

*what's
out
addis*

2021, August




TOKYO OLYMPICS 2021

CONGRATULATIONS TO TEAM ETHIOPIA
AT THE TOKYO OLYMPICS



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

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ESTABLISHED IN APRIL 2009

PUBLISHED AND DISTRIBUTED BY WHAT'S OUT OMNIMEDIA.

WHAT'S OUT! ADDIS IS REGISTERED WITH THE MINISTRY OF
TRADE AND INDUSTRY UNDER LICENSE NUMBER 04.

GRAPHIC DESIGN BY WHAT'S OUT OMNIMEDIA.

PRINTED BY ACON PRINTING PRESS

WHAT'S OUT OMNIMEDIA IS A PRIVATE LIMITED COMPANY
REGISTERED WITH THE MINISTRY OF TRADE AND INDUSTRY
UNDER REGISTRATION NUMBER 04/2/25236/01

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WWW.WHATSOUTADDIS.COM

Dear Friends

Welcome to the August Issue.

We profile some entrepreneurial Ethiopians and remember two great women who contributed greatly to Ethiopia and will be remembered with admiration and fondness.

Our feature story is of course about Team Ethiopia and the great athletes at the Tokyo Olympics – bringing home Gold, Silver and Bronze medals! Made in Ethiopia fashion created a splash and was a huge hit in New York at a trunk show recently featuring 10 Designers. We hope you enjoy our book reviews and restaurant highlights.

Until next month Stay Dry and Well!

Team What's Out



POETRY CORNER.

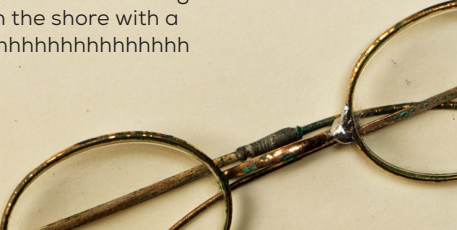
LET THERE BE PEACE

By Lemn Sissay

Let there be peace
So frowns fly away like albatross
And skeletons foxtrot from cupboards,
So war correspondents become travel show presenters
And magpies bring back lost property,
Children, engagement rings, broken things.

Let there be peace
So storms can go out to sea to be
Angry and return to me calm,
So the broken can rise up and dance in the hospitals.
Let the aged Ethiopian man in the grey block of flats
Peer through his window and see Addis before him,
So his thrilled outstretched arms become frames
For his dreams.

Let there be peace
Let tears evaporate to form clouds, cleanse themselves
And fall into reservoirs of drinking water.
Let harsh memories burst into fireworks that melt
In the dark pupils of a child's eyes
And disappear like shoals of silver darting fish,
And let the waves reach the shore with a
Shhhhhhhhhhhhhhhhh Shhhhhhhhhhhhhhhhhhh
Shhhhhhhhhhhhhhhhh





CONGRATULATIONS TO TEAM ETHIOPIA AT THE TOKYO OLYMPICS ■

Solomon Brega has won the first Gold Medal for Ethiopia for the 10,000 meter run. Silver for Lamecha Girma in the men's 3000m steeplechase race and Bronze for Gudaf Tsegay in the women's 5000m race! Congratulations to all! Other winners may yet to come as Ethiopia is well represented at the Olympics.

World record-holders Letesenbet Gidey is also among the 34 athletes named on Ethiopia's team for the Tokyo Olympic Games. The team also includes world indoor 1500m champion Samuel Tefera and world silver medallist Yomif Kejelcha.

WOMEN

800m: Habitam Alemu, Workwuha Getachew, Worknesh Mesele

1500m: Freweyni Hailu, Lemlem Hailu, Diribe Welteji

5000m: Ejigayehu Taye, Senbere Teferi, Gudaf Tsegay

10,000m: Tsigie Gebreselama, Tsehay Gemechu, Letesenbet Gidey

Marathon: Roza Dereje, Birhane Dibaba, Tigist Girma

000m steeplechase: Mekides Abebe, Lomi Muleta, Zerfe



MEN

800m: Melese Nibret

1500m: Samuel Abate, Tadesse Lemi, Samuel Tefera

5000m: Milkesa Mengesha, Nibret Melak, Getnet Wale

10,000m: Berihu Aregawi, Selemon Barega, Yomif Kejelcha

Marathon: Leslisa Desisa, Shura Kitata, Sisay Lema



3000m steeplechase: Hailemariam Amare, Abrham Sime, Tadesse Takele

CELEBRATING ETHIOPIAN FASHION.

By Mahlet Teklemariam

I hope that you are enjoying reading our new fashion section which was added recently. We will be featuring the amazing talents of Ethiopia and of course around the African Continent. We will also talk about the fashion scene in the continent.

Hub of Africa Addis Fashion Week (HAFW) recently conducted its very first trunk show in New York City presenting 10 Ethiopian brands. A trunk show is a special event where we feature a designer's new collection for a short period of time, typically on a weekend! Think of it as more brands to choose from with incentives that create a more exclusive experience!

This was also an opportunity to introduce the Made in Ethiopia brand to the US market. I have to say that it was very well received and an amazing experience overall. Sold out on some of the items we took. We hope to continue this event on an annual basis and introduce our Made in Ethiopia / Africa to the American market.

From this experience, we have learnt that there is a need to connect the African fashion industry globally and one of the ways besides organizing the fashion week here in Ethiopia, is putting together these type of events to give shoppers an opportunity to get their favorite brands out of Africa. We will be seeing our brands such as FOZIA, MAFI MAFI, PARADISE Fashion, AFROPIAN and many more worn by fashion enthusiasts globally. How amazing is that!!



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Mahlet Teklemariam
Managing Director
Clairvoyant Marketing Agency
Founder
Hub of Africa Fashion Week
www.hubfashionweekafrica.com
+ 251 921 378 378



WESTERN BBQ MEETS ASIAN CUISINE.

At first glance, The Oriental radiâtes a unique quality and diners feel as if they have entered a new world. The Oriental is very distinct in its look and feel, especially with its modern Mediterranean décor, featuring an assortment of colors from natural wooden textures surrounded by a variety of greenery that includes a hanging garden just beyond the outer wall. The aroma of the room however immediately takes over; the scent of the cooking is familiar but not distinct. This is the blend where East meets West

The Oriental is one of two restaurants at Hyatt Regency Addis Ababa that offers dishes with a unique and experimental blend of Mediterranean and Eastern dishes. Different Thai dishes are prepared by some talented chefs behind the scenes. "Thai food? It's a different way of cooking," says head Chef Supatra. "The curries, stir-fries, salads and



grilled and fried foods all require different techniques. In Thai cooking, attention to detail is required all the time.”. She has cooked Thai food globally for over 30 years for top-tier establishments. “It’s always a great feeling going back to Hyatt Regency where I enjoy cooking as I get to use my knowledge and experience of Thai food and now I will be adding some new ingredients and products to the menu.”

