

what's out addis

2021, September



FRIENDSHIP SQUARE UNVEILED.

A LANDMARK DEVELOPMENT
WITHIN THE BEAUTIFYING
SHEGER PROJECT .

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Dear Friends

*Welcome to the September edition.
The rainy season comes to an end and the New Ethiopian
Year begins.*

*We profile two exciting and beautiful landscaping projects
Ambassador Park and Friendship Square and interview
amazing Batik textile artist Nunu Yilma. We also welcome
contributor Heran who will write about Well Being. Tesfa Tours
have new calendars for sale and consider taking a Ride the
Rift journey of a lifetime!*

*See you next month.
Team What's Out*

A quill pen with a yellow flower and a pair of glasses.

**POETRY
CORNER.**

WHAT IS A TREE?

By Joyce Kilmer

An oxygen maker,
a flood abater , a carbon absorber,
a climate recorder, a healthy aspect,
a place to reflect,
a nest for an owl, where Gruffalos growl,
a climbing frame,
the fuel for a flame, a soil stabilizer ,
a picnic sun-visor, a provider of fruit,
winter quarter for newts, the pages of a tome,
the heart of a home,
a pollutant filter, a neighborhood gilder,
a treatment for fever,
a stress reliever, an artists spark,
an ancient landmark,
a noise muffler, a bluetit's supper's supper,
a temperature reducer,
a primary producer,
a wind breaker,
a wood maker,
a natural sculpture,
just outside the front door.



FRIENDSHIP SQUARE UNVEILED

FRIENDSHIP SQUARE IS A LANDMARK DEVELOPMENT WITHIN THE BEAUTIFYING SHEGER PROJECT

It contains an artificial lake, a plaza that can accommodate tens of thousands of people at one time, several restaurants and areas for sports activities. The Chinese supported Beautifying Sheger Project has been transformed into an “earthly paradise” in a short period of time. So stated Afomia Solomon, an advisor for the Project, also adding that the project “has opened up green spaces in a city that was increasingly grasping for a clean environment”. The main purpose of the project is to clean the river (a 12-km long river treatment) and also to develop the riverside areas in the city for recreation. This includes Friendship Square.

The recreational avenue, which lies on around 30-hectares of land, was constructed by the Chinese construction giant, China Communications Construction Company (CCCC) and is expected to eventually accompany a Palace of Science and Technology, a wedding garden and a children’s park.



SHIP RE LED.

While Solomon is delighted at the physical structures installed inside the Friendship Square, the speed of construction by the CCCC has motivated her to double down on visions for the project. “The project was initiated by Prime Minister Abiy Ahmed two years ago. Within eight months, the first phase of the project was constructed and completed by CCCC,” she said. “It’s very amazing how a project can be accomplished in such a short period of time with this level of quality,” Solomon further added.

Addis Ababa has in recent years witnessed a rapidly declining number of green spaces, as open areas are increasingly taken up for real estate and similar other purposes. Dagmawi Fikre, a native of Addis Ababa and an employee of CCCC in the Beautifying Sheger Project, said he is glad to play a part in re-greening the city which was turning into a concrete jungle in recent years. “We are undertaking projects as the city’s name implies, we’re making it a new flower,” Fikre told Xinhua recently. “The Chinese have taught us through this project good work ethic, the importance of giving proper attention to my job and the importance of work punctuality,” he said.

Source: <http://www.xinhuanet.com/english/africa/>
Photos by Michael Tewelde/Xinhua

SOURCE: BBC Focus on Africa



BATIK ARTIST NUNU YILMA.

By Arabella Stewart

• **How did you become interested in Batik?**

"I became interested in batik after being exposed to textile art while working as a graphic designer. I have been practicing batik for the past 6 years and I continue to learn and master this ancient art form".

• **Are you a textile designer or artist by career or do you work with Ethiopian designers?**

"I am a textile artist which means my focus is on creating artwork on fabric. I usually create simple clothing with my batik fabrics such as kaftans, tunic tops, and scarfs. For the 2021 collection, I was lucky enough to work with Yefkir Designs and Fikirte created beautiful dresses and tops as well as men's shirts. I also have collaborated with Zewde & Undken in creating leather bags out of my batik fabrics".

