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## Dear Friends

We are so excited to be back in Print while still maintaining our online presence. Lots of great articles and information to share as usual plus this month we welcome several new contributors who will be gracing our pages with information on their subjects of Well Being Art/Culture and Fashion. Including Jasser Bagersh who will be enticing us each month with delicious personal recipes - the hummus recipe this month is simply mouthwatering! We will also profile new books every month that you can buy locally at Book World as well as features on Beauty and City Life and Events such as the exciting upcoming Bag Show!

Team What's Out

# POETRY CORNER

#### A TIME TO BELIEVE

by B.J. Morbitzer

To believe is to know that every day is a new beginning. Is to trust that miracles happen, and dreams really do come true.

To believe is to see angels dancing among the clouds,
To know the wonder of a stardust sky and the wisdom of the man in the moon.

To believe is to know the value of a nurturing heart, The innocence of a child's eyes and the beauty of an aging hand, for it is through their teachings we learn to love.

To believe is to find the strength and courage that lies within us When it's time to pick up the pieces and begin again.

To believe is to know we are not alone, That life is a gift and this is our time to cherish it.

To believe is to know that wonderful surprises are just waiting to happen, And all our hopes and dreams are within reach

If only we believe.



Ladies and gentlemen, it's the time to dust out your favourite clothes and shoes to dress up; the Bag Show is back with another exciting event!

Even during this pandemic stricken time, the Bag Show is here once again to offer some magical cheer. The Bag Show since its launch a few years ago, gives a platform to both the established and the upcoming top leather bag designers in Ethiopia, to push the envelope in-terms of creativity and showcase their latest bag collection. This year will not be any different; we have an array of designers, some who are very new to this arena but what the designers all have to offer will blow your mind.

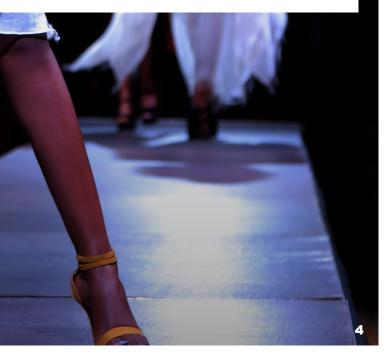
If you are unfamiliar with The Bag Show, it's an event that raises funds to feed children from a charity organisation called Our Father's Kitchen. The funds are raised through bringing the top leather bag designers to one platform where they showcase their work. The event starts with a fashion show and thereafter a pop-up shop where you can purchase the leather bags. The pop-up shop runs for 2 days.

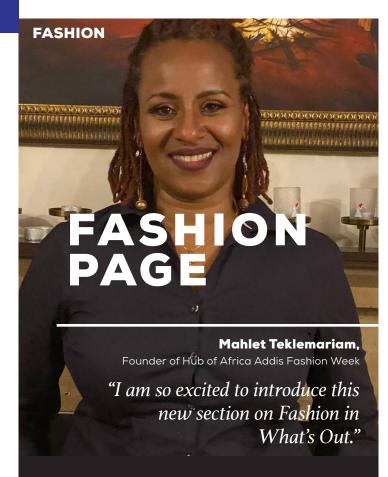
The Bag show this year will take place at the Sheraton. It will be divided into two; the fashion show on Saturday the  $10^{\rm th}$  of April 2021 from 10 am – 11:30 am and the pop-up show which will be open till 4 pm. The Pop-shop will also be open on Sunday  $11^{\rm th}$  of April 2021 from 10 am – 4 pm. This is a show you definitely will not want to miss.

#### For More Information:

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As some of you might know, I am the founder and organizer of Hub of Africa Addis Fashion Week, which is held in Addis Ababa, Ethiopia annually, promoting the African fashion industry for the past 10 years.

Just to give you a little background about myself; I worked with Tadias, an Ethiopian American Lifestyle Magazine based in the USA as their Fashion Page Editor. At that time, I had the honor of introducing famous Ethiopian designers like Amsale and others.

With this new opportunity and the fast-growing African fashion industry, there will be so much to share with you and I look forward to bringing to light interesting and exciting developments in the fashion industry!

While planning this first edition, I felt I should share where my passion and inspiration to promote the fashion industry comes from.

It all started with my mom, who used to knit, crotchet and sew our clothes. There were six of us - two girls and four boys. She loved making a lot of things by hand and enjoyed it. So, my first interview starts with my mom by digging deep into where her passion and inspiration came from as well as to have an idea what fashion was like in Ethiopia during the 60s and 70s.

