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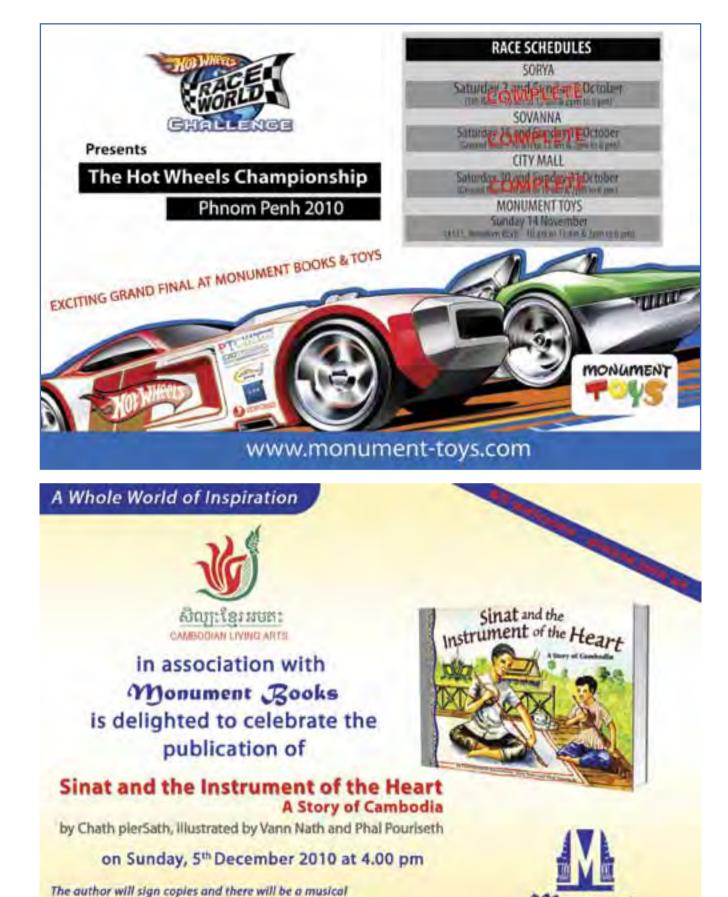
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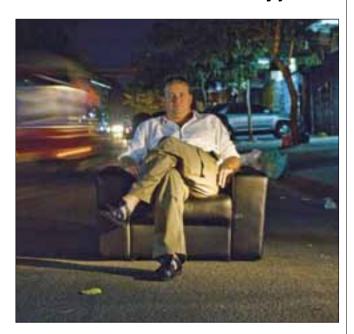
performance on traditional Khmer Instruments.

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112010 ISSUE**47**

editorial

mark bibby jackson



Something is brewing in the Kingdom of Cambodia. This month Leonard Cohen will play his only Asian concert in Phnom Penh, next month the Accor Group opens the first five-star in the capital for years, and in January the Asean Tourism Forum will come to town. Is this all coincidence?

The Camfood and Camhotel 2010 show at Diamond Island Convention Centre last month, demonstrated that the country is now ready to take its seat at the regional exhibition table. It was top class, with a range of stalls and activities to an international quality arena. It was also packed.

The Cohen concert also promises to be of international quality. AsiaLIFE, both in Cambodia and Ho Chi Minh City, has supported the concert since it was first announced in this magazine. We are proud to be media partners for what promises to be a ground-breaking event.

Organisers Mekong Sessions hope to raise US\$150,000 for various charities at the event. Bob Dylan is lined up to perform next, heralding the start of Phnom Penh as a regional concert centre. Part of the logic behind the concert was to draw visitors from around the region to Phnom Penh. Once

here, they will visit established tourism sites such as Angkor Wat, so it goes.

Air Berlin has just announced a US\$659 connecting flight to Europe amid speculation that one major carrier will launch direct flights to Europe next year, and Sihanoukville Airport is due to open in the New Year. Does this mean that Cambodia is about to embark upon its long awaited tourism take-off? And if so, is the country ready for it?

AsiaLIFE first asked these questions three years' ago. Then the consensus was that Cambodia's tourism industry had a rosy future but a greater emphasis was needed on the country as a whole rather than an almost exclusive focus on Angkor. Nobody could have foreseen the troubles in Thailand, swine flu, erupting volcanoes and global recession. The country's fledgling tourism industry simply didn't have a chance.

Now, there is a renewed spirit of optimism within the country. Having trod water for the last two years, is the tourism industry ready to swim? The next few months might just provide a few indicators, the following years the answers.

If you have any comments on the magazine, please email me at: mark@asialifequide.com. 41 Editor-in-Chief / Publisher: Mark Bibby Jackson

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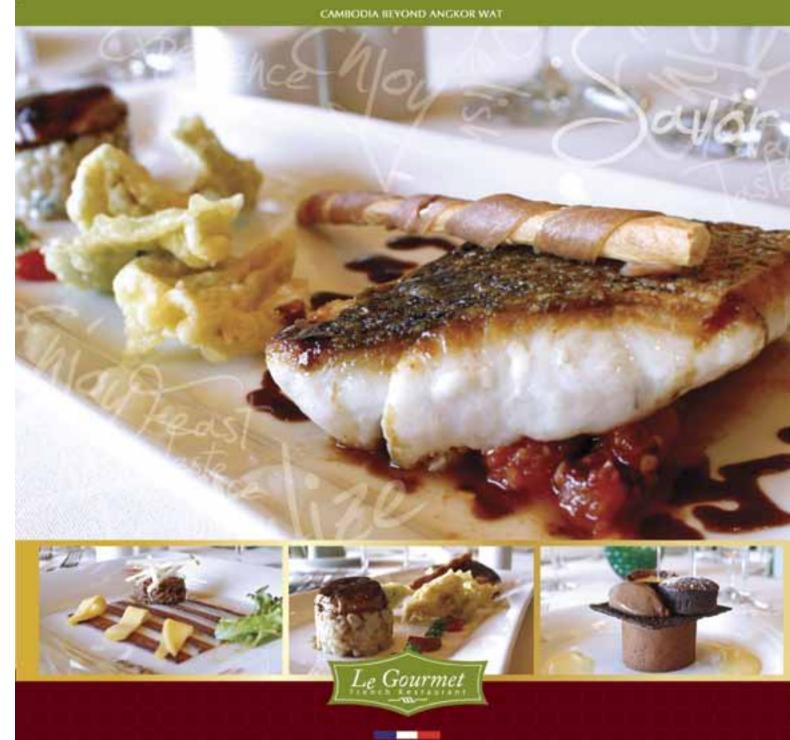
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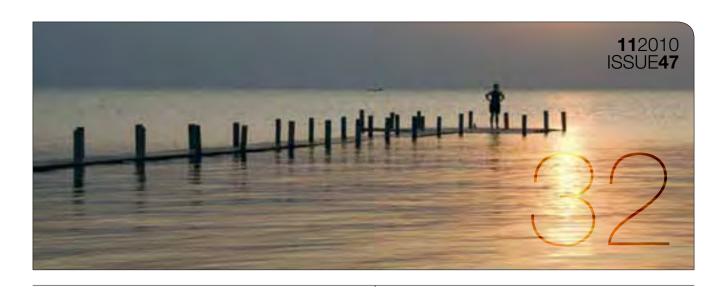


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Clive Graham-Ranger gives the low-down on the illustrious career of the legendary Leonard Cohen. Enter our competition for a chance to win tickets for the Nov. 27 concert. Check out what else is happening this month in Siem Reap and Phnom Penh in our calendars.

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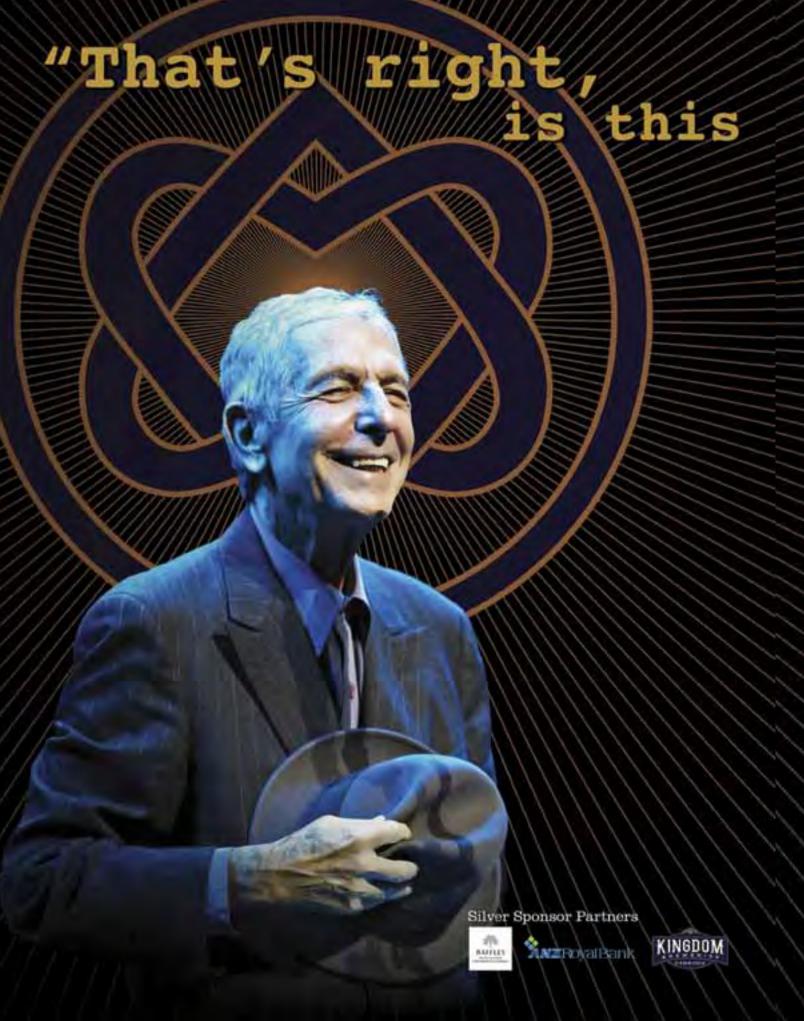


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Pursat River Run

Put your running shoes on and join the Nov. 14 Pursat River Run. Organised since 2007 by the Pursat Department of Education Youth and Sport, the event promotes the oft-forgotten town and encourages youth in particular to stay active through taking part in sports activities.

Last year saw 495 runners from all walks of life take part in the 5km and 10km ablebodied races, as well as races for wheelchair users and amputees organised together with Pursatbased NGO Disability Development Services Pursat.

Participation costs US\$1 for Khmers and US\$15 for foreigners, with cash prizes for the first 15 to finish. For more information, visit: www.runpursat.info

For Tigers and Elephants

Sharky's Bar is hosting a fundraiser for Wildlife Alliance on Nov. 13 to raise money for tigers, elephants and the other rescued wildlife at Phnom Tamao. Themed "Welcome to the Jungle", the event will see local bands The Cambodian Space Project and The Fumes take to the stage.

A raffle and auction are also set to take place, with prizes including family membership at the Cambodian Country Club, a return ticket to Singapore, weekends at Independence Hotel

in Sihanoukville and Sokha Angkor Resort in Siem Reap, as well as spa goodies, dinners, and gym passes.

Nick Marx, wildlife specialist with Wildlife Alliance, will make a short presentation about activities at the rescue centre, and t-shirts and paintings by Lucky the elephant will be available for purchase. Fancy dress encouraged.

Getting Physiqual

Hotel Cambodiana's Physique Club is now offering 25 percent off gym membership. Monthly membership for US\$56 gets you use of the swimming pool with views of the Mekong, access to steam and sauna rooms, use of the tennis courts, as well as use of the gym. Yoga sessions are now also offered every Wednesday and Friday from 6pm. Sign up before Nov. 30 to take advantage of the discount.

Tiger Ambassadors Head to Russia

WWF has nominated Chem Srey Oeun and Kheang Seangly as the organisation's Youth Tiger Ambassadors to represent Cambodia at the Youth Tiger Summit this month in Vladivostok, Russia. Organised as part of the Global Tiger Initiative, the event will see youth from countries with tigers gather to discuss their



A seven metre tall carnivorous plant, a fish with vampire fangs, and a frog that sounds like a cricket are among 145 new species described last year in the Greater Mekong, reaffirming the region as one of the most significant biological hotspots on the planet ahead of the UN Convention on Biological Diversity in Nagoya, Japan.

New Blood: Greater Mekong New Species Discoveries 2009, reveals an average of three new species recorded by science each

week, including Asia's only bald songbird, the bare-faced bulbul, and the uniquely adapted sucker-fish, which uses its body to sucker onto rocks in fast flowing waters to move upstream.

"This rate of discovery is simply staggering in modern times," said Stuart Chapman, conservation director of WWF Greater Mekong. "Each year, the new species count keeps going up, and with it, so too does the responsibility to ensure this region's unique biodiversity is conserved."

thoughts, ideas and commitment for preventing the extinction of the endangered animal.

"I believe I will be able to inspire and encourage other youth to get involved in tiger conservation, and together we can work to find ways to protect tigers from poaching and trade," said Srev Oeun. The two ambassadors were selected in July from a pool of over one hundred submissions to a WWF competition inviting young Cambodians to share their knowledge and enthusiasm and win a chance to represent the country at the Youth Tiger Summit.

Bassac Kids at

the National Museum Their homes may be under threat of eviction, but The Children of Bassac dance on. Starting Nov. 4, the company of 30 dancers aged 16 to 21, created by well-known traditional theatre singer Ieng Sithul, is set to perform every Thursday at 7pm in the garden of the National Museum. Supported by Cambodia Living Arts (CLA), the company combines groundbreaking creativity, a unique sense of pace and oodles of energy, making it one of the Kingdom's major upcoming acts. Tickets are available from CLA and the National Museum.

Fake Rock

Viet Lê, a conceptual artist currently living in Phnom Penh, is presenting his first solo show in Cambodia opening on Nov. 4 at Java Café and Gallery. Entitled Boy Bang, the exhibition consists of campy images of fake Asian boy bands and solo performers in various personas and costumes. Exploring the borders

of spectacle and homoerotic desire, the artist questions the boundaries of community and identity. The opening night will also feature a live performance by Khmer rockers Cartoon Emo. The exhibition will be on show throughout the month.

Temples Online

Travel operator Khiri Reach and German development agency GTZ have launched a community tourism website to promote the little-known 8th-10th century Khmer ruins of Sambor Prei Kuk located in Kampong Thom. The site aims to stimulate tourism in the area, which has over 150 easily accessible pre-Angkor temple ruins. The majority of the people in the area subsist on less than two dollars a day.

"Sambor Prei Kuk has magnificent temples," said Frans Betgem co-founder of Khiri Travel. "We just need a flow of tourists to the area to help ease poverty. The website is a step in the right direction." You can check out the website at: www. samborpreikuk.com.

Return of the Rugga Buggas

The ANZ Royal Angkor 10s rugby tournament is back in Phnom Penh over the weekend of Nov. 5-6. The tenth anniversary edition of the event will be held at Old Stadium in Toul Kork, and is comprised of two separate competitions: the Old Boys' Veterans series which is played as a 15 a-side with Golden Oldies rules, and the actual tournament which is open to twelve teams only. The entry fee is US\$600 per Angkor 10s team and US\$400 for Old Boys' teams. This includes refreshments during a

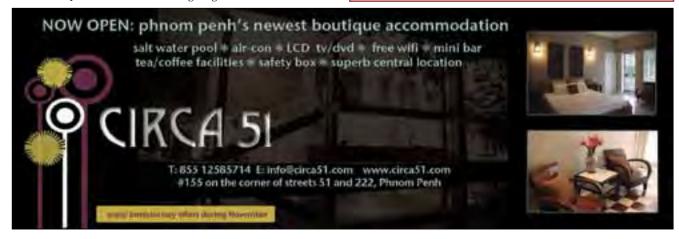
The traditional Christmas Fair organised by the Women's International Group will again take place at Intercontinental Hotel Phnom Penh on Nov. 28 from 10am to 5pm.

WIG Christmas Fair

Featuring around 75 vendors selling a variety of handicrafts, books, toys, soft furnishings, house accessories, homemade produce, and food and wine tasting, the event is designed as a fun family affair where you

can also get unique presents for your loved ones. Sovanna Phum's performing clowns along with Santa Claus will also make an appearance, and organisers promise the raffle will have some fabulous prizes.

All proceeds from the event will go to WIG-funded projects that support disadvantaged women and children in Cambodia. Entrance costs US\$3 (free for children under 12).





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There's a Strauss in the House



The world's most popular brand of jeans is coming to Cambodia. Levi's announced on Oct. 10 announced it will open an official store in the new Lucky Department store near the Olympic Stadium.

"We will be changing the fashion scene for Cambodians," said General Manager Kevin Corning at the launch. "When customers enter our store, they're not just buying jeans; they are experienc-

Friday night Meet and Greet, as well as a Saturday night tournament dinner.

Casting Call

Ever wanted to be a film star? Here's you chance. Audition for a part in a film to be shot in Cambodia in December by getting in touch with Marie Depibrac on 012 958 273. Parts going include the role of a twentysomething Caucasian girl set to save the world, a handsome American 30 plus photojournalist, and an old

become an iconic brand across the world. The Phnom Penh store will stock shirts, t-shirts, skirts,

ing a whole new level of

customer service and sat-

isfaction not seen in other

retail stores in Cambodia.'

Since created by Levi

Strauss in 1873, Levi's has shorts and accessories in addition to classic brands such as Levi 501. Corning announced the company plans to open a further three to four stores next year.

English aristocrat traumatised by his family and living in exile on a Cambodian island. You go figure the plot.

Survival of the Veggiest

Celebrate World Vegan Day on Nov. 1 by heading to K'NYAY restaurant. In addition to the usual veggie goodies on the menu, November will see executive chef Run, restaurant manager Sern, and creative director David make their own signature dishes to lure your tastebuds. The trio's dishes will be competing for most orders, while profits throughout November will be used to provide street children with meals in the run up to Christmas.

Back to the Silver Screen

Harking back to old times, a group of young Cambodian media students under the tutelage of Dr Tilman Baumgärtel at the Department of Media and Communications at RUPP have published KON, a magazine about 1960s Cambodian cinema. Calling themselves Kon Khmer Koun Khmer, or 4K for short, the group hopes to revive and add to the Kingdom's movie culture. Already veterans of one film, the 2009 production Twin Diamond, the group of 60 or so youths are setting their aims high: next up is another feature-length flick in 2011. For more information, visit: http://konkhmerkounkhmer. wordpress.com.

Just a Smile Away

Get to know all that Indonesia has to offer at the annual Indonesian Trade and Tourism Promotion (ITTP) to be held at Diamond Island Nov. 4-7. Organised by the country's Phnom Penh Embassy, the four-day fair aims to boost trade and cooperation between the two countries. Over 60 booths are set to feature Indonesian products ranging from handicrafts to electrical equipment, while a band and fashion shows will further entertain guests. The grand prize of the lucky draw is a return ticket to Indonesia, meaning the country could really "just be a smile away"-exactly as their tourism board advertising slogans says.

Angkor Wat Bike Race

On December 5, Siem Reap hosts the 15th Annual Angkor Wat International Half Marathon. The course winds through the UNESCO World Heritage site, past iconic temples and complexes like Bayon, Angkor Thom and Angkor Wat.

Established in 1996 by Japanese non-profit organisation Runners Aid, the two-day event generates funds for several organisations working to alleviate poverty and provide health and education services to the disad-

vantaged. Those looking for a less strenuous way to take part and contribute can participate in 10K men's and women's races or a 3K family run on Saturday, Dec. 4. Saturday also sees mobility-impaired athletes compete in a wheelchair marathon.

Hotel and tour packages are available to runners who want to experience the temples of Angkor at a more leisurely pace. Visit: www.angkormarathon.org for more information.

Air Berlin Opens up Europe

Coinciding with the Oktoberfest celebrations, Germany's second largest announced that it is stepping up its code-sharing cooperation with Bangkok Airways at a press lunch on Oct. 16.

From Nov. 1, Air Berlin will offer flights from Phnom Penh to Europe for as low as US\$659 (return tickets excluding all taxes). The addition of an extra early morning flight by Bangkok Airways from the Cambodian capital to Bangkok has enabled Air Berlin airline to provide good connection times to its long-haul route network to Austria, Denmark, France, Finland, Italy, Norway, Sweden, Switzerland and Germany.

Flights can be booked either at travel agents, online on www. airberlin.com/Cambodia, or by email at: cambodia@airberlin.com.

Two Is Better Than One

AsiaLIFE launched its new look at Raffles Hotel Le Royal on Oct. 1, at the same time announcing a closer partnership with its sister publication in Ho Chi Minh City.

Publisher, Mark Jackson said that the process of developing the new, slicker AsiaLIFE Cambodia had taken several months, but he was confident that readers would enjoy the new look. The closer partnership with AsiaLIFE HCMC was part of an overall plan for expansion throughout the region, Jackson explained.

Copies of AsiaLIFE Cambodia will be distributed in Ho Chi Minh City at the Vietnamese magazine's distribution outlets there.

New Voice at Studio 182

French vocalist Emmanuelle Rev will become the latest singer to light up the capital's leading jazz bar on Nov. 8.

Angkor Photo Festival VI

From Nov. 20-27, the 6th annual Angkor Photo Festival will showcase works from 110 international and Asian photographers throughout Siem Reap.

Saturday 20

Opening Night at the FCC Angkor, 8pm. Curated by Reminders Project and pdfX12's Yumi Goto, a special presentation of 15 Asian women photographers.

Sunday 21

Opening at the Angkor Photo Gallery, 6pm. A.K. Kimoto's "Opium Addiction in Badakhshan." Mohamed Camara's "Certains Matins." Sinxay Thavixay's "Portraits," and Ya Sena Lv's "Bed's Room."

Evening of slideshows at the FCC Angkor, 8pm. Festival's programme curated by Françoise Callier.

Makeshift Photo Studio at the Hip Hop Club, 6pm.

Monday 22

Opening at the Angkor Hospital for Children, 6pm. Anjali photo workshops 2008-2009.

Evening of slideshows at the FCC Angkor, 8pm. Magnum 2000/2010, 21 photographers. Curated by Antoine d'Agata.

Makeshift Photo Studio at the Hip Hop Club, 6pm.

Tuesday 23

Opening at McDermott Gallery, 6pm. Michel Kirch's "Baltic Memories" and Zalmai/UNHCR's "Invisible in the City."

Evening of slideshows at the FCC Angkor. 8pm. Festival's programme curated by Françoise Callier.

Party at the Laundry Bar, 10pm.

Wednesday 24

Children's Day at a pagoda in Siem Reap. Results of photo workshops, exhibitions, slideshows, and artistic shows.

Thursday 25

Opening at the Art Lounge of Hotel de la Paix, 6pm. Paolo Patrizi's "European Starlings" and Sokdam (Anjali kids)'s "Life & Disability."

Evening of slideshows at the FCC Angkor, 8pm. Festival's programme curated by Francoise Callier.

Party at the Miss Wong Bar, 10pm.

Friday 26

Evening of slideshows at the Angkor National Museum, 7.30pm. Festival's programme curated by Françoise Callier.

Makeshift Photo Studio at the Hip Hop Club. 9.30pm.

Saturday 27

Closing Night at the FCC Angkor, 8pm. A selection of works by 12 former Angkor Photo Workshops students.

Party at the FCC Angkor, 8pm. With DJ Illest and DJ Marco.

For more information on the festival, read AsiaLIFE's article on page 54 or visit: www.angkor-photo.com

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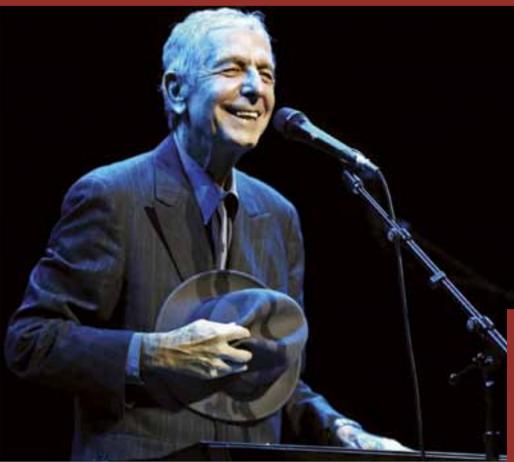
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Cohen in Cambodia



Cohen Tickets Discounted as the Legend Turns to Khmer

With the big gig only a few weeks away now, The Mekong Sessions has announced a special local residents ticket (for Cambodia residents only) at the flat rate of US\$200 per ticket. Furthermore existing group discounts reduces the ticket price to US\$180 (for those buying 10 tickets), and to US\$160 for those buying

20 or more tickets. Resident discounted tickets can only be purchased in cash from the Mekong Sessions office on Street 294.

Meanwhile Leonard Cohen's 33-song set list for the Nov. 27 concert has been translated into Khmer for screening at the concert. Professional translator and avid Cohen fan In Ratha jumped at the opportunity to make her idol's lyrics accessible to

locals, giving the exclusive performance in Asia a local flavour. Setting herself far from an easy task, Ratha listened to Cohen's Live in London and more recent live performances as a backdrop to her work, and is now close to presenting the first ever translation of Leonard Cohen lyrics into Khmer. The translations may eventually become the first of his work to be published in the region.

the songs of Jacques Brel will be performed at the Chaktomuk Theatre on Nov. 4 at 6.30pm.

French singer Gerard Chambre, will be accompanied by pianist Philippe Javelle and accordionist Gaetan Morvan for Brel Pour Toujours, in an concert that celebrates the work of the Belgian chanteur. Those wishing to catch a sneak preview of Studio 182's new vocalist can also listen to Emanuelle Rey singing some of Edith Piaff's

songs. Tickets cost US\$12 for adults and US\$5 for children and students. The concert is organised by Studio 182 and supported by the French Cul-

The following evening, US\$100, and all proceeds go to un Sourire d'Enfant.

To purchase tickets, contact: 077 777 182 / 012 333 276.

Win Tickets or the Leonard

Cohen Concert

AsiaLIFE Cambodia has two pairs of tickets for the Leonard Cohen concert on Nov. 27 at the Olympic Stadium to give away to readers this month. Simply email the answer to the following question to: mark@asialifeguide. com to have a chance to win two tickets, valued at US\$791. If you need a clue, read more about the legendary performer on page 30.

Where was Cohen born?

- Montreal
- New York
- London

Rey has performed in Paris and London in projects including The Cotton Club and Gospel for a 100 Voices. Inspired by Diane Reeves, Ella Fitzgerald, Erykah Badhu and Rachelle Ferrell, Rey is currently working on an album that she describes as a mix between jazz and electro music.

"I'm so excited about my performance in Phnom Penh," says Rey. "I have dreamed to visit Asia since I was a child, and especially Cambodia." With

Groove Collective as one of her favourite bands, Rey promises to bring some groove to the Phnom Penh music scene.

Emanuelle Rey will be performing six nights a week through November and December with Ritchy and Phil at Studio 182, above Topaz Restaurant, 182 Norodom Blvd. To reserve a table, call: 077 777 182 / 077 999 182.

Phnom Penh Turns French As part of the French Week, a special concert featuring

tural Centre and Total.

Topaz Restaurant will host a charity gala dinner with special guest chef invited from Paris. The dinner costs the NGOs Biblibus and Pour Naga Sweeps Regional Awards

NagaWorld walked off with three awards at the Ho Chi Minh City International Travel Expo (ITE) on Oct. 1. The Phnom Penh leisure and entertainment hotel won the Business Hotel of the Year 2010. Best Business and MICE Hotel in Cambodia, and Best Integrated Entertainment Destination in Cambodia at the regional award ceremony.

"We are honoured to win the coveted 'Business Hotel of the Year 2010 Award by ITE and are grateful for the support of all our guests. partners and our Associates, said Eric Chan, managing director (sales and marketing) of NagaWorld. "The two other industry awards conferred by the Ministry of Tourism [in] Cambodia affirm NagaWorld's leading role in bringing Cambodia to the world and the world to Cambodia," he added.

Further evidence of Naga-World's dominant position



in Phnom Penh's nightlife was demonstrated by a Red Carpet Glamour Night held at the hotel's Darlin Darlin nightclub on Oct. 8. The capital's gliteratti attended a starstudded evening featuring Cambodian pop stars Sokun Nisa and Nop Bayyareth as

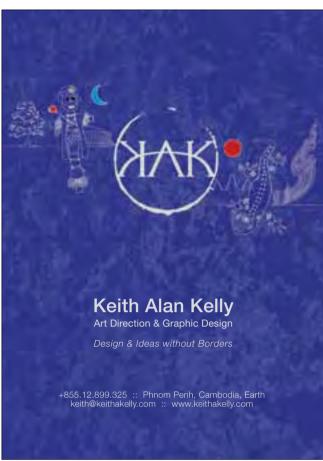
well as DIs Illest and kILL. Elite models showcased evening dresses by Zo Fashion.

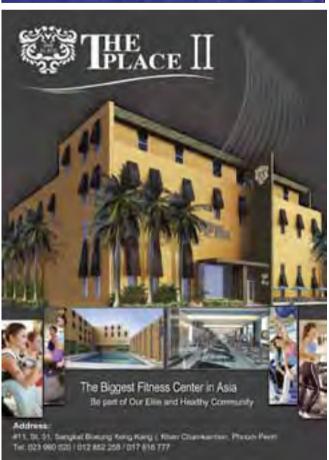
Later in the month, patrons of NagaWorld's Le Gourmet Restaurant were treated to an evening of fine dining and cigar smoking on Oct. 15. After the meal Audelina

Peguero Feliciano, a cigarroller from the Dominican Republic entertained guests that included Her Excellency Gilda Lopez Armenteros the Cuban Ambassador and delegates from the Malaysian Embassy, in The Aristocrat Wine and Cigar Bar.



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HCMC Events In October

Charity Cycle Adventure 2010

From Nov. 18 to 22, Saigon Children's Charity will organise a three-day cycling adventure in support of Vietnam's most needy children. Participants will cycle 150km through local villages near Hue, up to the Ba Na Mountains and along the coastline. The tour takes in temples, colourful pagodas and stunning beaches before the route veers off the beaten track. The end destination is Hoi An. where cyclists can explore the UNESCO World Heritage Site.

The registration fee of US\$450 covers all costs of the ride, including transportation, equipment, meals and accommodation. Participants are also asked to raise a minimum of US\$500 in sponsorship for Saigon Children's Charity. The money will play a vital role in supporting children from disadvantaged backgrounds in Vietnam, helping to provide educational opportunities that they otherwise could not afford. For more information email: cycle@ saigonchildren.com, or visit: www.saigonchildren.com.

Terry Fox Run in Phu My Hung

The 14th Annual Terry Fox Run will take place at the Crescent Plaza in Phu My Hung on Nov. 28. The 5km non-competitive course begins at 8 am (though runners and walkers should arrive at 7am). Afterwards there will be a picnic with The Ten Dollar Bill Band plaving. All proceeds of the event will go towards cancer research. Last year, more than 7,500 people registered to participate in the run, raising 730 million VND (US\$37,500). For details email: terryfoxhcmc@ gmail.com.

A Christmas Carol Comes to HCMC

The International Choir and Orchestra of HCMC and Liberty Insurance will present "A Christmas Carol" in early December. The fully-staged musical is based

on the Charles Dickens' classic and tells the story of grouchy Ebenezer Scrooge and his hair-raising adventures with the ghosts of Christmas Past, Present and Yet to Come. Tickets are 550,000 VND (US\$28), 450,000VND (US\$23) and 350,000 VND (US\$18) depending on seat location.

All proceeds will go towards Poussieres de Vie (Dust of Life). Loreto Vietnam Australia Programme and Education for Development all organisations that support disadvantaged youth. Two evening performances will be held from 8pm on Dec. 3 and 4 and two matinee productions will run from 2.30 pm on Dec. 4 and 5. All performances will be held at the HCMC Drama Theatre located at 30 Tran Hung Dao, District 1. Tickets are on sale from October 1. To book, email: tickets@hcmcchoir.com.

Rocket Yoga Retreat with Larry Schultz

From Dec. 2 to 6, worldrenowned yogi Larry Schultz will offer a four-day yoga retreat at Mango Bay Resort on Phu Quoc Island. Schultz will teach Rocket Yoga-a unique style he developed to renew the body's energy and vitality. Accessible for all ability levels, Rocket Yoga works the entire body and clears the mind to leave those who practice it feeling refreshed, refocused and restored. Advanced students will study more difficult poses like handstands and inversions while beginners will learn the foundations of modern vinyasa yoga. For details, email: michelle@ michellelloyd.com.

ASSE LIFE

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Download the latest issue of AsiaLIFE HCMC online at: www.asialifehcmc.com

openings

More Lucky to Love

Lucky Burger gave us fast food. Lucky Market gave us one-stop household shopping. As of October, the Lucky empire became even mightier with the opening of the Lucky Department Store flagship building, near Olympic Stadium. Two levels of clothing, accessories, and cosmetics, laid out in a gleaming, upmarket presentation, make for a destination quite unlike any other in Phnom Penh. International brands are in full force, including Lacoste, Hush Puppies, and Bourjois. Lucky is also the first Cambodian retailer to house Levi Jeans, with classic 501s ringing in at US\$96.

