIP Sport Club

Norodom Boulevard, Tel: 023 993 535
Courts are available for hire by the hour or for members. 🏸

Amara Spa

HOT STONE 4-HAND	BODY WRAP
EAST WEST FUSION	MILK BATH
Ayurlomi Hot Oil	MANICURE/PEDICURE
AROMA massage	WOMAN/MAN FACIAL
KHMER massage	STEAM ROOM
FOOT massage	JACUZZI
BODY SCRUB	SPA PARTY

Corner of Sisowath Quay & St. 110, Phnom Penh | 023 998 730 | www.amaraspa.hotelcara.com

next generation

Toddler Tempers

Taking your tiny tot out on a playdate is not all play and no work as **Zoe Daniel** discovers.

MAKE NO MISTAKE – playdates with toddlers can be seriously fraught events. There was a time when I wondered whether I could be bothered with them at all. In fact early in my first child's toddlerhood I recall them being overwhelmingly stressful, so much so that on many occasions I elected to wrangle him at home alone rather than facing the sandpit police.

My son was a demanding but affectionate baby. When he first started walking he was physically adventurous but emotionally clingy and spent more time climbing on me than on the play gyms when we went out. Much to my annoyance as a first time mum, when he did venture forth he seemed to get belted, pushed, tripped and pinched by every little "bully" in the park.

I would cart him home bruised (him) and dejected (both of us) from every playdate, wondering what on earth had happened to these little monsters to make them so violent towards others, and of course my angelic little boy was bearing the brunt.

Then overnight, he became a monster himself.

Pinching, pushing, punching, hitting, kicking, biting – we've been through all the phases, and we're still grappling with some of them.

In our first week in Phnom Penh, relaxing at a café, I was feeding my younger baby when a screaming match broke out in the sandpit.

A particularly well-built expat mother was bearing down on me. "Your son bit my little girl," she

yelled red faced with rage. "Right," I mumbled, also red but with embarrassment and guilt. "Sorry."

"No biting. Biting is very naughty. It hurts. Time out," I lectured to the criminal two-year-old. Off he toddled tearfully for his two minutes in the corner, and then promptly re-entered the sandpit and repeat offended.

That night I recall my own tears as I related the day's disasters to my husband. "How on earth will I make friends if I can't go out?" I cried.

That was almost a year ago.

The offender is now almost three. He's still a handful, but the anti-social behaviour has gradually declined as his level of verbal communication has improved.

There's still a bit of violence in the sandpit – mostly pushing and hitting related to the sharing of toys – but I no longer dread playdates. Mostly now, they're fun.

At fifteen months my baby girl is the one who is now more than willing to smack her brother over

the head. As number two she's a fast learner and for me, there's a degree of "here we go again".

But the thing that has changed is my attitude as a parent.

I still won't put up with any form of violent anti-social behaviour, but I'm a lot more aware that it's part of the process of development for most children.

I recognise it when they test boundaries and while I do worry when someone gets hurt, I don't worry so much about how other parents will respond.

I see other first time mums feeling the same way I did – first, angry when their baby gets whacked, and later, mortified when the same child starts doing the same thing again.

I try not to judge other kids who hit mine. As long as there's no blood, it's a case of up you get – and "play nicely." I try not to criminalise the hitter with a "what happened?" and "who did what?" investigation. I think that, to a degree, they need to work it out themselves.

And my soon-to-be three-year-old has new weapons in his armoury now – words.

Over and over I've told him to say, "Stop it please, I don't like it," when he gets pushed around. I'm quite proud when he uses his words instead of his fists but he uses them against me too.

Late in the day when my temper is short, he asks, "Why are you cranky Mummy? Chill out, ok?"

I have no better response than to do as he asks. **■**



A parent's worst nightmare?

The economy making you blue?
Stop shedding those tears. Call us about advertising.

Advertise, and put the spotlight on your business.

Contact us at: qudy@asialifeguide.com

or 012 960 076

PHNOM PENH
AsiaLIFEguide
www.AsiaLIFEguide.com

next generation guide



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

cafés & restaurants

Annam

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

Café Fresco II

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

Café Living Room

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

Java Café

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

Java Tea Room

Inside Monument Books, 111 Norodom Blvd., Tel: 092 451 462
Cheerful children's reading room has picture books, puzzles, art supplies and

occasional story-telling sessions. Open from 8am to 8pm.

Le Jardin

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

classes

Global Art Centre

Behind house 206 Norodom Blvd., Tel: 012 514 790
An international art and creative program designed for children aged 4-18. Classes held Tuesday to Friday in the afternoon and all day on Saturday. Courses cost \$38/month for 2 hrs lesson every week (including books). Free trial.

Khmer

Gecko & Garden Pre-school, 1 Street 282, Tel: 092 575 431
Khmer classes for children from 2.5 to 6-year-olds from 3pm to 5pm on Wednesdays and Fridays, costs US\$96.

Yoga

Gecko & Garden Pre-school, 1 Street 282, Tel: 092 575 431
Yoga lessons with Georgina Treasure for 3 to 5-year-olds from 3pm to 4pm on Tuesdays. Drop-ins welcome (US\$6)

entertainment

Kabiki Hotel

22 Street 264, Tel: 023 222 290

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

Phnom Penh Water Park

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

Phnom Tamao Wildlife Park

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

Sorya Centre

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

pre-schools

Gecko & Garden Pre-school

1 Street 282, Tel: 092 575 431
This not-for-profit pre-school, established ten years ago, emphasises learning through creative play in a supportive environment. The Kids Club, for 18 months to 5-year-olds, is from 3.15pm to 4.45pm on Mondays, Wednesday and Thursday and costs US\$80 per child (Sep. to Dec.). Also has yoga and Khmer classes.

Giving Tree Preschool

17 Street 71, Tel: 017 997 112, www.thegivingtreeschool
Play-based programme in both English and French includes storytelling, music, theatre, role-play, dance and gym with large outdoor play area, playground with sandbox, and swimming pool. Takes kids from 18 months to 5 years.

Tchou Tchou

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

international schools

See Business Section page 76.

shops

Jolly Baby & Kids

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

Farlin Showrooms

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

Kid's World

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

Monument Toys

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

Willi Shop

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



iCAN PLAY
Early Years Centre

For 1 ½ to 3 year olds

AT FANTASTIC NEW LOCATION ON STREET 21

(behind Wat Svay Porper)

Information and Enrolment at



British International School

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

shopping & fashion

Shop Talk: A Case of Wanderlust

After years on the fashion highway, **Elizabeth Kiester** is now bringing her unique sense of what's hot to Cambodia. **Nora Lindstrom** talks to the woman who has made curiosity into a career.



Elizabeth Kiester's lust for wandering brought her to Cambodia

"I AM A WANDERLUST," says Elizabeth Kiester, owner and founder of Wanderlust, one of Cambodia's hippest new clothing stores. Initially opened in Siem Reap in October 2008, the venture quickly blossomed, and Elizabeth opened her second shop in Phnom Penh exactly a year after the launch of the first one.

"For people who don't have English as their first language, they might not know how we use the word 'wanderlust'," Elizabeth says. "It means somebody who desires or lusts to wander. My mother used to call me a wanderlust, because I'd always be searching, wandering, lusty to go, see, explore, even dumpster-dive if I had to."

Channelling her desire for all things new into a career, Elizabeth spent 15 years as a fashion magazine editor in New York. "I

was always searching, and going to find the next thing," she says.

Elizabeth then made the world her hunting ground, by becoming the global trend director for Abercrombie & Fitch, after which she took up the position of chief creative director at LeSportsac, an American handbag brand. There she launched a co-branded collaboration with Stella McCartney, to wide acclaim.

Though jet-setting around the world following and creating fashion was exciting, all those hours on planes eventually took their toll. "I was so burnt out," Elizabeth says. "I was commuting between New York and Tokyo, Tokyo and London, in the midst of a personal crisis, and I just thought I had to find a better way to live."

Taking an unprecedented two-week holiday, Elizabeth joined a volunteering vacation in Siem

Reap. "It really changed everything," she says. "I just thought that I had to get off the highway. I needed to focus my attention on something that had more meaning and value to me."

Returning to New York only to quit her job, Elizabeth moved to Cambodia in July 2008. "Within three days of arriving back in Siem Reap, I found the location that is now our flagship store," she says. By admiring a dress on a girl, she got the number of a local seamstress. Leng, the maker of that dress, now works as head of production at Wanderlust.

A year-and-a-half on, Elizabeth is now facing the challenge of keeping up with the orders. Her 100 percent cotton clothing, designed by herself and made by ten women in Siem Reap, is in high demand both locally and further afield. She recently launched an e-com-

merce site. "It was like opening 30 stores at once," she says. In addition to clothing, Wanderlust also stocks various accessories, from jewellery, through handbags, to scarves and shoes – all locally sourced or made specifically for the store.

Though Elizabeth's base is now in Siem Reap, she has not stopped wanderlusting. "I'm interested in different, different, not the same," she says, turning the common T-shirt slogan around. Though there are elements of her old life that she misses, she thinks of Asia as the future and notes many of her fashion friends from New York are also settling on the continent. "I just got to sell some frocks to buy airline tickets," she says.

*Wanderlust, 21 Street 240, Phnom Penh, Tel: 023 221 982
Alley West, Siem Reap, Tel: 063 965 980* ■

Journeys in Wanderlust

Getting from one place to another can be a dream or nightmare, but either way it can be done stylishly. This month **James Grant's** lens captures clothing that travels.



- Skirt - US\$34
- Shrug - US\$28
- Wanderlust Bracelet - US\$2
- Leaf Tote Bag - US\$20
- T-shirt - Keok'jay - US\$20



- Tulum Tie Back Top - US\$38
- Head Scarf - US\$4

■ Osaka Dress - US\$42
Necklace - US\$12



■ Sumatra Shirt Dress - US\$54
Belt - US\$16
Necklace - US\$20
Ring - US\$14



■ Santorini Dress - US\$48
Leggings - US\$8
Belt - US\$8
Sunglasses - US\$6
Bangle - US\$8
Black Tote Bag - US\$15



All clothing and accessories by Wanderlust. Model and Styling by Rachel Falter. Photography, Art Direction and Assistant Styling by James Grant (Silk Photography).



■ Maui Dress - US\$48
Scarf - US\$16
Bangle - US\$5
Ring - US\$3

KUFATA
PEPPERAromatic &
FlavorfulCambodian
PepperOPEN; Everyday
8:00 ~ 19:00

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



A Whole World of Inspiration



Latest bestseller from
the author of
"Tuesdays with Morrie"
Humour, compassion,
humility, insight...

Our price
USD16.50
(US RRP USD23.99)



111 Norodom Blvd - PNH
enquiries@monument-books.com

shopping guide

art

Happy Painting Gallery

FCC; Domestic Airport,
happypainting.net

Open since 1995, these popular aircon art shops sell the extremely colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

books & cds

Carnets d'Asie

French Cultural Centre (FCC)

218 Street 184, Tel: 012 799 959

French-language bookshop that has sections on Cambodia and Asia as well as general fiction. Good range of French magazines and newspapers. Open from 8am to 8pm (closed Sundays and holidays).

D's Books

12E Street 178 & 79 Street 240

Tel: 092 675 629

Over 20,000 copies. Most are second-hand, but some are originals. Heavy emphasis on best sellers, National Geographic past-issues and travel books. Open 9am to 9pm.

Monument Books

111 Norodom Blvd., Tel: 023 217 617

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

Open Book

41Eo Street 240

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

crafts & furniture

Artisans D'Angkor

Craft Centre Tel: 063 963 330

Silk Farm Tel: 063 380 375

Specialising in stone and wood carving, lacquering and silk paintings. All items are hand made by the students at the training centre. Both the training centre and the silk farm are open to the public for tours and workshops.

Bazar Art de Vivre

28 Sihanouk Boulevard,

Tel: 012 776 492

Elegant furniture and home fittings shop that specialises in antique furniture, furnishings by Bloom Atelier and Cambodian silks. French-Vietnamese owner Mai also specialises in calligraphy and design. Open from 9am to 6pm (closed Sunday).

Beyond Interiors

14e Street 306, Tel: 023 987 840

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

Chez l'Artisan

42D Street 178,

Tel: 012 869 634

Quaint shop with high-quality wooden furniture and lampshades that also produces made-to-measure goods on request. Just make sure you don't trip over the dog on the way in. Open from 10am to 6pm.