• **How do you make your dyes- are you able to use any natural methods?**

"I currently use fiber reactive dyes which are very eco-friendly and low toxic. I also use natural bees wax that I source from bee keepers here in Addis Ababa. My dyeing process is environmentally friendly as I use cold water, salt, & soda ash (fabric detergent)".



• **Do Batik dyes adhere well to traditional Ethiopian cotton fabric?**

“Ethiopian fabric dyes very beautifully, as most of our fabrics are made out of natural fibers. All our fabrics at Ethiopian Batik are sourced from weavers here in Addis. Ethiopia has a long history in creating fabrics on traditional looms. Being able to work on handwoven fabrics, is really exciting for me as the result is stunning and does not match any machine-made fabric”.

• **In today’s world of unsustainable Fast Fashion, are your techniques and products able to be as eco and environmentally friendly as possible?**

“I recently opened a store called Hanubet with my business partner Haymanot Honelegn. Our store focuses on handmade and sustainable products. All our clothing is made by hand from start to finish. We start creating fabrics by working with weavers and then dye and paint each fabric by hand. Each piece is carefully designed and tailored to be one of a kind item. In addition to clothing, Hanubet also carries jewelry, scarfs, and home accessories”.

• **Do you teach Batik to others?**

“I currently have one assistant that is on her way to becoming a strong batik artist. I plan on giving small courses in the future to introduce batik to the Ethiopian community”.



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 dishes that delight.



ADDIS ARTS ALIVE IS BACK.

As promised the Addis Arts Alive initiative is back to delight the art enthusiasts with a theme of New beginning – Meskel Flower.

Inspired by the golden yellow flower that carpets the land in the month of September these seven artists' wish and hope will be depicted with their impression of this Ethiopian beautiful flower that will welcome the New year and say good bye to the previous year that brought tears, destructions and agony for so many. In addition to picking subjects that usually contemplated by most people like resolutions, wishes and changes that one promise in his/her life.

There is one more reason for you to visit these exhibition dear readers; we will be unveiling new talents to the art scene this year. As a co-curator of these exhibitions it is always a pleasure to work with different artists from different walks of life and I would like to thank these new artists for choosing this exhibition to showcase their creations for the first time.

THE ETHIOPIAN CALENDAR UNRAVELLED.

Keep u to date with both Ethiopian and Ferengie dates and Holidays with the Tesfa Calendar. Roll on the thirteenth month as we say farewell to 2013 and welcome in 2014 in the Ethiopian Calendar.

The origin if the Ethiopian Calendar is shrouded in the mists of time. However it is very much the same as the ancient solar Coptic calendar from Egypt, which is the oldest in history. It is believed that the famous Imhotep, the supreme official of King Djoser C.2670 B.C. played a part in the development of this calendar. Going further back the ancient Egyptians used a civil calendar based on a solar year that consisted of 365 days, without making any adjustment for the additional quarter of a day each year. Each year had 12 months and the heliacal rising of Sirius coincided with the highest point of river Nile flood at Memphis marking the first day of the year. The new year of the ancient Egyptians started on Meskerem 1 which is the date is an Ethiopian new year (which also signals the end of Noah's flood). I've always enjoyed the fact that the Kremt rains in Ethiopia are what causes the Nile to flood, and marks the New year in Egypt - which became the New Year for Ethiopia too.

This ancient Egyptian Coptic solar calendar consisted of 12 x 30-day months with five extra festival days at the end of the year. This is the same concept as the Ethiopian Calendar -13 months, 12 of 30 days each and then Pagumay at the end of the year of 5 or 6 days depending whether the year is a leap year or not. The new year starts on 11 September in the Gregorian Calendar (G.C.) or on the 12th in (Gregorian) Leap Years. The Coptic Leap Year follows the same rules as the Gregorian so that the extra month always has 6 days in a Gregorian Leap Year.

The connection between ancient Egypt and Ethiopia is unclear as the extent of territory connected to geographical names such as Nubia and Kush is debatable. However the calendar and artefacts such as the Sistrum have crossed between ancient Empty and Ethiopia so it would seem that there was a significant cultural contact.