Limited edition, I Cambodia tshirts by Guy Laroche (US\$25) are a highlight. Swiss watches, designer fragrances, and lingerie round off the extensive selection. Post shopping frenzy, stop by the in-store LDS Café and Lucky Spa and Salon for further indulgence.

Lucky Department Store (Olympic Branch), Monireth Blvd., Tel: 023 882 895, Open daily from 9am to 9pm.

Sala's Fresh Look

Siem Reap not-for-profit hospitality training school and restaurant Sala Baï reopened its doors on Oct. 18. With a blend of western and Asian food, the restaurant provides its students with the opportunity to practice their newly acquired skills, as well as raise funds for their own training. The US\$8 three-course set menu helps to cover the cost of training one student for one day. Typical dishes include beef on lemongrass skewers with a pepper dip and jasmine rice, or a pan-fried Tonle Sap fish with lemon butter sauce. It may be a training school, but prepared under the watchful eyes of experienced chef/ trainers Sith Pisan and Dam Chanrouen the food is always top notch. The heart-melting shyness of the students training as waiters is the only indicator you'll see that the staff

are still learning their craft. This is a special opportunity to engage heart, mind and stomach in the same cause. Why not treat yourself and the students all in one sitting.

Sala Baï, 155 Phoum Tapoul, Siem Reav. Tel: 063 963 329

BKK Ovsters

Sonoma continues serving great oysters at great prices, but now on new premises in BKK. With high tables on the ground floor and more intimate seating on the mezzanine, the capital's premier oyster bar is open for both lunch and dinner. Enjoy half a dozen plump rock oysters for US\$7.50, or go for the salty yet



sweet Pacific kind for US\$7.95. The bar's signature Sonoma oysters (US\$8.50) are delicious-topped with smoked salmon and crème fraiche they certainly hit the spot.

Smoking Hot

Sonoma, 159 Street 278, Tel: 077 723 911. Open 10am to 2pm, 5pm to 11pm.

Under the Tree

Street 51 is being taken over by coffee shops. The latest provider of caffeine kicks is the renovated Banyan Coffee and Restaurant. The new glass-fronted and air-conditioned café serves a variety of coffees starting from around US\$2, with goodies such as carrot and chocolate cake weighing in at US\$1. Decaf coffee is also available, and there is free WiFi throughout. Outdoors, low tables with comfortable seating are situated under big parasols, while the white indoors offer a more classic restaurant feel. The menu contains Southeast Asian dishes in the US\$2-US\$4 range, but the real draw is the 'Xpress Meal Outlet', created to fill you up with fresh Thai cuisine for only US\$3 during both lunch and dinner.

Banyan Coffee & Restaurant, 245 Street 51, Tel: 012 850 065. Open 7am to 9pm.

You Khin Do Good

Sleep in, get pampered, lounge in the sun, go for a swim-in fact, do nothing at all whatsoever and still help make the world a better place. How? By staying at You Khin House, a new boutique accommodation tucked away in a quiet street of Phnom Penh's Tonle Bassac neighbourhood. The elegant address is run by the

A piece of the Middle East completed by plush golden has arrived in the Penh with cushions. Order a shisha the opening of Harem Shisha (US\$9.50) in one of the twelve Lounge. A late-night joint flavours-double apple is a good choice-and sit back and targeting shisha-lovers in the chill-out while the resident capital, the small establishment is perfect for either a DIs mix tunes reminiscent relaxed evening of smoking of Buddha Bar. Nibbles at water pipes, or a cool break Harem include a number of from the heaving dance floor Arabian street snacks such as of next door Riverhouse hummus, chicken shawarma,

shooters (US\$4), through frozen daiquiris (US\$4.50). to the aphrodisiac Harem, a concoction of Jägermeister, amaretto, dark rum and coke. Every Friday the bar hosts The Bollywood Disco Ball, a funky theme night full of Bollywood, Punjabi, Bhangra, Hindi, and Arabic world beats mixed 70s disco tunes.

Harem Shisha Lounge, 157 Sisowath Quay, Tel: 023 990

224. Open 4pm until very late.



and samosas (from US\$3.50),

everything from silver bullet

while the drinks menu has





local non-profit Seametrey Organisation, which gives underprivileged Khmer children access to quality education. All revenues from the three-storey hotel go to the NGO's Montessori nursery, day care and primary school next door. Going against the current trend of slick 'n' sterile, You Khin's owner Muoy You has opted for a more traditional interior design, choosing warm tones, wooden furniture and beautiful Cambodian art. In addition to the light-flooded rooms with air-con and free WiFi. the hotel features a pool, gym, beauty centre and even an inhouse hairdresser. Grown boys can play snooker or watch raucous action films on a large flat screen TV in the airy lounge located on the second floor. Best of all, the hotel uses solar power for its hot water supply and the cheap rates (US\$35-US\$55, including breakfast and service fee) provide good

You Khin Guest House 13A Street 830, Tel: +855 (0) 23 22 48 43, www.youkhinhouse.com

value for money.



Mao meets American lounge bar in a French colonial building. Housed in what is possibly the last great space on the riverfront, Mao's is a funky bar and restaurant. jam-packed with Chinese Mao paraphernalia. The owners describe Mao as the public realisation of a love story between a collector and his idol. The building itself adds a wow-factor. High ceilings with exposed beams and tiles

make the first floor establishment spacious and big, while blood-red walls and strategically placed lights ensure privacy around a combination of high and low tables. WiFi and two pool tables add to the fun, while the big screen and good-sized stage makes the space perfect for future gigs and other events. Be sure to sample both the drinks and food menu. The former lists all usual suspects,

as well as an admirable selection of whisky and Chairman Mao's own cocktail-a mix of champagne, orange juice, and grenadine (US\$5.50). The food is prepared by the established Café Yeji. Opt for a healthy salad, or go the American way with a burger, hot dog, or fries. Prices hover around the US\$5 mark.

Mao's, Cnr. Street 106 and Sisowath Quay, Tel: 023 992 726. Open 5pm to 2am. A



pick of the month

Tech:

Sharing Revolution

Sharing files has never been as easy as with Dropbox, an online backup and file sync software. Forget email attachments, USB sticks, and complicated backup software and hardware, this free programme has it all. Simply save a file into your Dropbox and it becomes instantly available on other synchronised computers. Secure servers further ensure that should your own computer ever suffer a meltdown, your files are safe online and accessible from other computers or even mobile devices using the Dropbox website. For more information, visit www.dropbox.xom.



Participate:

Stitch 'n Bitch

Get your knitting needles out and join the Penh's only Stitch 'n Bitch club. Open to knitters, crocheters, embroiderers and cross-stitchers of all levels, the group meets Thursday evenings between 6pm and 9pm to learn new skills and chat about everything from A to Z. Based on the famous Stitch 'n Bitch guides to knitting and crocheting, the eponymous clubs form a global network of both women and men who are into their yarn and needles. To join the Phnom Penh group, email: monika@ cambodiaknits.com for venue details.



Listen:

Local World Music

Unplugged and unconventional, the Phnom Penh Hippie Orchestra is the latest group to hit the capital's music scene. Performing an array of world music, from Eastern-European, through Arabian, and Jewish, to Middle and North-American traditional, the 12-strong group is a phenomenon to be reckoned with. Some of the more unusual instruments played include banjo, ukulele, balalaika, mandolin and accordion, which make for a seldom heard mix. Dates for November gigs are yet to be set, but if you're keen on getting involved, you can also join the group's Monday night rehearsals by calling Mat on: 012 966 414.

Stay:

Palace View Hotel

There is only one room—but what a room it is! Overlooking the Royal Palace and the Mekong River, Palace View Hotel is quite literally a one-of-a-kind establishment in Phnom Penh. Colonial building on the outside, modern amenities on the inside, this hotel is an upscale gem for those lucky enough to manage to book a stay. Rates start at US\$95 per night. For more information, visit: www.oneroomhotelphnompenh.com



Read:

LUMHOR

New online magazine LUMHOR aims to develop a critical discourse and encourage creative thinking about architecture and urbanism in Cambodia. Published quarterly, each issue is set to explore a different theme, starting with an overview of the 'who, what, where, and how' in the urban sector. Though still in its infancy, the magazine is set to become a great resource for those keen to keep apace with developments particularly in Phnom Penh. If you're keen to contribute, the magazine welcomes input from writers, photographers, and graphic designers. Check it out at: www.lumhor.com.



AFL

Organisers rake in more money as fans of Aussie rules are treated to not one but two finals this year, with Collingwood coming out on top

Bob Dylan

The times they are a-changing; the once forgotten Kingdom of live music now readies to welcome the father of folk rock

Dissidents

Norway's Nobel Committee awards the 2010 Peace Prize to Chinese freedom fighter Liu Xiaobo. China issues a strong protest, but is this the beginning of the end?

Nature's Wonders

WWF report the discovery of a seven-metre tall carnivorous plant, a fish with vampire fangs, and a frog that sounds like a cricket

Transparency

Swedish furniture giant IKEA has published its financial results for the first time. Predictably, figures are up

going up

going down

French News

Au Revoir Cambodge Soir. Will the Penh's francophones have to switch to English?

Boeung Kak

While police clash with residents, people are forced to abandon ship as sand and water levels rise at what used to be an iconic spot for sundowners

Marc Zuckerberg

'The Social Network' is unlikely to feature on the Facebook founder's list of top ten movies

George Michael

The former Wham! frontman is spending eight weeks in jail with "no special treatment" following driving high and crashing into a photo shop

Work

Pchum Ben, Water Festival, Independence Day, and Christmas – might as well give up trying to get anything done for the rest of the year •







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

Phnom Penh

B Cafe
Corner 33 Bar & Lounge
Intercontinental Hotel-Lobby Bar
Java Cafe & Gallery
La Petenza Le Duo
Living Room Cafe
Morning Cafe
Naga World Hotel-Italian Restaurant
Scoop Bistro & Bar
The Place
Time Cafe
The Corner

Siem Reap

Van's Restaurant

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

Sihanoukville

Cinderellas Cafe

Kampot

Bokor Mountain Lodge Hotel

Koh Kong

Agua Sunset

Delano Building, St: 169 No. 33, Sothearos Blvd. 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

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

Ochheuteal Beach

Riverview Drive

Koh Kong

calendar phnom penh

Tuesday 2

Film: Cambodia: The Virginity Trade and The Girls of Phnom Penh at Meta House, 7pm. Two new films by UK filmmaker Matthew Watson.

Wednesday 3

Quiz: Trivia on the Terrace at Gasolina, 8pm.

Film: Burma Shorts and Burma VJ at Meta House, 7pm. Three short films by young Myanmar filmmakers followed by Oscarnominated directory Burma VJ.

Thursday 4

Exhibition: Annual Indonesian Trade and Tourism Promotion at Diamond Island. Four-day fair to showcase Indonesian products.

Exhibition Opening/Live

Music: Boy Bang at Java Café & Gallery, 6pm. Conceptual artist Viet Lê presents a photographic series exploring the explosion of pop culture in Asia, exhibited until Nov. 28. For the opening, Cambodian boy band Cartoon Emo will perform at 7.30pm.

Film: Last Train Home at Meta House, 7pm. A documentary about Chinese migrant workers by director Lixin Fan.

Live Music: Brel Pour Toujours at Chaktomuk Theatre, 6.30pm. Gerard Chambre, Philippe Javelle and Gaetan Morvan perform songs by

the Belgian chanteur, with Emanuelle Rey singing Edith Piaff. US\$12 for adults, US\$5 for students.

Party: Ladies Night at The Riverhouse Lounge, 10pm. DJs Gang & Blue in the mix, with one free shot until midnight and a free carafe of blue frozen margarita for each group of five women or more.

Friday 5

Exhibition: Annual Indonesian Trade and Tourism Promotion at Diamond Island. Four-day fair to showcase Indonesian products.

Exhibition Opening: Fragments at Meta House, 6pm. Exhibition inspired by landmine survivors by Canadian sculptor Blake.

Food / Drink: Charity Gala Dinner at Topaz Restaurant. French chef prepares a gourmet delight with proceeds going to NGOs Biblibus and Pour un Sourire d'Enfant. US\$100 cover charge.

Live Music: Holliday in Cambodia at Paddy Rice, 9pm. Your favourite covers with an Irish twist.

Party: Food & Arts Special French Style at Lotus Blanc, 7pm to 11pm. All you can eat French buffet for US\$15, including one free drink. Opening of drawing exhibition by Pour un Sourire d'Enfant kids, "French Faces." and performance by Debora & Sebastien playing Django Reihnart.

Sport: Rugby tournament at the Old Stadium in Toul Kork. Two competitions, the Old Boys' Veterans series, and ANZ Royal Angkor 10s tournament.

Saturday 6

Exhibition: Annual Indonesian Trade and Tourism Promotion at Diamond Island. Four-day fair to showcase Indonesian products.

Exhibition Opening: Curio at Chinese House, 6pm. An exciting new exhibition of paintings by renowned Indian artist, Rajinder Singh. The collection will be on display until Nov. 21.

Film: Nhasan and Boogie Woogie at Meta House, 7pm. A film on the first contemporary art studio in Hanoi, followed by a documentary on the contemporary art world in London.

Live Music: Phnom Penh Hippie Orchestra at Equinox, 8pm. World Music.

Live Music: Balgass at Gasolina, 8pm. Gypsy jazz band.

Party: Fresh Out The Penh at The Riverhouse Lounge, 10pm. On the loose and in the Penh, DJ Tech 12 and MC Hydrophonics. Join the new revolution of hip hop in Phnom Penh. **Sport:** Rugby tournament at Old Stadium in Toul Kork, Two

competitions, the Old Boys' Veterans series, and ANZ Royal Angkor 10s tournament.

Sunday 7

Exhibition: Annual Indonesian Trade and Tourism Promotion at Diamond Island. Four-day fair to showcase Indonesian products.

Film: From the Desert to the Catwalk: The true Life of Waris Dirie at Meta House, 7pm. Documentary on former supermodel and female activist from Somalia.

Live Music: Balgass at the FCC, 12pm to 3pm. Gypsy Music.

Tuesday 9

Film: The Lives of Others at Meta House, 7pm. Oscar winning feature on the monitoring of the cultural scene in East Berlin by the East-German secret police.

Food/Drink: Cambodian Independence Day at Riverside Bistro. Special Khmer food and special offers.

Wednesday 10

Film: Fall at Meta House, 7pm. Shot in 18 Countries Including Cambodia Director Tarsem Singh creates a seamless blending of mundane life in a 1915 Los Angeles hospital with a visually sumptuous fantasy world of exotic bandits, evil



tyrants, dream palaces and breathtaking landscapes.

Thursday 11

Film: New Shorts from Women's Media Centre at Meta House, 7pm. Premier screening of three gender-focused documentaries created by The Women's Media Centre in a workshop led by filmmaker Nico Mesterharm

Party: Ladies Night at The Riverhouse Lounge, 10pm. DJs Gang & Blue in the mix, with one free shot until midnight and a free carafe of blue frozen margarita for each group of five women or more.

Friday 12

Exhibition Opening: Beauty of Nature at Equinox, 8pm. Painting exhibition by Chhim Sothy. Runs until the end of the year.

Film/Live Music: Who Killed Rumdoul and Cantabile at Meta House, 7pm. Meta House-produced educational TV drama on contraception screened upstairs and a concert by Korean vocal ensemble Cantabile downstairs in the gallery.

Live Music: Balgass at Paddy Rice, 9pm. A fine selection of gypsy-jazz.

Live Music: Supabad at the FCC, 9pm. James Brown sound.

Saturday 13

Live Music: The Kingdom of Jazz: Live jam session with Balgass at Meta House, 6pm. Jazz videos and live concerts recordings will be screened in the rooftop cinema, with performance by Balgass in the gallery beginning at 8pm. Jam session with Cambodian and international musicians to follow.

Live Music: Welcome to the Jungle at Sharky's Bar, 7pm. A fundraiser for Wildlife Alliance, the evening will feature performances by The Cambodian Space Project and The Fumes, as well as a raffle and auction.

Live Music: KlapYaHandz Collective at Equinox, 8pm. Live hip hop.

Live Music: Mekong Pirates at the FCC, 9pm.

Live Music: Phnom Penh Hippies at Chinese House, 9pm.

Vitally alive, 12 musicians from each continent perform a new piece of traditional and contemporary World Folk Music.

Theatre: I Should Be So Lucky at Chenla, 7pm. Samir Akika, a Franco-Algerian based filmmaker in Germany, offers a personal choreography, mixing theatre, dance and video.

Sunday 14

Event: Pursat River Run, 7am. Road-races along the banks of the Pursat River, including a 5k, 10k, and separate races for disabled athletes. Funds raised will be used to buy sports equipment for rural schools.

Film: Same Same But Different at Meta House, 7pm. New German feature film based on a memoir by journalist Benjamin Pruefer, who fell in love with a Khmer bar girl.

Lecture: Artist Talk by Viet Lê at Java Café & Gallery, 6pm.

Tuesday 16

Film: Conscience of Nhem Em and Death and Rebirth at Meta House, 7pm. The first documentary film created after the Khmer Rouge, shot by GDR filmmakers Walter Heynowski and Gerhard Scheumann, followed US director Steven Okazaki's The Conscience of Nhem Em.

Wednesday 17

Event: On the Spot Open Mic at Java Café & Gallery, 7pm. Live art, music, a stand-up comedian, poetry and an accordion player.

Film: Lost Love at Meta House, 7pm. Story set during the KR regime by Cambodia's first independent movie producer, Chhay Bora.

Quiz: Trivia on the Terrace at Gasolina, 8pm.

Thursday 18

Film: Lost Love at Meta House, 7pm. Story set during the KR regime by Cambodia's first independent movie producer, Chhay Bora.

Party: Ladies Night at The Riverhouse Lounge, 10pm. DJs Gang & Blue in the mix, with one free shot until midnight and a free carafe of blue frozen



margarita for each group of five women or more.

Friday 19

Film: Nausicaa of the Valley of the Wind at Meta House, 7pm. An early masterpiece from Havao Miyazaki, the creator of Oscarwinning Spirited Away.

Live Music: Lazy Jazz Drunks at Paddy Rice, 9pm. A variety of rock n' roll covers in bluesrock style.

Saturday 20

Festival: Water Festival. Celebrate one of Cambodia's most exciting festivals, with boat races and fireworks along Phnom Penh's riverside. Open establishments include the FCC, Riverside Bistro, Gasolina, Chow, and Equinox (from 5pm onwards). Meta House, Chinese House, and Fish Restaurant are among those that will be closed.

Film: London River at Cinéma du Centre Culturel Français, 7pm. Two strangers come to London to find their son and daughter who have been missing since the July 2005 bombings. In English, with English subtitles.

Live Music: At Robiep at Equinox, 7.30pm. Rock'n All.

Party: Water Festival Party at The Riverhouse Lounge, 10pm. Kick off the festival with popular residents DJ Cool Sam and DJ Blue, with a unique promotion and decoration.

Sunday 21

Festival: Second day of Water **Festival**

Monday 22

Festival: Final day of Water Festival.

Tuesday 23

Film: Enemies of the People at Meta House, 7pm. This year's Sundance Festival winner, a remarkable documentary that is a personal journey into the heart of darkness by Cambodian journalist/filmmaker Thet Sambath, Q&A with US director Rob Lemkin and Theth Sambath will follow. Tickets are US\$5.

Live Music: Balgass at Paddy Rice, 8pm. Balgass going away party, featuring a fine selection of gypsy-jazz.

Thursday 25

Film: Enemies of the People at Meta House, 7pm. This year's Sundance Festival winner, a remarkable documentary that is a personal journey into the heart of darkness by Cambodian iournalist/filmmaker Thet Sambath. Q&A with US director Rob Lemkin and Theth Sambath will follow. Tickets are US\$5.

Lecture: Archaeological sites of the Tonlé Sap Basin at Centre Culturel Français. 7pm. Bruno Brugier, lecturer at the Ecole Française d'Etudes Oriental, presents his latest work.

Party: Hip Hop Diva Party at The Riverhouse Lounge, 10pm. DJ Yukie, Asia's top hip-hop female DJ and Pioneer Pro DJ. Women receive a free shot until midnight and free carafe of blue frozen margarita for every group of five women or more.

Friday 26

Film/Performance: Green Night 6: Poetry and New Films about Climate Change at Meta House, 6pm. Innovative event concept circles around environmental issues and sustainable development. Young writers from literary organisation Nou Hach will read short stories and reflections in English and Khmer and DMC students will present short films.

Live Music: Phil Manning at the FCC. 9pm. Famous blues guitar player from Australia.

Party: 7 Eleven at Chow. 7pm to 11.30pm. The official before party in Phnom Penh.

Saturday 27:

Film/Live Music: DMC Film Night and Mozart's Vienna Serenade at Meta House. 7pm. Uy Thach, El Leang, and Anton Isselhardt perform Mozart in the gallery, on the rooftop, the Department of Media and Communication from the Royal University of Phnom Penh presents recent student productions.

Live Music: Leonard Cohen at the National Olympic Stadium, doors 6pm.

Live Music: Gaelic folk music and dancing at Gasolina, 6.30pm. Ceilidh evening featuring performance by Kheltica.

Live Music: Mekong Pirates at Equinox, 8pm. Reggae/Ska beats.

Live Music: Phil Manning at the FCC, 9pm. Famous blues guitar player from Australia.

Live Music/Party: Vodka Jelly Shot Party at Paddy Rice, 9pm. Performance by The Hippies, with support from Holliday in Cambodia.

Dance: Charity dance at Gasolina, 10am to 2pm. Everyone can join in. For information contact Laura on 012 634 008.

Sunday 28

Exhibition Opening: Photo Exhibit Opening by German Photographer Nica Junker at Meta House, 6pm. Part of the French Cultural Center's Photo-PhnomPenh festival, honoured German-born, Japan-based photographer Nica Junker exhibits in the gallery.

Festival: Photo Phnom Penh Opening. Visit of the exhibitions by tuk tuk with the photographers.

Festival: A Night at the Church. Photo Phnom Penh presentation of the last projects of the Cambodian photographers in the charming area of the old French Church.

Live Music: Leonard Cohen at the National Olympic Stadium. Free concert exclusively for Cambodians. To be confirmed.

Live Music: Phil Manning at the FCC, 12.30pm to 2pm. Aussie brunch.

Monday 29

Festival: Straight from the Heart. Photo Phnom Penh presentation of the works of Pierre Verger, Izis, Andy Freberg, Pieter Ten Hoopen, and Gert Jochems. Music by Louis Sclavis and Dominique Pifarely

Tuesday 30

Film: Lola at Meta House, 7pm. New German Cinema director Rainer Werner Fassbinder's social satire takes on West Germany's booming market economy.

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, Phil and Ritchy and guest singer perform jazz standards, every night except Sundays with Emanuelle Rev.

Every Monday

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

Food/Drink: Burgers at Steve's Steakhouse, 6.30pm All you can eat burgers

Food/Drink: Big Boy BBQ at Riverside Bistro, 6pm. Lamb chops, sirloin steaks, honey grilled spare ribs with baked potato 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/Partv: KH Karaoke Girls Party at Elements Club

Dance: Salsa at Equinox, 9pm.

Live Music: Phnom Penh Acoustic Sessions at Setsara. 8pm. Open Mic Night hosted by Julien Poulson, founder and guitarist of the Cambodian Space Project.

Quiz: Pub Quiz at Paddy Rice. 8pm. General knowledge guiz with drinking skills essential. BBQ starts from 6pm, with plates from US\$4.50.

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/Partv: Ladies Night at Do It All Bar, 10pm. Free first drink for all women.

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

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

Live Music: Electric limeliaht duke-box jam at Paddy Rice

Dance/Live Music: Swing Night at Equinox, 9pm. Phnom Penh Pswings hosts an evening of dance, featuring live music by Balgass.

Dance: The Children of Bassac at the National Museum, 7pm. Weekly performances by youth dance company, led by leng Sithul.

Live Music: Eclectic Electric Limelight Jukebox Jam Open Mic at Paddy Rice, 8pm. Hosted by Melanie Brew.

Every Friday

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

DJ/Partv: Hip Hop Non Stop at The Riverhouse Lounge, DJ Bobby, DJ Cool Sam & DJ Illest

DJ/Partv: Johnnie Walker Friday Sessions at Elements Club JW Gold & Black Drink Spe-

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

Live Music: Velkommen Inn. ma8

Food/Drink: Buffet Lunch at Lotus Blanc (Stung Meanchev). 11am to 2pm. US\$8.

Food/Drink: Poet's Day at Fish. Long lunches and boozy afternoons. Business lunch set menu for US\$15.

Food/Drink: Keelhauled on Cocktails at Fish, 8pm to 9pm. Ladies Night with two for one cocktails.

Live Music: Weekly live music gigs at Paddy Rice, 9pm.

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

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

Food/Drink: Buffet Lunch at Lotus Blanc (BKK location). 11am to 2pm. US\$10.

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 Sundav'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. Ovsters, a la carte main. fresh pasta station and freeflowing prosecco for US\$25 (US\$20 if group of 6 or more).

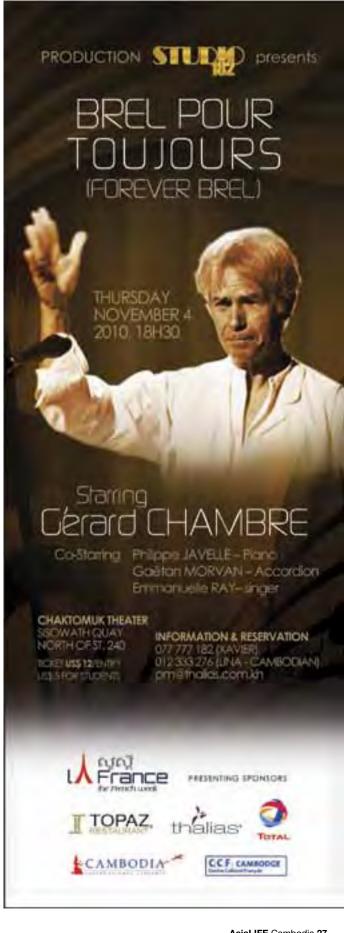
Food/Drink: Big Boy BBQ at Riverside Bistro, 6pm Lamb chops, sirloin steaks, honey grilled spare ribs with baked potato, potato salad and choice of sauce.

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

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

Food/Drink: Five Loaves and Two Fish Sunday Brunch at Fish, 11pm to 2pm.

Food/Drink: Three Hail Marv's and A Bottle-o-Rum at Fish. Three Bloody Marys for the price of two. [7]



calendar siem reap

Friday 5

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

Saturday 6

Opening: ArtDeli Library, evening. Come dressed as your favourite author or artist.

Saturday 6

Event: Fashions on the River. Watch the Melbourne Spring Carnival Races and sweepstakes, cocktails and fine wines available and great food. Half the proceeds go to ABCs & Rice, NGO.

Sunday 7

Food/Drink: Brunch at the Paradise Eco Resort, 11am. Brunch around the swimming pool, adults U\$\$8 and kids U\$\$4.

Friday 8

Food/Drink: Ladies Night at Chilli Si Dang.

Friday 19

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

Saturday 20 - 23

Food/Drink: Special barbeque menu at Chilli Si Dang, including spit roasted pork, at a perfect spot for Water Festival watching.

Saturday 20 – 27

Festival: Angkor Photo Festival Opening Night at the FCC Angkor, 8pm. Curated by Reminders Project and pdfX12's Yumi Goto, a special presentation of 15 Asian women photographers. For the full programme, see page 15.

Saturday 20

DJ/Party: Full Moon Party at Silk Garden, 7pm. Siem Reap's only Full Moon Party with resident DJ Tonn, moves to Paradise Eco Resort at 11pm, with live bands, circus and international DJs.

Saturday 27

Live Music: Frédéric Johansen at the ArtDeli, evening. Live Acoustic Music Session.

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.

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

Food/Drink: Happy Hour at The Siem Reap Hostel, 6pm-9pm. Jugs of Anchor US\$3, and jugs of cocktails only US\$4.

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

Every Day

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

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

Leisure: Free Guided Yoga Practice at Siem Reap Hostel, 10am.

Every Monday

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

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

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

Leisure: Board Games Marathon at the Siem Reap Hostel, 6–9pm. Choose from 25 games to play.

Every Tuesday

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

Film/TV: Cartoonathon at the Siem Reap Hostel, 6–9pm. American Dad, South Park, The Simpsons and Family Guy on the big screen.

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

Food/Drink: Complimentary glass of Champagne, free treats and other specials at Soria Moria's Ladies Night, 7-10pm.

Every Wednesday

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

Club: Singing Club at the Peace
Café, 7,30-9pm.

Club: Singing Club at the Peace
Australian style
Villa, 5,30-8,30pm

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.

Film/TV: Comedy Central at the Siem Reap Hostel, 6 – 9pm. Classic episodes of The Mighty Boosh, The Office, 30 Rock, IT Crowd and Dimitri Martin.

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

Every Thursday

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: Wii Bowling Championships at The Warehouse, 6-9pm. Turn up and join in or enter a regular team.

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

Quiz: Charity Pub Quiz at the Funky Monkey, 9pm. **Every Friday**

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'.

DJ/Party: Indie Music Night at the Siem Reap Hostel. DJs playing the latest Indie, Garage, Electro, Brit-Pop, New Wave, Goth and Chill Wave by the pool.

Film/TV: Tomb Raider at The Siem Reap Hostel, 3pm. On the big screen, free popcorn and free entry.

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

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

Every Saturday

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

Film/TV: Documentary Hour at The Siem Reap Hostel, focusing on Angkor, 3-4pm.

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 10pm. Free drinks, games and prizes.

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

Leisure: The Siem Reap Hostel Games, with Killer Pool and Beer Pong, kick off at 6pm.

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

Every Sunday

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

Film/TV: Sunday night at the movies at the Siem Reap Hostel, 3pm and 7pm. Double bill of cult classics, poolside big screen.

Food/Drink: BBQ and Pool Party at the Siem Reap Hostel, 4-8pm. Tickets including a beer are US\$4.50.

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

Food/Drink: Traditional English roast at The Warehouse. English Chef, bookings only. Enquire at the bar for this week's special.

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



Bangkok's Centralworld Re-Opens Bigger and Better

Bangkok's largest shopping complex, the 550,000-square-metre Centralworld, recently reopened—just in time for the holiday season. The renovations were completed just four months after fire destroyed the building during protests earlier this year. Developers have made the most of the opportunity to revamp the retail mecca, redesigning the space to include more natural and organic elements and completely overhauling the food court, now known as Garden on Seven. The new Centralworld also features an expanded range of international and Thai designer brands and new facilities, including Thailand's first open-air ice-skating rink located in a shopping centre. At present 80 percent of retail space is open for business. The remainder will open in December, with renovations to Zen Department Store scheduled for re-opening next autumn. Visit: www.centralworld.co.th for more information.



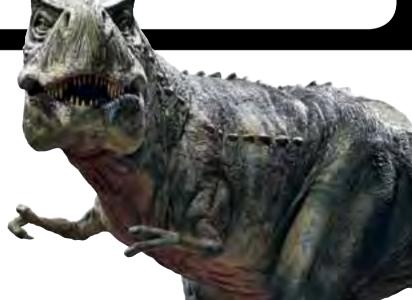


Singapore Celebrates Christmas in the Tropics

If a white Christmas isn't on the cards, you can still explore a winter wonderland of sorts by hopping on a plane to Singapore this holiday season. From Nov. 20 to Jan. 2, the shopping district surrounding Orchard Road lights up for Christmas in the Tropics, Singapore's annual yuletide festival. Throughout the month-long event, shopping centres like Tangs, Takashimaya, Wisma Atria, Orchard Central and ION deck out their premises to capture the Christmas spirit. The streets around Orchard Road are also abuzz with a festival atmosphere: acrobats, choirs, human statues, stilt walkers and other merrymakers are on hand to entertain families. Open-air fashion shows run throughout Christmas in the Tropics, giving the shopping legions a glimpse of winter fashions they'll find around the city-state. For more information, visit: www.yoursingapore.com.

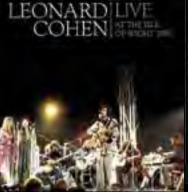
Walking with Dinosaurs Asia Tour

Following a record-breaking, three-year tour of the US, the arena spectacular Walking with Dinosaurs arrives in Southeast Asia and Hong Kong. Based on the award-winning BBC series, the 20 million-dollar production features 15 life-size dinosaurs brought to life by a team of world-renowned designers, technicians and actors. Highlights of the show include titanic duels between dinos, the deafening roar of Tyrannosaurus Rex and the towering 22-metre Brachiosaurus. The show is in Bangkok from Nov. 17 to 21 before heading to Singapore from Dec. 1 to 10. The tour wraps up in Hong Kong, running from Dec. 22 to 27. Visit: www.dinosaurlive.com for ticketing and information and to view footage from the show.

















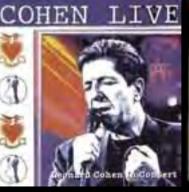








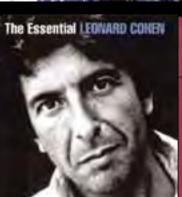














LEONARD COREN





Leonard Cohen: the Performer

As **Leonard Cohen's** illustrious career heads towards its final encore, **AsiaLIFE** looks back at the career of one of the truly great musical performers. Words by **Clive Graham-Ranger**.

