

Ở

VIETNAM

08-2018

THAT SAIGON SPIRIT

A Craft Distiller Taps Pure
Sugar Cane for a Southern Rum

PAGE 18

DRAG IT OUT

GenderFunk Breaks Gender
Stereotypes Through Entertainment

PAGE 20

PET INN

What to Ask When Looking
For the Right Boarding Kennel

PAGE 32

SHARING IS CARING

Children Don't Understand
How Much They Have Yet to Share

PAGE 88

Art



NHÀ XUẤT BẢN THANH NIÊN
NHIỀU TÁC GIẢ, TẬP 05/2018



International School
SAIGON PEARL

Elementary & Early Years



We are

Accredited

by the **Council of International
Schools (CIS)**

"[ISSP is]...ensuring high-quality resources and facilities are provided at all levels of the school to enable student learning in a modern and student-friendly environment"

TALK TO US TODAY!

☎ 028 2222 7788

@ info@issp.edu.vn

📍 92 Nguyen Huu Canh, Binh Thanh, HCMC

► **Dr. Patricia Mertin**
Visiting Chair, CIS

COGNITA
An inspiring world of education



NWEA
Northwest Evaluation Association



ONLY FAST-BREAKING TECHNOLOGY MEETS FAST-CHANGING TASTES

Customers prefer restaurants that move to the beat of their fast-paced lives.

That's why Speed JSC is partnering with NCR to bring you the Aloha Restaurant POS System. Aloha gives you the tools to boost sales and accelerate service accuracy.

Say Aloha to a better future at pos.com.vn

LOOK AHEAD WITH NCR.

ncr.com

© 2018 NCR Corporation





EVERYWHERE YOU GO

Director **HUYEN NGUYEN**
Managing Director **JIMMY VAN DER KLOET**
jimmy@oivietnam.com
Managing Editor & Art Director **CHRISTINE VAN**
christine@oivietnam.com
Online Editor **JAMES PHAM**
jpham@oivietnam.com
Staff Photographer **VY LAM**
vy@oivietnam.com
Graphic Designer **LAM SON VU**
lamson@oivietnam.com
Online Intern **TAI FOSTER-KNAPPE**

For advertising, please contact:

English  **0948 779 219**
Vietnamese  **0932 164 629**

General **advertising@oivietnam.com**
Inquiries **info@oivietnam.com**



This Month's Cover

Artwork Info: **Through The Noise**

Spray paint, acrylics on aluminum container wall

2.20 x 2.50cm

"I painted this in Hanoi, during my trip up north. I constantly had this human face image, surrounding, facing the organized chaos that is Hanoi street, same as Saigon. The mural reflects energy and movement, while the face stands still, contemplating," says Suby.

Read more about Suby and his work on page 44

OI VIỆT NAM - ENTERTAINMENT (Giải trí)

NHIỀU TÁC GIẢ

Ngôn ngữ: tiếng Việt - Anh

NHÀ XUẤT BẢN THANH NIÊN

64 Bà Triệu - Hoàn Kiếm - Hà Nội

ĐT (84.04) 39424044-62631719

Fax: 04.39436024.

Website: nxbthanhnien.vn

Email: info@nxbthanhnien.vn

Chi nhánh: 27B Nguyễn Đình Chiểu

Phường Đa Kao, Quận 1, TP. Hồ Chí Minh

ĐT: (08) 62907317

Chịu trách nhiệm xuất bản:

Giám đốc, Tổng biên tập

Nguyễn Xuân Trường

Biên tập: Tạ Quang Huy

Thực hiện liên kết xuất bản:

Cty TNHH Truyền thông và Quảng cáo OI Việt Nam
14 D1 Đường Thảo Điền, Phường Thảo Điền, Quận 2, TP.
Hồ Chí Minh

Số lượng 6000 cuốn, khổ 21cm x 29,7cm

Đăng ký KHXB: **1165-2018/CXBIPH/29-49/TN**

QĐXB số: **432/QĐ-TN**

ISBN số: **978-604-966-713-8**

Chế bản và in tại

Công ty TNHH In - Thương mại Trần Châu Phúc

262/8a Lũy Bán Bích, phường Hòa Thạnh,

quận Tân Phú, Tp.HCM

Nộp lưu chiểu quý 02/2018

Website: www.oivietnam.com



THE AMERICAN SCHOOL

Developing Academic Excellence and Strength of Character



Accredited by
Western Association of
Schools and Colleges



TAS is a WASC
Accredited School
since 2015.



From
Early Childhood
to High School

WELCOME BACK TO SCHOOL

Email: admissions@tas.edu.vn
Tel: +84 028 3519 2223
Hotline: 0903 952 223

172-180 Nguyen Van Huong,
Thao Dien Ward, District 2, HCMC, Vietnam

www.tas.edu.vn

Contents

WINE & DINE

RESTAURANT REVIEWS

*The month we shine the spotlight on modern Japanese **omakase** restaurant Kasen and romantic Italian fare at R&J Lounge and Restaurant*



64

KASEN RESTAURANT / IMAGE BY VYLAM

FEATURES

16 TROI OI

Find out why garbage, train locomotives and education exams made it into this month's list

18 THAT SAIGON SPIRIT

A craft distiller taps pure sugar cane for a southern rum renaissance

20 DRAG IT OUT

GenderFunk's drag shows are events that sought to break gender stereotypes through sheer entertainment

24 IT'S A BIRD... IT'S A PLANE... IT'S A SMALL PLANE!

Watch your head, radio-controlled airplanes are flying overhead in the outskirts of District 7

28 ENTER THE ROOM

In conversation with popular YouTuber Akari and her mission to bridge Japanese and Vietnamese cultures

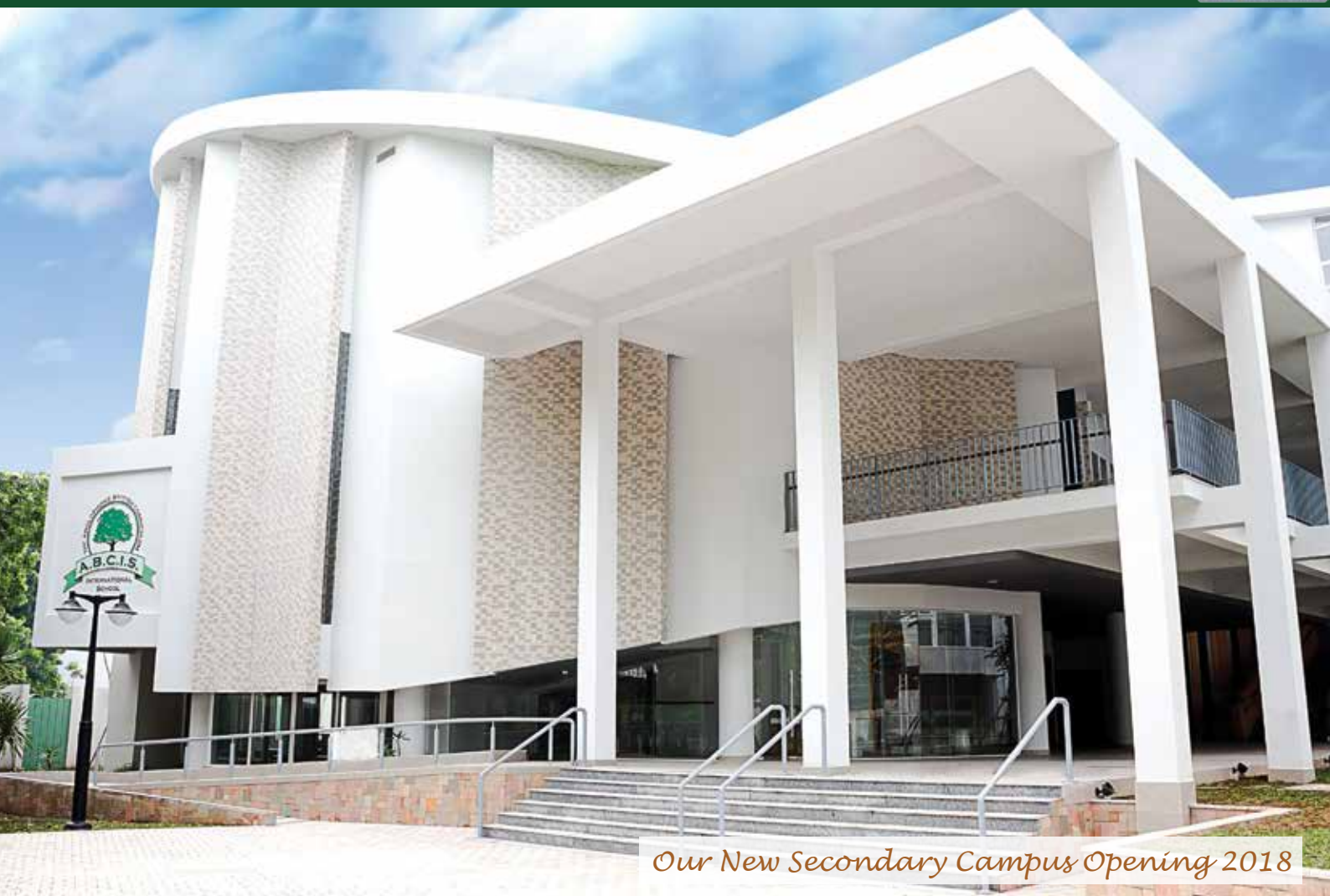
COLUMNS

31 TAIL TELL SIGNS

There are so many aspects to owning and caring for legal exotic pets, be certain about your ability to provide for your pet before you plan to adopt

68 CHEERS!

Wine, it's so versatile—in the glass and on your plate. Cooking with wine can definitely bring about its own pleasure, or pain if you use it incorrectly



Our New Secondary Campus Opening 2018

- State of the art theatre with over 400 seats
- 4G football pitch with smart shade
- Two full sized air-conditioned basketball courts
- Fully shaded salt-water 25m swimming pool
- Land area 12,650m²
- 33 dedicated classrooms & 19 specialist classrooms
- Design for key stage 3,4 and 5. Age from 11 - 18yr
- Located in Tran Thai -Tan An Huy Residence Area at Phuoc Kien, Nha Be District



Recognised as “an outstanding school” by British Government inspectors,
The ABC International School delivers a globally valued UK curriculum for students aged 2–18 years,
based on best professional practice.



Primary Campus 5 - 10 yr
KDC Trung Son, Binh Chanh



Early Years Campus 2 - 5 yr
KDC Trung Son, Binh Chanh

Contents

COVER STORY

ART

Featuring contemporary local and foreign artists, the art that emerges is both globally hip and distinctly Vietnamese.



ARTWORK BY JEROME / IMAGE BY VY LAM

FEATURES

32 PET INN

When boarding your pet for any period of time, make sure to do your homework on what kennel would best suit your furry friend

34 BACK TO BASICS

Crafting exquisite leather goods and the best pair of shoes you'll ever own likewise begins with the basics

78 A WEEKEND IN BOSTON

48 hours in Beantown is ample time to fall in love with Massachusetts' capital city

88 SHARING IS CARING

Young children want to share—but they don't yet understand how much they have

92 BIG DATA

Leading academic innovation through technology

COLUMNS

82 LIVE WELL, BE WELL

Take a break from unhealthy foods habits and heal your internal system by going on a juice diet

94 THE DOCTOR IS IN

Start talking about menstruation to your daughter early and often

M A D C O W
WINE & GRILL

THIS | 1 YEAR AUGUST OF MADNESS

**HAND-PICKED WINE
AT RETAIL PRICES?
WE MUST BE MAD!**

**A FIVE-STAR SETTING WITH
BREATH-TAKING VIEWS?
ABSOLUTELY INSANE!**

**MOUTH-WATERING STEAKS
EVERY SINGLE DAY?
THAT'S CRAZY!**

**FIRST-RATE BEEF FROM
A SINGLE AUSSIE FARM?
THAT'S NUTS!**



PULLMAN SAIGON CENTRE

30TH FLOOR, 148 TRAN HUNG DAO BOULEVARD, DISTRICT 1, HO CHI MINH CITY

T. +84 (0)28 3838 8686 — INFO@MADCOWSAIGON.COM

MADCOWSAIGON.COM

**DAILY
4:00PM - 12:00AM**



Datebook

What's on this month...

AUGUST 7 - SEPTEMBER 10

What: Vietnam M&A Forum

Where: GEM Center (8 Nguyen Binh Khiem, D1), 1pm-9pm, USD200

About: Singapore Business Group HCMC (SBG) is co-hosting the Vietnam M&A Forum. As forecast at the Vietnam M&A Forum 2017, the M&A market in Vietnam has had a tremendous year with large-scale deals reaching billions of dollars in value. For the first year, the value of M&A deals has surpassed the USD10 billion mark, an historic record for Vietnam. M&A activities are now at a turning point, promising to bring a great deal more opportunities for both Vietnamese and international investors.

The Vietnam M&A Forum 2018 marks the tenth year that the forum has accompanied the M&A market. To celebrate, this year's forum will summarize the past 10 years of M&A in the country, honor the best deals of the decade and predict M&A prospects in the coming time.

Given the theme "New Thrust. New Era," the Vietnam M&A Forum 2018—the 10th annual event co-organized by Vietnam Investment Review and AVM Vietnam, under the auspices of the Ministry of Planning and Investment, will look back on a journey of 10 years of M&A activities in

Enter The Blue Door

**MAKE
THE RIGHT CHOICE!**



Life gives you many choices.

Get Pacific Cross Vietnam health insurance and enter the blue door!

Make the right choice!

For more information please visit
www.pacificcross.com.vn

Vietnam and assess the opportunities at the turning point of the new era.

Contact: Email Hang Trinh at hang.trinh@avm.vn or Forum at maf@avm.vn



ARC Pet Rescue
Rescuing HO Chi Minh's abandoned animals



ADOPT OR FOSTER

www.arcpets.com



Ngoc Chau garden
home-cooked Vietnamese restaurant

028 6687 3838

f: ngocchaugarden.hotungmau
opening time: 9:30 - 22:15

116 Ho Tung Mau, Ben Nghe ward, District 1, HCMC

SKYOptical

OUR SERVICES

Measurement, examination,
prescription, eyes health advice

Consultancy about the prescription and
fashion glasses products

Sharpening and fitting glasses

Our optician graduated from Korean University

We have the lens from
Carl Zeiss, Nikon, Essilor, Hoya, Chemi...

New brand from Korea always available.

WE CARE
ABOUT YOUR EYES

🏠 S21-1 Sky Garden 1, Nguyễn Văn Linh, Tân Phong, Q7, HCM
Lotte Mart Phú Thọ, Tòa nhà Everich, 968 đường 3T2, Q11, HCM
Lotte Mart Nam Sài Gòn, 469 Nguyễn Hữu Thọ, Tân Hưng, Q7, HCM
Lotte Mart Hà Nội Center, 54 Liễu Giai, Cống Vị, Ba Đình, HN
Lotte Mart Đống Đa, 228 Tây Sơn, Ngã Tư Sở, Đống Đa, HN
☎ **HCM:** 094.515.1001 and 091.994.1001 **Hanoi:** 091.552.1001
✉ skyopticalkorea@yahoo.com

Datebook

What's on this month...

AUGUST 9

What: Leadership & Change Conference 2018: Leading In A Vuca World: The New Leadership Competencies

Where: Sheraton Saigon Hotel (88 Dong Khoi, D1), 8:30am-5:00pm

About: The term VUCA, initially coined by the US Army in the 1990s, has since been embraced by business leaders around the world to describe the nature of the environment in which they operate: the speed, volume, magnitude and dynamics of change (Volatility), the lack of predictability (Uncertainty), the confounding issues and the chaos that surround any organization (Complexity) and the mixed meanings of conditions and high risks for misreads (Ambiguity). Business leaders nowadays are struggling how to best lead themselves and lead their organizations in the chaotic environment. Most of the old rules do not apply now when the world has become flat, people are interconnected, boundaries are disappearing, and information become publicly accessible to anyone with an internet computer. The world has become VUCA. The leaders need to become Agile, Mindful, Collaborative, and Journalistic to be able to navigate the organization toward destination. The Leadership & Change Conference 2018, to be organized by Human Dynamic, will address the new leadership competencies in the VUCA environment.

Contact: Visit bbgv.org for more info



NutritionTechnologies
Innovation. Naturally.

FLYING INTO THE FUTURE

- * Insect products are fast becoming the most environmentally friendly and sustainable way to feed our pets and farmed animals.
- * Supplementary protein powders and oils can significantly improve your animals' health, immunity and growth rates.

Speak to us today to learn more about the nutritional benefits of insect products

hello@nutri-tec.co.uk
+84 (0) 93 748 6053

Nutrition Technologies is an award winning AgTech company, supported by the UK and Australian government.

www.nutrition-technologies.co.uk



AUGUST 15

What: TRG Talk - CLOUD: Cloud Enablement

Where: PJ's Coffee Sala (145-147 Nguyen Co Thach, D2)

About: What is the cloud? Where is the cloud? Are we in the cloud now? The term "cloud computing" is everywhere. You are

probably using some forms of cloud computing right now without even realizing it. In simple terms, cloud computing enables users to gain access to software and applications wherever they are. Issues with storage or power are eliminated as they are taken care of by a third party, thus, allowing users to just sit back and enjoy. Join TRG Talk - Cloud to discover the hidden aspects of cloud computing and embark on the Cloud Enablement journey right away. At the event are cloud experts, Lex Nguyen (Territory Manager of Amazon Web Services Vietnam) and Thanh Nguyen (Cloud Service Director, TRG International). This event is limited to the first 20 people and free entrance.

Contact: Visit trginternational.com for more info



LA CRIÉE
FRENCH SEAFOOD RESTAURANT

118 Hoang Hoa Tham street, Ward 2, Vung Tau City
Facebook: La Crie, French Sea Food Restaurants@LACrievietnam
Email: lacrieffrenchseafoodrestaurant@gmail.com

AUGUST 30



What: Valuation with Professor Aswath Damodaran

Where: Rex Hotel (141 Nguyen Hue, D1)

About: Aswath Damodaran is the Robert S. McNamara Family Chair Professor of Finance at the Stern School of Business at New York University. He received his MBA and PhD from the University of California in Los Angeles. He teaches the corporate finance and valuation courses in the MBA and executive programs. Being at NYU since 1986, he has received the Stern School of Business Excellence in Teaching Award and is considered the world's foremost valuation expert. Prof. Damodaran's research interests lie in valuation, portfolio management and applied corporate finance. He has published several books on valuation and on corporate finance including: Applied Corporate Finance, Damodaran on Valuation, and Investment Valuation.
Contact: Visit imaa-institute.org for more info

AUGUST 30



What: Ho Chi Minh City's First International Conference on "Business, Economics, Social Science & Humanities- BESSH-2018"

Where: Novotel Saigon Centre (167 Hai Ba Trung, D3)

About: The BESSH-2018 Australia conference is a premier platform for the presentation of novel and creative research results in the fields of theoretical, and applied Arts, Social Science, Economics, Humanities, Literature, Business and Management. The conference will bring together leading researchers, social workers, scientists and students in the domain of scientific interest from around the world.

Contact: Visit academicfora.com for more info

SEPTEMBER 4



What: Seamless Vietnam 2018

Where: GEM Center (8 Nguyen Binh Khiem, D1)

About: Seamless Vietnam brings together over 2,000+ attendees, 350+ delegates, 150+ speakers and 80+ exhibitors in the banking, e-commerce and retail industry to ignite new ideas and inspire the audience to think differently. You'll be stimulated by innovators, business leaders and entrepreneurs from Vietnam on the future of payments, e-commerce & retail.

Contact: Visit www.terrapinn.com/exhibition/seamless-vietnam/index.stm for more info

THE BULLETIN

Promotions and news in HCMC and beyond...

Heritage Line Launches New “Ginger” Cruise in Halong Bay / Lan Ha Bay



three treatment rooms, steam bath and large panoramic windows. The ship's glass-surrounded restaurant features an open kitchen which serves a culinary medley of delicious Vietnamese and Western cuisine made from fresh locally and internationally sourced ingredients.

Take advantage of grand opening rates starting from USD247 per person. For further info or to book, contact: marketing@heritage-line.com. ■

In June 2018, Heritage Line expanded its family of exceptional vessels with Ginger, a newly built, exceptionally designed craft featuring just 12 spacious suites ranging from 37 to 50 sqm, all with large balconies. Ginger's new route and destination is what makes her truly unique as the vessel journeys longer than others on a 1-night program through Lan Ha Bay (a tranquil part of Halong Bay). The so called Hidden Worlds program

includes an active bicycle excursion along small paved roads through jungle-clad mountains on Cat Ba Island en route to a petite local village as well as kayaking in the fairy-like seascape of Lan Ha Bay.

Boasting a stunning Indochinese-Vietnamese heritage theme paired with refined contemporary accents, Ginger also has a mosaicked pool on the terrace deck surrounded by cabana-shaded sun beds as well as the Lady Ginger Spa with



Guaranteed to Stand Out

Handmade in Ho Chi Minh City
Durable top-grain leather



Marrakeshleather.com





3-6 & 10-13 October 2018

Early Bird Discounts

	Wednesday & Thursday 1,300,000VND	Friday & Saturday 1,500,000VND
01/08 - 30/09/2018	30%	20%
01/10 - 13/10/2018	Buy 10 get 1 free	

Hotline: 0908 477 489

TROI OI!

The country in numbers



148,000

SKILLED WORKERS ARE NEEDED IN KEY SECTORS in Ho Chi Minh City this year, according to Tran Anh Tuan, deputy director of the HCM City Human Resources Forecast and Labour Market Information (Falmi) Centre. Trained and professional workers are necessary to meet their human resources needs and expand, and for the city to attract foreign investment. Demand for workers is increasing in many areas of technology. The IT sector needs workers in areas such as data analysis (big data), network security, mobile apps programming, game programming, 3D game design programming, 3D animation, and others. The city is expected to have 78,000 vacancies in the third quarter and another 70,000 in the fourth quarter. Architecture—engineering, IT, transport and logistics, import-export, the auto industry, accounting, auditing, the chemical industry have the greatest need. So far this year the demand for human resources has increased by 24.4 percent year-on-year. Of 69,000 people looking for jobs this year, 82 percent have been university or college graduates. Many students graduating from vocational schools have been able to get jobs immediately with high salaries. The employment rate is 100 percent in the case of students from certain vocational schools.

1,000

TRAIN LOCOMOTIVES AND COACHES NEED TO BE REPLACED but experts say the money would be better spent elsewhere. The new Law of Railway regulates the lifespan of a locomotive and a coach is 40 years and for a freight car coach, it is 45 years. Nguyen Le Ninh, a member of the Council of Scientific, Technical and environmental Consultancy under the HCM City Fatherland Front told Thanh nien (Young People) newspaper that a lifespan was not necessary to decide the operational ability of any locomotive, coach or freight car. Just like cars or other vehicles, locomotives and coaches can still run properly after a regulated expiration date. Also, not all locomotives and coaches are frequently in use and good maintenance can increase their lifespan. Ninh recommended that the VNR invest into upgrading the railway track gauge, from 1m to 1.435m for better transportation capacity. Spending money to replace equipment for the old infrastructure is wasteful, he said. “VNR always complains about its financial shortage, but the amount of State budget allocated to this agency is not small. Moreover, the Government has created several favorable conditions to accelerate public-private-partnerships in the sector. Therefore, VNR has to improve infrastructure to satisfy people’s demands,” he added.



~93%

OF FOREIGN TOURISTS ARE SATISFIED WITH THEIR TRIPS to Vietnam, according to the Vietnam Annual Tourism Report 2017 by the Vietnam National Administration of Tourism (VNAT). It distributed 27,000 feedback forms to foreigners at 12 international border gates nationwide, including four airports, four land border gates and four seaports. Results showed that up to 93.46 percent of the respondents were “satisfied” and “very satisfied” with their trips in Vietnam. About 60 percent of the respondents were visiting Vietnam for the first time. The administration also reported that nearly 7.9 million foreigners visited Vietnam in the first six months of 2018, up 27.2 percent year-on-year. Tourism activities generated USD13.5 billion for the country between January and June, rising by 22.5 percent from the same period last year.



16TH ON THE LIST OF THE WORLD'S MOST relaxing places is Hoi An, as listed by CNN. "It's no surprise the UNESCO-protected ancient town of Hoi An in Vietnam's central coast is a mecca for tourists. Sitting in the shade, glass in hand, watching the world go by, is every bit as relaxing as an afternoon on the town's long stretch of sand," CNN said on its website. Some others on CNN's top 16 list are Ise Jingu in Japan, the Yoga Barn in Bali, Sidi Chamharouch in Morocco, Saruni Samburu Safari Camp in Kenya, Nayara Springs in Costa Rica, and Wilderness Hotel in Finland. The UK's renowned travel site Rough Guides earlier put Hoi An City on the list of the top 10 intriguing travel destinations in Southeast Asia. The town also secured the seventh position among the world's 15 best cities by the US travel site www.travelandleisure.com last year. Data from Hoi An authorities indicates that in the first half of 2018, the number of visitors to Hoi An surged 70% year-on-year to around 2.68 million, including some two million international tourists, a 230% increase. The city's total tourism revenue rose to VND2,010 billion.

40 TONS OF TRASH IS COLLECTED DAILY from Ho Chi Minh City's major canals. The waste includes plastic bags, furniture and aquatic plants. An enormous amount of debris is dredged up daily in three major canals in Ho Chi Minh City, raising the question of how local authorities are managing the urban channels. On public holidays, that number can reach as high as 60-80 metric tons, the report continued. The three canals range from five to more than nine kilometers long. Household waste, such as rubber and plastic bags, account for up to 70 percent of the garbage. The remaining 30 percent is aquatic plants. The trash from these three canals is transported to the city's largest dump, the Da Phuoc Landfill in Binh Chanh District, after collection. Trash boat workers said they picked up 5-14 metric tons of garbage a day from the Nhieu Loc - Thi Nghe Canal alone, including furniture and animal carcasses. Residents along this canal and the three in District 8 tend to dump waste directly into the water. The city spends around VND2,850 billion on garbage collection and VND1,132 million on drainage system maintenance each year, according to data from the local Department of Finance.

~VND1 TRILLION IS SPENT TO ORGANIZE NATIONAL HIGH school final exams every year in Vietnam. At present, the Ministry of Education and Training (MOET) organizes one national exam every year for two purposes: recognizing students' graduation of high school and choosing the best students for universities. Pham Vu Luan, when he was Minister of Education and Training, estimated that in 2014, the state budget had to spend VND400,000 for every student attending the national high school finals. MOET has reported that 97.57 percent of students passed the exam. The proportion of students passing the exams was over 99.9 percent in large cities. Such a big amount of money is spent just to find 2.43 percent of students who fail the exam. Some experts have once again called on to change the examination scheme and not organize the national high school final exam, saying it is too costly and unnecessary. The national high school finals are not needed if nearly 100 percent of examinees can pass the exams.





That Saigon Spirit

A craft distiller taps pure sugar cane for a southern rum renaissance

Text by Rebecca Jones

Images by Vy Lam

CLEMENT DAIGRE IS PART OF a growing number of small distillers setting up in Saigon to produce some of the finest spirits money can buy. Almost unrivaled access to quality, organic ingredients from local producers is a key attraction, as is a burgeoning market that Clement hopes will soon tire of beer and imported whiskeys.

“Craft beer has been very big in Vietnam for a few years now, and so the market is full, and Diageo has done very well marketing Johnny Walker and Chivas Regal here, but it’s usually about who can buy the most expensive bottle. Soon people will move on, and that is why we’re here,” the distiller explains.

