

KNOWING WOMEN

# herworld

[www.herinspirasi.com](http://www.herinspirasi.com)  
[fb.com/herworldmalaysia](https://fb.com/herworldmalaysia)  
[@herworldmy](https://@herworldmy)

JULY 2019 RM7.00

*ILI  
SULAIMAN*  
&  
*SAMANTHA  
LEE*

COOKING UP  
CAREERS FUELLED  
BY PASSION

+

KALE  
RECIPES  
WORTH  
BINGEING  
ON

*the  
Hobby  
issue*

- WHY YOU NEED LEISURE IN LIFE
- EXCITING ACTIVITIES TO DISCOVER
- MAKING MONEY FROM ME-TIME

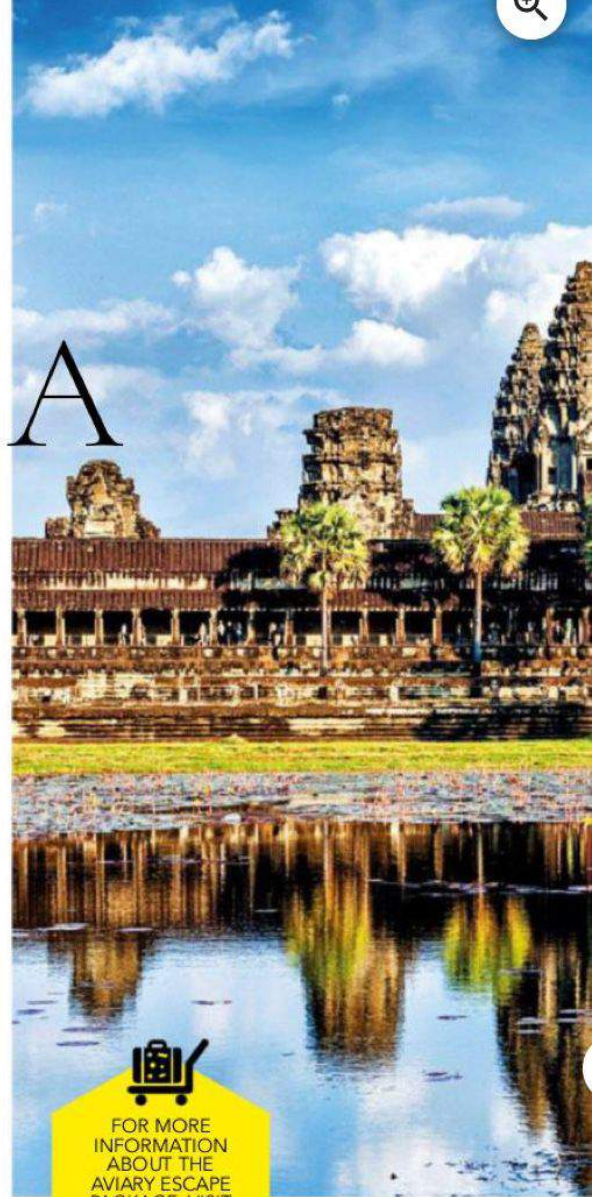




# The Jewel of CAMBODIA

Siem Reap is close enough for a weekend getaway – with culture, history, and full-bodied flavours (the sort our palate gravitates towards) to keep you entranced in the moment. As the general manager of The Aviary Hotel in Siem Reap, **Joffrey Thin-Gris** is well-acquainted with what the destination has to offer beyond the usual touristy hotspots.

PHOTOGRAPHY **DEPOSITPHOTOS, THE AVIARY HOTEL**



FOR MORE  
INFORMATION  
ABOUT THE  
AVIARY ESCAPE  
PACKAGE, VISIT  
**THEAVIARYHOTEL.  
COM.**



Green-Go Vegan Garden

## WHERE TO DINE

◀ Green-Go Vegan Garden is a great low-key restaurant that serves vegan food. They pride themselves on using mainly local ingredients. The vibe of the restaurant is not pretentious, with a menu full of tasty recipes. My favourite dish would have to be the falafel with avocado salsa!