For Sous Chef Joy, this is her first time working at The Oriental. “Thai food is a signature of Thai culture,” says Chef Joy, whose name means “skinny” in Thai. She has been involved in culinary arts for as long as she can remember. Thai cuisine has a variety of unique flavors and healthy cooking methods.”.

The two chefs are determined to create dishes that please both Eastern and Western palates. The flavors of the different cultures will dance on the tongues of those who dine at the restaurant! Under the leadership of the two chefs, The Oriental promises to be even more authentic; a Thai restaurant offering Western





AN AFTERNOON WITH ALEX TEFERA; CARTOONIST AND ANIMATOR ●

By Edom Belete Habtegebriel

July 6th started off as sunny and art students and other enthusiasts gathered to wait to meet the talented Alemayehu Tefera (Alex) in the discussion room at Entoto TEVET College. The students and the coordinator Hailu Kifle showed their appreciation and anticipation by organizing a small display of their own cartoon art work on the walls of the discussion room accompanied by the fantastic drawings of the artist himself. The works of art displayed were the fruits of just one semester course. Getting to know the brilliant Alex began with a short introduction and hear him read from his recent book " Funtezya". Alex then delighted his audience by sharing his experiences here in Ethiopia; in Addis Ketema his childhood neighborhood, Alle Fine Art School in Amist Killo and in the UK where he currently lives. He shared his artistic journey emphasizing how one visual artist should focus on daily sketching. For Alex, an artist's sketch book and pen/ pencil should be essential items to carry in all walks of his/her life. Alex attributed his own success as the result of sketching since the age of 12.

The discussion carried on for hours about Alemayehu and his life, including a visit to Ethiopia in 2005; a visit that determined his artistic journey through his cartoons depicting socio political collections now published in his book which he launched in June 2021 in Addis Ababa. The freedom of expression we see in his socio political cartoons and strongly depicted emotions and opinions have been displayed through different social media outlets. His experiences led him to seek freedom through expression in his cartoons.

Personally I would recommend the book for humor and an understanding of the depiction of the socio political situations that he felt compelled to share. The book is available to buy around town.



MALEDA CRAFTS: CREATING ITEMS OF BEAUTY.

Maleda in Amharic means “dawn of the day”. Maleda Crafts is a new Social enterprise which manufactures quality products made from disposed plastic bags and textiles to create jobs for women and youth in the community. In the production process, plastic bags (mainly diaper packages) and textile cut outs are used as the raw material. These products would otherwise just be disposed as garbage adding to an already polluted environment of mountainous waste of discarded plastic and other items. Maleda is proud of the role they have created in creating stylish and fashionable renewable products and at the same time helping to reduce pollution within the community. Maleda crafts blends culture with environmental conservation concepts in making all their products. Their items are upcycled, eco-friendly and sustainable – a new forward thinking way of shopping and helping the environment!

0911-64-71-38

WWW.MALEDACRAFTS.COM and on FACEBOOK

ETHIOPIA ILLUSTRATED



ETHIOPIA ILLUSTRATED: MANUSCRIPTS AND PAINTINGS IN ETHIOPIA.

A study on the wall paintings of the Ethiopian Orthodox Tewahedo Church, and religious and genealogical history. A very rare book for Ethiopian academics and University students who could not easily get access to materials put out by prestigious scientific journals across the world. Author Dr. Dorothea McEwan, is a senior Ethiopic scholar who has established herself through a sustained research on the history of the 19th century church Art. She is Honorary Fellow of the University of London, first and long-time archivist at The Warburg Institute, and has been elected member of the Ethiopian Academy of Sciences in recognition of her impressive publication record and outstanding contribution to research in the intersection of religious history and art in Ethiopia in 2017.

The volume makes available seven articles grouped in two parts—the first analyzing art produced by Ethiopian artists on sacred topics, and the second discussing the botanist Georg Wilhelm Schimper’s map-making and the draughtsman Eduard Zander’s pictorial representations of scenes of everyday life in mid nineteenth-century Ethiopia. Each chapter is richly illustrated, presenting paintings alongside commentaries on their religious, social, and historical contexts.

This work also complements analysis of manuscripts by European scientists, craftspeople, artists, and explorers who had worked in Ethiopia, and whose records are now kept in archives and collections in Europe.

The book is available in printed format at BookWorld.
Source: <https://ghil.hypotheses.org/452>

VIRTUAL

AND
HYBRID
MEETING
SOLUTIONS

Radisson Blu Hotel Addis Ababa brings you virtual, hybrid multi-site meeting solutions! We promise flawless execution, no audio problems or video hiccups, or log-in issues. Safety protocol in partnership with SGS.

Call now to book your next meeting:
+251 115 170400



CRUSH CAFÉ AND RESTAURANT: TEFF PIZZA AND MORE ■

The first thing that captures the imagination when entering Crush Café and restaurant is the striking green mosaic. The high ceiling creates an airy casual atmosphere with light pouring in through the floor-length window. It is a surprisingly ambient environment perfect for a quick meeting or an informal meeting. In an area defined by a hectic level of noise, it felt peaceful. The menu is selective including a Chicken Teff pizza, spicy steak sandwich, and selection of Ethiopian dishes. The Chicken Teff pizza and the combo meal, which includes a tagliatelle pasta with bolognese, steak, and roasted vegetables is especially worth a try. The pizza is a creative take with two thin layers of teff dough sandwiched with a cheese layer. The toppings included diced chicken, olives, and tomatoes all doused in cheese. It does not disappoint. If not in the mood for a full meal there are a variety of snacks available. On the other hand, why not go for a drink. The barista makes great concoctions of coffee variety, shakes or the selection of fresh fruit/vegetable juices available are worth a try. For the daring or health oriented the beetroot juice is wonderful.

Come visit us! You will be delighted by the experience. The owner can always be found making sure the service is always amazing.