Clement launched his brand, Rhum Mia (sgn-liquorists.com), in Saigon last December. Made with pure sugar cane that he sources from the Mekong Delta, it has joined a select group of rums worldwide (just seven percent) that are made this way. As he explained to us on a

tour of his micro distillery in Thao Dien, this is true to the process used to make rum in the French West Indies.

“People are used to seeing dark rums made with molasses. Most of the famous brands, like Diplomatico from Spain and Captain Morgan’s made by the English in Jamaica are made that way. We don’t want to work with molasses though: it’s more expensive and accelerates the aging—it changes the flavor. So we chose to follow the process used in Martinique,” he says.

Dedication To Perfection

Clement has worked hard to perfect his recipe. He studied spirit making in his hometown of Cognac in France, where some of the world’s best brandy, gin and vodka is made. However, he says the equipment he learned with was quite different to his current machinery.

To make Rhum Mia, Clement uses a 200 liter distilling column imported from China that he affectionately calls ‘Lu

Lu’ thanks to her unique temperament. With a rueful laugh, he tells us that it took around three months of “failing” with Lu Lu to get the exact rum that he wanted, but now he’s on his 80th batch.

The final product has made some concessions to the local market. The most important is a lower alcohol content of 45 percent ABV, where most Caribbean Rhums are 50 to 55 percent. Clement also discards much more of the top “head” product than many distillers, which means that Rhum Mia should give you less of a hangover—in theory at least.

“In a bottle of wine you have 1 percent of methanol—this is what gives you the hangover. Of course, with spirits you always have some toxicity, but I take out more. For each batch I am meant to remove 200ml of the head but I remove 600ml. I lose some flavor, but the product’s reputation in the local market is more important,” he explains.

Clement says he is now producing



Made in Vietnam

“Made in Vietnam’ is becoming more important to people, and it is very important to us. We invite local bartenders to come and see us make the product: we want to show that you don’t have to go to France or Scotland to see good spirits being made. You can do it here. Everything about Rhum Mia is Vietnamese: except me, of course!”

Clement is hoping to share this message with the spirit-making world and is already in talks to export to Europe as well as to other parts of Asia, including a specialist agricole

rum stockist in Taiwan. He also has ambitious expansion plans, the first step being the launch of a new ‘cacao and lime pepper’ Rhum Mia flavor in collaboration with Saigon-based chocolatier Marou, due in late August.

Ultimately, however, Clement is excited to follow his true spirit passion into vodka and gin, which he hopes to be producing by the end of the year. To make the vodka he is using organic palm sugar, which again he has sourced from a local producer.

“Asian vodka is most often made with rice, however I didn’t want to do that. In Poland—the birthplace of vodka—they use cereals, while in Russia they use potatoes. Neither grows well here so we will use sugar. This is actually more efficient too as you don’t have to use yeast and fermentation is faster,” he explains.

At the end of our tour we sampled this golden brown sugar in a ‘Vietnamese Ti-Punch’ made with just Rhum Mia, the sugar and wedges of *chanh dao*. After the ingredients were mixed with just five turns of a stone pestle, we took a hesitant sip. However, rather than a sharp throat burn, we were greeted by a rich, delicious caramel flavor that gently coated our mouths.

If vodka and gin are indeed Clement’s true passion, we eagerly look forward to their launch. In the meantime, Rhum Mia in a Ti-Punch will do nicely. ■

around 9,000 bottles of Rhum Mia a year, and is scaling up growth slowly in line with the time it takes to mature the rum (nine months) as well as to receive his bottles, corks and labels. Like the sugar cane, he sources all of the above from Vietnam, with the bottles cast in District 10 and the labels designed in Hanoi.



Drag It Out

Interview by **Carly Naaktgeboren**
Images by **Vy Lam**





GenderFunk seeks to break gender stereotypes through creativity and sheer entertainment

SAIGON IS BURNING... BUT IN A fabulous way. The event, titled as an homage to the film *Paris is Burning*, was the first amateur drag battle organized by GenderFunk. Queens competed for free beer, cash, and, most coveted of all, a performance slot in the next GenderFunk drag show.

GenderFunk focuses on creating an inclusive, safe space for both performers and the audience to explore their art and themselves through freedom of expression. *Oi* sat down with the multi-titled co-founder/emcee/organizer/drag queen ESTA Ricardo and co-founder/drag queen Sen Riot to find out more about GenderFunk's beginnings and their plans for what's next.

Describe the birth of GenderFunk?

Ricardo: There are two layers to the birth. The concept was mine, I always wanted to have a festival crew who performed and dressed insanely and did runways with music. The music I particularly love is disco because it's music that everyone can party to, it's an inclusive vibe so we choose inclusive music. So, I've had the idea for years, but I kept all these things in my head and never let them out into the world.

I had been working in the alternative festival scene across Europe, organizing radical, expressive events, and at the heart of these events it's about loving one another, accepting one another, working hard and volunteering. That was my life for years, working collaboratively with all these amazing artists from all over

the world, making events for people to express themselves.

And then when I came here, I discovered a night called Full Disclosure, which definitely deserves a shout out. It's an LGBT drag show founded by my friend Gavin and when he had to go home he asked us to look after it. I worked on three shows, and because I had a lot of events experience and kind of a different angle on where I was going with it, I wanted it to become more of a party and expressive space. And during it I was like, "I love this, I love Full Disclosure," but it was someone else's baby.

I went to Quest Festival and saw this group of performers who did an eighties style aerobics class, they were getting people to dance with them. It was one of the most popular things. I was like, "this is what I wanted to do with GenderFunk," and it came back into my head, so I went, "I'm going to do it, I'm going to do GenderFunk."

I launched GenderFunk as the baby sister of Full Disclosure with a different intention, it's still about the performance but also about the expression and parties, for everyone to explore themselves, its not exclusively LGBT. It's an inclusive queer space for everyone. Everyone has stuff they want to express and this is the place you can come do that. That was the birth of GenderFunk, I launched it in May. The birth wouldn't have happened without Full Disclosure, the people who have inspired me throughout my life, and those who have worked with me in Saigon.

How did you two become friends and ultimately work together on this?

Sen: Birds of a feather flock together. Ricardo and I met at one of my shows and we became friends immediately. I saw the fire and passion in him. It was such a weird feeling, but my gut told me that no matter what, I needed to introduce him to people and get him involved in the scene. That's how it all started and less than a year later, look where we are now.

Ricardo: Sen is my best friend, there would be no Ricardo without Sen. Sen is always by my side and supports me at every event. Sen is an artist, he's absolutely amazing at makeup and putting together performance-ready looks. He helps with translation, hooking me up with other performers, encouraging the performers that we have, and always helping so much on the club nights. I have an amazing community of friends who support me and have helped me make this happen, and that's part of the success of GenderFunk.

What else makes GenderFunk unique?

Ricardo: Being able to come to a night, especially for gay people, and you can just talk to people and the element of dressing up gives people the confidence—that mask or different character—to go up and approach different people. And the parties here weren't as friendly or comfortable. I was like, "Where is the lightness and the fun and the expression?" I'm not here just to get wasted, I'm here to shake off all that stuff in my life that society isn't ready for.

So, the best way to approach that problem is to create a space for that. And it's that chance to just come, do what you want, be who you want to be, and you can go and for the rest of your month, you literally feel better. I actually think it's healthy partying, going out and expressing all this stuff so you can



go back and deal with all the pressure in society that tells you: "You can't do this," or "You shouldn't." You can deal with it much better because you've had an outlet for it.

Like with my drag children, Prinz and Kem Kem, they're incredible dancers and performers. They would say, "We never get booked because we don't look like they want us to look." So, I gave them a space and said, "Here's a theme do whatever you want." They're showstoppers at the events now.

Eventually, the goal is the Vietnamese performers will be the ones organizing the events. I'm doing it now because I speak English and I have the skillset for it. But I'm working with them to train them; it's their country, their people, their creativity, they need to lead it eventually, so we're working on that.

Sen: In my opinion, what makes GenderFunk unique is the relationship we have built with the people who come to our events. Who I don't really see as

partygoers, but more like extended family and friends. We don't just put a lot of effort into creating amazing performances, but also to socialize and make sure that everybody feels like they are included, loved and welcomed. In other words, the crowds are the main event and that's what makes GenderFunk really unique.

What has the reaction from the community been? Have you dealt with any pushback?

Ricardo: I think at the moment it's been totally fine. It's been a really interesting journey. Our events are quite underground and restricted to the clubbing and party scene, it's heavily expat. We do most of our events at club nights that usually have parties, and our club night is very, very different and people have responded very well in the clubbing community because it's so friendly and warm. The locals who come to the nights to experience the event are blown away by it and absolutely love it. It's been a really nice response for me. We're in the happy phase and at some point we might get unwanted attention and we will deal with that as a community if and when it happens.

Sen: We couldn't be more grateful for the tremendous support and love coming from the community. They have become more and more involved and engaged with the events. People come in the most wonderful and glamorous costumes. Most importantly, constructive feedback has made our events better. It's such a warm and supportive atmosphere at the events, always.

How many queens are members of GenderFunk and what is the process of inaugurating new queens? What are some of the different personas within the group?

Ricardo: GenderFunk has to do with



Ricardo



the music we play and the style of performance, and part of the core philosophy is that we're not just drag queens, it's anyone who wants to perform with some sort of gender bending theme to it.

We've had drag kings, biological queens, trans queens, performance art—just so many different styles of performers. In terms of the more traditional queens, we have the Bang Trinh Team, a troupe of local Vietnamese queens led by Trinh, the creativity that comes out of the local people is amazing.

We are just always encouraging new people. We are a space for people to come and express themselves. We are a space that's welcome for all within reason, these drag queens have built this foundation and this is their job and they need to get paid. But, we always have new performers to spice it up and everyone usually gets paid the same regardless of who you are. It's mostly locals, I'm the only western performer apart from our amateurs.

Speaking of queen personas, who are yours?

Ricardo: I went to this festival in Barcelona alone, the first thing I'd ever done alone. When my camp asked me for my name, I thought "well it's Spain," so I said, "Ricardo". This gave me the opportunity to do things I wasn't comfortable doing before. The moment I hit this festival, I became absorbed by this amazing community and they all knew me as Ricardo and it slowly trickled into my old life and now my friends from my old life call me Ricardo, Ricardo is me. And so, when I was thinking of a drag name I went through all these things, but you know the defining thing about my drag is I'm not trying to be a traditional drag queen, I'm not trying to be a pretty woman. For me, performing is an expression of our gender sides.

The first place I performed publicly was in Vietnam, and it's through that I discovered the femininity and the masculinity inside of me that people don't see at first. Performing allows me to put these two parts of my identity together and when they explode it's absolutely fabulous. It's like the lists where you check the box they want to put you in. I don't mess with those boxes, I'm the space between the boxes. Gender and sexuality are fluid by my perceptions and the stage allows me to be fluid. I put so much energy into my performances because I've had all these ideas inside me for seven years, and I didn't do anything with them. I'm just now learning makeup and just now performing professionally and it's not a regret, I've made peace with it. That's why I'm so invested in creating this space and rather than regret it, I can do something about it and make a stage for someone else, so that when they're my age, the world better get ready because they'll be ready, and that's what it is for me.

So, I kept Ricardo because people hear Ricardo and are like, "What? What kind of drag name is that?" And that's what I want and how my drag is. So, my name is ESTA Ricardo—it is Ricardo.

Sen: Sen came to be when Nhat realized that his creativity and artistry transcend beyond gender. I could never do the things I do onstage as a man at all; however when I'm a man in a dress and with a wig on, it's a different story. There's always something so profound and free when you cross the gender boundary.

How can the community get involved and show their support?

Ricardo: Like the Facebook page (www.facebook.com/GenderFunk) to keep informed with the events, take the theme, have your interpretation of it. Come have fun, talk to people, and get out of it what you want to get out of it. Come be yourself and tip your local drag queens.

If people want to be involved more officially, Saigon is Burning has just launched and will be continuing every month. So, if anyone wants to try drag, we have a team who will support them and do some training and you can have fun in the most friendly competition ever.

What's next in the cards for GenderFunk?

Ricardo: It's a difficult question to answer because it's been such an explosion of opportunity, that we don't know what path it's going to take. Although I am the core organizer, I want it to become more collaborative and locally led.

We are committed to GenderFunk and now we have Saigon is Burning, both of which we want to become a monthly event. Then, the next step is keep training, working together and being creative. We are gearing up to do more festivals, we want to do a takeover at Quest Festival, we are going to be reaching out to international events, we've been doing a lot of stuff with charity—we did a charity event at Outcast for the Green Bamboo Warm Shelter, we are doing a charity event for Project Success. That's a huge part of changing the perception of queer people. We're here, using our art to support the community. And that's one of the best ways to show that we're not scary and we're people at the end of the day. At the front of GenderFunk our message and our approach is, "come and hang out with us, look at what we're doing for the community, see how we are expressing ourselves," and that can change perceptions, hopefully. ■





It's a Bird... It's a Plane...

It's a Small Plane!

Watch your head, radio-controlled airplanes are
flying overhead in the outskirts of district 7

Text by **Daniel Spero**
Images by **Vy Lam**





BEHIND WHAT APPEARS TO BE an abandoned construction site near the intersection of Nguyen Van Linh and Trinh Quang Nghi, with banana trees and marshes in the backdrop, a group of Vietnamese men belonging to the Hoa Hung Radio Control (HHRC) club congregate. They show up every Sunday, depending on the rain, to fly radio-controlled airplanes from 2pm to 5pm, and then head to a nearby establishment for cold beer and food afterwards.

HHRC is the largest radio-controlled airplane enthusiast group in Vietnam, however there are groups in most Vietnamese cities, including HHRC's sister club on Phu Quoc Island, which has around 10 members. HHRC have been meeting for around a decade, and usually have around 30 active members at any

given time. The men, there's only been one female member thus far, come from many different segments of society, from businessmen driving new SUVs that bring top-notch gear, to laborers driving old, pieced together motorbikes with dinged up secondhand planes. A number of the members are from the local police. In order to engage this hobby they first had to get special permission from the government, who sent an aviation official to designate their fly zone and to coordinate with officials at Tan Son Nhat Airport.

As members gradually arrive, they greet each other, get out their planes and prepare for flight, tuning parts or oiling moving parts then filling the tank with methanol gas. Most plane models are around 1.5 meters in wingspan and 1.2 meters from propeller to tail. Made of





wood and Styrofoam, most are single engine planes, but there are larger models with up to four engines available. The planes are typically modeled after light aircraft, WWII fighters or modern fighter jets, though some members use small drones, or even model stealth fighters that seem to be a hybrid between a drone and a plane. The typical engines are 7cc, and with a full tank of gas can fly for around 12 minutes before needing to land and refuel.

After roughly 15 minutes of set up, including winding the propellers and gassing up the engines, the planes are ready to fly. The men move their planes forward with their controllers to a flat stretch of gravel that serves as the runway. When they push the control rocker forward, which dictates the amount of engine thrust, it only takes a few meters speeding forward before the planes go airborne.

As the planes zip around the sky they make a high-pitched whine, similar to a gas powered weed eater or a motorbike with a 2-stroke engine. Theoretically, the planes could fly as far as five to seven kilometers away, however the operators typically keep them within a one-kilometer range due to visibility concerns. They can do tricks like you'd see at an air show, though their coordinated flights don't exactly rival those of the Blue Angels. They can, however, make them corkscrew, loop-de-loop, hover or free fall in amazing, dramatic displays, but according to the operators, these tricks are difficult and take time to master.

As the planes fly the men laugh and joke and have a great time, watching one another's techniques and reviewing each other's abilities. Among the guys who participate there is a range of skill and experience. There are the older members who are mentors, showing the newer members flight maneuvers and giving them repair tips. There are manuals, but often understanding and technique is passed down. Quick learners can pick it up in a week and start flying, but slower learners usually need at least a month or more to get the hang of it.

While they've never hit any birds and usually avoid trees or power lines, they do hit each other's planes at times. If a plane goes down over one of the marshes or the field of banana trees for whatever reason, they send out a drone with a camera on it to fly overhead and locate the plane, assisting the operator who has to venture out to get it. If they can't find it this way, the other men will help by fanning out to search for the lost plane. This happens about once a month.

To purchase a new plane, the cheapest are around VND3 million, while the higher end models can go up to VND10 million, all imported from Japan. Occasionally members build their own planes or create something experimental, like one gentleman who attached a second propeller. When he tried it, the plane nose went straight down and one of the propellers broke off, which provided the other members with a good laugh. ■

For anyone interested, visit www.facebook.com/groups/203476083128112/ for more info





Animal Rescue+Care

Annual **GARAGE SALE!**

Come and show your support to our animals in need by visiting our Annual Garage Sale!

ARC volunteers will be selling second hand, good quality household items & clothing to help raise money for our rescued animals, vaccinations, neutering and housing.

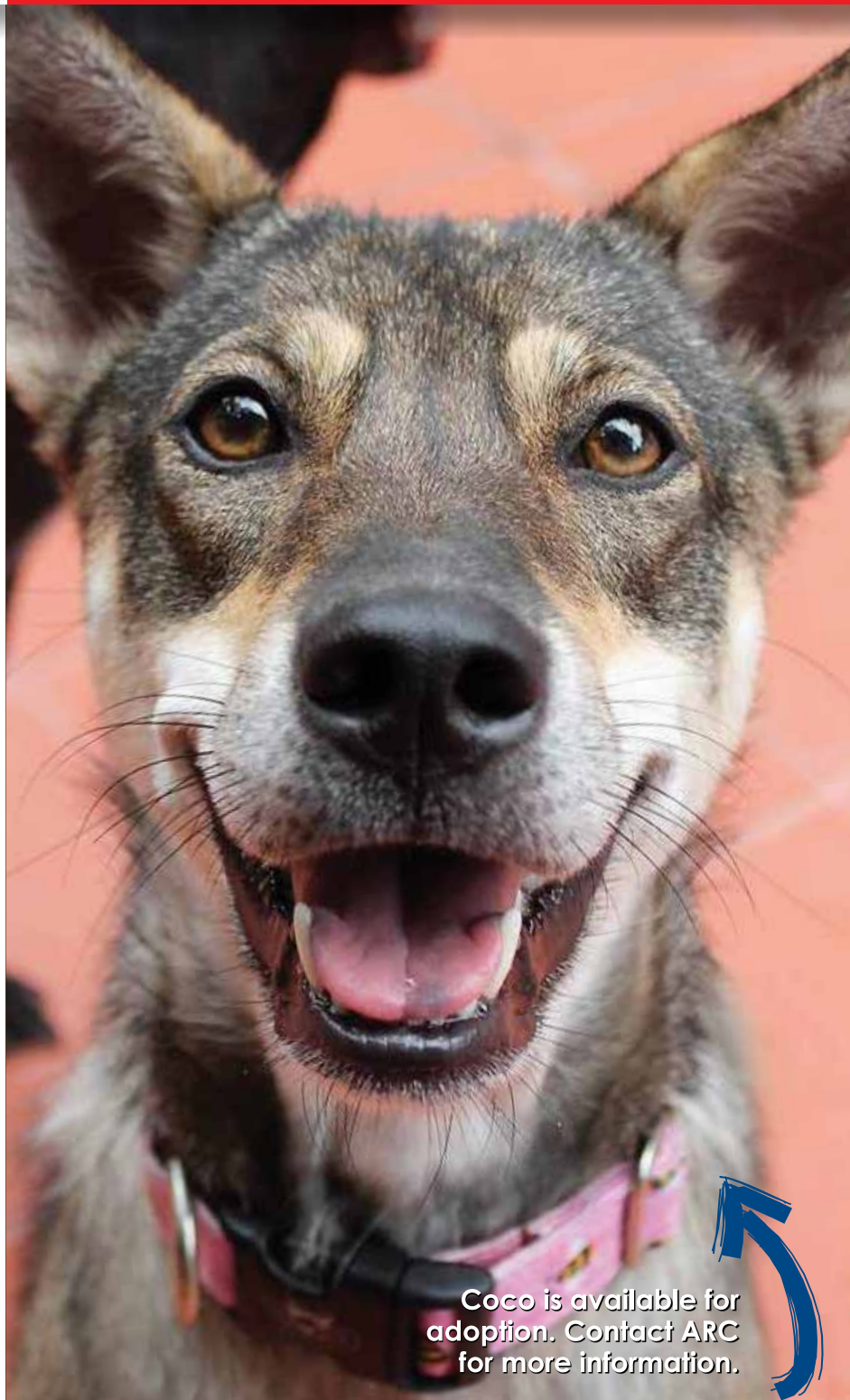
If you're interested in volunteering or adoptions through ARC, our friendly volunteers will be there to offer information and guidance.

All proceeds from the ARC Annual Garage Sale go directly to ARC.



25th August 2018
10am - 3pm
The White House
Hem So 4, Thao
Dien, District 2,
Ho Chi Minh

FOLLOW US



Coco is available for adoption. Contact ARC for more information.

www.arcpets.com

To make a cash donation please go to: gofundme.com/arcpets

Enter The Room

In conversation with popular YouTuber Akari and her mission to bridge Japanese and Vietnamese cultures

Interview by Daniel Spero

Image by Vy Lam



STARTED A LITTLE OVER A YEAR and a half ago by Japanese expat Akari Nakatani, the Ancari Room vlog on YouTube, which focuses on life experiences in Vietnam as well as cultural differences between Vietnam and Japan, has grown exponentially in viewership. With over 32,000 subscribers and numerous videos that have topped 100,000 views, Oi sat down with Akari to speak about her experience as a popular vlogger in Vietnam.

Why did you choose Vietnam to live and as a language to study?

Because of my best friend, whom I met in university [in Japan], we started living together and I was wondering what should I do after graduation. Then, because I had a connection with Vietnamese people through her, so why don't I come here to study Vietnamese. Otherwise if I stop there then I thought maybe there would be no chance to come to Vietnam and study Vietnamese again.

Now that you've been here a few years, what are your impressions?

At first I was very surprised by all the motorbikes here and all the energy, because compared to Japan, Japanese people are sometimes a bit too tired, working very hard, but here it's more relaxed and thanks to the weather also maybe, also people are more open-minded. So when I live here, I have these small experiences. For example, yesterday I went to buy a flower and then the lady who was selling on the street, the stall was very, very small, and I asked her how much is a flower, and she said, like, one dollar for 10 flowers, but I only needed one. So I said, I only need one, so I asked her how much is it? And she was like, oh, then just take it. She chose the best one and was like, this is for you. And that really made me happy.

What are some of the differences in behaviors between the Vietnamese and Japanese that you've observed?

One point that maybe the Vietnamese can learn from the Japanese I would say, actually in both ways, the mind toward rules is very different. For Vietnamese people, they are a bit more flexible toward rules, that's why on the roads sometimes it's messed up and a bit scary, but at the same time I come here from Japan and I was surprised that after I live here, there is a rule, but still, if it's in Japan I never think, how can I break the rule. I used to think only in the box, but in Vietnam, while breaking rules is

not good, it also sometimes helps me to think in very different ways. That's been helpful for me, and I also think Japanese people should learn about this.

What made you decide to start Ancari Room and the YouTube channel?

Most people in Japanese society, after they graduate they go find a job, and even if they don't like it, because of all the pressure from society, they just go to work. But then for me I chose to come to Vietnam so it's kind of like an unusual experience for Japanese people, so that's why if I can share some of it, then hopefully it can help other people to see that there is another way.

Had you done any public speaking or made any videos before?

Actually, I joined a speech contest when I was in high school, but just that. Other than that I'm always kind of shy, I don't want to talk to other people, I always hide. In front of the camera, I'm not used to it and that's why I asked Duyen to be in the video together.

Is it just the two of you who work together on the videos?

Right now, only us two. For editing and planning, it's all me. And for Vietnamese, like the subtitles, she helps me.

How long does it take to make each video?

To publish one video, I haven't studied it yet, but for one video the shortest time is about 10 hours.

How many views do your videos get on average?

The average is about 10,000, and besides YouTube I also do live streaming on 17 Life, an application from Taiwan.

Do you write out scripts with themes or topics? How much do you plan before you start shooting?

These days we've changed a little bit, but before I just have an idea and just sit in front of the camera and then do whatever we try. But now we plan first. We make the title first and content, and if it's all in Vietnamese we write the script as well, so I won't mess it up.

The comments on your videos range from students complimenting your language skills, to kids or families who enjoy them, to guys asking if you have a boyfriend. What types of people do you think typically watch your videos?

Overall... umm... ha ha... 70 percent of

the viewers of my channel are male. Most of them are Vietnamese people, but some viewers are Japanese people who are living in Vietnam or who are interested in Vietnam. For the messages, I guess about 30 percent of them, sometimes they just say, maybe because I'm a Japanese girl, leave a comment related to compliments.

Are they respectful or do you ever have to block them?

I just leave it there, but it's funny that when Vietnamese people comment using some kind of Japanese word that relates to their comment, that other Japanese people comment on that, saying that, oh I didn't know that Vietnamese people are also interested in this. They know this word, so the topic is not really clean, but still they are learning from each other so I think that's amazing.

I also experience that in daily life too. Vietnamese people tend to ask those kinds of questions. First is like, where are you from. The second is, do you have a boyfriend. In Japan we would usually only ask this after meeting maybe 2 or 3 times. And every time I take a Grab, they always ask me. So it's like, should I tell a lie?

How long do you plan to stay in Vietnam?

Probably three years more. Actually, at the beginning I also said maybe 3 years, because I used to be in New Zealand for 10 months, but it was too short to know it deeply, so I felt maybe at least I have to live here for 3 years, otherwise I cannot know the deep side of the culture, so I decided three years. Now after 2 years, I'm still saying 3 years more.

How do you market your videos?

I'm actually not really good at marketing, I'm still studying, for now I'm just making the videos, we are more concentrating on the content. But thanks to another YouTuber, called Kyle Le, he's quite famous, at first he interviewed me on his channel and that also brought his viewers to my channel.

What else do you have planned for Ancari Room?

