

PHNOM PENH

ASIALIFE

guide

072010
ISSUE43

UNCENSORED

*Carnal Desires
of the City*



www.asialifeguide.com



WHATS ON JULY 2010



MON	TUE	WED	THU	FRI	SAT	SUN
Cafe fresco Now Open at 6.a.m until 9p.m Breakfast, lunch, and dinner. Free wifi and delivery! Riverside on Sihanouk Quay 023 217.041 012 235.222				2 QUARTER FINALS MATCH Live @ 1:30am	3 WARAPO CUBAN LATIN FUSION	4 WARAPO CUBAN LATIN FUSION
5	6 SEMI FINALS MATCH Live @ 1:30am	7 SEMI FINALS MATCH Live @ 1:30am	8	9	10	11 THIRD PLACE MATCH Live @ 1:30am
12 WORLD CUP FINAL MATCH Live @ 1:30am	13	14 CHOW LUNCH SPECIAL	15	16 Happy Hour! 5pm-7pm Daily	17 MEMORABLE LIVE AT FCC	18
19	20 Cafe fresco 50% discount on selection of bottled wine & wine by glass 5pm - 9pm daily	21	22	23 Teleson Finger foods! Happy Hour 7pm-9pm	24	25 Happy Hour 4pm - 8pm \$1 Tiger Draft and Half Price Cocktails
26	27 BRUNCH 2 Everyday 10am-2pm	28	29	30	31 Happy Hour! 5pm-7pm Daily	

watch the world cup at FCC YOU CAN WIN 4500 prizes from: June 1- July 11 2010

enjoy FCC VIATA cafe fresco dtow
www.fcccambodia.com
 for more information, call 012 253 222
 facebook events@fcccambodia.com



CALLING THE WORLD IS CHEAP & EASY

EASY WORLD

International calls

All prices include all taxes \$3 on start balance

- Call us **Free** (24 hours/7days): **0611**
- For non-Beeline users: 090-999-611
- www.beeline.com.kh



Beeline®

live on the bright side



available for your private function call: (023) 224 894 or (077) 311 008
 email: any@fcccambodia.com reservation@chowcambodia.com

Editorial

BEFORE COMING TO Cambodia, I paid my dues as a VSO volunteer in Vietnam. Fresh faced I stepped off the plane hoping to bond with like minded souls here to save the world, and escape the English winter.

On my second night, while lubricated by many a beer, I bonded all too literally with a fellow volunteer, only one from down under.

Saving the world by day, sleeping my way through the world by night, a super-volunteer's life it was for me.

Soon I realised the error of my ways. Not only was I not here to save anyone, apart from possibly myself, but my sex life proved as productive as the French attack in the World Cup.

Expat women would complain about the lack of eligible bachelors in town. "Very funny," they would laugh as I volunteered my services.

Life is not much different in Cambodia.

Women berate the fact that some expat men sleep with prostitutes, while the men cuss all those thirty-something women who are embittered towards them.

The questions remains – Is there a lack of sex in the city – that is of the non-financially motivated kind?

Certainly judged by the popularity of the two

Blind Dates that AsiaLIFE organised at the now sadly closed Talkin to a Stranger, the Penh's expats are as interested in sex as the inhabitants of any city.

At the risk of biting the hand that feeds me, we Phnom Penh expats are too quick at jumping to conclusions. Too quick to judge a book by its cover, we subdivide fellow expats into two genres – male sexpats and embittered women. In so doing, we fail to notice both female sexpats and embittered men.

This month, AsiaLIFE talks about sex.

Chatting to the young and not so young, male and female, straight and gay, Nora Lindstrom finds out what sex there is going on in the city. The picture she paints is a mosaic of relations both transient and long-lasting, but most of all that of people having fun.

Who knows, there might still be hope for the rest of us, just so long as we are not too judgmental.

The name of the publisher of this magazine has been changed to protect the not so innocent.

John "Bibby" Doe
Publisher – AsiaLIFE Guide



Contents

- 08 in the penh
- 18 calendar
- 25 storyboard
- 30 cover story
- 36 food corner
- 50 bar stool
- 58 scrapbook
- 60 kaleidoscope
- 63 leisure & wellness
- 70 next generation
- 72 shopping
- 79 the insider
- 83 siem reap
- 87 getaways
- 92 unplugged
- 96 map

Live

THE ADDRESS
240
PHNOM PENH



Experience the lifestyle of your choice in the heart of Phnom Penh.

Designed by renowned architect GFAB (www.gfabarchitects.com), 240 is the address in Cambodia's capital city.

240 is home to 29 luxury apartments set in the smartest quarter of the city.

Breathtaking urban landscapes and down-to-earth shopping make living here a breeze.

Your neighborhood is home to royalty, as well as art galleries, designer boutiques, bustling bars and restaurants.

240 offers you the international lifestyle of your dreams in Asia's most radiant capital.

It's prime location makes 240 the perfect investment, offering substantial returns.

Live 240.



240 represents the ultimate in desirable urban living; all apartments are spacious duplex units and feature many of the comforts of a high-end hotel; bar, restaurant, boutique shops, gym and rooftop pool. Over 50% of these contemporary apartments have already been sold. Further information about sales of these luxury apartments can be found at www.240condo.com

For sales enquiries
+(855)12 762 455 Elain
+(855)12 271 636 Peuv
www.240condo.com

Behind the Curtain

Managing Editor: Naomi T. Robinson
naomi@asialifeguide.com
Tel: 012 724 100

Associate Editor: Nora Lindstrom
nora@asialifeguide.com

Art Director: Keith Kelly
keith@asialifeguide.com

Sales Manager: Qudy Xu
qudy@asialifeguide.com

Sales: Som Chantha
chantha@asialifeguide.com

Photographers: Nathan Horton, Conor Wall & James Grant

Proof Reader: Jane Hartnell
Accounts & Distribution: Seang Seyha

Publisher: John "Bibby" Doe
mark@asialifeguide.com

Special thanks to: AEG LIVE, Abby Smith, Darren Gall, Craig Gerard, Nicky Hosford, Trevor Keidan, Will Koenig, Kate Liana, Jane Lopacka, Julie Masis, Christopher Minko, Mai Lynn Miller Nguyen, Our Books, David Preece, Dorine Schreiner, Vuth and Sok Yeng – for their contribution to this issue.

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

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

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

On the Cover:
Photograph by Nathan Horton. Design by Keith Kelly.

Partners:



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



Ho Kong

Ho Kong was born in Prey Veng province but has been living and working in Phnom Penh for over six years now. He began working for AsiaLIFE in 2008 as our magazine delivery-man extraordinaire. Kong has a beautiful wife a three year old daughter and an eight-month-old son. He works full time as everyone's favourite tuk-tuk driver. Kong dreams for a better life for his children than he has had. He would love for his daughter, Kanika to grow up to work in a bank. For his son, Karona he would love for him to grow up to be a doctor and help the disadvantaged people of this Kingdom. In Kong's free time he watches the news on television, which makes him worry about Thai invaders. So he then listens to Khmer Classical music to take his mind off his worries. Kong thinks he worries too much. He worries about running out of gas. If he could always have a full tank of gas in his Tuk-tuk he would always be happy.

Darren Gall has served in the international wine industry for over quarter of a century as a wine marketer, winemaker, grape grower, wine writer, wine show judge, wine educator, wine exporter, importer, wholesaler and retailer. He has spent 15 years travelling the world for the wine industry, making South East Asia his home base for the past ten.

Darren moved to Phnom Penh in 2008 having previously lived in Bangkok and Hanoi. His enthusiasm for wine and the wine industry continues unabated as does his passion for the region and its people. His goals and motivation remain ambitious as he believes that wine can be a part of everyday life for Cambodians and Expatriates alike. Darren has enjoyed being AsiaLIFE's wine columnist and resident food reviewer as it gives him the chance to explore the food, beverage and hospitality of Cambodia and to share his thoughts whilst stimulating social discourse and opinion on what is on offer.



Darren Gall



BUSINESS LUNCH

MONDAY - SATURDAY, 12PM - 3PM
3RD MAY ONWARDS
US\$25 PER PERSON



☎ : 023 228 822
www.nagaworld.com

What's On Cambodia!

Pick up the ONLY map/guide to Phnom Penh available FREE at the International Arrivals Hall. Also available in Siem Reap International Arrivals Hall.



www.asialifeguide.com

Contact Qudy on 012 960 076 or email qudy@asialifeguide.com for advertising

in the penh

The Month That Was

bars, beast, beats, bottles, books



@Darlin' Darlin'

■ A MAN WALKS INTO A BAR...

On May 25, NagaWorld presented a bartender extraordinaire to a group of press - the 2005 Cocktail World Cup titleholder Andy Freeman, on a week's visit to Cambodia.

After winning what he describes as the "Holy Grail" for mixologists, the Australian retired from competitive bartending to focus on his hospitality consultancy company, Venue Vision. Mud-dling and shaking with the vigour of a true champion, Andy introduced three concoctions for the Darlin' Darlin' nightclub - Litchi Love, based on strawberries and litchi; Pineapple and Peach Smash, with Bombay Sapphire and a hint of mint; and a delectable twist on an Espresso Martini.

Noting the domination of standardised cocktails in the Penh, Andy wants to promote mixed drinks that are more than lacklustre Long Island Ice Teas. "You'll be seeing me again soon, with new cocktail ideas," promised Andy.

■ CENTRE OF THE RING

Fire jugglers and clowns mixed with the city's glitterati and assorted party seekers at Riverhouse Lounge for the third Phnom Penh Follies event presented by the 'Wiseguys' of Phnom Penh on May 28.

Amid the revelry typical of a usual Friday night, performances and death-defying acts by the Phare Ponleu Selpak circus created a carnival-like atmosphere. An awed crowd gathered outside

for a spectacle of flame dancing, while acrobats and mime artists entertained within. Four DJs and two pulsating dance floors made tightrope walkers out of anyone attempting to squeeze through the merry-makers. Adding to the fun were screenings of Charlie Chaplin classics and neon Go-Vodka, a featured drink served in tubes.

The only question lingering in any circus lover's mind—could we fit some elephants in here?

■ A WHOLE DIFFERENT BEAST

What has ten hands and a unique sound? Answer: 'Krom Monster', an experimental music venture, unleashed for the first time at the French Cultural Centre on May 31.

Composed of a British electronic musician and four students from the Royal University of Fine Arts, the only thing scary about Krom Monster is the talent.

Pairing live improvisation on traditional Khmer instruments with locally-recorded ambient electronica, the quintet delivered a truly innovative performance. Further avant-garde creativity came from a simultaneous video projection by artist Tith Kanitha.

Krom Monster is part of the Neak Ta project, which fosters new forms of art in Cambodia, directed by London-based organisation 'Incidental' with support from Java Arts, Cambodian Living Arts and the French Cultural Centre. Stay tuned for more groundbreaking work to come.

■ NEW MEETS OLD AT THE NATIONAL MUSEUM

Phnom Penh's arts lovers were in for a treat on Jun. 3 at the opening of 'What a Difference a Difference Makes' at the National Museum.

Showcasing art by some of Cambodia's most prominent contemporary artists, both local and foreign, the exhibition features select artworks by Leang Seckon, Marine Ky, Em Riem, Lim Sokchanlina, Eric Rainsina, and ten other artists. The opening kicked off with a panel discussion on how the changing concepts of gender influence artistic expressions.

Hosted by the museum together with Berlin-based See Gallery, the event was attended by a number of heavyweights, including the Minister of Women's Affairs, as well as Australian Ambassador Margaret Adamson, who moderated the discussion.

■ HIP HOP HOORAY

Hip hop dance fans clamoured for entry to the Chenla Theatre on Jun. 4 and 5 for the second annual Phnom Penh Hip Hop festival.

First up, young 'uns from Mith Samlanh awed the house with their skills, followed by



@National Museum

BDB, a gravity-defying group from Battambang. Spectators whooped it up for Tiny Toones. The youth hip hop troop was joined by two Vietnamese

dancers to perform Chak Bach, based on a Khmer-Vietnamese friendship themed workshop. Featuring choreography by French dancer Sébastien Ramirez, the piece spotlighted adept moves at slow tempo. For the finale, Sébastien and danseuse Hyun-Jung Wang from Berlin presented a scene from their show Amor & Psyche.

Simple popping and locking, this was not. For attendees ready to embrace fresh, artistic takes on hip-hop dance, the evening was a triumph.

■ MOTHER NATURE UNDER SIEGE

'A Wounded Earth', an exhibition by Australian photographer Nicolas Axelrod, opened at Lotus Blanc on Jun. 5 in honour of World Environment Day.

Over the past two years, Nicolas has photographed both natural beauty and artificial devastation across Cambodia. The contrast between the two is highlighted in

the current showcase, supported by NGOs Geres Cambodia and Pour un Sourire d'Enfant.

Scenes of lush, untouched land juxtaposed with shots of deforestation, landfills, and other ecological atrocities document the damage that humans can wreak. Other photographs capture the condition of people living in areas overtaken by debris. Not only does the exhibition raise awareness about one of the most crucial issues faced today, but fifty percent of proceeds from print purchases will be contributed to environmental causes.

■ DECADENCE ON RAILS

Two old train carriages became the scene of a raucous party on Jun. 5 when the Chinese House went on the rails for one night only.

Those lucky enough to get a ticket took an evening trip out of town seeing parts of Phnom Penh many had never experienced. The champagne flowed as the train tugged along, coming to a halt at an atmospheric Bedouin tent for a concert by the Phnom Penh Hot String Jazz Club, much to the surprise of locals in the area.

DJ Dr House turned the carriages into a veritable club on the

Le Rit's

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

Guest House

Restaurant

Boutique

Social enterprise managed by Nymemo Cambodia NGO

bodia spa
CAMBODIAN COCOON

Conceived as a sheltering cocoon and using organic products, Bodia Spa is an absolute sensory experience dedicated to pampering both body and soul in the most natural way possible.

open everyday
from 10 am to 12 pm

an absolut sensory experience

SIEM REAP
Old market area
above U-Care Pharmacy
Tel.: (855) 63 761 593

Heritage Suites Hotel
behind Wat Polanka
Tel.: (855) 63 762 428

PHNOM PENH
National Museum
above U-Care Pharmacy
Tel.: (855) 23 226 199

present this ad and get 25% off on individual treatment, valid until 31st September 2010

www.bodia-spa.com



@Meta House

way back, with partygoers standing on the seats to show off their moves. Safely back on the station platform, the evening continued with a performance by the Cambodian Space Project and a party that for many continued until sunrise.

■ **KIWI WHITES GALORE**

Some of New Zealand's finest grapes were showcased on Jun. 8 at a wine tasting at T-Bone Restaurant.

Hosted by importers AusKhmer, the event celebrated sauvignon blancs from the Marlborough region, a highly regarded wine producing area located on the northern tip of the South Island. Highlights included the crisp and elegant Oyster Bay, as well as the herbaceous Mussel Bay, now newly available in Cambodia.

Wine connoisseur Darren Gall was at hand to provide insights on the different varieties, which also included reds from the region.

Noting how Kiwi wines are increasingly taking over world markets, Darren predicts their light and easy-to-drink characteristics are likely to make them a hit in Cambodia too.

■ **COOL KIDZ KICK-OFF THE WORLD CUP**

Jun. 11 saw the finale of the Kidz Cool Mini-Football tournament. A boisterous crowd gathered to watch the final four teams battle it out on a balmy Friday evening.

In the semis, Devenco beat Total, and Smart Mobile trounced Indochina Research. Devenco reigned supreme, beating Smart 9-5 in the final, with Total claiming third place.

Before the final match Kidz Cool put on a "beautiful ladies" match to relax the contestants, in which the fairer sex took the field and wooed the crowd.

After the festivities the crowd partied late into the night, watching the opening World Cup game on a giant screen. A penalty shoot-out competition was held for a tempting prize of free beer, and guests were treated to mouthwatering food by riverfront newcomers Shawarma.

■ **CELEBRATING ICONIC PHNOM PENH**

'Old Buildings' opened at Sa Sa Gallery on Jun. 11. The contemporary photographic art exhibition features black and white photographs of Phnom Penh by photographer Chhin Taingchhea.

Documenting some of the city's historic buildings, the images focus on French colonial buildings and those constructed between the 1950s and 1970s. Both were periods that saw distinct changes in the city's architecture. By including the addresses of the buildings in the captions viewers are encouraged to seek out the buildings themselves.

In a city that is undergoing such rapid transformation, the exhibition reflects on the city's landscape, probing questions of urban development and planning. It runs through to Jul. 27.

■ **META HOUSE GETS HIP HOT**

Beats could be heard down the block from the Meta House's new location on Jun. 11, as the Rise Up! exhibition opened the space to the public for the first time.



@French Cultural Centre

Demonstrating their slogan "More Than Music," the KlapYa-Handz crew introduced visual art along with rap performances and hip hop DJs. Drawings, assorted mementos, and a collage of photographs from the Rise Up! Concert last April related the story of one of Phnom Penh's most happening urban art collectives. Work from regional graffiti artists was also on display, as well as live painting by Khmer-Kiwi artist Peap Tarr. A break dancing showcase got an already pumped up crowd even wilder.

Jam-packed with people, it was the hottest place to be that night - and the fierce artwork and shows just continued to crank up the heat.

■ **BEAUTY IN THE EYE OF THE BRUSHHOLDER**

Chinese House presented the launch of 'Cambodia in the Eyes of a Polish Painter', an exhibition of artwork by Guido "Kryzysztot" Cieslik, on Jun. 11.

Having previously shown works in Germany, the U.K., and his native Poland, Guido now offers a glimpse of his whimsical perspective on life and landscapes in the Kingdom. Using a mixture of oil and acrylic on canvas, Guido renders bold scenes observed during his travels. Cyclo drivers, tangles of electric cables, and the country's most ubiquitous sight, Angkor Wat, appear within the scope of his colourful view.

■ **JAVA PERKS UP THE PENH**

The French Cultural Centre's Fête de la Musique brought a real musical feast to the capital on Jun. 16.

After Khmer pop stars Meng Bunlo and Touch Sreyleak, groovy local band the Mekong Pirates upped the heat with singer Cheata simply oozing sex. With the large crowd hot and hungry for more, the scene was set for the headline act, Parisian group Java.

On their first tour for five years, the band had the French contingent of the audience particularly psyched, though hardly anyone seemed able to resist the group's funky beats of rap mixed with accordion and bass guitar. Like a dot on the 'i' was a long accordion solo, which got the audience both on and off the stage to pair up and try out their dancing feet.

■ **FARCE EN FRANCAIS**

French comedy troupe Improhok delivered an evening of mirth with a presentation of "Alors, C'est Ça?" ("So, This Is It?") at the FCC on Jun. 18.

The Phnom Penh-based ensemble, whose name fuses "Improvisation" and the Cambodian dish "Prahok," performed an original play in six acts. With a running motif that involves a tableau painted by an artist who can predict the future, the show portrays a variety of zany situations.

A scene set in a museum had the cast wandering amongst the audience, observing them as if they were pieces of art, before starting to cluck like chickens. Another sequence involved a dance routine to the tune of Lady Marmalade (Voulez-Vous Couchez Avec Moi?).

Whether the audience could understand the French dialogue or not, farce needed no translation.



@Monument Books

■ **MAJOR DANCE PARTY**

Digital dancehall collaborative Major Lazer, spent a couple days in Cambodia. Here is what they did: Tried out the shooting range, which included a score-celebrating jig, hung out with the kids at the Tiny Toones youth centre, and, oh yeah, threw one of the wildest parties Cambodia has ever seen.

On Jun. 23, Major Lazer, represented by American DJ/Producer Diplo and Antiguan-born reggae singer Skerrit Bwoy, nearly sunk Pontoon. At least, that's what it felt like as the floating club swayed under the mass of several hundred attendees. There is dancing, and then there is what was in truly fine form that night—the hip shaking, arms waving in the air, extreme sweat yielding, throw-all-inhibitions-out-the-window kind of dancing.

Best described as a whirlwind on the turntables Diplo twisted up a crowd-pleasing medley of hip hop classics, reggae jams, and tunes off their album with a hard-hitting bass line. Swinging from the rafters, soliciting cheers, and demonstrating the risqué Jamaican dance form known as daggering, emcee Skerrit pumped up the party with

his rowdy antics. The ship wasn't abandoned until well into the early morning hours, yet somehow it survived the onslaught.

■ **A DELICIOUS READ**

Monument Books celebrated the launch of local author Johan Smits' 'Phnom Penh Express' on Jun. 24.

Published by AsiaLIFE's parent company Mekong Media, Johan's debut novel is probably the first English-language crime fiction published in Cambodia.

In a Q&A session, Johan shared insights into his narrative on the capital's imagined underworld—cleverly evading a query on whether real inhabitants form the basis for his characters. Inspired by the Chocolate Shop and his Belgian background, Johan weaves an intriguing plot around chocolate and diamonds. Even those Phnom Penh residents who are not diamond smugglers will connect with his depictions of the city, starting from the opening passage set on Street 240.

Attendees queued for autographed copies, while grazing on the very apropos assortment of chocolates.

Phnom Penh Express is available from Monument Books, 111 Norodom Blvd. for US\$13.



Liban/ESA/Unesco/NOB/Amor/48 Company No.110446

Invest with confidence.

Where's the best place to invest your hard-earned capital? In stocks and shares? What about emerging markets? Or corporate bonds?

What's likely to be less risky? What sits most comfortably with your financial objectives and your personal outlook?

There are many questions and uncertainties with investment – but one thing's for sure: it's easier to invest with confidence when you have the expert advice and support of an experienced financial adviser.

Get in touch today.

infinity*

Visit infinityfinancialsolutions.com
 Email info@infinityfinancialsolutions.com
 Call Thailand +66 2 261 1571
 Call Malaysia +60 3 2164 6585
 Call Cambodia +855 2399 7121

News and Events

concerts, champagne, curries, cells

■ COHEN CONCERT CONFIRMED

As revealed exclusively in the June issue of AsiaLIFE, Leonard Cohen will perform at the Phnom Penh's Olympic Stadium on Nov. 27. The performer's management company confirmed the eagerly anticipated news in a press release on Jun. 15. The concert will benefit victims of Cambodia's recent tragic past, with proceeds going to the Cambodian Red Cross and Cambodian persons with a disability.

"The world is aware that Phnom Penh, once a cultural Mecca, and its people, suffered a brutal genocide thirty five years ago which ended lives and altered that magnificent city," said Robert Kory, Cohen's manager. "We hope that in our small way, we can both assist in cultural restoration and personal healing."

Calling it a "landmark event," Rob Hallett, president of promoters AEG Live said the concert was "a significant international milestone where Phnom Penh announces its objective to become a premiere performance destination."

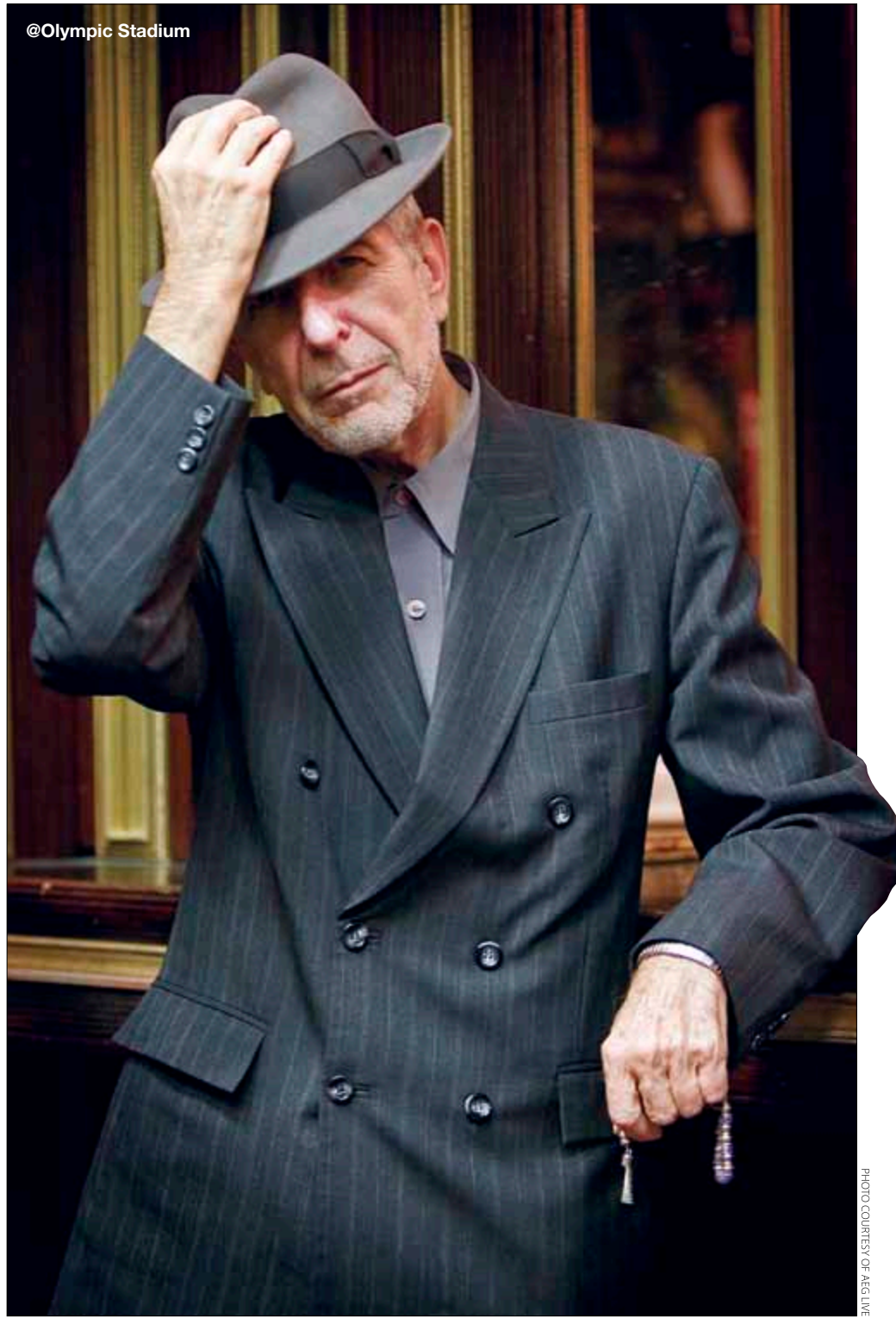
Chris Minko, Founder of the Mekong Sessions Concert Series stated: "We wish to convey our gratitude to Mr. Cohen for this epic event that demonstrates that Cambodia has emerged from tragic civil conflict and its tradition of cultural excellence is reborn."

Tickets will be available online from: www.themekongsessions.com on Jul. 15, 2010.

■ COHEN TICKETS RESERVED FOR CAMBODIA

Hundreds of tickets for Leonard Cohen's concert at the Olympic Stadium on Nov. 27 are to be reserved for Cambodian residents, organisers The Mekong Sessions announced on Jun. 24.

Chris Minko of the Mekong Sessions said there had been an "exceptional level of interest in the concert" with high pre-sales anticipated through fan clubs. Recognising the number of people living in Cambodia who



@Olympic Stadium

PHOTO COURTESY OF AEG LIVE

want to go to the concert, the organisers have decided to hold back 600 tickets for residents of the country.

"The tickets will go online via a special ticketing link 12 hours before the public release of tickets on Jul. 15," Minko told AsiaLIFE. Further details about how to obtain tickets and available seating will be posted prior to that date on the Mekong Sessions website: www.themekongsessions.com.

Minko advises fans to book their tickets quickly due to the very high demand. No news has yet been released as to the cost of the tickets for this historic concert.

■ IDE MILKS NESTLÉ PRIZE

The Cambodia office of global NGO International Development Enterprises (IDE) was awarded the first Nestlé Prize in Creating Shared Value on May 27. The award was for using market-based approaches to increase the income of the rural poor by improving market access, increasing agricultural production and creating sustainable local businesses.

On receiving the CHF 500,000 (US\$450,000) prize, the organisation will be able to recruit and train an additional 36 advisors, aiming to generate approximately US\$ 1.9 million in new income and benefit around 20,000 people across rural Cambodia.

"It is an honour to receive this recognition from Nestlé," says IDE Cambodia Country Director Michael Roberts. "The prize will help us further IDE's mission to create income opportunities for poor rural households. We hope to ... reach more than 75,000 rural Cambodian households in the next few years."

The Prize was created by Nestlé in 2009 to provide financial support to individuals, NGOs, or small enterprises offering innovative solutions to improve access to water, and the lives of farmers and rural communities, or provide better nutrition to communities suffering from nutritional deficiencies.

■ ANJALI CURRIES FAVOUR

Riverside restaurant Anjali has a new Indian chef, Pita. Hailing from Hyderabad, Pita's natural specialities are South Indian dishes, particularly Hyderabad biriyani and dopiaza. Having worked throughout India, he is adept at other regional dishes including chicken tikka, rogan josh, jalfrezi and vindaloo. The menu has been expanded to include popadums, samosas, jeera and pilau

rice, as well as naan breads, giving diners a well-rounded experience of Indian cuisine.

Anjali, 273 Sisowath Quay.
Tel: 012 457 901. Email: info@anjalicambodia.com

■ BUSINESS GOURMET

NagaWorld's Le Gourmet Restaurant has taken business lunches to a whole new level with its new set menu lunch. For US\$25+ the upscale French restaurant will serve you a sumptuous three-course meal in a well-appointed and private setting.

Prepared by chef Robert Choun, the menu offers a choice of two starters, three mains, and two desserts. Changing every three months, until the end of August Le Gourmet is the place for fish lovers, as the restaurant serves a traditional fisherman's soup for starter followed by a fillet of seabass with barley rice and grissini with dry ham in truffle oil. On the dessert side, the Xocoatl is a definite winner, combining a large variety of delicious chocolates, including Kampot green peppercorn.

Available weekdays from noon to 3pm, the lunches are ideal for clinching those million-dollar business deals.

Le Gourmet Restaurant, NagaWorld, Hun Sen Park.

