

Cambodia

102010
ISSUE46

ASIA LIFE

The guide to life in the Kingdom

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editorial

mark bibby jackson



In last month's editorial I referred to the process of restructuring both magazine and website that we were part way through. Now, with the relaunch of AsiaLIFE Cambodia this process is complete.

So, what precisely is new about the all-new AsiaLIFE?

The design of the magazine has had a complete overhaul. As mentioned last month, the previous formulaic design placed our art director in a straight jacket. Fortunately now he has been allowed to leave the funny farm and let his creative juices flow.

As previously, we will focus on a theme each issue, in this case wildlife. But the new freedom applies to focus as well. Due to our closer relationship with our partner magazine AsiaLIFE HCMC in Vietnam, we are able to call upon their resources to provide a more regional perspective on the issue.

So, in addition to Nora Lindstrom's lead article on the conflict between development and wildlife preservation in Cambodia, we have regional pieces of flying with gibbons in Laos and the best safari parks in southeast Asia, including our own Phnom Tmao of course.

In order to achieve this, we have worked very closely with

our colleagues across the border over the last few months.

I'd particularly like to thank Tom di Christopher and Johnny Murphy for all their efforts in making the coordination between the two magazines as seamless as possible.

When we launched the original AsiaLIFE Phnom Penh magazine at Pontoon in December 2006 people said that we were mad. Cambodia wasn't ready for a glossy lifestyle magazine, they told us. Over the intervening four years I must admit to have shared their doubts from time to time, especially when the tourist exodus affected business so badly.

However, now as you walk around this wonderful city that we live in, admiring all the great green spaces created by the municipality, the beautiful riverside promenade and eat in chic restaurants, all the efforts of the last few years seem worth it.

I hope that you enjoy reading this first issue of the new AsiaLIFE Cambodia and agree with me that it is the finest magazine yet produced in the Kingdom of Wonder.

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

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Special thanks to: Araing, Kristen Avis, Tom DiChristopher, Dara, David Fagan, Darren Gall, Jeremy Holden, Nicky Hosford, Trevor Keidan, Will Koenig, Many, Thomas Maresca, Our Books, Proh, Vong Phany, David Preece, Rong, Somy, Tono, Vuth, Fred Wissink, Sok Yeng and Beth Young – for their contribution to this issue.

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

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

On the Cover:
Photo by Conor Wall. Design Keith Kelly.

Partners: **CCF CAMBODGE**
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news & events

L'Oréal Makes its Debut

A champagne-laden reception at the Penh's one and only jazz lounge Studio 182 marked the arrival of authentic L'Oréal Paris products in the Kingdom on Sep. 8. Although lotions and potions by the global beauty giant have been available in Cambodia for some time, now consumers can be certain they are buying the real deal by looking for products marked with holograms of authenticity.

Distributed by StarAsia, product ranges imported include Hydrafresh for young skin, RevitaLift to firm up those wrinkles, and White Perfect for a radiant glow. The Men Expert range, which includes everything from cleansers through to moisturisers, offers skin care products specifically designed for men. Hair care products and make-up are also coming into the country, paving the way for L'Oréal to gain a large share of the local beauty market.

Day of the Ancestors

Pchum Ben is celebrated in Cambodia on Oct. 7-9 this year. Culminating on the fifteenth day of the tenth month according to the Khmer calendar, this reli-

gious festival is when locals pay their respects to their ancestors and deceased relatives by bringing sticky-rice to pagodas to feed the spirits of their ancestors. Given that many Cambodians return to their homelands in the provinces during the festival, many bars and restaurants close during the period, so check before going out to avoid disappointment.

Benefit for Women

The Sihanouk Hospital Centre of HOPE is organising an upscale dinner and fashion show gala by Bloom Fashion on Oct. 21. Aimed at raising funds for the hospital's new women's centre, the event will coincide with International Breast Cancer Month.

With a mission to provide free medical care to the poor, Sihanouk Hospital Centre of HOPE has been operating in Cambodia for more than 13 years. The new initiative, which the hospital aims to raise US\$1.5 million for, will cater exclusively to the health needs of women. Services will include screening for breast and cervical cancer, which if detected early have a significantly higher survival rate.

For more information about the Bloom Fash-

Making the Vote Harder to Count



It's hard enough to get a US citizen to vote, and it just got harder...for overseas voters at least. New legislation now requires that US citizens abroad register each election year, and personally request a ballot for each election, state or federal. Maybe overseas votes made too much of a difference in the last US Presidential election? The vote is still out.

If you are a US Citizen and you need Voter

Registration Assistance, you can now find help from Democrats Abroad every Saturday from 2pm to 6pm at FCC (Phnom Penh).

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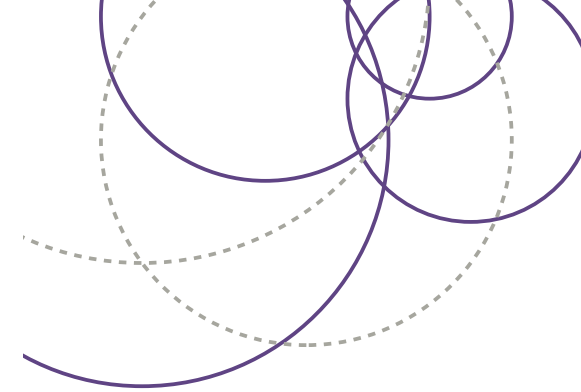
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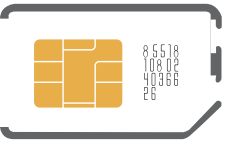
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Track Review



I Walked the Line by Krom (The Group) Mai Lynn Miller Nguyen

Judging by its debut single, Krom proves to be an invigorating addition to Phnom Penh's music scene. Named after the Khmer word for "group," Krom is a collective of six Cambodian and expatriate musicians, merging two guitars, an accordion, drums, and Troh, the Khmer violin.

"We're just a group of people working together to create music, we have no claims on trying to be this way or another," says Chris Minko, the Australian guitarist, singer, and composer, in an exclusive interview with AsiaLIFE.

Out on the recently launched Mekong Sessions record label, the first single is sold on VCD format in music stores throughout Phnom Penh. The video captures the band in a light-hearted jam session, an introduction to the members' dynamic personalities.

The presence of a spirit house and the Om, a Khmer woman who is the group's honorary matriarch, represents the Cambodian context. "This is a song that has evolved out of Phnom Penh," says Minko.

Navigating blues, traditional Khmer music, and contemporary pop, 'I Walked the Line' is a haunting tune. As

referenced by the song's title, a trace of Minko's role model, Johnny Cash, is apparent.

Singing the verses, Minko's husky, textured tone is complemented by the newly discovered talent of Khoun Socheata, known as Tata. Her voice—melancholic yet buoyant—soars on the hook, enriched by an echo effect commonly used in popular Khmer music.

Lyrics in both English and Khmer, written by Minko over the past four years, resonate with emotion. "We sing about our hearts," says Tata.

Diagnosed with polio, Tata hopes to be an inspiration for disabled people. "In Cambodia, there is a lot of discrimination against people with disabilities," says Tata. "It makes me proud to show that I can be a singer."

Krom has yet to divulge future plans, aside from announcing that a follow-up track, "Prahok," is in production. Broadcast on local TV channels, 'I Walked the Line' is already receiving requests from an audience who is embracing the group's unique sound—and eager for more.

You can watch the video at: <http://www.youtube.com/user/themekongsessions>

ion Benefit or how to get involved in the Women's Health Initiative, contact Grace Henry at: gracehenry@sihosp.org

Celebration of Food
On Sept. 9, details regarding the upcoming CAMFOOD exhibition were announced to members of the press at Van's Restaurant. Luu Meng, President of the Cambodian Hotels Association, and Van Porleng, President of the Cambodian Restaurants Association, along with other steering committee representatives, confirmed that the exhibition will take place between Oct. 21-23 at the Diamond Island Convention Centre.

The first international trade exhibition to be hosted in Cambodia, CAMFOOD is intended to foster dialogue within the HORECA (Hotel, Restaurant, Catering) industry. A number of specialty fine foods, beer, wines, and spirits will be featured, as well as culinary and barista competitions held throughout all three days. Training and seminars will also take place, including wine appreciation classes. Those in the industry can apply for free entry at www.expocambodia.com, whereas other guests can enter for US\$5.

Forward with Football
Cambodia's first residential football academy was launched in late September by current Cambodian League champions Phnom Penh Crown, in partnership with the Asia Pacific Football Academy in New Zealand.

With links to EPL club Everton FC, the academy's programme aims to produce the future stars of Cambodian football. Trials for the academy are set to take place in 17 locations around the country throughout October, during which 22 players in their early teens will be selected. The lucky few will then embark on a two-year full-time training course at the Phnom Penh Crown's training pitch in Toul Kork, after which the hope is they will join Crown's first team and ultimately the Cambodian national team. For the

Stories in Stone



Stories in Stone
Former Washington Post correspondent John Burgess visited Cambodia in late August to promote his new book *Stories in Stone*. A highly readable account of Cambodian history stretching several centuries, the book was inspired by Burgess' own experiences in the country.

While covering the exodus of Khmer refugees at the Thai-Cambodian border in 1979, Burgess came to know Sdok Kok Thom, a little known temple in the border area. "One day I was walking through the forest and came upon this 11th century temple," he says. "I had such a feeling of discovery, and kept going back." Little did he know at the time that what he came to consider as "his" temple, in fact contained an inscription that unlocks the basics of early Khmer history. "It was only twenty years later that I made the connection," he says. Following retirement in 2008, Burgess returned to the fascinating account of the founding of the Khmer empire. "It's an incredible story, and I thought it was such a shame only academics and historians know about it," he says.

The result is *Stories in Stone*, which brings together the remarkable stories of the 1052AD inscription, the subsequent abandonment of the temple, its rediscovery by French colonialists, and final re-emergence during the 1979 exodus. *Stories in Stone* is available for purchase at Monument Books.

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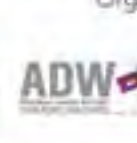
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Cambodia International Film Festival



The first annual Cambodia International Film Festival is to be held in Phnom Penh from Oct. 20-24. Promoters promise to bring international filmmakers to screen their latest movies and share their skills with Khmer filmmakers.

The festival will bring a wide international selection

of features films, short films, animation and documentaries. Venues include the Lux Cinema, Bophana Centre and French Cultural Centre, as well as outdoor screenings at Diamond Island and Golden Sorya Market on Street 51.

"We would like Cambodian film professionals

to be inspired and local audiences to find again the pleasure of theatrical cinema," said Cedric Eloy, the CEO of the Cambodian Film Commission. "We want to show what cinema can be in all its narrative styles and formats, short films, animation, feature films and documentaries."

Programming will include a panorama of African cinema, French cinema, Malaysian cinema and a selection of features from all parts of the world. It will also present Khmer classic and contemporary features, TV series and documentary production.

The Cambodia International Film Festival is hosted by the Ministry of Culture and Fine Arts and organised by FX Entertainment in association with the Cambodia Film Commission, Kmy Films and the Association of Filmmakers of Cambodia.

Precise information on the programme was not available at the time of going to press, but the following films have been confirmed: Ali Zaoua (Nabil Ayouch), Baara (Souleymane Cissé), Tilai (Idrissa Ouedraogo), Drum (Zola Maseko), Bal Poussiere (Henri Duparc), Flower In The Pocket (Liew Seng Tat), Woman On Fire Looks For Water (Woo Ming Jin).

For more information, visit: <http://www.cambodia-iff.com>.

really lucky ones playing abroad might even be an option, after all, Everton is known for producing talented youngsters, such as Wayne Rooney.

Garden Dining at CCF

Opened Sept. 14, Le Café in the French Cultural Centre courtyard is a fresh destination for breakfast and lunch. Run by Mith Samlanh, Le Café is a training café/restaurant for the NGO's students, located in the space previously directed as a social business called Café du Centre until late last year.

The garden setting is a tranquil, lush environment for meals throughout the day. From 7.30am to 11.30am, coffee and assorted baked goods are available à la carte for breakfast. A lunch buffet, offering four Cambodian dishes, rice, water, and dessert for 10,000 riel, runs from 11.30am to 1pm, and snacks and drinks are served until the late afternoon. Le Café will also operate during special events at the CCF, as announced in the monthly programme.

FCC Nations Cup

The FCC Siem Reap is staging the FCC Nations Cup golf event at the Angkor Golf Resort from Oct. 23 to 24. A package including one night's stay at the FCC Angkor, dinner and lunch as well as entry fee costs US\$285, or US\$245 for entry fee only. Anyone lucky enough to land a hole in one can win a six-night trip to Luang Prabang. For further information, call: 012 279 092.

Munich of the Mekong



Germany's famous beer-laden Oktoberfest is descending upon Phnom Penh again on Oct. 15-17. Held at Hotel Cambodiana, the beer-lovers event is organised by the German Business Group Cambodia.

For the US\$18 entry fee, you get two Tiger draft beers, an Oktoberfest polo shirt, as well as all-you-can-eat Bavarian buffet on the hotel's Mekong Terrace. There is also a live band from Bavaria. Though the festivities take place after the official end of the Oktoberfest, which tradi-

tionally runs for 16 to 18 days from mid-September until the first weekend of October, if last year's party is anything to go by, few of the revellers are likely to care. In Germany two things will be done a little differently this year: to mark the bicentennial of the event, the Munich Festival will last until the first Monday in October.

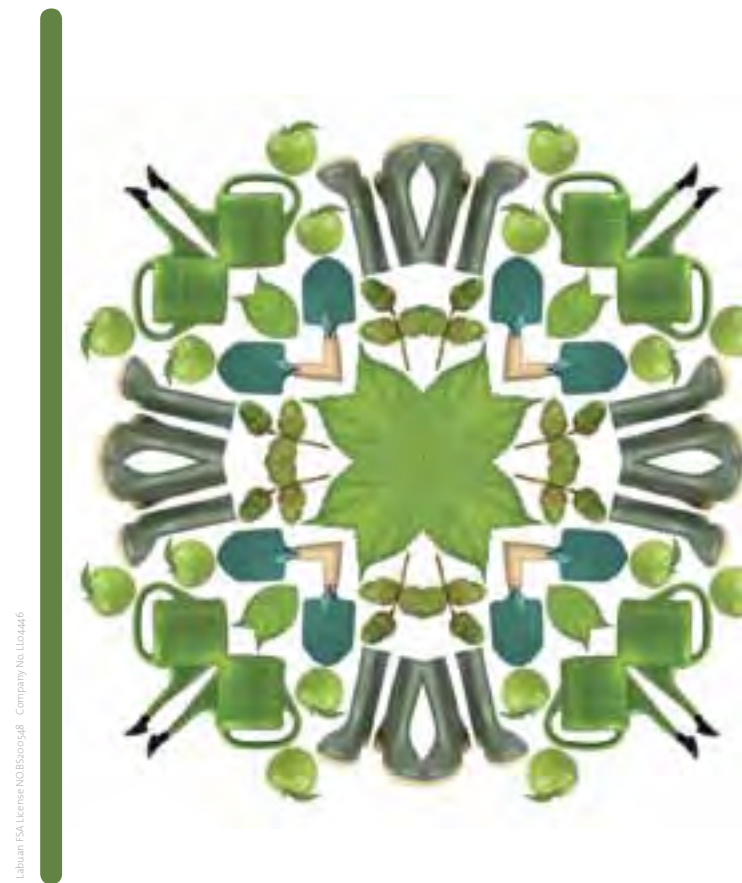
Those wishing to stretch out the festivities should head for the Riverside Bistro, which has special US\$1 Angkor beer promotion from 7am to 7pm until the rainy season ends. ☑



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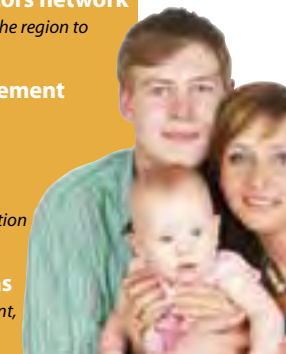
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HCMC Events In October

Tam Ta at San-Art

After it's month-long engagement at the Bui Gallery in Hanoi, Tam Ta, a touring show of work by young Hanoi artists arrives at HCMC's Sàn Art Gallery. Referring to the deluge of passions, challenges and questions that rain down upon young artists in Vietnam, Tam Ta examines the impulses and processes that make these four young men, and their whole creative generation, into who they will be. The show opened on Sep.30 and runs through October. Head to Sàn Art at 3 Me Linh in Binh Thanh District or email art@san-art.org for more information.

Concha y Toro Winemakers Dinner at Reflections

On Oct. 22, Wine Ambassador Jose Miguel Cruz of Concha y Toro Wines will host a wine maker dinner at the Caravelle Hotel's Reflections Restaurant. A range of Concha y Toro wines will be introduced and tasted with dishes including poached duck liver au tourchon on shortbread crust with glazed cherries, light cured smoked salmon on shallot puree with soft poached egg and merlot poached seabass on creamed leeks. For more information, visit: www.caravellehotel.com.

Kate Festival in Phan Thiet

On Oct. 6 and 7, the Kate Festival celebrating the culture of the Cham people will take place at Poh Sah Inu Tower in Phan Thiet. The cultural festival is built around traditional rituals, most notably the palanquin procession featuring colourful costumes and the Tong ceremony, held to ward off evil winds. Also scheduled are displays of ethnic music and dance, brocade and ceramic exhibitions, folk games, craft and music workshops.

Oktoberfest at Windsor Plaza Hotel

From Oct. 8 to 10 and again on Oct. 15 and 16, Oktoberfest returns to the Windsor Plaza Hotel at 18 An Duong

Vuong in District 5. This year, Windsor Plaza and the German Business Association are celebrating the 200th anniversary of Oktoberfest and hope to exceed the record 12,000 guests that came out to swill some suds last year. Oktoberfest Vietnam 2010 will offer seven days filled with foot-stomping music, refreshing German brew and all-you-can-eat food. Ticket prices start at 600,000 VND. For more information, visit: www.oktoberfestvietnam.com, or contact the Windsor Plaza Hotel at: info@oktoberfestvietnam.com.

Saigon Children's Charity Art Exhibition 2010

Colours of Life, Saigon Children's Charity's 2010 youth art exhibition opens at the Opera House in Lam Son Square on Oct. 16 and runs through the 23rd. Organised annually, the art exhibitions are an opportunity to showcase the talents of students at Thang Long School and raise money to support the programmes there. Featuring both paintings and photographs, exhibitions are held not just in HCMC but also in Singapore, Hong Kong and even in Europe.

VinaCapital Hong Kong to Vietnam Race

Some of the world's most skilled yachtsmen will set a course for Nha Trang next month, when the fifth VinaCapital Hong Kong to Vietnam Race terminates on the shores of this seaside city on Oct. 23. Organised by the Royal Hong Kong Yacht Club and supported by Sheraton Nha Trang Hotel & Spa and Saigontourist Travel Services, the four-day sailing event covers 656 nautical miles, making it the longest Category One race in Asia. For more information about the race, visit: www.rhkyc.org.hk/hkvietnamrace.htm. To book accommodation at Sheraton Nha Trang Hotel & Spa, go to: www.sheraton.com.

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openings

Open for Bizness



Bright, white, and stylish, Le Biz hotel and library is the definition of urban chic. Opened with a swanky launch event in September, the 27-room business hotel successfully combines sleek modern design with classy creative touches for a unique,

contemporary whole. An out-of-the-ordinary feature is the ground floor library, which stocks design and business titles. Further wonders are found in the rooms, which come with high-tech facilities: 42" LCD screens that laptops can be connected to, as well

as hi-fi systems with iPod docking capability. And even if you have your own bed in town, the hotel's Lime restaurant is worth checking out. Serving a mix of western and Asian favourites with a focus on the fresh and healthy, the restaurant is open for break-

fast, lunch, and dinner. An interesting touch is the ever-evolving graffiti by artist Peap Tarr that overlooks the bar, ensuring there is always something new to check out at Le Biz.
Le Biz, 79F Street 128,
 Tel: 023 998 608.

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A Tasty Treat

Friends of frozen yoghurt are raving about the latest addition to riverside, Tutti Frutti. Colourful and cheery, the establishment has all the right elements for becoming the place to go for healthy, low fat treats likely to find favour among both kids and adults. The concept of the establishment is self-serve: customers pick a tub and fill it with one or many of the shop's different flavours of frozen yoghurt straight from the soft serve machines. On come toppings, which include mainly types of fruit and chocolate sprinkles, before the tub is weighed to establish the price of your frozen goodness (US\$1.50/100g). Flavours are divided between the tart and the creamy, ranging from green apple to taro to chocolate. Though only eight flavours are offered at any one time, Tutti Frutti stocks over 20 varieties of yoghurt, and staff say available flavours will change on a weekly basis. To find out

more about the US-based brand's frozen yoghurt, visit: www.tfyogurt.com.

Tutti Frutti, 321 Sisowath Quay, Tel: 012 200 030. Open 10am to 10pm.

Khmer Modern

Cambodian wood turned into classy furniture is the concept behind Art Wood, the Penh's latest boutique furniture store run by Yin Daravy. Though not quite done with her studies in interior design, Daravy is showing off her skills by combining classic Khmer design with straight modern angles. Stocking everything from bed sets to bookshelves and dining tables, Art Wood has all the right things needed to turn a house into a home. Spend US\$1,399 on a heavy, solid wood dining table with six chairs, or walk away with a lighter version and four chairs for US\$450. All furniture is designed by Daravy, and made by the company's carpenter. Custom orders are also taken,

which pending design take at least a week to complete. For more information, visit: www.artwood.asia.

Art Wood, 23 Street 294, Tel: 090 249 999. Open 8am-7pm

Going Local

Greenies take note, organic grocery stores are finding their way to BKK. In September, the Cambodian Centre for Study and Development of Agriculture (CEDAC) opened a shop on Street 63 stocking organically grown fresh fruit and vegetables delivered on a daily basis straight from Khmer farms. A highlight is fresh duck eggs, which sell for 650 riel per egg. Local branded products are also available. Utterly divine Vissot peanut crumbles are yours for US\$1.80, while jams and dried fruit by Cambodia Harvest make for a marginally healthier treat. Also, don't miss out on wild honey from Preah Vihear (US\$5) and local brown rice (6,800 riel for 2kg). If you fancy learning more about farming in Cambodia, the shop also retails a variety of literature on the

topic. To learn more about CEDAC, visit: www.cedac.org.kh.

CEDAC Shop 8, 220 Street 63, Tel: 077 861 198. Open 6.30am to 7.30pm

Fashion-forward Feet

Sihanouk Boulevard is quickly becoming the capital's fashion high street. Hailing from Singapore, the strip's latest addition is U.R.S & Inc., a flashy boutique full of heels and handbags. Likely to attract the fashion conscious of the Penh, the shop stocks flats with flair starting from around US\$20, going up to US\$90 for leather pumps. Most of the shoes are in the US\$30-40 range, with a wide range of designs available, making sure your feet look their best during both work and pleasure. The selection of purses and handbags is also impressive. While most are made from PVC, real leather bags are available for purchase, though price tags start from around US\$150. Now there really is no excuse to keep walking around in flip-flops.

U.R.S & Inc., 31 Sihanouk Blvd., Tel: 023 999 699. Open 8am to 9pm

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pick of the month



Wear: Justees

Cool and funky t-shirts with socially aware messages made by marginalised urban youth, Justees are an all-in-one. Now available in the Penh as well as by postal order further afield, these "shirts for justice" are the product of a project aiming to provide education and employment to marginalised urban boys and men. Printed on cotton Soksabbaai shirts with separate models for men and women, and quotes and slogans including "Under communism, man exploits man. Under capitalism, it's just the opposite" and "An eye for an eye only ends up making the whole world blind". Priced at US\$15, the shirts are available at Equinox, Soksabbaai, and Chab Dai in Phnom Penh, or online from www.justees.org.

Web: FML

Apparently, out in the real world, "FML" is a common and popular expression. The web-speak acronym stands for "F*ck My Life", a more modern version of "my life sucks" it seems. To fully comprehend all that FML encapsulates, visit www.fmylife.com, a website dedicated to the expression. Here users can write short, tweet-like messages while others rate these according to "You totally deserved it" or "I agree, your life sucks". The messages range from the mundane to the hilarious: "Today, I superglued my headphones back together. They weren't dry before I put them back in my ears. FML;" "Today, I decided to wear string panties. While in line at the mall, they became untied. I was wearing a skirt. FML;" or "Today, I saw a video of me last night, hammered, climbing my wardrobe screaming "I WANT TO GO TO NARNIA" naked. FML."



Celebrate: World Habitat Day

Urban sociologist Robert Park once said that the city is "man's most successful attempt to remake the world he lives in more after his heart's desire. But, if the city is the world which man created, it is the world in which he is henceforth condemned to live." Currently, more than half of the world's population, or more than 3.3 billion people, live in cities. Oct. 4 marks World Habitat Day, encouraging each and all of us to reflect on the state of our towns and cities and the most basic right of all, the right to adequate shelter. To find out more, visit www.unhabitat.org.

Participate: 10:10:10

Reduce your carbon emissions by ten percent in 2010. Crazy idea? No. In fact, this idea has proved such a winner that since the first 10:10 was set up in 2009 in London, chapters have sprung up all over the world, from New Zealand to Nigeria. Oct. 10 is the 10:10 Global Day of Doing, where the movement encourages individuals, organisations, and businesses to take simple steps to save energy and reduce emissions. To find out more, visit <http://www.1010global.org/uk/101010>.