The cult of Cohen has been around for a long time, but with the western world once again suffering a crisis of confidence, who better than Lennie, the "godfather of gloom", "poet laureate of pessimism" and "high priest of pathos" to doff his fedora and stage a comeback?

The reasons for Cohen's comeback are well documented. Twenty-six years ago he turned *Hallelujah*, his 80-verse poem to a doomed relationship, into six stanzas. Regarded as a classic by many, it earned him millions of dollars in royalties after it was covered by a chart-load of singers, from wannabes such as Alexandra Burke to veterans like Jeff Buckley, Rufus Wainwright, Damien Rice, Bob Dylan, Jon Bon Jovi, KD Lang and John Cale.

It is a cruel irony, then, that his signature tune is a paean to a relationship with a woman who ultimately made off with most of his money, Kelley Lynch, his former manager of 17 years. A messy court case left Cohen virtually moneyless. He had to take out a mortgage on his house to pay legal costs and watched helplessly as his web of financial dealings unravelled before his eyes.

At an age when most people reach for a hookah pipe and slippers, he put together a gruelling, three-year world tour.

It was a masterstroke. Not only was he reaching out to his long-term fans of one generation, but also giving their offspring an opportunity to discover what the fuss was all about. As a result, he has lit up the globe from Australasia to North America. Europe to his one Asian date at the Olympic Stadium in Phnom Penh on November 27. He has also enjoyed the kind of live album and back catalogue record sales only legends enjoy.

Legend? It's hackneyed but true, because Leonard Norman Cohen's musical and poetic roots run deep and span more than four decades. Born into a Jewish family in the wealthy Montreal suburb of Westmount, his father died in 1943 when he was nine years old. In his teens he picked up a guitar and formed a group called the Buckskin Boys. He went on to McGill University and earned only average grades, but was good enough to win the McNaughton prize for creative writing by the time he graduated in 1955.

At birth, Cohen's father set up a trust fund that, after university, allowed him to pursue his first love of writing. A year after graduating he published Let Us Compare Mythologies, a book of poetry, following it up five years later with The Spice Box of Earth. With the modest royalties from its sales and his father's legacy he travelled the world, ultimately settling on the Greek island of Hydra in the Aegean.

His literary outpourings reached a high point with Beautiful Losers that earned favourable comparisons with James Joyce, the Irish bard, and his songwriting gave birth to Suzanne, which was a hit for Judy Collins. She also persuaded him to make his performance debut with her at the 1967 Newport folk festival alongside Janis lan and Tom Paxton.

He was on a roll. His sell-out concerts in New York, poetry reading appearances on CBS television and Noel (son of Rex) Harrison's cover version of Suzanne, which went into the Billboard charts, established him as a talent to be reckoned with. Something Columbia Re-

cords confirmed when it signed him and released The Songs of Leonard Cohen just before Christmas in 1967. Never one to rush into the

studios to create vinyl, his

writing and singing careers ticked over until 1970 when he was on the same eclectic bill as Jimi Hendrix, The Doors, Miles Davis, Joni Mitchell and Emerson, Lake and Palmer at the post-Woodstock Isle of Wight festival. As a result his fan following grew. Better still Songs of Love and Hate, his next album, coupled with the earlier hit versions of Suzanne drew him into the movies when Robert Altman used his music in his 1971 western McCabe and Mrs Miller, starring Warren Beatty and Julie Christie.

Along with fame, mild introspection seemed to set in and instead of creating new material he plundered his back catalogue of live recordings to take stock of himself as a performer. Leonard Cohen: Live Songs was the result: a compendium of performances focused on highlights of his output from 1969. In a seemingly abrupt change in direction, he turned his back on the studios and took to the road in the US and Europe in 1971 and 1972 and even performed in Israel during the 1973 Yom Kippur war. The release of New Skin for the Old Ceremony the next year, though, introduced fans to a different, fresh Cohen who was able to combine the brightness of pop with his customary bleak lyrics.

It also drew in an even wider audience, which persuaded Columbia to release a "best of" album featuring a dozen of his best-known songs from his previous four LPs. It was also during the mid-1970s that Cohen met and worked with Jennifer Warnes, which led to a series of key collaborations, stripped away some of his mystery and revealed his uncanny attractiveness to women, which chimes with the romantic subjects of most of his songs.

In 1984, Various Positions was arguably his most accessible album, but it sank without trace and was followed by another four-year sabbatical from recording, which ended with I'm Your Man. In the interim. though. Warnes released Famous Blue Raincoat, which again broadened his appeal. The beginning of the 90s saw the release of I'm Your Fan: The Songs of Leonard Cohen, a CD of recordings of his songs by the likes of REM, the Pixies, Nick Cave and the Bad Seeds and John Cale.

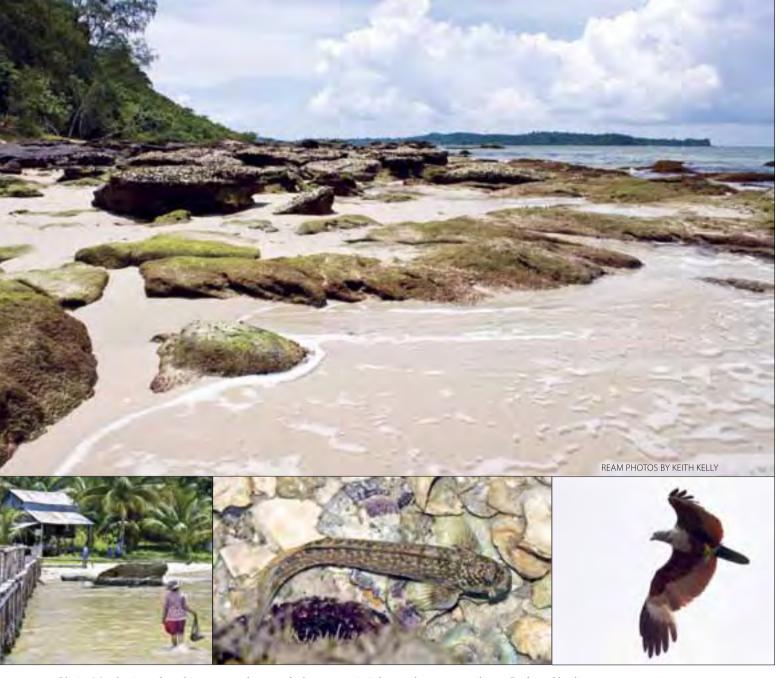
In the midst of all of this he became a resident at the Mt Baldy Zen Center, a Buddhist retreat in California, becoming a monk during the late 1990s. When he re-emerged he collaborated with singer/songwriter/musician/producer Sharon Robinson to make Ten New Songs, which was released in 2001.

In 2004 he released Dear Heather, which is reckoned to be the most highly personal record ever, but it paled to insignificance alongside the embezzlement of his US\$5m by a trusted employee. So it was back to what he knew best, entertaining his adoring public.

There can be few 76-year-olds with the energy never mind the resolve to take on such a marathon, but what is not in doubt is that he has offered music lovers the opportunity to see and hear a master at work and join him on his emotional rollercoaster ride.







Olivier Marchesin took up his current role as general manager of Exotissimo Travel in October 2008. During the month following his appointment, the financial crisis went global, fighting broke out on the Thai border over Preah Vihear, and Bangkok airport was closed. "The business was successful, I arrived and then the problems started," he laughs. "It's not a good promotion for me."

Despite all these troubles—and you can throw the Red Shirt protests in Thailand, Icelandic volcanoes and Swine Flu into the melting pot—Exotissimo has not only managed to maintain its market share but even expects a possible 35- to 40-percent increase, in terms of bookings, compared to 2009. Why has this travel company prospered while so many others have struggled or even gone to the wall?

Marchesin attributes the company's success at least in part to the way it handled the immediate crisis. "We did well in the Bangkok airport situation," he says. "We even took care

of other companies' clients who were stranded at the time." After that particular crisis was over, Exotissimo decided to review its overall strategy for seeking out new business.

Instead of cutting back, the company maintained its staffing level, and focused on improving the quality of service by sending its sales people off to develop new markets. As a result, Exotissimo managed to steadily grow its turnover and customer base in Thailand, Myanmar and Vietnam in 2009, although there was a small dip in Cambodia. Since August 2010, Marchesin has seen a real pick-up, especially with regards to the number of Asian tourists. "We are in the right segment of the market today," he says, referring to Exotissimo's position as a niche travel agency. "People want to experience new things. We are constantly creating new products, coming up with new ideas."

As examples, he cites incentive trips that include gala dinners at Beng Mealea where people dress up as Indiana Jones and Laura

Croft, and back-to-nature stays in tents along Ream Beach. The company also plans to put up tents in a pagoda near Siem Reap so that travellers can experience life with monks, meet local farmers and even have cookery classes in local villages.

This is far removed from the traditional 2.5-day stay where tourists cram in the temples of Angkor, a plate of amok and an Apsara dance show before heading for the beaches of Thailand or Vietnam. And herein lies precisely the difficulty faced by the country's tourism industry. To both tourists and tour operators Cambodia is still seen as an extension to a holiday in one of the neighbouring countries. Two days of culture in Angkor are followed by a few days on the beach–but not inside Cambodia.

"If you want to keep people longer in Cambodia, you need the coast," says Marchesin. "If you want repeat visitors, you need the coast. If you want families with kids, you need the coast."

With pristine beaches, protected forests, a charming people, untested cuisine and a raw edge, Cambodia has a lot to attract both independent and group travellers

Off to the Beach

There seems to be general consensus, at least among those interviewed for this article, that Cambodia's status as a tourist destination in its own right, rather than as an appendix to neighbouring countries, depends on the development of its under-utilised coastline. The current debate is as to what shape this development should take.

Didier Lamoot is clear on the subject. "Ream is Phuket, Sihanoukville is Pattaya," says the area general manager of the Accor hotel group in Cambodia. Lamoot sees a clear comparison with Thailand, where coastal development has been zoned to appeal to different segments of the tourist market.

In addition to next month's launch of the Sofitel Phnom Penh Phokeethra, the first five-star hotel to open in the capital for years, Accor has further expansion plans in the south of the country. The French chain is due to open a MGallery Resort in Ream in 2013 on an 11-hectare plot of land close to the national park. The first part in a phased development by Ream Resort Development, this is just one of many concessions granted to developers around Ream, and on the many islands off Sihanoukville.

The attraction is understandable.

"Ream starts from zero," says Dimitri Bouvet, general manager of Ream Resort Development, as he shows photographs of a pristine 800-metre beach and mature forest. Disagreeing with those who fear that such development might endanger the natural environment, Bouvet claims instead that, "tourism will help preserve the national park". In his opinion, the resort will provide a vital source of income for local micro-enterprises by creating activities such as treks and fishing trips for the resort's guests.

The proposed development of the nearby island of Koh Sramaoch is another potential example of tourism working in harmony with nature. "The development plan preserves 80 percent of the island," says Bouvet. A canopy walkway above the forest makes preservation a powerful marketing point to lure prospective tourists. People won't come to see trees if you chop them all down.

MGallery is not the only top-end resort due to open in the south of the country. Late next year, the 33-room Song Saa Resort will open on Koh Rung Island, and the bridge linking Koh Puos (or Morakot Island) to the mainland near Sihanoukville should be completed in June 2011, according to the website of the investment group behind the island's development. The group's master plan includes the building of four luxury hotels as well as luxury apartments.

In the past, coastal development has suffered from a Catch-22 scenario. You build the infrastructure once the tourists start rolling in, but tourists can only come once the infrastructure is built. But with talk of flights from Siem Reap to Sihanoukville recommencing in January and resorts taking up to three years to construct,

it appears that some developers are following Bouvet's example and taking a leap of faith.

Bouvet believes the most sensible approach is for both infrastructure and resorts to develop together. Starting with what he considers a modest development of 11 villas and a 54-room hotel, the resort will target expats, as well as wealthy Khmers and Chinese, with start-up room rates as low as US\$130. As regular flights to Sihanoukville Airport bring travellers in from Siem Reap and further afield, the resort can develop further.

The opening of the airport to international flights could well prove the green light for mass development of the islands off Sihanoukville, with many concessions having already been granted by the government. "We are waiting for the planes," explains Bouvet.

Greater Flexibility

Not all agree with this approach.

Alexis de Suremain, owner of a chain of boutique hotels in Phnom Penh, believes that a more inclusive approach should be applied to the way the coast is developed.

"Everywhere in the world you have the guys selling a pizza alongside the Hilton," he says. "In Cambodia there is not a single island owner who would allow a concession to sell ice cream along a beach. They'd just start laughing at you."

De Suremain believes that traditionally "small operations test the destination" before the main operators move in. This has not happened in Cambodia, where those



Beyond Angkor Wat, we should promote the cuisine, the culture and the people

with land concessions are all seeking partners for a major development. "They want the Four Seasons," he says.

Although this may have held back the development of independent travel to the coast, de Suremain admits it could also have proved a blessing in disguise. "The coastline has not been destroyed, opportunities are still available now," he says, before adding that, "the authorities should let go a little bit and allow controlled development."

Cambodia's Edge

Perversely, the lack of development of Cambodia's tourism industry is its greatest attraction.

Nathan Horton acts as a photography tour guide. He believes that the last few years have seen a sea change in people's attitudes toward their holiday expectations. For those looking for a unique experience, Cambodia still has a real "edge" to it.

"Globalisation has brought with it a sense of sameness," he says. "Here, people feel they are experiencing something different. The anarchy of Cambodia really appeals to people, whether they acknowledge it or not."

While Horton's tours include guidance on how to use a camera to best effect, he also encourages customers to engage with the environment before taking photographs. For him, the camera's lens is a means of becoming more involved

with the Cambodian people, rather than a barrier that prevents interaction. "You can't take a photograph without engaging people on my tour," he says.

Receiving more than 15,000 hits a month on his website, Horton often has numerous communications with his customers before they even enter the country. "The big obstacle is persuading people that they should see more of Cambodia than Angkor," he says. "They come thinking that there is only Angkor and they leave wishing that they saw more of the villages."

He is increasingly attracting more repeat visitors, namely those who only came to see Angkor, but are "charmed by the people" and return to experience more of the country. Like Marchesin, de Suremain and Lamoot, Horton thinks that Cambodia needs a network of international quality hotels in remote areas so that travellers can experience more of the country. Places like Terres Rouges Lodge in Ban Lung and La Villa in Battambang are the exception rather than the rule. By way of example, Horton says that there is no hotel in Pailin where he would feel comfortable putting up his customers.

Green Leaves

If the country is lacking a network of boutique or luxury hotels, could eco-lodges provide an alternative solution for opening up the country?

Janet Newman, owner of Rainbow Lodge, one of the country's first ecolodges, believes that ecotourism globally has become mainstream. She lists "backpackers, flashpackers, professionals, families, expats and retirees from all over the world", as her client base. Cambodia has more to offer ecotourists than many other countries, according to her.

"I think the greatest advantage Cambodia has in terms of ecotourism is the variety of habitats and areas of interest it has in such a small country," she says. "What other country can boast magnificent and still undiscovered temples, pristine beaches and islands, largely untouched areas of rainforest, rivers and mountains, indigenous tribes and prehistoric wildlife, and all within a few hours of each other?"

Newman recently attended a workshop in Koh Kong aimed at establishing community-based ecotourism sites in the area. The general consensus was to develop homestays, from which trips could be arranged to explore the surrounding countryside. It represents a good way of ensuring that the local people profit from the advent of tourism and provides them with a vested interest in preserving the environment.

The community-based project at Chi Pat established by Wildlife Alliance is a good example of how this can work successfully,





according to Newman. "More tourists are visiting and the community is doing well in terms of extra income and jobs," she says.

Praising the example set by Stay Another Day, a publication by the German Development Agency GTZ aimed at promoting responsible tourism in Cambodia, Newman believes that the next step is to develop a national ecotourism network.

"The network of eco-lodges around the country would really bring together some great places for people to visit," she says. "I regularly am asked for recommendations in other parts of the country and have recently put up maps and boards in my bar at Rainbow Lodge highlighting projects such as Chi Pat, the elephant project in Mondulkiri and even more obscure eco-ventures like Koh Pdao. This has been getting great attention."

Open Skies

But it is not just ecotourism that needs a more integrated approach. The recent history of Cambodia's tourism industry has lessons for the future. The unbridled development of hotels along the road from the airport in Siem Reap towards the main town has left a chain of half-built and unfilled buildings. Given the current level of flights into the country's number one tourist town, it is simply not possible to fill

all the available rooms, even at the peak of high season, according to Luu Meng, the president of the Cambodian Hotel Association. This kind of unregulated approach to the development of Sihanoukville's islands could lead to a massive oversupply of rooms compared to demand.

Meng is realistic about the state of tourism in the country. "The trees now have green leaves, before it was just a dry tree," he says, remaining upbeat about the future. To him, the forthcoming Leonard Cohen concert at the Olympic Stadium and the Asean Tourism Forum in January are positive signs that the country is attracting the attention of the international community. While praising the efforts of the Ministry of Tourism, Meng believes that that a greater emphasis should be placed on opening more flight routes to Cambodia from within the region. He sees no reason why there should not be direct flights from Bali to Siem Reap or from Jakarta to Phnom Penh for instance.

Although he agrees with the importance of developing the coastline, Meng believes that the country's "unique and charming people" provide its distinct advantage. Having represented Cambodia in food festivals in South Korea, Brunei and Vietnam, as well as cooked with master chef Gordon Ramsay during the famous Scotsman's recent visit

to the country, Meng says that there was a "good response" from the international community to the country's cuisine. "Beyond Angkor Wat, we should promote the cuisine, the culture and the people," he says.

Final Lift-Off

Cambodia is a country waiting for the promised tourism explosion to finally lift off. With pristine beaches, protected forests, a charming people, untested cuisine and a raw edge, Cambodia has a lot to attract both independent and group travellers. What the country lacks are the flights to bring tourists here, and quality rooms to accommodate them once they arrive.

Red shirts, global recession and virulent flu strains permitting, Cambodia's tourism industry might just be set to enter a period of massive expansion. If this happens, the government has a tricky balancing act to perform. On the one hand it needs to help develop tourism through granting concessions and providing the necessary infrastructure, while on the other it must preserve the charm of Cambodia that makes this country unique. This is no easy task.

Referring to the country's current tourism campaign, Newman sums it up well, "unless we protect the 'Wonder' that is the people, environment and wildlife, there is no 'Kingdom of Wonder."

THE MACHIERUENT SEVEN

Boutique hotels are all the rage, offering oases of calm away from the city bustle. **AsiaLIFE** picked its favourite new and improved chill out spots in the Kingdom.

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BAMBU HOTEL



As Battambang rises on the tourist radar, the demand for upscale accommodation is being met by Bambu Hotel, open since September. Ideal lodging for those seeking comfort and quality, the boutique hotel is run by warm staff eager to make guests feel right at home.

With a total of 16 rooms,
Bambu offers suite, deluxe superior, and deluxe rooms priced at
U\$\$60, U\$\$80, and U\$\$90. The
chic yet unpretentious design
incorporates multicoloured
colonial-style tiles and a mix of
contemporary and Khmer fur-

nishings. Weary travellers seeking to unwind can enjoy wireless internet, flat screen televisions, and iPod docking stations installed in every room.

Respecting eco-principles, the hotel operates mostly from a solar power energy source, and the pool is filled with chemical-free saltwater. A draw in itself, the Russey Restaurant caters to guests and non-guests alike with high-standard Cambodian and western cuisine. Basic dishes start from US\$4, ranging up to US\$15 for imported Australian steak, chips, and salad. Foodies

are even invited to accompany cooks on their daily market visits, providing they rise early enough.

Walking distance from the town centre, Bambu is well situated for exploring, but so pleasant that you'll also be perfectly content staying in to recharge your batteries.

Bambu Hotel, Phum Romchek 5, KO Street, Battambang, Tel: 053 953 900, www. bambuhotel.com



Phnom Penh's newest boutique hotel promises to deliver stylish exclusivity only a short walk away from the capital's main action. Housed in a renovated early 1960s Khmer New Architecture villa, the establishment has only eight rooms, making it ideal for those looking for that comfortable home-away-from-home feel.

Combining a retro design vibe with both modern and traditional touches, all rooms (from U\$\$40) come with A/C, flat screen TV and DVD player, iPod docking, mini-bar and writing desk. The suite (U\$\$90) is perfect for families with young children. Despite the inner city location, trees and plants add a touch of nature. An old tree overhangs the 11m pool, and the adjacent bar serves drinks and bar snacks.

With a menu featuring western, Khmer, and Pakistani dishes, a first floor balcony restaurant is set to open in December, once the hotel is in full swing.

Circa 51, 155 Street 51, Phnom Penh, Tel: 012 585 714. www.circa51.com



FRANGIPANI VILLA HOTEL



Minimalist and modern, the latest arrival on Siem Reap's boutique hotel scene is a cut above many of its competitors. Exuding the same air of simple, elegance as its sister hotels in Phnom Penh, Frangipani Villa Hotel offers a classy respite from the bustle of Angkor.

The stylish front garden gives way to a white, colonial-style building with a grand columned portico. Large windows further the sense of space, while the classic backyard pool, surrounded by green plants and wooden decking, is distinctly art deco.

Set over three floors, the 51 rooms start at US\$40 for deluxe rooms, going up to US\$50 for a superior room with pool view. Despite the minimalist decor, all rooms have the amenities expected of a boutique hotel: WiFi, complimentary laundry service, TV, minibar, tea and coffee making facilities, a safe, and writing desk. Complimentary breakfast is served in the attractive ground floor restaurant, which also serves a mix of western and Khmer dishes, seating up to 60 diners.

Make sure to make use of the hotel's bicycles, which guests are free to borrow for roaming around the city.

Frangipani Villa Hotel, 0603 Street Wat Bo, Siem Reap. Tel: 067 999 930 www.frangipanihotel.com

NATAYA CORAL BAY RESORT



A private beach stretching kilometres, a 300m pier, only eight bungalows—can you ask for more? Since opening around a year ago, Nataya Coral Bay Resort has become the perfect romantic hideaway, and increasingly the venue for beachside weddings.

Accommodation consists of beachfront, roundhouse bungalows divided into two double rooms (US\$100/night) with open-air showers. Inter-connecting doors between the rooms make the bungalows family friendly, while kids are further taken care of with swings and rides dotted about the landscaped gardens.

The 25m infinity pool, located right on the beach, ranks amongst the most fantastic pools in the Kingdom. Drinks are served from a bar right in the pool, while the view of the sea really does make the water seem endless. An oyster bar serves local, fresh catch, and the South Asian fare cooked by the resident Pakistani chef is a rare treat. A driving range is on its way, as is a second pool, according to the owners.

Located some 16km from Kampot along the road towards Sihanoukville, Nataya is the place to go for a good dose of exclusivity and class.

Nataya Coral Bay Resort, Kampot, Tel: 033 690 2011 www.natayaresort.com

SAMBOR VILLAGE

There may little else to Kampong Thom, but at least the provincial capital's only boutique hotel, offers weary urbanites some well-deserved relaxation a stone's throw away from the Angkorian temple site of Sambor Prei Kuk.

Combining traditional Cambodian style with modern finesse, Sambor Village's 19 rooms (from US\$50) are spacious and comfortable. The 52sqm suite (US\$85), complete with king sized bed, bathroom with large bath, a living room, flat screen TV, and a terrace, leaves little more to desire. The well-sized pool, hidden in a fragrant garden, is the perfect setting for a relaxing tan away from the crowds, or a cool dip after riding around surrounding villages on one of the hotel's complimentary bikes.

Unless you have your own transportation, a tuk tuk (US\$25) or a car (US\$35) can take you on a day trip to Sambor Prei Kuk, returning you to the hotel for a meal made from local ingredients on the terrace restaurant overlooking the Stung Seng River.

Sambor Village, Democrat Street, Kampong Thom, Tel: 017 924 612. www.samborvillage.com



PAGODA ROCKS

Sihanoukville may be best known as backpacker central, but the opening of Pagoda Rocks marks the Kingdom's beach resort city's first hesitant steps towards becoming a more upscale destination. The "boutique guesthouse" is located on a hill overlooking Victory Beach and offers complete disconnect from the regular 'Snooky' experience.

Nine well-appointed bungalows (from US\$50), each with its private balcony facing the sea, offer luxurious seclusion, while the panoramic coastal views from the 30m infinity pool leaves you with little desire to trek down to the beach.

Eating at Pagoda Rocks is a joy. With a helping hand from Phnom Penh's Pacharan tapas bar, the restaurant on the premises boasts a varied menu featuring lunch-time sandwiches (US\$4) made with fresh home-made bread, as well as Mediterranean mains such as paella (from US\$9 for two), grilled fish steak (US\$6), and stuffed squid (US\$5.50). The swanky cocktails are ideal at sunset, while its remote location makes midnight stargazing worth staving up for.

Pagoda Rocks, Sihanoukville, Tel: 077 524 275. www.pagodarocks.com



VERANDA NATURAL RESORT



Located in the foothills of Kep National Park, Veranda has been around for a while, but with constant improvements it remains one of the top spots for a weekend away. The latest addition is the lagoon-like pool. Lounge on the sun chairs, grab a drink at the poolside bar, or simply laze in the water for an ultimate chill-out day.

Accommodation at Veranda ranges from standard bungalows with private balconies (from US\$35), to the partly open-air hillside bungalow (from US\$70), to the stone vacation villa that can be rented either as a whole or in parts. With breathtaking views of Bokor Mountain and the Gulf of Thailand, the resort's restaurant is also worth trying out. The bakery, full of mouth-watering goodies, should not be missed.

Though it would be easy to while away several days at Veranda, popping out for the jungle trek around the mountain makes for a nice diversion. Starting just outside the resort, the two-to three-hour trek offers panoramic views of the area, and if you head off early enough you can even spot some wildlife.

Veranda Natural Resort, Kep, Tel: 012 888 619. www.veranda-resort.com

Bye Bye Backpacker

Bangkok has Kao San Road, Ho Chi Minh has Pham Ngu Lao, while Phnom Penh used to have Lakeside. As the iconic lake is filled in, where will the backpackers go? Words by Nora Lindstrom. Photo by Conor Wall.

A 2006 feature on budget accommodation in Phnom Penh starts off by listing guesthouses at Boeung Kak Lake. Published on travelfish.org, it notes a couple of downsides—filth, dodgy characters, basic rooms—but concludes that: "if you want a cheap room, a lake view, and many fellow travellers to share stories with, Boeng Kak Lake is a fine option."

Not so anymore. What used to be the lake is now a half-filled beach, and as the pumping of sand continues guesthouses are bidding the area farewell. The once thriving travellers' hot spot complete with sunsets over the lake will soon be but a memory.

"We used to be full every day, but now people don't come here," says Srei Nich, a member of staff at a family-run guesthouse on the lake. Though the guesthouse she works at is still open, many of her neighbours have already gone.

"Today, two guesthouses started to be torn down," says Tong Than Sreng, owner of Oh My Buddha!, formerly a popular restaurant. Although he says he is yet to be approached about leaving the area, the ongoing pumping of sand into the lake, and the resulting flooding in the area, has scared his customers away. "There are zero backpackers," he says.

"Some old backpackers come out of solidarity, but that's it. It's very quiet."

Resigned to leaving the area, Sreng is weighing his future options.

"The compensation offered is not enough, so it would be very difficult to open somewhere else in the city," he says. An affordable option could be the Chroy Changvar Peninsula, across the Japanese Bridge.

"I'm trying to talk to others here," says Sreng. "I think Chroy Changvar could be the new backpacker area. We could all move there together and it would be good for backpackers who like to chill-out by the river." Achieving unity among those facing eviction could prove difficult. In fighting for the best possible compensation proprietors put themselves first, while renters have no choice but to find new premises.

The Lazy Gecko is one of the establishments that have already left. Popular amongst both expats and travellers, the restaurant shut its Lakeside doors at the end of September. "In the last month, things went really bad," says Ash Eason, one of the owners. "Businesswise it was not smart to stay there anymore."

Together with his partner Barb Braniff, he decided to continue the business, and the couple found new premises on Street 258, close to the well-known Okay Guesthouse and 3Rivers Bar. The Lazy Gecko is expanding from a bar-cumrestaurant into a guesthouse, in the hope that the short strip between Sisowath

Quay and Sothearos Boulevard will be the new backpacker haunt.

Yet the days of cheap, and not always cheerful, US\$2 rooms are gone.

"I think the numbers of backpackers are down generally," says Eason, listing events in Thailand, the spat over Preah Vihear, and the effects of Iceland's volcano as causes. "But I also think travellers are looking for nicer things. Phnom Penh is changing as a destination."

The rooms at the new Lazy Gecko start at US\$5 per night going up to US\$15. The more expensive rooms feature en-suite bathrooms with hot water, air-conditioners, and even flat screen TVs-amenities unheard of at Lakeside.

Street 258 is not the only potential new budget traveller centre. The area south of Orussey Market, with some of the capital's oldest guesthouses, has been a haunt of seasoned budget travellers seeking basic beds for a couple of dollars over the years. Now more upscale, yet still low-cost, guesthouses are also starting to spring up. Starting from US\$7 per night, travellers can score en-suite rooms with A/C, and sometimes even WiFi in the lobby.

As one dollar rooms disappear, the alternatives for the flashpacker set are increasing. The busy Golden Mile on Street 278 is home to several reasonable hotels and guesthouses in the US\$20 range, as is he Riverside.

Both areas may lack the quintessential laid-back backpacker feel, but more affluent flashpackers are Phnom Penh's new budget travellers. Bringing in more money and looking for higher quality accommodation, they suit the city's rapid gentrification. Accommodation for those travelling on a shoestring will still exist, but the demise of Lakeside may well mean the disappearance of a distinct backpacker area in the capital.





Helping

See Angkor Wat? Check. Ride a cyclo? Check. Participate in a service project? With 'voluntourism,' travelling in Cambodia takes a different route. Words by **Mai Lynn Miller Nguyen**. Photo by **James Grant**.

Voluntourism, responsible tourism, volunteer vacationing; call it what you will, the merger of travel and volunteerism is taking off all over the world. With various projects and companies offering opportunities for visitors to do more than see the sights, Cambodia is no exception.

For some, it's a matter of responsibility. Rather than treating Cambodia as a tourist's playground, conscientious travellers hope to contribute to the country—though it doesn't always work out that way.

"Volunteering is a double-edged sword. There is the potential to do good, as well as things that are not so good," says Michael Horton, chairman and founder of ConCERT (Connecting Communities, Environment, and Responsible Tourism), a Siem Reap-based non-profit organisation which liaises tourists wanting to volunteer with well established organisations requesting support services.

Volunteers should research any possible project and ask thorough questions on the value of their involvement, advises Horton. How could it help? Who would it help? Will it help?

"The problem with some projects are that the volunteering activities and opportunities can be driven by the voluntourism companies, which are profit-making," he explains. "Certain activities are easier to organise. That's my fear with voluntourism, activities are skewed towards the needs of the volunteer and the company, rather than those who are in need of help."

Building Foundations

One of the main debates surrounding short-term volunteering concerns whether projects might disempower local communities, either by undercutting employment or by building dependency.

Habitat for Humanity views volunteers as a supplement to the work of locals, not a replacement. A non-profit Christian organisation running housing projects around the world, Habitat has been operating in Cambodia since 2002. It has around 27 volunteer teams this year in four different worksites. Though the volunteers provide labour, they are not the primary workforce.

"On every house that we build, every well that we dig, every toilet that we install, we are using local skilled construction workers, whether there are volunteers or not," says Melissa Cronin, resource development and communication manager for

on Holiday?

Habitat. "The programmes are enhanced by volunteers, but they don't depend on them."

Horton agrees with this approach. "Volunteers shouldn't be doing the work of Cambodians. People shouldn't be doing volunteering that Cambodians could get paid to do," he says. "We should all be trying to help Cambodia, help make Cambodia stronger, not more reliant upon our help."

He advises volunteers share skills that may not be available in the local communities. Whereas certain activities might seem more appealing to volunteers, the focus should be on matching skills with needs in a sustainable way.

"For example, a primary school teacher might come in looking to volunteer to teach children," he says. "Why don't you go and teach the teachers who are already here, be a teacher trainer, and then when you go back you really leave something behind?"

Respecting Safety

One of the most appealing options for many travellers is working with children, particularly through short visits to orphanages. Inevitably this contains the risk of exposing children to a succession of foreign volunteers, earning their trust and putting them at risk.

With an emphasis on anti-trafficking, Riverkids Foundation runs community centres offering education and social services for children and youths in Phnom Penh. Executive director, Phy Somphon, assures that volunteers are screened through the organisation's home office in Singapore. Orientation involves discussion of the organisation's child protection policy. While working, volunteers are under the supervision of permanent staff members.

International volunteers are generally supplied through volunteer travel companies like Project Abroad, for a minimum duration of three weeks, though Phy prefers a longer commitment. During their time with Riverkids, international volunteers teach English and computer skills, as well as providing general assistance as needed.

Phy sees international volunteers as a vital means of strengthening and advancing the organisation's efforts.