■ CAREY AWARDED MBE

Dr Peter Carey of the prosthetics and orthodontics NGO, The Cambodia Trust, was awarded an MBE in the Queen's Birthday Honours' List in June. Recognising his services to the disabled in Southeast Asia, Carey is set receive this honour from Her Majesty Queen Elizabeth II next year.

Having co-founded the Cambodia Trust in 1989 with Stan Windass and John Pedler, Carey has worked in disability throughout the region for over two decades.

"Peter has given the Cambodia Trust twenty two years of unstinting leadership and vision," says Carson Harte, executive director of the organisation. "He has played an instrumental role in the Cambodia Trust's expansion across Cambodia into Timor-Leste, Sri Lanka, Indonesia and the Philippines. We are very proud that Peter has been recognised with an MBE. This is also recognition of the importance of our work in providing a helping hand out of poverty

RIVERHOUSE NIGHT LIFE

MCHYDRO PHONICS
DJ TECH 12
SAT 3 JULY
FRESH OUT THE PENH

DJ DIRTY DISCO DARYL
SUN 4 JULY
FUNKY 4TH OF JULY

DJ ILLEST
THUR 15 JULY
BOOMBOX-TICK

DJ G-ROM
FRI 30 JULY
PHNOM PENH FOLLIES

Lounge
Corner St. 110, Sisowath Quay, Phnom Penh
Information: 092 472 692 / 012 404 812

Presented by **VIVE**



for people with disabilities in countries such as Cambodia.”

■ ROAMING FOR LESS

Mfone announced the availability of Cambodia’s first regional roaming sim card in June. Called the Mfone Serenade Mekong SIM, it is the first roaming mobile phone deal for frequent travellers across Thailand, Laos and Cambodia, according to the telecoms company.

For a rate of 18 cents per minute for all incoming and outgoing calls across the three countries, you can now keep in touch with friends and colleagues across the region. Data roaming for US\$1.30 per megabyte also allows you to keep abreast of your emails. There is also a range of benefits such as special discounts at luxurious hotels, high-end restaurants, premium entertainment hot spots, business training courses, and golf courses.

The service is available from early July in all three countries.

■ GOLDEN TIGER

2010 is turning out to be an award-winning year for Cambodia Brewery Ltd and its beer brands. The brewery recently announced it has bagged five gold medals for its Tiger, Anchor,

ABC Extra Stout, and Gold Crown beers. Adding to its medal tally of over 40 prestigious accolades and awards over the years, the brewery’s made-in-Cambodia Tiger beer struck gold at the World Beer Cup 2010 held in the USA in April this year. The milestone marks Tiger’s second gold medal win at this “Olympics of Beer Competitions” which awarded Tiger a gold medal in 2004. Tiger was recently awarded gold at the Monde Selection 2010 in Europe that saw the company’s other beer brands ABC Extra Stout, Anchor and Gold Crown clinch pole position.

■ WINGS FOR BILLS

WING customers can now settle their EDC electricity bills with a click of a button. All you need to have is a WING account and a mobile phone. Money can be sent to EDC direct from your phone eliminating monthly visits

to the electricity provider. The service is only available in Phnom Penh and Kandal Province.

Launched in 2009, WING aims to bring affordable banking services to previously unbanked communities in Cambodia through the safe use of mobile phones to transfer money. The potential of the system could revolutionise the way established bank customers move their money as any mobile phone can be turned into a bank by typing in your password.

To set up a WING account, visit one of the company’s vendors or see www.wingmoney.com

■ AMBIENT YOGA

Phnom Penh’s mini luxury resort Asia Club now offers yoga classes. For US\$8 a pop, or US\$70 for a ten class pass, those looking for exercise for both the body and the mind can practice a variety of yoga styles as well as pilates at the establishment. Held daily except for on Fridays, classes take place

in an indoor studio or alternatively in the resort’s lush garden.

For those with a pass for several classes, Asia Club throws in free swimming at the good-sized pool on the premises, enabling you to spend your morning doing yoga and then laze around the pool for the rest of the day. Classes are taught mainly in English by professional instructors, according to a monthly changing schedule.

For more information, visit www.asiagarden.com.kh

■ PICK UP YOUR ESSENTIAL GUIDE AT THE AIRPORT

AsiaLIFE’s free foldable map and guide to what’s happening in Phnom Penh and Siem Reap is now available at Cambodia’s two international airports.

Société Concessionnaire des Aéroports (SCA), the French company that holds the concession to operate both airports has



signed a contract with AsiaLIFE’s Mark Bibby Jackson that allows the publisher exclusive rights to distribute the guide at the two airports.

“It’s the first guide/map that visitors will see and pick up when they arrive at the airports in Siem Reap and Phnom Penh,” says Khek Norinda, Communications & Marketing Manager for SCA. “It’s updated every month, so visitors have the latest news about events in Siem Reap and Phnom Penh.”

On one side are maps of both cities and on the other a calendar of events during the month ahead. The guide also has comprehensive information about the airports’ services, such as rates for the car park, and useful contacts. “We had been producing the map cum guide for a few months when Norinda approached us saying that it was exactly what they wanted in their airports,” says Mark Bibby Jackson. “It has taken a couple of months to get all the details sorted out but we are very happy with the way that things have turned out with SCA. We will now reach all those who fly into the Kingdom even before they leave the airport.”

Norinda is also happy with the working arrangement with



AsiaLIFE. “We are working with the leading leisure magazine in Cambodia,” he says. “The content is interesting and the design is creative and user-friendly.”

The guide can be picked up from stands at the domestic and international arrival halls and the domestic departure lounges at Siem Reap and Phnom Penh, as well as the international departure hall at Phnom Penh.

For more information about the guide email: qudy@asialifeguide.com or phone: 012 960 076.

■ RETURN OF THE MAN

The ‘You’re The Man! National Challenge’, a highly popular

reality-based TV show kicked off in early June. Following last year’s successful show, thousands of applicants are again hoping to convince the judges that they can pass rigorous physical, mental and personality challenges.

Once on the show, the men compete to fulfill five criteria – take responsibility, be their “own man”, be a role model for others, respect women and not commit violence against others, and protect their health and the health of those around them.

Organised by USAID, Family Health International and various

private sector sponsors, the National Challenge will be hosted by DJ Phou Klaing and Sok Yarin, along with contestants from You’re the Man! Season 1.

The National Challenge will air on TV3 on Wednesdays at 8.30 pm, starting Jul. 7.

■ RELOCATION, RELOCATION

The Meta House - Cambodian German Cultural Centre has finally moved to its new premises at 37 Sothearos Blvd.

Jun. 24 saw the grand opening of the centre, officiated by German Ambassador Frank Mann. The new, improved, premises now function as a hub for all things German in Phnom Penh, accommodating not only the Meta House cinema and exhibition space, but also the Goethe Institute language centre, as well as the Art Plus Foundation along with its Art Café.

Hoping to build cultural bridges between Asia and Europe, and particularly Cambodia and Germany, the new centre is a great new addition to Phnom Penh’s contemporary arts scene, with lots of exciting exhibitions and events coming up. ■

គំរែសមរម្យសំរាប់ អ្នកជំនាញ គ្រួសារ
Professional quality and value for the talented family

KWEST 070 890 890
Distributed by KAS Furniture

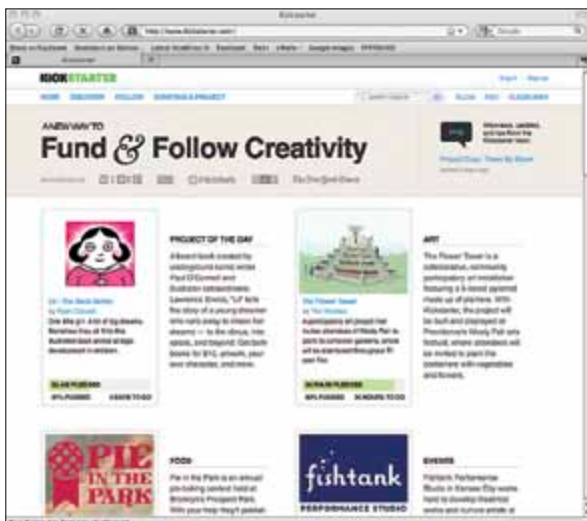
#1, 3, 3A Russian Blvd., Sangkat Toeuk Tlar, Khan Reussey Keo, Phnom Penh. Tel: (855-23) 99 55 22 / 32 Email: kas.gm@dht-group.com Web: www.dht-group.com

Pick of the Month

go, participate, visit, surf, learn

GO:
RiverWind

Spend a weekend unwinding at Dr Andrew Thomson's pad on the shores of the Mekong. Currently offering a US\$150 weekend special for expats, RiverWind is a perfect luxury getaway only minutes from the centre of the city. Arrive on Saturday at 9am, lounge by the pool for the day, barbeque in the evening under the stars, and relax the whole of Sunday before heading back into the bustle. For more information, visit www.riverwindcambodia.com, or call Andrew on 012 889 745

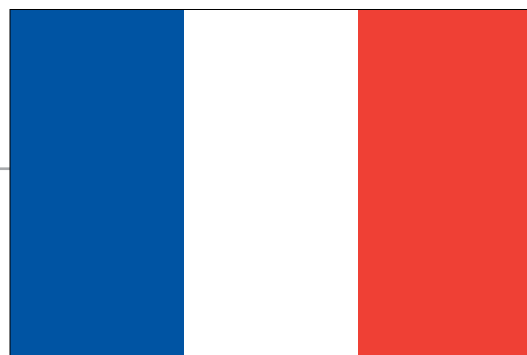


SURF:
Kickstarter

Online fundraising is all the rage, and Kickstarter is a great resource both for those seeking funding for their projects, as well as those looking to fund someone else's. Following an all-or-nothing method where no money exchanges hands (or in this case online bank accounts) until, and if, the funding goal is reached, the platform focuses on raising funds for creative projects in the broadest sense of the word. At the moment only those with US bank accounts and addresses can seek funding, but even so some Cambodia-based projects can also be found on the website, including the film Don't Think I've Forgotten: Cambodia's Lost Rock n' Roll. For more information, visit www.kickstarter.com.

LEARN:
French


It may be the language of the colonialists, but Phnom Penh's French Cultural Centre offers residents a great opportunity to learn French. For a fraction of the price charged by CCFs in the West, you can take French classes and even DELF and DALF exams, which for the uninitiated are exams that provide official recognition of your French language proficiency. The July-September term starts Jul. 28 and costs US\$75. Enrolment takes place Jul. 12-16. For more information, visit www.ccf-cambodge.org



PARTICIPATE:
Football Charity Cup

Take part in a football tournament to help raise funds to get the Cambodian team to the next Homeless World Cup in Brazil later this year. Organised by NGO Happy Football Cambodia Australia, the event will be held at Kidz Cool on Aug. 7. Teams of ten are welcome to participate for a donation of US\$200. To have the whole event named after your company or organisation will set you back US\$500. For more information contact Head Coach Jimmy Campbell on 017 679 487 or e-mail jimmycampbell99@gmail.com. More about HFCA can be found at www.hfcaustralia.org

VISIT:
Royal Palace

It is shameful how many expat Penhites are yet to set foot inside the ground of the Royal Palace. A mainstay on the tourist trail, the palace compound houses the unique Silver Pagoda, Khemarin Palace, Throne Hall and Chan Chayya Pavillion amidst beautifully manicured gardens. Built in 1866, parts of the compound have been demolished and rebuilt over time, particularly during King Sisowath's reign in the 1910s. Open daily from 7.30am to noon, and again between 2pm and 5pm, entry for foreigners is US\$3, plus US\$2 for a camera. Culturally appropriate attire is required. 



Aid for Weed

Apparently the locals can't even grow illegal drugs properly. Time to call in the expat marijuana consultants – anyone here from BC?

Lubricants

Ford brings their own brand into town – lube on up!

Eruptions

Iceland, Chile, Costa Rica, DR Congo, Guatemala, Indonesia, Mexico, Hawaii... Where there's a volcano there's an eruption.

Phnom Penh Water Authority

The Swedes reward one man's crusade against corruption.

Vuvuzelas

Sales of the trumpet are driving the South African economy. Good thing the Nazareth Baptist Church failed in their efforts to patent it and prevent its use at the World Cup.

GOING UP

GOING DOWN

Vuvuzelas

Though others describe it as an instrument from hell, the loud monotone of the trumpet did not go down well with players at the World Cup.

Snoop Dogg

Deemed "inappropriate" by Dutch authorities, the American rapper was left out of the line-up at Parkpop in The Hague.

BP

While oil companies are generally considered evil, the Gulf of Mexico leak undoubtedly makes BP the devil.

Veils

If you dare to wear one, don't expect to be welcomed in Europe.

Jabulani

The word means celebration, but the jabulani balls were quite the *cause célèbre* in South Africa.



LAVAZZA
— THE ITALIAN —
ESPRESSO
— EXPERIENCE —

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

Phnom Penh

- | | |
|-------------------------------------|------------------------|
| Corner 33 Bar & Lounge | No. 33, Sotheaors Blvd |
| Intercontinental Hotel-Lobby Bar | Intercontinental Hotel |
| Java Cafe & Gallery | No. 56, Sihanouk Blvd |
| La Potenza Le Duo | No. 17, St. 228 |
| Living Room Cafe | No. 09, St. 306 |
| Morning Cafe | No. 32C St. 592 |
| Naga World Hotel-Italian Restaurant | Naga World Hotel |
| Pacharan Cafe | St. 184 (Riverside) |
| Scoop Bistro & Bar | Mao Tse Toung Blvd |
| The Place | Preah Sihanouk Blvd |
| Time Cafe | No. 422, St. 310 |
| The Corner | No. 12, St. 57 |
| Van's Restaurant | No. 05, St. 102 |

Siem Reap

- | | |
|-----------------------------|--------------------------|
| The Central Café | Corner of Old Market |
| Hotel De La Paix | Sivutha Blvd |
| King Cafe | Corner of Kingdom Hotel |
| Royal Angkor-Sofitel Resort | Vithei Charles de Gaulle |

Sihanoukville

- | | |
|------------------|-----------------|
| Cinderellas Cafe | Ochhteual Beach |
|------------------|-----------------|

Kampongcham

- | | |
|--------------|-------------------------|
| Fresh Coffee | No. B6, Borei Riverside |
|--------------|-------------------------|

Kampot

- | | |
|----------------------------|-----------------|
| Bokor Mountain Lodge Hotel | Riverview Drive |
|----------------------------|-----------------|

Koh Kong

- | | |
|-------------|----------|
| Aqua Sunset | Koh Kong |
|-------------|----------|

calendar

July

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

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



@French Cultural Centre

1 Thursday

Oil in the Tonle Sap & Crude: The real price of Oil @ Meta House, 7pm

FIFA Worldcup 2010 @ The Elephant Bar. Live games on the big screen and drink specials

World cup football promotion @ FCC, 1.30am. All 1.30am matches live on Big Screens.

2 Friday

For Tomorrow's Life & Living in Emergency @ Meta House, 7pm

FIFA Worldcup 2010 @ The Elephant Bar. Live games on the big screen and drink specials

World cup football promotion @ FCC, 1.30am. All 1.30am matches live on Big Screens.

3 Saturday

The Edukators @ Meta House, 7pm.

WARAPO @ FCC, 8.30pm Cuban Latin Fusion band

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

FIFA Worldcup 2010 @ The Elephant Bar. Live games on the big screen and drink specials

World cup football promotion @ FCC, 1.30am. All 1.30am matches live on Big Screens.

4 Sunday

WARAPO @ FCC, 6pm Cuban Latin Fusion band

Documentaries about Medical Cannabis @ Meta House, 7pm.

Independence Day BBQ @ Riverside Bistro

Funky 4TH of July @ The Riverhouse Lounge, 10pm DJ Dirty Disco Daryl & DJ Cool Sam, Classic, Hip Hop, Funk & Rock'n'Roll!

FIFA Worldcup 2010 @ The Elephant Bar. Live games on the big screen and drink specials.

World cup football promotion @ FCC, 1.30am. All 1.30am matches live on Big Screens

5 Monday

FIFA Worldcup 2010 @ The Elephant Bar. Live games on the big screen and drink specials.

World cup football promotion @ FCC, 1.30am. All 1.30am matches live on Big Screens.

6 Tuesday

FIFA Worldcup 2010 @ The Elephant Bar Live games on the big screen and drink specials

World cup football promotion @ FCC, 1.30am. All 1.30am matches live on Big Screens

7 Wednesday

Contemporary Korean Cinema Night @ Meta House, 7pm. 'Castaway on the Moon'

FIFA Worldcup 2010 @ The Elephant Bar. Live games on the big screen and drink specials

World cup football promotion @ FCC, 1.30am. All 1.30am matches live on Big Screens

8 Thursday

Cambodian Premiers @ Meta House, 7pm. Yellow Ox Mountain & Beijing Taxi.

FIFA Worldcup 2010 @ The Elephant Bar. Live games on the big screen and drink specials

World cup football promotion @ FCC, 1.30am. All 1.30am matches live on Big Screens

9 Friday

Cambodian Premiers @ Meta House, 7pm. Yellow Ox Mountain & Beijing Taxi

FIFA Worldcup 2010 @ The Elephant Bar. Live games on the big screen and drink specials

World cup football promotion @ FCC, 1.30am. All 1.30am matches live on Big Screens.

10 Saturday

Rainbow Night @ Meta House, 7pm. A Single Man

FIFA Worldcup 2010 @ The Elephant Bar. Live games on the big screen and drink specials

World cup football promotion @ FCC, 1.30am. All 1.30am matches live on Big Screens.

11 Sunday

Same Same but Different @ Meta House, 7pm.

FIFA Worldcup 2010 @ The Elephant Bar. Live games on the big screen and drink specials

World cup football promotion @ FCC, 1.30am. All 1.30am matches live on Big Screens.

13 Tuesday

Tim Page Exhibition Opening @ Meta House, 7pm

Beyond Words @Meta House, 7pm

14 Wednesday

F*CK @ Meta House, 7pm Facts about our favourite four letter-film.

15 Thursday

Encourage and I Can & Rise Up @ Meta House, 7pm.

Tiger Jam @ Meta House, 7pm. New Live music and party Series.

Boombbox-Tick Party @ The Riverhouse Lounge, 10pm With DJ Illest featuring DJ Blue & DJ Gang, Old Skool Hip Hop.

16 Friday

Khelitca @ Paddy Rice, 9pm Last gig with original vocalist

17 Saturday

Nowhere Boy @ Meta House, 7pm. John Lennon's Childhood

Patrick Mercier @ FCC Rooftop, 7pm. Solo guitarist playing the folk legends

20 Tuesday

Global Hybrid @ Meta House, 7pm

21 Wednesday

Enemies of the People @ Meta House, 7pm. The Asian Premier Screening

Expresso Thmai @ Paddy Rice, 8pm. Mix of space-rock coupled with the golden voice of Srey Thy.

22 Thursday

Enemies of the People @ Meta House, 7pm

23 Friday

Enemies of the People @ Meta House, 7pm

7eleven @ Chow Roof Terrace, 7pm. DJ Illest & Marc Anthony, The official Phnom Penh Before Party

24 Saturday

A Little Mozart Night @ Meta House, 7pm. Piano Recital and the 'Khmer Magic Flute'

Pamina Devi @Meta House, 9pm.

Retro Party Orange @ Paddy Rice, 8pm. Show up in Orange Fancy-dress and get great drink specials

go on-the-line with just one card!



INTERNATIONAL VoIP CALLS & INTERNET ACCESS

LOWEST INTERNATIONAL CALLS

your friends and family are NOW closer than ever no matter where they are with these really **LOW CALL RATES!**

LONGEST INTERNET USAGE

AMOUNT	LENGTH OF INTERNET USAGE
\$ 2.00	2 hours
\$ 5.00	6 hours
\$ 10.00	20 hours
\$ 20.00	50 hours
\$ 50.00	175 hours

Purchase an **ONLINE** VoIP & Internet Card with ONLINE or its reseller and just follow the instructions printed at the back of the card.



VOTED BEST ISP 2009, 2010
ICT Best Product Awards, Cambodia

CUSTOMER CARE
023 72 72 72
081 72 72 72

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

ONLINE
IN TOUCH WITH YOUR WORLD



25 Sunday

We Want (U) to Know @ Meta House, 7pm. Before the Duch Verdict.

27 Tuesday

The Girls of Phnom Penh @ Meta House, 7pm. An Insider look into Cambodia's Virginity Trade

28 Wednesday

Khin Zaw Latt @ Meta Houe, 7pm. Contemporary Art from Myanmar

The Burmese Harp @ Meta House, 7pm.

Espresso Thmai @ Paddy Rice, 8pm. Mix of space-rock coupled with the golden voice of Srey Thy.

29 Thursday

The Lucky Pigs of Kampong Trach @ Meta House, 7pm
Meta House Film School Night

30 Friday

Green Night @ Meta House, 7pm.

Phnom Penh Follies #4 @ The Riverhouse Lounge, 10pm. Hip Hop Mash-Up by DJ Illest, the Beautiful DJ Yukie and electro dance by DJ G-Rom and Tim Coates.

31 Saturday

Banchetto Musicale @ Art Café (@ The New Meta House)

(Australian Rules Football) Cambodian Cobras Vs Vietnam Swans
Time TBA. For more info contact David Murphy @ dm.bartonmurphy@gmail.com

Every Day

Afternoon High Tea @ Café Monivong 3pm - 5.30pm

Happy hour @ Elephant Bar, 4pm - 8pm

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

Liquid Tuesdays @ Elements, 9pm. 1 + 1 Basic mix

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

Asia Pop Wednesdays @ Elements, 9pm. Korean Kanto Pop, Giri Giri Girls Show.

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

Thursday Ladies Night @ Elements, 9pm. Free Cocktail Shots for Ladies

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

Friday Heineken Green Energy @ Elements, 9pm. Heineken Promos

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

Saturday Theme Nights @ Elements, 9pm. Johnny Walker Bottle Promos.

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

Sunday Night Live @ Elements, 9pm. Live Band, Chill out & Beach House. Special Discount for EarlyBirds.

Open Mic @ Riverside Bistro, 10pm



TAPAS time

18:00 - 22:00

STUDIO 182
JAZZ LOUNGE

\$ 1



An incredible choice of
48 tapas
at an amazing
price of
\$ 1 per plate...

MONDAY TO SATURDAY
FROM 6:00 PM TILL LATE

Studio 182, above Topaz restaurant,
182 Norodom Boulevard, Phnom Penh
Tel 077 777 182 / 077 999 182

Openings

wine, walk, relax, dine



@Le Sauvignon

WINE IS THE WORD

New wine bar and restaurant Le Sauvignon held its grand opening in Phnom Penh on Jun. 15. Tucked away on Street 302, the contemporary establishment serves a variety of wines, with a focus on the French, in a classy white and purple setting. Overlooked by a large pseudo-classical portrait of what looks like Queen Elizabeth, guests can sip everything from Australian Long Flat Chardonnay (US\$15 per bottle) to Moulis by Bordeaux-based Chateau Chasse-Spleen (US\$100 per bottle). The more private gold-tinted back room is the perfect setting for some girlie giggles after a few glasses of champagne (US\$10 each). The food menu offers a variety of canapés and sandwiches for around US\$4, as well as main courses such as duck terrine with salad (US\$6.50) and tuna tartare (US\$11.50). Though the opening saw a largely French group of patrons, there is no reason

those of a more Anglo-Saxon background shouldn't make this wine bar their own too, particularly as it seems even the queen is welcome.

Le Sauvignon, 6B Street 302, Tel: 092 730 250, Open Monday to Saturday noon until late

REFUGE FOR INDULGENCE

Finding an escape from the hustle and bustle is a prerequisite for anyone living in Phnom Penh. Serenity does exist here—it's just a matter of finding the right spot. One such oasis of calm is Bodia Spa's new location in the capital, overlooking the National Museum and Royal Palace. Already well established in Siem Reap, Bodia's third address provides luxurious massages, facial and body treatments, and various packages using in-house products. A sense of tranquility pervades the space, even when filled with people as it was at the May 29 opening party. Designed to incorporate

many tubes of fruity jelly lip gloss (US\$6.18) is certain to make your lips utterly irresistible. Facial products are divided into ranges according to skin type, whether your skin is ageing, acne and blemish prone, or simply needs a bit of pampering. For the latter, don't miss out on the delicious herb day cleansing cream (US\$6.18), or try out the eco cosmetics starter kit (US\$9.50), containing all you need for daily facial care.

The Face Shop, City Mall, Monireth Blvd, Tel: 023 218 471, Open 8.30am to 8.30pm

WALK IT OUT

Want to get in shape but too lazy to put in time at the gym? California-based shoe brand Skechers has a solution. Designed to strengthen muscles in the back, legs, and the behind, the Shape Ups line of footwear claims toning benefits can be had simply by walking. There's no need to hop on a jet to the U.S.A. for these miracle sneakers either, as Skechers has arrived in Cambodia. Since the end of May, a franchised shop is lighting up Sihanouk Boulevard with its trademark glowing blue sign and an array of shiny new shoes of all types for men, women, and children. Shape Ups feature front and centre, including models that come with a hint of sparkles (US\$112.95) or in more masculine blue and black suede (US\$150.95). Though the bright presentation may recall shopping in the States, the chorus of greetings from staff maintains a warm Cambodian welcome.

Skechers, 46 Sihanouk Blvd, Tel: 012 403 058, Open 8.30am to 8.30pm.

DINNER AND A SHOW

New restaurant Chayyam is bringing traditional Khmer dancing to well-known Street 278. "It's not just a meal, it's an experience," says co-owner Pascal Plamondon, who is also behind nearby eateries Liquid

and Flavour. Named after a jubilant type of Khmer music, the recently opened establishment features performances from 7.30pm on Mondays, Wednesdays, Fridays, and Saturdays. Expect classics such as the Coconut and Apsara routines, though with a repertoire of around 40 different styles, the dancers merit repeat visits. A Cambodian singer and band playing local instruments provide accompaniment, as well as delightful musical interludes. Though the shows are highlights, the refined Khmer-inspired décor is an attractive setting for any meal. Diners can order pan-Asian dishes à la carte, or, during performance nights, choose from a range of dinner sets. For US\$14, the menu offering Khmer-style spring rolls, Laotian pork salad, Thai Chicken curry, and Mango and Sticky Rice will undoubtedly make you say Chay-yum!

Chayyam, 8A Street 278, Tel: 023 727 186, Open 7am to 11pm.

POURQUOI PAS?

Russian Market can leave even the most diehard shopper exhausted, hungry, and

desperate for a restorative. Enter nearby Café Pourquoi, which set up shop at the start of June. With a courtyard, art-deco style mezzanine bar, and dining room displaying art from the Apsara gallery, the restaurant supplies a variety of options for recovery. Khmer chef and cookbook author Sok Chhong serves up marinated and fried quail wrapped in bacon (US\$9.50), Koy Pa raw fish salad (US\$5), and varied Asian and Occidental eats such as nachos (US\$4.75), as well as a discounted courtyard menu. Upstairs, soon-to-be-opened The Last Resort rooftop bar offers a breezy, beach-like vibe with bamboo benches, coconut lanterns, and a panorama of the city's skyline, perfect for the live music nights which Australian owner John Cary hopes to eventually initiate. Just be wary, stumbling down three flights of steps after sipping John's potent "Multiple Nuclear Warhead" cocktails can be a bit of a mission.

Café Pourquoi and The Last Resort, 39C Street 454, Tel: 077 905 522, Open Tuesdays to Sundays from 10am to 11pm. 📍



@Bodia Spa - Phnom Penh

Our Expatriate Health Insurance includes evacuation.



We offer evacuation with our Expatriate Health Insurance packages because contrary to popular belief, it's not just the journey that matters - it's also the destination. So, if you need to be evacuated, the last thing you'll need to worry about is the hospital bill. Call Infinity today for a tailored expat insurance package that covers you wherever you need treatment.

For a free assessment, please call 012-800-001 or visit us at No. 126, Norodom Blvd., Phnom Penh, Cambodia.
Tel: +855 (23) 999 888 Fax: +855 (23) 999 123 www.infinity.com.kh

INFINITY
Insurance

Get a LIFE Get AsiaLIFE

Can't find a copy of AsiaLIFE, now you can download it from www.asialifeguide.com
Check out what's going on in town on our daily updated calendar

Share our scrapbook photos with friends via [facebook](#)

Follow us on [twitter](#) at www.twitter.com/AsiaLIFEPP
for daily tweets about what's going on in town

Submit your own listing or event online
or contact Qudy on 012 960 076 or email qudy@asialifeguide.com for advertising

PHNOM PENH
AsiaLIFEguide
www.AsiaLIFEGuide.com

AsiaLIFE the first for what's on in the Penh!

storyboard

Phnom Penh Life: Flying to the Rescue

Thanks to **Denzil Sprague**, the children of Pouk Ressey village have a newfound enthusiasm for learning. **Nora Lindstrom** talks to the man who rebuilt the community's school.



Denzil Sprague: a role model, for a model school

DENZIL SPRAGUE IS A BIT of a chameleon. Having trained as a pilot and worked in the aviation industry in his native Australia, he arrived in Cambodia in 2002 to head the new airline company, Mekong Airlines. Coupled with his reluctance to come to Cambodia at all, the venture seemed ill-fated from the start. The airline's first flight took place on Jan. 31 2003, more commonly known as the day of the anti-Thai riots. "It was a 'great' start," he says, "there were Thai Hercules planes coming in evacuating the Thais."

Though the following months saw the company slowly take off, the deathblow came in the summer. "SARS came out of nowhere," Denzil says. "We didn't have the financial momentum to get through that."

Weighing his options, Denzil decided to stay in Cambodia. "I was very happy here and I could see there were a lot of opportunities," he says, "I also felt like I wanted to do something, to justify my life by leaving something worthwhile behind."

He dealt in land, did bits of consultancy in the aviation industry, and in 2004 took over an ailing brick factory from his driver who lacked the funds to make the factory profitable.

Buying the factory changed his life. "Sometimes fate leads you along a road, you don't even see it at the time," Denzil says. "Eventually things happen and you may not have planned any of it, but it turns out to be something worthwhile."