Watch: Movies on a Big Screen

Should you ever tire of adding to your illicit DVD collection and lying on your sofa watching telly, there is another way to enjoy films – going to a cinema. While popping into Lux or Sorya cinemas may make for a curious movie-going experience, if you want to the real deal head to The Flicks. With a 16ft screen as well as popcorn and beer at hand, the festival movie house screens mainly English language films on a regular basis. To find out what's showing tonight, find Flicks Phnom Penh on Facebook. **The Flicks, 39B Street 95, Tel: 097 896 2827.**



The Beautiful Game

Football fiends are back in the bars as the European leagues and Euro 2012 qualifiers have kicked off

Mad Men

Led by the handsome and mysterious Donald Draper, the TV drama snatched its third Emmy in a row

Deportations

As Khmer-American deportees arrive in the "home country" many of them have never seen, the American Embassy in Phnom Penh hails "excellent bilateral cooperation"

Finland

The best country in the world according to Newsweek. Go saunas, nudity, Nokias and Santa Claus!

80

Polled "the greatest living Scot", Sean Connery has hit the big eight-o but remains as handsome as ever

going up

going down

Common sense

In what universe does it make sense to build a 555m high building in Cambodia? Or argue about a non-existent mosque at ground zero?

Thaksin

Finding it too difficult to fulfil his duties, the fugitive former Thai PM quits his position as economic advisor

Cricket

The old boys' ball game and treason rarely feature in the same sentence, yet such is the case currently as Pakistani cricketers face charges of match fixing

Mexico

Drugs and endemic corruption have made for a murderous combination in the Central American country

The Stig

The publication of the autobiography of former race driver Ben Collins is set to reveal who is underneath the white suit and helmet, much to the BBC's dismay



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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

Friday 1

Film: Same Same But Different at Meta House, 7pm. German film about a journalist who fell in love with a bar girl, in Khmer with English subtitles, screening includes original trailer.

Live Music: Warapa at FCC, 8.30pm. Cuban band from HCMC plays the FCC roof terrace until late.

Live Music: Holliday in Cambodia at Paddy Rice, 8pm. Open mic house band plays the riverfront bar.

Saturday 2

DJ/Party: Fat Black Pussycat at the Riverhouse Lounge, 10pm. MC Hydro Phonics and DJ Tech12 bring Miami Beach to the Penh with urban dance beats, hip hop treats and chainsaw rhymes. US\$5 entrance includes a free drink.

Film: September Clues & Zero at Meta House, 7pm. Two documentaries that challenge the official version of the 9/11 attacks in New York.

Live Music: Warapa at FCC, 8.30pm. Cuban band from HCMC plays the FCC roof terrace until late.

Live Music: Bayon Blues at Equinox, 8.30pm. Local band plays classic blues from the 20s to 50s at Equinox Bar.

Sunday 3

Film: My Son, My Son, What Have Ye Done & Eraserhead at Meta House, 7pm. Werner Herzog and David Lynch combine for 2009 film with echoes of Greek tragedy, followed by Lynch's directorial debut.



Sokuntevy at French Cultural Centre

Tuesday 5

Film: Crude at Meta House, 7pm. Documentary by Joe Berlinger about US\$27 billion Amazon Cernobyl case involving Chevron.

Wednesday 6

Live Music: Bayon Blues at Paddy Rice, 9pm. Blues band plays Paddy Rice after the Pub Quiz to get revellers into holiday spirit.

Film: The Widow's Farm & Village People Radio Show at Meta House, 7pm. Two documentaries set in southern Thailand about the conflict there.

Thursday 7

Festival: Pchum Ben

Cambodians pay respects to their ancestors. Many bars and restaurants are closed.

DJ/Party: Ladies Night at The Riverhouse Lounge, 10pm. DJ'S Gang and Blue in the mix, with one free shot 'til midnight and a free carafe of Blue Frozen Margarita for each group of five women or more.

Film: Burma VJ & Burma All Inclusive at Meta House, 7pm. Two documentaries that shed light on what life is like in the isolated Southeast Asian country.

Friday 8

Festival: Pchum Ben. Cambodians pay respects to

their ancestors. Many bars and restaurants are closed.

Exhibition Opening: Khmer Ping Pong at Equinox, 8pm. El Boixo brings a touch of street art blended with his Cambodian life to the capital.

Film: Cutie Honey & Wild Zero at Meta House, 7pm. Director Hideaki brings Go Nagai's manga cartoons to life, followed by feature film by rock band Guitar Wolf.

Saturday 9

Festival: Pchum Ben. Cambodians pay respects to their ancestors. Many bars and restaurants are closed.

Film: Commandante & Looking For Fidel, Meta House, 7pm. Oliver Stone's 2003 documentary about Fidel Castro is followed by his documentary about the former Cuban President's 2003 crackdown on dissidents.

Live Music: The Green Mist at Equinox, 8.30pm. From dreamy, atmospheric instrumentals through to all-out-rock'n'roll, Green Mist comes all the way from Tasmania.

Sunday 10

Film: Of Freaks and Men & Freaks at Meta House, 7pm. Alexander Balabanov's acclaimed 1998 film about the decline of Russian society is followed by Tod Browning's 1932 classic about circus life.

Tuesday 12

Film: Cambodia is Selling the Killing Fields & Cambodia for Sale at Meta House, 7pm.

Two documentaries about the struggle for land and forced evictions in Cambodia.

Wednesday 13

Exhibition Opening: Bokor at Java, 6pm. New exhibition of black and white photography of the Bokor Casino by Eric Alan Pritchard runs at Java Café (upstairs) until Nov. 21. For more information, visit: <http://www.eapfoto.com/bokor/>

Film: The Cove at Meta House, 7pm. Oscar winner for Best Documentary in 2009, The Cove follows the efforts of activists to stop dolphin hunting in Japan.

Thursday 14

DJ/Party: Ladies Night at The Riverhouse Lounge, 10pm. DJ'S Gang and Blue in the mix, with one free shot 'til midnight and a free carafe of Blue Frozen Margarita for each group of 5 women or more.

Events: Book Fair at CCF. Meet Cambodia's leading writers including Seng Dara and Oum Sophany.

Exhibition Opening: Nitichai at Chinese House, 6pm. New exhibition of paintings by Thai artist Nitichai runs until Nov. 28.

Film: The Lucky Pigs of Kampong Trach & Food Inc at Meta House, 6.30pm. Documentary about pig farming in Cambodia is followed by a documentary on corporate farming in the US.

Live Music: Holliday in Cambodia at Paddy Rice, 8pm. Open mic house band plays the riverfront bar.

Friday 15

Events: Book Fair at CCF. Meet Cambodia's leading writers including Seng Dara and Oum Sophany.

Food/Drink: Oktoberfest at Hotel Cambodiana. Celebrate Bavaria's biggest festival at Hotel Cambodiana's Mekong Terrace, with live band, buffet, free polo shirt, and two free draught Tigers. Tickets US\$18.

Launch: Kon at Meta House, 7pm. New magazine by Khmer students about Cambodian cinema is launched with some historical clips.

Live Music: CamboJam at FCC, 8.30pm. Siem Reap's Cambodian rock band plays the capital's landmark building until late.

Saturday 16

Events: Book Fair at CCF. Meet Cambodia's leading writers including Seng Dara and Oum Sophany.

Food/Drink: Oktoberfest at Hotel Cambodiana. Celebrate Bavaria's biggest festival at Hotel

Cambodiana's Mekong Terrace, with live band, buffet, free polo shirt, and two free draught Tigers. Tickets US\$18.

Live Music: CamboJam at FCC, 8.30pm. Siem Reap's Cambodian rock band plays the capital's landmark building until late.

Live Music: The Green Mist at Equinox, 8.30pm. From dreamy, atmospheric instrumentals through to rock'n'roll, Green Mist comes all the way from Tasmania.

Live Music: The Kingdom of Jazz at Meta House, 7pm. Jazz jam session sponsored by Kingdom Brewery.

Sunday 17

Film: Tropical Malady & Mysterious Object at Noon at Meta House, 7pm. Two films by director Apichatpong Weerasethakul, one of the most prominent young directors of the Thai New Wave are introduced by Florianne Wild.

Food/Drink: Oktoberfest at Hotel Cambodiana. Celebrate Bavaria's biggest festival at Hotel Cambodiana's Mekong Terrace, with live band, buffet, free polo shirt, and two free draught Tigers. Tickets US\$18.

Tuesday 19

Exhibition Opening: FLO at Art Café, 6pm. New exhibition celebrating the work of the Future Light Orphanage is followed by Video Postcards.

Wednesday 20

Event: On The Spot, with Berkavitch at Java, 7pm. Live art, music, a stand-up comedian, poetry and an accordion player downstairs at Java.

Film: Cambodia International Film Festival at various places. The first annual Cambodia International Film Festival includes screenings at the French Cultural Centre, galas and workshops. For more, visit: <http://www.cambodia-iff.com>

Film: The Conscience of Nhem En & Terror's Advocate at Meta House, 7pm. Award winning documentary double bill on the survivors of Toul Sleng and Jaques Verges, the lawyer defending Khieu Samphan at the KRT.

Thursday 21

DJ/Party: Ladies Night at The Riverhouse Lounge, 10pm. DJ'S Gang and Blue in the mix, with one free shot 'til midnight and a free carafe of Blue Frozen Margarita for each group of 5 women or more.

Event: Bloom Fashion Benefit at Hotel Cambodiana. Fundraising Gala for the Sihanouk Hospital Centre of HOPE. For more

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Exhibition: CamFOOD, Diamond Island, 9am-6pm. Cambodia's first international food exhibition is at the Diamond Island Convention Centre. Entry US\$5.

Film: Cambodia International Film Festival at various places. The first annual Cambodia International Film Festival includes screenings at the French Cultural Centre, galas and workshops. For more, visit: <http://www.cambodia-iff.com>

Film: Rubbish Project at Meta House, 7pm. As part of the Cambodia International Film Festival, Leang Seckon and Fleur Smith present their Rubbish Project with short documentaries.

Friday 22

DJ/Party: 7eleven Before Party at Chow, 7pm. Get ready for the weekend on Chow's roof terrace until 11pm.

Exhibition: CamFOOD at Diamond Island, 9am-6pm. Cambodia's first international food exhibition is at the Diamond Island Convention Centre. Entry US\$5.

Film: Cambodia International Film Festival at various places. The first annual Cambodia International Film Festival includes screenings at the French Cultural Centre, galas and workshops. For more, visit: <http://www.cambodia-iff.com>

Film: Puthisastra Student Television @ Meta House, 7pm. Work by students at Puthisastra University produced over the last 8 months.

Saturday 23

DJ/Party: Salsa Night at FCC, 8pm. Get into the groove on F

CC's roof terrace with free salsa lesson and practice until late.

Exhibition: CamFOOD at Diamond Island, 9am-6pm. Cambodia's first international food exhibition is at the Diamond Island Convention Centre. Entry US\$5.

Film: Cambodia International Film Festival at various places. The first annual Cambodia International Film Festival includes screenings at the French Cultural Centre, galas and workshops. For more, visit: <http://www.cambodia-iff.com>

Live Music: Phnom Penh Hippy Orchestra at Meta House, 8pm. Twelve musicians embracing all the continents play unplugged world music as an antidote to expat bands in town.

Live Music: Kok Thlok at Equinox, 7.30pm. For all those who missed the opening of Sbaek Thom exhibition, the Kok Thlok association returns with their covers of Khmer classical hits.

Sunday 24

Film: Beresina at Meta House, 7pm. Following the story of a Russian call girl who triggers a coup in Switzerland, this film has a bitter satirical plot. In German with English subtitles.

Film: Cambodia International Film Festival at various places. The first annual Cambodia International Film Festival includes screenings at the French Cultural Centre, galas and workshops. For more, visit: <http://www.cambodia-iff.com>

Monday 25

Food: Riverside World Pasta Day at Riverside Bistro. Homemade pasta specials all day.

Tuesday 26

Film: Rising above Natural Disasters at Meta House, 7pm. Short documentary by Ian White about Cambodia's ethnic groups.

Wednesday 27

Film: The Art of Steal at Meta House, 7pm. Documentary tracing the fight for the Barnes Foundation art collection, valued at US\$25 billion.

Thursday 28

DJ/Party: Ladies Night at the Riverhouse Lounge, 10pm. DJ'S Gang and Blue in the mix, with one free shot 'til midnight and a free carafe of Blue Frozen Margarita for each group of 5 women or more.

Exhibition Opening: La Terre Ferme at CCF Gallery, 7pm. Sway Sareth invites you to discover his imaginary space in a new exhibition that runs until Nov. 13.

Exhibition Opening: Amour à Mort at CCF Exhibition Hall, 7pm. Oeur Sokuntevy's latest exhibition challenges the traditional role of women within Cambodian society. It runs until Nov. 13.

Film: Death & Rebirth & Conscience of Nhem Em, Meta House, 7pm. Death and Rebirth was the first documentary shot after the fall of the Khmer Rouge in 1979.

Friday 29

Film: Battle for Life & Deacon of Death at Meta House, 7pm. Two documentaries about HIV/AIDS in Cambodia and reconciliation with the Khmer Rouge will be presented by the filmmakers.

Live Music: Holliday in Cambodia at Paddy Rice, 8pm

Open mic house band plays the riverfront bar.

Saturday 30

DJ/Party: at the Riverhouse Lounge, 10pm. Scariest party of the year with DJ Cool Sam and DJ Bobby in the mix. Free drink for anyone in costume.

Film: No Place For Paedophiles at Meta House, 7pm. Louis Theroux's documentary follows the treatment of sex offenders in Coalinga State Hospital, California.

Live Music: Teaner Terners at Equinox, 8.30pm. Indie rock band to be confirmed at time of going to press.

Live Music: Kheltica at Paddy Rice, 9pm. Kheltica supported by Holliday in Cambodia play Paddy Rice with vodka jelly shots and spit roast pig for pork stuffing and apple sauce sandwiches.

Sunday 31

DJ/Party: Spook at Riverside Bistro. Dress in black for Halloween at popular riverfront restaurant and bar.

Film: The Prince and the Prophecy at Meta House, 7pm. Documentary by Australian filmmaker Jim Gerrand about Prince Norodom Sihanouk.

Every Day

Food/Drink: Everyday Brunch at Chow, 10am-2pm

Food/Drink: Chow 8 Lunch Special at Chow, 12pm

Food/Drink: High Tea at the Conservatory, Raffles Hotel Le Royal, 3pm-5.30pm

Food/Drink: US\$1 Tapas Time at Studio 182, 6pm-10pm (not Sundays)

Food/Drink: Buy One Get One Free at Elephant Bar, Raffles Hotel Le Royal, 4pm-8pm

Live Music: Jazz at Studio 182, 7pm. Michelle Manzo, Angel Phil and Ritchy and guest singer perform jazz standards, Latin favourites every night except Sundays.

Every Monday

DJ/Party: HIP HOP sessions at the Riverhouse Lounge, 10pm till late. DJ Gang & DJ Star.

Every Tuesday

DJ/Party: Hip Hop sessions at the Riverhouse Lounge, 10pm till late. DJ Cool Sam & DJ Star.

DJ/Party: Afro-Latino Tuesday at Elements Club. Two for one carafes of cocktails.

Food/Drink: Prime Tuesday at Café Monivong, Raffles, 6-10pm. Black Angus prime beef rib or leg of lamb "à la Provençal.

Food/Drink: Burgers at Steve's Steakhouse, 6.30pm. All you can eat burgers US\$7.50

Food/Drink: Big Boy BBQ at Riverside Bistro, 6pm. Lamb chops, sirloin steaks, honey grilled spare ribs with baked potato, potato salad and choice of sauce.

Quiz: Pub Quiz at Gym Bar, 9pm. Cash prizes in the quickest pub quiz in town.

Every Wednesday

DJ/Party: Slammin Hip Hop at the Riverhouse Lounge, 10pm till late. DJ Cool Sam & DJ Blue.

DJ/Party: KH Karaoke Girls Party at Elements Club

Quiz: Pub Quiz at Paddy Rice. Cash prize guaranteed.

Every Thursday

Dance: Swing Dance at Equinox, 9pm

DJ/Party: Ladies Night at Elements Club, 9pm. Free welcoming cocktail for women.

DJ/Party: Ladies Night at the Riverhouse Lounge. DJ'S Gang & Blue with drink specials for women.

DJ/Party: Ladies Night at Do It All Bar, 10pm. Free first drink for all women from until 6am.

Food/Drink: Chicken at Steve's Steakhouse, 6.30pm. All you can eat US chicken US\$7.50.

Food/Drink: Big Boy BBQ at Riverside Bistro, 6pm

Lamb chops, sirloin steaks, honey grilled spare ribs with baked potato, potato salad and choice of sauce.

Live Music: Eclectic electric lime-light duke-box jam at Paddy Rice

Every Friday

DJ/Party: African Dance Party at Do It All Bar, 10pm. Playing traditional African hits 'til 6am.

DJ/Party: Hip Hop Non Stop at The Riverhouse Lounge, 10pm. DJ Bobby, DJ Cool Sam & DJ Illest.

DJ/Party: Johnnie Walker Friday Sessions at Elements Club. JW Gold & Black Drink Specials.

Food/Drink: Seafood Buffet at Café Monivong, Raffles, 6pm. Large selection of fresh seafood prepared in front of your eyes.

Live Music: Velkommen Inn, 8pm

Every Saturday

DJ/Party: Hip Hop Night at Do It All Club, 10pm. With DJ Ratana / DJ Rock till 6am.

DJ/Party: Hennessy Full Locale Party at Elements Club, 9pm. Drink specials and lucky draw.

DJ/Party: Hip Hop Mash-up at The Riverhouse Lounge, 10pm. Hip Hop with DJ's Cool Sam & DJ Bobby.

Food/Drink: Italian Buffet at Café Monivong, Raffles, 6pm

Every Sunday

DJ/Party: Sunday Night Jammin at Elements Club, 10.30pm

DJ/Party: Dance remix at the Riverhouse Lounge, 10pm. DJ Star & DJ Phannara.

Food/Drink: Paella Sunday's at Pacharan, 11am - 5pm. Free flow of sangria and all you can eat paella for US\$13+.

Food/Drink: Sunday Brunch at Café Monivong, Raffles, 11.30am. Free flow of Singapore Slings.

Food/Drink: Prosecco Brunch, Bistro Romano NagaWorld, 11am. Oysters, a la carte main, fresh pasta station and free-flowing prosecco for US\$25 (US\$20 if group of 6 or more).

Food/Drink: Big Boy BBQ at Riverside Bistro, 6pm. Lamb chops, sirloin steaks, honey grilled spare ribs with baked potato, potato salad and choice of sauce.

Food/Drink: Steak Night (US\$7.50) at Steve's Steakhouse, 6.30pm. 🍷

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calendar siem reap

Friday 1

Quiz: Charity Pub Quiz at Rosy's Guest House, 8pm

Friday 8

Food/Drink: Ladies Night at Chilli Si Dang

Friday 15

Quiz: Charity Pub Quiz at Chilli Si Dang, 8pm

Friday 22

Food/Drink: Old B*****s Wine Club. Contact John on 092 954 075 for more information.

Saturday 23

Sports: The FCC Nations Cup at the Angkor Golf Resort. Email: sales1@fcccambodia.com for more information.

Sunday 24

Sports: The FCC Nations Cup at the Angkor Golf Resort. Email: sales1@fcccambodia.com for more information.

Every Day

Exhibition: Buddha Exhibition by Angkor Heritage at Raffles Grand Hotel

Exhibition: Elegy: Reflections of Angkor at the McDermott Gallery, FCC Complex and The Passage Permanent exhibition by John McDermott.

Exhibition: Fragments at Hotel de la Paix. Sculptures by Blake Ward continues until Nov. 4.

Food/Drink: High Tea at Raffles Grand Hotel, 2.30 to 5.30pm

Food/Drink: Happy Hour from 4 to 8pm at the Elephant Bar, Raffles Grand Hotel

Sport: Hash House Harriers. For details of the next Hash House Run, check out www.hannostamm.com.

Every Monday

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

Classes: Free Khmer Lessons at the Peace Café, 5-6pm

Films: Movie Night at the Soria Moria Hotel rooftop bar, 8pm

Leisure: Tai Chi Chuan, Yang style at the Peace Café, 10am-12pm

Leisure: Hatha Yoga at the Peace Café, 6.30-8pm

Every Tuesday

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

Classes: Free Khmer Lessons at the Peace Café, 5-6pm

Food/Drink: All you can eat Australian style barbeque at The Villa, 5.30-8.30pm

Food/Drink: Women come enjoy a complimentary glass of Champagne, free treats and other specials at Soria Moria's Ladies Night, 7-10pm

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

Leisure: Tai Chi Chuan, Yang style at the Peace Café, 10am-12pm

Theatre/Dance: Puppet Theatre and Apsara Dance at the Alliance Café, 7pm. From the children of Krousar Thmey. Dinner from 7pm, show from 8pm.

Every Wednesday

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

Classes: Free Khmer Lessons at the Peace Café, 5-6pm

Club: Singing Club at the Peace Café, 7.30-9pm

Leisure: Tai Chi Chuan, Yang style at the Peace Café, 10am-12pm

Food/Drink: Tapas at Soria Moria Hotel, 7-11pm. Enjoy a wide selection of tasty treats and tapas with all drinks and food US\$1.

Leisure: Hatha Yoga at the Peace Café, 6.30-8pm

Talk: Introduction to Buddhism, at the Peace Café, 5-6pm. Join in the monk chat with venerable Sokhun and friends.

Every Thursday

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

Classes: Free Khmer Lessons at the Peace Café, 5-6pm

Food/Drink: Happy Hour at the Soria Moria Hotel, 10am to 10pm, Buy one get one free drinks, 50 percent off all food

Leisure: Hatha Yoga at the Peace Café, 8.30-10pm

Leisure: Tai Chi Chuan, Yang style at the Peace Café, 10am-12pm

Live Music: Traditional Chapei music at the Peace Café, 6-9pm

Theatre/Dance: Puppet Theatre and Apsara Dance at the Alliance Café, 7pm. From the children of Krousar Thmey. Dinner from 7pm, show from 8pm.

Quiz: Charity Pub Quiz at the Funky Monkey, 9pm

Every Friday

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

Classes: Free Khmer Lessons at the Peace Café, 5-6pm

DJ/Party: Bass Steppaz at Silk Garden, 9pm. Bass Steppaz (DJ D'Tonn and Rogue DJ) mixes Drum'n'Bass, Jungle, Dubstep and Ragga'.

Food/Drink: Happy Hour Cocktails Night at Chilli Si Dang

Food/Drink: All you can eat Australian style barbeque at The Villa, 5.30-8.30pm

Food/Drink: Ladies Night at the FCC, 7-9pm. Get your gladrags on and enjoy the free selected drink.

Leisure: Pilates with Conchetta at the Peace Café, 9.30-10.30am

Leisure: Tai Chi Chuan, Yang style at the Peace Café, 10am-12pm

Leisure: Hatha Yoga at the Peace Café, 6.30-8pm

Live Music: Cambojam outside the Banana Leaf, 8.30-12pm

Sports: Live televised sports at The Siem Reap Hostel, from 4pm

Theatre/Dance: Apsara dance performance at the Soria Moria

Hotel, 7pm. From the children of Sangkeum Centre.

Every Saturday

Classes: Free English lesson at the Peace Café, 3-4.30pm

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

Food/Drink: Super Saturday at the Soria Moria Hotel, 12-8pm. Buy one get one free drink, and 50 percent off all food

Food/Drink: Riverside Barbeque at Chilli Si Dang, from 3pm

Food/Drink: The Siem Reap Hostel Pub Crawl, starting at the Hostel at 7.30pm. Free drinks, games and prizes.

Leisure: Hatha Yoga at the Peace Café, 8.30-10pm

Leisure: Tai Chi Chuan, Yang style at the Peace Café, 10am-12pm

Talk: Introduction to Buddhism, at the Peace Café, 5-6pm. Join in the monk chat with venerable Sokhun and friends.

Theatre/Dance: Puppet Theatre and Apsara Dance at the Alliance Café, 7pm. From the children of Krousar Thmey. Dinner from 7pm, show from 8pm.

Every Sunday

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


Classes: Free English lesson at the Peace Café, 3-4.30pm

Food/Drink: BBQ and Pool Party at the Siem Reap Hostel, 1pm until 4pm. Tickets are US\$4.50, including a beer.

Food/Drink: Soria Moria Wine Night, 6-9pm

Leisure: Free Fortune Telling at the Siem Reap Hostel, 5pm-7pm

Leisure: Tai Chi Chuan, Yang style at the Peace Café, 10am-12pm

Live Music: Frederic Johansen at Miss Wong, 9pm. Acoustic sessions with club musician and vocalist. 

dispatches

Travel news from around the region and beyond

Gorillaz in Hong Kong

Major UK band Gorillaz will play their first ever Asian concert in Hong Kong in December. Promoters Lushington Entertainments announced that the band featuring Blur singer-songwriter Damon Albarn will play the Hong Kong Asia World Arena on Dec. 3. In addition to Damon Albarn, Mick Jones and Paul Simonon, the Gorillaz live band also includes Mike Smith, Cass Browne, Jeff Wootton and Gabriel Manuals Wallace, as well as additional backing singers, brass sections, a full string ensemble, special guests and animations. Gorillaz released their third album Plastic Beach in March of this year, and swept the charts around the world with fantastic reviews across the board. Tickets range from HK\$500 to HK\$880. Web Bookings can be made at: www.hkticketing.com



Loy Krathong

Loy Krathong is Thailand's most colourful festival. Celebrated throughout the country, of Chiang Mai is the best place to join in. On Nov. 21, the skies of the northern Thai city will be illuminated with 'Khom Loi' lanterns, released into the air as a symbol of worship to Phrathat Chulamani. Loy Krathong is only one day in Chiang Mai's week long Yi Peng Festival, during which there is a whole series of events. For more information, visit: www.tourismthailand.org

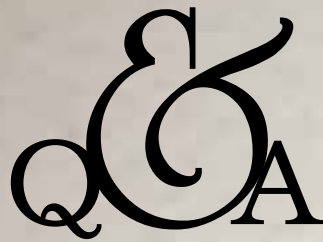


PHOTO BY TAKEAWAY

ZoukOut 2010

Organised by Zouk Club, Singapore, Southeast Asia's largest dance music festival returns to Silos Beach, Sentosa for the ninth consecutive year. On Dec. 12 more than 20,000 dance music lovers from all over the world are expected to answer the call of Zouk at this all-night beach party. With four main stages, Zouk promises a brilliant programme featuring some of the world's top DJs, as well as a stellar line-up of dance outfits and rabble-rousing bands, although at time of press the line-up had yet to be confirmed. For more information, visit the festival's website at: www.zoukout.com. 





chris minko

The man behind bringing Leonard Cohen to Phnom Penh talks with AsiaLIFE's **Mark Jackson** about the ground-breaking concert and plans to bring Bob Dylan to the Cambodian capital. Photo by **James Grant**.

