

PHNOM PENH

ASIALIFE PHNOM PENH guide

042010
ISSUE40



**WHAT
MAKES
US
HAPPY?**



MEKONG MEDIA COMPANY, LTD.

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FCC
PHNOM PENH

what's on in
April 2010

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Editorial

BACK HOME IN LONDON for Christmas, I was flicking through a stack of magazines when I stumbled upon a Times supplement article about happiness. What makes us happy? My mind started to flick through various options. Chocolate, a glass of red wine, Liverpool beating United – sadly this is not a good time for the Scouse reds – the sound of a child’s laugh. I realised the theme applied as much to expats living in the Penh as to commuters in Little Britain.

Living in a country where all the locals seem to wake up with smiles on their faces – try smiling in public in London and you’ll probably get arrested – the difference between momentary happiness and underlying contentment can become blurred. Just like the happiness brought about by Torres opening the scoring against the Red Devils fades as soon as Rooney crashes in the equaliser, so does the smile turn to anguish, if there is nothing of substance underneath it.

Being an expat in Phnom Penh is not the easiest of existences. The temptations are many and varied. The heat – especially at this time of the year – makes tempers easily frayed. Though that quick beer after work might bring immediate gratification, it

does little to resolve smouldering discontent. Staying up until 4am on a Saturday morning might make you feel great at the time, but it is not just the day after that you will feel the effects, however much water you drink.

What started out as a fun issue about the material things that make us happy has taken on a more holistic course. Nora Lindstrom talks to many of the Penh’s expats to find out what makes them tick. She finds that at least in the capital’s expatriate community happiness is much deeper than a bottle of Australian Shiraz and a movie.

If you are struggling to find contentment in the Penh, why not do our happiness questionnaire. We don’t expect it to change your life, but it might give you a few pointers as to the areas of your life where you might be dissatisfied. After that it’s up to you.

We’ll leave the last word with Noble Prize winning novelist Albert Camus: “You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.”

I hope you enjoy this issue of AsiaLIFE Guide, however fleetingly.

Mark Jackson
 Publisher – AsiaLIFE Guide



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Darlin'

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Special thanks to: Marjoire Bernard, Sam Campbell, Zoe Daniel, Tom DiChristopher, Natalie Elvered, 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.

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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:
Design by Keith Kelly.

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Conor Wall

Conor Wall is a 30-year-old from Cork, Ireland. Although qualified as an electronic engineer, he has had somewhat of a career change and has been working as a freelance photographer for the last two years. He has been part of the AsiaLIFE team for just over a year. The highlight of his photography career to date was last month's publication of his first photography book called 'Carrying Cambodia'.

He first came to Cambodia in 2004. Throughout his world travels, he found himself drawn to this beautiful country and inevitably returned. In 2006, he decided to settle here for a while and, at the time of writing, he is on his 16th Cambodian extension visa.

In his free time, Conor likes to hug adorable giant teddy bears, play football, contract rare parasitic intestinal infections, sprain parts of his body that medical experts previously thought impossible to sprain and at night he loves nothing more than to fantasise about hugging AsiaLIFE's own adorable giant teddy bear, Nora Lindstrom.

From Finland, through the UK and Canada to Cambodia, Nora's accent betrays her nomadic lifestyle. Swapping turning the compost at an organic farm in Wales for work with acid violence and later housing rights in Cambodia, Nora arrived in the Penh in 2007. She wrote her first article for AsiaLIFE two years ago, and has since become the magazine's woman about town, though she still spends a large amount of her time working for a local housing NGO, Sahmakum Teang Tnaut. With Masters degrees in international relations, economics, and development, working for AsiaLIFE gives Nora an outlet for her creativity and keeps her current with the latest developments and oddities in the Kingdom of Wonder.



Nora Lindström

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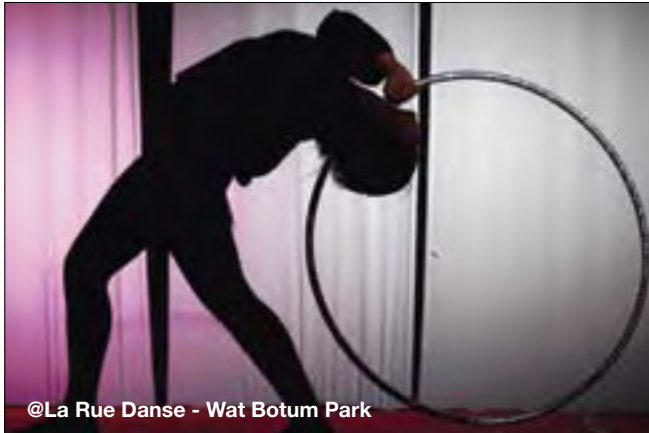
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in the penh

The Month That Was

dance, food, art, boats, films, books, auctions, craics



@La Rue Danse - Wat Botum Park

EGYPTIAN MOVES AT META HOUSE

Meta House hosted an exciting, rare dance event on Feb. 21 when choreographer Yon Davy showcased four new dances in her first step as an independent choreographer. The fluid, dynamic pieces marked a departure from traditional Cambodian dance, interweaving various styles and movements, including Egyptian dance. Along with advisor Bob Ruijzendaal, Davy heralds an exciting new era of modern dance to Cambodia. Motivated by a desire to create something unique that expressed her emotions, Davy's work reveals an exciting freedom of movement and expression scarce seen in traditional dance. Afterwards a film on the history of Egyp-

tian dance was shown at Meta House's upstairs cinema.

BISTRONOMIQUE SIEM REAP

Siem Reap hospitality training NGO Sala Bai staged two special fundraising dinners on Feb. 25 and Mar. 4. Bistronomique was the project of two eminent French chefs, Christophe Darney and his wife Carole, who were volunteering at the organisation's training school. The pair have either worked or trained at the French Ministry of Foreign Affairs, the renowned Ferrandi School of Culinary Arts and the Lycée Belliard in Paris. The first event took on a 'bistro' style approach. For the second event the chefs developed a special set menu including red and white cabbage with grilled sesame chicken and a liquorice dressing followed by



@Java Café

stuffed chicken supreme with prawns, wrapped with coconut, pumpkin cake and mango sauce. It was even more delicious than it sounds. One of the stars of the evening was the cheese, a Saint Nectaire from the Auvergne region of central France. This soft, punchy uncooked cheese was the perfect foil to the sweetness of the preceding dishes. The events were very well attended by Siem Reap expats. The school hopes to award loyal expats with similar events in the near future.

HAIR ART

Hair opened at Java Café & Gallery on Feb. 26. One of the most intriguing exhibitions so far this year it featured works made from human hair by Cambodian artist Khvay Samnang. Fascinated by Cambodian women's beauty

rituals, the artist collected left over hair from roadside barbers, turning the hair into sculptures using wire, glue and wood. Several of the works take the form of masques of animals trapped underneath layers of hair. The centrepiece of the exhibition was a life-size sculpture of a woman plucking hairs from her armpit. Khvay Samnang is a founding member of the Stiev Selpak art collective and has been featured in many exhibitions around Phnom Penh. Hair ended Mar. 28.

RAISING THE PONTOON - PART TWO

Phnom Penh's one and only floating bar made its long-awaited comeback on Feb. 27 in a new location off Diamond Island. With few changes to the interior of the bar, the official opening

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of Pontoon Lounge II saw Akil the MC from Jurassic 5 make an appearance, along with local hip hoppers Tiny Toones and the Klap Ya Handz collective. Though revellers were at times told to clear areas as the float seemed to be tilting, and the bar had difficulties keeping up with orders, the general consensus was that Pontoon had been missed during its months floating off shore on the Tonle Sap. Even the US\$5 cover charge did not deter the crowds, who kept the party pumping until the small hours.

■ DANCING IN THE STREET

Wat Botum Park was lit up by carnival lights and contemporary Cambodian dancing on Feb. 28 for the French Cultural Centre's 'La Rue Danse'. On eight stages placed around the park, 14 Cambodian and international dancers entertained the mixed crowd with a variety of performances. Star attrac-

tions included a belly dancing couple, a juggling monkey dance and a traditional monkey dance. As performers rushed from one stage to another, audiences could sit on mats laid out in front of the stages, or wander around enjoying glimpses of the performances. The night also included a rotating exhibition of photographs taken at the Dansez!Roam! dance series of which La Rue Danse was part.

■ ANTI-TRAFFICKING AT CHINESE HOUSE

The Chinese House hosted the first screening in Cambodia of 'Call + Response', an anti-trafficking documentary on Mar. 2. The SISHA-organised event featured the film, a talk and music by the Cambodian Space Project. 'Call + Response' gave an overview of human trafficking and the larger global connections calling for a modern-day abolitionist move-

ment. Testimony came from a diverse range of politicians, activists, victims, and provocative philosopher Cornel West. The evening's climax featured the Cambodian Space Project taking to the upstairs stage and unleashing its funky psychedelic grooves to the hot crowd.

■ FROLICKING FRISBEEES

To celebrate International Women's Day, the Penh's ultimate frisbee enthusiasts organised a two-day tournament at Northbridge International School on Mar. 6 and 7. With 85 participants from all over the world, the "hat" tournament – all teams were drawn from a hat – saw an all-blue final with light blue team Sexy David beating navy blue team Ready for Caning 11 to 7. Perhaps the navy blue team was suffering from the after effects of the tournament's official fancy dress party at Talkin' to a Stranger the

night before, which saw Phnom Penh's indie rockers The Fumes taking to the stage.

■ CARRYING CAMBODIA TO THE FCC

AsiaLIFE's very own Conor Wall and Hans Kemp launched their new photographic book, Carrying Cambodia, at the FCC on Mar. 7. The book, and accompanying exhibition, features photos of the creative ways in which Cambodians tackle the basic dilemma of getting from point A to B, and how every kind of load imaginable, from stacks of rattan furniture to 400-pound pigs, can be hauled around. The photographers were on hand to sign copies of their book, and discuss the project with guests. "People always tell me stories of crazy things they see being carried on motos here, and always say 'I wish I had a camera,'" explained Hans. "Well, that's what this is all

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American Idol

Disappointments, tears, elation, and Simon Cowell. The addictive show seeking America's next pop idol is back.

Sweat

It's April again...

Women

International Women's Day may have come and gone, but it's not like an International Man's Day even exists.

Air Music

No one seems entirely sure what it is, but the Air Girls are bringing a new style of music to the Penh.

Canada

The nation of maple syrup and mounties won no less than 14 gold medals in the Olympics, with a particularly sweet victory over the U.S. in ice hockey – well done Canada!

GOING UP

GOING DOWN

Switzerland

First they ban minarets, and then they consider giving animals the constitutional right to legal representation in court...

New Years

After Khmer New Year, that's it for 2010 – or should we call it year 2554?

Greek Economy

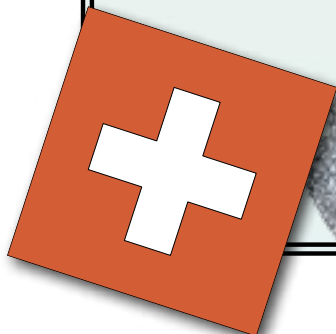
Doesn't look like even a good shot of ouzo is going to save the Greeks this time.

British talent

At least if the Oscars are anything to go by, the Americans are beating the Brits. Again.

British Airways

Though the planes might technically stay up, British labour unions are doing their utmost to keep them firmly grounded.



about." The book is for sale at Monument Books for US\$22.

■ THE REAP GETS LOST IN SPACE

The Cambodian Space Project landed in Siem Reap to play three venues on Mar. 11, 12 and 13. The first gig was a quiet acoustic session at the Silk Garden, with the full complement of eight musicians plus lead singer, Srey Thy, teleporting in for weekend gigs at Abacus Restaurant and X Bar to appreciative crowds. The band played what seemed a homage to Dengue Fever, although the music has more of blue grass to it than the rockier West Coast band that has been such a hit in the States. The young band may be still finding its collective feet, but a fun vibe was created nonetheless. Judging by the turnouts, happy Siem Reapers took good advantage of the chance to meet and catch up, appreciate the atmosphere and enjoy the music and party. Rumours are that the band may come back to Siem Reap later on this year, so keep an eye out.

■ GOING ONCE, GOING TWICE, SOLD!

SaSa Art Gallery & Art Projects Auction placed mixed media and photographs under the hammer on Mar. 12. The fundraiser for the gallery founded by the six Cambodian artists known as the Stiev Salapak or Art Rebels featured a print portfolio collection by the founders, as well as pencil drawings, watercolours, textile art and a gigantic plastic teardrop made of recycled Euro Tech water bottles. The chance to purchase artwork by emerging artists living in Cambodia

proved to be a bargain, as most pieces sold at or near the starting price. Afterwards, adjacent Baitong Restaurant hosted a delicious fundraising Khmer buffet dinner.

■ STYLE IN GOLD AND RED

The Penh's stylistas flocked to Ororosso Mar. 12 for the official opening of the new boutique on Street 240. Guests snacked on tasty Italian canapés and downed sangria, rubbing elbows with designers and models to a soundtrack of chilled, funky tunes. The shop's range of clothing, made in bold colours from silk, linen and cotton, has already won many fans, including men who bemoan the lack of stylish but laid-back, functional clothes. The lounge area at the back of the shop, which grew crowded as the night wore on, will function as a great place to relax and plan your future Ororosso outfits.

■ STREET ART AT EQUINOX

Graphic art took centre stage at Equinox on Mar. 13 with the opening of Triste Tropik, an exhibition featuring art by El Boixo. The Sihanoukville-based French-Spanish artist showcased his cynical view on life in the 'Bodge, including a series of paintings entitled Sihanouk Vice, through artworks the kind of which are seldom seen in the Kingdom. Though most of the pieces were pre-hung around the popular bar and restaurant, the creative El Boixo took to his art in real-time, spray-painting the walls of Equinox with some of his signature characters. Based in Otres Beach, El Boixo also runs



his own bar Freak, where more of his art can be found.

A GREEN VESPA PADDY'S DAY
The luck of the Irish was smiling on Green Vespa Mar. 17 for a rollicking Saint Patrick's Day fest. The Guinness was flowing like the Mekong in wet season – dark and fast, and guests worked hard to honour the patron saint of the black stuff. The bar was decorated with all manner of

Celtic decorations and staff were decked out in Irish greens and Guinness black and white to add to the atmosphere. Long-time regulars, tourists, backpackers, kids and dogs all came out for the celebration and enjoyed food and drink specials on Irish staples Jameson and Bailey's. The mellow, festive mood lasted into the small hours as owner Allan played an impressive collection of old Irish ballads. Slainte!

GASOLINA AIR GUITARS
Bringing the art of faking it to a whole new level, the performers in the Air Band competition pretended to rock Gasolina to the ground on Mar. 19. The usual Friday night crowd was pleasantly surprised at the spectacle. Even the regular card players delayed a few rounds to watch the festivities. Air Girls, Airpess, and the all-Khmer Palm mock-

competed for the real glory of being crowned Air Champ, with Airpess winning the night. Performing in full metal glam costumes, the contestants showed an impressive range of rock antics. "We don't have to worry about sound, so we can put all our effort into the performance," one contestant explained, and indeed, they seemed to be having as much fun as the audience. 🎸

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PHOTO BY DR LEE GRISMER

■ MEET CNEMASPIS NEANGTHYI
Scientists recently announced the discovery of a new species of the Southeast Asian gecko, *Cnemaspis neangthyi*, from the rocky foothills of Cambodia's Cardamom Mountains. In recognition of the origins of the discovery, which was made during a survey led by Dr Lee Grismer of La Sierra University, and Fauna & Flora International (FFI) in 2007, the new species has been named after the man who heads up the FFI Cardamom Mountains Research Group. "Cnemaspis neangthyi has been named in honour of Mr Neang in recognition of his important contributions to the herpetofauna of Cambodia and his untiring efforts and personal sacrifice to support conservation research in his country," Dr Grismer said.

■ SOCIAL IMPACT OF WING
ANZ Royal Bank announced 100,000 Cambodians are now using its WING mobile payment

service on Mar. 4 at a ceremony held at the Australian Embassy. Attended by ANZ Chief Executive Officer Mike Smith, as well as Australian Ambassador Margaret Adamson, the ceremony coincided with the release of a social impact report which shows how people who previously had little or no access to financial services can now use their mobile phones to make person-to-person payments, transfers and purchases. The milestone was achieved in just over one year, following WING's commercial launch in January 2009. The morning event at the embassy included a public discussion on the social impacts and benefits of WING's low cost, branchless, mobile payment model.

■ RETURN OF WAR CORRESPONDENTS
War correspondents from the 1970 to 1975 Cambodian war will be meeting for a re-union at Phnom Penh's Raffles Hotel Le Royal on Apr. 20-23. As the

once peaceful Cambodia became dragged deeper into the Vietnam War some 40 years ago, at least 54 local and international journalists gave their lives or simply disappeared. The upcoming event is organised by Chhang Song and Carl Robinson. Chhang Song was the last Information Minister in the Lon Nol government and now lives in Long Beach, California. Former Associated Press correspondent Robinson covered the war from his base in neighbouring Saigon, and now lives in Brisbane, Australia. While several reunions have been held for the ageing crowd over the past 15 years in Saigon, this is the first time Phnom Penh will host the event.

■ CYCLING FOR SAFETY
The 41 participants of the Mine Advisory Group's 'Cycle Vietnam to Cambodia 2010' event in March raised more than US\$216,000 to support the life-saving work of the non-governmental organisation. Starting

at the famed Chu Chi tunnels outside Ho Chi Minh City on Feb. 28, the spirited riders covered 460km from the Vietnamese capital to Cambodia's Angkor Wat temples in Siem Reap, arriving on Mar. 6. Coming up again in 2011, the MAG team hopes the demanding ride will also help raise awareness of the continuing danger mines and other unexploded ordnance continue to pose in the region.

■ KHMER FILM AT SUNDANCE
Cambodian-British film *Enemies of the People* won the World Cinema Documentary Special Jury Prize at the 2010 Sundance Film Festival in January in Utah, U.S.A. Depicting investigative journalist Thet Sambath's life-long journey to gain the confidence of the men and women who perpetrated the massacres of the Khmer Rouge, the film records a shocking testimony. Through interviews with Khmer Rouge cadre from foot soldiers to Brother Number Two Nuon

Mekong River Swim 2010 CANCELLED



THE MEKONG RIVER SWIM is an annual event that has been held in Phnom Penh each April since 1995. In recent years, well over 100 swimmers joined the event, which has been held at the Prek Leap Agricultural College. However, despite widespread enthusiasm for participating in the event, the Swim Committee experienced difficulty generating interest among swimmers in volunteering to help organise it. This has been particularly true in the last two years that the Swim was held.

This past year has also seen the emergence of the Phnom Penh Boat Association, which charges much

higher hourly fees than independent boat operators previously charged. In past years the Mekong River Swim Organizing Committee hired two large boats for 6 hours to transport swimmers to the event site; doing so would present an unreasonable cost burden at current hourly prices of over USD 40 to transport 30 passengers or more.

As a result of these circumstances, the Swim will not be held this year. If you are interested in becoming a volunteer for next year's event, please visit www.mekongriverswim.blogspot.com for further information about how to contribute. ■

Chea, Sambath's long mission not only brings light on what happened to his family during the Khmer Rouge, but also the entire nation. The film is yet to be released in Cambodia.

■ **LAZY GECKO CLOTHES DRIVE**
Lakeside bar and restaurant The Lazy Gecko started a clothes drive in response to the devastating fire on Mar. 8 that destroyed two communities a stone's throw from Boueng Kok Lake. Leaving hundreds homeless, the fire destroyed at least 180 homes, as well as two monks' dormitories in adjacent Wat Neak Von. The first call for donations filled an entire jeep, with an initial 350kg of clothes distributed to the affected families on Mar. 15. The second call was specifically for children's school uniforms, to enable them to resume their education despite the fire. It remains unclear what

will happen to the affected families, as talks of relocation or rebuilding on the site continue.

■ THE RETURN OF SKIP

Apr. 24 will see the return to the stage of James "Skip" Sutherland, front man of legendary U.K. power-pop band Radio City. As part of Mit Samlanh's Fun Fair, Skip, now a Phnom Penh resident, will do his first public solo performance for over thirty years. Other highlights include a special live art performance by visiting international urban artists Peap and Angry Woebot, who will be representing their collective Army of Snipers, as well as a show by the students at the centre. The April event will also see the launch of a new GamesRoom, which will run various fair style games for children and adults alike with great prizes up for grabs! ■

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calendar

April

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- HOLIDAYS
- ARTS & EVENTS
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- FOOD & DRINK
- SALES
- SPORTS

@La Rue Danse - Wat Botum Park



March 31 Wednesday

Innocence: Exhibition by Qudy Xu opens at Java Café & Gallery

1 Thursday

Young Khmer Filmmakers Club @ Meta House, 7pm

2 Friday

La Fille du RER @ CCF, 7pm

Last Temptation of Christ @ Meta House, 7pm

3 Saturday

P Jae Stanley & Swakhammer @ FCC. 8pm - Late.

14th Anniversary Party @ Riverside Bistro, all day
Free snacks and drink specials

Les Enfants de la Pluie @ CCF, 10am

C'est Dur d'être Aimé par des Cons @ CCF, 7pm

Mamoru Oshii's Ghost in the Shell @ Meta House, 7pm

4 Sunday

Easter Brunch buffet US\$28 @ Raffles Hotel Le Royal, 10am.

Easter Egg Hunt & Egg Painting @ Raffles Hotel Le Royal, 1pm

International Mine Awareness Day @ Meta House, 7pm

6 Tuesday

Talkin Heads Trivia @ Talkin to a Stranger

Les Voleurs @ CCF, 7pm

D'Arusha a Arusha @ Meta House, 7pm

7 Wednesday

A brief story of Boxkator @ CCF, 7pm. Documentary by the French artist Daniel Perrier about the history of Boxkator and the reality of this sport today.

Two Worlds @ Meta House, 7pm

8 Thursday

The Cove @ Meta House, 7pm

Please to Meet You @ CCF, 7pm. Exhibition opening

LaBoKaTor @ CCF, 7pm
Exhibition opening

Lecture by Medicine Nobel Laureate Prof. Françoise Barre-Sinoussi @ Cambodia University, 2.30pm

DJ Octo @ Riverhouse Lounge. Hip Hop Mash Up

Grand Opening @ Elements Club, 9pm to 3am. "Your Life, Our Style." Attwood Business Centre, Airport Road

9 Friday

Taking Woodstock / The Summer of Love @ Meta House, 7pm.

Party @ Rubies, 8pm

10 Saturday

Gandahar @ CCF, 10am

DVD Launch @ Monument Books, 4pm . Launch of the BospaPAHN concert DVD and a behind the scenes documentary.

Meta House Moving Party, 7pm
Empty the bar to a White Stripes documentary, Phnom Penh Live, Total Balaklava Show. Meta House reopens May 1 @ 37 Sothearos Blvd.