The main purpose of Ancari Room is to be a bridge between Vietnam and Japan, so that is the main thing that I want to do. For now I sometimes teach Vietnamese to Japanese people, but I also want to introduce more about Japan to the Vietnamese people, and hopefully that's a bridge to those Vietnamese people that are interested in Japan. ■

ANNIVERSARY

25th
the journey of
Happiness



• Tel: (028) 3844 8358
• Fax: (028) 3844 7817



100
DOANH NGHIỆP
BỀN VỮNG 2017

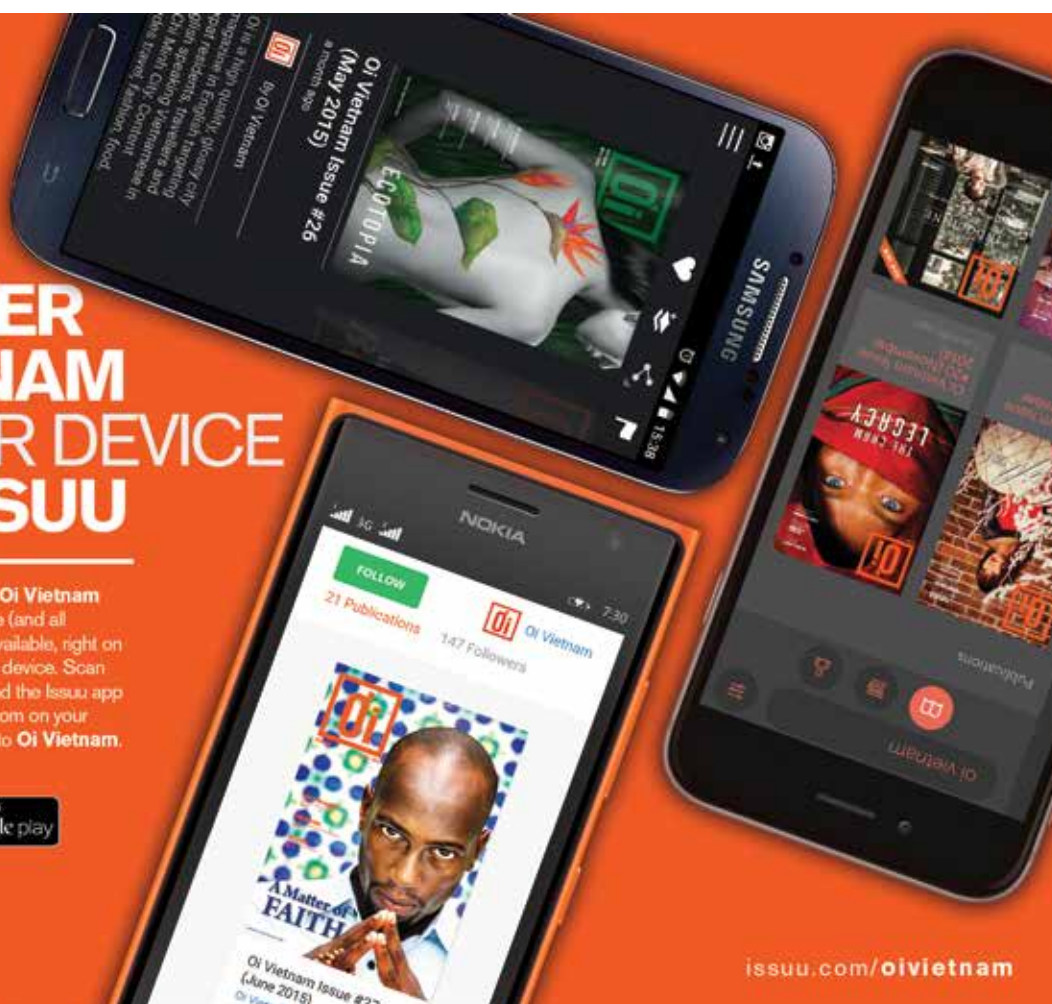


SOUTHERN AIRPORT SERVICES JOINT STOCK COMPANY (SASCO) | Tan Son Nhat International Airport Ward 2, Tan Binh Dist., HCMC



DISCOVER OI VIETNAM ON YOUR DEVICE WITH ISSUU

You don't have to wait to pick up **Oi Vietnam** locally – you can enjoy each issue (and all previous issues) as soon as it's available, right on your phone, iPad, or other mobile device. Scan the QR code below and download the Issuu app for iOS or Android (or visit issuu.com on your Windows phone) and subscribe to **Oi Vietnam**.



issuu.com/oivietnam



Nevena Stefanovic studied at the Faculty of Veterinary Medicine in Belgrade, Serbia and Wrocław, Poland. Her primary interest are companion animals internal medicine and surgery. Nevena is now working as a veterinary surgeon at Animal Doctors International Clinic, HCMC.

Exotic Pets

There are so many aspects to owning and caring for legal exotic pets, you need to be certain about your ability to provide for your pet before you plan to adopt probably more than for any other pet, before you buy a legal exotic animal, you should do a lot of preparation. Small mammals, reptiles and birds can make excellent additions to the family, but they are very different from dogs and cats.

BEFORE YOU BRING YOUR NEW pet home, be sure to research their husbandry needs. Food, supplements, temperature and humidity can make all the difference in your animal's health. Some animals, like pocket pets only live a few years, but reptiles and birds can live over 50 years.

Feeding

Ensuring that your exotic pet receives a balanced diet, which provides all the nutrition it needs is vital. On the whole, exotic pets, which eat whole vertebrates,

are less of a worry as they get all of their nutritional needs from their prey. Insect or fruit-eating pets may need extra vitamins added to their diet.

The key, once again, is good, solid research. Find out what diet your pet requires and how often it should be fed.

Environment

The first thing to consider when adopting an exotic pet is their housing. Some animals require very much more effort to house than others—requiring a greater commitment from you.

Reptiles: heat source, lighting, terrarium, habitat

Birds: cages and toys

Small mammals and rodents: special housing equipment, some animals, like ferrets, need litter boxes

All these requirements should be already done before you bring your pet home so you have a perfect enclosure ready for them on arrival.

Behavior

If you are looking for a snuggly pet to cuddle up in your lap than a bearded dragon may not be the best choice. Likewise, if you spend 60 hours a week at work and are rarely home, a social animal like a parrot is not the pet for you. Understanding your pet temperament, behavior and enrichment needs is very important in ensuring a high quality of life.

Vet Care

Not all veterinarians care for all types of animals. Exotic animal vets are less common than small animal (dog and cats) vets. Also, many small animal practitioners don't have equipment required to do extensive treatments on exotics. When deciding the best exotic pets for you, make sure you have access to a vet who treats them.

If you already have an exotic pet the most frequent asked question is: What signs of illnesses should I watch for in my exotic pets? If your exotic pets are showing signs of respiratory distress, bald patches or hair or feather loss, diarrhea or runny eyes and nose, you should bring your pets to the vet clinic for a full physical examination and course of treatment. ■



Pet Inn

When boarding your pet for any period of time, make sure to do your homework on what kennel would best suit your furry friend

Text by **Wayne Capriotti**

SOMETIMES IT'S IMPOSSIBLE

to take your four-legged kids along on business trips, family visits or vacations, so a safe, clean, comfortable, properly managed pet hospitality solution with either a pet hotel or kennel boarding service provider is required. Pet hospitality service lengths can be defined as short-term stays (two to five overnight stays) to a longer term boarding, which might be weeks.

Pet hotels are indoor boarding facilities consisting of areas, rooms or suites mimicking the home environment provided as specialty services by pet stores and veterinarian clinics, or by a stand-alone business. The other type of service is kennel boarding, with an off-leash, large outdoor setting where socialization and interaction of dogs is maximized. The outdoor kennels are usually made of wire mesh, built with partial walls and sheltered from the sun and elements. This creates an open environment where dogs can see, smell and hear everything, reducing stress and barking. In Vietnam, outdoor kennels should have a few air conditioned spaces available or small bodies of water for cooling down dogs from playing and running in the intense heat and humidity.

Although pet hospitality providers and their boarding services are quite new in Vietnam and still maturing in service development, pet lover and author Nguyen Bao Sinh pioneered the first pet hotel in Vietnam. The Bao Sinh Cat Dog Resort, opened in Hanoi in 2000, is considered a five-star boarding service where, some say, set the standard for the pet hospitality industry in Vietnam.

It would be misleading to say that there is a properly functioning, regulated pet hospitality industry in Vietnam, compared to other countries. In some developed countries there is a rigorous process of obtaining a

boarding license from a local authority. There is the screening of individuals (prospective owners and personnel) of their knowledge and experience with dogs or cats and business intent before a business license is approved. Some countries have governing associations setting standards with strict policies, rules and regulations, including periodic random on-site inspections for cleanliness, hygiene, orderliness and acceptable behavior and handling of boarded pets. Not so, in Vietnam.

Read The Fine Print Of A Service Contract! But Is There One?

To protect pet-owners and their pets, and boarding service providers in Vietnam, a detailed application process should be an expected with application form completed and signed-off by both parties. Essentially, this form should resemble a service contract with terms and

conditions. This form will also allow a service provider to build a get-to-know profile of your dog/cat, including name, known health issues, special diets, vaccinations, age, sex, breed and behavior, especially aggressiveness, socialization level or anxiety. The form should include all vital contact information from both parties, especially in case of an emergency. This application and screening process will also allow the pet-owner to understand the service provider and if their pets are suitable at their boarding and then help them in deciding what type of boarding service solution is best.

For Dogs Only

Both parties must acknowledge and agree, in writing, that there are potential risks and liabilities involved. Not all dogs are properly trained and socialized entering a boarding service. Dogs are also unpredictable in their behavior; rough play will always be present, especially interacting with other unknown dogs. Dogs may get hurt or damage property. They can be cut, scraped and obtain punctures. Dogs can develop sore or injured joints, muscles, tendons and ligaments. They might ingest foreign bodies or even catch airborne viruses and various strains of kennel cough (that is why it is a must that a dog be properly vaccinated). Therefore, it is in the best interests of the service provider and the dog-owner to have all terms and conditions noted in a release waiver of liability and possibly detailing extra costs, paid by either the dog owner or service provider, caused by incidents involving their dog on the boarding premises, including but not exclusive of damage of property, medical treatment and other associated pet care costs.

For dog-owners, always present an up-to-date health passport in the application process. All dogs must have vaccinations for contagious diseases like





Canine Distemper, Canine Parvovirus, Bordetella, Rabies, Canine Influenza and Kennel Cough. All dogs seven months or older must be spayed or neutered. Pets entering boarding premises must be free of fleas and ticks—this is the responsibility of the dog-owner.

All pet hospitality service providers should insist that all dogs allowed in their boarding be in good health. Dog-owners should be able to certify that their dogs are in good health and have not been ill with a contagious ailment, including the diseases mentioned above, and Coronavirus, Leptospirosis, Ringworm, Canine Hepatitis, Fungal Infections and Heartworm. Dogs must be free from any contagious conditions, which could potentially jeopardize the health of other dogs in the boarding facility. Dogs that have been ill with a contagious condition in the last 30 days should require a veterinarian certification of good health.

What About Boarding Cats?

If you decide to board your cat they should have vaccination for Rabies, Feline Panleukopenia, Calicivirus and Rhinotracheitis. If the cats are allowed to socialize with other cats then they must have vaccinations for Feline Leukemia and AIDS. Depending on the lifestyle of your cat (Is it an indoor cat? A solitary cat? Or live with a group of cats?) a cat should be brought in a carrier it is familiar with and possibly be acclimated or used as their kennel. Also, the environment of the boarding facility should be somewhat quiet, clean, especially around litter boxes and a suitable separation between cats and dogs.

Separation Anxiety

Dogs and cats do suffer from separation anxiety from their owners over extended periods of time and a pet hotel or a boarding solution may not be a good idea. If you still need pet accommodations

there are a few relaxing Pheromone products on the market such as DAP (dogs) and Feliway (cats) that can help ease anxiety. As an alternative to medicine, a good idea is to leave an item, or two, of your clothing that has your scent and place them in the kennel or room where the pet will stay and sleep; this may help ease the separation anxiety.

Finally, a few more questions you should ask management and other observations that you should take note of are:

- If possible, tour or inspect the boarding facility beforehand. It should be somewhat odor free and quiet, very hard to do with dogs, but required for cats. Take note on how the staff handle dogs or cats in their care? Are they sensitive and caring or rough? Ask how many times a day are the boarding areas cleaned? How are they cleaned, with disinfecting, anti-bacteria cleaning solutions? Is the kennel kept at a comfortable temperature, with adequate ventilation, air conditioning and well lit?
- How many times a day is the dogs exercised? Are there structured daily activities or are they kept in a kennel or carrier for the duration of the boarding? Are dogs exercised in groups or individually?
- Are you allowed to bring your

pet's favorite piece of bedding, clothing, toys and food? If they do not allow you to bring your own food and treats, ask what type of food is provided? How many feeding times a day? Look for clean bowls of water around the facility.

- Are you able to install a video camera so you can interact with your dog/cat and monitor their stay? Or maybe they have their own system, ask if you are allowed to access the video feed online? A web cam interaction can also calm separation anxiety.

- If your dog has special needs, a physical disability or other medical issues ask if staff can manage these responsibly, if there is an incident. Note: these issues should be discussed in the application process and documented in the contract, as a reminder to staff members.

- How secure is the pet hotel/boarding facility to prevent pets from escaping? Is it locked overnight and guarded against pet thieves 24/7? Are there staff available 24 hours a day to check and monitor dogs/cats during the night?

- Does the boarding facility offer other pet services like grooming or medical care? What is the policy of the facility when a dog/cat gets sick or hurt? Does the facility have a working relationship with a local veterinarian or have an in-house veterinarian present during the day or on-call at night? ■



14A6 Thao Dien, D2;
(028)3744 4178/093 4080 186
www.bedandpetfirst.com;
[Facebook.com/bedandpetfirst](https://www.facebook.com/bedandpetfirst)

Bed & Pet-first Dog Villa is the first pet villa brand in Vietnam offering the best care and amenities for your pets. Their 11,000 sq ft villa was designed with the best comfort in mind and every little detail is considered so that your pet can relax and enjoy their stay. Services include: Boarding, Dog daycare, Bathing, Grooming, Dog Walking, Pet shop and more.

Back to Basics

A good camping trip is all about getting back to basics – the smell of a wood fire, a night under the stars, communing with Nature. Crafting exquisite leather goods and the best pair of shoes you'll ever own likewise begins with the basics.





At Dominique Saint Paul, the process starts with raw crust leather, uncolored and unfinished. Artisans then hand-dip or hand-apply layers of Italian dye to create identical or contrasting colors before using Italian creams and waxes for a bright, lustrous finish. The patina process is also used for the soles, heels and edges of shoes as well as other leather goods including bags, belts, wallets, and cases for business cards, laptops and iPhones.

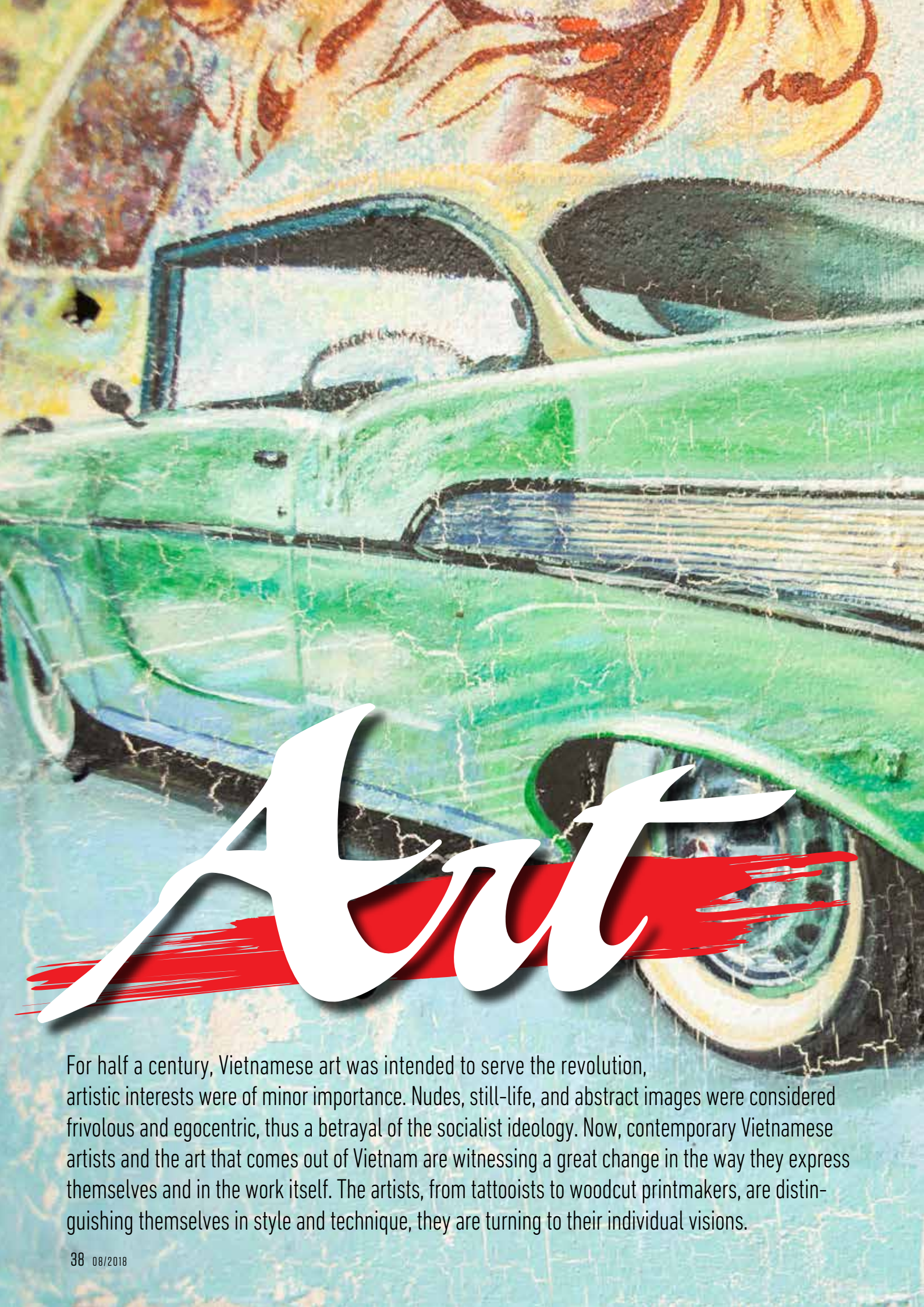


While the Saigon flagship store has ready-to-wear, finely hand-crafted, Goodyear welted men's dress shoes and casual shoes, the hallowed fitting room in the back is for the discerning gentleman confident enough to express his own individuality and style. Here, footwear is made to order from a range of Oxfords and Derby dress shoes to more casual slipper loafers, driving shoes and moccasin loafers, all in your very own signature color with the ability to add subtle details inspired by Vietnam, including pearl tassels that recall Hoi An lanterns. At Dominique Saint Paul, it's all about daring to be yourself – on purpose.

Dominique Saint Paul
29 Dong Du, D1, Ho Chi Minh City
www.dominiquesaintpaul.com







For half a century, Vietnamese art was intended to serve the revolution, artistic interests were of minor importance. Nudes, still-life, and abstract images were considered frivolous and egocentric, thus a betrayal of the socialist ideology. Now, contemporary Vietnamese artists and the art that comes out of Vietnam are witnessing a great change in the way they express themselves and in the work itself. The artists, from tattooists to woodcut printmakers, are distinguishing themselves in style and technique, they are turning to their individual visions.



ARTWORK BY JEROME PESCHARD



Art Direction

As one of the leading, important art galleries in the city, *Oi* asks Galerie Quynh to highlight works of three emerging artists they represent. Tran Duy Hung's profile of the artists and their work are done with a keen, expert eye that allows us to better connect with the art.

Hoang Nam Viet - NX - 2017 - oil on canvas - 45.5 x 35.5 cm

Text by **Quynh Pham**
Artists' Profiles by **Tran Duy Hung**
Images Courtesy of **the Artists and Galerie Quynh**

GALERIE QUYNH (118 Nguyen Van Thu, D1; www.galeriequynh.com) has been promoting contemporary art practice in the country for two decades. Whether growing rice in the gallery, installing a giant boat-shaped vessel comprised of only salt crystals, or transforming the exhibition room into a glowing red box occupied by sleeping individuals in full public view, the programming at Galerie Quynh is unlike any you would normally find in a commercial gallery in Vietnam.

The gallery is known internationally for its consistently focused programming and educational initiatives. Working with a select group of emerging, mid-career and established Vietnamese artists, the gallery also exhibits the work of distinguished artists from around the world.



Hoang Nam Viet - Hoang Ha 3 - 2018 - oil on canvas - 30.5 x 30.5 cm



Do Thanh Lang - Untitled - 2017 - acrylic, oil and glass paint on wood - 40 x 60 cm



Hoang Nam Viet - Does it hurt when you bite yourself? - 2016 - oil on canvas - 100 x 70cm

In keeping with its mission to develop a sustainable ecosystem for the arts in Vietnam, the gallery collaborates with artists, curators, museums and art spaces locally and internationally to organize talks and lectures as well as to produce publications in English and Vietnamese. In May 2014 the gallery founded the non-profit educational initiative Sao La. Spearheaded by Ho Chi Minh City-based artists Nguyen Kim To Lan and Nguyen Duc Dat, Sao La currently comprises a young, diverse group of passionate creatives working loosely as a collective.

A new chapter began in December 2017 when the gallery moved to a 600sqm space in Dakao, District 1. Spread over four floors, the gallery will be able to produce more ambitious programming and play an even more vital role in the cultural community.



Hoang Nam Viet - Hoang Ha 3 - 2018 - oil on canvas - 30.5 x 30.5 cm

Feel the Force

A force in the Vietnamese art scene, Quynh Pham is the founder and director of Galerie Quynh. She was born in Danang but left the country at the end of the American War. Raised in California, Quynh studied Art History/Criticism at the University of California, San Diego. She has worked in the arts for over 25 years with experience in galleries and museums including the Arthur

M. Sackler Gallery at the Smithsonian Institution in Washington D.C. and the Museum of Contemporary Art, San Diego (MCASD).

Quynh has spoken on contemporary Vietnamese art to groups from institutions such as the Asia Society (New York), the Metropolitan Museum of Art (New York) and the Museum of Fine Arts (Boston). She has given talks to various international organizations and diverse business and school groups. She has also participated in symposiums hosted by institutions such as The Huntington Beach Art Center in California, TheatreWorks in Singapore and Osaka University in Japan.



Do Thanh Lang - Untitled - 2017 - acrylic, oil, and glass paint on wood - 40 x 60 cm



Le Hoang Bich Phuong - Portrait of a man - 2017 - watercolor on silk - 80 x 80 cm



central, though appearing no less dream-like. The lines separating them from their surroundings are hazy. The paintings are basked in swaths of blue and gold—referred to by Hoang as “the colors of a shattered summer.”

A self-taught artist, Hoang has honed his practice across various disciplines. He has participated in comic book workshops, worked in advertising and even founded a café, which has become a popular gathering spot for the local intelligentsia. Called Hoang Thi, the café was also the venue for his first solo exhibition *Cuffed in Freedom*. Hoang has participated in several group exhibitions in Ho Chi Minh City including *Chung* (Pongdang Gallery, 2014), *Out of Nowhere* (Sao La, 2014), *Art Walk* (numerous venues, 2015), *The Primacy of Drawing* (Dia Projects, 2015), *NGUCHONOBAY* (Galerie Quynh, 2017). Hoang was part of the duo show *Hopscotch* with Do Thanh Lang at Galerie Quynh in 2016. Hoang is based in Ho Chi Minh City.

Do Thanh Lang

The situations and actions depicted range from being unsettling to downright grotesque—their significance not immediately obvious. In one work, bodily fluid floods out from a man's lower half, as a gun appears to be pointed at a scantily-clad woman. A bubbling tension can be clearly felt, while the use of polypropylene paper and a top layer of glaring plastic convey a crude physicality to the work adding to the intrigue and urgency of the scenes. There is always an ambiguity at play throughout Do's work, which openly invites viewers to weave individualities into these psychedelic backdrops, at the same time hints at the inevitability of universal history repeating itself.

Do's new paintings are a continuation of the aesthetics and themes in his previous work but are visually more quirky and minimal. Not without humor—of a black, bitter kind—the works center around fragments of images and stories churned out by the gigantic machine that is Vietnamese online media. Just as one's disposed garbage can speak volumes about how one lives, these images—likened by Do to ‘virtual trash’—remind us that apathy is one of the world's gravest dangers.

Born in 1986 in Ho Chi Minh City, Do studied painting at the Ho Chi Minh City Fine Arts University. His work has been shown in a number of group exhibitions in Vietnam such as *Modern Wind*, HCMC Fine Arts Association; *My Eldest Sister*, San Art; *Fall*, Café Tram; *Out of Nowhere*, Sao La; *Art Walk*, numerous venues in HCMC; and *Hopscotch* and *NGUCHONOBAY*, Galerie Quynh. Do has also participated in *Spot Art Singapore 2014* (ARTrium @ MCI, Singapore) and undertaken the residency program *Brown Movement* at Heritage Space in Hanoi. Do lives and works in Ho Chi Minh City. ■



Do Thanh Lang - *Untitled* - 2016 - oil and acrylic on canvas and transparent plastic sheet - 110 x 110 cm

Le Hoang Bich Phuong

Primarily working with the medium of Vietnamese silk painting, but at the same time experimenting with similar traditions from around Asia and taking influences from modern phenomena such as Japanese manga, Le Hoang Bich Phuong's works (paintings, sculptures and installations) do not lend themselves to easy categorization—especially regarding time and place of origin—or straightforward reading. Forgoing dark connotations and hidden imageries often of human sexual organs that once populated her paintings, Le's recent work has more of a life-affirming outlook, inspired by a search for self-transcendence.

Born in 1984 in Ho Chi Minh City,

Le is one of the most promising artists of her generation. She graduated from the Ho Chi Minh City University of Fine Arts in 2010 and has since held five solo exhibitions in Hanoi and Ho Chi Minh City. In 2011, Le was one of the finalists of the DOGMA Prize in Self-Portraiture and also participated in S-AIR, an artist-in-residence program in Sapporo (Japan), hosted by the Japan Foundation. She has also received grants from the Cultural Development and Exchange Fund (Embassy of Denmark in Vietnam) and the Japan Foundation Vietnam. Le currently lives and works in Ho Chi Minh City.

Hoang Nam Viet

Hoang Nam Viet paints the friends around him and does so with an affection that only comes with tender familiarity. Hoang's works often put his characters in surreal settings and situations. In the earth-toned paintings, one might start sensing an undercurrent of darkness. Here and there, curious gestures and odd, dream-like details conjure up a strange air of melancholy and begin to suggest that not everything is in its right place in the mundane surroundings.

What first appear as portraits of loved ones are in fact laced with subtle symbolic meanings. They deliver broader social messages, as well as contemplations on the nature of freedom. There might be a moving defiance and quiet determination to these youngsters, who are not without curiosity and dreams of change; and yet, faced with forces of the status quo, are they still too naked, ultimately powerless? Newer portraits depict figures front and



Scratching the Surface

An artist rediscovers graffiti and himself in Saigon

Text by Rebecca Jones

Images by Vy Lam and Suby

TRANG BUI, OR SUBY — AS HE is best known—is one of the graffiti movement's most successful artists, having exhibited his work throughout Europe and Southeast Asia for over a decade. Hence, then, my confusion when I met the French-Vietnamese artist under his latest piece: a vintage Honda motorcycle suspended from the ceiling of Belgian beer brewery Belgo.

"When I arrived in Saigon I thought the traffic was so crazy. But then when I got in it I realized there was an order to it. People become like shoals of fish, moving seamlessly around each other, but it looks like chaos from the outside. So that was the idea for the piece," he explains.

This is not the first non-graffiti installation Suby has dabbled in, the first

being a collection of oversized ceramic eggs for an exhibition just outside of Paris in 2012, not far from his home district of Vitry Sur Seine. He says he came to the idea as he didn't want, in fact, to put graffiti on canvas:

"I did canvas before, but I usually do it and give it away to my friends. I never keep it. I've always thought that graffiti shouldn't be on canvas. It's like



Trang Bui

it's trapped—it should be outside, on the streets.”

He was, ironically perhaps, criticized for his choice of medium by graffiti fans. Visitors to the exhibition—which marked 20 years since the establishment of his Paris crew—didn't really get the colorful eggs, which Suby says he later realized were perhaps “something to do with rebirth and new life.”