Crush is located in downtown Addis, 5 minutes from Atlas, on the first floor of Shalla Guest House and Wellness Center

RESTAURANT

AMERICAN STYLE/ CASUAL DINING

ANGLA BURGER

091-206-0505
Morning Star Mall
1st
floor, next to Edna
Mall Behind
BostonDay Spa
Known for: Fast
Food and Burgers
7 days a week

BAKE & BREW

0118359698
Bole -
Next to Sheger
House
Alem Desu
Building
Known for:
American and
Weekend Brunch 7
days a week

BURGER SHACK

093-215-5531
Around Wosen loki
Kidus Michael
Buildign 1st floor
Known for: Burgers
closed wednesday

G - BURGER

+25184706001
Behind Sheger
building
Known for thir
Burgers

INDIANA SPUR STEAK RANCHES

+251984222222
+251118224045
Abyssinia Plaza,
Mezzanine Floor,
Bole Medhane
Alem ,
Known for: steak,
Mexican, Ribs,
Burger, Chicken
wings, Wraps,
Sandwiches, salads
with Spur
well-known
sauces, varieties of
deserts, varieties
of
hot and cold
beverages, variety
of
alcohol drinks,
Separate Kids
menu.
7 days a week

KELI'S GOURMET BURGER

098 700 6136
Around ECA
Kazanchis
Next to IOM
7 days a week

LEMON BAR & GRILL

(Golden Tulip
Addis
Ababa)
+251 11 617 0740
Ext: 1405
Cameroon Street,
Bole Medhaniale
Church Area
Known for:
Roasted
Chicken, Pizza,
Burgers, and
Sandwiches 7 days
a week

OPIUM ADDIS

+251983341261
Bole in front of
Desalgn Hotel
Rakan Buildign
Ground Known for:
Tex-Mex 7 days a
week

PARKDALE BURGER

093 975 7575
Bole Rd | behind
DH
Geda Tower
Known for: Fast
Food, Grills
7 days a week

RODEO BAR AND RESTAURANT

0911246320
0911212103
Bole opposite
Shoa
Supermarket
Known for: BBQ
and
Burgers
Closed Sun
ROOMIE BURGER
0115504727
Piassa Churchil
Area
Known for: Burgers
and Pizzas (24/7)
7 days a week

SAVOR ADDIS

011 667 0656
Bole Atlas, behind
2000 Habesha
Restaurant
Known for: Wood
Fired Pizzas,
Grilled
Burgers and
homemade pasta
plus Sunday
Brunch
7 days a week

SISHU

092-006-1063 /
093-
003-4150
Opposite
Kera,behind
Worke's Promise
Building. Known
for: Burgers and
desserts
Closed Mon

ASIAN

FOUR SEASONS

091-354-9750
6th Floor, Union
Hotel
Apartments in
front of AU H/Q
Building next to St.
Michal church,
Known for:
Japanese
Food
Sunday Dinner
Only
7 days a week

CHINA BAR & RESTAURANT

011-551-3772
Next to Ghion
Hotel Known for:
Being one
Of the oldest
restaurant in addis
7 days a week

SAKURA JAPANESE RESTAURANT

0911057030 /
0984873551
Around Rwanda
Embassy Known
for:
Japanese Food
Monday - Saturday
7 days a week

THE ORIENTAL (HYATT REGENCY HOTEL)

251 115 17 1234
Known for:
Western BBQ,
Asian bites

BRAZILIAN

FOGO NO CHAO

(Ramada Addis)
011 6393939
Bole Road/10th
floor
Known for:
Brazilian
Churrascaria and
rich
vegetarian option
7 days a week

CAFE

BILO'S PASTRY

0960403052
locations Lancha;
Arat Kilo; Gurd
Shola; Old
Airport
Known for:
Delicious
cakes
7 days a week

BOLE MINI

0116639898
Near airport end of
Bole Road
Known for:
Burgers,
fresh fruit juice,
waffles & donuts
and
homemade dabo
colo
7 days a week

BUNATERA MULTI ROASTER COFFEE SHOP

0118546018
0923570449/0974
053030
Olompia around
greek school or
around bole shewa
dabo or Wello
sefer at
nigus boutique
hotel
Known for: multi
roaster coffee shop
7 days a week

CUPCAKE DELIGHTS BAKERY

+251 91 262 5271
Bole - opposite
Beer
Garden
Known for:

CUPCAKE

Delights Bakery
+251 978020270
091 121 4645
Bole - opposite
Harmony Hotel
Known for:
Breakfast/Brunch,

CUPCAKES

7 days a week
Cremino café
094 406 3338
Bole side of
friendship
supermarket
Tropical mall
Ground floor
7 days a week

ENRICO'S PASTRY

(One of the Oldest Pastry Shop Cafes in Addis)

011 557-1490
Off Churchill Road
Known for:
Millefeuille and cream puffs
7 days a week

GALANI CAFE

0911 200186/011 645-6008
Around CMC next to Jacross inside the MOPLACO coffee factory
Known for: Coffee, Reading, Music & Art

GRAB & GO

(Golden Tulip Addis Ababa Hotel)
011 6170740
Location, Bole Medhanialem area, next to Mama's Kitchen, Known for caffè macchiato, cakes, pastries and bread types.
Open 7 days

HILTON PASTRY & COFFEE SHOP

011 517-0000 Ext 839
Known for: Must Have - Spectacular Cake Creations for Every Occasion 7 days a week

KALDI'S COFFEE

(Various locations)
0113714258
6 main locations: 2 around Bole Medhanialem; Old Airport; CMC Olympia; Kaliti and many others
7 days a week

LIME TREE

(Bole and Kasanches locations)
011 663-0872 and 0911 200072
1/Kasanches Nigist building 2/Bole Road - behind Boston Spa Building
Known for: Healthy food and drinks, National and Continental Cuisine
7 days a week

LA PARISIENNE

(Various locations)
0911-514944/
0118-681799
Bole Medhanialem; 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
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, bakery items and so much more at The Market.

TILLA CAFÉ

0946 701125
Kazanchis (across the street from Bambis)
Known for: Sandwiches, Smoothie bar with Healthy Food.
Mon- Sat 6am-8pm
Sun 7am - 7pm

TRYST CAFE, RESTAURANT & LOUNGE

0944 061818
Olympia Rd & Atlas in front of Shebta Lounge
Known for: Delicious 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 Water-fall Hotel) near Meskel Flower Call for Opening Times

LUCY LOUNGE & RESTAURANT

0911947115
Next to National Museum
Known for: National and Continental 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 for: BBQ on weekends
7 days a week

AMSTERDAM BAR & RESTAURANT

0911 516178/
0118681725
Bole behind Friendship supermarket
7 days a week

BELVEDERE RESTAURANT

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

CHANOLY SMOOTHIE & NOODLES

092 734 9509
behind bole medhanialem in front of yego church
right turn from Friendship hotel
Meskel flower road near to Laparisian restaurant
known for:- Noodles
Open ☐ Closes 10PM

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 roundabout, 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 floor
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
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
Known for: European, Continental, and local dishes
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

SPICE RESTAURANT (Golden Tulip Addis Ababa)
0116170740
Ext: 1402
Bole Medhanialalem Church Area
Known for: Seafood Cuisine and International Buffet 7 days a week

TOP VIEW
0116511573/77
0911100155
Up the hill from Megenagna Roundabout, Asmara Road
Known for: Pasta/Continental dishes

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
(known for regional dancing)
0116-182253/58
In front of Atlas hotel
Call for opening hours

DASHEN TERARA TRADITIONAL RESTAURANT
(one of the oldest traditional restaurants relocated)
0932 513395 / 0115541437
Aware, across from Meles foundation compound
Call for opening hours