Located on the remote banks of the Mekong in Pouk Ressey village, the area around the factory had seen few foreigners prior to Denzil's arrival. He immediately set to work renovating the factory, building new kilns and staff quarters, as well as providing medical care to staff and their children.

With donations from his family in Melbourne, Denzil also took the workers on a trip to the market, to buy what for many of them were their first brand new items of clothing. "By the time we got back from the market they had all changed

into their new clothes," he says. "They were so pleased."

Kitted in new school uniforms, the children of staff at the factory were able to go to school. However, the school itself was in dangerous disrepair and lacking even the most basic sanitary amenities. Seeing his work at the factory, a group of monks from the local pagoda approached Denzil about building a new school for the community's children.

Surprising himself, Denzil agreed. "I never intended to build a school," he says. "But I have always liked helping people."

Funded by Denzil, construction got underway in January 2008. In May this year, three buildings comprising five classrooms each as well as sanitary facilities were completed. The opening of the new school was attended by some 3,000 people, mainly from the village itself, with Im Sethy, the Minister of Education, as well as Australian Ambassador Margaret Adamson officiating.

"All the stresses of the building faded away when you could see

the children move into the new school," he says. "They were like different kids altogether." Many of the kids now opt to spend time at school even outside classes. "They shyly told my driver that they love the school so much they'd rather be there than at home," he says.

Though the buildings are complete, Denzil's association with the new school, which has been named after him, is by no means over. Quite on the contrary, he says he can't quit now and has many plans for making it even better. "I'm old enough to be well and truly retired," he says, "but the word doesn't exist in my vocabulary."

Wanting to develop the project into a model school, Denzil plans to add a library, computer room, and sports facilities, as well as establish a basic health-care programme for the kids, and connect with a sister school in Australia. It's a lot of work, but clearly also very rewarding. "I'm here to do something, and if this is it then it's been worthwhile," he says. ■

You can never go home again...

Julie Masis sits down with **Bill Johnson**, a Vietnam Vet who has returned to Southeast Asia.



The old man and the road

MANY AMERICAN SOLDIERS were traumatized by their experiences during the Vietnam War, Bill Johnson has another story. Words by Julie Masis

After six months in Vietnam in 1963 as a supply man for the air force, he was left with a lasting memory of Southeast Asia's beauty – the misty landscapes he saw from the air, the central highlands, and the South China Sea that looked like a Chinese painting.

"I flew as a passenger on a plane quite often and was always struck by the beauty of the country," he says. "I thought, someday, if this ever quiets down, I'd like to come back and travel around on my own."

Forty-two years later, he did. You might have seen him riding his bicycle down the quiet streets of Kampot, where he now rents an empty house for less than US\$100 a month, or on Rabbit Island, eating fruit salad on the beach and telling young backpackers stories about his days in Vietnam.

For the last five years, he has spent his winters in Southeast

Asia, while returning to the United States only in the summer.

"I've reached the age of irresponsibility," he likes to say – noting that he had never met any other backpackers quite as old as himself. "I'm retired."

But back in 1963, at the very beginning of the Vietnam War when the United States was mostly assisting the South Vietnamese army, he was a soldier without a college degree. Bill says he never saw any civilian casualties, and his scariest moment was getting his portrait painted in a small town. Bill says he became very nervous when a group of curious civilians gathered to watch, thinking that it would have been a perfect opportunity for someone to throw a grenade into the crowd. But nothing of the sort happened.

"As long as you behaved like a careful tourist, you were left alone," he says.

After six months, he was transferred to Japan. But the memories stayed with him and the yearning to visit Vietnam and Cambodia – a country which American

soldiers were strictly forbidden to enter at the time – remained.

"We knew that Cambodia was near but we could not go there," Bill says. "That made us very curious."

A special time in Bill's life was his first return to Vietnam two years ago.

The French language, which in 1963 almost everyone in Vietnam spoke, had disappeared. The town of Vung Tau, which Bill remembered as a dusty village with an airstrip from which the taxi downtown was a pony cart, had exploded into a bustling city with sky-scrapers. Instead of the pony, Bill arrived on an air-conditioned bus.

"I knew things have changed but I never realized how much," he said. "I got there and I just couldn't believe it. The little village is ten times bigger now."

In the Mekong Delta, he bonded with a moto driver who spoke perfect English. It turned out, Bill says, that the man had been a soldier in the South Vietnamese army and after the war the communist authorities pre-

vented him from doing any other job but driving a motorcycle.

"After I told him I've been there during the war, he opened up a lot more," Bill said about the encounter.

Bill visited the cu-chi tunnels, which impressed him, but he said he decided to skip out on the War Remnants museum in Ho Chi Minh City, which was formerly called The American War Crimes Museum.

"The propaganda was so intense and so phony, I didn't bother going to the museum," he said. "I was not likely to learn anything that I didn't know before."

In 1963, he said, he thought Americans were doing the right thing protecting democracy and supporting a constitutional government.

"But I haven't even got to the most interesting part yet," says Bill.

"Life is a continual revelation, it really is," he says. "You think you've seen everything but then a moment later you realize you are only just starting." ■

'Honey in the Wild' Project

Good news travels as fast as a honeybee. **Vinh Dao** reports on some positively sweet changes happening in Mondulkiri.

ARMED WITH A BURNING bundle of leaves and protected with a cloth mesh over his face, Kim Heng starts the dangerous climb up a chambok tree to collect honey from a hive 50 feet above him. He uses smoke to calm the wild honeybees swarming around his head and carefully removes a portion of the hive, leaving enough for future harvesting. A honey harvester since the age of 15, Heng is one of the participants of the Mondulkiri Wild Honey Project that was launched in 2007 by The World Wide Fund for Nature and Non-Timber Forest Product Exchange Programme (NTFP-EP) in conjunction with the Forest Administration and Ministry of Environment in Mondulkiri.

The project is part of a WWF initiative to promote and support NTFP-based community projects in Mondulkiri. The majority population in Mondulkiri, the Phnong lead a way of life highly dependent on diverse forest resources. However, with increased economic activities and land use changes, the provinces rich forest resources will be increasingly made vulnerable if not managed responsibly. The ethnic Phnong communities of Pu Chrey and Krang Teh were selected for the project due to their high reliance on honey as a source of income.

While other NTFPs such as rattan and resin are more profitable, the wild honey project is attractive due to its high sustainability coupled with lesser trade barriers for community collectors. "In this project, I can harvest 100 litres of honey in one season and sell at a higher price through the community centre," says Heng.

Management of the honey resources has also improved the amount of honey collected. By mapping collection areas and tagging trees where honeybees nest, the members of the honey groups were able to monitor harvesting activities and identify bee trees



At least you only have to pluck the honey off a shelf

that would serve as gene pools for maintaining the bee colonies.

The quality of the honey has also increased since the project started. Previously, the honey would be diluted with water and sugar to increase volume, which led to lower prices. By improving quality along with cooperating with technical service providers, the gate price of honey has doubled from 10,000 riel to 20,000 riel per litre.

"Previously an average of 8 litres of honey could be harvested from one hive. Using the sustainable method of taking a portion of honey and leaving the brood behind, they can harvest two, sometimes three times from the same hive" States WWF Community Extension Technical Advisor, Amy Maling.

It hasn't always been easy sailing for the project. One initial hurdle was to get members to comply to sustainable harvesting methods. By explaining the economic benefits of sustainable harvesting as an incentive for community participation, the project was able to engage the community to comply to more responsible resource management, sustainable harvesting methods and proper product handling.

The villagers are now more active in joining the honey group activities, which include patrolling their community forest and reporting illegal activities to local authorities. Membership has also grown, with over 90 current honey group members from an initial five in 2007.

Because of the success in Mondulkiri, the project has expanded to other provinces and the NTFP-EP together with WWF and other NGOs are actively collaborating in organizing a national honey network for Cambodia to ensure higher quality standards. There are also discussions with the Ministry of Commerce to apply a Geographical Indication rating for the wild honey. A GI branding will not only increase prices for the honey but will also ensure quality control and protect branding.

You can find Mondulkiri Wild Honey in various markets and supermarkets in Phnom Penh and Siem Reap. Just look for the "Product of Mondulkiri, Cambodia" label. ■

SISHA – Waging a War on Exploitation

How do you attack the pervasive problem of exploitation in Cambodia? It is a question **Steve Morrish**, Executive Director of SISHA, must ask himself every day. The answer: help one victim at a time. Words by **Craig Gerard**.



A better life is possible

“IT’S A COMMON MISCONCEPTION that all we do is hunt down Western paedophiles,” explains Steve Morrish, the founder and executive director of SISHA, a Cambodian NGO that fights against human trafficking and exploitation. “Westerners only account for about 5% of our case loads.” While Steve admits the barangs tend to be higher profile cases, the vast majority of the criminals they are chasing are Cambodians. This is just one reason Steve is the only westerner in SISHA’s staff of 25 people.

A former policeman, Steve spent ten years working on trafficking, narcotics and gangs in Melbourne, Australia. His story is not uncommon in the Penh – he came here on vacation in 2004 to visit some friends. Doing some research into his industry, he didn’t like what he was seeing, especially how the victims were treated after they were released. He saw there was a niche in the field for someone with his skill set. It took a little

while to get organised and get their legal footing in Australia, but he opened SISHA’s doors in Phnom Penh in June of 2007.

Since that time, SISHA has been working to put a stop to exploitation in Cambodia. Exploitation takes many forms in Cambodia and affects men, women and children. It can be forced prostitution, bonded labour, transporting people across borders, or rape. SISHA focuses their efforts in four areas: investigations, aftercare, legal support, and capacity building.

SISHA investigates all leads they receive. Some come directly from police, others come from their anonymous hotline or the “Report Abuse” button on their website. Once a credible lead is established, SISHA will set up a surveillance team to gather evidence. The investigations usually take substantial time and energy, and are not always fruitful. If illegal activity is found, the organisation works with the local police to organise a raid and make arrests.

However, just stopping the criminals is not enough. Successful raids usually turn up a handful of men, women or children, all of whom have been put in extremely vulnerable situations. If the victims are released without proper care and oversight, they have a difficult time rehabilitating back into society. That’s why SISHA spends a lot of time working with victims through their aftercare program. The aftercare covers every aspect of rebuilding the victims’ lives, from giving them a new set of clothes, to offering counselling sessions, to finding an action plan that meets their best interests. Sometimes that means going home and other times it means moving to an aftercare centre. In every case, the individual’s needs and desires are assessed.

Reliving their exploitation experience during the police prosecution and subsequent court case can also be frightening. SISHA provides legal assistance to victims throughout the process. According to Steve, only about 15 - 20% of the victims

want to pursue legal action on their own. The remainder still must work with the police in the follow on investigations, and SISHA is there to guide them through the process. Backed by international law firm Baker & McKenzie, they receive sound legal advice both for their cases in Cambodia as well as making sure these cases comply with legal regulations in Australia, where the NGO is registered.

So who are these criminals and where do they work? “It’s the mama-sans and the pimps working in karaoke bars, brothels, and massage parlours all over the country,” Steve says, which is why SISHA has set up training sessions for the police in provinces across Cambodia. The organization leads six Criminal Investigation trainings a year. Their goal is to train as many police as possible, since those are the people on the front lines of investigations. The training takes the best practices of the Australian police forces and the FBI, and puts them into a two-week intensive course. This capacity building measure is just a fraction of the work that SISHA does with local police. “They have been great to work with,” Steve claims. “We have a very good relationship with the police, and we could not do our work without them.”

Anyone can report abuse using the anonymous hotline number 012 382 877, or by clicking the “Report Abuse” button at www.sisha.org. While their battle may seem like an uphill one, Steve seems to go on with endless energy, taking it one case or one training at a time. In the three short years since the organisation opened, they have made substantial strides in building police capacity and helping the lives of victims of exploitation. His confidence is contagious and it provides hope. He says, “If it can’t be resolved by us or by the police, it can’t be resolved by anyone.”

Sex Education in the Kingdom of Wonder

From no knowledge to basic knowledge – reproductive health awareness is slowly working its way into Cambodia. Words by **Dorine Schreiner**.



A vast expanse of unknown

“I DIDN’T KNOW WHAT was going on, I thought I was going to die and completely panicked”, says a young Khmer woman about the first time she menstruated. Nobody had told her about the menstrual cycle. Another woman says the only reason she knew what was happening, was because she happened to have an older sister who had told her about it.

A little more than half of the world’s population deals with this natural occurrence monthly for the majority of their lifetime. However, in a country where speaking about gender related topics and sexual issues are in most cases taboo, it is a challenge to educate youth about reproductive health, let alone the risks of unprotected sexual activity.

Rotana Heng says she learned about sexually transmitted diseases a few years ago, while watching a TV-show produced by an NGO. A few months earlier, she had read an article in a magazine about pregnancy. “There was a limitation on publications about reproductive health, many words

in the article were unknown to me, so it wasn’t very clear”.

The only other sexual education she received was from an NGO that gave a lesson at her high school in Kandal province. “There was no sexual education in the curriculum, but our biology teacher would talk about how to avoid pregnancy by using a condom or having sex according to the girl’s menstrual cycle”.

In many cases, the boys are taken to separate classrooms for other school subjects when girls are taught about the menstrual cycle and avoiding pregnancy. Soth Chanleakena, who went to high school in Phnom Penh, believes that this separation should occur when reproductive health is being taught. She feels more comfortable discussing these issues with only females present. “I get very shy when men are in the room and I am scared to ask questions. Boys and girls should both learn about the same things, but not while being in the same classroom”.

Within the last decade, there have been some improvements

when it comes to reproductive health education in Cambodian schools. The government has been trying to incorporate basic knowledge of reproductive health into the National Curriculum, however, this is still not smoothly accepted by society. It remains a challenge for both genders to discuss the subject and there is not much to work with.

Soth Sithouen, teacher and Vice Principal of Dormtkau High School in Phnom Penh, believes that reproductive health education needs to be improved. “Our students will soon be adults and they need to learn how to protect themselves and stay safe and healthy. If it would be a more common subject, then students and adults can ask questions and talk about it more openly. This way sexually transmitted diseases and unwanted pregnancies can be avoided.”

Biology books at the school contain information about sperm, ovaries and the uterus, but nothing is taught about intercourse or fertilisation. Plenty

of books are available in English about the subject. But, since Khmer is the main language at Cambodian schools, it is impossible to find good resources to make it easier for teachers to teach sexual education.

“The culture of each family affects how much shame there is when it comes to talking about reproductive health. However, gradually we see that communities and the society are more open to talk about sexual issues. Schools and parents are key players in some families, but media, NGO’s and friends are also important sources of information.” Says Alice Levisay, Representative of the United Nations Population Fund. She adds “The term sexuality and sexual health are still not widely used, but relevant content is included under reproductive health”.

Although the road to proper education about reproductive health is still developing, the increasing sexual awareness and the modernisation of the younger generations promises hope for the future.



No Sex in the City?

No one tells the truth about sex. American Pie would have us believe men multiply the actual number of their sexual partners by three, while women divide theirs by the same number. Be that as it may, the sex scene in the Penh is usually described as a man's world, with women complaining of a drought of eligible bachelors out there. Delving below the trouser line, **Nora Lindstrom** finds that there is more variety to the goings on in the capital's bedrooms than the stereotypes give away.

■ THE REGULAR GUY

"Somehow people are managing to have sex here," says Aaron, a Phnom Penh long-timer, "but they're not having as much sex as people would imagine." According to Aaron, there's a hierarchy in who sleeps with whom in the capital, with NGO workers on top and sexpats at the bottom. Somewhere in the middle are teachers and small business owners. "I have also heard there are swingers around."

Involved in sports and fitness, Aaron says some people seem to make assumptions about his sex drive. Several women,

as well as men, have in one way or another expressed interest in him. "If I was actually gay I'd be having a good time, getting right out there," he says.

As for the supposed great Phnom Penh man drought, Aaron says in actuality it's "fake desperation" on the part of women. "It's a big fish in a small pond situation," he says.

Many come to Cambodia following their dream of helping the world, and feel they are consequently entitled to success in their personal lives too, he maintains. "People have ridiculous expectations," he says.

For men, the option of commercial sex is readily available. "I haven't done it," he says. "For me to do that would be quite a big thing."

Not that he would have to. Now in a happy relationship, in the past he would be hit upon without realising what was happening. "I've had western women apparently swooning over me, but I never noticed."

■ THE SERIAL DATER

Ruth is content with her sex life. With two long-term relationships with expat men under her belt, and a plethora of casual dates, she is what in Phnom Penh terms could be called a serial dater.

She describes the capital's sex scene as frivolous and short-term. "Like a Contiki tour on a longer scale," she says. "It's about instant gratification."

With lots of up-for-it, interesting, twenty-somethings milling about away from their usual social constraints, there's a good deal of one-night-stands going on. According to Ruth, it also makes for some preposterous choices. "I think people end up hooking up with others they would never even consider in their home town," she says.

In between boyfriends, Ruth also went through a string of "inappropriates".

"One time there was this guy, and my friend was yelling at me not to go home with him – in his presence," she says. "Although I knew, I didn't care."

Despite all – she even considered importing a man once – Ruth too has found a sweetheart in the Penh.

"The sex is great," she says. "But it's too damn hot," she adds, presumably in reference to the weather, not the sex.

At one point she was dating a man who had previously slept with prostitutes.

"He was really stuffed up about it and didn't quite know what to do with, well, intercourse ultimately," Ruth says. That's not an issue in her current relationship. "I'd been out of the country for a while and when I got back the tuk-tuk driver kindly informed me there had been no other girls in our apartment," she says.

What's the secret to Ruth's success?

"No one in the development sector. And no journalists, they know too much," she says. "You really don't get anonymity here."

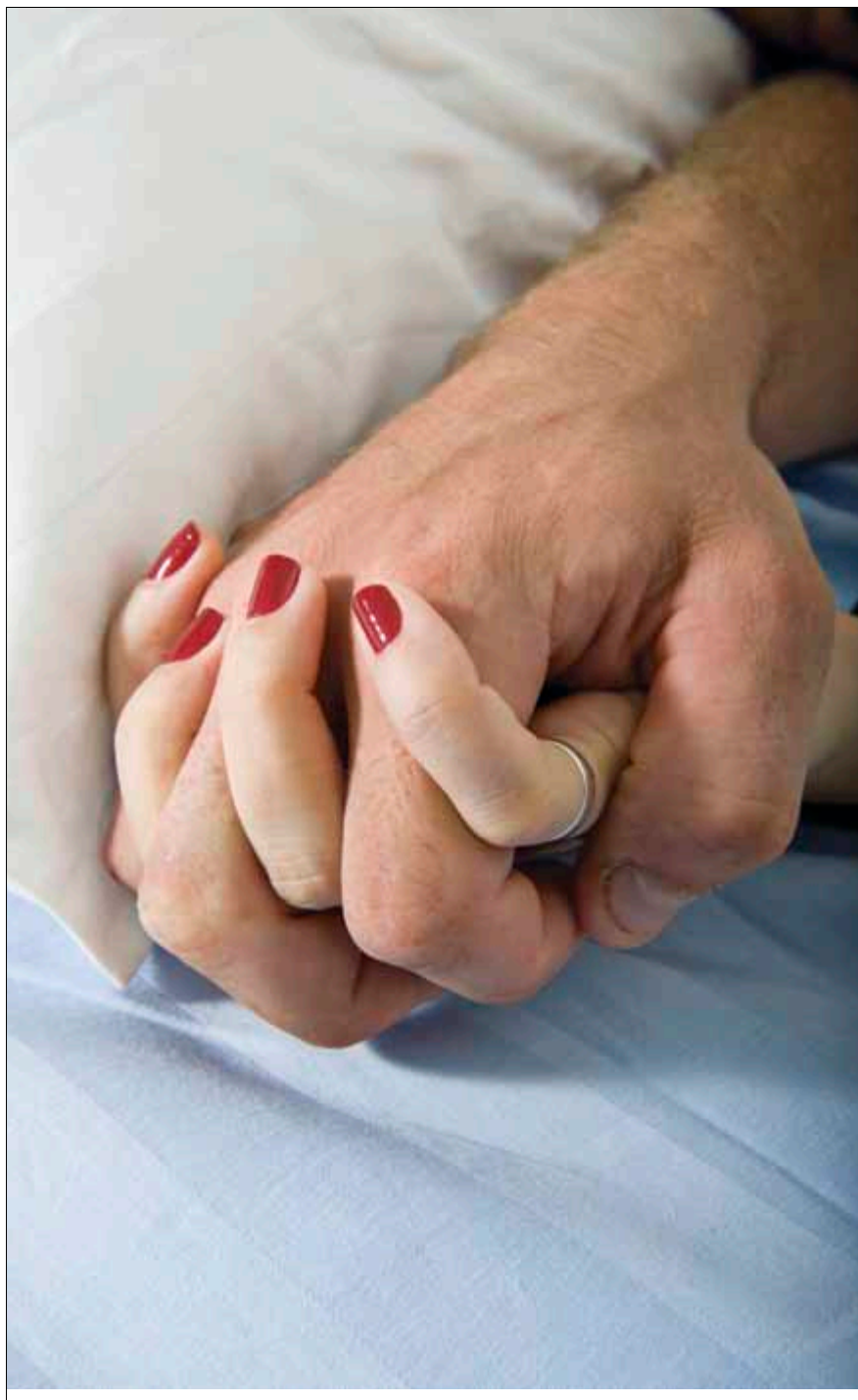
■ THE BACKPACKERS

If the expat sex scene is fast paced and frivolous, that of the backpacker is going haywire. One Lakeside bar owner described the on-goings in the area as "shambolic", though a more descriptive term might be shaggadelic.

Maarten and Henk-Pieter, both 22, from the Netherlands confirm that travelling loosens sexual morals, with people on the backpacking trail generally being more "up for it".

"We've only been in Phnom Penh for three nights so haven't had sex here yet," says Maarten, "but in other places we have, of course."

Henk-Pieter agrees.



"It's easier to have sex when you're away," he says. "Also, because you meet people for such a short time, you often only have that one chance to sleep with them."

Neither of the university students is into paying for sex. "That's not what we're looking for," says Maarten. "But we have been propositioned a lot."

Henk-Pieter has been surprised by the amount of male backpackers who do have sex with prostitutes.

"It makes it difficult to condemn it when you're in a big group and you never know if someone else does pay for sex," he says.

It's not only male travellers who are ready to get their kit off and jump in the sack. Natalie, who describes herself as a "hippy kind of person", says she's definitely more likely to have sex with strangers when travelling.

Africa currently tops her list of destinations with most sexual encounters, but she's hoping she might score some in Southeast Asia too. With Maarten and Henk-Pieter around, who knows in whose arms she might find herself.

■ THE OLDER WOMAN

At the other end of the spectrum, Doreen doesn't do it.

At 42, she says the meat on offer is generally too old, too young, unavailable, or that of sexpats.

"For me, the sex scene here is non-existent," she says.

Hanging out with gay women doesn't help her to entice men. "A lot of people think I'm lesbian too. I must give off a vibe."

Doreen didn't come to the Penh alone, but not long after arriving, her partner quite literally ran away with the circus, swinging off with a trapeze artist.

"I certainly wouldn't have come here single looking to hook up," she says. "I would have done that in Thailand or India. Anywhere but here really."

Content with her existence, Doreen is not actively looking for a man.

"I'm at an age where I'm quite happy being single, and I don't want to be a slapper," she says. "I'm also quite conscious of the age thing. I don't want to be a cougar either."

A potential relationship with a 23-year old consequently fell through. "I'd been drunk before he was born," she says.

Sex is however not high up on her list of things to do. "If you don't use it, you lose it," she says. "It's true."

■ THE SINGLE GIRL

Almost two decades younger than Doreen, NGO worker Antonia retains her sex drive. Sometimes, that leads to awkward situations, especially when several former partners arrive at the same place at the same time.

"It's not that you necessarily have a lot of sex here, you just bump into the same pool of people all the time," she says.

Admitting she could do with some more regular carnal action, Antonia says she and her girlfriends tend to go through long dry spells and then suddenly hit a stream of loverboys and girls. "I was shagging three guys at one point, and then I got no action for ages," she says. "Perhaps I jinxed it by being greedy?"

A regular at the hotspots of the Penh's hip and trendy, Antonia has seen a lot of



hook ups over the years. Few amount to more than a night of passion.

"A friend of mine recently started seeing this guy," she says, "but she didn't want to tell anyone who he was because she didn't want to find out all the other girls she knows had slept with him too."

While Antonia maintains large quantities of alcohol often help to lure a man into the sack, leaving the country is the most foolproof way of getting some.

"Coming from here your standards are so low anything will do," she argues.

The lack of long-term sexual partners, not to mention eligible bachelors is making her question her length of stay in Cambodia.

"I'm not saying there's a general man drought in Phnom Penh, but there definitely is one for me," she says. "I just don't want to stay here until I'm this cynical, sexless, 35-year-old who hates men. Which means I'll have to leave sooner rather than later."

■ THE GAYS

In contrast, Sabrina has had no trouble finding sexual partners in the Penh. "I've

had ample opportunities to sleep with people I love here," she says. "The lesbian scene is small and accessible."

A friend of hers once created a spider chart connecting Phnom Penh lesbians to each other based on whether they had ever snogged or slept with each other. Sabrina's girlfriend at the time was linked to quite a few in the diagram. Sabrina too has seen her fair share of action.

"Because of the kind of relationships and friendships that I have, a lot of women have been sexually available to me," she says. Currently, she maintains most of her lesbian friends, like herself, are in relationships.

"I find my gay friends here are a lot more successful in looking for partners than my straight friends," she says. "People are looking for and finding relationships, although it can get a bit complicated in a small community."

According to Jim, the male gay scene is equally small, but with one crucial difference. "I haven't found anyone who is faithful to his partner," he says.

The past couple of years has seen the development of a gay scene featuring

both expats and locals. Jim maintains a lot of the intimacy going on between gay men has a monetary incentive. "If you're willing to pay, you can definitely have a quick lay," he says.

Top pick-up spots in town include the Heart of Darkness, the Dark Room, and Blue Chilli, as well as a multitude of small, out-of-the-way bars. Though Jim also frequents these places, he is generally not looking for sex. "I've been more focused on one guy lately," he says, "I've been a bit out of the loop for the past three years – thank God."

■ THE BACHELOR

Jean-Marc is privy to the lust-driven goings on in the Penh. At 36, the handsome, single Frenchman is a prime target for women.

"It's very easy," he says. "I am of interest to Khmer girls because I represent a lot of money, while western women seem to miss sex here."

Jean-Marc is quick to point out that he refrains from using his relative wealth to take advantage of local women. "I've had sex only with westerners here," he says.

"And I haven't even had a lot of sex, only one girl really."

Wary of being branded a sexpat, Jean-Marc stresses that while he would be willing to enter a relationship with a local woman, this would only be possible provided that the relationship was not based on financial benefit.

"I made a promise to myself when I was 18," he says, "and I've kept that promise ever since. I respect myself." The promise was to never pay for sex.

In their hunt for men, Jean-Marc says the capital's sex-starved expat women face stiff competition from their local counterparts.

"Some of my friends have relationships with Khmer girls," he says, but notes that unless the Cambodian woman comes from a rich family, there is often an imbalance of expectations in the relationship.

Despite the ample availability of women, Jean-Marc claims he isn't really up for the game. "A single 25-year-old male, fresh out from university could really have a lot of fun here," he says, "but I'm not a big hunter. Sometimes, when I feel like it, I go." And the prey is always there.

■ THE VOLUNTEERS

Helene on the other hand is undoubtedly on the prowl. Two months into her volunteering stint teaching English, she has already experienced carnal delights in Cambodia.

"I had a six day-fling in Siem Reap," she says. Following a bad day, she met a traveler at her guesthouse and decided sex was the solution to her problems. "He was well up for it," she says.

A weekend trip to Angkor Wat thus turned into a weeklong sojourn, at the end of which her bed mate wanted the two of them to start a bar together in Siem Reap. "But for me he was a means to an end, so I said 'No, carry on'. We're still in touch though."

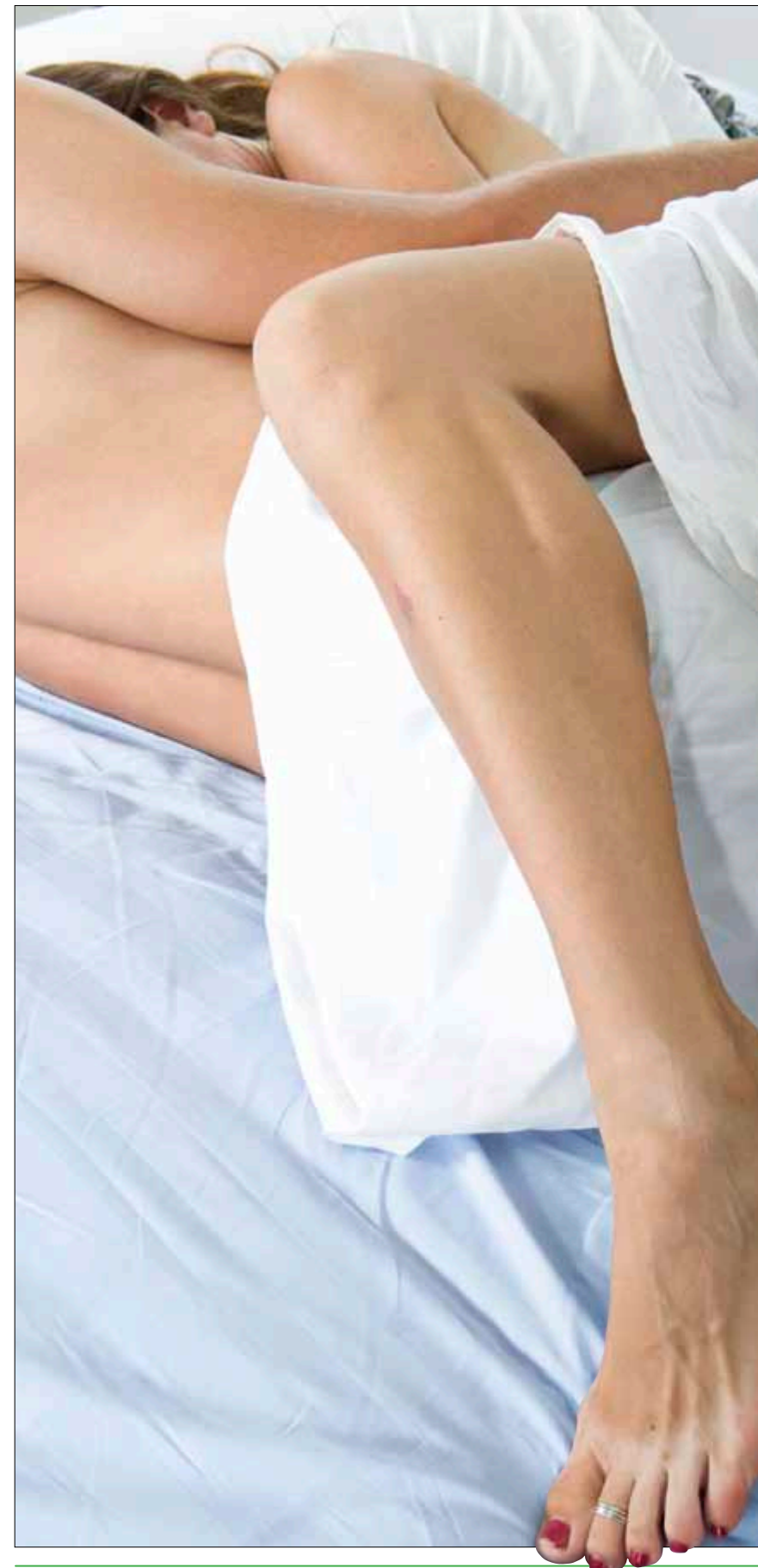
Other men have also approached her, one even came knocking on her guesthouse door every night. Still, powered by a few drinks, she is undeniably out looking for action in the Phnom Penh nightlife.