Giant Step in Saigon

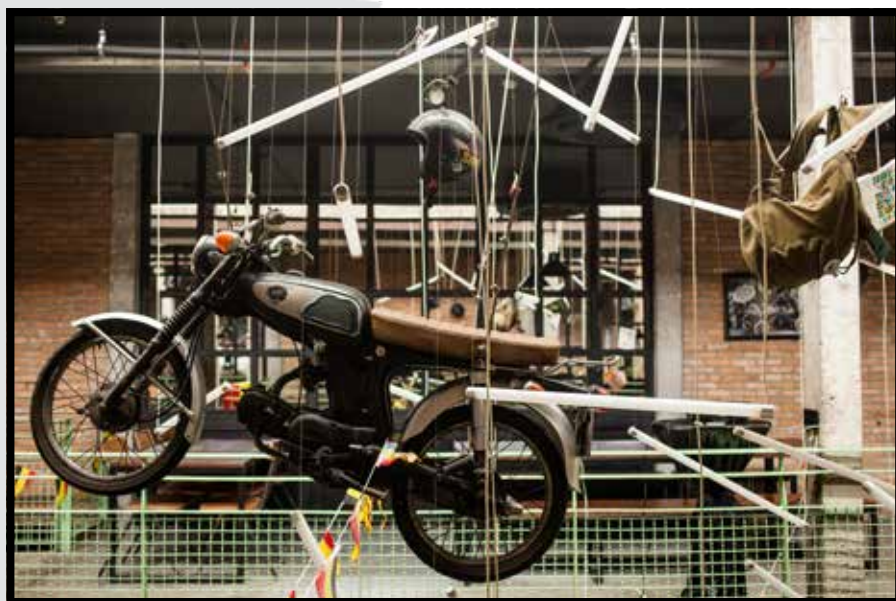
Not long after that exhibition the artist found himself in Saigon—the birthplace of his parents and where he originally intended to stay for just three months. He came with a fellow graffiti artist with the intention of investigating the scene; what he found, however, was even more meaningful.

“When I came here I started to

understand myself better. I met my uncle and grandmother and it was like pieces of the puzzle fell into place. I also saw how the Vietnamese are really good with their hands—if it's broken they can fix it—which is what I've always been like."

Deciding he wanted to stay, Trang and his colleague opened a small French bakery in Le Thanh Ton, the Japanese district. The plan, he explains, was to have a place where they could exhibit their own work as well as that of local artists, who they began busily building a network of.

A year later they opened Giant Step, a dedicated street art gallery inside 3a Station, a creative hub in Ben Nghe,



District 1 that became the city's graffiti mecca. For over two years Trang held regular exhibitions showcasing local talent, helping to bring graffiti into the mainstream of the Vietnamese art scene.

"Artists everywhere can be snobby about graffiti, but in truth it is the latest, biggest art movement. You can't ignore it. Concept art is nice, but you have to pay attention to what people like. You can like street art or not, but it makes the city colorful and is much better than Heineken advertisements," he argues.

Both 3a Station and Giant Step were to be short lived, however, with the government reclaiming the space for development in March 2017—less than



three years after it opened.

With Trang's café in Le Thanh Ton also now closed—in part due to complaints from residents disturbed by the influx of selfie-snapping visitors—there is now no single place for graffiti in the city, a fact the artist laments.

“We used to have two areas and now it's spread out everywhere. That's the sad thing. In most places there is always one hall of fame where you can go and see street art, but not here now. As soon as there are too many people it gets shut down.”

This combined with growing factionalism, which has seen animosity breed in some corners of the scene, means that Trang is now focussing more on his own work. Tapping into strong movements in Indonesia and Malaysia, he is working hard to promote Vietnamese graffiti abroad.

Stepping Down

Recently he went down to paint and see the biggest Asian graffiti festival, Street Dealing in Jakarta, an event that has been running for 11 years, as well as the Malaysia leg of Meeting of Styles, which now spans 30 countries across the world, including Vietnam. He will also soon be visiting China, where he has been invited by the government to exhibit at one of its regular street 'mural' festivals.

Trang has not given up on Saigon, however; on the contrary. As well



as installations in venues like Belgo (which was formerly displayed in the Fine Art Museum) and Bloq in District 2, he is planning a large exhibition in November in collaboration with a French photographer.

He hasn't ruled out opening another gallery in the city either, although he doesn't have any immediate plans. Ultimately, he says he would like to see a local artist take up the mantle from him and spread the word about Vietnamese street art across the globe.

“The artists here are young—they have energy. I didn't come here to be a king, or whatever; I came here to get a scene going. Anyway I'm 39: it's too late for me! I want them to take it over—do exhibitions and promote graffiti. There is so much artistic talent here in Vietnam—and we need to get better at marketing ourselves.” ■

Discover more about Suby and his work here: www.facebook.com/SubyOne

On The Plus Side

MoT+++ and their artists to watch

Text by **MoT+++**

Images Courtesy of **the Artists and MoT+++**

MoT+++ is a new concept from the art space previously known as Dia Projects. The space will remain at its Binh Thanh location in Ho Chi Minh City while expanding its program to four main projects: the MoT sound project; + a contemporary project space exhibiting the works of Vietnamese and international artists; + a place for experimentation that encourages artists to investigate less traditional working methods; and + 1 museum by any other name which will see installations critically chosen by the MoT+++ team exhibited in partner locations around the globe. Each installation of the +1 museum will last for a minimum of one year to challenge the experience of the work, the audience and the environment as together they build a relationship and change over time. Additional +1s will be added as the space continues to grow and develop its artistic and collaborative practices.

Thy Tran

Thy Tran is a Vietnamese-Australian visual artist currently living and working in Vietnam. She graduated with a Bachelor of Fine Art from Monash University in Australia. She worked as a freelance photographer, collaborating with several fashion publications in Melbourne. Since moving to Ho Chi Minh City in 2015, she began collaborating with other local artists, as well as devoting more time to her personal documentary projects.

Photography, in the artist's own words "helps me make sense of my life; it allows

me to see more clearly what I am looking at." While her artwork focuses on people, faces are rarely shown and identities are concealed. The viewer is invited to engage with human figures, looking into its shapes and forms, without making sense of the individual or its stories. The sensation is of intrusion, like illicit glimpses into personal spaces.

The act of obscuring faces demystifies the person's identity as the artist explains: "I find the face is too distracting and has too many emotions to deal with. Portraiture without a face

allows me to stay more focused on body language, the physical contact between the subject and me. It's somewhat precious and intimate like I should not take any of that minute for granted."

Her practice is composed mostly of scenes carefully staged by the artist: light, composition, colors all contribute to the creation of these ethereal images within mundane and everyday places. All elements and steps are part of the artwork and the photography is the medium used to convey the whole creative process, which engages, inspires and intrigues the viewers.



*Thy Tran_Self, Melbourne, 2015_90cmx60cm
(from an edition of five)_ILFORD art paper*



*Thy Tran_Y, (2), Saigon 2016_30cmx45cm
(from an edition of ten)_ILFORD art paper*



*Thy Tran_Thailand, June 2016_30 cm x 45cm
(from an edition of ten)_ILFORD art paper*



*Thy Tran_Dalat, Dec 2015_30cmx45cm(from
an edition of ten)_ILFORD art paper*



Tuyp Tran - End of the Days, Book of Revelation - 50x70cm - color marker on elephant hide paper



Thy Tran_Y, (2), Saigon 2016_30cmx45cm (from an edition of ten)_ILFORD art paper



Thy Tran_Y, (2), Saigon 2016_30cmx45cm (from an edition of ten)_ILFORD art paper



Tuyp Tran - Touch of Creation - 50x70cm - color marker on elephant hide paper

Tuyp Tran

Tuyp Tran (Tran Quoc Huy, b. 1988) is a self-trained Vietnamese artist who uses a wide range of themes, symbols and forms to explore our hidden nature. Tuyp uses pen and color markers on paper and wood to create intricate works, which slowly reveal itself to viewers.

His subjects encompass food, sex and spirituality among various other topics. In his first solo exhibition, *Psyche*, Tuyp sought to confront the contradictions and desires of the mind, repackaging them in allegorical and alluring imagery. In *Persona*, his second solo, Tuyp zooms out a little and raises many questions, which are made visible through an exploration of religious, political and scientific narratives. His trajectory and

development as an artist follow his desire to stay open and explore what he calls "the deepest corner of the mind [...] the unexplainable."

The power of Tuyp's work lies in not only in the diverse choice of subject matter but also in the obsessive level of detail. Tuyp tells of a complex world of culture, sexuality and beauty via suffocatingly detailed illustrations. From afar, his works resemble a baffling explosion of vivid colors and intertwined designs but each detail is a memento from deeply personal experiences and ineffable sensations the artist hopes to simply "provoke ideas;" from his audience by visually tapping into the collective unconscious.



Nguyen Quoc Chanh - #1, 2018 - 70cmx68cm - ceramic



Nguyen Quoc Chanh - #2, 2018 - 70cmx100cmx48cm - ceramic



Nguyen Quoc Chanh - #10, 2018 - 100cmx100cmx28cm - ceramic



Nguyen Quoc Chanh - #5, 2018 - 80cmx110cmx46cm - ceramic

Nguyen Quoc Chanh

Nguyen Quoc Chanh is a ceramic artist living and working in Vietnam. His artworks mix traditional techniques and materials found in the ceramics of Bien Hoa, a city located in Dong Nai Province, with contemporary form.

Bien Hoa has a long history in ceramic production—some 300 years—and found international fame from the late 19th century to the early 20th century. Attentive to the position of Bien Hoa ceramics in global and nationalist imaginings, Chanh writes in his artist's statement: "Rather than nostalgic reproductions or subcontracted production, I make use of local clay, glazes and techniques to evoke Bien Hoa's eclectic tendencies, blurring the boundaries between artisanal craft and art, between sentiment and concept."

Putting together multiple symbols,

not confined to a unique genre and style, one can identify traditional references—snakes, monkeys, buffalos, rubber tires, folkloric symbols in *dong ho* woodcut paintings as the serene faces of The Bayon at Angkor Thom and Easter Island. Positioned alongside are more contemporary symbols on a shared substrate: casts of credit cards, face molds of football-playing children and images borrowed from the facets of Ben Thanh Market, rubber tires.

Often, the molds used are not made by Chanh himself but were found, gathering dust in his adopted studio in Bien Hoa. In this way, the pieces proceed from multiple histories and are shaped by generations of artisans in different cultural and historical contexts. In collecting these tools, Chanh acts as a gatherer and a disruptor. The recognizable motifs must exist in relation to each other and are rendered unfamiliar in a state of disorder and uncertainty—a surreal and alluring effect is achieved.

At a glance, his artworks seem chaotic, but as one spends more time, the balance

is reached. The pieces take on two main structural forms. Many of them have an outline we can discern easily: a large pot, a car's tire or Cham Lingus. These stand in contrast to more surrealist shapes. Bulging and unrecognizable, they express a powerful conception of poetry whereby internal flow is more important than outward conventional beauty.

Chanh's rejection of unblemished white clay in favor of natural earth ensures that he is more of a collaborator in the lifespan of his sculptures rather than the sole creator. His clay is produced by years of natural mixing, capturing the soul of the soil along with its collected debris of trees and bones. Chanh's hands act as just another step of each piece's journey into the eventual fire of the furnace. Rarely do you see ceramic art rooted so deeply in abstraction. ■

MoT+++ is located on the Ground floor of Saigon Domaine (1057 Binh Quoi, Binh Thanh). For more info, visit motplus.xyz, facebook.com/MoTplusplus or instagram.com/motplusplus

By Popular Demand

Interview by Daniel Spero
Images by Vy Lam

THIS IS A
JOB FOR...

Jerome Peschard
is a contemporary
pop artist you
should know





THE POP ART MOVEMENT

began in the 1950s and prospered in the 1960s in the US and UK, pulling imagery from popular and commercial culture as a means of generating more socially relevant commentary. This was a rejection of the overarching traditional approach to art and culture at the time. Budding artists did not feel as though what they were taught at art school and what they saw in museums related to what they saw around them each day, so rather than seeking inspiration from traditional sources, pop artists turned to Hollywood films, adverts, product packaging, pop music and comic books for their imagery.

It was this movement that inspired a young French artist, Jerome Peschard. After a long career as an artist in many different fields, he now works from his home studio in Thao Dien making pop art. Jerome has spent the last few years creating these incredibly detailed, imaginative, larger-than-life pop art pieces, some as large as two meters high and seven meters in length. *Oi* sat down with Jerome at his studio to discuss his emersion into the pop art scene.

How did you become interested in pop art?

I have been working in art since 35 years ago, but in different aspects of art, like for comic books, animated series, a video game company, and doing graphic design. Those are some of the different jobs I've had, so I am in a generation of pop art and pop culture. So in the end, rather than get a job at some company, I decided to paint, and everything I like is about pop art, pop culture, comic books, so I try to find a way with a different style of art.

How has pop art evolved since you became an artist?

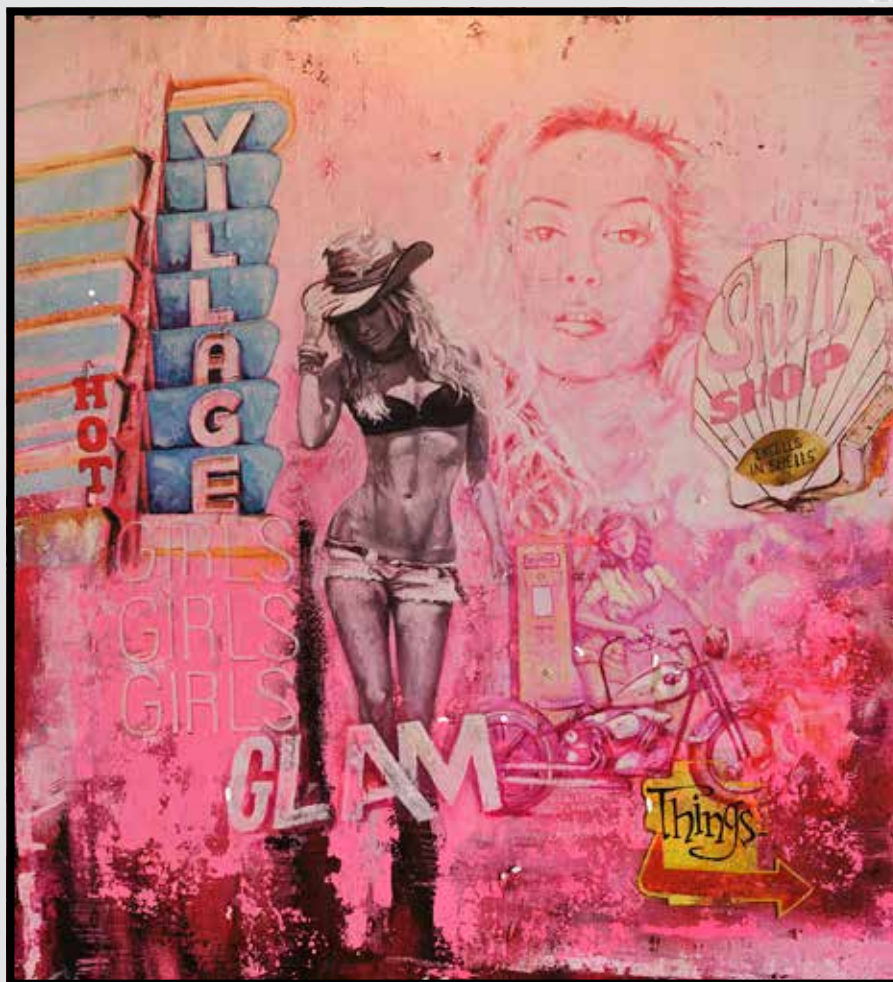
I think there has been a big evolution in the way of pop art because the graphics, the people who create graphics, they are beginning to make pop art with more imagination, they use more designs for things like stickers or masks, and use some character designs from different sources.

How long does it take to produce one of your works?

In general, when I start to work, I start with a steel sheet, because a steel sheet offers support, and I'll do it in one month, a month and a half maximum. I work every day, I start at 5:30am and I stop at 3:30pm, and then I have time for my family after.

Who buys your work?

At this time I have an exhibition at Le Bacoulos (a French restaurant at 13 Tong Huu Dinh in Thao Dien) and it's been very nice, with a lot of people, and since this exhibition I have already sold five paintings, with customers coming from some countries like the US—they like pop art and pop culture, and cartoons



and comics as well. And also, some people like the style of my painting, but don't want something with pop culture, so they ask me to do something for them, like a special painting for their home. I have sold to some companies that have a big place, like a big bar or lounge with space, like one place in Phu Quoc.

How do you decide on an artistic technique?

I try to mix many styles. For example, when I use some typography, some figures, some cartoons, or a photographic style, I try to use different techniques for painting. I adapt different techniques for the subject.

What is the inspiration?

I don't know if we can talk about it in the magazine. For example, I may want a painting to talk about an experience in Vietnam, like about the culture of the [bar] girls or the poverty of those girls in Vietnam, about money and how for them maybe the ticket is a foreigner, and I try to explain how this life for the foreigner begins as a dream and after it turns bad. Sometimes it is a nightmare, this situation for some expats and I try to explain, be careful when she says to you, "hello, you are so funny" and she has a big smile and says "I love you" already and you are flattered, but don't stop and make this your life. So, in one painting this expat is symbolized by the Michelin Man on a scooter; to be happy, be on the way.

Some of your work is quite large. How much does it weigh?

Some paintings the weight is around, depending on the size, around 40 to 80 kilograms, because it is a steel sheet of one and a half to two meters.

Where do you get these steel sheets?

They come from recycling leftover materials from buildings. After I buy them at a little price, I fix it.

What has been the reception from the Vietnamese in regard to your work?

There is a certain segment among the Vietnamese that like my painting, but they are like with some expats already, so they have a style of culture that it more open. And for some Vietnamese who have the money to buy this style of work, they are scared for the moment about this style of art because it is not in their culture. But they like it, they find it amazing, nice, good painting, and some understand pop art and pop culture and it's cool, but they are not ready to put that in their home; maybe for a company only. The ones most interested in this style, the young people, they really like it, but they don't have the money for this, but they like it a lot.

How can people see your work in person?

I don't work with galleries in Vietnam, but I try to do two exhibitions each year. I prepare anywhere from a minimum of 10 to 12 paintings with the objective of finding a place, then organize a party along with the exhibition. I do it myself, along with friends who have a network because then I can have exactly what I want: I can pick the style of the place, I can paint, I can make the lighting different to give a very different feeling. ■

To view some of Jerome Peschard's work you can go to the restaurant Le Bacoulos or make an appointment to visit his studio at 69 So 1 in Thao Dien. Jerome is planning his next exhibition for September, but is still searching for a suitable space. For more information you can check out his Facebook page at <https://www.facebook.com/artsofjp/>.





Royal Showing

Dare to stare at this bold batch of over-sized canvases

Text by Craig Thomas

The King And The Monkey - Ong Vua Va Con Khi - 2018 - Oil on canvas - 200 x 120 cm

WHILE THERE IS NO BLUEPRINT

for when an artist should achieve what might be called “success,” oil painting is not typically a medium where history has thrown up a large number of wunderkinder. Of course there are outliers like Jean-Michel Basquiat who burst onto the stage in their early 20s, but the majority of those we tend to think of as successful artists tend to follow a process of maturation that sees their best work come years, or often decades, after they start pursuing their craft.

Although at 26 years old, Pham Thanh Toan is nearly the age at which the aforementioned Basquiat tragically died, he has long emanated a clear sense of being a prodigy in the making. Even while still a student at the Fine Arts University of Ho Chi Minh City—where he studied traditional lacquer painting during the day while experimenting with oil painting at night—Toan had already taken on the mantle of a professional artist selling his works to local collectors.

With what seems like almost preternatural foresight, Toan immediately began the vigorous pursuit of his career following his graduation from art school in 2017. He and some colleagues rented out a space in the city's Fine Arts Museum and put on a compelling exhibition of their works without any financial or curatorial help. Toan says, “I said to myself that I needed to work diligently at the beginning of my career so that people would get to know my work and I would have opportunities later. I was quite lucky as I had a number of close friends who were willing to lend a helping hand.”

Toan's *King* collection comprises a bold batch of primarily over-sized canvases with several of the works themselves being quadriptychs and pentaptychs. The effect of such large paintings, often done in luxuriantly thick layers of imported oils,



Beauty And The Prince - Ngươi Đẹp Và Hoàng Tu - 2018
Oil on canvas - 200 x 480 cm



Silver Chair - Ghế Bạc - 2018
Oil on canvas - 250 x 150 cm



Superman - Siêu Nhân - 2018
Oil on canvas - 250 x 150 cm



Sexy Sleepwalker - Kẻ Mộng Du Gợi Cảm - 2018
Oil on canvas - 250 x 150 cm



Scream - Tiếng Thét - 2018
Oil on canvas - 200 x 240 cm



I Don't Believe, I Don't Listen - Toi Khong Tin, Toi Khong Nghe - 2018
Oil on canvas - 250 x 150 cm

is immediate and visceral. The planning and ambition required to execute works of such magnitude is nothing short of miraculous for a young artist having his first gallery curated solo exhibition. There is a confidence and skill on display in his new work—a complete departure from his previous two collections—that belies Toan's relatively tender years.

The works of the *King* collection represent a daring and iconoclastic entry onto the Vietnamese art stage for such a young artist. Toan is aware of the

unique nature of his style and that his paintings may spark diverse reactions in his viewers. He says, "I think there will be many different streams of thought. Some of them will not like this style of paintings since as the meanings are not obvious and some of the compositions could be frightening to some. Still, I hope that they will be generous with me and not focus only on my faults. Everyone has imperfections but the important thing to see is if the author of a creative work has something special about them." ■



Falling - Roi - 2018
Oil on canvas - 250 x 150 cm



My Wife - Ba Xa Toi - 2018
Oil on canvas - 350 x 140 cm

King, a solo exhibition of paintings by Saigon-based artist Pham Thanh Toan, will be at Craig Thomas Gallery (27(i) Tran Nhat Duat, D1) until August 10.

The Tattooist

Text by **Daniel Spero**
Images by **Vy Lam**

As the stigma surrounding tattoos fades, tattoo lovers are approaching their marks like art

AS A BOY GROWING UP IN

Nha Trang, Danis Nguyen would draw, paint and illustrate, intent on having an artistic, creative future. Many years later he's not only realized that dream, but he is successful at it, now one of the most well-known tattoo artists in Vietnam, receiving international recognition for his work when he was featured in *The World Atlas of Tattoo* book.

Danis found an interest in tattoos through his love of rock music. "When I saw rock bands and rock stars, they had a lot of tattoos and I loved it immediately. When I was 16 I tried to find information in magazines, because for my generation there was no internet. And then when I was 24 I went to Bangkok and bought some tattooing equipment to learn my way around it. My parents didn't like it. They were really angry when I chose to become a tattoo artist because my mom and dad worked in a hospital as a nurse and doctor, and they were quite traditional."

He persisted, passionate about tattooing. Now years later, as his shop Saigon Ink buzzes with customers going through the inking process—from choosing designs, to having stencils made, to their skin being prepared—Danis mentions how he found success when he relocated to his shop's current location. "My shop opened 10 years ago, the first place was in District 10, and after one year I moved to District 1. Now I feel that it's a good place here, with a lot of foreigners, it's comfortable."

The new location near Bui Vien and Pham Ngu Lao, an area popular with budget travelers and backpackers, gave Danis broader exposure. "Now the shop serves more foreigners, maybe 70 to 80 percent of my customer base. Around 50 percent of those foreigners are those that live here. It changed a lot after relocating near Pham Ngu Lao," says Danis.

Saigon Ink (26 Tran Hung Dao, D1) now has eight tattoo artists besides Danis, but he had difficulties staffing his shop in the beginning. "In the beginning it wasn't easy to find tattooists. Normally, they learn from me. Some have learned somewhere else and come here to practice more."

Over time the task of finding quality tattooists for his shop became easier as local attitude towards tattoos shifted from taboo markings affiliated with gangs to



a fashionable trend. Danis has a thought on why. "I think those people have become more current, more conscious as people. The internet has helped, but the foreigners who come here, they have stories and ideas and designs about tattoos, and this has helped as well."

Need Learnings More

A community of tattoo artists has developed throughout Saigon. "We have many groups of tattoo artists in the city. Sometimes, once or twice a year we have a tattoo expo. Before, we did it four times a year, but we were underground. Just last month there was a tattoo exhibition in Hanoi. And the tattoo community, maybe once a month, we get together at a restaurant just to drink and hang out," says Danis.

Every artist has a range of quality works, from sketches that never get developed to pieces they spend hundreds of hours on but are never satisfied with, to those that are proudly exhibited and commended. Does that happen with tattooing? "Well, there have been tattooing mistakes with Google translate before, or even spelling. One tattoo should have said, 'Needs to Learn More' but came out, 'Need Learnings More', so it shows we all need to learn more about the spelling and grammar of other languages before we use them in tattoos."

Danis expresses his thoughts on the place of tattooing in the art world. "I think tattoos are art, but it's a little bit different, because with tattooing you must have such a passion where you know that once you get tattoos, you will be immediately looked at differently by people. You may find your family getting worried about you, or it may have an effect on getting a job."

While the younger Vietnamese generation may have accepted tattoos, government policy is not always in lockstep with cultural progression, especially in a traditional country like Vietnam, so how do they regulate the



burgeoning tattooing industry? "The license we get from the government is not exactly clear," Danis explains. "If they like something, we can do it, but if they don't, we have to stop, so the rules are not clear. Sometimes they will come to check. Now, here at my shop, we care about the spirituality of a tattoo, so if someone wanted a Buddha, say, below the waist, we wouldn't do that for them. From the waist up is ok, but that is not a rule from the government, only a personal feeling."

Has Danis ever declined inking someone? "Yeah, if it's political. Things where there is fighting, like between the older generation and the new, we don't talk about that, but everyone understands. So, if someone wants a flag that could cause fighting, or make them guilty in the eyes of the government, we won't do it."

Danis, when he's not busy tattooing customers, is helping to put together a tattoo expo that's coming up in November (tattooeexpo.com.vn). ■



What A Relief!

Fleeting pleasures of life
in vibrant woodcut prints

Text by Jesus Lopez-Gomez

Images by

Vy Lam and Jack Clayton

THE DUCK PEERING OVER THE broken bottom half of the egg in wood print artist Jack Clayton's (www.jackclaytonart.com) piece on Vietnamese street food almost looks kind of cute until you see the other visual cues: tamarind, a hot pepper nibbled in the neighboring frame, the long leaf of Vietnamese coriander next to it. On important levels, Jack's art works better if you've lived in Vietnam for a while and know how to read it culturally. Specifically regarding his Vietnam series, it assumes you can read some of the

Vietnamese symbology.

It's also easier to literally read if you can understand some Vietnamese: above the duck you may have developed a liking to the words in bold, big script as loud and as bold as how they're heard in the wild from wandering snack sellers peddling the baby duck for consumption: "*Hột Vịt Lộn*," the frame announces.

There's so much about Jack Clayton's art that you have to process before you mentally arrive at the physical shapes and colors of what's before you. For one, there's the cultural imagery. His interest lately is in working with Vietnamese icons, a place you have to go if you're an artist who's paying attention. "Wherever you are, you're going to be inspired by the environment," he explains. Also, there's the medium. His pieces are wood prints on traditional, handcrafted *dzo* paper which give the works a timeless, found-in-nature feel.

Jack selected his medium on suggestion from a former teacher. As he neared the end of his education at Leeds



Metropolitan University in England, his instructors urged him to adopt a distinguishing expressive mode. "They encouraged you to have some kind of craft or style," he recalls. A teacher notes his pen and pencil drawings bore strong similarities to etching and suggested he take up what has become his signature thing for the last 10 years.

Jack's chosen medium is a time- and patience-intensive process that involves making a wood print—a flat wood carving that an artist cuts their image into—applying it to the print and pressing a canvas on to the the print. Like a hand screen printed tee shirt, the the wood print acts as a stencil: where the contours of the relief's raised, inked edges make contact with the canvas and the valleys do not. The combination of presence and absence marks the canvas with an image. The resulting work's lines mirror the wood of the stencil: heavy, chunky, textured and rough.

