

CHUYÊN ĐỀ DU LỊCH, ẨM THỰC
VIETNAM EDITION
APRIL 2014

word

DANANG



NHÀ XUẤT BẢN LAO ĐỘNG

SCHOOL TOURS

April 2nd

May 7th

June 4th

Register online at

www.ishcmc.com

ISHCMC celebrates

20 years

of **success**



Experience the Difference

28 Vo Truong Toan, An Phu Ward, D2, Ho Chi Minh City

Tel: (84-8) 3898 9100

Email: admissions@ishcmc.edu.vn

www.Facebook.com/ISHCMC

www.ishcmc.com





Doctor Maria Arulnayagam,
Family Practitioner



Doctor Laure Farnault, Paediatrician

FV Clinic at Bitexco Tower



**GENERAL PRACTICE | PAEDIATRICS | OBG | GASTROENTEROLOGY AND HEPATOLOGY | DERMATOLOGY | RHEUMATOLOGY
NEUROLOGY | CARDIOLOGY | ORL | ORTHOPAEDICS | GENERAL SURGERY | ONCOLOGY | CLINICAL PSYCHOLOGY | PSYCHIATRICS**

We are proud to announce that FV Clinic has moved into Ho Chi Minh City's iconic Bitexco Financial Tower. Located in the heart of the city, FV Clinic is more convenient for basic appointments and offers a broader range of specialty services thanks to new, cutting-edge facilities. The new clinic offers great medical services as well as surgical service and more. All these and other medical needs are now available with the following operation hours:

Monday - Friday: 07:30 - 19:00

Saturday: 07:30 - 14:00

FV is dedicated to providing world-class healthcare for our patients and their families in Vietnam and continues to discover new ways to further improve our healthcare service.

3rd floor, Bitexco Financial Tower, 2 Hai Trieu St., Dist. 1, HCMC

Tel: (08) 62 90 61 67

Email: saigonclinic@fvhospital.com

Bringing international healthcare standards to Vietnam since 2003

FV SAIGON CLINIC



070



096



110

THE TALK

010 / Opening the Door

The impact of secrets on those not in the know

011 / The Big Five

Events to look out for this month

BRIEFINGS

012 / The Hue Festival

The most unique festival in Vietnam

018 / The House that Dai Built

A jungle in the heart of Hanoi

025 / Cat of the Month: A.J.

Awww!

INSIDER

058 / Cycling for Life

One man's quest to keep moving

060 / Rumble in the Jungle

Hanoi and HCMC go head-to-head!

066 / Rise and Fall

Bia hoi, cheap eats and five-dollar dorm rooms: Pham Ngu Lao and its road to survival

070 / Danang

The city in-between is dead-centre in this month's cover story

096 / The Other Side of Town

Saigon's District 10 has some tricks

ARTS

100 / Hanoi's Hidden Houses

Hanoi's art deco legacy rediscovered

LEISURE

102 / Finding Inspiration in Hanoi

Searching high and low for relaxation

106 / Seven Days of Exercise

Perhaps this has been incorrectly categorised

110 / Ta Lai Trophy

Heading to Cat Tien for a grueling jungle race

EAT & DRINK

112 / Mystery Diner Hanoi

Investigating a 'top-five' restaurant

113 / Street Snacker Hanoi

On the menu: Nem Phung



113



AUSTRALIAN INTERNATIONAL SCHOOL

"Leading to a Bright Future"



Enrolling now for 2014-2015

IB World School at its best

Kindergarten ■ Primary ■ Middle ■ Senior School

t. +84 8 3742 4040

enrolments@aisvietnam.com | www.aisvietnam.com

 facebook.com/AustralianInternationalSchoolVietnam

 youtube.com/aisvietnam



UNIVERSITY of CAMBRIDGE
International Examinations



120



178



184

FASHION

114 / **Last Resort**
What to wear on holiday

TRAVEL

120 / **The Slow Train to Lang Son**
An ancestral path leads to a border town

130 / **Travel Promos**

HANOI

050 / **Overscene**

052 / **Calendar**

131 / **Hanoi City Guide**

135 / **Hanoi Promos**

HCMC

032 / **Dance Parties**

040 / **Overscene**

042 / **Calendar**

147 / **HCMC City Guide**

158 / **Top Eats**

172 / **Food Promos**

COLUMNS

138 / **Book Buff**

140 / **The Alchemist**

142 / **The Therapist**

144 / **Medical Buff**

146 / **Student Eye**

150 / **Business Buff**

152 / **Body and Temple**

162 / **A World of Good**

164 / **In the Frame**

174 / **Tieng Viet**

FINAL SAY

178 / **The Group Holiday**
Just you and 30 of your closest friends

182 / **Living with Depression**
The Untold Sorrow

184 / **The Last Call**
*Danang's capricious muse,
Le Cat Tien*

CRYSTAL JADE

PALACE RESTAURANT

翡翠皇宮酒家

Now Open



*Prepared with love,
served from our heart*

Add: No. 8, Do Duc Duc Road, Me Tri, Tu Liem, Hanoi
Tel: 04 3833 5588 (ext. 1137)
facebook.com/jwmarriotthanoi

JW MARRIOTT® 
HANOI

CONTRIBUTORS

This month we asked Word staff to think of some hashtags for articles they were involved in so that they'll go viral!

HEATHER MOMYER

The Other Side of Town
#mushroompharmatea
#adultsactinglikeeightyearolds
#afcforgetsithaswomensdivision



That last tag is about the lack of info on the Women's Asia Cup. The one page that has some information has photos that are almost exclusively devoted to male coaches. There isn't a single close-up of a woman.

HAI VU

Rumble in the Jungle
#sufferthepainofdisciplineorsufferthepainofregret
#whereistheicepack
#woovnicerack
#runforrestrun



DAVID HARRIS

Oh, This is Ladies' Night
There were some pretty straightforward ladies, so
#gettinghiton
I am not a fan of clubs in general so #loudnoisesiamnowdeaf
Lots of booze #drunkgirls
Friendly managers #freedrinksallround
Sometimes people don't want photos taken
#creepyphotographer



KATIE JACOBS

Getting Fit in Hanoi
Ok well I barely understand hashtags and am not sure of the whole funny thing but here you go...
#stitchesinmyleg
#cantmovemyarms
#whatareabs
#youwantmetodowhat



ELISABETH ROSEN

The Hue Festival and Finding Inspiration in Hanoi
#huetoorelaxing



NICK ROSS

The Cyclist
#realsuperheroes
#mindovermatter
#saddlesore



word

The editorial and design of WORD is carried out by Duong Huynh Advertising JSC

EDITORIAL

NICK ROSS
Chief Editor

editor@wordvietnam.com

MADS MONSEN
Creative Director

mads@wordvietnam.com

KYLE PHANROY
Acting Photo Editor

kyle@wordvietnam.com

FRANCIS XAVIER
Staff Reporter

francis.xavier@wordvietnam.com

MARK ALLAN
Website & Graphic Designer

mark@wordvietnam.com

VU HA KIM VY
Marketing

vy@wordvietnam.com

ED WEINBERG
Deputy Editor

ed@wordvietnam.com

ELISABETH ROSEN
Staff Editor

elisabeth@wordvietnam.com

HOA LE
Staff Editor

hoale@wordvietnam.com

KAREN HEWELL
News & Online Editor

karen@wordvietnam.com

NGUYEN LOC
Layout Designer

loc@wordvietnam.com

ADMINISTRATION

BAO ROSS
General Director

bao@wordvietnam.com

TRANG LE
Chief Accountant

trang@wordvietnam.com

ADVERTISING

BAO ROSS
General Director

bao@wordvietnam.com

TRINH BUI
Sales Executive

trinh@wordvietnam.com

CHAU GIANG
Area Sales Manager Hanoi

giang@wordvietnam.com

DISTRIBUTION

trinh@wordvietnam.com

SUBSCRIPTIONS

trang@wordvietnam.com

For advertising enquiries please call Ms Bao on +84 938 609 689 or Ms Giang on +84 934 640 668

Special thanks to Vu Ha Kim Vy, Margaret Smith, Aimee Millwood, David Harris, Andy Crompton, Huyen Tran, Dana McNairn, Karen Gay, Douglas Holwerda, Truong from Bookworm, Phil Kelly, Shane Dillon, Cristina Nualart, Katie Jacobs, Family Medical Practice, Tae Jun Park, Seamus Butler, Matthew Edwards, Henry Ginsberg, Owen Salisbury, Heather Momyer, Julie Vola, Kathryn Cardenas, Carrie Binder, Hai Vu, Ta Lai Longhouse, Thao Ngo, Tim Nott, Pullman Danang, Grand Mercure Danang, Novotel Danang and InterContinental Sun Peninsula



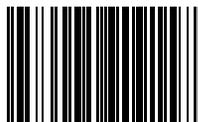
Word is a registered trademark. No content may be reproduced in any form without prior authorisation of the owners.

© Word - Duong Huynh Advertising JSC

© Tất cả hình ảnh và nội dung trong Ấn phẩm này thuộc bản quyền của Ấn phẩm Word của Công Ty CP TM-DV-QC-Truyền Thông Dương Huỳnh. Mọi sự sao chép không được phép sẽ bị xem là vi phạm luật Sở Hữu Trí Tuệ hiện hành của nhà nước Cộng Hòa Xã Hội Chủ Nghĩa Việt Nam.

CHUYÊN ĐỀ DU LỊCH & ẨM THỰC

ISBN: 978-604-59-0915-7



9 786045 909157

Nhà xuất bản Lao Động
175 Giảng Võ, Hà Nội
ĐT: + 84 4 3851 5380
Fax: + 84 4 3851 5381
Chi nhánh phía Nam
85 Cách Mạng Tháng Tám, Q.1,
TP. HCM
ĐT: +84 8 3839 0970
Fax: +84 8 3925 7205
Email: cn-nxbld@vnn.vn

Chịu trách nhiệm xuất bản:
Võ Thị Kim Thanh
Biên tập: Hồ Phương Lan
Sửa bản in: Nick Ross
Trình bày: Bao Ross
Bìa: Duong Huynh Advertising JSC

Thực hiện liên kết xuất bản:
Công Ty CP TM-DV-QC-Truyền Thông Dương Huỳnh
87/21/6 Đường Số 4 Cư Xá Đô Thành, Phường 4, Q. 3, TP. HCM.
ĐT: + 84 8 3838 6908
Fax: + 84 8 3838 6971
Email: info@wordvietnam.com
Website: www.wordvietnam.com

In đến 15.000 cuốn, khổ 20.5 x 27cm
In tại Công Ty TNHH MTV In Trần Phú
71-73-75 Hai Bà Trưng, Q. 1, TP. HCM.
www.tranphuprint.com
Số ĐKKHXB: 157-2014/CXB/16-07/LĐ
QĐXB SỐ: 19/QĐCN-LĐ. Ngày 28/03/2014.
In xong và nộp lưu chiểu Quý 2 năm 2014.



HELP YOUR CHILD
REACH NEW HEIGHTS

ENROLLING NOW FOR AUGUST 2014



Renaissance is an International British School offering places in **Early Years - Primary - Secondary**. Apply as early as possible to secure a full-time place for your child.

74 Nguyen Thi Thap Street, Binh Thuan Ward, District 7, HCM City
E: admissions@renaissance.edu.vn
W: www.renaissance.edu.vn
T: (+84-8) 3773 3171 - ext: 120/121/122



Word has been around for a number of years now. Talk to English speakers living in Hanoi and Ho Chi Minh City, and most people know who and what we are. Everyone has their opinions. Some love reading the words crammed into these many pages. Others question our integrity or prefer reading news and features online from their home countries — and some read our competitors. We've even had a woman from Yahoo Malaysia saying that she never reads magazines and that therefore, we're

irrelevant. If she worked for Google, we'd be listening. Ya-who? Yet rocking up to Danang was a humbling experience. The city now houses almost one million people and outside of Hanoi and Ho Chi Minh City, has probably the largest expat population in the country. But of the one thousand or so foreigners who call this forward-thinking metropolis their home, forget opinions. Few had heard of us and even fewer were interested. "You focus on Hanoi and Ho Chi Minh City," they would retort. And although the following words would

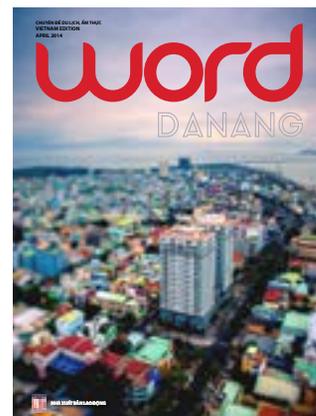
never cross their lips, it was quite clear they meant, "So what?"

Not having a profile in Central Vietnam's largest city suggests that we have some weaknesses. Distribution, anyone? Content on Danang? Yet it also speaks volumes for the nature of the people living in the city. On our travels we met a couple who had set up home there for six years. They were considered old-timers, pioneers. Yet this couple also hadn't heard of us. Likewise, we hadn't heard of the three English language websites covering the city. There is a lack of connection between

Central Vietnam and elsewhere.

Although it's spent almost 200 years as an important trading port, Danang is a new city. So are its residents. This newness on one front makes Danang ugly — when we tried taking photos we noticed few buildings pleasing to the eye. And yet the sea, beach, mountains and city, all somehow merge into one. Together with the mild yet tropical climate they give this place an ambience that makes it unique.

We spent six days in Danang and we didn't want to leave. — *Nick Ross*



THIS MONTH'S COVER

Cover by DH Advertising
Photo by Nick Ross

HAVE YOUR SAY

DO YOU HAVE ANY COMMENTS? THEN LET US KNOW ON FACEBOOK — [FACEBOOK.COM/WORDVIETNAM](https://www.facebook.com/wordvietnam) — OR VIA TWITTER, [@WORDVIETNAM](https://twitter.com/wordvietnam). NO MATTER HOW POSITIVE OR NEGATIVE YOUR THOUGHTS, WE LOOK FORWARD TO HEARING FROM YOU.

INBOX

DO YOU HAVE ANY COMMENTS THAT YOU WOULD LIKE TO AIR? IF SO, REACH OUT AND TOUCH US AT EDITOR@WORDVIETNAM.COM — WE'RE AT YOUR FINGERTIPS.

Omission

Word would like to apologise to Dana Jannel Peterson for the omission of her involvement in helping make several of GingerWorks' events successful (*March 2014*, p88). She worked as partners with Mark Harris on the *Wonderland* and *Carnival of the Dead* events, organising the performance aspects for both. Dana also had the original idea for *Carnival of the Dead*, approaching GingerWorks to collaborate on the event. Dana is starting a theatre workshops company in Hanoi. She has also been involved in both an acting and organisational capacity with HITS, and has played with Gypsy Doodle Jams. She has been included in the online version of the article.

Three Types of Expat

I enjoyed your essay in this issue (*Do Gooders, Money Makers and Misfits*, p. 182, *March 2014*). I'm still trying to figure out which I am! — *Jim*

The Province in Between

Loved the articles about Ninh Thuan (*Ninh Thuan Special, January 2014*). Many things I did not know. I read that there are now advanced plans to build Vietnam's first nuclear power plant in Ninh Thuan Province within the next few years, with the help of the Russians. I hope they have learned the lessons from Chernobyl. — *JN*

Vietnam Health Concerns

I thought your readers would be interested in the following insights. My wife is rather conservative and for some weeks I was troubled by the fact that there was another woman in bed with us at night. Probably because I am a vicar at the local church, I am also a shy and retiring sort of person and in fact I could not bring myself to ask my wife who the other woman was, although she did look somewhat like my wife.

This situation went on for a few weeks and I found myself becoming increasingly disturbed. In the end I went to seek professional counselling. Well,

you can imagine my surprise and relief when my counsellor informed me that in fact this is quite a common form of ailment with a high incidence in Vietnam. What I was suffering from was "tropical selective nocturnal double-vision" or diplopia nocturna. Random attacks can occur any time and can go on for weeks, but only occur at nighttime.

I checked on this further with my GP who told me that this affliction is very common in Asia and it affects both men and women, though women are more susceptible. He sighted many

cases where women had got into bed with their husbands only to find there was another woman there. Cases like this are more complex he said, as this was inverse double vision. He said that in such cases the wife should immediately go outside and do deep breathing exercises for five minutes. He said it always works and there is no more double vision when she returns to bed.

I was going to ask him further about what he knew about Yellow Fever, but unfortunately he was called away for an ophthalmic emergency. — *Rev. Arnold Poole-Johnson*





Le Lai corner # 1 Nguyen Van Trang - Dist. 1, HCMC 83925 1495 info@gayavietnam.com www.gayavietnam.com



THE DECK
SAIGON

Arrive by Boat

Complimentary One Way
Departs Vuon Kieng Pier 11:45am

**SATURDAY & SUNDAY BRUNCH
ON THE DECK**

Please call us for advance booking

T +84 (0) 8 3 744 6632

E info@thedecksaigon.com

W thedecksaigon.com

38 Nguyen U Di, Thao Dien, An Phu, D2, HCMC

Opening the Door

Secrecy provides a competitive advantage,
but it doesn't drive the greater good

To those in the know, Vietnam is filled with hidden wonders. Travel north of Ho Chi Minh City and you'll find two virtually unexplored volcano ranges in Dong Nai Province. Or venture east of Hanoi and you can visit the ancestral home of Dong Ho woodprints, a medium that in medieval Vietnam was used to communicate ideas.

Both destinations have the potential to drive tourism, to attract local and overseas travellers. Yet, neither does, and their absence on tourists' radar is part of the biggest ongoing problem in Vietnam's tourist trade.

The upshot is a lack of inclusion of these sights on maps and itineraries. Try searching for Dong Ho woodprints on Google. You will find various articles on the prints themselves, but little on the location of the village where the prints are still made. To get there requires guesswork and the ability to ask around when you get close. It requires an understanding of travelling in Vietnam that most tourists just don't have.

In Dong Nai, after extensive research you may discover something about the volcano in Dinh Quan, known as Nui Lua 118, and a separate collection of rocky summits including Nui Gia Lao with sweeping views in Gia Ray. But while there are tourism companies who can take you to either of these places, it is difficult to find their exact location on your own.

Thanks to the lack of open information about either sight, there has been little interest generated. As a result, neither destination has been developed. In Dong Ho the effect is particularly acute — only two families continue to produce the woodprints that make this village such a vital part of Vietnamese history.

Knowledge is Power

Keeping secrets — *bi quyet* — or holding information close to your chest is a feature of Vietnam. A *pho*

vendor who cooks up a to-die-for stock will never tell you the full recipe or cooking method. Likewise, a tour guide who has made some unique discoveries or has the odd, rarely visited yet enticing location up their sleeve, will be unlikely to part with the knowledge. Information is an asset, providing a competitive edge over would-be rivals. In a country where the tendency is to copy rather than innovate, secrecy is vital.

Take the Cham ruins of My Son near

Hoi An. So much has been written on this Angkor-like construction that it no longer holds any secrets. Go there and you will have to navigate past the groups of French, Chinese and Japanese tourists, an experience that for many ruins the visit — My Son now falls on almost every tour group itinerary that takes in Hoi An.

But skip them in favour of the various Cham ruins further south in Binh Dinh and you'll see a different picture. While the temples are not as large-scale as their cousins further north, they are equally enthralling. The lack of tourists gives them a spiritual edge, and with the standard tourist trail taking in only a few, well-worn spots in Vietnam, they are a little secret that has yet to be exploited.

Time to Build

That there is still so much to 'discover' in Vietnam makes for interesting journeys, unusual trips into the unknown and, from the perspective of this publication, appealing copy. Yet it also means unlocked potential.

Whereas once tourists coming to this country parted with mixed reviews, now — after they get past the not-so-welcoming experience provided at the country's main airports — the feedback is generally positive. Yet with so many attractions, both hidden and on every tourist's itinerary, more than the annual five to six million visitors should be flocking to Vietnam. And more importantly, there should be more repeated visits — at present it is around five percent.

Yet secrets remain secretive, sights of great potential remain undeveloped and knowledge is used as power. For most overseas visitors, once you've seen the main attractions, you've seen them all. How wrong they are. Dig deep and Vietnam has so much more to offer. — Nick Ross 





1. HANOI SOUND STUFF

For lovers of electronic music, from the more mainstream to the downright boundary-pushing weird and wonderful, Hanoi Sound Stuff Festival is a thing of dreams. Taking place over two days in the most creative spaces in the capital, Sound Stuff is the product of the tireless efforts of some of Hanoi's best-known purveyors of awesome — namely GingerWork, Onion Cellar, C3 Vietnam and of course its original creator, Tri Minh.

Featuring artists from around the world alongside top Vietnamese names in electronic music and contemporary art, the festival pushes the boundaries of art and

music. With DJs from Germany, the UK, France and Vietnam, Sound Stuff is the northern city's answer to Hue Festival — a main collaborator in bringing some of the festival's international acts to Vietnam.

Hanoi Sound Stuff Festival comes to the city on Apr. 11 and Apr. 12, beginning with a massive outdoor pop-up event. It continues at various venues and features musical performances, art exhibitions and film screenings throughout the weekend. Tickets are available for both Apr. 11 and Apr. 12, for VND200,000 and VND50,000 respectively. Get complete details and tickets at the website — hanoisoundstuff.vn



2. THE HUE FESTIVAL

Russian folk dancing, African rhythms played on Vietnamese instruments, Chilean dancers, Slavic folklore ensembles, Danish electro-pop, Belgian stiltwalkers and Mongolian jazz — what more could you ask from the most unique festival in Vietnam? But the two million attendees aren't coming just for international eccentrics, they're also interested in the many local talents the city has on offer. And maybe you should take the opportunity as well, to see the former imperial city flow with all the pomp and majesty of its glory days.

The Hue Festival will take place from Apr. 12 to Apr. 20. For more information, visit huefestival.com or see our article on page 12



3. COLORME... SOFTLY

Imagine running 5km covered in paint? Well that is the concept behind Ho Chi Minh City's ColorMe Run, which will take over the city's District 7 area on Apr. 19. But it's not just about running and having fun here. It's also about a day of entertainment — there will be live performances from Kelly Rowland and Australia's *Got Talent's* Timomatic.

For more information go to page 16 or visit facebook.com/colormerun.vn. This one promises to be big

4. DIRTY BEACHES

In a joint effort from Saigon Outcast, McSorley's and O Dau? Montréal-based genre-bender Dirty Beaches is coming to Saigon Outcast on Apr. 19, bringing with them their drone instrumentals, film scores and echo-chamber blend of blues, rockabilly, soul and hip hop. Fronted by Taiwanese-born Alex Zhang Hungtai, Dirty Beaches have been highly acclaimed by *Pitchfork*, and play a set rammed with wistful recollections of Taipei, Queens, Etobicoke, Honolulu, San Francisco, Shanghai and Vancouver.



Dirty Beaches is playing Saigon Outcast, 188/1 Nguyen Van Huong, Q2, Ho Chi Minh City on Apr. 19 at 8pm. VND300,000 in advance, VND350,000 at the door. For more up-to-date info, check facebook.com/saigonoucast (sic) closer to the date

5. MYKKI BLANCO TAKES ON CAMA ATK

Creative force to be reckoned with and performance artist/music guru/visual conundrum Mykki Blanco hails from New York City, and in her short career, has made waves in the music scene around the world. Soon, she'll confuse and astound Hanoian onlookers with her performance at Cama ATK on Apr. 17.

Taking on a 'cosmic angel' stage persona, Mykki Blanco brings a new level of no-holds-barred on-stage mayhem into every city that she performs. The child of an IT specialist turned psychic, she creates performance art having released the strangely yet aptly titled *Cosmic Angel: The Illuminati Prince/ss* mix tape in 2012.

Having appeared alongside names like Bjork and Death Grips, she will take to the Cama ATK stage in what will surely be one of the strangest, most energetic and most unforgettable performances to come to Hanoi in, well, forever.

Mykki Blanco comes to Cama ATK, 73 Mai Hac De, Hai Ba Trung, Hanoi on Apr. 17, VND150,000. This one is not to be missed



If you stroll along the bank of Hue's Perfume River in mid-April, you might see the Trang Tien Bridge erupt in flames.

Since it started in 2000, the biennial Hue Festival has brought international culture to a city known more for the grounds of the old imperial citadel than groundbreaking art. While you'll still be able to observe the re-enacted royal ceremonies and folk singing that draw tourists to the former capital, the festival also spotlights more quirky fare — like that fiery bridge, set alight by French arts collective Cie Carabosse, which specialises in attention-catching public spectacles.

A Growing Spectacle

The first festival featured 32 performance groups, only seven of them from overseas. Since then, it's expanded exponentially. This year's incarnation will feature 70 groups from 37 countries, performing everything from Isan folk dancing to Danish electro-pop. Street performances are free and daily shows are VND100,000, although partaking in the royal banquet will set you back the princely sum of VND2 million.

As the slightly awkwardly-phrased theme — *Cultural Heritage with Integration and Development* — suggests, the festival is an indication of the city's efforts to boost tourism. This year Hue is making a concerted bid to become a centrally-administered city, joining Hanoi, Ho Chi Minh City, Danang, Can Tho and Hai Phong, which would mean more national funds for infrastructure development. But even if that doesn't happen, the event already makes a difference in local life.

"To prepare for the festival, our government has to upgrade a lot of roads and historic sites," says Le Dinh Huy, who grew up in Hue and volunteered at the festival for 10 years. "Hotels and restaurants are built, creating jobs for local people, so they have more money to go shopping."

Bringing in the Crowds

The festival is primarily, of course, a show; the experience of reading about the performers is equal parts comedy and intrigue. There's Raduga, a folk dancing collective from the Russian city of Khabarovsk that offers insight into "the soul of the Russian people, daring and courage, enthusiasm and modesty," as group representative Olga Ovchinnikova assures me. There's DeepBlue, which bills itself as "Australia's string rock sensation", and the Mali-Vietnam Music Fusion project, which melds African rhythms with traditional Vietnamese instruments. From Belgium come the 40-member Royal Stiltwalkers,



The Hue Festival

Russian folk dancing, African rhythms played on Vietnamese instruments, Danish electro-pop, Belgian stiltwalkers and Mongolian jazz. This month the most unique festival in Vietnam returns to Hue

who tower over the streets of Hue clad in rainbow costumes. Not to be outdone, a Mongolian group brings to the stage an 'ethno jazz band', a throat singer and a contortionist.

"For me, the most interesting part about the festival is the street performances by the European artists," says Huy. "Thousands of people stand on both sides of the street to watch and take pictures."

He's not exaggerating about the crowds. In 2000, about 400,000 attended the festival; this year Huynh Tien Dat, deputy director of the Hue Festival Centre, expects nearly 2 million. The number of foreign tourists visiting the city for the festival was 6,000 in its first year. This month it's expected to be more than 100,000.

While organisers tout the extensive roster of international performers, the festival creates a valuable showcase for Vietnamese artists.

"The festival gives local artists the chance to show their work to audiences from overseas," says Hue-based contemporary artist Tran Tuan, who showed his sculpture, *Tumor*, at the 2010 festival. Made from thousands of aluminum cans, the massive installation was a comment on the growing problem of environmental pollution. "It's a really important event for us since there aren't many opportunities to show art in Hue." — *Elisabeth Rosen*

The Hue Festival will take place from Apr. 12 to Apr. 20. For more information, visit huefestival.com 



SKY BBQ



© 2012 Renaissance Hotel Holdings Inc.

Saigon's highest pool with a spectacular view of the city and the Saigon River offers an indulgent promotion with succulent BBQ dinner and live acoustic band from 6:30pm to 9:30pm.

Friday and Saturday

VND550,000++/person – BBQ dinner

Add beverage package (house sparkling wine, house wine, draught beer & sodas) with **VND320,000++/person**

**Not available on January 31st, February 1st, 7th & 8th, 2014*

**Surcharge applies on dining vouchers*

**Dining Club Member discount is applicable*



8-15 Ton Duc Thang Street, District 1, Ho Chi Minh City, Vietnam
t: (84 8) 3822 0033 • f: (84 8) 3823 5666 • w: www.renaissance-saigon.com

LIFTING
LEARNERS
INTO
THE FUTURE



HOW TO DONATE

ANZ Vietnam – 39 Le Duan, District 1. HCMC

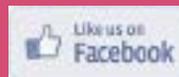
Swift #: ANZBVNVX472

Account: Loreto Vietnam – Australia Program

Account Number (VND): 3024268

Account Number (USD): 203454

Or online through Paypal – please visit www.loretovietnam.org for more information.



www.facebook.com/loretovietnam

The DJ

Hailing from Leipzig, Germany, **Good Guy Mikesh** is making stops in Ho Chi Minh City and Hanoi this month to unleash some rainy day disco on our tropical climes



Photo by Phillip Poppick

WHAT'S THE LEIPZIG SCENE LIKE?

LEIPZIG has a very varied music scene. There are some great electronic acts, bands and labels that are [starting to get] noticed by the world outside. And the scene is growing because a lot of people are moving into Leipzig these days.

MIXCLOUD.COM CALLED YOU "LEIPZIG'S TIMBERLAKE". HA HA. COMMENT?

[SMILES.] Let's say this is just an echo from the past.

HOW DID YOU GET BOOKED IN BOTH HANOI AND HO CHI MINH CITY?

I would say it just happened. But I'm very happy about this little tour through Asia. Last summer I spent a month on vacation in Vietnam and I've only been to Hanoi, north and central Vietnam. I liked it a lot. But I did not make it to Ho Chi Minh City. I'm really looking forward to seeing this place, too.

YOU PLAY "AN ECLECTIC MIX OF POP, SOUL AND DISCO", ACCORDING TO MIRAUMUSIK.COM, AND HAVE A "CHARACTERISTICALLY GLOOMY, YET CORDIAL VIBE", ACCORDING TO DEEPHOUSEAMSTERDAM.COM. CAN YOU GET A BIT MORE SPECIFIC ABOUT WHAT WE'LL HEAR IN VIETNAM?

I'M going to play live. The set features a collection of my best tunes, live vocals, keyboards and percussions. The only thing still needed is a crowd looking for a fun big

time. The style ranges between house and disco. It's just right for the club, even with the gloomy parts in it.

HOW WILL YOUR SET DIFFER BETWEEN THE CLUB GIG YOU'LL PLAY ON APR. 11 AT THE OBSERVATORY AND YOUR APR. 12 SLOT AT HANOI SOUND STUFF? IS THIS A 'SEE HOW IT GOES' KIND OF THING OR IS THERE A BIT MORE PREPARATION INVOLVED?

THAT really depends on the situation. Every gig is different because the audience and its feedback are part of the set. Even when I play the same songs you will have another experience, for sure. I'm pretty curious about the crowd in Vietnam.

WHERE'S FILBURT [MIKESH'S PARTNER-IN-SOUND]?

WELL, at the moment Filburt is taking care of his other projects. He also runs a record label called O*rs. So he's pretty busy with those things right now. We're both focusing on our solo projects for the present and taking a break from working together. It's good to have a change, sometimes.

I JUST LISTENED TO YOUR SIDE PROJECT, *HERE IS WHY*, AND I GET THE 'CHARACTERISTICALLY GLOOMY' QUIP. THAT GOING?

YOU'RE right. The sound of *Here Is Why* is pretty gloomy. But you will also find some light in the music when you get into it. The

debut album *HRSY* was influenced by the 1980s, maybe that's why it's leaving you with a gloomy shiver. But if you prefer it more briskly you might like the *Here Is Why* song, *Tonight*.

HOW DID YOU GET INVOLVED WITH ELLUM? HOW'S IT BEEN SO FAR?

DOING a release on Ellum was a lucky thing to happen. One day Maceo Plex dropped a message asking for some demos and so things started rolling. Everything went very quickly then. A couple weeks later the record was out and Ellum invited me to play at some very special events all over the world. I'm really happy about this.

WHY DO YOUR PROMO PHOTOS FEATURE YOU LOOKING SERIOUS, WHILE GIANT BUBBLES WOBBLE IN THE FOREGROUND?

THESE bubbles are around me all the time and I just got used to them. It's nothing that excites me so much anymore.

THE OLDEST QUESTION IN THE CATALOGUE NOW: ARE YOU ACTUALLY A GOOD GUY? IF NOT, WHAT BROUGHT ABOUT THE NAME?

I assure you, I really am a good guy. You'll see.

Good Guy Mikesh plays Apr. 11 in Ho Chi Minh City at The Observatory, crr. Le Lai and Ton That Tung, Q1, and Apr. 12 at Hanoi's Sound Stuff Festival — hanoisoundstuff.vn. For more info, check both cities' What's On sections [W](#)



THE AMERICAN SCHOOL
OF VIETNAM

Developing Academic Excellence and Strength of Character

Open for
Enrollment
Academic Year
2014-2015
Grades K to 12



Call **(08) 3519 2223**

to book a school tour

or visit us at

www.theamericanschool.edu.vn

for more information



For most, the prospect of running any distance, much less finishing a 5k race, is daunting. The pain, the exhaustion, and the inevitable muscle aches the next day are enough to scare off even the most determined in pursuit of an active lifestyle. Most would rather break a sweat on an elliptical machine in an air-conditioned gym before putting on a pair of running shoes and taking on the asphalt.

But for the team behind integrated marketing and events group Pulse Active, putting a positive spin on the oft-dreaded verb isn't just a goal — it's a mission statement.

So, when Pulse Active co-founders Bady Pham and Phillip Nguyen were thinking about new ways to get the people of Saigon to lead more active lifestyles — and, consequently, launching their new running-centric website *RunClub.vn* — the challenge was to host a running event that held appeal to the less actively inclined. Their idea was simple: add colour.

"The social aspect of running [is] what we want to share with people. It's going to be a process of introducing running to them, but it's a start," says Phillip, who, along with Bady, has spent nearly a year planning one of the most ambitious mass running events that Vietnam has seen. With what he calls a conservative turnout estimate of 5,000, ColorMe Run will take over the streets of Ho Chi Minh City's District 7 on Apr. 19 for a day-long event including a 5km run and performances by Kelly Rowland and *Australia's Got Talent's* Timomatic.

Running, Just Better

Bady and Phillip met when working together on the Ho Chi Minh City 10K run last year, which attracted over 3,000 participants in one of the city's most successful running events to date. Even before the HCMC Run culminated, Bady and Phillip were thinking about how the ColorMe Run could be the catalyst that the running scene in Saigon needed.

"[Bady and I] learned a lot from the HCMC Run — we learned that we needed to do something fun and really engaging to introduce [running events] as something worth [participating in] in the city," says Phillip. "What we want to do is promote an active lifestyle, so we've chosen the platform for running as that main communication tool for getting people off of their couch."

And engaging it is. In a new twist for the running event for Saigon, the ColorMe Run promises a 5km run with a new 'colour station' at each kilometre, which douses participants in eatable corn starch powders in neon hues. Across the finish line is the promise of a two-hour music festival fit for the now-neon clothing of finishers, plus plenty of photo opportunities and extra coloured powders for a technicoloured finish line party.

And although ColorMe Run is about as ambitious as running events get for a city that is still new to the concept of mass running, it is just the start to a year-long social calendar from Pulse Active.

"For us, [ColorMe Run is part of] a long term [plan]. This isn't just one event," says Phillip, who, along with the Pulse Active team, has four more major events — from 'fun runs' to major competitive events — lined up for 2014. But the team has big hopes for the ColorMe Run as the debut event, and hope that the decidedly extravagant start to the year will put running on the map for people in the city.

"We wanted to introduce running in a big way," says Phillip. "I mean, what better way than [something big like] ColorMe Run to do it?" — *Karen Hewell*

Register for the ColorMe Run at Circle K locations, or visit facebook.com/colormerun.vn 

The Run

ColorMe Run aims to get Saigonites to show their true colours



New À la Carte menu

NEW À LA CARTE MENU AT L'OLIVIER

L'Olivier is one of the best places in Ho Chi Minh City for a true gourmet experience and we are happy to announce a brand new À La Carte menu.

Executive Chef Sakai has created yet another phenomenal selection of dishes, taking guests on a true culinary trip. There is no better time to come and check out these exciting new delicacies, sure to make your taste buds jump for joy.

L'Olivier Restaurant, Level 2
11:30 AM to 2:30 PM
6:30 PM to 10:30 PM

For further information, please call +84 00 3824 1555 or email H2077-FB1@Sofitel.com

SOFITEL SAIGON PLAZA
17 LE DUAN BOULEVARD - TEL: 08 3824 1555
H2077-FB1@SOFITEL.COM

Life is Magnifique in Saigon!



WWW.SOFITEL.COM  

Holiday Escape

(From 24th April - 5th May)

2 night stay in a Deluxe room | Complimentary buffet breakfast | Free airport transfer (both way) | Free welcome drink
A voucher of VND 600,000 to use at resort outlets (restaurant, bars, the Nang Spa) during your stay
For only VND 5,250,000 nett/person

Pullman Danang Beach Resort.

Vu Nguyen Giap Street, Khu My Ward, Ngu Hanh Son District, Danang City | T: +84 (0)5 11 395 8888 | info@pullman-danang.com

DESIGN YOUR JOURNEY.

pullman

HOTELS AND RESORTS

Paris · Sao Paulo · London · Shanghai · Dubai · Bangkok · Sydney · Hanoi · Danang · Ho Chi Minh

LE CLUB ACCOR

JOIN OUR GLOBAL LOYALTY PROGRAM AT ACCORHOTELS.COM

PULLMANHOTELS.COM

© 2014 Pullman Hotels and Resorts. All rights reserved.

*Terms & Conditions Apply. We reserve all rights.

The House that Dai Built

A jungle in the heart of the city. Photo by **David Harris**

Living in Hanoi where tall and skinny buildings are the norm and residential land is expensive, a garden of one's own is often just a dream. Bui Huu Dai, however, has found his own way to create a mini-ecosystem. It's an eco-system that plays on the curiosity of passersby.

From the outside, the house looks adorable. The balconies on all four floors are decorated with so many hanging flower baskets that it's hard to see any space in between. The main gate and the first floor are almost carpeted with green vines, vines that once extended to the roof. But now Dai is now in the process of switching from one species of vine to another, so he has cut them down. The plants also attract wildlife, in particular butterflies that land on the purple petunias when they are in full bloom.

Inside the 400sqm abode, the effect is no different — a huge variety of plants and other flora seem to take up almost every space. Any spot that has sunlight is used to grow plants and flowers, vegetables and even fruit trees — an outdoor platform, the roof, several small back yards on higher floors and even some windows in the karaoke room where the roof is partly constructed of glass. In darker areas such as the staircases, Dai has set up lighting systems to help the plants photosynthesize. Most of the vegetables, plants and flowers are grown from seeds that Dai buys at Buoi Flower Market or during his business trips overseas. He grows them in all kinds of containers, from empty wine glasses to broken vases and hydroponic growing boxes. This is more than just a hobby, it's a dream.

House of Dreams

"When I was in my 20s, I spent some time serving in the military and used to stay in the jungles of Truong Son," he recalls. "When we didn't have to go to battle, we stayed near places that had a lot of trees and streams. It was very beautiful and I thought that when I came back to Hanoi, I wanted to have something like that in my home — even if it's just a tiny part of it."

Now in his 60s, his friends describe him as a man with a "green thumb". However, Dai believes that as long as they have the passion and put in the work, everybody can possess a green space like himself.

"You can't avoid this type of house structure in Hanoi because most people only have small parcels of land," he explains. "But if you know how to make use of your balconies, your yard areas, and be creative in making the space to hang plant baskets, you can have plenty of greens around your house."

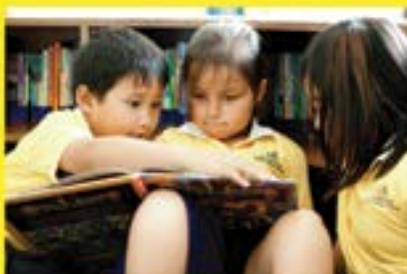
With spring soon gone and summer approaching, in the back yard Dai has prepared 50-something baskets of young *tropaeolum majus* to replace the petunias, which will soon wither. His home has always had flowers blossom all year around.

Dai often receives request from his friends and even strangers passing by his house for cuttings. And he's happy to give them, with one condition — that if they grow into good plants, they should pass them on to other people if they are asked. This way, he says, the habit of growing plants can spread around the city. — **Hoa Le** 



SAIGON STAR
INTERNATIONAL SCHOOL

Where your child shines brighter



UNIVERSITY of CAMBRIDGE
International Examinations

Residential Area #5, Thanh My Loi Ward, D2, HCMC
Tel: (08)3742STAR/ (08)37423222
www.saigonstarschool.edu.vn



Cambridge International
Primary Programme

Where are you going this summer?

Malaria

Hepatitis

Typhoid

Rabies

Japanese Encephalitis

Protect your family this summer. Talk to our doctors today about travel medicine.

HANOI: 51 Xuan Dieu, Tay Ho District. Tel: +84 4 3934 0666

HCMC: 167A Nam Ky Khoi Nghia, District 3. Tel: +84 8 3829 8520

VUNG TAU: 1 Le Ngoc Han, Ward 1. Tel: +84 64 3858 776





The Poet

One of America's best-known writers of children's poetry visits Vietnam. Photos by **Kyle Phanroy**



For US Children's Poet Laureate Kenn Nesbitt, waking up at 7am for a day of work means something much different now than it did a decade ago. A former computer software developer, Kenn doesn't set his alarm for a day inside a cubicle any more. Instead, the morning routine is now in preparation for a different kind of job that he calls "demanding, but entirely rewarding" — helping kids learn to love writing.

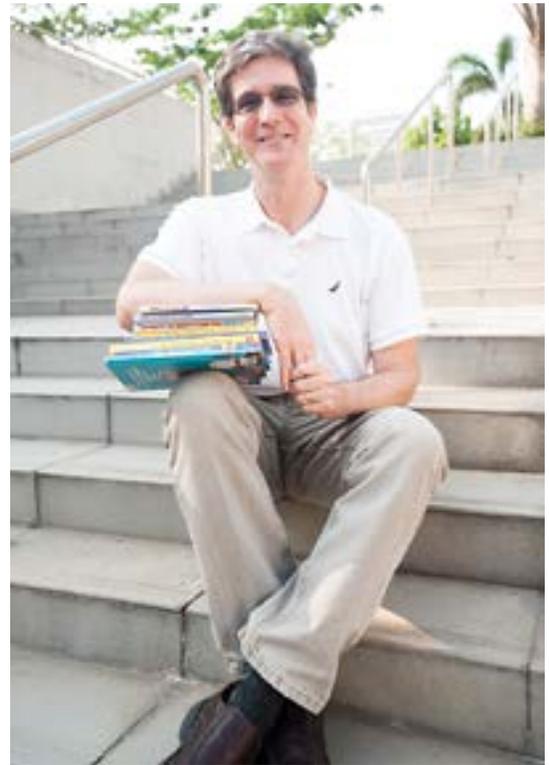
"When [I visit schools], I'm tricking kids into thinking that writing is really easy, and really fun," jokes Kenn, still vibrant and carefree after a non-stop day of poetry writing workshops with Saigon South International School's elementary and middle school students. In a now vacant auditorium, Kenn is sipping coffee and thumbing through a few of his most popular books of children's poetry, a rainbow of primary colours and silly illustrations in a little stack beside his cup. "Don't get me wrong, it's not easy."

Kenn is two days into a week-long whirlwind tour of Ho Chi Minh City's international schools, hopping from workshop to workshop in auditoriums like this one, and stealing breaks for speedy lunches between new groups of kids. As part of his duties as the newly appointed United States Children's Poet Laureate — a post he has only held for 8 months — Kenn is tasked with not only using his yearly laureate stipend to dedicate energy to writing, but also to run writing workshops for kids in schools around the United States and abroad.

It's a far cry from his past life in a nine-to-five career. When I ask him how he came to be here, Kenn seems just as surprised as I am. "Well, I didn't grow up thinking 'I want to be a poet'. It really was something that just happened."

An Unlikely Beginning

51-year-old Kenn began his career in poetry in the early 1990s after a chance encounter with a friend's finicky toddler. His first — which was dedicated to the picky



four-year-old who refused to eat her dinner — was the beginning of a series of poems that Kenn wrote in his spare time over the following few years. Before long, Kenn published a book of poetry, and soon after left his job in computers to pursue poetry full time.

Now Kenn splits his time between writing new poems that hinge on clever humour and what Kenn describes as "lots of crashing and yelling and running", and helping kids turn their own experiences and ideas into poetry. He does it through interactive sessions that often include group brainstorming and collective writing, and although he travels around the world, he is quick to note the universality of kids' interests.

"Honestly, kids [everywhere] think boogers and bodily noises are funny," he laughs.

Poetry with Purpose

Although Kenn's workshops often end with poems that centre around the silly antics of mischievous kids and their giggle-inducing bodily functions, the creative exercises that give rise to these poems have an important purpose.

"I just want [the] kids [I work with] to know that they can do it," he explains. "I think at school, kids get told a lot about how they're doing something wrong. The message that gets internalised is 'I can't do this; I'm incompetent; this is wrong'. The message I'm trying to get across to them is: you are good at this, this is super easy, let me show you, because [writing] is fun."

Kenn's week at Ho Chi Minh City's international schools is now at an end, and he returned to his family in Washington State at the end of March. However short his time in Vietnam, he hopes he has been able to make a small difference in the lives of kids here.

"If I could reach one kid, and have that one kid start writing poetry because of what [I do here], then I think I've done my job." — **Karen Hewell**

To see more of Kenn Nesbitt's work, visit his website at poetry4kids.com 

cmi For the health of your family, choose CMI !



A medical center in the heart of the city for the hearts of Vietnam (Q1)

All of our benefits are dedicated to the Alain Carpentier Foundation

Thanks to you, 4 000 deprived children have been operated at the Heart Institute !

*Price for a consultation in Ophthalmology: 1.450.000 VND

CENTRE MEDICAL INTERNATIONAL - ALAIN CARPENTIER FOUNDATION
1 Hai Thuyen St, Ho Chi Minh City info@cmi-vietnam.com
www.cmi-vietnam.com - Tel: (84.8) 38.27.23.67 - (84.8) 38.24.58.74




ACC
AMERICAN CHIROPRACTIC CLINIC

A state of the art Chiropractic and natural health care center in Ho Chi Minh City - Vietnam

Relief from pain without drugs or surgery

We treat

- Disk syndrome
- Back Pain & Neck pain
- Knee pain & Ankle pain
- Shoulder pain & Injuries
- Foot pain & Shin pain
- Elbow injuries
- Wrist pain
- Sport injuries
- Headaches, etc.

AMERICAN CHIROPRACTIC CLINIC
A 161-161A Hai Ba Trung, W.6, D.3, HCMC
T +84 3939 3930 M +84 946 74 00 66 E info@acc.vn W www.acc.vn

THE ABC INTERNATIONAL SCHOOL



www.theabcis.com

Tel: 848 54311833

Email: office@theabcis.com

'Outstanding'

- ✓ Inspected and judged to be an outstanding school by British Government inspectors (October 2013)
- ✓ One of the few selected schools in the world to be awarded this DfE (Department for Education in UK) rating
- ✓ Outstanding examination results over the past 4 years
- ✓ Progress of students puts the ABCIS among the top 8% of schools in the world



Please support our charity event of the year: **International Family Day**
April 5th, 2014, 8:00am - 11:30am



Family Day

Billed as a day of bonding, family days are often parents' first chance to meet their fellow parents. Like every one else on their first day, they just want to make friends

Suggested icebreakers for a first meeting with parents of your kid's classmates:

— "So which one is yours?"

— "Mighty hot out here, isn't it?"

— "So what do you do for a living?"

42-year-old Brit Gary Malcolm, Angus's dad, has come here for that express purpose. "I don't know a lot of the parents here," he says. "We haven't been to too many events."

"A lot of the kids come from different districts," he continues. "There are very few that actually live around us, so it's a good opportunity to meet the other parents, organise weekends and things like that."

"That's one of the purposes of today for me, to meet Angus's friends' parents and try to connect with them. Because quite a few times I've left notes in his bag and said, 'Alright, give this to your friend so I can contact the parents'... and weeks later the note's still sitting in his bag."

Sharing Common Interests

We're at Saigon Star International School's 4th annual *Family Fun Day* and — between the pony rides, ring toss, dunk tank and kids struggling to stay upright in zorbs crowding the swimming pool — people are starting to mix.

"I have two kids," says 36-year-old Thomas Bindzus, from Denmark. "I have Oliver, who's five — that's Oliver — and I have Mary, who's eight. She's over there getting her face painted." He smiles with that easy pride of a father, seeing

the beauty in the smallest of things.

He hasn't been talking with the other parents too much. "I've mostly been taking the kids around," he says, "but I think they're kind of loosening up now, moving out on me."

The same thing that makes SSIS a great place for his kids can make it a bit hard to make adult conversation. "You get people from India, from Malaysia, from other European countries," Thomas says of the school's makeup. "It's very diverse. There are some cultural differences so it can sometimes be a little difficult to know what to talk about. But you can always talk about the kids."

Our conversation breaks when Mary looks over across the field, waving at her dad. Thomas waves back, saying "Hi!"

Don't Overthink It

53-year-old Bob Baulch from the UK, Rebecca's father, comes up with the best icebreaker — volunteering to be dunked in the ice-cold dunk tank.

"Are we going to dunk you?" one of his daughter's friends asks.

"You are going to dunk me, yes," Bob replies.

"I want to dunk Mr. Brendan," another says.

The kids crowd around, and eventually Mr. Brendan joins them as well. Bob suffers through a spate of near misses, the ball clanging behind the target that will trigger his fall, before Ms. Ellen leaves the sidelines and smacks it home herself. — *Ed Weinberg* 

Explore our Educational Village



EUROPEAN
International School Ho Chi Minh City
A NOBEL TALENT SCHOOL

OPEN DAY

Saturday 26th April
9.00 to 12.00

Early Years • Primary • Secondary

730 F-G-K Le Van Mien | Thao Dien | District 2 | Ho Chi Minh City | Vietnam

Tel: (+848) 7300 7257 | Email: info@eishcmc.com | www.eishcmc.com



Educating **Global** Citizens



Authentic Cantonese Cuisine

Tempting Mantis Prawn

*Savor the signature Deep-fried
Mantis Prawn boasting Shang Palace's
excellent cuisine and a wide range
of fabulous seafood that surely satisfy
any gourmet's palate.*

Shang Palace Chinese Restaurant

1st Floor, 17-19-21 Ly Tu Trong St., Dist. 1, HCMC, Vietnam

Tel: (84 8) 3823 2221 - (84 8) 3822 6111 Ext: 164

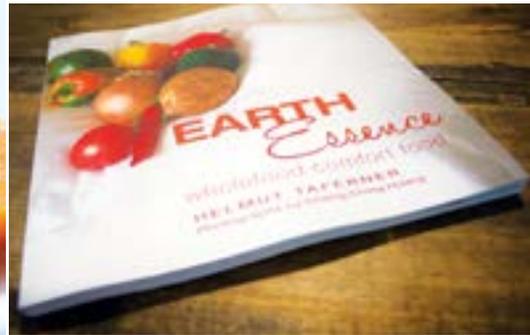
Fax: (84 8) 3822 6116

Email: reservation@shangpalace.com.vn

Website: www.shangpalace.com.vn



Photographer Cheng Ching Huang



The Cookbook Writer

A plane crash, loss and a lifelong dream

When Helmut Taferner's parents died in a plane crash in 2010, his life was irrevocably changed.

"My father was an aircraft engineer close to retirement," he recalls. "In 2006 he decided to go into partnership with another airline specialist to open a charter airline company in Tripoli. In May 2010 they came back [to Johannesburg in South Africa] for a visit. On May 11 they departed as usual for Tripoli. This time they decided not to use the charter plane and asked me to book a commercial flight. The plane crashed on landing."

The shock was so great, and the winding up his parents' estate so time-consuming, that after 10 years working for the same company, Helmut retired from his full-time job as a travel agent. A friend of his and former work colleague was by this time living in Hanoi, teaching English. She invited Helmut to join her.

"My first visit to Hanoi in October 2010 took me away from grief and bad memories," says Helmut. "I have always loved Asia and Vietnam appealed to me greatly. We travelled to Sapa and attended the cooking school, this inspired me to write the first story in my cookbook."

Healthy Cuisine

A life-long hobby, Helmut took his childhood interest in cooking into adulthood, working as a hotel chef and also as a chef in the army in his early 20s. From a young age, he made it a goal to research the nutritional value of foods, consciously avoiding processed foods.

However, the need to eat healthily accelerated in early adulthood.

"I developed a list of allergies that included bronchial spasms, migranes

and lethargy," he explains. "After many unsuccessful visits to the doctor, I decided that I could lessen the aggravation by avoiding the foods that made me feel unwell."



It was this experience that led to the creation of *Earth Essence: Wholefood Comfort*, a cookbook focusing on recipes using five commonly found ingredients: onion, avocado, tomato, potato and green pepper. High in antioxidants and vitamin C — both qualities that help fight cancer — "they have the power to heal as opposed to processed foods, which only harm us".

He adds: "My parents accident reminded me that life is short. It helped me take the plunge from the securities of a steady job, into an ocean of creativity. I had decided on the theme of my book long before I came to Vietnam, I just didn't know I was going to end up living here."

The focus of *Earth Essence* is to find creative ways to cook healthy foods without that are often perceived as boring or tasteless. Where possible he avoids artificial ingredients.

Most of the 23 recipes are Helmut's own concoctions, however, he has also incorporated traditional European recipes from his mother and Asian recipes from his partner's mother in Taiwan. The dishes are all easy to prepare, fusing Western and Asian flavours. They include the likes of prawn croquettes, pork dumplings, mango and linguini salad, and dessert pumpkin puree.

The Fateful Day

Helmut still recalls the fateful day. It was 8am on May 12, 2010 and stuck in traffic he's 20 minutes late for work. He's out of breath as he arrives at the office, and taking a sip of his coffee he settles down into work mode.

At 9.05am the phone rings. It's his sister-in-law. In tears she announces that the flight from Johannesburg to Tripoli has crashed, only minutes before landing. There is only one survivor. With trembling hands Helmut gets online, and finally confirms the dreadful news.

Paralysed with shock, Helmut and his brother only have a memory of a bleak sunset at the Intercontinental hotel at Johannesburg International Airport, and of being escorted out of the hotel by security guards to escape the press. — **Nick Ross**

Earth Essence: Wholefood comfort is dedicated to Helmut's parents and the photos are taken by Cheng Ching Huang. It can be purchased on Amazon by going to www.amazon.com/dp/1492993336. Alternatively, you can contact Helmut on earthessence@outlook.com. The book will be launched on Apr. 27 from 4.30pm, at Bookworm Too, 1/28 Au Co, in Nghi Tam, Village, Tay Ho, Hanoi 



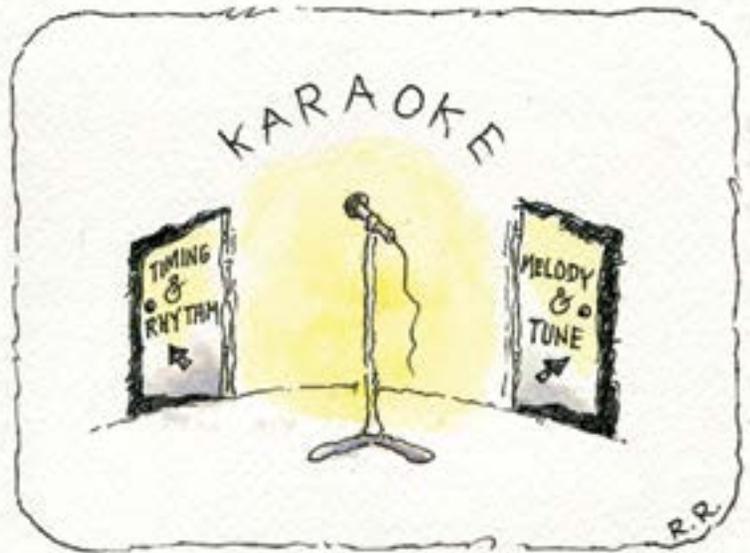
LINDA YUEH COMES TO VIETNAM

On Monday Apr. 7, the BBGV in Ho Chi Minh City will be hosting a business luncheon with Dr Linda Yueh, chief business correspondent for BBC News.

Presenter of the show, Talking Business, and with a background in economics, Yueh directs the China Growth Centre (CGC) at St. Edmund Hall, Oxford University and among other posts and responsibilities, serves on the Policy Committee of the Centre for Economic Performance (CEP).

The lunch will take place in Ballroom 2 at The Park Hyatt from 11.45am to 1.45pm. Entrance is VND950,000 for BBGV members and VND1,200,000 for non-members. To register, please contact Tran at officemanager@bbgv.org

DEFINITELY MAYBE



ADVERTISING • CREATIVE • DESIGN • rickreid@creativelife.asia

Cat of the Month: A.J.

Our April cat of the month takes his name from the first bungee jumper, A.J. Hackett. Unfortunately A.J. didn't have a bungee rig on when he fell off the roof he was born on — luckily avoiding injury, and a mean dog roaming the property. Christa, in charge of daily care for Ho Chi Minh City's **Animal Rescue & Care (ARC)**, was having coffee with the roof's owner when her maid brought A.J. in. When A.J. refused to go back onto the roof, Christa took him to ARC HQ.

10 months later, A.J. is happy, healthy and not afraid of taking a little tumble now and then. Though he's having a great time at ARC, he would consider leaving little orange hairs all over your couch and stuff. And being your best friend forever!

He's active, spayed, fully vaccinated and waiting for you to take him home today. Contact arcpets@gmail.com to make your date with kitty destiny.

In Dog News

Volunteer Sawano was driving along one day when she spotted a couple of puppies making sad puppy eyes from a bike-mounted cage. On top sat a puppy-catching net. She feared the worst.

Not speaking Vietnamese, she somehow convinced the driver to follow her all the way to ARC's clinic, and paid him to leave the pups with her. They joined five others with similarly sad stories, and are making a splendid recovery from their ordeal — one that could be helped fully with your companionship!

A Record Month

If you're looking for inspiration, look no further than the kind souls who adopted Bob, Phineas, Lily, Naomi, Freo, Hamish, Hattie, Felix and Thyme last month — making it their best month since two years ago,

when a record 13 cats were adopted. Now there's a pregnant cat in the clinic, waiting to repopulate the Cat Ranch.

Five-month-olds Nike and Rocky have also joined the gang. Their foster father built the shelter's new 'Cat Condo' — a five-storey cardboard construction, with carpets and through-level access. Lucy and Kaya, scaredy cats that they are, took to the Cat Condo immediately, staying in for one week before moving to more spacious digs on the cat tree. And all is well in Catland.

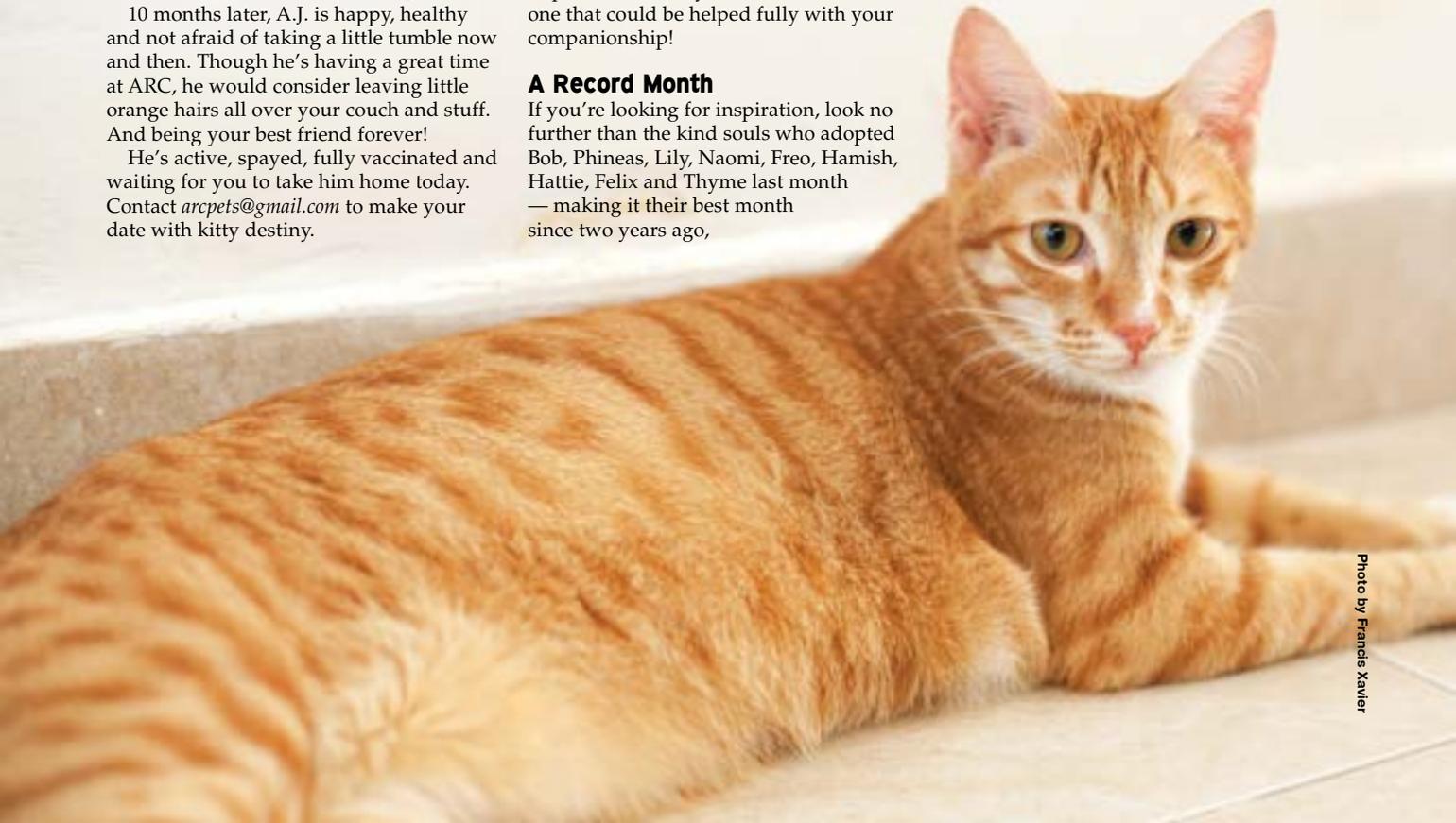


Photo by Francis Xavier

sea of

NHÀ TÀI TRỢ



MAKE UP & HAIR



ĐỐI TÁC TRUYỀN THÔNG



ĐƠN VỊ BẢO TRỢ THÔNG TIN



PHOTO BY MILOR TRAN



SPRING/SUMMER 2014

DO MANH CUONG

memory

20.04.2014

TRUNG TÂM HỘI NGHỊ VÀ TRIỂN LÃM QUỐC TẾ SECC
799 NGUYỄN VĂN LINH, PHƯỜNG MỸ HƯNG, QUẬN 7

With the **Hung Kings' Festival**, **Easter**, **Liberation Day** and **Labour Day** all coming up, you might be wondering how to let your stomach in on the celebration. Below we have your answers.



HO CHI MINH CITY

Caravelle

caravellehotel.com

This Easter, Apr. 20, **Restaurant Nineteen** will be overflowing with fresh lobster, crab and escargot, brimming with cold cuts, crisp salads and imported cheese, serving up perfectly roasted, barbecued and steamed cuts of meat and fish, and beckoning with fabulous stuffed dark chocolate Easter eggs. A free flow of sparkling wines, premium cocktails and house wines completes Nineteen's cheerful Easter banquet, priced at VND1.4 million++ per person.

On Apr. 30 and May 1, the Liberation Day and Labour Day all-you-can-eats roll around, in grand style. Feast your way through Oriental specialties such as crab meat salad, salmon head curry, Singapore chilli crab and roast suckling pig — all for VND1,013,000++ per person.

Hotel Equatorial

equatorial.com/hcm

Chit Chat at The Café aims to commemorate the Apr. 9 Hung Kings festival with action stations of chilli crab, kaki furai, seafood paella and grilled lobster — VND940,000++ per adult including a free flow of beer, wine and soft drinks, half-price for kids aged six to 12. On offer from 6.30pm to 10pm.

Easter is a double threat, with Chit Chat serving an Apr. 20 'chocolicious Easter brunch', with a one-day-only chocolate corner, filled with chocolate bunnies and chocolate Easter eggs. For the less sweet of tooth, there's roasted lamb with rosemary sauce, oyster, grilled lobster, roasted beef with herbs — VND750,000++ for adults, half-price for kids aged six to 12. On offer from 11.30am to 2.30pm.

Intercontinental Asiana Saigon

icasianasaiigon.com

Easter, Apr. 20, finds both **Market 39** and **Yu Chu** at their best, with Market 39 featuring a live carving station priced at VND1,599,000++ per person, including a free flow of Veuve Clicquot, cocktails, and other beverages. At Yu Chu, Easter brunch is priced at VND1,399,000++ per person, including a free flow of Veuve Clicquot, cocktails, and other beverages.

Jump forward to Apr. 30 and May 1 and you'll find a special buffet dinner at Market 39 — VND999,000++ per person, including a free flow of cocktails and other beverages.

Sheraton Saigon

sheratonsaiigon.com

Saigon Café has thought of everything for the trio of Hung Kings', Liberation Day and Labour Day, with various buffets stuffed with prime ribs and Yorkshire puddings, baked whole sturgeon fish with Vietnamese flavours and foie gras cooked to order on Apr. 9, and Japanese specialties, a Vietnamese food corner and an action station with live seafood for the two-day eating event from Apr. 30 to May 1. These buffets come with wine free flows, and rate VND1.2 million++ per person.

Easter is also bringing out Saigon Café's finest, with roast beef prime ribs served with Yorkshire puddings, roast Easter lamb, crispy suckling pig and a large chocolate buffet with chocolate fondue, complemented by coloured Easter eggs. But the best part? The kids corner will ensure you have the peace to enjoy it all — VND1.4 million++ per person, including free flowing champagne, house wine and cocktails.

HANOI

Mövenpick Hanoi

moevenpick-hanoi.com

Mövenpick Hanoi's April is all about celebrating the delicious and the decadent, and Easter brunch is no exception. On Sunday, Apr. 20, Easter will include a meal of spring lamb, poached salmon and traditional chocolate Easter eggs. VND920,000++ also includes a signature chocolate martini with free flowing sparkling wine, beer and soft drinks.

Daewoo Hotel

daewoohotel.com

Daewoo is ringing in the spring season with promotions on food creations at its three restaurant locations. **Café Promenade** celebrates the Easter season with an exclusive Sunday brunch offer, including Easter egg hunts, egg painting and a chance to meet the Easter bunny for the whole family. Entrance is VND591,000++ for adults and VND380,000++ for children under 16. Children under 100cm tall get in for free.

Celebrate Liberation Day by the pool at the **BBQ Seafood Buffet** at Café Promenade, throughout the long holiday from Apr. 30 to May 4. Enjoy delicious BBQ seafood specialties and premium meats courtesy of Café Promenade's master chefs, at VND676,000++ for adults and VND401,000++ for children.

InterContinental West Lake

intercontinental.com/hanoi

Café du Lac is celebrating Vietnam's Liberation Day from Apr. 30 with an upgraded buffet lunch and dinner. Featuring specialties from InterContinental's team of culinary experts, Liberation Day can be celebrated in delicious style with dishes specially designed for the occasion. From VND1,075,000++ per adult — running a little higher for free flow beer and soft drinks and the Möt Chandon Champagne brunch — you can indulge in some of the best food Hanoi has to offer.

The Hanoi Hiltons

hanoi.hilton.com

Hanoi Hilton Opera and **Hilton Garden Inn Hanoi** are ringing in the spring season with fabulous deals on food and family fun. For Easter, Hanoi Hilton Opera is offering a delicious buffet brunch featuring fresh seafood, steaks and desserts from 11am to 2pm on Apr. 20 for VND850,000++ per person, with free flow sparkling wine, beer and soft drinks. Bring the whole family — with free entrance for children under six, and 50 percent discounts for children under 12. Get your reservations early for an additional 20 percent off with those made at least seven days in advance.



EVASON

ANA MANDARA



Family Summer Holiday Package 2014

	Apr 30 to May 4	May 5 to Jun 30	Jul 1 to Oct 31
Garden View Room	5,200,000 ++	3,900,000 ++	4,300,000 ++
Superior Sea View Room	6,600,000 ++	5,300,000 ++	5,700,000 ++
Deluxe Sea View Room	7,700,000 ++	6,100,000 ++	6,600,000 ++
Deluxe Beachfront Room	8,800,000 ++	7,300,000 ++	7,800,000 ++
Beachfront Ana Mandara Suite	9,400,000 ++	7,900,000 ++	8,300,000 ++

These rates are in Vietnam Dong & are subject to 5 percent service charge and 10 percent tax.

Including

- Daily buffet breakfast at Pavilion restaurant.
- Round trip airport shuttle bus transfer for two persons, per room.
- Wi-fi internet connection.
- Children activities at Kids Club from 09:00 to 12:00 pm and 2:00 to 5:00 pm.

Terms and conditions

- Validity from Apr 30 to Oct 31 inclusive, minimum 2-night stay.
- The above rate is per room, per night and applicable for 2 adults, per room.
- Complimentary for maximum 2 children under 12 years old on sharing basis with 2 full paying adults; children are entitled to complimentary daily breakfast buffet and airport transfers.
- Surcharge extra bed for child at VND 753,000+/-/night (maximum one extra bed in a room).
- Surcharge extra bed for adult at VND 1,247,000+/-/night (maximum one extra bed in a room).
- ID or Residence card must be shown upon check in, or best available rate will be charged.
- Offer applies for new bookings only and cannot be combined with any other promotions.
- Offer is subject to availability.

To make a reservation or for more information
Beachside Tran Phu Boulevard, Nha Trang, Khanh Hoa, Vietnam
T +84 58 352 4705 E reservations-nhatrang@evasonresorts.com
EvasonResorts.com/NhaTrang [Facebook.com/EvasonAnaMandaraNhatrang](https://www.facebook.com/EvasonAnaMandaraNhatrang)

WHAT'S ON

SAIGON OUTCAST'S MONTH OF MISCHIEF

So you already know about *Outcast's Fiesta Tropicaliente* (Apr. 5 at 7pm — check *Dance Parties*) and *Dirty Beaches* coming to town (Apr. 19 at 8pm — check *Big 5*) — as well as the *Outcast x McSorley's* joint *Diamonds are Forever* (Apr. 12 at 8pm — check *What's On*) but what else does *Outcast* have in store? The answer, as it usually turns out, is *everything*.

Songkran 2014 means something a bit different here than in Thailand — and definitely than in Singapore, which this year is going waterless — but the water fight will be just as ruthless. On Apr. 13 at 2pm, ice cold water will be coming at you from all

angles, in a chilly blessing of balloons, half-pipe water slides and, of course, a “catch ice rock drinking game”. Freeeee.

Getting into May, the antics don't stop. May 3 will feature a smores-filled expedition *Into the Wild*, with bonfires, BBQ, acoustic jams, pyjama partying, ghost stories and more awaiting brave souls in the land of *Outcast*. Come prepared with a mosquito tent at 8pm the night of May 3, and you might even make it all the way through the terrifying, shadow-strewn night.

Saigon Outcast is at 188/1 Nguyen Van Huong, Q1

SAIGON PONY CLUB EASTER CLINICS

The Saigon Pony Club is putting on two weeks of *Easter Pony Clinics* — Mar. 24 to Mar. 28, and Apr. 7 to Apr. 11 — 9am to noon, excepting Wednesdays. These small-class pony clinics are open to all ages and levels, and will focus on horse theory, care and grooming, and dressage, with nice interludes of hiking in the countryside.

Saigon Pony Club is at No. 38, Lane 42, Le Van Thinh, Q2, Tel: 0913 733360 or click on saigonponyclub.com



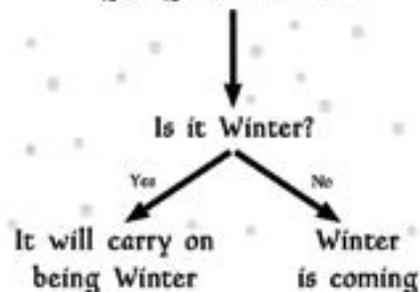
HOLIDAY CYCLE JOURNEY

It's Apr. 26 and it almost feels like vacation time, but it isn't yet — or is it? Join the guys from *Saigon Bike Care* (55 Duong So 1, Q2) as they ride from Ho Chi Minh City to Dalat over Apr. 26 and Apr. 27, the payoff for all those days of training

up and over Phu My Bridge.

For more info, contact henry@saigonbikecare.com, or call 0918 699288. Rider fees are VND6.75 million per rider, VND10.97 million per couple, VND1.48 million for any family that wants to tag along

What is the weather going to be like?



WINTER IS COMING TO DECIBEL

Apr. 7 isn't just a day like any other — it's a day that will ring on in history, at least that recorded on Season 4 DVDs of the *Game of Thrones* franchise. And, judging from the spoilerish whispers of internet fanboys, it will be an especially climactic one. Don't watch it on your little computer screen like a white walker behind the wall, take it in from the comfy confines of *deciBel*, every Monday night starting Apr. 7 at 8pm.

deciBel is at 79/2/5 Phan Ke Binh, Q1



H2H CHARITY RIDE RIDES AGAIN

Starting in 2009, the first band of cyclists to fly the banner of H2H rode the 2,100km from Hanoi to Ho Chi Minh City for the sheer reckless fun of it — and also for the good of Vietnam. In the four years since, they've raised over \$US140,000 (VND3.2 billion), all of which has gone to the charities they work hand-in-hand with — Saigon Children's Charity, The Children's Initiative, ILA Community Network, KOTO Saigon and Live and Give. The cyclists are entirely self-funded, but that doesn't mean you can't buy them a beer when it's all said and done.

To learn more about the 5th edition of H2H, happening this April, or to donate to the cause, visit h2hcharityride.org



SIX SENSES

NINH VAN BAY



Family Summer Holiday Package 2014

	Apr 30 to May 4	May 5 to Jun 30	Jul 1 to Oct 31
Hill Top Pool Villa (2 people)	7,650,000 ++	6,560,000 ++	7,200,000 ++
Beachfront Pool Villa (2 people)	8,800,000 ++	7,200,000 ++	8,300,000 ++
Two Bedroom Beachfront Pool Villa (4 people)	12,900,000 ++	11,610,000 ++	12,500,000 ++
Two Bedroom Hill Top Pool Villa (4 people)	14,000,000 ++	13,120,000 ++	13,550,000 ++
Rock Pool Villa & Water Pool Villa	14,000,000 ++	13,120,000 ++	13,550,000 ++
The Rock Retreat (2 bedrooms) (4 people)	27,300,000 ++	26,450,000 ++	26,900,000 ++

These rates are in Vietnam Dong & are subject to 5 percent service charge and 10 percent tax.

Including:

- Daily breakfast buffet at Dining by the Bay restaurant.
- Round trip airport shuttle bus and boat transfers.
- Saturday hiking, wellness activity (yoga or taichi), reef discovery, kayaking.
- Children's activities at the Sub Club from 9:00 to 12:00 pm and 2:00 to 5:00 pm.

Terms and conditions

- Validity from Apr 30 to Oct 31 inclusive, minimum 2-night stay.
- Applicable for recommended occupancy.
- Complimentary for maximum 2 children under 11 years old on sharing basis with 2 full paying adults; children are entitled to complimentary daily breakfast buffet and transfers.
- Applicable for Vietnamese nationals & Expatriates in Vietnam.
- ID or Residence card must be shown upon check in, or best available rate will be charged.
- Offer applies for new bookings only & cannot be combined with any other promotions.
- Offer is subject to availability.

To make a reservation or for more information
T +84 58 3524 268 E reservations-ninhvan@sixsenses.com
Ninh Van Bay, Ninh Hoa, Khanh Hoa, Vietnam
SixSenses.com/NinhVanBay [Facebook.com/SixSensesNinhVanBay](https://www.facebook.com/SixSensesNinhVanBay)



I LOVED DANCE.

Apr. 5: Fiesta Tropicaliente

With such a saucy seniorita as erstwhile *Word* illustrator Yanneth Alborno in their orbits, Saigon Outcast has finally decided to embrace the Panamanian pastime with an “earthquake-a-tic Latin mamasita bomba dinamita playlist to make you move dat bodeiiiiyy and bring the Latino right to your hips and feets”! Apr. 5 starts with an early evening dose of salsa *sabrosa*, *nu cumbia pachangosa*, reggae, reggaeton, *bachata* and Spanish rock-pop’s greatest hits. DJs Lai Tran Van and LouLou Toulouse will make change your name into Maria Candela and Carlos Rumboso!

Fiesta Tropicaliente happens at Saigon Outcast — 188/1 Nguyen Van Huong, Q2 — at 7pm, Apr. 5

Apr. 5: Eclectic Aesthetic & Optimist Club One-Year Anniversary

After a year of highly successful parties held monthly at Broma, Eclectic Aesthetic & Optimist Club are celebrating one year of collaboration with an outdoor party just over the Phu My Bridge in District 2. Residents Nic Ford, Hibiya Line and Dan Lo will play, along with dynamic Japanese DJ Masa Niwayama. Masa has played in some of the globe’s top clubs, including the legendary Precious Hall in Sapporo.

The shindig will be happening at Ao Lang Quan 2 — your first right down a dirt path after the Phu My Bridge when leaving the city — on Apr. 5 at 9pm, VND50,000 entry

Apr. 5: Groove Control

April 5 is the kickoff night of the month for DJs Joey T and Starchild, some of the busiest DJs in town. Get busy with them,

and their blend of funk, boogie and disco grooves.

Groove Control is on at Broma, 41 Nguyen Hue, Q1 on Apr. 5 at 9pm, VND50,000 at the door

Apr. 11: Electric Kicks Live with Good Guy Mikes

After a long hiatus, Everyone’s a DJ’s trademark dirty electro LIVE dance party is making a comeback, with a live electronic performance by Leipzig DJ Good Guy Mikes. With an arsenal of R&B, disco and new wave at his disposal, Mikes is making his Saigon debut before heading up for the Hanoi Sound Stuff Festival a day later. On this Goethe Institut and *Word*-sponsored night, DJ Metro Tokyo will join resident DJs Hibiya Line and Superkid in tearing down the dance floor with the best cutting edge indie, electro and nu-disco in the land.

Electric Kicks Live is on Apr. 11 at 9pm, The Observatory. Entry is VND100,000

Apr. 11: Lip Service

DJs Foniks and Starchild are making something sexy happen on Apr. 11, with soulful slow jams and classic R&B and hip-hop. Bring those baby-making vibes to Broma and make some sweet sweet love on the dance floor.

Lip Service happens at Broma on Apr. 11 at 10pm, VND50,000 entry

Apr. 18: The People’s Party

It’s time for DJs Will Henley, Joey T, SAAFE and Starchild to give back, with this night dedicated to us, the people. Fattening up positive energy-instilling playlists will be some classic house jams, techno, deep house and a healthy mix of UK bass and garage.