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

KATEGNA RESTAURANT
0911126460
Bole Cameroon Street side of Sky light Hotel & Bole medhanialalem
Behind Medhanialalem Church
Call for openings

YOD ABYSSINIA RESTAURANT
(known for regional dancing)
011 661-2985 / 011-372-0607
Bole Medhanialalem behind Brass Hospital and Old Airport
Call for Openings Closed Mon

FRENCH

LOUVRE HOTEL RESTAURANT
0116187755
0911919382
Togo Street, on the road below British Embassy, across from Misrak Technical School.
Known for: French food 7 days a week

GERMAN

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

ICECREAM

EMBWA CREAMERY
0911209838
Kera - in Sishu compound & Carl Square Tivol Restaurant
7 days a week

FUNLICIOUS ICE CREAM DISTRIBUTORS
0944 739463 or 0984 715264
Dembel City center basement no 10A

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
0944349495/96/97/98/99
Bole Atlas, Sare bête, Guredshola centery mall, CMC Michael & DZ kuriftu

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 Medhan Alem
On the way to Moenco Opposite to Hub Hotel Addis Ababa
Known for South Indian dishes such as dosa, idly, pongal, vada, etc. 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 7 days a week

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

COT HOTEL
Megenagna, 24 Kebele, in front of Kokeb Bldg
0116686492/ 0970717471

ITALIAN

ABUCCI
0912 501828
Atlas Road | Bole Tele Behind the two tall buildings still in construction about 30 meters
Known for: Home made pasta modern cuisine Closed Sun

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

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

CASTELLI
(Oldest Italian restaurant in Addis)
011 157 1757
011-156-3580
The oldest Italian Restaurant in Addis
Off Piazza Arada Road, opposite Mahmoud Music Shop
Known for: Pasta, grilled fish, chicken and salads Closed Sun

CLUB JUVENTUS
0115516464
0911219729
Behind Meskel Square
Known for: Italian, European 7 days a week

GARDEN COURT BAR & RESTAURANT (Hibir)
0116620922/23
Bole in front of Alem Building

MAMA MIA ITALIAN RESTAURANT & BAR
0929002218
Beside Meles Foundation Kanchis
Known for: Home made Pasta Closed Mon

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

GUSTO RESTAURANT
0963101010
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
7 days a week

SAVOR ADDIS
0116670656
Bole -near Atlas Behind 2000 Habesha 7days a week 24 hours open

TRATTORIA GUSTO
0973101010
Megenagna, Sileshi Mehin Bldg, 4th Flr.
Known for: Italian food

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 EASTERN/ 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 the Japanese Embassy's Resi- dence
Known for: Grilled meat, hu- mus, taboulleh Closed Sun

BATI AL MANDI
0911518903
Mikey Leland/ EU Street - across from Yoli Building
Known for: Middle Eastern food 7days week

KATEGNA RESTAURANT
0913552762
0911126460
Bole medhanialem intrance building ground floor

PEPPER & SPICE RESTAURANT
0115184600
Known for: Medi-terranean inspired cuisines
7 days week

THE KITCHEN (Hyatt Regency)
Inspiring a happier & healthier life style, The Kitchen is a Middle Eastern restaurant where breakfast, lunch and dinner are served.
Timing: 6AM -10PM
+25115171205

PIZZA

BELLA PASTA & PIZZA
0911380606
Bisrate Gebriel Infron of South Africa embassy Mokodo Pizza
091 143 9524
Bole Airport Next to aviation School
Closed Thu

ROMINA
0911 214335
Arat Kilo Known for Pizza 7 days a week

EFOOII
0118493647
Mikey Leland Street (and various other locations in- cluding Kasanches and Sarbet) Known for: Unique styles of pizza Late night
7 days a week

YUMMY PIZZA
0911472598/091122 0100/ 0911602639
On Bole Road to Japan Embassy
Known for: Home delivery (around Bole)7 days a week

TURKISH

ISTANBUL RESTAURANT
0910174728
Bole Edna mall near Ukraine Embassy
Known for: Turkish food
7 days week

PAMUKKALE TURKISH RESTAURANT
091 096 4530
Addis Ababa Behind Millennium Hall
Known for: Mediterranean, Turkish, Middle Eastern
7 days week

NIGHT LIFE / BAR

CASCARA COFFEE & COCKTAILS (Hyatt Regency)
+25115171203
Enjoy coffee-flavored cocktails and gourmet bites.

GANGNAM BEST KOREAN RESTAURANT
-0939117538/ 0944166490
-Middle of Rd.Bolehomes -K.F Kimchi,Korean style chicken