■ SO WHAT HAVE WE LEARNT ABOUT SEX IN THE PENH?

Well, it certainly occurs. Whether it is either emotionally satisfying or sexually gratifying are separate issues, but there is little, if any, truth to the claim that Phnom Penh is a sexless town. Though the transient nature of the city does have its impact on the sex scene, it also has its positives – one night stands appear to be readily available. And for those who look hard enough, longer term relationships seem possible too.

So if you're hungry for sex, just put yourself in the shop window. As they say, you can't win the lottery without buying a ticket, just don't forget to use a condom.

The names of people in this article have been changed to maintain their anonymity. ■



food corner

Say Cheese!

Cheese Cheese Cheese – milk’s leap toward immortality. **Nora Lindstrom** heads out to find it in its purest form.



Another log on the endangered species list



Out of the frying pan

AS THE ONCE FANTASTIC cheese counter at Lucky Supermarket is down to stocking only a handful of basic cheese varieties, lovers of the smelly stuff have started to wonder where to get their next fix from. Fear not, as a little delving proves the Penh’s world of cheese is alive and well, though perhaps not as handily located as a quick pop into Lucky’s.

■ INTERCONTINENTAL HOTEL
296 Mao Tse Tung Boulevard
A piece of heaven for cheese lovers becomes reality once a month at InterContinental’s Wine & Cheese nights (US\$22+). Serving a seemingly never-ending array of imported cheese, with a dozen or so wines to match, the evening represents absolutely fantastic value for money. Start with a glass of sparkling wine and a bit of Swiss gruyere, move onto a slice of provolone with chardonnay, graduate to sipping a full-bodied red with possibly the most luscious gorgonzola in Cambodia, and you’ve still tried less than half of the cheese varieties available.

With several condiments to every cheese, as well as a good selection of canapés and desserts, the last Wednesday of every month is worth blocking out in your diary. And if you can’t wait that long, the classy hotel’s Sunday brunch also offers a very impressive selection of cheeses.

■ VEGGY’S
23 Street 240
If your approach to cheese is more DIY, Veggy’s on Street 240 is where to go. Stocking anything between twenty to thirty different varieties in its cold room at the back, a visit there won’t disappoint. Don’t miss out on the hand-made, fresh goat cheese by award-winning Australian dairy Meredith (US\$6.99). With a light consistency, the mild cheese is easily spreadable and great on a bit of fresh baguette. Other highlights include the wonderfully nutty French comté juré (US\$2.80/100g) and the creamy and flavourful morbier meaux (US\$2.61 for 90g), which come ready-cut and vacuum packed. For those in search of Italian staples, Veggy’s also stocks buffalo mozzarella (US\$4.75), mascarpone (US\$7) and ricotta (US\$6).

■ TELL RESTAURANT
13 Street 90
Cheese fondue may not be the most obvious dish to go for in the heat of Cambodia, but should you get the cravings for this utterly delicious dish, the place to go is Tell Restaurant. In a mock-alpine setting, this Phnom Penh mainstay has been serving traditional Swiss cheese fondue with bread (US\$15.50), as well as with air-dried beef and cappa ham (US\$21.50), for over decade. Another special on the menu is the raclette (from US\$14.50). Served with potatoes, pickles and cold cuts, the pungent Swiss cheese comes ready sliced. Diners then melt the cheese in small pans using the tabletop oven, after which the melt is poured over the condiments. It’s heavy stuff, but

a right treat especially when combined with an Erdinger weissbier or a glass of white wine.

■ THE FOOD PANTRY
125 Street 105 & 42 Street 178
These two little delis run by importers AusKhmer also serve up a decent selection of the smelly stuff. Ready-packed, everyday cheeses such as edam, gouda, emmental, mozzarella, and cream cheese cost between US\$1.40 to US\$2.30/100g, with more upmarket choices also available. The Sainte Nectaire is a creamy, semi-soft cow’s milk cheese with a washed rind. Smooth, with a flavour reminiscent of mushrooms, it’s been around since the 17th century. The cheese labelled as “tomme grancoeur” is a touch surprising. Its grey-white rind gives way to white cheese and a strong, round flavour reminiscent of blue cheese and gorgonzola. When shopping for cheese at The Food Pantry, don’t miss out on getting some Wasa knäckebröd (US\$3.81), a Nordic crispbread perfect with any cheese.

■ METRO
Cnr. Sisowath Quay & Street 148
For upscale wine and cheesing on the riverside, head to Metro for a post work nibble. Perfect for sharing, the US\$7 five cheese platter is likely to make your mouth water just by looking at it.



Not a skinny dip

The selection of creamy blue cheese, ripe brie, mature cheddar, mild emmental, and nutty edam, is just what you need with a big glass of red wine. Generous servings of cashew nuts, raisins, and glaciated pineapple come as accompaniments, but the four pieces of toasted bread are not quite enough for all the cheesy goodness. Thankfully, you can always order more for a small fee. Should you be going solo, the three cheese platter is good value at US\$4.50, while the cheese and pate platter (US\$9) or the plain brie (US\$9) are ideal for bigger groups.

■ COMME A LA MAISON
13 Street 57
Light yet hitting all the spots, the cheese plate (US\$5/US\$8.50) at Comme a la Maison makes for an ideal after dinner treat. Arranged on a bed of lettuce, apple, grape and walnut, are slices of brie, emmental, goat cheese and fourme, a semi-hard blue cheese that is counted as one of France’s oldest cheeses. The traditional combination of flavours comes together very well, with the fresh fruit balancing the heaviness of the cheese. An unlimited supply of fresh baguette is an added bonus. Another recommended option is the filling Chèvre Chaud grilled goats cheese salad (US\$5/US\$7.50). The big slice of chèvre simply melts in the mouth, while the salad adds a feel-healthy factor. 🍷



Variety is the flavour of life

Food Talk: Back in the USSR

Russian food may not be the obvious choice for tropical Cambodia, but **Irina Godlevskaja's** Soviet-style restaurant has flourished and endured in Phnom Penh. **Mai Lynn Miller Nguyen** hears her story.

FROM RUSSIA WITH LOVE. No other phrase could so aptly describe the approach at Irina Russian Restaurant. Thirteen years ago, Irina Godlevskaja and her husband, Gennadiy Kharasikov, opened a simple, four-table joint. Now in its seventh location, the restaurant has become a local institution.

The space and staff may have grown, but the establishment retains the charm of a “small family restaurant,” as Irina herself refers to it. A Friends Book is kept in the entryway, filled with notes written in a variety of languages by past diners. For this is Irina’s approach, providing a place where anyone who walks through the door is a friend. Ready to provide suggestions from the menu and explain how to throw back a shot of Vodka the Russian way, Irina has the kind of welcoming demeanour that has become too rare in the modern dining experience.

Born in Uzbekistan to a Russian family, Irina saw the homeland she had always known disappear when the Soviet Union dissolved in 1991. Though the sign outside describes the restaurant as Russian, the cuisine and atmosphere is actually homage to the former USSR.

“We try to introduce our Soviet culture,” says Irina. “Many things were maybe wrong, but it was a really big country, with a lot of beautiful people. The policy and the people were different.”

Over the years, with the help of many friends, Irina has decorated the restaurant with remnants of the old country. Paintings of pastoral landscapes, currency from former Soviet states, and traditional costumes embellish the walls. The infamous symbol of the hammer and sickle is pinned to a bulletin board. Shelves above the bar showcase an assortment of Vodka bottles. As one would expect, wooden Matryoshka dolls, nestled one inside the other, feature in the decoration.



Step back into the Soviet era with Irina Godlevskaja

“Everything you see here is a memory of what was in the Soviet times,” explains Irina.

Like a Matryoshka doll herself, Irina holds several surprises. Her chosen profession was teacher, for which she trained in Uzbekistan and spent years instructing in a university. She continues to privately tutor students in the Russian language in Phnom Penh, which she keeps up for her own enjoyment and desire to help the community.

Another layer of Irina reveals another story. She and her husband, Gennadiy, came to Cambodia 15 years ago to join an American NGO working on wildlife preservation efforts. For nine months, they camped in a tent in the jungle. Besides providing a sanctuary for hurt and threatened animals, they worked to educate the Khmer people on the importance of saving wildlife, which had suffered during the years of Khmer Rouge rule. Irina and Gennadiy then moved to work at the Phnom Tamao Wildlife Refuge Centre, and can relate anecdotes of bears, tigers, and monkeys they got to know there. Irina still visits the three gibbons she refers to as her children.

When funding fell through for the wildlife NGO, Irina and Gennadiy remained in Cambodia. Opening a restaurant was a means of supporting themselves for survival. Never formerly trained, Irina has learned her way around a kitchen admirably. Though she now has a team of Khmer cooks, who she has well schooled in the art of Russian-style cooking, she still pops in every once in a while to give a hand. Her method of “looking, tasting, and doing” has produced a menu of hearty fare with a home-style feel.

This is comfort food at its finest. Russian classics such as Borsch, a crimson coloured, savoury beetroot soup (US\$4), and Beef Stroganoff (US\$6.80), strips of beef doused in a mouth-watering, creamy sauce, will not fail to satisfy hungry bellies. The Pelminis (US\$3.50), a generous portion of meat-filled dumplings eaten with vinegar and sour cream, keep several regulars coming back. The menu also includes dishes from former Soviet states, including Uzbekistan, Georgia, and Ukraine. Chicken à la Kiev

(US\$6.50), breaded, buttery chicken served with mashed potatoes, is one such delectable choice.

The secret to good Soviet cooking? According to Irina, it’s “our cold weather and our warm hearts.” Though Cambodia’s climate can’t compare with the snows of Siberia, a little food made with affection goes a long way anywhere.

So it was that Irina created another sanctuary of sorts. For many Cambodians who studied in Russia and parts of the former Soviet Union, Irina’s is a place to gather together and recall times past. Over the years, the restaurant has hosted reunion parties of old schoolmates, who end up singing and dancing to Russian folk songs late into the night.

Though her restaurant evokes remembrances of a far-off place, Irina has embraced life in Phnom Penh. “Cambodia is our second homeland. Cambodia gave us possibilities to survive,” says Irina. “We love this country and we love the people.”

Irina Russian Restaurant, 15 Street 352, Tel: 012 833 524, open 11 AM to 11 PM.



អាហារថ្ងៃត្រង់
LUNCH set menu

at the incredible price of **USD 20**
3 courses menu (with a choice from 4 dishes per course) ,1 drink
1 coffee or tea

The most exquisite pleasure is giving pleasure to others

TOPAZ
RESTAURANT

N° 182, NORODOM BOULEVARD
T 023 22 16 22 HP 012 40 85 55
gm@topaz-restaurant.com

POWERED BY **thalias**

“ Le plaisir le plus délicat est de faire celui d’autrui ”

The most exquisite pleasure is giving pleasure to others

- Jean de La Bruyère (1645 -1696) -

“ There is a new set of VALUES at Topaz, you’ll be surprised!.... and very pleased ! ”

TOPAZ
RESTAURANT

Review: Cucina Cambodia

Our resident foodie, **Darren Gall**, finds himself next to a wood fired oven in the old quarter of Phnom Penh.

I WAS MORE THAN A LITTLE delighted to learn that my assignment for this month was to review the Italian pizzeria La Volpaia: situated on the corner of Streets 102 and 13, looking across the old Post Office quadrangle, in one of the most architecturally beautiful and sentimental spaces in Phnom Penh. La Volpaia is a trattoria style establishment with an authentic Italian look and feel, simple wooden furniture, terra cotta tiled floor, pale yellow table cloths and an open kitchen – with big, plain glass windows that allow views of the colonial ambience into the dining experience.

A healthy selection of antipasti is available on the menu followed by an extensive 'primo' list of pasta dishes, pizzas and calzone, followed further by a compact list of 'secondo' consisting of beef, lamb and Salmon steaks. The dessert menu offers a wide variety of ice cream and sorbet flavours with a couple of classic Italian dessert staples such as tiramisu and panna cotta.

On arrival, the table is immediately set with focaccia, olive oil, balsamic vinegar and glasses of water. I have always marvelled at the way good Italian restaurants have the service side of their establishments down to a fine art, almost performance pieces in themselves. There isn't the typical Italian flamboyance and extravagance with the local waiters here, but the service is friendly and efficient.

The focaccia is home baked, doughy, chewy and very good. The olive oil is extra virgin from Costa d'Oro, a large commercial brand of only medium quality. Whilst the Italian Balsamic is authentically Italian, but from the French company Clovis, it is large format, commercial and low grade.

I select the insalata caprese (US\$8.50) for my antipasto, the tomato is fresh and comes in thick, coarse slices, the bufala mozzarella is laid on in thick



La Volpaia has whatever strikes your Italian fancy

slabs, is fresh and the texture beautiful. The combination is lightly sprinkled with shaved basil leaves lacking in flavour, drizzled with olive oil and splashed with balsamic. The dish is a delight, although sadly only three pieces of caprese were on offer with half the plate taken up by an unnecessary mix of lettuce leaves drizzled with oil, no doubt to keep down food costs.

The pasta arrives, good-old spaghetti bolognese (US\$8.50), and the pasta is perfectly el dente. Sadly, the bolognese sauce is a disaster, almost bereft of tomato and that sweet intensity of a rich bolognese sauce, it is all mushrooms and depressingly, powdered, low grade formaggio parmigiano.

My main course is a pizza Calabrese (US\$8.50). An absolute gem. Truly an Italian style pizza. The pizza dough is thin, tantalizingly crusty on the outside with a thin layer of doughy, soft texture.

It is perfectly balanced and thoroughly tasty. The topping is also correct, sparsely dressed with pizza cheese, tomato paste and liberal slices of salaminio piccante, not too spicy but, fresh, juicy and rich in flavour. La Volpaia immediately vaults to the echelons of one of the best pizzas I have enjoyed in Phnom Penh.

For dessert I settle on an old favourite, tiramisu (US\$5), the best of which have to be about two or three days old so that the rich, complex flavours of cocoa, coffee, mascarpone, amaretto and savoiardi can meld together like a well honed symphony at la Scala. The tiramisu at La Volpaia is very, very good indeed, rich and creamy with lovely, intense coffee flavour, perhaps only slightly lacking in liqueur.

Overall, my first dining experience at La Volpaia was pleasant and satisfying, successfully indulging my passionate disposition towards Italian cuisine and evoking sweet memories. The space itself is



a lovely place to dine, the staff is attentive and efficient, the menu is well varied, containing plenty of the classics, and the food quality on this experience was generally good to very good. A sage Italian restaurateur once told me that Italian food is all about sourcing quality ingredients and then treating it with great respect, keeping the dishes relatively simple and allowing the flavour and quality of the produce to shine through. With a little more traditional passion for their ingredients and a little less slavery to the bottom line La Volpaia could easily elevate the dining experience from authentic to exceptional.

La Volpaia, 20-22 Street 13. Tel. 023 992 739.

Galloping Gourmet Darren Gall is a 25-year veteran of all aspects of the wine industry from grape to shop. An experienced taster and critic, he now turns his pen to his other passion food, as AsiaLIFE's resident food reviewer. 🍷

restaurant guide

key to symbols

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

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

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 Sotheos Blvd, Tel: 017 417 776
Serving Khmer and Thai food in an cosy setting near the riverfront. Open from 10am to 2pm – 4pm to 10pm **02**
- K'NYAY**
25K Suramarit Blvd. (Street 268), Tel: 023 225 225 or 092 665 225, www.knyay.com, knyay@hotmail.com
Modern Khmer restaurant 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 prahok. Open 11am to 9pm. **02**
- Man Han Lou Restaurant**
456 Monivong Blvd., Tel: 023 721 966
Micro-brewery with four types of German-style beer. Has extensive Chinese, Thai, Khmer and Vietnamese menus, as well as dim sum breakfasts from 6am to 10am. New menu introduced in May. **03 A/C**
- Mekong Village**
290 Monivong Bvd., Tel: 023 218 888
Large Chinese restaurant that specialises in crispy Beijing duck. Stays open until late in the morning. Open 12pm to late. **02**
- 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 Sotheos Blvd., Tel: 023 220 822 www.almondhotel.com.kh
Specialising in Cantonese food and dim sum that mixes 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**
- Hua Nam**
753 Monivong Bvd., Tel: 023 364 005
Large Chinese restaurant that specialises

chinese

Comme à la Maison
13 Street 57, Tel: 012 951 869

time for dinner?
a cold beer?
glass of wine?
at ONE MORE?
open Mon - Sat from 5pm till late (closed on Sunday)
16 Eo.St.294 • 017 327 378

KURATA PEPPER Aromatic & Flavorful
Cambodian Pepper
OPEN; Everyday
8:00 ~ 19:00
St.63 St.322, BKK 1, Phnom Penh
TEL&FAX 023-726480 H/P 012-842970
customer@ksline-cambodia.com
<http://www.ksline-cambodia.com>

Singapore Nasi Lemak...

Traditional Set
Fish, Egg, Otah, Luncheon Meat, Ikan Bilis & Sambal chilli

Full Set
Chicken Wing, Fish, Egg, Otah, Luncheon Meat, Ikan Bilis & Sambal chilli

Served Daily for Lunch & Dinner from USD 3.50

and Nyonya Specials

Chap Chye (Mixed Vegetable)
Assam Pineapple Fish
Pork Leg with Dark Soya Sauce
Curry Chicken
Lemak Vegetable
Mui Choy (Mustard Veg) with Pork Belly
Fried Sambal Fish

Drop in at **DP Lodge** for a taste of traditional Singapore favourite dishes served fresh daily. And look out for more weekend Nyonya special dishes.

dp lodge
No.47 street 322
Boeung Keng Kang 1
Khan Chankrom, Phnom Penh
Reservations +8556023 720 126

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

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 A/C**

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

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

La Residence Restaurant
22/24 Street 214, Tel: 023 224 582
Fine dining on an international scale in this sophisticated restaurant, where

French classics meet gourmet, modern cuisine. Open from 11.30am to 2pm & 6.30pm to 10.30pm. **04 A/C**

Le Jardin
76 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: 012 346 555 / 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
7C 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-

Bargain Bucket: Asian Spice



TUCKED AWAY AT THE Sihanouk Boulevard end of Street 111, Asian Spice Café Pub is taking to the internet to gain an edge over its competitors in Phnom Penh's crowded market of low-cost food options. With its own website, Facebook page and Twitter account, this family-run restaurant is ensuring its cheap and tasty Asian classics reach the widest possible audience.

Owned by a former chef from Singapore, and staffed by the younger generation of a likeable Khmer family, this location is building a loyal following on the back of a reputation for friendly, efficient service, reasonably priced meals, and free wi-fi. The establishment is divided into two spaces, with a bright and welcoming café-restaurant downstairs and a bar serving a full range of alcoholic beverages and basic bar food upstairs.

Asian Spice has a lot going for it, but the prospect of dinner and a beer for less than US\$3.00 has to be the chief attraction. The rice and noodle dishes are especially good value for the budget-conscious. The kitchen can have

a decent fried mee goreng with prawns and chicken (US\$1.70) in front of you within a few minutes of sitting down. The fried green pepper beef with rice (US\$1.70) is another simple but tasty option, comprising fried strips of beef, with onion, chunky green pepper, and carrot in a black pepper sauce with a kick. The curry chicken with rice (US\$1.90) is slightly bland and uninspiring, but the rendang chicken (US\$1.90) is a more flavour-some choice, with lemon-grass, ginger, and a hint of cumin. The 'weekday special' Singapore laksa (US\$2.50) was a slightly bewildering combination of tofu, shrimp, and sliced boiled egg in a curry with thick white noodles.

Angkor draught is available on tap for US\$1.25 a glass or US\$4.00 for a jug. Buy a couple of either during the happy hour from 4.30pm to 8.30pm and you'll get a third free. And if you're still enjoying yourself at the café's closing time, or haven't quite finished milking the free internet, you can always pop upstairs for another beer.

Asian Spice, 79 Street 111.
Tel: 099 370 469. 📍

on kids' playpen, the restaurant has free WiFi, draught beer with all-day happy hour, a good selection of wines, and big screen showing Bollywood music and movies. Ideal for small banquets and business meetings. Offers outdoor catering and delivery food. Open from 11am to 11pm. Closed on Tuesdays. **03 A/C**

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

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

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

Mount Manaslu Café
1a Street 282, Tel: 023 996 514 / 012 637 485/017 760 740
Nepalese restaurant set in the heart of Boeung Keng Kang serves authentic cuisine from the kingdom as well as Indian, Khmer, Thai and Chinese dishes. Also has a good range of cocktails and shakes. **02 A/C**

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

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

Shiva Shakti
70 Sihanouk 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**

Art Café
84 Street 108, Tel: 012 834 517
Elegant bistro and art gallery in the style of

a European coffee house. German flame cakes and eau de vie as specialties. Features art exhibitions and classical music performance on Friday and Saturday. Open from 11am to 11pm. **02 A/C**

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

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

Boddhi Tree Umma
50 Street 113, Tel: 023 211 397
Relaxed garden atmosphere and open balcony restaurant with an imaginative menu. Right opposite Tuol Sleng. Open 7am to 9pm. **02**

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

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

Edelwiess Restaurant
375 Sisowath Quay, Tel: 092 341 329 / 012 422 589
This open-air restaurant specialising in German and Khmer food offers the perfect spot to enjoy an Erdinger beer while watching life go by on the riverfront. Open 10am to late. **02**

Elsewhere
2 Street 278, Tel: 012 660 232
On the Golden Mile, with two pools, sleek white walls and sensible 8am to 11pm opening hours. The menu at Elsewhere features soups, salads, sandwiches and pastas. Don't miss out on their infamous cocktails. There is also a kids' menu with child-friendly dishes. Has boutique clothes shop upstairs. **03 A/C**

FCC Phnom Penh
363 Sisowath Quay, Tel: 023 724 014
Phnom Penh's landmark restaurant, with sumptuous views across the river on one side and the National Museum to the other. It's best to come at sunset when the streets below are most crowded, the cocktails are half price and draft beer goes for US\$1. Open 7am to midnight. **03**

Fish
Sisowath Quay, cnr of Street 108, Tel: 023 222 685
Contemporary, modern restaurant specialising in all things oceanic. Menu includes everything from lobster through sushi to

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

Aircon Restaurant
Art Exhibitions
Dance Theatre
German Classes
Film School
Musical Events
Workshop Space
Open-Air-Cinema

Fixed +855- (0)23 - 224 140,
Mobile +855- (0) 12- 607 465
Homepage: www.meta-house.com
Email: mesterharm@gmx.net

dp lodge PHNOM PENH

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

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

Our Menu
Full English Breakfast
Traditional homemade butter & toast
Kaoi with 2 half baked eggs
Dan Dan Noodles
Mediterranean wrap
Pancake stack
Crispy salad
Roasted Chicken
Pine chips with pepper corn sauce
Beef fillet with cream mushroom sauce
Fish & Chips
Southeastern Singaporean
Southern Cambodian
Chicken Laksa
Homemade Fish & Beef Sugar
Old Tomatoes

DP Lodge Outdoor Bar
DP Lodge Restaurant

1400m Bar (open daily from 5pm - 10pm)
Restaurant open daily from 6.30am to 10pm

No.47 street 322
Boeung Keng Kang I, Khan Chankomom
Phnom Penh
Res: +855 (0) 23 720 126
Lodge: +855 (0) 23 213 503

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

Free WiFi and Swimming Pool

Childsafe

Romdeng

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

Open daily from 11AM - 9PM

Private Functions • Catering • Home Delivery

home is where The SHOP is
- since 2001 -
bakery and delicatessen # 39, street 240, Phnom Penh
023 986 964 or theshop.cambodia@gmail.com to place your orders

Steve's Steakhouse & Greek Restaurant
Nobody goes away hungry!!
 Large variety of Western Cuisine & Quality Selection of Local Dishes.
 #20Eo, Corner of St. 51(Pasteur) & St. 282
 Tel: 023 987 320

the food pantry
 Visit Phnom Penh's newest and best gourmet food and fine wine store.
 Wide selection of fine wines from the world's premier regions. Large range of boutique and imported beers. An excellent source of the finest cuts of beef, lamb and deli meats. Huge variety of cheeses, oils, vinegars, sauces, antipasto, gourmet products and cooking ingredients. Good variety of organic selections. Fresh bread, Fresh Vegetables, Juices, jams, Milk, Butter.
 #125 (15Z) St. 105 (between St. 330 & 348)
 Boeung Keng Kang 3, Phnom Penh, Cambodia
 Tel: (+855) 023 214 478 • Fax: (+855) 023 214 473

gourmet fish and chips for upmarket, but reasonable prices. Open 7am to late. **02**

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

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

Le Rit's
 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 1, 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
 A variety of pies made fresh every day, served hot and ready to eat in a cardboard takeaway box. Open 10 am to 7pm

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

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

Rising Sun
 20 Street 178, T, 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**

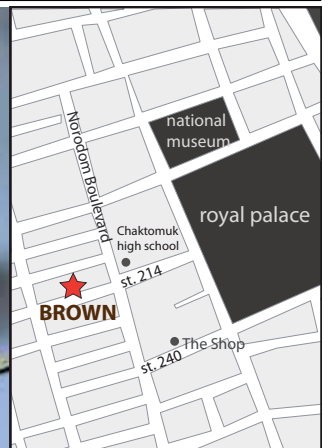
Shawarma
 117 Sisowath Quay, Tel: 023 720 011
 Quick and casual Middle Eastern dining,

LA MARMITE
Café Restaurant Bar
 French Traditional Food
Simply Good
 Open 7 days a week, 11am to 2pm & 6pm to 10pm
 Corner of Street 51 & Street 108
 012 391 746

Fusion Sushi
HAPPY HOUR
 half price on all beer
 5.00pm - 7.00pm
 Free WiFi
 • Seafood bean soup
 • Stewed beef ribs
 • Spicy seafood soup
 • Spicy corbina fish soup
 • Salted grilled shrimp
 Restaurant Reservation: 023 986 114 (khmer) | 023 998 411

Singapore kitchen
 Singapore charcoal steamboat
 Come experience the flavours of the 60s with our authentic Singapore hawker food fare such as Charcoal Fish Steamboat, Hainanese Chicken Rice Laksa, Fried Carrot Cake, Char Kway Teow, Seafood Hor Fun, Hokkien Mee and many more.
 Enjoy these classic Singapore street fare in a refined and elegant dining atmosphere.
 We also provide full catering service for corporate entertaining, lunch, tea and cocktail reception as well as social events.
 Address: # 110 CDEo St 360 boeung kengkangll, Chantreaom, Phnom Penh, HP: 092 201 304, 017 821 480

BROWN
 COFFEE AND BAKERY
 #17 St: 214 Sangkat Beoung Rang Khan Doun Penh
 Near PENCIL Supermarket
 Website: thebrowncoffee.com
 Tel: 012 60 60 89



THE TASTE
OCEAN
MEDITERRANEAN CUISINE



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

as well as the Penh's possibly only real shawarma. Serving Lebanese flavours all-around, 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 Suji. 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 pastries 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

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

Le Duo

17 Street 228,
Tel: 012 342 921 / 023 991 906

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

Luna d'Autunno

6C Street 29,
Tel: 023 220 895

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

Pop Café

371 Sisowath Quay,
Tel: 012 562 892

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,
el: 023 986 114

Located inside of Cara Hotel. Beautifully decorated, impeccable service. Serves excellent quality Japanese and Korean sushi. **04 A/C**

Le Seoul

62 Monivong Blvd.

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

Mr. Sushi & Ko Ko Ro

18 Sihanouk Bvd., Tel: 012 601 095

Affordable, canteen-style restaurant with lots of specials dotted around the walls. Charismatic owner has a copious supply of Japanese vodka. Open 11.30am to 2pm and 5.30pm to 9pm. **02 A/C**

Suzume

14A Street 51, Tel: 092 748 393

Affordable, canteen-style restaurant with lots of specials dotted around the walls. Charismatic owner has a copious supply of Japanese vodka. Open 11.30am to 2pm and 5.30pm to 9pm. **02 A/C**

Origami

88 Sotheaors Bvd., Tel: 012 968 095

Up-market, contemporary Japanese restaurant with a spacious air-con area

Street Food: Num Domloang Ang

Name:

Num Domloang Ang (Grilled Potato Cake)

Price:

500 riel per cake

Ingredients:

Steamed potatoes are mashed then mixed with shaved coconut, salt and sugar. The potatoes are then shaped into patties. Sesame seeds are then sprinkled on top.