The Tesfa Calendar is available with all the Ethiopian dates set into the western calendar. In addition to the Ethiopian dates it shows saints, days fasts, and other holidays.A must have for anyone living in Ethiopia or planning to visit. It is available from Tesfa Tours - contact calendars@tesfatours.com for more information.

Mark Chapman
Owner/Manager - Tesfa Tours
www.tesfatours.com

MODERNIST ART

IN ETHIOPIA

NEW AFRICAN HISTORIES

This 340 page book makes an important contribution to historical understandings of pan-African artistic movements and visual culture through its detailed investigation, persuasive argument and richly written style.

Elizabeth W. Giorgis is the former director of the Institute of Ethiopian Studies and the dean of the College of Performing and Visual Art of Addis Ababa University. She is currently associate professor of critical theory and criticism as well as art history at the College of Performing and Visual Art and the Center of African Studies at Addis Ababa University. If modernism initially came to Africa through colonial contact, what does Ethiopia's inimitable historical condition—its independence save for five years under Italian occupation—mean for its own modernist tradition? In this book—the first length study of the topic—the author recognizes that her home country's supposed singularity, particularly as it pertains to its history from 1900 to the present, cannot be conceived outside the broader colonial legacy. She uses the evolution of modernist art in Ethiopia to open up the intellectual, cultural, and political histories of it in a pan-African context. Giorgis explores the varied precedents of the country's political and intellectual history to understand the ways in which the import and range of visual narratives were mediated across different moments, and to reveal the conditions that account for the extraordinary dynamism of the visual arts in Ethiopia. The book details how innovations in visual art intersected with shifts in philosophical and ideological narratives of modernity. The book is available in printed format at BookWorld.

Source: <https://www.ohioswallow.com/book/>

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& EVENTS
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THE BEAUTY OF BAOBAB.

Baobab oil is obtained from the seeds of Adansonia tree.

This tree is one of the most characteristic trees of Ethiopia and other African countries and it is often called the upside down tree because it looks as though it is growing roots upwards. Baobab oil is an excellent moisturizer and ideal for numerous cosmetic applications. It is one of the few oils which is added in its raw state in cosmetic products. Baobab oil is one of the most prominent oils from Africa. Baobab Oil The fruit of the baobab tree is rich in vitamins A, D, E, and F, which makes it great for improving the elasticity of the skin while reversing and healing damaged skin.

The oil can be used directly on the skin, or combine it with other natural ingredients, like essential oils to impart certain benefits.

This enriching oil nourishes and improves skin elasticity and soothes dry skin. Also rich in omega fatty acids, baobab oil does anti-aging wonders for skin by fighting free radicals. It is an emollient that provides hydration but at the same time doesn't clog pores. It quickly absorbs into the skin without making the skin feel greasy, making it beneficial for all skin types, even oily skin.

Is your hair dry and brittle? Do you have dandruff or itchy scalp? Baobab oil can be a soothing solution to all of these problems. Its inherent moisturizing qualities, plus vitamins A, E and F help to regenerate and repair damaged hair, while soothing and healing itchy, irritated scalp. It works to improve softness and elasticity when the saturated fats and oleic acid penetrate the hair shaft, while the polyunsaturated fatty acids on the surface create a film that acts as an emollient and slip-agent, making detangling easier. Additionally, the film adds gloss and shine to your tresses, while maintaining an optimum moisture balance by minimizing diffusion of moisture into or out of hair.

www.medium.com

**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 DesuBuilding
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,
Bole
MedhaneAlem
Known for:
steak,Mexican,
Ribs,Burger,
Chickenwings,
Wraps,Sandwiches,
saladswith Spur
sauces, varieties
ofdeserts, varieties
ofhot and cold
beverages, variety
of alcohol drinks,
Separate Kids
menu. 7 days a
week

**KELI'S GOURMET
BURGER**

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

**LEMON BAR &
GRILL**

(Golden Tulip
Addis Ababa)
+251 11 617 0740
Ext: 1405
Cameron Street,
Bole Medhaniallem
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,
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