I Ching Decor

85 Sothearos Blvd., Tel: 023 220 873

www.ichingdecor.com

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

71 Street 240, 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.

fashion

Ambre

37 Street 178,

Tel: 023 217 935 / 012 688 608

High-end fashion designs created by Cambodian designer Flomyda 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).

Bare Necessities

18 Street 306, Tel: 023 996 664

Classy, quality underwear from Australia and New Zealand. Also stocks nursing and sports bras, in a large variety of sizes. Orders accepted. Open 9am to 6pm, closed Mondays.

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.



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

Bliss

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

Eric Raisina

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

Jasmine Boutique

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

Kambuja

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

Keo

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

Mekong Quilts

49 Street 240 www.mekongquilts.org
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.

Promesses and Caprices

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

Sapors

11 Street 59,
Tel: 012 900 470
Modelling agency, training school for housekeeping, as well as a beauty training school.

Smateria

8Eo Street 57, Tel: 012 647 061
Boutique specialising in accessories made from recycled materials including a range of bags and wallets made from old fruit juice cartons, plastic bags and mosquito nets.

Spicy Green Mango

4a Street 278 Tel: 012-915-968
29 Street 178 Tel: 023-215-017
Now open in two locations, designer Anya Weis offers a very different style of clothing to any other shop in Phnom Penh with imaginative, colourful skirts, trousers, t-shirts, belts and shoes.

SONG

75 Street 240, Tel: 092 985 986 /
023 211 741 www.songresort.com
Franchise of Vietnamese-based SONG label owned by Keo Sophea who managed Kambuja. Features casual wear for both men and women designed by Valerie Gregori McKenzie.

Subtly

43 Street 240
Up-market boutique selling Cambodian handmade women's clothes, scarves, shoes, bags and other accessories in contemporary and interesting designs. Run by French-born Sandrine and Indian Cinni, the Subtly collection combines class with colour. ChilliKids children's clothing is also stocked at the shop. Open 9am to 7pm.

Sweet Soul

35E Street 288, Tel: 023 307 685
Funky hip hop boutique stocking original brand clothes and accessories, including

Sean John, Rocawear and Supra. Mainly for men, though some clothes for women too. One of a kind in the capital. Open 10am 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.

Wanderlust

21 Street 240,
Tel: 023 221 982
Fantastic 100% cotton clothing by Elizabeth Kiester finally in the Penh. Frocks and shirts as cute as candy, and a variety of cool and funky accessories both for you and your home. Open 10am to 7pm, Sundays 12pm to 5pm

Water Lily

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

Zoco

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

food**Alpine Trading**

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

AusKhmer - 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.

Bayon Market

33-34 Street 114,
Tel: 023 881 266
Popular supermarket now in new location with improved parking. Stocks expat feel-good foods, with a focus on the Japanese. Open 8am to 9pm

Bong Karem

Tel: 092 235 336
Italian gelato delivered to your door! Also available at Kabiki, Meta House, La Veranda, Living Room, Cafe Yeij. Delivery available from 12pm to 5pm.

Butcher & Co.

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

Camory - Premium Cookie Boutique

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

Comme a la Maison

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

Dan's Meats

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



Stocking a full range of lingerie direct from Australia, New Zealand & the US including everyday bras & underwear, maternity, strapless & sports bras, chemise & loungewear, fashion tape, adhesive bras and lots more.

Located at the front of U & Me Spa
18, St.306, BKK ☀ Tel: 092 574 342

Home Decoration, Bed & Table Linen, Curtains.
Women, Kids & Men's Collections.
"Special Orders".

Open Tuesday - Sunday 10am - 7pm - Corner 51 & 1CS (entry str 51 - 1st floor)

La Clef De Sol



@I Ching Decor

Threads

Women's and Men's Clothing
Cottons and Silks

Now Selling Fair Trade
Silk Lingerie By Shenga

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

SMATERIA

HAND MADE
BAGS & ACCESSORIES

#8 Eo, St 57
Phnom Penh, Cambodia
t: +855 12 647 061
e: jennifer@smateria.com
w: www.smateria.com

Kampot Pepper Promotion Association

www.kampotpepper.biz
High quality green, black, red and white pepper from Kampot province produced according to traditional methods.

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

172Eo Street 51, BKK I, 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.couleursdassie.net
Shop selling French-designed silk & linen bags, scarves, cushions, pillow cases & quilts. Has a selection of soaps and bath salts from Senteurs d'Angkor, Amata beauty products & Eric Raisina's unique textiles and clothing. Open Mon.-Sat. 9am to 7pm, Sun. 9am to 3pm.

Friends 'n' Stuff

215 Street 13, Tel: 012 955 722
Colourful shop with unique products designed by Mith Samlanh/Friends students and parents of former street kids. Range includes clothes, necklaces, purses and 2nd hand goods. Also has a nail bar run by students from the beauty class. Open from 11am to 9pm 7 days.

La Clef de Sol

75E Street 108,
Tel: 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 Tuesday-Sunday 10am to 7pm.

Mulberry Boutique

9 Street 51, Tel: 016 222 750
Boutique silk and souvenir shop next to Flavours restaurant in Boeung Keng

we don't just say **BEYOND** ...we live it.

beyond
interiors

Visit our showroom at: # 14 st.306 BKK1 www.beyondinteriors.biz P: 855 23.987.840 HP: 855 12.930.332



Kang. Has a wide range of quality silk products, including bags, scarves, wall hangings and cushion covers, as well as jewellery.

NYEMO

14 Street 310, Tel: 023 213 160
NGO handicraft store on the grounds of Le Rit's training restaurant. Fun, funky and a bit different to the norm, their silks and accessories are in fantastic bright colours. Also has a great range of children's toys and hanging butterfly and bird mobiles. Second outlet on the eastern edge of the Russian Market.

Sayon Silk Works

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

Silk & Pepper

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

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.

Swatch

128 Sihanouk Boulevard, Tel: 023 222 070
Authorised retailer of famous Swiss Swatch watches. Stocks everything from fun, colourful, kids' ranges to chic, jewellery-like timepieces. Open 9am to 7pm.

Celliers d'Asie

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

Open Wine

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

Quarto Products

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

Red Apron

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

22B ST 278 PHNOM PENH
TEL: 017 755964

ZOCO
CLOTHES



CLOTHES THAT YOU WANT TO WEAR

Jasmine Boutique

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

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

e: jasmineboutique@online.com.kh
www.jasmineboutique.net



OROSSO
urban style for global people



Siem Reap: near old market - 063 760 205
Phnom Penh: #75 street 240
023 211 741

the insider

Visas – Everywhere You Want to Be

Any delays while travelling can cause major hiccups. That's why it's important to know the visa requirements before setting out, or else you'll find yourself donating to the "Uniform Fund" of the guards at the border. **Craig Gerard** looks inside the confusing world of visas.



THE FIRST THING YOU NEED to remember while applying for a visa is reciprocity. When Country A wants to raise its visa fees for travellers coming from Country B, then Country B will probably turn around and raise its fees for people coming from Country A. This can happen almost at any time, so always be ready with some extra dollars, baht, dong, shekels or whatever other currency you may need. Confused yet? You will be.

The internet can be both your best friend and worst enemy when searching for visa information. Some websites are chock full of good information on what you need to do to apply for a visa. Australia's Department of Immigration and Citizenship site (www.immi.gov.au) and the United States' Department of State site (<http://travel.state.gov>) both have copious amounts of data on various visas offered,

and online forms. So much information that it is slightly overwhelming. The Union of Myanmar's Ministry of Foreign Affairs has not so much. It is best to do a little research online before heading to the embassy of your destination country. At the very least you should find out the operating hours.

The good news for all citizens of ASEAN countries is that no visas are required for travel between the 10 member states, although there may be a limit on the number of days you can stay. For example, a Cambodian visiting Vietnam can stay for 14 days without a visa, but can stay 60 days in the Philippines. Longer stays require a visa obtained in advance of your travel. The exception to the ASEAN no visa rule is Cambodians going to Thailand, who have to acquire a free visa in advance from the Thai embassy.

■ JUST THE FACTS PLEASE

For those of us who find ourselves outside of the ASEAN loop, here is a list of countries in the region and tourist visa requirements:

Australia: Visa is free, but a US\$20 service charge may apply, depending on which visa you get. Must be done in advance, turn-around is less than one day.

China: US\$130, takes five working days.

Myanmar: US\$20, can take between two to four weeks.

Indonesia: US\$40, can obtain visa in advance or upon entry.

Laos: can obtain in advance for US\$40 or at the border for US\$35, but you won't get the fancy visa sticker, just a simple stamp.

United States: Applicants coming from Cambodia must make an appointment online ([\[cambodia.usembassy.gov\]\(http://cambodia.usembassy.gov\)\), and the non-refundable application fee is US\\$140. Some countries may have a higher fee if the visa is issued, based on the bilateral reciprocity agreement with that country. Decisions are made the same day.](http://</p>
</div>
<div data-bbox=)

Vietnam: US\$35, plus a passport photo. Usually turns around in one day.

Thailand, Malaysia, Hong Kong, Singapore and the Philippines do not require advanced visas.

These details are for single entry, tourist visas only. Most have a limit on the time you can stay in the country. Fees can change at any time. The best advice is to ask your travel agent what is required when you book your tickets. Most travel agents can also help you obtain your visas (for a small fee of course), which is a great way to avoid the hassle and avoid getting yourself too confused. ■

the insider

advisory services

Alcoholics Anonymous
20B Street 286, Tel: 012 990 837
www.aaphnompenh.org
AA meets on Friday at 7pm, Wednesday at 12pm and Sunday at 12pm.

Narcotics Anonymous
20B Street 286, Tel: 012 990 837
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. Renovations, construction work, electrics, plumbing, painting & 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.ccfccambodge.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

The Geek: OpenOffice



This month, Sok Yeng considers the advantages of using OpenOffice as an alternative to Microsoft Office.

IT'S REALLY EASY TO HAVE the latest Microsoft Office suite installed on your computer in Cambodia, without paying a cent to the software manufacturer. For this reason most people don't think about alternatives. Getting a licensed version of Microsoft Office can cost you between US\$200 to US\$300. Yes, you can buy the real deal for yourself or your company from computer shops in Phnom Penh like ANANA, PTC, NETPRO and others. But then again, you can get a pirated version at the market for only US\$2. So why even think about OpenOffice? Well, maybe it could make a difference when you take your computer back to your country or when updating features from Microsoft.

As the name implies, OpenOffice is a free, independent programme designed for office use. The programme is robust, and there are subprogrammes such as Write (similar to Word), Spreadsheet (Excel), Presentation (PowerPoint), Draw (Visio) and Database. OpenOffice has the same look and feel as Microsoft Office 2003, which many people prefer to more recent versions. One of the great flexibilities with OpenOffice are the add-ons (or exten-

sions). Add-ons allow you to download more functions to your OpenOffice such as language packs, dictionaries, templates and so on. The programme also provides a one-click option to convert a document or presentation to a PDF or SWF (flash player file).

The new version of OpenOffice supports all Microsoft Office standard format documents. Unlike MS Office, OpenOffice runs on most Operating Systems, such as Windows, Mac, Linux and CentOS system. Therefore, you don't have to worry about compatibility issues when working with different operating systems or on someone else's computer. The programme is now used by schools and NGOs in Cambodia. There is also a Khmer language version of OpenOffice developed by NiDa and Khmer Open Forum.

OpenOffice can be downloaded from: www.openoffice.org, and the Cambodian version from: www.khmeros.info.

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

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 ☐



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.

Counselling Services

Banyan Tree Counselling Listing
17Az Street 21, Tel. 017 555 691
Run by Australian and American Social workers and Family therapists. Specialising in counselling for children, adolescents, couples and families.
1 hour US\$65, 1.5 hours – US\$85

Phnom Penh Counselling Centre
11 Street 420, Tel. 092 700 910
Individual, couple and family therapy as well as resolution of trauma and abuse

residue using EMDR. Sliding scale fees based on income.

design & media

Asia Media Lab
Tel: 012 818 917, www.Asiamedialab.com
Full service video production company specializing in the creation of dynamic visual content to help bring NGO stories to life for fundraising and advocacy. Director, producer, storyteller Todd Brown has nearly a decade of experience producing compelling television programs in the US.

insurance

AG Cambodia
Hotel Cambodiana, 313 Sisowath Quay
Tel: 017 360 333, info@agcambodia.com
Professional insurance agent offering health, home, car, factory, employee and hotel insurance packages.