The wood is never perfect, and the print makes creative use of the medium's flaws. The areas of solid color are often speckled with white where the stencil didn't quite make total contact. A lack of integrity in the lines leaves them looking like arrested movement, like they will spring off the *dzo* paper he favors when your back is turned.

The medium best and most clearly conveys simple figures like straight lines and shapes, but it's almost like Jack took that as instruction to try to capture more challenging subject. One of his works depicts a food cart angled away from the viewer. The depth and dimensionality is hinted at but the stubborn flatness of the medium tends to prevail. The tension leaves a unique visual result that's somewhere between cartoon, hieroglyphics and graffiti.

On one wall of his studio hangs a large circular drawing made of intricately made drawings within the larger piece that beg closer inspection. A patchwork of scenes within it show pieces of Vietnam's visual identity: the Saigon paving stones that you'd find nowhere else, the crazily wrapped power lines wrapped around one another, Ben Thanh Market, etc.

Seeing Jack's work is like taking in a sample of the human record. It's a marriage of anthropology and art, an





interest he said caught up with him as he was traveling. "I know leaving the UK and traveling would improve my art and experience a wider range of experiences," he says. Doing location specific art, "it just naturally came."

Jack left his native London and hit the road in 2010 at the not untender age of 25. He spent three years in Australia before traveling through Southeast Asia and settling in Vietnam. From the beginning he worked to understand his surroundings through his art. His first piece here was a massive abstract print with the anatomically imaginative visual argument that two faces might share a single pair of lips if the two were joined at the bottom like a V-shape. Curiously, the medium's lack of facility with depth makes the visual argument friendlier visually like when you see Picasso move the parts of a face around to the wrong places and it's still alright.

Jack said Vietnam was the best suited for the kind of artist career he wanted to have mostly because it enabled him to have one. His salad days of service industry work in Australia were ill suited to enabling him the time and space to grow as an artist. In Vietnam, he's grown a following as both an artist and an art teacher. This summer, Jack delivered a series of art classes at Australian

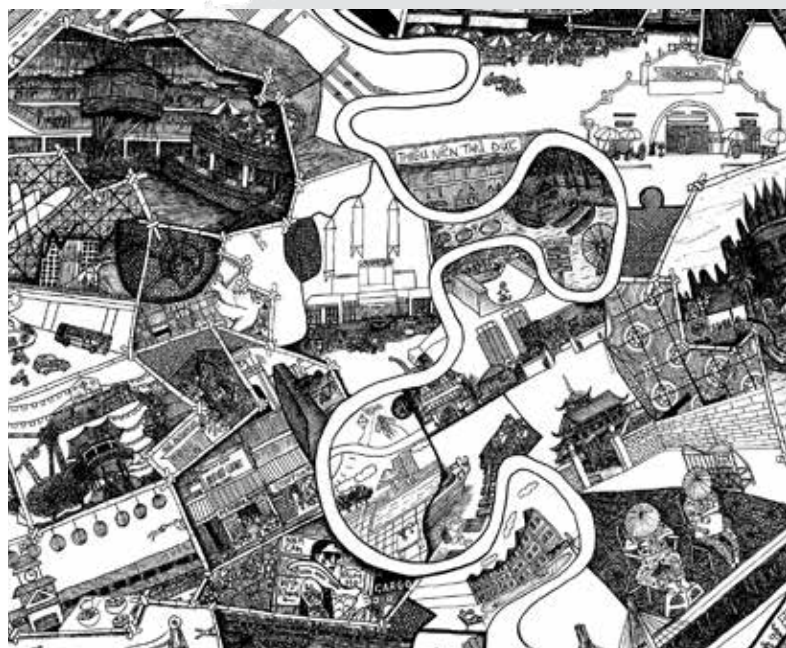
International School prior to leaving for a month-long holiday before returning to London for a visit with his girlfriend.

While back home, he will be showing his works of to would-be collectors, those who want a little bit of Vietnam from abroad.

But it's a translated Vietnam, a version of Vietnam seen by someone who reveres the place and knows enough to know he knows enough but could know more.

It's a trial by error process. In one of his pieces, he draws Ho Chi Minh himself, an icon that doesn't poll well in some circles in these parts. "These days I wouldn't draw Ho Chi Minh. And I still feel a bit weird about his being in there," he said. Through conversations with his Vietnamese friends, Clayton said he's done the work necessary to get an understanding of his environment but eschews concerns that he's not seeing Vietnam the way the Vietnamese see it. "It's my own personal work rather than trying to say what it is," he said.

Clayton is candid about his knowledge of the area. "When I first moved to Ho Chi Minh (City) I didn't know know nothing," he said. A beat. "I don't know much now," he added. "But you've got to research the area to make artwork around it." ■



Wine & Dine

IMAGES PROVIDED BY WMC







Chef's Choice

Kasen offers a more traditional Japanese dining experience through an omakase, hinged on warm rice and pristine fish

Text by **Michael Arnold**
Images by **Vy Lam**

THOSE WHO ARE ALREADY taken with Japanese cuisine will find plenty to be impressed with at **Kasen** (101 Le Thi Rieng, D1), a new venue serving up a contemporary sushi you will rarely see in Saigon.

Kasen's menu offers next-generation sushi, a pared-back, subtler form of the popular dish than you'll generally otherwise come across in this city. Kasen's sushi constitutes a return to essentials—focused on warm rice and soft hunks of cold, melt-in-your mouth fish, forgoing flavor silencers like soy sauce—while at the same time drawing diners into a studied contemplation of each morsel's inherent tastes and textures. This is Japanese food for thinkers, those who are inclined to let each bite linger on the tongue a moment longer than is strictly necessary.

"There's a reason for everything we

do here," says the restaurant's manager Daniel Ta, who remains on hand throughout our meal to illuminate each selection. This is the standard mode of service at Kasen; the sushi set we select isn't served up dramatically on a single platter, but instead brought out one by one and *explained* as we go. The sequence served is carefully-selected by the chef to form a journey of flavors that also ensures the rice comes out warm, and any seaweed wrap doesn't go soft before you eat it.

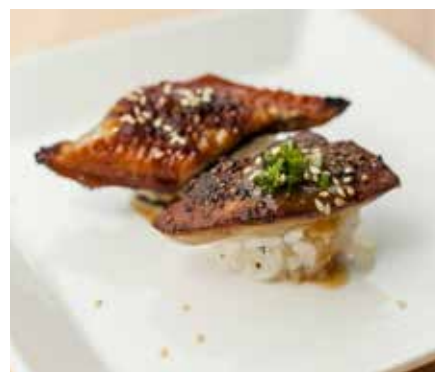
Our meal begins with a couple of choice starters: a plate of beef cuts with wasabi (VND120,000) and an eggplant miso (VND40,000). The beef, garnished with crispy leeks and drizzled in a wasabi blended with white onion, is strikingly set off by a special ponzu salsa, while the hot eggplant—we're advised to

slice it in half so as not to be scalded by the core—comes with a sweet miso sauce and sesame seeds that gives it a flavor reminiscent of Vietnamese *mach nha* malt sauce.

Before being guided through our supreme omakase set (VND880,000), we're offered a more-than-generous pour of fresh sake (VND220,000 per glass). This is a strictly seasonal drink served cold, not like the classic aged warm sake that contains preservatives and can keep for a year. Its rather ostentatious name ("shichiken junmai ginjo daiginjo") is in keeping with the serving method, wherein a glass is placed in a small wooden case and poured to overflowing until the box too is full—denoting good hospitality. It's a refreshing drink, more like a light white wine than anything else.

As we dine, Daniel offers some insight into the owners of the restaurant—which is essentially the creation of chef Shinji Murata, a Fukuoka native who made a career in LA serving Japanese cuisine for 45 years; he is the former apprentice of sushi master Kazunori Nozawa. Shinji's iconic LA restaurant "Hiko" is a critically acclaimed venue that is still open today; it was there where Korean-American Chu Kim befriended the chef and became a loyal customer, going on to invite him to Saigon a while after moving here himself. Shinji fell in love with Vietnam and eventually "retired" here, and Kasen is their joint project—the restaurant's name means "hermit who collects flowers", but it is in fact named after the restaurant where Shinji met his wife.

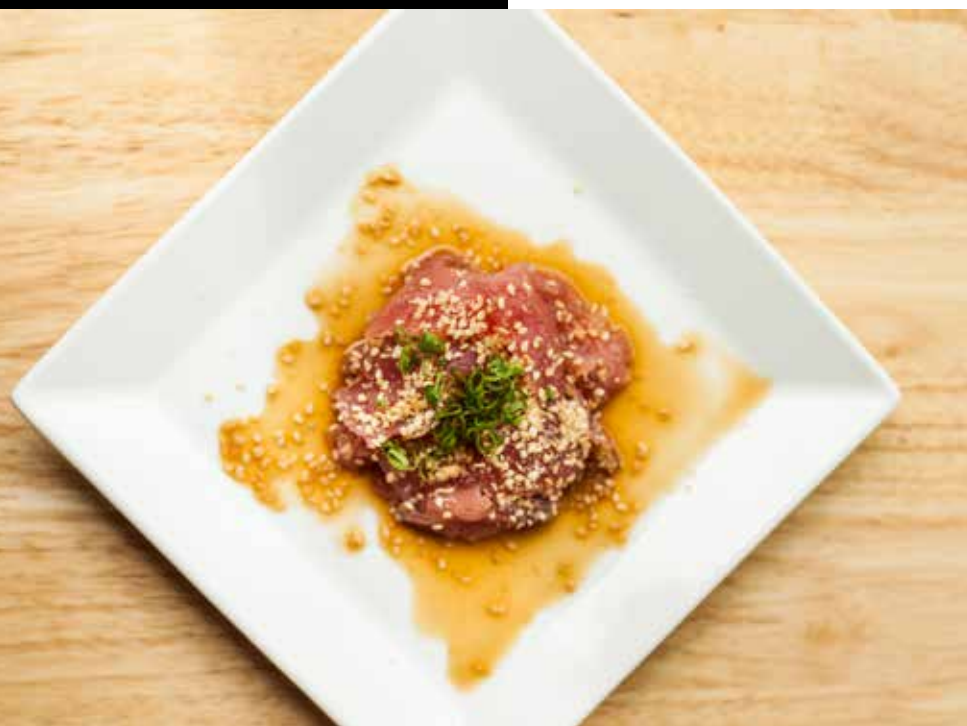
As the omakase offerings begin to arrive in sequence on small triangular serving plates, we're presented first with a white tuna sashimi with garlic ponzu sauce, which has a creamy consistency with delicate flavors set off by a *yuzu* citrus fruit seasoning; we're then given choice pieces of red snapper and yellowtail on rice. The latter, we're told, should be seasoned with a little soy sauce, although it's one of the few dishes



that does need it—as Daniel explains, part of the restaurant's mission is to present a form of sushi that resists being drowned in soy, as is the general bad habit. Soy or no soy, the flavor in the rice itself is immensely wholesome—although being warm and fresh, it's designed to be handled with care and can disintegrate easily between clumsily-thumbed chopsticks. Ginger is on hand, it should be noted, as a palate cleanser between dishes rather than as an after-the-fact garnish plopped onto the rice before chewing. This, we are told, is the more correct usage of this popular condiment.

More sushi arrives—a salmon nigiri with lemon, white seaweed and sesame followed by some delicate white tuna with garlic ponzu: again, soy is not recommended. Kasen's signature sushi is topped with a slice of foie gras that smells magnificent in its coat of sweet miso, sesame seeds and onion. A crisp seaweed hand roll of blue crab is followed by halibut topped in daikon radish, green onion and ponzu, infused with a flavorful dashi stock; eel is served with an eel bbq-esque sauce, and the scallops invite particular concentration as you chew, lest you miss the more delicate tastes beneath.

Dining at Kasen is an education as well as a fine meal. Serving staff talk guests through their dishes almost as if in earnest to draw their attention to their finer points. Go along with the lesson and pay attention to each bite; it's a chance to broaden your palate and experience sushi as you've never tasted it before. ■





Dinnertime *Interlude*

Italian fine dining with a touch of romance at
Romeo & Juliet's

Text by **Daniel Spero**
Images Provided by **WMC**



Risotto Ai Frutti Di Mare

TUCKED AWAY IN THE BASEMENT

of The Reverie Saigon is one of the best fine dining experiences in Ho Chi Minh City. The **R&J Italian Lounge & Restaurant** (B1 & Ground Level | Times Square Building, Enter via The Long @ Times Square, 22-36 Nguyen Hue, D1 & 57-69F Dong Khoi, D1), short for Romeo and Juliet, was recently redesigned so I headed to The Reverie on Nguyen Hue to check it out. As I walked down the stairs and was greeted by the hostess, some of the first features that stood out were the dynamic Italian mosaics stretching across the walls and the ornate candelabras overhead. The lighting was soft, perfect for a romantic setting, with the music, an ambient instrumental, adding to the mood.

Once seated our waiter brought over champagne and poured a complimentary glass as we looked at the menu of traditional Italian cuisine prepared with modern twists by chefs Giovanni Parrella and Enrico de Martino. We started with an appetizer called Giardino (VND188,000),



Boston Lobster Spaghetti

which has a selection of organic vegetables tossed with truffle oil and a Sicilian orange reduction. The vegetables were fresh and crisp, and the truffle oil sapid, but not overpowering, while the orange reduction was a light accent on the palate.

Next came another appetizer, Polipo (VND198,000), which is pan-seared octopus with lemony potato salad, salmon roe and tarragon. The octopus was a nice, large piece that was cooked to perfection with the tarragon subtly applied, while the acidic accentuation and soft bites of potato was a proper complement. From octopus to grilled Nha Trang lobster served with Rustichella d'Abruzzo spaghetti in an 'Aglio e Olio' tomato-based sauce (VND288,000 per 100 grams). A savory dish with a complexity of flavors, this tender lobster was a meal in itself.

After our waiter refreshed our champagne glasses and the restaurant manager came over to see how we were enjoying our dinner, the chef began to serve the "Juliet," one of R&J's signature

five-course meals (VND1,088,000). The first course was the Burrata, which is fresh burrata cheese from the Apulia region of southern Italy, with roasted tomato, oregano, basil and drizzled with extra virgin olive oil. The buffalo milk cheese was soft and creamy, with a faint essence of the fresh basil and oregano. Next came a distinctive soup called Ostrica, a thick, rich broth that contains Canadian Baynes Sound oysters, fennel and chunks of cooked fish.

Once the soup was finished the next course arrived, Risotto Ai Frutti Di Mare, which is Carnaroli rice with seafood and extra virgin olive oil. This rivaled any paella I've had, though tangier and without the hint of saffron. Now the next course in the Juliet is supposed to be slow baked Wagyu beef brisket with purple potatoes, porcini mushrooms and spring truffles, however, since I don't eat beef they replaced it with the Acqua Pazza, which is the catch of the day fish fillet, with clams and cherry tomato in a Falanghina white wine guazzetto. The boneless fillet was mild and tender, while the sauce was rich and velvety—a perfect yin and yang.

The last course of the five-course Juliet is the Tortino, a hot chocolate cake with a gooey center that is served with vanilla ice cream. Our waiter brought it over with a second dessert, a house-made tiramisu, which he put together at the table. We didn't think anything could top the meal we'd just eaten, but the desserts proved us wrong. Even if you aren't a fan of Italian food but have a sweet tooth, the desserts alone are well worth a visit to R&J.

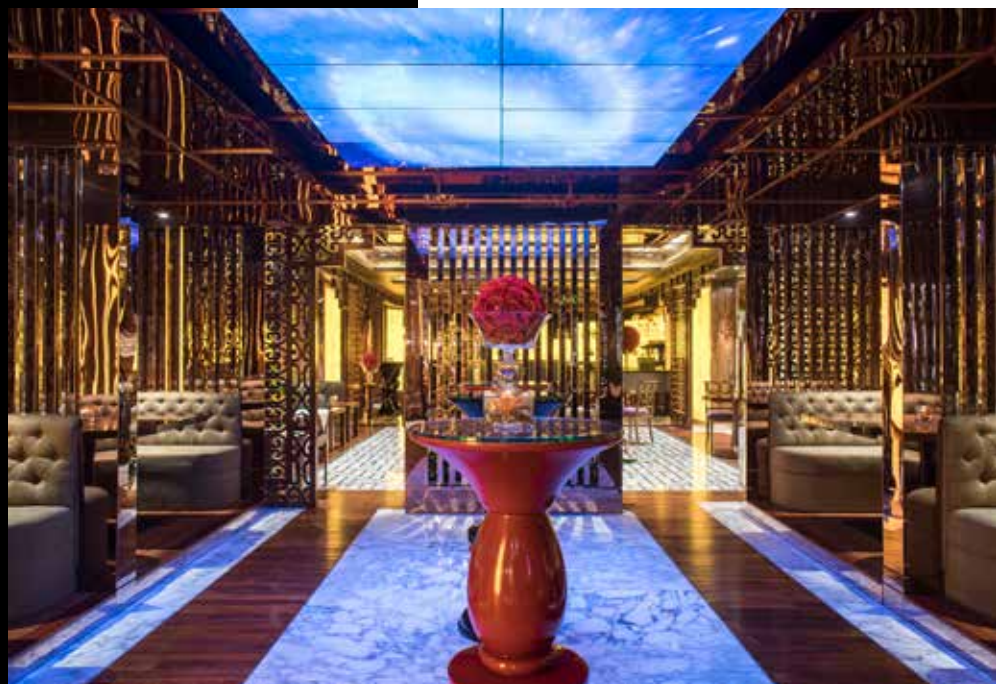
Overall, R&J was a phenomenal dining experience, and it offers the type of dining experience that you should go out of your way to try, and I hope you will. ■



Giardino



Tortino





Alfredo de la Casa has been organizing wine tastings for over 20 years and has published three wine books, including the Gourmand award winner for best wine education book. You can reach him at www.wineinvietnam.com.

Food with Flair

Wine, it's so versatile—in the glass and on your plate. Cooking with wine can definitely bring about its own pleasure, or pain if you use it incorrectly

ALTHOUGH COOKING WITH WINE IS NOT SO common outside certain European countries, especially in places like Vietnam where it's costly because of the tax on wine, some of us still do it because it can make dishes, and especially sauces, taste better.

When you surf through food recipes that include wine among the ingredients, it usually just mentions color, red or white wine, without mentioning anything else, so most people just use generic wine and the results can be disastrously inedible.

When you cook with wine you should know that after some minutes of cooking at the right temperature the alcohol will evaporate so forget about having an alcoholic meal. Why use wine then? Flavor, and sometimes texture, hence the importance of which wine you choose for cooking.

So, let's start with the basics of what to consider when choosing a wine for cooking. There are a few key things you need to bear in mind; first is sweetness, some wines like port and sherry are used for cooking not only because of their flavor but because of their high sugar content, so if you are not looking to make your dish or sauce sweeter, make sure you use a wine with low sugar content.

Next comes acidity. Are you adding wine aiming to reduce current acidity or just the opposite? For example, it is very common to add Sangiovese wines to tomato pasta, the natural acidity of the Sangiovese grapes perfectly matches that of the tomatoes in the tomato sauce, but if you add this to a sweet sauce then disaster arises.

Two more factors to consider are the bitterness and umami (protein) of both dish and wine. There are a few wines that can provide a bit of a bitter taste like a Verdejo or a Camernere so be careful when using them unless bitter is what you want, it may be just a hint but it will be there.

"Umami" is the Japanese term for "protein," never easy to explain, so imagine eating a spoon of pure fat and compare that to a spoon of water, the first would be at the top of umami, same applies to wine, so if you choose a full body wine to cook with a very delicate dish, disaster comes again.

Overall, wine should be used to add flavor, and always looking at it to balance with both the sauce and the dish.

As a general rule: mussel marinara with thin light white wines like albarino, pinot grigio, Vermentino, and white fish with cream with oaked chardonnay. Dishes with vinaigrette dressing or sauce with high acidic use white wines like Sauvignon Blanc (France) or Chenin Blanc. Dishes and sauces with butter with oak Chardonnay; tomato sauces with Sangiovese, and beef with Burgundy or young Grenache. ■



Wine & Dine

ROOFTOP BARS



Liquid Sky Bar

A casual destination to escape and unwind in the sun. In the evening, the space transforms into a rooftop lounge where guests and locals will come to socialize, dance or just let loose. On the mezzanine level, comfortable lounges and a flow of cocktails create a casual and fun atmosphere. It is the perfect spot to watch the sunset over the horizon.

21F - Renaissance Riverside Hotel Saigon
8-15 Ton Duc Thang, DI / 028 3822 0033



Rex Hotel Rooftop Bar

Set on the fifth floor, Rex Hotel Rooftop Bar makes up for its modest height with breath-taking views of Vietnam's French colonial structures such as Saigon Opera House and People's Committee Hall. Rex Hotel Rooftop Bar is also fitted with an elevated stage and dancefloor, hosting live Latino bands and salsa performances at 20:00 onwards.

141 Nguyen Hue, DI



Social Club Rooftop Bar

Part of the Hôtel des Arts Saigon, Social Club Rooftop Bar is a great place to overlook Saigon's glittering skyline sipping on a cocktail and unwinding. Things become more vibrant with the ambient music and DJs at sunset. Social Club Rooftop Bar has the highest rooftop infinity pool in the city.

76 - 78 Nguyen Thi Minh Khai, Dist.3
Tel: (+84) 28 3989 8888

SUNDAY BRUNCHES



Indulgent Sundays @ Nineteen

A legendary buffet in the Heart of Saigon. Sensational cooking and an intimate, lively atmosphere are guaranteed. Authentic cuisine from around the globe, prepared by award-winning chefs, with fresh seafood as the highlight of the brunch. From noon to 3pm, with options from VND 890,000++ without drinks to VND 1,490,000++ with a free flow of Champagne, cocktails, house wine, and beer.

19-23 Lam Son Square, DI
hotel@caravellehotel.com / 028 3823 4999



Le Meridien

Centered around three distinctive dining venues - Latest Recipe, Bamboo Chic and Latitude 10 - Le Meridien offers three brunch packages, prices range from VND1,500,000 to VND2,500,000 and include Oriental and International cuisine.

3C Ton Duc Thang, DI
028 6263 6688 - ext.6930
www.lemeridiensaiagon.com



MICROBREWERIES & CRAFT BEER BARS



BiaCraft

BiaCraft is renowned for its extensive selection of craft beers. The back to basics décor only serves to enhance the laidback ambience which BiaCraft prides itself on.

90 Xuan Thuy, D2



East West Brewery

Saigon's Local microbrewery located in the heart of District 1, HCMC. Offering a taproom, restaurant, and rooftop beer garden where customers can enjoy local brews and food crafted with ingredients from the East to the West.

181-185 Ly Tu Trong St. District 1, HCMC 091 306 07 28
booking@eastwestbrewing.vn www.eastwestbrewing.vn
facebook.com/eastwestbrewery



Rehab Station

Gastropub in a lovely quiet alley, serves Asian fusion food, 15 kind of different craft beer from most of the popular breweries in Vietnam, along with 60+ imported bottle beers, mostly from Belgium.

02839118229 hello@rehabstation.com.vn
facebook.com/rehabstationsg/

CAFÉS



Bach Dang

An institute that's been around for over 30 years, Kem Bach Dang is a short walking distance from The Opera House and is a favorite dessert and cafe spot among locals and tourists. They have two locations directly across from each other serving juices, smoothies, shakes, beer and ice cream, with air conditioning on the upper levels.

26-28 Le Loi, D1



Café RuNam

No disappointments from this earnest local cafe consistently serving exceptional international standard coffee. Beautifully-styled and focussed on an attention to quality, Café RuNam is now embarking on the road to becoming a successful franchise. The venue's first floor is particularly enchanting in the late evening.

96 Mac Thi Buoi, D1

www.caferunam.com



Chat

A quaint cafe with a red brick wall on one side and a mural of everyday life in Saigon on the opposite. A friendly staff serves smoothies, juices, and a good array of Italian-style coffee such as cappuccinos and lattes for cheap, prices start from VND15,000.

85 Nguyen Truong To, D4



K.Coffee

Accented with sleek furniture and dark wood, this cozy cafe serves fresh Italian-style coffee, cold fruit juices, homemade Vietnamese food and desserts. The friendly owner and staff make this a great spot to while away the afternoon with a good book or magazine.

Opening time: 7AM- 10PM (Sunday closed)
86 Hoang Dieu, D.4 - 38253316/090 142 3103



La Rotonde Saigon

Situated in an authentic French colonial structure, this relaxed café is the perfect haven to escape the hustle and bustle of District 1. The east meets west interior décor is reminiscent of Old Saigon, and is greatly complemented by the Vietnamese fusion cuisine on offer.

77B Ham Nghi, 1st Floor, D1



The Workshop

The cafe is located on the top floor and resembles an inner city warehouse. The best seats are by the windows where you can watch the traffic. If you prefer your coffee brewed a particular way, there are a number of brewing techniques to ask for, from Siphon to Aeropress and Chemex. Sorry, no Vietnamese cà phê sua da served here.

27 Ngo Duc Ke, D1



Le Bacoulos is a French brasserie located in the heart of Thao Dien. Following the brasserie tradition, Bacoulos serves typical French food at affordable prices.



French Restaurant

Daily Set Lunch
at **VND180.000**

2 courses + 1 soft drink
Le Bacoulos french bistro,
13 Tong Huu Dinh
Thao Dien. Q2. HCMC

02835194058



The open-air premises include a bar and terrace and there is an air-conditioned dining room.

FRENCH



Le Bacoulos

Le Bacoulos is a French restaurant, bar and lounge that serves French cuisine, bar food like burgers, fish and chips alongside vegetarian options like spinach soup and Greek salad. There's also a garden to unwind in with a glass of wine.

13 Tong Huu Dinh, D2
028 3519 4058
www.bacoulos.com



L'Escale by Thierry Drapeau

Chef Thierry Drapeau a 2 star Michelin chef in France takes his inspiration from the surrounding countryside and its top-quality ingredients, then adding an artistic flourish to his fine regional cuisine.

90 Quoc Huong, Thao Dien, D.2
028 3636 0160
manager@restaurant-thierrydrapeau.asia
www.restaurant-thierrydrapeau.asia



Le Jardin

This place is consistently popular with French expats seeking an escape from the busier boulevards. It has a wholesome bistro-style menu with a shaded terrace cafe in the outdoor garden of the French cultural centre, Idecaf.

31 Thai Van Lung, D1



Ty Coz

This unassuming restaurant is located down an alley and up three flights of stairs. The charming French owner/chef will happily run through the entire menu in details and offer his recommendations. An accompanying wine list includes a wide range of choices.

178/4 Pasteur, D1
www.tycozsaigon.com



Also Try...

La Cuisine

A cosy restaurant just outside the main eating strip on Le Thanh Ton, La Cuisine offers quality French food in an upmarket but not overly expensive setting. Suitable for special occasions or business dinners to impress. Regular diners recommend the filet of beef.

48 Le Thanh Ton
028 2229 8882

Trois Gourmands

Opened in 2004 and regarded as one of the finest French restaurants in town. Owner Gils, a French native, makes his own cheeses as well.

39 Tran Ngoc Dien, D2
028 3744 4585

La Villa

Housed in a stunning white French villa that was originally built as a private house, La Villa features outdoor tables dotted around a swimming pool and a more formal dining room inside. Superb cuisine, with staff trained as they would be in France. Bookings are advised, especially on Friday and Saturday evenings.

14 Ngo Quang Huy, D2
028 3898 2082
www.lavilla-restaurant.com.vn



ITALIAN



Carpaccio

Rebranded "Carpaccio" after many years under the name Pomodoro, this Italian restaurant still has a simple, unpretentious European decor, sociable ambiance and friendly welcome. A small corner of Italy in Saigon.