Vibe Café

◀ Another vegan restaurant that focuses on making healthy, plant-based dining options part of popular food culture. They also provide a variety of gluten-free options. The menu is a little pricey, but the food is incredibly tasty (love their turmeric chai and vegan burger!) and the cafe is decked with pleasant decorations.



The Flock Café

◀ The Flock Café is one of several dining options at The Aviary Hotel and is known for great French pastries, as well as serving different choices of international and local dishes. I would say the best-selling point is that guests are able to customise their own salad and sandwich, making it easy to please everyone! My favourite pastry would have to be the vanilla puff. For my own wrap, I usually make it with avocado/veggies on a vegan pesto sauce.



Dachak 1 Restaurant

◀ When you think of Korean food, one of the things that come to mind is Korean BBQ, and this place is best known for their K-BBQ fare. I love the presentation of their side dishes and the spices that come with every meal – their food is simply delicious. My favourite would have to be their kimchi pancake!



Sabadec

◀ Sabadec is a family-run restaurant serving Thai cuisine. The food is very tasty; full of rich and authentic Thai flavour. The must-tries from the restaurant would be the morning glory, cooked with a mix of local spices, and tom yum soup.





## HIGHLIGHTS OF THE AVIARY ESCAPE PACKAGE

Available from now to 31st October 2019, The Aviary Escape Package is where guests can experience community-based tourism and meet Cambodian locals. Highlights of the package include witnessing first-hand the way of life of the rural Knapor Community in the Chansor Village, and either the Kompong Phluk or Chong Kneas communities who live on the banks of Cambodia's picturesque Tonlé Sap Lake. Guests will also experience the lesser-known heritage sites and cultural activities of Siem Reap. For example, exploring ancient Khmer ruins away from

the crowds of Angkor Wat, and participating in a traditional Khmer monk blessing at a local Buddhist temple. On the culinary front, guests will get to partake in a Khmer-style meal created from local produce with the Knapor Community, as well as a four-course set dinner for two with two complimentary cocktails at The Aviary's The Glide Bar. As part of the package, three guests will also spend three nights in one of the hotel's eco-friendly, aviary-inspired rooms – an oasis to return to after a day's journey exploring the Cambodian countryside.



## 5 SIGHTS TO SEE IN SIEM REAP BEYOND ANGKOR WAT

### 1 THEAM'S HOUSE

A three-in-one house, atelier, and gallery showcasing modern art pieces inspired by traditional Khmer art and culture by Cambodian artist Lim Muy Theam, who works with wood and ceramic. It also houses a garden which you can stroll around and feel at peace in. This is also a perfect place for a short visit, as the gallery is extremely pleasant and you can buy quality souvenirs that reflect the local culture.



### 2 APOPO VISITOR CENTRE

Apopo is a non-profit organisation that trains rats to detect hidden landmines in over 60 countries. Affectionately dubbed 'HeroRATS', they help to make lands safe again for the locals. Visitors will have the chance to go on guided tours to learn more about the history of conflict in Cambodia and come face-to-face with these tiny, unassuming heroes. It's definitely a unique experience that is worth the visit!



### 3 OLD MARKET (Psar Chas)

Situated on the west side of Siem Reap River, you're sure to see locals shopping there early in the morning. You can find anything at the market – from smoked fish and dry meats to opium pipes. It's a great market with diversity and a highly recommended place to get a glimpse of the local Cambodian scene. You'll also find many unique souvenirs to bring back!



### 4 PHARE, THE CAMBODIAN CIRCUS

This place is the definition of a real circus. Their many talented artists and acrobats really know how to put on performances that are uniquely Cambodian, with no animals used. Inspired by the real-life experiences of its creators and performers, their shows are imbued with themes such as poverty, conflict, and relationships. This is something that I love watching over and over again! (Photography: Timothy Gibson)



### 5 MAISON SIRIVAN

It's a local brand, established by French-Cambodian designer Siriivan Chak-Dumas, selling affordable and easy-to-wear clothing. The store also sells a range of fashion accessories and homeware, designed for both men and women. I especially love their French-style hats! **HW**