14 Wednesday

Khmer New Year

Khmer New Year Party @ Riverside Bistro, all day

15 Thursday

Khmer New Year

Khmer New Year Party @ Riverside Bistro, all day

DJ Strawberry K @ Riverhouse Lounge House & Classics

16 Friday

Khmer New Year

Khmer New Year Party @ Riverside Bistro, all day

20 Tuesday

Talkin Heads Trivia @ Talkin to a Stranger

Rendez-vous @ CCF, 7pm

22 Thursday

Lecture by Nobel Peace Laureate President Dr. Jose Ramos-Horta @ Cambodia University, 9.20am

La Voie Royale Angkor – Phimai @ CCF, 7pm. Conference by Im Sokriithy, researcher at APSARA authority.

23 Friday

Big Lebowski Night @ Talkin to a Stranger

24 Saturday

Pulp Fiction Night @ FCC, 7pm

Fun Fair! @ Mith Samlanh, 9am – 1pm. Live art performances, Games, Mr. Andy, Clowns, Jugglers, face painting and more!

Hollywood / Bollywood Dinner Dance @ Raffles Hotel Le Royal, 7pm. Live music, dancing, performances and surprises hosted by ISPP, call Sibylle (092 230 217) for details

Earth Day @ Riverside Bistro Wonders of the World, special Planet Earth documentaries.

Le Temple du Soleil @ CCF, 10am

Les Roseaux Sauvages @ CCF, 7pm

27 Tuesday

Espions @ CCF, 7pm

29 Thursday

Dirty Disco Daryl @ Riverhouse Lounge. Disco Funk.

30 Friday

La Fille du RER @ CCF, 7pm

Back to School Disco! @ Rubies, 8pm. DJ Clockwork Soul, live cartoon installation, sweet shop and special drink specials

Every Day

Afternoon High Tea @ Café Monivong 3pm - 5.30pm

Happy hour @ Elephant Bar, 4pm - 8pm

Every Monday

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

Open Mic Jam Session - Come Jam with Phnom Penh's best Musicians or just enjoy the music @ 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.



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Big Boy BBQ @ Riverside Bistro, 6pm.

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.

GUEST BAND NIGHT - Bands from all around the world come to the Bistro - Live Music @ Riverside Bistro, 8.30pm.

Bollywood films @ Annam Restaurant. 7pm.

Movies @ The Chinese House. 7:15pm.

DJ Jimmy Salsa Night @ Equinox, 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' Live Music - New & Old Classics @ Riverside Bistro 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.

Ladies Night. Ladies 1st drink is FREE. 9pm to 6am. Do It All Bar.

Mama Swing & the Phnom Penh PSwings @ Equinox, 8.30pm.

Glory Hole @ Pontoon Lounge, 10pm. DJ & Drag Show

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Seafood Buffet @ Café Monivong, Raffles, 6-10pm.

'Girl Power' Live Music - Power Ballads & Pop @ Riverside Bistro from 8.30pm.

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

African Dance Party from 9pm to 6am. Do It All Bar.

Every Saturday

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

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

Italian Buffet @ Café Monivong, Raffles, 6-10pm.

'Saturday Night Fever' Live Music - Music to make you Dance @ Riverside Bistro from 8.30pm.

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

Glory Hole & Momma Bong's Bootilicious!' with Vanessa Boots @ The Blue Cat (upstairs), 9pm.

Reggae Night. 9pm to 6am. Do It All Bar.

Every Sunday

Sunday Brunch @ Knai Bang Chatt Sailing Club, 10.30am - 2.30 pm. US\$10.

Sunday Brunch @ Café Monivong, Raffles, 11.30am - 3pm.

'Hey Macarena' Live Music - Cheesy Pop! @ Riverside Bistro 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 champagne from 11.30am to 3pm for US\$38+.

Raggamotion Sunday @ Riverhouse Lounge with DJ Pannara.

Open Mic @ Riverside Bistro, 10pm. **A**

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■ CUPCAKE HEAVEN

There are few things better than a cupcake. At least that's what you come away thinking after a visit to newly opened Bloom Café. The comfortable and elegantly furnished villa-based establishment serves some seriously cute cupcakes (US\$1) in all manner of flavours, from caramel tart with crunchy macadamias, through mocha choc chip cheesecake topped with chocolate ganache, to lime and coconut cake with lime butter cream. Add to that delicious organic fair trade coffee (from US\$1.25) and you've got yourself a winner. A focus on providing vocational training and employment to at risk women in Cambodia makes for an additional feel good factor, while free WiFi is a further draw. Bloom is about more than elaborate cupcakes. As the display cabinets around the café shows, it specialises in creating intricate cakes (from US\$18) to fit almost anyone's desires. From dream castles to Gucci shoe boxes, the staff can bake a stunning cake for any occasion, including cakes with edible images.

Bloom Café, 40 Street 222, Tel: 077 757 500, Open Monday to Friday 10am to 5pm

■ SILK DRESSES GALORE

Sok Nareth of Mulberry clothes shop opened a second boutique only a stone's throw from her first one last month. Located on the Golden Mile, the new



@Bloom Café

glass-fronted Mulberry Fashion boutique stocks beautiful but functional cotton dresses for everyday wear, classy silk dresses for cocktail parties, as well as gorgeous evening gowns for those very special occasions – made from Cambodian silk. All items can be altered and tailored to make a perfect fit, or custom made just for you. Other items in the shop include scarves, purses, bags, and other small knickknacks, with the adorable baby shoes in silk deserving a special mention. Half the shop is devoted to locally made

silver and gold-plated jewellery, featuring gemstones from Ratanakiri and Pailin.

Mulberry Fashion, 8 Street 278, Tel: 017 558 239, Open 8am to 10pm.

■ LIFE AFTER SAMOT

Following a move from Pub Street to the newly rebranded Passage West, Patrick Guerry's restaurant, Samot, never seemed able to draw the crowds it deserved. Although the food was universally praised, the airy and elegant interior was too often devoid of custom. A change was clearly needed. Guerry's

new creation, Trattoria, has a short Mediterranean menu featuring pastas, Carpaccio, seafood risotto, and pizzas that look like works of art. Instead of a lonely waitress looking for things to do, the place was packed, the reasonably priced food was delicious and the service was efficient and gracious. This time Patrick seems to have hit on a winning formula.

Trattoria, Passage West, Siem Reap

■ COFFEE WITH A HEART

Another new venture on The Lane opened its doors at the end of February. The Coffee House sells all of the usual café things – coffees, soft drinks, juices, shakes, pastries, sandwiches and salads – but with a couple of differences. One is the delightful presence of Erdinger and Leffe Brown beers as well as some very well priced wines. But the main difference is that The Coffee House was set up to support the work of the Cambodia Orphan Fund, a local NGO that provides shelter and schooling to more than 50 children. The food and drinks are all very reasonably priced, all the more so in view of the objectives of the stylish café. In the short time since it opened, The Coffee House has hosted two live music gigs played for free by visiting musicians and the management is hoping to host more of these events in the future.

The Coffee House, The Lane, Siem Reap. 📍



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ICRC: Thirty Years On

One of the first organisations to assist Cambodia following the Khmer Rouge, the International Committee of the Red Cross recently celebrated 30 years of working in the Kingdom. Words by **Craig Gerard**.



Has done what it says on the poster



IN TIMES OF CRISIS ALL around the world, the International Committee of the Red Cross steps in when most organisations are running away. The humanitarian institution provides basic medical supplies and food support while helping families connect with lost relatives. In September 1979, when very few organisations were even thinking about returning to war-ravaged Cambodia, the ICRC set up emergency operations with Unicef. It remains in Cambodia to this day.

“Thirty years is a landmark because there are not many countries in the world where the ICRC has been working for such a long period of time,” says Björn Rahm, head of the ICRC delegation in Phnom Penh.

Though their mandate has changed, the ICRC continues to support the basic framework it started with over three decades ago.

It works in three core areas. In orthopaedics, through its work with the Ministry of Social Affairs, the ICRC supports nearly all of the hospitals and medical centres in the coun-

try that provide prostheses to disabled Cambodians. While the project’s initial scope was to help landmine victims, the organisation saw that its work could have a wider impact by helping every Cambodian in need of prostheses. Much of the work now focuses on helping victims of traffic accidents. Second, it works in improving conditions and treatment of prisoners in the Cambodian penal system. Third, it assists the Cambodian Red Cross in the spread of international humanitarian law, mine risk education, and tracing refugees. Rahm highlights the tracing of refugees as an area where the ICRC and the Cambodian Red Cross have scored a major success.

During times of conflict, the displaced and refugees struggle to keep track of their families. Not knowing what has happened to loved ones can be one of the most traumatic experiences of war. The ICRC has been assisting Cambodia in this area since the fall of the Khmer Rouge. While the main tracing files have been centred in Bangkok since 1975, the ICRC was able to hand over the

responsibility for family tracing to the Cambodian Red Cross in 2000. A digitisation of all the files stored in Bangkok began in 2005. That project was concluded in 2009.

Coinciding with the thirtieth anniversary of the ICRC being in Cambodia, the Cambodian Red Cross took complete control over the tracing responsibility and file storage in December of 2009. “It allows the Cambodian Red Cross the means to independently conduct the search of missing persons,” says Rahm. To this day, people are still seeking the truth about what happened to their missing relatives during the conflict.

Working in the country for thirty years is not all cause for celebration. In an ideal Cambodia, there would be no need for the organisation’s work. As the country develops, what are the ICRC’s long-term objectives?

In its three focus areas, the ICRC concentrates on capacity building work with its government counterparts. In the long run, it will hand over all of its projects to either the Cambodian Government or the Cambodian

Red Cross, like it did with the tracing records in December.

“We build the capacity of the authorities in these areas,” says Rahm. “We are committed to engage with them to support them in their reform process over the next years until they are able to engage in the issues themselves.”

At this point, it is impossible to tell just how long the ICRC office will remain in Cambodia. Over the next two years, Rahm plans to hand over responsibility for the project helping disabled Cambodians to the Ministry of Social Affairs. That will be another milestone for the ICRC. Additional handovers will happen in the coming years. The lack of a specific timeline gives both the government and the International Red Cross time to work through the minutiae without urgency.

In the mean time, the ICRC will continue the important work it has done for the last 30 years in Cambodia – representing those without a voice, assisting those who might not otherwise be assisted, and giving a hand up to a country still feeling the effects of decades of conflict. ■

Phnom Penh Life: Bob Passion

Rarely does one meet a man with a more fitting last name than artist **Bob Passion**. AsiaLIFE's **Lou Hayward** sits down with the enigmatic artist, sailor and social activist.



Bob: passionate about community arts

SINCE HIS CHARACTER-istically unconventional arrival in Cambodia on the back of a motorbike in 2004, Bob has used his unique blend of skills to both address a number of pressing social issues and “wake people’s minds” to the importance of art for art’s sake. “I don’t have any diplomas,” Bob asserts, “And I’ve never had to send out a CV in my life”. If, however, the charismatic Frenchman could be persuaded to sit down and catalogue his exceptional career, it would read like an adventure novel.

Bob’s particular brand of artistic wanderlust emerged at an early age and at 18 he left his native Marseille for England. Returning to France four years later, whilst working as a photographer in Paris, Bob fell in with a group of like-minded people who shared his enthusiasm for creativity. Together, they established the groundbreaking Generik Vapeur street theatre group, with whom Bob travelled the world. Testament to its appeal, 25 years later, this pioneering outfit is still taking art to the streets. Later, Bob’s exploratory nature saw him spend six years sailing a boat around the Caribbean and South America, docking occasionally to organise a number of large-scale special

events. In 2004 he utilised such experiences working as part of Lille’s Capital of Culture tenure.

It was at the suggestion of a friend that Bob came to Cambodia, having been put in touch with the Phare Ponleu Selpak multi-arts centre, home of the Battambang Circus. Here, he spent a year helping vulnerable Cambodian children to develop their artistic skills through shows which toured across Cambodia. Bob then relocated to Sihanoukville where he set up his own art centre, BHOR. Working in close partnership with several NGOs, Bob focused his attention on HIV/AIDS awareness projects, and especially removing the taboo associated with the use of condoms.

An especially strong link was forged with NGO M’Lop Tapang, with which Bob’s BHOR centre merged in 2008. “We were very close even before we joined,” Bob says “but we realised we could achieve much more if our organisations married”. M’Lop operates nine different centres in Sihanoukville, which provide education and vocational training, medical services and shelter to some of Cambodia’s most vulnerable children. Bob played a large part in the recent renovation of M’Lop’s community arts centre,

where a wide range of creative arts activities are offered including circus and theatre skills, music, hip-hop and traditional Apsara dance classes, video production and editing.

“I see such a change in the kids who come to the art playground,” Bob reports “these activities have really boosted their confidence”. A different performance is put on every month and costumes and props are produced on site. Instructors from around the world come to share their knowledge and experience with not only the children but also the centre’s staff, something Bob sees as key to the future development of art in Cambodia. All are encouraged to take advantage of the M’Lop opportunities. “I’ll open the door”, Bob says, “but it’s up to them to walk through it”.

One event in particular draws participation on a mass scale—the annual Kompong Som Khmar-naval. Now in its fifth year, with Bob’s help and the advent of corporate sponsorship, this three-day celebration of music, dance and theatre has grown exponentially. The February 2010 edition featured music and dance performances and three separate parades which saw cars, motor-

bikes and 25 trucks decorated by local children weave a vibrant procession through the streets of Sihanoukville. This year again featured weird and wonderful Papier-mâché floats, including a huge blue spider and a planet – complete with satellites, in addition to a large smiling condom, again helping to spread Bob’s safe sex message. Hundreds of kids participated, adorned with colourful masks and props constructed on a shoestring budget using easily attainable materials. “Khmarnaval reminds us that HIV and AIDS concerns us all, but it’s also a celebration of being together,” Bob explains.

Never one to shy from a challenge, despite having only just pulled off a large-scale event like Khmarnaval, Bob is already looking for partners to help him implement a safe driving campaign. Of course, he remains committed to the development of Cambodia’s art scene. “I know I’m crazy, but in a good way. I want to inspire people- Ultimately, it’s all about finding your own passion in life”.

For more about Khmarnaval and Bob’s other projects visit www.bobpassion.net.

For more about M’Lop Tapang visit www.mloptapang.org.

Getting to Grips with GPS

The endless search for an address sounds overly familiar to most. GPS Navigation devices are aiming to offer solutions for those spending too much time and petrol on finding their way through the maze. Words by **Dorine Schreiner**.

EVERYONE RESIDING IN THE Kingdom of Wonder knows the frustrating feeling of looking for an address without immediate success. Although the streets are numbered and the city is small, one can spend valuable time driving around in circles, searching for their destination.

The good news is – things have changed. Accurate and detailed digital mapping systems of Cambodia have become available. Even though Google Maps covers Siem Reap, Phnom Penh, Sihanoukville and Battambang, house numbers, landmarks, businesses and the position of some sights and landmarks have remained a challenge to locate.

In 2006, the first version of a Navigable map of Cambodia was released by Aruna Technology, and the government, the private and development sector have been using this navigation technology for years.

“Maps are updated annually by field checking and access to the latest satellite imagery” says Paul Gager, Technical Director at Aruna Technology Ltd. As Cambodian cities continue to expand, the navigation systems will continue updating information and maps. Continual improvement is necessary and ongoing to keep the information accurate.

“Phnom Penh property numbers are often non-sequential and sometimes even duplicated”, says Dean Khieu, Operations Manager at Smarter Solutions. Last January, his company launched a new Global Positioning System (GPS) for Cambodia. He continues: “Through many months of field surveys and data processing, we have collected property numbers of each house in Phnom Penh to be incorporated in the system”.

Databases consist of up to 35,000 points of interest throughout Cambodia, including ATM's, historic temples, hospitals, petrol stations, museums, hotels and more. The new system can show how to get to your destination from your



Now those no excuse for getting lost in the Penh

current position, by simply entering the name into the GPS device.

The new technology provides professional opportunities, by bringing a mix of local knowledge and international best practice to

the geospatial market. Smarter Solutions has a team consisting of local technical designers, expert developers, surveyors and support staff. The company provides practical experience to Khmer

nationals by offering the opportunity to work with new technologies. Coinciding with the growth of Cambodia, the company strives to increase the human resources available in the IT sector. “Our team consists of local Cambodians who have studied abroad and have returned with international work experience to help develop the IT sectors in Cambodia. We have the capacity to provide a wide range of services with emphasis on digital mapping,” Dean Khieu proudly says. “We believe that Cambodia will continue to have a growing workforce to participate and develop the GPS Navigation Industry.”

Graduates are equipped with adequate knowledge to work with new technologies, such as Information Technology (IT) and Geographical Information Systems (GIS). A new generation of IT-graduates and experts are provided with employment opportunities, thanks to new technology developments, such as digital mapping or IT system delivery.

As mobile technology continues to grow in popularity, many telephones allow navigation by offering built-in GPS receivers. Some mapping technologies can be applied to these phones to provide a more accurate and fully routable map. Others are exclusively available with Garmin products, Palm™, Symbian™ or Microsoft Windows platforms due to their design and reliability.

Like any purchase, make sure the product that you chose complies with your wishes, as there is an increasing offer in the world of navigation technology. Happy address hunting!

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A Concert for Peace

Renowned classical music pianist and conductor **Vladimir Ashkenazy** visited Phnom Penh in early March, as part of the “Bridges” event series. **Johan Smits** sat down with the musical legend on the eve of his performance at Chaktomuk Theatre.

AL: YOU WERE BORN AND spent your youth under a repressive Soviet regime. Has this background anything to do with your decision to take part in the Bridges initiative of promoting peace and tolerance?

VA: No, it is beyond how I spent my youth. [Promoting peace] is an idea that is of global importance – of course – for mankind. Whatever we can do to help people understand what they're doing on our tiny planet, to help each other and go forward in every respect – cultural, economical and so on – is worth doing. And this organisation [Bridges] contributes so much that it would be impossible to overestimate it.

AL: It is often said that music is a universal language, yet different cultures have different styles of musical expression. Western classical music has not yet found its place in Cambodian society, but do you have an impression of what the possible role of classical music in Cambodia might be?

VA: Music can do a lot of positive, a lot of good in principle. Because, the message – once people understand it and begin to respond to it and appreciate it – this message can make anybody's life richer, more satisfying. There's no question about that. It also expands people's intellectual, emotional and spiritual horizons. These are not empty words. There are numerous examples to support what I say, into which I cannot go now, but there's no question about it. So this can help. Any humanistic exercise moves us forward and I lament very much when I see governments cutting funds for cultural education here and there, be it music, be it anything else, because I think it puts mankind two steps back.

AL: Have you had the opportunity of listening to any traditional music here?



Vladimir Ashkenazy: playing for peace

VA: No, I'm afraid not, it just never happened. It would be very interesting. I'm interested in all sorts of music. In a way it is very often a complete picture of a nation. I know there must be some indigenous traditional music or ideas or whatever but I'm not familiar with it.

AL: You will be performing alongside your sons Vovka and Dmitri. Is this a rare occasion or does this happen more often?

VA: Well, I've played with them separately many times, but together in one concert, never, I don't think so. But this is a special case. Because, as you know, about this society [Bridges], their aims and so on, we're doing charity, therefore I suggested this. Our concert life, in our normal

circuit, I never put forward my sons. Unless if we're invited together, I accept it or don't, whatever I see fit. But for a charity concert I suggested “how about having my two sons?” And they are at liberty to say no but they said “yes, why not, we like the idea”. I didn't press the issue, I just asked if they were interested. And they were, so we're delighted to be together like this.

AL: What piano will you be playing on tomorrow?

VA: In this country unfortunately there are no good instruments at the moment, and I hope that one day either some very wealthy people or the government will help and get proper instruments. We had to borrow from the embassies

a couple of instruments. They don't match each other and they're not of the highest quality. They're even small, they're not concert grands here, so it's not good enough, but what can you do? We'll do what we can!

AL: Apart from music, what are your other passions in life?

VA: Oh, I don't know. Life... I'm thinking about what we're doing on this planet, what it's all about. How interesting our existence – philosophically. Anyway, I'm not a philosopher – of course not – but I'm interested in trying to understand what it's all about. Very wide...! [laughs]

AL: Have you got anywhere with that?

VA: No! I can't get anywhere. But the process is fascinating, that's what it is! [laughs]

AL: What are your plans for the next few years in terms of your music?

VA: Well, I'm busy non-stop all the time. I conduct around the clock. Piano playing is basically recording. Concerts I've almost done with, although this is an exception. Because, you see, I know that either you're playing all the time and then you reach a certain level at public appearances, I mean professionally. Or you don't play. It's either/or. When I play with my sons, I'm not exposed so much, it's not the same thing as playing solo – this I can do. So that's why I decided now I just conduct all the time, non-stop, and I have enough work!

The ongoing ‘Bridges – Dialogues towards a culture of peace’ initiative, organised by The International Peace Foundation, will continue with two more lectures in April. For more information, please visit: www.peace-foundation.net. ■

Be A Khmer New Year Know-It-All

Phnom Penh's streets empty out as people head to their families in the provinces or go on a vacation to Siem Riep or Sihanoukville to celebrate the three-day Khmer New Year holiday. Words by Dorine Schreiner.



PHOTO BY VIRGINIE KOEL

■ DID YOU KNOW...

This new year is 2554 BE (Buddhist Era).

The Buddhist Era is based on the death of Gautama Buddha, which is dated back to 543 BC.

This holiday is called 'Chol Chnam Thmey', which means "Enter The New Year."

The New Year usually falls on the first, second and third day of waning moon (dark night), this year it's Apr. 13 – 15.

Thailand, Myanmar, Sri Lanka and Laos all celebrate the New Year at this time as well.

In the two days before the celebrations, children give presents to older family members, like clothes, fruit, cake or money.

People clean their houses to get rid of the evil spirits and to start afresh in the New Year.

During the Khmer Rouge regime, the Khmer New Year was not celebrated, as Pol Pot declared 1975 to be 'Year Zero.'

After the Khmer Rouge was defeated, the Khmer New

Year celebrations were immediately resumed.

The main difference in celebrations over the years is karaoke (thanks to media and electricity), all other traditions have remained the same.

Employers are expected to pay their Khmer staff a bonus of between 33% -100% of their monthly salary.

Long Beach, California is organizing their 6th annual Khmer New Year Parade this year.

Games played during the Khmer New Year are believed to help maintain the mental and physical state of the body. It is said that the body's blood pressure, brain and muscles are strengthened and challenged.

Gambling, with a mat and dice – although strictly forbidden – is popular throughout the country. Street corners are crowded with family and friends taking part.

Phnom Penh organizes games and performances at Wat Phnom, which are broadcasted on national television (CTV). 📺



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Laughter, a new car, sex, a glass of red wine, children, winning the lottery, and friends – these are some of the things that people say make them happy. Some argue feelings of joy and contentment arise from the release of endorphins, others come with equations to measure happiness, while still others point to inner peace of mind. But what really makes us happy? **Nora Lindstrom** speaks to a variety of Penhites to find out how they pursue that most blissful of states.



The mum and the psychologist

■ THE MOTHER

For Mia Jordanwood, happiness only really arrived when she realised life had to be lived by love. “It’s about the only thing that is reliable through time and space,” says the mother of two. “Relationships in life are the only true way to get happiness. Friends are important, work is important, and living as fully as you can is important. But unless you are in the right place in your relationship those things are all hollow.”