"Doing social work in the community is a very hard job," he says. "If we work only with our own local people, maybe one day we fall down. But when we have different volunteers, not only do they support the children, but they also encourage local staff. They motivate us to continue in our mission."

Lasting Impact?

Though short-term volunteers can make a positive contribution, what happens when the trip is over? Rather than measuring impact by tangible markers—such as how many houses are built—organisations such as Habitat for Humanity see volunteer efforts as part of a greater picture.

"Having international volunteers in Cambodia not only provides free labour for families to have their house built, it also provides a cross-cultural exchange," says Cronin.
"The relationship with the families doesn't end after a week. They may not physically be in Cambodia, but the relationship goes on."

Cronin and Prom Kunleakhena, Habitat's volunteer programme manager, cite several examples of volunteers who maintained contact with their families after returning home, sometimes fundraising upon return to provide further support.

"Many international volunteers experience a life change, they change their perspective," says Prom. "A lot of volunteers come back to Cambodia, they bring their family, their friends to see how people live here."

Raising awareness about Cambodia is key to the mission of PEPY ('Protect the Earth, Protect Yourself'), an international nongovernmental organisation and edu-travel tour operator established in Siem Reap.

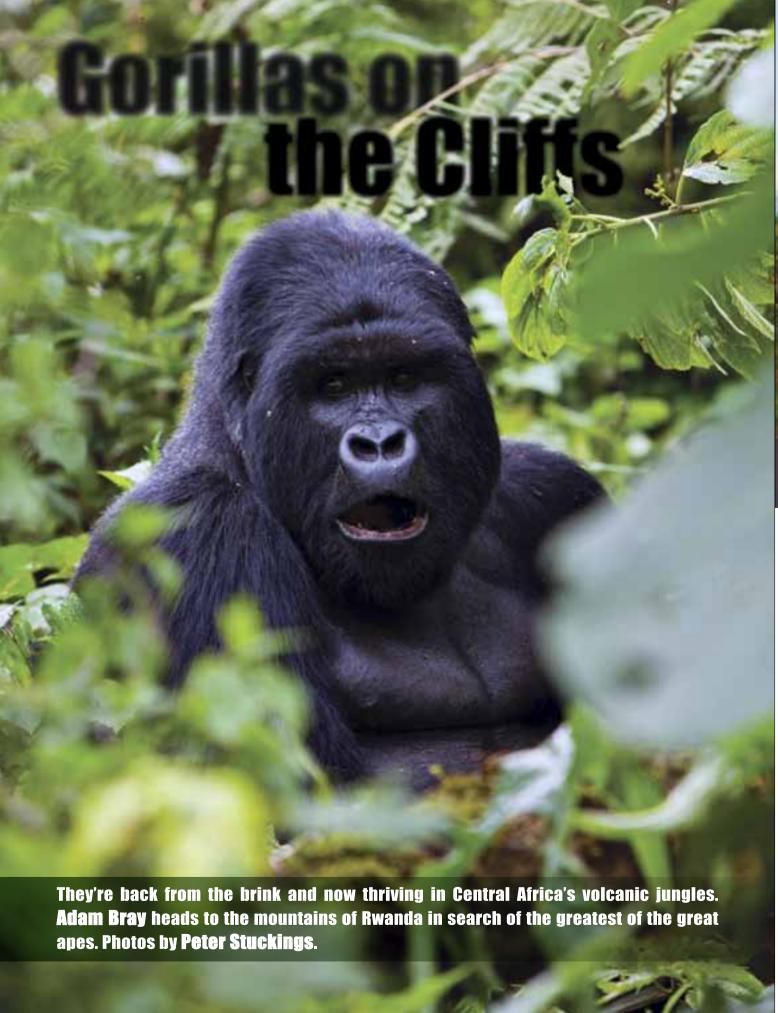
"Our goals are to offer travellers a chance to learn from the people and programmes their funding supports, and to inspire these travellers to realise their own potential to create positive change," says Eric Lewis, chief tour master, who leads travellers on trips throughout Cambodia.

Having originally adopted a service-based 'voluntourism' model, where volunteers helped out on projects, the organisation has shifted towards educating participants.

"PEPY now realises that the way travellers can contribute most when travelling is to learn, as we have to learn before we can help," says Lewis. "By getting informed about injustices, by getting passionate about the cases and ideas encountered on our trips, participants are fuelled with the ability to go out and do the 'helping' once they leave."

Whether they learn about responsible giving, sustainable travel, or issues facing development programmes around the world, though voluntourists might seek to create change inside Cambodia, they may well end up finding out that the biggest worksite lies within.







My group arrived early in the morning at the Virungas National Park Headquarters, nestled at the foot of Mt. Visoke, a dormant volcano. The peaks were shaped like colossal tree trunks; their steep, black ridges sweeping down into the valley like roots. Morning fog pulsed through the hanging valleys above, at once cooling and drenching the rainforests perched on their slopes. Though chilled by the morning air, the excitement of today's impending trek motivated me to ignore any discomfort. We were here to meet one of the great emissaries of Africa and a veritable mascot of Rwanda—the Mountain Gorillas.

Grouping Tourists, Journalists and Gorillas

All five members of my group were travel writers from the US. Additionally, a British journalist from The Guardian accompanied us, along with her friend, a British actress whose name I can't remember. The anticipation of encountering wild gorillas was too much to be bothered with celebrities.

The elevation of the Virungas ("Volcanoes" in Kinyarwanda, the native Rwandan language) is between 2,500 and 3,000m above sea level (most of Rwanda is above 1,500m), ensuring that we would be huffing and puffing our way up the mountain. I took no small comfort in the fact that three of my teammates were also overweight. I didn't want to be the only one struggling up the incline—and certainly not the one at the back of the line—at least not all of the time.

We weren't the only group heading out. There were halfa-dozen teams—some tourists,

others exchange students, and a smattering of dignitaries here for the annual Baby Mountain Gorilla Naming Ceremony, known as Kwita Izina, which I attended the day before. Teams were limited to eight individuals, with one team per each of the seven gorilla groups. A maximum of 56 visitors hike in the park on any given day. "Visitor numbers are kept low to both reduce the stress on the gorillas and limit their negative ecological impact," our guide told us. After a brief orientation

during which we were given a list of rules and tips (not least of which was how not to piss off the 180kg silverback), we clambered into jeeps and each group drove off to a separate area of the park. Each team would trek out to see a different gorilla group, predetermined by trackers earlier that morning.

Typically, a gorilla family group consists of one adult male (the silverback), several adult females, and offspring ranging from infants, to juveniles, to young adult males (known as blackbacks). Only seven among the many wild gorilla groups roaming the mountains are acclimated to prolonged human presence.

Our group was named Hirwa or "Luck" in Kinyarwanda and consisted of nine individuals. The large silverback's name was Munyinya.

Ascending the Volcano

From the park headquarters our jeep ploughed through a muddy track of cropland. The Virungas are surrounded by private farms, a significant source of conflict as they encroach on the park. The jeep was soon stuck in a deep rut. We climbed out and pushed. Amber-coloured mud flew every-

I imagined what it was like for Dian Fossey, walking through these same forests when she first arrived in the Virungas

where as the tyres spun, covering one of the women in the group from head to toe. The driver flashed a few dollars and farm hands came running to help.

Back in the car, we drove a few more metres and were once again stuck in the mire. We stopped and started a few times before we gave up, abandoned the car to our driver and hoofed it up to the park boundary, a thigh-high stone wall at the top of the hill. I was exhausted before we even started the official hike.

Silverbacks determine where their groups wander in search of food, which means they roam throughout the park. Thus some teams may not have to walk very brought a momentary shower of rain from above. Every brush of the bamboo also left blackish-green algae stains on my clothing.

The Gorilla's Patron Saint

I imagined what it was like for Dian Fossey, walking through these same forests when she first arrived in the Virungas and founded the Karisoke Research Centre in 1967. It is due to her own groundbreaking research, in turn built upon that of the immanent field biologist Goerge B Schaller, that the world first learned about the unique mountain Gorillas and

Much like the Hirwa group perched itself on the edge of the gorge, so too the mountain gorillas have clung onto existence despite remarkable odds against their survival

far to find their gorillas. In fact, any given group might not even be in the park—they may very well be trespassing in the farmlands below. Then again, other groups might be high up on the mountain slopes—a six-hour hike each way. Even more inconvenient, a few groups regularly cross over into Uganda or the Democratic Republic of Congo, as they, unlike the tourists trekking after them, have visa exemptions. Our guides assured us that the Hirwa group was just two hours into the jungle.

We passed into a dark bamboo forest. The air was still and silent—super-saturated with moisture. I was drenched in minutes. We squeezed through the bamboo bunches, climbing over and under leaning stalks. Every accidental tap of a stalk

their dire struggle to survive the onslaught of poachers, habitat destruction and civil war.

Oddly enough, Fossey, the titular patron saint of mountain gorillas, was against exploiting the gorillas for ecotourism. Like other apes, mountain gorillas are susceptible to many of the diseases that humans carry, but generally lack our natural immunities. Fossey reported several cases where tourists transmitted diseases leading to the deaths of gorillas. She also believed that tourists interfered with the gorillas' natural behaviour, as well as her own research.

As a result of habituation, gorillas are not afraid of raiding crops. Thus they come into direct conflict with farmers. They also do not fear poachers or the many refugees and soldiers that invaded the park during the DRC's long and bloody civil war. Certainly Fossey had some valid arguments.

Nearly two decades after founding Karisoke, Fossey was found murdered in her cabin on Dec. 27, 1985. Her murderer was never found. Some suggest she was killed by poachers, but others speculate that those responsible were in fact the very people who stood to gain from exploiting the gorillas for tourism. Fossey is buried at Karisoke, among her gorilla friends, who died at the hands of poachers.

The last entry in her diary read: "When you realize the value of all life, you dwell less on what is past and concentrate on the preservation of the future."

The Dian Fossey Gorilla Fund International (the only one of several organisations using Fossey's name that was established and authorised by her) spearheads most of the gorilla research and active conservation in the park today.

An Hour in Eden

We climbed a bank into warm rays of sunlight. The bamboo forest lav behind us like a green, vertical game of pick-up-sticks. Before us was a tangle of vines, tree ferns and giant Hagenia trees matted in soft moss and narrow leaf ferns, the latter a favourite food of mountain gorillas. Our guides told us that the trackers had located the Hirwa group nearby. We would leave our packs and walking sticks here, and climb down a ravine to meet them for their morning feeding session.

I looked across the chasm. Our goal was not to reach the bottom of the gorge, but rather climb down only a short way and then work our way horizontally across the ledges, where the gorillas were perched. There were no trees on the ridge,

which was matted dense with vines. The incline was steep and there was no cleared path. We descended by hanging onto vegetation—something that I never expected myself to be doing, nor knew I was even physically capable of. It was a bit like climbing over an enormous pile of brush; my feet constantly slipping through the tangle, but never meeting the rocky surface below. As I grabbed a handful of stinging nettles in one hand and brushed a line of biting ants with the other, I grimaced and wished someone had suggested bringing gloves.

Suddenly there was a rush of whispers and rustling for cameras. Ahead of us a kneehigh, black ball of hair sat watching us. Much like a human child might, the juvenile gorilla heard our approach in the bushes, and driven by curiosity, ran out to meet us. We passed within inches of his glossy brown, zircon-gemstone eyes and wrinkled nose as we climbed further in to meet the rest of his family.

There was a pungent smell like human body odour—a musky, oily scent that comes from not bathing. It was the gorillas, and not least the silverback. Black bodies began appearing amidst the tangled sea of ferns. Babies tumbled through the brush in play, glancing back at us as if hoping to instigate a reaction on our part. The mothers paid us little notice, sometimes passing within a few feet. Their focus was on feeding.

"No flash photography!" Our guide gasped. A startled and dizzy baby scuttled back to its mother as a colleague, redfaced, reset his camera.

Unlike the others, the eyes of Munyinya, the Hirwa silverback, were forever on us. He reclined in a nest of ferns, propped up on one elbow, like a great sultan watching over his

harem. He made no aggressive moves. Occasionally he uttered friendly groans in response to the ones that our trackers taught us to make. Only once did he puff and snort, but did not move, when one of his babies tumbled too close to us.

"His lower right canine is broken," our guide pointed as Munyinya yawned. "He lost the tip in a fight. Mountain gorillas are very peaceful, gentle animals, but sometimes males must defend their group." I made a note not to get too close.

Climbing Up From the Cliff

Park rules stipulated that we remained with the group only for one hour, so as not to disrupt the gorillas' daily itinerary of feeding and napping, or cause them anxiety over the safety of their offspring. We withdrew from our communion with the gorillas reluctantly. My experience with them left me thirsting for more.

Much like the Hirwa group perches itself on the edge of the gorge, so too the mountain gorillas have clung onto existence despite remarkable odds against their survival. Bloody wars, poachers and habitat loss have all been significant threats since the time of Dian Fossey and will not cease to be serious hurdles in the near future.

Though not the solution that Fossey herself envisioned, gorilla tourism has proven to be one of the most successful components of gorilla conservation. It provides both the funds needed to manage the national park and income for local families who might otherwise turn to illegal logging or poaching themselves. Once under threat of extinction, the mountain gorillas of Rwanda have climbed above that desperate ledge to a more secure footing, and will continue to receive many visitors for the foreseeable future.



Flights: All flights from Cambodia route through Bangkok. Cheapest options include Ethiopian Airlines and Kenya Airways, and may include stops in Nairobi, Addis Ababa and Entebbe before landing in Kigali, Rwanda. Round-trip flights originating in Cambodia start at around US\$1,300.

Sleeping: Hotel Muhabura www.hotelmuhabura. com, Ave du 5 Juillet, Tel: 0252 546 296. The oldest hotel in town, it was often used by visitors to Karisoke in Fossey's time. Accommodation is comfortable and atmospheric with all the basic amenities, a good bar and restaurant. Rooms are US\$35-US\$45.

Transport: Musanze (formerly known as Ruhengeri) is the closest town to Virungas National Park. Hourly buses depart between Musanze and Kigali, take two hours and cost under US\$3.

Park Entry: Permits for the Virungas National Park cost US\$500 per person and should be reserved well in advance through any regional ORTPN (Office Rwandais Du Tourisme Et Des Parcs Nationaux). The minimum age for gorilla trekking is 15. Jeep transport from Ruhengeri to the park via ORTPN costs US\$80. See www.rwandatourism.com.

Other Sights: Notable attractions near Muhabura include Buhanga Eco-Park, Musanze Cave and Natural Bridge and both Burera and Karago Lakes. Around Rwanda, the other must-see sights are Lake Kivu, Nyungwe National Park (including a wild chimpanzee trek and stay at the luxury Nyungwe Lodge) and the capital city Kigali and its several genocide memorials.



FoodCorner: The Art of Sushi

Adopting a DIY approach to sushi-making, **Nina Lamparski** ends up with sticky rice on her hands, and seeks some advice from the professionals.

The scene was sad, tragic even, forcing me to avert my eyes in shame. There it sat, a miserable, misshaped blob of green, its white gooey insides spilling across the kitchen counter.

"Please stop looking at me like that," I begged. "In fact, stop looking like that full stop."
But my first self-made maki sushi, refused to morph into something edible. "I'm sorry," I muttered as I picked up the soggy remains and marched them towards the bin.

Everything had started out so well. I had bought short grain rice, sushi vinegar, nori papers and a bamboo rolling mat at Akuruhi, a well-stocked Japanese food store on Mao Tse Tung Boulevard. Given my novice chef status and the dubious quality of raw Cambodian fish, I'd decided to prepare a vegetarian filling of avocado, cucumber and egg omelette. After a short trip to Lucky Supermarket, where I also picked up Japanese soy sauce and wasabi, I returned home with bursting shopping bags and confidence. Then things went rapidly downhill, despite my best efforts to follow the website's step-by-step instructions.

- "1. Pour the rice into a bowl, add cold water, squish the rice, drain and repeat until the water runs clear." Check.
- "2. In a thick-bottomed pot, bring three equal parts of rice and water to boil over a medium flame." Got it.

"3. Turn down the heat, cover with a lid and cook for 15 minutes, then turn off the heat and steam for another 15 minutes." Done. I'd also prepared the so-called 'zu' mixture of vinegar, sugar and sake, to be added to the cooked grains once they had been placed in a wooden bowl, salted, dried with a small electric fan-and received a free shoulder massage.

"4. The sushi rice is now ready for rolling." No, it wasn't.

Instead of being fluffy and moist, my sour-tasting concoction had a gooey, sticky texture, which turned rubbery and hard while I struggled to fold, mould and press the maki into shape. I'm convinced I

heard a tiny snigger coming out of the seaweed heap.

Teetering on the edge of extreme frustration, I decided to drown my short-lived culinary career at the bottom of the sake bottle and seek professional help.

A meeting with the owner of funky Japanese eatery Yumi, chef Caspar von Hofmannsthal, confirmed what I had learnt the hard way only days earlier.

"Sushi takes a lot more than cutting a bit of fish and adding rice," he explains. "A sushi chef will spend the first four years of his training just making rice and not even get to touch a fish." This revelation made me feel a little bit better. But why is the Japanese approach so difficult to master?

"There are lots of different factors to be considered," says von Hofmannsthal who spent years exploring Asian cuisine thanks to his Hong Kong-based mother. "You need to cook the rice so that it's starchy enough to stick together and doesn't fall apart. You need to get the sushi vinegar seasoning right and know when to add that mixture to the rice, which can't be too wet or too dry. You need to know how long to let the rice sit afterwards and when it has reached the right temperature. You have to concentrate on one and one thing only, and do it over and over again until vou reach absolute perfection."

As for the fish, von Hofmannsthal said he steers clear of serving raw seafood because it's too hard to find "great quality" in Cambodia. "You just never know how long it's been sitting in a box by the time it receives custom clearance and you don't want to mess around with that," he explains. "There's also the issue of availability, even for dry foods. Some days, the suppliers have what you're looking for, at other times it can take up to two weeks before you find the ingredient you want. You have to adapt the menu to what's available."

For radical sushi purists like Kyoto-born Emiko T. Kimura, depending on local market fluctuations is not an option. The mastermind behind the elegant Origami restaurant imports her fish from Japan.

"I place three to four orders per week and it's not often that I have any leftovers," says the 62-year old chef. "I am very strict about the ingredients that I use, and you cannot find sushi- or sashimigrade fish here."

Kimura's decision to purchase overseas reflects a common worldwide trend: much of the global supply of sushi tuna is shipped or flown around the globe in nitrogendriven freezers as cold as -70°C, according to journalist Sasha Issenberg in his 2007 book The Sushi Economy - Globalization and the Making of a Modern Delicacy.

The good news is that, if transport regulations have been respected, you shouldn't be able to tell the difference between defrosted and freshly caught fish.

So why is sushi so complex to prepare. Kimura gives me a long, pensive stare. "I don't know. Japanese food is very simple and yet I'm always wondering why it is so hard. Some of my Cambodian kitchen staff have been with me for a long time and they still can't get it right."

Without warning, she pushes back her chair, gets up and begins to sway back and forth like a cobra, twisting her hands in hypnotic, fluid motions. "When you make sushi, it's like a dance," she says. "It takes many, many repetitions. I taught myself how to make it four years ago when my husband died and I had no choice but to learn."

Even in this modern age, finding a female sushi chef remains a rarity. Although the number is slowly on the rise in places like the US, Japan continues to be dominated by men wielding the knives. The main reasons for women's slow progress are anchored in traditional beliefs that their hands are too warm to handle raw fish or sushi rice; that their perfume and lotions mess up the food: and that the monthly menstrual cycle interferes with the delicacy of ingredients.

Kimura clearly didn't seem to be bothered by any of this as she stood in front of me performing her nigiri-making ritual. "Other Japanese chefs here in Cambodia have offered to teach me how to cook and then said, 'I have nothing to teach you. Your technique is perfect,'" she explains.

Does that mean that even a novice like myself stands a chance of eventually mastering the art of sushi? There it was again, Kimura's long, pensive stare. "You can learn how to make sushi good enough for at home, no problem," she starts. "But forget it if you want to be a professional chef. That takes talent."

Before my ego crumbled like dry wasabi, I bid the eccentric chef farewell. Until Phnom Penh gets a Japanese cookery school, I'll stick to what I'm good at–eating sushi made by professionals like Kimura.











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



" Le plaisir le plus délicat est de faire celui d'autrui "

The most exquisite pleasure is giving pleasure to others

- Jean de La Bruyère (1645 -1696) -

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





BRINGING THE WORLD TO ANGKOR

ANDREA STAR REESE
THE URBAN CAVE
NEW YORK - CHUCK READS A BOOK
WHILE WAITING FOR HIS COMPANION

The Angkor Photo Festival returns to Siem Reap this month after a year's hiatus. Having established a reputation as an international showcase for photographers from all over the world, the organisers hope this year's festival will be much more than a display of photographic talent.

A series of free photography workshops for young Asian photographers will foster young talent.

"We aim to be a bridge between here and the rest of the world," says Françoise Callier, programme coordinator for the event. "Our goal is to help these young photographers, but also to promote photography within their cultures."

Callier believes that the work of artists mentored through the programme will then become a window into those cultures.

The work of almost 110 photographers will be on display in a series of exhibitions from Nov. 20-27. Seven slideshows will take place at various venues around town each evening.

On the opening night, the FCC Angkor and Yumi Goto will host a special presentation

of Asian Women Photographers working in their own countries. A profession still largely

dominated by men worldwide, for Asian women the difficulties of becoming a photographer are greater still. As well as being financially unstable, parents are often reluctant to allow female members to roam with the kind of abandon that profits a photographer. This exhibition will show the work of women who've broken trends and have stories to tell from their own countries.

In addition to breaking new talent, funds generated by the fes-

tival will support Anjali House, a Siem Reap shelter for disadvantaged children that was founded by the Festival organisers.

Alongside the workshops for emerging young Asian photographers, the children of Anjali House will also receive training in photography through special workshops led by former participants in the Festival workshops.

"There is a real spirit of sharing here," says Callier, referring to this interplay between different elements of the Festival.

Photography is an established part of the programme

The sixth Angkor Photo Festival will run from Nov. 20 – 27 in Siem Reap. Nicky McGavin finds out what is special about this year's festival.



MIYOKO IHARA / SHA-DO COLLECTIVE MISSAO ET ELIKUMARU

at Anjali, which has already seen some success.

One of the students won a national photography prize this year. Another, Sokdam, has exhibited at the exclusive Heritage Suites Hotel. Sokdam's work, examining how his family and neighbours live, will be on show at the Hotel de la Paix, alongside that of an astonishing exhibition by Paolo Patrizi.

The children of Anjali will also be showing the fruits of their festival workshops at a special slideshow at a pagoda in town. With 'New Blood', curator Antoine d'Agata, one of the Festival founders, will present what promises to be a very special exhibition of recent recruits to Magnum, one of the world's premier photo agencies.

The final slideshow at the FCC will be of the work generated during the workshops by the 30 participating young Asian photographers. Coming from 17 countries, the chosen photographers will be tutored by world class photographers from around the world. Amongst the trainees

are two young photographers from Phnom Penh.

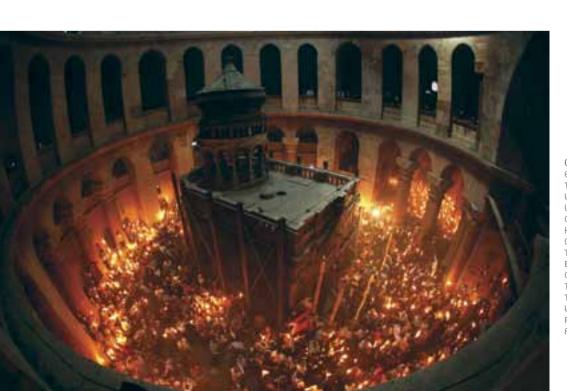
Notwithstanding the internationals dimension of the festival, the focus is still on Asia.

"Photography is very dominated by the West. With so many festivals, it is hard to find African, South American or Asian photographers," says Callier. "But when we show western photographers, it's important that it's so that it can show something to the young photographers in the workshops."

Now in its sixth year, the Festival is growing in confidence

and the benefits for participating photographers are becoming stronger. "It's becoming very important for young photographers to show their work here," says Callier. "Interest is growing."

Angkor Photo Festival, Nov. 20-27, at venues around Siem Reap, including: McDermott Gallery, Hotel de la Paix, Angkor Photo Gallery, Angkor Gallery, Raffles Royal Gardens, Bopha Hotel, Blue Pumpkin, Ankgor Hospital for Children Gallery. All events are free. For more information, visit: www. angkor-photo.com. [7]



GALI TIBBON

ECHOES OF CHRISTIAN JERUSALEM THOUSANDS OF ORTHODOX WORSHIPPERS HOLD UP CANDLES LIT FROM THE 'HOLD FIRE' AS THEY GATHER IN THE CHURCH OF THE HOLD SEPULCHRE DURING THE ORTHODOX EASTER CEREMOND OF THE 'HOLD FIRE'. ON THE DAY THE BASILICA IS DARKENED, AND A CANDLE IS LIT AT CHRIST'S TOMB, THEN ANOTHER AND ANOTHER UNTIL THE ENTIRE CHURCH IS ABLAZE, WITH THE FIRE SYMBOLIZING THE RESURRECTION. LEGEND SAYS THE FIRE DESCENDS FROM HEAVEN.

PAULA BRONSTEIN / GETTY IMAGES

BANGKOK UNREST - MAY 2010 BANGKOK, THAILAND - MAY17: THAI MONKS LEAD A PRAYER WITH RED SHIRT PROTESTERS INSIDE THE RACHPRASONG RED'S ENCAMPMENT AS THE GOVERNMENT DEADLINE PASSES FOR THE REMAINING PROTESTERS TO LEAVE MAY 17, 2010 IN BANGKOK, THAILAND, SO FAR IN CLASHES ATLEAST 260 HAVE BEEN INJURED AND OVER 37 KILLED AS THE MILITARY AND THE GOVERNMENT LAUNCHED AN OPERATION TO DISPERSE ANTI-GOVERNMENT PROTESTERS WHO HAVE CLOSED PARTS OF THE CITY FOR THO MONTHS THERE IS A STATE OF EMERGENCY IN EFFECT THAT SPREADS TO 17 PROVINCES IN THE COUNTRY. THE THAI ARMY DECLARED CERTAIN PROTEST AREAS WHERE CLASHES ARE TAKING PLACE A "LIVE FIRE ZONE".





Living in the city doesn't have to mean living in a concrete jungle. Nora Lindstrom talks to some of the capital's greenest fingers to find out how to create a floral haven in the Penh.

The most straightforward solution to having a nice garden in Cambodia is to hire a gardener. Though that may lead to luscious green and flower filled outdoor spaces, taking the easy way to greenery deprives you the pleasure of watching something grow, nurturing it, and seeing it bloom.

"Plants need watering and food, just like humans," says Michel Marty, general manager of AgroKhmer, an agriculture consultancy firm that provides gardening assistance and landscaping services.

According to Marty, when planning what to grow in a garden or on a balcony, you should take three factors into account: the size of the space; whether it is in the sun or in the shade (and at which hours of the day); and whether the space is covered from the rain or not. Then you can determine what to grow.

Sarunya Lormaneenoapparat agrees.

"You need to know the environment you plan to grow in," says the director of Sala Design Landscape and Architectural Group. "Some plants are easier to grow than others."

Flowers that thrive even on smaller balconies in Cambodia include marigold and cosmos. Bougainvillea is a colourful plant that is easy to maintain as it needs little water, while palms and plants of the ginger family also tend to be easy to satisfy, she adds.

Orchids on the other hand require a great deal of attention, particularly in terms of fertiliser and other chemicals. Still, at around US\$2 for a bulb, they are a lovely addition to any balcony and can be surprisingly hardy.

Jasmine is another popular shrub. Sold at garden centres for a few dollars, it gives off a wonderful aroma especially at evening time when the delicate flowers open. Ensure the plant is placed in

well-drained soil in either full sunlight or partial shade, and water regularly.

Edible plants can also be grown on almost any balcony. Marty lists chilli, radish, parsley and basil as plants that don't require too much space or gardening skill.

"Lemongrass is also good," says Lormaneenoapparat. "You can simply buy a stalk with roots still attached at the market, and replant."

Should you prefer a DIY approach, you can start from scratch with seeds. Orussev Market has a good selection, but some are of low quality, so unless you know what you are doing it can prove difficult to make them sprout.

Fertiliser, seedlings and potted plants are available at garden centres dotted around the city, particularly in northern Toul Kork and Chroy Changvar. "But Takmao is where to go for the big market and nurseries," says Lormaneenoapparat.

Pending language skills, staff at garden centres and nurseries are often knowledgeable about the requirements of different plants in terms of maintenance and placement. Most centres also offer additional services, such as re-potting the plants for you, but beware, the pot often ends up costing several times more than the plant itself.

Lormaneenoapparat encourages even those with small outdoor spaces to give gardening a go.

"Having a garden or plants on a balcony has both physical and psychological benefits," she says. "It looks nice, it provides privacy, and the flowers smell good." By growing herbs or vegetables, you can even add home grown food to your table.

For more information about AgroKhmer and Sala Design, visit: www.agrokhmer.com and www. saladesign-cambodia.com.



Marty's Recipe for DIY Basil

Sow 10 seeds on the surface of a small pot that has good drainage.

Cover with rice straw and water

Leave to germinate.

Once the seeds start to sprout, remove the rice straw.

Water daily until the seedlings are around 5cm tall and have two to three leaves.

Carefully transplant into a larger pot filled with organic fertiliser.

Place the pot in a partly shaded place.

Continue watering at least once a day.

Pinch any flowers that appear to preserve the plant's flavour.

Pick leaves and add to salads, pasta and sandwiches.

Lormaneenoapparat's **Top Easy Care Plants**

yellow Irish (paka sro veu), spider lily (kam plung), Malay ginger (katok), Ixora, pandanus (toi).

hibiscus (paka rom your), sweet oleander (ye tho barung), giant taro (kadat), heliconia (pak si sour), wrightia religiosa benth (pich jangva), crepe jasmine (neredai), dracaena loureiri gagnep (chan phnom), orange jasmine (sarika keaw).

Ground cover:

false heather (ma om), climbing wedelia (leav meas).

Climber:

Rangoon creeper (kajok neang), bougainvillea (paka kadat), bhandari (jak toum).

All these are outdoor plants that prefer full-day sunshine.

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hotel &

airlines

Air Asia

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

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

Bangkok Airways

61A Street 214, Tel: 023 722 545

China Airlines

32 Norodom Blvd., Tel: 023 222 393

Dragon Air

168 Monireth Blvd.. Tel: 023 424 300

Eva Air

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

Jet Star Asia

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

Korean Air F3-R03, 254 Monivong Blvd. Tel: 023 224 047/8

Lao Airlines

58C Sihanouk Blvd., Tel: 023 216 563

Malaysia Airlines

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

Royal Khmer Airlines

36B Mao Tse Tung Blvd., Tel: 023 994 502

Shanghai Air

19 Street 106, Tel: 023 723 999

Siem Reap Airways

61A Street 214, Tel: 023 722 545

313 Sisowath Quay (Himawari Hotel), Tel: 023 426 808

Thai Airways

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

Vietnam Airlines

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

battambang

La Villa 185 Pom Romchek 5, Tel: 012 826 186,

089 930 951. lavilla@online.com.kh. www.lavilla-battambang.com Beautifully restored 1930s colonial house with six rooms is the premium hotel in the

country's second city and with an excellent kitchen and bar.

Riverside Balcony Bar & Restaurant

West hank of river Tel: 012 437 421 Traditional wooden house with great views of the river and good food, ideal for a sunset cocktail lounging over the river. Open Tuesday to Sunday from 4pm to 11pm.

chau Doc (vietnam)

Victoria Chau Doc Hotel

32 Le Loi. Tel: +84 76 865 010 www.victoriahotels-asia.com A few kilometres on the Vietnamese side of the border, Chau Doc's finest has views of the Bassac River, a swimming pool, restaurant serving both international & Vietnamese cuisine and great massages. Has its own speed boat running between Chau Doc and Phnom Penh.

Bar Red

Old Market area, Tel: 092 724 720 Restaurant and bar in close to the river, just around the corner from Bokor Mountain Lodge, is a good spot for a late night drink with personable host Steve, or to try some Indian food including their gargantuan samosas. Open from 6pm to late.

Blissful Guest House

Kampot, Tel: 012 513 024, 092 494 331 www.blissfulguesthouse.com Small quest house, with 11 rooms, set in a quiet part of town with downstairs restaurant and bar, and communal TV room upstairs.

Bokor Mountain Lodge

Riverfront, Kampot, Tel: 033 932 314, 017 712 062. www.bokorlodge.com Beautiful French colonial building situated on riverfront with well-fitted air-conditioned rooms. Has a good restaurant and bar with some outside seating overlooking the river.

Epic Arts Café

Old Market, Kampot

Employing deaf staff, this café next to the old market has a good range of bagels, shakes, brownies and coffee, Is also the centre for the community arts programme. Open from 7am to 6pm.

Jasmine

House 25 Riverside Road, Kampot, Tel: 012 927 313

Run by the friendly Jasmine and her husband Mark, this café/restaurant is a stylish oasis on the Kampot riverfront. Tasty Thai, Khmer & café fare, also has photography decorating the walls.