79 Hai Ba Trung street, D1
+84 90 338 78 38



Ciao Bella

Hearty homestyle Italian food served with flair and excellent service. An extensive menu is complemented with daily specials. Arriving guests are greeted with a free glass of Prosecco. Diners sit in a cozy setting upstairs or on the ground floor for people-watching. Big groups should book in advance.

11 Dong Du, D1
028 3822 3329
tonyfox56@hotmail.com
www.ciaobellavietnam.com

Ciao Bella



La Forchetta

La cucina La Forchetta is located in a hotel building in Phu My Hung. Chef Gianni, who hails from Sicily, puts his passion into his food, focusing on pastas and pizzas with Italian meat and fish dishes as well delicious homemade desserts. Most of the tables are outside, so you can enjoy a relaxing outdoor dinner.

24 Hung Gia, PMH, D7
028 3541 1006



Also Try...

Casa Italia

Filling, hearty Italian fare served with a smile in the heart of District 1. Authentic pizza and a comprehensive range of pasta, pork, chicken and beef dishes offers something for everyone. Located a stone's throw from Ben Thanh Market.

86 Le Loi, D1
028 3824 4286

Opera

The luxury Park Hyatt Saigon is home to Opera, an authentic Italian dining experience open for breakfast, lunch and dinner. Try their famous lasagna and tiramisu. Head chef Marco Torre learned his craft in a number of Michelin-star restaurants throughout different regions of Italy during a 14 year career. Dine on the deck alfresco or inside in air conditioned comfort.

2 Lam Son Square, D1

Pendolasco

One of the original Italian eateries in Ho Chi Minh City, Pendolasco recently reinvented itself with a new chef and menu, and spawned a sister eatery in District 2. Set off the street in a peaceful garden with indoor and outdoor eating areas, separate bar and function area, it offers a wide-ranging Italian menu and monthly movie nights.

87 Nguyen Hue, D1
028 3821 8181

Pizza 4P's

It's too late to call this Saigon's best-kept secret: the word is out. Wander up to the end of its little hem off Le Thanh Ton for the most unique pizza experience in the entire country – sublime Italian pizza pies with a Japanese twist. Toppings like you wouldn't imagine and a venue you'll be glad you took the time to seek out.

8/15 Le Thanh Ton, D1
012 0789 4444
www.pizza4ps.com



JAPANESE



Chaya Restaurant

Chaya, a new small Japanese Cafe is coming to town. We are here to bring the best Japanese atmosphere to Saigon customer. At Chaya, customer can relax on the Tatami, taste some delicious Sushi Roll, Japanese sweets or local cuisine while enjoying Japan historically decorated space. Most of our ingredients are imported directly from Japan, especially Kyoto Matcha. Welcome!

35 Ngo Quang Huy Street, Thao Dien, District 2
0938 996 408 (Vietnamese)
0939 877 403 (Japanese)
chayavietnam.com
Facebook: chayavietnam



Gyumaru

Gyumaru is a quintessentially minimalist Japanese dining experience rotating around the style of meat meal Westerners would be quick to link to a gourmet burger, but without the bread. Fresh, healthy, innovative cuisine in a relaxed, cozy environment and regular specials including quality steaks.

8/3 Le Thanh Ton
028 3827 1618
gyumaru.LTT@gmail.com



Ichiban Sushi

Ichiban Sushi Vietnam serves fine sushi and signature drinks/cocktails in a lounge setting. Featuring one of the most eclectic Japanese menus in the city. The current Japanese venue to see and be seen in – everyone who's anyone is there.

204 Le Lai, D1
www.ichibansushi.vn



Kesera Bar & Restaurant

An Ideal place for your city escape and enjoying Japanese fusion foods. We have the best bagels in town, fine wine and cigars in a custom cabinet and is a must-do for anyone visiting the city.

26/3 Le Thanh Ton, Ben Nghe Ward, Dist 1
028 38 270 443



Sushi Dining Aoi

Sushi Dining Aoi is one such restaurant, where the whole atmosphere of the place evokes the best of the culture. With its typical Japanese-style decor – the smooth earthen tones of the wooden furniture and surrounds, the warmth and privacy of the VIP rooms – it's possible to believe you're in a more elegant realm.

53-55 Ba Huyen Thanh Quan, D3
028 3930 0039
www.sushidiningaoi.com



Yoshino

The decor is straight out of the set of Shogun, with black wood, tatami mats, stencilled cherry blossoms and all the trappings of Japanese exoticism – tastefully done. While Ho Chi Minh City is certainly not short of fine Japanese eateries, this one is particularly impressive.

2A-4A Ton Duc Thang, D1
028 3823 3333



VIETNAMESE



Five Oysters

Five Oysters serves authentic and excellent Seafood & Vietnamese food with 5G Green beer at VND12,000 as well as a promo of VND10,000 per fresh oyster daily. There's also a rooftop, a great place to start or end the night! Recipient of Certificate of Excellence 2014-16 from Tripadvisor and Top Choice 2015 by Lianorg.com. Recommended by VNexpress.net, Lonely Planet, Utopia and Saigoneers.
234 Bui Vien, D1



SaiGon Grill

Located on the rooftop of Saigon Royal Building, Saigon Grill has an absolutely fantastic view over the city. Classical BBQ with beef, pork and seafood by a small charcoal grill at the table and friendly staff. Enjoy our great BBQ with a glass of wine.
Rooftop 7th floor, Saigon Royal Building
91 Pasteur, Ben Nghe Ward, D1
Opening time: 4pm-11pm
0916622662
www.saigon grill.vn



Red Door

Red Door offers traditional Vietnamese food with a contemporary twist. The restaurant is also a platform for art talk, science talk, and social talk; where ideas and passions are shared.
400/8 Le Van Sy, D3
012 0880 5905
Facebook: Reddoorrestaurant



River Restaurant

Tasty Vietnamese food by Saigon River side. The River Restaurant has its' own vegetable garden and a play area for kids. There is a pool table and a futsal table.
199bis Nguyen Van Huong, Thao Dien Ward, D2, HCMC
Tel: 0907 65 66 67



Also Try...

3T Quan Nuong

Tasty BBQ venue situated above Temple Bar. The venue has a traditional, rustic theme with old-style furniture and a quaint Vietnamese decor, making this a nicely atmospheric restaurant and a great place to dine with international friends new to the cuisine. The menu features a number of local favorites.

Top Floor, 29 Ton That Hiep, D1
028 3821 1631

Banh Xeo 46A

Fun Vietnamese-style creperie popular with locals and expats alike for its tasty, healthy prawn pancakes, along with a number of other traditional dishes.

46A Dinh Cong Trang, D1

Cha Ca La Vong

If you do only one thing, you'd better do it well – and this venue does precisely that, serving only traditional Hanoian Cha Ca salads stir-fried with fish and spring onion. Delicious.

36 Ton That Thiep, D1

Com Nieu

Famous for its inclusion in the Anthony Bourdain *No Reservations* program, the venue is best known for its theatrics. Every bowl of rice is served in a terracotta bowl that is unceremoniously shattered upon serving. Unforgettable local food in a very pleasant traditionally-styled venue.

59 Ho Xuan Huong, D3
028 3932 6363
comnieusaigon27@yahoo.com
comnieusaigon.com.vn

Cuc Gach Quan

Deservedly one of the highest ranking Vietnamese restaurants in Saigon on Trip Advisor, this delightful restaurant serves up traditional, country-style foods and contemporary alternatives in two character-filled wooden houses located on opposite sides of the street from each other. Unique food in a unique setting and an unbelievably large menu.

10 Dang Tat, D1
028 3848 0144

Hum

Hum is a vegetarian restaurant where food are prepared on site from various fresh beans, nuts, vegetables, flowers, and fruits. Food are complemented with special drinks mixed from fresh fruits and vegetables.

2 Thi Sach, D1
028 3823 8920
www.hum-vegetarian.vn

May

Fine Vietnamese fare served in a character-filled three-story rustic villa located up a narrow alley, off the beaten track. Watch the chefs prepare authentic food from a varied menu in an open kitchen.

19-21 Dong Khoi, D1
028 3910 1277

Mountain Retreat

Home style cooking from the Vietnamese north in a quiet alley off Le Loi, Mountain Retreat brings a rural vibe to busy central D1. The breezy and unassuming décor nicely contrasts the intense northern flavors ideally suited for the international palate.

Top floor of 36 Le Loi, D1
+84 90 719 45 57

Nha Hang Ngon

Possibly the best-known Vietnamese restaurant in Ho Chi Minh City, Nha Hang Ngon serves up hundreds of traditional local dishes in a classy French-style mansion.

160 Pasteur, D1
028 3827 7131
www.quananngon.com.vn
8am - 10pm

Temple Club


Named after the old-style Chinese temple in which the venue is located, the ancient stylings of this impressive restaurant make for an unforgettable evening spent somewhere in Saigon's colonial past. Beautiful oriental art that will please all diners and great local cuisine.

29-31 Ton That Thiep, D1
028 3829 9244
templeclub.com.vn

The Hue House

Located on the 10th floor roof of the Master Building, The Hue House opens up to a breezy space with views over the city. The décor is simple yet elegant – bird cages repurposed into lamps, bonsai centerpieces in pretty ceramic bowls and lots of greenery. The menu highlight unique ingredients only found in Hue, like the Va tron fig salad with shrimp and pork, assorted platter of rice cakes meant to be shared, the sate-marinated ribs come with a plate of crunchy greens and mixed rice, originally grown by minority groups in the Central Highlands, and many more.

Rooftop Master Building
41-43 Tran Cao Van, D3
Opening time 10am-10pm.
0909 246 156 / 0906 870 102

 For full review, please visit: www.oivietnam.com

INTERNATIONAL



Butcher MANZO & Craft Beer Bar

Butcher MANZO & Craft Beer Bar

Manzo means "Beef" in Italian and as the name implies, it's a "Meat Bar". Manzo also offers several different dishes matched with local craft beer and selected wines, set in a classic European bar atmosphere. Butcher MANZO & Craft Beer Bar was established in the heart of HCMC on Le Thanh Ton Street in District 1.

17/13 and 17/14 Le Thanh Ton street, District 1, HCMC

028-2253-8825

www.butcher-manzo.com



Madcow Wine & Grill

Mad Cow combines the feel of an edgy grill with the casual tone of an urban wine bar to create a stylish, laid-back atmosphere. Guests can enjoy a delicious meal on the 30th floor of the award winning 5 star Hotel, Pullman Saigon Centre, and look out over vibrant Ho Chi Minh City. Mad Cow's expert culinary team brings each cut of meat to flavorful perfection on handmade charcoal grill. Aside from grilled delights, delicious tapas are on offer – sourced locally and created fresh every day.

30th Floor, Pullman Saigon Centre

(0)28 3838 8686



twenty21one

A new casual dining venue with an innovative tapas menu divided into two categories: Looking East, and Looking West, with dishes such as

Crispy shredded duck spring

rolls and Bacon-wrapped

dates stuffed with Roquefort

blue cheese There are two

dining levels: an upstairs mezzanine and downstairs

are tables with both private and exposed positioning

(open-air streetside; and a terrace by the pool out back).

21 Ngo Thoi Nhiem, D3

TWENTY21ONE



Saffron

The first thing that will strike you when you enter Saffron is the terracotta pots mounted on the ceiling. Located on Dong Du, this restaurant offers Mediterranean food, some with a distinct Asian influence added for further uniqueness. Prepare to order plates to share and don't miss the signature Cheese Saganaki! Guests are welcomed with complimentary Prosecco, fresh baked bread served with garlic, olive tapenade and hummus.

51 Hai Ba Trung, D1
(0)28 3824 8858

Also Try...

Blanc Restaurant

How to listen with your eyes? Blanc Restaurant employs a team of deaf/hearing impaired waiters. Try a new dining experience and order your dishes from the a la carte menu in sign language; communication will take on a new form.

178/180D Hai Ba Trung, Da Kao, D1

02862663535

www.blancrestaurant.vn

FORK Restaurant

Open from 11 am till 11 pm everyday, Fork Saigon gathers Spanish tapas and asian one going from 50.000 VND to 160.000 VND. It offers an expensive list of international wine and 16 available by the glass. A mixologist corner is also present with Gin and Vodka base in addition to local craft beers and seasonal white or red sangria. A set lunch at 190.000 VND served Monday to Friday from 11 am to 3 pm is also available. It allows you to pick any 3 three items between a large selection (Montaditos, meat, fish and vegetable), iced tea and dessert of the day included.

15 Dong Du, D1

028 3823 3597

info@forksaigon.com

www.forksaigon.com

Noir - Dining in the Dark

Can you differentiate beef from duck? Mystery meals are served in complete darkness by blind/visually impaired waiters. Select from one of the three-course set menus from the East, West or Vegetarian. Mystery wine pairing available too. Discover with taste and smell, embark on a culinary journey of the senses.

178/180D Hai Ba Trung, Da Kao, D1

02862632525

www.noirdininginthedark.com

Tomatito Saigon

This sexy tapas bar is Chef Willy's casual interpretation of the prêt-à-porter concept. Willy has a very personal perception of style, that is reflected in all his creations. His universe is colorful, funky and eclectic.

171 Calmette, Dist 1, Ho Chi Minh City

www.chcmc.com/tomatito

www.facebook.com/chcmc

+84 (0) 2862 881717



Travel & Wellness

BOSTON SKYLINE







A Weekend In Boston

48 hours in Beantown is ample
time to fall in love with
Massachusetts' capital city

Text by Georgia Willis

IT'S RARE THAT SETH AND I GET TO

go somewhere when it's just the two of us and we have no agenda. Our Boston weekend was a treat for that reason alone, in addition to the fact that we made our base right in the heart of the thriving northeastern hub at the Fairmont Copley Plaza.

And while we had just shy of 48 hours in Beantown, we know how to make the most of any city escape, no matter how short it may be.

Friday

It's a quick and easy flight from Nashville to Boston; we flew out of BNA just after breakfast and touched down in BOS at lunchtime. When we arrived at the Fairmont, our room was all ready to go early so we dropped our bags and freshened up before hitting the pavement.

In truth, I was exhausted from hosting visiting friends in Tennessee all week and wanted nothing more to nap, but the city was calling our name and we didn't want to sleep our way through such a gorgeous spring day.

One thing I miss from living up north is the abundance of grab-and-go options that are both healthy and affordable. I'm talking, hearty salads, faro bowls, wraps, the like. Nashville simply doesn't have many fast-casual options, let alone healthy ones, so Seth and I try to get our fill when we travel to big cities like Boston—which is why our first meal was not lobster rolls but rather a quinoa concoction from Dig Inn that left us satisfied and ready to get going.

After that, we couldn't think of a better way to soak up the sunshine than in Boston Common. Everyone else in town seems to have the same idea. Boston on a sunny day seems a throwback to our days living in Denmark; the second the clouds dissipate and the mercury creeps above 60 degrees, every green space in town is occupied by sun-deprived bodies, the



Fairmont Copley Plaza



Back Bay

heat drawing them out their frozen indoor solitary confinement.

We shopped our way through Back Bay on the walk home to the Fairmont, returned to our rooms to

clean up, then headed downstairs for dinner at OAK Long Bar & Kitchen. Everything on the dinner menu looked so tantalizingly good that Seth and I decided to forgo the entrées and instead share a respectable selection of the small plates, as well as a couple of cocktails starting with the Kentucky Elixir.

Merguez lamb meatballs with tomato sauce, gremolata, onion crostini; roasted cauliflower with golden raisins, mint, sherry and almonds; and, of course, mac and cheese with confit pork shoulder, Béchamel cheese blend—we sampled a little bit of everything.

The meal was mind-blowingly delicious, made only tastier by the fact that we were served Chakib from Casablanca, who was impressed we'd visited his hometown and steered us through the menu, course by course. After he's evaluated our cocktail tastes, he was so bold as to suggest new drinks and even have the bartender whip us up something special (good man, that Chakib). We rolled ourselves back up to the fourth floor and vowed never to eat again, a promised we kept for a solid 12 hours until it was time for brunch.



Béchamel cheese blend



The Freedom Trail

Saturday

Although I've been to all 50 states and well over 120 countries, I'm still one of those travelers who likes to hit all the tourist hotspots and I've yet to spend a weekend in Boston and not walk at least part of the Freedom Trail. Since we had so much walking on the docket for the day, we filled up on a hearty breakfast from OAK because full as I may have been from the previous night, I'm never one to say no to brioche French toast with Irish cream vanilla custard (and if I do then you'll know the apocalypse is upon us and a zombie has actually overtaken my body.)

On our way out to hit the Freedom Trail, we stopped to get a map with a side of advice from Joe the concierge. The 2.5-mile red brick trail leads from Boston Common to Bunker Hill, and we didn't necessarily need to go to them all again, so we asked him for his greatest hits list, which he gave us in addition to some of the best photos stops in Boston.

Copley Plaza is just 10 minutes from the Freedom Trail's starting point,

so we returned to the park and headed east from there, hitting up a handful of the 16 stops like the Massachusetts State House and the Old South Meeting House in addition to Joe's recommendations before eventually arriving at Faneuil Hall, which was built in 1741 and hosted America's first ever town meeting.

Comprising Quincy Market, North Market and South Market, Faneuil Hall Marketplace today is one of the liveliest spots in all of Boston. We ogled the buskers (including one literal pig), inhaled the scent of seafood wafting through the halls, poked through vendors' stalls and admired the architecture, then continued on our way. When we go down to the waterfront, we found a grassy knoll and finally stopped for a breather.

Our stomachs were rumbling, so I turned to my trusty on-the-go concierge—the Yelp app, that is—

and sought out a lunch spot. The result was State Street Provisions, which lived up to the reviews, and we split a burger and seared tuna sandwich and guzzled down a couple of locally-made brews. We did not, however, make it to a brewery in Boston; that had been on the initial docket until, that is, we found that Sam Adams and several other Massachusetts breweries were actually located in suburbs on the outskirts of town (i.e. too far away given our limited time) rather than in Boston proper.

But we had to pick and choose carefully on this trip, and we both wanted to make it over to Cambridge, which is in the opposite directions, so a visit to the Southie did not happen. Next time we're in town, however, I plan to make the breweries Harpoon and Trillium top priority. Instead, we hopped in the metro and took the train 10 minutes under the Charles River and over to Harvard Square, which is brimming with shops, cafés, bars and restaurants.

Like Boston Common, the campus was alive with undergrads who seemed



Harvard Square



Quincy Market

to be seeing the sun for the first time after months of hibernation. It's what my Nashville friends lovingly call National Sundress Day: the first afternoon worthy of shedding those layers of winter clothing and pallor that accompanies a season of being cooped up indoors.

We had no agenda other than more meandering, so when we saw a happy hour at the Red House boasting USD 1 oysters, that became the next sop on our afternoon itinerary. Being in a seafood-deprived state like Tennessee, we get our shellfish fix when we can! I had solicited Boston restaurant recommendations from social media and had a list a half-mile long, but in the end, rather than brave the Saturday night dinner crowd outside of the hotel, we decided to go with a reliable source: OAK Long Kitchen & Bar for a third meal. After all, when you find a good thing, why risk going anywhere that doesn't measure up? It's uncommon that I find a hotel restaurant this good, that inventive.

Rush hour was approaching, so we hopped in a Lyft and high-tailed it back to the hotel after we were done with our Harvard Square exploration. We arrived at the Fairmont just before the happy hour crowd, sidled up to the bar as the sun set the room on fire and made friends with John the bartender. Pro tip: Always befriend the bartender.

"What are you having?" he asked with a twinkly in his eye.

"Whatever's most dramatic—give me your photogenic drink," was my response.

Rather than do a double take, John paused to ponder my request then immediately wen to town whipping up four of the prettiest cocktails I've ever seen, not to mention the tastiest. The winner was, no doubt, the Smoked Chai Manhattan, which John prepared by charring a piece of oak with a blow torch, captured its essence in a snifter glass, then served the drink up to me in a wish of smoke. Magical? I'd say so. John is pretty much the Harry Potter of bartenders, and the Smoked Chai Manhattan ranks among my top five favorite drinks of all time, no lie. Two cocktails in each, we were hungry and the restaurant was starting to fill up. Rather than waiting for a table, we retreated to our room, cracked up a bottle of wine and ordered in-room dining, which is a limited menu curated from OAK. It seemed like the perfect way to unwind after a long day of walking and an early morning looming in the horizon the following day.

Sunday

Our next destination was my old home, New York City, for a couple of days, and our trip there couldn't have been more convenient. We got up early, grabbed a light but filling breakfast, checked out of the hotel then wheeled our bags one block over to the Back Bay Amtrak station. Three hours later, we were stepping off the train in the heart of Manhattan, ready for the next leg of our adventure. ■

Bunker Hill



The Juicy Side Of Fasting

Take a break from unhealthy foods habits and heal your internal system by going on a juice diet

EVERYDAY LIFE CAN BE

wearing on the body with the unhealthy food and drinks we consume, the air pollutants we breathe and the stress of daily life. All this can lead to the accumulation of toxins, which can cause lethargy, lower immunity and hormonal imbalance, to name a few.

A juice fast or cleanse has been popular in America for decades as a self-help solution for detoxing the body. It has only recently gained traction in Vietnam due to the consumer's growing interest and awareness of healthy food and lifestyle.

What Is A Juice Fast?

A juice fast is the consumption of only juice or liquids, such as water and tea, over a period of time from a minimum of one day to as long as a month. One of the advantages of doing a juice fast as opposed to strict fasting (only water) is that the body receives vital nutrients from the vegetables and fruits that goes directly into the bloodstream without having to burden the digestive system.

The Health Benefits

There is a long list of health benefits, such as reducing inflammation (arthritis), promoting detoxification by eliminating stored toxins, and balancing blood pressure. In general, after a juice fast, you feel more energetic because your body is doing less work in addition to receiving vital nutrients that goes directly into your bloodstream.

How Does It Work?

Juice fasting may seem simple but as

Rosanne Lee, co-founder of Mandala Juice, points out, "The success of a juice fast is not only about adhering to the fasting guidelines but also being prepared and managing expectations." She recommends to start cutting back on processed foods, sugars, dairy, red meats, alcohol and caffeine a few days before the fast so the body can adapt more easily to a purely juice diet.

What To Expect?

The first two days of the cleanse are admittedly the most difficult, where managing food cravings and experiencing uncomfortable side effects such as headaches can be challenging. Coffee drinkers are more susceptible to experiencing withdrawal headaches, which is the top reason why people give up after the first couple of days. According to the Mandala Juice cleansing guideline, drinking green tea as a coffee substitute during the fast can help prevent headaches and they also advise snacking on nuts and seeds if the hunger becomes unbearable or you feel lethargic. Their philosophy is that it is better to continue the fast in a moderate way than to give up altogether.

After the third day, the body will start feeling lighter and more invigorated as it adapts to this new routine. Just as there is a pre-fast guideline, the post-fast is equally important. To break the juice fast, it is important to slowly introduce solid foods with only fruit (a banana) for the first day, adding salads and steamed vegetables on the second. After the fast (particularly those on a longer fast), you



Thuy M. Do is founder of Wellness Vietnam (www.wellnessvietnam.com), an online resource for wellness products, services and travel.

will notice that your appetite is smaller and the body craves healthier food options. This is a great time to re-boot your body, especially if your goal is for a healthy lifestyle change.

How To Juice?

As juice provides the vital nutrients during a fast, it is important the juice itself is wholesome which is dependent on the source of the fruit and vegetable and how it is processed. Organic, Global GAP-certified fruit and vegetable is highly recommended. The preferred methodology is slow juicing also known as cold-pressed using a masticating juicer. Compared to juice extraction from a blender and other methods, a cold-pressed juice contains up to five times more vitamins, minerals and enzymes due to minimal exposure to heat and air. Additionally, slow juicing does not cause oxidation so it means that the enzymes and nutrients are preserved and the freshness lasts longer, up to 48 hours. Trusted juice brands such as Mandala Juice, Jus, or Ep all follow these guidelines.

If you have no time to make your own juice, try the Detox Cleanse Kit by Mandala Juice which comes in packs of eight bottles (300ml each) of different vegetable and fruit combination for one-day, three-day and seven-day programs. The eight bottles per day are designed to be consumed every two to three hours throughout the day ensuring sufficient nutrient intake. Mandala's juice is as pure as they come since no water, sugar or preservatives are added.

Group Support

If you find doing a cleanse by yourself is too challenging and prefer the comradery and support of a group, then joining a retreat of like-minded individuals is your best bet. Fortunately, you won't have to go far since Vietnam Detox operates four- and seven-day retreats in Dalat. In addition to fasting, the retreat offers educational workshop and activities, such as guided forest walks to make the experience more enjoyable. The educational workshops are led by Dieter Buchner, Founder and Retreat Leader, who believes that education on healthy living and how to prepare your own juice and healthy foods are the key factors in helping participants sustain a healthy lifestyle when they return to their everyday life. Another benefit of the retreat is being able to spend time in nature with forest walks, which not only burn calories but, more importantly, allows your body to decompress and to reconnect with your inner self.

A juice fast is not for everyone and the key to a successful fast is starting with realistic expectations. If you are new to a juice fast, you can start with a one-day cleanse and continue to add more days when you are more comfortable with the process. ■



>>The List Business

INSURANCE

OUR OFFICE LOCATIONS

Administration Office - Ho Chi Minh City
Ruby Tower | 81-83-85 Ham Nghi | Dist. 1

Sales Office - Ho Chi Minh City
Pax Sky | 159C De Tham | Dist. 1

Sales Office - Hanoi
VCCI Tower | 9 Dao Duy Anh | Dist. Dong Da

Pacific Cross Vietnam

Pacific Cross Vietnam is a specialist provider of global health and travel insurances, designed to provide not just basic cover, but also a wide range of benefits providing peace of mind for you, your family and your employees.

www.pacificcross.com.vn
inquiry@pacificcross.com.vn

Also try ...

ACE Life Insurance

One of the world's largest multiline property and casualty insurers, insurance products include universal life insurance, term life, whole life, riders, and global personal accident.
21st Floor, 115 Nguyen Hue, D1

BaoViet Insurance Corporation

BaoViet is now the leading financial insurance group in Vietnam with more than 145 branches across 63 provinces.
23-25 Thai Van Lung, D1

IF Consulting

IF Consulting has for 20 years provided advice to individuals and businesses in assessing health/accident risk and finding the best suitable solution. The company is independent and Vietnam-based.
90-92 Dinh Tien Hoang D1
www.insuranceinvietnam.com

Liberty Mutual Insurance

Liberty Mutual is a 100% US-owned general insurer licensed to provide insurance services directly to Vietnamese individuals and state-owned enterprises as well as motor insurance.
15th Floor, Kumho Asiana Plaza, 39 Le Duan, D1
028 3812 5125

McLarens Young International

McLarens Young International is a global claims service provider that helps our clients achieve timely and equitable claims resolution.
9th Floor, Yoco Building 41 Nguyen Thi Minh Khai, D1
028 3821 3316

Prudential Vietnam

Prudential Vietnam is one of the leading life insurers nationwide, also providing a variety of financial solutions, with over 200 customer service centers, branch offices and general agency and business partner offices.
Unit 25F, Saigon Trade Centre 37 Ton Duc Thang, D1

RELOCATION

AGS Four Winds (Vietnam)

Global leader in international removals & relocations, with 128 offices in 78 countries, they can move you to/from any location worldwide.
5th Fl, Lafayette De Saigon, 8A Phung Khac Khoan, D1
028 3521 0071
ags-vietnam@agsfourwinds.com
www.ags-globalsolutions.com

Logical Moves

They offer your belongings the best protection available with the latest technology, experienced staff and equipment. With door to door services, Logical Moves is all about quality service, best prices and well-arranged time.
028 3941 5322
www.logicalmoves.net



SEAL Logistics

Saigon Express Agency Limited (SEAL) is an experienced and versatile relocations and logistics company. SEAL staff are experts in relocations and pet transportation and can deliver all your logistics requirements to your satisfaction at a competitive price!
+84 28 39432853
sgnexpress@seal.com.vn
www.seal.com.vn



VETS & PET HOTELS



Bed & Pet-first Dog Villa

First pet villa brand in Vietnam, offering the best care and amenities to your pet. Our 11,000 sq ft villa was designed with the best comfort in mind and we paid attention to every little detail so that your pet can relax and enjoy their stay. The services we offer: Boarding, Dog daycare, Bathing, Grooming, Dog Walking, Pet shop and more.
14A6 Thao Dien, D2
028.37 444 178 - 0934 080 186
www.bedandpetfirst.com
[Facebook.com/bedandpetfirst](https://www.facebook.com/bedandpetfirst)



Also try ...