Things that bring Mia happiness include hearing her husband’s bike coming up the driveway, and listening to her son expounding ideas about the extinction of dinosaurs. Having children had a big impact on Mia. “It gave me a better sense of wellbeing in the world,” she says. “I now have a deeper sense of the fragility of what it is to be alive.”

Though Mia is no housewife. “Work makes me happy at a very deep level,” she says. “It’s really important for me to be working, and to be working on something that I think of as meaningful.” As a consultant on child rights issues, she notes how becoming a parent made her more sensitive to the issues and situations she is faced with at work. “My work is much harder to do,” she says, but admits that she is now probably better at it.

Despite describing herself as an old hippie, Mia says technology also makes her

It’s about being able to be happy even when we don’t get what we want.

happy, through the things it enables her to do. “We live all the way out in Cambodia, yet have access to the rest of the world.”

■ THE PSYCHOLOGIST

“The word happiness is a bit misleading, because it’s not consistent,” says Ambreen Mirza, a psychologist. “Happiness, like sadness, comes and goes, so what really makes you happy is peace of mind, rather than being happy.”

Many of those who seek psychologists are of course neither at peace nor happy. Some are outright depressed. Ambreen explains that there are essentially two types of depressed people, those who are genetically predisposed to depression, and those who find themselves unable to cope with a particular situation in life.

However, for those suffering from the condition, happiness does not lie in a pill. “Medication can help, but it won’t make the problems go away,” says Ambreen. She explains that the role of anti-depressants is not to function as a happy pill, but to help someone depressed get out of bed and solve or deal with any problems they are facing.

As a psychologist, Ambreen does not prescribe medicine, yet she recognises there comes a point when a patient is so severely depressed medication is needed. “They can’t sleep, they can’t get out of bed, they’re totally burnt out, nothing is actually working. Exercise isn’t helping, they have suicidal thoughts, they can’t function in their jobs properly, they can’t function in their relationships, they don’t enjoy what they do anymore. These are common symptoms of depression,” says Ambreen. For some, medication may last only for a short time, and particularly for those genetically predisposed to depression, living without medication can be hard.

Ambreen also notes the release of endorphins by the body, such as from a “runner’s high” or an orgasm, can lead to feelings of happiness. “But it doesn’t mean we’re happy only because of the endorphins, we’re happy because we place value on things,” she says, stressing how the body and the mind are interconnected. Her own prescription for happiness is fairly straightforward. “Good food, good friends, and the beach.”

■ THE GURU

Humans start off happy, but during their lives are challenged in ways that may make them unhappy, says Singaporean Kumar. Based at the Raja Yoga Meditation Centre

in Phnom Penh, he describes his role at the centre as being “a friend”. He says health issues, relationships, too much thinking, and natural calamities often bring people down from the original state of happiness.

Consequently, the most important thing in achieving happiness is knowing how to cope with bad issues that arise in life. “You need to deal with the situation, and then let it go,” Kumar says. He adds that it is important to recognise whether a situation is one that can be changed, or one that simply has to be accepted. “It’s a question of attitude.”

“If you want to be happy, you need to be passionate about life,” he advises, noting that laziness often goes hand in hand with unhappiness. Meditation can help for positive thinking and appreciation of life, while constant happiness comes from the art of giving happiness. “Any form of charitable act brings happiness,” he says.

Kumar is particularly happy when giving knowledge to others, as well as finding new knowledge himself. “It is intoxicating,” he says. “Seeing someone who has transformed themselves, and a change in myself also makes me happy.”

Though clearly in tune with the more spiritual side of life, Kumar has his feet firmly on the ground. He lists basic things such as buying something new, having enough time for oneself, as well as getting enough sleep and exercise as important in achieving happiness. “We need material

Any form of charitable act brings happiness

things, and spirituality to understand how to use those material things,” he says. “Happiness is a balance between spirituality and materialism.”

■ THE ART THERAPIST

Carrie Herbert likes the idea of free hugs. “Giving hugs not to gain anything, just to give,” she explains, noting how difficult that can be to do.

An art therapist by training, Carrie thinks of happiness as operating on different levels. “You could be happy when you walk into a shop and find the food you’ve been looking for, or see something you want to buy,” she says. “It can give you a sense of happiness. It’s a positive emotion or feeling, but it’s also a very short-lived thing. It comes in a moment and then goes away.”

For Carrie, happiness lies at a deeper level. “It’s about just being, not struggling, just to be happy to be who you are,” she says. “You kind of get glimpses of it, moments of it. Nature inspires me a lot. I feel a sense of joy when connecting with nature.”

The combination of good food, good wine, and the company of loved ones, also bring happiness, through being more than the sum

of its parts. “There is something about intimacy and connection with people that you can’t buy,” she says.

Through her work, Carrie says she has learnt that happiness does not come from avoiding negative, challenging, or difficult circumstances. Instead, you need to embrace difficulty in life. “It’s like a spiritual quest.”

She describes how people with addictions often have an unmet need or have experienced trauma. Instead of facing the issue, they try to fill the void caused by the trauma with something else, be it sex, alcohol, or drugs. But that is only a temporary fix. “Addicts need to realise their addiction is in place of something, and then look at what it is they really need,” Carrie says. “But it takes a lot of courage to look at that deeper level.”

■ THE CONSULTANT

“There are a couple of different areas of my life that make me really happy,” says Gordon Patrick Peters, of Emerging Markets Consulting. “The number one thing that makes me happy is relationships with other people, like friendships, and family”.

Having an enjoyable job is also important for Gordon, who describes himself as lucky for having such a positive outlook on life. “Overall, it’s important to think about what makes you happy,” he says, adding that he thinks it’s a useful exercise for each and every one to spend some time jotting down what brings them joy.



The art therapist and the consultant



The party animal and the NGO worker

Mindful of what makes him happy, Gordon says he spends most of his time doing exactly those things. “When I’m down, I do the same things,” he says, explaining how playing football in the sun and hanging out with friends even in a foul mood is likely to make him feel better.

Not a newbie to expat life, Gordon acknowledges moving to a new place can sometimes be difficult. “I’ve been quite social since I arrived here, perhaps more social than I typically am,” he says. “When you move to a new place, you want to make new friends and so on.”

Having lived in Phnom Penh previously in 2003, Gordon already had some friends when he moved back to the Penh some six months ago. Nevertheless, it was important for him to expand his social network. “I get a lot of energy from people,” he says, but notes that he now spends more time by himself. “I do have another side, I like reading a lot and spending time on my own,” he says. “But there’s so much to do in Phnom Penh!” Ever the optimist it seems.

■ THE PARTY ANIMAL

Goy Chutima Ongisanthia is a party promoter. She lists her mother, food, music, and work as things that make her happy. As part of her job, Goy needs to keep a happy face at work. “Before I start work, if I’m in a bad mood I will release that first, in any way,” she says. “Screaming, shouting, a phone call to parents, or being with myself for a moment. And after that it’s fine.”

Previously an events organiser at Bed Supper Club in Bangkok, she says this experience has taught her that in order to

do a good job, she can’t pretend to be happy. “I remember going to work before in Bangkok when I was unhappy, and it was written all over my face – people could tell.”

Though Goy certainly likes a good party, spending the bulk of her time in a loud, packed nightclub does take its toll. “I hate crowded places like shopping malls because I spend half my day in a club surrounded by people,” she says.

Consequently, in her spare time, she seeks peace and quiet. “I love to read books, stay in my little garden with a book, and enjoy the moment,” she says. “In Bangkok on a day off, I would go to stay in the jungle. Go to a national park, turn off my mobile, with no laptop, nothing, just searching for birds.”

■ THE NGO WORKER

“There is a Khmer proverb – ‘When we smile, people will smile back, but when we cry, we cry alone,’” says Meas Kim Seng, founder of a local organisation working with urban poor communities. “So why make myself unhappy?”

Rarely found without a grin on his face, Seng nevertheless thinks there is more to happiness than just a smile. “It’s when you are true from the heart towards people,” he says. “Then people will be happy together with you.”

A survivor of the Khmer Rouge era, Seng’s work with urban poor communities in Phnom Penh also leads him to witness traumatic events, such as evictions and demolitions of people’s homes, as well as communities living in squalor. Though he

feels for those affected, Seng does not let his work get him down. If anything, quite the opposite. “If you concentrate on the unhappy, you can’t do anything,” he says. “When you are happy you can do things.”

Somewhat romantically, Seng describes his early childhood during the Lon Nol era as a happy time, with his whole family living together in a clean environment following traditional Khmer culture. After years of war, he says happiness for many Khmers now means a country at peace, but also being able to have a decent job, and pursue hobbies in their spare time.

However, Seng says some of his compatriots’ current pursuit of happiness may not be for the general good. Instead, over-consumption and environmental destruction are destroying the foundations for future happiness. “Khmers should think about sustainable happiness,” he says. “Nowadays, people are not thinking about happiness for future generations.”

■ THE NUN

Beth Goldring is a Buddhist nun in the Japanese Zen tradition. She says most people, at least initially, think happiness is about getting what we want. “But we don’t get what we want a lot of the time,” she says. “And so the question about happiness really is about how to be at peace with what is.”

A nun for 15 years, Beth describes how the Buddha never promised that bad things such as death, old age, and disease, were not going to happen. “What he promised us, is that it’s possible to have a peaceful, compassionate heart, right in the

middle of that,” she says. “It’s about being able to be happy even when we don’t get what we want.”

Beth explains how Buddhism starts from the premise that suffering exists – the first noble truth. This is sometimes misinterpreted to mean that happiness cannot exist, particularly as according to the second noble truth, suffering comes from craving. “Many good things contain seeds of suffering, because they go away,” she explains, but notes that this does not mean there is anything wrong with pleasure. Significantly, however, “happiness is something else.”

“Happiness is the stability in the middle of both pleasure and pain,” she says. “It depends on us, not our circumstances.” In Buddhist belief living within the boundless realms of the four cardinal virtues – loving kindness, compassion, joyousness, and equanimity – is living in happiness. But how do you do it? “You work at it, imperfectly,” Beth says.

■ **THE CONCLUSION**

It seems Penhites are on the whole pretty happy. Though the source of happiness may vary, few seem to think an “off the rails” lifestyle, so often associated with Phnom Penh, brings much joy. Instead, focus is on spirituality, peace, relationships, and a general positive attitude. But does knowing what makes someone else happy help bring joy into your life too? Perhaps the best recipe for happiness ultimately comes from early twentieth century American novelist Edith Wharton; “If only we’d stop trying to be happy we could have a pretty good time.” ■



No prizes for guessing...

How Happy are You?

When asked to rate our happiness most of us would say that we are happier than average. But is that really true?

UNTIL RECENTLY MOST RESEARCH suggested that happiness was more related to genetics than to environment – and if you were a generally happy or unhappy person regardless of what happened to you throughout life you were more or less bound to remain that way. But according to psychotherapist Richard O’Connor our brain is a much more malleable organ than was once thought. It is, in fact, possible to learn to notice and appreciate beauty, be grateful, stop pointless self-criticism and to feel love for yourself and for others. All of these activities can become part of a self-reinforcing cycle that can eventually lead to a better quality of life and a general sense of well-being. So, yes – you can change the way you see and interact with the world, it just takes practise.

■ **RATE EACH STATEMENT FROM 1-5 THEN TALLY UP THE TOTAL.**

- 1 – **Very True**
- 2 – **Largely true**
- 3 – **About 50/50**
- 4 – **Not very true**
- 5 – **Not true at all**

1. The atmosphere where I work is supportive and accepting
2. I generally spend less than 2 hours a day watching DVD’s
3. I rarely feel stressed or tense when I have too much to do
4. I have many close friendships and relationships
5. I have many things that I consider to be important in my life
6. I derive pleasure from all of my senses
7. My employment is stable and my finances are secure
8. I feel that I am surrounded or connected to a group of like-minded people
9. Most people would describe me as hopeful and optimistic
10. I take every opportunity to enjoy myself
11. I take good care of my health
12. My life touches and makes a difference to the lives of the people that I know
13. It is rare for me to get caught up in criticism and self-blame
14. I take a long holiday at least once each year
15. I rarely feel threatened by violence
16. I have goals for the future that I am pursuing
17. I rarely feel envious or jealous of others
18. I often sleep well and wake feeling refreshed and energised

19. I don’t use antidepressants or sleeping pills
20. I feel a general sense of gratitude and appreciation for my life
21. I stay active and feel fairly good about my body
22. On occasion I can get very enthusiastic about things
23. I felt loved & safe during childhood
24. I have qualities that I feel proud of

■ **SO – WHAT’S YOUR SCORE?**

- 24 - 42 **Extremely happy** – Well done!
- 43 - 62 **Happy Enough** – Carry on.
- 63 - 82 **About Average** –Join the club
- 83 - 102 **Not so happy** –Have a G&T
- 103 - 120 **Oh dear** – What might help you change this predicament?

■ **HAPPINESS IS COMPRISED OF FOUR COMPONENTS:**

Live satisfaction, the capacity for joy, the absence of misery and a sense of purpose. Add up your scores for each component – if any is disproportionately high, it might suggest a need for change

Life Satisfaction

Statements 1, 5, 9, 13, 17, 21
Happy people are satisfied with life and don’t feel they have missed out or failed. They believe they have most of what they need, are happy with their relationships and optimistic about the future.

Capacity for Joy

Statements 2, 6, 10, 14, 18, 22
Happy people experience joy, enthusiasm, contentment and peace, and love deeply and frequently. They expect new ventures to turn out well and that expectation leads to more positive feelings.

Absence of misery

Statements 3, 7, 11, 15, 19, 23
Happy people rarely experience chronic sadness, depression, bitterness or jealousy – not because they have never suffered loss, disaster or bad luck, but because of the way they play the hand they are dealt.

Sense of Purpose

Statements 4, 8, 12, 16, 24
Happy people feel connected to something larger than themselves and know their life makes a difference. Our forebears, with their more defined roles, found this easier to achieve – nowadays, many of us find it harder to assess meaning in our lives.

~ *Happiness: The thinking person’s Guide by Richard O’Connor* ~ ■

food corner

Strange Fruit and Special Flavours Part 2

We all love Khmer green curry, fish amok and cha kadow but where do those unforgettable flavours come from? **AsiaLIFE** sheds some light on ingredients you can pick up at your local market.



■ **BANANA FLOWER**

(Trayong Jayk)

The large purple-crimson flower of the banana tree is used as a vegetable in Cambodian cooking. Discard the outer purple leaves and only use the paler inner part. Cut in half and slice thinly with a stainless steel knife. Soak in cold water with a little lime juice added to stop it turning brown before you use it.



■ **SLACK KNANG**

(Slack Tnang)

A green, very sour tasting leaf which is used in Cambodian soups. It needs to be chopped and pounded with a mortar and pestle before using.



■ **GALANGAL**

(Romdeng)

This rhizome is part of the ginger family. It has a peppery taste and a sweet, perfume-like scent vaguely reminiscent of camphor.



■ RED STICKY RICE
(Unkar Dom Naup)
 This rice has a pleasant texture and flavour and is used only in sweets in Cambodia.



■ GREEN MANGO
(Svay kejey)
 Unripe mango is used as a vegetable in Cambodian cooking. It's sour with a slight sweet edge.



■ MORNING GLORY OR WATER SPINACH
(Tra guon)
 This long-stemmed green vegetable has narrow, dark green leaves and paler green, hollow stems. Discard the bottom 5 to 10cm of the stems as they are tough. It can be eaten raw, fried or in soups.



■ PRAHOK
 This Cambodian staple of fermented fish has an even stronger flavour than shrimp paste. It is used in most Khmer dishes and can be eaten alone with veggies... if you're tough enough. 🍴

Special thanks to Friend's International and the award winning cookbook 'From Spiders to Water Lilies'

Social enterprise managed by Nyemo Cambodia NGO

#71, St. 240
 023 213 160
 sales@nyemo.com

Restaurant

Boutique

Guest House

Food Talk: Wok With Me

AsiaLIFE's Lou Hayward spends an afternoon talking with Julie Thai about the thing she loves best – Food!



Julie: perfect combination of Chinese Cambodia and the French

“IF EVERYONE ATE AS MUCH as me, the world would run out of food!” confesses the enviably svelte proprietress of Le Wok, Julie Thai. The daughter of a Chinese-Cambodian father and a French mother, Julie was born and raised in the gourmand’s paradise of Paris. Exposed to a broad variety of dishes from an early age, Julie credits her family, particularly her father, as the driving force behind her passion for food. “I lived in the country of the croissant,” she reflects, “but I was just as likely to have rice soup for breakfast”.

Given her upbringing, it’s surprising to learn that Julie’s first foray into hospitality was as a waitress in a fast food restaurant. Nevertheless, what began as a way to earn cash in her spare time whilst studying marked the start of a diverse career. Following a stint in PR for the Paris Barrio Latino – an offshoot of the renowned Buddha Bar group – Julie went on to open a shop dedicated to speciality Chinese teas. Then, already drawn to Asia and desiring a change of scene, eight years ago she came to Phnom Penh. “My father was always telling us stories about

Cambodia”, Julie recalls, “I was raised with a sense of nostalgia”.

Despite the reservations of some family members who fled the Khmer Rouge in the seventies Julie decided to stay, and what began as an extended holiday became a permanent relocation. Quickly immersing herself, Julie helped to set up the Amanjaya Hotel’s K West bar, which to this day occupies an expansive corner of the riverside. Her first independent enterprise was Silk and Pepper, a shop on Street 178 specialising in the sale of Cambodian handicrafts.

It was the acquisition of the bright and airy space next door in 2007, however, that heralded Julie’s return to the restaurant industry. Here, she established Le Wok, an elegantly understated East-meets-West eatery that provides a welcome escape from the nearby Sisowath Quay tourist trail.

While soaking up the view of the National Museum from the restaurant’s terrace, patrons can choose from a varied assortment of European and Asian dishes. Within the reasonably priced menu, Cambodian staples like fresh spring rolls (US\$4.50) and fish amok (US\$7.50) sit comfort-

ably next to traditional French dishes including blue cheese egg cocotte (US\$4.50) and beef tartare, served with salad and sautéed potatoes (US\$9.50). For those with a sweet tooth, a tantalising array of desserts awaits, such as crème brûlée and frozen honey ice-cream with red fruit coulis (both \$4). Grape aficionados will appreciate Le Wok’s respectable wine list, which includes helpful recommendations as to which food will be complemented by each wine. Bottles start at US\$18 and the house white and red are served by both the glass (US\$3.50) and carafe (US\$8.50). As if the collection of cocktails on offer (US\$4) weren’t already tempting enough, come during happy hour (every day, 5pm – 7pm) and most drinks on the menu are buy-one-get-one free.

For Julie Thai, key to good cooking is the use of fresh, high quality ingredients – a lesson learned from shopping excursions to Parisian markets during her formative years. “Anyone can cook,” she explains, “but what a great chef understands is how to take a good product and enhance its flavour”. This philosophy is exemplified by her latest project,

the newly opened T-Bone Steak House, where meatlovers can take their pick of prime cuts from Australia, Argentina and the US. Prices start at US\$8 for a steak, which customers may then tailor to their own tastes with a choice of sauces and side dishes.

So, can Phnom Penh ever compare to Paris? Julie is upbeat about the rapidly developing restaurant industry in a city she describes as “a capital of food in its own right”. Mindful of the fantastic range of options for tourists and expats alike, Julie finds herself consistently impressed by the new ideas and concepts she sees. “Japanese, French, Chinese, you can get whatever you want- and it’s getting better and better”.

And what do her family think now? “We don’t have the same Cambodia,” she says. “Initially, they didn’t even want to hear about my life here- actually it was painful for them- but now they can see how happy I am, and they all want to come and visit!”

Le Wok, 33 Street 178, Tel. 092 821 857. Open 9am – 11pm.

T-Bone, 392B, Monivong, Tel. 012 900 138. Open 11am – 11pm. ■



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the food pantry

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restaurant guide

key to symbols

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cambodian

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

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

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

K'NYAY
25K Suramarit Blvd. (Street 268), Tel: 023 225 225 or 092 665 225, www.knyay.com, 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 specialties. 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 Bvd., Tel: 023 364 005
Large Chinese restaurant that specialises in seafood and duck. Has a good selection of wines. Has VIP rooms. Open 11am to 2pm, 5pm to 10pm. **03 A/C**

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

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

San Miguel
ONE BEER
ONE WORLD OF FRIENDS

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

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

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

french

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

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

Comme à la Maison
 13 Street 57, Tel: 012 951 869
 Decidedly sophisticated French restaurant

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

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

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

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

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

indian sub-continent

Annam
 1C Street 282,
 Tel: 023 726 661 / 099 926 661
 Beautiful terracotta terrace and garden restaurant serving north and south Indian cuisine. Featuring an open kitchen and air-con kids' playpen, the restaurant has free WiFi, draught beer with all-day happy hour, a good selection of wines, and big screen showing Bollywood music and movies. Ideal for small banquets and business meetings. Offers outdoor catering and delivery food. Open from 11am to 11pm, Closed on Tuesdays. **03 A/C**

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

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

Flavours of India
 158 Street 63,
 Tel: 012 886 374 / 023 990 455
 Relaxing Indian and Nepalese restaurant with friendly staff and a good range of dishes. Both the vegetarian and meat thalis are good value. Open 10am to 11pm. **02 A/C**

Mount Manaslu 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**

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

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

Shiva Shakti
 70 Sihanouk Bvd.,
 Tel: 012 813 817 / 023 213 062
 Decidedly upmarket and sophisticated Indian restaurant in a beautiful setting 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 specialties. Features art exhibitions and classical music performance on Friday and Saturday. Open from 11am to 11pm. **02 A/C**

Aussie XL Café
 128 Sothea 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. Uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 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



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Review: Malis

Well-known as a top-end Cambodian restaurant, Malis does not disappoint. Words by Nora Lindstrom.



A SERENE STATUE OF THE Buddha in a beautiful al fresco setting welcomes you as you step into Malis restaurant off busy Norodom Boulevard. With trees and plants amidst water features set against earthen red walls, this Khmer cuisine restaurant run by well-known chef Luu Meng makes for a classy, yet not over-the-top chic, dining experience.

Comfortably seated, the meal starts off with a complimentary shot of mango juice and some pickles. Having perused the extensive menu, we try the clams with hot basil leaves (US\$5.50) for an appetiser. A generous portion, the clams are unfortunately covered in a rather gravy-like, peppery sauce, which overpowers the delicate taste of the clams. Thankfully the side salad, complete with jasmine flowers, gives the dish a flowery freshness which complements the clams perfectly.

For our main course, we opt for the spicy scallops with mint leaves (US\$8.50). Pan-fried with lemon and spices, and served on a bed of cucumber and mint leaves, this dish is a winner. Though it could be spicier, the scallops are fresh and the

salad makes for an intriguing combination of flavours.

Continuing on the seafood theme, the Goby fish (US\$11.80) is simply delicious. Marinated with lemongrass and garlic, and baked in a crust of salt, the fish is served whole. It comes with a tangy mango dip that complements the fresh, unadulterated flesh surprisingly well. Large enough to share, this is a dish not to be missed.