As you know there has been a fair amount of criticism over the pricing policy for the Cohen concert, what do you say to those who claim the tickets are too expensive?

To a large degree the size of the venue at just 3,500 seats, compared to other tour venues of 10 – 15,000, has a considerable impact on ticket prices. Thanks to the exceptional personal generosity of Mr. Cohen, together with Robert Kory Management and AEG Live, the artist fees have been reduced. If this weren't the case, given the size of the venue and the costs required to produce an event to the quality required by an artist of such calibre, the cheapest tickets would be US\$600.

Remember, this is a benefit concert with the specific aim of raising funds to assist persons with a disability in Cambodia, so all ticket buyers can be assured that their hard-earned money is not only providing them the opportunity to witness one of the world's greatest performers in the most intimate venue, but is also making a significant contribution to support the aspirations of some of the most marginalised in Cambodian society.

Given all these factors, we are actually quite proud that we've managed to keep prices to the levels they are. With the special ticket packages available for Cambodian residents and overseas fans, ticket prices are in many cases comparable to other tour dates. A good example is the concert in Moscow where tickets are selling for between USD130 and USD600 for a venue of 6,500.

You are offering certain packages for concert-goers traveling in from the region, what discounts can they receive? How can they get them?

We now have a whole range of special ticket packages, which benefit both Cambodian residents and those living in the region. Fans who book in groups receive block booking discounts of 10 percent on 10 tickets and 20 percent on 20 tickets on all ticket categories. These tickets are available online through AEG Live or by cash purchase at the Mekong Sessions office in Phnom Penh.

In addition, the Mekong Sessions is offering a Volunteer Package whereby accredited volunteers working for organisations such as the UN or AVI can purchase Category 4 tickets for just US\$200. These tickets are only available for cash purchases

Visitors from outside Cambodia can book complete packages with official tour operator Exotissimo Travel and receive a 30 percent discount on all concert tickets which makes organising a trip to Cambodia not only very simple but also highly cost effective. These concert tickets are available through Exotissimo Travel both online on their website and in their offices around Southeast Asia.

You have stated previously in AsiaLIFE that the Cohen concert is a landmark concert and will rejuvenate Phnom Penh, what makes you feel that one concert can give the city such an uplift?

Leonard Cohen's performance is a landmark event by virtue of being just the first in a long series of Mekong Sessions concerts. His concert is exclusive to Asia, the first time he has ever performed here, and will be the last live performance outside the US. These are enormous achievements for a city which less than a decade ago had few paved streets. Establishing Phnom Penh as the Southeast Asian concert hub together with AEG Live is one of our primary aims and Leonard Cohen agreeing to perform here has been a critical catalyst in building confidence that Cambodia not only has the potential to stand up as a recognised concert venue but can emerge as the most unique destination of choice for artists and fans alike.

This has significant economic implications for Phnom Penh and Cambodia. As well as Cambodian residents, our target market are the affluent locals and expats in the region—there are over 11 million expats in Southeast Asia alone. This brings considerable revenue into the country from visa costs to hotels, hospitality and visits to places like Angkor Wat.

Our Silver Sponsor partnerships with Raffles Hotel Le Royal, ANZ Royal Bank and Kingdom Breweries all represent a concerted

effort to bring corporate entities together to work alongside each other for the wider benefit of the city and nation as well as for generating commercial opportunities.

Our mature regional media partnerships with Asia Life Phnom Penh/HCMC, the Bangkok Post, the Phnom Penh Post and F Magazine all contribute to promoting the region and fostering positive commercial cooperation. The partnership with the Bangkok Post in particular represents an historic development with businesses and media in Cambodia and Thailand cooperating to promote events in Phnom Penh.

You have worked for 15 years in the disability sector in Cambodia with CNVLD, can you explain some of the tangible benefits that the disabled in Cambodia will benefit from the concert?

After 15 years, the CNVLD is still only touching the tip of the iceberg in terms of demographics. There are over 300,000 persons with a disability in Cambodia, all of whom could benefit from access to sport and recreation programmes. With adequate resources we will be able to establish 20 or 30 new volleyball and wheelchair racing clubs overnight which would allow massive opportunities not only for persons with a disability at an individual level but also on the international competition level. Thanks to the input from the Mekong Sessions, the CNVLD's current programmes will be able to strengthen and we'll have the capacity to expand the number of sports we offer. Just as importantly, the renovations to the Olympic Stadium will provide international standard facilities not only for athletes with a disability but all Cambodian and international athletes.

You have informed me personally of your plans for future Mekong Sessions involving the greats of the music scene. Have you any fresh news for our readers?

We are exceptionally proud of our relationship with AEG Live who manage some of the very best artists in the world and

have singled out Cambodia as a key location in their global strategy. The Mekong Sessions is immediately focused on bringing legendary artists to Phnom Penh but is also exploring bringing big name contemporary acts to perform in the outdoor arena as well as organising regional concerts by home grown talent. We are also working toward hosting large-scale cultural events. Fans can look forward to an anticipated three concerts a year here.

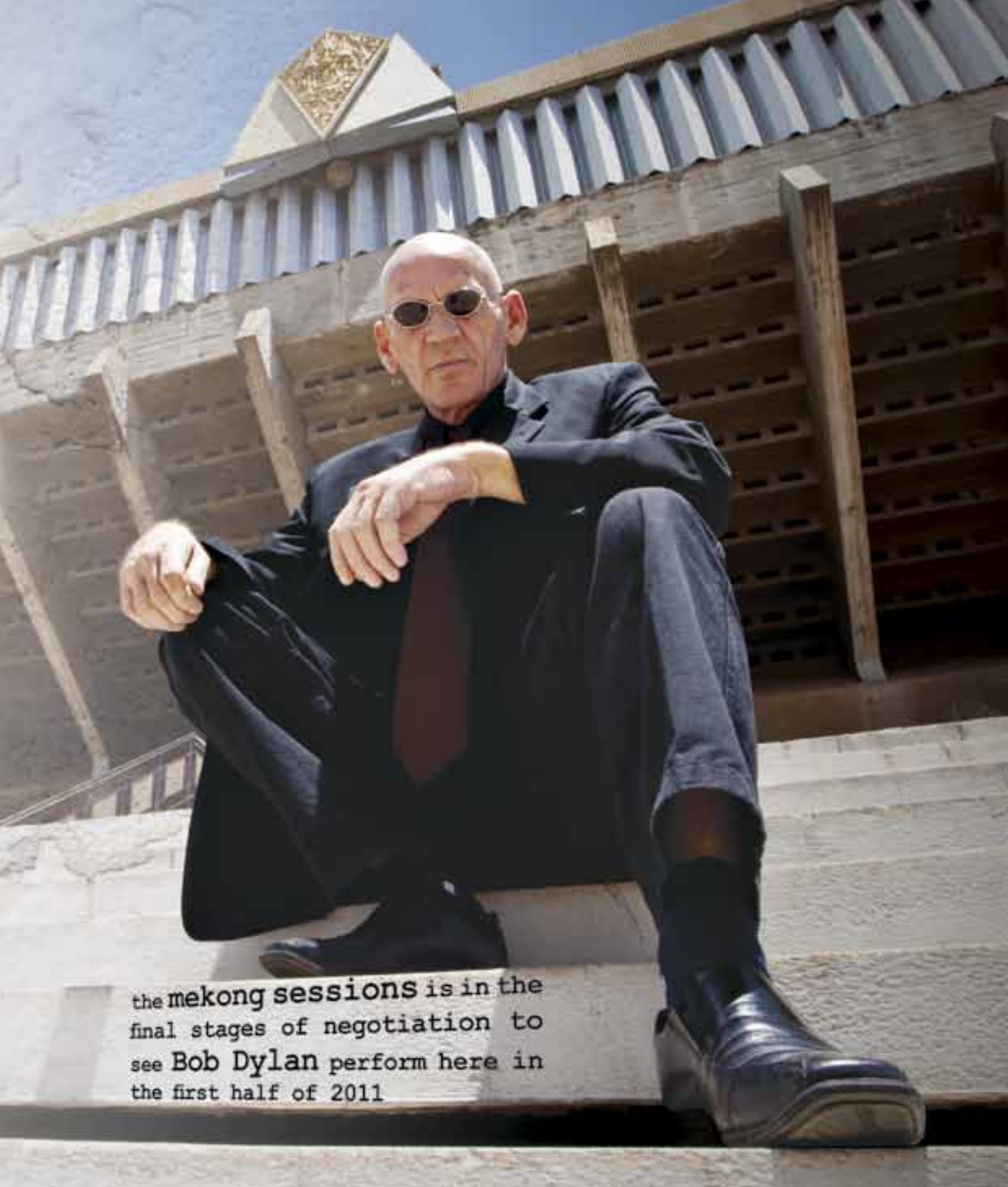
I can also reveal for the first time to AsiaLIFE that the Mekong Sessions is in the final stages of negotiation to see Bob Dylan perform here in the first half of 2011 in a concert absolutely exclusive to Asia. That will be historic, no doubt about it.

What made you choose Cohen? Or did Cohen choose you?

A little bit of both, actually. I personally approached Leonard Cohen after developing the concept of the Mekong Sessions not only because he is the acknowledged master of his genre but also as I felt he would have an affinity with the country (being an ordained Buddhist monk), its struggles and its efforts to rejuvenate itself. However the concert is only going ahead precisely because of Leonard Cohen's exceptional generosity and vision.

It's very important to understand that this is not just another concert; there's a level of passion and commitment from all the parties involved, including our sponsors, to ensure that the event is seamlessly organised and an unforgettable experience for everyone, including the artist, the band and the crew. Without these commitments and Leonard Cohen recognising the potential of Cambodia, the concert wouldn't be possible and I continue to be staggered and humbled by the privilege and the opportunity which his decision to perform here represents. We are all very lucky he is coming.

For more information about the Mekong Sessions, visit www.themekongsessions.com online.



the mekong sessions is in the final stages of negotiation to see Bob Dylan perform here in the first half of 2011



On a Tightrope: Preserving Cambodia's Natural Heritage

Breathtaking biodiversity and intact ecosystems make Cambodia a top destination for conservationists. Rare and endangered animals compete for attention, while the chance of discovering a new species is real. Yet Cambodia is developing, and with development often comes destruction of wildlife and their habitats. Does the Kingdom stand a chance of preserving its natural heritage? Words by **Nora Lindstrom**.



14: PHUM KONG
15: PHUM KONG
16: PHUM KONG

ZIMA BIODIVERSITY
CONSERVATION

- International Boundary
- Province Center
- Province Boundary
- Main Road
- Water
- River
- Multiple Use Area
- National Park



PHOTO BY JEREMY HOLDEN



PHOTO BY JEREMY HOLDEN

It was March this year when the news broke: a new species of the common gecko had been discovered in Cambodia's Cardamom Mountains. Olive-coloured with small blotches containing a central black dot, the small lizard immediately had wildlife enthusiasts tweeting, facebooking, and blogging about the new arrival.

As head of NGO Fauna & Flora International's (FFI) Cardamom Mountains research group, Neang Thy was part of the survey team that first discovered the gecko back in 2007. Once definite results were out almost three years later, the gecko was named after Thy. *Cnemaspis neangthyi* is now the latest member of a small family of geckos found only in Cambodia's Cardamoms. "I am very happy and proud to have a species named after me," says Thy.

2010 has been designated the Year of Biodiversity, and if you're into wildlife, Cambodia is the place to be.

"There are certain areas you go to and every time you find a species new to science," says Matt Maltby, Project Officer at Fauna & Flora International. He describes how expeditions into protected areas are still merely "scratching the surface" when it comes to discovering new species and plants.

"Cambodia retains exceptional biological integrity compared to other mainland Southeast Asian countries," says Louise Durkin, country coordinator of Frontier-Cambodia, a conservation and development non-profit. Wars and underdevelopment, as well as high and diverse

forest coverage have all contributed to making this country one of the last havens of the Indo-Burmese biodiversity hotspot, which previously ranged from Vietnam to Bangladesh.

As specialists slowly map out the country's flora and fauna, it is becoming obvious the Kingdom boasts a large number of rare species, many of which are considered vulnerable or endangered.

"A species that is rare in Cambodia, is usually even rarer elsewhere," says Hugo Rainey, technical advisor with Wildlife Conservation Society (WCS).

Rainey himself is involved in the conservation of three critically endangered vulture species.

"The numbers of vultures globally are difficult to estimate as they're declining at such a fast rate, that they're disappearing before you can count them," he says. In contrast, the latest vulture census conducted in Cambodia found 296 birds in the country, a record count that suggests the population is increasing.

The Siamese crocodile is another species that has found a haven in the Kingdom. Largely considered extinct, the species was rediscovered in 2000 in the Cardamom Mountains by a joint expedition by FFI and the Cambodian Forestry Administration.

"We estimate there are around 250 Siamese crocodiles in the wild," says Adam Starr, coordinator of FFI's Cambodian Crocodile Conservation Programme. "The majority of these are in Cambodia."

Dangers Ahead

Illegal hunting and trading pose some of the greatest threats to wildlife in Cambodia. Demand from outside of the country drives the trade, with reptiles, turtles, snakes, monitor lizards and pangolins sold to Vietnam and China as specialty food or for Eastern medicine. Other animals, such as bears, are sold mainly as pets, while wild macaques are said to fetch a higher price than bred ones at research laboratories.

Previously, tigers also featured in the trade. Poaching however has decimated the species to the extent that hunting them is too time-consuming to be worthwhile.

The Wildlife Rapid Rescue Team (WRRRT), a government run unit with technical assistance and financial support from Wildlife Alliance, reports it rescued 43,463 live animals between 2001 and 2010, as well as 21,062 dead ones.

Lesley Perlman, programme manager of the organisation, suspects that what is being caught is only the tip of the iceberg. "The larger wildlife trade networks are pretty sophisticated," she says. "Also, the trade has over the past years gone increasingly underground."

Still, efforts to curb poaching have met some success.

"Poaching is definitely down from 2001-2002," says Maltby. He cites how no illegal elephant killings as a result of human-elephant conflict have occurred in the past five years, indicating the Cambodian elephant population has stabilised.

Capturing offenders is not enough, those involved in animal trading need to be prosecuted too. Although a legal framework for that exists in Cambodia, implementation is weak and those directing the trade often evade capture.

"You catch the guy with gun, but not the guy who gave him the gun," says David Emmett, regional director of Conservation International.

He maintains many of those caught are never prosecuted, and following release simply return to the trade and re-offend.

"The disincentive to hunt wildlife is very low but, with some animals fetching hundreds of dollars in the wildlife trade, the incentive to hunt is still very high," he says. "If the law were implemented in court as it is written, the threat to endangered wildlife in Cambodia would be much reduced."

Focus on Communities

Poverty, allied to a lack of alternative livelihoods in rural areas, drives illegal hunting, pushing people to engage in other environmentally harmful activities such as logging, distilling sassafras oil, and slash-and-burn farming.

Conservationists maintain successful efforts to protect wildlife and biodiversity require the cooperation of communities living in and around protected areas.

"Any long term strategy that does not take people into account will fail," says Perlman.

Community-based resource management (CBRM) has been a popular approach to

this end for some time. Aiming to combine poverty reduction with sustainable natural resource management, activities focus on engaging communities in conservation efforts and devising ways in which they can profit from these.

Successful efforts require more than informing villagers of the importance of preserving rare and endangered wildlife.

"You've got to listen to the needs of local communities and understand their local economy and culture," says Emmett. "Then you can provide them with the alternative incomes that they want, rather than imposing our values on them by simply telling them that they cannot hunt animals."

Ecotourism presents one way in which communities can access an alternative income. Together with some 550 families in Chi Phat commune in the Southern Cardamoms Protected Forest, Wildlife Alliance has developed the Chi Phat ecotourism site. Activities have focused on making local attractions accessible through developing trails and camps for trekking and wildlife viewing, as well as improving infrastructure such as guest-houses and home-stays.

All protected areas are not suitable for ecotourism. Recognising this, WCS works with communities in Preah Vihear to protect the critically endangered giant and white-shouldered ibis through rice production. Using wildlife-friendly farming techniques, participating villages grow rice in areas inhabited by the bird. By offering a premium

price for the rice, the scheme provides villagers a clear financial incentive to protect the habitat of the birds.

Vast Greens

Before community-based schemes can take place, the boundaries of protected areas need to be determined.

"The most effective way to protect wildlife is to identify areas that contain large populations of many different species, and to effectively protect those areas and the animals that live within them," says Emmett.

In Cambodia, an impressive quarter of the country has been designated as protected area, compared to a regional average of just over 8 per cent according to UN-ESCAP.

According to Teak Seng, country director of WWF-Cambodia, the large amount of protected areas in Cambodia is one of the government's main achievements in terms of conservation during the past two decades.

"This is an exceptionally large area gazetted for the protection of biodiversity," he says. "Only a few countries in the world have achieved such a high figure."

Others are not convinced that more is better when it comes to conservation.

"25 percent of the country is too big and unrealistic to manage sustainably," says Maltby.

Not unique to Cambodia, lack of funds and scarcity of resources means it is difficult to police and maintain large protected areas.

Maltby also notes there is little justification anymore. "When the protected areas



PHOTO BY ELEANOR BRIGGS



PHOTO BY ELEANOR BRIGGS



PHOTO BY JEREMY HOLDEN



PHOTO BY JEREMY HOLDEN

were drawn up in 1993, their boundaries were based on the best information available," he says. "At that time, wildlife was much more abundant, but that however has now sadly changed in some areas."

As more baseline surveys on the country's biodiversity become available, the debate has turned to whether focusing efforts on smaller areas might actually be more effective.

Emmett certainly thinks so.

"There are way too many protected areas for them to be properly managed," he says, adding that probably only around two thirds of the currently protected areas are needed to protect all wildlife species and the most important ecosystems in Cambodia. The rest could be degazetted to make way for more effective, targeted conservation in the remaining areas.

Changes are Already Taking Place

In September this year, it was reported almost 10,000ha of a wildlife sanctuary in Preah Vihear and Kampong Thom had been reclassified as state private land, paving the way for development.

Conversely, previously unprotected areas have gained protection status. Three years of lobbying by conservationists paid off in 2009 when the Seima area in Monduliri was declared a protected forest. Home to more than 60 globally threatened, near-threatened, or data deficient species, its new status ensures better protection is given to the key habitats, while allowing for sustainable use of natural resources by local communities.

Pressure to Develop

Seima is the exception to the rule, however. More land is likely to be declassified from being protected, than the other way round. The pressure for Cambodia to develop has already led to land in protected areas being granted as economic land concessions.



PHOTO BY ELEANOR BRIGGS

This is a move some conservationists fear will prove the deathblow to Cambodia's biodiversity.

While agricultural expansion poses its own threats, large scale developments such as hydro dams are singled out as being particularly detrimental.

"In protected areas, they are a threat like no other known before," says Starr.

He describes how a joint FFI and Forestry Administration land-use planning project in the Central Cardamoms came under threat only a year after it was successfully completed.

"In 2007 the Ministry of Industry, Mines, and Energy signed an agreement for a hydro dam to be built in the area," he says. "When completed, sections of villages and surrounding community lands will be inundated with water."

Other parts of the Cardamoms are also in danger. Recently, plans to build a titanium mine across some 15,000 to 20,000 hectares of the mountains, about a third of which constitutes a protected area, became public.

Michael Zwirn, head of Wildlife Alliance's US operations, describes the effects on wildlife as "very serious". In particular, the organisation argues the mine would imperil

freshwater species, including the Siamese crocodile, as well as disrupt the migratory route of endangered Asian elephants.

Pearlman adds that the Chi Phat ecotourism site, on which the organisation has spent half a million dollars and community members now rely, would be "devastated".

Emmett, however, argues that the threat posed by the concessions is less to do with the amount of land conceded and more with the increased numbers of people development projects will bring into protected areas.

"For example, if you have a land concession that's going to destroy even as much as 20,000 ha out of a landscape of 1.5 million ha of contiguous forest, the animals would just move to the bigger area," he says. "The only reason the animals would be under threat would be if people who move to that land concession then go out hunting, or if there are so many land concessions that the forest is totally fragmented."

Part of the current problem is the lack of transparency in terms of where concessions are granted.

"People are not consulted on the concessions," says Maltby. Instead, affected communities and conservation groups sometimes only find out an area is slated for development when the bulldozers and excavators arrive.

Emmett suggests conservationists are partly to blame for this by alienating the government with arguments for blanket protection of existing protected areas.

"Conservation NGOs should engage with the government to explore ways of combining conservation goals and development," he says.

Money Talks

More than anything else, however, the problem Cambodia faces is that conservation is a luxury. Experience from almost every developed country shows protection of wildlife and habitats comes later, often only after ecosystems have been decimated.

The intrinsic value of biodiversity and untouched ecosystems is unlikely to convince Cambodia to protect its natural heritage. Making the business case on the other hand might just work.

"The reality is that wildlife conservation is often a low priority for developing countries with high poverty, so it must be done in a way that also supports human well-being and national development plans," says Emmett. "For conservation to work, we need to identify ways for protected areas to benefit the economy of the country."

REDD could be one such scheme. An acronym for "reducing emissions from deforestation and degradation", REDD schemes aim to fight climate change by giving developing countries' financial incentives to preserve forests. By protecting the habitats of rare animals, these measures also contribute towards wildlife conservation.

"REDD is the most promising way forward," says Rainey. "A country needs to be able to fund its own conservation."

Emmett agrees.

"Some protected areas make no money for the country, others prevent it from losing money," he says. "REDD actually generates money. If it works, it could be huge."

Though Cambodia at the moment is not even a pilot country in the UN-led scheme, a project led by Pact Cambodia in Oddar Meanchey is faring well, while WCS is working at two other potential sites to get the scheme off the ground in Cambodia.

One of the WCS demonstration sites is Seima Protection Forest. Work there started in mid-2008 with a feasibility study, which concluded that millions of tons of carbon emissions could be avoided by preserving the forest.

"If WCS can make the REDD work in Seima, then that's a model that can be used in other parts of Cambodia," says Emmett. Given the amount of investors queuing up for land concessions, he accepts that the government is unlikely to endorse more

REDD projects unless profitability is demonstrated in the initial schemes.

There is a long way to go. Globally, carbon trading schemes are yet to prove their worth, while Cambodia remains a small country with tenure security problems, meaning it hardly tops the international investment list.

Another largely untapped conservation strategy is wide-scale ecotourism. Though community-based efforts exist here and there, there is little in terms of a national network and joint promotion.

Conservation and mass tourism has worked in other countries, such as Costa Rica. Closer to home, Thailand has seen a growing market for ecotourism over the last decade. Though the jury is out on how successful schemes have been in protecting biodiversity and promoting community development, ecotourism has brought money into the country.

Where Next?

The future of Cambodia's biodiversity depends on money. Will preserving rare ecosystems and their species be more lucrative than hunting down animals and developing the land they used to live on?

Counter-intuitively, more effective protection of the Kingdom's unique biodiversity may be achieved through more targeted efforts in smaller protected areas. Such an approach would make space for some development, while the potential income generated from protected areas through schemes such as REDD could pave the way for sustainable natural resource management.

These are potential options, but what seems certain is that without definite commitment one way or another, Neang Thy and his colleagues may soon end up discovering new species only for them to be subsequently declared extinct. Today's gecko could become tomorrow's dodo.

SAVE OUR SPECIES

A Field Guide to Cambodia's and Vietnam's Endangered Animals

Both Cambodia and Vietnam are some of the richest countries on earth in terms of biodiversity. New species are discovered every year, and several creatures are exclusive to here.

However, this natural wealth is at dire risk. Many animals are facing extinction, among them the last surviving Javan rhino population outside of Indonesia, and four of the world's most threatened primates. In fact, there are currently 1,158 animals in Cambodia and 1,936 in Vietnam on the IUCN Red List of threatened animals.

The threats are numerous. Population pressure, agriculture, logging, pollution and infrastructure development have destroyed or fragmented many of the habitats wild creatures need to thrive.

More disturbingly, both countries have a booming wildlife trade, both legal and illegal, that is driving many of the most precious species to the verge of extinction. Creatures ranging from the pangolin to the tiger to some of the rarest primates on earth are being poached for meat, traditional medicine, pelts, trophies and pets.

The following pages feature some, but by no means all, of the most endangered animals in Cambodia and Vietnam. Local, national, and slowly also regional conservation efforts have had many successes, but it's still an uphill battle to preserve at-risk wildlife. Unless major strides are made in funding and enforcement of conservation policies, many of these creatures may not be here for long.

Illustrations by Brendan Wenzel
Text by Thomas Maresca and Nora Lindstrom

Great Hornbill

Near Threatened

Wide spread throughout Asia. Logging and forest clearance for agriculture have impacted populations. Its casques are also kept or sold as trophies.

Greater Slow Loris

Vulnerable

Mainly threatened by the pet trade. The smaller pygmy slow loris, also classified as vulnerable, is found more widely in Vietnam.

Spoon-billed Sandpiper

Critically Endangered

Breeding range in northwestern Russia; migrates south, with wintering birds recorded in Vietnam. Drastic population decline due to pollution, climate change and habitat loss of very specialized breeding grounds. Only 150 to 320 pairs estimated to exist.

