
NEWCOMERS GUIDE TO PHNOM PENH



School Year 2011 - 2012



Contents

I	DIRECTOR'S WELCOME	2
II	OUR SCHOOL.....	3
	Our Mission.....	3
	After School Program.....	4
	Swimming Pool & Sports Field	4
	Campus Security.....	4
	Emergency Procedures.....	4
III	PHNOM PENH.....	5
	Introduction.....	5
	Things to See and Do	5
	Royal Palace & Silver Pagoda.....	5
	National Museum.....	6
	Independence Monument.....	6
	Wat Phnom.....	6
	S21 and the Killing Fields.....	7
	Markets.....	7
	Boat Rentals.....	9
	Temple Hunting.....	9
	Dining Highlights	9
	Bakeries.....	11
	Things to do with children	12
	Places to stay	13
	Public Holidays 2011-2012	15
	Phnom Penh Map	16
IV	PRACTICALITIES.....	17
	Safety	17
	Health	17
	Medical Services.....	17
	International Medical Clinics.....	18
	International Dentists.....	18
	International Pharmacies.....	18
	Real Estate	19
	Things to look for when inspecting properties.....	19
	A note on advance payments.....	20
	Help at Home.....	20
	Communications	21
	Internet.....	21
	Telephone.....	21
	Transportation.....	22
	Money and Banking	23
	Supermarkets	24
	Sports & Fitness.....	24
	Khmer language lessons.....	24
	Culture	24
	Embassies	25
	Links for further information.....	26

I Director's Welcome



Dear Parents:

Welcome to the International School of Phnom Penh. ISPP is a very special place. With at least 40 different nationalities represented, we are truly an “international” school. That means, we know what it’s like to be the “new” person, and

consequently, students and families are welcomed and acclimated in a friendly, helpful fashion. There is a vibrant sense of culture, sharing, and “blending.” In addition, it is easy to learn about and take part in various local experiences.

ISPP has a rich history and came from very humble beginnings in 1989. Over the years many excellent teachers have made a significant contribution to the academic and social evolution of our school. Today we are a 3-programme, all-through IB school that has a worldwide reputation for excellence in education. This is not a coincidence. It has come about from the visionary leadership of passionate Board members combined with a committed and dedicated staff who always put the learning needs of their students first. ISPP has a group of very switched-on certified teaching professionals and a worldwide reputation for academic excellence. As such, the foundation at ISPP is solid and taking the school to the next level is well within our reach.

This is an exciting time of growth for ISPP. Our student numbers continue to increase, and we have added sections and new courses at both the Elementary and Secondary schools. The Board of Directors is committed to small class sizes and personal, individualized learning.

In terms of curriculum and instruction, the International School of Phnom Penh is an outstanding school. As an IB World School, we provide a rigorous, high calibre academic program for all ages of student. We offer the IB Primary Years Programme (PYP) for Kindergarten through Grade 5; IB Middle Years Programme (MYP) for Grades 6 through 10; and the two-year, pre-college, IB Diploma in Grades 11 and 12. These three programmes, which dovetail with one another, are the curriculum framework at ISPP. Our teachers

come from all over the world and are specially trained to teach these programmes and they. More importantly, these programmes are recognized worldwide, and therefore, whether your next educational experience is back to your home country or to another international school, you can be assured of the “portability” and acceptance of your child’s achievements at ISPP.

We are also accredited by both the Western Association of Schools and Colleges (U.S.A.) and the Council for International Schools (Europe). To ensure quality in our programmes, we continuously seek improvement in providing the highest quality academic and co-curricular offerings. As part of this effort, we developed school-wide General Learning Targets (GLTs), in order to show parents what students are expected to know and be able to do at each grade level. We truly believe our school is a wonderful choice for students of all grade levels and all nationalities.

We are actively pursuing new educational spaces in which students and teachers can interact. In the interim before our new school is built, we will be creative with the learning environment we craft for the children. We continue to add classroom and co-curricular spaces to handle our growth in an effort to provide excellent facilities now and into the future for our families. A focus on curriculum and instruction as well as fine facilities are, indeed, attributes of a good school. However, truly excellent educational institutions focus their efforts, time, and energy on our most treasured resource – people. It is the people of the International School of Phnom Penh that make it an outstanding school. Students, teachers, and parents are welcomed here, and know that their voice is heard and that it matters.

I am looking forward to a very productive year. I look forward to meeting you and your children and working together to create the best possible school experience we can together. Welcome to ISPP.

Sincerely,

Barry Sutherland
Director

II Our School

The International School of Phnom Penh (ISPP) is a non-profit, non-sectarian day school offering a high quality English language international education to the local and expatriate community of Phnom Penh. Founded in 1989, ISPP has grown from a cooperative school with six students to its current population of 604 students from Early Years 1 to Grade 12 – and growing. We are the largest international school in Cambodia, and the only functioning IB World School in the country.

The school's IB Curriculum (with authorization in PYP [Early Years – Grade 5], MYP [Grades 6 – 10] and Diploma [Grades 11 and 12]) provides an excellent academic program, based on the General Learning Targets, which helps students to become Thinkers, Communicators and Principled and Balanced Inquirers. It is a rigorous, portable program for all nationalities, and graduation from ISPP with the IB Diploma affords students' the opportunity to return to most home country universities, and is certainly superb preparation for further education in North America, Australia and Europe.

In 2010, ISPP received its five-year joint accreditation from the IB, Western Association of Schools and Colleges (WASC) and the Council of

International Schools (CIS) following its accreditation by WASC for the previous ten years. With 40 nationalities currently represented, the student body is truly "international". As one might expect, language study is integral to our program and a majority of students are either bilingual or functionally fluent in more than one language. Our Mother Tongue Program now teaches 17 different languages.

Community service is also an integral part of our school. Students as young as Grade 2 begin learning about community and the opportunities available to help others. As students mature, they take part in activities and programs within the community such as house building, providing learning resources to Khmer schools, sponsoring and supporting a disabled volleyball team or working with orphans. Teachers are also involved, not only in sponsoring these activities, but in assisting teacher training of Cambodian nationals.

Finally, ISPP serves as a community centre and resource, providing parents with a place to meet and become involved in their children's education, and with each other. Our campus hosts several groups for recreation, sport, and music activities.

Our Mission

ISPP empowers students, in a caring international environment, to achieve their potential by pursuing personal and academic excellence, and to grow as responsible global citizens who celebrate diversity.

We believe in:

- learning as a partnership involving students, parents, staff and the community at large;
- creating a nurturing environment in which individuals participate in realizing their full potential;
- achieving excellence in an environment which celebrates diversity;
- promoting creative and critical thinking;
- embracing the challenges of a changing world; and
- fostering a love of learning as a lifelong process.

After School Program

The After School Program at ISPP offers a wide range of instructional and recreational activities to the school's students and is also open to the Phnom Penh community. Classes and activities include instrumental music lessons, martial arts, swimming, sports, and educational advancement. Each semester offers a different program for the community with over 250 participants. Over 80% of ISPP students are involved in some form of after school activity.



Most activities are generally on the Elementary campus but occasionally some take place off site. Golf at the Mean Cheay driving range and Horseback riding at the Cambodian Country Club are just two examples of activities being off site. Children are transported in supervised school vans to off site locations. Activities take place between 2:45pm and 6:30pm with some classes also on Saturday morning.

The After School Program Office is located on the ISPP elementary campus. All enquires about the various activities can be directed to the ASP Coordinator – 9:00am – 5:00pm Monday to Friday; afterschool@ispp.edu.kh

Swimming Pool & Sports Field

Open all year round to the ISPP community, with times posted on the swimming pool notice board. Generally, the pool is open to families after school hours, weekends and during holidays. The pool is available for private functions on Sunday mornings from 9:00am until 12:00pm, to book the pool contact the ASP coordinator. The swimming pool is entered via the gate on street 360.

