

PHNOM PENH

ASIALIFE guide

092010
ISSUE45

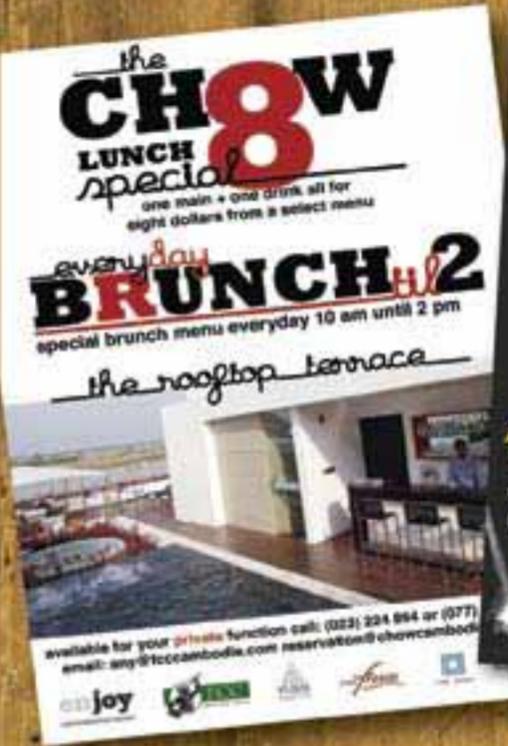
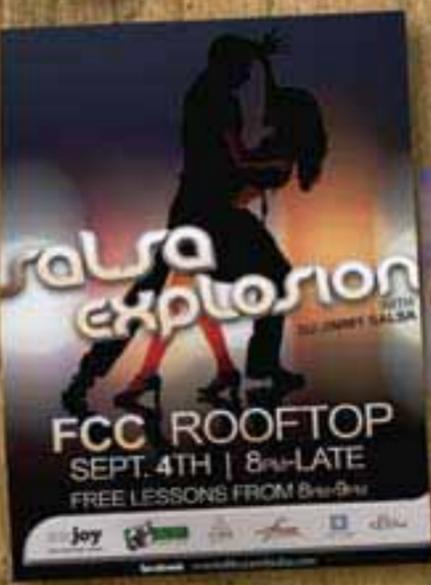
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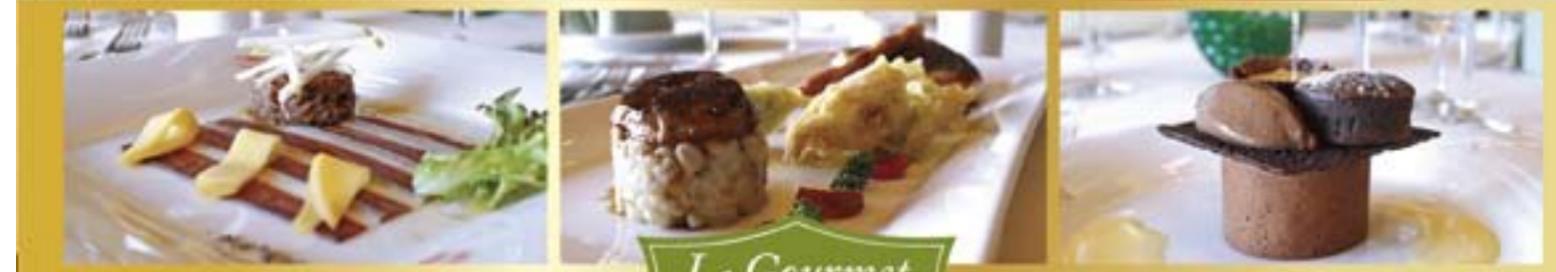
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editorial

092010
ISSUE45

mark bibby jackson

It's been a long hard summer here at AsiaLIFE, but hopefully you are starting to see the benefits of our labour. I'm sure our regular readers will soon notice the changes we have made to the look of the magazine.

For a while now I have felt hamstrung by our rigid section format. Quite frankly there hasn't always been something fresh and interesting to write about say leisure activities in Phnom Penh each month. With our previous tabular format we were compelled to write an article on each of the main section topics regardless of what was happening in town. The shackles removed, our art director Keith Kelly is now able to let rip. I hope you agree that there is a fresh and vibrant look to the magazine.

Part of the reasoning behind these changes--and there will be more in October--has been the closer working relationship agreed with our sister publication in Ho Chi Minh City. Those with a long memory may recall that our launch of AsiaLIFE here in December 2006 followed close on the heels of AsiaLIFE HCMC in Vietnam the previous month. Although the magazines went their separate ways for a while, I'm pleased to say that our twin magazines are now closer than ever before. This

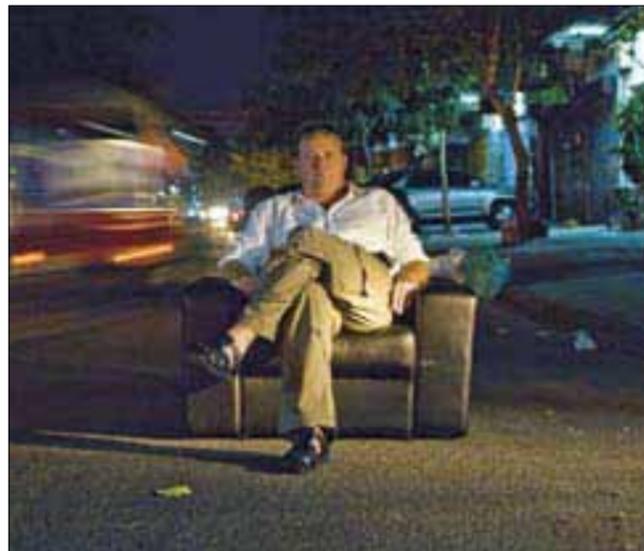
allows us to adopt the more regional perspective for the magazines that was our original intention back in 2006. But, more on that next month.

The changes are not limited to the magazine. If you have checked out our website (www.asialifeguide.com) recently, you might have noticed that the site has been completely rebuilt. Now you can download the magazine in its entirety online. You can also upload your own events, or submit a classified advert, so long as you have a Facebook account. Those into social networking sites can follow us on twitter (AsiaLIFEPP) for regular updates on what is happening on town.

So, as AsiaLIFE turns a new page, this month we ask whether there is a new leaf in the world of Cambodian comics? Like other visual and performing arts, graphic artists suffered during the Khmer Rouge period and have never really recovered. Now driven in part by NGOs, there is evidence of a renaissance in local graphic art, both in cartoons and animations.

A rosy future? We believe so, for Cambodian comics, AsiaLIFE, and all our readers.

If you have any comments on our new look or anything else about the magazine, please email me at: mark@asialifeguide.com. 



behind the curtain



David Fagan

David Fagan is a young lawyer from Palmerston North, New Zealand. He studied law and political studies at the University of Otago in Dunedin. Graduating in 2007, he worked with the New Zealand Charities Commission and Oxfam New Zealand before moving to Cambodia in 2009. After getting food poisoning from one of his few attempts at cooking in Cambodia, he has since become a regular at a number of low-cost restaurants in Phnom Penh. David has been writing for AsiaLIFE since June, utilising his knowledge of the fine cuisine available in Phnom Penh for under US\$5. He also works as a consultant at a local human rights NGO, working on rule of law issues.

Mai Lynn
Miller Nguyen

Mai Lynn Miller Nguyen, AsiaLIFE's newest star reporter, recalls her two years spent in Phnom Penh as the most colourful part of her childhood. Back in the early nineties, she ran amok at the Cambodiana Hotel, learned to ride a bicycle along Sihanouk Boulevard, and swam in the flooded streets.

An assignment at ISPP inspired Mai Lynn to become a writer. Tasked with describing Venus flytraps, she drafted three different versions. She hasn't been able to put the pen down since.

Mai Lynn counts Portland, Bangkok, and Paris among her previous homes. Recently, she resided in New York City, working as Assistant to the Editor in Chief of NYLON Magazine. Additional to lifestyle writing experience, an academic background in anthropology enriches her perspective.

Reinstalled in the Kingdom for six months now, Mai Lynn is eager to explore the stories of Cambodia.

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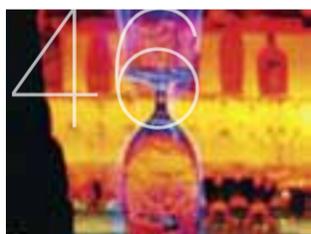
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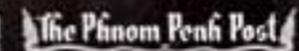
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Cambodian Space Project

Cambodian Space Project Goes Vinyl

The Penh's favourite cross-cultural cosmic band released its first EP with Hong Kong-based Metal Postcard Records in August. Dedicated to the Kingdom's 60s musical mavericks, the Cambodian Space Music Project's first single is called *Knyum Mun Sok Jet Te*, or *I'm Unsatisfied*.

Produced in collaboration with Australian music producer Lindsay Gravina, the EP is potentially the first featuring Cambodian music since 1975. The 45's B-side includes a Khmer version of *House of The Rising Sun*, as well as a sample of the band's new music with the track *If You Go, I Come Too* providing an exotic mix of sound, texture, and colour. Overall, the band combines hints of 60s garage rock, the Velvet Underground, and the sublime sensation of Srey Chanthy's Khmer vocals, suspended in an ethereal space above the whole shebang.

Guilty

Crimes against humanity and war crimes at Toul Sleng torture centre landed former Khmer Rouge cadre Duch a sentence of 35 years in prison.

The infamous mastermind of torture, whose real name is Kaing Guek Eav, was found guilty in Case 001 at the Khmer Rouge Tribunal, or ECCC. The sentence was reduced by five years after the UN-backed trial ruled Duch had been illegally detained by a military court back in 1999. Another 11 years were taken off for time already spent behind bars, meaning the 67-year-old will only serve 19 years in jail. The prosecutors had sought a 40-year sentence.

The six-month trial of the man who oversaw the killing of some 16,000 men, women, and children, had been keenly followed in Cambodia, with the sentencing broadcast live across the Kingdom. Following the verdict, some expressed discontent at the leniency of the sentence, calling

it an insult and a sham. Others however saw the guilty verdict as justice being served, albeit for only one of the architects of the brutal 1970s regime.

Four other Khmer Rouge leaders, Nuon Chea, Khieu Samphan, Ieng Sary, and Ieng Thirith, are currently awaiting trial in the court's second case to date.

Promoting Justice

NGO Southeast Asia Investigations into Social and Humanitarian Activities (SISHA) honoured the extension of its Criminal Investigations Training programme at an Aug. 5 dinner at Raffles Hotel le Royal.

SISHA founder and director Steve Morrish, a former senior detective from Melbourne, provided an overview of the groundbreaking initiative, supported by the Asia Foundation and USAID, which aims to strengthen the Cambodian criminal justice system. Given the success of the pilot project, SISHA is launching further capacity-build-

ing intensive courses for national police working in anti-trafficking and criminal investigation, covering topics such as complaints taking, caring for victims, and crime scene procedures.

Following the presentations, guests were invited to an excellent buffet of international and Cambodian cuisine.

Sports Shot Wins Award

Photographer Nick Sells, the latest addition to the AsiaLIFE team, has won the silver award in the best photojournalism/sports photography category at the 2010 WAN-IFRA Asia Media Awards.

Depicting two black kroma Bokator fighters, the shot was taken during a demonstration training at the Bokator Academy in Phnom Penh in September. Most likely the oldest form of martial art in Cambodia, Bokator is believed to have been used on the battlefield as long ago as the Angkorian era. The term

itself translates as "pounding a lion", a description Sells' shot certainly captures.

Asia's Nobels

The Ramon Magsaysay Award Foundation announced the winners of the organisation's eponymous award in July. Named after the former Filipino president, the annual award is regarded by many as Asia's equivalent to the Nobel laureate.

Those honoured in 2010 for addressing "issues of human development in Asia with courage and creativity", include Japanese Tadatoshi Akiba for his anti-nuclear work, Filipinos Christopher Bernido and Ma Victoria Carpio-Bernido for their work in education, Huo Daishan from China for efforts to save the Huai River, Bangladeshi disabilities advocate A.H.M. Noman Khan, as well as Chinese nationals Pan Yue and Fu Qiping for environmental work.

"The Magsaysay awardees of 2010 are seven remarkable

individuals deeply engaged in reinventing the future for a better Asia, tapping into and strengthening the power of community," said RMAF president Carmencita T. Abella. "Working on critical issues that impact not only their respective countries, but indeed, all of Asia, they are showing how commitment, competence, and collaborative leadership can truly transform individual lives and galvanise community action."

For more about the award, visit: www.rmaf.org.ph

Spotlight on the Abuse of Boys

While many focus on the sexual abuse of women and girls, research suggests as many as one in six boys and men have also experienced sexual abuse in their lives.

To highlight this statistic and encourage more work in the area, survivors' organisations and NGOs from all over the world are coming together



Nick Sells

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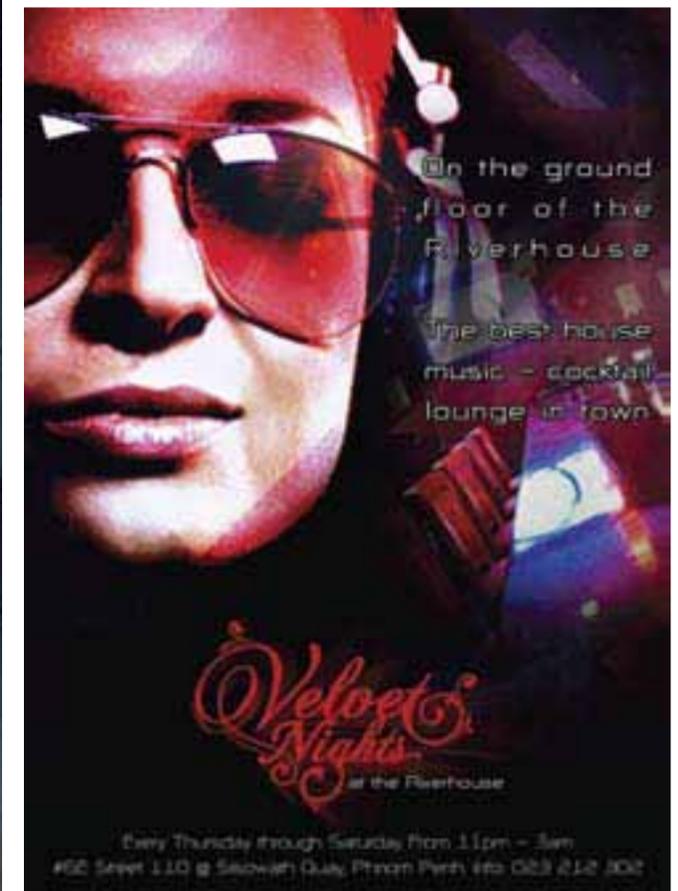
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a return to the stage



The annual Lakhaon Theatre Festival is back in town on Sep. 10-17.

Organised by the CCF in partnership with French theatre group Compagnie Parnas, this year sees the return of director Catherine Marnas, who successfully combined modern and traditional forms of expression in staging the Cambodian tale *La perdrix mâle et la perdrix femelle* in 2008.

Showcasing five of Cambodia's 21 traditional forms of theatre, local arts groups will also play a central role in the festivities, performing everything from folk opera, through modern and improvised musical theatre, to sung theatre. The Chenla Theatre will be at the epicentre of activities, with nightly performances during the weeklong festival.

While every performance is expected to draw a crowd, an undeniable highlight will be the opening performance of *The Affair of the Rue de Lourcine*. Directed by Marnas with a mixed Cambodian-international cast, the comedy by famed vaudeville performer Eugène Labiche is likely to get the audience laughing, as honest citizen Mr Lenglumé tries to piece together just what happened at the banquet the night before. As part of the festivities, six fables by La Fontaine will also be translated into Khmer and presented as shadow theatre. **A**

Programme:

Sep. 10, 7pm: L'affaire de la rue de Lourcine by Cie Parnas and Cambodian artists at Chenla Theatre

Sep. 11, 7pm: L'affaire de la rue de Lourcine by Cie Parnas and Cambodian artists at Chenla Theatre

Sep. 11, 7pm: The Young Widow & The Ass and Dog by Sovanna Phum at Meta House

Sep. 12, 7pm: L'affaire de la rue de Lourcine by Cie Parnas and Cambodian artists at Chenla Theatre

Sep. 12, 8.30pm: The Young Widow & The Ass and Dog by Sovanna Phum at Soun Rikreay Restaurant

Sep. 13, 7pm: Notre Oncle by Département des Arts et Spectacles de Takeov at Chenla Theatre

Sep. 14, 7pm: Kraing Thong by Cie Mékala Arts at Chenla Theatre

Sep. 14, 7pm: The Wolf Turned Shepherd & The Gardener and his Lord by Cie Pok Saran at Café CCF

Sep. 15, 7pm: Preah Chankourob by Cambodia Living Arts at Chenla Theatre

Sep. 15, 8.30pm: The Wolf Turned Shepherd & The Gardener and his Lord by Cie Pok Saran at Reatrei Restaurant

Sep. 16, 7pm: Parure Cie by Kok Thlok at Chenla Theatre

Sep. 16, 7pm: The Fox and Stork & The Lion and Gnat by Cie Sin Samy at Chinese House

Sep. 17, 7pm: Ne soyez pas bêtes comme des fantômes by Cie Chen Neak at Chenla Theatre

Sep. 17, 8.30pm: The Fox and Stork & The Lion and Gnat by Cie Sin Samy at Titanic Restaurant

to mark the first ever International Days for Male Survivors and Victims of Sexual Abuse on Sep. 18-19.

In Cambodia, a free concert will take place at M'lop Tapang Arts Centre in Sihanoukville on Sep. 18. Organised by a variety of organisations, includ-

ing First Step, Chab Dai and M'lop Tapang, the concert will feature traditional Cambodian arts, as well as contemporary acts including circus attractions, a theatre presentation and live bands.

For more information, visit: www.first-step-cambodia.org

More for Bookworms

Monument Books, the Kingdom's premier bookshop and toy retailer has expanded. Now with a 250m2 location at Ta Prohm Hotel in Siem Reap, expats living in Cambodia's tourist mecca will no longer have to satisfy their reading

needs with second hand travelogues left by backpackers.

As the only international bookshop in the country, Monument Books carries over 10,000 titles in six languages. Stock ranges from fiction to non-fiction, including cookery, art, and design, as well as

an admirable collection of Cambodia-related literature. A piece of heaven for kids is found in the toy section, which is stocked with a variety of games and playthings by world class brands such as Fisher Price, Hot Wheels, Ben 10, and Barbie.

Now in its 17th year, Monument Books is also the largest distributor of international newspapers and magazines in Cambodia, further serving those based in Laos and Myanmar through its associated bookshops and toy stores.

On The Spot

Building on the increasing recognition and popularity of performance art, JavaArts is launching a monthly open mic night starting Sep. 17.

Showcasing both local and international artists, On The Spot features various performance acts, including spoken work, poetry, music, and comedy, by both amateurs and professionals. Currently performers from Cambodia, Malaysia, the Philippines, the

U.K. and the U.S. have been lined up as feature acts in upcoming months. Hosted by acclaimed spoken word artist and former U.K. Slam Poetry Champion John Berkavitch, the event also invites the public to submit acts, which will be presented during the first half of the event. A feature act of a local or international artist will close the show – hopefully, to an entertained audience.

On the Spot starts Sep. 17 at 7pm, at Java Café & Gallery.

Yoga at The Vine

Everyone needs a bit of time off, and why not do it by spending a weekend away at a yoga retreat?

As the start of a series of retreats, The Vine in Kep Province is hosting a weekend yoga getaway between Sep. 17-19. Starting at US\$160, you get five yoga classes with a focus on asana, meditation, and pranayama classes. Throw in delicious food, lush accommodation, and ecological surroundings, and you could hardly think of anything that defines healthy luxury in a better way.

To find out more, contact Oskar Nery on: 012 739 284, or email: yogacambodia@gmail.com

A Night to Remember

"More than just a night of unforgettable music," promise local promoters Mekong Sessions after they released further details of the Leonard Cohen concert to be held in Phnom Penh on Nov. 27.

Cohen, who is a practising Buddhist, will be greeted by a thousand monks from Neak Leung Pagoda with a choreographed traditional Buddhist blessing. Fans will then sample the cuisine of Cambodia's leading chef Luu Meng prior to the gig, the promoters announced this month.

"Leonard Cohen Live in Phnom Penh is fast becoming the region's charity gala event of the year with VIP guests flying in from Bangkok, Singapore, Hong Kong and around the world to join Leonard Cohen in celebrating the rejuvenation of Phnom Penh," said Mekong Sessions CEO Chris Minko.

Though the management team remain tight-lipped about details, Minko has hinted that some familiar faces from the rock and roll glitterati will be amongst those paying their respects to Cohen.

As the last scheduled performance on the 2010 World Tour, Phnom Penh is the culmination of a global journey that started in Zagreb, Croatia in July for the 76-year-old Songwriter's Hall of Fame inductee. Speculation is building that this could be Cohen's last live concert. Fan club forums are recognising Phnom Penh as one of their last opportunities to see their hero in the flesh.

Minko, however, stresses that the concert is not just a possible swansong for Cohen.

"This is about more than just the music," stresses Minko. "It's about generating a spectacular event that will forever remain in people's minds as the best performance they've ever been to in one of the most unique cities in the world." **A**

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French Cuts

Bright, pink, and professional, the latest addition to the capital's hair salon scene is undoubtedly welcome. Swapping Beijing for Phnom Penh, stylist Jérôme Haurie is bringing with him well over a decade of hair know-how. His salon, The French Element, offers everything from cuts through colouring to perms using Schwarzkopf and L'Oréal products. Specialties include the Californian balayage treatment – essentially highlights put in using a comb for a more natural look – as well as the American shampoo (US\$19), which is a great pick-me-up for coloured hair in between colourings. A cut and blow-dry starts at US\$22 for women, while a restorative sun treatment will set you back US\$5. The upstairs beauty and



The French Element

VIP room is undergoing final preparations, but Haurie hopes to offer an even wider range of beauty services before the end of the year. House calls are possible, given two days' notice.

The French Element, 313 Sisowath Quay (Himawari Hotel), Tel: 077 283 332. Open: 10am to 8pm, closed Mondays

Start Your Engines

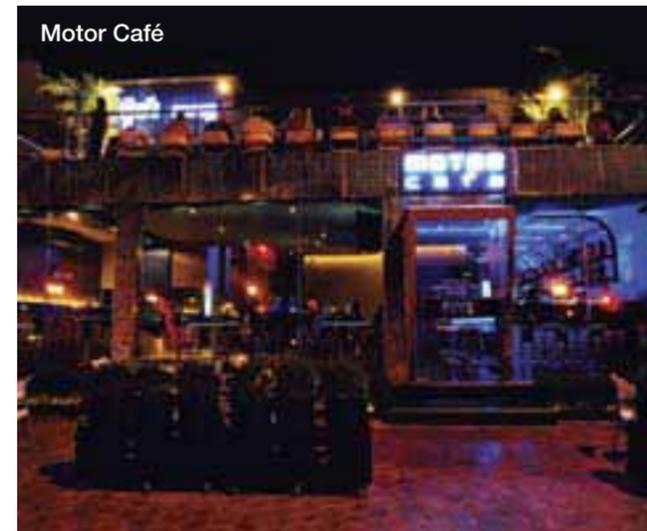
Calling all Hells Angels! Chrome-plated Motor Café is the perfect place for Phnom Penh's speed demons to take a pit stop. Hubcap stools, a rubber tyre-covered bar, and a Harley-Davidson bike are just a few highlights from the comprehensive racing-themed décor. No matter how you roll, Motor Café makes for a fun place to grab a drink or some grub. The menu offers

an assortment of snacks and mains, including crispy shrimp wontons (US\$3.50), teriyaki steak sandwich (US\$5), and coq au vin (US\$6). The upstairs terrace overlooking Hun Sen Park has already established itself as a prime spot in the evening. Rev up with a watermelon mint martini (US\$4.25) or a Guinness (US\$3.20). From 5.30pm to 7.30pm, cocktails and Tiger draft at a 25 percent discount provide all the more reason to ride on down to the Motor Café.

Motor Café, 76 Sothea Blvd., Tel: 023 999 299, Open: from 2pm to late.

Eats with Elegance

Step back into another age at the Renaissance-inspired Epoch Café, opened at the end of July. Ornate gold frames lining the walls and trickling fountains create an ambience of elegance. Wireless internet, plush couches, and calming classical music will lure freelancers looking for a working environment, though the setting is also ideal for a rendezvous with friends. Dining options comprise both western and Asian dishes, such as the



Epoch steak in creamy pepper sauce (US\$3.50), Chinese fried rice with pork and fried egg (US\$2.20), and chicken wings (US\$2.50). For beverages, there is a variety of coffee concoctions, cocktails, and frappés, such as the Oreo milkshake (US\$1.70). Set menus offer discounted combinations of food and drink for around US\$3-US\$4. As part of the owners' new mini-centre, Epoch Café is being launched

alongside a photography shop and beauty salon.
Epoch Café, 124 Norodom Blvd., Tel: 012 611 662, Open: from 7am to 9.30pm

More than Fitness

Fitness freaks have a reason to rejoice with the opening of relocated, The Place II. Though the views of Sihanouk Boulevard and the Independence Monument are gone, few will

miss the sights given everything the gym's new premises have to offer. Chief among the novelties is the good-sized swimming pool. New machines, weights, steppers and treadmills over three floors are certain to keep everyone in a good sweat. Two new studios as well as an increased amount of classes are another winning feature. Try out the karate lessons held every weekday from 6.45pm. Though proper karate attire is encouraged, newbies will be excused by the jolly master and his assistants who are happy to teach anyone the basics. The flashy ground floor café-bar and members only internet room mean you could easily spend a whole day at The Place. Membership, is US\$300 per month or US\$1,500 for a year.

The Place II, 11 Street 51, Tel: 023 999 799 Open: 6am to 10pm

Japanese on the Mile

Street 278 became an inch more international when Japanese restaurant Futusato opened its doors. Friendly konichiwas greet you as you step into the simple but comfortable

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The Cigar Shop

establishment, getting you all set for some proper Japanese home cooking. Ramen noodle soups as well as cold noodle dishes feature on the menu, but unless you're an expert on Japanese cuisine, you may struggle with making out what's what. Thankfully, the staff can give you basic guidance, from noodle soups shouyu ra-men (US\$3.50) and tantanmen (US\$5), through soybean snack edamame (US\$3), to meat and potato dish nikuyaga (US\$4). Despite the lack of sushi, you are certain to leave with a full belly.

Futusato Restaurant, 3 Street 278, Tel: 092 123 191, Open: 5pm-11pm, closed Mondays

What's Underneath Counts

Adding to the collection of lingerie available in the capital, newcomer Minoshe stocks everything from the cute to the sexy when it comes to bras and panties. Bright and air-conditioned, the shop offers just the right setting for buying those most intimate of garments. Light and basic Pierre Cardin cotton pants (US\$5.90) are perfect for the heat and humidity of Cambodia, while the brand's ultra light bras are certain to find favour among anyone below the size of C80. Sorella bras allow for more frills as well as slightly bigger cup sizes, though anyone with a D cup or above need not bother. Teens on the other hand are likely to find a potential first bra from the cutesy Young Heart

range. There is also a selection of nighties from the plain to the alluring, as well as corsets from US\$42.50. Prices for bras range from US\$20 up, while pants start from US\$5.

Minoshe, 83 Sihanouk Blvd., Tel: 012 796 822. Open: 8.30am to 9pm.