Les Manguiers

2km north of Kampot, Tel: 092 330 050 Small resort with bungalows and rooms set in beautiful gardens overlooking the river with a restaurant which has daily changing, freshly prepared food. Best to book up in advance especially at weekends.

Mea Culpa

44 Sovansokar, Kampot, Tel: 012 504 769 meaculpakampot@gmail.com Accommodation established by the former manager of Bokor Mountain Lodge set in the French Quarter. Six rooms have air con, hot water, DVD and TV. The large garden has a patio pizzeria and bar.

Nataya Coral Bay Resort

Prek Ampil, Kampot, Tel: 016 226 471, 012 902 823. natayaresort@yahoo.com Only 16km from Kampot, this top-end hideaway comes complete with eight beachfront bungalows, a 25m infinity pool a 2km private beach, stilt huts off a 300m. pier, and simply oodles of relaxation.

Riverfront, Kampot, Tel: 012 274 820, 012 235 102, www.rikitikitavi-kampot.com Western food served in large portions in this river-facing restaurant, bar and threeroom questhouse. A more upmarket

hotel review



River 108 **Nora Lindstrom**

Tucked away just around the corner from the riverside. River 108 is a stylish boutique hotel for business travellers looking for some added class. Clad in hues of champagne gold and silver, the 12-room establishment plays with an art deco theme within a modern design framework.

Go for the six river view suites. Yellow-tinted stone floors and walls give the room a solid feel, while its high ceiling and 48sqm area provides an air of spaciousness. The substantial double bed, with top quality cotton sheets and a wooden headboard stretching all the way to the ceiling sits in the middle of the room. Even so, the suite also fits a large writing desk and armchair, as well as ample wardrobe space including a safe.

The bathroom and toilet are separate, with the former featuring a beautiful stone bath as well as a big, ceiling-mounted showerhead. Another highlight is the balcony-a perfect spot for an afternoon beer from the mini-bar, or late night contemplation of the night's festivities. It should be mentioned that the night market, located right opposite the hotel, can be

somewhat loud, though this wraps up before midnight. In any case, solid windows take care of most of the noise.

The rooms are not the only draw. With free WiFi throughout as well as comfortable meeting space on the hotel's domed top floor. River 108 leaves little to desire for those who prefer having their business meetings outside of their hotel rooms.

Top end cuisine is available a stone's throw from the premises. The complimentary continental breakfast is served at Fish Restaurant at the corner of Sisowath Quay and Street 108, and the seafood establishment should not be overlooked for a spot of dinner.

Head south along Sisowath Quay for more restaurants and nightlife, while a walk up north from the hotel will put you right in the French colonial quarter of the city.

Located at the heart of the action, yet offering a successful combination of hospitality and design, River 108 is made for the cool business traveller looking for a bit of edge.

River 108 Hotel, 2 Street 108, Tel: 023 218 785, www.river108.com. Rooms US\$78 to US\$98. A

venue for Kampot, the upstairs seating affords great sunset views. Restaurant and har onen 7 days a week

Rusty Keyhole

This British pub is the place for expats to chew the fat over a pint. Friendly British owner has recreated the atmosphere of a rural pub in outer Kampot, or at least as close as it gets. Rusty has moved from riverside location to the paddy fields but the ribs remain

as good as ever. Open 8.30am to midnight.

The Beach House

Opp. Kep Beach, Tel: 012 712 750 www.thebeachhousekep.com Small hotel with pool in an excellent location, directly opposite Kep's mermaid statue. Relaxed café, and tasteful western-style rooms all with sea view. Can organise trips to nearby Rabbit Island or further afield to Bokor Mountain

Breezes

Route 33, Kep, Tel: 097 675 9072 Situated on the main coast road about halfway between Kep Beach and the ferry to Rabbit Island, this stylish restaurant and lounge is located right by the sea in a green, wooded area. The food is a fusion of Asian and western with a focus on small dishes with plenty of seafood. Free pick-up and return to Kep hotels.

Champey Inn Resort Tel: 012 501 742

Sea-fronted resort with fan-cooled bungalows. Has a swimming pool, a restaurant, a bar and a pleasant garden.

Kep Lodge

Tel: 092 435 330, 017 879 526 www.keplodge.com

Eight nicely decorated private bungalows with a big veranda, pool table, salt water swimming pool with a great view and WiFi. Also has a cosy bar and a restaurant with Khmer and western food.

Knai Bang Chatt Resort

Tel: 017 917 452, knaibangchatt.com Exclusive seaside resort just along from the crab stalls. which has opened up its doors to the public. Elegant swimming pool, air-con. gym, library and fantastic gardens, this resort s the ideal place to get away from Phnom Penh. Good restaurant with fantastic views of the sea. Check for special offers. Also has a Sailing Club next door with bar and restaurant. as well as Hoby Cats.

Le Bout du Monde

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

Led Zeppelin

At the roundabout, Kep

Small bar which sells the coldest beer in town situated right by the Kep roundabout. Ambience is distinctly rustic but chilled, and the limited range of snacks offers great value.

Veranda Natural Resort Tel: 033 399 035, 012 888 619,

www.veranda-resort.com Traditional wooden bungalows set in the hillside, some with fans and others with air-con. Settle down for the night and listen to the jungle purr. Has a good restaurant and bar with some guite stunning sweeping views down to the coast.

phnom penh - deluxe

Amanjaya

1 Sisowath Quay. Tel: 023 214 747 www.amaniava-pancam-hotel.com Large hotel with a great central location along the riverfront. The rooms are snacious and well-equipped with tasteful Khmer decorations. The downstairs restaurant doubles up as the air-con K

Cambodiana

313 Sisowath Quay, Tel: 023 426 288 www.hotelcambodiana.com Great riverside location with spectacular sweeping views of the confluence of three rivers. Large rooms with air-con, n-room safes and good bathrooms. Live band plays nightly (except Mondays) from 8.15pm to late

Himawari

313 Sisowath Quay, Tel: 023 214 555 www.himawarihotel.com

The 115 beautifully-designed suites have air-con, cable TV, IDD, Internet, in-room safes and large bathrooms. Nice swimming pool and good gym facilities as well as two good tennis courts.

Imperial Garden Hotel

315 Sisowath Quay. Tel: 023 219 991 Large hotel and villa complex next to the Cambodiana. Has a swimming pool, gym and tennis court.

Intercontinental 296 Mao Tse Tung, Tel: 023 424 888

www.ichotelsgroup.com One of Phnom Penh's most luxurious 5-star hotels, the 346 air-con rooms have all the expected facilities including in-room safes and king size beds. Also

Raffles Hotel Le Royal

Street 92, Tel: 023 981 888 www.phnompenh.raffles.com Emanates the same class as its more famous namesake in Singapore. The Flenhant Bar is a popular expat haunt during the 4pm to 8pm happy hour. Beautiful gardens with a separate swimming pool for kids plus reasonably priced apartments for long stays.

has a large swimming pool, a Clark Hatch

Fitness Centre, spa and beauty salon,

Sunway Hotel 1 Street 92. Tel: 023 430 333. phnompenh.sunwavhotels.com Luxurious international four-star hotel located close to Wat Phnom with 138 well-sized rooms, spa, good business centre and meeting facilities.

phnom penh - mid

Asia Club

456 Monivong Blvd., Tel: 023 721 766 An oasis of water and green in the city, the five bungalows and four rooms with air-con and bath, large safe and flatscreen tv. The beautiful swimming pool is tucked around the back of Man Han Lou Restaurant and you can have drinks and food delivered from Man Han Lou Restaurant.

Almond Hotel

128F Sothearos Blvd.Tel: 023 220 822 www.almondhotel.com.kh

56-room hotel located close to the Royal Palace and the riverfront with spacious rooms with WiFi. Downstairs restaurant serves dim sum and Cantonese food. Also has a spa.

2C Street 278. Tel: 023 222 522. www.anisehotel.com Small hotel with well-fitted, good size rooms, all equipped with air-con, in-room safe and hot water. Downstairs restaurant serves good Asian cuisine.

Billabong

5 Street 158. Tel: 023 223 703 www.thebillabonghotel.com Centrally-located mini-hotel with a great

swimming pool surrounded by beautiful nalm trees with reasonably-sized rooms with air-con, serves good Asian food

Blue Lime

42 Street 19z (off street 19), Tel: 023 222 260 www.bluelime.asia Centrally-located mini-hotel with a great swimming pool and contemporary rooms is a good flashpacker option.

Bougainvillier

277G Sisowath Quay, Tel: 023 220 528 www.bougainvillierhotel.com Stylish riverfront hotel with 40 rooms, including some large suites, the dark wood antique style furniture and jewel coloured silks create a luxurious ambience, and all the necessary amenities are available. The hotel is also home to a gourmet restaurant.

Circa 51

155 Street 51, Phnom Penh, Tel: 012 585 714, www.circa51.com Combining a retro design vibe with both modern and traditional touches, this boutique hotel promises to deliver stylish exclusivity a short walk away from the capital's main action. All rooms come with A/C, flat screen TV and DVD player, iPod docking, mini-bar and writing desk. Has 11m pool and bar with menu featuring western Khmer and Pakistani dishes

DP Lodge 47 Street 322, Tel: 023 213 503 Hotel-restaurant catering for business travellers to the Penh, is housed in a large villa and has a pleasant open-air balcony and good value food

FCC Phnom Penh

362 Sisowath Quay, Tel: 012 253 222 www.fcccambodia.com Phnom Penh's landmark restaurant has

seven rooms with balconies offering views of the river. Fach is individually designed and meticulously outfitted with high-speed Internet access and the latest mod cons.

10-12 Street 282, Tel: 023 219 558 www.goldiana.com

Extremely popular hotel for visiting NGO workers due to its close proximity to NGO-land and reasonable prices.

Hotel Cara

18 Street 47 & 84, Tel: 023 430 066 / 023 998 422, stay@hotelcara.com, www.hotelcara.com

Just north of Wat Phnom, this stylish boutique hotel has well-fitted rooms at very reasonable rates and a great sushi restaurant.

22 Street 264, Tel: 023 222 290 www.thekabiki.com First hotel in Cambodia dedicated to

families and children with two salt-water pools designed with children in mind. The rooms have a double bed and a bunk bed as well as a small outside area for small children. Bar and restaurant. WiFi.

Lebiz Hotel & Library 79F Street 128. Tel: 023 998 608/610.

info@lebizhotel.com_www.lebizhotel.com Luxury accommodation with a competitive edge and sleek modern design offers a full range of specialty services tailored to business needs, and cutting-edge technology to maximise comfort and productivity. Has unique library.

Paddy Rice

213-217 Sisowath Quay, Tel: 023990321, www.paddyrice.net Former Hope and Anchor has newly refurbished rooms with solar hot water, cable

THINK BEFORE GIVING MONEY TO BEGGING CHILDREN www.childaalo-international.org

TV, air conditioning, WiFi and great views of the river from its balconies. Downstairs restaurant offers full western and Asian cuisine and sports bar shows all popular live sports.

River 108

2 Street 108, Tel: 023 218 785, www.river108.com

Art deco hotel aimed at the flashpacker set, the river view rooms are extremely comfortable with flat screen TV and separate bathroom and toilet. Efficient WiFi. good working space and spacious rooms make this the perfect business option.

The Pavilion

227 Street 19, Tel: 023 222 280 www.pavilion-cambodia.com Beautiful boutique hotel set in a colonial building with large, unique rooms, each with either a small balcony or garden. Outdoor swimming pool, free WiFi and a small poolside restaurant.

The Quay

Sisowath Quay, Tel: 023 224 894 http://theguayhotel.com

Five-storey, 16-room riverside boutique hotel has beautiful contemporary rooms designed by Gary Fell. The stand-out features are the rooftop jacuzzi and the very contemporary groundfloor bar and Chow Restaurant with WiFi.

Queen Boutique Hotel

49A Street 214, Tel: 023 211 683, om@queenboutique.asia Boutique hotel located conveniently close to all the major attractions including the Royal Palace and National Museum.

The Villa Paradiso

27 Street 222 corner Street 51. Tel: 023 213 720, www.thevillaparadiso.com The Villa Paradiso is a great addition to the scene, with ten uniquely designed and beautifully furnished rooms, ranging in style from Balinese, thought Japanese to the modern.

phnom penh - budget

Blue Dog Guest House

13 Street 51, Tel: 012 658 075 Small guesthouse close to the Golden Mile with cheap upstairs rooms, some with A/C. Khmer art gallery on ground floor, features artwork by owner. Has ground-floor restaurant.

California 2

79 Sisowath Quay, Tel: 077 503 144 www.cafecaliforniaphnompenh.com New guest house and bar on the riverfront with well-priced rooms with air con and security box. Downstairs bar has great Tex-Mex food and pool table.

Cara Hotel

18 Street 47, Tel: 023 430 666 www.hotelcara.com Just north of Wat Phnom, this stylish

boutique hotel has well-fitted rooms

sushi restaurant.

www.feelinghomecambodia.com Stylish nine-room boutique hotel with taurant and a Café Sentiment coffee house.

Highway 1, 7km past Monivong Bridge Teľ: 024 390 405

Complex with twenty-four bungalows just outside of Phnom Penh. Tennis courts and excellent swimming pool make this a good break from the city.

71 Street 240, Tel: 023-213-160, sales@nyemo.com

spacious rooms is managed by NYEMO NGO, part of its hospitality training. Rooms equipped with gueen sized bed, cable TV, private bathroom. The restaurant has a European set lunch menu and serves authentic Khmer food a la carte for diner. Also has a boutique handicraft shop set in a beautiful garden.

Sokha Heng Guesthouse

29 Street 178, Tel: 023 990 077 Modern 25-room questhouse located conveniently close to the National Museum. Has well-priced rooms with air-con and hot water.

Tonle San Guest House

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

23 Street 104, Tel: 092 177 710 Just off the riverfront, situated above Velcommen Inn Restaurant is the questhouse of the cable TV, minibar, safety box and en suite rooms with hot water. The hotel is located close to the bus stations and the ferry dock.

Ekareach Street, Tel: 012 478 510 Beautiful restaurant set in a relaxing garden environment on the main street with terracotta terrace downstairs and wooden dining area upstairs. Competitively-priced, good cuisine including vegetarian options. Open daily from 9.30am to 11:00pm.

Independence Hotel

Independence Beach, Tel: 012 728 090 www.independencehotel.net



at very reasonable rates and a great

Feeling Home

Cnr. Streets 278 & 63, Tel: 023 221 522, ample rooms at competitive rates, including flatscreen TV. air-con, security box and great heds. Also has two apartments, an Asian res-

L'Imprevu

www.hotel-imprevu-resort.com

Small & charming 6-room guesthouse with

Velkommen Inn

same name. The spotless rooms have air-con,

sihanoukville

Holy Cow

Scuba Nation Lane off road to Serendipity Beach Tel: 012 604 680, 012 715 785

> www.divecambodia.com Five-star PADI centre offering daily trips to the area's many islands and reefs including the decent dive sites at Koh Rung Samloem and Koh Kon, also runs a range of PADI-certified courses, and has an office in Phnom Penh

sihanoukville

Beautifully restored hotel on Independence

Beach, originally opened in 1963, reopened

in 2007 following a complete refurbishment.

views from most rooms. Also has a gym.

Le Vivier de 'La Paillote'

Victory Hill

Luna d'autunno

Reef Resort

Tel: 012 315 338,

conference rooms and circular restaurant.

Upmarket French restaurant that out-

shines the other places on Sihanoukville's

late night drinking street. Sophisticated

French cuisine served in a beautiful gar-

den settina. Open for lunch and dinner.

Ekareach Street, Tel: 034 934 280

serves a similar menu to the one in

Best Italian restaurant in Sihanoukville,

Phnom Penh, but with a heavier empha-

terrace and interior air-con restaurant are

Victory Hill Sihanouk Ville, Tel: 015 966 221

Excellent Indian restaurant, popular with

expats and local curry lovers due to its

authentic, fresh and hygeinic Halal food.

Guesthouse set around a beautiful pool

in-room safe and cable TV. family rooms

also available. Has a welcoming bar with

excellent TV screen, slate pool table and

with well apportioned air-con rooms.

sis on seafood. The heautiful roof-ton

both open for lunch and dinner.

Road to Serendipity Beach,

www.reefresort.com.kh

excellent Mexican cuisine

Has beautiful infinity pool and sweeping ocean

Sokha Beach Resort

Sokha Beach, Tel: 034 935 999 With its own private beach, excellent swimming pool and fine restaurants, Sokha is the most up-market place to stay in Sihanoukville, A live Filipino band plays around the cocktail bar at night

Starfish Bakery Café Behind Samadera Market,

Tel: 012 952 011 Excellent place for a healthy breakfast or lunch set in a relaxing garden with good bread salads sandwiches juices and porridge. Has a small shop run by the

Rajana Association selling clothes and handcrafts. Good place to go for a massage. Open for breakfast and lunch.

Independence Hotel Road to Serendinity Reach

Two fashion boutiques - one on the way to Serendipity Beach, the other in Independence Hotel - run by the Spanish-born Nuria, sells dresses, skirts, bags and accessories. Has another shop in Phnom Penh.

Blazing Trails

Killing Fields Road, Tel: 012 676 381 Adventure tourism company that runs trips on quad bikes to Phnom Tamao, Tonle Bati and neighbouring villages. Free pick up for anyone within Phnom Penh.

Cambodia Uncovered

11B Street 370, Tel: 012 507 097 www.cambodiauncovered.com Offers village and cultural tours in Phnom Penh and surrounds including road trips, Mekong cruises, accommodation, cooking classes and other activities.

Exotissimo Travel

6th Floor, SSN Center No. 66, Norodom Blvd, Tel: 023 218 948, go.cambodia@exotissimo.com, vww.exotissimo.com Excellent French-owned agency specialising in adventure tourism, flight bookings, package holidays and a range of well-run tours of Southeast Asia.

Brochures are available online. **Helicopters Cambodia**

10 Street 310 Phnom Penh, Tel: 012 814 500/023 213 706

www.helicopterscambodia.com Cambodia's longest running Aviation Company with over 12 years experience operating in the Kingdom offers scenic flights around the Temples of Angkor and beyond. Is a wholly owned subsidiary of Helicopters New Zealand Group.

Intrepid Travel

468 Sivutha Blvd., Tel: 063 966 655 For travellers with a yearning to get off the beaten track, Intrepid opens up a whole new world of adventure travel. With a huge variety of tours available. Intrepid travellers explore the world's most amazing places

Travel Indochina

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

siem reap

siem reap - bars

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

Angkor What?

Pub Street, Tel: 012 181 4001

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

Pub Street, Tel: 012 378 488 At the top of Pub Street, the Banana Leaf offers live music every Friday night and some Saturdays with popular local expat band Camboiam and special drinks promotions. Open from 9am to late.

Café Central Brasserie

Old Market. Tel: 012 181 4001 New contemporary and stylish brasserie style bar on the corner facing Old Market serving generous salads, sandwiches, pasta pizzas and burgers. Reportedly the best breakfast in town. Open from 7am to 11pm.

Central Bar & Brasserie Old Market.

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

Fresh at Chilli Si-Dang

East River, Tel: 012 723 488

Riverside dining, balcony views, a relaxing lounge downstairs, and a pool table. Fresh food, including traditional Khmer cuisine, cheese, sandwiches, a generous selection of vegetarian food, Australian steak, and ice cream sundaes. Only 2 minutes walk, along the Siem Reap River, away from the hustle and bustle of Pub Street.

Funky Munky

Pub Street, Tel: 092 276 751 Good mix of music, excellent film posters

and pool table compete with the pub grub for your attention. Try the Sunday lunch or build your own burger. Alternatively compete in the most competitive 'charity' quiz on a Thursday.

Giddy Gecko Bar

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

Laundry Bar Old Market

Extremely chilled music bar just off Pub Street with great mellow decor and extremely cool t-shirts. Its multi-page music catalogue makes for the perfect respite

from the Cambodian obsession with hip hop. Free drink during the 6pm to 9pm washing hours. Open 6pm to late

Linga Bar

Alley behind Pub Street, Tel: 012 246 912 www.lingabar.com

Laid back, gay-friendly bar with extremely chilled Buddha Bar tunes and some amaz ing light boxes that serves a great range of cocktails. Free WiFi. Open from 5pm to late.

Little Pari

The Lane, off Pub Street,

The newest and bluest bar in town! Very sweet, very stylish little iewel of a bar. much like the enonymous owner herself. Pari. This jazz/wine bar serves delicious Asianised cocktails, wines and beers. Open from 7pm until closing.

Miss Wong

Lane off Pub Street, Tel: 092 428 332 Imagine vourself in China at the turn of the last century and you won't go much wrong in Miss Wong. Extremely welcome addition to the same-old Siem Reap bar scene, serves excellent and original cocktails and dim sum. Open late.

Molly Malone's

Pub Street Tel: 063 963 533 www.mollymalonescambodia.com Wood panelled Irish Pub with lots of Irish memorabilia. The Guinness either comes in a cold can or alongside some steak in a pie. Also has a small guest house upstairs with air-con rooms. Open from 7am to midnight.

Sivutha Blvd. Tel: 017 925 181 A step up for Siem Reap, Nest is high level drinking and dining, serving light Mediterranean and Asain food in a unique, highly stylised setting, with loungers and table settings.

Picasso

Alley West

A very cosy wine and tapas bar, with artful décor and a curved bar making conversation easy and fun. Good selection of wines and delicious tapas make this a regular haunt for expats. Open from 5pm to midnight.

Red Piano

Pub Street, Tel: 063 964 750

www.redpianocambodia.com Bar set in a beautiful 100-year old colonial building that dominates one end of Pub Street. Lounge chairs spill out onto the street and the upstairs restaurant has areat views of the mêlée down below. Open from 7am to 11.30pm.

The Station

Street 7, Old Market Area, Tel: 017 98 24 85

A modern bar serving Illy Coffee, breakfasts, salads, fresh sandwiches. Khmer and Thai food, teas, fruit drinks, ice-cold draft beer, fine wines and more. High speed WiFi. Live music and DJs on the weekends.

Silk Garden

The Lane, off Pub Street, Tel: 012 98 91 63

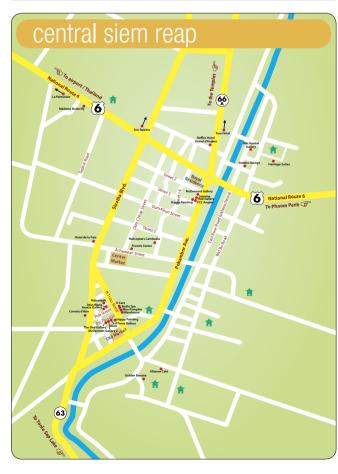
Attractive garden bar, serving crepes and western food in a relaxed, comfortable setting. Frequently hosts live music and guest DJs.

The Warehouse Old Market

Tel: 012 530 227 63 965 204 Popular expat bar opposite the old

market that plays great music with good Asian-western fusion cuisine, this is a great place to hide from the hordes along Pub Street. Cocktail happy hour everyday from 4pm to 8pm, buy two get one free traditional Sunday roasts, well-stocked bar and homemade infused vodkas Open from 10am to 3am.





siem reap



The Music Scene **Nicky McGavin**

Things are really starting to swing in town with an increasing number of bands revving up the Siem Reap live music scene. Most are more collectives than bands with members being pretty fluid. So, don't be surprised if the guy you saw jamming to an Eagles cover one night is knocking out jazz tunes the next time you see him.

Now officially the grandparents of rock, Cambojam has a gift for bringing crowds roaring to life with its rousing repertoire of rock and pop covers. It's impossible to tire of the energy this Franco-Khmer band creates on Pub Street and at venues like the Silk Garden.

A Japanese band that likes to cover The Beatles and improvise some jazz, Milo rose to fame last year during Typhoon Ketsana, when they hired a truck and drove around town playing music to cheer people up. The band plays at different venues, so keep an eye on our calendar.

Recently, a group of four musicians came together one evening for an impromptu

session at the Art Deli. They'd never played together before-two of them had only iust met. Nobody really knew what was going to happen, but the session was electrifying. The Siem Reap Jazz Quartet have been playing regularly since, most often at the Art Deli but other venues are booking them too.

A few members of Milo, the Jazz Quartet and Cambojam have started playing sessions at the Karavansara Hotel on Sunday evenings, from 6pm to 8pm. The jazzy feel is a good fit for this stylish setting.

The newest kids on the block are Killkelly, an Australian-American duo who have been plaving regular gigs on Friday evenings at the Victoria Hotel. If you're a fan of Creedance Clearwater Revival, then these guys with their country/folk/rock style are for you.

Every Sunday night at Miss Wong from 8pm, Frédéric Johansen has been stirring up a storm. He covers everything from Green Day to Elvis and, if you fancy joining in, you'll be more than welcome. A

Sivutha Street & Pub Street Tel· 092 207 842

Definitely the last option for continuing the night, with supersize TV screen, table football and pool tables provide a number of options for staying up later-just one for the road. Open from 4pm to very late.

siem reap - cafés

Blue Pumpkin Old Market, Tel: 012 946 227,

063 463 574

www.tbpumpkin.com Popular café with a great range of freshly baked breads and pastries, serves shakes and health drinks and Bon Café coffee, Also has outlets at Angkor Wat and the airport. Open daily from 6am to 10pm. Free WiFi.

Café de la Paix

Sivutha Bld, Tel: 063 966 000 www.hoteldelapaixangkor.com Like the adjoining Hotel de la Paix, this small café exudes contemporary chic. Excellent Lavazza coffee, bagels, salads and free WiFi dished up in air-con surroundings.

Common Grounds

Central Market Area Tel: 063 965 687 A non-profit café supporting NGO projects in Cambodia, serving coffees, teas, muffins, cakes and croissants as well as quiches soups, salads, sandwiches and Asian dishes. Free WiFi. Open from 7am to 10pm.

La Boulangerie Street No. 7. Old Market Area.

Tel: 015 908 518 Everything you'd expect from a French boulangerie and more with great bread croissants and coffee, breakfasts, fresh salads, quiches and sandwiches as well as some Khmer dishes in a relaxed environment. A very popular expat hangout.

Le Café

Wat Bo Area Tel: 092 271 392 At the French Cultural Centre, set in a beautiful, architectural garden, the café serves salads, quiches, sandwiches, croque monsieurs, fresh bread and pastries. Open from 7am to 9pm.

Peace Café

Street 26, Wat Bo Area Tel: 063 761 753 Formerly the Singing Tree Café, this very popular vegetarian garden café offers thoughtful food, a community space and a full schedule of activities from yoga to free Khmer language classes. Free WiFi. Open 8am to 9pm.

Singing Tree Café

West Alley, Old Market, Tel: 012 490 265 Colourful, contemporary café serves vegan suitable juices, shakes, coffees and teas, grilled sandwiches and cookies. Has ethos of serving healthy, mostly vegetarian and freshly made meals as well as sustaining efforts to provide information on variety of environmental and social subjects relevant to Siem Reap. Open 11am to 9pm.

siem reap - galleries Alliance Café

7 Makara Street, Wat Damnak Area Tel: 017 809 010

In a French colonial building, Alliance Art Café combines exhibition space with a chic restaurant featuring Khmer and French cuisine. Works are displayed in the sculpture garden and café gallery.

Art Deli

Alley West, 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 Also serves beers and cocktails and food can be ordered in. 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.

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 Anakor Children's Hospital

Friends Without a Border

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 semipermanent exhibition of the mesmerising photographs of Angkor taken by John McDermott and Kenro Izu. Second gal-

lery 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 Riep'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 iet 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 hathtubs in the rooms, miniiPods 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 har have recently been revamped.

Paradise Ecoresort

Tukvil, Siem Reap, Tel: 017 371 619 www.paradise-eco-resort.com An ecofriendly resort just outside Siem Reap with cheap and comfortable accommodation, set amongst huge tropical gardens, including a large swimming pool. French and Khmer. restaurant, and free tour management.

Raffles Grand Hotel D'Angkor 1 Charles de Gaulle, Tel: 063 963 888

www.raffles.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 Flegant, boutique hotel with attractive swimming pool and rooms at competitive rates

The Siem Reap Hostel

7 Makara Street / Angkor School Road Tel: 06 396 4660

Five minutes over bridge from the Old Market you'll find the popular Siem Reap Hostel restaurant and harwhich features the only indoor pool in town. With a carefully crafted playlist by DJs from all over the world, enjoy the happy hour from 6pm to 9pm everyday.

Soria Moria

Wat Bo Road Tel: 063 964 768 Norwegian owned boutique hotel with 38 rooms in the popular Wat Bo area. with regular events and special evenings. popular restaurant and rooftop bar.

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 rean - leisure Angkor Golf Resort Kasekam Village, Sra Naa.

Tel: 063 761 139 The Nick Faldo 18 hole international standard golf course

Body Tune

293-296 Pokambor Avenue www.bodytune.co.th Heavy grey stone Thai-run spa with selection of massages and facials, all masseuses work with Thai instructors.

Frangipani

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

Helicopters Cambodia

658 Hup Quan Street. Tel: 063 963 316 Professionally run company that has flights over the temples and beyond in modern safe heliconters

Khmer Ways

Wat Svay Village www.khmerways.com / ride@khmerways.com, Tel: 077 36 77 90 Ride specially adapted motor-scooters to explore parts of Siem Reap that noone else sees including beautiful villages rivers waterfalls temples and other sites. No previous experience necessary. Lunch, sunscreen, water and snacks are provided

Sam Veasna Centre

Wat Bo Area, Tel: 063 96 37 10 Wild Asia Responsible Tourism Award winner. Some of the rarest birds in Asia can be seen at Prek Toal and Ang Trapang Thmor, a day trip from Siem Reap, or combine bird watching with temple trips to Koh Ker and Beng Melea. The tours fund conservation projects and support local communities.

Phokeethra Country Club

Sofitel Royal Angkor Resort & Spa, Vithei Charles de Gaulle, Tel: 056 396 4600, golf@sofitel-royal-angkora.com

International standard 18-hole, 72-par golf course managed by the Sofitel Royal Angkor Golf and Spa Resort, Situated 16km outside of Siem Reap.

siem reap - restaurants

8th Street

pies with chips.

Pub Street, Tel: 012 181 4001 A New York look on Pub Street, brasserie style, serving great burgers and salads, pizzas, mezes and heartier fare such as

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 Furnnean 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.

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

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.

Café Indochine

Sivutha Blvd. Tel: 012 804 952 High quality Khmer cuisine in a traditional stilt house, a beautiful setting and good service. Open for lunch and dinner

Curry Walla

Sivutha Blvd. and Angkor Night Market Tel: 063 965451 Very popular restaurants, serving a range of well-prepared authentic Indian dishes.

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, Visava Spa, a boutique hotel, and arguably the coolest pool room in Cambodia

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.

La Volpaia

Charles de Gaulle Blvd. Tel: 063 764 184 The sister of La Volpaia in Phnom Penh, Tokyo and Seoul Authentic Italian pizzas pastas and bakes in a classy setting with both indoor and outdoor garden dining.

Le Grand Café

Old Market Area. 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.

Le Malraux

Street No. 7, Tel: 063 966 041 Beautiful French restaurant offering alfresco, café and brasserie style dining with a menu catering to a range of budgets and tastes. Both food and service is consistently good. An attractive wine list rounds out this restaurant's promise.

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.

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.

Maharaiah

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.

Hotel de la Paix, Sivutha Boulevard, Tel: 063 966 000

www.hoteldelapaixangkor.com Elegant, contemporary restaurant with simple vet powerful black and white décor and an open kitchen, that allows



ood & drink

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.

Ombrelle Restaurant

Wat Bo Road (In Ombrelle et Kimono boutique hotel) Tel: 063 965 880 A delightfully designed, intimate restaurant serving fresh French and Khmer

Paris-Saigon

Wat Bo Area, Tel: 012 605 780 Refined French and Vietnamese dining that claims, with cause, to serve the best chicken pho in town

Sala Baï

Taphul Road Tel: 063 963 329 Training restaurant for the hospitality school for underprivileged children, with superb western and Khmer cuisine, even if the servers are sometimes a little shy. Good food for a very good cause.

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.

Selantra

Wat Bo Road. Tel: 012 569 975 Architect designed restaurant created by a former chef of the Hotel de la Paix. serving Khmer and western food.

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

The Sugar Palm

Taphul Road, Tel: 063 964 838 Sister of the Sugar Palm in Phnom Penhh, this restaurant offers tasty, beautifully presented high-end Khmer dining in a lovely traditional house

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.

Triskell d'Angkor

Pub Street Area.

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

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.

Pub Street and Old Market Area Full menu of traditional Mexican dishes. with fresh tortillas made each day.

siem reap - shops

Carnets d'Asie

333 Sivutha Boulevard Set in an arcade, this gallery-cumbookshop 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 Rean Tel: 012 965 207, 063 963 207 Accessories, home decorations, textiles and clothing created by Madagascanborn and French-trained designer. His amazingly vibrant designs have collected quite a following throughout

the fashion world. Phone in advance for

an appointment **Garden of Desire**

The Passage Tel: 012 319 116

Unique and beautiful gold, silvery and acrylic jewellery designed and created by Ly Piseth. All of the pieces are handmade

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

Alley West, Tel: 015 378 088

A dizzying array of quirky jewellery, fashion and paraphernalia, designed by local artists and others from all over the world.