Please look out for it on the next edition.

www.hubfashionweekafrica.com info@hubfashionweekafrica.com



Dream Weddings Dream Wellings Hold your fairy tale and romants wedding at Radisson Blu Hotel Addis Apaba!

Piano Music Night Enjoy our popular piano music evenings every Tuesday, Wednesday, and Thursday and escape the stressful work week!

Friday Blend Night Unwind with us on Triday nights at the Radisson Blu. DJ Tikese will be playing all your favorite sounds!



HOTEL, ADDIS ABABA

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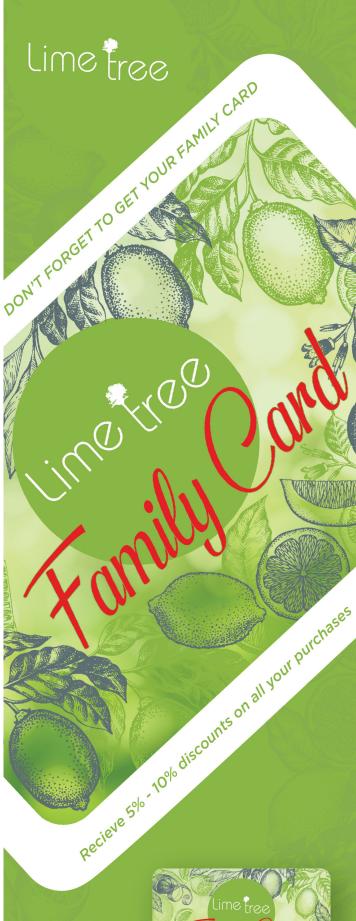


A large green space with fun activities, games, foods, products and entertainment The vision of this project is to create a little piece of Ethiopia; a place where parents can come with their children to enjoy a day of nature, beauty and relaxation. As well as cultural activities, games and food, children of all ages can enjoy face painting, pottery and cotton spinning among other activities.

The founders of this Culture Restoration project are Ethiopian artists Hamere Mulugeta and Yoseph Weldeamanuel. They have a vision to develop additional centers in other parts of the country. Currently they are also involved in producing a children's TV show focused on creativity, recycling and art.

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# WHAT IS THE MESKEL SQUARE PROJECT

Meskel Square is know most notably for the annual Meskel celebration every Sept 27th - long ago it was an actual green square but as more cars appeared on the roads, a junction of vehicles crisscrossing from all directions took precedence. Prior to the new development, Meskel Square was also known however for impromptu football matches and joggers at all times of the day as well as people just hanging out; renamed Revolution Square for a period during the Derg period. It is probably considered the most famous square in Addis even though it isn't really a square anymore!

Today, the area is officially known as the Meskel Square Municipality Rehabilitation project and part of Prime Minister Abiy's Greening of Addis beautification project. There are around 5,000 Chinese and Ethiopian construction workers and it still resembles a construction site within a deep crater but when completed (no date confirmed yet although it is more than half way completed), it will contain an artificial lake, moveable trees, artificial lights and a massive underground parking lot to accommodate vehicles (1,400) of anticipated visitors. The design will have vehicles travelling under the surface of the square leaving the ground level free for pedestrians.. The project will also include six LED screens and around 30 retail shops, a library, café and restaurants and statues which are registered by UNESCO highlighting the cultures and traditions of all the nations and nationalities within Ethiopia. It will offer both retail and recreation aimed at people of all ages to come and spend the day enjoying their time.

Although the construction has been undertaken by the Chinese, the whole complex design was created by three Ethiopian architects.



## **Iftar with Chef Hani**

Immerse yourself in our special Iftar offer featuring a unique blend of Arabic specialties and Ramadan favorites at The Kitchen restaurant or book your corporate iftar in one of our event spaces.

For more information: Tel: +251 115 17 1234 addisababa.regency.hyatt.com

# RIDE THE RIL AND EXPLOS THE BEAUTY THE ETHIOP LANDSCAPE

'Ride the Rift' is a pioneering partnership of four Ethiopian tour operators launching exciting and adventurous outdoor and cycling tours across Ethiopia. It is their vision to promote new outdoor destinations and activities for the domestic market and it is a great opportunity to make new friends





# FT RE OF IAN

Ride the Rifts latest adventure went to the lush green highlands of the Gurage region, another of Ethiopia's hidden gems within just a three-hour drive from Addis. Ride the Rift tours allow participants to to enjoy some exhilarating cycling, running and walking in landscapes that in any other country would be considered as Areas of Outstanding Natural Beauty. The beauty of the scenery is matched by the warmth and hospitality of the local people. You get the chance to visit the homes of local residents one whose only complaint recently when visited was "Why didn't you tell us in advance so that we could prepare a ceremony for you?!"

