

PHNOM PENH

ASIALIFE guide

062010
ISSUE42

leonard cohen

the mekong sessions: act 1



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Editorial

A FEW MONTHS AGO (#39) AsiaLIFE featured the Khmer Rouge Tribunal, tracing the history of the process and projecting forwards to what might happen. While reconciliation with the past is an important step in the emergence of a country from the most terrible of times, so is a celebration of the present. This is why we feel the announcement that Leonard Cohen has chosen Phnom Penh ahead of all other Southeast Asian cities to hold a concert on his current world tour on Nov. 27, is most significant.

At least in the eyes of Cohen's management team, AEG Live, Cambodia is ready to host a major cultural event. Leonard Cohen is no boy band has been trying to resurrect a flagging career. He is a genuine great. A member of the Rock and Roll Hall of Fame, he will be inducted into the Songwriters Hall of Fame this month. His performance at Glastonbury last year was acclaimed as the highlight of the festival. Phnom Penh is in for a treat.

Much of the credit for making this concert happen goes to Chris Minko.

Chris has worked tirelessly to promote a positive image of the country on the international stage through his work with CNVLD. Who else could have brought two volleyball world cups to the Kingdom? Over the last

couple of months while Chris has discussed his vision for the Mekong Sessions with me - and I can assure you Cohen is just the first act - never once have I doubted his belief that the Sessions will play a major part in the economic regeneration of the country.

He is targeting the 15 million expats that live in the region and who - like us -- are seldom able to see performers of the calibre of Cohen. The concert might only be on one night, but most regional visitors will stay for days, lodging at the capital's hotels, dining at the top restaurants and probably visiting the country's major tourism attraction - Angkor Wat. The knock-on economic benefits are clear for all to see.

The concert also announces loud and clear that Cambodia is no longer a cultural desert. Cohen's arrival will hopefully generate more interest in local performers and artists who often get lost amid the greater focus placed upon neighbouring country's cultures by regional and international media.

The importance of Cohen's concert can not be overstated. Cambodia is alive and kicking ... and now it's live at the Olympic Stadium.

Mark Bibby Jackson
 Publisher - AsiaLIFE Guide



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Tanja Wessels

“The journey is my home” - is a quote that sums up Tanja Wessels’s philosophy on life. With two passports and childhood memories that involve many continents and fond experiences, movement is key to keeping inspiration flowing in her world.

With degrees in filmmaking and graphic design she left London for Cambodia on a film project, and like many other foreigners in the Kingdom, told family and friends she would be away for a ‘couple of months’. Now that months have turned into years she ping pongs between Phnom Penh and Hong Kong.

Writing, doing voice-overs, filming and proofreading for Asialife, fill her days. She has also started dabbling in a bit of stand up comedy in Hong Kong and finds that life in Phnom Penh pretty much writes the material itself.

She is currently working on “P for Phnom Penh” a film essay set in the capital and her swan song to the city she has called ‘base camp’ for a long time.

Chantha has been shoring up advertising sales for AsiaLIFE for two-and-a-half years. When she is not getting clients to sign on the dotted line, she freelances as a tour organiser for a company based in Belgium. This has helped cultivate her own interest in travel – chalking up multiple trips to Europe and throughout Asia, with a solitary walkabout in Australia that covered a meagre 3,000 km.

She is also busy in her third year of university pursuing a degree in Marketing. After graduation she plans on continuing her studies towards a Master’s Degree in Business Communication.

As if all this doesn’t keep her busy enough, Chantha works out a lot – doing everything from running the Hash to cycling. When she runs out of energy a good book will do. Both fiction and historical dramas suit her. Her favourite author is Ung Loung.



Sorn Chantha

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in the penh

The Month That Was

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■ **IN SOLIDARITY FOR ENDURANCE**

A solidarity night for ailing Cambodian artist Vann Nath was held at Bophana Audiovisual Centre on May 7. Organised by filmmaker Rithy Panh, the fundraiser featured an exhibition of some of the painter's most famous works depicting S-21, where he was a prisoner during the Khmer Rouge. The now elderly Vann Nath's health deteriorated sharply in late April, leaving him in urgent need of costly medical care. As he is unable to field the costs himself, Cambodia's arts community has rallied around the artist, raising funds both in Cambodia and further afield. At the fundraiser, a limited edition collection of

signed prints of his sketches and paintings from the exhibition Endurance was also issued, the sales proceeds of which will go towards his medical expenses. Though the artist is now out of immediate danger, he remains in need of dialysis on a regular basis as well as potential surgery abroad. To donate funds and find out more about Vann Nath's condition, please visit www.vannnath.com

■ **DENGUE FEVER FOR CHARITY**

The long-awaited return of LA-based band Dengue Fever saw the crowds head to Parkway for an exclusive fundraising gig on May 11. Back for the first time since their highly successful 2005

tour, the six strong band teamed up with artists from Cambodia Living Arts to raise funds for the organisation. The evening kicked off with more modern tunes by the Klap Ya Handz collective, after which chapei master Kong Nai took to the stage. Joining Kong Nai, Dengue Fever then got the crowd going with their 60s Cambodian rock inspired tunes. Singer Chum Nimol darted back and forth on the stage thrilling the audience with both her boxing dress and her voice, while saxophone player Davis Ralicke's solos were an absolute joy to the ears. The band followed up the exclusive gig with a free open air concert at Wat Botum Park on May 13.

■ **ALL THAT JAZZ**

A convivial crowd sipped martinis and beers in tall glasses to the sounds of jazz classics on May 14, the first Friday of Studio 182's re-launch as a Jazz Lounge. The premier line-up features singer Michelle Manzo from the United States along with house band members Ritchy, Angel, and Phil on drums, bass, and piano respectively. The quartet presented dynamic renditions of tunes such as "Ain't Misbehavin'" and "Fly Me to the Moon", inspiring some attendees to twirl and sashay across the stage front. Since May 13, Studio 182 has given jazz aficionados reason to rejoice with live music performances at 7pm and 9.30pm from Monday to Saturday. A

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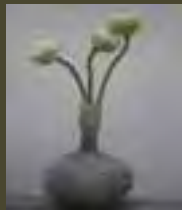
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nightly Happy Hour offering half-priced drinks from 6pm to 8pm and US\$1 tapas all evening are further music to one's ears.

■ HEROES LAND IN EQUINOX

Equinox unveiled its latest exhibition, Old Battam Exodus, on May 15. Reminiscent of comic books, French artist Van Kuhn's colourful sketches depict landscapes, people, and daily life of Cambodia. The scenes, paired with poetic captions, recount the story of a young Khmer in search of his sweetheart. Van chose live, spontaneous drawings to capture his encounters, rejecting the hesitation intrinsic to painting from photographs. The series is part of Van's project Heroes of Cambodia, envisioned as a brand that will eventually encompass an illustrated book, posters, and mugs. Modelling previews of a future line of shirts, Equinox staff was resplendent in neon orange "Heroes" tees. Despite falling on a holiday weekend, the opening drew a lively band of remaining Penhites to admire the art and drain the supply of complimentary passion fruit punch.

■ PROUD AT GASOLINA

Under the theme Love Who We Are! the capital's LGBT community got together for an all-day party at Gasolina on May 15. Part of the Pride week celebrations, the event saw a fun afternoon complete with games, a fashion show, an Indian transgender dance performance,

as well as The Messenger Band performing songs written by Khmer lesbians. The evening entertainment kicked off after sunset, with traditional dance, less traditional drag performances and finally headliners The Teaner Turners getting the crowd going. In for their virgin gig, the band was set to wow the crowd with some gritty tunes. Though problems with the sound system added some unnecessary grit to the rock, the inebriated crowd was nevertheless happy to bop along to the Penh's latest musical foursome.

■ INTO THE MAZE

Cambodian artist Em Riem's current exhibition, Labyrinthos, was launched at La Galerie X-Em on May 18 to the delight of Phnom Penh's contemporary art enthusiasts. Whereas ancient Greek mythology relates that Daedalus constructed a maze to harbour the Minotaur, Riem's labyrinth is figurative—what he presents is a series of painted portraits displayed in mass. Using black acrylic paint on rough burlap material, Riem's expressive brush strokes depict Tuol Sleng prison victims and celebrities; Brigitte Bardot, Mao Tse Tung, and Jim Morrison are among featured icons, distinguished by a detail in colour. Kindling questions regarding identity, fame, and human interconnectedness, Riem is interested in the moment when art provokes reflection. "One can be sad, sometimes joyful,



@Equinox

sometimes happy,” observes Riem. “It touches the heart.”

ALPHABET AS ART

Fragile, Pich Sopheap’s reflection on the conditions of the Cambodian people, opened at the Centre Culturel Français on May 20. Sopheap’s latest mission is to give shape to the Khmer alphabet, using rattan to fashion the forms of letters. Recalling the traditional craftwork of fish trap basketry, the exhibition emphasizes the intricacy of Khmer writing in three-dimensionality. Echoed by shadows on the walls, the sculptures give the letters we observe printed all over the city an element of the fantastic. A high turnout of admirers wandered between the two gallery spaces, one of which showcases a retrospective of Sopheap’s earlier sculptures, paintings, and photos of works now located outside Cambodia. The pieces will be on display until June 12.

MAKING SPACE FOR ART

Wonders can be found down the most unassuming alleyways—such as jGALLERY, the latest addition to Java Café and Gallery launched in the adjacent passage on May 22. Continuing Java’s



@French Cultural Centre

patronage to Southeast Asian artists, jGALLERY hosts bimonthly expositions, beginning with a collection of works by prominent Cambodian painters, photographers, and sculptors. The soft opening delivered a programme of visual and aural pleasures, kicked off by the rhythmic and, occasionally explosive, musings of British spoken word poet Berkavitch. Next, electronic musician David Gunn of London’s Incidental shared a composition of sounds collected in Cambodia. A projection of Heavy Skirt, a short

video of Khmer artist Leang Seckon’s London showcase, recounted his mother’s experience of the bombings of Cambodia through narration and interpretive dance. Closing the creative medley, DJ Nam spun as attendees mingled, replete with impressions.

IN VINO VERITAS

Raffles Hotel Le Royal’s eponymous restaurant hosted a full house on May 22 during a tasting of Villa Girardi wines. With legendary winemaker Franco Tommasi at hand to introduce

the premium Italian wines, guests were treated to a seven course meal courtesy of recently appointed executive chef Emmanuel Garde, with each dish successfully paired off with a glass of red or white. Located in the historical Valpolicella area in northern Italy, Villa Girardi has been producing wines since the 18th century. One of the vineyard’s most sought-after products is the Amaron della Valpolicella, a strong red wine curiously made from dried grapes. Served with brie de meaux, it was indeed many of the diners’ favourite, narrowly beating the rich and complex Ripasso Bure Alto, it too the end-product of a unique winemaking process involving the re-fermentation of another wine. 🍷

Correction

We would like to express our sincerest gratitude to Dan Nuss who provided us with his spectacular photograph of the ‘ultimate dive’ for the Frisbee in last month’s Leisure section. Thanks Dan!

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News and Events

meetings, greetings, boogying, winning, curating



■ UNCLE ELEPHANT MEETS OBAMA

Flora & Fauna International seems to be going from one award to another. Latest in line to receive recognition was FFI staff member Tuy Sereivathana, whose work in elephant conservation led him to receive the prestigious Goldman Environmental Prize in early May. Through winning the prize, Sereivathana also became the first Cambodian to meet U.S. President Barack Obama in Washington, DC, where the prize-giving ceremony took place. Sereivathana's work focuses on developing innovative low-cost solutions to mitigate human-elephant conflict in Cambodia, empowering local communities to co-operatively participate in conservation efforts in aid of the endangered Asian elephant. Through his work, Sereivathana has gained the nickname "Uncle Elephant". Also attending the ceremony, US Speaker of the House Nancy Pelosi described him as "a hero to his neighbours and fellow citizens". Uncle Elephant himself said he was very honoured, adding that it would spur his commitment to continue conservation work for Cambodia's unique environment.

■ FRIENDLY PALATES AND PALETTES

Friends will be celebrating its 15 year anniversary with an exhibition of children's art and a cocktail party at Romdeng on Jun. 25, from 7pm until late. Featuring paintings by Mith Samlanh students from the past 15 years, the exhibition will showcase the kids' talents and creativity. Complimenting the art, Mith Samlanh hospitality students will be serving their own creations of exotic and original daiquiris. In addition to enjoying the drink, you can vote for the best daiquiri, which will then be included as a special on the menu at Friends the Restaurant and Romdeng. Live bands as well as DJ Frankie will keep the dance floor boogying, and if you bring your swimmers you might even be able to get a dip in the pool.

■ WINNING STORIES

Travel portal www.southeastasia.org in May announced the latest winners of its online content competition. Receiving US\$750 each, two writers and two photographers were awarded the Editor's Choice and People's choice awards, for their stories from around the Southeast Asia

region. The monthly competition, which runs through June, will culminate in a Grand Final in July where writers and photographers of the winning stories will receive US\$1250-US\$1750 each. Funded by the ASEAN Competitiveness Enhancement Project, a pro-ASEAN tourism initiative of USAID, the project aims to enhance competitiveness and integration in the region. To read some of the entries, or submit your own, visit www.southeastasia.org.

■ NO GO FOR HOT NEW DOC

New US-produced documentary *Who Killed Chea Vichea?* has been causing controversy in Cambodia. A planned May Day screening of the film was stopped by the authorities, who claimed the film had been "illegally imported" to the country and furthermore lacked appropriate approvals allowing the screening. That the film stirs emotions should come as no surprise, given that it documents the broad daylight assassination of labour union leader Chea Vichea on Jan. 22 2004, as well as its aftermath which included the contentious conviction of Born Samnang and Sok Sam Ouen for the murder. Last year, both men were released pending a

new trial, after years of advocacy by friends and relatives of both Chea Vichea and the two accused, as well as human rights activists. The film's director, Bradley Cox, was in Cambodia during the time of the murder. He arrived at the scene only minutes after the union leader had been gunned down at a news stand and the documentary features his footage from that day. Also featured is an interview with Chea Vichea where he states, "I think they want to kill me because of my experience in the past [...] They know me very well, but I'm not afraid. If I afraid, like I die." Though it looks unlikely the film will be screened or distributed in Cambodia any time soon, you can watch the film's trailer and find out more by visiting www.whokilledcheavichea.com

PHOTO COURTESY OF THE WHITE HOUSE

■ SUMMER FUN IN SCHOOL

As school summer vacations loom ahead, several kindergartens and schools are offering summer camps and other activities to keep the little ones busy over the holidays. The ISPP annual summer camps will run from Jun. 7 Jun. 25, for kids between the ages of three and 16. Registration is now open for the various music, sports and adventure camps, and more information can be had by e-mailing afterschool@ispp.edu.kh, or dropping the ASP office on the ISPP Elementary Campus. Similarly, Northbridge is running a three-week summer camp also starting Jun. 7. The half-day camp is open to everyone from nursery age to grade 6, with more information available on the school's website www.niscambodia.com. Finally Gecko & Garden Pre-School is organising a four-week summer school programme for the very youngest, starting Jun. 21. Designed for kids between the ages of 18 months and 5 years, the programme will consist of variety of activities centred around the theme "Travel the World at Gecko & Garden Pre-School." Children not enrolled at the school are also welcome to take part, and registration is now open. For more information, visit www.geckogarden-preschool.org

NEW SCHOOL FOR PICHEY RAINGSEY

The Pichey Raingsey community on the banks of the Mekong saw the opening of their new school in mid-May. In a project funded by Australian Denzil Sprague, the new primary school was built over two years and on May 19 held its opening ceremony. The event was attended by Minister of Education Im Sethy, together with the Ambassador of Australia, Margaret Adamson. Not a newcomer to Cambodia, Denzil started the project after seeing the poor state of the old school in the community, which he came to know through running a brick factory in the area. The new school is comprised of three buildings with five classrooms each, providing a comfortable learning space for the community's some 750 children. With the buildings completed, Denzil says he is now looking to providing basic health care for the students.

DP LODGE GOES NYONYA

Allen of DP Lodge has taken a new behind the scenes role, this time in the establishment's kitchen. The restaurant at the business-travellers' lodge recently renewed its menu, now serving nyonya cuisine, a fusion of Singaporean Chinese and Malay culinary traditions prepared by the eponymous minority. Though not a trained chef, Allen says he's been helping his nyonya mum in the kitchen throughout his life, and so dishing up his home recipes in his own restaurant has proved fairly straightforward. Though going for nyonya cuisine in Singapore tends to translate to expensive dining, prices at DP

Lodge have been kept reasonable. The traditional set, essentially a Singaporean Nasi Lemak, will set you back US\$3.50, while the delicious curry chicken is priced at US\$4 and fried sambal fish costs US\$3. The familiar, yet a touch different, tastes of nyonya food are said to sit very well with Asians who flock DP Lodge especially at lunchtime, but there's no reason those from further afield can't enjoy the novelty food too.

NEW SPACE FOR LOCAL TALENT

Building on ten years of curating emerging artists and arts development in Cambodia, JavaArts recently opened jGALLERY, a showcase for contemporary arts in Asia. Focusing on Cambodian art, the gallery represents three of the Kingdom's leading artists, Chath Piersath, Meas Sokhorn and Oeur Sokuntevy, but also hopes to develop its collection to include Southeast Asian artists and artists working in Asia. The gallery will host six exhibitions a year. Starting Jun. 22, Bui Cong Khanh, a Vietnamese artist whose work was recently featured at the Asia Pacific Triennial in Brisbane, will showcase his Juice series. Following that, a video installation and artworks from the collaborative project Hawker Song will be displayed. Later in November, Peap Tarr, already known in New Zealand for his street art-style, will cover the gallery walls with his Khmer and Maori influenced visual epics. In addition to the new gallery space, JavaArts has also launched its new official website, www.javaarts.org. jGALLERY, 56 Sihanouk Blvd, at the end of the small alley next to Java Café & Gallery. 📍



@Denzil Sprague Pichey Rangsey Primary School opening

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Pick of the Month

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Don't miss out on these utterly adorable little monsters made by social enterprise Cambodia Knits. Working with two marginalised communities in Phnom Penh, the company believes in employment as a way out of poverty. To date, 25 people have been trained in basic and advanced knitting skills through the project. The results are high quality, 100% cotton, cute and funny little toys, perfect for kids (and adults) everywhere. To find out where you can get your very own CK monster, visit www.cambodiaknits.com


GO:

Battambang

Cambodia's second largest city is worth a visit for its colonial architecture and laid back pace. Next time you go, consider staying at Colours of Battambang, a beautiful guesthouse that celebrated its One Year Anniversary last month. Offering air-conditioned, en-suite rooms from US\$20, as well as luxury tents with fans, mattresses and power sockets at US\$10 per night this "budget boutique space" with complimentary WiFi is not to be missed. For more information, visit coloursofbattambang.hi5.com

SPORTS:

Capoeira

Though it looks demanding, practitioners of the Afro-Brazilian martial art form capoeira maintain anyone can learn it. This fighting style disguised as dance has for some time also had a following in Cambodia. The Penh's capoeira club meets every Tuesday and Thursday between 6.30pm and 8pm at Tchou Tchou School (23 Street 21). Established in 2003, the informal group welcomes experienced capoeirists, as well as beginners. One session costs US\$3, while one month passes are US\$20. For more information, call trainer Michel Ghigo on 012 458 167, or see the group's profile on the Cambodian Yellow Pages. 



EAT:
Durian

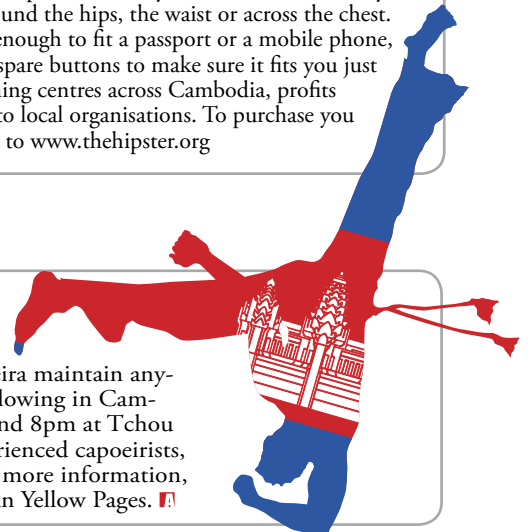
Oh yes, they're back. Love them or loathe them, durians are now in season – and are spreading their 'unique' scent all over the country. Considered by many the king of fruits, their pungent, yellow flesh imparts its distinct odour even with the thorny husk intact, and in fact many establishments across SEA have banned the fruit on their premises. Still, durians remain highly popular, though best eaten with non-alcoholic drinks as mixing durian with booze is said to lead to a "feeling of morbidity."



WEAR:

The Hipster

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Cupcakes

Cute and tasty, they are taking the Penh by storm.

Jeggings

Seriously, you'd think even just the name would put people off...

Oil

And Cambodia lands a natural resource curse

Electricity bills

Prices are up while barangs are expected to love their neighbours and share power meters (though not bills)

English Sports

First cricket T20 World Champions, next the World Cup?

GOING UP

GOING DOWN

Australian Male Cricketers

It's been so long since they won anything meaningful they start supporting the victorious women. Roll on the Ashes.

Mobitel

Sending message one, two, three... fifteen times?!?

AusFit

The views were simply too good

Gordon Brown

...goes down.

Enron

Not even the Broadway play about the company managed to result in anything but losses

Euro

The eurozone seems increasingly like a pack of dominoes waiting to fall



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calendar

June

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

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

@Paddy Rice



1 Tuesday

Beyond Abstraction @ Old Meta House. New works by Chhim Sothy

2 Wednesday

Hunger @ Old Meta House, 7pm

3 Thursday

Double Doc Film Night @ Old Meta House, 7pm. Food Inc and The Pepper Fields

4 Friday

CCF's Phnom Penh Hip Hop 2010. Chak Bach Amor & Psyche @ Chenla Theatre, 7pm. Hip Hop Dance performance by Sébastien and Hyun-Jung Wang.

Ghosts of Cite Soleil @ Old Meta House, 7pm

5 Saturday

CCF's Phnom Penh Hip Hop 2010. Chak Bach Amor & Psyche @ Chenla Theatre, 7pm. Hip Hop Dance performance by Sébastien and Hyun-Jung Wang.

An Inconvenient Truth @ Old Meta House, 7pm. Environmental Day Special

6 Sunday

Passion Hip Hop @ Wat Bothum, 7pm. A documentary on the history of the Hip Hop movement

Patlabor WXIII @ Old Meta House, 7pm. Animation Film

8 Tuesday

Frida @ Old Meta House, 7pm. "Gendered Lens" Feature Film

New Zealand Wine Tasting by AK Wine @ T-Bone, 7pm.

9 Wednesday

Angkor – Kabuki @ Old Meta House, 7pm. Lecture by Joel Mantague & Historical archive film "Cambodia 1965"

10 Thursday

White Wine Discovery Cocktail @ Le Wok with Vinotage, 6pm

Double Doc Film Night @ Old Meta House, 7pm. The Other Final & Khmer Boxing

Pre World Cup Party @ Riverside Bistro, 7pm. Free Fixture handouts and replays of the best previous World Cup Games

11 Friday

Rise up! l'Exposition @ New Meta House, 7pm. Photo exhibition, Khmer music videos, street art by guest Graffiti artists.

12 Saturday

Death at the Funeral @ Old Meta House, 7pm. An Hilarious Black Comedy

CCF's Phnom Penh Hip Hop 2010. Wanted Posse @ Chenla Theatre, 7pm. Hip Hop Dance performance

Kheltica @ FCC Roof Terrace, 8.30pm

DJ Spydamonkee @ The Riverhouse Lounge, 10pm

ALL the world cup live with special events @ Paddy Rice.
18:30 Korea - Greece
21:00 Argentina - Nigeria
01:30 England - USA

13 Sunday

Egyptian Dance Film Night @ Old Meta House, 7pm. Not just belly dance...

15 Tuesday

Long March Project @ Old Meta House, 7pm. Art talk & screening with artists from Vietnam, China and Cambodia

16 Wednesday

Metropolis @ Old Meta House, 7pm. Classic German Movie Night

17 Thursday

Double Doc Film Night @ Old Meta House, 7pm
The End of the Line & Tonle Sap

Boombbox-Tick with DJ Illest @ The Riverhouse Lounge, 10pm

18 Friday

Nixon @ Old Meta House, 7pm. Feature film presented by Florianne Wild

Les Improhocks @ FCC Roof Terrace, 8.30p m. French language play

19 Saturday

Beautiful Thing @ Old Meta House, 7pm. Queer Film Special

Alors, c'est ca? @ Equinox, 8.30pm. A French language play by "Les Improhoks"

20 Sunday

Dirty Pretty Things @ Old Meta House, 7pm. World Refugee Day Feature Film

Father's Day @ Café Monivong, 12pm - 3pm
Gourmet brunch at Café Monivong & live piano music. Free flowing of Singapore sling & a gift for dad.

ALL the world cup live with special events @ Paddy Rice.
18:30 Slovakia - Paraguay
21:00 Italy - New Zealand
01:30 Brazil - Ivory Coast

22 Tuesday

Afghan Star @ Old Meta House, 7pm. Documentary

23 Wednesday

Swimming to Cambodia @ Old Meta House, 7pm
Video-One-Man-Show by Spalding Grey

24 Thursday

Hip Hop Diva with DJ Yukie @ The Riverhouse Lounge, 10pm.

25 Friday

Grand Opening of the NEW Meta House, 7pm. "Cambodian German Cultural Centre" Featuring Exhibition opening "Pharmacide"

Cross the line @ Equinox, 8pm. Painting and sculpture exhibition by female artist Chhan Dina

The Young Sopranos Concert @ RUPP, 7pm. Featuring BosbaPANH, OH Tabeen, LEE Seul

26 Saturday

Classical Music from Germany and Cambodia @ New Meta House, 7pm. Presented by Art Plus Foundation

In Search of Beethoven @ New Meta House, 7pm

Salsa night with DJ Jimmy @ FCC, 7pm

Live music with Los Poporks @ Equinox, 8pm

Fresh Out the Penh @ The Riverhouse Lounge, 10pm
DJ Tech 12 & MC Hydroponics

27 Sunday

Same Same But Different @ New Meta House, 6.30pm
Khmer Language - German feature film, shot in Cambodia



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Sihanouk Ville Office
Group 1, Village 4, Sangkat 4, Mitaheap, Sihanouk Ville





Same Same But Different @ New Meta House, 8.30pm
English Language - German feature film, shot in Cambodia

29 Tuesday

Documenting Cambodia's Garment Industry @ New Meta House, 7pm. New short films from the M.E.T.A. film school

ALL the world cup live with special events @ Paddy Rice. 21:00 match
01:30 match

30 Wednesday

Kampuchea Death & Rebirth @ New Meta House, 7pm. First documentary after Khmer Rouge

3 Saturday JULY

ALL the world cup live with special events @ Paddy Rice. 21:00 match
01:30am match

4 Sunday JULY

Fun 4th. LIVE MUSIC. Door prizes! Games & Contest. 11 Food & Beverage vendors. See Ad on page 27.

11 Sunday JULY

ALL the world cup live with special events @ Paddy Rice. 1.30am 2010 World Cup FINAL

Every Day

Afternoon High Tea @ Café Monivong 3pm - 5.30pm

Happy hour @ Elephant Bar, 4pm - 8pm

World Cup Promotion @ FCC 4500 Prizes to win

US\$1 Tapas Time @ Studio 182, 6pm - 10pm. (Except Sundays)

Michelle Manzo, Angel Phil and Ritchy @ Studio 182, 7pm. Performing Jazz standards, Latin favourites and great soul tracks.

Every Tuesday

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

Quiz Night at Gym Bar, 9pm

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

Floorfillaz @ Riverside Bistro, 9pm . ance, R&B, Hip Hop. Drink Specials

Prime Tuesday at Café Monivong, Raffles, 6-10pm Black Angus prime beef rib or lam leg "à la Provençal"

Big Boy BBQ @ Riverside Bistro, 6pm

Every Wednesday

BBQ Party @ Paddy Rice, 9pm. Supported by San Miguel with music by TJ Brown

Salsa with Jimmy @ Equinox, 9pm

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 @ Riverside Bistro, 8.30pm

Bollywood films @ Annam Restaurant. 7pm.