Old Market

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

Siem Reap Book Centre

Pub Street Area., Tel: 012 929 298 A range of history books, catalogues, text books, stationery, office supplies, souvenirs, and gifts, newspapers and magazines are on sale daily from 8am to 11pm.

Smateria

The Alley West, Tel: 063 964 343 www.smateria.com

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

U-Care Pharmacy

Next to Old Market, Tel: 063 965 396 Reliable western-style pharmacist and drugstore that also has two branches in Phnom Penh and sells health and beauty products. Open 8am to 12am.

Wanderlust The Alley West,

Tel: 063 965 980 Clothes that make you look good and feel great, in invigorating bright colours and classic designs with a twist. Also sells shoes cushions and iewellery

bargain bucket



Triangle Restaurant Mai Lynn Miller Nguyen

Beer gardens run aplenty throughout Phnom Penh, attracting groups of carousing Cambodians every evening. For the curious foreigner, navigating the capital's abundance of beer gardens is intimidating—but can be well worth it for inexpensive meals.

One standout is Triangle, situated in the Russian Market area. An extension of a Siem Reap establishment, Triangle opened in Phnom Penh just over six months ago. Already favoured by a number of regulars, mostly but not exclusively Cambodian, Triangle is bustling most evenings, filling up at the weekend.

Lacking a menu in English, Triangle requires some guidance for those not literate in Khmer. The go-to for most patrons is the steak, an affordable pleasure at 14.000 riel. Tender beef strips in a tasty creamy sauce, accented with red wine and herbs, and served with crispy crinkle fries and assorted vegetables warrant Triangle's popularity.

Other notable dishes include a version of the Cambodian mixed beef, vegetable, and egg yolk dish known as Plear Krav Angka (11,000 riel), named the 'NGO' as Triangle draws a number of clientele working at nearby

organisations. Beer garden classics such as deep-fried frog and chicken legs are also on the menu, though the less adventurous eater can aim for flavourful fried rice, simple yet gratifying, for 8.800 riel and barbecued pork ribs for 12.000 riel.

What would a night at a beer garden be without copious amounts of beer? The line-up features the usual suspects of local, regional, and a few European brews. A giant tower of Tiger Beer comes at 40,000 riel or 12,000 riel a pitcher.

As for the setting, potted plants, thatched roof pavilions, and fake flame lanterns create an atmosphere somewhere between an exotic tropical getaway and summer camp. Hawkers approach tables from time to time, but with less persistence than their counterparts on the riverside. Romantic Khmer music provides the soundtrack, broken up with the occasional Happy Birthday song or, somewhat incongruously, techno tunes.

All in all, Triangle offers an authentic Cambodian beer garden experience—with real value for your riel.

Triangle Restaurant, Street 135 at Street 460. Tel: 012 577 855, Open daily from 11am to 12am. A

listinas

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

ΚΊΝΥΔΥ

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 pre-

pared, 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 Bvd., 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.raffles.com/phnompenh, dining. phompenh@raffles.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 👌

Romdeno

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

The Local

39C Street 454, Tel: 077 905 522 Café with a courtyard, art deco style mezzanine bar and dining room display-









street cuisine



num-bang patay (paté roll) **Conor Wall**

2,000 riel for half roll / 4,000 riel for whole roll

Ingredients:

After the roll is cut down the middle, Khmer butter and minced pork are spread on the bread. Next, cucumber, mint leaves, marinated pork cuttings and processed meat paté strips are added. Finally, customers are given the option of adding chilli sauce, pepper, soya sauce and pickled vegetable slices.

Served:

The bread roll is usually cut in two and each half is wrapped in paper sheets and secured with colourful elastic bands. Pickled vegetable slices are then scooped into a small plastic bag, which is tied with more colourful elastic bands.

Surprisingly not bad. The Khmer butter adds an element of sweetness to the roll, while the mixture of meat and cucumber works well. The 'processed' taste of the meat however mightn't suit everyone's tastes. The roll can be a life saver when you need to grab something on the go.. 👌 🌢 🌓 🖓

Available from a variety of motorised or hand pushed carts travelling along city streets or parked along shaded pavements.

Other Info:

Available all day.

ing 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 Monivona 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 Monivona 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 Bvd.,

Tel: 023 994 224, 012 960 573 Well-established air-con restaurant serves fine French food in an elegant vet 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 woodpanelled 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: 012 951 869. commealamaison-delicatessen com









Reviews (...of a fish)

"I couldn't give a flying fish for any other codding delivery service." Harry Haddock.

"Holy mackeral, fish to your door!" J.C.

"The best goddamn take-away this side of the Pacific." Salmon Rushed-Tea.

"Carpe Diem" does not mean "fish of the day." The Snapper Times.

"The best fish & chips in Asia." John Dory.

"Could threaten fish-life as we know it." Angler's Weekly,

Coming to a house near you this November...
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w. fishphnompenh.com







review



Gone Fishing **Darren Gall**

A tradition throughout my childhood, and for every other kid in the neighbourhood, was Friday night fish 'n' chips. Long before the introduction of Maccas and KFC, this was Australia's earliest version of fast, take-away-food, and for any kid it was the most longed for and enjoyed meal of the week. Deep-fried fish, deep-fried potato cakes. deep-fried chips and for mum if she was lucky, a couple of deep-fried scallops.

When you took it home, you would tuck in straight from the newspaper wrapping. This made the whole thing feel like a family picnic in your own home once a week. There was a buzz around the table, there was genuine excitement and glee.

So any visit to Fish restaurant in Phnom Penh, opened by fellow Australian and restaurant guru Tom O'Connor. sates more than my appetite. It satisfies a yearning deep within me for the child-like joy of Friday night fish 'n' chips.

It's just about all here, deep-fried, crumbed or grilled seafood, chips, tartar sauce even good old potato cakes get a run, and the accompanying Greek salads provide a deft touch. There are also tantalising, modern variations, with the seafood platter for two an out-

standing introduction. Some excellent alternatives (steak. pork spare ribs) are on offer for those who don't enjoy the fruits of the sea, while the wine list is well crafted to match both the menu and themed ambience. Dishes range from US\$3-US\$7 for entrees and US\$8 to US\$15 for mains.

With quiet corners, bar stools, communal tables and hideaway couches upstairs in the loft, all set amongst the sand and seashell colours of the shore at low tide, Fish is a restaurant with both style and variation. Now there is even a flat-screen TV for those who have to catch the evening news.

In the animated film Ratatouille, acerbic restaurantcritic Anton Ego is presented with the peasant dish from which the movie takes its name. Upon first tasting he has an instant flashback to being a loved boy in his mother's kitchen. All claims to pretention and disparagement fall away and what is left is the timeless joy of soul food. Such is the sense of nostalgia that a visit to Fish evokes in me. For those not brought up in a district of Melbourne, just enjoy the fresh taste of fish cooked to perfection.

Fish Phnom Penh, Cnr. Street 108 & Sisowath Quay. Tel: 023 222 685. A

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. 35

Comptoir 25 Street 240,

Tel: 017 699 156

Stylish French eatery with good lunch specials and delicious cakes with a great hightable 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. 56

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,

attentive service.

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

Le Jardin

16 Street 360. Tel: 011 723 399 Reautiful 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 Roval

Tel: 023 981 888,

www.raffles.com/phnompenh dining.phompenh@raffles.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 🖒

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

. 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







74 AsiaLIFE Cambodia AsiaLIFE Cambodia 75







indian sub-continent Al Almeen

34 Street 108. Tel: 016 514 933 Malavsian-Indian halal restaurant located next to the night market serves good value thali and traditional Indian dishes including biryani. Complimentary sweet tea makes up for the lack of alcohol on the premises and the lassis come recommended Open from 11 to 2.30pm and 5.30pm to 10.30pm (Mon to Sat), and 9am to 2.30pm and 5.30pm to 10.30pm (Sun).

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 56

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 birvani dishes. Air-conditioned it's open from 7am to 10pm. A/C 56

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-vou-can-eat vegetarian Sunday special. Open 11am to 2pm, 5.30pm to 10.30pm. A/C 55

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 556

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.

17B Street 278. Tel: 012 247 832 Pakistani and Middle Fastern 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 36

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 56

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 🔊

international Art Café

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

Aussie XI 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.

Boddhi 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

Cafe Monivono

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

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 halfprice 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 Sothearos Blvd, Tel: 016 63 44 14 Serving Bussian, 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

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

Garden Centre Café

60-61 Street 108, Tel: 023 997 850. 092 429 968. gardencentercafe.com Popular expat restaurant with fresh ingre dients 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. Crèche facilities make this a popular choice with families at weekends. Has regular events with live music and DJs, even fashion shows. Open from 8am to 12am. \square

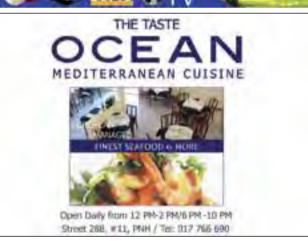
Green Vespa

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. A/C



food & drink













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Aircon Restaurant

Art Exhibitions

Dance Theatre

German Classes

Film School

Musical Events

Workshop Space

Open-Air-Cinema

Golden Mermaid

Corner Street 104 & 13 Tel: 023 998 480

Sophisticated restaurant near the Post Office in the old quarter, serving traditional Old Furopean fare in an elegant, relaxed atmosphere, housed in a beautifully restored French colonial building. Ópen everyday from 7.00am to 10.30pm.

Gvm 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 A/C

Irina Russian Restaurant

15 Street 352, Tel: 012 833 524. 092 833 524 Russian restaurant of iconic Phnom Penh status. If you can walk out of the restaurant after hitting the vodkas then you are doing well. Open daily from 11am until the vodka runs out. A/C

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. A/C 55

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

Kebab

156 Street 51, Tel: 08 607 582 Fast food joint located outside of the

Heart of Darkness nightclub has burgers, kebabs, fajitas, chicken wings and falafels for those looking to stock up before the trip home. Also does deliveries

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. A/C

La Patate

14 Street 5. Tel: 023 351 414

Enjoy good quality traditional Belgian pommes frites and other fare in a setting reminiscent of 50s American diners. Also serves a good selection of Belgian beers.

Le Quay Café

Cnr. Sisowath Quay & Street 110, Tel: 023 998 730,

www.amaraspa.hotelcara.com Enjoy the menu of sushi, salads, paninis, crepes and Asian specialities, with a wide range of healthy power juices, smoothies, cocktails, coffees, beers and wines, either beside a relaxing water feature or on the riverside terrace. Smoke free environment for lunch and dinner. Open from 10.30am to 10.30pm. A/C

Le Rit's

71 Street 240, Tel: 023 213 160 Restaurant and boutique handicraft shop run by NGO NYEMO set in a beautiful garden. The restaurant specialises in European pre set lunch menu and serves authentic Khmer food a la carte for dinner. Open from 7am to 10 pm.

Lime Restaurant + Bar

79F Street 128, Tel: 023 998 608/610, info@lebizhotel.com_www.lebizhotel.com Located in Lebiz Hotel Lime serves breakfast, lunch, and dinner, offering a stylish mix of Asian and western favourites with a focus on fresh, healthy and local ingredients, with regular changes to

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.

172Eo Street 51, Tel: 012 988 432 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



bar talk



Café Yellow Wine Bar Mai Lynn Miller Nauven

Riverside and Golden Street may be known for their high concentration of cafés and bars, but the area surrounding Russian Market is reason to head south. After the offices close down and the market shuts its gates, diners and drinkers remain.

Among the recent surge of openings is Café Yellow. Bustling throughout the day. the ground floor attracts post-shopping tourists, NGO workers and freelancers for eats and coffee.

Yet just up a couple flights of stairs, the atmosphere changes. Designed as a wine bar, this is perhaps one of the neighbourhood's finest undiscovered secrets.

"I wanted two different moods for the café, something soothing up here, whereas downstairs is much more vibrant and warm," explains owner Ashley Young. Contemporary furnishings evoke a chic flair, though respecting comfort for lounging. Textile hangings, potted plants, and a wall of magazines play up a living room-like look.

A Chinese-Cambodian, Young left the country aged six and lived fourteen years in Melbourne and Sydney. She returned to Phnom Penh in 1996, staying far beyond the two weeks she'd intended.

Driven by her love for food, Young opened Café Yellow in June. "I just want it to be a place where people can relax, chill and get together with friends after work," she says.

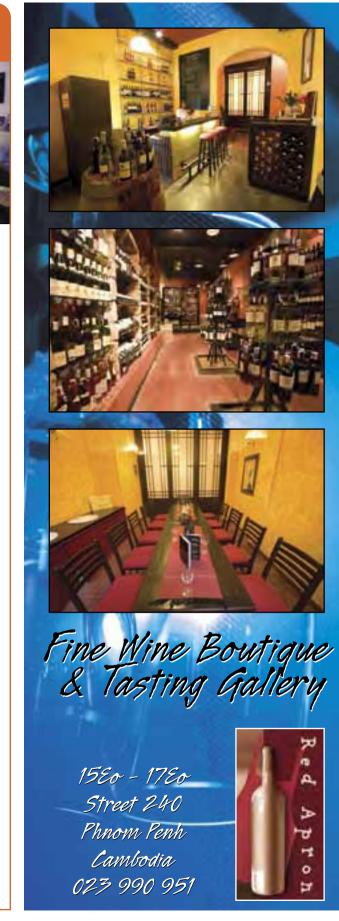
Blackboards announce the wine selection-Chemin Blanc (US\$3), Cabernet Sauvignon (US\$4) and Jeio Prosecco (US\$6). As for cocktails, one of the most delightful is the Apsara, combining vodka, cranberry juice, and pineapple juice for a refreshing savour (US\$3.50) with two-for-one happy hours from 5pm to 7pm.

Dishes served in the café below can be ordered upstairs as well. Fresh baked chicken green curry pie with salad (US\$3.50) and beef lemongrass spring rolls (US\$2.30) are among the many appetising options. Chocolate cake is one of the café's bestsellers, so good that Young begins each day with a slice for breakfast.

Though not on the café's menu, Young offers another unique service-fortune reading. By appointment only, she holds private sessions in numerology, palmistry, face reading, tarot cards, and feng shui. "A gift of self-knowledge," as Young refers to her readings, is US\$30.

When asked what her number forecasted for this year, Young laughs. "I wasn't supposed to take on too much. but I really took on a lot," she says. "This café just fell into my lap. It was one of those things where I said, okay, let's just do it!" Judging by Café Yellow's winning formula, success must be in her future.

Café Yellow Wine Bar, 35 Street 155, Tel: 099 215 099, Open daily from 7am to 9pm. A



food & drink





Cambodian

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light boxes, with reasonably priced Tiger and house wines and a great range of Martinis, try the Expresso. 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

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

11 Street 288, Tel: 017 766 690 European managed Mediterranean restaurant that dishes up some of the best fish and seafood in town. Try the red snapper or the squid with rocket. Often has exhibitions around the understated

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. A/C

Pacharan

389 Sisowath Quay

Tel: 023 224 394 Barcelona comes to Phnom Penh via London's Mayfair in this exquisite upmarket 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

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

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

Pickled Parrot

4-6 Street 104, Tel: 012 633 779, 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. A/C

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 chins are good, although not wrapped in newspaper. Open 7am to last orders. 56

Riverhouse Restaurant 6 Street 110, Tel: 012 766 743. 023 212 302

Sophisticated restaurant with a welcoming outside seating area that serves up a mix of Asian and western food. Has a nightclub upstairs. A/C

Riverside Bistro

Cnr Sisowath Quay & Street 148 Tel: 012 277 882, 023 213 898 Popular restaurant with expats and tour ists 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, highbacked 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. A/C

Simply Donuts

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

Steve's Steakhouse

20 Street 51, cnr. Street 282, Tel: 023 987 320 Longstanding restaurant specialising in local grain-fed beef as well as a large variety of imported steaks, hamburgers ribs and Greek cuisine. Has a terraced lounge with pool tables unstairs as well as a sports bar with large screen TV and a 12pm to 7.30pm happy hour. Open from 11am to 10.30pm. A/C 566

Sonoma Oyster Bar

159 Street 278 (behind Lucky Supermarket on Sihanouk Blvd), Tel: 023 223 617, 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 for lunch 10:30am – 2:00pm and dinner 5:00pm to 11:00pm. A/C

Tarmac's Conner

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

T-Bone Steak House

392 Monivong Boulevard & Street 360, Tel: 012 900 138 Contemporary restaurant serving a premium selection of both imported and Cambodian beef, in a sophisticated air-conditioned setting - a carnivore's

delight. Open 12pm to 2pm, 5pm to

11pm. A/C

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 courtvard 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.

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 ovenbaked, crispy pizzas and pair it all with the finest selection of Italian wines, every Saturday night from 6pm to 10pm, 03 4/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 nizza and nasta cooked fresh in front of vour eves. A/C 565

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 aircon 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.

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

iapanese & korean Fusion Sushi

Cnr. Streets 47 & 84, Tel: 023 986 114 Located inside Cara Hotel this beautifully







The Black Sheep **Darren Gall**

Robert Joseph was once described by Decanter Magazine as one of the fifty most important people who would be influencing wine drinking in the 21st century. His CV includes the founder of Wine International Magazine and the International Wine Challenge, wine critic for the London Sunday Telegraph and author of over twenty-five books.

Over the years, we have judged in enough wine shows together, ate in enough fine restaurants, consumed enough great bottles and engaged in enough healthy discourse to regard each other as friends.

As a young marketing director of an Australian wine company, I attempted to have my wines find favour with the maestro on many occasions. Later in my career, as a wine marketer, I used to wine, dine and woo the socalled gatekeepers of consumer opinion, (people like wine writers and wine judges) in the battle for their hearts and minds column inches. Though confidentiality bars me from divulging my annual airline, accommodation and entertainment spend, let's just say it was a six-figure, annual business. A rave review-or even a kind word-from one of the more influential wine scribes could all but guarantee success for a label in any market.

So it was with a sense of great irony that I met Joseph recently in Hong Kong where I, the wine critic was introduced to his newest venture, his own range of French wines entitles La Grand Noir.

Having teamed up with one of the world's first and most highly regarded 'flying

winemakers' Hugh Ryman, the pair have launched an audacious label (featuring a black sheep). The aim is to produce inexpensive, easy drinking. French wines with ripe, varietal flavours and simple, varietal labelling.

A couple of white wines, (a Chardonnay and a Viognier) plus three reds, (a Pinot Noir, a Cabernet / Syrah blend and a Grenache / Syrah / Mourvedre blend) are now available in Cambodia and should be available for very reasonable prices. (less than US\$10 in a retail bottle shop for example).

Joseph and Ryman have brought their combined global knowledge of wine to introduce revolutionary changes in wine style and wine labelling to French wine to stunning effect. I found them to be ripe, soft and easy to drink, with perhaps a little more elegance and a lot less wallop than some of the comparable wines from new world producers.

I particularly enjoyed the Grenache / Svrah / Mourvedre blend with its subtle combinations of confectionary, forest berries, aniseed and spice on a gentle palate with soft tannins.

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 A

decorated restaurant dishes up excellent Jananese 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

88 Sothearos 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

Yumi Restaurant, Bar and Grill

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

mexican & tex-mex Allev 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. 55

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 @

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.

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

Mexican food and burgers. Be prepared for some good solid R&R. Open 7am to midnight. A/C 56

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. 55

nan-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 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.

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

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

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

Paratan Restaurant 42 Street 172, Tel: 012 530 707,

handmade La Mien noodles

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

Regent Park Hotel

58 Sothearos 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.

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 31Street 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

The Vegetarian

over Hun Sen Park. A/C

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

cafés

Art Café

37 Sothearos Blvd Tel: 012 834 517 Flegant 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 Quav. Tel: 023 217 041 This outlet at the base of the FCC sells strong Illy coffee and mix-and-match sandwiches. The interior has a slight retro 70s feel to it and there is a pleasant outside seating area. Open 7am to 9:30pm. 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 56

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.

Café Sentiment

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

Café Yeii

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

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 Sothearos Blvd., Tel: 092 998 850 First-floor café over looking 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 thev 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 56

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

theWarehouse •

The Warehouse Phnom Penh would like to invite you to meet some new friends, and perhaps revisit some old ones too

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BILLECART-SALMON CHAMPAGNE JACQUES
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featured drink



Mekong Slush Mai Lynn Miller Nguyen

Riverside Bistro is quintessential Phnom Penh. Full of wide-eved travellers experiencing Phnom Penh for the first time, it's also a place where expats can recall their first impressions of our dynamic city. Terrace tables overlook the river, while inside the bar is adorned with murals of Angkor Wat.

Off the cocktail list, Mekong Slushes are a fitting choice to kick off an evening. The name is slightly misleading, as the drink neither incorporates Mekong whisky nor is slushy—but who's arguing? Semantics aside, you'll be too busy getting the party started after a few of these to know the difference. Mighty as its namesake river. Mekong Slush features a powerful combination of tequila and Red Bull. A hint of lime adds a citrus zing that softens the dominant Red Bull taste so it goes down smoothly.

After a day in the mayhem of Phnom Penh, Mekong Slush serves as a sure-fire energy booster. Keep 'em flowing.

Mekong Slush (US\$4) at Riverside Bistro, 273a Sisowath Quay, Open daily from 7am to 1am, Tel: 023 213 898.

Khmers, and makes for a great place to watch the early evening exercises. A/C

The Deli

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

Veao 3E0 Street 51. Tel: 012 984 596

Modern salad bar offering home-made bagels, fresh fruit and vegetable juices, as well as wraps and salads for eat-in or takeaway. Choose from a large selection of ingredients to create your own lunchtime plate of greens. Open 8am to 8pm. A/C

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) Sothearos Blvd., Tel: 092 998 850

Upstairs from Corner 33 and run by the same owners, 33 is a sophisticated spot to have a cocktail while 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

Brassserie 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. TA/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 midniaht.

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 🚥

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 quest 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

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

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 M 77 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. TDJs

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

Edelwiess

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

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

Elephant Bar

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

Flambovant 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 Stroot 278 Tel: 012 586 139 or 092 791 958

Cool French-run hang-out with welcoming al freeco downstairs har and cool onen halcony 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. 🐠

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 @ M 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 conveat 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 har 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. Crèche 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





Open Everyday: 4pm fill late





& drink

Phnom Penh's Premier Music Bar has great music and tasty flame grilled hurgers Reer available at LIS\$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 throwback, Open from 8 am to 11pm, A/C

Gvm 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.

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 hangout, 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.kinadombreweries.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 Street 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 vet another establishment close to OK Guesthouse. Serving up the same great Australian pub grub the only thing missing is the pub guiz night. Open daily

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

Mao's

Cnr. Street 106 and Sisowath Quay, Tel: 023 992 726.

Mao meets American lounge bar in a French colonial building, this is a funky bar and restaurant, jam-packed with the Chairman's paraphernalia. High ceilings

Tapas

Shakes

Daiguiris

with exposed beams create a sense of space, while the good-sized stage makes the space perfect for future gigs. Food is prepared by Café Yeii. Has WiFi and two pool tables. Open 5pm to 2am.

Maxine's (Snow's)

Over Japanese Bridge, Tel: 012 200 617 Stirringly 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 Sothearos 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 Expresso). 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 Sothearos 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.

Munich Beer Restaurant

86 Sothearos 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

16F 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 wellpriced wines from around the world. Has an outside dining area with occasional wine tastings. Open from 7am to 11pm every day. A/C

Pacharan

389 Sisowath Quay,

el: 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 -7:30pmOpen daily from 11am to 11pm.

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. 🎵 🌉 🐠

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 @

the Restaurant www.mithsamlanh.org

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 plaving 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, vet 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 surprisingly good food, especially the Mexican, and has frequent live music. Open 4pm to 2am, take away 5pm til late. A/C

Sonoma Oyster Bar

159 Street 278 (behind Lucky Supermarket on Sihanouk Blvd), Tel: 023 223 617 077 723 911 Phnom Penh's first and only independent

oyster bar has drawn a crowd of expats and Cambodians seeking high-quality ovsters in a cosy setting. Open daily for lunch 10:30am – 2:00pm and dinner 5:00pm to 11:00pm. A/C

The Cavern 19 Street 104,

Tel: 078 638 240

Unique rock 'n' roll themed pub and restaurant, with quitar-shaped bar. brick arches and huge photo murals of famous rock musicians. Has good western food and large range of single malt whiskies and wines. Live music performances by up-andcoming local bands and live premier league football. Open from 11:30am to 2am. A/C 🎞 🐠

Sisowath Quay at Street 178, Tel: 012 248 694

Though not a contender to neighbouring ECC. Touk offers fantastic views of the river, a respectable happy hour, and occasional live music on Saturday. Open daily 7am -1am. 🎵

The Chinese House 128 Sothearos Blvd..

Tel: 023 356 399

Decadent cocktail bar set in beautiful old Chinese house. Has art exhibitions, film nights and parties downstairs and opulence upstairs. Open from 6pm till late, closed on Tuesdays. 🞵

The Tree Bar 22 Street 118

Tel: 017 523 379

A cosy pub serving up drinks and decent pub grub. Open daily 4pm - 2am.

Velkommen Inn 23 Street 104.

Tel: 092 177 710 Hotel restaurant and bar off the riverfront offers a wide selection of western dishes as well as several Scandinavian specialities with a full bar, draught beer, wine and spirits, and free popcorn while you drink. Open 7am till late. From Monday to Sunday.

Zeppelin Bar

109C Street 51, Tel: 012 881 181

If you like your music heavy then this is the bar for you. Over 1,000 vinyl albums played by stone-faced DJ owner in small bar next to the infamous Walkabout. Remarkably good food considering the setting, especially late at night. Try the dumplings. Open daily

Blue Chilli

36 Street 178.

Tel: 012 566 353, www.bluechillibar.com

This welcoming bar run by Thai national Oak is currently the number one gay bar in town. Chic décor makes this one of the coolest bars in town, even if you're straight. The drag shows on Friday and Saturday are an additional draw. Open from 5pm till late. 🎵

20 Street 118

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

Heart of Darkness

38 Street 51, Tel: 023 222 415

The most famous of the city's nightspots with a good-sized dance floor started off as a gay bar. Has well priced spirits and mixers and is totally packed out on Friday

and Saturday nights. The dance floor is still a popular gay (and straight) haunt. Onen 8:30nm to 4am A/C

Niahtclubs Darlin Darlin

NagaWorld, Hun Sen Park Tel: 023 228 822

Top-end nightclub with live music popular among the high-flyers of the city. Ladies night every Tuesday and Wednesday first drink is free. Glamour party all night with celebrities and the nottest models of Phnom Penh every Thursday. Semi-private booths in a chic environment make for an unrivalled experience. Open daily 7:30pm until 3:00am. A/C

Heart of Darkness 38 Street 51,

Tel: 023 222 415

The most famous of the city's nightspots with a good-sized dance floor make this the in-place in town. Has well priced spirits and mixers and is totally packed out on Friday and Saturday nights. Open 8:30pm to 4am. A/C

Memphis Pub

3 Street 118. Tel: 012 871 263

The only permanent rock venue in town with a house band that plays covers. Band plays from 10pm 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 2pm to 10pm. A/C

QBa Club 313 Sisowath Quay (Hotel Cambodiana), Tel: 023 218 189 www.hotelcambodiana.com A stylish hotel bar and nightclub which has great live bands playing from 9pm till 1am. Enjoy a signature cocktail and relaxed while the listing to the hands. Onen Tuesday to Sunday from 4pm - 2am.

Riverhouse Lounge

6 Street 110,

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

Saint Tropez

31 Street 174,

Tel: 077 212 100 / 097 9000 401 Upscale club, complete with fake beach, deck bar, and a stylised indoor restaurant, suggests the French Riviera. Menu includes western and Khmer cuisine. Ladies get free bubbly between 9.30pm and 11pm on Thursdays, while Sundays feature a free daytime barbeque in a Cuban ambience. Open daily 6pm to 2pm. A/C M DJs

Studio 182 182 Norodom Boulevard,

Tel: 077 777 182 The best venue for live jazz music, featuring a quartet performing jazz standards, Latin favourites and great soul tracks. House band with changing lead vocalist, brings the essence of lounge cool to Phnom Penh nightly with 3 sets at 7pm, 9pm and 10:30pm. Non-smoking and Open from Monday to Thursday 5pm to 2am band plays at 7pm and Friday to Saturday band plays at 9pm. A/C

result ment cattleon bortsistering. reclaim its

86 AsiaLIFE Cambodia

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a topos style restaurant run by former street youth in training

riendstherestaurant@mithsamlanh.org

#215 Street 13 Phnom Penh



456 Monivong fillyd. (corner Street 466 behind Man Han Lou Restuarant)

listinas

culture

cinemas

Le Cinema French Cultural Centre

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

Meta House

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

galleries

Asasax

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

Bophana Audiovisual Resource Centre 64 Street 200. Tel: 023 992 174

Preserving much of Cambodia's audiovisual material, has regular exhibitions. Open from 8am to 6pm (Mon to Fri), 2pm to 6pm (Sat).

Dori Thy Gallery 9 Street 278 Tel: 012 661 552 Features the black and white photographs of German photographer. Doris Boettcher, Open every Saturday and Sunday from 10am-6pm.

3A Street 278, Tel: 012 586 139, 092 791 958 Cool French-run restaurant and bar has art exhibitions each month. Open 7am to late.

FCC Phnom Penh

363 Sisowath Quay, Tel: 023 724 014 Phnom Penh's landmark restaurant has a permanent, rotating exhibition devoted to photography. Open 7am to midnight.

French Cultural Centre

218 Street 184, Tel: 023 213 124 Large space in the grand floor of the cultural centre has changing exhibitions and hosts special talks and events. Second gallery space is on the opposite side of the road by Café du Centre.

Happy Painting Gallery

Open since 1995, this air-con art shop sells the colourful and positive works of iconic artist Stef. Accepts all major credit cards. Open from 8am to 10pm.

Java Café & Gallery 56 Sihanouk Bvd., Tel: 023 987 420

www.javaarts.org

Contemporary art gallery with regular exhibitions of Cambodian and international artists. Has second gallery on the ground floor. Website has details about Cambodia's contemporary art scene.

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

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

New Art Gallery

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

Pich Sopheap

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

Reyum Institute of Arts & Culture

47 Street 178, Tel: 023 217 149 Gallery with regular exhibitions of Cambodian artists. Part of an NGO established to preserve traditional and contemporary

Sa Sa Gallery

7 Street 360, Tel: 011 936 855 Gallery inside Baitong Restaurant devoted to the works of Cambodia's Art Rebels (Stiev Selapak).

4 Street 282, Tel: 023 214 498 Contemporary art gallery within boutique hotel close to Wat Lanka. Open from 7am to midnight.

The Mansion (Sino-Khmer Residence) 28 Sothearos Blvd. (opposite the Na-

tional Museum), Tel: 023 724 014 This beautiful, derelict French colonial building has been converted into a venue for occasional exhibitions and parties. Walk into the building and wander around for a taste of what the Penh used to be like

The Chinese House 16

128 Sothearos Blvd., Tel: 023 356 399 Cocktail bar set in beautiful old Chinese house has revolving exhibitions on the

performing arts Amrita Performing Arts

128-G9 Sothearos Blvd., Tel: 023 220 424 www.amritaperformingarts.org Performance art company that puts on contemporary & classical music, dance & theatre

Apsara Arts Association

71 Street 598,Tel: 011 550 302 Organisation that promotes Cambodian arts & culture. Stages performances by request. Open from 7.30am to 10.30am (Mon to Sat).

Cambodian Living Arts

407 Street 246

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

Chaktomuk Conference Hall

Sisowath Quay, Tel: 023 725 119 Designed by master Cambodian architect Vann Molyvann, this under-utilised building is worth a visit. Open from 7am to 11.30am and 2pm to 5pm (Mon. to Fri.).

Chenla Theatre

Cnr. Mao Tse Tung & Monireth Blvds.. Tel: 023 883 050

www.culturalcenter-cambodia.com One of the capital's major theatres, it has regular performances of theatre, dance

1DE0 Sothearos Blvd., Tel: 023 998 474, www.epicarts.org.uk Organisation that uses art to empower people with disabilities.

Sovanna Phum Khmer Art Association 166 Street 99 corner of 484, Tel: 023 987 564

Theatre with performances of shadow numpetry classical and masked dances every Friday and Saturday at 7.30pm.

listinas

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 16page recipe booklet. Open 10am to 10pm

world-class yoga school

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.

NATARAJ

#12 to 102 BOC1 Photon Panh 012 250 BT7 www.yogucambodia.com

Photography Tours 126 Street 136, Tel: 092 526 706 www.nathanhortonphotography.com Weekend photography tuition and guided tours to Kampong Chnang and Udong, covering technical and creative considerations in the context of travel photography

There's a science to beauty, one that we've perfected. Our internationally trained and certified Dermatologists and

Beauty Professionals have the knowledge and know-how to help you discover the new "you". Through consultation we will refine and rejuvenate your skin and body to a point where you feel most happy with it. You deserve nothing less than perfection.