Bengal Florican

Critically Endangered

Tiny populations remain on the Indian subcontinent and in Southeast Asia but its grasslands habitats, such as the Tonle Sap region, have been widely converted to agriculture.

Black-faced Spoonbill

Endangered

Listed as critically endangered for 10 years ago, and declared extinct in Cambodia, a modest population recovery has increased its numbers from the hundreds to the thousands thanks to conservation efforts.

Edwards's Pheasant

Endangered

Endemic to central Vietnam. Numbers have dwindled to an esti-

mated 1,000 to 3,000, their habitat wrecked by wartime herbicide spraying, logging, and clearance for agriculture.

Greater Adjutant

Endangered

Huge (145-150 cm) wading bird in the stork family. Numbers have dwindled to 800 to 1,000. Wetland habitats have been drained, polluted and otherwise directly exploited. Breeding pairs still found in Cambodia.

Grey-crowned Crocias

Endangered

Endemic to the Dalat plateau in Vietnam. Its habitat is under continued threat from resettlement programmes, logging and hunting.

Siamese Crocodile

Critically Endangered

Freshwater crocodile considered extinct in the wild 20 years ago. Small populations since discovered in Southeast Asia, with total wild population thought to be less than 5,000 individuals. Significant population and conservation efforts in Cambodia.

White-rumped Vulture

Critically Endangered

As recently as 25 years ago, numbered in millions across Asia. Population has shrunk to between 2,500 and 10,000 individuals. Primary cause of decline found to be anti-inflammatory drugs used on livestock and collapse of large wild ungulate

populations. Cambodia possibly has the only increasing population.

Black-crested Gibbon

Critically Endangered

Found in Yunnan, Laos and northern Vietnam. Population estimated at 1,300 to 2,000 individuals. Decline due to destructive local forest use and hunting for meat, medicine and pet trade.

Hairy-nosed Otter

Endangered

One of the rarest otter species on earth. Found in Cambodia, Thailand, Malaysia and Vietnam. Species is threatened by loss of lowland wetland habitats, hunting for fur and meat and accidental killing during fishing.





Banteng



Indochinese Tiger



Asian Elephant



Malayan Tapir



Irawaddy dolphin



Kouprey



Otter Civet



Saola



Francois' Leaf Monkey



Red-shanked Douc Langur



Red-headed vulture



Mekong giant catfish



Tonkin Snub-nosed Monkey



Dhole

Cat Ba Island Golden-headed Langur



Delacour's Langur



Fishing Cat



Javan Rhinoceros

Indochinese Tiger

Endangered
Tiger subspecies once widespread throughout Vietnam, Cambodia, Laos, Myanmar and Thailand. Now as few as 350 possibly remain according to a recent WWF report, down more than 70 percent in just a decade. Poaching for international trade is major cause, particularly tiger bones used in traditional Chinese medicine and skins for rugs and cloaks. Overall global population of tigers estimated by WWF to be down to all-time low of 3,200.

Otter Civet

Endangered
Found in swampy forest areas in Malaysia, Indonesia and Thailand, with uncertain presence in Vietnam. Population loss due to habitat destruction, river pollution and the conversion of peat swamp forest to oil palm plantations.

Saola

Critically Endangered
Extraordinarily rare forest-dwelling bovine, found in Annamite Mountains of Laos and Vietnam. Only four documentations by scientists. Speculative population estimates of 70 to 100 in Laos and several hundred in Vietnam. Main threat is traps and snares used in hunting.

Tonkin Snub-nosed Monkey

Critically Endangered
Endemic to northwestern Vietnam. One of the most at-risk species in the world. Thought to be extinct until 1990s. Population size estimated less than 250 individuals.

Banteng

Endangered
Species of wild cattle has seen drastic population decline. Now estimated between 5,000 and

8,000 individuals, though the animal remains relatively widespread in parts of Cambodia. Main threats are hunting, particularly for its horns, and habitat loss.

Cat Ba Island Golden-headed Langur

Critically Endangered
Found only on Cat Ba Island in northern Vietnam. One of most endangered primates in the world. An estimated 64 individuals remain, due to poaching for meat and traditional medicine.

Chinese Pangolin

Endangered
An exotic mammal covered in armoured scales, found ranging from the Himalayan foothills to northern Vietnam and southern China. Heavily hunted for meat and medicinal purposes within and for export to China.

Delacour's Langur

Critically Endangered
Occurs only in the limestone mountain ranges of north-central Vietnam. Population is estimated between 200 and 250 individuals. Hunted for traditional medicine. Limestone quarrying also a threat.

Dhole

Endangered
Species of wild dog that once ranged across much of East and South Asia. Estimated fewer than 2,500 mature individuals remain in the wild. Population decline due to depletion of prey base habitat loss and human persecution.

Francois' Leaf Monkey

Endangered
Found in southern China and northeastern Vietnam. Less than 500 individuals estimated left in Vietnam, and 1,400 to 1,650 in

China. Threatened by hunting and mining in karst hills. In China used to make "black ape wine."

Malayan Tapir

Endangered
Found in Indonesia and on Asian mainland from Malaysia through Myanmar. Existence in Cambodia and Vietnam is unverified. Main threats are habitat loss and increasingly, hunting.

Red-shanked Douc Langur

Endangered
Extravagantly-coloured and potbellied, found in Laos and north and central Vietnam. It was also recently confirmed in northern Cambodia. Hunting is main threat, with deforestation and population pressure contributing.

Red-headed vulture

Critically Endangered
Has suffered rapid population

reduction largely as a result of feeding on carcasses of animals treated with the veterinary drug diclofenac. Cambodia has one of the world's few stable populations.

Javan Rhinoceros

Critically Endangered
Possibly rarest large mammal on earth, with less than 50 mature individuals. Found only in Indonesia and Cat Tien National Park in Vietnam. Primary cause of decline is excessive demand for rhino horn in Chinese traditional medicine.

Asian Elephant

Endangered
Once widespread throughout Asia, global population estimated at 40,000 to 50,000 individuals, with only 70 to 150 remaining in Vietnam and slightly more in

Cambodia. Asian elephants require much larger range of natural habitat than other mammals in Asia, making them particularly vulnerable to habitat fragmentation and destruction. Poaching for meat, leather and ivory is also a major threat.

Irawaddy dolphin

Critically Endangered
The best estimate of abundance for the Kratie to Khone Falls river segment is 69 individuals, based on the pool-count survey in May 2003. This number is probably close to the actual size of the Mekong subpopulation.


Mekong giant catfish

Critically Endangered
One of the world's largest freshwater fish, can weigh over 300kg. Threatened by fishing in the Mekong Basin.

Fishing Cat

Endangered
Widely distributed but concentrated primarily in wetland habitats, which are increasingly being settled, degraded and converted.

Kouprey

Critically Endangered (Possibly Extinct)
Cambodia's elusive national animal was last seen in 1969. A survey to find the animal in northern Cambodia was recently announced. Previously found also in Vietnam, Laos, and Thailand. The Kouprey is probably extinct. 

Note: Data and threat assessment comes from the International Union for Conservation of Nature (IUCN), which produces a frequently-updated Red List of Threatened Species. Visit the IUCN Red List at www.iucnredlist.org/



In the Land of Gibbons

The Gibbon Experience gives adventure travellers the opportunity to live in the trees and soar through the jungle canopy of northwestern Laos. Tom DiChristopher takes to the sky on one of the conservation-oriented project's three-day treks. Photos by Fred Wissink.

The zip line is still buzzing when I grasp it to lock my trolley into place. The velocity of its last passenger reverberates through my arm and rattles my nerves. Moments ago, our guide Boonpeng led the first flight, followed enthusiastically by my girlfriend Sarah and her sister Ryann's boyfriend, Josh. Now Ryann, a pair of British travellers and our second guide, Nuon, are waiting for me.

It dawns on me that a zip line platform a few hundred metres above the jungle floor is a bad place to realize you've wildly underestimated your fear of heights.

And this is just the start. We've signed on for a three-day trek and aerial adventure through northwestern Laos' Bokeo Nam Kan Nature Reserve called the Gibbon Experience. During the trip, I will not only tackle a network of zip lines, I'll also be sleeping in a tree house. At present, however, I'm just trying to take the first step. With panic and humiliation tug-of-roping me back and forth between fight and flight, I try every trick in the book: check that my trolley's wheels are aligned, give its rubber tyre brake a test squeeze, retighten my harness, triple-check the carabiner on my safety rope. All systems are go.

I lumber forward into a foetal crouch and an instant later the harness kung-fu grips me in all the wrong places. The zip line sings in my ear as I pick up speed through the corridor of foliage breezing past. Then, the sun pours over me and warms my skin. I wrestle my eyes from the trolley and gaze out over the mountains. Light and shadow colour

them into a patchwork of camouflage. Below the Nam Nga River is just a ribbon, its flow almost imperceptible. Out here in the open, with nothing to measure my speed against, time and space calify. I feel like I'm passing through a postcard.

Then, the foliage whips by once again and the screeching zip line drops a few octaves. I slow to a stop a few metres from the landing platform, turning to pull myself hand over hand. With my feet back on solid ground, I holler across the chasm. "OK!"

In the Trees

After tackling another series of zip lines, we try our hand at a new challenge: docking in a tree house. Boonpeng looks back and says "brake" before leaping into another of his carefree madman launches. When it's my turn I follow suit with another graceless plummet, peering ahead until I see it in the distance—like a hamburger balanced on a toothpick, a gazebo-like structure suspended in the trees.

"Brake! Brake! Brake!" yells Boonpeng. I heed his warning and glide into the cramped landing platform beneath the tree house.

Since visitors stick to the trails, cables and trees on the outskirts of the forest, their impact on the environment is minimal

Off to the side, our bathroom occupies little more than a balcony. Up above, the space is wide open, giving us 360-degree views of the mountains and forest. There's even a makeshift kitchen with a gas range and sink. A resident cat paroles the tree house for forest rats that might scurry across the cables. We have everything we need to indulge our Swiss Family Robinson fantasies, save coconut bombs and a cross-dressing cabin boy.

While the accommodations make for a fantastical getaway, they're also integral to the Gibbon Experience's overall mission. The project is named after the black-crested gibbon, a highly endangered primate that occupies parts of the 123,000 hectare Bokeo Nature Reserve. The gibbons' habitat is itself under threat. Travelling through Laos, the sight of mountainsides clear cut for lumber is all too common. Laos lost 6.8 percent of its forest between 1990 and 2005 to slash-and-burn agriculture, logging, fuel wood collection and fires, according to United Nations FAO statistics compiled by conservation website Mongabay.com.

In 2003 French ecotourism company Animo planted the roots of the Gibbon Experience in a bid to conserve Bokeo's mountainous deciduous forest and generate income for local villagers, who work as patrol guards, guides, builders and cooks. Today, it maintains six tree houses and a network of zip lines. Since visitors stick to the trails, cables and trees on the outskirts of the forest, their impact on the environment is minimal.



Over the next three days, however, I would learn that low-impact travel can come with a high-impact workout.

On the Trails

By many standards, the Gibbon Experience is rugged. Our journey from the border town of Houayxay had set the tone. We crammed into the bed of a *songthaew* with rucksacks, rations and a rotating cast of local commuters and spent the next three hours clinging to the truck's canopy as it pitched back and forth along dusty, cratered switchbacks. Once we reached the staging village of Baan Toup, we had only 15 minutes to size up the outgoing group—filthy and exhausted, but in good spirits—before hitting the trails.

Those first hours passed quickly as we took in the sights and sounds of the jungle. Giant fan-like ferns glowed electric green in the sun. Knotted, vine-wrapped tree trunks spiraled skywards. Bent and broken bamboo formed archways and scaffolding overhead. Birdcalls so absurd they seemed artificial echoed in the canopy, while the chomp chomp of termite feasts crackled underfoot.

Just when exhaustion had set in, we arrived at a craggy cove along the Nam Nga River fed by a small, tiered waterfall. Boonpeng and Nuon disappeared briefly to arrange lunch, but soon joined in, scaling the rocks and leaping into the chilly pool. This outdoor amenity is included in the Waterfall Experience option, and while cooling our aching muscles, we were glad we'd booked it. Later we were perhaps less pleased with ourselves; the Waterfall Experience also entails considerably longer daily hikes than the Classic Experience.

Our second morning the troops are showing fatigue. Sleeping accommodations are sub-optimal. The mattresses are thin. In

place of mosquito nets, thick sheets hang from the ceiling, leaving two options: sweat it out or contend with mosquitoes. Most of us are working on about a half night's sleep, and now we've got to hike to the next tree house.

With muscles sore from yesterday's hike and too little sleep, the day's trek is arduous. We labour up steep, swerving paths, and then jog spaghetti-legged down again. The process repeats itself over and over in a cruel, Ecscher-esque cycle. My backpack digs into my shoulders. The harness weighs me down. Sweat streams down my forehead. Boonpeng and Nuon regularly update us. Three more hours. Two more. One more. I'm not sure if it's helping. It always seems like we should be closer than we are.

When we finally reach the first zip line, I clip in without a thought and jump. It seems I've found a cure for my acrophobia: exhaustion.

Among the Gibbons

I had been under the impression that zip lining at night was forbidden. So I was more than a little surprised when Boonpeng informed us yesterday evening that we'd be zipping out at 4 am. The gibbons get up early, you know.

We're running behind, staggering around by flashlight when we hear it: a loud crack in the distance. Boonpeng suddenly looks uncomfortable.

"Poachers?" I ask. "Hunters?"

More gibbons join in, and soon the clarion becomes a chorus, the calls overlapping from all sides

"Yes," he says. "Or rangers."

No matter. The shots are far off and a more frightening prospect is at hand. We've got to launch into pitch black nothingness from what everyone has agreed is the most unnerving platform, literally a plank suspended about half a metre from the edge of the tree house. Josh and I are last out, and he graciously let's me go first. I step out on the plank and shimmy into sitting position. "If I fall," I tell him, "at least it's too dark to see where I'm falling." And then I'm gone, praying that the zip line's song will rise and fall as it should. Up ahead, something glimmers. Boonpeng and Nuon have lined either side of the landing platform with candles, turning it into a backwoods tarmac.

Hours later, we arrive at the tree house. The residents—an older couple and their grandson—wake up and we introduce ourselves awkwardly, like squatters. Over breakfast, we compare our travails. And then, somewhere out in the trees, the first calls drift across the expanse: *Whoooooop! Whoop! Whoop! Whoop!* More gibbons join in, and soon the clarion becomes a chorus, the calls overlapping from all sides.

A reverent, church-like silence falls on the tree house. The morning is cool, and the fog rolls off the valleys, hovering among the hilltops. Everyone gazes out, looking for signs of the elusive gibbons. They never come into sight, but when we get back on the trail to Baan Toup, their calls still lilt through the air like a farewell as we prepare to return to civilization.

The Classic and Waterfall Experiences are €180 (US\$231) for group accommodation, inclusive of meals and snacks. The more private Spa Experience is €250 (US\$321) and includes massage. For more information, visit gibbonexperience.org.



Southeast Asia Safari

AsiaLIFE picks some of the region's best jungle treks, volunteer vacations and outdoor excursions that take an ethical approach to wildlife encounters.

By **Kristen Avis** and **Tom DiChristopher**.

In Asia you can find almost any animal attached to a leash, tempting tourists to hand over their cash. But it's not the elephant, primate or bear that benefits from your donation. Animals were not meant to be paraded down a busy tourist strip or kept chained to a tree, and supporting these practices only encourages the cruelty.

With depleting habitats and many species now nearing extinction, travellers should think ethically when booking a wildlife venture. It may require a bit of a trek, but seeing animals in their natural state is what experiencing wildlife is all about.

Sumatran Orangutan Society Eco-Trek

North Sumatra, Indonesia

This 10-day trek through the Sumatran rainforest is no walk in the park, but it's also an unforgettable experience. Operated by the Sumatran Orangutan Society (SOS), the Eco-Trek takes conservation-minded adventure-seekers deep into the Sumatran rainforest in search of wild orangutans and other wildlife. Six-person groups camp out in the forest, find and prepare food and medicine, go tubing and swimming and visit the Bohorok Orangutan Centre in Bukit Lawang,

where SOS founder Lucy Wisdom was a long-term volunteer.

To embark on the trek, participants must raise at least USD \$1,450 in funds for SOS. The cost covers expenses and in-country travel. The remaining funds go towards SOS's efforts to conserve rainforest habitats and promote local and global awareness. The next trips depart in April and September 2010. Visit www.orangutans-sos.org for more information and fundraising tips.

Elephant Nature Park & Surin Project

Thailand

Elephant Nature Park near Chiang Mai provides a safe sanctuary for more than 30 previously abused and neglected elephants, where they can be seen in their natural environment. The animals roam free in the park and have as much or as little human interaction as they wish. Tourists can enjoy a day visit, an overnight stay or volunteer for one- to three-week periods. Volunteer duties include preparing food for the elephants, bathing them, caring for the other animals in the park, building new fencing and housing and helping out with general maintenance of the park.

The Elephant Nature Foundation has also started a sustainable elephant tourism site in Surin Province to provide an alternative to the trade in elephants for street begging in the capital. Volunteers depart from Bangkok and, over the course of a week, can help to reforest the elephant habitat and bathe and feed the gentle giants.

Day trips (US\$75) and overnight visits (about US\$175) to Elephant Nature Park include hotel pick-up in Chiang Mai, accommodation and meals. The fee to volunteer is US\$360 for seven days/six nights. The Surin Project volunteer fee (about US\$360) covers food, accommodation, activities and English-speaking guide over seven days/six nights. For more information, visit www.elephantnaturefoundation.org.

Elephant Village

Luang Prabang, Laos

Elephant Village in Laos is better suited to those who want to mingle with pachyderms in a more posh setting. The elephant camp and tour destination is located 15km south-east of Luang Prabang and protects and rehabilitates previously abused elephants, now seriously endangered in Laos. The village provides tourists the opportunity to observe and spend time with the elephants,

partake in a mahout training course and take a short elephant ride.

Accommodation is available in the village in one of five boutique rooms at the Elephant Lodge (www.elephantvillage-laos.com). Across the river, the Lao Spirit Resort (www.lao-spirit.com) provides a luxurious stay in eco-style bungalows and offers one- or multiple-day elephant treks and mahout training packages. Three day/two night accommodation costs US\$224 per person during high season (until April 30) and US\$182 per person in low season. Another lavish lodging option is the nature-friendly Zen Namkhan Boutique Resort (www.zennamkhanresort.com), which also works with the village to provide elephant treks around Zen Namkhan's many wooded trails.

Dusky Langur Conservation and Community Centre

Khao Sam Roi Yot National Park, Thailand

Founded in 2005 to preserve the dusky langur and its habitat, this reserve in the remote fishing village of Ban Khung-Thanod allows volunteers to become wildlife researchers during a working holiday. Volunteers study the langur's daily habits in the wild and collect data, provide food and water, educate visiting tourists, teach ecology at local schools and help maintain the centre. Leisure activities include fishing, cycling and trekking around the National Park.

One-week stays start at about US\$500 per week. A number of websites—www.ilovevolunteering.com, www.responsibletravel.com and www.godifferently.com—offer package trips. Accommodations include homestays, guesthouses and beach-front bungalows, and bus transportation is available daily from Bangkok.

Phnom Tamao Bear Sanctuary

Phnom Tamao, Cambodia

The Phnom Tamao Zoological Garden and Wildlife Rescue Centre provides a safe haven for a large number of species rescued from the wildlife trade. Among these are 106 bears, including Asiatic black bears and sun bears. For a small fee that goes directly to support the bears, tourists can volunteer at the sanctuary for up to six weeks. Volunteers are assigned to a bear "house" in the morning and help the keeper clean the enclosures and prepare massive amounts of fruit and vegetables at meal time. Afternoons are dedicated to creating enrichment activities for the bears, like building new toys and preparing and strategically hiding balls filled with food around the enclosures.

Accommodation and pick-up from Phnom Penh is provided for volunteers. Contact info@freethebears.org.au to volunteer or visit www.freethebears.org.au for more information.

Cat Tien National Park


Dong Nai Province, Vietnam

From Ho Chi Minh City, it's about a four hour drive to Cat Tien National Park, where there are a number of wildlife excursions available. Deep in the jungle lies Crocodile Lake (Bau Sau), where the critically

endangered Siamese crocodiles can be seen in the wild. The lake is home to more than 60 crocodiles that can be spotted during jeep rides, hiking or night safaris arranged by the park headquarters. Overnight accommodation at the ranger station near the lake is subject to availability.

Cat Tien is also regarded as one of the best bird-watching locations in Vietnam. The park is home to approximately 348 species, 31 of which are rare. Sought-after species such as the orange-necked partridge, Germain's peacock pheasant, Siamese fire-back, green peafowl and the woolly-necked stork can be seen regularly. For package tours, check out the Vietnam Birding website at www.vietnambirding.com.

It's also home to the Dao Tien Endangered Primate Species Centre, a conservation project that rehabilitates endangered golden-cheeked gibbons, black shanked doucs, silvered langurs and pygmy loris. The centre offers educational awareness tours that elaborate on the aims of the project and the law regarding endangered wildlife in Vietnam. Guided tours are offered daily and can be booked at the National Park headquarters.

The Cat Tien National Park headquarters provides basic accommodation from US\$20/night (www.namcattien.org). For something less spartan, the new Forest Floor Lodge (www.forestfloorlodges.com) offers accommodation in safari tents or traditional Vietnamese houses for US\$125+/night in high season (October through May) and US\$100 per night in the low season (June through September). 



Food Corner: Buffet Bonanza

For those times when a feeding frenzy is in order, Mai Lynn Miller Nguyen surveys the buffets of Phnom Penh. Photos by James Grant.

"I am not a glutton, I am an explorer of food," once quipped Erma Bombeck, the late American humourist. When it comes to all-you-can-eat buffets, that's just the right attitude.

Truly democratic dining, buffets are all about freedom of choice. Choose what you want to eat, how much you want to eat, and when you want to stop. Sample unfamiliar dishes, without the necessity of committing to full portions. Why stick to what you know?

With buffets covering sushi, chocolate fountains, fried crocodile, and other delights, Phnom Penh provides plenty of opportunities to expand food horizons.

Intercontinental Hotel Regency Café

Kids will imagine they have discovered paradise at the Intercontinental Sunday Brunch

buffet. Ages 12 and under eat for free, and the mini-burgers and chicken strips are sized with the little ones in mind. A children's area with television and toys serves up entertainment between courses. The most exciting draw? The chocolate fountain, of course.

As for grown-ups, opt for free-flowing De Saint Gall champagne at an additional US\$14. Breakfast purists can order waffles and crepes to be made on the spot. Carnivores will be contented with options such as tender slow-roasted Australian sirloin beef with peppercorn sauce and assorted grilled meats, including chicken, sausage and squid. An extensive salad bar, a pasta station, and cheese section will also keep vegetarians sated.

Leave room for dessert. In the sweets department, chocolate mousse, apple charlotte, and

homemade ice cream served in a cone are only a few of manifold tantalising possibilities.

Sunday brunch from 11.30am to 3pm, US\$28, 296 Mao Tse Tung Blvd., Tel: 023 424 888.

Raffles Hotel Le Royal Monivong Café

With a Sunday brunch that is a Phnom Penh institution, Raffles also presents an equally impressive Friday night seafood buffet.

One of the newer developments, this gives diners the chance to select from a cornucopia of fish and crustaceans, including local tiger lobster, two types of crabs and baby scallops imported from Europe. Cooks are on hand to sauté selections in a delectable marinara sauce, spiced according to your choosing, or accommodate other preparation requests, including barbecue.

Fresh sushi, Vietnamese oysters opened before your eyes, and caviar blinis are delightful. For non-oceanic fare, there are revolving Cambodian dishes and a featured meat, such as roast beef.

Beautifully laid out, the buffet requires a circuit of admiring before tucking in. Service is impeccable, with staff always on hand to replace the napkin on your lap. The only dilemma in this cultivated atmosphere, how to prise the crab from its shell without looking gauche?

Friday seafood night from 6pm to 10pm, US\$29++ for adults, US\$14.50++ for children 12 and under, Street 92, Tel: 023 981 888.

NagaWorld Bistro Romano

No matter what the stakes are out on the casino floor, it's worth placing your bets on Na-

gaWorld's Tuesday night buffet. With a wealth of barbeque and Italian eats, odds are high that you'll feel like a winner.

Bistro Romano, one of NagaWorld's several restaurants offering buffets, supplies an escape from the feverish world of slot machines and blackjack. A background of classical music and renaissance-style ceiling frescoes makes for an elegant ambience to enjoy your meal.

Wine glasses are continually refilled—so fluidly you'll never be sure exactly how much you've consumed until you try to stand up. The range of hearty food should set you right again. An outside grill delivers a continual supply of smoky, tender meats. Rosemary marinated lamb chop is a must-try, as well as the blue crab and US beef ribs.

Don't miss trying the crunchy garlic bread and topping everything off with one of the diverse sauces. Jackpot!

Bistro Romano's Sunday Buffet is also one not to be missed. With free-flowing prosecco, oysters, an a la carte main and a great range of cheese, this is grossly underpriced at US\$20 for a group of six or more. Ring up in advance to book your table, as this is the worst kept secret in town.

Thursday Italian barbeque buffet from 6pm to 10pm, US\$25, Samdech Tech Hun Sen Park, Tel: 023 228 822.

Sunway Hotel Sun Café

Get your sushi and sashimi fix at the Sunway Hotel's Japanese buffet on Wednesdays. Inspired by time spent in Japan, the Cambodian head chef produces a taste of Tokyo, spotlighting classics such as Don Katsu, Yakitori, and Sukiyaki beef soup.