Movies @ The Chinese House. 7.15pm.

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

Every Thursday

Big Boy BBQ @ Riverside Lounge, 6pm

Swing with the PSwings, @ Equinox, 9pm

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

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

Glory Hole @ Pontoon Lounge, 9pm. DJ & Drag Shows Fun Gay Night

Every Friday

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

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

Live Music @ Velkommen Inn, 8pm

Hip Hop Non Stop Friday with DJ Illest @ The Riverhouse Lounge, 9pm

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

10am photographic workshop considering aesthetics of travel photography. Nathan Horton Photography 092 526 706.

1pm photographic field trip to Silk Island. Nathan Horton Photography 092 526 706.

Every Sunday

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

Sunday Brunch @ Café Monivong, Raffles, 11.30am - 3pm. Free flow Singapore Slings!

'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

Paella Sunday's @ Pacharan, 11am - 5pm. Freeflow sangria and all you can eat paella for US\$13+

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

10am photographic workshop considering technical aspects of travel photography. Nathan Horton Photography 092 526 706.

12:30pm photographic field & boat trip to Kompong Chhnang & Udong. Nathan Horton Photography 092 526 706.

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

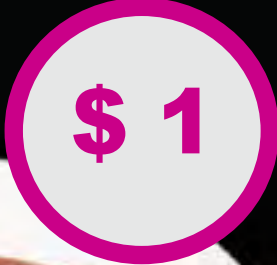
Raggamotion Sunday @ Riverhouse Lounge with DJ Pannara

Open Mic @ Riverside Bistro, 10pm

TAPAS time

18:00 - 22:00

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Openings

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@Shawarma



@Passion Boutique & Salon

■ SHISHAS AT SHAWARMA

Recently seen a column of sliced meat spinning on a metal contraption? Yes, it's true—Shawarma is here. Named for the Middle Eastern sandwich specialty, Le Liban's cosy riverside outpost opened on May 9. Given the rate that seats are snatched up, Shawarma's quick, casual dining is just what the city needs. Items on the menu include a Kafta spiced beef wrap with French fries, pickles, onions, tomatoes, and parsley, as well as chicken Shawarma doused in a mouth-watering garlic sauce, each for US\$3. Options such as tasty Falafels and the Labné sandwich,

based on cream cheese and mint go for US\$2.50, giving vegetarians no reason to hesitate. Wash it all down with a silver pot of sweet, strong mint tea (US\$1.50) or a Lebanese wine, and head upstairs to the Shisha lounge. Should cravings for these distinctive oriental flavours persist, hummus and other dips can be purchased for takeaway.

Shawarma, 117 Sisowath Quay, Tel: 023 720 011. Open 9am to midnight.

■ BONJOUR TO FRENCH CHIC

Oh là là! Now that the AXARA brand is delivering designs

straight from Paris to the Penh, attaining je-ne-sais-quoi sophistication is simple. Located in a colonial mansion on Sihanouk Boulevard, aka Phnom Penh's own Champs-Élysées, the newly opened franchised shop offers clothes and accessories tastefully arranged in a bright, lounge setting. The two principles of eternal French chic—muted colours and flowing silhouettes—reign over the brand's aesthetic. Trendy yet subtle pieces such as silky harem pants (US\$99) are available to

blend with classic items as the Parisian Mademoiselles do. Blazers are around US\$200, a Balenciaga-esque clutch in black synthetic leather is US\$66, and the quintessential French piece—a striped Maritime cotton tee—runs US\$66. AXARA celebrated its launch in Cambodia on May 14 with a soirée and catwalk show attended by Phnom Penh's elite, including local celebrities and movers and shakers from the city's emerging fashion scene. *AXARA Paris, 31C Sihanouk Blvd, Tel: 023 223 066, Open 8am to 8.30pm.*

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■ **SOMETHING FOR THE LADIES**

Like a Barbie dream mall, recently opened Passion has everything a girly girl could desire—dresses and stilettos galore, beauticians on hand with curling irons and mascara wands, and an assortment of desserts. A shop, salon, and café all in one, Passion is a go-to for pampering sessions. For shopping therapy, head straight upstairs to browse a selection that includes American and European imports. A floor-length strapless gown from BCBG sells for US\$389 and an Arden B sequined mini-dress rings in at US\$98, whereas red satin ruffled heels from Nine West are US\$119. An army of female staff can assist with beauty treatments; a manicure using OPI polish is US\$12 and haircuts start at US\$5. For a pick-me-up, order a slice of chocolaty Opera cake for US\$3.20. Take time to indulge; plenty of big, colourful chairs are on hand for your personal Ken to get comfortable while he waits.

Passion Boutique & Salon, 33 Street 334, Tel: 077 666 737, Open 8am to 8pm.

■ **PARADISE IN THE CITY**

Boutique hotels are evidently on the up in Cambodia, and recently opened The Villa Paradiso is a great addition to the scene. With ten uniquely designed and lovingly furnished rooms, ranging in style from Balinese, through Japanese, to modern, retro looks, this new villa-based hotel is sure to attract its fair share of discerning travellers. The beautiful pool is set in a lush garden, which hides a handful of small wooden cabins that form part of the hotel's spa. Imported from Germany, the cabins have a Nordic feel, which is further augmented by the small, but distinctly proper, wooden sauna. Though the pool is not open to non-guests, the spa is open to all, and treatments (from US\$15) include complimentary use of the pool, sauna, and Italian whirlpool. Room rates currently start at around US\$50, but this may change as the hotel becomes more established. There is also a small café-restaurant on the premises.

The Villa Paradiso, 25-27 Street 222, Tel: 023 213 720. Spa open 8am to 8pm, restaurant open 8.30 am to 6pm. 📍



@The Villa Paradiso

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set in Phnom Penh!**



**Book launch on June 24 at 6pm, Monument Books, 111 Nareadam Blvd.
Also available at The Shop outlets (39 St. 240 and 38 Street 337) from June 25.**



storyboard

Phnom Penh Life: Mr Salsa Football

Whether you've seen him spinning salsa tunes, sipping coffee or teaching kids how to use their left foot, **Jimmy Campbell** is a familiar face around the Penh. **Julie Masis** catches up with Mr Salsa Football.



World Cup with a heart

IT MIGHT SURPRISE MANY to discover that Phnom Penh's DJ Jimmy Salsa lives and breathes football not Latin beats. Unlike most football fanatics who will be glued to the World Cup in South Africa, Jimmy Campbell is more drawn towards the Homeless World Cup, which will take place in Brazil in September.

An international football championship for young people who have been homeless or lived in orphanages, more than 50 countries will send players to this year's Homeless World Cup. In Cambodia, an NGO called Happy Football Cambodia-Australia, where Jimmy is the head coach, is trying to raise about US\$20,000 from sponsors to send a group of Cambodian footballers on their first trip abroad.

Six players between the ages of 16 and 20 were selected for their football ability, attendance and attitude, says Jimmy, and the money will cover airfare to Rio de Janeiro, visas, passports and other expenses.

"It's not about winning, it's about giving players an opportunity to travel and see a part of the world they never would be able to experience otherwise, and to meet other players from different cultures," says Jimmy, who has never been to Brazil himself and is very much looking forward to the trip.

Last year, he took a group of Khmer players to Milan, Italy, for the same event. In between football practices and games, the players did some sightseeing, visited a cathedral, and were "a bit awestruck," according to Jimmy.

The Glaswegian has played football ever since he can remember. "As soon as I was walking, I started kicking a ball," he says.

Paid to play his favourite sport from the age of 17 until three years ago – although he would not reveal how old he is now – Jimmy has been a football coach for 15 years in Europe, Australia and Cambodia. In addition to coaching the players for the NGO every Saturday morning, he also teaches football at the International School of Phnom Penh. He even received the coach of the year award in New South Wales in 2006. His greatest football moment was playing on the same pitch as legendary Northern Irish and Manchester United footballer George Best, his childhood hero.

But being a football coach in Cambodia presents special challenges, he says. While the popularity of football in Cambodia is growing – so much so that on Saturday afternoons "every inch" at the National Stadium has someone playing football on it, there is a serious lack of facilities and equipment.

The football field at the Boeung Keng Kang High School, where Jimmy's players practice on Saturday mornings, has poor drainage and almost no grass. Many of the players cannot even afford football boots – or any shoes at all. So they play barefoot.

"Players in Cambodia will just play on anything," says Jimmy. "For a lot of them, they'll play in any condition."

Everything else is in short supply too – balls, protective gear, and even socks, t-shirts and shorts. The NGO tries to provide the players with shoes and equipment, but Jimmy says that donations are always welcome.

Before the Khmer Rouge, Cambodia used to have a good football team that was respected in the region. But after the war, Cambodian footballers have "been struggling a lot," admits Jimmy.

Football aside, Jimmy has two other part-time jobs.

He is Phnom Penh's one and only salsa music DJ. You can check out his Latin music collection at Equinox on Wednesday nights.

Also, Jimmy is a coffee expert.


While having an afternoon meeting at Café Fresco on the riverside recently, Jimmy ordered a cup of what must be his favourite hot beverage – but sent it back

twice. The milk in the coffee was not prepared the way it should be, he said. Jimmy is perhaps more particular about his coffee than most Phnom Penh café-goers. After working in the hospitality industry for years – he was once the general manager of the FCC – Jimmy became a coffee-coach. He coffeetrains Fresco Café's employees, and can't let an imperfect beverage pass him by without some criticism.

But it is football that is his true passion and despite his involvement in the other world cup later in the year, he is looking forward to watching this year's World Cup especially because it will take place on the African continent for the first time. He expects the Ivory Coast to do well.

"It's going to be unique from that perspective and it wouldn't surprise me if an African team came close to winning it," he says. As for the homeless world cup, simply taking part is what counts most.

To learn more, visit Jimmy's website: www.goldstarfootball-coaching.com, or contact him at: jimmy@goldstarfootballcoaching.com or 017 679 487.

To get some more information about Happy Football Cambodia Australia, and how to make a donation to help Khmer footballers go to the Homeless World Cup in Brazil, go to: <http://hfcustralia.org>. 

Spirit of Soccer

While the Cambodian national soccer team will not travel to South Africa in 2010, Spirit of Soccer is making a World Cup trip possible for rural Cambodian teens. **Craig Gerard** learns there is more to soccer than what happens on the field.

TWICE A MONTH IN Battambang province, a group of eight children and two adult coaches gather to practice soccer. The children, four boys and four girls, ages 15-18, all come from families affected by landmines. They travel up to three hours from rural villages throughout the province just to make the practice. All the players hope to make it to the World Cup. And this month, that is just where they are going.

The team was hand selected from hundreds of players in Battambang province by Spirit of Soccer, an organization that teaches landmine awareness through soccer education. "Approximately 250 people were maimed by landmines in Cambodia in 2009," says Spirit of Soccer Country Director Stephen Sonderman. Each of the selected players comes from families who have been affected by or are at risk from Explosive Remnants of War. The mission of the organization is fairly simple; get groups of children to come for free soccer clinics, and while they are there teach them about the dangers of unexploded ordnance and landmines.

Spirit of Soccer works in seven other post-conflict countries, including Afghanistan, Iraq, Israel, Jordan, Palestine, Columbia, and Sri Lanka, doing similar education seminars. They are part of a larger network of organizations that use soccer to improve lives. When FIFA's Football for Hope movement approached Spirit of Soccer to send a team from Cambodia to the 2010 World Cup, the organization jumped at the chance, though the Cambodian team is the only group representing Spirit of Soccer at the tournament. The Cambodian Football Federation presented the team with jerseys from the national team last month, and dubbed them the official Cambodian representatives at the World Cup.

The team will travel to South Africa to compete against 32



The spirit of youth

PHOTO BY STEPHEN SONDERMAN

other youth teams representing 50 different countries in a mini-World Cup tournament. All of the players range from 15 to 18 years of age, and all of them, except for the Cambodian team are coming from urban areas. "I don't think one of our players weighs more than 100lbs," says Rachel Haig, Senior Program Advisor for Spirit of Soccer in Cambodia (and Stephen's wife). "And they will be going against teams who are bigger and stronger than them. But for us, it is about getting them to have as much fun as possible while they are there."

Most of the players come from villages without electricity and two hours drive from a paved road, so getting on an airplane for international travel is a giant leap forward. "Just coming up with consistently spelled English names on their new passports was a challenge," Stephen explained. "The parents and children had no concept that travel officials outside of Cambodia wouldn't be able to read the Khmer writing on their passports." There have been a whole host of hoops to jump

through in managing the logistics of such a large trip. But the end result will be an experience the kids will never forget. "On an 11-hour layover in Kuala Lumpur, we'll take the group to climb the Petronas Towers, and I think that will be a mind-blowing experience," says Stephen. To acclimate to the concept of travel, the group is touring Cambodia, from Phnom Penh to Sihanoukville. In mid-May the team met with other Cambodian teens in Sihanoukville that have travelled internationally to talk about their experiences. "They have fears, but they don't know what questions to ask yet," Stephen explains.

Together, with their own rice cooker, the team will travel to an event much larger than any of these kids can imagine. They will attend two or three World Cup games in Johannesburg, and meet teens from around the globe. "The group are now ambassadors for Spirit of Soccer," says Rachel. They will teach their opponents about the dangers of landmines and unexploded ordnance, but will also teach

them about Cambodian hospitality. "We are bringing kramas to give to all of the players on the teams we play," Stephen brags. Sportsmanship has always been an important part of the group's lessons. And while they may not dominate on the pitch, they will certainly win the hearts of all those they come across.

Stephen and Rachel, both of whom will accompany the team to the tournament are no strangers to the World Cup. Between the two of them, they have been to five previous World Cup tournaments, but this one will be different. "This will be an opportunity for these players to see the world outside of their villages," Stephen explains. Rachel continues his thought, "We start each session by showing them a world map, explaining where they live and where we will travel to. For them, just knowing there are different countries that speak different languages, and eat different foods is all a very new concept. This tournament gives them the opportunity to interact with that world." ■

Dancing Against Odds

What does traditional Khmer dance and classical Western ballet have in common? If nothing else, then at least **Sokvannara Sar**. Words by **Nora Lindstrom**.

FROM A KHMER DANCE school in Siem Reap, to the New York School of American Ballet and the stage of the Pacific Northwest Ballet in Seattle, Sokvannara (Sy) Sar's life has over the past decade changed dramatically. Having caught the eye of American arts patron Anne Bass on her visit to Cambodia in 2000, the then 16-year-old Sy was by all accounts too old to learn classical ballet. "It is almost impossible to begin studying ballet at that age and become a professional dancer," Anne says, though admits she did not know this when she first contacted the World Monuments Fund about sponsoring Sy's trip to the U.S.

With Anne as his patron and powered by his own determination, the talented young dancer nevertheless made it in the tough world of Western classical ballet. His difficult journey from Cambodia to the international stage has been documented in the recently released film *Dancing Across Borders*. Directed by Anne, the film has been well received at numerous film festivals last year where it featured as part of the official selection.

"I am often asked what I want people to take away from the film," Anne says. "Of course what they take away will in large part depend upon what they bring to it, but I hope that it inspires young people to persevere and believe in their dreams, that it makes the world of ballet more accessible and broadens the audience, and that it will inspire others to support talent when they see it no matter how modest or how great their resources may be."

Like any good story, Sy's is one of triumph and survival over odds. "I did not have doubts about Sy succeeding in becoming a professional ballet dancer," Anne says. Yet she admits she did not fully comprehend the challenges the youngster might face in adapting to his new life in the West.

Sy himself describes his first few years in the U.S. as lonely.



Hope to inspire talent and perseverance

"I had two schools a day, almost every day, and didn't speak English," he says. "But there were a number of things to do, especially in New York, which kept me entertained. I made some friends and got to know new places; over time, my way of getting along with the new culture and society improved."

Despite his talent, learning new ways of moving in a foreign environment was also difficult. His age and lack of ballet training meant that in order to have a chance at gaining admission to the prestigious New York School of American Ballet (SAB) he had to start by taking private lessons with Olga Kostritzky, head of the school's boys' programme, to catch up with his peers.

"Khmer dance is very different from Western classical ballet," Sy says, "it is usually slow and low to the ground. It can be difficult to learn, but it's not as demanding

as Western ballet which requires young age muscle memory, flexibility, and there're lots of turning and jumping, which you don't find very much in traditional Khmer dance."

Following private tutorship, Sy was admitted to SAB where he spent five years in training. He reached the semi-finals in the esteemed International Ballet Competition in Bulgaria, and was finally asked to join the Pacific Northwest Ballet corps, where he remains to this day.

Dancing Across Borders is to a large extent made from footage that was originally shot to allow his family follow his progress in America. It also includes a visit to his family and his previous dance school in Cambodia. During this visit Sy performed at the U.S. Embassy in Phnom Penh.

Sy says he likes the film. "It is hard for me to describe exactly how I feel since the person on

screen is myself," he says. "It just amazes me how much has changed and how fast time travels. Also, what's amazing is how Anne managed to piece everything together, things that I barely remember at all."

As Sy's friend and patron, as well as the director of the film, Anne says she felt very protective of him. "That is one reason there is very little of his life out of the ballet studio," she says. "He was generous in letting us tell his story but I felt there were limits. Several people have said they wanted to know more. Maybe that will be a sequel."

In the film, Peter Boal, one of Sy's instructors at SAB as well as a principal dancer at New York City Ballet, describes Sy's successful journey into classical ballet as "one chance in a thousand". That may be too generous.

"After seeing the film at the Seattle International Film Festival, he said 'I should have said one chance in a million,'" Anne recounts.

Despite having spent ten years away, his homeland is still close to Sy's heart. "Cambodia is still Cambodia to me," he says. "I'm always proud to be Khmer Angkor. Certain things might have changed as I've been away for so long but my home is still there and childhood memories are still buried in my backyard. However, I appreciate the opportunity to experience abroad as it makes me grow."

Returning to Cambodia is an option, though perhaps not quite yet. "What I'm more concerned about right now is to get as much out of my present life as I can, and things will unfold on their own," he says.

Dancing Across Borders is likely to be screened in the Kingdom sooner rather than later. "Now that the film has been released theatrically we will begin to organise showing it in Cambodia and throughout Asia and Europe," Anne says.


For more information about the film, visit their website at www.dancingacrossborders.net. 

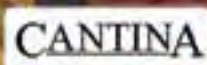
PHOTO BY TIMOTHY GREENFIELD-SANDERS, COURTESY OF DANCING ACROSS BORDERS

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leonard cohen live at the olympic stadium

With due respect to the likes of Dengue Fever and Ronan Keating never before has a musician of the stature of **Leonard Cohen** announced that he will perform in Phnom Penh. **Mark Bibby Jackson** talks to the men who have made the groundbreaking concert take place.





Back on Boogie Street...

LEGENDARY MUSICIAN AND SONGWRITER Leonard Cohen will play the Olympic Stadium on Nov. 27. In what promoters AEG Live calls a "landmark concert" Cohen has agreed to perform the only Southeast Asian concert on his current world tour in the Cambodian capital.

Chris Minko, founder of The Mekong Sessions Concert Series, claims the concert heralds the renaissance of the Cambodia of the 60s, where Phnom Penh was seen as the Pearl of Southeast Asia.

"This concert demonstrates that Cambodia has successfully emerged from the tragic events of civil conflict in the recent past and re-ignites its well-established tradition of cultural excellence," he says.

Cohen's concert is the first in a series of Mekong Sessions that will, says Minko, bring more rock greats to Phnom Penh. He claims the Sessions will play a large part in stimulating Cambodia's tourism industry, which has suffered in recent years from the global recession and unrest just across the border in Thailand.

"Mekong Sessions is long term," says Minko. "It has the biggest tourism potential that the country has ever seen in decades."

With the 15 million regional expats targeted for the 5,000-seater stadium, many of whom will combine the concert with a visit to Angkor Wat, the knock-on social-economic benefits for the country are clear.

AEG Live's president Rob Hallett is keen to emphasise the significance of Prime Minister Samdech Hun Sen and his wife Lok Chumteav Bun Rany, president of the Cambodian Red Cross in supporting the concert. Proceeds from the concert will be donated to the Cambodian Red Cross and Cambodian landmine survivors.

At first the choice of Cohen may seem a strange one to start the renaissance of Phnom Penh. Dubbed "the poet laureate of pessimism" and "the godfather of gloom", Cohen's style is more often associated with sombre reflection than rebirth. However, the career of the poet, songwriter and performer who was born shortly before Elvis Presley in 1934 has intriguing parallels with Cambodia's own rock industry.

Already a successful poet in his native Canada, Cohen was a late starter as a musician. His first album 'Songs of Leonard Cohen' was only released in 1967. This was the year the 19-year-old Ros Sereysothea released her first song 'Stung Khieu' in Phnom Penh. Together with Sinn Sisamouth the "Golden

Voice of the Royal Capital" was to lead the Cambodian rock scene of the late 1960s and early 1970s, creating a distinctive psychedelic rock sound. Like Sinn Sinamouth, Ros Sereysothea was to disappear during the Khmer Rouge period, which destroyed the country's nascent music scene.

Despite attaining cult rock status in the 1980s Cohen went into voluntary exile in the 1990s. Ordained as a Buddhist monk in 1996, he spent five years in Mount Baldy Zen Centre near Los Angeles. The low-point of his 40-year career was surely the civil case he took out against his former manager, Kelley Lynch, in 2005. Lynch misappropriated over US\$5 million from Cohen's retirement fund reportedly leaving the artist with only US\$150,000. Cohen won the case but has yet to see the money.

What was Cohen's loss has been his fans' gain.

In 2008 Cohen started his first tour in 15 years with a concert in Fredericton, New Brunswick. The tour has included acclaimed performances at festivals around the world, including: The Big Chill, the Montreal Jazz Festival, and the Pyramid Stage at the 2008 Glastonbury Festival. His Glastonbury performance was hailed by many as the highlight of

the festival. The performance of his anthemic 'Hallelujah' received a rapturous reception.

The Dominion Post's Simon Sweetman described Cohen's Wellington concert as "the best show I have ever seen".

His Dublin concert sold out in a matter of minutes after being put on the website. And sources close to the management group say that the Phnom Penh concert will also be a sell-out with many advance sales.

So why has the musician, who is a member of the Rock and Roll Hall of Fame, has received a Grammy Lifetime Achievement Award and will on Jun. 17 be inducted into the Songwriters Hall of Fame, decided to perform in Phnom Penh.

Despite the problems with his former manager, it most certainly is not for the money. Minko confirms that Cohen has dropped his normal fee significantly in order to make this concert happen.

You sense that the management team is genuine when they state that "this is not just another concert, this is a historic cultural event." Chris Minko even stresses the cultural significance of the venue.

"In keeping with the ground-breaking nature of this event, the concert will be held indoors at the Olympic Stadium, a rare example of the work of famous Khmer architect Vann Molyvann," he says. "His buildings are a living reminder of

the days of Phnom Penh's former cultural stature."

The artist who once said: "I really do feel the enormous luck I've had in being able to make a living, and to never have had to have written one word that I didn't want to write," will now be bringing his words to Phnom Penh.

When asked by Clash Music in March this year what was his most major achievement in a career in music which started with launching Duran Duran in the early 80s, Hallett said: "There have been so many proud moments,... but most of all bringing Leonard Cohen back to the stage in order that a whole new generation can truly understand the meaning of sublime."

Minko, who as secretary general of CNVLD has brought two volleyball world cups to the capital, sees the concert as the crowning achievement for all the hard work done by the organisation.

"Fifteen years of work leads to Leonard Cohen," he says.

Whether a crowning achievement or a renaissance only history will tell. But one thing is for sure, it will be a damned good gig.

Details of how tickets can be bought will be released on Jul. 1. AsiaLIFE will be giving away two tickets for the concert - details of how to apply will be released next month. **A**

You Know Who I Am?

1) Cohen was 32 and an established writer before turning to songwriting. One agent said to him: "Aren't you a little old for this game?"

2) Cohen's maternal grandfather was a rabbi, who wrote a 700-page thesaurus of Talmudic interpretations.

3) He formed his first band, aged 17, called the Buckskin Boys.

4) Cohen named his daughter after the writer Federico García Lorca.

5) Asked about drugs, he has said: "The recreational, the ob-
sessive and the pharmaceutical - I've tried them all. I would be enthusiastically promoting any one of them if they worked." **A**



Hallelujah!

The Heat is On

In an already scorching Phnom Penh, LA band **Dengue Fever** has over the past week raised the temperature even higher. AsiaLIFE's **Nora Lindstrom** catches up with the band's bassist during a brief poolside respite.



Droppin' dat Bass

AL: *You're back in Cambodia five years after your first tour here. What's it been like?*

SW: It's been great, but it's been so busy. We've had to divide up what each of us are doing because we also wanted to relax, hang out with people, walk around – just check out Phnom Penh a little bit. We're just coming off a lot of days on tour so this is kind of like our moment of repose, and it's nice to have it here in Phnom Penh. It's also nice to work with Cambodia Living Arts, and this morning we spent the whole morning with Wildlife Alliance in Phnom Tamao and practically made love to the elephants out there. It was nice to see how Wildlife Alliance is helping the country and its people by preserving its habitat.

AL: *What's your relationship to CLA?*

SW: It first started when we came in 2005 to make the film [Sleepwalking Through the Mekong]. All of us were trying to organise everything from LA, and I did a big chunk of that, the scheduling, fundraising – this was before we had a manager – so it was pretty hectic. People said just come and everything will be fine, but we had tens of thousands of dollars from investors saying that we should be doing something and we still had nothing! I made us a schedule for a documentary film, none of which happened. So Zac came out a couple of weeks early with the film director just to do it on the ground, and they met

[CLA Board Vice President] Dickon Verey who said why don't you work with these dancers and these kids, so we first met them in 2005. Since then they have grown and the dancers have just gotten better and better. The ones that performed with us last night were just fabulous. Amazing.

When we were setting up these concerts we knew that we wanted to do a beneficiary for them and collaborate with them for the show, so that's why we did it together. It was a big risk, there wasn't that much funding. We could have fronted the money but we wanted to organise a concert so that we could raise as much as possible. So they really scraped together all the resources to make it happen. You know there's a risk going into anything because if nobody comes, it's not going to be fun. But the exact opposite happened. It was sold out, we made tons of money – it made me feel really good.

AL: *Cambodian chaapei master Kong Nai also played with you last night.*

SW: Yeah, it was great. We jammed with him five years ago and we wanted to do it again. It was funny because we had this song that we thought it would be perfect for him to play on, and so we started rehearsing that. But you know Kong Nai is a master – that's why he came on first – and you can't argue with that, so basically we jammed this song that sounded great in sound check, but later we came on stage and he

said "I play, you follow", and we're like "Okay", and that was that! So he hit the stage and played and we followed. Master says "I play – you follow", so what do you do? You follow.

AL: *What does Cambodia mean to you as a band?*

SW: Well, it of course means most to Nimol because she's from here. The original intent of the band was to have a good time and to do something different than what was happening in the neighbourhood. It wasn't about shedding light on this body of music, but it's become that, and it's become just as important as the band that the original artists get recognised. We haven't played the cover songs for long time. We still play them, but we're pushing forward with new music. Yet at the same time, we're also wanting to give respect to the music that was a catalyst for us and inspired us to think of a crazy enough idea to go find a Khmer singer.

I still think it's a crazy idea. We were so culturally different – Nimol grew up here until she was 20 and then moved to the States, and immediately met us. She didn't speak of word of English so it was literally her looking at these five crazy guys and us looking at her and thinking this is probably either the best or the worst idea. So the original inspiration was just to do something strange and different. There's a huge

Cambodian community just outside LA, so it was just like here's the music, here are the people, and here's tons of nightclubs, there so let's just try it and see what happens.

