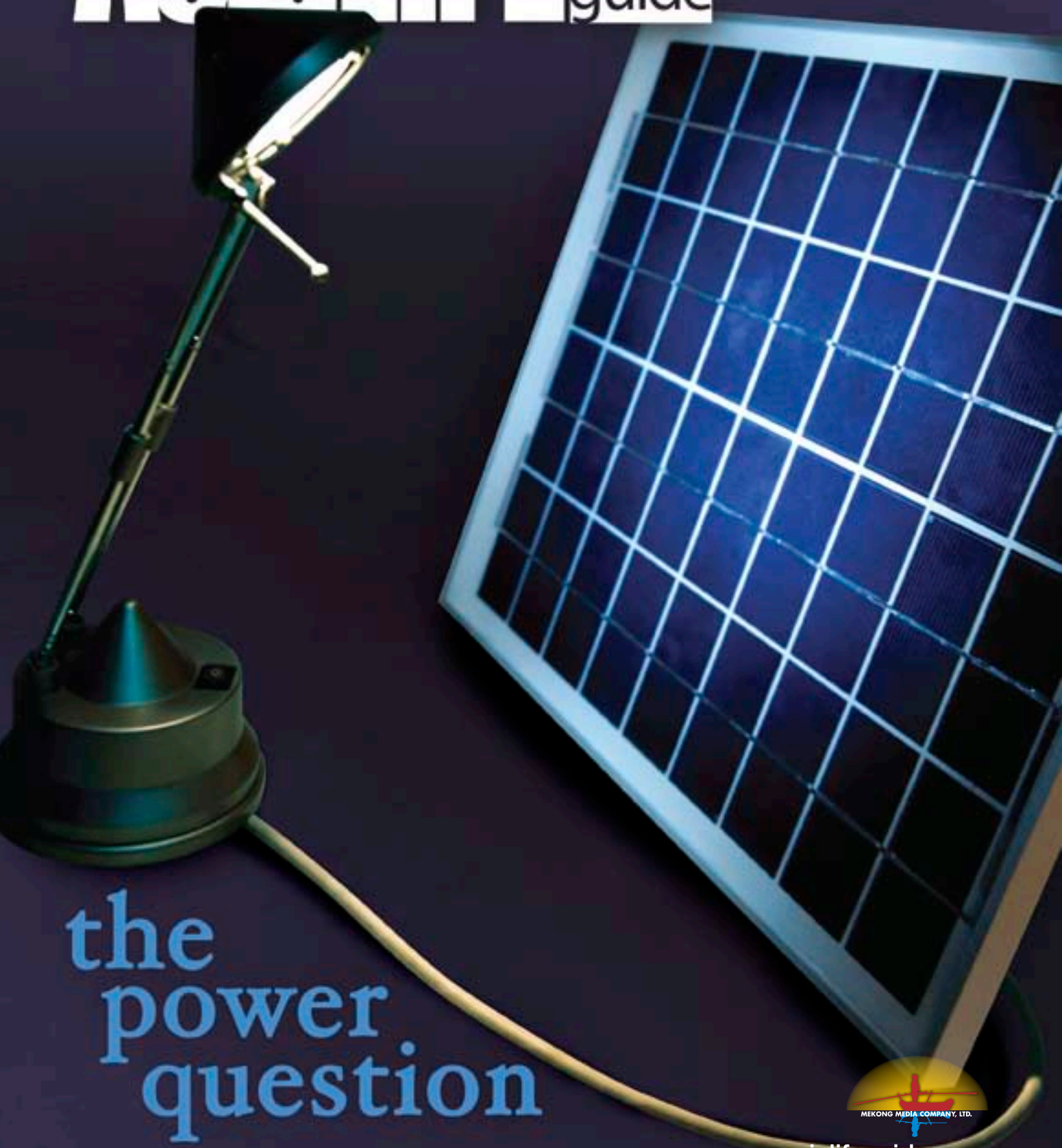


PHNOM PENH

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Editorial

AS A CITY GROWS, SO IT'S energy demands increase. This has always been the case, not just in Cambodia. The massive industrialisation of recent years in Vietnam has meant that individuals and companies in city areas have had to endure a series of power cuts.

We should expect more of the same medicine in Phnom Penh.

Cambodia is starting from a low point with many parts of the country still lacking access to mains electricity, and the cost of that electricity that is supplied among the highest in the region.

In this issue we explore one of the country's options for alternative energy sources, namely solar.

Given the relatively lengthy hours of sunshine that the Kingdom is blessed with, solar has genuine power prospects for Phnom Penh. In our cover story, Nora Lindstrom talks to the people who are trying to tap the energy of the sun to fill the void in Cambodia's power supply. She also provides the uninitiated with some basic facts on solar.

If any further evidence of the peril of our over-reliance

on oil were needed, the recent environmental disaster in the Gulf of Mexico has rammed the message home.

Photographer David Seaver spent five days in the area of Louisiana greatest affected by the slick. He captured both the ecological catastrophe and the efforts of the local people to clear up the mess.

The message is there for all to see. Unless we heed the lessons of the past, the history of the future will be a painful one. While not endorsing solar as the appropriate power source for the future, AsiaLIFE strongly feels that Cambodia, like all the other nations around the world, has an obligation to embrace and encourage alternative energy sources. It is our responsibility for our children.

As part of the new look to AsiaLIFE, we will focus more strongly on environmental and social articles, as part of our civic responsibility to suggest that there is an alternative way.

Mark Bibby Jackson
Publisher – AsiaLIFE Guide



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Jane Hartnell

Jane Hartnell first came to Cambodia for a month in 2004 on the trail of traditional Cambodian puppeteers. What began as an expedition turned into an obsession. Returning in 2005, she has been here ever since.

With a background in arts, puppets and community development, the fertile tropical environment of Cambodia proved the perfect melting pot for her many passions. She spent one year with Cambodian Living Arts immersing herself in cultural heritage preservation and then the last three with Epic Arts managing the workshop/vocational training programme and finally learning Khmer sign language.

These days, Jane is busy working on her newest project, the social enterprise CHOK Full Of Goodness (www.chokfullofgoodness) working with her favourite up-and-coming Cambodian artist, Ly Chin Chok.

Her alter-ego, ExactoGirl, is very excited to be AsiaLIFE's new proof reader.

Sok Yeng is the first Certified Ethical Hacker in Cambodia and has been since 2008. He has more than five years experience in IT System Integration & Setup for NGOs, government offices, schools and businesses. Yeng obtained his bachelor degree in Business Information Systems from Pannasastra University in 2007 following his diploma from ZAMAN International High School in 2002. Before founding NETPRO Cambodia, Yeng was a senior management team member at Yejj Info.

Driven by high-tech desire, Yeng enjoys checking out new gadgets, phones and computer applications to discuss in his Geek column in AsiaLIFE magazine each month. Yeng is working on a Cambodian version of IT Security Web Forum and is expecting the site to be ready by October 2010.



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in the penh

The Month That Was

wilkommen, spotlights, rock, latin, truth



■ WILKOMMEN TO THE NEW META HOUSE

The long awaited new Meta House, now also the German Cultural Centre, inaugurated its 500m2 location on Sothearos Boulevard on Jun. 25.

Following a VIP reception the night before, the public grand opening kicked off with Pharmacide, an art exhibition on the risks of counterfeit and low-quality medicines.

Suos Sodavy's collage, Lim Sokchanlina's photograph, and Sopheap Pich's rattan sculpture were among the diverse interpretations by both established and

upcoming Cambodian artists. DJ Dr Wah Wah mixed funky tunes while attendees browsed. Additional diversions were found on the rooftop, where VJ Clockwork Soul projected an intriguing video installation.

The modern-styled Art Café got a little smoky due to a kitchen mishap, but barflies were too busy trying out the beer and sausage selection to notice.

■ CHILDREN IN THE SPOTLIGHT

The RUFA art gallery came into its own on Jun. 26 hosting the exhibition opening of Bamboo Shoots – Cambodian Children at Risk.

Jam-packed with kids, students, and adults, the event saw not only photographic art on the walls, but also a daring acrobatic performance by Piyop Circus on the establishment's rooftop.

Organised by the International Organisation for Migration together with On Photography Cambodia and a number of local NGOs, the exhibition showcases the challenges facing Cambodia's youngest generation. Real stories of tragedy and hope intermingle in the photographs of Arantxa Cedillo, Remissa Mak, Lina Pha, and Cheng Siv. Yet the viewer is left with a faint

sense of optimism for the future of Cambodia's children.

■ SIX YEARS OF ROCK

Phnom Penh's mainstay live music venue Memphis Pub celebrated its sixth anniversary on Jul. 3.

With owner Bona Thiem on stage along with the house band, the well-known establishment was decked in festive balloons and colourful lights for the occasion. Both regulars and tourists joined the loud party, downing US\$1 draught beer whilst chilling to the rock and blues tunes, waiting for the birthday cake.

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Over the years, Memphis has delivered solid rock 'n' roll to Penhites from Monday through to Saturday, as well as played host to a number of local and international acts, including Kheltica, Repris de Justesse, and Plan B. Here's to another six years, cheers!

■ LATIN GROOVES GRIP THE F Continuing the Cuban invasion of the Kingdom, Warapo brought their signature Latin fusion rhythms to the FCC Jul. 3 and 4.

Displaying slithery, slinky dance moves and a funky mix of guitar, congas, bongos, keyboard and sax, the highly acclaimed, award-winning band delivered a unique show with a distinctive sound. A growing crowd grooved to the original songs and popular covers, and with San Miguel specials and the hot floor show, the band gave the World Cup fever a run for its money.

Formed in Santa Clara, Cuba, the band who has played at the Caravelle Hotel in Vietnam since 2008, was thrilled to make its Cambodian debut. Their deep, seductive grooves and lively salsa beats got dancers up on the floor, creating a sea of twirling limbs and swirling skirts.

The revolution never looked or sounded so good.

■ DO IT ALL PUB TURNS THREE On Jul. 7, Do It All Pub threw a bash for its third year anniversary.

African melodies performed by the United Brothers, a four-piece band with a revolving cast of singers, got the festivities going in the bar's tree-lined courtyard. The feel-good rhythms were contagious, and some patrons even

hopped up on the stage to add to the merriment. Beers, brought in by the carton load, and African snacks were distributed liberally amongst the revellers.

Since its start, Do It All has provided the Penh with a fun, hospitable ambience, popular for reggae and dance music and late hours. Judging by its birthday party, this venue shows no signs of stopping.

■ BEIJING AT META HOUSE Chinese-born filmmaker Miao Wang presented her two documentaries at the Meta House's rooftop cinema on Jul. 8 and 9.

Having emigrated from Beijing to the United States at age 12, Miao uses film as a way to explore her roots.

Her short film, 'Yellow Ox Mountain,' follows two Chinese artists based in New York City. For 'Beijing Taxi,' a full-length documentary shot before and during the 2008 Olympics, Miao rode scores of cabs before selecting three drivers as her focus. Yet the protagonist appears to be Beijing itself.

"It's an ode to the city of my childhood," explained Miao, during a Q&A session following the screening. Using stunning imagery and poignant narrative, Miao portrays the wave of change overtaking the Chinese capital, and the people swept along with it.

■ DOC SPAN IN THE HOUSE Doc Span brought one of the best live performances of the year to Chinese House Jul. 9. Hailing from Australia where he's played for the last 20 years, the avid traveller combined the gig with a trip to Southeast Asia.



Backed on stage by a powerful line-up of some of the city's best musicians, the band rocked the crowd with rock and blues covers. Ukulele, guitar, bass, violin, keyboards, mandolin and drums all backed up Doc's vibrant, funky singing and harmonica. His rich, smoky voice delivered soulful tunes that got the crowd on their feet.

Chinese House kept pace with the crowd and made good use of the spacious downstairs for the main event, keeping the upstairs as a chilled out alternative when the blues got too hot.

■ ELEMENTAL MINISTRY OF SOUND A large cluster of tuk tuk drivers, amidst the parking lot filled with Mercedes and Lexuses, made it clear that something big was going on at Elements Club on Jul. 10.

The cause for the crowd was a session featuring DJs from London's Ministry of Sound, a cornerstone of the clubbing world. These ambassadors for dance music delivered a formula of electro classics and remixed pop and hip hop that worked—the flashing dance floor filled up quickly, while others tapped their feet and surveyed the scene from upstairs.

Dazzling with strobes, disco balls and a lavish interior modelled on international venues, Elements offered Penhites a taste of the London party experience. In the realm of nightlife, it seems Cambodia is making some bold strides.

■ TIM PAGE AT META HOUSE On Jul. 13, Meta House hosted an evening featuring photojournalist Tim Page.

The presentation included the launch of an exhibition of several of his unpublished photographs, as well as a screening of a National Geographic documentary entitled 'Vietnam's Unseen War,' in which he appears.

Attendees milled around the Art Café, contemplating his prints of Cambodia, Cuba, and Vietnam. According to Page, he chose photographs from these locations to represent the "changing colours of communism."

Page was present to introduce the film, which explores photography during the Vietnam War and includes interviews with surviving Vietnamese combat photographers. All in all, it was an evening that highlighted the profound force of photography to document the human experience.

■ PHNOM PENH DRIVEN IN SEINE Jul. 14 had the Penh's francophones out and about in celebration of le quatorze juillet, the French national day.

To commemorate the storming of the Bastille in 1789, recently opened wine bar Le Sauvignon served wine at a lowly US\$2 a glass, while cocktails in all colours of the tricolore set the scene for a good party. Though traditional French chansons might have been expected to come out of the hi-fi, partygoers instead somewhat curiously rocked to 80s American tunes, including anthems such as Daddy Cool.

Owner Isabelle milled about the guests in a red dress appropriate for the occasion, ensuring that none of her guests even considered rising to rebellion like their compatriots some 221 years ago.

■ BRING ON THE MUSIC There's more to Meta House than movies and art exhibitions, especially since the newly relocated cultural centre kicked off its Tigerjam concert series on Jul. 16.

With the downstairs gallery transformed into a music venue, the ever-entertaining Cambodian Space Project set the stage for what is to be a monthly event. Luring the audience to get up and boogie, the lively band shook things up with their blend of sixties Khmer music and good old rock 'n' roll.

The whole evening served as an overview of the Cambodian contemporary music scene, as the show was preceded by projections of music videos from the KlapYaHandz hip-hop collective, DJ Sdey, and other Cambodian music luminaries.

The Meta House seems to be already putting its larger space to good use, giving Penhites reason to make it a regular destination.

■ SHOP TIL YOU DROP On Jul. 16, KeoK'jay celebrated the onset of summer with an in-store party. Open for extended

hours, the Street 240 boutique treated patrons to waffles, mojitos, and discounted clothing. Drinks in hand, shoppers chatted and browsed the charmingly decorated space, checking out the updated selection of clothing and accessories.

KeoK'jay debuted several pieces, including a line of straw hats and a dress in vintage cotton with a pineapple inspired screen-print.

Founder Rachel Faller's design philosophy is feminine, original, and durable, using sustainable fabrics and incorporating imagery from Cambodia. Serving as a social enterprise, KeoK'jay employs Khmer women who are HIV-positive as producers, providing all staff with training and fair wages.

■ SHOWCASING A FASCINATING PAST Raffles Hotel le Royal unveiled its new permanent photo exhibition at the establishment's Writers' Bar on Jul. 16.

Featuring a series of historical photos starting from when the iconic building was first erected in 1929, the exhibition celebrates the illustrious past of Phnom Penh's oldest hotel.

Photos from the old colonial days of dance halls and men-only discussion rooms are followed by shots from the 1950s, in which the hotel's interiors are almost unrecognisable as walls and ceilings have been covered up to create a more "modern" look.

Later photos depict its time as a haven for journalists and other foreigners during the tumultuous years leading up to the fall of Phnom Penh in April 1975.

There's a story behind every picture, and organisers hope the exhibition will encourage former guests at the hotel to come forward with more photos, stories, and mementoes to add to the collection.

■ PREMIERING THE TRUTH Heart-wrenching, groundbreaking, fascinating, and powerful, there's no end to the adjectives that can be used to describe the documentary *Enemies of the People*. Premiered in Cambodia at Meta House on Jul. 21, the film was screened to a full house despite knee-high floods outside.

With directors Thet Sambath and Rob Lemkin present, never-before-seen footage of

confessions by Brother Number Two, Nuon Chea, as well as lower ranking Khmer Rouge cadre, was shown in Cambodia for the first time.

The film itself is the culmination of years of work by Sambath, who spent over a decade getting close to the people who destroyed his childhood and killed his father and brother.

Though the merits of the award-winning documentary are evident, the filmmakers have come under criticism from the ECCC for not disclosing their footage featuring Nuon Chea, who stands accused in Case 002 at the court.

Lemkin defended their stance at the Q&A following the film.

"When you have a relationship with someone who is giving you some very vital information, you get that information from the person on a certain basis," he said. "You can't then turn around to a court process and hand over that information to them."

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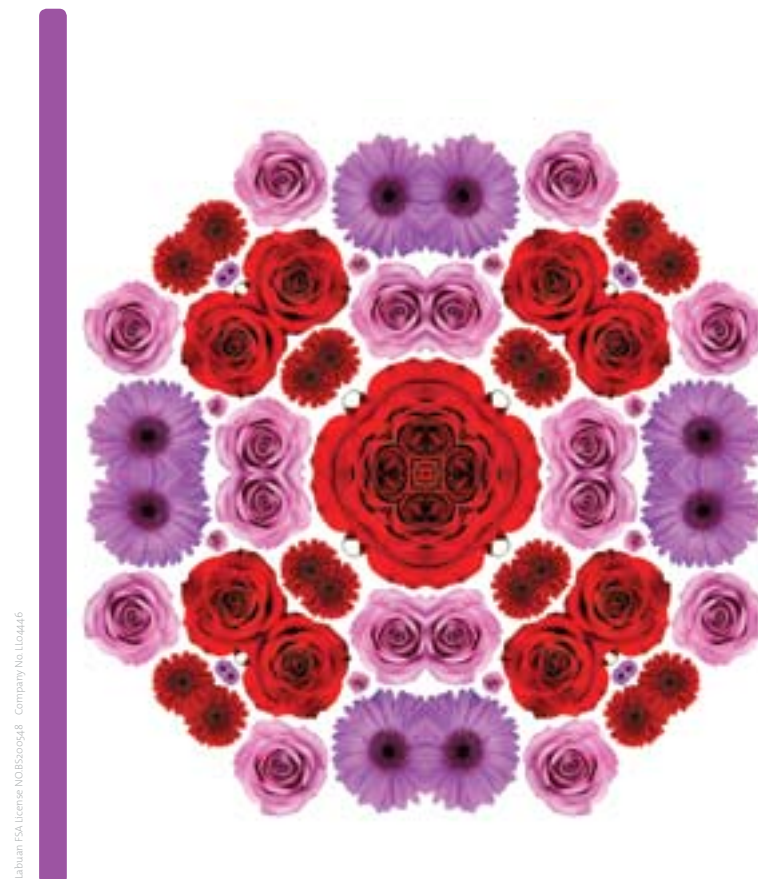
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News and Events

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■ A SPIRIT FOR FAIR PLAY

The team spirit of a Khmer football team organised by Spirit of Soccer was rewarded at the Football for Hope Festival 2010 in South Africa on Jul. 10.

Ending the tournament on a high note, the Cambodian team was voted by participants to receive the Fair Play Award in recognition of the good sportsmanship showed by its players.

Led by FIFA and streetfootballworld, the parallel tournament to the World Cup uses the power of the beautiful game to promote social change.

Though Esperance from Rwanda won the Alexandra Cup and

MYSA from Kenya picked up the Festival Trophy, the Cambodian team returned as winners too, as the concept of fair play more than anything defines the tournament.

Spirit of Soccer is an NGO promoting landmine awareness in Cambodia.

■ GREENS FOR AMATEUR GOLFERS

Following the success of the Angkor Amateur golf tournament last year, the Angkor Golf Resort in Siem Reap is organising a second amateur two-day tournament starting Aug. 6.

Played according to the official rules of golf as approved by the

Royal and Ancient Golf Club in St Andrews, Scotland, the event is set to be of high standard.

For US\$280, competing golfers will get one practice round followed by two competition rounds complete with caddy and cart fees as well as lunch and dinner. For an unforgettable few golfing days, Angkor Golf Resort is also offering a three-night package at a variety of hotels in Siem Reap, including the Riviera Hotel, Royal Angkor Resort, Angkor Palace Resort & Spa, Victoria Hotel & Spa, and Sokha Hotel, starting from US\$390.

For more details visit www.angkorgolf.holidaypalace.com

■ SUNDOWNERS ARE ON

The rumours of closing are gone and Ian "Snowy" Woodford is happy to announce his much loved bar Maxine's is back in full-time action. A superb place for sundowners, Snowy's eclectic establishment is now open Wednesday to Sunday from 4pm.

Though any day is good for a drink whilst watching the sun set over the Tonle Sap, Sundays are when to go for swinging goodness. Hosting the Penh's swing dancing enthusiasts, Maxine's turns into a dance floor for all those looking for jiggle. Beginners and those without partners are welcome, though should you

prefer to learn some steps ahead of time Phnom Penh P'Swings! organises regular lessons in town.

For more information about where and when to get into your own swing, visit www.pppswings.com.

■ MORE FUN AT THE FAIR

The Friends' Fun Fair is back on Aug. 14 with more entertainment for both kids and adults.

New on the menu is a special fashion contest where teams of visitors are given the opportunity to design funky wares on models using only newspaper, magazines, scissors and tape. With only 20 minutes for the task, participants will have to use their creative instincts to showcase new, modern designs using recycled materials. Another new feature will be the Meet the Press scoops, where Mith Samlanh's media team will be reporting on events as they unfold at the fair. Finally new circus gymnasts from the School of Fine Arts will join the show, while James Sutherland from Radio City returns for his second fun fair performance.

The Fun Fair runs from 8am to midday.

■ NO STOCK AT THE 'CHANGE

The launch of Cambodia's stock market has yet again been pushed back, this time to July 2011.

According to the Ministry of Finance, the delay is due to technical issues as well as the global economic crisis. Initially, the exchange was meant to be launched in December last year.

"The postponement of the stock market is to adapt to the evolving situation of the global economic and financial situation, which shows some positive signs of recovery but is still fragile," the Ministry's statement said.

The US\$6 million, four-storey building which is meant to house the exchange is also nowhere to be seen in the capital's new "financial district", Camko City.

■ FLATS FOR FOREIGNERS

The long-awaited sub-decree allowing foreigners to own up to 70 percent of condominium buildings in Cambodia was passed in July.

Though permitting a lower percentage ownership than anticipated, it is nevertheless hoped the decree will boost Cambodia's real estate and construction sectors, which have seen prices of land and houses decline by 40 to 60 percent in the last two years.

In contrast to neighbouring Thailand, the decree is generous, as foreigners hoping to invest in the Thai real estate market are only allowed to own 49 percent of condominiums. The new sub-decree is unlikely to be all it takes to bring more foreign investment into the Kingdom, with people in the industry citing endemic corruption in particular as thwarting investments.

■ NOKIA IN THE PENH

Finnish mobile phone maker Nokia is looking to boost its sales in the Kingdom through the launch of an official office in the capital.

Though the company claims already to be the market leader in mobile handsets in Cambodia, it hopes its enhanced presence in the country will bring the brand closer to local consumers. Blackberrys and iPhones have lately been eating into Nokia's profits, particularly in the money-making high-end part of the market. While basic Nokia handsets continue being as common as potholes in Cambodia, the company admits it could sell more of the top of the range handsets.

To get your own Nokia, visit the company's store, operated by KTH Telecom Company, 130 Sihanouk Boulevard.

■ HUMAN RIGHTS ONLINE

The Cambodian Centre for Human Rights (CCHR) launched its human rights portal on Jul. 22. Entitled Sithi.org, the portal aims to become a centralised hub for information related to human rights.

With goals to encourage further sharing among civil society organisations, as well as raising awareness of the human rights situation in Cambodia, the website contains a variety of information on topical issues such as human rights violations, laws, and initiatives. NGOs can also upload their own reports to the portal, as well as add their contact details into the site's directory. Though the website is still somewhat low on content, it has the potential of becoming a useful tool for both civil society and researchers, as well as the general public once Khmer content is added.

The initiative is funded by USAID, the British Embassy, the Open Society Institute and East West Management Institute.

To find out more, go to www.sithi.org

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The foothills of Bokor Mountain are now home to one of the Kingdom's most exquisite hotels, Nataya Coral Bay Resort.

Only 16km from Kampot town, this top-end hideaway comes complete with eight beachfront bungalows, a 25m infinity pool, a 2km private beach, stilt huts off a 300m pier, and simply oodles of lushness and relaxation.

Rooms with private open-air showers cost US\$60, and come with breakfast for two included. A classy restaurant and bar on site are sure to keep vacationers both

well fed and in high spirits, while swimming, kayaking, snorkelling, walking, or simply stargazing will leave little time to worry about work-related concerns. And if you fancy catching your own dinner, staff at the resort will be happy to organise for you to join local fishermen on excursions to harvest your very own oysters.

Bookings essential. **Nataya Coral Bay Resort**, Prek Ampil, Kampot, Tel: 016 226 471.

MORE THAN VODKA

Newcomer Dream-Up bar and restaurant is set to become the new in place for Phnom Penh's Russophiles.

Located a stone's throw from the country's embassy, the clean and straightforward establishment serves a variety of hearty Russian dishes, including traditional borsch soup (US\$5.50), pelemeni ravioli (US\$4), cheburecki pies (US\$4.50), and draniki potato cakes (US\$3). For something more top-end, grab a caviar sandwich (US\$4.50) and wash it down with a shot of Russian standard vodka (US\$3).

Dream-Up is about more than eating and drinking. Weekend evenings can see as many as three live bands take to the small stage, while Russian films

are screened every Saturday at 4.30pm. Kids also get their share of the fun, as owner Sergei dresses up on demand as a clown on weekends between 10 and 4pm, doing tricks, painting faces, and twisting balloons.

Dream-Up, 128 D1 Sothearos Boulevard, Tel: 016 634 414. Open weekdays 11.30am to 2pm, 5pm to 10.30pm, and weekends from 11.30am.

VEGGIES GALORE

The Penh's vegetarians are set to rejoice as the aptly named The Vegetarian opened its doors in early July.

With not a single dish costing more than US\$1, and all items on the menu vegan friendly, this place is likely to hit it big with those who eschew the meaty stuff. Though the menu lists a ham sandwich, you can rest assured it contains not an ounce of actual ham. And while egg can be added to your meal on demand, meat stock and fish sauce don't even exist on the premises say staff. Fruit juices, jam-packed with fresh fruits, are available in almost any combination, while the 3,000 riel set meal with rice and three sides of veggies is an absolute steal for lunch.

The setting is simple but nice, with sturdy wooden tables and funky wallpaper giving the place a touch out of the ordinary. The open kitchen at the back gives a sense of offering food freshly prepared just for you.

The Vegetarian, 11 Street 200, Tel: 012 905 766. Open 10am to 8pm, closed Sundays

ALL IN 18

A café, shop, restaurant, bar, nightclub, and karaoke venue—what more could you want? Eighteen manages to do it all.

The Brady Bunch meets the Jetsons in this futuristic and funky décor scheme, with splashes of bright colours throughout the mostly white, modern interior. Two terraces are ideal for chilling out, with movies and music videos projected onto the wall. The family-friendly karaoke rooms can be rented for US\$15 an hour and at night, DJ booths are set up on each floor. Cocktails are US\$4, but you might be tempted instead by the delicious whipped cream topped blackcurrant smoothie (US\$2.50). For dining options, there's a mix of food, but the beef loc lac is a good go-to (US\$3.99).

Unfortunately, Eighteen does close down each night, otherwise you might just never leave.

Eighteen, 505 Sisowath Quay, Tel: 016 209 111, Open daily from 7am to 1am.

MELLOW YELLOW

The colour yellow is associated with happiness, and making customers happy seems to be the concept behind Café Yellow. Located just off the Russian Market, the restaurant come coffee shop has daffodil-hued walls, golden place-mats, and lemon-coloured chairs.

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Guy Degrenne
Distributed by KAS Furniture



@Brasserie Durga

Laptop users will appreciate the WiFi, whereas worn out shoppers from Russian Market can revive in the air-conditioning. The menu features an MSG-free range of western and Asian cuisine. The Vietnamese Bun Hoi noodles, topped with lemongrass beef spring rolls, are an absolute delight (US\$3.50). Baked treats, such as the lemon poppy seed cake (US\$2), sweeten the deal. Upstairs, a wine lounge and bar offers an alternative experience for the evening.

With its cheerful ambience and tasty food, it's impossible to imagine feeling anything but happy at Café Yellow.

Café Yellow, 35A Street 155, Tel: 099 215 099, Open daily from 8am to 9pm.

■ **FOOD WITH A VIEW**

Brasserie Durga serves French food along with one of the most impressive views in Phnom Penh, overlooking the 1960s art deco inspired Central Market.

An exhausting session of prowling the market can be washed away with red wine, coffee, and a set lunch of three dishes for US\$19 on the brasserie's winsome terrace. Decorated with mural paintings of French art, the ambience is superb.

The bistro style cuisine includes French onion soup (US\$4.50), a comprehensive foie gras salad (US\$13), and rib eye steak in pepper sauce (US\$16). For dessert, the Durga specialty of rose syrup flan and choux pastry topped with Chantilly cream and fruit coulis (US\$5) makes for an irresistible indulgence.

A spacious upstairs area provides an ideal setting for private parties, and plans are in the works for events and exhibitions to come.

Brasserie Durga, 94 Street 130, Tel: 023 221 740, Open daily from 6.30am to midnight.

■ **FROM COUCHES TO CURIOS**

What makes a house a home? A few knickknacks here and there can certainly help. The recently opened Decosy shop, launched by the owners of Open Wine next door, is filled with pieces to perk up your abode.

The selection runs the gamut from major furnishings, such as beds, wardrobes, and tables, to the small pieces that can make a big difference, such as cookie jars and candle holders.

Imported from Vietnam, the stock at Decosy tends towards a French provincial look. The vivid hued tableware, with most bowls and plates under US\$4 each, is

an easy way to enliven a kitchen. Several unique items can be found, such as a black-and-white lampshade screen printed with images of cyclos (US\$41.60).

A grand opening event is anticipated for the end of September.

Decosy, 219 Street 19, Tel: 023 219 276, Open daily 9am to 7pm.

■ **HIP HOTEL 252**

Book in advance at The 252, because the boutique accommodation has already been consistently full since its launch on Jul. 21. Though just steps from the Independence Monument roundabout, The 252 feels a world away from Phnom Penh's chaotic sights and sounds.

With all 19 rooms designed by Tendance Khmère, guests have an attractive, colourful place to return to after sightseeing, equipped with flat screen televisions and a dock speaker for playing iPods.

Prices range from US\$45 to US\$65, depending on the room grade. The tree-lined courtyard will also appeal to Penhites looking for a swim in the pool (US\$5 for non-guests). Drinks and snacks at the poolside thatched roof-style bar are just right for unwinding after a long day, espe-

cially with a happy hour special from 5pm to 7pm.

Hotel 252, 19 Street 252, Tel: 06 87 30 62 52.

■ **A PERFECT FIT**

AusFit has happily settled into its new home in Tuol Kork. Since mid-July, the gym has been operating in a bright, open space within the De Castle Diamond residential complex. Owner Richard Chin has found the move a positive change, as the approximately 1,000 sq-metres area allows AusFit more room than before.

Aerobics, dance, and yoga courses are held in the dance studio throughout the week, and the schedule will continue to expand. If you're at a loss on how to best tone your gluteus maximus and so forth, AusFit has five trainers employed to advise you on the range of machines and weights. The centrepiece is the swimming pool, illuminated by a skylight above and cooled by breezes from the terrace.

Other perks include a juice bar, steam bath in the locker rooms, and big windows with a lush view.

AusFit, 158 Street 315, Tel: 012 810 432, Open daily from 6am to 9pm. ■

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calendar

August

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

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



@Cambodian Youth Arts Festival



@Memphis

1 Thursday

Live Poetry Reading @ Meta House, 6pm
Khmer & Foreign Writers

3 Tuesday

Young and Restless in China @ Meta House, 7pm

4 Wednesday

The Most Secret Place on Earth @ Meta House, 7pm
Filmmaker Marc Eberle will be present (Q&A)

5 Thursday

"Khmer Rouge" Double Bill @ Meta House, 7pm
Three Generations & Death and Rebirth

Melanie Brew @ Paddy Rice, 8.30pm

6 Friday

Paris is Burning @ Meta House, 7pm. Rainbow Film Night for the LGBT community

7 Saturday

Cambodian Youth Arts Festival Opening

Cambodian Youth Arts Film Festival @ Meta House, 7pm
Where Elephants Weep

Fat Black Pussycat Party @ The Riverhouse Lounge, 10pm till late. MC Hydro Phonics & DJ Tech 12

8 Sunday

Cambodian Youth Arts Festival

Cambodian Youth Arts Film Festival @ Meta House, 7pm. Witchcraft House.

9 Monday

Cambodian Youth Arts Festival

Cambodian Youth Arts Film Festival @ Meta House, 7pm
Two People Live Near Each Other & Holy Man

10 Tuesday

Cambodian Youth Arts Festival

Cambodian Youth Arts Film Festival @ Meta House, 7pm
New Animation Films from Phare Ponleu Selpak Followed by a film by the Apsara Arts Association

11 Wednesday

Cambodian Youth Arts Festival

Cambodian Youth Arts Film Festival @ Meta House, 7pm
Encourage, and I Can

12 Thursday

Exhibition Opening @ Art Café, 6pm
Ristiyanto Cahyo Wibowo

Indonesian documentaries @ Meta House 7pm

13 Friday

Fundraiser @ Meta House 7pm. Cambodian Homeless Football World Cup Team With DJ Jimmy Salsa

14 Saturday

Spurs vs. Man City @ Riverside Bistro, 6.45pm

Contemporary Music Theatre on Video @ Meta House, 7pm
"Meme Soire" by Heiner Goebels

15 Sunday

Tiger Jam @ Meta House, 7pm. live rock concert by "Lost Highway"

Liverpool vs. Arsenal @ Riverside Bistro, 10pm

17 Tuesday

Animation Film Night @ Meta House, 7pm. Ghost in the Shell 2: Innocence

18 Wednesday

Grizzly Man @ Meta House, 7pm

19 Thursday

Documentary Double Bill @ Meta House, 7pm. "Smot" & "Terror's Advocate"

Boombox-Tick Party @ The Riverhouse Lounge, 10pm till late. With DJ Illest feat DJ'S Gang & Blue.

20 Friday

Cuban Film Festival @ Meta House, 7pm. Clandestinos (Cuban music, cocktails & food)

21 Saturday

Cuban Film Festival @ Meta House, 7pm. Strawberry and Chocolate

Arsenal vs. Blackpool @ Riverside Bistro, 9pm

"Tha Beat Lounge" Lauch Party @ The Riverhouse Lounge, 10pm till late
DJ's Spydamonkee & Jedia

22 Sunday

Cuban Film Festival @ Meta House, 7pm. Viva Cuba

Newcastle vs. Aston Villa @ Riverside Bistro, 7.30pm

24 Tuesday

Gallery Exhibition Opening @ Meta House, 6pm
Le Duc Hai & Le Ngoc Thanh

25 Wednesday

Kampot Pepper Film Night @ Meta House, 7pm
The Pepper Fields & Pepper

26 Thursday

Hip Hop Diva Party @ The Riverhouse Lounge, 10pm till late
With DJ Yukie

27 Friday

Documentary Double Bill @ Meta House, 7pm. Switchblade & Skatin' 66. Q&A with Filmmakers/Producers Harry Chew and Mariam Arthur

28 Saturday

Blackburn vs. Arsenal @ Riverside Bistro, 6.45pm

Same Same but Different @ Meta House, 7pm

Liverpool vs. West Brom @ Riverside Bistro, 9pm

29 Sunday

Music Dinner Party @ Art Café. Estehazy Divertimento - Court Music of the 18th Century

31 Tuesday

"Gendered Lens @ Meta House, 7pm. Films from the Garment Factories

Every Day

High Tea @ the Conservatory, Raffles Hotel Le Royal, 3pm - 5.30pm

Happy Hour Buy One Get One Free @ Elephant Bar, Raffles Hotel Le Royal, 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 Monday

HIP HOP sessions @ The Riverhouse Lounge, 10pm till late. DJ Blue, DJ Gang & DJ Star

Every Tuesday

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

All you can eat burgers US\$7.50 @ Steve's Steakhouse 6.30pm

Quiz Night at Gym Bar, 9pm

Big Boy BBQ @ Riverside Bistro, 6pm.

