

# what's out addis

2022, August

**QKWE  
QKWE.IO**

LAUNCHES ONE OF A KIND  
NFT MARKETPLACE FOR ART

FOOD | CITY | PEOPLE | ARTS & CULTURE  
HEALTH | SHOPPING



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GROUP**

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*Dear Friends*

*Welcome to our August issue and hope you are keeping warm and staying dry! Here is our latest issue filled with interesting articles and information! We profile talented Firew Konjo working hard and succeeding in preservation of weaving skills and increasing livelihoods of youth in the south. We also write about gourmet Chef Nebiyu and his journey to become a supreme Chinese cuisine chef! We introduce you to Mieraf a delightfully digital artist who has published a beautiful traditional clothing cultural colouring book! Plus a tasty recipe for teff pancakes!*

*Have a great month ahead!  
Team What's Out*

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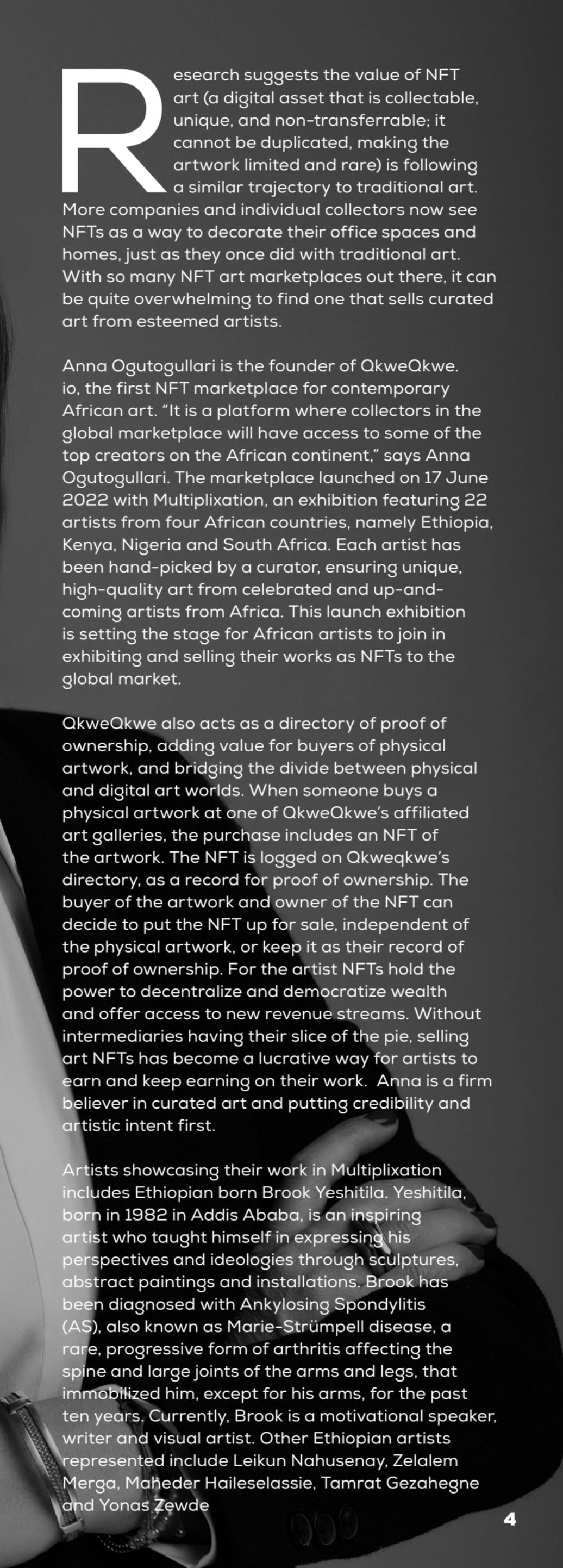
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AUGUST 2022

# QKWE QKWE.IO

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**R**esearch suggests the value of NFT art (a digital asset that is collectable, unique, and non-transferrable; it cannot be duplicated, making the artwork limited and rare) is following a similar trajectory to traditional art. More companies and individual collectors now see NFTs as a way to decorate their office spaces and homes, just as they once did with traditional art. With so many NFT art marketplaces out there, it can be quite overwhelming to find one that sells curated art from esteemed artists.

Anna Ogotogullari is the founder of QkweQkwe.io, the first NFT marketplace for contemporary African art. "It is a platform where collectors in the global marketplace will have access to some of the top creators on the African continent," says Anna Ogotogullari. The marketplace launched on 17 June 2022 with Multiplixation, an exhibition featuring 22 artists from four African countries, namely Ethiopia, Kenya, Nigeria and South Africa. Each artist has been hand-picked by a curator, ensuring unique, high-quality art from celebrated and up-and-coming artists from Africa. This launch exhibition is setting the stage for African artists to join in exhibiting and selling their works as NFTs to the global market.

QkweQkwe also acts as a directory of proof of ownership, adding value for buyers of physical artwork, and bridging the divide between physical and digital art worlds. When someone buys a physical artwork at one of QkweQkwe's affiliated art galleries, the purchase includes an NFT of the artwork. The NFT is logged on QkweQkwe's directory, as a record for proof of ownership. The buyer of the artwork and owner of the NFT can decide to put the NFT up for sale, independent of the physical artwork, or keep it as their record of proof of ownership. For the artist NFTs hold the power to decentralize and democratize wealth and offer access to new revenue streams. Without intermediaries having their slice of the pie, selling art NFTs has become a lucrative way for artists to earn and keep earning on their work. Anna is a firm believer in curated art and putting credibility and artistic intent first.

Artists showcasing their work in Multiplixation includes Ethiopian born Brook Yeshitila. Yeshitila, born in 1982 in Addis Ababa, is an inspiring artist who taught himself in expressing his perspectives and ideologies through sculptures, abstract paintings and installations. Brook has been diagnosed with Ankylosing Spondylitis (AS), also known as Marie-Strümpell disease, a rare, progressive form of arthritis affecting the spine and large joints of the arms and legs, that immobilized him, except for his arms, for the past ten years. Currently, Brook is a motivational speaker, writer and visual artist. Other Ethiopian artists represented include Leikun Nahusenay, Zelalem Merga, Maheder Haileselassie, Tamrat Gezahegne and Yonas Zewde

# ABSTRACT EXPRESSIONIST EYASU TILAYENEH: FINDING INSPIRATION UP ON ENTOTO

BY EDOM BELETE HABTEGEBRIEL

“

*The colors he uses  
and the strokes of his  
brushes have lives of  
their own!*

**S**ituated on the highest elevated area of the city of Addis Abeba is mount Entoto, a historical place on the outskirts of the city, characterized by its serene atmosphere. The view of the capital from this place, is nothing short of a giant piece of impressionism, which constantly changes its color composition (depending on the light and presence of fog), is simply breath taking! This is the place abstract expressionist Eyasu Tilayeneh, chose for his studio location. The notion of working here can also be interpreted as a statement of wanting to seek freedom from the hustle and bustle of city life. Away from the loud noise and constant distraction of the city below and to be able to fully engage in his creation of wondrous pieces of art.

The colors he uses and the strokes of his brushes have lives of their own. And just like life, they seem to resonate in and throughout the entirety of the canvas, often probing into the balance between order and chaos. And at times they seem to delegitimize boundaries, as if to state that everything compliments everything.

Abstract expressionists are noted for their spontaneity. Even though they could sometimes work from their sketches, they too are governed by it. There is nothing more beautiful in any aspect than that which is done with finesse in such a manner; transposing what the mind sees simultaneously on to a canvas and beholding it as it takes a life of its own, must truly be a thing of marvel. Hence, it's no wonder Eyasu chose to work high in the mountain. With uninterrupted focus, he is able to create enchanting works of art.

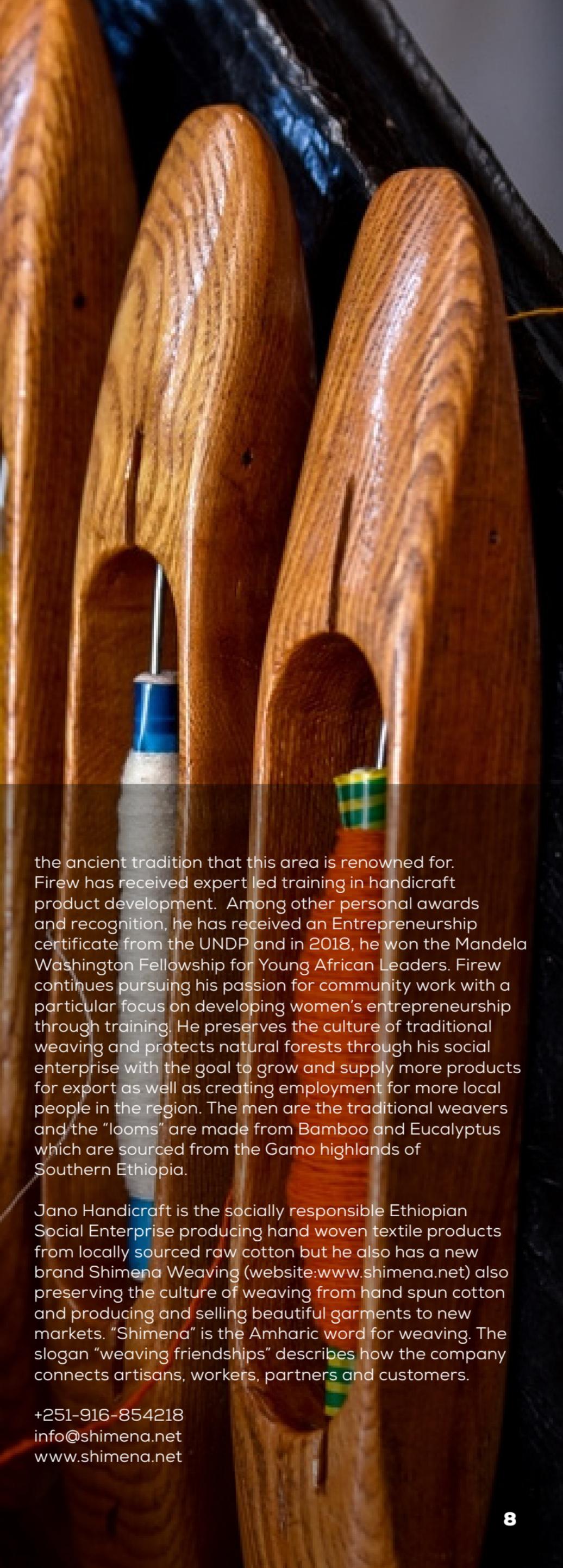
I had the honor of gaining a private tour of his studio, an experience I won't forget. After I finished looking at the paintings that he was showing me one by one, we sat down and conversed about his paintings and his journey to reach where he is now. Though it was natural to ask an up-and-coming artist where he sees himself in five or ten years, I held the question back. That was because somewhere in my mind I realized something or maybe it was obvious: he doesn't need five years.