Puff, Puff, Away

Whether you like small cigarillos or big fat cigars, you now need look no further than the Penh's new Cigar Shop. With a walk-in humidor, the establishment stocks over 22 different brands and 69 types of Cuban cigars, imported from the official Cuban cigar retailer Habanos. Try a Cohiba, Romeo Y Julieta, Montecristo or simply ask staff for expert advice in picking just the right cigar for you. Cigars can be purchased either individually or as a box, and the shop even offers true aficionados the opportunity to store their cigars in temperature and humidity-controlled lockers on the premises. The Cigar Shop also has a bar, serving premium rums, including authentic Havana Club, Mulata and Zacapa as well as rare whiskies, such as Japanese Hibiki. Open only to customers of the shop, the bar offers cigar enthusiasts a place to enjoy their newly purchased smokes. The menu even contains suggestions for the best pairings of drink and cigar.

The Cigar Shop, 313 Sisowath Quay (Himawari Hotel), Tel: 077 283 330. Open: 10am to 10pm.

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Guy Degrenne
Distributed by KAS Furniture

pick of the month

go, do, visit, participate, learn

Go:

Bophana Audiovisual Resource Centre

With a mission to collect the sounds and images of Cambodia, Bophana is a true cultural gem in the heart of the capital. The institution's media library contains everything from films shot by the Lumière brothers in 1899, through footage of King Sisowath Monivong's coronation in 1928, to Khmer Rouge propaganda films and modern documentaries. Bophana also hosts exhibitions and film screenings on a regular basis, while the 1960s building housing the centre is in itself worthy of a visit. Go to www.bophana.org to find out more, or simply visit the centre at 64 Street 200.



Do:

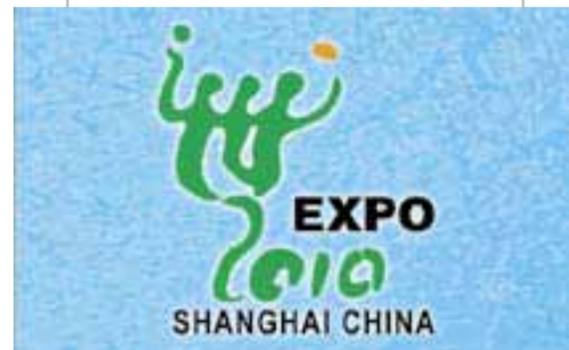
Half Marathon

Now is the time to start training for the annual Angkor Wat International Half Marathon taking place the first weekend in December. With the usual categories of a 3km fun run, a 10km road race, a variety of bike rides, as well as the half marathon and a 21km wheel chair race, the event has over the past 15 years become a highlight in many runners' calendar. Commit yourself to training by signing up early on www.angkormarathon.org. The event raises funds for the Cambodian Red Cross, as well as NGOs Cambodia Trust and Hearts of Gold.

Visit:

World Expo

Follow in the footsteps of over 37 million others and head to Shanghai for the World Expo. Country pavilions compete for your attention on the vast grounds, while daily events showcase different cultures and art forms at the various public stages dotted around the site. Reserve at least two days to get the most basic overview, and if you're strapped for time, choose your pavilions carefully – queuing to get into the more popular ones can have you standing for three or four hours. For more information, visit: <http://en.expo2010.cn>



Participate:

Bar Camp

A highlight of every techie's year, Bar Camp is back in the Penh. Held at the University of Puthisastra on Sep. 25-26, the open conference on all things technological will bring together IT nerds and social media gurus with Khmer bloggers, also known as "cloggers". Themes of the "un-conference" are entirely dependent on the participants, who post their topics on a wall and are then allocated a room for their presentations. To be one of over a thousand participants at the event, log on to: www.barcampphnompenh.org for further details.

Learn:

Cambodian Cuisine

Though Khmer cooking classes are generally targeted at travelers, there is no reason expats too can't get in on the fun. One of the Penh's longest running classes is organised by Frizz Restaurant on Street 240. For US\$20 you get a whole day's worth of learning and eating, starting from a guided visit to the market, where you can finally find out what all those weird and wonderful veggies really are. Then create your very own five-course meal and experience just how much pounding goes into a proper fish amok. Cambodia Cooking Class, 67 Street 240, Tel: 012 524 801. Closed Sundays.



Harry Potter

J.K. Rowling's beloved book Harry Potter and the Chamber of Secrets, makes its debut in Khmer. The number of kids in the Kingdom named Harry is supposedly also up

Strikes

Unsurprisingly, garment factory workers argue you can't live on US\$61 per month

School

It's back to school for the Penh's kids. Ahead are hundreds of lessons filled with things you won't remember a few years hence – enjoy

Russia Fires

Let's just hope this isn't another scorched earth tactic by the Kremlin

Rainbow Nations

Latin America, with Mexico, Uruguay and Argentina at the helm, are leading the way in same-sex rights

going up

going down

Safety

The recent string of brick attacks on Riverside is a worrying development. Thankfully, Cambodian police say they are on it. Just don't expect quick arrests and transparent trials...

Wyclef Jean

Yah man, I is gonna be the president of Haiti. Seriously Wyclef? We know you helped a lot with the humanitarian effort, but being a hip hop superstar doesn't mean you can run a country

Neighbourliness

Cambodia and Thailand are again making faces at each other across the Preah Vihear border, you'd think they'd be concerned about developing some serious wrinkles

Rod Stewart

The man's hair still looks like straight out of the 80s, and it seems Rod too thinks he's a few decades younger with another baby on its way

Blackberrys

Deeming them a threat to national security, UAE bans Blackberrys, who needs nuclear weapons when a phone gives countries the jitters?



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The Corner
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Intercontinental Hotel
No. 56, Sihanouk Blvd.
No. 17, St. 288
No. 09, St. 306
No. 32C, St. 592
Naga World Hotel
Mao Tse Toung Blvd.
Preah Sihanouk Blvd.
No. 422, St. 310
No. 12, St. 57
No. 05, St. 102

Siem Reap

The Central Cafe
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

calendar : phnom penh

what's on in the penh

- Holidays
- Arts & Events
- Film
- Music & Parties
- Food & Drink
- Sales
- Sports
- Special Event



Kidz Kool

1 Wednesday

Burma VJ @ Meta House, 7pm

2 Thursday

Exhibit Opening @ Meta House, 6pm. Bollywood Lobby Cards from the 1960s - 1970s

Phnom Penh Evolution @ Bophana Audiovisual Centre, 6.30pm. Exhibition opening Our City - Architecture Month (info. p.49)

Ladies Night @ The Riverhouse Lounge, 10pm DJ'S Gang & Blue, drink specials for women.

3 Friday

Hawker's Song part 1 @ jGALLERY, 6pm. Exhibition opening - Video, sound and sculpture installation. Our City - Architecture Month (info. p.49)

Last Hippy Standing & I Need That Record @ Meta House, 7pm

4 Saturday

Hawker's Song part 2 @ The Mansion, 5pm. Performance and video/sound installation. Our City - Architecture Month (info. p.49)

Route 181 @ Meta House, 7pm

Salsa Explosion @ FCC Rooftop, 8pm. Free Lessons!

Fresh Out of the Penh @ The Riverhouse Lounge, 10pm DJ Tech 12 & MC Hydro-ponic playing hip hop

5 Sunday

Classical Music & Jodorowsky's 'Rainbow Thief' @ Meta House, 7pm

7 Tuesday

Afghanistan Today @ Meta House, 7pm

8 Wednesday

Airwaves @ Meta House, 7pm. New TV Drama by KMF

9 Thursday

Walking Markets @ Java Café & Gallery, 6pm. Exhibition opening, Suos Sodevy. Our City - Architecture Month (info. p.49)

Ladies Night @ The Riverhouse Lounge, 10pm. DJ'S Gang & Blue, drink specials for women

10 Friday

L'affaire de la rue de Lourcine @ Chenla Theatre, 7pm Lakhaon Festival - tickets available at CCF Library

Classical Music & Music Doc Film 'Afghan Star' @ Meta House, 7pm

11 Saturday

L'affaire de la rue de Lourcine @ Chenla Theatre, 7pm Lakhaon Festival - Tickets available at CCF Library

The Young Widow & The Ass and Dog @ Meta House, 7pm Lakhaon Festival - Tickets available at CCF Library

New Shadow Puppet Theatre @ Meta House, 7pm By Sovanna Phum

Lost Highway @ FCC, 8.30pm. Classic Rock & Blues

Open Rehearsal @ Arts Theatre (Takhmao), 9am. Dance, Sophiline Cheam Shapiro Our City - Architecture Month (info. p.49)

12 Sunday

L'affaire de la rue de Lourcine @ Chenla Theatre, 7pm Lakhaon Festival - Tickets available at CCF Library

The Young Widow & The Ass and Dog @ Soun Rikreay Restaurant, 8.30pm Lakhaon Festival - tickets available at CCF Library

Same Same but Different @ Meta House, 7pm

13 Monday

Notre Oncle @ Chenla Theatre, 7pm. akhaon Festival - tickets available at CCF Library

14 Tuesday

Kraing Thong @ Chenla Theatre, 7pm. Lakhaon Festival - tickets available at CCF Library

The Wolf Turned Shepherd & The Gardener and his Lord @ Café CCF, 7pm. Lakhaon Festival - tickets available at CCF Library

The Conscience of Nhem Em @ Meta House, 7pm. U.S. filmmaker Steven Okazaki

15 Wednesday

Preah Chankourob @ Chenla Theatre, 7pm. Lakhaon Festival - tickets available at CCF Library

The Wolf Turned Shepherd & The Gardener and his Lord @ Café CCF, 7pm. Lakhaon Festival - tickets available at CCF Library

Lost Love @ Meta House, 7pm. hmer Rouge Genocide Films

16 Thursday

Life Along the Rails @ Gasolina, 6pm. Photography Exhibition, Conor Wall with Sahnakum Teang Tnaut Organisation. Our City - Architecture Month (info. p.49)

Cambodian Dreams @ Meta House, 7pm. French/Khmer version

Parure Cie @ Chenla Theatre, 7pm. Lakhaon Festival - tickets available at CCF Library

The Fox and Stork & The Lion and Gnat @ Chinese House, 7pm. Lakhaon Festival - tickets available at CCF Library

Boombox-Tick Party @ The Riverhouse Lounge, 10pm DJ'S Gang & Blue playing Old Skool hip hop, drink specials for women

17 Friday

Cartoon EMU @ Meta House, 6pm

Ne soyez pas bêtes comme des fantômes @ Chenla Theatre, 7pm. Lakhaon Festival - tickets available at CCF Library

The Fox and Stork & The Lion and Gnat @ Titanic Restaurant, 8.30pm Lakhaon Festival - tickets available at CCF Library

On The Spot @ Java Café & Gallery, 7pm. Launch of Cambodia's first Open Mic poetry cabaret

7-Eleven @ Chow Rooftop Terrace, 7pm. Marco, playing House and Lounge

"And the Winner is..." @ The Russian Cultural Centre, 7.30pm. Phnom Penh Players strike again with this one-act play. Tel: 012 235 142

18 Saturday

Project Skyscraper Opening Night @ Meta House, 7pm Exhibition, film screening and talk. Our City - Architecture Month (info. p.49)

Kheltica @ FCC Rooftop Terrace, 8.30pm. Traditional Irish and Scottish Folk Songs

Tha Beat Lounge Launch party @ The Riverhouse Lounge, 10pm. With DJ Spydamonkee & DJ Jodie from Thailand, playing hip hop

Kick-off the work week with wet and active weather due to rainy, monsoon season.



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Sa Sa Gallery

19 Sunday

Project Skyscraper Closing Night @ Meta House, 6pm
Exhibition, film screening and talk. Our City – Architecture Month (info. p.49)

Goeth's 'Faust Two' @ Meta House, 7pm

21 Tuesday

Nine Faces @ Meta House, 6pm. Exhibition Opening

22 Wednesday

Calligraphy and Doc Film from Vietnam @ Meta House, 6pm

23 Thursday

Architecture in Cambodia: The Golden Age of the 50's @ CCF Cinema, 7pm
Our City – Architecture Month (info. p.49)

Conscience of Nhem Em & Death and Rebirth @ Meta House, 7pm

Gala Opening @ Cambodia-Japan Cooperation Centre, 7pm. Classical Music Festival (info. P.52)

Ladies Night @ The Riverhouse Lounge, 10pm
DJ'S Gang & Blue, drink specials for women

24 Friday

7 ANS @ CCF Cinema, 7pm
English subtitles

Cambodia: The Virginity Trade @ Meta House, 7pm

Piano Recital @ Cambodia-Japan Cooperation Centre, 7pm. Classical Music Festival (info. P.52)

Phnom Penh Follies party @ The Riverhouse Lounge, 10pm. DJ G-ROM and DJ Tim Coates

25 Saturday

Hommage to Robert Schumann @ Hotel InterContinental, 7pm. Classical Music Festival (info. P.52)

L'Amour Cache @ Meta House, 7pm

Midnight Piece @ Meta House, 11.45pm. Classical Music Festival (info. P.52)

26 Sunday

Song Recital @ Cambodia-Japan Cooperation Centre, 7pm. Classical Music Festival (info. P.52)

The True Life of Waris Dirie @ Meta House, 7pm

27 Monday

Grand Finale @ Cambodia-Japan Cooperation Centre, 7pm. Classical Music Festival (info. P.52)

28 Tuesday

The True Story of Peng Phan @ Meta House, 7pm

29 Wednesday

Akira @ Meta House, 7pm

30 Thursday

Imaginary Home @ CCF, 7pm
Architecture competition & exhibition opening. Our City – Architecture Month (info. p.49)

Vann Molyvann and the New Khmer Architecture @ CCF, 7pm. Exhibition opening. Our City – Architecture Month (info. p.49)

Recaptured @ Meta House, 7pm

Every Day

Everyday Brunch @ Chow, 10am – 2pm

Chow 8 Lunch Special @ Chow, 12pm

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

Happy Hour @ Chow, 4pm–8pm

Happy Hour @ FCC, 5pm–7pm

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– 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

Afro-Latino Tuesday @ Elements Club. 2 for 1 Cocktail Carafe

Every Wednesday

Guest Band Night @ Riverside Bistro, 8.30pm

Slammin Hip Hop @ The Riverhouse Lounge, 10pm till late. DJ Cool Sam, DJ Blue & DJ Gang

KH Karaoke Girls Party @ Elements Club. Giri Giri Girls Show

Every Thursday

Big Boy BBQ @ Riverside Bistro, 6pm

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

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

Swing with the PSwings, @ Equinox, 9pm

Ladies Night @ Elements Club, 9pm. Ladies welcome cocktail

Ladies Night @ The Riverhouse Lounge. DJ'S Gang & Blue, drink specials for women

Glory Hole @ Pontoon, 10pm
DJ & Drag Show

Velvet Nights @ The Riverhouse, 11pm – 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 – late
DJ Bobby, DJ Cool Sam & DJ Illest

Johnnie Walker Friday Sessions @ Elements Club. JW Gold & Black Drink Specials

Velvet Nights @ The Riverhouse, 11pm – 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

Hennessy Full Locale Party @ Elements Club, 9pm
Drink Specials, Lucky draw

Sindustry @ The Riverhouse Lounge & Velvet Nights, 10pm
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 Jammin @ Elements Club, 10.30pm. Live Music

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 – late
DJ Star & DJ Phannara

Open Mic @ Riverside Bistro, 10pm. 🇲🇵

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calendar : siem reap

what's on in siem reap

- Holidays
- Arts & Events
- Film
- Music & Parties
- Food & Drink
- Sales
- Sports
- Special Event

3 Friday

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

17 Friday

Charity Pub Quiz @ Chilli Si Dang, 8pm

23 Thursday

Arthur Guinness Day @ Molly Malone's, 9.59pm. Specials on Guinness, live music and a Global Guinness Toast to Arthur Guinness

Fragments @ Hotel de la Paix, 6pm. Exhibition Opening

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 @ 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

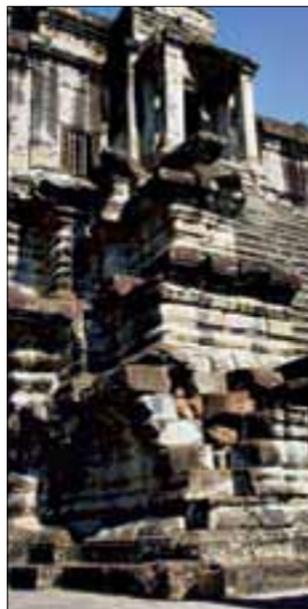
Siem Reap Hostel Pub Crawl, starting @ The Hostel, 7.30pm. Free drinks, games and prizes.

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



dispatches

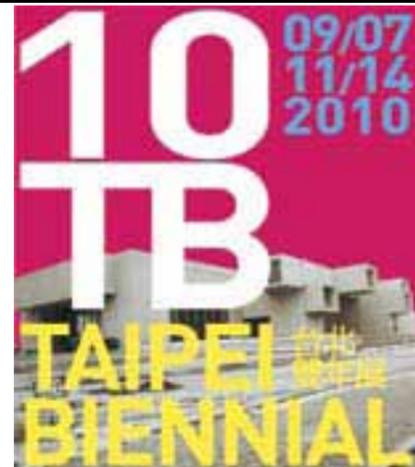
Travel news from around the region and beyond



Taipei Biennial 2010

Beginning Sep. 7, the 2010 Taipei Biennial begins its two-month engagement at the Taipei Arts Museum. Since 1998, the Biennial has been organised by a two-person team comprised of a Taiwanese and foreign curator. This year, co-curators Tirdad Zolghadr and Hongjohn Lin abandon the traditional exhibition theme and seek instead to address the problematic nature of the biennial format with a programme that asks whether the format can be applied "more precisely, more effectively, for everyone involved". To provide an answer, the curators will involve the artists in a wider process as co-curators and seek to build on ideas and projects from previous Taipei Biennials. Throughout the engagement, independent spaces in Taiwan will host satellite events, and "critical companions" are invited to voice interventions. For more information, visit: www.tfam.museum.

Tom DiChristopher



YourSingapore.com Launches

The Singapore Tourist Board has long hosted probably the best and most functional destination website in Southeast Asia, but STB recently transformed its web presence with the launch of a new brand: YourSingapore. Evolving from the UniquelySingapore.com portal, YourSingapore.com continues to offer comprehensive information, but the site's new architecture incorporates more intuitive browsing via an eye-catching checkerboard gallery that highlights sights and attractions that might have otherwise gone unnoticed. The centerpiece trip-planning utility also contributes to a more convenient experience. Users can now save events and city listings while browsing, then navigate to the trip-planner and arrange selected items into an itinerary, with the option of dragging and dropping from saved and suggested listings windows. A mapping option also allows you to find attractions, shopping, hotels, dining and entertainment in the vicinity.

Tom DiChristopher



Travel Deal: Moviemaking Weekend at Opposite House, Beijing

The Deal: The Opposite House in Beijing has partnered with Apple and Canon to launch Suitcase Cinema, a weekend package throughout December that gives amateur filmmakers the resources to create their own films with the hotel as a backdrop.

The Setting: The Opposite House is located in Sanlitun Village - a vibrant new open-plan shopping, dining and entertainment precinct. The hotel's studio rooms are decked out in a minimalist fashion, with natural wooden flooring and accentuated with subtle Chinese décor. The space matched with the historical landmarks that surround it, provides a blank canvas for amateur film crews to bring their ideas to fruition.

The Verdict: The just over US\$400 price tag includes breakfast for two, bicycle rental, a limited edition Short Stays DVD featuring movies shot at the Opposite House by Chinese directors and use of the hotel's Studio 70, fitted with a 24-inch iMac and Canon camcorder. For details, visit: www.theoppositehouse.com.

Beth Young

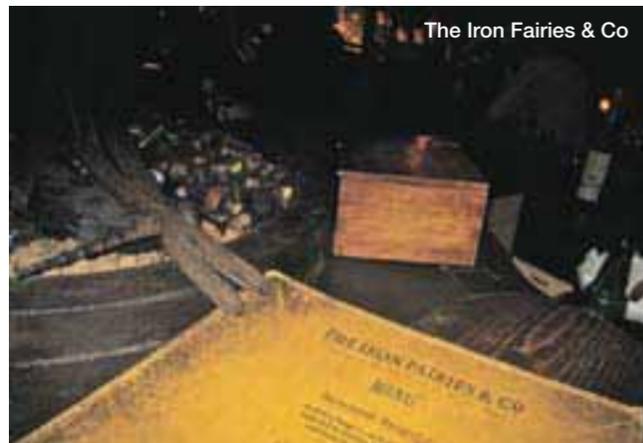


BANGKOK CALLING

Now that the sea of Red Shirts has swept away, **Mai Lynn Miller Nguyen** braves a return to the Thai capital.



Blue Velvet



The Iron Fairies & Co

When I last saw Bangkok in late March, anti-government protestors had turned the streets around mega-mall Central World into a giant party. I walked through crowds of crimson-clad demonstrators engaged in eating, dancing, singing and waving heart-shaped hand clappers. A few weeks later, violence erupted. The Thai army intervened and the merry scene became a warzone. How could this happen in the so-called Land of Smiles?

Returning two months after the bulk of the confrontation ended, I was expecting shells of burnt buildings and generally dampened spirits. Instead, I found the city scarcely changed, at least to this visitor's eye. Societal and political tension may continue to simmer under the surface, but the smiles are back on the faces of Bangkokians and tourists alike.

Normality appears to have been restored, even around the Ratchaprasong intersection, where most of the protests and conflict occurred. Travel advisories have been lifted, bringing back legions of tourists. Scaffolding emblazoned with 'Together We Can' slogans conceals Central World, heavily damaged by arson. The streets are again bumper-to-bumper with a rainbow of taxicabs. Vendors have reclaimed the



Bangkok Art & Culture Centre

sidewalks. The horizon of dining and nightlife options keeps expanding. Life goes on.

Having spent a considerable amount of time in the Thai capital over the past few years, I thought Bangkok could offer me few surprises. Yet over a week of traversing the city, I managed to discover so much more. When it comes to culture, shopping and nightlife, the city just doesn't stop. Here are a few reasons to get back to Bangkok.

Cause for Shopping

Since the 1970s, Siam Square has been the mecca for trend

will appreciate the interactive, audiovisual introduction to the Kingdom's cultural richness, but even locals call it a good time. Temporary exhibitions, such as the current coverage of Thai country music's evolution from the sixties to present, offer further diversions.

Arty Afternoon

Two cultural centres vie for your attention in Bangkok — why not check out both? At the Thai Creative and Design Centre, start your visit off at Kiosk coffee shop for a cappuccino and a view of the Bangkok skyline. The permanent exposition showcases some of the greatest design accomplishments from across the world. The shop@TCDC, with its range of art books, tchotchkes, and jewellery lets you bring Thai creativity home with you.

seekers and setters. Arson attacks during the riots destroyed a main section, devastating many independent store owners. Until a permanent location is organised, those who lost their spaces are selling in tents along the central sois. Thais are flocking back to Siam Square, eager to support those affected by the fire.

Rainy Day Activity

Monsoon season calls for indoor agendas. Set in the former Ministry of Commerce, the Museum of Siam serves as an innovative gateway to Thai history. Visitors

The Bangkok Art and Culture Centre, a striking circular building, recalls New York's Guggenheim Museum in design. Exhibitions reveal the force of inspiration propelling the Thai art scene, unifying provocative ideas with discerning skill — the latest works displayed were responses to recent strife across Thailand. Two levels of cafés, quirky stores, and space to simply hang out make for a choice place to spend a chunk of time.

Where to Wander

Unlike other parts of the city, a high concentration of noteworthy spots within walking distance makes the area around Phahonyothin soi Ari feel like a neighbourhood. Just across from the Ari BTS, the shops and salons at La Villa are a good point to launch your visit. The food stalls on Ari Soi 1 are culinary reason alone to drop by this part of town, though nearby restaurants such as trendy, seafood-focused Pla Dip (Soi Ari Samphan 7) also merit a meal. At night, continue exploring Ari's range of beer houses, bars featuring live music and coffee houses.

The All-in-One

An abbreviation for 'World Thai Friendship,' WTF has come to represent a dynamic blend of culture, food, and cocktails frequented by an artsy crowd. Cosy and quaint, WTF evokes a Brooklyn meets Paris vibe. Upstairs, the gallery space features exhibitions by contemporary Thai artists currently in vogue. Occasional shows, such as a recent musical performance by 'It' celebrity Gene Kasidit, enliven the charming place even more.

Evening Itinerary

Ritzy Thonglor road (Sukhumvit Soi 55) and the surrounding area is Bangkok's nightlife playground. Among several hotspots in the vicinity, three stand out. Iron Fairies takes its name and aesthetic from Australian owner Ashley Sutton's book series about an iron workshop for fantastical creatures. Bangkokians have embraced the concept of burgers, absinthe concoctions and occasional live jazz shows in a whimsical, speakeasy setting.

Just around the corner, Blue Velvet is a new restaurant/lounge designed in the form of a castle. It's a medieval dream come true — but much more comfortable than what Lady Guinevere and crew experienced. Cocktails are delicious but plenty strong, so soak up the luxuriant, candlelit atmosphere before you become oblivious.

Demo is the place giving older venues like Bed Superclub and Club 808 a run for their money. An urban design scheme paired with electro music emulates Berlin clubs — though a little less gritty. Graffi-

ti brightens the warehouse-like space, but the lighting keeps low for optimal dancing.

Aesthetic Accommodation

Located down a windy Sukhumvit soi, the Eugenia boutique hotel is a picturesque treasure worth finding. Whether you check into one of the colonial style rooms or simply drop by for tea in the Africa meets Asia sitting area, it makes for a pleasant port of call. The verdant courtyard with its green tiled swimming pool serves as an ideal oasis from the city's day-to-day mayhem. **F**

INFORMATION

Ari, BTS:

Ari, Phahonyothin Road.

Bangkok Art and Culture Centre

939 Rama I Road, Tel: 02 214 6301, Open from 10am to 9pm, closed Mondays.

Blue Velvet

Thonglor Soi 5, Tel: 02 392 1769, Open daily from 6pm to 1am.

Demo

Thonglor Soi 10, Tel: 02 711 6970, Open daily from 8pm to 2am.

Iron Fairies

394 Thonglor Road, Tel: 084 425 8080, Open from 8pm to 2am, closed Sundays.

Museum of Siam

4 Sanam Chai Road, Tel 02 225 2777, Open from 10am to 6pm, closed Mondays.

Siam Square

Rama I Road between Rajadamri and Phaya Thai roads.

Thai Creative and Design Centre

Emporium Shopping Complex, 6th Floor, 622 Sukhumvit Soi 24, Tel: 02 664 8488, Open from 10.30am to 9pm, closed Mondays.