Live Music & Open Mic @ Riverside Bistro, 8.30pm

Liquid Tuesdays @ Elements, 9pm

HIP HOP sessions @ The Riverhouse Lounge, 10pm till late. DJ Star & DJ Cool Sam

Every Wednesday

Guest Band Night @ Riverside Bistro, 8.30pm

Asia Pop Wednesdays @ Elements, 9pm

Korean Kanto Pop, Giri Giri Girls Show

Salsa with Jimmy @ Equinox, 9pm

SLAMMIN HIP HOP @ The Riverhouse Lounge, 10pm till late
DJ Cool Sam, DJ Blue & DJ Gang

Every Thursday

Big Boy BBQ @ Riverside Bistro, 6pm

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Cambodian Youth Arts Festival Schedule

7 SATURDAY

Arts Fair @ Chaktomuk, 7am – 12pm
 Arts Parade @ Chaktomuk, 2pm
 Arts Fair @ Chaktomuk, 5pm – 10pm
 Free Performance @ Chaktomuk Outdoor Stage, 5.30pm
 Yike Opera by Cambodian Living Arts
 Pop Song by Chap Vithur
 Phloy Suoy by Children of Bassac
 Comic Performance by Tico Troupe
 Film/Slide Screening @ Meta House, 6.30pm
 Film/Slide Screening @ Bophana Centre, 6.30pm
 Film/Slide Screening @ Chaktomuk Conference Hall, 6.30pm

8 SUNDAY

Arts Fair @ Chaktomuk, 7am – 12pm
 Arts Fair @ Chaktomuk, 5pm – 10pm
 Free Performance @ Chaktomuk Outdoor Stage, 5.30pm
 Pop music by Sai and his band
 Film/Slide Screening @ Meta House, 6.30pm
 Film/Slide Screening @ Bophana Centre, 6.30pm
 Film/Slide Screening @ Chaktomuk Conference Hall, 6.30pm
 Performance @ Chaktomuk Main Stage, 6.30
 Mohaori Theatre by Apsara Arts Association
 Breaking silence by Amrita Performing Arts
 Winds of Angkor by Winds of Angkor Troupe

9 MONDAY

Arts Fair @ Chaktomuk, 7am – 12pm
 Arts Fair @ Chaktomuk, 5pm – 10pm
 Free Performance @ Chaktomuk Outdoor Stage, 5.30pm
 Mohaori Songs & Inclusive Dance
 Film/Slide Screening @ Meta House, 6.30pm
 Film/Slide Screening @ Bophana Centre, 6.30pm
 Film/Slide Screening @ Chaktomuk Conference Hall, 6.30pm
 Performance @ Chaktomuk Main Stage, 6.30pm
 Pinpeat Music by Master Mao Phoeung's ensemble
 New Original Music by Waterek Production
 Folk Dance by Kampong Chhuteal High School
 Shadow Theatre by Sovanna Phum Arts Association
 Bok Leak Ceremony by Master Sok Duch's troupe

10 TUESDAY

Arts Fair @ Chaktomuk, 7am – 12pm

Arts Fair @ Chaktomuk, 5pm – 10pm
 Free Performance @ Chaktomuk Outdoor Stage, 5.30pm
 Krab Dance
 Hip Hop Dance
 Memm
 New Original Music
 Film/Slide Screening @ Meta House, 6.30pm
 Film/Slide Screening @ Bophana Centre, 6.30pm
 Film/Slide Screening @ Chaktomuk Conference Hall, 6.30pm
 Performance @ Chaktomuk Main Stage, 6.30pm
 Spoken Theatre by Fine Arts Association
 Folk Dance by Mith Samlanh
 Pop Song by Soh Mach and Him Siwon
 Yike Opera by Khi Mom's troupe

11 WEDNESDAY

Arts Fair @ Chaktomuk, 7am – 12pm
 Arts Fair @ Chaktomuk, 5pm – 10pm
 Free Performance @ Outdoor Stage, 5.30pm
 Modern Wedding Music
 Chapei Chhlaeuy Chhlang
 Tbal Khdoeung
 Film/Slide Screening @ Meta House, 6.30pm
 Film/Slide Screening @ Bophana Centre, 6.30pm
 Film/Slide Screening @ Chaktomuk Conference Hall, 6.30pm
 Performance @ Chaktomuk Main Stage, 6.30pm
 Inclusive Dance by Epic Arts
 Pop Song by Pou Khlaing
 Innovative Mohaori Song by Meng Kaew Pechta
 Chapei Dang Weng by Master Suon San
 Classical Dance by Khmer Arts
 Large Shadow Puppet performed collaboratively by Wat Bo Troupe, Sala Kansaeng Troupe, Kok Thlok Association for Artists, and Sovanna Phum Arts Association
 New Dance by Association for Conservation of Arts and Culture
 Hip Hop Dance by Tiny Toones
 Folk Dance by Children of Bassac

This Schedule is subject to change. Please consult www.cambodianartsfestival.org for up-to-date details. Tickets available Tel: 012 650 229.

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All you can eat US chicken US\$7.50 @ Steve's Steakhouse, 6.30pm

'Remedy' Live Music @ Riverside Bistro, 8.30pm
 New & Old Classics

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

Swing with the PSwings, @ Equinox, 9pm

The new upscale "Ladies Night" @ The Riverhouse Lounge. DJ'S Gang & Blue. 1 Free shot for 'Ladies'

Glory Hole @ Pontoon, 10pm
 DJ & Drag Show

Velvet Nights @ The Riverhouse, 11pm to 3am. House music

Every Friday

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

Live Music @ Velkommen Inn, 8pm.

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

HIP HOP JAM @ The Riverhouse Lounge, 10pm till late
 DJ Bobby, DJ Cool Sam & DJ Illest

Friday Heineken Green Energy @ Elements, 9pm
 Heineken Promos

Velvet Nights @ The Riverhouse, 11pm to 3am
 House music

Every Saturday

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

Saturday Night Fever @ Riverside Bistro, 8.30pm. Live Music to make you Dance

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

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

Sindustry @ The Riverhouse Lounge & Velvet Nights, 10pm till late. Hip Hop with DJ's Cool Sam & Bobby Sin. House music with DJ's Unbeatable & Dr House

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

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

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

Big Boy BBQ @ Riverside Bistro, 6pm

Steak Night US\$7.50 @ Steve's Steakhouse, 6.30pm

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

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

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.

Dance remix @ The Riverhouse Lounge, 10pm till late
 DJ Star & DJ Phannara

Open Mic @ Riverside Bistro, 10pm

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Pick of the Month

go, participate, visit, surf, learn



GO:

Singapore GP

For many fans of speed, F1 is the ultimate race. The exciting chase will be back in Singapore for the third time between Sep. 24-26, again in the unusual and exciting night race format of the Formula 1 SingTel Singapore Grand Prix. The event has already earned the title of "the jewel in the Formula 1 crown" and this year is unlikely to disappoint. Tickets for the celebration of speed start at SG\$188, but go up steeply for seats with better views. Should you be strapped for cash, you can always try winning free tickets by participating in AirAsia's GP Challenge at <http://www.haveyouflowinairasia.com/gpchallenge>.



GREEN:

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Be environmentally friendly even when cleaning by using products by Earth Choice. With containers made from PET recycled plastic, and natural contents that are biodegradable, grey water safe, as well as phosphate, ammonia and chlorine free, you just can't go wrong. Not having been tested on animals is an added bonus. In Phnom Penh, Lucky Supermarket currently stocks some of the Australian range's products, including laundry liquid and multi-purpose spray. To find out more visit www.naturesorganics.com.au.

EAT:

Dim Sum

Friends of the small Cantonese dishes should make sure not to miss out on NagaWorld's Sunday Dim Sum Brunch. Served at the establishment's Pangea Fusion restaurant between 11am and 3pm, the all-you-can-eat US\$15 buffet is certain to fill any belly. Over 50 types of both fried and steamed dim sum are on offer, delivered directly to your table in traditional steamer baskets. The buffet also serves other Chinese dishes such as roasted duck, as well as some Western foods, including a delicious spread of desserts.




USE:

Rogue

Who says there's no music in the Bodge? Previously known as Boom Boom Room, Rogue is a one stop digital downloads and video transfer service. Catalogues are updated weekly, with full TV-series seasons going for US\$6, films for US\$1.50, and music albums for US\$0.75. Downloaded from digital files directly to your iPhone, USB stick, or hard drive, there is no danger of scratches and you can avoid accumulating hundreds of DVDs. Siem Reap, Sihanoukville, and Kampot have stand-alone shops, while Phnom Penh-based customers can make their way to Rubies, Café Yellow, or the Lazy Gecko for their fix.

WATCH:

Shadow Puppets

In a new location for some time now, Sovanna Phum arts association continues producing stellar traditional dance and shadow puppet performances. A great way to entertain visitors, as well as a mesmerising show for expat adults and children alike, these shows also contribute to the revival of traditional Cambodian arts. Performances cost US\$5 and are held every Friday and Saturday night at 7.30pm at 159 Street 99, near the crossing with Street 484. 



Floods

Finally here after months of unbearable heat. Now we can curse the water instead, or maybe just the filling of Boueng Kak?

Swine flu

It's back, with a vengeance...

Rafa

At only 24, Nadal is undoubtedly the King of the Court

Petraeus

Big hopes lie on the shoulders of the new US commander in Afghanistan, but can he deliver? Possibly, as long as he doesn't talk to Rolling Stone magazine.

Femaleness

After 10 months, the IAAF discovered Semenya was a woman all along

GOING UP

GOING DOWN

Otres Beach

The less crowded option to Snooky's Ocheuteal beach will soon be but a memory

World Cup Refs

Ball inside goal = not goal. Player shoots from offside = goal. What game were they refereeing?

The Written Word

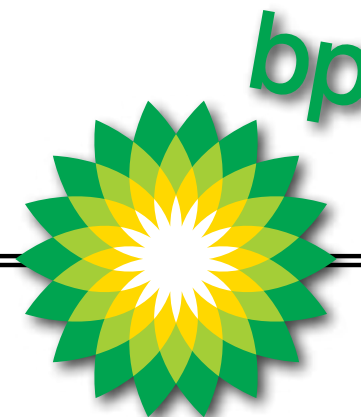
Another day, another newspaper folds

Lindsey Lohan

But I did my best, she cried in court, getting back for an alcohol education course from the Cannes Film Festival was just too difficult!

BP

Yes, they're going down a second month in a row. See the photo essay in this issue to understand why.



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

Siem Reap

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

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

Sihanoukville

- Cinderellas Cafe

- Ochheuteal Beach

Kampot

- Bokor Mountain Lodge Hotel

- Riverview Drive

Koh Kong

- Aqua Sunset

- Koh Kong

A Kingdom of Brew

The days of average lager are over with the opening of Kingdom Breweries, a state-of-the-art European facility located on the banks of the Tonle Sap. **Nora Lindstrom** samples their premium brew.

OPENING A BREWERY IN Cambodia may not be the most obvious idea. For Peter Brongers, CEO of new Kingdom Breweries, however, the venture not only made perfect business sense, but also gave him a chance to fulfil a long term dream – drink his own beer. “The most beautiful thing in life is combining business with what you like to do,” he says. Although he says average beer consumption in Cambodia currently stands at a lowly seven litres per person per year, he claims there is lots of money to be made. “The beer market here is growing very fast.”

The venture took off late last year following an investment by Leopard Cambodia Fund, the country’s first private equity company. “It was a sensible investment for them,” Brongers says. “We wanted to start a small brewery that makes a quality product that not only tastes good, but also looks good, has a distinct identity, espouses green values, and looks after its people.”

Though the first batch of bottles has only just been filled, Brongers is confident of success. To brew the company’s flagship pilsener, only the best Czech hops and premium German malt is used, with no artificial additives. A German brewmaster, Peter Haupenthal, was brought in to oversee production. “We’re the first microbrewery in Cambodia,” he says. “There are brew pubs that make beer only for their own consumption, but we hope we can sell everything we make here.”

According to Haupenthal, real pilsner, such as Pilsner Urquell, is made in the Czech Republic using premium local malt and hops, with the water in the Pilsen region giving the beer its distinct taste. “We’re as close to a pilsener as we can be,” he says, “no one else in Cambodia does that.”

With a strong, crisp and slightly bitter aftertaste, Kingdom Pilsener is certainly in a different league from the regular lager. Perfect on a hot day, half a pint of the brew leaves a sense of having drunk real beer, not average dishwater.

While it will soon be available in bars, restaurants and shops around town, a more interesting way to sample the beer is to visit the factory itself. Tours for visitors are set

to be organised on a regular basis, giving participants a chance to first learn about how the beer is produced and later enjoy some frothy cold ones at the establishment’s bar

which features great views over the Tonle Sap river.

The building itself is also of interest. Designed by Uk Sameth, a contemporary of Vann Molyvann, it is a recognised piece of Khmer New Architecture, initially built to house a factory producing condensed milk. Multinational company Nestlé later took over, while Kingdom Breweries in 2009 began renovating what at that point was an NGO-run soy milk producing facility into a state-of-the-art European brewery. Recognising the architectural value of the building, Peter Brongers says they tried to keep as much as possible in its original state, even restoring some of the original elements of the building. “Uk Sameth came to see the building recently and was very happy,” he says.

Though both Peters currently focus mainly on getting their first beer out, plans are in place for expansion. Cambodian ingredients may in the future be used to create seasonal beers, such as mango or even peppercorn flavoured beverages. The two are also considering using rice instead of malt as a basis for another beer. “We need to find out if people like it,” Haupenthal says.

Key to Kingdom Breweries is quality. Calling the venture a boutique brewery, Brongers says he wants to create a beer brand with distinction. Beyond brewing premium pilsener, that also involves creating a distinct brand identity. “We want to be hip and classic at the same time,” he says. “We also want to promote positive aspects of Cambodia.” To celebrate the beauty and riddles of the country, the company has adopted four local endangered animals as their symbols – the clouded leopard, the pangolin, the impressed tortoise, and Cambodia’s intriguingly elusive national animal, the kouprey. Dedicated to the clouded leopard, the first pilsener will be presented to the public at the brewery’s grand opening on Aug. 21.

Kingdom Breweries, 1748 National Road 5, Tel. 023 430 180
For more information, visit www.kingdombreweries.com



The look of regality

Phnom Penh Life: Handz up for Khmer Hip Hop

For the past five years, KlapYaHandz has been fostering original hip-hop in Cambodia. Founder **Sok ‘Cream’ Visal** explains the hip-hop collective’s push for musical innovation to **Mai Lynn Miller Nguyen**.

“WHY KEEP REMAKING Korean or American hits? Why don’t we just start creating our own music?” says Sok ‘Cream’ Visal, founder of the KlapYaHandz hip hop collective. “Even if we have to be inspired by our old songs, our own artists from the sixties.”

Under the production of Visal, KlapYaHandz has independently released four albums of hip hop music. Yet uniquely Khmer music remains largely underground as covers of foreign hits continue to dominate clubs and radio stations. Armed with a self-taught knowledge of music production and a passionate drive to promote originality, Visal is trying to pick up where the 1960s, Cambodia’s Golden Age of music, left off.

Visal’s zeal for hip hop developed in the suburbs of Paris. During the Khmer Rouge regime his family had immigrated to France where he was raised in housing projects. In the late eighties, he got involved with a group of graffiti artists. They started rapping and performing, but never got beyond being “world-famous – in the neighbourhood,” Visal jokes.

In 1993, Visal chose to return to the country of his birth. He set about starting his life over in Cambodia with a stream of jobs, joining the army, managing Monument Books, teaching French, and working for a petrol company. On the side, he kept exploring music. “It started like a hobby,” says Visal. “I bought myself a computer and I learned how to make music. I started to play around with old Khmer music, mixing with hip hop drum beats, basic stuff.”

Visal traces the rise of hip hop in Cambodia to a flow of music from Cambodians living abroad. A hip hop scene emerged in the nineties, spawning Khmer versions of American chart-toppers. Wanting to do something more home-grown, Visal remixed locally recorded vocals with samples of the sixties



Visal is striving for more than remakes

Khmer songs his parents had played throughout his youth. He put out a first mix tape, ‘Cream Remix of Khmer hip hop’, and began distributing it for free. His subsequent album, ‘Khmer Funk’, drew on the soul and funk style he knew from France.

Though Visal’s experimental work earned him some local notoriety, he gave up music to focus on raising and supporting his family. By this time, he had taught himself graphic design and was employed as an art director for an advertising firm. Eventually, music came to find him. “I got this kid working with me, a Khmer junior copywriter, named Aping. So one day, he was asking me if I was still making music,” recounts Visal. “I didn’t even

know he was rapping. I didn’t really have time to take music to a more serious level, but I said let’s try something. That’s how KlapYaHandz started.”

Aping’s 2005 debut record, produced by Visal, sparked a movement. The Cambodian hip hop scene had fizzled out since 2002, but Visal found that as the album began to circulate, others were inspired to create their own songs. Artists started seeking out Visal’s beats and production skills, and the KlapYaHandz ‘music family’ grew. The label functioned essentially as a one-man show, with Visal managing artists, mixing and mastering songs, shooting and editing music videos, and financing operational costs.

When a partner came on board, they set up a studio and released the first KlapYaHandz compilation, establishing several of their artists as local stars. The Group is currently on what Visal calls its second generation of artists, with a total of nine artists signed to the label and being paid for the songs they create. In October, KlapYaHandz plans to launch a new album and music videos, as well as showcase its talent in a concert. Incorporating influences of reggae, acoustic music, and other genres, new material will show the expanded dimensions of KlapYaHandz’s artists.

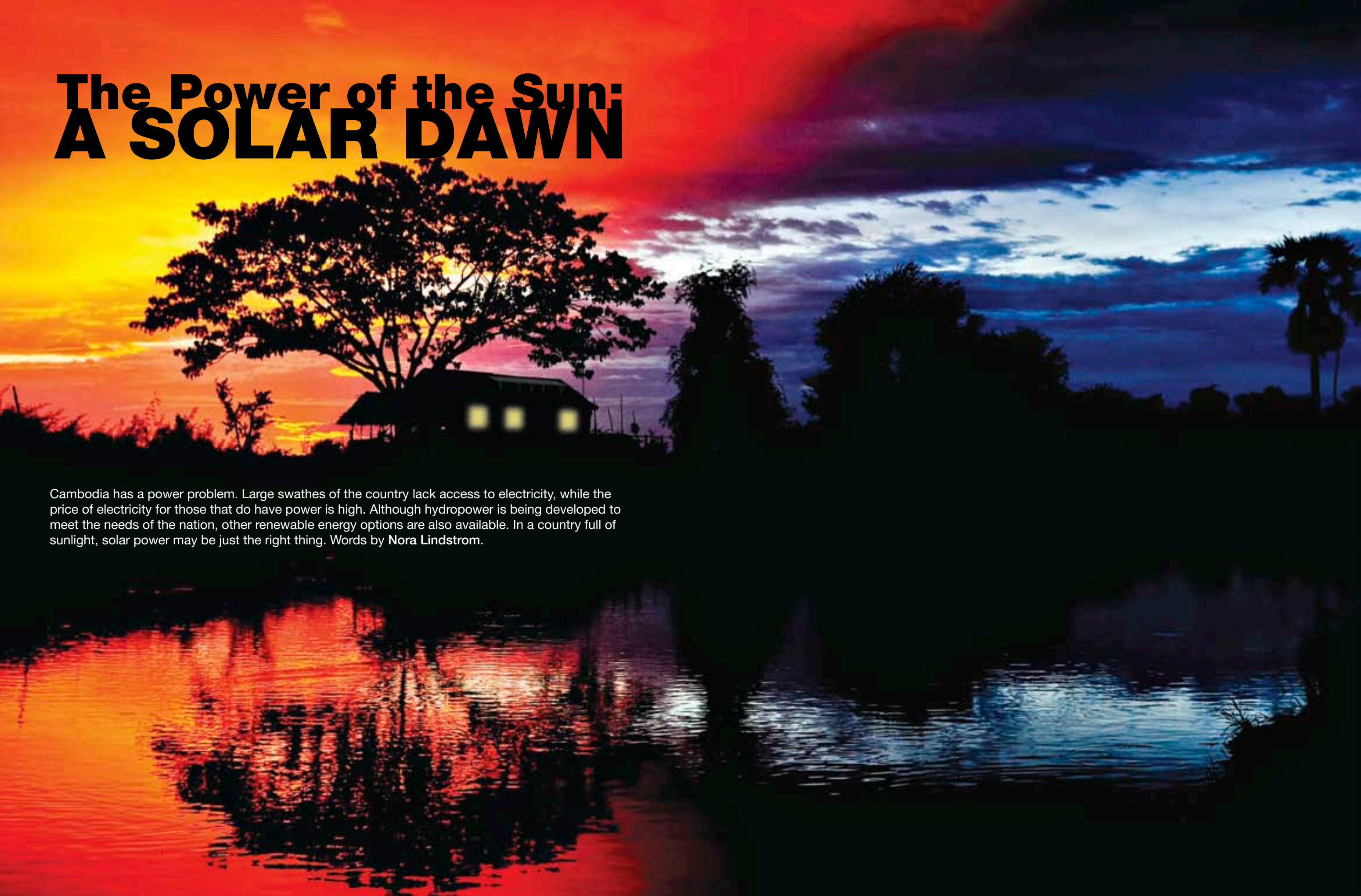
Still, hip hop continues to be at the core of the collective’s sound. “One other thing I think about why Khmer people easily adopted hip hop—I think it has a lot to do with the whole coming from nothing and turning into something,” says Visal. “Coming from the ghetto and wanting to be rich and bling-bling, and all that stuff. I guess Cambodians also wanted to relate to that.”

Concerning the misogynistic and substance abuse-promoting lyrics and lifestyles of certain American rappers, Visal keeps these negative aspects out of KlapYaHandz work. “It wasn’t right do anything gangster here,” explains Visal. “The goal here is to build something positive and to go as far as possible.”

For KlapYaHandz artists, music can serve as an outlet for expression. It’s a way for them to discuss their lives, particularly for those who come from poor backgrounds. The first song about the environment is currently in production, and Visal sees potential for music to have great meaning for Cambodians on all different issues. “As a producer, but also as a Khmer person, I feel like I have this mission of teaching and educating people,” says Visal. “My way to do it, the only way I can do it is, through music and songs.”

The Power of the Sun: **A SOLAR DAWN**

Cambodia has a power problem. Large swathes of the country lack access to electricity, while the price of electricity for those that do have power is high. Although hydropower is being developed to meet the needs of the nation, other renewable energy options are also available. In a country full of sunlight, solar power may be just the right thing. Words by **Nora Lindstrom**.





Southeast Asia is waking up to the possibilities of solar power

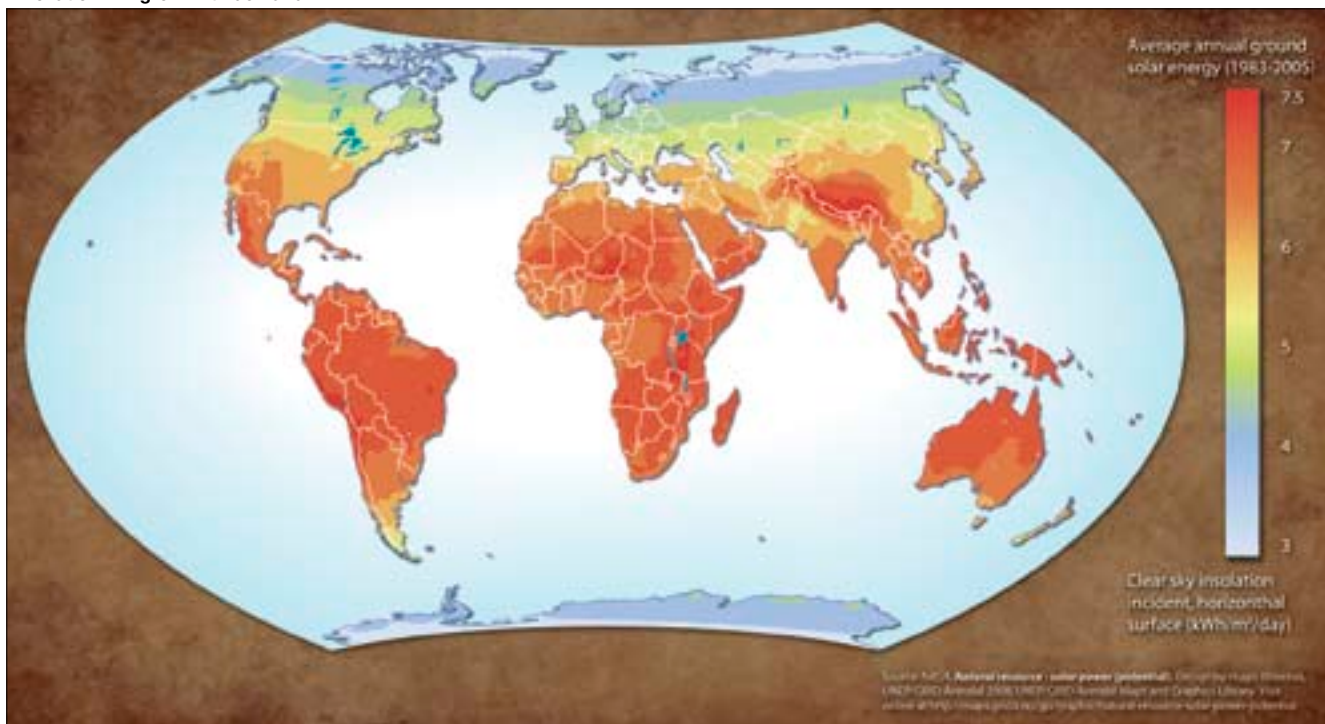
“PREVIOUSLY I USED A KEROSENE lamp and I was always worrying about things catching fire,” says Calian Malis, a 30-year-old shopkeeper. Last year, she participated in trial runs for a new solar powered lantern, the MoonLight. Now a regular user, the lantern provides her and her children with brighter and safer light.

“MoonLight changed my life,” she says. Malis’s situation, before she started using solar power, is repeated across rural Cambodia. With no national grid and outdated machinery, the Kingdom has a power problem. Power is costly. The World Bank acknowledges that electricity prices in Cambodia are some of the highest in the region, significantly higher than those of neighbours Thailand and Vietnam. According to the Electricity Authority of Cambodia, tariffs in Phnom Penh start at 720 riel per kilowatt hour (kWh) for consumption over 100kWh per month. In the countryside, power from private suppliers can cost over 3,000 riel per kWh.

Not only is power expensive, it is also scarce. Some three quarters of the country remains unelectrified, relying on rechargeable batteries and kerosene for their power and lighting needs, and wood and charcoal for cooking.

Leoung Keosela recognises that the provision of electricity poses a challenge for Cambodia. As head of the Rural Electrification Fund (REF), a World Bank supported public institution, he is in charge of accelerating access to power in rural areas. As part of its efforts, the REF recently

Innovation will grow with demand



Innovative Light Claims Award

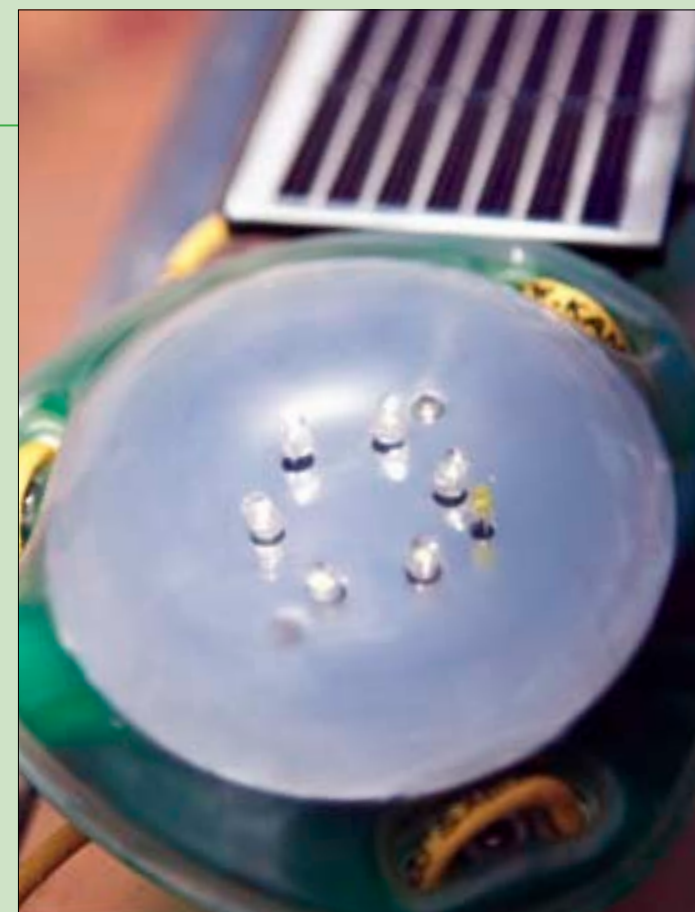
Deemed one of the most promising clean energy ideas at the Asia Clean Energy Forum, the MoonLight won the award for Best Innovative Clean Energy Technology at the USAID organised event in June.

Produced by Cambodian social enterprise Kamworks, who also collected the Clean Energy Marketplace Award, the portable solar powered lantern is a source of light designed for, and with, rural families in Cambodia. Designed by a group of Dutch students, and tested in practice by families in the Cambodian countryside, the MoonLight is safe and inexpensive compared to the kerosene lighting commonly used in rural households.

Collecting sunshine during the day, the lantern offers three levels of lighting during the evenings, ranging from ‘high’ for reading, to ‘low’ for basic visibility. Fully charged, it can last for up to 40 hours.

The first solar power product to be produced in Cambodia, the MoonLight creates jobs and local know-how, eliminating the need for imports as well as allowing easy access to spare parts and repairs. As the initial investment of US\$25 for the light may be steep for the average rural household, Kamworks has teamed up with French-Cambodian microfinance organisation Centre International du Credit Mutuel. Through this cooperation, villagers are given the opportunity to pay back the cost of the lantern over one year at the same daily rate they would usually buy kerosene.

For further information about Kamworks, visit: www.kamworks.com



announced a plan to purchase 12,000 solar panel systems for rural homes.

“The electrification rate is about 26 percent in Cambodia,” says Leoung. “Solar power is a good option.”

Richard Vaillant agrees that solar power could prove viable in Cambodia.

As manager of the power and renewable energy division at Comin Khmere, he is in a position to know. “There is enough sunlight in almost all of Cambodia to have good output from solar PV,” he says. “There are no physical obstacles to its spread.”

Despite the global recession, production and consumption of renewable energy has grown in recent years. The Renewable Energy Policy Network for the 21st Century (REN21) reports that 18 percent of global energy supply came from renewable sources in 2009, with the amount of grid-connected solar photovoltaics (PV) having grown by an average of 60 percent every year for the past decade.

Germany, followed by Japan and Spain, are leaders in the solar field in terms of grid-connected PV solar systems. Smaller scale, off-grid PV systems are being increasingly used in developing countries, including Bangladesh, Sri Lanka, Kenya, and South Africa, while China dominates the market for solar powered water heaters.

Countries in Southeast Asia are also waking up to the possibilities of solar power.

In March this year, the ADB announced it is lending US\$70 million for the development of a 73-megawatt solar power plant in central Thailand. When completed, it is likely to be one of the largest solar photovoltaic projects in the world, and central to Thailand’s Alternative Energy Development Plan that aims to generate 20.4 percent of primary commercial energy from renewable sources by 2022.

EMBRACING THE SUN

Though current use is limited, solar power could be at least part of the solution to Cambodia’s energy problem.

“There’s natural potential, and natural need,” says Vaillant.

Jeroen Vershelling, director of local social enterprise Kamworks, has no doubts about the opportunities solar power can provide for Cambodia.

Through Kamworks, he is at the helm of solar developments. “We’re a think tank on all things solar,” he says. “We’re crazy about solar power and this country needs it as there are no other viable sources of power.”

No alternative, but also “absolutely no incentive,” cautions Vaillant.

The bottom line is that solar power, despite producing virtually free energy, requires a substantial initial investment.

Current solar power markets are “not natural”, according to Vaillant.

Instead, political will expressed through a variety of government schemes and subsidies is required. This has allowed even countries with a relatively low amount of sunlight to develop their markets over the past decade. After all, Germany gets far less sun than Cambodia.

In Thailand, the government has played an important role in spreading the use of solar power, as well as in encouraging the development of an industry producing solar panels.

“The Cambodian context is different,” says Vaillant. He claims that the country remains at a stage where political will is yet to be translated into action. On the positive side, there has at least been some governmental encouragement.

“Last year a significant effort was made when the import duty on materials needed to build solar plants was removed,” he says. Given that there is no current domestic production of solar panels in Cambodia, the measure marks an important step towards embracing solar power in the Kingdom.

Through bringing down costs, recent technological breakthroughs are also making solar power an increasingly viable alternative. “Solar power has been affordable only for a few years really,” says Verschelling.

The arrival of LED lights transformed the sector by providing a more efficient light source than regular incandescent lights, thus lowering the amount of energy needed to power them. The rise of China as a producer

The Basics



WHAT?

Solar power means the generation of electricity through sunlight. This can be done either directly using photovoltaics, or indirectly through concentrating solar power, i.e. using the sun's energy to boil water which is then used to provide power. Solar thermal power refers to the harnessing of solar energy to heat water directly

HOW?

In the photovoltaic method, a solar cell is used to convert light into electric current. Currently, there are over a dozen different types of solar cells made from different materials. Time will tell which one will dominate the markets through achieving the highest efficiency in turning light into electricity

WHEN?

Given that the generation of solar power requires sunlight, the technology only works during the day. However, the power generated can be stored in batteries for later use, and even countries such as Germany can benefit from its use

WHY?

It's free, clean energy that reputedly has the ability to provide over 1,000 times more energy than is consumed globally each year

WHEN?

It's already out there though initial costs of installing solar home systems means incentives are needed. For those connected to grids, feed-in tariffs are a potential solution, while for those off the power grid, solar power can be one of the most affordable solutions in the long run

of solar power systems further means that the market is moving, he says.

Whether or not Cambodia needs solar power is a moot question if there is no demand. According to Vaillant, the market is there.

In broad strokes, consumers of solar power can be divided into three categories.

There are well-off Cambodian individuals who buy cheap, often low quality products, with limited assistance from solar power specialists. A number of ecolodges and hotels for whom projecting a green image is important, might consider an investment in solar panels worthwhile. The main market however remains large international organisations and institutions, as well as, to a lesser extent, smaller NGOs. These were also the first to bring solar power into the country.

"Those most concerned about renewable and green energy are westerners," says Vaillant. "Apart from Japan, there is not so much concern in Asia."

INVESTING IN THE SUN

The growing interest in the possibilities provided by solar technology is evidenced by the recent spike in the number of companies importing solar power systems to Cambodia. Telecommunication companies in particular have taken advantage of the possibility to power rural repeater stations using solar panels.

Many in the sector note that it is important to ensure consumers are buying quality products and also have access to professional maintenance and advice. Inferior products have the potential of spoiling the reputation of the solar power before it has even made its mark on the market.

"Maintenance is definitely a concern," says Leoung, noting that all households participating in REF's scheme receive regular maintenance assistance during the period of loan repayment.