AEC Pet

Opened since 2012, the clinic staffs a team of specialized veterinarians who are committed to offering professional, caring and personalized services to their patients.
A12-A13 Nguyen Huu Tho, Kim Son Project, D7
028 6298 9203

Animal Doctors International

Offers the very highest levels of compassionate, competent and professional veterinary medicine and surgery to all pets in Ho Chi Minh City with international veterinary surgeons. Upholding international standards, the team works tirelessly to help clients with the support of a dedicated surgical suite, digital X-Ray and comprehensive diagnostic facilities.
1 Tran Ngoc Dien, Thao Dien, Q2
(028) 6260 3980
animaldoctors.vn

Saigon Pet Clinic

Founded in 2008, Saigon Pet Clinic's goal is to open the best animal welfare veterinary clinic in Vietnam. They combine skill and technology to ensure your pet gets the best possible care.
33, 41 street, Thao Dien, D2
www.saigonpethospital.com
028 3519 4182

Sasaki Animal Hospital

The hospital is managed by a team of skilled doctors from Japan and Vietnam. Services include grooming and general care.
38-40-42 Nguyen Thi Thap, Him Lam, D7
www.sasakihospital.com
028 2253 1179

>>The List Travel



Ana Mandara Villas | Dalat

Ana Mandara Villas Dalat comprises 17 restored French-style villas from the 1920s and 1930s, preserving the original design, décor and charm; and set in the cool climate of the rural highlands of Central Vietnam. Striking views of the surrounding town and countryside abound from all areas of the gently sloping hillside property. Some of the villas have been converted into 65 guest accommodations, with each villa comprising between three and five ensuite rooms.

www.anamandara-resort.com



La Veranda Resort Phu Quoc MGallery by Sofitel

Discover the elegance of colonial Indochine style on Vietnam's Phu Quoc Island with a stay at this 19th-century seaside mansion. An award-winning beachfront resort, it has 70 well-appointed rooms, an organic spa and fine-dining restaurants ideal for romantic getaways, spa breaks and family holidays. Experience an inspired summer at La Veranda with 05 offers starting from USD155++.

Tran Hung Dao Street, Duong Dong Beach, Phu Quoc Island, Vietnam
(0)297 3982 988 - contact@laverandaresorts.com
www.laverandaresorts.com



Mia R

With its own private white sand beach, cliff-top ocean views and jungle clad mountains as a backdrop, Mia resort has carved out its own little piece of tropical heaven in Nha Trang. Mia features a variety of accommodation options, each with fantastic ocean views, nestled among manicured gardens. There are great dining options, a relaxing spa and gym.

Bai Dong, Cam Hai Dong, Cam Lam, Khanh Hoa
02583 989 666

www.mianhatrang.com
info@mianhatrang.com



Sheraton Nha Trang Hotel & Spa

With 280 ocean view rooms and suites and six signature restaurants and bars, including Altitude – the highest bar in Nha Trang. Amenities include outdoor swimming pool with infinity edge and reflection pool area, Shine Spa with 9 luxurious treatment rooms, Sheraton Fitness with 24-hour access, Sheraton Club Lounge, Link@Sheraton, Sheraton Adventure Club, and a purpose-built Cooking School.

26 - 28 Tran Phu, Nha Trang, Khanh Hoa
0258 2220 000
www.sheratonnhatrang.com

Also Try...

Boutique Hoi An Resort

Explore the rich heritage of Hoi An at Boutique Hoi An Resort. Discover authentic Vietnamese cuisine and hospitality, unwind in the swimming pool surrounded by lush tropical gardens or indulge in a massage at our hotel spa. Our villas are directly on the beach facing the sea with large terraces for the ultimate in privacy and relaxation.

34 Lac Long Quan, Cam An, Hoi An
+84 (0)235 3939 111
www.boutiquehoianresort.com

Cham Garden Restaurant

Cham Garden Restaurant is located inside Cham Villas Boutique Luxury Resort. Set in the midst of a lush tropical garden, this cozy and quiet restaurant serves Asian Fusion, Vietnamese and Western Cuisine. The ideal place for a romantic and exquisite dinner.

32 Nguyen Dinh Chieu, Phan Thiet
+84 252 3741 234
www.chamvillas.com
www.facebook.com/chamgardenmuine

InterContinental Nha Trang R

InterContinental Nha Trang is a luxurious modern beachfront hotel where an enriching urban retreat harmonized beautifully with its surroundings. Right in the heart of Nha Trang, a 40-minute scenic drive from Cam Ranh International Airport, experience the perfect blend of local charm and nature.

32 - 34 Tran Phu, Nha Trang
(0258) 388 7777
www.nhatrang.intercontinental.com

Pullman Danang Beach Resort R

Located on the stunning white sands of Danang beach, the stylish Pullman Danang Beach Resort is an oasis of activities and facilities for the modern traveler. With an idyllic setting on the silver shores of Central Vietnam, this luxury resort is perfect for a family holiday or romantic beach getaway.

Vo Nguyen Giap, Khue My, Ngu Hanh Son, Danang
0236 395 8888
www.pullman-danang.com

The Island Lodge R

Newly-opened, The Island Lodge is a 12-room Indochine-themed lodge set on Unicorn Island (Thoi Son). Mekong River view rooms and bungalows are scattered around the grounds, but the jewel is the open air restaurant/lounge fronting 50 meters of riverfront along with a French restaurant. There's also an infinity swimming pool and Jacuzzi.

390 Ap Thoi Binh, Thoi Son, My Tho
0273 651 9000
www.theislandlodge.com.vn

>>The List Health & Beauty

DENTAL



Dr. Hung & Associates Dental Center

A centrally located dental center that uses the latest modern equipment with a team of skilled specialists. Services include cosmetic, implant, braces, prosthodontics, pedodontics and more. Expect high quality service at a reasonable price.

Building 244A Cong Quynh, D1
028 3925 7526
028 3925 7528
info@nhakhoadrhung.com
www.nhakhoadrhung.com



New Dentist



Dr. Adrian Sinanan

General Practice & Cosmetic Dentistry

Dr. Adrian qualified from King's College London School of Medicine and Dentistry, University of London in 1997. Over the last eighteen years he has practiced both in the UK and Australia, giving him the opportunity to experience a wide variety of clinical treatment philosophies and the latest in postgraduate training.

2 Bis Cong Truong Quoc Te, D3 / 3822 6222
24 Thao Dien, D2 / 6282 8822
www.starlightdental.net



SKIN CLINIC



Stamford Skin Centre

Stamford Skin Centre is a Laser Dermatology Clinic developed by Stamford Healthcare Ltd. We never cease to improve our quality of medical care.
99 Suong Nguyet Anh, Dist. 1, HCMC
(028) 3925 1990 or 0908 453 338
www.stamfordskin.com

SPA & WELLNESS CENTERS



Leelawadee Thai Therapy

Sawasdee ra - welcome to Leelawadee Authentic Thai Therapy, where you can experience the hospitality and authentic healing arts of Thailand.

Located in Thao Dien At
Morin apartment 5/19 street 64, Thao Dien ward, Dist.2
For your best service please make a reservation
+84899342956
FB: @leelawadee Thai Therapy thaodien.



Moc Huong Spa

Moc Huong Spa is supported by top-ranking professional physiotherapists who combine Eastern with Western techniques resulting in a full body wellness.

Reasonably priced with a wide range of services that include manicure, pedicure, facial, both body and for your complete well being.

Branch 1 - 9C Ton Duc Thang, Dist1, 02839 117 118
Branch 2 - 2A Chu Manh Trinh, Dist1, 02838 247 433
Branch 3 - 61 Xuan Thuy, Thao Dien, Dist2, 0283 519 1052
Website: www.mochuongspa.com



Also try ...

European Eye Center

At the European Eye Center, Dr. JD, a Dutch ophthalmologist, and his team provide top quality, Western standard eyecare in HCMC. Dr. JD has over 20 years of experience and is a leading expert in diabetic retinopathy and retinal detachment. Consultation on appointment only, surgeries performed in FV Hospital and Cao Thang Hospital.

116 Nguyen Van Huong, D2
Mon-Fri 8am-5pm, Sat 8am-12pm
On appointment only (028) 2253357

For full review, please visit: www.oivietnam.com

Orient Skincare & Laser Center

The center offers non-surgery aesthetic treatments by certified dermatologists as well as pampering services for any type of problem skin. A variety of treatments includes: wrinkle removal, acne & scar treatment, rejuvenation & pigment augmenting treatment, slimming treatments, permanent hair removal and massage therapy.

244A Cong Quynh, D1
3926 0561-62-63-64



Kids & Education



Sharing is Caring

Young children want to share—but they don't yet understand how much they have

Text by Nadia Chernyak, Sara Cordes and Paul Harris

WE'RE IN A LABORATORY WITH A three-year-old child. As part of the experiment, we ask the child to share her colorful stickers with a puppet—but she doesn't do so fairly. For the researcher, this is completely expected and developmentally appropriate. But for the parent who is watching, it's just embarrassing.

Afterward, the parent wants to let us know we may be underestimating his child's sophistication. "She talks about sharing *all the time* at home!" he says. "But I guess she doesn't quite get it."

This is a very common experience for development psychology researchers—and for parents, who might be awestruck one moment by the child's moral concern for others, only to witness her failing to display the same behavior moments later.

So, who is right in these cases? The parent who has spent countless hours with their young child and surely grasps the inner workings of his or her mind better than any other adult, or the researcher, who just conducted a standardized study protocol aimed at uncovering an unbiased understanding of these young minds?

Our answer is that they're both right, and the reason why is not as obvious as we might think.

A few years ago, researchers Craig Smith, Peter Blake, and Paul Harris pointed out a paradox in young children's reasoning about fairness—despite the fact that preschool-aged children often know they should share their resources equally, they end up failing to do so. At first, such a tendency appears irrational: *If I know I should share with my friends, why wouldn't I do so?* Perhaps children are moral hypocrites, who know the right things to say but, when push comes to shove, don't really want to do any of them. *Do as I say, not as I do, right?*

But while this explanation isn't wrong, per se, we think it ascribes too many Machiavellian motives to young children. Our recent work finds that one of the reasons young children fail to share when they know they should is that they simply lack the cognitive toolbox to do so. In particular, children's underdeveloped counting skills play a role in their ability to distribute resources fairly. In other words, it's not that they don't want to share. It's that they don't yet understand *how* to share fairly.



How Counting Helps Sharing

During the preschool years, children go through several important developments that might affect their sharing behavior. First, they learn how to recite the count list properly (“one,” “two,” “three”...). Then, they start attaching meanings to the words they’re reciting—when you ask a three-year-old for two apples, they learn to bring you two and only two. And finally, they jump not just to understanding the specific words, “one,” “two,” and “three,” but to understanding some basic principles of counting, and even when to implement them. At this point, if you put 10 items in front of a child, she can use her counting skills to work out how many there are. These skills aren’t just the foundation for later math learning, they’re also critical for understanding how to share, our work suggests.

In our first study, we presented a group of preschoolers with two simple sharing tasks. In both, we gave the children a set of attractive stickers and we introduced them to a sad puppet who also wanted the stickers. So, children were faced with a dilemma: Do I keep these awesome stickers or share them with this poor puppet?

We recorded

how they resolved it (how many stickers they gave).

Afterwards, we tested children on their counting skills, which helped us classify children as either proficient counters (those who knew the basic counting principles, referred to as *Cardinal Principle Knowers*), or non-counters (those who, at most, knew just meanings of specific number words such as “one,” “two,” and “three,” referred to as *Subset Knowers*).

Not surprisingly, older children (four and five year olds) were more likely to resolve the dilemma equitably: They would give exactly one half to themselves and give away one half to the puppet. In contrast, the younger children (two to three years old) were less likely to succeed in sharing equally.

What might explain this difference we found between older and younger children? Perhaps as children got older, they simply learned that they *should* be sharing these stickers in half. But that didn’t seem to be the case: Children regardless of age and regardless of what they actually did ended up saying they

“gave the same” amount of stickers to each, suggesting they already knew at the youngest ages that this was something they should do.

Instead, we found, the ability to actually be fair—to divide the stickers equally—was explained by children’s counting skills. Cardinal Principle Knowers (proficient counters) were about twice as likely to share fairly as Subset Knowers (non-counters). Importantly, once we accounted for children’s counting skills, age failed to predict children’s tendencies to share equally. In other words, a three year old who knows how to count would be much more likely to share fairly than a five year old who doesn’t.

Most Kids Want To Be Fair

What about children who weren’t sharing equally? Were they simply selfish or were they mistaken about how to be fair?

If children truly are moral hypocrites driven by selfish motivations, we’d expect them to keep most of the stickers for themselves. But if, instead, they simply didn’t have the *ability* to share fairly, they should be just as likely to be selfish as generous: Sometimes they’d make a mistake by overshooting (and giving more than they needed to) and other times by undershooting (and giving less).

That is exactly what we found—about half of the children “selfishly” kept the majority of the stickers, but the other half were actually *overly* “generous,” probably not realizing what they were doing in either case. We take this to mean that many children were actually *trying* to be fair—but couldn’t do it on account of their underdeveloped counting skills.

We also wanted to see if maybe children without the needed counting skills just aren’t aware that they ought to share equally.

So, we ran a follow-up study showing two to five year olds potential ways to share candies between themselves and someone else: one way was selfish, the second was fair. All children had to do was point to how the sharing ought to be done. We again measured their counting skills afterwards.

Most children chose the “fair” or equal option, suggesting that they understood they should share fairly. Of course, there was a little bit of improvement with age: the older children were, the more likely they were to claim that they *should* be fair, but counting skills had nothing to do with this development. Counting helps explain children’s sharing *behaviors*, but not their *knowledge* when it comes to fairness.

In other words, children *know* they should share fairly, but they can’t actually do it until they learn to count.

Why would sharing be related to counting? Besides the obvious—that children can’t share the proper number if they don’t also know how to count it—prior research by Muldoon, Lewis, and Berridge pointed out that the concept of *set equivalence* (understanding when two things are equal to one another) is

tied to understanding counting in the first place.

But there might be other reasons. For one thing, perhaps counting gives children an extra tool to double-check their mistakes: I might randomly divide a bowl of strawberries so that both of my children have about the same, but with counting, I can definitely make sure that it’s the same. And in fact, in our study, children who shared equally seemed much more aware of how many stickers they’d given each person, suggesting that maybe counting was helping them keep track in a much more precise way.

So, can we conclude that children are entirely morally virtuous, just waiting for the opportunity to show their remarkable sharing skills as soon as they understand counting? Not quite. There are many instances, especially ones in which children are taxed in other ways (e.g., having to donate to strangers rather than trusted friends) in which children are inclined to be selfish. Lots of work supports this.

But before concluding that a toddler is just being stubbornly selfish when he doesn’t share the way you’d hoped, we urge people to consider what other types of things the child does and doesn’t know yet—and interpret that behavior accordingly. ■

Nadia Chernyak, Ph.D., is an assistant professor at the Department of Cognitive Sciences at the University of California–Irvine. Her research investigates the early roots of our social behavior and cognition, with a focus on topics such as the development of pro-social behavior, choice and agency, and prospection.

Sara Cordes, Ph.D., is an associate professor of psychology at Boston College and principal investigator of the Infant and Child Cognition Laboratory. Research in her lab centers on understanding how infants, children, and adults keep track of basic quantities (i.e., time, number, and amount), how these quantity representations may be impacted by social, linguistic, or contextual factors, and how these preverbal representations relate to later mathematics achievement.

Paul Harris, Ph.D., is a developmental psychologist with interests in the development of cognition, emotion, and imagination. He holds the Victor S. Thomas Professorship in the Graduate School of Education at Harvard University. His latest book is *Trusting What You’re Told: How Children Learn from Others*.

2+2=?!?!?

Math anxiety affects almost half of elementary school students. Spot the symptoms and use these strategies to counteract it

Text by Georgina Steemkep

MATH ANXIETY IS MUCH MORE than a dislike for the subject—it's a real problem for students, one that blocks the brain's working memory and starts a self-perpetuating cycle of math avoidance, low achievement, and fear. This form of anxiety manifests as early as kindergarten, and nearly half of elementary school children experience it.

Signs And Symptoms

Avoidance: Math anxiety and math avoidance go hand in hand. Do you have students who seem to grasp at any reason to leave the classroom during math instruction? This could be more than just a student trying to get out of work. Students with high levels of math anxiety tend to avoid mathematics at all costs.

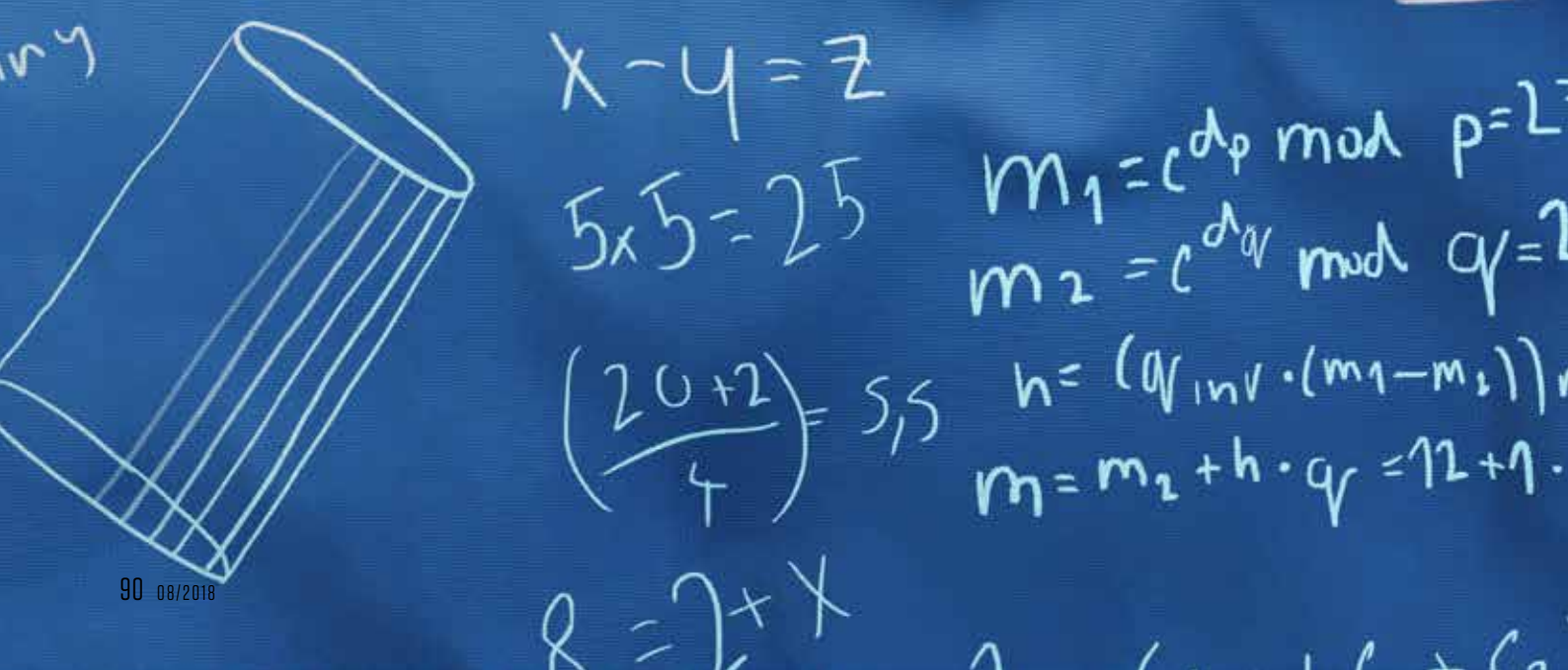
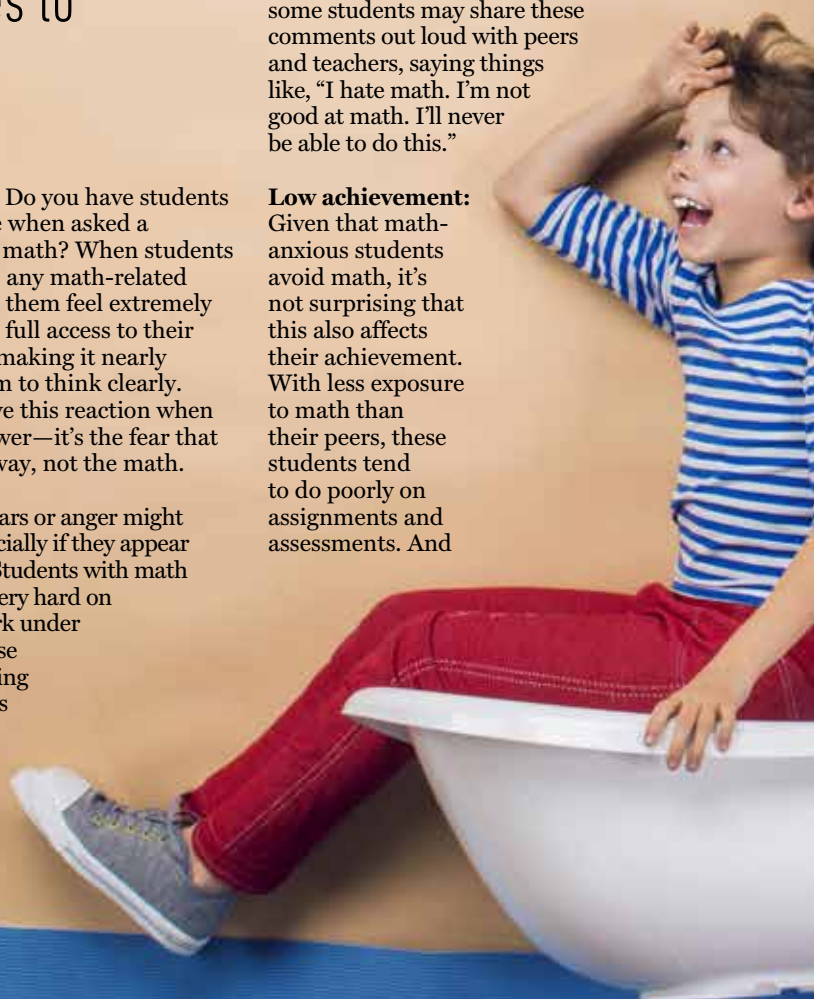
In class, this may look like misbehaving, off-task behavior, or frequent visits to the nurse. But avoidance may be hard to recognize because some of our math-anxious students have perfected the skill of doing very little math without drawing too much attention to themselves.

Lack of response: Do you have students who seem to freeze when asked a question involving math? When students have math anxiety, any math-related question can make them feel extremely stressed. They lack full access to their working memory, making it nearly impossible for them to think clearly. They may even have this reaction when they know the answer—it's the fear that is standing in the way, not the math.

Tears or anger: Tears or anger might signal anxiety, especially if they appear only during math. Students with math anxiety tend to be very hard on themselves and work under the harmful and false assumption that being good at math means getting correct answers quickly. These beliefs and thoughts are quite crippling.

Negative self-talk: Students suffering from math anxiety have negative thoughts about the subject and their own abilities. Much of this talk may happen in their heads, making it difficult to catch, but some students may share these comments out loud with peers and teachers, saying things like, "I hate math. I'm not good at math. I'll never be able to do this."

Low achievement: Given that math-anxious students avoid math, it's not surprising that this also affects their achievement. With less exposure to math than their peers, these students tend to do poorly on assignments and assessments. And



students begin to see low grades as labels that verify their belief that they just can't do math.

Strategies To Support Healthy Math Identities

Provide students with time to understand the why: It may seem like a good idea to help struggling students by focusing on procedures, but this may actually make things worse. Many math-anxious students tend to see math as a series of nonsensical steps

that must be memorized.

For example, students are often taught to multiply decimals by moving the decimal out of the factors and back into the product. This makes little sense to students who haven't developed a conceptual understanding of place value and decimals—they're left asking procedural questions such as, "Which way do I move the decimal?"

All students deserve the time to truly understand the math they're being asked to do. Skipping this time shortchanges our students and gives them a joyless math—one requiring a lot of memory, repetitive steps, and anxiety.

Use healthy and accurate messages: One way to support math-anxious students is to have regular class conversations about negative beliefs. Reassuring students that there's no such thing as a math person, or special people born more capable in math, will reduce their anxiety and help them see themselves as mathematicians.

The words that teachers use when conferring with students are also important. Praising students for correct answers, speed, or good grades does little in the way of providing useful feedback.

On the other hand, using specific comments about processes students use to solve problems, their decision to

represent the math in multiple ways, or their use of particular sense-making strategies encourages all students and makes the math accessible to all.

Allow think time when asking questions: For a student with math anxiety, being asked a question in front of others can be an excruciating experience. On-the-spot questioning can also send the unintended message that mathematics is about quickly firing off answers.

Giving students appropriate think time supports them in developing conceptual understanding and communicates that being fast at math is not the same as being good at it.

Students do their best learning when they feel comfortable and safe. A fear that the teacher may call their name at any moment causes some students to focus on the fear instead of the math. If the worry of being singled out is removed, students will have the time and space to think deeply as mathematicians and, with time, may begin to volunteer their ideas.

Use mixed-ability grouping:

Struggling students are often put together in math groups in order for the teacher to give targeted instruction. But students rarely exit from these groups and often receive very different math instruction than their high-performing peers. And such groups can confirm the negative opinions some students have about their abilities.

Heterogeneous grouping serves all students by giving everyone access to high-quality math and to different ideas and perspectives. And math tasks with multiple entry points are a great way to foster healthy problem solving that allows for students to share multiple methods and strategies. ■

$$790^{53} \bmod 61 = 4$$
$$790^{49} \bmod 53 = 12$$

$$\bmod p = (38 \cdot -8) \bmod 61 = 1$$
$$53 = 65$$

$$V = \frac{\pi}{3} b^3$$

$$V = a \times a \times a = a^3$$

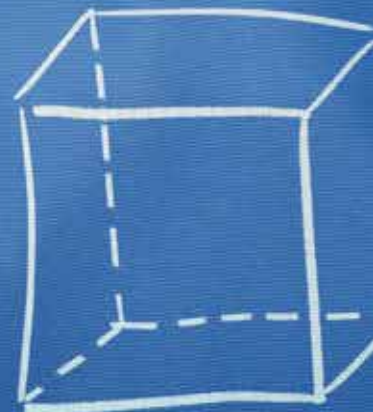
$$V = 6 \times 6 \times 6 = 216$$

$$V = 216 \text{ cm}^3$$

$$S = 6 \times a^2$$

$$S = 6 \times 6^2$$

$$S = 6 \times 36 = 216 \text{ cm}^2$$



Big Data

Leading academic innovation through technology

Text by Sebastian Coleman

AS SOMEONE WHO HAS BEEN working all of my career in the area of teaching and learning innovation at universities, it has become almost instinctive in conversations with most teachers to place technology second. Particularly in the early days of emergent digital learning technologies—say, 1995 to 2010—the levels of anxiety, or even downright suspicion held by many of my academic colleagues about the value and future of technology-enhanced learning were palpable. As a consequence, I and like-minded innovators would default to a position of technological apologist, with comments like, *technology is merely the tool we use to help us achieve our learning goals and fundamentally, online learning is no different from face-to-face learning; technology is merely an enabler*. I suspect that most of us who have worked in academic innovation over the past 20 years have heard, and expressed, such sentiments many times. And I suspect that, by and large, we have been wrong.