AL: *You're currently working on your fourth album. What is it going to be like?*

SW: It's going to be more like fifty-fifty Khmer and English. We're spending a lot more time making this album, whereas in the past we pretty much just did a song, recorded it in Khmer and called in a day. So once the song was done the song was done. But now, we've given ourselves time, we haven't rushed it. Some songs we're trying in English, and if they don't work we'll do them in Khmer, and vice versa. We're just kind of experimenting with songs. Nimol's English is getting a lot better now so it's easier for her to sing in English. Still, when she sings in Khmer, she just needs to think of hitting the right notes, but when she sings in English she has to think of pronunciation, phrasing, meaning, emotion... She has to think of so much more stuff when she sings in English so it takes her a little while and it doesn't work all the time. I think it's going to be fifty-fifty, but there's also one song with some French.

AL: *You were invited here by the American Embassy. Were you planning on coming here anyway, or did you come explicitly because of the invitation?*

SW: They got in touch with us to come here for a celebration a couple of months from now. But we already had some shows booked in Vietnam for this time, and there wasn't enough money to fly us out here from LA just for that show, so we talked and said couldn't we do the [60th] anniversary celebration of relations between the US and Cambodia a couple of months earlier, and they said "Of course". It was that simple! So that's how this show came up. It's great that they were so flexible.

AL: *There seems to have been a revival of Cambodian 60s pop culture lately. What role do you think you have played in that?*

SW: I don't know if we started the revival, but we started our own personal revival about eight or nine years ago. It's simply an amazing body of work, and it doesn't matter when the revival happens, it's bound to happen, because there is something special to the Cambodian way of making art. It's very fluid and smooth, the dancing, the singing, the visual arts, the pagodas and the temples, are all very fluid and beautiful. There's something magical about Cambodian culture, and the way the Cambodians did their 60s psych-rock that was completely Cambodian. I'm so stoked to part of the revival.

AL: *Have you seen many changes in Phnom Penh since your last visit?*

SW: There are a lot more nicer shops and nicer things. I first came here in 1995, and '95 to 2005 was a complete shocker. 2005 to now is less of a shocker, but it's still different. Sisowath with fancy restaurants... It's all just a little more chic. There always were these upper class places, even in '95, but now it's like they have more chic places for you and I.



Playing at a fever pitch

AL: *What's next for Dengue Fever?*

SW: Next is making the new album. We have the album written, but we're going to start recording. Straight after we get back, we're going Midwest, but after we get home after that we're just going to focus on the record for three or four months. We're hoping to have it done sometime in fall, and it'll probably come out in the beginning of next year.

AL: *Will you then return to Cambodia to promote it?*

SW: Last night's show was very successful, and if tonight's show [in Wat Botum Park] turns out the same way, then there's actually a chance that we might be back. Ticket sales won't cover it, but if we got some sponsorship from one of the beer companies or so then we might be able to come back and play in more provinces. **F**

60s Khmer Music

NEWLY INDEPENDENT CAMBODIA in the 1960s and 70s experienced a proliferation of homegrown arts and artists. With King Norodom Sihanouk at the helm, Khmer cinema and music blossomed. The latter borrowed freely from contemporary western rock, adding a distinct Cambodian twist and hypnotic dimension, creating what is today considered similar to psychedelic or garage rock.

Several artists gained prominence during the golden era, among the Pan Ron, Im Song Seum, Huoy Meas, Mao Sareth, Keo Montha, Keo Settha, and Chhunn Vanna. The King and Queen of the scene were undeniably Sin Sisamouth and Ros Sereysothea. Sadly most artists perished during the Khmer Rouge, though their surviving tunes remain popular in Cambodia to this day. A documentary film entitled 'Don't Think I've Forgotten (Cambodia's Lost Rock and Roll)' is currently in the works, to find out more about the project, visit: www.cambodianrock.com

■ **SIN SISAMOUTH (1935-1975)**

Famous for his melancholic melodies already in the 1950s, it was a decade

later that Sin Sisamouth became the undeniable King of Khmer Rock. With an unmistakable crooning voice, he combined Latin tunes, rhythm and blues, as well as rock and roll with traditional Khmer music to create a new genre of Khmer pop. Penning most of his thousands of songs himself, he was the darling of the masses and also sang the soundtracks to many Cambodian films of the era.

■ **ROS SEREYSOTHEA (1948 - 1977)**

Starting off at the National Radio in Phnom Penh in 1967, Ros Sereysothea quickly became a household name in Cambodia. She often sang ballads together with Sin Sisamouth, and was recognised as a national treasure by King Norodom Sihanouk, who named her the "Golden Voice of the Royal Capital". In the 1970s, she experimented with what today is considered psychedelic or garage rock, even recording a Khmer version of Proud Mary. One of her most famous still-played songs is 'Chnam Oun Dop-Pramp Mui' ('I'm 16'), which is covered by both Dengue Fever. **F**

food corner

Footy Finger Food

A month full of football means many meals in front of the telly. Fortunately, the Penh is full of places to nosh while you cheer on your team. **Craig Gerard** travels the city in search of the perfect footy food.

WHAT IS THE IDEAL MEAL for watching football? Ideally, you want something you can hold in your hand that won't deform too much when you clench your fist in victory when your country scores the equaliser. And having ingredients that used to breathe is also a plus. Whether you are rooting for Germany or Ghana, Serbia or Slovakia, United States or Uruguay, there is a restaurant for you. Keep in mind that South Africa is 5 hours behind Phnom Penh, so games that start at 4pm there will air at 9pm here. At press time, there was some question whether restaurants without dedicated satellites would pick up games with English commentary. Call ahead to make sure the game you want to see will be available.

LE DUO

Buongiorno! Italy opens their World Cup against Paraguay on June 14, and the Italian die-hards will gather on Street 228 to give a ruckus cheer. Luigi will set the TV in the new pool lounge area, so regular diners will be minimally impacted, and football fans can spread out amongst the comfortable cushions. It is easy to get lost in the deep menu, but for the games, stick with the pizzas like the pepperoni salami pizza (US\$7.50) and paninis, which will be on special from Jun. 1 through Jul. 11. The crunchy calamari (US\$6) is also a favourite. Wash it down with draft Tiger. And if your team wins, celebrate with a tall tiramisu.

PADDY RICE

Unfortunately, Ireland didn't make the show this year, but the Penh's favourite new sports bar is still a great place to catch a game and a Guinness draft (US\$3.90). The beer-battered onion rings (US\$2.50) are airy and crisp, and will be gone before the first foul is called. For a hearty base, the bangers and champ (US\$7) are not to be missed. Smothered



Hardy Aussie pub grub at the Gym Bar

in thick gravy, sweetened with caramelized onions, the peppery sausages and smooth mash fit perfectly in front of an exciting match. Of course, the Guinness steak pie (US\$8) is hard to turn down and a perfect pair with a dark pint.

GYM BAR

What better place is there to watch sports in the Penh? With no fewer than 14 TV screens, the largest option of satellite sports channels, and walls full of sports memorabilia, the Gym Bar doesn't pretend to be anything but a sports pub. With a hearty selection of pub grub, there's plenty to fill your belly during the game. Proudly serving Pelican Company meat pies (US\$3.75), the delicious pastries are filled with chunks of meat, gravy and served with steak fries. The Australian meat pie will show your allegiance to Wendell, the owner of the bar. But on Jun. 13 Australia takes on Germany in their first game of the tournament, and if you are pulling for Deutschland, order the Chicken Schnitzel (US\$6.50). The crispy breaded chicken comes smothered with gravy and is served with a creamy mash and vegetables. Of course, The works burger, complete with imported beef, lettuce, onion, cheese, tomato, egg, and bacon, is sure to fill the belly of even the hungriest football fanatic, no matter where they are from.

FCC

Watching a World Cup game while feeling warm breezes trickle off the Tonle Sap is an experience unique to Cambodia, and there may be no finer place to do that than FCC. An added bonus, every US\$5 that you spend at any FCC property from Jun. 1 through Jul. 11 will earn you a lucky ticket. Scratch it off to win prizes ranging from free beer to discounts on hotel rooms. Special for the World Cup, FCC

will erect a large screen TV. Better still, their diverse menu gives plenty of options from around the globe. For a satisfying meal, mix up your choice of three tasting plates (US\$12) – you can choose from items such as duck cakes with lychee and mint salad, crab and pork egg rolls, or chicken croquettes with tarragon dust. Or, if Mexico makes a run, get your hands messy with some beef nachos (US\$9.50), piled high with spicy beef, homemade salsa and sour cream.

■ **ELEPHANT BAR**

Those requiring a touch of class to go with their footy are strongly advised to go to the elegant Elephant Bar at the Raffles Hotel le Royal. The free tarot chips alone maybe worth the journey away from riverside haunts, but a big screen showing all the important matches is sure to draw crowds. From Jun. 1 through Jul. 11, the Elephant Bar's cocktail of the month is the South African Breeze, a refreshingly sweet drink using Amarula, a creamy South African liquor. Food at the Raffles never disappoints, and the signature Elephant Bar hamburger (US\$14) is two hands-

full of meaty goodness. The Elephant triple decker (US\$12) is the Raffles answer to your club sandwich cravings, served with egg, tomato, and bacon and served with crispy French fries. For a lighter snack, try the fresh Vietnamese spring rolls (US\$11), wrapped in thin rice paper, these healthy nibbles are scrumptious and surprisingly filling.

■ **CALIFORNIA 2**

If you are waving Old Glory in June and July, you may want to head to California 2, one of the only American run venues showing World Cup (Soccer). With a ski-lodge atmosphere of wood and stone, the single TV screen will have attention focused squarely towards the liquor. California 2 always offers a chill atmosphere and good music; coupled with strong drinks at reasonable prices, this is a great spot to catch a game. For some California cuisine, try the Baja style fish tacos (US\$4.50), which come with delicious crispy fried fish, a tangy special tartar sauce, and a spicy fresh tomato salsa. Wash it down with a frozen margarita (US\$3) or an ice-cold beer (US\$1.25). The California

2 burger (US\$4.75) is also a great value with a hearty patty of grilled meat on a fresh bun.

■ **PICKLED PARROT**

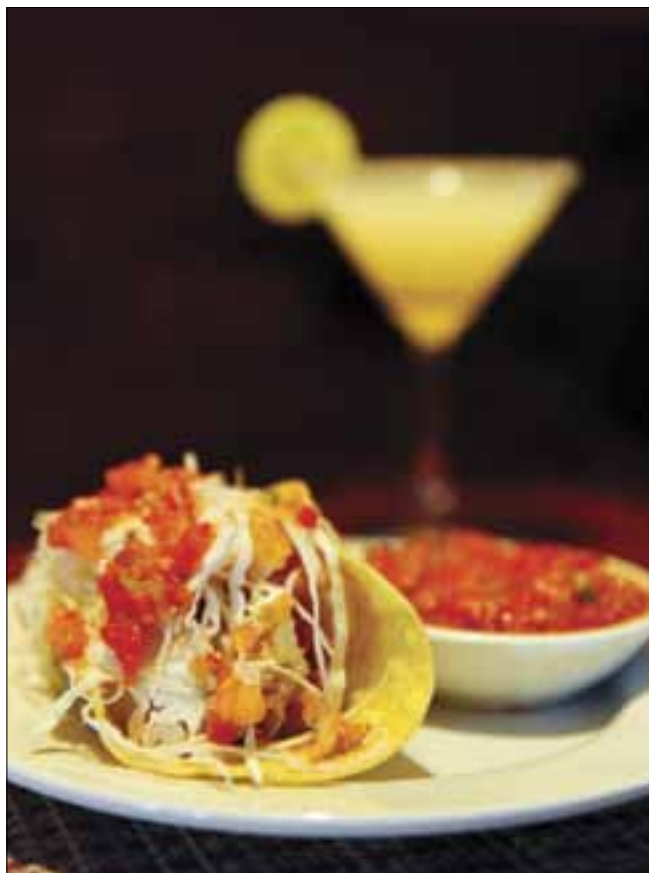
With five TV screens and plenty of room to spread out, the Pickled Parrot might be the hidden gem of sports bars in Phnom Penh. Of course, you have the added benefit of people watching on Street 104, but we are here for footy and food, right? Focus people. The homemade meat pies (US\$6) are a scrumptious option. The thick, flaky crust compliments the piping hot chunks of shredded steak and mushrooms. The pie is a little bland, and the accompanying gravy is a little too salty, but put them together in the right ratio for a perfect bite. For finger foods, you can try the tempura prawns (US\$4), which aren't quite Japanese style and served with a spicy mayonnaise dip. They are greasy enough to soak up the beer, but good enough that you won't want to share. The Cambodian marinated sizzling steak (US\$7.75) also offers a substantial meal of juicy locally sourced meat with a delicious sauce. Wash it all down with one of 14 different beers available, like Coopers Ale (US\$3.25) or Budweiser (US\$2.50). 🍷

Full Contacts

- **LE DUO**
17 Street 228
Tel: 023 991 906
- **PADDY RICE**
Corner of Sisowath Quay and Street 136
Tel: 017 773 102
- **GYM BAR**
42 Street 178
Tel: 012 815 884
- **FCC**
363 Sisowath Quay
Tel: 023 724014
- **ELEPHANT BAR**
Raffles Hotel le Royal Street 92
Tel: 023 981 888
- **CALIFORNIA 2**
317 Sisowath Quay
Tel: 023 982 182
- **PICKLED PARROT**
4-6 Street 104
Tel: 012 633 779 🍷



Ireland isn't playing, but it doesn't mean the Craic stops at Paddy Rice



¡¡¡Viva la México!!! Cheer México on at Cali 2

Food Talk: The World is His Oyster

Whether you say oysters or ersters, **Harry Bagwandeem** knows how to serve them. **Mai Lynn Miller Nguyen** samples Sonoma, the Penh's first oyster bar.

"TRY THEM. THAT'S WITH salmon, sour cream, and parsley, that's natural, and this is today's special," says Harry Bagwandeem, managing partner of Sonoma Oyster Bar and Restaurant, as he sets down an assortment of plump oysters on ice. The next moment, he's greeting guests with his trademark "Hello there! Are you all right?" For Harry, running a restaurant is all about providing first-class food with pleasure.

A Brit with Jamaican and Indian heritage, Harry hails from a small town near Colchester, England. Like many settled in Phnom Penh, Harry came on a whim, fell in love with the place, and decided to stay. Although he did arrive with a plan in mind—bomb disposal.

As a specialist for the military, Harry worked on eliminating Saddam Hussein's arsenal of weaponry in Iraq from 2006 to 2008. He headed to Cambodia to join a former colleague in the same line of work, but ended up making a career swap—"a change of pace," he says. Not the first time for Harry, who also counts acupuncturist and dental technician among prior jobs.

Though Harry has worn many hats professionally, cooking has been a lifelong hobby. A stint as a hotel dishwasher at age sixteen gave an inside look into the preparation of food as an art form, teaching him how to taste and garnish. He also credits his ex-wife, a caterer, for some of his food knowledge. "Never had a cooking class," proclaims Harry. "I've never needed it."

Harry's enthusiasm for great nosh is clear, and he's eager to research and master diverse cuisine. French cooking influences him most, as evidenced by his tantalizing orange and cognac-accented pâté, created since his teens and available now at Sonoma.

Formerly a Vietnamese restaurant, Sonoma launched as Phnom Penh's first and only independent oyster bar in January of this year. Since the start, the restaurant has drawn a crowd of expats and



Shucking oysters is only part of the art

Cambodians seeking a high-quality oyster in an intimate setting.

Harry joined Sonoma a few weeks after the opening to preside over the menu. Together with the French-trained Khmer chef, he has slimmed down the range of offerings and finessed the ingredients using his intuitive approach to flavour.

Sonoma, an homage by name to California's Napa Valley wine county and the tradition of pairing oysters with wine, offers an extensive selection from Californian vineyards and beyond. Fish, scallops, and premium local beef steaks are among the menu's other temptations. As for dessert, the signature Sonoma Float features chocolate chip ice cream drizzled with rich Vietnamese espresso and triple sec.

The focus remains, of course, oysters. "I come from an oyster area in England, and I've eaten oysters all over the world. French oysters, Pacific oysters, New Zealand oysters, I've tried them all. These are in the same class, without doubt," raves Harry about the oysters imported from Vietnam. "I have seen people here eat their first oyster, close their eyes and, just, they're somewhere else."

At Sonoma, freshness is key. Farmed near Vung Tao, the oysters are shipped to Sonoma within 24 hours after an order is placed. A founding partner in Ho Chi Minh City, Tracey Nguyen, oversees the crucial selection and delivery process. Sonoma also serves as a wholesale supplier, selling the delicacies to several hotels in Phnom Penh and even drawing a buyer who travelled explicitly from Bangkok.

Vietnamese oysters are gaining a reputation worldwide as high numbers are exported to the U.S. and Europe. Though oysters can be found at Cambodian beer gardens, they have usually been frozen. Addressing a previously unsupplied demand, Sonoma is one of few places in Phnom Penh to find fresh Vietnamese oysters.


Though Harry personally favours oysters raw with a squeeze of lemon and dash of black pepper, Sonoma dishes up a variety of classic and creative recipes from around the world. Half a dozen Kilpatrick oysters, cooked Australian style with tomato and Worcester sauce and what Harry describes as the world's best bacon, are US\$7.95.

Harry's acupuncturist background developed his philosophy of using herbs as more than seasoning. "I want to pump people full of goodness, give them the medicinal benefits to make them really well without forcing it," he says.

A few concoctions are unique to Sonoma. "I try and come up with new ideas," explains Harry. "The special tonight doesn't exist anywhere else, it's not in any cookbook."

Served raw with lime-soaked barracuda and a Khmer-inspired mango salsa, the oyster special was dreamt up, like many brilliant ideas are, during a five am bar discussion. This plat du jour has proven popular with Cambodians, including women who initially balk at eating live shellfish and then return to consume oysters by the dozen.

Ironically, it took Harry himself a while to find appeal in the idea of tucking into oysters. Convinced to try a few masked in salsa, he became more and more addicted to their distinctive taste. Then one day, Harry found himself at the helm of an oyster bar.

Sonoma Oyster Bar and Restaurant, 32 Street 108. Tel. 077 723 911. 

STUDIO 182

JAZZ LOUNGE

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MICHELLE MANZO

US ACCLAIMED
VOCALIST

ANGEL



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FROM 6:00 PM TILL LATE

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STUDIO 182
JAZZ LOUNGE

Review: When Worlds Collide

Darren Gall throws of his wine-tasting bib and takes on the food of three “continents” only to discover a souvenir shop and cheese and ham toasties.

I, (AN EXPATRIATE Australian) recently had lunch with my Khmer partner and an Irish photographer at a quaint little café-cum-restaurant named Trios Continents. The place purported to combine the cuisines of Cambodia, Laos and Vietnam, all somehow pulled together and managed by the charming Nagayoshi Maki.

Roughly the size of two Chinese shop-houses, the high ceiling provides an airy ambience to the room with pale colours and simple furniture adding to the breezy, uncluttered feel of the space. However, I was taken a little aback when I discovered that the restaurant was actually a souvenir shop that had recently transformed a corner and now served a limited, café style menu.

At this point you might be thinking that I should have done both the venue and myself a favour, spun 180 degrees and fled the scene – lest staying meant entreating the reader to a scathing, titillating account of the disaster that was bound to follow.

I could raze the building with sparks flying from the rapier like strokes of my caustic quill. Why not? Restaurant reviewers the world over have built their reputations on disembowelling the best efforts of those who are driven to try their hand at culinary creativity.

The menu consisted of four kinds of apparently vegetarian soup, a couple of flavoured ice and ice cream concoctions for dessert, one (apparently vegetable) curry and a selection of three different types of toasted sandwiches. If the order of food selection appears a little non-traditional it is because that is the order in which they were listed.

Things got off to a shaky start – with me furtively scrawling notes and our cameraman unholstering a camera the size of an anti-tank missile – the manager quickly worked out what was going on and began falling all over herself and our table



Hearty pumpkin soup

proffering apologies for matters we were yet to grasp.

As the restaurant claimed to represent Cambodia, Laos and Vietnam this was possibly the reason the listed Japanese miso soup was not available. The only main on the menu being the curry, I ventured to point toward its picture, the waitress’ puppy dog eyes following my motion, grew more forlorn with the arc of my index finger, there was no curry.

The caption under the carrot soup read ‘The B-Carotene what contained carrot, help you exhausted with stress. The orange colour makes us cheerful’. How could I resist?

Carrot soup and toasted ham and cheese sandwiches it was then, with the vegetable soup ‘set’ and salad for my guests.

Food ordered, our delightful manager now recovered herself

from the virtually prostrate position next to our table and went into full crisis mode. All of the available soups were quickly prepared and assembled before us with sides of brown rice and small bowls of organic salad greens complimented by a few quarters of cherry tomato and an ‘original’ salad dressing.

This quickly revealed our next surprise – the two hearty joints of pork floating in the ‘vegetable’ soup and the ample chunks of chicken lurking beneath the surface of the ‘tomato’ soup! To this carnivore all of the soups tasted fresh and flavoursome however, they might want to have the defibrillator handy for apoplectic vegans.

Then came the highlight, toasted ham and cheese sangers with chunky bread, melting cheese and fresh ham. I ordered

a second – they were salvation for both me and the unflappable, honest efforts of our delightful host. If *Faulty Towers* ever decided to recast the character of waiter Manuel with a Japanese female, Ms Maki would surely have to get the part.

The beverages ordered were non-alcoholic, simple and as they should be, lotus tea (fragrant, healthy), iced coffee with sweet milk (a sort of perverse pleasure). The crushed ice and green tea ice cream thingy with red beans was refreshing, the soy ice cream was not to my taste, but neither is soy milk.

The company that owns this boutique and café extravaganza is based in Siem Reap and specialises in producing, wholesaling and retailing a selection of cookies and peppered, banana chips (interesting) that can also be sampled.

If all this seems rather harsh – I assure you that whilst it is perhaps a brutally honest account of our meal – the overall experience was amusing to the point of being delightful and all done with great charm and sincerity.

Would I return? Probably not, but that won’t faze Ms Maki and nor should it, because this café / restaurant was not created for the likes of me. Trios Continents is a souvenir and craft shop that also serves as an outlet for the parent company’s cookie and banana chip empire, it caters to the tourist market.

I have visions of busloads of Japanese tourists being deposited at regular intervals outside the store as I am sure, does Ms Maki. Offering a simple, inexpensive selection of fresh, healthy Asian dishes and a few toasted sandwiches along with tea and coffee is undoubtedly appreciated by the new arrivals and potential shoppers and Ms Maki and her establishment deserve every success with their target audience.

Trios Continents, 182 Street 63, Tel: 017 787 648. 📍

restaurant guide

key to symbols

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

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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 Sothearos 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 tucked away down an alley off of Sihanouk Blvd. Menu includes a selection of freshly prepared, vegan dishes, along with traditional Cambodian specialities. Offers a selection of cakes, ice creams and sorbets, using all vegan ingredients. Mon–Fri 12pm–9pm, Sat 7am–9pm, closed Sunday. **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
 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 phak. Open 11am to 9pm. **02**

chinese

Hua Nam
 753 Monivong Blvd., Tel: 023 364 005
 Large Chinese restaurant that specialises

in seafood and duck. Has a good selection of wines. Has VIP rooms. Open 11am to 2pm, 5pm to 10pm. **03 A/C**

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

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

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

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

Yi Sang Chinese Restaurant
 128F Sothearos Blvd., Tel: 023 220 822 www.almondhotel.com.kh
 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**

Armand's
 33 Street 108, Tel: 015 548 966
 A true bistro experience in a cosy wood panelled space. Informal and relaxed, yet menu to even satisfy high-rollers. Open 5pm until late. Closed Mondays. **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



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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** 🍷

Comptoir
 25 Street 240, Tel: 017 699 156
 Stylish French eatery with good lunch specials and delicious cakes for pudding. Great high-table at the back, perfect for dining with a group of friends. Open 8.30am to 10pm. Closed Sunday evenings. **04 A/C**

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

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

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

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

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

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

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

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

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

indian sub-continent

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

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** 🍷



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Sher-e-Punjab

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

Shiva Shakti

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

international

Art Café

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

Aussie XL Café

128 Sotheaeros 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 changeroom. 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 Western. Also playing hip-hop and reggae into the early hours. Open 9am to 4am.

Edelweiss 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** 🍷

FGC 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.gardencentercfe.com
Popular expat restaurant with fresh ingredients and lots of healthy options. Open from 7am to 10pm. Closed Mondays. **02** 🍷

Garden Center Café 2

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

Gasolina

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

Green Vespa

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

Golden Mermaid

28 Street 13, Tel: 023 998 480
New, sophisticated restaurant near the Post Office in the old quarter, serving

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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**

Irrawaddi
 24 Street 334, Tel: 012 979 510
 Authentic Burmese food at very reasonable prices in a clean setting with paintings of the Burmese countryside decorating the walls. Open 10am to 10pm. Closed Mondays. **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 Bvd., Tel: 023 987 420
 Great coffees, salads, mix-and-match sandwiches and juices served in an elegant setting. The terrace, which overlooks the Independence Monument, is a good place to sit and while away your afternoon. The relaxed inside dining area has a small gallery attached to it

with exhibitions of Cambodian photography and art. Open 7am to 10pm. **02 A/C**

The Kandal House
 239 Sisowath Quay, Tel: 023 986 803
 Very friendly riverside established serving good and reasonably priced homemade pasta and a variety of Asian dishes. Open 8am to late. **02**

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**

La Patate
 14 Street 5, Tel: 023 351 414
 Enjoy good quality traditional Belgian pommies frites and other fare in a setting reminiscent of 50s American diners. Also serves a good selection of Belgian beers. **02**

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

Le Quay Café
 Cnr. Sisowath Quay & Street 110,
 Tel: 023 998 730,
www.amaraspa.hotelcara.com
 The restaurant side of Amara Spa specialises in 28 varieties of crêpes (US\$2.50 to US\$8) with salads (US\$3 to US\$4.50) and panini (US\$3.50 to US\$6) also featuring strongly on

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@Green Vespa

the menu. Le Quay is a very healthy additional 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 dinner. Open 7 days from 7am to 10 pm. **02**

Lotus Blanc
61 Street 51, Tel: 017 602 251
Run by local NGO Pour un Sourire d'Enfant, this centrally located training restaurant has a monthly changing lunch menu as well as a la carte Khmer dishes. Also serves both Asian and continental breakfast. Open 6.30am to 10 am, and 11.30am to 4pm. **02**

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. **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**

Noodle House
32 Street 130, Tel: 077 919 110
Located on the ground-floor of a colonial shop-house, this Asian al fresco café serves very reasonably priced noodle soups, specialising in handmade La Mien noodles. **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, just great 60s & 70s music. Open from 5pm to Midnight, happy hour from 5pm to 7pm, closed Sundays. **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
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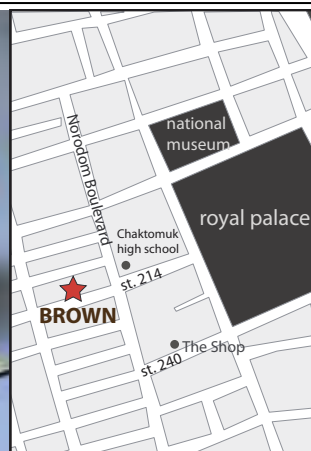
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www.tonlesapguesthouse.com
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Restaurant Tell
13 Street 90, Tel: 023 430 650
Up-market eatery that re-creates the genuine feel of an Alpine chalet. Older sister to its namesake restaurant in Saigon's 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. 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**

Shawarma
117 Sisowath Quay, Tel: 023 720 011
Quick and casual Middle Eastern dining,

as well as the Penh's possibly only real shawarma. Serving Lebanese flavours all-round, the establishment also has a shisha lounge. Open 9am to midnight. **02 A/C**

Somona Oyster Bar & Restaurant
32 Street 108, Tel: 077 723 911
Classy oyster bar serving fresh oysters imported daily from Vietnam. One of few places in the Penh serving real Surf-n-Turf, i.e. premium fillet steak or rib eye stuffed with fresh oysters. **03 A/C**

Tarmac's Conner
#310 AE, Street 240 (near Monivong)
Afro-continent, Western and Khmer dishes. Try a savory Egusi and Ogbolo with Sui. Happy Hour 5pm - 11pm, featuring African specialties to go with your ice cold beer or drink. Open 11am to Dawn. **02 A/C**

T-Bone Steak House
392 Monivong Boulevard,
Tel: 012 900 138
Serves a premium selection of both imported and Cambodian beef, in a class, air-conditioned setting. A carnivore's delight. Open 12pm to 2pm and 5pm to 11pm

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

Vego
3E0 Street 51, Tel: 012 984 596
Modern salad bar offering home-made bagels, fresh fruit and vegetable juices, as well as wraps and salads for eat-in or takeaway. Choose from a large selection of ingredients to create your own lunchtime plate of greens. Open 8am to 8pm. **02 A/C**

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

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

Bistro Romano
NagaWorld, Hun Sen Park,
Tel: 023 228 822
Best known for its sumptuous US\$25 Sunday Prosecco Brunch, this stylised Italian restaurant in the NagaWorld complex specialises in Italian cuisine. **04 A/C**

La Volpaia
20-22 Street 13, Tel: 023 992 739
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Bargain Bucket: More Than Pumpkin



BREAKFAST LIKE A KING, lunch like a prince, dine like a pauper. The only secret you need for a happier, healthier, slimmer, more productive life according to my Granny. All of this is possible at Blue Pumpkin in the heart of Siem Reap. I noted – with a little resentment – as the kid next to me tucked into what was clearly breakfast for a king, made up of an enormous, aromatic slice of chocolate cake and a coconut croissant.