The People’s Party is on Apr. 18, 9pm at

The Observatory — cnr. Le Lai and Ton That Tung, Q1. Entry is VND50,000

Apr. 25: O Dau?

The O Dau? kids are keeping busy, with another late night affair heading your way this month, packed with indie, pop, rock, new wave, hip hop, electronic, psych and world music. Don’t be alarmed if the moustachioed gentleman on the decks is behaving oddly — he’s just trying to get everyone on the dance floor to make out.

The April installment of O Dau? is on Apr. 25, 9pm at Broma. Get there before 10pm for free entry, VND50,000 after — a free shot for all comers

Apr. 25: San Soda

Raised on a diet of The Beatles and Queen, San Soda has expanded the meaning of house music to include elements from a wide range of music styles, all with an unmistakable warmth and depth. This Belgian DJ found a home in the grooves of Chicago house, New York deep house, soul, hip hop and funk — and now he’s bringing his unique sound to The Observatory.

San Soda hits The Observatory on Apr. 25. Check facebook.com/theobservatoryhcmc for up-to-date details

Apr. 26: Shades of Jae

In advance of his soon-to-be-released 12-inch, DJ Nic Ford is rocking a two-hour all vinyl set of house and techno at Broma. The release date is a week earlier, under the moniker Maddermodes, and he’ll be showcasing some of his deep cuts on the night. Support by DJs Joey T and Starchild.

Shades of Jae is on Apr. 26 at Broma, entry is VND50,000



Perfect Family Holidays and Nature's Miracles during Turtle Season

Six Senses Con Dao is located in a national park and one of Vietnam's four marine protected areas. Comprising 50 contemporary pool villas, it offers several dining alternatives with seafood and world cuisine focus. The Six Senses Spa has a backdrop of the Lo Voi Mountains, plus there are activities on hand to entertain all ages.

*Mar 20 to Apr 29, 2014
May 5 to Oct 31, 2014*

Apr 30 to May 4, 2014

<i>Ocean Front Duplex Pool Villa</i>	<i>VND 8,000,000</i>	<i>VND 8,450,000</i>
<i>Ocean Front Deluxe Pool Villa</i>	<i>VND 9,100,000</i>	<i>VND 9,550,000</i>
<i>Ocean Front 2 Bedroom Pool Villa</i>	<i>VND 18,000,000</i>	<i>VND 18,450,000</i>
<i>Ocean Front 3 Bedroom Pool Villa</i>	<i>VND 21,000,000</i>	<i>VND 21,450,000</i>
<i>Ocean Front 4 Bedroom Pool Villa</i>	<i>VND 21,000,000</i>	<i>VND 21,450,000</i>

Inclusions:

- Daily breakfast at By the Beach restaurant.
- Shared round-trip transfers from Con Son Airport.
- Wi-Fi internet connection, non-motorized water sport activities, children's club activities.
- Enjoy Turtle Season offer: No-rush hour at Elephant Bar; 20 percent discount on spa treatments; two-for-one Vietnamese cooking classes; group yoga classes; home-made ice cream; nightly movie screenings at Marketplace; stargazing at the new observatory.

Terms and conditions:

- Above rates are in VND (Vietnamese dong) and subject to 5 percent service charge, and 10 percent tax.
- Validity from March 30 to October 31, 2014 inclusive.
- Minimum 2 nights stay.
- Rate is per villa, per night and is applicable for:
 - 2 adults in an Ocean Front Duplex or Ocean Front Deluxe Pool Villa.
 - 4 adults in Ocean Front 2 Bedroom Pool Villa.
 - 6 adults in Ocean Front 3 Bedroom Pool Villa.
 - 8 adults in Ocean View 4 Bedroom Pool Villa.
- Offer exclusively for Vietnamese nationals and expatriates in Vietnam; ID Cards must be shown upon check-in, or Best Available Rate will be charged.
- Offer applies for new bookings only.
- Offer is subject to availability.
- Turtle Season offer is applicable for stays between May 5 to September 30, 2014 only.

Another quality development by

INDOCHINA LAND

An INDOCHINA CAPITAL Company

To make a reservation or for more information
 T +84 64 3831 222 E reservations-condao@sixsenses.com
 Dat Doc Beach, Con Dao District, Ba Ria - Vung Tau Province, Vietnam
 SixSenses.com/ConDao Facebook.com/SixSensesConDao

WHAT'S ON



THE ÉCOLE FRANCAISE COMES TO TOWN

Chloe Glemot from the prestigious Opera National de Paris School is coming to **Dancercenter** to shake up Ho Chi Minh City's pirouettes and pliés with her rigorous technical cleanliness, called "placement" — which is more important to her than virtuosity. So get on your leotards for a long education in exactly what you're doing wrong, and how to get it right.

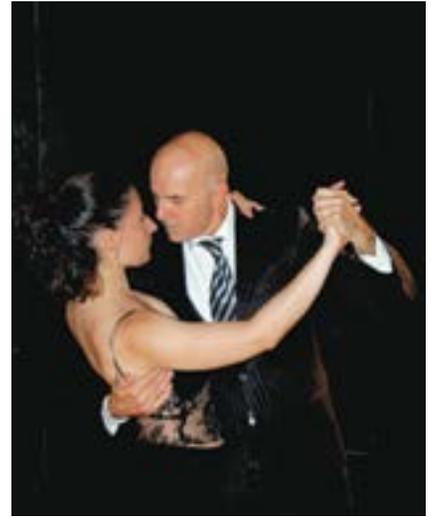
The *Ballet Dance Workshop* is on Apr. 20 from 9.30am to noon, at **Dancercenter**, 53 Nguyen Dang Giai, Q2. The workshop is VND200,000 before Apr. 15, and VND250,000 at the door. For more info visit dancercenter.vn.com



VIETNAM'S GREENEST TRIATHLON

After last month's grueling *Ta Lai Trophy* quadrathlon, organiser **Ta Lai Longhouse** has decided to cut its next charges a bit of slack with the May 31 *Le Fruit Off-Road Triathlon*, a race with five age categories, ranging from six years up to adult. Taking place in barefoot on the beach, on mountain bike and in open water, the race's 200 estimated participants will make ample use of the Ho Tram Beach shoreline. Once the race is over, the its pledge to become Vietnam's "greenest triathlon" kicks in, with a little bit of a cool-down beach clean.

To register or enquire for more info about the May 31 race, email info@talai-adventure.vn



TANGO THE WEEKEND AWAY

From Apr. 10 to Apr. 17, milonga master **Patricio Lolli** is coming to Saigon to share his sensitive intensity with tango hopefuls. He'll sweep through **Bros Café** (213 Nguyen Van Thu, Q1) and **Thoi Vien Café** (159 Nguyen Van Thu, Q1) during this period, and be available for private lessons as well. But his brand of tango can be practised anywhere — even at a late-night Apr. 12 after-milonga party at Nguyen Du Villa Park!

For more info, visit ta-tango.blogspot.com



markstennet.com

STRENGTHENING TIES THROUGH AUSSIE RULES

On Apr. 26, Vung Tau will play host to the 5th annual *ANZAC Friendship Match* between local Aussie Rules Football team the **Vietnam Swans** and the **Malaysian Warriors**. The annual friendship match promotes the strong relationship between Vietnam, Australia and New Zealand (and Malaysia, of course). The match will also commemorate the 99th anniversary of the landing at Gallipoli — ANZAC Day, the Australian and New Zealander day of remembrance, is on Apr. 25 — and build for the future in donating all match profits to support both the Vung Tau Orphanage

and Swim Vietnam.

Following the match the annual *McMillan Dinner and Charity Auction* will be held at the **Imperial Hotel**, where **Alex Jezaulenko** will be guest speaker. One of the most decorated players in Aussie Rules, Jezaulenko was a member of the AFL Team of the Century and an inductee to the Hall of Fame. Tickets for this will run at US\$60 (VND12.6 million) and are expected to sell out.

For more info on the game and on the dinner, visit vietnamswans.com or write nationalpres@vietnamswans.com. Transportation will be provided from Ho Chi Minh City



SEVENTEEN SALOON TURNS 13

It seems like just last year that **Seventeen Saloon** was that brash young newcomer on the scene, taking its West Texas swagger to the people. But it's actually been 13 fun years in Saigon and now Danang, with live music and cattle rustlers strutting about. So head on down to **Seventeen** on Apr. 17 for three Filipino bands, cowboy and cowgirl traditional dance performances, giveaways and a fascinating game show. You'll be glad you did, pardner.

Seventeen Saloon is at 103A Pham Ngu Lao, Q1 in Ho Chi Minh City, and 272-77 Tran Hung Dao, Son Tra in Danang — and online at 17saloon.vn. Hold onto your ten-gallon hats, it all goes down on Apr. 17



FILM FRIDAY BECOMES FILM THURSDAY

Cloud 9 Productions, who ran *Film Friday* at **Cargo** last year, are setting up a Thursday, Apr. 3 Vietnamese movie and filmmaker Q-and-A at **The Observatory**. The new name isn't *Film Thursday* — and, as the night will continue with your regularly-scheduled *Optimist Club*, there will be a lot more on offer on the night than passive entertainment.

Cloud 9's movie night comes to *The Observatory* — cnr. *Le Lai* and *Ton That Tung, Q1* — on Apr. 3 at 7pm. VND50,000 entry includes one drink



NETWORK FOR SUCCESS

The British Business Group of Vietnam (BBGV) continue their monthly networking events this April on Tuesday Apr. 22 at **Boudoir Lounge**.

A chance to meet like-minded or even non-like-minded souls in the local business community, drinks will be sold at happy hour prices between 6pm and 8pm.

Entrance is free for BGV members and UK Alumni Vietnam, and costs VND100,000 for non-members. *The Boudoir Lounge* is on the ground floor of *Sofitel Saigon Plaza, 17 Le Duan, Q1*. All are welcome.

PRIME MOVER



★★ LINH PHAN ★★

DJ Superkid, Everyone's a DJ
everyonesadjvietnam.wordpress.com

The mind behind Everyone's a DJ, Linh Phan embodies the DIY-attitude in the Saigon scene. Hosting regular themed music nights at some of the city's best venues, Linh also brings in international DJs to Saigon whose tracks often make appearances on her own DJ sets.

Show I'm really excited about:

The upcoming *Electric Kicks Live* gig with Good Guy Mikesh at **The Observatory** on Apr. 11. We haven't had an *Electric Kicks Live* event in a long time, so I'm super excited to bring it back. It focuses on live indie, indie-electro performances from local, regional and international acts.

Best night out last month:

The Tim Sweeney gig in Hong Kong that I went to there while I was visiting.

Best meal from last month:

The salted fish, roasted eggplant clay pot and the BBQ pork meal I had at a 1950s local Hong Kong diner that was straight out of a Wong Kar Wai film. It was the atmosphere that kicked the food up a notch.

Thing I posted on Facebook that got the most likes:

The postings on the premiere event of *Doc Talk* that I've started organising. It's a monthly documentary screening event that shows local Vietnamese short docs and international feature docs follow by a discussion on the themes of the film. EADJ also provides music before and after the screenings.

Funniest YouTube clip of the month:

A cute bunny jumping competition video by *Vice*. It's old, but I just saw it recently.

Song I can't get out of my head:

All is Love by Karen O, the Sir Johnny Danger remix.

I wish this band would come to town:

The Rolling Stones. They are touring around the region now. But if The Smiths ever reformed, then The Smiths.

How is the scene going?

It's a bit frustrating for me at the moment. After having been to Hong Kong and seeing the thriving underground parties, venue spaces, art galleries and independent theatres, it just makes me wish Saigon could be at that point now.

The best secret in town is:

Well then it wouldn't be a secret anymore, now would it?

Where I go when I go out on my own:

I wander around the city with my film camera taking photos.

If my older-yet-still-cool Mom came to town, I would take her to:

I would take my mom to one of my parties. She was quite a partier back in her day. When she came out to visit a couple of years back, she came to my 1950s / 1960s dance party *Shimmy Shimmy Coco Pop*. She danced with me behind the DJ table and kept making requests for songs she used to listen to as a teenager. It was awesome!

27GRILL *Chill*

APRIL PROMOTION
CHILL SKYBAR AND 27 GRILL

In April, Chill Skybar and 27 Grill will be offering a selection of traditional Japanese dishes as well as custom made cocktails using Sake and Shochu

FOR RESERVATIONS PLEASE CONTACT
 26th & 27th floor, ABB Tower, 76a Le Lai, District 1, HCMC
 09 38 272 372 | www.chillsaigon.com | reservation-chill@gmail.com
 Booking Mr Hai 0907 243 134

WHAT'S ON

DO MANH CUONG

Fashion designer to the celebrities and the rich and famous, Do Manh Cuong will be launching his new collection at a fashion show on Sunday Apr. 20.

Entitled *Sea of Memory*, such is the esteem in which Cuong and his lines of clothing are held that the show will be taking over the International Convention Centre SECC in Phu My Hung. Expect a summer a spring summer collection focusing on blue ocean, white sand and sunlight with over 100 exclusive designs divided into three simple lines.

For more information email Huy Can Pham on ceodmc213@gmail.com. Do Manh Cuong's main retail outlet is at 213 Ly Tu Trong, Q1



ABCIS INTERNATIONAL FAMILY DAY

The most important fundraising event of the ABC International School year is back this Apr. 5, and will try to outdo the more than VND204 million raised for Operation Smile, The Loreto Foundation, Village of Hope, Kids with Cancer, Saigon Childrens' Charity and Wildlife at Risk last year. Visitors are welcome to join parents, students and friends of the school in the fun, whether it comes in playing 'soak the teacher' or crazy golf, having your face painted, singing karaoke or buying delicious cakes and Korean snacks. On this day, ABCIS will give back to its supporters as well — with a prize-filled raffle of the over 50 exciting prizes donated by local companies and parents.

Take part in the fun on Saturday Apr. 5 from 8am to noon, at the ABC International School (Primary & Secondary Campus), Street 3, KDC Trung Son, Binh Hung, Binh Chanh



VOICE OF VELVET

Congolese singer Gasandji's most recent self titled album was billed as "more than a business card, it's an identity piece" by French music voice RFI Musique, and for Gasandji, music is a way to infuse mystery and raise awareness. Borrowing elements from musical stylings as diverse as jazz and African traditional music, Gasandji's eclectic brand of sound comes to the IDECAF stage on Apr. 17 at 8pm. As the winner of 2013's coveted *Coup de Coeur Francophone* award from the Academy Charles Cros, Gasandji is hitting her stride at just the right time — for us.

Gasandji comes to IDECAF, 28 Le Thanh Ton, Q1, on Apr. 17 at 8pm. Tickets are already available at IDECAF, VND100,000 for regulars, VND50,000 for students

YOGA FOR SELF SETTLEMENT

In two separate courses — one Apr. 7 to May 16, the other May 19 to Jun. 20 — **Life Bright International** will help you to acquire the life focus you need to feel comfortable in your own skin and flow through your life. These lofty goals will be accomplished from 8.15am to 9.45am Monday and Friday mornings, through a gentle programme of nourishing yoga, intentional meditation and soothing breath work.

For more info, visit lifebright.org. Each course costs VND3.6 million, and meets at 14 Thao Dien, Q2



GALERIE QUYNH TURNS 10

Galerie Quynh has been setting the pace of southern Vietnam's contemporary arts scene since 2003, and it's only now — 10 years in — that they've decided to look back. Joining them are some of the artists who've joined for the ride, including Thierry Bernard-Gotteland, Tiffany Chung, Nadege David, Thien Do, Ha Manh Thang, Hoang Duong Cam, Sandrine Llouquet, Nguyen Manh Hung, Nguyen Phuong Linh, Trong Gia Nguyen, Nguyen Thanh Truc, Tuan Andrew Nguyen, Phan Quang, The Propeller Group, Tran Van Thao, Truc-Anh and Lien Truong. Together they've helped make the Vietnamese contemporary art scene what it is today.

The show is ongoing until Apr. 2 at both the main gallery at 65 De Tham, Q1, and the downtown gallery at Level 2, 151/3 Dong Khoi, Q1. For more info, visit galeriequynh.com





DIAMONDS ARE FOREVER

We all can agree that the 'world is not enough', but only Outcast and McSorley's are putting their Bond where their golden gun is with a crazy night filled with puns at **McSorley's** on Apr. 12. The international men of scratchological mystery, DJs Spikey Tee — flown in especially for the night — Joey T, Jase and Dastardly, are creating a vibe that will be for your ears only at *Diamonds are Forever* — and Bond friends,

foes and babes of shifting allegiance will be on hand for some fun games and free flowing beer for an hour at the start, from 8pm to 9pm. VND300,000 in advance, VND350,000 at the door.

Diamonds are Forever is taking place on Apr. 12 at 8pm at McSorley's, 4 Thao Dien, Q2. Pick up tickets beforehand there or at co-organiser Saigon Outcast, 188/1 Nguyen Van Huong, Q2

VIET SHRED IS STARTING TO CRUISE

Vietnam has no longboard shop yet, but thanks to Viet Shred it's starting to have a longboard community. The longboarding advocacy group founded by pro skater Anna-Selina Kager is carving its way through Vietnam's better skateparks, and pushing the nascent skate community to give longboarding a chance. They're making inroads — getting boards and gear donated by international brands, and hopefully raising US\$5,000 (VND105 million) by the end of the month on Indiegogo to get it all shipped over! Funds raised will also go to increased longboard access for its members and hosting beginners' clinics nationwide.

To kick in on the fundraising visit igg.me/at/VietShred, or visit facebook.com/VietShred for info about the weekly skate meet at Saigon Outcast



SHAKE IT LIKE A POLAROID PICTURE!

2 Lam Son is already one of the most prestigious addresses in the Vietnamese cocktail world, and now they're sewing their oats in the cocktail community with an Apr. 19 workshop on making the classic martinis they concoct every day. Made with Vietnam's exotic local fruits and juices, participants will learn how to recreate signature cocktails that have kept guests coming back for more, such as the Saigon Crush, Ginger Martini, Lemongrass Martini, Coconut Martini and the Tropical Wind. This hands-on demonstration will both inform and entertain as participants shake, stir and drink, all in the name of crafting tasty drinks.

The Cocktail Classics Club — part of Park Hyatt's Masters of Food and Wine series — takes place on Apr. 19 from 2.30pm to 5.30pm at 2 Lam Son Martini Bar. Participation costs VND840,000+-. For reservations, email nuyen.luu@hyatt.com or call (08) 3824 1234

Settling in Ho Chi Minh City... as a student

Daniel is a 14 year old boy from Australia who came to Vietnam as a baby. As an Italian-Australian growing up in Ho Chi Minh city, Daniel can speak Vietnamese fluently and is treated like a true local. He enjoys watching the face of this fast-paced city change through the years with new high-rise buildings piercing the sky as often as new issues of this magazine are published. With the ambition of becoming an architect one day, Daniel is now following the Cambridge Secondary Programme at the Australian International School, where he is relishing the

experience of a world class international education. One of his favourite activities at School is Design & Technology, a "cool" subject that allows him to be creative and practical. Daniel recently modeled and made an ergonomic chair, which is now proudly displayed on the presentation shelf in the Design & Technology lab. He also likes the opportunity to discuss globally significant issues with peers through the participation in Model United Nation (MUN), an extra-curricular activity in which students roleplay delegates to the United Nations and simulate UN committees. One of the things

Daniel appreciates about his School is the teachers' depth of knowledge and respect for different views and cultures. Teachers also give individual support and personalise explanations so that everyone can access the curriculum. For Daniel, School plays an important part in his life. "It's a place where strong friendships are formed, where views and ideas are exchanged and understanding about different cultures takes place." Daniel offers some tips for young people relocating in HCMC: "Find a local buddy from whom you will gain a much better understanding of the country and its people!"



+84 8 3742 4040

enrolments@aisvietnam.com | www.aisvietnam.com



UNIVERSITY OF CAMBRIDGE
International Education

JUST IN



A NIGHT IN PARIS

One of the biggest events of the year, Air France's Charity Gala at the Caravelle Hotel last month raised over US\$100,000 (VND2.1 billion) in aid of a number of charity organizations operating in Vietnam.

Attracting 300 high profile guests including high ranking officials, CEOs of top companies, celebrities and selected media with a blend of European and Vietnamese nationalities, the proceeds of *A Night in Paris* went to the Consular Club HCM, HVTT Foundation, Hy Vong 1 School, Mai Nha Children's Foundation and The Nam Phuong Foundation.

For more information on Air France, go to airfrance.com.vn



GREG NORMAN'S NEW COURSE OPENS ON HO TRAM STRIP

The Bluffs, Greg Norman's second 18-hole project in-country — after the award-winning Dunes Course at **Danang Golf Club** — has just opened for preview play. 'The Shark' could only compare the climbing, windswept experience to Ireland's Doonbeg Golf Club, the traditional links course he designed in 2002. In its preview phase, golfers are invited to play the course for US\$100 (VND2.1 million), about half of what the greens fee is likely to be by the



time Norman visits for the grand opening later this year.

"This course has all the elements necessary to be ranked among the best in the world," says Ben Styles, General Manager of The Bluffs Ho Tram Strip. "It's golf in its purest, most traditional links form, in a setting that has no rival."

For more info on the course, or on the limited memberships recently rolled out, visit thebluffshotram.com



GET A BALANCE BIKE AS A FIRSTBIKE

Balance bikes aren't only great first bikes for your two to five-year-old — they were the first bikes ever used. But with the pass of centuries, they're no longer the creaky things from old-timey movies, now they're of the sturdy kind that the FirstBIKE Balance Bike is made from — although few compare with this new entrant to the Vietnamese market. And at 3.9kg, FirstBIKEs are almost three times lighter than traditional pedal bikes with training wheels (stabilisers, to those of you from the UK).

Says co-importer, Rob Rankin, "We actually started looking for a balance bike for our son just after his first birthday (we were a little eager)! We searched high and low in Vietnam and couldn't find much on offer. There's a wooden bike manufactured here, but we didn't want a wooden bike and

we knew we wanted inflatable tires. So onto the web we went searching and discovered FirstBIKE — which is consistently rated one of the top two or three balance bikes worldwide (yes people rate everything!).

"We immediately purchased one for our son, and soon discovered that FirstBIKE were looking for a local partner in order to expand to Vietnam. It seemed like a great opportunity and really a chance to bring something new to the market — so we signed on."

FirstBIKE Vietnam is just getting started, but with leisure cycling growing in popularity all over the country, they should be up to speed in no time.

FirstBIKE Vietnam is the official distributor of all FirstBIKE Balance Bikes and accessories in Vietnam. For more info visit firstbike.com.vn



INTERCONTINENTAL NHA TRANG OPENS ITS 279 DOORS

Capitalising on a booming beachfront market, IHG has upgraded their former Crowne Plaza project on Tran Phu to the 19-storey InterContinental, which opened last month. With 279 rooms — 56 of them suites — and three restaurants, it adds to a recent development boom which has also brought Best Western and Muong Thanh hotels to town. The design was helmed by Singaporean architect Tan Hock Beng, who also worked on the W Retreat Koh Samui.

To celebrate the opening, InterContinental Nha Trang is offering an *Opening Special Promotion* for bookings made between Apr. 1 and June 30, from VND2.5 million++ per night.

For more information or to make bookings, visit intercontinental.com/nhatrang, call 0583 887777 or email stay@icnhatrang.com



THERE ARE SOME NEW DRUNK RUNNERS IN TOWN

The Hash House Harriettes — the new chapter of the infamous ‘drinking club with a running problem’, this one all-inclusive but organised by ladies — will hold their first public run Apr. 4. From there, they’ll meet on the first Friday of every month at 6.30pm — usually right outside a bar.

Visit saigonhash.com for more info



CHILL THROWS A ‘SAKE PUNCH’

This month, **Chill Skybar** will surprise cocktailians with six sake-based cocktails crafted by head bartender — and Vietnam’s representative at the *World Class Bartender of the Year Final, 2013* — Le Thanh Tung. Paired with a tailor-made sushi and sashimi menu, the *Made in Japan Cocktail Feast* cocktails come in at VND150,000++ each, and will be available from 8pm to 11pm each Monday night throughout April.

Chill Skybar is on the 26th and 27th Floors of the AB Tower, 76A Le Lai, Q1. The Made in Japan Cocktail Feast is on every Monday in April, with the sake cocktails served from 8pm to 11pm

COLD BEER CLUB

Mondays it’s Tiger Beer, Tuesdays Budweiser, Wednesdays Sapporo, Thursdays Carlsberg, Fridays San Miguel — ramping it up for a little more class on Bitburger Saturdays and Heineken Sundays. These are the beers you’ll get two-for-one on any given day of the week in Saigon’s newest beer club, Cold Beer Club, although more than 30 beers are available.

Cold Beer Club is at 64 Ton That Thiep, Q1, and on coldbeerclub.com.vn



Kyle Phanroy

Settling in Ho Chi Minh City... as a student

Kylie is a 15 year old student of Croatian and Indian descent, from Canberra. When her parents told her that the family was leaving her hometown, where she has lived all her life, to relocate to Vietnam, Kylie remembered feeling partly shocked and partly excited about having a “new beginning”. Two years on and Kylie is happily settled in her new home in HCMC, where she describes the culture as unique and the food mouth-watering. Her all-time favourite dish is “bánh xèo, a crispy pancake that is delicious wrapped in lettuce and dipped in chilli

garlic sauce”. Whilst Kylie misses the “crisp air, the feeling of the cold breeze blowing through you and getting frozen fingers”, she is enjoying her life in Vietnam. Her parents enrolled Kylie at the Australian International School because of its state of the art building and facilities as well as the instant connection she had with the teachers on her School tour. School has been instrumental in helping Kylie settle in this new city. It’s the place where she has made friends for life. School has given her the opportunity to build a strong network with people from all around

the world. It has helped her to become more international-minded. One of the subjects she really enjoys is Global Perspectives, encouraging her to consider different points of views and understand issues of global significance. Receiving many achievement awards in all subjects, Kylie feels that her confidence and learning skills have developed tremendously in this learner-centred environment.

Read more “Settling in Ho Chi Minh City” stories at www.aisvietnam.com/settlinginhcmc



+84 8 3742 4040
enrolments@aisvietnam.com | www.aisvietnam.com



UNIVERSITY OF COMMERCE
International Education

OVERSCENE HO CHI MINH



APOCALAUGHS NOW

Photos by Kyle Phanroy
International comics Dave Callan and Daniel Kinno made the scene at Cargo, alongside MC Steve Jackson and musical jokester newcomer Jeremy Ginsburg

BENELUX BUSINESS AWARDS

Photos by Kyle Phanroy
It was that time again, when the humble heads of industry from the Benelux countries stepped forward to accept their just rewards

CHILDREN'S POET LAUREATE

Photos provided by Renaissance International School Saigon
US Children's Poet Laureate Kenn Nesbitt went right to the source, the smart kids at RISS



If you have a noteworthy event which you think would fit into our coverage, please email news@wordhcmc.com and we'll take a look.



DON'T FEED THE MONKEY

Photos by Francis Xavier

10 local bands followed up a successful Melting Pot with a day-and-night-long jam at Cargo. Every month should be like this



ISHCMC 20TH ANNIVERSARY

Photos provided by ISHCMC

Saigon's oldest international school looked back on 20 years of excellence, drinks in hand

A NIGHT IN PARIS

Photos provided by Air France

The Caravelle was transformed into the French capital for the Air France Charity Gala, a star-studded event that raised over VND2 billion for charitable causes



**NEW
ECO FRIENDLY
RESTAURANT
JUST OPENED AT
226 DE THAM
D.1, HCMC**



**COME
TO EXPERIENCE
HEALTHY
VIETNAMESE FOOD
AND TRY OUR
VARIETY OF ROLLS**

HCMC: 226 De Tham St., D.1 - 82 Hai Ba Trung St., D.1 - 111 Nguyen Hue St., D.1 - 83 (823-824) Vincom Center, 72 Le Thanh Toan St., D.1 - 54 1-1, Nguyen Van Linh, My Khanh 1., D.7 - 4th Fl., Diamond Plaza, 34 Le Duon St., D.1 HAI ANH 5th Fl., Unit 15-16, Trung Tam Plaza, 24 Hai Ba Trung St., Near Kiem D. - 82-82-B Vincom Mega Mall, Nguyen Trai St., Thanh Xuyen D.



Website: www.wrap-roll.com
Facebook: www.facebook.com/wraprollVN

FIESTA TROPICALIENTE



APR. 5 — SAIGON OUTCAST

From the Facebook page: "earthquake-a-tic Latin mamasita bomba dinamita playlist to make you move dat bodeiiiiiyy and bring the Latino right to your hips and feets". We rest our case.

DIAMONDS ARE FOREVER



APR. 12 — MCSORLEY'S

So the puns are silly, but the idea of a James Bond-themed dress-up dance party isn't. Stick on that spy camera/ultramagnet/exploding diamond pin, slick back that hair and get ready to look really bored while drinking too many martinis.

01 TUESDAY

DOUBLE TROUBLE. Buy 1 get 1 drinks all night. Every Tue. @ Last Call

02 WEDNESDAY

03 THURSDAY

PECHE A LA MOUCHE LIVE. 9.30pm @ Last Call
 FILM THURSDAY — FILM INDUSTRY NETWORKING AND SOCIAL EVENT.
 From 7pm @ The Observatory. See What's On
 OPTIMIST CLUB. 10pm @ The Observatory

04 FRIDAY

SAIGON HASH HOUSE HARRIERS 'A DRINKING CLUB WITH A RUNNING PROBLEM' RUN. From 6.30pm, see saigonhash.com



05 SATURDAY

INTERNATIONAL PILLOW FIGHT DAY. See facebook.com/wakeupsaigon for more info
 FIESTA TROPICALIENTE. Latin america night, from 7pm @ Saigon Outcast. See What's On
 ECLECTIC AESTHETIC & OPTIMIST CLUB 1 YEAR ANNIVERSARY. 10pm @ Ao Lang Quan 2. See What's On

06 SUNDAY

CHILDREN SUNDAY LUNCH. Every Sun. 50% off for children below 12 @ Movenpick Hotel Saigon

07 MONDAY

GAME OF THRONES SEASON 4 SCREENING. Every Mon. 8pm @ deciBel. See What's On



08 TUESDAY

SAN ART 'ENCOUNTER' LECTURE WITH INRA SARA - P1. @ University of Social Sciences and Humanities

09 WEDNESDAY

HUNG KING ANNIVERSARY. SPECIAL SEAFOOD NIGHT. @ Café Saigon, Movenpick Hotel
 HUNG KING'S CELEBRATION. Celebration buffet from 6.30pm @ Chit Chat, Hotel Equatorial

10 THURSDAY

JAZZY SOULFUL DRUM 'N' BASS WITH DJ HUGH-G. 10pm @ Last Call
 'ENCOUNTER' LECTURE WITH INRA SARA - P2. @ Hoa Sen University
 LAST CALL LOVES LADIES. Every Thu. from 6 to 9pm. Group of 3 ladies gets complimentary cocktail

11 FRIDAY

ELECTRIC KICKS LIVE PRESENTS GOOD GUY MIKESH. 10pm @ The Observatory. See What's On
 LIP SERVICE. 10pm @ Broma

12 SATURDAY

DIAMONDS ARE FOREVER. James Bond theme party night, from 8pm @ Saigon Outcast and McSorley's
 SEAFOOD EXTRAVAGANZA. Every Sat. @ Chit Chat, Hotel Equatorial

13 SUNDAY

SONGKRAN 2014. Water festival, 2pm @ Saigon Outcast

To have your event included in our calendar, please email news@wordhcmc.com by no later than Apr. 20 with a description of the event and a high-res photo

COCKTAIL CLASSICS CLUB



APR. 19 — 2 LAM SON

Now that you've gotten a taste for martinis — and stayed dressed up as James Bond — head to the craft cocktail workshop at 2 Lam Son (Martini Bar). But brace yourself, Bond — they'll teach you more than just the Vesper.

A HERO'S WELCOME



APR. 29 — H2HCHARITYRIDE.ORG

27 days and 2,100km into their Hanoi to Ho Chi Minh City cycling route, the beneficent bikers of H2H should be pulling into town, money raised and thighs toned. Track them down and buy them a beer or 10.

14 MONDAY

15 TUESDAY

SCREENING OF EVERY LITTLE STEP. 7.30pm @ Snap Café

16 WEDNESDAY

17 THURSDAY

AFRICAN JAZZY SOUL: GASANDJI. 8pm @ IDECAF. See What's On SEVENTEEN SALOON'S 13TH ANNIVERSARY. With dance performances, special promos and live music @ Seventeen Saloon

18 FRIDAY

DJ NIGHT. Every Fri. @ Last Call 'till very late

19 SATURDAY

DIRTY BEACHES LIVE. 8pm @ Saigon outcast. See Big 5 MIX AND DRINK, THE COCKTAIL CLASSICS CLUB. From 2.30pm to 5.30pm @ Martini Bar, Park Hyatt Saigon. See What's On MIDNIGHT XPRESS PARTY. Every Sat. @ Last Call

20 SUNDAY



EASTER FEAST. @ Café Saigon, Movenpick Hotel
EASTER BRUNCH. @ Market 39 and Yu Chu, Intercontinental Asiana Saigon
EASTER SUNDAY FEAST. @ Restaurant Nineteen, Caravelle Hotel
EASTER DIMSUM SPETACULAR. @ Orientica, Hotel Equatorial
BALLET DANCE WORKSHOP. From 9.30pm Dancercenter (53 Nguyen Dang Giai, Q2). See What's On

21 MONDAY

22 TUESDAY

23 WEDNESDAY

24 THURSDAY

EARLY BIRD SPECIAL. Buy 1 get 1 for drinks. 6 to 9pm everyday @ Last Call

25 FRIDAY

LAST DAY OF DAISY, DAISY - ODE OF DIGITS EXHIBITION. @ Phuong My Flagship Store
LAST DAY OF UNCONDITIONAL BELIEF EXHIBITION. @ San Art (3 Me Linh, Binh Thanh)
O DAU? 9pm @ Broma

26 SATURDAY

5TH ANNUAL ANZAC FRIENDSHIP MATCH. Between the Vietnam Swans and Malaysian Warriors in Vung Tau. See What's On

27 SUNDAY

SUNDAY BRUNCH. Every Sun. @ Market 30, Intercontinental Asiana Saigon

28 MONDAY

29 TUESDAY

30 WEDNESDAY

LIBERATION DAY CELEBRATION BUFFET. All-day-dining buffet @ Saigon Café, Sheraton



CAMA ATK GETS LOUD IN APRIL

CAMA ATK is celebrating the warmer Hanoi weather in the best way possible: with lots of sound. Bringing in some of the most celebrated global DJs this month, CAMA ATK's lineup of April events is in line with the city coming out of winter hibernation.

First off comes DJ Vadim — a Russian-born, London-bred and Berlin-living sound maestro of epic proportions, and a veteran of world-renowned Ninja Tune and BEE record labels. Coming to CAMA ATK on Apr. 3, DJ Vadim will add Hanoi to his list of visits in 69 countries, including some of the biggest music events in the world like Glastonbury Festival and Denmark's Roskilde Festival. Tickets are VND100,000, with a free beer for those who buy advance tickets at ticketbox.vn.

Rounding out an epic weekend in Hanoi's music scene, Apr. 5 promises the return of legendary DJ Spikey Tee of London fame. A guru of the hip hop, reggae, R&B and drum n' bass variety, DJ Spikey Tee has already wowed crowds in Vietnam, and is coming back for more.

Next up is New York City's Mykki Blanco on Apr. 17, the cross-dressing DJ-cum-circus performer that has been taking on crowds around the world. Get set for one of the craziest shows to come to Hanoi in, well, forever. Tickets are VND150,000 in advance or at the door — but with a free beer thrown in for those who plan — and for this show, it's a small price to pay. See *Big Five* for more information.

CAMA ATK's month of April is a big one, with plenty of local and international acts coming to the stage. Check out the CAMA website at cama-atk.com for further details on other shows. CAMA ATK is located at 73 Mai Hac De, Hai Ba Trung



MADAKE IN MOTION

Performance art and electronic music collide at Madake on Apr. 11 from 10pm, with an artistic performance that combines both visuals and music in a stunning juxtaposition exploring motion and sound. Featuring the work of talented artist and scenographer Bad GraFX, *Motion* will showcase how a physical body reacts and evolves, to UK and Berlin electronic music spun by DJs Pandrava, Maggie and Fergal.

Motion comes to Madake, 81 Xuan Dieu, Tay Ho on Apr. 5 from 10pm



THE ASEAN MUSIC FESTIVAL

Mark the date in your calendar: on Saturday May 24 CAMA Vietnam and the United States Embassy in Hanoi will join forces once again to bring the annual ASEAN Music Festival to the city.

After the huge success of last year's debut, which was enjoyed by over 2,000 festival attendees, this year aims to be even bigger and better.

Celebrating diversity — this year the theme is ASEAN Pride — the festival will bring some of the most exhilarating contemporary Southeast Asian music to Hanoi, with bands arriving from Indonesia, Thailand, Myanmar, Singapore and more.

The ASEAN Music Festival will take place at The American Club, 19-21 Hai Ba Trung, Hoan Kiem, Hanoi on Saturday May 24 from 1pm to midnight. Tickets are VND320,000 advance from ticketbox.vn or CAMA ATK; entrance is free for ASEAN passport holders. For more information go to camavietnam.org



THE ART OF SPRING

The Spring season evokes all kinds of creative energies, and for Hanoi, also coaxes some of the city's most artistic minds out of the woodwork and onto the city's artistic stage. Throughout April, **Manzi Art Space** showcases the work of both local and international artists, musicians and creatives throughout a series of exhibitions, performances and shows.

To celebrate the new warmth and lightness of the spring season, Manzi welcomes the work of 13 young Japanese female artists to showcase their work that embodies the season's tranquility. Using mediums as diverse as illustration, painting and textiles, *Sakura* explores the unifying force of creative expression shared by all of the artists in the context of the unfolding Spring season.

Then, the art of Manzi takes a decidedly abstract turn with the collaborative project *Casual Ghosts*, featuring the poetry and painting of Kaitlin Rees and Baptiste Gilloz. Each painting — abstract depictions of "nothing that can evoke everything"

— allows the viewer to descend into the projection of self, sense and nonsense, and invites them to take a deeper look at the meaning behind them.

Finally, Manzi's love affair with jazz music comes into full swing with *Jumping for Jazz* on Apr. 12 at 8pm, and Luu Khong composition improvisation on Apr. 18. The former features saxist Nguyen Bao Long and cellist Ha Mien performing the compositions of Nguyen Kien Cuong, while the latter combines the work of Danish artist Irene Becker with the music of Nguyen Thanh Thuy.

The Sakura art showcase is available for viewing at Manzi, 14 Phan Huy Ich, from Apr. 3 to 7, from 9am to 11pm daily. Casual Ghosts opens on Apr. 11 from 7pm, and is available for daily viewing from Apr. 11 to 24. Jumping for Jazz takes place on Apr. 12 at 8pm, with Luu Khong following shortly after on Apr. 18. Entrance for all exhibitions and performances is free. Manzi has many more events throughout the month of April; find more information facebook.com/manzihanoi



JAPANESE SOUND TAKES THE STAGE

The **Japan Foundation Center for Cultural Exchange** is bringing to the Hanoi stage one of the most prolific cultural experience exports from Japan, the Bati-Holic Japanese traditional drum group on Wednesday, Apr. 9. Formed in 2004 in Kyoto, the group regularly wows audiences around the world with over 100 shows per year, including their 2012 appearance in the Nippon Genki Festival in Ho Chi Minh City.

Also set to perform at the Hue Festival later on in the month, Bati-Holic will take the stage at the **Youth Theatre** at 8pm, and what's better, the show is absolutely free.

Bati-Holic is performing at the Youth Theatre, 11 Ngo Thi Nham, Hai Ba Trung on Wednesday, Apr. 9 from 8pm. Pick up your free tickets at the Japan Foundation located at 27 Quang Trung, Hoan Kiem from 9.30am to 6pm daily, excepting Sundays



INSIDE OUT

The *Inside Out Project* is a global participatory project that uses portraiture to illuminate the untold stories of those they capture, and challenges the original notion of identity and personality of its participants. By employing the energies of photographers, writers, designers, graffiti artists and DJs, the *Inside Out Project* will feature those that create for the sake of expression.

As part of the work by French artist JR, the profits from the *Inside Out Project* will go toward similar creative initiatives around Hanoi and building Hanoi's creative scene. Taking place at **Madake** on Apr. 11 from 8pm, *Inside Out* is Hanoi's chance to take part in a global re-imagining of the identities that make up the human race.

Inside Out Project takes place at Madake, 81 Xuan Dieu, Tay Ho, on Apr. 11 from 8pm until late

PRIME MOVER



Photo by Andy Crompton

★★ LUKE POULSON ★★

DJ, Nam Jam Collective
facebook.com/thenamjamcollective

One-third of the Nam Jam Collective, Luke headed here from the UK four years ago and has been laying the disco on Hanoi ever since. With fellow DJ Andy Crompton, Nam Jam has hosted regular nights at **Madake** and **Zone 17**, and will be branching out for the weekend-long Quest showcase at Ba Vi next month.

Show I'm really excited about:

Quest. The best gig I ever played was the last Quest, and this one is going to be so good.

Best night out last month:

Last Saturday, Cyberkulture at **Hanoi Rock City**. There was glitter, a podium, lots of LEDs. I didn't even go dressed up and I came out of it dressed up. Those are always the best parties. I woke up in the morning with LEDs stuck all over my body.

Best meal from last month:

Mien luon. That's fried eel with noodles. I had it for the first time last month in the Old Quarter across from **Hang Da Galleria**.

Thing I posted on Facebook that got the most likes:

"First attempt at a beard trim has gone terribly wrong. Bye bye beard, you warmed my face and were a furry friend to me through the cold cold nights of winter." — 18 likes

Funniest Youtube clip of the month:

The 'First Kiss' parody — two strangers meet and give each other a really

romantic experience.

Song I can't get out of my head:

I Don't Wanna Wait by Quivver, the Ben Delay remix. It gives me hope for sunshine. It's a very sunny song.

I wish this band would come to town:

Fleetwood Mac reunion.

How is the scene going?

Exciting! Events are getting more ambitious. Local DJs are putting out some fantastic music. Compared to two or three years ago, it's incredible.

The best secret in town is:

How nice Long Bien District is. If you want to get out of the city, it's like a little village.

Where I go when I go out on my own:

I go for walks. I walk around and around Lang Yen Phu. Oh, I go to the gym now. Put that one in for the ladies.

If my older-yet-still-cool mum came to town, I would take her to:

The banana island in the middle of the Red River. It's chilled, it's nice.

BIG BAND HANOI

Founded in 1998, Hanoi Brass Band was an initiative from the creative students of the Academy of Music in Hanoi. Now, having taken on new energy in 2008 after a period of uncertainty, the group is onto yet another round of touring throughout Vietnam's cultural festivals and programs, including their upcoming show at L'Espace on Apr. 5. Including the sounds of trumpets, horns, trombones and tubas, Hanoi Brass Band is bringing their mastery of swing, blues and jazz music to the stage.

Hanoi Brass Band is playing on Apr. 5 at 8pm at Auditorium de L'Espace, 24 Trang Tien, Hoan Kiem. Tickets are VND120,000

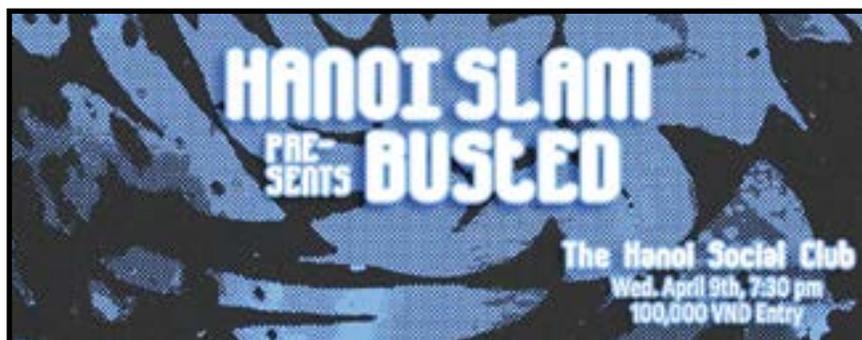


GET IN TOUCH WITH MATHEMATICS

Maths doesn't have to be boring, and Goethe Institut of Hanoi is out to prove it. With Hanoi's first interactive exhibition, *Get in Touch With Mathematics* will create a new approach towards mathematics — one that is hands on, interactive and, above all, fun.

Without any preparatory training, anyone of any age will be ready to understand and interact with mathematics at the exhibition, exploring even the most complex phenomena with creative interactive works that puts maths at your fingertips. Solve puzzles, build bridges or solve riddles to better understand the incredible world of maths that surrounds us.

Get in Touch with Mathematics at Goethe Institut will be held until Apr. 12 at the Goethe Institut Hanoi, 56-58 Nguyen Thai Hoc, Ba Dinh. Entrance is free, and entrance during the week begins at 9am and closes at 7pm. Sundays the exhibition opens at 10am. For more information, visit goethe.de/vietnam

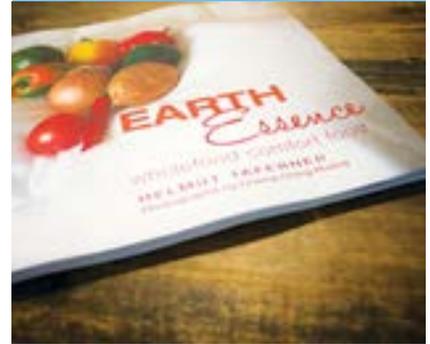


HANOI SLAM: BUSTED!

Hanoi Slam, the event-based sounding board of Hanoi's best storytellers, is back for the month of April with *BUSTED!* — an invitation for all to share their most harrowing, heartbreaking or hilarious stories about being caught red-handed. On Apr. 9, 10 storytellers will tell the world about how they were caught in the act with little more than a microphone and lots of guts. Unscripted, unchoreographed and

often completely off-the-cuff, Hanoi Slam brings together the best of Hanoi's stories straight from the people who lived them.

Hanoi Slam takes place at Hanoi Social Club, 6 Ngo Hoi Vu, Hoan Kiem on Apr. 9 beginning at 7.30pm with an entrance fee of VND100,000, which goes toward Humanitarian Services for the Children of Vietnam. Interested storytellers should contact hanoistoryslam@gmail.com for registration



FOOD FOR THE SOUL

Bookworm Too of Hanoi's bibliophilic fame is celebrating the delicious with Helmut Taferner's tasty roundup of healthy alternatives to traditional comfort food in book form. Launching on Apr. 27, the book *Earth Essence: Wholefood Comfort Food* challenges the notion that comfort food has to be unhealthy, and creates better and more wholesome choices for the organically inclined.

The launch party will give foodies a chance to meet the author and have their own copy signed, and enjoy complimentary wine and snacks — which are, naturally, wholesome.

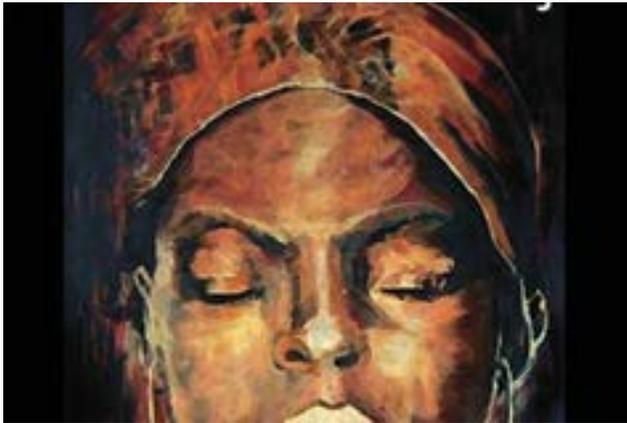
Bookworm Too presents the launch of Helmut Taferner's Earth Essence: Wholefood Comfort Food on Apr. 27 from 4.30pm, at 1/28 Au Co, in Nghi Tam Village, Tay Ho



APRIL CREATIVITY

Work Room Four is soon to start up their new six-week creative sessions in the month of April. Want to try your hand at a new creative skill, but aren't sure where to start? Work Room Four has daytime and evening workshops in drawing, printing, illustration, pattern design, life drawing and sewing, along with many other disciplines. Courses run for six weeks beginning on Monday, Apr. 14. Check out the Work Room 4 website for a full calendar.

Visit workroomfour.com for a full schedule, email workrmfour@gmail.com or contact Claire at 01202 608 562 for registration and more information. Work Room Four's classes are located at the Packexim Building, Tay Ho



VIETNAMESE FUSION

What happens when you mix contemporary stylings with traditional Vietnamese instruments? Apparently, it was something that Musbaba wanted to find out when they put the two together in a new kind of contemporary music for Vietnam. The result is a rich and unusual juxtaposition of harmonies unlike Vietnam has heard before, and it's coming to the **L'Espace** stage on Apr. 15. Don't miss out on the sound adventure.

Fusion Project Musbaba plays at L'Espace Auditorium on Apr. 15 at 8pm. Tickets are VND120,000 and are on sale at L'Espace, 24 Trang Tien, Hoan Kiem



VOICE OF VELVET

Congolese singer Gasandji's most recent self titled album was billed as "more than a business card, it's an identity piece" by French music voice RFI Musique, and for Gasandji, music is a way to infuse mystery and raise awareness. Borrowing elements from musical stylings as diverse as jazz and African traditional music, Gasandji's eclectic brand of sound comes to the **L'Espace** stage on Apr. 19 at 8pm. As the winner of 2013's coveted Coup de Coeur Francophone award from the Academy Charles Cros, Gasandji is a sound that is not to be missed on the Hanoi stage.

Gasandji comes to Auditorium de L'Espace, 24 Trang Tien, on Apr. 19 from 8pm. Tickets are already available at L'Espace, and are VND120,000 with discounts for students

FRASER SUITES

H A N O I



Once reserved exclusively for royalty, tranquil Westlake now boasts Hanoi's Gold-Standard serviced residences. Minutes from the city with unobstructed lake views, Fraser Suites Hanoi offers you the award-winning service even ancient kings would envy.

Sincerely
FRASER

FRASERSHOSPITALITY.COM

THE FRASER COLLECTION

BAHRAIN • BANGALORE • BANGKOK • BEIJING • BUDAPEST • CHENGDU • DOHA • DUBAI • EDINBURGH • GLASGOW • GUANGZHOU • GURGAON • HANOI • HO CHI MINH CITY • HONG KONG • ISTANBUL • JAKARTA • KUALA LUMPUR • LONDON • MANILA • MELBOURNE • NANJING • NEW DELHI • OSAKA • PARIS • PERTH • SEOUL • SHANGHAI • SHENZHEN • SINGAPORE • SUZHOU • SYDNEY • TIANJIN • WUHAN • WUXI • CHENNAI (2014) • AL KHOBAR (2015) • FRANKFURT (2015) • RIYADH (2014)

FRASER
WORLD

Discover exclusive privileges with our guest recognition programme



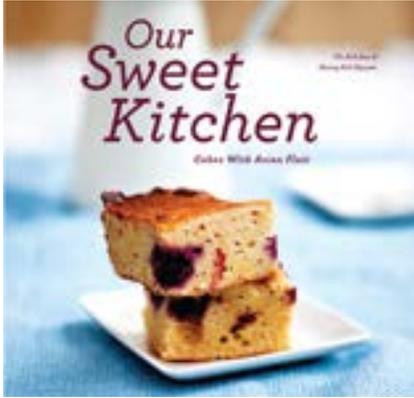
Look us up, wherever you are at m.frasershospitality.com



2012 Expatriate Management and Mobility Awards



2012 World Travel Awards, World's Leading Serviced Apartment Brand



OUR SWEET KITCHEN COOKBOOK FOR CAKES WITH FLAIR

Soon to release in both English and Vietnamese for global baking enthusiasts, *Our Sweet Kitchen Cookbook* features the best in cake baking, but with a special Asian flair.

A transcontinental collaboration between a baking duo, *Our Sweet Kitchen* combines the minds of two bakers to create cakes that take on iconic cakes but adding exotic spices and tropical fruits. The result is a comprehensive exploration of traditional cake recipes with a touch of the East.

The team, including Melbourne-based Hoang Anh — the baker behind *Dep Magazine's* monthly food column — and Chi Anh, who is now living in Hanoi. The two pursued their shared dream of creating a cookbook after meeting, and have completed the labour of love *Our Sweet Kitchen* with a passion for creating interesting, dynamic and delicious culinary creations.

Our Sweet Kitchen: Cakes with Flair is available for purchase at Chi Anh's café, *The KAfe*, at 18 Dien Bien Phu, Ba Dinh, and at the Kitchen Art store website at kitchenart.vn. More information on additional outlets for purchase will be available on kitchenart.vn

OPTIMISE YOUR HEALTH

The recently updated *Hanoi Holistic Health Guide* is now online and contains listings of holistic and wellness practitioners in Hanoi. The comprehensive directory is an indispensable resource for those looking to optimize their physical, mental, and spiritual health. A free download is available at <http://issuu.com/hanoiholistichealth>



BIA HOI GETS FANCY

Tay Ho welcomes a new location for beer lovers in Hanoi, with **Backyard Bia Hoi** opening in the northern section of the city. Opening on the Mar. 4, Backyard Bia Hoi serves guests in their authentic bamboo-styled eatery from 5pm to midnight daily.

Offering one of the most relaxing and quaint outdoor dining experiences in the city, and featuring hand-crafted bamboo furniture and décor, Backyard Bia Hoi offers more than just a great selection of the city's signature drink. Built around towering palm trees and within a vegetable garden, Backyard Bia Hoi has a menu of delicious Vietnamese tapas and plenty of signature cocktails as well.

Backyard Bia Hoi is soon to welcome live music in its outdoor location as well as Vietnamese lunch specials.

Backyard Bia Hoi is located at 15/50 Quang Khanh, Tay Ho and is open daily from 5pm until midnight



EXOTISSIMO RELOCATES

Exotissimo World Travel, purveyors of luxury travel tours around the globe, have relocated to a new office in Hoan Kiem. Now on the 3rd floor at 66A Tran Hung Dao, Hoan Kiem, Exotissimo is still offering the best in high-end travel. Visit their new location for your next holiday destination — perhaps for your long April holiday!

Contact Exotissimo in their new location by calling 0438 282 150, or email them at hanoiaGENCY@exotissimo.com



WORKROOM FOUR RELOCATES

After a period in limbo following the demise of Zone 9, Workroom Four has finally found a space that it can truly call its own.

Located on the 23rd and 24th floor of the Packexim Building overlooking the Red River, the space houses four private studios currently used by V-Lab Visualistsions, Almaz Film Production company, Learning Project Asia and independent architects and designers, as well as a split level work and exhibition space that will also be available for daily or weekly hotdesking.

Running their regular arts classes as in the past, by creating “an open, inspiring and creative environment”, the people behind Workroom Four are already seeing a “cross-pollination of projects and ideas”.

For more information go to workroomfour.com. The Packexim Building is at 49 Ngo 15, An Duong Vuong, Tay Ho

LOST AND FOUND HANOI

From the viewpoints of five photographers — Matthew Dakin, Nguyen Thanh Hai (Maika Elan), Nguyen The Son, Elizabeth Rush and Aaron Joel Santos — comes a new photobook that explores the hidden alleyways and mysteries of the city that the photographers know and love. An exploration of the city through five very different sets of eyes — glimpses down quiet alleyways or gatherings of skaters taking flight on their skateboards in a park — the book launches on Apr. 15 at the **Goethe Institut**. With an exhibition that showcases the best work of each of the five photographers, *Lost and Found Hanoi* will open new eyes to the city and its many secrets.

Lost and Found Hanoi's book launch comes to Goethe Institut, 56–58 Nguyen Thai Hoc, Ba Dinh, on Apr. 15. For more information, visit goethe.de/hanoi





SANTA FE
RELOCATION SERVICES

THINKING RELOCATION?
THINK SANTA FE.

"We make it easy"



Relocation | Immigration | Moving | Home Search | Business Management | Pets

HCMC: +84 8 3933 0065
HaNoi: +84 4 3941 0805
E: info@santaferelo.com.vn
www.santaferelo.com



creative classes

MAKE SOMETHING NEW...SIGN UP NOW...WORKSHOPS START IN APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FOUR	10am - 12:30 pm Learn how to knit with Ingrid Barthele	10am - 12:30pm Photography - Lighting and Portraiture with Matthew Stein (Group Class)	10am - 12:30pm Summer and Pattern Design with Wily Alvarez	10am - 12:00 pm Beginners Pottery with Claire Drouot	10am - 12:30 pm Creative writing and book-making for kids aged 8 and up with Annee Milward	10am - 12:30pm Graffiti and Street Art for Beginners aged 10+ with Matthew "Head" Jones
1:30pm - 4pm Pattern Cutting for Fashion Design with Claire Drouot	1:30 - 4 pm Creative Illustration with Wily Alvarez	1:30pm - 4pm Silk Screen Printing with Claire Drouot (Group Class)	1:30 - 4 pm Drawing Essentials with Claire Drouot	1:30pm - 4pm Sewing Essentials with Claire Drouot	10am - 5:30pm Photography - Lighting and Portraiture with Matthew Stein (Group Class)	1:30 - 4:30pm Seasonal painting with Tony Nguyen
4:30 - 9:30 pm Live drawing with Tony Nguyen	7 - 9:30 pm Sculpture, print, dye and much with Claire Drouot		6:30 - 9:30 pm Exploring Abstract Painting with Tony Nguyen	<p>classes run for six weeks courses begin the week starting Monday the 14th April</p> <p>ALL TOOLS, MATERIALS AND EQUIPMENT PROVIDED</p>		

also... we are already taking registrations
for our art summer school for kids...

check our
website
for all
up to date
offers



contact CLAIRE
on 01202608562
workroomfour@gmail.com to register
All classes at Parkside Building, Tay Ho
5 Minutes from Euro Star
www.workroomfour.com



AN INTERCONTINENTAL EASTER IS FULL OF IRRESISTIBLE DELIGHTS.

There's no better way to celebrate Easter than with family at InterContinental Hanoi Westlake. Enjoy Easter Sunday Brunch with your loved ones at Café du lac or discover Easter the Italian way at our renowned Milan restaurant with a wide selection of delectable home made Easter offerings.

Our Easter specials start from VND 1,075,000++

For more information please call us
at 04 6270 8888
or email: FandB.hanoi@ihg.com
1A Nghi Tam, Tay Ho, Hanoi, Vietnam



In over 170 locations across the globe including HONG KONG • LONDON • NEW YORK • PARIS

OVERSCENE HANOI



A TOUCH OF BARDOT

Photos by David Harris

Retro, raunchy and with an album that in 2011 went platinum in France, the femme fatale duo, Brigitte, took over L'Espac

ONE OF US IS DRUNK

Photos by David Harris

Mecha Sasquatch and DJ Padava descended on Hanoi Rock City for a night of acoustic tunes mixed with funk and all things that try to make you dance

FASHION ON WOMEN'S DAY

Photos provided by Metiseko

Chic lifestyle brand, Metiseko, headed to Angelina on International Women's Day to catwalk their latest clothing line down one of the city's top-end bars

If you have a noteworthy event which you think would fit into our coverage, please email news@wordhanoi.com and we'll take a look



WEDDED IN STYLE

Photos provided by Sheraton Hanoi
As part of their 10-year anniversary celebrations, Sheraton showcased a wedding fair aimed to promote all that is 'trendy' in today's nuptials



MONTHLY RENTALS
REPAIRS AND MAINTENANCE,
ALL WITH WARRANTY
HELMETS
POLLUTION MASKS
RAINCOATS



SUPPORTING AND
STRENGTHENING
OUR COMMUNITY

VIP BIKES IS A
NOT-FOR-PROFIT
SOCIAL ENTERPRISE
THAT TRAINS
DISADVANTAGED
VIETNAMESE YOUTH
UNDER THE SUPERVISION
OF QUALIFIED EXPATRIATES
AND LOCAL MECHANICS

HOUSE 64, LANE 71, TAN AP, BA DINH, HANOI
TEL: 0914 931 390 (ANDREW)
ANDREW@VIPBIKES.ORG

SAKURA



I'm so sad to see the cold winter weather go away," said no-one ever in Hanoi. In celebration of the new season, 10 Japanese artists' work is showcased at Manzi, all inspired by the warming spring weather.

APR. 3 TO APR. 7 — MANZI ART SPACE

BUSTED!

The feeling of being caught red-handed is pretty universal, but only a few can put it into words. Hanoi Slam welcomes these brave souls onto the stage to bear their embarrassing stories with a microphone and lots of guts.



APR. 9 — HANOI SOCIAL CLUB



01 TUESDAY

GET IN TOUCH WITH MATHEMATICS. @ Goethe-Institut, 10am. Runs until Apr. 12

02 WEDNESDAY

SALSA XAO CHUA NGOT. @ CAMA ATK, 8pm to midnight

03 THURSDAY

SAKURA EXHIBITION. @ Manzi, 9am to 11pm. Runs until Apr. 7
DJ VADIM. @ CAMA ATK, 8pm to midnight

04 FRIDAY



05 SATURDAY

MOTION. @ Madake, 10pm until late
HANOI BRASS BAND JAZZ. @ L'Espace, 8pm
SPIKEY TEE. @ CAMA ATK, 8pm to midnight
DJ POLO. @ 88 Lounge, 8.30pm until midnight

06 SUNDAY

07 MONDAY

VITAMIN B NIGHT. @ Daluva, every Monday, 8.30pm

08 TUESDAY



09 WEDNESDAY

HANOI SLAM! @ Hanoi Social Club, 7.30pm
BATI-HOLIC. @ Hanoi Youth Theatre, 7.30pm

10 THURSDAY

11 FRIDAY

HANOI SOUNDSTUFF FESTIVAL DAY ONE. For information go to hanoisoundstuff.vn
DRONE WARS EXPERIMENTAL NIGHT. @ CAMA ATK, 8pm to midnight
CASUAL GHOSTS. @ Manzi, 7pm. Runs until Apr. 24
INSIDE OUT CHARITY PROJECT LAUNCH. @ Madake, 8pm until late
DJ JOAKIM BOUAZIZ. @ National Museum of Vietnamese History
SUPPER CLUB FEATURING MORROCAN CUISINE. @ Daluva, 8pm

12 SATURDAY

HANOI SOUNDSTUFF FESTIVAL DAY TWO. For information go to hanoisoundstuff.vn, and see Big 5
JUMPING FOR JAZZ AND LY NGUA O. @ Manzi, 8pm
THE SAY OMS. @ CAMA ATK, 8pm to midnight

13 SUNDAY

ROOF TOP MARKET. @ Hanoi Cooking Centre

To have your event included in our calendar, please email news@wordhanoi.com by no later than Apr. 20 with a description of the event and a high-res photo

THE COSMIC ANGEL COMES TO EARTH



APR. 17 — CAMA ATK

We still aren't entirely sure if Hanoi is ready for the weird and wonderful that Mykki Blanco is planning to bring to the stage, but we're itching to find out.

CALLING ALL FOODIE BIBLIOPHILES



APR. 27 — BOOKWORM TOO

Say farewell to the notion that your post-breakup food binge has to be unhealthy. Helmut Taferner's new book, *Earth Essence: Wholefood Comfort Food* wants to change your relationship with food for the better. The author will give a talk at Bookworm Too.

14 MONDAY

NEW ARTS COURSES START AT WORKROOM 4. Go to workroomfour.com for details

15 TUESDAY

LOST AND FOUND BOOK LAUNCH. @ 6pm, Goethe Institut
FUSION PROJECT, MUSBABA. @ L'Espace, 8pm

16 WEDNESDAY

KEEP THE FIRE BURNING. @ Madake, 9pm until 11.30pm

17 THURSDAY

MYKKI BLANCO. @ CAMA ATK, 8pm to midnight. See Big 5

18 FRIDAY

ASIAN NIGHT. @ Madake, 8pm till late
LUU KHONG. @ Manzi, 8pm

19 SATURDAY

HA HA HANOI #4 (COMEDY NIGHT). @ CAMA ATK, 8pm to midnight
CASANDJI. @ L'Espace, 8pm
KIDS COOKING CLASS. @ Hanoi Cooking Centre, 3.30pm

20 SUNDAY



PERFECT EASTER SUNDAY BRUNCH. @ Movenpick
EASTER BUFFET SUNDAY BRUNCH. @ Daewoo Hotel

21 MONDAY

BOOK TALKS. @ Manzi, 8pm

22 TUESDAY

23 WEDNESDAY

SPIRAL TRIO. @ Manzi, 8pm

24 THURSDAY

25 FRIDAY

STRAIGHT NO MIXER.
@ CAMA ATK, 8pm to midnight
POSITIVE MASS HANOI.
@ St. Joseph's Cathedral, 8pm
AROUND THE WORLD WINE PARTY.
@ Daluva, 6.30pm to 8.30pm



26 SATURDAY

27 SUNDAY

28 MONDAY

VITAMIN B NIGHT. @ Daluva, every Monday, 8.30pm

29 TUESDAY

30 WEDNESDAY

THE BEST OF THE VIETNAMESE PRESS



pressfoto.com



FOR THE LOVE OF NOODLES

Vietnam consumes an average of 5.4 billion packs of instant noodles a year, standing only behind China, Indonesia, and India on the list of the world's biggest instant noodle consuming countries, according to the Japan-based World Instant Noodles Association.

A Vietnamese person consumes 56.2 packets per year on average, lying behind only the Republic of Korea and Indonesia, according to the report. With every person on the planet eating more than one packet of instant noodles a month, Vietnam's instant noodle consumption has been growing steadily over the last six years. Consumption in 2013 jumped 32.68 percent from the 4.04 billion packets recorded in 2008.

The country's instant noodle consumption growth rate in the five years from 2008 to 2012 was 24.32 percent, while during this period it was only 3 percent in China and Indonesia, and 5 percent in the Republic of Korea and Japan.

Which just shows that when it comes to noodles, Vietnam is obsessed.



pressfoto.com

NEW ONLINE PASSPORT AND VISA APPLICATION SYSTEM

Passport and visa applicants are set to enjoy faster and more convenient services with a new online service for both purposes.

In theory the system saves time for applications and negates the necessity of in-person registration or working through agents, while also drastically reducing the workload of relevant staff.

The process for passport registration is reported as taking only 15 minutes,

as opposed to the 60 minutes of average waiting time for in-person applications. For visa applications, the system is reported to cut down wait time to three working days.

Both systems are available in four languages, including English, French, German and Vietnamese. To take advantage of this new system, go to visa.mofa.gov.vn.



pressfoto.com

WHAT'S YOUR BEEF?

Thanks to a rise in beef consumption — anyone for a bowl of *pho bo*? — the number of cows inhabiting Vietnam has diminished in recent years. In 2007, the country's cowherd totaled nearly 7 million, but the figure has now dropped to below 5 million.

To fill the gap and meet soaring demand, cow imports are on the rise with 22,000 cows imported from Australia since the beginning of 2014 alone. Over the last few years, it is believed that 162,000 cows have been imported to Vietnam, with almost a third of them coming from Down Under.

So, when you go to a restaurant and buy your Australian beef, it doesn't mean the meat is actually from Australia. It just means that the bovine kind enough to put it on your table was probably born there.



NORTHERN CRAFT VILLAGES NAMED OLDEST IN VIETNAM

Van Phuc silk village in Ha Dong recently earned recognition as the oldest Vietnamese craft village still in operation. The village is 10km outside of Central Hanoi.

The 1,000-year-old village's wares, premium silk, were selected to represent Vietnamese crafts at a collection of international craft fairs in Marseille and Paris in the early 1900s, and have been presented to Vietnamese kings over the centuries.

Of the village's 785 households, 60 percent of its population remain engaged in silk weaving. The production of 2.5 to 3 million square metres of silk annually brings in an estimated VND27 billion in revenue. The village boasts over 100 silk shops.



JETSTAR PACIFIC ADDS NEW DESTINATIONS

Last month budget airline Jetstar Pacific began operating daily international services between China’s Macau, Danang and Hanoi. Beginning on Mar. 28, Jetstar Pacific now offers two flights departing daily from Danang International Airport, and one flight from Hanoi daily.

The new Macau flights mark the first new international routes added by the popular budget carrier since its expansion to Bangkok. The growing number of routes has also precipitated an increase in aircraft, with the addition of 10 new Airbus A320s expected for the Jetstar fleet. This will allow the airline to launch more international services between Vietnam and Singapore, Hong Kong and Bangkok.

FLAPPY BIRD CREATOR AMONG WORLD’S MOST INFLUENTIAL APP DEVELOPERS

Nguyen Ha Dong, the developer behind the popular Flappy Bird mobile game, was recently named one of the 11 most influential people who “played a crucial role in the development of [mobile apps], whether by creating a crucial feature or starting an important trend”. The recognition by *Business Insider* comes after the game reached the level of most downloaded app on both the Apple App Store and Google Play Store for Android in March.

Nguyen Ha Dong faced scrutiny after

pulling the game off of these stores following heavy media coverage. The list, published on Mar. 22, also includes big names in technology like Foursquare founder and CEO Dennis Crowley, and the first Pac-Man for iPhone and mobile FarmVille creator, Amanda Wixted.

Following the list’s release, Nguyen Ha Dong announced his plan to resurrect the game for both Apple’s iOS and Google’s Android platforms, but with important changes and updates.

THE RESPONSIBLE MOVING COMPANY



One International Move with AGS = One Tree Planted



Worldwide movers, you deserve the best

AGS VIETNAM

Ho Chi Minh City: +84 8 3521 0071 | Hanoi: +84 4 3938 8762

ags-vietnam@agsfourwinds.com



The Cham Sculpture Museum in Danang



Insider

CYCLING FOR LIFE // RUMBLE IN THE JUNGLE // RISE AND FALL // DA NANG // THE OTHER SIDE OF TOWN // HANOI'S HIDDEN HOUSES // FINDING INSPIRATION IN HANOI // SEVEN DAYS OF EXERCISE // THE TA LAI TROPHY // NAMASTE // NEM PHUNG // LAST RESORT // THE SLOW TRAIN TO LANG SON

PHOTO BY NICK ROSS





Cycling for Life

Despite being diagnosed with terminal cancer, **Derek Boocock** is cycling the world. **Nick Ross** catches up with him in Hanoi

Derek Boocock is circumnavigating the globe. But he's not just your standard cyclist riding a dream. Derek has been diagnosed with terminal cancer. In October 2012 he was told he had between 12 months left to live. 15 months later he crossed the border into Vietnam, the 29th country on a trip that has included Africa, Europe, Central Asia and China. He only has the effective use of one lung.

"I made the decision [to do this trip] when I received the news, while I was still sitting in the doctor's office," recalls Derek. "The doctor said it would be beneficial if I went cycling but asked me where I wanted to go. When I told him that I wanted to cycle the Pamir Highway, the roof of the world, he said it was impossible. I replied, 'Impossible is good for me.'"

A Life-Long Struggle

Making the impossible possible has been a constant theme in Derek's life. At 14, the Huddersfield-born Englishman was diagnosed with bone cancer — the doctors wanted to amputate his left leg. Already a strong runner, Derek's mother pleaded with them and instead they removed part of the bone. 16 months later, Derek ran his first marathon.

Together with his wife, the IT professional and photographer has since raised money for cancer research through cycling, having taken on a range of endurance challenges including riding from Leeds to Paris and back in four days. His longest period of cycling without stopping is 367 miles (587km).

"I've fought [for everything] ever since I was a child," says Derek. "And that's what makes me so strong-willed. I just love challenging myself, my body."

However, his latest fight has been his most difficult, and one he believes has changed him.

In 2005 he was diagnosed with prostate cancer. After a period of treatment he was given the all clear. Yet in 2010 the cancerous cells returned, and there was so much residual damage from the radiation treatment that one of his lungs no longer functions properly. When the present bout of cancer was diagnosed as terminal, Derek sold up and left the UK within three weeks.

In between these trials, his wife, Caroline, was diagnosed with breast cancer. After a mastectomy in 2008 she was told the cancer was gone. However, in October 2009 it returned — this time, secondary stage breast cancer. Given 12 to 18 months to live, she lasted just nine weeks. The tragedy took its toll.

"My faith meant a lot to me, and among the top three things we wanted to do before [Caroline] died was to get her baptised," he says. "But when she died, I lost my faith. That was the hardest part for me.

"[Before my trip] I think I'd become a very selfish person. I had put shutters up and lost contact with a lot of people. I lost interest in everything. I didn't like myself at all. I think I was a horrible person."

Changing Priorities

Tackling challenges, like the altitude of the 5,000m-above-sea-level Pamir Highway in Tajikistan, has been tough. Especially on one lung. "I've changed the way I ride," he explains. "I've become more economical."

Despite the suffering and the pain, and despite being robbed in Africa and being hit by an SUV in Central Asia, the challenge has kept him going. As have the people.

"The poorest people in the poorest countries are amazing," he says, recounting a story in Senegal.

He was about to pitch his tent in a bush area when some kids and eventually their mother motioned to him not to stay there. Running their finger across their throats

it became clear that if he did, he ran the risk of being caught by local bandits. So, he followed them to their village and pitched his tent in the middle of a fenced-off area for animals — it was surrounded by the villagers' huts. If it wasn't for their determination and insistence that he slept in their village, he would have probably died. People like them have helped him "change his priorities".

"I know this for a fact, when I can no longer cycle, I will walk, and when I can no longer walk, I will stop," he says. "On this trip, I've seen the good in people. It's changed me into someone who wants to give something back to society."

And that is something he now intends to do — to raise awareness about cancer and about not giving up, even in the face of adversity.

As he writes in his blog:

"Not only do I now share my story, I share everything I can. My goal now is to give something back. In fact it's become much more than a goal, it's become a burning passion. Yes I have cancer, yes I'm pretty certain it's going to kill me... I want others to know this, not put me up on a pedestal to be admired. Speaking out I hope will not only help me, but the hundreds of people who now message me. As my journey continues this is really what will inspire me to finish it, to reach the end."

At the beginning of March, Derek Boocock gave a presentation on his journey in Hanoi. It was quickly picked up by the local press. In an aid to raise money, not just to continue his journey, but to help others, he is hoping to do more presentations in Vietnam and elsewhere.

Derek has shown and wants to continue showing that against all the odds, human beings are capable of anything.

To read Derek's blog, go to dereksbiketrip.com. He will arrive in Ho Chi Minh City via the Ho Chi Minh Highway and Danang sometime in early April 

Rumble in the Jungle

Ladies and gentlemen... LET'S GET READY TO RUUUMBLE! **Hai Vu** and **Nick Ross** pitch together three martial arts specialists from Hanoi with three erstwhile contenders from the not-so-dark streets of Saigon, to see who will come out victorious.

Photos by **Hai Vu** and **Kyle Phanroy**

HANOI

LONG 'THE DOCTOR' NGUYEN

Those searching for a new hobby should take notice. According to Vietfighter's founder and head trainer, Long 'The Doctor' Nguyen, the most effective form of martial arts to learn is Brazilian jiu-jitsu (BJJ). "At the heart of every martial art," he says, "are techniques designed to overcome a more powerful opponent. BJJ has refined and perfected that philosophy. It is like the genetic engineering of martial arts."

Knowledgeable in many different styles, Long speaks on the subject with expertise. A decorated athlete from a young age, he has many BJJ, Muay Thai and MMA fights under his belt. And he is not an uncaring victor, having taken the Hippocratic Oath as a medical doctor in New South Wales, Australia.

"After seven years [of being a doctor], I felt burnt out," Long says. "I came back to Vietnam for a long holiday in late 2008, and I noticed that there wasn't a facility for real world-class training in Hanoi. [At that point,] I hadn't been back to Vietnam for 20 years. I didn't know much about the country

then, but I had somewhat of a cultural awakening. I wanted to do something new that was in keeping with my passion, so I decided to open this gym."

Opening in 2010, Vietfighter has already proven itself to be a worthy contender in the world of competitive fighting.

"We are actually a training team," says Long. "We have a team bond and we all improve together. We have people who come here with a goal to just lose weight, and they lose the weight. And we also have people who come here with the desire to be a medalist in their field of martial arts, and they win medals. We have a 31-year-old Swiss woman who was in finance full-time before training with us, and now she has had two professional Muay Thai fights in Thailand. Whatever your goal is, we try to fulfill it here."



You don't need to train at Elite, California Fitness or Star Fitness to be street savvy and pitching for some trouble. In Hanoi, where the streets of Au Co and Nghi Tam merge, the unassuming fitness facility **Vietfighter** (44 Au Co, Tay Ho) is home to three fighters whose skill, balance, strength and knowhow makes them ready to take on all

challengers.

And where will those challengers come from? That upstart, nonchalant little metropolis in the jungle, Saigon. A welterweight boxer, a Vovinam specialist and a former MMA world champion are ready and waiting in the wings. Prepare yourself Hanoi, your match may well have been made.

So hold onto your hats and get yourself ringside for the biggest rumble Vietnam has ever known. We would love to tell you that it's taking place in the urban jungle that is this country's two biggest cities. But in fact we've gone one better. It's taking place in this very magazine.

As the show prepares to start, ladies and gentleman, here are the contenders!



HCMC

DAVE 'MULTI-DISCIPLINED' MENNE

Dave Menne is a big guy. Not big as in height. But big in terms of breadth and achievement — in the many martial arts he's devoted himself to in life.

English boxing, Thai Boxing, wrestling, traditional jiu-jitsu, grappling and BJJ are just some of the disciplines in which he has trained. But the pinnacle, the year when he had his biggest success, was in 2001 when he won the UFC world title and was ranked number one in the world in Mixed Martial Arts (MMA).

Having already fought some of the world's best-known names in a wide variety of disciplines, the UFC title was the natural reward for his constant questing.

These days, Dave is focusing on spreading MMA to Asia. He's doing this through training would-be fighters in Ho Chi Minh City, presently leading the line of martial arts specialists at District 7's **Saigon Sports Club** (514B Huynh Tan Phat, Q7).

"For me [becoming a trainer] was a natural progression," he

explains. "Not everybody who is a good fighter is a good trainer. I think they have to have a unique perspective and the ability to convey it. There is a decent degree of patience needed — not every fighter has that patience."

As a trainer, Dave knows that the student needs to understand that being a martial artist requires so much more than just being able to fight. "It is an integration of mind and body. It is about living, the betterment of your person. It is about concentration; it takes patience, it takes intelligence, it takes hard work. Everything that you need in life to become a better person."

Yet as much as he is a martial artist and a trainer, he is also a warrior with perspective, having reached the top of his art. He quotes Theodore Roosevelt:

"Far better is it to dare mighty things, to win glorious triumphs, even though checkered by failure... than to rank with those poor spirits who neither suffer nor enjoy much, because they live in a grey twilight that knows not victory nor defeat."