The Eugenia

267 Sukhumvit Soi 31, Tel: 02 259 9011.

WTF

7 Sukhumvit Soi 51, Tel 02 626 6246, Open from 6pm to 1am, closed Mondays. **F**



Museum of Siam



Thai Creative & Design Centre

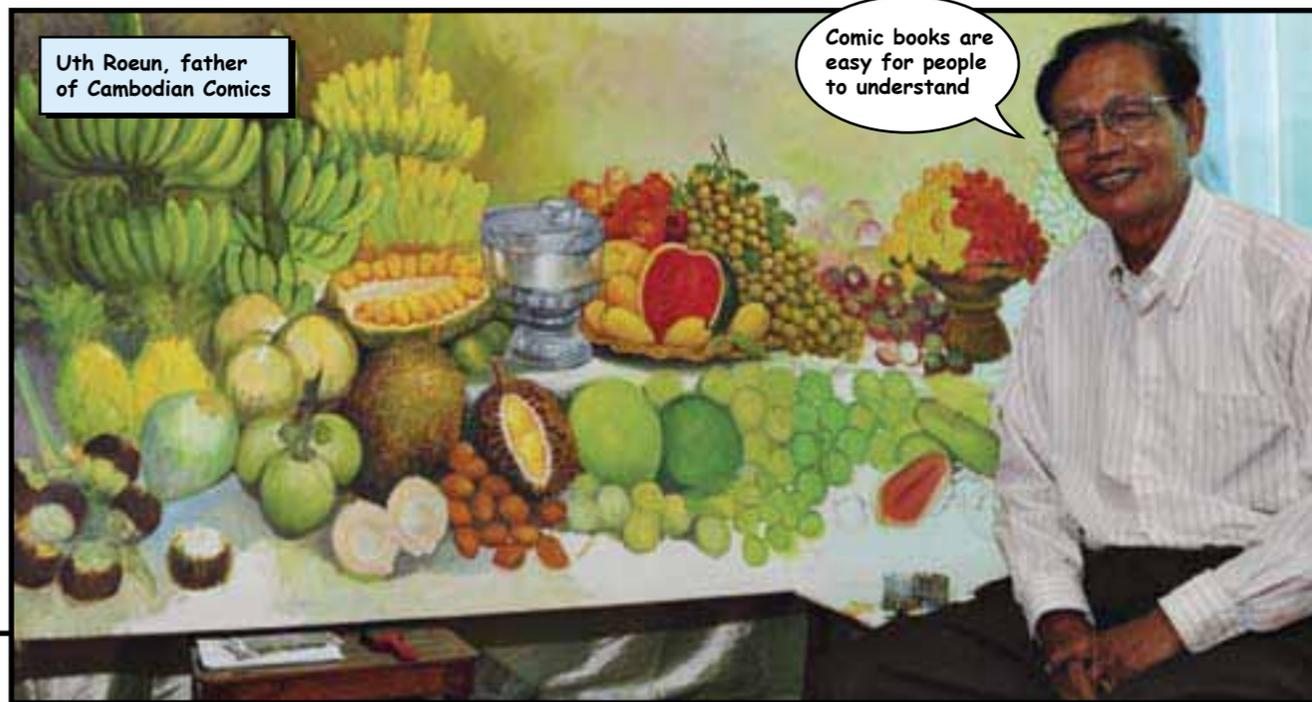


Thai Creative & Design Centre

Cambodian Comics: A New Leaf?



Something's going on in the world of Cambodian comics. Since the first known graphic novel was published in 1964, comic artists have struggled to overcome the challenges posed by the war period, advent of television, and copyright issues. Today signs are pointing to a reinvigoration of comics, as an emerging generation of artists begins to explore new directions. **Mai Lynn Miller Nguyen** takes a stroll through the history of Cambodian comics and asks what the future holds.



Uth Roeun, father of Cambodian Comics

Comic books are easy for people to understand

In the sunny studio of Sonleuk Thmey in Battambang, the future for young Cambodian artists looks bright.

Prak Ke, 22, a young Khmer graphic artist and cartoonist is explaining his plans for the future. Though he is in no doubt as to the difficulty of the path he has chosen to tread, he seems confident enough.

"I want to be a comic artist," Prak says. "It is hard, but I will put in the effort."

Despite his youthful years, Prak knows a lot about arduous journeys. As a child, he used to beg on the streets of Bangkok before the police deported him back to Cambodia. He ended up in an orphanage that had connections with Phare Ponleu Selpak, the Battambang-based NGO that runs three artist schools alongside more formal education. Aged 16, Prak enrolled in Phare's visual arts school.

At first Prak discovered how much he enjoyed telling stories through drawing. Then he developed his illustrative skills through participation in comic art workshops with visiting artists organised by Phare. Now, though he does not have much time to work on his own comics, as he is busy working on graphic design projects for Sonleuk Thmey, the graphic arts studio and publishing house that Phare established in January 2009.

Sonleuk Thmey contracts five graduates from Phare's visual arts school as illustrators and designers. Under the guidance of

a French graphic designer, the artists are responsible for delivering commissioned projects. In return they receive a salary, insurance benefits, and valuable work experience.

Not that it is job security that drives Prak forwards on his chosen path, rather he is motivated by a basic love of drawing, as well as an altruistic desire to get Cambodians more interested in reading.

"In other countries, there are so many books for people to read already," he says. "In Cambodia, there is less. I hope to use my skills to design more so people have plenty to read."

Preserving the Past

Few people in Cambodia know more about available reading material in the country, especially in the illustrated form, than John Weeks. Besides working as a comic artist himself, Weeks has made it a mission to support the growth of comics in Cambodia.

The American came to Cambodia 10 years ago. In 2006, he co-founded Our Books, a Phnom Penh-based non-profit organisation that promotes Cambodian comic book culture. Serving as an invaluable resource for local comics artists, the organisation facilitates workshops, organises exhibitions, and publishes selected graphic novels.

One endeavour of Our Books is to digitally archive comics produced in Cambodia. The archive, of around

300 works, provides a comprehensive perspective on how comics in Cambodia have evolved over the years and preserves the artwork for the future.

"People have these collections that are going to disintegrate," says Weeks. "If we don't do something, who will?"

Through Our Books' various efforts to preserve comics, Weeks has come to piece together an understanding of the history of comics in Cambodia.

Domestic comics date back to 1964, when artist Uth Roeun published what is regarded as the first comic book in Cambodia. For the next decade, comics seemed to enjoy a wide popularity. Yet as with other Cambodian art forms, the terror of war and the Khmer Rouge period during the 1970s stifled the comic book scene.

After the Khmer Rouge regime was overthrown and the country began to stabilise in the 1980s, the new socialist government's subsidy of the arts helped comics to flourish again. Weeks describes the initiation of a sort of cottage industry, with home screen-printed comics for sale in the marketplace. In pre-television days, comics were an accessible source of entertainment for Cambodians. According to Weeks, content generally encompassed romance, horror and interpretations of Khmer legends.

Towards the start of the 1990s, private printing presses became allowed. Without copyright protection, authors saw their

Uth Roeun, Father of Cambodian Comics

"I drew the villages, the countryside, the palms, the mangos, the coconuts, the beautiful girls," Uth Roeun smiles. "There were a lot of beautiful girls who I was secretly drawing."

Reading Tin Tin and other French comics, the author of Cambodia's first comic book in 1964 became inspired by the idea of using drawings to tell a story. Though when it came to creating a drawing style, he closed his books and sought to create something of his own. Uth began to sketch everything he saw around him. He translated the people and landscape of Cambodia into the visual language of comics.

"At that time, there were no comics artists in Cambodia," says Uth.

For the next decade, Uth published approximately 40 comic books. Many were retellings of Khmer legends, such as his rendition of classic tale Tum Teav, while other narratives revolved around romance and daily Cambodian life.

Uth recalls how comics were passed among friends, so that each comic purchased ended up in the hands of several readers.

"Comic books are easy for people to understand," he explains. "At the time, there were no movies. Most Cambodians could not read, but could understand comic books."

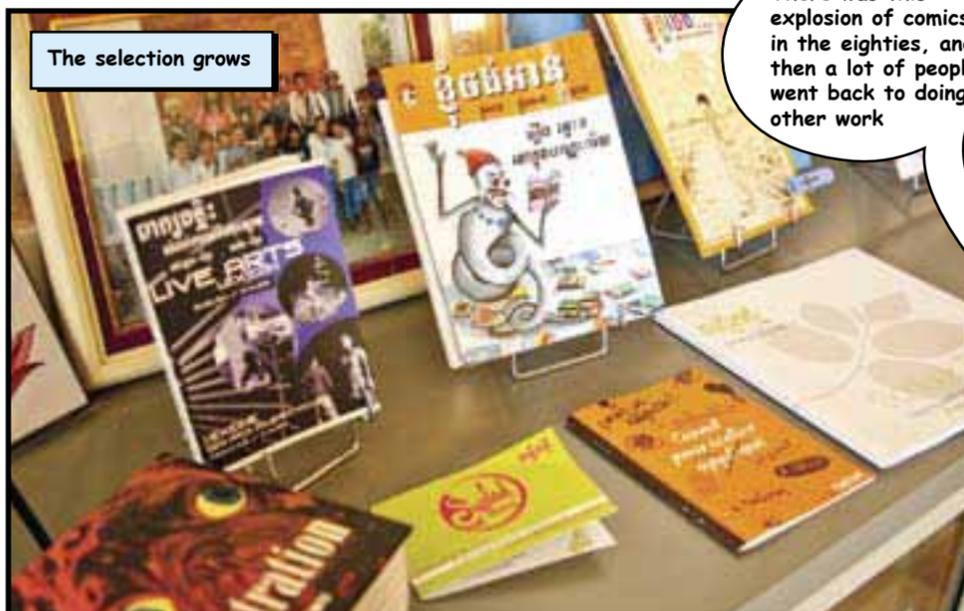
His recollections paint a picture of a time when comics were in demand and structures were in place to supply that demand. In the late 1960s and early 1970s, Uth says he easily earned a living from his comics. He maintains that royalties from his first comic book were the equivalent to two thousand dollars by today's standards.

Now 65, Uth can be found most days in his office at the base of Wat Phnom, in the centre for the Association of Cambodian Artist Friends that he founded in 2000. He stopped making comic books years ago due to weakening eyesight, but still continues to create art. Works in progress fill the room—an immense canvas presents the beginnings of a fruit still life and a wooden model of Angkor Wat is being partially covered in gold leaf.

In fact, a career in comics has been only a small part of Uth's colourful life. He's illustrated for schoolbooks, novel covers and magazines. During the Khmer Rouge regime, Uth survived by painting portraits in exchange for food and other necessities. He served as Department Chief for Publishing at the Ministry of Education before retiring in 2001. Today, painting is his main activity.

Over the past five decades, Uth has seen comics pass through various stages, so he is ideally placed to comment on the current crop of cartoonists.

"The young artists now are very good," he says, before adding with a hint of a smile. "Some are even better than me."



The selection grows

There was this explosion of comics in the eighties, and then a lot of people went back to doing other work



work appear under the names of others. Earning money from creating new comics became less viable. As other forms of entertainment materialised, the demand for comics waned, and the scene fizzled out.

"There was this explosion of comics in the eighties, and then a lot of people went back to doing other work, such as architectural drawing and painting," says Weeks. "We know these people are out there, but keeping tabs on an entire community takes some doing."

Tracking down comics such as a detective follows a trail of clues, Weeks often relies on word of mouth to discover new leads and for following up obscure angles. In his quest, he has even stumbled across manuscripts yet to be published.

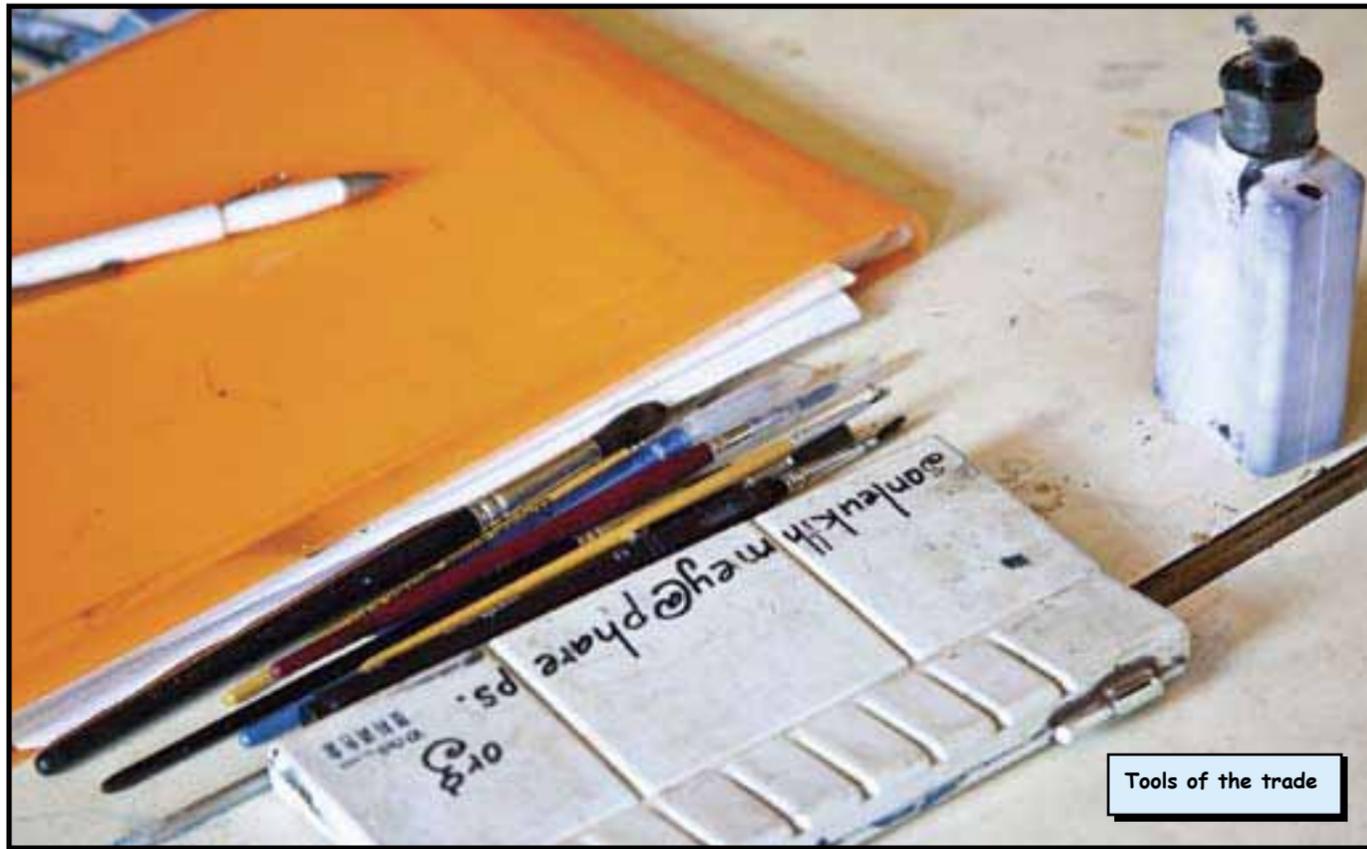
One such example is Flower of Battambang by Em Satya. Although one of the most prolific comics artists from the 1980s, Em's book sat in his drawer for years until he showed it to Weeks. With the support of the French Embassy's Valorisation de l'Écrit en Asie du Sud-Est project, Our Books published the book in 2007. It first run sold out almost immediately.

Tradition Passed Down

Weeks believes that the crop of new comics artists can gain a lot from understanding the older generation of Cambodian comics artists.

One such is Ing Phouséra, known more commonly by his nom de plume Séra.

Séra believes that there has always been a "strong place for images" in Cambodian culture.



Tools of the trade

"It suffices to enter into a temple to realise that," he says.

Born to a French mother and a Cambodian father, Séra was 13 when the Khmer Rouge took control of the government. He and his family fled Phnom Penh to France, where he has resided ever since.

Impasse et Rouge, his first publication in 1995, employs a dark, dramatic aesthetic to depict the gradual fall of Cambodia to the Khmer Rouge. Though Séra's beautifully rendered graphic novels have earned him fame on an international level, on his return visits to Cambodia, he is keen to help develop local talent. In coordination with VALÉASE, Séra directed a series of workshops in Phnom Penh and Battambang from 2005 to 2008 entitled (Re)Génération.

"(Re)Génération is a project born from a desire to breathe life into comics in Cambodia," says Séra. "I notice that the youth I meet are hungry for images and the ability to use them for self-expression. I do not impose anything big. I do nothing more than propose a framework. Then I accompany the current."

Published in 2008, (Re)Génération: La Nouvelle Bande Dessinée Khmère showcases

Where to Buy Comics in Phnom Penh

Carnets d'Asie, 218 Street 184. The bookshop at the French Cultural Centre features a handful of Séra's publications, the (Re)Génération anthology and graphic novels, Em Satya's Fleur de Battambang, and several French bandes dessinées.

International Book Centre, 250 Monivong Boulevard. IBC offers a selection of independent Cambodian comic books.

Monument Books, 111 Norodom Boulevard. A go-to for a wide array of foreign graphic novels, including some local publications such as John Weeks' QuickDraw.

O'Russe Market, Street 182 at Street 63. Though scavenging is required, the books section sells screen-printed versions of older Cambodian comics.



Building a team environment

selected comics from the workshop participants, including Prak Ke and fellow Sonleuk Thmey designer Reun Sokhom. The premier anthology of its type in Cambodia, the publication reveals a diversity of content and techniques previously unseen in local comics.

The level of talent among these artists is striking, but Séra is aware that talent alone is not enough.

"There is only one thing that is valuable," he says echoing Prak Ke. "Hard work and perseverance. The young authors in the country must work daily. Only then will the fruits of their labour come."

Propelled by Passion

How realistic is it for young comic book artist to have sufficient time to perfect their chosen art? Even if they have the necessary skills there are many societal, as well as financial pressures, working to prevent these artists from pursuing their talent.

Try Samphos is a prime example. Though Try enjoyed drawing from a young age, her family discouraged her from considering art as anything more than a hobby.

"My parents did not want me to be an artist," she says.

"They thought artists can not earn money." When it came to university, she pushed aside any idea of applying to art school in order to pursue a more practical degree in management.

For most post-war Cambodians, choosing a profession is about finding a source of dependable income. Being an artist, particularly a graphic artist, is seen as an unreliable choice of profession.

Despite the concerns of her parents, Try has found a way to do what she loves.

Continuing to draw for her own enjoyment, she honed her skills by participating in various workshops. She taught herself how to use Photoshop and Quark Express, so that she can scan her drawings and fill in the colour digitally.

Try now works as a graphic designer and comics artist, taking on the occasional commission for NGO projects.

She has also self-published six of her own written and illustrated children's books, including one comic-style book. "I cannot do any other job, I only love this," she says.

An Income from Art

Try is not alone in turning to NGOs for work. Local and international organisations, as well as government agencies, have used comic books to illustrate educational messages on topics such as HIV and AIDs awareness, water safety and children's rights.

Makara Soeung is one artist who has capitalised on the demand for commissioned publications. Starting with US\$800, he set up his own printing house, Grand Arts. The company has now published around 100 publications since 1998, many of which are for NGO and government agency projects.

"There are many companies using comics artists," says Makara. "If artists have good imagination and know how to make relationships, they can support their living."

According to Makara, it is possible to be both a canny businessman and an artist, though perhaps not at the same time.

For now, Makara is grasping the opportunity to finance himself in the present. He finds he hasn't the free time for creating comics now — though he looks forward to the day when he will again. "When my business is stable, then I will only do comic books," he says.

What's next?

So what does the future hold for Cambodia's young comics artist community? A recent success story illustrates the present predicament.

In March 2010, Sonleuk Thmey published two graphic novels, Nos Coeurs and Au Commencement, under the editorship of Séra.

Based on workshops held from June 2008 to January 2010, Séra selected artists Nuong Sakal and Chea Sereyroth to illustrate the publications. Featuring modern drawing techniques and bold storylines, the two novels represent a remarkable achievement for comics in Cambodia.

Like many of the workshops and publications over recent years the graphic novels were funded through the support of VALÉASE. Dependency on subsidies makes a fragile situation for the production of comics in Cambodia. Since the VALÉASE project ended, Séra's plans for future workshops and publications have been placed on hold.

"There is still a lot to do, to pass on, but the funds are missing," he says. "I do not know yet how things will continue in the near future."

In order for comics to advance in Cambodia, building readership and demand is key.

"We're going to need a market that exists without subsidies," says Weeks. "The fact that it was thriving before in the 1980s, and it sounded pretty good in the 1960s, raises the question of what can we do to get it up to speed now?"

Until comics can sell for profit, commissions from the NGO sector are maintaining comics in Cambodia. Stories like those of Prak, Makara, and Try show that some comics artists can earn a living, though it requires tailoring their art to meet the demands of clients.

The new generation of comics artists, eager to explore new forms and encouraged by opportunities to do so, will have to come up with their own answers as to what the future holds for them. Whether that will be in full-technicolour or more black than white, only time will tell.

Profits from *Quickdraw* will go towards funding the organisation *Open Books*, which Weeks co-founded. ■

24 Hour Comics Day

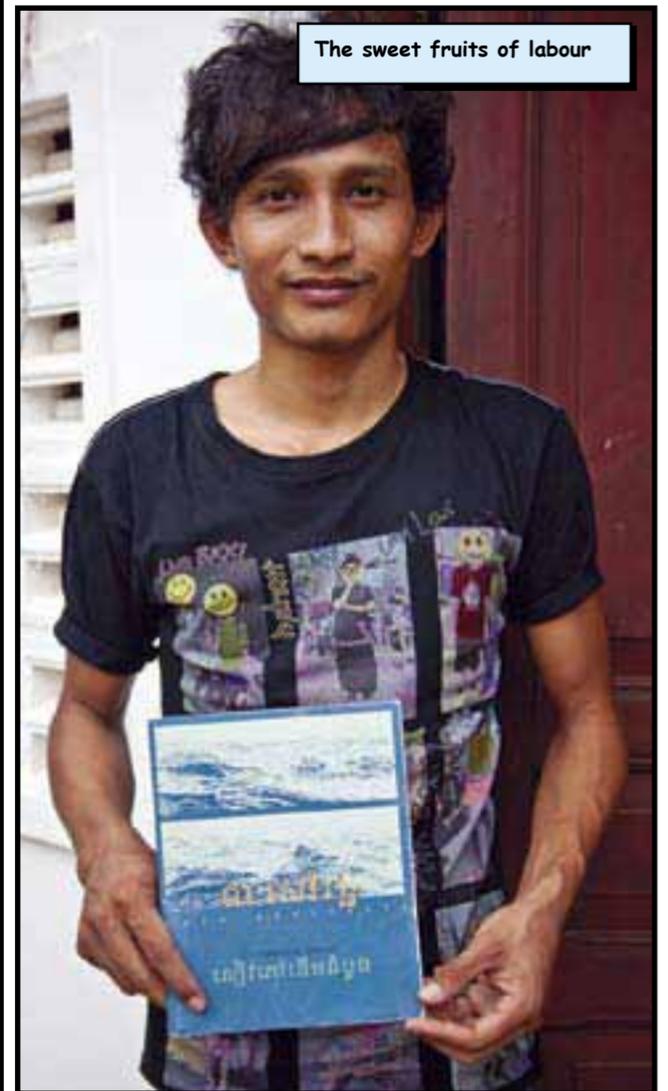
Catch comic book artists in action at the 24 Hour Comics Day event on Oct. 3 at Java Café and Gallery. Every year, comic book artists worldwide gather to share ideas, defy sleep and come up with 24 original pages over the course of a mere 24 hours.

Organised by Our Books, a group of artists in Phnom Penh are accepting the challenge. Though 2010 will be the third year that cartoonists in Cambodia are joining in, this marks the first time for participation over the full 24-hour period. An opportunity for artists to come together, the event will also link to the global comics community via a web cam.

Pages will be posted for exhibition as completed and kept on display at Java for one month following the event. Artwork can be purchased for US\$24 a page.

Cambodian and foreign artists of all skill levels are welcome. Paper, art supplies, and coffee will be on hand for all those who want to join in the fun.

24 Hour Comics Day Cambodia, Java Café and Gallery, 56e1 Sihanouk Boulevard, 8am on Oct. 3 to 8am on Oct. 4. Follow at home via webcam and Twitter at: www.javaarts.org.



The sweet fruits of labour

GRAFFITI TAKES THE GALLERY TO THE STREETS

Cambodia has many unwritten rules, one of which is not to write on private property. Bearing this in mind artists **Peap Tarr** and **John Berko Berkavitch** discuss graffiti's potential in the Kingdom with AsiaLIFE's **Mai Lynn Miller Nguyen**.

Once considered vandalism, graffiti has now gained acceptance as a legitimate art genre in the West. However, it is doubtful that it will emerge here the same way as it did in say, New York, where graffiti has gone from the streets to the galleries. Following recent exhibitions by visiting and expat graffiti artists in Cambodia, the question rather is whether the rise of graffiti could occur in the opposite direction—from the gallery to the streets.

A New Perspective

Peap Tarr represents a redefined concept of a graffiti artist. He paints walls, but also paints canvases. Rather than the ubiquitous spray can, the Khmer-Kiwi artist's tool of choice is a paintbrush. Though he got into graffiti through tagging, the term for covering public space with a stylised signature, these days Tarr focuses on intricate designs that are a modern, urbanised take on Khmer art.

Having moved to Cambodia earlier this year, he hopes to help introduce graffiti to the country, while keeping on the right side of the law.

Together with two Malaysian artists, Tarr recently lead a workshop for children through NGO Mith Samlanh. After showing examples of their work and

coaching techniques, the artists handed over the paint to the children to create their own graffiti.

"Are we teaching kids to do illegal activities?" asks Tarr. "We were using canvases. Afterwards, we did do something on a wall. That's not illegal. At the end of the day, we're just showing them another form of art."

The Question of Space

The use of public space is a key element of graffiti. For Cambodia, the issue of finding space to paint poses a challenge.

"What Cambodia needs is more publicly owned buildings," says John Berkavitch, a Phnom Penh-based artist and veteran of the British graffiti scene. "There's so much private property. This is what I worry about graffiti in Cambodia. If the average Cambodian came out of their house and saw some kid painting on the side of it, it probably wouldn't go down too well."

In May, residents of Phnom Penh were outraged when an Italian artist stencilled the walls of Tuol Sleng genocide museum with the likenesses of executed detainees. In terms of placement, Tarr and Berkavitch agree that graffiti artists must respect certain codes of conduct. "Graffiti is about adding to the aesthetic, not just for

publicity," says Berkavitch.

His own story presents an example of how graffiti can be interpreted innovatively. As a co-writer and performer for the acclaimed production "TAG: Just Writing My Name" which toured across the UK from 2006 to 2008, Berkavitch created metaphorical graffiti through dance and dialogue.

Promoting Art for Art

"Essentially graffiti is conceptual art, you're not making it to sell," says Berkavitch. A professor at a Cambodian University, Berkavitch teaches a course on multimedia. When he discusses graffiti with his

students, he attempts to explain its fundamental tenet—creating art simply for the sake of creating art.

For Cambodians, this understanding of art has been overshadowed by the necessity of earning money. Post-war Cambodia, still reeling from socio-economic trauma, has not been an environment where creativity easily flourishes. "There's a lot of talented artists here," notes Tarr. "But people have to do things to survive."

An emergence of graffiti in Cambodia could occur in two ways. One option would be that Cambodians adopt styles from the West, as has largely

occurred in other Asian countries. The more compelling alternative would be that Cambodians build an approach of their own.

During the Mith Samlanh workshop, Tarr encouraged the kids to represent their culture.

They created paintings of Naga snakes and Buddha—demonstrating the potential of graffiti to be an original means of expressing Khmer identity.

He'd had that moment that I had the first time. He was able to look at that whole wall and think you know, that doesn't look too bad."