The ISPP sports field and track are found adjacent to the local Cambodian school (Chao Ponhea Hok) near Psar Boeng Keng Kang Market on Street 380. In addition to curricular and after-school activities, it is used for sporting carnivals and other events and is also available for use by ISPP families.

Campus Security

Safety and security are primary concerns for any international school and campus security is a high priority for the Administration of ISPP. We know that parents trust us, and we take this trust very seriously. A picture ID is provided to ISPP families and is required at all times for access to the campuses. All staff, students and their families are issued an ID card that provides entry to the campuses during the school day and for after school activities. The same ID provides access to school recreational facilities and libraries on both campuses during school hours.

Emergency Procedures

Like all schools, ISPP requires students and staff to practice emergency drills to meet a variety of situations. Each emergency procedure drill has its own designated bell signal.

In case of emergency and evacuation of the school, parents are contacted via established phone trees, e-mail, and text messages. Children are properly supervised during emergencies until released to their parents or a designated adult

III Phnom Penh

The information given below is intended as a general guide to help new families settle into life in Phnom Penh. Information is taken from a variety of sources and is current at the time of publication; whilst every effort has been made to ensure accuracy, the information is not comprehensive and is not to be considered reflective of the opinions or recommendations of the ISPP Administration. Specific queries can be addressed to ispp@ispp.edu.kh and ISPP administration staff will do their best to assist you.

Introduction

Like any good Southeast Asian capital, Phnom Penh offers superb dining, lively nightlife, and plenty of attractions for the visitor – including the Royal Palace, National Museum, cafés and restaurants, and a host of ancient temples and picturesque natural spots easily reachable as daytrips. Yet, there is something that sets Phnom Penh apart from its counterparts in Vietnam, Thailand, Malaysia, and Indonesia.

Phnom Penh doesn't overwhelm the visitor like the steamy metropolises of skyscrapers, traffic jams, and pollution in neighbouring countries. It welcomes you with its small number of major arteries, quiet side streets laid out in a numbered grid, and many small parks, monuments, and easy-going locals who congregate to play badminton, fly kites, or sit on the grass with a cob of corn or sour mango from a roadside vendor.

This is, however, a capital city on the rise. Today, construction can be seen on every corner, over 80 percent of streets are paved while the riverside and Wat Lanka area welcomes more tourists every year to its trendy new bars, hotels, and restaurants. Fortunately, it's still a charmingly old-fashioned city with classic colonial architecture and gold and white temples (wats) at every turn.

Phnom Penh represents a fusion of all that is old and new in Cambodia. Every year another shopping mall opens; the first international fast food franchise recently arrived; and gas-guzzling SUVs are in abundance. The people still do their shopping in local markets; and cyclo drivers still glide down the streets, as they have been doing for decades. It's this combination of the old and the new, the modern and the traditional, all wrapped up in a city that is too small to be a proper metropolis and too big to be a small town that makes Phnom Penh so captivating.

Things to See and Do

Royal Palace & Silver Pagoda

The Royal Palace is one of the best-preserved buildings in Cambodia, several beautiful structures housed in their own grounds near the riverfront.



The Royal Palace is a working complex, used by the current King as his primary residence; therefore the living quarters are closed to the public. The Royal Palace complex houses not only the Palace, but also; the Victory Gate, the Chan Chaya Pavilion, the Throne Room, The Iron House of Napoleon the III, the Preah Tineang Phochani Banqueting Hall, a library, various stupas and statues, a large modal of Angkor Wat and of course, The Silver Pagoda.

Amongst other highlights you will find an enormous mural enclosing the compound and depicting the story of the Ramayana.

National Museum



Just north of the Royal Palace is the Cambodian National Museum. This attractive terracotta building of traditional Khmer design, was in fact built by the French Administration in 1917, although it was three years before it was officially dedicated in 1920.

This small museum houses an impressive collection of Khmer artefacts and sculpture, most notably a 6th Century, eight-armed statue of Vishnu; a 9th Century statue of Shiva and a 12th Century statue of former Angkorian King Jayavarman the VII, as well as housing displays of Pottery and Bronze Coins from Pre-Angkorian periods of Funan and Chenla, covering the 4th to 9th Centuries. There is also a large collection of post-Angkorian Buddhas which were salvaged from Angkor Wat during the civil war. The central courtyard of the museum is a well-tended garden providing a pleasant area to sit and reflect on the art you are viewing.

The Museum is open from 8.00am to 5.30pm, breaking for lunch from 11.30am to 2.00pm. It is also closed on public holidays. The entrance fee is US\$3 per person.

Independence Monument

Situated at the intersection of Sihanouk Boulevard and Norodom Boulevard is the monument commemorating Cambodian independence from French colonial rule in 1953. Designed by the eminent Khmer architect, Van Molyvann, at the request of King Sihanouk Norodom, it was completed in 1958. It has five levels, each ornamented with nagas – a multi-headed serpent of Khmer mythology. The flames of independence burn in the centre every year on Independence Day, the 9th of November.



Other examples of Van Molyvann's designs are the Olympic Stadium and Chatomuk Hall.

Wat Phnom



Although it stands only 27 metres high, this pretty and tree covered hill marks the founding place of the city.

The small hill is topped with an active Wat, although the first pagoda on this site was reputed to have been erected in 1373 by Lady Penh, thereby giving the city its name as “phnom” means “hill.” Lady Yeah Penh, according to legend, is said to have discovered four Buddha statues inside a floating Koki tree she had fished out of the river and built the original Wat on this site. You'll find the main entrance (via an eastern staircase) guarded by statues of lions and the mythical serpents known as nagas.

Situated at the intersection of Street 96 and Norodom Boulevard Admission: \$1.

S21 and the Killing Fields

When the Vietnamese Army pushed the Khmer Rouge out of Phnom Penh on the 8th of January 1979 they found a set of buildings that in pre-Pol Pot days had been used as a high school. It was quickly discovered that this building had been an important Khmer Rouge facility; a vicious prison camp known as S-21 where up to 17,000 men, women and children had been sent, and from which only seven survived to tell their stories. Many were sent to their death at the Killing Fields of Chhounk Ek, outside Phnom Penh.



Further information on the crimes and atrocities of the Khmer Rouge can be found on the website of the Cambodian Documentation Centre: www.dccam.org or for information about the Khmer Rouge Tribunal information can be found on the Extraordinary Chambers in the Courts of Cambodia: www.eccc.gov.kh.

S-21 is open from 8.00am to 11.30pm and 2.00pm to 5.30pm. French and English speaking guides available. A documentary is shown twice daily at 10.00am and 3.00pm.

Bike rides

There are countless bike rides in and around Phnom Penh. A 20 minute ride will take you outside of the city and into the wonderful small villages outside of Phnom Penh.

There are even organized tours in which you can sign up on at Vicious Cycles, corner Street 130 and street 5 (near the riverside) and one on Street 360. They have good mountain bikes for hire and sale.

A great ride is catching a ferry across the river (ferry port is down by Naga World Casino) to either the other side of the Mekong or to Diamond Island. Both of these trips get you onto dirt roads and into the countryside villages of Cambodia.

Markets

Russian Market (Psar Tuol Tom Pong)

Corner Street 440 and Street 163.

Although better known as the “Russian Market” (as this was where the Russian advisors shopped during the 1980s) it would be better to ask a driver to take you to Psar Tuol Tom Pong. Getting there from central Phnom Penh should cost US\$2 in a tuk-tuk and its better to agree to this price in advance and therefore avoid surprises.

The market is popular with expatriates and younger Khmers for its wide selection of pirated DVDs, CDs and computer games, not to mention a large selection of “brand name” clothing – made by Phnom Penh’s garment factories and destined for the Western markets. It is also a common destination for visitors to Cambodia for its wealth of souvenirs such as jewellery, silks, silverware, wood or stone carvings, gem stones, objects d'art and old Indochinese notes and coins. Any shopping spree in Phnom Penh would be incomplete without a visit to this market.