While solar panels themselves seldom require extensive looking after, the batteries that store the energy produced do require proper maintenance.

"The longevity of a battery can be reduced by several years through incorrect use," says Mira Weber, director of the Pico Sol Solar Campus.

A close partner of Kamwork's, Pico Sol is a local NGO that works to build a professional solar power sector in Cambodia. To this end, the organisation runs a vocational training centre called the Solar Campus, providing both basic and more advanced training about solar power to Cambodians.

By harvesting its own energy from the sun, the campus demonstrates the potential of solar power. A state-of-the-art machine shows both how much energy is consumed at any one time, as well as how much sun is captured by the panels.

Weber's own home on the rural outskirts of Phnom Penh is also solar powered.

Designed and positioned for maximum cooling, it has no need for air conditioners, which in any case are too power intensive to be used with solar energy. Weber states that investigating ways of reducing power consumption should come before investment in renewables.

"Start with saving energy, it's better than buying solar power for inefficient use," she says.

POWERING THE COUNTRYSIDE

For people in the Cambodian countryside, the question is not about saving energy. For rural Khmers, it is about having any power at all.

"Solar power is most useful for people with low revenue," says Vaillant, "but for them it is still expensive."

This is where the REF hopes to come in.

To be eligible for REF subsidised solar home systems, participating households need to be located in areas not likely to be connected to a wider grid in the next three to five years.

"The systems will be sold to rural households in remote areas," says Leoung. "They will have to pay for some of it upfront, and the rest over three to five years in monthly instalments." The overall cost of one system is projected to be around US\$250.

Pico Sol also focuses its work on rural communities, putting second hand solar panels donated from the Netherlands to good use. "We want the villagers to see the benefits of solar energy," says Weber. "But the community also has to provide support—we don't want to spoil the market."

Common projects include powering communal spaces such as pagodas, schools and community water pumps. "There is more demand than we can meet," she says.

With a slightly more market-bent orientation, Kamworks has paired up with microfinance organisation Centre International du Credit Mutuel to create a pioneering one-stop-shop for solar loans and systems.

"For the poor, solar power is not affordable," says Sen Leap Ly, Project Manager at Kamworks. "That's why we are providing a solution through microfinance."

Located in Kandal Province, the shop provides small start-up loans for basic solar powered lighting, as well as credit for larger solar home systems, giving rural customers a chance to move up the energy ladder. Going solar can cost as little as US\$25 for Kamwork's own product the MoonLight, while a system that can power lights and a radio or black and white TV costs US\$570 with a discount of US\$15 if the buyer takes part in a solar training course.

A large part of promoting solar power in rural Cambodia is about educating people about its potential, claims Hul KunnakVuth executive director of the Electricity Authority of Cambodia.

"We need to increase people's confidence in the system," he says. "The systems can last for 20 years, but how can people trust that?" He adds that many Cambodians are suspicious of schemes claiming to bring a long term return on a high investment.

THE GRID QUESTION

Despite the REF's promotion of solar home systems, Leoung admits to not being entirely convinced of the merits of solar power. "If we're talking about the quality and sustainability of the supply of energy, then the grid is much better than solar power," he claims.

Vaillant highlights that the debate between solar power and the extension of the grid is part of a wider debate over centralised versus decentralised power production.

"Decentralised power production is a different way to think energy," he says. "But I don't think the grid will ever cover 100 per cent of Cambodian households."

Hul agrees.

"Extension of the grid depends on the density of the population in a particular area, so if population is scarce, then it is not affordable," he says. "I think the best option for the electrification of rural areas is a combination of alternative forms of power provision."

He maintains that while solar power is one solution to the electrification of rural areas, there are others as well.

The development of hydropower over the next few years is going to reduce power costs and make electricity more accessible, he claims.

Developing wind power could also be an option in Sihanoukville and Mondulhiri.

"Wind power can produce more electricity than solar power," he says.

Reliance on imported solar systems presents another hurdle for solar power.

Kamworks is currently the only producer of solar technology in Cambodia, and despite ongoing research and development, their output is limited. In contrast, a significant solar industry has developed in Thailand following government incentives in the sector.

Hul says this is another area in which government action is needed. Removing import duties on materials needed to build solar plants is certainly a step, but Hul calls for a complete removal on all import taxes as well as VAT on ready-made solar systems.



With a future so bright, Kamworks might need to invest in shades next

Cambodia could also start operating feed-in systems where households and establishments are able to sell solar energy back to the national grid. "But that too depends on the government," he says.

"In Thailand, the equivalent of the Electricity du Cambodge buys the electricity at a higher rate, that's why it's profitable to produce solar energy there," notes Vaillant.

"This environment does not exist in Cambodia. But we don't have to wait for political will. The market is already finding a solution," he continues, noting that international demand is constantly bringing prices down, and that micro-finance is one way in which to make solar systems more accessible to Cambodians.

THE FORECAST

While the weather in Cambodia is likely to remain sunny, and the cost of solar technology is steadily decreasing, solar power currently remains a costly option for Cambodia.

Unlikely to be the golden solution to Cambodia's power problem, it nevertheless has the potential of making a sound contribution to powering the nation.

While policymakers weigh their options, people like Calian Malis are convinced of the sun's potential. The made-in-Cambodia MoonLight is now sought after by her neighbours too.

"It is very easy to use," she says. "I am very happy I have one." ■

Fun Facts:

The first solar cell was constructed by American inventor Charles Fritts in 1883

According to the U.S. Department of Energy, the price of solar power panels has dropped 200 per cent over the last 30 years

It takes around 8 minutes for solar energy to travel from the sun to the earth

Despite not being renowned for its sunny weather, Germany is a leader in the use of solar power

Each hour, of each day, more energy from the sun reaches the Earth than is used by the entire global population in an entire year

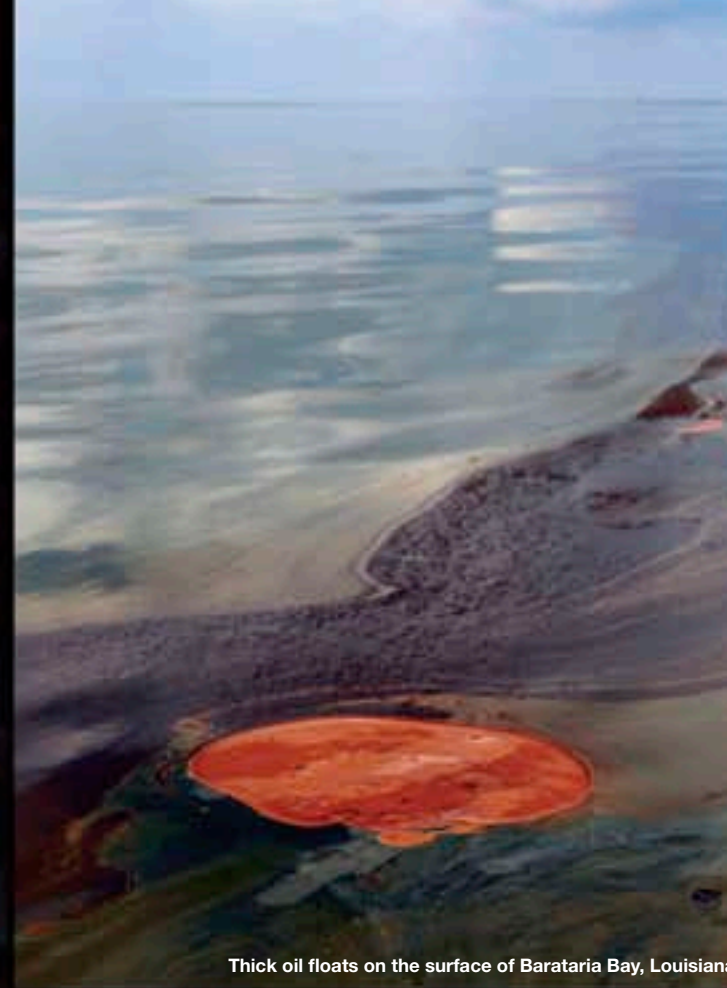
The world's largest solar thermal power station is located in the Mojave Desert in California, U.S.

The world's largest photovoltaic (the conversion of light to electric power through semiconductors) power plant is located in Spain





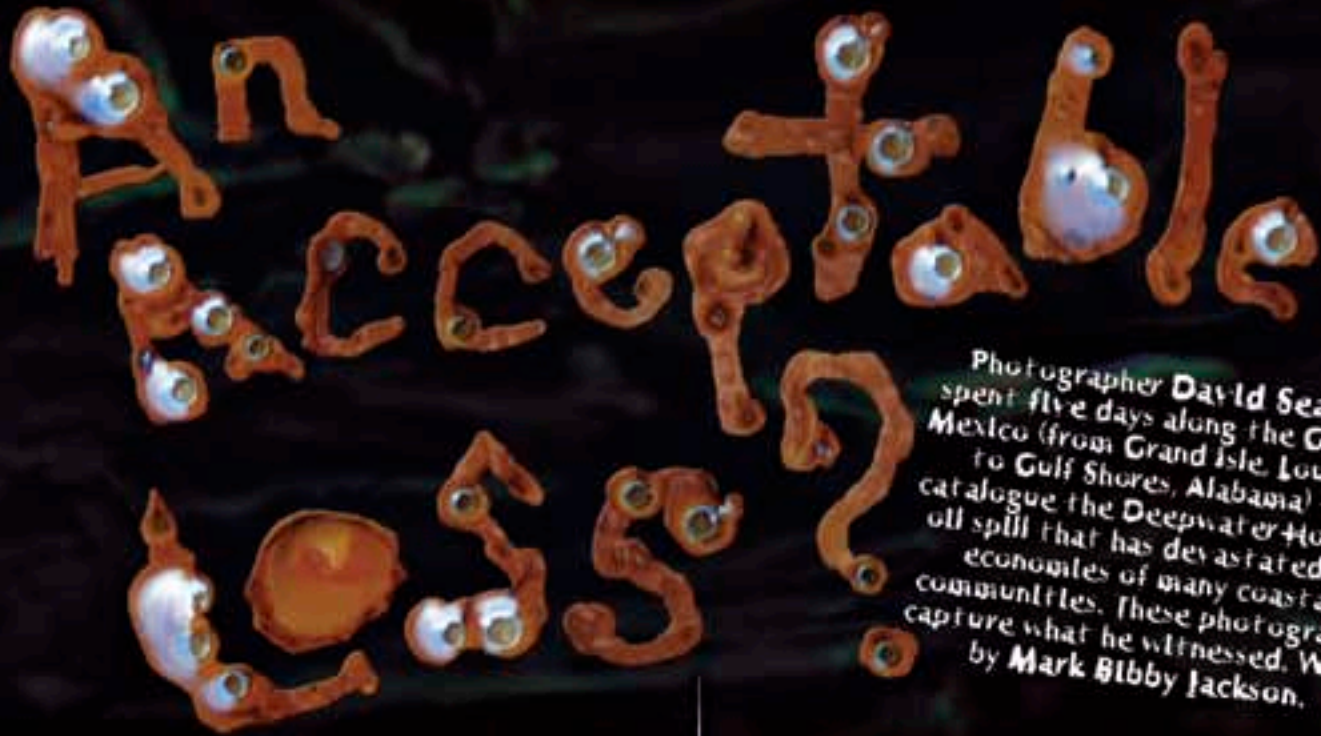
Two oil booms protect bird island near Grand Isle, Louisiana



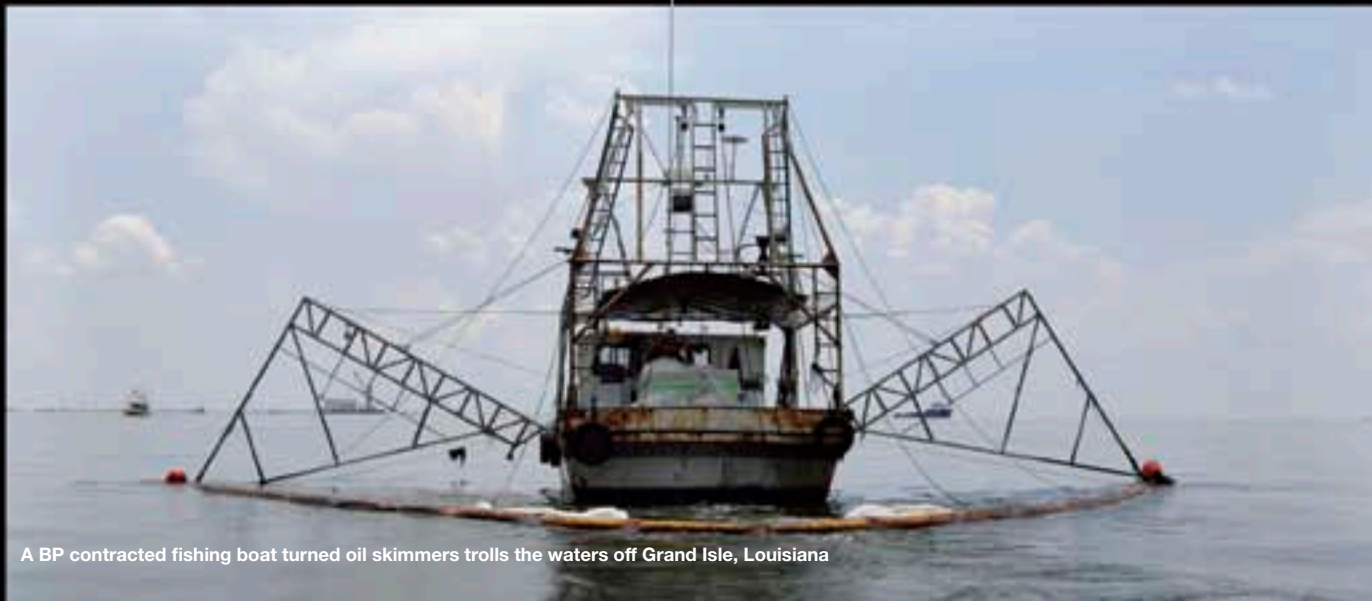
Thick oil floats on the surface of Barataria Bay, Louisiana



Shells are covered by thick oil, Grand Terre, Louisiana



Photographer **David Seaver** spent five days along the Gulf of Mexico (from Grand Isle, Louisiana to Gulf Shores, Alabama) to catalogue the Deepwater Horizon oil spill that has devastated the economies of many coastal communities. These photographs capture what he witnessed. Words by **Mark Bibby Jackson**.



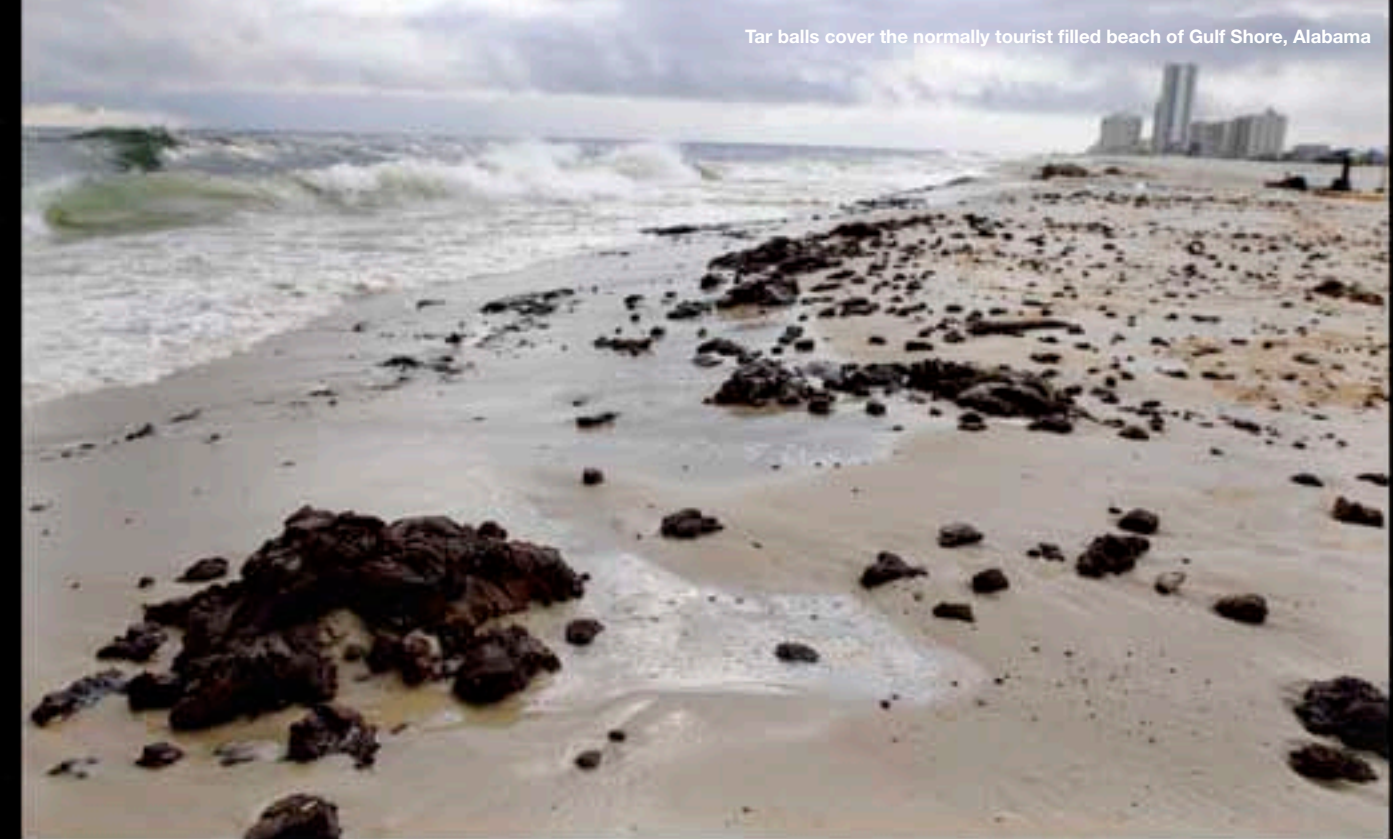
A BP contracted fishing boat turned oil skimmers trolls the waters off Grand Isle, Louisiana



Thick oil covers marsh grasses on an island in Barataria Bay, Louisiana



A mock sea cemetery in Grand Isle, Louisiana, depicts the possible impact of the BP oil spill



Tar balls cover the normally tourist filled beach of Gulf Shore, Alabama



A crab struggling to find it's bearings in the open waters of Barataria Bay, Louisiana, and not shying away as it normally would

BP'S LEAKING WELL-HEAD might have been capped, but the consequences of the biggest environmental disaster in U.S. history are still ongoing. Estimates have placed the amount of oil that gushed from the well each day as high as 70,000 barrels, making the Exxon Valdez spill of 1989 pale into insignificance.

The oil company has allocated US\$2 billion for compensation, but no amount of money can right the environmental wrong.

Louisiana is home to 40 percent of the U.S.'s coastal wetlands.

Brown pelicans, terns, gulls, oyster catchers and plovers have been left flightless by the black menace, their nesting grounds destroyed by the all-engulfing slick. Sea turtles and other marine life were burned alive in containment operations. The Atlantic bluefish tuna has lost one of its two worldwide spawning habitats.

It may take decades for Louisiana's coastal habitat to return to normal, if it ever does. Alaska's Prince William Sound still carries the scars of Exxon Valdez some 20 years later, according to environmental campaigners.

David Seaver's dramatic photographs tell not just the story of the environmental damage caused by the slick, but of the impact on the local community.

Louisiana is one of the U.S.'s poorest States. It is heavily reliant upon the fishing industry, which it is estimated creates some 19,000 jobs. A third of the waters in the Gulf of Mexico have been closed to fishing since the disaster struck on Apr. 20. The fishing community has been devastated.

A six-month moratorium on drilling off the Gulf, although overturned by the courts, could have had an equally damaging effect on long-term employment prospects. But what is the environmental risk of allowing the drilling to continue?

"Do we completely change the way we live, or do we change the place we live and accept it?" asks Seaver in his blogspot. "Is the loss of blue fin tuna spawning grounds in the Gulf of Mexico an acceptable loss?"

Unless we change our current mode of energy consumption and production habits, it is a loss that sadly we might have no choice but to accept.

"We can change," concludes Seaver. "We can live in a cleaner world." The alternative is there for all of us to see – in black and white.

To view more of David Seaver's photos, visit: <http://davidseaverphotography.blogspot.com>. ■



BP hired workers clean tar balls off the beach, Gulf Shores, Alabama



A BP hired worker checks oil absorbent 'pom-pom' booms, Port Fourchon Beach, Louisiana

food corner

Our Daily Bread

If rice doesn't satisfy your carbohydrate cravings, there's no need to despair. **Mai Lynn Miller Nguyen** provides an overview of the bread situation in Phnom Penh.



Open Wine makes a point to follow tradition

THE FRENCH LIKE TO spread it with jam and butter for breakfast. The Germans pair it with sausage, dabbled with some mustard. The Americans smother it in peanut butter and jelly. The Cambodians bake it with dried pork inside. Bread is a nearly universal staple. Luckily, there's no reason to miss out on any type of bread eating in Phnom Penh.

Baguettes rule in both Cambodian and expatriate owned bakeries across town, but connoisseurs with a taste for greater variety can still get their fix. Once you've got your eye on the grains, you'll come to find that bread options are plentiful—relatively of course, because after all, we do live in Asia. Those in the know, or shall we say 'dough,' identify the following bread makers in Phnom Penh for their high quality ingredients, range of flavours, and commitment to freshness.

■ BEYOND BAGUETTES

The baked goods rack is a common stop for Java regulars. Though the mouth-watering cookies and cupcakes on the upper shelf seem to grab the most attention, the bread choices should not be overlooked. The sliced bread selection is some of the finest in the city, including loafs of rye swirl (US\$2), semolina (US\$1.70) and sundried tomato (\$1.80). Bags of burger bread (US\$3) and mixed bagels (US\$4) are two other hard-to-find products in Phnom Penh.

Java Café, 56 Sihanouk Boulevard, Tel. 012 833 512, Open daily from 7am to 10pm.

■ BAKED WITH CARE

Pain au levain is a technique for creating bread using a sour-dough base. Though this way of baking can be time consuming, chef Henri Marguet of Open Wine makes it a point to continue the traditional approach.

A rustic, crusty pain campagne (US\$3) and pain romain (2,000 riel per gram), using Henri's own dense, pizza dough-based recipe, are two standouts. One cannot live by bread alone, so luckily Open Wine's boucherie provides a selection of meats and paté as well.

Open Wine, 219 Street 19, Tel. 023 223 527, Open daily from 7am to 11pm.

■ BREAD AND BUTTER

Asia-Europe Bakery (AEB) on Sihanouk looks like a typical Khmer-owned bakery. Yet somehow the foreigners have caught on, as the staff observes that Cambodian patrons are now in the minority. A wall of baked goods lines the establishment, allowing customers to take trays and self-select. For sweet satisfaction, try the chocolate chip bun (US\$0.60), Sliced bread includes white, raisin, and whole meal (US\$1.20 for a large loaf).

Baguettes seem to sell out fast, so an early morning visit is advised.

Asia-Europe Bakery, 95 Sihanouk Boulevard, Tel. 012 893 177, Open daily from 6am to 9pm.

■ GREAT GRAINS

Supplying a number of hotels, restaurants, and mini-markets, Comme à la Maison has established itself firmly on the baked goods scene in Phnom Penh. The French-trained bakers unveil a wide selection of breads each morning, with most types baked au levain. A tasty baguette is 80 cents, while the second most popular type, cereal bread au levain, is US\$2.50. If you can't make it to BKK when the bread craving strikes, their delivery service is quick and reliable.

Comme à la Maison, 13 Street 57, Tel. 023 360 801, Open daily from 6am to 10.30pm.

■ ON A ROLL

A croissant at The Shop is a civilised way to begin any day, but you

can also order sandwiches on your choice of fresh bread or purchase bread for takeaway. The Street 240 the Shop's array of bakery items, brought each day from its Tuol Kork outpost, includes all sorts of bread suitable for consumption with any meal. The pastries are obvious go-tos, but the ciabatta (US\$0.35), foccaccia (US\$0.75), and baguette (US\$1.1) are also worthy and flavourful options.

The Shop, 39 Street 240, Tel. 023 986 964, Open daily from 7am to 7pm.

■ BAKER'S DOZEN

Equipped with three ovens and nine bakers, The Deli treats bread making as a serious business. An intimate restaurant serving French cuisine, The Deli is also one of the major bread suppliers in Phnom Penh. When the French Embassy places an order with The Deli for 500 baguettes for the Fete de 14 Juillet, it's a pretty good stamp of approval. Though the baguette (US\$1) continues to be the bestseller, the recently created savoury walnut wholemeal bread (US\$3) might give challenge to its dominance.

The Deli, 13 Street 178, Tel. 023 222 234, Open Monday to Saturday from 7am to 9.30pm.



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Food Talk: Mr. Sushi Lives to Make You Happy

Julie Masis finds out what makes this iconic Phnom Penh character tick.

TOSHIYUKI YANO, BETTER known as Mr. Sushi, knows by heart the page in the Lonely Planet travel guide that talks about his restaurant, Kokoro, and he quickly runs off to the other room to prove his point.

“Page 100!” he says, as he triumphantly presents the book.

According to Toshiyuki the secret to making good sushi is knowing how to manage raw fish. Wasabi, salt, vinegar and radish are not just for taste, but also for safety. “Making sushi looks easy but it’s dangerous because of the raw fish,” he says. “The most important thing to know is how to kill germs.”

The fresh food enthusiast says he might possibly be the only properly-trained Japanese sushi chef in Phnom Penh. He learned how to make sushi while working his way up from dishwasher to chef in Japan. “Unlike some people with certificates from a two-week course at the ‘Sushi University of Australia’.”

Mr. Sushi knows fish inside and out. Before he became a sushi chef he was a diving instructor in the Red Sea, off the coast of Egypt. “Before, I would show fish to I make money, now I cook fish to I make money!” he grins.

What he says he likes most about Cambodia is the lack of regulations. In Japan the contrary is true, he feels there are too many rules. “Cannot drink and drive, cannot smoke in restaurant. Cannot! Cannot! Cannot! It’s hard to live.”



Mr. Sushi serves up food for your Kokoro

However, Toshiyuki does travel back to his native Japan every three months to stock up on Japanese food and sushi utensils, such as a US\$100 knife that he shows off with a gleaming, slightly worrying grin.

“My knife is like samurai knife,” he says. “When I cut fish, easy to cut and easy to make good decorations.”

Toshiyuki has a refreshing approach to creating Japanese cuisine. His philosophy is that it doesn’t have to be expensive.

Indeed, Kokoro’s menu has many offerings, including two pieces of salmon nigiri for US\$1.50 and tuna hand roll for US\$2. Mr. Sushi is committed to ensuring his customers love his food. If they don’t look happy he wants to make sure this is because of their problems with each other or something related to their conversation, and not – God forbid – because of any disappointment with the food.

“I always watch customers when they eat,” he says, explain-

ing that if the sushi does not please them, he makes it again.

As for himself, he says he’s eaten so much sushi in his life, that he now prefers Chinese food.

When he retires, Mr. Sushi says he wants to travel – because so far he’s been to only 30 countries. In particular he would like to go to South America. But in the next ten years, he just wants to make sure you love his sushi.

Kokoro, 18 Sihanouk Boulevard. Tel. 012 601 095.



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Review: Indochine Daze

Our resident foodie, **Darren Gall**, takes a walk into the Kingdom's colonial past, and only a stone's throw from the riverfront.



Feeding your taste for colonial elegance



WALKING INTO THE French restaurant and guest house Lyon d'Or, I was immediately struck by the feeling that I was crossing some sort of 'reality' threshold and stepping back into someone else's distant and fading memory of a sepia tinged past.

I was in late 1940s early 50s French Indochina, right down to dated pictures of French land marks on the walls and the silk screen partitions separating tables in the dining room. Sadly, my embarrassing Khmer language skills meant that the complete absence of a common language made it impossible to communicate with my elderly, French speaking, Khmer host, I was certain Monsieur Ke Bin had many an interesting tale to tell.

I am reliably informed that Lyon d'Or opened in its current form around a dozen years ago but, if you'd told me that it opened fifty, even sixty years ago I'd have believed you. The main

dining area is all heavy curtains and solid timber furniture, the menu is reasonably extensive, featuring an ample list of French staples such as onion soup, escargot and beef tartar, along with a small 'Asian' selection and a nod to France's other colonial ambitions with various North African concoctions featuring tagines, cous cous and saffron rice. The majority of the menu would fall under the heading French paysan or French comfort food and inexpensive at between US\$5 and US\$10 dollars per dish.

The table was set with bread which was fresh, crusty and very good. I chose to start with the Chevre salad (US\$7.50), whilst my guest selected the frog's legs (US\$7.50). The cheese, served on Melba toast, was fresh, lightly warmed and served on a green leaf salad. The frogs legs were disappointing, dry, tough and rendered

flavourless by the conquering parsley, pine nut and garlic sauce they were smothered in.

For the main course we truly let our nostalgia get the better of us and shared a Beef Fondue Set (US\$15 for two) which came with four dipping sauces. The ancient, portable fondue burner took a bit of coaxing to get going, however there was a generous heap of raw beef cubes put before us along with a plate of French fries and some more green leaf salad. The dipping sauces turned out to basically be a variation on the same sauce, cheese with white wine, cheese full of diced capers, cheese with a coating of paprika and cheese with parsley and garlic.

A glass of each of the house white and house red was inexpensive yet proved surprisingly good, both quaffable lunchtime wines tasting of vibrant, ripe fruit and just as importantly, tasting like they'd been recently opened.

I reflected on the dining experience at Lyon d'Or as being an interesting, nostalgic curiosity not without some charm. I imagined elderly French travellers, with tight budgets, coming to these parts and finding it somewhat of a comfort to them. However, the museum piece of a menu is executed without any flare or obvious enthusiasm. It is all well and good to have a soft spot for the past but, cuisine, like everything else in France and South East Asia, has evolved. We may well draw on the past for inspiration but the results need to reflect a genuine passion for it.

Lyon d'Or, 12 Street 110. Tel. 012 752 972.

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

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cambodian

Boat Noodle
8B Street 294,
Tel: 012 774 287 /
016 504 588
Khmer and Thai restaurant with excellent, well-priced food, set in a beautiful, traditional wooden house. Open every day from 7am to 10pm. **01**

Café Pourquoi
39C Street 454,
Tel: 077 905 522
Café with a courtyard, art deco style mezzanine bar and dining room displaying art from the Apsara gallery with menu established by Khmer chef and cookbook author Sok Chhong. Open Tuesday to Sunday from 10am to 11pm. **02**

Frizz
67 Street 240,
Tel: 023 220 953 /
012 845 525
Dutch-run, restaurant specialising in authentic Khmer cuisine, including good amok, which runs cookery classes too. Open 10am to 11pm. **02**

Green Pepper
6F Sothearos Blvd.,
Tel: 011 427 776
Serving Khmer and Thai food in a cosy setting near the riverfront. Open from 7am to 10pm. **02 A/C**

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 Sihanouk Blvd, with a menu including 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. Open 12pm to 9pm (Mon to Fri), 7am to 9pm (Sat), 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. Has air-con rooms inside for those who find the midday sun too much. The cuisine is modern Khmer, with no MSG. **04 A/C**

Restaurant Le Royal
Raffles Hotel Le Royal,
Tel: 023 981 888
www.affles.com/phnompenh/dining, phnompenh@affles.com
Treat yourself to the finest French & Khmer cuisine in one of Indochina's most elegant restaurants. The Chef's Degustation menu allows you to try a myriad of dishes in a single meal in a refined atmosphere patronised by the

who's who of Phnom Penh. Private rooms are available on request. Open from 6.30pm to 10.30pm **04 A/C**

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 a fresh and daring flavour, especially if you opt for the crispy tarantulas as a starter. Good place to try fermented fish prahok. Open 11am to 9pm. **02**

chinese

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

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

Mekong Village
290 Monivong Blvd.,
Tel: 023 218 888
Large Chinese restaurant that specialises in crispy Beijing duck and stays open until late. 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 pittance. The wonton soup and other tasty meals are a steal. Open 7am to 2am. **01**

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

Yi Sang Chinese Restaurant
128F Sothearos Blvd.,
Tel: 023 220 922
www.almondhotel.com.kh
Set on the ground floor of the Almond Hotel, this stylish restaurant specialises in Cantonese food and dim sum that fuses the traditional with the contemporary, including excellent dim sum. 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**

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Bargain Bucket: The Straight Path

Friendly services and authentic Indian cuisine make up for the lack of atmosphere at Al Ameen. Words by Donald Fagan.



COMPLIMENTARY SWEET Indian-style tea and the friendliness of the sub-continent greet you at Al Ameen, a Malaysian-Indian halal restaurant located alongside the night market on Street 108. According to the staff, the name of the restaurant means 'straight path' and you will have to stick to the straight 'n' narrow dining here, as no alcoholic drinks are available. Fortunately however, the alternatives, including sweet lassi (US\$1.50) and mango juice (\$US1.00), are refreshing and delicious.

The menu offers an array of classic Indian dishes, organised into "Bollywood vege curries" and "Bollywood non-vege curries". A good choice to begin your meal is the vegetable samosa (US\$1) – two hot, crisp triangle pastry packages with a filling of potato, carrot and bean, served with a spicy brown dipping sauce. The best value items on the menu are the thalis (from US\$3.50), a package meal served on a compartmentalised tray containing everything you need: a curry of your choice – vegetable, chicken, mutton, fish, or prawn – with two additional vegetable accompaniments, rice, and chapatti. The fish thali comes with a delicious sweet and spicy pineapple-flavoured curry with portions

of white fish, and is accompanied by richly spiced roast aubergine and an okra dish. Other options on the menu include traditional favourites like butter chicken (\$4) and palak paneer (US\$2.50), a spinach based curry with cubes of cheese curd. Steamed rice is an additional 2,000 riel and garlic naan (enough for two) is US\$1.50. For a non-curry option, try the chicken biriyani (\$4), a fragrant rice dish with tender tandoori chicken, sultanas and cashews.

The restaurant itself lacks in character, sparsely decorated with wall hangings and the obligatory pictures of the Taj. The white walls and bright white light are reminiscent of a late night takeaway joint. Dine outside so you can watch the street life, which sometimes includes dancing at the park across the road. What is lacking in dining atmosphere, however, is made up for by the hospitality – staff will keep you well stocked with tea and snacks while you wait – and the authentic Indian cuisine at a reasonable price.

Al Ameen, 34 Street 108.
Tel. 016 514 933. Open Monday to Saturday 11am – 2.30pm and 5.30pm – 10.30pm. Sundays 9am – 2.30pm and 5.30pm – 10.30pm. All food is halal.