Served:

The cake is grilled slowly on both sides until the outside goes brown and crispy. The inside remains soft.

Taste:

Slightly sweet with a hint of coconut. The inside, although soft, is very dry (3.5 out of 5).

Where to get it:

Street carts pushed along the roads.

Other Info: Sold all day. 🇰🇷



KWEST BRASSERIE BAR

Happy Hour 18:00 to 20:00 + 22:00 up
RANDOM GONG Buy 1 Get 1 free + Buy 1 get 1 free

Beware of the Gong...

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

គោលនយោបាយ មិត្តសម្លាញ់

Tapas Shakes Daiquiris & Khmer Smiles

FRIENDS the Restaurant

a tapas style restaurant run by former street youth in training

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

www.mithsamlanh.org



T-BONE
Steak House

From June 1st to June 30th

NEW ZEALAND MONTH
A culinary trip to New Zealand

Discover our choice of imported beef from New Zealand (striploin, tenderloin, ribeye and T-Bone...) to match with wines selected from some of the best New Zealand vineyards.

392 Monivong Boulevard
corner St 360
012 900 138

Italian Restaurant
Luna d'autunno
Woodfired
pizzeria

"Great quality even better value"

Welcome to Italy

New Menu • Home made pasta • Menu changes weekly
Wine Garden • Free WiFi

Open Daily
11 am - 11 pm
Free Delivery

Reservation recommended
66 Street 29
(Next to Independence Monument) 023 220 895 / 092 798 781

TELL Restaurant
since 1999

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

Schneider Weisse Wheatbeer

Private Dining Rooms, A/C Restaurant, Terrace

13, Street 90, behind Hotel Le Royal Phnom Penh, Tel: 023 430 650

Chicago Grill Steak House

WE PROVIDE THE BEST USDA BEEF IN TOWN

SOUP SALAD MAIN COURSE

Free WiFi
Free EMB Window Painting
Operation Hours: 11:30AM - 14:30PM
17:30PM - 22:30PM
Contact Number: 023 63 9999 1

Address: #115, St 63, Corner St 214, Sang Kat Beung Reang, Khan Daun Penh, Phnom Penh, Cambodia.
Email: trunkhenn@chicago115.com



downstairs and four private rooms upstairs. Specialises in sushi and tempura, and has Asahi, Kirin and Sapporo beers. Open from 11.30am to 2pm and 5.30pm to 9.30pm. **03 A/C**

Yumi Restaurant, Bar and Grill
29a Street 288,
Tel: 092 163 903

An elegant but inexpensive English run Yakitori restaurant nestled in a quiet street in BKK. Serving top-notch Japanese nibbles, hot and cold sake, plum wine, wine and beer. Don't leave without trying the salt and 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: 23 222 502
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&B. Open 7am to midnight. **02 A/C**

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

thai & pan-asian

Anise Terrace
2C Street 278,
Tel: 023 222 522
Beautiful terrace restaurant serving up South-East Asian cuisine. Does excellent value breakfasts and also sells New Zealand ice cream. Open 6am to 11pm. **02**

Chow
277 Sisowath Quay,
Tel: 023 224 894
Contemporary and sophisticated riverfront restaurant that serves southeast Asian cuisine, a wide range of cocktails, juices and lily coffee. Great place to have a drink during its half-price 4pm to 8pm happy hour. Open 7am to 11pm. **04 A/C**

Kucina Filipina Garden
180 Street 294, Tel: 023 993 219/
099 860 775
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 8am-8pm. Monday - Friday \$3.50 lunch buffet. Every Friday and Saturday serves \$5 dinner buffet from 6:00pm-8:30pm. **01**

Lemongrass
14 Street 130,
Tel: 012 996 707
Elegantly designed Thai-managed restaurant that serves Thai and Khmer cuisine. Aircon with stylish use of heavy wood and artefacts to create a far more luxurious ambience than the reasonable prices would suggest. **02 A/C**

Le Wok
33 Street 178,
Tel: 092 821 857
Light and modern pan-Asian and French eatery with dishes such as prawns with lime and wasabi and Mekong lobster thermidor. Comprehensive wine list and cocktails. Open Daily from 9am to 11pm. **03**

Paratan Restaurant
42 Street 172,
Tel: 012 530 707/011 530 707
Cozy, traditional-style Khmer-Thai restaurant near Wat Saravorn. Set on two floors, the first floor also features a open-air balcony. Open 9am to 1pm, free delivery.

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

Singapore Kitchen
110 Street 360,
Tel: 092 201 304, 017 821 480
Specialising in classic Singapore hawk food, the new improved Kitchen has a more relaxing atmosphere than its previous incarnation. Try the laksas - 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 lily coffee and mix-and-match sandwiches. The interior has a slight retro 70s feel to it and there is a pleasant outside seating area. Open 8am to 8pm. **A/C**

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

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

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

Café Sentiment
64 Monivong Blvd.,
Sovanna Mall, Cnr. Streets 63 & 278
Popular coffee shop chain run by the same Thailais 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 Sothea 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, macarons, 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.

popcafe
DA GIORGIO

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

Lunch: 11:30 am - 2:00 pm
Dinner: 6 pm - 10 pm


Eat in or take away
#371, Sisowath Quay, Next to FCC Tel: 012 562 892



Riverside Bistro
Established since 1996

Live Band's foreign & local
Happy Hour from 4-7pm
Home made Fresh Pasta
All live sports events, 4 TV's
Slate pool table

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



Comme à la Maison
Delicatessen
Restaurant, Deli Shop & Catering

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




EAT MORE FOR LESS!
AT OUR DIMSUM FRIDAYS!

Try our Friday special whole day dimsum offer till 5pm. With order of minimum 8 baskets of freshly steamed dim sum, get a half roasted duck for free.

YI SANG
CHINESE RESTAURANT

GROUND FLOOR OF ALMOND HOTEL
128E, SOTHEAOS BLVD, CORNER OF RUSSIAN EMBASSY
P: +855 23 22 09 22, F: +855 23 22 07 22
manager@almondhotel.com.kh



Ladies first

“Romantic lady, single baby, mmmm sophisticated mama,” Kool and the Gang’s feel-good 1979 jam was a rallying call for all women to hit the bars. Oh yes, it’s Ladies Night. **Mai Lynn Miller Nguyen** discovers how girls can get the ‘feelin’ right in Phnom Penh.

LADIES NIGHTS WERE RULED illegal in the state of California after some men claimed discrimination. In the Penh, we know that gentlemen are the ultimate beneficiaries of female-oriented promotions. It’s a foolproof formula: free, or at least cheap, drinks attract maidens galore, which, in turn, draw the men-folk. It’s the consummate win-win situation. So whether you’re chasing cocktails or chicks, how many ladies nights can you hit up in one week? Follow our guide strategically and it might just be possible to step out to all six.

■ TUESDAY: HIGH SPIRITS

A sophisticated set crosses over Darlin’ Darlin’s red carpet. With double-header Ladies Night Out parties on Tuesdays and Wednesdays, girls have every reason to join them. From 7 to 9pm, cocktails are discounted 50% for female patrons. Throwing back high class Brandy Alexanders and Lychee Martinis, shaken up with fancy flair bartending tricks, is an ideal mid-week indulgence. The models and bottles crowd comes mostly in groups, so it doesn’t seem to be much of a singles scene. However, a house band performing ballads and lights giving off a flattering red glow make for a date-friendly venue.

Darlin’ Darlin’ Club Lounge, Nagaworld on Samdech Techo Hun Sen Park, Open 7pm to 2am.

■ WEDNESDAY: SPREAD YOUR WINGS

Fly Lounge, a gem just off the riverside, offers US\$2 cocktails for the fairer sex all Wednesday night. Generally quiet, it’s the perfect spot for girly chats over beverages. Order the Vodka-based Suzy Wong, and you’ll see the bartender chop pieces of watermelon and squeeze limes to produce a delightfully feminine refreshment. Constantly changing décor makes for a gritty aesthetic that one would expect to find in Brooklyn or Berlin. There



Glow-in-the-dark cocktail anyone?

are several sections to hide away in, but the seat fit for a queen is perched over the swimming pool with a transparent floor to see the water below.

Fly Lounge, 21A Street 148, Open 5pm to 2am.

■ WEDNESDAY: ROCK THE BOAT

Jay Z rapped about all kinds of ladies in “Girls, girls, girls.” He ultimately chose to tie the knot with Beyoncé, so we can assume the kind of girl he likes best of all knows how to get down. Sisters who brush their shoulders off should head to Pontoon on Wednesday nights. DJs spinning Rihanna, Tupac, and, of course, Jay-Z, plus nightlong half-off mixed drinks and beers for girls, means there’s no excuse not to get low on the dance floor. If all that booty shaking works up an appetite, the snack bar offerings include French fries and green mango to rev you up again.

Pontoon Lounge, River at Diamond Island, Open 6pm to 3am.

■ THURSDAY: C’EST CHIC

Boys, take heed. Thursday nights at Saint-Tropez may be your best chance of snagging a lady friend. There’s no need to attempt witty dialogue as house music is blasted at a volume that reduces all hopes for verbal communication. The ritzy décor creates a glam atmosphere and from 9.30pm to 11pm she’s been sipping free Kir Royale, so she’ll be in the mood. Now all a lad has to do is show off his moves. Once you’ve danced your way into her heart, take the gal outside to the Riviera-inspired sandy area and you’ve got a sure way of winning her over—what Miss could resist a long walk on the faux-beach?

Saint-Tropez Lounge, 31 Street 174, Open 9.30am to 11pm.

■ THURSDAY: GIRLS JUST WANNA HAVE FUN

We all know that girls’ nights aren’t just about the cocktails. It’s also about the cocktail dresses.



The gangs all here

Break out your foxiest ensembles for Thursday nights at Riverhouse Lounge. If your garb should pass the “trendy/stylish attire a must” requirement, then complimentary shots await until midnight. Females who travel in a pack of five or more are rewarded additionally with carafes of frozen blue margaritas. Girl power anthems by Madonna and Britney, blended in with a remixed-pop repertoire, make it all the easier to celebrate in style.

Riverhouse Lounge, 6 Street 110, Open 4pm to 2am.

■ THURSDAY: ELEMENTS OF CLUBBING

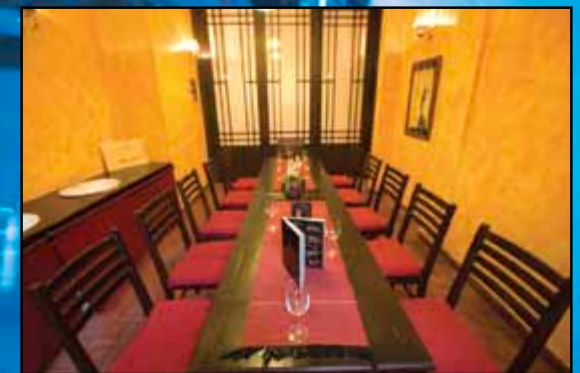
Located towards Pochentong airport, Elements Club is a trek compared to venues offering

ladies nights in the city centre. But where else can you dance between the golden grip of two gigantic hands holding up the ceiling? On Thursdays, a complimentary welcome concoction of passion fruit and vodka, cheekily christened Be My Wife, is enticement for ladies to check out the recently launched establishment. Free shots of “BMW” are also circulated at 11pm, 12am, and 1am. One of the largest, most design-oriented nightlife spaces in the Kingdom, Elements shows that the Cambodian clubbing experience is becoming a force to be reckoned with.

Elements Club, Attwood Business Centre, 57-69 Street 110, Open 6pm to 3am. 📍



Clink! Drink!



Fine Wine Boutique & Tasting Gallery

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



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 andilly 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. **A/C**

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

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

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

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
Aircor 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**

Darren Gall: Bin Wines



THE SECOND ANNUAL Penfolds Day Phnom Penh was recently held at the Inter-continental Hotel, hosted this year by the Australian Business Council of Cambodia and presented by yours truly. It is an opportunity I relish each year as I get to sample, share, dissect and discuss, the latest releases from the most famous winery in Australia. This year's event was an immediate sell-out with a waiting list of hopefuls – unfortunately, limited availability of the Penfolds Icon wines means that available stock is extremely limited, in the case of this year to just six bottles of some.

The release of the Eponymous 'Bin' wine from Penfolds is eagerly anticipated by investors and collectors all over the world, with allocations quickly snapped up – destined for far flung shores, wine investment portfolios, restaurant cellars and even – who'd have thought – for drinking by hedonistic enthusiasts.

The 2010 release of the Penfolds Bin Series was a mixed bag in more ways than one with the release encompassing several vintages. The wines we sampled consisted of vintages 2006, 2007 & 2008, promising a diversity of character beyond mere regional and varietal definitions.

Penfolds sources the fruit for their Bin Series wines from its vast resources of vineyards and growers in the premium wine-grape growing regions of South Australia. The 2006 vintage in South Australia will be remembered for producing some very good wines and as a good to very good vintage overall, but falling short of an excellent rating. Severe frost incidents in some of the cooler climates (Adelaide Hills, Coonawarra), spring rains and disease pressure through to veraison and bursts of extreme heat at harvest in most regions presented challenges to viticulturists and oenologists alike. However, in general good, to very good wines were produced from the vintage.

The Bin 28 Kalimna Shiraz 2006 sampled like a wine with all the idiosyncrasies of the vintage itself, attractive and drinkable on the one hand whilst exotic and individual on the other. The wine exhibits aromas of glazed fruits over concentrated Asian sauces – Dark Soy, Hoi Sin and plum- with hints of mixed peel spice. In the mouth the wine's soft, plush drinkability seeps over the tongue and washes the palate with licorice, sweet plum and dark chocolate flavours before trailing off to fine, soft tannins and cranberry acidity. A real joy to drink now and will reward careful cellaring for another five to eight years.

My least favourite Bin wine has always been the Bin 128 Coonawarra Shiraz – perhaps, because I was part of a winemaking team that made many vintages of Shiraz wines from Coonawarra - but I've always felt it a little bit of an under achievement from a winery that openly states the Barossa Valley as its spiritual home. In this instance, after being confronted with the difficulties of the 2007 harvest, the Bin 128 was nothing if not a promise of better things to come. Although a heat wave at harvest collapsed the vintage and saw many extremely ripe red grapes harvested, overall quality appears to be very good and the wine is plump and juicy, fresh and zesty. With the chance to try the other Bin wines from this vintage next year I would be already trying to book my ticket.

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

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. **A/C**

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

Meta House (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 Buildbright / 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**

No Holds Barred...



Your "Mime" away from Home

50% off Juice

ASIA CLUB
SMALL LEISURE RESORTS

WiFi Free

Address: No. 444A, Corner No. 44A, Monivong Blvd (171), Phnom Penh, Cambodia. Tel: 023 721744, 011 894 288. Website: asiapub.com.kh

OPEN NOW

Asia Garden
yogacenter
lifestyle

Enjoy yoga in serene nature.
Nourish you soul and mind by tranquility.

Use of our swimming pool is free when you take yoga classes.

Address: No. 444A, Corner No. 44A, Monivong Blvd (171), Phnom Penh, Cambodia. Tel: 023 721744, 011 894 288. Website: asiapub.com.kh

Bar Talk: Paddy Rice

Putting a new face on the River Front, Alan Keehan of Paddy Rice shares what it takes to create a bar that's an instant success. Words by Craig Gerard.



ALAN KEEHAN, MANAGER at Paddy Rice, is a three-year veteran of Phnom Penh, and a true jack of all trades. Trained as a dental technician and a carpenter, he has worked in renewable energies and the Irish government. "I like to move around a lot," Alan explains. "I like to have fun." If the new track into the food and beverage industry is at all difficult, the success of the bar does not show this.

A host of top-shelf drinks are available at very reasonable prices. Draft Angkor is US\$0.75 all day. Bushmills and Jameson are proudly served, yet Paddy Rice does not ignore the fine peaty single malts from across the channel. Unfortunately, the patented Guinness Surger unit has been put on hold until a new source of the black nectar can be found. The company that had been distributing the Guinness pulled entirely out of Southeast Asia, so the bar is now looking for a suitable substitute supply. As soon as one is sourced, the near-perfect draft Guinness will be flowing again.

But draft Guinness isn't the only reason to visit Paddy Rice. With three flat screen TVs behind the bar, you can

always find a game worth watching. Additionally, there is a constant flow of live music coming through the venue. "We're hoping to have two live music gigs a week," says Alan. There isn't a shortage of available acts to fill the venue. The Fumes, TJ Brown and Kheltica are just some of the musical acts coming through the bar.

Of course, what's an Irish Pub without food? And Paddy Rice excels in this area. From the crispy beer-battered Fish and Chips (US\$8) to the towering Guinness Steak Pie (US\$8), the kitchen doesn't just churn out pub-grub, "We brought in an executive chef to train the kitchen staff," says Alan. "We want the service to be up to European standards," he notes. "It makes a lasting impression."

The delicious food items may attract people to the bar, but Alan is hoping they return for the ambience. "We're trying to create a neighborhood pub. A place for live music, sports and drinking." And that's exactly what they've done. Paddy Rice is a welcome addition to the River Front bar scene.

Paddy Rice, Corner of Sisowath Quay and Street 136. Tel: 017 773 102.

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. **AVC**

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. **AVC**

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. **AVC**

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. **AVC**

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. **AVC**

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. **AVC**

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. **AVC**

Enjoy a **Green Vespa**
Great British Summer

\$2.50 each

June to September
at the **Green Vespa**

leqay Boutique café & creperie

L'after work

8 5

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

Happy Hour
Monday to Friday / 5 - 8 pm

New Menu

- Sushi
- Minute Steak
- RibEye Steak
- Stir-fried soft shell crab
- Pork Medallion

Corner of Sisowath Quay and Street 110, Phnom Penh - 023 998 730
Discover our menu online: amaraspa.hotelcara.com/cuisino.html

Cocktail of the month: Sex on the Beach

In honour of our theme, this month **Kate Liana and Conor Wall** head out for some... ehem... *Sex on the Beach*.



BORN IN THE 80s, THIS cocktail's origins are shrouded in mystery. Though not too much mystery: Who doesn't love the beach? Or sex? Why not mix those concepts together over ice with some sugary juice and strong booze. Ah, the 80s. What with everyone awash in stock market booms, shoulder pads, bad haircuts, upbeat pop, BMWs and frozen yogurt, we needed a drink that rode the wave of that heady optimism. Tropical vacations were all the rage (those accountants had to let off steam on their two-week vacations), and once the drink was introduced it spread like the clap – er, wildfire.

Tony at Me Mate's Place swears it's popular with

locals and foreigners – especially tourists, despite the lack of a nearby beach. Maybe those guesthouse sheets are a bit sandy... The classic contains vodka, peach schnapps, orange juice, cranberry juice, and a hot, neon, glistening red maraschino cherry, and can be quite addictive. Once Conor, our beer-adoring photographer, got a taste, he couldn't get enough. And it does put one in the mind of hot sand, sweat, near-naked bodies, a fading, crimson sun, a slight breeze off the water that tickles the skin... excuse me, I have to run.

Me Mate's Place, 5 Street 90, Tel. 023 724 432.

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

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

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

gay

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

Classic
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
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, complete with fake beach, deck bar, and a stylised indoors restaurant, 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 barbeque for all, complete with a Cuban ambience. Open 9.30am to late. **A/C**

Studio 182
182 Norodom Boulevard, Tel: 077 777 182
Country's first venue for live jazz music, featuring a quartet performing jazz standards, latin favorites and great soul tracks. The house band, led by US acclaimed female vocalist Ms. Deborah Davis, backed up on drums by Ritchy, upright bass, Angelo and Phil at the piano, finally brings the essence of lounge cool to Phnom Penh nightly. 3 Sets of Fantastic Jazz music at 7:00pm, 9:00pm and 10:30pm **A/C**

Sudoku Answers

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

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

■ INTERMEDIATE LEVEL
EXPERT TIME: 9 MINUTES 46 SECONDS"

- Pub Quiz Answers
- (1) The Housemartins (2) London taxi drivers (3) Under the Arc
 - (4) Poland (5) Talking Heads (6) Snow (7) Winnie-the-Pooh (8) No, Woman, no cry (9) Snow Patrol (10) Dun Laoghaire (11) Red Rum (12) Drew Barrymore (13) Lay preacher (14) Lord Snowdon (15) Prince Norodom Ranariddh (16) Mrs Beeton (17) Gottland (18) Bob Willis (19) Willie Nelson (20) Prince William (21) Twelfth Night, or What You Will (22) Wilma Flintstone (23) Venus Williams (24) Johnnie Wilkinson (25) William McKinley (26) "What'choo talkin' 'bout, Willis?" (27) Wilson

San Miguel
ONE BEER
ONE WORLD OF FRIENDS

ENGLISH PUB & RESTAURANT
Great British Food Served All Day.
Good Music, Great Mixed Drinks, & Some of the Coldest Beer in Town!
#20 Street 178 Tel: 012 970 718
Phnom Penh, Cambodia
Open from 7am!

To be a star tonight
The best Music Lounge in Phnom Penh, Let's Party all night long

Club 88 is the perfect, exclusive Karaoke destination for a night of fun and music. It features a variety of private rooms catering to various party moods. Bring in your group for a fun-filled night of singing and drinking. Discover the star in you and the music that satisfies your soul. Music at its best, especially if you sing it.

NAGAWORLD
CAMBODIA
金界

T: 023 226 222
www.nagaworld.com

3-8pm Happy hour.
Deluxe Room USD \$99 Package.

Open 3pm - 5am 2nd floor Naga World 023 226 222

LIQUOR

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

scrapbook



@Chenla



@National Museum Gallery



@French Cultral Centre



@Sa Sa Gallery



@Chinese House Train Station Party



@Riverhouse Lounge



@Lotus Blanc



@Meta House (new)



@Pontoon

 Silhouettes of people dancing against a blue background with circular patterns.

Your life
our style

elements
club • lounge

Open : Wednesday - Sunday
9:00pm to 3:00am

Attwood Business Center, Ground Floor
Airport Road, Phnom Penh
Mobile : +855 15 703 001
info@elementsclub.net
www.elementsclub.net

kaleidoscope

Freedom to Succeed

From buffalo boy to international artist, Leang Seckon's creativity has taken him far. **Nora Lindstrom** talks to the artist about freedom, success, and future projects.

RECENTLY RETURNED from his first European solo exhibition in London, contemporary artist Leang Seckon is visibly satisfied. With all but three of his artworks from the exhibition entitled *Heavy Skirt* sold, he has reason to. "Success is good," he says, adding that seeing foreign art critics and enthusiasts not only admire but also buy his work was particularly encouraging.

Invited to the UK capital by Asian art specialists Rossi & Rossi, Seckon's exhibition showcased a series of collages and paintings centred around an installation featuring a skeleton in a military uniform. Like all of his work, each piece is autobiographical, the whole exhibition drawing inspiration from an oft-patched skirt his mother used to wear during his childhood during the restless 1970s.

Though Seckon admits to feeling some sadness at seeing his artworks go to foreign homes, he says he never quite loses touch with any of them. "When I have activity, the paintings are dancing," he says.

And activity is certainly something Seckon has. Having grown up in Prey Veng province, he worked as a buffalo boy during his youth, but was always determined to make more of his life. "I didn't want to be the boy on the farm, I wanted to be the boy [I am] today," he says. "I wanted real freedom."

His first attempt to leave home to study in Pursat was unsuccessful. Always an entertainer, his mother was so fond of his singing and storytelling that when he left she would not stop crying. "My mother told my brother to bring me back, she could not live without me," Seckon says.

The initial failed attempt to move on may have been a blessing in disguise, as Seckon eventually enrolled at the Royal University of Fine Arts (RUFA) in Phnom Penh in 1992, completing a degree in plastic arts and later another in fine arts with a focus on design. In 2002,



Hitting the big-time

the year of his graduation, he held his first solo exhibition at Java Café & Gallery.

Seckon calls himself a freedom artist, but for him the term means more than creative freedom. "It's about freedom for life," he says, comparing freedom to a cloud, able to change its form and go anywhere.

For someone who values independence, Seckon's artworks reveal an acute awareness of interconnections. One of his latest pieces links science, the environment, and art, stressing the role of humans, as opposed to gods, in both making and destroying the world. Entitled *The God of the Ricefield*, it was recently exhibited at a groundbreaking contemporary art exhibition at the National Museum. Made using mixed media on canvas, the piece provides a commentary on development in Cambodia, featuring traditional

and religious symbols contrasted with modern symbols and appliances, with an avatar of Angelina Jolie taking centre stage.

Despite his international success, which in addition to the London exhibition includes participating in the fourth Fukuoka Asian Art Triennial in Japan, the ASEAN New Zero Contemporary Art Exchange in Yangon, as well as a solo exhibition in Phuket, Seckon remains a proudly Cambodian artist.

"I look at art in the world, I see pictures in books, and I talk with foreign artists, it's about exchange," he says. "But I don't follow them. I start from original art, from Buddha, from real Cambodia." Many of Seckon's artworks are made using old photographs, well-known Cambodian symbols, and readily available materials. "I take from life and use for art," he says.

It may be the everyday patterns, brands and icons, or

perhaps the personal stories that often accompany his works of art, but unlike many other contemporary Cambodian artists, Seckon has managed to make a name for himself not only among foreigners, but among his compatriots too. "The high people love my art, but the normal people and the people from the countryside they love my art too," he says.

For Seckon, art is not just something to hang on the wall. Also keen on performance art, his work at Fukuoka included creating a 90 metre Khmer dragon, a makara. Among a variety of upcoming projects, Seckon hopes to perform the makara, which needs to be worn by over one hundred people, during this year's water festival. Among the many attractions of the popular national holiday, that will certainly be something to look forward to. ■

Arty Rebellion

Young, determined, and most of all talented, the Stiev Selapak artists' collective is developing into a big player in the Cambodian contemporary arts scene. **Nora Lindstrom** talks to founding members **Lim Sokchanlina** and **Heng Ravuth**.



Changing the art scene

SIX TWENTY-SOMETHING youths, one shared dream: to show that original, contemporary Cambodian art is alive and well, and above all, sells. Established in 2007, the Stiev Selapak collective is a unique group of young artists brought together by a passion for art and determination not to spend their lives duplicating the works of others.

"We wanted to show what young Cambodian artists can do, there is no need to copy," says Lim Sokchanlina (Lina), 23. He argues many of his contemporaries think the only way to earn a living is by replicating traditional art, and thus often end up working at the galleries on street 178 directly opposite their alma mater, the Royal University of Fine Arts (RUFA). Not so Lina, Heng Ravuth, Kong Volland, Khvay Samnang, Vandy Rattana, and Vuth Lyno, six young men who focus on creating new bodies of work exploring a changing Cambodia.

Lina is not an arts graduate, having completed a degree in economics at Norton University before turning to photography. "My themes tend to be about the world, society, and how people are living now," he says. "I focus

on modern themes and issues." Examples of his work include a self-portrait that explores gender and sexual identity issues which recently featured at the 'What a Difference a Difference Makes' exhibition at the National Museum, as well as a series of photographs entitled 'My Motorbike & Me', again with himself appearing in all photos.

Ravuth similarly likes to feature himself in his work. "I want to show my daily life," he says. "I want to connect myself to the subject." A graduate from RUFA, Ravuth switched from painting to photography following a series of workshops with photographer Stephane Janin, during which most of the founding members of Stiev Selapak met.

Ravuth says he wanted to join the arts collective in order to learn and share with the other members. Over the years, a strong bond has developed between him and the others. "We love each other and know each other, our goal is to go together," he says.

To showcase their art, last year Stiev Selapak opened the Sa Sa Art Gallery, which they claim is the first artist-founded and operated gallery in Cambodia. In

addition to hosting exhibitions by the collective as well as visiting artists, the gallery functions as a meeting point for young artists.

Not content with just one space, the dynamic group recently started the Sa Sa Project in the iconic municipal apartments known as the Building on Sothea's Boulevard. Describing it as an experimental space, Lina explains the studio provides residences to young artists whilst simultaneously bringing art into the community through workshops and other events.

"It was a conscious decision to get a space in the Building," he says, acknowledging its history of accommodating artists. "We want to push young artists to express themselves."

In the English press, Stiev Selapak is often translated to "Art Rebels". Lina however explains the word "stiev" has a more dimension in the Khmer language, originally referring to young cows. In reference to people, using the word can even be considered rude. "It means gangster," Lina says, "but it's also used for young people, meaning revolution, or modernity."

Despite their avant-garde attitude, the art rebels have to take the political climate into

We want to push young artists to express themselves.

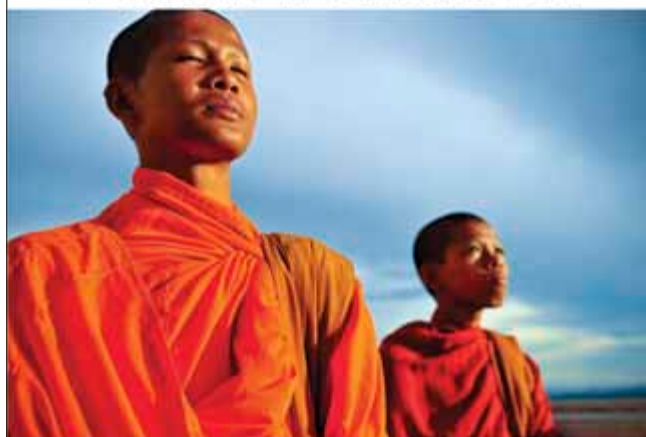
account. Ravuth says he is not interested in making overtly political art, focusing on introspection instead. Lina's subjects on the other hand hold more opinionated overtones, but he recognises the limits to freedom of expression in Cambodia. "I restrict myself, but not so much," he says. "I make critical artworks, but I also keep myself safe. If I was in America, I could fly!"

Though America may not yet be on the map, members of Stiev Selapak are undoubtedly going places. They all have a solid portfolio of work for their age, having exhibited both together and solo at most galleries in town, as well as further afield in Australia, Hong Kong, and Shanghai. Vandy Rattana is currently working in France, while Khvay Samnang is trying out his wings in Japan.