MATT 'ICE COLD' PAVIA

Like any good martial artist, US-born Matt Pavia knows how to teach. First working in Vietnam as an English teacher, he's now passing on his fitness knowhow and high MMA IQ as Vietfighter's lead instructor in strength and conditioning (S&C).

"I started teaching S&C classes a few times a week," Matt says. "It kind of snowballed from there and, at the beginning of this school year, I decided not to go back [to teaching English] and take on training at the gym full-time."

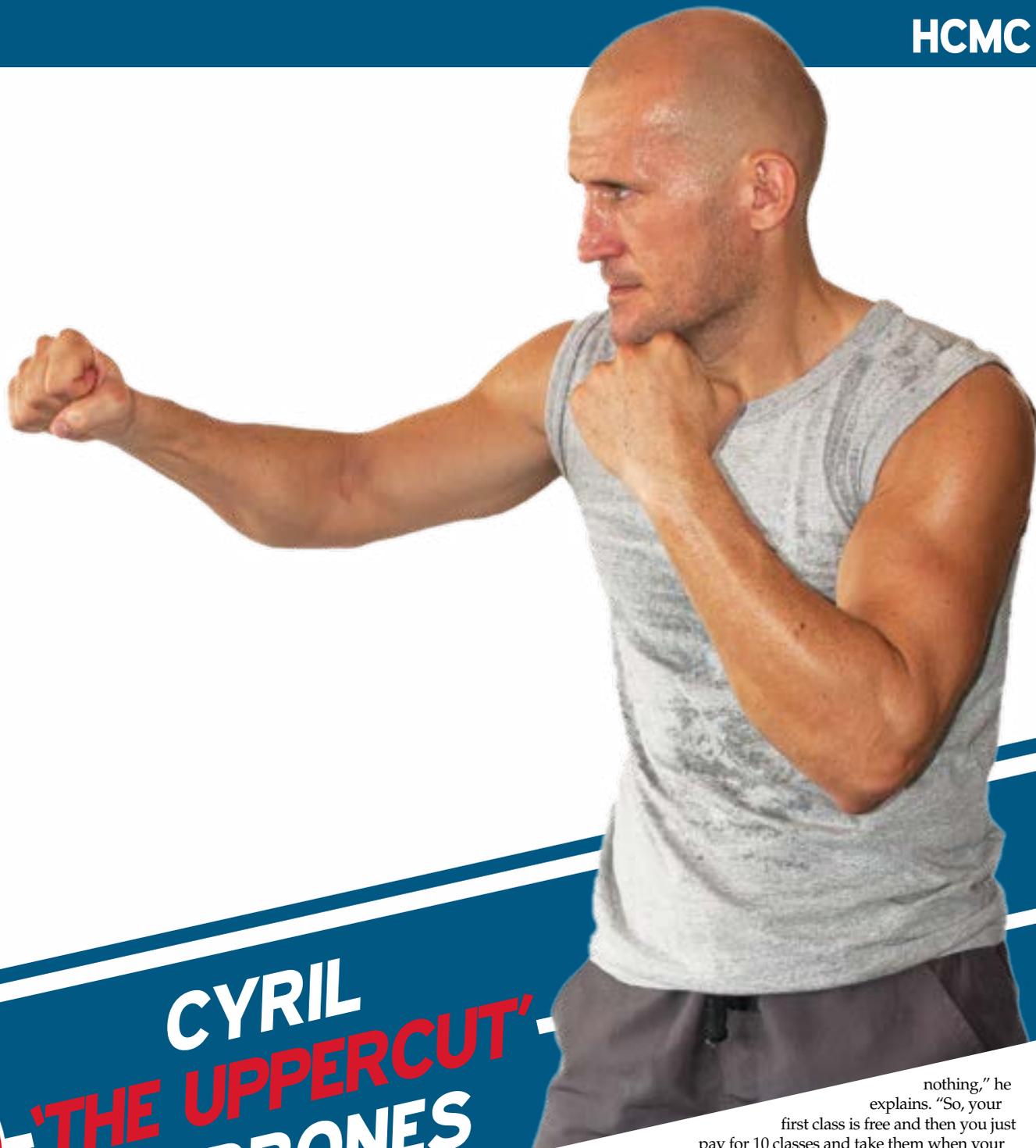
A Brazilian jiu-jitsu specialist who has competed the length and ringside breadth of the US, Matt's duty is to whip would-be fighters into top shape through grueling hour-long HIIT (high-intensity interval training) workouts. "The people that come and train regularly for the S&C classes have

improved their fitness level greatly," he says. "They're able to do things they may not have had the confidence to do before joining the gym. There are some who have improved their fitness level enough that they are able to succeed in their goals, whether it be climbing Fansipan near Sapa or running a marathon. We recently had some people from the gym who completed the 21K half-marathon in Hanoi."

To achieve a person's peak physical performance, it is important to isolate certain parts of the body and not allow the muscles to grow accustomed to any given exercise. Matt combats this problem by

creating new workout routines for each class. "If your body starts getting used to the same routine, it will start getting acclimated. You've got to throw in different exercises to shock your body, otherwise you will begin to plateau. Also, if you start getting bored with the exercises you're doing, that just gives you a reason to start making excuses not to come to the gym. I like to keep all the people that come in on their toes — give them something to look forward to."





CYRIL 'THE UPPERCUT' TERRONES

Cyril Terrones is well-known in Saigon, not just for his fighting-style gym, **Cyril and You**, in District 2, but for his vivacious personality and his well-attended, morning conditioning classes by the river. But few know that this French-born trainer and boxer was once the welterweight champion of France.

The year that Cyril achieved his all-conquering prowess was 1998, a year that saw him rise to the top of his profession. But with 39 professional fights including 27 wins

and one draw under his muscular belt, he decided that punching and getting punched for a living was no longer for him.

"I was an educator at a French school during my first year in Vietnam," he recalls. "[Then] I was a manager at Nutrifort. Eventually I opened my business and met my wife. After that my life changed."

Rather than getting members to pay a monthly or annual payment for their membership, Cyril gets his cohorts to pay for a package of 10 classes at a time. Whether it's conditioning, yoga, Zumba, boxing or general fitness classes, these can be used at any time.

"I don't want to take anyone's money for

nothing," he explains. "So, your first class is free and then you just pay for 10 classes and take them when your time allows. Around 70 percent of my clients are foreigners and it fits with their schedules. They are busy with their families, kids and schools, so I can't expect them to always be focused on fitness."

For Cyril, the first thing you need to become a martial artist or a boxer is motivation. "Life is a disease you're fighting against," he explains. "But outside [the gym] is different. Fighting is fighting. You have to follow the rules, but it lets you get out your bad energy, your frustration."

He adds: "Fighting is 70 percent in the mind — it's like a game of chess. The beauty is in the movement and combining it with the power of fighting. Even though I have been boxing since 1987, it still fascinates and enthralls me."

NGAN 'THE DRAGON' NGHIEM



Few women compete in sport fighting, but fewer still have two jiu-jitsu silver medals to show for it. One of a short list of female Vietnamese MMA and jiu-jitsu artists in the world, Ngan Nghiem won her medals recently at the 2012 Kalasagan BJJ Open in Manila, Philippines.

Her path to a professional fighting career began at Vietfighter, but not from where you'd expect. It started from behind the counter.

Ngan was the gym's receptionist before she started dipping into the gym's kickboxing classes on her days off. Fast forward three years and she now teaches her own kickboxing class, specifically tailored for women. "At university I studied tourism," she laughs.

For Ngan, there is no temptation to rest on the laurels of the two silver medals around her neck. Adding fuel to the fire is the fact that the two jiu-jitsu medals came through happenstance.

"I really wanted to do an MMA fight," she says, "but the organisers said they could not find me any girls [to fight] because of my size. I was really sad, because you train really hard for three years and then have nothing to do with your hard work. But we found a jiu-jitsu competition in the Philippines. I trained jiu-jitsu for three months. So two silver medals was just an experience, not the one I really expected."

Ngan's training in BJJ will pay off when she does land that MMA fight. In MMA, fighters must be equipped to handle any situation — be it on foot, on the ground or with their backs to the cage.

"I train in kickboxing, Muay Thai, boxing and jiu-jitsu," she says. "So when I stand, I use Muay Thai and boxing techniques. When someone takes me down, I will know what to do — like submission arm bar or triangle.

"If you want to do MMA, you need to know at least three different things. If you only know tae kwon do, you can do a spinning back kick. It looks very beautiful, but if someone takes you down, you will not know what to do next."





TRINH 'THE DAGGER' THIEN



Quang Ngai-born Trinh Thi Thien bears the distinction of single-handedly whipping the famed Minetti brothers, a feat that not even the most daring and hardened martial artist can claim. Fair enough, the accolade took place on camera as part of a short film — *My Cyclo*. But nonetheless, the Minetti brothers — founders of K1 Fitness in Saigon — still left the stage with their tails between their legs. Thien, on the other hand, was voted best actress in the 48-Hour Film Project in which the film was entered.

Now 30, Thien moved to Ho Chi Minh City when she was five. Under the watchful eye of an aunt, well-known martial artist Ho Hoa Hue, Thien began learning the traditional arts of tai chi and Vovinam. By the age of eight she was on the national team.

With 20 years in the national team under her belt — she quit two years ago — the Sports and Physical Gymnastics graduate is now focusing on training others. At her aunt's gym in Saigon's District 7 (129 Lam Van Ben, Q7), Thien runs a number of the classes and, when her aunt's abroad, takes care of the centre. For this firecracker of a martial arts specialist, who prefers fighting with sticks, swords and double daggers, martial arts is not about harming others, but self-protection.

"When you reach a high level," she explains, "you feel calm inside, undisturbed. You don't want to harm anyone, even if there is someone trying to attack you. You just want to protect yourself."

The Judge and The Jury

So, ladies and gentlemen, we are preparing to let the fights begin. Six contenders, with only three winners. Now's the time to place your bets — who's going to truly rumble our paper jungle?

As the betting opens, we ask you to jot down your thoughts, send us your opinions and scream out your judgements. We need you. And even more importantly, we want to hear from you.

Send us an SMS on 0938 258658 or check in at our Facebook page — [facebook.com/word.vietnam](https://www.facebook.com/word.vietnam) — before Apr. 20, and we will put your opinions centrestage, right into the ring.

Thank you for watching, ladies and gentlemen! It has been an experience.

The Rise and



The Backpackers' Area, Pham Ngu Lao is on the move. But is it for better or for worse?
Words and photos by **Nick Ross**



January on Bui Vien just before Tet. It's mid-evening and the plastic chairs on the sidewalk are filling up. I park my bike neatly at the entrance of an alleyway to take photos and am greeted with irritation. Not from the hordes of cheap beer drinkers, but from the owners of one of the watering holes.

I snap away and the revelers react. They photo bomb, they raise their beer to give me a cheers, the atmosphere electrifies. As the motorbikes edge their way through the packed streets, the *bia hoi* drinkers are in their element — ecstatic. They're a mix, too.

Foreigners of all ilks and a growing quorum of young Vietnamese, who go as one twenty-something put it, "for the atmosphere, the cheap beer and the chance to speak English."

But my bike has been moved. Not once, but twice, and now the irate gestures are coming — a woman is motioning at me to get out of there. I'm not spending money so I have to leave.

Fast forward to now and the sidewalks have been cleared of the plastic chairs. It's not just the one-metre sidewalk rule, where bikes and businesses can stretch out onto the sidewalk as long as there's a metre free for

Fall of The Pham



pedestrians. It's everything.

This isn't the pedestrianisation being experimented with in Hanoi's Old Quarter, it's the nuclear option. The once growing numbers of street food stalls, the kebab joints and the new-school likes of **JJ's Fish and Chips** on De Tham (now operating a delivery service, 5pm to 10pm nightly — call 01262 909077) and **Burrito Revolution** on Bui Vien (now on vietnammm.com), have moved on. Legends like all-night noodle maker Lam, who used to shake his wok on the Bui Vien side of Crazy Buffalo, have left without a trace. The place is a ghost town.

Speak to business owners operating elsewhere in Pham Ngu Lao, and for many there is a widespread sense of relief. The sidewalks were originally cleared in

November 2013. The idea was to create walking space, a place to breathe, and to let the traffic flow freely on Bui Vien. But within a couple of weeks they were packed again and the chairs quickly reappeared.

The problem was not so much the overflowing thoroughfares — although they are frustrating for anyone trying to drive or walk from one end of Bui Vien to the other. Instead it was the competition. As owner after owner attests, the *bia hoi* on the street was being sold so cheaply that it affected the rest of the bars and restaurants in the area. How can you compete?

Battling for Survival

"Most of the restaurants in this area don't have enough customers because a lot of

people were going to Bui Vien and sitting on the street," says Tran Thi Thanh, otherwise known as Chi from Chi's Café. "There they could drink beer for VND12,000."

Although she's frustrated by what was the equivalent of dumping — predatory pricing, below the costs others in the market can bear — Chi has created her own mini empire. Without it, like other restaurant and bar owners in the area, she would struggle.

First on the Pham Ngu Lao scene in 1999 when she found a job working for her cousin, who at the time ran Café Van, Chi didn't speak a word of English and much to the frustration of her cousin's English husband, was constantly making mistakes. 15 years later, Chi owns two restaurants, a hotel with 12 rooms and 300 motorbikes, all for rental.



Clockwise from top left: A former street vendor on Bui Vien; the upstairs jungle-like space at Wrap & Roll in De Tham; JJs fish and chips on De Tham; Chi at her new restaurant, Sisters Cafe; the Burrito Revolution, formerly on Bui Vien

“13 or 14 years ago, maybe around this area there were 10 different restaurants, not many,” she recalls. “Café Van, Saigon Café, Margarita and Sinh Café. Now it’s grown so much. The quality of the food has improved a little bit, not much. But the design is getting better, nicer.”

Part of the change to the area has been the arrival of the food chains — the likes of Subway, Wrap & Roll and Burger King are in the area, and McDonald’s is about to follow.

Says Mark McGrath, the development agent for Subway, the arrival of the food chains has been part of a general expansion. Around the millennium, The Pham stretched down De Tham only as far as the crossroads with Bui Vien. Now it encompasses a much larger space.

“Geographically the area’s getting bigger,” he explains, “which bodes well for tourism. Expats often say they don’t want to go down [to The Pham], but they still head down there once in a while. There are more foreign-style bars, more food options, more hotel rooms. In every scale, everything has grown.”

However, so has the rent. For many business owners in the area, this is the biggest problem they face in their quest for survival.

“It’s become more expensive,” says Chi. “I used to rent Café Van for VND6 million a month. Now that place is [over VND60 million] per month. But the menu prices are all still similar. We still make profit but the



rent is the boss. I think because lots of travel agents, whatever the rent is, they just pay it. So that's why every year [the landlords] just put the price up."

Adds Mark. "[The area] is still one of the most affordable places in the city. For a beer, food and a hotel room, it's as affordable as it was eight or 10 years ago. This definitely gives it its appeal."

However, there's a difference between affordability and, as with the *bia hoi* joints, being *too* affordable.

A New Era?

It's now the end of March and once again I drive down Bui Vien. First during the day and later, at night. The contrast is stark. The ambience, the electricity and all the revelers. The people aren't all gone — those who venture down to The Pham are still there, they've just moved indoors.

It's good for the businesses that don't rely on trade coming from customers sitting on street. And it's good for the ones who are paying the high rent and struggling to survive — even those who are doing a roaring trade. And it certainly gives the area some welcome breathing space.

But as one Bui Vien regular laments, it's like the place has gone back a decade. Although he understands the rhyme and very solid reason behind the change, it seems that an era of streetside hedonism may be over. Whether it will stay this way remains to be seen. 



"Most of the restaurants in this area don't have enough customers because a lot of people were going to Bui Vien and sitting on the street"

Danang



Just a decade ago, Danang was a construction site. Only recently transformed into a unitary city authority, the metropolis decided the reshape itself. And reshaping meant having a road system and infrastructure that worked. But it also meant travellers avoiding the dust and rubble of Central Vietnam's largest city, and instead heading to nearby Hoi An. While Hoi An looked to build up a tourism industry

based upon its impressive, cosmopolitan past, Danang looked to the future.

Ten years on and the city's urban planning is paying dividends. A beach highway runs the 30km from Son Tra Peninsula to Hoi An, opening up the area to the construction of four and five-star resorts. Inside the city, highways either side of the Han River make the traffic flow with incredible ease, even during rush hour. Boasting an infrastructure

that is the envy of many other Vietnamese cities, with development has come change. Danang is starting to boom.

While the construction and reshaping continues, compared to its former self the city of 2014 is almost unrecognisable. With Danang projected to hit the million-mark in population this year, we decided that this was as good a time as any to see what Vietnam's third city has to offer the world.



To Infinity and Beyond



Forward-thinking, dynamic and yet without the rush of Hanoi or Ho Chi Minh City, Danang is a city on the make. Words by **Matthew Edwards** and **Nick Ross**.

Photos by **Nick Ross**

As the morning sun rises over the East Sea, before it reaches the early-day sunbathers, a group of women lay claim to the northern end of My Khe beach.

Along the golden sands of what was once known as China Beach, the women are already busy at work. Their role is to organise the array of fish and seafood that was caught by the fishermen overnight.

Within an hour the fish have been separated out and the shrimp de-shelled and placed into large plastic bowls — discarded remnants are the only sign that the women

had been there. Close by, potential buyers are already inspecting the catch, selecting the best of it before the remainder goes to the market.

Despite Danang's breakneck transformation into a modern city, in the fishing village at the foot of the Son Tra Peninsula time moves at different pace, the pace of modern life merging with the more leisurely tempo of the past.

Reach for the Skies

The transformation started in 1997 when Danang was separated from Quang

Nam and given independent, municipal province status. With this new status came investment. Danang has invested well.

In less than 20 years the metropolis has grown in all directions, including up. Stand at the top of the Novotel, now the city's second-tallest building, and you'll see the start of an impressive skyline. Where once few buildings were higher than three or four storeys, now there are many.

Next door to the Novotel, at the foot of the Dien Hai Citadel, the city's former heart, there is a near-replica of Ho Chi Minh City's Bitexco Tower. Built to imitate the shape of a



“The transformation started in 1997 when Danang was separated from Quang Nam and given independent, municipal province status. With this new status came investment. Danang has invested well”

lotus, the structure will soon be home to the Da Nang City Administrative Centre. Yet, while the architectural originality is suspect — you could even compare this building to the Norman Foster-built Gherkin in London — this structure says much about the insight that is driving this city. Unlike elsewhere in Vietnam, all the administrative offices will be located under one roof, cutting red tape and making it easier for Danang locals to sort out paperwork and do business.

Yet Danang is not just growing New York or Dubai-style towards the sky. Just a decade ago there were only two bridges

crossing the Han River, linking downtown Danang with the beach area often called ‘The Eastside’. Now there are 10, including the fire-breathing Dragon Bridge, a symbol of the city’s unrelenting development and ambition.

Even more difficult to imagine is ‘The Eastside’. Sprawling with new constructions, immense highways connecting all parts of the city, resorts, restaurants and suburbs, it was once a sandy wasteland, an extension of the beach running the 30km from Son Tra Mountain to Hoi An. Now it is almost a city in its own right.

Having moved to Danang in 1980 from Ho Chi Minh City, Le Duc Loi has seen the changes first hand.

“There were only about 300,000 people living in the city when I arrived here, and since then the city has grown and spread,” says the tailor. Indeed, projections have the city hitting the million-person mark this year.

Reengaging Gravity

Yet it is not just infrastructure and urban planning that have driven the rise of this economic powerhouse, but the tourism



industry. With 20km of beach to play with as well as a mountainous peninsula and the former French hill station in Ba Na, the potential to attract both local and overseas tourists has always been there. Now it is being realised.

Pullman, InterContinental, Hyatt Regency, Novotel, Grand Mercure and Vinpearl are some of the well-known brands already here. The city is also likely to see the arrival of Ritz Carlton, Marriott, Melia, Hilton Hotel and Hilton Resort. No longer is Danang being viewed as a place to travel through to get to Hoi An or Hue, but as a tourist destination in its own right. The gravity has started to change.

This has been helped by the recent renovation of the city's airport. Before the work was completed, only a handful of

international flights landed in the city each week. Now dozens of flights arrive daily from Singapore, Hong Kong and Japan — the number is expected to double over the next two years. It's this prospect that has spurred the centrifugal growth of the hotel industry.

Star Command

Yet the city has not just experienced exponential hotel growth, but a new market for luxury villas. At its peak in 2010, such residences sold for around US\$800,000 (VND16.8 billion), with beachfront villas fetching up to US\$3 million (VND63 billion) in projects such as Ocean Villas at Da Nang Beach Resort. While prices have since fallen, it is expected that Danang will benefit from plans to approve foreign ownership of

homes and condos — the legislation should go through early next year.

However, VinaCapital's Matthew Koziara cites another reason for foreign interest in the city — particularly on the part of Chinese tourists. "The main catalyst," he says, "is the development and operation of the Crowne Plaza Casino, plus the completion of probably the second best international airport in Vietnam."

He adds, "There are now three recognised international standard golf courses in the locality which are also starting to attract critical mass away from the typical Thailand and Phuket destinations."

Hold it Right There!

The Prime Minister recently approved Danang's ambitious master plan for urban



Danangians!

“Dananger,” Pullman Danang director Tim Nott says when pushed on a proper local identifier. “Dananger,” he repeats, putting on a bit of twang so that it sounds like a sports team from the Midwestern US.

There are issues here. Hanoian seems to work for everyone living in the capital, whether they have ancestral connections or just a few years residence, but in Ho Chi Minh City the issue is more fraught. Saigonese specifically refers to ethnicity, so the rest of the city’s residents have to struggle along, calling themselves *Ho Chi Minions*, *Saigoneers* and *Saigonistas*.

“Danangian?” Tim tries. “Danangese? I don’t know, there’s probably some rule in English about how you’re supposed to say that right?”

We don’t know either.

“It could be the Danangish, like the Scottish...”

Danangian? we ponder. “That’s what I kind of went to, but I’m not sure if that’s correct.”

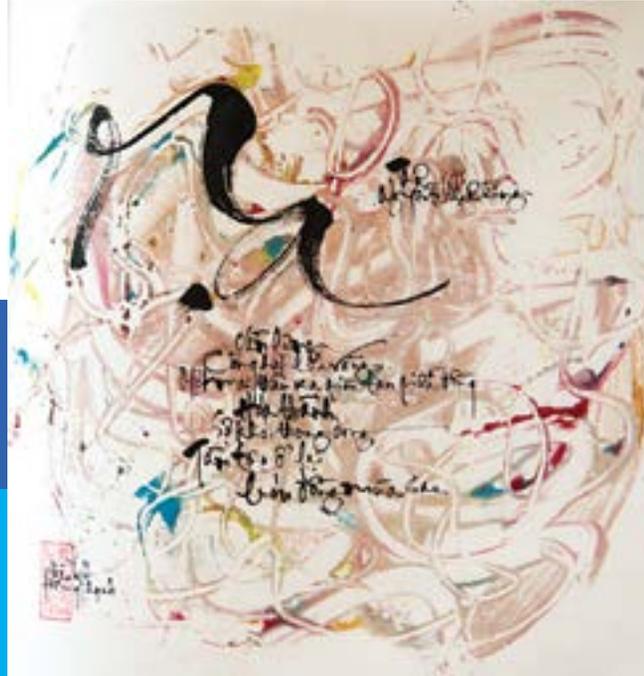
It’s only later that we come upon what we’re putting forth as the official *Word* local identifier for Danang: *Danangster*. It’s cute and fresh-sounding, yet it also covers the edgy side of the city by rhyming with ‘gangster’. You’re welcome, Danangsters. — *Ed Weinberg*

development. The city — already the most urbanised in Vietnam — has set its sights on becoming the nation’s most modern city by 2030, focusing on tourism, international-standard finance and technology.

Yet, close to Thuan Phuoc Bridge at the mouth of the Han River, little has changed. Fishing boats are moored to the east bank in the shadow of this monolithic structure. And while in the distance, apartment blocks have been constructed, and small, one-storey concrete dwellings have been built, life here remains sleepy, and roads nearby are unpaved.

While Danang might not have obvious richness of history akin to Ho Chi Minh City or Hanoi, it’s still managing to keep its identity intact as it goes forth to a bright future.





Incantations

The work of calligrapher **Ho Cong Khanh** is some of the most celebrated in the country, forgoing the clichéd lucky words in favour of preserving Vietnam’s heritage and letting it spark a new beauty. Words by **Ed Weinberg**. Photos and translation by **Nick Ross**

It’s after lunch when 59-year-old Ho Cong Khanh lays out a rough-hewn scroll of parchment on his living room floor, made taut by metal rulers and a carved wooden bird’s head, which holds brushes and casts a thin shadow. A pool of black ink colours the brush he holds, as he uses it to paint words of blessing — ‘a fulfilled life’. Control and speed are hallmarks of his technique, adjusting contact to channel his hand through each of the brush’s 1,000 bristles. The brush lifts as it follows a letter, eventually landing with finality and intention.

In a moment the work is done, and he dips a finer brush into the pool to sign his name. ‘*Thao but* Ho Cong Khanh,’ he writes — modestly, ‘The writer Ho Cong Khanh,’ just a sketch.

His wife Tuyet watches on, a deep appreciation in her eyes.

Afterwards, Khanh puts his brushes into a carved case made of *thuy tung* wood, with a lion and turtle carved at opposite poles. The

tree it was culled from is grown in water, only 160 remaining of its kind. The wood is used to cure illness, and remove all evil from one’s house. Its smell is clean and surprising.

A Fine Balance

The atmosphere of Danang — its pace of life, its natural features — is one of the greatest inspirations on Khanh’s work. In translation, he says, “It’s something which you can’t really express in language. What happens is you see the sea, you see the mountains... somehow it soaks into your body, into your soul.

“[I’ll] see a mountain, the shape of the mountain, and when [I] write a character it will somehow have the dynamics — the lines, the shapes...” Nick, translating Khanh’s words, struggles with this one for a bit, finally settling on “the beautiful aspects”. There’s not really a word for it in English.

He writes in *chu nom* — the Chinese-alphabet forebear of modern Latin-script Vietnamese — and *cach dieu*, the stylised



“Control and speed are hallmarks of his technique, adjusting contact to channel his hand through each of the brush’s 1,000 bristles”

The Citadel

Yes, it’s correct, the old walled city of yesteryear is not just the pride of Hanoi or Hue, even Danang has got one.

It’s not too large, mind you, and there’s a museum in its centre. But Dien Hai Citadel is pretty much intact — at least, the walls are — and it’s got some history, too.

Dating back to 1813 when King Gia Long constructed a network of fortresses to protect the naval port of Tien Sa, Dien Hai was then rebuilt by Gia Long’s son, Minh Mang, before being upgraded to a citadel in 1835.

But the destruction and reconstruction process was not to stop there. This time it was King Thieu Tri who got his hands on the place, rebuilding it yet again in 1847. With five-metre-high walls and surrounded by a three-metre-wide moat, this is the Vauban-style structure that stands to this day.

Dien Hai has since housed a military hospital, a catholic church and now a museum. It also lies just behind the two tallest buildings in Danang, which is probably why no-one knows it’s there. — *Nick Ross*



arrangement of Vietnamese words into the shape of a Chinese character, invested with a corresponding meaning.

Khanh learned his art through years of research into other Han languages, on nights off from construction work. In the past 20 years he’s written 14 books — on calligraphic technique, the art’s history and original work inspired by that of the famous poets.

He feels that his work is equal parts archival and invigorating — on one hand, looking towards the old masters for inspiration, on the other, creating new trends in calligraphy for young people to catch onto. “[I] use the same characters, but different ways of expressing the characters, much more modern ways.

“For example, the word for ‘soul’ — *tam hon* — “in the past there used to be only three different ways of writing that word. Now what [I’ve] done... now there are a hundred different ways of expressing that word in calligraphy.”

The Shape of the Horizon

Though Khanh’s made his mark on the calligraphy world already — acknowledged as a leader of the art form at a 2009 Rex Hotel show in Ho Chi Minh City, and sought after as a teacher on annual visits to Vietnamese cultural centres in San Jose, California — he’s

not looking to follow the steady curve of the accomplished. He shows us two scrapbooks, with unpublished artworks pasted inside. On first impression they are unlike any of his other work, yet follow the vocabulary of shape and silhouette he’s developed over the years.

Tapestries of watercolour ground the poetry imprinted upon them, continuing the curves and half-forms of the letters. On the flip of a page, they seem to merge momentarily. Words emerge with focus, and the meaning changes.

While we’re absorbed in these revelations, Khanh flips off the Hank Williams-era American country music that had been playing in the background, holding his guitar. He sits on the couch next to Tuyet, who’s smiling placidly, the way he smiles as well. Khanh says, “She’s the music, I’m the art. Now I’m going to sing a song for you.”

Effortlessly, Khanh and Tuyet start to sing over the simple, three-chord rhythm, their voices echoing off the high walls, through placid collections from times past. “I love you like I did the first day,” they sing, “I love you like I did the day after.”

The Editors

From educators to newspaper editors, six years in Danang have seen **Carole Kendal** and **Ian Lister** reinvent themselves. Words and photo by **Nick Ross**



From the idyllic setting of their villa backing onto a fairway at Danang Golf Club, Carole Kendal and Ian Lister tell the story of how they ended up in Danang. UK born and bred, the couple are responsible for the majority of the editing for *Danang Today*, the online, English-language version of the city's best-known newspaper.

It is a large jump from their original careers in adult education — Ian taught geography while Carole was a chief examiner. However, when the couple were offered early redundancy, they decided to take up the opportunity.

"We came to Vietnam to start a new life," says Carole. "When my daughter did her first degree, she took a year off and went round the world. She said Vietnam was her favourite country and Hoi An her favourite town. So we came here for a three-week holiday, got off the plane in Danang and fell in love with everything — the weather, the people, everything."

Within four weeks of returning to England, the couple moved to Vietnam.

From Apollo to Danang Today

Life in Danang started with work at the well-known English-language centre, Apollo. Ian was the centre manager while Carole was employed as the senior teacher.

Yet everything changed when Carole was offered a job at Danang Golf Club, teaching English to 120 newly-hired caddies.

"I got a call from the manager, saying would I have breakfast with him," she recalls. "So I met him and he said, 'Would you come and teach at the golf club?' I said, 'Thank you very much, but I am quite happy at Apollo. I've already been there for three years.'"

Eventually the golf club twisted her arm, doubling her salary and giving her a package that would allow her to finish every day at 3pm and work only four days a week. It was too good to turn down.

"What I loved about the job was that the caddies they took had to be from the fields," she says. "The girls had never been to school, the majority of them couldn't even say 'hello' in English. But we had the most wonderful time. I didn't want to just teach them English, I wanted to give them some personality, to make them smile, be happy and be confident. What was lovely was watching them grow."

Working as a Team

Working for *Danang Today*, however, came from another source.

"We were doing the editing for the Foreign Affairs department," says Ian. "They had a website, and any speeches that the hierarchy were doing in English, we had

to check. We also edited their articles for monthly magazines and various brochures. We did that for about two years."

This then led to employment on *Danang Today* — Ian and Carole are the only native English speakers working there. While most of the work is editing articles that have been translated from Vietnamese to English, Carole and Ian also do their own writing.

"When a story comes in, I will tackle it first," says Ian. "I read it through to make sure it is sensible to the reader. I make the story more readable and make sure it's all accurate. Then Carole checks my work for details, spelling errors and everything else."

Adds Carole: "Ian is brilliant because he reads everything there is to do with Vietnam. Me, I have always been into quality — you know, proofreading, wanting things to be perfect."

Luck be a Lady

As we leave the house we spot a basket full of multi-coloured golf balls. All have ended up in Ian and Carole's garden or even in their pool. Despite their proximity to the golf course, neither of them play golf.

"Would you like one?" Carole asks my colleague. "I gave one to my landlady, who's from Hanoi. I told her it was a lucky golf ball. She shot a hole in one with it during a competition and won a Mercedes."

The Restaurateurs

The longest-running foreign restaurant in town, as Danang has changed, so has **Le Bambino**. Words and photo by **Nick Ross**

When I met Jean-Paul and Vinh Erneq seven years ago, I was struck by their hospitality. They weren't just looking after a customer, someone staying in a guest room upstairs and eating in their restaurant almost every night. The owners of Le Bambino, the first foreign restaurant in Danang, were genuine. Amiable and always smiling, they always did their best to help.

Seven years on they are no different. At the bar, Jean-Paul invites me to my tippie, whiskey. Vinh takes me out for street food just like she did in the past — this time for *my quang*. And the conversation is flamboyant, fun and full of laughter. It's not just me sitting at the bar with Jean-Paul, as we struggle with a mix of French and English, there are other guests, too. The conversation flows.

Gradually tables of Chinese, Europeans and Vietnamese filter in, sitting outside in the newly extended dining area which now has an outdoor swimming pool. The atmosphere is communal, the waiting staff genial, and the ambience warm.

The Full Package

What started over a decade ago, originally as a piano bar, has finally started to pay dividends. As Jean-Paul tells me, revenue is on the up. Whereas in the past, Danang locals were afraid of dining at Le Bambino, uncomfortable with the French cuisine, now they make up a large minority of the clientele.

"At the start there weren't many tourists or expats here and life had only just started modernising," he recalls. "So for the first few years it was very difficult. However, we were confident. We were sure that the people would come because the

city was developing, and when development happens everything changes — the infrastructure, hotels, the people — everything. In 2003 there was only one top hotel — The Furama — but if you look now, it's exploded."

Meeting in 1999 when Jean-Paul came to Vietnam with the Pas-de-Calais region in northern France to work on a project helping the impoverished, the former retail development manager "returned to Vietnam for Vinh. It was that simple." At the time, Vinh was working as a tour guide based in Danang, her home town. Jean-Paul then spent a stint in Quy Nhon to manage a government-run hotel.

"I realised that a French restaurant was vital for French tourists coming to Danang," says Vinh, "and also for the French living in the city."

However, the concept of doing Le Bambino was Jean-Paul's.

"[He] had the idea for doing the restaurant first, but also I had some experience of the industry because when I was leading tours, I had to bring my customers to restaurants," says Vinh. "So, I understood something about their eating culture, how they ate, what they liked and what the service should be like.

"We both really enjoy working in the restaurant industry because it gives us the opportunity to meet people. So, when we had just opened, customers came not only for the food, not just because of what they had on their plate, but also because of our hospitality. They came here because it was enjoyable. We put all of ourselves into each dish."

Jean-Paul agrees. "A restaurant is not only about the food. There comes a time when it's the personality of the chef or the person in charge that becomes the priority for the customer. The



food comes second."

Says Vinh, "If we weren't here, [the customers] would ask the staff when we were coming back. Then they would return."

Their presence in the restaurant has been so important that in 10 years, they've only once taken a vacation together.

A Progressive Moment

As Danang has moved forward, so have the couple. When I meet them in March, they've just hired their first chef from overseas, a Frenchman who is taking over the kitchen.

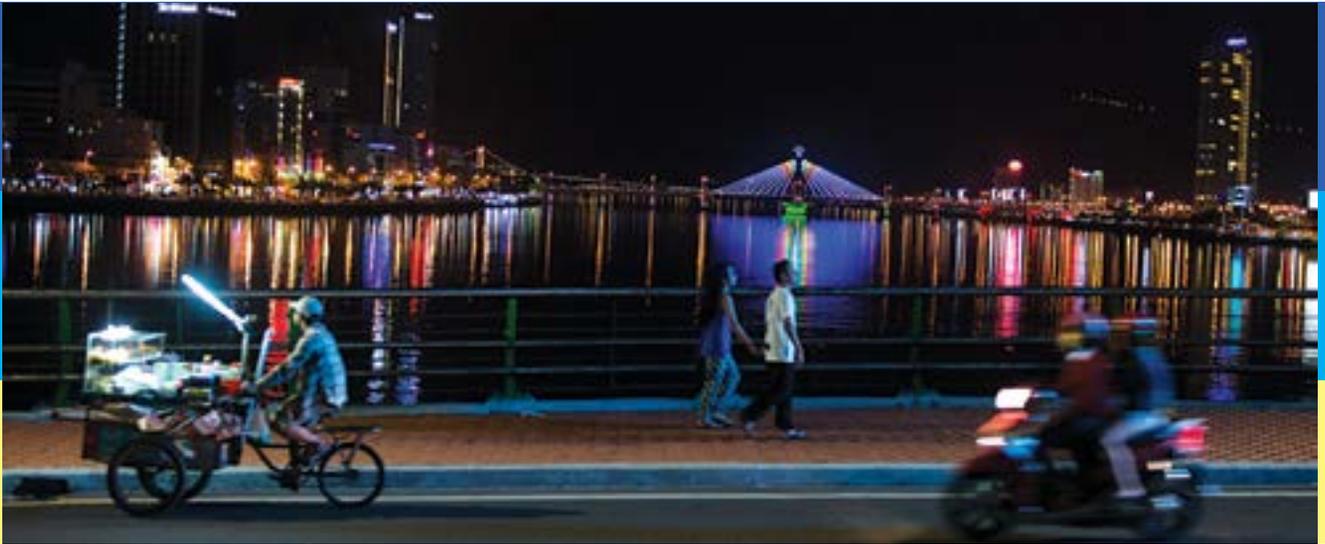
"We have never been able to leave the restaurant, at least, not together," says Jean-Paul. "So now we also need a manager, a foreigner, someone who is French and speaks different languages."

He adds: "We are already really happy with what's happened here — in Danang and at Le Bambino — but we can't expect the moon. It's not the time for that yet. But this is a progressive moment."

"When I think back to 1999 and I compare it to now, this city has changed the fastest of anywhere in Vietnam. All the city is new. And it's not finished yet, either."

Strip-tease

In one of the most marked planning pushes seen in modern Vietnam, Danang has zoned its southerly shore for high-end tourism and leisure. **Ed Weinberg** takes a stroll down the hotel strip, to see how the future is shaping up. Photos by **Nick Ross**



I'm asking Tim Nott, general manager of the Pullman Danang Beach Resort, how the planning of white-sand My Khe Beach has impacted Danang. Already designated by *Forbes* as one of the six most beautiful beaches in the world, rather than taking tourists away from nearby Hoi An, it's attracting holiday-makers who in the past would never have visited Vietnam.

"Compare it to Mui Ne, you've been there? How do the public get to the beach?" — *You get on a motorbike.*

"Well yes," he continues, "you get on a motorbike, because there's no public there anyway, but resorts pretty much block any access to the beach. Whereas here, yes you've got your [five-star] strip, and that's perfectly good for some people, but there's a huge stretch of public beach which is serviced with deck chairs and people selling drinks... volleyball nets and lifeguard towers. It's a public amenity that is designed to be used by the people."

According to Tim, the zoning is the result of good town planning. "The city part's for the people," he explains, with the city outskirts set aside for beachfront developments. While many have been completed, many more resorts are continuing to sprout out the sand. This benefits "everyone's lives here through employment opportunities, and the trade benefits that come with having an industry

such as this here. So it ties in quite nicely."

Down the strip, a number of high-calibre resorts and serviced residences lurk, such as Furama Resort, Hyatt Regency, Fusion Maia Resort, The Ocean Villas, Vinpearl Luxury Da Nang, Sandy Beach Resort, Pulchra Resorts. Further down the beachside highway you get places like The Nam Hai on the edge of Hoi An. On the way are world-class 18-hole courses like the Greg Norman-designed Danang Golf Club and the Colin Montgomerie-designed Montgomerie Links — which the 2012 *Forbes Travel Guide* rated one of Asia's 10 best courses.

Although Furama was first to the strip, way back in 1999, most of the resorts and serviced apartments have come since the beach area's transformation kicked off in earnest in 2006 — just two years after the city developed a strategy to encourage luxury development there.

Beyond the Beach

Just off the Pullman's pool area, a group of Korean tourists play volleyball on the sand court, comfortable in the mid-morning sun. This is a continuation of the beach culture found on the public beaches north of here, which every sunny day attract thousands of local tourists and Danang residents, enjoying the roar of waves and the breezy heat.

Most still go to the west side of the river

for their nights out, where the likes of Golden Pine, Bamboo 2 and the Luna Pub manage an appearance on the itineraries of most. To the east side, the Red Sky-connected enterprise of Soho has struck out on cheaper property, managing to pull a regular crowd with its mighty disco ball (the largest in Vietnam?) and Vietnam-class Thai food served in spacious digs. And close to the beach itself, Billabong Bar pulls in a sports crowd, sat around on wooden stools over a beer and a game of rugby.

The prime riverfront space of Bach Dang is home to a number of hotels, including the upmarket Novotel Danang Premier Han River. Straddling the Han River further down on Green Island is business traveller favourite Grand Mercure. To the north on Son Tra Peninsula lies the InterContinental Sun Peninsula, touting seclusion amid luxury accommodations and one of the best restaurants in Vietnam.

What decides a city's tourism? Is it the nightlife or natural elements, a night's culture or the daytime's relaxation? In this push-pull of development, each package tour booked is gradually deciding Danang's future.

Destination Building

"Talking about the beach seems to be a very normal perspective of many people when talking about Danang," says Patrick Bhulsuk, Novotel's director of sales and



“Danang is going to grow not only as a famous beach destination, but also as a very modern city”

Street Eats: My Quang

“You only get good *my quang* in Danang if it’s made by people from Quang Nam,” said a friend. She was right. Almost.

We tried three *my quang* joints including the famous hole-in-the-wall eatery at **1A Hai Phong**, and the offering went from okay (**My Quang Que**) to terrible. Really terrible.

Fortunately it really was a third time lucky affair — only when we rocked up to **My Quang Dung** (174 Hoang Dieu, open from 4pm) did we strike gastronomic gold.

Set out on the street and served up on chrome-top tables, the taste of this light rice noodle dish is all down to the sauce — it was light and rich but not too buttery. And there were no unnecessary embellishments, too, such as chicken or beef. Here it was back to basics with the turmeric-coloured noodles coming with pork, shrimp, *cha* (pork cake), crushed peanuts, fresh herbs, quail egg and the requisite crispy rice cake, *banh trang*. Balanced on the palate, filling on the stomach, a harmony of textures and tastes.

And the irony? Dung comes from Dai Loc in Quang Nam, but she’s originally from the north. Well, you can’t have everything, can you? — **Nick Ross**



marketing. “But I would say that Danang is a place where we have everything well prepared. We have a very nice beach, which they also have in many other cities. But what they don’t have that we have here is a city not too far away from the beach... growing very fast, with all the infrastructure.

“For the last two or three years, we have had so many things happening here, from the number of international restaurants to the number of fitness centres, to the number of theatres, movies and supermarkets. All these are basic facilities which we didn’t have so much in the past, but we made it happen in a very short period of time.”

This balance is crucial to destination-building, which everyone in the tourism sector here harps on about, citing the three UNESCO World Heritage Sites within driving distance, the golf courses and otherworldly amusements of Ba Na Hills. It all ties in.

Patrick feels that it’s all going to plan. “Danang is going to grow not only as a famous beach destination,” he says, “but also as a very modern city.”

The Sun Also Rises

Sun Group is the development powerhouse behind Novotel, InterContinental, Ba Na Hills and the forthcoming Epcot Center-esque Asian Park, a VND4 trillion project that is set to cover 880,000sqm, with about 117,000sqm of that underwater. When decorated Michelin Star chef Michel Roux

became available, Sun Group pushed for his involvement in the InterCon’s flagship restaurant, La Maison 1888. They’re trying to build something here.

Cutting their teeth in the Vietnamese enclaves of Ukraine, Sun Group has come to Danang with a collaborative idea in mind — teaming their properties up for trade shows and collaborating across property lines with other Accor hotels, sharing information and MICE (meetings, incentives, conferences and events) accommodation.

Patrick gives an example. “So far the Pullman is providing the biggest event hall, but the number of rooms they have is less than us and the Grand Mercure. So the majority of accommodations will be here and at Grand Mercure, and the event will be at the Pullman. But at the end of the day we are under the same roof.”

All this adds up to a growing market — one growing not just in one direction, but evenly and intentionally throughout its expanse — learning how to maximise its resources towards a common goal. A *Wall Street Journal* article from January quotes Christopher Piro, a real estate agent with Vietnam Sotheby’s International Realty, saying, “The opportunities here are what people had in Phuket 15 or 20 years ago.”

Or as Tim puts it, “I’m telling my guys if you’ve got some land near the beach, sit on it.”

The Beach Culture



Even as Danang grows away from its origin waters, twice a day it will revert to the beach town it started life as. Words by **Seamus Butler**. Photos by **Nick Ross** and **Ed Weinberg**

Dig your toes into the sand of Danang's My Khe Beach and you'll notice something unique for Southeast Asian public beaches: little to no trash. Formerly called China Beach by the American GIs, My Khe Beach is, on the surface, what you would expect out of a stretch of sand in the tropics. But there is another side to Danang beach culture.

Every morning people flock out here at around 5am. Across the road, seafood restaurants switch on orphan light bulbs hung from ageing overhead wires. Men take turns stepping in and out of wooden shower huts that line the restaurant walls, washing morning swim salt off as they prepare for work.

On the shore, people of all ages stroll through the surging morning waves. Runners, smokers, surfers and swimmers all meet and enjoy the natural energy provided by living next to the sea.

Then as the sun becomes strong in the sky, the beach revelers depart to their jobs and schools, or maybe grab a noodle breakfast under a beach umbrella. Now, when locals

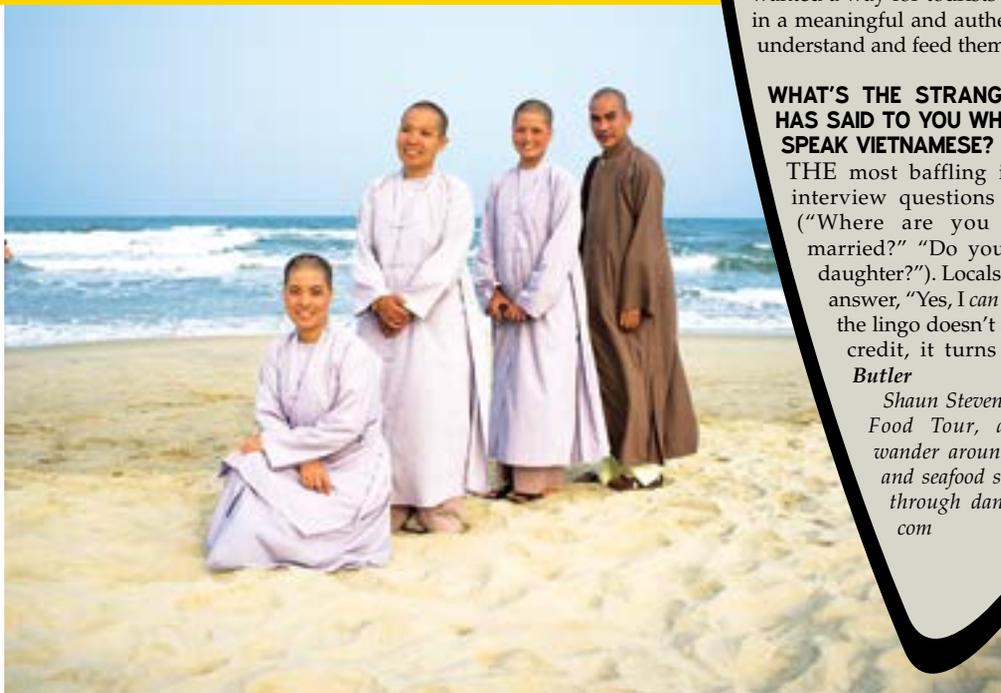
depart, is when the beach takes on a somber mood. The rolling ocean waves combine with the background of Son Tra Mountain to become a meditative oasis for those few present.

A Daily Rhythm

Passing thoughts turn to passing hours and suddenly the workday is over.

Like clockwork, the citizens of Danang return to the beach at twilight. The seafood restaurants fill up again, and the clinking of glasses and smells of the day's catch being cooked waft up and down the long beach. Women covered from head to toe carry large baskets on their heads full of snacks. Some locals participate in this ritual nightly before heading home, while others stay later still, amassing a considerable number of beer bottles under their tables.

From before the sun rises till well after it has set, the rhythms of the sea have echoes far beyond the shore. The next day, feeling its pull again, thousands will return for their morning ritual, taking the sea's cadences into another day.



The Food Tour

Originally from California, long-time Danangian Shaun Stevens breaks down local food options and why the city is Vietnam's hidden gem.

SOME PEOPLE SAY THAT DANANG ONLY HAS TWO THINGS TO DO: DRINK BEER AND DRINK COFFEE. SO WHERE ARE THE BEST BEER AND COFFEE SPOTS?

DEFINITELY Golden Pine [for beer]. It has really changed the bar scene from an 'expats-only' activity to something that locals are now into as well.

As for coffee, my favourite coffee place is 245 Nguyen Chi Thanh. Good coffee, unique music selection and friendly owner.

IT'S LUNCHTIME AND YOU NEED TO GRAB A QUICK BITE. WHERE DO YOU GO?

BUN mam alley off Tran Ke Xuong. It's fast, cheap and, unlike a lot of things in Danang, pretty much always open.

DANANG IS ALL ABOUT SEAFOOD. WHAT IS THE MUST TRY?

SO much. Steamed baby clams are the specialty in Danang. I'm also a sucker for fish sauce fried squid, grilled ray and pretty much anything with a shell.

WHY DID YOU START A FOOD TOUR?

DESPITE its size, there are not many activities to do in Danang. People get burned out on the standard made-for-tourists 'cultural experiences' (weaving village, anyone?). I speak advanced Vietnamese, so I wanted a way for tourists to engage with the culture in a meaningful and authentic way. I can help them understand and feed them at the same time.

WHAT'S THE STRANGEST THING SOMEONE HAS SAID TO YOU WHEN THEY REALISE YOU SPEAK VIETNAMESE?

THE most baffling is after the standard interview questions are out of the way ("Where are you from?" "Are you married?" "Do you want to meet my daughter?"). Locals are shocked when I answer, "Yes, I *can* eat rice." Knowing the lingo doesn't get you any street credit, it turns out. — *Seamus Butler*

Shaun Stevens runs Da Nang Food Tour, a small-group wander around city markets and seafood stalls, bookable through danangfoodtour.com



The Mountains

One of Danang's defining features, the mountains surrounding the city rise to 1,500m within eyeshot and contain enchantments that have become part of the city's identity. Words and photos by **Ed Weinberg**, additional photos by **Nick Ross**

It's just one of those things about mountain cities — they have a sense of humility. Whether we talk about a thriving metropolis like Mexico City or a small outpost in Tibet, the immensity of their surroundings gives the human ambitions within a sense of context.

In Danang, the mountains have a way of bookending the city's impressive development. Tens of thousands flock to the bi-annual international fireworks competition — set to alternate with a Hong Kong-esque laser light show starting this year — but look up at the right time to see lightning flare over the rugged backdrop.

Calm seems to emanate from them, and the boom of the late-night strip echoes hollowly off them. To the casual visitor, they're a sign of the city's less fraught relationship with its natural surroundings than any other Vietnamese city they'll see. To locals, they're grounding devices, easily summited metaphors of perspective and meditation.

Nui Son Tra

Just off the northeast corner of the city lies Nui Son Tra, also known as Monkey Mountain, a peninsula 10 minutes drive from downtown. For travellers, this is the home of the **InterContinental Danang Sun Peninsula Resort**, one of Danang's classiest and most secluded five-star options, well-integrated into the dense rainforest and private beach surroundings.

But one doesn't need to venture out of the urban city limits for the mountain to have its calming effect — presiding over Danang Bay's horizon is the 70m-tall Goddess of Mercy, a white figure which has



made the associated **Linh Ung Pagoda** one of Vietnam's most significant pilgrimage destinations.

Marble Mountains

On the opposite end of city lie the Marble Mountains, a cluster of five marble and limestone hills named after the five elements of the natural world, likened to the shape of a dragon at rest. Only one of the mountains, Thuy Son, is open to visitors — but it contains a wealth of Buddhist and Hindu grottoes, and a pagoda dating to 1825. Hawkers wait at the bottom, ready to shatter your peace with offers of carved stone totems.

Ba Na Hills

If you're not into natural wonders, Ba Na Hills might just be the day trip for you. Formerly a French hill station, Ba Na now boasts modern-construction concrete castles filled with buffets, animatronic dinosaurs and an artificial rock-climbing wall.

But the real attraction is the journey, made easier by a 5km cable car that holds four Guinness World Records, including 'longest single-wire cable car system' (5,771.61m) and 'highest difference between the departure and arrival terminals' (1,368.93m). As your car ascends, it cuts through a thick layer of cloud in which opposing cars are hardly visible. The effect lasts for five minutes of the 15-minute ride. As your ears pop, and signs direct you to balance your combined passenger weight and not make any sudden movements, you're reminded of your insignificant role in your surroundings, just a matchbox floating on an immense and unpredictable sea.

Street Eats: Bun Cha Ca

Vietnamese street food comes with meat, right? Well, not always.

Enter *bun cha ca*, rice noodles with fish cake. Everything in this soup avoids the ubiquitous pork and beef-based noodle soup dishes that seem to be the rage in Vietnam. Instead, it's all about fish. And in this case, the fish cake.

Served up with pineapple, tomato, two types of fish cake, cabbage and bamboo shoots, the *bun cha ca* at **109 Nguyen Chi Thanh** is so good you'll be coming back for more. And more. And even more. This writer first ate there seven years ago, and the soup tastes even better now than it did when it first touched his palate.

Spicy yet with a fish bone-flavoured broth, the final concoction roars with flavour. With beansprouts, lettuce and fresh herbs on the side, at only VND25,000 a bowl this is one of Danang's secret specialities. Number 109 has been dishing up the stuff for 40 years. Eat there and you'll understand why. — *Nick Ross*

"In Danang, the mountains have a way of bookending the city's impressive development... Calm seems to emanate from them, and the boom of the late-night strip echoes hollowly off them"



The Best Restaurant in Vietnam?



La Maison 1888 in Danang is theoretically the top restaurant in Vietnam. After all, the Michelin star-winning restaurateur, **Michel Roux**, is at its helm. But how does it really fare? Words and photos by **Nick Ross**

Any restaurant that sets its stall higher than others is risking criticism. And such is the case with La Maison 1888, located in the InterContinental on Son Tra Peninsula. Before I visited I surveyed the impressions of locals living in Danang. Vietnamese from the city were more interested in the resort itself — location, design and vision make this place truly unique. The foreign community had a little more to say.

“The portions are too small,” cited one Danang long-timer. “It wasn’t as good as I thought it would be,” said another, who suggested they’d expected more bang for their not-so-flexible buck. Someone else also mentioned the prices. For Danang, far too high, they seemed to agree, suggesting that

La Maison was perhaps serving up more gastronomic delicacies than it could chew.

There were some positive comments, in particular from one restaurateur who thought La Maison’s presence was good for Danang. But most other people seemed to intertwine positivity with mild recriminations and the odd bit of disapproval. Were they jealous?

From my halcyon days, where I spent over two years working in a white tablecloth, shirt-and-tie French restaurant with pretensions, I am clear about one thing. Quality comes at a price. And as I prepared for what I truly hoped would be a phenomenal meal, I wondered what to expect.

The last time I had eaten at the equivalent

of La Maison was when I lived and worked in the UK. I had luxuriated in meals that delighted the palate and others that had missed the gastronomic mark. I had savoured the exceptional — Rick Stein’s Seafood Restaurant in Padstow comes to mind — and the overrated, a Michelin-starred Italian restaurant in London’s Clerkenwell whose name escapes me. Where would La Maison sit in the food chain?

Not So Anonymous

The problem was that both the resort and the restaurant knew I was there. I would be looked after. Even though head chef, Stephane Collier, told me otherwise — “For me, all our customers are treated the same. They are VIP. They pay money for that.” — I



have spent long enough both working in and writing about restaurants to know that special attention would be paid to my meal. Yet it didn't mean my experience wouldn't be genuine. It just meant that I couldn't write an impartial review.

I didn't need to. Dining in a top-end restaurant is as much about the experience as it is about the cuisine. And when I stumbled up the hill to my room at the end of the night, I knew I had been entertained. It's not just my palate we're talking about: from the Michel Roux-branded champagne and choice of red wine — it's all self-imported — through to the ambience, the phenomenal detail of the décor, the amuse bouche, the unobtrusive yet ever-present service and of course the meal itself. It wasn't perfect — nothing ever can be — but it *was* exceptional.

With Great Power...

But let's step back a bit and return to the head chef, Stephane. A former chef de partie and then a sous chef at Roux's three-Michelin-starred restaurant, Waterside Inn,

his elevation to head chef at La Maison was both a promotion and a designation of trust. Fortunately he remains mild-mannered and humble.

The menu here belongs to Michel Roux — the chef provocateur is constantly in touch with his restaurant in Vietnam. Yet he only pays four visits a year. As one of three French chefs working in the kitchen, the day-to-day operation is very much in Stephane's hands.

"Yes, [the responsibility] creates pressure," he says. "We come from top quality in England and we come here under the name of Michel Roux. So, yes, we have pressure. But it's part of our job. Since I started cooking, I've always had pressure from my chef. If it's not, then it's not normal."

As with Waterside Inn, the cuisine here is French. Yet, while the presentation and service is classic — lovingly so — the cuisine comes with some welcome twists. Some of these are pre-designated by Roux, but others come direct from an exploration of Vietnamese ingredients.

"Sometimes I go to the market, we buy

some stuff," says Stephane. "I ask how the product is used. And we try to integrate it into our kitchen."

Yet, he admits, achieving the all-coveted Michelin stars of his sister restaurants may not be so straightforward. "First, the Michelin Guide must come to Vietnam," he laughs. "But you will eat tonight. After that you can tell me what you think."

Exceptional?

I was lucky enough to sample a number of dishes: the pan-fried Grenoble-style foie gras, the pan-fried lobster medallions with white port sauce, the pork belly confit with juniper-scented cabbage, the Grand-Marnier soufflé and the pistachio crème brûlée. However, I'm going to focus on my two favourite. All sat far above average, but these two were exceptional. They created such a buzz that I found myself discussing the minutiae of each dish with my dining partner.

The first pièce de résistance was the foie gras. Here are my notes:



“Yet, Stephane admits, achieving the all-coveted Michelin stars of his sister restaurants may not be so straightforward. ‘First, the Michelin Guide must come to Vietnam,’ he laughs”

When it's seared, foie gras has a tendency to get mushy. Here it's firm on the outside, and melt-in-your mouth soft within, without the meat turning to flour. It contains the typical sweet-and-savoury taste bud explosion you often get with foie gras dishes. Here it's the orange sauce that creates the sensation — more associated with duck in French cuisine. It adds balance. The twist, though, is with the watermelon.

My other to-die-for dish was the pork belly. Once again, my notes:

The most interesting pork belly I've ever seen. The texture of the skin is like thit heo quay (roasted Vietnamese pork belly). Yet it has this chewiness to it, making its taste linger on the palate. On the inside, the texture is more what you would expect of braised beef or lamb shank. How they do the combination? The Lyonnaise potatoes are rich yet not overpowering. Their

strength has been measured so they act as a complement and never overwhelm the star of the show. The cabbage has been parceled up like a pastry and stuffed with more cabbage and carrot. Wholesome — yet once again, the flavour's downplayed. This dish is all about the pork.

The Whole Package

La Maison raises the bar. Every detail — from the service and presentation of each dish to the décor — has been thought through at length. It steps above all else presently existing in this country. For years, except for a few notable exceptions, international cuisine in Vietnam was average at best. It is now starting to improve, gradually, slowly, step by laboured step.

Having what is potentially a Michelin Star restaurant in Vietnam creates something

for all the other pretenders to aspire to. It generates competition, it fashions a dynamic, and it crafts a desire for the other top-end restaurants out there to improve. Someone had to plunge into the top-end unknown, and Michel Roux together with the Sun Group, the owners of the InterContinental, have done this. They have been bold and they should be applauded for it.

I hope purely for the sake of what has been created here that all the customers at La Maison 1888 encounter the same experience that I did. Like my trip to Rick Stein's restaurant in the late 1990s, it's one that I'll remember.

In my opinion La Maison 1888 is the best restaurant in Vietnam. Even more unusual — it's in Danang.



Street Eats: Banh Xeo Mien Trung

It took us a while to get the address of Danang's best known *banh xeo* joint, but it was worth the wait.

Located at the end of an alley — *kiet* in Danang Vietnamese — which seems to house more *banh xeo* restaurants than you can shake a stick at, **Ba Duong** (280/30 Hoang Dieu) rightfully deserves the reputation of being the best.

Served up in small pancakes, the *banh xeo* are each cut in half and filled with shrimp, beansprouts and sauteed pork. Here you roll the crispy beast in rice paper with unripe banana, cucumber, salad, pickled vegetables and fresh herbs. And instead of fish sauce, the dip here is oily and peanut based. A perfect accompaniment.

Crunchy, slightly sweet but not over-saturated on the fried-up grease stakes, at VND27,000 for three pancakes, this is a cheap, tasty and very filling street eat. Just make sure you add chilli. There are four types available. — *Nick Ross*





Eat, Drink Danang

Danang now has a wide array of international restaurants and bars. Here's a list of places from those in the know

Bamboo 2

230 Bach Dang

Late-night is written all over this popular watering hole located on the riverfront. Fun staff, congenial atmosphere, outdoor and indoor seating.

Benjire

23 Nguyen Chi Thanh

One of the better Japanese restaurants in the city, this recently opened eating house focuses on sashimi and sushi.

Billabong

34 An Thuong 1

Close to the beach, this attractive sports bar with a wood-panelled interior pulls in an expat crowd. Forget football. Here rugby is king.

Chen

29 Pham Hong Thai

Specialises in Asian-style cuisine barbecued at the table and shabu shabu.

Family Indian Restaurant

231 Ho Nghinh

There are a couple of Indian eateries in Danang, but this is the place that gets the rave reviews.

Golden Pine

52 Bach Dang

One of the more established watering holes in the city, this riverfront favourite is popular with both Danang locals and expats.

La Rive Gauche

Lot A1, Zone of the Villas, Green Island, Hai Chau

Ground-floor buffet restaurant set in the contemporary ambience of the Grand Mercure. Small selection, but quality of the cuisine is high, making this a favourite among Danang residents.

Le Bambino

122/11 Quang Trung

The longest-running foreign restaurant in the city, this French bistro continues to serve up classic French fare in a pleasant indoor and outdoor environment.



Luna Pub

9 Tran Phu

An Italian restaurant — Luna d'Autunno — and a laid back yet attractive watering hole all in one. Popular with the city's expats.

Murphy's

Lo 4, B4.4 Truong Sa (Vo Nguyen Giap)

Despite being marred by tragedy, Murphy's lives on and is the only (nominally) Irish Bar in town. Sells itself as a steakhouse. Is located on the seafont.

Nep Cafe

15 Hoang Van Thu

Like an old curiosity shop, this charming music cafe mixes live nightly acoustic performances with all things unusual.

New Phuong Dong

20 Dong Da

The best-known and best-loved nightclub in the city. The dancing on the bars days are gone, but the venue is still a popular haunt. Check out the pole dancing.

Red Sky

248 Tran Phu

A popular international-style eatery with simple décor. Known for their excellent steaks. Run by a former chef from The Nam Hai.

Soho

463 Tran Hung Dao

Spacious, recently established watering hole on the Eastside with a round bar and probably the largest disco ball in Vietnam. Has a good equally spacious Thai restaurant upstairs.

The Golden Dragon

Lot A1, Zone of the Villas, Green Island, Hai Chau

Cantonese cuisine served up in the five-star ambience of the Grand Mercure. Dim sum served up on weekends. Rated as the best Chinese restaurant in the city.

Waterfront

150 Bach Dang

Upscale yet casual riverfront restobar with a good cocktail menu and a food selection that fuses Vietnamese cuisine with all things international.



Five Ways to Sleep on a Train (and Other Secrets of the Hard Seats)



Just so you never have to, **Seamus Butler** and **Ed Weinberg** took the 19-and-a-half-hour slow train down from Danang. Here they offer up some tips on the beautiful, difficult journey. Photos by **Ed Weinberg**

HOW TO DEAL WITH A TICKET SELLER'S REJECTION, ON TRYING TO PURCHASE HARD SEATS

ASK for hard seats in English (the process simplifies when you speak Vietnamese). The ticket seller will tell you that no hard seat tickets are available on the date you request. Feel confused, and get a snack. Walk back to the counter and talk to another ticket seller, and purchase hard seat tickets.

HOW TO DEAL WITH ANOTHER PERSON IN YOUR SEAT

TRAVELLING in the hard seats is the cheapest way to get across the country by train. When examining your ticket stub you will notice there are assigned seats. Unfortunately, they mean nothing. Upon returning from the bathroom or club car there may be someone in your seat. Take a breath, look around, find another and remember that there is a logic at work here that you don't quite understand.

WHAT SNACK TO GET

TRY the popcorn, or the salty corn kernels.

HOW TO TAKE PICTURES OF UNSUSPECTING YET PHOTOGENIC CO-PASSENGERS

WALK through the cars, sidestepping

sesame candy sellers and sleeping bodies. Keep your camera unsheathed. When someone giggles or smiles in your direction, say "hello" and smile back at them. Bring your camera up slowly, head at a deferential tilt, and say "okay?"

HOW TO STRETCH YOUR LEGS

IF you're feeling adventurous, hop off the train at the next stop. Just remember: when the people in uniforms get on the train, you should too.

HOW TO EAT THE LITTLE SNAIL-LIKE SHELLS THE MIDDLE-AGED LADIES YOU BEFRIEND HAND TO YOU

KEEP digging for meat with the sharpened toothpick they've given you, even after everyone starts laughing.

HOW TO GRACIOUSLY DECLINE A MARRIAGE PROPOSAL

LAUGH a bit, and wait for the middle-aged woman's friend to say, "No, he should marry me!"

FIVE WAYS TO SLEEP ON A TRAIN

TRAIN travel is one of the best ways to see Vietnam, but it can be tiring on long hauls. Try these time-tested positions next time you end up on the hard seats.





“Travelling in the hard seats is the cheapest way to get across the country by train. When examining your ticket stub you will notice there are assigned seats. Unfortunately, they mean nothing”

— *The Head Lean*: A pretty intuitive position. Positive aspects of this method are that the windows on trains don’t rattle like buses or cars. The negatives: you’ll probably end up sleeping with your mouth open.

— *The Sardine*: Why fuss about awkwardly when you can just get down on the floor and sleep next to (and under) your travel companions? Head under one bench, feet under the opposite.

— *The Tabletop*: This is a very comfortable position. However, you will need to bring your own plank of wood to position across the club car tables.

— *The L-Shape*: If you find yourself so fortunate as to claim an entire bench, put your back up against the wall and sprawl out. If you’re over 160cm try the reverse — feet against the wall, back on the bench.

— *The Anywhere-That-Lets-You-Lie-Down*:

If all else fails and you can’t seem to find comfort around your reserved seat, move. Aisles are popular choices — but watch that you don’t get stepped on. Span the bench across the aisle — but only if you don’t mind people vaulting your legs. Or slump between the train cars — no one said you couldn’t sleep there.

WHAT TO DO ABOUT THE WINDOW THAT WON’T CLOSE IN THE FREEZING NIGHT FIRST, ignore it. Lean your head on the window-side tray, pushing aside empty water bottles, ducking under the blunt side of the wind current. Straighten up an hour later, rubbing your back. Pull desperately on the jammed window. Consider hopping across the aisle to where a bench lies unoccupied, three people sleeping underneath. Wake up your travel mate with all your fidgeting, prompting him to get up and push the far side of the window down as you push on the near, which you should have done in the first place, finally closing it most of the way.



Thong Nhat Stadium

138 Dao Duy Tu, Q10

Thong Nhat Stadium, or 'Reunification Stadium', is a 20,000-seater, multi-purpose stadium. Rebuilt in 1975 to replace an older, damaged venue, Thong Nhat is home to the V-League's Ho Chi Minh FC — recently promoted to Division 1. Until recently, it was also home to Xuan Thanh Saigon FC and Navibank Saigon FC.

However, Thong Nhat stadium is more than a field for V-League football. In January, it hosted the Japanese and Vietnamese national U-19 teams, as well as the youth clubs of Tottenham and AS Roma in the NutiFood Cup. And this spring, it is scheduled to host the 2014 AFC Women's Asian Cup, where the

Vietnamese team will play.

Matches will be held from May 14 to May 25. The top five teams will advance to Canada for the 2015 FIFA Women's World Cup. Check the AFC website at the-afc.com for more information on both men's and women's Asian Cup matches.



THE OUTER DISTRICTS

The Other Side of Town

Too many of us tend to stay in District 1, Saigon South or An Phu. So what else is out there in Ho Chi Minh City? **Heather Momyer** gives the rundown on five places to visit in District 10. Photos by **Kyle Phanroy** and **Francis Xavier**

With most tourists and expats centred in District 1, branching into Districts 3 and 2, and others all the way down in District 7, it's easy to forget there is a western side to Ho Chi Minh City.

As the city spreads west of downtown, the residential areas are almost exclusively

Vietnamese, and English is not spoken as often. The pavements, if there are any, are crowded with *banh mi* stands, parked motorbikes and *xe om* drivers awaiting their next ride. Streets are lined with the usual cafés, women's clothing shops and mobile phone stores, but the businesses are more densely packed together.

In these neighbourhoods, you'll find a few gems that you won't encounter anywhere else in the city.

Take District 10. It sits smack in the middle of the city limits and is known to locals as the sports centre of Ho Chi Minh City. But to the adventurous culture vulture, there are some all-city-calibre activities hiding within.



Laser Tag

Maximark, 2nd Floor, 3 Ba Thang Hai (3/2), Q10

Let's not kid ourselves. Laser tag is designed and marketed for children, especially this laser tag. Set in an arcade with video games and kiddie rides for three-year-olds, it functions as an adolescent refuge from shopping with parents.

But make no mistake — laser tag is fun for big people, too. So strap on the sensor-loaded vests and grab your weapons.

The passageways are decorated with an ancient temple theme, and 1980s pop songs accentuate the mood. The half-maze of corridors would probably suit six adults, although up to 14 people can play at a time — great news if you want to keep a classroom-full of pre-teens occupied.

The 20-minute showdown costs VND40,000 per person. Players go to war as one-man armies or as teams. Points are added for hitting an enemy and deducted when a player gets hit or goes rogue and shoots a teammate. Just remember your weapon stops working for three very long seconds after you are hit.



Ho Thi Ky Flower Market

Ho Thi Ky, Q10

If you have the energy for middle-of-the-night shopping, one of the best markets is the flower market on Ho Thi Ky, nestled in the triangle between Ly Thai To and Hung Vuong.

Along the narrow strip and in the alleys, you'll find an assortment of freshly cut flowers — roses, lilies, orchids and chrysanthemums, for example — and brightly dyed ornamental grasses and pussy willow. The air is perfumed, and it seems like the full-spectrum of the rainbow is achieved.

Bundles of flowers are ready for purchase, or you can get a pre-made flower arrangement. You'll also find stands with ferns and baby's breath among buckets of flowers, ready to make an on-the-spot bouquet.

The market starts late. At 11pm, delivery trucks still creep among the people and the dogs. Some merchants have their stands set up, while most are still putting together displays. Go after midnight. Flowers are sold all night and into the morning. They're much cheaper than elsewhere in the city, too.



Saigon Art Retreats

saigonartretreats.weebly.com

Another treat tucked down a residential alley in District 10 is Saigon Art Retreats. Here you can learn Vietnamese-style watercolouring in classes taught by Canadian artist Lindsay Erdman.

The classes are held on the terrace of the **C & T Homestay**, a residential building catering to expats, where you can sit among the red and fuchsia blossoms from the nearby potted plants and create a watercolour painting on silk or paper. Whether you know your way around a canvas with a paintbrush or are a complete novice, Lindsay is patient and encouraging, helping make sure you leave with a painting that makes you happy.

The class, usually offered once or twice per month on a Saturday afternoon, is taught in English and is attended by both local Vietnamese residents and expats alike. All supplies are included.



FITO Museum

41 Hoang Du Khuong, Q10

The Museum of Traditional Vietnamese Medicine, or the FITO Museum, is a deceptive name, as it presents much more than medicine. It is also an art and architecture museum.

FITO Museum is run by Fito Pharma, a company specialising in natural medicine. While visiting, you'll encounter some of their self-promotion, but on the whole, the trip is an educational experience.

You'll learn how older Vietnamese medicine was influenced by Chinese medicine thousands of years ago. Together, these two disciplines created what is now



recognised as traditional Vietnamese medicine, a philosophy that centres on holistic and preventative measures to ensure health through medicinal plants and other natural remedies such as acupressure.

The museum is also an attractive space filled with beautiful artefacts — all objects of art. Walls and doors are made of intricately carved wood, many displays contain ornately decorated glazed pottery and porcelain vessels, and pearl inlay and red lacquer pictures depict moments in medical history.



Standing on the corner of Nguyen Gia Thieu and Lien Tri streets, I look up in awe at the boxy, asymmetrical villa. Until now, my concept of Hanoi architecture consists of three mainstays: classic French villas, tube houses and recent cement constructions. But the house before me doesn't fit into any of those categories. The curved glass brick wall and porthole windows make it more akin to 1930s Miami than anything I've seen in Vietnam. Lying in a small pocket of the city north of Thien Quang Lake, many of these once stately villas still exist behind the maze of telecom wires and drying laundry. I later realise that what I am looking at comes from a golden age in Vietnamese architecture.

According to William Logan, author of *Hanoi: Biography of a City*, these buildings embraced the 'international style' popular in the 1920s and 1930s, and were closely linked to art deco design. However, it is not the houses themselves, but what they represent that makes them so interesting.

"These houses were designed by Vietnamese architects for wealthy Vietnamese families," explains Linda Mazur, who is currently writing a book on the topic. "They were designed and built during a period when the colonial authorities made it hard for Vietnamese to achieve anything of distinction."

A New Glamour

1930s Hanoi was a dynamic and exciting period of urban change and creativity. In order to stimulate the depressed economy, the government encouraged construction in the hope that expanding roads, power lines and sewage systems would spark a building boom that would return the colony to its pre-depression glory. The areas of Ba Dinh to the west of the city and Rue Gambetta (Tran Hung Dao) to the south were opened up for the construction of new villas. In a desire to show that Indochina was progressing, the government encouraged modern and fashionable designs. The ornate 'wedding cake' decoration typical of traditional French colonial architecture was cast aside in favour of streamlined shapes. They came to signify sophistication, luxury and glamour, the same glamour that was at the time spreading around the globe.

The world became faster in the inter-war period and Hanoi was not to be left behind. As transportation evolved and communication expanded, the cultural exchange between Indochina and the rest of the world intensified. As this sense of speed progressively intertwined within design, Vietnamese art and architecture students were increasingly influenced by global trends — sleek lines and geometric shapes. The intersection of infrastructural investment coincided with the graduation of the first generation of Vietnamese architects from L'Ecole Superieure des Beux Arts de l'Indochine. Emerging architects such as

ARCHITECTURE

Hanoi's Hidden Houses

French colonial, brutalist, tall and thin tube houses, and lots of concrete. That's the lot when it comes to Hanoi's architecture. Or is it? **Katie Jacobs** looks above street level and discovers something quite different.

Photos by **Andy Crompton**

Nguyen Cao Luyen, who designed the classic Clinique building on Ly Thuong Kiet, built minimalistic villas that adapted to the hot Hanoi summers. Thick concrete walls kept the rooms cool, while features such as high ventilation windows and circular staircases were adopted to encourage cool air flow.

Creating Impact

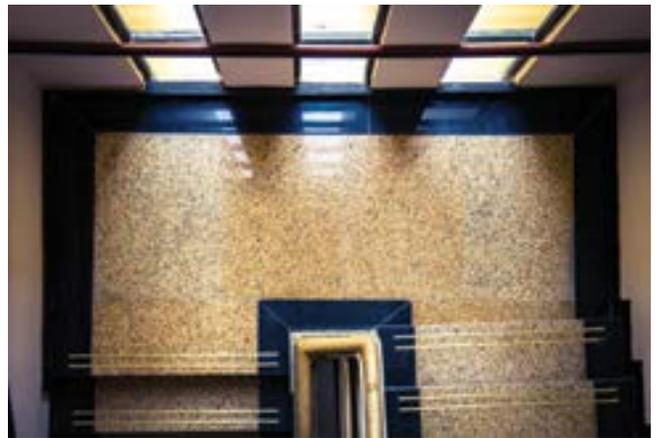
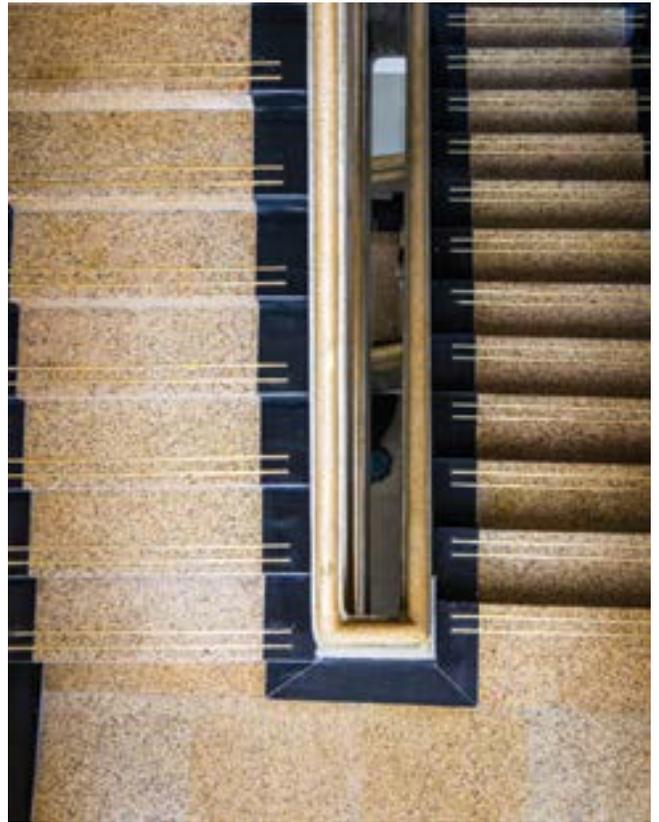
The evolution of this new art deco influence on Hanoi not only represented a clean break from the previous neo-classical French design, but signified a turning point for the Vietnamese under French colonial rule. For the first time, Vietnamese architects were designing expensive, modern houses at the request of the Vietnamese elite. In a time

when Vietnamese people were afforded little control over their city, these houses represented the desire and ability of the upper-middle class to impact and shape Hanoi.

Walking the streets of Ba Dinh and the Thien Quang Lake area, I am fascinated by the stories and history still present in these villas. Both the architects and inhabitants, revolutionaries of their time, symbolise a turning point in the modern history of this city. As Linda says so eloquently, "these houses and their residents still have a tale to tell".