# FIREW KONJO; HIS JOURNEY TO PRESERVE AND MAINTAIN ARTISAN WEAVING SKILLS.

**T**he Ministry of Culture and Sport has recently awarded Firew Konjo from Arba Minch as awardee of the year at the Sheraton Hotel at their 2nd National Recognition and Award ceremony. On receiving this award, Frew said "I will continue to work hard to pass on the weaving skills created by our forefathers to the next generation and Ethiopia will be respected for this art."

Firew Konjo, noted the decline of the 2000-year-old tradition of textile weaving in the South of Ethiopia. The import of cheap clothing and fabrics had led to less demand and thereby fewer jobs for artisans in the region. He founded a local handicraft enterprise in Arba Minch, with the focus on preservation of the culture of traditional weaving and using locally grown cotton in the region. They produce products the traditional BULOOKO (thick cotton blanket) and GABI (thick cotton shawl) as well as other hand woven cotton towels and home accessories. Since 2014,

Jano Handicraft artisans have been able to generate a fair living wage. The Association collaborates with Sabahar and sells textiles for both the local and the global markets. Firew trains local youths to earn an income working within the production chain from hand spun cotton to finishing of the product received from the local weavers, thus not only getting them involved but excited about handloom weaving and carrying on

A close-up photograph of several wooden weaving bobbins. The bobbins are made of light-colored wood with a visible grain. They are arranged in a row, and some have spools of thread wound around them. The threads are in various colors, including blue, green, and orange. The background is dark and out of focus.

the ancient tradition that this area is renowned for. Firew has received expert led training in handicraft product development. Among other personal awards and recognition, he has received an Entrepreneurship certificate from the UNDP and in 2018, he won the Mandela Washington Fellowship for Young African Leaders. Firew continues pursuing his passion for community work with a particular focus on developing women's entrepreneurship through training. He preserves the culture of traditional weaving and protects natural forests through his social enterprise with the goal to grow and supply more products for export as well as creating employment for more local people in the region. The men are the traditional weavers and the "looms" are made from Bamboo and Eucalyptus which are sourced from the Gamo highlands of Southern Ethiopia.

Jano Handicraft is the socially responsible Ethiopian Social Enterprise producing hand woven textile products from locally sourced raw cotton but he also has a new brand Shimena Weaving (website:[www.shimena.net](http://www.shimena.net)) also preserving the culture of weaving from hand spun cotton and producing and selling beautiful garments to new markets. "Shimena" is the Amharic word for weaving. The slogan "weaving friendships" describes how the company connects artisans, workers, partners and customers.

+251-916-854218  
[info@shimena.net](mailto:info@shimena.net)  
[www.shimena.net](http://www.shimena.net)



**C**hef Nebiyu Ermias has quite simply with a lot of perseverance mastered the art and skill of Chinese cooking and his food is simply sizzling in both meanings of the word; both very hot and very exciting! He is equally passionate about his cooking as he is about providing customer service to his guests and it is quite usual for him to emerge from his kitchen where he is very much a hands on chef to talk to and mingle with his guests and ensure that everything is right with their order.

Anyone who lived in Addis in the 1960ies and 70ies as I did will recall The China Bar restaurant in Meskel Square – it is still there but not quite the same place as it was in its heyday. Nebiyu grew up in the Meskel Square area and he loved both watching and playing football in the Meskel Square stadium – buying the things necessary to pursue his boyhood football passion meant earning pocket money so from a young age he used to help unload deliveries after school which then moved on to to washing dishes after school at the nearby China Bar. This provided him with the opportunity to watch the chefs; observing carefully and taking mental notes about how the food was prepared and enjoyed and taking a genuine interest as well as sampling the food. After he graduated from high school he took on jobs as a guard and bar tender and waiter. All as part of the China Bar team. This continued until the restaurant was sold but it had prepared him well for his culinary journey ahead! He was so good at being a waiter in fact that the new ownership decided to employ him as a Supervisor and he was still only 23. He soon realised



# SIZZLING SICHUAN RESTAURANT: THE ETHIOPIAN CHEF WHO MASTERED CHINESE COOKING.

that he had developed a passion for cooking and knew that he definitely wanted to pursue it as a profession. Moving up the ladder, his next professional role was as a Manager at the newly opened Shanghai Restaurant which required setting it up from scratch and deciding on a menu and overseeing the cooking. After it was up and running he had a chance meeting with the GM of the newly opened Sheraton Hotel which provided his next opportunity where he was able to perfect his customer service skills and receive training. Meanwhile in his leisure time he continued perfecting and cooking Chinese food for friends and family. He stayed with the Sheraton for 4 years but by now he had definitely acquired a taste for opening his own restaurant. With a little savings he found a location and named his restaurant Sichuan which is an area in the south west of China renowned for his variety of spices – it was challenging and exhilarating and exhausting because he did practically everything himself. He has had to move location a few times but he is currently settled in Kazanches. Chef Nebiyu dreams of expanding his current restaurant and even opening new branches in Addis as well as in cities outside of Ethiopia. He is truly passionate about cooking and providing customer satisfaction and creating an evening of dining perfection for his customers (he treats them like guests). You will really feel that he has effortlessly prepared a delicious feast just for you!

+251 91 160 3926   nebiyusichuan@gmail.com  
Located on the 3rd floor of the ODA building,  
across from Zemen Bank in Kazanches

# EMPLOYMENT WHICH HELPS THE ENVIRONMENT.



Eshetu Ambo, 23, is a resident of Arsi Negelle and is a member of an association engaged in plastic waste collection and recycling established through NCA Ethiopia in 2022. He also serves as a cashier in the association. Before becoming part of the “Waste for Value” initiative, Eshetu, who now collects more than 100 kilograms of plastic a day, was unemployed and had to depend on his parents to meet his needs. Eshetu says he is now not only self-sufficient and is able to give back to his family but is also an active contributor to a cleaner environment.

Norwegian Church Aid has been working in Ethiopia since 1974, responding to short term emergencies and implementing long term programmes. We work on providing clean drinking water and promoting sanitation and hygiene, improving reproductive health status of women and girls, and building the resilience of people to climate change.

We work in six regions: Amhara, Oromia, Somali, Southern Nations Nationalities and Peoples’, Tigray, Benishangul Gumuz, as well as the Addis Ababa city administration

SOURCE: NORWEGIAN CHURCH AID ETHIOPIA

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- » Specialist consultation
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- » Mother and new born care

» **TELEMEDICINE**

**Location:**

Alem Cinema, Bole Road,  
Addis Ababa, Ethiopia

Tel. +251 116 151 822

+251 988 181 822

For USA users 1 833 MD REDAT

Email: [contact@redat-et.com](mailto:contact@redat-et.com)

# YOGA AND SERENITY.

**A**s Old Souls, we may feel the heavy burdens of the world. We may carry all our responsibilities on our shoulders. The need to problem solve. The need to be in control. The need to feed our families during inflation, in a world that seems to be increasingly moving faster. Unwillingly, we may get sucked into the rat race.

As Empaths we may find ourselves more concerned about other's well being then balancing our own inner struggles and turmoil.

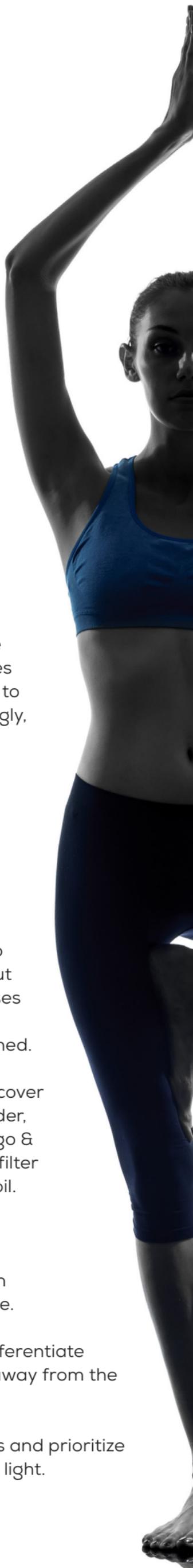
To ensure our own wellbeing, we need to be still. We need solitude to listen to the voices within. We need to figure out what gives us pleasure and what causes us pain. We need to understand what excites us and who makes us feel drained.

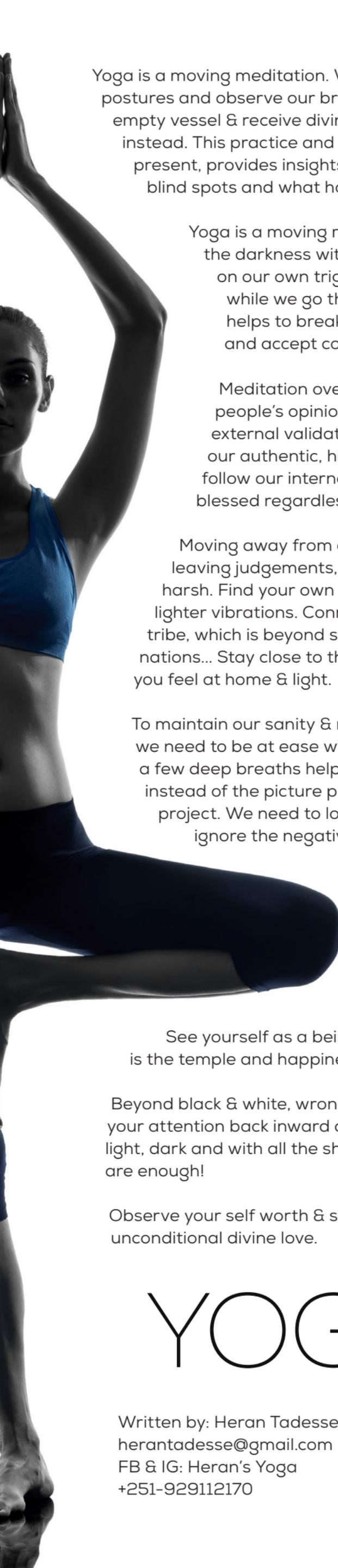
A Serenity Prayer may help you to discover your superpower, where the push harder, and when to act smarter, when to let go & when to take control. Listen deeply to filter your own truth from the chaotic turmoil.

Please Grant me the Serenity  
 To accept the things I cannot change  
 The courage to change the things I can  
 And the wisdom to know the difference.

We meditate to help us purify and differentiate our own thoughts, needs and wants, away from the external pulls & distractions.

We meditate to identify our archetypes and prioritize the steps we need to take to shine our light.





Yoga is a moving meditation. We move into postures and observe our breath. To be an empty vessel & receive divine inspiration instead. This practice and acceptance of the present, provides insights into our blockages, blind spots and what hold us back.

Yoga is a moving meditation through the darkness within. Shedding light on our own triggers and sensations, while we go through pain. This helps to break negative patterns and accept constant change.

Meditation over time, silences other people's opinions and the need for external validation. As we connect to our authentic, higher selves, we can follow our internal compass and feel blessed regardless...

Moving away from circumstantial love, leaving judgements, which can be sooo harsh. Find your own frequency and lighter vibrations. Connect to your soul tribe, which is beyond status, bloodlines or nations... Stay close to the people that make you feel at home & light.