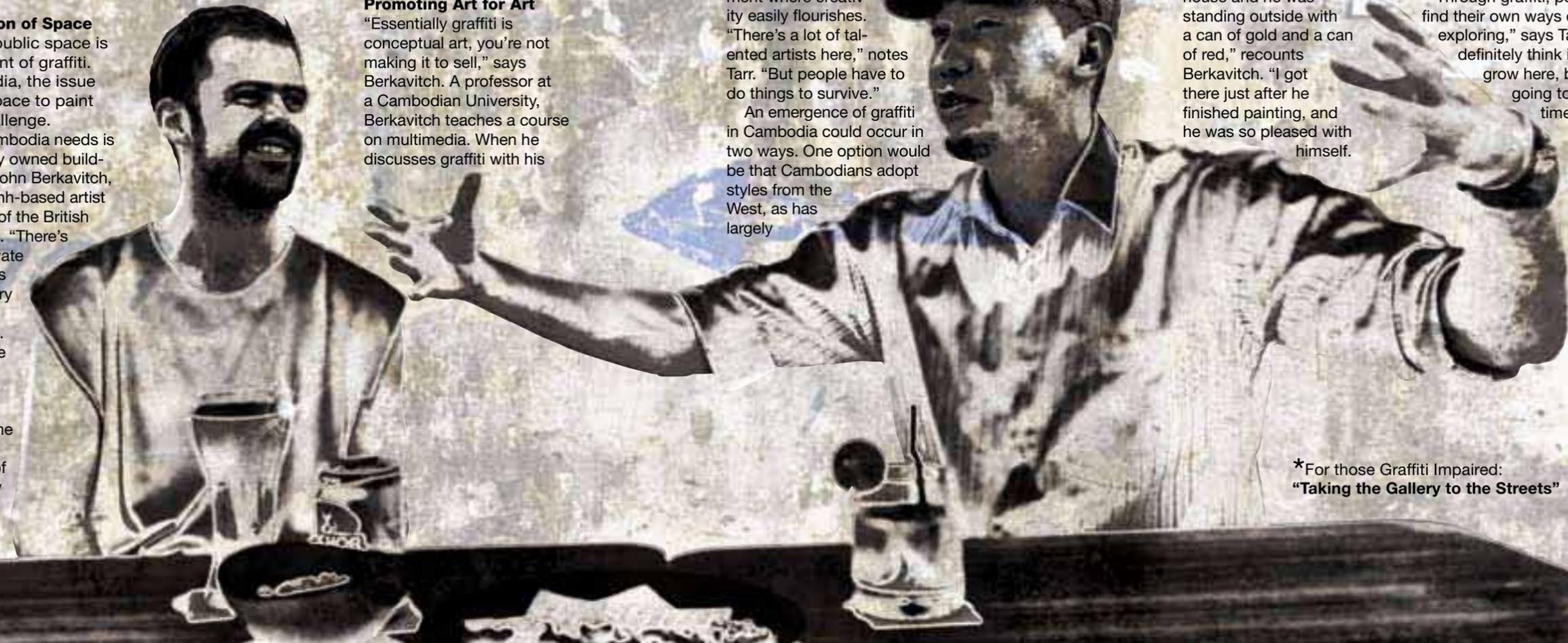
Looking Forward

At the guesthouse where Berkavitch first stayed in Phnom Penh, he and a friend shared sketches of graffiti outlines with a member of staff.

"Two weeks ago, we went back to the guesthouse and he was standing outside with a can of gold and a can of red," recounts Berkavitch. "I got there just after he finished painting, and he was so pleased with himself."

As artists like Berkavitch and Tarr strive to establish graffiti in Cambodia, there is the potential for stories like these to become more common. Techniques can be taught, but ultimately the art form will develop only if Cambodians themselves embrace graffiti.

"Through graffiti, people find their own ways of exploring," says Tarr. "I definitely think it will grow here, but it's going to take time." ■



*For those Graffiti Impaired:
"Taking the Gallery to the Streets"



Khartoon Kingdom

Cambodian cartoons may be some way off, but individuals here and there are slowly putting homemade comics into action.
Words by Nora Lindstrom.



While modern, computerised 3D animation has added a lot of layers to the art of creating animated scenes, the basic idea has remained the same over time: consecutive images with slight differences shown in rapid succession. It is a laborious process.

Poy Chhunly knows how much effort goes into making only a few minutes worth of animation. Largely self-taught, he is one of a handful of animators in Cambodia. "Making a three-minute animation from start to finish can take six months," he explains.

A former student and current teacher at Phare Ponleu Selpak art school in Battambang, Chhunly says he initially focused on traditional drawing and painting. As he learnt more about comics and storyboards, his interest in animation grew.

"I had seen Tom & Jerry [on TV] when I was young, but I had no idea how something like that could be done," he says.

In 2002, a Khmer-American photographer visited Phare Ponleu Selpak, giving Chhunly his first taste of animation. Later, French professional animator Yannick Zanchetta did a residency at the school. The pair created a three-minute animation entitled *A Boy Drinks Bad Water*.

The clip went on to win the Golden Buffalo Award in the Local Showcase category at the independent film festival CamboFest in 2007.

Since then, with his wife Kolab, Chhunly has produced a handful of other short 2D animations mainly for NGOs. However, he spends the bulk of his time teaching others.

"Animation is difficult and you need to draw a lot every day," he says. "Many start but then stop."

Unfazed by the amount of work involved, Soeung Makara

too decided to enter into the world of moving pictures.

"I only started making animations this year," he says, showing clips from his first 2D animation, a one-minute educational piece for Save the Children.

No newcomer to cartoons, Makara had previously worked as the editor at children's magazine Tam Tam. "I always wanted my drawings to be able to do real actions," he says. "That's why I started doing animation."

According to Makara, there is a market for animation in Cambodia, particularly among NGOs who are keen to spread educational messages.

"Animated films are attractive especially for children and people in the countryside," he says. "Also, they can be more effective [than regular acting] in spreading messages about health and hygiene, because you can really show things."

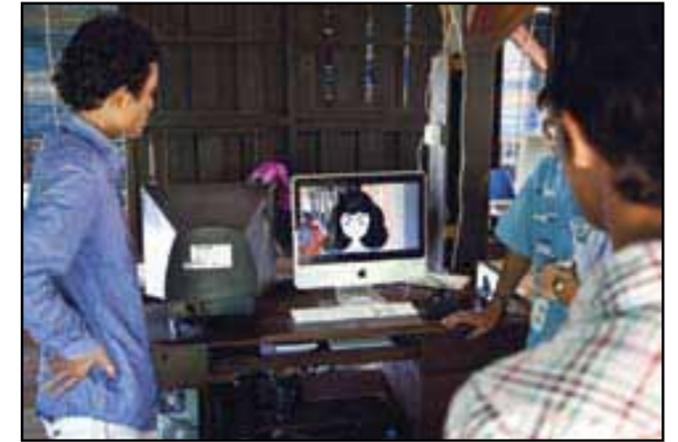
Certainly, depicting diarrhoea through animation is much more pleasant than showing its effects in reality.

Heng Chulsa agrees there is a demand for animation from both companies and NGOs, but notes few people have the skills to produce high quality animation.

"Many who do animation in Cambodia lack knowledge of the basic principles," he says.

Chulsa himself is a pioneer of 3D in the Kingdom. He became fascinated with 3D animation when he saw wireframe modes in use in the "Behind the Scenes" of one of his favourite films, *Sinbad*. "After that, I went to look for software and started to learn."

Now running a 3D animation school called the Computer Graphic and Animation Centre, he dreams of creating unique, local cartoons, not just promoting products.



"Cambodia has a lot of mythologies, we can get inspiration from that," he says. An ongoing personal project is to create Cambodian martial arts animation.

The Kingdom's cultural heritage is also what inspired non-profit Heritage Watch to create an animated game to raise awareness of the effects of looting on archaeological sites.

Entitled *Looter!*, the game sequels a comic book called *Wrath of the Phantom Army*, also by Heritage Watch. A Cambodian-international team, including Heng Chulsa, is behind its realisation.

"We chose the medium of an animated game because of its ability to be immersive, memorable and re-playable," says project manager Damien Huffer.

In the game, players first have to assist different actors involved in preserving cultural heritage sites and later use information gained to "unlock" conversations with a variety of stakeholders.

Apart from being fun, Huffer says animation can be a valuable tool for NGOs and similar actors.

"I think that most importantly, animation and educational games with strong animated content and components can really help NGOs demonstrate the processes that they are attempting to educate their supporters and donors about," he says.

To make the game accessible across a wide audience, the producers had to think about how it would be made. "The Flash programming language is straightforward enough that it can be readily used online by even more rudimentary servers," says Huffer.

Indeed, while computer programmes allow for the creation of impressive graphics, snazzy cartoons usually also result in big file sizes. Given that the internet has grown into a prominent way in which to share animated clips, Cambodia's slow and expensive web hampers sharing as well as learning.

Nevertheless, Chhunly remains hopeful.

"Kids today love to learn about animation," he says. "The next generation will know so much more than I do." ■

For more insights into Khmer animation, visit:
www.mayayeha.com

<http://greenfas.ning.com/profile/PoyChhunly>

<http://www.heritagewatchinternational.org/game-play.html>

Or log on to www.youtube.com an look for animated clips by users *pharesp*, *tanvandy*, *letterzrnumbers* and *animationcambatt*



FINDING JUSTICE: ROUND ONE

Pol Pot's chief executioner will probably spend the rest of his life behind bars but the trial of Kang Guek Euv is not the first. **Luke Hunt** revisits earlier efforts to find justice for the victims of the Khmer Rouge.

In 1979 Pol Pot and Ieng Sary were sentenced to death in absentia for genocide by a Cambodian court that failed to win world recognition despite detailing some of history's grisliest crimes.

Backed by invaders Vietnam and the Soviet Union, the two-day hearing was ridiculed as a rigged show trial by western governments. They were right but the reasoning for condemning the trials was to maintain their recognition of Pol Pot and the Khmer Rouge as the rightful rulers of Cambodia.

Thirty-one years later, however, the same detractors have emerged as chief supporters of the current Khmer Rouge trial.

The U.S., Japan, Australia and France have led the push, demanding the surviving Khmer Rouge leaders face justice for the deaths of up to two million people.

Kaing Guek Eav, alias Duch, was sentenced to 35 years in prison. But time off for the 11 years already spent behind bars minus a further five years because part of his detention was

ruled illegal means he has only another 19 years to serve.

Time-off has upset many but was widely expected and in-line with international norms.

No such justice was seen in 1979. But that trial left no doubt about the moral guilt of the Khmer Rouge who's almost four-year reign was ended by Vietnamese troops in January that year.

US-trained lawyer and author Theary Seng said the 1979 trial illustrated a quintessential Communist legal farce established by an occupying power to justify its presence by highlighting the genocidal regime of the Pol Pot clique for all the world to see.

"The significance of the 1979 show trial is not its legal values but its historical milieu wrapped in Cold War politics," she said.

Among those defending Pol Pot and Ieng Sary was U.S. lawyer Hope Stevens. As an African-American, she described herself as an expert on "genocide, murder, rape, torture, mutilation, lynching and deprivation of human rights."

She labelled her own clients "criminally insane murderers."

Witnesses were paraded and told the court gruesome tales of genocide, cannibalism, how children were fed to crocodiles and mass killings at a rate of 250 to 300 per evening session.

On August 19 Pol Pot and Ieng Sary were sentenced to death.

However, the lack of a legitimate defence discredited the trial in a world where political impressions too often counted for more than the facts.

Those impressions were shaped by the Cold War. The U.S. and western countries recognised the Chinese-backed Khmer Rouge as a strategic move against the Soviet Union and Vietnam who ousted Pol Pot and ended his reign of terror.

Cambodia finally promulgated legislation for the current tribunal in 2001 and it was only after tortuous negotiations with the U.N. that the current effort to try surviving leaders got underway.

At first Pol Pot and Ieng Sary did not take the 1979 verdict seriously.

But in 1996 Ieng Sary defected to the government after negotiating a pardon with then King Norodom Sihanouk from the death sentence imposed by the Vietnamese-backed court.

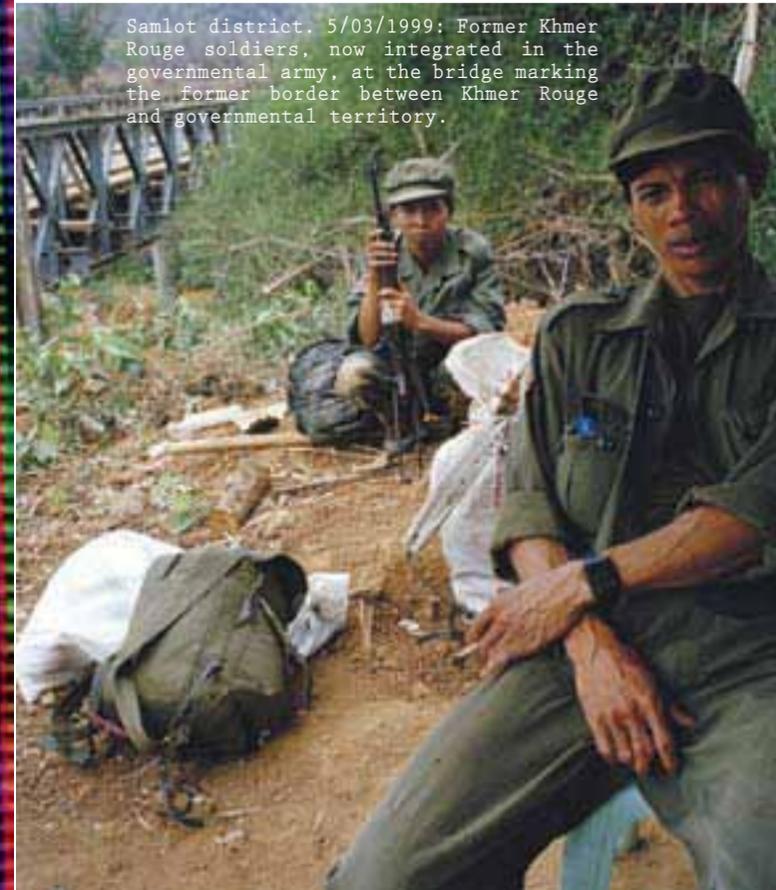
That pardon gave weight to the 1979 court hearings and this could form part of Ieng Sary's defence when he appears before the tribunal, alongside his wife Ieng Thirith, Brother Number Two Nuon Chea and Khieu Samphan, a former head of state.

However, prosecutors will likely argue the pardon was only for the sentence meted out for genocide and should not hinder charges of crimes against humanity.

Youk Chhang, Director of the Documentation Centre of Cambodia, said the legal processes were not ready back in 1979, particularly for the victims, and that trial was driven by anger and hate.

"Now, 30 years later, no one has been intimidated or traumatised by the establishment of the tribunal. The victims are now the judges ... justice is still very important to them and in even greater demand than in 1979." 

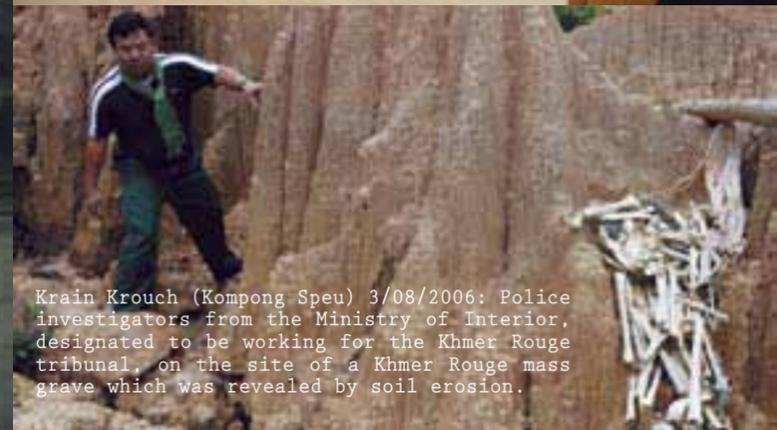
Samlot district. 5/03/1999: Former Khmer Rouge soldiers, now integrated in the governmental army, at the bridge marking the former border between Khmer Rouge and governmental territory.



Kambol (Phnom Penh) 24/02/2009: Ieng Thirith, born in 1932, Minister of Social Affairs during the Khmer Rouge regime, charged with crimes against humanity, in front of her judges at the pre-trial hearing of the Extraordinary Chambers at the Courts of Cambodia.

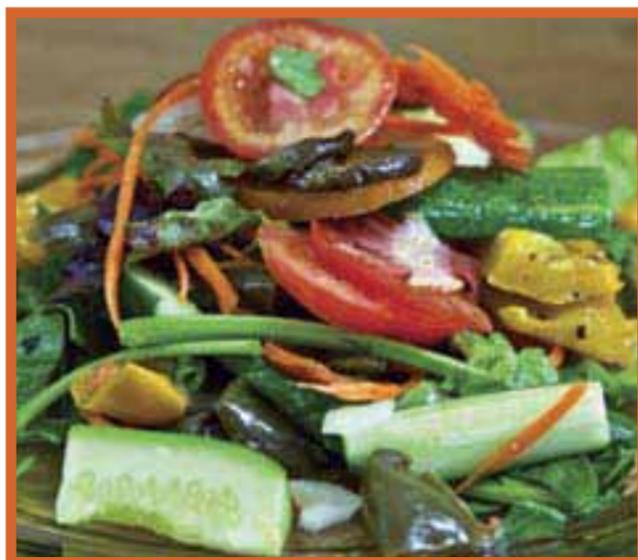


Krain Krouch (Kompong Speu) 3/08/2006: Police investigators from the Ministry of Interior, designated to be working for the Khmer Rouge tribunal, on the site of a Khmer Rouge mass grave which was revealed by soil erosion.



Food Corner: The Veggie Way

The recent increase in the capital's vegetarian restaurants gives even the most hardened vegans an opportunity to enjoy a hassle-free lunch. **Nora Lindstrom** checks out the herbivore scene.



Mi Chay
88 Street 173

Located a stone's throw from Olympic market, this basic eatery serves a largely Khmer crowd of young professionals. The short menu is not available in English, but at lunchtime the choice is pretty straightforward anyway – noodle soup or fried noodles. Prepared without meat stock or fish sauce, the noodle soup (2,500 riel) arrives an instant after ordering. How they got the stock so flavourful is a mystery, as there are only a few bits of overcooked carrot and some leafy greens in the soup. The rest consists of tofu in a variety of forms, some of which stricter vegetarians may consider too meat-flavoured for their palate. Like many other local spots, the food is not fresh, so leave the mushrooms to soak in the stock and devour them last.



Mao Xiang Xi Healthy Vegetarian Restaurant

699 Monivong Boulevard
Roast chicken thighs, meat balls, fish dishes, and an assortment of "meats" are some of the choices on offer at this veggie establishment. Rest assured though, they're all fake. The extensive menu, on which most items cost around 4,000 riel, features everything from stir-fried veggies, through a variety of "special" noodle soups, to aforementioned bean-meat dishes. The hot pots (10,000 riel) are good for sharing at dinner time, but consider starting the meal with roast chicken wings (4,000 riel). These are so tasty even carnivores should not eschew them even if they claim

to "not see the point" in eating ersatz meat. The clean wooden booths are a nice touch in the otherwise plain establishment, though the overall sense of cleanliness is somewhat diminished by the sticky menu.

Vego
3E0 Street 51

Fresh is what the salad bar at Vego says. Starting from four different types of lettuce, through over a dozen choices for condiments, to gourmet additions of six varieties of cheeses, this is where to go for fantastic make-your-own salads and wraps (from US\$3.50). With salmon, crabmeat, tuna, and prawns featuring on the menu, it's not strictly vegetarian. Still, even non-pescetarians will find it easy to create their own healthy salad as there are plenty of veggies and pulses on offer. While the house dressing is tasty – and goes with almost any combination of greens – you would be wise to ask for it to be served on the side, as your salad may otherwise become drenched. For an extra healthy meal, don't forget to order one of the fresh fruit and vegetable juices (from US\$2), or if you're very hungry indeed, have a soup on the side (US\$1.50). Vego goodies can also be delivered straight to your door.

The Vegetarian
11 Street 200

In addition to serving only veggie-friendly food, there's another recurrent theme to one of the Penh's latest vegetarian restaurants – one dollar prices. Consistent throughout almost the entire menu, this establishment offers everything from stir fries



to sandwiches, soups and noodle dishes all for the same small price. One of the few departures from the trend is the set lunch, which weighs in at 3,000 riel. Featuring three regularly changing vegetable sides around a scoop of rice, the plate is tasty and filling, making for the perfect veggie meal especially when accompanied by one of the restaurant's freshly made juices, jam-packed with your choice of fruit and veg. Staff at the small eatery promise there's no meat stock or fish sauce even on the premises.

K'NYAY

25K Suramarit Boulevard
One of the Penh's most popular veggie haunts, K'nyay is worthy of its reputation. Vegan safe yet also serving seafood and meat on demand, it's the kind of place both herbivores and carnivores can enjoy with both a good conscience and a full belly. The

mixed bean, peanut and mint dip with crudités is a great starter to share, while the roast pumpkin and pear salad (US\$4) offers a curious, yet tasty mix of different flavours. For main course, the curries (US\$5) are unbeatable. The sweet potato and peanut stew in particular manages to create a perfect balance between the sweet and savoury, while the tofu amok is a great veggie-friendly take on what many consider Cambodia's national dish. Friendly service, social conscience, and most importantly stellar food, make K'nyay worthy of a trip even for people without vegetarian inclinations.

Surn Yi Mei Shi Guan
13AB Street 184

This simple veggie eatery wins over its neighbour (also a vegetarian restaurant) thanks to rattan chairs and cheery, pink painted walls. The menu

contains the usual suspects of noodle and rice dishes (around 4,000 riel), as well as hot pots starting at 16,000 riel. Less common items include a variety of burgers. The cheese burger is disappointing. No Portobello mushroom and goat's cheese here, instead you will get a plain bun filled with egg, a slice of processed cheese and some veggies covered in mayo. Thankfully the fresh apple and carrot juice (3,000 riel) brightens up the meal, and fans of bubble milk and tea will find Surn Yi boasts an extensive selection of this curious, yet much-loved drink. And should you fancy a bit of bling, the hole-in-the-wall restaurant also houses a jewelery shop in the back.

Evergreen
109 Street 130

For a vegetarian, it's always reassuring to know the owners of

a veggie restaurant are also strict followers of the diet. A new-comer in the business, Evergreen was opened by Phearun and his wife who grew tired of the few eating-out options available to them. Serving no food derived from the animal kingdom, not even in the spices, the couple's bright and air-conditioned establishment serves mainly Asian dishes in the 4,000-7,000 riel range. If the "artificial intestine" dishes sound a bit too gory, go for the excellent deep fried dumplings (4,000 riel). Light and crispy, they are filled with a flavourful mix of mushrooms and spices. The fried Chinese noodles with artificial seafood (7,000 riel) is another popular option. While the veggies in the dish are crunchy, the overall effect is somewhat bland. Eggs are available at Evergreen, but only on demand, and no garlic is used in the cooking. 🍲



TASTE OF ITALY

Emulating the cooking that inspired him to become a chef, Luna d'Autunno's **Michael Cecconello** is bringing the flavours of his grandmother's kitchen to Phnom Penh. Words by **Donald Fagan**.

For those seeking the secret behind some of the most authentic Italian cuisine in Phnom Penh, Michael Cecconello has a simple answer, "If you cannot buy good products, it's better to do it yourself."

He estimates that 90-95 percent of the menu is homemade.

"The mascarpone cheese is homemade, the ricotta is homemade, the bread is homemade..." lists the manager of Luna d'Autunno. "It would be easier to tell you what we buy than what we make actually."

Cecconello came to Phnom Penh almost two years ago, enticed by the opportunity to manage the two Cambodian outposts of his cousin Gino's successful Vietnam-based Luna d'Autunno restaurants.

The first restaurant opened in Hanoi 15 years ago. Now, the cousins share Luna d'Autunno's traditional home-style Italian cooking with customers in Hanoi and Mui Ne in Vietnam, as well as Phnom Penh and Sihanoukville.

Of French-Italian heritage, Cecconello was raised in France. Though his cousin is the only other member of his family involved in the food industry, he says he was always interested in food. "I'm a cook, I'm a chef, that's my job for so far as I remember," he recalls. "Since I was a kid I used to work in the kitchen with my grandmother."

After working in restaurants in France and Italy, Cecconello realised that he could capitalise on his cooking skills to see the world.

Before coming to Phnom Penh he spent three months in the Cameroon as a working tourist. "With my job it was quite easy just to work at a restaurant, get some money to move further, work somewhere else and just move on like that visiting countries," he says.

Though much of the Luna d'Autunno menu is homemade, there are certain ingredients that must be imported to ensure an authentic Italian food experience.

"We buy Parma ham because we cannot buy it here, right? Parma ham comes from Parma," Cecconello explains. "It has a typical taste, you cannot buy it from somewhere else. So we have to import. We import Parma ham, we import olive oil, these main things that we cannot make by ourselves, we import."

The food certainly tastes as if it has been lovingly prepared. The kitchen staff whip up tasty wood-fired pizzas in the open-air kitchen, while diners relax in the lush outdoor garden setting or inside in the renovated dining room.

Pizzas come in one large size, the majority ranging in price from US\$7 to US\$10. They taste like they are straight out of Naples, and with 29 topping combinations to choose from, there should be something for everyone.

To sample the homemade cheese varieties, Cecconello recommends trying the ravioli ai quattro formaggi – square

pasta packages filled with cheese and spinach.

Another highlight is the homemade pasta with beef tenderloin and shallots in a red wine sauce.

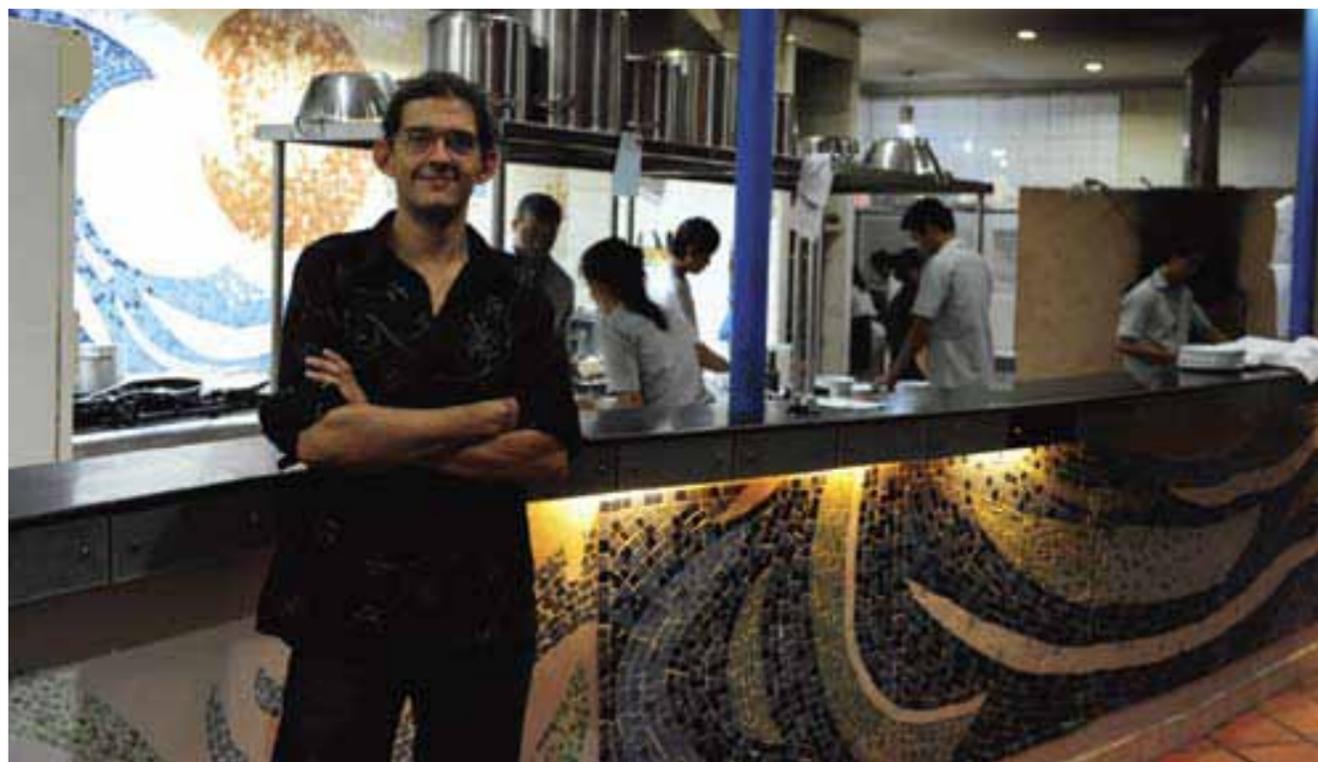
According to Cecconello, the gnocchi, or potato dumplings, are a specialty of the restaurant, and are not found in many other Italian restaurants in Phnom Penh.