Still, the connection to the collective remains. "We will stay together for a long time," Lina vows. "We help each other reach international levels of art and want to make a network with others internationally."

For more information about upcoming exhibitions and events at Sa Sa Gallery and Project, please visit www.sasaart.info. ■

PHOTOGRAPHIC DAY TRIPS PRIVATE CLASSES



NEW!

NEW SCHEDULES-NEW PRICES
NEW PRIVATE CLASSES

092 526 706

WWW.NATHANHORTONPHOTOGRAPHY.COM



Bui Cong Khanh

J GALLERY

Opening June 22 at JGALLERY
(next to Java Café)

culture

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.

leisure & wellness

Helping Hands

Neck constantly aching? Back injury preventing you from standing fully upright? **Andrew Marriott** offers relief through massage to the Phnom Penh community. **Mai Lynn Miller Nguyen** learns about the benefits of trigger point therapy.

"I'M NOT A MASSEUR," explains Andrew Marriott. "I'm a massage therapist."

A session with Andrew is not a soothing rubdown. Drawing the distinction between massage for relaxation and massage as treatment, Andrew takes the latter approach. Which means some participation, and pain, is involved.

Trained in trigger point therapy, Andrew follows a school of massage that aims to release contraction-prone spots in the muscular system that radiate pain throughout the body. During his two-year course in Australia, Andrew gained a scientific understanding of the human body, even examining the muscles of cadavers to observe the knots that can cause so much grief.

Given how much we slump over our computers, slouch when we walk, and forget everything our mothers ever told us about standing up straight, it's no wonder that physical pain is a part of daily life for many. Muscles that aren't meant to be so strained provoke suffering, and emotional stress also has its impact. We get used to living with discomfort, while optimistically believing that it won't get any more serious.

"What happens is with overuse all it takes is one more thing, one more little thing," observes Andrew. "One fine day, you pick up your son and your back gives, because there's been an accumulation of pressure in the muscles."

An Australian, born in the United Kingdom and partially raised in Ghana, Andrew receives most of his clients by referral from SOS Medical and local doctors serving the expatriate community. In Phnom Penh, a city that draws many who walk on the adventurous side of life, there are plenty of muscles crying out for relief. "We really punish ourselves with all the hiking, the bungee-jumping," says Andrew. "There is a price to pay for that."

A former chef, Andrew came from what he calls a "work, sleep,



Serious Therapy

go back to work" lifestyle. He traded in the sweltering kitchen for a tranquil massage studio, working as a massage therapist for the past 14 years. Three years ago, he relocated from Melbourne to join his wife, a clinical psychologist, in Phnom Penh. Together they created The Mind-Body Practice to address both psychological and physical issues. Located in their home, Andrew's studio is a haven dedicated to wellness. Classical music and opera playing in the background and low, warm lighting creates an ambience of calm. A custom-built massage bed holds court in the centre of the room.

Clients are first presented with a questionnaire covering a basic survey of health and preference questions, including whether deep, firm, or light work is desired. A discussion precedes the massage, allowing him to identify focus areas and achieve insight into possible causes of problems. Andrew can go into detailed explanation of

cause and effect involved in muscular issues, using his collections of charts to illustrate.

The forceful methods of trigger point therapy can hurt. Not that Andrew's massages are agony alone—though his technique of locating and pressing certain sore points can easily draw a few gasps of pain, he follows up with relieving pats that makes it just about bearable. Once circulation is restored to the tight muscles, a feeling of lightness follows.

Treatment doesn't end once the massage session finishes, as Andrew emphasizes the need for his clients to continually practice stretches that he prescribes. He checks in 48 hours later to ensure recovery. The number of necessary treatments depends on the severity of his client's symptoms. Once a problem has been resolved, Andrew recommends upkeep through physical exercise and occasional massage therapy.

"What I do, you can't have it every day," advises Andrew.

"What I recommend, especially after treatment, is to have a massage one time a month. That is enough to get rid of the pressures of the month. If there is a new emerging problem, we can nip it in the bud right then and there."

Sessions are set for a minimum of an hour and a half, up to two and a half hours. Costs range between US\$60 and US\$100, under usual prices for similar procedures in Western countries.

"The best advice, really, is to maintain your muscles," says Andrew. "Movement is life. We just take it for granted that we can wake up and move around. When someone has a problem that they are living with, it means that they are not fully experiencing the quality of life that they are entitled to."

With Andrew's aid, life in Phnom Penh shouldn't have to include chronic aches.

Andrew Marriott, Tel: 092 489 114, available Monday through Friday by appointment only.

អមតាក់-ប៊ីយូតិស្កា
AMATAK BEAUTY SPA

Add: #4, 5723, Brown Park Phnom Penh, Cambodia.
Tel: 023 722 029 / 012 820 496. Web: amatakbeautyspa.com
Email: amatakbe@yahoo.com Open Daily 9:00am - 10:00pm

Get rid of your body's toxins and regain your health & youthfulness using ION Detox. Give your cells a shower!!!
per treatment (30 minutes) \$12

Singapore Parkway Salon
Open 9am to 8pm Monday - Sunday
G15 Parkway Square Shopping Center • 133 Mao Tse Toung
Tel: 023 690 3132 • Cell: +855 16 859 000

Follow the Bib through the World Cup in the Phnom Penh Post each day

The Bib by Mark Bibby Jackson

And online at www.markjacksonwriter.com

leisure & wellness

amusement

Kambol Cart Raceway
Tel: 012 232 332

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

Parkway Square

113 Mao Tse Tung Blvd., Tel: 023 982 928
Ten-pin bowling alley with lanes costing between US\$6 and US\$9 per hour, depending upon the time of day. It also has a 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 Tmao Wildlife Park

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

Sorya Centre

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

Soun Soben

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

Get out of the city for some fun in the sun. Pack your own picnic or enjoy from the full service restaurant. Fishing available with all equipment provided. Also available for Private Party & Functions.

beauty products

Angkor Soap

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

chemists

U-Care Pharmacy

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

Pharmalink

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

classes

Aikido Classes

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

Cambodian Cooking Class

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

dental

European Dental Clinic

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

SOS Dental Clinic

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

education

Khmer School for Expats & Travellers

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

Khmer School of Language

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

My First Khmer

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

gyms

Clark Hatch Fitness Centre

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

Fitness One

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

Paddy's Gym

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

Raffles Amrita Spa

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

Physique Club

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

The Gym at The Place

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

VIP Club

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

hairdressers

Arya Vong Kim

P31 Street Platinum (by Sovanna Mall), Tel: 011 516 575
Professional beauty salon run by French-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

57Ae 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).

Physiotherapy Phnom Penh
General Physiotherapy Practice
Specializing in Manual Therapy, Sports Injuries, Rehabilitation Therapy & Acupuncture (TCM)

Managed by Dutch certified Physiotherapist with longstanding experience in Switzerland

hp: 092 485 593
#57 Street 123, Phnom Penh, Cambodia
Email: dickvanderpoel@hotmail.com

Bringing Yoga to Life since 2004

NAṬARĀJ YOGA

#52 st. 302, BKK1, Phnom Penh 012 250 817 www.yogacambodia.com

Medical Excellence... with International Standard

One of the world's best hospital network
Now cares for Cambodian

First-Rate Services:

- Certified foreign doctors; and Cambodian specialists include general and plastic surgeons, orthopedic surgeons, general practitioner, cardiologist, OB-GYN doctors, internists, pediatricians and anesthesiologist
- Certified foreign nurses and well-trained Cambodian nurses
- 24-hour Paramedic, ambulance stand by
- 24-hour Trauma & emergency services
- Door-to-door visits and hotel calls

Special Facilities:

- Multi-slide CT Scanner
- Digital Radiography (X-ray)
- Digital Ultrasound
- PACS (Picture Archive Computerized System)
- Intensive Care Unit
- Operating Room
- Delivery Room
- 24-hour Laboratory Services

Emergency call : 023 991 000

ROYAL RATTANAK HOSPITAL
Phnom Penh
No.11, Street 592, Boeung Kak 2, Toul Kok.
Tel: (+855) 23 991 000 Fax: (+855) 23 986 992
www.royalrattanakhospital.com

ROYAL ANGKOR INTERNATIONAL HOSPITAL
Siem Reap
National Route #6, Phum Kasekam, Khum Sra Ngea.
Tel: (+855) 63-761-888 Fax: (+855) 63 761 739
www.royalangkorphospital.com

Mental Health: Functional Anxiety

Anxiety is a distressing feeling of uneasiness, apprehension or dread, yet it is actually good for us. Words by Jane Lopacka.



THE FUNCTION OF ANXIETY is to motivate us to prepare for events such as exams, presentations, a romantic date, the resolution of conflict and the likes. Anxiety gives us information about what is and is not good for us. It makes us cautious and stirs us into thinking through issues that are important to us. Anxiety has a protective function, aiming to keep us safe in the face of real or perceived threat. It is supposed to feel uncomfortable – that discomfort giving us energy and motivation for action. We need to listen to it, and we ignore it at our peril.

Anxiety is often associated with tightness in the chest and throat, sinking feelings in the abdomen, dizziness or light headedness, skin pallor, sweating or flushing, increased heart rate and muscle tension.

Many complex psychological conditions are anxiety related, generally due to excessive anxiety. This is when anxiety surpasses the functional stage. Obsessive compulsive disorder, generalized anxiety disorder, post traumatic stress disorder and depression are just a few of the more serious affects of anxiety.

An example of functional anxiety is when you are walking along a quiet street and sense that someone is following you. You look around and yes, someone is a few paces behind you. Your heart begins to beat faster, your thinking functions become sharper, more blood is supplied to your muscles and you get

ready for flight or fight. When the person behind you turns into their own house, you breathe a sigh of relief and return to normal, or you might remain on high alert until you get home to a safe place. If, however, your anxiety remains elevated and you remain on high alert for the rest of the day or night then you are moving into excessive anxiety.

For some people once their anxiety is triggered it can persist for days and weeks, leading to problems of poor concentration, sleep disturbance, hyper-vigilance, irritability, physical conditions such as diarrhea, poor appetite, trembling, headaches and other aches and pains, nausea and so on. Excessive anxiety is a sign that there are unresolved underlying issues that are probably rooted in the past and the only way to resolve them is to figure out where they stem from. This can be difficult to do on our own and it might help to talk to someone who is objective and supportive.

Prolonged anxiety affects every area of life – social, emotional, physical, spiritual and intellectual. It affects relationships, work performance and one's inner sense of self.

Jane Lopacka is director of the Phnom Penh Counseling Centre. 13 Street 420, Phnom Penh. Tel. 023 218 974, 092 700 910 ppcc@ppcounseling.org. www.ppcounseling.org. When choosing a counsellor, always check out their professional credentials. ☑

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.royalrattankhospital.com
A Thai owned and run Private Hospital with extensive services that strives to provide high standard and quality medical care by professional care team.

optics

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

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

pools

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

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

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

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

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

The Club at Northbridge
1km off National Road 4, 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.amaraspa.hotelcara.com
A unique & comprehensive Day Spa providing a wide selection of facials, body massages and treatments; arranged into four storey sophisticated modern facility. Open from 11am to 11pm.

Amatak Beauty 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 formerly worked at Raffles Hotel Le Royal. Spa training from Japan. We also provide lessons for those interested in learning spa techniques. 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-Rx products, soft tissue augmentation, minor dermatologic surgery, antioxidant boosters, chemical peeling, and lipolysis, as well as beauty treatments.

Dermal Spa
4C Street 57, Tel: 012 222 898
Spa offering beauty salon, foot massage and body massage services. Specialises in dermalogica skin and beauty products. Open 9am to 10.30pm

EL Skin and Wellness Centre
115E0 Street 109, Tel: 012 681 948
New salon that uses Dermalogica, L'Oréal, Jane Iredale and OPI products for a variety of face and body treatments. Professional, relaxed ambience, and oppor-

Beauty Spot: In Style

THE BEAUTIFUL, CALM premises of recently relocated In Style spa are in stark contrast to the busy Psar Thmei streets outside. High ceilings and tastefully decorated rooms immediately set you at ease – it is evident the owners of this place know what they are doing.

Using all natural products imported from Bali, In Style sports an extensive menu of treatments. The US\$13 treatment for cracked heels is very popular, as are waxing services. Staff at In Style are in fact known for their adeptness at hair removal, using Spanish Depilève wax for tough hair, and a mix of sugar and honey made on the premises for softer hair. A complete treatment, including full leg, bikini, and armpit waxes, will set you back US\$33.

The extensive menu of natural scrubs includes a seaweed scrub (US\$24). Seaweed is said to have detoxifying



qualities due to its ability to rid the body of toxins and heavy metals. The treatment involves the therapist massaging a chalk-like concoction of dried seaweed powder mixed with a bit of water onto your skin, after which you are whisked off to a herbal steam room. Not so much of a scrub as a rub, the

treatment does nevertheless leave your skin feeling smooth.

If you remain unsure of whether any detoxing occurred, up the effects with a detox spritz cocktail (US\$2.50) while relaxing afterwards. A mix of pomelo, mango, and tonic water made fresh on the premises, the drink forms

part of an extensive menu of healthy fruit and vegetable juices and smoothies.

Finally, for something quite out the ordinary, go for the honey treatment (US\$35). Essentially a massage conducted using honey, the treatment is administered on special beds below what staff call "laying showers". These are a row of showerheads resembling small lights located above two adjacent beds, used for showering in situ after the massage. A séance in the herbal steam room follows, as well as quick stint in the bath.

Though In Style's new location lacks the garden setting the spa previously sported, the establishment has retained its quality treatments and relaxed ambiance. Five years on, it remains a definite contender in the ever-developing Phnom Penh spa scene.

In Style, 5 Street 51, Tel: 012 909 747, 023 214 621. Open 9am to 9pm. ☑



ជីវម៉ា-វែរ មន្ទីរព្យាបាល និងថែរក្សាស្បែក
DERMA-CARE SKIN CLINIC

Our Services

- ▶ Dermatologists / Consultation of Skin Diseases
- ▶ Derma-Rx  product available (Acne, Melasma and Skin Rejuvenation)
- ▶ Wrinkle Face Treatment "Botox Injection - Allergan"
- ▶ Soft Tissue Augmentation "Filler - Restylane and Teosyal"
- ▶ Anti-Oxidant Booster
- ▶ Whitening Treatment
- ▶ CO2 Laser
- ▶ IPL Laser
- ▶ Intracel Laser
- ▶ Radio Frequency
- ▶ Dermatologic Surgery
- ▶ Hair & Nail Diseases Treatment
- ▶ Chemical Peeling & Skin Rejuvenation
- ▶ Acne Scars & Pore Treatment "Dermal Roller"
- ▶ Lipolysis "Mesotherapy"
- ▶ Slimming & Weight Loss Program
- ▶ Spa Treatment
- ▶ Facial
- ▶ Manicure/Pedicure and Paraffin Treatment "O.P.I"
- ▶ Waxing "LYCON"

023 217 092, 016 900 828, 017 719 693
#161B Norodom Blvd., BKK I,
Khan Chamkarmorn, Phnom Penh



Free Skin Consult Every Mon. & Tue. ☑

Mosquito borne diseases

*The humble mosquito – at best an annoyance, at worst a disseminator of deadly disease: the “tiny assassin.” * Hardly a day goes by here without a potentially dangerous liason.*

IT HAPPENS IN AN INSTANT, a momentary lapse...a slight tingle...you look...damn!...a week later your temperature is 39, you are confined to bed and begging for this to end. The doctor tells you have dengue fever and the next week is hell.

There are many other mosquito borne diseases in Cambodia. These include Dengue, Malaria, Japanese encephalitis and Chikungunya. The consequences of all of these diseases can be severe, sometimes life threatening.

The key elements to preventing mosquito bites are light clothing covering exposed skin, DEET containing mosquito repellent which comes in cream or spray, having fly screens or keeping windows and doors closed and having no still water around the house. UV attractors which electrify or suck in mosquitoes are available in Cambodia but can be pricey. You may also consider having your house fogged on a weekly or fortnightly basis to prevent excessive mosquito breeding. A vaccine is available for Japanese encephalitis and medication exists to prevent malaria but not Dengue nor Chikungunya.

It is useful to know your mosquito. Dengue mosquitoes tend to be large, slow flyers and are found during the day. They tend also to be a mosquito of urban environ-



ments. This is one reason the scourge of dengue fever has proliferated in rapidly urbanising Asia. Those that carry malaria are mostly found in rural areas (Phnom Penh, Siem Reap and the temples of Angkor are basically malaria free). Biting tends to occur at night. Japanese encephalitis is ubiquitous.

Fever and fatigue without much else are the key symptoms to be aware of. Joint pain may be pronounced in Chikungunya. It's extremely important you present to your doctor early as possible to exclude other causes and initiate treatment if neces-

sary. Diagnosis tends to be relatively straightforward with dengue and malaria – a simple blood test in most cases, though Japanese encephalitis can be more difficult. Treatment will almost certainly be intravenous fluids and regular blood tests and antimalarial medication for malaria – beware of resistance particularly in Western Cambodia. In some cases, if your blood starts not to clot properly or your blood pressure gets too low (so called ‘shock’) you may be forced to be hospitalised in Thailand or Singapore to receive appropriate tertiary care.

**Cambodia recorded 83,217 malaria cases in 2009, up from 58,887 in 2008 (41% increase) after a steep drop in the number of cases over the past several years. Of these 279 people died in 2009 compared to 209 in 2008. Almost 20,000 cases of Dengue were recorded in 2009 with several hundred deaths.*

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

tunity 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

Ball Hockey

If you are interested in playing hockey in Phnom Penh, it happens at 7pm every Thursday night at City Villa, corner of st 360 and st 71. Contact Peter for info: peterloucks@ispp.edu.kh 012 913 43

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. 📧

European Dental Clinic
160A Norodom, Phnom Penh
Total Dental Care
Implant (Straumann, Switzerland)
Orthodontic Treatment

Eric Le Guen (Fr)	Dentist
Deborah Moore (UK)	Dentist
Penh Channarith (Kh)	Dentist
Angela Clifford (Aus)	Hygienist
Philippe Guibert (Fr)	Technician

**Open Monday to Saturday
Appointment & Enquiry
023 211 363 / 012 893 174**

Emergency
092 804 471
012 986 024

eurodentalcli@online.com.kh
photo: <http://www.mt3.com>

“Discover the ultimate combination of traditional Khmer and Asian therapies”

Unique and comprehensive Day Spa providing a friendly atmosphere for individuals and couples offering a wide selection of massages, facial and body treatments.

Amara Spa

amaraspa.hotelcara.com
Corner of Sisowath Quay & St.110 | 023 999 730 | Phnom Penh, Cambodia

Spatacular.
Villa #1, St. 282, BKK 1, At the west of Wat Langkar.
Call: 017 79 11 86 / 023 727 158.
Open Daily: 10 a.m. till 10 p.m.

sayana rumdul spa
THE PERFECT PLACE FOR SERENITY

Daughters
Bringing freedom to victims of sex-trafficking in Cambodia

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

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

next generation

It takes a village to raise a child

This year, Friends International marks its 15th anniversary of providing protection and positive opportunities for kids. Founder **Sébastien Marot** talks to **Mai Lynn Miller Nguyen** about how the ChildSafe Network is getting the community involved.

YOU'RE SITTING ALONG the riverside, when suddenly a skinny little girl approaches you. She might not say a word, but she nudges the tray of books she carries closer to you. Her clothes are tattered and her feet are bare. What should you do?

"The natural tendency is to feel pity and buy whatever they have to offer," says Sébastien Marot, international coordinator and a co-founder of Friends International.

"The consequence is that you are maintaining the kids where they are. It's paving the way for abuse now, and further abuse later. Eight years old, in the middle of the night selling flowers is never a good idea. Then, when she hits fifteen, she hasn't been to school, and she has no skills. What's left?"

For the past 15 years, Friends has made caring for marginalized children its mission. One of Friends' initiatives is the ChildSafe Network. Launched in 2005, ChildSafe empowers members of society to protect urban children and youth from all forms of abuse. Initially created in Phnom Penh, implemented by Mith Samlanh, the network has now extended across the world.

Friends initially developed an alliance of NGOs and government agencies committed to helping children, but perceived that creating safe environments needs wider participation. Sébastien says, "We realized that we were forgetting the most important partners we could have in protecting children—the community."

The ChildSafe Network invokes societal responsibility. When people asked Sébastien what Friends would do for children they'd observed as needing help, he asked them what they themselves were doing. "It's not because they don't care," explains Sébastien. "When you don't know what to do, you turn a blind eye to a situation."

Taxi, tuktuk and motorcycle drivers made up the first group to receive tailored training in how to recognize and respond to children



Hand outs don't help in the long run

at risk. As ChildSafe members, their pledges include looking out for kids who are sick or hurt, transporting those who need assistance, and refusing to aid customers who are exploiting children.

The network now also works with staff from selected hotels, restaurants, and travel agencies, among other businesses identified as having close contact with children at risk or the people who may potentially harm them. ChildSafe forces people to consider how their behaviour can have either positive or negative impact.

Network members must comply with ongoing training, monitoring, and evaluation in order to keep their ChildSafe status. Members are not paid to participate. Instead, the network relies on its social marketing techniques to create further incentives for membership. Increased visibility for ChildSafe tends to raise the income of its members.

The ChildSafe hotline allows callers to report any situation in which children need intervention. The referral system relays details to the relevant organisations and services, or

dispatches its emergency team if the partners cannot take immediate action.

Besides programs focused on residents of Cambodia, ChildSafe has also devised tips for travellers. Orphanage tourism is the subject of its upcoming campaign, but the most prominent challenge continues to be child vendors. If children are more likely to generate income for the family, parents can start to rely on their labour—it's an effective business strategy.

"People will do crazy things in order to get your pity," remarks Sébastien. "I've had to take babies away from mothers who were starving them on purpose to make money. It is so frustrating. I see these people give money and I know that the mother is going to continue this, despite everything that we are doing."

ChildSafe is trying to break that system. Sébastien remarks that there are several NGO and government projects in Cambodia that offer assistance to children and families. However, children are less convinced to accept these services

and work towards a better future when they know how selling or begging brings in easy money.

"Stop buying from children," says Sébastien. "It works because you buy. Instead, support the adults to support the children, not the children to support the adults."

How else can you assist ChildSafe? One way to reinforce the network is by giving your business to people and places declared as ChildSafe. Get involved; contribute to organisations and services that help children and families. Take action if you see children who are being mistreated or are vulnerable to future abuse. The easiest response is to report the situation to the hotline.

Last but not least, spread the word. Everyone plays a role in protecting children, including you. As Sébastien says, "This is something that you start."

ChildSafe Network. For more information see www.childsafe-international.org. Report children in danger: **Phnom Penh Hotline 012 311 112, Siem Reap Hotline 017 358 758, Sihanoukville Hotline 012 478 100.**

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.

shopping & fashion

Sex Sells for less than \$16.00



■ SWEATER - 2000 RIEL
JEANS-10,000 RIEL
TOP - 500 RIEL
SKIRT - 1000 RIEL



■ SWEATER - 1500 RIEL
JEANS-10,000 RIEL
TOP-500 RIEL
SHIRT-1000 RIEL
SKIRT-1000 RIEL



■ SWEATER - 1500 RIEL
SHORTS - 1000 RIEL
SHIRT - 500 RIEL
SKIRT - 500 RIEL

ALL CLOTHES FROM JAPANESE THRIFT STORE
(NORTH OF WAT PHNOM)

CREDITS:
ART DIRECTION & PHOTOGRAPHY BY JAMES GRANT
(SLIK PHOTOGRAPHY-JAMESGRANTPHOTO.COM)
STYLING BY CATRIONA MCLOUGHLIN
A SPECIAL THANKS TO OUR MODELS.

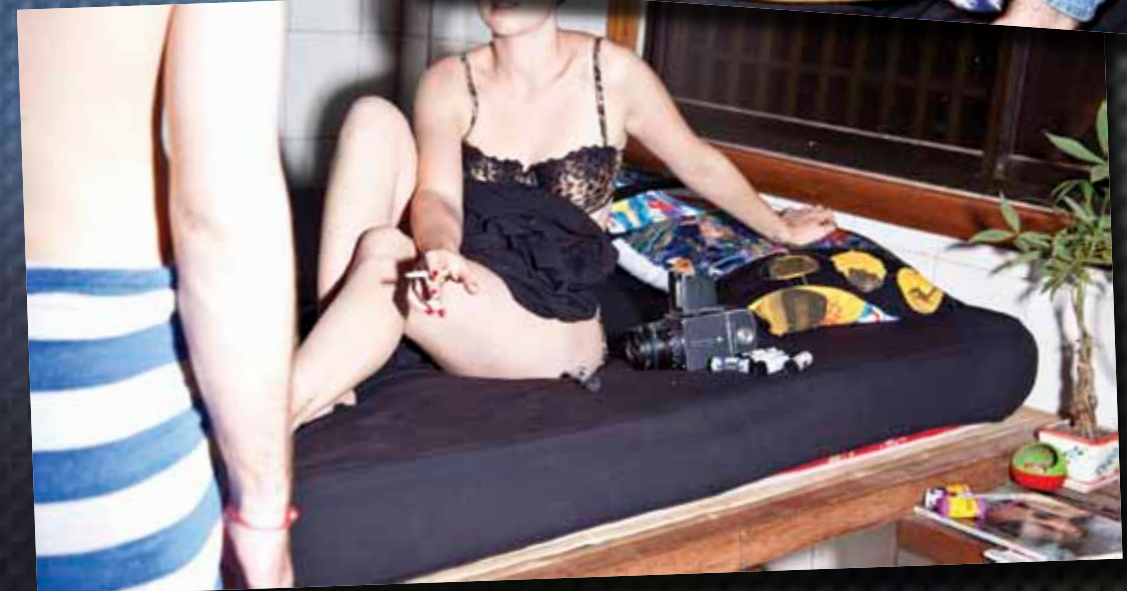


■ SWEATER - 2000 RIEL
SHORTS - 4000 RIEL
T SHIRT - 500 RIEL
SHORTS - 500 RIEL



■ DUNGAREES - 12,000 RIEL
DENIM SHIRT - 1000 RIEL
UNDERWEAR - 500 RIEL

■ TOWEL - 10,000 RIEL
UNDERWEAR - MODELS OWN



Shop Talk: Good Values

Quality, creativity, and conscientiousness converge at the National Centre of Disabled Persons shop. Supervisor **Ven Kanha** gives **Mai Lynn Miller Nguyen** a tour.

A WONDERLAND OF Cambodian handicrafts sits on the corner of Norodom and Russian Boulevards. The colourful medley of wares, including silk handbags, coconut bowls, and animal-shaped ornaments, makes for some of the city's finest gift shopping.

Beads covered in vibrant-hued silk (US\$5.55) for your sister? An ornately carved wooden lamp (US\$18.50) for your parents? Some items may be classic designs found throughout Cambodia. Others are unique, such as a green silk purse with a pink rosette (US\$11) and a red striped bag (US\$13.28), which are among the store's most popular items.

"There are two reasons why people buy from our shop," observes Ven Kanha, shop supervisor. "First, these are handmade handicrafts, using very good Cambodian silk. Second, it is helping persons with disabilities."

All goods sold in the shop are created by people living with disabilities. Part of the National Centre of Disabled Persons (NCDP), the shop is among several projects aimed at providing opportunities and services for handicapped people.

Created in 1995 under the patronage of the Ministry of Social Affairs, with the support of international donors, the Cambodian-run NGOs mission is to enable persons with disabilities with the means to achieve their potential, participate in Cambodian society, and better their standard of living.

According to a 2004 survey, approximately 4.7 percent of Cambodians are disabled. Landmines are one cause, as well as polio, birth disorders, and traffic accidents. People with disabilities commonly encounter discrimination and become isolated from their communities, particularly in rural areas. In Phnom Penh, where awareness-raising efforts are greater, disabilities are becoming more accepted.

"People are changing their minds," Kanha remarks.

With the Retail Outlet Project, NCDP promotes skill building



Ven Kanha gives you a good reason to shop

and personal initiative. The shop functions as a retail outlet for the goods made by their producers. NCDP pays fair remuneration for their merchandise that allows producers to support themselves and their families.

One of Kanha's responsibilities is quality control. She makes frequent visits to the NCDP workshop, located near Pochentong airport, to inspect the newly assembled goods. Only approved handicrafts are brought to the shop, exported to buyers abroad, or sent to the ten consignment shops throughout the country.

The workshop outside of Phnom Penh is the main base, with additional manufacturers throughout the country also supplying goods. Producers are selected from a database of disabled persons and, if interested in learning craftwork, participate in counselling and discussion before training in handicraft pro-

duction. Inclusion of women and landmine victims is emphasized.

"We are helping disabled people," explains Kanha. "We want to make sure they can support themselves."

Most products utilise silk, which is purchased from weavers with disabilities. Patterns and styles are overseen by a designer at the workshop, though the producers can also contribute artistic input and submit their own compositions. Clients also have the possibility to place custom orders.

Kanha has been working with NCDP since 2006. After a traffic accident left her leg disabled, an NCDP job referral program placed her as a volunteer in its finance department. She was eventually promoted to a seller role, and then obtained her current position. Outside of the shop, she is also pursuing a bachelor's degree in accounting.

An average day for Kanha begins with attacking her

e-mail correspondence. She is in charge of communicating with customers and handling item requests. The shop exports a significant quantity of its output, counting stores in the U.S. and Australia among its regular clientele.

As purchases start to pick up, the shop moves toward its goal of complete self-financing. The plan is for income from sales to eventually sustain some of the NCDP's other initiatives. For the people with disabilities who have learned the skills to produce and currently earn their livelihoods from sales, the shop is already making a difference.

"I am very proud of the work of people with disabilities," says Kanha. Credit should certainly also be given to Kanha for all her vital contributions to the project.

National Centre of Disabled Persons Gift Shop, 3 Norodom Blvd., Tel. 023 210 140, Open daily from 8am 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.

books & cds

Carnets d'Asie
French Cultural Centre (FCC)
218 Street 184, Tel: 012 799 959
French-language bookshop that has sections on Cambodia and Asia as well as general fiction. Good range of French magazines and newspapers. Open from 8am to 8pm (closed Sundays and holidays).