If you are interested in learning more about these buildings, local writer and researcher Linda Mazur offers walking tours around Hanoi. She can be contacted by emailing linda@fpt.vn





**“For the first time,
Vietnamese architects
were designing expensive,
modern houses at the request
of the Vietnamese elite”**

Finding Inspiration in Hanoi



Stressed city dwellers, it's time to relax. We've rounded up our favourite places for a few hours of tranquility, whether you're on a budget or seeking more deluxe treatment.

The Budget

*Huong Sen's basic package
75 minutes, VND200,000*



This deceptively no-frills joint is where locals head for an afternoon of pampering. Founded in the 1990s by traditional medicine doctor Tai Thu, it's now a mini-empire boasting three locations in the capital. With regulars scrambling for spots in wooden barrels and masseurs who chat on their cell phones while pummeling your stomach, it's hardly an oasis of calm. But the price can't be beat, nor can the authentic vibe. Soak in a barrel of warm water infused with traditional Red Dao herbs, then drag yourself out to sip ginger

tea in a Jacuzzi, followed by a session in a steam room perfumed with lemongrass, pomelo and lime leaves. After a vigorous Vietnamese massage, you're nudged out the door with a light meal of *chao*, fruit and *nuoc rau ma*, a bracing, grassy drink brewed from an herb grown in nearby Thanh Hoa Province.

Huong Sen is at 78 Yen Phu, Long Bien, Tel: (04) 3927 1330; 49 Thai Thinh, Dong Da, Tel: (04) 3853 3798; and 68 An Duong, Tay Ho, Tel: (04) 3717 1999, huongsenmassage.vn. Reservations not necessary

Whether you find yourself arguing with a *xe om* driver or the rooster outside your window won't stop crowing, a spa day offers a rare chance for relaxation in the hectic Vietnamese capital. **Elisabeth Rosen** finds the best places for a few hours of tranquility: four spas, four different budgets, many different treatments.

Photos by **David Harris**. Translation by **Tran Phuong Dung**



The Essential

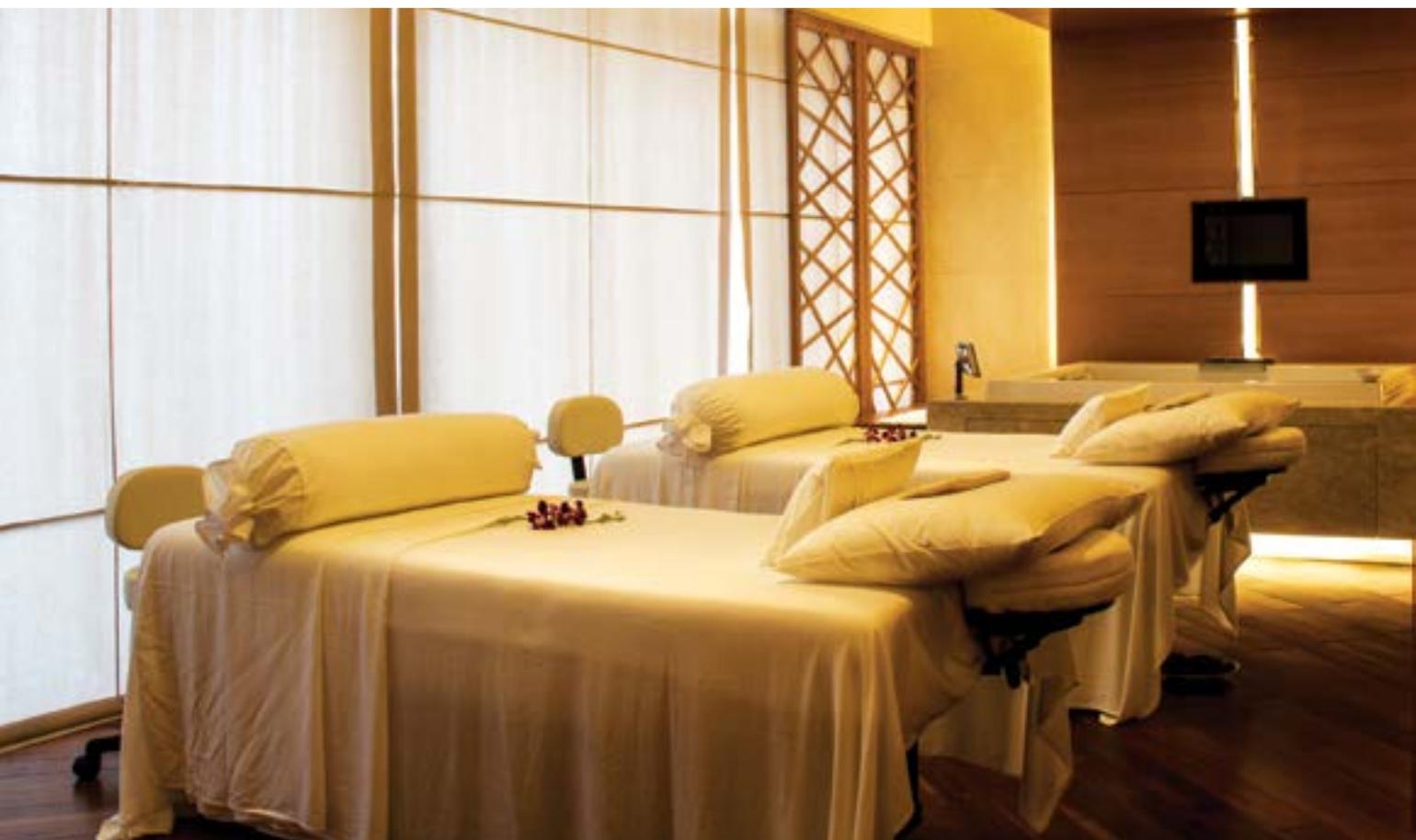
Santal Spa's Vietnamese massage
60 minutes, VND750,000

For a more tranquil experience, head for a private room at Santal, where the treatment kicks off boiled chicken-style with a lime and salt footbath and ends with a hot shower. The trained masseurs are technically proficient, although their solicitousness can occasionally be overbearing: one recent masseur uttered "Are you OK?" more frequently than a Michael Jackson tribute singer belting

out *Smooth Criminal*. Santal has a distinct local flavour that sets it apart from more generic spas. Massages can be paired with exfoliating scrubs made from local ingredients like green tea, ginger and honey, and every session ends with a cup of sweet, spicy, Vietnamese cinnamon tea.

Santal Spa is at 112 Xuan Dieu, Tay Ho, Tel: (04) 3718 4686, santalgroup.com. Reservations recommended





The Luxurious

*JW Marriott's aromatherapy massage
at Spa by JW 60 minutes, VND1.3 million*



Sure, you can find so-called 'aromatherapy' massages everywhere, but traditional acupressure techniques accompanied by Vietnamese essential oils set this spa apart from the crowd. Herbs grown in mountainous provinces are infused in oil to create heady aromas: the Detox is a soothing blend of lemongrass and ginger, while the Energising package blends rose, lavender and ginseng to wake

up sluggish immune systems. If you like gentle pressure rather than contortionist twisting and prefer to precede your massage with a VND1 million lemon sugar body polish rather than a communal barrel soak, it's worth the journey out to My Dinh.

*JW Marriott is at 8 Do Duc Duc, My Dinh,
Tel: (04) 3833 5588, marriott.com. Reservations
required*

“The trained masseurs are technically proficient, although their solicitousness can occasionally be overbearing: one recent masseur uttered ‘Are you OK?’ more frequently than a Michael Jackson tribute singer belting out *Smooth Criminal*”



The All-Natural

*Zen Spa's Five Elements: Earth package
180 minutes, VND2,650,000*

At this West Lake spa, founder Lan Huong Nguyen draws on the herbal remedies she grew up using to help city dwellers de-stress from modern life. Organic plants from her garden just outside Hanoi provide ingredients for treatments like Metal, Wood and Earth, which kicks off with an exfoliating scrub made from freshly-ground Vietnamese coffee beans: the scent alone is enough to jolt you awake. Spend the next few hours

sinking back into relaxation with a mud and honey treatment, a herbal flower bath and an Imperial Jade hot stone massage, which is supposed to improve circulation and melt away stress. Maybe it's the stones, maybe it's the bowl of *pho ga* that you get afterwards, but you're likely to emerge filled with newfound content.

*Zen Spa is at 100 Xuan Dieu, Tay Ho,
Tel: (04) 3719 9889, www.zenspa.com.vn.
Reservations required*



FITNESS

Seven Days of Exercise

Sitting on the hospital gurney, trying to ignore the stitching needle passing through my leg, I contemplated how a week long fitness kick could end so painfully. I had expected sore muscles, but this was a shock. After the past few months of festive eating and Tet holiday indulgences, I was feeling a little sluggish, so I decided it was time to get off the couch and see how I could get fit in Hanoi.

Wanting to avoid the larger gyms with their high membership fees and tortuous exercise routines, I chose seven activities spread across the city. My goal at the start of the week was to feel fitter, healthier and inspired to remain active. By the time I ended up in the hospital bed, however, all I wanted to do was curl up on the couch with a good book. But I'll start at the beginning.

After indulging in too many festive pleasures, **Katie Jacobs** decided that it was time to get fit again. For seven cold Hanoi days she tried a different activity — a different day, a different type of exercise. Here's what's happened.

Photos by **David Harris**

DAY ONE

*Sunday afternoon rock-climbing
VietClimb: vietclimb.vn*

It was a sleepy Sunday afternoon and I was pumped to start my week of fitness by tackling indoor rock climbing. Upon entering the small, stuffy climbing room at VietClimb, I was disappointed by the small walls and lack of harnesses. As I hesitantly climbed a few metres off the ground, I watched in awe as the man beside me hung casually off one of the smaller plastic wall grips. He pushed off with his foot, propelling his body sideways as he leapt, *a la* Spider-Man, along the walls. A few people hung around below, offering up suggestions for his next move and ignoring my pathetic attempt to reach the top of the baby climb.

For those with some level of climbing experience and the desire to hone their bouldering skills, these low, angular climbing walls with the steep overhangs and sharp corners would offer an hour or two of fun exercise. However, for the rest of us, this is just a small, bewildering room with cushioned floors and colourful plastic objects hammered into the walls.





DAY TWO

*Monday morning Bootcamp
Beeactive Fitness: beeactivetoday.com*

Despite the drizzle that greeted me early Monday morning, I headed out to Tay Ho where I had signed up to participate in the appropriately named Bootcamp. It took less than 15 minutes for my peppy self to transform into a shaky mess of aching muscles. As I squatted, lifted, skipped, ran, and fantasized about sitting down, I was taken through an hour of

high-intensity circuit training. The trainer, Joakim Esaiaasson, offered the perfect mix of encouragement and tough love, while ensuring that the exercises were done safely. Although I can't honestly say it was fun, I did finish the hour with a proud sense of accomplishment and, despite the burning muscles, I felt that I had achieved the workout I craved.



DAY THREE

*Tuesday evening vinyasa
Zenith Yoga: zenithyogavietnam.com*

In all honesty, I didn't make it to the Vinyasa yoga class on the Tuesday after Bootcamp. The following day was spent nursing my very tender thigh muscles, which I didn't think could handle an hour of down-dog. However, I had previously taken yoga at the sunny Studio Two and, despite my inability to twist my body in a knot while standing on one leg, I have always enjoyed

it. Zenith have a great group of teachers who, though transient, always ensure you are comfortable and safe no matter your level of yoga experience. As well as helping to build fitness and muscle tone, yoga is a physical, mental, and spiritual discipline which can be very enjoyable, particularly for the last ten minutes which are spent lying on the floor in meditation.

DAY FOUR

Wednesday jumping

B-Garden: bgardenhanoi.com

The class was called Jump and it was to be held at B-Garden, a small gym and dance studio opened in 2013. Bambu, the owner and instructor, greeted the class warmly and showed us to our individual trampolines. The class started easily enough — there's nothing too taxing about bouncing on a trampoline — but it quickly picked up intensity. The music was turned up and at the front of the room Bambu was jumping, kicking and spinning at a speed that was impossible to match. With whoops, whistles, and unflagging energy, she shouted out instructions that I could barely understand. Forget kicking my legs higher, I was concentrating on staying upright. Watching my arms and legs flail about, Bambu smiled reassuringly at me. "Just have fun," she said.



DAY FIVE

Kickboxing Thursday

VietFighter: vietfighter.com

It was a nightmare scenario. Standing in the middle of the class, everyone had turned to stare at me. The third-floor room was hot and I had asked to turn on the fan so as to dispel some of the gym-room stink, but my request was met with a mocking laughter. It was ten minutes into the women's kickboxing class and I already felt like a complete idiot.

I had naively thought this would be fun. I envisioned an aerobics class where a peppy

teacher would put on some music and we would all workout using a few kicks and punches. Instead, I had joined a group of intense women who were there to prep for fights. These regulars were serious and it was clear that unless I was, too, I had no business interrupting their training session. This was no class for beginners and for someone who (apparently) didn't even know how to punch properly. It was an uncomfortable and intimidating situation.





DAY SIX

*Friday morning Zumba
Shiva-Studios: Search Facebook for Shiva-
Studios Hanoi*

Feeling fragile after the previous night's kickboxing, a friend and I entered the small Shiva-Studio with trepidation.

"We don't shake hands, we only hug here," greeted the owner Nijla as she embraced us both. It was hard to feel intimidated by this sort of welcome. It didn't matter that neither of us had taken Zumba before, we were there to have fun and get a bit of exercise. This was a relief, as it quickly became clear that, despite a decade of jazz ballet, I had no talent for Zumba. "Just don't forget to smile," was the advice of the instructor as we awkwardly swung our hips and clapped our hands.

DAY SEVEN

*The Saturday afternoon run
Red River Runners:
redriverrunners.com*

It was day seven of my week of exercise and I was feeling energised and inspired by all the new activities I had tried. For the final activity, I joined the Red River Runners, a casual group who meet every weekend for a social run around Hanoi. Although I hadn't run much in the past year, I was fairly confident that if I could make it through kickboxing and Bootcamp, then running 10km would not be a problem. Leaving from Xuan Dieu, we headed past the flower market and down towards the river. I was feeling pretty happy, jogging past the fields

and flowers, talking to my new running friends and enjoying the almost clear weather.

Then I was down, sprawled on the ground like an upside-down turtle. I had climbed, lifted, skipped, jumped, kicked and danced my way through the week, only to be taken down by a rock in the ground, which I had clumsily tripped over. Regaining my balance, I rolled up my leggings to reveal a deep puncture in my knee. Although my husband insists I'm exaggerating, I am convinced I saw the

bone. So with blood streaming out of my knee I hobbled over to a taxi and made my way to SOS Clinic where the doctor stitched me up. In reassurance to my whimpers she told me, rather sternly, that she had just done this for a five-year-old, so I would be fine.

So ends my week of fitness. Despite my sore leg, I do feel fitter and healthier, and I plan to get back out there as soon as possible. Many of the activities I tried over that week were not just a fitness success, but genuinely fun.



The Ta Lai Trophy

The spiritual successor to the Madagui Trophy, the Ta Lai Trophy — Corporate Challenge aims to show city slickers the beauty of non-workplace competition.

Ed Weinberg (words) and **Kyle Phanroy** (photos) went along for the ride



It's 4.15am, and the day's racers are stacking plates of breakfast meats, doubling up on Folliet's new pod coffee offerings, ripping into Voelker-supplied rolls to make impromptu bacon-egg-and-cheese sandwiches. Every one seems in a pretty good, humble mood.

The athlete sitting across me downplays his heroism. "I don't know how I'll finish, I'm just doing it for fun." Farther down the table, a lively conversation springs up about the logistics of the post-kayaking, pre-farmland scramble swim. "So are we supposed to wear our shoes in the swim? Then how about our headlamps?"

"Get ready for the dust and dirt!" another says, to no-one in particular.

At 5am, the scene shifts to the clearing next to Cat Tien National Park's tourist HQ, with

the day's white-shirted competitors standing on a podium under the banner of the first *Ta Lai Trophy — Corporate Challenge*. Participants are paired in twos, in jerseys decorated with the names of their sponsor. Francois Bouvery, organiser of the race and co-founder of Ta Lai Longhouse, the race's fulcrum, does roll call:

"Refinery here?" — "Oui!"

"Marou here?" — "Yes!"

"Bellany here?" — "Oui, oui!" — "Very good ice cream!"

As the sky lightens, the participants stampede down to the boat launch, where 22 kayaks await. Teams push them, over broken asphalt, down to the murky waterline. Some try a delicate balancing act — pushing their kayaks from the back end, and trying to embark while still on dry land.

"Put your feet in the water!" Francois says.

"Allez, allez, allez, go, go, go! Keep right!"

Stage 1: 12km of Kayaking, 300m to Swim

On a borrowed Honda Wave, photographer Kyle and myself bump down Cat Tien's unpaved main trail, planning to head off the racers at a bridge overpass. Arriving 20 minutes before the first kayak, Kyle takes pictures of the sunrise sky as the gravel-packed steel planks tremble in the commuting bikers' wake. One by one, we see them pass beneath the bridge, aiming for a dry dock some 50m further on.

As the crew on the dry dock assists, the racers climb out of the watercraft and surrender their headlamps. They keep on shoes, helmets and life jackets, however, as they walk to the other side of the dock and



clumsily jump back in.

Stage 2: Farmland Scramble to the Longhouse

We drive down the 300m of road to the swim's end, and take pictures of the disoriented racers emerging from the water. Locals pass by on motorbikes, as the racers strip off their life jackets and amble soggily down the country road.

At a caution tape-wrapped tree, we turn off the road in our motorbike, passing racers and barbed wire as we bang along the path. Approaching some steep rocks — the scramble part, we realise — we turn back and take the proper road.

Stage 3: Longhouse — 25km Cycling — Back to Longhouse

The proper road soon leads to an improper road, near where the racers pick up their mountain bikes. On the way, we catch Team Osprey walking. When Kyle brandishes his camera they start running.

Not so for Team Alien Armor. When Kyle has his camera ready, he says, "Run for the picture!"

"Too tired," one of the racers replies, as they keep walking. We pull off, heading towards the Longhouse they'd just come from.

The Ta Lai Longhouse is a joint venture of between the World Wildlife Federation (WWF) and local villagers. Thuy of WWF explains the process: "The Ta Lai Longhouse

[was donated by the WWF]... All the local villagers built the house themselves, and we just financially supported them."

What WWF did was facilitate, providing materials and knowhow. "We had discussions and meetings with the elders and the whole village, and they said they want to have a longhouse, that's their traditional house. And they want to restore their culture."

Now an established tourist destination, 12km from the entrance of the park, the Ta Lai Longhouse is an exemplar of the type of community-based tourism WWF is trying to push. This brand of tourism attempts to integrate rural peoples into the economies where they live, and gives them an alternative to relying on the resources of vulnerable areas such as Cat Tien. In a picturesque hilltop location, overlooking a sunset-facing lake, this project is the first of its kind. It's going quite well.

On our own after being bussed in the night before, we don't find it. Sliding into rain-driven trenches, barely keeping our balance in the late-morning sun, we decide to beat a hasty retreat, and enjoy the finish line a little early.

Stage 4: Paradise

We sit with the volunteers at race HQ, awaiting the racers next to the prize podium, massage tables and ice baths of beer and water. From 11am they start trickling in, until every one is stretched out

on pillow-laden tarps, in line for tender saucages, sticking to the shade line of trees and table umbrellas.

Yes, General Manager of Saigon French bistro The Refinery, smokes a cigarette. He looks like he's enjoying it. "It's pretty good," he says, "and I must say that one time in Madagui..."

Several of the day's racers were participants in the Ta Lai's spiritual predecessor, the Madagui Trophy, which took place in a similarly varied landscape 30km from Cat Tien. It was an eight-hour course — two hours longer than this one was supposed to take.

They reminisce a bit — "What broke people was the push uphill," one says. "Yea, but the pace on this is higher."

AsiaMotions' Paul and Baptiste take home first overall — finishing in five hours and 51 minutes, just after the one ineligible solo racer. Partners with Ta Lai in outdoor kids' camps, they're no stranger to the terrain. "We were pretty lucky," Paul says. "Do we deserve it? Maybe not."

All through the post-race wrap up and bus ride into the Ho Chi Minh City night, these warm vibes stay in the air. And then we're back. We disembark in the Metro parking lot — where we'd met 36 long hours before — and brace for the drive home.

For more information on Ta Lai Longhouse and the activities they organise, visit talai-adventure.vn 





MYSTERY DINER HANOI

Namaste

When the *Miele Guide* recently named **Namaste** one of the top five restaurants in Vietnam, we asked ourselves was the title justified? Now that the restaurant has moved to a new location, the time seemed ripe to find out. Photos by **David Harris**

Forced to vacate its Old Quarter home of three years to make way for what is expected to be a boutique hotel, Namaste recently moved into a former Italian furniture showroom on Tho Nhuom. The room has a cavernous, slightly stiff feel that testifies to its previous function. Though it's been softened with ornate arches and colourful paintings, the space remains awkwardly large and the bright lights are a bit off-putting.

But despite the slightly jarring decor, the new Namaste retains the culinary pleasures of the old, offering Indian food that's well prepared and reasonably priced. Owner Gopi comes from the South Indian city of Chennai, which means that a large portion of the menu is given over to lighter but spicier Southern-style dishes, although four of the six chefs come from the north and offer a long roster of cream-based curries. Don't expect toned-down spices: while most dishes are fairly mild, there are also a few authentically fiery curries for those who like it hot. When in doubt, Gopi can usually be found around the room, and he's more than willing to dispense advice.

An Indian Feast

Start off with a plate of crispy papadams, crackers made from lentil flour (VND12,000 each) that make an ideal foil for homemade chutney. Then continue to the kebab section, where the best choice is enormous hunks of tandoori chicken (VND230,000), grilled in a charcoal oven so the outside retains a pleasant char while the inside stays tender. Another enjoyable dish is *paneer tikka lucknaawi* (VND90,000), in which slices of homemade cheese are marinated in an array of spices and grilled, emerging with a creamy inside and skillet-crisped edges. Avoid the tandoori mushrooms (VND85,000), however. Expecting larger mushrooms, we got insubstantial nuggets, barely bite-sized: a paltry meat alternative that doesn't justify the price tag.

Wash it all down with a *lassi*, a creamy drink made from whole milk yogurt that comes in flavours from passion fruit to salt; the mango one (VND48,000) is especially good. Then turn to the curries, eaten with saffron rice and massive, fluffy half-moons of naan bread brushed with melted butter. You'll vow not to stuff yourself, but inevitably end up doing so.

That's because the dishes are generally spot-on. Mutton *Shangrilla*, simmered in a delicate sauce with pepper, onion and tomato (VND165,000) is remarkably tender. *Bhindi do pizza*, an onion-laced okra curry that's labeled spicy but is not particularly so (VND75,000), triggered astonishment from many of my companions, who had never come across the uniquely textured vegetable but marveled at its tender chew. Even the basics have a certain complexity: *pindi ke chole* (VND75,000), chickpeas in a rich tomato sauce made luxurious by a touch of cream, was a simple-sounding dish that proved intriguingly flavourful.

The room was calmly busy on a recent Saturday evening. Though most of the tables were occupied by families and large groups, there was no sense of haste, nor were there any delays. In large part, this was due to the servers, who have an air of practiced competence. They brought dishes in the correct sequence, spoke adequate English and were always ready to serve without lingering. Perhaps this is how Namaste earned its place on the top restaurants list.

Namaste is at 46 Tho Nhuom, Hoan Kiem. Tel: (04) 3935 2400

THE VERDICT

12
FOOD

13
SERVICE

9.5
DECOR

Food, Decor and Service are each rated on a scale of 0 to 15.
13 – 15 extraordinary to perfection
10 – 12.5 very good to excellent
8 – 9.5 good to very good
5 – 7.5 fair to good
0 – 4.5 poor to fair

The Word reviews anonymously and pays for all meals



STREET SNACKER HANOI

Nem Phung

A popular pairing with Hanoi's favourite beverage, bia hoi, nem phung is as simple as it is delicious. Words by **Huyen Tran**.

Photos by **David Harris**

I remember reading a post written by a foreign blogger about Ta Hien in Hanoi, deeming it the city's backpacker area. To young Hanoians, this ancient street is also known as the capital's 'international crossroads', since it is the best-known gathering spot for expats, travellers and locals alike. Although it's known mainly for its cheap *bia hoi*, or fresh beer, the crossroad's numerous street eateries with simple and delicious local food is another reason for its draw. For many, there can be no *bia hoi* without pairing it with one of Hanoi's signature snacks — *nem phung*.

Distinct from traditional Vietnamese *nem*, that is eaten with noodles and fish sauce, *nem phung* is a dry snack made from pork skin and pork meat. Easy to spot in places where *bia hoi* is sold — it comes wrapped in a banana leaf, and when opened, it is brown and thread-shaped — *nem phung* is eaten by wrapping it in a fig leaf and dipping it into chilli sauce. Thanks to its buttery and sweet taste, for decades *nem phung* has gone hand in hand with the consumption of rice wine or beer.

A Family Affair

Nem phung is the signature dish of Phung Village, formerly in Ha Tay Province although now part of modern Hanoi. One of the village's families, the Bui family, has been producing *nem phung* for generations, and now only one shop in Hanoi continues to sell the original Bui family *nem phung* — located at **63 Hang Bun, Ba Dinh**.

"We're the sixth generation of the Bui family," says the shop owner, Ngoc, who is now in her fifties. "Our family opened this shop in Hanoi in 1958 when my mother-in-law was the main chef of the family. She passed away and now I am the one who continues our family tradition.

"The main ingredients of *nem phung* are pork meat and pork skin, which are easy to get, but not easy to select. First, you have to choose fresh pork meat. It can be either rump or half fat, half lean. Then, you must slice it carefully. After dipping the meat in boiling water, it should be cut into very small pieces and mixed with seasoning. Finally, it is [essential] that the pig skin is white and clean."

She continues to explain the one decisive

element that makes tasty *nem phung*: *thin*, or powdered roasted rice. *Thin* is processed from ordinary or sticky rice and mixed with ground beans. When standing at the shop on Hang Bun, the scent of *thin* fills the room.

Although *nem phung* is traditionally consumed wrapped in a fig leaf, it can also be eaten on top of a crispy rice pancake. According to Ngoc's family, adding a little coconut makes it perfect. It's also popular to wrap the *nem* together with herbs and vegetables in rice paper, but for this, chilli sauce is essential.

"*Nem phung* tastes best when it's fresh," says Ngoc. "So we don't make it overnight."

The fresh sweetness and buttery taste of *nem phung* makes it one of the best street snacks you'll find in Hanoi.

Nem phung at 63 Hang Bun, Ba Dinh is a takeaway shop only. It is sold by the cube or per gram, and if you prefer wrapping it yourself at home, you can take it away. If not, you can buy some cubes to eat raw with *bia hoi* at the shop across the street. *Nem phung* costs VND20,000 per tael or cube [W](#)

With the month's-end holiday break coming up, it's time to begin wardrobe planning. Even if your holiday plans only consist of making it as far as the beach every day and the restaurant every night, you've still got to dress the part. In the pages that follow, our model shares some helpful tips: wear bright colours – *everywhere* – take along plenty of glitter and unicorn shirts are always in.

LAST RESORT

Photos: Francis Xavier | Styling: Kathryn Cardenas

Model: Carrie Binder | Clothing by Topshop

Topshop is at Ground Floor, Bitexco Financial Tower, Q1, HCMC





Crop top: VND1,319,000 | Skirt: VND1,439,000

| Necklace: VND639,000



Sweater: VND1,799,000 | Skirt: VND1,599,000 |

JuJu Jellies: VND799,000

Sweater: VND1,319,000 | Bottom: VND479,000 | NeckLace: VND399,000



Shirt: VND719,000 | Shorts: VND1,199,000 |

JuJu Jellies: VND799,000



DOMESTIC

The Slow Train to Lang Son

Set on the border amidst dramatic limestone karsts, Lang Son is often relegated to the status of border town. It's anything but. **Julie Vola** retraces some well-worn train tracks to the outer reaches of northern Vietnam





Saturday, 5.30am, I am in Gia Lam train station. I follow the controllers and porters pushing my bike in the darkness of the night. We need four people to lift the bike onto the train.

5.50am and Anh is late — the train leaves in 10 minutes. The controller knows I have two train tickets, we try to communicate, I call her and they talk, she jumps on someone's motorbike, the controller goes to her, they are running. I am already on the last wagon, the train is going to leave. They jump in, as the train starts moving.

6am. We sit down in a booth, the seats in our coach are hard wood. It's still dark outside and very cold. The windows covered in a wire mesh are closed. I am hoping to find a seat without the wire-mesh-covered windows, but the train is already pretty full and there aren't any options for the moment. Anh starts pulling out some bread,

condensed milk and popcorn to share for our breakfast. In my bag I only have a clean pair of underwear, three lenses, two cameras, a notebook and some money. I buy two bottles of water. Looking out the window through the mesh, the sun rises slowly as we leave Hanoi's suburbs.

In April 1895 my great-great-grandfather Vézin was awarded the contract from the French administration to build a railroad from Phu Lang Thuong (56km from Hanoi) to Lang Son. His daughter married the son of an engineer, whose surname was Vola. My grandfather was born and raised in Hanoi until he returned to France to study medicine. He came back in 1951 as a chief surgeon and served three years at Quang Tri Hospital, 67km north of Hue. After he passed away my family rediscovered photo albums from the colonial era.

Sitting on this train I am retracing the steps, or more aptly, the tracks of my

great-great-grandfather. During my time in Vietnam I've talked about him a lot. Too much. Yet I still feel nostalgic. There is an odd fascination with the train to Lang Son, the legacy of my ancestors.

The Border

The train ride is photographic eye candy: the light, the contrast, the people. After breakfast I pull the camera out of my bag. Our neighbours, who are already looking at me with stupefaction, are starting to ask questions. Anh is a great companion and she answers them all for me. I decide to take a stroll to other wagons to find a mesh-free window to take pictures of the scenery we are travelling through. We stop at every station and more people and goods fill the train. It's cold, people sleep, talk, eat and occupy themselves. Time goes by slowly and we relax.

There is a certain sadness to the



countryside we are passing through. The colours of the winter landscapes are muted with earthy dark green and brown intermixed with shades of grey. There are a few patches of brightness, some vegetable gardens along the tracks or some colourful jackets that catch my eye, but everywhere the gloom remains.

Once we arrive in the border village of Dong Dang, just 10km north of Lang Son, we are overwhelmed by all the porters and the goods being loaded on the train for China. The province of Lang Son is the city gateway to *Trung Quoc* or the Middle Country, as Vietnam refers to their northern neighbour. Anh's family lives in Dong Dang. So we stop by to visit them and I get my first taste of the delicious honey roasted pork that Lang Son is famed for — *thit lon quay*. Since we are so close to the border we pay a quick visit. Anh negotiates with the armed guards — I am able to take photos. There are a few electric

carts for people with luggage, but most people crossing the border by foot pull their suitcase behind them. I have a photo of the border gate at the time of Vézin and I was hoping to see it there. From the distance we thought maybe there was something to see on the Chinese side, but I guess we went to the wrong border gate. There are about five or six border gates in Lang Son Province.

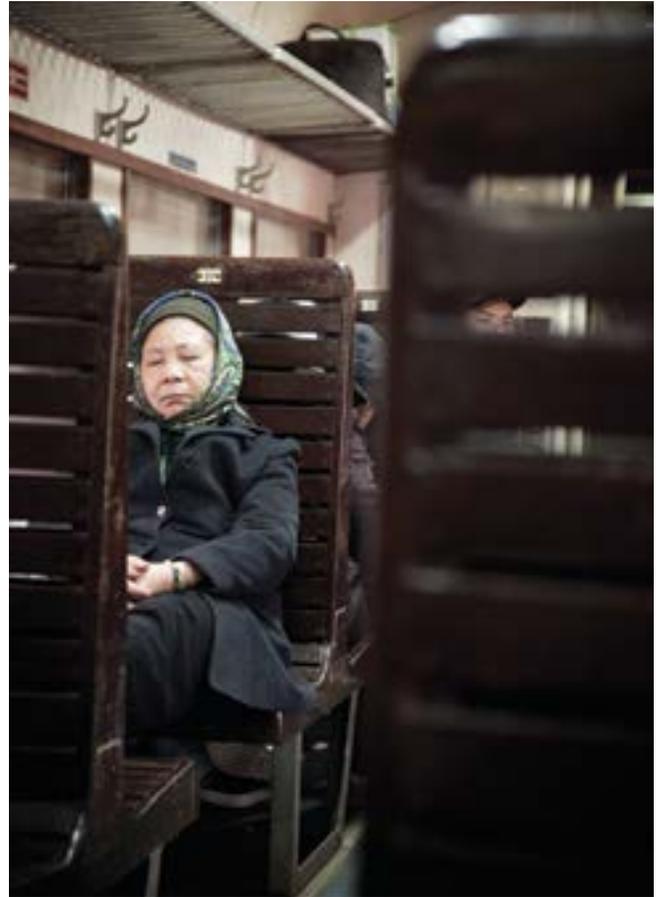
The Citadel

By the time we arrive in Lang Son, it is well into the afternoon. We meet up with Xuan, an English teaching assistant, and the three of us head to the Mac Dynasty Citadel before the light disappears. It's Saturday and the place is full of groups finishing their picnics, leaving their trash lying in their wake. They sing and laugh as loud as they are drinking. The main area is surrounded by four karstic limestone hills, which offer a great view of Lang Son. On the right side you can access

what remains of the old citadel.

Nguyen Dinh Long, who has been working here for seven years as a security guard, tells me the citadel was built in the 16th century by a king from the Mac Dynasty to establish his power in the region over the Le Dynasty. It was destroyed over time by war and conflict, but he tells me most of the place was still standing when the French left. In 1962 the citadel was established as a national vestige to help protect it. Only two walls remain. While the north gate was renovated in 2010, the south gate has been reclaimed by nature.

After that the priority for me is to get hold of a pair of motorbike gloves I spotted earlier. They have a hole next to the index finger so you can put your motorbike handle bar inside. They're waterproof and lined with warm synthetic fur, perfect for the way back to Hanoi. Next winter someone will have to introduce these to the capital.



Xuan has to leave and drops us at Bac Son, famed for its Lang Son specialties: *pho chua* (sweet and sour *pho*), roasted pork and roasted duck. It's around 5.30pm and I am exhausted.

The Lake and the Cave

Sunday morning. Maybe because it's so cold in the room, we wake up a bit late and have a very slow start. We go back to Bac Son, buy some *pho chua* and then head to the cafe next to the New Dynasty Restaurant situated on a small island in the lake. With a great view of the lake and the surrounding karstic hills, the spot is the perfect visual complement to our breakfast.

I am busy preparing the food for a photo shoot while Anh is already eating hers. *Pho chua* is a complex dish with many ingredients — vegetables finely chopped, pork marinated in oyster sauce, *pho* noodles, roasted peanuts and onions, aromatic herbs and sesame seeds. But the best part is the cold soup, made sour with vinegar, sugar, tomatoes, ginger, garlic and herbs. It's a fine balance between dry and wet, Vietnamese and Chinese. It's perfect and I wonder where I can find it in Hanoi.

I take a small tour around the lake — it's my favourite spot in the city — but I linger too long and when I am back at the cafe it's

already late. We only have time to check out Tam Thanh Cave.

It's the bigger of the two caves to visit and is busy; people are gathering around the lotus flower basin trying to catch a drop of lucky water from the ceiling. Anh is waiting for her turn, and when she finally gets to hold out her hand the drop of water just happens.

Back to Hanoi

It's time to get on the road back to Hanoi, 160km due south. With nobody else on the road, we get on my bike, put on some music and share the headphones. About 15km from Lang Son and for around the next



Back for More

A week later and I am back on the road to photograph Ky Cung Festival and go to the nearby Mau Son Mountain, a former French hill station and military base. This time I'm with Xuan, the English teaching assistant. The festival is held from the 22nd to the 27th of the first lunar month and is meant to repay Than Cong Tai, the former head of the district, for his kindness in opening the Ky Lua Market to trade with the Chinese in the 17th century.

There are dragon dances and the procession of a palanquin. The dragons go from business to business to receive offerings from business owners. The streets are crawling with people; elders are dressed up in traditional clothes. Everybody seems happy despite the weather; Xuan tells me it's very lucky that the festival takes place on a rainy day.

The next day, we go by car to Mau Son Mountain, 30km from Lang Son; it takes 90 minutes to get to the top, and since Typhoon Haiyan, the road is in bad shape. The higher we rise the mistier it gets. At the top we enter the clouds and the visibility drops. A ghostly atmosphere replaces the beautiful view. I can't grasp the topography of the place and we wander around for a while. There are a few closed *nha nghi*, or guesthouses, proof of something akin to tourism. One in particular catches my attention. **CHAN MAY NHA NGHI** is situated lower down the mountain; it was built by French and is now owned by a retired army officer. In the spring and summer the place is full of hydrangeas. They have many small houses scattered on the hills for VND250,000 a night and serve three meals a day, complete with homegrown vegetables.

That night in Lang Son we hit the town, but the options are limited to a couple cafés and two clubs. **GUITAR COFFEE** (46 Minh Khai), offers guitar players a stage to play live. The owner is an accomplished guitarist and dedicates a song to me. I blush. Then we go to the **LANG SON CLUB** (39 Van Vi). The music is too loud, the place almost empty and the drinks are overpriced. We leave laughing after finishing our beers as fast as possible. I tell my friend and guide, Xuan, that I won't tell her mother we went there.

45km, we go through a beautiful landscape of rice paddies and karstic mountains. It slows us down as I have to stop to capture the scenery with my camera. The rest of the road trip is tiring, especially the last 50km that slowly replaces the idyllic natural landscape with one more befitting of an urbanised industrial nation. I am glad to arrive back in the capital.

There is a great potential to see beauty in Lang Son, you just need to go in the right season — the weather while I am there is overcast and the area is covered in a low mist. The city is often dismissed as a border town and does not have a reputation that attracts tourists. *Lonely Planet* writes that

most visitors just pass through to cross the border to China. And while Lang Son was mostly destroyed in 1979 during the Sino-Vietnamese war; the city of old is visible at the market. The pursuit of economic prosperity has begun to mend the wounds between this forgotten border town and its neighbours to the north.

As for my ancestors, it's the train that matters, the tracks that they built to connect Hanoi with the border. Lang Son has its own very separate history, rich with stories of dynasties, citadels, economic development and war. It's a history that, despite undergoing so much destruction, somehow remains very much alive. 

TRAVEL

DALAT / AROUND HANOI / HANOI - INTERNATIONAL / HANOI - MID-RANGE / HANOI - BUDGET / HCMC - INTERNATIONAL / HCMC - DELUXE / HCMC - MID-RANGE / HCMC - BUDGET / Hoi AN & DANANG / HOE & LANG CO / NHA TRANG / PHAN THIET & MOI NE / PHONG NHA / PHO QUOC / SAPA / VONG TAO & HO TRAM / TRAVEL SERVICES - HANOI / TRAVEL SERVICES - ELSEWHERE

DALAT

ANA MANDARA VILLAS

\$\$\$\$
Le Lai, Dalat, Tel: (063) 3555888
anamandara-resort.com

DALAT PALACE

\$\$\$\$
12 Ho Tung Mau, Dalat, Tel: (063) 382 5444
dalatpalace.vn



DALAT GREEN CITY HOTEL

172 Phan Dinh Phung, Dalat, Tel: (063) 382 7999
dalatgreencityhotel.com

Located in central Dalat, this is the perfect place for budget travellers. Quiet, newly refurbished with beautiful mountain and city views from the rooftop, features free Wi-Fi, a TV and snack bar in all rooms with a downstairs coffee shop and computers in the lobby for guest use.



DALAT TRAIN VILLA

Villa 3, 1 Quang Trung, Dalat, Tel: (063) 381 6365
dalattrainvilla.com

Located near the Dalat Train Station, the Dalat Train Villa is a beautifully restored, colonial era, two-storey villa. In its grounds is a 1910 train carriage which has been renovated into a bar and cafe. Located within 10 minutes of most major attractions in Dalat.

TRUNG CANG HOTEL

\$
22 Bui Thi Xuan, Dalat, Tel: (063) 382 2663

AROUND HANOI

BEST WESTERN PEARL RIVER HOTEL

\$\$\$
KM 8 Pham Van Dong, Duong Kinh, Hai Phong, Tel: (031) 388 0888
pearlriverhotel.vn

BHAYA CRUISES, HALONG BAY

\$\$\$
Tel: 0933 446542
bhayacruises.com

Experience breathtaking tours of the serene Halong Bay, aboard reproduction wooden junks. Two or three-night trips with a wide range of cabin styles: standard, deluxe, or royal.

CUC PHUONG

\$
Cuc Phuong, Nho Quan, Ninh Binh, Tel: (030) 384 8006
cucphuongtourism.com

EMERAUDE CLASSIC CRUISES, HALONG BAY

\$\$\$\$
Tel: (04) 3935 1888
emeraude-cruises.com

Reproductions, of 19th-century paddle steamers, trawl around Halong Bay in colonial style. A classic experience, complete with, overnight accommodations in impeccable cabins suites.

LA FERME DU COLVERT

\$\$
Cu Yen, Luong Son, Hoa Binh, Tel: 02183 825662
etoile-des-mers.com

LA VIEU LINH

\$
Ngoi Tu Village, Vu Linh, Yen Bai, Tel: (04) 3926 2743
lavieulinh.com

MAI CHAU LODGE

\$\$\$
Mai Chau Town, Hoa Binh, Tel: (0218) 386 8959
maichaulodge.com

NOVOTEL HA LONG BAY

\$\$
Ha Long Road, Bai Chay Ward, Ha Long City, Quang Ninh, Tel: (033) 384 8108
novotelhalong.com.vn



TAM COC GARDEN RESORT

Hai Nham, Ninh Hai, Hoa Lu, Ninh Binh. Tel: (030) 249 2118

contact@tamcocgarden.com

tamcocgarden.com
Surrounded by rice fields and spectacular karsts, Tam Coc Garden is a haven of peace, an oasis of serenity and understated luxury. Spacious rooms with rustic and chic décor, a pool with breathtaking views, a beau-

tiful garden, and panoramic views over the fields and mountains. The perfect place to relax.

HANOI - INTERNATIONAL

CROWNE PLAZA WEST INTERNATIONAL

\$\$\$
36 Le Duc Tho, My Dinh Commune, Tu Liem, Hanoi, Tel: (04) 6270 6688

crownplazawesthanoi.com
This premier five-star property lies beside the My Dinh National Stadium and Convention Centre. Boasts two swimming pools, a spa, and a fitness centre in its 24 stories.

DAEWOO HOTEL

360 Kim Ma, Ba Dinh, Tel: (04) 3831 5555
www.hanoi-daewoohotel.com

This enormous structure offers the most modern of amenities, and with four restaurants and two bars, the events staff is well equipped to handle any occasion. Close to the National Convention Center, and a favourite of the business traveller, Daewoo even boasts an outdoor driving range. Shortly to become a Marriott property.

FORTUNA HOTEL HANOI

6B Lang Ha, Ba Dinh, Tel: (04) 3831 3333
www.fortuna.vn

This 350-room four-star set up in the heart of Hanoi's financial district has a variety of rooms on offer, a "capital lounge" and three restaurants that serve Japanese, Chinese and international cuisine. And like you'd expect, there's a fitness centre, night club and swimming pool, too, and even a separate spa and treatment facility for men and women. Set to the west of town, Fortuna often offers business deals on rooms and spaces to hold meetings, presentations and celebrations.

HOTEL DE L'OPERA

29 Trang Tien, Hoan Kiem, Tel: (04) 6282 5555

contact@hoteldelopera.com
Resting just a step away from the Opera House, the hotel mixes colonial architectural accents and theatrical interior design to create a contemporary space. The first boutique five star

in the heart of Hanoi, the lavish, uniquely designed 107 rooms and suites contain all the mod cons and are complimented by two restaurants, a bar and complimentary Wi-Fi.

INTERCONTINENTAL HANOI WESTLAKE

1A Nghi Tam, Tay Ho, Tel: (04) 6270 8888
www.hanoi.intercontinental.com

This stunning property built over West Lake falls in between a hotel and a resort. Beautiful views, great balcony areas, comfortable, top-end accommodation and all the mod-cons make up the mix here together with the resort's three in-house restaurants and the Sunset Bar, a watering hole located on a thoroughfare over the lake. Great gym and health club.

JW MARRIOTT HANOI

8, Do Duc Duc, Me Tri, Tu Liem, Hanoi, Tel: (04) 3833 5588
jwmarrighthanoi.com

From the expressive architecture outside to the authentic signature JW Marriott services inside, this Marriott hotel in Hanoi is the new definition of contemporary luxury. Lies next door to the National Convention Centre.

MELIA HANOI

44B Ly Thuong Kiet, Hoan Kiem, Tel: (04) 3934 3343
www.meliahanoi.com

Excellent located in central Hanoi, Melia Hanoi draws plenty of business travellers and is also a popular venue for conferences and wedding receptions. State-of-the-art rooms, elegant restaurants, stylish bars, fully equipped fitness centre with sophisticated service always make in-house guests satisfied.

MÖVENPICK HOTEL HANOI

83A Ly Thuong Kiet, Hoan Kiem, Tel: (04) 3822 2800
www.moevenpick-hanoi.com

With its distinctive French architecture and top end service, Mövenpick Hotel Hanoi is aimed squarely at corporate travellers. An all-day restaurant and a lounge bar are available to satiate their clientele while the kinetic gym and wellness studio offer an excellent range of equipment. Massage and

sauna facilities are available for guests seeking to rejuvenate. Of the 154 well-appointed rooms and suites, 93 are non-smoking.

PULLMAN HOTEL

\$\$\$\$
40 Cat Linh, Ba Dinh, Tel: (04) 3733 0808
pullman-hanoi.com

With deluxe rooms and suites, a contemporary lobby, an excellent buffet, and a la carte restaurant, this Accor group property is prestigious and close to the Old Quarter.

SHERATON

K5 Nghi Tam, 11 Xuan Dieu, Tay Ho, Tel: (04) 3719 9000
www.sheraton.com/hanoi

Surrounded by lush gardens, sweeping lawns and tranquil courtyards, this peaceful property features picturesque views of West Lake and is less than 10 minutes from downtown. In addition to the luxurious rooms, the hotel offers an outdoor swimming pool and great relaxation and fitness facilities, including a tennis court and spa. There are well equipped conference rooms and a newly refurbished Executive Club Lounge.

SOFITEL LEGEND METROPOLE HANOI

15 Ngo Quyen, Hoan Kiem, Tel: (04) 3826 6919
www.sofitel.com

The finest hotel of the French colonial period is probably still the finest in today's Hanoi. Anyone who is (or was) anyone has stayed at this elegant oasis of charm, where the service is impeccable and the luxurious facilities complement the ambiance of a bygone era. Definitely the place to put the Comtesse up for a night.

SOFITEL PLAZA HANOI

1 Thanh Nien Road, Ba Dinh, Tel: (04) 3823 8888

Boasting Hanoi's best views of West Lake, Truc Bach Lake and the Red River, Sofitel Plaza Hanoi soars 20 storeys above the city skyline. The 5-star hotel features 317 luxurious, comfortable guestrooms with spectacular lake view or river view ranking in 7 types from Classic Room to Imperial Suite.

AIRLINES

AIR ASIA

www.airasia.com

AIR FRANCE

130 Dong Khoi, Q1
Tel: 3825 8583
www.airfrance.com.vn

AIR MEKONG

1st Floor, Centre Point Building, 106 Nguyen Van Troi, Phu Nhuan
Tel: (08) 3846 3999
www.airmekong.com.vn

AMERICAN AIRLINES

194 Nguyen Thi Minh Khai, Q3, Tel: 3933 0330
www.aa.com

CATHAY PACIFIC

5th Floor, Centec Tower, 72-74 Nguyen Thi Minh Khai, Q3
Tel: 3822 3203
www.cathaypacific.com/vn

CHINA AIRLINES

37 Ton Duc Thang, Q1
Tel: 3911 1591
www.china-airlines.com

JAPAN AIRLINES

3rd Floor, Sheraton Hotel, 88 Dong Khoi, Q1
Tel: 3821 9098
www.jal.com

JETSTAR PACIFIC

www.jetstar.com/vn

KOREAN AIR

34 Le Duan, Q1
Tel: 3824 2878
www.koreanair.com

LAD AIRLINES

93 Pasteur, Q1
Tel: 3822 6990
www.ladairlines.com

MALAYSIA AIRLINES

Ground Floor, Saigon Trade Centre, 37 Ton Duc Thang, Q1
Tel: 3829 2529
www.malaysiaairlines.com

SINGAPORE AIRLINES

Saigon Tower Bulding, Room 101, 29 Le Duan, Q1
Tel: 3823 1588
www.singaporeair.com

THAI AIRWAYS

29 Le Duan, Q1
Tel: 3822 3365
www.thaiairways.com.vn

TIGER AIRWAYS

www.tigerair.com

VIETJETAIR

www.vietjetair.com

VIETNAM AIRLINES

27B Dinh Tien Hoang, Q1
Tel: 3832 0320
www.vietnamairlines.com

Want to add more information to your listing? Get in touch and let us see what we can do. Email us at listings@wordvietnam.com

HANOI – MID-RANGE

6 ON SIXTEEN

16 Bao Khanh, Hoan Kiem
www.sixonsixteen.com
Another boutique hotel to grace Hanoi's Old Quarter, the six rooms here mix contemporary and fresh with handicrafts and antique. Breakfast is included and in the long, lounge restaurant on the second floor, home-style Vietnamese fare is served up with fresh fruit juices and Lavazza coffee.

GOLDEN SILK BOUTIQUE HOTEL

\$\$\$
109-111 Hang Gai, Hoan Kiem, Hanoi, Tel: (04) 3928 6969
goldensilkhotel.com
Located in the centre of the Old Quarter, this little slice of heaven offers complimentary sundries and a replenishable minibar. The Orient restaurant, serves the finest in international and Vietnamese cuisine.

MAISON D'HANOI HANOVA HOTEL

\$\$\$
35-37 Hang Trong, Hoan Kiem, Tel: (04) 3938 0999
hanovahotel.com
A minute from Hoan Kiem Lake, this glowing pearl in the heart of Hanoi provides tranquility with an art gallery and piano bar.

MAY DE VILLE

24 Han Thuyen, Hai Ba Trung, Tel: (04) 2222 9988
Set in the old French Quarter a short walk from the Opera House, May de Ville City Centre is a welcome new addition to the capital. Combining contemporary architecture with traditional Vietnamese style and materials, this elegant property has 81 well-appointed rooms including four suites.

HANOI – BUDGET

HANOI BACKPACKER'S HOSTEL

48 Ngo Huyen, Hoan Kiem, Tel: (04) 3828 5372
www.hanoibackpacker-shostel.com
Probably the cheapest, European-style hostel in town, with bunk-style beds mixed or single-sex dorms starting at VND150,000, plus a couple of double suites from VND250,000. A place to meet like-minded fold in the Old Quarter.

HCMC – INTERNATIONAL

CARAVELLE HOTEL

\$\$\$
19 Lam Son Square, Q1, Tel: (08) 3823 4999
caravellehotel.com
Winner of Robb Report's 2006 list of the world's top 100 luxury hotels, the Caravelle houses the popular rooftop Saigon Saigon bar, and the restaurants Nineteen and Reflections.

DUXTON HOTEL

\$\$\$
63 Nguyen Hue, Q1, Tel: (08) 3822 2999
saigon.duxtonhotels.com
Famous for its day-long rotating-menu buffets, the Duxton deserves luxury appellation with a pool, gym, spa, and fine dining.

EQUATORIAL

\$\$\$
242 Tran Binh Trong, Q5, Tel: (08) 3839 7777
equatorial.com/hcm
This massive property boasts seven dining and entertainment outlets, a business centre, meeting rooms and a comprehensive fitness centre and spa. The Equatorial also has an on-site casino.

HOTEL NIKKO SAIGON

\$\$\$\$\$
235 Nguyen Van Cu, Q1, Tel: (08) 3925 7777

hotelnikkosaigon.com.vn

The five-star hotel and serviced apartment complex offers: 14 instant offices, seven meeting rooms, a 600-capacity ballroom, spa, outdoor swimming pool, a gym, 24-hour fine dining, 24-hours room service, and limousine services.

INTERCONTINENTAL ASIANA SAIGON

\$\$\$\$\$
Hai Ba Trung and Le Duan, Q1, Tel: (08) 3520 9999
intercontinental.com/saigon
In the heart of Ho Chi Minh City, resides the Asiana with signature dining options, an innovative cocktail bar, exclusive spa and health club, together with luxury boutique arcade.

LOTTE LEGEND HOTEL SAIGON

\$\$\$\$\$
2A-4A Ton Duc Thang, Q1, Tel: (08) 3823 3333
legendsaigon.com
Immaculate architecture, spacious rooms, and a fine selection of fine dining, with buffets specialising in Americana and Pan-Asian cuisine.

NEW WORLD HOTEL

\$\$\$\$\$
76 Le Lai, Q1, Tel: (08) 3822 8888
saigon.newworldhotels.com
Former guests include U.S. presidents — two Bushes, Clinton — and K-Pop sensation Bi Rain. An ongoing event as well as a hotel, New World is one of the best luxury stops in town.

PARK HYATT

\$\$\$\$\$
2 Lam Son Square, Q1, Tel: (08) 3824 1234
saigon.park.hyatt.com
Fabulous in style, prime in location, everything one would expect from the Hyatt. The Square One and Italian-themed Opera restaurants

have garnered an excellent reputation, as has the landscaped pool.

PULLMAN SAIGON CENTRE

\$\$\$\$\$
148 Tran Hung Dao, Q1, Tel: (08) 3838 8686
pullmanhotels.com
Recently completed on the site of the old Metropole, this upscale, contemporary property boasts 306 signature rooms combining design, comfort and connectivity. Innovative cuisine, a great downtown location and high-tech meeting venues able to host up to 600 guests make up the mix.

REX HOTEL

\$\$\$\$\$
141 Nguyen Hue, Q1, Tel: (08) 3829 2185
rexhotelvietnam.com
Brimming with history the Rex's open-air fifth-floor bar is Saigon highlight. A recent renovation, of this now five-star property, boasts designer fashion and a shopping arcade.

RIVERSIDE APARTMENTS

53 Vo Truong Toan, Q2, Tel: (08) 3744 4111
riverside-apartments.com
Sited on the banks of the Saigon River, a 15-minute scenic boat ride or 20-min-

ute bus ride from town, Riverside's complementary shuttle services take you right in the city centre. With 152 fully equipped serviced apartments, the property offers special packages for short-term stay starting at VND2.1 million per apartment per night for a one-bedroom facility.

RIVERSIDE HOTEL

\$\$\$\$\$
18-19-20 Ton Duc Thang, Q1, Tel: (08) 3825 1417
riversidehotels.com
This distinct French architectural wonder offers complimentary Wi-Fi, airport

Joseph's Hotel

Foreign-run, boutique hotel
Next to the cathedral



Free wi-fi, international breakfast,
spacious and airy, lift, plasma TV,
multi-shower, friendly service

www.josephshotel.com
5, Au Trieu, Hoan Kiem, Hanoi | Phone: 04 3938 1048 | Mob: 0913 090 446

F1 Grand Prix Singapore
19 to 21 September 2014

EARLY BIRD RATES
BE THE FIRST!
From 12 March to 30 April 2014

EXOTISSIMO

World Travel

Asia • Europe • Americas • Oceania • Africa

41 Thao Dien Street,
An Phu, District 2,
Ho Chi Minh City
Tel: +84 (0) 8 3519 4111
saigonagency@exotissimo.com
formula1@exotissimo.com

Appointed Agent

Club Med PEUGEOT OPEN EUROPE
HOLIDAYS BY CAR

pickup or drop off, a 4th floor ballroom, and authentic Vietnamese cuisine at the River Restaurant.

SHERATON

\$\$\$\$
88 Dong Khoi, Q1, Tel: (08) 3827 2828
sheraton.com/saigon

Sheraton boasts one of the best locations in town, with first-class facilities, an open-air restaurant 23 floors above the city and a live music venue on the same floor.

SAFITEL SAIGON PLAZA

\$\$\$
17 Le Duan, Q1, Tel: (08) 3824 1555
safitel.com

This 20-story building in downtown Saigon, caters to upscale business and leisure travelers seeking a classic yet contemporary stay in Saigon.

WINDSOR PLAZA

\$\$\$
18 An Duong Vuong, Q5, Tel: (08) 3833 6888
windsorplazahotel.com

The full ensemble with its own shopping hub (including a bank), fine dining, a sauna, health club, and superb panoramic views of the cityscape. Also hosts the largest Oktoberfest in the region.

HCMC - DELOXE

CONTINENTAL

\$\$\$
132-134 Dong Khoi, Q1, Tel: (08) 3829 9201
continentalhotel.com.vn

This charming old hotel has been fêted in literature and in film. In the heart of Saigon, this is the first choice to high-light Vietnamese culture.

HOTEL MAJESTIC

\$\$\$
1 Dong Khoi, Q1, Tel: (08) 3829 5517
majesticsaigon.com.vn

NORFOLK HOTEL

\$\$\$
117 Le Thanh Ton, Q1, Tel: (08) 3829 5368
norfolkhotel.com.vn

Intimate atmosphere and excellent service, this boutique business hotel is located minutes from famous landmarks, designer shops, and is renowned for its fabulous steaks at its in-house restaurant, Corso.

NOVOTEL SAIGON CENTRE

\$\$\$
167 Hai Ba Trung, Q3, Tel:

(08) 3822 4866
novotel-saigon-centre.com
Novotel Saigon Centre has a contemporary feel, an international buffet — The Square — a rooftop bar, and a wellness centre including a swimming pool, gym, sauna and spa.

STAR CITY SAIGON HOTEL

\$\$\$
144 Nguyen Van Troi, Phu Nhuan, Tel: (08) 3999 8888
starcitysaigon.vn
The newly-built hotel is near Tan Son Nhat International Airport. With spectacular city views and a comfortably-designed outdoor swimming pool, there is little reason not to choose this shining star.

HCMC - MID-RANGE

ROYAL HOTEL SAIGON

\$\$\$
133 Nguyen Hue, Q1, Tel: (08) 3822 5914
kimdohotel.com

EMM HOTEL

157 Pasteur, Q3
A sleek, contemporary three-star hotel that mixes vintage appeal and modern chic thanks to a subdued palette of white and grey around two 'pop' colours: azalea pink and green hot pepper. Part of the Thien Minh Group that includes Victoria Hotels and Buffalo Tours.

LAN LAN HOTEL 1 AND 2

\$\$\$
46 and 73-75 Thu Khoa Huan, Q1, Tel: (08) 3822 7926
lanlanhotel.com.vn

THAO DIEN VILLAGE

\$\$\$
195 Nguyen Van Huong, Q2, Tel: (08) 3744 2222
thaodienvillage.com

A colonial-style hotel and spa offers fine Italian, Thai and Japanese dining. Manicured gardens and a view that overlook the bank of the Saigon River, this is truly someplace special.

THE ALCOVE LIBRARY HOTEL

\$\$\$
133A Nguyen Dinh Chinh, Phu Nhuan, Tel: 08 6256 9966
alcovehotel.com.vn

HCMC - BUDGET

DUIC VUONG HOTEL

\$
195 Bui Vien, Q1, Tel: (08) 3920 6992
ducvuonghotel.com
Free Wi-Fi offered in every room. Low prices, friendly

staff, clean rooms. This modern oasis is only a few steps from the backpacker's area.

DUNA HOTEL

\$
167 Pham Ngu Lao Q1, Tel: (08) 3837 3699
dunahotel.com

HONG HOA HOTEL

\$
185/28 Pham Ngu Lao, Q1, Tel: (08) 3836 1915
honghoavn.com

SINH HUONG HOTEL

\$
157 Nguyen Du Q1, Tel: (08) 3827 4648
sinhhuonghotel.com.vn

Hoi An & DANANG

AN BANG BEACH RETREAT

An Bang Beach, Hoi An
www.anbangbeachretreat.com

CUA DAI

\$
544, Cua Dai, Hoi An, Tel: (0510) 386 2231
hotellcuadai-hoian.com/

DANANG BEACH RESORT

\$\$\$
Truong Sa, Hoa Hai, Ngu Hanh Son, Danang, Tel: (0511) 396 1800
danangbeachresort.com.vn

FURAMA RESORT AND SPA

\$\$\$
Vo Nguyen Giap, Khue My, Ngu Hanh Son, Danang, Tel: (0511) 384 7888
furamavietnam.com

HYATT REGENCY DANANG RESORT AND SPA

\$\$\$
Hoa Hai, Ngu Hanh Son, Da Nang, Tel: (0511) 398 1234
danang.regency.hyatt.com
The Hyatt Regency Danang Resort and Spa is beachfront with a stunning view of the Marble Mountains. There are 182 luxurious residences and 27 private ocean villas, each with a private pool.

LE DOMAINE DE TAM HAI

\$\$\$
Tam Hai Island, Thon 4, Nui Thanh, Quang Nam, Tel: (0510) 354 5105
domainedetamhai.com

LIFE RESORT HOI AN

\$\$\$
1 Pham Hong Thai, Hoi An, Tel: (0510) 391 4555
life-resorts.com

MERCURE DANANG

\$\$\$
Lot A1 Zone Green Island, Hoa Cuong Bac, Hai Chau, Danang, Tel: (0511) 379 7777
mercure-danang.com

PULLMAN DANANG BEACH RESORT

\$\$\$
Vo Nguyen Giap, Khue My, Ngu Hanh Son, Danang, Tel: (0511) 395 8888
pullman-danang.com
Located on the white sands of Bac My An beach close to both Danang and Hoi An, the welcoming and modern Pullman Danang Beach Resort is an oasis of activities and facilities for a dynamic escape. Perfect for a family holiday or a romantic beach getaway.

THE NAM HAI

\$\$\$
Hamlet 1, Dien Duong Village, Quang Nam, Tel: (0510) 394 0000
ghmhotels.com
Includes three massive swimming pools, a gourmet restaurant and elegant spa on a lotus pond. Each massive room has its own espresso machine, pre-programmed iPod and both indoor and outdoor showers.

VICTORIA HOI AN BEACH RESORT AND SPA

Cua Dai Beach, Tel: (0510) 392 7040
victoriahotels.asia

Hue & Lang Co

ANGSANA LANG CO

\$\$\$
Cu Du Village, Loc Vinh Commune, Phu Loc, Thua Thien Hue, Tel: (054) 369 5800
angsana.com/en/lang_co
Located on Vietnam's South Central Coast, Angsana Lang Co commands an unrivalled beach frontage of the shimmering East Sea. Traditional Vietnamese design encompasses the resort's contemporary buildings and chic interiors.

BANYAN TREE LANG CO

\$\$\$
Cu Du Village, Loc Vinh Commune, Phu Loc, Thua Thien, Hue, Tel: (054) 369 5888
banyantree.com/en/lang_co
Built on a crescent bay, The Banyan Tree offers privacy and unparalleled exclusivity with all-pool villas reflecting the cultural and historical legacy of past Vietnamese dynastic periods.

LA RESIDENCE

\$\$\$
5 Le Loi, Hue, Tel: (054) 383 7475
la-residence-hue.com

PHUONG HOANG HOTEL

\$
66 Le Loi, Hue, Tel: (054) 382 6736
hoangphuonghotel.com

NHA TRANG

EVASON ANA MANDARA AND SIX SENSES SPA

\$\$\$
Beachside Tran Phu, Nha Trang, Khanh Hoa, Tel: (058) 352 2222
sixsenses.com/evason-resorts/ana-mandara/destination
2.6 hectares of private beachside gardens and villa-style accommodation furnished in traditional native woods, this resort offers verandah dining, a pool bar and the signature Six Senses Spa.

JUNGLE BEACH RESORT

\$
Ninh Phuoc, Ninh Hoa, Khanh Hoa, Tel: (058) 362 2384
junglebeachvietnam.com
On a secluded promontory north of Nha Trang, this budget place is all about hammocks, the sea, the jungle and nature.

MIA RESORT NHA TRANG

\$\$\$
Bai Dong, Cam Hai Dong, Cam Lam, Khanh Hoa, Tel: (058) 398 9666
mianhatrang.com

NOVOTEL NHA TRANG

\$\$\$
50 Tran Phu, Nha Trang, Tel: (058) 625 6900
novotel-nhatrang.com
This four-star hotel with 154 guestrooms, all with a terrace and sea view. Complete with a pool, spa, restaurant, bar and meeting room that caters for up to 200 delegates.

SIX SENSES HIDEAWAY NINH VAN BAY

\$\$\$
Ninh Van Bay, Ninh Hoa, Khanh Hoa, Tel: (058) 372 8222
sixsenses.com/resorts/ninh-van-bay/destination
The upmarket Tatler magazine voted top hotel of 2006. The location is stunning, on a bay accessible only by boat.

SHERATON NHA TRANG HOTEL AND SPA

\$\$\$
26 - 28 Tran Phu, Tel: (058) 388 0000
sheraton.com/nhatrang

SUNRISE BEACH HOTEL AND SPA

\$\$\$
12-14 Tran Phu, Nha Trang, Tel: (058) 382 0999
sunrisenhatrang.com.vn

WHALE ISLAND RESORT

\$\$\$
Tel: (058) 384 0501
whaleislandresort.com

PHAN THIET & MOI NE

ALLEZ BOO BEACH RESORT AND SPA

\$\$\$
8 Nguyen Dinh Chieu, Mui Ne, Phan Thiet, Tel: (062) 374 3777
allezboo.com
This resort offers exotic Bali-style, thatched roof "honeymoon" villas, 55 spacious suites, deluxe rooms, fresh seafood, Vietnamese cuisine, Thai and international cuisine, kite surfing and parasailing.

BLUE OCEAN

\$\$\$
54 Nguyen Dinh Chieu, Mui Ne, Phan Thiet, Tel: (062) 384 7322
life-resorts.com

COCO BEACH

\$\$\$
58 Nguyen Dinh Chieu, Mui Ne, Phan Thiet, Tel: (062) 384 7111
cocobeach.net
With charming wooden bungalows, a private beach, a swimming pool (both with attached bars) and a French restaurant, Coco Beach continues to be run by those who opened it in 1995.

MIA RESORT MUI NE

\$\$\$
24 Nguyen Dinh Chieu, Mui Ne, Tel: (062) 384 7440
miamuine.com

PRINCESS D'ANNAM RESORT AND SPA

\$\$\$
Khu Hon Lan, Xa Tan Thanh, Ham Thuan Nam, Binh Thuan, Tel: (062) 368 2222
princessannam.com

VICTORIA PHAN THIET RESORT AND SPA

\$\$\$
Mui Ne Beach, Phan Thiet, Tel: (062) 381 3000
victoriahotels.asia
Another beachfront Victoria chain, the thatched-roof bungalows and family villas are set in exotic gardens with an infinity swimming pool, a seafood restaurant, spa, beauty salon and jacuzzi.

PHONG NHA

EASY TIGER AND JUNGLE BAR

\$
Son Trach, Bo Trach, Quang Binh, Tel: (052) 367 7844
easytigerphongnha@gmail.com
A hostel and street-front bar all in one. Has a pleasant, airy atmosphere in the bar and restaurant area while the 52 dorm beds — four

beds to a room — go for US\$8 (VND168,000) each a night.

HO KHANH'S HOMESTAY

\$\$
Son Trach, Bo Trach, Quang Binh, Tel: 01299 597182
phong-nha-homestay.com

PEPPER HOUSE

\$
Tel: 01678 731560
pepperhouse-homestay.com

PHONG NHA FARMSTAY

\$\$
Hoa Son, Cu Nam, Bo Trach, Quang Binh, Tel: (052) 367 5135
phong-nha-cave.com

The first western-run farmstay in Phong Nha, this well-appointed travellers' joint has a great bar and restaurant area, a swimming pool out back and views overlooking paddy fields and mountains. Rooms start at VND600,000 for a twin or double, with a family room for five costing VND1.4 million a night.

PHONG NHA LAKE RESORT

\$\$
Khuong Ha, Hung Trach, Bo Trach, Quang Binh, Tel: (052) 367 5999
phongnhalakehouse.com

SAIGON - PHONG NHA

\$\$\$
Son Trach, Bo Trach, Quang Binh, Tel: (052) 367 7016
sgphongnhahotel@yahoo.com.vn

THANH DAT

\$
Son Trach, Bo Trach, Quang Binh, Tel: (052) 367 7328
thanhdathongnha.com

PHU QUOC

BEACH CLUB RESORT

\$\$
Ap Cua Lap, Xa Duong To, Long Beach, Phu Quoc Island, Tel: (077) 398 0998
beachclubvietnam.com
A quaint and popular island

guesthouse featuring a beachside restaurant, and includes free Wi-Fi. Motorbike rental, boat trips and tours are easily arranged. Discount rates during rainy season.

CHEN SEA RESORT AND SPA

\$\$\$\$
Bai Xep, Ong Lang, Cua Duong, Phu Quoc, Kien Giang, Tel: (077) 399 5895
centarahotelsresorts.com

LA VERANDA

\$\$\$\$
Ward 1, Duong Dong Beach, Phu Quoc, Tel: (077) 398 2988
laverandaresorts.com

MANGO BAY

\$\$
Ong Lang Beach, Phu Quoc, Tel: 0903 382207
mangobayphuquoc.com
An eco-friendly approach with a gorgeous beachside location, the bungalows are made of rammed earth, no TVs or telephones (although Wi-Fi is available). Excellent sunsets from the beach bar.



SAPA

CAT CAT VIEW HOTEL

\$\$
Cat Cat Road, Tel: 0203 871946
catcathotel.com
The best view in town from its bar restaurant, the Cat Cat Guesthouse is paradise at very reasonable rates. The rooms have big windows, balconies, and log fireplaces.

TOPAS ECOLOGE

\$\$\$
24 Muong Hoa, Sapa, Tel: 0203 872404
topasecolodge.com
For the environmentally conscientious, 25 individual lodges rest on hills overlooking valleys. Employing solar

technology and a wastewater facility, the Topas also organises treks and bicycle tours.

VICTORIA SAPA

\$\$\$
Tel: 0203 871522
victoriahotels.asia

VONG TAO & HO TRAM

BINH AN VILLAGE

\$\$\$
1 Tran Phu, Vung Tau, Tel: (064) 335 1553
binhanvillage.com

CON DAO RESORT

\$\$
Nguyen Duc Thuan, Con Dao, Vung Tau, Tel: (064) 383 0939
condaoresort.vn

HO TRAM BEACH RESORT AND SPA

\$\$\$
Tel: (064) 378 1525
hotramresort.com
This attractive property is the ideal getaway from Ho Chi Minh City. 63 uniquely bungalows and villas promise a local experience complete with an excellent spa and two swimming pools.

HO TRAM SANCTUARY

\$\$\$
Ho Tram, Ba Ria-Vung Tau, Tel: (064) 378 1631
sanctuary.com.vn
The spacious villas come with their own pool and have direct access to the beach. Extras include tennis courts, a mini supermarket, and cycling and motorbike tours.

REX HOTEL

\$\$
1 Le Quy Don, Vung Tau, Tel: (064) 385 2135
rexhotelvungtau.com

SIX SENSES CON DAO

\$\$\$
Dat Doc Beach, Ba Ria-Vung Tau, Tel: (064) 383 1222
sixsenses.com/SixSensesConDao

THE GRAND-HO TRAM STRIP

Phuoc Thuan Commune, Xuyen Moc, Ba Ria-Vung Tau, Tel: (064) 378 8888
thegrandhotramstrip.com
The Grand - Ho Tram Strip is Vietnam's first large scale integrated resort and ultimately will include a 1,100-room five-star hotel, a world-class casino, restaurants, high-tech meeting space, an exclusive VIP area, as well as a variety of beachfront recreation activities. The first 541-room tower of this development opened in July 2013 with its casino including 90 live tables and 614 electronic game positions. The second 559-room tower is on track to open in 2015.



TRAVEL SERVICES - HANOI

BUFFALO TOURS AGENCY (BTA)

94 Ma May, Hoan Kiem Dist., Ha Noi, Tel: (04) 3828 0702
travelagency.hn@buffalotours.com
www.buffalotours.com.vn
A boutique Travel Agency at the service of all Vietnamese and expatriate residents in Vietnam offering easy, hassle-free travel around the world and in Vietnam, with the highest standards

of customer care. This premium Travel Agency has been created to help travelers select their destinations and organize their trips, take care of the time-consuming procedures and ensure that all journeys are enjoyable and successful. BTA customizes leisure and corporate travel plans while offering a selected range of small group tours.



EXOTISSIMO

66A Tran Hung Dao, Hanoi, Tel: (04) 3828 2150
www.exotissimo.com
A one-stop, all-in-one travel agency with an extensive operational track record in the Indochina region and beyond. Providing up-market services, Exotissimo brings their clients close to culture through personalised tours. Also find travel desks at the Hilton, Sofitel Plaza and Intercontinental hotels, which are open on weekends and holidays.

HANSPAN TRAVEL

78 Ma May, Hanoi, Tel: (04) 3926 2828
www.handspan.com
Established in 1997, Handspan provides customers

with safe, high quality, diverse, small-group adventure tours to both popular and isolated locations in Vietnam, Laos and Cambodia. Has a focus on off-the-beaten-track sustainable and responsible tourism initiatives. Also provides to excursions to more well-worn destinations.

HG TRAVEL

47 Phan Chu Trinh, Hoan Kiem, Tel: (04) 3944 8844
www.hgtravel.com
Travel company specialising in small-group tours around Vietnam and further afield in Indochina. Is also the sole representative agent for Kenya Airways (for 40 cities in Africa — www.kenya-airways.com), American Airlines (www.aa.com) and Turkish Airlines (www.thy.com).



INDOCHINA LAND

61 Cua Bac, Ba Dinh, Tel: (04) 3715 2852
www.indochina-land.com
Indochina Land is a French local travel agency for expatriates and tourists who want to see northern Vietnam in a personal and tailored way. Think small knowledgeable teams of

Coco Beach RESORT
58 Nguyen Dinh Chieu, W. Ham Tien
Phan Thiet, Vietnam
+84-(0)62-3847111 / 2 / 3

www.cocobeach.net
paradise@cocobeach.net

FREE STAY PAY
From May 4th to September 30th

MANGO BAY
Ong Lang Beach - Phu Quoc Island - Vietnam
Phone: +84 773 981 093 - Cell phone: 0903 362 207
Email: reservations@mangobayphuquoc.com
Website: www.mangobayphuquoc.com



Vietnamese and French who share their passion for discovery during varied itineraries, usually focused on freedom, family, health trips and classic home stays. They will show you around Ha Giang, too.

INTREPID TRAVEL VIETNAM

57A Nguyen Khac Hieu, Ba Dinh, Tel: 0904 193308

www.intrepidtravel.com/vietnamsales

Intrepid Travel Vietnam is an international travel company operating in Vietnam since 1992, offering innovative day tours, short breaks and small group adventures. With expert guides and guaranteed departures, Intrepid focuses on real life experiences in Ho Chi Minh City, Hanoi, Mekong Delta, Halong Bay, Sapa and beyond to get you up close to Vietnam's people, cuisine, history and culture.

SYRENA CRUISES

51 Xuan Dieu, Tay Ho, Tel: (04) 3719 7214

www.syrenacruises.com

If you're thirsty for a Halong Bay experience while enjoying luxury comfort, Syrena Cruises could be the quencher you're looking for. Forget drinking games and backpackers by relaxing on one of the two wooden boats from the fleet. Alone, as a couple or with a group, 34 luxurious cabins and suites are all ready for action. All you have to do is decide on how long you want to holiday for.

TRAVEL SERVICES - ELSEWHERE

BUFFALO TOURS AGENCY

70-72 Ba Trieu, Hoan Kiem, Hanoi, Tel: (04) 3828 0702; 157 Pasteur, Q3, Ho Chi Minh City, Tel: (08) 3827 9170

www.buffalotours.com

This premium travel agency helps travelers select their destinations and organize their trips. From corporate travel to small group tours, explore the world or Vietnam.

EXOTISSIMO

41, Thao Dien, Q2, Tel (08) 3519 4111, Ext. 15/17/19

www.exotissimo.com
A reliable and experienced travel company operating through Southeast Asia, Exotissimo brings you personalized tours across the region, many including insights into culinary customs, handicrafts and humanitarian initiatives.



CHUDU24 HOTEL BOOKING SERVICE

11th floor, 36 Bui Thi Xuan, District 1, HCMC
Call center: 1900 5454 40

www.en.chudu24.com

info.en@chudu24.com

Chudu24.com - the locally famous Vietnam hotel booking website now has an English version. The company is known for having the best prices and reliable service. If you are looking for great local deals and insightful advice then visit Chudu24.com. It has been the #1 Vietnam hotel booking service for Vietnamese people since 2008.

FLIGHT TRAVEL COMPANY

121 Hai Ba Trung, Q1, Tel: (08) 3824 7744

flighttravelco.com

Flight travel services, including global travel management, domestic and international air booking and travel insurance, to corporate companies, family and individual travelers.

FLY VIETNAM

flyvietnam.com

INTREPID TRAVEL VIETNAM

149/42 Le Thi Rieng, Q1, Tel: 0904 193308

intrepidtravel.com/vietnam-sales

MANTA SAIL TRAINING CENTRE

108 Huynh Thuc Khang, Mui Ne, Tel: 0908 400108

mantasailing.org

TERRAVERDE

12/20 Nguyen Canh Di, Ward 4, Tan Binh District, Tel: (08) 3984 4754

terraverdetravel.com

If you like cycling through the Mekong Delta, trekking in the highlands, or lazing in a junk on Ha Long Bay — all while making a difference in people's lives — then this company will suit you well.

TU TRAVEL

60 Hai Ba Trung, Can Tho City, Tel: 0713 752436

tutrangtravel-mekongfeeling.vn

VIETNAM VESPA ADVENTURE

169A De Tham, Q1, Tel: 01222 993585

vietnamvespaadventure.com

Vespa Adventure offers multi-day tours of southern and coastal Vietnam on the back of a luxury motorbike powered by clean, renewable biodiesel. English-speaking tour guides lead the way.

TRAVEL PROMOS

★★ PROMOTIONS OF THE MONTH ★★



Staycation

@ Mövenpick Saigon
moevenpick-saigon.com
This April and May, Mövenpick Saigon is opening itself to Saigonites — and anyone, really — who fancies a neat little weekend getaway in the city. Stay over on Saturday or Sunday at VND2.9 million++, including accommodation in a luxurious room, breakfast, the *Seafood Night* buffet, two signature cocktails at **Slate** and 20 percent off on all spa treatment at **Kinetic Wellness Studio**.

Ascott Turns 30

the-ascott.com/30years
The Ascott Limited's luxury serviced residences have come a long way from their start 30 years back, and in commemoration of this anniversary they'd like to share in their progress. So log in, online members, and get 30 percent off Ascott's best rates for over 30 countries until Dec. 31, and Link Club members, get used to 30 percent breaks off your redemption points between now and Sep. 30. The past was great, but it seems Ascott's future is bright.