Real and fake antique stalls abound and travellers can get bargains on carvings, ornate little boxes, jewellery cases, silverware and pottery, but be prepared to bargain hard and with a smile. Please remember, although available, it is illegal in Cambodia to purchase ancient Khmer artefacts (please visit: www.heritagewatch.org for more information). Food and drink stalls are located in the middle of the market, where a refreshing iced coffee, cold soda or freshly squeezed orange juice could be just the solution to the hot and busy atmosphere of the place.

A NEWCOMERS GUIDE TO PHNOM PENH 2011 – 2012

Psar Thmey



Northern end of Street 63.

The French, to their lasting honour, gave Phnom Penh an enormous mustard coloured art deco triumph; a stunning rotunda that has genuine authority and masterfully uses its huge central area to dazzlingly display light and space.

Although the name means “New Market” in Khmer, the most usual translation is “Central Market”. It opened in 1937 after taking two years to build and stands on the site of a former inner city lake. Its design is still a stunning sight, even though it is now under renovation. Stalls are still open.

Night market

Following the success of Siem Reap’s night market, the night market in Phnom Penh was inaugurated by City Hall in November 2007. The market is located on the riverfront Sisowath Quay and boasts over 100 stalls, selling predominantly local products.

Bong Keng Kong Market

This is the closest market to the school and is great for second hand shoes and clothes.

Kandal Market

This is one of the biggest local fresh fruit, vegetables and meat market. Just for a look and to see, hear and feel the hustle and bustle of a local market, a wander through this market is a must. One street off the riverfront.

Shopping Malls

Sorya Mall

Street 63 (heading towards Psar Thmey)

Sorya was Cambodia’s first ‘real’ shopping mall with air-conditioning throughout. Although it is much smaller than many of its Western counterparts, most of the locals see it as something of an attraction. Sorya also has a Swensen’s Ice Cream outlet and credit cards are accepted in some of the larger stores (cash is still the most accepted and common form of transactions in Cambodia).



Sovannah Mall



Opened in 2008, this shopping scene is one, if not the best. Located on Street 271, this six-story building boasts underground parking, restaurants and cafes, a Lucky Supermarket, game parlours and a kiddies centre, shoes, bags, furniture, CDs and DVDs, toys, the list goes on. The surrounding street level shops and hair salons are also worth exploring.

Others

City Mall located on Street Monireth, Sangkat Veal Vong, near Olympic market has 3 levels of shops including Lucky Super market and kids play centre. Sydney Shopping Centre on Kampuchea Krom has one of the largest supermarkets, speciality shops, a kids’ play centre and food court. Parkway on Mao Tse Tung has retail, hairdressers, a golf driving range, indoor swimming pool, bowling alley and dodgem cars. Pencil Super Centre located on Street 214 is a supermarket and department store in one and the Paragon Centre is another mall with a supermarket, retail outlets as well as some great cafés and restaurants. Bayon supermarket on Pochentong Airport Road) is a well stocked and large supermarket. Further away from the BKK area but has certain imported food Lucky’s does not.

Boat Rentals

Renting a boat for a cruise on one of Phnom Penh's three major rivers is one of the most pleasant ways to spend an afternoon or evening in the capital. Many boat operators will try and get your business up on the north end of the riverside (near Metro café) and will direct you to where all the boats are moored up past Titanic restaurant on the riverfront; the cost of renting is negotiable depending on the size of the boat and duration of cruise. Watching the sunset from the water with a few cold drinks is another popular choice. There are a few set cruises, such as the Chenla Floating Bar and Restaurant, which does a ninety-minute cruise with dinner included.

Temple Hunting

Wat Ounalom. *Sothearos Boulevard and Street 154*

The original Wat on this site dated back to 1443, unfortunately it has been built, rebuilt, torn by war and rebuilt again. Before the *Khmer Rouge* emptied Phnom Penh in 1975, more than 500 monks used to live at the Wat.

This is the traditional pagoda for the Khmer Buddhist Patriarch and the rear most stupa is believed to house a Buddha relic: a hair from one of his eyebrows.



Wat Langka. *The Independence Monument.*

This vibrant place of worship is one of the city's five original temples founded in 1422 and the first to be restored after the removal of the Khmer Rouge regime. Wat Langka is so called because it was originally a meeting place for Khmer and Sri Lankan monks.

It's a colourful place and is now very busy with monks, worshippers and ceremonies. Stupas have been rebuilt and more have been added. It's important to note however that Wat Langka is one the city's most popular venues for funerals and cremations; visitors should be sensitive.

Wat Phnom

Please refer to page 6 for more information.

Dining Highlights

The main tourist areas are full of bars, cafes and restaurants catering to foreigners, so it can be hard to know which ones to choose. There are many more situated throughout the main areas where foreigners live and visit, away from the hub of tourism. Outlined below are some of the popular choices and many more can be found in the local tourist guides, Yellow Pages, www.expat-advisory.com or www.cambodiapocketguide.com.

Mexican

One of the most popular is Freebird on Street 240, with air-conditioning and free wireless Internet. The Alley Cat Café is popular and is located in a tiny alley off Street 19, Sharky Bar on Street 130 and Cantina on the riverside are well known. Almost all deliver for a minimum order amount.



Indian

Indian restaurants are plentiful; some favourites include Annam on Street 282 (children's play area), Shere-Punjab I (Street 130) and II (Sothearos Boulevard), Dosa Corner on Street 51 (near Sihanouk Boulevard), Flavours of India on Street 63, East India Curry Restaurant on Street 114 and top-of-the-range Shiva Shakti (near the Independence Monument). Other recommended places include Himalaya, Lumbini, Maharaja and Taste Budz.



Thai

Not surprisingly, there are countless good Thai restaurants around town and new choices always emerging. Upmarket Bai Thong on Sothearos (there is also a different budget Bai Thong, meaning 'green' in Khmer, opposite ISPP Street 360 gate) comes with good recommendations, as does old favourite Lemongrass on Street 130 near the riverside. Fusion, just a few blocks down, and Chiang Mai, right on the river, are very popular. For budget Thai food, try Tic's on Street 310, Tom Yam Kung on Street 278 and Banyan Restaurant on Street 51.



Italian

For authentic Italian fine dining Le Duo with an outdoor swimming pool is located on Street 228, La Volpaia across from the central Post Office, Luna D'Autunno located on Street 29 or Aria d'Italia on Street 310. There are many other pizza and pasta restaurants as well as reliable western restaurants serving Italian cuisine, including Chez Dim and the Foreign Correspondents Club (FCC), renowned for great views on the riverfront and wood-fired pizza.



Family-friendly cafés

For coffee, pastries, wraps, sandwiches, salads, quiche, and other delights, Phnom Penh is inundated with great choices. While most cafés and restaurants are child friendly, a few popular options for families include: Café Fresco on Street 51 with a kids play-room, The Living Room on Street 306 also has story time and art classes. Gasolina on the south end of Street 57 and Le Jardin on Street 360 have outdoor spaces to play, ice cream and a sand pit. Java Café near the Independence Monument and at Monument Toys on Norodom have colouring books and crayons.

Other popular cafés include The Shop on Street 240, Comme à la Maison Delicatessen on Street 57 and The Deli, just off Rue Pasteur (St. 51) and Lunch Box on street 282. There are a couple of nice cafés on the ground floor of the Paragon Centre on Street 214. With so many cafés and restaurants springing up, it's impossible to list them all! Any of the tourist or dining guides will also highlight those with free wifi.

On a more upmarket scale, Hotel Le Royal and the Hotel Intercontinental offer superb Sunday Brunches and both have separate playrooms for the children.

Fast Food

Happily for some, the likes of McDonalds and Burger King have not yet reached the shores of little Kampuchea. The homegrown equivalents are Lucky Burger, BB World, Master Grill and Lucky Seven. KFC and Swensen's Ice Cream are now available with many KFC outlets in town. The Pizza Company is also growing in popularity amongst foreigners and locals, and they will deliver to your door.