To maintain our sanity & return to serenity, we need to be at ease with ourselves... even a few deep breaths help. We need to be real instead of the picture perfect or fears we project. We need to love ourselves and ignore the negative narratives.

Positive affirmations on gratitude, love and forgiveness can lift a heavy weight off our chests...

See yourself as a being of light. The body is the temple and happiness is our birth right.

Beyond black & white, wrong & right. Channel your attention back inward and behold you are light, dark and with all the shades of grey you are enough!

Observe your self worth & serenity in unconditional divine love.

# YOGA

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+251-929112170



# ETHIOPIAN CULTURE; DELIGHTFUL TRADITIONAL CLOTHING COLORING BOOK.

Mieraf Girum is a talented digital sketch artist and historian. In her spare time and separate from her career in advertising, for the past 4 years, she has been working on her passion – producing customised children’s storybooks focussing on researching Ethiopian history and highlighting Ethiopian culture. Mieraf has just published a delightful coloring book which will appeal to both the young and the old – ideal New Year or Birthday gifts! This book contains unique and detailed styles of Ethiopian cultural costumes including patterns and jewellery. For aspiring artists, the book guides and helps the user to choose appropriate and true to tradition colors. The book is available for delivery and costs 350 etb.

@Zati\_Mafi telegram  
Tel: 0913626927  
zatimierafg@gmail.com



# RESTAURANTS

<b>AMERICAN STYLE/CASUAL DINING</b>	<b>SOSHA RESTAURANT</b> 0933424242 Medhanialem towards to millinium	multi roaster coffee shop 7 days a week
<b>ANGLA BURGER</b> 091-206-0505 Morning Star Mall 1st floor, Known for: Fast Food and Burgers 7 days a week	Known for: Vegan sandwich Bole 7 days a week	<b>COFFEE COLOGY</b> 092 769 3071 Kenenisa Ave, Addis Ababa known for: Dine-in · Takeaway 7 days a week
<b>BURGER SHACK</b> 093-215-5531 Around Wosen loki Kidus Michael Buildign 1st floor Known for: Burgers Closed Wed	<b>ASIAN</b>  <b>CHINA BAR &amp; RESTAURANT</b> 011-551-3772 Next to Ghion Hotel Known for: Being one Of the oldest restaurant in addis 7 days a week	<b>CUPCAKE DELIGHTS BAKERY</b> +251 91 262 5271 Bole - opposite Beer Garden Known for: cup cake 7 days a week
<b>G - BURGER</b> +25184706001 Behind Sheger building Known for: Burgers 7 days a week	<b>SAKURA JAPANESE RESTAURANT</b> 0911057030 / 0984873551 Around Rwanda Embassy Known for: Japanese Food 7 days a week	<b>CUPCAKE</b> Delights Bakery +251 978020270 091 121 4645 Bole - opposite Harmony Hotel Known for: Breakfast/Brunch, 7 days a week
<b>LEMON BAR &amp; GRILL</b> (Golden Tulip Addis) +251 11 617 0740 Ext: 1405 behind Berhane adere building Known for: Roasted Chicken 7 days a week	<b>THE ORIENTAL</b> (Hyatt Regency) 251 115 17 1234 Meskel Adebabay Known for: Western BBQ, Asian bites	<b>CREMINO CAFE</b> 094 406 3338 Dabi Complex-Ground floor Known for: stake and cheese chicken Mayo 7 days a week
<b>OPIUM ADDIS</b> +251983341261 Bole in front of Desalgn Hotel Rakan Building Known for: Tex-Mex 7 days a week	<b>BRAZILIAN</b>	<b>EXCLUSIVE 0929446238</b> [bole medhanialem], Known for: Stake House 7 days a week
<b>PARKDALE BURGER</b> 093 975 7575 Bole Rd   behind DH Geda Tower Known for: Fast Food, Grills 7 days a week	<b>FOGO NO CHAO (RAMADA HOTEL)</b> 011 6393939 Bole Road/10th floor Known for: Brazilian Churrascaria and rich vegetarian option 7 days a week	<b>ENRICO'S PASTRY</b> (One of the Oldest Pastry Shop in Addis) 011 557-1490 Off Churchill Road Known for: Millefeuille and cream puffs 7 days a week
<b>RODEO BAR AND RESTAURAN</b> 0911246320 0911212103 Bole opposite Shoa Supermarket Known for: BBQ 7 days a weekand	<b>CAFE</b>  <b>BAKE AND BREW CAFE</b> 091 015 1248 Namibia St, Addis Ababa Known for: Dine-in Curb side pickup · Delivery 7 days a week	<b>GALANI CAFE</b> 0911 200186/011 645-6008 Around CMC next to Jacross inside the MOPLACO coffee factory Known for: Coffee, Music & Art 7 days a week
<b>ROOMIE BURGER</b> 0115504727 Piassa Churchil Area Known for: Burgers and Pizzas (24/7) 7 days a week	<b>BILO'S PASTRY</b> 0960403052 locations Lancha; Arat Kilo; Gurd Shola; Old Airport Known for: Delicious cakes 7 days a week	<b>GRAB &amp; GO</b> (Golden Tulip Addis Ababa Hotel) 011 6170740 Medhanialem area, next to Mama's Kitchen, Known for: caffè pastries and bread 7 days a week
<b>SAVOR ADDIS</b> 011 667 0656 Bole Atlas, behind 2000 Habesha Restaurant Known for: Wood Fired Pizzas,Grilled Burgers and Sunday Brunch 7 days a week	<b>BOLE MINI</b> 0116639898 Near airport Known for: Burgers, fresh fruit juice, waffles & donuts and homemade dabo colo 7 days a week	<b>HILTON PASTRY &amp; COFFEE SHOP</b> 011 517-0000 Ext 839 Known for: Spectacular Cake 7 days a week
<b>SISHU</b> 092-006-1063 / 093-003-4150 Opposite Kera, behind Worke's Promise Building. Known for: Burgers and desserts Closed Mon	<b>BUNATERA MULTI ROASTER COFFEE SHOP</b> 0118546018 0923570449/ 0974053030 Olompia around greek school or around bole shewa dabo or Wello sefer at nigus boutique hotel Known for:	<b>KALDI'S COFFEE</b> (Various locations) 0113714258 6 main locations: 2 around Bole Medhanialem; Old Airport; CMC Olympia; Kaliti and

many others  
7 days a week

#### LIME TREE

011 663-0872  
0911 200072  
1/Kazanches  
Nigist building  
2/Torhailoch  
inside Queens  
3/Ghion inside  
Queens,  
Known for:  
Healthy food and  
drinks, National  
and Continental  
Cuisine  
7 days a week

#### LA PARISIENNE

(Various locations)  
0911-514944/  
0118-681799  
Bole Medhanialeml;  
Bole Airport ;  
Meskel Flower  
Known for: French  
style bakery and  
cafe  
7 days a week

#### MAMOKACHA COFFEE

0116685792  
EU road across  
from Alexandria  
Known for:  
Great Coffee and  
Waffles plus  
Brunch  
7 days a week

#### MOYOS CAFÉ

0920242442  
Around Atlas  
Hotel across from  
Yoly Hotel  
Known for:  
Breakfasts and  
fresh juices  
7 days a week

#### MUNCH GERMAN BAKERY

(Various locations)  
0911 218534  
Opposite  
Canadian  
Embassy, Sarbet;  
Kasanchis;  
Known for:  
German style  
bakery and cafe  
7 days a week

#### NATANI CAFE

011 662-4753  
Bole Road across  
from Millennium  
hall  
next to Savour  
Known for:  
Cheesecake  
7 days a week

#### PURPLE CAFE

011 551-8886  
On Bole Road,  
at Olympia  
Known for: Ice  
cream  
7 days a week

#### RAIZEL CAFE

0911 222043  
Next to Cinema  
Empire  
Known for: Cakes  
and Sandwiches  
7 days a week

#### THE MARKET

(Hyatt Regency)  
+251 115 171 207  
Grab your freshly  
brewed Ethiopian  
coffee, tea,

delicious pastries  
7 days a week

#### TILLA CAFÉ

0946 701125  
Kazanchis (across  
the street from  
Bambis)  
Known for:  
Sandwiches,  
Smoothie bar with  
Healthy Food  
7 days a week

#### TRYST CAFE, RESTAURANT & LOUNGE

0944 061818  
Olympia Rd &  
Atlas in front of  
Shebta Lounge  
Known for: Deli-  
cious Sandwiches  
and Great Coffee  
7 days a week

#### TOMOCA

(Various locations)  
011 111-2498  
Off Churchill Road,  
on the same road  
as Book- World  
and Sarbet across  
from Canada  
Embassy  
Known for: Variety  
of coffee to buy or  
to drink  
7 days a week

#### CONTINENTAL

#### ALL DAY DINING

(GetfamHotel)  
011-667-3175/78  
Buffet Breakfast  
and A la Carte  
International  
salads, starters,  
soups, pizzas,  
pastas & Grills  
7 days a week

#### THE CANTEEN

0904149676  
Dutch and  
Continental  
Cuisine and  
Vegetarian Gabon  
Street (behind  
Waterfall Hotel)  
near Meskel  
Flower Call for  
Opening Times

#### LUCY LOUNGE & RESTAURANT

0911947115  
Next to National  
Museum  
Known for:  
National and Con-  
tinental  
cuisine  
7 days a week

#### VERRES EN VERS RESTAURANT

(Radisson Blu)  
0982-0921-82  
/0115-157-600  
Kazanchis  
business district  
7 days a week

#### ADDIS ABABA GOLF CLUB

0921734176/  
0911-573872  
Old Airport  
opposite Swiss  
Embassy Known  
Known for: BBQ  
on weekends  
7 days a week

#### AMSTERDAM BAR & RESTAURANT

0911 516178/  
0118681725  
Bole behind  
Friendship  
supermarket  
Known For:  
European Food  
7 days a week

#### BELVEDERE RESTAU- RANT

0912 639280  
Between Bob  
Marley's former  
roundabout and  
the new stadium  
plus Deli in  
Kassanches (side  
road to ECA)  
Known for: Italian,  
European and  
Mediterranean  
Closed on Mon

#### CHANOLY SMOOTHIE & NOODLES

092 734 9509  
behind bole  
medhanialeml  
in front of yego  
church right turn  
from Frenship  
hotel Meskel  
flower road near  
to Laparianian  
restaurant  
known for:Noodles  
7 days a week

#### CENTER POINT REVOLVING RESTAURANT

(InterContinental)  
0115505066  
Kazanchis  
Known for: Buffet  
European Cuisine  
set price menu  
7 days a week

#### CHOMA GRILL

090 206 0708  
Sare Bete in front  
of Besrat FM  
Open 11AM  
Closes 9PM  
7 days a week

#### FIVE LOAVES BISTRO AND BAKERY

0913 576818/  
0911222976  
Aware round  
about, towards  
Meganagna  
Known for: Deli,  
pastries and  
sandwiches and  
Sunday Brunch  
Closed Tues