**GANGNAM
BEST KOREAN
RESTAURANT**

0939117538/
0944166490
Middle of
Rd.Bolehoes
Known for
Kimchi,Korean
style chicken
Tuesday
Sunday(6days 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

RESTAURANT

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 Canadian 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 RESTAU- RANT

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
known for:- Noodles

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

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
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
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 Kazanchis
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 Sehin Bldg, 4th Flr.
Known for: Italian food

M.C. WINE BAR GRILL & PIZZERIA
0911 253265
In the Juventus 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: Mediterranean and Asian Dishes
Closed Sun

ALADDIN RESTAURANT
011-661-4109
Off Bole Road.
Near the Japanese Embassy's Residence
Known for: Grilled meat, hummus, tabouleh
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: Mediterranean 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 including Kasanches and Sarbet) Known for: Unique styles of pizza
Late night 7 days a week

YUMMY PIZZA
0911472598/0911220100/ 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

ALEXANDRIA HOTEL

ATLAS HOTEL

BEST WESTERN PLUS
ADDIS ABABA

BOLE AMBASSADOR HOTEL

CAPITAL HOTEL

DAMU HOTEL
011-5509828/29/35

DESALEGN HOTEL /ATLAS/

DESALEGN HOTEL /BOLE/

DIAMOND HOTEL

DREAMLINER HOTEL

GRAND ELIANA HOTEL

ELILLY INTERNATIONAL HOTEL

ETHIOPIAN SKYLIGHT HOTEL

FRIENDSHIP INTERNATIONAL HOTEL

GHION HOTEL ENTERPRISE

GOLDEN TULIP HOTEL

GLOBAL HOTEL

GETFAM HOTEL

HARMONY HOTEL

HYATT REGENCY

HILTON HOTEL

HOLIDAY HOTEL

HOTEL LOBELIA

INTERCONTINENTAL ADDIS HOTEL

JUPITER INTERNATIONAL HOTEL

KALEB HOTEL

KZ HOTEL

MADO HOTEL

MARRIOTT EXECUTIVE APARTMENTS

MONARCH HOTEL

PANORAMA HOTEL

PLAZA HOTEL

QUEEN OF SHEBA HOTEL

RADISSON BLU HOTEL

RAMADA ADDIS

RAS AMBA HOTEL

RIVIERA INTERNATIONAL HOTEL
011-4197755/41/46

SABON HOTEL

SAREM INTERNATIONAL HOTEL
0111262076/86/88

SHERATON ADDIS

TIRAR INTERNATIONAL HOTEL

THE GRAND PALACE ADDIS SUITES HOTEL

UGBAAD HOTEL

HOTELS

011-4673939

011-662 3634

0911103857

011-6187432/34

011-6671414

011-6675235

011-6188284

011-6672100

011-6192000

011-6624524

011-6183030

011-6160916

0967141414

011-4674000

011-1262600

011-5587777

011-5586402

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

011-661-2081

011-6673850

0911182463

011-5180444

011-5505066

011-557 1078

011-6622200

011-662-1677

011-6611206

011-6393044

011-5184600

011-6672480

/81/82

011-6616070

011-6612200

011-6180000

011-6188281/82

011-5157600

011-6393939

011-122-8080/81



REFENTI



ABOUT REFENTI

Refenti is a mixed-used building situated in Bole Bulbula, one of the fastest-growing residential areas in Addis. With the finalization of the new road, Bulbula is less than 10 minutes away from Bole. Refenti represents grounded classic values with modern relevance that will endure the test of time.

It is a space that embodies a design representing spirited life - creating a vibrant social hub. Our commercial space particularly will represent a lively, forward-thinking curated space that is amenity and service-rich.

COMMERCIAL SPACE FOR RENT



+251 903 00 22 33



BOLE BULBULA



THE BEAUTIFUL NEW FACE OF AMBASSADOR PARK.

ONE OF THE OLDEST PARKS IN ETHIOPIA

ZANA Landscape Design and Contractor is a leading landscaping company in Addis Ababa which set out to become and was established with the vision of becoming a leading landscape design and construction company. It was started by two young Ethiopian men who were passionate about landscaping and green spaces. ZANA is dedicated to creating state of the art outdoor spaces and inspiring your interaction with nature and each other.