D's Books
12E Street 178 & 79 Street 240
Tel: 092 675 629
Over 20,000 copies. Most are second-hand, but some are originals. Heavy emphasis on best sellers, National Geographic past-issues and travel books. Open 9am to 9pm.

Monument Books
111 Norodom Blvd., Tel: 023 217 617
Extensive range of new English-language books in town including recent releases and sections on Asia, Cambodia, travel, cuisine, design and management. Good children's section as well as a wide choice of magazines and newspapers. Open from 7.30am to 8pm.

Open Book
41Eo Street 240
A welcoming reading room open to anyone to drop in, with a good range of children's books in English, French and Khmer. Apart from the library books, there's a range of illustrated children's books in multiple languages for sale. You may need to ask a staff member for assistance, as the books for sale are locked in a cupboard.

crafts & furniture

Artisans D'Angkor
Craft Centre Tel: 063 963 330
Silk Farm Tel: 063 380 375
Specialising in stone and wood carving, lacquering and silk paintings. All items are hand made by the students at the training centre. Both the training centre and the silk farm are open to the public for tours and workshops.

Bazar Art de Vivre
28 Sihanouk Boulevard, Tel: 012 776 492
Elegant furniture and home fittings shop that specialises in antique furniture, furnishings by Bloom Atelier and Cambodian silks. French-Vietnamese owner Mai also specialises in calligraphy and design. Open from 9am to 6pm (closed Sunday).

Beyond Interiors
14e Street 306, Tel: 023 987 840
This interior design showroom, managed

by Australian designer Bronwyn Blue, can provide the ultimate design solution to your interior dilemma. All products from Thailand, Vietnam, Indonesia and Cambodia are made with travel in mind and have been treated to withstand any climate. Open 7 days, 9am to 7pm

Chez l'Artisan
42D Street 178, Tel: 012 869 634
Quaint shop with high-quality wooden furniture and lampshades that also produces made-to-measure goods on request. Just make sure you don't trip over the dog on the way in. Open from 10am to 6pm.

I Ching Decor
85 Sothea Blvd., Tel: 023 220 873
www.ichingdecor.com
Boutique interior design shop offering advice on architectural work and interior design, as well as providing custom-made furniture, home accessories, kitchenware, lighting and bedroom suites.

Le Rit's
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

Home Decoration, Bed & Table Linen, Curtains.
Women, Kids & Men's Collections.
"Special Orders".

Open Tuesday - Sunday 10am - 7pm - Corners 51 & 105 (entry str 51 - 1st floor)



www.couleursd'asie.net
#33, Street 240 - Phnom Penh
Tel./Fax 855 23 221 075 . info@couleursd'asie.net

COULEURS D'ASIE

GIFTS . HOME DECO
SILK COLLECTIONS
SPECIAL ORDERS

I Ching Decor

Furniture, Interior Design, Architecture

RETAIL • ON ORDER • DESIGN & BUILD #85 Sothea Blvd tel : 023.220.873 / 092.660.746 ichingdecor@online.com.kh

22B ST 278 PHNOM PENH
TEL: 017 755964

ZOCO
CLOTHES

CLOTHES THAT YOU WANT TO WEAR

SMATERIA

HAND MADE
BAGS & ACCESSORIES

#08EO, Str. 57, Phnom Penh, 023 211701
#7, Str. 178, Phnom Penh, 023 214720
The Alley West, Siem Reap, 063964343
email: jennifer@smateria.com
website: www.smateria.com

**Hidden Treasures
Silk & Antique**

9EO, 148, Sangkat Kandal Market, Khan Daun Penh
Phone: 012 717 212
E-mail: asiaartsnantiques@yahoo.com
www.asiaartsnantiques.com

VISA MasterCard

Best Kept Secret: Taken' it to Mom's

Is that dirty clothes pile growing fouler than the Steng Meanchey dump? Bring 'em to Mom. No, not like back in your college days. Craig Gerard digs through the dirty laundry.



PHNOM PENH IS ONE of those cities that offers almost anything, as long as you know where to look. Laundry services definitely fall into the "difficult to find" category, especially if you don't want to pay a sleeve and a pant leg for cleaning your clothes. Without Laundromats on every corner, those lacking a washer/dryer either scrub by hand, pay someone else to do it, or have a hard time making friends because of their stinky clothes.

Solution: Mom's Laundry Service. Though their location two blocks south of the Russian Market may not be close to everyone, the pick up and drop off service is certainly convenient for all. You can save 10% by dropping off and picking up yourself, but with reasonable prices, the delivery is definitely worthwhile.

Prices are not cheap, but certainly fair: Jeans US\$1.00, Trousers US\$0.75, Skirts US\$0.50, Dress US\$2.00, T-Shirt US\$0.50, Blouse/Shirts US\$0.75, Bed

Linen (Set) US\$3.00, Blanket US\$1.50. For about half the cost of washing, you can have each of the items ironed as well.

Your laundry will be returned to you, clean, folded, and wrapped in plastic or hung on hangers (your choice) within about 24 hours. If you are in a hurry, you can opt for Express Service and have your clothes returned within four hours by adding a 50% surcharge. Ms. Yan, who handles the customer service end of the business, has impeccable English. And your clothes really do come smelling just like your mom did your laundry (if your mom used Thai laundry detergent that is).

With a straightforward, easy to use laundry option now available, "I'm doing my laundry," is no longer a good excuse for why you can't go out. So live it up, and don't worry if you spill a little mustard on your shirt. Mom will get it out.

Mom's Laundry Service, 76 Street 456, Tel. 012 979 386.

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

Sapors
11 Street 59, Tel: 012 900 470
Modelling agency, training school for housekeeping, as well as a beauty training school.

Smateria
8EO Street 57, Tel: 012 647 061
Boutique specialising in accessories made from recycled materials including a range of bags and wallets made from old fruit juice cartons, plastic bags and mosquito nets.

Spicy Green Mango
4a Street 278 Tel: 012-915-968

29 Street 178 Tel: 023-215-017
Now open in two locations, designer Anya Weis offers a very different style of clothing to any other shop in Phnom Penh with imaginative, colourful skirts, trousers, t-shirts, belts and shoes.

Subtly
43 Street 240
Up-market boutique selling Cambodian handmade women's clothes, scarves, shoes, bags and other accessories in contemporary and interesting designs. Run by French-born Sandrine and Indian Cinni, the Subtly collection combines class with colour. Chillikids children's clothing is also stocked at the shop. Open 9am to 7pm.

Sweet Soul
35E Street 288, Tel: 023 307 685
Funky hip hop boutique stocking original brand clothes and accessories, including Sean John, Rocawear and Supra. Mainly for men, though some clothes for women too. One of a kind in the capital. Open 10am to 7pm

Threads
56 E1 Sihanouk Boulevard (behind Java Café), Tel: 012 768 248
Unisex boutique tucked away behind Java Café that sells the designs of owner Linda.

Wanderlust
21 Street 240, Tel: 023 221 982
Fantastic 100% cotton clothing by Elizabeth Kiestler 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.

OROROSSO
urban style for global people

NEW

Exclusive t-shirts
made from
'ROMA COTTON'

Segreti di Ororosso
discover the secret

Summer
Collection 2010

OUT NOW!

www.ororosso.asia

Bangkok Post

IS BACK

IN OUR STORES AND ALSO AVAILABLE ON SUBSCRIPTION

We also have exclusive
subscription rate to

The Economist

From business to politics, technology to the arts, The Economist is renowned for its breadth of coverage and sharp, entertaining analysis. Get an international perspective and an independent view on the events shaping our world.

Monument Books

Monument Books offers a large selection of French and International magazines & newspapers, in both Phnom Penh & Siem Reap.
For more information call: **012 333 966**, or email us at **mp@monument-books.com**

we don't just say **BEYOND** ...we live it.

beyond interiors

Visit our showroom at: #14 st.306 BKK1 www.beyondinteriors.biz P: 855 23.987.840 HP: 855 12.930.332

We stock lingerie for every body.

Maternity to Sports | Strapless to Sexy
Just for Teenagers
A cup to J cup | S to XL

We've got you covered!



#46, St 322, BKK1
(between 51 & 57)
Open 10am - 7pm
Closed Mondays
Ph 023 996 664
092 574 342



Jasmine Boutique

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

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

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

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 Yei. 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.couleursdaside.net
Shop selling French-designed silk & linen bags, scarves, cushions, pillow cases & quilts. Has a selection of soaps and bath salts from Senteurs d'Angkor, Amata beauty products & Eric Raisina's unique textiles and clothing. Open Mon.-Sat. 9am to 7pm, Sun. 9am to 3pm.

Friends 'n' Stuff

215 Street 13, Tel: 012 955 722
Colourful shop with unique products 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.

Sobhanna Boutique

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

Swatch

128 Sihanouk Boulevard, Tel: 023 222 070
Authorised retailer of famous Swiss Swatch watches. Stocks everything from fun, colourful, kids' ranges to chic, jewellery-like timepieces. Open 9am to 7pm.

Wine

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

Open Wine

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

Quarto Products

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

Red Apron

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

the insider

The Problem with Power

Are you overpaying for power? Are you paying for someone else's electricity? **Craig Gerard** digs deeper into the confusing jumble of kilowatts in the Penh.



ASK FIVE PENHITES HOW much they pay for electricity and you are bound to get six different answers. It seems that prices per kilowatt fluctuate as much as the Mekong. So what is the right price? That depends...

First thing to know is there are two pricing structures for electricity, the local price and the expat price. As you may guess, the local price is cheaper, coming in at 780 Riel per kilowatt-hour. The expat price comes in at 890 Riel per kilowatt-hour. For those who have an account directly with Phnom Penh's electricity supplier, Electricite Du Cambodge (EDC), your bill should come directly to you and be fairly straightforward. For those that pay the landlord, the story becomes a little murkier.

Some landlords pay and charge at the local rate. This is good. Some landlords pay the local rate,

but charge the expat rate. This is not ideal. Some landlords pay the local rate and charge more than the expat rate. This is bad.

So how much are people over paying? The average is around 1,000 Riel per kilowatt-hour, but some go as high as 1,500 Riel per kilowatt-hour. Now, before you break your lease and start cursing your landlord, there may be other factors to consider. Electricity in some parts of the city is charged at a premium. Some apartment buildings share meters between apartments. And sometimes you are billed for what happened last year during the same month, if someone is too lazy to check the meter every month. If you think you are being over charged, speak with your landlord - but do it calmly, with a smile. The smile is very important.

Overpaying per kilowatt isn't the only power problem worth

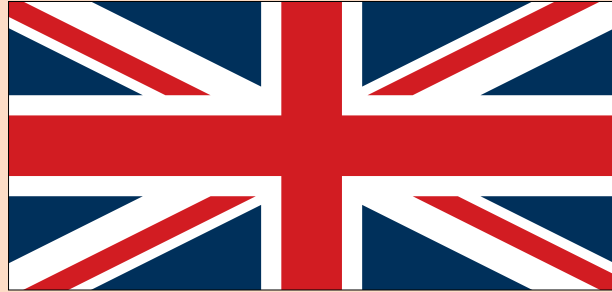
considering. Go look outside your house or apartment. Do you see the huge jumble of wires going every which way? Can you figure out which wire goes to your house? That jumble makes it fairly easy for a neighbor to come along and nick your power. While sweating in the July heat, you may be paying for someone else's air-con. Roughly two million people live in Phnom Penh, yet according to the EDC website, their total number of customers in 2008 was only 211,680. So not everyone receiving electricity has an account with EDC. If you suspect someone is nicking your power, unplug (not just turn off) all of your appliances and turn off your hot water heater and lights, then look at the meter. If it is still spinning,

most likely someone else has cut into your supply.

One final piece of advice: if you do pay your bills directly to the electric company, do not lapse and pay your bill late. It is a mass of bureaucratic tape to get it turned back on. You have to pay the bill plus the late fee. Then, after you pay, one department in the EDC hand carries a piece of paper to another department who flips the switch back on. In most cases, the process is smoother if you have a Khmer speaking emissary go to the EDC to oversee this handover process. Otherwise, it could take days, weeks, months...

Most expats consider electricity expensive in Phnom Penh. However, this may also be a good thing. If high rates make us use less electricity, then in a small way, that is better for the environment. 🌱

Trevor Keidan: Three Cheers for UK Property!



ACCORDING TO INTERNATIONAL property investment company St David Property now might well be the time to start thinking about a 'pied a terre' or a two-bedroom flat in central London. After all the market could well be within 10% of its bottom, the company claims.

St David Property, who specialize in buying investment properties in the United Kingdom, Hong Kong, Australia and the United States were recently here in Phnom Penh to conduct a property investment seminar. The property specialists were invited to conduct the seminar by us at Infinity Financial Solutions.

About 50 people were in attendance and they all had one thing in common – an interest in property as an investment. In fact one of the points that St David Property Managing Director Tony Davies was at pains to stress

before he even began the talk was that investment properties are NOT homes – they are investments. Davies went on to say that the property market in the United Kingdom was looking extremely attractive right now.

"The United Kingdom has a growing population and a shortfall of houses coming on to the market", Davies said. "As such there will be a steady demand and renting or selling your property should not be difficult."

So, if you like property and you want to invest, then perhaps this is the time and London is the place. After all, recent reports in the British press appear to back up Davies' claims. According to some British newspapers demand does appear to be returning to the market. In addition foreign buyers are already taking advantage of the fall in the pound.

So if the United Kingdom is where St David Property are advising their clients to buy right

now...where are they advising them NOT To buy. Well, the answer to that is Hong Kong.

"Prices have soared and that might not continue," Davies said.

Some reports state that residential property prices in Hong Kong have increased by about 10% in the first quarter of 2010. Others talk of a Hong Kong 'bubble' which could be about to burst.

So, if you're into property and you're into investment the UK looks like the place to be right now.

Hip, hip, hooray for the UK!
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. 📧

siem reap

Au Revoir Joannès Rivière

Meric Restaurant waves adieu to a long-standing king of cuisine. Words By Nicky Hosford.

THE HOTEL DE LA PAIX IS situated in the heart of Siem Reap town, where the elegant, imposingly white building has become a landmark in its own right. At the heart of the hotel itself are the people who work there, from the impeccably turned out concierges to the half-shaven, but wholly committed young executive chef, Joannès Rivière. Sadly for the Hotel and for fans of its renowned restaurant, Meric, Joannès will be leaving this month to pursue other opportunities.

The hotel is more than a swish signpost in town. It is also putting Siem Reap itself on the map for reasons beyond the temples. This year, the readers of Travel & Leisure Magazine voted the Hotel de la Paix the best hotel in Cambodia, 33rd best in Asia, and 135th in the world. Much of this had to do with the food served in the hotel by the former executive Chef Joannès, who has been with the hotel since it opened its doors in 2005.

Somewhat surprisingly, when the hotel opened it didn't actually have a formal kitchen. Back in 2005 the kitchen consisted of a barbecue and two burners out the back and. Although he had trained in France and worked as a pastry chef in restaurants in France and the USA Joannès had never worked in a hotel before. "I had no experience", he says, "but I came here in the beginning as a sous-chef, in charge of the pastry and Cambodian

food". A year later he was promoted to executive chef.

Joannès first arrived in Siem Reap in 2003, when he worked as a volunteer trainer and restaurant manager for Sala Bai. In addition to creating a world class restaurant in the short time since then, he has also become something of an ambassador for Khmer food following the publication of "Cambodian Cooking", an income generator for the hospitality training NGO Sala Bai, and which is now available internationally.

Consistent with the style of the hotel itself, the menu at Meric is contemporary-fusion, exemplified by dishes such as foie gras stuffed rigatoni with morel sukiyaki consommé and toasted peanut oil.

Notwithstanding the rave reviews and accolades, Joannès stubbornly refuses to take any credit for the results of his work. "I am not a very good chef" he humbly insists. Instead, he refers to the team he works with and has trained, some of them since his time at Sala Bai, and many of who have been at the hotel since the doors first opened.

Although his plans for the future are yet unclear Joannès, plans to stay in Siem Reap. There are a number of things he wants to do, such as updating a recipe book which was originally written so that Khmer recipes could be created in Europe. After eight years of learning about Khmer cuisine, he feels he has much more to share with the world.



Following the winds of change

Together with Carole Salmon, his girlfriend of many years, Joannès is also looking forward to opening his own restaurant. We can expect a different style from Meric, however the talented chef won't give up much information at this stage. What is certain is his determination to focus on locally produced ingredients and put them at the heart

of his cooking, especially locally sourced freshwater fish.

Joannès will be replaced by young chef, Bryan Gardener from Maine, USA. When asked if he had any advice for Bryan as he steps into Joannès well worn chef shoes, he laughs and says "Embrace the opportunity, and have a blast!". 📧



www.asiamotion.net
isabellelesser@asiamotion.net
+855 92 806 117

We offer you a variety of services ranging from social, artistic, commercial, press, fashion & advertising photography



design by rbl



សណ្ឋាគារ គ្រោងទ័រ អ៊ិន
GOLDEN ORANGE HOTEL

Group 1, House No 7, Slokram Village, Siem Reap
Tel: 063 965 389 • www.goldenorangehotel.com
reservations@goldenorangehotel.com

Rooms from \$30 (including breakfast), Free Broadband Internet / Wifi, Rooms have air-con, in-room security box, mini-bar, private shower with hot water, Deluxe rooms with jacuzzi, Cozy bar, Roof top terrace area. 10 minutes from the airport.



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 Quan 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: 063 963 136
Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

Phokeethra Country Club
Sofitel Royal Angkor Resort & Spa, Vithei Charles de Gaulle, Tel: 056 396 4600, golf@sofitel-royal-angkor.com

International standard 18-hole, 72-par golf course managed by the Sofitel Royal Angkor Golf and Spa Resort. Situated 16km outside of Siem Reap.

siem reap - restaurants

Abacus
Oum Khun Street, Tel: 012 644 286.
www.cafeabacus.com

Set just back from the main road, this beautiful sheltered garden explodes with greenery. The interesting menu has specials including crocodile tails and frog legs skewers. The steaks are excellent. Book exchange downstairs and two private dining rooms upstairs. Open 11am to late.

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

Alliance Café
7 Makara Street, Wat Damnak Area
Tel: 017 809 010
French restaurant established by Olivier Muzard in a beautiful building just across the river. Has an adjoining exhibition space featuring sculptures and paintings by Cambodian and international artists. Also runs cookery lessons.

Black Wheat
Pub Street Area, Tel: 092 96 32 13
Modern restaurant serving the traditional French buckwheat crepes, stuffed with all kinds of meat, sausages, cheese, vegetables, eggs and fish, as well as pizzas. Open from 10.30am to 11.30pm.

Butterflies Garden Restaurant
535 Wat Bo Road, Tel: 063 761 211
www.butterfliesofangkor.com
Garden restaurant with large netting to keep the infinite number of butterflies within the grounds. Beautiful, relaxing setting and good clean food, but slightly more expensive than the main drag. Small gift shop also on the premises.

Chez Ninie
Lane off Pub Street, Tel: 012 582 782
Located conveniently right next to Miss Wong, this delightful small French restaurant has home-cooked cuisine with daily changing specials.

Circle & Sammaki
Alley West, Old Market Area
Socially and environmentally responsible, yet stylish and edgy clothing and knick knacks. By the owner of Keokjaj 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 massala for which it made its name. Open from 11am - 11pm.

Khmer Kitchen
Old Market, Tel: 063 964 154
Unfailingly popular with expats and tourists alike for its well-prepared, generous Khmer and Thai dishes at highly affordable prices. Open 11am to 11pm.

Khmer Kitchen BBQ
Pub St. Area., Tel: 012 34 95 01
A smaller venue than the sister Khmer Kitchen, but the food and service are just as good. Almost impossible to go wrong here. Open from 11am to 11pm.

La Noria
Wat Bo Road, Tel: 063 964 242
Beautiful restaurant, set on a raised terrace area surrounded by trees. Serves good international and Khmer cuisine. Has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

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

Le Grand Café
Old Market, Tel: 012 847 419
Elegant, open-fronted colonial style restaurant/café, serving a mixture of French and Asian classic dishes. Chef's recommendations include palm, pepper scallops and the Le Grand Café Lasagne, made with chicken and spinach in a Baileys sauce. Open from 7am to 11pm.

L'Oasi
East River Road, Tel: 092 418 917
The best Italian restaurant in, or rather just outside of, town. The hardest part is to find this place - keep on going on the East River Road in the direction of the temples, for a couple of kilometres until you see the large Italian flag, but once there the combination of the beautiful garden and home-cooked Italian pasta and pizza makes the trip worth it.

Maharajah
Street 7 Old Market Area, Tel: 092 506 622
Excellent Indian restaurant, popular with expats and local curry lovers due to its authentic, fresh and hygienic preparation. Great reviews from customers. Authentic Halal food in town.

Meric
Hotel de la Paix, Sivutha Boulevard, Tel: 063 966 000, www.hotelde-la-paix-angkor.com
Elegant, contemporary restaurant with classically simple yet powerful black and white décor and an open kitchen. Executive Chef Johannes Riviere has devised a daily-changing seven-

course traditional Khmer set menu. Try to book one of the swings outside on the terrace.

Moksha
The Passage, Tel: 012 181 3981
Contemporary Asian food, mixing special grills and regional classics. Signature dishes include marinated beef with fried red ants, and grilled duck breast with tamarind. Open 11am - 11pm.

Samsara
The Passage, Tel: 017 82 44 74
The only South Indian restaurant in town, serving dosa and wada and many other tasty dishes from this renowned region. Open 11am - 11pm.

Singing Tree Café
Wat Bo Area, Tel: 012 258 984
Well established and popular café/community centre serving vegetarian food in a leafy garden setting. Venue for yoga, pilates, meditation and movie nights. Now open every day from 8am to 9pm.

The Soup Dragon
Pub Street, Tel: 063 96 49 30
At this location since 2000, this multi-storied restaurant continues to pull in strong crowds for its extensive menu of western, Vietnamese and Khmer dishes. Open from 6am to 11pm.

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

Viroth's
Wat Bo Road, Tel: 012 826 346
Elegant restaurant on the other side of river with excellent terrace garden. A good place to try royal Khmer cuisine including amok and beef Lok lak.

siem reap - shops

Carnets d'Asie
333 Sivutha Boulevard, Tel: 016 746 701
Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

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

Jasmine Boutique
FCC Angkor, Pokambor Avenue
Tel: 063 760 610
Same sophisticated, stylish boutique as on St. 240 in Phnom Penh. The perfect place for the ballgown you forgot to bring with you.

Oro Rosso
Old Market, Tel: 092 985 986
Formerly Song, 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. 

getaways

Laying Low in Luang Prabang

What should you see in Luang Prabang? Maybe nothing. **Jeremy Kressmann** discovers the simpler pleasures and laid-back charm of this relaxed Laotian hotspot. Photos by **Keith Kelly**.



Serenity of Wat Xieng Thong



IT WAS NEARLY TWO IN the morning in Luang Prabang, and I was clinging for dear life on a speeding moto-taxi. Having just closed down the bar at the after-hours bowling alley (more on that shortly), I was headed for bed. Ahead of me was Phu Si, the city's most famous hill, its lustrous gold stupa glittering in the moonlight like a majestic crown. My open air ride whooshed past elegant colonial mansions and art deco apartment blocks. The lush smell of frangipani hung in the air, invading my nostrils. A solitary dog howled at the stillness of dark. It was practically the middle of the night, but Luang Prabang was awake, talking to my senses.

Luang Prabang just might be the world's most beautiful city. Through the turbulent years of recent Laotian history, fraught by coups and strife, this understated capital on the Mekong has basked in its role as unsuspecting beauty queen, charming Royal Families, pious monks and French colonial officers alike. The city's unique blend of cultures and ideas have created a destination that cries out for exploration—a place bursting

with sensory delights. In fact, the best part of a Luang Prabang visit isn't the must-see sights. Instead it's the multitude of bright colours, wonderful smells and tastes, colonial architecture and chilled attitude that gives the place its particular charm. Simply wandering the streets is a pleasure in and of itself.

At each turn, Luang Prabang would yield an unexpected discovery and draw me in with an unexplainable allure, turning my itinerary on its head and forcing me to slip into a lazy pace that rewarded my curiosity.

THE SPIRITUAL AND THE SECULAR

Luang Prabang is a place that seamlessly mixes religious devotion with everyday life. Along Sisavangvong Street, the town's main road, gold-leafed Buddhist monasteries are intermingled among art galleries and fading French colonial mansions. The monasteries' orange-robed monks mingle effortlessly with pedestrian life, chatting with visitors, lining up for alms at dawn—even doing yard work.

The most famous Luang Prabang religious site is Wat Xieng

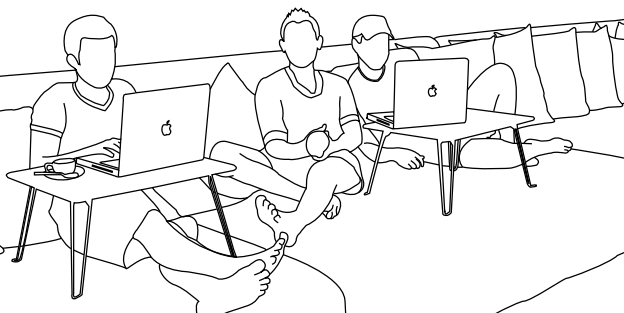
Thong, a serene oasis of Buddhist devotion buried deep in the historic downtown. I began my exploration with a morning visit, eager to explore the sight's temples and colourful surroundings. Inside the Wat gates, intricate door carvings were layered with Buddhist characters, as angry dragon statues bared their teeth and branches of bougainvillea drooped over buildings, exploding with bright orange and purple flowers like botanical firecrackers. It was a visual buffet of religious symbolism and simple charm.

I left Wat Xieng Thong silently awed, transported by its gorgeous setting and spiritual weight. Yet as I was walking down the street, I noticed a peculiar sight. Through an open gate was another, much smaller Wat. Inside, a group of four Laotian teenagers slapped at a badminton shuttlecock, laughing and shouting as they played. They were surrounded by several bald-headed monks, who busied themselves sweeping the concrete courtyard. I was struck by the serendipity of this unexpected moment, a symphony of the everyday and the holy connected as one.



A walk of devotion

the blue pumpkin



bakery
ice cream
restaurant
lounge

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





Time stops at sunset

■ A BANQUET OF DELIGHTS

Luang Prabang is not just a feast for the eyes. Lately it has emerged as a budding culinary destination. Located at the confluence of the Mekong and Nam Khan Rivers, the town's ample aquatic resources ensure bountiful fresh fish and fertile soil for local produce. The quality ingredients are combined with European culinary techniques thanks to a historic French colonial influence. The result are spots like the stellar Joma Bakery Cafe, with fresh-baked pastries and breads, as well as numerous local eateries serving up authentic Laotian dishes like laab, a dish of minced meat mixed with herbs, chili and citrus.

I was hungry to experience Luang Prabang's bounty of culinary options. My first stop was lunch at Tamarind, a hub of typical Lao cooking blended with Western influences. In addition to top-notch food, the eatery also offers cooking classes to help introduce the curious to Lao cuisine. My meal of ground chicken blended with a tangy mixture of spicy herbs, creamy sauce and sour citrus, wrapped in lemongrass and deep-fried, was a thrill. It toyed with my taste buds, hinting at a palette



Feed your soul with the Mekong's bounty



of flavours and textures artfully painted across the tongue. Equally enjoyable was the unique Tamarind juice cocktail, a blend of coconut milk, plum and jujube fruit over ice. Each sip was a subtle blending of the milky, the tangy and the sweet: playful but also robust and exotic. The cuisine of Luang Prabang, much like the town's setting, can excite you in unexpected ways.

That evening I discovered a very different culinary surprise. I was foraging for dinner when I noticed a cloud of smoke wafting from an alley off Sisavangvong Street. Following the cloud's sublime smell, I turned onto a narrow, chaotic lane, a street food wonderland jam-packed with tourists and locals alike, salivating over a smorgasbord of freshly-made Lao specialities. Skewers of chicken and fish sizzled on huge grills, the charcoal embers glowing in the encroaching dark. White Styrofoam coolers bulged with icy-cold bottles of Beerlao. Vendors shouted and cajoled passersby to their stalls, enticing them with banana leaves topped with Laab, papaya salad and Lao-style sausages. For all the perfection of my meal at Tamarind, here was

an equally delicious array of mouthwatering favourites, a uniquely Luang Prabang experience that materialised from a cloud of smoke.

■ THE SUN SETS ON LAOS

Sunsets are a magical time of day in Luang Prabang, a time when shadows perfectly define the shapes of the beautiful colonial architecture and the town's golden rooftops are bathed in radiant light. It's the perfect hour to indulge in a sundown cocktail or snap some photos from one of the town's many scenic viewpoints.

The majority of sunset-hunters head for Phu Si, Luang Prabang's iconic hill. The peak of Phu Si offers 360-degree views of the city's majestic riverside setting and unique architectural treasures, set against a backdrop of verdant mountains. My second day in Luang Prabang I focused on climbing Phu Si, in search of the town's impressive view. After 15 minutes of huffing and puffing up the hill's winding staircase, I reached the top. The vistas extended in all directions, framed by the iconic Mekong River, the town's elegant Royal Palace and a sprinkling of golden stupa domes extending to the horizon. The view was so great I nearly fell over—not because of the setting, but because every tourist in Luang Prabang had the same sunset plans. It was time to find somewhere more quiet.

I wandered back down the hill and found myself drawn towards the banks of the Mekong, in search of solitude. The emptiness was a marked contrast to Phu Si, and the steamy air was thick with heat and the sound of throbbing cicadas. A few empty fishing boats quietly shuffled against their ropes in the lazy current. The quickly-darkening sky sighed with a final spectrum of soft purple and flaming orange. I let out a contented sigh. This was the sunset I had wanted all along.

■ BOWLING FOR COCKTAILS

Luang Prabang is not a town for drinking. The local government has intentionally stunted late-night partying, forcing most watering holes to close by midnight. It helps to maintain Luang Prabang's wonderfully placid environs – you can still hear the crickets chirping late into the night. But where do you go to enjoy a few cocktails after dark?