While dinner is comfortably enjoyed in the enclosed garden space, lunch is best enjoyed in the restaurant's air-conditioned indoor spaces. Complete with no less than four courses, the set menu (US\$12.50+) provides a delicious insight to both traditional and contemporary Khmer cuisine, and is large enough for two to share.

Overall, Malis comes out on top. The combination of a beautiful setting, attentive and knowledgeable service, deliciously presented food, and a creative showcasing of the richness of Khmer cuisine make the restaurant a winner.

Malis, 136 Norodom Boulevard. Tel: 023 221 022. Open for breakfast 7am to 10am, lunch 12pm to 2pm, and dinner 6pm to late. ☑



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 www.amanjaya-pancam-hotel.com

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

Friends
 215 Street 13, Tel: 012 802 072

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

Garden Center Café
 60-61 Street 108, Tel: 023 997 850 / 092 429 968
 www.gardencentercafe.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.gardencentercafe.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**

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

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

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

Le Liban
 3 Street 466, Tel: 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,
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Bargain Bucket: Anjali



THE RIVERSIDE IS FULL OF identical, rattan furnished, small shop-front restaurants. Catering mainly to tourists, most serve a mix of Asian dishes and pub grub with generous happy hours to boot. Anjali, located a stone's throw north of the crossing of death, is at first look not much different.

The grub at this joint is however above par. With the slogan "Sleep 'til you're hungry, eat 'til you're sleepy", Anjali has an extensive menu. The all day BIG breakfast at US\$4.25 is a definite winner, complete with bacon, sausage, baked beans, smoked ham, eggs, hash browns, grilled tomatoes, toast and coffee or tea. Another favourite among meat-eaters is the roast beef with sausage and chips (US\$6). Though somewhat dearer than what is usually considered a "bargain bucket" dish, the tender meat, very decent sausage (not Sainsbury's finest, but very good for Cambodia), as well as lovingly thick gravy, make sure the dish represents very good value for money.

Lighter meal options include a range of salads, including the Nicoise salad (US\$3). Large in size, the salad fills

your tummy with fresh ingredients and nicely complementing dressing, served on the side as requested. For those with a serious bout of Anglo-Saxon home sickness, the creamy mashed potato (US\$1.50) is not to be missed. Though not exactly like your mum would make it, the thick mash is not bad considering you are miles from home.

If you're looking for a more liquid-based meal, pop by the establishment during the daily happy hours between 5pm and 8pm, or again between 11pm and midnight. During these, you can enjoy Angkor draft at US\$1 a glass, or US\$4 a jug. More sophisticated drinkers might wish to opt for a glass of house wine (US\$2.25), while those in search of a hangover will undoubtedly be content with the Mekong whisky and mixer for a dollar.

Though service could be faster and more attentive, Anjali is a comfortable little spot to while the day away, just like the establishment's slogan suggests.

Anjali Restaurant & Bar,
273 Sisowath Quay, Tel: 012
457 901. Open from 7am
until late. 📍



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The Place
Van's Restaurant

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No. 09, St. 306
No. 33A, St. 271
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St. 184 (Riverside)
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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

71 Street 240, Tel: 023-213-160
Restaurant and boutique handicraft shop run by NGO NYEMO set in a beautiful garden. The restaurant specializes in European pre set lunch menu and serves authentic Khmer food a la carte for diner. Open 7 days from 7am to 10 pm. **02 A/C**

Madeines 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. **02**

Metro Café

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

Nature & Sea

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

Ocean

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

One More Pub

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

Pacharan

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

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

Riverside Bistro

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

Scoop Bistro Bar

2-6A Regency Square,
Mao Tse Tung Blvd., Tel: 023 424 457
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. Excel-



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lent 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 pastisseries 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 2.00pm and 6pm to 10pm for dinner. **02 A/C**

japanese & korean

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

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

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

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 to 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 chili 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 photographs 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.
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Street Food: Num Gawng

Name: Num Gawng (Hoop Cake / Khmer Doughnut)

Price: 500 riel for 3 doughnuts.

Ingredients: Rice flour dough is rolled into rings, before being fried in oil. Once cooled, one side of each ring is dipped in hot, liquid palm sugar. Finally sesame seeds are sprinkled over the red palm sugar.

Served: Served in threes in a delightful plastic bag.

Taste: The doughnut pastry is soft and spongy, while the outer layer of red palm sugar is hard, crispy and very sweet. (4 out of 5).

Where to get it: From street vendors whose doughnut pyramid piles atop trays delicately teetering on their heads put the ancient Egyptian engineers to shame.

Other Info: Available all day. 🇰🇷



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&B. Open 7am to midnight. 02 A/C 🇰🇷

Sharky Bar

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

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 its 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

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MARKETING COMMUNICATORS
 Mr. Sok Sophaat
 Marketing Communication
 Phnom Penh
 Cambodia

Dear Mr. Sophaat,
Subject: PROMOTION TO SENIOR VICE PRESIDENT

I am delighted to inform you that effective immediately, you are promoted to the role of Senior Vice President for Operations.

The Board and I would like to offer our sincere congratulations as we are especially pleased to have filled the role internally after an extensive search including external candidates. This is a thoroughly deserved promotion and a testament to the hard work and professionalism you have demonstrated in your great role.

Congratulations on your promotion.
 Sincerely,

T-BONE
Steak House

392 BEP, Monivong Blvd., Phnom Penh, Cambodia, 012 900 138

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

Singapore Kitchen

110 Street 360, Tel: 092 201 304, 017 821 480
Specialising in classic Singapore hawker food, the new improved Kitchen has a more relaxing atmosphere than 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**

Art Caf 

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 caf  with bakery on the premises. Serves a variety of Coffees and Pastries. The Green tea latte is a house speciality. Open 7.30am to 8pm. **02**

Caf  El Mundo

219 Sisowath Quay, Tel: 012 520 775
Affordable and stylish riverside caf  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.

Caf  Fresco I

363 Sisowath Quay, Tel: 023 217 041
This outlet at the base of the FCC sells strong Illy 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**

Caf  Fresco II

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

Caf  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**

Caf  Living Room

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

Caf  Sentiment

64 Monivong Blvd., Sovanna Mall; Cnr. Streets 63 & 278
Popular coffee shop chain run by the same Thalys 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**

Caf  Yeji

170 Street 450, (near the Russian Market), Tel: 012 543 360
Quiet, cosy caf  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 Sothea's Blvd., Tel: 092 998 850
First-floor caf  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 Caf  & 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 Caf  located in the rear of Monument Books. Has comfortable mismatched sofas and antique-look d cor. 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 Caf  & 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 Caf 

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 caf  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**

TWG Tea Shop

Amanjaya Hotel, 1 Street 154 & Sisowath Quay
30 types of beautifully packaged loose and bagged teas, as well as six different types of flower teas. Also retails cups and teapots

caf s



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bar stool

Whisky, Whiskey - So Good They Named it Twice

AsiaLIFE whets its whistle on the complex and wonderful world of 'The Water of Life.'



The finest and the famous - it pays to know what's a fine dram and what's not

NEVER HAS THERE BEEN a more complex beverage than 'Uisge beatha' (Gaelic for the water of life) for with it comes a history fraught with copious law, taxation and brewing issues. Whisky or whiskey, depending on which side of the Irish Sea the potion was distilled, continues to leave its compelling mark on the palate of the liquor-swilling world.

From Babylonia to Dundee, from the second millennium to the twenty-first century production of whisky has undergone countless modifications. The art of distillation began in Mesopotamia (modern Iraq) where it is believed Irish missionaries brought it over to the Emerald Isle around the sixth or seventh century. Its use circulated through the monasteries predominantly for medicinal purposes, and became a treatment for ailments such as palsy and small pox.

Some five centuries of inebriation and healing later the antidote spread to the shores of Scotland. At this point the whis-

ky business began to thrive, even though the distillation process was rather primitive. Whisky was imbibed at a young age giving it a raw and harsh taste. It could be extremely dangerous. Only by chance did someone dare drink a bottle that had been disregarded for several years and realise how smooth a drink it could be.

Tax issues occupied the next couple of centuries forcing Scotland's distillation underground. In an attempt to avoid the excise man Scottish distillers took to brewing their whisky at night to hide the smoke rising from the stills, a process which became known as moonshine.

Over fifty percent of Scottish output was illegal. Since these times whisky has developed into a worldwide regulated spirit with many competing denominations of origin, classes and types. U.S., Finland, Germany, India and Japan are amongst many nations that have joined the market. But it is 'Scotch' that dominates.

The laws on the production of whisky are stringent and plenti-

ful. Anything bearing the scotch label must be distilled in Scotland and matured for a minimum of three years and one day – quite what happens in that one day remains a mystery. Irish whiskeys, in comparison, must be produced in Ireland and aged in wooden casks for a period of no less than three years. The most highly prized whiskies are the single malts – distilled by a single distillery in a pot still, using malted barley as the only grain.

■ WHISKIES OF THE PENH The Cavern Bar, Street 104.

This diminutive hideaway, sandwiched inconspicuously between the dazzling neon bustle of Street 104 is the single malt aficionado's wet dream. No less than sixteen first class whiskies are on offer from the Penh's consummate whisky provider. The Macallan 1881 is one of the smoothest single malts you will taste. Carrying that unique Macallan character this vintage gold drop has a wonderful mix of fruits and a floral and sweet malted

barley aroma balanced with light ginger spice (not to be confused with Geri Halliwell). The taste is smooth and carries a comfortable aftertaste. At US\$7 a glass, it's reasonably priced.

Green Vespa, Sisowath Quay

The Penh's favourite Irish bar has come up trumps again with a generous selection of 'Scotch'. Not without good reason is the Talisker 10 years the Isle of Skye's finest export. It's an alluring, sweet, full-bodied whisky with a warming afterglow that comes highly recommended. Alternatively, opt for the 12-year-old Glen Elgin which is an incomparable malt of completely contrasting taste. Clinical and minty on the palate it carries an intriguing, delicate kick. The Vespa offers the perfect atmosphere in which to imbibe and special Malt Mondays.

Chow, Sisowath Quay

Forget the blanched downstairs restaurant, and head for the rooftop bar. Simply stunning, it has



views to match. It also boasts an extensive single malt menu with 'Oban' the elite of the collection. This 14-year-old single malt goes down extremely smoothly giving you a wonderful warm sensation from tongue to oesophagus. This drop is top notch and if your wallet sanctions it (US\$10 a glass) treat yourself to a wee dram, sit by the pool and enjoy the view.

Sonoma, 32 Street 108

This newly opened oyster bar is a small, convivial affair. Adjacent to the Old Market, barely a stone's throw from Sisowath Quay, it offers the perfect opportunity for an alternative culinary experience. The Kilpatrick oyster dish (Worcester sauce, black pepper and dry Heseltine bacon) with a tumbler of 10-year-old Laphroaig is an exquisite affiliation. This is a full-bodied smoky, single malt with a residual sweetness and a warming finish. As civilised a

place as you will find to enjoy this classic dram.

Armands Bistro, Street 108

Discreet and enigmatic, this petite cloak and dagger French bistro oozes warmth from every pore. This is the Latin quarter, Paris 1943. At any moment you expect the door to open and in walk two German soldiers, who place their hats on the bar and get passed a bottle from a rotund, mustachioed barman. Order a rib eye steak with sautéed potatoes, green beans and roasted tomatoes. Wash it down with a Macallan 12. With a complex fruity taste and hint of spice this is not a light tippie. Despite the citrusy aroma this is an over powering malt. A scotch drinkers whisky, the dilettante palate would most likely not enjoy the immediate and powerful flavour. Although for US\$15 all in this represents real value for money. **F**



It's not just Irish they serve at the Green Vespa

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Bar 33

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

Cadillac Bar & Grill

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

Cathouse Tavern

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

Chow

277 Sisowath Quay, Tel: 023 224 894
Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices and 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 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. **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**

No Holds Barred

**Freebird**

69 Street 240, Tel: 023 224 712
Aircorn 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

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Bar Talk: Blue Chilli

Kate Liana sits down with Oak Chan to explore his inner diva and find out what makes this popular, unique club tick.

WHO DOESN'T HARBOUR secret rock-star fantasies? Dolled up, strutting on a stage before an adoring crowd... "If I didn't own a bar, I'd do this in my living room!" says Oak Chan, the friendly, fervent owner of Blue Chilli, regarding the popular drag shows. Weekend nights see a lively crowd spilling out onto the street, watching the festivities. And the girls put on a show: dancing, lip synching, and preening in ultra-glamorous fashion.

Beyond the sequined glamour, however, is a welcoming, warm environment that is refuge to many in town. Originally from Thailand, Oak wanted to open a local gay bar like the ones he knew from home. "I wanted to make a place where everyone feels comfortable, but especially gay people. They had no place they could be themselves." He explains that the community becomes your family here, especially for gay men who may not feel accepted at home.

The bar has a funky charm, with all the traditional accoutrements of a gay club: sequin curtain, disco ball, photos of nearly naked men on the walls and menu. But the long, wooden

bar, comfortable seats, and outdoor space also make it a welcoming neighbourhood spot, where friends pop in for a drink after work, or one more before heading home.

Oak has seen many changes in the gay community since his arrival three years ago. "Gay life was much more closed and secretive. Now, that's not the case." One major change is that while the club used to attract mostly foreigners, Oak is seeing more local customers. "Gay life is becoming more accepted here, and the scene is growing. People aren't afraid to be who they are." And they are not the only ones attracted to Blue Chilli. Many straight customers also show up for the lively shows.

Along with his business partners, Oak's personal dedication to the club makes a big difference. It's not just a business, it is their home. "We celebrate the holidays like any other family. We'll decorate for Christmas and Chinese New Year. We crown a Mrs. Water Festival, and during Gay Pride Month [May] this year we'll have a Mr. Blue Chilli contest." Let the fantasy continue.

Blue Chilli, 36 Street 178. ☎



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www.meta-house.com

This multi-media arts centre established by German Nico Mesterham opened in January. Has a very cool terrace bar with barbecue. Closed Mondays.

Metro Café

Cnr. Sisowath Quay & Street 148.

Tel: 023 222 275

Stylish and swish, Metro has much more than a cool décor and changing light boxes. Reasonably priced Tiger and house wines and a great range of Martinis, try the Espresso. Open 7:30am to 01am. **A/C** 

Munich Beer Restaurant

Sotheaeros Blvd.

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

One More Pub

16E Street 294, Tel: 017 327 378

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

Open Wine

219 Street 19, Tel: 023 223 527

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

Pacharan


389 Sisowath Quay, Tel: 023 224 394

Barcelona comes to Phnom Penh 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 til late, closed Mondays.

Saffron

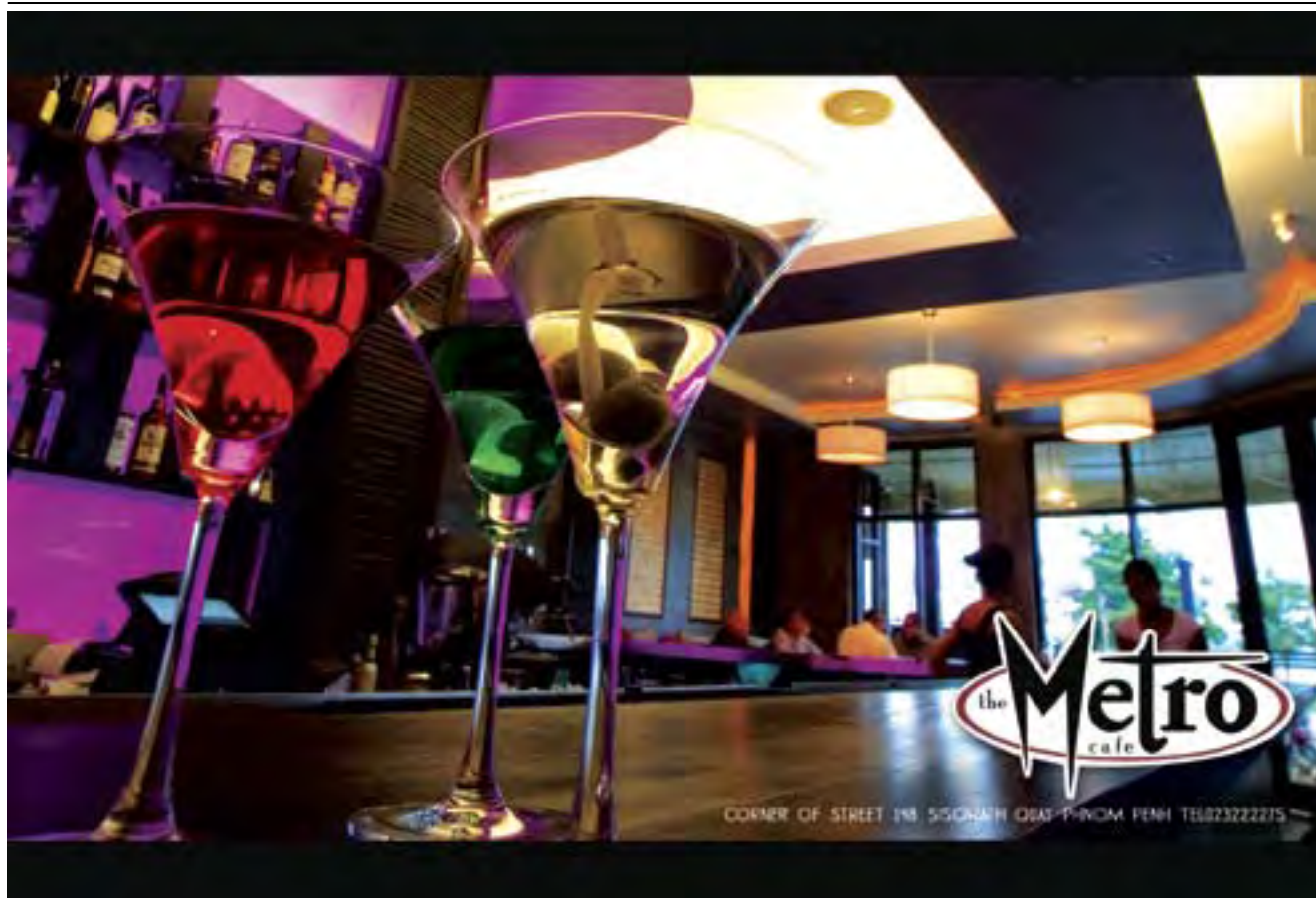
11 Street 278, Tel: 012 247 832

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

Scoop Bistro Bar

2-6A Regency Square, Mao Tse Tung Blvd., Tel: 023 216 130

Elegant, chic bistro with a simple, yet refined black and white design with comfortable, high-backed dining chairs providing seclusion from other diners. Slightly raised lounge area is ideal for cocktail or coffee. Has three private rooms. Open from 11.30am



CORNER OF STREET 148, SISOWATH QUAY, PHNOM PENH TEL: 023 222 275

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. **A/C** 

The Chinese House

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

Velkommen Inn

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

Zeppelin Bar


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

coolest bars in town and the drag shows on Friday and Saturday are an additional draw.

Classic

20 Street 118
Very Khmer bar that has nightly drag shows, after which the dance floor fills up with all-comers.

Green Garden

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

Heart of Darkness

38 Street 51
The most famous of the city's nightspots with a good-sized dance floor started off as a gay bar. Has well priced spirits and mixers and is totally packed out on Friday and Saturday nights. The dance floor is a popular gay haunt. Open 8pm to late. **A/C**

M Zone

100 Street 19
Cheap drinks and occasional drag shows throughout the week at Phnom Penh's latest gay bar, but for how much longer?

Pontoon - Glory Hole

Pontoon Lounge, Koh Pich (Diamond Island)
Cambodia's first and only gay club night with western international house DJs, live entertainment and drag shows with US\$1.50 spirit and mixer drink deals.

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

gay

Blue Chill

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



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Darren Gall: The Heart in Your Glass



"WINE IS CONSTANT PROOF that God loves us and wants to see us happy." The insightful words of Benjamin Franklin.

An understanding of the French term "terroir" is difficult to convey in other languages – it is almost impossible to arrest the true-spirit of its meaning with any composition in English.

It is said to be the unique characters imparted into any specific wine by its own individual soils, its climate and even the personalities involved in the wine's creation.

In over twenty years of getting to know wine regions, vineyards, winemakers and their wines, it is as plain to me as saying that a wine is made from a specific grape variety, to say that in every wine there is evidence of the personality and character of the winemaker that produced it. This is of course particularly true for smaller, family owned wineries and it is not a testament to a belief or faith, it has merely been my observation, indisputable to me, an inviolable truth.

Winemakers are wont to either create wines that bear the winemaker's impression on the terroir or, create wines that are purely an expression of their terroir: a subtle distinction that relates to the visibility (or invisibility) of the winemaker's hand (and personality) in their wines.

Pierre Andre winemaker, Ludivine Griveau was born and raised in the heart of Burgundy, her passion, her intimacy with this most intricate and complex of wine regions – seamlessly infused into her wines – renders them into something much more than mere impression or expression, it elevates them to the realm of revelation.

As a member of a local family fascinated by Burgundian wine and gastronomy, she recalls fondly her grandfather introducing the first sip of Pinot Noir to her lips

at the age of five – throughout her childhood the family would play 'blind tasting' games which focused and fine tuned her senses to the subtle nuances of the region's many wines.

After gaining her Oenology degree at the Jules Guyot Institute in Dijon Ludivine began her career as a winemaker at Domaine Jacques Prieur, natural curiosity and a thirst for knowledge led her to Australia, and a stint as winemaker for Rosemount Estates.

After returning to Burgundy, Ludivine was appointed winemaker at the prestigious estate of Pierre Andre in 2003. The Chateau's access to vineyards spanning the length and breadth of the region has given full expression to Ludivine's intuitive understanding and affinity with the various sub-regions and micro-climates of her homeland. Ludivine's initial vintage at Pierre Andre yielded gold and silver medals at the prestigious London International Wine Challenge, an outstanding achievement for the then twenty six year old – the winery has been collecting medals, awards and coveted reviews ever since.

Today, Ludivine Griveau is acknowledged as one of the finest young talents in all Burgundy, her wines are must haves for many collectors and connoisseurs and it is to the pleasure and appreciation of us all that she wears her heart in her glass. 🍷



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

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

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

■ INTERMEDIATE

Pub Quiz Answers

- (1) Laos, Myanmar, Sri Lanka (2) Songkran (3) Tiger (4) ABBA
- (5) U2 (Bono) (6) Bangkok (7) Têt (Nguyên Đán) (8) Kiribati
- (9) Ski-jumping (10) Denmark (11) Kew (12) New York (13) Peter Pan (14) Mr MacGregor (15) Garden Gnomes (16) The Good-ies (17) Iraq (18) New Jersey (19) Savage Garden (20) Chasing Cars (21) Matt Groening (22) Let it Be (23) Catherine of Aragon (24) Bone (25) James (26) Motherwell FC (27) Betty (28) Mother Theresa (29) Lulu (30) Saddam Hussein

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kaleidoscope

The Most Secret Place on Earth

AsiaLIFE's Kate Liana sits down with filmmaker Marc Eberle to discuss his touching documentary on The CIA's Covert War in Laos.