Golf Gloriousness Hits Angsana Lang Co

angsana.com
Until Apr. 30, Angsana Lang

Co is making it easy for Vietnam residents to never leave their Nick Faldo-designed golf course with an *Unlimited Golf* offer, starting at VND6,650,000++ for single occupancy and VND10.5 million++ for double occupancy. Included in the package is a two-night stay in a deluxe room, unlimited rounds of golf including green fees, caddy fees and caddy booking fees, and one 90-minute spa session per booking. On Faldo's second foray into Vietnam's golfscape, he created a links-like course you'll never want to leave — now you don't have to.

Grand Mercure Danang

mercure.com/danang
Grand Mercure Danang Hotel is treating dim sum lovers especially nicely during the month of April, with all-you-can-eat dim sum deals for VND400,000++ per person for a choice of over 40 selections, daily from 11am to 2pm and 5.30pm to 9.30pm, excepting Mondays. For those craving Chinese dishes, Fridays from 6pm offers Chinese specialties and local seafood for VND500,000++ per person.

Novotel Nha Trang

novotel-nhatrang.com
Summer's just around the

corner, and the Novotel Nha Trang knows they don't have to do much to entice you to come visit — but they're doing it anyway. Book a May 1 to Sep. 30 stay from Apr. 14 to May 31 and you'll come away with a 25 percent 'super saver' discount, and use of the sauna and steam bath if it's not quite hot enough.

Power Lunch

@ Pullman Danang
pullman-danang.com
Too busy to linger? You can set your watch by **Restaurant Epice's** power lunch — which promises only 45 minutes between walking in to receiving the bill. The menu includes an appetiser, main course and your choice of smoothie — VND450,000 net.

Binh An Village

binhanvillage.com
Binh An Village is figuring you'll need to work off that Easter weight, so they're offering a *Beginner Golf Week* around the holiday, starting from a daily rate of VND1,595,000 for adults, based on double occupancy, and VND1,190,000 for the under-18 set. Breakfast, lunch and dinner are inclusive, and other sports such as badminton, football, biking, tennis and kayaking — and less intensive and more picnicky activities like mountain trekking. You might even find some Easter eggs on the way.

Danang Beach Hotel

danangbeachhotel.com
Recently-opened Danang Beach Hotel is offering the first of what will surely be a lifetime of deals: stay two consecutive nights, and get the third half-off — or enjoy a 15 percent break on the total bill.



Hanoi

THE PROMOTIONS // BOOK BUFF // THE ALCHEMIST // THE THERAPIST // MEDICAL BUFF // STUDENT EYE

PHOTO BY DAVID HARRIS

OLD QUARTER

BARs & CLOBS / CAFES / CLOTHING & ACCESSORIES / CRAFTS & FURNITURE / EAT / FITNESS & YOGA / GROCERIES & LIQUOR / HAIRDRESSERS & SALONS

BARs & CLOBS

CHEEKY QUARTER

LATE NIGHT LOCAL
1 Ta Hien, Hoan Kiem, Tel: 01679 647254

8pm to late
Last building on the right before Hang Buom, this popular with the French (and everyone else) watering hole is a classic. Has the same Old Quarter vibe; small, cosy and personal with funky twists – and an awesome logo. Spread over two floors with good tunes, drinks specials and a foosball table, Cheeky is open till late. Also does tasty paninis into the early hours.

DRAGONFLY

DANCEHALL LOUNGE
15 Hang Buom, Hoan Kiem, Tel: (04) 4926 2177

11am to late
One of the better venues in the Old Quarter for dancing on the weekends. Although crammed into a small space, cheap drinks and a mix of chart hits makes Dragonfly the regular go-to for younger Vietnamese crowds, tourists and the foreign resident looking to get up on the dance floor. If you don't feel like dancing, relax upstairs with shisha and friends with one of the two lounges on the second floor. The sister venue on Phung Hung has a bigger menu and an earlier opening hour (11am instead of 6pm) but still keeps with the shisha, pool table and dance floor combo so popular on Hang Buom.

FATCAT BAR

DJ / LATE NIGHT JOINT
25 Ta Hien, Hoan Kiem, Tel: 0986 495211
linkhanoi.com

4pm to late
Straddling Bia Hoi Corner and the cobblestoned end of Ta Hien, FatCat Bar is a small establishment from the minds behind the party and event organisers, LinkHanoi. The bar has tables filling the first floor and spilling onto the sidewalk as well as a small loft area for lounging. Nightly cocktail specials, reasonable bottles deals starting at VND500,000 and a DJ on the decks make up the mix.

FUNKY BUDDHA

ELECTRO LOUNGE
2 Ta Hien, Hoan Kiem, Tel: (04) 3292 7614

8pm to late
HAIR OF THE DOG
LATE NIGHT LOCAL / LOUNGE
32 Ma May, Hoan Kiem, Tel: 0947 893232

10am to late
HALF MAN HALF NOODLE
LATE DIVE BAR
62 Dao Duy Tu, Hoan Kiem, Tel: (04) 3926 1943

IRISH WOLFHOUD

IRISH PUB
4 Luong Ngoc Quyen, Hoan Kiem, Tel: (04) 2212 6821
irishwolfhoundpub.com

8am to 2am
The open-air watering hole with seating on the pavement is a great spot to enjoy a tall dark stout or light pilsner at anytime, day or night. What it lacks in gaudy decorations, it makes up for with a constant stream of regulars, occasional live Irish music and billiards on the third floor. Has a decent food menu and even better pizzas.

LA BOMBA LATINA

LATIN BAR
46 Ngo Huyen, Hoan Kiem, Tel: 0917 245155

LE PUB

BRITISH / INTERNATIONAL RESTO BAR
25 Hang Be, Hoan Kiem, Tel: (04) 3926 2104

7am to midnight
Dark red walls and even darker brown seating run through the homely and casual Le Pub, one of the few bars in town with a regular stream of clientele. A long list of imported beer, Tiger draft, a decent international cum Vietnamese food menu, happy hour specials and live sport make up the comfortable mix. The venue also gets involved in the local community through regular events.

MAD'S RED LOUNGE

LATE-NIGHT GRUNGE BAR
7 Ta Hien, Hoan Kiem, Tel: (04) 3926 3104

POLITE PUB

LONG BAR
5 Bao Khanh, Hoan Kiem, Tel: (04) 3825 0959

5pm to 2am
A bit musty and jaded, de-

spite being one of the oldest pubs in the city, this staple watering hole on Bao Khanh continues to be a hit. Probably the closest thing Hanoi has to an authentic English-style pub, Polite is frequented by a steady mix of locals and expats who find solace in the nightly conversations at the long bar, billiards and live football matches.

ROCKSTORE

LIVE MUSIC BAR
61 Ma May, Hoan Kiem, Tel: 01653 336087

Hanoi's home-made, home-grown version of Hard Rock Cafe without the stigma and the expensive prices. Nightly live music or DJing events are coupled with creative decor, a selection of Belgian Beer and a food menu.

SPY BAR

HOLE IN THE WALL / IRISH
12A Nguyen Huu Huan, Hoan Kiem, Tel: 0932 373802

TEMPLE BAR

NIGHTCLUB / LATE-NIGHT BAR
8 Hang Buom, Hoan Kiem, Tel: (04) 6675 7908

TET BAR

LATE-NIGHT BAR
2a Ta Hien, Hoan Kiem, Tel: (04) 3926 3050

THE SPOT

LOUNGE BAR / TERRACE
47 Hang Be, Hoan Kiem, Tel: (04) 3935 1874

8am to midnight

CAFES

CAFE PHO CH

COFFEE SHOP WITH VIEW
Back of 11 Hang Gai, Hoan Kiem, Tel: (04) 3928 8153

JOMA

INTERNATIONAL CAFE
28 Tong Duy Tan, Hoan Kiem
joma.biz

Housed in a two-storey converted, colonial-era villa, the concept of the third Joma is the same as at its two other cafes – fair-trade coffee, pay-as-you-order at the counter, and a great selection of sandwiches, bagels, salads, cakes, ice-cream and tea.

JOMA BAKERY CAFE

COFFEE/BAKERY
222 Ly Quoc Su, Hoan Kiem, Tel: (04) 3747 3388

joma.biz

7am to 9pm
With two branches, Joma has brought a little slice of 'home' to Hanoi for expatriates with a contemporary western feel to the counter-style service and atmosphere. The food is all there too: breakfasts, salads, soups, ice cream, muffins, cakes, cereals and bagels. Starting in Laos in 1996, Joma moved to Hanoi in 2009. Joma contributes 2 percent of each sale to charitable organisations.

KINH DO

PATISserie / SIMPLE CAFE
252 Hang Bong, Hoan Kiem, Tel: (04) 3825 0216

7am to 8pm
MOCA CAFE
CAFE / INTERNATIONAL
14-16 Nha Tho, Hoan Kiem. (04) 3825 6334

8am to 10pm
Set in a deliciously attractive slightly run down colonial villa, the tourist friendly location gives Moca a large amount of guidebook-driven clientele. But don't let this put you off. The faded but charmingly run down French-styled retro interior, good WiFi and some of the best coffee in town makes this a great spot to while away a couple of hours. The food menu mixes Vietnamese fare with sandwiches, western and pan-Asian mains.

PUKU

INTERNATIONAL / CAFE
16-18 Tong Duy Tan, Hoan Kiem, Tel: (04) 3938 1745

Open 24 hours
This spacious spot on food street is open around the clock, offering Aussie-inspired comfort food along with more eclectic Irish nachos, cottage pies and pan-Asian fare. Upstairs is fit for social gatherings and live music while the no-smoking downstairs space is filled with people working and socialising. Serves as community centre, catering both to ravenous backpackers who've just arrived off the night train from Sapa and locals looking to meet up.

THE CART

SANDWICH SHOP / CAFE
10 Thu Xuong, Tel: (04) 3938 2513

thecartfood.com
7.30am to 5pm

Small a cozy café hidden on the quietest of Hanoi streets. Serves and delivers tasty baguettes, homemade juices, quiches, pies, muffins and cakes. The delivery service is quick and reliable, which makes this lunchtime favourite ideal for when you need to eat at the desk.

THE HANOI SOCIAL CLUB

CAFE / CONTEMPORARY EATERY
6 Hoi Vu, Hoan Kiem, Tel: (04) 3938 2117

8am to 11pm
Situated on one of the quieter Old Quarter streets just off Hang Bong, The Hanoi Social Club is a cozy midsize café/restaurant where you can forget the heat and bustle of Hanoi. The atmosphere is relaxed and you can imagine, for a second, that you're sitting in a European café. The food is fresh and internationally inspired, and the design is complimented by the work of Tadioto's Nguyen Qui Duc. To top it off, the coffee here is said to be up there with the best in the country.

CLOTHING & ACCESSORIES

BOO SKATESHOP

SKATESHOP
84 Hang Dieu, Hoan Kiem, Tel: (04) 3923 1147
Booskateshop.com

CONTRABAND

CONTEMPORARY WESTERN-STYLE
23 Nha Chung, Hoan Kiem, Tel: (04) 3928 9891

Launched in Hanoi in 2007, Contraband targets young hip working women. Garments are made from versatile fabrics that are comfortable to wear and easy to look after – making them ideal for work and travel. New styles are introduced each month with limited production runs, offering a sense of exclusivity.

L'ATELIER

WOMEN'S WEAR & ACCESSORIES
21 Nha Chung, Hoan Kiem, Tel: (04) 3938 2419
ateliervietnam.com

The downtown store of this well-known chic boutique. Stocks women's wear, leather bags, shoes and handicrafts. Offers both

ready-to-wear and made-to-fit clothing.

METISEKO

ECO-CHIC / LIFESTYLE
71 Hang Gai, Hoan Kiem.
metiseko.com

A lifestyle brand that started out life in Hoi An, Metiseko's move to the capital has seen them bring us their creative, poetic prints designed for an eco-chic lifestyle. The products – clothing, accessories and furniture – are made from natural silk and organic cotton certified to global organic standards. Metiseko is also certified by the fair-trade, Textile Exchange.

SONG

ECO-STYLE VIETNAMESE
27 Pho Nha Tho, Hoan Kiem, Tel: (04) 3928 8733
asiasongdesign.com

THINGS OF SUBSTANCE

AUSTRALIAN-STYLE UNISEX
5 Nha Tho, Hoan Kiem, Tel: (04) 3828 6965

This shop's motto "Western sizes, Vietnamese prices", says it all. While mostly retailing women's separates in soft cotton jersey and linen, the store also carries a range of accessories like embroidered canvas totes and printed tees. Has a good selection of unique men's shirts.

THREE TREES

JEWELLERY
15 Nha Tho, Hoan Kiem, Tel: (04) 3928 8725

CRAFTS & FURNITURE

MEKONG QUILTS

HANDMADE / CHARITABLE QUILTS
58 Hang Trong, Hoan Kiem, Tel: (04) 3824 4607; 13 Hang Bac, Hoan Kiem, Tel: (04) 3926 4831
Mekong-quilts.org

Community development non-profit quilt shop featuring handmade quilts and accessories. Styles vary from traditional to patterned and Asian-inspired. Founded in 2001 and with outposts in several locations around the region, the shop employs women in rural areas, enabling them to make an income and care for their families.



METISEKO

ECO-CHIC

71 Hang Gai, Hoan Kiem, Tel: (04) 3935 2645
metiseko.com

A lifestyle brand that started out life in Hoi An, Metiseko's move to the capital will see them bring us their creative, poetic prints designed for an eco-chic lifestyle. The products — clothing, accessories and furniture — are made from natural silk and organic cotton certified to global organic standards. Metiseko is also certified by the fair-trade, Textile Exchange.



EAT

AL FRESCO'S

AUSTRALIAN / INTERNATIONAL

24 Quang An, Tay Ho, Tel: (04) 3938 1155
alfrescogroup.com
8.30am to 11pm

CAFE DE PARIS

FRENCH BISTRO

12 Luong Ngoc Quyen, Hoan Kiem, Tel: (04) 3926 1327
cafede-paris-hanoi.com
8am to 11pm

Thanks to its original tiled floor, cast iron backed chairs and wall-hung black and white photography, there is something decidedly charming about this tiny Parisian-styled bistro and bar. Serving up a simple menu of snacks such as quiche Lorraine, Paris beurre and croque monsieur, there is also a selection of classic but unpretentious French mains. Has a daily specials board and a decent range of pizzas.

FOODSHOP 45

INTERNATIONAL INDIAN

32 Hang Buom, Hoan Kiem, Tel: (04) 3993 1399
10am to 10.30pm

A slither of a joint serving up the same fare that the lakeside Foodshop 45 location in Truc Bach has become famous for. Selling an international version of the mighty curry — they even sell pork and beef here — the menu keeps to the northern part of the subcontinent with masala, dopiaza, korma and the more Goan vindaloo taking centre stage. Also has a good range of breads and tandoor-cooked kebabs.

GREEN MANGO

WESTERN / VIETNAMESE

18 Hang Quat, Hoan Kiem, Tel: (04) 3928 9916
greenmango.vn
7.30am to 11.30pm

GREEN TANGERINE

FRENCH / VIETNAMESE FUSION

48 Hang Be, Hoan Kiem, Tel: (04) 3825 1286
greentangerinehanoi.com
10am to 11pm daily

A leafy, cobblestone courtyard with dark green cast-iron backed chairs greets you as you walk into this French era-built villa that houses the main section of this Indochina-styled restaurant. Serving up an enticing mix of classic and contemporary French cuisine, blended in with Vietnamese ingredients and cooking styles, the resultant fare has had customers coming back again and again. A traditional Vietnamese and kids menu is also available, as is a wine list focusing mainly on French wines.

HIGHWAY 4

VIETNAMESE / ETHNIC

5 Hang Tre, Hoan Kiem, Tel: (04) 3926 4200; 25 Bat Su, Hoan Kiem, Tel: (04) 3926 0639
10am to midnight

LITTLE INDIA

INDIAN / MALAY / CHINESE

32 Hang Tre, Hoan Kiem, Tel: (04) 3926 1859
littleindianhn@gmail.com

LA RESTAURANT

VIETNAMESE / INTERNATIONAL

25 Ly Quoc Su, Hoan Kiem, Tel: (04) 3928 8933
8am to 10pm

The complimentary warm bread with rosemary is reason enough to visit this homely spot featuring hearty lentil and black bean soups, along with a range of international and Vietnamese options like New Zealand beef tenderloin or tofu with chilli and mushrooms. We aren't quite sure why the Miele Guide nominated it as one of Asia's finest restaurants as service is lackadaisical and tables could use candles to improve the lackluster ambience, but the immaculately tasty dishes more than make up for any quips.

LA SALSALA

IBERIAN / MEDITERRANEAN

25 Nha Tho, Hoan Kiem, Tel: (04) 3828 9052
8am to 11pm

A small but eternally popular Spanish-themed café and bar with an extensive list of reliable cuisine. Tapas are available, as well as full courses such as veal, and duck with currant sauce. Known for its good, European-style coffee and first-floor terrace area with views over the cathedral. Has a second garden restaurant on Xuan Dieu.

LITTLE HANOI

VIETNAMESE / INTERNATIONAL

21-23 Hang Gai, Hoan Kiem, Tel: (04) 3828 8333
7.30am to 11pm

MEDITERRANEAN

PAN-ITALIAN

23 Nha Tho, Hoan Kiem, Tel: (04) 3826 6288
10am to 11pm

This long-running, cozy restaurant near the cathedral serves all the traditional Italian fare you could need — homemade mozzarella and fresh pasta, spinach and ricotta ravioli, cold cut boards, soups, salads and fish. Throw in an extensive wine list, a traditional wood fire oven and a balcony spot looking over Hanoi's trendy café scene and you're onto a winner.



MILLENNIUM

PAN-FRENCH

11B Ngo Bao Khanh, Hoan Kiem, Tel: (04) 3828 7207
10.30am to 2.30pm, 6pm to 10pm

Clean and fresh with a fine-dining vibe, the Millennium restaurant is the minimal and chic result of a Café Des Arts makeover. The street's new go-to for a high standard of eating and drinking goes over two floors and has a welcome and inviting three-level outdoor terrace high up amid the concrete and cables of the Old Quarter.



NAMASTE HANOI

PAN-INDIAN

46 Tho Nhuom, Hanoi, Tel: (04) 3935 2400
namastehanoi.com
11am to 2.30pm, 6pm to 10.30pm

The latest newcomer to the Indian restaurants family, Namaste specializes in dishes from both northern and southern India — using Halal meat throughout. A meal will cost you between VND150,000 and VND300,000 and everything is there, from curries and breads to soups and desserts. Available to dine in or out with a free delivery.

OLD HANOI

GOURMET VIETNAMESE

4 Ton That Thiep, Hoan Kiem, Tel: (04) 3747 8337
10am-2pm, 5pm-10pm
Gordon Ramsay once filmed a show at this restaurant in a renovated French villa and now the ribs carry his name. But it's the twist on old

world favourites, think fried snail spring rolls and miniature vegetarian banh xeo, in a casually elegant setting that make this spot near the train tracks stand out. Be sure to try the roll-your-own cha cha spring rolls and check the schedule for live traditional music.

PROVECHO

TEX-MEX / BURGERS / INTERNATIONAL

18 Hang Be, Hoan Kiem, Tel: 0912 223966

The successor of My Burger My, this American-run, self-styled burger bar and restaurant fits a lot into a tiny, multi-storey space. Specializing in tasty, American-style, chargrilled burgers from around VND50,000 with a range of additional toppings including jalapeno peppers, smoked bacon, mushrooms, cheddar cheese and avocado, the creative menu also has a good range of Tex-Mex fare, a number of pan-Asian dishes and a decent delivery service.

SOUTHGATE

CONTEMPORARY INTERNATIONAL

28 Tong Duy Tan, Hoan Kiem, Tel: (04) 3938 1979
southgatehanoi.com



THE KAFE

CONTEMPORARY CAFE / CUISINE

18 Dien Bien Phu, Hoan Kiem, Tel: (04) 3747 6245
thekafe.vn

Spacious, casual, energetic and beautifully designed, The Kafe serves up unfussy comfort food that aims to satisfy the modern urban diner. Preparing fresh food and drinks that show respect to natural ingredients and flavours from around the globe, this café-cum-restaurant is a popular choice for Hanoi's metrosexual community.

THE MOOSE AND ROO

CANADIAN / AUSTRALIAN RESTAURANT

42B Ma May, Hoan Kiem, Tel: (04) 3200 1289

Contemporary Australian and Canadian comfort food in a pleasant setting together with a nice bar area. Best known for their Scotch egg, poutine and burgers. Clever changing imagery on the walls.

TAMARIND

CONTEMPORARY VEGETARIAN

80 Ma May, Hoan Kiem, Tel: (04) 3926 0580
5.30am to 10.30pm
Perhaps the only restaurant

in Hanoi to cater to vegetarians that doesn't focus on faux meat. Features a wide range of juices and shakes in a crunchy granola backpacker atmosphere. Has Asian favourites like vegetarian pho, Ma-Po tofu and Thai glass noodle salad, along with some falafel and western influences. Vegetarians and carnivores alike will find something to try on this menu.

THE LOFT STOP CAFE

FRENCH BRASSERIE/ VIETNAMESE SPECIALTIES

11B Ngo Bao Khanh, Hoan Kiem, Tel: (04) 3828 7207
8am to 11pm

SPICE

CONTEMPORARY INDIAN RESTAURANT

80 Ma May, Hoan Kiem, Tel: (04) 3926 0580

TANDOOR

PAN-INDIAN

24 Hang Be, Hoan Kiem, Tel: (04) 3824 5359
11am to 10.30pm

A long-popular, Indian-food enclave specialising in Northern Indian cuisine. Has an indoor and upstairs, white tablecloth aircon area with a more casual dining and bar space out front. Does excellent kebabs served from an authentic tandoor oven as well as the full range of mainly North Indian curries. Also has a branch in Saigon and does excellent set lunches.

ZENITH YOGA STUDIO II & CAFE

16 Duong Thanh, Hoan Kiem, Tel: (04) 3923 0253



FITNESS & YOGA

ZENITH YOGA

YOGA & MEDITATION

247 Au Co, Tay Ho; 16 Duong Thanh, Hoan Kiem, Tel: (04) 3923 0253

An international Yoga studio providing classes across a variety of levels and styles, including prenatal and postnatal classes, restorative yoga, pilates and tai chi. Also have a yogic shop offering incense, yoga and pilates mats, books, clothes, soaps, Himalayan products and other essential yoga equipment.

GROCERIES & LIQUOR

BACCHUS CORNER

WINE RETAILER

1C Tong Dan, Hoan Kiem, Tel: (04) 3935 1393
Part of the Tan Khoa chain, the largest liquor and wine distributor in the country, the walls here are lined with

a decent selection of wines, pleasantly arrayed and backlit. Besides their selection of new and old world wines Helpful staff and free delivery.

THE WAREHOUSE

WINE RETAILER

59 Hang Trong, Hoan Kiem, Tel: (04) 3928 7666
warehouse-asia.com

The Warehouse is Vietnam's ultimate premium wine importer, distributor, and retailer, representing many of the greatest wines from the best wine-growing regions on the planet. The portfolio mixes the best of both old and new world wines.

HAIRDRESSERS & SALONS

DINH HAIR SALON

HAIR SALON

2A Cua Bac, Ba Dinh, Tel: 0987 718899



SUPERMARKETS

BIG C SUPERMARKET

222 Tran Duy Hung, Cau Giay

CITIMART HANOI TOWERS

49 Hai Ba Trung, Hoan Kiem

CITIMART VINCOM TOWERS

191 Ba Trieu, Hai Ba Trung

FIVIMART

210 Tran Quang Khai, Hoan Kiem
10 Tran Vu, Ba Dinh
671 Hoang Hoa Tham, Ba Dinh
71 Nguyen Chi Thanh, Dong Da
51 Xuan Dieu, Tay Ho
93 Lo Duc, Hai Ba Trung
Online shopping: www.fivimart.com.vn

HANOI STAR SUPERMARKET

36 Cat Linh, Dong Da

INTIMEX

22 & 23 Le Thai To, Hoan Kiem
131-135 Hao Nam, Dong Da
17 Lac Trung, Hai Ba Trung
27 Huynh Thuc Khang, Dong Da

METRO

126 Tam Trinh, Yen So, Hoang Mai
Pham Van Dong, Co Nhue, Tu Liem

THE PROMOTIONS

★★ PROMOTIONS OF THE MONTH ★★



Products from Orfarm Vietnam

Secretaries' Gastronomy Week

@Melia Hanoi
melia.hanoi.vn

The nine-to-five grind isn't easy, but Melia Hanoi wants to remind all of those administrative professionals putting in the hard work that they are appreciated. For a week at the end of April, Apr. 21 to 25, Melia Hanoi is offering specials and promotions for secretaries that provide their business card upon arrival.

El Oriental Restaurant and El Patio Restaurant are both presenting scrumptious offers, including El Oriental's seven-course Asian set menu featuring maw fish soup and grilled Australian beef tenderloin for VND360,000++ per person. El Patio is featuring their luscious cuisine in their lunch buffet for VND475,000++ per person.

Linger Longer at Mövenpick

moevenpick-hanoi.com

Mövenpick's Lounge 83 invites you to "linger longer" with 50 percent discounts on after work drink selections, including draft beer, wine and their signature Chili Passion Martini, Appletini and Moji-tea. Come in every Monday

to Friday from 5pm to 7pm for these discounted prices. For the night owls, Lounge 83 also has 50 percent discounts on other cocktails selections from 8pm to 11pm every Thursday to Saturday.

Organic Living

@Orfarm Vietnam
orfarm.com.vn

Orfarm Vietnam is dedicated to bringing Hanoi the best in organic foods to help everyone live a happier, healthier life, fueled by food with integrity. Now, with special promotions on food throughout April, Orfarm organic food is even easier to enjoy. Tuesdays feature Orfarm's special Organic Tasting Tuesday, with buy-two, get-one promotions from 8.30am to 9.30pm with special tasting opportunities.

Fortuna Hotel's Delicious Month of Deals

fortuna.vn

Fortuna Hotel is delicious throughout the month of April, with plenty of deals on great food and family fun. Enjoy *Dim Sum Mania* at May Man Restaurant for your lunchtime with the entire family, with three-for-two adult group payment options for the

unlimited lunch dim sum buffet. Adults eat for VND420,000++ per person, and children for VND210,000++ per person.

For those looking for a uniquely Japanese taste, lunch at Emperor Japanese KTV Restaurant on Monday through Saturday from 11am to 2pm. Enjoy lunch with eat-three-pay-two deals for adults on weekdays, and pay VND420,000++ per adult and VND210,000++ per child for a scrumptious buffet.

Tiffin Restaurant is joining in on Administrative Professional Week with specials for office workers on three-course set menus including blue crab salad and cream of mushroom soup. It's the perfect lunch treat for the administrative team or for the especially generous boss.

Hilton Garden Inn

hanoi.hilton.com

Hilton Garden Inn's Garden Grille is offering a buffet brunch dining experience for only VND299,000++ per person from 11am to 2pm, Monday through Friday. Partake in the salad bar, main course, dessert and Hanoi specialties for separate fees, for those looking for something light.

LE BEAULIEU

CLASSIC FRENCH / BUFFET

Sofitel Metropole Legend, 15 Ngo Quyen, Hoan Kiem, Tel: (04) 3826 6919

6am to 10am, 11.30am to 2.30pm and 6.30pm to 10.30pm

LUNO D'AUTUNNO

CLASSIC ITALIAN

27 Nam Ngu, Tel: (04) 3823 7338

11am to 11pm

This old-favourite Italian uses traditional wood ovens to prepare some of the city's finest pizzas, which range from VND80,000 to build-your-own-skies-the-limit. Set inside a large, thoughtful space seasoned chefs also make fresh pastas, soups and cheeses — the latter often bought by other restaurants. Monthly opera nights make it well worth a visit, as does the large wine list and choice of desserts.

NINETEEN 11

INTERNATIONAL / ASIAN

The Opera House, 1 Trang Tien, Hoan Kiem, Tel: (04) 3933 4801

nineteen11.com.vn

11am to 2pm, 6pm to 10pm

PANE E VINO

PAN-ITALIAN

3 Nguyen Khac Can, Hoan Kiem, Tel: (04) 3826 9080

8am to 10.30pm

Just a stroll away from the Hanoi Opera House and Hoan Kiem Lake in the heart of Hanoi, Pane e Vino serves up authentic Italian food and has done for as long as anyone can remember. Renowned for the highly rated, oven fresh pizzas and large variety of pasta and salad dishes — look forward to fine food done well at this eatery that has the feel of Europe. Huge wine lists, friendly staff and a loveable owner.

PRESS CLUB

CONTEMPORARY INTERNATIONAL

3rd Floor, 59A Ly Thai To, Hoan Kiem, Tel: (04) 3934 0888

hanoi-pressclub.com

11.30am to 2pm and 6pm to 10.30pm. Closed Sunday lunch

Wooden flooring, paneling and bold but subtle colours pervade this traditional but contemporary, fine-dining 70-seater venue close to the Opera House. Serving up quality cuisine for over a decade, Press Club boasts a bar area, two private dining rooms, including a wine room, a library and a vast selection of cigars, all in an elegant atmosphere. Does four excellent wine pairing menus, put together through the aid of the Press Club's extensive new and old world wine list. Also hosts a

popular first-Friday-of-the-month party.

SATINE

CONTEMPORARY VIETNAMESE
29 Trang Tien, Hoan Kiem,
Tel: (04) 6282 5555 ext. 6414
hoteldelopera.com

WRAP & ROLL

5th Floor, Trang Tien Plaza,
24 Hai Ba Trung, Hoan Kiem
Tel: (04) 3824 3718
wrap-roll.com

The lime green walls and bright pastel colours of Wrap 'n Roll are just part of the theme of this home-grown, Vietnamese brand which is all about spring rolls of all types, and healthy, Hue-influenced cuisine. Now with two restaurants in Hanoi — the second in Royal City.

GROCERIES & LIQUOR

CITIMART

SUPERMARKET
Ground Floor, Hanoi Towers,
49 Hai Ba Trung, Hoan Kiem,
Tel: (04) 3934 2999

DA LOC

WINE RETAILER
96 Hai Ba Trung, Hoan Kiem,
Tel: (04) 3826 2076; 65 Le Duan,
Hoan Kiem, Tel: (04) 3941 2789
Daloc.vn

FIVIMART

SUPERMARKET
27A Ly Thai To, Hoan Kiem

HANOI GOURMET

DELI / WINE SHOP
6T Ham Long, Hoan Kiem, Tel:
(04) 3943 1009
Hanoigourmet.com
The long-running Hanoi Gourmet specialises in imported cheeses, meats and artisan breads. After browsing the mainly French selection of wines, you can take a look at the deli and sit down for a light snack.

INTIMEX

VIETNAMESE SUPERMARKET
22-23 Le Thai To, Hoan Kiem

PANE E VINO WINE SHOP

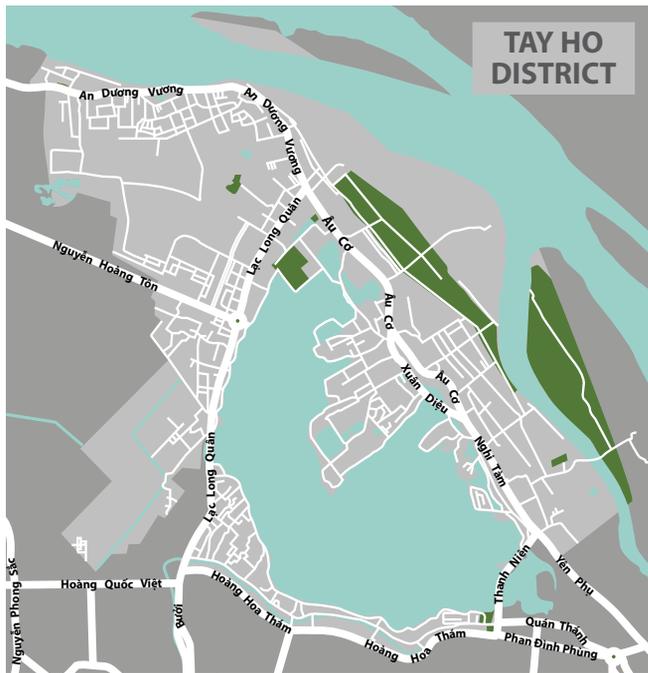
WINE RETAILER / RESTAURANT
3 Nguyen Khac Can, Hoan Kiem, Tel: (04) 3826 9080
This Italian favourite with a huge food menu also has a huge for-retail wine list that is 100 percent focused on fine wines and liquors from Italy. Owner Hoang has great knowledge of Italian wine and a passion to match, which is sure to land you with the best wine for any occasion.

RED APRON

WINE RETAILER
10 Da Tuong, Hanoi Tel: (04) 3943 7226

TAY HO

ARTS / BARS & CLOBS / BOOK SHOPS / CAFES / CLOTHING / COOKING CLASSES / CRAFTS & FURNITURE / CYCLING & BICYCLE RENTALS / EAT / FITNESS & YOGA / GROCERIES, LIQUOR & KITCHEN PRODUCTS / MEDICAL & DENTAL / EXPAT SERVICES



ARTS

WORK ROOM FOUR

ARTS STUDIO & GALLERY
workrmfour@gmail.com
workrmfour.tumblr.com
A place to work. A space to create. Somewhere to see something new. Work Room Four is pulling together the threads of creative endeavours across Hanoi. A collective that promotes collaboration and new ideas, exhibitions, workshops, artist studios, courses, contacts and events.

BARS & CLOBS

BB LOUNGE

CONTEMPORARY WINE BAR
88 Xuan Dieu, Tay Ho, Tel: (04) 3718 8029
88group.vn
5pm to late
A wine bar with a difference, this addition to the watering hole scene in West Lake mixes contemporary design, black ceilings, subtle lighting and an international aesthetic with one of the best wine lists in town. Not surprisingly it is developing a faithful clientele. Well worth a visit.

HANOI ROCK CITY

LIVE MUSIC VENUE
27/52 To Ngoc Van, Tay Ho, Tel: 01633 166170
hanoirockcity.com
5pm to midnight

With a downstairs, English-style pub garden area and an upstairs space dedicated to live music and live production, Hanoi Rock City is the only venue in the capital of its kind. Has weekly live events featuring bands both from Vietnam and overseas — established and up and coming. Email jimihendrix@hanoirockcity.com for more information or check out their page on Facebook.

HOUSE OF SON TINH

LIQUOR LOUNGE
31 Xuan Dieu, Tay Ho, Tel: (04) 3718 6377
sontinh.com
8am to 11.30pm

As part of the Highway 4 group, which now has its offices in the establishment's upstairs areas, this bar-cum-restaurant outfitted with comfortable, stylish furnishings is famed for its luxurious rice wine liquors and newly created cocktail class. Does regular events on the first floor and also has a creative Vietnamese food menu based on cuisine sold at other restaurants in the chain.

RED RIVER TEA ROOM

LAKESIDE WATERING HOLE
25 Duong Ven Ho, Tay Ho
Open daily from 2pm.
Located on the lakeside lane just below Xuan Dieu, this warm, quiet and friendly

pub offers a selection of international and local beers, wine, cocktails and a nice view of West Lake. Serving pies and pasties from The Cart, Vietnamese food from Dieu's next door, or delivery from nearby favourites. Non-smoking, unpretentious, dog-friendly.

TAY TAP

MEET-UP SPOT
100A Xuan Dieu, Tay Ho, Tel: (04) 3718 6917
4pm to late
Filled with wooden furnishings and a downstairs bar with two beers on tap — as well as wine, cocktails and spirits on the shelves — this newcomer venue has a grill menu catering to the tastes of both East and West. For those in search of a good old-fashioned Sloppy Joe or grilled cheese, you'll be glad to know the kitchen is stocked to the ceiling with comfort foods.

TRACY'S PUB AND GRILL

SPORTS BAR/GRILL
40 Xuan Dieu, Tay Ho, Tel: (04) 6675 9838
tracyspub.com
11am to 12am
This Canadian-run, miniscule sports bar on the main drag of Xuan Dieu is perpetually crowded with regulars drinking out front on plastic stools. Notorious for its mouth-watering burg-

ers, cooked fresh to order; Tracy's is most famous for their draft beers, claiming to serve the coldest draft beer in Hanoi, and always in a frosted mug. For those missing their dose of North American sports, they play all day via satellite on two plasmas.

BOOK SHOPS

BOOKWORM TOO

NEW & SECOND-HAND BOOKS
1/28 Nghi Tam Village, Tay Ho Tel: (04) 3829 2322
Bookworm has been the cornerstone of Hanoi's literary scene since 2001. It has been around the block quite a bit and now shares a space with Hanoi Cooking Centre. With over 15,000 new and second-hand fiction and nonfiction titles in stock, the shop also buys used books and offers free travel advice. Has a second shop in Tay Ho

CAFES

COFFEE BEAN AND TEA LEAF

INTERNATIONAL COFFEE HOUSE
28 Thanh Nien, Tay Ho, Tel: (04) 3715 4240
coffeebean.com
7am to 10pm
Finally the newest addition to the Hanoi coffee scene has opened a little closer to town than the first outlet in Pico Mall. Famous for the exceptional quality of the coffee and tea, the latest Coffee Bean is a multilevel, indoor/outdoor café overlooking Westlake. With its LA coffee and office feel, when you walk in you might just forget that you're in Westlake.

HIGHLANDS COFFEE

CONTEMPORARY / COFFEE CHAIN
Ground Floor, Syrena Centre, 51B Xuan Dieu, Tay Ho
highlandscoffee.com.vn
7am to 11pm

JOMA BAKERY CAFE

COFFEE/BAKERY
43 To Ngoc Van, Tay Ho, Tel: (04) 3718 6071
joma.biz
7am to 9pm
With two branches, Joma has brought a little slice of 'home' to Hanoi for expatriates with a contemporary western feel to the counter-style service and atmosphere. The food is all there too: breakfasts, salads, soups, ice cream, muffins, cakes, cereals and

bagels. Starting in Laos in 1996, Joma moved to Hanoi in 2009 and contributes 2 percent of each sale to charitable organisations.



LA GRACE

ART CAFE & GALLERY
8B/52 To Ngoc Van, Tay Ho, Tel: 0912 666736
lagrace.com.vn
7.15am to 10pm
Located on a peaceful street named after the famous painter, To Ngoc Van, La Grace is a destination for those who appreciate life's pleasures: drinks, food, arts and sometimes live music. Clean, comfortable and friendly, the venue has a nice selection of juices and smoothies and a Vietnamese-cum-Japanese food menu put together using organic vegetables. Set lunches cost VND150,000, and the café also has strong WiFi as well as separate non-smoking and smoking areas.

SAINT HONORE

CAFE / BOULANGERIE
5 Xuan Dieu, Tay Ho, Tel: (04) 3933 2355
st.honorehn@gmail.com
7am to 10pm
Decked out in maroon, dark browns and cream, this cafe and French-style boulangerie is best visited in the morning when that Gallic, fresh-cooked aroma of bread, croissants and patisseries hits you as you walk through the door. Serving all day long, the downstairs space is split into the bakery on one side with a small non-smoking dining space on the other. The homely upstairs lounge area has standard tables as well as sofa seating. Simple but tasty French and international fare is served at meal times.

SEGAFREDO

ITALIAN CAFE
36 Xuan Dieu, Tay Ho, Tel: (04) 3718 0212
segafredo.com.vn
7am to 11pm
Names of some of the world's greatest cities cover the front wall of Segafredo, an Italian cafe and eatery serving up some of the best espresso-based coffee in town. Red and white decor, lifestyle black and white coffee drinking images and an open plan space make up the mix. Besides the caffeine-based drinks, also does granita, teas, shakes and modern Italian fare ranging from panini and focaccia through to pizza, pasta, salads and desserts.

TET DECOR CAFE

ART CAFE & ESPRESSO BAR

Villa 25, 1, 3 Ha, Dang Thai, Tay Ho

tet-lifestyle-collection.com

8am to 6pm, Tuesday to Sunday
Cloistered among the back streets of West Lake and sheltered from the noise of Xuan Dieu, TET Décor Café is a destination for those who appreciate life's pleasures: coffee, food, art and music. Simple and unpretentious, the café has an old-fashioned warmth and rustic feel combined with unique and inspiring art installations.

THE CART

SANDWICH SHOP / CAFE

8B, Lane 1, Au Co, Nghi Tam Village, Tay Ho, Tel: (04) 3938 2513

thecartfood.com

7.30am to 5pm

Small cozy café and sandwich bar hidden away in Nghi Tam Village. Serves and delivers tasty baguettes, homemade juices, quiches, pies, muffins and cakes. The delivery service is quick and reliable, which makes this lunch-time favourite ideal for when you need to eat at the desk.

THE HANOI BICYCLE COLLECTIVE (THBC)

CAFE / TAPAS BAR

44, Ngo 31, Xuan Dieu, Tay Ho, Tel: (04) 3718 8246

thbc.vn

9am to 10pm

Tucked down an alleyway just off West Lake, The Hanoi Bicycle Collective is not just a place for all bicycle lovers, but a café that also sells Spanish tapas served up with gin & tonic, if the mood so takes you. Organising bicycle tours, running yoga sessions and holding music concerts in their upstairs cafe area, they also sell, rent and fix bikes and are an official supplier of TREK and SURLY cycling equipment. Eclectic? Not a chance!

CLOTHING

GEORGE'S FASHION BOUTIQUE

CONTEMPORARY WESTERN-STYLE

36 To Ngoc Van, Tay Ho, Tel: (04) 3718 8233

With new styles arriving in store every second day, this shop offers a huge range of dresses, shirts, pants, skirts and accessories in local and imported fabrics. Clothes fit all sizes, from petite to average to the generous figure. Alterations and a made-to-measure service are available at no extra cost.

L'ATELIER

WOMEN'S WEAR & ACCESSORIES

33 Xuan Dieu, Tay Ho, Tel: (04) 3718 6758

ateliervietnam.com

Stocks women's wear, leather bags, shoes and handicrafts. This chic boutique offers both ready-to-wear and made-to-fit clothing.



COOKING CLASSES

HIDDEN HANOI

COOKING CENTRE

147 Nghi Tam, Tay Ho, Tel: 0912 254045

hiddenhanoi.com.vn

A wide range of Vietnamese culinary classes are offered in these well-appointed and clean facilities. The knowledgeable staff will guide you through the secrets of Vietnamese cooking in an open air courtyard.

HIGHWAY4 COOKING CLASS VIETNAMESE COOKING CENTRE

68, Ngo 27 Xuan Dieu, Ba Dinh, Tel: 0976 848301



CRAFTS & FURNITURE

LA CASA

CONTEMPORARY DESIGN

Syrena Tower, 51 Xuan Dieu, Tay Ho, Tel: (04) 3718 4084

lacasavietnam.com.vn

A shop whose speciality is designing furniture and other household objects, this spot has everything from beds and bookshelves, to tableware and silverware. The items are all locally made by skilled artisans from Hanoi and the surrounding regions.

MEKONG QUILTS

HANDMADE / CHARITABLE QUILTS

9 Xuan Dieu, Tay Ho, Tel: (04) 3926 4831

Mekong-quilts.org

Community development non-profit quilt shop featuring handmade quilts and accessories. Styles vary from traditional to patterned and Asian-inspired. Founded in 2001 and with outposts in several locations around the region, the shop employs women in rural areas, enabling them to make an income and care for their families.



CYCLING & BICYCLE RENTALS

DON'S TAY HO

BICYCLE RENTALS

16 Quang An, Tay Ho, Tel: (04) 3719 3719

Dons-bistro.com

THANG LONG CYCLING

CYCLING SHOP

152 Yen Hoa, Tay Ho, Tel: 0986 866538

THE HANOI BICYCLE COLLECTIVE (THBC)

CYCLING COLLECTIVE

44, Ngo 31, Xuan Dieu, Tay Ho, Tel: (04) 3718 8246

thbc.vn

Tucked down an alleyway just

off West Lake, The Hanoi Bicycle Collective is a place for all bicycle lovers! An official supplier of TREK and SURLY cycling equipment, the joint not only sells but also rents and fixes bicycles. To add to the eclectic, community spirit they also organise bicycle tours, run yoga sessions, hold music concerts in their upstairs cafe area and run a great menu of Spanish tapas served up, if you so wish, with gin & tonic. Quite a mix!



EAT

AL FRESCO'S

AUSTRALIAN / INTERNATIONAL

98 Xuan Dieu, Tay Ho, Tel: (04) 3719 5322

alfrescoogroup.com

8.30am to 11pm

DA PAOLO

CLASSIC ITALIAN

18 Lane 50/59/17 Dang Thai Mai, Tay Ho, Tel: (04) 3718 6317

11am to 11pm

This airy, contemporary looking Italian restaurant next to the famed lawn chair and coconut café on West Lake has all the right ingredients to become a classic. Run by the long time former manager of Luna D'Autunno, it features scrumptious wood-fired oven pizzas from VND120,000 and other Italian delicacies. Open every day for lunch and dinner, delivery is also available.

DALUVA

FUSION / MIDDLE-EASTERN

33 To Ngoc Van, Tay Ho, Tel: (04) 3718 5831

daluva.com

8am until late

A popular hang-out for expats and trendy Vietnamese in the Xuan Dieu area on West Lake. This bar and restaurant offers casual dining with a classy, Middle-Eastern twist, as well as wine, tapas, events and attractive décor.

DON'S TAY HO

CONTEMPORARY NORTH AMERICAN
16 Quang An, Tay Ho, Tel: (04) 3719 3719

Dons-bistro.com

Monday to Friday, 10am to late. Weekends 8am to late

This lake-facing venue with its top floor Oyster Bar is the work of charismatic Canadian restaurateur and wine connoisseur Donald Berger. Focusing on comfort food done well, the main restaurant menu includes anything from wood-grilled rare tuna steak with fragrant Chinese black bean beurre noir to gourmet pizza and pasta dishes such as the likes of Iberian pata negra ham egg pasta served with crushed roasted garlic and manchego. Does an excellent range of imported oysters and has an extensive wine list.

EL GAUCHO STEAKHOUSE

ARGENTINIAN STEAKHOUSE

99 Xuan Dieu, Tay Ho, Tel: (04) 3718 6991

elgaucho.com.vn

4pm to late

This theme eatery combines traditional Argentinian recipes and preparation with great service in a contemporary and thoughtfully designed space over three floors. Already with venues in Saigon and Bangkok, the essence of this popular chain is quality top grade meats off the grill. Steak is the mainstay, but everything from chicken, pork and seafood is also up for grabs. Add to this a backdrop of low Latin music, low, subtle lighting and an extensive wine list and that's another reason to head to El Gaucho.

HALIA HANOI

SINGAPOREAN / CONTEMPORARY INTERNATIONAL

29 Xuan Dieu, Tay Ho, Tel: (04) 3946 0121

thehalia.com

Monday - Saturday 11am to 11pm. Closed on Sundays

A multi-floored venue with a bar area and a refined dining space. The menu includes Singaporean specialities such as the shrimp satay salad and the chilli crab spaghetti. A pan-European classical menu mixed in with light Asian flavours is also on offer. Has an extensive wine list.

HEMISPHERES STEAK & SEAFOOD GRILL

CONTEMPORARY STEAK & SEAFOOD

Sheraton Hotel, 11 Xuan Dieu, Tay Ho, Tel: (04) 3719 9000

sheraton.com/hanoi

11.30am to 2.30pm, 6.30pm to 10pm

The newest Steak & Seafood dining experience in Hanoi. Hemispheres Steak & Seafood Grill offers a wonderful menu covering both the Northern and Southern hemispheres. Choose from Black Angus, US Prime Sirloin, Rib Eye, Rump and Tenderloin grilled to perfection. Prefer Seafood - no problem, Lobster, Oysters, Prawns, Fresh Fish, Clams and Crabs are all available for your dining pleasure, as well as an impressive array of wines by the glass & bottle from our

IL FARD

ITALIAN / MEDITERRANEAN

Villa 3, Cong Doan Hotel Compound, 98 To Ngoc Van, Tay Ho, Tel: (04) 6327 1142

Hidden away in Cong Doan Hotel, this pan-Mediterranean restaurant owned by the same people behind Mediterraneo serves up an assortment of French, Spanish and Italian dishes in a pleasant, white-washed yet Italian-influenced atmosphere.

J.A.F.A.

INTERNATIONAL

G2-G3 Ciputra, Tay Ho, Tel: (04) 3758 2400

7am to 11pm

One of the larger and more com-

Donald's Berger



100% U.S. Natural Angus Beef Steak
BERGER & Fries - Wood Fired
Twice Ground

International Modern & Comfort Cuisine
Live Music Nightly

don's

16 Quang An - Tay Ho - Ha noi
(84-4) 3 719 2828 | 3 719 3719
donchef@donviet.vn
www.dons-bistro.com

Sometimes a great
Hamburger
is another world.

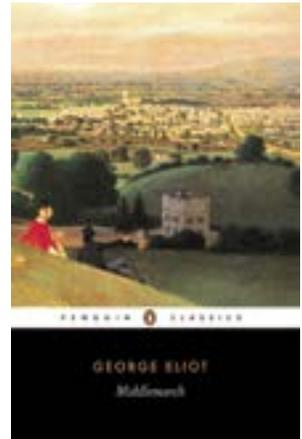
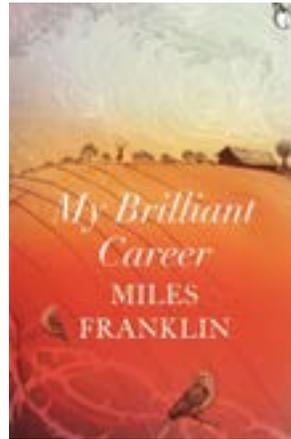
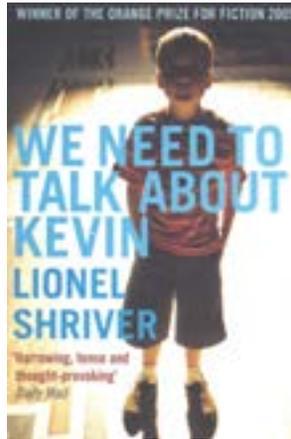
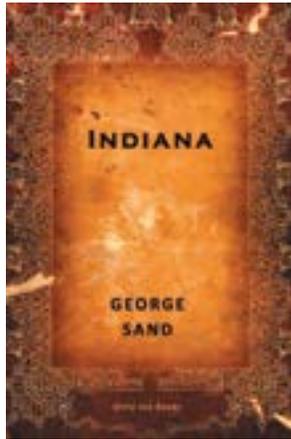
For all the other
times and cravings,

there still is
don's Bistro!



BOOK BUFF

★★ IN A MAN'S WORLD... ★★



Bookworm's **Truong** takes a look at female writers who have published under male pseudonyms

Thanks to International Women's Day on Mar. 8, March was women's month. Our Bookworm Readers Association — we were searching for a catchy acronym and the initials of this fitted to a T — decided to celebrate the eventful month by getting into books by women, a category so broad that we hit on the idea of looking at novels written by women who assumed male pen names.

Not many of us have heard of the author Mary Ann Evans (1819 —1880) even though she wrote one of the most highly regarded novels in history. Her work, *Middlemarch*, was cited by Virginia Wolfe as one of the few English novels for grown ups.

She took on the male name George Eliot when she wrote her first published work, an essay titled *Silly Novels by Lady Novelists*, and kept it because she believed the public would take her work more seriously if they thought she was a male. After her fifth novel — *Adam Bede* in 1859 — she was praised by critics and came clean. She confessed her gender and remained a prestigious name in literature.

Middlemarch, like a lot of the novels of the time, was first serialised in newspapers and is made up of eight books that represent each serialisation. Though it has a plot that twists and turns and convolutes, it covers a huge swathe of English history, and is full of memorable characters that you have to try and get to grips with. Most readers end up agreeing with Martin Amis and Julian Barnes that it is a masterpiece

George Sand

Another writer who pushed accepted norms was Amatine Lucile Aurore Dupin,

who made a stir in mid-19th century France by wearing men's clothing and smoking in public — activities not permitted to females.

She endured a short, forced, arranged marriage before living with an actress and throughout her life was labeled with epithets such as nymphomaniac, man-eater, lesbian and hermaphrodite. She was also called frigid.

She is now regarded as up there with the great male writers of the second wave of French Romantic novelists such as Victor Hugo and de Balzac — her output of novels was prodigious.

She took on the name George Sand when she published her first novel, *Indiana*, and kept it from then on in public and private life. She made a huge stir with her novel *Lelia*, which advocated the same standard of morality for men and women, and suggested that both prostitutes and married women were slaves to man's desires. She went on to shock the church and upright society by questioning monogamy, infidelity and monastic celibacy.

It's still a powerful read.

Stella Miles Franklin

Later in the century, on the underside of the globe, a country Australian girl called Stella Miles Franklin was so sure that publishers wouldn't look at the work of female writers, that she dropped the name Stella and under the pen name Miles Franklin had huge success in 1901 with her first novel, *My Brilliant Career*. In the 1960s it was made into a movie.

Stella's book caused a stir among 'proper' Australian society because the heroine, Sybella, decided not to marry the dashing

rich and handsome hero, instead deciding to pursue her dream of writing and having 'a beautiful career'. You can imagine the tightly corseted matrons tut tutting and banning their talented daughters from touching the novel.

Stella only wrote two books under her manly name of Miles, but had others published under a variety of male names because she didn't want to compromise Miles' reputation.

Other Pseudonyms

Other women who have intentionally passed themselves off as male writers at some time or another by taking on a pseudonym include Nora Roberts (JD Robb), Karen Blixen (Isak Dinesen), the Bronte sisters (Ellis and Currer Bell) and Louisa May Alcott (A M Barnard). Another who dropped her feminine first name was Nellie Harper Lee while J K Rowling of Harry Potter fame thought that boys would never buy her books if the name Joanna was on the cover.

Some female writers have been saddled with male sounding names by their parents. One of these is one of our favourite modern female writers, Lionel Shriver of *We Need To Talk About Kevin* notoriety. Notorious because it questions modern constructs about the feelings mothers should have towards their children, and the precept that children are never born evil.

For more information on Bookworm go to bookwormhanoi.com. Besides their original store on Chau Long, Bookworm have a second, smaller shop in Nghi Tam Village in the West Lake area. Located behind the Sheraton and in the same alley as VilaTom Coffee, it can be found at Lane 1/28 Au Co, Lang Nghi Tam, Tay Ho 🇻🇳

Experts in Pediatric Care

Family Medical Practice's expanding team of highly skilled pediatricians and dedicated nursing staff are working together to provide the expert care that your children deserve.



HCMC Pediatric Team



Hanoi Pediatric Team

Emergency Services

- Primary pediatric emergency response
- Highly specialised pediatric evacuations
- Overnight in-patient facilities
- Orthopedic services*

Outpatient Services

- Routine developmental assessments
- Newborn examinations
- Vaccination services
- Pre-school check-ups

*Available in HCMC

For further information and appointments please contact:

24 HOURS MEDICAL CENTER

HANOI
 (04) 3843 0748

HO CHI MINH CITY
 (08) 3822 7848

fortable bars in Hanoi, J.A.F.A. is a great place for drinking cocktails by the pool. The beverages are not the cheapest, but this is made up for by service and ambiance. They also have a full menu featuring familiar western dishes such as pizza and cheeseburgers and cater for large parties or dinner functions. Periodic buffets and drink specials are also offered.

LA SALSA

IBERIAN / MEDITERANEAN
 53 Xuan Dieu, Tay Ho, Tel: (04) 3718 5656
 8am to 11pm

KITCHEN

INTERNATIONAL CAFE FARE
 30 To Ngoc Van, Tay Ho, Tel: (04) 3719 2679
hungskitchen@gmail.com
 7am to 9pm

Set inside a newly renovated house with a large courtyard. Kitchen is a great space for eating the decent breakfasts (check out the breakfast burrito), the creatively titled sandwiches and the selection of international salads. Also does a range of Mexican dishes (available after 5pm) and an innovative smattering of healthy, smoothie-style drinks.

R&R TAVERN

RESTOBAR / LIVE MUSIC
 256 Nghi Tam, Tay Ho, Tel: (04) 6295 8215

Now on its third location, this watering hole still lives up to its old name, providing an array of drinks, buzzing chatter, and of course, some quality live rock music. Its upstairs area is equipped with a sound system and stage setup for weekly shows and events, while the downstairs area houses a classic bar that gives a finishing touch to the friendly community environment.

RASA SINGAPURA

SINGAPORE PERANAKAN CUISINE
 185 Nghi Tam, Tay Ho Tel: (04) 3715 2992
rasasingapura-hanoi.com
 5pm to midnight

This Singapore Peranakan Restaurant serves up authentic, Straits fusion fare emanating from Singapore, Malacca and Penang. Boasting the mouthwatering nasi lemak as its signature dish, all the fare here is home-cooked by the owner / partner who spent five years living and studying in Singapore. This is tasty, home-cooked, well-priced fare in a pleasant but tranquil setting.

SAINT HONORE

BOULANGERIE / BISTRO
 5 Xuan Dieu, Tay Ho, Tel: (04) 3933 2355
sainthonore.com.vn
 7am to 10pm

Decked out in maroon, dark browns and cream, this bakery and French-style bistro is best visited in the

morning when that Gallic, fresh-cooked aroma of bread, croissants and patisseries hits you as you walk through the door. The downstairs space is split into the bakery on one side with a small non-smoking dining space on the other. The upstairs lounge area has standard tables as well as sofa seating. Simple French and international fare is served at meal times. Has additional venues at 31 Thai Phien, Hai Ba Trung and Unimart, 8 Pham Ngoc Thach, Dong Da

THE PIE SHOP

TAKEAWAY PIES
 2nd Floor (on the left), Syrena Center, 51 Xuan Dieu, Tay Ho, Tel: (04) 3718 1507
thepieshophanoi@gmail.com

Classic Aussie and Kiwi-style savoury pies and rolls. Available in three convenient sizes (mini, regular and large). Enjoy them hot as a takeaway, or frozen to keep for later.

EXPAT SERVICES

MAID IN VIETNAM

HOUSEKEEPING SERVICES
 Suite 201, 5 To Ngoc Van, Tay Ho, Tel: (04) 3718 3112
maidinvietnam.com

Offering a licensed hire service for trained domestic and office housemaids, cooks and nannies. Courses include health checks, housekeeping, safety, basic 1st Aid, courses for external maids and household management for Vietnamese wives of foreigners.

FITNESS & YOGA

ELITE FITNESS

TOP-END HEALTH CENTRE
 51 Xuan Dieu, Tay Ho, Tel: (04) 3718 6281
elitefitness.com.vn

The luxury gym features top-of-the-line fitness equipment, separate cardio and spinning areas and an indoor swimming pool with a retractable roof. The spacious studios and natural light make it a welcoming place to squeeze in a work out, but be prepared to pay. This place is top of the range.

HANOI CLUB

COUNTRY CLUB
 76 Yen Phu, Tay Ho, Tel: (04) 3823 8115
thehanoiclub.com

VIETCLIMB

CLIMBING CENTRE
 40 Ngo 76 An Duong, Tay Ho, Tel: 0914 143185
vietclimb.vn

Although a little hard to find, VietClimb is a French-owned, 200-meter climbing gym with

state-of-the-art courses. There are 100 different climbing routes within the gym that are changed every few months. They offer clinics, classes and children's events. Membership and group rates are available, but be sure to check out the three-month pass.

ZENITH YOGA

YOGA & MEDITATION
 247 Au Co, Tay Ho, Tel: (04) 3923 0253

An international Yoga studio providing classes across a variety of levels and styles, including prenatal and postnatal classes, restorative yoga, pilates and tai chi. Also have a yogic shop offering incense, yoga and pilates mats, books, clothes, soaps, Himalayan products and other essential yoga equipment.

GROCERIES, LIQUOR & KITCHEN PRODUCTS

ANNAM GOURMET

GROCERIES / DELI
 First Floor, 51 Xuan Dieu, Tay Ho, Tel: (04) 3718 4487

FIVIMART

SUPERMARKET
 Second Floor, 51 Xuan Dieu, Tay Ho, Tel: (04) 3719 1791

KITCHEN ART

KITCHENWARE
 38 Quang An, Tay Ho, Tel: (04) 6680 2770
kitchenart.vn

Kitchen Art is a little haven for all foodies, cooks and bakers to grow their love and passion for cooking and baking. Come to Kitchen Art Store to buy restaurant-grade tools and ingredients to cook like a chef, take part in regular demonstrations and workshops at the Studio, or simply read and relax at the cookbook cafe corner while enjoying the peaceful West Lake view.

L'S PLACE

GROCERY SHOP
 3 Xuan Dieu, Tay Ho, Tel: (04) 3719 9911

NATURALLY VIETNAM

ORGANIC / NATURAL PRODUCTS
 4 Lane 67, Alley 12, To Ngoc Van, Tay Ho, Tel: (04) 6674 4130
naturallyvietnam.com

Offers food and beverage produced in Vietnam with full traceability and strict food safety controls. Meat, egg, milk, fish, veggies, honey, jams, fruit juices, liquors, coffee, water, ice cream. Also, every Saturday from 8.30am to 12.30pm, the team convert the store yard into the Tay Ho Weekend Market, a cross-cultural outdoor shopping and socialising hotspot for expats and Vietnamese.

PUNTO ITALIA

COFFEE MACHINES
 62 To Ngoc Van, Tay Ho, Tel: (04) 6258 3510
puntoitalia.asia

Trendy, reliable and stylish coffee machines for the workplace or home, specialising in authentic Italian coffee. Also sells their own brand coffee in capsules, ready ground or as the original roasted mix of beans.

RED APRON

WINE RETAILER
 28 Xuan Dieu, Tay Ho, Tel: (04) 3719 8337

THE OASIS

ITALIAN DELI
 24 Xuan Dieu, Tay Ho, Tel: (04) 3719 1196

A great place to get all kinds of imported groceries and homemade foods. All of the breads and pastas are made in the in-house kitchen. A great variety of fresh sauces, a limited, but well-chosen selection of wines and a fantastic deli and cheese case. Free delivery.

THE WAREHOUSE

WINE RETAILER
 27 Xuan Dieu, Tay Ho Tel: (04) 3718 3701
warehouse-asia.com

The Warehouse is Vietnam's ultimate premium wine importer, distributor, and retailer, representing many of the greatest wines from the best wine-growing regions on the planet. The portfolio mixes the best of both old and new world wines.

MEDICAL & DENTAL

INTERNATIONAL SOS 24-HOUR CLINIC

MEDICAL / DENTAL CLINIC
 51 Xuan Dieu, Tay Ho, Tel: (04) 3934 0666

InternationalSOS.com
 Well-known medical clinic also known for its quality emergency services. Doctors and consultants also provide a range of services from standard GP-style check-ups through to vaccinations, paediatrics and specialist care.

ONE DENTAL CLINIC

DENTISTS
 8 Quang An, Xuan Dieu, Tay Ho, Tel: (04) 3718 6168

WESTCOAST INTERNATIONAL DENTAL CLINIC

DENTAL CLINIC
 2nd Fl, Syrena Center, 51 Xuan Dieu, Tay Ho, Tel: (04) 3710 0555
westcoastinternational.com

The Westcoast International Dental Clinic is composed of dental professionals who deliver modern, high-level dental services throughout Vietnam. The clinic provides the highest quality technology, comfort and after-service care to patients.

THE ALCHEMIST

★★ BECOMING FEARLESS ★★

BY KAREN GAY

Fear. It seems to seep in more with age. This was my observation during a recent conversation. While the empirical evidence for this statement may be lacking, research indicates that fear and anxiety levels have risen in recent years. Certainly fear has its place in keeping us safe, however many people live in a near constant state of fear.

The psychological aspect of fear is not related to any tangible, immediate danger. This type of fear manifests itself as worry, anxiety, nervousness, tension, dread and phobias. Psychological fear is about something that *might* happen and is not related to what's going on at the present moment.

A person sets themselves up for stress and suffering by habitually falling prey to the fabrications of the mind, the ego. The ego's near constant machinations are a sign of its relentless power. It is a formidable entity with the capacity to control our lives and a tendency to be overprotective.

Creating a Deeper Sense of Self

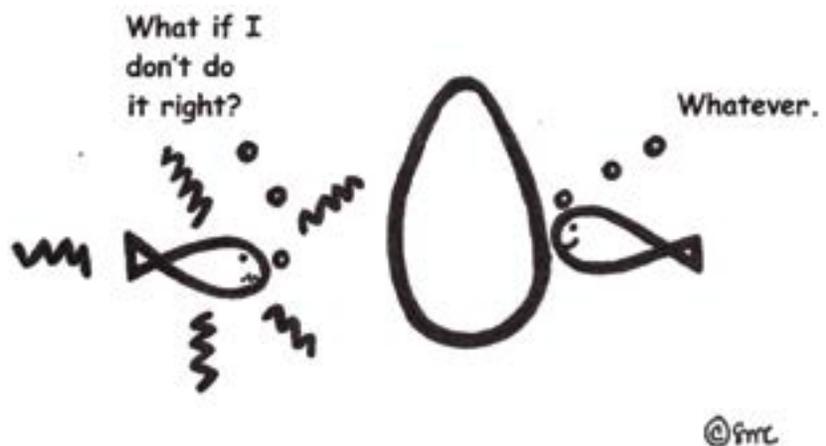
When we remember that an emotion is the body's reaction to our mind, it gives us pause to imagine how much stress we endure by listening to the repeated messages, mostly false, from our mind of being under threat.

In holistic healing, all negative emotions are traced back to fear. Fear creates stress in the body and triggers the release of the stress hormone, cortisol. Chronic stress and elevated cortisol levels increase the risk of depression, mental illness and a lower life expectancy. Research also shows that elevated cortisol levels interfere with learning and memory. They lower the immune system and bone density, cause weight gain, high blood pressure, heart disease and more.

The ego desires to be front and centre. It would like us to believe that we *are* our egos. Many fall for this trap, which can affect our emotional and physical health. Learning to control our fear, and be free from it helps us to disengage from the ego and create a deeper, happier sense of self. Here are some tips on how to achieve this:

Breathe. Anxiety and fear affect our breathing. It becomes shallow and less oxygen flows to the brain, decreasing our ability to think clearly. Learn techniques for breathing more fully from the abdomen.

Exercise. Our body needs to move to stay healthy and exercise, even gentle



exercise, is an excellent way of reducing cortisol levels.

Eat Well. Along with a healthy diet, avoiding sugar and caffeine helps calm the nerves.

Look at the Brighter Picture. There will always be challenges in life, but we can choose how to deal with these challenges. Fear and worry are the least effective ways and can lead to depression.

Seek Help. Falling into worry mode is a form of procrastination that can exacerbate

problems. Talk to a friend or counsellor for help.

Take a Time Out. Schedule time in your day for quiet/sacred time.

Eckhart Tolle reminds us that the present moment is all we truly have and suggests we make **now** the primary focus of our life. Focus on the **now** and keep fear at bay.

Karen Gay, A-Roaming Bodyworker, is a holistic health practitioner practicing in Hanoi. For information on the types of services provided, visit a-roamingbodyworker.com 

BA DINH

BARs & NIGHTCLoBs / BoOkSHoPs / CAFeS / ClObS & SoCIeTIeS / CoOkING ClASSeS / EAt / FiTNeSS & YoGA / HAIRDReSSeRS & SALoNS / MeDICAL & DeNTAL



Reservations recommended.

MING PALACE

PAN-CHINESE

Sofitel Plaza, 1 Thanh Nien, Ba Dinh, Tel: (04) 3823 8888
11am to 2pm, 5.30pm to 10pm

A fine dining destination at the Sofitel Plaza serving Cantonese and pan-Chinese cuisine in a sleek modern setting with private dining rooms. With more than 80 dim sum selections available along with Chinese entrees, Ming's is an ideal eatery for those hungry for higher end Chinese fare.

THE BISTRO

FRENCH FLAIR

2/2c Van Phuc, Ba Dinh, Tel: (04) 3726 4782
thebistro.com.vn
7.30am to 9pm

A modern eatery offering western cuisine with shades of French influence in a comfortable setting. Think gardens in a courtyard, drink and food deals and a warm indoor atmosphere — you know, just how the French do it.

FiTNeSS & YoGA

N SHAPE FiTNeSS

MID-RANGE FiTNeSS CeNTRe
5th Floor, 71 Nguyen Chi Thanh, Ba Dinh, Tel: (04) 6266 0495
nshapefitness.vn

HAIRDReSSeRS & SALoNS

DiNH HAIR SALoN

HAIR SALoN
2A Cua Bac, Ba Dinh, Tel: 0987 718899

MeDICAL & DeNTAL

FAMILY MeDICAL PRACTICE

MeDICAL
298 1 Kim Ma, Ba Dinh, Tel: (04) 3843 0748
vietnammedicalpractice.com
On the little street directly below Kim Ma, with all sorts of specialists including OB/GYN, Pediatricians and ENT. A Medium-sized practice with both Vietnamese and international doctors, but they are used to treating expats. Also a 24-hour emergency service.

Do you think you should be listed on these pages? If so, simply email us on listings@wordvietnam.com and we'll see what we can do. We can't promise but we'll try our best



ing an international version of the mighty curry — they even sell pork and beef here — the menu keeps to the northern part of the subcontinent with masala, dopiaza, korma and the more Goan vindaloo taking centre stage. Also has a good range of breads and tandoor-cooked kebabs.

HIGHWAY 4

VIeTNAMESe / eTHNIC
575 Kim Ma, Ba Dinh, Tel: (04) 3771 6372
10am to midnight

HOA SUA TRAINING RESTAURANT - SONG THU

VIeTNAMESe / INTeRNaTIONAL
34 Chau Long, Ba Dinh, Tel: (04) 3942 4448
hoasuaschool.com

KOTO ON VAN MIEU

RESTAURANT / CAFe / BAR
59 Van Mieu, Dong Da, Tel: (04) 3747 0337
koto.com.au
Monday: 7am to 4pm;
Tuesday to Sunday: 7am to 9.30pm

All profit is invested back into the cause at Koto, which is a school and workplace for disadvantaged students opposite the Temple of Literature. Authentic Asian and European cuisine comes out of a visible and frenetic kitchen and is served over four big floors of restaurant space. It's cushioned, comfortable and has a rooftop terrace, too. Wrap it yourself nem, bun bo Nam bo, Koto burgers, pastas, fish and chips, chicken Kiev and sandwiches all under one homely roof.

MATCHBOX

INTeRNaTIONAL / VIeTNAMESe
40 Cao Ba Quat, Ba Dinh, Tel: (04) 3734 3098
11am to 11pm

MAY MAN CHINESE CUISINE

PAN-CHINESe
Fortuna Hotel, 6B Lang Ha, Ba Dinh, Tel: (04) 3831 3333
fortuna.vn
11am to 2pm, 5.30pm to 10pm

Elegant and luxurious, May Man has long been regarded as one of the best Chinese restaurants in Hanoi. Showcasing a selection of authentic Chinese culinary delights and Yum Cha at its finest, with seven private dining rooms this is a place to get dressed up for. Has extensive a la carte menus, dim sum menus and set menus.

cooking, but international cuisine, held in a beautiful setting. They also offer culinary tours.

EAt

AU LAC DO BRAZIL

BRAZILIAN
6A Cao Ba Quat, Ba Dinh, Tel: (04) 3845 5224
aulacdobrazil.com
11am to 2pm, 5pm to midnight

A nicely themed Brazilian churrascaria steakhouse offering all you can eat grilled meat and seafood on the skewer. Au Lac do Brazil is not for the feint of stomach. In typical Brazilian rodizio fashion, waiters bring cuts of meat to the table for patrons to pick and choose, all for a set price. They also offer wine pairings, a salad bar and an a la carte menu, with a creative selection of fruit caipirinhas on hand to wash it all down. The prices aren't for anyone on a budget, but the amount and quality of meat is more than worth cost.

FOODSHOP 45

INTeRNaTIONAL INDIAN
59 Truc Bach, Ba Dinh, Tel: (04) 3716 2959
10am to 10.30pm

Lakeside location, low bamboo seating and a history that screams empathy make this eatery one of the most popular Indians in town. Sell-

HIGHLANDS COFFEE

CoNTeMPORARY / CoFFee CHAIN
28A Dien Bien Phu, Ba Dinh (Next to the Flag Tower) Tel: (04) 3823 3339
highlandscoffee.com.vn
7am to 11pm

MANZI

ARTS CAFe & GAReRY
14 Phan Huy Ich, Ba Dinh, Tel: (04) 3716 3397
facebook.com/manzihanoi
A stunningly designed contemporary café and events space that screams out the words 'modern art'. Housed in a converted colonial-era villa, a continuous flow of exhibitions, talks, experimental music and game shows make up the mix here. Great cuisine, too.

ClObS & SoCIeTIeS

GoETHe INStITUT

GERMAN CuLTURAL CeNTRe
58 Nguyen Thai Hoc, Ba Dinh Tel: (04) 3734 2251
goethe.de/hanoi

CoOkING ClASSeS

HANOI COOKING CeNTRe

CoOkING CeNTRe
44 Chau Long, Ba Dinh, Tel: (04) 3715 0088
hanoicookingcentre.com
Hanoi Cooking Centre is a school, retail outlet and a café, where you can find classes on not just Vietnamese

Tam Village, Tay Ho Tel: (04) 3829 2322
Bookworm has been the cornerstone of Hanoi's literary scene since 2001. It has been around the block quite a bit and now shares a space with Hanoi Cooking Centre. With over 15,000 new and second-hand fiction and nonfiction titles in stock, the shop also buys used books and offers free travel advice. Has a second shop in Tay Ho

CAFeS

CAFe GoETHe

ARTS CAFe
56 Nguyen Thai Hoc, Ba Dinh, Tel: 3734 7395

CoNG CAphe

LeFTISp ARTSy CAFe
32 Dien Bien Phu, Ba Dinh, Tel: (04) 2247 0602
8am to 10pm

With a kitsch, communist-driven theme saturating this quaint cafe, most patrons are young Vietnamese bohemians and artsy expats. Sip on a blended cup of joe with beans from the Central Highlands, knock back one of the many different types of tea available or sip on freshly squeezed juice from the Spartan cups in one of the hippest cafes on 'cafe street'. If you like pre-doi moi nostalgia, here is the place to go.

BARs & NIGHTCLoBs

BARBeTTA

ARTSy BAR & CAFe
34C Cao Ba Quat, Ba Dinh, Tel: (04) 3734 9134

ETe BAR

FRENCH LOUNGe
95 Giang Van Minh, Ba Dinh, Tel: 0976 751331
10am to midnight

A favourite among those who roam further west of the city centre, this multi-storey restobar has been going strong for more than two years. It has balconies, mezzanine seating and a long bar guarding exactly 50 different cocktails. For many the Ete burger is right on the mark as are the sandwiches, tartines and salads. It's always crowded — especially during the weekends. Amiable staff, pleasant vibes.

SUMMIT LOUNGe

RoOFTOP LOUNGe BAR
20th Floor, Sofitel Plaza, 1 Thanh Nien, Ba Dinh, Tel: (04) 3823 8888 ext. 5314
4pm to Midnight Sunday to Wednesday, 4pm to 2am Thursday to Saturday

BoOkSHoPs

BoOkWoRM

BoOk SHoP
44 Chau Long, Ba Dinh, Tel: (04) 3715 3711; 1/28 Nghi

THE THERAPIST



Dear Douglas,

My husband, my three children and I have been in Hanoi for almost four years. We will be heading back to our home country in July. My husband and children say they will be sad to leave. His job has been good to him and the children are doing well in school. My experience has been the opposite. I can hardly wait to get back to my family and friends. I am depressed and exhausted from trying to find friends and make a life here. All the friends I made have left and some women here seem to find great joy in being mean and competitive. I can't show my family here how I really feel and my friends back home don't really understand. Four months seems like forever. How can I make it?

— *Hurting in Hanoi*

Dear Hurting,

I chose your letter because I am sure there are many women like you... enduring their experiences of living abroad while their husbands and children seem to get along fairly well.

You are feeling isolated, your mood is depressed and now you are feeling really tired. You have been coping... dealing with a situation that is new and unfamiliar in the best way you know how. It has helped you to get this far, but now that the end is in sight, you feel exhausted and wonder if you can hold up until you can get back to where you feel things are familiar.

I would like to point out a unique set of challenges that apply to women who are wives and mothers living abroad. Often, they anticipate that they will have a good experience and are surprised to find that it is difficult in ways that they couldn't have predicted.

1) Finding female friends with whom to connect emotionally and with whom one can talk doesn't always happen... or, as in your case, you form a strong friendship with someone and then they leave.

2) When we feel bad or depressed, it is a time when we most need close friends who can listen and support us. It is also the time when it is most difficult to make friends. We don't want to appear to be needy or 'down' when we are meeting new people. Often our friends back



This month **Douglas Holwerda**, American trained and licensed mental health counsellor, addresses the problems of friendship and being an expat wife

pressfoto.com

home can't really understand.

3) Having negative experiences can heighten our mistrust of others. It is not uncommon for people to become defensive and competitive under circumstances that are less familiar, and when they don't know if it is emotionally safe. Human nature almost always tries to figure out who is 'us' and who is 'them'. Finding ways to bridge the gaps of cultural diversity is part of the challenge.

4) When husbands and children are living in structures that make it easier for them, their school and workplaces, their positive experiences make one's pain even more isolating.

5) Women often struggle with a loss of identity and validation when they are the primary caregivers and not working outside of the home. When effort goes into making others' lives better, one can

lose touch with those things that are central to one's own needs for fulfillment and actualisation.

My hope is that you can see your experience, not as a failure on your part, but as having lived through challenges that you could not have anticipated, and which left you short of your needs for support and connection. I would encourage you to come to therapy, which may help you better understand your feelings. I believe you can get past the pain to see and feel better affirming aspects of life that are present... here and now. You might even enjoy these last months in Hanoi.

— Douglas

Do you have a question you would like Douglas's help with? You can email him at douglasholwerda@hotmail.com. Personal details will not be printed

ELSEWHERE

BARs & CLoBs / CAFES / EAT / MEDICAL & DENTAL / RECREATION

BARs & CLoBs

CAMA ATK

MUSIC & ARTS BAR
73 Mai Hac De, Hai Ba Trung,
Tel: 01262 054970
Wednesday to Saturday,
6pm to midnight

With well-poured drinks, a foosball table, no smoking and a midnight closing time, CAMA ATK knows exactly what it wants to be — and that's refreshing. The space is a part time venue for smaller acts and DJs. The venue is hip, comfortable and will likely provide the serious drinker with a reliable place to pull up a stool and take pulls in a relaxed haven.