Say Konichiwa to a smorgasbord of meat, seafood, and vegetables, which can be grilled or fried on request. Go for the salmon teriyaki and vegetable tempura. Among the pre-prepared options, the well-seasoned Japanese barbecued pork ribs are especially tasty when paired with some Japanese potato salad.

As a Japanese feast wouldn't be complete without its most well-known dish, gorge on various types of sushi. Most of the seafood is sourced from Sihanoukville, though salmon and tuna are imported from abroad.

The Mediterranean inspired décor, with its seaview murals

and bricked archways, is not exactly a match for the buffet's cuisine, but creates a cosy atmosphere nonetheless.

Wednesday Japanese feast from 6.30pm to 9.30pm, US\$22, 1 Street 92, Tel: 023 430 333.

Tonle Bassac Restaurant

Tourists disembark at Tonle Bassac restaurant by the busload. Staff members bearing walkie-talkies lead customers to their tables. A popular place for celebrations, the 'Happy Birthday' song is blasted numerous times each night.

Though this could be a turn-off for those seeking a peaceful environment, the vast array of pan-Asian cooking is unbeatable. As the extent of the spread can be intimidating, the spring rolls in the Vietnamese section are a good way to kick off the meal.

Papaya salad can be made to order, as well as soups, noodles, and grilled meats. Pork ribs in ABC sauce burst with flavour, partially due to a heavy dose of oil. For those seeking something less orthodox, fried duck tongue and crispy crocodile promise culinary adventure.

The cleaning crew brings out the mops by 9pm, so allow ample time to make multiple rounds.

Daily from 5pm to 9pm, US\$12.50, 177 Mao Tse Tung Blvd., Tel: 023 210 019.

Hotel Cambodiana Mekong Garden

Featuring lunch and dinner buffets every day, the Mekong Garden restaurant makes it easy to find a feast. More crowded at weekends, the buffets during the week allow for minimal competition over the food.

Though the variety changes daily, Asian cuisine is generally dominant, apart from some Western alternatives such as spaghetti Bolognese. Labelling is unpredictable, as the container marked as gratinated poached fish turned out to hold roast chicken.

If you want a sure shot, aim for the noodle soup station, where diners can choose from all the fixings' to accentuate the delicious broth. The buffet's other strength is its salad section, which includes smoked fish and green mango, shrimps and glass noodle, and pasta salads.

Daily dinner buffet from 6.30pm to 10.30pm, US\$20, 313 Sisowath Quay, Tel: 023 218 189.





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Food Talk: Beyond Bistro

Bai Thong Restaurant has become a favourite among Penhites for French and Indochinese delights. Chef **Richard Gillet** explains his approach to **Mai Lynn Miller Nguyen**. Photos by **Conor Wall**.

With chef Richard Gillet at the helm, Bai Thong's blend of East and West has proven a recipe for success. Launched as a Thai restaurant in 2007, the restaurant has shifted towards a French cuisine focus, while incorporating Indochinese classics.

A cultural swap takes place between Gillet and his team of four Cambodian cooks. "We're exchanging formations in the kitchen," says Gillet. "I teach them French food, they teach me how to cook Asian food."

Frequented by expats and locals alike, Bai Thong offers breakfast, lunch, and dinner in an elegant yet comfortable space overlooking Hun Sen Park. Décor fuses Phnom Penh and Paris aesthetics, creating a bistro ambience accented with Asian details.

"We offer a warm atmosphere, where you can come, relax, and feel like you're at

home," says Gillet, "It's informal, congenial."

Among the menu's mixed bag of offerings, Gillet recommends his personal favourite dish, veal kidney with tagliatelle, sautéed with shallots in a cognac, white wine, and Madeira sauce (US\$9), though the sirloin in pepper sauce (US\$7) is the best-seller. Roast duck curry (US\$5) and fish amok (US\$3) are among the Indochinese alternatives.

"Everybody can be happy here," says Gillet. "Couples who come here can each have what they want. One person can take a steak, the other a Khmer fish soup."

On Fridays, Gillet prepares a plat du jour and glass of wine promotion for US\$10 to US\$15. Past specials have included couscous, paella, and steamed fish aioli. Though he explores international cookery, Gillet appreciates Cambodian products.

"We import butter, otherwise, most everything is from here," says Gillet, who also operates an in-house butchery and bakery. "I want to promote local ingredients."

Gillet hopes to expand the breakfast menu, which currently encompasses house made croissants (US\$1) and a coffee with tartine and jam combination (US\$3) alongside Khmer options like rice and pork soup (US\$2).

From a family of gourmands, Gillet developed his culinary instincts at an early age. The first professional chef in his family, he has worked at world-renowned Michelin star restaurants, Le Laurent in Paris and Bernard Loiseau in Burgundy.

A stint working for the French Ambassador, part of his requisite military service, brought Gillet to Cambodia in 1996. After a brief return

to France, he returned to the Kingdom to open a fine grocery shop, L'Epicurean, in 1998 and eventually co-founded Topaz Restaurant, where he still serves as pastry chef. In 2009, he took over the management of Bai Thong, which is also owned by the Thalias Group along with Topaz and Malis Restaurants.

For the past 10 years, Gillet has been at the forefront of forging a fine dining scene in Phnom Penh. When questioned about what determines first-rate cooking, he advocates a simple philosophy.

"Enjoy what you do. If you like what you do, you do it with a passion," he says. "You can feel in a dish how the chef made it."

Bai Thong Restaurant,
100-102 Sotheaeros Bld., Tel: 023 211 054, Open daily from 6.30am to 10pm. 📍

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The most exquisite pleasure is giving pleasure to others

- Jean de La Bruyère (1645 -1696) -

" There is a new set of VALUES at Topaz, you'll be surprised!.... and very pleased ! "

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UNspoken ABUSE

Myths about masculinity keep the issue in the shadows, but advocates maintain as many as one in six boys experience sexual abuse and exploitation in Cambodia. Words by **Nora Lindstrom**. Photo by **James Grant**.

The man asked me to take a shower and then get in bed naked," reads one boy's account. "I later tried to avoid him and the other boys who persuaded me to do this."

Quoted in *I Thought it Could Never Happen to Boys*, a study about the sexual abuse and exploitation of boys in Cambodia, the boy's story is fairly typical. Yet stories like his are seldom heard.

"There's hardly been any research on the issue," says Glenn Miles, director of prevention at Love 146, an organisation working to end child sex slavery and exploitation.

Prior to the publication of the explorative study in 2008, no research focusing on the issue had been conducted in Cambodia, although tangential studies indicated there was a problem.

Miles's own research on Cambodian children's experiences and their understanding of violence and abuse produced some revealing statistics.

"I found that boys consistently experience a higher level of violence than girls in all areas of violence," he says. In particular, significantly more boys reported genital touching by an adult after nine years old.

Written by Alastair Hilton, *I Thought it Could Never Happen to Boys* sheds more light on the issue.

"One in six is a conservative estimate of the prevalence of abuse of boys in Cambodia," says Hilton. "I wouldn't be at all surprised if it was one in four or five."

Cambodian socio-cultural views and expectations

contribute to keeping the issue hidden by discouraging boys from disclosing abuse.

"In Khmer culture men must be strong and not ask for support," says Yaim Chamroeun, project coordinator of First Step, a non-profit co-founded by Hilton to address the issue. "Our belief is that you should bleed rather than cry."

Other misconceptions, including that it simply doesn't happen to boys, that if it does happen it is "not so serious" and that boys can "get over it" quickly, further skew the debate.

"Boys are an invisible population," says Hilton, adding that another commonly held belief is that the abuse of boys is "not part of Cambodian culture" and that perpetrators are largely foreigners.

THE MEDIA FUELS THIS IMAGE.

"It's frustrating," says Hilton. "The media tends to focus on foreign abusers of boys, which hides the reality that boys are abused in any setting."

It's not only the media that strengthens misconceptions. Both Miles and Hilton argue many organisations and institutions working on child abuse and exploitation also contribute to hiding the issue.

"Their agendas are driven by women and feminists, and as a result men are seen as perpetrators while women and girls are victims," says Miles. "What we are seeing is the feminisation of victimisation."

Assumptions that it is predominantly women and girls who experience

sexual abuse can even prevent child abuse specialists from looking into the issue, to the extent that many studies on the sexual exploitation of children don't include boys.

"Are boys not children? Are boys not vulnerable?" asks Hilton. "When we talk about the abuse and exploitation of children, let's really talk about children."

Through First Step, Hilton hopes to bring the problem out of the shadows and provide much needed help to survivors of abuse. "If we understand more about the abuse of boys, we can understand more about abuse generally," he says.

Still, his is not a popular cause. Finding funding for First Step was initially a struggle. "There are lots of donors who won't touch this issue with a bargepole," says Hilton, explaining how funding ostensibly for "children" often only means girls.

Cambodia is not the only country where sexual abuse of boys remains an unspoken subject. Yet things are slowly changing. One manifestation of this was the first ever international day for Male Survivors of Sexual Abuse that took place in mid-September.

Also celebrated in Cambodia, it was marked by a concert and arts event in Sihanoukville. A first step towards a more holistic view of, and response to, the sexual abuse and exploitation of children in Cambodia? We will see.

To find out more about First Step, visit them online. first-step-cambodia.org. ■



from a Mongrel Punt

After a number of false starts, Australian Rules football is back up and running in Cambodia. **Donald Fagan** caught up with key figure **David Murphy** a few days after the Cobras' first competitive game.

"Whether you're short or tall, fast or slow, skilled or unskilled, there's a role for you in a team." That's one of the many beauties of Australian Rules football, or "footy", according to Cambodia Cobras player-coach David Murphy.

A combination of rugby, Gaelic football and association football, Aussie Rules was created in Australia in the 19th Century. Fast-paced and free-flowing sport, it is the most popular contact sport in Australia, attracting massive crowds.

The expatriate community in Cambodia has flirted with the establishment of an Aussie Rules football team in the past, with teams formed in 2000 and 2008 disbanded after a few games.

"There has been the odd friendly game that's happened over the last few years," says Murphy. "But that's been the start and the end of it."

Though the Cobras were soundly beaten in their first competitive match against a vastly more experienced Vietnam Swans side in July, Murphy retains an optimistic outlook.

"We plan to be here in the long run and everyone's committed to ensuring that AFL football gains a foothold in Cambodia," he says.

With a team list of 35 players keen to train on a weekly basis, there certainly seems to be a lot of interest.

"That's a good indication that there's some depth there," says Murphy, adding that the current group is a multi-national bunch, with Khmer, Irish, Scottish, New Zealand

and American players joining a core Aussie contingent. Levels of experience range from those with senior club-level experience in Australia, to those who have never played before.

Murphy emphasises that the Club is keen to attract new players regardless of their skill level or knowledge of the game.

"It's a really nice environment down there," he says. "Everyone's pretty relaxed and because our skill level is all over the place, we're just very happy to have guys who want to learn a new sport, or guys who want to go on with their football now that they're in Cambodia."

With the Club looking to assemble a team to attend the Indochina Cup to be held in Thailand in November, Murphy extolled the benefits of getting involved. "It's an opportunity to get to know some guys, play some competitive games of football and do some great tours around the region," he says.

The AFL is getting behind the Cobras, providing two sets of jerseys, known as guernseys, for the team to play in. Murphy, director of Independent Property Services, was also eager to highlight the support from the local expatriate business community, which

he said had been "fantastic". Primary sponsors include service and maintenance company, TEAMS, and the Aussie XL Café. The team has also received support from the Pickled Parrot, Gym Bar, and Sharky's.

Murphy guarantees that those interested in playing for the Cobras will get game time. "Even if you haven't played

before and you're just interested in coming over and putting a guernsey on, you'll get a game," he says. "You might get caned, but you'll get a game."

For more information on the Cambodia Cobras and how to get involved in Aussie Rules football in Cambodia, contact David Murphy on: 077 959 861. 🇰🇲









AUSSIE RULES BASICS

-  Played by opposing teams of 18 players on an oval field.
-  There are four posts at either end of the oval for scoring – two central goal posts and two, shorter 'behind' posts outside of the goal posts.
-  Teams score 6 points for a goal, when any kick passes through the goal posts without another player from either team touching the ball. They score 1 point for a behind, when the ball passes between a goal post and a behind post, if the ball hits a goal post, or in other specific circumstances such as when the ball touches another player before passing between the goal posts.
-  The ball may be propelled in any direction through a kick, punch or open-handed tap.
-  Players can run with the ball in hand but must bounce the ball or touch it to the ground every 15 metres.
-  A free kick is awarded to any player who catches the ball after it has travelled more than 15 metres from another player's kick.
-  Opposition players can tackle the ball carrier, who must then dispose of the ball or risk being penalised for holding the ball.
-  A game is played over four quarters of 20 minutes each.



AUSSIE RULES SPEAK

-  **Mongrel Punt:** a kick that spins awkwardly but goes in the correct direction
-  **Jumper Punch:** an attempt to avoid fines for striking by grabbing a fistful of another player's jumper, and then punching with that fist
-  **Hospital Pass:** player passes the ball to a team-mate who is immediately in danger of getting bumped, crunched, or tackled, with severe force - and potentially hurt - as they are put in a vulnerable position and unable to protect themselves from an opposition hit.
-  **Wrapped Up:** used to describe a player who has been well tackled, usually by more than one opponent (ie. he was well wrapped up)
-  **Specky:** a high mark over one or more other players; presumably short for 'spectacular mark'
-  **Worm Burner:** a kick along the ground that keeps low, and skids along the grass
-  **Poster:** a behind scored by the ball hitting the goal post
-  **Chicken Wing:** used to describe a tackle where one or both arms are pinned and the player is then usually thrown to the ground, unable to break their fall



Struggling to Rock

Khmer rockers **Cartoon Emo** face an uphill battle in introducing their unusual sound to the local audience. Words by **Nora Lindstrom**.



Being a rocker in Cambodia is no easy task. In a country where pop goes down a treat, composing your own original hard rock and heavy metal tunes is almost akin to commercial suicide.

Cartoon Emo knows the challenges first hand.

"People stare at us in the street," says Ny Noly, the band's lead guitarist and composer. "People say we are strange."

Though the band released their first record in June, they have a long way to go to being understood.

For their breakthrough album, the production company insisted the rockers softened their sound to suit a more mainstream Khmer music palate. To earn their bread, the twenty-something musicians spend most nights accompanying pop music singers with a bored look on their face.

Yet there is something about these guys.

Even in its watered down state their album entitled *Shadow* demonstrates a kind of edge rarely encountered in Cambodia.

When playing

live, the band visibly lights up the few times they are allowed to rock to their own tunes.

"We love heavy metal and rock music, it makes us happy," says Noly. "We want to introduce heavy metal to Cambodia."

Clad in skinny jeans, colourful plimsolls, and chequered flannel shirts, he and the four other members of Cartoon Emo look every inch like struggling rockers in a country that has little understanding for their art. But while their "emo" style and swanky hairdos make them look the part, the band is ultimately about music.

"We look up to Slipknot and Linkin Park," says Noly. Bass player Sann Sondan adds that Click 5 and Fall Out Boy also influence their sound.

Given the lack of a rock scene in Cambodia, the internet, with YouTube at the helm, represents a treasure trove of influences for the band.

Significantly, the band creates and performs its own music. "I would feel embarrassed to copy someone else's songs," says Sondan. "We can make music by ourselves."

Yet any original artist faces a problem in Cambodia—there are no copyright laws. Put out an album and it will be copied in a matter of hours.

"The album is about publicity, not about making money," says Meng Sok Virak, president of Svang Dara production company that put out Cartoon Emo's album.

Virak wants to diversify the Khmer music scene by bringing different types of music to the local audience.

"Not every band will be successful," he says, "but that's ok, we'll just have to wait and see."

Given their unique sound and obvious joy at rocking it, one can only hope Cartoon Emo makes it.

With songs of love and sadness based on personal experiences, their message is at least likely to appeal to a wide crowd.

"Our dream is to have our own concert somewhere in Cambodia with the audience shouting and dancing to our music," says Noly.

Most of the band's members met while studying music at the Royal University of Fine Arts. They formed Cartoon Emo two years ago, but it was only after Svang Dara signed them up that things started to happen.

With an album under their belt and on the verge of making a music video, the band hopes that being seen on TV will introduce their unusual sound to a wider public.

"I'm so surprised that we have been able to make an album already, because we only have five years of experience," says Noly. "But our current music is not heavy metal, because we're afraid heavy metal would not yet be considered acceptable."

Though seeking social acceptance for their music may not be a very rock'n'roll attitude, Cartoon Emo nevertheless brings a refreshing breeze of original music to a Kingdom full of bland pop.

Members of Cartoon Emo play every night from 9pm at Mr. M club, above Pencil Supermarket on Norodom Boulevard. ■

a hint of jasmine



French Lace

Jasmine Boutique's latest collection, now launching in its Street 240 shop, encompasses resort wear, classics, and formal attire—feminine designs in sumptuous fabrics, accented with ruching, French lace, and dip-dyeing techniques. For lounging poolside or attending grand affairs, Jasmine evokes the essence of glamour in any setting. **A**

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Model: *Hélène Bizot*

Shibourie

siem reap arts

Fragments
Nicky Hosford

One of the most promising art exhibitions to visit Siem Reap is being hosted at the Hotel de la Paix's Arts Lounge through October until Nov. 3.

Fragments is a series of 15 bronze sculptures by Blake Ward inspired by the artist's shock at the number of landmine victims and amputees he saw in Cambodia and Vietnam during his time teaching at the Hanoi University of Fine Arts.

Exquisitely crafted, the sculptures at the heart of the exhibition are a dedication to the beauty of the human form. But the figures have been blasted and gouged. Shattered and limbless, they are a powerful demonstration of the devastating effects that landmines have on the fragile human form. Each sculpture is named after a different kind of landmine to emphasise the point.

"I have deliberately named each of these sculptures after a different type of landmine in order to communicate the connection with the issue and also to illustrate what these remnants of war do to the beautiful human body and symbolically to our society," says Blake.

With the pieces selling at between US\$19,000 and US\$30,000, this is one of the most expensive exhibitions that Siem Reap, and Cambodia, has ever seen. However, this is also art with a conscience. Thirty percent of the sales price and all donations are being donated to local NGO, Cambodian Self-Help Demining (CSHD).

Fragments has already been exhibited in global art centres including New York, London and Monte Carlo. More than US\$200,000 has been donated to landmine clearance organisations as a result of sales and donations raised through the exhibitions.

"This body of art speaks of a tragic nature in man and of our history, built upon the continuing cycle of wars," says Blake. "The Fragments exhibition provides a mechanism for the public, corporations and individuals to support the arts and to make a tangible contribution towards the solution of the problems caused by landmines and unexploded weapons."

Fragments will be on show at the Hotel de la Paix from Sep. 23 until Nov. 3. 📍

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 are black and white photographs by Dutch photographer Eric de Vries. Open 10 am to late.

Friends Centre*Achamean Street, next to the Angkor Children's Hospital,*
Tel: 063 963 409 (x7015)

International photography gallery curated by Brenda Edelson, set in the Friends Centre with all proceeds going to the Angkor Children's Hospital.

McDermott Gallery I & II*FCC Complex, Pokambor Avenue,*
Tel: 012 274 274. *Alley behind Pub Street, Tel: 092 668 181*
www.mcdermottgallery.com

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

The Red Gallery*FCC, Pokambor Ave., Tel: 092 822 323*

A contemporary art space representing a select group of artists based in Cambodia. The Gallery exhibits sculptures, oil paintings, photography and mixed media. Open 10am to 10pm.

The Wa Gallery*333 Sivutha Boulevard.*

Gallery that mixes original artwork, 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 masseuses work with Thai instructors.

Frangipani*Alley behind Pub Street,*

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

Helicopters Cambodia*658 Hup 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 Acleda bank, Tel: 012 644 286.*

www.cafeabacus.com
With both air-conditioned dining room and alfresco terrace, and serving modern European and Asian cuisine, Abacus has become one of Siem Reap's landmark eating and drinking spots. Has an extensive list of wines from France and the New World. Open 11am to late.

AHA*The Passage, Tel: 063 965 501*

Sophisticated and beautifully designed wine bar selling wide range of wines from around the world, tapas, great cheese & Lavazza coffee. Open 10.30am to 10.30pm.

Alliance Café*7 Makara Street, Wat Damnak Area*

Tel: 017 809 010
French restaurant established by Olivier Muzard in a beautiful building just across the river. Has an adjoining exhibition space featuring sculptures and paintings by Cambodian and international artists. Also runs cookery lessons.

Au Comptoir*Near Old Market Area (10m from Pub Street), Tel: 092 964 790, 076 529*

43 34
Parisian-style bistro with heavy wood-paneled interior and solid bar that provides this restaurant with authenticity, serves foie gras, croque monsieur, cheese, cold cuts and French wines. Open daily from 11am to late.

Black Wheat*Pub Street Area.*

Modern restaurant serving the traditional French buckwheat crepes, stuffed with all kinds of meat, sausages, cheese, vegetables, eggs and fish, as well as pizzas. Open from 10.30am to 11.30pm.

Butterflies Garden Restaurant*535 Wat Bo Road, Tel: 063 761 211*

www.butterfliesofangkor.com
Garden restaurant with large netting to keep the infinite number of butterflies within the grounds, creates a beautiful, relaxing setting for some good clean food. Also has a small gift shop on the premises.

Circle & 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 section offers regional classics from Thailand, Vietnam, Malaysia and Cambodia, in addition to the usual curried suspects. Open from 11am to 11pm.

Khmer Kitchen*Old Market. Tel: 063 964 154*

Unfailingly popular with expats and tourists alike for its well-prepared, generous Khmer and Thai dishes at highly affordable prices. Open 11am to 11pm.

Khmer Kitchen BBQ*Pub St. Area., Tel: 012 34 95 01*

A smaller venue than the sister Khmer Kitchen, but the food and service are just as good, making it almost impossible to go wrong here. Open from 11am to 11pm.

La Noria*Wat Bo Road, Tel: 063 964 242*

Beautiful restaurant, set on a raised terrace area surrounded by trees, serves good international and Khmer cuisine, and has traditional shadow puppet, musical and dance performances on Wednesdays. Open 6am to 10pm.

Le Grand Café*Old Market. Tel: 012 847 419*

Elegant, open-fronted colonial style restaurant serves a mixture of French and Asian dishes, either one allowing a great view of the street below. Open from 7am to 11pm.

L'Oasi*East River Road, Tel: 092 418 917*

The best Italian restaurant in, or rather just outside of, town. The hardest part is to find this place – keep on going on the East River Road in the direction of the temples, for a couple of kilometres until you see the large Italian flag. Once there the combination of the beautiful garden and home-cooked Italian pasta and pizza makes the trip well worth it.

Maharajah*Street 7 Old Market Area,*

Tel: 092 506 622
Excellent Indian restaurant, popular with expats and local curry lovers due to its authentic, fresh and hygienic Halal food.

Meric*Hotel de la Paix, Sivutha Boulevard,*

Tel: 063 966 000,
www.hoteldelapaixangkor.com
Elegant, contemporary restaurant with simple yet powerful black and white décor and an open kitchen, that allows you to explore the mysteries of Khmer cuisine in comfort.

Moksha*The Passage, Old market,*

Tel: 012 181 3981
Contemporary Asian food, mixing special grills and regional classics, with signature dishes including marinated beef with fried red ants, and grilled duck breast with tamarind. Open 11am to 11pm.

Samsara*The Passage., Tel: 017 82 44 74*

The only South Indian restaurant in town, serving dosa and wada and many other tasty dishes. Open 11am to 11pm.

Singing Tree Café*West Alley, Old Market, Tel: 012 490 265*

Colourful, contemporary café serves vegan suitable juices, shakes, coffees and teas, grilled sandwiches and cookies. Has ethos of serving healthy, mostly vegetarian and freshly made meals as well as sustaining efforts to provide information on variety of environmental and social subjects relevant to Siem Reap. Open 11am to 9pm.

The Soup Dragon*Pub Street. Tel: 063 96 49 30*

Multi-storied restaurant continues to pull in strong crowds for its extensive menu of western, Vietnamese and Khmer dishes. Open from 6am to 11pm.

Tigre de Papier*Pub Street, Siem Reap, Tel: 012 265 811*

The thing that differentiates this place from all the other restaurants along Pub Street is its half-day cookery classes, starting at 9am. Friendly, helpful French management ensures consistent quality of food.

Viroth's*Wat Bo Road, Tel: 012 826 346*

Elegant restaurant on the other side of river with excellent terrace garden is a good place to try royal Khmer cuisine including amok and beef lok lak.

siem reap - shops

Carnets d'Asie*333 Sivutha Boulevard*

Set in an arcade, this gallery-cum-bookshop has an extensive selection of photographs and books on Cambodia, including some black and white prints from the early 20th Century.

Eric Raisina*53 Veal Village, Siem Reap*

Tel: 012 965 207, 063 963 207
Accessories, home decorations, textiles and clothing created by Madagascan-born and French-trained designer. His amazingly vibrant designs have collected quite a following throughout the fashion world. Phone in advance for an appointment.

Jasmine Boutique*FCC Angkor, Pokambor Avenue*

Tel: 063 760 610
Same sophisticated, stylish boutique as on Street 240 in Phnom Penh, the perfect place for the ball gown you forgot to bring with you.

Oro Rosso*Old Market, Tel 092 985 986*

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

Rouge*Old Market*

Formerly the Boom Boom Room, Rouge continues to provide the most up to date music from its massive catalogue of music, movies, and television series.

Siem Reap Book Centre*Pub Street Area., Tel: 012 929 298*

A range of history books, catalogues, text books, stationery, office supplies, souvenirs, and gifts, newspapers and magazines are on sale daily from 8am to 11pm.

Smateria*The Alley West, Tel: 063 964 343*

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

U-Care Pharmacy*Next to Old Market, Tel: 063 965 396*

Reliable western-style pharmacist and drugstore that also has two branches in Phnom Penh and sells health and beauty products. Open 8am to 12am.