Follow them on Facebook www.facebook.com/ ridetherift2020/ www.landpage.co/ridetherift-springbreak

Call: 092 160 2236

Email: ridetherift2020@gmail.com







RECOGNIZING ETHIOPIAN CINEMA

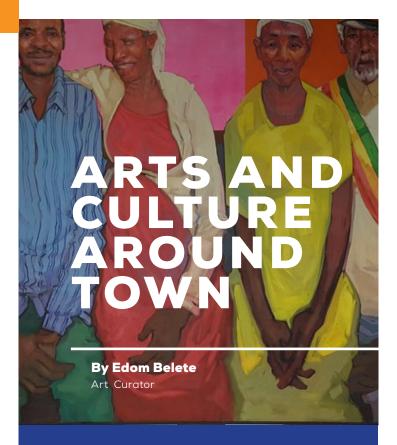
**By Rahel Berhane** 

The 7th Gumma Film Award is an Ethiopian movie award, with the sole aim of acknowledging and honoring the best Ethiopian performing films and artists. It is exclusively sponsored by Bedele Special.

Ethiopia cinema and the Ethiopian film industry in general is a relatively recent phenomenon in Ethiopia. The Ethiopian film industry is growing but still faces challenges that have prevented it from fully flourishing. Historically, live stage theater enjoyed more popularity in Ethiopia and created a handful of relatively successful stage actors.

More than 75 Ethiopian movies were produced during the 2011-2012 (Ethiopian calendar) and of these, 45 films were registered and will be nominated in 18 different categories to receive the Gumma Film Award. Last year the Best Film of the year 2011 went to Yelomi Shita. Solomon Bogale took home Best Actor and Elizabeth Melaku took home Best Actress awards of the year. One of the leading categories among the Gumma Film Award is one given for Lifetime Achievement; last year it went to 88 year old director Michel Papatakis, who created Ethiopia's first 35mm color film called Gumma, during the reign of Emperor Haile Sellasie I.

According to the organizers, Gumma Film Award envisions cultivating and scaling up the Ethiopian film industry to a world class standard, with the vision of creating a platform for Ethiopian films to promote Ethiopian culture, values and stories worldwide. The Gumma Film Award was created by director Yonas Berhane Mewa, founder and owner of Ethio Films Production.



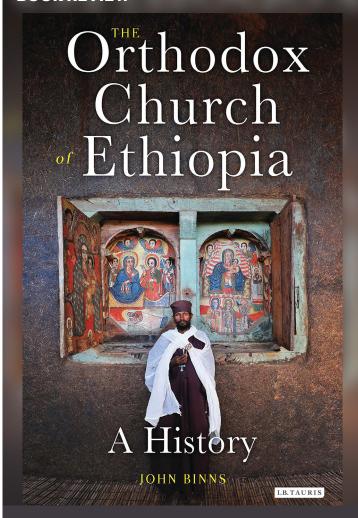
The months of February and March have graced us with artistic and cultural events that have revived the city's spirit since the beginning of COVID-19 which preoccupied our minds.

Music festivals able to bring the South African Artist Master KG and the Tanzanian Artist Diamond PlatnumZ have been a part of the city's spiritual revival that followed the release of the long awaited album from Tilahun Gessess. This was followed by several festivals throughout the city to celebrate the Battle of Adwa and the start of the Orthodox pre Easter 55 day fast.

Visual art galleries have also been a part of the hype in different locations across Addis, including the second art exhibition of the Addis Arts Alive initiative that was presented at the Hyatt Regency of Addis Ababa by Prologue BCW Marketing: a solo exhibition of Seyoum Ayalew (the first after eight years), and then the Adwa series of exhibitions at the National and Addis Ababa museums followed by others.

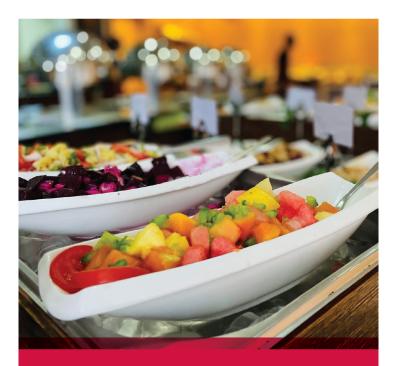
The annual Artisan and Designer bazaar took place at the Golf Club and the SheCovery Festival held at Zoma Museum was also a reminder that we needed these type of outings, entertainment and spoil ourselves while also encouraging the artists and artisans.

At last we are eagerly anticipating the Art Sale Bazaar at the Hilton Hotel on the 27th and the 28th of March that will have more than 100 visual artists participating, along with the Pioneer Veggie and Vegan festival in mid April.