HOA VIEN BRAUHAUS

CZECH MICROBREWERY
1A Tang Bat Ho, Hai Ba Trung, Tel: (04) 3972 5088

VUVUZELA

MODERN BEER HALL
2A Tran Thanh Tong, Hai Ba Trung

CAFES

CONG CAPHE

LEFTIST ARTSY CAFE
152D Trieu Viet Vuong, Hai Ba Trung
8am to 10pm

With a kitsch, communist-driven theme saturating this quaint cafe, most patrons are young Vietnamese bohemians and artsy expats. Sip on a blended cup of joe with beans from the Central Highlands, knock back one of the many different types of tea available or sip on freshly squeezed juice from the Spartan cups in one of the hippest cafes on 'cafe street'. If you like pre-doi moi nostalgia, here is the place to go.

EAT

A la folie...!

Restaurant

43 High Road - Ha Noi
Tel: 54 39 75 15 87
a.la.folie@gmail.com

A LA FOLIE...!

FRENCH
63 Ngo Hue, Hai Ba Trung,
Tel: (04) 3976 1667
alafolie63@gmail.com
11am to 2pm, 6pm to 10pm,
Closed Monday

A cozy recently opened space to taste fine French food and excellent wines

without draining your wallet. Using high quality fresh ingredients, the cuisine is simple including anything from a traditional omelette or steak tartare-frites to coq au vin or foie gras. Has two floors and a patio.

ASAHI SUSHI

SUSHI RESTAURANT
288 Ba Trieu, Hai Ba Trung,
Tel: (04) 3974 5945
asahisushi.vn

CAFÉ 129

MEXICAN/COMFORT FOOD
129 Mai Hac De, Hai Ba Trung, Tel: (04) 3821 5342
7.30am to 9.30pm

FRENCH GRILL

JW Marriott Hanoi, 8 Do Duc Duc, Me Tri, Tu Liem, Tel: (04) 3833 5588

facebook.com/frenchgrill
Every day 6pm to 11pm
With unique decor, contemporary ambience, a walk-in wine cooler and a delectable seafood bar, this classy restaurant offers guests a service experience with crafted food difficult to find in the capital.

HIGHWAY 4

VIETNAMESE / ETHNIC
54 Mai Hac De, Hai Ba Trung,
Tel: (04) 3796 2647
10am to midnight

KOTO ON VAN MIEU

RESTAURANT / CAFÉ / BAR
59 Van Mieu, Dong Da, Tel: (04) 3747 0337
koto.com.au
Monday: 7.00am to 4pm;
Tuesday to Sunday: 7am to 9.30pm

All profit is invested back into the cause at Koto, which is a school and workplace for disadvantaged students opposite the Temple of Literature. Authentic Asian and European cuisine comes out of a visible and frenetic kitchen and is served over four big floors of restaurant space. It's cushioned, comfortable and has a rooftop terrace, too. Wrap it yourself nem, bun bo Nam bo, Koto burgers, pastas, fish and chips, chicken Kiev and sandwiches all under one homely roof.

KVY

JAPANESE RICE EATERY
166 Trieu Viet Vuong, Hai Ba Trung, Tel: (04) 3978 1386

11.30am to 1.30pm, 5pm to 10.30pm, closed Sunday

LA VERTICALE

CONTEMPORARY FRENCH
19 Ngo Van So, Hai Ba Trung,
Tel: (04) 3944 6317
verticale-hanoi.com
11.30am to 2pm, 6pm to 9.15pm

Situated in an art-deco villa that was once owned by a Vietnamese mandarin, this establishment is now owned and run by perhaps the most famous French chef in the country. With modestly priced set lunches and subtle Vietnamese touches on the dishes, which primarily come from carefully selected domestic spices, the up market establishment lures in its high class customers with quality Vietnamese-French fusion cuisine.

POTS'N PANS

CONTEMPORARY VIETNAMESE
57 Bui Thi Xuan, Hai Ba Trung, Tel: (04) 3944 0204
potsnpans.vn

11.30am to late

Brought to you by a group of former disadvantaged youth from Hanoi's own KOTO, this unique fine dining restaurant, bar and lounge blends the old with the new. Vietnamese fusion cuisine, like profiteroles with green tea and café fillings, a private chef's table with a kitchen view, and an extensive wine list combined with modern formal styling bring a unique experience to Hanoi.

WILD LOTUS

CONTEMPORARY ASIAN / VIETNAMESE
55A Nguyen Du, Hai Ba Trung, Tel: (04) 3943 9342

MEDICAL & DENTAL

FRENCH HOSPITAL

INTERNATIONAL HOSPITAL
1 Phuung Mai, Dong Da, Tel: (04) 3577 1100
hfv.com.vn

VINMEC INTERNATIONAL HOSPITAL

INTERNATIONAL HOSPITAL
458 Minh Khai, Hai Ba Trung,
Tel: (04) 3974 3556
vinmec.com



RECREATION

KEANGNAM SWIMMING POOL

SWIMMING POOL
Landmark 72 Tower, Pham Hung, Cau Giay, Tel: (04) 3772 3801
landmark72.com

ROYAL CITY ICE SKATING RINK

ICE SKATING
Royal City, 72A-74 Nguyen Trai, Thanh Xuan, Tel: 0936 469799
royalcity.com.vn

X-FACTORY LASER TAG

LASER TAG
77 Hong Mai, Bach Mai, Hai Ba Trung, Tel: (04) 3627 7106
x-factory-vn.com

Do you think you should be listed on these pages? If so, simply email us on listings@wordvietnam.com and we'll see what we can do. We can't promise but we'll try our best



ELECTRONICS

A DONG PHOTO CO

128 Hang Trong, Hoan Kiem. Tel: 3826 0732

ALPHA LAPTOP

95D Ly Nam De, Hoan Kiem Tel: 3747 4418

FUONG MAY ANH

5 Trang Thi, Hoan Kiem Tel: 3213 1568

NGUYEN CAU

1 Ba Trieu, Hoan Kiem

DK COMPUTER

29 Ngoc Kha, Ba Dinh Tel: 3772 4772

HI-TECH USA

23 Hai Ba Trung, Hoan Kiem Tel: 3938 6261

PICO PLAZA

35 Hai Ba Trung, Hoan Kiem

PROFESSIONAL COMPUTER CARE AND IT SERVICES

No 3, Alley 8, Hoa Lu, Hai Ba Trung. Tel: 0983 011081

VIETSAD

34B Ly Nam De, Hoan Kiem Tel: 3747 8771

SWIMMING POOLS

ARMY HOTEL

33C Pham Ngu Lao, Hoan Kiem. Tel: 3825 2896

FOUR SEASONS

14 Dang Tien Dong, Dong Da. Tel: 3537 6250

HANOI CLUB

76 Yen Phu, Tay Ho Tel: 3823 8115
www.hanoi-club.com

HORIZON FITNESS CENTER

40 Cat Linh, Ba Dinh Tel: 3733 0808

MELIA HOTEL

44B Ly Thuong Kiet, Hoan Kiem Tel: 3934 3343

OLYMPIA

4 Tran Hung Dao, Hoan Kiem. Tel: 3933 1049

SAD MAI

10 Dang Thai Mai, Tay Ho Tel: 3718 3161

SOFITEL PLAZA FITNESS CENTER

1 Thanh Nien, Tay Ho Tel: 3823 8888

THAN HAN

Vo Thi Sau, Hai Ba Trung, (Inside the park)

THANG LOI HOTEL

200 Yen Phu, Tay Ho



MORE THAN JUST YOUR SINUSES

If you think that looking after your head, nose and throat is about keeping your sinuses clear and avoiding infection, think again. At FV, thanks to our specialist Otolaryngology department, we provide expert diagnosis and treatment for all disorders of the ear, nose and throat.

Headed up by **Dr. Nguyen Quang Dai**, who specialises in otology, neurotology, head, neck and skull base surgery, we treat anything from snoring and sleep deprivation, to allergies, thyroid issues and of course all things sinus - nasal blockages, chronic sinusitis, headaches, facial pain and much more.

To meet our team of experienced and highly-trained French and Vietnamese doctors, or to find out more about what we offer, simply call us on **(08) 62 90 61 67**.

3rd floor, Bitexco Financial Tower,
2 Hai Trieu St., Dist. 1, HCMC
Email: saigonclinic@fvhospital.com





MEDICAL BUFF

★★ THE SMOKING BABY ★★

BY DR. JONATHAN HALEVY



pressfoto.com

Everybody knows the detrimental effects of smoking on your health. It's common knowledge and even written on the side of every cigarette packet. We know that smoking can shorten your life expectancy, increase our risk of lung cancer (one in 11 smokers will die of lung cancer), and increase the risk of chronic lung disease or having a stroke or heart attack.

As a paediatrician, I occasionally meet parents who smoke, and when I try to talk to them about how smoking can affect their baby, I get the same response "I never smoke at home" or "I never smoke near my kids".

Respect the Research

Here are a few facts that many smoking parents don't know, or prefer to ignore:

— We all know that second hand smoke is bad for your health but there is 'third-hand smoking', particles of smoke that cling to the smoker's skin, hair and

clothes. It's quite easy to smell a smoker, even from a few feet away. Babies can still inhale these particles and it does affect their health. Babies of parents who smoke absorb the amount of nicotine of 60 to 150 cigarettes a year (depending on how heavily their parents smoke).

— Babies of parents who smoke are 37 percent more likely to develop asthma, and attacks can be even more severe and frequent.

— Babies who are exposed to secondhand smoke after birth are also at greater risk of Sudden Infant Death Syndrome (SIDS).

— Smoking parents will 'endow' their kids with the increased chance of suffering from bronchiolitis and pneumonia by up to 54 percent, if both parents are 'generous'.

— Second hand smoker kids do worse in maths, reading and visual — spatial skill tests. Their IQ can be two to five points lower than children of

non-smoking parents.

— Your cigarettes can affect your baby much earlier than you think. Studies show that fathers who are smokers at the time of conception have an increase risk of their babies suffering from cancer, particularly leukemia, lymphoma and brain tumours by up to 80 percent compared with non-smoking fathers. The risk is high even if the mother is a non-smoker, and is higher the more cigarettes the father smokes and the longer he smokes.

So before you take another deep inhalation from your cigarette think about your baby. Don't they have a right to be healthy?

Dr. Jonathan Halevy is a paediatrician at the Ho Chi Minh City clinic. For more medical advice visit Family Medical Practice, www.vietnammedicalpractice.com or go to 298 I Kim Ma, Ba Dinh Hanoi; Diamond Plaza, 34 Le Duan, Q1, Ho Chi Minh City; 50-52 Nguyen Van Linh, Danang 

BUSINESS

BUSINESS GROUPS / CORPORATE SERVICES / INSURANCE / INTERNATIONAL SCHOOLS / LANGUAGE SCHOOLS / MANAGEMENT TRAINING / MARKET RESEARCH / RELOCATION & TRACKING AGENTS / SERVICED APARTMENTS

BUSINESS GROUPS

ICHAM

Sofitel Plaza, Ground floor, 1 Thanh Nien, Ba Dinh, Tel: (04) 3715 2229
icham.org

The Chamber has the main purpose of undertaking activities to support commercial exchanges with Italy and to assist economic agents, as well as to foster the development of economic relations and cooperation among entrepreneurs of the various countries. The Chamber will not engage in commercial activities with the aim of producing profits.

CCIFV

Sofitel Plaza, No 1 Thanh Nien, Ba Dinh, Tel: (04) 3715 2229
ccifv.org

A business group with over 240 members that supports the French business community in Vietnam by listening to their members' needs and expectations. Also promotes Vietnam to French companies and helps them in developing their businesses here.

EUROCHAM

G/F, Sofitel Plaza Hanoi, 1 Thanh Nien, Ba Dinh, Tel: (04) 3715 2228
eurochamvn.org

A federate organisation with strong ties to national business associations in its member countries, Eurocham looks after and provides advice and support for the business interests of European Union members in Vietnam.

SINGAPORE BUSINESS ASSOCIATION VIETNAM

Business Center, Ground Floor, Fortuna Hotel, 6B Lang Ha, Dong Da, Tel: (04) 4772 0833
sbav-hanoi.org

CORPORATE SERVICES

ENDO

79, Quang An, Tay Ho, Tel: (04) 3783 2085
endo.vn

Endo offers garment manufacturing for local resorts, restaurants, hotels, golf courses, travel agencies and apparel shops. They also manufacture giftware from polos and hoodies to

keychains, card holders and menu covers.

INSURANCE

AIG

Suite 5-01, Hanoi Towers, 49 Hai Ba Trung, Hoan Kiem, Tel: (04) 3936 1455
aig.com.vn

IF CONSULTING

CCIFV/Eurocham, Sofitel Plaza, 1 Thanh Nien, Ba Dinh, Tel: (04) 3936 5370

Emergency: 0903 732365
insuranceinvietnam.com

Specialises in medical, employee benefits and personal lines insurance advice to expatriates. The company has been operational in Vietnam since 1994 and offers free advice and comparative quotes.

INTERNATIONAL SCHOOLS

BRITISH VIETNAM INTERNATIONAL SCHOOL (BVIS)

H3-H4, Hoa Lan, Vincom Village, Long Bien, Tel: (04) 3946 0435
bvsvietnam.com

CONCORDIA INTERNATIONAL SCHOOL HANOI

CMC Building, Duy Tan, Cau Giay, Tel: (04) 3795 8878
concordiahanoi.org

International brand, Concordia, has highly performing schools in both Hong Kong and Shanghai at the top tier of the educational system. All instructors and teachers are native English speakers and admission applications are accepted throughout the year.

HANOI INTERNATIONAL SCHOOL

48 Lieu Giai, Ba Dinh, hisvietnam.com

With schooling available for students studying at the elementary through to secondary levels of education, HIS is one of the few private, international education options in the capital. The institution offers Cambridge IGCSE and IB Diploma for students at the secondary level. Located near the Japanese Embassy.

INTERNATIONAL SCHOOL OF VIETNAM

6-7 Nguyen Cong Thai, Dai Kim Urban Area, Dinh Cong,

Hoang Mai, Tel: 3540 9183
www.isvietnam.org

The International School of Vietnam (ISV) is a not-for-profit, Pre-Kindergarten to Grade 12 school serving the international and local community of Hanoi. ISV accepts students of any nationality aged 3 and up. ISV offers an international education experience. Highly qualified and experienced international educators are supported by a 21st-century campus with the latest in educational technology plus excellent resources for learning. Class sizes are small.

KINDERWORLD INTERNATIONAL KINDERGARTEN

Unit 9 - 10, Shophouse CT17, Ciputra, Tel: (04) 3743 0360

3rd Floor, 49 Hai Ba Trung, Hoan Kiem, Tel: (04) 3934 7243

C5-C11, 1st Floor, The Manor Building, My Dinh, Me Tri New Urban, Tu Liem District, Tel: +84 4 3794 0209
kinderworld.net

Classes are kept small with a foreign teacher leading the class with the assistance of a Vietnamese teacher according to the teacher-student ratio. KinderWorld provides pre school education for children from 18 months to below 6 years.

QSI INTERNATIONAL SCHOOL OF HANOI

#17 Lane, 67 To Ngoc Van, Tay Ho, Tel: (04) 3718 6418
hanoi.qsi.org

With nearly four decades of experience in international education, QSI International School of Hanoi is next in the long line of 'quality schools' that have been established by the Quality Schools International. The institution specialises in instructing pre-school and lower elementary age students.

SINGAPORE INTERNATIONAL SCHOOL (SIS)

2D Van Phuc Diplomatic Compound, 46 Van Bao, Ba Dinh, Tel: 3726 1601; Block C3, Ciputra, Tay Ho, Tel: 3758 2664; Dilmah Building, Duy Tan, Cau Giay, Tel: 3795 1036

www.kinderworld.net/sis
SIS provides international education for students from Primary up to University

Foundation Programme. A strong curriculum combines the best aspects of the Singaporean, Australian and Vietnamese curricula, all taught by qualified teachers. Runs various co-curricular activities and prepares students for internationally recognised qualifications: iPSLE, Cambridge IGCSE & AS/A Level, GAC

UNITED NATIONS INTERNATIONAL SCHOOL (UNIS)

Ciputra International Village, Tay Ho, Tel: (04) 3758 1551
unishanoi.org

LANGUAGE SCHOOLS

APOLLO

67 Le Van Huu, Hai Ba Trung, Tel: (04) 3943 2051
Apollo.edu.vn

Established in 1994, Apollo offers high-quality and cost-effective English language classes including general English, English for teens, English for business communication and a pronunciation clinic. One of the country's leading language centres.

BRITISH COUNCIL

20 Thuy Khue, Tay Ho, Tel: (04) 3728 1922
britishcouncil.org

The cultural arm of the British government's presence in Vietnam, the BC offers a variety of English language courses - business writing, corporate training and general English - in a large learning centre close to West Lake.

LANGUAGE LINK VIETNAM

62 Yen Phu, Hanoi, Tel: (04) 3927 3399
language.link.edu.vn

With four schools around Hanoi, Language Link runs international English language courses endorsed by Cambridge University. One of the top language centres in the capital.

MANAGEMENT TRAINING

G&H MANAGEMENT SERVICES

HKC Building, Suite 701, 285 Doi Can, Ba Dinh, Tel: (04) 3762 3805
ghmsglobal.com

RMIT

Hanoi Resco Building, 521 Kim Ma, Ba Dinh, Tel: (04) 3726 1460
rmit.edu.vn

A leading international provider of skills training and professional staff development, RMIT offers both short and long-term courses, customised courses, and can provide for either on or off-campus clients. Known for its Business MBA which is open to both Vietnamese and overseas students.

MARKET RESEARCH

CIMIGO

142 Le Duan, Dong Da, Tel: (04) 3518 6696
vietnam@cimigo.com
cimigolive.com

RELOCATION & TRACKING AGENTS

ALLIED PICKFORDS

Room 302, 12A Ho Xuan Huong, Tel: (04) 3943 1511
vn.alliedpickfords.com

The international home moving company helps make the burden of moving a lot easier. As the largest home moving company in the world, Allied Pickfords moves over 1,000 families in over 175 countries every day. Available with a full range of services - domestic moves, office moves and storage - whether you are moving within Vietnam or across the world.

ASIAN TIGERS TRANSPO

Inland Customs Deport Area (ICD), Pham Hung, My Dinh, Tu Liem, Tel: (04) 3768 5882
asiantigergroup.com

Asian Tigers Group is committed to its mission of moving households without disruption to family life. They also offer pre-move advice regarding customs and shipping.

JVK INDOCHINA MOVERS

6 To Ngoc Van, Tay Ho, Tel: (04)3826 0334
jvkasia.com

Focused primarily on the international and local movement of household goods, JVK is currently a leader in the field. Has offices in both Hanoi and Ho Chi Minh City.

SANTA FE RELOCATION SERVICES

Suite 821, Vietnam Trade Hotel, 14 Tran Binh Trong, Hoan Kiem, Tel: (04) 3941 0805
santaferelo.com

With over 150 offices around the world, Santa Fe offers local and international moving, pet transportation, relocation services including home search, orientation, cultural training, immigration services and records management. For more information email info@santaferelo.com.vn.

SERVICED APARTMENTS

ATLANTA RESIDENCES

49 Hang Chuoi, Hai Ba Trung, Tel: 0912 239085
atlanta.com.vn

Atlanta Residences fully serviced apartments have been created to provide a space where you can 'feel at home'. Within walking distance from Hanoi's Opera House and Hoan Kiem Lake, this building offers a panel of 51 spacious apartments for you to choose from. The serviced apartments here offer the luxury of a hotel mixed with the peaceful comfort and privacy of your home, under one roof of course.

FRASER SUITES HANOI

51 Xuan Dieu, Tay Ho, Tel: (04) 3719 8877

Located in the West Lake area, Fraser Suites Hanoi consists of 186 apartments, from studios to four bedrooms, which meet any lifestyle. With a calming and warm interior feel, each apartment features all the latest amenities. 24-hour security surveillance provides peace of mind.

SEDONA SUITES

No. 96 To Ngoc Van, Tay Ho, Tel: (04) 3718 0888
sedonahotels.com.sg

SOMERSET GRAND HANOI

49, Hai Ba Trung, Ba Dinh, Tel: (04) 3934 2342
someraset.com

Internationally-managed accommodation with personalised services and extensive facilities. 185 fully furnished apartments, car park, 24-hour reception and central location.

STUDENT EYE

★★ HOLIDAY ★★



pressfoto.com

Public holidays for third culture teens in Vietnam are special times in their own sense. They are short, irregular and much less common than any other holidays or weekends, and so they seem more special — like a lucky bonus day off from work or school. Whether it be Hung King’s Day or Reunification Day or Independence Day, even non-Vietnamese teens love public holidays — as long as they keep them away from school.

Nothing can brighten the morning as much as waking up to a calm, peaceful silence without any beeping alarm, or without having to drag yourself out of your cosy bed to get into a cold shower. It feels as if the calendar is the Monopoly board, and you’ve finally landed on a ‘Chance Card’ after days and days of boring turns.

Some of the more active teens spend the day outside, hanging out with friends and shopping, eating or going to watch a movie as a means of ‘celebrating’ their day off. Although the holiday days to most are no

different from any other day of the week, the fact that it’s a Monday or Wednesday *not* at school makes everything seem new and exciting.

Some of the other lazier ones start their day much later, when they finally decide to crawl out of beds. They savour the special day with brunch, then proceed to “recharge” for the rest of the day. If they happen to be one of the Asian ‘drama geeks’, they’ll glue themselves in front of the computer screen, watching and re-watching all the TV episodes they had missed over the laborious school days.

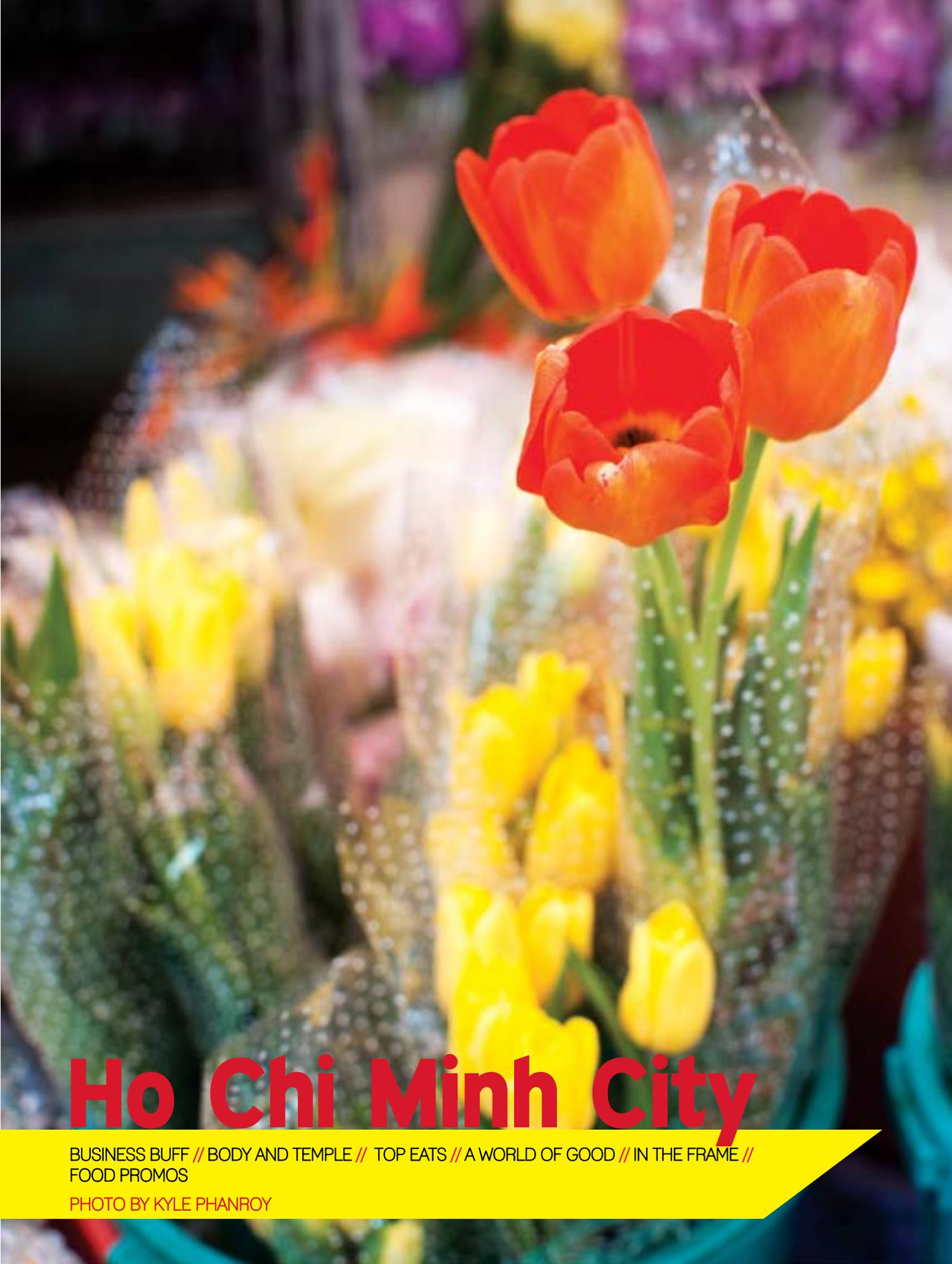
What Does It All Mean

Though all these great, “important” historical and cultural occasions try so hard, perhaps too hard, to grab our international-minded attention, it seems that these public holidays only matter because they earn us a day off school. They plot eye-catching red numbers on our calendars, and give us these treats of short holidays. Without these fancy attractions,

they’d be no different from a Tuesday or a Friday in the minds of many teens. And quite often, despite these efforts, public holidays simply remain as a time to relax because some *famous* people in the past did something *special*.

But what you should realise is that these holidays are very unique to Vietnam. We don’t celebrate the Fourth of July here in Vietnam just like other countries don’t celebrate the Second of September. And as third culture teens, or even third culture adults, to share in the celebration and spend a day off from work or school means that you’re assimilating with Vietnamese culture, even if it’s unintentional.

So, when you are lying on your couch, or out shopping and having fun these coming Wednesdays, the least you should do is know why you’ve been ‘blessed’ with this freedom from work and school. Perhaps you could start off by learning who the Hung Kings were, or finding out what happened on the 30th of April. — *Tae Jun Park* 



Ho Chi Minh City

BUSINESS BUFF // BODY AND TEMPLE // TOP EATS // A WORLD OF GOOD // IN THE FRAME //
FOOD PROMOS

PHOTO BY KYLE PHANROY

BUSINESS

ACCOUNTING & AUDITING / ADVERTISING & MKTG / BUSINESS CONSULTING / BUSINESS GROUPS / CORPORATE GIFTS & SERVICES / EVENT MANAGEMENT / EXPAT SERVICES / HOUSING & REAL ESTATE / INSURANCE / INTERIOR DESIGN / INVESTMENT & FINANCE / LANGUAGE SCHOOLS / LEGAL SERVICES / MANAGEMENT TRAINING / MARKET RESEARCH / PHOTOGRAPHY SERVICES / PUBLIC RELATIONS / RECRUITMENT & HR / RELOCATION AGENTS / SERVICED APARTMENTS

ACCOUNTING & AUDITING

GLOBALEYE FINANCIAL ADVISORS

4th Floor, Unit 17, Saigon Center, 65 Le Loi, Q1, Tel: (08) 3827 0220
globaleye.com

PRICEWATERHOUSE COOPERS

Saigon Tower, 29 Le Duan, Q1, Tel: (08) 3823 0796
pwc.com



SAIGON-EXPAT TAX SERVICES

6th Floor, Me Linh Point Tower, 2 Ngo Duc Ke, Q1, Tel: 0938 220 255
vivianwcooper@gmail.com

TMF GROUP

Unit 501, 5th Floor, Saigon Trade Center, 37 Ton Duc Thang, Q1, Tel: (08) 3910 2262
Tmf-group.com



ADVERTISING & MKTG

BBDO VIETNAM

74/3 Hai Ba Trung, Q1, Tel: (08) 3822 6662
bbdoasia.com

COWAN — STRATEGIC BRAND DESIGN

16th Floor, Bitexco Office Tower, 19–25 Nguyen Hue, Q1, Tel: (08) 3821 3064
cowandesign.com

DENTSU VIETNAM

AB TOWER, 23rd Floor, 76 Le Lai, Q1, Tel: (08) 3821 9005
Dentsu.com.vn

GREY GROUP

404 Vo Van Tan, Q3, Tel: (08) 3929 1450
grey.com/vietnam

INDUSTRIAL DESIGN ASIA

Duong So 12, Tran Nao, Q2, Tel: (08) 3740 6388
industrialdesignasia.com

MARKETEERS VIETNAM

FPT Tower, 153 Nguyen Dinh Chieu, Q1, Tel: (08) 3933 3493

marketeersvietnam.com

OGILVY & MATHER

12th Floor, Centec Tower, 72–74, Nguyen Thi Minh Khai, Q13, Tel: (08) 3821 9529
ogilvy.com

PHIBIOUS

7th Floor, 11bis Nguyen Gia Thieu, Q3, Tel: (08) 3933 3377
phibious.com

An independent, creative-led communications company helps brands connect and grow across Southeast Asia. Clients include The Coca-Cola Company, Asia Pacific Breweries, Piaggio and UPI.

PURPLE ASIA

9 Nguyen Huu Canh, Binh Thanh, Tel: (08) 6277 7050
purpleasia.com

RED | BRAND BUILDERS

Floor 14, Citilight Tower, 45

Vo Thi Sau, Q1, Tel: (08) 3820 0169
red.vn

Long-established branding consultancy and marketing agency. The Red team creates and shapes unique marketing strategies that add impact to international and local brands from Vietnam to Australia.

RIVER ORCHID

10th Floor HDTC Building, 36 Bui Thi Xuan, Q1, Tel: (08) 3925 2538
riverorchid.com

SAATCHI & SAATCHI

26 Tran Cao Van, Q3, Tel: (08) 3824 1207
saatchi.com

Ranked among the top 100 global advertising agencies, S&S has worked with over half of the 50 best-known brands in the world, providing advertisement planning, direct marketing, marketing consulting and graphic design.

TBWA \ VIETNAM

4th Floor, Saigon Finance Center, 9 Dinh Tien Hoang, Q1, Tel: (08) 3824 5315
tbwa.com.vn



BUSINESS CONSULTING

BDO VIETNAM

11th Floor, Capital Place, 6 Thai Van Lung, Q1, Tel: (08) 3823 7858
Bdg-vietnam.com

CONCETTI

33 Dinh Tien Hoang, Q1, Tel: (08) 3911 1481
Concetti.vn

GRANT THORNTON

28th Floor, Saigon Trade Center, 37 Ton Duc Thang, Q1, Tel: (08) 3910 9100
Gt.com.vn

INSPIRED IMAGE

Villa 15, Duong 58, Phu Nhuan, Thao Dien, Q2, Tel: 0916 352573
Inspiredimage.co.uk

PRISM INFORMATION TECHNOLOGY SERVICES

4th Floor, YOCO Building, 41 Nguyen Thi Minh Khai, Q1, Tel: (08) 7305 0905
prism.com.vn

ROUSE

6th Floor, Abacus Tower, 58 Nguyen Dinh Chieu, Q1, Tel: (08) 3823 6770
iprights.com

STAR CORPORATE VIETNAM

161A/1 Nguyen Van Thu, Q1, Tel: (08) 3911 0965
starcorpvn.com

STRASOL GROUP INTERNATIONAL

38 Tran Ngoc Dien, Q2, Tel: 0904 410884

TRACTUS ASIA LTD

164 Nguyen Van Thu, Q1, Tel: (08) 6291 2205
tractus-asia.com

XAGE CONSULTANCY

35A-1-2 Grandview, Nguyen Duc Canh, Q7, Tel: (08) 5412 3402; 31st Floor, Saigon Trade Centre, 37 Ton Duc Thang, Tel: (08) 3911 0454
xageconsulting.com

Riverside.

Resort-Lifestyle Serviced Apartments

April's PROMO

VND 1,718,000+ /night
 (1-bedroom apartment)

VND 2,482,000+ /night
 (2-bedroom apartment)

Promotion includes use of:

- Free Wi-Fi Internet
- Shuttle bus & boat to District 1
- Local calls
- All Riverside facilities

*** Terms & conditions applied:**

- Rates are not included with breakfasts and subject to 10% VAT
- This promotion is applied for bookings made from 1 April 2014
- Cost for breakfast (not included 10% VAT) as below:
 Adult: VND 120,000+ /person
 Child: VND 60,000+ /child (under 12 years old)



Riverside Serviced Apartments - Sales & Marketing Office:
 53 Vo Trung Toan, Thao Dien Ward, District 2, Ho Chi Minh City, Vietnam
 Tel: (+84 8) 37 444 111 ext.216 | Email: sales@riverside-apartments.com
 Website: www.riverside-apartments.com | Go social with us:

NAMHOUSE Shared Office For Rent in Thao Dien ward, District 2, HCMC

- ✓ Communal Meeting Room with projector, Outdoor Space.
- ✓ Free: Security Guard, Cable, Internet, Water, Generator.
- ✓ Total area: 670sqm.
- ✓ Used Area: 60sqm - 200sqm(From 900\$-2500\$).

Hotline: 0989 00 77 00 - www.namhouse.com.vn

Houses & Villas
 For rent in Dist.2, HCM: An Phu, Thao Dien, & Tran Nao

Save time:
 See all pictures & details online.
 Updated daily.
www.snap.com.vn
 08. 37446928

BUSINESS GROUPS

AMCHAM

New World Hotel, 76 Le Lai, Q1, Tel: (08) 3824 3562.

amchamvietnam.com

An independent association of American and international businesses, the objective of the American Chamber of Commerce in Vietnam is to promote trade and investment between the United States and Vietnam.

AUSTRALIAN CHAMBER OF COMMERCE

2nd Floor, Eximland Building, 179EF Cach Mang Thang Tam, Q3, Tel: (08) 3832 9912

auschamvn.org

A licensed foreign business group established to represent and promote the interests of Australian businesses operating in Vietnam, AusCham coordinates topical breakfast seminars, social networking functions, governmental relations meetings and charity events.

BRITISH BUSINESS GROUP OF VIETNAM

25 Le Duan, Q1, Tel: (08) 3829 8430

bbgv.org

CANCHAM

Room 305, New World Hotel, 76 Le Lai, Q1, Tel: (08) 3824 3754

canchamvietnam.org

Open to all nationalities, the Canadian Chamber of Commerce aims to create an effective network of business associates together and to facilitate discussion forums about business in Vietnam.

NORDCHAM

17th Floor, Petroland Tower, 12 Tan Trao, Q7, Tel: (08) 5416 0922

nordcham.com

PHILIPPINES BUSINESS GROUP VIETNAM

40/4 Pham Viet Chanh, Binh Thanh, Tel: (08) 3518 0045

pbgvn.com

SINGAPORE BUSINESS GROUP

6th Floor, Unit 601, Tran Quy Building, 57 Le Thi Hong, Q1, Tel: (08) 3823 3046

sbghcm.org

SWISS BUSINESS ASSOCIATION

42 Giang Van Minh, Q2, Tel: (08) 3744 6996

swissvietnam.com

CORPORATE GIFTS & SERVICES

AMBRIJ VIETNAM LTD

14-16-18 Chu Manh Trinh, Q1, Tel: (08) 3824 8364

ambrij.com

ENDO

406/16 Cong Hoa, Tan Binh, Tel: (08) 6292 2045

endo.vn

Endo offers garment manufacturing for local resorts, restaurants, hotels, golf courses, travel agencies and apparel shops. They also manufacture giftware from polos and hoodies to keychains, card holders and menu covers.

EVENT MANAGEMENT

EVECOO

Tel: 0988 297990

evecoo.vn

GALA ROYALE EVENT HALL

63 Mac Dinh Chi, Q1, Tel: (08) 3825 6048
galaroyale.com.vn

ONE WORLD TOURISM CO, LTD

268/3 Nguyen Thai Binh, Tan Binh, Tel: (08) 6299 0880

THE CATERERS

46D Vuon Lai, Tan Phu, Tel: (08) 3812 6901
thecaterersvietnam.com.vn

Offers everything from canapés and cocktails, buffets and set menus to barbeques and wedding catering. Combines excellent food, event management and exclusive venues to make any kind of event a success.

EXPAT SERVICES

CHUM'S HOUSE

121/21 Bui Vien, Q1, Tel: (08) 3920 7237

HAPPY HOUSE

32-34 Ngo Duc Ke, Suite 701, Q1, Tel: 01659 419916

RESIDENT VIETNAM

Unit 601 48 Hoa Su, Phu Nhuan, Tel: (08) 2226 8855

residentvietnam.com

HOUSING & REAL ESTATE

CBRE

12th Floor, Me Linh Point Tower, 2 Ngo Duc Ke, Q1, Tel: (08) 3824 6125

cbre.com



JONES LANG
LASALLE®

Real value in a changing world

JONES LANG LASALLE

26th Floor, Saigon Trade Center, 37 Ton Duc Thang Q1, Tel: (08) 3910 3968
joneslanglasalle.com.vn

Jones Lang LaSalle (NYSE:JLL) is a professional services and investment management firm offering specialized real estate services to clients seeking increased value by owning, occupying and investing in real estate. As a truly global firm, they work and collaborate closely with their colleagues across Asia Pacific and around the world to bring best-in-class services, people, and systems to their clients in Vietnam.

Their offices in Ho Chi Minh City and Ha Noi offer: Tenant Representation, Office Leasing, Retail Services, Valuation and Advisory, Research and Consulting, Investment Sales and Acquisitions, Residential Agency, Industrial Agency, Project and Development Services, Property Asset Management Services, Hotel Investment and Consultancy Services, Integrated Facilities Management.

COLLIERS INTERNATIONAL VIETNAM

Bitexco Office Building, 7th Floor, 19-25 Nguyen Hue, Q1, Tel: (08) 3827 5665

colliersmn.com/vietnam

CREATION

International Plaza Building, Room 16B8, 343 Pham Ngu Lao, Q1, Tel: (08) 6291 7553



PHUONG HA

EVERYONE'S FAVOURITE CONVENIENCE STORE
AT 58 HAM NGHI, Q1

NOW WITH A SECOND LOCATION AT
48-50 HUYNH THUC KHANG, Q1

SPECIALISING IN...

- CAKE DECORATION SUPPLIES
- CAKE MOULDS AND PANS
- COCKTAIL MATERIALS AND SYRUPS

FOR DELIVERIES CALL (08) 3914 1318



You think
you've got it
covered?

We can get
you good
coverage
cheaper
than you
think.

Call Anna on:
0909 379 256

Anna@
InsuranceInAsia.com

InsuranceQuestions

Insurance
inAsia.com

Servicing Expatriates since 1994



BUSINESS BUFF

★★ THE HABITS OF THE AMERICAN RICH ★★

BY SHANE DILLON



Tom Corley is an accountant and financial planner from New Jersey, US. He studies both the rich and the poor to see if there are noticeable differences in their lifestyles or habits that could explain the difference in their wealth. After five years of research, Corley published his findings in his book *Wealthy Habits: The Daily Success Habits of Wealthy Individuals*. While it might not be so simple, some of his findings are very insightful. Here is what he discovered.

- 1) 70% of wealthy people eat less than 300 junk food calories per day. 97% of poor people eat more than 300 junk food calories per day.
- 2) 23% of the wealthy gamble. 52% of poor people gamble.
- 3) 80% of the wealthy are focused on accomplishing some single goal. Only 12% of the poor do this.
- 4) 76% of wealthy people exercise aerobically four days a week. 23% of poor people do this.

- 5) 63% of the wealthy listen to audio books during their commute to work vs. 5% of poor people.
- 6) 81% of the wealthy maintain a to-do list vs. only 19% of the poor.
- 7) 63% of wealthy parents make their children read two or more non-fiction books a month vs. 3% of poor parents.
- 8) 70% of wealthy parents make their children volunteer 10 hours or more a month vs. 3% of poor parents.
- 9) 80% of wealthy people make Happy Birthday calls vs. 11% of poor.
- 10) 67% of wealthy people write down their goals vs. 17% of poor.
- 11) 88% of the wealthy read 30 minutes or more each day for education or career reasons vs. 2% of the poor.
- 12) 6% of wealthy people say what's on their mind vs. 69% of the poor.
- 13) 79% of wealthy people network five hours or more each month vs. 16% of the poor.
- 14) 67% of wealthy people watch one

- hour or less of TV every day vs. 23% of poor people.
- 15) 6% of the wealthy watch reality TV vs. 78% of the poor.
- 16) 44% of wealthy people wake up three hours before work starts vs. 3% of poor people.
- 17) 74% of the wealthy teach good daily success habits to their children vs. 1% of the poor.
- 18) 84% of the wealthy believe good habits create opportunity luck vs. 4% of the poor.
- 19) 76% of the wealthy believe bad habits create detrimental luck vs. 9% of the poor.
- 20) 86% of wealthy people believe in lifelong educational self-improvement vs. 5% of poor people.
- 21) 86% of wealthy people love to read vs. 26% of poor.

Shane works in financial services and can be contacted at shanedillon@bluecross.com.vn 

CUSHMAN & WAKEFIELD VIETNAM

Unit 16, 14th Floor, Vincom Center, 72 Le Thanh Ton Q1, Tel: (08) 3823 7968 cushmanwakefield.vn

EASY SAIGON

Tel: 0932 112694 easysaigon.com
The Easy Saigon website is a useful real estate website helping expats to find apartments in Ho Chi Minh City. Enquiries via their website are welcome.

KNIGHT FRANK

Suite A, level 7, VTP Office Building, 8 Nguyen Hue, Q1, Tel: (08) 3822 6777 knightfrank.com.vn
Founded in 1896, Knight Frank has grown to become the world's largest privately owned global property agency and consultancy. In Vietnam, they offer commercial, residential and residential development services.

NAMHOUSE CORPORATION

48A Tran Ngoc Dien, Thao Dien, Q2, Tel: 0989 007700 namhouse.com.vn
Expert in providing rental properties, constructions and interior decoration, especially in District 2. Supports professional services and aftersales.

SAVILLS VIETNAM LTD

Fideco Tower, 18th Floor, 81-85 Ham Nghi, Q1, Tel: (08) 3823 9205 savills.com.vn
Savills Vietnam is a leading property service provider in Vietnam since 1995, providing research, advisory services, residential sales, commercial leasing, asset management, retail advisory, valuation, investment advisory and other services.

SNAP

32 Tran Ngoc Dien, Thao Dien, Q2, Tel: (08) 3519 4282 snap.com.vn

Owners of Snap Café in District 2, Snap offers a web-based real estate search service with information on rental properties all around the city, as well as an advisory service for those averse to wading into the internet depths for their needs.

SOTHEBY'S INTERNATIONAL REALTY

Suite 1905, Bitexco Financial Tower, 2 Hai Trieu, Q1, Tel: (08) 3520 2000 sothebysrealty.com.vn

THE NEST

369/6 Do Xuan Hop, Phuoc Long B, Q9, Tel: 0903 198901 theneest-vietnam.com
Well-known property search and real estate agency with a useful website listing properties available for rent and sale, orientated towards expats. Website is in English, French and Spanish.

INSURANCE

BAOVIET INSURANCE

49D Phan Dang Luu, Binh Thanh, Tel: (08) 3510 1661 baoviet.com.vn

IF CONSULTING

IFC Building, 3rd Floor, 1A Me Linh Square, Q1, Tel: (08) 3827 7362 insuranceinvietnam.com
Independent advisors that represent top reputable medical insurers provide you with the best suitable medical cover for individual, family or company needs.



BLUE CROSS VIETNAM
8th Floor, River View Tower, 7A Thai Van Lung, Q1 Tel: (08) 3821 9908 inquiry@bluecross.com.vn www.bluecross.com.vn
Blue Cross Vietnam is part

of the Pacific Cross group of companies with over 60 years' experience in providing health and travel insurance to people and businesses who call Asia home. Their reputation for transparent, honest and reliable service means they are the strength behind your insurance. To make sure you are getting the most out of your insurance contact them for a free quote.

IGLOBALASSIST

Tel: 0934 874271 Iglobalassist.com

LIBERTY INSURANCE

15th Floor, Kumho Asiana Plaza, 39 Le Duan, Q1, Tel: (08) 3812 5125 libertyinsurance.com.vn

PRUDENTIAL

25th F, Saigon Trade Centre, 37 Ton Duc Thang, Q1, Tel: (08) 3910 1660 prudential.com.vn

TENZING PACIFIC SERVICES VIETNAM

Huu Nghi Building, 35 Le Loi, Q1 ten-pac.com
An independent agency representing local and international insurance companies in Southeast Asia. A trusted partner for health, employee benefits and life insurance, the team at Tenzing has over 30 years' experience providing insurance advice.

INTERIOR DESIGN

PROFESSIONAL PAINTING AND REMODELING

Tel: 0936 330869 (Darren Hawk)
Thinking about upgrading a bathroom? Perhaps a new colour in the living room? Maybe even a new wood floor? Professional Painting and Remodeling can help with these and many other projects. Provide international standards of quality as well as professional and timely service at reasonable rates. Call today to schedule

a free evaluation.

INVESTMENT & FINANCE

DRAGON CAPITAL

1901 Me Linh Point, 2 Ngo Duc Ke, Q1, Tel: (08) 3823 9355 dragoncapital.com

THE ETHICAL INVESTMENT GROUP

27 Thai Van Lung, Q1, Tel: (08) 3822 0907 ethicalinvestmentgroup.co.uk

TOTAL WEALTH MANAGEMENT

66/11 Pham Ngoc Thach, Q3, Tel: (08) 3820 0623 t-wm.com

VINACAPITAL

17th Floor, Sun Wah Tower, 115 Nguyen Hue, Q1, Tel: (08) 3821 9930 vinacapital.com

A leading investment fund management company with extensive experience in the emerging Vietnam market. Manages the Vietnam Opportunity Fund (VOF), which is a US\$839 million investment fund.

LANGUAGE SCHOOLS

ILA VIETNAM

146 Nguyen Dinh Chieu, Q3, Tel: (08) 3521 8788 ilavietnam.com
A foreign-owned education and training company that offers a range of educational programmes, such as English-language tuition, university pathway programmes, corporate training, teacher training and overseas study consultancy and placement services.

L'ATELIER

33/19 Quoc Huong, Thao Dien, Q2, Tel: 0908 381492 latelier-anphu.com

VIETNAMESE LANGUAGE GARDEN

135/10 Nguyen Cuu Van, Binh Thanh, Tel: 0916 670 771 vietnameselanguagegar-

den.com

VLS SAIGON

45 Dinh Tien Hoang, Q1, Tel: (08) 3910 0168 vlstudies.com

Offers courses ranging from basic conversational Vietnamese to upper elementary, intermediate and advanced levels, as well as special courses including Vietnamese literature, composition or a 6-hour survival crash course.

VNC VIETNAMESE LANGUAGE TRAINING & TRANSLATION

37/54 Tran Dinh Xu, Q1, Tel: (08) 6678 0914 vncentre.com

VUS

189 Nguyen Thi Minh Khai, Q1, Tel: (08) 3925 9800 vus-etsc.edu.vn

LEGAL SERVICES

ALLENS

Suite 605, Saigon Tower, 29 Le Duan, Q1, Tel: (08) 3822 1717 vietnamlaws.com

BAKER & MCKENZIE

12th Floor, Saigon Tower, 29 Le Duan, Q1, Tel: (08) 3829 5585 bakermckenzie.com

FRASERS LAW COMPANY

Unit 1501, 15th Floor, The Metropolitan, 235 Dong Khoi, Q1, Tel: (08) 3824 2733 frasersvn.com

GIDE LOVRETTE NOUËL A.A.R.P.I.

18 Hai Ba Trung, Q1, Tel: (08) 3823 8599 gide.com

INDOCHINE COUNSEL

Unit 4A2, 4th Floor, Han Nam Building, 65 Nguyen Du, Q1, Tel: (08) 3823 9640 indochinecounsel.com

MAYER BROWN JSM

17th Floor, Saigon Tower, 29 Le Duan, Q1, Tel: (08) 3822 8860 mayerbrownjism.com

MANAGEMENT TRAINING

EMBERS ASIA

80-82 Phan Xich Long, Phu Nhuan, Tel: (08) 3822 4728 embers-asia.com

ERC INSTITUTE VIETNAM

38/ 6G Nguyen Van Troi, Phu Nhuan, Tel: (08) 6292 9288 erci.edu.vn

G & H

6th Floor, Yoco Office Building, 41 Nguyen Thi Minh Khai, Q1, Tel: (08) 3821 9919 ghmsglobal.com

A 100 percent foreign-invested company focusing on management services and consulting with in-house programmes to meet the particular requirements of its clients. Offers teambuilding and academic-based business and management programmes.

XAGE CONSULTANCY

35A-1-2 Grandview, Nguyen Duc Canh, Q7, Tel: (08) 5412 3402; 31st Floor, Saigon Trade Centre, 37 Ton Duc Thang, Q1, Tel: (08) 3911 0454 xageconsulting.com

MARKET RESEARCH

CIMIGO

9 Nguyen Huu Canh, Binh Thanh, Tel: (08) 3822 7727 cimigo.vn
An independent marketing and brand research specialist operating in the Asia Pacific region. Services include auditing and optimising research programmes, knowledge management, developing marketing plans and business models and assessing market opportunities.

INDOCHINA RESEARCH

3rd Floor, 140 Nguyen Van Thu, Q1, Tel: (08) 3823 6965 indochinaresearch.com

MEKONG RESEARCH

91 Nguyen Huu Canh, Binh Thanh, Tel: (08) 6258 6314 mekongresearch.com

Making a move ?
Please contact * Mr. MOVER *
gabriele.fanni@jvkasia.com
www.jvkasia.com
84 - 8 3826 7655 / 56 - 0908 041 230

JVK
INTERNATIONAL MOVERS

INTERNATIONAL & PET / LOCAL & OFFICE MOVES / STORAGE / SINCE 1979



BODY AND TEMPLE

★★ WORK LESS, PRODUCE MORE, ENJOY LIFE ★★

BY PHIL KELLY



pressfoto.com

It's early afternoon, you find yourself hunched over the keyboard with your head tilted at a funny angle, a growing pain in your lower back or shoulders and the to-do list still weighing on your mind. Not only is this sapping your energy and creativity, which reduces your productivity, it is going to affect your quality of life.

Prolonged hours sat behind a desk or computer are creating an epidemic of poor posture or human movement system impairments. Forward head carry and forward rounded shoulders, for example, creates shoulder pain, back pain, headaches and impingement through shoulder movement.

Companies in the know understand that investing in the health of their greatest assets — their employees — results in returns of higher productivity, less sick leave and increased morale. Fit employees have more energy and suffer less from stress related problems.

For instance, Bank of America reports a 600 percent return on its health promotion programme. Northern Gas CPY employees who engage in the company's corporate exercise programme have 80 percent fewer sick days than non-participants. Saatchi & Saatchi reports that 63 percent of employees enrolled in its corporate fitness programme. They believe that their productivity has increased and 75 percent feel a stronger sense of morale.

Personal Productivity

But what does this mean for the workers? A study by the University of Bristol showed that after exercising, participants returned to work more tolerant of themselves and more forgiving of their colleagues. Their work performance was also consistently higher, as shown by better time management and improved mental sharpness. A very recent study has found that hitting the gym or jogging before or during the workday leads to greater productivity, reduced stress levels and even higher pay (due to better attitude, productivity and therefore performance).

Exercise fuels your brain; releases feel good hormones to help you be more focused and happy. The increased productivity comes from the stamina which physical activity gives us and also from less absenteeism owing to sickness. It is evident that physical activity strengthens our immune system and improves are ability to function.

Midday Exercise and Stretching

Saigon's climate creates a challenge for midday exercise, especially now we are heading into the hot season. Many who find it hard to keep cool during a normal day find it impossible to stop sweating after a midday workout. Therefore, if you plan to exercise mid-day, try taking a class like Pilates where you are less likely to work up an intense sweat. Perform very short intense weight sessions consisting of only two to three exercises. If you make time each day,

by the end of the week you can cover the whole body. By completing your sessions this way you can just change your clothes and get back to work, fitting in more intense cardio, resistance or sweat sessions over the weekend.

Stretching is another great tool to alleviate both mental and physical tension, stress as well as correct postural imbalances. You also do not have to take a lot of time out to implement stretching into your day. Use momentary pauses to shake out and stretch your back, neck, arms and shoulders. Stand up and stroll around the office, allow your body to reset and not adopt this work position as your permanent posture. In addition, don't eat at your desk. Get out of your workspace and take a walk. It will clear your mind.

These are just some ideas to help you make physical activity an intrinsic part of your schedule. Analyse your day or even your week and identify opportunities for exercise and movement. The returns will make the investment worthwhile... A great fact to remember is that in the US it's estimated that about US\$130 billion (VND2.73 trillion) a year in health care costs are related to obesity and inactivity — it really makes good personal and business sense to promote healthy habits throughout your company.

Phil is founder and master trainer at Body Expert Systems. Contact him on 0934 782763 or at his website bodyexpertsystems.com or through Star Fitness (starfitnesssaigon.com)

NIELSEN

CentrePoint Building, Level 4, 106 Nguyen Van Troi, Phu Nhan, Tel: (08) 3997 8088
vn.nielsen.com

TNS VIETNAM

58 Vo Van Tan, Q3, Tel: (08) 3930 6631
Tnsvietnam.vn

With over 11 years in the marketplace, TNS Vietnam offers all three major market research services — customisation, access panels and media monitoring — to a range of local and international clients.

PHOTOGRAPHY SERVICES

DRAGON IMAGES

Crescent Plaza, 105 Ton Dat Tien, Q7, Tel: 01643 172 660
dragonimages.asia

Dragon Images production studio is a professional team of photographers, stylists, shooting administrators, casting managers and retouchers. They make photos on various topics, from business to sport.

PUBLIC RELATIONS

MATTERHORN COMMUNICATIONS

Level 5, 273-273B Ben Chuong Duong, Q1, Tel: (08) 3838 5517
matterhorncommunications.com

Providing public relations and communications support to international and local firms operating in Vietnam. Specialising in corporate communications, media relations, corporate social responsibility and media and issues management and training.

VERO PUBLIC RELATIONS

7th Floor, 5B Ton Duc Thang, Q1, Tel: (08) 6291 0462

veropr.com

Helps clients expand their footprints in Vietnam, Cambodia, Thailand and Myanmar through effective public relations campaigns. Services offered include branding, media relations, event management, public affairs and issues / crisis management.

RECRUITMENT & HR

ADECCO VIETNAM

11th floor, Empire Tower, 26 - 28 Ham Nghi, Q1, Tel: (08) 3915 3430

adecco.com.vn

Adecco is the world leader in human resources solutions. Established in Vietnam in 2011, Adecco offers a wide array of global workforce solutions and specialises in finance & legal, sales, marketing & events, IT, engineering & technical, and office.

HR2B/TALENT RECRUITMENT JSC

1st Floor, Thien Son Building, 5 Nguyen Gia Thieu, Q3, Tel: (08) 6288 3888

hr2b.com

G.A. CONSULTANTS VIETNAM CO., LTD.

Ho Chi Minh Office: Room 2B-2C, 2nd Floor, 180 Pasteur, District 1, HCMC.

Ha Noi Office: Room 603, 6th Floor, 535 Kim Ma Street, Ba Dinh District, Hanoi.

www.vieclambank.com

info@vieclambank.com

VieclamBank is a brand of G.A. Consultants Vietnam - a Human Resources Consulting company with 100% Japan investment. Established in 2006 in Vietnam, the company focuses on recruiting executive and senior level, providing Vietnamese and Japanese candidates with experience studying abroad or working in foreign companies. A quick, effective and competitive service suitable for many types of business.

MANPOWER VIETNAM

8th Floor, Resco Building, 94-96 Nguyen Du, Q1, Tel: (08) 3911 0950

manpower.com.vn

NAVIGOS GROUP

130 Suong Nguyet Anh, Q1, Tel: (08) 3925 5000

navigosgroup.com



LET ME TELL YOU SOMETHING

We are researchers when we speak to them. Marketers when we speak to you. Let us bring the voice of your customer into your boardroom.



www.cimigo.com



LOGICAL MOVES.net

YOU MOVE, WE CARE - ANYTIME, ANYWHERE

Think Logical.
www.logicalmoves.net

Moving Locally. Overseas. Office. Home or even need Storage? **Think Logical.**

Being Vietnam's leading independent moving company. It makes sense that we can offer flexibility and care that no-one else can.

Talk to our representative **Huong Nielsen**
 + 84 90 9779 849
info@logicalmoves.net



Victoria Healthcare VietNam
 Victoria Healthcare My My Clinics

24/7 - (08) 3910 4545
www.victoriavn.com

Let Your smile Shine

Free doctor's consultation fee for children under 12 years old



Please contact our Customer Service for **DENTAL SERVICE INFORMATION**

Open hour: Monday - Friday 8h00 - 20h00
 Saturday 8h00 - 17h00

* Dental Department is opened only at clinic 135A Nguyen Van Troi

VICTORIA HEALTHCARE MY MY INTERNATIONAL CLINICS
 Clinic 1: 79 Dien Bien Phu Street, District 1, HCMC, Vietnam
 Clinic 2: 135A Nguyen Van Troi Street, Phu Nhuan District, HCMC, Vietnam

KIDS CLASSES & SPORTS



DANCENTER

53 Nguyen Dang Giai, Q2, Tel: (08) 3519 4490
dancentervn.com

Children and teenagers can enjoy jazz, ballet, hip-hop, funk, belly dancing, salsa and in multi-level classes at this modern dance studio.

HELENE KLING OIL PAINTING

189/C1 Nguyen Van Huong, Q2, Tel: 0903 955780
heleneklings.com

INSPIRATO MUSIC CENTER

37 Nguyen Van Huong, Q2, Tel: 0932 737700
inspirato.edu.vn

KIDS CLUB SAIGON

79/7 Pham Thai Buong, Q7; 27/3 Ha Huy Tap, Q7, Tel: 0908 460267
kidsclubsaigon.com

MINH NGUYEN PIANO BOUTIQUE

94A Nguyen Dinh Chieu, Q1, Tel: (08) 3823 7691
Minhnguyenpiano.com

PERFORMING ARTS ACADEMY OF SAIGON

19A Ngo Quang Huy, Q2, Tel: (08) 6281 9679
paa.com.vn

Has a range of music-based programmes teaching kids in anything from guitar and drums to piano, clarinet and saxophone. Also provides musical assessment and a mixture of private and group classes.

PIANO CLASSES

Tel: 01225 636682
morrisokoloff@hotmail.com

SAIGON MOVEMENT

Tel: 0987 027 722
saigonmovement@gmail.com

SAIGON SEAL TEAM

55 Nguyen Dang Giai, An Phu, Q2, Tel: 0905 088 279

SAIGON PONY CLUB

38, Lane 42, Le Van Thinh, Q2, Tel: 0913 733360
Saigonponyclub.com

SAIGON SPORTS ACADEMY

28 Tran Nao, Q2, Tel: (08) 7303 1100
saigonsportsacademy.com

International coaches provide training in soccer, basketball, tennis and swimming for children aged four to 16 years and private lessons for children and adults. Youth soccer league Sundays from 2pm to 6pm in District 7.

TAE KWON DO

BP Compound, 720K Thao Dien, Q2, Tel: 0903 918 149

VINSPACE

6 Le Van Mien, Q2, Tel: 0907 729 846
vin-space.com

VIETNAMWORKS.COM

130 Suong Nguyet Anh, Q1, Tel: (08) 5404 1373
vietnamworks.com

RELOCATION AGENTS



AGS FOUR WINDS (VIETNAM)

5th Floor, Lafayette De Saigon, 8A Phung Khac Khoan, Q1, Tel: (08) 3521 0071
agsfourwinds.com

A global leader in international removals and relocations, with 130 offices globally, we can move your property to and from any location.

ALLIED PICKFORDS

12th floor, Miss Ao Dai Building, 21 Nguyen Trung Ngan, Q1, Tel: (08) 3910 1220
alliedpickfords.com

With more than 800 offices in over 45 countries, Allied Pickfords is one of the worldwide leaders in removal services. In Vietnam, Allied also provides tailored relocation services.



ASIAN TIGERS MOBILITY

Unit 9.3, Floor 9, Ree Tower, 9 Doan Van Bo, Ward 12, District 4, HCMC, Tel: (08) 3 826 7799
www.asiantigers-mobility.com

ASIAN TIGERS IS ONE OF THE LARGEST REGIONAL MOVE MANAGEMENT SPECIALISTS, WITH SERVICES INCLUDING DOOR-TO-DOOR MOVING, HOUSING AND SCHOOL SEARCHES, LOCAL AND OFFICE MOVES AND PET RELOCATIONS.

CROWN RELOCATIONS

2nd Floor Coteccos Office Tower, 236/6 Dien Bien Phu, Binh Thanh, Tel: (08) 3840 4237
crownrelo.com

JVK INTERNATIONAL MOVERS

1st Floor, Saigon Port Building, 3 Nguyen Tat Thanh, Q4, Tel: (08) 3826 7655
jvkasia.com

Focused primarily on the international and local movement of household goods, JVK is a leader in the field.

LOGICAL MOVES - VIETNAM

396/4 Nguyen Tat Thanh, Q4, Tel: (08) 3941 5322
logicalmoves.net
 Specialists in international, local, domestic and of-

fice moves for household goods and personal effects through our global partner network. Experts in exporting used scooters that do not have documentation.

RESIDENT VIETNAM

Unit 601 48 Hoa SU, Phu Nhuan, Tel: (08) 2226 8855
residentvietnam.com

SAIGON EXPRESS AGENCY LIMITED

7th Floor, 6-8 Doan Van Bo, Q4, Tel: (08) 3826 8850
seal.com.vn

SANTA FE RELOCATION SERVICES

8FL, Thien Son Building, 5 Nguyen Gia Thieu, Q3, Tel: (08) 3933 0065
santaferelo.com

With over 150 offices around the world, Santa Fe offers local and international moving, pet transportation, relocation services including home search, orientation, cultural training, immigration services and records management. Email info@santaferelo.com.vn for info.

SERVICED APARTMENTS

CAM LY HOTEL & APARTMENT

656 Cach Mang Thang Tam, Q3, Tel: (08) 3993 1587
camlyapartment@hcm.vnn.vn



DIAMOND ISLAND LUXURY RESIDENCES

No 01 - Street No.104-BTT, Quarter 3, Binh Trung Tay, Q2. T: 0968 293388 / (08) 3742 5678
enquiry.hochiminh@the-ascott.com
the-ascott.com

Diamond Island Luxury Residences offers 68 fully-furnished apartments, from two to four-bedroom units with spectacular panoramic views of the city. Each apartment comes with a fully-equipped kitchen, en-suite bathrooms, separate work and living areas, a balcony, modern amenities, elegant furnishings and carefully chosen trimmings.

CITYVIEW

12 Mac Dinh Chi, Q1, Tel: (08) 3822 1111
cityview.com.vn

INTERCONTINENTAL ASIANA SAIGON RESIDENCES

Cnn. of Nguyen Du & Le Van Huu, Q1, Tel: (08) 3520 8888
intercontinental.com/saigonres
 Adjacent to the InterContinental Asiana Saigon you'll find 260 luxurious and spacious residential suites. The residences offer panoramic

views of the downtown area.

NORFOLK MANSION

17-19-21 Ly Tu Trong, Q1, Tel: (08) 3822 6111
norfolkmanison.com.vn

Offers a wide choice of luxurious and modern furnished accommodation with attentive and discreet service. Facilities include an outdoor swimming pool, a gym, sauna and steam room, as well as two on-site restaurants.

RIVERSIDE APARTMENTS

53 Vo Truong Toan, Q2, Tel: (08) 3744 4111
Riverside-apartments.com

Over four Saigon Riverbank hectares, Riverside Apartments combines a resort lifestyle with the amenities of a fully serviced-apartment. Located minutes from downtown by high-speed boat shuttle.

SEDONA SUITES

65 Le Loi, Q1, Tel: (08) 3822 9666
sedonahotels.com.sg

SHERWOOD RESIDENCE

127 Pasteur, Q3, Tel: (08) 3823 2288
sherwoodresidence.com

Sherwood Residence is a luxurious serviced apartment property where modern living spaces meet prime location, comfort and class, with five-star facilities and service.

SOMERSET SERVICED RESIDENCES

8A Nguyen Binh Khiem, Q1, Tel: (08) 3822 8899; 21-23 Nguyen Thi Minh Khai, Q1, Tel: (08) 3822 9197; 628C Hanoi Highway, An Phu, Q2, Tel: (08) 6255 9922
somersect.com

Somerset Chancellor Court, Somerset Ho Chi Minh City and Somerset Vista Ho Chi Minh City serviced residences combine the space and privacy of an apartment with the services of a top-rated hotel. They come with separate living and dining areas, as well as a fully equipped kitchen where guests can prepare a meal for themselves, their family and friends.

THE LANDMARK

5B Ton Duc Thang, Q1, Tel: (08) 3822 2098
thelandmarkvietnam.com

65 serviced apartments located in the city centre overlooking the river. Also has a comprehensive health club for tenants and members, a squash court and a 16th floor swimming pool.

DELIVERY

BEN STYLE

Tel: 0906 912730
www.vietnammm.com/restaurants-ben-style
 Healthy, calorie-counted sandwich and deli fare

CHEZ GUIDO

Tel: (08) 3898 3747
www.chezguido.com
 Vietnamese, international fare, pizza, pasta, sandwiches

DOMINO'S PIZZA

Tel: (08) 3939 3030
www.dominos.vn
 Pizzas, wings, desserts

EAT.VN

www.eat.vn
 Delivery service website for local restaurants

EL GATO NEGRO

Tel: (08) 6660 1577
 Californian-style burritos

HUNGRYPANDA.VN

www.hungrypanda.vn
 Delivery service website for local restaurants

KFC

Tel: (08) 3848 9999
www.kfcvietnam.com.vn
 Fried chicken, chicken burgers, sides

LOTTERIA

Tel: (08) 3910 0000
www.lotteria.vn
 Burgers, fried chicken, sides

PIZZA HUT (PHD)

Tel: (08) 3838 8388
www.pizzahut.vn
 Pizzas, wings, pasta, appetizers

SCOZZI

Tel: (08) 3823 5795
www.scozzipizza.com
 Pizzas, pasta, salad, anti-pasti, desserts

TACO BICH

www.tacobich.com
 Homemade Mexican fare

WILLY WOOD'S

Tel: (08) 3941 5433
www.blackcatsaigon.com
 US-style chicken and waffles

VIETNAMMM

www.vietnammm.com
 Delivery service website for local restaurants

Do you think you should be listed on these pages? If so, simply email us on listings@wordvietnam.com and we'll see what we can do. We can't promise but we'll try our best



DOWNTOWN

BARs & CLOBS / CAFES & ICE-CREAM / CLOTHING & ACCESSORIES / COOKING CLASSES / CRAFTS & FURNITURE / EAT / FITNESS, DANCE & YOGA / GALLERIES / GROCERIES, LIQUOR & WINE / HAIRDRESSERS / MEDICAL & DENTAL / SALONS & SPAS

BARs & CLOBS

2 LAM SON (MARTINI BAR)

TOP-END INTERNATIONAL
Park Hyatt, 2 Lam Son, Q1, Tel: (08) 3824 1234
saigon.park.hyatt.com
International décor blends seamlessly with local themes. Style joins forces with a wide-ranging drink menu and hip dance tunes to create one of the most tasteful if pricier bars in Saigon.

APOCALYPSE NOW

DANCE / NIGHTCLUB
2B-C-D Thi Sach, Q1, Tel: (08) 3825 6124
apocalypsesaigon.com

BEER REPUBLIC

MODERN BEER HALL
92 Nam Ky Khoi Nghia, Q1 Tel: 0909 858034
facebook.com/BeerRepublic

BLANCHY'S TASH

RESTO BAR / NIGHTCLUB
95 Hai Ba Trung, Q1, Tel: 0909 028293
Blanchystash.com

BOOTLEG DJ CAFÉ

MINIMALIST CAFÉ BAR
9 Le Thanh Ton, Q1, Tel: 0907 609202.
bootlegsaigon.com
Reminiscent of a New York or London underground watering hole, this is a great place to enjoy Mediterranean influenced breakfasts, lunch by day and a variety of DJ sets by night.

BOUDDIR LOUNGE

HOTEL LOUNGE BAR
Saigon Sofitel Plaza, 17 Le Duan, Q1, Tel: (08) 3824 1555

BROMA

COCKTAILS / ROOFTOP
41 Nguyen Hue, Q1, Tel: (08) 3823 6838
Broma's medieval rooftop-cocktail lounge conglomeration is a magnet for the city's weirdest and coolest events/random moments. A sophisticated cocktail menu and quite possibly the best lamb burger in town. Check out their bun bo Hue-inspired cocktail.

CARMEN

LIVE MUSIC / BAR
8 Ly Tu Trong, Q1, Tel: (08) 3829 7699

CUNHOUSE

LOUNGE BAR
Hem 36, Chu Manh Trinh, Q1, Tel: 0908 033982

DRUNKEN DUCK

EXPAT / SPORTS BAR
58 Ton That Thiep, Q1, Tel: (08) 3915 2853
Subtle lighting, a pleasant ambience, a pool table and darts, this skinny but pleasant expat bar has the feel of a drinking man's pub. A place to have fun, drink beer or spirits and get in with the party mood. Known for its 15 shooter challenge.

FUSE

TECHNO / DANCE / HIP-HOP
3A Ton Duc Thang, Q1, Tel: 0919 206461
fuse.vn

GAME ON

SPORTS BAR
115 Ho Tung Mau, Q1 Tel: (08) 6251 9898
gameonsaigon.com

HARD ROCK CAFE

LIVE MUSIC / WESTERN RESTO-BAR
Kumho Asiana Plaza, 39 Le Duan, Q1, Tel: (08) 6291 7595
hardrockcafe.vn

ICE BLUE

EXPAT BAR
54 Dong Khoi, Q1, Tel: (08) 3822 2644
Expats keep returning to this smoky dive bar, largely due to its amicable service, brewsky-downing atmosphere, and spirited dart games. A mainstay in the local darts league.

LA HABANA

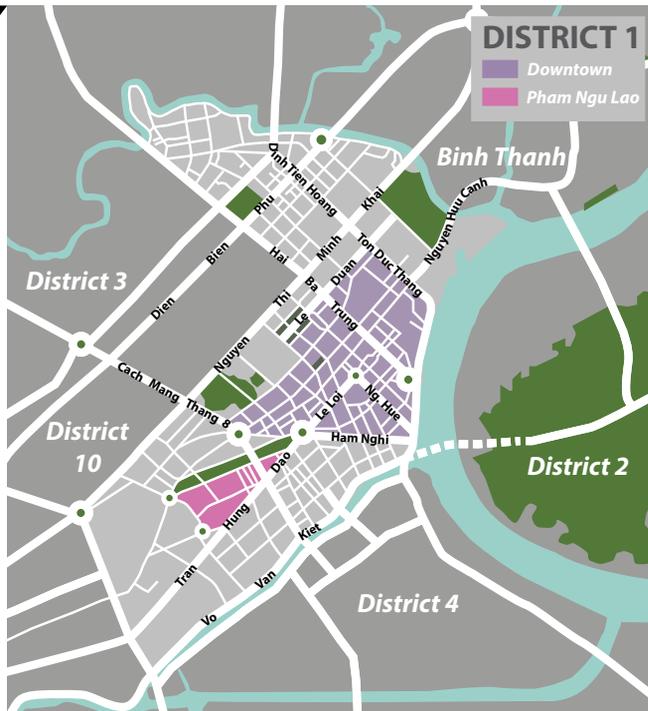
CUBAN / MUSIC BAR
6 Cao Ba Quat, Q1, Tel: (08) 3829 5180
lahabana-saigon.com

LA FENETRE SOLEIL

FRENCH / JAPANESE RESTO BAR
44 Ly Tu Trong, Q1, Tel: (08) 3824 5994
A seductive watering hole in a great corner location thanks to its old Saigon glamour, Japanese-Vietnamese fusion cuisine, imported beer, classic cocktails, and entertaining music events / DJ sets.

LAST CALL

AFTERHOURS LOUNGE



59 Dong Du, Q1, Tel: (08) 3823 3122

LASTCALLSAIGON.COM
If you're in need of dense, soulful atmosphere and maybe an artisanal cocktail on your way back from wherever, Last Call is your stop — and fast becoming that of the similarly inclined. Great happy hour deals for early evening starters.

LE RENDEZ-VOUS DE SAIGON

FRENCH BISTRO / WINE BAR
9A Ngo Van Nam, Q1, Tel: (08) 6291 0396
lerendezvousdesaigon.com
With such a meaningful name - the meeting point - this wine bistro boasts a relaxed, friendly ambience, perfect for unwinding with an after work drink or to enjoy time with friends. Reasonably priced, has a sharing French-cuisine-style menu and an extensive

old and new world wine list.

LEVEL 23 WINE BAR

ROOFTOP LOUNGE BAR
Level 23, Sheraton Saigon Hotel and Towers, 88 Dong Khoi, Q1 Tel: (08) 3827 2828
sheratonsaigon.com

LEVEL 23 NIGHTSPOT

LOUNGE BAR / NIGHT CLUB
Level 23, Sheraton Saigon Hotel and Towers, 88 Dong Khoi, Q1 Tel: (08) 3827 2828
sheratonsaigon.com

LUSH

PROGRESSIVE / MAINSTREAM
2 Ly Tu Trong, Q1, Tel: (08) 3824 2496
lush.vn

O'BRIEN'S

IRISH BAR / INTERNATIONAL
74/A3 Hai Ba Trung, Q1, Tel: (08) 3829 3198
irish-barsaigon.com
This Irish-themed sports

bar with classic pub décor is widely appreciated for its excellent international fare, large whiskey selection and upstairs pool table. Great pizzas. And for a real treat, check out their zesty rolls.

PACHARAN

SPANISH RESTO BAR / LIVE MUSIC
97 Hai Ba Trung, Q1, Tel: (08) 3825 6024
pacharansaigon.com
Legs of Iberian ham hang from the ceiling in the downstairs bar of this multi-storey homage to everything Spanish. Regular first-floor live music and excellent eats makes it a mainstay for the wining, dining and tapas-eating crowd.

PHATTY'S

AUSTRALIAN / SPORTS
46-48 Ton That Thiep, Q1,



Paellas, Tapas & Grills

Long Happy Hour

(12-7pm daily, 12-8pm Sun)

Daily Live Entertainment

A perfect venue for private parties, networking & company events



6 CAO BA QUAT, DIST. 1 TEL: 08 38 295180 WWW.LAHABANA-SAIGON.COM

Open Daily, 10am - late

 LA HABANA SAIGON

Tel: (08) 3821 0796
phattysbar.com

From its roots as the famed Café Latin, Phatty's has become the go-to, Aussie beer-guzzling / sports viewing emporium, showing everything from international cricket to Aussie rules and serving an array of pub grub favourites.

SAIGON SAIGON

HOTEL MUSIC BAR

9th floor, Caravelle Hotel, 19-23 Lam Som Square, Q1, Tel: (08) 3823 4999

caravellehotel.com

STORM P

DANISH / INTERNATIONAL

5B Nguyen Sieu, Q1, Tel: (08) 3827 4738

Stormp.vn

VASCO'S

MUSIC / LOUNGE BAR

The Square, 74/7D Hai Ba Trung, Q1, Tel: (08) 3824 2888

Vasocosgroup.com

A veteran fixture of Saigon's nightlife scene, Vasco's offers a softly lit downstairs patio, and an upstairs Blue Room chill out lounge area with regular live music.

VELVET

DANCE/HIP HOP

26 Ho Huan Nghiep, Q1, Tel: (08) 3822 2262

velvet.bar.saigon@gmail.com

VESPER BAR

INTERNATIONAL

Landmark Building, 5B Ton Duc Thang, Q1, Tel: (08) 3822 9698

Headed up by well-known chef Andy Ertle, Vesper Bar is a sophisticated yet down-to-earth wine and cocktail bar. Serving creative, Japanese-influenced tapas to supplement the drinks, the

subtle lighting and lounge-style atmosphere makes this a great drinking and dining venue

VINO

WINE BAR / TAPAS

The Square, 74/17 Hai Ba Trung, Q1, Tel: (08) 6299 1315

1 Duong 2, Thao Dien, Q2, Tel: (08) 6281 9059

vinovietnam.com

This downtown wine shop's terrace is a popular after work drinking spot, where one can select from 10 wines by the glass, a range of imported beer, and an excellent tapas menu. Alternatively, buy from the great selection of wines in the shop and pay a small corkage.

VINYL BAR

MUSIC & SPORTS BAR

70 Pasteur, Q1 Tel: 0907 890623

vinylbarsaigon.com

A small but popular bar with all the shenanigans of the nightlife scene set to a backdrop of classic 60s, 70s and 80s tunes. Has a darts area out back and is a popular space for watching the live English Premier League.

WINE BAR 3B

CONTEMPORARY WINE BAR

38 Dong Khoi, Q1, Tel: (08) 3829 3968

With a huge selection of self-imported wines from Bordeaux, this classy but contemporary venue is a wine bar downstairs, and a lounge on the first floor. Has a French-Asian menu paired to all the wines, with a huge selection of the good stuff sold by the glass.

WINE EMBASSY

CONTEMPORARY WINE BAR

13 Ngo Duc Ke, Q1, Tel: (08) 3824 7827

wineembassy.com.vn

A two-storey, contemporary-designed wine bar serving 30 wines by the glass, all at reasonable prices. Has an excellent food menu to complement the old and new world wines.

XU

CAFÉ / LOUNGE BAR

71-75 Hai Ba Trung, Q1, Tel: (08) 3824 8468

xusaigon.com

This iconic upmarket downtown bar is known for its cocktails and wine list. It serves a range of international and Vietnamese dishes to be enjoyed in its richly decorated interior. Regular DJ nights.

ZANZBAR

LOUNGE BAR & RESTO BAR

19-21 Dong Khoi, Q1, Tel: (08) 3822 7375

Creative cocktails, an extensive wine list, subtle lighting, international tapas and a laid-back, lightbox-lit ambience are all part of the offering at the all-new ZanzBar on the river end of Dong Khoi. Popular with a businessy, international crowd.

CAFES & ICE-CREAM

AU PARC

EUROPEAN / MEDITERRANEAN

23 Han Thuyen, Q1, Tel: (08) 3829 2772

Auparcosaigon.com

Set in a shophouse-style building, Au Parc offers a chic colonial space to indulge in sensibly priced European and Mediterranean food complemented with

good coffee and excellent desserts.

BACH DANG

ICE CREAM PARLOUR / CAFE

26-28 Le Loi, Q1, Tel: (08) 3829 2707

BASKIN ROBBINS

ICE CREAM PARLOUR

1 Truong Dinh, Q1, Tel: (08) 7308 3131

baskinrobbins.vn

CASBAH

MIDDLE EASTERN

59 Nguyen Du, Q1, Tel: (08) 3824 5130

This secluded Middle Eastern coffeehouse has both cozy indoor and rooftop seating to admire views of the city. With such a prime downtown location, expect prices to match.