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Call 023 217 092 016 900 828 / 017 719 693 for appointment











beauty spot



Tokvo Hairdresser **Nora Lindstrom**

Adding to the string of Japanese establishment's in town, Tokyo Hairdresser continues the sleek white look also sported by its compatriot establishments

Run by hairstylist Yoshiaki Matsubavashi, or Matsu for short, the salon is located on the first floor of a renovated building on Mao Tse Tung Boulevard. Big windows ensure plenty of natural light, while the interior design is minimalist chic.

Tokyo offers standard hair treatments using Japanese products, from a women's cut-shampoo-blow dry for US\$14, to organic hair treatments starting at US\$15 depending on the length of your hair. Hair straightening as well as perming starts from US\$28, while colouring will set vou back US\$20-US\$32. A moustache trim for men weighs in at US\$3.

In sorting out your tired tresses, Matsu is both efficient and thorough. The treatment starts off with a lush-smelling shampoo. Then it's snip, snip, snip, as your hair is cut to shape. For colourings, Matsu samples the colour on a small part of your hair to make sure the effect is right. If it comes out

less than satisfactory, he has no qualms about startina over

Highlights are put in using paper, not tinfoil. Matsu says using paper makes the colour more subtle. If the highlights in my hair are anything to go by, that is indeed the case.

Another shampoo ensues, after which your hair is blow dried into place, and Matsu gets his scissors out one last time to ensure everything settles as it should.

The only drawback at Tokyo is the language barrier. Though an interpreter is available, conversation can be cumbersome, while those all-important directions on how you would like you hair done do not always translate smoothly between English, Khmer, and Japanese.

A bit of patience might be needed, but Matsu does his best to listen to the customer. He is also happy to tell you about the best sushi places in town, and with a bit of prompting the black belt hairstylist Karateka may even show you some martial art moves.

Tokyo Hairdresser, 8A1 Mao Tse Tung Boulevard, Tel: 017 880 740. Open 9am to 7pm. Closed Mondays.

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

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

dental

European Dental Clinic

160A Norodom Blvd., Tel: 023 211 363 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).

Clark Hatch Fitness Centre

Intercontinental Hotel, 3/F Mao Tse Tung Boulevard, Tel: 011 380 769 Well-equipped fitness centre run by a regional gym company that even has a rowing machine, and many classes. Open 6am to 10pm weekdays), 8am to 8pm (weekends)

Fitness One

Himawari Hotel, 313 Sisowath Quay, Tel: 023 214 555

Small, well-equipped gym with outdoor swimming pool, steam room and jacuzzi. Open daily from 6am to 10pm.

Raffles Amrita Spa

Raffles Le Royal Hotel, Tel: 023 981 888 Modern gym and pool in Phnom Penh's most elegant hotel. Use of gym, pool, sauna and Jacuzzi is available to nonquests. 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.







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90 AsiaLIFE Cambodia AsiaLIFE Cambodia 91

SOS

Going Viral **Dr Laura Watson**

November is well and truly into the Cambodian 'viral' season. Coughs, colds and true influenza, as well as outbreaks of viral diarrhoea all seem to increase with the cooler weather.

The global statistics for viruses are mind-boggling. Billions of work and school days lost, billions of dollars spent in doctor's visits, and countless days of snotty misery for many. As one of the simplest forms of life on the planet, viruses are extraordinarily successful and diverse. They evolve at a rate a million times faster than animals and can adapt to changes in their environment extremely fast. Comprised of small pieces of nucleic acid surrounded by a protein coat they can only reproduce themselves inside the cells of another living organism, using the host cells' metabolic structures to do so. Most viruses are so small they cannot be seen using a regular light microscope. Every kind of living tissue can be affected by viruses including plants and even bacteria

We all know that you can catch a cold if you get too close to someone who is sneezing or coughing. That person is most infectious around the second or third day of their illness, but may remain infectious for up to seven days. If someone with a cold wears

a facemask it may reduce transmission. You can also catch a cold virus by touching a surface that a person with a cold touched before you. The length of time the average cold virus can persist in the environment varies depending on the climate and the surface.

Viruses such as influenza can persist in hard shiny places like doorknobs, telephones, and light switches for one to two days, dry tissues for about 15 minutes. If the virus is protected by a little mucus it may survive on bank notes for up to 17 days.

Frequent hand washing with soap can reduce the chance of catching a cold. For children however, most transmission is respiratory, so although hand washing is a good idea, it does not greatly affect the risk of getting a cold. Anti-bacterial or special soaps do not improve the removal of virus from the skin.

Avoiding touching your mouth, nose and eves also reduces the risk. Good cough etiquette requires coughing into the crook of your arm. Always consider vaccination for the flu on a regular basis indeed many viruses can be prevented by vaccination.

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

Store - clothing, homewares, accessories... ugar 'n spice indulae your taste buds... Soothe - spa pampering for weary bodies... Story – their stories, their photos, their hearts... # 65Eo Street 178, Phnom Penh Tel: 077 657 678 ww.daughtersofcambodia.org

De Gran

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

Eria 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

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.

Grand Optics

11 Norodom Bvd., 337 Monivong Bvd., 150 Sihanouk Blvd., Tel: 023 213 585 Modern opticians with the latest equipment including free computerised eve test. Makes prescription glasses and

contact lenses at prices much cheaper than in the West. Open from 7am to 7pm.

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

L'imprevu Resort

Highway 1, 7km past Monivong Bridge, Tel: 012 655 440

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

The Club at Northbridge

1km off National Road 4, Tel: 023 886 012 International school has a pool for members. Open every day, there are also tennis courts and playground for kids.

Amara Spa

Corner of Sisowath Quay & St.110, Tel: 023 998 730 / 023 695 6584. spa@hotelcara.com, www.amaraspa hotelcara com

Comprehensive day spa providing a wide selection of facials, body massages and treatments, arranged in a four-storey modern facility at riverfront. Open from 11am to 11pm.

Amatak Beauty Spa

4 Street 228, Tel: 023 722 029, 012 360 490

www.amatakheautyspa.com Beautiful, up-market spa set in a large villa close to Monument Books established by Khmer beautician who worked at Raffles Hotel Le Royal. Provides lessons for those interested in learning spatechniques. Open from 9am to 10pm.

Aziadee

16AB Street 282, Tel: 023 996 921 Relaxing, air-conditioned massage parlour with individual rooms. Open daily from 9am to 9pm

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

Champei Spa & Salon

38 Street 57, Tel: 012 670 939, 023 222 846, www.champeispa.com Peaceful spa in the heart of Boeung Keng Kang 1 district has a full range of massages and body treatments. Open from 9am to 11pm

Derma-Care Skin Clinic

161B Norodom Blvd., Tel: 023 217 092, 016 900 828. 017 719 693 Staffed by two qualified dermatologists this professional skin clinic offers a range of beauty treatments using American Derma-Rx products, minor dermatologic surgery. antioxidant boosters, chemical peeling, and lipolysis. Open from 9am to 7pm.

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

EL Skin and Wellness Centre

115E0 Street 109, Tel: 012 681 948 Using Dermalogica, L'Oréal, Jane Iredale and OPI products for a variety of face and body treatments sna provides a professional relaxed ambience for customers to sample products before purchase. Open 0am to 7pm

In-Style
4E1 Street 51, cnr. Street 118. Tel: 023 214 621. 012 909 747 Set in beautiful old building with high ceilings and tastefully decorated rooms and using all natural products imported from Bali this spa offers the full range of massages and beauty treatments with an emphasis on the Balinese. Open 9am to 9pm.

Master Kang Health Care Centre

456 Monivong Blvd., Tel: 023 721 765 Large health centre next to Man Han Lou Restaurant offers foot massage in either public or private rooms downstairs, with both Chinese and oil massage upstairs. Downstairs also has a grand piano which is played in the evenings. Open from 10am to 12pm.

Miss Care & Spa

4B Street 278. Tel: 023 221 130 Small beauty parlour and spa set on the Golden Street, with well-priced massages range and beauty treatments. Open from 9am to 11pm

Monorom Massage

B87 - B91 Street 199 (near Sovanna Mall), Tel: 017 555 778 Professional foot and body massage parlour that offers unique fish treatment. Also has free sauna and steam room Open from 10am to midnight

Punarnava

Ayurveda Centre Spa, Hotel Cambodiana, 313 Sisowath Quay, Tel: 012 810 432 Traditional Indian-style Avurveda massage and healing that can provide relief to a range of physical ailments. All staff are professionally trained. Open daily from 8am to 11pm.

Raffles Amrita Spa

Tel: 023 981 888

Raffles Amrita Spa offers relaxation and

rejuvenation through a wide selection of services and facilities including treatment rooms, outdoor lan and fun nool, Jacuzzi fitness centre, sauna and steam room,

Open daily from 6am to 10pm.

Sawasdee Massage

6B Street 57, Tel: 023 996 670 Oil, Thai-style and foot massage are available from trained masseuses in this parlour, which also does beauty treatments. For a few dollars more than the dorm-style mattress massages, you can have the privacy of your own room. Open 9am to 11pm.

Seeing Hands Massage

6 Street 94, 209, 246, 253 Street 53 Tel: 016 856 188 String of massage parlours where the service is provided by the blind at a very reasonable price. Open 9am to 7pm.

Shiatsu-Ya

37B Street 306 Tel: 023 994 777 Excellent shiatsu massage by qualified practitioner given in basic surroundings. Open from 9am to 12pm. 2pm to 8.30pm, closed Mondays.

Singapore Parkway Salon

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

The Spa at NagaWorld

Hun Sen Park. Tel: 023 228 822 This luxurious spa promises to bring the ancient Cambodian spa therapy to the world, and claims to be the only all-suite unisex spa in Cambodia. Therapy rooms with sauna, steam and flower bath are inviting, and the spa uses Tomichik flowers as part of its treatment. Open from 10am to 3am

The Villa Paradiso Spa

27 Street 222 corner Street 51, Tel: 023 213 720, www.thevillaparadiso.com Professional spa set in individual huts around a lush, tropical pool. A proper sauna and top-end Jacuzzi are highlights. All treatments conducted using natural substances only. Bookings recommended. Open daily from 8am-8pm

Villa Spa

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

456 Monivong Blvd., (cnr. Street 466)

sports general

Ball Hockey

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

Cambodian Federation of Rugby

cambodianfederationofrugby com Proper 15-a-side rugby league with four senior teams as well as kid's touch and women's rugby teams. Contact Larry: khmer_rugby@yahoo.co.uk for more

Cambodia Golf & Country Club

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

Cricket

Infrequent fun games played at a school off Street 360, near Street 63, on Sunday mornings. No equipment required and little prior knowledge of the rules is needed. Contact Majid at Saffron Wine Bar on 012 247 832.

eisure & wellness

Football: The Bayon Wanderers www.bavonwanderers.com

Mixed Khmer and western team. Training sessions are held at the City Villa court on Wednesday and Friday, 8pm to 10pm and at the Old Stadium on Tuesday from 4.30 pm to dark. Contact Billy Barnaart on 012 803 040 (available from 11am to 10pm) Sunday play at 2pm

Hash House Harriers

8, Street 360 (cnr. Street 71)

The Hash meets at the railway station every Sunday at 2:15pm. An ideal way to see the countryside either walking or running and then to make a public (school) exhibition of yourself. Contact 012 832 509 for details.

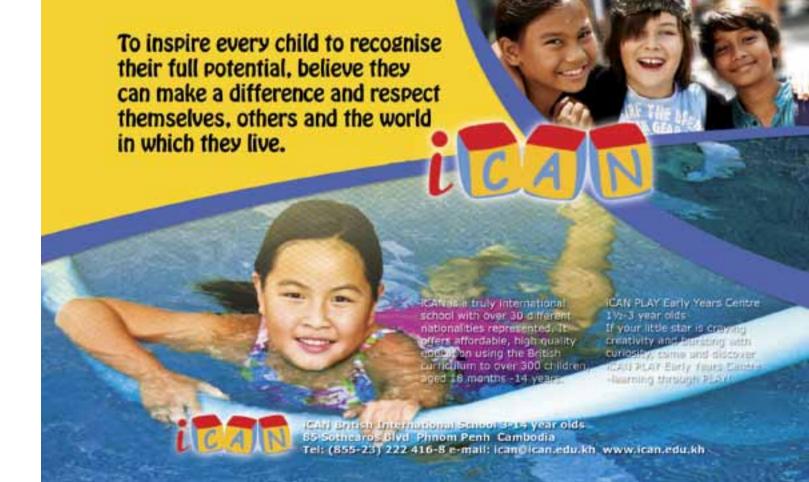
Royal Cambodia

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

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

Touch Rugby

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



listinas

next gen

cafés & restaurants

1C Street 282, Tel: 023 726 661

Serving excellent Indian food on a beautiful terracotta terrace, this Indian restaurant also has a playroom with a trained member of staff to ensure your little one gets up to no harm while you eat your chicken korma. Open daily from 11am to 3pm, 5:30 to 11pm

Café Fresco II

Cnr. Streets 51 & 306, Tel: 023 224 891

Let your children play with puzzles and Lego on beanbags, watch films like the Lion King looked after by a trained staff as you enjoy your cappuccino. Open daily 6am to 9pm.

Café Living Room

9 Street 306 Tel: 023 726 139

The playroom is stocked with books games, a wooden dollhouse and even a rattan crib, while the kid's menu has bite-sized portions. Contact Living Room to see what classes they are currently running. Open daily from 7am to 8.30pm

Java Café

56 Sihanouk Blvd., Tel: 023 987 420

Kid's menu includes chicken nuggets and pizza bagels. Colouring pages and crayons to keep the kids amused. High-chair is available on request and baby-changing facilities are in the toilet. Open daily from 7am to 10pm

Java Tea Room

Inside Monument Books, 111 Norodom Blvd.. Tel: 092 451 462

Cheerful children's reading room has picture books, puzzles, art supplies and occasional story-telling sessions. Open from 8am to 8pm.

Le Jardin 16 Street 360

Tel: 011 723 399

This garden retreat has a great kids' area with playhouse and sandbox, specialises in birthday parties, with cake, decorations, toys and drawing materials provided. Open from Tuesday until Sunday 8am to 8pm.

classes

Global Art Centre Behind house 206 Norodom Blvd.,

Tel: 012 514 790

An international art and creative programme designed for children aged 4 to 18. Classes held from 1pm to 5:30pm (Tue to Fri) and all day (9:30 to 5:30) on Saturday and Sunday, Free trial

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

Yoga Gecko & Garden Pre-school.

1 Street 282 Tel: 092 575 431 Yoga lessons with Georgina Treasure fo 3 to 5-year-olds from 3pm to 4pm on Tuesdays, Drop-ins welcome.

entertainment

Kabiki Hotel 22 Street 264.

Tel: 023 222 290 The first hotel designed specifically for families, Kabiki has a salt-water swimming pool and large garden for kids to ride around on bicycles in. Menu has child-friendly dishes like chicken nuggets.

Open daily from 6am to 10pm Phnom Penh Water Park

50 Street 110 Tel: 023 881 008

Traditional mix of slides and wave pools. Open from 9.30am to 5.30pm.

Phnom Tamao Wildlife Park Phnom Tamao, 44 kilometres out of the

capital along Highway 2 Cambodia's best wildlife centre. All the animals are either rescued from traders or bred at the centre. Many of the animals are critically endangered. Open

Sorva Centre

from 8am to 4pm.

Corner Street 63 & 142

The top floor of Phnom Penh's original shopping centre has a rink devoted to roller-skating and roller-blading.

international schools

Giving Tree International Elementary School of Phnom Penh 40 Street 334,

Tel: 017 997 112, www.thegivingtreeschool.com Established to provide an exceptional, affordable, and unique learning environment, based on small class sizes and a international curriculum incorporating compassion, communication, conserva-

tion, contemplation, creativity, conscience

ICan International School

85 Sothearos Blvd. Tel: 023 222 418

and global citizenship.

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, nonsectarian 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, extracurricula 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/IRO 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.

pre-schools

Gecko & Garden Pre-school 3 Stroot 21

Tel: 092 575 431

This not-for-profit pre-school, established ten years ago, emphasises learning through creative play in a supportive environment. The Kids Club, for 18 months to 5-year-olds, is from 3.15pm to 4.45pm (Mondays, Wednesday and Thursday). Also has voga and Khmer classes. Open everyday from 8am to 12pm.

Giving Tree Preschool

5 Street 325. Tuol Kork. Tel: 077 993 073. www.thegivingtreeschool

Preschool committed to provide a nurturing environment that supports and extends the child's emotional social physical and intellectual development. Offers a play-based programme in English and French that is fun, motivating and relevant to every child

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

shops

Khmer is also practised.

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-vour-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 Byd

Tel: 023 217 617 To the rear of Monument Books is a wellstocked 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, haby care, cots, and toys. Open from 8am to 8pm. [7]

listinas

business

accommodation

El Mundo Apartments Sisowath Quay 219D.

Tel: 012 520 775 ww.asiaroom.com

Fully serviced & furnished boutique 2-bedroom apartments with spectacular river views available for long & short stays. All with fully equipped kitchen, large living room, big adjacent terrace, separate entrance, air-con, cable TV. Internet, room service, laundry, 24 Hours Security. US\$75 per day.

advisory services

Alcoholics Anonymous 11 Street 420 (near junction of Mao Tse Tung and Monivong Blvd.). Tel: 012 813 731, 017 559 308 www.aacambodia.org

AA meets on Friday, Wednesday & Sunday.

Narcotics Anonymous

11 Street 420 (near junction of Mao Tse Tung and Monivong Blvd.), Tel: 012 813 731 NA meets on Monday. Thursday at 8pm and Saturday at 7pm.

architecture & design

Bill Grant Landscape Design Tel: 012 932 225, 012 738 134 Bill is the city's most exceptionally talented landscape designer

bikes & mechanics

The Bike Shop 31 Street 302

Tel: 012 851 776 www.motorcyclecambodia.com Specialises in repairing trusty steeds as well as renting them out in the first place. Also provides dirt bike tours.

Dara Motorbike Shop

339 Street 110, Tel: 012 335 499 E-mail: darabikeshop@vahoo.com More of an off-road bike specialist, who also arranges Sunday trips into the wild.

Emerald Garage

Mechanics specialising in maintenance and repair of vehicles, including oil changing and body painting. The place to go if you want to buy a leep.

building

47B Street 466, Tel: 012 755 913 E-mail:bizybeezservices@gmail.com Company that promotes itself as the city's premier handyman service. Does renovations, construction work, 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@amail.com

British Business Association of Cambodia (BBAC) 35 Sihanouk Blvd. Tel: 012 803 891

senaka.fernando@kh.pwc.com

the geek



Wireless Backup for Home and Small Office Sok Yena

Everyone I talk to prefers cordless for their computers. It makes so much sense if you don't have to plug in another USB cable to your laptop to access your data/photo/music/video off an external hard drive. Here are some options to go wireless..

One technology is a Network Attach Storage system or simply NAS. It sounds very technical but it's easier than you think. For Apple fans out there, the Time Capsule is for you. It has the ability to share internet from your ISP to your wireless devices (Mac, iPhone, iPad and iPod Touch), and acts as a NAS. You can purchase a Time Capsule in Cambodia for about US\$299 with 1TB (approximately 1000 GigaBytes) storage or US\$499 for 2TB storage.

For those who disagree with Apple's philosophy, there are other options out there for vou. The one that I recommend is Synology.

Synology is compatible with most computer operating systems (Mac, Windows, Linux) and wireless devices providing the best possible functionalities. Similar to the Time Capsule you can backup, share files with permission levels, share printer, play music and USB copy (this is handy when you wish to just plug your USB flash drive into Synology for a

snapshot backup with just one click). More than that, Synology has a built-in photo slideshow intranet webpage that allows you to browse through your pictures without having to copy the files onto your hard drive. Synology comes with the best possible downloading function. Imagine your home server can iust automatically download a big file or a torrent file (peershare) for you while you are not at home. All you do is come back from work and there the file is ready for you to view. Synology consumes less power than a computer and allows you to setup an automatic shutdown and wakeup time. Unlike the Time Capsule, Synology doesn't have a built-in wireless router but it can connect to your existing wireless infrastructure.

Synology can be bought online or you can order one from a local IT shop in Phnom Penh. The system is just a box that allows you to install a hard drive of various sizes (1 or 2TB). You can find out more online at www.synology.com or contact me for assistance.

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. A

Chambre de Commerce Franco-Cambodgienne

Office 2nd floor, 33 corner of Street 178 and Sothearos Blvd. Tel: 023 221 453 www.ccfcambodge.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@amail.com

Singapore Business Club (Cambodia) 92 Norodom Blvd... singcamb@online.com.kh

Women's International Group (WIG) Tel: 012 832 940, 089 880 419,

email: dortekieler@gmail.com WIG meets every first Wednesday of the month at 3pm at Intercontinental Hotel. Speakers on various topics, also has monthly lunches and events. Welcomes women new to Cambodia to form a network and get settled in Annual fee of US\$25 goes to projects. for poor women & children in Cambodia.

car rental

ACC Car Rental Services 43 Street 160z Toul Kork.

Tel. 012 456 003. 015 456 003 Professional, prompt and organised rental service that provides vehicles for rent with or without a driver. ACC also rents a range of buses that seat from 12 to 45 people. All vehicles can be delivered to your door.

commercial banks

Advanced Bank of Asia 148 Sihanouk Blvd Tel: 023 720 435, 023 225 333 www.ababank.com Commercial bank, managed by Koreans and Cambodians, established in 1996. Has branch office on Mao Tse Tung.

ANZ Roval 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 Counsell**

17Az Street 21, Tel. 017 555 691 www.banvantherapycenter.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@aqcambodia.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. ac-

cident, property, personal liability, marine,

travel and transport insurance

Infinity Insurance 126 Norodom Blvd, Tel: 023 999 888 Professional insurance company offers motor, property, home, marine cargo, personal accident, healthcare, construction and engineering insurance. Group

international schools

policies can be customised.

Giving Tree International Elementary School 40 Street 334, Tel: 017 997 112. www.theaivinatreeschool.com Established to provide an exceptional affordable, and unique learning environment, based on small class sizes and

an international curriculum incorporating

compassion, communication, conserva



on the move



Finding Your New Home in Phnom Penh **David Murphy**

Whether you're an experienced expat or a new arrival, renting a property in Phnom Penh can be quite dauntina. The following tips should make finding that perfect rental home a little easier.

Familiarise yourself with the different areas and pinpoint where you want to live. Hire a tuk tuk for a day or two and get to know the city. Determine how long you are happy to spend travelling to and from work each day and ask yourself the question: is this an area I would like to live in? Within a couple of days you will have your preferred Sangkat (district) locked in.

Decide on your requirements, what type of property are you looking for, what amenities you need to be close to, what furniture needs to be included with the property?

Determine vour budget and stick to it. Phnom Penh agents are great at taking your budget, doubling it and then showing you properties in this price range. Don't let it happen. Keep your rental spend at a comfortable level.

Once you have identified the preferred location, confirmed your requirements and locked in the budget, it's time to start finding the right home for you. A great way to

start is by checking available listings online via agents' websites, flicking through the local newspapers or taking a drive around your preferred area and have a look at any 'for rent' signs.

With all your background work done it's time vou called in some professional help. Phnom Penh real estate agents have their finger on the housing pulse and using their services is a cheap and efficient way to find your perfect home. Agents in Phnom Penh collect commissions from the landlords and therefore no charges are levied on the client. It's a completely free home-finding service.

Brief your agent and ensure they are clear in terms of number of bedrooms, housing type, preferred location, furniture requirements and price range. A good agent should have some options for you within a day or two and will be happy to pick you up and show you properties that fit your requirements.

David Murphy is managing director of Independent Property Services. For any property needs, contact David at: dmurphy@independentpropertyservices.com, or check out IPS online at: www.independentpropertyservices.com. A

tion, contemplation, creativity, conscience and global citizenship.

Harvest Education Centre

247 Street 456, Tel: 023 630 0710, 011 277 129, harvestedc2@gmail.com American curriculum international school that employs qualified foreign teachers with over 150 children from 50 different nationalities. Classes from 7.30am to 4.30pm.

ICan International School 85 Sothearos Blvd, Tel: 023 222 418

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

International School of Phnom Penh 146 Norodom Blvd. Tel: 023 213 103 www.ispp.edu.kh

Founded in 1989, this non-profit, non-sectarian international school has 567 students from Pre-K to Grade 12 The largest international school with over 65 professional teachers, and the only authorised IB Programme in the country

Lycée Français René Descartes

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

Northbridge School

1km off National Road 4 on the way to the airport Tel: 023 886 000 www.niscambodia.com

U.S.-accredited school offering Nursery-Grade 12 university preparatory international education. Purpose built facility with expansive playing fields, playgrounds and pool on secure, manicured grounds. PYP/IBO candidate school.

Zaman International School

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

it & software

Conical Hat (Cambodia) Ltd. 135 Street 472, Tel: 023 362 957 www.conicalhat.com Software company specialises in providing highly localised business solutions including accounting, payroll and billing.

Netpro Cambodia 11, Street 422, Tel: 855 23 215 141.

www.netpro-cambodia.com, IT supports company that delivers high quality and reliable services to home and small to medium size organisations in Cambodia.

Sciaroni & Associates

24 Street 462, Tel: 023 210 225 www. sa-cambodia.com Law firm with a good reputation, Just the ticket if you get into a spot of bother.

Office Space

Top Recruitment Cambodia 592, Building F Phnom Penh Centre, Cnr. Sothearos & Sihanouk 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

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.

organisation

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

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 Priniting 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

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

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

Norodom Blvd., Tel: 090 999 611, www.beeline.com.kh Mobile phone company offering VoIP international calls at attractive rates.

Cadcoms

825A Monivona Blvd.. Tel: 023 726 680

Communications company with Norwe-

gian 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.

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.

Tel: 016 810 000, www.hello.com.kh Mobile phone provider that has the 015 and 016 SIM card

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

Online 60 Monivong Blvd., Tel: 023 727 272

The biggest of the Internet providers. Watch out for their hotspots around town.

Smart Mobile

464 Monivong Blvd., Tel: 023 868 881

Newest of the mobile phone providers in the capital, Issues the 010, 069, 070 and 093 SIM cards.

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.

listinas

shopping

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.raffles.com/phnompenh_spa phnompenh@raffles.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 Bvd., Tel: 023 222 499 14 Sihanouk Bvd., Tel: 023 224 099 High quality western-style chemist and pharmacy that sells the full range of beauty products, including international brands. Open 8am to 10pm.

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 gen-

eral fiction, with a good range of French

Home Decretice Special Orders on Cable Own. Class Ciner on, Pollonia Girtor Hundalls Progillation & Clothing & Pashion Microson, House in Mide Collegettions in Appealail Conferen

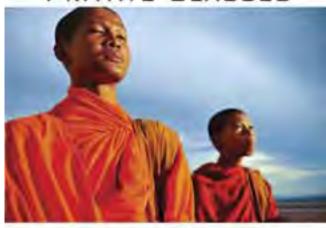




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money matters



More Doom Than Boom **Trevor Keidan**

When it comes to the markets it's time for a serious reality check, otherwise people are going to get badly burned.

As you might have heard the Dow Jones Industrial Average has had a good September. So much so that it's the best September on record. or the best September since 1939 anyway. Either way it sounds impressive.

And while I'm all for positive thinking I do now have to exercise a note of caution. Unfortunately the euphoria is not backed up by the reality. In fact all the signs point to an immediate future filled with more doom than boom.

To begin with unemployment is still an issue. So is housing. Some think that the number of foreclosures will grow. Others think that the jobs reports will get worse.

Protectionism is also starting to play its part and could hamper global recovery. The US has upped the ante with threats to penalise China for devaluing its currency. This could be disastrous for the world, not just China.

And then of course there's Europe. We may not have heard as much about Greece or Spain or Portugal and Ireland of late but their problems are still in evidence. Despite the upbeat forecasts things could get worse before they are better.

As if all this wasn't enough there are also the worries about inflation, and hyperinflation even. Hyperinflation is the rapid, out of control rise in the cost of goods. It would appear that some, including those in the know such as George Soros, could be guarding against inflation. They are buying gold, and as a result the price of gold is soaring.

So, will there be a crash? Will there be a double-dip recession? It's hard to say. Will the rally driving the markets continue? It's doubtful.

With all this in mind don't get 'sucked in' to this record rally. All the signs are that it may not last. As always if you want some peace of mind, and don't want to be left out, make regular planned, investments. That way you will be able to take advantage of the 'doom' as well as the 'boom'.

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. A

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.raffles.com/phnompenh, dining.phompenh@raffles.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.

Art Wood

23 Street 294, Tel: 090 249 999, 076 224 9999, www.artwood.asia Combining classic Khmer design with straight modern angles, young Khmer designer Yin Daravy's shop sells everything from bed sets to bookshelves and dining tables. Can make furniture to order. Open 8am to 7pm.

Artisans D'Angkor

12AEo Street 13, Craft Centre, Tel: 063 963 330. Silk Farm Tel: 063 380 375 Specialising in stone and wood carving, lacguering 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 Onen from 9am to 6nm (closed Sunday)

Beyond Interiors

14e Street 306, Tel: 023 987 840, 012 930 332, www.beyondinteriors.biz Managed by Australian designer Bronwyn Blue, this interior design showroom can provide the ultimate design solution to your interior dilemma. All products from Thailand, Vietnam, Indonesia and Cambodia are made with travel in mind and have been treated to withstand any climate. Open from 9am to 7pm

Chez l'Artisan

42D Street 178, Tel: 012 869 634 Quaint shop with high-quality wooden furniture and lampshades that also produces made-to-measure goods on request. Open from 10am to 6:30pm.

I Ching Decor 85 Sothearos Blvd.. Tel: 023 220 873. 012 558 000 092 660 746 www.ichinadecor.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,

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 shon also caters for men. Onen from 7am to 6.30nm.

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

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.

75 Street 240, Tel. 023 211 741 www.ororosso.asia







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shop talk



Artisans and Silkmoths Nina Lamparski

With a short life span, long work hours and an entire industry resting upon its fragile wings, the domesticated silkmoth doesn't have it easy. The male dies upon mating, while his female counterpart joins him after laying up to 400 eggs. These take two weeks before hatching into silkworms, whose main job it is to munch on mulberry leaves, molt four times in the space of 47 days and finally weave a cocoon of pure silk covered around their tiny bodies.

And that's where the journey ends for 80 percent of the pupae used in the production of Cambodia's unique yellow silk. "Some are kept for reproduction but the majority need to be killed in warm water or in the sun otherwise, if they become a moth and leave the cocoon, they will damage the silk," says Khanratha Meak, manager of the recently opened Artisans d'Angkor opposite Phnom Penh's main post office.

The elegant two-storey showroom is part of a Cambodian boutique chain selling handmade silkware, lacquer paintings and carvings. The products are created by rural artisans who undergo a sixmonth long apprenticeship at one of Artisans d'Angkor 13 workshops, aimed at helping unschooled Cambodians find work and ensuring the lasting legacy of traditional crafts.

"In total, we employ 1,200 people, including over 800

craftsmen," says Meak. Their mastery of ancient skills is displayed in the art gallery-like set-

ting of the Phnom Penh shop.

Alongside gold-plated sculptures and lacquer paintings, the ground floor features intricate wood and sandstone carvings representing perfect copies of unknown or forgotten art pieces dating back to Angkor

In a corner, proud and immobile, stands the headless statue of the Great Durga, For US\$599, her graceful frame is yours to take home-a bargain, really, considering that she's the Goddess of the Universe and Shiva's wife. If you ignore the dazzling US\$5,800 gold-plated, precious stoneencrusted Buddha guarding the shop front, Durga is among the most expensive items here.

Venturing upstairs, you'll find a rainbow sea of scarves. dresses, shirts and wallets. all handmade with traditional weaving machines. "A cocoon produces about 300 metres of fine silk." savs Meak, pointing to the lustrous material of a patterned cloth known as hôl. This means that one scarf alone requires an average of 2,000 cocoons and seven days of weaving. All things considered, US\$69 for a pretty shawl is a small price to acknowledge the hard work of both silkworms and Cambodian craftspeople.

Artisans d'Angkor, 12 Street 13, Tel: 023 992 409/407. Open daily 9am to 6pm. A

Featuring classical 1950s and 1960s inspired Italian designs by Khmer designer Keo Sophea, and Belgian designer Wesley Taller, this boutique has stylish yet functional men and women's clothing for work or play. Open from 9am to 9pm.

Promesses and Kaprices

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

Sapors 11 Street 59, Tel· 012 900 470

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

Skechers

46 Sihanouk Blvd

Tel: 023 221 132, 012 403 058 California-based shoe brand Skechers has arrived in Cambodia with an array of shiny new shoes of all types for men, women and children. Open from 8:30am to 8:30pm.

Smateria

8Eo Street 57. Tel: 023 211 701 7 Street 178 023 214 720

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

Spicy Green Mango

4a Street 278 Tel: 012-915-968 29 Street 178 Tel: 023-215-017 Now open in two locations, designer Anya Weis offers a very different style of clothing to any other shop in Phnom Penh with imaginative, colourful skirts. trousers t-shirts belts and shoes

43 Street 240

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

Sweet Soul 35E Street 288.