I soon discovered Hive, part of a string of bars that stretch along Kingkitsarat Road, just south of Phu Si hill. Hive's mellow candlelit tables out front transition to a warmly lit interior bar and a lush backyard garden out back, flanked by a jungle of tropical greenery. Added to the mix was a menu of tasty cocktails featuring Lao-Lao, the local firewater—a perfect antidote for those tired of drinking the ubiquitous Beerlao. Meanwhile an energetic soundtrack of house and indie rock hummed from the speakers. Hive's slick setting managed to attract a buzzing mix of youngish backpackers with an older crowd of sophisticated drinkers.

The minute midnight hit, Hive closed shop and the fun was over. Or was it? I wasn't ready to go home. That's when rumours of a late-night bowling alley began circulating through the eager crowd of remaining revelers. With few other options, I corralled some new friends, and we made a beeline for the "secret" bowling spot. The taxi driver knew where to go, dropping us at a darkened ramshackle structure on the outskirts of town. It didn't look like much. But what other option was there? Inside, my impression changed. It was a scene of vintage Americana, a retro bowling alley thronged with late-night Westerners living it up. I spent the last hours of my night out downing giant Beerlao bottles, accompanied by the steady clunk of bowling balls and percussion of falling pins. Was it an authentic Lao cultural experience? Not at all. But Luang Prabang teaches you to roll with the punches, and this "secret" proved a whimsical and fun way to end my evening. The bowling alley was typical of my discoveries; in the atmospheric environs of Luang Prabang, the best experiences are literally hidden right in front of you. Simply follow your senses and they'll find you.

■ THE LIST

Tamarind, www.tamarindlaos.com Ban Wat Nong, Old Town 856 020 777 0484

Hive Bar, www.hivebarlaos.com Kingkitsarat, Old Town 856 020 537 7826

JoMa Bakery Café, www.joma.biz Chao Fa Ngun, Old Town 856 71 252 292. 📞

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
Riverfront, 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 premier league 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 hoby cats.

Le Bout du Monde
Kep, Tel: 011 964 181
www.leboutdumondekep.com
Individual and separate bungalows in traditional Khmer architecture located at a top of a hill with good views and nice gardens. Serves French and Khmer cuisine. Rooms have hot water, mini-bar, fan and safe.

Led Zeppelin
At the roundabout, Kep
Small bar which sells the coldest beer in town situated right by the Kep roundabout. Ambience is distinctly rustic but chill and the limited range of snacks great value.

Vox Pop: Sex Sex Sex!

Conor Wall and James Grant hit the streets again to ask some rather personal questions.



NAME: Sarah
AGE: 21
NATIONALITY: British
OCCUPATION: Backpacker
TIME IN CAMBODIA: 1 month
WHERE WAS THE NAUGHTIEST LOCATION YOU'VE EVER HAD SEX?
 London's Camden town, in a bush.
WHAT ARE YOUR BIGGEST TURN ON'S?
 Kissing my neck, sexy outfits and teasing.
WHAT ARE YOUR BIGGEST TURN OFF'S?
 Coming on too strong, any smells, dirty underwear.



NAME: Chris
AGE: 23
NATIONALITY: British
OCCUPATION: Traveller
TIME IN CAMBODIA: 2 weeks
WHERE WAS THE NAUGHTIEST LOCATION YOU'VE EVER HAD SEX?
 In a playing field in a bush in front of 3 blocks of apartments
WHAT ARE YOUR BIGGEST TURN ON'S?
 Sexy underwear, bondage and genital piercings.
WHAT ARE YOUR BIGGEST TURN OFF'S?
 Unadventurous people, straight people, long hair.



NAME: Srengaldo
AGE: STILL 16
NATIONALITY: Khmer
OCCUPATION: Toilet Cleaner
WHERE WAS THE NAUGHTIEST LOCATION YOU'VE EVER HAD SEX?
 If I answer that my wife will cut my little brother off!!
WHAT ARE YOUR BIGGEST TURN ON'S?
 "I like big butts and I cannot lie". I also like big mumum. Ha ha.
WHAT ARE YOUR BIGGEST TURN OFF'S?
 Armpits with 100 smells.



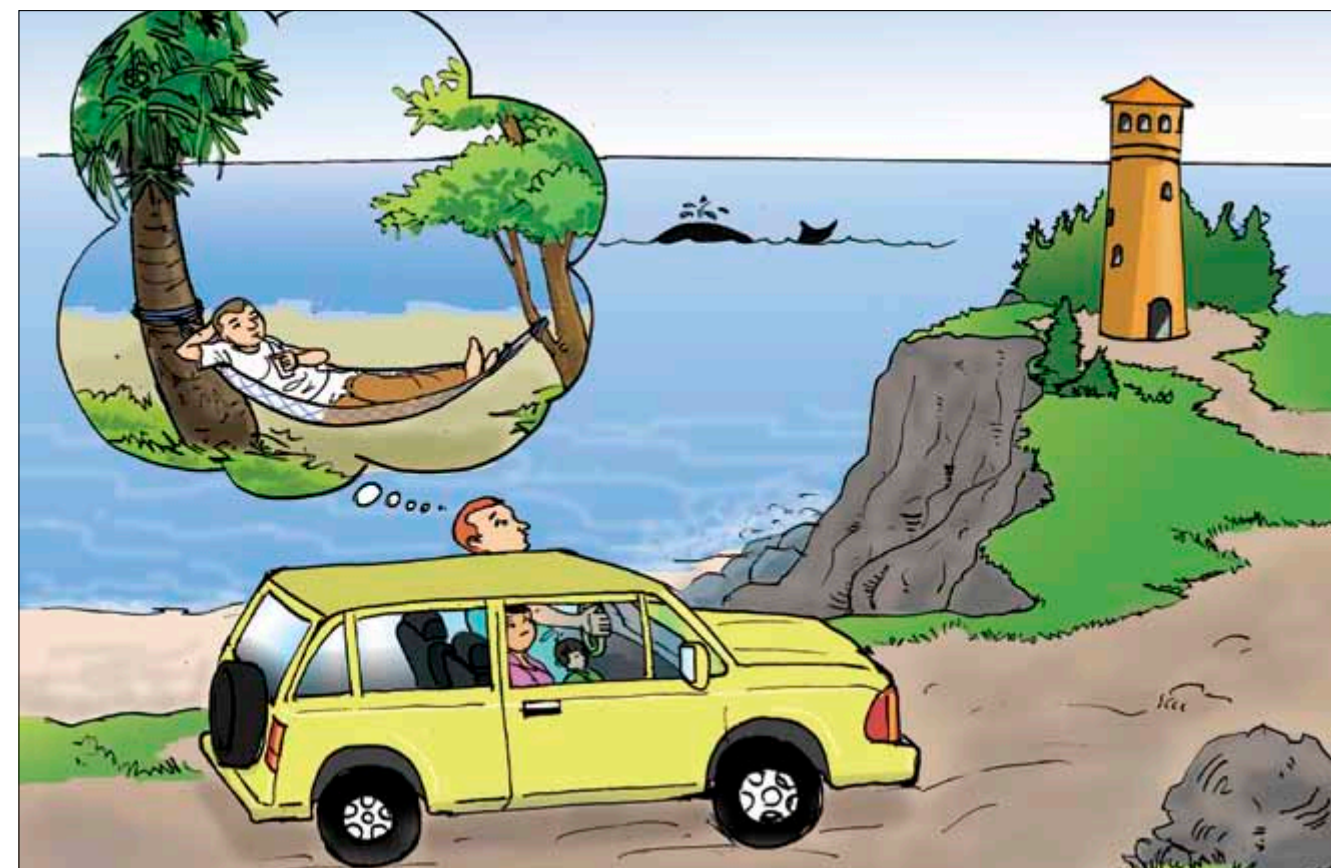
NAME: Josie
AGE: 19
NATIONALITY: British
OCCUPATION: Student
TIME IN CAMBODIA: 2 weeks
WHERE WAS THE NAUGHTIEST LOCATION YOU'VE EVER HAD SEX?
 Airing cupboard.
WHAT ARE YOUR BIGGEST TURN ON'S?
 Wearing heels whilst doing it.. and men with beards!
WHAT ARE YOUR BIGGEST TURN OFF'S?
 Back hair.



NAME: Tony Montana
AGE: 23
NATIONALITY: Khmer
OCCUPATION: Bar Manager
WHERE WAS THE NAUGHTIEST LOCATION YOU'VE EVER HAD SEX?
 In the bathroom of my workplace.
WHAT ARE YOUR BIGGEST TURN ON'S?
 Light skin.
WHAT ARE YOUR BIGGEST TURN OFF'S?
 I really hate hairy armpits and legs. I also don't like thunder thighs.

Going to the beach — rain or shine

Will reminisces about holidays in the Kingdom while freezing his tush off in Oregon.



THE CLOSEST TO PARADISE I have ever been able to afford to visit is Kompong Soum.

Sihanoukville — as it is called by those who love the monarchy and trans-lingual portman-teaus — has beautiful beaches, calm breezes and everything you could want in a tropical paradise. The rose-colored glasses of time may have descended, but in my memory Kompong Soum's sky is always clear, its sun is always shining and fresh coconuts are always available for rock-bottom prices.

I'm not alone in my love for Kompong Soum's beaches. Every time I visited I saw a string of Europeans and Americans along the beach. Each tourist reclined under an umbrella with a book in one hand and a coconut in the other. The only interruption is a dip in the ocean, a ride on the banana boat, or

being pestered by the various urchins peddling snacks. Actually, there can be a lot of interruptions, but it's all part of the Cambodian experience.

But pleasant memories are only memories. My wife and I long ago left the sandy beaches of Cambodia for Western Oregon, which is the climatic antipode of Kompong Soum. (Technically, the antipode of Kompong Soum is somewhere in Peru, which is also beset by Maoist insurgents — but I digress.)

Western Oregon is blessed by verdant forests, beautiful mountain ranges and more than 500 kilometers of ocean shore. All that combined with the westerly winds means much of Oregon is wrapped in a dull cloudy blanket for more than half the year. For the long winter months, the only thing that interrupts the dull,

grey monotony are the sudden storms that shower neighborhoods with precipitation and tree limbs.

Also, coconuts are rare and expensive. Though there are sea urchins off the coast.

So instead of sitting around and drinking coconuts while basking in the sunshine, Oregonians seek other ocean-inspired entertainments. A favorite is whale watching.

At the height of every Oregon winter, grey whales pass by the coast of Oregon on their way south to Mexico to calve. These are large, graceful animals, so many people head to high bluffs along the coast to look for the migrating grey whales.

But as this is winter in Oregon, people often drive for hours to stand in the rain straining to see a grey whale spouting off a jet of grey water

somewhere in the distance, where the grey, overcast sky and grey ocean converge. While this sounds like a particularly cruel and insidious form of torture, people are passionate about it and return year after year, much like the whales.

More than a few disinterested spouses and assorted family members get dragged to the ends of Oregon to watch whales. For those who are not lovers of the cold and wet, the best option — aside from huddling in the rain-shadow of a lighthouse — is to stay in the car. Many of them lean their seats back and read a book to pass the time.

All that's missing is a coconut, and sun.

Will Koenig lives in Oregon with his wife, son and an wide array of Curious George paraphernalia. All of it kind of scary. 🐉

July Horoscope

■ CANCER (JUN. 22 – JUL. 22)

Happy Birthday Cancer! It's all about you this month and it's time to reinvent yourself. Pressures that you felt some months ago surrounding family and partnerships resurface towards the end of the month, signalling the need to take action. Facing important realities is part of the picture, and while it's not always comfortable, it's necessary and positive. Career matters remain super-charged and exciting in July, but hurdles and kinks in your plans might present themselves and force you to reassess matters. Again, it may not feel easy for the time being, but ultimately brings more maturity and realism to your plans.

■ LEO (JUL. 23 – AUG. 22)

Rest is in order for the first three weeks of July, Leo. You're not exactly putting everything on hold, but you are taking more time for yourself to recharge. You may be talking ahead of yourself now, about things that you are not quite certain about. While love remains exciting, what you might have thought was out of this world might now seem only "good", but once again, this improves your position and keeps you realistic.

■ VIRGO (AUG. 23 – SEP. 23)

July should be a strong month for you, Virgo. Making new connections, or cementing existing ones, is in store. The 11th is a great time for making a wish and coming up with an exciting new long-term plan or idea for the future. From the 10th, your charm and personal appeal skyrockets. While it's a good month for receiving gifts or bonuses use them wisely as there could be some money worries ahead.

■ LIBRA (SEP. 24 – OCT. 23)

Career matters are powerful this month, Libra. Changes in goals, plans, and priorities may be necessary. Taking the lead or receiving more attention might initially feel uncomfortable, but as soon as you begin to believe in yourself and have confidence in your abilities, others will return the respect. Tensions in relationships and family life are possible as you re-examine your position. The last few days of July bring much energy and initiative, and will carry forward into August.

■ SCORPIO (OCT. 24 – NOV. 22)

You are feeling quite enthusiastic and hopeful this month, Scorpio. Your career is growing and some shuffling around is likely now as priorities change. While work conditions have been looking especially promising, there are some kinks to work out, but these problems are designed to get you to a more realistic position. Much joy can be found through work in the coming year. Finances are similar.

■ SAGITTARIUS (NOV. 23 – DEC. 21)

Energy levels continue to be strong for you this month, dear Sagittarius. Events are such, however, that tame some of the wild optimism you have been feeling. Develop some strategies to cut out unhealthy dependencies and habits that prevent you from growing as a person. You are entering a long-term cycle in which you are more capable of meeting your responsibilities and seeing the world in a more realistic way. Your thoughts are progressive this month and a partner is supportive of your goals, both spiritual and professional.

■ CAPRICORN (DEC. 22 – JAN. 20)

Getting your love life into order is a strong theme this month, Capricorn. You may be feeling pressured or scrutinized, but the adjustments you make as a result will dramatically improve your potential for success. Finances remain strong this month and your financial position becomes clearer. July is an excellent month for romance and partnership. Your willingness to listen to and support a partner are key. Charm is natural, and personal stamina is strong.

■ AQUARIUS (JAN. 21 – FEB. 19)

Work and love are strong themes for you this month, Aquarius. While a little more patience is necessary regarding a partnership, you are willing to listen and give support. You are entering a cycle in which you feel you are on solid ground. This comes as a relief after a long period of self-doubt and confusion about your long-term goals. Communication problems are very likely in the last two days of the month.

■ PISCES (FEB. 20 – MAR. 20)

This is a good month for leisurely activities as well as work, Pisces. You are finding your inner muse, and making a fresh start on a creative level. Romance is full-on in July, with lively conversations and much stimulation. Finances are still hopeful but circumstances are such that you must face a few realistic points and get over some hurdles before confidence comes to this area of life.

■ ARIES (MAR. 21 – APR. 20)

You are spirited and enthusiastic this month, Aries, feeling person-

ally on top of your game. You are reinventing yourself, and you could be seeing a partner as holding you back. Family matters are in the spotlight in July. Changes in the organization of your home or with family members may be in order mid-month. Something has to change. The 8-10 could bring some disappointments in love, but nothing you can't handle. Intellectual companionship is easy to find this month.

■ TAURUS (APR. 21 – MAY 21)

Pressure in a romance is definitely easing this month, and you're ready to enjoy yourself, Taurus. Many of you have moved home or will soon, and a lot of energy is going into getting settled. A family member is a great friend and ally this month, and could inspire a new money-making idea. Again this month, a lot is going on in your dreaming world. Hunches are powerful and hard to ignore. In fact, feelings that come seemingly out of the blue or through dreams could totally change your outlook and push you onto an entirely new path.

■ GEMINI (MAY 22 – JUN. 21)

Finances are not without concern for you this month, Gemini, but there is excellent energy with you for making a fresh start. New friendships recently made or rekindled continue to figure strongly in your life this month, but some challenges are now present that don't exactly squash your enthusiasms, but tame it somewhat. Personal energy is significantly improved now, as if a weight has been lifted off your shoulders. This extra "get up and go" will do wonders for your outlook. 📌

■ CELEBRITY BIRTHDAYS THIS MONTH

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

Jul. 1 – Liv Tyler (33), Missy Elliott (39), Pamela Anderson (43), Carl Lewis (49), Dan Aykroyd (58); **Jul. 3** – Tom Cruise (48); **Jul. 5** – 50 Cent (34); **Jul. 6** – Jennifer Saunders (52), George W. Bush & Sylvester Stallone (both 64), Dalai Lama (75); **Jul. 7** – Ringo Starr (70); **Jul. 8** – Beck (40), Kevin Bacon (52), Anjelica Huston (59); **Jul. 9** – Fred Savage (34), Courtney Love (46), Tom Hanks (54), Jimmy Smits (55); **Jul. 10** – Jessica Simpson (30), Arlo Guthrie (63); **Jul. 12** – Kristi Yamaguchi (39), Richard Simmons (62), Bill Cosby (73); **Jul. 13** – Cheech Marin (64), Harrison Ford (68); **Jul. 15** – Forest Whitaker (49); **Jul. 16** – Corey Feldman (39), Will Ferrell (43); **Jul. 17** – David Hasselhoff (58), Donald Sutherland (76); **Jul. 18** – Vin Diesel (43), Nelson Mandela (91); **Jul. 20** – Carlos Santana (63); **Jul. 21** – Jon Lovitz (53), Robin Williams (59), Cat Stevens (62); **Jul. 22** – Willem Dafoe (55), Alex Trabek (70); **Jul. 23** – Monica Lewinsky (37), Philip Seymour Hoffman (43), Woddy Harelson (49); **Jul. 24** – Anna Paquin (28), Jennifer Lopez (41); **Jul. 26** – Sandra Bullock (46), Kevin Spacey (51), Mick Jagger (67); **Jul. 30** – Hilary Swank (36), Lisa Kudrow (47), Laurence Fishburne (49), Kate Bush (52), Arnold Schwarzenegger (63); J.K. Rowling (45), Wesley Snipes (48). 📌

The QuizMaster

■ PRESENT

1. Now That's What I Call Quite Good was the post-breakup greatest hits album from which group?

2. The Knowledge, the rigorous geographical training obligatory for who?

3. Where is the Tomb of the Unknown Soldier in Paris?

4. Nowy S_cz is a town near the Slovakian border in which country?

5. Who, in 1985, were on a Road to Nowhere?

6. Best remembered for his single "Informer", how is Canadian musician Darrin O'Brien better known?

7. What process is an agricultural method developed by ancient cultures for separating grain from chaff.

8. According to the Al-linson's advertising slogan, what is taken out of their bread?

9. Which song contains the lyrics "I remember when we used to sit/ In the government yard in Trenchtown"?

10. "Chasing Cars" spent 96 weeks on the official UK Top 75 Singles Chart and featured in the second season finale of the popular medical drama Grey's Anatomy. Who recorded it?

■ PAST

(all answers contain a verb in the past tense, or at least sound like they do)

11. Which Irish port, near Dublin, was formerly known as Kingstown?

12. Which horse won the Grand National three times during the 1970s?

13. Who played the 5 year old Gertie in E.T. the Extra-Terrestrial?

14. What term is used to describe someone who is not an ordained priest but who leads worship in a church?

15. Who is the female companion to the legendary Robin Hood?

16. Who scored 25 goals for Sunderland last season, and 25 goals for Tottenham Hotspur the season before?

17. What title is held by photographer Antony Armstrong-Jones?

18. Who was the older of the coequal Cambodian Prime Ministers in 1993?

19. Who was the 19th century author of the Book of Household Management?

20. Which county, province, municipality and diocese of Sweden is the largest island in the Baltic Sea?

■ FUTURE

21. Which English fast bowler who retired in 1984 took 325 test wickets?

22. Which 77 year old American singer-songwriter, author, poet, actor and activist has a guitar named Trigger?

23. Who is second in the line of succession to the thrones of 16 independent states?

24. Twelfth Night, or ... Which 3 words complete the title of this Shakespeare play?

25. Which fictitious cave dweller is the daughter of Pearl Slaghoople?

26. Who has won more Olympic gold medals than any other female tennis player?

27. Who, in Rugby Union, has twice kicked England to victory over Australia in Australia?

28. The highest peak in North America is named after which US President?

29. What was Gary Coleman's catchphrase in Diff'rent Strokes? (may he rest in peace)

30. What was the name of Chuck Noland's volleyball friend in Cast Away?

■ 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.

Did you know 'Sudoku' was originally called 'Suuji wa dokushin ni kagiru'. Roughly translating to mean 'the numbers must be unmarried or single.' Thankfully the name has been shortened to Sudoku.

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

Level: intermediate Expert Time: 9 minutes 46 seconds

ANSWERS ON PAGE 57 📌

Quote Unquote

■ KICKING THE FOOTY AROUND

"Remember, if you smoke after sex you're doing it too fast."
- Woody Allen

"Sex is God's joke on human beings."
- Bette Davis

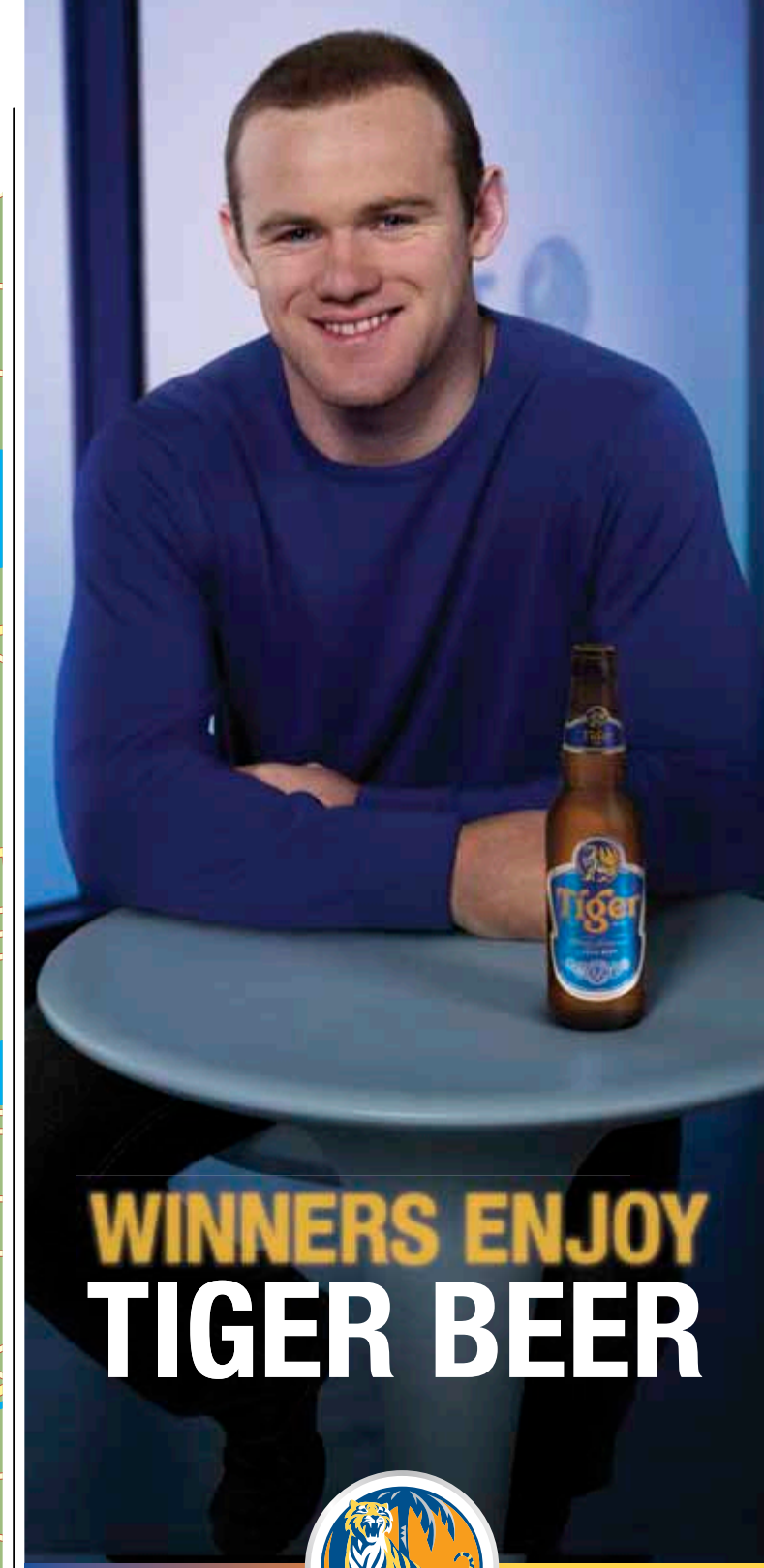
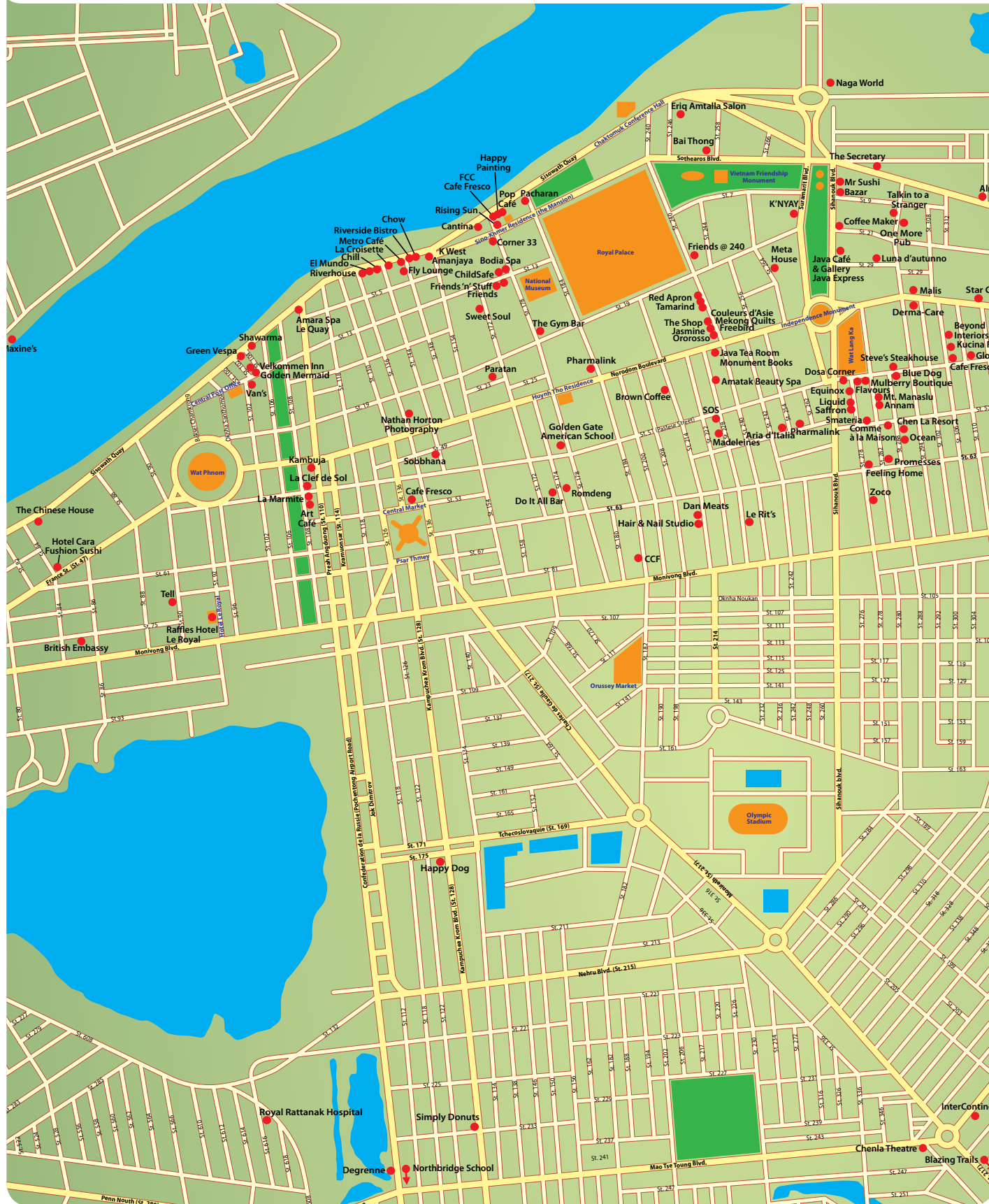
"There is nothing wrong with going to bed with someone of your own sex. People should be very free with sex, they should draw the line at goats."
- Elton John

"Men reach their sexual peak at eighteen. Women reach theirs at thirty-five. Do you get the feeling that God is playing a practical joke?"
- Rita Rudner

"If it wasn't for pick-pockets and frisking at airports I'd have no sex life at all."
- Rodney Dangerfield

"There's nothing inherently dirty about sex, but if you try real hard and use your imagination you can overcome that."
- Lewis Grizzard 📌

phnom penh: central



**WINNERS ENJOY
TIGER BEER**



Tiger

ENJOY WINNING



លីអ៊ុនកូហ្វឺន គូហ្វឺន LEONARD COHEN

"This is the best possible combination I could imagine:
An extraordinary singer, a beloved and magical city,
brought together in the most honourable cause"
— Jon Swain, author of *River of Time*

act 1:
nov. 27, 2010
Olympic Stadium
the phnom penh concerts
the mekong sessions



Online ticket sales commence July 15, 2010
themekongsessions.com, leonardcohen.com and aeglive.com

HAVE THE FREEDOM TO CHOOSE



Whoever you put in your Cellcard Friends & Family list is all up to you. It's still only 5¢/min., charged by the second.

To register, send an SMS, containing up to 10 phone numbers of your friends, separated by a space, to 6868

Example: 012xxxxxx 092xxxxxx 017xxxxxx 089xxxxxx 077xxxxxx send to 6868

To add more friends, text [A]<space>[Phone number you want to add] and send to 6868

To delete a number in your list, text [D]<space>[Phone number you want to delete] and send to 6868

To view your list, text [LIST] and send to 6868

* For more information please check with your nearest dealer or call our helpline number 012 812 812



cellcard
Cambodia's No.1