Asia Insurance Cambodia
5 Street 13, Tel: 023 427 981
email@asiainsurance.com.kh
www.asiainsurance.com.kh
Hong Kong-based insurance company registered in Cambodia in 1996. Offers all types of insurance services.

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

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

international schools

iCan International School
85 Sotheaors Blvd, Tel: 023 222 418

www.ican.edu.kh
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.

Embassies

AUSTRALIA
16B National Assembly Street
Tel. 023 213 470
www.cambodia.embassy.gov.au

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

CANADA
Canadians must see the Australian Embassy.

CHINA
156 Mao Tse Tung Boulevard,
Tel: 023 720 920
www.travelchinaguide.com/embassy/cambodia.htm

DENMARK
8 Street 352 Tel: 023 987 629
www.phnompenh.um.dk/en

FRANCE
1 Monivong Boulevard,
Tel: 023 430 020
www.ambafrance-kh.org

GERMANY
76-78 Street 214,
Tel: 023 216 381
www.phnom-penh.diplo.de/Vertretung/phnompenh/en/Startseite.html

JAPAN
75 Norodom Boulevard,
Tel: 023 217 161
www.kh.emb-japan.go.jp/index-e.htm

LAOS
15-17 Mao Tse Tung,
Tel: 023 983 632
www.kln.gov.my/perwakilan/phnompenh

MALAYSIA
5 Street 242, Tel: 023 216 176
www.kln.gov.my/perwakilan/phnompenh

MYANMAR
181 Norodom Blvd.,
Tel: 023-213-663
www.mofa.gov.mm/myanmarmissions/cambodia.html

PHILIPPINES
33 Street 294, Tel: 023 215 145
phnompenhpe@ezecom.com.kh

SINGAPORE
92 Norodom Boulevard,
Tel: 023 221 875
singemb_pnh@sgmfa.gov.sg
www.mfa.gov.sg/phnompenh

SWEDEN
8 Street 352, Tel: 023 212 259
www.swedenabroad.com

THAILAND
196 Norodom Boulevard,
Tel: 023 726 306
www.mfa.go.th

UNITED KINGDOM
27-29 Street 75,
Tel. 023 427 124
ukba.phnompenh@fco.gov.uk
www.ukincambodia.fco.gov.uk/en

UNITED STATES
1 Street 96, Tel. 023 728 000
ACSPPhnomPenh@state.gov
www.cambodia.usembassy.gov

VIETNAM
436 Monivong Boulevard, Tel: 023 726 283
www.vietnambassycambodia.org/en



Trevor Keidan: Your Financial Crystal Ball

The New Year is a good time for taking stock and projecting forwards, this month Trevor highlights some expert financial predictions for 2010.



AS ONE YEAR COMES TO a close and another gets set to begin there is a lot to read. Almost every columnist worth his salt has a raft of predictions as to what will happen in the year ahead. Here are some that caught my eye.

"For people who are prepared, 2010 will be the best of times," states Robert Kiyoski, author of Rich Dad Poor Dad. "For many 2010 will be the worst of times." Kiyoski makes three predictions to back up his conclusion.

First, the real estate market will crash again. This will be good for buyers of distressed properties but

from those trying to sell. Second, he claims that gold, silver and oil will continue to be safe investments. He believes that gold and silver will end the year at US\$1,775 and US\$24 an ounce respectively, and oil at US\$85 a barrel. His final prediction is that the next market to crash will be commercial real estate.

In December's edition of Fortune Magazine, 'Superstar Investor' Mohamed El-Erian claims the recession is over. However, he qualifies this by saying he is worried growth will be difficult to sustain. "It's very difficult for the

U.S. consumer to continue carrying not only the U.S economy but also the rest of the world," he says, predicting that over time the world's economy will rebalance. Instead of being driven by the U.S it will also start to be driven by other economies.

On a lighter note, writer David Holding paints a surprisingly upbeat picture of the British economy. He predicts that:

■ the FTSE will end the year at 5,750;

■ the UK pound will be worth US\$1.70 at the end of the year;

■ house prices will fall a little over 4% on the year.

I predict that a lot of people will ignore all the predictions that they have read here and in many other articles. Instead they will stick to their financial objectives and goals – and be better off for it!

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.

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

from fashion, life style, reportage, 360° panoramic pictures, to cultural event organisation.

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

James Grant – Slik Photography
Tel: 092.212.880
Commercially trained and fine art qualified professional photographer. Over 8 years experience. Full service of Fashion, Life style and Still Life.
www.JamesGrantPhoto.com

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

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.

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.

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

Beeline
Tel: 090 999 611, www.beeline.com.kh
Mobile phone company offering VoIP international calls at attractive rates.

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

Cambodia Samarat Communication
56 Norodom Blvd., Tel: 016 81001
Internet provider that issues the 016 SIM card.

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

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

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

Hello
Tel: 016 810 000,
www.hello.com.kh

Mobile phone provider that has the 015 and 016 SIM card. Is currently promoting cheap overseas calls.

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

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

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

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

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

legal

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

Office Space

Kamia The Secretary Ltd.
784-787, Building F Phnom Penh Centre, Cnr. Sotheaors & Sihanouk Bldvs., Tel: 023 997 492,
www.theseecretarycambodia.com
Highly professional company that lets fully-serviced office accommodation on both a short-term and long-term basis.

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.

Post Office

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

Photography

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

Melon Rouge Agency
84 Sotheaors Blvd, Tel: 092 644 811,
www.melon-rouge.com
Photographic agency that offers a full range of visual products and services

Printing

Relocation

Security Firms

Shipping

Telecoms



siem reap

All Bar One

In the first in a series of articles providing an insider's view of life in the Reap, **Nicky Hosford** reveals that there is life beyond Pub Street.

NO MATTER HOW YOU FEEL about it, it's impossible to question the success of Pub Street. "Pile 'em high, and sell 'em cheap", a formula applied by many of the establishments, is clearly a crowd pleaser. The robust success of this formula carries the risk of imitation, over-imitation, and the prospect of a homogenous blend of booze, buckets and bedlam – a one town Kao San Road in the making?

Thankfully, that's not happening, and nowhere is this clearer than on the two lanes to the north and west of Pub Street, The Lane and The Alley West. In the blink of an eye, these two lanes have transformed themselves from dodgy back streets to dynamic hotspots, attractive to visitor and expat alike.

So many new places have opened that we can only give you a galloping gander at what's on offer. The changes are constant on these mercurial streets, and more are on the way – keep an eye on Alley West in particular.

On the now vibrant Lane, and now in its second year, **Miss Wong's** is still as delighting as always. An easy combination of cocktails, class and conversation woos everyone that enters. Alongside Miss Wong, the longer established **Silk Garden** and **Giddy Gecko** each continue to provide their own unique laidback ambience.

Just opened next door to Miss Wong is **Hiroshi's Place**. As straightforward as the name suggests, this is a simple bar that also serves a unique fusion of Japanese and Khmer cuisine, including chicken teriyaki and grilled shrimp with wasabi mayonnaise (both US\$5). A new shop, **Discovery Shop**, offers many of the standard Cambodian made products – handbags, jewellery etc. Of note are the Battambang based Khmer Krafts printed cotton bags.

On the other end of The Lane an abundance of new bars has opened in the last year or so – **Rock, For Life, Real. Khmer. Cook**, and **Missing In Action**. It is perhaps a mark of Cambodia's



Drink a work of art at Picasso



Hiroshi's Place is something to savour

progress that the concept of the latter seems a little late and out of place. Real.Khmer.Cook offers a typical Khmer menu but, more importantly, really good cocktails, many of which, like the classic mojito and margarita, are only US\$1. Must be tried! Next door, the family run For Life makes you feel so at home you'd be forgiven for falling asleep on the sofa.

A hop, skip and a jump away is the newly rebranded Alley West, which is becoming a little bohemian in its own right. Gorgeous fashion, a Spanish style wine bar, everyone's favourite DVD store, a contemporary café, bling, and possibly the best restaurant in town all share this little lane, which also boasts some of the most attractive architecture in the town centre.

For clothes and bling, we have **Wanderlust**. Wander to lust and crave over clothes that can change your day. **Poetry**, where madness reigns, has clothes to move you, jewellery that will make people like you more, and other crazy stuff. And across the way, **Bambou Indochine** offers pretty floaty tops that make you think of beaches and nice waiters bringing you cocktails.

As we all know, shopping is tiring work, so round it off with a glass of wine at **Picasso**, alongside a plate of Serrano ham or olives, feta, chorizo, ham or meatballs. All those things that make everyone profoundly jealous of Spaniards. If you need something a little more wholesome, the newly opened **Singing Tree Corner**, has shakes, juices and grilled sandwiches, cakes

and cookies, all suitable for vegans and good karma.

If you've been really good, you can go to **Samot**. The first time I was introduced to Patrick Guerry, someone poked me in the ribs and whispered "that guy's the best chef in Siem Reap". I have yet to hear anything to dispute this view. Memories of the delicious meal I ate there still linger.

With so much change, the only thing to be sure of is that these lanes will be different again even between the time of writing and reading. For example, the much awaited **Circle Café** and **Sam-maki** – a shop, where you can get socially aware coffees and designs – will be open. So get down there and check them out. You never know what else you might see! 📌

calendar

February

everything you've wanted to know about what's going on in the Reap ...

- HOLIDAYS
- ARTS & EVENTS
- FILM
- MUSIC & PARTIES
- FOOD & DRINK
- SALES
- SPORTS

6 Saturday

Reggae Ragga Night with DJ D'Tonn, partying until the early hours @ X-Bar 10pm till late

8 Monday

Superbowl Breakfast Party. Breakfast food and drinks specials @ Warehouse 6am, yes 6am

13 Saturday

Reggae Ragga Night with DJ D'Tonn, partying until the early hours @ X-Bar 10pm till late

14 Sunday

Valentine's Brunch. Buffet brunch, with free-flowing Singapore Slings, US\$28pp @ Raffles Le Grand, 11.30am – 3pm

Valentine's Buffet Dinner. A romantic Valentine's needn't break the bank, buffet and chocolate dessert buffet US\$26pp @ Raffles Le Grand, 6.30pm – 10.30pm

Valentine's Le Royal. Romantic, candlelit dinner, including a welcome glass of Champagne and a rose for the ladies, US\$55pp @ Raffles Le Grand, 7pm – 10.30pm

Anti-Valentine's Day Party! Prize for best break-up story, anti-romantic drinks & mayhem @ Warehouse, 8pm.

Anti-Valentine's Day Party! Don't have a boyfriend or girlfriend, who cares! Come find one here!! @ Angkor What?, ALL NIGHT.

15 Monday

Canadian Flag Day. First drink free for Canadians with proof of citizenship. ID or accent accepted @ Warehouse, ALL NIGHT.



@Miss Wong's

20 Saturday

Siem Reap Drinking Olympics. In celebration of the Winter Olympics. Drinking games and prizes. @ Warehouse, ALL NIGHT.

Live music with Cambojam. Siem Reap's favourite band @ Silk Garden, 8pm – 12pm

Drum'n'Bass Show. With DJ D'Tonn, partying until the seriously early hours @ X-Bar, 12pm till late.

27 Saturday

Fourth Anniversary FRUIT Party. Fruit themed party, fruity costumes earn drinks @ Warehouse Rooftop, 8pm.

Crazy Funky Party. DJ D'Tonn playing @ Silk Garden, 8pm till late.

All Month

Alliance Café, exhibition by Mao Soviet, a Khmer graduate of Phare Ponleu Selpak in Battambang. "Lost Heritage", pen on old canvas exploration of ancient, lost Khmer and colonial buildings.

Silk Garden, photo exhibition by Jean Francois Perigois. "When Asia Meet Asia". See also www.jeff-photographies.asia

Every Monday

Introduction to meditation @ Raja Yoga. 5pm – 6pm

Meditation @ Raja Yoga. 6pm – 6:30pm

Movie Night @ Soria Moria. Free popcorn, rooftop bar. 8pm

Live music with Daniel Sea @ Molly Malone's. Acoustic guitar session. 8pm until...