A NEWCOMERS GUIDE TO PHNOM PENH 2011 – 2012

Coffee

Fresco on the riverfront and Street 51 is a great place to grab a coffee. A regular teacher's scene is Gloria Jeans and Brown Cafe on Street 51 which serves excellent coffee in a very western and modern environment. Quick and cheap options but just as good are Star Mart Coffee Plus in Caltex Service Station just 50m from the school.

Others

Pacharan Tapas & Bodega on the riverside specializes in Spanish tapas and boasts an extensive selection of wines and great happy hour. Romdeng on Street 178 offers some of the finest royal Khmer cuisine in town and some of the profits support an NGO (non-governmental organisation) for street kids (Mith Samlanh 'Friends' is the longer established and more well known restaurant from the same NGO). Lotus Blanc in Steung Meanchey is another NGO restaurant that trains underprivileged youth in the hospitality industry and much more. All patronage provides the much needed funding to sustain these organisations. Oceans on Street 288 is a well established restaurant with great steaks and seafood and always excellent customer service.

Fine dining may be found at the likes of Vans (opposite the central Post Office), Malis (French and Khmer) and Topaz (French) on the south end of Norodom Boulevard. Also popular is Metro on the riverfront, Le Wok on Street 178 and La Marmite on Street 104.

For good German cuisine, stop by at Tell, located just behind Hotel Le Royal near Wat Phnom, or the Riverside Bar and Bistro on Sisowath Quay. If it's a great Australian steak or lasagne like your mum used to make, then head to Aussie XL on Street 51. Lebanese Restaurants include Le Liban on Street 466 and the older Le Cedre on Street 360 and also now on the riverfront. Irina's on Street 352 is a great choice for Russian fare. You can also find many Korean, Japanese (Yumi, Origami and Mr Sushi), Vietnamese and a countless array of Chinese restaurants throughout town – too many to mention...

Bakeries

Phnom Penh has plenty of Khmer style bakeries as well as western style delis, often as part of a café or restaurant. The big supermarkets such as Lucky Market and Pencil have their own bakeries, as do the big hotels like the Hotel Intercontinental, Cambodiana and Raffles Hotel le Royal. Almost every café and restaurant in Cambodia will deliver for no extra charge (although there is usually a minimum order).

Popular choices for bakeries include:

- The Shop, No. 39, Street 240.
Phone: 023 98 69 64
- Comme à la Maison, No. 13, Street 57. Phone: 023 36 08 01
- The Deli, No. 13, Street 178 & Street 51. Phone: 012 851 234
- Java, No. 56E1, Sihanouk Boulevard. Phone: 092 289 126
- Café Fresco's, Cnr Street 51 & 306. Phone: 023 224 891
- Brown Coffee and Bakery, No. 142, Street 51 cnr street 302, Beoung Keng Kong I & No. 17, Street 214, Beoung Keng Kong
Phone: 092 222 567
- Bayon Bakery, No. A3-5Eo, Street 6A, Phone: 023 430 233
- Gloria Jean's Coffee, Cnr Street 51 & Street 310, Beoung Keng Kong I,
Phone: 092 40 43 65
- Madeleines, No.172Eo, Street 51, Beoung Keng I, Phone: 012 988 432
- Bloom Cafe, No. 40, Street 222, Phone: 077 944 612



Things to do with children



Although there are few parklands and open outdoor spaces for children and families to enjoy, there are a surprising number of entertainment alternatives. Here are a few suggestions to get you started:

Parks

Hun Sen Park on Sihanouk Boulevard and the Victory Park adjacent are great places to take children to ride bicycles and kick a ball in early evening hours (please note that dogs are not permitted in the parks) or watch the magically lit fountains that 'dance' to music. Anywhere along the riverfront is also very popular with the locals in the cooler hours of the day.

Pools

Almost all of the large hotels (Himawari, Le Royal, Hotel Intercontinental, The Phnom Penh Hotel and The Imperial Garden) have swimming pools, gyms and steam rooms that can be accessed on a daily basis or with monthly or yearly memberships. Heading south of the city, VIP on Monivong and the Phnom Penh Club near the Russian Markets are also popular choices.

The Billabong Hotel, The Pavilion, Kabiki, Elsewhere and Villa Langka are venues with pools for families that can be utilized by spending a minimum amount on food and drinks or a small entry fee. Further a field from the city is L'Imprévu and L'éléphant Blanc resorts, only a half-hour journey to Kien Svay, heading east out of Phnom Penh over the Monivong Bridge.

Zoos

The most popular is Phnom Tamao Zoo and wildlife rescue centre, located on 80 hectares of land, 40km from Phnom Penh (approx a one-hour drive). It was established in conjunction with Wildlife Alliance to preserve and rescue rare and endangered local wildlife including tiger, lion, deer, bear, peacock, heron, crocodile and turtle. Definitely worth a visit!

Shopping Centres

Indoor play centers for smaller children can be found in Pencil Super Centre (Street 214 & Riverside), Sovannah Mall level 3, City Mall near car park area on level 2, Sydney Shopping Centre on Kampuchea Krom (upstairs) and Lucky Olympic on Monireth (upstairs). They are often not well supervised, so please take care with the little ones.

Kidz Cool

Fun for the whole family, this place has a pool, soccer ground, jumping castles, indoor and outdoor play area and many activities, workshops and games. Including a nursery, Kidz insurance and boat taxi shuttle every hour from 11am- 5pm from Sisowath Quay.

Cinemas

The Flicks Cinema on Street 95 shows children movies at 2pm every Sunday and the French Cultural Centre shows children movies (cartoons) every Saturday morning at 10am.

Cambodian Country Club

The Cambodian Country Club (CCC) has something for everyone. They boast the country's best equestrian centre, a club house, a 25m salt water swimming pool, climbing walls, tennis, badminton and volleyball courts, a kids club and gym, Although a little further away from the centre of town and at the pricey end of the market, the CCC offers daily visitor rates and longer term memberships.

Others

Also worth exploring is bowling alleys and bumper cars in the Parkway on Mao Tse Toung Boulevard, PBC and IBC bookstores on Monivong Boulevard. The Kambol Kart Raceway for bigger 'kids' can be found on the outskirts of the city on National Road No. 4.

Things to do for adults

Swimming Pools

The boutique hotel The Pavilion (Street 19) has a no child policy. Mid week it is free (but you must buy a drink or food worth \$5 or more) and weekends it is \$5 entry. This place is popular amongst the expats and with free wi-fi you must get there early to guarantee a nice bed.

Also you can try most of the larger hotels like Himarawarri, Cambodiana, Imperial Gardens that will allow access to the public for a small fee. The Place which is also a fitness center on Street 51, Circa 51 & 254, and VIP Club also has a large lap pool as well as tennis courts and fitness center.



Naga World

A casino for mainly the Japanese, Chinese and Korean expats and tourists, it also houses some fantastic restaurants and bars with the best service in town.

Happy hours

Phnom Penh is well known for its cheap alcohol, friendly bars and its social lifestyle. With not much to do in and around town it is a small friendly community. You'll no doubt bump into old friends, new friends, familiar faces and parents of students in many of the restaurants and bars. Be sociable here and you'll reap the rewards with great friends and good times.

Bars open here in an astonishing rate, but not all stay open. Here are some of the better ones:

- FCC – Happy hour from 5 to 7 with half price drinks. Get there early (around 5), take a seat overlooking the river, order from their attentive staff and enjoy the view of the Ton le sap lake and the riverside
- Chow – Sophisticated riverfront bar serving wine, cocktails, cold beer upstairs in the roof top or downstairs lobby.
- Chinese House – down on the riverfront by the docks, this is a gem of a bar. Buy 1 get 1 free happy hour and some of the best cocktails in town with friendly service, a great bar to hang out, eat some nice food and think that you never left home (maybe not a good thing).
- Fish – located on the river front near the night markets.
- Liquid – Street 278, Serves food and great cocktails, has one of the best pool tables in town.
- Elephant Bar – Buy 1 get 1 free drinks at the Le Royal Raffles hotel. Take a seat, pretend you are someone of great importance and enjoy the piano player, the top end tourists and the well stocked bar.