For wine lovers, Luna d'Autunno has a cellar stocking an extensive list of fine Italian wines, with glasses beginning at US\$3.50.

Asked what makes Luna d'Autunno so special, Cecconello hesitates briefly before harking back to his formative food experiences.

"When I eat here I feel like I'm eating in my grandmother's home," he says. "To me, that's what makes it a good restaurant. It's really a good taste, the right products, and the right way of doing it."

Luna d'Autunno, 6c Street 29. Tel: 023 220 895. Open from 11am – 11pm.



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Bar Stool: Best of Booze

We make it our business to know what is being served up at the bars of Phnom Penh. **Mai Lynn Miller Nguyen** surveys some of the city's crème de la crème in cocktails.

A superior cocktail is a beautiful thing. Rum and coke, gin and tonic, vodka orange — these drinks have their time and place. Yet a cocktail can strive to accomplish so much more. Given a little ingenuity and a dexterous grasp on correct cocktail shaking, bartenders can create true alcoholic art.

This month, we honour some of our favourites. Competition is fierce, but our staff refuses to shirk from the challenge of identifying the best. Extensive bar hopping was necessary, as well as the consequences of libation 'research.' Hiccups, spilt drink fiascos, and the joy of being seen in a messy state are all just part of the job. The payoff? We know our drinks.

Best Martini

The Lavender Goose (US\$7) is as refreshing as the breeze that drifts throughout the rooftop terrace at Chow. A touch of fresh, house-made lavender syrup softens the martini's robust blend of vodka and dry vermouth. Chow uses the finest of vodkas, France's inimitable Grey Goose, to create something simple, yet sublime. Shaken with ice, the Lavender Goose is perfectly chilled. The concoction may go down easily, but don't underestimate its potency. It is, after all, a martini.

Chow at The Quay Hotel, 277 Sisowath Quay, Tel: 023 224 894, Open daily from 7am to 11pm, Happy Hour from 4pm to 8pm.

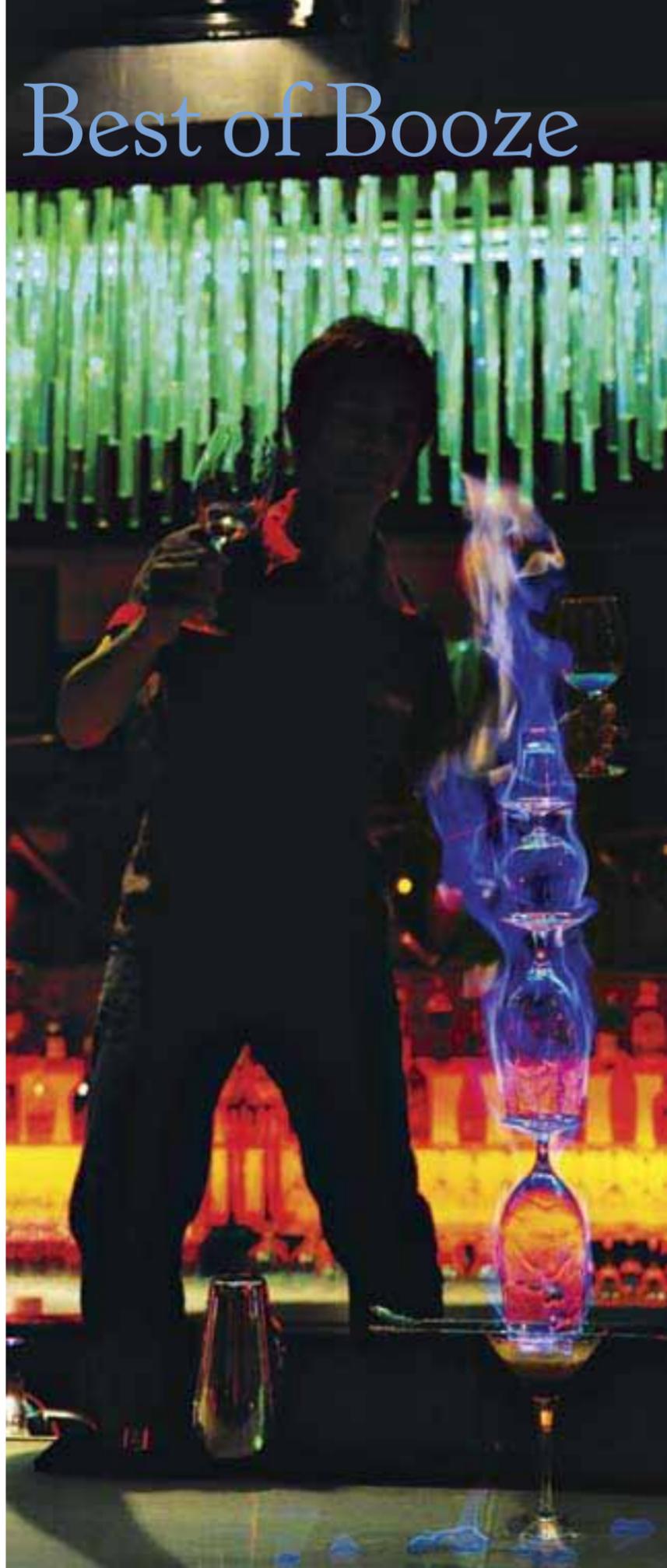
Best Historically Referenced Drink

If Jacqueline Kennedy were a drink, what would she be? Naturally, there would be Champagne to represent her sophistication, Crème de Fraise Sauvage to evoke her femininity, and Cognac as a symbol of her strength. Raffles Hotel Le Royal greeted Jacqueline with this very concoction on her 1967 visit to Cambodia. Decades later, the glass Jacqueline sipped from was discovered in storage, still imprinted with her red lipstick. Drinking Femme Fatale cocktails (US\$7.50) in the Elephant Bar is still the epitome of class, just as Jacqueline was herself.

Elephant Bar at the Raffles Hotel Le Royal, Tel: 023 981 888, Open Monday to Friday from 2pm to 12am, Saturday to Sunday from 12pm to 12am, Happy Hour from 4pm to 8pm.

Best Mojito

Muddling cannot be taken too lightly — or, for that matter, too heavily. Too much muddling creates small pieces that block straws. Inadequate muddling prevents the flavours from being properly emancipated. When it comes to mojitos, well-muddled mint is the key. Liquid's version of the Cuban classic (US\$3) avoids the pitfalls of poor muddling. Havana Club rum, soda, sugar syrup, and lime juice are invigorated with a generous



amount of superbly handled Cambodian mint. Added value? Fresh breath.
Liquid, 3B Street 278, Tel: 023 720 157, Open 8am to late, Happy Hour from 5pm to 8pm.

Best Pick-Me-Up

Committed to a night on the town but your eyelids are feeling heavy? Caffeine-plus spirits never fail to fuel the party engine. For a jolt, head straight to Metro for the Espresso Martini (US\$5). All desire for bed will be banished after a few sips of the Stolichnaya Vodka, Tia Maria coffee liqueur and espresso mix. A hint of cream makes for a velvety consistency that is a rich delight. Warning, don't be tempted to over-consume or you'll be literally bouncing off the walls — unless that's what you're aiming for.

Metro, Cnr. Sisowath Quay & Street 148, Tel: 023 222 275, Open daily from 9.30am to 1am, Happy Hour from 5pm to 7pm.

Best Bloody Mary

Though Rubies may be the destination for many a Friday night, the well-loved bar's potential for daytime drinking seems to be largely overlooked. With earlier opening hours and a killer Bloody Mary (US\$4) on the menu, why hesitate? Sneak

away for a lunchtime extravagance, and you'll find your day will be looking up. Rich and spicy, the Rubies addition of port to the traditional formula makes for one powerful Bloody Mary. The secret to its kick? A pinch of zesty wasabi.

Rubies Wine Bar, Cnr. Street 240 & Street 19, Tel: 092 319 769, Open Tuesday to Sunday from 10am to 12pm, Happy Hour from 4pm to 7.30pm.

Best Local Brew

The announcement that Kingdom Breweries was to start creating European style beer here in Phnom Penh elated many a beer lover. Even better news — it's good. Bracing and hearty, the signature pilsner is a triumph for the country's latest microbrewery. German malt and Czech hops are the secret to this impressive lager. Though the Kingdom Pilsner will be widely available (US\$26 per case), have a try at the brewery's river-facing bar. Cheers, Cambodia!

Kingdom Brewery, 1748 National Road 5, Tel: 023 430 180, Bar set to open Monday to Saturday from 12pm to 7pm.

Strongest Drink

Last but not least, the category many of you lusher out there are waiting for. Serv-

ing up the recipient of the strongest drink title Dodo Rhum House with its Martinique white rum infused with a range of flavours. As any Dodo regular will tell you, a glass of coconut rum (US\$2.50) really packs a punch. Add a splash of pineapple juice for a tropical twist. There's no official Happy Hour, but as the owner will tell you, every hour at Dodo is happy. Knock back just one and you'll be well, well set...Hiccup.

Dodo Rhum House, 42C Street 178, Tel: 012 549 373, Open from 5pm to late.

Best Spectacle

The Darlin' Darlin' way to build a Flaming Lamborghini shooter: 1. The bartender sloshes together Galliano, Bailey's, and Kahlua in a martini glass. 2. Climbing atop the bar area, he constructs a tower of two wine glasses, one port glass, and a shot glass on the original glass. 3. For the show-stopping finale, he ignites a mixture of Blue Curaçao and Sambuca and sets the entire structure ablaze. Talk about a bang for your (US\$10) bucks. How will your ensuing drunken antics top that show?

Darlin' Darlin' Club Lounge, Nagaworld on Samdech Techo Hun Sen Park, Tel: 023 228 822, Open 7pm to 2am. 🍷





Exhibiting an Evolving City

Photographs, installations, and walking tours seek to encourage discussion on the development of Phnom Penh in September's Architecture Month. Words by **Nora Lindstrom**.

Phnom Penh is in flux. One day a building is there, the next day it's gone. Skyscrapers are springing up and shops put on flashy exteriors, while traditional wooden homes are becoming extinct. The pace of change is fast and unapologetic, with those objecting simply left behind.

The ongoing transformations of the urban space will be at the forefront throughout September as the city celebrates its annual Architecture Month. Under the theme "Our City", a variety of actors and establishments are hosting events asking questions about the current state and the future of the capital.

"The event centres around architecture and urban design, and their impact on the residents of the city,"

says Dana Langlois, main organiser of the project, as well as director of Java Arts. "It is a platform for artists, academics, architects, and others, to develop a discourse about the urban space, as well as an opportunity for people in the city to discuss its development."

Bophana Audiovisual Resource Centre is one of the institutions taking part, displaying a photographic exhibition entitled *Phnom Penh Evolution*.

Showcasing the city's rapid architectural transformations over the past year, the exhibition is the result of a collaboration between Swiss photographer Anna Katharina Scheidegger and young Cambodian visual artists.

"The exhibit shows different aspects of urban development," says Scheidegger. "We want to encourage discussion on this complex issue."

Participating artists include Pha Lina, Lim SokchanLina, Tith Narith, Prum Seila and Tith Veasna. They provide their own insight on the changing urban environment, often with a playful or poetic twist.

A highlight is Pha Lina's cityscape, in which several images are joined in a continuous, panoramic series that encircles the whole exhibition. The piece invites viewers to discover familiar places, as well as notice discrepancies where iconic buildings have been placed in surprising locations.

Scheidegger explains that instead of offering literal representations of the city, some of the featured photographs play with the city's architecture.

"We make our own city, we joke and play with it," she says.

Urban development is not all fun and games however. Tith Narith's series of photographs focus on the changes in Borei Keila, the scene of both new developments and forced evictions over the past year.

A resident of Boeung Kok Lake, another area under imminent threat of eviction, Narith says he was interested in documenting life in Borei Keila because of the similar situation his own community faces.

Schedule of Events:

Phnom Penh Evolution

Sep. 2, 6.30pm
Venue: Bophana Audiovisual Resource Center - 64 Street 200

Hawker's Song part 1

Sep. 3, 6 - 9pm
Venue: jGALLERY - 56 Sihanouk Blvd (next to Java Cafe & Gallery)

Hawker's Song part 2

Sep. 4, 5pm (7pm performance)
Venue: The Mansion (behind the FCC)

Walking Markets

Sep. 9, 6 - 9pm
Venue: Java Cafe & Gallery -56e1 Sihanouk Blvd

Open Rehearsal

Sep. 11, 9am
Venue: Arts Theater - Street 115, Takhmao, Kandal Province (call or email for directions: 023-425-780, veasna@khmerarts.org)

Life Along the Rails

Sep. 16, 6pm
Venue: Gasolina - 56-57 Street 57

Project Skyscraper

Sep. 18, 7pm
Sep. 19, 6pm
Venue: Meta House - 37 Sot-hearos Blvd

Architecture in Cambodia: The Golden Age of the 50's

Sep. 23, 7pm
Venue: The Cinema at the French Cultural Centre - 218 Street 184

Imaginary Home

Sep. 30, 7pm

Venue: French Cultural Centre - 218 Street 184

Vann Molyvann and the New Khmer Architecture

Sep. 30, 7pm
Venue: French Cultural Centre - No. 218 Street 184

Khmer Architecture Tours & Heritage Mission

To be announced

Check online blog for updates: www.javaarts.org/ourcity

"Development has advantages and disadvantages," he says. "The question is how you organise that development."

Entitled *Walking on Gold*, his series draws attention to how land in the city centre is often expensive, leading to evictions of poor urban communities.

In addition to providing their own portrayals of the transforming capital, the artists asked ordinary people what they think of urban development in Phnom Penh.

This is an aspect of the exhibition Scheidegger is particularly excited about. "We went out into the street because we wanted to give voice to the people," she says.

The filmed interviews will be screened at the entrance

to the exhibition, introducing spectators to the hopes, fears, and dreams of everyone from tuk tuk drivers to freshie girls.

At her Java galleries, Langlois is presenting works by some of Cambodia's premier contemporary artists. *The Hawker's Song*, a collaboration between Srey Bandol, Meas Sokhorn, Sue McCauley, and Keith Deverell, puts the spotlight on the city's food vendors through a video, sound, and sculpture installation. "The hawkers are a metaphor for the transitional phase the city is in," says Langlois.

Other events during the month include a student competition organised by the French Cultural Centre, in which aspiring architects

are challenged to design a plan for 450 living spaces on the shores of the Tonle Sap. The centre is also hosting an exhibition by the Vann Molyvann Project, celebrating the skill and ingenuity of Cambodia's most famous architect.

Highlighting a disappearing lifestyle, local urban NGO Sahmakum Teang Tnaut (STT) is together with AsiaLIFE photographer Conor Wall displaying photos taken along the railways of Cambodia. Entitled *Life Along the Rails*, the exhibition will be held at recently renovated Gasolina.

"For years, people have used the rails to access their homes, dry their wares, play, as well as to get from one place to

another," says Ee Sarom, the organisation's advocacy programme manager. "With the rehabilitation of the railways for modern use, all that will change. Through this exhibition, we wish to document a way of life before it disappears."

Now in its third year, Architecture Month is a developing concept building on the idea of people having a say on how their city develops and grows.

"The aim is to develop a discourse and stimulate community involvement and dialogue," says Langlois. Though the project is still at a community effort stage, Langlois hopes in the future it will take on a more official character, with an increasing global reach. ■





public space



playground



many of the city's hawkers live along the tracks



Highlighting a disappearing lifestyle, local urban NGO Sahmakum Teang Thaut (STT), together with AsiaLIFE photographer **Conor Wall**, is displaying photos taken along the railways of Cambodia. Entitled *Life Along the Rails*, the exhibition will be held at recently renovated Gasolina.

communities 104 and 105 in Phnom Penh were devastated by a fire in March



house spray-painted for demolition

ALREADY IN ITS SEVENTH YEAR, THE INTERNATIONAL MUSIC FESTIVAL BRINGS TOP-END CLASSICAL MUSIC TO THE CAMBODIAN CAPITAL. NORA LINDSTROM TALKS TO THE MAN BEHIND IT ALL.

THE LURE OF FOLKLORE

The folklore roots of classical music will be in the spotlight at the Cambodia-Japan Cooperation Centre as the International Music Festival kicks off on Sept. 23.

Organised by the Art+ Foundation, the five-day event brings together international and Cambodian musicians to perform both well-known and more obscure works in celebration of western chamber music and folk songs.

"Music is a universal language," says Anton Isselhardt, festival director. Also a conductor, flute player, and programme director of the Art+ Foundation, Isselhardt has been involved in promoting western classical performing arts in Cambodia since 2003.

"Our work is about building bridges and promoting an active cultural life," he says. "We want our events to benefit Cambodian artists and the Cambodian artist community."

The music festival is the annual highlight of the foundation.

"The main focus changes every year," he says. "This year the theme is 'Inspiration-Transformation', and we focus on the influence of folklore on western classical music."

Describing folklore as music coming directly from the people without commercial interest or artistic aspirations, Isselhardt maintains it has universal qualities. "In its purest form, folklore is a lullaby sung by a mother to her baby," he says.

European countries in particular have a rich, and well-documented, history of folklore that has inspired composers from Jean Sibelius to Johannes Brahms and Béla Bartók. Using traditional melodies as a basis, the composers have transformed folk songs into classical works of art.

"The upcoming festival shows a fragment of this huge movement," says Isselhardt.

Most performers at the festival are foreign artists, with German-based Trio Thaleia leading the guest performers.

"Our aim is to promote music from different countries," says Isselhardt. "That involves showing how westerners play their own music."

In a similar way to how "exotic" musicians are flown in to perform at ethnic music festivals in Europe, the festival intends to display western classical music played by westerners.

Cambodian participation is nevertheless crucial. "Without Cambodian musicians, organising the festival wouldn't make sense," says Isselhardt.

For Khmers, the event offers a chance to learn from their international contemporaries.

Consisting mainly of local music teachers, the Festival Orchestra has been rehearsing since March under Isselhardt's direction. "The Art+ Foundation also promotes music education at a high level," he explains.

As the orchestra's ability grows, Isselhardt hopes in a few years time the group will be able to perform a full concert evening.

For the moment however, the group will have to be content with playing second fiddle.

"When it comes to classical music, Khmer skills are still at a workshop level, and our festival is not a Sunday performance for parents," admits Isselhardt.

Still, the festival does give an opportunity for aspiring musicians to take part. The Angkor Youth Orchestra, conducted by Ram Daravong, will be taking part in the festival's Grand Finale on Sep. 27 together with Trio Thaleia and the Festival Orchestra.

Featuring compositions by Beethoven, Bartók, and Sibelius, for a full-length symphony concert, the festival's concluding event is likely to be an impressive affair.

The Cambodia-Japan Cooperation Centre (CJCC) is located at the campus of the Royal University of Phnom Penh, off Russian Boulevard. For more information, visit: www.music-festival-phnom-penh.org.



PROGRAMME:

GALA OPENING
7PM. SEP. 23
CAMBODIA-JAPAN COOPERATION CENTRE

PIANO RECITAL
7PM. SEP. 24
CAMBODIA-JAPAN COOPERATION CENTRE

HOMMAGE TO ROBERT SCHUMANN
7PM. SEP. 25
HOTEL INTERCONTINENTAL

MIDNIGHT PIECE
11:45PM. SEP. 25
META HOUSE

SONG RECITAL
7PM. SEP. 26
CAMBODIA-JAPAN COOPERATION CENTRE

GRAND FINALE
7PM. SEP. 27
CAMBODIA-JAPAN COOPERATION CENTRE

FREE TICKETS AVAILABLE IN ADVANCE
AT THE CAMBODIAN-GERMAN CULTURAL CENTRE
37 SOTHEAROS BOULEVARD

The Gift of Music

Penhites from three-years-old and up now have a chance to learn the do-re-mi at Symphony, the capital's new music school. Words by **Nora Lindstrom**.



Though not every child can be a Mozart, learning music has a wide range of benefits for children. In addition to teaching a skill for life, studies have shown music education also makes kids more confident and patient, as well as improving their concentration and even academic skills.

Rolando Chong, director of Symphony music studio, is one advocate of the educational power of music.

"Working in Malaysia for the past ten years, I've seen with my own eyes the difference between kids who learn music and those who don't," he says. "Those who learn music tend to be calmer, more focused."

Chong opened his music school in Phnom Penh in June. "We are the first official music school here," he says. Recognised by Trinity Guildhall as well as the Shanghai Music Exam Board, Symphony offers its students the opportunity to take both institutions' annual exams.

Focusing on providing professional music tuition, the school's teachers are fully qualified and follow a set curriculum.

"Learning to play an instrument is a long process, it takes around ten years," says Chong.

Instruments offered include guitar, violin and piano, as well as traditional Chinese instruments gu zhen, dizhi, erhu, pipa, and yang qin. Students can choose to pick up a new instrument, or continue learning an instrument they already know. "If new students have played the instrument before, we start by giving them some test pieces to find out their level," explains Chong.

Children as young as three are welcomed in the school's Little Mozart classes. "It's a fun class, like a kindergarten of music," says Chong. To introduce children to music, the group class incorporates singing, dancing, and even colouring. "Then at five or six years old the kids already have a base, which makes for much faster learning later."

After the initial group classes, all classes are conducted on a one-to-one basis. Students come once a week for a 30-minute tutorial, and are then expected to rehearse at home.

"Some people say half an hour a week is not enough, but if you teach more than three or four pages then it's often too

much," says Chong. "Practice at home is key."

Consequently, all students also need to have their own instruments. As pianos tend to be on the expensive side, Chong says it is perfectly fine for a student to start learning on a small keyboard. Symphony also retails all the instruments taught at the school.

Chong encourages potential students to consider learning a Chinese instrument.

"You don't have to be Chinese in order to play one of their traditional instruments," he says, explaining how notes have been translated from Chinese characters into numbers ranging from one to seven, representing the do-re-mi scale. "You can even play English and other songs on Chinese instruments," he says.

Taking part in internationally recognised annual exams allows students to know their level, and also offers a goal to work towards. "Students then have a choice, they can either become professional musicians, or simply enjoy music as an additional skill," says Chong.

Though the school can provide all the support needed to produce future concert pianists,

Chong maintains he doesn't want to put pressure on young kids. There is no hurry for young learners to take their first exam, and younger children can stay in the Little Mozart class until they are mature enough to have individual tutorials.

"We don't want to destroy the confidence of the child," he says. "Learning at a young age should be fun."

As for learning at an older age, there's no guarantee of a fun factor, but Symphony does offer tuition to adults.

Should you be up for some inter-family competition, you might even consider taking up an instrument together with your child. Beware though, as your child's playing skills may quickly overtake yours.

Little Mozart classes cost US\$60 per month for one hour per week, while individual tuition is priced at US\$80 per month for weekly 30-minute lessons. Prices for adults are the same as for children, except for piano lessons which cost US\$90 per week for adults.

Symphony Music Studio, 243 Street 51, Tel: 023 727 345. To find out more, visit: www.symphonymusics.com.

listings

hotel & travel

airlines

Air Asia
66 Mao Tse Tung Blvd., Tel: 023 356 011
Asia's largest low-cost airline operates international flights to Bangkok, HCM City, Hanoi, Phuket, Jakarta and Kuala Lumpur.

Angkor Airways
32 Norodom Blvd., Tel: 023 222 056

Bangkok Airways
61A Street 214, Tel: 023 722 545

China Airlines
32 Norodom Blvd., Tel: 023 222 393

Dragon Air
168 Monireth Blvd., Tel: 023 424 300

Eva Air
298 Mao Tse Tung Blvd., Tel: 023 219 911

Jet Star Asia
333B Monivong Blvd., Tel: 023 220 909
Budget branch of Australian Qantas flies from Siem Reap to Ho Chi Minh City and Bangkok. Check out Friday Fare Frenzy on-line promotion from 2 to 5pm every Friday.

Korean Air
F3-R03, 254 Monivong Blvd.
Tel: 023 224 0478

Lao Airlines
58C Sihanouk Blvd., Tel: 023 216 563

Malaysia Airlines
172 Monivong Blvd., Tel: 023 218 923
Offers daily flights from Hanoi and HCM City to Kuala Lumpur for about \$200 round trip, with four economy class fare levels: low, basic, smart and flex.

Royal Khmer Airlines
36B Mao Tse Tung Blvd., 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 Blvd., Tel: 023 214 359
Bangkok-based airline connects twice daily between the Thai capital and Phnom Penh. Multiple daily flights are also operated to Ho Chi Minh City and Phuket.

Vietnam Airlines
41 Street 214, Tel: 023 363 396
Flies internationally throughout Asia and to Paris, Frankfurt, Moscow, Sydney, Melbourne, Los Angeles and San Francisco.

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 views of the Bassac River, a swimming pool, restaurant serving both international & 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.

Bokor Mountain Lodge
Riverfront, Kampot, Tel: 033 932 314, 017 712 062. www.bokorlodge.com
Beautiful French colonial building situated on riverfront with well-fitted air-conditioned rooms. 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
House 25 Riverside Road, Kampot, Tel: 012 927 313
Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish oasis on the Kampot riverfront. Tasty Thai, Khmer & café fare, also has photography decorating the walls.

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, still huts off a 300m pier, and simply oodles of relaxation.

Rikitikitavi
Riverfront, Kampot, Tel: 012 274 820, 012 235 102, www.rikitikitavi-kampot.com
Western food served in large portions in

hotel review



Cara Hotel
Nora Lindstrom

Located in the north of the capital, Cara Hotel combines comfort and design for a good value package. Opened in 2006, the 51-room establishment caters to both business types and holiday-makers looking for that little something extra.

Set over three floors, the rooms are styled with local silk and wooden furniture. Beds come complete with pure cotton sheets and a firm, yet comfortable, mattress. The standard rooms lack windows, so it's worth spending an extra few bucks on a room with an individual balcony offering views over the urban sprawl.

Mindful of the environment, Cara Hotel encourages patrons to reuse towels and sheets.

Staying online is not a problem. Though not all rooms have desks for working on, the business centre is equipped with computers and a printing service, and fast complimentary WiFi is available throughout the hotel.

The lack of a lobby bar makes for a slightly boring vibe, but action is not far off as the restaurants and night-life of Sisowath Quay are only a few blocks away.

Eating on the premises is also an option.

A highlight at the establishment is Fusion Sushi, the Japanese and Korean restaurant. Serving top end sushi and sashimi, it offers an exquisite dining experience in stylish surroundings. You can also order directly to your room almost any hour of the day.

For some added pampering, get a free ride to Amara Spa on the riverfront. A whole day can be whiled away with one of the spa's package treatments, or you can opt for a relaxing foot massage after a day of sightseeing in the capital.

Hotel Cara, Cnr. Streets 47 & Street 84, Tel: 023 430 066, www.hotelcara.com

Rooms: from US\$34 to US\$58. All rooms come with complimentary breakfast, A/C, cable TV, and a fridge. Hot water is also generally available.

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.