I am going to take a controversial position—that technology and learning are inseparable and always have been, and that by understanding and embracing this connection by driving change in our technologies we can shape pedagogical behavior and lead academic innovation in our institutions.

Scottish educational theorist Paul Maharg takes a radical view: technology is the curriculum, says Maharg, taking his lead from philosopher John Dewey. For Dewey and Maharg, it is impossible to separate learning, as an activity, or the ‘content’ of what is learned, from the world or environment in which it occurs.

In 2009, following some of Maharg’s educational ideas, the Australian National University College of Law radically reshaped its Graduate Diploma of Legal Practice. Starting with a conventional, semester-based online program, the degree was transformed into an immersive, simulation- and scenario-

based learning environment. Students enrolled in the course as a whole and were assigned to virtual law firms of four to five students. Working in a virtual office space, students managed a number of competing legal transactions—litigation, conveyancing, contracts, negotiation – and a number of ethical issues were sprung on them without warning. There were no lecturers—staff participated in the simulation in role, as managing partners, office managers and clients. Apart from an immersive initial residential week, the entire experience was online; this was crucial, as it allowed the virtual learning space to be shaped to control the simulation. The experience would have been far less rich face-to-face. The success of this innovation underlines the truth of Maharg’s point—the technology is the curriculum.

Behind the scenes, one of the key lessons from this initiative was how the virtual office space shaped the behaviors of academics. They logged into the learning management system and their traditional roles of lecturer, tutor and student disappeared into the background. What appeared instead were new simulation-based roles that the staff were asked to fill. Rather than expound on the theory of contracts, staff were asked to role-play a partner mentoring a new lawyer on the development of a contract. It created a wholly new learning and teaching relationship—a much more authentic and powerful one, in my view. This pedagogical change was managed through changing the technology and through reshaping the spaces in which teachers and learners interact.

This idea has an ancient lineage. In the fourth century BC, Plato’s academy was laid out as a courtyard. Learning happened through dialogue. Scholars and students (not that there was often a clear distinction) walked as they talked, and the notion of a group of collaborative learners in physical and intellectual motion

was a central pedagogical idea. This is essentially a social constructivist model. The majority of Socrates’ philosophy, as recorded by Plato, take the form of these ambulatory tutorials. Nowadays, we often celebrate the Socratic method as an admirable active learning strategy, but can overlook the technology—the learning space and mode of interaction—that was at its heart.

The same ancient roots can be found in what is arguably the most pervasive high/er education learning technology—the lecture, delivered in a hall or theatre. This technology of mass instruction is medieval in origin, deriving from the theological sermon, and has always been about the transmission of information. When it migrated into higher education practice in the 12th century, its purpose was simply to enable students to copy texts. Lecturers were hired on the basis of their ability to speak loudly and clearly, so the students could take dictation of the scholarly text being read. Moreover, lecturers were hired by the students directly, and were not re-hired the following term unless they were sufficiently comprehensible. This is why the etymology of the word *lecture* is from the Latin to *read*.

As Maharg points out, it was not for another two centuries that the students began to employ lecturers with knowledge of the subject so that they could provide their own explanatory notes (glossa) on the source text. Before this time, senior scholars themselves were far too busy to waste their time with the technology of the lecture; the reading aloud of texts was a secondary task, best left to the medieval equivalent of specialist professional staff. Thus the 11th

century academic innovation that placed the lecture at the heart of university education was driven not by educational considerations, but by a combination of its efficiency as a technology and by relationships of academic hierarchy and power. Arguably, little has changed. Far too many modern course sites consist of weekly topics, each of which is an information dump of PDFs, PowerPoints and lecture recordings, with weekly quizzes testing surface learning, often managed by administrative staff. Here, the technology is making it very easy to resist academic innovation and perpetuate poor learning practice a millennium old.

I am entranced by what history can tell us about the relationships between technology and academic innovation (and resistance), and the relevance those lessons have for our modern practice as educators. The examples of Plato's academy *versus* the medieval lecture; the immersive simulated virtual learning environment *versus* the weekly topic content dump show us how technologies and power relations can shape and drive academic practice, whether innovative or conservative.

It would be attractive to think that, because we now know theoretically what pedagogical approaches result in high-quality university learning and what results in poor outcomes, that automatically the evidence-based *best* practice will be adopted. Experience tells us that this is far from the case. Resources (including the scarcest of all academic resources—time), roles and hierarchies will usually take precedence over other factors unless those leading and managing education explicitly drive behaviors in a different way. Notably, technology can play a crucial role in the restructuring of academic work to achieve better quality outcomes for students.

There is an Australian *private* higher education provider that delivers leadership training using a mainly synchronous online model. Academics lead interactive online seminars of up to a dozen

participants. Because the tutorial is captured, it enables a crucial part of the quality enhancement cycle to occur. After every single seminar, an educational designer—who has specialist educational qualifications and experience, unlike the subject-matter expert who led the seminar—will review the recording and provide constructive feedback to the seminar leader about what worked well and what could be improved. These feedback reports form part of the academic's performance review. By all accounts, the student experience with this provider is outstanding. The technology—the captured tutorial—is what enables change. If you consider the industrial implications if such a scheme were to be introduced at a *public* Australian university, it becomes clear that the obstacle to such an innovation is not technological nor educational—it is cultural.

Things continue to change. Through technology, we now have a more closely observed picture of student behavior than ever before. Learner analytics allow us to monitor nearly all aspects of students' learning activities. We match the text in their assignments, measure their keystrokes to ascertain identity, check when and for how long they access their learning resources and even use artificial intelligence (AI) to measure the cognitive complexity of their forum posts. In general, this is benign. If we can identify from these analytics that a student is likely to fail, we can intervene to provide them support before it happens.

The flip side of educational big data is teaching analytics. If, from these analytics, we can identify that half the class is about to fail, then a different intervention is required. In this case, most likely it is the *teacher* that needs support and development. When we have these analytics fully functional, then technology will

truly drive academic innovation and quality enhancement.

Change will come. The question is, will it be a good thing? ■



Go With The Flow

Start talking about menstruation to your daughter early and often

IT CAN BE HARD FOR A PARENT

to know just when to start talking to their daughters about periods. The time when the period starts can be frightening for a girl, especially if it happens outside the home. In general, it's a good idea to bring up the subject (in terms that they would understand) at about the age of 9 to make sure they're prepared for the big day. If they have a friend who has started, that's a very good opportunity to open a discussion; to say, "Hey, what do you think about that? What do you think is going to happen to you? Do you want to talk about it?" Using TV ads for sanitary pads or tampons can also be a good way to start a conversation. Or simply ask your daughter what she already knows.

Starting to have periods is a part of growing up for girls. Periods usually start to occur around the same time as other changes happen to the body, such as starting to develop breasts or to grow pubic or underarm hair. Most girls get their period between 12 and 13 years of age—however, it can be anywhere between 9 and 15, and in a small number of girls it can even start a bit earlier or a bit later. If a girl hasn't started her period by the age of 16, then she should visit a doctor for a checkup. It doesn't mean that anything is seriously wrong, it just means that we have to find out why. Some common reasons are stress, over-exercising, under-eating, loss of weight, obesity, or a hormonal imbalance.

The Basics

So what happens during a period? It's the time of each month, for several days, where some blood will be discharged through the vagina from the lining of the womb following hormonal changes. The amount of blood that is lost varies between girls, although the heaviest blood flow is within the first few days.

Bleeding can last from one to eight days, but on average five days is normal.

Prior to and during the period, some pain in the abdomen—period pain—is normal and common. Hormonal changes can also cause water retention in various parts of the body causing breast tenderness and slight enlargement, and the tummy may swell a little before a period. Headache, fatigue and mild mood changes can also be common—to have such symptoms before a period is normal. Sometimes the symptoms prior to periods can be more severe. This is then called "premenstrual syndrome" or "premenstrual tension."

When such symptoms do happen and they start to interfere with a girl's life—for example, she doesn't want to go to school, she's prevented from doing any exercise, or it's affecting her general wellbeing or mental health—then it is certainly recommended to see a doctor, especially if her symptoms are really bad from the first-ever period or if each cycle is getting worse and worse

Hormones

Females have small organs called ovaries in the lower part of their tummy. The ovaries lie on either side of the uterus (womb). The ovaries start to produce female hormones in girls around puberty, which causes changes to the lining of the womb. This is what causes periods.

The menstrual cycle is the time between the start of one period and the start of the next one. The average length of a menstrual cycle is 28 days—however, anything between 24 and 35 days is common.

During the cycle, various changes occur in the body. The changes are controlled by chemical substances called hormones, which act like messengers.

There are two main female hormones that trigger periods—estrogen and

progesterone, which change in amount during the cycle. In the first half of the cycle, estrogen increases and causes a thickening of the lining of the womb; it gets very thick and very red and boggy. Ovulation occurs about halfway through the cycle (about 14 days after the start of the period). Ovulation is a release of an egg into the fallopian tubes (the tubes connecting the ovaries to the womb). During the second half of the cycle, after ovulation, progesterone increases. Progesterone then causes a swelling of the wall of the womb so that it is ready to receive a fertilized egg. If the egg is not fertilized, the levels of progesterone and estrogen fall, and a sloughing/shedding of the wall of the womb occurs, and a new cycle begins.

Symptoms Relating to Periods

In general, if a girl experiences a change from the usual pattern that lasts for several periods, it may be abnormal and she should see a doctor. Some common complications that can occur are painful periods, heavy periods, and irregular periods.

Irregular periods

Irregular periods are common during the first 1–2 years of starting periods. Teenagers don't usually produce an egg with each cycle (an "anovulatory cycle") due to an imbalance of hormones. Because of that imbalance, eggs are not released, and the uterus breaks down outside the perfect 28-day cycle. Eventually, it all balances out, and you get the whole nice cycle of eggs being released at 14 days, just when the uterus is ready, and then if pregnancy does not occur, you shed everything at about 28 days.

If periods are still irregular after the first two years of starting, or if the girl has bleeding in between her periods, she should see a doctor.



Dr. Olivia Wyatt was born to a British expat family in South Africa and raised in Botswana, where she worked with HIV patients with Harvard Medical School and the Clinton Foundation after completing her medical studies in the UK. She has worked as an internist with FMP since 2010 in between having three children, is a practicing vegetarian, and is currently working towards her Masters in Public Health (MPH) with the London School of Tropical Diseases.

Periods That Stop (Amenorrhea)

Pregnancy is the most common reason for periods to stop. However, it is not uncommon to miss the odd period for no apparent reason. Apart from pregnancy, other causes of periods stopping include stress, losing weight, exercising too much and hormonal problems such as Polycystic Ovarian Syndrome (POS), or thyroid disease

Heavy Periods (Menorrhagia)

This is common. Periods are considered heavy if they are affecting your life and causing problems. For practical purposes, a period is probably heavy if it causes flooding through to clothes or bedding, frequent changes of sanitary towels or tampons, the need to wear double pads, passing large blood clots, or restrictions to normal life activities because of the heavy bleeding.

Some causes of heavy periods are fibroids, infections, hormonal changes, blood clotting disorders (this should be especially considered in girls who have had heavy periods since menarche) and in many cases the cause is unknown.

Painful periods (Dysmenorrhoea)

It's common for girls to experience an ache in the lower abdomen, back and the tops of the legs, especially in the first few days of a period. Some girls have more pain than others. In most cases, the cause of the pain during periods is not clear. When the pain is severe enough to affect her day-to-day activities, she should see a doctor. While sometimes a cause is not found, some causes are infection, fibroids and endometriosis. The doctor will normally ask about any other associated symptoms such as fever or vaginal discharge.

One cause of painful periods is something called endometriosis, which is when some of the cells or tissue of the

lining of the womb are found outside of the womb, such as in the fallopian tube, the ovaries; and sometimes they're present in the peritoneal cavity, which is the mass of ligaments and tissues surrounding the womb and the ovaries. They can be tiny, little balls of cells and tissues, and they respond the same

way as the lining of the uterus does to hormones. So if these little bunches of cells end up anywhere else, they can cause period-type pain. Sometimes endometriosis can cause heavy bleeding. After diagnosis of endometriosis a doctor will discuss several options for treatment. ■

TEEN MENSTRUATION FAQs

Is the menstruation the first manifestation of puberty?

Not necessarily. It could be pubic hair, underarm hair, body odor, or breast development—it's different for different girls.

What is the proper age to wear a tampon?

You can start whenever you want, but many teenage girls are uncomfortable with them and they can take some getting you used to. It may be advisable to start out with sanitary pads, just to get used to the period first, and then moving onto tampons. Tampons come in different sizes and styles, so starting with the smallest one would be the most appropriate to get used to it. Larger sizes can be used if your period is heavier or during the night. Sometimes you may like to mix and match—using tampons for swimming but pads at other times.

Are tampons more convenient to use than pads?

From a certain point of view, they can be more convenient—for example, if you wanted to go swimming you could use tampons as opposed to sanitary pads. Often girls find that in their first few days of a period, they prefer pads

more than tampons, because they're changing quite regularly, but this is just a preference. Some people prefer using pads for the first few days, and then when it slows down they can use tampons, which they can leave in for a few more hours, and it becomes a little easier. It's about what's right for you; there's no right or wrong way.

Is pregnancy possible from the first period?

Yes it is possible, although, as discussed above, most girls do not always release an egg with each cycle in the first 1-2 years.

Can you get pregnant during your period?

Although unlikely, it is possible to get pregnant by having sex during your period. Sperm can stay alive inside you for up to five days, so if you ovulate early and have a short menstrual cycle, then it is possible to become pregnant

Is depression a normal symptom of menstruation?

Depression is not a normal symptom. Irritability and fatigue can be expected, but depression could be a sign of more serious premenstrual syndrome. You should see a doctor.

>>The List Education

INTERNATIONAL SCHOOLS



ABC International School (ABCIS)

Inspected and judged an outstanding school by British Government Inspectors (January 2017), the ABCIS is one of the few schools worldwide awarded this Department for Education rating. Progress of students puts the ABCIS among the top 8% of schools in the world. Providing education for 2-18 year olds in a supportive and friendly environment, it delivers a culturally adapted version of the British National Curriculum supported by Cambridge & AQA IGCSE and AS/A levels. Students are prepared for Universities in the UK, USA, Australia, Korea and Canada.



Foundation & Early Primary Campus:
4, 1E Street, KDC Trung Son, Binh Hung, Binh Chanh, HCMC
Primary & Secondary Campus:
2, 1E Street, KDC Trung Son, Binh Hung, Binh Chanh, HCMC
84 28 5431 1833/34/35/36
office@theabcis.com
www.theabcis.com



At EtonHouse International Pre-School Franchise - An Phu, children aged 18 months

to 6 years experience a Reggio Emilia style, play-based early childhood education. The progressive Singapore-based EtonHouse **Inquire - Think - Learn** curriculum, delivered by dedicated international teachers, enables pre-schoolers to enjoy fun and hands-on learning in Somerset Vista, An Phu.



Level 2, Somerset Vista, 628C Hanoi Highway, D.2, HCMC
028 6287 0804/ 0904 938 666
www.etonhouseanphu.com



Aurora International Preschool Of The Arts

At Aurora, we strive to maximize any valuable opportunities for life-long learning in the Early Years of our children by supporting self-discovery, imagination and creativity. Following the Reggio Emilia- Inspired philosophy, we keep always updating and in continuous tireless researching, intertwining with Vietnamese cultural background.



A school inspired by Reggio Emilia
For children from 12 months to 6 years of age
11 - 13 Tran Ngoc Dien, Thao Dien Ward, District 2, HCMC, Vietnam
028 3744 2991 | 0982 012 860
info@aurorareggio.com | www.aurorareggio.com
www.facebook.com/aurorareggiokindergarten



The American School

The American School (TAS) is an international school that has been accredited by the Western Association of Schools and Colleges (WASC), representing 21 nationalities. TAS provides an American-based curriculum with rigorous performance standards and a variety of academic offerings including Advanced Placement courses, university credit courses through our partnership with Missouri State University, and an Intensive ESL Program for English Language Learners. In 2018, The American School will open its new, sprawling mega-campus in District 2's An Phu Neighborhood. This purpose-built facility will house up to 1200 students from pre-nursery through grade 12. This is an exciting time in the growth of the school!



177A, 172-180 Nguyen Van Huong, Thao Dien, D2
028 3519 2223 / 0903 952 223
admissions@tas.edu.vn
www.tas.edu.vn



Kinder Academy

Kinder Academy is a Reggio Emilia approach and STEM concept inspired preschool, where you can find the best integration of the above philosophies and practices.



Kinder Academy Preschool

Our Vision: "Inspire and nurture your child to be a thinker with a global mindset."
Our Mission: "Passionate about the development of your child, we provide the right environment to play, learn and grow. Our team is child centric."
24/2 Tran Ngoc Dien, Thao Dien Ward, District 2, HCMC
Hotline: 0961 825 876 - Tel: 028 22536126
www.kinderacademy.edu.vn
kinderacademy.preschool@gmail.com



The International School Ho Chi Minh City - American Academy

ISHCMC - American Academy is a U.S. curriculum secondary school, preparing students aged 11 to 18 years old for success at universities worldwide. Early university credits, through SUPA and AP courses, a 1:1 University Counseling Program, and an extensive EAL program sets our graduates on the road to success with 100% acceptance rate and U.S. \$1 million scholarship fund to overseas universities.



16 Vo Trung Toan, D2
+84 (28) 3898 9100
admissions@aaavn.edu.vn
www.aavn.edu.vn



**International School
Saigon Pearl (ISSP)**

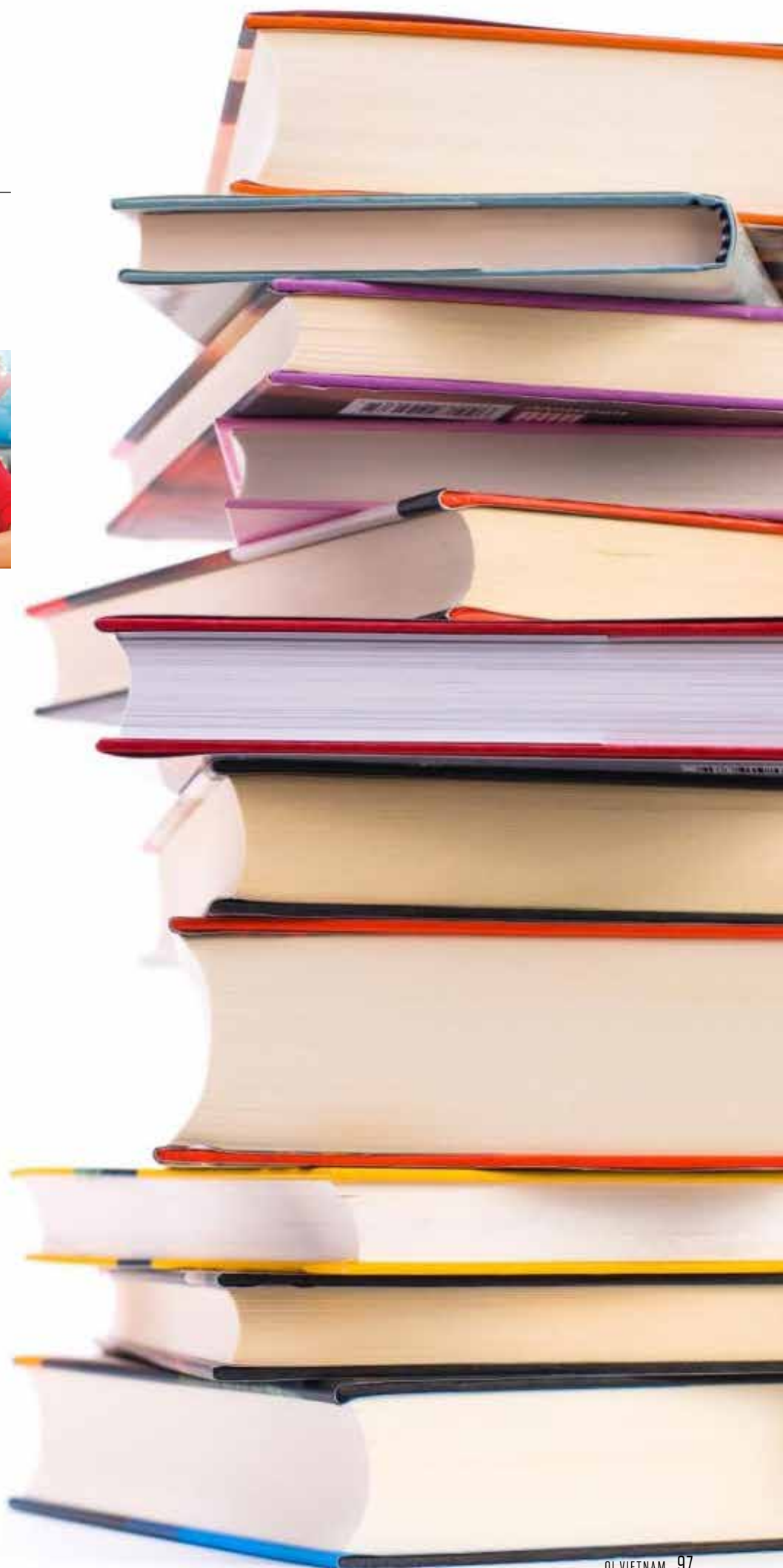
Vietnam's only international school offering a U.S. curriculum for children 18 months to 11 years old within a 100% English language environment. With a library containing over 13,500 English books and more than 60% of students achieving above grade level English, ISSP graduates are well prepared for secondary school at ISHCMC or ISHCMC – American Academy.

92 Nguyen Huu Canh, Binh Thanh

+84 (28) 2222 7788/99

admissions@issp.edu.vn

www.issp.edu.vn



small change

BIG CHANGES

Our partners; each giving a % of profits to Small Change



American BBQ in the centre of the city. Meat smokers out front fill the place with juicy aromas and serve up delicious 'fall-off-the-bone-goodness' in hearty American portions. Homemade sauces and Grandma Lois's Potato Salad all help to keep this place busy.

50 Pasteur Street, D1, HCMC
+84 93 883 50 77
www.jakesamericanbbq.com



The sister restaurant for Skewers by Tristan Ngo, Elbow Room is an American-style bistro offering a welcoming selection of appetisers, soups, salads, sandwiches, mains and desserts, plus an extensive wine menu. Cosy and intimate, this restaurant is one of the city's mainstays.

52 Pasteur, D1, HCMC
Tel: 3821 4327



Serving up authentic, simple & honest American diner cuisine in a family friendly environment, Eddie's is a neighbourhood joint where everyone is made to feel welcome. Sit at the counter or grab one of the booths, Eddie's has one of the biggest and best milkshakes in town.

71 Thao Dien, D2, HCMC.
Hours 11:30 AM - 8:30 PM

A restaurant with a deserved reputation, and an old favourite among the city's long-term expat residents. Skewers serves up simple yet delicious Mediterranean cuisine in a convenient downtown location and at prices that can't be argued with.

9A Thai Van Lung, D1, HCMC
Tel: 3822 4798
www.skewers-restaurant.com



A popular expats bar in Thao Dien, Buddha Bar has been an institution for many years. Serving up tasty meals and reasonably priced drinks in a relaxed, chilled environment. The large venue has two pool tables and TV screens for sport and stays open late.

07 Thao Dien, An Phu, D2, HCMC
Tel: +84 837442080C



Newly revamped and boasting an extensive menu for carnivores and vegetarians alike, The Boathouse sits on the river in a private Thao Dien compound making it the perfect place for drinks and a peaceful meal with friends and family.

Boat House - No. 40 Lily Road APSC, 36 Thao Dien, D.2, HCMC
Booking: +84-8-3744-6790



Located in the heart of Danang next to the Grand Mercure Hotel, Nom Bistro serves some of the finest traditional cuisine from the north and south of Vietnam, including locally caught fish and freshly sourced salads. Great cocktails and a great atmosphere.

Lo 01-A4, Khu biet thu Dao Xanh, Hoa Cuong BacQ. Hai Chau, Danang (next to Grand Mercure Hotel)
Telephone: 0236.379.99.44
nombistro.com



Located at the far end of the Bui Vien strip, this small craft beer bar with a popular outside terrace has built itself a well-deserved reputation for serving up the best Mexi-Cali food in all of Saigon, with legit margaritas and a cast of Phat Rooster beers to help wash it all down.

207 Bui Vien, D1, HCMC
Tel: +84 90 126 82 26
www.sanchocantina.com



A taste of home for the city's British contingent, Union Jack's Fish & Chips serves up crispy battered delights with all the extras you'd expect from a traditional British chippy. Owned and managed by an English man, expect warm, welcoming hospitality with your food.

Upper Deck, 130 Ton That Dam, D1, HCMC
Tel: +84 162 691 1720



Tucked down a small hem in District 1, Organik House is one of the city's premier vegetarian and vegan restaurant with a daily menu made from locally sourced, fresh, wholesome and seasonal produce. Italian chef and owner, Alessio Sortino, takes inspiration from Mediterranean, North African and Lebanese cuisine.

7F Nguyen Thi Minh Khai, Ben Nghe Ward, D1, HCMC



Hosted by a veteran of the local restaurant scene, La Fiesta has a solid fan base of regular customers who come for the fresh, homemade food and welcoming hospitality. Serving up authentic Tex-Mex grub with chef Scott Marquis's own creative twists.

33 Dang Thi Nhu, Nguyen Thai Binh, D1, HCMC
Tel: +84 94 429 16 97



A welcome alternative the mass produced lagers and wacky flavoured craft beer, Rooster consistently deliver a range of classic everyday go to beer for everyone to enjoy. Their tap rooms, Han House & Chicken Coop are in the Pham Ngu Lau area.

AsiaLIFE
www.asialifemagazine.com

Small Change operates as a revenue generating social enterprise believing that the more money it makes the greater the social impact it can have. Small Change's first initiative is with Streets International, a U.S. 501, non-profit corporation, founded to provide scholarships for their culinary and hospitality training programme for disadvantaged youth in Vietnam.



www.smallchangevietnam.com

Welcome **BACK** to **SCHOOL**

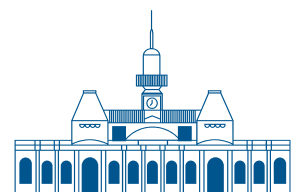


IT'S NOT
TOO LATE,
**ENROLL
TODAY!**

Welcome to the leading American curriculum secondary school in Ho Chi Minh City, inspiring and challenging students aged 11 to 18 years old to achieve personal excellence.

www.aavn.edu.vn

COGNITA



**International School
HO CHI MINH CITY
AMERICAN ACADEMY**

POSITIVE • CARING • ENGAGING

AT ISHCMC WE ARE EMPOWERED



Preview the
ISHCMC Secondary Campus here ▶



INNOVATORS INVITED

WE ARE ALL ON THE
ISHCMC JOURNEY

www.ishcmc.com



ISBN 9 786049 667138



COGNITA