Sports

Ultimate Frisbee – played on Sundays at the ISPP field. For more information see the Secondary PE office.

Street Hockey – played on Thursday evenings. For more information see Mike on the Elementary Campus.

Golf – Two main courses to choose from: Royal Cambodia and Cambodia Golf and Country Club. There is also a Driving Range/Par-3 course in town called City Golf. For more information see the Secondary PE office or Mike on the Elementary Campus.

Hash House Harriers – These men, women and children leave from the Phnom Penh train station at 3pm on Sunday's where you will board a truck/bus and be taken out to the countryside for a few hours of running or walking.

Places to stay

Phnom Penh is home to a wide choice of hotels and guesthouses at all price ranges, as well as an increasing number of apartments (some serviced) for short or long-term rental. A few of these are noted below:

Top of the range

Located not far from Wat Phnom, the Raffles Hotel Le Royale is the premier hotel in Phnom Penh, a hotel with those rare attributes of history and style. It was first established in 1929, and in its early days enjoyed an international clientele comprising of globetrotters and adventurers, writers and journalists, royalty and dignitaries.



Located on the south riverside is the Cambodiana Hotel, built in Cambodian style to host foreign dignitaries decades ago, and the more modern Himawari Hotel Apartments and the Imperial Gardens Hotel, all have swimming pools, gyms and sauna/steam rooms.

Amanjaya has a prime location right in the centre of the riverside area and its KWest Restaurant is a popular venue. The Pavilion Hotel, a few blocks from the riverside on Street 19, is a new boutique hotel with swimming pool in a delightfully restored old colonial building.

The Phnom Penh Hotel is located at the top of Monivong Boulevard near the Calmette Hospital, and the tallest building (not for long!) in Phnom Penh is the Hotel Intercontinental, not far from the Russian Market on Mao Tse Toung Boulevard.

Mid-range



Opened in June 2009 is River 108, a modern, 12-room, boutique hotel and/or serviced apartments on the corner of Street 108 and the Tonle Sap. Exquisitely appointed rooms (half with balcony views of the river, flat screen TVs and wifi) in close proximity to some of Phnom Penh's best cafes, bars and restaurants. Perfect for business travellers and short-term stays.

In the heart of Phnom Penh's NGO area, known as Boeng Keng Kang (BKK), Street 278 has a bustling little collection of bars, restaurants, hotels, guesthouses, and art galleries. Two established hotels are the Golden Gate and Goldiana Hotel. Also worth a visit is boutique hotel, Circa 51 & 252, Paradiso, Villa Langka on Street 282 has a tranquil shaded garden and pool.

Close to Psar Thmey, the Sorya Centre and the nightlife district centring on Rue Pasteur (St. 51), the Billabong Hotel is a popular mid-range hotel with a pleasant garden setting and swimming pool. Nearby, Monivong Boulevard is home to many mid-range hotels, including the Asia Hotel, World Star Hotel, New York Hotel, Big Luck Hotel, and Asia Plaza Hotel.

The riverside (Sisowath Quay) is home to Phnom Penh's most popular mid-range hotels, with striking balcony views of the Tonle Sap and doorstep access to some of the best restaurants and bars the city has to offer.

Also now open on the riverfront, the Quay is Cambodia's first carbon-friendly luxury hotel. In the \$60 and up price range, the elegant Red Hibiscus and Bougainvillier are also both delightful boutique hotels.

Public Holidays 2011-2012

- September 24 – Constitution Day
- September 26-27-28 – Pchum Ben Holiday
- October 29 – King Norodom Sihamoni's Coronation
- October 31 – King Father Norodom Sihanouk's Birthday
- November 9 – Independence Day
- November 9-10-11 - Water Festival
- December 10 – International Human Rights Day
- January 1 – International New Year's Day
- January 7 – Victory over the Genocidal Regime Day
- March 8 – International Women's Day
- April 13 -14-15 – Khmer New Year
- May 1 – International Labour Day
- May 13 to 15 – King Norodom Sihamoni's Birthday
- May 15 – Buddha's Birthday
- June 18 – Queen's Birthday

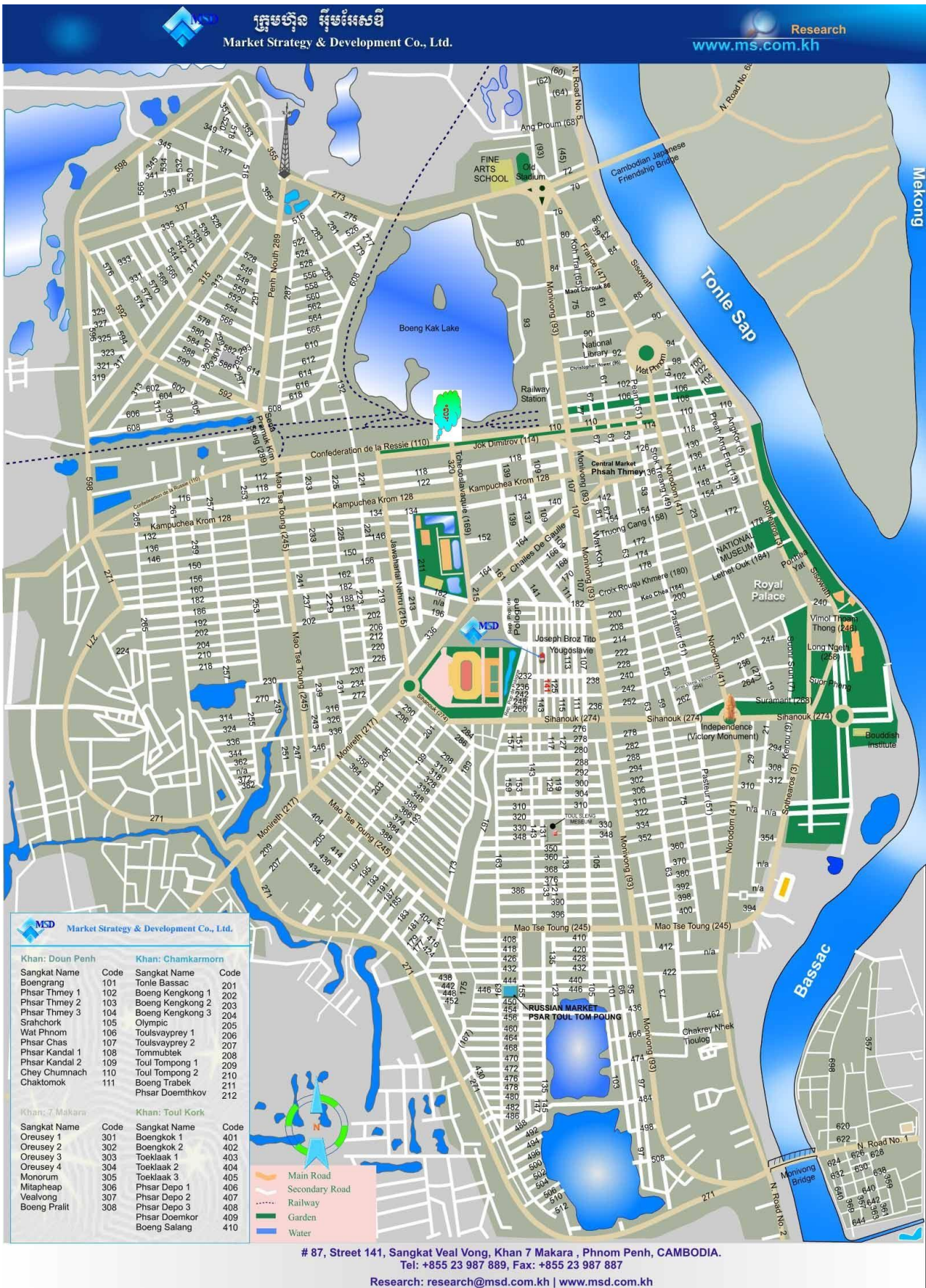
Please note that although many of the dates do not change from year to year, at the time of publication, the Cambodian Government was yet to officially release the 2012 national holidays.