The Orthodox Church of Ethiopia: A History A must-read book on the History of Ethiopian Orthodox Christianity that Shaped Ethiopia as a country. Author John Binns is Visiting Professor of Eastern Orthodox Studies at the University of Cambridge and Priest of Great St Mary's, Cambridge (UK). He serves also as Chairperson of the charity Partners for Change to Ethiopia.

Surrounded by steep escarpments to the north, south and east, Ethiopia has always been geographically and culturally set apart. It has the longest archaeological record of any country in the world: indeed, this precipitous mountain land was where the human race began. It is also home to an ancient church with a remarkable legacy. The Church of Ethiopia is the only pre-colonial church in sub-Saharan Africa; today it has a membership of around forty million and is rapidly growing. This book is the first major study of a community which has developed a distinctive approach different from all other churches. John Binns explains how its special features have shaped the life of the Ethiopian people, and how political changes since the overthrow of Haile Selassie have forced the Church to rethink its identity and mission. He discusses the famous rock-hewn churches; the Ark of the Covenant (claimed by the Church and housed in Aksum); medieval monasticism; relations with the Coptic Church; centuries of co-existence with Islam; missionary activity; and the Church's venerable oral traditions of poetic allegorical reflection. Available at BookWorld locations around Addis



## Say hello to a delicious fasting season.

Ethiopian food is one of the most exciting cuisines in the world and during this fasting season a wonderful array of fasting delicacies are served up on Injera.

Use this opportunity to enjoy our delicious fasting buffet starting from **12 noon till 15:00 hours** at our Chefs Club restaurant located on our first floor.



New Chef Announcement: We are delighted to introduce to you our award winning Chef, Mr. Hilal Kaafarani, who recently joined us and brings over 20 years of top-notch culinary experience! We're excited to showcase the new dishes that will land on our new season's menu.



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# **SLEEP IN THE** STILLNESS OF THE **MOUNTAINS**













19\$ per person



e Ranch (2 rounds) 100 birr



149\$



Rope Course (1 round) 500 birr



500 birr



100 birr

Archery (10 arrows)

Wall Climbing (1 round) 200 birr

Paintball (25 paintballs) 200 birr

Starting from 750 birr

## **GROUP DISCOUNTS ARE AVAILABLE**





# CONGRATULATIONS TO SOLIANA;

# WINNER OF AFRICAN CODE CHALLENGE





10 years old Ethiopian Soliyana Giza has won the 2020 AfriCAN Code Challenge (ACC) competition a newly launched continent-wide tech competition where young people were invited to create an educational computer game. According to organizers Soliyana's submission called "Mathstainement" won the Pan-African prize. The ACC competition invited youths to create an educational computer game. She won first place for the Pan-African prize with participants from 54 countries of which the top 3 contestants were all females aged 10 – 16 years, with Soliyana aged10 years old. Children from 54 countries shared their vision about future education with their entries. Soliana showed ability with her game design to devise a project that would solve community issues by coding and communicating. Her work also included an awareness about Covid-19.

The AfriCAN Code Challenge is an exciting AfriCAN Code Challenge where youth aged 8 – 16 were tasked with coding a game using the Scratch programming language that connects with the 'Courageous Coders' theme to answer the question: "How will your tech change the future of education?"

In her video presentation Soliyana explains that her appris not only a game," but also "creates awareness about COVID-19."

Check out her inspiring project here: https://voutu.be/v-\_3D7Nui2A4







for What's Out let me first

Before I sta<mark>rt writing for What's Out, let me first</mark> introduce myself:

My name is Deborah Lundstrom. I am a holistic life coach, Ayurvedic Practitioner and yoga instructor. In 2013, I opened the very first Ayurveda and Yoga center – Tulsi, Ayurvedic Massage, Yoga and Wellness Center PLC. in Addis Abeba, Ethiopia. Tulsi is an oasis for regeneration and continues to offer a range of services dedicated to bringing peace and harmony to individuals of different demographics.

I had a good reason why I named the center "Tulsi".

Tusli or Holy Basil is a medicinal plant used in Ayurveda.

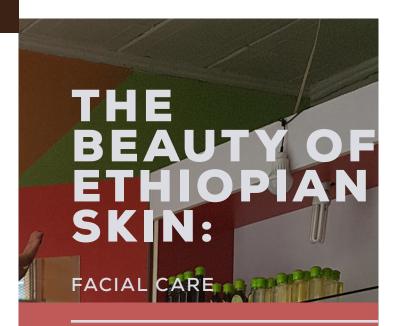
Tulsi is considered an adaptogenic herb, meaning it can help adapt the body to stress and boost energy. In alternative medicine, tulsi is typically used for anxiety, stress, and fatigue, and may be used in herbal formulations to help treat lots of other ailments.