Marc filming in the open

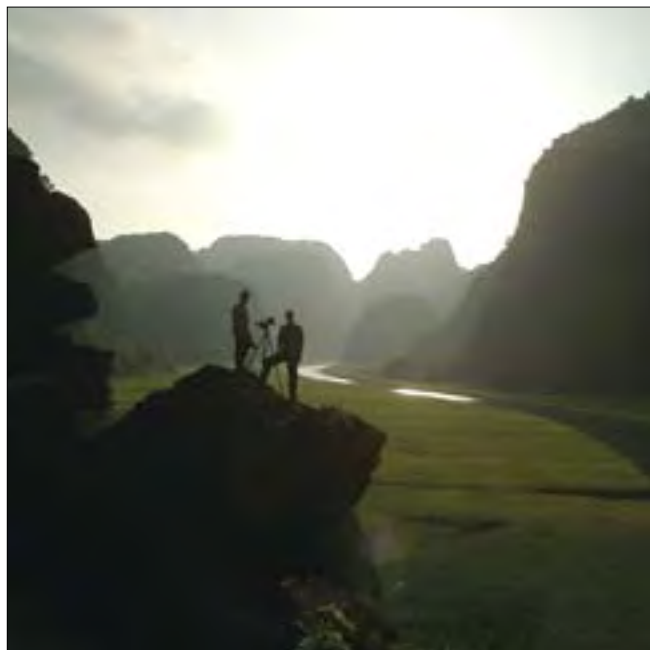
CELLULOID IMAGES OF the open war in Vietnam have fixated Hollywood producers for decades, but little has been filmed about the 'secret' war in Laos that actually started five years previously. Researching ideas for a new project, filmmaker Marc Eberle travelled to Laos in 2002. He was struck by how much evidence there still was of the war.

"I saw the remnants of war everywhere, giant craters and scraps of metal from bombs," he says.

Despite being the biggest airborne bombing campaign in military history, the existence of the war in Laos was little known to anyone. Marc wanted to know how you go creating and maintaining a secret war, and what this meant for warfare in the future. It is this question that he pursues in his documentary *The Most Secret Place on Earth* (The CIA Covert War in Laos).

He was disappointed by the way other books and films on the subject had glorified the war, with little thought given to the Laotian people who had been the victims. The Hmong, an ethnic group close to the borders with Vietnam, were backed by the CIA to fight against the communist Lao and North Vietnamese forces. Abandoned by the Americans after the war and shunned by their own government, many are refugees. Some allegedly still live in remote jungle areas unaware that the war is over.

The war in Afghanistan started while Marc was shooting his documentary. He immedi-



The best job in the world?

ately saw the parallels between the two wars.

"I couldn't believe it, the tactics, the weapons, the political theory were the same," he says. "Laos was the progenitor of war in the 21st century – outsourcing war to private companies, no accountability to congress or the public, to the press. I saw it all happening again and thought this was the time to tell this story."

His research brought him to Long Cheng, the secret military base that served as the CIA's headquarters. It had been closed to the world since the CIA fled in 1975. Marc

and his film crew were the first foreigners to gain access to it. This would serve as the emotional and symbolic core of the story, and the documentary is built around this base and its history.

A sobering and thorough account of the history and methodology that led to the atrocities, *The Most Secret Place on Earth* includes archive footage of bombing raids and decimated villages. It ends with a heartbreaking look at the refugees and the scarred landscape left behind by the Americans' actions. Perhaps of most interest though are the

interviews with the many servicemen involved in the war, and their moral ambivalence towards the events.

Recently aired on German / French art channel ARTE, the documentary has been nominated for many awards on the international film festival circuit. It won an award for the best use of archival footage at the History Makers' Conference in New York City.

His latest project is a documentary on the post-Khmer Rouge generation growing up without any experience of the past that previous generations dealt with. He aims to show how this new generation will live their own lives. Heartened by the growing art scene, he celebrates the number of young artists who are starting to challenge the old models, and are questioning society. "Foreigners come here and tell all the negative stories," he says. "I wanted to do a positive one."

He is also working on a separate film about the Khmer Rouge tribunal that will focus on how modern Cambodian society is reconciling with the past and concepts of justice. "Every stone you turn over here, there's a story." The screening of *The Most Secret Place* will at least ensure that one stone is no longer left unturned.

The Most Secret Place on Earth (The CIA Covert War in Laos) will have two screenings presented by the Overseas Press Club at the new Meta House at the end of April and May. 📺

Bootleg

AsiaLIFE's **Si'mon Ja'cy** checks out the old and the new this month.

■ **44 INCH CHEST**

(2010, *Malcolm Venville*)
 Fans of modern British classic *Sexy Beast* will be glad to learn that *44 Inch Chest* is in a similar vein, the dialogue bearing the unmistakable style of the writers of both films Louis Mellis and David Scinto, though Sir Ben Kingsley unfortunately doesn't resurrect the memorable Don. Still, Ray Winstone is back as a morose jilted husband looking to wreak vengeance on his cuckold, and is joined by the august John Hurt, Tom Wilkinson and Ian 'Lovejoy' McShane. The pared-down film has few locations and little story development, though the admirable casting and peerless writing makes for some unforgettable scenes between the acting heavyweights, though this is in many ways more of a play than a movie.

■ **AVATAR**


(2009, *James Cameron*)
 Set in the year 2154 on Pandora, a lush, Earth-like moon, the sprawling new 3D showcase *Avatar* unimaginatively pits the faceless big business of the future against the ethereal tribal nobility of the native Na'vi. Unoriginality is the name of the game: the RDA corporation mining "unobtanium" (yes, the script is that bad) is spookily similar to the evil "Company" from Ridley Scott's *Alien* franchise, and the tree hugging blue aliens spouting embarrassingly simplistic new age truisms are an insulting

approximation of forest tribes. Surprisingly, Sigourney Weaver is the biggest star, soullessly reprising her *Gorillas in the Mist* role without any of its original breadth. This interminably long exercise in onanism milks every possible disorientating special effect from the frankly exhausting shenanigans of the genetically engineered Na'vi bodies used by human characters. And 'avatar' is also the title of the film—how clever!

■ **THE STING**

(1973, *George Roy Hill*)
 Starring Paul Newman and Robert Redford, *The Sting* recreates the caper atmosphere of the better-known *Butch Cassidy and the Sundance Kid* (same director), though in the grim depths of the 1930s depression rather than the Wild West. The elaborate scams that the two 'grifters' dream up would make any modern day blagger proud, ranging from cheating at cards, to staged street robberies and fake bookies. Pleasingly, the scams in the film were inspired by real-life cons perpetrated by the brothers Fred and Charley Gondorff (the same surname as Newman's character in the film). With a tinkling piano score and suitably dreary sets, *The Sting* feels authentic enough to excuse the rather one-dimensional plot, and the pairing of Redford and Newman makes for an eminently watchable classic. **F**


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Arts Diary

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ARTS & EVENTS
FILM
MUSIC & PARTIES



@Meta House

March 31 Wednesday

Innocence: Exhibition by Qudy Xu opens at Java Café & Gallery

1 Thursday

Young Khmer Filmmakers Club @ Meta House, 7pm

2 Friday

La Fille du RER @ CCF, 7pm

The Last Temptation of Christ @ Meta House, 7pm

3 Saturday

Les Enfants de la Pluie @ CCF, 10am

C'est Dur d'être Aimé par des Cons @ CCF, 7pm

Mamoru Oshii's Ghost in the Shell @ Meta House, 7pm

4 Sunday

International Mine Awareness Day @ Meta House, 7pm
Music by Kong Nai, DJ Sdey, Filmmaker Ian White and other artists

6 Tuesday

Les Voleurs @ CCF, 7pm

D'Arusha a Arusha @ Meta House, 7pm

7 Wednesday

A Brief Story of Boxkator @ CCF, 7pm. Documentary by the French artist Daniel Perrier about the history of Boxkator and the reality of this sport today.

Two Worlds @ Meta House, 7pm.

8 Thursday

Please to Meet You @ CCF, 7pm. This exhibition by three French students and three young Khmer artists.

LaBoKaTor @ CCF, 7pm
This exhibition is the matching piece of the film 'A brief story of Boxkator', shot in 2009 in Phnom Penh. Displaying photos and paintings created by Daniel Perrier's assistant Uy Nouseireimony.

The Cove @ Meta House, 7pm.

9 Friday

Taking Woodstock @ Meta House, 7pm.

10 Saturday

Gandahar @ CCF, 10am

DVD Launch @ Monument Books, 4pm. BospaPAHN concert DVD and behind the scenes documentary launch.

7pm Espions @ CCF, 7pm

Moving Party @ Meta House, 7pm. Empty the bar to a White Stripes documentary, Phnom Penh Live, Total Balaklava Show. Meta House reopens May 1 @ 37 Sotheaeros Blvd.

20 Tuesday

Rendez-vous @ CCF, 7pm

22 Thursday

La Voie Royale Angkor - Phimai @ CCF, 7pm. A study on the historic roadway, communication links and human settlements of the Khmer empire from Angkor to Phimai. Im Sokrithy, researcher at APSARA authority will talk about this project and answer questions.

24 Saturday

Le Temple du Soleil @ CCF, 10am.

Les Roseaux Sauvages @ CCF, 7pm.

Earth Day - Wonders of the World, special Planet Earth documentaries @ Riverside Bistro, 7pm.

27 Tuesday

Espions @ CCF, 7pm

30 Friday

La Fille du RER @ CCF, 7pm

Documentary Practices in Contemporary Cambodian Art @ Café Livingroom, 6.30pm. A talk and slide show by Erin Gleeson, curator and director, Bassac Art Projects.

Paprika @ Meta House, 7pm
Japanese animated Tour-de-Force of Visual Invention.

Every Monday

Open Mic Jam Session - Come Jam with Phnom Penh's best Musicians or just enjoy the music @ Riverside Bistro from 8.30pm.

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

Every Tuesday
Floorfillaz from 9pm -The best new Dance & R&B & Hip Hop tunes - Angkor Jug \$5, Vodka/Tequilla \$2.
Taboo Tuesday with DJ Makara @ Riverhouse Lounge.
Every Wednesday
GUEST BAND NIGHT - Bands from all around the world come to the Bistro - Live Music @ Riverside Bistro, 8.30pm.
Bollywood films @ Annam Restaurant. 7pm.
Movies @ The Chinese House. 7:15pm.
DJ Jimmy Salsa Night @ Equinox, 8.30pm.
Every Thursday
'Remedy' Live Music - New & Old Classics @ Riverside Bistro from 8.30pm.
World Art Lounge @ Studio 182, 11pm
VIBeration Thursday - House music all night @ Riverhouse Lounge.
Mama Swing and the Phnom Penh PSwings @ Equinox, 8.30pm.
Glory Hole @ Pontoon Lounge, 10pm DJ & Drag Show
Every Friday
'Girl Power' Live Music - Power Ballads & Pop @ Riverside Bistro from 8.30pm.

African Dance Party from 9pm to 6am. Do It All Bar.

Every Saturday

'Saturday Night Fever' Live Music - Music to make you Dance @ Riverside Bistro from 8.30pm.

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

Glory Hole & Momma Bong's Bootilicious! with Vanessa Boots @ The Blue Cat (upstairs), 9pm.

Reggae Night. 9pm to 6am. Do It All Bar.

Every Sunday

'Hey Macarena' Live Music - Cheesy Pop! @ Riverside Bistro from 8.30pm.

Raggamotion Sunday @ Riverhouse Lounge with DJ Pannara.

Open Mic @ Riverside Bistro, 10pm.



@Equinox

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 Sophal Gallery
 39C Street 178
 Gallery devoted to the works of the Cambodian artist open from 7am to 7pm.

Java Café & Gallery 01
 56 Sihanouk Bvd., Tel: 023 987 420
 www.javaarts.org
 Contemporary art gallery with regular exhibitions of Cambodian and international artists. Website has details about Cambodia's contemporary art scene.

Meta House 02
 6 Street 264, Tel: 012 607 465
 Multimedia arts centre on three floors has regular exhibitions, interviews with filmmakers and short films. Open Tues. to Sun. 2pm to 10pm.

Mutrak Gallery
 409 Street 246, Tel: 012 294 731
 Gallery featuring the works of Cambodian artist Leang Seckon, viewing by appointment only.

New Art Gallery
 20 Street 9, Tel: 012 824 570
 More art shop that does framing than gallery, it does have occasional exhibitions.

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

Reyum Institute of Arts & Culture 27
 47 Street 178, Tel: 023 217 149
 Small gallery with regular exhibitions of Cambodian artists. Part of an NGO established to preserve traditional and contemporary Cambodian arts.

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

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

The Mansion (Sino-Khmer Residence) 28
 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.

We are moving!
 From May 2010 you will find us
 at 37Eo Sothearos Street...

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 Email: mesterharm@gmx.net

- Aircon Restaurant
- Art Exhibitions
- Dance Theatre
- German Classes
- Film School
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leisure & wellness

Learning the Art of Dressage

A walk through the shaded stables at the **Cambodian Country Club** would convince any new or seasoned rider that the Equestrian Centre takes horse riding seriously. Words by **Melissa Fisher**.



Learning to ride is child's play

AS THE ONLY EQUESTRIAN centre in Phnom Penh, the Cambodian Country Club offers both novices and experienced riders the chance to ride with professional instructors and compete in national championships. Wearing riding chaps and surrounded by enthusiastic young riders, French Trainer Guillaume Larivain explains what a typical lesson at the CCC encompasses.

"For the first half-an hour you learn how to choose and take care of your horse." Choosing a horse depends on the rider's level, but the main priority for an unfit rider is finding a horse that is friendly. The second part of the lesson you learn the art of precision and control while riding. Both individual and group lessons bear in mind the individual skill level of the rider. Typically, the rider will practice in the larger arena. To change things up, an instructor can lead you out on a trail with small

hills or on the street just outside of the equestrian centre to learn how to control the horse in various settings.

For advanced riders, learning and performing the elements of dressage and show jumping makes riding here all the more exciting. Dressage is the French term for the set path of competitive horse training in which the standard training methods enable a horse's natural ability to perform as a riding horse. As Guillaume explains, "The idea is to maximize the harmony between the rider and the horse, while focusing on precision and control." Overall, the goal is to prepare riders for the international arena, so they are able to utilize what they've learned with Guillaume or Cambodian trainer Soparith Hoy and ride abroad.

Horse riding offers multiple health benefits. Young riders learn how to be safe and independent, while having fun as they grow

confident and learn to let go of any fear. The groom will take riders out to practice in the smaller arena, before letting them venture out to the larger 70sqm arena.

Guillaume explains that the interaction between the rider and the horse helps to develop a person's ability to relate to others not of the same background or language. "A horse doesn't speak English or French. It thinks differently." Riders learn to work as a team with their horse, staying in tune with the horse's movements and communicating via hand or foot gestures. Guillaume believes riding teaches youngsters responsibility and maturity as well as coordination and core balance.

Run by General Manager Ms. Soraya Ourrais, the Equestrian Centre has 31 horses purchased from Thailand with Vietnamese, Australian and European breeding. Formal individual and group lessons with experienced

horse trainers and instructors offer a professional and safe way to ride in Cambodia. Typically group sizes range from three to four persons. A one-hour group lesson for riders aged 12 and under is set at US\$13 and for those over 12 years of age, costs US\$16. Regardless of age, individual lessons currently run at US\$30 per hour. A 15-minute trail lead is a US\$5. The Club also offers specials, including a free lesson with the purchase of a 10 hour lesson pass and a Special Horse Riders Membership of US\$250 per year. Should you happen to own your horse in Cambodia and have no place to put it, the Club's stables offer room and board for ponies at US\$289 per month and US\$350 for horses, which include a box, bedding, food, water, electricity, and grooming.

Cambodian Country Club,
Equestrian Centre. 18 Street 2004.
Tel. 015 231 755. 📍

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.

Soun Soben
Tiger Road, Prek Eng, Kieng Svay District, Kandal Province. Tel: 016 642 493, 016 600 406, 017 772 456
Get out of the city for some fun in the sun. Pack your own picnic or enjoy from the full service restaurant. Fishing available with all equipment provided. Also available for Private Party & Functions.

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 Sothearos 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
Fritz 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 Chhang 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 Sothearos 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).

Beauty Tips: Hair

Feeling good about your hair isn't always an easy feat in Phnom Penh. Natalie Elverd works out the tangles.

WE CUT IT, COLOUR IT, curl it, gel it, spray it and straighten it, we have good hair days and bad hair days. The way our hair looks can have an impact on the way we feel, as the saying goes, "if you look good, then you feel good."

Communication with a stylist can be difficult along with the dilemma of limited quality hair products available.

Here are a few tips to help you along the way to having more good hair days than bad in the Penh.

Hair cut/colour. Visuals work well. Take a picture with you to the salon to assist with communication. Research products used in the salon first and stick to professional brands.

Hair colour care. Different water conditions affect artificial colour staying power and may cause natural hair to appear dull. Prolong colour life and give natural colour a boost by using a shampoo that contains colour.

Dry hair. Long hair needs a rest from straighteners and dryers. To improve the effectiveness of your conditioner, towel-dry your hair before applying to remove excess water and comb the product through with a wide toothcomb.

Frizzy Hair. Tame it down with a few drops of hair serum. Rub together in

your hands; apply sparingly and evenly through the hair to de frizz. Also when in a moto or a tuk-tuk wrap a scarf or krama over your hair Audrey Hepburn style – you'll be amazed how tidy your hair still looks by the end of the day.

Lice. Easier to prevent than treat; Mix together in a spray bottle, 2 cups of water, 2 tbsp conditioner and 3 drops of either, eucalyptus or lavender essential oil. This treatment can also be used everyday to keep children's hair smelling fresh in this hot climate. Tie hair up for school.

FABULOUS PRODUCTS AVAILABLE IN PHNOM PENH:

Hair serum treatment. La Bourse. Available at Sydney US\$6.57, 60ml.

Colour shampoo. TRESemme' Colour Thrive blonde US\$6.90. Brunette/red. Available at U-Care US\$6.90, 591ml.

Essential oil. Lavender 10ml US\$5.00, Eucalyptus US\$7.00 10ml. Available at Amret Spa. 3 Street 57.

Great hairbrushes for kids. Cameo Cushion Brush US\$2.00. Available at U-Care. Kids hair detangler. Intouch Spray Conditioner US\$2.20, 220ml.

Sydney
U Care
Amret Spa



Jane Lopacka: Traumatic Stress

Everyone has suffered stress at some time of their lives. But how we deal with it varies from individual to individual.

WE ALL PROCESS TRAUMATIC events differently. Whilst one person may have an adverse reaction to something bad happening to them, another might seem unaffected by it. There are various reasons for these differing responses. What is important is that we recognise individual responses as different not wrong.

We take information into our active memories using one or two of our senses. When an event of a traumatic nature occurs, you take in information using all five senses. This overwhelms the active memory so it takes time for the brain to process all the information. When something mildly disturbing happens to us it might take two or three days before we process the information and stop reacting to it. More disturbing events take longer to process. A healthy response to a traumatic event can take up to 28 days to process with symptoms that build up and become acute after which you return to your normal state of being.

A Critical Incident Stress Debriefing conducted by trained debriefers, preferably between 48 and 72 hours after the event, helps the mind to organise information relating to a traumatic event.

It can mitigate the longer-term effects of psychological trauma. Even years later, it can be helpful.

Symptoms that persist after four weeks might move you into post-traumatic stress disorder, when it is more difficult to return to your normal way of being. Acute stress response and post-traumatic stress disorder can be the result of a single traumatic event or a series of traumas over a long period of time. Vicarious trauma is the result of being exposed to other people's trauma material, such as listening to or reading about other people's traumatic stories.

Disturbed sleep, hyper-vigilance, depersonalisation, irritability and avoidance of situations that might remind you of the trauma are typical symptoms. If you have suffered a trauma, it is best to get help in processing your experience sooner rather than later. When choosing a counsellor, always check out their professional credentials and ensure they are receiving clinical supervision.

Jane Lopacka is a senior counsellor and director of Phnom Penh Counselling Centre. 13 Street 420, Phnom Penh, Cambodia. www.pp-counselling.org. Tel. 023 218 974, 092 700 910.



SOS Dental Clinic

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

education

Khmer School for Expat 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, Paddys offers an honest workout with recently imported equipment. Good range of free weights, boxing ring, boxing bags and aerobics. Entrance is US\$3 or US\$45 per month. Open from 6am to 8pm.

Raffles Amrita Spa

Raffles Le Royal Hotel, Street 92, Tel: 023 981 888
Modern gym and pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi costs US\$10 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 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: 012 455 239
Khmer, English and Thai speaking stylists trained in hair, facial and nail treatment. L'oreal Professional products available. Free WiFi, tea and coffee provided. Open 9am to 8.30pm.

New Jack Holt International

38 Street 57 (at Champey 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.

Royal Rattanak Hospital

11 Street 592, Boeung Kak 2, Toul Kork, Tel: 023 991 000. www.royalrattanakhospital.com
A Thai owned and run Private Hospital with extensive services that strives to provide high standard and quality medical care by professional care team.

optics

Eye Care

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

Grand Optics

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

pools

Asia Club

456 Monivong Blvd., Tel: 023 721 766
Beautiful swimming pool tucked around the back of Man Han Lou Restaurant

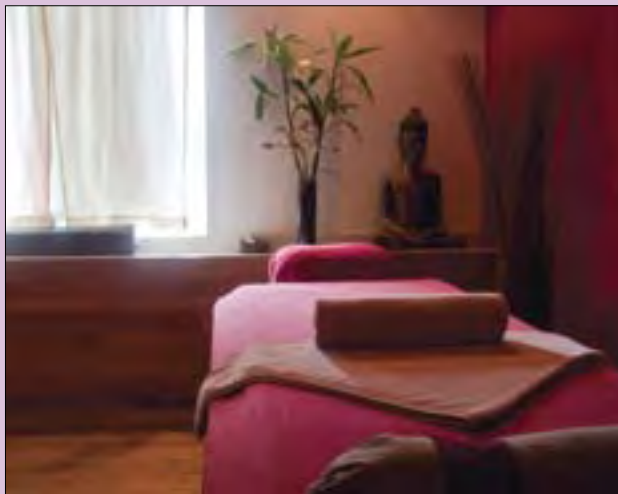
Beauty Spot: Bodia

One of Siem Reap's premier spas offers tired travellers relaxation and rejuvenation in a very stylish setting.

IT IS REFRESHING, NOT TO mention utterly pleasurable, to visit a spa that gets it right. And Siem Reap's Bodia certainly does. Located opposite the town's infamous Pub Street, the lush spa is a beautiful oasis of calm, quite rightly described as a 'Cambodian cocoon' by the owners.

White, curved walls, abundant use of natural materials, as well as subtle water features give the spa both a luxurious and welcoming atmosphere. Several treatment rooms indoors are available, however the tropical garden roof terrace has a particular draw. With small, air-conditioned huts amidst the greenery, it is especially designed for couples as most huts have two massage beds.

The menu at Bodia includes a range of massages as well as body wraps, scrubs, facials, and nail care treatments. Several package deals (from



US\$48) are also available. All treatments are conducted using fresh ingredients such as orange juice, yoghurt, and fruit, or natural, chemical free products from the spa's own product range Bodia spa.