Banks, ministries and embassies are closed during all public holidays and festivals.

- Ethnic Chinese and Vietnamese celebrate lunar New Year in late January or early February.
- Khmer New Year: celebrations bring the country to a standstill for a week in mid-April. A lot of water and talcum powder gets thrown around at this time, as well as playing of traditional games, so it is a lively time in Phnom Penh.
- Chat Preah Nengkal: the Royal Ploughing ceremony takes place near the Royal Palace in Phnom Penh in early May.
- Bon Om Tuk (Water Festival): celebrating the end of the wet season in early November, crowds flock to Phnom Penh for the annual boat races on the river.

A NEWCOMERS GUIDE TO PHNOM PENH 2011 – 2012

Phnom Penh Map



IV Practicalities

The ISPP offices are pleased to assist you with orientation and questions you may have on relocating to Phnom Penh and can be contacted on (855) 023 213 103 or by email to: ispp@ispp.edu.kh and a response will be sent within 24 hours.

Safety

Phnom Penh is generally a safe city where students in groups can move about using local transportation (tuk-tuks, motodops, taxis) to frequent markets or restaurants. Many families hire or utilize the same tuk-tuk driver over time to minimize risk. The school is in a well-populated residential area of Phnom Penh where many restaurants, rental houses, NGOs and businesses are also located.



Many secondary and some elementary students walk or ride bikes to school and this tells you a lot about the safety in this part of town, especially during the day and early evening. However, traffic is chaotic and unpredictable so cycle with caution and make sure you wear helmets. Students and parent groups utilize the campus regularly, including outside school hours and on weekends. All three of our campuses (Elementary, Secondary and our Sportsfield) are safe and secure environments.

Most crime is in the form of petty theft, and these are crimes of opportunity and not necessarily design. In most cases, theft involves being in the “wrong place at the wrong time.” Visitors should however take the usual precautions for personal and household security that they would in any large city, particularly late at night.

Health

Quality health care is available in Cambodia but it's not comprehensive and it tends to be quite expensive compared to Thailand. Protecting yourself against mosquito bites is crucial. Although Phnom Penh is clear of malaria, there are seasonal bouts of dengue fever. Use an effective repellent and wear long loose clothing when you can, particularly when heading out of the city; sleep under a net or in a screened room. To prevent sunstroke, use a good sunscreen, cover your skin, try to get out of the sun during the hottest part of the day, and keep your fluid intake up.



Good hygiene will help a lot, drink only bottled water and make sure all of your vaccinations are up to date. Wash your hands before eating; try to use restaurants that look reasonably clean. Fruit and vegetables should be washed or peeled. Only take ice in your drinks if it's the tubes or cubes - crushed ice may have been chipped off a big block of ice that has been kept in unsanitary conditions.

Medical Services



The medical facilities in Cambodia are fairly rudimentary; whilst up to date equipment may be available, the training and regulation of medical personnel and clinics is not reliable. Comprehensive medical insurance, including cover for evacuation to Bangkok or Singapore, is highly recommended. Many common medicines are available without prescription but check expiry dates and buy from reliable pharmacies.

INTERNATIONAL MEDICAL CLINICS

Clinics often used by foreigners:

Royal Rattanak Hospital
No. 11, Street 592
Phone: 023 991 000

International SOS Medical Clinic
No. 161, Street 51
Phone: 023 216 911

Naga Clinic
No. 11, Street 254
Phone: 011 811 175

Embassy Medical Clinic
No. 18, Street 228
Phone: 023 6373 991

American Medical Centre
Cambodiana Hotel, Sisowath Quay
Phone: 023 991 863

Somary Raffles
No. 30, Street 360
Phone: 023 223 322

INTERNATIONAL DENTISTS

A growing number of reputable and trained **dentists** can be found in Phnom Penh. Popular examples (that also have paediatric foreign dentists):

- Roomchang Dental Clinic
No. 58, Street 228.
Phone: 023 211 338
- European Dental Clinic
No. 160, Norodom Boulevard
Phone: 023 211 363
- Pachem Dental Clinic
No. 171 Norodom Boulevard
Phone: 023 996 888
- Kampuchea Dental Clinic
No. 148A Mao Tse Toung Boulevard
Phone: 023 987 111

INTERNATIONAL PHARMACIES

Pharmacies often used by foreigners:

- Pharmacie de la Gare
No. 81E0, Monivong Boulevard
Phone: 023 430 205
- Pharamalink /U Care Pharmacies:
Variety of locations throughout Phnom Penh & Siem Reap.

Real Estate

Phnom Penh has accommodation available in every price range - from \$30 huts on Boeung Kak Lake to sprawling Toul Kork villas for thousands of dollars a month. Real estate agents are a good place to start although moto-taxi or tuk-tuk drivers can sometimes find houses as well. Agents take their commission from the owner, usually one month's rent. Finding a home is a matter of being in the right place at the right time.

There is a high turnover of properties in Phnom Penh as there are constantly arrivals and departures. That means properties that are good value are not on the market long! Printed ads are almost immediately out of date, and there are no useful online listings of properties. There's no substitute for being here in person when you're looking for a rental property and it may be necessary to rent a room in a guesthouse or a serviced apartment while you locate the property.



For real estate agents please check the local yellow pages.

Things to look for when inspecting properties

- **Security** - Look at the security of places and consider whether you would be comfortable leaving the property unattended; ask if previous tenants had a night guard and remember that many foreigners have household help who stay during holidays. Are all entrances secure?

Are roofs accessible from neighbouring buildings? What is the surrounding area like? Are there streetlights? If you can, come to see the property at night, after 11.00pm. If you are not comfortable in the street, ask yourself if you really want to live in this neighbourhood.

- **Heat** - many houses, particularly traditional houses, are not well built to manage heat. They can be unbearable to be inside, especially in April. Ask or evaluate, and take note of mounted fans or air conditioning. Electricity is expensive if running air-conditioning is your only option.

- **Area** – check for bad or unusual smells – the house may be near an open sewer, which are common in some areas of the city; and look for high kerbs or other signs of flooding to avoid surprises during the next wet season.

- **Noise** - is the place next to a nightclub, beer garden or karaoke bar? A wedding function centre? A school? A Buddhist pagoda? A metalworking or welding workshop? Once again, a visit to the house in the evening may be worth your time.

- **Mattress** - most mattresses in Phnom Penh are made of simple foam, which may be aged and uncomfortable. Most landlords are happy to supply a new one if you request it, and spring mattresses are becoming more common too - you may want to request an upgrade.

- **Washing machine** - not a standard feature of Phnom Penh houses. Buying one yourself leaves you the problem of getting rid of it when you depart. If you need one, try to negotiate that the landlord buys it for you, or you pay part and then the landlord keeps the machine at the end of the lease. (Fridges are very common, but check you've got one too.)

- **Mosquito screens** - if the place doesn't have them on its unglassed windows and vents, try to insist on the landlord installing them for you (without charge to you).

- **Separate entrance** - find out whether you share a main gate with your landlord or have your own one. With shared gates, will you have your own key? Particularly necessary to find out if you have a habit of late nights out.
- **Co-operation of landlord/ house-owner** - Many landlords live on site or adjacent to the properties they rent out; you'll need to deal with them if there are any issues, so it's important they are helpful and communicative during negotiations.
- **Bills** - your discussions should include these. The cost of Cable TV is often split with others if the rental is a shared property. Some places charge you a few dollars a month for garbage removal services. Water and electricity should normally be charged on consumption.
- **Furniture** - most places come with basic furnishing. If you want more, you can ask the landlord to supply it as part of the negotiations. Many landlords have furniture stored and can easily oblige, or are willing to purchase it. Others will say no and you're on your own. (Don't worry, all the essentials are easily found cheaply if you don't mind living with rattan chic, found readily throughout the city.)