Every Tuesday

Introduction to meditation @ Raja Yoga. 5pm – 6pm

Meditation @ Raja Yoga. 6pm – 6:30pm

Ashtanga Yoga with Heidi @ Peace Café (formerly Singing Tree Café). 9:30am – 10.30am

Pilates with Conchetta @ Peace Café (formerly Singing Tree Café). 9.30am – 10.30am

Ashtanga Yoga with Heidi @ Peace Café (formerly Singing Tree Café). 6.30 – 8pm

All you can eat BBQ @ The Villa. Australian style BBQ, with sausages, grilled shrimp and salads. Tickets US\$6. 5.30pm – 8.30pm

Ladies Night @ Soria Moria. Complimentary glass of Champagne, free treats and specials. 7pm – 10pm

Every Wednesday

US\$1 Night @ Soria Moria. All drinks, all food US\$1. 7pm – 11pm

Monk Chat @ Singing Tree Café. Introduction to Buddhism with Venerable Sokhun and friends. 5pm – 6pm

Introduction to meditation @ Raja Yoga. 5pm – 6pm

Meditation @ Raja Yoga. 6pm – 6:30pm

Introduction to meditation @ Peace Café (formerly Singing Tree Café). By Raja Yoga. 7pm – 8pm

Live music with Daniel Sea @ Molly Malone's. Acoustic guitar session. 8pm until...

Every Thursday

Charity Pub Quiz @ Funky Monkey. Test your knowledge, and raise funds for charity. 9pm

Oh My Buddha @ Soria Moria. Happy Hour from 10am to 10pm, buy one get one free drinks. 50% off all food. 10am – 10pm

Ashtanga Yoga with Heidi @ Peace Café (formerly Singing Tree Café). 10am – 11.30am

Introduction to meditation @ Raja Yoga. 5pm – 6pm

Meditation @ Raja Yoga. 6pm – 6:30pm

Every Friday

Apsara Dance @ Soria Moria. By the children from Sangkheum Centre. Special set menu. Book in advance. 7pm

Pilates with Conchetta @ Singing Tree Café. 9.30am – 10.30am

Ashtanga Yoga with Heidi @ Peace Café (formerly Singing Tree Café). 6.30 – 8pm

Introduction to meditation @ Raja Yoga. 5pm – 6pm

Meditation @ Raja Yoga. 5pm – 6pm

Live music with Daniel Sea @ Molly Malone's. Acoustic guitar session. 8pm until...

All you can eat BBQ @ The Villa. Australian style BBQ, with sausages, grilled shrimp and salads. Tickets US\$6. 5.30pm – 8.30pm

Live music with Cambojam @ The Banana Leaf. Live music session with popular local expat band. 8.30pm – 12pm

Ladies Night @ FCC. Free FCC chosen drink for all women. 7pm – 9pm

Every Saturday

Super Saturday @ Soria Moria. All day Happy Hour, buy one get one free drinks. 50 percent off all food. 12pm – 8pm

Monk Chat @ Peace Café (formerly Singing Tree Café). Introduction to Buddhism with Venerable Sokhun and friends. 5pm – 6pm

Ashtanga Yoga with Heidi @ Peace Café (formerly Singing Tree Café). 9am – 10.30am

English Club @ Peace Café (formerly Singing Tree Café). Talk and Teach/Talk and Learn. Come to talk and exchange views with Cambodian students, improve their language skills. 1pm – 3pm

Every Sunday

Wine Night @ Soria Moria. Special offers for wine lovers. 6pm – 9pm

Sunday BBQ & Pool Party @ Siem Reap Hostel. Tickets US\$4. 5pm until...

Spanish Sunday @ FCC. Sangria & Paella, all you can eat and drink for US\$12, net. 11.30am – 2pm

COMING UP...

Paddy's Night celebration at the only Irish bar in town, Molly Malone's

siem reap



ChildSafe network
Together, protecting children.

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

siem reap - bars

AHA

The Passage, Tel: 063 965 501
Sophisticated and beautifully designed wine bar selling a wide range of wines from around the world and tapas, as well as great cheese and Lavazza coffee. Open from 10.30am to 10.30pm.

Angkor What?

Pub Street, Tel: 012 181 4001
"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. Buy 2 buckets in one purchase, get a free Angkor What? T-shirt. Open from 5pm to late.

Banana Leaf

Pub Street, Tel: 012 378 488
At the top of Pub Street, the Banana Leaf offers live music every Friday night and some Saturdays, with popular local expat band, Cambojam. A new cocktail promotion every week, and 50c draft beers after 9pm. Open from 9am till late.

Central Bar & Brasserie

Old Market, Tel: 017 962 997
New contemporary and stylish bar/restaurant on the corner facing Old Market, serving generous salads, sandwiches, pasta, pizzas and burgers. Reportedly the best breakfast in town. Open from 7am – 11pm.

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.

Funky Munky

Pub Street, Tel: 092 276 751
The former riverside bar has moved to the corner of Pub Street. Good mix of music, excellent film posters and pool table compete with the pub grub for your attention. Try the Sunday lunch or build your own burger. Alternatively compete in the most competitive 'charity' quiz on a Thursday.

Giddy Gecko Bar

Lane off Pub Street, Tel: 092 857 400
Late night drinking den that has a good range of cocktails. Good option for those wanting to get away from the hordes on pub Street. Happy Hour from 4pm – 8pm, buy 2 drinks, get one free (cocktails and beer). Open from 11am till late.

Laundry Bar

Old Market, Tel: 016 962 026
www.laundry-bar.com
Extremely chilled music bar just off Pub

Street with great mellow decor and extremely cool t-shirts. Its multi-page music catalogue makes for the perfect respite from the Cambodian obsession with hip-hop, and they can burn 7 CDs. Free drink during the 6pm to 9pm washing hours. Open 6pm to late.

Linga Bar

Alley behind Pub Street, Tel: 012 246 912
www.lingabar.com
Laid back, gay-friendly bar with extremely chilled Buddha Bar tunes and some amazing light boxes. Unsurprisingly serves a great range of cocktails. Free WiFi. Open from 5pm to late.

Miss Wong

Lane off Pub Street, Tel: 092 428 332
Imagine yourself in China at the turn of the last century and you won't go much wrong in Miss Wong. Extremely welcome addition to the same-old Siem Reap bar scene, serves excellent and original cocktails and dim sum. Open late.

Molly Malone's

Pub Street Tel: 063 963 533
www.mollymalonescambodia.com
Obligatory Irish Pub with lots of wood panelling and Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-conditioned rooms. Open from 7am to midnight.

Red Piano

Pub Street, Tel: 063 964 750
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 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 free 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. Superize 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



សម្បទាន ផ្លែឆៃ 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.



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

4FACES Gallery

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

Singing Tree Café

Wat Bo Area, Tel: 012 258 984
Well established and popular café/community centre serving vegetarian food in a leafy garden setting. Venue for yoga, pilates, meditation and movie nights. Now open every day from 8am to 9pm.

Singing Tree Corner

Old Market, Tel: 012 258 984
New born sister to the Singing Tree Café, this colourful, contemporary café serves vegan suitable juices, shakes, coffees and teas, grilled sandwiches and cookies. Open 11am to 9pm.

siem reap - galleries

Alliance Café

7 Makara Street, Wat Damnak Area
Tel: 017 809 010
In a French colonial building, Alliance Art Café combines exhibition space with a chic restaurant featuring Khmer and French cuisine. Works are displayed in the sculpture garden and café gallery.

Arts Lounge

Hotel de la Paix, Sivutha Boulevard
Tel: 063 966 000
Large space in the ground floor of the hotel that showcases the works of Cambodian and international artists. All pieces focus on Cambodian subjects.

4FACES Gallery

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

Friends Centre

Achamean Street, next to the Angkor Children's Hospital, Tel: 063 963 409 (x7015)
International photography gallery curated by Brenda Edelson set in the Friends Centre. All proceeds go to the Angkor Children's Hospital.

McDermott Gallery I & II

FCC Complex, Pokambor Avenue, Tel: 012 274 274
Alley behind Pub Street, Tel: 092 668 181
www.mcdermottgallery.com
Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other other photographers. Open 10am to 10pm.

The One Gallery

The Passage, Old Market Area
Tel: 015 378 088
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 Cam-

bodia. The Gallery exhibits sculptures, oil paintings, photography and mixed media. Hours: 10am to 10pm.

The Wa Gallery

333 Sivutha Boulevard, Tel: 016 746 701
Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. Open 10am – midnight

siem reap - hotels

Amansara

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

FCC Angkor

Pokambor Avenue, Tel: 023 992 284
www.fcccambodia.com
Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

Golden Banana Boutique Resort

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

Golden Orange

Off East River Road, Tel: 063 965 389
Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers.

Hotel de la Paix

Sivutha Boulevard, Tel: 063 966 000
www.hoteldelaixangkor.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.residencedangkor.com
Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Both upstairs Martini Lounge and downstairs bar have recently been revamped. Great place to splash out.

Raffles Grand Hotel D'Angkor

1 Charles de Gaulle, Tel: 063 963 888
Elegant hotel with opulent gardens and a spectacular swimming pool in its grounds. Has frequent art exhibitions and Apsara dancing on nearby terrace.

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. Fre-






the blue pumpkin



**bakery
ice cream
restaurant
lounge**



free old market - siem reap
www.tbumpkin.com
spot 063 963 574
open 06:00 to 22:00

quented by those expats in the know.

Helicopters Cambodia

658 Hup Quan Street, Tel: 063 963 316
Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

Phokeethra Country Club

Sofitel Royal Angkor Resort & Spa, Viñes 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.

siem reap - restaurants

AHA

The Passage, Tel: 063 965 501
Sophisticated and beautifully designed wine bar selling wide range of wines from around the world, tapas, great cheese & Lavazza coffee. Open from 10.30am to 10.30pm.

Alliance Café

7 Makara Street, Wat Damnak Area
Tel: 017 809 010
French restaurant established by Olivier Muzard in a beautiful building just across the river. Has an adjoining exhibition space featuring sculptures and paintings by Cambodian and international artists. Also runs cookery lessons.

Black Wheat

Pub Street Area. Tel: 092 96 32 13
Modern restaurant serving the traditional French buckwheat crepes, stuffed with all kinds of meat, sausages, cheese, vegetables, eggs and fish, as well as pizzas. Open from 10.30am to 11.30pm.

Butterflies Garden Restaurant

535 Wat Bo Road, Tel: 063 761 211
www.butterfliesofangkor.com
Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.

Chez Ninie

Lane off Pub Street, Tel: 012 582 782
Located conveniently right next to Miss Wong, this delightful small French restaurant has home-cooked cuisine with daily changing specials.

Circle & Sammak

Alley West, Old Market Area
Socially and environmentally responsible, yet stylish and edgy clothing and knick knacks. By the owner of Keokiy and designer of iida designs. Visit Sammak Café and Gallery upstairs for an unforgettable cup-cake. Open 9am – 10pm Tuesday - Sunday

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.

Kama Sutra

Pub Street.
Tel: 017 82 44 74
Combining contemporary and traditional food evoking flavours from across Asia. Dedicated barbecue section, with regional classics from Thailand, Vietnam, Malaysia and Cambodia. Plus the curries, tandoori and massala for which it made its name. Open from 11am – 11pm.

Khmer Kitchen

Old Market. Tel: 063 964 154
Unfailingly popular with expats and tourists alike for its well-prepared, generous Khmer and Thai dishes at highly affordable prices. Open 11am to 11pm.

Khmer Kitchen BBQ

Pub St. Area., Tel: 012 34 95 01
A smaller venue than the sister Khmer Kitchen, but the food and service are just as good. Almost impossible to go wrong here. Open from 11am to 11pm.

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 Grand Café

Old Market. Tel: 012 847 419
Elegant, open-fronted colonial style restaurant/café, serving a mixture of French and Asian classic dishes. Chef's recommendations include palm, pepper scallops and the Le Grand Café Lasagne, made with chicken and spinach in a Baileys sauce. Open from 7am to 11pm.