#### GAZEBO

(Hilton)  
0115170000  
Ext 953 Outdoors  
dining beside the  
pool  
Known for: All  
Week dining plus  
Sunday Brunch  
7 days a week

#### GOJO RESTAURANT

0911202821  
0115-521099  
Bole Dembel  
Building 1st fload  
Known For:  
Eroupean food  
Closed Sun

#### HILL BOTTOM ADDIS

0118964670/69  
Ayat Roundabout  
Known for: Brick  
oven pizza and  
child friendly  
environment  
7 days a week

#### KORMA GRILL

090 588 8888  
0905787878  
Bole Rwanda  
Embassy around  
Ankober Guest  
House  
Known for:  
Grilled Stake  
Closed Wed

#### LES ARCADES

(Sheraton Addis)  
0115171717  
Ext.6604  
Known for:  
Gourmet Cuisine  
Closed Sun

#### MAMA'S KITCHEN

0911222133  
0930099356  
Behind Birahane  
Adere building  
and Welo safer  
Dani Plaza  
building 1st floor  
Known for: Grills  
7 days a week

#### OAK RESTAURANT

01114-674000  
Dreamliner Hotel  
Meskel Flower  
area  
Know for:  
European,  
Continental  
7 days a week

#### PEACOCK BAR AND RESTAURANT

0911222637  
Opposite side of  
old peacock  
Behind bole  
printing press  
Known for: Beef  
and Chicken stake  
7 days a week

#### TEMPTATIONS

(Sheraton Addis)  
011 517-1717  
Ext.6067  
Known for:  
International  
cuisine  
7 days a week

#### SUMMER FIELDS

(Sheraton Addis)  
011 517-1717  
Ext.6089  
Known for:  
Hamburgers,  
buffet and ice  
creams  
7 days a week

#### SKY STEAK HOUSE

011 467-4000  
Dreamliner Hotel  
Known for: Steak  
7 days a week

#### SKY STEAK HOUSE

0116511573/77  
0911100155  
Up the hill from  
Megenagna  
Roundabout,

## Sunday



### SUNDAY BRUNCH

The Oriental, Hyatt Regency  
Addis Ababa, 11:30AM to 3:00PM

**WORLD BREASTFEEDING  
WEEK, Protect Breastfeeding:  
A Shared Responsibility**

7

### SUNDAY BRUNCH

The Oriental, Hyatt Regency  
Addis Ababa, 11:30AM to 3:00PM

14

### SUNDAY BRUNCH

The Oriental, Hyatt Regency  
Addis Ababa, 11:30AM to 3:00PM

### INTERNATIONAL CELEBRATION

International Day of  
Remembrance and Tribute to  
the Victims of Terrorism

21

### SUNDAY BRUNCH

The Oriental, Hyatt Regency  
Addis Ababa, 11:30AM to 3:00PM

28

## Monday

### INTERNATIONAL CHILDFREE DAY

International Childfree Day  
occurs each year on August  
1. On this day, show your  
support and honor those  
who willingly choose to live  
a child-free life, respectively.

1

### DANCE AT ENITEWAWEK

10-11am, Traditional Ethiopian  
Dance with solomon.  
Phone: 0935611681,  
Bole Mega, 50m behind  
Makush Gallery, TM5 Apt

8

### ENITEWAWEK

10-11am, Traditional Ethiopian  
Dance with solomon.  
Phone: 0935611681

### ENITEWAWEK

2-4pm, Martial Arts with  
jacob JB & Philip,  
0923292285

15

### ENITEWAWEK

10-11am, Traditional Ethiopian  
Dance with solomon.  
Phone: 0935611681

### ENITEWAWEK

2-4pm, Martial Arts with  
jacob JB & Philip,  
0923292285

22

### ENITEWAWEK

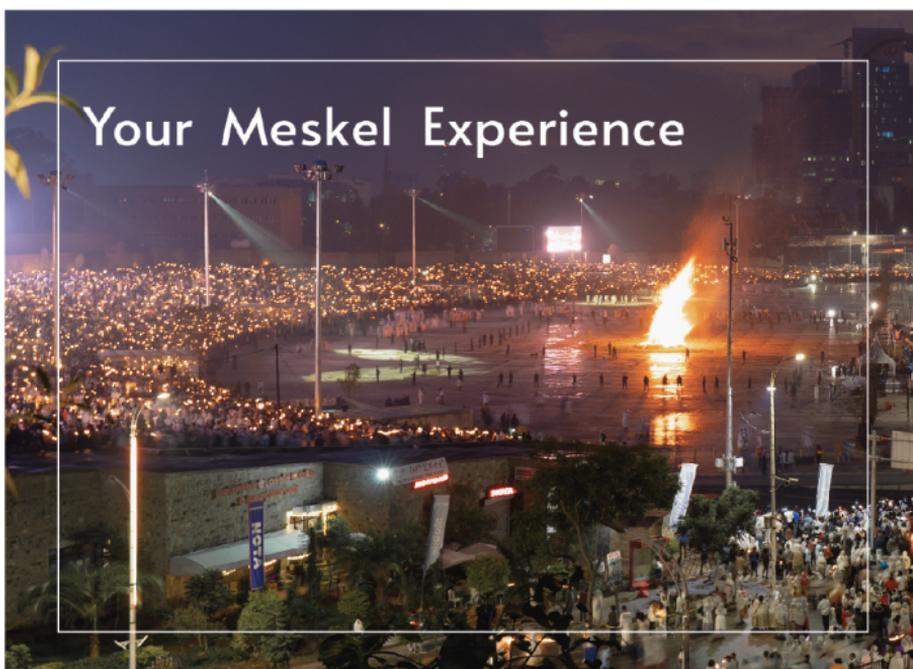
10-11am, Traditional Ethiopian  
Dance with solomon.  
Phone: 0935611681

### ENITEWAWEK

2-4pm, Martial Arts with  
jacob JB & Philip,  
0923292285

29

## Your Meskel Experience



## Tuesday

### YOGA POWER AT ENITAWAWEK

10-11 am, Yoga Power / Vinyasa with Mikyas, Phone 0911345291, Bole Mega, 50m behind Makush Gallery, TM5 Apt

2

### INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLE

To raise awareness and protect the rights of the world's indigenous population

#### CONFERENCE

The first national conference on agriculture engineering by Bisrat Getaneh awoke.

9

### YOGA POWER AT ENITAWAWEK

10-11 am, Yoga Power / Vinyasa with Mikyas, Phone 0911345291, Bole Mega, 50m behind Makush Gallery, TM5 Apt

16

### TRIP TO KENYA MOMBASSA AND NARIOBI 7 DAYS

Activities Include: Skydive  
For More Information:  
+251 904 790 000  
nuethiopiatriavel@gmail.com-  
social entrepreneurs.

23

### YOGA POWER AT ENITAWAWEK

10-11 am, Yoga Power / Vinyasa with Mikyas, Phone 0911345291, Bole Mega, 50m behind Makush Gallery, TM5 Apt

30

## Wednesday

### DANCE AT ENITAWAWEK

10-11 am, Traditional Ethiopian Dance with solomon. Phone: 0935611681, Bole Mega, 50m behind Makush Gallery, TM5 Apt

3

### DANCE AT ENITAWAWEK

10-11 am, Traditional Ethiopian Dance with solomon. Phone: 0935611681,

#### CONFERENCE

The first national conference on agriculture engineering by Bisrat Getaneh awoke.

10

### DANCE AT ENITAWAWEK

10-11 am, Traditional Ethiopian Dance with solomon. Phone: 0935611681, Bole Mega, 50m behind Makush Gallery, TM5 Apt

17

### DANCE AT ENITAWAWEK

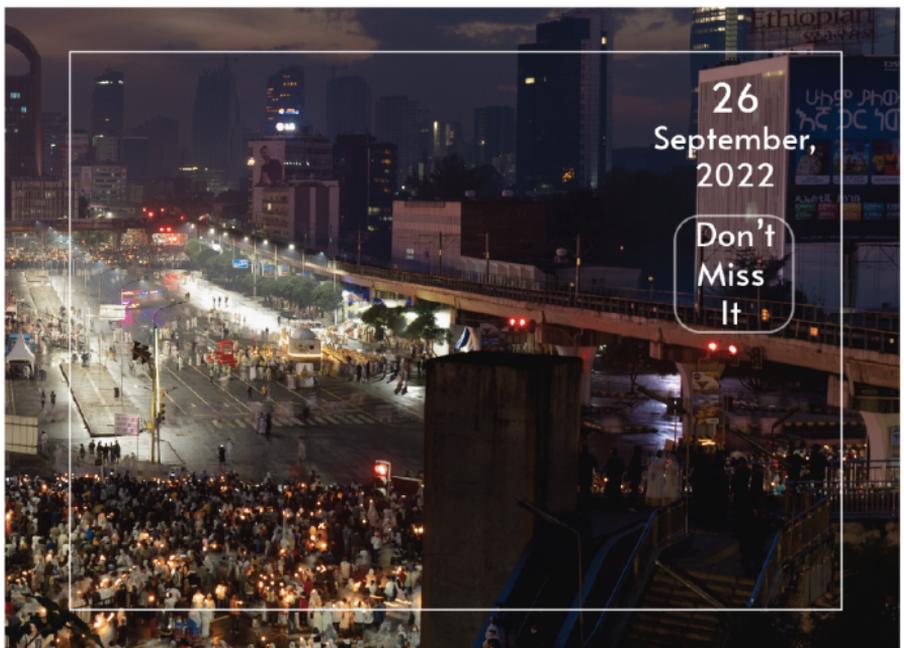
10-11 am, Traditional Ethiopian Dance with solomon. Phone: 0935611681, Bole Mega, 50m behind Makush Gallery, TM5 Apt

24

### DANCE AT ENITAWAWEK

10-11 am, Traditional Ethiopian Dance with solomon. Phone: 0935611681, Bole Mega, 50m behind Makush Gallery, TM5 Apt

31



## Thursday

### YOGA POWER AT ENITEWAWEK

10-11 am, Yoga Power / Vinyasa with Mikyas, Phone, 0911345291, Bole Mega, 50m behind Makush Gallery, TM5 Apt

4

### YOGA POWER AT ENITEWAWEK

10-11 am, Yoga Power / Vinyasa with Mikyas, Phone, 0911345291, Bole Mega, 50m behind Makush Gallery, TM5 Apt

11

### YOGA POWER AT ENITEWAWEK

10-11 am, Yoga Power / Vinyasa with Mikyas, Phone, 0911345291, Bole Mega, 50m behind Makush Gallery, TM5 Apt

18

### YOGA POWER AT ENITEWAWEK

10-11 am, Yoga Power / Vinyasa with Mikyas, Phone, 0911345291, Bole Mega, 50m behind Makush Gallery, TM5 Apt

25

## Friday

**WORLD BREASTFEEDING WEEK, Protect Breastfeeding: A Shared Responsibility**

### YOGA YIN WITH STAS

10-11.15 am  
Phone, 0910840205  
Bole Mega, 50m behind Makush Gallery, TM5 Apt

5

### OPEN CALL FOR AFRICAN DIGITAL ENTREPRENEURS

The call for Expression of Interest (EOI) is open to innovative African start-ups, small and medium-sized businesses, for-profit and non-profit organizations, and individual social entrepreneurs.