The actual breakfast menu on the other hand is definitely fit for a prince, even one on pauper's pay, with the option to upgrade. At US\$1.50 the omelette or pan-fried eggs with tomato is one of the best prices for breakfast in town. For 2,000 riel more, add two slices of deliciously nutty, homemade whole-wheat bread and this is still one of the cheapest and most filling breakfasts in town. Extra jam or butter can also be ordered for an additional 2,000 riel.

If you need to get your day off to a more substantial start, you can raise the stakes to one of the breakfast sets. At US\$3.25, the Siem Reap Set offers tea or coffee, juice, two slices of that lovely bread and a doughnut or croissant with butter and jam. For only US\$1 more, things get even richer with the Phnom Penh breakfast set, including tea and coffee, orange or lime juice, two slices of bread, omelette or pan-fried eggs with tomato, and a healthy bowl of fresh fruit topped off with yoghurt.

The Blue Pumpkin is one of the few mid-town restaurants to offer blessed AC, and the massively comfy sofa-beds upstairs are perfect for a digestion-assisting sprawl while you read the newspapers, and work out how to tackle the day with all that energy on board.

The Blue Pumpkin, 365 Mondol 1 (Old Market), Siem Reap. Tel. 012 946 227. 📍



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Pacharan Cafe
Scoop Bistro & Bar
The Place
Time Cafe
The Corner
Van's Restaurant

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Intercontinental Hotel
No. 56, Sihanouk Blvd
No. 17, St. 228
No. 09, St. 306
No. 32C, St. 592
Naga World Hotel
St. 184 (Riverside)
Mao Tse Toung Blvd
Preah Sihanouk Blvd
No. 422, St. 310
No. 12, St. 57
No. 05, St. 102

Siem Reap

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

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

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Florence, Tokyo, Seoul and Phnom Penh. Good terrace area and inside air-con 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
 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 dec-

orated, 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 Sotheaors 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 Japa-

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nese 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.

An American run family restaurant serving up some of the best Mexican fare in town. The rustic brick walls and colourful Mexican artwork sets an authentic tone. With great music and even better tacos. A great place to share some Coronas with friends. **02**

Freebird
69 Street 240, Tel: 023 224 712
Aircon American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. International menu with good lunch offers, an excellent range of bottled sauces, excellent International, Mexican

food and burgers. Be prepared for some good solid R&R. Open 7am to midnight. **02 A/C**

Sharky Bar
126 Street 130,
Tel: 023 211 825
www.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 andilly coffee. Great place to have a drink during itd half-price 4pm to 8pm happy hour. Open 7am to 11pm. **04 A/C**

Kucina Filipina Garden
No 16 Street 306. Tel: 023 993 219/
099 860 775
Settled in a nice villa with open air garden. Kucina serves non-vegetarian and vegetarian food. It is very popular with the Penh's Filipino community, excellent value meals. Open from Monday-Friday from 7am-6pm, every Friday and Saturday serves dinner buffet from 6:00pm-8:30pm. **01**

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

cafés

Art Café

84 Street 108, Tel: 012 834 517
Elegant bistro and art gallery in the style of an European coffee house that opened

early January. German flame cakes and eau de vie as specialities. Open from 11am to 11pm. **A/C ☞**

Brown Coffee & Bakery

17 Street 214, Tel: 023 217 262
Stylish, locally owned café with bakery on the premises. Serves a variety of Coffees and Pastries. The Green tea latte is a house speciality. Open 7.30am to 8pm. **02 ☞**

Café El Mundo

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

Café Fresco I

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

Café Fresco II

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

Café Fresco III

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

Café Living Room

9 Street 306, Tel: 023 726 139
Set in a stylish villa, Living Room has healthy salads and snack plates, plus a great coffee menu. Has a kid's playroom and baby changerroom. Uses organic and fair trade produce. Open everyday from

7am to 8.30pm. **02 A/C ☞**

Café Sentiment

64 Monivong Blvd.,
Sovanna Mall; Cnr. Streets 63 & 278

Popular coffee shop chain run by the same Thalias group that manages Malis and Topaz restaurants, has a good range of coffees and snacks. Free WiFi and aircon make these outlets a good place to take some time out. **02 A/C ☞**

Café Yeji

170 Street 450, (near the Russian Market),
Tel: 012 543 360

Quiet, cosy café serving bistro-style western cuisine, with extensive range of coffees. Good pasta dishes, a wide selection of pannini and wraps and fabulous cheesecake make this an ideal spot to escape the bustle of the nearby Russian Market. Air-conditioned dining upstairs. Open every day from 8am to 5pm. **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 Sotheaors Blvd., Tel: 092 998 850
First-floor café overlooking the Royal Palace. Asian & Western meals served for breakfast, lunch and dinner with a nice selection of wines, cocktails, smoothies, and coffees. Four computer terminals allow customers to surf while they chill. **A/C ☞**

Java Café & Gallery

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

Java Tea Room @ Monument Books,

111 Norodom Blvd., Tel: 092 451 462
Second outlet of the popular Java Café located in the rear of Monument Books. Has comfortable mismatched sofas and antique-look décor. A small lunch menu is available along

with an extensive tea and coffee menu. **A/C**

La Gourmandise Bleue Patisserie

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

Madeleine's Café & Bakery

172 Street 51,
Tel: 012 988 432
Bakery and restaurant offering a variety of baked goods, organic lunches and catering services. Open Monday to Friday 7am to 6pm. Weekends from 9am to 5pm.

Morning Café

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

The Coffee Maker

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

The Deli

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

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. **!**

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From June 1st
to June 30th




Street Food: Om Bpao

Name: Om Bpao
(Sugar Cane)

Price: 500 Riel for a small bag
(10-15 pieces)

Ingredients: Pure chopped sugar cane. Nothing else!

Served: Served cold in small plastic bags

Taste: The sugarcane is hard on the outside, but once bitten into, the cold, sweet juice inside escapes. A combination of chewing and sucking will release all the juice and eventually render the sugarcane a dry and tasteless pulp, which can spat out. Perfect for hot days. (4 out of 5)

Where to get it: From street sellers who push a small cart with a glass container on top. Inside, the sugar cane pieces are spread over blocks of ice to keep them chilled.

Other Info: Available all day. 🇰🇷



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Wining Women

By sharing her passion for wine, **Rémie Fujiwara** hopes to get women excited about not only drinking, but also tasting wine. Words by **Nora Lindstrom**.

PHNOM PENH'S WOMEN like their wine, yet so far wine tastings in the capital seem to have been conducted mainly by men. Enter Rémie Fujiwara, a passionate wine drinker with an MBA specialising in wine technology and viticulture. For almost a year, Rémie has been organising Women & World Wine events – regular wine tastings catering exclusively for women.

“Women are more open minded and ready to try out new wines,” Rémie says by way of justifying leaving men out. “They can communicate better about sensory products.”

Given her previous training as a biologist and her work with psychoactive drugs, Rémie knows a thing or two about how humans work. “It’s been proven that women have a better sense of smell and a more acute sense of taste,” she says. “Women tend to pick out wines better at tastings.”

Though she is quick to add that men too can have sensitive noses, she maintains men tend to be more pretentious at wine tastings – competition between egos leaves less room for real exploration into the wonderful world of wine.

According to Rémie, it really is a wonderful world. “Just like any other luxury good, fine wine has a story to tell,” she says. Describing wine as an expression of nature’s produce, she notes how the drink was originally made by monks as a celebration of what God had given them. Rémie too likes to celebrate nature’s gifts and shies away from entry level wines, arguing they lack individualism.

“If a bottle costs US\$10 or less, it generally means it was mass, and machine, produced, and most likely mechanically manipulated so each bottle tastes the same regardless of its vintage.”

More expensive wines on the other hand are generally a labour of love. “Wine is made in the vineyard. Anything else is added value or manipulation. We should respect what nature has done in the vineyard,” Rémie summarises.



Wine, women and singing their own song

The monthly Women & World Wine events focus on particular themes, such as old or new world wines, wines by women winemakers, or simply funny labels. They feature a presentation on the wines and some tasting notes, followed by free flowing interaction whilst sipping five to seven different wines. Venues for the tastings vary, and sometimes a charity element is added to the event. “I have a core group of around ten women who always come,” Rémie says, adding that many women also come alone.

In addition to the women only tastings, which costs between US\$30 to US\$45 depending on the venue, Rémie also organises wine courses and other related events through her wine consulting company, Vinotage. These are open to both men and women, and Rémie points out she by no means wants to become pigeonholed as a ‘women only’ event organiser. Her ultimate goal is to bring more wine education to

Cambodia. “At the moment, the service part of the wine industry is lacking,” she says.

Still, she says things are happening in wine world in Phnom Penh, and notes that locals are increasingly swapping their bottles of whiskey for wine. What surprises her however is how it is red, not white wine that is gaining popularity in the Kingdom. “Red seems to be considered more flavourful,” she says, adding that not only is that assumption wrong, but that a cold, fresh glass of white wine is generally favoured in climates such as Cambodia’s. Her own favourite wines include Argentinean cabernet, though she admits she still gravitates towards Italian whites.

With eight years of experience in the wine industry, Rémie also hopes simply to share her passion through the events that she organises. “I’m always looking for more people to talk about wine with,” she says.

While working in wine retail in Australia, she developed a rule

to keep her from polishing off a whole bottle of premium wine alone; never open a bottle by yourself. She has stuck by the rule ever since, and also recommends it to others, particularly as storing an opened bottle of wine is difficult. “Invite someone over to finish the bottle,” she encourages.

As for why wine seems only to be increasing in popularity the world over, she comments: “People have been doing it for centuries, so there must be something good about it.” A statement it is clearly hard to argue with.

The one-year anniversary of Women & World Wine will take place at a “secret” location on Friday Jun. 4th. Rémie also offers wine-dinners every two to three months for US\$60-US\$75 per person, as well as private tastings starting at US\$200 per evening (3h). For more information, contact Rémie Fujiwara on 077 555 335, email vinotage.remie@gmail.com, or visit www.vinotage.biz. 

bar stool guide

key to symbols

- A/C** Air Conditioning
- WiFi** Free Wireless Internet Service
- Tiger Super Cold**
- Live Music and DJs**

Aristocrat Cigar Bar

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

Bar 33

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

Cadillac Bar & Grill

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

Cantina

347 Sisowath Quay, Tel: 023 222 502
A mainstay of the riverside scene, this is a popular meeting place for local expats. Large selection of Mexican beers and tequilas. Sinfully good margaritas on offer as well. Serves good Mexican fare and features photographs that capture the changing face of Cambodia. Open 3pm to late, closed on Saturdays.

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 Ily 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.

Edelwiess

375 Sisowath Quay, Tel: 092 341 329 / 012 422 589
Enjoy an Erdinger beer while watching life go by on the riverfront at this open-air restaurant specialising in German and Khmer food offers. Open 10am 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. **WiFi**

FCC Phnom Penh

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

Flavours

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

Fly Lounge

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

Freebird

69 Street 240, Tel: 023 224 712
Aircon American bar with neon lighting, a variety of memorabilia, comfortable seats, rock music. International menu with good lunch offers, an excellent range of bottled sauces, excellent International, Mexican food and burgers. Be prepared for some good solid R&R. Open 7am to midnight. **A/C**

Gasolina

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

Green Vespa

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

Gym Bar

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



Fine Wine Boutique & Tasting Gallery

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Cambodia
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No Holds Barred...



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

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 JT**

Meta House (OLD)

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

Meta House (NEW)

37 Sothearos Blvd. (opposite of Bulldbright / Phnom Penh centre)
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

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

Murray's Place

22 Street 197 (near Sovanna Mall)
Tel: 012 948 529
"Sports bar" where one can actually play sports. Indoor lawn bowling, darts, ping pong, and a slate, 9-ball pool table are on offer. Super-fast Wifi is free for customers and there are two 50-inch flat screen televisions with all the major sports channels. Add a menu of cheap, tasty Western pub grub, and full bar to quench your thirst after (watching) a long game of rugby, and you might think you're in sports heaven. The only public Squash court in Cambodia, it costs US\$10 an hour with racquets and balls provided free of charge. The bright, fan-cooled space has quickly become popular with local squash buffs, and the space offers great views of the city. Open anytime, 7 days a week, call to book Squash Court. **A/C**



Darren Gall: Their Cup Runneth Over



WITH THE WORLD CUP kicking off in South Africa I was prompted to turn both palate and pen towards the wines of the host nation.

South Africa boasts a long history of viticulture and winemaking, at times proud and successful, at times turbulent and controversial. There was an era when Constantia was considered one of the planet's greatest and most noble wines, but that was over three hundred years ago, the stain of apartheid lead to exile and the rest of the world largely removed South African wine from its collective consumer memory.

After a generation, when South Africa had began to right its wrongs and purge its demons their wine industry rushed eagerly back into the global wine market only to discover that it was not going to be embraced with open arms and was largely out of step with the rapidly changing face of the international market for wine and the wine industry as a whole.

Tastes had changed and as a result winemaking and wine styles had largely changed to accommodate the consumer; fruit driven, technologically savvy wines from the new world were moving into traditional markets in numbers never before seen but, South Africa, (also a New World producer) with its traditional, earthy, esoteric wines from unfashionable, abstruse varieties with old fashioned labels and branding was not about to get a piece of the action.

The once proud and great industry and history of South African winemaking was not to be written off, industry bodies and committees were formed, the task was enormous and wide ranging, issues to be addressed covered the full spectrum of the wine industry from viticulture to

oenology to marketing and image management. It has taken time and large sums of investment, uprooting of large tracts of vineyard and replanting, re-trellising, the importation of wine-making technology and skill, an honest approach to the rehabilitation of the industry's history, reputation and image, new marketing strategies and most importantly wines that are in tune with and on the pace of a highly professional, competitive and responsive international industry; South Africa has not so much re-connected with the world's wine consumers but made a new connection with new drinkers, many discovering South African wines for the first time in their lives.

Good fortune has also recently played its part in the South African wine renaissance, with a global shift towards lighter, more fruit forward wines South Africa's own variety 'Pinotage' has also become fashionable on trendy restaurant tables around the world. After years in the wilderness and much soul searching it seems South African wines are ready for the world stage, now let's see if they can win the World Cup!

In Cambodia look for Springfield 'Life from Stone' Sauvignon Blanc and Southern Right Pinotage, two excellent examples of the best the country has to offer.

Darren Gall is a 20-year veteran of the wine industry with experience in all of its facets from brand ambassador to winemaking and grape growing. He has worked in over 20 countries and is currently based in Asia as a market consultant. For information on where to obtain this wine or any aspects of the industry, please feel free to contact him at: darren_gall@yahoo.com



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Bar Talk: Saint Tropez

Euro-style is blended into Miami spice with a pinch of Russian mafia-chic at this stylish new lounge. Kate Liana investigates the result.



“We wanted to make something unique,” says Richard, about the new restaurant/bar/lounge creation. And walking through sand to get to the bar under a thatched roof, you definitely feel like you’ve landed somewhere else.

Saint Tropez is the latest spot trying to woo Phnom Penh’s party-seekers, always on the hunt for the next hip thing. For the laid-back beach crowd there’s the relaxed outdoors, complete with sand pit, outdoor bar and fountains. Inside things heat up as the stark, stylish white interior and slick furnishings transport you to a club you’d find in any major international city. Offering a full menu of European and Asian cuisine, a well-stocked bar, and plenty of spaces to dance, drink, talk or chill, Richard and his partners believe they’re giving residents something that’s missing here.

After owning a restaurant in Toulouse for 15 years, Richard was eager to come to Cambodia. “I wanted a new challenge, and after the financial crisis it felt like the right time to come home.” Born in Kandal province, Richard and his family left for France in 1979 after losing his father during the Pol Pot regime. His family was in the restaurant business in France, so it was natural for Richard to follow. “My favourite thing is the

relationships you make,” he says. “People feel like they’re somewhere special.”

Richard and his partners wanted to create a place where people can find what they’re missing from home, and to expose Cambodians to a European-style club. Despite the chic decor, there are some warming touches like the coloured light displays, and fresh cut flowers on the tables. The bar is a long, curved space that invites conversation and an easy flow of dancers and drinkers. Since it’s housed in a large villa, there’s an air of comfort and more of a personal touch than other fancy spots about town.

The Saint Tropez team has other plans to woo patrons. “We have DJs from Thailand and France coming,” says Richard. “And we’ll have regular theme parties.” Their ladies night provides the fairer sex with free bubbly from 9.30pm to 11pm.

Despite their vision, they’re open to shifting towards local preferences. “We tried European style music, but people want to dance to hip hop, so we’re playing more now.” Not that they’ve totally abandoned their French Riviera dreams. “Where else can you dance in the sand? There’s nothing like this in town.”

Saint Tropez is 31, Street 174. Tel. 097 900 0401

One More Pub

16E Street 294, Tel: 017 327 378
English-style bar with comfortable wooden bar stools. No hip hop nor techno, only great classic 60s & 70s music. Has elegant, terracotta-tiled terrace and 3 guest rooms upstairs (US\$18 to US\$28). 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**

Paddy Rice

Corner of Sisowath Quay and Street 136
Tel: 017 773 102
My goodness... there's Guinness in Phnom Penh! And not just the Extra Stout export, or even the close-but-no-cigar nitrogen infused widgeo can. Great selection of bar food to keep you fueled for your sporting events. Slainte!

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 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**

Enjoy a **Green Vespa**
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The Red Needle

IN THE SUMMER OF 1975, while in Needles, California Leonard Cohen created his signature drink "Red Needles." The drink is mentioned in the book he later published entitled "Death of a Lady's Man."

The drink is said to have made a reappearance in 1992 when it assisted Leonard and his musicians during the recording sessions for his 1992 album "The Future."

And now AsiaLIFE Guide brings you Leonard's own

special recipe so you too can enjoy Mr. Cohen's liquid muse.

THE RED NEEDLE

Fill a glass only befitting a musical genius to the brim with ice.

Add 1 ½ shots of high quality Tequila.

Top with Cranberry juice and a splash of lemon.

Garnish with a slice of lemon, orange or exotic fruit.

Enjoy! 🍸



The Chinese House

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

Velkommen Inn

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

Zeppelin Bar

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

gay

Blue Chili

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

Classic

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)
Thursday nights, 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

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 🍷 🍸

Heart of Darkness

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

Memphis Pub

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

Pontoon Club Lounge

6 Street 110, 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 🎵 🍸

Saint Tropez

31 Street 174, Tel: 077 212 10
Upscale club and restaurant Saint Tropez opened for business in early March. Complete with fake beach, deck bar, and a stylised indoors restaurant, the new establishment is certainly worthy of its name, suggestive of the rich French Riviera. The menu includes foie gras and duck in various forms, with other fine dining dishes from US\$10. Khmer dishes will set you back around US\$5. The drinks menu offers cocktails for US\$4.50, as well as several types of spirit by the shot and by the bottle. Thursdays at Saint Tropez offer ladies free bubbly between 9.30pm and 11pm, while Sundays feature a free daytime barbecue for all, complete with a Cuban ambience. Open 9.30am to late. 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 🎵 🍸

Drop in and shoot some pool on our quality, slate 9 ball pool table!
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Sudoku Answers

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



Gwan Ching Lee

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

■ "PIECE-O-CAKE"

- (1) New Zealand (2) Chelsea (3) Serbia, Slovakia, Slovenia, South Africa, Spain and Switzerland (4) Japan, Australia, North and South Korea (5) 2006 (6) USA, Mexico and Honduras (7) Algeria (8) Spain (9) Johannesburg (10) Uruguay and France (11th June) (11) Abortion/teen pregnancy (12) Arnold Schwarzenegger (13) Sean O'Casey (14) Absolutely Fabulous (15) The 5 Normandy beaches where the allied forces landed on D-day, 1944 (16) Jupiter (17) Gemini (18) Gin (19) Ghostbusters (20) Ulysses (21) Flying Dutchman (22) Offspring (23) The Bat (24) Ice Skating (25) Cathay Pacific (26) The Flying Fortress (27) The Flying Pickets (28) Back to the Future (29) 1977 (30) Amelia Earhart

Pub Quiz Answers

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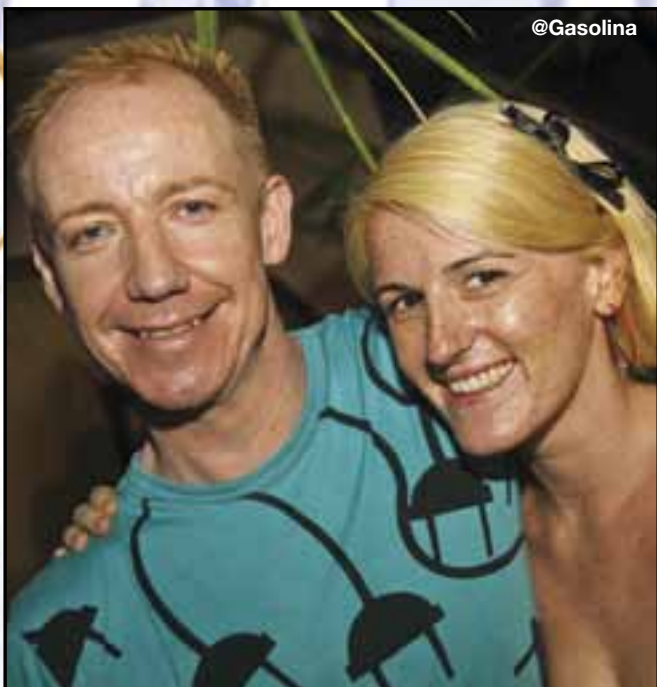
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kaleidoscope

New Form to Age-Old Art

As the first contemporary Cambodian stone carving exhibition opens, artists and art patrons hope to revive a traditional art form that dates centuries. Words by **Nora Lindstrom**.

STONE CARVING IS NOTHING new in Cambodia. The carvings on Angkorian temples clearly show how Khmer artisans for centuries have perfected ways to give form and expression to one of nature's most common raw materials. Yet while many contemporary Cambodian artists are slowly finding new shapes and symbolism for their work, stone carving has been left behind, with skilled artisans focusing on creating traditional replicas, not individual art.

According to Sasha Constable, a British sculptor who plays an active part in promoting Cambodian contemporary arts, the lack of development needs to be put in context. She notes how the low number of local buyers and collectors of contemporary art in general has translated to limited demand and slow change overall. "It's a young scene," she says, but adds that things are now evolving.

As other forms of art develop, stone carving is at a disadvantage given the cost of stone, as well as the amount of time and labour involved making stone sculptures. "Artists end up doing 'quicker' things," Sasha says.

This might be about to change. Supported by Friends of Khmer Culture, a stone carving workshop led by Sasha at the Royal University of Fine Arts (RUFA) will culminate this month in an exhibition of the student's artwork in stone. "It's the first exhibition of contemporary Cambodian stone carving," she says.

The project has a special significance to Sasha. Although she has been involved in supporting and developing the Cambodian arts scene for a decade, the workshop is the first time she, as a trained stone carver, has had a chance to share her passion for stone so directly with Cambodian artists.

She is impressed. "The artists tackle very interesting issues," she says. "Gender, freedom of expression, nurturing the young." In the artists' studio, she shows a piece by Ouk Chimvichet, which deals with issues of sexual prefer-



Chipping away

ence, asking why some people are gay and others are not.

Vichet is part of the Krousar Selapak artists' collective together with his fellow RUFA graduates Ou Vanndy, Chhea Bunna, and Kim Samdy. The carving workshop was the first time they had a chance to work with stone as limited resources at RUFA mean stone carving does not form part of the school's curriculum.

"Before I started to learn, I thought it would be hard," Vichet says. "But the stone pushes me to do

more." With his newly acquired skills, he hopes to continue working with stone in the future. Bunna, whose pieces for the upcoming exhibition among other things deal with man-woman and teacher-student


relationships, similarly wants to keep up his stone carving skills. "I want to do something big," he says. "But we'll need someone to support us."

Indeed, stone carving not only takes a long time and involves a big initial outlay, the noise and dust resulting from the activity means it can't be done just anywhere. "I have no place at home to do stone," Bunna says. "We really need a studio."

So far, the artists' studio in northern Phnom Penh has been largely self-funded, with Sasha lending a helping hand. Part of the proceeds from the upcoming exhibition will also go towards renting the space. Still, funds are limited and the long-term future of the studio remains in question.

The workshop does nevertheless seem to have given a boost to contemporary stone carving in Cambodia. Following the completion of the workshop at RUFA, Sasha plans to donate materials as well as some of the exhibitions' proceeds to the university's sculpture department to allow students continue working with stone. There is also talk of adding stone carving to the school's curriculum.

"Both Vietnam and China have big stone carving scenes," adds Sasha, suggesting that it is high time Cambodia too gave modern expression to its Angkorian stone carving legacy.

The first contemporary Cambodian stone carving exhibition, entitled In-Form, will be hosted at the Royal University of Fine Arts in Phnom Penh between May 28 and Jun.6, and at Siem Reap's Hotel de la Paix between Jun.8 and Aug. 1. 



Sex, Drugs and... Chocolate

Mistaken identities, international diamond smugglers, hitmen and hallucinogenic truffles all feature in **Johan Smits'** debut novel, *Phnom Penh Express*. **AsiaLIFE** catches up with the Penh's next Martin Amis.

AL: *Why Phnom Penh Express? What was the motivation for writing such a novel?*

JS: It actually started off as a short story but then the story itself seemed to take matters into its own hands and didn't want to stop. It was hard work, especially after finishing the first draft because by then you've read it already too many times, but it was also really good fun. I think the greatest motivation came from the satisfaction I felt each moment I finished a page.

AL: *Who do you think will enjoy reading the novel? What is your target?*

JS: Anyone who has got US\$13 to spare. I think it might particularly appeal to people who are already familiar with Phnom Penh as most of the characters visit places or find themselves in situations that you and I may have been in too. And if you happen to be in the business of international crime, that will help too. Just don't expect any heavy literature with deep underlying meaning – Phnom Penh Express is pure entertainment.

AL: *A lot of the novel is set in the Chocolate Shop and The Shop and there is a heavy Belgian influence – even down to the moustaches – to what extent is the novel autobiographical?*

JS: I feared I was going to be asked this question. I hope there aren't too many autobiographical elements in it because then I'd be in big trouble. It might just have been me being pragmatic – I think if you want to write convincingly it's good to write about what you know best and since I spent most of my youth in Belgium... I also like to poke fun at where I come from.

AL: *What genre would you describe the novel as - thriller, romance, comedy? There are elements of each within it.*



Johan Smits: Creating a sweet read

JS: Yes, very good point! I hope I have just created a new genre and that I will soon be recognised as nothing less but an amazing genius for doing this. Let's call it a thriroco!