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

Street 7 Old Market Area, Tel: 092 506 622
Excellent Indian restaurant, popular with expats and local curry lovers due to its authentic, fresh and hygienic preparation. Great reviews from customers. Authentic Halal food in town.

Meric

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

Moksha

The Passage. Tel: 012 181 3981
Contemporary Asian food, mixing special grills and regional classics. Signature dishes include marinated beef with fried red ants,

and grilled duck breast with tamarind. Open 11am – 11pm.

Samsara

The Passage. Tel: 017 82 44 74
The only South Indian restaurant in town, serving dosa and wada and many other tasty dishes from this renowned region. Open 11am – 11pm.

Singing Tree Café

Wat Bo Area. Tel: 012 258 984
Well established and popular café/community centre serving vegetarian food in a leafy garden setting. Venue for yoga, pilates, meditation and movie nights. Now open every day from 8am to 9pm.

The Soup Dragon

Pub Street. Tel: 063 96 49 30
At this location since 2000, this multi-storied restaurant continues to pull in strong crowds for its extensive menu of western, Vietnamese and Khmer dishes. Open from 6am to 11pm.

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

Carnets d'Asie

333 Sivutha Boulevard,
Tel: 016 746 701
Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

Eric Raisina

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

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.

Oro Rosso

Old Market,
Tel: 092 985 986
Formerly Sông, but same owner even if under a different name and the same feminine, classic styles. Open from 9am to 10pm.

Rouge

Rogue, formerly the Boom Boom Room, continues to provide the most up to date music from their massive catalogue of music, movies, and television serials.

Siem Reap Book Centre

Pub Street Area. Tel: 012 929 298
History books, catalogues, text books, stationery, office supplies, souvenirs, and gifts, newspapers and magazines. Open 10am.

U-Care Pharmacy

Next to Old Market,
Tel: 063 965 396
Reliable western-style pharmacist and drugstore that also has two branches in Phnom Penh. Sells health and beauty products. Open 8am to 12am.

Wanderlust

The Alley West, Tel: 063 965 980
Clothes that make you look good and life feel great, in invigorating bright colours and classic designs with a twist. Also sells shoes, cushions and jewellery.

travel

Blazing Trails

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

Cambodia Uncovered

Tel: 012 507 097
www.cambodiauncovered.com
Offers village and cultural tours in Phnom Penh and surrounds including road trips, Mekong cruises, accommodation, cooking classes and other activities.

Exotissimo Travel

46 Norodom Blvd, Tel: 023 219 151
www.exotissimo.com
Excellent French-owned agency specialising in flight bookings, package holidays and a range of well-run tours of South-East Asia. Specialises in adventure tourism in Cambodia. Brochures are available online.

Helicopters Cambodia Travel Indochina

43-44E Street 108, Tel: 023 991 978
www.travelindochina.com.au
Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals.

Intrepid Travel

468 Sivutha Blvd., Tel: 063 966 655
For travellers with a yearning to get off the beaten track, Intrepid opens up a whole new world of adventure travel. With a huge variety of tours available, Intrepid travellers explore the world's most amazing places.

Sokha Helicopters

2 St. 134 Phnom Penh, Tel: 023 885 773,
24 Sivutha Road Siem Reap,
Tel: 012 184 8891
www.sokhahelicopters.com
Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

Travel Indochina

43-44E Street 108, Tel: 023 991 978
www.travelindochina.com.au
Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals. 

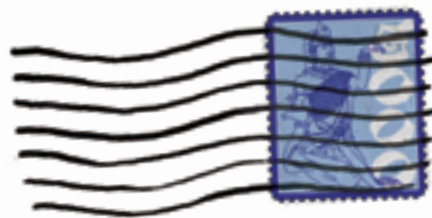


www.asiamotion.net
isabellelesser@asiamotion.net
+855 92 806 117



We offer you
a variety of services ranging
from social, artistic,
commercial, press,
fashion & advertising
photography

design by tel



Dispatches

mosaic, cnngo, phuket



■ MOSAIC MUSIC FESTIVAL

From Mar. 12 to 15, Singapore hosts an eclectic schedule of concerts during the Mosaic Music Festival. The calendar kicks off with a concert by R&B sensation **Babyface**, followed up by jazz songstress and New York Times 2009 Critics Choice **Melody Gardot**. Indie acts are exceptionally well-represented, with grunge legends **Dinosaur Jr.** taking the stage on Mar. 16 and additional shows by seasoned acts like **The Go! Team** and **Kings of Convenience**, as well as up-and-comers **Au Revoir Simone** and **St. Vincent**. Jazz and funk also abound: **Kool & the Gang**, **Christian McBride**, **the Branford Marsalis Quartet** and more. There's also a slate of free outdoor shows, art exhibits and promotions at participating venues. Check out:

www.mosaicmusicfestival.com for more information and to sign up for the Mosaic Friends discount card.



■ CNNGO: ASIAN TRAVEL GOES DIGITAL

At long last, an online travel developer has looked east of Europe and west of California. The beta version of CNNGo, the travel, lifestyle and entertainment website dedicated to covering what's happening in Asia that launched in September, has recently been casting a wider net. Full city guides are still only available for Bangkok, Hong Kong, Mumbai, Shanghai, Singapore and Tokyo.

Operating under the slogan "Local Insights. Global Experience," CNNGo is staffed by regionally based editors who work with local writers to get an insiders perspective on the places they call home. The website also features City Pulse, a section for amateur writers to contribute content. Check it out at www.cnngo.com.

■ TRAVEL DEALS:

Phuket

The Deal: Through Apr. 30, Access Resorts and Villas at Karon Beach, Phuket is offering its Fresh & Cool package starting at 20,500 THB (about US\$620). The package includes four days/three nights in a deluxe room, daily breakfast, a candlelight dinner, tours of Phuket City and surrounding islands, 50-minute massage, 20-percent spa discount and roundtrip airport transfer by private car.

The Setting: Design-led luxury beach resort 20 minutes from Phuket Town has 139 individually decorated rooms with pool access steps from door and a fitness centre and spa for a full relaxation experience.

The Verdict: Guests receive a lot of bang for their buck with this affordable getaway package. **!**



Inside Angkor

With few exceptions, all visitors to the Kingdom make it to Angkor, but how many of us truly visit the Wonder of Cambodia? Photographer and tour leader **Nathan Horton** provides a few tips on how to make the most of a weekend inside the temple complex.



Angkor at Sunset (Photography hint: underexpose to saturate colours)

IT'S NEVER GOING TO BE like visiting the temples 15 years ago but one of the key factors in getting the best out of an Angkor experience today is to make sure you are at the right temples at the right time. Half my job as a photography tour leader is to make that happen as much as possible. This involves a constant battle between two conflicting demands – showing people around temples at the least busy times, and in the best possible light for photography. That isn't always easy.

■ DAY ONE – TA PROHM

If you leave Phnom Penh fairly early on a Friday morning you can probably check in to a hotel, freshen up and buy your Angkor pass by 3.30pm (it will still be valid for the following day). Head straight for Ta Prohm, one of Angkor's major highlights. You should get there around 4pm.

As you arrive at the temple's West Gate, you will pass large groups leaving a relatively empty temple behind them. Most are destined for the official sunset point near Angkor Wat. Many

of Ta Prohm's best sites are west facing so as you walk through the temple you are confronted with one photo opportunity after another bathed in warm evening tones. Arrange for your transport to pick you up from the East Gate as time will run faster than you expect, and you are bound to leave with the last light of the day.

■ DAY TWO AM – ANGKOR WAT

Save Angkor Wat for sunrise on your second day. I recommend getting up at 4.30am and heading out as soon as you

can. Because you bought your ticket the day before you will fly through the gate. When you arrive at the main entrance (West), head straight up the main causeway, watching your feet in the dark – take a small torch for the steps. Pass through the first entrance and continue along the main causeway before turning left for the reflection pool. Assuming that you are one of the first there, find a spot where you can see all the towers clearly, and wait.

You will almost certainly be offered a cup of tea or coffee by



Inner sanctum of Preah Khan (Photography hint: learn how to use and capture the available light - don't use flash)

an over keen hawker. Accept it and you will immediately be offered a chair, which has three advantages. It creates a little bit of elbow room when the real crowds arrive, it makes a great place to put down your camera bag without getting it dirty, and you won't be asked by another hawker if you want a cup of coffee because he knows you already have one. Enjoy your sunrise, take lots of pictures and then turn around to be horrified by just how many people have filtered in behind you.

Now here is the real secret. The guy who sold you coffee will now offer you breakfast. Accept it. All the other people who got up at a ridiculously early time with you are now trying to see the inside of the temple at the same time. Instead, enjoy a leisurely breakfast in front of a now empty reflection pool and try not to think how busy it must be inside the temple. When you have finished breakfast take a quick look at the modern temple tucked just in the trees where you will probably meet some talkative monks.

By now, the mass of people in Angkor Wat will be heading

on, and the people getting up at a sensible hour haven't yet arrived. So you get Angkor, not all to yourself, but definitely at its quietest time of day, and in a nice warm light.

Once you've finished with the main temple there is an interesting small temple complex to the left as you head back towards the main gate. In here you will find a school for orphaned children who were born around the Angkor temples. These truly humble children, who never beg, serve as a reminder that the wealth that Angkor generates is far from being spread equally.

I usually find myself walking out of Angkor around 10am, and in need of some rest. It's starting to get hot and the temples are getting packed. Don't burn yourself out – go back to your hotel. Arrange for a 2pm pick-up and drive to Angkor Thom.

■ DAY TWO PM – BAYON

This time avoid the crowds by doing everything the wrong way round. Drive straight through the complex to the North Gate. As well preserved as the busier South Gate, it should be bathed in good light at this time.

Check out the amazing carvings on the interior wall of The Terrace of the Leper Kings and take in a little bit of the Elephant Terrace before heading back into the Royal Enclosure and Phinmeakas.

Once you have walked this interesting passage you should arrive back at the highlight of the afternoon – Bayon – at around 4pm. For some reason this is a relatively quiet time of day, and the light is starting to take on warmer hues. With its 54 towers covered with 216 gently smiling heads, Bayon makes a great photography playground. Don't leave it too late as the sun soon drops behind the trees. After an hour or so make your way back to South Gate and exit through its spectacular entrance.

If you want to join the crowds make a dash up Phnom Bakheng to watch the sunset. You won't be able to see the temple for the mass of people sat on top of it. The best photograph to take is an Angkor "Temple" looking like a Glastonbury Festival.

■ DAY THREE – PREAH KHAN AND BEYOND

The next morning try to get to Preah Khan early. If you get

there before 8am, you will soak up an atmosphere of meditation and prayer, with little to disturb you apart from the squawking jungle birds. You can also get a clear shot along the whole corridor. This temple is full of little secrets and often has a local nun keeping vigil over the inner sanctum, again making a great photograph.

Leaving the West Gate, a pleasant walk through the jungle reveals the little visited Ta Nei and further on Ta Keo, but don't attempt this without a guide. Alternatively ask your driver to drop you off at Ta Keo and follow the easier path to Ta Nei.

Unless you have to head back to the capital that day, take in the Roluos group in the afternoon, saving Bakong for sunset. Alternatively Beng Meala is an interesting out of town afternoon excursion. Both offer you something sufficiently different to prevent you from becoming "Templed Out".

Nathan Horton runs photography tours to Angkor and around Cambodia, for more information, tel: 092 526 706 or visit: www.nathanhortonphotography.com 📷

Our Man in Bangkok

eat, drink, do, sleep



■ EAT

Minibar Royale

Dreamed up by a bunch of Thai hipsters who lived together in New York this restaurant tries to create the look and feel of a downtown Manhattan deli crossed with a Parisian café – there's dark wood and glass interiors with a few nooks and crannies to hide out in. The western fare is pretty good and ranges from moules mariniere to Aussie lamb shanks and the drinks list is both imaginative and broad. Like many such venues in the city there's something that doesn't quite fit, but as long as you're not expecting an authentic NYC experience, this Thai interpretation of a Big Apple eatery is a welcome edition to Bangkok's offering of quirky hangouts.

Citadines Bangkok, Sukhumvit 23, Tel: (0)2 261-5533, www.minibarroyale.com

■ DRINK

Wong's Place

Located in Bangkok's old backpacker heart, Wong's has been pulling the city's old hands for years. Walls are packed with VHS music tapes from the 70s and 80s, there are frequent ad-hoc jam sessions and the bar has its own liberal interpretation of the licensing laws, so don't turn up too early.