A note on advance payments

Different landlords will request different advance payments at the time you sign the lease. **You should always insist on a signed written receipt for all payments you make.** Typically, you'll be required to pay a bond of one month's rent to cover any damages to the property. This normally counts as the final month of rent, for example on a 12-month lease, you pay 11 months progressively and then in the final month your deposit is used to cover the rent.

You'll be required to pay at least the first month's rent in advance. Most landlords will request two or three months' advance rent, dependent on their cash-flow situation. Like everything else, it's negotiable so bargain for what you consider reasonable. One month in advance is often fine, but if your other requests will cost the landlord money, (install air con, buy a washing machine, etc) expect to advance two or three months. If you're having the landlord knock down a wall, four months may be necessary - they don't want to make big changes to accommodate you only to find you're leaving!

Help at Home

After you have found your house you might want to have domestic help or get small renovations and repairs done. There are some reliable private contacts that can recommend cooks, cleaners, child carers, guards and drivers. "Word of mouth" is often the best way to find experienced staff. You can also contact one of the NGOs that professionally train staff as home help. Cooks will shop for you and get better prices at the market than foreigners. A "guard" can also act as handyman, outside cleaner, gardener and do general errands.

- *NYEMO Cambodia*: A local non-profit organization to create training and employment opportunities. No. 33, Street 310. Phone: 023 213 160.
- *Pour un Sourire d'Enfants* - Vocational Training Centre (professional training from early child education to gardening). Stung Mean Chey. Phone: 023 995 660 or visit: www.pse.asso.fr
- *Cambodia Parent Network*: (<http://groups.yahoo.com/group/cambodiaparentnetwork/>): this is an excellent place to find domestic staff, homes, cars, furniture, general information and more.

Communications

Internet

In Phnom Penh, it seems that you can find an Internet café on every block. Rates are as low as 1000 riels (25 cents) an hour.



If you're looking for a home connection here are your options to explore (keep in mind, compared with neighbouring countries, Cambodia's home internet services are expensive):

- **Ezecom:** www.ezecom.com.kh, No 7D, Russian Boulevard, 023 888 181
- **Online:** www.online.com.kh, No. 15, Norodom Boulevard, 023 727 272
- **Telesurf:** www.telesurf.com.kh, No. 33, Sihanouk Boulevard, 012 999 123
- **Camnet:** www.camnet.com.kh, No. 95-97, Sihanouk Boulevard, 023 720 708
- **CityLink:** www.citylink.com.kh, No. 105-107, Sihanouk Boulevard, 023 220 112
- **AngkorNet:** www.angkornet.com.kh, Phnom Penh Centre, 023 222 500

Telephone



The landline system is very limited and covers only Phnom Penh and the provincial capitals; however, there is an extensive mobile system served by several networks.

Making international phone calls from Cambodia is simple and inexpensive. Virtually all Internet shops will have Internet phones that allow you to place calls for just a few cents per minute. Sometimes the connection is poor, with a delay or static, but overall the quality is tolerable. For local calls, there are no phone booths or pre-paid card services, but calls are extremely easy to make at a myriad of roadside mobile phone stalls. Take note of the dark glass boxes on the streets with numbers down their sides. Tell the vendor at the booth which of the number prefixes you wish to call and she will give you the phone with corresponding SIM card. Domestic calls are approximately 300 riel/minute from street phone booths.

If you want to buy a SIM card for an existing phone as a foreigner, you will require an organization ID card, copy of a business license, tax return, letter from employer etc. With this, plus a copy of your passport and your visa, you can go to one of the telephone companies below. Service is provided on a pre-paid basis:

- **Camshin** (prefix 011 and 099): www.camshin.com, No. 6B 294, Mao Tse Toung Boulevard. Phone: 023 367 801
- **Mobitel** (prefix 012, 017, 092 and 089): www.cellcard.com.kh. No. 33, Sihanouk Boulevard. Phone: 012 801 801
- **StarCell** (prefix 098): www.star-cell.net, No. 173, Street 215. Phone: 098 202 888
- **Hello** (prefix 015/016): www.tmic.com.kh, No. 56-58, Norodom Boulevard. Phone: 016 880 002/ 016 880 003
- **Smart** (prefix 010/093) www.smart.com.kh, No. 464, Monivong Boulevard. Phone 023 868 881 or 010 200 888
- **Metfone** (prefix 097): www.metfone.com.kh, No. 42, Street 242. Phone: 023 221 739
- **Beeline** (prefix 090): www.beeline.com.kh, No. 15EO, Norodom Boulevard. Phone: 090 999 611
- **Cube/Qb** (prefix 013): www.qbmore.com No.825ABC, Preah Monivong Boulevard. Phone 013 300 313 or 013 300 300

Transportation

Motorcycle taxi (“motodop” or “moto”) is the most common and fastest form of public transportation, but not the safest. They are more prone to accidents and robberies than cars and tuk-tuks. If you pick up a moto randomly always try to negotiate a fare first and wear a helmet on motorbikes at all times. A short ride in town is about 2,000-4,000 riel per trip or US\$8-US\$10 per day. As fuel prices are increasing globally, so too are fares. Prices go up with the number of passengers per moto, and after dark.



It should be remembered that although many motos may have no idea where it is you want to go, they will never admit this as they don't want to lose the fare. Carrying a map helps, but don't expect the driver to be able to read it; learning your way and some simple directions in Khmer is safest.

Tuk-tuks are more comfortable and safer than motodops and now the most common choice for foreigners without cars. They provide protection from sun or rain and the price ranges from \$2–3 per trip. Many people agree on a monthly retainer with a regular driver for safety and reliability. Public taxis are mainly unmetered and unmarked so are used primarily for longer or pre-arranged trips booked with a taxi company. A car with driver costs about \$20–\$30 per day.

Going around on cyclo (good for those with lots of time to spare) or a bicycle is another reasonable option. You have to get comfortable with traffic that never stops, goes in the wrong direction, or simply follows its own rules, and be wary of cycling after dark. You can find good quality second hand bicycles all around the O'Russe Market and near Capitol Guesthouse.

Again, don't forget your helmet and keep handbags, phones, wallets etc secure and out of sight.

Local driving license

An international driving license is not enough in Cambodia. You have to get a local license at the Ministry for Public Works and Transportation. Required documents include:

- Passport with visa
- International driving license
- Application form
- Address of your employment
- 3 passport photographs, with signatures
- US\$40 license fee

It takes three to four weeks to issue the license and it is strongly recommended that you carry only copies with you or in the car, as every annual issue costs US\$30 and takes another few weeks.

Money and Banking



Though Cambodian riel is the official currency, US dollars are currently the de facto tender in Cambodia. Most businesses, especially hotels, restaurants, airlines and markets set their prices in US dollars. Change of less than one dollar is always given in riel. Always carry some small riel for motorcycle taxis, snacks and other small purchases. Riel notes come in 50, 100, 200, 500, 1000, 2000, 5000, 10,000, 50,000 and 100,000 denominations, but 500 riel and 1000 riel notes are the most commonly used.

Unlike just a couple of years ago, Phnom Penh now has many ATMs with international access and dispensing US dollars. ANZ Bank ATMs accept Cirrus, Plus, Maestro, Visa and MasterCard. Visa, Mastercard and JCB cards are the most widely accepted credit cards in Cambodia although many places charge commission on credit card payment. “Instant” cash transfers can be done at most banks via Western Union.