12

### WORLD HUMANITARIAN DAY

To recognize humanitarian personnel and those who have lost their lives working for humanitarian causes.

### YOGA YIN WITH STAS

10-11.15 am  
Phone, 0910840205  
Bole Mega, 50m behind Makush Gallery, TM5 Apt

19

### YOGA YIN WITH STAS

10-11.15 am, Phone, 0910840205  
Bole Mega, 50m behind Makush Gallery, TM5 Apt

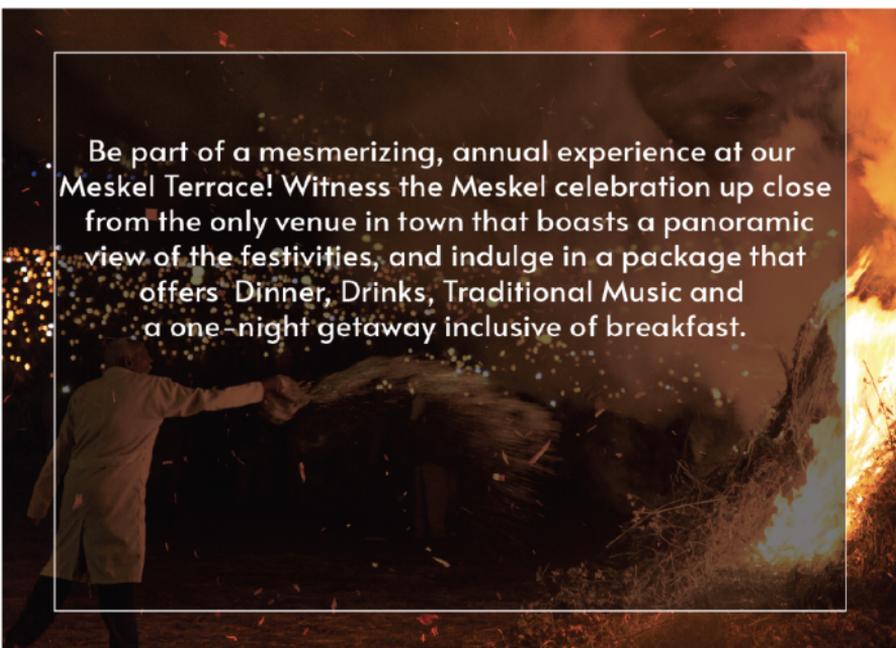
### ENITEWAWEK

2-4pm, Martial Arts with jacob JB & Philip, 0923292285

26



Be part of a mesmerizing, annual experience at our Meskel Terrace! Witness the Meskel celebration up close from the only venue in town that boasts a panoramic view of the festivities, and indulge in a package that offers Dinner, Drinks, Traditional Music and a one-night getaway inclusive of breakfast.



Saturday

**WORLD BREASTFEEDING WEEK, Protect Breastfeeding: A Shared Responsibility**

**ZUMBA FITNESS WITH KIM**  
9-10 am  
Phone, 0935611681  
Bole Mega, 50m behind  
Makush Gallery, TM5 Apt

6

**ZUMBA FITNESS WITH KIM**  
9-10 am, Phone, 0935611681  
Bole Mega, 50m behind  
Makush Gallery, TM5 Apt

13

**ZUMBA FITNESS WITH KIM**  
9-10 am  
Phone, 0935611681  
Bole Mega, 50m behind  
Makush Gallery, TM5 Apt

20

**ZUMBA FITNESS WITH KIM**  
9-10 am, Phone, 0935611681  
Bole Mega, 50m behind Makush  
Gallery, TM5 Apt

27



**what's  
out  
addis**

Aug  
**20  
22**

#### MONTHLY EVENTS

Every month we will be featuring upcoming events. These calendar events will include:

- Art Exhibitions and Gallery events
- Festivals
- Expos
- Fashion Shows and Gala events
- Camps for kids
- Conferences
- Food events
- Seminars and much more!

There are always things going on in Addis Ababa and if you have a cultural or other event that you would like highlighted please send an email by the 15th of the preceding month to

[info@whatsoutaddis.com](mailto:info@whatsoutaddis.com)

Package  
price for  
Single  
Occupancy:  
**290 USD all  
Inclusive**

Package  
price for  
double  
Occupancy:  
**380 USD all  
Inclusive**

Book your package on : **+251 11 517 1234**



**HYATT  
REGENCY™**

ADDIS ABABA

Asmara Road  
Known for: Pasta/  
Continental dishes  
7 days a week

### VERRES EN VERS RESTAURANT

011 515-7600  
Ext. 3427  
Known for: Buffet  
and à la carte  
dishes French  
Brasserie style  
7 days a week

### ETHIOPIAN

**2000 HABESHA CULTURAL RESTAURANT**  
0116-182253/58  
behind Bole Mini  
known for: food &  
traditional dance  
7 days a week

### DASHEN TERARA TRADITIONAL RESTAURANT

0932 513395 /  
0115541437  
Aware, across  
from Meles  
foundation  
compound  
Known for:  
Beyaynetu  
7 days a week

### EROS ADDIS FUSION RESTAURANT & LOUNGE

011 6684444  
Cape Verde  
Street/ Mikey  
Leland Street  
3rd Floor Rakan  
Business Center  
Known for: Fusion,  
Ethiopian, African  
7 days a week

### MITMITA RESTAURANT

0978197800  
millennium  
apartment hotel  
road,  
known for: local  
dish  
7 days a week

### YOD ABYSSINIA RESTAURANT

011 661-2985 /  
011-372-0607  
Bole Medhanialem  
behind Brass  
Hospital and Old  
Airport  
known for:  
traditional Food  
and dancing  
Closed Mon

### FRENCH

### LOUVRE HOTEL RESTAURANT CONTINENTAL

097-180-0000  
Togo Street, On  
The Road Below  
British Embassy,  
Across From  
Misrak Technical  
School.  
Known For:  
French Food  
7 days a week

### GERMEN

**BEER GARDEN INN RESTAURANT**  
0116182595/91/  
Behind Edna mall  
Known for: Home  
brewed beer and  
European Dishes  
Closed Mon

**GREEK GREEK CLUB**  
0115530485  
Off Olympia Road,  
further down from  
Greek School  
Known for:  
Moussaka,  
Souvlaki  
7 days a week

### ICE CREAM

**EMBWA CREAMERY**  
0911209838  
Kera in Sishu  
compound &  
Carl Square  
7 days a week

**FUNLICIOUS ICE CREAM DISTRIBUTORS**  
0944 739463  
0984 715264  
Dembel City  
Center Basement  
7 days a week

### GELATERIA ICE DREAM

0929 902810  
Lebu Commercial  
Center  
Known for:  
Using ingredients  
from Italy and  
Vegan Icecreams  
7 days a week

**IGLOO ICE CREAM**  
0944100323  
2 locations:  
Olympia and  
Japan embassy  
7 days a week

**TUTTO GELATO**  
092 9923503  
0944349495/96/9  
7/98/99  
Bole Atlas, Sare  
bête, Guredshola  
centery mall, CMC  
Michael & DZ  
kuriftu  
Known for : Ice  
Cream  
7 days a week

### INDIAN

**JEWEL OF INDIA**  
0911 20-0230/ 011  
551-3154  
Off Bole Road  
from Olympia,  
towards Meskel  
Flower Hotel  
Known for: South  
Indian food and  
Indian sweets  
7 days a week  
**NAMASTE ADDIS THE INDIAN RESTAURANT AND BAR**  
0904139838  
0926102455  
Behind Bole Med-  
han Alem

On the way to  
Moenco  
Known for: South  
Indian dishes  
7 days a week

### OM INDIAN BISTRO

0944 443344  
Mohan Plc, Mohan  
Block | Off  
Zimbabwe Street  
Known for:  
Vegetarian  
Indian food  
7 days a week

**SANGAM'S**  
(Oldest Indian  
restaurant in  
Addis)  
0911214183  
0953407297  
Behind Bole  
Printing press  
Known for:  
Indian food  
7 days a week

**SHAHEEN**  
(Sheraton)  
011 517-1717  
Ext.6098  
Known for: Live  
cooking and  
delicate Indian  
flavors  
7 days a week

### ITALIAN

**ANDIAMO PIZZA AND PASTA RESTAURANT**  
093 036 2586  
Fikremariam Aba  
Techan St,  
Addis Ababa  
known for: Pizza  
7 days a week

**ANTICA BAR & RESTAURANT**  
0116634841  
0116615815  
0911225019  
Off Bole Road,  
near EU  
Delegation  
Known for:  
Brick oven pizza  
7 days a week

**AVANTI ITALIA RESTAURANT**  
0911 522660  
Bole near  
Millennium Hall  
behind  
Ambassador Hotel  
Known for: Italian  
food  
Closed Sun

**CASTELLI**  
011 157 1757  
011-156-3580  
Off Piazza Arada  
Road, opposite  
Mahmoud Music  
Known for:  
Pasta, grilled fish,  
chicken and salads  
Closed Sun

**CLUB JUVENTUS**  
0115516464  
0911219729  
Behind Meskel  
Square  
Known for: Ital-  
ian, European  
7 days a week

### GARDEN COURT BAR &

**RESTAURANT**  
(Hibir)  
0116620922/23  
Bole in front of  
Alem Building  
Known for: Burgers  
7 days a week

**MAMA MIA ITALIAN RESTAURANT & BAR**  
0929002218  
Beside Meles  
Foundation Ka-  
zanchis  
Known for: Home  
made Pasta  
Closed Mon

**DOK RESTAURANT**  
0912 50 3281  
Cameroon St  
Known for: Italian  
live music  
7 days a week

**GUSTO RESTAURANT**  
0963101010  
0973101010  
old airport inside  
old kaldis  
Kasanchis side of  
Elilly Hotel Nigist  
Building 1st floor  
Known for: Italian  
food  
7 days a week

**LINDA RESTAURANT**  
0911219729  
Inside Juventus  
club Meskel square  
Known For: Italian  
Food  
Closed Mon

**SAVOR ADDIS**  
0116670656  
Bole -near Atlas  
Behind 2000  
Habesha  
Known for: Pizza  
and home made  
pasta  
7 days a week

**M.C. WINE BAR GRILL & PIZZERIA**  
0911 253265  
In the Juven- tus  
Sport Club, Meskel  
Square area  
Known for: Brick  
Oven Pizzas,  
Steaks, Salads  
7 days a week

### MIDDLE EASTER/ MEDITERANEAN

**FUSION BISTRO**  
0910-005151  
Bole across from  
Saro Mara Hotel  
Known for: Med-  
iterranean and  
Asian Dishes  
Closed Sun

**ALADDIN RESTAURANT**  
011-661-4109  
Off Bole Road.  
Near Japanese  
Embassy  
Known for: Grilled  
meat, hu- mus,  
taboulleh  
Closed Sun