CENTRO

ITALIAN / CONTEMPORARY CAFE

11-13 Lam Son Square, Q1, Tel: (08) 3827 5946

Conveniently located near the Caravelle Hotel, this casual cafe serves one of the best lattes in town with a mid-range Italian menu including panini and other typical fare.

COFFEE BEAN & TEA LEAF

INTERNATIONAL

Metropolitan Building, 235 Dong Khoi, Q1, Tel: (08) 3508 7285

coffeebean.com.vn

Large portioned coffee lures customers into the flagship store of this international cafe chain. The contemporary, yet generic atmosphere is bolstered by comfortable seating and a menu to satisfy any sweet tooth.

CREPERIE AND CAFE

FRENCH

5 Han Thuyen, Q1, Tel: (08) 3829 9117

Known for its fantastic street-side seating opposite the park on Le Duan and savoury crepes, this hang out cafe will impress you with its location as much as its food.

FANNY

ICE CREAM PARLOUR / CAFE

29-31 Ton That Thiep, Q1, Tel: (08) 3821 1633

fanny.com.vn

GIVRAL CAFÉ

INTERNATIONAL

80 Ham Nghi, Q1, Tel: (08) 3915 3704

saigongivral.com

GODDY

ICE CREAM PARLOUR / CAFE

133 Hai Ba Trung, Q1, Tel: (08) 3829 9339

HÄAGEN-DAZS

ICE CREAM PARLOUR / CAFE

11 Han Thuyen, Q1, Tel: (08) 6683 5899; 20 Le Thanh Ton, Q1, Tel: (08) 3822 0066

KITA COFFEE

INTERNATIONAL / MEDITERRANEAN

39-41 Nguyen Hue, Q1, Tel: (08) 3821 6799

Kita's colonial-era building and bistro-style decor will have you thinking you've been transported to the streets of Europe. Pair your experience with an espresso-based Italian coffee from their Mediterranean-based menu. Excellent sandwiches and salads.

L'USINE

CONTEMPORARY / FRENCH

First Floor, 151 Dong Khoi, Q1, Tel: (08) 6674 9565; 70B Le Loi, Q1, Tel: (08) 3521 0703

lusinespace.com

French-style wooden decor compliments the spacious, whitewashed contemporary interior of L'Usine. A simple, creative menu combines with reasonably priced coffee, and a fashion store and art gallery out back. Second location on Le Loi.

MAGONN THE CAFE

109 Le Thanh Ton, Q1, Tel: (08) 3822 9672

magonn.vn

Nested above Magonn boutique, is a bright and inviting space for everything from drinks to bites. Coming with a crowd? The attic is a quaint little spot to fit a cozy gathering.

M2C CAFE

44B Ly Tu Trong, Q1, Tel: (08) 3822 2495

facebook.com/m2ccafe

At M2C (Modern Meets Culture), everything gets a touch of modernity. From the rich menu of Vietnamese food and drinks, shows immense local culture, done with a modern flare. Be seen here at one of the latest popular joint in town.

THE MORNING CAFE

2nd Floor, 36 Le Loi, Q1, Tel: 0938 383330

themorningcafe.com.vn

Have a book to read? Pick a bright spot by the window and get snugly with the comfy upholstery in this second-floor cafe. With a cup of well-brewed coffee, accompanied by some background jazz, it is an afternoon well-spent.

THE PRINT ROOM

CONTEMPORARY CAFE

158 Pasteur, Q1, Tel: (08) 3823 4990

Second-storey coffeehouse

Bibi @ Alibi

Alibi welcomes the arrival of Saigon's best known French chef, Bibi.

After a stint back in France, he returns to this city with his own brand of market fresh, Mediterranean cuisine.

Welcome Bibi. Great to have you back!

3a Nguyen Sieu Street, District 1, Ho Chi Minh City - Tel: (84-8) 38 25 62 57

offers a quiet atmosphere to chill out or read from their book-nook collection. Comfortable couch seating, open table space and a cappuccino costs VND40,000.

TRUNG NGUYEN

INTERNATIONAL VIETNAMESE
80 Dong Khoi, Q1
trungnguyen.com.vn

ZEST BISTRO & CAFE

INTERNATIONAL
5 Ton Duc Thang, Q1, Tel: (08) 3911 5599
This two-storey building with a mezzanine level boasts an industrial style complex with block walls, steel structures and huge glass windows. The mid-range menu offers over 40 options from appetizers to desserts.

CLOTHING & ACCESSORIES

ANUPA ECO LUXE

LEATHER & JEWELLERY
9 Dong Du, Q1, Tel: (08) 3822 2394
anupa.net
Monday to Sunday, 9am to 8pm

This centrally located unique boutique has been converted into an eco-boutique which exclusively retails the complete Anupa leather and semi-precious jewellery range as well as other unique eco brands such as bamboo eyewear, pendant scarves and cushion covers.

DEBENHAMS

ADULT & CHILDREN'S WEAR
Vincum Center, 70-72 Le Thanh Ton, Q1, Tel: (08) 6291 7592

GALLERY VIVEKKEVIN

DESIGN & JEWELLERY
35 Dong Khoi, Q1, Tel: (08) 6291 8162
galleryvivekKevin.com
9.30am to 8pm

This retail-cum-gallery space specialises in contemporary and exclusive handcrafted jewellery made from handpicked gemstones and raw materials. Exhibitions and gallery talks run every month.

GEISHA & GEISHA'S COFFEE AND TEA HOUSE

CASUAL & EVENING WEAR
85 Pasteur, Q1, Tel: (08) 3829 4004
Contemporary ranges of casual and evening wear fused with Asian designs. The apparel includes floral dresses, jean skirts, printed tees and street-style bags. Enjoy a cup of coffee at their café after.

GINKGO

VIETNAM-THEMED CLOTHING
10 Le Loi, Q1, Tel: (08) 3521 8755
ginkgo-vietnam.com

Quality, original, Vietnam-themed tees are the showpiece at this airy French-run store. Designs are inspired by anything from the Vietnamese flag, local telecom wires and motorbikes to creative, Siddharta-style imagery.

IPA-NIMA

BAGS & ACCESSORIES
77-79 Dong Khoi, Q1, Tel: (08) 3822 3277; 71 Pasteur, Q1, Tel: (08) 3824 2701
ipa-nima.com
9am to 9pm

L'USINE

LIFESTYLE / ACCESSORIES

First floor, 151 Dong Khoi, Q1, Tel: (08) 6674 9565

lusinespace.com
Exclusive labels, elegant and sophisticated clothing and casual high-quality cottons are stocked at this boutique/café. Lifestyle accessories include shoes, homewares, knick-knacks, cameras, stationery and a range of vintage bicycles.

MANDARINA

TAILOR-MADE SHOES
171 Le Thanh Ton, Q1, Tel: (08) 3827 5267

MR & MRS SMITH

FACTORY OUTLET
43 Ton That Thiep, Q1, Tel: (08) 3821 8019
9am to 9pm

This designer fashion outlet sells a variety of clothing and shoes produced in Vietnam. All designs are brand new, delivered from the factory weekly and sold at factory outlet prices.

SONG

ASIAN / FRENCH BOUTIQUE
1st Floor, Saigon Centre, 65 Le Loi, Q1; 75 Pasteur, Q1, Tel: (08) 3914 4088
asiasongdesign.com

T&V TAILOR

TAILORS
39 Dong Du, Q1, Tel: (08) 3824 4556
triciaandverona.com

VESPA SHOP

VESPA PRODUCTS / HELMETS
Unit 66, Saigon Square, 7-9A Ton Duc Thang, Q1
Stocks a wide range of Vespa-inspired tidbits and memorabilia including t-shirts, riding gear, Italian helmets, Respro face masks, DVDs, books, bags, magazines, posters and more. Rental scooters and bikes available.

COOKING CLASSES

SAIGON COOKING CLASSES BY HOA TUC

74 Hai Ba Trung, Q1, Tel: (08) 3825 8485
saigoncookingclass.com
Learn to cook quality Vietnamese cuisine with local specialist Hoa Tuc. The three-hour lesson, conducted by an English-speaking Vietnamese chef, includes a trip around Ben Thanh Market to gather fresh ingredients for the class.

VIETNAM COOKERY CENTRE

Suite 45, 4th Floor, 26 Ly Tu Trong, Q1, Tel: (08) 3827 0349
vietnamese-cooking-class-saigon.com

CRAFTS & FURNITURE

BELLAVITA

HIGH-END FURNITURE
Saigon Centre, 65 Le Loi, Q1, Tel: (08) 3821 4201
bellavitafurniture.com

BOCONCEPT

DANISH FURNITURE
68-70 Dong Du, Q1, Tel: (08) 3824 6604; The Crescent Mall, 101 Ton Dat Tien, Q7, Tel: (08) 5413 7357
boconcept.vn

DIABOLO

FURNITURE & ACCESSORIES
13 Ngo Duc Ke, Q1, Tel: (08) 3825 1803
9am to 8pm

EMEM

SOUVENIRS
38 Mac Thi Bui, Q1, Tel: (08) 3829 4408
8am to 9.30pm

MEKONG CREATIONS

FAIR TRADE CRAFTS
35-37 Ngo Duc Ke, Q1, Tel: (08) 2210 3110
mekong-creations.org

NGUYEN FRERES

NIK-NAKS / CRAFTS
2 Dong Khoi, Q1, Tel: (08) 3823 9459
8am to 8pm

NINH KHUONG EMBROIDERY

EMBROIDERED PRODUCTS
83 Dong Khoi, Q1, Tel: (08) 3827 9079; 42 Le Loi, Q1, (08) 3824 7456
ninhkhuong.vn

SAPA

ETHNIC ACCESSORIES / SOUVENIRS
69 Dong Khoi, Q1

MEKONG QUILTS

HAND-MADE QUILTS
1st Floor, 68 Le Loi, Q1, Tel: (08) 2210 3110
mekong-quilts.org

NHA XINH

HOME FURNISHINGS
2nd Floor, Saigon Centre, 65 Le Loi, Q1, Tel: (08) 3821 6115
www.nhaxinh.com

THE FURNITURE WAREHOUSE

EUROPEAN-STYLE FURNITURE
3B Ton Duc Thang, Q1, Tel: (08) 6657 0788
thefurniturewarehouse.com.vn

November - December

- happy hour
7pm - 10pm every night
huda - 10,000
saigon green - 10,000
mojito - 40,000
- 2 for 1 fridays
buy any cocktail or spirit
and get 1 free!
- breakfast everyday
7am - 11am
eggs, bacon, toast & coffee
only 50,000
- late night cocktail pitchers
99,000
caribbean breas - cuba libre
vodka tonic - mojito
10pm - 2am every night.
- taco tuesdays
get 3 fish tacos for only 50,000
all day tuesdays

Open 7am till 2am Daily
facebook.com/cafezoomsaigon
166A De Tham St. D1 HCMC

Cafe Zoom



A Taste of Authenticity



36 Tong Huu Dinh Street, Thao Dien Ward, District 2, HCMC
Tel: 08 6253 2828 | Fax: 08 6253 2888
Email: info@pendolasco.vn

Delivery service available daily,
from 11:00 AM - 10:00 PM

87 Nguyen Hue St., District 1, HCMC
Tel: (84.8) 3821 8181
Email: pendolasco3@hcm.vnn.vn
Monday to Friday:
11.00 - 14.00, and 18.00 - 22.00
Saturday and Sunday: 11.30 - 22.00

www.pendolasco.vn

TOP EATS

★★ ESPY NY STYLE PIZZA ★★



Photos by Kyle Phanroy

If you've got experience of dining overseas, you get used to people saying some dish or another is pretty good "...for Vietnam." It's easy to find varied and vibrant local food, but to worldly tastes the foreign cuisine scene could still use some improvement. Espy NY Style Pizza — Vietnam's maybe-first pizza-by-the-slice restaurant — is helping that happen.

Since January, Espy has been serving up New York-style slices as good as any back home.

Owner/chef Khai Tran, a Philadelphia native, brings a dozen years of experience as a gourmet French and Italian cook to his new vocation of pizzaiolo, and it shows. Khai knows pizza. He hand-tosses dough made from scratch, his recipe the result of months of development. The sauce too is Khai's own, cooked in-house every couple days. Ingredients at his restaurant are scrupulously fresh.

Mix and Match

Espy's menu has something for everyone: pepperoni, cheese, vegetarian, seafood, two types of chicken, wild mushroom and more. The cashiers are happy to

personalize your pie, offering ricotta, pesto, caramelised onions and roasted garlic — all homemade — or extra toppings. More extras will be available soon. Shakers of oregano, crushed red chilli, garlic salt and black pepper stand by. The sole omission is crumbled parmesan; understandable, given the cost of cheese.

The restaurant plans to feature a different special pizza every few weeks. If you want greens with your slice, Espy offers four salads.

Khai's pizzas are delicious. The crust is crispy, light, and a little sour; the sauce bright and piquant, with just the right mix of spicy and sweet; thick, melted mozzarella gleams white next to patches toasted golden-brown; toppings are carefully scattered. Each generous slice is a whole meal.

Four pies stand out. The Hawaiian balances salty ham with just enough ripe pineapple. The Pepperoni is hearty, its sausage robust with umami, red pepper and garlic. The White Pizza, for cheese addicts, is sauceless, redolent of ricotta and roasted garlic and of course, extra-cheesy. The Vegetarian is loaded with

broccoli, red bell pepper, olives, wild mushrooms and tomatoes. Whatever slice catches your fancy, the toppings enhance rather than overwhelm.

A Place to Chill

It's not just the food that's worth talking about. Espy's ambiance is pleasant and relaxed. Customers hang out as much as eat. The owner converses with regulars or greets people outside. The staff circulates freely on the restaurant's two floors, friendly and attentive. Service is brisk, with orders arriving quickly. Takeaway and delivery options are also available.

The clean, newly-renovated interior has spare décor, with an orange, white and seafoam colour scheme, and a couple of small murals. Counters with barstools line one wall while a poster demonstrates the proper way to eat NY-style pizza.

Espy may have hit the jackpot. Though it's mostly expats now, more and more locals are catching on.

Oh, and after you go? Keep that 'Buy 7 Get 1 Free' card. You'll use it. — *Owen Salisbury*

Espy is located at 154 Cong Quynh, Q1, HCMC 

EAT**37 QUAN NUONG****VIETNAMESE BBQ**

Top Floor, 29 Ton That Thiep, Q1, Tel: (08) 3821 1631

AL FRESCO'S**INTERNATIONAL**27 Dong Du, Q1, Tel: (08) 38238424
alfrescosgroup.com

The downtown outlet of one of Vietnam's most successful restaurant chains, Al Fresco's offers international, Australian-influenced comfort fare in a pleasant environment with efficient, friendly service to match. Excellent delivery service.

ASHOKA**NORTH INDIAN / CHINESE INDIAN**17/10 Le Thanh Ton, Q1, Tel: (08) 3823 1372
33 Tong Huu Dinh, Q2, Tel: (08) 3744 4177
ashokaindianrestaurant.com

Long-running, award-winning Indian restaurant famed for its excellent kebabs, creamy curries and Chinese-Indian fare.

AU PARC**EUROPEAN / CAFÉ**23 Han Thuyen, Q1, Tel: (08) 3829 2772
auparcsgaigon.com

Consistently tasty European café fare — think deli-style sandwiches, salads and mezzes, plus coffees and juices — served at a popular park-side Le Duan location with classic cream and green-tiled décor.

**BAHDJA**

87-89-91 Ho Tung Mau, Q1, Tel: 0122 763 1261

bahdjarestaurant@gmail.com

Located just beneath Au Lac Saigon Hotel, Bahdja is Saigon's first ever Algerian restaurant, serving authentic, multi-ethnic Berber North African and Mediterranean cuisine cooked and served in a traditional Algerian style. Best experienced in a group, this small but pleasant restaurant's soothing ambience is matched by the owners' genuine hospitality and complimented by an array of tasty tajines and couscous-based dishes. Make sure to try the excellent Moroccan wine, too.

BARBECUE GARDEN**VIETNAMESE / BARBECUE**

135A Nam Ky Khoi Nghia, Q1, Tel: (08) 3823 3340

barbecuegarden.com**BASILICO****CONTEMPORARY ITALIAN**

Ground Floor, Kumho Plaza, Cnr. Nguyen Du and Le Van Huu, Q1, Tel: (08) 3520 9099

intercontinental.com/saigon**BEIRUT****LEBANESE**

The Courtyard, 74/13D Hai Ba Trung, Q1, Tel: (08) 3822 2188

BIBI@ALIBI

5A Nguyen Sieu, Q1, Tel: (08) 3825 6257

The legendary chef Bibi's newest creation, a convivial restaurant serving Mediterranean

cuisine using fresh products bought early morning at the market by Bibi himself. Delicious meats and fish dishes together with the famous tarte tatin.

BLACK CAT**AMERICAN**13 Phan Van Dat, Q1, Tel: (08) 3829 2055
blackcatsaigon.com

Creatively named burgers, tasty Vietnamese-styled sandwiches, spiced up cocktails, mains and more, all served up with a Californian edge at this small but popular two-storey eatery close to the river.

BLANCHY STREET**JAPANESE / SOUTH AMERICAN**

The Courtyard, 74/3 Hai Ba Trung, Q1, Tel: (08) 3823 8793

The work of former Nobu chef Martin Brito, the Japanese-South American fusion cuisine at Blanche Street is among the tastiest and most unusual in the city. All complemented by fresh, contemporary decor and a leafy terrace out front.

BOMBAY INDIAN**INDIAN MALAY**

57-59 Ham Nghi, Q1, Tel: 0903 863114

BROTZEIT**GERMAN / RESTO BAR**

Level 1, Kumho Link, 9 Le Duan, Q1, Tel: (08) 3822 4206

brotzeit.co/kumholink**BUN CHA HA NOI****BUN CHA**

26/1A Le Thanh Ton, Q1

CENTRAL PARC BANH MI

7 Bis Han Thuyen, Q1, Tel: (08) 3822 8549

Part of the Au Parc group, this miniscule, New York-themed sandwich shop does creative lunchtime fare at excellent prices — think baguettes, wraps, focaccia and bagels. Excellent delivery service.

CIAO BELLA**NEW YORK-ITALIAN**

11 Dong Du, Q1, Tel: (08) 3822 3329

saigonrestaurantgroup.com

New York-style Italian restaurant offering a range of tasty and affordable antipasti, pastas, and pizzas. Friendly staff and rustic bare brick walls adorned with Hollywood film legends make for a relaxed and attractive setting.

CORSO**STEAKHOUSE / INTERNATIONAL**

117 Le Thanh Ton, Q1, Tel: (08) 3829 5368

norfolkhotel.com.vn

Although a hotel restaurant, the enticing range of US and Australian steaks plus great grill and comfort food menu in this contemporary eatery make for a quality bite. Decent-sized steaks start at VND390,000.

DRAGON NOODLE**JAPANESE NOODLES**

29 Dong Du, Q1, Tel: (08) 3521 0008

ELBOW ROOM**AMERICAN**

52 Pasteur, Q1, Tel: (08) 3821 4327

elbowroom.com.vn

The comfort food on offer at this striking

V I N O
Premium Wine Retailers

WE CAN'T
SHOW YOU
OUR WINES...
BUT WE
STOCK THE
BEST
SELECTION
FROM
AROUND THE
WORLD!
WITH TWO
GREAT
LOCATIONS
YOU SHALL
NEVER BE
WITHOUT A
GLASS OF
WINE AGAIN!

FREE DELIVERY ANYWHERE IN V.N.!VINO City, 74/ 17 Hai Ba Trung, Q1
(08) 62991315VINO An Phu, 1 Duong 2, Thao Dien, Q2
(08) 62819059info@vinovietnam.com**FirstBIKE**

FIRST SENSE OF
BALANCE
FUN & ADVENTURE

THE PERFECT TRAINING BIKE FOR TODDLERS FROM 2-5 YEARS

THE BEST BALANCE BIKES IN THE WORLD MAKE
LEARNING EASY AND FUN FOR KIDS & PARENTS TOO!www.firstBIKE.com.vn | info@firstBIKE.com.vn | 0909387000facebook.com/firstbikevietnam

US-style diner ranges from meatball baguettes to chili burgers, pizzas, blackened chicken salads and a selection of more expensive international mains.

EL GAUCHO

ARGENTINIAN STEAKHOUSE
5D Nguyen Sieu, Q1, Tel: (08) 3825 1879
elgaucho.com.vn
A pleasant downtown eatery mixing an Argentinian steakhouse theme with pork, chicken, lamb, homemade spicy sausage, skewers, burger dishes and everything that can come off a grill.

GANESH

NORTH / SOUTH INDIAN
38 Hai Ba Trung, Q1, Tel: (08) 3823 4786
ganesh.restaurant.vn@hotmail.com
The ubiquitous mint sauce is thick and creamy and the curries are both authentic and smoky. Ganesh is rated by many as the best Indian in town. Very friendly service.

GOLDEN ELEPHANT

CLASSIC THAI
34 Hai Ba Trung, Q1, Tel: (08) 3822 8554
saigonssk@vnn.vn

GOURMET'S DELIGHT

ROAST KITCHEN CANTONESE
Unit 15, 1/F, Kumho Asiana Saigon, 39 Le Duan, Q1, Tel: (08) 3521 8181
gourmetsdelight.com.vn

GRILLBAR

AIRCON STREETFOOD
122 Le Thanh Ton, Q1, Tel: (08) 3822 7901
facebook.com/grillbareaterycafe
Take a New York-style industrial atmosphere, add to it a range of grilled dishes, typical of the barbecue fare you'd find on the street, and then add in three types of rice and a range of organic products. Close to Ben Thanh Market, this is com binh dan

HOA TUC

CONTEMPORARY VIETNAMESE
The Square, 74/7 Hai Ba Trung, Q1, Tel: (08) 3825 1676
Highly rated restaurant with stunning outdoor terrace. Specialities include pink pomelo squid and crab salad, mustard leaf prawn rolls, fishcake wraps and barbecue chicken in ginger, onions and a lime leaf marinade.

HOANG VEN

PAN-VIETNAMESE
7 Ngo Duc Ke, Q1, Tel: (08) 3823 1101

HUG'S BREATH CAFE

AUSTRALIAN / INTERNATIONAL
Ground Floor, Bitexco Financial Tower, 2 Hai Trieu, Q1, Tel: (08) 3915 6066
hogsbreathcafe.com.vn
Mixing hearty pub grub such as burgers, salads and prime rib steaks with a sports bar atmosphere, this Australian chain also offers regular promotions and a 4pm to 7pm happy hour. Excellent outdoor terrace.

IMAHO

SUSHI / SASHIMI
4 Chu Manh Trinh, Q1, Tel: (08) 3829 0326

JASPA'S WINE & GRILL

INTERNATIONAL FUSION
The Square, 74/7 Hai Ba Trung, Q1, Tel: (08) 3827 0931
Alfrescosgroup.com
Although a chain restaurant, the international offerings here are consistently good and creative. Excellent service, an attractive outdoor terrace area, and a good kids menu. Check out their pepper steaks.

KABIN

CANTONESE
Renaissance Riverside Hotel, 8-15 Ton Duc Thang, Q1, Tel: (08) 3822 0033
marriott.com
Offers authentic, gourmet Cantonese cuisine in an elegant, classic setting, with striking décor and the bonus of views over the Saigon River. Dishes range from VND80,000 to VND900,000.

KOH THAI

CONTEMPORARY THAI FUSION
Level 1, Kumho Link, 39 Le Duan, Q1, Tel: (08) 3823 4423
Modern Thai fusion restaurant serving Thai classics alongside tom yam cappuccinos and more. Koh Thai's creative cocktails merge Thai flavours with local seasonal fruits and herbs.

LE BANH MI

12 Le Thanh Ton, Q1, Tel: (08) 3822 1036

L'OLIVIER

FRENCH/MEDITERRANEAN
Sofitel Saigon Plaza, 17 Le Duan, Q1, Tel: (08) 3824 1555
sofitel.com
Exuding a southern Gallic atmosphere with its tiled veranda, pastel-coloured walls and ficus trees, this traditional French restaurant has quarterly Michelin star promotions and an award winning pastry team.

LA CUISINE

FRENCH / MEDITERRANEAN
48 Le Thanh Ton, Q1, Tel: (08) 2229 8882
lacuisine.com.vn
This intimate, open-kitchened restaurant bathed in white specialises in a mix of contemporary Mediterranean and French cuisine. Has a small but well thought out menu, backed up with an extensive wine list.

LA HOSTARIA

TRADITIONAL ITALIAN
17B Le Thanh Ton, Q1, Tel: (08) 3823 1080
lahostaria.com
This downtown hideaway with rustic-style decorative trawls features fresh, light regional cuisine from across Italy. Try the carpaccio misto di pesce and agnello d'antico. Also specializes in excellent wood-fired pizzas.

LE BOUCHON DE SAIGON

CLASSIC FRENCH / EUROPEAN FUSION
40 Thai Van Lung, Q1, Tel: (08) 3829 9263
lebouchonsaigon.com
A sociable and popular French bistro serving up 100 percent organic, traditional Gallic staples such as French onion soup, escargot, and moules marinières, plus European fusion dishes, and competitively priced world wines.

LE JARDIN

CLASSIC FRENCH
31 Thai Van Lung, Q1, Tel: (08) 3825 8465
Unpretentious but tasty French fare in a relaxed garden setting within the French cultural centre. The robust, bistro-style cuisine is very well-priced, and excellent, cheap house wine is served by the carafe.

LUCCA

TRATTORIA-STYLE ITALIAN
88 Ho Tung Mau, Ben Nghe, Q1, Tel: (08) 3915 3691
A contemporary trattoria in the heart of Saigon, serving home-cooked Italian cuisine with New York flair in a beautifully designed space with high ceilings. The menu features both traditional antipasti and substantial main courses.

LUONG SON

PAN-VIETNAMESE
31 Ly Tu Trong, Q1, Tel: (08) 3825 1330

MARKET 39

INTERNATIONAL BUFFET
Ground Floor, InterContinental Asiana Saigon, Crn. of Hai Ba Trung & Le Duan, Q1, Tel:

(08) 3520 9999
intercontinental.com/saigon

MOGAMBO

PAN-AMERICAN / TEX-MEX
50 Pasteur, Q1, Tel: (08) 3825 1311
mogambo@saigonnet.vn

NAM GIAD

HUE CUISINE
136/15 Le Thanh Ton, Q1, Tel: (08) 38 250261; 116 Suong Nguyet Anh, Q1, Tel: (08) 3925 9996
namgiad.com

NHA HANG NGON

VILLA DINING / STREETFOOD
160 Pasteur, Q1, Tel: (08) 3827 7131

NINETEEN

INTERNATIONAL / ASIAN
Ground floor, Caravelle Hotel, 19 Lam Son Square, Q1, Tel: (08) 3823 4999
caravellehotel.com

OMG!

FUSION CUISINE / LOUNGE BAR
Top Floor, 15-17-19 Nguyen An Ninh, Q1
A contemporary and attractive rooftop restaurant with a lounge bar just 50m from Ben Thanh Market. Features a glass shell modeled in the image of the Eiffel Tower, a jungle-like atmosphere and views over central Saigon.

OSAKA RAMEN

JAPANESE NOODLES
18 Thai Van Lung, Q1; SD04, Lo H29-2, KP My Phat, Phu My Hung, Q7

OPERA

CONTEMPORARY ITALIAN
Ground Floor, Park Hyatt Hotel, 2 Lam Son Square, Q1, Tel: (08) 3824 1234
saigon.park.hyatt.com
Unpretentious, casual but elegant restaurant with a tried-and-tested Italian menu backed up by a compact wine list from regions like Umbria, Toscana and Veneto. Regular specials and impressive open kitchens.

PACHARAN

SPANISH / EUROPEAN
97 Hai Ba Trung, Q1, Tel: (08) 3825 6924
Legs of Iberian ham hang in the downstairs bar at this multi-story bodega serving Spanish-styled tapas. Attractively decorated in warm reds, yellows and oranges, Pacharan's food menu is traditionally Spanish.

PASHA

TURKISH / INTERNATIONAL
25 Dong Du, Q1, Tel: (08) 6291 3677
pasha.com.vn
Sumptuous, Turkish-themed restaurant close to the

mosque with Islamic-style white dome décor and comfortable, cushioned seating. Authentically Turkish cuisine with a sprinkling of western fare thrown in.

PENDOLASCO

PAN-ITALIAN
36 Tong Huu Dinh, Q2, Tel: (08) 6253 2828
pendolasco.vn
Opening out into a large, leafy terracotta-tiled garden area, this trattoria-style Italian restaurant serves up quality homemade pasta, risotto, gnocchi, excellent pizza and grilled dishes. Another branch downtown at 87 Nguyen Hue, Q1.

PIZZA 4P'S

EUROPEAN/ASIAN FUSION
8/15 Le Thanh Ton, Q1, Tel: (08) 3822 9838
pizza4ps.com
This quirky but highly rated Italian / Japanese fusion pizza parlour serves wacky yet delicious pies such as tuna curry pizza and calamari seaweed pizza, as well as more traditional varieties.

PROPAGANDA

CLASSIC VIETNAMESE / BISTRO
21 Han Thuyen, Q1
Part of the group that includes Au Parc and Refinery, Propaganda serves up classic Vietnamese cuisine in an atmosphere of bare-brick walls interposed with Propaganda Art murals and prints.

QUAN BUI 2

TRADITIONAL VIETNAMESE
17A Ngo Van Nam, Q1, Tel: (08) 3829 1515
With its leafy roof garden and chic interior, Quan Bui offers a wide selection of Vietnamese cuisine which is cooked in their open kitchen.

REFINERY

FRENCH BISTRO / INTERNATIONAL
The Square, 74 Hai Ba Trung, Q1, Tel: (08) 3823 0509
therefinerysaigon.com
A slightly retro feel pervades this popular French-style bistro and wine bar which once housed the city's opium refinery. The cuisine runs from creative salads through to Mediterranean influenced mains.

REFLECTIONS

INTERNATIONAL / FINE DINING
3rd floor, Caravelle Hotel, 19 Lam Son Square, Q1, Tel: (08) 3823 4999

RIVERSIDE CAFE

INTERNATIONAL / ASIAN
Renaissance Riverside,

8-15 Ton Duc Thang, Q1, Tel: (08) 3822 0033
Offers versatile all-day dining of international quality, with the bonus of being able to watch the action on the river sidewalk. Features western, Asian and Vietnamese buffets.

SAIGON CAFE

INTERNATIONAL / BUFFET
Level 1, Sheraton Saigon Hotel and Towers, 88 Dong Khoi, Q1 Tel: (08) 3827 2828
sheratonsaigon.com

SEOUL HOUSE

KOREAN
33 Mac Thi Bui, Q1, Tel: (08) 3829 4297
seoul.house@yahoo.com.kr

SHANG PALACE RESTAURANT

PAN-CHINESE / CANTONESE
Norfolk Mansion, 17-19-21 Ly Tu Trong, Q1, Tel: (08) 3823 2221
shangpalace.com.vn
Featuring over 200 dishes and 50 kinds of dim sum prepared by chefs from Hong Kong, Shang Palace has nine private dining rooms and a main dining area seating over 300. Good for events.

SKEWERS

INTERNATIONAL / MEDITERRANEAN
9A Thai Van Lung, Q1, Tel: (08) 3822 4798
skewers-restaurant.com
Simple, unpretentious Greek-influenced, international cuisine ranging from the zucchini carpaccio through to the saganiki, a range of dips, mousaka, osso buco and lamb chop skewers. Also has an excellent upstairs cigar room.

TANDOOR

NORTH / SOUTH INDIAN
74/6 Hai Ba Trung, Q1, Tel: (08) 3930 4839
tandoorvietnam.com

TEMPLE CLUB

PAN-VIETNAMESE
29-31 Ton That Thiep, Q1, Tel: (08) 3829 9244
Templeclub.com.vn
Once a hotel for Indian dignitaries visiting old Saigon, the elegant and atmospheric Temple Club is one of the city's best-preserved buildings. Serving quality Vietnamese and Indochine cuisine at reasonable prices.

THE BURGER CORNER

INTERNATIONAL
43 Nguyen Hue, Q1, Tel: (08) 3821 0094

TOKYO BBQ

JAPANESE BARBECUE
15A6 Le Thanh Ton, Q1, Tel: (08) 3822 2527

VESPER BAR

INTERNATIONAL / TAPAS-STYLE

Landmark Building, 5B Ton Duc Thang, Q1, Tel: (08) 3822 9698

Headed up by well-known chef Andy Ertle, Vesper Bar is a sophisticated yet down-to-earth wine and cocktail bar. Serving creative, Japanese-influenced tapas to supplement the drinks, the subtle lighting and lounge-style atmosphere makes this a great drinking and dining venue

WARDA

MIDDLE-EASTERN

71/7 Mac Thi Buoi, Q1, Tel: (08) 3823 3822
info@wardavn.com

The deep colours, Arabic décor and cushioned outdoor terrace area give this popular venue its unique touch. The food is good, too, taking in tabouleh, houmous, falafel and mutabbal, shwarmas and more. Sells authentic shisha.

WRAP & ROLL

62 Hai Ba Trung, Q1, Tel: (08) 3822 2166; 111 Nguyen Hue, Q1, Tel: (08) 3821 8971

wrap-roll.com

The lime green walls and bright pastel colours of Wrap 'n Roll are just part of the theme of this home-grown, Vietnamese brand which is all about spring rolls of all types, and healthy, Hue-influenced cuisine.

YAMANeko

JAPANESE / OKINAWA

13/1 Le Thanh Ton, Q1, Tel: (08) 3823 8433

yamaneko-vn.com

Funky Yamaneko — down an alley off Le Thanh Ton — offers delicious, unpretentious Okinawan fare alongside mainland staples. Does a great set lunch deal.

YU CHU

TOP-END PAN-CHINESE

1st Floor, InterContinental Asiana Saigon, crn. of Hai Ba Trung & Le Duan, Q1
Tel: (08) 3520 9999

intercontinental.com/saigon

Skillful chefs prepare authentic hand-pulled noodles, fresh dim sum and hot wok dishes within an impeccably designed open kitchen, as diners look on. Stylish and spectacular.

FITNESS, DANCE & YOGA

ANUPA YOGA

9 Dong Du, Q1, Tel: (08) 3822 2394

anupa.net/yoga-anupa

CALIFORNIA FITNESS CENTRE

FITNESS CENTRE

Queen Ann Building, 28-30-32 Le Lai, Q1. Tel: (08) 6291

5999

Cfyc.com.vn

NUTRIFORT

GENERAL FITNESS

2B1 Chu Manh Trinh, Q1, Tel: (08) 3825 8560

nutrifort.com

Offers fitness classes and personal training with excellent facilities. Group classes include power yoga, pilates, circuit training, martial arts and spinning. There is also a spa and a restaurant serving calorie-calibrated meals.

RENAISSANCE HOTEL HEALTH CLUB

HEALTH CLUB & GYM

8-15 Ton Duc Thang, Q1, Tel: (08) 3822 0033

SAIGON FITNESS CO.

HEALTH CLUB & GYM

New World Hotel, 76 Le Lai, Q1, Tel: (08) 3822 8888

saigon.newworldhotels.com

SHERATON FITNESS

HEALTH CLUB & GYM

Level 5, Sheraton Saigon Hotel and Towers, 88 Dong Khoi, Q1, Tel: (08) 3827 2828

SOFITEL PLAZA FITNESS CENTRE

HEALTH CLUB & GYM

17 Le Duan, Q1, Tel: (08) 3824 1555

THE LANDMARK CLUB

GYM, POOL, SQUASH

The Landmark, 5B Ton Duc Thang, Q1, Tel: (08) 3822 2098 ext. 176

thelandmarkvietnam.com

In addition to the squash court, facilities include a fully-equipped gym room, a rooftop swimming pool and separate male and female saunas.

GALLERIES

BLUE SPACE & PARTICULAR ART GALLERY

97A Pho Duc Chinh, Q1, Tel: (08) 3821 3695

bluespacearts.com

DOGMA

8A/9C1 Thai Van Lung, Q1

dogmacollection.com

The home of Vietnamese propaganda art and a collection put together over the last two decades by art collector Dominic Soriven, the majority of the work comes from the war period when provocative poster art was used to inspire and motivate. Sells prints of the originals and related products.

HO CHI MINH CITY FINE ARTS MUSEUM

97A Pho Duc Chinh, Q1, Tel: (08) 3829 4441

baotangmythuatphcm.vn

PHUONG MAI ART GALLERY

129B Le Thanh Ton, Q1, Tel: (08) 3823 3181

07 Phan Chu Trinh, Q1, Tel: (08) 3822 3166

phuongmaigallery.com

GROCERIES, LIQUOR & WINE

ANNAM GOURMET MARKET

GROCERY & DELI

16-18 Hai Ba Trung, Q1, Tel: (08) 3822 9332

annam-gourmet.com

Attractive and spacious French-owned grocery shop stocking a large range of foods, organic fruit and vegetables, imported beers and wines. Also sells luxury branded products from the likes of Fauchon. The deli upstairs in the Hai Ba Trung branch serves tasty baguette rolls in a comfortable lounge area with free Wi-Fi, and offers probably the best selection of cheese and cured meats in town. Free delivery for Districts 1, 2 and 3.

BACCHUS CORNER

WINE SHOP

158D Pasteur, Q1, Tel: (08) 3829 3306

bacchuscornier.com

A range of spirits, whiskies and wines at affordable prices. Wines come from all over the world with an especially good selection from France, Chile and South Africa. Also has an excellent range of single malts, top shelf tequilas and has an on-site wine tasting machine, the Enomatic, the first of its kind in Vietnam.

DALOC

WINE SHOP

74E Hai Ba Trung, Q1, Tel: (08) 5404 3575

daloc.vn

KIM HAI BUTCHERS

BUTCHERS

73 Le Thi Hong Gam, Q1, Tel: (08) 3914 4376

kimhai.vn

PHUONG HA

GROCERS

58 Ham Nghi, Q1, Tel: (08) 3914 1318

RED APRON

WINE SHOP

22 Chu Manh Trinh, Q1, Tel: (08) 3823 0021

THAI HA

GROCERS

60 Ham Nghi, Q1

THE WAREHOUSE

WINE SHOP

15/5 Le Thanh Ton, Q1, Tel: (08) 3825 8826

One of the busiest wine retailers in town. In addition to their excellent range of wines, they also stock imported beers, bottled mineral water and spirits.



Westcoast
International Dental Clinic
ISO 9001 Certified

INTERNATIONAL SMILES ART CONTEST 2014

A contest to help children understand the importance of dental care

From April 1st to May 15th
For all children under 12
The content should be dental related.

Prizes

- IPAD Air** for First Place
- IPAD Mini** for Second Place
- Photo Camera** for Third Place

Please submit entries to Westcoast International
WINNER WILL BE ANNOUNCED ON 17th MAY 2014



Bui Ngoc Van Ha - Renaissance International School Saigon
The Winner of the International Smiles Art Contest 2013



The Practice on Dong Khoi
71-79 Dong Khoi, D1, HCMC Tel: 848 38 256 777
dongkhoi@westcoastinternational.com

The Dental Center at Ben Thanh
27 Nguyen Trung Truc, D1, HCMC Tel: 848 38 256 999
ben THANH@westcoastinternational.com

The Dental Clinic at West Lake
Syrena Center, 51 Xuan Dieu, Hanoi Tel: 844 37 100 555
westlake@westcoastinternational.com

www.westcoastinternational.com



A WORLD OF GOOD

★★ LET THE GOOD NEWS ROLL ★★

BY DANA MCNAIRN



pressfoto.com

When I was a working journalist it was drummed into our heads that “If it bleeds, it leads.” This means tonight’s top stories will always be about death, mayhem and tragedy. ‘Feel good’ stories were saved for the end of the broadcast or ghettoised in the Lifestyle section of a newspaper. So-called ‘puff’ pieces lacked tension, human drama and (so we were told) compelling narrative.

Yet a steady media diet of criticism and negativity about global problems is inherently one-sided. It’s time to broaden our horizons — at least occasionally — to include what is working and how.

Accessing this is called solutions journalism, and maybe you’ve already heard of outlets like Dowser, which use words like ‘social change renaissance’. It’s a huge challenge not to focus on the pessimism and to acknowledge instead what’s working, what’s good. We can easily rattle off a list of diabolical environmental and social dilemmas, but maybe not as swiftly describe some of the cool stuff that’s being done to solve those very same problems.

Some call this advocacy journalism (ack, treehuggers!) or citizen journalism

(ack, crap writing!), but media that brings the problem *and* its possible solution to the table isn’t a movement. It is solid investigative reporting of the kind that should be done in all sectors, like banking and education, not just aid. Yet the global charity industry itself can be the biggest culprit in undermining any good news with its insistence on fundraising campaigns using endless images of human misery and suffering.

Not Everything is Bad

You may have heard that the proportion of the world’s people living in extreme poverty has been halved. This was in 2010. Yet, I can’t recall the CNN three-day revelry on that momentous occasion. Vietnam is poised to meet or beat certain Millennium Development Goals, such as not only targets for absolute poverty, but also primary education and maternal health. Not exactly over-reported even in a nation looking to tout achievements.

You’ve heard of *Kickstarter* as a crowdsourced funding platform for creatives, but did you know there are sites like *Crowdrise* specifically for nonprofits? And maybe you know this, too, but I just learnt that the United Nations celebrates

an *International Day of Happiness*. Is that awesome or what?

Since 2011 Pakistan has enrolled an additional 1.5 million children in school. Elsewhere more than 2.1 billion people around the planet have gained access to improved water sources. Social enterprises, for example, are springing up around the world, bringing novel ways to solving those ‘intractable’ problems through cooperatives, fair trade, business incubators and yes, communities’ existing structures and resilience. This is all positive stuff.

The idea that only tragedy and doom is news is incorrect. Presenting and investigating solutions shows how others can scale, copy and replicate for the simple reason that humanitarian and development aid is not proprietary. Greek philosophers referred to this as *eudaimonia* — human flourishing. Happiness is having a larger purpose or meaning in life. Inspiration — also found in great reporting — rests on people knowing that action does make a difference rather than being repeatedly told that everything is hopeless and entrenched.

Dana McNairn works at KOTO, a nonprofit social enterprise and vocational training programme for at-risk youth. She can be contacted at dana.mcnairn@koto.com.au 

VEGGY'S

GROCERS & DELI

29A Le Thanh Ton, Q1, Tel: (08) 3823 8526

VINIFERA

WINE SHOP

7 Thai Van Lung, Q1, Tel: (08) 3521 0860
viniferavn.com

VINO WINE SHOP

WINE SHOP

74/17 Hai Ba Trung, Q1, Tel: (08) 6299 1315

Professional advice on selecting and tasting wines. Also offers regular popular wine courses. The outdoor terrace area is the perfect spot to sample a new vintage.

HAIRDRESSERS

VENUS

41 Nguyen Trung Ngan, Q1, Tel: (08) 3829 6298

MEDICAL & DENTAL

ACCIDENT

INTERNATIONAL DENTAL CLINIC
Kumho Asiana Plaza, 39 Le Duan, Q1, Tel: (08) 3822 8800
accident.com

CENTRE MEDICAL INTERNATIONAL (CMI)

FRENCH MEDICAL CLINIC
1 Han Thuyen, Q1, Tel: (08) 3827 2366
cmi-vietnam.com

This French medical clinic provides general practice and a range of specialities including cardiology, gynecology, psychotherapy and traditional medicine.

FAMILY MEDICAL PRACTICE HCMC

INTERNATIONAL CLINIC
Diamond Plaza, 34 Le Duan, Q1, Tel: (08) 3822 7848
vietnammedicalpractice.com

Full-service 24-hour healthcare provider with highly-qualified doctors handling everything from emergencies to tests and X-rays, in-patient and out-patient care, check-ups, travel medicine and medical evacuations.

FV SAIGON CLINIC

INTERNATIONAL CLINIC
3rd Floor, Bitexco Financial Tower, 2 Hai Trieu, Q1, Tel: (08) 6290 6167
fvhospital.com

State-of-the-art medical centre located in District 1. Experienced American, French, and Vietnamese doctors provide the full spectrum health care. Plus sports medicine, cosmetic treatments, skin care and surgical consultations.

SIAN
SKINCARE LASER CLINIC
PHÒNG KHÁM CHĂM SÓC DA VÀ LASER

SIAN SKINCARE CLINIC

SKIN CARE / COSMETICS
Level 2, 71-79 Dong Khoi, Q1, Tel: (08) 3827 6999
sianclinic.com

The Australian and Canadian managed SIAN Clinic offers a wide range of skincare medical therapies to treat problems by an experienced dermatologist and facial care team. The clinic utilises the latest therapies.

Westcoast
International Dental Clinic
ISO 9001 Certified

WESTCOAST INT'L DENTAL CLINIC
INTERNATIONAL DENTAL CLINIC

Ben Thanh Clinic, 27 Nguyen Trung Truc, Q1, Tel: (08) 3825 6999
The Practice, Level 1, 71-79 Dong Khoi, Q1, Tel: (08) 3825 6777
westcoastinternational.com

An international dental clinic equipped with the latest technology, the comfortable clinics offer cosmetic and implant dentistry with a focus on making each patient's experience anxiety and pain free.

SALONS & SPAS

AQUA DAY SPA

Level 5, Sheraton Saigon Hotel and Towers, 88 Dong Khoi, Q1, Tel: (08) 3827 2828
aquadayspasaigon.com

FAME NAILS SALON

3 Truong Dinh, Q1, Tel: 0909 682 827
famenails.com

GLOW SPA

129A Nguyen Hue, Q1, Tel: (08) 3823 8368
glowsaigon.com

Modern and bright downtown spa, offers massages lasting from 30 minutes, to two-hour hot stone therapy, includes one suite with a Jacuzzi bath; offers hand and foot care and a hair styling area.

INDOCHINE SPA

69 Thu Khoa Huan, Q1, Tel: (08) 3827 7188
indochine-spa.com.vn

Indochine Spa provides a peaceful and serene atmosphere with aromatic scents and lulling melodies. Customers are pampered by qualified therapists using natural French products in a clean and pleasant environment.

JASMINE

45 Ton That Thiep, Q1, Tel: (08) 3827 2737
Jasminespa.vn

Spa-related salon with a good reputation for quality and comfort offers washes and leisurely haircuts from VND330,000 plus a range of related services including massage and some excellent treatments.

MEKONG BLISS SPA

112, Pasteur, Q1, Tel: (08) 6299 0563
10am to 10pm (last booking 9.30pm)

Q SPA & SALON

310 LY TU TRONG, Q1, TEL: (08) 3905 4609

Qspaandsalon.com
An old world, Indochinese interior complete with wooden floors, flowers and flowing drapes makes this an excellent atmosphere in which to enjoy a massage. Also offers hair styling and facials.

ROSA BLANCA BEAUTY

230 Ton Duc Thang, Q1
Specialising in all forms of skincare, this is well-designed, ambient and outfitted day spa offers body treatments as well as facials and foot treatments.

SPA INTERCONTINENTAL AND HEALTH CLUB

3rd Floor, InterContinental Asiana Saigon, crn. of Hai Ba Trung & Le Duan, Q1, Tel: (08) 3520 9999
intercontinental.com/saigon

THANH SANCTUARY

Nguyen Du Villas, 111 Nguyen Du, Q1, Tel: (08) 3822 0885

THE SPA AT 1960 PRESIDENTIAL CLUB

22nd floor, Sailing Tower, 111A Pasteur, Q1, Tel: (08) 2220 2600
spa1960.vn

THE SPA

Saigon Pearl, 92 Nguyen Huu Canh, Binh Thanh, Tel: (08) 3514 9007
Saigon Centre, 3M Floor, 65 Le Loi, Q1, Tel: (08) 3821 1800
thespavietnam.com

THE SPA AT NEW WORLD HOTEL

76 Le Lai, Q1, Tel: (08) 3822 8888
saigon.newworldhotels.com

XUAN SPA

Park Hyatt, 2 Lam Son Square, Q1, Tel: (08) 3824 1234
hyattpure.com



CELEBRATING NATIONAL HOLIDAY 30/4 & 1/5

Buy 2 get 1 Free
for IPL Photo-Rejuvenation & Medlite for Pigmentation

From 01/04/14 – 30/04/14

SIAN

SKINCARE LASER CLINIC
PHÒNG KHÁM CHĂM SÓC DA VÀ LASER

Where Beauty and Science Meet

Level 2, 71-79 Dong Khoi Street | District 1
Ho Chi Minh City | ☎ +848 38 276 999
Make an Appointment at info@sianclinic.com

www.sianclinic.com

IN THE FRAME

★★ THE EVOLUTION OF LACQUER ★★



Photos by Francis Xavier

Imagine inspecting molten asphalt that has been poured like lava over Pompeii. The March exhibition of lacquer paintings at Tu Do Gallery — Vietnam’s first private art gallery — should be looked at close-up. Forget what the shapes may represent. Get close enough to smell the oily vapours of the medium.

The problem with lacquer is the dismissive prejudices, the prejudices created by the factory-like production of the medium showing traditional themed images of Vietnam. To see how lacquer painting is evolving, you have to put this bias aside. Bear in mind that even the Le brothers, the Hue duo of rising art stars who recently participated in the Singapore Biennale, make brightly coloured lacquers that on first impressions look a lot like shop-ready commercial art. Yet the brothers simultaneously create stunning video work and metaphorically rich performance art, bringing their lacquer pieces into a new realm.

The State of the Art

In Vietnam in the mid to late-1990s, experimental artwork was uncommon. In this context, Phunam’s conventional lacquers are not to be dismissed. His are the oldest works in this exhibition. Works made

a decade later are understandably richer in new techniques, but Phunam’s large depiction of a tribal musical performance should be admired for the complimentary colour contrast beating all over the picture. The faces, too, are unusual in their balaklava-like synthesis.

Tradition demands that a lacquer painting should be sanded and rubbed until all brushstrokes have been bulldozed into a perfectly flat image. Xuan Chieu is the artist in this show who best represents that practice. Inlays of eggshell and mother of pearl have been finely grinded. Patches of gold leaf gleam among the original powdered mineral colours that tradition calls for: three shades of red and ochre. Geometric forms in indigo blue and forest green are rarer in first-generation lacquer paintings, so enjoy their Sapa-like coolness.

The pastel colours in Duong Tuan Kiet’s paintings indicate that they contain little natural lacquer, a treacle too dark to permit sugar pinks and mint greens, when used as art schools teach. His pieces look like oil painting on canvas, whereas lacquer is always painted on smooth wooden surfaces. Kiet *does* cover the blank canvas in gold leaf before he paints, a technique used in lacquer to give glow to the painting. These canvases propose another innovation in lacquer’s evolution: its

inclusion into the vast collection of ‘mixed media’ paintings.

Vo Xuan Huy is an art lecturer from Hue who tries to take lacquer painting to the third dimension. Thick impasto, deep cracks, puddles of honeyed glass and ripples formed by fast evaporation are the geography of his abstracts. Lotus flowers, Chi circles and other easy symbols stamped into the pigmented mud do seem to cheapen the visual experience from afar, but I have not come across another artist who is so keen to sabotage the polished surface of traditional lacquer.

Nguyen Xuan Anh moves from urban depictions to experimental abstracts. The latter are fascinating. The two large works in this showcase are vigorous expressionistic exercises, with texture reminiscent of Tapiés and graphic power as strong as Franz Kline’s. Anh collages sack cloth and drips colour onto otherwise traditionally crafted lacquers abundant in polished eggshell.

While other lacquer artists elsewhere are creating new finishes by using spray paint and glass-like polyester resin, the art in this show is innovative within the limits of possibility of natural lacquer. — *Cristina Nualart*

Tu Do Gallery is at 53 Ho Tung Mau, Q1, Ho Chi Minh City 

PHAM NGU LAO

BAKERIES / BARS & CLOBS / CAFES / CLOTHING & ACCESSORIES / CRAFTS & FURNITURE / EAT / GALLERIES

BAKERIES

CRUMBS

BAKERY
117 Cong Quynh, Q1, Tel: (08) 3836 1992
crumbs.com.vn

Dubbed "the local bakery", Crumbs serves up a variety of baked goods including baguettes, muffins, cheese and garlic-based buns and loafs, meat-filled pastries, sweet pastries, health-conscious breads and more. There is also a breakfast menu and variety of sandwiches available.

TOUS LES JOURS

KOREAN BAKERY
59 Tran Hung Dao, Q1, Tel: (08) 3914 4350

BARS & CLOBS

BIA TUOI 33

BIA HOI
33 Bui Vien, Q1

BREAD & BUTTER

INTERNATIONAL / COMFORT FOOD
40/24 Bui Vien, Q1, Tel: (08) 3836 8452

With a free book exchange, and tasty Sunday night roasts, the tiny Bread & Butter is a perfect place for homesick expats and beer enthusiasts (excellent Hue-Brewed Huda beer served here exclusively in Ho Chi Minh City).

GO2

INTERNATIONAL / RESTOBAR
187 De Tham, Q1, Tel: (08) 3836 9575

GODMOTHER BAR

RESTOBAR / VIETNAMESE / WESTERN
129 Cong Quynh, Q1, Tel: (08) 3832 4589
godmothersaigon.com

Only a couple blocks from the bru-haha of Bui Vien, Godmother's is a small watering hole with big attractions including excellent mojitos, good food, and the weekly Optimus Club featuring international DJs.

LE PUB

INTERNATIONAL / RESTOBAR
175/22 Pham Ngu Lao, Q1, Tel: (08) 3837 7679

Warm colors, artsy décor and a friendly ambiance combine to create a perfect

setting for enjoying tasty international and Vietnamese cuisine. Check out their daily drink specials and Tuesday night pub quizzes.

LONG PHI

FRENCH / RESTOBAR
207 Bui Vien, Q1, Tel: (08) 3837 2704

French-run but universally appealing, Long Phi has been serving the backpacker area with excellent cuisine and occasional live music since 1990. Excellent late-night bistro cuisine.

SEVENTEEN SALOON

THEMED MUSIC BAR
103A Pham Ngu Lao, Q1, Tel: (08) 3914 0007
seventeensaloon.com.vn

Wild West-themed bar doubles as a music venue, where three talented Filipino bands (B&U, Wild West and Most Wanted) play covers of rock icons like Bon Jovi, U2 and Guns n' Roses. Top shelf spirits and friendly, hostess style table service are the name game here.

SPOTTED COW

INTERNATIONAL / SPORT
111 Bui Vien, Q1, Tel: (08) 3920 7670

[Alfrescosgroup.com](http://alfrescosgroup.com)
Spotted Cow delivers the fun-loving atmosphere that its playfully decorated black and white spotted interior promises, as well as decent international comfort food, a range of happy hours, live sports, and darts.

THE OBSERVATORY

BAR, ART & MUSIC SPACE
Cnr. Le Lai and Ton That Tung, Q1, Tel: 0906 359440
theobservatory-hcmc.com

The Observatory is DJ Hibiya Line's new youth culture hub, just off Pham Ngo Lao. With its two-floor, nook-and-cranny setup, it combines café culture, cocktails, art, DJ nights — now the home base for the Optimist Club — live music and various "happenings", sprinkling them throughout its cozy corners.

THI CAFE

LIVE MUSIC / LOUNGE
224 De Tham, Q1, Tel: (08) 2210 2929

T&R TAVERN

DIVE BAR
57 Do Quang Dau, Q1, Tel: (08) 3838 9839

UNIVERSAL BAR

LIVE MUSIC / RESTOBAR
90 Bui Vien, Q1, Tel: 01633 343933
universalsaigon.com

CAFES

BOBBY BREWER'S

INTERNATIONAL
45 Bui Vien, Q1, Tel: (08) 3920 4090

bobbybrewers.com
Choose from a full range of café beverages and a fast-food style menu as you watch the latest Hollywood hits in their upstairs lounge. Check website for movie locations and schedule.

CHICCO DICAFF CAFE

ITALIAN & VIETNAMESE
213 Bui Vien, Q1
facebook.com/ChiccoDicaFF-Coffee

Set just off the street on the quiet end of Bui Vien, Chicco Dicaff serves an expat and local-heavy clientele takeaway coffees and flavoured concoctions, from a five-seat coffee bar.

COFFEE BEAN & TEA LEAF

INTERNATIONAL
157-159 Nguyen Thai Hoc, Q1, Tel: (08) 3837 9347
coffeebean.com.vn

Large portioned coffee lures customers into the flagship store of this international café chain. The contemporary, yet generic atmosphere is bolstered by comfortable seating and a menu to satisfy any sweet tooth.

CLOTHING & ACCESSORIES

BAM SKATE SHOP

SKATEWEAR / STREET
174 Bui Vien, Q1, Tel: 0903 641826
Bamskateshop.com.vn

BLUE DRAGON

SOUVENIRS / CLOTHING
1B Bui Vien, Q1, Tel: (08) 2210 2084
8am to 10.30pm

GINKGO

VIETNAM-THEMED CLOTHING
54-56 Bui Vien, Q1, Tel: (08) 6270 5928

ginkgo-vietnam.com

Quality, original, Vietnam-themed tees are the showpiece at this airy French-run store. Designs are inspired by anything from the Vietnamese flag, local telecom wires and motorbikes to creative, Siddharta-style imagery.

MARATHON

BUDGET CLOTHING
147 Bui Vien, Q1, Tel: (08) 3920 7442; 123A Bui Vien, Q1, Tel: (08) 3838 0019

PAPAYA

BUDGET CLOTHING
232 Bui Vien, Q1
papaya-tshirt.com

ORANGE

BUDGET CLOTHING
152 Bui Vien, Q1, Tel: (08) 3820 2620
9am to 10pm

U.BEST HOUSE

TRAVEL GEAR
163 Nguyen Thai Hoc, Q1, Tel: 0978 967588
Ubesthouse.com

CRAFTS & FURNITURE

SAPA

ETHNIC ACCESSORIES / SOUVENIRS
209 De Tham, Q1, Tel: (08) 3838 9780

EAT

BABA'S KITCHEN

NORTH / SOUTH INDIAN
164 Bui Vien, Q1, Tel: (08) 3838 6661
babaskitchen.in

This pleasant, airy Indian does the full range of fare from all ends of the subcontinent, from dosas and vadas through to chicken tikka masala, kormas, kebabs and fiery vindaloos.

BURRITO REVOLUTION

TEX-MEX / STREET STALL
124 Bui Vien, Q1, Tel: 0902 714882

CHI'S CAFE

INTERNATIONAL / VIETNAMESE
40/31 Bui Vien, Q1, Tel: (08) 3837 2502
Chiscafe.com

This affable café is a rarity in the backpacker area for its genuinely good musical playlist. Excellent, build-your-own breakfasts, baked potatoes, toasties, Vietnamese fare and more. Has a popular motorbike rental service.

CORIANDER

THAI / VIETNAMESE
16 Bui Vien, Q1, Tel: (08) 3837 1311

JO'S FISH 'N CHIPS

FISH & CHIPS / STREET STALL
Cnr. 38B Tran Hung Dao & De Tham, Q1

LA CANTINA

TEX-MEX / VIETNAMESE
175/3 Pham Ngu Lao, Q1, Tel: (08) 3837 0760

MARGHERITA

ITALIAN / TEX-MEX
175/1 Pham Ngu Lao, Q1, Tel: (08) 3837 0760

SISTERS CAFE

VIETNAMESE/WESTERN
185/30 Pham Ngu Lao, Q1, Tel: 0903 643446

Light wood paneling, beige walls and locally themed artwork help to create a fresh and airy ambience in this café-cum-restaurant that is owned by the woman behind Chi's Café. Also does visa extensions and motorbike rental.

STELLAR CAFE

ITALIAN / VIETNAMESE
119-121 Bui Vien, Q1, Tel: (08) 3836 9220

Two-storey Stella serves very reasonable Italian food — antipasti, pasta, pizza, insalata plus meats and fish — at reasonable prices. Also has Wi-Fi, cool aircon, and one of the best lattes around. Now no-smoking indoors.

THE HUNGRY PIG

BACON BAR / CAFE
144 Cong Quynh, Q1, Tel: (08) 3836 4533
facebook.com/thehungry-pigcafe

Think bacon, bacon and more bacon, all set in airy, spacious atmosphere, and you get The Hungry Pig, an eatery specialising in anything from the bacon butty through to the bacon Caesar. A popular hangout.

TIN NGHIA

VEGAN
9 Tran Hung Dao, Q1, Tel: (08) 3821 2538

One of the city's oldest eateries (established in 1925) does some of the cheapest and tastiest vegan cuisine in town, all cooked up without onions, garlic or MSG.

WRAP & ROLL

226 De Tham, Q1, Tel: (08) 3837 5097
wrap-roll.com

The lime green walls and bright pastel colours of Wrap 'n Roll are just part of the theme of this home-grown, Vietnamese brand which is all about spring rolls of all types, and healthy, Hue-influenced cuisine. Check out the second floor, jungle-in-the-wall décor at this particular branch. Unique and refreshing.

ZEUS

GREEK / KEBAB
164 Cong Quynh, Q1, Tel: (08) 3837 3248

ZOOM CAFE

AMERICAN / TEX-MEX
169A Bui Vien, Q1, Tel: (08) 3920 3897

vietnamvespaadventures.com/cafe_zoom
This corner-located Vespa-infatuated venue is a café and restaurant by day and a sidewalk drinking joint by night. Friendly staff and American deli-style and Cajun fare makes it a regular expat haunt.

GALLERIES

GALERIE QUYNH

65 De Tham, Q1, Tel: (08) 3836 8019
galeriequynh.com

In addition to working with artists based in Vietnam, Galerie Quynh also exhibits the work of artists from around the world. This well-established gallery supports education through talks, lectures and publications.



TATTOO ARTISTS

With tattoos becoming increasingly popular, over the past few years there has been an increase in the number of tattoo studios around the city.

Customers have the choice of picking their own tattoo out of the many look books on offer in the studios or bringing in their own design. Most of the studios offer body-piercing services as well. Pricing depends on size and style.

LAC VIET TATTOO 608

Dien Bien Phu, Q10
Tel: (08) 3830 4668
106 Pasteur, Q1
Tel: (08) 3821 7068
lacviettattoo.com

SAIGON BODY ART

135 Cong Quynh, Q1
Tel: 0908 443311
saigonbodyart.com

SAIGON INK

26 Tran Hung Dao, Q1
Tel: (08) 3836 1090
tattooivietnam.com

SAIGON TATTOO

31B Nguyen Du, Q1
saigontattoo.net

SAIGON TATTOO GROUP

81 Bui Vien, Q1
Tel: 0908 573339
xamnghehthuat.vn

TATTOO SAIGON

128 Nguyen Cu Trinh, Q1
Tel: 0938 303838
tattoosaigon.com

TATTOO TAM BI

209 Bui Vien, Q1
Tel: 0919 034383
xamphunghehthuat.com

DISTRICT 1

BARs & CLUBS / CAFES / CLoTHING & ACCESSORIES / COOKING CLASSES / CRAFTS & FOrNITURE / EAT / FITNESS, DANCE & YOGA / GALLERIES / INTERNATIONAL SChOOLS / MEDICAL & DENTAL / SALONS & SPAS

BARs & CLUBS

HOY BEER CLUB

CONTEMPORARY BEER HALL
79 Nguyen Cong Tru, Q1, Tel: 0919 584884
info@hoybeerclub.vn

ANH DUC'S

QUAN NHAU
18A/31/B22 Nguyen Thi Minh Khai, Q1

BEER AND GRILL (BG SAIGON)

CONTEMPORARY BEER HALL
37 Nam Ky Khoi Nghia, Q1, Tel: 0906 780081

CHILL SKYBAR

LOUNGE RESTOBAR & TERRACE
Rooftop, AB Tower, 76A Le Lai, Q1, Tel: (08) 3827 2372
chillsaigon.com

Chill's view has only been improved by the addition of a magnificent VIP terrace. A substantial wine list and specialities from the owner's native Denmark complement the primarily French-influenced cuisine.

HOA VIENT

CZECH BREWHOUSE
28 Mac Dinh Chi, Q1, Tel: (08) 3825 8605
hoavien.vn

MZ CLUB

LIVE MUSIC / NIGHTCLUB
56A Bui Thi Xuan, Q1, Tel: (08) 3925 5258
m-zing.com

SHOOTER'S BEER HOUSE

CONTEMPORARY BEER HALL
31 Le Quy Don, Q1

VUVUZELA

CONTEMPORARY BEER HALL
11 Nguyen Binh Khiem, Q1, Tel: (08) 3910 2281

CAFES

(A) CAFE

15 Huynh Khuong Ninh, Da Kao, Q1, Tel: 0903 199701
Settle into the Javanese-style interior and enjoy possibly one of the best brews in Saigon. Using own grown and specially sourced Dalat beans, speciality coffee such as cold drip, siphon, and Chemex are must haves for the avid coffee drinker.

BANKSY CAFE

1st Floor, 14 Ton That Dam, Q1, Tel: 01699 990003
sam.nguyen197@gmail.com
A small but swanky cafe, Banksy promises a young and vibrant hideout in an old 1960s-era apartment

building. Remember to head up the steep stairs within to dig into their secret stash of clothes and accessories.

CAFE THOAI VIEN

159A Nguyen Van Thu, Q1, Tel: 0918 115657
cafethoaivien.com

Veer off the street and find yourself plunging straight into lush greenery. Cafe Thoai Vien serves up a spacious and airy setting to enjoy a quiet sip. From small eats to big bites and everything to drink, it's a great place to unwind from all that buzz.

COFFEE BEAN & TEA LEAF

INTERNATIONAL
235 Nguyen Van Cu, Q1, Tel: (08) 3833 3648
coffeebean.com.vn

Large portioned coffee lures customers into the flagship store of this international cafe chain. The contemporary, yet generic atmosphere is bolstered by comfortable seating and a menu to satisfy any sweet tooth.

DECIBEL

INTERNATIONAL
79/2/5 Phan Ke Binh, Q1, Tel: (08) 6271 0115
Decibel.vn

Trendy without pretense, this two-floor, relaxed cafe offers beautiful decor and unique original events like live music, film screenings, and art exhibits. Great prices and food with daily specials.

GIVRAL CAFÉ

INTERNATIONAL / FRENCH
97 Nguyen Huu Cau, Q1, Tel: (08) 3844 3295
saigongivral.com

KEM NHAN

ICE CREAM PARLOUR
4 Truong Han Sieu, Q1, Tel: (08) 6674 6763

I.D. CAFÉ

CONTEMPORARY CAFE
34D Thu Khoa Huan, Q1, Tel: (08) 3822 2910
idcafe.net

Centrally located near Ben Thanh Market, i.d. offers casual cafe dining with a wide variety of food and beverages. Where modern design and a warm ambience meet for coffee.

L'AN MIEN DINING CAFE

INTERNATIONAL / VIETNAMESE

76A Le Lai, Q1, Tel: (08) 3821 2718

The outdoor, well-aired terrace is the centrepiece of this popular, contemporary cafe. Enjoy live music on weekends as you sip on reasonably priced Vietnamese or espresso-based coffee.

LE PETIT CAFE

FRENCH
112 Pham Viet Chanh, Q1, Tel: (08) 6291 2067

MOCKINGBIRD CAFE

4th Floor, 14 Ton That Dam, Q1, Tel: 0935 293400
facebook.com/mockingbird-coffee

Sitting atop of a number of cafe establishments in an old apartment complex, Mockingbird is just the place for a romantic time over mojitos, or good ol' caffeine-infused relaxation.

THE OTHER PERSON CAFE

2nd Floor, 14 Ton That Dam, Q1, Tel: 0909 670272
facebook.com/TheOtherPersonCafe

Fancy being served up by maids in costume? Call for a booking and enjoyed customized service to your liking while spending an afternoon in this candy-land inspired cafe.

THINGS CAFE

1st Floor, 14 Ton That Dam, Q1, Tel: (08) 6678 6205
facebook.com/thingscafe

Feel the calm and serenity of this rustic little quiet corner tucked away in an Old Apartment. The quaint and relaxing atmosphere sets for some alone time, or quality conversations held over a drink or two.

CLOTHING & ACCESSORIES

BOO

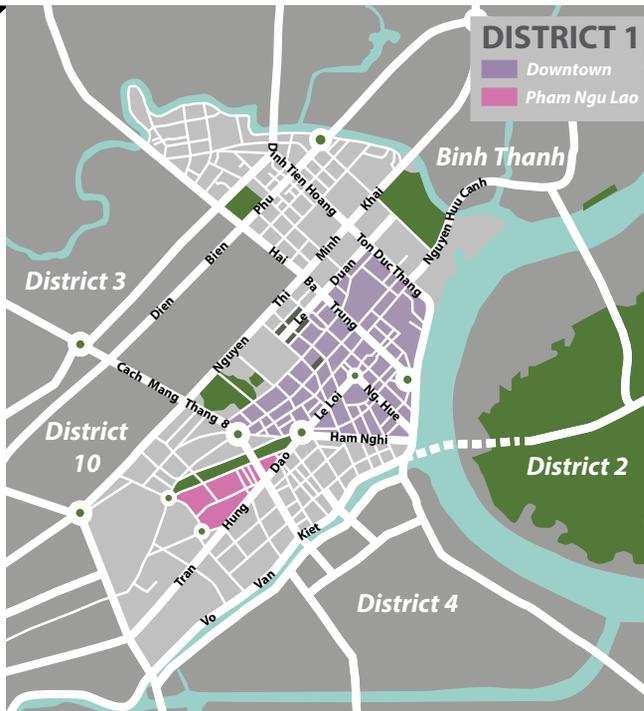
STREETWEAR
134 Nguyen Trai, Q1
boo.vn

BOSSINI

UNISEX CASUAL WEAR
22 Nguyen Trai, Q1, Tel: (08) 3839 2292
Bossini.com

CHILDREN'S PLANET

CHILDREN'S CLOTHING
90 Vo Thi Sau, Q1, Tel: (08) 3820 9881
childrenplanet.com.vn



D'BLANC

WOMEN'S CLOTHING
89A Nguyen Trai, Q1, Tel: (08) 3925 5164
d-blanc.com

GAYA CLOTHING

HAND-MADE / DESIGNER
Le Lai Corner, 1 Nguyen Van Trang, Q1, Tel: (08) 3925 1495
Gayavietnam.com

Clothing is designed and tailor-made by renowned designer Romyda Keth, and concentrates mainly on women's wear. Gaya sells colourful, sexy evening dresses, embroidered floral skirts and cute chiffon tops.

MARIPOSA

BOUTIQUE LADIES' WEAR
61 Nguyen Trai, Q1, Tel: (08) 3925 9993
mariposa.vn

THUY NGA DESIGN

BUSINESSWEAR / CASUAL
19-21 Vo Thi Sau, Q1, Tel: (08) 3820 3574
thuyngadesign.com
8am to 8pm

COOKING CLASSES

OVERLAND CLUB

35Bis Huynh Khuong Ninh, Q1, Tel: (08) 3820 9734
overlandclub.jp
Sunday 1.30pm to 5pm

The Overland Club organises pottery classes, Vietnamese-Japanese cooking classes, cultural art events and monthly special activities, such as the Soba Festival, pottery painting classes, the art of decorating paper and multinational cuisine days.

CRAFTS & FURNITURE

GAYA

CONTEMPORARY FURNISHINGS
1 Nguyen Van Trang, Q1, Tel: (08) 3925 1495
gayavietnam.com

Set in one of the most attractive post-World War II buildings in the city, Gaya has a reputation for chic and sophisticated indoor and outdoor sofas, pod seats, lamps and tableware, with all products both constructed and designed locally. You can find a wide range of mirrors and lacquerware with bowls, vases and contemporary Asian-style boxes as well as a fantastic selection of linen-embroidered bedding in all colours and designs. Prices here match the quality of the products.

VERLIM INTERIOR DESIGN

DECO / REPRO FURNITURE
152 Le Lai, Q1, Tel: (08) 3925 3648
verlimdesign.com

EAT

BANH XEO 46A

BANH XEO / HUE CUISINE
46A Dinh Cong Trang, Q1, Tel: (08) 3824 1110

CAFÉ IF

VIETNAMESE FRENCH
38 Dang Dung, Q1, Tel: (08) 3846 9853

MSG-free traditional Vietnamese cuisine with a French twist, cooked fresh to order. Dishes include noodle soup, steamed ravioli and beef stew, stir fries, hot pots and curries.

COBALT

ROOFTOP RESTOBAR
Floor 30-31, Pullman Saigon Centre, 148 Tran Hung Dao, Q1, Tel: (08) 3838 8686
pullman-saigon-centre.com

A tapas-style contemporary international menu in an equally modern chic space, Cobalt also has panoramic views over the city thanks to its 30th-floor location. Has a focus on wine matching and tasting. A hotel restaurant with a difference.

COM TAM THUAN KIEU

COM TAM (BITTY RICE)
26 Ton That Tung, Q1, Tel: (08) 3925 0935
comtamthuankieu.com.vn

DYNASTY

CANTONESE / PAN-CHINESE
New World Hotel, 76 Le Lai, Q1, Tel: (08) 3822 8888
saigon.newworldhotels.com

Elegant surroundings, top quality ingredients, attentive service and comfortable, roundtable dining makes Dynasty one of the top Chinese restaurants in town, with a classic dim sum menu.

LION CITY

SINGAPOREAN
45 Le Anh Xuan, Q1, Tel: (08) 3823 8371
lioncityrestaurant.com

Friendly, authentic five-storey Singaporean eatery, plating up the likes of nasi lemak, mee rebus, and awesome chicken curry, as well as specialities like frog porridge, chilli crab and fish head curry.

MAY RESTAURANT

INDOCHINE VIETNAMESE
3/5 Hoang Sa, Q1, Tel: (08) 3910 1277
May-cloud.com
Meaning 'Cloud', May utilises homemade recipes and broths developed by the restaurateur's father, such as pan-fried duck breast served with nuoc mam and ginger, and 1940s style spring rolls. This is the Saigoneese cooking of old set in an Indochine atmosphere.

MONSOON

PAN-SOUTHEAST ASIAN
1 Cao Ba Nha, Q1, Tel: (08) 6290 8899
Traditional pan-Southeast Asian favourites served in a visually arresting setting within a French colonial-era villa, just minutes from the backpacker area. Reasonably priced, with healthy juices and smoothies.

NEW YORK STEAKHOUSE

AMERICAN / FRENCH
25-27 Nguyen Dinh Chieu, Q1, Tel: (08) 3823 7373
steakhouse.com.vn
NYSW is well known for serving up formidable prime signature cuts of New York strip steak, rib eye, double strip loins and chateaubriands along with sophisticated sides, in a glitzy, Hollywood-esque atmosphere.

PARKVIEW

INTERNATIONAL / ASIAN
New World Hotel, 76 Le Lai, Q1, Tel: (08) 3822 8888
saigon.newworldhotels.com
Flagship restaurant of The New World Hotel, serving lavish buffets all day. Many cooking stations ranging from Chinese to Italian, sushi and seafood, to salads, cold cuts, cheese plates and desserts.

PHAP HOA

VEGETARIAN
200 Nguyen Trai, Q1, Tel: (08) 3839 5893

QUAN BUI

TRADITIONAL VIETNAMESE
8 Nguyen Van Nguyen, Q1, Tel: (08) 3602 2241
Make sure to try the sautéed shrimps with cashew nuts and crispy fried tofu with lime wedge, at this popular, high-quality eatery where all food is served in traditional crockery.

TAN HAI VAN

PAN-CHINESE / NOODLES
162 Nguyen Trai, Q1, Tel: (08) 3925 0824

TIEM COM GA HAI NAM

CHINESE / VIETNAMESE BINH DAN
67 Le Thi Hong Gam, Q1, Tel: (08) 3821 7751

FITNESS, DANCE & YOGA

STAR FITNESS GYM

HEALTH CLUB & GYM
Manor Apartments, 91 Nguyen Huu Canh, Binh Thanh, Tel: (08) 3514 0253
Steve Chipman, who had a hand in establishing gyms at the Sofitel hotels in Hanoi and Ho Chi Minh City, is behind Star Fitness — one of Vietnam's largest and best-equipped gyms.

THE SAIGON RIVER CLUB

HEALTH CLUB & POOL
Ruby Towers — Saigon Pearl, 92 Nguyen Huu Canh, Binh Thanh, Tel: (08) 3514 9009
saigonriverclub.com

GALLERIES

CRAIG THOMAS GALLERY

27i Tran Nhat Duat, Q1, Tel: 0903 888431
craigthomasgallery.com
Located in a quiet corner of District 1, Craig Thomas Gallery offers a compelling mix of up-and-coming and established local artists. In operation since 2009, its founder has been promoting Vietnamese art for a decade.

SAN ART

3 Me Linh, Binh Thanh, Tel: (08) 3840 0183
San-art.org
San Art is an independent, artist-run exhibition space that offers residency programmes for young artists, lecture series and an exchange programme that invites international artists/curators to organise or collaborate on exhibitions.

INTERNATIONAL SCHOOLS

CITYSMART

Horizon Tower, 214 Tran Quang Khai, Q1, Tel: (08) 3526 8833
citysmart.vn
CitySmart delivers a range of diverse, internationally-recognised educational programmes, as well as life skills and character building for comprehensive development.

GYMBOREE PLAY & MUSIC OF VIETNAM

Somerseset Chancellor Court, 1st Floor, 21-23 Nguyen Thi Minh Khai, Q1, Tel: (08) 3827 7008
gymboreeclasses.com.vn

VAS

23 Tran Cao Van, Q1, Tel: (08) 3829 7278
vas.edu.vn

VNC VIETNAMESE LANGUAGE TRAINING AND TRANSLATION

37/54 Tran Dinh Xu, Q1, Tel:

08-66780914
mail@vncocent

MEDICAL & DENTAL

FAMILY MEDICAL PRACTICE HCMC

INTERNATIONAL CLINIC
Diamond Plaza, 34 Le Duan, Q1, Tel: (08) 3822 7848
vietnammedicalpractice.com
Full-service 24-hour healthcare provider with highly-qualified doctors handling everything from emergencies to tests and X-rays, in-patient and out-patient care, check-ups, travel medicine and medical evacuations.

VICTORIA HEALTHCARE INTERNATIONAL CLINIC

INTERNATIONAL CLINIC
79 Dien Bien Phu, Q1, Tel: (08) 3910 4545
Well-regarded clinic offering general examinations and specialising in pediatrics, digestive diseases, cardiology, women's health and internal medicine. Offers a membership programme and cooperates with most insurance companies in Vietnam and abroad.

WE LINK

COUNSELLING
64 Ho Hao Hon, Q1, Tel: (08) 6291 2900
contact@welink.vn
Psychological counselling services for individual, group and family. Diverse counsellors and therapists, using Cognitive Behaviour Therapy, Art Therapy, Systemic Family Therapy. For adolescents and adults. Vietnamese, English, French and Spanish spoken.