Kep Lodge
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, knaibangchatt.com
Exclusive seaside resort just along from the crab stalls, which has opened up its doors to the public. Elegant swimming pool, air-con, gym, library and fantastic gardens, this resort is the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea. Check for special offers. Also has a Sailing Club next door with bar and restaurant, as well as hoby cats.

Le Bout du Monde
Kep, Tel: 011 964 181
www.leboutdumondekep.com
Individual and separate bungalows in traditional Khmer architecture located at a top of a hill with good views and nice gardens. Serves French and Khmer cuisine. Rooms have hot water, mini-bar, fan and safe.

Led Zeppelin
At the roundabout, Kep
Small bar which sells the coldest beer in town situated right by the Kep roundabout. Ambience is distinctly rustic but 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, 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 Sotheaors Blvd, Tel: 023 220 822
www.almondhotel.com.kh
56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.
Anise
2C Street 278, Tel: 023 222 522, www.anisehotel.com
Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves 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.fcccambodia.com
Phnom Penh's landmark restaurant has seven rooms with balconies offering views of the river. Each is individually designed and meticulously outfitted with high-speed Internet access and the latest mod cons.

Goldiana
10-12 Street 282, Tel: 023 219 558
www.goldiana.com
Extremely popular hotel for visiting NGO workers 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 & beautiful swimming pool, just a stone's throw away from Wat Lanka has competitive rates & a



good kitchen, although the pool tends to get over-run by children especially at 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 ground floor, features artwork by owner. Has ground-floor restaurant.

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
Small & charming 6-room guesthouse with spacious rooms is managed by NYEMO NGO, part of its hospitality training. Rooms 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 25-room guesthouse located conveniently close to the National Museum. Has well-priced rooms with air-con and hot water.

Tonle Sap Guest House

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

Velkommen Inn

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

sihanoukville

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
Guesthouse set around a beautiful pool with well apportioned air-con rooms, 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.

Zoco

Independence Hotel,
Road to Serendipity Beach
Two fashion boutiques – one on the way to Serendipity Beach, the other in Independence Hotel – run by the Spanish-born Nuria, sells dresses, skirts, bags and accessories. 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 wide variety of tours available, Intrepid travellers explore the world's most amazing places.

Travel Indochina

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

listings
siem reap

siem reap - bars

AHA

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

Angkor What?

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

Banana Leaf

Pub Street, Tel: 012 378 488
At the top of Pub Street, the Banana Leaf offers live music every Friday night and some Saturdays, with popular local expat band, Cambojam, 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 mêlée down below. Open from 7am to 11.30pm.

The Warehouse

Old Market, Tel: 063 965 204
Popular expat bar opposite the old market that plays great music 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.hoteldelaixangkor.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.

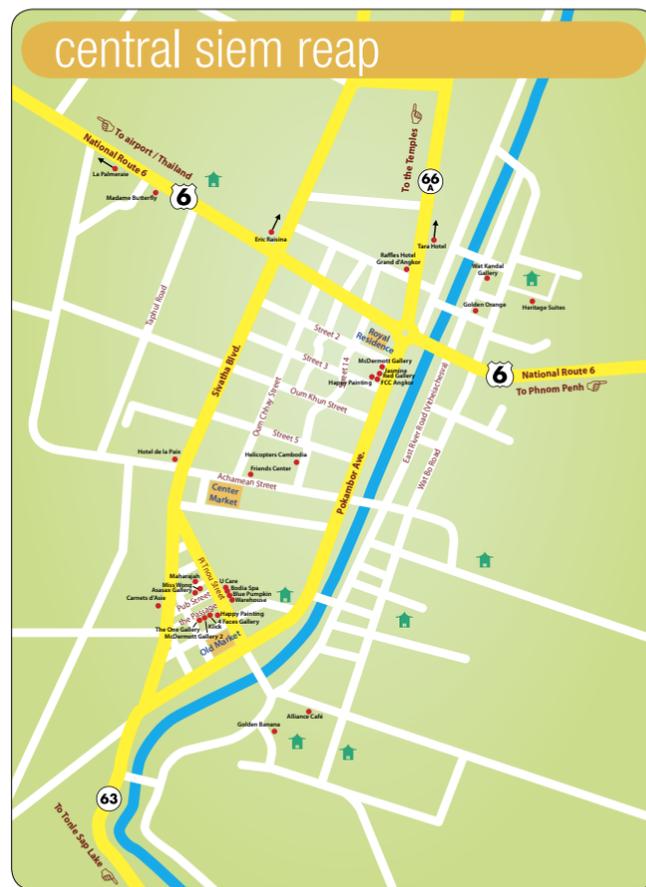
4FACES Gallery

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.

the blue pumpkin
bakery
ice cream
restaurant
lounge
free WiFi spot
old market - siem reap
www.tbumpkin.com
063 963 574
open 06:00 to 22:00



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PHNOM PENH
AsiaLIFE guide

siem reap eats

Siem Reap Barbecue
Nicky Hosford

We live in a climate where summer never goes away. It may be wet and windy, not unlike a traditional English summer, or searing and humid like New York, but it's always summer no matter what the time of year. And, if there's one thing that summers always mean, it's the barbecue. In Siem Reap, not only can you barbecue all year long, you can go to a different location every day of the week.

Tuesdays and Fridays (5pm to 8pm) are well covered by the Villa behind the Hotel de la Paix. A soft, atmospheric garden is the setting for the all you can eat barbecues (US\$7). Tuck into sausages, chicken, and giant prawns all cooked on the central barbecue, with mounds of chunky potato salad, baked potatoes and coleslaw.

On Saturdays, head to Chilli Si Dang for a riverside barbecue (from 4pm). Watch chef Tony Donovan grill your burgers, chicken, sausages, kebabs and prawns to a tea (dishes from US\$2). The 5pm happy hour with US\$0.75 beer and cocktails for US\$2.75 helps you wash it all down.

The Siem Reap Hostel has homemade beef sausage, chicken and vegetable skewers and a choice of pork chop or chicken wing, served with

a hot jacket potato and a glass of Anchor beer for only US\$4.50. After you've had a splash in Siem Reap's only indoor swimming pool, you can enjoy the free double bill of movies on the big screen.

It's impossible to talk of barbecues in Siem Reap without mentioning a couple of Khmer mainstays. In the Passage behind Pub Street, the Cambodian BBQ has an interesting menu including snake, crocodile, ostrich, chicken and beef. All food is prepared with purified water and without MSG, currently there's a 15 percent discount on all food now, if reserved in advance.

In addition to traditional Khmer barbecue, family-owned Mr. Grill has various grilled meats and fish, including beef, prawns and oysters, alongside the slightly more esoteric quail, frog and eel. With bottles of Tiger beer for US\$1.40, you can't go far wrong here.

The Villa, Taiphul Road, Tel: 063 761 036

Chilli Si Dang, 56 East River Road, Tel: 017 875 129

Siem Reap Hostel, 7 Makara Street, Tel: 063 964 660

Cambodian BBQ, The Passage, Tel: 092 878 603, cambodianbbq@ankorw.com

Mr Grill, Wat Bo Road, Tel: 012 645 772.

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 photo-journalism, fine art and documentary photography by international photographers in monthly exhibitions with a permanent display area 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

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, handcrafted 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-

Pods upon request, flexible reading flashlights

above the decadently lavish beds and inset

photographic galleries along all the corridors,

de la Paix is simply a modern design classic.

The Arts Lounge downstairs is a great place

to chill and has free WiFi.

La Residence d'Angkor

River Road, Tel: 063 963 390

www.residencedangkor.com

Boutique, low-rise resort located across

the river from the centre of town with

stylish wooden décor, and a good pool

set in a lush garden setting. Both upstairs

Martini Lounge and downstairs bar have

recently been revamped.

Raffles Grand Hotel D'Angkor

1 Charles de Gaulle, Tel: 063 963 888

www.affles.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

massesuses 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 Guan 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-angkor.com

International standard 18-hole, 72-par

golf course managed by the Sofitel Royal

Angkor Golf and Spa Resort. Situated

16km outside of Siem Reap.

siem reap - restaurants

Abacus

National road 6 turn right at Acleada

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 ex-

tensive 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 authentic-

ity, 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, veg-

etables, 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 & Sannaki

Alley West, Old Market Area

Sannaki 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 sec-

tion 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 tour-

ists alike for its well-prepared, generous

Khmer and Thai dishes at highly afford-

able 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

bargain bucket



Under the Tamarind Tree Jason Bednarz

In a city that is a bit of a gastronomic mishmash, there's nothing wrong with leaning on our neighbours from just across the border. Unfortunately, most of the pho (noodle soup) in Phnom Penh isn't up to scratch. But, meaning tamarind tree in Vietnamese and with a chef hailing from Saigon's Chinatown (District 5), Café Cay Me is the genuine article.

However, the standout dish at Cay Me hails from central rather than southern Vietnam. Bun bò is spicier than the now internationally renowned pho, and if anything it's even tastier.

Ask anyone who knows anything about Asian noodles and they'll say – it's all about the broth. While a pho mixes beef bones with star anise, cloves, coriander and strips of ginger, Café Cay Me's bun broth blends pork bones with lemongrass and other secret spices, to give it the distinct taste of central Vietnam.

Each bowl comes with bun (oversized rice noodles), thin strips of beef, slices of pork loaf (similar to the kind found on the local sandwiches), as well as a hunk of pork bone with a few bits of mouth-watering meat that falls right off. Unless you're a pro, avoid chomping on the thick hide attached to the bone. Served with a plethora of potential additives, the side of steamed herbs and sprouts are especially useful in making the chopstick work a little less embarrassing.

At only 5,000 riel for a bowl of noodles and 2,000 riel for a coffee with milk, it's very reasonably priced.

Busiest in the morning with patrons ranging from average city workers to Vietnam natives looking for a taste of home, don't be put off if your Khmer isn't too good. Most staff under the tamarind tree speak some English.

Café Cay Me, Cnr. Street 154 & Norodom Blvd. Open 6am-11pm. 📍

listings

food & drink

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 Sothea's 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 specialties. 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.phompenh@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 an

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

chinese

Hua Nam
753 Monivong Bvd., Tel: 023 364 005
Large Chinese restaurant that specialises in seafood and duck 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 Bvd., 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 Sothea's 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**

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, commeamaison-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 well-coming air 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.phompenh@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**

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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**

Irrawaddi
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 Sothearos Blvd. **02 A/C**

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

international
Art Café
37 Sothearos 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**

Cafe 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
277 Sisowath Quay,
Tel: 023 224 894
Contemporary and sophisticated river-front restaurant that serves Southeast Asian cuisine, a wide range of cocktails, juices andilly 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. **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 Sothearos 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**

Edelweiss Restaurant
375 Sisowath Quay,
Tel: 092 341 329, 012 422 589
This open-air restaurant specialising in German and Khmer food offers the per-

street cuisine



jayk jee-an (fried banana)
Conor Wall

Name:
jayk jee-an (fried banana)

Price:
500 riel per banana

Ingredients:
Flour, water, salt, sugar, egg and coconut milk are mixed to make batter. Bananas are then individually flattened and dipped into the batter before being shallow fried for about two minutes until the batter is crispy and brown.

Served:
The battered banana is usually wrapped in Cambodia Daily sheets and then placed inside an elegant plastic bag.

Taste:
The outer coating of batter is crispy which contrasts nicely with the soft caramelised banana centre to make a quiet tasty treat.

Where to get it:
Available from a variety of motorised or pedal-powered carts travelling along city streets or parked along shaded pavements.

Other Info:
Available all day.

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review



It's life Jim, but not as we know it!
Darren Gall

For most of us, life north of the 38th parallel is only ever glimpsed through the eyes of the media. Who can ever forget the award winning cover of The Economist: glorious leader, Kim Jong-Il, waving stiffly to the crowd, resplendent in trademark 50s-jump-suit-cum-grey-safari-suit, under the heading 'Greetings Earthlings'!

However, for those of us who enjoy a little 'covert activity' in the Penh, here is the opportunity to slip behind the bamboo curtain and take in a little living-la-vida-loca, North Korea style, seven nights a week, at least life according to the propaganda machine of the DPRK.

Pyongyang II consists of a large, perfectly square, air-conditioned room hemmed in by pleated curtains and dramatic murals of North Korean landscapes: raging waterfalls and cherry blossoms. Ten waitresses work the room. All are resplendent in long, cherry blossom dresses with white frills and sensible shoes. At first appearing to be exactly the same height, on closer examination I notice that marginal differences in shoe heel height make up for God's oversight.

The vast menu has over 100 dishes, most plates on offer being of the ample, sharing variety (US\$5 up to US\$17). The dishes look typically Korean/Chinese with plenty of seafood, pork and beef options.

We settled on a veritable banquet of oven baked squid in a mild chilli sauce (US\$13 for 4 large squid), pumpkin pancakes (US\$5 for 6), battered shrimp with mayo-butter (US\$12 for 12), boiled shrimp in a mild lemongrass sauce (US\$12 for 12), tonkatsu pork (US\$10 for 2 large fillets) and kim chi rice (US\$5).

All the main dishes were fresh with tender flavours of high quality. The fresh produce was well prepared in a clean and well-trained kitchen. The rice was the only disappointment, over cooked and overly laden with cabbage but, the sheer quality of the rest of the food rendered this slip-up immaterial. The spice and sauce combinations were handled with perfect refrain, accentuating the delectable flavours.

The charm offensive really takes off at 8pm when waitresses are transformed into stage performers, offering a selection of Chinese, Khmer and Korean songs, with dancing of the torso swaying, arm waving variety together with various props such as tambourines, scarves and fans.

Towards the end of the evening our waitress serenades my partner, who informs me that all the Khmer songs are from the 50s and 60s. One translates as 'Just be quiet and enjoy the food'. Most apt, Kim Jong-Il, most apt.

Pyong Yang II, 400 Monivong Blvd. 📍

fect 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 Quebeccois 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, gardencentercafe.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, gardencentercafe.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**

Jaen
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, 092 833 524
 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.amaraspa.hotelcara.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

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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 1, 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.tonlesapguesthouse.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**

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 patisseries and juices, excellent salads and sandwiches. Crowded at lunchtime, but the small, cool courtyard at the back creates a perfect haven from the sun. 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**

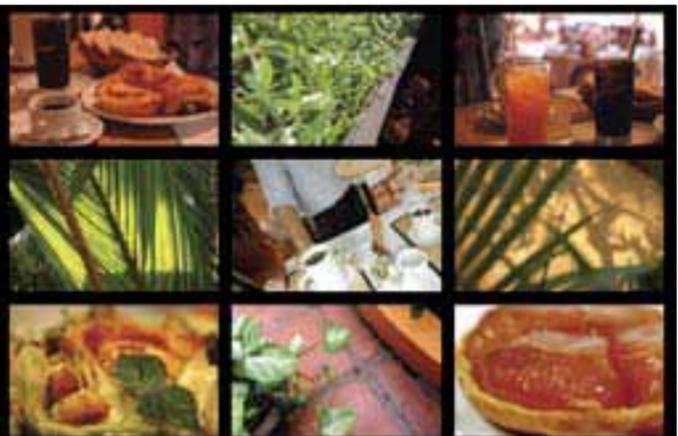
Le Duo
17 Street 228, Tel: 012 342 921, 023 991 906
This beautiful if flamboyant restaurant has the option of sitting outside or inside in air-con. Excellent wood-fired pizzas, pasta and fish dishes. Friendly Sicilian owner will guide you through the extensive wine list. Open from 11.45am to 2.15pm, 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 restaurants. Also serves excellent pasta and other up-market Italian food. Good wine

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grapevine



Drink Driving Darren Gall

The European Union has come up with a novel way to tackle rising fuel costs.

It is financing a grab-bag of schemes to reduce its chronic oversupply of wine and vineyards. In a move that could have been inspired by the roadside petrol stalls of Cambodia—where fuel is sold in a combination of empty soft drink and other beverage bottles — one of the schemes involves buying up large amounts of surplus wine and, in a process they call ‘crisis distillation’, converting it into bio-fuel.

The major wine producing countries in Europe have seen sharp declines in their domestic consumption for the past decade. The result has been an ever-growing lake of unsold wine sitting in tanks around the continent. Whilst billions of Euros have been spent on targeting and developing export markets — in regions such as Asia — competition in these markets has been fierce as the rest of the wine-producing world has also headed into over-supply.

In a raft of subsidies and programmes announced by the EU to help reduce the over-supply problem, over 20 percent of these programs deal with buying excess wine out of the market and ‘converting’ it to other uses.

Another key component of the scheme involves a prohibition on new vine plantings until the end of 2016. This is coupled with funding growers to pull-out vineyards and replace them with more commercially viable, alterna-

tive crops, a scheme the EU expects to reduce the continent’s overall area under vine by as much as 175,000 hectares in four years.

In 2008 Britain’s Prince Charles famously had his classic Aston Martin converted to run on bio-fuel and the ever vigilant English press managed to track down the original source of his preferred fuel to a winery in England — no doubt to the horror of the winery itself. Wine as green-fuel does have its attraction for environmentally conscious consumers, burning 10 percent more efficiently than normal petrol and emitting approximately 85 percent less CO2.

Market forces also have a natural part to play in the crisis, with downward price pressure on European wines spelling good news for everyday, bargain hunters. However, prices have now become so low that in many instances they are unsustainable.

Could we eventually see a day where you pull your Honda Cub up to the curb only to be asked if you’d prefer full-bodied Bordeaux or cheeky Chianti with your vehicle.

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 any aspects of the industry, please feel free to contact him at: darren_gall@yahoo.com

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 Sotheaors 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**

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 Mexican 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

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

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 hawk 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: 015 371 719, 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. Beautifully trees surrounded, breezy, classic, comfortable and friendly restaurant serving wholesome and delicious Asian and Western dishes with all natural, healthy and fresh vegetarian food. Every dish only at \$1.00. Open: 10am - 8pm, Sunday off. **01**

cafés

Art Café

37 Sotheaors 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 specialty. 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 Illy coffee and mix-and-match sandwiches. The interior has a slight retro 70s feel to it and there is a pleasant outside seating area. Open 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 Sotheaors 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**



Fine Wine Boutique & Tasting Gallery

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Phnom Penh
Cambodia
023 990 951



poet | pōət; pōit

noun

a person who writes poems.

- a person possessing special powers of imagination.
- P.o.e.t.s.' day: **'Piss -Off -Early -Tomorrow's -Saturday.'** meaning - long lunches and boozy afternoons.

ORIGIN Middle English : from Old French *poete*, via Latin from Greek *poētēs*, variant of *poiētēs* 'maker, poet,' from *poiein* 'create.' Goes to show that we've been on the piss for centuries.

3 course set menus - Fridays : \$15

five loaves and two fish

Feeding the multitude is the combined term used to refer to two separate miracles of Jesus in the Gospels.

The First Miracle, "The Feeding of the 5,000" is the only miracle (apart from the resurrection) which is present in all four canonical Gospels. This miracle is also known as the miracle of the five loaves and two fish.

Sunday sessions. Christ alive! (11-2pm)
3 Bloodies for the price of 2! Jesus wept!

Cafe - Bar - Restaurant



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Come to enjoy music, live band, food & drinks and frequent promo. We are opening on 10 September 2010.

eclipse bistro

Holiday Inn Cambodia St. 84, Off Monivong Blvd., Phnom Penh. Tel: 023 427 403

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, el: 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 lunchtime plate of greens. Open 8am to 8pm. **02 A/C**

bars
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. **A/C**

Bar 33
33 E2 Sothearos 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 Somersets try the Strongbow cider. Open at 6:30am to 10pm Monday to Sunday. **A/C**

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. **A/C**

Cadillac Bar & Grill
219E Sisowath Quay, Tel: 011 713 567
Air-conditioned riverfront bar which promises a hassle-free drink. Mixing up burgers, pasta and some Asian food with blues and rock 'n' roll, this American-style bar serves good hearty food. Open 7:30am to midnight Monday to Sunday. **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. **A/C**

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. **A/C**

Chow
277 Sisowath Quay, Tel: 023 224 894
Contemporary and sophisticated riverfront restaurant that serves Southeast Asian cuisine, a wide range of cocktails, juices and Illy 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. **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. **A/C**

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. **A/C**

Dream-up
128 D1 Sothearos 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.) **A/C**

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. **A/C**

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. **A/C**

Equinox
3A Street 278, Tel: 012 586 139, 92 791 958
Cool French-run hang-out on with well-coming air 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. **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. **A/C**

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. **A/C**

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. **A/C**

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. **A/C**

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. **A/C**

Gym Bar
42 Street 178, Tel: 012 815 884
The best sports bar in town with more wide screens than sense and a good nine-ball pool table to boot. Ideal for watching 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. **A/C**

Howie's Bar
32 Street 51
Air-conditioned and open until very late, this is the Heart's unofficial chill-out bar although the sound system could give 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. **A/C**

K West
1 Street 154 (Cnr. Sisowath Quay) Tel: 023 214 747
Air-conditioned bar and restaurant with a good value happy hour from 6pm to 8pm on Fridays. Renowned for excellent mojitos and good lunch specials. Open 6.30am to midnight. **A/C**

Kingdom Breweries
1748 National Road 5, Tel: 023 430 180, www.kingombreweries.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.

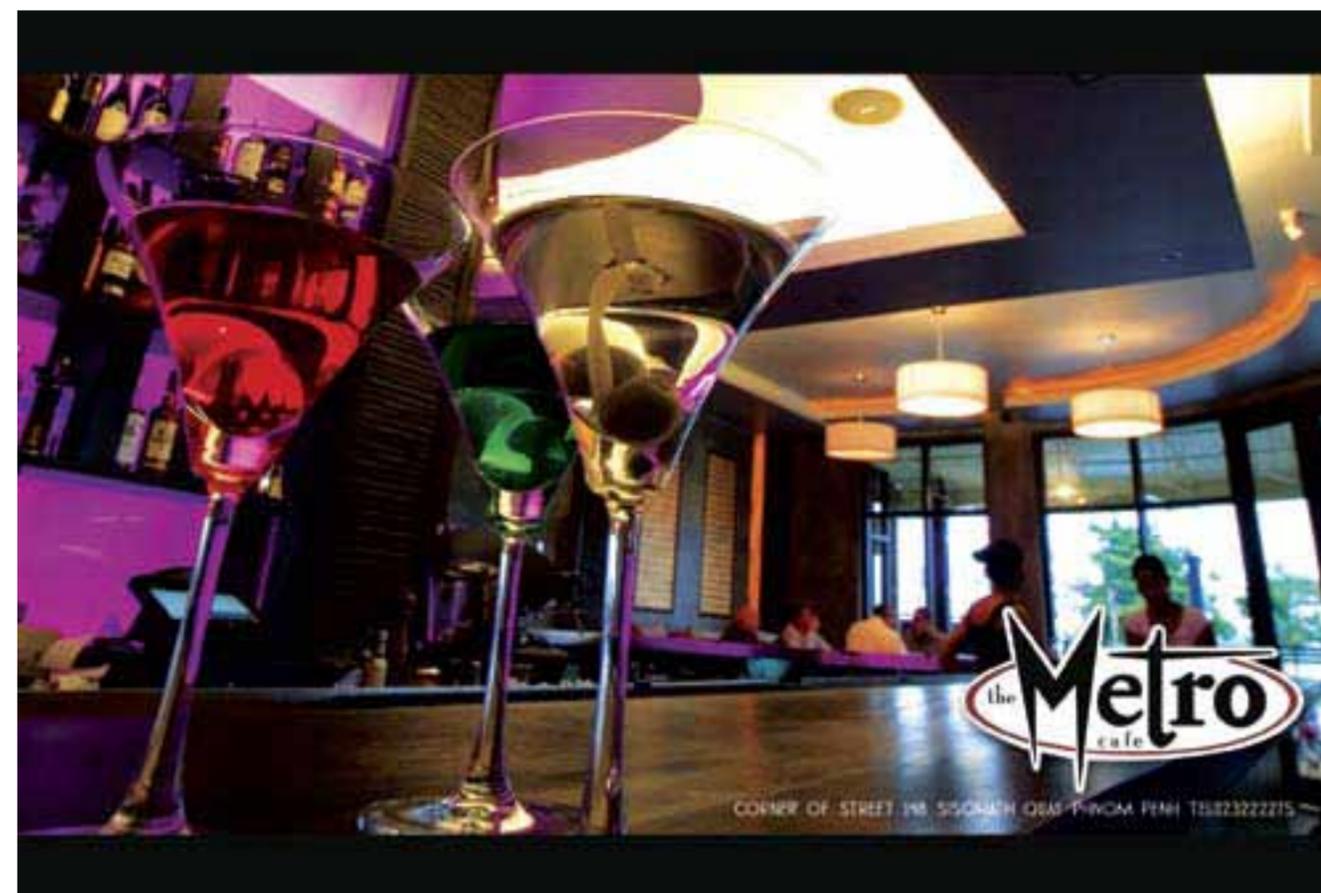
Liquid
Street 278, Tel: 023 720 157
Welcoming Metroesque bar on the popular Street 278 run by the same owner as Flavours. Serves food and good cocktails. Has one of the best pool tables in town with happy hour from 5pm to 8pm. **A/C**

Man Han Lou
456 Monivong Blvd., Tel: 023 721 966
Cambodia's first micro-brewery with four types of German-style beer. The dark beer comes recommended, avoid the green unless you are on St Paddy's night. Open from 6am to 10 pm Monday to Sunday. **A/C**

Maxine's
Over Japanese Bridge, Tel: 012 200 617
Stirring eclectic bar right on the river, boasting the best sunset views in Cambodia. Across the Japanese Bridge, Maxine's, or "Snow's", is well worth seeking out for its laid back ambience and old Indochine charm. Open from sunset till midnight, closed Mondays and Tuesdays.

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

Meta House
37 Sothearos Blvd, opposite Phnom Penh centre



Steve's Steakhouse & Greek Restaurant
Nobody goes away hungry!!
Large variety of Western Cuisine & Quality Selection of Local Dishes.
 #20Eo, Corner of St. 51(Pasteur) & St. 282
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The Lounge
 For the young, the cool, the hip
 Live DJ music every night of the week
 Monthly theme parties and events
 The Riverhouse Lounge is the party place of the city.
 Corner St. 110 & Sisowath Quay, Phnom Penh / Reservations: 012 299 141
 Open Everyday, 4am 'til late

Tel: 012 607 465, 067 867 305
 www.meta-house.com
 Multi-media arts centre established by German film-maker Nico Mesterham has a very cool bar showing films each day apart from Mondays. Centre also houses the German Cambodia Cultural Centre and the Art Café. Open from 2pm till midnight. Closed Mondays. **A/C**

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. **A/C**

Munich Beer Restaurant
 86 Sotheaors Blvd, Tel: 023 986 935
 Second of the Penh's micro-brewery offers a gold and stout beer at very reasonable prices – treat yourself to a stein.