As a pioneer in the professional landscaping industry in Ethiopia, the goal of ZANA is to provide the utmost excellence in areas of landscape design, horticulture, landscape construction and maintenance and to exceed personal expectations creating beautiful spaces that enhance the quality of life. Later this year Zana is delighted to be celebrating their seventh year of business. Over the years, they have provided professional landscaping of residences, institutions, parks, factories, street designs, indoor landscaping and so much more.

Ambassador Park is one of the oldest parks in Ethiopia. A bid was issued by the Ethiopian government for the redesign and construction of the park and is where ZANA joint ventured with Nahiet Construction company who won the bid for the redesign. The park was constructed as per a design provided from a consultant and Zana implemented all the landscaping work including walkways, fountains and sprinkler systems, benches and the plantations whereas Nahiet constructed the building structures including a bridge and other features.

The park has recently opened to the public with a 10 birr entrance fee and it is managed by the Addis Ababa City Government River Basins & Green Areas Development Administration Agency.

<https://www.zanalandscaping.com/>



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IN NOVEMBER LAST YEAR, IN RESPONSE TO THE EFFECT OF COVID 19 ON TOURISM IN ETHIOPIA, FOUR TOUR COMPANIES CAME TOGETHER.

To stage a charity bike ride around Ankober in North Shoa creating the name RIDE THE RIFT. The event was run over the weekend with the bike ride climbing from a river bed in the Afar region up the Rift Valley escarpment to Ankober Lodge climbing over 1,500m along 30km of asphalt and gravel road. It was a huge success, raising around half a million birr for guides and cooks who had received no income for the previous 7 months; staging an event for around 50 cyclists who had an awesome weekend.

RIDE THE RIFT went on to organise two more weekends: in January camping to the Jamma gorge area, cycling along canyons in a remote part of North Shoa, and then in March camping to the Gurage Highlands which is dissected by rivers, with beautiful villages and amazing rides, runs or hikes. These weekends were enormously successful, the combination of well run camping, with good food, toilets and showers, and wonderful activities for all the family, meant everyone enjoyed these 'Escapes from Addis'.

RIDE THE RIFT is moving forward into this new Ethiopian year building on the successes of last year. In the first months of the Ethiopian year they are running tours to the Gurage Highlands (24-27 Sep) for the Meskal holiday which is so famous in the region; to the Jamma Gorges (16-20 Oct) to explore this stunning landscape when the many waterfalls are full and the crops are in the fields, and to Ankober again (19-21 Nov) for a new fundraising ride, but with a less gruelling route, and more activities spread over the weekend. For anyone looking for outdoor activities whether biking, running or trekking these adventure weekends are brilliant.

RIDE THE RIFT IS BACK.

RIDE THE RIFT is a collaborative effort by four Ethiopian tour operators to re-energise Ethiopia's tourism sector. Their aim is to introduce new destinations to travellers in Ethiopia and offer opportunities to experience the beauty of these places while participating in cycling, running and hiking activities. Five individuals from four companies have pioneered Ride the Rift: Mark Chapman of Tesfa Tours; Marco Degasper and Christian Sefrin of SimienEcoTours; Bogale Abey of Dynasty Ethiopia Tours; and Richard Nerurkar of Ethio Cycling Holidays. Between them they have many decades of experience of working in Ethiopia, organising trekking, cycling and running tours and events, and developing community tourism where relationships from village to local government level are carefully managed. All share a passion for Ethiopia and want to encourage more people to see this remarkable country.

The start of the 2020 Ride
the Rift challenge Ride to Ankober
Fertile ;and near Ankober - beautiful cycling
Cycling along the red earth in Gurage Highlands
Rivers dissect the Gurage country
Camping with a view- Jamma Canyons
Cycling along the Jamma Canyons Mark Chapman
Tesfa Tours Supporting Community Tourism in Ethiopia
mark@tesfatours.com



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Ethiopia

A woman with dark hair, wearing a black long-sleeved top and a colorful patterned skirt, is sitting on a purple yoga mat in a lush garden. She has her eyes closed and her hands in a mudra position, appearing to be in a meditative state. The background is filled with green foliage and pink flowers.