French

Atmosphere
141C Norodom Blvd.,
Tel: 023 994 224 / 012 960 573
Well-established air-con restaurant serves fine French food in an elegant yet tastefully decorated setting, close to the 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, despite the informal and relaxed ambience it has the menu to even satisfy high-rollers. Open 5pm until late. Closed Mondays. **03 A/C**

Bougainvillier
277C Sisowath Quay,
Tel: 023 220 528, www.bougainvillierhotel.com
Elegant, riverfront 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. **03 A/C**

Comme à la Maison
13 Street 57,
Tel: 012 951 86, www.commealamaison-delicatessen.com
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 daily 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 with a great high-table at the back that is 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 / 092 791 958
Cool French-run hang-out on with welcoming al fresco downstairs bar and cool open balcony above. Good cocktails, excellent choice in music, best foosball table in town and regular art exhibitions make this one of the more popular places on the golden mile. Good place for a bite and WiFi. Open 7am to late, serves food from 7am to midnight and delivers from 8am to 10pm. **02 A/C**

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

La Marmite
Corner Streets 108 & 51,
Tel: 012 391 746
This small, reasonably priced French bistro has two adjoining rooms (one non-smoking) creating a relaxed, cosy atmosphere. Serves excellent fish, steaks and offal as well as daily specials, for a taste of real home-cooked French cuisine. 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 Gourmet
NagaWorld, Hun Sen Park,
Tel: 023 228 822
Kitsch meets tradition at this up-scale restaurant. Quality ingredients come together in beautiful presentation on the

plate, with the luxury of the surroundings complemented by professional and attentive service. **03**

Le Jardin
16 Street 360,
Tel: 011 723 399
Beautiful shaded restaurant with large garden and spacious outdoor play area for kids with excellent ice cream. Open 8am to 10pm (closed Mondays). **02**

Le Sauvignon
6B Street 302,
Tel: 092 730 250
Contemporary wine bar and restaurant serves a variety of wines with a focus on classy French whites. Open Monday to Saturday, noon till late. **03**

Restaurant Le Royal,
Raffles Hotel Le Royal, Tel: 023 981 888, www.affles.com/phnompenh dining.phnompenh@affles.com
Treat yourself to the finest French & Khmer cuisine in one of Indochina's most elegant restaurants. The Chef's Degustation menu allows you to try a myriad of dishes in a single meal in a refined atmosphere patronised by the who's who of Phnom Penh. Private rooms are available on request. Open from 6.30pm to 10.30pm **04 A/C**

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 deli. 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, air-con restaurant with outside dining, upstairs bar, wine shop, cigar room and private rooms. One of Phnom Penh's finest restaurants. Has a popular piano bar / night club upstairs. Open 11am to 2pm and 6pm to 11pm. **04 A/C**

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

Indian sub-continent

Annam
1C Street 282,
Tel: 023 726 661 / 099 926 661
Beautiful terracotta terrace and garden restaurant serving north and south Indian cuisine, with an open kitchen and air-con kids' playpen. 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 as well as thali and biryani dishes. Air-conditioned, it's open from 7am to 10pm. **02 A/C**

East India
9 Street 114,
Tel: 023 992 007
South Indian cuisine predominates in this pristine restaurant with excellent breads including nine types of dosa and an all-you-can-eat vegetarian Sunday special.

Open 11am to 2pm, 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 including good value vegetarian and meat thalis. Open 10am to 11pm. **02 A/C**

Irrawaddy
24 Street 334,
Tel: 012 979 510
Authentic Myanmar food at very reasonable prices in a clean setting with paintings of the Burmese countryside decorating the walls. Open 10am to 10pm, closed on Mondays. **02**

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. Has another outlet on Sotheaeros Blvd. **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, 6pm to 10.30pm. Closed Mondays. **03 A/C**

international

Art Café
37 Sotheaeros Blvd.,
Tel: 012 834 517
Elegant bistro in the style of a European coffee house is now transposed to the Meta House with regular classical music performances. **02 A/C**

Aussie XL Café
205A Street 51, Tel: 023 301 301
Aussie style bistro food with quick lunch menu and a good selection of house

wines and retail wines. Open 7am to 11pm. **03 A/C**

Billabong
5 Street 158,
Tel: 023 223 703 / 092 229 306
Excellent western and Asian food which comes with a dip in the hotel's beautiful pool. Open from 6am to 9pm. **02**

Bodhi Tree Umma
50 Street 113,
Tel: 023 211 397
Relaxed garden atmosphere and open balcony restaurant with an imaginative menu, located 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 changing room and uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C**

Café Monivong
Raffles Hotel Le Royal,
Tel: 023 981 888
Wicker armchairs and marble tables covered with crisp white tablecloths create the perfect place to relax and linger over a delightful alfresco breakfast, lunch or dinner. Western and Asian cuisines are available buffet-style or a la carte. Private rooms are available on request. Buffet from 6am to 10am, 12pm to 2.30pm, 6pm to 10pm, a la carte from 11am to 11pm. **04 A/C**

Chow
61 Street 174, Tel: 023 224 894
Contemporary and sophisticated riverfront restaurant that serves Southeast Asian cuisine, a wide range of cocktails, juices and lily coffee. The rooftop deck with spectacular views of the river is a great place to have a drink during its half-price 4pm to 6pm happy hour. Open daily from 7am to 11pm. **03 A/C**

Do It All Pub & Bistro
61 Street 174, Tel: 023 220 904
Dishes out Africa, Asian and Western cuisine, with hip hop and reggae played into the early hours of the morning. Open daily 9am to 4am. **02 A/C**

Dream-up
128 D1 Sotheaeros Blvd.,
Tel: 016 63 44 14
Serving Russian, western and Khmer food this place has live jazz and blues with jam sessions on Friday to Sunday 7pm. Every last Sunday of the month features a special clown show and puppet theatre and Russian films are shown at the weekends from 4:30pm to 7pm. Happy hour is 5pm to 7pm. Open from 11:30am to 2:30pm, 5pm to 10:30pm (Tue. to Fri.); 11am to 10:30pm (Sat./Sun.) **02 A/C**


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Buffet with 7 half-bottles
Dish of the Month
Malayian rice
Appetizer
Caramelized
Roasted Chicken
Rat (Chef with special can water)
Beef Filet with
potato cauliflower sauce
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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
 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 daily from 7am to midnight. **03 A/C**

Fish
 Sisowath Quay, cnr of Street 108,
 Tel: 023 222 685, fishphnompenh.com
 Contemporary, modern restaurant specialising in all things oceanic. Menu includes everything from lobster through sushi to gourmet fish and chips for upmarket, but reasonable prices. Open 7am to late. **03**

Flavours
 Cnr. Street 51 & 278,
 Tel: 017 765 896
 Relaxing restaurant and popular bar run by 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. **03**

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

Garden Centre Café 2
 4B Street 57, Tel: 023 363 002 /
 092 206 582. www.gardencentrecafe.com
 More compact version of the Garden

Centre is conveniently located close to popular Street 278. Open from 7am to 10pm (closed Tuesdays). **02**

Gasolina
 56/58 Street 57,
 Tel: 012 373 009
 The largest garden bar in town has an extensive menu. Crêche facilities make this a popular choice with families at weekends. Has regular events with live music and DJs, even fashion shows. Open from 8am to 12am. **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 at bargain prices. Open 6.30am till late. **02 A/C**

Golden Mermaid
 Corner Street 104 & 13,
 Tel: 023 998 480
 Sophisticated restaurant near the Post Office in the old quarter, serving traditional Old European fare in an elegant, relaxed atmosphere, housed in a beautifully restored French colonial building. Open everyday from 7.00am to 10.30pm. **03**

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 till late. **02 A/C**

Irina Russian Restaurant
 15 Street 352,
 Tel: 012 833 524 / 092 833 524
 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 daily from 11am until the vodka runs out. **02 A/C**

Jaan
 Cnr. of Sisowath Quay & Street 106,
 Tel: 013 333 326
 Another 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. Open 6am till midnight. **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, with a further gallery and take away option on the ground floor. Has a second outlet in Monument Books on Norodom Blvd. Open 7am to 10pm. **02 A/C**

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**

La Croisette
 241 Sisowath Quay,
 Tel: 023 220 554
 Riverfront restaurant with an ample outside dining area screened off by trees that serves good, reasonably-priced food, also has a cool, air-con restaurant inside. Often arranges special events. Open 7am to late. **02 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 Quay Café
 Cnr. Sisowath Quay & Street 110,
 Tel: 023 998 730,
 www.amaraspahotelcara.com
 The restaurant side of Amara Spa is a very healthy option on the riverside scene that specialises in 28 varieties of crêpes with salads and panini also featuring strongly on the menu. 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 specialises in European pre set lunch menu and serves authentic Khmer food a la carte for diner. Open 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. Serves both Asian and continental breakfast. Open 6.30am to 10 am, and 11.30am to 4pm. **02**

Madeines Bakery
 172Eo Street 51, BKK I,
 Tel: 012 988 432
 A bakery and restaurant offering a variety of baked goods as well as organic lunches and catering services. Open 8am to 5pm (closed Sundays). **02**

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, with reasonably priced Tiger and house wines and a great range of Martinis, try the Espresso. Gets very popular especially late on, while during the day is a good time to enjoy the free WiFi while enjoying a coffee in a smoke free environment. Open 7:30am to 1am. **03 A/C**

Nature & Sea
 Cnr. Street 51 & 278,
 Tel: 012 195 3810
 Laid back eatery overlooking Wat Lanka that serves many types of fish dishes as well as some great crepes if you can make it up the 3 flights of stairs. Also sells some take home organic produce. Open everyday 8am to 10pm. **02**

Ocean
 11 Street 288,
 Tel: 017 766 690
 European managed Mediterranean restaurant that dishes up some of the best fish and seafood in town. Try the red snapper or the squid with rocket. Often has exhibitions 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 and excellent European cuisine. 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. Set in a beautiful colonial building with great decor, an open kitchen and sweeping views of the river, this air-con restaurant specialises in tapas and fine Spanish wines. 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. **02**

Pickled Parrot
 4-6 Street 104, Tel: 012 633 779 /
 023 986 722
 www.tonlesappguesthouse.com
 Air-con bar with reliable international and Khmer cuisine is available at the bar 24/7. **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, has a spacious indoor restaurant and outdoor terrace with rotisserie and bar. European menu with imported steaks, fondue, raclette and an extensive wine list. Open 11.30am to 2pm, 5pm to 11pm. **03 A/C**

Rising Sun
 20 Street 178,
 Tel: 012 970 718
 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**

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Riverhouse Restaurant

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

Riverside Bistro

Cnr. Sisowath Quay & Street 148, Tel: 012 277 882 / 023 213 898
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 music bar 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**

Simply Donuts

529 Kampuchea Krom Blvd & cnr. Street 233, Tel: 012 235 205
Tasty donuts at a reasonable price for those who like to eat their dough without the "ugh". Open daily from 7am to 8pm. **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 and a 12pm to 7.30pm happy hour. Open from 11am to 10.30pm. **02 A/C**

Sonoma Oyster Bar

32 Street 108, Tel: 077 723 911
Phnom Penh's first and only independent oyster bar has drawn a crowd of expats and Cambodians seeking high-quality oysters in a cosy setting. Open daily from 4pm to 11pm. **03 A/C**

Tarmac's Conner

310 AE, Street 240
Eclectic range of African, western and Khmer dishes - try a savoury egusi and ogbono washed down with some Suji, with a happy hour from 5pm to 11pm. Open 11am to late. **02 A/C**

T-Bone Steak House

392 Monivong Boulevard & Street 360, Tel: 012 900 138
Contemporary restaurant serving a premium selection of both imported and Cambodian beef, in a sophisticated air-conditioned setting - a carnivore's delight. Open 12pm to 2pm, 5pm to 11pm. **03 A/C**

The Shop

39 Street 240, Tel: 092 955 963 / 023 986 964
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. Has a Chocolate shop three doors along, and a second outlet in Tuol Kork. Open 7am to 7pm (Mon. to Sat, 7am to 3pm Sun.) **02**

Velkommen Inn

23 Street 104, Tel: 092 177 710
Comfortable hotel restaurant and bar set just off the riverfront offers a wide selection of western dishes as well as several Scandinavian specialities with a full bar, draught beer, wine and spirits. 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, 5.30pm to 10pm. **03 A/C**

Bistro Romano

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

Cafe Monivong

Raffles Hotel Le Royal, Tel: 023 981 888
Indulge in home made antipasti, fresh prepared pasta and risotto as well as oven-baked, crispy pizzas and pair it all with the finest selection of Italian wines, every Saturday night from 6pm to 10pm. **03 A/C**

La Volpaia

20-22 Street 13, Tel: 023 992 739
Part of a global pizzeria chain that includes Florence, Tokyo, Seoul and Phnom Penh, 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 if flamboyant restaurant has the option of sitting outside or inside in air-con. Excellent wood-fired pizzas, pasta and fish dishes. 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

Street Food: Baw Baw Dtao Soa-an

Name:

Baw Baw Dtao Soa-an (Sweet Rice Porridge)

Price:

1000 Riel per plastic cup

Ingredients:

Flour, sugar, water and skinless beans are all heated in a large pot. Next a handful of deep fried bread slices (chaa kwai) are put in a cup and the liquid mixture from the pot is spooned over them. Finally, some coconut milk is poured over the top.

Served:

This dessert is served in plastic cups with an elegant white plastic spoon.

Taste:

The bread slices soak up the liquid producing a soft texture. The liquid is warm and slightly sweet and combines nicely with the bread. (4 out of 5).

Where to get it:

The more modern sellers drive motorized carts, while the more environmentally-friendly, traditional sellers tie a large container onto the back of a rickety old bicycle.

Other Info: Available after 2:00pm. **A**



restaurants. Also serves excellent pasta and other up-market Italian food. Good wine cellar on view in the restaurant. Open 11am to 2.30pm, 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 2.30pm, 6pm to 10pm for dinner. **02 A/C**

japanese & korean

Fusion Sushi

Cnr. Streets 47 & 84, Tel: 023 986 114
Located inside of Cara Hotel this beautifully decorated restaurant dishes up excellent Japanese and Korean food. **03 A/C**

Le Seoul

62 Monivong Blvd, Tel: 012 971 516
Popular up-market South Korean restaurant specialising in BBQ with each table is equipped with its own charcoal burner, with all beef imported from the U.S. Open from 11am to 2.30pm, 5pm to 10pm. **03 A/C**

Mr. Sushi & Kokoro

18 Sihanouk Blvd., Tel: 012 601 095
Affordable, canteen-style restaurant with lots of specials dotted around the walls and a charismatic owner to keep you entertained between bites. Open 11.30am to 2pm, 5.30pm to 9pm. **02 A/C**

Suzume

14A Street 51, Tel: 092 748 393
Good Japanese food set in a modern setting with lots of specials, has option of sitting either western or Japanese style. Open 11am to 2pm, 5pm to 11pm. **02 A/C**

Origami

88 Sthearos Blvd., Tel: 012 968 095
Up-market, contemporary Japanese restaurant with a spacious air-con area

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

Yumi Restaurant, Bar and Grill

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

mexican & tex-mex

Alley Cat Café

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

California II

79 Sisowath Quay, Tel: 077 503 144
American-style bar with some of the best Mexican food in town, the excellent pool table and great tunes make this a good place to while away a few hours on the riverfront. Open 24/7 with good rooms upstairs. **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 with a large selection of Mexican beers and tequilas, and sinfully good margaritas. Serves good Mexican fare, and features photographs that capture the changing face of Cambodia. Open 2:30pm to 11pm closed on Saturdays. **02**

Casa Lika

16 Street 136, Tel. 012 429 542
American-run family restaurant serving up good Mexican fare in an authentic setting with rustic brick walls and colourful Mexi-

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can artwork, great music and even better tacos make this a good place to share some Coronas with friends. Open 10am to midnight, closed on Mondays. **02**

Freebird
69 Street 240, Tel: 023 224 712
Aircon American bar with neon lighting, a variety of memorabilia, comfortable seats and rock music. International menu with good lunch offers, an excellent range of bottled sauces, excellent International, Mexican food and burgers. Be prepared for some good solid R&R. Open 7am to midnight. **02 A/C**

Sharky Bar
176 Street 130, Tel: 023 211 825 / 012 228 045
Not just a pretty face, the biggest and most famous of Phnom Penh's bars has a surprisingly good Mexican menu. The burritos and burgers are extremely good, although of gargantuan proportions and provide an alternative from the sad men sitting at the bar. Open 4pm to 2am. **02**

pan-asian

Anise Terrace
2C Street 278 & 57, Tel: 023 222 522
Beautiful terrace restaurant serving up Southeast Asian cuisine with excellent value breakfasts, also sells New Zealand ice cream. Open 6am to 11pm. **02**

Kucina Filipina Garden
180 Street 294, Tel: 023 993 219 / 099 860 775
Popular Filipino eatery serves excellent value meals including vegetarian options. Ha a buffet lunch during the week and a buffet dinner each Friday and Saturday from 6pm to 8.30pm. Open from 8am-8.30pm, closed Sundays. **01**

Lemongrass
14 Street 130, Tel: 012 996 707
Elegant Thai-managed restaurant with stylish use of heavy wood and artefacts to create a far more luxurious ambience than the reasonable prices would suggest. Open 10am to 10pm. **02 A/C**

Le Liban
3 Street 466, Tel: 023 727 130
Lebanese restaurant with beautiful indoor and outdoor seating and authentic middle-eastern cuisine served in an elegant atmosphere. Open from 11am to 3pm, 6pm to 11pm (closed Mondays). **03 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, and a comprehensive list of wines and cocktails. Open Daily from 9am to 11pm. **03**

Magnolia
55 Street 51, Tel: 016 944 493 / 012 529 977
Well-priced Vietnamese restaurant conveniently located on Street 51, has an extensive menu serving breakfast and buf-

fet lunch (from 11am to 2pm). Cocktails are surprisingly good. Open 6.30am 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**

Paratan Restaurant
42 Street 172, Tel: 012 530 707 / 011 530 707
Cosy, traditional-style Khmer-Thai restaurant near Wat Saravorn is set on two floors, with the first one featuring an open-air balcony. Open daily 9am to 10pm. **02**

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**

Shawarma
117 Sisowath Quay, Tel: 023 720 011
Quick and casual Middle Eastern dining, as well as the Penh's possibly only real shawarma, serving Lebanese flavours all-round, the establishment also has a shisha lounge. Open 9am to midnight. **02 A/C**

Singapore Kitchen
110 Street 360, Tel: 092 201 304 / 017 821 480
Specialising in classic Singapore hawkker food, try the laksa - full of wholesome ingredients and with a great spicy sauce or 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**

Singapura BKK Restaurant
31 Street 294, Tel: 015 371 759 / 097 6884 505
Singapore and Malaysian restaurant serves non-vegetarian and vegetarian food, specializing in Halal chicken. The nasi lemak is excellent value for money. Also does catering at reasonable prices. Open from 7am to 10pm. **02**

The Pangea
NagaWorld, Hun Sen Park, Tel: 023 228 822
Pan-Asian fusion restaurant with an eastern flair that specialises in all-you-can-eat dinner buffets, with a large dim sum brunch served every Sunday. Great views over Hun Sen Park. **03 A/C**

The Vegetarian
No. 11, Street 200, Norodom Blvd, Tel: 012 905 766
Go Vegan, Save The Earth! Save The Animals and Save Your Health! Modern, comfortable and friendly restaurant serving delicious Asian and Western meal with all natural, healthy and fresh vegetarian food. Every dish only at \$1.00. Business: 10am - 8pm, Sunday off. **01**

cafés

Art Café
37 Sothea Blvd, Tel: 012 834 517
Elegant bistro in the style of a European coffee house is now transposed to the Meta House with regular classical music performances. **02 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, with the Green tea latte 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 streetside terrace. Open 6.30am to 10.30pm. **02**

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 7am to 9:30pm. **02 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. **02 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 tea and coffee menu. Has a kid's playroom and baby changing room and uses organic and fair trade produce. Open everyday from 7am to 8.30pm. **02 A/C**

Café Sentiment
64 Monivong Blvd., Tel: 023 221 922
Sovanna Mall; Cnr. Streets 63 & 278
Popular coffee shop chain run by the same Thaliss group that manages Malis and Topaz restaurants, has a good range of coffees and snacks. Free WiFi and air-con make these outlets a good place to take some time out. Second outlet in Sovanna Mall. **02 A/C**

Café Yeji
170 Street 450, (near the Russian Market), Tel: 012 543 360 / 092 600 750
Quiet, cosy café serving bistro-style western cuisine, with extensive range of coffees, pasta dishes, pannini and wraps and fabulous cheesecake making this an ideal spot to escape the bustle of the nearby Russian Market. Air-conditioned dining upstairs. Open every day from 7am to 9pm. **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 with Asian and 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. **03 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. **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. **02**

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. **02**

The Coffee Maker
50 Sihanouk Blvd., Tel: 023 987 721 / 012 506 400
Modern café overlooking Hun Sen Park, serving coffee, juices and light refreshments is popular with middle-class Khmers, and makes for a great place to watch the early evening exercises. **A/C**

The Deli
13 Street 178, Tel: 012 851 234
Chic delicatessen, bakery and small restaurant serving excellent bread and pastries, with take-away menu. Open from 7am to 9pm (closed Sundays). **02 A/C**

TWG Tea Shop
Inside Amanjaya Hotel, 1 Street 154 & Sisowath Quay, Tel: 089 472 847 / 098 661 388, www.twgtea.com
30 types of beautifully packaged loose and bagged teas, as well as six different types of flower teas. Also retails cups and teapots. **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 lunch-time plate of greens. Open 8am to 8pm. **02 A/C**

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bar stool

Margarrritaaas!

Live it up, Latino-style with these summery, salty drinks. **Kate Liana** finds the frozen concoction that helps her hang on.



You won't be able to say "NO WAY" to this Jose at Cali 2

■ ALLEY CAT

Street 19, near corner of Street 178, Tel 012 306 845

It may take some sleuthing to find, but you'll be rewarded for your efforts. The funky, eclectic space serves some of the best Tex-Mex in town, and makes a mean margarita. Served frozen, the blended concoction – secret house recipe – has the perfect balance of tangy, slightly sweet and icy cold. The salt melts the ice, making it quite drinkable without the brain-freeze usually associated with frozen drinks, and the price (US\$3) is equally painless. A perfect accompaniment to the giant burgers or tostadas.

■ CANTINA

347 Sisowath Quay, Tel 023 222 502

"Drinking these will make you attractive to other humans and horses too," declares Hurley,

proprietor of riverfront stalwart Cantina, explaining that tequila was made for cowboys. Other words of margarita wisdom? "Keep it simple, and use the best alcohol." Cantina's 'special margarita' is not on the menu but is requested frequently by those in-the-know. 100% agave silver tequila makes the drink smooth and refreshing. The Triple Sec is replaced by Grand Marnier for a slightly sweeter experience. Then the whole works is served with lime on the rocks. This sublime beverage is subject to availability. Until Hurley's supply runs out, at US\$5, it's worth every peso.

■ FCC

363 Sisowath Quay, Tel 023 724 014

Slivered ice is a nice touch in the FCC margarita, as it melts fast while keeping the drink

frosty. Salty, sweet and yet a tad sour due to over-liberal liming. Best sipped late in the afternoon while overlooking the river. Not too steep at US\$5.50, but even better after 5pm when half-priced happy hour kicks in. For an even better view and a chance at some cooling wind give the roof terrace a go as it provides one of the nicest atmospheres on the riverside, so long as it's not raining.

■ K WEST

1 Street 154 at Sisowath Quay, Tel 023 214 747

Everything about K West whispers sophistication. From the lacquered wooden floors to the stylishly turned out staff, to the leather banquettes and low lighting, this understated, elegant brasserie is perfect for a date, after work stop with colleagues, or quiet afternoon glance at the

local papers. Their margarita is shaken with flair, giving it a nice creamy head. Sweeter than other versions around town, but complemented nicely by the free crisps served at the bar.

■ CALIFORNIA 2

79 Sisowath Quay, Tel 077 503 144

Yet another great Tex-Mex spot is Cali 2. Friendly, laid-back owners and great staff make this a go-to spot for many. They also serve a frozen version, nicely tart, icy cold and very strong. You can't miss the tequila and triple sec in this one, and at US\$3 it's a great deal. If you come, come hungry as the carnitas (US\$4.50) made with braised shredded pork, are not to be missed. Slow-cooked for 10 hours in orange and spices, this rich, savoury mouth-watering dish can be ordered in various forms. Andale, muchacho!



Enjoy an upscale Margaritaville – Elephant Bar

■ ELEPHANT BAR

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

Ah Raffles. Everything tastes good when you're sitting in the lap of such opulent luxury. Kool-aid and cheetos would probably taste refined and classy here, but they are raising the bar for every other place with their bar talent and ingredients. Their margarita perfectly balances the salty, sweet and sour, with a hint of fine tequila coming through. Glasses are big and the free taro chips with salsa are plentiful. Happy hour gets you your second (US\$7.50) margarita for free, and you can spend many a pleasant afternoon here ignoring other responsibilities as the time floats by.

■ GARAGE

9 Street 110, Tel 012 754 763

The city's latest music bar puts a local spin on the classic. Longans muddled and strained, are added to the mix, giving a wonderfully

subtle sweetness. A strong dose of tequila and liberal amounts of lime keep the flavour crisp. This special drink is not listed on the menu, but will be well appreciated at US\$3.75 by those who know to ask for it. Enjoy the music selection or chat to the affable owner and staff and soak up the vibes.

■ CASA LIKA

16 Street 136, Tel 012 429 542

Another challenge to cocktail purists, the passion margarita at Casa Lika makes a strong case for tossing convention out the window. Again, in addition to the usual suspects of tequila, triple sec and lime, the passion fruit gives a mellow sweetness, though you still taste the liquor and sour lime. This Asian twist on a Mexican favourite is yours for US\$3. Add to that an ample selection of music, southern California décor and hospitality, great Tex-Mex and Khmer food, and you've got a winning recipe. ■



K West gives an old favourite a good shake



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bar stool guide



key to symbols

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Aristocrat Cigar Bar

NagaWorld, Hun Sen Park, Tel: 023 228 822

Club aimed at attracting wealthy expats and Khmers who like a good cigar and glass of wine. Not as stuffy as you might imagine with cigars from US\$10. Open Monday to Sunday, from 12pm to midnight.  


Bar 33

33 E2 Sotheaors Blvd., Tel: 092 998 850

Upstairs from Corner 33 and run by the same owners, 33 is a sophisticated spot to have a cocktail while looking across the Royal Palace. For a taste of Somerset try the Strongbow cider. Open at 6:30am to 10pm Monday to Sunday.  

Brauhaus

34 Street 130, Tel: 099 311 188

What does this apparently inconsequential bar have to do with Heinz? 57. That's the number of beers on sale from around the world here. The widest selection of beer in town, German food and Filipino live music makes Brauhaus worth a try. 



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 'n' roll, this American-style bar serves good hearty food. Open 7:30am to midnight Monday to Sunday. 


California II

79 Sisowath Quay, Tel: 077 503 144

American-style bar with some of the best Mexican food in town, the excellent pool table and great tunes make this a good place to while away a few hours on the riverfront. Open 24/7 with good rooms upstairs.  


Cantina

347 Sisowath Quay, Tel: 023 222 502

A mainstay of the riverside scene, this is a popular meeting place for local expats with a large selection of Mexican beers and tequilas, and sinfully good margaritas. Serves good Mexican fare, and features photographs that capture the changing face of Cambodia. Open 2:30pm to 11pm closed on Saturdays. 


Cathouse Tavern

4 Street 51

The longest standing of Phnom Penh's bars was the only bar in town during U.N. days. The large curved bar invites you to sit and chat with the welcoming bar staff. Open 4pm to midnight. 

Chow



277 Sisowath Quay, Tel: 023 224 894

Contemporary and sophisticated riverfront restaurant that serves Southeast Asian cuisine, a wide range of cocktails, juices and ily coffee. The rooftop deck with spectacular views of the river is a great place to have a drink during its half-price 4pm to 8pm happy hour. Open daily from 7am to 11pm. 

Do It All Pub & Bistro



61 Street 174, Tel: 023 220 904

Dishes out Africa, Asian and Western cuisine, with hip hop and reggae played

into the early hours of the morning. Open daily 9am to 4am.  


Dodo Rhum House

42C Street 178, Tel: 012 549 373

Naming a bar after an extinct bird is a brave move considering the turnover rate for bars in town, but Dodo has survived longer than most mainly due to the 20 different flavoured rums created by the owner. Nicely decorated with strong, wooden bar and chill-out room at the back, it has a good menu. Open 5pm till late.  

Dream-up

128 D1 Sotheaors Blvd, Tel: 016 63 44 14

Serving Russian, western and Khmer food this place has live jazz and blues with jam sessions on Friday to Sunday 7pm. Every last Sunday of the month features a special clown show and puppet theatre and Russian films are shown at the weekends from 4:30pm to 7pm. Happy hour is 5pm to 7pm. Open from 11:30am to 2:30pm, 5pm to 10:30pm (Tue. to Fri.); 11am to 10:30pm (Sat./Sun.) 


Edelwiess

375 Sisowath Quay, Tel: 012 422 589, 092 542 093

Enjoy an Erdinger beer while watching life go by on the riverfront at this open-air restaurant specialising in German and Khmer food. Open 10am till late.


Elephant Bar

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

Flamboyant carpet, comfortable wicker chairs and hotel pianist provide a sense of a time gone by, you can imagine Jackie Kennedy drinking here. Its many signature cocktails, including the femme fatale make this a popular place with expats especially during the two-for-one happy hours (4pm to 8pm). Open 2pm to midnight from Monday to Friday, & Sunday from 12pm to midnight. 


Elsewhere

2 Street 278, Tel: 023 211 348

Re-located to the bustling Golden Mile, with two pools, sleek white walls and sensible 8am to 11pm opening hours. Elsewhere might not still host its monthly parties but the infamous cocktails remain. Menu features soups, salads, sandwiches and pastas. There is also a kids' menu with child-friendly dishes, and a boutique clothes shop upstairs. Open 10am - 10pm. 

Equinox

3A Street 278, Tel: 012 586 139 or 092 791 958

Cool French-run hang-out on with welcoming al fresco downstairs bar and cool open balcony above. Good cocktails, excellent choice in music, best football table in town and regular art exhibitions make this one of the more popular places on the golden mile. Good place for a bite and 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

Darren Gall: Offside Rule!



SOME OF THE MORE sensational highlights amongst our fading memories of the 2010 World Cup will no doubt recall the over achievement of the New Zealanders and the now infamous back biting and disintegration of the French. Yet a more significant war of words is being fought between the two countries in the battle for a share in the global wine market.

The record high prices and market-hype surrounding the 2009 vintage in Bordeaux paints a thin gloss over a much harsher reality – for the past decade New World wines have jumped the French in the international wine market. Thanks to consistent quality, value for money, clever branding and dynamic marketing, New world wines from Australia, New Zealand, Chile, and Argentina have cleaved massive inroads into the world's major wine import markets, largely at the expense of their French counterparts.

However, France has at long last come up with a plan to respond to customer demand for better value, improved taste and less obfuscation. The new "Vin de France" category is a move towards greater flexibility across the board in its production techniques and better communication in its marketing. A way, in other words, of creating better value brands. How so? First of all, wines labelled Vin de France can focus on the taste of the wine for the first time by stating the grape variety or varieties and the vintage on the front label. At the same time French wine companies can now blend wines from across the country's many varied wine regions to create a consistent brand. It's an obvious, yet innovative step with the long-term aim of enabling French wine to compete with its New World counterparts.

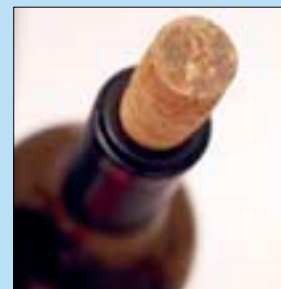
It seems this new, more open-marketing policy has also opened the door to a

more sinister, aggressive even guerrilla style approach to wine marketing.

A recent promotional event for the new appellation Vin de France saw a trophy for best Sauvignon Blanc awarded to Loire Valley producer Lacheteau for a Vin de France, Sauvignon Blanc it named 'Kiwi Cuvee'. For the past two decades New Zealand has forged an international reputation for producing some of the finest Sauvignon Blanc wines in the world, highly regarded for their unique characters and consistent quality.

Naturally enough, the New Zealanders are screaming offside, with a recent complaint by the New Zealand Winegrowers Association to Australian authorities seeing registration of the brand disallowed in that market. The New Zealanders are preparing to take on the French in every corner of the globe and it will be interesting to see how the game pans out from here, not to mention whatever 'new and interesting' tactics the French come up with to tackle other 'New World' producers in an all out effort to win back the world wine glass.


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



crowded, the cocktails are half price and draft beer goes for US\$1. Open daily from 7am to midnight.  

Flavours

Cnr. Street 51 & 278,

Relaxing restaurant and popular bar run by 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

21AEO Street 148, Tel: 089 509 007

This cool Cambodian-owned chill-out lounge with indoor pool, funky décor and dance floor, has regular changing themed parties. Open 5pm to 1am. 

Freebird

69 Street 240, Tel: 023 224 712

Aircon American bar with neon lighting, a variety of memorabilia, comfortable seats and 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. 


Gasolina

56/58 Street 57, Tel: 012 373 009

The largest garden bar in town has an extensive menu. Crèche facilities make this a popular choice with families at weekends. Has regular events with live music and DJs, even fashion shows. Open from 8am to 12am. 


Green Vespa

95 Sisowath Quay, Tel: 012 887 228

The walls of this popular expat haunt are strewn with photos of vespas and VIPs and the excellent selection of single malt whiskies is without comparison. Excellent food, especially at lunch times, while in the evening the bar is often packed with expats trying to forget about work. Good music, especially if you are an 80s throwback. Open from 8 am to 11pm. 


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 EPL games or any other sport including rugby, Aussie Rules and American Football. The food is good and there's a non-sports quiz every Tuesday. Open 11am to late. 

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 its neighbour a run for its money. Tends to be a popular late hang-out, especially around the 'mini' pool table. Open 7pm to 6am. 

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 on Fridays. Renowned for excellent mojitos and good lunch specials. Open 6:30am to midnight. 

Kingdom Breweries

1748 National Road 5, Tel: 023 430 180, www.kingdombreweries.com

State of the art European brewery specialising in premium pilsener. Tours of the facility are organised on a regular basis, culminating in frothy cold ones at the brewery's bar overlooking the Tonle Sap river.

Le Sauvignon

6B Street 302, Tel: 092 730 250

Contemporary wine bar and restaurant serves a variety of wines with a focus on classy French whites. Open Monday to Saturday noon till late.

Liquid

Street 278, Tel: 023 720 157

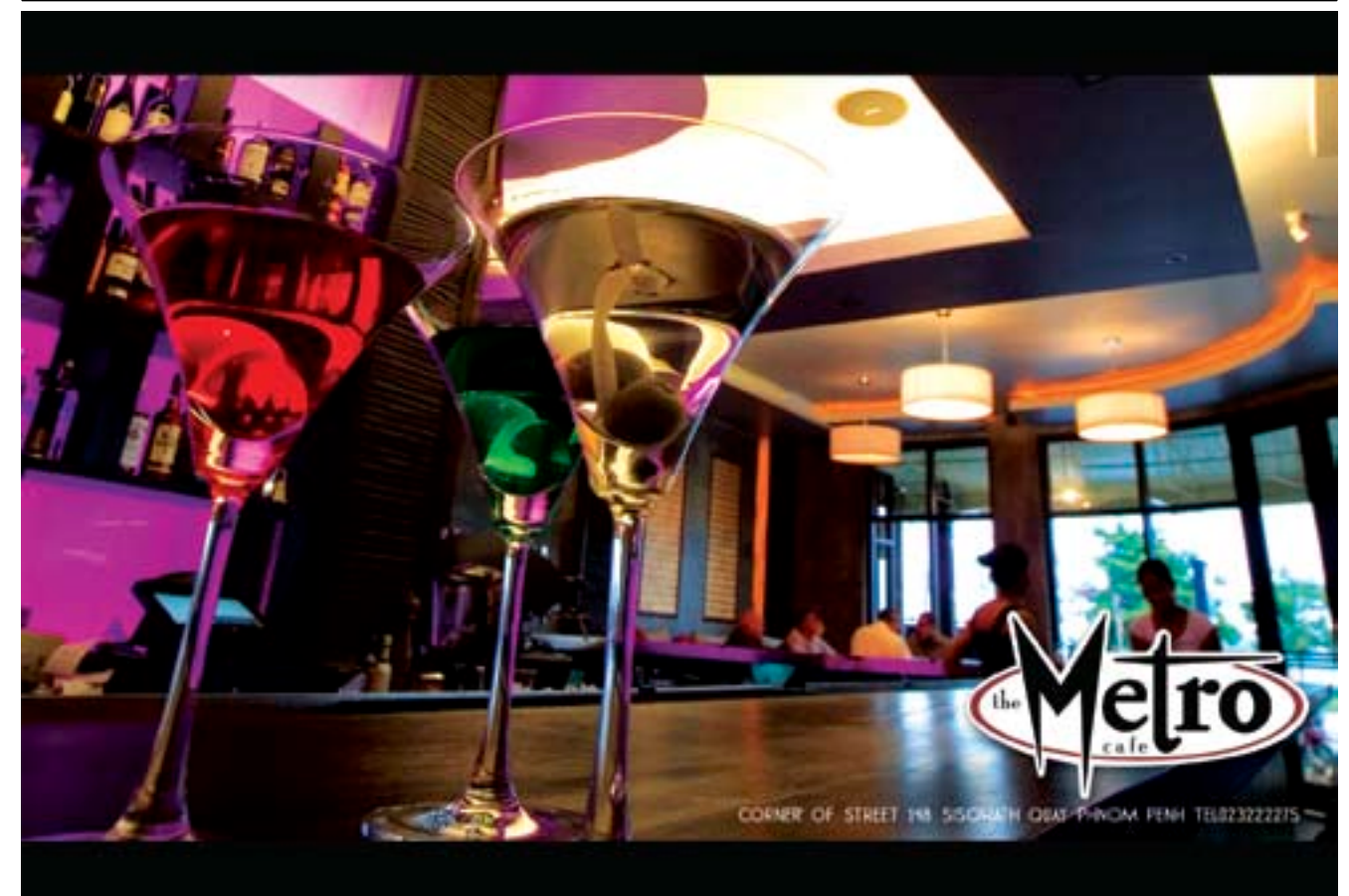
Welcoming Metroesque bar on the popular Street 278 run by the same owner as

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Cocktail of the month: Poire William

Kate Liana forges ahead in her tireless research into all things alcoholic. Next up? Pear Eau de Vie.