SALONS & SPAS

CAT MOC SPA

63 Tran Dinh Xu, Q1, Tel: (08) 6295 8926
catmocspa.com
Aimed exclusively at ladies and couples only, treatments at this Japanese spa include facial, body and foot care, and Japanese-style haircuts, as well as steam-sauna, paraffin and waxing services.

SPA TROPIC

79 Phan Ke Binh, Q1, Tel: (08) 3910 5575
spatropic.com
Spa Tropic is a stylish boutique spa housed in the refurbished former Chilean Consulate. Spa Tropic has a long-standing reputation among expats and visitors alike for its professional quality service.



Having qualified as a medical doctor in 1985 at the University of Paris, **Dr. Guillaume Orieux** then got a diploma in skin cancer surgery before specialising in dermatology, the branch of medicine dealing with the hair, nails, skin and related diseases.

Having practiced privately for 20 years, Dr. Orieux became a consultant for the French hospital in Hanoi in 2002 before finally taking the plunge and moving to Vietnam in 2008, when he was appointed Head of Dermatology of FV.

Being a French native speaker and fluent in English, and with a basic understanding of Vietnamese, Dr. Orieux now specialises not only in dermatology, but also in sexually transmitted infections.

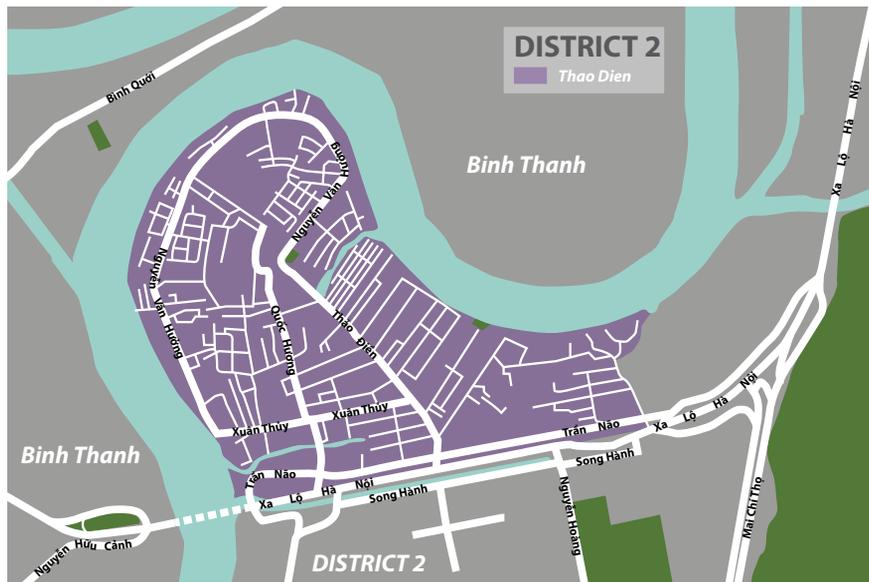
To meet him or make an appointment, simply call **(08) 62 90 61 67**.

FV SAIGON CLINIC

3rd floor, Bitexco Financial Tower, 2 Hai Trieu St., Dist. 1, HCMC
Email: saigonclinic@fvhospital.com

DISTRICT 2

BAKERIES / BARS & CLUBS / CAFES / CLOTHING & ACCESSORIES / CRAFTS & FURNITURE / EAT / FITNESS, DANCE & YOGA / GROCERIES, LIQUOR & WINE / HAIRDRESSERS / INTERNATIONAL SCHOOLS / MEDICAL & DENTAL / SALONS & SPAS



two pieces of each particular item. Also has a great range of imported fabrics up on the 2nd floor and an in-house sewing room for cushions, sofas and curtains. Offers custom-made furniture and delivery within four weeks. Home décor orders are also available.

CHI LAI
HOME FURNISHINGS
 175 Ha Noi Highway, Q2, Tel: (08) 3519 4543
chilai.com
 This well-known Vietnamese furniture brand is a good choice for most families with its respected high-quality designs and competitive prices. Located on the corner of Pham Ngoc Thach and Dien Bien Phu, the spacious showroom specialises in sofas and other furniture such as table sets, shelves and kitchen cabinets. There is a large selection of carpets as well as numerous choices of curtains and accessories.

FEELING TROPIC
FURNITURE & ACCESSORIES
 51 Le Van Mien, Thao Dien, Q2, Tel: (08) 3744 2181
8am to 6pm, closed Sundays
 Specialising in interior designs and landscaping, this three-storey building is so packed full of items for sale that it doesn't seem to have enough space for all of its products. The basement storey carries outdoor furniture such as bamboo-imitation and mosaic table sets, while the second level stocks all types of indoor furniture except beds. Accessories are found on the level above. Special orders are taken for delivery within three weeks. Also offers a rental service.

THE FURNITURE HOUSE
HOME FURNISHINGS
 81 Xuan Thuy, Thao Dien, Q2, Tel: (08) 3519 4640/4643

EAT
AGNES CAFÉ
CAFÉ FARE / TEX-MEX
 11AB Thao Dien, Q2, Tel: (08) 6281 9772
 A cozy and comfortable café offering up a western-fare breakfast, lunch and dinner menu with a number of creative Tex-Mex dishes mixed in with salads and more typical international cuisine. Open until 10pm.

BAAN THAI
PAN-THAI
 55 Thao Dien, Q2, Tel: (08) 3744 5453
baanthai-anphu.com
 Subtle lighting and comfortable sofa-like seating at this

SHOPPING MALLS

DIAMOND PLAZA
 34 Le Duan, Q1. Tel: (08) 3825 7750
9am to 10pm
 Cosmetics, Perfume, Clothing, Accessories, Electronics, Café, Food Court

HUNG VUONG PLAZA
 126 Hung Vuong, Q5. Tel: (08) 2222 0383
9.30am to 10pm
 Cosmetics, Perfume, Clothing, Accessories, Electronics, Café, Food Court

PARKSON PLAZA
 35-45 Le Thanh Ton, Q1. Tel: (08) 3827 7636
9.30am to 10pm
 Cosmetics, Perfume, Clothing, Accessories, Electronics, Café, Food Court

SAIGON CENTRE
 65 Le Loi, Q1. Tel: (08) 3829 4888
9am to 9pm
 Cosmetics, Perfume, Clothing, Accessories, Electronics, Café, Food Court

SAIGON SQUARE
 77-89 Nam Ky Khoi Nghia, Q1
9am to 9pm
 Cosmetics, Perfume, Clothing, Accessories, Electronics

SAIGON TAX
 Trading Centre
 135 Nguyen Hue, Q1. Tel: (08) 3821 3849
9am to 9.30pm
 Cosmetics, Perfume, Clothing, Accessories, Electronics, Souvenirs, Restaurant

VINCOM CENTER
 70-72 Le Thanh Ton, Q1. Tel: (08) 3936 9999
9am to 10pm
 Cosmetics, Perfume, Clothing, Accessories, Electronics, Café, Food Court

ZEN PLAZA
 54-56 Nguyen Trai, Q1. Tel: (08) 3925 0339
9am to 10pm
 Cosmetics, Perfume, Clothing, Accessories, Electronics, Café, Food Court

An Phu eatery. The menu has a whole page dedicated to tom yum soup as well as firey larb moo and Lao-tian som tam. Thai cuisine cooked up by no-holds-barred Thai chefs.

BAKERIES

BAKEUP ATELIER
BAKERY
 244 Nguyen Van Huong, Q2, Tel: (08) 6281 8392
 The baking arm of the well-known Bakers on Thao Dien, Voelker. Provide flash frozen breads and patisseries such as croissants, pain au chocolat, pain raisins, pizza dough, pates feuilleté and much more. Serves the hospitality industry in Phu Quoc, Nha Trang, Phan Thiet and Ho Chi Minh City.

LOAVES & FISHES
BAKERY / CAFE
 5, Street 11, Thao Dien, Q2 Tel: (08) 3519 4118
harvestbaking.net

PAT A CHOU
FRENCH BAKERY
 25 Thao Dien, Q2, Tel: (08) 3743 2445

VOELKER
BAKERY
 39 Thao Dien, Q2, Tel: (08) 6296 0066
voelker-vietnam.com
 French-run bakery selling probably the tastiest range of patisseries, breads, quiches and pies in town. The signature passion-fruit tart is a must try.

BARS & CLUBS

BAAN THAI
SPORTS BAR / PAN-THAI CUISINE

55 Thao Dien, Q2, Tel: (08) 3744 5453
baanthai-anphu.com
 A bar and a Thai restaurant all in one, the focus here is not just the cuisine but a contemporary bar area and live sports. Lots of live sports. The Thai cuisine is cooked up by no-holds-barred Thai chefs.

BMV PUB & GRILL
 38 Quoc Huong, Q2 Tel: 01299 839314
facebook.com/bmv.pubgrill
 With its seven TVs, full-size mezzanine area, pool table and aircon lounge space, BMV is the perfect place in District 2 to relax and watch the sports. Has live music on Thursday and Friday nights, and is home to the only German Hofbrau Beer Garden in Thao Dien.

BUDDHA BAR
RESTO BAR
 7 Thao Dien, Q2, Tel: (08) 3345 6345
Buddhabarsaigon.com
 Just across the lane from McSorley's, this pub with an eccentric European tilt and some nice, authentic cuisine draws an older crowd with darts, pool and weekly poker tournaments.

MCSORLEY'S
IRISH BAR
 4 Thao Dien, Q2, Tel: 0126 9026006

Standing in the former home of Gaudi, McSorley's is full of surprises, including a beautifully backlit swimming pool, reggae parties, comedy nights, and sporting events projected onto the patio wall.

SAIGON OUTCAST
EVENTS / MAKESHIFT CAFÉ BAR
 188/1 Nguyen Van Huong, Q2, Tel: 0122 4283198
Saigonoutcast.com
 Up-cycling and innovative design form the foundation for this bar / arts venue / mini-skate park. Come for barbecue and reasonably priced drinks, stick around for entertaining events and adorable puppies.

CAFES

AGNES CAFÉ
COFFEE & FLOWER HOUSE
 11A-B Thao Dien, Q2, Tel: (08) 6281 9772
 A cozy and comfortable cafe in Thao Dien serving excellent fresh coffee from Dalat, smoothies, juices, pastries and desserts all day. Offers a western-fare breakfast, lunch and dinner menu with a number of creative Tex-Mex dishes mixed in with salads and more typical international cuisine. Now open until 10pm, the nighttime ambience is relaxed and intimate.

CAFE EVITA
LAID-BACK CAFÉ / RESTAURANT
 230A Nguyen Van Huong, Thao Dien, Q2, Tel: (08) 3512 3888

CLOTHING & ACCESSORIES

LITTLE ANH-EM
BABY & CHILDREN CLOTHING
 37 Thao Dien, An Phu, Q2, Tel: 0917 567506
 In addition to a varied selection of garments for babies and children up to 10 years old, Little Anh-Em stocks sleeping bags and other accessories.

VESPA SHOP
VESPA PRODUCTS / HELMETS
 80 Xuan Thuy, Q2
 Stocks a wide range of Vespa-inspired tidbits and memorabilia including t-shirts, riding gear, Italian helmets, Respro face masks, DVDs, books, bags, magazines, posters and more. Rental scooters and bikes available.

CRAFTS & FURNITURE

AUSTIN HOME
REPRO FURNITURE / FABRICS
 20 Thao Dien, Q2, Tel: (08) 3519 0023
Austinhomevn.blogspot.com
 Located in a villa-style building, this An Phu-based shop stocks antique repro furniture. All products are samples, so it's limited and exclusive with only one or

SPORTS



CRICKET

ECCS (THE ENGLISH CRICKET CLUB OF SAIGON)

Richard Carrington, Tel: 0909 967 353
richard.carrington@market-edge.asia
eccsaigon.com

ICCS (INDIAN CRICKET CLUB OF SAIGON)

Deeptesh Gill, Tel: 01228 770 038
deepteshgill@gmail.com

ISCS (INDIAN SPORTS CLUB IN SAIGON)

Munish Gupta, Tel: 0986 973 244
gmunish29@yahoo.co.in

PSCE (PAKISTAN SAIGON CRICKET CLUB)

Samie Cashmiri, Tel: 0976 469 090
samie.cashmiri@gmail.com

SACC (SAIGON AUSTRALIA CRICKET CLUB)

Steve Treasure, Tel: 0903 998 824

saccricket@gmail.com

SSC (SRI LANKA SPORTS CLUB)

Suhard Amit, Tel: 0988 571 010
suhard.amit@yahoo.com

UCC (UNITED CRICKET CLUB)

Asif Ali, Tel: 0937 079 034
npasifali@hotmail.com

VIETNAM CRICKET ASSOCIATION (VCA)

Manish Sogani, Tel: 0908 200 598
manish@ambrij.com

FOOTBALL AND RUGBY

AUSTRALIAN RULES FOOTBALL

Tel: 0937 683 230
vietnamswans.com

LES GAULOIS DE SAIGON

gauloisdesaigon.com

OLYMPIQUE SAIGON

Contact Fred on 0919 709

024 or Viet Luu 0909 500 171.
astere@hotmail.fr

SAIGON RAIDERS

Saigonraiders.com

SAIGON RUGBY CLUB

RMIT University, 702 Nguyen Van Linh, Tan Phong, Q7
saigonrugbyfootballclub@yahoo.com

SAIGON SAINTS

saigonsaints.com

SPORTS - GENERAL

HASH HOUSE HARRIERS

saigonhash.com

RANGERS BASEBALL TEAM

isao.shimokawaji@sap-porobeer.co.jp

SAIGON INTERNATIONAL DARTS LEAGUE

thesidl.com

SAIGON INTERNATIONAL SOFTBALL LEAGUE

saigonsoftball.info

SAIGON SHOOTERS NETBALL CLUB

saigonshootersnetball.blogspot.com

SAIGON SPORTS ACADEMY

28 Tran Nao, Q2, Tel: (08) 7303 1100
saigonsportsacademy.com

SQUASH

The Landmark, 5B Ton Duc Thang, Q1, Tel: (08) 3822 2098 ext 176
thelandmarkvietnam.com

TORNADOS HOCKEY CLUB

436A/33 Ba Thang Hai, Q10, Tel: 0938 889899
James.chew@vietnam-hockey.vn

ULTIMATE FRISBEE

RMIT, 702 Nguyen Van Linh, Q7
Saigon-ultimate.com

X-ROCK CLIMBING

7Nguyen Dinh Chieu, Q3, Tel: (08) 6278 5794
xrockclimbing.com

BOAT HOUSE

AUSTRALIAN / INTERNATIONAL

40 Lily Road, An Phu Superior Compound, Thao Dien, Q2, Tel: (08) 3744 6790

Live music, mini-festivals and functions are regular events at this spacious restobar in An Phu on the banks of the Saigon river. The menu offers seasonal dishes, classic mains and sharing plates.

BUN DAU MAMA LAM

BUN DAU / BUN BO HUE
40 Quoc Huong, Q2

COM TAM 40A

COM TAM
40A Quoc Huong, Q2

LA CLOSERIE D'ELISA

FRENCH / GARDEN RESTAURANT
52 Ngo Quang Huy, Q2

A tropical garden ambience that is at once French yet contemporary Indochinese is the home of this table d'hote style restaurant and bar. Classic French cuisine at reasonable prices in the heart of Thao Dien.

LA PLANCHA

25 Tran Ngoc Dien, Q2, Tel: (08) 6281 8521

LU BU

CONTEMPORARY MEDITERRANEAN
97B Thao Dien, Q2 Tel: (08) 6281 8371

luburestaurant.com

Drawing inspiration from the great cuisines of Europe, The Mediterranean and The Orient, this contemporary, Australian-run restaurant bathed in white focuses on wholesome, fresh ingredients, with breads, cheeses, pickles, pastas and preserves made on site daily from scratch. A well-conceived wine list supplements the excellent fare. Has petanque on the terrace.

MEKONG MERCHANT

INTERNATIONAL CAFE FARE / SEAFOOD
23 Thao Dien, An Phu, Q2, Tel: (08) 3744 6478

info@mekongmerchant.com

The rustic looking, banana-leaf roofed Mekong Merchant has long been the place in An Phu. Set around a cobble-stoned courtyard the cuisine includes gourmet seafood and pastas. Bakery-style Bistro out front.

PAPAGAYO

FRENCH BISTRO / COCKTAILS
18 Tran Ngoc Dien, Q3, Tel: (08) 6252 1333

facebook.com/papagayo-saigon

TAMAGO

AUTHENTIC JAPANESE
39 Tong Huu Dinh, Q2, Tel: (08) 3744 4634

tamagoresto@gmail.com

Located on the main drag in Thao Dien, Tamago has indoor and out door seating, a terrace and private rooms. They have a ladies' night on Tuesdays as well as a Teppanyaki themed night on Saturday evenings. Have a second restaurant in Mui Ne.

THE DECK

MODERN ASIAN FUSION

38 Nguyen U Di, Q2, Tel: (08) 3744 6632

thedecksaigon.com

Set on the banks of Saigon River across from Thanh Da Island, this innovative restaurant serves up modern Asian fusion cuisine in a Bali-style atmosphere, complemented by great cocktails and a long wine list.

THE LOOP

HEALTHY CAFÉ FARE / BAGELS

49 Thao Dien, Q2 Tel. (08) 3602 6385

FITNESS, DANCE & YOGA

AQUAFIT

AQUABIKING

65 Truc Duong, Lang Bao Chi, Thao Dien, Q2, Tel: 0909 008985
aquafit.vn



CYRIL AND YOU SPORTS CENTER

BOXING / FITNESS

49A Xa Lo Ha Noi, Q2, Tel: 0947 771326

cyril-and-you.com

This sports centre in An Phu, started by fitness guru Cyril Terrones, features the same personalised mentorship Cyril's clients love. Includes Zumba, salsa, boxing and fitness for kids and adults every day. No membership fees. Pay for classes in installments of 10. Also has kids classes. Boxing on Tuesday and Saturday at 4pm and circuit training on Thursday at 4pm. All activities are safe and run by Cyril himself.

KI FITNESS & FIGHT FACTORY

BOXING / MARTIAL ARTS

100 Xuan Thuy, Thao Dien, Q2, Tel: 0909 540030

NUTRIFORT (NTFQ2)

GENERAL FITNESS

34 Nguyen Dang Giai, Q2, Tel: (08) 3744 6672
nutrifort.com

A well-appointed gym also offering fitness classes and personal training with excel-

lent facilities. Group classes include power yoga, pilates, circuit training, martial arts and spinning. Also has a restaurant serving calorie-calibrated meals.



DANCECENTER

DANCE & PERFORMANCE

53 Nguyen Dang Giai, Q2, Tel: (08) 3519 4490

info@dancentervn.com
dancentervn.com

A professionally run dance studio close to District 1. Children age 4+ can learn jazz, ballet, tap, hip hop, acro dance and break dance, while adult classes are available from beginner to advanced. International team of qualified dance instructors. Free trial first week of the month for newcomers.

GROCERIES, LIQUOR & WINE

100%

MADE IN VIETNAM GROCERIES

26B Thao Dien, Q2
100percentvn.com

SAIGON KIDS
early learning centre

Where children grow with love and care
A school inspired by Reggio Emilia

Saigon Kids Early Learning Centre
15 Street 12 Perpendicular to Tran Nao Street, District 2, HCMC
Phone: (548) 3740 8061
saigonkidscentre@yahoo.com
www.saigonkidskindergarten.com

ANNAM GOURMET MARKET

GROCERY & DELI
41A Thao Dien, Q2, Tel: (08) 3744 2630
annam-gourmet.com
Attractive and spacious French-owned grocery shop stocking a large range of foods, organic fruit and vegetables, imported beers and wines. Also sells luxury branded products from the likes of Fauchon. The deli upstairs in the Hai Ba Trung branch serves tasty baguette rolls in a comfortable lounge area with free Wi-Fi, and offers probably the best selection of cheese and cured meats in town. Free delivery for Districts 1, 2 and 3.

CLASSIC FINE FOODS

GROCERIES & IMPORTER
No. 17, Street 12 (perpendicular to Tran Nao Street), Q2, Tel: (08) 3740 7105
classicfinefoods.com
Supplier for the city's five-star hotels, also distributing brands like San Pellegrino, Rougie foie gras, Galbani cheese, fresh poultry, meat, live seafood and vegetables. You can now find all the products at the gourmet shop on location.

VINO WINE SHOP

WINE SHOP
Corner of Thao Dien & Duong 2, Q2, Tel: (08) 6281 9059
Professional advice on selecting and tasting wines with a portfolio spanning old and new world as well as everything in between. The outdoor terrace area is the perfect spot to sample a new tipple.

HAIRDRESSERS

ANTHONY GEORGE FOR LONDON HAIR & BEAUTY

Fidco Riverview Building, 14 Thao Dien, Q2, Tel: (08) 3744 6475
anthony@aglondonsalon.com.vn

CONCEPT COIFFURE

48 Tran Ngoc Dien, Q2, Tel: (08) 3519 4625
conceptcoiffure.vn
Open daily from 9am to 8pm Hair stylist and colourist specialist Sandrine has relocated her long-standing flagship salon Venus Coiffure to a villa in Thao Dien. A full range of services is offered including a dedicated kids salon.

INTERNATIONAL SCHOOLS

AUSTRALIAN INTERNATIONAL SCHOOL (AIS)

Xi Campus, 190 Nguyen Van Huong, Q2, Tel: (08) 3519 2727; Thao Dien Campus, APSC Compound, 36 Thao Dien, Q2, Tel: (08) 3744 6960; Thu Thiem Campus, 264 Mai Chi Tho (East-West

Highway), An Phu, Q2, Tel: (08) 3742 4040
saigonstarschool.edu.vn
The Australian International School is an IB World School with three world-class campuses in District 2, offering an international education from kindergarten to senior school with the IB Primary Years Programme (PYP), Cambridge Secondary Programme (including IGCSE) and IB Diploma Programme (DP).

BRITISH INTERNATIONAL SCHOOL (BIS)

246 Nguyen Van Huong, Q2, Tel: (08) 3744 2335
bisvietnam.com
Inspected and approved by the British Government, BIS provides a British style curriculum for an international student body from pre-school to Year 13. The school is staffed by British qualified and trained teachers with recent UK experience. Fully accredited by the Council of International Schools and a member of FOBISIA, BIS is the largest international school in Vietnam.

INTERNATIONAL SCHOOL HO CHI MINH CITY (ISHCMC)

28 Vo Truong Toan, Q2, Tel: (08) 3898 9100
ishcmc.com
The only fully authorized IB World School in Ho Chi Minh City, ISHCMC has been awarding graduates with an IB Diploma and sending them off to high-profile overseas universities since 1999.

MONTESSORI INTERNATIONAL SCHOOL

42/1 Ngo Quang Huy, Q2, Tel: (08) 3744 2639
montessori.edu.vn
Aiming to encourage children's engagement with their surroundings, MIS offers children from age three to 12 a classic Montessori education as well as a variety of extra-curricular activities.

SAIGON KIDS EDUCATIONAL CHILDCARE CENTRE

15 Street 12, perpendicular to Tran Nao, Q2, Tel: (08) 3740 8081
saigonkidskindergarten.com
SKECC has evolved over 10 years to create a creative, playful learning environment for children ages two to six. Limited class sizes and highly engaged teachers ensure personal attention for all students.

SAIGON STAR INTERNATIONAL SCHOOL

Residential Area No. 5, Thanh My Loi, Q2, Tel: (08)

3742 7827
saigonstarschool.edu.vn
Supported by the Cambridge International Primary Programme, SSIS integrates Montessori methods into nursery and kindergarten programmes to create a stimulating learning environment. Small class sizes allow experienced teachers to cater to individual needs.

SMARTKIDS

1172 Thao Dien Compound, Q2, Tel: (08) 3744 6076; 26, Street Nr. 10, Thao Dien, Q2, Tel: (08) 3898 9816; 15 Tran Ngoc Dien, Thao Dien, Q2, Tel: (08) 3519 4236
smartkidsinfo.com
This international childcare centre provides children ages 18 months to six years with a high quality education in a playful and friendly environment.

THE AMERICAN SCHOOL OF VIETNAM

172-180 Nguyen Van Huong, Q2, Tel: 0903 952223
theamericanschool.edu.vn

KIDS

FIRSTBIKE VIETNAM

www.firstBIKE.com.vn
FirstBIKE balance bikes for two to five-year-olds eliminate the need for training wheels or stabilisers, and support proper balance development.

MEDICAL & DENTAL

FAMILY MEDICAL PRACTICE HCMC INTERNATIONAL CLINIC

95 Thao Dien, Q2, Tel: (08) 3744 2000
vietnammedicalpractice.com
Full-service 24-hour healthcare provider with highly-qualified doctors handling everything from emergencies to tests and X-rays, in-patient and out-patient care, check-ups, travel medicine and medical evacuations.

GREGORY BEALE THERAPY

34 Nguyen Dang Giai, Q2, Tel: 01268 654 202
gregbealetherapyfitness.com

SALONS & SPAS

AUTHENTIC SPA

Thao Dien Village, Nguyen Van Huong, Q2, Tel: 3744 2222

AVEDA HERBAL SPA

Villa 35A, Street 41, Thao Dien, Q2, Tel: (08) 3519 4671
avedaherbal@gmail.com

OUVNH BEAUTY SALON

104A Xuan Thuy, Thao Dien, Q2, Tel: (08) 3512 4321

DISTRICT 3

BARS & CLOBS / CAFES & ICE-CREAM / CLOTHING & ACCESSORIES / CRAFTS & FURNITURE / EAT / FITNESS, DANCE & YOGA / HAIRDRESSERS / INTERNATIONAL SCHOOLS / MEDICAL & DENTAL / SALONS & SPAS

BARS & CLOBS

ACOUSTIC

LIVE MUSIC
6E Ngo Thoi Nhiem, Q3, Tel: (08) 3930 2239
Though only 1km from the city centre, Acoustic is well off most foreigners' radars. Come see the Vietnamese house band play nightly, as well as performances from overseas bands and guest artists.

CLOUD 9

LOUNGE BAR & TERRACE
8th & 7th Floor, 2bis Cong Truong Quoc Te, Q3, Tel: 0907 502951

CLUB DARTS, DARTS, DARTS

LIVE MUSIC / EVENTS VENUE
224A Pasteur, Q3, Tel: 0948 031323

WOODSTOCK BAR

MUSIC BAR / CAFE
39 Ba Huyen Thanh Quan, Q3, Tel: (08) 39304075
metallicabar.com
Showcases a variety of different types of music — anything from rock, pop and rap to Latino — as well as the everlasting songs of Metallica, Bon Jovi, Scorpions, Santana and Guns 'n Roses. Covered live by well-known, Vietnam-based Filipino bands. Music starts at 8.30pm.

PLAN B

CONTEMPORARY BAR
147 Hai Ba Trung, Q3, Tel: 0987 684761

ONTOP BAR

Novotel Saigon, 167 Hai Ba Trung, Q3, Tel: (08) 3822 4866
Located on the 20th floor with stunning views of the city, houses an upscale, contemporary interior and an outdoor terrace. A good venue to chill out in a relaxed and casual, yet hip ambience.

ROCKFANCLUB BAR

ROCK BAR
25C Tu Xuong, Q3, Tel: (08) 6290 7489

CAFES & ICE-CREAM

AN'S INTERIOR CAFE

VIETNAMESE / INTERNATIONAL
40C Tran Cao Van, Q3, Tel: (08) 3823 3398

BUD'S

ICE-CREAM PARLOUR
171 Nam Ky Khoi Nghia, Q3,

Tel: (08) 3932 2778
budsicecream.com.vn

HIDEAWAY

INTERNATIONAL
41/1 Pham Ngoc Thach, Q3, Tel: (08) 3822 4222
hideawaycafe-saigon.com
Hidden in a colonial building with an outdoor courtyard, the ample soft, sofa seating renders a great spot to relax. The mouth-watering western menu is on the expensive side.

OPERATION: TEAROOM

TEA ROOM
335/31 Dien Bien Phu, Q3, Tel: 0169 3583563
operationteavietnam.com
Traverse a wooden bridge over a bamboo-shaded goldfish pond to enjoy high quality tea, starting at VND35,000, in this quaint, open-air tearoom. Tea and tea-ware available for purchase.

CLOTHING & ACCESSORIES

BAM SKATE SHOP

SKATEWEAR / STREET
148 Dien Bien Phu, Q3, Tel: 0903 641826
bamskateshop.com.vn

BOD

STREETWEAR
187A Hai Ba Trung, Q3

CRAFTS & FURNITURE



ATC FURNITURE
ECO-FRIENDLY FURNITURE
SR1: 268B Nam Ky Khoi Nghia, Dist.3, HCMC, Tel: (08) 39326455
SR2: 30A Nguyen Huu Canh, Binh Thanh, HCMC, Tel: (08) 38403946
atc-craft.com

Filled with the scent of nature, is it what you are looking for to spice up the living space of your home? Come to ATC FURNITURE, you will find a wide range of modern-designed products (sofas, chairs, beds...) manufactured from eco-friendly materials (water hyacinth & rattan). Our outdoor (poly rattan) wicker-furniture range is suited to your balcony or garden space. A hanging (hammock) chair is irresistible for complete relaxation after a long day at work.

HEMIX DELU

INDOOR FURNITURE
222 Nguyen Thi Minh Khai, Q3, Tel: (08) 3930 4190
remixdeco.com

EAT

AU LAC DO BRAZIL

BRAZILIAN / BUFFET
238 Pasteur, Q3, Tel: (08) 3820 7157
aulacdobrazil.com
Latino ambience with great meat dishes and attractive, spacious décor. The churrasco, with 12 cuts of barbecued and cured meats plus unlimited salad, is hand carved at your table. Can get busy.

BANH CANH HOANG TY

BANH CANH / TAY NINH CUISINE
70 Vo Van Tan, Q3

BEEFSTEAK NAM SON

VIETNAMESE STEAKHOUSE
200 Bis Nguyen Thi Minh Khai, Q3; 157 Nam Ky Khoi Nghia, Q3, Tel: (08) 3930 3917
Namsonsteak.com

HIGHWAY 4

NORTHERN / PAN-VIETNAMESE
101 Vo Van Tan, Q3, Tel: (08) 3602 2069
highway4.com

Named after the mountain highway that skirts the Chinese-Vietnamese border to the north, Highway 4 serves up authentic north Vietnamese cuisine. Also does excellent Son Tinh branded rice wine.

JOIE DE VIVRE

WESTERN / FRENCH
292/10, Cach Mang Thang Tam, Q3 Tel: (08) 6260 0066
facebook.com/joie.vn

PHO HOA

PHO EATERY
260C Pasteur, Q3, Tel: (08) 3829 7943

SHRI

CONTEMPORARY EUROPEAN
23rd Floor, Centec Tower, 72-74 Nguyen Thi Minh Khai, Q3, Tel: (08) 3827 9631
A breezy terrace, indoor bar and separate dining room with sweeping views over central Saigon make up this enormous, comfortable space. A well-thought out and romantic venue, with excellent food.

SUSHI DINING AOI

SUSHI / SASHIMI
53-55 Ba Huyen Thanh



INTERNATIONAL SOS HCMC MEDICAL CLINIC

INTERNATIONAL CLINIC / MEDIVAC
 167A Nam Ky Khoi Nghia, Q3,
 Tel: (08) 3829 8424
internationalsos.com
 The world's leading provider of medical assistance and international healthcare offers primary health care, diagnostic services and 24/7 emergency care. Specialist care is available in many fields.

STAMFORD MEDICAL CLINIC

INTERNATIONAL CLINIC
 254 Dien Bien Phu, Q3, Tel:
 (08) 3932 1090
stamfordskin.com
 Stamford Medical Clinic offers services in internal medicine, dermatology, aesthetic medicine, infectious diseases, and general medicine.

STAMFORD SKIN CENTRE

SKIN CARE / COSMETICS
 254 Dien Bien Phu, Q3, Tel:
 (08) 3932 1090
stamfordskin.com
 Stamford Skin Centre offers a broad range of medical and aesthetic skin treatments. Their international dermatologists and doctors ensure accurate diagnosis and safe treatment procedures. It houses excellent equipment for a variety of procedures.

TRADITIONAL MEDICINE HOSPITAL

EASTERN MEDICINE
 187 Nam Ky Khoi Nghia, Q3,
 Tel: (08) 3932 6579

SALONS & SPAS

AVEDA HERBAL SPA
 Villa 35A, Street 41, Thao Dien, Q2, Tel:(08) 3519 4671
avedaherbal@gmail.com

YKC SPA
 219 Dien Bien Phu, Q3, Tel:
 (08) 3829 2791
ykcspa.com

Quan, Q3, Tel: (08) 3930 0039
sushidiningaoi.com
 Sushi Dining AOI offers full-blown Japanese-style sushi, sashimi, and other dishes such as tempura, pork cutlet and cold soba noodles in a warm and friendly atmosphere. Good value set lunches. Probably the best sushi in town.

TIB
HUE / VIETNAMESE
 187 Hai Ba Trung, Q3, Tel:
 (08) 3829 7242
Tibrestaurant.com.vn
VIET CHAY
VEGAN
 Vinh Nghiem Pagoda, 339 Nam Ky Khoi Nghia, Q3
vietchay.vn

FITNESS, DANCE & YOGA

MICHELLE LLOYD YOGA & MASSAGE THERAPY
YOGA
 Tel: 0909 648193
michelle@michellelloyd.com
michellelloyd.com
 American trained and licensed massage therapist and certified yoga instructor. Dedicated yoga and massage spaces in Districts 2 and 3. Private and group yoga classes. Home visits available.

SAIGON BELLY DANCE
BELLY DANCE
 No 96, Street 2, Cu Xa Do Thanh, Q3, Tel: (08) 3832 9429
saigonbellydance.com

HAIRDRESSERS

YKC HAIR STUDIO
 219 Dien Bien Phu, Q3, Tel:
 (08) 3829 2791

INTERNATIONAL SCHOOLS

CITYSMART
 7 Street 2, Cu Xa Do Thanh, Q3, Tel: (08) 3832 8488
citysmart.vn
 CitySmart delivers a range of diverse, internationally-recognised educational programmes, as well as life skills and character building for comprehensive development.

VAS
 98 Cach Mang Thang Tam, Q3, Tel: (08) 3930 7278
vas.edu.vn

MEDICAL & DENTAL

STARLIGHT DENTAL CLINIC
INTERNATIONAL DENTAL CLINIC
 2 Bis Cong Truong Quoc Te, Q3, Tel: (08) 3822 6222
starlightdental.net
 Long-established, modern clinic with French, Canadian, Belgian & Vietnamese dentists. A favourite of the foreign residential community due to its modern and effective treatments allied with extremely reasonable prices.

AMERICAN CHIROPRACTIC CLINIC
CHIROPRACTOR
 161-161A Hai Ba Trung, Q3, Tel: (08) 3939 3930
www.acc.vn
 A clinic provides world class Chiropractic, Physiotherapy

and Foot Care. We specialize in provides effective treatment for back, neck and knee pain, sports injuries, and all types of foot problems. We also provide effective treatment for Flat foot syndrome in children and adult.

INTERNATIONAL SOS DENTAL CLINIC

INTERNATIONAL DENTAL CLINIC
 167A Nam Ky Khoi Nghia, Q3, Tel: (08) 3829 8424
internationalsos.com
 Globally renowned provider of medical assistance and international healthcare offers full dental services in the clinic. Foreign and Vietnamese dentists provide high skilled dental service. Orthodontics is also available.

Dr. Philippe Guettier & International Team of Dentists

The World of Happy Smiles...

2010, 2011, 2012, 2013 Vietnam Award for "Excellence in Dentistry" by Vietnam Economic Times

Starlight Dental Clinic
 Quality, Reputation, Experience

2 Bis Cong Truong Quoc Te, (Ho Con Rua - Turtle Lake)
 Dist.3, HCMC / Tel: 38.22.62.22 - 38.23.92.94
starlightdental@gmail.com / www.starlightdental.net

Looking for 1 dentist, 1 dental hygienist, 1 dental patient coordinator (with Japanese speaking)

FOOD PROMOS



Dishes from Olivier Restaurant at The Sofitel Plaza

High Tea

@Caravelle
caravellehotel.com

Caravelle is changing the high tea game with three new menus for a traditional pastime. The Traditional English High Tea menu features classics such as curried beef pie, shrimp and cucumber with dill sour cream on rye bread, chocolate scones and strawberry cupcakes.

An array of local favourites come together in the Vietnamese High Tea menu, including Vietnamese fish cakes, shrimp mousse on lemongrass skewers and steamed pandan rice cakes with ginger syrup.

The high tea experience extends to vegetarians as well, with a special menu of tasty finger food such as 'Buddhist' fresh spring rolls, chilli-spiced cream cheese on a coriander seed bagel, and

apple and crème samosas. Each menu is priced at VND280,000++ with a choice of one Ronnefeldt tea or Lavazza coffee; and VND380,000++ with coffee or tea and a flute of Veuve Clicquot champagne.

L'Olivier Goes À La Carte

sofitel.com/saigon

The Sofitel's famed L'Olivier Restaurant has debuted a new a la carte menu for the spring and summer, focused on the purity of staples like red tuna, lobster, red mullet, sea bass, eggplant and artichoke. It's all brought together simply and exquisitely, in dishes like sea bass with eggplant extract, smoked eel, semolina, coriander and mint; steamed codfish loin and cannelloni with shell fish; lamb shoulder Middle East style with baby vegetables; or duck with rosemary juice, tomato ravioli and anise-flavored pommes mousseline.

Mövenpick Saigon

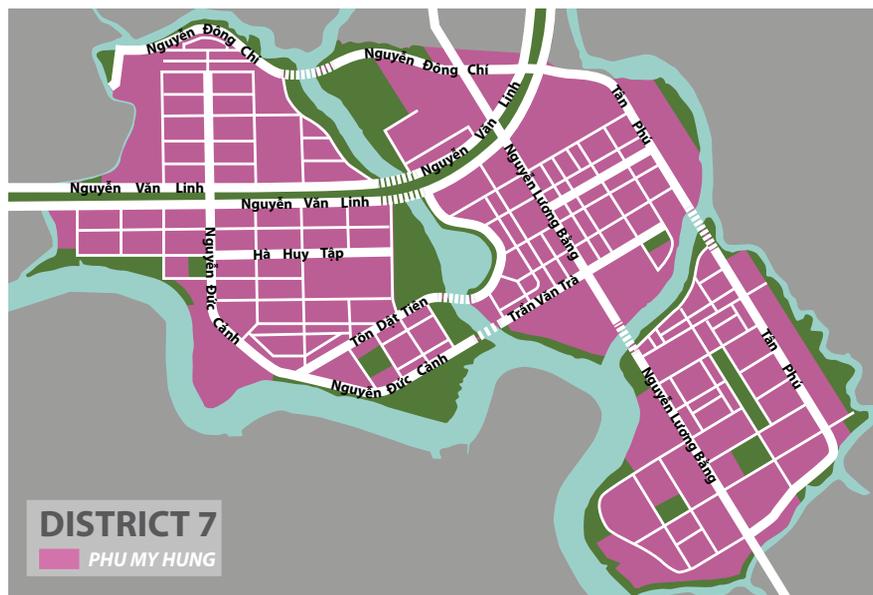
moevenpick-saigon.com

For Hung Kings', Liberation Day and Labour Day — Apr. 9, Apr. 30 and May 1 — Mövenpick is bringing back their legendary *Seafood Night*. It will feature a sumptuous array of fresh seafood, served buffet-style around the open kitchens, carving stations and dessert counters of **Saigon Café** — priced at VND880,000++ per person.

On Easter Day, Apr. 20, the lunch and dinner buffets cost only VND449,000++ per person and feature a selection of delicacies from Executive Chef Peter D. Zobrist, such as a lamb carving station, grilled beef tenderloin, salmon, oysters, assorted sushi and maki rolls and more. Also — cheesecake!

PHU MY HUNG

BAKERIES / BARS & CLOBS / CRAFTS & FURNITURE / EAT / FITNESS, DANCE & YOGA / INTERNATIONAL SCHOOLS / MEDICAL & DENTAL



DISTRICT 7
PHU MY HUNG

BAKERIES

L'AMOUR

BAKERY & CAFE
Hung Phuoc 2, Le Van Thiem, Q7, Tel: (08) 5410 4072
lamourbakery.com.vn

SAVURE

BAKERY
Grand View, SD 4-1, Nguyen Duc Canh, Q7

SIMRANS

BAKERY
SL15-1 Grand View, Nguyen Duc Canh, Q7, Tel: 0908 828552
simrans.sg

BARS & CLOBS

BANANA BAR

EXPAT BAR
SA8-1 Parkview, Nguyen Duc Canh, Phu My Hung, Q7, Tel: (08) 5412 3282
A downstairs pool table, an open, street side terrace and specials on Tiger draft, this fun but slightly run-down joint is a local haunt for many a resident of Saigon South.

PEACHES

CURRY PUB
S57-1 Sky Garden 2, Phu My Hung, Q7, Tel: (08) 5410 0999
Known as the 'Curry Pub', this pleasant Saigon South watering hole mixes the beer with all things curry — anything from Goan fish curries to beef rendangs and more. A popular local haunt.

RUBY SOHO

CARTOON BAR
S52-1 Sky Garden 2, Q7, Tel: (08) 5410 3900

THE TAVERN

EXPAT & SPORTS BAR
R2-24 Hung Gia 3, Bui Bang Doan, Q7, Tel: (08) 5410 3900
The first bar established in Saigon South, great food, great music and loads of laughs. Has regular live music nights, theme nights and a variety of live sports events to please everybody. Big screens and outdoor seating add to the mix, with BBQs available for parties and events.

CRAFTS & FURNITURE

BELLAVITA

HIGH-END FURNITURE
The Crescent Mall, 101 Ton Dat Tien, Q7, Tel: (08) 5413 7355
bellavitafurniture.com

MEKONG CREATIONS

FAIR TRADE CRAFTS
35-37 Ngo Duc Ke, Q1, Tel: (08) 2210 3110; S17 - Sky Garden, Nguyen Van Linh, Q7, Tel: (08) 6271 7758
mekong-creations.org

MEKONG QUILTS

HAND-MADE QUILTS
S17-1 Sky Garden, Nguyen Van Linh, Q7, Tel: (08) 6271 7758
mekong-quilts.org

NHA XINH

HOME FURNISHINGS
CR3, The Crescent Mall, 111 Ton Dat Tien, Q7, Tel: (08) 5413 6657
www.nhaxinh.com

EAT

BOOMARANG BISTRO SAIGON

INTERNATIONAL / GRILL
CR2 3-4, 107 Ton Dat Tien, Phu My Hung, Q7, Tel: (08) 5413 6592
boomarang.com.vn
Australian themed but Singaporean-owned eatery and bar on The Crescent with great terraced seating specializing in huge-portioned international fare, all set in a contemporary, spacious environment.

CHAM CHARM

LUXURY INDOCHINA
2 Phan Van Chuong, Q7, Tel: (08) 5410 9999

EL GAUCHO

ARGENTINIAN STEAKHOUSE
Unit CR1-12, The Crescent, Phu My Hung, Q7, Tel: (08) 5413 6909
elgaucho.com.vn
A pleasant downtown eatery mixing an Argentinian steakhouse theme with pork, chicken, lamb, homemade spicy sausage, skewers, burger dishes and everything that can come off a grill.

HOANG VEN

PAN-VIETNAMESE
The Crescent, 103 Ton Dat Tien, Q7, Tel: (08) 2210 2304

MING DYNASTY

LAVISH CHINESE / VIETNAMESE
23 Nguyen Khac Vien, Q7, Tel: (08) 5411 5555



NATHALIE'S

THAI / VIETNAMESE
S9 Hung Vuong 3, Q7, Tel: (08) 5410 0822
nathaliesrestaurant.com

SALT & PEPPER

PAN-ITALIAN
The Crescent, Phu My Hung, Q7, Tel: (08) 5412 4848

SCOTT AND BINH'S

INTERNATIONAL
15-17 Cao Trieu Phat, Phu My Hung, Q7, Tel: 0948 901465
bizuhotel.com/main/pages/scottbinhs.php
Serving creative, all home-made comfort food, this restaurant boasts a full bar, ice-cold beer and an international wine list to complement meals. Has a focus on the creative use of local ingredients.

FITNESS, DANCE & YOGA

CRESCENT WELLNESS CLUB

GYM, POOL, SQUASH
3rd Floor, Crescent Plaza, 105 Ton Dat Tien, Phu My

Hung, Tel: (08) 5412 1277

The-crescent.com
Overlooking the Crescent complex's lagoon, this centre offers modern facilities, a gym with Technogym equipment allowing users to track their progress. Includes fitness classes, yoga, squash courts, pool, steam bath and nutrition bar.

PANDORA FITNESS

INTENSIVE / FULL-BODY WORK-OUTS
206 Tran Van Tra, Q7, Tel: 01654 058401 / 01629 546534
cezsaigon@gmail.com

INTERNATIONAL SCHOOLS

ABC INTERNATIONAL SCHOOL

2, 1E Street, KDC Trung Son, Binh Hung, Binh Chanh, Tel: (08) 5431 1833
theabcis.com
Serving students from 32 nations, ages two to 18, ABC delivers a curriculum wholly based on UK standards, culminating in IGCSE's and A levels (awarded upon graduation by Cambridge University examinations board).

CANADIAN INTERNATIONAL SCHOOL

13C Phong Phu Commune, Binh Chanh, Tel: (08) 5412 3456
cis.edu.vn
The first Canadian international school in Vietnam serves local and foreign students from Kindergarten to grade 12. Talented, certified teachers implement the internationally recognised Ontario curriculum to create a student-centred learning environment promoting academic excellence.

KINDERMUSIK EARLY CHILDHOOD EDUCATION CENTRE

Crescent Residence 2, 107 Ton Dat Tien, Q7, Tel: 0907 099 480
kindermusik-vietnam.com

LITTLE GENIUS INTERNATIONAL KINDERGARTEN

102 My Kim 2, Phu My Hung, Q7, Tel: (08) 5421 1052
lgkids.vn

RENAISSANCE INTERNATIONAL SCHOOL SAIGON

74 Nguyen Thi Thap, D7, Tel: (08)3773 33171 ext 120/121/122
renaissance.edu.vn
Renaissance is an International British school providing an inclusive curriculum based upon the British curriculum complemented by the International Primary Curriculum and International Baccalaureate. It is a family school with first-class facilities including a 350-seat theatre, swimming pool,

mini-pool, play-areas, gymnasium, IT labs, music and drama rooms, science labs and an all-weather pitch.

SAIGON SOUTH INTERNATIONAL SCHOOL (SSIS)

78 Nguyen Duc Canh, Q7, Tel: (08) 5413 0901
ssis.edu.vn
Offers an American-style education (SAT, IB and AP) from elementary to high-school, emphasizing a multi-cultural student environment and a commitment to well-rounded education at all levels.

MEDICAL & DENTAL



american eye center

AMERICAN EYE CENTER

5th Floor, Crescent Plaza, 105 Ton Dat Tien, Q7
Tel: 5413 6758 / 5413 6759
www.americaneyecenter.vn.com

American Eye Center is located in the heart of Phu My Hung, providing eye care services to Adults and Children by an American Board-certified ophthalmologist with 17 years of experience. The American-standard facility is equipped with state of the art equipments for the early detection and treatment of important eye diseases from Lasik and cataract surgeries to presbyopia, glaucoma and diabetic eye disease treatments. Cosmetic procedures such as eyelid surgery and Botox injections are also available.

FV HOSPITAL

INTERNATIONAL HOSPITAL
6 Nguyen Luong Bang, Saigon South Parkway, Q7, Tel: (08) 5411 3333
Emergency: (08) 5411 3500
fvhospital.com

International hospital whose standard of health care matches that found anywhere, with 19 full-time French doctors and 58 Vietnamese doctors, providing expertise in 30 medical and surgical areas, especially maternity care.

HAPPINESS (HANH PHUC) ORIENTAL MEDICINE CENTER

EASTERN MEDICINE
432 Pham Thai Buong, Q7, Tel: 0906 684 969

Do you think you should be listed on these pages? If so, simply email us on lists@wordvietnam.com and we'll see what we can do. We can't promise but we'll try our best





Festival Huế

Múa truyền thống Nga, nhạc điệu Châu Phi được biểu diễn bằng nhạc cụ Việt Nam, nhạc electro-pop Đan Mạch, những người đi cà kheo Bỉ và nhạc jazz Mông Cổ. Lễ hội độc nhất ở Việt Nam sẽ quay trở lại Huế trong tháng này

Nếu bạn thả bộ dọc bên sông Hương ở Huế vào giữa tháng Tư, bạn có thể thấy cây cầu Tràng Tiền sẽ bùng bùng ánh lửa.

Bắt đầu từ năm 2000, Festival Huế hai năm một lần đã mang văn hoá quốc tế vào một thành phố được biết đến như là một cố đô cũ của Việt Nam hơn là một nơi có nền nghệ thuật tiên phong. Trong khi bạn vẫn có thể sẽ tham dự các buổi lễ nghi thức hoàng gia cùng với nhạc dân gian – những thứ đã thu hút khách du lịch tới thành phố cố đô này, Festival Huế lại nổi bật với những màn trình diễn bất ngờ - như cầu Trường Tiền rực lửa, được thực hiện bởi đoàn nghệ thuật Cie Carabosse của Pháp – chuyên thực hiện các biểu diễn nghệ thuật hấp dẫn cho công chúng.

Biểu Diễn Nghệ Thuật Phát Triển

Có 32 nhóm biểu diễn tham gia trong Festival Huế đầu tiên, chỉ có 7 nhóm là từ nước ngoài. Cho tới nay, nó phát triển theo cấp số nhân. Lễ hội năm nay sẽ có 70 nhóm tham gia từ 37 quốc gia, biểu diễn nhiều dạng nghệ thuật từ nhạc dân gian Isan của Thái cho đến nhạc electro-pop của Đan Mạch. Những màn biểu diễn đường phố thường miễn phí và những show hàng ngày có giá 100,000 đồng, trong khi đó, tham dự yến tiệc hoàng gia sẽ làm bạn tốn khoảng 2 triệu đồng.

Với chủ đề khá thú vị - Di Sản Văn Hoá với Hội Nhập và Phát Triển - cho thấy, festival là dấu hiệu cho thấy nỗ lực của thành phố để thúc đẩy du lịch phát triển. Năm nay, Huế phấn đấu để trở thành thành phố trực thuộc Trung Ương, để tham gia hàng ngũ các thành phố

như Hà Nội, Tp. Hồ Chí Minh, Đà Nẵng, Cần Thơ và Hải Phòng. Điều đó có nghĩa là sẽ được cấp một quỹ quốc gia cho phát triển cơ sở hạ tầng. Nhưng ngay cả nếu điều đó không xảy ra, sự kiện này đã làm cuộc sống địa phương khác biệt.

“Để chuẩn bị cho festival, chính quyền phải nâng cấp rất nhiều con đường và những khu di tích lịch sử. Khách sạn và nhà hàng cũng được xây dựng, tạo thêm công việc cho dân địa phương, nhờ vậy họ có thêm chi phí để sắm sửa”, — Lê Huy Đình, sinh ra và lớn lên ở Huế và là tình nguyện viên cho festival từ 10 năm nay cho biết.

Thu Hút Du Khách

Tất nhiên, festival chủ yếu là biểu diễn nghệ thuật, các nhóm biểu diễn nghệ thuật bao gồm những nhóm hài và những nhóm nghệ thuật đặc sắc. Nhóm biểu diễn múa dân gian Raduga từ thành phố Khabarovsk của Nga sẽ đem đến một cái nhìn về “tâm hồn của người Nga, táo bạo và can đảm, nhiệt tình và khiêm tốn” – đại diện nhóm Olga Ovchinnikova đảm bảo với tôi như thế. Rồi cũng có nhóm DeepBlue tự nhận là “nguồn cảm hứng rock của Úc”, và dự án Hợp Nhất Âm Nhạc Việt Nam-Mali kết hợp nhạc điệu của Châu Phi với nhạc cụ truyền thống Việt Nam. Đến từ Bỉ có 40 thành viên Đi Cà Kheo Hoàng Gia, họ sẽ ở trên cao chót vót trên các đường phố Huế trong trang phục màu sắc rực rỡ. Ngoài ra, còn có nhóm “nhạc jazz dân tộc” từ Mông Cổ sẽ đem đến màn biểu diễn hát bằng họng và nghệ thuật uốn dẻo cơ thể.

“Đối với tôi, điều thú vị nhất về festival là biểu diễn đường phố bởi các nghệ sỹ Châu Âu. Hàng ngàn người sẽ đứng hai bên đường để xem biểu diễn và chụp hình.” – Huy cho hay.

Anh ta thật sự không phóng đại về số lượng người xem. Năm 2000, khoảng 400,000 người tham gia lễ hội. Năm nay, phó giám đốc Trung Tâm Festival Huế Huỳnh Tiến Đạt dự đoán sẽ có khoảng 2 triệu người. Số du khách nước ngoài đến thành phố cho lễ hội đầu tiên là 6,000 người. Dự đoán sẽ có hơn 100,000 du khách nước ngoài trong tháng này.

Trong khi các nhà tổ chức mời rất nhiều nghệ sỹ quốc tế, festival năm nay sẽ tạo ra một màn trình diễn đáng giá cho các nghệ sỹ Việt Nam.

“Festival sẽ cho các nghệ sỹ địa phương cơ hội thể hiện các tác phẩm nghệ thuật cho các khán giả nước ngoài”, — nghệ sỹ đương đại người Huế Trần Tuấn cho hay, người có tác phẩm điêu khắc *Khởi U* được trưng bày ở festival 2010. Được làm từ hàng ngàn lon nhôm, tác phẩm to lớn này là một lời nhắc nhở tới vấn đề ô nhiễm môi trường. “Nó thật sự là một sự kiện quan trọng đối với chúng tôi khi mà ở Huế chúng tôi không có nhiều cơ hội để biểu diễn nghệ thuật.” — Elisabeth Rosen

Festival Huế sẽ bắt đầu từ 12/4 đến 20/4. Để biết thêm thông tin chi tiết, xin ghé qua trang web huefestival.com

Ngôi Nhà Kỳ lạ

Một khu rừng giữa lòng thành phố.
Ảnh bởi **David Harris**

Ở Hà Nội, nơi những ngôi nhà cao tầng hay siêu mỏng đã trở nên phổ biến bởi giá đất đắt đỏ, việc có một khu vườn cho riêng mình đối với nhiều người chỉ còn là một giấc mơ. Tuy nhiên, bác Bùi Hữu Đại đã tìm ra cách để tạo ra một không gian sinh thái thu nhỏ cho riêng mình. Những người đi qua ngôi nhà của bác không thể không cảm thấy tò mò với hệ thống sinh thái đó.

Nhìn từ ngoài vào, ngôi nhà trông thật dễ thương. Tất cả các ban công trên bốn tầng đều được trang trí bởi những giò hoa treo, nhiều tới nỗi thật khó để tìm được một phần trống. Cửa vào và toàn bộ bức tường ở tầng một được bao phủ bởi cây leo xanh mướt. Ngày trước, loại cây leo này phủ kín toàn bộ cả bốn tầng, nhưng hiện tại bác Đại đang trong quá trình thay thế bằng một loại cây leo khác. Những cây hoa cũng là nơi thu hút những loại côn trùng, đặc biệt là những chú bướm nhiều màu sắc đậu trên những cánh hoa dạ yến thảo đang nở rộ.

Trong ngôi nhà 400 mét vuông của mình, bất cứ nơi nào có ánh sáng tự nhiên đều được bác Đại trồng cây, hoa, rau và cả cây ăn quả nữa. Những khoảng “vườn” đó bao gồm một phần sân thượng, nóc nhà, phần sân nhỏ ở mỗi tầng, và thậm chí cả những bậu cửa sổ trong phòng karaoke, nơi một phần mái được làm bằng kính để đón ánh sáng mặt trời. Ngay cả ở những khu vực tối hơn như cầu thang trong nhà, bác cũng lắp đặt hệ thống đèn thích hợp để giúp cây quang hợp. Hầu hết những cây, hoa và rau nhà bác Đại được gieo từ hạt bác mua ở chợ Bưởi, và đôi khi là từ những chuyến đi công tác nước ngoài. Những chiếc khay đựng cây giống được làm bằng đủ thứ vỏ hộp, từ ống nhựa cho tới những chiếc vỏ chai rượu vang cũ cũng được khoét ra và treo tường. Bác còn thực hiện cả việc trồng bằng phương pháp thủy canh và thiết kế hệ thống bơm nước tự động mini cho khu vườn nhà mình. Đây không chỉ còn là sở thích, mà nó là một giấc mơ mà bác Đại đã theo đuổi.

Ngôi nhà mơ ước

“Thời sinh viên, bác đi bộ đội và ở rừng Trường Sơn một thời gian. Hồi đó mơ mộng lắm và những khi không phải ra chiến trường thì thường đóng quân gần những con suối, đẹp lắm”, bác nhớ lại. “Khi đó bác đã nghĩ rằng, ở Hà Nội mà có được một cảm giác như đang sống giữa thiên nhiên thì thật tuyệt vời. Vì vậy bác cũng muốn căn nhà của mình có được cảm giác như thế, dù nó chỉ là một góc nhỏ của khu rừng...”

Giờ đây ở tuổi ngoài 60, bác Đại nổi tiếng với bạn bè là người rất có hoa tay về cây cảnh. Nhưng bác cho rằng, miễn là có đam mê, chịu khó tự tay chăm sóc và học hỏi thì ai cũng có thể có được một khu rừng nhỏ cho riêng mình.

“Sống ở thành phố thì không tránh khỏi nhà hình ống vì phần lớn mọi người có diện tích đất nhỏ,” bác giải thích. “Nhưng nếu bạn biết tận dụng những phần ban công, phần sân, và sáng tạo trong việc tạo ra những nơi để treo những giò hoa, bạn sẽ có thể trồng được rất nhiều cây cối xung quanh.”

Mùa xuân sẽ sớm qua đi và mùa hè đang dần tới, ở sân nhà mình, bác Đại đã chuẩn bị hơn năm chục chậu sen cạn để thay thế cho những giò dạ yến thảo sắp tàn. Đã từ lâu, ngôi nhà của bác quanh năm đều tràn ngập hoa.

Nhiều người bạn của bác, và đôi khi là người qua đường cũng ghé lại và xin bác cây giống. Bác rất vui vẻ tặng họ, với một điều kiện, đó là nếu những cây giống đó phát triển tốt, họ cũng cần tặng cho người khác khi được để nghị. Bác tin rằng có như thế, thú vui trồng hoa và cây mới có thể lan rộng khắp thành phố. — **Hoa Le** 

Một Giọng Hát Mượt

Album mới nhất mang tên ca sỹ người Công-gô Gasandji được đài phát thanh âm nhạc Pháp RFI Musique đánh giá là "hơn hẳn là một công việc làm ăn, mà nó là sự tự khẳng định khả năng", và đối với Gnsandji, âm nhạc là cách truyền tải những bí mật và nâng cao nhận thức. Vay mượn các yếu tố âm nhạc khác nhau như jazz và nhạc truyền thống Châu Phi, dòng nhạc eclectic của Gansandji sẽ được giới thiệu tại sân khấu IDECAF ở Tp. Hồ Chí Minh vào 17/4 và ở L'Espace ở Hà Nội vào 19/4. Chiến thắng giải *Coup de Coeur Francophone* danh giá năm 2013 của học viện Charles Cros, Gasandji trở nên tự tin hơn vào đúng thời điểm.

Gasandji sẽ biểu diễn ở IDECAF, 28 Lê Thánh Tôn, Q1, ngày 17/4 lúc 20:00. Vé hiện đang được bán tại IDECAF, giá 100,000 đồng cho vé thường, và 50,000 đồng cho sinh viên. Buổi biểu diễn ở Hà Nội sẽ được tổ chức ở L'Espace vào 19/4 từ 20:00. Vé hiện đang được bán tại L'Espace, với giá 120,000 đồng và sinh viên sẽ được giảm giá.



Lễ Hội Hà Nội Sound Stuff

Dành cho những người yêu nhạc điện tử, Lễ Hội Hà Nội Sound Stuff là một trong những sự kiện mơ ước - và đối với những ai không rành về các thể loại nhạc, lễ hội này một cuộc đổ bộ lên miền lãng quên, sẽ làm cho họ không còn nhớ gì về thời gian.

Diễn ra trong ba ngày tại những nơi thú vị nhất từ thủ đô, lễ hội là sân phẩm của những nỗ lực không mệt mỏi của những công ty âm nhạc tuyệt vời và nổi tiếng nhất của Hà Nội - bao gồm GingerWork, Onion Cellar, C3 Việt

Nam và tất nhiên có cả vị cha đẻ chương trình Trí Minh.

Ngoài các tên tuổi đứng đầu trong thể loại nhạc điện tử và nghệ thuật đương đại của Việt Nam, còn có các nghệ sỹ từ khắp nơi trên thế giới. Lễ hội nói rộng ranh giới của nghệ thuật và âm nhạc, mang đến cho Hà Nội sự theo đuổi tham vọng nhất về nghệ thuật và nhạc điện tử cho đến nay.

Với các DJ đến từ Đức, Anh, Pháp và Việt Nam, Sound Stuff như là một sự đáp trả của

thành phố miền Bắc này cho Festival Huế - một sự hợp tác chính mang những hoạt động lễ hội quốc tế đến Việt Nam.

Lễ Hội Hà Nội Sound Stuff sẽ diễn ra trong hai ngày 11 - 12/4, mở đầu với sự kiện ngoài trời quan trọng. Chương trình sẽ được tiếp tục tại nhiều nơi với nhiều buổi biểu diễn âm nhạc, triển lãm nghệ thuật và chiếu phim suốt cuối tuần. Vé hiện được bán cho hai ngày 11 - 12/4 với giá 200,000 đồng và 50,000 đồng. Để biết thêm chi tiết xin ghé trang web hanoisoundstuff.vn

Mykki Blanco Biểu Diễn ở Cama ATK



Mykki Blanco từ New York là một nhà sáng tạo kiêm nghệ sĩ biểu diễn/ bậc thầy âm nhạc/một hiện tượng khó hiểu, và trong sự nghiệp ngắn ngủi của mình, cô đã tạo ra những làn sóng âm nhạc mới trên toàn thế giới. Sắp tới, và sẽ làm khán giả Hà Nội bối rối và sững sốt với đêm biểu diễn tại **Cama ATK** ngày 17/4.

Với vai diễn trong “Thiên Thần Vũ Trụ” (Cosmic Angel), Mykki Blanco mang tới một cấp độ mới của nghệ thuật biểu diễn rộng lớn đến mỗi thành phố cô đến. Từ một chuyên viên công nghệ thông tin, cô trở thành một nghệ sĩ đầy mê hoặc, cô sáng tạo một tác phẩm nghệ thuật được phát hành với tên gọi *Cosmic Angel: The Illuminati Prince/ss* năm 2012.

Xuất hiện cùng với những tên tuổi như Bjork và Death Grips, cô sẽ biểu diễn ở sân khấu CAMA ATK và buổi biểu diễn của cô chắc chắn sẽ là một đêm kỳ lạ, đầy năng lượng và không thể quên được nhất ở Hà Nội từ trước đến giờ.

Mykki Blanco sẽ diễn ở Cama ATK, 73 Mai Hắc Đế, Hai Bà Trưng, Hà Nội ngày 17/4, giá vé 150,000 đồng. Không nên bỏ lỡ.

Mèo của Tháng: A.J.

Chú mèo của số báo tháng Tư của chúng tôi mang tên người nhảy bungee đầu tiên – A.J.Hackett. Không may là A.J. không hề có dây an toàn khi nó bị rơi từ mái nhà nơi nó được sinh ra – nhưng may mắn là không bị thương, và con chó xấu tính thì không muốn chia nhà. Christa, phụ trách mảng chăm sóc hàng ngày cho trung tâm Chăm Sóc và Cứu Giúp Động Vật (Animal Rescue & Care) ở Tp. Hồ Chí Minh, đang nhắm nháp cà phê với vị chủ nhà khi cô người giúp việc mang A.J. vào. Và khi A.J. từ

chối quay trở lại nơi nó được sinh ra, Christa mang nó đến trung tâm.

Mười tháng sau, A.J. giờ rất hạnh phúc, khỏe mạnh và không còn sợ bị té bổ nhào nữa. Mặc dù nó sống tốt ở trung tâm, nhưng nó sẵn sàng đến sống cùng với bạn và đây lông khắp nơi. Và tất nhiên, nó sẽ trở thành bạn tốt suốt đời của bạn!

Là một chú mèo thiên năng động và đã được chích ngừa đầy đủ, nó đang chờ bạn đưa về nhà hôm nay. Hãy liên lạc ngay với arcpets@gmail.com để cùng bàn về tương lai của chú mèo.







FESTIVAL SEASON

The Group Holiday

With careful planning, a random pre-Tet weekend ended up in a trip to the **Laneway Festival** in Singapore. **Ed Weinberg** found himself lucky enough to be part of it

There's one in every group. In ours it's Sammy Eastwood, pushing fun times, working out tickets and accommodations, and putting it all on her credit card. This is how you get 33 of your closest friends to Singapore over a pre-Tet weekend, staying together in three rooms of a prime-location hostel, then attending one of the best festivals the region has seen.

The occasion was Laneway 2014, an indie extravaganza that featured five Pitchfork best-of-2013-ranked artists. On *The Top 50 Albums of 2013* list, Chvrches breaks the ice at 36th, James Blake comes in 26th, Haim ranks 17th, Kurt Vile ranks 13th and Savages come in with the ninth-ranked album of last year. This is the kind of lineup that only comes to places with forward-thinking music fans — or at least ones willing to spend over VND2 million for a day's entertainment.

By starting the Facebook organizing three-and-a-half months before Laneway came to Asia, Sammy was able to hook us all (plus another 10, staying in random accommodations throughout the city) into one of the things so appealing about being a VND1 million flight away from a completely foreign setting.

She booked a hostel named **Shophouse** — 'the social hostel' — and we brought our duty-free bottle of booze per person to its rooftop. Downstairs, the imported ciders and beers made us lustful and spendy; they're priced at S\$9 to S\$10 (VND160,000-ish) a pop. Cute shops abounded, and when we

left two days later we cradled our aching wallets, afraid to look inside.

The Nickel-and-Dime Phenomenon

It's a well-known fact of concert-going in Vietnam that crowds are cheap. Though the economy can't quite support the Australia-level admission fees, Laneway Singapore charged (S\$160 at the door, or roughly VND2.67 million), it's still a bit shocking that many are turned off by VND50,000 entries but undeterred by VND80,000 drinks.

Because of this situation, international bands just off their first break are hard to book. Though The Cribs and Black Rebel Motorcycle Club's best days are behind them, they still managed to coax Ho Chi Minh City show-goers into spending VND350,000 on advance tickets. But for taking a flyer on a band who they've only heard of, briefly? That's a hard mark to hit, never mind the air miles such a band must travel to get here.

It's because of this conundrum that we had to travel to Singapore to see the vital new music on display there, and it turned out to be very worth it.

A Polite Party

Originating in an alley alongside a Melbourne venue called St. Jerome's Bar, over the past decade Laneway has grown into an international happening. In its 2013-14 edition, it made stops in several Australian cities, New Zealand, the US and Singapore.



The edition that we attended — alongside 10,000 others, and the random promotions, parking lot parties and patches of grass that make the festival experience something greater than the sum of its acts — was the city's fourth, and biggest yet according to the official PR. It was also the biggest thing any of us had seen since we came to Asia (our group was expat-heavy), and something a few of us knew the value of, having experienced Glastonbury and other similarly costly fests.

Watching how another Asian crowd handles fly-by western success stories proved educational, with a predictably polite crowd raising mobiles and doing little else in time to the music. The applause came at the end of songs, except when

call-and-response pros like Haim played with their adoring but none-too-dancey audience.

"Come on Singapore," middle sister/guitarist/lead vocalist Danielle said, "get excited!" — starting a rhythmic clapping that carried on through much of the following song.

At another song break they paused for a phone picture, something the crowd had been doing the whole while. Danielle, once again using the first-name tactic: "Say hi, Singapore!"

Later in the media tent, they told an adoring cohort (about twice the attendance of other Q-and-A sessions) that it was the best show they've ever played. Someone followed the feel-good hellos with a

ridiculous-serious question about Beyoncé comparisons. In a microcosm, they showed why they're so good with a crowd.

"All these bands that people compare us to, I don't know where they come from, but they're awesome. The fact people compare us to Beyoncé is awesome. We wake up in the morning and wish we could be Beyoncé. We write about it in our diary."

Not everyone took the rigid vibe with such humour. In a rather light media session with Chvrches, in between the Lush FM DJ-cum-emcee's fawnings over their elfen lead singer, one of the other band members said, "We were told in advance not to say anything we shouldn't or we'll get caned."

There was a weird silence in the room. Someone asked, "Is this live?"



The emcee refrained from calling Chvrches' lead singer cute for a moment, as she explained caning: "You know what that means? Your flesh curls around the cane. It's not some BDSM sh-t."

Just like that politeness was restored, with fun questions once again peppered the lead singer's way. I hear "she's so cute" murmured in the aftermath.

Vietnam Victorious

Our contingent stood out — especially the dudes in custom-tailored suits. Throughout, we chased free drinks, posed for pictures and hugged a lot. This is the festival experience we'd been missing out on in Vietnam.

After a whole day of wandering between

stages and free-beer parking lot parties, high-fiving every one we could get our hands on and generally ignoring all the hydration advice we know from our workaday existences, we all managed to find each other for a transcendent James Blake closing set.

Dave and Bryon, members of Saigon-based electronic duo Space Panther, hugged after being long-separated in every-hour-is-a-day festival time. Bryon said, "I've thought about so many things I wanted to tell you tonight, but you weren't around."

Dave opened up the embrace on one side to focus on James Blake, engaged in some impressive orchestral enveloping of the tenth-hour crowd. "Dude, can you believe this is live?" 



Living with Depression



I have known since the age of 12 that I was not quite right. It was more than just a tricky adolescence spent listening to Bruce Springsteen's *Dancing in the Dark* and other songs I could wallow in, contemplating what it would be like to be somewhere other than the world I found myself inhabiting. It was also the time I encountered something I now know to be called lucid dreaming. In it the dreamer can control parts of the dream and in some cases it becomes difficult to distinguish between one's 'real' waking life and these other visions. Indeed, at times in my life I have spent long periods in my room focusing on that as my main reality, and supposed real life is a mere inconvenient distraction.

At my worst stages of depression I have self-harmed, partied for weeks on end with an uncontrollable energy and destructive lust. I have even taken 'accidental' overdoses

to transport me to that other state where I live my alternate life. Yet within this framework I have managed to hold down full-time employment, have friends and forge loving relationships. However, in every one of these I have pushed situations and people to unacceptable limits. I would normally say this is a source of regret, but that doesn't help because it is simply a symptom of who I am. I cannot continue to be an apologist for that.

Dealing with the Pain

Over the last couple of years 'the fear' has descended on me with increasing regularity and I have hospitalised myself on a number of occasions. It becomes an addictive cycle. Having 10 milligrammes of Valium pumped into your vein and being put on an IV line feels comforting. For a brief period you can drift away and abdicate self-responsibility.

A couple of months ago I woke up feeling

poorly and called in sick. When I left my bed I could barely make it to the bathroom — I felt a tightness and pain in my chest. Somehow I made it to a hospital, where the EKG machine indicated I had had a heart attack. I am not overweight and have no family or personal history of heart problems. The doctor re-ran the EKG an hour later and concluded I had simply had a strong anxiety attack. I was kept in overnight and in the morning it happened. I finally saw a psychiatrist.

I was diagnosed with bipolar disorder. I had known this for many years, but to finally be told that what I was doing and saying were not simply the actions of a selfish egomaniac was somehow comforting.

Bipolar disorder is categorised by a number of behaviours. Yet not every sufferer will have the same experience. When my mind 'clicks' I can do in days what many would take weeks or months over. When

Life without difficulties is not life. But for the clinically depressed, dealing with life's problems can be like climbing a mountain with no summit or travelling a road with no end. One Vietnam-based foreigner tells his story.



it turns over again I can be the last man standing in a proverbial den of vice. When it switches again I become almost paralysed with apathy and a feeling of abject misery. I can float between extremes of selfishness and generosity. I have been both wealthy and in debt, wondering how I am going to pay people back who have put love and trust in me without a real guarantee I will be able to come back from the dark. I can take care of others better than I take care of myself because the fear and loathing made famous by Hunter S. Thompson is all too real. I don't ever want to leave Ho Chi Minh City like Nicholas Cage did Las Vegas, but I can never rule anything in or out. A close friend of mine told another that he felt I wouldn't reach old bones. I hope he is wrong but am fearful he is right.

Living with Depression

Many media commentators believe

psychiatry to be a pseudo-science and that drugs for treating 'disorders' such as mine simply don't work. They are based on a misunderstanding of the human condition. Tom Cruise has used the oxygen of publicity to pontificate this view — in particular in relation to Brooke Shields and her experiences with feelings after giving birth. All I know is that what I write here is an accurate account of how I have felt and continue to feel. Why be so honest if it is a great big myth to excuse inexcusable behaviour? I am not proud of where my condition has brought me at times but, again, I am not going to be an apologist for it. I also recognise that in its more positive states it has helped me greatly in my education and search for ideas and truths.

So, where now? I am currently on a mixture of anti-depressants and mood stabilisers — one in the morning and four in the evening. I also see a psychiatrist for

an hour every two weeks. We work on how I can better understand my mind and deal with my moods. He also reviews my medication.

I have written this piece because the issue of mental illness is still seen as taboo. People are still afraid of the shame and stigma that may come by talking about it. It was only through watching Stephen Fry's documentary, *The Secret Life of a Manic Depressive*, that I was able to reach this point.

I feel I am a coward for not putting my name to this piece. However, I have been in Vietnam for a number of years and am reasonably well known in the expat community. I wish this piece to stand alone.

For anyone reading this who feels they need help, please contact Word on editor@wordvietnam.com. They will pass the email on to me to follow up. All correspondence will be confidential 

While the fame of her singer sister, Le Cat Trong Ly, grows at an exponential rate, **Le Cat Tien** has chosen a different, more grounded path. Owner, singer and main attraction of **Nep Café**, she's one of the people keeping the peace in Danang.

Photo by **Nick Ross**

I called my café 'Nep' because... that word fell from the sky at the moment I needed a name for my café. When someone asks, I'll reply in various ways, depending on who's asking. After all, the name is just a name.

In Saigon, Nep Café... in that one year [2008] really did live and die exactly the way I wanted it to.

I sing songs... both in Vietnamese and English, usually old songs. They have killer tunes and the lyrics are deep and philosophically sophisticated. That way it's easier to intrigue the talks [in between].

I learned to sing... from my heart and the experiences of my life.

In between songs, I tell... a few stories and talk about random things. Sometimes they mean something deep, sometimes they don't mean anything — to test if people are really dying in my café or not.

I love playing with words because... I don't know how to twist my wrist or ankle or shake my body like other women. I only have a long throat with a pretty mouth and a love for things that people are shy and afraid to speak of, or don't want to admit in their life. And I use my words to turn it into something easier to accept.

Creatively, I consider myself... just a woman telling her stories with the wild voice of a soul that has mixed experiences between black and white.

To me, quiet means... you are here, sitting still, and... you're almost brain-dead. Yeah, being dead for a little bit is okay. Um, and then I sing while you're faking dead. I want that at Nep. It's great.

People embrace Nep's quiet because... they always have to live, not much chance to die [she laughs].

The owls of Nep Café are there to... stalk people and then report back to me [still laughing].

The community that's sprung up around Nep... I call angelic demons. These 18 to 20 kids who came to Nep and befriended me — I want to share my experiences with them, so they can do what they want in life with more courage, and create more pretty flowers by these loves.

My sisters... are just as beautiful as I am, but way smarter, because none of them like making people dead a little bit every day like me. This is a tough job.

My father... is the same, he seems like he loves me a lot as well as is proud of me. He's always said that behind my back.

My children... I guess will grow up and be very proud of their mother when they've grown up — and their mother is already some place far, far away.

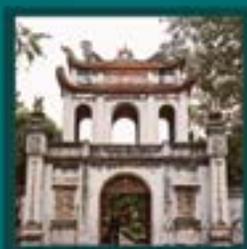
I moved back to Danang because... sometimes Saigoneses have to go somewhere far from home to find Nep to die. I think it's fun!

To me, Danang means... a badass place to die.

Nep Café is at 15 Hoang Van Thu, Hai Chau, Danang. Music starts most nights at 8.15pm and ends before 10pm. Arrive promptly and observe the mood, the owls are watching 



Hanoi is considered the seat of education for the country.
It was just a matter of time before we arrived.



We understand it's been a long wait for BIS to be established in Hanoi.
But starting in August, BIS will commence classes in the capital.
Sorry for being late. We'll bring a note from our parents tomorrow.

INFORMATION SEMINARS will be held at the school on the following Saturdays this year:
29 March, 26 April, 10 May, 24 May, 7 June, 21 June, 5 July

To confirm attendance at the above seminars or for further information please contact
Admission Department: (84 4) 3946 0435 or Email: bishanoi@bishanoi.com



**BRITISH
INTERNATIONAL
SCHOOL**

HANOI

www.bishanoi.com



EL GAUCHO ARGENTINIAN STEAKHOUSE

5D Nguyen Sieu, Ben Nghe Ward,
D1, Ho Chi Minh City;
Tel: +84 8 38 251 879
reservation.cbd@elgaucho.asia
Daily from 5PM until late.

Crescent, CR1-12 Ton Dat Tien,
Tan Phong Ward, Phu My Hung,
D7, Ho Chi Minh City;
Tel: +84 8 54 136 909
reservation.pmh@elgaucho.asia
Daily from 4PM until late.



99 Xuan Dieu St., Quang An Ward,
West Lake District, Ha Noi;
Tel: +84 4 37 186 991
reservation.wl@elgaucho.asia
Daily from 4PM until late.

11 Trang Tien St., Trang Tien Ward,
Hoan Kiem District, Ha Noi;
Tel: +84 4 38 247 280
reservation.tt@elgaucho.asia
Daily from 11AM until late.

8,8/1-7 Sukhumvit Soi 19,
Sukhumvit Road,
North Klong Toey, Bangkok;
Tel: +66 22 552 864
Daily from 7AM until late.

BANGKOK . HA NOI . SAIGON
www.elgaucho.asia

OPENING SOON

74 HAI BA TRUNG STREET (OPPOSITE PARK HYATT),
DISTRICT 1, HO CHI MINH CITY

Opening Hours During April Holidays

During Hung King's Commemoration Day and Liberation Day we will be open as usual.

Buy Fresh Meat At Butcher Prices

Feel free to come to our restaurant and buy the fresh, quality meat on the spot. It will be our pleasure to give you recommendations on choice and preparation if wished.

Wines For Take Away

For everybody who enjoys our wide range of international quality wines, you can now purchase these for take away at 40% off.