YOGA & WELLBEING

OBSERVE THE MIND ... LISTEN TO THE BODY AND FREE YOUR SPIRIT

Heran Tadesse was born in Ethiopia, adopted and raised in the Netherlands. After spending over 20 years in the West, she repatriated to her roots in Addis Ababa in 2010. Heran was lucky enough to reconnect to her birth family, maintain good relations with her adoptive family and to become a mother of 3 children.

As an 18 year old university student of Nature Conservation and Tropical Forestry in the Netherlands, Heran was first introduced to Hatha Yoga. This branch of yoga teaches us how to channel the life force that is awakened, during the breathing exercises, the postures and meditation in a gentle manner and helps balancing the opposites within us.

Heran started practicing yoga 20 years ago and yoga slowly became a lifestyle on and off the mat. In 2014 Heran was certified to teach Prenatal and Postnatal (Pregnancy) Yoga. Practicing yoga greatly helped during her own pregnancies, deliveries, motherhood and life overall. In 2017 Heran obtained a Kemeti Yoga certificate in Egypt and in 2020, Heran was certified in Afrikan Yoga in Kenya. Heran has been teaching yoga in Addis Ababa for 7 years now.

Yoga is all about uniting and aligning the body, mind and spirit. The more true we can be towards ourselves, accept ourselves and love ourselves with integrity, the stronger the foundation and the higher the chances are for us to grow into the best versions of ourselves, to live our best life, fulfill our dreams with inner peace, love and happiness.

In Ethiopia, there often is a fear that yoga and meditation could be against religion. However, yoga is a mind-body practice, a non-competitive discipline, which uses breath control, meditation and postures for increased health and relaxation. The better we feel in our own skin, the more we can love life and the people around us. The more calm and focused we are, the deeper we can dive into our belief systems, into prayer and all aspects of life.

Contact Heran:

herantadesse@gmail.com

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



TURMERIC.

This golden spice has been used for its medicinal, antioxidant, and anti-inflammatory properties for thousands of years. Turmeric tea or turmeric latte is one popular form of consuming turmeric. It has a unique but subtle flavour and is a great way to reap the health benefits of turmeric.

Ethiopia turmeric is a spice from the same family as ginger and it thrives in warm subtropical temperatures and requires a high level of rainfall to grow well which conforms to the agricultural south of Ethiopia. The rhizomes are the main producers of powder that serves as culinary additives. In Amharic culture, the yellow powder is common as a food spicing curry. Its mildly bitter taste is what makes the rhizome a major export from the country. The crop had its original home in southern Asia.

Turmeric (*Curcuma longa* L.) is one of the most widely grown spice crops in the southwestern part of Ethiopia. Tepi located just over 600km from the capital Addis Ababa claims to be Ethiopia's centre for turmeric. Turmeric has become one of the most important cash crops in Ethiopia.

Ethiopia rhizomes, (usually the mother seed) are cured either through boiling in pure water or by drying them under the hot tropical sun. The best curing usually hardens the product, and provides better distribution of fresh color in the herb. Each boiling or dry curing process takes place no more than a few hours to ensure the pigment is not destroyed.

Turmeric Sauce, also known as Aicha Kulet- is made up on onions, olive oil, turmeric powder, garlic and ginger. Traditionally, Turmeric Sauce is used as a base for making mild stews (lentils, split peas and meat), and veggies dishes – Just Mix the Turmeric Sauce with lentils, meat or veggies, and some water; cook until the lentils veggies or meat are done; and add salt to taste. The Turmeric Sauce can also be a great addition to your soup, slow cooker or veggie stir-fry recipes. Photo: Boiled turmeric drying in Bajika Village, Tepi

Source: SITA



THE NOBLE CUP MAKING GIRLS LIVES EASIER.

Sara Eklund, whose mother is an Ethiopian entrepreneur and father is an American member of the Peace Corps is the visionary behind introducing the Menstrual Cup to Ethiopian women. A simple cost-effective device and environmentally friendly too.