"WANT TO KNOW HOW they get the pear in the bottle?" asks Frank, owner of Atmosphere, with a Cheshire-cat grin. We nod excitedly, eager to unravel the mystery. Apparently, the bottle is placed over the pear on the tree branch when the pear is still a tiny bud. Bottle-filled orchards seem like some kind of fantasy-scape dreamed up by Tim Burton, but that's truly how it's done. "Of course they don't all take," explains Frank. "Maybe out of 100 bottles, you'll get ten that work." All that hard work and low odds, for what? Poire William, a colorless eau de vie from France

made from the distillation and fermentation of pear.

Bringing a snifter to your lips sends heady, high octane fumes charging up your nose, making your eyes water. The thought of swallowing it is daunting, however, some of us are paid for this, so down the hatch it goes and with surprising smoothness. The taste is mellow and subtle, the pear making a slight but distinct presence on the palate. Usually served chilled as an after dinner drink, Atmosphere adds it to pear sorbet for a dessert with kick. Cou sec!

Atmosphere, 141C Norodom Boulevard. Tel 023 994 224.

The Cavern
19 Street 104
Unique rock 'n' roll themed pub and restaurant, with guitar-shaped bar, brick arches and huge photo murals of famous rock musicians. Has good western food and large range of single malt whiskies and wines. Live music performances by up-and-coming local bands. Open from 11:30am to 2am. **A/C**

The Chinese House
128 Sotheaors Blvd.,
Tel: 023 356 399
Totally decadent cocktail bar set in beautiful old Chinese house. Has art exhibitions, film nights and parties downstairs and opulence upstairs. Open from 6pm till late, closed on Tuesdays. **A/C**

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 spirits. Open 7am till late. From Monday to Sunday. **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 in small bar next to the infamous Walkabout. Remarkably good food considering the setting, especially late at night. Open 5pm to 4am.

gay

Blue Chili
36 Street 178,
Tel: 012 566 353,
www.bluechillipub.net
This welcoming bar run by Thai national Oak is currently the number one gay bar in town. Chic décor makes this one of the coolest bars in town, even if you're straight, and the drag shows on Friday and Saturday are an additional draw. Open from 6pm till late.

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

Heart of Darkness
38 Street 51, Tel: 023 222 415
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 still a popular gay (and straight) haunt. Open 8:30pm to 4am. **A/C**

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. Has US\$1.50 spirit and mixer drink deals.

Nightclubs

Darlin Darlin
NagaWorld, Hun Sen Park
Tel: 023 228 822
Top-end nightclub with live music popular among the high-flyers of the city. Ladies night every Tuesday and Wednesday first drink is free. Glamour party all night with celebrities and the hottest models of Phnom Penh every Thursday. Semi-private booths in a chic environment make for an unrivalled experience. Open 7.30pm until late.

Heart of Darkness
38 Street 51,
Tel: 023 222 415
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 8:30pm to 4am. **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 till 1.30am, later at week-ends. Also has open mike sessions on Mondays. Open from 8pm till late, closed Sundays. Buy-1-get-1-free on cocktails everyday from 2pm to 10pm. **A/C**

Pontoon Club Lounge
Diamond Island (Koh Pich),
Tel: 017 682 071
Phnom Penh's only floating club has resurfaced on Diamond Island. Unique ambience and setting make this a must for clubbers. Often has international DJs, Thursday night is gay night. Open from 7pm to 5am. Live Music and DJs.

Riverhouse Lounge
6 Street 110,
Tel: 023 212 302
The alternative dance venue for both expats and young Khmers with a self-contained air-con dance room and great balcony to chill out. Mon-Wed, Fri is hip hop, Thu is Ladies night, Sat is house and Sun is dance remix. Open 4pm to 2am. **A/C**

Saint Tropez
31 Street 174,
Tel: 077 212 100 / 097 9000 401
Upscale club, complete with fake beach, deck bar, and a stylised indoors restaurant, suggests the French Riviera. Menu includes western and Khmer cuisine. Ladies get free bubbly between 9.30pm and 11pm on Thursdays, while Sundays features a free daytime barbeque in a Cuban ambience. Open 9.30am to late. **A/C**

Studio 182
182 Norodom Boulevard, Tel: 077 777 182
Classy venue for live jazz music, featuring a quartet performing jazz standards, Latin favourites and great soul tracks. House band with changing lead vocalist, brings the essence of lounge cool to Phnom Penh nightly with 3 sets at 7pm, 9pm and 10:30pm. Is non-smoking. Open from Monday to Saturday 6pm to 2am. **A/C**

Sudoku Answers

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

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

■ INTERMEDIATE LEVEL
EXPERT TIME: 9 MINUTES 46 SECONDS"

Magnificent Seven (30) Five, (1) Four (24) Three (25) One (26) Two (27) Ten (28) Eight (29) The Boy Named Sue (20) The Blue Boy (21) Six (22) Nine (23) Boys (17) Gentlemen Prefer Blondes (18) Adolf Hitler (19) "A (14) Flash Gordon (15) Miss Jean Brodie (16) The Pet Shop (11) Blur (12) The Beach Boys (13) Boy George schnitzel with noodles (9) honey (hunny) (10) picnic ("pick-a- (6) James Bond (7) Cow Pie (8) crisp apple strudels, and (1) Spinach (2) Porridge (3) Marmalade (4) Pizzas (5) Lasagne

Pub Quiz Answers

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Young at Art

Cambodian arts from break dancing to chapei will receive a boost during the Cambodian Youth Arts Festival, set to take over the capital early this month. Words by **Nora Lindstrom**.



A platform for young talent



PHOTOS BY CHEAN LONG

FILLED WITH ARTISTIC youth and master artists from all over the country, Phnom Penh's iconic Chaktomuk is about to turn into a veritable cradle of talent. As the epicentre of the Cambodian Youth Arts Festival (CYAF), the distinctive building will be at the heart of performances and workshops celebrating both traditional and contemporary arts in Cambodia.

Initiated by arts organisation Cambodian Living Arts (CLA) in 2004, the CYAF has expanded significantly over the years. From being a small CLA-only workshop in Siem Reap, in 2006 took over the Phare Ponleu Selpak centre in Battambang, with artists from four other organisations joining in.

2010 marks the festival's arrival in the capital. "The festival is important because it sends a powerful message to the country and the world that reflects our strong commitment to revive the traditional Cambodian arts," says Song Seng, coordinator of the event. "Phnom Penh is a place many people are interested in, so having the festival here makes it

easier for us to pass our message to the public." In addition to nightly performances that have previously also featured in the festival, Seng says the event will this year be more visible than ever, with a parade, art fairs, as well as outdoor performances planned.

Some 500 artists from over 20 organisations are expected to take part. "It's a time to promote the arts, as well as to build leadership among artists," Seng says. "Participants have the opportunity to exchange experiences and skills through demonstrations, workshops, performances and jam sessions."

The event is also about breaking down barriers between new and old art forms. Seng describes how hip-hop dancers are sometimes misunderstood by traditional performers, who see them as only breaking conventions. "But through working together they realise the differences are just on the outside," he says, "those kids show respect to elders too."

Hannah Stevens of Epic Arts, one of the organisations taking part, agrees the festival is a great way for Epic students to share their

skills with others. "Our work is about promoting integration through arts, and participating in the CYAF really defines that," she says. "It allows our students to demonstrate their talents to themselves and others."

Having observed the event for two years, Hannah says she only has positive experiences of seeing Epic's deaf and disabled students mix with the able-bodied. "Our students introduce another level of culture," she says, describing how festival participants last year quickly took to applauding not by clapping their hands but by wiggling them in the air as it is done in sign language.

While the CYAF is a space for exploring both traditional and contemporary art forms, Seng stresses that a fundamental part of the event is to educate young Cambodians about their cultural heritage. "It's the only way to revive the traditional arts," he says, adding that most master artists are by now over 60 years old. With few students, their art forms could face extinction. "There are only two people alive who know how to

play traditional funeral music," he says by way of example, "most people just play tapes."

Seng maintains it is also important for contemporary artists to understand the past. "Before creating new pieces local artists need to understand the flows of creation, they need to know where to start from."

Although this year already marks a significant expansion in the size of the festival, Seng is thinking big. "We envision the festival will become as big as the water festival," he says, noting that he would like to see not only organisations, but public schools and pagodas taking part in the activities too. "We hope that all of Cambodia would consider our festival as a national festival in the future," he says.

The Cambodian Youth Arts festival takes place between Aug. 7-11. During the festival, public performances will be conducted daily at 5.30pm at the two outdoor stages, and at 7pm at the main stage inside Chaktomuk Theatre. For more information visit www.cambodianartsfestival.org.

Extracting the Truth

A personal journey to uncover the horrors of the Khmer Rouge becomes a powerful, landmark documentary in *Enemies of the People*. **Nora Lindstrom** talks to filmmakers **Thet Sambath** and **Rob Lemkin**.



AL: *Enemies of the People* is the culmination of years of hard work and gaining the confidence of former Khmer Rouge cadre. How do you feel now that it is done?

TS: I feel very happy. When I got all this done I felt like we are all lucky to have these interviews from Khmer Rouge cadre and especially from Nuon Chea, Brother Number Two. I feel happy and lucky for all people.

AL: *Did completing the film and releasing it to the public bring you closure?*

TS: Yes, it did. Everything that I have done is for the new generation and for the Cambodian people. When the people get more information good things between people can happen. Like reconciliation, people learn not to take revenge and instead people will find out how to resolve the problem. That is my dream for the future.

But at the beginning when I started investigating I just wanted to know what was behind the killing of so many people. The Khmer Rouge leaders, especially the top leaders, always refute that they killed the people. The Cambodian people are unhappy with the answers from the top Khmer Rouge. But because we get confessions from them, people can get peace.

AL: *The film features unprecedented confessions by former Khmer Rouge cadre, especially Nuon Chea. How did you manage to get them to talk?*

TS: It was hard, I tried for many years. It was a step-by-step process. I've know some of these people for five or 10 years.

I knew that these people had experience with the Khmer Rouge, that they killed people. But they had never confessed, because they felt embarrassed and uncomfortable. But I knew about these people and that's why I tried to get close to them. When we get close to each other and trust each other, then everything will come out, the truth will come out. So I got everything.

AL: *How did you get people to talk?*

TS: The reason I got this [material] is because I worked hard and I spent a lot of my own money.

People asked me if I got funds from any organisation or NGO. At first, I didn't understand their question. Later they told me. "Because you spend your own money it means that you are a real researcher, you want to know the truth," they said.

AL: *Was the potential of Sambath's material immediately obvious to you?*



RL: Sambath had started to film interviews with Nuon Chea and some other people who are in the film about one or two months before we met back in September 2006 when I came to do a film about the Khmer Rouge trial.

Initially Sambath was working for me as a fixer, but over the coming months we joined forces. Then I realised Sambath had a relationship with Nuon Chea, and he told me about his relationship with people in the countryside, and I thought that was more interesting.

After about seven or eight months from when we started filming, not with Nuon Chea but with the killers in the countryside, that's when I realised we had a film. Because although the interviews with Nuon Chea are the ones that are newsworthy, the heart of the film really is the relationship with the ordinary people who were involved in this chain of killing.

AL: *The documentary has met with a lot of success, including winning the Special Jury Prize at Sundance and the Grand Jury Award at the Full Frame Documentary Festival. Did you expect so much international publicity and acclaim?*

RL: To be honest, no. When we started right at the beginning, it looked like it was just going to be a half an hour programme for

British TV which would have been finished a long time ago. And maybe even forgotten about a long time ago too.

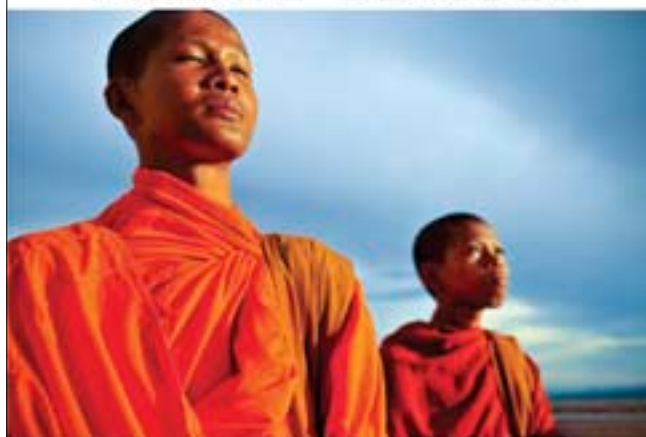
Gradually, it became possible to widen the scope of the film so that it had a more profound content. The universal aspect of the story, of good and evil, of repentance, of the horror of mass killings, and the idea of a victim coming to see the people who destroyed his world as a child, and coming in a genuinely open and almost tolerant spirit in the interest of getting a deeper story, a deeper truth out of it all, that has got a wider theme. It's not just about Cambodia and I think that's why the film—in pretty much every country—has been so well received and won prizes.

AL: *What do you hope audiences, especially Khmer viewers, will take away from the film?*

TS: I think that after they see the film they will get some knowledge and some people can understand and they can feel better from the confession. Because for many years it has been hard to get confessions, especially from Khmer Rouge leaders and the people who did the killings. I'm waiting for their reactions.

Read the full interview online at: www.asialifeguide.com

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J GALLERY

Opening June 22 at JGALLERY
(next to Java Café)

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

37 Sothearos Blvd.
(opposite of Buildbright / Phnom Penh centre), Tel: 012 607 465
Movie shorts and documentaries from Cambodia and the rest of Asia. Movies normally start at 7pm, closed Mondays.

Galleries

Asasax

192 Street 178,
Tel: 023 217 795
Shop and gallery space devoted to Cambodian artist Asasax, just across from the National Museum.

Bophana Audiovisual Resource Centre

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).

Equinox

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

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

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

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.

Java Café & Gallery

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

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

Mutrak Gallery

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

New Art Gallery

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

Pich Sopheap

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

Reyum Institute of Arts & Culture

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

128-G9 Sothearos Blvd.,
Tel: 023 220 424
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
Organisation that promotes Cambodian arts and culture and stages performances by request. Open from 7.30am to 10.30am (Mon to Sat).

Cambodian Living Arts

407 Street 246
Art organisation devoted to the revival of traditional Khmer performing arts that puts on occasional performances.

Chaktomuk Conference Hall

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

Cnr. Mao Tse Tung & Monireth Bldvs.,
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

166 Street 99 corner of 484,
Tel: 023 987 564
Theatre with performances of shadow puppetry, classical and masked dances every Friday and Saturday at 7.30pm.

leisure & wellness

Wholly Holistic Healing

Eastern philosophy meets Western training in Phnom Penh's latest source of healing and relief from muscle pain. **Kate Liana** explores further.

"THE MIND / BODY connection is crucial to understanding pain and treatment – you must look at a person holistically," claims Dick van der Poel. A physiotherapist with 20 years experience in Switzerland van der Poel settled in Phnom Penh in 2008, opening a practice in June this year.

He has brought this holistic approach to his new venture.

"It's not just about looking at someone's shoulder and ignoring their lifestyle, physical habits, and ideas about health and fitness," he says. Van der Poel is one who believes in taking in the whole picture.

His philosophy is that during treatment the physiotherapist should seek to gain a deeper understanding of a patient's history, lifestyle, and health goals so he can tailor an appropriate treatment.

When speaking with him, you get the sense that he is attuned to your body and physical state. His calm presence and professional manner put you at ease and make you feel like you are being healed inside and out.

At his practice, van der Poel offers general physiotherapy, manual therapy, sports injury rehabilitation and traditional Chinese medicine and acupuncture. The acupuncture treatments, rare in the city, offer a unique experience.

A full medical history is taken during the interview, and then a patient's back, eyes, tongue and pulse are examined. Based on findings, Van der Poel determines along which energy channels to place the needles. These are painless, creating a mild tingling sensation through the arms and legs. You feel refreshed and energised. Acupuncture can also be used to target specific pain or trouble areas.

Van der Poel is not a masseur, something he is keen to stress.

Instead, he believes that muscles get tense and sore due to joint-related pain. For long-term relief patients must be trained to heal their own bodies. So he prescribes a mixture of exercises



Holistic healing

and treatments that will protect the body and prevent future injuries. Therapy consists of on-site exercise, massage, and electrical stimulation of muscles and joints.

Trained in the Netherlands, van der Poel received a Bachelor's degree in physiotherapy, and has taken subsequent courses in sports therapy and manual therapy, which involves correcting the position of the joints and muscles, and adjustment and alignment of the spine. He has also trained in sports rehabilitation, massage, neurological therapy, and Chinese medicine and acupuncture.

A natural healer, van der Poel most enjoys working with people and helping them.

"There's such diversity of bodies and physical behaviour, it's fascinating and keeps my work interesting," he says.

He has especially enjoyed learning behavioural variations in the different regions he's worked in, in Europe and now in Southeast Asia.

"Everybody handles pain differently, and seeks or avoids treatment for a variety of reasons," he says. "That differs between cultures, between men and women, and between young people and old."

He first came to Cambodia with his brother in 2001, and vowed to return. "The people, the place were amazing, I couldn't wait to get here," he says.

His brother returned in 2003 and set up popular riverfront eateries El Mundo and Chill, van der Poel followed in 2008.

Having helped his brother establish the restaurants, he is now excited to begin practicing again.

Housed in a spacious, air-conditioned villa south of the Russian Market, his practice has equipment imported from Europe including specialised treatment beds, an ultrasound machine, and various exercise equipment. A giant rubber ball, popular in many exercise programmes is perfect for pregnant women, as it helps isolate the pelvic area and strengthen the lower back.

Treatments last between an hour and an hour and a half, and include a thorough screening of a patient's health background. Physiotherapy costs US\$30 a session, while acupuncture is US\$40.

Physiotherapy Phnom Penh, 57 Street 123. Tel 092 485 593. Open every day 8am to 12 pm, 2pm to 6pm. Closed Wednesday.

leisure & wellness

amusement

Kambol Cart Raceway
Angsoul, Kandal, Tel: 012 232 332
A few kilometres west of the airport is Phnom Penh's flashiest go-cart track. Boasting a 900m international standard size track complete with hairpin turns, the track can be rented by the hour, half-day or the entire day. Open daily from 9am to 6pm.

Parkway Square
113 Mao Tse Tung Blvd.
Ten-pin bowling alley and a dodgy dodgem track for those who haven't had enough of close shaves on the streets of Phnom Penh.

Phnom Penh Water Park
50 Street 110, Tel: 023 881 008
Traditional mix of slides and wave pools is open daily 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 daily 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, including skates and blades for hire.

Soun Soben
Tiger Road, Prek Eng, Kandal,
Tel: 016 642 493, 016 600 406, 017 772 456
Need a new angle for a day out, then why not go fishing. Fishing available with all equipment provided. Restaurant is available for private party or functions. Open from 6am to 7pm.

classes

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, includes transport to the market and a colourful 16-page recipe booklet. Open from 10am to 10pm.

Capoeira
Tchou Tchou pre-school, 23 Street 21
Lessons in this rhythmic Brazilian cross between dance and martial arts are held every Tuesday from 6.30pm to 8pm. Contact Michel on 012 458 167.

Garden Yoga Room
456 Monivong Blvd., (cnr. Street 466)
Tel: 023 721 765, 012 357 561
www.asiagarden.com.kh
Yoga classes everyday includes free swim. Walk-in fees: US\$4 for Khmer, US\$8 for foreigners with 10-class passes (valid 3 months) US\$30 for Khmer, US\$70 for foreigners. See website for schedule.

Global Art Centre
Behind house 206 Norodom Blvd.,
Tel: 012 514 790

An international art and creative programme designed for children aged 4-18. Classes held Tuesday to Friday in the afternoon and all day on Saturday. Free trial. Open from 1pm to 5pm, close Mondays.

Khmer School for Expats & Travellers
Tel: 012 867 117
Khmer-language lessons given on a one-to-one tuition basis only, a typical course lasts for 30 hours. Open daily from 7am to 8pm.

Khmer School of Language
52G Street 454, Tel: 023 213 047
Khmer-language lessons given at the school or in the privacy of your own home or office. All teachers are experienced and trained at the school. Open 8am to 12pm, 2pm to 5pm.

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. Open daily from 8am to 8pm.

Nataraj Yoga Center
52 Street 302, Tel: 855 12 250 817,
www.yogacambodia.com
Daily classes in yoga and pilates, check website for schedule and prices.

Open Palm Studio
12 Street 101, Tel: 012 633 278
The first official spinning facility in Phnom Penh on Tuesdays and Thursdays at 8.15am. Call to book in advance. Open from 8am to 9:30am, and 5pm to 7pm.

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 Centre
18EO 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. Open 12pm to 6pm during rainy season, but 9am to 6pm during dry season.

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

dental

European Dental Clinic
160A Norodom Blvd., Tel: 023 211 363

 <p>META HOUSE PHNOM PENH German Cambodian Cultural Center 37Eo Sothearos Street</p> <p>Fixed +855- (0)23 - 224 140, Mobile +855- (0) 12- 607 465 Homepage: www.meta-house.com Email: mesterharm@gmx.net</p>	<p>Aircon Restaurant</p> <p>Art Exhibitions</p> <p>Dance Theatre</p> <p>German Classes</p> <p>Film School</p> <p>Musical Events</p> <p>Workshop Space</p> <p>Open-Air-Cinema</p>
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Beware of Self-Medicating

Drop those Valium, replace that effervescent codeine, and do you REALLY need those antibiotics? STOP, and read this article.

CAMBODIA OFFERS MANY freedoms that our respective home countries do not. One of those is the pharmacies. No pesky prescriptions needed here, no time consuming visits to the doctor, just walk up, order and someone will happily sell you anything.

You name it, you can get it. If you have a fever, cough or diarrhoea, your friends, pharmacists, or the internet have advice on what medicines to take. Almost everyone has an excellent remedy for whatever ails you, and maybe even some left over tablets to lend you. In short, this is what is meant by self-medication.

Most times nothing untoward happens, sometimes people get better. But at other times it can be ineffective at best, or dangerous at worst.

A common scenario here is diarrhoea illnesses. Many people self-medicate for this. At times this is appropriate, for example when travelling, or in a remote area away from medical care. But not all gastrointestinal infections are the same. There is no "one pill fits all" cure. Very commonly people eventually end up at the doctor, having spent some unnecessary weeks feeling miserable.

A more dangerous scenario is people self-medicating for insomnia, anxiety, depression or chronic pain. Unfortunately some of the drugs that people choose to medicate with can be highly addictive and lead to a worsening of the initial problem. Valium and Xanax, to name two common drugs, are particularly addictive. Whilst people's intentions may be good, tolerance develops quickly and the use of these medications inadvertently increases, but the initial symptoms either remain the same or get worse. This usually leaves people in a much worse situation than they started in.

Taking medications is very common in all cultures, and can lead to a perception that they are harmless. But adverse drug reactions are also common.

An article written in the Journal of the American Medical Association summarised 30 years of data (1966-1996) and concluded that deaths from adverse drug reactions ranked fourth, after heart disease, cancer, and stroke. That is an extraordinarily high number due to drug side effects. What's more alarming, is that this article deliberately excluded all the more common side effects from drugs, such as allergic reactions, anaphylaxis, hospitalisations, permanent disability, seizures, effects to unborn babies, dizziness, skin rash, etc. It also didn't account for the potentially disastrous effects of counterfeit medications that can exist in Cambodia.

You may know the name of the medicine that might cure your illness but you may not know the recommended dose, nor whether it interacts with any pre-existing medical conditions, or other medication you may be taking. I know of one person who took valium to fly, something people commonly do. He didn't know what dose, so took 4 times the normal dose, 4 separate times during his flight home. He is very lucky he was ok.

Where possible, get qualified advice first.

*Dr. Elise Reid works at International SOS as a female GP and a sports medicine specialist. She has a degree in medicine and a masters degree in sports medicine from Australia. For more information please email: sue.kemp@internationalsos.com. *JAMA. 1998;279:1200-1205*

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

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. Open from 8am to 12pm and 2pm to 5:30pm (Mon to Sat), 2pm to 5:30pm (Sun).

gyms

Clark Hatch Fitness Centre
Intercontinental Hotel, 3/F Mao Tse Tung Boulevard, Tel: 011 380 769
Well-equipped fitness centre run by a regional gym company that even has a rowing machine, and many classes. 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, steam room and jacuzzi. Open daily from 6am to 10pm.

Raffles Amrita Spa
Raffles Le Royal Hotel, Tel: 023 981 888
Modern gym and pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and Jacuzzi is available to non-guests. Open from 6am to 10pm.

Physique Club
Hotel Cambodiana, 313 Sisowath Quay, Tel: 012 810 432
Reasonable selection of equipment in the gym and a pool overlooking the river. Open from 6am to 10pm.

The Gym at The Place
90 Sihanouk Blvd, Tel: 023 999 699
Modern establishment featuring a fully equipped gym and weekly classes in dance, yoga and aerobics. Open 6am to 10pm (Mon to Fri) and 8am to 10pm (weekends).

VIP Club
227Eo Norodom Blvd, Tel: 023 993 535
Large sports complex with gym, outdoor swimming pools, sauna, steam room and tennis courts. Open from 6am to 9pm.

hairdressers

Arya Vong Kim
P31 Street Platinum (by Sovanna Mall), Tel: 011 516 575, 011 512 980
Professional beauty salon run by French-Khmer hairdresser Arya Vong Kim, focuses on quality hair care, including great cuts and colouring, with L'Oréal products. Open from 6am to 7pm.

De Gran
19 Street 352, Tel: 023 999 707
Classy yet affordable Japanese-run hair salon in beautiful premises with excellent service. Open from 10am to 8pm, closed Tuesdays.

Eriq Amtalla
407 Street 246, Tel: 016 839 546 / 017 839 546
Unisex hairdressers run by highly qualified hair dresser, is open from 9am to 6pm (Mon to Thu) and 9am to 7pm (Fri to Sat). Appointments preferred.

Hair & Nail Studio
51D Street 214, Tel: 023 992 626
Sleek Cambodian-run beauty salon offers quality nail care using OPI products, and hair, body and facial treatments. Open 9am to 8pm.

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

Tokyo Hair Dresser
8A1, Mao Tse Tung Blvd., Tel: 017 880 740 / 016 679 830
Comfortable hair salon with a modern facilities, run by Japanese hairdresser who will provide a hair consultation prior to treatment. Open 9am to 7pm, closed Mondays.




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- ▶ IPL Laser (Hair Removal and Pigmentation)
- ▶ Intracel Laser (Acne Scars and Skin Rejuvenation)
- ▶ Radio Frequency (Fat/Cellulite and Lifting)
- ▶ Dermatologic Surgery
- ▶ Hair & Nail Diseases Treatment
- ▶ Chemical Peeling & Skin Rejuvenation
- ▶ Acne Scars & Pore Treatment "Dermal Roller"
- ▶ Lipolysis "Mesootherapy"
- ▶ 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. !

Beauty Spot: Yeay Day Proshop

Having frequented almost every spa in town, Nora Lindstrom tries out a local massage parlour. And is positively surprised.

MOST EXPATS DON'T FREQUENT Yeay Day Proshops, opting instead for various spas more clearly catering to a western clientele. Should you be brave enough to go local, however, you may find you get just as good a massage, often for a whole lot less too.

From the outside, the Yeay Day Proshop on Street 63 just south of Mao Tse Toung Boulevard looks like a slightly more upscale Khmer massage parlour. The array of old flip flops by the entrance, as well as the group of women snacking and watching TV in the foyer, are likely to dispel any expectations of a swanky treatment. Still, it's worth bearing with it. Without a word, not even a simple suu'sday, you are led to a basic, but clean enough, massage room. Change into a pair of pyjama bottoms (for women a towel

will have to masquerade as a top) and you're set.

Don't expect any of the feel-good, relaxing music, or the calming aromatherapy candles. In fact, it's unlikely the masseuses outside will stop snacking and watching TV. Thankfully, once your therapist gets to work you're likely to forget all of that anyway.

The massage starts with brusque kneading of your back. Somehow, the masseuse seems to know exactly the spots that need the most attention, and almost obstinately focuses on them.

She then goes on to the thighs, again making sure not a single muscle escapes treatment. After a variety of squeezing, pressing, and stretching, as well as returning to more work on the back, it's finally time to turn around. The last part of the massage focuses on the head and shoulders, with some delicate

twisting and turning added to the mix. Afterwards, you are welcome to enjoy the free steam and sauna rooms.

At US\$4, few would hesitate to call it a bargain. You emerge energised and ready to take on the world. Do note

however that unlike at some of the more expat-oriented establishments, tipping the masseuse a dollar or two is not just nice, it is expected.

Yeay Day Proshop, 266 Street 63. Tel. 011 232 454. Open 7am to 11pm



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medical

American Medical Centre
Ground Floor Cambodiana Hotel
313 Sisowath Quay, Tel: 023 991 863
Team of international and Khmer doctors that provide general practice services to clients, including the American Embassy. Can arrange emergency evacuation. 24/7 service.

International SOS Medical Clinic
161 Street 51, Tel: 023 216 911
Globally renowned provider of medical assistance & international health care with multilingual staff. Expat and Khmer doctors offer general practice, specialist and emergency repatriation services. Members have access to SOS clinics around the globe. On-site laboratory, dental facilities and 24/7 service. Open 8am to 10pm (8am to 6pm weekends).

Naga Clinic
11 Street 254, Tel: 023 211 300 / 011 811 175
French-Khmer run clinic with a team of international and Khmer doctors. Impressive range of modern facilities and 24-hour pharmacy on site. Can perform minor surgery. 24/7 service.

Royal Rattanak Hospital
11 Street 592, Toul Kork, Tel. 023 991 000 / 023 365 555
www.royalrattanakhospital.com
A Thai owned and run private hospital with extensive services that strives to provide high standard and quality medical care by professional care team. Open 24/7.

optics

Grand Optics
11 Norodom Blvd., 337 Monivong Blvd., 150 Sihanouk 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. Open from 7am to 7pm.

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. Members get a discount at both Man Han Lou Restaurant and Master Kang Health Care Centre.

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 free.

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.

spas

Amara Spa
Cnr. Sisowath Quay & Street 110, Tel: 023 998 730, 012 873 999
www.amaraspahotelcara.com
Comprehensive day spa providing a wide selection of facials, body massages and treatments, arranged in a four-storey modern facility. Open from 11am to 11pm.

Amatak Beauty Spa
4 Street 228, Tel: 023 722 029 / 012 360 490
www.amatakbeautyspa.com
Beautiful, up-market spa set in a large villa close to Monument Books established by Khmer beautician who worked at Raffles Hotel Le Royal. Provides lessons for those interested in learning spa techniques. Open from 9am to 10pm.

Amret Spa
3 Street 57, Tel: 023 997 994 / 012 414 038
Stylish spa with treatments in individual rooms, and rooms for couples with Jacuzzi. Open from 9am to 9pm.

Aziadee
16AB Street 282, Tel: 023 996 921
Relaxing, air-conditioned massage parlour

with individual rooms. Open daily from 9am to 9pm.

Bliss
29 Street 240, Tel: 023 215 754
French spa at back and upstairs in this beautiful French colonial building. Have a massage, facial, body scrub or simply wallow in a flower bath. Open 9am to 9pm, closed Monday.

Champey Spa & Salon
38 Street 57, Tel: 012 670 939 / 023 222 846, www.champeyspa.com
Peaceful 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, 016 900 828, 017 719 693
Staffed by two qualified dermatologists this professional skin clinic offers a range of beauty treatments using American Derma-Fx products, minor dermatologic surgery, antioxidant boosters, chemical peeling, and lipolysis. Open from 9am to 7pm.

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
Using Dermalogica, L'Oréal, Jane Iredale and OPI products for a variety of face and body treatments, spa provides a professional, relaxed ambience for customers to sample products before purchase. Open 9am to 7pm.

In-Style
4E1 Street 51, cnr. Street 118, Tel: 023 214 621 / 012 909 747
Set in beautiful old building with high ceilings and tastefully decorated rooms and using all natural products imported from Bali, this spa offers the 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. Open from 10am to 12pm.

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. Open from 9am to 11pm.

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. Open daily from 8am to 11pm.

Raffles Amrita Spa
Tel: 023 981 888
Raffles Amrita Spa offers relaxation and rejuvenation through a wide selection of services and facilities including treatment rooms, outdoor lap and fun pool, Jacuzzi, fitness centre, sauna and steam room. Open daily from 6am to 10pm.

Sawasdee Massage
6B Street 57, Tel: 023 996 670
Oil, Thai-style and foot massage are available from trained masseuses in this 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. Open from 9am to 12pm, 2pm to 8.30pm, closed Mondays.

Singapore Parkway Salon
G15 Parkway Square Shopping Centre, 133 Mao Tse Toung, Tel: 023 690 3132 / 016 859 000
Hairdresser also has unique body toxin footbath. Open from 9am to 8pm.

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. Open from 10am to 3am.

Villa Spa
456 Monivong Blvd. (cnr. Street 466) Tel: 023 721 765, 012 357 561
www.asiagarden.com.kh
Aromatherapy massage in private boutique VIP rooms (villa and bungalow style) from professional Chinese and Khmer therapists from Master Kang Health Care Centre; women customers only. Beauty, manicure and pedicure coming soon.

sports general

Ball Hockey
Played every Thursday night at City Villa, corner of Streets 360 and 71 at 7pm. To play, contact Peter: peterloucks@ispp.edu.kh

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: khmer_rugby@yahoo.co.uk for more details.

Cambodia Golf & Country Club
Route 4, Kompong Speur, Tel: 023 363 666
International standard, 18-hole golf course. Open everyday from 6am until dark.

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 needed. 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, 6pm to 10pm and at the Old Stadium on Tuesday from 4.30 pm to dark. Contact Billy Barnaart on 012 803 040 (available from 11am to 10pm). Sunday play at 2pm.

Hash House Harriers
8, Street 360 (cnr. Street 71)
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.

Royal Cambodia
Phnom Penh Golf Club, National Road 4
The other international standard golf course.

Tennis
The Club at Northbridge
1km off National Road 4, Tel: 023 886 012
Excellent tennis court. Book in advance. Open daily from 8am to 2pm and 3pm to 6pm.

Touch Rugby
Mixed touch rugby (touch football) is played most Saturday afternoons at 3:30 pm at Northbridge School. Tournaments also within Southeast Asia. Please contact Rowena (rowena.eastick@yahoo.com), or Paul 012 516 460.