Soi Sribamphen, Rama 4 Road, Tel: (0)81-901 0235

■ DO

This Is It – The Concert

This official tribute concert to Michael Jackson, the late, great King of Pop, is organised by Sony Music and GMM Grammy. Expect a host of popstastic performances from local acts including Tata Young, Christina Arguilar, Marsha, and Slot Machine. Tickets from 600 to 4,500 baht.

Impact Arena, Feb. 20-21, 7pm, contact: www.thaiticketmajor.com

■ SLEEP

TENFACE

Located on one of the city's coolest sois and inspired by Tosakan, the ten-faced giant from the Ramayana, this stylish hotel features a swimming pool and fitness suite, and in-room WiFi. You can also wine and dine at Sita Bar and Wanna's Eatery. One and two bedroom rooms and penthouse suits are available from 2,600 baht per night. There are also longstay rates for people who want to hang in Bangkok for an extended period.

81 Soi Ruamrudee 2, Tel: (0)2 695-4242, www.tenfacebangkok.com



Minibar's eclectic fusion is something worth experiencing

RIKI TAVI
Kampot

012 235 102 012 274 820 www.rikikitavi-kampot.com

Le Bout Du Monde
Kep, Cambodia

Le Bout du Monde,
Kep sur Mer
Charm and Nature
Fine Cuisine –
Private Bungalows

Web: www.leboutdumondekep.com Tel: +855 (0)11.96.41.81
Email: contact.leboutdumonde@gmail.com

getaway



A network protecting children from all forms of abuse.

www.childsafe-cambodia.org

battambang

La Villa

East bank of river, Tel: 012 826 186

www.lavilla-battambang.com

Beautifully restored 1930s colonial house with six rooms.

Riverside Balcony Bar & Restaurant

West bank of river, Tel: 012 437 421

Traditional wooden house with great views of the river and good food. Open from 4pm to midnight.

chau Doc (vietnam)

Victoria Chau Doc Hotel

32 Le Loi, Tel: +84 76 865 010

www.victoriahotels-asia.com

A few kilometres on the Vietnamese side of the border, Chau Doc's finest has great views of the Bassac River, a swimming pool, restaurant serving both international and Vietnamese cuisine and great massages.

phu quoc (vietnam)

Chenla Resort & Spa

Ong Lang Beach, Phu Quoc,

Tel: +84 773 995 895,

www.chenla-resort.com

Luxurious resort and spa on the beautiful island of Phu Quoc is less than five hours away from Phnom Penh. Set on a quiet bay, 37 bungalows, including 6 Jacuzzi villas, a large swimming pool, relaxing spa and Mediterranean restaurant.

kampot

Bar Red

Old Market area, Tel: 092 724 720

Restaurant and bar in close to the river, just around the corner from Bokor Mountain Lodge. Open from 6pm to late this is a good spot for a late night drink with personable host Steve, or to try some Indian food including their gargantuan samosas.

Blissful Guest House

Kampot, Tel: 012 513 024

Small guest house, with 11 rooms, set in a quiet part of town. Downstairs restaurant and bar, and communal TV room upstairs.

Bodhi Villa

Across the river, Kampot

Small guest house just across the old bridge in Kampot. The few basic rooms are extremely cheap and there are bungalows overhanging the river too. Most definitely a place to chill like the lotus eaters.

Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314

www.bokorlodge.com

Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms. Also has a good restaurant and bar with some outside seating overlooking the river.

Epic Arts Café

Old Market, Kampot

Employing deaf staff, this café next to the old market has a good range of bagels, shakes, brownies and coffee. Open from 7am to 6pm.

Jasmine

House 25 Riverside Road, Kampot

Tel: 012 927 313

Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish oasis on the Kampot riverfront. Tasty Thai, Khmer & café fare. Also has photography decorating the walls, and occasional film nights.

Les Manguiers

2km north of Kampot, Tel: 092 330 050

Small resort with bungalows and rooms set in beautiful gardens overlooking the river. Also has a restaurant with daily changing, freshly prepared food. Best to book up in advance especially at weekends.

Mea Culpa

44 Sovansokar, Kampot, Tel: 012 504 769

New accommodation established by the former manager of Bokor Mountain Lodge set in the French Quarter. Six rooms have air con, hot water, DVD and TV. The large garden has a patio pizzeria and bar.

Rikitikitavi

Riverfront, Kampot, Tel: 012 274 820

rikikititavi@asia.com

Western food served in large portions in this river-facing restaurant, bar and three-room guesthouse. A more up-market venue for Kampot, the upstairs seating affords great sunset views. Restaurant and bar open 7 days a week.

Rusty Keyhole

Riverfront, Kampot

This riverside British pub is the place for expats to chew the fat over a pint in town. Friendly British owner has created as close to the atmosphere of a rural pub as you can in Kampot. Live premiership games, sunset happy hour, daily BBQs and a strict 'no missionaries' policy make this a must. Open 8.30am to midnight.

kep

Beach House

Opp. Kep Beach, Tel: 012 240 090

www.thebeachhousekep.com

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

Breezes,

Route 33, Kep

Situated on the main coast road about halfway between Kep Beach and the ferry to Rabbit Island, this stylish restaurant and lounge is located right by the sea in a green, wooded area. The food is a fusion of Asian and western dishes with a focus on small dishes with plenty of seafood. Free pick-up and return to Kep hotels.

Champey Inn Resort

Tel: 012 501 742

Sea-fronted resort with fan-cooled bungalows. Has a swimming pool, a restaurant, a bar and a pleasant garden.

Knai Bang Chatt Resort

Tel: 012 879 486

www.knaibangchatt.com

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

Le Bout du Monde

Kep, Tel: 011 964 181

www.leboutdumondekep.com

Individual and separate bungalows in traditional Khmer architecture located at a top of a hill with good views and nice gardens. Serves French and Khmer cuisine. Rooms have hot water, mini-bar, fan and safe.

Led Zeppelin

At the roundabout, Kep

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

Veranda Natural Resort

Tel: 012 888 619, www.veranda-resort.com

Traditional wooden bungalows set in the hillside, some with fans and others with air con. Settle down for the night and listen to the jungle purr. Has a good restaurant and bar with some quite stunning sweeping views down to the coast.

HISTORY



ELEGANCE



COMFORT



ALONG THE SEA SHORE



Independence Hotel

● Boutique Resort ●

Street 2 Thnou, Sangkat No. 03, Khan Mittapheap, Sihanoukville, Cambodia
Tel: +855-34 934 301 / 012 728 090 / 012 221 373 • Fax: +855-34 933 660
Web: www.independencehotel.net • Email: info@independencehotel.net

phnom penh - deluxe

Amanjaya

313 Sisowath Quay, Tel: 023 214 747
www.amanjaya.com

Large hotel with a great central location along the river front. The rooms are spacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K West bar.

Cambodiana

313 Sisowath Quay, Tel: 023 426 288
www.hotelcambodiana.com

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

Himawari

313 Sisowath Quay, Tel: 023 214 555
www.himawarihotel.com

The 115 beautifully-designed suites have aircon, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts.

Imperial Garden Hotel

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

Intercontinental

296 Mao Tse Tung, Tel: 023 424 888
www.ichotelsgroup.com

One of Phnom Penh's most luxurious 5-star hotels. The 346 air-con rooms have all the expected facilities including in-room safes and king size beds. Also has a large swimming pool, a Clark Hatch Fitness Centre, spa and beauty salon.

Raffles Hotel Le Royal

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

Emanates the same class as its more famous namesake in Singapore. The Elephant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays.

Sunway Hotel

1 Street 92, Tel: 023 430 333
www.sunway.com.kh

Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

phnom penh - mid

Asia Club

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

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.

Blue Lime

42 Street 19z (off street 19), Tel: 0 23 22 22 60
www.bluelime.asia

Centrally-located mini-hotel with a great swimming pool and contemporary rooms. Good flashpacker option.



Bougainvillier

277G Sisowath Quay, Tel: 023 220 528
www.bougainvillier.com

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.

DP Lodge

47 Street 322, Tel: 023 213 503

New hotel-restaurant catering to business travellers to the Penh. Housed in a large villa, it has a pleasant open-air balcony and good value food.

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 rooftop 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

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 Sieng.

California 2

79 Sisowath Quay, Tel: 077 503 144
www.cafecaliforniaphnompenh.com

New guest house and bar on the riverfront with well-priced rooms with air con and security box. Downstairs bar has great Tex-Mex food and pool table.

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 guest-house of the same name. The spotless rooms have air-con, cable TV, minibar, safety box and en suite rooms with hot water. The hotel is located close to the bus stations and the ferry dock.

sihanoukville

Cantina del Mar

Otres Beach, Tel: 012 702 502

Taco and seafood stall on one of Sihanoukville's most unspoilt beaches. Expect great Mexican food and some mean tequila cocktails. Open from 10am.

Holy Cow

Ekareach Street, Tel: 012 478 510

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

Independence Hotel

Independence Beach, Tel: 012 728 090

Beautifully restored hotel on Independence Beach, originally opened in 1963, reopened in 2007 following a complete refurbishment. Infinity pool and sweeping ocean views from most rooms. Gym, conference rooms and circular restaurant.

Le Vivier de 'La Paillote'

Victory Hill, Tel: 012 633 247

Upmarket French restaurant that 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.

Maharajah

Victory Hill Sihanouk Ville, Tel: 015 966 221

Excellent Indian restaurant, popular with expatriates and local curry lovers due to its authentic, fresh and hygienic preparation. Great reviews from customers. Authentic Halal food in town.

Reef Resort

Road to Serendipity Beach,
Tel: 012 315 338,

bookings@reefresort.com.kh

Small guesthouse overlooking 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 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.

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.

unplugged

Catching Malaria in Cambodia

Will discovers that living the country idyll while saving the world isn't all it's cut out to be.



ILLUSTRATION BY VUTH / OUR BOOKS

I TRAVELLED TO CAMBODIA to save the world and push my limits. I wanted to find out what I was made of, what I was capable of.

After a year volunteering at a Christian school in Phnom Penh, I was ready to strike out and help Cambodians in a worse situation. I wanted to get out into the provinces, to where there were few roads, no electricity and a culture untouched by the ways of the western world—and I was tired of explaining the difference between essential and nonessential clauses.

I thought I could handle anything, I had even taught a kindergarten class for a total of three hours—and if you doubt the difficulty of teaching kindergarten, you have obviously never had to face that horror.

So I signed on with an NGO to advise on a literacy project and travel around the fringes of Pursat Province to monitor and evaluate the project's progress. Pursat's capital was only a three-hour bus

ride from Phnom Penh and had electricity and running water, so it seemed easy enough. I expected to spend about a week every month checking on projects in Veal Veng, a district of Pursat that borders Thailand, so I didn't expect to get too bored at a desk job.

Unfortunately, when I had imagined Gilligan-Isle-style serenity in the countryside, I failed to recognise that the TV show wasn't a realistic depiction of what it's like to live "without a single luxury." And Veal Veng had cultivated a reputation among aid workers of being an especially inhospitable place.

Malaria is endemic throughout Veal Veng, and visitors who spent the night in the district tended to contract the disease no matter what precautions they took. One aid group set up its foreign trainers in Pursat town, where malaria is not a problem. Every morning after sunrise they drove them several hours over rough dirt roads to the Veal Veng district capital to train the

locals in whatever it is they needed to learn. Then, every evening they drove the advisers back out.

The European advisers all got malaria anyway.

Being a foolish American, I was convinced I could venture into Veal Veng untouched. I rubbed myself with enough DEET to make my lips go numb. Every day, I began carefully preparing my sleeping roll and mosquito long before the sun approached the western horizon. I did everything except take anti-malaria drugs, on the advice of a doctor who was later deported for not actually being a doctor.

I got malaria. I spent a week in a hospital. It hurt. A lot.

Now, if you take almost every precaution, head off into the jungle and still rack up medical bills in excess of four months of your stipend because a single mosquito nipped your heel, you'll likely take that as a hint that you're better off living in a city.

Not me. Once I was capable of travel, I went right back out to Veal Veng. Two months and two trips later, I had malaria again.