After a day traipsing around the temples, the spa's

classic oil massage (US\$28) is a perfect way to soothe aching muscles and apsarafilled minds. Choose between four oils to get exactly what you want; eucalyptus to cool your body, ylang ylang to ease stress and tension, ginger to relieve muscle and

joint ache, or rosemary to lift your spirits from exhaustion and fatigue.

Using strong strokes, the therapist kneads your tired muscles from top to toe. The massage oil has a faint smell, which in the dimly lit room transports you to seventh heaven. Attentive to your needs, the therapist asks you to tell him or her of how strong you would like the massage to be, further making sure everything else is in order at regular intervals.

Though most of the spa's clientele are tourists, a 30 percent discount for expats is a draw for those staying in Cambodia on a more permanent basis. And keep an eye out, the spa is set to open in Phnom Penh soon as well.

Bodia Spa, Old Market area, above U-Care pharmacy, Siem Reap. Tel: 063 761 593. Open 10am to midnight (last booking 11pm).

spas

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.

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

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

Amatak Spa
4 Street 228,
Tel: 023 722 029 / 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.

Champeï Spa & Salon
38 Street 57, Tel: 012 670 939 / 023 222 846, www.champeispa.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



EL Skin & Wellness Center

#115, Street 109 (South of Council Minister), Phnom Penh.
Authorized Distributor of : Dermalogica, Jane Iredale, O.P.I

Open Daily: 10 am - 7 pm

FREE CONSULTATION

Tel: 023 884390 - 012 681948



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Hot Rock Massage Oil Massage Waxing Steam & Sauna
Consult/Treatment by Facial Specialist of Cosmetology from USA;
Staff professionally trained by OPI & International Dermal Institute.



@Soun Soben

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
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AsiaLIFE guide
www.AsiaLIFEguide.com

Best Kept Secret: Tailor-made Condoms



PHOTO BY ADRIENNE HART-DAMS

GOING TO THE TAILOR'S for a fitting is a common event in many expats' lives in the Penh. However, the fittings are usually for clothes, not prophylactics. Thanks to new technology now available in Cambodia, those engaging in more or less amorous bedroom exploits can now also get their very own, personalised condoms.

Produced by a company called ConFit, the tailor-made condoms naturally come in all sizes and variety of thickness. They can further be individualised by extra details, such as flavours and images.

To make the condoms, ConFit uses a special machine that takes a unique 3D computer image of the penis. In order to ensure perfect fit, two images are required – one of the penis in erect state, the other in flaccid state.

Representatives of the company note that tailor-made condoms are not only about aesthetics and comfort. They are about safety as well. "Uncomfortable condoms can easily break or slip, adding to the risk of in-

fection or pregnancy," April Hoodwink, the company's Cambodia representative said. She added that ConFit has secured an ISO for the product, making sure it is up to international condom standards, as set by the Condom Standards Convention held in Korea in 2007.

Given the production cost, ConFit only retails the condoms in batches of 100. Prices start at US\$150 for plain 3-inch condoms, increasing by US\$10 per inch. An added flavour will set you back US\$20, while ribbings cost US\$25, and images scanned on to the prophylactic are yours for US\$15.

"Most of our customers like to be playful, adding images and slogans on their condoms," April noted, adding that the average size of condoms sold in Cambodia so far is 4.2 inches long and 1.9 inches in diameter.

To get your very own custom-made love glove, and perhaps increase the Cambodia average size, call April Hoodwink at ConFit on 026 636 642, or e-mail april@confit.com.

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Implant (Straumann, Switzerland)
Orthodontic Treatment

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Deborah Moore (UK) Dentist
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next generation

Kidz Cool

Baby it's hot outside. Load up the kids and head to **Kidz Cool** for good, clean, cool fun. Words by **Kate Liana**.

PARENTS FREQUENTLY bemoan the lack of children's activities in the capital. When Eric and wife Ourinh moved here with their two young children, they decided to change that. "We had the idea just to make a small playground," explains Eric, gesturing around at the 3,500sqm recreational behemoth that's bloomed on the site, looking a little dazed. "I'm not sure what happened."

What happened is Kidz Cool, a "mini-club med for kids", as Eric describes it, that's packed with fun, games, and friendly staff so parents can relax. Originally in town to work for the tennis federation, Eric and his wife were looking for a house on Chroy Changvar. "The space was so big, we decided to use it for the playground." What started as a simple idea grew into a mega-complex that continues to expand.

Starting with the wee ones, 18 months and up, there is a "soft play" area in the main house with age-appropriate, safe toys. The Princess Room, on the same floor, is where aspiring stylists can play with makeup, hair styling, or have their faces painted. Next door kids can paint and draw in the Creation Room. Outside is a play area for older toddlers featuring a jungle gym, trampoline, mini-climbing wall, and what looks like a giant hamster obstacle course.

Now that we're smack dab in the middle of hot season, the most attractive features are the



How to stay cool in the hot season?

ones that involve water. Out back behind the main house is the football pitch and the inflatables: three giant bouncy structures in the shape of a giant Spider Man, a princess castle, and a giant rubber water slide. There's also a regulation, properly equipped climbing wall, which is manned by trained staff. The grand star is the massive 150m pool, which has all manner of toys floating in it.

All the materials are brand new, durable and clean. Every play area and outdoor space is shaded to keep kids out of the

sun, and will be a boon in the rainy season. Safety is foremost on parents' minds, and Eric has made it a priority. There are 17 full-time staff, four of whom are certified emergency responders. An infirmary with basic supplies is staffed by a nurse on weekends. The complex is fully insured and there are three full-time security guards who ensure adults without children are not granted admission. All this translates to fun for kids and peace of mind for parents, a priceless goal.

On a recent visit, one couple raved about the staff, who were

romping in the pool with their kids. "This is the best place for kids in the city," they said. "We've been here three years, and haven't seen anything like it."

Eric and Ourinh's future plans are even bigger: they just purchased a speedboat and can pick you up from anywhere along the river on weekends, free of charge. They also want to offer water skiing and tours around the peninsula. In order to keep parents as gleefully entertained as their kids, the air-conditioned parent's lounge will soon have a bar, pool table, television, newspapers and magazines, and will offer massages, manicures and pedicures. Other plans include mini-golf, a pool for parents, and a water park. After working at Club Med all over the world for the past eight years, the couple knows how to take care of people. "We wanted to offer something to families here, a space where everyone can have fun."

Despite all of the activity, the place still feels warm and homey, not surprising since Eric, Ourinh and the kids live on the site in the main house, and can boast one of the coolest backyards in town. Costs are US\$5 on weekdays for each child, US\$10 on weekends – parents and caregivers are free. Open 9am to 6pm everyday. Grab your bathing suit and go.

Kidz Cool, 74 Tonle Sap Road. Tel. 017 933 620. www.kidzcool-cambodia.com.



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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 (Children 2 yrs and below: FREE, Children 3 till 12: US\$3, Adults: US\$5) and large garden for kids to ride around on bicycles in. Menu has child-friendly dishes like chicken nuggets.

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, coats and toys. Open from 8am to 8pm.



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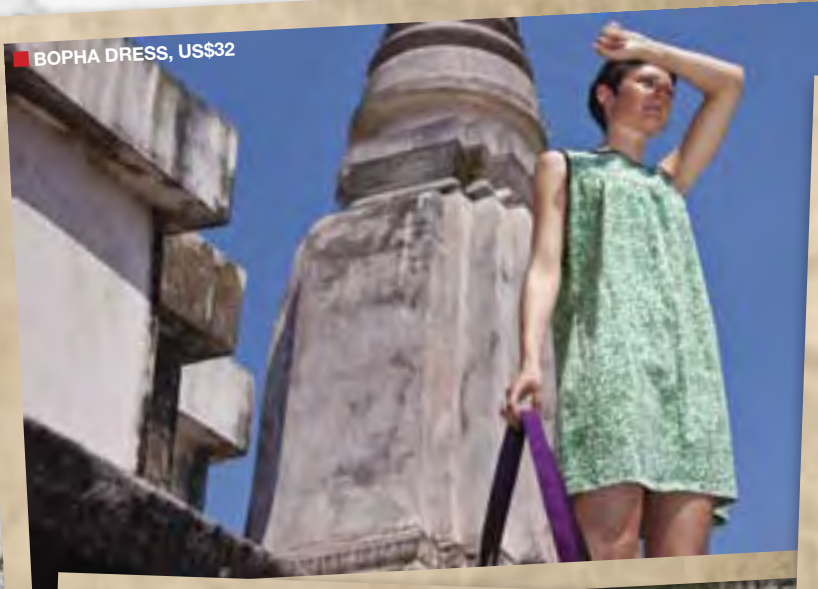


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shopping & fashion

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■ BIKE T-SHIRT, \$20, SHIRT SKIRT, \$28

■ TIDA DRESS, \$32, VEGETABLE T-SHIRT, US\$20, P'GAA SKIRT, US\$28, BUTTON BRACELET, US\$4



■ P'GAA T-SHIRT, US\$25



■ GOEL DRESS, US\$32



■ FISH T-SHIRT, \$20, SHIRT SKIRT, \$28



■ ALL ACCESSORIES AND HOME WARE PRODUCTS AVAILABLE FROM ARTISANS' COLLECTION, 11B, STREET 240 [NEAR STREET 51]

CREDITS:
ART DIRECTION AND PHOTOGRAPHY BY JAMES GRANT (SLIK PHOTOGRAPHY-JAMESGRANTPHOTO.COM)
DESIGNS AND STYLING BY RACHEL FALLER
MODELS: SYNG NIMOL AND BRIONY
BACKGROUND PHOTOGRAPHY & LAYOUT: KEITH KELLY

Shop Talk: A Roman Holiday in Phnom Penh

Literally two colourful Italian words rolled together to make one, **Ororosso**, which translates to gold-red, is the latest to join expat favourite – Street 240. **Melissa Fisher** sits down with co-owners **Fabrizio Sartor** and **Keo Sophea**.



Ororosso's new line on Street 240

“RED AND GOLD ARE colours that are historically part of the Khmer culture,” says Fabrizio Sartor, who came to Cambodia nearly four years ago. After meeting his wife, Keo Sophea, the duo decided to stay and fulfil their dream of opening Ororosso. At the back of the shop, the wall is lined with mounted rolls of solid-coloured cloth. Recreated from memory, this classic display of fabric comes from an Italian clothing boutique where Fabrizio's own mother worked as a tailor when he was young.

With its second store to open in the country, Ororosso aims at producing a premium fashion brand for Southeast Asia. The boutique proves that international clothing standards and comfortable, fashionable styles are indeed available in Phnom Penh.

“We want to provide useable clothing for every situation. Whether it's casual or elegant, it is modern yet still true

to traditional Italian style,” Fabrizio explains. Women and men should recall Italy's glory days. Pull out your large dark sunglasses and think Audrey Hepburn and Gregory Peck taking their Roman Holiday.

Gathering the best silk from the Cambodian provinces and importing raw materials from Italy, Thailand, Korea and China, Ororosso's two designers, Cambodian Keo Sophea and Belgian Wesley Taller stitch together that relaxed 1950s and 1960s carefree period in Italy for current day Cambodia. Inspired by this, the designers and Fabrizio oversee a line of high quality, sophisticated pieces that make shopping for work-clothes or an evening function a whole lot easier.

Ororosso hopes to attract an international customer base looking for an upscale urban look. The goal for the designers is to get away from the tropical prints and bring customers



Keo Sophea used to manage Song

functional clothing. The theme of classic mobility is key.

Although the shop offers free tailoring with purchase, Ororosso plans on opening a workshop with its own tailors and eventually exporting some of its products to Europe. A website and catalogue with the complete collection will be unveiled early this month. Priced accordingly for the high quality of design and materials used, men's linen pants starting at US\$63, shorts at US\$33 and cotton collared shirts at US\$42. Women's apparel ranges from

shirts at US\$40, wrap skirts at US\$36 and linen pants at US\$49. Ororosso also carries beautiful evening dresses, work suits, and home decor.

In this international city where one is expected to hop on a moto to go to work then meet up for drinks or attend an art exhibit at night, Ororosso meets these high expectations. As Fabrizio says, “We believe in what we do. We have the right quality and something special in Cambodia that nobody else is doing.”

Ororosso, 75 Street 240. Tel. 012 483 650. 

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 Sotheaors 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 Romya 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.

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 Kellianne Karatau and Cassandra McMillan, this boutique creates its own collection of designs twice a year using hand-woven Cambodian silk. Open 8am to 6pm.

Kambuja

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

Keo

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

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.

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inspired Italian designs by Khmer designer Keo Sophea, and Belgian designer Wesley Taller. Stylish yet functional men and women's clothing for work or play.

Promesses and Kaprices
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 Kaprices 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.

Subtyl
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 Subtyl 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).

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@Jasmine

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 Yell. 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.

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

Daughters
Bringing freedom to victims of sex-trafficking in Cambodia

Store - clothing, homewares, accessories...
Sugar 'n spice - indulge your taste buds...
Soothe - spa pampering for weary bodies...
Story - their stories, their photos, their hearts...

65Eo Street 178, Phnom Penh
Tel: 077 657 678
www.daughtersofcambodia.org

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

22B ST 278 PHNOM PENH
TEL: 017 755964

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Home Decoration, Bed & Table Linen, Curtains.
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La Clef De Sol



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




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#8 Eo, St 57
Phnom Penh, Cambodia
t: +855 12 647 061
e: jennifer@smateria.com
w: www.smateria.com

associated products, Kurata is one of the more unusual shops in town. Watch the workers shift through the peppercorns in a room near the front entrance.

Madeleines Bakery
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.couleursdaside.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.

Le Rit's
71 Street 240,
Tel: 023-213-160
Handicraft boutique on the grounds of the training restaurant Le Rit's, the social enterprise managed by NGO NYEMO. Fun, funky and a bit different to the norm, their skills and accessories are in fantastic bright colors. Also has a great range of children toys and hangings butterflies and bird mobiles. Second outlet on the

eastern edge of Russian Market. Open 7 days from 7am to 10 pm.

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

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

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

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

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.


Wine

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

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

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

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



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the insider

Getting out of Dodge

We all love the Penh, but even the most die-hards need to get out of town every now and again. **Craig Gerard** examines the most practical ways to scoot on out.

■ FLY, FLY AWAY

Budget airlines abound in Asia, and with a little advanced planning, cheap tickets are easy to come by to certain destinations. Air Asia, based on the model of Southwest Airlines, a popular US budget carrier, offers direct flights to Bangkok and Kuala Lumpur. Check their website for regular sales. If you time it well, you can fly to either destination for as little as US\$30 round trip. You do have to pay extra for baggage, assigned seating, and in-flight snacks and drinks.

If your final destination is not Bangkok or KL, you must book a separate roundtrip ticket from that airport, and transfer your own bags when you transit. These annoyances are what you put up with to get such cheap tickets. Another budget option currently available is Jet Star service to Singapore. Sale tickets are available for as little as US\$100 as long as you promise not to check any baggage. While there is no current service direct from Phnom Penh to Manila, rumour has it that the Cambodian government is in discussion with budget airline Cebu Pacific, which should drastically reduce the cost of flights to the Philippines when that route comes on line.

If budget airlines and quick fix destinations aren't your thing – it's best to trust your travel plans to a quality travel agent. East-West Travel, located near the BKK market has been booking affordable flights and providing reliable service to expats in Phnom Penh for nearly a decade.

Air Asia

Tel: 023 356 011, www.airasia.com

Jet Star

Tel: 011 811 414, www.jetstar.com

East-West Travel Agency

Tel: 012 818 118

■ MAGIC BUS

Bus service in Cambodia has drastically improved over the past five years, and now it is possible



to get a reasonably priced ticket on a comfortable, air-conditioned coach to most popular destinations in the country. Mekong Express, with offices at the River Front and O'Russey Market, offers service to Siem Reap, Sihanoukville, and Ho Chi Minh City, all for about US\$12 per trip.

The bus has a bathroom on the coach, which may or may not be cleaner than the toilet at the rest stop. You will get a snack and a bottle of water when you arrive on board. Other than the pesky mosquitoes, this is as comfortable as you could expect a bus to be. And if you are a fan of Khmer karaoke, then you're really in for a treat.

If you are headed to Vietnam, taking a Vietnamese bus company like Sapaco, may reduce your time sitting at the border. The bus station is near Olympic Stadium and leaves seven times a day. The reverse is true as well, travel with a Cambodian company when making the return trip.

A fairly new bus company just came online called Sok Sokha Express, running between Phnom Penh and both Siem Reap and Sihanoukville. One other word of advice: take the daytime bus.

Travelling in the provinces at night can be risky business. The obstacles aren't just erratic drivers with questionable sobriety, but animals also make their way onto the pavement to soak up the heat.

Mekong Express Limousine

Tel: 023 427 519

Sapaco Bus Services

Tel: 012 696 688

Sok Sokha Express

Tel: 017 545 151

■ CARS

While car rental places have not made it to Cambodia, there are options if you want your own car for the weekend. Most (if not all) come with drivers, so sit back and enjoy the ride. A one-way sedan taxi service to Sihanoukville will cost you US\$35-45, and to Siem Reap would be US\$45-55. Taxis to most destinations can be hired near Central Market. Roundtrip service is also an option, and usually costs around \$120 for the weekend, which includes gas, the driver's accommodation and the driver to chauffeur you around during the weekend. Prices will

be higher for further destinations and more nights.

If you have a large group, consider renting a Van which seats 10 passengers and costs a mere US\$150 for the weekend.

Additionally you can rent a car, SUV, Minibus, or Van with out a driver. Prices range depending on size of vehicle. It's best, but not essential, to have a Cambodian Driver's Licence.

Car with driver rental

Mr. Vutha Tel: 012 633 133.

Van with Driver Rental

Mr. Chhay Long Tel: 012 736 817

Vehicle Rental without Diver

Mr. So Somnang Tel: 012 456 003

■ BOAT

The other option for travel to Siem Reap is the "fast" boat. One-way tickets can be purchased at the passenger dock (Sisowath Quay and Street 102), and cost US\$35. While the cabin of the boat is rather plain, most passengers opt to climb on the roof of the boat and catch some rays. Bring a cooler and some sunscreen so you can pass the six-hour ride sunbathing and watching the riverside villages of the Tonle Sap drift on by. Bear in mind this boat is not available at the end of the dry season.

Angkor Express Boat

Tel. 011 881 224

■ I WANT TO RIDE MY BICYCLE

For transportation with a smaller carbon footprint, check out Grasshopper Adventure's shop Vicious Cycle. They rent bikes by the day and organize both day and overnight trips. While you cover less ground per day, you certainly get a more intimate connection with the country as you pedal your own way out of town.

Vicious Cycle Café

Tel: +66 87 929 5208,
29 Street 130.

www.grasshopperadventures.com. ■

The Geek: Windows 7



In this month's article, the Geek discusses a very hot topic – Windows 7 in Cambodia.

AS APPLE CONTINUES TO increase its market share and convert users to its stable and user-friendly operating system, many observers felt it was time for Microsoft to unleash a new system of its own – especially to fix the bad reputation brought about by Vista. But is the Cambodian market ready for Windows 7?

From the beginning of this year, most computers sold in Cambodia come with Windows 7 already installed. This doesn't include netbooks, which run better on XP. Windows 7 is meant to be more stable, secure and graphic friendly. But should you upgrade to 7? The answer is yes, if your laptop is compatible – this is a hardware capacity question. Most – but not all – laptops that run Windows Vista should be able to run Windows 7. There might be some driver issues during upgrade so you'll need to check the support websites for your computer components. Functions like Bluetooth or Finger print might not work on your older model laptop. If you can live without these options, then

upgrading to Windows 7 will be good for you.

Compared to previous Microsoft operating systems, security has been improved to fight against well-known viruses and hacking vulnerabilities. Most devices plugged into your computer will be detected and installed straight from the Microsoft Windows update server, so long as your computer is connected to the Internet. The Aero Peak Taskbar makes it easy for you to flick through opened programmes and files. So far, the 7 OS has been stable enough for me to have my laptop running for weeks without needing to restart it like I used to with XP – I'm sure many of you have experienced this frustration.

I also recommend those who are going to use Windows 7 at work, to upgrade to the professional edition. This is because the home edition limits some functions that you'll need at work.

Sok Yeng is the technical manager at NETPRO-Cambodia. This company provides IT solutions for the home or office. Email: info@netpro-cambodia.com. www.netpro-cambodia.com for more information.



the insider

advisory services

Alcoholics Anonymous
20B Street 286, Tel: 092 974 882
www.aaphnompenh.org
AA meets on Friday at 7pm, Wednesday at 12pm and Sunday at 12pm.

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

architecture & design

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

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

bikes & mechanics

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

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

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

building

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

business groups

Australian Business Association of Cambodia (ABAC)
20 Cn of streets Kramuon Sar & 67.,

Tel. 012 675 838. abacambodia@gmail.com. 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 Sothearos Blvd, Tel: 023 210 225
zirconium@online.com.kh

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

BCC / Malaysian Business Council of Cambodia
Unit G21, Ground Floor, Parkway Square
113, Mao Tse Tung, Tel: 023 213 386
mbcc.secretariat@gmail.com

Singapore Business Club (Cambodia)
92, Norodom Blvd, Tel: 023 360 855
singcamb@online.com.kh

Women's International Group
Tel: 092 942 435 / 012-934-831,
email: dortekieler@gmail.com
WIG meets every first Wednesday of the month at 3pm at Hotel InterContinental with a speaker on various topics. Also has monthly lunches and events. Welcomes women new to Cambodia to form a network and get settled in. Annual fee of US\$20 goes to projects for poor women and children in Cambodia.

Car Rental

Acc Car Rental Services
43 Street 160z Toul Kork., Tel. 012 456 003 / 015 456 003.
Professional, prompt and organised rental service that provides vehicles for rent with or without a driver. Camry, CRV, Pajero, Lexus, Mercedes, Land Cruisers are all available at affordable prices. ACC also rents a range of busses that seat from 12 to 45 people. All vehicles can be delivered to your door.

commercial banks

Advanced Bank of Asia
148 Sihanouk Blvd., Tel: 023 720 435
www.ababank.com.kh

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

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
17 Az 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.asiamediab.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.

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.

insurance

Asia Insurance Cambodia
5 Street 13, Tel: 023 427 981
email@asiainsurance.com.kh
www.asiainsurance.com.kh
Hong Kong-based insurance company registered in Cambodia in 1996. Offers all types of insurance services.

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

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

international schools

iCan International School
85 Sothearos Blvd, Tel: 023 222 418
www.ican.edu.kh
iCAN is a truly international school. It offers affordable, high quality education to 330 children, aged 2-12, from 29 different nationalities, using the British curriculum. iCAN is a contemporary, purpose-built school and is the first in Cambodia with interactive whiteboards in every classroom. All iCAN teachers are fully qualified, experienced and encourage a love of learning that goes beyond what is taught.

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

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.

legal

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

Office Space

Kamia The Secretary Ltd.
825A Monivong Blvd., Tel: 023 726 680
Centre, Cnr. Sothearos & Sihanouk

Bldvs., Tel: 023 997 492,
www.thesecondarycambodia.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 Sothearos Blvd, Tel: 092 644 811,
www.melon-rouge.com
Photographic agency that offers a full range of visual products and services from fashion, life style, reportage, 360° panoramic pictures, to cultural event organisation.