ADOT TINA HOTEL
ADDISSINIA HOTEL

HOTELS

011-4673939
011-662 3634

ALEXANDRIA HOTEL

0911103857

ATLAS HOTEL

011-6187432/34

BEST WESTERN PLUS ADDIS ABABA

011-6671414
011-6675235

BOLE AMBASSADOR HOTEL

011-6188284

CAPITAL HOTEL

011-6672100
011-6192000

DAMU HOTEL
011-5509828/29/35

DESALEGN HOTEL /ATLAS/

011-6624524

DESALEGN HOTEL /BOLE/

011-6183030

DIAMOND HOTEL

011-6160916
0967141414

DREAMLINER HOTEL

011-4674000

GRAND ELIANA HOTEL

011-1262600

ELILLY INTERNATIONAL HOTEL

011-5587777
011-5586402

ETHIOPIAN SKYLIGHT HOTEL

011-6 818181

FRIENDSHIP I NTERNATIONAL HOTEL

011-6 670202/04
0911 713 396

GHION HOTEL ENTERPRISE

011-5513222

GOLDEN TULIP HOTEL

011-6183333

GLOBAL HOTEL

011-4664766

GETFAM HOTEL

011-667-3175/78

HARMONY HOTEL

011-6183100

HYATT REGENCY

011-5171234

HILTON HOTEL

011-517-0000
0911238457

HOLIDAY HOTEL

011-661-2081

HOTEL LOBELIA

011-6673850
0911182463

INTERCONTINENTAL ADDIS HOTEL

011-5180444
011-5505066

JUPITER INTERNATIONAL HOTEL

011-557 1078

KALEB HOTEL

011-6622200

KZ HOTEL

011-662-1677
011-6611206

MADO HOTEL

011-6393044

MARRIOTT EXECUTIVE APARTMENTS

011-5184600

MONARCH HOTEL

011-6672480
/81/82

PANORAMA HOTEL

011-6616070

PLAZA HOTEL

011-6612200

QUEEN OF SHEBA HOTEL

011-6180000
011-6188281/82

RADISSON BLU HOTEL

011-5157600

RAMADA ADDIS

011-6393939

RAS AMBA HOTEL

011-122-8080/81

RIVIERA INTERNATIONAL HOTEL

011-4197755/41/46

SABON HOTEL

0116 39 35 35

SAREM INTERNATIONAL HOTEL

0111262076/86/88

SHERATON ADDIS

0115171717
011-122-8080/81

TIRAR INTERNATIONAL HOTEL

011-5577152
011-5 577154

THE GRAND PALACE ADDIS SUITES HOTEL

0980626262

UGBAAD HOTEL

0116393793
0116393345



GEBETA
MEDIUM DRY WINE

Happy Easter



አክሱሚት
AXUMIT

Happy
Easter

መልካም የፋሲካ በዓል





ETHIOPIAN AUTHOR WINS PRESTIGIOUS LITERARY AWARD ■

Meron Hadero has become the first Ethiopian author to win the prestigious AKO Caine Prize for African Writing. "I'm absolutely thrilled, I'm in shock - being shortlisted in itself was a huge honour," Her winning short story "The Street Sweep" is about an Ethiopian boy called Getu, who has to navigate the fraught power dynamics of NGOs and foreign aid in Addis Ababa. It impressed the judges who found it "utterly without self-pity" and said it "turns the lens" on the usual clichés. The author was born in Ethiopia and raised in the US by parents who are both medical doctors. Her sister is the singer Meklit Hadero, whose support was "absolutely essential" to her success, Hadero says. She says stories of "refugees, immigrants and those at risk of being displaced" are always the "entry-point emotionally" to her work.

"With *The Street Sweep*, he has that threat looming. He's facing losing his ancestral home, and that's the real driver of the story that makes him take charge and try to re-write that outcome that seems kind of inevitable," said Hadero. Much of *The Street Sweep* is set in Addis Ababa's Sheraton hotel, where Getu is invited for a party. "Looking through his eyes it's almost a culture shock when he goes there," Hadero said. "I did want to paint that contrast... What does that access mean? And what does that bestow? That's the bigger question of what those open doors represent." Writing short stories has been "it's own love" for the author, who likened the form to a "contained laboratory" from which "pared down and elegant" tales can emerge. Her next challenge is her debut novel, which "is really fun to work on in a different way. "You're adding and you're exploring mess."

SOURCE: BBC Focus on Africa



COFFEE FARMER TAMIRU TADESSE WINS PRESIDENTIAL AWARD!

Ethiopian coffee growers made record high profits during this year's Cup of Excellence Ethiopia auction!! On top of bringing home a record-breaking 80 million Birr back to Ethiopia, the coffee grown by this year's competition winner, Tamiru Tadesse Tesema, sold for an astonishing 14,500 Birr per kilo! (All told, Tamiru made over 15 million Birr with his incredible coffee.) Tamiru Tadesse is a coffee supplier who has been in the coffee business for the past eight years. He works with around 200 farmers in Delo kebele, Bensa zone of the Sidama region. He collects about 182,000 kilograms of red cherry beans from an estimated 80 hectares of land owned by the farmers. Tamiru processes anaerobic and natural coffee which is dried on a raised bed with mesh wire. He then sells his coffee on the international market, mostly to China. However, he says, he was interested to acquire new market destinations and promote the unique flavors of Bensa coffee. "We participated in the Cup of Excellence 2021 to promote the coffee our farmers grow and to establish better market linkage and improve the farmers' income. The coffee we grow in our area is of a very high quality. I wanted to promote it and that is why I took part in the competition," says Tesema. "I am very happy for having the opportunity and very honored to have won the Presidential Award. It is the greatest acknowledgment for our hard work." The results for the 2021 Ethiopia Cup of Excellence competition were released by the Ethiopian Coffee and Tea Authority, Ethiopian Coffee Exporters Association, Feed the Future Ethiopia Value Chain Activity (VCA), and Alliance for Coffee Excellence. Out of the 40 finalists, five coffee lots score 90 points or more, earning the highest recognition in the competition, the Presidential Award.

See the full list of Coffees and Regions here: <https://allianceforcoffeexcellence.org/ethiopia-2021/>



MOTHER TERESA OF AFRICA: DR. ABEBECH GOBENA ■

After a lifetime of compassionate and dedicated work, Dr. Gobena sadly passed away at the age of 85 in July 2021. Born in a small rural village in 1938, she was raised by her grandparents. On a pilgrimage to Gishen Mariam in Wollo during the dreadful famine period, she witnessed terrible suffering and hunger and at a feeding center she observed a small malnourished child on the breast of her mother who had died. Filled with compassion, she took the child along with another orphan home with her back to Addis. Within the year she had 21 orphaned children (from the famine) living with her. Initially to help food and clothe the children, she sold her jewellery and made and sold injera and other food.

Over time she received support and funding and in 1986 she was able to establish the association of AGOHELMA (Abebech Gobena Child Care and Development Association) an orphanage which also provides services to the community such as formal and non-formal education, HIV/AIDS prevention activities, habitat improvement and infrastructure development and empowerment of women. For the past 41 years, the organisation has supported more than 12,000 needy children with an additional 1.5 million people who have benefitted either directly or indirectly throughout the country. Her aim was to mould needy children into productive and responsible citizens to be able to support themselves and contribute to society. The students learned sewing, knitting and weaving, metalwork, plumbing, electricity, photography and silkscreen printing. As well as babies and children, she was always deeply troubled by poverty, hunger and people who never had the chance for an education.

Poverty alleviation programs were a major aspect of her work. For her unreserved humanitarian efforts and achievements, she received numerous awards and accolades from various national and international forums. Much loved and respected all over the world, she was a remarkable woman with a passion for humanity; her numerous achievements will never be forgotten.

<https://www.facebook.com/AGOHELMA>



ELLENE MOCRIA 1941-2021: VETERAN RADIO AND TELEVISION. JOURNALIST REMEMBERED ■

Ellene Mocria, one of the first Ethiopian female radio and TV journalists, has passed away from cancer aged 79.

When an advertisement came out that English announcers were needed for the new External Services of Radio Ethiopia to be transmitted to Europe and parts of Africa. Ellene applied, passed and was hired in 1962. Ellene was the first female newscaster and producer when the Voice of Ethiopia began daily English broadcasts to Europe and West Africa in 1962 and became the first female television journalist in Ethiopia in 1964. She became one of the first two women journalists who were hired for the External Services of the Voice of Ethiopia as it was then known. As a radio journalist, she started presenting the news live and produced and presented a variety of programs. She produced a program in 1988 on the subject 'Shelter for the Homeless' which won an award by the UNHCR.

Ellene was the first person to ever appear on Ethiopian Television when it first started transmission on March 12, 1977. She worked both in radio and television for many years but eventually was only on TV as Program Producer/Presenter, Newscaster and among the TV programs she presented live the most famous one was TVMAG, a weekly half-hour magazine program of interviews with well-known national and international personalities and featured current events. Eleni was then encouraged to apply at the Radio Voice of Gospels station (RVOG). "Working for RVOG, was the best years of my career. As a radio journalist, I had the freedom to produce my weekly programs and I also presented the News in English for Europe and parts of Africa. Unfortunately, RVOG was nationalized after a year". In 1997 Eleni became a BBC correspondent in Ethiopia and learned about journalism in the digital age. She filed over 60 programs on various subjects up to June 2012. Other engagements included narrating documentary films for EAL (ET) and for the ETO. Among many things in her illustrious career, Ellene was involved in the formation of the Ethiopian Media Women Association (EMWA) for journalists working in all types of media.