Tel: 023 307 685

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

Wanderlust

21 Street 240, Tel: 023 221 982 Fantastic 100 percent cotton clothing by Elizabeth Kiester with frocks and shirts as cute as candy, and a variety of cool and funky accessories both for you and vour home. Open 10am to 7pm. Sundays 12pm to 5pm

37 Street 240, Tel: 012 812 469 Eclectic shop run by Christine Gauthier selling her distinctive range of colourful unique necklaces, beads, earrings, flambovant hats and bags. Open 8am to 5.30pm (closed Sunday).

Zoco

22B Street 278, Tel: 017 755 964 Fashion boutique run by the Spanishborn Nuria, sells dresses, skirts, bags and accessories. Has another store on the way to Serendinity Beach in Sihanoukville and a boutique in the Independence Hotel. Open daily from 9am to 9pm.

food

Alnine Trading 13 Street 90

Tel: 012 961 084 Quality European beer importer supplies

restaurants, cafes and bars AusKhmer - The Pantry Shop

125 Street 105 42 Street 178 Tel: 023 993 859. 023 214 478 This small deli features a variety of modestly priced wines, Australian beers, and shelves full of French delicacies, cheeses, antipasti, and cold cuts, as well as a selection of sweets, teas, olive oils and other neatly packaged products. Open 10am to 8pm

Bayon Market

33-34 Street 114, Tel: 023 881 266 Popular supermarket stocks expat feel-good foods, with a focus on the Japanese. Open 8am to 9pm

Bong Karem

Tel: 092 235 336

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

Boutique Tea Shop

Inside Amanjaya Pancam Hotel, Cnr. Street 154 and Sisowath Quay Tel: 017 200 600, 098 508 080 TWG TEA products including loose teas, packaged teas, tea bags, gift collections and tea accessories are available for delivery, with special gift promotions. Open from 8am to 7:30pm

Butcher & Co.

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

Camory - Premium Cookie Boutique 167 Sisowath Quay Tel: 023 224 937 www.camorvfoods.com

Makes cookies using agricultural produce from the provinces such as cashew nuts from Kampong Cham and Mondulkiri honey. A portion of the profits helps fund education for a local orphanage. Open 9am to 8,30pm.

Comme a la Maison

13 Street 57, Tel: 012 951 869 Decidedly sophisticated French restau rant has a small delicatessen and bakery at the back of the restaurant ideal for that morning baguette or croissant with your coffee. Open from 6am to 10.30pm.

Dan's Meats

51A Street 214, Tel: 012 906 072 Phnom Penh's man of meat, Lanzi, supplies his strictly non-vegetarian products to many of the restaurants and bars around town. A good range of quality products is for sale at his butcher's shop. Open from 7:30 to 6:30, closed Sundays.

Kampot Pepper Promotion Association

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

according to traditional methods.

Kurata Pepper

Cnr. Streets 63 & 322, Tel: 023 726 480 Selling organic Koh Kong pepper and associated products. Kurata is one of the more unusual shops in town. Watch the workers shift through the peppercorns in a room near the front entrance. Open everyday from 8am to 7pm.

Le Phnom Shop

Raffles Hotel Le Royal, Tel: 023 981 888 Enjoy fresh breakfast pastries in the morning or arrive after 6pm for

50 percent off the pastries, cakes sandwiches, salads and bread, Open from 7am to 9nm

Lotus Pond

10 Street 178 above Banyan Restaurant, Tel: 023 217 620, 012 348 865 Boutique silk and design shop retails high quality Cambodian handicrafts, such as pure Cambodian silk, carvings, statues and homemade accessories. Open from 9am to 8pm.

Madeleines Bakery

172Eo Street 51, BKK I, Tel: 012 988 432 Bakery and restaurant offers a variety of baked goods as well as organic lunches and catering services. Open from 8am to 5pm, closed Sundays.

Smokey da Boar Tel: 012 836 442

Kiwi-run wholesale butchers specialising in sausages, ham on the bone and burger meat. Phone orders only. Open from 2am to 5pm.

The Deli

13 Street 178, Tel: 012 851 234 Café and bakery with a good range of take away breads, sandwiches and pastries. Now has a second outlet on Street 51 Open from 6 30am to 6 30pm delivery service (within 30 minutes) is only from 7am to 11pm.

Veggy's

23 Street 240. Tel: 023 211 534 One of the few shops catering for western tastes - marmite Branston pickle cereals Barilla pasta. Lao coffee and other expat essentials. Good range of cheeses, salad and meats are stored in the walk-in cold room at the back. Open 8am to 7pm.

silks & accessories Couleurs d'Asie

33 Street 240, Tel: 023 221 075

www.couleursdasie.net Shop selling French-designed silk & linen bags, scarves, cushions, pillow cases and quilts, has a selection of soaps and bath salts from Senteurs d'Angkor Amata beauty products and Eric Raisina's unique textiles and clothing. Open 9am to 7pm (Mon to Sat), 9am to 3pm (Sun).

Friends 'n' Stuff

215 Street 13, Tel: 012 955 722 Colourful shop with unique products designed by Mith Samlanh/Friends students and parents of former street kids. Range includes clothes, necklaces, purses and second-hand goods. Also has a nail bar run by students from the beauty class. Open from 11am to 9pm.

La Clef de Sol 75E Street 108, Tel: 092 194 468 Boutique shop on the opposite La Marmite restaurant has a good range of household goods and home decorations, including tablecloths, bed linen, curtains and bags. Also does made-to-order goods. Open 10am to 7pm, closed Mondays,

Le Rit's

71 Street 240, Tel: 023-213-160 Handicraft boutique on the grounds of the training restaurant Le Rit's, the social enterprise managed by NGO NYEMO. Fun. funky and a bit different to the norm, the skills and accessories are in fantastic bright colours. Also has a great range of children toys and hangings butterflies and bird mobiles. Second outlet on the eastern edge of Russian Market. Open from 7am to 10 pm.

Mekona Quilts

49 Street 240. Tel: 023 219 607 www.mekona-auilts.ora

Outlet for NGO Mekong Plus, stocks a large range of hand-crafted bed covers. home accessories, gifts and decorations. All the profits from the store are cycled through Mekong Plus, which provides scholarships to promote many health and quality of life initiatives in remote villages in Svay Rieng Province. Open 9am to 7pm.

Mulberry Boutique

9 Street 51. Tel: 016 222 750

Boutique silk and souvenir shop next to Flavours restaurant has a wide range of quality silk products, including bags, scarves, wall hangings and cushion covers, as well as iewellery. Open from 8am to 9:30pm.

Sayon Silk Works

Street 19. Tel: 023 990 219. www.sayonsilkworks.com

Since 2001 self-taught Cambodian designer Savon has created all her own handbags cushions, scarves and quilts from Cambodian silk, which are on sale in her boutique behind Royal Palace, Open from 9am to 7pm.

Silk & Pepper

Amanjaya Hotel

Range of contemporary silk home interior products inspired by Asian and western designs with tailor-made silks and linens Also sells Kampot pepper. Open from 3.30am to 7pm.

Sobbhana Boutique

24 Street 144/49, Tel: 023 219 455 www.sobbhana.org

A not for profit organisation founded by Princess Norodom Marie, offering a range of colourful, handwoven silk products. Profits help to support local women by funding the training, medical care and education of weavers.

Swatch

128 Sihanouk Blvd.. Tel: 023 222 070 Authorised retailer of the Swiss Swatch watches stocks everything from fun, colourful, kids' ranges to chic, jewellerylike timepieces. Open from 9am to 7pm.

AusKhmer - The Pantry Shop

125 Street 105, Tel: 023 993 859 This small deli features a variety of modestly priced wines, Australian beers, and shelves full of French delicacies, cheeses, antipasti and cold cuts. Also has an outlet on Street 178. Open 10am to 8pm.

Celliers d'Asie

62B & 98 Street 432, Tel: 023 986 350 Wine supplier with the largest quantity of retail stock in town, the Celliers d'Asie group has been providing wine to most of the top hotels and restaurants in town for over ten years. Open 8am to 12pm and 2pm to 6pm, closed Sundays.

Open Wine

219 Street 19, Tel: 023 223 527 Aircon wine shop and tasting gallery sells wines, severac, calvados and meat, Open from 7pm to 11pm.

Quarto Products

30, 31 Street 108, Tel: 023 221 576 email: vuthana@guarto-products.com Fine food and wine distributors with large range of wines from around the world is open from 8:30am to 1pm and 3:30pm to 5:30pm

Red Apron

15-17 Eo Street 240, Tel: 023 990 951 Home of wine enthusiasts in Phnom Penh is both a wine boutique and tasting gallery. With around 300 wines, the boutique has far more range for a special occasion than the supermarkets. Open from 9am to 9pm. 🔼







Showroom: No.14 St. 306 BKK1 Email: info@beyondinteriors.biz HP: 012930332 PH: 023987840 www.beyondinteriors.biz

100 AsiaLIFE Cambodia

3 Rivers

















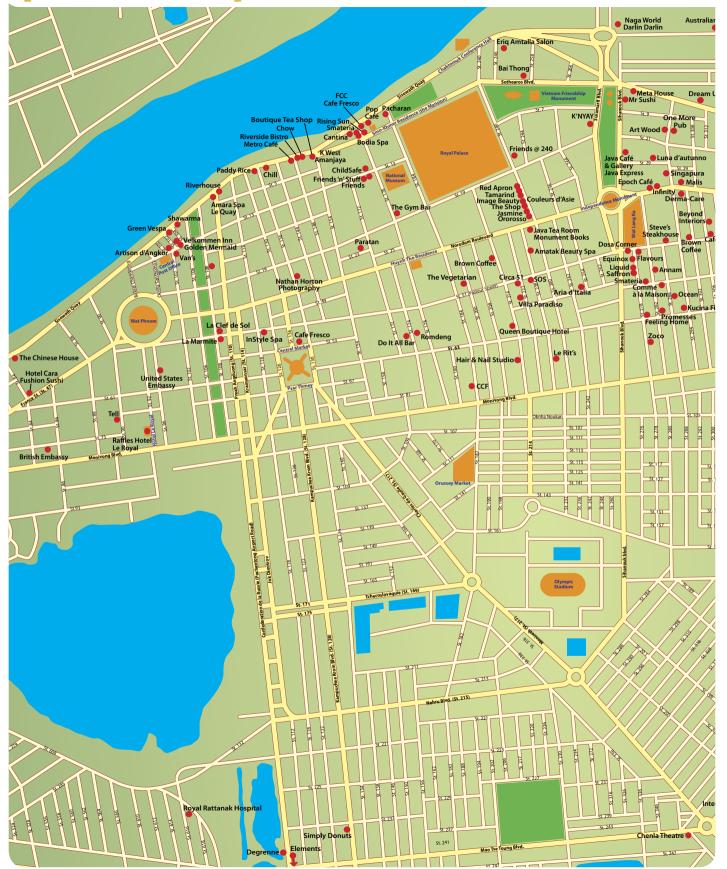


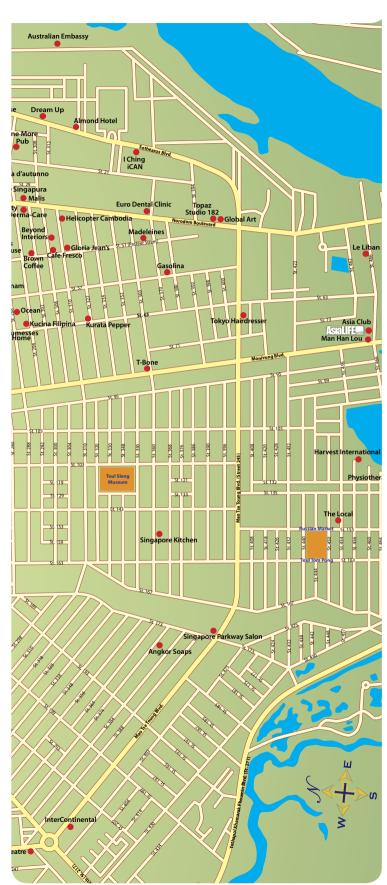


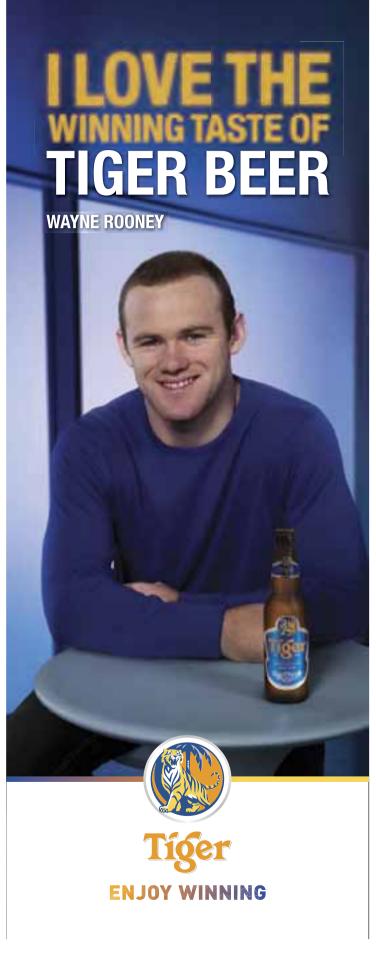


kampuchea party republic.com

phnom penh: central







soundfix

album review









KINGS OF LEON

COME AROUND SUNDOWN

Following the gargantuan success of 2008's Only By The Night, the Tennessee-bred quartet had a decision to make. They could either continue to distance themselves from fans of their first three albums by churning out more radio-friendly pop hits a la Sex On Fire and Use Somebody or put their collective middle finger up to the mainstream and return to the ramshackle charm of old. On Come Around Sundown the Followills don't commit to either. Instead. they've conjured up an album that maintains the widescreen stadium-driven atmospherics of their previous LP but scales back the ambition with altogether subtler songs that, although not as immediately catchy (with the exception of Radioactive). are much more considered and thoughtful. The End, Pyro and The Face are sparse, wistful gems teeming with reflective and melancholic qualities whilst Back Down South is a violinflecked bluegrass lament to their southern roots. This is the sound of KOL taking a conscious step back from the precipice.

MAGNETIC MAN **MAGNETIC MAN**

As an expat in Asia it's sometimes easy to miss or feel disconnected from cultural happenings occurring elsewhere in the world. Dubstep, the minimalist underground dance sub-genre born from two-step garage in Croydon record shops at the beginning of the noughties, is one such example. This musical phenomenon has been slaying dancefloors from London to LA for the past several years, growing in popularity and stature exponentially. Comprising dubstep's originators Skream, Benga and Artwork, Magnetic Man sees dubstep enter the pop arena with Top 40 heavyweights Ms Dynamite and John Legend enlisted to help smooth the transition. Musos will hate this album. Then again, it was never aimed at them in the first place. The undulating "wub wub wub" basslines, 80s keyboard synths and seductive vocals of Katv B are targeted at those with their ears trained to FM radio stations and university students looking to splurge their loans in overpriced and trendy superclubs.

GRINDERMAN **GRINDERMAN 2**

Showing no signs of growing old gracefully (or quietly, for that matter), Nick Cave allows the troublemaking noise merchant side of his personality to rise to surface once again on Grinderman 2. Teaming up with fellow Bad Seeds members Martyn Casev on bass. Warren Ellis on violin and guitar and Jim Sclavunos on drums, the album is just as psychedelic, experimental and furious as its predecessor. The majority of sounds on display (dense layers of feedback, horrormovie organ chords, scuzzy quitars and coiled basslines) initially make for an impenetrable listening experience. The word 'cacophony' instantly springs to mind. However, given repeated listens, Grinderman 2 opens up to become a thrilling record with elements of punk, blues and good old-fashioned rock 'n' roll colliding in reckless abandon (Bellringer Blues, Kitchenette). The greatest moment is reserved for Palaces Of Montezuma, a wonderful, melodic track driven by Cave's witticisms and completed by the infectious 'woooo-woooo' backing vocals and uplifting rhythm section.

BFILE & SEBASTIAN

WRITE ABOUT LOVE

The eighth album from the seven-piece Glaswegian band sees Stuart Murdoch and Co. consolidating their strengths rather than expanding into new territory. Swinging 60s pop and intimate folk are well arranged by producer Tony Hoffer as the aroup's pretty melodies alide through the album's crisp, clean and full bodied sound. Standout tracks include the exhilarating I Want The World To Stop with its arms-aloft chorus and Little Lou, Ugly Jack, Prophet John, which transforms Norah Jones' flat and monotonous croon into sultry and honeyed tones. The retro cheeriness of I'm Not Living In The Real World comes over like early Blur and The Polyphonic Spree and the horn-driven The Ghost Of Rock School shimmers with a Motown thumb-clicking rhythm. Lyrically, Murdoch remains as whimsical and surreal as ever, with many abstract and veiled references to the mechanics of relationships dotted throughout. Belle & Sebastian aren't reinventing the wheel but why fix something when it ain't broke?

top ten



Official 97.5 Love FM Phnom Penh Top 10

Leona Lewis

no. title artist Push Push Kat Deluna 2 Bad Bovs Alexandra Burke Apple And Cinnamon Utada Hikaru All The Lovers Kylie Minogue Bionic Christina Aquilera 6 Blind Jason Derulo Today Was A Fairytale Taylor Swift Beain Again Colbie Caillat Teenage Dream Katy Perry

UK Top 10

Falling In Love

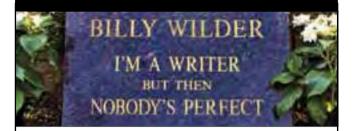
Broken

10

no.	title	artist
1	Forget You	Cee Lo Green
2	Just The Way You Are (Amazing)	Bruno Mars
3	Barbra Streisand	Duck Sauce
4	Miami 2 Ibiza	Swedish House Ma Vs Tinie Tempah
5	Written In The Stars	Tinie Tempah feat. Eric Turner
6	Ambitions	Joe McElderry
7	Shame	Robbie Williams & Gary Barlow
8	Let The Sun Shine	Labrinth
9	Cooler Than Me	Mike Posner
10	DJ Got Us	Usher feat, Pitbull

US	Top 10	
no.	title	artist
1	Just The Way You Are	Bruno Mars
2	Like A G6	Far*East Movement feat. Cataracs & Dev
3	Just A Dream	Nelly
4	Teenage Dream	Katy Perry
5	DJ Got Us Fallin' In Love	Usher feat. Pitbull
6	Only Girl (In The World)	Rihanna
7	Dynamite	Taio Cruz
8	Speak Now	Taylor Swift
9	Club Can't Handle Me	Flo Rida feat. David Guet
10	Love The Way You Lie	Eminem feat. Rihanna 🖪

endorsed



Nobody's Perfect **Mark Bibby Jackson**

The small motorboat is sailing off into the horizon. Marilyn Monroe and Tony Curtis are kissing in the back seat while out front Joe E Brown is whisking Jack Lemmon off to his luxury yacht. Still in drag Lemmon lists the reasons why he cannot marry Brown-he smokes, he's not a real blonde, he has lived for years with a saxophone player. Throughout Brown maintains a resolute "I don't mind". Eventually Lemmon tears off his wig announcing that he is a man. In probably the most famous closing line in cinematographic history, Brown responds: "Nobody's Perfect."

To many Some Like It Hot (1959) is director Billy Wilder's perfect movie. Judged the best comedy in American cinema by the American Film Institute, it is also ranked 14th in the organisation's top 100 films of the twentieth century.

Wilder's genius lies in taking a routine plot and giving it a twist: two musicians oversee a mob killing in Chicago and hide themselves in a travelling band. This is hardly groundbreaking stuff but by choosing to make the band all female, Wilder crosses transgender boundaries. Macho. womanising Curtis has to hide in furs and tights in order to save his neck.

The tension behind the twist turns a farcical comedy into a masterpiece.

Although now widely acclaimed as one, if not the, funniest film of all time, Some Like It Hot was not as great a critical success at the time as his follow-up film, The Apartment. Also starring Lemmon, but this time teamed up with a youthful Shirley MacLaine, Wilder scooped Oscars for Best Film. Best Director and Best Screenplay for The Apartment.

Again the master director's focus is not as others would like. By choosing to cast Lemmon as a man who lets out his apartment to work colleagues for personal advancement in the office. Wilder chose a weak central character that is not instantly likeable. However, the making of the man is the making of the film, with Lemmon winning both the audience and MacLaine in the final sequences.

What made Wilder stand out as a director was his ability to play against type-evidence Curtis in drag and wholesome Fred MacMurray as a skunk in both The Apartment and Double Indemnity. He also made stars perform. Monroe is a revelation in Some Like It Hot, proving she was more than a blonde bombshell.

Never afraid to explore the darker side of humanity, Wilder's classic film noir Sunset Boulevard is almost too painful to watch. Starting with William Holden's drowned body floating in a pool, the whole film is played in flashback from the view of the dead man as he becomes ensnared by faded movie star Gloria Swanson. One of the strongest indictments of Hollywood's star system, Sunset Boulevard is consistently voted as one of the best films of all time.

After The Apartment Wilder's career went into a decline. While his subsequent films fail to match up to his earlier work, this just goes to prove, as written on Wilder's headstone, that nobody's perfect.

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letter



A Letter on Farming

Will Koenig

Unless they embark on a crossstate drive, most Americans don't see the various things that eventually land on their plates. Along the highway, there might be a few cows standing in a field, but there is little time for reflection as you zip by those cows at 120km an hour.

You certainly won't see any chickens scratching in the dirt or pigs racing around the average American neighbourhood bound by public health codes, zoning laws and homeowner associations. That's something I consider a good thing, but I may be in the minority as new passions rise in the US.

Unless you live just off Sisowath Quay, you come to terms that many domesticated animals in Southeast Asia are still a little wild. When I lived in Phnom Penh's Toul Kork neighbourhood, I lived just a few blocks from a herd of goats that ran free and grazed on empty lots. I also had the unpleasant experience of staying too near to a pig butcher. And many homes in the villages I visited as part of my development work doubled as barns.

I'm quite happy living in a hermetically sealed urban area. After a few trips through the hinterlands, trying (unsuccessfully) to dodge cow pies and extracting motorcycles and colleagues mired in pig sties, it's nice to know that the road and sidewalk ahead will be free of all manner of animal deposits.

But many Americans rue the loss of our rural character.

A century ago, they tell us, food tasted better, the air smelled sweeter and our moral fibre was strengthened by hard work in the fields. We knew our main course—whether it mooed or clucked or squealed like a pig (and pigs squeal at an unimaginable decibel)—intimately before we ate it.

Nobody mentions that Americans in 1900 had an average life expectancy of 50 years and as much as 20 percent of the population had syphilis. Perhaps some were a little too intimate with their meals?

This yearning for a close-up view of food production results in demands that cities abandon zoning codes that prohibit livestock from urban areas or laxer requirements for artisan food producers. Traditionalists argue that food can't make you sick if it's made by a neighbourly fellow from organic, local ingredients.

But as much as I want to many villag shake my head in frustration at processing in the state of the state of

the silly Americans, Cambodians are not immune.

New Page Production, a film company in Cambodia, makes documentaries about the rhythms and food-making activities in rural Cambodia. Volume 12 of 'Watching Cake, Food and Fruit in Cambodia', consists of interviews with vendors and noodle makers and long shots of all the steps required in traditional Cambodian noodle making. The narrator waxes eloquently about the beauty of rural Cambodia, the purity of its traditions and just how wonderful life is in the countryside—all in Khmer.

Movies like this are popular among Cambodian-Americans who long ago left the old country and want to be reminded of the way things used to be—popular enough that 12 volumes have been made, many including long shots of, well, vegetables growing in a field. A dozen movies waxing romantic about some of the most backbreaking labour in the world. Work that, as the movie details, is not confined to the distant past.

As I've said, I've been to many villages and seen food processing in Cambodia. I've

seen rice mills and noodle presses and sacks of plain rice flour, and it's all mundane. What surprised me was the rinsing of the num bunchuk noodles—the skinny white bundles of wet noodles sold in large baskets everywhere in Cambodia. The workers hauled the freshly pressed and cooked noodles down to the river—turbid, brown and not at all filtered—and rinsed the noodles in the river.

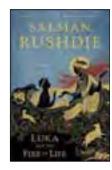
I should state that I have no reason to believe that all noodle makers use the local river to rinse their just-cooked noodles. I do know that rivers are used for everything from washing soiled sarongs to water buffalo. And I've eaten that kind of noodle many a time, but always with the naive American notion that every bowl of noodles was not dipped in an open sewer.

I was horrified. But for my wife and other Cambodians, it just inspires homesickness.

Considering the indigestion prompted by that video, maybe it's better not to watch the neighbours preparing what goes on your plate.

Will Koenig lives with his wife and son in Oregon. Contact him at will.koenig@gmail.com.

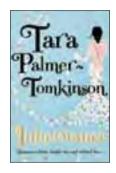
bookshelf



Luka and the Fire of Life Salman Rushdie

Jonathan Cape

From literary superstar Salman Rushdie comes a book for teenagers. Written much as a companion to his earlier book for children, Haroun and the Sea of Stories, Luka is a tribute to Rushdie's son, Milan, much like Haroun was a tribute 20 years ago to his elder son, Zafar. This book is about a journey the young Luka embarks on in a bid to save his storytelling father who has slipped into a coma. Luka's journey into the magical realm features incredible characters and unexpected twists and turns. Both books have this in common too: the child protagonist saves the parent. More worldly than Haroun, Luka features gods and goddesses from all over the globe.



Inheritance

Tara Palmer-Tomkinson

Pan McMillan

You won't be blamed for doing a double take when you read that the author of *Inheritance* is Tara Palmer-Tomkinson. How did London's one time most famed It Girl turn into a Lit Girl-and should we just scoff it off as, at best, an airport read? Given that the reviews haven't been all that dismal, there may be more to *Inheritance* than meets the eye. The book is inspired by the author's real life events—our heroine, Lyric Charlton, emerges from rehab (sound familiar already?) to discover a family secret (shock, horror). Sure it's one big homage to oneself but if you're up for a laugh and enjoy celebrity-written memoirs posing as literature, or just love chick lit, this might not make you want to vomit.



Even Silence Has An End

Ingrid Betancourt

Penguin Press

It was one of modern times most horrific hostage stories yet a testament to the resilience of the human spirit. The story of Ingrid Betancourt, a young aspiring candidate for her country Colombia's presidential election in 2002, kidnapped by the rebel FARC group and held hostage for six-and-a-half years, captivated audiences when she was released a few years ago. How she endured those years in captivity, physically and psychologically deprived, is narrated with a quiet dignity that is inspiring. Her attempted escapes, her being dealt unimaginable punishments, her resilience throughout, not to mention her relationship with her captors, make this a gripping read. The memoir is as much a story of survival as it is of self-discovery but above all it is a journey towards forgiveness.



Squirrel Seeks Chipmunk, A Modest Bestiary

David Sedaris

Little Brown and Co

Think Aesop Fables re-written by America's leading humourist and you have in your hands Squirrel Meets Chipmunk. Of the 16 animal stories, some indeed are fables while others are not; suffice it to say they are all very funny, some heartbreaking too. Imagine everyday human scenarios–standing in a line complaining about bureaucracy–acted out by animals. Sedaris handles morality in a world where political correctness sometimes trumps common sense with hilarious results. That he can do with such panache and get you thinking too–should the storks tell the chicks the facts of life or lie and say they were brought to their parents by mice?–proves why Sedaris can tackle any subject with an inimitable style.

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pub quiz

pairs

- 1) What was the nickname given to the 1969 Dodge Charger in Dukes Of Hazard?
- 2) To what speed does the car in Back To The Future have to reach to travel in time?
- 3) What make of car does TV's Mr Bean drive?
- 4) Which 1984 movie starred Dan Akroyd, Bill Murray and a 1959 Cadillac Miller Meteor Ambulance?
- 5) Which car had the Racing number 53?

bars

- 6) Where did Sam. Diane and Carla work?
- 7) Which establishment could you find in Phnom Penh or Mos Eisley?
- 8) Who runs a "Café Américain" in Morocco?
- 9) Who would you find behind the bar in the Ten Forward?
- 10) What is the name of Walford's best known pub?

mr

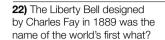
- 11) Which Dickens character was continually 'waiting for something to turn up'?
- 12) Which book characters were created by Roger Hargreaves?
- 13) Who is the owner of Springfield Nuclear Power Plant?
- 14) Which actor played both B. A. Baracus and Clubber Lang?
- 15) Whose parents are Sarek and Amanda Grayson?

and mrs

- **16)** Who did Robin Williams portray in a 1993 film?
- 17) Which Simon and Garfunkel hit single featured in the 1967 film 'The Graduate'?
- 18) Which Virginia Wolf character has the first name Clarissa?
- 19) How is Bessie Wallis Warfield better known?
- 20) Who wrote a "Book of Household Management" and died aged 28?

saved by the bell!

21) Who played the title role in the 2002 film 'Billy Elliot'?



- 23) Andy Bell is the lead singer for which group?
- 24) Who recorded the best selling album 'Tubular Bells'?
- 25) Rupert Everett and Colin Firth starred in two recent films set in an English girls school, what was the name of the first film in this series, made in 1954?

grand masters









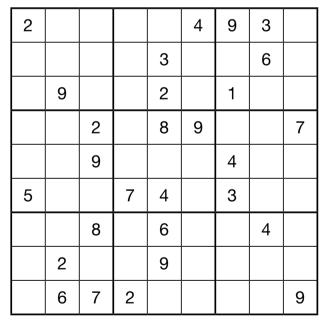




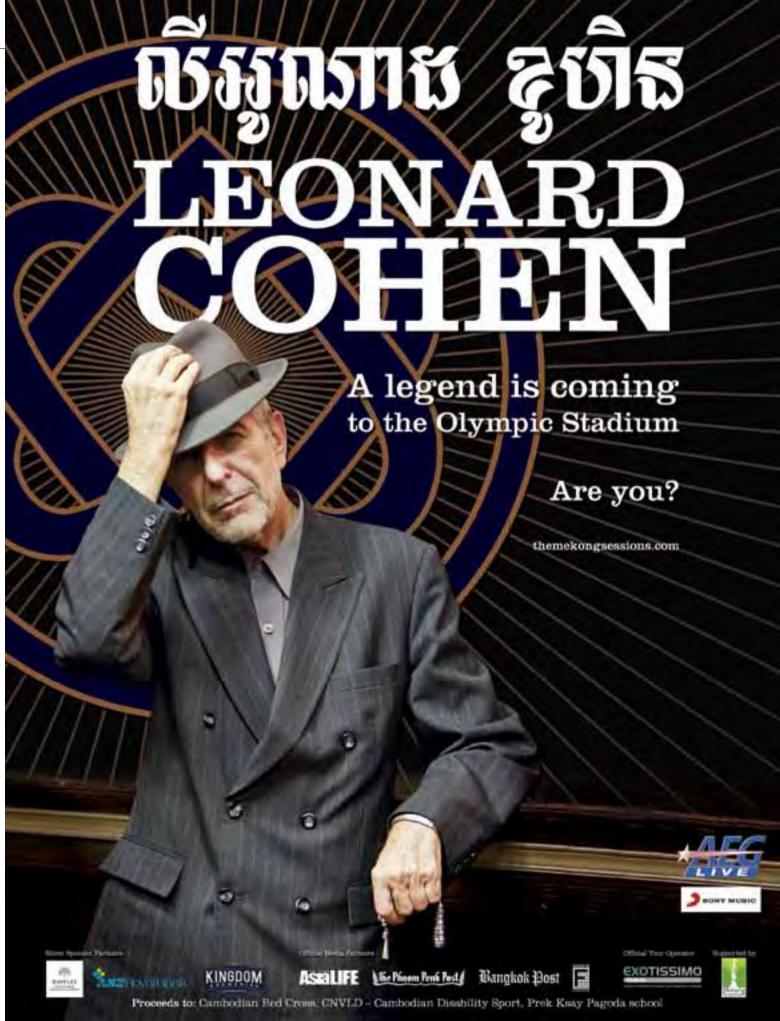
no holds barred



Fun Mexican Food



29) Vladimir Putin 30) Willie Nelson Trinians 26) Cate Blanchett 27) Dustin Hoffman 28) Jennifer Lopez Machine (pokie) 23) Erasure 24) Mike Oldfield 25) The Belles of St way 19) Mrs Simpson 20) Mrs Beeton 21) Jamie Bell 22) Fruit/Slot T15) Mr Spock 16) Mrs Doubtfire 17) Mrs Robinson 18) Mrs Dallo-Queen Vic(toria) 11) Mr Micawber 12) Mr Men 13) Mr Burns 14) Mr 7) Cantina 8) Rick (Blaine) 9) Guinan (Whoopi Goldberg) 10) The Mini 1000) 4) Ghostbusters 5) Herbie (The Love Bug) 6) Cheers 1) The General Lee 2) 88 miles per hour 3) Mini (British Leyland bnb duiz answers





instant broadband internet connection

Plug 'n Play. Blazing Speed. Unlimited Data. Daily, weekly & monthly packages available!

No installation. No cables. No hassle. Instant internet connection on ANY computer. Simply pick up Cellcard's instant unlimited broadband internet packages at any Cellcard Sales & Service Center and you're good to go. It's that easy. What are you waiting for? Visit us today and start surfing the net!