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

Printing

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

Sok Heng Printing House
1297B Street Luo 5, Stoeung Mean Chey, Tel: 011 939 255 / 012 939 255
Modern print house providing a full range of printing services. Graphic design available.

Relocation

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

Security Firms

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

Shipping

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

Telecoms

Beeline
Tel: 090 999 611, www.beeline.com.kh
Mobile phone company offering VoIP international calls at attractive rates.

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

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
ACSPHnomPenh@state.gov
www.cambodia.usembassy.gov

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Trevor Keidan: Turning Money into More Money



"I WANT TO DO THAT THING rich people do where they turn money into more money," says Liz Lemon (played by Tina Fey) to her boss Jack Donaghy (played by Alec Baldwin) in the popular US sit-com 30 Rock.

And although the line – like Tina Fey's character – is fictional, it could very well apply to at least some people reading this column. After all there are those that share Liz's belief that using money to make money is not for everybody.

However, I beg to differ – turning 'money into more money' is not the domain of the rich. Instead – with a little forethought and financial planning it can be for everybody.

Simply put there are two ways to pay for our financial responsibilities and wants. One is by saving and the other is by investing.

While saving is putting money aside to pay for something at a later date, investing is the act of using your money to make more money. And while saving is normally used to achieve short-term financial goals in-

vesting usually means taking a longer term view.

So why should we invest instead of save? The most common reason is to beat inflation because the interest rates offered by banks are often not adequate to stave off the persistent perils of inflation. In addition investing will often allow us to achieve more growth faster. However, one must also realise that investing is not without its risk – as well as its reward.

The most common ways to do this are by investing in stocks, mutual funds and bonds.

Perhaps the most common form of investment nowadays is in stocks and the stock market. When you buy a stock you are actually buying a share in a company. The value of that stock (or share) is determined by the success of that company. Normally if the company does well the share price increases.

While stocks are expected to give you a higher return than the interest available on most savings accounts there are risks associated with

this type of investment. The share price could go down as well as up and the company itself could even go bankrupt rendering the stock worthless. However, in most cases if you invest using a long-term view and use proper strategies the risk is minimized.

Another increasingly common type of investment involves bonds. A bond is effectively an agreement which involves a loan between the purchaser of the bond and the issuer.

When you buy a bond you are effectively lending the issuer money. In return for the loan you will receive interest payments on your outlay. The length of the term and the interest rate is determined when the bond is issued.

Bonds can be issued for as little as one year or as much as 30 years. During this term the issuer pays the bondholder interest. Upon maturity the issuer has to pay the bondholder the face value of the bond. Bonds are normally issued by governments, government agencies and corporations.

Another type of investment that has gained in popularity over the years is that of the mutual fund. The essence of mutual funds is that investors are able to pool their own investments with others. This can allow for increased buying power and bigger profits. In addition the fund is often managed – which takes away the need to persistently monitor the investment as one would with individual stocks. Funds are a great way for a beginner to enter the world of investing.

So, if you want "to do that thing rich people do" and make the most of your money to achieve your financial goals then rest assured it is possible. However, my recommendation to you (and Liz Lemon) is to obtain professional financial advice.

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. 📧

gian connections has launched the qb 3G entertainment network. Has competitive talk packages.

Cambodia Samarat Communication
56 Norodom Blvd., Tel: 016 81001
Internet provider that issues the 016 SIM card.

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. 📧



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Khmer Ingenuity

Foreign dominance in the Siem Reap restaurant trade is a fact that is hard to ignore. **Nicky Hosford** sheds some light on two restaurant owners that have beaten the odds.



Only the freshest is good enough at Boulangerie

LA BOULANGERIE OWNER, 27-year-old Leak Sokun, was looking bleary eyed in the back of his café at midday. He's up half the night baking the delicious croissants, breads and pastries that fly out of his kitchen at first light to awaiting temple goers, hotels and restaurants. At 6am the popular café is open and ready for the steady flow of expats who have made this their breakfast-home away from home.

Sokun's family couldn't afford to send him to university, but fate had another plan for him as he was selected for training as a Boulanger in France. The only foreign student in the class in Aurillac, Central France, he overcame his fears of being an outsider in a foreign land and went on to succeed—graduating from the programme with top marks and winning a competition for artistic decorations. Since his return to Siem Reap in 2002, he's worked at Sofitel and Paul Du Brule, but all along he dreamed of owning his own place.

Over the years he waited and saved until finally, together with two friends and partners, he



was able to scrape together the money for the expensive equipment, and Voila! La Boulangerie was born! Better news yet the café survived the critical first year and celebrated its first anniversary last month.

Perk Sophal of Khmer Kitchen served no apprenticeship. As a young 18-year-old, she went to work for the UN as a cook during the 1993 elections. Her family and neighbours were totally opposed to her working for foreigners, but she persisted and eventually landed a job work-

ing as a cook for Médecins Sans Frontières.


At 26, Sophal grew tired of hearing foreigners talking always of Thai, Vietnamese and Chinese food, but never about Khmer food. Her mind was set to do something about it.

She shifted her entire family to the upper quarters of their central Siem Reap home and began a bare bones restaurant on the ground floor.

She had to move all of her family upstairs and borrow gas from her neighbours to cook

with, but with four tables in the ground floor of her house and some very cheap crockery she managed to start up a bare bones restaurant in central Siem Reap.

This meant continuing her work at MSF during the day, then coming back to run her restaurant every night. It was exhausting, but little-by-little she was able to build and grow and now has arguably one of the most popular restaurants in Siem Reap, on three different sites.

The training available to Sokun is a reflection of increased foreign assistance to Cambodia since the 1993 elections during which Sophal first started her working career. Times are changing still and Sophal worries about the young Khmer generation who seem to miss the beauty in other people, and often value only money. Both Sophal and Sokun brought their own patience and persistence to their enterprises, undaunted by the challenges and obstacles ahead of them. "I knew nothing, not even how to write a menu!" says an amazed Sophal. You'd never know it now. 

calendar

April

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

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

2 Friday

Charity Pub Quiz @ Rosy's Guest House, 8pm.

3 Saturday

Sokha Hotel Texas Scramble Golf Tournament @ Angkor Golf Resort.

4 Sunday

Sokha Hotel Texas Scramble Golf Tournament @ Angkor Golf Resort.

Easter Brunch Buffet US\$32. @ Raffles Grand Hotel d'Angkor, 10am.

10 Saturday

Exhibition Opening, Desire, by French Khmer artist Texte de Sera @ Hotel de la Paix, 6.30pm.

16 Friday

Charity Pub Quiz @ Chilli Si Dang, 8pm

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

Ashtanga Yoga with Heidi @ Peace Café (formerly Singing Tree Café). 9am – 10.30am

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

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. 🇪🇸



siem reap



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, Cambjam. 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
Sivutha Street & Pub Street, Tel: 092 207 842
 Definitely the last option for continuing the night - just one for the road. Open from 4pm to very late. Supersize TV screen, table football and pool tables provide a number of options for staying up later.

Blue Pumpkin
Old Market, Tel: 012 946 227

siem reap - cafés



www.tbpumpkin.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 Blvd, Tel: 063 966 000
www.hoteldelapaixangkor.com
 Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and patisseries are all 50% off after 8pm.

4FACES Gallery
Old Market Area, Tel: 089 20 83 36
www.4faces.net
 Large range of hot drinks, shakes, spirits, beers, cocktails and a selected menu of snacks in this café cum gallery. English Premier League on tv-screens. Happy hour from 4pm to 6pm. Free WiFi Hotspot. Open 10 am - late.

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 (k7015)
 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



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GOLDEN ORANGE HOTEL

Group 1, House No 7, Siokram Village, Siem Reap
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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.



Central Siem Reap



Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other photographers. Open 10am to 10pm.

The One Gallery
The Passage, Old Market Area
 Tel: 015 378 088
 Eclectic, contemporary gallery that combines Loven Ramos' mixed media artwork and objects and jewellery accumulated through his travels, with Don Protasio's fashion and accessories. Open 11am – midnight.

The Red Gallery
FCC, Pokambor Ave., Tel: 092 822 323
 A contemporary art space representing a select group of artists based in Cambodia. The Gallery exhibits sculptures, oil paintings, photography and mixed media. Hours: 10am to 10pm.

The Wa Gallery
333 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

Amanasara
Pokambor Avenue, Tel: 063 760 333
www.amanresorts.com
 The ultimate in Siem Reap's chic hotels. The limited number of rooms and high-walled perimeter make this the ideal refuge from the paparazzi for the global Angkor-bound jet set. You'll only be able to get a room if Mr & Mrs Smith are not on a flying visit.

FCC Angkor
Pokambor Avenue, Tel: 023 992 284
www.fccambodia.com
 Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

Golden Banana Boutique Resort
Wat Damnak Area, Tel: 012 654 638 / 012 885 366
www.goldenbanana.info
 Villas and suites surrounding a salt water pool with WiFi, private outdoor bath and showers, bar and restaurant.

Golden Orange
Off East River Road, Tel: 063 965 389
 Mini-hotel with good sized air-con rooms that tends to have customers when others are empty. Nice outside bar makes for a good place to sit and have a few beers.

Hotel de la Paix
Sivutha Boulevard, Tel: 063 966 000
www.hoteldelapaixangkor.com
 With stoneware bathtubs in the rooms, mini-iPods upon request, flexible reading flashlights above the decadently lavish beds and inset photographic galleries along all the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free WiFi.

La Residence d'Angkor
River Road, Tel: 063 963 390
www.residenceangkor.com
 Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Both upstairs Martini Lounge and downstairs bar have recently been revamped. Great place to splash out.

Raffles Grand Hotel D'Angkor
1 Charles de Gaulle, Tel: 063 963 888
 Elegant hotel with opulent gardens and a spectacular swimming pool in its grounds. Has frequent art exhibitions and Apsara dancing on nearby terrace.

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.

ping in and paying a visit if just to see the Siamese crocodiles in reception.

siem reap - leisure

Body Tune
293-296 Pokambor Avenue
www.bodytune.co.th
 Heavy grey stone Thai-run spa with selection of massages and facials. All masseuses work with Thai instructors.

Frangipani
Alley behind Pub Street, 615-617 Hup Guan Street
 Tel: 063 964 391
 Relaxing three-room beauty spa in the heart of town that's popular with expats. Now has a second outlet in the modern complex close to the Central Market. Frequented by those expats in the know.

Helicopters Cambodia
658 Hup 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, Vithei Charles de Gaulle, Tel: 056 396 4600
golf@sofitel-royal-angkor.com
 International standard 18-hole, 72-par golf course managed by the Sofitel Royal Angkor Golf and Spa Resort. Situated 16km outside of Siem Reap.

siem reap - restaurants

Abacus
Oum Khun Street, Tel: 012 644 286.
www.cafeabacus.com
 Set just back from the main road, this beautiful sheltered garden explodes with greenery. The interesting menu has specials including crocodile tails and frog legs' skewers. The steaks are excellent. Book exchange downstairs and two private dining rooms upstairs. Open 11am to late.

AHA
The Passage, Tel: 063 965 501
 Sophisticated and beautifully designed wine bar selling wide range of wines from around the world, tapas, great cheese & Lavazza coffee. Open form 10.30am to 10.30pm.

Alliance Café
7 Makara Street, Wat Damnak Area
 Tel: 017 809 010
 French restaurant established by Olivier 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.

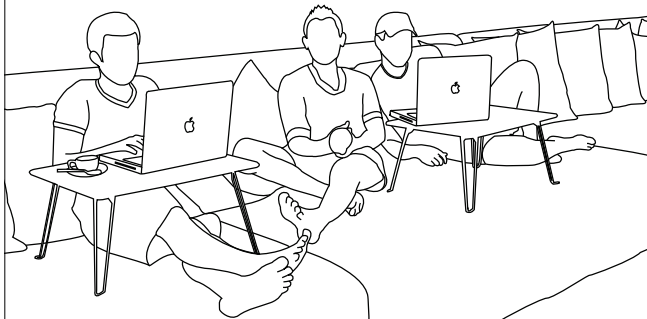
Butterflies Garden Restaurant
535 Wat Bo Road, Tel: 063 761 211
www.butterfliesofangkor.com
 Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift 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 & Sannaki
Alley West, Old Market Area
 Socially and environmentally responsible, yet stylish and edgy clothing and knick knacks. By the owner of Keokjy and designer of iida designs. Visit Sannaki 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

the blue pumpkin



**bakery
 ice cream
 restaurant
 lounge**

free old market - siem reap
 www.tbumpkin.com
 063 963 574
 open 06.00 to 22.00



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 Bistrot de Paris

Old Market Area, Tel: 092 964 790
Parisian-style bistro which opened in December 2006. Heavy wood-panelled interior with solid bar provides this restaurant with authenticity. Serves foie gras, croque monsieur, cheese, cold cuts and French wines. Delicatessen "maison", with charcuterie and desserts made on the premises.

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 Balaieys 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.

Tigre de Papier

Pub Street, Siem Reap, Tel: 012 265 811
The thing that differentiates this place from all the other restaurants along Pub Street is its half-day cookery classes, starting at 9am. Friendly, helpful French management.

Viroth's

Wat Bo Road, Tel: 012 826 346
Elegant restaurant on the other side of river with excellent terrace garden. A

good place to try royal Khmer cuisine including amok and beef Lok lak.

siem reap - shops

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 Söng, but same owner even if under a different name and the same feminine, classic styles. Open from 9am to 10pm.

Rogue

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 43-44EO Street 108, Tel: 023 991 978 www.travelindochina.com.au
Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals.

Intrepid Travel

468 Sivatha 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 Sivatha Road Siem Reap, Tel: 012 184 8891 www.sokhahelicopters.com
Company flies modern French-built helicopters out of Phnom Penh and over Angkor. Licensed to fly helicopters anywhere in Cambodia.

Travel Indochina

43-44EO Street 108, Tel: 023 991 978 www.travelindochina.com.au
Australian-owned and managed travel company specialising in small group journeys around Asia. Can also tailor trips for individuals.

Villa Romonea

Kep, Cambodia



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getaways

Malaysia

It is possible to have a family holiday that combines sightseeing, shopping and eating in a spectacular way. Words by **Danielle Craiche**. Photos courtesy of the **Malaysia Tourism Promotion Board**.

I'VE NEVER HAD A BURNING desire to getaway to Malaysia. It has just never grabbed me as a holiday destination.

Thailand has the best beaches, Vietnam and Cambodia and Laos are more of an adventure, and Indonesia is more fascinating – or so I thought. But I've just come back from a two-week family holiday in Malaysia and I think it's my new favourite place.

■ THE WHY

It's Clean

For Asia – always a proviso – it's clean. Rubbish gets collected. It's not stinky, it's not slimy, it's not grotty. Coming from Cambodia, it's a good break from some of the day to day frustrations of living in this charming but slightly dysfunctional place.

It's Organised

Flights leave on time, taxis have seatbelts, hire cars have baby seats, restaurants have hi-chairs. Traffic is ordered (for Asia). There are even pedestrian crossings in KL.

The Food is Safe

This is a biggie. We ate at street stalls and hawker centres for our entire 2-week holiday. None of us had even a touch of tummy trouble. And the food is wonderful!

It's Diverse

We spent a week in Penang, a few days in Langkawi and a couple of days in KL. It was a wonderful mix of eating, sightseeing, eating, going to the beach, eating and then shopping.

■ KL

Big cities with small kids can be a mission. However, websites that offer cheap rooms expand the accommodation options to make it easier. We ended up in a two bedroom, self contained, serviced apartment in a good hotel, with a kids' pool and three restaurants. It was a five minute walk to the upmarket Pavilion shopping centre, 10 minutes to the main drag of Bukit Bintang which is crammed with



...from beaches...



...to the Big City...

restaurants and about 15 minutes walk to the wonderful hawker food along Jalan Alor. We found the skytrain fun and easy even with a pram (although we had to carry it up the stairs). We took the train to Chinatown and to the wonderful Indian night market at Kampung Baru. Two days in KL were easily filled with shopping, eating, wandering Chinatown and an afternoon at the amazing, indoor amusement park at Times Square.

Malaysia is a great family destination. It's simple, easy, and that is a holiday. Oh and did I mention – the food is divine!

■ PENANG

Penang is a striking mix of old and new. It's an island connected by bridge to the Western side of mainland Malaysia and is less than an hour's flight from Kuala Lumpur. The Penang airport is about 45 minutes to an hour from the main city of Georgetown and the main tourist beach area of Batu Ferringhi beyond.

Penang was the first of the British settlements in Malaysia. It's capital, Georgetown, is a mix of old Chinese shop houses, colonial buildings and massive apartment blocks. While there are some high-rise eyesores, its strength is in its contrasts. The old town is a World Heritage Area crammed with historic buildings, old temples and charm. The tiny streets are wonderful to walk around or you can take a trishaw and be cycled along the evocative little alleyways. There are some wonderful old buildings, many of which were the homes of merchants from days gone by. A number of the larger, more glamorous homes have been done up, notably Cheong Fatt Tze Mansion which is an 1880s Chinese merchant house, now a hotel. Pinang Peranakan Mansion is another which has been opened to tourists and filled with the furniture and accoutrements of a wealthy Nonya family of the late 19th century. You can fantasize about living in



Shopping in Penang



Up and away in Langkawi

its ornate rooms or taking tea in the central courtyard – divine.

The best thing to do in Georgetown is to walk. The small streets lend themselves to wandering and discovering. We saw men making noodles, others painting lanterns for Chinese New Year and women hanging incense sticks. Chinatown and Little India are full of colour and if you get sick of that there's the historic, colonial district to explore where Captain Light stepped ashore at Fort Cornwallis in the 1780s. There's an atmospheric old cemetery and the divine Eastern and Oriental Hotel opened by the Sarkies brothers before they opened the Raffles in Singapore. It's a wonderful place for high tea.

Penang's main beach area Batu Ferringhi has shades of Bali in days gone by. It's a little frayed and the jellyfish discourage swimming but the beach is a lovely spot for a sundowner.

Our most relaxing afternoons were spent beer in hand while

our kids built sandcastles at our feet. Now that's a holiday. There's a night market along the main street every evening, mainly filled with sarongs and tacky watches but it's worth a wander.

The key reason to visit Batu Ferringhi is to eat. The main hawker centre has a phenomenal array of incredible food; curry, roti, seafood, laksa, noodles and rice, all for a couple of dollars to feed a family.

In fact, Penang is renowned for its food and I can't say I've been anywhere better when it comes to eating. It's an incredible fusion of Malay, Chinese and Indian influences – just mouthwatering.

■ LANGKAWI

Langkawi is a short flight or a 2 and a half hour ferry trip from Penang. I had slightly low expectations because I've heard mixed reports about the island which attracts more tourists than anywhere else in Malaysia. I was pleasantly surprised. The main beach of Pantai Cenang is clean

and white and wide. The big expanse of sand is lovely. There's plenty of space for the kids to run and play and the water is clean despite being the busiest spot on the island. The hotels are all low rise and the sun sets straight over the water.

We stayed two minutes away from the beach in a wonderful hotel called Temple Tree which is made up of old houses that have been relocated from all over Malaysia. For the four of us we had the top floor of an old house with two bedrooms, an antique wooden bath and a wonderful living area with open shutters looking out onto swaying palms. As far as family accommodation goes, it was fabulous.

I do think the success of a trip to Langkawi depends on where you stay so choose carefully because there are lots of package hotels.

If you want to splash out the best beaches are at the Northern end of the island. It's worth lunch at least at either the Datar and Andaman Hotel just so you

can swim at the pristine beach afterwards. If you can afford to stay here, lap up the luxury and the location. The hotels are nestled in amazing rainforest that extends right down to the wonderful beach and clear water. (The Andaman has a great kids' pool too.) The only downside of these resorts is that they're about half an hour from the main beach if you want to go shopping or have dinner.

All in all Langkawi was a fabulous, family friendly holiday spot. The kids enjoyed it, particularly the renowned cable car up to the second highest peak on the island. Frankly, I found it terrifying!

■ INFORMATION

www.cheongfattzemandation.com

www.pinangperanakanmansion.com.my

www.e-o-hotel.com

www.templetree.com.my

www.theandaman.com

www.princehotelkl.com ■

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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.

phnom penh - deluxe

Amanjaya

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

Cambodiana

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

Himawari

313 Sisowath Quay, Tel: 023 214 555
www.himawarihotel.com
 The 115 beautifully-designed suites have aircon, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swim-

@KTM Station, Kuala Lumpur, Malaysia



PHOTO COURTESY OF THE MALAYSIA TOURISM PROMOTION BOARD

HISTORY



ELEGANCE



COMFORT



ALONG THE SEA SHORE



ming pool and good gym facilities as well as two good tennis courts.

Imperial Garden Hotel

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

Intercontinental

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

Raffles Hotel Le Royal

Street 92, Tel: 023 981 888
www.phnompenh.affles.com
Emanates the same class as its more famous namesake in Singapore. The Elephant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays.

Sunway Hotel

1 Street 92, Tel: 023 430 333
www.sunway.com.kh
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms. Spa, good business centre and meeting facilities.

phnom penh - mid

Asia Club

456 Monivong Blvd., Tel: 023 721 766
Beautiful swimming pool tucked around the back of Man Han Lou Restaurant near Caltex Bokor. The use of the pool is open to the public. Adults US\$6, kids US\$4 and you can have drinks and food delivered from Man Han Lou Restaurant. The five bungalows and four rooms with air-con and bath, large safe, flatscreen tv. The onsite meeting rooms make Asia Club a good business option and hidden gem.

Almond Hotel

128F Sotheaeros 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
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.fcccambodia.com
Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-speed

Internet access and the latest mod cons.

Goldiana

10-12 Street 282, Tel: 023 219 558
www.goldiana.com
Extremely popular hotel for visiting NGO workers presumably due to its close proximity to NGO-land and reasonable prices.

Kabiki

22 Street 264, Tel: 023 222 290
www.thekabiki.com
Set in a secluded alley around the corner from the Pavilion, Kabiki is the first hotel in Cambodia dedicated to families and children. The two salt-water pools are designed with children in mind (Children 2 yrs and below: FREE, Children 3 to 12: US\$3, Adults: US\$5). The rooms have a double bed and a bunk bed as well as a small outside area for small children. Bar and Restaurant. Free WiFi.

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 Sleng.

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

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



@Kep Beach

PHOTO BY DAVID SEAFER

Complex with twenty-four bungalows just outside of Phnom Penh. Tennis courts and excellent swimming pool make this a good break from the city.

Le Rit's
71 Street 240, Tel: 023-213-160, sales@nyemo.com

A small and charming 6-room guesthouse with spacious rooms is managed by NYEMO NGO as part of its hospitality training. Each room is equipped with queen size bed, cable TV, private

bathroom. Free WiFi and free breakfast. Restaurant and boutique handicraft shop set in a beautiful garden. The restaurant specializes in European pre set lunch menu and serves authentic Khmer food a la carte for diner.

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.