WHAT YOGA MEANS.

Excerpts from an interview with Deborah Lundstrom.

By Deborah Lundstorm



There is a misconception here in Ethiopia about what yoga is, some think it is a religion, some think it is only a physical exercise and others think it is just sitting around and meditating. At Tulsi we are trying to create the awareness in this holistic wisdom. We mostly focus on three aspects of yoga; proper breathing, proper exercise and proper relaxation. Yoga is just not limited to a classroom but it's a lifestyle to be practiced throughout the day with every breath we take. I invite people who are new to yoga to come and experience YOGA – as yoga is not about understanding but having the experience. At the end it is that experience that makes people continue to practice yoga.

It brings about change on how we see ourselves and how we see others and the world, that is to say, to see all as one and the outer world as an extension of oneself. To see an empowered human being who is going to work for the good and the growth of humanity because she/he believes that to be in service of others is being in service to oneself. Knowing and experiencing that the more we share the more we gain – These keep me going every day!

There is a challenge in finding peace and quiet in this fast paced world. In this world where we are bombarded with information every single second, yet still, it is exciting! And my purpose in life is to create the space and share the tools to others so they can find the peace in the chaos!

Ayurvedic Massage, Yoga and Wellness Center
Kebena, Arada Subcity, Woreda 07
Tel:+251-118-960822 or +251-930-033414
Website: www.tulsiaddis.com
Contact: info@tulsiaddis.com



REMARKABLE ROSEMARY

By Betelhem Legesse

Rosemary is one of the most aromatic and warming herbs. It is used daily for culinary and medicinal purposes and plays a crucial role as an active ingredient in skincare products. Its benefits include moisturising skin to maintaining collagen development and fighting free-radicals with the powerful ingredient found in the little leaves. It helps the skin in keeping the skin elasticity as we age. It can be used as an essential oil, and leaves can be enjoyed both fresh and dried. From my experience, I use Rosemary as a tea, as an astringent and herbal steam, which provides much relaxation and improves the health of my skin .

How to use it:

Dilute rosemary oil with water and use it as a natural astringent to help fight acne and protect the skin from ultraviolet (UV) rays.

Massaging the oil into the scalp also promotes faster hair growth and treats dandruff. Rosemary oil can be added to a cleanser to boost circulation and rejuvenate the skin.

Common benefits of Rosemary

- Reduces cellulitis
- Reduces saggy skin
- Reduces redness and puffiness
- Treats skin Infections
- Reduces Acne
- Use as a natural cleanser
- Long and thick hair/ - promotes hair growth

DIY hair growth potion from home

10 drops of rosemary oil

2 teaspoons of olive oil

1 teaspoon of castor oil



WELANA; GERMAN SOCIAL ENTERPRISE.

PROMOTING ARTISANSHIP OF ETHIOPIAN WEAVERS.

German Social enterprise Welana has a key social objective in fashion selling handmade scarves, towels and blankets made from skilled weavers in Ethiopia. Because of Welana, local communities are empowered in by providing craftswomen and craftsmen a platform to showcase their creations, creations that normally wouldn't get seen by consumers and potential clientele around the world.

Started by Berlin locals and childhood friends Anna Papadopoulos and Welella Negussie, they both knew they wanted to positively impact the world. "We both grew up in Berlin with the Ethiopian culture through Welella's family, who introduced us to the country's food and the beautiful textiles. We have always loved the cozy cotton blankets and shawls," shares Papadopoulos.

It was their joint journey to Ethiopia and a trip to the beauty spot of Wenchi Crater Lake that sparked their interest in starting a social business that would impact local communities. They were taken aback by the beauty of Ethiopia and her people. The dedication of the weavers in Ethiopia and the appreciation for this ancient weaving technique in Europe and beyond led the women to the path of establishing a brand and platform that connects this unique craftsmanship and the artists behind it to people in other parts of the world."

Their local partners Sabahar and Maraki in Ethiopia keep Welana working in Ethiopia.

Source: www.welana.com and on Facebook

SLEEP IN THE STILLNESS OF THE MOUNTAINS



BBQ Lunch hammock Village (20 people minimum) 19\$ per person



Horse Ranch (2 rounds) 100 birr



Rooms 149\$



Rope Course (1 round) 500 birr



Zipline 500 birr



Pedal kart (1 round) 100 birr



Archery (10 arrows) 100 birr



Trampoline (20 min. socks provided) 300 birr



Wall Climbing (1 round) 200 birr



Paintball (25 paintballs) 200 birr



Spa Starting from 750 birr

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DID YOU KNOW

BE SAFE ON EVERY TRIP: RAINY SEASON CAR PROBLEMS

By: Dawit Tedela

1. Thick Fluid

During winter, various car fluids like the engine oil, transmission fluid, coolant, even the wiper fluid increase in density and viscosity and decrease efficiency of fluids because of molecule contractions. These may damage internal seals and create a loss in power. Symptoms include cold-cranking issues, head gasket leakage and low engine temperatures. We recommend you warm the car up for 10-15 minutes before your first trip initially.

2. Cracked Spark Plug

The cold temps leads to possible cracks, corrosion and loss of electrodes of the spark plug. This leads to the loss of car efficiency and partial combustion inside the engine. These issues may cause difficulty with starting and while driving the car. Symptoms include sluggish acceleration and performance, poor fuel economy and visible corrosion on the spark plug. We recommend you check out the spark plugs and replace with a new (and original) one.

3. Worn Alternator Belt

The Alternator belt for an engine is the main accessory for rotating parts like the water pump, alternator, AC and other parts from the crank shaft. If the belt is failing or has become damaged the rotation won't be effective. The belt may be cracked or you might hear a squealing sound while starting which indicates that you have a worn belt.

4. Low Tyre Pressure

During the winter period, the car tyre pressure drops one psi for every 10-degree temperature drop. Symptoms include low tyre pressure, bulged out or cracked sidewalls and visible punctures and tears. We recommend you check your pressure once a day or use the 12v portable Tyre inflator.

5. Dead battery

Typical lead-acid car battery loses about 10% of its charge capacity in the winter. It can even lead up to a completely dead battery. Most of the time car with dead battery symptom be like Starting problems in the early hours of the morning, Corrosion on the battery terminals, Electricals's accessories fluctuating or not working and decrease in efficiency of the engine while driving.