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Philippe Guibert (Fr)	Technician

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Emergency
092 804 471
012 986 024

eurodentalfcl@online.com.kh
photo: http://www.flickr.com/photos/...

next generation

Mr Andy Sings

The launch of an educational music project aims to make learning more fun and exciting for children, teachers, and parents. Words by **Dorine Schreiner**.



He likes to teach the world to count

ANYONE WHO HAS BEEN to a karaoke knows of the popularity of song in the Kingdom of Wonder. Whether you want to relax after a gruelling week at work or get closer to some local work colleagues, the power of music can never be overestimated. But does music also have the ability to inspire children to enjoy learning subjects such as science in the capital's international schools? iCan's music teacher, Andy Hawkings, certainly believes so.

'Mr Andy Sings... Science' is a project devised by Hawkings to teach the British National curriculum. The British National curriculum has 36 units of work in the science strand for children aged between five and eleven. Andy has written a song that delivers the learning objectives for each of these units. "The aim is to make learning fun and, hopefully, each song is fun to learn and fun to sing," he says. "The songs can be turned into a dance, a performance or a finger

play thus appealing more to kinaesthetic learners."

These activities, together with the visual and auditory activities required to learn a song, are aiding learners of all types in their pursuit for knowledge.

The idea for the project was born whilst Andy was still working in the U.K. He noticed the power that music had in supporting a child's learning.

After arriving in Cambodia in 2007, he took the opportunity to see how much of the curriculum he could deliver through song.

He wrote eighteen songs for his class of six year olds that covered all areas of the curriculum, from counting to 10 to coping with bullying. These songs are compiled on an album called 'Mr Andy and Friends'. Parents tell him that his songs are still sung along to by kids two years after first learning them.

Hawkings' first music teaching experience was in 2001.

After returning to the U.K. from a trip to learn the local

traditional music in Senegal and the Gambia, Hawkings' West African drum teacher asked him to take care of his class in Brighton. Noticing that some students kept repeating their mistakes, he helped them individually to improve their skills. Their appreciation and progress was so great that Hawkings decided to go into teaching.

In 2003, he became a qualified primary school teacher and he's been teaching guitar, ukulele and percussion to children and adults ever since.

Hawkings recalls a particular moment when he was in secondary school. He hadn't studied for a German test. Five minutes before the exam he made up a song to remember the vocabulary. During the test he simply sang the song over and over again and managed to pass the exam with high marks.

"Children, and even adults, understand things best when they are interested or enjoying themselves," he says. "Mnemonics in songs or singing about outer space, micro-

organisms, materials and other topics make it all the more exciting and that motivates people to learn."

The contents of the science curriculum will be waltzing through the heads of the children, just by singing the songs they learned.

The next step for Hawkings, who is also the music director for the Phnom Penh Players providing the music and co-writing the lyrics for the last two pantomimes, is to introduce his style of learning through song into other international schools as well as into local schools. His song writing workshops can tie in with any class or whole school topics that they are working on.

"The lyric generation process is excellent at stimulating thought and encourages the children to think about the key concepts," he says.

The ultimate goal is to develop a "Mr Andy Sings..." book and CD for each subject area, which will then offer the entire British national curriculum through song at home. A 'Mr Andy Sings... Religious Festivals' book and CD is the next project plan.

"Hopefully, with these products parents will be able to help their children learn about the world around them in the same format as they learn about it in school," he says. "Happy singing!"

For all enquiries about song-writing workshops or guitar lessons, please contact: andyhawkings@hotmail.com. 📞



next generation guide

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. Open daily from 11am to 3pm, 5:30 to 11pm.

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. Open daily from 6am to 9pm.

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. Open daily from 7am to 8:30pm.

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. Open daily from 7am to 10pm

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. Open from Tuesday until Sunday 8am to 8pm.

classes

Global Art Centre
Behind house 206 Norodom Blvd., Tel: 012 514 790
An international art and creative programme designed for children aged 4 to 18. Classes held from 1pm to 5:30pm (Tue to Fri) and all day (9:30 to 5:30) on Saturday and Sunday. 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.

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.

entertainment

Kabiki Hotel
22 Street 264, Tel: 023 222 290
The first hotel designed specifically for families, Kabiki has a salt-water swimming pool and large garden for kids to ride around on bicycles in. Menu has child-friendly dishes like chicken nuggets. Open daily from 6am to 10pm.

Phnom Penh Water Park
50 Street 110, Tel: 023 881 008
Traditional mix of slides and wave pools. 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.

pre-schools

Gecko & Garden Pre-school
3 Street 21, 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 (Mondays, Wednesday and Thursday). Also has yoga and Khmer classes. Open everyday from 8am to 12pm.

Giving Tree Preschool
17A 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. Open from 7:30 to 12:30 (Mon to Fri).

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 7.30am to 12pm (Mon to Fri). French is the main language, although English and Khmer is also practised.

international schools

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

International School of Phnom Penh
146 Norodom Blvd, Tel: 023 213 103
www.ispp.edu.kh
Founded in 1989, this non-profit, non-sectarian international school has 567 students from Pre-K to Grade 12. The largest international school with over 65 professional teachers, and the only authorised IB Programme in the country.

Lycée Français René Descartes
Street 96, Tel: 023 722 044
French school offering primary and secondary level education, extra-curricula activities include basketball, football and rugby.

Northbridge School
1km off National Road 4 on the way to the airport, Tel: 023 886 000
www.niscambodia.com
U.S.-accredited school offering Nursery-Grade 12 university preparatory international education. Purpose built facility with expansive playing fields, playgrounds and pool on secure, manicured grounds. PYP/IBO candidate school.

Zaman International School
2843 Street 3,
Tel: 023 214 040
www.zamanisc.org
International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab. 📞



iCAN PLAY
Early Years Centre

For 1 ½ to 3 year olds

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shopping & fashion

Shop Talk: Retail Therapy

Subtyl doesn't just feature pretty clothing and accessories. Owner **Sandrine Bury** can also provide fashion counselling. **Mai Lynn Miller Nguyen** finds out what's on offer.



Subtyl expressions of fashion

"I CANNOT SAY THAT I'M A big designer, or that I'm creating special things or something," says Sandrine Bury, owner of Subtyl. "I think that my skill is more that I like to dress women."

Though Bury is in and out of the shop everyday, Saturday mornings are generally when Subtyl regulars drop by for her advice.

"I think it's a plus," she remarks. "Here you have someone who will tell you which size, which colour, what model. I usually know if I see someone, which model will fit."

After 13 years living in Phnom Penh, she's learned a thing or two about the wardrobe woes of expat women. She understands how we survey our options each morning considering how to dress for the challenges of heat, motorcycle riding, and other trials of daily life in Cambodia.

Bury also knows women and how challenging accepting their appearance can be. "Women have complexes. We are like that. It's either the neck, or the arms, or the knees, or the stomach, or anything," she says. "I like when women find something that makes them feel nice. Then I think I did something right."

In her dresses and separates, she incorporates details such as bell sleeves that aren't constricting, loose fits, and lightweight fabrics for clothing. Bury works together with an Australian patternmaker and a team of Cambodian producers, often taking into account feedback from customers.

"In my collection, I don't have many very slim, short or low-cut dresses," she explains. "I don't do clothes for models, I do clothes for normal women, with their pluses and minuses." The result makes for feminine and flattering attire suitable for everyday wear.

Responding to the necessity for variety, three new pieces debut each month. Currently, the 'Wave Long,' a classic sleeveless jersey dress (US\$37), is one easy-to-wear option that can be dressed up or down. The 'Marine' dress in various cotton prints recalls naval regalia, complete with a delightful sailor collar (US\$53).

With accessories also on sale, Subtyl makes it simple to create whole ensembles. Sturdy yet girlish leather ballet flats in a dusty rose (US\$35) are among the line of footwear. The 'Lion Bag,' a smart, versatile handbag

in brown leather (US\$80), is another potential staple from the leatherwear. For men, there are ties (US\$20) and leather belts (US\$40).

Does the aesthetic of Bury's collections reflect the style of her native France? "Probably, I don't know if I have a French inspiration. Everyone tells me it looks very French!" she laughs. "For fashion, being French is not too bad."

With an educational background in economy, Bury spent her first years in Phnom Penh working in humanitarian affairs. After falling in love with the country, and the man who would become her husband, she made Cambodia her home.

Working together with her sister in France, the long-term expat created a business exporting Cambodian handicrafts in 2004. However, she yearned for greater level of contact with clientele, as well as more room to express her creativity. Subtyl started as a line of handbags and accessories, retailed in a shared space on Street 240.

With a focus on clothing Bury opened another work-

shop for apparel production, and expanded with a second boutique in the Cambodiana Hotel. Eventually, she decided to move everything into the current standalone space on Street 240, in order to better attend to her customers.

Last year, she launched a service for custom-designed uniforms and corporate gifts. Clients include hotels and banks looking for high quality materials, commitment to durability, and attention to detail – just like regular shoppers have come to expect from in-store collections. Her next exciting move is a line of sportswear, set to launch this fall. Made in a jersey material, these pieces are intended for lounging about, yoga classes, and other leisurely activities.

Throughout Subtyl's existence, Bury has found ways to keep evolving. "It's like guiding a ship," she says. "Sometimes you make mistakes, and then after you learn. I'm very happy to have created my own thing."

Subtyl, 43 Street 240. Tel. 023 992 710. Open Monday through Saturday from 9am to 7pm and Sunday from 9.30am to 4pm.

shopping guide

art

Happy Painting Gallery
FCC, Sisowath Quay,
www.happypainting.net
Open since 1995, popular air-con art shop sells the extremely colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

beauty products

Angkor Soap
16C Street 374,
Tel: 023 223 720, 015 935 789
www.angkorsoaps.com
Specialising in handmade soaps and natural spa products. Open daily from 8am to 5pm

Raffles Amrita Spa
Raffles Hotel Le Royal, Tel: 023 981 888
www.affles.com/phnompenh / spa.
phnompenh@affles.com
Distinctive collection of Raffles Amrita spa private label and international spa products are available for purchase. Open from 6am to 10pm.

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 with a range of western products on sale. Open from 8am to 5pm, closed Sundays.

books & cds

Boston Book House
8 Street 240
Second-hand bookshop with extensive range of English and other languages books trades books at 3 for 1 rate or for a 33 percent discount off retail price.

Carnets d'Asie
French Cultural Centre
218 Street 184,
Tel: 012 799 959
French-language bookshop has sections on Cambodia and Asia as well as general fiction, with a good range of French magazines and newspapers. Open from 8am to 8pm (closed Sundays).

D's Books
12E Street 178 & 79 Street 240
Tel: 092 675 629
Second-hand book shop with over 20,000 copies and some originals, with a heavy emphasis on best sellers, National Geographic past-issues and travel books. Open from 9am to 9pm.

Le Phnom Shop
Raffles Hotel Le Royal, Tel: 023 981 888
www.affles.com/phnompenh / dining.
phompenh@affles.com
Small shop offering books and souvenirs including recipes from the hotel's pastry chef. Open from 7am to 9pm.

Monument Books
111 Norodom Blvd.,
Tel: 023 217 617, 012 333 966
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.

crafts & furniture

Angkor Heritage Shop
Raffles Hotel Le Royal, Tel: 023 981 888
angkorheritagesr@yahoo.com
The sophisticated artistry of Cambodian craftsmen is evident in the intricate carvings of divine sculptures and Buddha statues, each piece is modelled on stunning Angkorian art.

Artisans D'Angkor
12AEO Street 13, 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 organisation's training centre. Open daily from 9am to 9pm.

Bazar Art de Vivre
28 Sihanouk Blvd., Tel: 012 776 492
Elegant furniture and home fittings shop specialises in antique furniture, furnishings by Bloom Atelier and Cambodian silks. Open from 9am to 6pm (closed Sunday).

Beyond Interiors
14e Street 306,
Tel: 023 987 840, 012 930 332
www.beyondinteriors.biz
Managed by Australian designer Bronwyn Blue, this interior design showroom 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 from 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

Home Decoration, Bed & Table Linens, Curtains,
Women, Kids & Men's Collections.
"Special Orders".

Open Tuesday - Sunday 10am - 7pm - Corner 51 & 105 (entry str. 51 - 1st floor)



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t: +855 (0)63 760 610

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

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Best Kept Secret: NapiSan

With a sprinkle of magic powder, both young and old can keep it clean in the capital. Words by Nora Lindstrom.



THE DUST AND GRIME OF Phnom Penh make it near impossible to keep your whites white. As the rainy season adds its complications, it's a relief to know that help is at hand in the form of Vanish NapiSan BabyCare. An enzyme and fragrance free antibacterial soaker, this magic powder is in fact meant for, you guessed it, nappies, but it's perfect for any other clothes too.

Essentially the same as better known products such as Vanish Oxygel (by the same company), NapiSan is the Cambodia-based expats option in the absence of other products. Despite being anything but edible it is available at The Food Pantry for US\$13 for 1kg, an amount that goes surprisingly far.

The product is great for soaking filthy whites, including delicate underwear. Simply dissolve the powder with in a bucket of warm water, add your clothes, and leave be. Tough stains may require treatment overnight, while smaller stains are likely to have disappeared after just a few hours. When tried,

even month-old red wine splashes were suddenly gone, as were blood and mud stains. The usual greying of white bra straps is on the other hand best avoided by regularly hand washing with the product.

NapiSan can also be added to your usual coloureds wash along with washing powder or liquid. The optical brighteners in the powder help keep colours bright, but do check fabrics are colour-fast before using the product.

Finally, should you actually be using the product for what it was meant for, washing nappies that is, the lack of enzymes and fragrances means it is suitable for fabrics that come in close contact with delicate baby skin. The antibacterial formula further helps prevent nappy rash as it not only kills germs when nappies are soaking, but keeps working for a full 24 hours.

For more information about Vanish products, as well as helpful hints and tips on how to get rid of stains, visit www.napisan.com.au or any other of the Vanish websites, see www.vanishstains.com

made-to-measure goods on request. Open from 10am to 6:30pm.

I Ching Decor
85 Sothearos Blvd., Tel: 023 220 873,
012 558 000, 092 660 746
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. Open from 9am to 6pm, closed Sundays.

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 10am to 7pm, closed Sundays.

Private Collection
Raffles Hotel Le Royal, Tel: 023 981 888
One of the best carpet stores in Phnom Penh with various silk items like pashmina shawls or silk bed covers.

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

Bare Necessities
46 Street 322, Tel: 023 996 664
Classy, quality lingerie from Australia and New Zealand, includes nursing and sports bras, in a large variety of sizes. Orders accepted. Open 9am to 6pm, closed Mondays.

Beautiful Shoes
138 Street 143, Tel: 012 848 438
Located near Tuol Sleng Museum, this family-run business measures your feet and designs the shoe exactly as you wish. The shop also caters for men. Open from 7am to 6:30pm.

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

Jasmine Boutique
73 Street 240,
Tel: 023 223 103, 063760 610
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
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.

Khmer Attitude
Raffles Hotel Le Royal, Tel: 023 981 888
Fashion boutique that offers the finest Khmer silk clothing for men, women and children, including designs by Romyda Keth, and exclusive jewellery that complement the limited edition outfits.

Ororosso
75 Street 240, Tel. 023 211 741
www.ororosso.asia
Featuring classical 1950s and 1960s inspired Italian designs by Khmer designer Keo Sophea, and Belgian designer Wesley Taller, this boutique has stylish yet functional men and women's clothing for work or play. Open from 9am to 9pm.

Promesses and Kaprices
20 Street 282, Tel: 023 993 527
Lingerie shop stocked with exclusive French and Thai undergarments. 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 to 7pm.

Sapors
11 Street 59, Tel: 012 900 470
Modelling agency, training school for housekeeping, as well as a beauty training school.

Skechers
46 Sihanouk Blvd.,
Tel: 023 221 132 / 012 403 058
California-based shoe brand Skechers has arrived in Cambodia with an array of shiny new shoes of all types for men, women and children. Open from 8:30am to 8:30pm.

Smateria
8Eo Street 57, Tel: 023 211 701
7 Street 178 023 214 720
www.smateria.com
Boutique specialising in accessories made from recycled materials including a range of bags and wallets made from old fruit juice cartons, plastic bags and mosquito nets.

Spicy Green Mango
4a Street 278 Tel: 012-915-968
29 Street 178 Tel: 023-215-017
Now open in two locations, designer Anya Weis offers a very different style of clothing to any other shop in Phnom Penh with imaginative, colourful skirts, trousers, t-shirts, belts and shoes.

Subtyl
43 Street 240
Up-market boutique selling Cambodian

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handmade women's clothes, scarves, shoes, bags and other accessories in contemporary and interesting designs, the Subtil 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 Blvd., 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 percent cotton clothing by Elizabeth Kiester with 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, beads, earrings, flamboyant hats and bags. 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. Has another store on the way to Serendipity Beach in Sihanoukville and a boutique in the Independence Hotel. Open daily from 9am to 9pm.

food

Alpine Trading

13 Street 90, Tel: 012 961 084
Quality European beer importer supplies restaurants, cafes and bars.

AusKhmer - The Pantry Shop

125 Street 105, 42 Street 178, Tel: 023 993 859 / 023 214 478
This small dell 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 to 8pm.

Bayon Market

33-34 Street 114, Tel: 023 881 266
Popular supermarket 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 Yeji. Delivery available from 12pm to 5pm.

Boutique Tea Shop

Inside Amanjaya Pancam Hotel, Cnr. Street 154 and Sisowath Quay
Tel: 017 200 600 / 098 508 080
TWG TEA products including loose teas,

packaged teas, tea bags, gift collections and tea accessories are available for delivery, with special gift promotions. Open from 8am to 7:30pm

Butcher & Co.

219 Street 19, Tel: 023 223 527
Quality French butchers in the same building as Open Wine with 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 has a mall delicatessen and bakery at the back of the restaurant ideal for that morning baguette or croissant with your coffee. 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. Open from 7:30 to 6:30, closed Sundays.

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. Open everyday from 8am to 7pm.

Le Phnom Shop

Raffles Hotel Le Royal, Tel: 023 981 888
Enjoy fresh breakfast pastries in the morning or arrive after 6pm for 50 percent off the pastries, cakes, sandwiches, salads and bread. Open from 7am to 9pm.

Lotus Pond

10 Street 178 above Banyan Restaurant, Tel: 023 217 620 / 012 348 865
Boutique silk and design shop retails high quality Cambodian handicrafts, such as pure Cambodian silk, carvings, statues and home-made accessories. Open from 9am to 8pm.

Madeleines Bakery

172Eo Street 51, BKK I, Tel: 012 988 432
Bakery and restaurant offers a variety of baked goods as well as organic lunches and catering services. Open from 8am to 5pm, closed Sundays.

Smokey da Boar

Tel: 012 836 442
Kiwi-run wholesale butchers specialising in sausages, ham on the bone and burger meat. Phone orders only. Open from 2am to 5pm.

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 7pm.

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 and quilts, has a selection of soaps and bath salts from Senteurs d'Angkor, Amata beauty products and Eric Raisina's unique textiles and clothing. Open 9am to 7pm (Mon to Sat), 9am to 3pm (Sun).

Friends 'n' Stuff

215 Street 13, Tel: 012 955 722
Colourful shop with unique products designed by Mith Samlanh/Friends students and parents of former street kids. Range includes clothes, necklaces, purses and second-hand goods. Also has a nail bar run by students from the beauty class. Open from 11am to 9pm.

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 10am to 7pm, closed Mondays.

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, the skills and accessories are in fantastic bright colours. Also has a great range of children toys and hangings butterflies and bird mobiles. Second outlet on the eastern edge of Russian Market. Open from 7am to 10 pm.

Mekong Quilts

49 Street 240, Tel: 023 219 607
www.mekong-quilts.org
Outlet for NGO Mekong Plus, 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.

Mulberry Boutique

9 Street 51, Tel: 016 222 750
Boutique silk and souvenir shop next to Flavours restaurant has a wide range of quality silk products, including bags,

scarves, wall hangings and cushion covers, as well as jewellery. Open from 8am to 9:30pm.

Sayon Silk Works

Street 19, 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, which are on sale in her boutique behind Royal Palace. 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 with tailor-made silks and linens. Also sells Kampot pepper. Open from 8.30am to 7pm.

Sobhanna Boutique

24 Street 144/49, Tel: 023 219 455
www.sobhanna.org
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 Blvd., Tel: 023 222 070
Authorised retailer of the Swiss Swatch watches stocks everything from fun, colourful, kids' ranges to chic, jewellery-like timepieces. Open from 9am to 7pm.

Wine

AusKhmer - The Pantry Shop

125 Street 105, Tel: 023 993 859
This small deli features a variety of modestly priced wines, Australian beers, and shelves full of French delicacies, cheeses, antipasti and cold cuts. Also has an outlet on Street 178. Open 10am to 8pm.

Celliers d'Asie

62B & 98 Street 432, 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 8am to 12pm and 2pm to 6pm, closed Sundays.

Open Wine

219 Street 19, Tel: 023 223 527
Airon wine shop and tasting gallery sells wines, severac, calvados and meat. Open from 7pm to 11pm.

Quarto Products

30 / 31 Street 108, Tel: 023 221 576
email: yuthana@quarto-products.com
Fine food and wine distributors with large range of wines from around the world is open from 8:30am to 1pm and 3:30pm to 5:30pm.

Red Apron

15-17 Eo 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. Open from 9am to 9pm. **F!**

the insider

Odontophobia Dismissed

There's no need to endure toothaches until your next trip back home. Mai Lynn Miller Nguyen sinks her teeth into dental clinic options in Phnom Penh.

SHOPPING FOR THE RIGHT dentist is an intimidating procedure. Though dental billboards seem to be found on nearly every corner in Phnom Penh, how can you decide which one to choose?

Before hopping into the nearest dental chair, visit clinics and research any potential doctor's education and experience. Rather than focusing on cost, make sure your choice is based on high quality of health standards and proper training.

To find the dentist who is right for you, start your search with these well-established dental clinics frequented by the expatriate community.

For emergencies, all the clinics either operate a 24-hour hotline or allow patients to call their dentists direct if there is a need for immediate intervention. At each location, dentists are either native English speakers or have an expert grasp of the language, and undergo continual education in dental techniques.

Even odontophobics can rest easy.

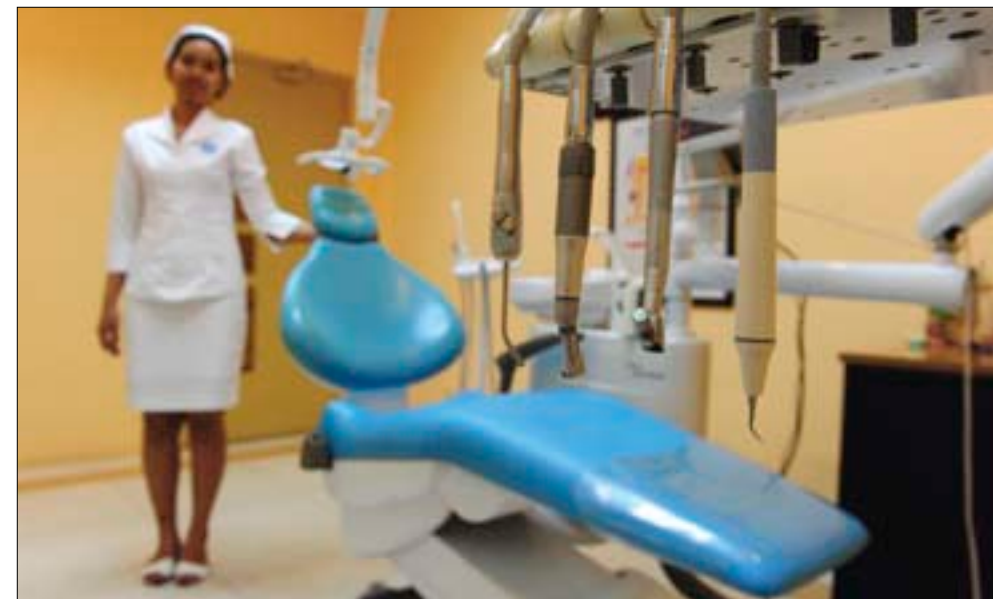
■ EUROPEAN DENTAL CLINIC

"First we begin with a consultation and discuss the issues," says Dr. Deborah Moore, European Dental Clinic's resident British dentist. Communication is key at the clinic, which is known for its high standards of dental care for expats and Cambodians of all ages.

Started by Dr Eric le Guen and dental technician Philippe Guibert, the European Dental Clinic has been operating in Phnom Penh for the past 16 years. The team now includes three dentists in total, a hygienist, and an orthodontist.

The clinic takes in a high rate of patients, but it is always possible to walk in and be seen by someone that day. Treatment rooms feature impressive, full-service dental chairs and range of tools imported from around the world.

The cost for a consultation is around US\$20, with cleanings around US\$40. A root canal ranges from US\$60 to US\$180.



■ **European Dental Clinic**, 160a Norodom Boulevard, Tel: 023 211 363. Open Monday to Saturday from 8am to 7pm.

■ PACHEM DENTAL CLINIC

Formerly known as Occidental Clinic, Pachem Dental Clinic has been servicing Phnom Penh for the past 11 years. With four locations and an overall staff of 130 people, Pachem advertises itself as the largest Khmer-owned dental clinic in Cambodia.

"Here we have modern technology and we can solve almost all the problems," says Dr Chum Mony, one of Pachem's seven dentists at the Norodom branch. Dentists are Phnom Penh-trained, with occasional ongoing courses in Malaysia, Japan, and Singapore. "We want to enhance our practice," explains Dr Mony.

Depending on the situation, consultations fees could cost up to US\$5. The cost for cleaning ranges from US\$15 to US\$19, whereas a root canal is priced from US\$47 to US\$68.

■ **Pachem Head Clinic**, 171 Norodom Boulevard, Tel: 023 996 888. Open Monday to Saturday from 8am to 5.15pm and Sunday from 8am to 11.30am.

■ INTERNATIONAL SOS DENTAL CLINIC

International SOS maintains world-class standards for all its practices, including dentistry. "We are very strict on infection control—SOS is a general clinic, audited by an outside source," says Dr Antonia Moa, the full-time dentist. "We're very strict with our materials, so nothing is out of date."

With the exception of orthodontics and implants, common dental services are possible at International SOS, including wisdom teeth removal. For those with extreme dental anxiety, the clinic offers treatment under sedation through IV drip, beyond the more common sedation tablets method. Soothing music and Dr Antonia's warm Kiwi demeanour should also help put any anxious patient at ease.

Consultations range from US\$15 to US\$40, teeth cleaning from US\$50 to US\$85, and US\$195 to US\$400 for a root canal.

■ **International SOS**, 161 Street 51, Tel: 023 216 911, 012 816 911. Open Monday to Friday from 8am to 5.30 pm and Saturday from 8am to 12pm. **F!**

■ ROOMCHANG DENTAL CLINIC

It is a given that procedure rooms must attain the highest standards, but the waiting room can also make a big difference in how comfortable you feel. At the Roomchang Dental Clinic, patients can feel at home in its welcoming interior.

Most clients hear about Roomchang through word of mouth.

"We don't need a big signboard, we focus on quality," says its director Dr Tith Hongyoeu. A Cambodian trained in Frankfurt, Kuala Lumpur, and San Francisco, implant specialist Dr Hongyoeu opened Roomchang in 1996. Now housing 11 dentists, all Cambodian with the exception of one pediatric specialist from New Zealand, Roomchang offers a full range of dental services.

Consultations do not incur a charge. Cleaning is generally US\$10, with an additional US\$5 for polishing. A root canal ranges from US\$50 to US\$150.

■ **Roomchang**, 58 Street 228, Tel: 023 211 338, 24 Hour Hotline: 011 811 338. Open Monday to Saturday from 8am to 6pm. **F!**

#08E0, Str. 57, Phnom Penh, 023 211701
#7, Str. 178, Phnom Penh, 023 214720
The Alley West, Siem Reap, 063964343
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advisory services

Alcoholics Anonymous
11 Street 420 (near junction of Mao Tse Tung and Monivong Blvd.),
Tel: 012 813 731 / 017 559 308 www.aacambodia.org
AA meets on Friday, Wednesday and Sunday.

Narcotics Anonymous
11 Street 420 (near junction of Mao Tse Tung and Monivong Blvd.),
Tel: 012 813 731
NA meets on Monday, Thursday at 8pm and Saturday at 7pm.

architecture & design
Bill Grant Landscape Design
Tel: 012 932 225 / 012 738 134
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bikes & mechanics

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

Dara Motorbike Shop
339 Street 110, Tel: 012 335 499
E-mail: darabikeshop@yahoo.com
More of an off-road bike specialist, who also arranges Sunday trips into the wild.

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

building

Bizzy Beez
47B Street 466, Tel: 012 755 913
E-mail: bizzybeezservices@gmail.com
Company that promotes itself as the city's premier handyman service. Does renovations, construction work, electrics, plumbing, painting and landscaping, as well as general handyman work.

business groups

Australian Business Association of Cambodia (ABAC)
20 Street 114 (Cnr. Street 67)
For further information please contact Kathy Fossati, Tel: 012 675 838. abacambodia@gmail.com

British Business Association of Cambodia (BBAC)
35 Sihanouk Blvd, Tel: 012 803 891
senaka.fernando@kh.pwc.com

Chambre de Commerce Franco-Cambodienne
Office 2nd floor, 33 corner of Street 178 and Sothearos Blvd, Tel: 023 221 453
www.cccCambodge.org

International Business Club of Cambodia
24 Street 462, Tel: 023 210 225
www.ibccambodia.com

Canadian Cooperation Office Cambodia
Commissioner Service Canadian Embassy, 50 Street 334, Tel: 023 215 496
www.cco-cambodia.org

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

Singapore Business Club (Cambodia)
92 Norodom Blvd.,
singcamb@online.com.kh

Women's International Group (WIG)
Tel: 012 832 940 / 089 880 419,
email: dorteikieler@gmail.com
WIG meets every first Wednesday of the month at 3pm at Intercontinental Hotel with a speaker on various topics, also has monthly lunches and events. Welcomes women new to Cambodia to form a network and get settled in. Annual fee of US\$25 goes to projects for poor women and children in Cambodia.

Car Rental

ACC Car Rental Services
43 Street 160z Toul Kor.,
Tel: 012 456 003 / 015 456 003.
Professional, prompt and organised rental service that provides vehicles for rent with or without a driver. ACC also rents a range of buses that seat from 12 to 45 people. All vehicles can be delivered to your door.

commercial banks

Advanced Bank of Asia
148 Sihanouk Blvd.,
Tel: 023 720 435 / 023 225 333
www.ababank.com
Commercial bank, managed by Koreans and Cambodians, established in 1996. Has branch office on Mao Tse Tung.

ANZ Royal Bank
Main Branch, 20 Street 114
www.anzroyal.com
Cambodia's major commercial bank has brought international standards of banking to the country, with a large number of ATM machines around Phnom Penh. Can arrange money transfers.

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

Counselling Services

Banyan Tree Counselling
17Az Street 21, Tel: 017 555 691.
www.banyantherapycenter.com
Run by Australian and American social workers and family therapists, this practice specialises in counselling for children, adolescents, couples and families. Available by appointment only.

Phnom Penh Counselling Centre
11 Street 420, Tel: 092 700 910
www.ppcounselling.org
Individual, couple and family therapy as well as resolution of trauma and abuse residue using EMDR. Sliding scale fees are based on income.

design & media

Asia Media Lab
Tel: 012 818 917,
www.asiamedialab.com
Full service video production company specialises in the creation of dynamic visual content to help bring NGO stories to life for fundraising and advocacy.

insurance

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

Asia Insurance Cambodia
5 Street 13, Tel: 023 427 981
www.asiainsurance.com.kh
Hong Kong-based insurance company

registered in Cambodia in 1996, offers all types of insurance services.

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

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

international schools

iCan International School
85 Sothearos Blvd, Tel: 023 222 418
www.ican.edu.kh
iCAN is a truly international school. It offers affordable, high quality education

to 330 children, aged 2-12, from 29 different nationalities, using the British curriculum. iCAN is a contemporary, purpose-built school and is the first in Cambodia with interactive whiteboards in every classroom. All iCAN teachers are fully qualified, experienced and encourage a love of learning that goes beyond what is taught.

International School of Phnom Penh
146 Norodom Blvd,
Tel: 023 213 103
www.ispp.edu.kh
Founded in 1989, this non-profit, non-sectarian international school has 567 students from Pre-K to Grade 12. The largest international school with over 65 professional teachers, and the only authorised IB Programme in the country.

Lycée Français René Descartes
Street 96, Tel: 023 722 044
French school offering primary and secondary level education, extra-curricula activities include basketball, football and rugby.

Embassies

Australia
16B National Assembly Street
Tel: 023 213 470
www.cambodia.embassy.gov.au

Belgium
Phnom Penh Center, Sihanouk Blvd,
Room 781, 7th Floor, Block F.
Tel: 023 214 024/012 824 325
E-mail: belco@online.com.kh

Brunei
273 Street 51, Tel: 023 211 457
E-mail: brunei@everyday.com.kh

Bulgaria
227-229 Norodom Blvd,
Tel: 023 217 504
E-mail: bulgembnp@camnet.com.kh

Canada
Canadians should use the Australian Embassy.

China
156 Mao Tse Tung Blvd,
Tel: 023 720 920/023 720 923
www.travelchinaguide.com/embassy/cambodia.htm

Cuba
96-98 Street 214, Tel: 023 213 965
E-mail: cubacambodia@online.com

Denmark
8 Street 352, Tel: 023 987 629
www.phnompenh.um.dk/en

France
1 Monivong Blvd.,
Tel: 023 430 020
www.ambafrance-kh.org

Germany
76-78 Street 214,
Tel: 023 216 381
www.phnom-penh.diplo.de/Vertretung/phnompenh/en/Startseite.html

India
5 Street 466,
Tel: 023 983 632/15 838 968

Indonesia
1 Street 466, Tel: 023 210 912
E-mail: embindia@online.com.kh

Japan
194 Norodom Blvd.,
Tel: 023 217 161-4
www.kh.emb-japan.go.jp/index-e.htm

Laos
15-17 Mao Tse Tung Blvd.,
Tel: 023 983 632/15 838 968

Malta
10 Street 370,
Tel: 023 212 742/012 834 833
E-mail: ordermaltacamb@online.com.kh

Malaysia
5 Street 242, Tel: 023 216 176
www.kln.gov.my/perwakilan/phnompenh

Myanmar
181 Norodom Boulevard,
Tel: 023 213 663

North Korea
39 Suramarit Boulevard (Street 268)
Tel: 023 217 013

Pakistan
45 Street 310, Tel: 023 996 890

Philippines
33 Street 294, Tel: 023 215 145
E-mail: phnompenhpe@ezecom.com.kh

Poland
767 Monivong Blvd., Tel: 023 217 782
E-mail: emb.pol.pp@online.com.kh

Russia
213 Sothearos Boulevard,
Tel: 023 210 931
E-mail: russemba@gmail.com
www.cambodia.mid.ru

Singapore
129 Norodom Blvd.,
Tel: 023 221 875
singemb_pnh@sgmfa.gov.sg
www.mfa.gov.sg/phnompenh

South Korea
50-52 Street 214, Tel: 023 211 900
E-mail: cambodia@mofat.go.kr
www.mofat.go.kr/cambodia

Sweden
8 Street 352, Tel: 023 212 259
E-mail: ambassadene.phnompenh@sida.se
www.swedenabroad.com

Switzerland
53D Street 242, Tel: 023 219 045
swissconsulate@online.com.kh

Thailand
196 Norodom Blvd., Tel: 023 726 306
E-mail: thaipnp@mfa.go.th

United Kingdom
27-29 Street 75, Tel: 023 427 124
ukba.phnompenh@fco.gov.uk
www.ukincambodia.fco.gov.uk/en

United States
1 Street 96, Tel: 023 728 000
ACSPHnomPenh@state.gov
http://cambodia.usembassy.gov/

Vietnam
436 Monivong Blvd.,
Tel: 023 726 283/092 817 246
www.vietnamembassy-cambodia.org/en

Northbridge School
1km off National Road 4 on the way to the airport, Tel: 023 886 000
www.niscambodia.com
U.S.-accredited school offering Nursery-Grade 12 university preparatory international education. Purpose built facility with expansive playing fields, playgrounds and pool on secure, manicured grounds. PYP/IBO candidate school.