<b>BATI AL MANDI</b> 0911518903 Mikey Leland/ EU Street - across from Yoli Building Known for: Middle Eastern food 7 days week	Mediterranean, Turkish, Middle Eastern 7 days week	<b>HOTEL</b>	
	<b>RELIANCE HOTEL APARTMENT</b> 011 667 2024	ADOT TINA HOTEL ADDISSINIA HOTEL	011-4673939 011-662 3634
<b>KATEGNA RESTAURANT</b> 0913552762 0911126460 Bole medhanialem intrance building ground floor known For: kuwanta firfer and tibs 7 days week	<b>SINKENESH FISH</b> 0902606060 Cape Verde street, Bole Ruwanda, Addis Ababa, Ethiopia yenehiwot@sinkene.shfish.comtizing	ALEXANDRIA HOTEL ATLAS HOTEL	0911103857 011-6187432/34
	<b>ENITAWAWEK CAFE &amp; CREATIVE SPACE</b> Address: Bole Mega, 50m behind Makush Gallery, TM5 Apartment building Known for: Barista coffee, fresh juices, Special Ful, Smoothie Bowls, Falafel wraps 7 days a week Phone: 09 6381 2959	BEST WESTERN PLUS ADDIS ABABA BOLE AMBASSADOR HOTEL CAPITAL HOTEL	011-6671414 011-6675235 011-6188284 011-6672100 011-6192000
<b>PEPPER &amp; SPICE RESTAURANT</b> 0115184600 Known for: Mediterranean cuisines 7 days week		DAMU HOTEL 011-5509828/29/35 DESALEGN HOTEL /ATLAS/ DESALEGN HOTEL /BOLE/ DIAMOND HOTEL	011-6624524 011-6183030 011-6160916 0967141414
<b>THE KITCHEN</b> (Hyatt Regency) +25115171205 lknown for: Middle Eastern food 7 days week		DREAMLINER HOTEL GRAND ELIANA HOTEL ELILLY INTERNATIONAL HOTEL	011-4674000 011-1262600 011-5587777 011-5586402
<b>PIZZA</b>	Known for: Fresh coffee and Tasty Breakfast. Location: Stadium, Chichinya , Bole, Meskel Flower, Morning Star (+251953459258) (+251116663438) (+251116663273)	ETHIOPIAN SKYLIGHT HOTEL FRIENDSHIP I NTERNATIONAL HOTEL GHION HOTEL ENTERPRISE GOLDEN TULIP HOTEL GLOBAL HOTEL GETFAM HOTEL HARMONY HOTEL HYATT REGENCY HILTON HOTEL	011-6 818181 011-6 670202/04 0911 713 396 011-5513222 011-6183333 011-4664766 011-667-3175/78 011-6183100 011-5171234 011-517-0000 0911238457
<b>BELLA PASTA &amp; PIZZA</b> 0911380606 Bisrate Gebriel Infron of South Africa embassy Known for: Pizza 7 days a week		HOLIDAY HOTEL HOTEL LOBELIA INTERCONTINETAL ADDIS HOTEL JUPITER INTERNATIONAL HOTEL KALEB HOTEL KZ HOTEL MADO HOTEL MARRIOTT EXECUTIVE APARTMENTS	011-661-2081 011-6673850 0911182463 011-5180444 011-5505066 011-557 1078 011-6622200 011-662-1677 011-6611206 011-6393044 011-5184600
<b>MOKODO PIZZA</b> 091 143 9524 Bole Airport Next to aviation School Known for: Pizza Closed Tue		PANORAMA HOTEL PLAZA HOTEL QUEEN OF SHEBA HOTEL RADISSON BLU HOTEL RAMADA ADDIS RAS AMBA HOTEL RIVIERA INTERNATIONAL HOTEL SABON HOTEL SAREM INTERNATIONAL HOTEL SHERATON ADDIS TIRAR INTERNATIONAL HOTEL THE GRAND PALACE ADDIS SUITES HOTEL UGBAAD HOTEL	011-6616070 011-6612200 011-6180000 011-6188281/82 011-5157600 011-6393939 011-122-8080/81 011-4197755/ 41/46 0116 39 35 35 0111262076/ 86/88 0115171717 011-122-8080/81 011-5577152 011-5 577154 0980626262 0116393793 0116393345
<b>ROMINA</b> 0911 214335 Arat Kilo Known for: Pizza 7 days a week			
<b>EFOOII</b> 0118493647 Mikey Leland Street (and various other locations including Kasanches and Sarbet) Known for: Unique styles of pizza Late night 7 days a week			
<b>YUMMY PIZZA</b> 0911472598/09112 20100/ 0911602639 On Bole Road to Japan Embassy Known for: Home delivery (around Bole) 7 days a week	<b>NIGHT LIFE BAR</b> <b>CASCARA COFFEE &amp; COCKTAILS</b> (Hyatt Regency) +25115171203 Known For: coffee-flavored cocktails and gourmet bites. 7 days week		
<b>TURKISH</b>			
<b>ISTANBUL RESTAURANT</b> 0910174728 Bole Edna mall near Ukraine Embassy Known for: Turkish food 7 days week	<b>ASABET</b> 0116671268 Lucky Building, known for: Sea Foods 7 days week		
<b>PAMUKKALE TURKISH RESTAURANT</b> 091 096 4530 Behind Millennium Hall Known for:	<b>CRAVE CAFÉ &amp; RESTAURANT</b> Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week		

Suzanne's  
ADDIS ABABA

# Suzanne's Addis Ababa.

Come and celebrate the best of Ethiopian handcrafts combined with global elements.

0113724581 / +251 912613949  
suzannesaid@hotmail.com



Map available on  
Google Maps

suzanne's



*Scarves*  
*Jewelry*  
*Homeline*  
*Handbags*



ASMANY CARPETS  
OPENING HOURS  
9:00 AM - 6:00 PM  
LOCATION: DEM. REP. CONGO  
ST, MENTIWAB BUILDING



# TEFF – NOT JUST FOR INJERA.

BY ARABELLA STEWART

AUGUST 2022



**T**eff flour makes a wholesome and versatile gluten-free flour that adds whole-grain nutrition to baked goods. Naturally gluten-free, this ancient East African grain is a good source of iron and fibre.

Flavor: Toasted and earthy  
Texture effect: Tender in small amounts; gritty in larger quantities.  
Works best in: Quick breads and muffins.  
Gluten-free: Yes.

How to incorporate teff flour into your baking  
As with many ancient grains, teff flour is versatile enough to substitute in many standard recipes. To find the best combinations, our test kitchen bakers took five of our most popular recipes and replaced a portion of the all-purpose flour with teff flour. The results were delicious. Some recipes came alive with a half-and-half substitution: 50% teff, 50% all-purpose. Others worked best at 25% teff. Here are our full findings for pancakes, scones, cinnamon bread, banana bread, and muffins.

## TEFF PANCAKES

Pancakes made with 25% teff flour offer mildly sweet flavor. Teff flour's fine texture makes fluffy pancakes that are more tender than those made with only all-purpose flour.

2 large eggs  
1 cup (283g) milk  
3 tablespoons (43g) melted butter or vegetable oil  
1 1/2 cups (180g) All-Purpose Flour  
3/4 teaspoon salt  
2 teaspoons baking powder  
2 tablespoons (25g) granulated sugar or 1/4 cup (35g) malted milk powder

Beat the eggs and milk until light and foamy, about 3 minutes at high speed of a stand or hand mixer. Stir in the butter or vegetable oil. Whisk the dry ingredients together to evenly distribute the salt, baking powder and sweetener.

Gently and quickly mix into the egg and milk mixture. Let the batter rest for at least 15 minutes, while the griddle is heating; it'll thicken slightly.

Heat a heavy frying pan over medium heat, or set an electric griddle to 375°F. Lightly grease frying pan. The pan is ready if a drop of water will skitter across the surface, evaporating immediately.

Drop 1/4 cupfuls of batter onto the lightly greased griddle. For blueberry pancakes, sprinkle the fresh or thawed frozen blueberries over the batter.

Bake on one side until bubbles begin to form and break, about 2 minutes; then turn the pancakes and cook the other side until brown, about 1 1/2 to 2 minutes. Turn over only once. Serve immediately.

## DID YOU KNOW



The Italian Trade Agency (ICE) ITA, the trade promotion section of the Italian Embassy in Addis Ababa, is a Governmental agency that supports the business development of Italian companies abroad and promotes the attraction of foreign investment in Italy.

With motivated modern coordination and a widespread network of overseas offices, ITA provides information, assistance, consulting, promotion and training to small and medium-sized businesses. Using the most modern multi-channel promotion and communication tools, it acts to assert the excellence of Made in Italy in the world, working extensively with local authorities and businesses through:

- Identification of possible business partners
- Bilateral trade meetings with Italian companies
- Trade delegation visits Italy
- Official participation in local fairs and exhibitions
- Forums and seminars with Italian experts

By visiting our website (in the English language), you can access the Find-your-Italian- partner business directory, a virtual showcase of Made in Italy companies. We offer you an overview of Italian businesses, including company profiles, product images and details, websites, business proposals and contact information. Foreign companies or agents interested in Italian products or looking for partnerships with Italian Companies can access the database with the profiles, searchable by sector or product, find a business partner and submit their business proposal accordingly.

In addition, the Italian Trade Agency assists local companies in accessing the information on Italian suppliers and links them up for building future business relations with a wide range of services, supports the business development of Italian companies abroad, increases business opportunities, improves the image of 'Made in Italy', and promotes industrial collaboration and foreign investment in Italy.

For further information regarding the nine key Italian supply chains and services, a detailed foray into why Italy is the go-to choice for investors and buyers across the world: a mix of innovation, high-quality materials, know-how and sustainability, it is with great pleasure to invite you to visit the following link: <https://madeinitaly.gov.it/en/> (beIT).

ICE – Italian Trade Commission  
Trade Promotion Section of the  
Italian Embassy  
Embassy of Italy – Kebena  
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Addis Abeba, Ethiopia  
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Voip +390690258428  
E-mail: [addisabeba@ice.it](mailto:addisabeba@ice.it)  
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AUGUST 2022



# KINO PHYSIO- THERAPY

**K**ino Physiotherapy is a state-of-the art rehabilitation clinic, located in Yeka and is the brainchild of the Kino family. When pain got so bad that he couldn't get through the day, "anonymous" travelled overseas to receive therapy. "I just couldn't get past a certain point with my rehab and the pain was making me concerned for my future, I travelled abroad to receive treatment. I was so happy with the success of the my therapy, the freedom to move without pain, that I knew we needed to offer this fantastic treatment to the people of Ethiopia". "Anonymous" is a fellow director of Kino Physiotherapy. "We received our latest machine earlier this year and received full training from, the impressive American trainer who spent time with us so that we could get the most from IDD Therapy and ensure we can give the best possible outcomes to our patients. It is exciting to see the results and the possibilities we can offer to people who wish to avoid surgery." Kino Physiotherapy is an oasis of calm for people with difficult pain conditions"

Quality and modern therapy is at the heart of the Kino Physiotherapy clinic, alongside standard and other specialist rehabilitation programmes for people suffering with pain, injury and disabilities – knees, shoulders, necks, back pain and more. This includes conditions such as bulging or herniated discs and related conditions like the suffering-inducing leg pain or "sciatica". Kino physiotherapy offers rehabilitation to boost physical, psychological, emotional, and social well-being for people with disabilities by giving them opportunities for a great participation and inclusion in society through manual therapy using the latest tools and devices available.