A rough guide is US\$1 = 4,000 Riel

Bank head offices/main branches conveniently situated include (see yellow pages for others):

ACLEDA Bank. Phone: 023 430 999	No. 61, Preah Monivong
ANZ Royal Bank. Phone: 023 999 000	No. 20, Street 114 (cnr of Street 67)
Advanced Bank of Asia. Phone: 023 225 333	No. 148, Preah Sihanouk Boulevard
Cambodia Asia Bank. Phone: 023 722 105	No. 439, Preah Monivong Boulevard
Cambodian Public Bank. Phone: 023 222 880	No. 23, Street 114 (Kramuon Sar)
Cambodian Commercial Bank. Phone: 023 426 145	No. 26, Preah Monivong Boulevard
Canadia Bank. Phone: 023 215 286	No. 265-269, Street 114
Maruhan Japan Bank. Phone 023 999 010	No. 83, Preah Monivong Boulevard
Maybank. Phone 023 210 123	No. 4B, Street 114
SBC Bank. Phone 023 211 211	No. 68, Samdech Pan Street
Union Commercial Bank (UCB). Phone 023 724 931	No. 61, Street 130
Vattanak Bank. Phone 023 212 727	No. 89, Preah Norodom Boulevard

Publications (English language):

Newspapers

- The Phnom Penh Post – daily and one on weekend. Western tabloid style.
- Cambodia Daily – daily plus a weekend issue (national and international news).
- International Herald Tribune – arrange at Cambodiana Hotel or Monument Books for delivery.
- Bangkok Post – arrange at the Cambodiana Hotel or Monument Books for delivery.

Magazines

- Asia Life – monthly (www.asialifecambodia.com)
- The South Eastern Globe –monthly (www.se-globe.com)
- *Other magazines catering to the restaurant and tourist market are widely available from cafés, bars and restaurants.*

Supermarkets

A handful of good supermarkets can be found in Phnom Penh and an increasing number of “mini-marts”, including Japanese and Korean. Lucky Supermarkets are the largest and the most accessible, but Sydney, Pencil, Bayon and Thai Huot have a wide selection of international product and Veggy’s also has a range of fresh produce.

- Bayon - No. 133-135, Monivong Boulevard
- Lucky Sihanouk Branch - No. 160, Sihanouk Boulevard
- Lucky Olympic Stadium - Monireth Boulevard
- Lucky Sorya Mall Branch - No. 13-16, Street 63
- Pencil Supermarket - No. 15, Street 214
- Pencil Supermarket Riverside – No. 483, Sisowath
- Sydney Shopping Centre - No. 139, Kampuchea Krom Boulevard
- Thai Huot - No. 105, Monivong Boulevard
- Veggy’s - No. 23, Street 240



Sports & Fitness

Options commonly include swimming, tennis, badminton, yoga, and sauna and spa. The big hotels, like the Phnom Penh Hotel or Hotel Le Royal (Raffles) have an “all-in-one house” service. There are also a variety of fitness centres, pools and massage salons.

The Cambodian Yellow Pages has listings for squash courts, golf courses, driving ranges, martial arts and equestrian centres. Groups and classes for football, dancing, “spinning” and many other activities are advertised in the Cambodia Daily and on notice boards of bars, cafes and restaurants etc. ISPP After School Program offers daily classes for children and a small selection for adults.

- Clark Hatch Fitness: Hotel Intercontinental, No. 296 Mao Tse Toung. Phone: 023 424 888
- Fitness One: Himawari Hotel, No. 313 Sisowath. Phone: 023 214 555 ext: 881
- The Place Gym and pool on Street 51. Phone: 023 999 799
- Cambodiana Hotel, No. 313 Sisowath. Phone: 023 426 288
- VIP Sport Club: Norodom Boulevard. Phone: 023 993 535
- Muscle, Street 95
- Aus fit, De Castle Diamond, Corner of St 315 & St 608, Toul Kork

Rugby and touch rugby are gaining popularity; you can find more information at www.cambodianfederationrugby.com or phone: 012 976 384.

Khmer language lessons

For private teachers please ask ISPP Central Office. Popular resources are *Khmer School for Expats*, Phone: 023 867 117 or *Khmer Academy of Language*, Phone: 012 947 311.

Culture

- Traditional dance, shadow puppetry and music performances at **Sovanna Phum Art Association** every Friday and Saturday night. No.111 St 360. Phone: 012 672 662 www.shadow-puppets.org
- **Cambodian Living Arts** has a newly established studio with performances all over Cambodia, mainly puppetry and music. For more information visit their website: www.cambodianmasters.org
- International production company, **Amrita Performing Arts** works to preserve to promote and sustain the revival and preservation of all forms of traditional Cambodian performing arts. For more information, phone: 023 220 424 or visit their website at: www.amritaperformingarts.org.

Other popular venues include Meta House (www.meta-house.com) and Java Café & Gallery (www.javaarts.org). Exhibitions, music and theatre performances are advertised in the daily newspapers and often in restaurants, cafes and retail outlets throughout the city.

Embassies

Not all countries have Embassies/Consulates in Phnom Penh. Listed below are those that do have representation here:

Australia

N°16B, National Assembly
+(855) (0)23 213 470

Belgium

No. 14, Str. 57, Boeung Keng Kong I
+(855) (0)23 214 024

Bulgaria

No. 227-229, Norodom Boulevard
+(855) (0)23 217 504

Canada

Canadians must see the
Australian Embassy

China

No. 156, Mao Tse Toung
+(855) (0)23 720 920

Cuba

No. 96/98, Street 214
+(855) (0)23 213 965

Denmark

No. 8, Street 352
+(855) (0)23 987 629

France

No. 1, Monivong Boulevard
+(855) (0)23 430 020

Japan

No. 194 Norodom Boulevard
+(855) (0)23 217 161

Laos

No. 15-17, Mao Tse Toung Boulevard
+(855) (0)23 982 632

Malaysia

No.220-222 Norodom Boulevard
+(855) (0)23 216 176

Malta

No. 10, Street 370
+(855) (0)23 212 742

Myanmar

No. 181, Norodom Boulevard
+(855) (0)23 223 761

Norway

No. 8, Str. 163, Veal Vong, Phnom Penh
Email: rb.cambodia@scn.online.com.kh

North Korea

No. 39, Suramarit Boulevard
+(855) (0)23 217 013

Pakistan

No. 45, Street 310
+(855) (0)23 996 890



A NEWCOMERS GUIDE TO PHNOM PENH 2011 – 2012

Germany

No. 76-78, Rue Yougoslavie
+(855) (0)23 216 381

India

No. 5, Street 466
+(855) (0)23 210 912

Indonesia

No. 1, Street 466
+(855) (0)23 217 934

Singapore

No. 129, Norodom Boulevard
+(855) (0)23 221 875

South Korea

No. 50, 52 Street 214
+(855) (0)23 211 900

Sweden

No. 8, Street 352
+(855) (0)23 212 259

Switzerland

No. 53D, Street 242
+(855) (0)23 219 045

Philippines

No. 33, Street 294
+(855) (0)23 222 203

Poland

No. 767, Monivong Boulevard
+(855) (0)23 217 782

Russia

No. 213, Sotheaeros Boulevard
+(855) (0)23 210 931

Thailand

No. 196, Norodom Boulevard
+(855) (0)23 726 306

United Kingdom

16, Street 228 (between streets 51 and 63)
+(855) (0)23 216 434

United States of America

No. 1, Street 96
+(855) (0)23 728 000

Vietnam

No. 436, Monivong Boulevard
+(855) (0)23 726 274
Consulates also in Sihanoukville & Battambang.

Links for further information

- **Cambodia Parent Network** (www.groups.yahoo/cambodiaparentnetwork): you can become a member and ask all the questions you cannot find in a guide.
- **Expatriate Advisory Services** (www.expatriate-advisory.com/cambodia): useful site with articles and listings especially for expats by expats. Regularly updated.
- **Tales of Asia** (www.talesofasia.com) provides a range of information on travel and living in Cambodia.
- **The Phnom Penh Visitors Guide** (www.phnompenhonline.com): well-known guide with a special edition on Restaurant and Shopping.
- **Stay Another Day** (www.stay-another-day.org) was set up to promote "destination friendly" tourism, by connecting travellers with organisations that are helping to conserve local culture and heritage.
- **Travelfish** (www.travelfish.org) 100% original Asia travel intelligence.
- **The Yellow Pages** (www.yellowpages-cambodia.com) - the most comprehensive listing of services, products and facilities.
- **Penh Pal** (www.penhpal.com)
- **Cambodia pocket guide** (www.cambodiapocketguide.com)
- **Lady Penh** (www.ladypenh.com)