Zaman International School
2843 Street 3, Tel: 023 214 040
www.zamanisc.org
International school that teaches a full curriculum to children from four to 18. Facilities include basketball and volleyball courts, a football field and a science lab.

it & software

Conical Hat (Cambodia) Ltd.
135 Street 472, Tel: 023 362 957
www.conicalhat.com
Software company specialises in providing highly localised business solutions including accounting, payroll and billing.

Netpro Cambodia
11, Street 422,
Tel: 855 23 215 141,
www.netpro-cambodia.com,
IT supports company that delivers high quality and reliable services to home and small to medium size organisations in Cambodia.

legal
Sciaroni & Associates
24 Street 462, Tel: 023 210 225 www.sa-cambodia.com
Law firm with a good reputation. Just the ticket if you get into a spot of bother.

Office Space

Top Recruitment Cambodia
592, Building F Phnom Penh Centre,
Cnr. Sothearos & Sihanouk Bldvs., Tel: 023 997 492,

www.top-recruitment.com
Highly professional company that provides comprehensive services including recruitment, staff outsourcing, payroll management and staff development consulting.

Pets

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

Post Office

Main Post Office
Cnr. Street 102 & Street 13
Open from 6.30am to 9pm. The place to go if you want to send something overseas or get a PO Box.

Photography

AsiaMotion
Tel: 092 806 117, www.asiamotion.net
Photographic agency established by Isabelle Lesser in November 2008 as a cooperation between local and international photographers.

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

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

Airlines



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

Angkor Airways
32 Norodom Boulevard
Tel: 023 222 056

Bangkok Airways
61A Street 214
Tel: 023 722 545

China Airlines
32 Norodom Boulevard
Tel: 023 222 393

Dragon Air
168 Monireth Boulevard
Tel: 023 424 300

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

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

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

Lao Airlines
58C Sihanouk Boulevard
Tel: 023 216 563

Malaysia Airlines
172 Monivong Boulevard
Tel: 023 218 923

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

Shanghai Air
19 Street 106
Tel: 023 723 999

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

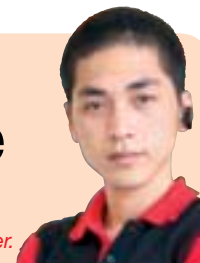
Silk Air
313 Sisowath Quay (Himawari Hotel)
Tel: 023 426 808

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

Vietnam Airlines
41 Street 214
Tel: 023 363 396

The Geek:
Your Inner Circle
with Xobni

This month the Geek brings us all a little closer.



IN JUNE, I WROTE AN ARTICLE about how to organize your Microsoft Outlook. I have to say that it's hard to keep up with managing your email manually. Therefore, in this month's article, I would like to give you some tips about Xobni a tool that goes along with your Outlook program to create amazing results so you can take charge of your overloaded email problems.

As time goes by you might find it hard to remember the older conversations you've had through emails. Xobni is a plug-in or module that you can download for free and install on your PC if you already have Outlook 2003 to 2010 and any Windows version.

Although Xobni can be downloaded for free, the program also has a premium version, Xobni Plus (US\$29.95) for serious communicators. However, starting with the basic one might just be what you are looking for.

From the first time you open your Outlook after Xobni has been installed, this plug-in will start building its database from your contacts and email conversations. Xobni then creates a threaded conversation view with relation to the sender and subject so you can quickly find all the information relating to the people you are corresponding with. Xobni also provides a link to connect you and your social network accounts so you can have a look at the sender's LinkedIn or Facebook info. It also ranks how often you have conversations with the sender and makes it easy for you to look at the attachments from a contact's previous conversations. If you are interested in the premium edition, the Plus version provides extra features like auto-suggestions, advanced filter, unlimited Outlook database files (PST files) and management of appointments, tasks and links. Give a try and enjoy the ease of well organized emails.

threaded conversation view with relation to the sender and subject so you can quickly find all the information relating to the people you are corresponding with.

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If you are interested in the premium edition, the Plus version provides extra features like auto-suggestions, advanced filter, unlimited Outlook database files (PST files) and management of appointments, tasks and links. Give a try and enjoy the ease of well organized emails.

Xobni can be downloaded for free online at www.xobni.com/download.

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



Trevor Keidan: Count your savings you're living in Southeast Asia

Living in Southeast Asia can make your savings go further, as long as you know the average cost of your dollar.



When it comes to cost of living you could be better staying in Southeast Asia, but are you really making the most of those savings?

According to a recent expat cost of living survey you may well be able to count your blessings and your savings by living in a city in Southeast Asia.

In a list of fifty of the world's most expensive places to live, not one Southeast Asian city is mentioned. In fact the most expensive Southeast Asian country is Singapore and even then it only ranks as the 167th most expensive city in the world. In Asia it's ninth.

The cost of living survey is a bi-annual index compiled by

ECA International. It takes into account the costs of groceries such as meat and vegetables, miscellaneous goods and services such as drink and tobacco, and general items such as clothing and electrical products in countries across the world.

According to ECA International's data, the most expensive city in the world to live in is Tokyo. The second most expensive is Oslo.

In Asia the top four most expensive places to live are all in Japan while South Korea's capital Seoul and Hong Kong also make it onto the top 10 list.

Nearer to home Bangkok comes in at number 23 on the list of Asia's most

expensive cities and 67th worldwide. Phnom Penh is not represented.

Nevertheless, it is reasonable to assume that the cost of living in Bangkok and Phnom Penh is somewhat comparable. This means that as an expat living here you are probably making some savings. If so then what are you doing to make those savings benefit you now and in the future? If the answer is nothing then perhaps you should consider investing.

One of the best ways to do this is through dollar cost averaging.

Dollar cost averaging is the process by which investors 'drip feed' their investments with contributions on

a monthly basis. This method takes the 'guesswork' out of investing but also allows you to take advantage of market fluctuations. It is ideal for those wishing to take part in a simple, safe investment plan.

So instead of just counting your blessings, count your savings. Maybe you can make them grow. After all you're next posting could be Tokyo!

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.

James Grant – Slik Photography

Tel: 092 212 880
www.JamesGrantPhoto.com
Commercially trained and fine art qualified professional photographer with over eight years' experience in fashion, lifestyle and still life.

Printing

Digital Advertising

90E Street 44, Tel: 023 987 600 / 012 800 991
Print house with modern equipment that provides full print services as well as graphic design.

Sok Heng Printing House

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

Relocation / Shipping

Crown
115-116 Street 335, Tel: 023 881 004.
www.crownrelo.com
Global transportation and relocation

company with over 150 offices in 50 countries, specialising in expat support and household shipment. Business hours: 8:30am to 5:30pm (Mon to Fri), 8:30am to 12pm (Sat).

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.

Telecoms

Beeline

Norodom Blvd.,
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 with competitive talk packages.

Cambodia Samarat Communication
56 Norodom Blvd., Tel: 016 810 001
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.

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 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, 069, 070 and 093 SIM cards.

Star-Cell

173 Nehru Blvd., Tel: 023 888 887
Mobile phone providers with the 098 SIM Card, has 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

Reading in Reap

As the heat builds up over the temples, sometimes a good book is the best way to get away from it all. **Nicky Hosford** explores Siem Reap's hidden libraries.



A different kind of temple



IT LOOKS LIKE ALLEY WEST will soon be improving all our street smarts. A lane that two years ago was a grubby shortcut is now one of the most fashionable in town. "We should call it New Bond Street," says one regular visitor.

Not content with just being dapper smart, Art Deli plans to improve our mental smartness by opening a library next month.

"I always want to go to places where there are books," says Loven Ramos, who has lived in Siem Reap for six years now. Loven is one of the creators of the Art Deli, a bijou bar liberally adorned with art from the creators and other local artists.

Loven feels that the presence of books can create the spark for debate and interesting conversations.

"I already see people getting involved just with the books that we have randomly placed around the bar now," he says. "It helps people to linger and feel that the place is their own."

Whereas libraries are usually public spaces revered by their patrons in monastic silence, you imagine that the Art Deli library will be a little different a place for noisy exchange, creativity and innovation.

"I want this to be an inspiring place," says Loven.

For the less raucous reader, Siem Reap has a number of other options.

Just outside the town centre, in the grounds of Wat Damnak, green and redolent with frangipani, the Centre for Khmer

Studies recently opened a new library and converted the old one to a public reading room. The reflective atmosphere of a Wat is conducive to research and study, evidenced by the large numbers of students and guides who can be seen poring through the pages.

This library contains 11,000 books, journals and other materials, predominantly related to Cambodia and Southeast Asia, but touching on all of the social sciences.

"It's a resource that's open to everybody," says Dr Mike Sullivan, the Centre's director.

About one kilometre up the river towards Angkor Wat, as you travel on the east side, you'll find the Ecole Francais d'Extreme Orient set in beautiful, cool and leafy grounds.

The French research and education institute's library contains almost two and a half thousand volumes. It too is open to the public. As with the Centre for Khmer Studies, the focus is predominantly on Cambodian history, archaeology, politics, economics and related subjects.

Both libraries are open Monday to Saturday, from 8am to 12pm, then 1.30 to 5.30pm.

Back at the Art Deli, all kinds of books will be available in the new library, including children's books and Cambodian stories.

Definitely not one to get precious about folded top corners, Loven notes: "The best thing for me is when I see the books age. Then I know they're doing their job." **F**

+855.12.899.325 :: Phnom Penh, Cambodia, Earth
keithakelly@gmail.com :: www.keithakelly.com

Keith Alan Kelly
Art Direction & Graphic Design
Freelance without borders since 2005

សម្ព័ន្ធកម្ម ភ្នំពេញ ហិរញ្ញវត្ថុ
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.

August

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

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

6 Friday

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

Take on the Nick Faldo course at The Angkor Amateur Open @ The Angkor Golf Resort. For details, contact adam@angkor-golf.com.

7 Saturday

Take on the Nick Faldo course at The Angkor Amateur Open @ The Angkor Golf Resort. For details, contact adam@angkor-golf.com.

8 Sunday

Take on the Nick Faldo course at The Angkor Amateur Open @ The Angkor Golf Resort. For details, contact adam@angkor-golf.com.

Exhibition launch @ The Hotel de la Paix, 6.30pm Rebirths, by Khvay Samnang

14 Saturday

The 3rd Annual Charity Pig Race @ The X-Bar, 8pm.

16 Mon - 22 Sun

Crab Promotion @ Raffles Grand Hotel d'Angkor.

20 Friday

Charity Pub Quiz @ Chilli Si Dang, 8pm

Every DAY

High Tea @ Raffles Grand Hotel, 2.30 - 5.30pm

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

Buddha Exhibition by Angkor Heritage @ Raffles Grand Hotel

Splash Deal @ The Victoria Angkor Resort & Spa. Free use of the pool with an order of any item from the snack menu.

'Elegy: Reflections of Angkor', by John McDermott. Ongoing @ the McDermott Gallery, FCC Complex and The Passage.

Every Monday

Khmer Lessons (Free) @ The Peace Café, 5pm

Hatha Yoga @ The Peace Café, 6.30pm

Movie Night @ The Soria Moria Hotel rooftop bar, 8pm

Every Tuesday

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

Vegetarian cooking classes at the Peace Café, from 11am

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

Khmer Lessons (Free) @ The Peace Café, 5pm

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

An evening of Puppet Theatre and Apsara Dance @ The Alliance Café, 8pm From the children of Krousar Thmey, Dinner, 7pm

Every Wednesday

Hatha Yoga at the Peace Café, 8.30-10am

Join in the monk chat, with an introduction to Buddhism with Venerable Sokhun and Friends, @ The Peace Café, 5pm

Khmer Lessons (Free) @ The Peace Café, 5pm

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

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

Singing Club @ The Peace Café, 7pm

Every Thursday

Hatha yoga at the Peace Café, 8.30-10am

Oh My Buddha! Happy Hour @ The Soria Moria Hotel, 10am to 10pm, Buy one get one free drinks, 50% off all food

Vegetarian cooking classes @ The Peace Café, 11pm

Live traditional Chapei music @ The Peace Café, 6pm

An evening of Puppet Theatre and Apsara Dance @ The Alliance Café, 8pm, From the children of Krousar Thmey, Dinner, 7pm

Test your knowledge at the long-standing Charity Pub Quiz @ The Funky Monkey, 9pm

Every Friday

Pilates with Conchetta at the Peace Café, 9.30-10.30am

Live televised sports @ The Siem Reap Hostel, 4pm

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

Khmer Lessons (Free) @ The Peace Café, 5pm

Hatha Yoga @ The Peace Café, 6.30pm

From the children of Sangkeum Centre, a traditional Apsara dance performance at the Soria Moria Hotel, 7pm

Ladies Night @ The FCC, 7pm

Live music from local legends Cambojam outside the Banana Leaf, 8.30am

BASS STEPPAZ @ Silk Garden, 9pm. DJ D'Tonn and Rogue DJ Mixing Drum'n'Bass, Jungle, Dubstep and Ragga'

Every Saturday

Hatha yoga at the Peace Café, 8.30-10am

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

Super Saturday @ The Soria Moria Hotel, 12pm All day happy hour, buy one get one free drink, and 50% off all food

Join in the monk chat, with an introduction to Buddhism with Venerable Sokhun and Friends, @ The Peace Café, 5pm

An evening of Puppet Theatre and Apsara Dance @ The Alliance Café, 8pm From the children of Krousar Thmey, Dinner, 7pm

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

Siem Reap Hostel Pub Crawl, starting @ The Hostel, 7.30pm. Free drinks, games and prizes.

Every Sunday

Get your fortune told for free @ The Siem Reap Hostel, 5pm

Splash out for the Sunday BBQ and Pool Party @ The Siem Reap Hostel, 1pm. Tickets are US\$4.50, includes one beer

Special offers for wine lovers @ The Soria Moria Wine Night, 6pm

siem reap

bars

AHA

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

Angkor What?

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

Banana Leaf

Pub Street, Tel: 012 378 488
At the top of Pub Street, the Banana Leaf offers live music every Friday night and some Saturdays, with popular local expat band, Cambojam, and special drinks promotions. Open from 9am to late.

Central Bar & Brasserie Old Market.

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

Chilli Si-dang

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

Funky Munky

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

Giddy Gecko Bar

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

Laundry Bar

Old Market
Extremely chilled music bar just off Pub Street with great mellow decor and extremely cool t-shirts. Its multi-page music catalogue makes for the perfect respite from the Cambodian obsession with hip hop. Free drink during the 6pm to 9pm washing hours. Open 6pm to late.

Linga Bar

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

Miss Wong

Lane off Pub Street, Tel: 092 428 332
Imagine yourself in China at the turn of the last century and you won't go much wrong in Miss Wong. Extremely welcome addition to the same-old Siem Reap bar scene, serves excellent and original cocktails and dim sum. Open late.

Molly Malone's

Pub Street Tel: 063 963 533 www.mollymalonescambodia.com
Wood panelled Irish Pub with lots of Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-con rooms. Open from 7am to midnight.

Red Piano

Pub Street, Tel: 063 964 750 www.redpianocambodia.com

Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has great views of the méléé down below. Open from 7am to 11.30pm.

The Warehouse

Old Market, Tel: 063 965 204
Popular expat bar opposite the old market that plays great music with good Asian fusion cuisine and a selection of menus from nearby outlets, this is a great place to hide from the hordes along Pub Street and use the free WiFi. Also has a games room upstairs. Open from 10am to 3am.

X Bar

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

siem reap - cafés

Blue Pumpkin

Old Market, Tel: 012 946 227 / 063 463 574 www.tbumpkin.com
Popular café with a great range of freshly baked breads and pastries, serves shakes and health drinks and Bon Café coffee. Also has outlets at Angkor Wat and the airport. Open daily from 6am to 10pm. Free WiFi.

Café de la Paix

Sivutha Blvd, Tel: 063 966 000 www.hoteldelapaixangkor.com
Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free WiFi dished up in air-con surroundings.

4FACES Gallery

Old Market Area, Tel: 097 2711 528
Large range of hot drinks, shakes, spirits, beers, cocktails and a selected menu of snacks in this café cum gallery. English Premier League on tv-screens. Happy hour from 4pm to 6pm. Free WiFi Hotspot. Open 10 am to late.

Singing Tree Café

West Alley, Old Market, Tel: 012 490 265
Colourful, contemporary café serves vegan suitable juices, shakes, coffees and teas, grilled sandwiches and cookies. Has ethos of serving healthy, mostly vegetarian and freshly made meals as well as sustaining efforts to provide information on variety of environmental and social subjects relevant to Siem Reap. Open 11am to 9pm.

siem reap - galleries

Alliance Café

7 Makara Street, Wat Damnak Area Tel: 017 809 010
In a French colonial building, Alliance Art Café combines exhibition space with a chic restaurant featuring Khmer and French cuisine. Works are displayed in the sculpture garden and café gallery.

Art Dali

The Passage, Old Market Area Tel: 015 378 088
Eclectic, contemporary gallery that combines Loven Ramos' mixed media artwork and objects and jewellery accumulated through his travels, with Don Protasio's fashion and accessories. Open 3pm to midnight.

Arts Lounge

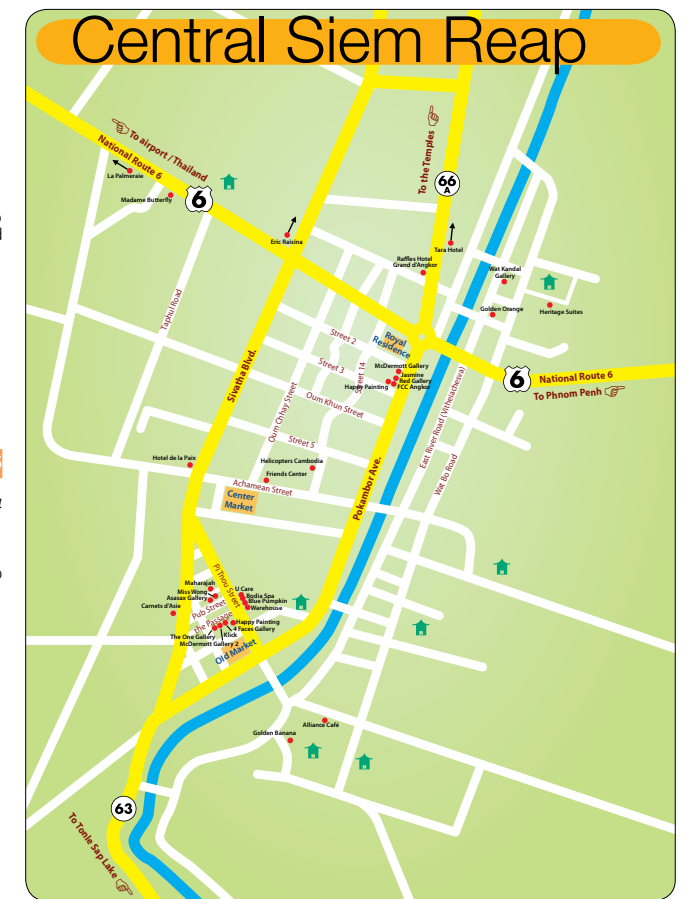
Hotel de la Paix, Sivutha Boulevard Tel: 063 966 000
Large space in the ground floor of the hotel showcases the works of Cambodian and international artists. All pieces focus on Cambodian subjects.

4FACES Gallery

Old Market Area, Tel: 097 2711 528
Photography gallery showing photojournalism, fine art and documentary photography by international photographers in monthly exhibitions with a permanent display are black and white photographs by Dutch photographer Eric de Vries. Open 10 am to late.

Friends Centre

Achamean Street, next to the Angkor Children's Hospital, Tel: 063 963 409 (x7015)



International photography gallery curated by Brenda Edelson, set in the Friends Centre with all proceeds going to the Angkor Children's Hospital.

McDermott Gallery I & II

FCC Complex, Pokambor Avenue, Tel: 012 274 274. Alley behind Pub Street, Tel: 092 668 181 www.mcdermottgallery.com
Two galleries devoted to photographic works. The main gallery has a semi-permanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gallery features ongoing exhibitions of other photographers. Open 10am to 10pm.

The Red Gallery

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

The Wa Gallery

333 Sivutha Boulevard.
Gallery that mixes original artwork, hand-crafted items, high design fashion by Siem Reap-based designer Eric Raisina, and other unique objects into a multifaceted mélange. Open 10am to midnight.

siem reap - hotels

Amansara

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

FCC Angkor

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

Golden Banana Boutique Resort

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

Golden Orange

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

Hotel de la Paix

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

La Residence d'Angkor

River Road, Tel: 063 963 390 www.residenceangkor.com
Boutique, low-rise resort located across the river from the centre of town with stylish wooden décor, and a good pool set in a lush garden setting. Both upstairs Martin Lounge and downstairs bar have recently been revamped.

Raffles Grand Hotel d'Angkor

1 Charles de Gaulle, Tel: 063 963 888 www.rafles.com
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, is worth popping in and paying a visit if just to see the Siamese crocodiles in reception.

siem reap - leisure

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

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

Helicopters Cambodia
658 Hup Quan Street, Tel: 063 963 316
Professionally run company that has flights over the temples and beyond in modern, safe helicopters.

Phokeethra Country Club
Sofitel Royal Angkor Resort & Spa,
Vithe Charles de Gaulle,
Tel: 056 396 4600,
golf@sofitel-royal-angkora.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
National road 6 turn right at Aclada bank,
Tel: 012 644 286. www.cafeabacus.com
With both air-conditioned dining room and alfresco terrace, and serving modern European and Asian cuisine, Abacus has become one of Siem Reap's landmark

eating and drinking spots. Has an extensive list of wines from France and the New World. 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 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.

Au Comptoir
Near Old Market Area (10m from Pub Street), Tel: 092 964 790 / 076 529 43 34
Parisian-style bistro with heavy wood-paneled interior and solid bar that provides this restaurant with authenticity, serves foie gras, croque monsieur, cheese, cold cuts and French wines. Open daily from 11am to late.

Black Wheat
Pub Street Area.
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, creates a beautiful, relaxing setting for some good clean food. Also has a small gift shop on the premises.

Circle & Sammak
Alley West, Old Market Area
Sammaki Café and Gallery above Circle

fashion shop is renowned for its good cup-cake. Open 9am to 10pm, closed Mondays.

FCC Angkor
FCC Complex, Pokambor Avenue, Tel: 063 760 280
One of the best examples of contemporary Asian architecture in Cambodia, the elegant bar and restaurant serves a mix of Asian and international cuisine. The complex includes shops, the McDermott Gallery, Visaya Spa, a boutique hotel, and arguably the coolest pool room in Cambodia.

Kamasutra
Pub Street, Tel: 017 82 44 74
Combining contemporary and traditional food evoking flavours from across Asia, this beautiful restaurant is more than a curry house. A dedicated barbecue section offers regional classics from Thailand, Vietnam, Malaysia and Cambodia, in addition to the usual curried suspects. Open from 11am to 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, making it 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, and has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

Le Grand Café
Old Market, Tel: 012 847 419
Elegant, open-fronted colonial style restaurant serves a mixture of French and Asian dishes, either one allowing a great view of the street below. 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. Once there the combination of the beautiful garden and home-cooked Italian pasta and pizza makes the trip well 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 Halal food.

Meri
Hotel de la Paix, Sivutha Boulevard,
Tel: 063 966 000,
www.hoteldelapaixangkor.com
Elegant, contemporary restaurant with simple yet powerful black and white décor and an open kitchen, that allows you to explore the mysteries of Khmer cuisine in comfort.

Moksha
The Passage, Old market,
Tel: 012 181 3981
Contemporary Asian food, mixing special grills and regional classics, with signature dishes including marinated beef with fried red ants, and grilled duck breast with tamarind. Open 11am to 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. Open 11am to 11pm.

Singing Tree Café
West Alley, Old Market, Tel: 012 490 265
Colourful, contemporary café serves vegan suitable juices, shakes, coffees and

teas, grilled sandwiches and cookies. Has ethos of serving healthy, mostly vegetarian and freshly made meals as well as sustaining efforts to provide information on variety of environmental and social subjects relevant to Siem Reap. Open 11am to 9pm.

The Soup Dragon
Pub Street, Tel: 063 96 49 30
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 ensures consistent quality of food.

Viroth's
Wat Bo Road,
Tel: 012 826 346
Elegant restaurant on the other side of river with excellent terrace garden is a good place to try royal Khmer cuisine including amok and beef lok lak.

siem reap - shops

Carnets d'Asie
333 Sivutha Boulevard,
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. Phone in advance for an appointment.

Jasmine Boutique
FCC Angkor, Pokambor Avenue
Tel: 063 760 610
Same sophisticated, stylish boutique as on Street 240 in Phnom Penh, the perfect place for the ball gown you forgot to bring with you.

Oro Rosso
Old Market,
Tel: 092 985 986
Formerly Sóng, but with the same owner even if under a different name and the same classic, feminine styles. Open from 9am to 10pm.

Rouge
Old Market
Formerly the Boom Boom Room, Rouge continues to provide the most up to date music from its massive catalogue of music, movies, and television serials.

Siem Reap Book Centre
Pub Street Area,
Tel: 012 929 298
A range of history books, catalogues, text books, stationery, office supplies, souvenirs, and gifts, newspapers and magazines are on sale daily from 8am to 11pm.

Smateria
The Alley West,
Tel: 063 964 343
www.smateria.com
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.

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 and sells health and beauty products. Open 8am to 12am.

Wanderlust
The Alley West,
Tel: 063 965 980
Clothes that make you look good and feel great, in invigorating bright colours and classic designs with a twist. Also sells shoes, cushions and jewellery. 📌

getaways



Dispatches

Travel news from around the region and beyond

■ BANGKOK ZOGZAG

www.bangkokpost.com/bangkokzozzag
Given the sometimes scorching heat and the reliability of the Bangkok Metro, few visitors to Thailand's capital hoof it from hotel to destination. The Bangkok Post, however, would like to change that. The city's most widely circulated English-language newspaper recently brought its knowledge to bear to launch Bangkok ZogZag, a list of guided walking routes geared towards the inquisitive urban wanderer. Named after a Thai term that translates roughly as "ferreting out," Bangkok ZogZag pays respect to the must-see tourist spots along each route, but also lets outsiders in on lesser-known points of interest, like a strip of vegetarian eateries near Tanao Road and the most venerable street restaurants near Sam Yan Market. The guides could benefit from more diligent documentation of addresses, but overall, Bangkok ZogZag provides a good jumping off point. *Tom DiChristopher*



■ ORIENT EXPRESS: CHRONICLES OF SOUTHEAST ASIA

This November, luxury train operator Orient Express gives tourists a new way to explore the region with the launch of Chronicles of Southeast Asia—a quartet of tours that take in Singapore, Malaysia, Thailand and Laos. The Legends of the Peninsular, a six-night tour, begins in Bangkok then chugs on to seaside Trang and Kuala Lumpur before finishing in cosmopolitan Singapore (US\$8,900 per person). At the same price scale, the Fables of the Hills begins in Singapore and meanders north for six days through the Cameron Highlands on to Bangkok, while Epic Thailand explores the country's northeastern treasures. Last, the Tales of Laos tour gives passengers the opportunity to travel from Thailand's capital over the Mekong River and through the largely undiscovered nation. The route, ending in Vientiane, lasts for three days and costs GB£3,900 per person. The prices may seem hefty, but everything is catered for: meals, wine, off-train excursions, accommodation and guest speakers. For more information, visit: www.orient-express.com. *Beth Young*



■ PRACTICAL TRAVEL GEAR

www.practicaltravelgear.com
For any traveller who has stood undecided in an outdoor sports store or hovered a hesitant cursor over the Buy Now button, Practical Travel Gear is here to answer the age-old question, "But will I use it?" Since re-launching in March 2009, the editors have compiled a substantial bank of travel gear reviews that cover apparel, accessories, gadgets and anything else you might be tempted to cram into your suitcase. Whether they're reviewing a mosquito-repellent shirt or the latest travel app for your smart phone, the editors abide by three questions: Does it do what it's supposed to? Is it practical and worth packing? Is it worth the money? The result: more wheat, less chaff. For easy updates, plug into @practicaltravelgear on Twitter. *Tom DiChristopher* 📌

■ DA:NS FESTIVAL 2010

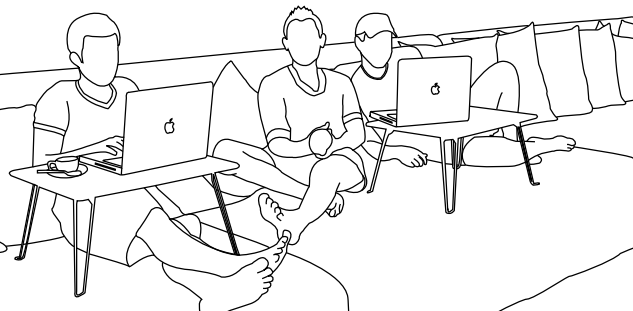
The fifth annual da:ns festival returns to Singapore to celebrate the power of movement from Oct. 8 to 17 with a programme of international productions and dance workshops and master classes that cater to all skill levels. This year's line up includes the Hofesh Schechter Company the hottest contemporary dance act in the U.K. Ballet Gala, flamenco star Eva Yerbabeuna and many more. The festival also gives talented artists the opportunity to create new work. This year Singaporean choreographer Daniel K has developed Hokkaido (or Somewhere Like That), a piece that explores memory, movement and love. While the tickets range from US\$20 to US\$100, some festival components are free, including What's Your Move—the mass outdoor dance sessions. Early birds who book before Aug. 29 will save 20 percent on purchases of four or more tickets. Visit: www.dansfestival.com/2010 for more information. *Beth Young*

■ THE 2010 MALAYSIA MEGA SALE CARNIVAL

Is your cash burning a hole in your pocket? Then head to Peninsular Malaysia for the country's annual Mega Sale Carnival to spend up big. From now through September 16, bargains galore will be available on everything from handicrafts to high fashion. While this year's sale focuses on fashion, all industries are getting in on the fun, so expect the latest gadgets to reach low prices and restaurants and travel agencies to offer tempting deals. Better yet, tax exemptions will be applied to many goods. Don't forget to leave the air-conditioned malls and hit the streets. The vendors on Klang Valley's Petaling Street will be out in force, as will be merchants in Little India at Brickfields, Jalan Tuanku Abdul Rahman and Masjid India. For more information, visit: www.tourism.gov.my or email: enq-megasales@tourism.gov.my. *Beth Young*



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



Life among the hill tribes

In the foothills fringing Dalat, in southern Vietnam, the matriarchal Chil and Lat tribes continue traditions thousands of years old. Yet it's feared their culture is succumbing to the modern world. **Jade Bilowol** visits these two ethnic minorities to explore their fascinating way of life.



Views of a dreamland

SITTING CROSS-LEGGED on a bamboo mat, I down rice whisky shots with a cluster of women when the conversation turns to how many buffaloes a husband is worth. This may not seem like normal after-dinner banter but it's a serious matter for the matriarchal Chil and Lat tribes.

Our guide Colieng Rolan a lithe and softly spoken 23-year-old Chil woman says the number of buffalo a woman gives her husband's family hinges on how strong he is. Women were even able to have two husbands until 1995, when the practice was outlawed.

"If I pay five buffalo, he must work like five buffaloes," one woman says.

Buying husbands with buffalo, which are highly prized and very expensive, and making other significant decisions have been women's rights for thousands of years. "We are in charge of marriage, finances, looking after the children and hospitality while the men generally sow crops and brew and drink rice whisky," says Rolan. The Chil and Lat also take on the mother's family name, and daughters inherit the family's land.

A short drive north of Dalat in the southern reaches of Vietnam's

Central Highlands, the Chil and Lat live among a total of 5,000 people from five ethnic minorities. These tribes have their own dialects and customs unique from mainstream Vietnam and the world.

Relations between the Lat and Chil, who are farmers and weavers respectively, have been hostile. However, feuding and rivalry, long underscored by the Lat people's stronghold over the land, have dramatically subsided in recent times.

The tribes were pushed to the outskirts when the French founded Dalat which literally means "river of the Lat tribe" in the late 19th century. When the French fled Vietnam during the 1950s, the borders between Laos and Cambodia were cemented, with responsibility for the tribes falling to Vietnam. Under Vietnam's push to maintain social cohesion, these tribes have united to preserve their culture and have greater representation on a political level.

"We are now friends," Rolan says before introducing her friend, Lat Village elder Kragan Hai. He invites us inside his modest longhouse—a structure that distinguishes these people from the rest of Vietnam. The



Sit a spell



Weaving tales

longhouses are propped on stilts up to three meters high to protect against snakes, wild animals and floods, and provide a place under the house for stock to sleep.

Hai's love of telling stories is immediate and infectious. He talks of working as a nurse in Nha Trang and Saigon during the French and American wars, his two daughters and making rice whisky. "My wife bought me for five buffaloes," he says with pride, as a man's family aims to raise strong and healthy sons to gain as many buffalo as possible.

GOOD TIMES, BAD TIMES

The tribes have a mutual love of festivals. "We used to fight but we came together at festivals," Rolan says. They have many traditional dances and play instruments including gongs, drums and bamboo flutes.

When evening descends a celebration of food, drink, song and dance is ushered in around a bonfire lit inside a 30-metre longhouse in Chil Village, a 15-minute walk from Lat Village. We are served a delectable dinner of rabbit skewers, sticky-rice wrapped in leaves and zesty salad while our hosts offer up rice whisky shots. Surprisingly, they don't burn your mouth and throat, and taste a little sweeter than expected.

Donning traditional costumes, the Chil people then entertain



Walk back into time

with a mix of songs—some upbeat and cheery, others mellow and almost haunting. Once the rice whisky sets in, I have no inhibitions joining the singing and dancing circling the fire. We continue drinking rice whisky, from big plastic straws extending from large clay jars, as the folk songs give way to pop anthems such as The Bangles' "Eternal Flame" and Abba's "Happy New Year."

Life among the hill tribes is not all song and dance. Rolan's typical day sees her up at 4am to pray before working in the garden and doing chores. She then spends the rest of the day weaving by hand.

"Three of the villages in this area, including the Chil Village, are very poor," says Rolan. "There are large families, the children go to school, there's not much money and they have no land to work on so it's all very hard."

A 2008 report prepared by Vietnam's Ministry of Culture, Sports and Tourism, says about 39 percent of Vietnam's population living in poverty come from ethnic minority groups. "About 61 percent of all ethnic minority people are poor, compared with only 14 percent of majority Kinh," the report says.

Despite ongoing government efforts promoting ethnic culture to tourists in a bid to alleviate poverty, a drop in tourists in Rolan's area has exacerbated

financial woes. "In my village there are 500 people and most of us weave textiles for a living," says Rolan. "Five years ago many tourists came to the village and bought our handicrafts but now they don't come – our weaving is stored at home."

WHAT DOES THE FUTURE HOLD?


Under a yellow sun and dome of blue sky, worshippers file into Lat Village's wooden A-frame Catholic church built by the French in 1948, and the sounds of soft hymns drift by. A steeple atop the church's gable, of a cross standing on a set of buffalo horns, encapsulates the fusion of faith and culture.

"The buffalo horns represent one of our most sacred totems," Rolan says. "Every two years during the festival of the buffalo, the most-prized beast is slaughtered and the meat is shared."

The buffalo's sacrifice symbolises the sacrifice of Christ on the cross, and its consumption is a form of communion. Like many of the people, Rolan is Catholic, while others are Protestant or Animistic.

Rolan gazes over her surroundings, taking in signs their culture is succumbing to the modern world. They are not changes she happily accepts. "Some of the old lifestyle is being forgotten already," Rolan laments. "People wear what is convenient rather than traditional clothing. Two years ago I saw a wedding with very old instruments played. Now they play modern musical instruments. We can't cut the forests to build longhouses, so I think we will build houses with sand."