Kino uses modern technology for disc and neck pain. The computer controlled pulling forces applied at precisely measured angles then gently stretch the tissues around the injured joint whilst decompressing the disc. With a programme of treatments, pressure is progressively removed from nerves which may be causing pain, and by improving spinal function, the body's natural healing mechanism can operate efficiently. Treatment is comfortable and many people fall asleep on the machine. As movement improves and pain subsides, patients are then able to perform simple exercises with a goal to stay on a path of long-term pain-free living. Already patients are travelling from other cities in the country to experience the state-of-the art technology which combined with the clinical excellence of the staff, offer solutions which previously had not been available to patients inside Ethiopia.

For more details about Kino Physiotherapy, visit them at Salam tower 5th floor megenagna near yeka subcity  
[www.kinophysiotherapy.com](http://www.kinophysiotherapy.com)  
or call 116 00 66 45  
whatsapp 251 948 000 011  
telegram 251943000011

# THE MOVING SMILE PROJECT: HELPING TO CHANGE LIVES FOR THE BETTER AND FOREVER ■

**C**left Lip and/or Palate (Orofacial clefts) are one of the top birth defects in the world. The CDC defines the condition as 'Cleft lip and cleft palate occur when a baby's lip or mouth do not form properly during pregnancy.' Globally, Every year more than 170,000 children are born with cleft lip or palate while In Africa, 32,000 Cleft births are estimated to occur every year. It's also estimated that in Ethiopia, more than 3000 children are born with Cleft Lip and/or Palate annually. It causes children to have difficulty feeding, breathing, and speech impairments. Of the SDG goals put forward in 2015 by the United Nations, Goal 3 touches upon ensuring Healthy lives and promoting well-being FOR All at ALL AGES. By 2030, it has planned to reduce mortality from NCDs which include birth defects such as Cleft Lip and/or Palate.

Smile Train, is the world's largest cleft charity providing corrective surgery for children born with cleft lip & palates. Since 1999, it has done over 1.5 million cleft surgeries across the globe. In Ethiopia, it has been active since 2007 helping over 32,000 children and adults FREE of charge. Unlike many organizations, Smile Train's unique approach of training local doctors and specialists to perform corrective surgeries promotes an approach of sustainable health care provision within a country. In addition to the provision of free corrective surgery, it is committed to giving a wholesome treatment through comprehensive cleft care services. The CCC includes nutrition & feeding counseling, ENT, speech therapy, orthodontics & psychosocial programs for children born with Cleft Lip and Palate.

Currently SunEko Art for social development, through funding received from Smile Train, is implementing 'The Moving Smile' project to integrate artistic performances, innovative life-saving skills, psychosocial support, and research to address the exclusion of cleft children from the society. The project focuses on alerting communities & creating demand to free cleft treatment services. The project also works on demystifying the causes of cleft

through performance art, identifying and addressing needs & empowering cleft communities. As one of the CCC, Psychosocial support is an area that needs to be integrated more into all the health care systems. Children born with clefts may have facial differences, visible scars, and/or differences in their speech that can lead them to feel inferior and, in many cases, experience self-esteem issues. The project encompasses regular Cleft community circles (support group) and Art-based therapy sessions. Art-based therapy is a form of psychosocial service that uses art media as its primary mode of communication. The overall aim is to enable a cleft child to effect change and grow on a personal level through the use of artistic tools in a safe and enabling environment.

Additionally, through its toll-free number, 9889, patients are being registered, provided information, and learning more about cleft lip and palate. This call center works 8 hours on weekdays and half-day on Saturdays. Referral and follow-up services are also available. Smile Train, through The Moving Smile Project, wishes that every cleft child receives the surgical treatment and Comprehensive Cleft Care services needed for children born with CLP across Ethiopia and urges families to not hide or be ashamed to bring out their children with cleft, as it is an easily treatable condition.

+251-913-513702 (Viber, Whatsup, Line, Telegram, Imo)  
website: <https://www.suneko.org/>





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## ART INSTITUTIONS GALLERIES IN ADDIS ABABA

CULTURAL INSTITUTIONS		MUSEUMS	
ALLIANCE ETHIO-FRANCAISE 011 1 569893/92	COLOR ART STUDIO 0911 927525 0913 841406	MUSEUMS INSTITUTE OF ETHIOPIAN STUDIES (IES)	0 011 1231068
BRITISH COUNCIL 011 6620388	DAWIT GERESSU ART STUDIO 0911729608	THE MODERN ART MUSEUM/GEBRE KRISTOS DESTA CENTER	0111221469
ETHIOPIAN VISUAL ARTISTS ASSOCIATION 0911 646862 0911 711369	ETHIOPIAWE ART STUDIO 0911 888783	CLASSES ENLIGHTENMENT ART ACADEMY	091 1209246 091 1214892
DEPT. OF FINE ARTS & DESIGN (AAU) 011 1232834	DESTA HAGOS ART STUDIO 011 5537823 091 1206868	EALLAZ INTERNATIONAL DANCE STUDIO BOLE REWANDA	011 6638198 091 1412171
FRENCH CENTRE FOR ETHIOPIAN STUDIES 011 1234767/68	ERTALE ART STUDIO 091 1687256 091 2728888	HIOWT PIANO CMC ROAD	0911 218053
GOETHE INSTITUTE 011 1242345/46	FEKADU AR STUDIO 091 1428490	GUITAR PRIVATE LESSON	0911 461025
INSTITUTE OF ETHIOPIAN STUDIES 011 1119469	GEBRE KRISTOS TRADITIONAL ART GALLERY 091 1634755	LATINO DANCE CLASSES ROCK BOTTOM GYM	091 1639332
ITALIAN CULTURAL INSTITUTE 011 1113655 011 1553427	GENNA ART STUDIO 0911823300	MUSIC TRAINING PIANO TO ALL LEVELS BY SEBLE ABERU	091 1606479
RUSSIAN CENTRE FOR SCIENCE & CULTURE 011 1551343	GIGI'S AFRO-ASIAN DESIGN 011 5155588 0912200437	MELODY MUSIC SCHOOL MODERN AND TRADITIONAL MUSIC INSTRUMENT TO ALL LEVELS	091 1409012 011 1579130
BIRHAN CULTURAL CENTER 0911 507304	GOSHU ART GALLERY 0911 214352	PIANO LESSONS BY TIGIST	091 1639241
<b>CINEMAS</b>	HARMONY ART STUDIO 091 1106119 091 1645699	PIANO AND MASINKO CLASS BY ALEMAYEHU TIBEBU	091 1629739 011 6189732
ALEM CINEMA 011 6636718	IMAGE AFRICA STUDIO 091 1658371	PIANO AND MASINKO CLASS BY SARON GETTIYE	091 447998
AMBASSADOR THEATRE 011 5537637	JO ART STUDIO 091 1645699	SALSA AT ALIZÉ DANCE CLASSES AT CLUB ALIZÉ	091 188 2287
CINEMA EMPIRE 011 1565029	LAPHTO ART GALLERY 0939-712314	VOILA FRENCH LANGUAGE ACADEMY CONTACT BENIAM ZEWDIE	091 2075115 011 6183738
EDNA MALL 011 661 6278 661 6869	LELA ART GALLERY 0911 30 07 56 011 6535506	TULSI YOGA BEHIND RAS AMBA HOTEL	0930-033414
<b>THEATRES</b>	MEDI STUDIO & GALLERY 091 1613196 0911 234265	HAPPYOGA WELLO SEFER TK (ELSA) BUILDING 4TH FLOOR	0913280088
CHILDREN & YOUTH THEATRE 011 1128603	MESMER ART STUDIO 091 1646862		
CITY HALL 011 1119820	MAKUSH GALLERY 011 552-6848 011 5526855		
HAGER FIKER 011 1569189	NETSA ART VILLAGE 091 1941678 0911760963		
MEGA AMPHITHEATRE 011 5518870	OMNA ART GALLERY 0911 65 52 39		
NATIONAL THEATRE 011 5514577 011 5514500	PANACHE ART GALLERY 0912-200444		
NOHE THEATRE 011 1112175	PALETTE ART GALLERY 0912 485342 0977092291		
NESIR THEATRE & PROMOTION 011 6630908	SAL INTERIOR & GALLERY 091 1238696		
<b>GALLERIES</b>	SALEM JEWELRY 0116 185604	<b>USEFULL TELEPHONE NUMBERS</b>	
ABESHA ART STUDIO 091 1415258 091 1469371	SEIFU ART STUDIO 0911 711369	FIRE BRIGADE TELECOMMUNICATIONS INFORMATION	912
ADAM ART STUDIO 0911632620	ST.GEORGE INTERIOR DECORATION & ART 011 5510983 8103 091 1201097	INTERNATIONAL CALLS	994
ADDIS ABABA ART STUDIO 091 1116531	SUZANNE'S GALLERY 091 1616814 011 3724581	MOBILE THEFTS	0115506010
ADDIS ART STUDIO 091 1619416 091 1888783	TADESSE WOLDE AREGAY ART STUDIO 0938 543813	WAKE-UP CALLS	999
ADDIS FINE ART 0913 426553 0966913222	TALISMAN GALLERY 0946 650680	ELECTRICITY TECHNICAL SERVICES	905
AFRO SUN ART STUDIO 091 1147156	YACOB ART STUDIO 0911398787	WATER + SEWERAGE AUTHORITY	011 1116334 011 1550922
AMANUEL ART STUDIO 091 1672479	TENESHUA ART STUDIO 0912202218 0965199332	POLICE INFORMATION CENTR	991
ARTISTIC GLASS CENTRE 0115518400 ext.632 091 1203965	YEGNA ART STUDIO 091 1711692	RED CROSS	0115150608 0115159074
ASNI GALLERY 0111233244 0911206697	YONAS MILLION ART STUDIO 0912600780	AMBULANCE CLINICS	907
BB BEHAILU ART STUDIO 0911401308	ZOMA CONTEMPORARY ART CENTER 0911 249374	ADDIS TANA HIGHER CLINIC ADWA CLINIC	011 8630661 011 1563085
CHILOTA STUDIO 011 5170000 0911227294		<b>AIRLINE</b>	<b>AREA CODES</b>
		BMI EGYPT AIR EMIRATES ETHIOPIAN AIRLINES FLY DUBAI KENYA AIRWAYS LUFTHANSA QATAR AIRWAYS TURKISH AIRLINES YEMENA	011 6620815/16 011 1564493/4 011 5181915 011 6656666 011 06670154 011 5518400 011 5515666/75 011 6627781/82 011 5515076
		ADDIS ABABA DERRÉ ZEIT DESSIE DIRÉ DAWA AND HARAR GONDAR JIMMA MEKELE MOBILE HAZARETH SHASHEMENE	011 011 033 025 058 057 034 091 022 046