Dave Auto Light Vehicles Mobile Garage
0913-62-82-31/0919-84-70-74



ZAFREE, INNOVATIVE START UP PRODUCING TREE FREE PAPER.

Zafree, a women-led startup based in Ethiopia went from making 100% tree free paper at home to building a manufacturing factory on a 5000m² plot of land to save 500,000 trees a year! Zafree first began its operations at home, with co-founders, Bethelhem Dejene and Betelhem Fikre producing handmade notebooks and postcards traditionally using a juicer and a pot from recycled paper waste.

Today, Zafree creates unbleached virgin paper pulp which can be used to make any type of paper and paper products. They intend to pursue a pan African business model spurring from its first-mover advantage in the Ethiopian market employing modern technology, qualified human resources, efficient management systems, and accredited production processes.

Zafree also has agreements with more than 8,000 smallholder farmers in close vicinity to where the plant is being constructed. A circular economy is an economic system that tackles global challenges like climate change, biodiversity loss, waste, and pollution. To help transform our world, Zafree contributes to 3 important SDG's set by the United Nations. By creating eco-friendly paper and paper products for all, this solves a variety of problem for the environment.

Life on Land - protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss

Climate Action - Taking urgent action to combat climate change and its impacts
Responsible Consumption and Production - Ensuring sustainable consumption and production patterns "You might not realize the environmental impact of tree-free paper but by using crop waste to make tree-free paper, you are helping to solve deforestation, waste and pollution. Make your paper choice sustainable by supporting us".

You can easily support Zafree's big vision here <https://gofund.me/6be46435>

Lime tree

DON'T FORGET TO GET YOUR FAMILY CARD

Lime tree

Family Card

Recieve 5% - 10% discounts on all your purchases





COFFEE WALNUT CAKE ■

INGREDIENTS

INGREDIENTS

- 30ML (2 TBSP) STRONG COFFEE
- 225G (8OZ) SOFT BUTTER OR OIL, PLUS EXTRA TO GREASE
- 225G (8OZ) BROWN SUGAR
- 225G (8OZ) SELF-RAISING FLOUR
- 1 TSP BAKING POWDER (OR 1 TBSPN IF NOT USING SR FLOUR)
- 4 LARGE EGGS
- 50G (2OZ) WALNUTS

FOR THE COFFEE ICING

- 30ML (2 TBSP) STRONG COFFEE
- 175G (6OZ) SOFT BUTTER
- 350G (12OZ) ICING/CONFECTIONERS' SUGAR
- 50G (2OZ) WALNUTS

METHOD...

1. Pre-heat the oven to 180°C/350°F/Gas Mark 4, then butter and line the base of two deep 20cm (8in) sandwich cake tins.

2. Add all the cake ingredients, except the Coffee and walnuts, into a large mixing bowl and beat together until smooth. Stir in the Coffee until thoroughly blended then carefully fold in the walnuts. Divide the mixture evenly between the two prepared tins and level the tops.

3. Bake in the oven for 25-30 minutes or until golden brown and shrinking away from the sides of the tin. The sponge should spring back when lightly pressed. Cool on a wire rack before icing.

4. To make the icing, beat the butter and icing sugar together in a mixing bowl until smooth. Beat in the Coffee and divide the mixture into two. Place one cake on a cake stand and spread on half of the icing. Top with the other cake, finishing with a layer of the icing on top. Place

ART INSTITUTIONS GALLERIES IN ADDIS ABABA

CULTURAL INSTITUTIONS

ALLIANCE ETHIO-FRANCAISE
011 1 569893/92

BRITISH COUNCIL
011 6620388

ETHIOPIAN VISUAL ARTISTS ASSOCIATION
0911 646862
0911 711369

DEPT. OF FINE ARTS & DESIGN (AAU)
011 1232834

FRENCH CENTRE FOR ETHIOPIAN STUDIES
011 1234767/68

GOETHE INSTITUTE
011 1242345/46

INSTITUTE OF ETHIOPIAN STUDIES
011 1119469

ITALIAN CULTURAL INSTITUTE
011 1113655
011 1553427

RUSSIAN CENTRE FOR SCIENCE & CULTURE
011 1551343

BIRHAN CULTURAL CENTER
0911 507304

CINEMAS

ALEM CINEMA
011 6636718

AMBASSADOR THEATRE
011 5537637

CINEMA EMPIRE
011 1565029

EDNA MALL
011 661 6278
661 6869

THEATRES

CHILDREN & YOUTH THEATRE
011 1128603

CITY HALL
011 1119820

HAGER FIKER
011 1569189

MEGA AMPHITHEATRE
011 5518870

NATIONAL THEATRE
011 5514577
011 5514500

NOHE THEATRE
011 1112175

NESIR THEATRE & PROMOTION
011 6630908

GALLERIES

ABESHA ART STUDIO
091 1415258
091 1469371

ADAM ART STUDIO
0911632620

ADDIS ABABA ART STUDIO
091 1116531

ADDIS ART STUDIO
091 1619416
091 1888783

ADDIS FINE ART
0913 426553
0966913222

AFRO SUN ART STUDIO
091 1147156

AMANUEL ART STUDIO
091 1672479

ARTISTIC GLASS CENTRE
0115518400 ext.632
091 1203965

ASNI GALLERY
011233244
0911206697

BB BEHAILU ART STUDIO
0911401308

CHILOTA STUDIO

011 5170000
0911227294

COLOR ART STUDIO

0911 927525
0913 841406

DAWIT GERESSU ART STUDIO

0911729608

ETHIOPIAWE ART STUDIO

0911 888783

DESTA HAGOS ART STUDIO

011 5537823
091 1206868

ERTALE ART STUDIO

091 1687256
091 2728888

FEKADU ART STUDIO

0911428490

GEBRE KRISTOS TRADITIONAL ART GALLERY

091 1634755

GENNA ART STUDIO

0911823300

GIGI'S AFRO-ASIAN DESIGN

011 5155588
0912200437

GOSHU ART GALLERY

0911 214352

HARMONY ART STUDIO

091 1106119
091 1645699

IMAGE AFRICA STUDIO

091 1658371

JO ART STUDIO

091 1645699

LAPHTO ART GALLERY

0939-712314

LELA ART GALLERY

0911 30 07 56
011 6535506

MEDI STUDIO & GALLERY

091 1613196
0911 234265

MESMER ART STUDIO

091 1646862

MAKUSH GALLERY

011 552-6848
011 5526855

NETSA ART VILLAGE

091 1941678
0911760963

OMNA ART GALLERY

0911 65 52 39

PANACHE ART GALLERY

0912-200444

PALETTE ART GALLERY

0912 485342
0977092291

SAL INTERIOR & GALLERY

091 1238696

SALEM JEWELRY

0116 185604

SEIFU ART STUDIO

0911 711369

ST.GEORGE INTERIOR DECORATION & ART

011 5510983
8103
091 1201097

SUZANNE'S GALLERY

091 1616814
011 3724581

TADESSE WOLDE AREGAY ART STUDIO

0938 543813

TALISMAN GALLERY

0946 650680

YACOB ART STUDIO

0911398787

TENESHUA ART STUDIO

0912202218
0965199332

YEGNA ART STUDIO

091 1711692

YONAS MILLION ART STUDIO

0912600780

ZOMA CONTEMPORARY ART CENTER

0911 249374

MUSEUM

MUSEUMS INSTITUTE OF ETHIOPIAN STUDIES (IES)