Rolan believes further change is inevitable. "I think the Chil and Lat will forget the traditions of our grandparents, and I'm afraid of that. We live next to the city."

Ultimately, she and others are saddened by the prospect of her culture fading into oblivion. "We have to keep the traditions—the stories, history, customs and lifestyle. That's us." 

WHERE FOR ART THOU...

Intermarriage between the two tribes is strictly forbidden—they even have their own Romeo-and-Juliet folktale.

Two mountain peaks named after ill-fated lovers Lang and Biang loom in the background, seemingly watching over as Rolan tells the tale. Lang, from the Chil, was walking through the forest when a snake frightened her. Biang, from the Lat, heard her cries and rushed to her rescue, killing the snake. They were instantly attracted to each other and despite the ban on intermarriage, wished to tie the knot. So they bade farewell to life among the tribes to live further in the hills.

But things took a turn for the worst when Lang became sick. Biang came down from the mountains to fetch medicine for her but was delayed when he became embroiled in a fight. By the time he returned, Lang was dead. In turn, the devastated lover ingested lethal herbs. Meanwhile both tribes, realising the young lovers could not survive in the mountains alone, searched for them only to stumble upon their dead bodies.



getaway



A network protecting children from all forms of abuse.

www.childsafe-cambodia.org

battambang

La Villa
185 Pom Romchek 5, Tel: 012 826 186 / 089 930 951. lavilla@online.com.kh. www.lavilla-battambang.com
Beautifully restored 1930s colonial house with six rooms is the premium hotel in the country's second city and with an excellent kitchen and bar.

Riverside Balcony Bar & Restaurant
West bank of river, Tel: 012 437 421
Traditional wooden house with great views of the river and good food, ideal for a sunset cocktail lounging over the river. Open Tuesday to Sunday from 4pm to 11pm.

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. Has on speed boat running between Chau Doc and Phnom Penh.

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, is a good spot for a late night drink with personable host Steve, or to try some Indian food including their gargantuan samosas. Open from 6pm to late.

Blissful Guest House
Kampot, Tel: 012 513 024 / 092 494 331
www.blissfulguesthouse.com
Small guest house, with 11 rooms, set in a quiet part of town with 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 is most definitely a place to chill like the lotus eaters. The few basic rooms are great value.

Bokor Mountain Lodge
Riverfront, Kampot, Tel: 033 932 314 / 017 712 062. 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. Is also the centre for the community arts programme. Open from 7am to 6pm.

Jasmine
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.

Les Manguiers
2km north of Kampot, Tel: 092 330 050
Small resort with bungalows and rooms set in beautiful gardens overlooking the river with a restaurant which has daily changing, freshly prepared food. Best to book up in advance especially at weekends.

Mea Culpa
44 Sovansokar, Kampot, Tel: 012 504 769
meaculpakampot@gmail.com
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.

Nataya Coral Bay Resort
Prek Ampil, Kampot, Tel: 016 226 471 / 012 902 823. natayaresort@yahoo.com
Only 16km from Kampot, this top-end hideaway comes complete with eight beachfront bungalows, a 25m infinity pool, a 2km private beach, stilt huts off a 300m pier, and simply oodles of relaxation.

Rikitikavi
Riverfront, Kampot, Tel: 012 274 820 / 012 235 102. www.rikitikavi-kampot.com
Western food served in large portions in this river-facing restaurant, bar and three-room guesthouse. A more upmarket venue for Kampot, the upstairs seating affords great sunset views. Restaurant and bar open 7 days a week.

Rusty Keyhole
Outside Kampot
This British pub is the place for expats to chew the fat over a pint. Friendly British owner has recreated the atmosphere of a rural pub in outer Kampot, or at least as close as it gets. Rusty has moved from riverside location to the paddy fields but the ribs remain as good as ever. Open 8.30am to midnight.

kep

The Beach House
Opp. Kep Beach, Tel: 012 712 750
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, Tel: 097 675 9072
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 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.

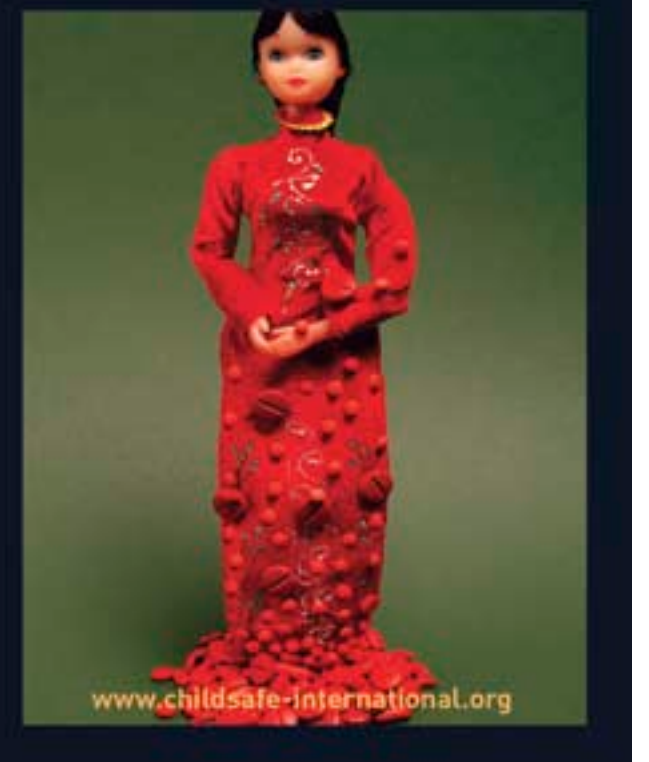
Keplodge
Tel: 092 435 330 / 017 879 526
www.keplodge.com
Eight nicely decorated private bungalows with a big veranda, pool table, salt water swimming pool with a great view and WiFi. Also has a cosy bar and a restaurant with Khmer and western food.

Knai Bang Chatt Resort
Tel: 017 917 452. www.knaibangchatt.com
Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public. Elegant swimming pool, air-con, gym, library and fantastic gardens, this resort is the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea. Check for special offers. Also has a Sailing Club next door with bar and restaurant, as well as hobby cats.

Le Bout du Monde
Kep, Tel: 011 964 181
www.leboutdumondekep.com
Individual and separate bungalows in traditional Khmer architecture located at a top of a hill with good views and nice gardens. Serves French and Khmer cuisine. Rooms have hot water, mini-bar, fan and safe.

Led Zeppelin
At the roundabout, Kep
Small bar which sells the coldest beer in

THINK BEFORE GIVING MONEY TO BEGGING CHILDREN



town situated right by the Kep roundabout. Ambience is distinctly rustic but chilled, and the limited range of snacks offers great value.

Veranda Natural Resort
Tel: 033 399 035 / 012 888 619. www.veranda-resort.com
Traditional wooden bungalows set in the hillside, some with fans and others with air-con. Settle down for the night and listen to the jungle purr. Has a good restaurant and bar with some quite stunning sweeping views down to the coast.

phnom penh – deluxe

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

Cambodiana
313 Sisowath Quay, Tel: 023 426 288
www.hotelcambodiana.com
Great riverside location with spectacular sweeping views of the confluence of three rivers. Large rooms with air-con, in-room safes and good bathrooms. Live band plays nightly (except Mondays) from 8.15pm to late.

Himawari
313 Sisowath Quay, Tel: 023 214 555
www.himawarihotel.com
The 115 beautifully-designed suites have air-con, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts.

Imperial Garden Hotel
315 Sisowath Quay, Tel: 023 219 991
Large hotel and villa complex next to the Cambodiana. Has a swimming pool, gym and tennis court.

Intercontinental
296 Mao Tse Tung, Tel: 023 424 888
www.ichotelsgroup.com
One of Phnom Penh's most luxurious

5-star hotels, the 346 air-con rooms have all the expected facilities including in-room safes and king size beds. Also has a large swimming pool, a Clark Hatch Fitness Centre, spa and beauty salon.

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

Sunway Hotel
1 Street 92, Tel: 023 430 333
<http://phnompenh.sunwayhotels.com>
Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms, spa, good business centre and meeting facilities.

phnom penh – mid

Asia Club
456 Monivong Blvd., Tel: 023 721 766
An oasis of water and green in the city, the five bungalows and four rooms with air-con and bath, large safe and flatscreen tv. The beautiful swimming pool is tucked around the back of Man Han Lou Restaurant and you can have drinks and food delivered from Man Han Lou Restaurant.

Almond Hotel
128F Sothearos Blvd, Tel: 023 220 822
www.almondhotel.com.kh
56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.

Anise
2C Street 278, Tel: 023 222 522,
www.anisehotel.com
Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves good Asian cuisine.

Billabong

5 Street 158, Tel: 023 223 703
www.thebillabonghotel.com
Centrally-located mini-hotel with a great swimming pool surrounded by beautiful palm trees, with reasonably-sized rooms with air-con, serves good Asian food.

Blue Lime

42 Street 19z (off street 19), Tel: 023 222 260 www.bluelime.asia
Centrally-located mini-hotel with a great swimming pool and contemporary rooms is a good flashpacker option.

Bougainvillier

277G Sisowath Quay, Tel: 023 220 528 www.bougainvillierhotel.com
Stylish riverfront hotel with 40 rooms, including some large suites, the dark wood antique style furniture and jewel coloured silks create a luxurious ambience, and all the necessary amenities are available. The hotel is also home to a gourmet restaurant.

DP Lodge

47 Street 322, Tel: 023 213 503
New hotel-restaurant catering to business travellers to the Penh, is housed in a large villa and has a pleasant open-air balcony and good value food.

FCC Phnom Penh

362 Sisowath Quay, Tel: 012 253 222 www.fccambodia.com
Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-speed Internet access and the latest mod cons.

Goldiana

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

Kabiki

22 Street 264, Tel: 023 222 290 www.thekabiki.com
First hotel in Cambodia dedicated to families and children, with two salt-water pools designed with children in mind. The rooms have a double bed and a bunk bed as well as a small outside area for small children. Bar and Restaurant. WiFi.

The Quay

Sisowath Quay, Tel: 023 224 894 http://thequayhotel.com
Five-storey, 16-room riverside boutique hotel has beautiful contemporary rooms designed by Gary Fell. The stand-out features are the roof-top jacuzzi and the very contemporary ground-floor bar and Chow Restaurant with WiFi.

The Pavilion

227 Street 19, Tel: 023 222 280 www.pavilion-cambodia.com
Beautiful boutique hotel set in a colonial building with large, unique rooms, each with either a small balcony or garden. Outdoor swimming pool, free WiFi and a small poolside restaurant.

River 108

2 Street 108, Tel: 023 218 785, www.river108.com
Art deco hotel aimed at the flashpacker set, the river view rooms are extremely comfortable with flat screen TV and separate bathroom and toilet. Efficient WiFi, good working space and spacious rooms make this the perfect business option.

Villa Langka

14 Street 282, Tel: 012 449 857 www.villalangka.com
Boutique hotel with restaurant and beautiful swimming pool, just a stone's throw away from Wat Lanka has competitive rates and a good kitchen, although the pool tends to get over-run by children especially at the weekend.

phnom penh - budget

Blue Dog Guest House
13 Street 51, Tel: 012 658 075
Small guesthouse close to the Golden Mile with cheap upstairs rooms, some with A/C. Khmer art gallery on the ground floor, features artwork by the owner. Also has ground-floor restaurant.

Bodhi Tree

50 Street 113, Tel: 023 998 424
Small guest house with relaxed garden atmosphere and open balcony restaurant with an imaginative menu right opposite Tuol Sleng.

California 2

79 Sisowath Quay, Tel: 077 503 144 www.cafecaliforniaphnompenh.com
New guest house and bar on the riverfront with well-priced rooms with air con and security box. Downstairs bar has great Tex-Mex food and pool table.

Cara Hotel

18 Street 47, Tel: 023 430 666 www.hotelcara.com
Just north of Wat Phnom, this stylish boutique hotel has well-fitted rooms at very reasonable rates and a great sushi restaurant.

Feeling Home

Cnr. Streets 278 & 63, Tel: 023 221 522, www.feelinghomecambodia.com
Stylish nine-room boutique hotel with ample rooms at competitive rates, including flatscreen TV, air-con, security box and great beds. Also has two apartments, an Asian restaurant and a Café Sentiment coffee house.

L'Imprevu

Highway 1, 7km past Monivong Bridge Tel: 024 390 405 www.hotel-imprevu-resort.com
Complex with twenty-four bungalows just outside of Phnom Penh. Tennis courts and excellent swimming pool make this a good break from the city.

Le Rit's

71 Street 240, Tel: 023-213-160, sales@nyemo.com
A small and charming 6-room guesthouse with spacious rooms is managed by NYEMO NGO as part of its hospitality training. Each room is equipped with queen size bed, cable TV, private bathroom. The restaurant has a European set lunch menu and serves authentic Khmer food a la carte for diner. Also has a boutique handicraft shop set in a beautiful garden.

Sokha Heng Guesthouse

29 Street 178, Tel: 023 990 077
Modern, clean 25-room guesthouse located conveniently close to the National Museum. Has well-priced rooms with air-con and hot water.

Tonle Sap Guest House

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

Velkommen Inn

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

sihanoukville**Holy Cow**

Ekareach Street, Tel: 012 478 510
Beautiful restaurant set in a relaxing garden environment on the main street, with terracotta terrace downstairs and wooden dining area upstairs. Competitively-priced, good cuisine including vegetarian options. Open daily from 9.30am to 11:00pm.

Independence Hotel

Independence Beach, Tel: 012 728 090 www.independancehotel.net
Beautifully restored hotel on Independence Beach, originally opened in 1963, reopened in 2007 following a complete refurbishment. Beautiful infinity pool and sweeping ocean views from most rooms. Also has a gym, conference rooms and circular restaurant.

Le Vivier de 'La Paillote'

Victory Hill
Upmarket French restaurant that outshines the other places on Sihanoukville's



late night drinking street. Sophisticated French cuisine served in a beautiful garden setting. Open for lunch and dinner.

Luna d'autunno

Ekareach Street, Tel: 034 934 280
Best Italian restaurant in Sihanoukville, serves a similar menu to the one in Phnom Penh, but with a heavier emphasis on seafood. The beautiful roof-top terrace and interior air-con restaurant are both open for lunch and dinner.

Maharajah

Victory Hill Sihanouk Ville, Tel: 015 966 221
Excellent Indian restaurant, popular with expats and local curry lovers due to its authentic, fresh and hygienic Halal food.

Reef Resort

Road to Serendipity Beach, Tel: 012 315 338, www.reefresort.com.kh
Small guesthouse set around a beautiful pool with well appointed air-con rooms with in-room safe and cable TV, family rooms also available. Has a welcoming bar with excellent TV screen, slate pool table and excellent Mexican cuisine.

Scuba Nation

Lane off road to Serendipity Beach Tel: 012 604 680 / 012 715 785 www.divecambodia.com
Five-star PADI centre offering daily trips to the area's many islands and reefs including the decent dive sites at Koh Rung Samloem and Koh Kon, also runs a range of PADI-certified courses, and has an office in Phnom Penh.

Sokha Beach Resort

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

Starfish Bakery Café

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

Top Cat

Road to Serendipity Beach
Opposite the Reef Resort, this luxurious large screen movie house shows DVDs. The films are free but there is a

charge for the air-con and comfortable couches.

Zocoe

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

travel**Blazing Trails**

Killing Fields Road, Tel: 012 676 381
Adventure tourism company that runs trips on quad bikes to Phnom Tamao, Tonle Bati and neighbouring villages. Free pick up for anyone within Phnom Penh.

Cambodia Uncovered

11B Street 370, Tel: 012 507 097 www.cambodiauncovered.com
Offers village and cultural tours in Phnom Penh and surrounds including road trips, Mekong cruises, accommodation, cooking classes and other activities.

Exotissimo Travel

6th Floor, SSN Center No. 66, Norodom Blvd, Tel: 023 218 948, go.cambodia@exotissimo.com, www.exotissimo.com
Excellent French-owned agency specialising in adventure tourism, flight bookings, package holidays and a range of well-run tours of Southeast Asia. Brochures are available online.

Helicopters Cambodia

10 Street 310 Phnom Penh, Tel: 012 814 500/023 213 706 www.helicopterscambodia.com
Cambodia's longest running Aviation Company with over 12 years experience operating in the Kingdom offers scenic flights around the Temples of Angkor and beyond. Is a wholly owned subsidiary of Helicopters New Zealand Group.

Intrepid Travel

468 Sivutha Blvd., Tel: 063 966 655
For travellers with a yearning to get off the beaten track, Intrepid opens up a whole new world of adventure travel. With a huge variety of tours available, Intrepid travellers explore the world's most amazing places.

Travel Indochina

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

unplugged

Finding a Place in America, and YouTube

In which Will learns to do the Coconut Dance courtesy of You Tube...

BEING A MINOR MINORITY in America is not easy. While many ethnic groups have carved out a slice of the American dream, the Cambodian has yet to establish the same minority profile given to some Asian neighbours.

Chinese people, or at least the deep-fried heavily sweetened cuisine that bears their name, is everywhere in America. There's nothing more American than ordering Chinese takeout after a long day at the office. Many small streams bear the name "China Creek" as well, although it's usually because something unpleasant happened to the Chinese prospectors.

There are many Japanese people in America, and they have a rich history here. In fact, there are plaques in isolated corners all over western United States marking the internment camps they were confined in during the Second World War.

Koreans are an integral thread in the fabric of the West Coast as well. They played a central role in the 1992 race riots in Los Angeles. According to some, a Korean shopkeeper helped trigger the riots by shooting a black shoplifter. Koreans later made the news during the riots when they defended themselves and shot at blacks who were trying to burn down their stores. As recently as 2006, noted black civil rights leader, diplomat and politician Andrew Young accused Korean shopkeepers of economically oppressing African-Americans. When a minority in America rises to the point where they are accused of oppressing other minorities, well, it's a start.

Even Thais and Vietnamese have won acceptance with their cuisine. Thai restaurants have a great reputation for more upscale dining, and pho gained a hip cachet and then mainstream acceptance.

Alas, Cambodians don't enjoy that level of social visibility.

They are assumed to be Mexican, or Filipino, or something else. And most Americans are not even aware of where Cambodia is. My wife occasionally tells people it's in Alaska, just so they can place it on a map.



There are few Khmer restaurants outside of Long Beach, California, or Lowell, Massachusetts.

And the only Cambodian store in the state of Oregon is a ramshackle affair more suited to a village market than a cultural gathering. The few Cambodian-owned businesses that do exist, are geared to American fare — selling doughnuts or beer or (Americanised) Chinese food.

If Cambodians want to establish themselves as a distinct culture — to themselves and those around them — it's not as easy as gathering at the local fried rice shop.

To make their mark, Cambodians in Salem, Oregon, planned a Cambodian Culture Celebration.

A number of Cambodian students received support from the local community college to host the event. Elders in the community supplied traditional costumes and authentic Cambodian food. And a group of enthusiastic volunteers banded together to recreate the most Cambodian piece of dance performance they could — the Coconut Dance.

Unfortunately, Cambodian dance instructors are in short supply in Oregon. To learn this traditional dance, they turned to the next best thing — YouTube.

Videos of the traditional Coconut Dance, apparently predating the Khmer Rouge's takeover of the country, are available on YouTube. The videos showcase the steps, the dress and provide a soundtrack. It's a cultural link to something that is all but forgotten in the Cambodian diaspora that is lightly scattered around the globe.

After months of practice and more than a few profanity-laced rants in Khmer, the performance came together. The volunteers

performed the Coconut Dance, a classically trained dancer performed the Wishing Dance, and monks blessed the crowd. There was even a fashion show with an assortment of wedding outfits, which Cambodia offers in abundance.

Those traditional dances, performed in 2010, are now alongside video performances from two generations ago on YouTube. It's comforting that the most American of inventions, a website that brings video made by anyone to everyone else on the planet, can help connect Cambodians to their culture, no matter where they are.

To see video of the Salem's Coconut Dance, go to khmersalem.blogspot.com

Will Koenig lives in Oregon with his wife and son. Email: will.koenig@gmail.com. 🇫🇮

August Horoscope

LEO (JUL. 23 – AUG. 22)

Happy Birthday Leo! You're more communicative than usual this month, enjoying sharing your ideas and catching up with friends. Contact with others can help jumpstart your creativity this month. Money requires extra attention from the 20th. Avoid taking shortcuts with your finances after this date. Go over everything carefully before making large purchases and other important financial decisions. Waiting for a later date might be best, because you could find that the urge to splurge passes. The 9th brings fresh energy and a go-ahead for personal projects. It's your New Moon, and it's time to bring on a whole new and fresh attitude. Others are taking note, not only of your sunny personality, but particularly of your clever ideas.

VIRGO (AUG. 23 – SEP. 23)

August is a strong period for reviewing the past year and aiming to put the past behind you, Virgo. It's not the time for major decision making or goal setting, but good for ridding yourself of problems that have been weighing you down. Pay attention to your intuition and your dreams. From Aug. 20 until Sept. 12 Mercury is going into retrograde. So watch out for your appliances, vehicles and computers going on the fritz. Back up your hard drive!

LIBRA (SEP. 24 – OCT. 23)

August is a month of much social activity for you, Libra, as you are especially charming. The 20th brings particularly good energy for love. You are more assertive this month, but at the same time, blessed with the ability to go after what you want without ruffling anyone's feathers. You have just the

right combination of natural charm and confidence this August that others can't help but take notice.

SCORPIO (OCT. 24 – NOV. 22)

While career matters are very dynamic this month, Scorpio, your personal life is also rich. A private romance is possible, or an awakening of feelings about a past relationship. Work is competitive, but you might find that it's more stimulating this way and pushing you to work more creatively. Power games are no fun, however, and these should be avoided as much as possible. The 24th brings great creative energy, as well as the possibility of a blooming romance.

SAGITTARIUS (NOV. 23 – DEC. 21)

Competitive energies with associates and friends are likely in August, dear Sagittarius. These can be pleasant or disconcerting, sometimes both at once, but certainly stimulating. Financial matters, can be tense for the time being, although changes taking place now are likely to bring you to a much better place. An energy boost around the 23rd has you thinking of breaking the routine and expanding your experiences. You'll be in a cheerful mood and will find it easy to find like-minded people to share it with.

CAPRICORN (DEC. 22 – JAN. 20)

With all of the attention you are pouring into career, family, and personal matters, Capricorn, you could feel that a partnership is wanting. However, while you can't ignore your close relationships, your attention to career is especially important right now. New responsibilities and challenges are about to come your way and you need to be on top

of your game. Pay attention to details instead of rushing through instructions, applications, and other plans. A flurry of activity around the 24th is likely.

AQUARIUS (JAN. 21 – FEB. 19)

This is not the strongest month for decision making, Aquarius. It's a time for rethinking and reviewing rather than moving forward with new plans and initiatives. Exciting changes are on the horizon, and this is a good period for tidying up and getting in touch with what you truly want from your life. If you're interested, you'll find that it's easy to attract others to you this month, particularly with your unique opinions and personal philosophy.

PISCES (FEB. 20 – MAR. 20)

Whether it's about added responsibilities, a promotion, or simply a new take-charge attitude, this month is the time for you to prove your worth, Pisces. There may be some power plays to deal with, especially around the 3rd, 16th, and 21st. A personal revelation will occur around the full moon – something that has been brewing for some time and that finds expression now.

ARIES (MAR. 21 – APR. 20)

Relationships are dynamic this month, Aries. The need for structure in a partnership becomes clear, especially around the 8th. The 9th brings exciting new energy for romance and creativity. Take advantage! Attraction to older or more mature partners is possible this month, as you reassess your relationship needs. A past love may step forward around the 20th, but save decision making for later. A secret is revealed

or something hidden comes to light around the 24th.


TAURUS (APR. 21 – MAY 21)

Much of your attention is directed towards daily activities including work, fitness and other routine matters this month, Taurus. While love matters are generally strong in August, they are likely to give pause for review at a later date. From the 20th, a lover could be giving off mixed signals, or a romance could appear to be at a standstill. In fact, it's a good time to release any pressure you might have on your love life and step back to take a breather. Reassess matters and avoid a hectic pace.

GEMINI (MAY 22 – JUN. 21)

A love affair could become serious this month, Gemini. Perhaps there are ultimatums or the need to bring more definition to your love life. A creative project suddenly demands attention this month. You may be thinking of ways to make a business out of a hobby or creative pastime. August should be a highly creative, romantic, and playful month overall. Domestic projects that you haven't tended to diligently could begin to show flaws around the 24th.

CANCER (JUN. 22 – JUL. 22)

This is an especially lively month for home and family, Cancer. Competitive energies on the domestic scene are likely. Responsibilities come to light, and the need for reorganization as well as increased structure to your household becomes apparent. Happily, you are in the mood for straightening out matters on the home front, and it feels good to have the energy to pay more attention to this important area of your life. 

The QuizMaster

FAVOURITE FOODS

1. What is Popeye's favourite food?
2. What was Goldilocks' favourite food?
3. What is Paddington Bear's favourite food?
4. What was the Teenage Mutant Ninja Turtles' favourite food?
5. What is Garfield's most favourite food?
6. Which character's favourite food is scrambled eggs served with coffee, although he is better known for being partial to Vodka Martinis?
7. What was desperate Dan's favourite food?
8. Name either of the foods in the song "My Favourite Things"
9. What is Winnie the Pooh's favourite food?
10. What is Yogi Bear's favourite food?

GIRLS AND BOYS

11. Who had a 1994 hit with the song "Girls & Boys"?
12. Which group was initially composed of singer-musician-composer Brian Wilson, his brothers, Carl and Dennis, their cousin Mike Love, and friend Al Jardine?
13. Which pop icon, when asked for his views on sex, said 'I'd much rather have a cup of tea.'
14. Who had a girlfriend called Dale Arden?
15. Who taught at the Marcia Blaine School for Girls?
16. "West End Girls" was the debut hit for which duo?

17. What 1949 musical featured the song "Diamonds are a Girl's Best Friend"?
18. Who was cloned in "The Boys from Brazil"?
19. Which country song was written by Shel Silverstein and made famous by Johnny Cash?
20. What is the name of the most famous oil painting by 18th century artist, Thomas Gainsborough?

TEN TO ONE

21. What number of the commandments is 'Thou shalt not kill'?
22. In mythology the Muses were the Goddesses of poetry and song. How many Muses were there?
23. How many countries share land borders with Greece?
24. How many platforms are on the Eiffel Tower?
25. How many seats were there in the fighter aircraft the Supermarine Spitfire?
26. How many strings are there on the traditional Cambodian fiddle, the troh?
27. What number event is the 1500 metres in the decathlon?
28. How many Maids-a-Milking in the song the "12 Days of Christmas"?
29. How are Chris Adams, Calvera, Vin, Bernardo O'Reilly, Lee, Harry Luck, Britt and Chico better known?
30. How many times has Brazil won the FIFA World Cup?

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.

Sudoku Rules Are Simple, It's the solution that's the challenge. Complete the Sudoku puzzle below so that every row, column, and 3x3 region contains the numbers 1 - 9 only once.

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

This month's Sudoku puzzle is ranked Intermediate.

Answers on page 57 

Quote Unquote

ENVIRON-MENTAL

"You must be the change you wish to see in the world."
- Mahatma Gandhi


"All that is necessary for evil to triumph is for good men to do nothing."

- Edmund Burke

"It's a job that's never started that takes the longest to finish."
- J.R.R. Tolkien

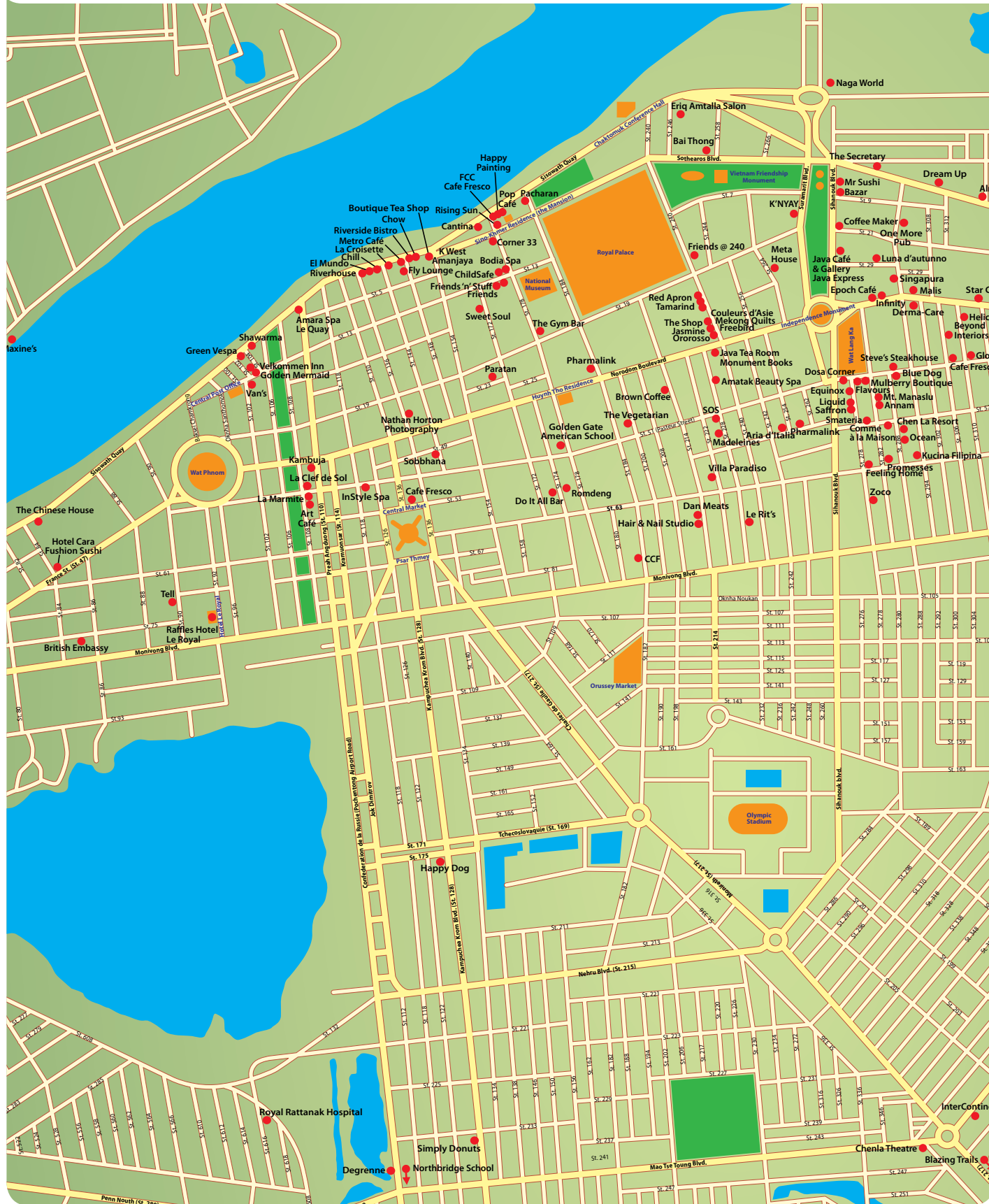
"The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard."
- Gaylord Nelson

"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's not."
- Dr. Seuss,
from *The Lorax*

"I have no doubt that we will be successful in harnessing the sun's energy... If sunbeams were weapons of war, we would have had solar energy centuries ago."
- Sir George Porter 

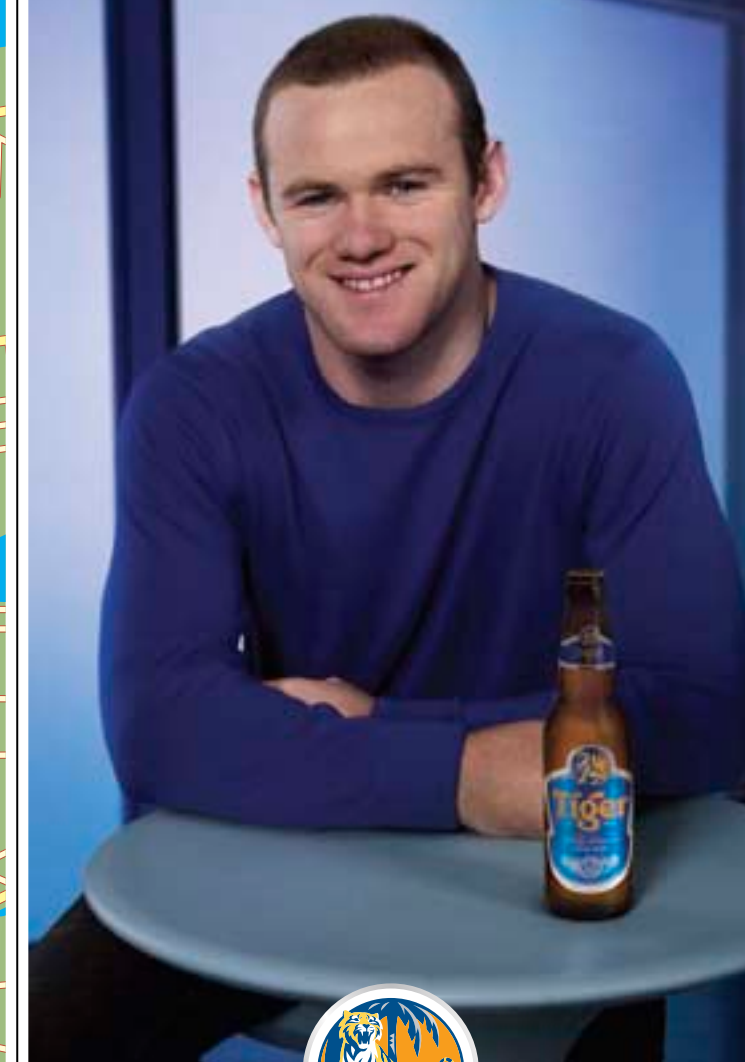


phnom penh: central



I LOVE THE
WINNING TASTE OF
TIGER BEER

WAYNE ROONEY



Tiger
ENJOY WINNING

Vox Pop: Let it Rain

Everyone has a rain story. **Conor** and **James** braved the elements this month to collect some soggy tales.



NAME: Genevieve
AGE: 27
NATIONALITY: USA
OCCUPATION: Fashion Designer
TIME IN CAMBODIA: 2 weeks
RAIN STORY:
 I guess I didn't realize I moved to Cambodia during the rainy season until my second day here. The sky opened up and sure enough it poured, huge heavy rain drops. I bought a purple polka dot poncho, allegedly the "it" rain gear this season. Not surprisingly, it's already torn, but I'm keeping it as a memento.



NAME: Luc the Splasher
AGE: 30
NATIONALITY: Khmer
OCCUPATION: Exporter
RAIN STORY:
 Every time it rains, I rush to my car and drive through Phnom Penh looking for big puddles. Then I try to splash pedestrians, cyclists and people on motorbikes. The secret to successful splashing is to get people just after it starts raining because they don't have their rain ponchos on yet.

NAME: Rachel
AGE: 24
NATIONALITY: USA
OCCUPATION: Clothing Designer and shop owner
TIME IN CAMBODIA: 2 years
RAIN STORY:

When I first came to Cambodia, I lived on a street that stayed flooded with water the entire first two months I was there. The first time I braved walking through the floods to get home, I tentatively watched the Cambodians around me rolling up their pants and wading in ankle deep. On my first step, I fell directly into an open sewer up to my neck that I couldn't see. I didn't think it was funny as all the Khmers watched me walk home in my muddy white dress.



NAME: Andrés Srengiesta
AGE: 18
NATIONALITY: Khmer-Spanish
OCCUPATION: Professional footballer
RAIN STORY:
 When I was young I lived in a rural village in Kompong Cham. From the age of 5 to 9 years old, every time it rained, my friends and I would take off all our clothes and run naked along the dirt roads near my home. We used to play in the puddles and splash each other with dirty water. It was great fun. Sometimes nowadays I still want to run naked in the rain, but my wife won't let me. Lol!



លីអ៊ូណាដ គូហ៊ីន LEONARD COHEN

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