Murray's Place
 22 Street 197 (near Sovanna Mall),
 Tel: 012 948 529
 A sports bar where you can play sports – indoor lawn bowling, darts, table tennis, squash and a slate, 9-ball pool table are on offer. Super-fast WiFi is free for customers and there are two 50-inch flat screen televisions with all the major sports channels. Has tasty western pub grub, and full bar. Open 24/7 days a week, Call to book Squash Court. **A/C**

One More Pub
 16E Street 294,
 Tel: 017 327 378
 English-style bar with comfortable wooden bar stools. No hip hop nor techno, only great classic 60s & 70s music. Has elegant, terracotta-tiled terrace and 3 guest rooms upstairs. Open from 5pm to late, happy hour from 5pm to 7pm, closed Sundays. **A/C**

Open Wine
 219 Street 19,
 Tel: 023 223 527
 Large wine shop with well-priced wines from around the world. Has an outside dining area with occasional wine tastings. Open from 7am to 11pm every day. **A/C**

Paddy Rice
 Corner of Sisowath Quay and Street 136, Tel: 017 773 102
 Irish bar that lacks the real touch of the Irish but does have the best black stuff in town, although still not on tap. Has decent selection of bar food to keep you fuelled for your sporting events and regular live music. Sláinte! **A/C**

Pacharan
 389 Sisowath Quay,
 Tel: 023 224 394
 Barcelona comes to Phnom Penh in this exquisitely up-market bodega. Specialising in tapas and fine Spanish wines, this restaurant and bar is set in a beautiful colonial building with great decoration, an open kitchen and sweeping views of the river. Open from 11am to late. **A/C**

Pickled Parrot
 4-6 Street 104, Tel: 012 633 779
 Air-conditioned bar with excellent 9-ball pool table, that's a popular late night hang-out with expats. Reliable international cuisine is available at the bar, free internet and 24-hour cable sports channels. Clean well-kept guesthouse upstairs with 15 rooms. Open 24/7. **A/C**

Rising Sun
 20 Street 178, Tel: 012 970 718
 English-style pub with reliable breakfast, meat pies and hamburgers. Has a regular following around the bar at night especially on Fridays. Great posters of British films and TV classics adorn the walls. Ideal for that touch of nostalgia and good fish and chips – though not wrapped in a newspaper. Open 7am till late.

Riverside Bistro
 Cnr. Sisowath Quay & Street 148, Tel: 012 277 882, 023 213 898
 Popular riverside restaurant has a music bar at the back with live bands playing most nights of the week. Rock music videos are played in the main bar area. Open from 7am to 2am. **A/C**

Rory's Irish Pub
 33 Street 178, Tel: 012 425 702
 Arguably the most Irish of the Irish bars in town (though don't tell Alan at the Green Vespa that) with barmaids dressed in emerald green. Good place to talk to local expats or try the Irish stew. Open from Monday to Sunday at 7am to midnight or 2am at weekends. **A/C**

Rubies
 Cnr. Streets 19 & 240, Tel: 012 823 962
 Small corner wine bar with warm wood panelled interior and loyal following. Has frequent ill-publicised DJ events. Open 5.30pm till late, closed Mondays. **A/C**

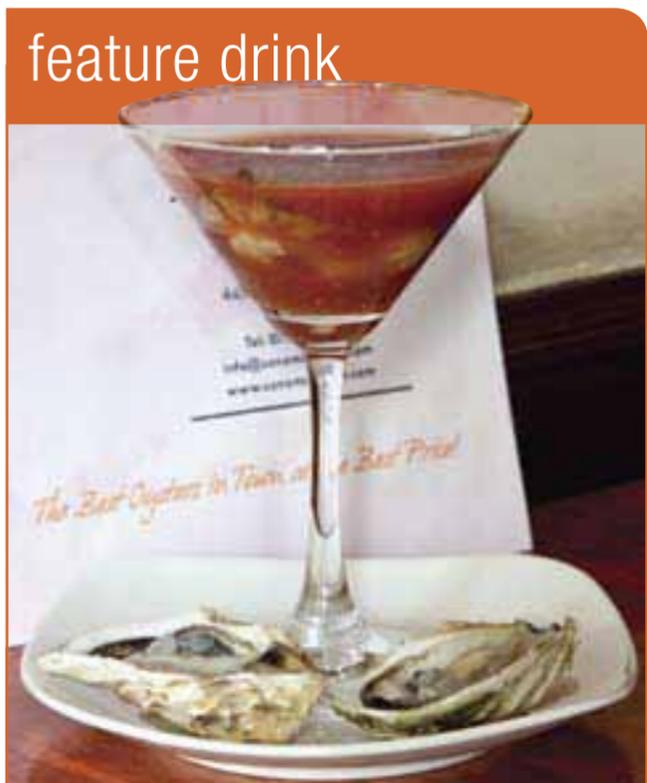
Saffron
 11 Street 278, Tel: 012 247 832
 Pakistani and Middle Eastern café, restaurant and wine bar. The curries are excellent and not too spicy, and come with a range of breads and chutneys. The wines have a bias towards the antipodes, including possibly the best range of wines by the glass in town.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

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

Sharky Bar
 126 Street 130, Tel: 012 228 045
 Biggest and most famous of Phnom Penh's bars is set on the first floor with countless pool tables and a large balcony to look out over the street. Guaranteed to be lively – a place where anything can happen, especially if you get a bit too close to the local clientele. Serves surprisingly good food, especially the Mexican, and has frequent live music. Open 4pm to 2am. **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.

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**



Oyster Shooter
Nora Lindstrom

Rumour has it the idea of putting oysters in drinks originates from the American West Coast. Back in the 1860s, a San Francisco miner came up with the drink in celebration of having scored a big chunk of gold. Not long after, the drink was available in almost every restaurant in San Francisco. Now available as a shooter at the Penh's own oyster bar, Sonoma, the ingredients of the drink have stayed pretty much the same over time. The obligatory oyster, a shot of vodka, a dash of Tabasco, and a squeeze of lemon juice is what usually goes into the drink. At Sonoma, a spot of tomato juice and a few drops of Worcestershire sauce are also added to make for a complete Bloody Mary. A great start to an oyster meal, the shot is long enough to allow for a few sips before letting the oyster slowly slide down your throat. Oyster shot (US\$3) at **Sonoma Oyster Bar & Restaurant**, 32 Street 108. **A/C**

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bar talk



Elements Club Jason Bednarz

"Clubs should be fun, with no language or race barrier," says Elements Club owner Eric Tan, who hopes to revolutionise clubbing in Phnom Penh. Pioneering dance floor desegregation of the capital's late night scene, Tan's strategy is to "throw a good party, so everyone comes out."

Fifteen years living overseas frequenting the hot spots of Singapore and LA, Tan brings to the table a solid grasp of the opportunities and potential pitfalls for clubs in his hometown.

"In the west it's mainly a singles scene," he says. "Here the culture makes that difficult. Married or engaged people are the majority at Cambodian clubs, sometimes a whole group will come after a wedding party." As Elements' signature cocktail is Be My Wife, you had better be careful whom you buy one for lest the groom be offended.

Still in its infancy, Phnom Penh's club scene comes in two sizes. "Foreigners tend to frequent places like Pontoon or Riverhouse, while for the locals it's KTV or Fly Club," claims Tan.

Tan's objective is to break down these barriers. Everyone from the local elite to expats and travellers can be seen kicking back in the swanky

curtained off lounges being attended to by a small army of servers. "Elements is incorporating aspects of overseas clubbing in a blend of western and Khmer," he says. The mix masters above the dance floor are a testament to this.

Open since April, local DJ's, as well as imported acts, have kept the dance floor pumping. The two largest crowd pullers so far, have been DJ Tashi from Japan and a duo from London's Ministry of Sound, which recently rocked a crowd of over 700 revellers.

"We try to throw one event per week and at least one big event each month with an international DJ to keep it popping," explains Tam. With promo-deals from sponsors Jonnie Walker, Moet, Heineken and others, it's no wonder Tan claims that Elements is "picking up and only getting better."

"Right now we're still getting the name out there," says Tam, although in the future he hopes to "pack Elements every weekend and get everyone to know each other."

Elements Club and Lounge, Attwood Business Center, ground floor, Airport Road, Phnom Penh. Tel: 012 222 441 097 912 5016 015 703 001. Email: info@elementsclub.net, or visit online at www.elementsclub.net. 

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. 

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.   

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.

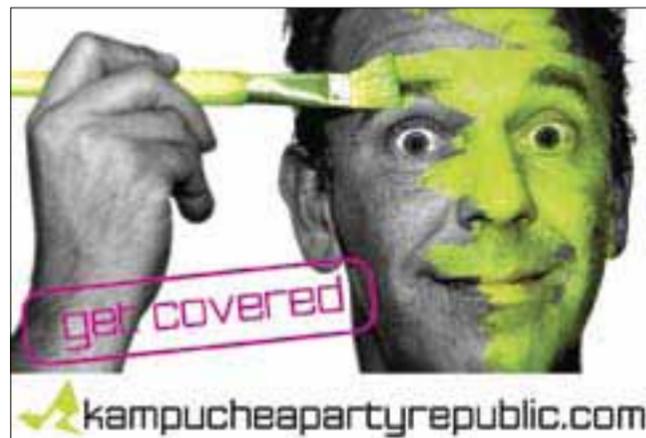
gay
Blue Chili
36 Street 178, Tel: 012 566 353, www.bluechillipub.net
This welcoming bar run by Thai national Oak is currently the number one gay bar in town. Chic décor makes this one of the coolest bars in town, even if you're straight, and the drag shows on Friday and Saturday are an additional draw.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

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
Darin 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. 

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 weekends. 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. 

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. 

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. 

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.  

listings culture

cinemas
Le Cinema
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 Sotheaors 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, 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 Sotheaors Blvd. (opposite 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 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
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 Sotheaors Blvd. (opposite the National Museum), Tel: 023 724 014
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 Sotheaors 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 Sotheaors Blvd., Tel: 023 220 424
www.amritaperformingarts.org
Performance art company that puts on contemporary & classical music, dance & theatre.

Apsara Arts Association
71 Street 598, Tel: 011 550 302
Organisation that promotes Cambodian arts & culture. 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 Blvds., Tel: 023 883 050
www.culturalcenter-cambodia.com
One of the capital's major theatres, it has regular performances of theatre, dance and music.

Epic Arts
1DE0 Sotheaors 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. 

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456 Monivong Blvd. (corner Street 466 behind Man Han Lou Restaurant)

listings 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.
Cambodia's best wildlife centre. All 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
First and only Khmer cooking school for travellers & expats in Phnom Penh, includes transport to the market and a colourful 16-page recipe booklet. Open 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 Chhang and Udong, covering technical and creative considerations in the context of travel photography.

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

Scuba Nation Dive Centre
18E0 Sotheaeros Blvd., Tel: 012 715 785
Learn to scuba dive in Phnom Penh. The academic part of the course takes place in the Plaza Hotel pool, while the real diving is over a weekend in Sihanoukville. Open 12pm to 6pm during rainy season, but 9am to 6pm during dry season.

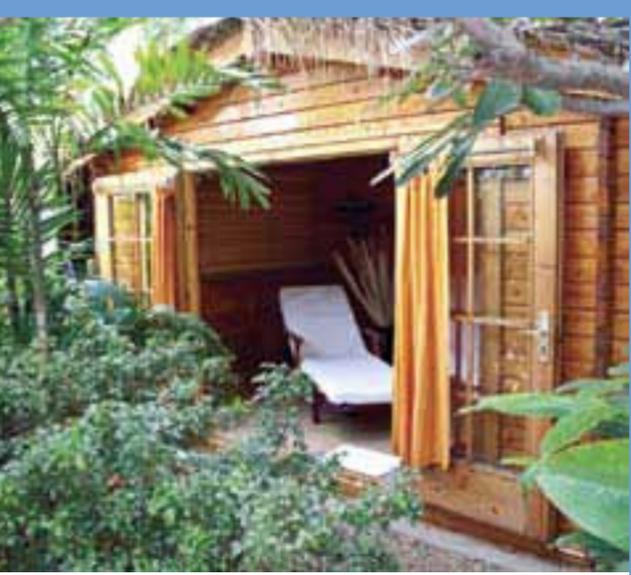
Yoga Classes at Himawari Hotel
313 Sisowath Quay, Tel: 092197 701
Available every day from 9:30am to 10am.

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



Paradiso Spa Nora Lindstrom

Stepping into Villa Paradiso is like stepping out of Phnom Penh. Calm and timeless, the establishment exudes a homely luxuriousness seldom found in the capital. Though the swanky hotel rooms and the beautiful pool are the main attraction for weary travellers, expats are welcome to use the poolside spa.

Housed in six wooden cabins behind a shroud of greenery, the spa offers a variety of body treatments as well as facials conducted using natural products only. Individual treatments start from US\$15 for a one-hour Khmer massage, and US\$35 for a skin-specific facial.

However it is the pampering packages that make Paradiso stand out.

The Kampuchea (US\$48) offers two-and-a-half hours of bliss. Remember to bring your swimsuit and start by lounging in the open-air Jacuzzi. Then move on to the German-made wooden sauna. Though there is no snow or ice outside, the latter gets this native Finn's seal of approval coming complete with a proper electric stove that allows for good "löyly" (the humidity created when throwing water on the rocks).

Next up is the Asian salt scrub. To enjoy this you are

escorted to one of the cabins. The combination of small salt grains and oil cleanses your skin. It is especially effective after the heat of the sauna has opened all your pores.

Following a quick shower, the package culminates in a 75-minute aromatherapy massage. Choose from five different essential oils and simply relax.

The series of treatments ends with tea and fresh fruit in the spa's relaxation cabin, where you have time to regain your senses before heading out into the bustle of the capital.

Alternatively, you are also welcome to stay and enjoy the pool, but note this only applies if you purchase a pampering package, not for one-off treatments.

The only downside to Paradiso Spa is the need to go from one treatment cabin to another in full view of the hotel guests. Yet the private and exclusive nature of the establishment as a whole means it's unlikely there will be anyone looking at your dishevelled post-massage hairdo.

Paradiso Spa, 27 Street 222, Tel: 023 213 720. Open 10am to 9pm. Call ahead to book an appointment. ☒

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 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 9am 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.

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 Ameri-

can 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 Bvd.,
 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 Bvd., 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 for 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
 Health 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 Peaou 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 profes-

sional, relaxed ambience for customers to sample products before purchase. Open 0am 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
 Offering 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 Tung,
 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.

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 Route 4, Kompong Speur,
 Tel: 023 363 666
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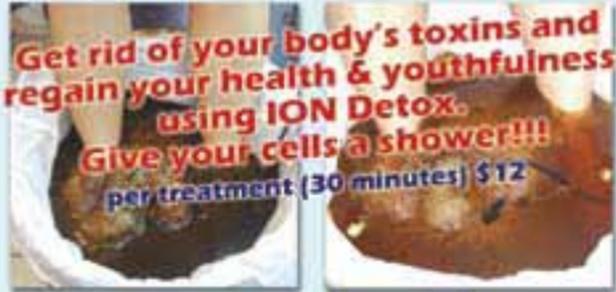
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Philippe Guibert (Fr) Technician

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Emergency
092 804 471
012 986 024

eurodentalclis@online.com.kh
photo: http://www.123.com

SOS

Surviving and Thriving in Phnom Penh
Dr Laura Watson

As an expat new to Cambodia it can be hard to work out where the real risks lie and what you can relax about.

Tempting though it may be to enjoy the wind in your hair, protecting your head with a helmet on a motorbike or a bicycle should help prevent a minor accident turning into a date with a neurosurgeon. Road rules here exist but they are totally different to those you are used to. You do not have any kind of priority at any junction. Go slow, exhibit patience and tolerance at all times and you will be fine. Road rage in Phnom Penh is not smart.

Dengue fever can be serious and is transmitted by day flying Aedes mosquitoes. Big, with banded legs, they will breed in tiny pools of fresh water in objects lying around in your yard or garden. A combination of mosquito control and use of repellants can prevent this nasty viral infection.

Malaria is not a problem in Phnom Penh, but is a risk in most provinces, especially Mondulkiri, Ratanakiri, Koh Kong, Kratie and Poipet.

There is an incredible variety of delicious food available in Cambodia, yet food related disease is still a huge problem

that can at best really spoil your day and at worst land you in hospital. The usual travellers' rules of wash it, peel it or forget it, apply here.

Food that is freshly cooked for you and piping hot will be safer than something that may have been sitting in a fridge for hours or days, or unrefrigerated. Cheap hot noodle soup in a local restaurant may be safer than the expensive chilled soup in your 5-star hotel. Most cases of mild gastroenteritis will settle with oral rehydration within a day or two. For a more severe illness see a reputable doctor.

Clean drinking water is available almost everywhere in Cambodia. This may be boiled water/tea in rural areas or safe bottled or filtered water in town. Tap water in Phnom Penh may be chlorinated but lack of certainty with water delivery systems means it probably isn't safe to drink what comes out of your taps. Cube ice in town is safe, shattered ice pieces in rural areas are not.

Dr Laura Watson, Deputy Chief Medical Officer, International SOS (Cambodia). For more information please email: sue.kemp@internationalsos.com. 📧

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, 8pm 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. 📧

listings

next gen

cafés & restaurants

Annam

1C Street 282, Tel: 023 726 661
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, watch films like Lion King looked after by a trained staff as you enjoy your cappuccino. Open daily 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. 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 Tamao Wildlife Park

Phnom Tamao, 44 kilometres out of the capital along Highway 2
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.com
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).



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For 1 ½ to 3 year olds

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British International School

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email: ican@ican.edu.kh www.ican.edu.kh

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
Offers affordable, high quality education to 330 children, aged 2-12, from 29 different nationalities, using 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.

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.

shops

Jolly Baby & Kids
108-110 Kampuchea Krom,
Tel: 012 499 099
Wholesale and retailer store that sells clothing and toys for children. Open everyday from 8:30am to 9pm.

Farlin Showrooms
129 Monivong Blvd. 175A Mao Tse Tung Blvd., Tel: 023 228 222,
012 875 222, 098 875 222
Sells a variety of imported products for babies and mothers imported from Taiwan. Open daily from 7:30am to 8:30pm.

Kid's World
112 Sotheaors Blvd., Tel: 012 661 168
Bright and cheery children's store selling an extensive range of real Lego, from small pieces up to elaborate box sets such as build-your-own Ferraris. The store also features a small play table. A range of baby products under the 'Nuk' label are also available. Open everyday from 9am to 7pm.

Monument Toys
111 Norodom Blvd., Tel: 023 217 617
To the rear of Monument Books is a well-stocked toy section. It features an excellent range of well-known board games and toys including Barbie dolls, Transformers, Magic 8 balls and more. It has to be the best place in the city for brand name toys and games. Open daily from 7.30am to 8pm.

Willi Shop
769 Monivong Blvd., Tel: 023 211 652
All products are imported from France, including bébé brand baby products, the range includes prams, baby care, cots and toys. Open from 8am to 8pm. 

listings

business

accommodation

El Mundo Apartments
Sisowath Quay 219D, Tel: 012 520 775
www.asiaroom.com
Fully serviced & furnished boutique 2-bedroom apartments with spectacular river views available for long & short stays. All with fully equipped kitchen, large living room, big adjacent terrace, separate entrance, air-con, cable TV, Internet, room service, laundry, 24 Hours Security. US\$75 per day.

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 & 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
Bill is the city's most exceptionally talented landscape designer.

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: bizybeezservices@gmail.com
Company that promotes itself as the city's premier handyman service. Does renovations, construction work, electricals, 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

the geek



iPhone into the Kingdom Sok Yeng

Let's face it everyone is talking about the iPhone. I want an iPhone, you want an iPhone, everyone wants an iPhone. But how can we lay our hands on one here in Cambodia?

It's easier than you think, though it comes at a price. You can buy iPhones around Psar Thmey and along Sihanouk Boulevard in the Kirirom area. Some are original unlocked versions and some have been altered away from the AT&T contract. An unscratched 16GB 3G second-hand iPhone retails for about US\$500, while a new 32GB 3GS (the one before the latest) is US\$850. The latest iPhone version 4 is absurdly priced at over US\$1,500.

Once you have purchased your first new iPhone, here are some tips to get around and make it a brilliant tool.

First you need an iTunes account. There are hundreds of useful Free Apps and ones as cheap as 0.99 cents. My all time favourite free Apps are Opera Mini (used for faster Internet browsing), Facebook (social networking), Stitcher (Internet Radio), Dropbox (Online Storage), Taptu Trough (news), Fluent News (news), Fring (chat), Skype (chat & calls), ESPN, IMDB, iBook, KAYAK Flight (travel), iDea Sketch... For purchased Apps I recommend: QuickOffice (office), Expenditure (personal finance records), ScanBiz-Cards. And most importantly,

for games check out: iSniper 3D, iFighter Lite, Avatar, Unblock Me, Talking Tom Cat and Labyrinth.

If you have brought your iPhone in Cambodia and it is locked, there are two ways you can unlock it to use with a local SIM card. If you don't want to risk doing it yourself, take your iPhone to have it unlocked at Sorya Mall. A soft unlock will cost from US\$10 to US\$15. A hard unlock, which involves altering the physical chip, will cost around US\$50. The best way to unlock your iPhone is to "JailBreak" it. To do this you first need to download a third-party store like Cydia, Icy or Installous.

If your iPhone is already unlocked, the simplest way to do it is to go to jailbreakme.com from your iPhone when you're online. This will download Cydia onto your iPhone and jailbreak it.

To check out your options and prices for iPhones in Cambodia, visit: hakes.com.kh, soklyphone.com, seanglinphone.com or apsaramobile.com.kh.

To read more FAQs about Cydia visit: cydia.saurik.com or: en.wikipedia.org/wiki/Cydia_(application).

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. 

Chambre de Commerce Franco-Cambodgienne
Office 2nd floor, 33 corner of Street 178 and Sotheaors Blvd, Tel: 023 221 453
www.cccfcambodge.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

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: dortekieler@gmail.com
WIG meets every first Wednesday of the month at 3pm at Intercontinental Hotel. Speakers 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 & children in Cambodia.

car rental

ACC Car Rental Services
43 Street 160z Toul Kork.,
Tel: 012 456 003, 015 456 003.
Professional, prompt and organised rental service that provides vehicles for rent with or without a driver. 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 Cambodia, 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, specialises in counselling for children, adolescents, couples & 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 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 class-

room. 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.

it & software

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135 Street 472, Tel: 023 362 957
www.conicalhat.com
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money matters



Taxing Times for the US (and Us) Trevor Keidan

Benjamin Franklin's old adage "the only things certain in life are death and taxes" is being called in to question by politicians in the U.S. And the answers they come up with on the whole issue of taxation of the American masses looks likely to affect us all, no matter where we live.

The tax cuts that were put in to place by the U.S. Congress in 2001 and 2003 are going to expire at the end of the year. Now the debate is all about whether they should stay or go. The Democrats would seem to want to get rid of at least some of the tax cuts, especially those that were granted by Bush to America's high earners, while the Republicans want to keep all the tax breaks in place.

In July, Federal Reserve Chairman Ben Bernanke said the government should maintain a "reasonable degree of fiscal support, stimulus for the economy". However, he did not endorse the tax hikes or cuts. He appeared to merely state fact. On the other hand U.S. Treasury Secretary Timothy Geithner is letting his opinion be known. He favours re-instating taxes on wealthy Americans — those earning more than USD \$250,000. The move will earn billions for the U.S. government without adversely affecting the U.S. economy, he says.

Whether it is the Democrats or the Republicans who win

the day is anybody's guess at this stage. However, the fact is that whatever is decided could have a profound effect on the U.S. economy as well as the rest of the world's.

Still perceived as the world's economic engine, the U.S. is continuing to lose jobs and the men and women on *Mainstreet America* are lacking confidence. Re-instating any kind of tax right now could unnerve them further. They might reduce their spending and this could seriously rattle the markets, both at home and abroad. Keeping the tax cuts in place could send the markets soaring, in the short-term. However, when the dust settles questions may well arise as to how this generosity is going to be paid for. This in turn could further unsettle the markets.

It would appear that, at least in the short term, maintaining the tax cuts could be good. In the long-term, however, it might be bad. Damned if you do, damned if you don't. It's definitely a debate that's worth watching. After all it could affect you too.

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. 

ing 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. Sotheaeros & Sihanouk Blvds.,
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: 022 806 117, www.asiamotion.net
Photographic agency established by Isabelle Lesser in November 2008 as a cooperation between local and international photographers.

Melon Rouge Agency
84 Sotheaeros 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.

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, Steung 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. 

listings

shopping

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 Sotheaeros Bvd., Tel: 023 222 499
14 Sihanouk Bvd., 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.

Pharmlink
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.phnompenh@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.

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Tel/Fax 855 23 221 075, info@couleursd'asie.net

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email: jennifer@smateria.com
website: www.smateria.com



Jasmine Boutique

#73, Street 240, Phnom Penh
t: +855 (0)23 223 103

FCC Angkor
Pokambor Ave, Siem Reap
t: +855 (0)63 760 610

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

shop talk



Ornamental Beads Nora Lindstrom

A daughter of third generation antiquarians, Water Lily's owner Christine Gauthier grew up on flea markets, and her love affair with discovering both random and precious trinkets has lasted ever since. "I like how markets are such a mess in Cambodia," she says. "My favourite one is Orussey." Gauthier came to Cambodia in 1996 together with her Khmer partner and children. "Back then there was shooting in streets, there were hardly any phone lines, and you couldn't go out at night," she says. Nevertheless, she fell for the place: "I love Khmer nature."

Her love for this new living environment fired up her creativity and led to her establishing Water Lily in 2002, initially to generate some much needed cash. "At first I started painting," she laughs. "But I wasn't very good." A long-term collector of beads, Gauthier started making her own bead-based creations, inspired in particular by Cambodia's omnipresent water lilies.

Some eight years later, her boutique resembles a combination of a sweet shop and a treasure trove. With jars of different coloured beads as a backdrop, everything from rings, through bracelets, to necklaces, competes for your attention. Chests of drawers

hide further items, making pulling each box out just like opening a new window in an advent calendar.

Some items have more artistic value than practical use. "Honestly, I don't know how you can wear some of the pieces," admits Gauthier. One of her personal favourites is a necklace featuring a few dozen plastic pastel spoons. Highly ornamental, it is most definitely not for daily use.

Constantly on the prowl for new beads, buttons, and other trinkets, Gauthier finds a lot of inspiration from things around her. "I love the idea of recycling, reusing," she says. A current favourite material is electric cable, which removed from its plastic coating is great for making rings. "It's like a game or a puzzle, it's all about playing with different materials."

However, when it comes to beads, Gauthier is quite the professional. "The best quality beads come from the Czech Republic," she says. "For quantity, China is the best, while Thailand makes good plastic ones." Her collection at Water Lily also includes some rarities, such as Afghan beads and 1960s French vintage styles.

Water Lily, 37 Street 240, Tel: 012 812 469. Open 8am to 5.30pm, closed Sundays.

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 made-to-measure goods on request. Open from 10am to 6:30pm.

I Ching Decor

85 Sotheaors 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.

fashion

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, 063 760 610
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.

Orosso

75 Street 240, Tel: 023 211 741
www.orosso.asia
Featuring classical 1950s and 1960s inspired Italian designs by Khmer designer Keo Sophea, and Belgian designer Wesley Tallor, this boutique has stylish yet functional men and women's clothing for work or play. Open from 9am to 9pm.

Seasonal Promotion

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Phnom Penh #12, Street 240
www.orosso.asia

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CITY MALL
Saturday 30 and Sunday 31 OCTOBER (Ground floor)
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Sunday 14 NOVEMBER (Noreodom Blvd)

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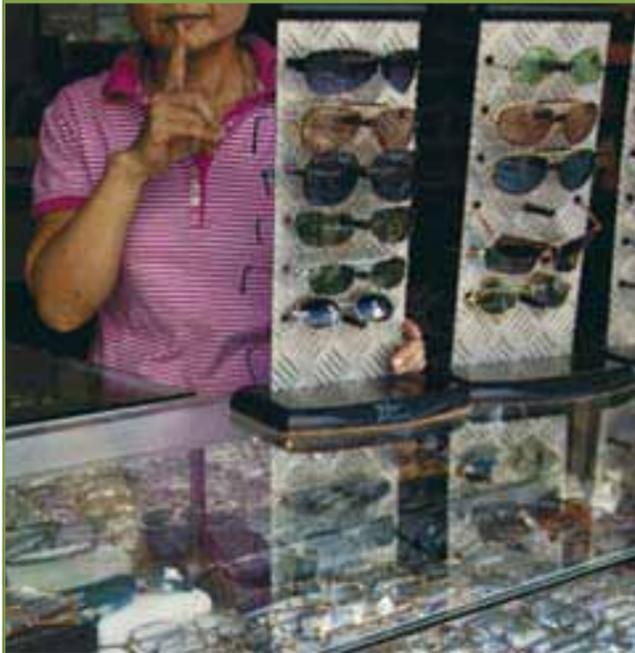
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best kept secret

Specs
Nora Lindstrom

The dust and grime of the Bodge make wearing contact lenses a nightmare, so why not indulge in specs instead? A fun way to vary your look, a cool pair of specs can cost as little as a sumptuous dinner and will certainly last for much longer.