## HEALTH SERVICES

### CLINICS

AFRICA HIGHER CLINIC 1	011 2751360
AMERICAN MEDICAL CENTER	0116678000 /04/07 0919198287
BETHZATHA CLINIC	011 5514470 011 5533453
BLUE & WHITE CLINIC	011 6616229
BROOK CLINIC	011 5513435 011 5515151
CHILDREN'S CLINIC	011 3711515
CHRISTINA CLINIC	011 5152020
DR JONATHAN BANES CLINICAL PSYCHOLOGIST	0910 0716 84
ETHIOPIA HIGHER CLINIC	011 1550088
FUTURE INTL CONSULTING	011 2770064
ICON CENTER OF SPECIAL SURGERY (DR. TEWODROS)	0911-864672
INTERNATIONAL CLINICAL LABORATORIES	011 5529252
MARTI SPECIAL DENTAL CLINIC	011 6181262
SAINT GABRIEL GENERAL HOSPITAL DENTISTRY	0911-31-6012
PEDIATRIC CLINIC	0921 787120 0115514696
RANK CLINIC (DERMATOLOGY)	091 1237410 011 5536074
SANTE MEDICAL CENTRE	0115535530
SENAI CLINIC	0114668629
SUN OPTICS SPECIAL SUISSE CLINIC	0111567576 011 4672047 011 4161649
SUNSHINE CLINIC	011 3710768
SWEDISH CLINIC	011 112198
T/HIMANOT HIGHER CLINIC	011 1572435
TESFA MAJOR POLY CLINIC	011 1570232
WGGA SPECIALIZED VISION CLINIC	0931 52 09 52 011 618 01 86

### ANIMAL CLINICS

BETHEL VET CLINIC	0911 665830
CASA-INCIS CLINIC	091 1210204
HAPS	011 6544756 091 1683002
SHALOM VET CARE CLINIC	011 6291877 091 1247335
OLD AIRPORT CLINIC	091 120 9993
MOBILE VETERINARY CLINIC	0911247355
P.S. HOME TOWN VETERINARY	0910 58 58 55
DR PATRICK'S ALL NATURAL PET FOODSTREATS & SUPPLEMENT	0946 799399

### HOSPITALS

BALCHA	011 5513205
HAYAT	011 6624488
MCM MEDICAL CENTRE	011 6295420/28
ST GABRIEL	011 6613622
YEKATIT 12	0116623439
ST. YARED	0116454697 /04
INTL CARDIOVASCULAR	0114424680 /81
LAND MARK HOSPITAL	0115525719
ADDIS SPECIALIZED	0911243274
CARDIAC	0116634720
KADISCO GENERAL	0116298904/02
MCM KOREAN	0116-29-5421-27

### GOVERNMENT HOSPITALS AND CLINICS WITH AMBULANCE SERVICE

BLACK LION HOSPITAL	0115511211
MENILEK II HOSPITAL	0111234272
YEKATIT 12 HOSPITAL	0115530 65/68
ZEWDITU HOSPITAL	0115518085
ST.PAUL HOSPITAL	0112750125
AMANUEL HOSPITAL	0112757715

GENERAL INQUIRIES: AFALAGI	8123
TULSI, AYURVEDIC MMESSAGE, YOGA AND WELLNESS CENTER, KEBENA, BEHIND RAS AMBA HOTEL,	0930 033414

### PHARMACIES

ABBAY PHARMACY	011 3713298
GHION PHARMACY	011 5518606
GISHEN PHARMACY	011 6611717
LION PHARMACY	011 1551893
PELICAL PHARMACY	011 552 1790
RAAMCO PHARMACY	011 896 2925

Betel Funeral Arrangements 091 120 5731

Lebeza psychiatry Consultation  
Dr Asmeret Andebirhan (MD, Psychiatrist)  
+251-1183522929 +251-911348373  
+251-947406511

### GENERAL / INTERNAL MEDICINE

Dr. Akeza Teame, US Board Certified Internal Medicine & Infectious Disease  
Tele: 0116678000/04/07  
St Yared Hospital: (011) -645-4697/04  
CMC road around Daminafro Buiding

Dr. Abebe Desta, Internist: Brook Clinic Sar bet: - 011-3725861

Prof. Kebede Oli, Cardiologist & owner of Landmark Hospital  
Land Mark Hospital 011-552-5463

### PEDIATRICS

Dr. Alan Karibian, Senior Pediatric Consultant (speaks Amharic well)  
Pediatric clinic:- (011) 551-4696  
Dreamliner hotel.\*Near Mulushewa Segga Bete.

Dr. Mulu Abrham, M.D., General Pediatrics  
Biham Clinic: - ,  
011-4160 053, 011-476 0411

Dr.Yodit Enkossa- MD, General Pediatrics  
The Cure Hospital: -011-124-5404

OBSTETRICS/GYNECOLOGY:  
Dr. Mekonnen Bekele, M.D., OB/GYN  
ADDIS MATERNITY AND CHILDERN HOSPITAL 011-124-5345 OR 48

Dr. Samia Ibrahim, MD, OB/GYN  
Kadisco General Hospital  
Tele: -0116-298904 /02

### DENTISTRY

Dr. Tolu Duresa, Tolu Clinic (Haile Gebresillasse Road) 011-662 00 31

Dr. Tadesse Melaku - Ethio-swiydes Dental Clinic - Bole Road Awash Bank (Novis) Building 1st Floor Office: 011 661 4932

Gojeb Dental Clinic -Piazza 0111 56 6521/ 156 6296

Smile Dental Center-Bole Rwanda/zemen bank building 2nd floor, +251911232790/+251904222324

### GENERAL SURGERY

Dr. Abraham Asnake, General surgeon  
Kadisco General Hospital, Medical director  
Tele: -0116-298904 /02

Dr.Tewodros Messale Gedebou, General, Plastic and Reconstructive Surgeon and Reconstructive Microsurgery, Trained in US (Yale, UCLA), Certified by American. Board of Surgery ICON Center of special surgery. Around Imperial Hotel, 2 blocks past the NOC.gas station, turn left, tall building on the right.  
Tele:-011- 8693194/0930 109751

### OPHTHALMOLOGIST

Dr. Fekade Mengistu, Ophthalmologist- Bole Eye Care Center: - 011-663 9405

Dr. Tliiksew Teshome, Ophthalmologist and retinologist- Biruh Vision specialized Eye clinic 0116463977  
on CMC Road in Ethiopian Athletics Federation Building, 1st Floor

Dr. Wondu Alemayehu, Ophthalmologist  
Office phone- 0115159863  
Located at the Dembel building.

### DERMATOLOGIST

Dr. Fuad Temam, Dermatologist, Fellowship in US, Director of ALERT hospital  
Kadisco hospital: - 0116-298904

### ENT SPECIALIST

Dr. Es-hak Bedri, MD., ENT-Surgeon,  
Onthorio clinic: - 011-850-2473

### PHYSIOTHERAPIST

Dr. Theodros W. Gebriel  
Doctor of Physiotherapy (US board Licensed)  
Paragon Physiotherapy & Sports Medicine  
0116461108/22 or 0118608993  
Kino Physiotherapy:  
Phone: +251 116 00 66 45/47/48  
Whatsapp: +251 948 000 011  
Adress: 5th floor, Salam Tower,  
Near Yeka Kifle Ketema  
Megenagna, Addis Ababa, Ethiopia.

### ORTHOPAEDIC SURGERY

Dr. Eric Gokcen, MD - US Board Certified Orthopaedic Surgeon  
The CURE Hospital 011-124-5404

Dr. Richard or Daldner E Pearson MD - fellow of the American Academy of orthopaedic surgery MCM (Korean) Hospital  
011-629-5729

### ORTHOPAEDIC AND TRAUMATOLOGY

Dr. Elias Ahmed Associate Professor. Fellow of College Surgeon of East, Central & Southern Africa. Dip. SICOT  
Hayat Hospital  
0116 624488

Lebeza Mental health consultation office  
01183522929

# DStv Ethiopia



# የልጅ ወሎስ?

ከሳይንስ ትምህርት ጋር እየተመራመሩ... ከሰፊ ግን ጋር እየበረሩ ቤት ይውላሉ



**Paddington**  
(Season 2)

**nickelodeon**



**Animal Embassy**  
(Season 1)

**Da Vinci**



**Mr. Bean**  
the Animated Series  
(Season 2)

**BOOMERANG**



**Paw Patrol**  
(Season 6)

**nick jr.**

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ምርጫ የልጆች ቻናሎችንና ሌሎች መዝናኛዎችን ያገኛሉ



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# HOT MUSIC TABLE - JULY 2022

## HOTTEST ARTISTS

			Radio	TV	Total Play
1		Esubalew Yetayew	235	68	303
2		ROPHNAN	146	128	274
3		Veronica Adane	118	37	155
4		Tewodros Kassahun	119	16	135
4		Kal Kin	31	91	122
5		Nati Man	72	40	112
6		Gosaye Tesfaye	104	5	109
7		Michael Belayeneh	101	3	104
8		Fikeraddis Nekatebeb	89	10	99
9		Tewodros Tadesse	94	0	94

### ON CALCULATING THE HOTTEST ARTIST

THE ARTIST NEEDS TO BE PLAYED ON ATLEAST 4 OR MORE STATIONS.

A SINGLE STATION SHOULDN'T ACCOUNT MORETHAN 33% OF THE TOTAL NUMBER OF PLAYS.

## HOTTEST TRACKS

			Radio	TV	Total Play
1		Chaw Tilina Esubalew Yitayew	158	50	208
2		Kurfya Veronica Adane	107	32	139
3		Eshi Kezias Kal Kin	31	91	122
4		Shambaa Rambaa Wendi Mak	28	43	71
5		Woy limta woy meta Meselu Fantahun	61	4	65
6		Yene Kelem Tsedeniya G/Markos	28	35	63
6		Hagere Dagi d	18	45	63
7		Etebekihalew Hibist Tiruneh	29	18	47
8		Kome lemerekesh Tilahun Gessesse	28	18	46
9		Ethiopiaye Rahel Getu	29	11	40
10		Selam Yeseten Gossaye Tesfaye	35	0	35

### ON CALCULATING THE HOTTEST TRACKS

THE TRACK NEEDS TO BE PLAYED ATLEAST 40% OF THE TOTAL LENGTH OF THE MUSIC.

A SINGLE STATION SHOULDN'T ACCOUNT MORETHAN 33% OF THE TOTAL NUMBER OF PLAYS.

THE TRACK NEEDS TO BE PLAYED ON ATLEAST 3 OR MORE STATIONS.

THIS DATA IS GATHERED BY A 24/7 AUTOMATED RECORDING & ANALYZING AI SYSTEM FROM 35 TV & RADIO STATIONS.

THERE WERE MORETHAN 73,000 TOTAL MUSIC PLAYS ACROSS THE BROADCAST MEDIUM FOR THE MONTH OF MAY 2022.

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