AL: *There are quite a few novelists and wannabe novelists in Phnom Penh, how easy is it finding both the time and inspiration to write in a city with so many distractions?*

JS: I'm not sure if Phnom Penh has much to do with getting distracted or not. I think it's got more to do with your own nature. Sadly, I seem to like spending time with myself so distraction hasn't been much of an issue for me. What is good about living in a place like Phnom Penh is that you might be able to afford working only part-time

so you have time left for writing. Then there's the city Phnom Penh itself with all its contradictions, weird characters and so on – inspiration galore!

AL: *In the novel you flirt with contentious issues such as corruption, what response do you expect from your readers?*

JS: Oh, not much I hope – Phnom Penh Express doesn't pretend at all to be tackling any big issues. Again, that's just a pragmatic choice - it's easy to write about corruption when you're writing about crime.

AL: *What are your future literary plans?*

JS: A while ago I finished the draft of the next one which is more serious in nature and a different genre altogether.

I'm keen to dig it up from under the dark depths of my hard drive and finish it. If I get filthy rich with *Phnom Penh Express*, I might just be able to afford the time that I need...

AL: *The novel was largely self-published, how easy is it to get your own novel published in Cambodia? Do you have any advice for budding novelists?*

JS: It's quite simple really – presently there isn't any established publishing company in Cambodia for fiction so you'd have to do it on your own or find a foreign publisher who's willing to sell in Cambodia. The good news is, with a bit of creativity it's very feasible to do it on your own and it's fun too.

AL: *Finally, diamonds or chocolates, what do you think are a girl's best friend?*

JS: Hah! If you read *Phnom Penh Express*, you'll see it's actually both in one...

After Jun. 24 Phnom Penh Express will be available from Monument Books, 111 Norodom Blvd. for US\$13. The novelist will attend a book launch at Monument Books, on Jun. 24 at 6:00pm. 📖



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Cinemas

Le Cinema 04

French Cultural Centre
218 Street 184 Tel: 023 213 124
100-seat cinema shows international art house and mainstream movies with occasional films in English. Children's cinema on Saturday mornings at 10am.

Meta House 02

6 Street 264 Tel: 012 607 465 &
37 Sothearos Blvd. (opposite of Buildbright / Phnom Penh centre)
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
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 Blvd., Tel: 023 987 420
www.javaarts.org
Contemporary art gallery with regular exhibitions of Cambodian and international artists. Website has details about Cambodia's contemporary art scene.

Meta House 02

6 Street 264, Tel: 012 607 465 &
37 Sothearos Blvd. (opposite of Buildbright / Phnom Penh centre)
Multimedia arts centre on three floors has regular exhibitions, interviews with filmmakers and short films. Open Tues. to Sun. 2pm to 10pm.

Mutrak Gallery

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

New Art Gallery

20 Street 9, Tel: 012 824 570
More art shop that does framing than gal-

lery, it does have occasional exhibitions.

Pich Sopheap

24 Street 80, www.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. **F**

leisure & wellness



Is Football Coming Home?

World sport's major team tournament comes round once every four years, but who will lift the Jules Rimet Trophy in South Africa this July? **Mark Bibby Jackson** guides you through the potential heroes and zeroes of the 2010 World Cup.

UNLIKE U.K. ELECTIONS the winner of this year's World Cup will be decided on Jul. 11 without any need for a hastily cobbled together coalition. The result might have to be decided by a penalty shoot-out like in 2006, but there will definitely be a winner on the night. The only question is which of the 32 participating nations will be invited to meet the Queen?

Over the history of the World Cup there are two general rules. First, if the tournament is held in Europe it is won by a European team (with the exception of 1958 when Brazil won in Sweden). Second, when held elsewhere the winner comes from outside of Europe, and more specifically from within South America – Uruguay (twice), Argentina (twice) and Brazil (five times). As these finals are being held in South Africa, everything points towards a South American victory.

Forget holders Italy, runners-up France, powerhouse Germany, and form teams Spain, the Netherlands and England, history determines that the Jules Rimet Trophy will be heading back to South America.

Indeed after Argentina's well-documented trials in qualification, leading to an expletive-ridden outburst by coach and national hero Diego Maradona, need we look any further than neighbouring Brazil. Start tying those gold and green ribbons now.

But as the U.K.'s first coalition government since 1945 just goes to show, like rules, history is made to be broken.

Although Brazil goes into the tournament as many people's favourites to lift the trophy for a sixth time, there is much to suggest that this time a new name will be added to the previous seven winners.

Perpetual under-achievers Spain qualified with a perfect ten out of ten qualifying record winning tricky away games in Turkey and Bosnia, and without conced-



Will Messi make a mess of favourites Spain?

ing a goal at home. The current European champions have been practically inch-perfect since lifting that crown two years ago – a surprise loss to the U.S. in the Confederations Cup semi-finals the only blemish. With David Villa and Fernando Torres upfront and the likes of Xavi, Iniesta and Alonso in midfield it is easy to see why they are pre-tournament favourites, even if Fabregas is not fit. Ironically the injury-hit season that Torres has endured for Liverpool might play into Spain's hand, keeping the man who scored the winning goal in the European Championship final fresh for South Africa.

Expect Spain to have a good run, especially after being drawn in a favourable group with Switzerland, Honduras and Chile. The Spanish look like being Brazil's most likely challengers.

The defining moment of the 2006 World Cup was Zinedine Zidane's head but of Marco Materazzi, which in one moment of



Kaka is central to the hopes of five-time winners Brazil

madness turned the tournament's talisman in to its villain.

Most tournaments have such moments. Whether it be Maradona's "hand of God" in 1986, Gascoigne's tears in 1990 or Baggio blasting his penalty over the bar in 1994, each World Cup has a moment captured by TV that becomes part of our collective football psyche. There is normally a man of the tournament. From Pele to Maradona to Ronaldo to Zidane, one player takes the tournament by the scruff of the neck and imposes his creativity upon the collective mundane.

So who will be South Africa's player of the tournament?

The smart money is on Lionel Messi. The current World Player of the Year starred in the Champions League this year, as Arsenal's tormented defenders will testify to. However, he is cursed with playing for an Argentinean side that limped through qualification. Quite how they managed to struggle with talent such as Carlos Tevez, Gonzalo Higuain, Diego Milito and Sergio Aguero is hard to fathom, but it just goes to demonstrate once again that football is a team sport not one dominated by individuals.

If it is not destined to be Messi's tournament then surely it is set up for his predecessor as World Footballer of the Year and the world's most expensive player – Cristiano Ronaldo. Like Messi, Ronaldo comes from a country that struggled to make it to South Africa. Portugal finished second to unfancied Denmark in qualification and had to beat Bosnia in the play-offs. It is probably fair to say that the other Iberian nation's best chance was four years ago when many of its stars were at their peak.

As Brazil and Spain head into the tournament as favourites, it is most likely that this year's star player will come from one of those nations. Ronaldinho has not even made the Brazilian squad, so expect Kaka, the world's second most expensive footballer to be their standout player – although Manchester City fans might be surprised to see Robinho's central role in the squad.

Spain's squad is packed with talented individuals who for once are playing together as a team. Expect Iniesta to pull the strings in midfield, and Villa to beat off Torres, Messi and Didier Drogba to win the Golden Boot as the tournament's top scorer.



Drogba: lion of Africa

A while back Pele claimed that it would not be long before an African nation became world champions. As the tournament is being held on African soil for the first time, what are the chances that the winners will come from the host continent?

South Africa has two chances – slim and none – and slim isn't expected to show up. African Nation champions Morocco failed to qualify, which means the continent's hopes rest with the traditionally strong nations Cameroon and Nigeria, and relative newcomers Ghana and the Ivory Coast. Given a fair draw you would expect the Ivory Coast to have the best chance, but unfortunately it has been drawn with Brazil, Portugal and North Korea, so even making it through to the last 16 would be an achievement. Ghana has fared no luckier facing Serbia, Germany and Australia in its group. Nigeria and Cameroon have a relatively easier draw. Cameroon probably has the best chance of advancement with a decent shot at a quarter-final spot at least.

As always happens at this time, that question has to be asked. What chance of England bringing football home for the first time since 1966? Better than rank outsiders New Zealand and North Korea for sure. However, an over-reliance on Rooney, defensive frailties that have led to recalls for both King and Carragher, and

Group stage

THE DRAW HAS BEEN favourable for many of the fancied nations. France, Italy, England and Spain should coast through. England's opening game with the U.S. on Jun. 12 (early hours of Jun. 13 in Cambodia) should draw in the crowds at Gym Bar, but the most interesting groups involve Germany, Australia, Serbia and Ghana; and Brazil, North Korea, the Ivory Coast and Portugal. In particular the games between the Ivory Coast, Portugal and Brazil should make for great watching – with the possibility of Brazil crashing out at the first hurdle.

■ KNOCK-OUT STAGE

Again fortune has favoured France, Italy and Argentina here with each team likely to progress to the quarter-final stage. Potentially interesting ties involve Australia taking on England, if they manage to come second and first in their respective groups. Alternatively Germany could face England, or the U.S. face Australia. As the winner of Group H plays the second in Group G, Spain will probably face one of Brazil, Ivory Coast and Portugal in the tie of the last 16.

■ QUARTER-FINALS AND BEYOND

Expect France v England, Netherlands v Brazil, Argentina v Germany, and Italy v Spain. Inevitably the eventually winners will have to hold their nerve in a penalty shoot-out, which rules out England.

■ UPSETS

The best chance for an upset could involve Paraguay beating Italy to win Group F lining up a final 16 game with either Cameroon, Denmark or Japan, thus ensuring one of the less fancied nations makes it to the quarter-finals. Given the draw Argentina should make it to the quarter-finals to play Germany or Ghana, by which time Messi might have found the team to play around him and ultimately place his hands on the trophy.

■ RANK OUTSIDE BET

Ivory Coast to beat Brazil to win Group G and make it through to the final beating England in the semi-final. Drogba consoles Terry and Lampard. And who is that manager leading the first African nation to a World Cup final – a certain Sven Goran Eriksson.



Villa: bookies favourite for the golden boot

recurring outbursts of quarter-final-itis make the team's standing as third favourites decidedly optimistic. Expect to see Rooney's penalty shoot-out tears as Terry is distracted by a former girlfriend in the crowd while slicing the crucial penalty over the crossbar.

The Netherlands will flatter and then deceive. Both Italy and France will struggle to the quarter-final stage before crashing out. And Germany seems destined to lose to Spain in the semis.

All of which leads us back to where we started with Brazil and Spain likely to face each other in a shoot-out after two hours of highly technical but generally incident-free minutes of football. That is unless traditional enemies Germany and England form a last minute coalition to compete in the final unopposed, claiming the trophy jointly as their progressive right. As Brazil never loses on shoot-outs and Europeans never win outside of Europe, this pundit opts for Spain to win on penalties.

Whoever wins come Jul. 11 it will all be over and normal sleeping patterns can resume.

The World Cup kicks off on Jun. 11 when South Africa plays Mexico and finishes exactly one month later. For a full list of the games turn to our programme. 📅

Pundits Pick

- Spain to win.
- David Villa to win the Golden Boot.
- Andres Iniesta to be player of the tournament.
- Moment of tournament: Rooney being consoled by Steven Gerrard after missing vital penalty in shoot-out.

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amusement

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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 dogem 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.

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Tiger Road, Prek Eng, Kieng Svay District, Kandal Province. Tel: 016 642 493, 016 600 406, 017 772 456

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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 cvalierlaotai@yahoo.fr

Cambodian Cooking Class

Frizz Restaurant, 67 Street 240

Tel: 012 524 801

The first and only Khmer cooking school for travellers and expats in Phnom Penh. Courses cost US\$20 for a full day, including transport to the market and a colourful 16-page recipe booklet.

Capoeira

Tchou Tchou preschool, 13 Street 21

Lessons in this rhythmic Brazilian cross between dance and martial arts, costs

US\$15 per month. Held every Tuesday and Thursday from 6.30pm to 8pm. Contact Michel on 012 458 167.

Global Art Centre

Behind house 206 Norodom Blvd.,

Tel: 012 514 790

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

Photography Tours

126 Street 136, Tel: 092 526 706

www.nathanhortonphotography.com

Weekend photography tuition and guided tours to Kampong Chhnang and Udong, covering technical and creative considerations in the context of travel photography.

Qigong

Living Room, 9 Street 306

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

Scuba Nation Dive Center

18E0 Sotheaeros Blvd., Tel: 012 715 785

Learn to scuba dive in Phnom Penh. The academic part of the course takes place in the Plaza Hotel pool, while the real diving is over a weekend in Sihanoukville. Total cost for a course is US\$395.

dental

European Dental Clinic

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French-run dental practice since 1994 which provides full dental hygiene services with modern equipment. Open 8am to 12pm and 2pm to 7pm (closed Sundays).

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education

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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

Jane Lopacka: Thirteen Steps to Listening Up

There is more to communication than just words travelling in the air between your mouth and ears.

WHEN WE TRY TO communicate important issues we often end up in a world of our own as we try to interpret what others are saying to us and figure out how to respond. When we engage in this type of internal dialogue we do not listen well. Misunderstandings and frustrations occur. Next time someone tries to convey an important issue, try this method.

1) Allow the speaker to talk for about three or four minutes, without interrupting, but acknowledging that you are listening.

2) When they have finished, ask them, "What is the most important thing you want to say?"

3) Allow the speaker to answer.

4) Reflect back a summary of the answer using the speaker's own words – do not try to interpret what they have said. Then ask if you are correct.

5) The speaker either confirms that you are correct or restates what they said if you are not correct.

6) Ask, "What one thing can you do about that?"

7) Allow the speaker to answer.

8) Reflect back a summary of the answer using the speaker's own words – do not try to interpret what they have said. Then ask if you are correct.

9) The speaker either confirms that you are correct or restates what they said if you are not correct.

10) Then ask, "And how do you feel about what you have just said?"

11) Allow the speaker to answer.

12) Reflect back a summary of the answer using the speaker's own words – do not try to interpret what they have said. Then ask if you are correct.

13) The speaker either confirms that you are correct or restates what they said if you are not correct.

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



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-Khmer 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
407 Street 246 (look for sign down small side road), 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 Cambodian-run beauty salon offers quality nail care using OPI products. Other services include hair, body and facial treatments. Prices start from US\$3 for a haircut, going up to US\$80-100 for more specialised treatments. Open 9am to 8pm.

Image Beauty
57A Eco Street 240, Tel: 012 455 239
Khmer, English and Thai speaking stylists trained in hair, facial and nail treatment. L'oreal Professionnel products available. Free WiFi, tea and coffee provided. Open 9am to 8.30pm.

New Jack Holt International
38 Street 57 (at Champei Spa), Tel: 023 350 788

Contemporary hairdressers with a French-trained Khmer stylist. Offers the full range of hair treatments as well as nails and waxing.

medical

American Medical Center
Ground Floor Cambodiana Hotel 313 Sisowath Quay, Tel: 023 991 863
www.amc-cambodia.com

Team of international and Khmer doctors that provide general practice services to clients, including the American Embassy. Can arrange emergency evacuation. 24-hour service.

International SOS Medical Clinic
161 Street 51, Tel: 023 216 911
Globally renowned provider of medical assistance & international health care. Expat and Khmer doctors offer general practice, specialist and emergency repatriation services. Multilingual staff. Members have access to SOS clinics around the globe. On-site laboratory. Dental facilities. 24-hour service. Open 8am to 10pm (8am to 6pm 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 Bvd., Tel: 016 556 602
Modern opticians with ophthalmologists on hand to check prescriptions. Have an interesting range of glasses and lenses. Frames from under US\$100.

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

pools

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

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

L'imprevu Resort
Highway 1, 7km past Monivong Bridge, Tel: 012 655 440

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Beauty Spot: Naga Spa



THERE IS A DISTINCT possibility upon entering The Spa at NagaWorld that you may never leave. Service is friendly and professional, prices are surprisingly reasonable for a high-class spa, and the premises, well, they may simply be the most fabulous in town. In addition to a common foot massage area complete with massive flatscreen TVs and a curious water feature, the establishment sports over twenty private massage rooms. These are not just any rooms either, but bed-jacuzzi-steam-and-sauna combos the size of a decent livingroom. Really, going for a massage at Naga is

more like renting out your very own chic hotel room than going for a beauty treatment.

Not that there is anything wrong with the treatments. The one-hour Oriental Chinese Foot Massage (US\$20) is professionally administered and makes itself felt a long time after the treatment. However, it is the 90 minute Four Hand Signature Massage (US\$50) that is likely to blow your mind. Combining three different styles of oil massage – Swedish, Balinese, and Hawaiian – two masseuses knead your tired muscles with skill and a strength you would not expect based on

their size. Having four instead of two hands going at it is particularly effective on your back, when the therapists can massage both your upper and lower back simultaneously. When it comes to massages, more really is better.

As your hour or two of relaxation comes to a finish, one of the staff will fill the big, freestanding Jacuzzi, so you can jump straight in after the massage. Both the sauna and the steam room will also be ready for action – the room is all yours to enjoy for 30 minutes after the treatment.

In addition to body treatments, Naga Spa also offers

facials (US\$45) for different skin types using products by well-known French brand Sothys. 120 to 180 minute packages are also available, starting at US\$68. Out of these, the Wellness Package sounds a right treat, combining a coffee and milk scrub, a royal Balinese massage, and a herbal hot compress.

While Naga may not be the most obvious choice for a massage, it's seriously worth a try. Especially as you are welcome almost any time of the day, or night.

The Spa at NagaWorld, Hun Sen Park. Tel: 023 213 953. Open 10am to 3am



EL Skin & Wellness Center

#115, Street 109 (South of Council Minister), Phnom Penh.
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Protection from Sunlight in the Tropics

A SUNTAN IS A DESIRABLE goal for many of us, however, it should be remembered that a tan is the visible effect of damage to the skin from the ultraviolet rays of the sun. This damage can lead ultimately to premature skin ageing and cancer.

Ultraviolet (UV) light is a small component of the sunlight which contributes in different ways to sun burn, skin ageing and skin cancer. The highest levels of UV light occur when the sun is at its highest point in the sky. As sunlight has a shorter distance to travel in order to reach the earth's surface in areas closer to the tropics – UV radiation levels are higher in these areas because there is less spread of the rays as they travel to the earth.

Clouds have less effect on UV radiation levels than they do on temperature because their water content absorbs heat more efficiently than UV radiation. This means it is possible to experience the damaging effects of the sun on cool cloudy days. A cool wind also has a falsely reassuring effect because UV levels remain just as high on windy days.

When UV radiation hits skin's surface it passes into tissues and can be absorbed by certain molecules including DNA. When UV radiation is absorbed by DNA, damage to the cell occurs. As a result the cell tries to mend itself by releasing chemicals. Sunburn is a visible reaction to this repair process. In some cases the damage to the cell is so severe that it dies, resulting in skin peeling and blistering.

Tanning occurs when melanin is produced in an attempt to protect the skin cells from UV radiation. A tan is therefore a sign of damaged skin. It may protect against further burning, but offers no protection against the effects of radiation, that can lead to skin cancer.

Skin cancers occur when skin cells undergo malignant changes because of UV radiation damage to their DNA. These cells reproduce independently to the rest of the body and may infiltrate neighbouring tissues or spread via the bloodstream to organs distant from the skin.

The best way of avoiding UV damage is to reduce the amount of exposure to the

sun. It is still possible to enjoy the sun, but extra precautions should be taken:

■ RULES TO LIVE BY

- Avoid sun exposure when the sun is at its highest point in the sky (from 10am to 3pm).

- Always apply a correct amount of sunscreen. Most people apply too little which reduces the effectiveness of the sunscreen. About 2 tablespoons of sunscreen will be needed to protect an average adult.

- Always use a sunscreen with a high SPF (30 or higher).

- Apply Sunscreen at least 30 minutes before exposure to the sun and reapply every two hours, and after swimming and vigorous exercise - even on cloudy days.

- Wear a wide-brimmed hat to protect the head and face.

- Ensure that you always wear sunglasses with proper UV protection during the middle of the day

- Cover as much skin as possible with sun-protective clothing if you are unable to avoid being out in the sun from 10am to 3pm.

- Children are particularly vulnerable to the damaging effects of sunlight. Babies under 6 months of age should never be exposed to direct sunlight and young children should always have a high SPF applied. (SPF 50)

Dr Christoph Bendick is a German board certified dermatologist working at the International SOS Clinic in Phnom Penh. He has over 20 years experience working in Cambodia and abroad. He is also an Associated Professor at the University of Health Sciences in Phnom Penh. ■

Peaceful resort complex just outside of the city has bungalows, tennis court, table tennis, boules and a beautiful swimming pool. Children free.

Raffles Amrita Spa

Raffles Le Royal Hotel, Street 92, Tel: 023 981 888

Attractive pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and jacuzzi. Open from 6am to 10pm.

The Billabong

5 Street 158, Tel: 023 223 703

www.thebillabonghotel.com

Sheltered garden hotel with an excellent outdoor swimming pool good both for lengths and relaxation. Swimming hours from 8am to 8.30pm.

The Club at Northbridge

1km off National Road 4, (on the way to the airport), Tel: 023 886 012

International school has a pool for members. Open every day, there are also tennis courts and playground for kids.

Open Palm Studio

12 Street 101, Tel: 012 633 278

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

VIP Club

Norodom Boulevard, Tel: 023 993 535

Large sports complex with gym, outdoor swimming pools and tennis courts. Open from 6am to 9pm.

spas

Amara Spa

Cnr. Sisowath Quay & Street 110,

Tel: 023 998 730, 012 873 999

www.amaraspahotelcara.com

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

Amatak Spa

4 Street 228,

Tel: 023 722 029 / 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.

Ayurveda Massage

Himawari Hotel

313 Sisowath Quay, Tel: 092 197 701

Traditional Indian Ayurvedic Oil Massage.

Aziadee

16AB Street 282, Tel: 023 996 921

Very relaxing, air-conditioned massage parlour with individual rooms. Open 9am to 9pm.

Bliss

29 Street 240, Tel: 023 215 754

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

Champey Spa & Salon

38 Street 57, Tel: 012 670 939 / 023 222

846, www.champeyspa.com

Beautiful spa in the heart of Boeung Keng Kang 1 district. Has a full range of massages and body treatments. Open from 9am to 11pm.

Derma-Care Skin Clinic

161B Norodom Blvd., Tel: 023 217 092

Staffed by two qualified dermatologists this is not your average spa but a professional skin clinic. Offers a range of beauty treatments using American Derma-Fx 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.

Singapore Parkway Salon
G15 Parkway Square Shopping Center, 133 Mao Tse Toung, Tel: 023 690 3132 / 016 859 000

Get rid of your body's toxins and regain your youthfulness using Ion Detox. "Give your cells a shower!"

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

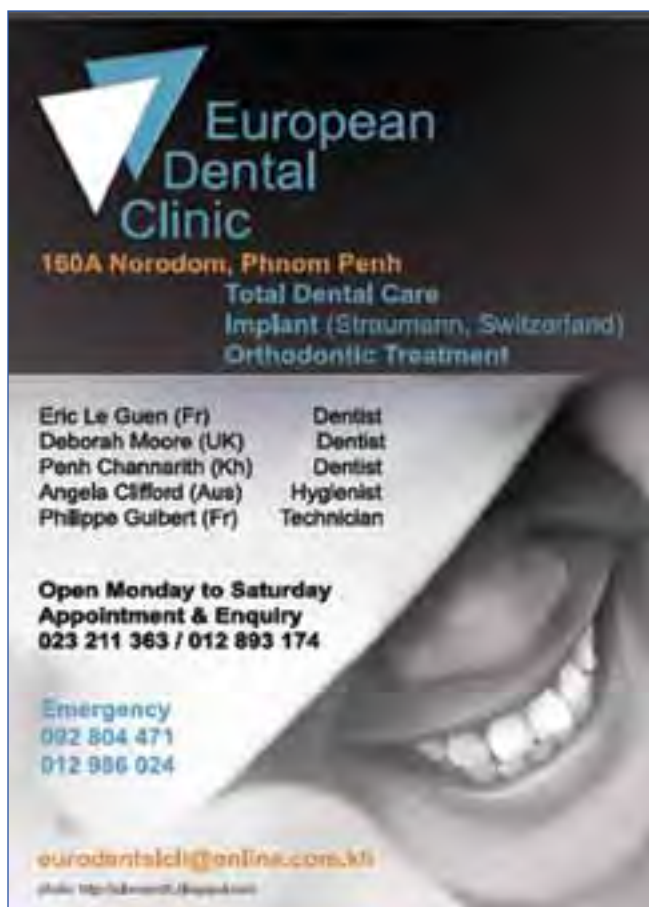
Mixed touch rugby (touch football) is played most Saturday afternoons at 3:30 pm at Northbridge School. Tournaments also within SE Asia. Please contact Rowena (*rowena.eastick@yahoo.com*) 012 1896786, or Paul 012 516460

Yoga Classes at Himawari Hotel
313 Sisowath Quay, Tel: 092197 701
Available everyday from 9:30am to 10:am.

tennis

The Club at Northbridge
1km off National Road 4, Tel: 023 886 012
Excellent tennis court. Book in advance.

VIP Sport Club
Norodom Boulevard, Tel: 023 993 535
Courts are available for hire by the hour or for members. 



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next generation

Cambodian Country Club Summer Camp

What to do with those looming summer months while the kids are out of school? Pack them off to summer camp! **Kate Liana** explores one new summer option.



Learning riding skills is only part of the fun

OK, MAYBE KIDS WON'T BE sitting around a campfire roasting marshmallows, but the Cambodian Country Club is bringing that summer rite-of-passage – sleepover camp – to Cambodia. Kicking off on June 21, the CCC will offer a multi-activity camp for kids aged 5 to 15. Tennis, badminton, volleyball, football, horseback riding, swimming, and arts and crafts will all be offered on the club's grounds near the airport. With specialized instructors in tennis and horseback riding, these activities will offer more in the way of instruction and form. Alexandre Vessella, the manager, says that programmes can be tailored to meet the interests of the kids in attendance, so if they fancy one particular activity over another they can spend more time there. Programmes will also be dictated by weather. Since the pool, tennis and volleyball courts are not covered,

rainy days will be spent indoors playing badminton, in the stables working with the horses, or in arts and crafts.

Most exciting is the sleepover option. The clean, spacious dorm is packed with bunk beds that can accommodate up to 20 children. It also has a small play area and large screen television. Boys and girls will stay in the room together, but they have separate changing areas and bathrooms, and will be supervised by two staff members at all times. Air conditioning is being installed to make the nights bearable, and a small water park is under construction outside the dorm, so kids will have ample opportunity for staying cool and having fun. Night time activities, for those sleeping over, will include games and movies.

As for food, the French establishment will not be serving hotdogs, peanut butter and jelly sandwiches and bug juice (those

summer camp stalwarts). Instead Alexandre promises it will be Western food that's appealing to young palates. Furthermore, parents will be able to review the menu at the start of each week and can request changes based on allergies or preferences of their children.

The small but dedicated staff includes both Westerners and Khmers, two of whom have first aid training. They're all long term staff members at the club and are familiar with the needs and interests of children. There are first aid stations at the main office, at the pool and at the horse stables. They also contract with Naga Clinic, who can send staff to the club for more serious cases.

Registration has many options. Kids can attend by the day or by the week, and opt for day time only (8.30am to 5pm) or sleep over. Prices vary depending on which option you

choose, and members receive a discount. There is also a 15% discount for families who sign up three or more children. Another cost-saving option, if you sign up for more than two weeks there are discounts for the third and fourth week. Lunch is included in the price for day-trippers, and breakfast, lunch and dinner are provided for the overnighters. One day is US\$39, while day with sleepover is US\$46. One week (day only) will run you US\$180, sleepover options runs US\$215. Camp starts Jun. 21 and runs through till Jul. 30. Pack your swimmers, trainers, sunnies, mozzie repellent and go wild!

For more information contact Alexandre Vessella at 017 847 802, or email cambodiancountryclub@gmail.com.