Tonie Sap Guest House
4-6 Street 104, Tel: 023 986 722
www.toniesapguesthouse.com
Clean, well-kept guesthouse upstairs with 15 rooms, with air-con, fans, hot water, cable TV. Downstairs Pickled Parrot bar open 24 hours.

Velkommen Inn
23 Street 104, Tel: 092 177 710
Just off the riverfront, situated above Velkommen Inn Restaurant is the guesthouse of the same name. The spotless rooms have air-con, cable TV, minibar, safety box and en suite rooms with hot water. The hotel is located close to the bus stations and the ferry dock.

Sihanoukville

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

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

Independence Hotel
Independence Beach, Tel: 012 728 090
Beautifully restored hotel on Independence Beach, originally opened in 1963, reopened in 2007 following a complete refurbishment. Infinity pool and sweeping ocean views from most rooms. Gym, conference rooms and circular restaurant.

Le Vivier de 'La Pailote'
Victory Hill, Tel: 012 633 247
Upmarket French restaurant that outshines the other places on Sihanoukville's late night drinking street. Sophisticated French cuisine in a beautiful garden setting. Open for lunch and dinner.

Luna d'autunno
Ekareach Street, Tel: 034 934 280
Best Italian restaurant in Sihanoukville, serves a similar menu to the one in Phnom Penh, but with a heavier emphasis on seafood. Beautiful roof-top terrace and interior air-con restaurant. Open for lunch and dinner.

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.

Otres Nautica
Otres Beach, Tel: 092 230 065
Boating company operating off Otres Beach. Has catamarans, lasers, sailing boats, sea kayaks as well as other vessels. Provides lessons and rental for beginner and expert sailors.

Reef Resort
Road to Serendipity Beach, Tel: 012 315 338, bookings@reefresort.com.kh
Small guesthouse set around a beautiful pool. Rooms have aircon, in-room safe and cable TV. Family rooms also available. Has a welcoming bar with excellent TV screen, slate pool table and excellent Mexican cuisine.

Scuba Nation
Tel: 012 604 680 / 012 715 785
www.divecambodia.com
Five-star PADI centre offering daily trips to the area's many islands and reefs including the decent dive sites at Koh Rung Samloem and Koh Kon. Also run a range of PADI-certified courses. Has office in Phnom Penh.

Sokha Beach Resort
Sokha Beach, Tel: 034 935 999
With its own private beach, excellent swimming pool and fine restaurants, Sokha is easily the most up-market place to stay in Sihanoukville. A live Filipino band plays around the cocktail bar at night.

Starfish Bakery Café
Behind Samadera Market, Tel: 012 952 011
Excellent place for a healthy breakfast or lunch set in a relaxing garden with good bread, salads, sandwiches, juices and porridge. Has a small shop run by the Rajana Association selling clothes and handicrafts. Good place to go for a massage. Open for breakfast and lunch.

Top Cat
Road to Serendipity Beach
Opposite the Reef Resort, this luxurious large screen movie house shows DVDs. The films are free but there is a charge for the air-con and comfortable couches.

Zoco
Independence Hotel, Road to Serendipity Beach
Two fashion boutiques – one on the way to Serendipity Beach, the other in Independence Hotel – run by the Spanish-born Nuria, sells dresses, skirts, bags and accessories, with dresses from US\$20. Has another shop in Phnom Penh.





Vox Pop: Happy Pappy

This month **Conor Wall** and **James Grant** hit the streets of Phnom Penh and Siem Reap to ask about – you guessed it – happiness.

■ **NAME:** Chakriya
AGE: 24
NATIONALITY: Khmer
OCCUPATION: Student
DEFINITION OF HAPPINESS?
A good, excited feeling.
MAKES YOU HAPPY?
Sharing a loving relationship with someone.
HAPPIEST MOMENT?
When my boyfriend took me on holiday to Singapore. I had never been on a plane before that trip so it was very exciting



■ **NAME:** Patrick
AGE: 30
NATIONALITY: Austrian
OCCUPATION: Business Controlling
TIME IN CAMBODIA: 48 DAYS
DEFINITION OF HAPPINESS?
Happiness is a feeling that comes when you are not searching for it!
MAKES YOU HAPPY?
A moment that is pure nature without thinking of something.
HAPPIEST MOMENT?
I enjoy everything at the moment without looking in the past or in the future and I hope I will have many more moments to enjoy...



■ **NAME:** Carly
AGE: 27
NATIONALITY: Zimbabwean
OCCUPATION: Lawyer
TIME IN CAMBODIA: 2 WEEKS
DEFINITION OF HAPPINESS?
Happiness is self-contentment that comes from freedom and complete independence.
MAKES YOU HAPPY?
I am still finding out! Free time, good company, conversation, exploring new cultures all help you realize the small moments that really count.
HAPPIEST MOMENT?
I can't pinpoint one particular moment. I have so many happy memories from watching the northern lights on an uninhabited island in Alaska to watching wild dogs play in Zimbabwe. Overcoming adversity to achieve is always a fantastic experience as well maybe the best is yet to come!!



■ **NAME:** Jen
AGE: 31
NATIONALITY: Khmer
OCCUPATION: Businessman
WHAT IS YOUR DEFINITION OF HAPPINESS?
A relaxed, carefree feeling when you have no worries.
WHAT MAKES YOU HAPPY?
Meeting and socialising with family and friends.
WHAT WAS THE HAPPIEST MOMENT OF YOUR LIFE?
The happiest day of my life was when my first baby was born. 🇰🇲



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Keith Alan Kelly

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Year of the Big Cat

Will reminisces about the joys, and the pains, of Khmer New Year.



ILLUSTRATION BY VUTH / OUR BOOKS

ACCORDING TO THE WISE elders of Cambodian society, the three days of Khmer New Year are dedicated to offering thanks to the Buddha, honouring their ancestors and helping the poor. While these are noble traditions, in practice they seem to be expressed by throwing water and corn starch at passing motorists.

This all seemed alien to me at first. Growing up in a privacy-minded middle-class white American nuclear family, going door to door to sing Christmas carols was considered too obtrusive. My parents taught me to consider trick or treating on Halloween a deeply suspicious activity.

So it was surprising to find strangers celebrating a sacred holiday by hurling powder and liquid at me as I pedalled by. The holiday also imbues many Cambodian teens with a feeling of invulnerability, so they're willing to run in front of your motorcycle — if you're so equipped — to more accurately lob a fistful of corn starch. The fact that this might

well blind the driver and render him unable to avoid the prankster never seems to come up.

Despite the chaos, Khmer New Year is the best time for many to experience Phnom Penh. Almost every Cambodian heads to their ancestral homeland during the holiday, and because almost nobody is actually from Phnom Penh, the city empties out. Traffic, if you can avoid the occasional mob of celebrants, is light. Even the police officers clear the streets — that is, if they have made enough from other unfortunate motorists in the days preceding the holidays.

Even some of the foreigners take the option to leave, in a metaphorical or literal sense. A surprising number of the foreign English teachers spend most of the holiday in a drunken stupor, while the better-paid NGO advisers jet off to vacations in other parts of the world.

If you're married to a Cambodian, you'll likely be drafted into a trip to the ancestral homeland.

There you'll be introduced to the parts of Khmer culture

that Hollywood doesn't make movies about. This includes about a dozen traditional games played with "ang kung" seeds, which serve no purpose other than producing shade trees and inflicting horrific pain in the player's extremities. The rules to these games are complicated and only hastily explained to foreigners, mainly because any fails in the game means the winner gets to smack the loser in the knee, shoulder or head with the seed.

Cambodians love hitting foreigners in the knees with seeds. (If you are a teacher, you shouldn't play this game with your students. Not if you value your ability to use your knees.) Once it gets out that a foreigner has come to the village to play traditional games, youngsters from surrounding villages will flock to you, just to get a crack at cracking your knees. They won't hold back against a white person, because it's commonly held that white people don't feel pain.

Retaliation is not advised. Failing to elicit the right sound from the seeds when knocking someone else's knee just earns you more blows against your knees.

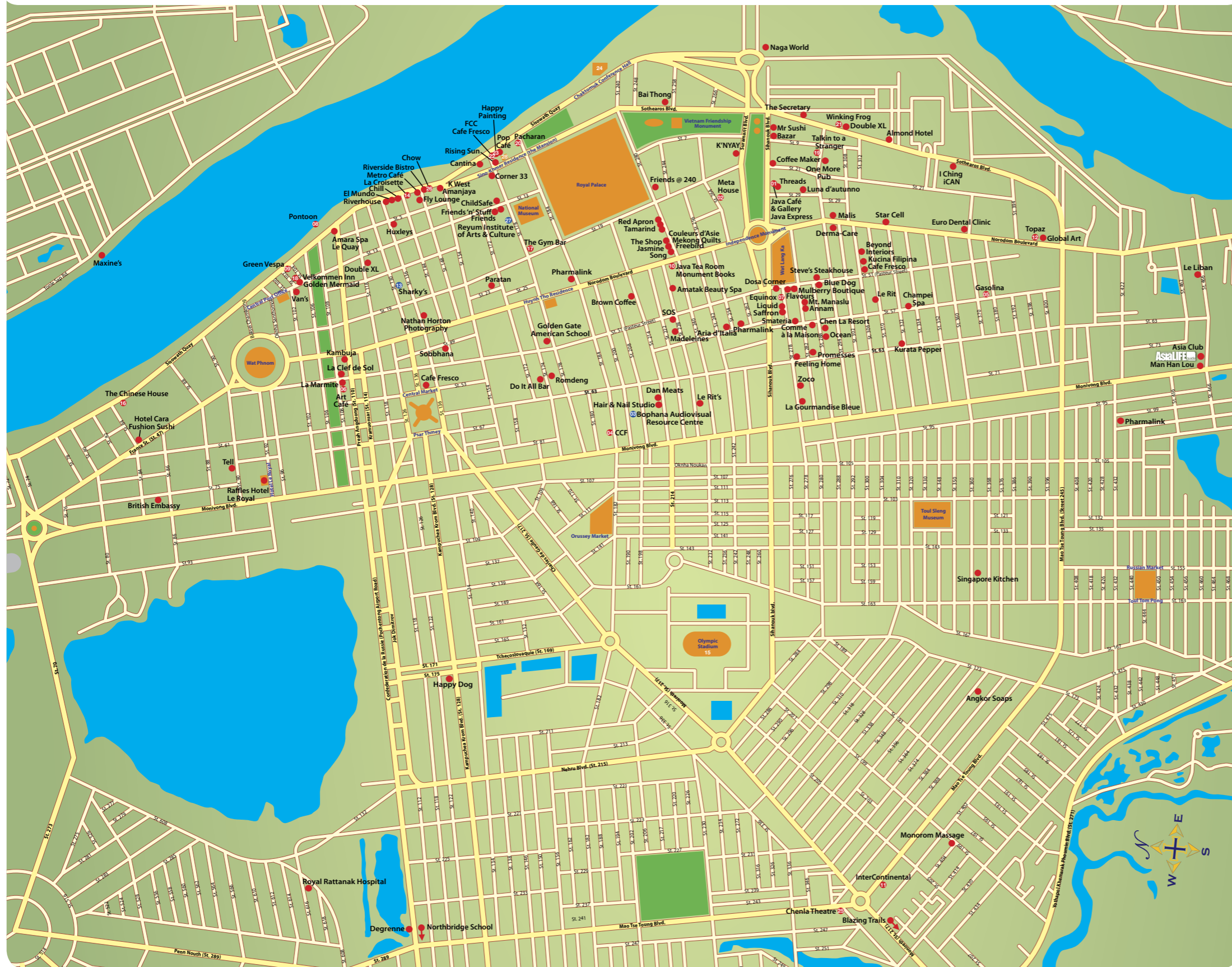
Gambling is another fun Khmer New Year pastime. This is something you probably shouldn't try unless you don't mind losing money or can understand "Change the rules so the long nose loses" in Khmer.

For us, the closest Cambodian Buddhist temple is in Beaverton, Ore., a suburb of Portland. The Khmer New Year ceremony is appropriately solemn. There are traditional dances. There's no water or powder being hurled about. The strongest attraction is the traditional cakes that enterprising Cambodians sell at the temple during the holidays.

It's quite dull, but exceedingly proper. My parents would like it. Susasdei Chnmaa Chmaa Tom!

Will Koenig is a journalist in Oregon, where he lives with his wife and son. Email: will.koenig@gmail.com. 📧

phnom penh: central



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& YEAST**
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ENJOY WINNING

the phnom penh concerts
the mekong sessions



coming soon...

April Horoscope

■ **ARIES (MAR. 21 – APR. 20)** Happy Birthday Aries! An energetic month is in store for you. You are getting back on your feet. You want to have fun, and you might find you're pouring a lot of energy into your hobbies, children, and recreation. Romance moves forward, and you're ready to take the initiative when it comes to matters of the heart. Around the 14th, you're getting a fresh new start. After the 18th, it's time to be prudent and to review your budget rather than spend. Follow the dictates of your heart this month.

■ **TAURUS (APR. 21 – MAY 21)** This month, you are coming across as quite charming, Taurus. Romance finds you, but after the 18th, hesitancy is likely. You might end up saying all the wrong things without intending to, so be careful when choosing words to express yourself. You're getting domestic conditions sorted out and have many projects going on the home front. Around the Full Moon on the 28th, a partnership needs attention.

■ **GEMINI (MAY 22 – JUN. 21)** You are more in touch with friends and dreaming up new goals this month, Gemini. Take advantage of the cooperative mood around you. After the 18th, however, there may be frustrating delays, particularly on the job. Don't take any communications for granted. After the 25th, romance comes easily. You are getting all the attention you

need, but it won't be until mid-May before you are clear on what it is you want.

■ **CANCER (JUN. 22 – JUL. 22)** Your career is certainly picking up pace this month, Cancer. You are clearer about your goals and work matters are straightforward. Others are recognizing your talents and abilities, so it's a good time to get yourself noticed. Love is friendly and understanding this month. It's an excellent period in your life to mend any challenged friendships, and for joining a group or association that helps you to feel part of a team.

■ **LEO (JUL. 23 – AUG. 22)** April is an especially strong month for personal energy, confidence, and motivation for you, Leo. You are setting your sights high this month, not afraid to go after what you want. Others are really taking note of you on the job, and relations are strong with co-workers and those in authority. Dress for success. Still, after the 18th, there can be some troubling delays or communication snafus when it comes to your career.

■ **VIRGO (AUG. 23 – SEP. 23)** Your inner world is especially active and rich this month, Virgo, as you find much motivation to work behind the scenes or to work on projects in relative solitude. A more positive and forward-looking attitude wins you many admirers now. Tying up loose ends and clearing out

unnecessary clutter are themes in April. After the 18th, some delays are likely.

■ **LIBRA (SEP. 24 – OCT. 23)** This is a very strong month for close relationships, Libra, even if it's not the most energetic of periods on a personal level. A partner may need extra attention, but is happily very straightforward and your relationship is certainly clearer than it has been in months. Friendships are especially rewarding and motivating. April is an excellent period for networking of all kinds.

■ **SCORPIO (OCT. 24 – NOV. 22)** Your career is receiving strong energy this month, Scorpio. It's picking up pace, and professional matters become clearer and more straightforward. Keeping your nose to the grindstone is a good idea now, although you tend to want to take the lead. After the 18th saying what you mean to a special someone could prove difficult, even if your intentions are grand. Special attention to a loved one is in order around the 28th.

■ **SAGITTARIUS (NOV. 23 – DEC. 21)** The first few weeks of April are strong for taking a break from the rigors of daily life, dear Sagittarius. You are feeling especially playful, energetic, and expressive this month, and it's time to have some fun. Freedom to do as you please is a driving factor in all that you do now. After some months of questioning your overall faith in life, you

are feeling strong and committed to a cause.

■ **CAPRICORN (DEC. 22 – JAN. 20)** Your charm is easy this month, Capricorn, particularly in the first two weeks of the month. April's energy is strong for romance, although after the 18th, there may be some confusion encountered surrounding dates, desires, and other communications. Family matters are smoother than they have been in recent months. It's a good time to find the energy to sort out finances and shared property.

■ **AQUARIUS (JAN. 21 – FEB. 19)** Relationships become much clearer for you in April, Aquarius. Communication is refreshingly direct in the first two weeks of the month, and although relationships are not without their challenges, you benefit from increased clarity and the feeling that you know what you, and a partner, want from your partnership. April is a busy month for tending to the little but important details of daily life, including catching up on emails, paperwork, and errands.

■ **PISCES (FEB. 20 – MAR. 20)** April should be a prosperous month for work and finances, Pisces. The enthusiasm you may have found lacking in recent months is returning with great power. It's amazing how much more you can produce when you are feeling the inner spark. It's an excellent period for productivity on all levels. ♀

■ CELEBRITY BIRTHDAYS THIS MONTH

Figures in brackets represent the age they will be on their birthday.

Apr. 1 – Susan Boyle (49), April Hoodwink (21), **Apr. 2** – Emmylou Harris (63), **Apr. 3** – Eddie Murphy (49), Alec Baldwin (52), **Apr. 4** – Robert Downey Jr. (45), David Blaine (37), **Apr. 5** – Colin Powell (73), **Apr. 7** – James Garner (82), Francis Ford Coppola (71), David Frost (71), Jackie Chan (56), Russell Crowe (46), **Apr. 8** – Patricia Arquette (42), Kofi Annan (72), **Apr. 9** – Hugh Hefner (84), **Apr. 10** – Steven Seagal (58), Omar Sharif (81), **Apr. 12** – Brian Unger (70), David Letterman (63), Andy Garcia (54), Claire Danes (28), **Apr. 14** – Julie Christie (69), Robert Carlyle (49), Sarah Michelle Gellar (33), **Apr. 15** – Emma Thompson (51), **Apr. 16** – Ellen Barkin (55), Martin Lawrence (45), **Apr. 17** – Victoria “Posh Spice” Beckham (36), **Apr. 19** – Kate Hudson (31), Maria Sharapova (23), **Apr. 20** – Jessica Lange (61), **Apr. 21** – Queen Elizabeth II (84), Iggy Pop (63), Andie MacDowell (52), Robert Smith (51), **Apr. 22** – Jack Nicholson (73), **Apr. 23** – Michael Moore (56), **Apr. 24** – Shirley MacLaine (76), Barbara Streisand (68), **Apr. 25** – Al Pacino (70), Renee Zellweger (41), **Apr. 28** – Penelope Cruz (36), **Apr. 29** – Daniel Day-Lewis (53), Michelle Pfeiffer (52), Uma Thurman (40). ♀

The QuizMaster

NEW YEAR

- 1) Which 3 countries will celebrate the New Year at the same time as Cambodia and Thailand?
- 2) How is this period known in Thailand?
- 3) According to the Chinese Zodiac, what animal year are we now under?
- 4) Who released the song Happy New Year in 1980?
- 5) The song "New Year's Day" was allegedly written about the Polish Solidarity movement. Who wrote it?
- 6) Where did 66 people die in nightclub fire on New Year's Day in 2009?
- 7) How is Vietnamese New Year more commonly known?
- 8) Which nation is first to see the "western" New Year's Day?
- 9) What happens on New Year's Day in Garmisch-Partenkirchen in Germany?
- 10) On Jan. 1 1973, the United Kingdom of Great Britain and Northern Ireland, and the Republic of Ireland were admitted into the European Community along with which other country?

GARDENS

- 11) Where are Britain's Royal Botanical Gardens?
- 12) In which American city is Madison Square Garden?
- 13) In 1912, a statue of which J M Barrie character was unveiled in London's Kensington Gardens?
- 14) In the Beatrix Potter children's story, in whose garden was Peter Rabbit's father caught and killed and then made into a pie?
- 15) What was banned from the Chelsea Flower Show in 1983?
- 16) Scottish born comedian

- Graeme Garden first became famous as part of which trio?
- 17) The Hanging Gardens of Babylon were in which present day country?
 - 18) Which US state is nicknamed the Garden State?
 - 19) Darren Hayes and Daniel Jones made up which highly successful Australian group?
 - 20) "Show me a garden that's bursting into life" is a line from which chart topping single that featured on Grey's Anatomy?

MOTHERS

- 21) Who in real life has a father called Homer, a mother called Madge and sisters called Lisa and Maggie?
- 22) "When I find myself in times of trouble, Mother Mary comes to me" is the beginning of which song?
- 23) Which of Henry VIII's wives was mother to Queen Mary?
- 24) In the nursery rhyme, what was old Mother Hubbard looking for in her cupboard?
- 25) Which British band have had hit albums called 'Gold Mother', 'Seven' and 'Laid'?
- 26) Who have played their home matches at Fir Park Stadium since 1896?
- 27) What was Frank Spencer's wife's name in the TV comedy show 'Some Mothers Do Have Em'?
- 28) Who was born Agnesë Gonxhe Bojaxhiu?
- 29) Who became famous with the songs "To Sir, with Love" and "Shout" but later played Adrian Mole's mother on TV?
- 30) Who, in January 1991, promised in a speech "the mother of all battles"?

ANSWERS ON PAGE 56

Sudoku

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Fun Mexican Food

Kitchen open 3-10:30. Closed Saturdays.
347 Sisowath Quay, On the river.

In keeping with the theme – we'd like to keep everyone happy. So, this month's Sudoku is middle of the road – not too simple not too tough. Enjoy!

Level: Intermediate Gwan Ching Lee's time: 4 minutes 55 seconds

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

ANSWERS ON PAGE 57

Win a Free Stay at 4 Rivers

LAY OF THE LAW

4 Rivers Eco-Lodge Resort in Koh Kong is offering a three-day, two-night package at the resort for the lucky winners of a simple competition. Get yourself a partner and send in the correct answers to the questions below and you could be one of two couples winning an all-expenses-paid package at the resort, where you will be pampered and entertained, dine on gourmet meals chased down with fine wines and explore a natural, unspoiled paradise from kayak, dugout or powerboat. Based on the wildlife in the Cardamom mountains as pictured on the 4 Rivers website (www.ecolodges.asia), your easy task is to identify the indigenous animals posed by the following questions:

- In the sky with spots*
- No horns of a dilemma for this heavyweight*
- Black-necked baby delivery service*
- Nosy variant with smaller ears than its cousin*
- Rare friend of Winnie the Pooh*

Competition entries should be sent to Valentin Pawlik at Indochine Lodges Ltd, 313 Sisowath Quay, Hotel Cambodiana, Office 2, Phnom Penh or e-mailed to valentin@ecolodges.asia. The competition closes on Apr. 30 and winners will be announced by May 16. For full competition rules, please see www.asialifeguide.com.

Quote Unquote

LAY OF THE LAW

Most people are about as happy as they make up their minds to be.
- Abraham Lincoln

One should never direct people towards happiness, because happiness too is an idol of the market-place. One should direct them towards mutual affection. A beast gnawing at its prey can be happy too, but only human beings can feel affection for each other, and this is the highest achievement they can aspire to.

- Aleksandr Solzhenitsyn

We all live with the objective of being happy; our lives are all different and yet the same.

- Anne Frank

To be Deter-mined

An Exhibition from Cambodia

Featuring works by Luke Duggleby
John Vink / Magnum
Tim Page
Chor Sokunthea
Jean Loncle
Hacky Hagemeyer
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