Wanderlust*The Alley West, Tel: 063 965 980*

Clothes that make you look good and feel great, in invigorating bright colours and classic designs with a twist. Also sells shoes, cushions and jewellery. 📍

សម្រាប់ ភ្ញៀវ គ្រប់គ្រង
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bargain bucket



12 Styles of Chicken David Fagan

Spacious indoor and outdoor dining areas, colourful chalk board specials, and a large flat-screen TV, create a homely environment at Singapura BKK restaurant. Located one block south of the Independence Monument on Street 294, this Singaporean-run establishment offers a range of traditional dishes from Singapore and Malaysia. To find it, look out for the large orange signs decorated with Christmas tinsel and the cabinet full of curry puffs and spring rolls perched out front.

Chicken rice (US\$4) is one of the specialties here. Consisting of chunky slices of chicken prepared in one of 12 different styles, it is accompanied by rice and a range of sauces, including BBQ honey roasted, tom yam, lemon grass, and honey mustard. All come with complimentary miso-style soup and a bean-based dessert.

The menu also boasts a range of classic curries (US\$5), such as beef rendang, fish amok and Thai green curry, and noodle dishes (from US\$3.50).

For those feeling adventurous, try the mee tom yam, a spicy noodle soup stacked with generous sized prawns and flavoured with ginger,

lemongrass and chillies.

Vegetarian dishes such as fried tofu with bean sprouts and sweet chilli are also available for US\$3.50.

The owners like to keep things fresh with weekly specials and different complimentary desserts throughout the week. Regular specials include chicken biriyani (US\$5), available every Wednesday, and Malaysia's national dish, nasi lemak (US\$4), which is on offer every Saturday.

The décor is a mish-mash. Walls are adorned with the ubiquitous portraits of the royal family and clay glow representations of Angkor, while the juxtaposition of chandeliers and fake thatching is intriguing.

Both Singapore and Malaysian embassies have requested catering from Singapura BKK, a testament to the authenticity of the dishes on offer.

While some of the dishes are priced at the upper limits of the Bargain Bucket range, the comfortable dining atmosphere, varied menu and complimentary extras make this a worthwhile spot to check out.

Singapura BKK, 31 Street 294, Open 7am to 10pm, Tel: 015 371 759. All food is halal. 🍴

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.

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.

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

K'NYAY
25K Suramarit Blvd. (Street 268), Tel: 023 225 225 or 092 665 225, www.knyay.com, knyay@hotmail.com
Modern Khmer restaurant tucked away down an alley off Sihanouk Blvd, with a menu including a selection of freshly prepared, vegan dishes, along with traditional Cambodian specialities. Offers a selection of cakes, ice creams and sorbets, using all vegan ingredients. Open 12pm to 9pm (Mon to Fri), 7am to 9pm (Sat), closed Sunday.

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. 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 A/C 🍷

Romdeng
74 Street 174, Tel: 092 219 565
Run by the same NGO as Friends, this non-profit training school restaurant specialises in Khmer cuisine. Food has a fresh and daring flavour, especially if you opt for the crispy tarantulas as a starter. Good place to try fermented fish prahok. Open 11am to 9pm.

The Local
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.

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. 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. 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.

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.

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. A/C

Yi Sang Chinese Restaurant
128F Sothearos Blvd., Tel: 023 220 922 www.almondhotel.com.kh
Set on the ground floor of the Almond Hotel, this stylish restaurant specialises in Cantonese food and dim sum that fuses the traditional with the contemporary, including excellent dim sum. Open from 6.30am to 10am, 11.30am to 2pm and 5.30pm to 10pm - dim sum not served in the evening. 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. 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. 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. A/C

Comme à la Maison
13 Street 57, Tel: 012 951 86, www.meal maison-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. 🍷

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. A/C

Equinox
3A Street 278, Tel: 012 586 139, 092 791 958
Cool French-run hang-out with welcoming al fresco downstairs bar and cool open balcony above. Good cocktails, excellent choice in music, best foosball table in town and regular art exhibitions make this one of the more popular places on the golden mile. Good place for a bite and WiFi. Open 7am to late, serves food from 7am to midnight and delivers from 8am to 10pm. 🍷

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. 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. 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. 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.

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).

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.

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. A/C 🍷

five loaves and two fish

three hail mary's & a bottle-o-rum
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 (Matthew 14:13-21, Mark 6:31-44, Luke 9:10-17 and John 6:5-15.[1] This miracle is also known as the miracle of the five loaves and two fish.

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

keel-hauled [kēl hōl] on cocktails

verb [trans.] historical

punish (someone) by dragging them through the water under the keel of a ship, either across the width or from bow to stern.

• often humorous punish or reprimand severely.

Ladies night - Fridays : 2 for 1 Cocktails (8-9pm)

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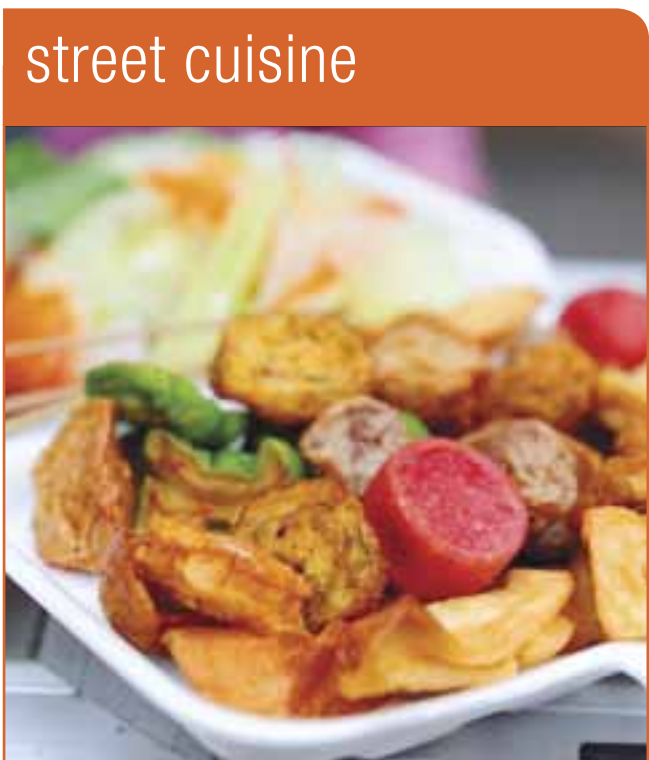
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street cuisine

braw-hut (deep fried balls)
Conor Wall

Price:
500 or 1,000 riel per skewer

Ingredients:
The balls come pre-packaged from the market. Unlike most other street food, they are not homemade. There are a variety of different balls to choose from, each with a different luminous colour and price:

- Green circular discs – prawn balls (1,000 riel)
- Red discs – chicken balls (500 riel)
- Large golden speckled balls – mixed vegetable balls (1,000 riel)
- Small spherical brown balls – beef balls (500 riel)
- Oval brown balls – fish balls (500 riel)
- White rectangular slices – tofu & fish balls (1,000 riel)
- Brown discs with white centre – crab balls (500 riel)

Served:
The fried balls are served in a quaint plastic box with a few wooden skewers thrown in for good measure. The box also contains a healthy mix of 'greens' including cucumber, mint leaves and pickled vegetable slices floating on a sea of a red bean and chilli sauce.

Taste:
Although each kind of ball has a unique taste, they all share the unmistakable 'processed food' quality that mightn't suit everyone's tastes. 🍌🍌🍌🍌🍌

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

Other Info:
Available all day. 📍

theWarehouse ●

Coming soon. See page 91.

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. **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. **A/C**

Topaz
182 Norodom Bvd., 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. **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. **A/C**

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

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. **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. **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. **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. **A/C**

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37 Sothearos Blvd, Tel: 012 834 517
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Fried Sambal Fish	<p>Drop in at DP Ledge for a taste of traditional Singapore favourite dishes served fresh daily. And look out for more weekend Nyonya special dishes.</p> <p>dp ledge No 17 street 321 Boeung Keng Kang 1 Phnom Penh, Cambodia Tel: 091 921 720 138</p>	

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review



Going Down to the Bone Yard
Darren Gall

Too often I find restaurants adopt a pluralistic approach to food. Trying to be all things to all customers, they fail to deliver on even the simplest dishes. This is why T-Bone with its emphasis on the steak, the whole steak and nothing but the steak, comes as such a refreshing surprise.

The menu is like an 'ode-to-beef' complete with lovingly shot portraits.

A centrefold of beef offers diners a full-page selection of various 250g and 400g cuts of imported Australian meat, including Black Angus beef (US\$12 to US\$23), alongside another full page of the same cuts from local beef. There's even a 900g prime rib monster that serves two (US\$28).

Although there is a more than reasonable choice of assorted starters, salads and soups (US\$3.50 to US\$7), T-Bone really is all about the steak.

Urged to try the New Zealand T-Bone, I selected the BBQ sauce pot from a range that included béarnaise, black pepper, blue cheese and mushroom. My side was the humble fries although the options of baked potato, sautéed vegetables, garlic mush-

rooms and mashed potato all sounded tempting. I ordered my steak to be cooked medium-rare and, most importantly, I got medium-rare. The cut of beef was lean and trim, the cross-hatched grill pattern making it look all the more inviting.

With a stylish steak-knife, I made my first incision. The beef was divine, almost fall-off-the-bone tender, juicy yet with enough tissue and texture to make for reasonable chew and flavour. The rich, smoky qualities of the BBQ sauce was a fitting compliment. This was a steak I thoroughly enjoyed.

A tight, well-chosen international wine list accompanies the meat, including a good assortment of steak-friendly wines, including the apposite Angus the Bull, a cabernet sauvignon from South Australia.

Coming to T-Bone had been all about the meat and I did not leave disappointed. Upon leaving the restaurant I was given a loyalty discount card, which rewards repeat customers. After my lunch time tryst with T-Bone, I can state that I will be coming multiple times, cut prices or not.

T-Bone Steak House,
392 Monivong Blvd., Tel: 092 900 138. Open 12pm to 2pm, 5pm to 11pm.

coffee house is now transposed to the Meta House with regular classical music performances. **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. **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.

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.

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. **A/C**

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

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

Dream-up
128 D1 Sotheaors Blvd, Tel: 016 63 44 14
Serving Russian, western and Khmer food this place has live jazz and blues with jam sessions on Friday to Sunday 7pm. Every

last Sunday of the month features a special clown show and puppet theatre and Russian films are shown at the weekends from 4:30pm to 7pm. Happy hour is 5pm to 7pm. Open from 11:30am to 2:30pm, 5pm to 10:30pm (Tue. to Fri.); 11am to 10:30pm (Sat./Sun.) **A/C**

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

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. **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**

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.

Flavours
Cnr. Street 51 & 278, Tel: 017 765 896
Relaxing restaurant and popular bar run by Quebecois with comfortable chairs that fall out onto the street. The mix of Asian and western cuisine has proved so popular that they have a copycat restaurant opposite. Open 7am to late.

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.

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a cold beer?
glass of wine?

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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).

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).

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.

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.

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.

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.

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.

Jaan
Cnr. of Sisowath Quay & Street 106,
Tel: 013 333 326
Another venture from the owners of the popular Flavours Restaurant and Liquid Bar on Street 278, this river-fronted restaurant spills out on the pavement providing a great vantage point to see the night market unfold. Meaning 'plate' in Khmer it has an extensive menu of Asian, Khmer and international cuisine. Open 6am till midnight.

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.

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.

La Croisette
241 Sisowath Quay, Tel: 023 220 554
Riverfront restaurant with an ample outside dining area screened off by trees that serves good, reasonably-priced food, also has a cool, air-con restaurant inside. Often arranges special events. Open 7am to late.

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.

Le Quay Café
Cnr. Sisowath Quay & Street 110,
Tel: 023 998 730,
www.amaraspahotelcara.com

The restaurant side of Amara Spa is a very healthy option on the riverside scene that specialises in 28 varieties of crêpes with salads and panini also featuring strongly on the menu. Open from 8am to 11pm (to 1am on Friday & Saturday).

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 dinner. Open from 7am to 10 pm.

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.

Madeleines Bakery
172Eo Street 51,
Tel: 012 988 432
Small restaurant offers a variety of organic lunches and freshly baked food and provides catering. Open from 8am to 5pm (closed Sundays).

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.

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.

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 snapper or the squid with rocket. Often has exhibitions around the understated walls.

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.

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.

Paddy Rice
213-217 Sisowath Quay, Tel:
023990321, www.paddyrice.net
Riverside restaurant serves homely food, including Guinness and steak pie, fish and chips, bangers and mash, best breakfast with homemade sausages, a full Sunday roast with rib-eye beef, pork or chicken in bacon, and Argentinean steaks. Asian menu also available. Caters for groups. Open 7.30am to late.

Pelican
4D Street 278,
Tel: 023 214 540
A variety of pies made fresh every day, served hot and ready to eat in a cardboard takeaway box. Open 10 am to 7pm.

Pickled Parrot
4-6 Street 104, Tel: 012 633 779,
023 986 722
www.tonlesapguesthouse.com
Air-con bar with reliable international and Khmer cuisine is available at the bar 24/7.

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.

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.

Riverhouse Restaurant
6 Street 110, Tel: 012 766 743,
023 212 302
Sophisticated restaurant with a well-coming outside seating area that serves up a mix of Asian and western food. Has a nightclub upstairs.

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.

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.

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.

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.

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.

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.

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Eo 18 Shihanouk Blvd, Phnom penh, 012 601 095
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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. **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.)

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.

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. **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. **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. **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). **A/C**

Luna d'Autunno
6C Street 29, Tel: 023 220 895
Beautiful courtyard or stylish interior air-con restaurant, whichever you choose, Luna has more classical pizzas, both red and white, to choose from than most restaurants. Also serves excellent pasta and other up-market Italian food. Good wine cellar on view in the restaurant. Open 11am to 2.30pm, 5.30pm to 10.30pm. **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 Cara Hotel this beautifully decorated restaurant dishes up excellent Japanese and Korean food. **A/C**

Le Seoul
62 Monivong Blvd, Tel: 012 971 516
Popular up-market South Korean restaurant specialising in BBQ, 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. **A/C**

Mr. Sushi & Kokoro
18 Sihanouk Bvd., 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. **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. **A/C**

Origami
88 Sotheaors Bvd., Tel: 012 968 095
Up-market, contemporary Japanese restaurant with a spacious air-con area downstairs and four private rooms upstairs. Specialises in sushi and tempura, and has Asahi, Kirin and Sapporo beers. Open from 11.30am to 2pm, 5.30pm to 9.30pm. **A/C**

Yumi Restaurant, Bar and Grill
29a Street 288, Tel: 092 163 903
Elegant but inexpensive English-run Yaki-tori 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. **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. **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.

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.

Freebird
69 Street 240, Tel: 023 224 712
Aircor 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**

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. **A/C**

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.

Kucina Filipina Garden
180 Street 294, Tel: 023 993 219,
099 860 775
Popular Filipino eatery serves excellent value meals including vegetarian options. Has a buffet lunch during the week and

grapevine



The Next Big Thing Darren Gall

The Argentine wine industry is big. The fifth largest in the world, it produced more wine than any other country outside of Europe, up to the 90s.

Although the first vineyards were introduced by the Spanish in 1557, Argentine winemakers were more interested in quantity than quality, the country consuming ninety percent of the wine it produced.

Throughout the twentieth century, the fortunes of its wine industry fluctuated as wildly as did its economy, but by the late 1980s Argentina's wine producers began to follow the lead of their Chilean counterparts and focus on exports.

The introduction of 'Flying Winemakers' from France, the US and Australia brought with it popular grape varieties, new technology and new practices in vineyards and wineries. By the turn of the century, many industry watchers regarded Argentina as the sleeping giant, ready to awaken.

At around the same time the world's most famous wine critic, Robert Parker Jr., predicted that he would one day favour an Argentine Malbec wine with his highest rating (100 points out of a possible 100) such was the promise and direction of its industry. With that simple comment, international interest in the wine was assured.

Today, Argentine Malbec is regarded as the finest example of the varietal made, forging a reputation for

Argentine wines around the globe. Whilst it enjoys super-premium status in the market for the Malbec variety, the country has also gained market share for its value priced commercial varieties such as Sauvignon Blanc, Chardonnay, Merlot and Cabernet Sauvignon. This has helped propel Argentina to its current standing as the eighth largest exporter of wine in the world.

Bodega Norton, founded in 1895, was voted by influential American magazine the Wine Spectator as one of the top twenty wineries in the world in 2006. Norton wines have recently been introduced to Cambodia. Along with the incredible Reserva Malbecs, two inexpensive wines that have piqued my interest are the crisp, intense white Torrontes and the tightly wound, brooding red Bonarda. Grab a bottle of each and enjoy them with a plate of lemon juice drizzled Chorizo, feta cheese and Kalamata olives.

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



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a buffet dinner each Friday and Saturday from 6pm to 8.30pm. Open from 8am-8.30pm, closed Sundays.

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. **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. **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.

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.

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.

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.

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

Singapore Kitchen
110 Street 360, Tel: 092 201 304, 017 821 480
Specialising in classic Singapore hawker 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. **A/C**

Singapura BKK Restaurant
31 Street 294, Tel: 015 371 759, 097 6884 505
Singapore and Malaysian restaurant serves non-vegetarian and vegetarian

food, specializing in Halal chicken. The nasi lemak is excellent value for money. Also does catering at reasonable prices. Open from 7am to 10pm.

The Pangea
NagaWorld, Hun Sen Park, Tel: 023 228 822
Pan-Asian fusion restaurant with a western 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. **A/C**

The Vegetarian
11 Street 200, Tel: 012 905 766
Modern and friendly restaurant serving wholesome Asian and western dishes with all natural, healthy and fresh vegetarian ingredients. Open from 10am to 10pm, closed Sundays.

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

Brown Coffee & Bakery
17 Street 214, Tel: 023 217 262
Stylish, locally owned café with bakery on the premises serves a variety of coffees and pastries, with the green tea latte a house speciality. Open 7.30am to 8pm.

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.

Café Fresco I
363 Sisowath Quay, Tel: 023 217 041
This outlet at the base of the FCC sells strong Ily 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. **A/C**

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

Café 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. **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 Thalios 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. **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. **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. **A/C**

Corner 33
33E2 Sothea Blvd., Tel: 092 998 850
First-floor café overlooking the Royal Palace with Asian and western meals served for breakfast, lunch and dinner with a nice selection of wines, cocktails, smoothies, and coffees. Four computer terminals allow customers to surf while they chill. **A/C**

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

Java Tea Room @ Monument Books
111 Norodom Blvd., Tel: 092 451 462
Second outlet of the popular Java Café located in the rear of Monument Books. Has comfortable mismatched sofas and antique-look décor. A small lunch menu is available along with an extensive tea and coffee menu. **A/C**

Madeleine's Café & Bakery
172 Street 51, Tel: 012 988 432
Small restaurant offers a variety of organic

lunches and freshly baked food and provides catering. Open from 8am to 5pm (closed Sundays).

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

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

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

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 selec-

tion of ingredients to create your own lunchtime plate of greens. Open 8am to 8pm. **A/C**

bars
3 Rivers
14 Street 258, Tel: 017 776 582
Chilled outdoor garden bar with big screen for sports and films. Serves hearty Western meals and local dishes to boot. Open daily from 9am till late.

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 (2nd floor) Sothea 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 gazing at the Royal Palace. For a taste of Somerset try the Strongbow cider. Open daily from 6.30am to 10pm. **A/C**

Bojangles
269 Sisowath Quay, Tel: 012 457 901
Laid back expat and backpacker haunt with generous happy hours, serving reasonable comfort food. Open daily from 7am till late.

Brasserie Durga
94 Street 130 (near Central Market), Tel: 023 221 740
Set in a renovated French colonial building this newly renovated space overlooks Central Market. It's a great place to

escape the heat and listen to live music. A spacious area upstairs is available for private parties. Open daily from 7am to midnight. **A/C**

Brauhaus
34 Street 130, Tel: 099 311 188
What does this apparently inconsequential bar have to do with Heinz? The number 57. That's the number of beers on sale from around the world here. The widest selection of beer in town, German food and live music makes Brauhaus worth a try. Open daily from 3:30pm - midnight.

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. 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 guest 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 Saturdays.



Cathouse Tavern
4 Street 51
The longest standing of Phnom Penh's bars was the only bar in town during U.N. days. The large curved bar invites you to sit and chat with the welcoming bar staff. Open 4pm to midnight. **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 African, Asian and Western cuisine, with hip hop and reggae played

into the early hours of the morning. Open daily 9am to 4am. **A/C** **DJs**

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 to say nothing of the loyalty of the French expat community. Open 5pm till late. **DJs**

Dream-up
128 D1 Sothearos Blvd, Tel: 016 63 44 14
Serving Russian, western and Khmer food and offering live jazz and blues with jam sessions Friday to Sunday at 7pm. Last Sunday of every month features a clown show and puppet theatre. Russian film screenings at the weekends

from 4.30pm. Happy hour 5 to 7pm. Open from 11.30am to 2.30pm, 5pm to 10.30pm (Tue - Fri), 11am to 10.30pm Sat, Sun. Closed Mondays. **A/C**

Edelweiss
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 daily from 10am -10pm.

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. Saturday and Sunday from 12pm to midnight. **A/C**

Elsewhere
2 Street 278, Tel: 023 994 231/ 012 414 596
Re-located to the bustling Golden Street, 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 daily 8am - midnight.

Equinox
3A Street 278,
Tel: 012 586 139 or 092 791 958
Cool French-run hang-out with welcoming al fresco downstairs bar and cool open balcony above. Good cocktails, excellent choice in music, best foosball table in town and regular art exhibitions make this one of the more popular places on the golden mile. Good place for a bite and WiFi. Open 7am to late, serves food from 7am to midnight and delivers from 8am to 10pm.

FCC
363 Sisowath Quay, Tel: 023 724 014
It's easy to see why FCC is first stop for newcomers. Set in a beautiful colonial building with stunning 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 crowded with life, the cocktails are half price and draft beer goes for US\$1. Open daily from 7am to midnight. **A/C** **DJs**

Flavours
Cnr. streets 51 & 278, Tel: 023 224 752 / 092 853 336
Relaxing French-Canadian run restaurant bar with comfortable al fresco seating situated across the street from Wat Lanka. The mix of Asian and western cuisine has proved so popular that they have a copycat restaurant opposite. Open daily 7am to midnight.

Fly Lounge
21 Street 148, Tel: 089 509 007
This cool Cambodian-owned chill-out lounge with indoor pool, funky décor and dance floor, throws regular themed parties. Open 5pm to 1am. **A/C**

Freebird
69 Street 240, Tel: 023 224 712
Airconditioned American bar with neon lighting, a variety of memorabilia, and rock music. International menu with good lunch offers, an excellent range of bottled sauces, Mexican food and burgers. Great place to spend a hung-over day hiding from the sun, eating greasy food delivered by the sweetest staff in town. Open 7am to midnight. **A/C**

Gasolina
56/58 Street 57, Tel: 012 691 402
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, gallery space and fashion shows. Open daily from 8am to 12am. **DJs** **A/C**

Garage Bar
9 St 110, Tel: 012 754 763 / 012 601 440
Phnom Penh's Premier Music Bar has great music and tasty flame grilled burgers. Beer available at US\$1. Open everyday from 4pm - 1am. **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 throw-back. Open from 8am 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 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**

feature drink



Crushed Frog Mai Lynn Miller Nguyen

It was a rainy afternoon in Phnom Penh when one very drenched writer stumbled into the Frog and Shamrock. After a waterlogged motorcycle ride through flooded streets, the aptly named Crushed Frog seemed the logical choice of cocktail.

Building on a shot recipe, Welsh owner Stephen Tearle expanded the drink to a full sized glass. Velvety Baileys combined with a crisp Crème de Menthe recalls After Eight mints. Especially popular with women, the drink offers the double advantage of gratifying a sweet tooth and leaving your breath fresh.

A splash of bright pink grenadine floating in the murky liquid creates the effect of "a frog that has hit a swamp on impact," according to Tearle. Not the most appetising imagery, but the drink goes down well with a sense of humour—animal lovers need not fret, no amphibians were harmed in the process.

Though monsoon season is hopefully on its way out, swimming through glasses of Crushed Frog is recommended all year round.

Crushed Frog (US\$4.75) at Frog and Shamrock, 175 Sisowath Quay, Tel: 012 190 9685, Open daily from 7am to 2am.

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bar talk



Eighteen Mai Lynn Miller Nguyen

At night a vibrant bar, during day a café-cum-restaurant-cum-shop, for all its identities, Eighteen strives to leave all its customers satisfied.

"Before we were mostly focused on the restaurant," says manager Sous Pich. "Now we are starting to develop more and more as a pub." The downstairs area boasts a bar, DJ booth, and dance area, while upstairs, additional seating, an outdoor terrace, and two karaoke rooms are further incentives for party-seekers.

Owned by a Thai-Cambodian couple, Eighteen's hip atmosphere has the feel of Bangkok. Located down a small street off Sihanouk Boulevard, the striking white building is a surprise for those who stumble upon it. Boldly coloured 1970s-styled furniture and quirky décor details make for an interior that is sophisticated in design, yet comfortable enough for patrons to feel at home.

Since opening in July, Eighteen has attracted a mixed crowd of Cambodians, ranging from students to celebrities, and a handful of expats. Penhites are still beginning to catch on to Eighteen, but Friday nights have proven the most successful. International DJs spin hip hop and house music, while the clientele drifts between tables and the dance floor.

Equipped with a walkie-talkie and a commitment to high service standards, Sous directs a team of around 60 employees. He is guided by a desire to give every customer the VIP treatment. "I am very focused on the staff," explains Sous. "If you walk into Eighteen, they will always say hello to you, pull out your chair, and ask you what you need."