I had learned enough to recognise the symptoms and took the proper medication early on. It wasn't as bad as the first time, but that's not saying much.

As I was recovering from the third bout of malaria, my boss in Phnom Penh sat the team down and informed all of us that I would not be going back out to Veal Veng. I may have protested, but I don't really remember. I was a little delirious.

I found out what I was made of—stuff that is all too vulnerable to malaria. It wasn't long before I decided I would rather teach English than try to dodge mosquitoes and run up red ink on insurance companies' balance sheets.

Will Koenig is a journalist in Oregon, where he lives with his wife and son. Email: will.koenig@gmail.com.

Vox Pop: Changing Faces

Would you ever consider going under the knife to improve your looks? **AsiaLIFE** takes to the streets to see who would and who would not have a little nip and tuck.

NAME: Sokhoeun

AGE: 29

NATIONALITY: Khmer

OCCUPATION: Administrative Assistant

IF YOU COULD CHANGE ONE THING ABOUT YOUR APPEARANCE WHAT WOULD IT BE?

If I could change one thing, I would like to be taller.

WOULD YOU EVER CONSIDER PLASTIC SURGERY?

Yes I would consider it. I would change my eyes, nose and mouth to be more beautiful.

WHAT DO YOU CONSIDER TO BE YOUR BEST FEATURE?

I have good skin and good hair.



NAME: Sammy McKee

AGE: 23

NATIONALITY: British

OCCUPATION: Unemployed Traveller

TIME IN CAMBODIA: 9 hours
IF YOU COULD CHANGE ONE THING ABOUT YOUR APPEARANCE WHAT WOULD IT BE?

I would change my toes, my knees and would kill for smaller hips

WOULD YOU EVER CONSIDER PLASTIC SURGERY?

Yes I would, if it would make me feel better about myself then why not?

WHAT DO YOU CONSIDER TO BE YOUR BEST FEATURE?

Cheesy, but my eyes



NAME: Vandy (aka Johnny Bad Boy)

AGE: 22

NATIONALITY: Khmer

OCCUPATION: University Student

IF YOU COULD CHANGE ONE THING ABOUT YOUR APPEARANCE WHAT WOULD IT BE?

Nothing. I am already perfect.

WOULD YOU EVER CONSIDER PLASTIC SURGERY?

Never. Only crazy people get plastic surgery.

WHAT DO YOU CONSIDER TO BE YOUR BEST FEATURE?

My hair. I never get split ends. I also have an excellent personality.



NAME: Isabel Nuenlist

AGE: 29

NATIONALITY: Swiss

OCCUPATION: Business Analyst

TIME IN CAMBODIA: 2 weeks

IF YOU COULD CHANGE ONE THING ABOUT YOUR APPEARANCE WHAT WOULD IT BE?

My hands

WOULD YOU EVER CONSIDER PLASTIC SURGERY?

Maybe in the future, as long as I don't over do it!

WHAT DO YOU CONSIDER TO BE YOUR BEST FEATURE?

My bold character because even with time it will never change!



NAME: Cyril Guillou

AGE: 37

NATIONALITY: French

OCCUPATION: Pastry Chef

TIME IN CAMBODIA: 18 months

IF YOU COULD CHANGE ONE THING ABOUT YOUR APPEARANCE WHAT WOULD IT BE?

My hair, it started turning white/grey at 15! So I dye it black, people tend to think I'm younger when I do!

WOULD YOU EVER CONSIDER PLASTIC SURGERY?

No, because I accept myself as I am, with my flaws...

WHAT DO YOU CONSIDER TO BE YOUR BEST FEATURE?

My hands!



■ **NAME:** Brit Elmore
AGE: 28
NATIONALITY: American
OCCUPATION: I.T. Operations
TIME IN CAMBODIA: 2 weeks
IF YOU COULD CHANGE ONE THING ABOUT YOUR APPEARANCE WHAT WOULD IT BE?
 My stomach
WOULD YOU EVER CONSIDER PLASTIC SURGERY?
 No, it's a waste of money! It's not something I would like to do, but I understand why people do.
WHAT DO YOU CONSIDER TO BE YOUR BEST FEATURE?
 My eyes, I think?!



■ **NAME:** Steph
AGE: 24
NATIONALITY: British
OCCUPATION: Backpacker
TIME IN CAMBODIA: 3 weeks
IF YOU COULD CHANGE ONE THING ABOUT YOUR APPEARANCE WHAT WOULD IT BE?
 I'd have a smaller bum!
WOULD YOU EVER CONSIDER PLASTIC SURGERY?
 Yes! Definitely! I would have liposuction!
WHAT DO YOU CONSIDER TO BE YOUR BEST FEATURE?
 My breasts!



■ **NAME:** Lysa
AGE: 29
NATIONALITY: Khmer
OCCUPATION: Sales Assistant
IF YOU COULD CHANGE ONE THING ABOUT YOUR APPEARANCE WHAT WOULD IT BE?
 I wouldn't change anything because I feel comfortable the way I am. I think women who feel self-confident are beautiful
WOULD YOU EVER CONSIDER PLASTIC SURGERY?
 No, because I think a natural appearance has more charisma than an artificial one.
WHAT DO YOU CONSIDER TO BE YOUR BEST FEATURE?
 I like women who have curves and look very feminine. So I consider my breasts as my best feature...

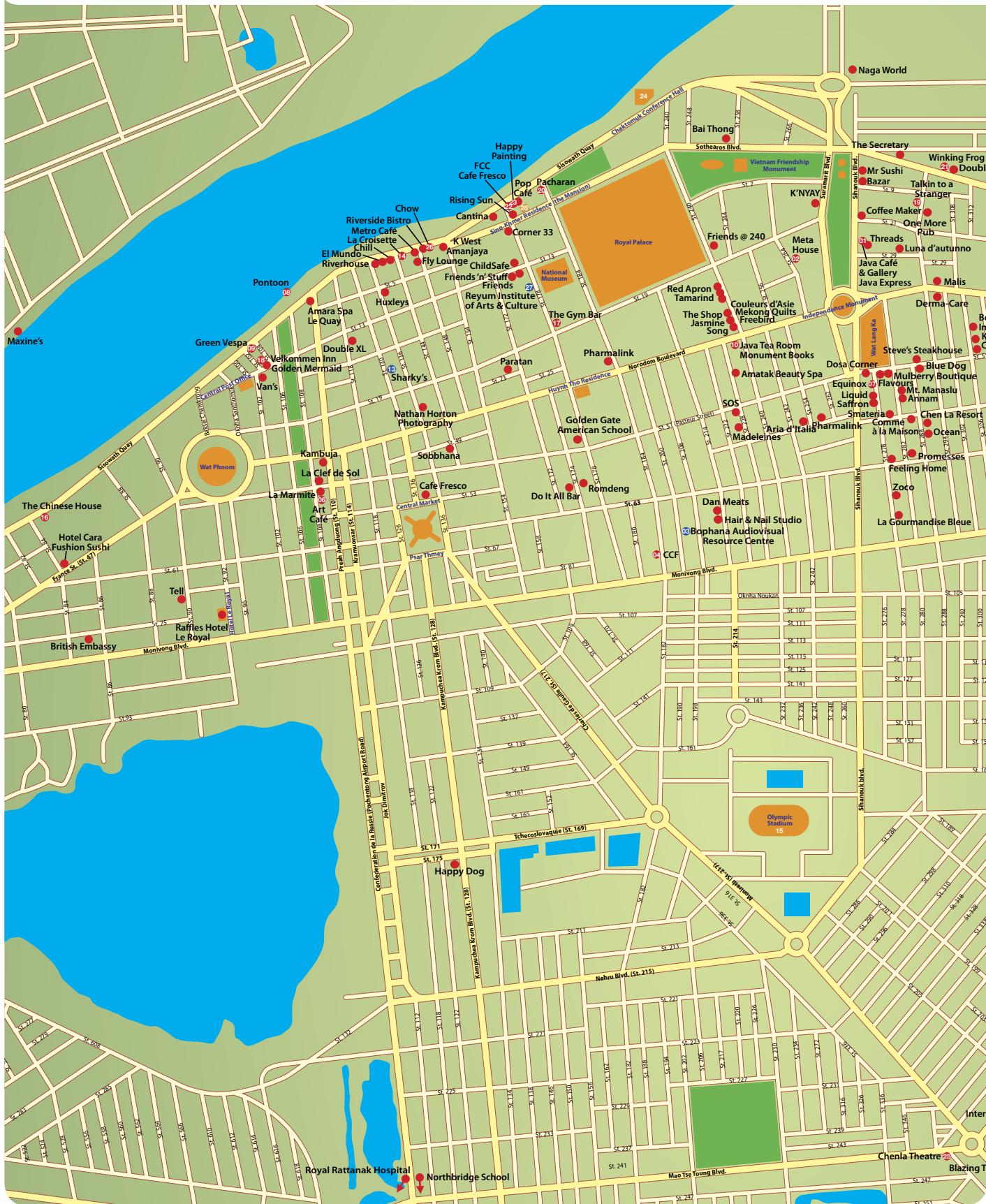


■ **NAME:** Lois
AGE: 35
NATIONALITY: French
OCCUPATION: I.T. Manager
TIME IN CAMBODIA: 4 Months
IF YOU COULD CHANGE ONE THING ABOUT YOUR APPEARANCE WHAT WOULD IT BE?
 Nothing!!!
WOULD YOU EVER CONSIDER PLASTIC SURGERY?
 No, I'm fine right now and I don't feel I need it. It should still be a personal choice.
WHAT DO YOU CONSIDER TO BE YOUR BEST FEATURE?
 I've never considered this...



Sok Heng Printing House

phnom penh: central





WE'RE EXPERTS ON WATER TOO.

ENJOY WINNING

To ensure that we use only the freshest water available, we taste over 10 different water samples a day. It is then brewed together with the finest natural ingredients and undergoes over 200 quality checks. Not to mention a brewing process that takes more than 500 hours. Little wonder that it has won over 40 international awards and accolades. And counting.

February Horoscope

■ **AQUARIUS (JAN. 21 – FEB. 19)**
Happy Birthday Aquarius! This is a strong month for finances and personal possessions. You could receive a gift, rebate, refund or loan, especially around the 14 and the 28. Others are really in your corner this month, paying you much attention. While relationship problems are still part of your life, those of you involved in casual relationships are finding many opportunities to enjoy yourselves and singles are not lacking for attention, either. This is a strong period for creative projects and endeavours. Mid-month is a powerful period for feeling a sense of inner renewal and for hopefulness.

■ **PISCES (FEB. 20 – MAR. 20)**
February starts slowly but quickly picks up speed. Although it's a strong time for career and business opportunities in general, there are some snags to deal with when it comes to work schedules. You may find you're losing enthusiasm for work, which should change by mid-March. You receive good news on the 13 or 14, and a partner gives you a boost on the 28.

■ **ARIES (MAR. 21 – APR. 20)**
You are valuing your privacy more than ever this month, and are certainly more withdrawn than usual, taking extra time to rest and reflect. This is necessary right now, and if you don't do it on your own, the cosmos might force you to do so! Coming to the aid of a partner feels good now, as does being in on a special secret.

By mid-March, you will be feeling more directed and re-energised.

■ **TAURUS (APR. 21 – MAY 21)**
Work is demanding this month, Taurus, but also very rewarding. Higher-ups are putting more faith in you and your talents. You are likely to find that by networking and paying attention to people in the same career field as you, you are able to come up with some excellent ideas for your own life. A reward or helpful connection around the 8 or 14 is likely.

■ **GEMINI (MAY 22 – JUN. 21)**
Career and professional matters are strong, rewarding, and exciting this month, Gemini. While you cannot say your career is carefree these days, you are bound to find many opportunities to grow and develop on a professional level this month and beyond. The 13-14 is excellent for beginning any positive thinking or life management programme – your heart and mind are entirely ready for it.

■ **CANCER (JUN. 22 – JUL. 22)**
Plenty of career developments are in the works this month Cancer, as you take the time to re-assess your professional life and responsibilities. In March and April, matters will begin to move quickly, with a raise as a definite possibility. Love has been tricky recently, and continues to baffle you in February. The chance to have some adventurous fun, however, can help take your mind off your troubles around the 8, 15, and the 27

■ **LEO (JUL. 23 – AUG. 22)**
Your popularity runs high this month, Leo, even though you continue to keep some emotional distance. It's a necessary period in which you take a step back and analyse what works for you and what doesn't. Your ego is completely tied up in your success with others just now, and this means you are especially attentive to the needs of loved ones. Good luck, particularly with finances, is likely around the 14 and the 27.