In addition to the recent proliferation of high street optician's, Phnom Penh also offers a range of vintage frames at less prominent locations.

Central Market is a good place to start. In its heart, a number of stalls sell both spectacles and shades. Many are of the fake and cheap variety, starting from around US\$3 for a pair of knock-off Ray Bans.

However, delve a bit deeper and you might just come out with a pair of random glasses unavailable anywhere else in the capital. To get prescription lenses expect to pay up to US\$20, extra for shades, or about half that for regular lenses pending size. Bring your own prescription for best results.

Other places worthy of visiting for artsy frames are stalls around markets. The areas

around Psar Chas and BKK market in particular house shops that don't necessarily look like opticians', but stock a variety of second hand glasses. You can pick up a pair for a few bucks, but it's advisable to pop into a more established shop for your prescription lenses.

Should your look be more modern than vintage, places such as Phnom Penh Optics, E-Optics, and Modern Optics stock good, if somewhat glitzy, selections of glasses. Discounts can be massive, as much as 70 percent, but these are usually for the genuine knock offs. Prices are in the US\$30-US\$40 range for fake frames with prescription lenses, while what the shops claim to be the real deal come with price tags of US\$150+. Free computerised eye testing is generally offered.

Regardless of where you go, getting kitted out with a new, framed look shouldn't take more than a day. Still, always remember your health is more important than looking cool,

so check with your optometrist before delving into the world of low-cost specs. 

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 handmade women's clothes, scarves, shoes, bags and other accessories in contemporary and interesting designs, the Subtyl collection combines class with colour. Chillikids children's clothing is also stocked at the shop. Open 9am to 7pm.

Sweet Soul

35E Street 288, Tel: 023 307 685
Funky hip hop boutique stocking original brand clothes and accessories, including Sean John, Rocawear and Supra. Mainly for men, though some clothes for women too. One of a kind in the capital. Open 10am to 7pm

Threads

56 E1 Sihanouk 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 deli features a variety of modestly priced wines, Australian beers, and shelves full of French delicacies, cheeses, antipasti, and cold cuts, as well as a selection of sweets, teas, olive oils and other neatly packaged products. Open 10am 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 homemade accessories. Open from 9am to 8pm.

Madeines Bakery

172Eo Street 51, BKK 1, 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.couleursdassie.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

sudoku solution

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

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
Aircon wine shop and tasting gallery sells wines, severac, cavados 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. 

+855.12.899.325 :: Phnom Penh, Cambodia, Earth
keithakelly@gmail.com :: www.keithakelly.com



SPOTLIGHT

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FCC



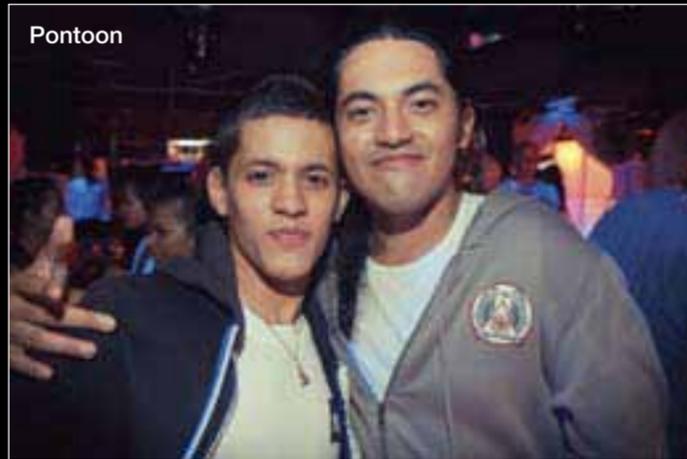
Pontoon



Pontoon



Pontoon



Riverhouse Lounge



Pontoon



Sharky



Riverhouse Lounge



Pontoon



Equinox



PHOTO BY CONOR WALL

Riverhouse Lounge



Sharky



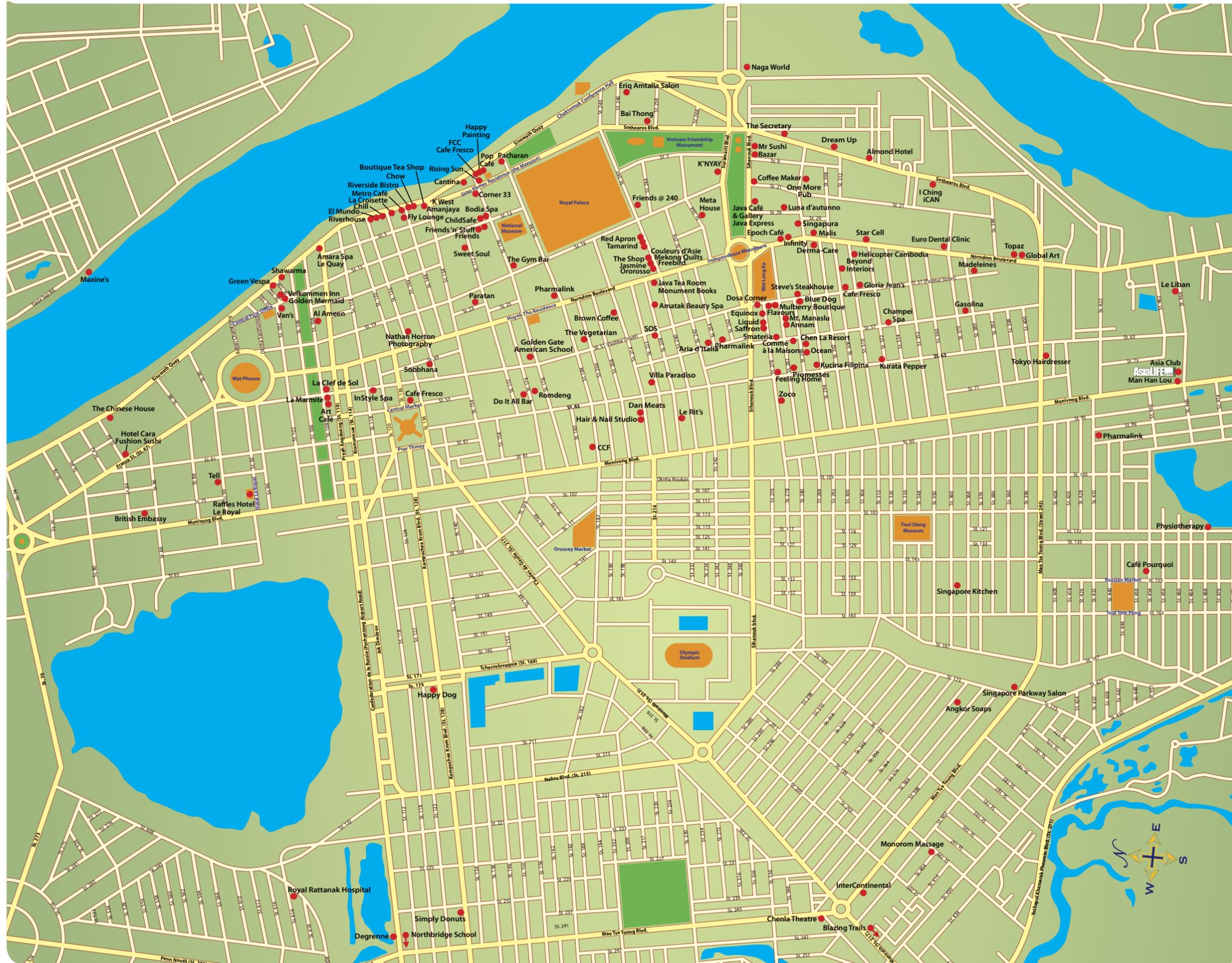
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I LOVE THE
WINNING TASTE OF
TIGER BEER

WAYNE ROONEY



Tiger

ENJOY WINNING

soundfix

album review



KELE THE BOXER

The Boxer is the album Bloc Party frontman Kele Okereke has yearned to make since A Weekend In The City. Equally informed by early Detroit techno, Chicago house and UK sub-genres such as garage, electro and happy hardcore, dubstep and drum n' bass, the ensuing results are very trendy yet patchy overall. Lead single "Tenderoni" is a blatant and shockingly unoriginal rip-off of Wiley's "Wearing My Rolex" and "Perfect (Exceeder)" by Mason vs Princess Superstar, while the otherwise lovely "Everything You Wanted" is drenched in sappy Chris Martin-esque platitudes of heartbreak. "Unholy Thoughts" is basically a substandard Bloc Party song and "The Other Side" is simply forgettable afro-pop filler. However, "Walk Tall, On The Lam" and "Rise" (the album's unquestionable high points) manage to restore direction and faith in Kele. Produced by The Kills and Spank Rock's XXXchange, the warped and aggressive dance floor beats, pulsating basslines and jagged edged synths make for genuinely invigorating and breathless high NRG rave mash ups.



TÉ 敢えて、理解を望み 纏れ尽く音声や文字 の枠外での『約束』 を。

Such are the unbelievable lengths of this album's title and track names that translating them into English would inflict irreparable damage on this review's word count. Thus, unless you're fluent in Japanese or know someone that is, you'll have to make do with my slightly basic alternatives. Much like compatriots Toe, Tokyo's very own té have been making a tremendous and impressive noise since the early 00s by crafting dynamic and thrilling instrumental post-rock. Inspired by Godspeed! You Black Emperor and Mono, té's sound is punchy, aggressive and intense, yet delicate, ambient and beautifully melodic. Catchy and immediately gratifying it ain't. Track 10 best demonstrates their incredible versatility and collective tightness with its gentle break-downs, compact time signatures and apocalyptically heavy climax. Track 4 also stands out, beginning simply with four guitar notes ringing repetitively, a shuffling drum beat and complex bass figure before the rhythm changes suddenly and a densely textured blast of tremolo and timbre effects take over.



M.I.A. MAYA

Prepare to hear the craziest, most inaccessible and divisive "pop" album released on a major label all year. MAYA (stylised as /I/YI/, the typographic equivalent of M.I.A.'s birth name) is the schizophrenic follow-up to 2007's KALA by the British-born Sri Lankan art-school trailblazer. Produced by A-List beat makers Rusko, Switch, Diplo and Blaqstarr, the album has divided critics and fans alike with its lyrical themes of online conspiracy theories, governmental paranoia, information politics and sonically visceral soundscapes. Head throbbing power tool samples ("Steppin Up"), nursery rhyme indebted wobbly dubstep ("Story To Be Told") and relentless electro-punk ("Born Free") are somehow twinned with sugary reggae ("It Takes A Muscle"), cheesy R&B ("XXXO") and abrasive heavy metal ("Meds & Feds"). Some have dismissed the album as a cacophonous disaster lacking in legitimate creative depth. However, it's just as easy to view MAYA as yet another innovative and challenging piece of work by an artist as headstrong and interesting as Bjork.



MAX RICHTER INFRA

Originally conceived as a 25-minute Royal Ballet — commissioned collaboration between composer Max Richter, choreographer Wayne McGregor and visual artist Julian Opie, *Infra* (the Latin word for "below") has been extended and expanded into a 40-minute album. Divided and sub-divided into two suites (the five-part *Journey* and eight-part *Infra*), *Infra* comprises post-modern neo-classical music written for piano and string quartet punctuated by sparse electronic flourishes. The melancholic tone composed by Richter was inspired by the melodic movements of Schubert's desolate "Winterrise" miniature to devise a score that could be used to soundtrack a road movie or accompany entries in a traveller's notebook. Beginning with crackling radio static, broken speech and Morse code glitches, "Infra 1" could be a Mogwai introduction. Similarly, the claustrophobic and minimal atmosphere of "Journey 2" evokes thoughts of Radiohead at their most experimental. However, "Infra 3" and "Infra 5" are Richter's greatest moments here — beautiful, powerful and stirring in equal measure, they elicit profound emotions from the barest of foundations. **A**

John Thornton

top ten



Official 97.5 Love FM Phnom Penh Top 10

no.	title	artist
1	<i>Billionaire</i>	Travie McCoy feat. Bruno Mars
2	<i>Ridin' Solo</i>	Jason Derulo
3	<i>California Gurls</i>	Katy Perry feat. Snoop Dog
4	<i>I Like It</i>	Enrique Iglesias feat. Pitbull
5	<i>Perfect</i>	Hedley
6	<i>American Honey</i>	Lady Antebellum
7	<i>Can't Be Tamed</i>	Miley Cyrus/Love Like
8	<i>Dream On</i>	Glee Cast
9	<i>Cooler Than Me</i>	Mike Posner
10	<i>Somebody To Love</i>	Justin Bieber

UK Top 10

no.	title	artist
1	<i>Beautiful Monster</i>	Ne-Yo
2	<i>Club Can't Handle Me</i>	Flo Rida feat. David Guetta
3	<i>We No Speak Americano</i>	Yolanda Be Cool & DCUP
4	<i>Love the Way You Lie</i>	Eminem feat. Rihanna
5	<i>All Time Low</i>	The Wanted
6	<i>Billionaire</i>	Travie McCoy feat. Bruno Mars
7	<i>Airplanes</i>	B.o.B feat. Hayley Willaims
8	<i>Pack Up</i>	Eliza Doolittle
9	<i>One (Your Name)</i>	Swedish House Mafia feat. Pharrell
10	<i>California Gurls</i>	Katy Perry feat. Snoop Dogg

US Top 10

no.	title	artist
1	<i>Love the Way You Lie</i>	Eminem feat. Rihanna
2	<i>Dynamite</i>	Taio Cruz
3	<i>Mine</i>	Taylor Swift
4	<i>California Gurls</i>	Katy Perry feat. Snoop Dogg
5	<i>I Like It</i>	Enrique Iglesias feat. Pitbull
6	<i>Airplanes</i>	B.o.B feat. Hayley Willaims
7	<i>Cooler Than Me</i>	Mike Posner
8	<i>DJ Got Us Fallin' in Love</i>	Usher feat. Pitbull
9	<i>Teenage Dream</i>	Katy Perry
10	<i>Ridin' Solo</i>	Jason Derulo A

endorsed



Six Feet Under Tom DiChristopher

In the late 1990s HBO established itself as a forerunner in innovative American television drama with provocative shows like *Oz*, *Sex and the City* and *The Sopranos*. But even for a cable channel that proved itself with a series premised on prison life, 30-something sexuality and organised crime, *Six Feet Under* was a gamble. From 2001 to 2005, *Six Feet Under* followed the lives of the Fishers, a family that owns and operates a funeral home in Los Angeles County, California. The story starts with the death of Nathaniel Fisher, the patriarch of the family. Following the funeral, prodigal son Nate gives up his crunchy Portland life to help his brother David run the family business.

By virtue of its premise, *Six Feet Under* regularly exposed viewers to taboos that few other programmes would approach: death, grief and mourning. But as it turns out, a funeral parlour is the perfect place to portray the human condition. The backdrop of mortality lent urgency to each character's overriding struggle, whether for meaning, forgiveness, happiness, a sense of belonging or simply peace of mind.

The pall of death also foreshadowed their inevitable failure. The writers never once allowed you to believe that the characters would one day wake up, stick to their resolutions and live happily ever

after. They lapsed into self-destructive behaviour. They made the same mistakes. Often, they disappointed you. The result was that they were remarkably believable.

The setting also allowed the writers to indulge in the series' darkly humorous brand of surrealism. The dead, especially Nathaniel Fisher, often manifested to stir up feelings a character had repressed. Or a scene would veer in a bizarre direction, and suddenly, one of the characters would wake up, realising it had been a dream. These moments provided cosmic crib notes that allowed the viewer into the characters' inner worlds.

There's one scene in particular that I think explains why these scenes were so effective. During a funeral for a man who committed suicide after going on an office rampage, the Fishers' reconstructive artist, Rico Diaz, tells David he blames the family for the man's actions. David retorts that they only knew him as a son, not a murderer. He tells Rico he's a fool if he thinks you can ever really know a person.

That's a hard pill to swallow. Most of us spend our lives trying to find someone who does in fact "know us." What *Six Feet Under* conveyed is that the failure to do so does not make us "wrong" or "damaged", it's simply part of the human condition. **A**

messages from the stars

Horoscopes September 2010



Virgo (Aug. 23 – Sep. 23)

Happy Birthday Virgo! Getting what you really want and moving toward achieving the things which are important to you may involve surrendering something or eliminating something from your life this month. Perhaps an attitude that has been impeding you is now released. Major, long-term changes can be begun now such as a lifestyle change or a regimen of self-improvement. Be particularly sensitive to a friend in need around the full moon on the 23rd.



Libra (Sep. 24 – Oct. 23)

Co-operation and successful collaboration in the business and professional world are highlighted this month, Libra. Legal matters and governmental matters of all kinds run very smoothly for you. This is a good time to bring about increased harmony and co-operation in any organisation, club, or business which you are a part of.



Scorpio (Oct. 24 – Nov. 22)

Your imagination runs wild this month, Scorpio! You are attracted to any kind of fantasy, mysticism, or imaginative work. Many people find they simply must travel under this astrological influence. The same, everyday environment and routine is exceedingly irksome, and a more exotic, imaginative setting is needed.



Sagittarius (Nov. 23 – Dec. 21)

Spontaneity and freedom are the key issues this month, dear Sagittarius. Your mood is very upbeat. This month you are funny, somewhat eccentric, and might find yourself acting out of character at times. Run with this as it may lead you to a positive outcome. Chances are you will find something more rewarding and be glad that you did.



Capricorn (Dec. 22 – Jan. 20)

You are in a jovial and fun-loving mood this month, Capricorn, and can expect pleasant social interactions and a lot of laughter. You are likely to spend most of the month putting chores and other responsibilities off which may annoy your spouse or other family members. But fear not, your buoyant mood will smooth things over.



Aquarius (Jan. 21 – Feb. 19)

This month you will be expressing your feelings openly and warmly, which will cause others to feel relaxed and safe in your company. If your friends and family can share in your good mood, then all will go well, however pay close attention to those in your life who are particularly sensitive.

Pisces (Feb. 20 – Mar. 20)

You are wilfully resistant to any outside pressure, manipulation, or authority this month, Pisces. Your drive for personal freedom and insistence on your rights is pressing, especially around the 20th when a confrontation in which you have to stand up for yourself is likely.

Aries (Mar. 21 – Apr. 20)

Choose your surroundings and those influences you expose yourself to carefully this month Aries. You may be feeling less vigorous and should try to rest and restore your energy. Fret not, the end of the month sees you returning to your energetic self, being able to take everything on!

Taurus (Apr. 21 – May 21)

Your physical drive and energy levels are high now, Taurus, and you can accomplish a great deal fairly easily. You are inclined to take the initiative or to strike out on your own, and are likely to be successful at what you attempt this month. In the second week of September a great opportunity to is likely to be offered to you.

Gemini (May 22 – Jun. 21)

You may meet numerous obstructions and delays this month which impede you from accomplishing as much as you would like. You can, however, do a very thorough job and also tackle the kind of difficult or disagreeable tasks you usually avoid. Perseverance and patient effort are required of you now. Try to avoid becoming discouraged, there is smooth sailing ahead.

Cancer (Jun. 22 – Jul. 22)

You take a more relaxed and creative approach to life this month Cancer, and are likely to take the time to enjoy a hobby or activity that you have had difficulty making room for. Let this inclination grow and develop this month. This is a good time for invigorating, but not overly strenuous, outdoor activity or a creative project.

Leo (Jul. 23 – Aug. 22)

Your desire for leadership, personal recognition for your efforts, and absolute control over your own affairs is very strong now, Leo. You have found a new competitive streak in business affairs and you aggressively present your concerns and interests to colleagues and superiors. Trust this instinct. You are ready to fight if necessary in order to forge ahead! 🚩



letters from america



A Letter on Education

Will Koenig

As the school year starts in Cambodia (and around the world), a stream of young idealistic foreigners trickles into Cambodia.

Some are college students taking a break from their schooling or aid organisations. Some are taking time to be a vagabond — seemingly the fastest growing occupation in America—in a land that's more affordable and hospitable than much of the West. And then there are “volunteers” for U.N. agencies, many of whom are paid better than people with real jobs.

I was one of those young foreigners, though with a few years experience in a newsroom I was not nearly as young and far more cynical. But my journalism experience was rather limited — I still wanted to give back to society and make the world a better place. It takes time for the newsroom to burn that desire out of some people.

So I signed up to teach English and computer skills for a year at a Christian school in Phnom Penh. It came with a monthly stipend of US\$150, an apartment artfully crammed into a steeple, and the promise of a new adventure. And after the three most difficult hours of my life, teaching a class of five kindergarteners, I was ready for the terrifying adventure to end.

But that's another story.

Once I escaped from those little destroyers of sanity, the vast majority of Cambodians I taught were eager to learn. They recognised education as the best way to a better life.

A few mistakenly believed that a bachelor's degree in business, whether earned or bought, would translate into a cushy management job with high pay and little effort. One young man proudly told me that because the national tests were too difficult, he had hired someone to

take the test for him. He was certain that such an innovative solution would take him far in business. While I disagreed with his assessment of his bright future at the time, with the flurry of corporate scandals that have unfolded during the recession, I have to confess he might just be right.

Here in the U.S., education is not placed on a pedestal. There are many who feel that a visa to the United States is the ultimate reward. Once they've arrived they devote themselves to whatever menial job presents itself. Part of the allure may be Oregon's relatively high minimum wage and abundance of low-skill jobs. Unlike 48 other states and miscellaneous territories and districts, it's illegal to pump your own gasoline in Oregon. That's right, we're right up there with New Jersey.

While there's nothing wrong with drive to work, there's little

advancement when you have no education. There's little or no opportunity for professional growth, to return and help rebuild Cambodia.

Such statements are usually met with a look of bafflement. Nobody is interested in going back to Cambodia, except maybe to retire.

Despite my pessimism, there are some Cambodians who want to get an education and return to Cambodia to help rebuild. But the overwhelming number want to stay in the U.S. and get rich, or as rich as you can get serving burgers.

For the time being, it looks like the foreigners who travel to Cambodia to teach and advise will have little competition from returning members of the Cambodian diaspora.

Will Koenig lives in Oregon with his wife, son and an wide array of Curious George paraphernalia. All of it kind of scary. 🚩

pub quiz

europa

- 1) Which letter begins the most European countries?
- 2) Which is the world's largest landlocked country?
- 3) What colours are the Flag of Europe?
- 4) The European Anthem is based on music by whom?
- 5) Which country that lies entirely within Europe (ie. not Russia or Turkey) has the largest population?
- 6) The city of Dubrovnik is in which European country?
- 7) In which country is the most northerly mainland point in a member state of the European Union?
- 8) Which European city stretches across 117 small islands?
- 9) Which 2 countries flags contain only black, red and gold?
- 10) Which European country is also known as Hellas?

odd ones out?

- 11) Ruth, Nigel, Daniel, Esther?
- 12) Christmas, Mud, Garden, Fairy?
- 13) Red, Green, Yellow, Blue?
- 14) Medicine, Chemistry, Mathematics & Physics?
- 15) Albert Einstein, Leonardo De Vinci, John F Kennedy, Marco Polo?

- 16) Michael Keaton, Tommy Lee Jones, Val Kilmer, George Clooney?
- 17) Rose, Mike, Charlie, Juliet?
- 18) Ta Prohm, Angkor Wat, Bayon, Preah Khan
- 19) Royal Russet, Discovery, King Edward, Red Delicious
- 20) New, Red, Old, Central

"a" is to "b" as...

- 21) Fratricide is to one's brother as uxoricide is to one's?
- 22) Calamari is to squid as venison is to?
- 23) Phnom Penh is to Cambodia, as Quito is to?
- 24) Kitten is to cat as leveret is to?
- 25) Necrophobia is to death as gynophobia is to?
- 26) 125 is to 5 as 343 is to?
- 27) Senmonorom is to Mondulkiri as Banlung is to?
- 28) Prince Phillip, Duke of Edinburgh is Queen Elizabeth II as Samdech Hun Sen is to?
- 29) London is to the River Thames as Melbourne is to?
- 30) Wallace is to Gromit as Tintin is to? 

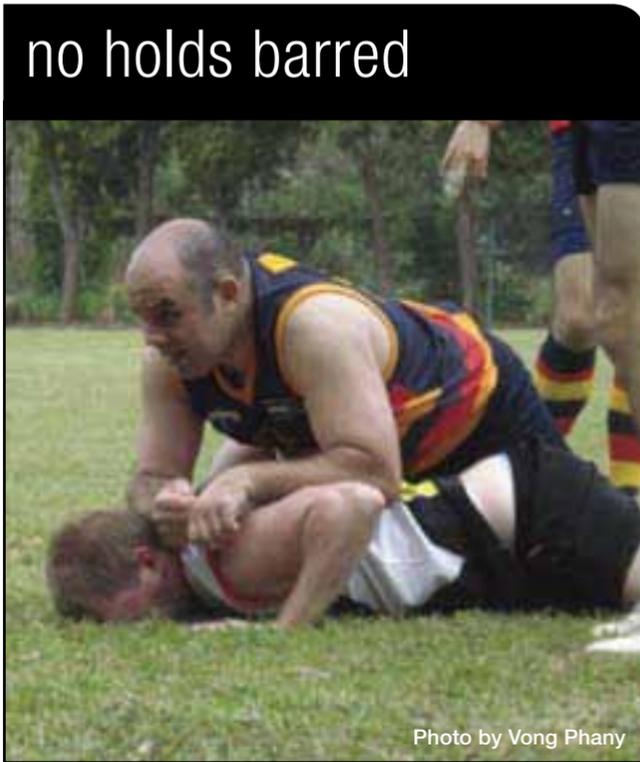


Photo by Vong Phany

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		9				8	
			4				9
			3		4		
3			2			9	5
	1				9	2	8

Answers on page 89 

Pub Quiz Answers
 1) S - 7) 2) Kazakhstan 3) Blue and Gold (yellow) 4) Ludwig Van Beethoven 5) Germany 6) Croatia 7) Finland 8) Venice 9) Germany and Belgium 10) Greece 11) Nigel: others are books of the bible 12) Garden: the others are cakes 13) Green: the others are primary colours 14) Mathematics: all the others are categories for Nobel Prizes are awarded 15) Albert Einstein: All the others are airports 16) Tommy Lee Jones: the others have played Batman 17) Rose: the others are NATO phonetic alphabet 18) Angkor Wat: not built by Jayaverman VII 19) King Edward: the others are apples 20) Red: the others are markets in Phnom Penh 21) Wife 22) Deer 23) Ecuador 24) Hare 25) Women 26) 7 27) Ratanakin 28) (Chumteay) Bun Rany 29) The Yarra (River) 30) Snowy



ក្រុម

the group



the group:
 tata: vocals
 minko: guitar + vocals
 ian white: guitar
 jimi baeck: accordion
 brian webster: drums
 kim bunthan: khmer violin

band matriarch: the om

photo: luke duggleby
 video: ian white + darren campbell

the mekong sessions
 the label

the single: បងស្រឡាញ់អូន អូនស្រឡាញ់បង i walked the line
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