Signature cocktail Blue Eighteen (US\$4), a pineapple juice, blue Curaçao, coconut cream, and Bacardi concoction, has proven to be a crowd pleaser. Wine by the bottle is priced between US\$25 and US\$50, whereas whisky bottles are from US\$50 and up.

Happy Hour offers two-for-one drinks from 5pm to 7pm. Ongoing promotions supply additional discounts, and women can claim free drinks on Wednesdays. The Friday night theme differs weekly, giving customers who dress accordingly the opportunity to win prizes, ranging from free drinks to mobile phones. Concerts by popular Cambodian singers are in the pipeline.

Eighteen is set on becoming a dominant force in Phnom Penh's bar scene. "We have a lot of plans for the future," promises Sous.

Eighteen, 503-505 Street Sisowath, Tel: 023 999 918, Open daily from 9am to 3am.

Harem Shisha Lounge
157 Sisowath Quay, Tel: 023 990 244
Share in an ancient ritual and enjoy the many fruity flavours of the shisha pipe at Harem. With lavish golden surroundings and chilled world house beats, the Penh's first shisha bar offers signature cocktails and exotic Middle Eastern street tapas menu. Open from 5pm till late. **A/C**

Howie's Bar
32 Street 51
Air-conditioned and open until very 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 night 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 Hotel bar and restaurant with happy hour from 6pm to 8pm on Fridays. Renowned for excellent mojitos and great steaks. Open 6.30am to midnight. **A/C**

Kingdom Breweries
1748 National Road 5, Tel: 023 430 180, www.kingdombreweries.com
State of the art European brewery specialising in premium pilsener. Tours of the facility are organised on a regular basis, culminating in frothy cold ones at the brewery's bar overlooking the Tonle Sap River. **A/C**

Le Sauvignon
6B Street 302, Tel: 092 730 250
Contemporary wine bar and restaurant serves a variety of wines with a focus on high-end French whites. Open Monday to Saturday 12pm till late.

Lazy Gecko
20 St 118, Tel: 012 619 924
One of lakeside's stalwart establishments with one of the Penh's longest running quiz nights every Thursday. Attracts both expats and backpackers. Great pub grub. Open daily from 9am - 11pm

Lazy Gecko II
1B street 258, Tel: 017 912 935
Based on the success of their lakeside establishment Ash and Barb have opened yet another establishment close to OK Guesthouse. Serving up the same great Australian pub grub the only thing missing is the pub quiz night. Open daily from 9am - 11pm.

Liquid
3B Street 278, Tel: 023 720 157
Welcoming open air bar on golden street run by the same owner as Flavours. Has one of the best pool tables in town with happy hour from 5pm to 8pm. **A/C**

Lobby Bar
313 Sisowath Quay (Hotel Cambodiana), Tel: 023 218 189
A great place to relax and enjoy a few cold ones with friends. The bar also has a wide wine selection. Open daily 8am - 1am. **A/C**

Lobby Lounge
296 Mao Tse Tung Blvd (Intercontinental Hotel), Tel: 023 424 888
An elegant lounge situated in the lobby of the Intercontinental Hotel. Reasonable prices and excellent service. Open daily from 10am - 11:30pm. **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 daily from 6am to 10 pm. **A/C**

Maxine's (Snow'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 til 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 Sotheaors Blvd, opposite Phnom Penh centre. 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**

Moto Café
76 Sotheaors, Tel: 023 999 299
Phnom Penh's only race car themed bar. Serving up both western and Asian food with an extensive drinks list. Overlooking Vietnamese Friendship park. Happy hour from 4pm - 7.30pm. **A/C**

Munich Beer Restaurant
86 Sotheaors Blvd, Tel: 012 265 551
Second of the Penh's micro-breweries offers both gold and stout beer at very reasonable prices - treat yourself to a stein. Open daily from 6:30am to 11:00pm. **A/C**

Murray's Place
22 Street 197 (near Sovanna Mall), Tel: 012 948 529
A sports bar where you can actually 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 or 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 and deli with well-priced wines from around the world. Has an



Turn the page...

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 steak and Guinness pie in town. A decent selection of bar food will keep you fuelled for your sporting events and regular live music. Sláinte! Open daily 7am - late. **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. Happy hour from 4pm - 7:30pm. Open daily from 11am to 11pm. **A/C**

Paddy Rice
213-217 Sisowath Quay, Tel: 023990321, www.paddyrice.net
Irish sports bar on riverside with big screen live sports, serves home cooked western and Asian favourites alongside a fully stocked bar including Guinness and a fine selection Irish whiskeys with daily happy hour from 4pm to 8pm. Often has live music events and a weekly pub quiz. Open 7.30am 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, expat hang-out. 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**

QBa Club
313 Sisowath Quay, Tel: 023 218 189 www.hotelcambodiana.com
A stylish hotel bar and nightclub with nightly live bands playing from 9pm till 1am. Open Tuesday to Sunday from 4pm - 2am. **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 daily from 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 from 8:30 to midnight. Rock music videos are played in the main bar area. Open daily 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 / 092 319 769
Small corner wine bar with warm wood panelled interior and a loyal following. Open 5pm till late, closed Mondays.

Saffron
11 Street 278, Tel: 012 247 832 / 016 355 867
Pakistani and Middle Eastern café, restaurant and wine bar. The curries are excellent, 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 daily 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. Comfortable, high-backed dining chairs provide 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, www.sharkybar.blogspot.com
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



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listings

leisure & wellness

amusement

Kambol Cart Raceway

Angsnoul, 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 sized 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, closed Mondays.

Khmer School for Expats & Travellers

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

Khmer School of Language

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

My First Khmer

PO Box 1498, Tel: 012 342 315
A network of university students offering language, translation, and interpreting services. Professional, affordable, and experienced. Call for a free lesson. Open daily from 8am to 8pm.

Nataraj Yoga Center

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

Open Palm Studio

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

Photography Tours

126 Street 136, Tel: 092 526 706 www.nathanhortonphotography.com
Weekend photography tuition and guided tours to Kampong Chhnang and Udong, covering technical and creative considerations in the context of travel photography.

Qigong

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

Scuba Nation Dive Centre

18E0 Sotheaors 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, 31F Mao Tse Tung Boulevard, Tel: 011 380 769
Well-equipped fitness centre run by a regional gym company that even has a rowing machine, and many classes. Open 6am to 10pm (weekdays), 8am to 8pm (weekends)

beauty spot



Seeing Hands Nora Lindstrom

It is not easy being blind in Cambodia. Despite a high rate of blindness, there are few services for the blind and visually impaired in the country. Obtaining work can be a particular struggle.

Run on a cooperative basis, Seeing Hands massage parlours are one avenue for employment for the Kingdom's visually impaired. Though there are several to choose from in the capital, number 2A, where a woman called Pho works, is worth seeking out.

With professional training and over a decade of experience, Pho knows what she is doing. Her small massage shop, run together with two other masseurs, has six beds in two separate, air-conditioned rooms. The walls are plain and there is none of that "spa-feel", yet the establishment is clean and the massage beds are top of the range.

An hour's massage costs US\$6. Get into a one-size-fits-all pair of pyjamas, lie down on the bed, and you're all set. With a curious mix of 80s power ballads playing in the background, Pho starts feeling for particular problem areas. Her touch firm and precise,

she finds her way to the knots in your muscles using techniques from anma and shiatsu massage styles. Designed to release tension and relax the body, the massage leaves you feeling light, rejuvenated, and craving for more.

Some believe those with visual impairments have a better sense of touch, hence making them better masseurs. Pho certainly supports this argument, although her expertise owes much to her training, experience and dedication to her profession.

The only drawback to the establishment is the setting. There is little privacy and you may find yourself in a bed next to a snoring person of the opposite sex. The A/C is also blasted at low temperatures, meaning those more acclimatised to the heat of the Tropics might feel like putting on their winter woolies.

Still, an hour's massage by Pho represents fantastic value for money, and comes with a free added feel-good factor of knowing you have supported one of the more marginalised groups in Cambodia.

Seeing Hands Massage IIA, 23A Street 282, Tel: 012 707 989. Open 7am to 7pm. ☑



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SOS



**Culture Shock
Dr Nick Walsh**

Culture shock is insidious. It literally creeps up on you. Perhaps the 'shock' is the revelation when suddenly one day the penny drops and everything becomes clearer—"maybe this is culture shock?"

The adaptation process to a new cultural environment takes several months. There is the initial excitement prior to moving and the euphoria of a new life in a new country. Everything is fresh and interesting. Over a few weeks this subsides as this new life gradually becomes normal life.

The negotiation phase involves reconciling what is new and different to what you were comfortable with back home. This is a difficult phase marked by frustration, mood swings and anger. It's at this point that people tend towards rejecting the new culture or else adapting. The negotiating phase can put pressure on intimate relationships with a significant other. Most often the problem lies in cultural adjustment rather than the relationship.

After a few months, the adjustment is made and life settles down. Usually this happens as you develop stronger relationships with other expats or locals. Often you'll find yourself in a social group quite different from the one you had back home.

Reading about Cambodia and learning Khmer may assist in making the transition to living in Cambodia. Nevertheless understanding can only go so far. From time to time your frustrations may burst through

(often to your own surprise). It could be the traffic, communication difficulties, coping with work culture or just another bout of food poisoning.

Stepping back a little may help. It's best to worry about those things we can control rather than those we can't. But in the end a healthy diet, regular exercise and an active social life will do wonders during this difficult period.

On returning home to wherever you have come from, beware of reverse culture shock. Adjusting to Cambodia will bring benefits to living in Cambodia, but a readjustment will be necessary on arrival back home. Once the jubilation of reuniting with loved ones has worn off, reality will set in. You'll come to the isolating realisation that you have had an experience that your friends and family at home have not, and cannot fully understand. This can bring a period where you may have difficulty relating to former acquaintances.

Like anything in life, knowledge and insight are invaluable in coping with culture shock, though they may not completely prevent it. Remember, everyone goes through it, so you are not alone.

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

Fitness One
Himawari Hotel, 313 Sisowath Quay,
Tel: 023 214 555
Small, well-equipped gym with outdoor swimming pool, steam room and jacuzzi. Open daily from 6am to 10pm.

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

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

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

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

hairdressers
Arya Vong Kim
P31 Street Platinum (by Sovanna Mall),
Tel: 011 516 575, 011 512 980
Professional beauty salon run by French-Khmer hairdresser Arya Vong Kim, focuses on quality hair care, including great cuts and colouring, with L'Oréal products. Open 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 American Embassy. Can arrange emergency evacuation. 24/7 service.

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

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

Phnom Penh Counselling Centre
11 Street 420, Tel: 092 700 910 /
023 218 974
Full range of counselling services with international and Khmer supervised therapists. Fees are based on a sliding fee scale and ability to pay. Insurance and Employee Assistance Programme arrangements possible.

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
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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 Sothearos 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 Sothearos 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
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www.asiaroom.com
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advisory services
Alcoholics Anonymous
11 Street 420 (near junction of Mao Tse Tung and Monivong Blvd.),
Tel: 012 813 731, 017 559 308
www.aacambodia.org
AA meets on Friday, Wednesday & 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 exceptional 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: bizzybeezservices@gmail.com
Company that promotes itself as the city's premier handyman service. Does renovations, construction work, electrics, plumbing, painting and landscaping, as well as general handyman work.

business groups
Australian Business Association of Cambodia (ABAC)
20 Street 114 (cnr. Street 67)
For further information please contact Kathy Fossati, Tel. 012 675 838.
abacambodia@gmail.com

British Business Association of Cambodia (BBAC)
35 Sihanouk Blvd, Tel: 012 803 891
senaka.fernando@kh.pwc.com

the geek



Unlimited Music and Video Sok Yeng

This month's article is for all you music lovers out there. I discovered a super programme for downloading music and videos, after watching Neil Patrick Harris singing "Dream On" in an episode of Glee. I had to have it and in the process discovered BearShare. With this programme, you can download any track from the Internet for free with just one click.

BearShare is one of many peer-to-peer programmes, but it's more powerful because it can play music and video on your computer as well as online streaming media like YouTube in HD. BearShare is fast and easy to use and it has a funky look.

Unlike LimeWire, BearShare allows you to browse its library and download unlimited music files from peers in full bandwidth. Searching for a song track has never been easier.

It claims to synchronise your iPod and MP3 player, but I haven't been able to do this yet with my Windows Mobile Phone. The AutoDJ feature brings you to all of the most viewed YouTube videos related to whatever tracks you are playing. Like most other music player programmes, BearShare also lets you burn a playlist to an

audio CD. The programme is only available for PC (Windows) users and downloadable from bearshare.com.

Overall, I've been very happy with BearShare. However, I recommend you select *custom installation* when installing it on your computer. Otherwise you'll end up with a search toolbar and the BearShare page as your homepage. Uncheck these two options during installation.

If you have any questions or comments about BearShare or any other Geek article, please post it on the Geek's blog: www.netpro-cambodia.com/blog.

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 Sothearos Blvd, Tel: 023 221 453
www.ccfccambodge.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
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43 Street 160z Toul Kork.,
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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 Blvd.,
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
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Professional insurance company offers motor, property, home, marine cargo, personal accident, healthcare, construction and engineering insurance. Group policies can be customised.

international schools
iCan International School
85 Sothearos Blvd, Tel: 023 222 418
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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.

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For more details contact 012-260131, 012-899306 or 012-949421.

money matters



I'm Fifty and Fit (Financially Speaking) Trevor Keidan

A recent study compiled by employees of the Federal Reserve Bank of Chicago has concluded that we are most "financially efficient" in our fifties.

According to the study called 'The Age of Reason; Financial Decisions Over the Life-Cycle with Implications for Regulation', we pay less fees and interest rates when we reach our fifties than we do at any other time in our life.

The study found that we are most financially adept when we are about 53. The implication is that by the time we have passed middle age we start benefiting from our financial experience.

As a professional financial adviser, who has dealings with many clients, I would have to concur with this finding. I would add that people are less financially responsible when they are younger despite the fact that their knowledge of finances increases in their 20s and 30s.

However, I would have to add a proviso that often a person's job can have an influence on a person's ability to handle money efficiently, and I'm not just talking about job security either.

In our experience at Infinity Financial Solutions those with jobs that involve running businesses and handling finances are often more astute at dealing with their own finances. Those with jobs that do not

touch on this experience find it more difficult.

Take as an example someone who works for an NGO or charity, who has little or no experience with budgeting and financial matters. They may not be familiar with the impact of interest payments and bank fees and charges. And this may cost them.

A chief financial officer or an accountant, on the other hand, would be au fait with the workings of banks and other financial institutions. As a result they will be able to put this working knowledge to use to benefit their own finances and investments.

All is not lost for those who are not in their fifties and those who do not have a job in finance. There are professional advisers who will provide the expertise required to make sure that those who wish to invest are financially efficient.

Perhaps more important than age is discipline and ability to plan ahead. This is where most people need help especially from professional financial advisers.

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.

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Top Recruitment Cambodia
592, Building F Phnom Penh Centre, Cnr. Sothearos & 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: 092 806 117, www.asiamotion.net
Photographic agency established by Isabelle Lesser in November 2008 as a cooperation between local and international photographers.

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

Nathan Horton Photography
Tel: 092 526 706
www.nathanhortonphotography.com
Full service professional photographer. Hotels, bars, restaurants, spas and location work. Call for Travel Photography workshops and Travel Photography tours.

James Grant - Slik Photography
Tel: 092 212 880
www.JamesGrantPhoto.com
Commercially trained and fine art qualified professional photographer with over eight years' experience in fashion, lifestyle and still life.

Printing
Digital Advertising
90E Street 44, Tel: 023 987 600, 012 800 991
Print house with modern equipment that provides full print services as well as graphic design.

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

Relocation, Shipping
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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
46A 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, .happypainting.net
Open since 1995, popular air-con art shop sells the extremely colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

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

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

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

Pharmalink
11 Street 254, 14 Street 432
20D Street 184, Tel: 023 215 727
Modern, western-standard pharmacy on the way to the Russian Market with a range of western products on sale. Open from 8am to 5pm, closed Sundays.

books & cds
Boston Book House
8 Street 240
Second-hand bookshop with extensive range of books in English and other languages, generously trades books at rate of 3 for 1.

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
12Ae Street 13, Craft Centre, Tel: 063 963 330.
Silk Farm Tel: 063 380 375
Specialising in stone and wood carving, lacquering and silk paintings, all items are hand made by the students at the organisation's training centre. Open daily from 9am to 9pm.

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

La Clef de Sol
Home Decoration
Clothing & Fashion

RACE SCHEDULES

SORYA Saturday 2 and Sunday 3 October
SOVANA Saturday 16 and Sunday 17 October
CITY MALL Saturday 30 and Sunday 31 October
MONUMENT TOYS Sunday 14 November

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ej.jasmineboutique@online.com.kh
www.jasmineboutique.net

shop talk



Tendance Khmère Mai Lynn Miller Nguyen

An explosion of colour on Street 278, Tendance Khmère boutique sells distinctive home décor produced in Cambodia. Combining ethnic fabrics in contemporary construction, the cheerful, kaleidoscopic aesthetic has earned a following among expats eager to lighten up their living spaces.

"We are well known for our bright colours. Lime green, fuchsia, eggplant," says Songmala Lambert, who created Tendance Khmère along with her husband Flavien. "In an apartment here, you usually have grey floors, white walls. It's easy to add just a touch of colour."

As the brand's designer, Flavien is guided by a love for bold shades and patterns. Though Khmer silks and batik sarong prints form the basis, he incorporates materials from around the world. A round lampshade (US\$35) is accented with Japanese paper fabric, whereas a petite square handbag (US\$17) uses multicoloured velour fabric from India.

Some products mix it all together. "The patchwork cushion uses a piece of Khmer silk, Indian fabric with flowers, and hand-woven, natural dyed cotton from Kampot," explains Songmala.

A Cambodian transplanted to France at age six, Songmala first returned to Phnom Penh as an adult in 1994. Over subsequent visits, she was struck by the vibrant textiles.

"Before, we had a restaurant in Paris," she says. "We had shelves where we put

handicrafts and small pieces of fabric we brought from Cambodia. People kept asking to buy more, and soon we started to sell fabric by the metre. That was the beginning of Tendance Khmère."

They started by founding a Phnom Penh-based workshop. Then in 2002, they launched the first Tendance Khmère boutique in Paris. Two years ago, they relocated to Phnom Penh and opened the current store on Street 278. They also keep a section in Elsewhere, and will introduce another address in Siem Reap's Alley West this month. A new website, due to be launched next year, will allow customers in Europe to order products, including a feature for shoppers to decorate virtual rooms.

Tendance Khmère accepts commissions for design projects. Rooms at recently opened The 252 Hotel in Phnom Penh showcase bed covers, curtains, cushions, and lamps, and hotels in Battambang, Kep, and Aix-en-Provence also count among previous clients.

When asked about how the Tendance Khmère look is visualised at her own house, Lambert laughs. "No, not yet! We have only one bedcover in each room, and that's all. We don't have time!"

Tendance Khmère, 4A Street 278, Tel: 012 584 661, Open from Mondays to Saturdays from 10.30am to 9pm and Sundays from 1pm to 9pm. 📍

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.

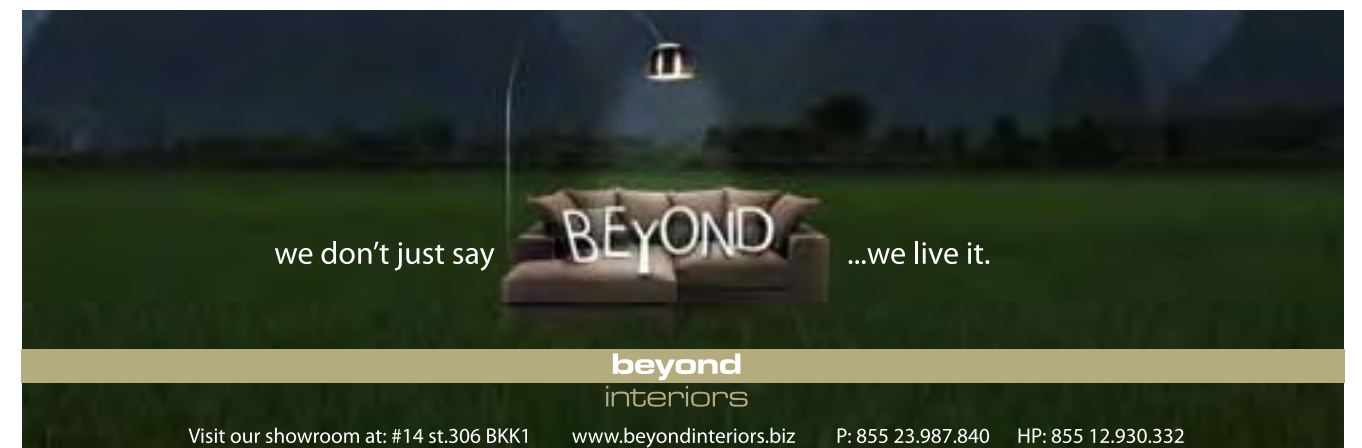
Kambuja
165 Street 110
Stylish fashion outlet with clothing designed to fuse west with east.

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.

Ororosso
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 Taller, this boutique has stylish yet functional men and women's clothing for work or play. Open from 9am to 9pm.