0 011 1231068

THE MODERN ART MUSEUM/GEBRE KRISTOS DESTA CENTER

0111221469

CLASSES ENLIGHTENMENT ART ACADEMY

091 1209246
091 1214892

EALLAZ INTERNATIONAL DANCE STUDIO BOLE REWANDA

011 6638198
091 1412171

HIOWT PIANO CMC ROAD

0911 218053

GUITAR PRIVATE LESSON

0911 461025

LATINO DANCE CLASSES ROCK BOTTOM GYM

091 1639332

MUSIC TRAINING PIANO TO ALL LEVELS BY SEBLE ABERU

091 1606479

MELODY MUSIC SCHOOL MODERN AND TRADITIONAL MUSIC INSTRUMENT TO ALL LEVELS

091 1409012
011 1579130

PIANO LESSONS BY TIGIST

091 1639241

PIANO AND MASINKO CLASS BY ALEMAYEHU TIBEBU

091 1629739
011 6189732

PIANO AND MASINKO CLASS BY SARON GETTIYE

091 447998

SALSA AT ALIZÉ DANCE CLASSES AT CLUB ALIZÉ

091 188 2287

VOILA FRENCH LANGUAGE ACADEMY CONTACT BENIAM ZEWDIE

091 2075115
011 6183738

TULSI YOGA BEHIND RAS AMBA HOTEL

0930-033414

HAPPYOGA WELLO SEFER TK (ELSA) BUILDING 4TH FLOOR

0913280088

USEFULL TELEPHONE NUMBERS

FIRE BRIGADE TELECOMMUNICATIONS INFORMATION

912

INTERNATIONAL CALLS

994

MOBILE THEFTS

0115506010

WAKE-UP CALLS

999

ELECTRICITY TECHNICAL SERVICES

905

WATER + SEWERAGE AUTHORITY

011 1116334
011 1550922

POLICE INFORMATION CENTER

991

RED CROSS

0115150608
0115159074

AMBULANCE CLINICS

907

ADDIS TANA HIGHER CLINIC ADWA CLINIC

011 8630661
011 1563085

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 091 1237410 011 5536074
RANK CLINIC (DERMATOLOGY)	0115535530
SANTE MEDICAL CENTRE	0114668629
SENAI CLINIC	011567576 011 4 672047 011242295/94 011 3710768 011 1112198 011 1572435
SUN OPTICS SPECIAL EYE CLINIC	011 1570232
SUISSE CLINIC	0931 52 09 52
SUNSHINE CLINIC	011 618 01 86
SWEDISH CLINIC	
T/HIMANOT HIGHER CLINIC	
TESFA MAJOR POLY CLINIC	
WGGA SPECIALIZED VISION CLINIC	

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
PS. HOME TOWN VETERINARY	0910 58 58 55
DR PATRICK'S ALL NATURAL	0946 799399
PET FOODTREATS & SUPPLEMENT	

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

LIST OF GOVERNMENT HOSPITALS AND CLINIC WHOHAS AMBULANCE SERVICE

BLACK LION HOSPITAL	0115511211
MENILEK II HOSPITAL	0111234272
YEKATIT 12 HOSPITAL	01115530 65/68
ZEWIDITU HOSPITAL	0115518085
ST.PAUL HOSPITAL	0112750125
AMANUEL HOSPITAL	0112757715

GENERAL INQUIRIES: AFALAGI	8123
	0930 033414

TULSI, AYURVEDIC	
MMASSAGE, YOGA AND WELLNESS CENTER, KEBENA, BEHIND RAS AMBA HOTEL,	

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 Sega Bete.

Dr. Mulu Abraham, 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 CHILDREN 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-Swiydesh Dental Clinic - Bole Road Awash Bank (NOVIS)
building 1st Floor Office: -011 661 4932

Dr. Yahiya Seid - Gojeb Dental Clinic - Piazza 0111 56 6521/ 156 6296

GENERAL SURGERY:

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

Dr.Tewodros Messele 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. Tliksew 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)
Medical Director/General Manager
Paragon Physiotherapy & Sports Medicine
Specialized Higher Clinic

Paragon #1. 0116461108/22 or
0118608993

Paragon #2. 0113722829/30 or
0118623626

Fax: 0116461220

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

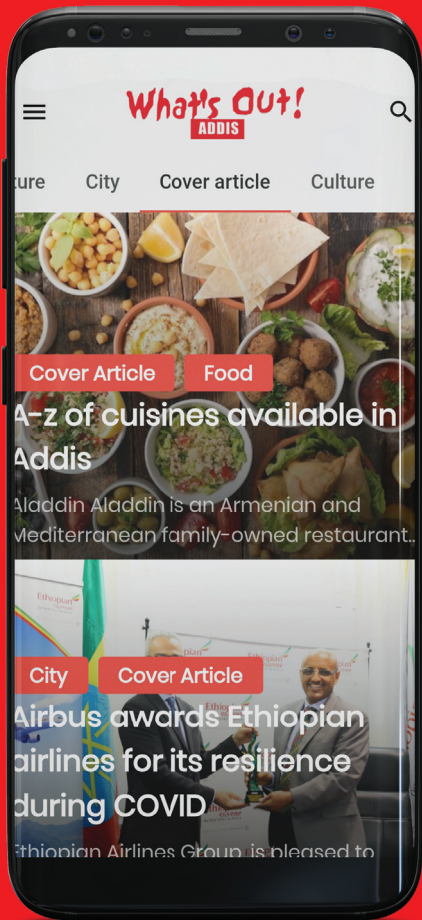
AIRLINES

BMI	011 6620815/16
EGYPT AIR	011 1564493/4
EMIRATES	011 5181818
ETHIOPIAN AIRLINES	011 6656666
FLY DUBAI	011 0667015/4
KENYA AIRWAYS	011 5518400
LUFTHANSA	011 5515666/75
QATAR AIRWAYS	011 6627781/82
TURKISH AIRLINES	011 5515076
YEMENIA	

AREA CODES

ADDIS ABABA	011
DEBRE ZEIT	011
DESSIE	033
DIRE DAWA AND HARAR	025
GONDAR	058
JIMMA	057
MEKELE	034
MOBILE	091
HAZARETH	022
SHASHEMENE	046

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out
addis**



**What's Out Addis
is now at your Fingertips**