*Cambodian Country Club,
Street 2004 (off airport road).
Tel. 023 885 591. 📍*

next generation guide



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

cafés & restaurants

Annam

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

Café Fresco II

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

Café Living Room

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

Java Café

56 Sihanouk Blvd., Tel: 023 987 420
Kid's menu includes chicken nuggets and pizza bagels and there are colouring pages and crayons to keep the kids amused. High-chair is available on request and baby-changing facilities are in the toilet.

Java Tea Room

Inside Monument Books, 111 Norodom Blvd., Tel: 092 451 462
Cheerful children's reading room has picture books, puzzles, art supplies and

occasional story-telling sessions. Open from 8am to 8pm.

Le Jardin

16 Street 360, Tel: 011 723 399
This garden retreat has a great kids' area with playhouse and sandbox. Specialises in birthday parties, with cake, decorations, toys and drawing materials provided for US\$7 per child.

classes

Global Art Centre

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

Khmer

Gecko & Garden Pre-school, 1 Street 282, Tel: 092 575 431
Khmer classes for children from 2.5 to 6-year-olds from 3pm to 5pm on Wednesdays and Fridays, costs US\$96.

Yoga

Gecko & Garden Pre-school, 1 Street 282, Tel: 092 575 431
Yoga lessons with Georgina Treasure for 3 to 5-year-olds from 3pm to 4pm on Tuesdays. Drop-ins welcome (US\$6)

entertainment

Kabiki Hotel

22 Street 264, Tel: 023 222 290

The first hotel designed specifically for families, Kabiki has a salt-water swimming pool (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, cots and toys. Open from 8am to 8pm.

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shopping & fashion

James Grant Discovers the Bare Necessities



■ SET - US\$68



■ SET - US\$46



■ SET - US\$70
STOCKINGS - US\$12



■ SET - US\$75



■ BRA - US\$45



■ SET - US\$77



■ SET - US\$53

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A SPECIAL THANKS TO OUR MODEL.

Shop Talk: Underneath It All

Meet **Sharee Bauld**, the woman bringing Western lingerie to Cambodia. **Mai Lynn Miller Nguyen** finds out just how simple, and humanitarian, buying a good bra can be.

THE PROPERLY FITTING bra. It's been an elusive, nearly mythological creature for many women. Hunting for it at the markets can be like a case of Goldilocks seeking perfection – this is too small, this is too fussy, and that one is about to break! So where to find a just right?

"I use the slogan 'We've got you covered,'" says Sharee Bauld, owner of Bare Necessities. "It explains the concept of the shop – whatever you're looking for, a sports bra, something lacy, any size, it's here. And if we don't have it, we'll get it."

An Australian residing in Cambodia since 2001, Sharee recalls a time when limited supplies of foreign products meant she had to scheme to get bras that fit.

"I was doing what everyone was doing – going home and buying in bulk," says Sharee about how she once handled the dearth of lingerie choices.

There's no longer any need to allow undergarments to become faded and gray. Opened in November 2009 and recently resettled on Street 322, Bare Necessities is Phnom Penh's go-to for high quality lingerie imported from Australia and New Zealand. The shop stocks a range of dimensions – 'from an A cup to a J Cup' is another motto. If a desired size isn't available, Sharee can place an order.

The selection runs the gamut from demure to va-va-voom, including plain cotton underwear, coquettish silk nighties, and frilly push-up bras. For practical purposes, there are maternity bras, strapless bras, and the much sought after "T-Shirt bra," as well as accessories that can work miracles for any woman who has been frustrated trying to hide straps, give an extra lift, or secure a slippery dress. Swimwear offerings are also in the works, anticipated to kick off with a fashion parade and party at the end of July.

For those who can't distinguish a balconette from a contour brassiere, Sharee can give the run down. She's



Sharee bares all

used to advising. As a consultant in the tourism sector, Sharee also works with communities, organisations, and governments to realise Cambodia's potential without negative effects and is currently finishing a PhD in tourism.

Sharee's reason for opening Bare Necessities has nothing to do with making money for herself – the shop promotes an important cause. Eighteen months ago, her mother passed away from breast cancer. She bequeathed a sum to Sharee, who deliberated about how best to use it.

"I didn't want to just buy something for the house," recounts Sharee. "Eventually I came up with this idea of opening a lingerie shop where the profits go to raising breast cancer awareness in the provinces."

Breast cancer is largely overlooked in Cambodia, with virtually no known information on rates of incidence and mortality. Women in the provinces often rely on local medicinal practices, treating early symptoms of cancer with ineffective herbs. By the time they are referred to a hospital, the disease has already spread beyond the reach of life-saving intervention.

"I went back to Australia for the funeral and stayed for 3 months," says Sharee. "When I came back, I would tell the Khmers I know what had happened and they would say 'my grandmother died from that', or 'my auntie died from that', or 'my neighbour died from that'. Everyone had a story about someone they knew who

had died from breast cancer – and I thought why is no one doing anything?"

Working together with the Stung Treng Women's Development Centre, Sharee is joining efforts to understand how to address cancer, beginning with training local midwives to detect warning signs. As Bare Necessities starts generating profits, Sharee hopes to support women with costs for treatment.

"People do awareness raising and then that's all – I want to do it from start to finish," declares Sharee.

Lingerie that is well made, comes in diverse sizes, and contributes to keeping breasts healthy? Available now in Cambodia.

Bare Necessities, 46 Street 322. Tel. 023 996 664. Open Tuesday to Sunday 10am to 7pm. ■

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.

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

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

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 Sotheaeros 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 Romyda Keth that are popular all over the world. Beautiful colonial building with colour-themed rooms makes the perfect setting for the city's most glamorous design shop. Open 10am to 6pm (closed Sunday).

Bare Necessities
 46 Street 322, 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



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Best Kept Secret: Silk Wallpaper

Few are the places that sport wallpaper in Cambodia. If you're tired of looking at unadorned walls, Wall Decor may be just the shop for you. Words by Nora Lindstrom.



FEW ARE THE PLACES THAT sport wallpaper in Cambodia. However, if you're tired of looking at unadorned walls, Wall Decor may be just the shop for you. The sign above the entrance reads "Korean Silk Wallpaper". This is however somewhat misleading, as you will find almost all kinds of wallpaper in the modern shop, except any made from silk. Staff explain that what is known as silk wallpaper is in fact made from PVC, which gives it a soft, somewhat rubbery feel. Compared to regular wallpaper, the PVC variety is more durable and easy to clean with both water and alcohol, making it suitable for use even in the kitchen, and is said to last at least a decade.

Wall Decor has a wide range of styles to choose between, from the minimalist, to glittery, styles, to decorative and of course, flower-themed varieties. According to staff at the shop, the latter are particularly popular among Cambodian customers, who consider plain wallpaper boring; without big, gaudy flowers in bright colours, what's the point in having any wallpaper at all? the thinking goes.

Imported from Korea, one roll of silk wallpaper costs US\$150, and covers 16.5m². Wall Decor offers to install it

for you, at a rate of US\$1.50/m². Alternatively, you can do it yourself, by buying glue from the shop (US\$10) and mixing it with water. Significantly, Wall Decor claims their glue is odourless, which according to the company is important for many customers who opt for wallpaper instead of paintjobs precisely because of the smell painting causes.

Other types of wallpaper sold include paper, stone, and fabric. Out of these, paper is the most affordable, costing US\$60 per roll. Stone wallpaper, which has a scratchy surface of sand, will set you back US\$170. To have fabric decorating your wall you will have to put out a whole lot more, from US\$370 per roll.

Though having wallpaper is as yet relatively uncommon in Cambodia, business is booming at Wall Decor, where staff maintain they have customers from as far away as Banteay Meanchey. As Cambodians return from trips abroad having seen walls adorned not only with paintings but decorative paper, they too want join in on the fun. By popping into Wall Decor, you can too.

Wall Décor, 137 Mao Tse Tung Boulevard, Tel: 023 220 860. Open 8am to 6pm daily. 🇰🇷

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.

Ororosso

75 Street 240, Tel: 023 211 741

Featuring classical 1950's and 1960's 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 Caprices

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

Sapors

11 Street 59, Tel: 012 900 470

Modelling agency, training school for housekeeping, as well as a beauty training school.

Smateria

8Eo Street 57, Tel: 012 647 061

Boutique specialising in accessories made from recycled materials including a range of bags and wallets made from old fruit juice cartons, plastic bags and mosquito nets.

Spicy Green Mango

4a Street 278 Tel: 012-915-968

29 Street 178 Tel: 023-215-017

Now open in two locations, designer Anya Weis offers a very different style of clothing to any other shop in Phnom Penh with imaginative, colourful skirts, trousers, t-shirts, belts and shoes.

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).

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.

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e: jasmineboutique@online.com.kh
www.jasmineboutique.net

Bayon Market

33-34 Street 114, Tel: 023 881 266
Popular supermarket now in new location with improved parking. Stocks expat feel-good foods, with a focus on the Japanese. Open 8am to 9pm

Bong Karem

Tel: 092 235 336
Italian gelato delivered to your door! Also available at Kabiki, Meta House, La Veranda, Living Room, Cafe Yeij. Delivery available from 12pm to 5pm.

Butcher & Co.

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

Camory - Premium Cookie Boutique

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

Comme a la Maison

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

Dan's Meats

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

Kampot Pepper Promotion Association

www.kampotpepper.biz
High quality green, black, red and white pepper from Kampot province produced according to traditional methods.

Kurata Pepper

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

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.couleursdasie.net
Shop selling French-designed silk & linen bags, scarves, cushions, pillow cases & quilts. Has a selection of soaps and bath salts from Sen-teurs 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 de-

signed 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.

Sobbhana 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. 🍷

the insider

Boxing Up

For many who call Cambodia home, there comes the sad day when one must bid the Kingdom adieu. **Mai Lynn Miller Nguyen** provides an overview of options in Phnom Penh for getting your stuff to follow you home.



AN IMPENDING DEPARTURE raises many dire questions: How will I take my specially designed silk lamp? The framed painting of Angkor Wat? That ceramic elephant? After braving the stifling aisles of Russian Market for your trove of objects, it would be a shame to abandon everything. Sentimental value aside, ceramic elephants just don't come cheap outside of Asia. Mercifully, there are ways to reunite you and your cherished things in your new home.

In a country where the expatriate community fluctuates more than the level of the Mekong, quite a few companies are on hand to convey any number or size of items yonder. Express Mail Service (EMS) at the post office or unaccompanied baggage with Thai Airways can take smaller packages. To transport cargo on a grander scale, some may elect to arrange directly with a freight forwarding company such as Feeder Shipping Agency and handle all the packing, unpacking, and paperwork on their own. Others may prefer a company that can orchestrate every detail of the move.

"People say there are two most stressful things in life. One is having a baby, and the second is moving," says David Albrecht, Country

Director for Asian Tigers Transpo International. "We are selling peace of mind." Asian Tigers and Crown Worldwide Relocations are among several international companies offering a menu of moving services in Phnom Penh.

Getting quotes from different companies and having thorough discussions about every aspect of the relocation process is the best way to start. The bill will depend upon a variety of factors, including quantity, the final destination, services chosen, and the type of voyage. Sea freight is generally the most inexpensive, but takes around 50 days to get to the U.S. and Europe. Shipments to Australia are slightly longer due to a 20-day lag for customs and quarantine. Those who are anxious for an earlier arrival can opt for express sea or air delivery, albeit at a cost.

"The main shipment size we do is for between 20-30 cubic meters shipped inside a 20 foot shipping container," explains Owen Perry, Branch Manager for Crown Worldwide Relocations in Cambodia. Prices vary, though Crown generally quotes a door-to-door, sea freight service for this average family-sized quantity to North America at approximately

US\$10,000 to US\$15,000. To Australia or Europe is around US\$10,000 to US\$12,000, also including VAT, customs clearance, terminal handling, and full packing and unpacking costs.

One crucial consideration is insurance. Most companies do not automatically include provisions for damage or loss, but can add them for an additional fee. Remember, no matter how carefully everything is packed, there is plenty of opportunity for damage to occur. It is also recommended to supervise during packing to ensure that everything is organized sensibly and safely.

Coordinating your move well in advance helps, allowing time for your moving company to gather all necessary information and you to check over the particulars.

When assessing a quote, verify that every charge from door-to-door is provided for in order to avoid extra customs or transportation costs upon delivery. Motorbikes and cars require supplementary paperwork, for both the country of origin and the place of entry. Be aware of laws governing the transit of antiques, and review questionable objects with your moving company in case advance clearance is needed.

"It is a good idea to become familiar with the restricted items at the destination and any strict quarantine or fumigation requirements," advises Owen of Crown, adding that the company can provide assistance.

Moving companies can even be used to export pets, if you accept the time and expense of medical certificates, travel and quarantine. David of Asian Tigers once had a client in Vietnam who wanted to send two beloved cats—until she found out it would cost US\$10,000.

Ceramic animals are much more affordable.

■ ON THE MOVE

Asian Tigers Transpo International (Cambodia) Ltd, 86 Street 160, Tel: 023 880 951.

Crown Worldwide Ltd (Cambodia), 115-116 Street 335, Tel: 023 881 004.

EMS Street 13 corner Street 102, Tel: 023 723 511.

Feeder Shipping Agency Co Ltd, 460 Street 466, Tel: 023 213 883.

Thai Cargo Unaccompanied Baggage, 108-112 Sotheasor, Hong Kong Center, Tel: 023 224 452. ■

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.phnompnhbike.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 Cmn 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-Cambodjienne
Office 13A Ground Floor
Hotel Cambodiana, Tel: 023 221 453
www.cccambodge.org

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

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

BCC / Malaysian Business Council of Cambodia
Unit G21, Ground Floor, Parkway Square
113, Mao Tse Tung, Tel: 023 221 386
mbcc.secretariat@gmail.com

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

Women's International Group (WIG)
Tel: 012 832 940 / 089 880 419,
email: dortekieler@gmail.com
WIG meets every first Wednesday of the

month at 3 pm at Intercontinental Hotel 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\$25 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

Commercial bank, managed by Koreans and Cambodians, established in 1996. Has branch office on Mao Tse Tung.

ANZ Royal Bank
Main Branch, 20 Street 114
www.anzroyal.com

Cambodia's major commercial bank has brought international standards of banking to the country. Has a large number of ATM machines around Phnom Penh and can arrange money transfers.

Maruhan Japan Bank
83 Norodom Blvd., Tel: 023 999 010
First Japanese commercial bank in Phnom Penh.

Counselling Services

Banyan Tree Counselling Listing
17Az Street 21, Tel: 017 555 691

Run by Australian and American Social workers and Family therapists. Specialising in counselling for children, adolescents, couples and families.
1 hour US\$65, 1.5 hours – US\$85

Phnom Penh Counselling Centre
11 Street 420, Tel: 092 700 910

Individual, couple and family therapy as well as resolution of trauma and abuse residue using EMDR. Sliding scale fees based on income.

design & media

Asia Media Lab
Tel: 012 818 917, www.Asiamedialab.com

Full service video production company specializing in the creation of dynamic visual content to help bring NGO stories to life for fundraising and advocacy. Director, producer, storyteller Todd Brown has nearly a decade of experience producing compelling television programs in the US.

insurance

AG Cambodia
Hotel Cambodiana, 313 Sisowath Quay
Tel: 017 360 333, info@agcambodia.com
Professional insurance agent offering health, home, car, factory, employee and hotel insurance packages.

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

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

Infinity Insurance
126 Norodom Blvd, Tel: 023 999 888

Professional insurance company offering motor, property, home, marine cargo, personal accident, healthcare, construction and engineering insurance. Group policies can be customised.

international schools

iCan International School
85 Sotheaeros 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
USA accredited school offering primary and secondary level education, extra-curricular 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

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/myan-marmissions/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

VIETNAM

436 Monivong Boulevard, Tel: 023 726 283
www.vietnambassycambodia.org/en

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.
 784-787, Building F Phnom Penh Centre, Cnr. Sothearos & Sihanouk Bldvs.,
 Tel: 023 997 492,
 www.thesecretarycambodia.com
 Highly professional company that lets fully-serviced office accommodation on both a short-term and long-term basis.

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 photography. 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

The Geek: Microsoft Office Outlook – Message Management



This month The Geek celebrates his 1-year anniversary of being with AsiaLIFE with some advice on Microsoft Outlook. Happy Anniversary The Geek!

For most PC users, Microsoft is all about Windows and the Office Suite. The current releases are Windows 7 and Office 2010. In my opinion, Outlook is irreplaceable when compared to other email programs. One of Outlook's cool features is described below.

If you follow the few steps below, you will be on your way to mastering your Outlook and using it to manage daily tasks.

First of all, let me start with how your email can be organized. This is where Outlook shines. It allows you to create folders and subfolders so you can move the emails into containers that you name yourself. To create a new folder, right click on any folder in the left navigation panel and choose 'New Folder'.

Search email is made easy with 'All Mail Items'. If you cannot remember where to start to look for a particular

email, you can click on the quick search box.

The search can also be customized if you expand the arrow icon at the end of the Search box in the middle panel. When this quick filter search function is selected, new ideas about how you can find your emails will be lit up.

This is when 'Categories' is useful. You can categorize your emails by tagging them with multiple key words and colour codes. Email can be located in any folder in your Outlook with tags that will allow you to find them later.

The Geek highly recommends Outlook 2007 or 2010 if you want to use your email program like a pro.

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. ☑

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 ☑



Trevor Keidan: Chaos, contagion and computerisation



HAD IT BEEN AN APRIL 1ST joke it might have made some sense. But it was May 6th and the New York Stock Exchange's (NYSE) 1,000-point drop was, in fact, no laughing matter. It was a computerised sell off that was caused by what is being labelled a mistake.

If you had glanced at the stock market at about 12.50am our time, you would have been forgiven for thinking that the financial world as we know it was coming to an end.

The Dow Jones Industrial Average (DJIA) was down by nearly 1,000 points. It then started to recover ... bit by bit. At the end of the day the DJIA stood at -342 points – a welcome sight compared to the -998.5 it had been earlier!

So what was the problem? It was an error that sparked off a computerised sell-off, we are told.

This in itself is worrying. Not so much the fact that there was an error, but the fact that even the slightest of mistakes can and will trigger off such a negative reaction with the severest consequences.

By the time the mistake was discovered it was simply too late. The sell-off had already occurred and billions of dollars had been wiped off the book value of companies listed on the stock markets.

The markets and companies rebounded – but still, it makes you wonder, doesn't it?

While there are those in the US who might be thinking that there is simply too much technology (and too much of a reliance on it!) there are probably those in Europe who are thinking that there isn't enough – especially in the wake of the Icelandic volcanic ash cloud that affected an estimated

1 million passengers per day and is reported to have cost the airline industry over US\$1.5 billion. The crisis had a knock-on effect to flights from Asia and the rest of the world.

Now the debate is going on in earnest over whether Europe's satellite monitoring equipment is good enough. There are discussions in Europe as to whether satellite instrumentation should be upgraded to allow for better monitoring of natural occurrences.

Additionally, the speed of light at which bad news travels contributes to contagion, which causes wide spread panic on all markets – from New York to Tokyo.

If nothing else, it is the quick dissemination of news that puts us all under pressure. Governments are under pressure because they have to react much faster than

they ever used to in order to curb contagion while the public must react to prevent being caught up in the fall-out. Gone are the days when one could actually digest what is happening.

The 64-million-dollar question is would Greece be this huge issue without the technology that brings us instantaneous news. To find an answer, we'd have to look back to the days before the internet. But having said that we probably wouldn't have had the Euro back then either.

Three cheers for progress!
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. 📧

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

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

Camshin

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

Internet provider that also installs land

lines and issues the 011 SIM card.

City Link

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

Ezecom

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

Hello

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

Mobitel

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

Online

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

Smart Mobile

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

Star-Cell

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

TeleSurf

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



www.asiamotion.net

isabellelesser@asiamotion.net

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Street Food for Thought

Nicky Hosford ignores the advice of her friends and ventures into the world of street food.

“YOU MUST NOT!” IS WHAT my Cambodian friend said when I offered up the idea of eating at the street stalls facing Molly Malone’s bar last year. “Make you very sick.” Being an utter food coward, I took her word for it without a moment’s hesitation and congratulated myself for my comfortable wisdom.

Since then, the number of stalls has expanded and spread around the corner, along Street 10 and into the school playground. A warm, generous atmosphere is always present, the lights from the stalls create a gentle glow as women and children call out to you to come eat. Crews of Asian tourists sit, interspersed with locals and the odd western couple, all tucking into traditional fried noodles, soups, glistening barbecued chicken, and spaghetti bolognese.

This time, when I told my same friend that I was planning to eat there, she grimly told me about guests of a local hotel who were then enjoying five days of the unique and expensive hospitality at the International Hospital as a result of eating street food. However, she didn’t say where they ate.

So I found myself on the street, powerless to the vender’s smiles and gentle exhortations.

I chose the stall with the most colour and light, and a big sign saying ‘Love’. It felt safer somehow. Fried noodles, soups and fried rice, each with chicken, pork or beef were on offer for about US\$1.75. Barbecued beef, pork, chicken and prawn dishes were US\$2 on average, and can be supplemented by salads or pasta dishes from US\$2 to US\$3.50.

The barbecued beef was actually tender, and the flat noodle chicken soup tasted surprisingly like a winter broth from home – packed full of carrots, taro, noodles and chicken. Chicken, I might add that was all meat – no bone or undesirable bits to be found.

I see this as an indicator of just how slick this operation is. It may be street-side with blue plastic chairs, but the waiters are clad in branded t-shirts, they all speak English and the atmosphere of ordered efficiency is truly mesmerising.

The verdict? It’s official – I’m a street food convert and I’ll never look back. **F**



Flame on!

News

run, relax, eat

■ ANGKOR HASH

The Hash House Harriers have returned to Siem Reap and, despite the heat, is already becoming a successful event. The last run was on Apr. 28 when a whopping 100 people showed up to take part. The Hash is being organised by Hanno Stamm, the general manager of the Victoria Angkor Resort and Spa, where runners and walkers meet up before taking off. The runs are usually 10 kms and the walks 6 kms, with a reasonable stop part way to “re-hydrate”. For information about future Hashes and to be put on Hanno’s mailing list for the event, send him an email at hannostamm@hotmail.com.

■ KANELL

A new place to relax, drink a glass of wine, have a bite to eat and be surrounded by green has just opened on the High School Road. Kanell boasts separate dining tables under their own thatched roofs which are spread out in the tropical garden, guided by a stone path which leads directly to the mounted swimming pool. The menu has Asian and Western starters, mains and desserts. Starters from US\$3.50, and mains that will run you from US\$4 to US\$16. The wine list is short but designed to cover the palettes, and reasonably priced. Cocktails are available from US\$4. A perfect place to

bring the kids on the weekend, or relax after a day’s work during the week.

*Kanell, High School Road.
Tel. 077 207 100*

■ FLOYD’S

With panoramic views to the north and south of Siem Reap (perfect for storm watching), Floyd’s Bar & Grill on top of Globalteer is expanding its Sunday roast menu. For any Anglophones who are desperately missing home, Mac now offers an enormous plate of roast Australian lamb, vegetables, roast and mashed potatoes, together with his own home-made gravy (six hours in the making) and mint sauce.

All for US\$9.50. Floyd’s also offers roast chicken or roast pork with all the trimmings each Sunday, for US\$6.50. Meals are served from 6pm until 8.30pm, or can be delivered. And, in case you’re really missing Mum’s cooking, you can top it off with a piece of Mac’s own fruit crumble for US\$3. During the week, Floyd’s serves burgers, hot dogs, kebabs and deli sandwiches. At prices from US\$2.75 for a hot-dog to US\$6.60 for the All Star Burger, food can be delivered for free or eaten at the cool, breezy fifth floor restaurant.

*Top of the Globalteer Building. Same road as Wat Bo. Tel. 063 690 8808 **F***

calendar

June

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

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

siem reap

siem reap - bars

AHA

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

Angkor What?

Pub Street, Tel: 012 181 4001
"Promoting irresponsible drinking since 1998," this graffiti-laden bar is the mainstay of Pub Street. A healthy mix of loud rock, punk and grunge, buckets of vodka and red bull for US\$6 and a pool table ensures that you will never feel alone. Buy 2 buckets in one purchase, get a free Angkor What? T-shirt. Open from 5pm to late.

Banana Leaf

Pub Street, Tel: 012 378 488
At the top of Pub Street, the Banana Leaf offers live music every Friday night and some Saturdays, with popular local expat band, Cambojam. A new cocktail promotion every week, and 50c draft beers after 9pm. Open from 9am till late.

Central Bar & Brasserie

Old Market, Tel: 017 962 997
New contemporary and stylish bar/restaurant on the corner facing Old Market, serving generous salads, sandwiches, pasta, pizzas and burgers. Reportedly the best breakfast in town. Open from 7am - 11pm.

Chilli Si-dang

East River, Tel: 012 723 488
Restaurant bar serving Thai food and a wide range of wines, with a cool design, pool table and good sound system. Open from 9am to 11pm.

Funky Munky

Pub Street, Tel: 092 276 751
The former riverside bar has moved to the corner of Pub Street. Good mix of music, excellent film posters and pool table compete with the pub grub for your attention. Try the Sunday lunch or build your own burger. Alternatively compete in the most competitive 'charity' quiz on a Thursday.

Giddy Gecko Bar

Lane off Pub Street, Tel: 092 857 400
Late night drinking den that has a good range of cocktails. Good option for those wanting to get away from the hordes on pub Street. Happy Hour from 4pm - 8pm, buy 2 drinks, get one free (cocktails and beer). Open from 11am till late.

Laundry Bar

Old Market, Tel: 016 962 026
www.laundry-bar.com
Extremely chilled music bar just off Pub Street with great mellow decor and extremely cool t-shirts. Its multi-page music catalogue makes for the perfect respite from the Cambodian obsession with hip-hop, and they can burn 7 CDs. Free drink during the 6pm to 9pm washing hours. Open 6pm to late.

Linga Bar

Alley behind Pub Street, Tel: 012 246 912
www.lingabar.com
Laid back, gay-friendly bar with extremely chilled Buddha Bar tunes and some amazing light boxes. Unsurprisingly serves a great range of cocktails. Free WiFi. Open from 5pm to late.

Miss Wong

Lane off Pub Street, Tel: 092 428 332
Imagine yourself in China at the turn of

Every DAY

High Tea @ Raffles Grand Hotel, 2.30 - 5.30pm

Happy Hour from @ The Elephant Bar, Raffles Grand Hotel, 4pm - 8pm

Every Monday

Raja Yoga Meditation at the Peace Café, 5-6pm

Movie Night @ Soria Moria. Free popcorn, rooftop bar. 8pm

Every Tuesday

Pilates with Conchetta at the Peace Café, 8.30-9.30am

Vegetarian cooking classes at the Peace Café, from 11am-1pm

All-you-can-eat Australian style barbeque at The Villa, from 5.30-8.30pm

Hatha Yoga at the Peace Café, 6.30-8pm

Ladies come enjoy a complimentary glass of champagne, free treats and other specials at Soria Moria's Ladies Night, 7-10pm

An Evening of Puppet Theatre & Apsara Dance @ The Alliance Café, 7pm. From the children of Krousar Thmey Dinner from 7pm, show from 8pm

Every Wednesday

Hatha Yoga at the Peace Café, 8.30-10am

An introduction to Buddhism @ The Peace Café, 5pm - 6pm. With Venerable Sokhun and Friends

Raja yoga at the Peace Café, 7-8pm

Enjoy a wide selection of tasty treats & tapas with US\$1 night at the Soria Moria Hotel - all drinks and food US\$1, 7-11pm

Daniel Sea @ Molly Malone's, 8pm. Live acoustic guitar

Every Thursday

Hatha yoga at the Peace Café, 8.30-10am

Oh My Buddha! Happy Hour at the Soria Moria Hotel from 10am to 10pm, buy one get one free drinks, 50% off all food

Vegetarian cooking classes at the Peace Café, from 11am-1pm

Live traditional Chapei music at the Peace Café, 6-9pm

An Evening of Puppet Theatre & Apsara Dance @ The Alliance Café, 7pm. From the children of Krousar Thmey Dinner from 7pm, show from 8pm

Test your knowledge at the long-standing Charity Pub Quiz at the Funky Monkey, 9pm until late.