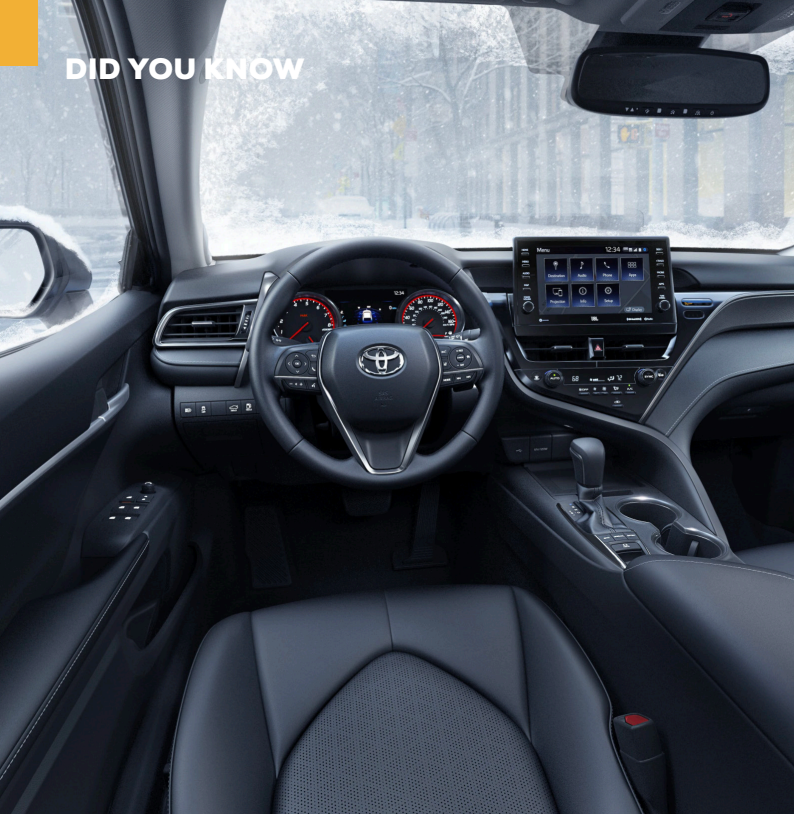
In Ethiopia, 25% of girls do not use any menstrual health products during their periods, often due to the high cost of disposable pads. According to Sara, many Ethiopian girls use rags, newspapers and sometimes cow dung as homemade alternatives to pads, which result in discomfort and infections. Schools often don't have private bathrooms, running water or trash facilities, making it difficult for girls to wash and dispose of their menstrual products. Because they are unable to manage their periods while at school and must return home, 17% of girls in Ethiopia have reported missing class while on their periods.



Sara founded Noble Cup, which produces and distributes menstrual cups. Through interactive workshops across the country, the organisation teaches women and girls about their reproductive systems, cycles and cramps. They also distribute their own brand of menstrual cups – the first of their kind in Ethiopia. They are less expensive than pads or tampons because they can be reused for five years. They don't create waste, which is important when adequate garbage disposal facilities are sparse. And they require less water to clean than cloth rags, a critical concern in countries that face water shortages, like Ethiopia.

Nobel Prize Laureate Malala Yousafzai was among those who joined a Noble Cup workshop at a high school in the capital Addis Ababa. "I want girls to be able to reframe the conversation around menstruation in their communities and society as a whole," says Eklund and wants her organisation to be accessible for young women – that's why she works to make their branding cute and fun. Noble Cup's slogan, "ሁሉም ንግስቶች ይደግሉ," translates to "Every queen bleeds; I am a queen, you are a queen, the girl who's cleaning up the street is a queen, your mom is a queen, President Sahle Work Zewde is a queen." One Ethiopian girl at a time through Noble Cup, she can normalise the conversation around periods.

www.noblecup.com



WHY DOES MY CAR FOG UP?

One of the safety and comfort problems when driving is the thermal and visual effect of the air conditioning system. During the winter season it is in high demand. We should first check the operational status of each component in order to use the AC system depending on the weather condition. Your vehicle may fog up covering the whole window in the cold season thus during this season we must use the specified AC system in order to eliminate fog and control the temperature in the car.