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



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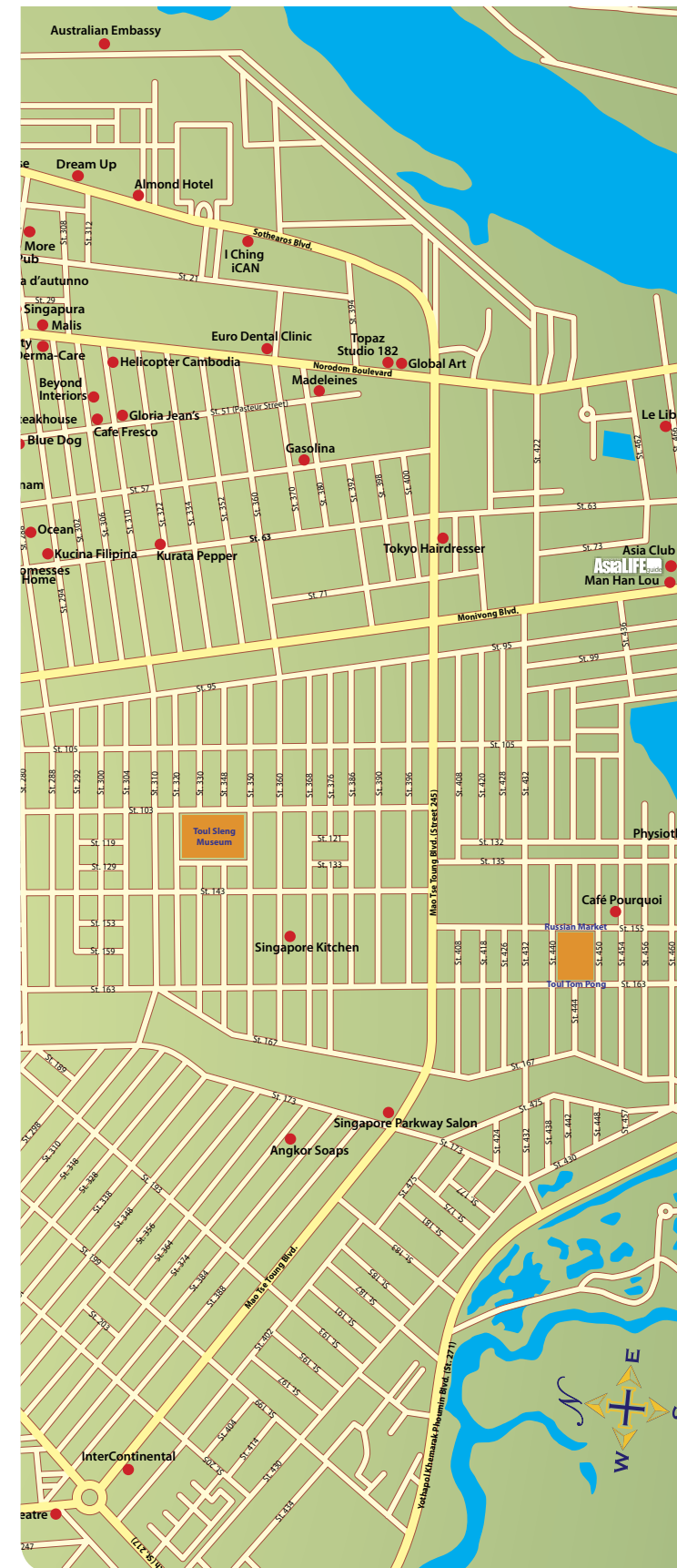
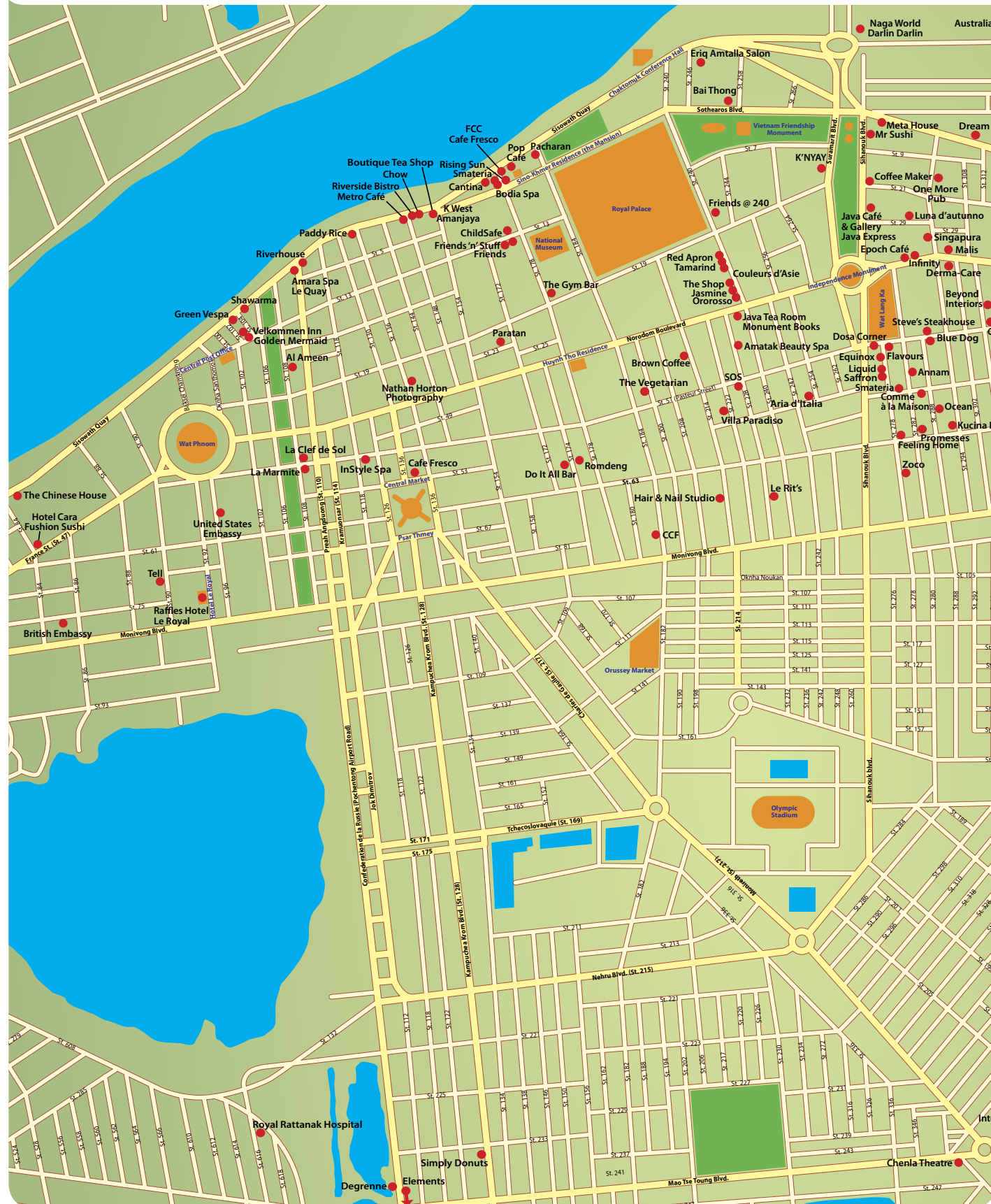
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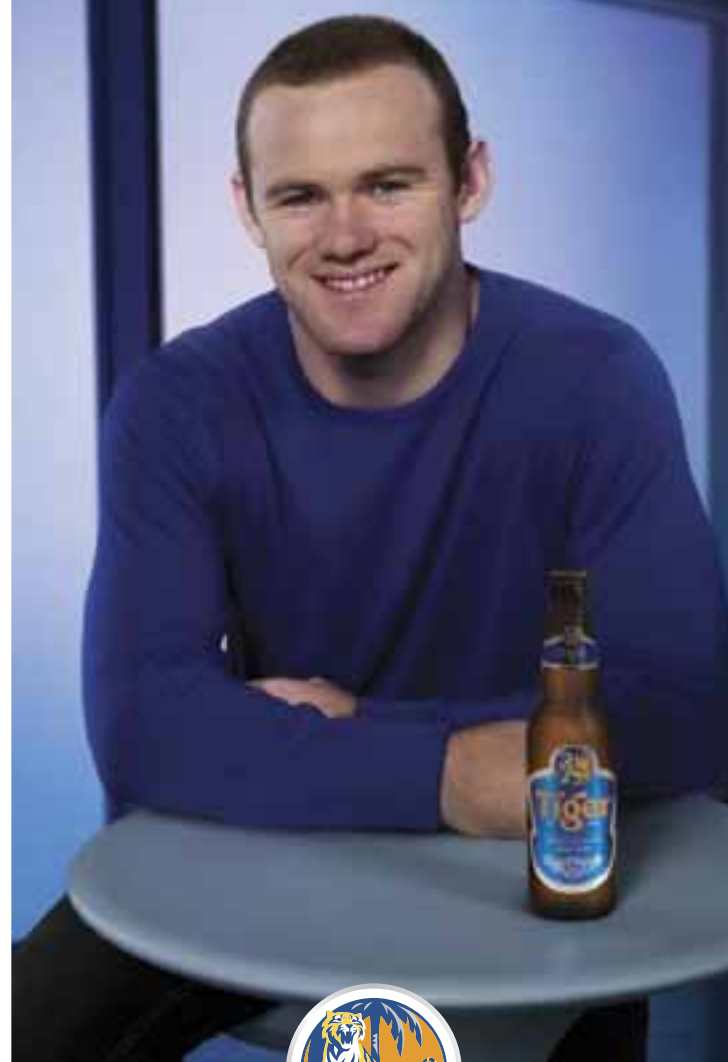
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I LOVE THE
WINNING TASTE OF
TIGER BEER

WAYNE ROONEY



Tiger
ENJOY WINNING

album review



WEEZER HURLEY

After a decade marked by sporadic album releases and a long self-imposed exile, Weezer has lately been a picture of efficiency. Three albums in three years is a first for Weezer. *Hurley*, however, may finally win over the hardcore holdouts, the guys with receding hairlines, upturned noses and a faded *Pinkerton* T-shirt. It's not a perfect album though. There are moments of pointless silliness ("Where's My Sex?", "Smart Girls") but there's also a bustling energy and a focused devotion to catchy, power-pop hooks that gives the album an irresistibly loveable quality. Rivers Cuomo co-writes with an oddball cast that includes Ryan Adams, Linda Perry and Michael Cera, but *Hurley* is as close as we'll get to classic Weezer, filled with conflicted nostalgia, a loser's perspective on girls and Cuomo's quirky version of hope, which typically comes wrapped in a disappointed and disillusioned anger.



LINKIN PARK A THOUSAND SUNS

Continuing their slow and painful crawl toward middle age, Linkin Park opts for moody over metallic on *A Thousand Suns*, their fourth studio album. Deliberately distancing itself from 2007's *Minutes to Midnight*, *A Thousand Suns* swaps aggression for contemplation, burying guitars under washes of icy synthesizers and tribal beats. This is the sound of a rap-metal band that no longer plays metal but hasn't outgrown the angst, choosing to channel their bedwetting instincts inward instead of outward. The main problem with *A Thousand Suns* is that the subdued rhythms, riffs and raps are interminable, an impression not overturned by the brief bridges between songs, sampled speeches and easy segues. It's all moodiness and no vitality. While brooding is a more appropriate vehicle for angst than rage for a group whose members are well into their thirties, *A Thousand Suns* is less than compelling for anybody lacking the patience to bother discerning the fine details.



TRICKY MIXED RACE

Tricky, a subversive phenomenon during the 1990s ploughs on with his sui generis and uncompromising brand of trip hop. Surprisingly, *Mixed Race* is fantastic and Tricky's most consistent album since *Maxinquaye*. Single "Murder Weapon", a surf-pop reworking of an old Echo Minott track, is somewhat uplifting with a vicious undercurrent, whilst the atmospheric "Ghetto Stars" is a gloomy affair, almost theatrical at times as its slow grooves meet soaring strings. "Every Day" provides *Mixed Race* with one of its brightest spots, a short but sweet bluesy effort that even sees an appearance from the harmonica on one of the album's most acoustic tracks. At just over half an hour, *Mixed Race* is a bit of a tease, showcasing an array of styles, including Tom Waites-esque blues, funk, hip hop, lounge and minimal before fading out at least 15 minutes too early. However, during those 30 minutes, there are enough striking moments to prove that Tricky is finally back on form.



THE WALKMEN LISBON

Upon listening to *Lisbon*, the sixth full-length album from Brooklyn indie-rock veterans The Walkmen, the first thing you'll notice is how sunny their sound has become. Those familiar with their earlier work will note that *Lisbon* moves away from the chilly atmospherics present in so many older Walkmen songs, in favour of shuffling tom-tom beats and sauntering reverb-drenched guitar. Album opener "Juveniles" illustrates this marked change in style, while "Blue as Your Blood" brings to mind a freight engine rolling through the heartland of America with its chugging metronomic beat. Other tracks utilise mariachi horns, lending credence to the name of the album. The production on *Lisbon* is superb; every instrument shines without overpowering any other components of the songs. Although the songs on *Lisbon* don't include a brutal smash and grab hit such as "The Rat", they flow together very well and arguably constitute the best and most complete full album listening experience The Walkmen have recorded to date. **A**

John Thornton

top ten



Official 97.5 Love FM Phnom Penh Top 10

no.	title	artist
1	<i>Never Let You Go</i>	Justin Bieber
2	<i>Billionaire</i>	Travie McCoy feat. Bruno Mars
3	<i>Hedley</i>	Perfect
4	<i>Riding Solo</i>	Jason Derulo
5	<i>Half Of My Heart</i>	John Mayor feat. Taylor Swift
6	<i>If I Had You</i>	Adam Lambert
7	<i>I Like It</i>	Enrique Iglesias feat. Pitbull
8	<i>Hoedown Throwdown</i>	Miley Cyrus
9	<i>California Gurls</i>	Katy Perry feat. Snoop Dog
10	<i>Airplanes</i>	B.O.B. feat. Hayley Williams

UK Top 10

no.	title	artist
1	<i>Start Without You</i>	Alexandra Burke feat. Laza Morgan
2	<i>Teenage Dream</i>	Katy Perry
3	<i>Dynamite</i>	Taio Cruz
4	<i>Please Don't Let Me Go</i>	Olly Murs
5	<i>For The First Time</i>	The Script
6	<i>Party Girl</i>	McFly
7	<i>Love The Way You Lie</i>	Eminem feat. Rihanna
8	<i>Katy On A Mission</i>	Katy B
9	<i>Club Can't Handle Me</i>	Flo Rida feat. David Guetta
10	<i>This Day</i>	Emma's Imagination

US Top 10

no.	title	artist
1	<i>Teenage Dream</i>	Katy Perry
2	<i>Love The Way You Lie</i>	Eminem feat. Rihanna
3	<i>Dynamite</i>	Taio Cruz
4	<i>Just The Way You Are</i>	Bruno Mars
5	<i>I Like It</i>	Enrique Iglesias feat. Pitbull
6	<i>DJ Got Us Fallin' In Love</i>	Usher feat. Pitbull
7	<i>Mine</i>	Taylor Swift
8	<i>Take It Off</i>	Ke\$ha
9	<i>Just A Dream</i>	Kelly
10	<i>California Gurls</i>	Katy Perry feat. Snoop Dogg A

endorsed



Polaroids Mai Lynn Miller Nguyen

A click of a button, a whirring whoosh, and voila! Taking a Polaroid is an iconic experience, enjoyed by generations since the first instant camera was created in 1948.

Photography legend recounts that Edwin Land, the American founder of the Polaroid Corporation, started developing the concept of instant cameras when his young daughter asked him why they couldn't view their holiday snaps immediately. Within a few years, Land constructed the Model 95 camera, the first of many instant cameras that Polaroid would issue over ensuing years.

When I haul my Polaroid camera out in public, it always elicits a reaction, sometimes excitement and sometimes incredulity. Once I was dining at a restaurant in Croatia and I asked the server to photograph our table—drawing a roaring laugh when he caught sight of the camera. "Where'd you get this dinosaur? Didn't know those were around," he scoffed, nearly doubling over with mirth.

Recently, it seemed that Polaroids were destined for extinction. In February 2008, Polaroid announced that the company would no longer be producing the instant film, devastating Polaroid enthusiasts all over the world. In response, independent groups, such as The Impossible Project,

purchased former Polaroid manufacturing equipment and continued creating film.

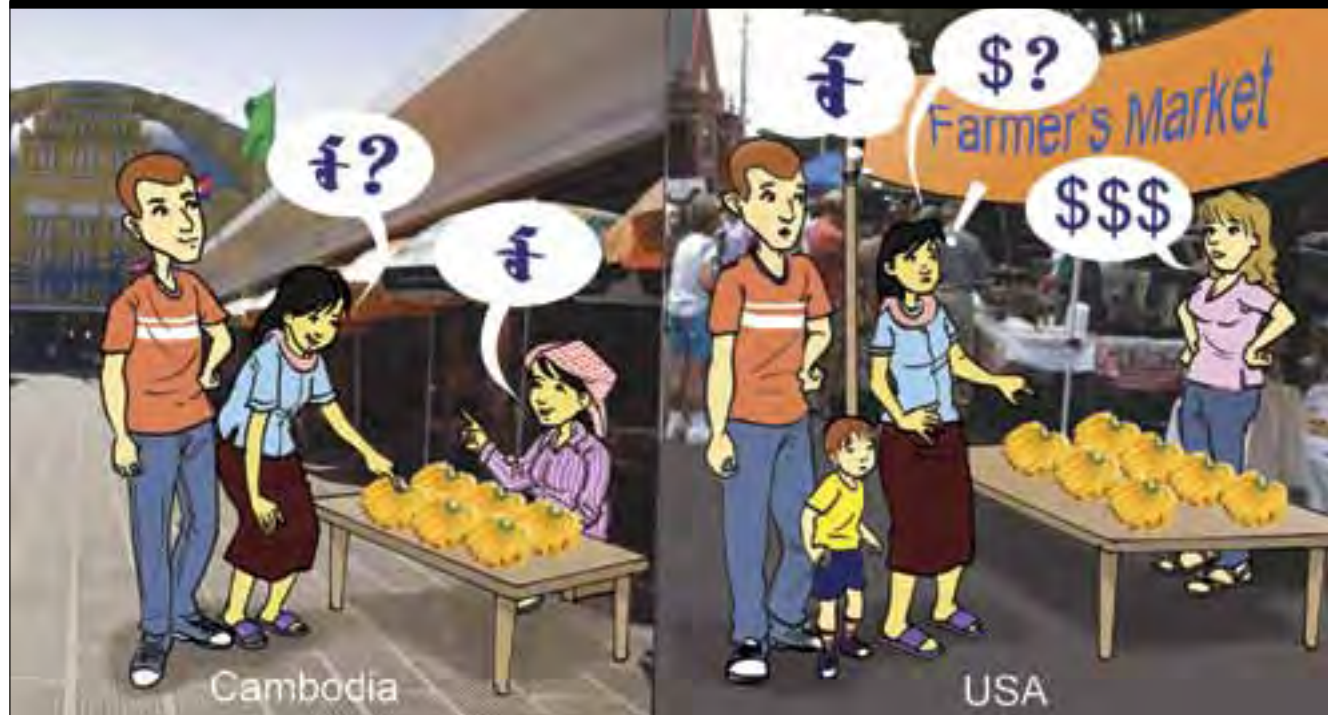
Many held on to the hope that Polaroids would return. Luckily, the wait wasn't too long. This spring, the Polaroid 300 came onto the market, following cooperation between Polaroid and Fuji. Nearly indistinguishable to the Fujifilm Instax Mini 7, released last year, the Polaroid 300 creates small, rectangular prints. Sold for US\$90, film comes in ten packs for US\$10.

In a contemporary culture hungry for everything quick, easy, and digital, Polaroids may seem redundant.

Polaroid cameras are bulky, expensive film is limiting, and it is more of a mission to post the pictures on Facebook. It seems ironic that what was once created from a desire for instant gratification, with the revolution of digital cameras, now seems tedious.

An iPhone application generates digital pictures in the Polaroid classic framed square format, but these lack the appeal of physical photographs. As more and more activities are carried out in a digital, virtual realm—reading books on e-readers, buying music online, sending emails—we have lost the palpable aspects of experience. The magic of taking a Polaroid snapshot is perhaps even more meaningful today. **A**

letter



A Letter on Markets

Will Koenig

While many Western-style supermarkets have sprung up across Phnom Penh and a few of the larger provincial towns, most Cambodians still turn to their local markets for just about everything. The produce in the psar around the corner is likely to be fresher and cheaper, but the few price tags and a lack of organisation can be alarming for a pampered westerner like me.

Stores like the ubiquitous Lucky Market do have the advantage of having such things as air-conditioning and a reasonably complete roof. There were many days when I would linger in a supermarket to escape the heat or the rain, a luxury that the psar did not offer. There is a reason some refer to the latter as “wet markets,” because during the rainy season they often are.

Then there are the luxuries that the supermarkets exist to sell. Nothing lights up the eyes of Australians quite like informing them a load of Weet-Bix has arrived at a supermarket. Back during the Great Pringles Shortage of 2004, I roamed Phnom Penh looking for that unique

taste of Americana that is the highly processed snack food—and I didn’t even like Pringles before I arrived in Cambodia. The longer someone has been in Cambodia, the more stories they have to tell about hunting down a favourite food.

But in America, where Pringles are always available and even Weet-Bix (or at least Weetabix) can be found, supermarkets aren’t a novelty or high-status business. The produce in an American supermarket has been bred for bright and consistent colour, long shelf life, and gargantuan size. Taste, sadly, slipped away as a priority.

But into this void rose the farmers’ market.

Americans have rediscovered the joy of going to outdoor markets to buy fresh produce, meats and other goods. Or at least they’ve discovered an interest in a visit to aseptic weekly farmers’ markets in upscale shopping districts during pleasant summer weather. Live music and booths selling trendy art often help draw the crowds. And you are unlikely to see freshly gutted ducks or

sides of beef dangling from meat hooks in stalls or live fish flopping and wriggling in buckets.

Farmers’ markets in the United States are clean and organised because they are rigorously patrolled by employees of the local public health department. These civil servants take their job seriously. This summer, those charged with maintaining cleanliness and order at Portland’s markets threatened a 7-year-old girl with a US\$500 fine for setting up an unlicensed lemonade stand. It was a bit weird, even for an Oregon city that prides itself on being weird.

And it’s not just the health monitors that carry a fanatical zeal. The alternative venue that is the farmers’ market provides a home for alternative food styles. But it can be acrimonious.

Vegetarians invite the wrath of vegans, who in turn are despised by the raw food devotees, who vow to never put flame to food. The ranchers who raise free-range cattle, pigs and chickens are rejected by organic practitioners who refuse to use any number of synthetic chemicals. But they in

turn are attacked by biodynamic farmers for not including the phase of the moon in their agricultural calculations. Locavores draw ever tighter boundaries for their definition of local, trying to edge out heathens who dare to grow food a little bit farther away or dare to involve a middleman. The leaders of these markets sometimes find themselves caught in bitter disputes over who is pure enough to be allowed to set up at the market, which is less a place of business than a defining aspect of one’s personality.

This spirited debate leads to a vibrant foodie culture, but it doesn’t bring prices down. My wife, long used to the cut-throat price wars in the psar, was shocked to find vegetables in the American farmers’ markets were two or three times as much as similar produce in a supermarket just a few blocks away.

So in a case of international irony, those who are wealthy shop indoors in Cambodia, while they buy dinner outside in America.

Will Koenig lives with his wife and son in Oregon. Contact him at will.koenig@gmail.com.

bookshelf



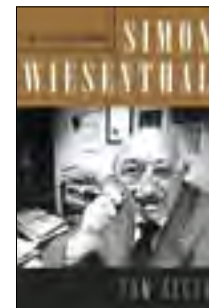
Freedom: A Novel
Jonathon Franzen
Farrar, Straus & Giroux

In *Freedom: A Novel* author Jonathon Franzen creates an intimate and profoundly realistic modern-day family drama, his first book in a decade since writing worldwide literary hit *The Corrections*. *Freedom* revolves around the Berglunds—Walter who’s renowned for his “niceness,” his wife Patty, a washed-up college athlete who’s transformed herself into a domestic goddess and their two kids, Joey and Jessica. At first the author describes how the Berglund’s neighbours in quiet suburban St. Paul perceive them. While most consider Walter to be genuine, Patty is deemed insincere. This turns out to be true. When Patty finds out Joey is having sex with their “spooky” neighbour Connie, she unravels and becomes a neurotic and often drunk nuisance. The exaggerated character descriptions front the novel, and are followed by Patty’s autobiography (sub-titled “Composed at Her Therapist’s Suggestion”), which gives the reader some insight into her behaviour. Ultimately, *Freedom* chronicles the fall of a modern family and through the book Franzen attempts to trace the root of that fall to shine a light on modern America.



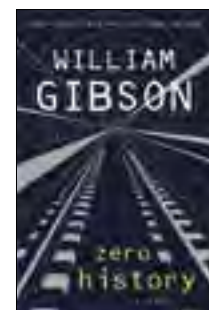
The Coming Famine:
The Global Food Crisis
and What we Can do
to Avoid it
Julian Cribb
University of California Press

Julian Cribb, an Australian science writer, warns about the encroaching worldwide famine—a disaster he says will occur unless sustainable farming methods are adopted. According to him, mankind’s exploitation of the Earth’s natural resources has depleted food reserves to the point where a global shortage is unavoidable. He offers some worthwhile solutions though, like subsidising small farms and paying them fairer prices for production; taxing food to reflect the true costs to the environment and regulating practices that counter sustainability. Among his proposals, education, in his opinion, will prove the most effective. He also suggests some small steps individuals can take to contribute: swapping burgers for salads, wasting less food, and gardening, for example. However, he notes that these measures will be useless unless they become mainstream. “Even if North Americans and Europeans halved their milk and dairy intake the saving would be completely swamped by the demand from 600 million newly affluent Indian and Chinese consumers,” he writes.



Simon Wiesenthal:
The Life and Legends
Tom Seger
Knopf Doubleday Publishing

Israeli journalist and historian Tom Seger has compiled the first fully documented account of “Nazi hunter” Simon Wiesenthal’s life—an Austrian Jew who survived the Holocaust and made it his mission to bring his persecutors to justice. With access to Wiesenthal’s private records and archives, the author has pieced together his subject’s life, from the harrowing years he spent in various concentration camps to his ruthless efforts to locate and prosecute Nazi criminals. In fact, as Seger details, Wiesenthal’s painstaking investigations (conducted from his own home) led to the arrest, prosecution and subsequent execution of Adolph Eichmann, chief of the Gestapo’s Jewish Office and responsible for implementing the Final Solution, which led to the mass killing of European Jews. According to the author, Wiesenthal—who died in 2005 at 96—avenged the deaths imagining one day meeting those who didn’t survive in Heaven and being able to tell them, “I didn’t forget you.”



Zero History
William Gibson
Putnam Adult

Acclaimed author of cult classic *Neuromancer* and cyberpunk innovator William Gibson delivers *Zero History*, the much-anticipated finale of the Bigend Trilogy. Set post-economic crash the novel is a critique of over-consumption. Central to the story is Hubertus Bigend—the brains behind Blue Ant, a massive global “image” firm. Bigend’s influence extends far and wide, with Blue Ant covering “brand vision, transmission, trend forecasting, vendor management, youth market recon and strategic planning in general.” In this instalment, Bigend recruits two employees: rockstar-turned-journo Hollis Henry and Russian translator slash cryptologist Milgrim. It’s Hollis’ job to investigate Gabriel Hounds, an unusual clothing brand whose designers’ fame is attributed to their impenetrable obscurity. Milgrim’s task is to look into one of Bigend’s rivals, a company that produces clothes for the US military to influence the men’s sweetwear market. Ultimately, the book is a mouthpiece for Gibson to voice his views and criticisms of the world we live in and what he expects the future may hold.

pub quiz

pairs

1. The 1960 film 'the mis-fits' marked the final screen appearance of which pair of hollywood icons?
2. Which two months of the year are named after Roman emperors?
3. Which tv characters live at 62 West Wallaby Street, Wigan?
4. What are the names of the boys in the song "two little boys", by Rolf Harris?
5. Who worked as an au pair for golfer Jesper Parnevik?

about town

6. Where would you see S.A.M.U written in red?
7. What would you find at 1 Street 96?
8. What was the fisherman looking for on last month's cover of asia life?
9. On which street would you find "the strip"?
10. What is the international air transport association airport code for Phnom Penh International Airport?

africa

11. Naomi Campbell recently gave evidence at the war trials of Charles Taylor. Of which African country was he president from 1997 to 2003?
12. Which country achieved its independence from Ethiopia in 1993?
13. Which country in Africa is completely surrounded by South Africa?
14. Which is the largest African country in terms of area?
15. What is the most populous country in Africa?

sport

16. Which country finished fourth in this year's FIFA World Cup?
17. Which city hosted the last sea games?
18. What type of sport is boka-tor?
19. What will be played in Arlington Texas, on Feb. 6, 2011?

20. What sporting event takes place on Oct. 1-3 at Celtic Manor, South Wales?

asean

21. Which is the smallest asean country?
22. Which is the least populous?
23. Which city hosted the annual formal asean summit earlier this year?
24. Which was the last country to join asean?
25. What image is in the middle of the asean flag?

drag queens

26.



27.



28.



29.



30.



no holds barred



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

pub quiz answers
 (1) marilyn monroe and clark gable. (2) july and august. (3) wallace and grommit. (4) jack and joe (5) ellen nordegren (the ex-mrs tiger woods) (6) on an ambulance (7) the us embassy (8) (his) comics (9) st. 51 (paster) (10) nh (11) liberia (12) eritrea (13) lesotho (14) sudan (15) nigeria (16) unguay (17) vintiane (18) martial art (fighting) (19) super bowl xiv (20) the ryder cup (21) singapore (22) brunel (23) hanoi (24) cambodia (25) 10 rice stalks (26) leonard o'connor (27) johnny depp (28) sir ian mckellen (29) hugh laurie (30) matt damon

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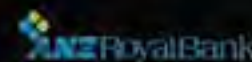
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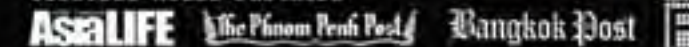
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