Every Friday

Pilates with Conchetta at the Peace Café, 9.30-10.30am

Live televised sports @ The Siem Reap Hostel, 4pm

All-you-can-eat Australian style barbeque at The Villa, from 5.30-8.30pm

Hatha Yoga at the Peace Café, 6.30-8pm

From the children of Sangkeum Centre, a traditional Apsara dance performance at the Soria Moria Hotel, 7pm

Ladies get your glad-rags on and enjoy the free selected drink for Ladies Night at the FCC, 7-9pm

Live music from local legends Cambojam outside the Banana Leaf, 8.30-12pm

Every Saturday

Hatha yoga at the Peace Café, 8.30-10am

Vegetarian cooking classes at the Peace Café, from 11am-1pm

Super Saturday at the Soria Moria Hotel - all day happy hour, buy-one get-one free drink, and 50% off all food, 12-8pm

Join in the monk chat, with an introduction to Buddhism with Venerable Sokhun and Friends, at the Peace Café, 5-6pm

From the children of Krousar Thmey, an evening of Puppet Theatre and Apsara Dance at the Alliance Café. Dinner from 7pm, show from 8pm

Live acoustic guitar session with Daniel Sea at Molly Malone's, from 8pm until...

Every Sunday

Free Fortune Tellers @ The Siem Reap Hostel, 5pm - 7pm

Splash out for the Sunday BBQ and Pool Party at the Siem Reap Hostel. Tickets are US\$4, from 5pm until....

Special offers for wine lovers at the Soria Moria Wine Night, 6-9pm ■



Central Siem Reap

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.hoteldelepaixangkor.com
 Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free Wi-Fi dished up in air-con surroundings. The sandwiches, salads and pastries 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 10am – 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.

McDermott Gallery I & II
FCC Complex, Pokambor Avenue, Tel: 012 274 274
Alley behind Pub Street, Tel: 092 668 181
www.mcdermottgallery.com
 Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other photographers. Open 10am to 10pm.

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

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

The Wa Gallery
333 Sivatha Boulevard, Tel: 016 746 701
 Gallery that mixes original artwork, handcrafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. Open 10am – midnight

siem reap - hotels

Amansara
Pokambor Avenue, Tel: 063 760 333
www.amansara.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.fcccambodia.com
 Boutique hotel with 31 contemporary Asian-designed rooms spread around the garden and swimming pool. Free WiFi for guests both in rooms and around the pool.

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

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

Hotel de la Paix
Sivutha Boulevard, Tel: 063 966 000
www.hoteldelepaixangkor.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 last century and you won't go much wrong in Miss Wong. Extremely welcome addition to the same-old Siem Reap bar scene, serves excellent and original cocktails and dim sum. Open late.

Molly Malone's
Pub Street, Tel: 063 963 533
www.mollymalonescambodia.com
 Obligatory Irish Pub with lots of wood panelling and Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-conditioned rooms. Open from 7am to midnight.

Red Piano
Pub Street, Tel: 063 964 750
www.redpianocambodia.com
 Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has great views of the mêlée down below. Open from 7am to 11.30pm.

The Warehouse
Old Market, Tel: 063 965 204
 Popular expat bar opposite the old market that plays great music. Good Asian fusion cuisine and with an additional selection of menus from nearby outlets, this is a great place to hide from the hordes along Pub Street and use the free Wi-Fi. Also has a free gallery upstairs. Open from 10am to 3am.

X Bar
Sivatha Street & Pub Street, Tel: 092 207 842
 Definitely the last option for continuing the night - just one for the road. Open from 4pm to very late. 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
www.tbumpkin.com
 Popular café with a great range of

siem reap - galleries

Alliance Café
7 Makara Street, Wat Damnak Area, Tel: 017 809 010
 In a French colonial building, Alliance Art Café combines exhibition space with a chic restaurant featuring Khmer and French cuisine. Works are displayed in the sculpture garden and café gallery.

Arts Lounge
Hotel de la Paix, Sivutha Boulevard, Tel: 063 966 000
 Large space in the ground floor of the hotel that showcases the works of Cambodian and international artists. All pieces focus on Cambodian subjects.

4FACES Gallery
Old Market Area, Tel: 089 20 83 36
www.4faces.net
 Photography gallery showing photojournalism, fine art and documentary photography by international photographers on the Black Wall in monthly exhibitions with a permanent display are black and white photographs by Dutch photographer Eric de Vries. Open 10 am – late.

Friends Centre
Achamean Street, next to the Angkor Children's Hospital, Tel: 063 963 409 (x7015)
 International photography gallery curated by Brenda Edelson set in the Friends Centre. All proceeds go to the Angkor Children's Hospital.

siem reap - cafés



សំបុក ផ្លែឆៃល័ក ហិរ
GOLDEN ORANGE HOTEL

Group 1, House No 7, Slokram Village, Siem Reap
 Tel: 063 965 389 - www.goldenorangehotel.com
reservations@goldenorangehotel.com

Rooms from \$30 (including breakfast). Free Broadband Internet / Wifi,
 Rooms have air-con, in-room security box, mini-bar, private shower
 with hot water, Deluxe rooms with jacuzzi, Cozy bar,
 Roof top terrace area, 10 minutes from the airport.



the corridors, de la Paix is simply a modern design classic. The Arts Lounge downstairs is a great place to chill and has free WiFi.

La Residence d'Angkor
River Road, Tel: 063 963 390
www.residencedangkor.com

Boutique, low-rise resort located across the river from the centre of town. Stylish wooden décor. Good pool and lush garden setting. Both upstairs Martini Lounge and downstairs bar have recently been revamped. Great place to splash out.

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

Tara Angkor Hotel
Road to Angkor, Tel: 063 966 661
Elegant, boutique hotel with attractive swimming pool and rooms at competitive rates.

Victoria Angkor
Near Royal Gardens, Tel: 063 760 428
www.victoriahotels.asia
Beautiful hotel with the most luxurious swimming pool and garden. Worth popping in and paying a visit if just to see the Siamese crocodiles in reception.

siem reap - leisure

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

Frangipani
Alley behind Pub Street, 615-617 Hup Guan Street
Tel: 063 964 391
Relaxing three-room beauty spa in the heart of town that's popular with expats. Now has a second outlet in the modern complex close to the Central Market. 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, Vithi 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 & Sammaki
Alley West, Old Market Area
Socially and environmentally responsible, yet stylish and edgy clothing and knick knacks. By the owner of Keokjay and designer of iida designs. Visit Sammaki Café and Gallery upstairs for an unforgettable cup-cake. Open 9am - 10pm Tuesday-Sunday

FCC Angkor
FCC Complex, Pokambor Avenue
Tel: 063 760 280
The best example of contemporary Asian architecture in Cambodia, elegant bar & restaurant serve mix of Asian and International cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel & arguably the coolest pool room in Cambodia.

Kama Sutra
Pub Street, Tel: 017 82 44 74
Combining contemporary and traditional food evoking flavours from across Asia. Dedicated barbecue section, with regional classics from Thailand, Vietnam, Malaysia and Cambodia. Plus the curries, tandoori and malsala 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 Balaies 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.

Meriç
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.

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

Rouge
Rogue, formerly the Boom Boom Room, continues to provide the most up to date music from their massive catalogue of music, movies, and television serials.

Siem Reap Book Centre
Pub Street Area, Tel: 012 929 298
History books, catalogues, text books, stationery, office supplies, souvenirs, and gifts, newspapers and magazines. Open 10am.

U-Care Pharmacy
Next to Old Market, Tel: 063 965 396
Reliable western-style pharmacist and drugstore that also has two branches in Phnom Penh. Sells health and beauty products. Open 8am to 12am.

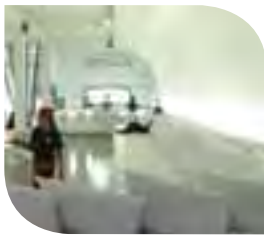
Wanderlust
The Alley West, Tel: 063 965 980
Clothes that make you look good and life feel great, in invigorating bright colours and classic designs with a twist. Also sells shoes, cushions and jewellery. 📌



the blue pumpkin



**bakery
ice cream
restaurant
lounge**



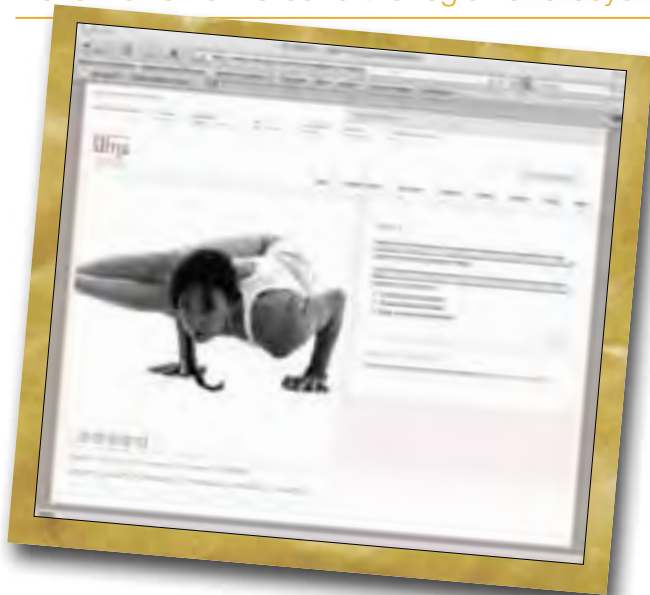
free old market - siem reap
www.tbumpkin.com
063 963 574
open 06.00 to 22.00





Dispatches

Travel news from around the region and beyond



TRAVEL DEAL: YOGA RETREATS AT COMO BHUTAN

The Deal: Como Hotel and Resort in Bhutan is offering a four-day yoga and cultural retreats starting at the end of June and continuing throughout the rest of the year.

The Setting: The Como Bhutan is nestled into the Paro Valley, providing panoramic views of the surrounding forests and mountains. The main building, formerly home to a Bhutanese nobleman, provides an evocative setting for the retreat. Guests also explore nearby monasteries in the surrounding areas while aiming to improve their practice with active Vinyasa and Hatha Yoga, Pranayama breathing and silent meditation.

The Verdict: Rates start at \$2,552 for a single and \$5,025 for a double. The stay includes accommodation for four nights, daily breakfast and lunch, a welcome and farewell dinner, all the yoga and meditation instruction, cultural excursions in Bhutan and airport transfer. For more information on dates throughout 2010 and yoga retreat options, visit www.uma.paro.como.bz/wellbeing/retreats.

Allison Grant

24TH ANNUAL MT. KINABALU CLIMBATHON

Anyone interested in participating in the 24th Annual Mt. Kinabalu Climbathon will need to set their treadmills to maximum. Dubbed “the World’s Toughest Mountain Race,” the Climbathon was founded in order to recruit rangers for Malaysia’s rapid rescue squad, but has since developed into an intense competition and the only race of its kind held outside of Europe. While it takes the average climber two days to finish the 21-kilometer (13-mile) trek, many Climbathon participants make it up and down in less than three hours. Still interested? Registration for the event is now open, with the race for women and veteran men on October 23 and the men’s open race on October 24. Best of all, there are cash prizes for the top 15 finishers. For more information check out climbathon.sabahtourism.com/2010.

Allison Grant



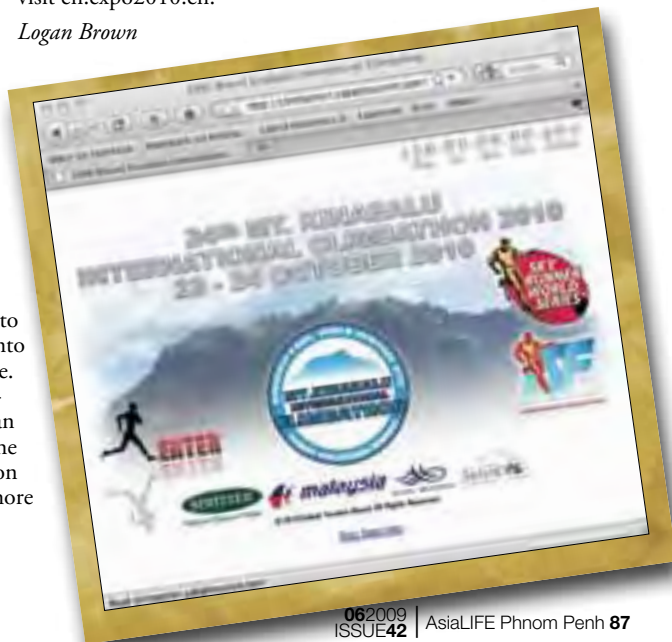
SHANGHAI WORLD EXPO 2010

Thoughts of a World Fair may conjure up images of Londoners showing off their new industrial and economic powers at the first fair in 1851, or perhaps the construction of The Space Needle for Seattle’s fair in 1962. These past events, however, might seem small in scale compared to The World Expo in Shanghai, China. The most expensive expo in history cost the Chinese even more than the 2008 Beijing Olympics. China predicts 70 million people will attend the expo, which runs through October 31, 2010.

The theme of the Exhibition, “Better City, Better Life”, focuses on sustainable urban development and has attracted more than 240 nations and organizations from around the globe. France’s exhibit features the art of huge names like Cezanne, Van Gogh, Gauguin and Rodin, while Japan’s hi-tech architectural creature nicknamed the “Purple silk worm island” includes violinist robots. Great Britain’s “Seed Cathedral” is made of 60,000 transparent rods that quiver in the wind and glow in the dark.

With numerous parades and interactive performances galore, this lively event of cultural exchange promises something for everyone. For more information, ticketing prices and availability visit en.expo2010.cn.

Logan Brown



Destination: Wellington

A vibrant and gusty city on the sea, Wellington, New Zealand offers a little something for everyone. Hold on to your hat and get a taste of Windy Welly. **Ginny Becker** reports.



Experience a bit of it all in Wellington: Kayaks in the Harbour, Matthehorn, Te Papa Tongarewa

LOCATED AT THE SOUTHERN tip of New Zealand's North Island, Wellington is a tiny city located on the Tasman Sea with a population of 180,000 people. Often compared to San Francisco, the two destinations share some striking similarities: Both are coastal cities with plenty of hilly streets, wood bungalows and bohemian cafes. Add to that year-round moderate climates, a slew of cable cars (although most of Welly's are private) and locations on fault lines and you've got a case for true sister cities, indeed. Many visitors are pleasantly surprised to discover just how welcoming Welly can be. There is a laid-back vibe not often seen in other cities, evidenced by warm smiles from its residents, an instant "How can I help?" to the lost traveler and an overwhelming enthusiasm to share their city with you. While some visitors see Wellington merely as a quick stop-off on their way to/from the South Island's natural wonders, there's more to this city than meets the eye. Following is a roundup of must-dos that just may inspire you to stick around for a while.

■ BUNGEE EXTREME

Corner Courtenay Place and Taranaki Street

Embrace Wellington with a heart pumping, reverse bungee jump. This adrenalin rush isn't for the meek—up to three people are strapped in an open capsule attached to two bungee cords connected to two 40-metre high towers. The capsule is propelled 55 metres straight up at a speed of 160 kilometres in less than two seconds. The folks at Bungee Extreme claim that riders will experience 5gs as they get their first wide-angle view of Welly so take it in quickly before the freefall begins. And don't make the mistake your writer did: eat breakfast after the jump, not before.

■ THE WELLINGTON RINGS TOUR

www.wellingtonsights.co.nz/index.php

Lord of the Rings fans unite! This three-hour tour is a less extreme way to start your visit to Wellington, but just as fun. Check out the city's greenbelt and see where iconic LOR Shire and Buckland Forest scenes were filmed, like the hobbits hiding from the Nazgu/Black Riders and running to catch the Buckleberry ferry. Visit Weta Cave for a special effects presentation that includes a

look into other blockbuster films with Welly connections including *Avatar*, *King Kong* and *District 9*. The tour also includes a visit to scenic and wildly windy Mt. Victoria, boasting gorgeous views of the city and harbour and wind speeds up to 150 kilometres per hour.

■ ERNESTO

132 Cuba Street

www.ernesto.co.nz

Photos of 1950s Cuba hang on the faux-weathered green walls of this hip café and restaurant, transporting patrons straight to Havana. Jazz plays in the background and large picture windows encourage hours of people watching on bustling Cuba Street. A mix of breakfast, lunch and dinner is served up daily, as well as lots of coffee. Standouts include the breakfast burrito, made with scrambled eggs, cheese and black bean chilli, topped with sour cream and red pepper salsa and a pickled chilli and oregano quesadilla with blackened tomato salsa. Open daily from 7.30am until late.

■ CUBA STREET

www.cuba.co.nz

Named after the Cuba, an English

settler ship that arrived in New Zealand in 1840, Cuba Street in downtown Welly has nothing to do with the country, despite its share of Havana-themed restaurants, bars and cafes. The pedestrian mall emits a hippie-like vibe and has over more than TK stores selling a large variety of clothing, books and music. Quirky sculptures line the street, including the infamous bucket fountain with vertical red, blue and yellow swinging buckets that noisily pass water downward, splashing anyone who stands too close. Tattooists are easy to find in these parts and eccentric street performers don't disappoint—look for the Aussie fire, knife and hatchet juggler who sports a cowboy hat. Folk singers and a host of performance artists too wacky for words are also found throughout.

■ TE PAPA TONGAREWA

Cable Street

www.tepapa.govt.nz

New Zealand's national museum, Te Papa, features collections in five areas: art, history, the Pacific, Māori culture and the natural environment. While staff recommends spending three full days to get the most from the exhibits,

they realize most people have limited time. Thankfully, they've created a guilt-free plan B for the rest of us: The Our Space exhibit boasts a multimedia zone where visitors can explore New Zealand's cultural identity on two simulator rides; Mana Whenua explores the Maori culture and Awesome Forces features an earthquake house that demonstrates how geographical forces formed New Zealand's landscape. Still not sure? Check out a 60 minute-introduction tour to Te Papa so you can better customize your itinerary. There are also time-limited exhibitions, the most recent featuring Anne Frank and the last days of Pompeii. Admission is free, but donations are suggested. Open daily from 10am to 6pm and Thursdays until 9pm.

■ MOJO COFFEE

www.mojocoffee.co.nz
A visit to Welly wouldn't be complete without a java or two from Mojo. Even though 12 of Mojo's outlets are in Wellington and this city is known for a wide range of independent coffee houses, don't be put off—Mojo is enjoying such huge success because they offer great coffee from around the world—Dr. Mojo's Feel Good is a blend of Ethiopian and Peruvian coffee, The Raj is a mix of three coffees from India and single origins hail from Panama, Kenya, Honduras, El Salvador and Guatemala. Friendly staff and comfy seating seal the deal. Mojo is open from 8am to 4pm Monday thru Friday and 10am to 2pm on Saturdays.

■ WELLINGTON BOTANIC GARDENS/ CABLE CAR

www.wellington.govt.nz
www.wellingtoncablecar.co.nz
Need a serenity fix? Make your way to the Wellington Botanic Garden, located on 25 hectares of protected native forest for some respite. Ponder life on the serene walking trails as you take in conifer plantings, exotic trees, seasonal blooms and native bush. From November to May, more than 25,000 tulip bulbs come into bloom and the Lady Norwood Rose Garden boasts 106 rose beds. The setting is extremely soothing—one Wellingtonian says she spends many lunch hours here to keep work stress in check. The Carter observatory and planetarium, sculpture trail and kids playground are also worth a gander. The Gardens are open daily from sunrise to sunset. To get there, take the historic Wellington cable car from nearby Lambton Quay.

■ WELLINGTON WATERFRONT

Wellingtonians make the most of their breathtaking waterfront and promenade with harbour cruises, swimming, rollerblading and rock climbing. Numerous cultural festivals take place throughout the summer that embrace New Zealand's island cultures as well as cultures from around the world. It's a great place to enjoy a coffee or gelato while taking in the surrounding blue waters and cityscape. On Sundays, you'll find a weekly food and wine market that features tastings and demonstrations and a farmers market. Visit www.wellingtonnz.com for details.

■ MATTERHORN

106 Cuba Street
www.matterhorn.co.nz
While Matterhorn may look like just another trendy restaurant, this eatery has staying power. Its history dates back to 1963 when two Swiss brothers started the establishment, but in those days it featured waitresses in full garb serving up lots of fondue. Over the years, the menu evolved to meet the growing café culture, serving a variety of light food. Ownership changed hands a few times and in 1996 Matterhorn was converted into a boutique cocktail bar, attracting both Kiwi and international celebs and hipsters. The menu is creative, the food is spot on, the atmosphere is ultra-cool without being pretentious and the service is accommodating. There's also live music TK days per week, featuring TK bands.

■ KURA

19 Allen Street
www.kuragallery.co.nz
Contemporary, hand crafted Maori and New Zealand pieces by Kiwi artists are the star attraction at Kura, located near Te Papa. While prices get a bit steep, some costing one thousand NZ dollars and upwards, moderately priced items are also offered. Kura has a large selection of traditional Maori carvings, ceramics, glass, furniture, wall art, jewelry, paintings, prints and sculpture and features regular exhibitions of its artists work. And international shipping takes the worry out of damaging your treasures as you hike the Franz Josef Glacier.

Thanks to Rebecca Mitchell from Positively Wellington Tourism for her assistance in this article and amazing Kiwi hospitality.
WellingtonNZ.com 

getaway



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

battambang

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

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

chau Doc (vietnam)

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

phu quoc (vietnam)

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

kampot

Bar Red
Old Market area, Tel: 092 724 720
Restaurant and bar in close to the river, just around the corner from Bokor Mountain Lodge. Open from 6pm to late this is a good spot for a late night drink with personable host Steve, or to try some Indian food including their gargantuan samosas.

Blissful Guest House
Kampot, Tel: 012 513 024
Small guest house, with 11 rooms, set in a quiet part of town. Downstairs restaurant and bar, and communal TV room upstairs.

Bodhi Villa
Across the river, Kampot
Small guest house just across the old bridge in Kampot. The few basic rooms are extremely cheap and there are bungalows overhanging the river too. Most definitely a place to chill like the lotus eaters.

Bokor Mountain Lodge
Riverfront, Kampot, Tel: 033 932 314
www.bokorlodge.com
Beautiful French colonial building situated on the riverfront with well-fitted air-conditioned rooms. Also has a good restaurant and bar with some outside seating overlooking the river.

Epic Arts Café
Old Market, Kampot
Employing deaf staff, this café next to the old market has a good range of bagels, shakes, brownies and coffee. Open from 7am to 6pm.

Jasmine
House 25 Riverside Road, Kampot Tel: 012 927 313
Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish oasis on the Kampot riverfront. Tasty Thai, Khmer & café fare. Also has photography decorating the walls, and occasional film nights.

Les Manguiers
2km north of Kampot, Tel: 092 330 050
Small resort with bungalows and rooms set in beautiful gardens overlooking the river. Also has a restaurant with daily changing, freshly prepared food. Best to book up in advance especially at weekends.

Mea Culpa
44 Sovansokar, Kampot, Tel: 012 504 769
New accommodation established by the former manager of Bokor Mountain Lodge set in the French Quarter. Six rooms have air con, hot water, DVD and TV. The large garden has a patio pizzeria and bar.

Rikititavi
Rikititavi, Kampot, Tel: 012 274 820
rikikitavi@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.

Kep Lodge
Tel: 092 43 53 30, 017 879 526,
keplodge.com
Eight nicely decorated private bungalows with a big veranda, pool table, salt water swimming pool with a great view and Wi Fi. Also has a cosy bar and a restaurant with Khmer and western food. Bungalows with queen size beds and hot water cost US\$ 28-38 and bungalows with air con US\$ 45-60. Breakfast included.

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

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

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

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

Imperial Garden Hotel

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

Intercontinental

296 Mao Tse Tung, Tel: 023 424 888
www.ichotelsgroup.com

One of Phnom Penh's most luxurious 5-star hotels. The 346 air-con rooms have all the expected facilities including in-room safes and king size beds. Also has a large swimming pool, a Clark Hatch Fitness Centre, spa and beauty salon.

Raffles Hotel Le Royal

Street 92, Tel: 023 981 888
www.phnompenh.rafles.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 Sotheaors Blvd, Tel: 023 220 822
www.almondhotel.com.kh

56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.

Anise

2C Street 278, Tel: 023 222 522,
www.anisehotel.com

Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves Asian cuisine.

Billabong

5 Street 158, Tel: 023 223 703
www.thebillabonghotel.com

Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees. Serves good food. The rooms are a reasonable size with air-con.

Blue Lime

42 Street 19z (off street 19), Tel: 0 23 22 22 60
www.bluelime.asia

Centrally-located mini-hotel with a great swimming pool and contemporary rooms. Good flashpacker option.

Bougainvillier

277G Sisowath Quay, Tel: 023 220 528

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 neces-

sary 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 roof-top jacuzzi and the very contemporary ground-floor bar and Chow Restaurant with WiFi.

The Pavilion

227 Street 19, Tel: 023 222 280

www.pavilion-cambodia.com

Beautiful boutique hotel set in a colonial building with large, unique rooms, each with either a small balcony or garden. Outdoor swimming pool, free WiFi and a small poolside restaurant.

River 108

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

Art deco hotel aimed at the flashpacker set. The 12 rooms, six of them with river views, are extremely comfortable with flat screen TV and separate bathroom and toilet. Efficient WiFi, good working space and spacious rooms make this a perfect business option. If available opt for one of the front rooms, where the large balconies afford great riverside views.

Villa Langka

14 Street 282, Tel: 012 449 857

www.villalangka.com

Boutique hotel with restaurant and beautiful swimming pool, just a stone's throw away from Wat Langka 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.

Boddhi 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

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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 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.

Tonle Sap Guest House

4-6 Street 104, Tel: 023 986 722 www.tonlesapguesthouse.com

Clean, well-kept guesthouse upstairs with 15 rooms, with air-con, fans, hot water, cable TV. Downstairs Pickled Parrot bar open 24 hours.

Velkommen Inn

23 Street 104, Tel: 092 177 710

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

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 Paillote'

Victory Hill, Tel: 012 633 247

Upmarket French restaurant that outshines the other places on Sihanoukville's late night drinking street. Sophisticated French cuisine in a beautiful garden setting. Open for lunch and dinner.

Luna d'autunno

Ekareach Street, Tel: 034 934 280

Best Italian restaurant in Sihanoukville, serves a similar menu to the one in Phnom Penh, but with a heavier emphasis on seafood. Beautiful roof-top terrace and interior air-con restaurant. Open for lunch and dinner.

Maharajah

Victory Hill Sihanouk Ville, Tel: 015 966 221

Excellent Indian restaurant, popular with expatriates and local curry lovers due to its authentic, fresh and hygienic preparation. Great reviews from customers. Authentic Halal food in town.

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.

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.

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unplugged

Vox Pop: Team Spirit!

Conor and James find out which way sports transplants think the World Cup Football will bear.

■ **NAME:** Bluey

AGE: 26

NATIONALITY: Australian

OCCUPATION: Guesthouse Owner

TIME IN CAMBODIA: 3 years

WHO DO YOU THINK WILL WIN?

Argentina because they have Messi.

WHO WOULD YOU LEAST LIKE TO WIN?

Italy. Because they knocked us out of the last World Cup.

WHAT WOULD YOU SACRIFICE FOR YOUR TEAM TO WIN?

My wife. Ha ha!

■ **NAME:** Vanessa

AGE: 34

NATIONALITY: Mexican

OCCUPATION: DJ and Model

TIME IN CAMBODIA: 7 Months

WHO DO YOU THINK WILL WIN?

Mexico! ¡¡¡Porque Nos Sobran!!!

WHO WOULD YOU LEAST LIKE TO WIN?

France! Because they are NOT Za'Best!

WHAT WOULD YOU SACRIFICE FOR YOUR TEAM TO WIN?

A months worth of tequila!