Check the following:

1. Under the hood check for AC mounting bolts & service mounting ports.
2. While engine is running and AC switch is on check if the AC clutch engages or not.
3. Blowing only cold air? Check for refrigerant level and pressure in the system using appropriate device.
4. Check for knocking and rumbling sounds in the vicinity of the compressor.
5. Check that the condenser and radiator are free from obstructions that could reduce air flow and efficiency of AC.

To ensure optimum air conditioning performance, you must examine these individually and contact your technician if it needs additional inspection and maintenance.

Dave Auto Light Vehicles mobile garage
0919-84-70-74/0913-62-82-31
dawit.tedela98@gmail.com

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



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INGREDIENTS

- ½-1 TEASPOON OF GROUND TURMERIC
- ½ TEASPOON OF GROUND GINGER
- ½ TEASPOON OF GROUND CINNAMON
- 200ML ALMOND MILK OR OAT MILK
- SWEETENER
- WHISK ALL IN A PAN ON A LOW HEAT UNTIL FROTHY

ENJOY !!

ART INSTITUTIONS GALLERIES IN ADDIS ABABA

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

HEALTH SERVICES

CLINICS

AFRICA HIGHER CLINIC 1 AMERICAN MEDICAL CENTER	011 2751360 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)	
SANTE MEDICAL CENTRE	0115535530
SENAI CLINIC	0114668629
SUN OPTICS SPECIAL EYE CLINIC	0111567576
SUISSE CLINIC	011 4 672047
SUNSHINE CLINIC	0111242295/94
SWEDISH CLINIC	011 3710768
T/HIMANOT HIGHER CLINIC	011 1112198 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

LIST OF GOVERNMENT HOSPITALS AND CLINIC WHO HAS AMBULANCE SERVICE

BLACK LION HOSPITAL	0115511211
MENILEK II HOSPITAL	0111234272
YEKATIT 12 HOSPITAL	01115530 65/68
ZEWDITU 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,	
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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 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-Swiydesh Dental Clinic - Bole Road Awash Bank (NOVIS) building 1st Floor Office: -011 661 4932

Dr. Yahya 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. Theodoros 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 Gokken, 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

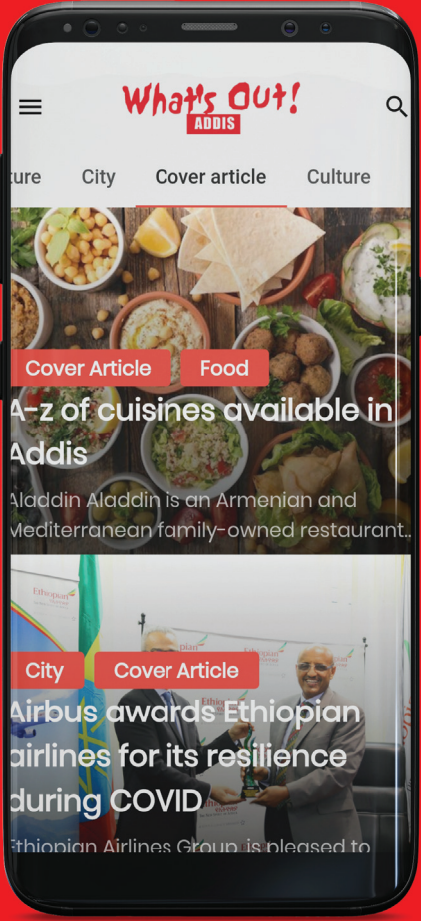
ORTHOPAEDIC AND TRAUMATOLOGY

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	AREA CODES
BHW	011 6620815/16
EGYPT AIR	011 1564493/4
EMIRATES	011 5181818
ETHIOPIAN AIRLINES	011 6656666
FLY DUBAI	011 06670154
KENYA AIRWAYS	011 5518400
LIFTTHANSA	011 5515666/75
QATAR AIRWAYS	011 6627781/82
TURKISH AIRLINES	011 5515076
YEMENA	011 5515076
ADDIS ABABA	011
DEBRE ZEIT	011
DESSIE	033
DIRE DAWA AND HARAR	025
GONDAR	058
JIMMA	057
MEKELE	034
MOBILE	091
HAZARETH	022
SHAGHEHENE	046

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out
addis**



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is now at your Fingertips**