■ **VIRGO (AUG. 23 – SEP. 23)**
February is an excellent month for your relationships, Virgo. Your openness to partnering and tolerance of others are qualities that will help improve your relationships many times over this year. Opportunities for a happy, productive relationship are abundant. Work matters are strong, having recovered well from complications encountered last month. The 15 and 28 are especially strong days this month.

■ **LIBRA (SEP. 24 – OCT. 23)**
While life has been filled with pressures and setbacks recently, Libra, the first three weeks of this month bring great opportunities for recreation and enjoyment. Romantic new beginnings are possible, but keep your eye out for self-deception. Complications with a partner or friend continue this month, and the only thing to do now is to give them space. The 7 and 14 are potentially magical days for you.

■ **SCORPIO (OCT. 24 – NOV. 22)**
Challenges with work continue and are unlikely to clear up until mid-March, Scorpio. As you are experiencing a loss of enthusiasm within, you might be going through the motions for the time being. You are sure to regain energy and zeal next month. The 13 through to the 15 is strong for romance and creativity. February ends on a high note, with more time for recreation.

■ **SAGITTARIUS (NOV. 23 – DEC. 21)**
You are paying much more attention to personal matters than you are to professional and social endeavors these days, dear Sagittarius. The focus is on your feelings, intuition, and comfort rather than what the rest of the world expects of you. The first two weeks of February are exceptionally busy for paperwork, errands, learning, and intellectual projects. A friend might be disappointing or difficult, but pay attention – he or she might have a good point.

■ **CAPRICORN (DEC. 22 – JAN. 20)**
A strong focus on practical matters this month keeps your mind on security and comfort, Capricorn. At the same time, you have so many ideas for the future that it's hard to settle on just one. This is not the best month for presenting or implementing your ideas, because they require more work, refinement, and thought. February is a period of adjustments rather than new beginnings. ■



This Month in History

columbia, joyce, mandela, manifesto, palme



■ COLUMBIA CRASHES

February 1, 2003

Only the second ever space shuttle lost in flight, Space Shuttle Columbia disintegrated over Texas only 16 minutes before it was due to land. All seven members of the crew were killed in the disaster, which resulted from a piece of insulation foam breaking off the main propellant tank during take-off. Following the loss of Columbia, NASA's space shuttle programme was suspended, and construction of the International Space Station delayed. The first space shuttle to malfunction was the Challenger, which in January 1986 exploded during lift off killing all seven crew, including teacher Christa McAuliffe.

■ BIRTH OF A NOVELIST

February 2, 1882

Irish novelist and poet James Joyce (1882-1941) was born in Dublin, Ireland. Considered one of the most influential writers of the last century, he was a key figure in the development of the modernist novel. Joyce remains best known for his novel *Ulysses*, the story of which is set in a single day, where the author employs stream of consciousness,

parody, jokes, and virtually every other literary technique to present his character. Other works include *A Portrait of the Artist as a Young Man*, short-story collection *Dubliners*, and novel *Finnegan's Wake*, in which the author took his modern method of writing to the extreme and abandoned all conventions of plot and character construction.

■ WORKERS OF THE WORLD UNITE

February 26, 1848

The Communist Manifesto was published by two young communist theorists, Karl Marx and Friedrich Engels. Advocating the abolition of all private property, the aim of the manifesto was to clarify the purpose and programmes of the international Communist League. Now one of the world's most influential political manuscripts, the manifesto also presents an analysis of class struggle under capitalism that is hailed as accurate even by proponents of free market economics.

■ FREEDOM

February 11, 1990

South African symbol for freedom and equality Nelson

Mandela was released from prison. Having served 27 years of a life sentence on charges of sabotage against the apartheid government, he was 71 years old at the time of release. Also known as Madiba, an honorary title, Mandela was the leader of Umkhonto we Sizwe, the armed wing of the African National Congress, during the apartheid era. Free from his cell at Robben Island, he went on to receive the Nobel Peace Prize in 1993. A year later, he became the first president of South Africa elected in a fully representative democratic election in 1994.

■ OFF WITH HER HEAD

February 8, 1587

Mary Queen of Scots' 45-year life was action packed. Only six days old when her father died, she became Queen of Scotland nine months' later. She married the French Dauphin in 1558, becoming Queen of France the following year as her husband ascended the throne. Unfortunately he died the following year forcing Mary to return to Scotland. There she married first her cousin, Henry Stuart, and following his death, James

Hepburn, who was thought to have murdered husband number two. This liaison was short lived. They were forced to abdicate in favour of Mary's one-year-old son, James VI. Forced into exile in England after an attempted coup, Mary sought refuge with her cousin Queen Elizabeth I. Claiming the English throne too, Mary was implicated in three attempts to assassinate the Virgin Queen. After a lengthy imprisonment, Mary was beheaded at Fotherington Castle, but only at the second attempt.

■ ASSASSINATION IN SWEDEN

February 28, 1986

Citizens of the world's model social democracy – Sweden – were shocked as news came through of the assassination of their Prime Minister Olof Palme. Often described as a revolutionary reformist, social democrat Palme made enemies by expanding labour union influence over business as well as what was seen as his pro-Soviet stance. Not one to bring a bodyguard everywhere he went, Palme was shot dead as he walked home from the cinema together with his wife. To date, the crime remains unsolved. ❗

■ CELEBRITY BIRTHDAYS THIS MONTH

Figures in brackets represent the age they will be on their birthday.

Feb. 1 – Lisa Marie Presley (42), **Feb. 2** – Shakira (32), Christie Brinkley (55), **Feb. 3** – Isla Fisher (34), **Feb. 4** – Alice Cooper (62), Oscar De La Hoya (36), George Romero (69), **Feb. 5** – Michael Sheen (41), **Feb. 6** – Axl Rose (48), Natalie Cole (59), **Feb. 7** – Ashton Kutcher (32), Chris Rock (45), Garth Brooks (47), **Feb. 9** – Mia Farrow (65), **Feb. 10** – George Stephanopoulos (48), **Feb. 11** – Jennifer Aniston (41), Sarah Palin (46), **Feb. 12** – Christina Ricci (30), **Feb. 13** – Robbie Williams (36), **Feb. 17** – Paris Hilton (29), **Feb. 18** – Matt Dillon (45), John Travolta (56), **Feb. 20** – Rihanna (22), **Feb. 21** – Charlotte Church (24), **Feb. 22** – Drew Barrymore (35), **Feb. 23** – Dakota Fanning (16), **Feb. 24** – Eddie Murray (54), **Feb. 26** – Erykah Badu (38), Keith Kelly (42), **Feb. 27** – Elizabeth Taylor (78). ❗

The QuizMaster

■ LAST YEAR'S NEWS

- 1) Eldrick Tont are whose first names?
- 2) Jill Monroe was played by which actress who died last year?
- 3) Air France Flight 447 was heading to Paris when it crashed into the Atlantic Ocean on Jun. 1. From which city did it depart?
- 4) Feb. 1 saw the appointment of the world's first openly gay head of government of the modern era? In which country?
- 5) On Jun. 21, Greenland assumed control over its law enforcement, judicial affairs, and natural resources and Greenlandic became the official language. This is seen as a step toward total independence from which Kingdom?
- 6) Which actor, best known for playing Kwai Chang Caine, died last year on Wireless Road, Bangkok?
- 7) Which country replaced the koruna with the Euro last year?
- 8) Typhoon Ketsana caused widespread flooding and many deaths in Cambodia – in which country did it cause the government to call a “state of calamity”?
- 9) The International Olympic Committee awarded the 2016 Summer Olympics to which city?
- 10) In December, The United Nations Climate Change Conference 2009 was held in which city?

■ THE LOVE ROUND

- 11) Which play opens with the King of Navarre and three noble companions, taking an oath to devote themselves to three years of study, promising not to give in to the company of women?
- 12) In the film Love Actually, who plays the British Prime Minister?

- 13) Which actor is best known for starring in BBCs Lovejoy and the HBO Western drama Deadwood.
- 14) Who was married to the late Kurt Cobain?
- 15) The song Somewhere My Love was based on the music Lara's Theme, which was written for which film?
- 16) The 1970 film Loves-tory won an Oscar for Best Original Score, but who was nominated as best actor?
- 17) Which was the first post-Communist country to hold the Presidency of the Council of the European Union?
- 18) What fruit would you find in the cocktail Love Potion #9?
- 19) Which two actors have played the character Buddy Love?
- 20) Two Hours to Doom, also published as Red Alert, became what 1964 film?

■ HOMOPHONES

Which words that sound the same can be defined by the phrases below

- 21) Centred / Moistened meat while cooking
- 22) An unsecured anchor / Not present
- 23) Duty / Horse harnesses
- 24) Go backwards / Improve a lawn
- 25) Shows disapproval / Alcohol
- 26) The intended victim of a swindler / A brand or product, particularly of a car
- 17) A neighbour? / Item of clothing
- 18) Condiment / Called a group together
- 19) Wander / European City
- 20) Drench with water / Use a divining rod

■ ANSWERS ON PAGE 50

Sudoku

CANTINA
Fresh Mexican Food

Fun Mexican Food
Kitchen open 3-10:30. Closed Saturdays.
347 Sisowath Quay. On the river.

As promised, this month's Sudoku puzzle is a doozie. We suggest you tackle this one with a pencil, not a pen, and keep an eraser near by as you may have a few false starts. To get started, focus on the centre row first and the outer boxes will come together. Once you get past the dilemma of the 4s it's relatively smooth sailing from then on. Good luck!

7	3						4	
				5			9	
			3			8		5
6	9			3	2			1
2			9	8			7	6
5		7			9			
	2			6				
	1						6	8

Level: Extreme

Gwan Ching Lee's time: 19 mins

■ ANSWERS ON PAGE 52

Quote Unquote

■ BEAUTY

It is better to be beautiful than to be good, but it is better to be good than to be ugly

— Oscar Wilde

It is amazing how complete is the delusion that beauty is goodness

— Leo Tolstoy

Where lipstick is concerned, the important thing is not colour, but to accept God's final word on where your lips end

— Jerry Seinfeld

I'm in the public eye, so I don't care who knows what I get done. If I see something sagging, dragging, or bagging, I get it sucked, tucked, or plucked

— Dolly Parton

Even I don't wake up looking like Cindy Crawford

— Cindy Crawford

Beauty is all very well at first sight – but whoever looks at it when it has been in the house three days?

— George Bernard Shaw

ប្រះដងមាស ២

អង្គការសម្ព័ន្ធកីឡាបាល់ទះជនពិការជាតិកម្ពុជា
សូមថ្លែងអំណរអរគុណ យ៉ាងជ្រាលជ្រៅបំផុតដល់
សម្តេចអគ្គមហាសេនាបតីតេជោ **ហ៊ុន សែន** និង
លោកជំទាវបណ្ឌិត **ប៊ុន រ៉ានី ហ៊ុន សែន** ដែលជាឪពុកម្តាយ
បានផ្តល់នូវវិភាគគាំទ្រដល់គំរោងកម្មវិធីរបស់អង្គការសម្ព័ន្ធ
កីឡាបាល់ទះជនពិការជាតិកម្ពុជា នៅឆ្នាំ ២០១០ នេះ។

The **CNVLD** is very honored to thank
Samdech Akeamohasenapadey
Decho HUN SEN

and

Lok Chumteav
Dr. BUN RANY HUN SEN

for their patronage, support and contribution
to the CNVLD's 2010 Program



5 cents
per minute

Charged Per Second



**FORM YOUR OWN GROUP
AND ONLY PAY ₱5/min**

Registration is free!

To register, write a text message containing all of your Cellcard friends' numbers (up to 10) *separated with a space* and send to **6868**

For example: **012xxxxxx 092xxxxxx 017xxxxxx 089xxxxxx
077xxxxxx** Then send to **6868**

• Text messages containing special characters or letter will be invalidated

or Call to **811** and follow the instructions



cellcard

* For more information please check with your nearest dealer or call our help line number 012 812 812

www.cellcard.com.kh