■ **NAME:** Maki

AGE: 27

NATIONALITY: Japan

OCCUPATION: Sales Manager

TIME IN CAMBODIA: 10 months

WHO DO YOU THINK WILL WIN?

Japan because we have a good team!

WHO WOULD YOU LEAST LIKE TO WIN?

I like all the countries. I wish them all good luck!

WHAT WOULD YOU SACRIFICE FOR YOUR TEAM TO WIN?

I will stop drinking beer for 2 weeks (starting 2 days after the final).

■ **NAME:** Charlie

AGE: 29

NATIONALITY: British

OCCUPATION: Journalist

TIME IN CAMBODIA: 3 Years

WHO DO YOU THINK WILL WIN?

Liverpool! Are they in it?

WHO WOULD YOU LEAST LIKE TO WIN?

England! Are they in it?

WHAT WOULD YOU SACRIFICE FOR YOUR TEAM TO WIN?

My Hangover!!!

■ **NAME:** Picasso

AGE: 25

NATIONALITY: Spain

OCCUPATION: Artist

TIME IN CAMBODIA: 2 years

WHO DO YOU THINK WILL WIN?

Spain.

WHO WOULD YOU LEAST LIKE TO WIN?

England because if they win they will talk about it for 44 more years.

WHAT WOULD YOU SACRIFICE FOR YOUR TEAM TO WIN?

2 goats and 3 cows!

■ **NAME:** Philip

AGE: 26

NATIONALITY: Ghana

OCCUPATION: Businessman

TIME IN CAMBODIA: 2 years

WHO DO YOU THINK WILL WIN?

Germany. They have a good side and I am a fan of Bayern Munich.

WHO WOULD YOU LEAST LIKE TO WIN?

Brazil (they have won too many already) or Italy (because they play dirty).

WHAT WOULD YOU SACRIFICE FOR YOUR TEAM TO WIN?

I will abstain from sex for 2 days.

■ **NAME:** Frank

AGE: 32

NATIONALITY: French

OCCUPATION: Restaurant owner

TIME IN CAMBODIA: 5 years

WHO DO YOU THINK WILL WIN?

Argentina, I think they have the best team!

WHO WOULD YOU LEAST LIKE TO WIN?

Korea! I think it's obvious!

WHAT WOULD YOU SACRIFICE FOR YOUR TEAM TO WIN?

My extra weight!

■ **NAME:** Srengadonna

AGE: 16

NATIONALITY: Argentina

OCCUPATION: Gigolo

TIME IN CAMBODIA:

fo evs' mate

WHO DO YOU THINK WILL WIN?

My beloved Argentina!

WHO WOULD YOU LEAST LIKE TO WIN?

Vietnam or Thailand. I hate them both.

WHAT WOULD YOU SACRIFICE FOR YOUR TEAM TO WIN?

I will give up all exercise for one year if we win.



Happy Birthday, Whoever You Are

Will bumbles his way through a Khmerican Birthday Party.



ILLUSTRATION BY VUTH / OUR BOOKS

IF YOU SEE A HOUSE IN the United States with a pile of shoes by the front door, a row of cars with Angkor Wat flags parked on the street and pulsing Khmer pop music leaking out the windows, you have found a Cambodian-American's birthday party.

As someone from a culture where every event in a person's life — from the baby shower to the post-funeral dinner at Olive Garden — is scheduled with Prussian precision, ruthless formality and invitation-only seating, Cambodian parties seem a bit haphazard. In America, failure to observe every tradition, respond enthusiastically to every positive wish and document every gift with prompt, gushing thank-you notes almost certainly will incite hostility, feuds and letters to advice columnists.

But for Cambodians in the U.S., every party is an open invitation. The details filter through networks of friends

and classmates uninterrupted by RSVPs or guest-plus-one invitations. Apparently there's little worry anyone would want to crash a Khmer-language karaoke party. Despite the rising popularity of the band Dengue Fever, few Americans seem interested in trying to sing in the style of Sinn Sisamouth or Ros Sereysothea.

Finding the party isn't the problem, but finding out who is the recipient of all the inebriated birthday wishes can be. There is little about a Cambodian birthday party that indicates the age of the honoured survivor — the drunken revelry for a first birthday is indistinguishable from the drunken revelry for someone's 60th. And with songs like "Roam Vong Soksan" playing at volume that makes it impossible to discreetly quiz other party-goers or even shout, it can be difficult to identify who is our generous host.

At American parties, this would all be included in the official program, somewhere between the schedule (e.g. 1-1.30pm: Watch clown. 1.30pm: Queue for cupcakes. 1.35pm. Receive cupcakes.) and the list of caterers and florists.

Asking my wife isn't so helpful. There are people she has known for years as either "bong," "om," or "ming."

Once I resorted to interrogating the kids. Asking a pre-teen what his mother's name only resulted in a response of, "Mommy, duh," followed by a look that made it clear he thought I was the dumbest person in the world. Repeating the question in Khmer produced a look of shock — but that wasn't particularly helpful.

Often being the token white guy at these kinds of parties and unable to find any useful information about who's house or party it was, I resort to my default of being ridiculously polite.

Putting my hands together, bowing and offering a polite greeting in Khmer always impresses and opens up conversation, if a stereo system that costs as much as a pagoda doesn't prevent it.

So very many of the conversations revolve around how people long to go back to Cambodia — or how there is nothing that could ever convince them to return. Occasionally, Cambodians who have been living in the United States for decades pump me for information on moving back: the cost of living, the security situation, what restaurants serve up the best cheeseburgers.

But for all the talk of politics, history and immigration law, I'm always a little embarrassed to ask whose house I'm at. I guess I'll just assume it's bong's house.

Will Koenig lives in Oregon with his wife, son and an wide array of Curious George paraphernalia. All of it kind of scary. ■

June Horoscope

■ GEMINI (MAY 22 – JUN. 21)

Happy Birthday Gemini! Socially, June brings excitement and opportunity. Meeting new people, sudden new friendships, and, for some of you, partnership opportunities are themes this month. Experimentation is especially important to you, as you are feeling adventurous and courageous. The unknown or unexplored is alluring, and you might make some plans to travel. You have a lot on your mind and are itching to share it. Others will find you especially witty and interesting this month.

■ CANCER (JUN. 22 – JUL. 22)

Finances are strong for you this month, Cancer, and many of you will be enjoying gifts and bonuses. Sudden or unexpected career opportunities are likely in June – you are approaching a professional peak of sorts. You may be discovering your ‘true calling’ over the next few months. The need to make changes in your love life becomes clearer as the month draws to a close.

■ LEO (JUL. 23 – AUG. 22)

Love is exciting and perhaps a little exotic for you this month, Leo. Certainly, you are experiencing inner stirrings that prompt you to explore on a romantic level, whether that means spicing up an existing relationship, taking it to a whole new level, or meeting a romantic partner. From mid-

month, your personal magnetism is especially strong.

■ VIRGO (AUG. 23 – SEP. 23)

Work matters are in the forefront for you in June, Virgo. You’re especially busy and often turned to for advice and requests. You face any problem with energy, confidence, and courage, but can be a little impatient if things aren’t moving fast enough. Some of you are realizing a long-term goal of working from home. A love relationship requires some attention and adjustment this month.

■ LIBRA (SEP. 24 – OCT. 23)

Sudden opportunities with or through a partner or close friend arise this month, Libra. A surprising circumstance or sudden change of attitude can occur and jolt you out of your usual routine when it comes to relationships. Some of you might enter into a new partnership quickly, or meet a special someone with whom you have strong intellectual or communicative ties, and the desire to take it to the next level is strong.

■ SCORPIO (OCT. 24 – NOV. 22)

Opportunities and new insights come in the areas of work and health this month, Scorpio. Some of you will become especially excited and hopeful about a new health and wellness program and this lifts your spirits to new heights,

giving you a sense of having a new lease on life. Improvements or other opportunities at or through work can come out of the blue, boosting your confidence and improving your attitude towards your work.

■ SAGITTARIUS (NOV. 23 – DEC. 21)

An exciting and uplifting month is in store for you, dear Sagittarius. Your creative juices are flowing and you are feeling especially demonstrative, confident, and adventurous. Romance and partnerships are strong, and your personal magnetism gets a pleasing boost. In the last week of June, financial changes or worries are likely, however, and need special attention.

■ CAPRICORN (DEC. 22 – JAN. 20)

A busy month for work is in store, Capricorn, but your social life will not suffer. Opportunities to move or expand may seem to come out of the blue. Gifts, bonuses, or good news on the financial front are likely. The last week of the month brings some changes and perhaps drama to a close personal relationship or with friends.

■ AQUARIUS (JAN. 21 – FEB. 19)

A feel-good month is in your forecast, Aquarius. You are feeling especially enthusiastic, creative, and generous. A new friend may be part of the picture. Inspiration can be found now, and it’s likely to come through your conversations or communications with others. Wonderful energy for

love relationships is with you this month.

■ PISCES (FEB. 20 – MAR. 20)

Excitement is likely to revolve around finances and possessions for you this month, Pisces. There might be a sudden change in financial position, even a windfall or significant gift, a new money-making idea or project that seems to come out of nowhere, or new insights into money, money-making ability, or self-worth. Home and family life is busy, and love relationships especially stimulating.

■ ARIES (MAR. 21 – APR. 20)

Your love life is certainly exciting this month, Aries. Your confidence runs high in general, and the desire to break free from restricting or limiting circumstances is strong. There may be some struggle between the demands of family and home and those of your professional responsibilities. It’s an exceptionally busy month for you, and you will be doing a balancing act as a result.

■ TAURUS (APR. 21 – MAY 21)

Your romantic life picks up pace this month, Taurus, although it’s not without its fair share of drama. Some adjustments and changes are necessary in order to bring harmony back to this area of your life. June is a good money month for you. It’s excellent for financial planning, and also for a partner’s finances, but the impulse to gamble or splurge might also be strong, and probably should be resisted. 📌

■ CELEBRITY BIRTHDAYS THIS MONTH

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

Jun. 1 – Alanis Morissette (36), Heidi Klum (37), Morgan Freeman (73), Pat Boone (76); **Jun. 2** – Zachary Quinto (33), Dana Carvey (55); **Jun. 4** – Angelina Jolie (35); **Jun. 5** – Mark Wahlberg (39), Spalding Grey (69); **Jun. 6** – Bjorn Borg (54), Sandra Bernhard (55); **Jun. 7** – Anna Kournikova (29), Prince (52), Liam Neeson (58), Tom Jones (70); **Jun. 8** – Nancy Sinatra (70), Joan Rivers (77), Barbara Bush (85); **Jun. 9** – Natalie Portman (29), Johnny Depp (47), Michael J. Fox (49); **Jun. 10** – Lindsay Fairbairn (33), Elizabeth Hurley (45); **Jun. 11** – Hugh Laurie (51), **Jun. 12** – George Bush Sr. (86); **Jun. 13** – Mary-Kate & Ashley Olsen (24), Ally Sheedy (48), **Jun. 14** – Yasmine Bleeth (42), Boy George (49), Donald Trump (64); **Jun. 15** – Neil Patrick Harris (37), Courteney Cox (46), Helen Hunt (47), James Belushi (56); **Jun. 17** – Venus Williams (30), Newt Gingrich (67); **Jun. 18** – Isabella Rossellini (58), Roger Ebert (68); **Jun. 19** – Paula Abdul (48), Kathleen Turner (56), Salman Rushdie (63); **Jun. 20** – Nicole Kidman (43), John Goodman (58), Lionel Richie (61); **Jun. 21** – Prince William (28), Juliette Lewis (37); **Jun. 22** – Cyndi Lauper (57), Meryl Streep (61); **Jun. 23** – Frances McDormand (53); **Jun. 25** – George Michael (47); **Jun. 27** – Toby Maguire (35); **Jun. 28** – John Cusack (44), Kathy Bates (62); **Jun. 30** – Michael Phelps (25), Mike Tyson (44). 📌

The QuizMaster

WORLD CUP FEVER

- Who beat Bahrain in a playoff to qualify for their 2nd World Cup Finals?
- Which English club has 2 players from Côte d'Ivoire?
- Six teams beginning with 'S' will appear at this year's World Cup Finals. Name them.
- Which members of the Asian Football Confederation have qualified for the FIFA World Cup Finals?
- When was the last time a South American side did not qualify for the semi-finals?
- Which teams qualified from the CONCACAF group?
- Which qualifier comes first alphabetically?
- Which country are the pre-tournament favourites with the bookmakers?
- Which city will host the final?
- The only game of the group stages features 2 former winners, name them!

JUNE

- The film Juno won an Academy Award for Best Original Screenplay, it also won critical acclaim for its treatment of which issue?
- Whose character is pregnant in the film Juno?
- Juno and the Paycock was first staged at the Abbey Theatre in Dublin in 1924. Who wrote it?
- June Whitfield played Jennifer Saunder's mother in which sit-com?
- What were Utah, Omaha, Gold, Juno, and Sword?

- In Roman mythology, who was the husband (and brother) of Juno?
- If you were born on 1st June, what would be your sign of the zodiac?
- Which alcoholic drink is flavoured with juniper berries?
- What was Ray Parker Junior's best know hit in 1984?
- Which novel chronicles the passage of Leopold Bloom through Dublin during an ordinary day, 16 June?

FLY AWAY!

- What is the name of the legendary ghost ship which is allegedly sighted off the coast of Africa during bad weather?
- Who reached number 1 in 9 different countries with Pretty Fly (For a White Guy)?
- Which is the only mammal that can fly?
- In which sport could you see a flying camel?
- If you were flying 'Marco Polo Class' with which airline would you be flying?
- How was WWII bomber the B17 better known?
- Which a capella group had a UK Christmas No.1 with a cover of Yazoo's "Only You"?
- Marty McFly is the central character in which film?
- In which year did Concorde first fly the Atlantic?
- Who was the first woman to fly the Atlantic single-handed?

ANSWERS ON PAGE 57

Sudoku

CANTINA
Fresh Mexican Food

Fun Mexican Food

Kitchen open 3-10:30. Closed Saturdays.
347 Sisowath Quay. On the river.

This month's Sudoku puzzle is ranked 'Piece-O-Cake'. We felt guilty for giving you such a tough one to work through in the heat last month. So, put your feet up – get yourself a margarita and enjoy this month's puzzle. Or, if you feel the need for a challenge, down two margaritas then try to beat Gwan Ching Lee's time! Enjoy.

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

Level: "Piece-O-Cake" Gwan Ching Lee's time: 1 minutes 26 seconds

ANSWERS ON PAGE 57

Quote Unquote

KICKING THE FOOTY AROUND

"The rules of soccer are very simple, basically it is this: if it moves, kick it. If it doesn't move, kick it until it does."
- Phil Woosnam

"To say that these men paid their shillings to watch twenty-two hirelings kick a ball is merely to say that a violin is wood and catgut, that Hamlet is so much paper and ink."
- J. B. Priestley

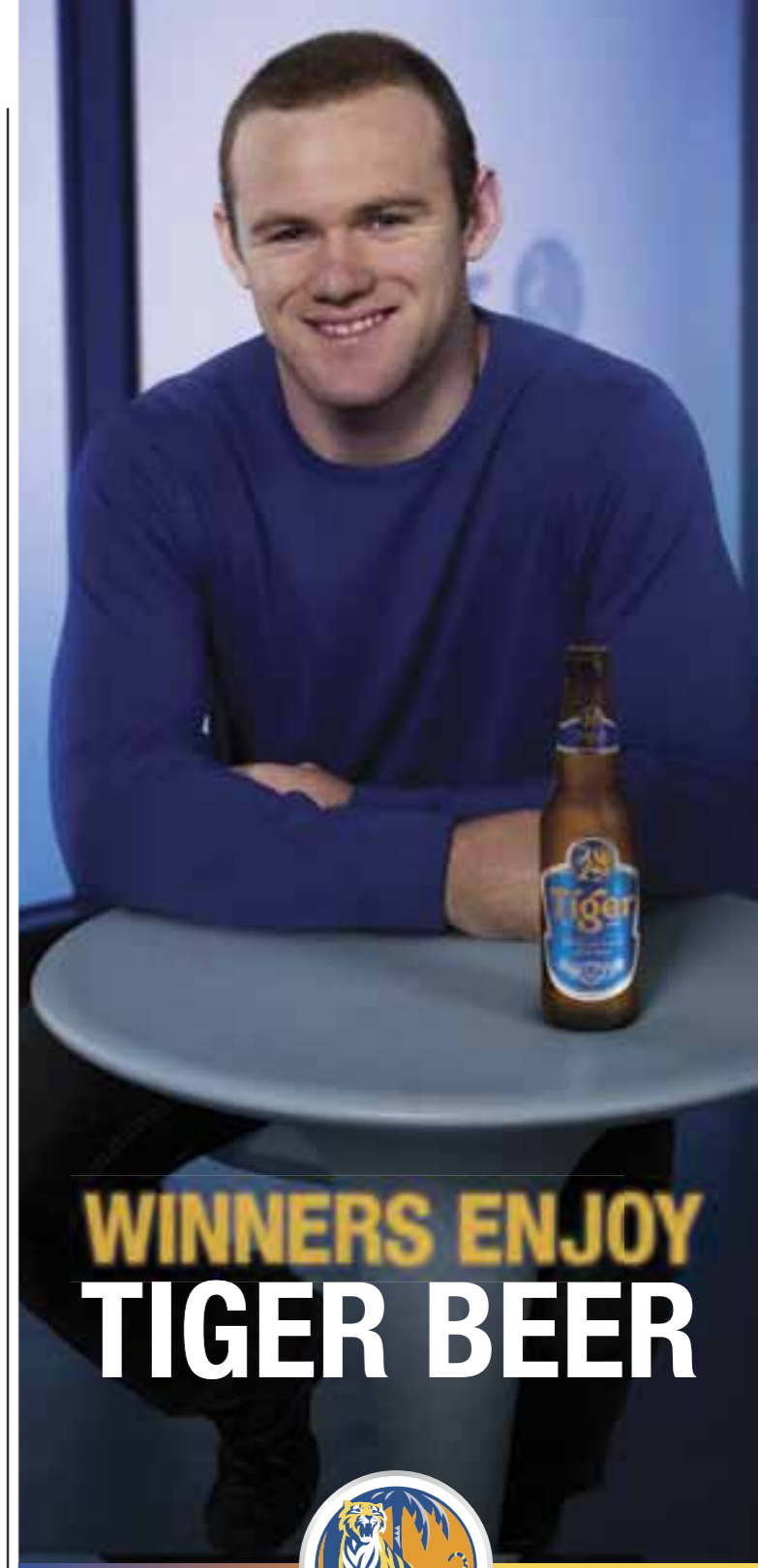
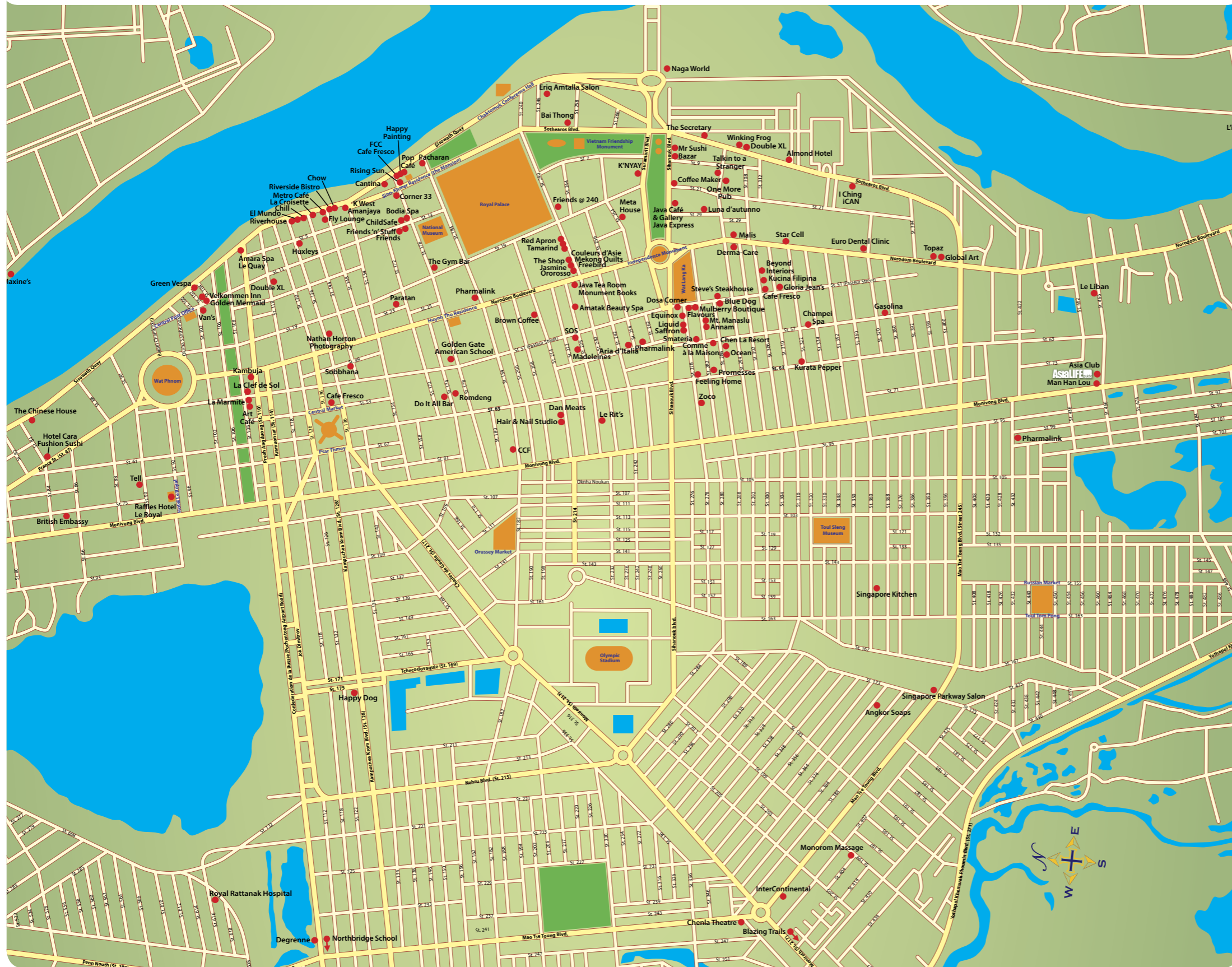
"I was saying the other day, how often the most vulnerable area, for goalies is between their legs"
- Andy Gray

"I fell in love with football as I would later fall in love with women: suddenly, uncritically, giving no thought to the pain it would bring."
- Nick Hornby

"Some people believe football is a matter of life and death. I'm very disappointed with that attitude. I can assure you it is much, much more important than that."
- Bill Shankly



phnom penh: central



WINNERS ENJOY
TIGER BEER



Tiger

ENJOY WINNING

Group A

Date	Match	Venue	Time
11 June	South Africa v Mexico	Johannesburg	21:00
12 June	Uruguay v France	Cape Town	01:30
17 June	South Africa v Uruguay	Tshwane/Pretoria	01:30
18 June	France v Mexico	Polokwane	01:30
22 June	Mexico v Uruguay	Rustenburg	21:00
22 June	France v South Africa	Mangaung/Bloemfontein	21:00

Group B

Date	Match	Venue	Time
12 June	Argentina v Nigeria	Johannesburg	21:00
12 June	South Korea v Uruguay	Nelson Mandela Bay/Port Elizabeth	18:30
17 June	Uruguay v Nigeria	Mangaung/Bloemfontein	21:00
17 June	Argentina v South Korea	Johannesburg	18:30
23 June	Nigeria v South Korea	Durban	01:30
23 June	Uruguay v Argentina	Polokwane	01:30

Group C

Date	Match	Venue	Time
13 June	England v USA	Rustenburg	01:30
13 June	Côte d'Ivoire v Slovenia	Polokwane	18:30
18 June	Slovenia v USA	Johannesburg	21:00
19 June	England v Côte d'Ivoire	Cape Town	01:30
23 June	Slovenia v England	Nelson Mandela Bay/Port Elizabeth	21:00
23 June	USA v Côte d'Ivoire	Tshwane/Pretoria	21:00

Group D

Date	Match	Venue	Time
14 June	Germany v Australia	Durban	01:30
13 June	Ghana v USA	Tshwane/Pretoria	21:00
18 June	Germany v Ghana	Nelson Mandela Bay/Port Elizabeth	18:30
19 June	Ghana v Australia	Rustenburg	21:00
24 June	USA v Germany	Johannesburg	01:30
24 June	Australia v Ghana	Nelspruit	01:30

Round of 16

1 1A
26 June – 21:00
Nelson Mandela Bay/
Port Elizabeth

2B

3 1C
27 June – 1:30
Rustenburg

2D

5 1E
28 June – 21:00
Durban

2F

7 1G
29 June – 1:30
Johannesburg

2H

PHNOM PENH ASIA LIFE guide

2010 FIFA World Cup

Quarter-Final

A 1
3 July – 01:30
Johannesburg

3

A
7 July – 01:30
Cape Town

C

C 5
2 July – 21:00
Nelson Mandela Bay/
Port Elizabeth

7

FINAL
12 July – 01:30
Johannesburg




3/4 Place Play-Off
11 July – 01:30
Nelson Mandela Bay/
Port Elizabeth

Quarter-Final

2 B
3 July – 21:00
Cape Town

4

B
8 July – 01:30
Durban

D

6 D
4 July – 01:30
Johannesburg

8

Round of 16

1B 2
28 June – 1:30
Johannesburg

1D 4
27 June – 21:00
Mangaung/
Bloemfontein

2C

1F 6
29 June – 21:00
Tshwane/
Pretoria

2E

1H 8
30 June – 1:30
Cape Town

2G

Group E

Date	Match	Venue	Time
14 June	Netherlands v Denmark	Johannesburg	18:30
14 June	Japan v South Korea	Mangaung/Bloemfontein	21:00
19 June	Netherlands v Japan	Durban	18:30
20 June	South Korea v Denmark	Tshwane/Pretoria	01:30
25 June	Denmark v Japan	Rustenburg	01:30
25 June	South Korea v Netherlands	Cape Town	01:30

Group F

Date	Match	Venue	Time
15 June	Italy v Australia	Cape Town	01:30
15 June	New Zealand v USA	Rustenburg	18:30
20 June	Australia v USA	Mangaung/Bloemfontein	18:30
20 June	Italy v New Zealand	Nelspruit	21:00
24 June	New Zealand v Italy	Johannesburg	21:00
24 June	USA v Australia	Polokwane	21:00

Group G

Date	Match	Venue	Time
15 June	Brazil v North Korea	Nelson Mandela Bay/Port Elizabeth	21:00
16 June	Brazil v Portugal	Johannesburg	01:30
21 June	Brazil v North Korea	Johannesburg	01:30
21 June	North Korea v Portugal	Cape Town	18:30
25 June	Portugal v Brazil	Durban	21:00
25 June	North Korea v Portugal	Nelspruit	21:00

Group H

Date	Match	Venue	Time
16 June	Spain v Switzerland	Nelspruit	18:30
16 June	Spain v Chile	Durban	21:00
21 June	Spain v Switzerland	Nelson Mandela Bay/Port Elizabeth	21:00
22 June	Spain v Chile	Johannesburg	01:30
26 June	Spain v Switzerland	Tshwane/Pretoria	01:30
26 June	Spain v Chile	Mangaung/Bloemfontein	01:30

France (A)	Algeria (C)	Cameroon (E)	Brazil (G)
Mexico (A)	England (C)	Denmark (E)	Côte d'Ivoire (G)
South Africa (A)	Slovenia (C)	Japan (E)	North Korea (G)
Uruguay (A)	United States (C)	Netherlands (E)	Portugal (G)
Argentina (B)	Australia (D)	Italy (F)	Chile (H)
Greece (B)	Germany (D)	New Zealand (F)	Honduras (H)
Nigeria (B)	Ghana (D)	Paraguay (F)	Spain (H)
South Korea (B)	Serbia (D)	Slovakia (F)	Switzerland (H)

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the mekong sessions

act 1: leonard cohen, nov. 27, 2010



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