At Tulsi Wellness Center we believe that Health or Wellness is not just the absence of disease but an active expression of life. We have been teaching the tools of a balanced and holistic lifestyle to our clients for the past 8 years and we hope to continue to do so.

Our aim is to facilitate efforts that strive to encourage the participation of individuals and communities of all

the participation of individuals and communities of all ages and backgrounds in activities resulting in not only a physically and mentally fit society, but also serve as a foundation for positive outlooks and peaceful coexistence within the population.

Tulsi, Ayurvedic Massage, Yoga and Wellness Center 251 118.960.822 / 251 930.033.414 info@tulsiaddis.com/ www.tulsiaddis.com



The Quruh Qasil is an all-natural Herbal Facial Mask. It helps to Restore and Control moisture and ensure that your skin has a balanced complexion.

Quruh Qasil, will sooth and moisten dry skin, smoothen wrinkles, and remove any dark spots on the skin. It also helps to relieve clogging of the skins pores, as it encourages the removal of heat and dust, leaving the skin refreshed and restored.

Ethiopian Skin Beauty Secret is a start-up business that specializes in hand-made organic beauty products: herbal soaps, hair, treatments, lotions and many more products. There are three shops in Addis. Yordanos Goushe is the entrepreneur who founded this business in natural beauty.

www.esbsecret.com/ phone:0911459537 yordanosgoushe@esbsecret.com ethiopianskinbeauty@yahoo.com





The Addis Ababa transport authority said it has finalized preparations to replace 10,500 blue and white Lada taxi cars with new ones. The authority recently signed an agreement with associations to replace the classic Lada taxis - they are more than 50 years old.

According to Engineer Sitotaw Akal, head of Addis Ababa transport bureau, the Commercial Bank of Ethiopia (CBE) has made available a 6 billion birr loan for the associations

The new and updated taxi vehicles will resume services within the coming four months.

Source; Ethiopian Express News

## **HILTON ADDIS ABABA**

# HOLIDAY MAGIC

**BookWorld** 

From April 3, 2021

**Books & Goodies Sale** 





# April 4, 2021 Easter Sunday Family Brunch

Come and enjoy our Easter Sunday Brunch featuring a lavish buffet including complimentary sparkling wine, house wine and beer as well as live entertainment.

#### For Your Little Ones

Easter Egg Hunt

April 3 - May 2, 2021

Easter Cakes and Confectioneries at our Pastry Shop

May 2, 2021

Easter Sunday Brunch at Gazebo - Restaurant on the Park

Special Staycation and Suite Delight Offers

Advance reservation is required. For more information, please contact: +251 115 170000, Ext 895 or email us at reservations.addisababa@hilton.com

# STREET HEART TWO CONTINENTS, ONE BEAT.

A street-art competition has been launched by the Delegation of the European Union to the African Union. The initiative will involve street artists from Africa and Europe to visualise dialogue, open-mindedness, human dignity, and mutual respect between Africa and Europe. Through the universal language of art the aim is to bring the two continents together.

Street artists from any European Union or African Union member state over the age of 18 can apply. Candidates are requested to propose a creative concept and adapt it to two different areas as indicated in the guidelines. Four winners will be selected – two from each continent. They will be invited to perform their creative work on the streets of Addis Ababa, in May 2021; in celebration of Europe Day (9 May), Africa Day (23 May) and the year of Culture of the African Union. The costs of their trip will be covered and each winner will receive €3,000.

The artwork should draw its inspiration from the shared values and goals that are reflected in the Africa EU partnership. It should also illustrate the cooperative principles that bind both Unions, in a positive and optimistic outlook of a common future. The applicants should provide a portfolio demonstrating past experiences with similar projects as well. Through this competition, the EU Delegation to the African Union wishes also to provide a message of support to artists and the creative sector.

The deadline for applications is 4th April 2021.

To find out more about the competition, its guidelines and to participate, visit https://africa-eustreetheart.eu\





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





# **HUMMUS**

BY YASSER BAGERSH, Lime Tree's head cook.

I'm in the kitchen almost daily; either cooking a meal at home, at one of the restaurants helping my team or catering at someone's home. I have found that the meals I enjoy consuming the most are the ones that are also the easiest to make. At home, I go out of my way to cook using locally sourced ingredients which guarantees freshness.

This month, I would like to share with you my very easy to make hummus recipe. I usually make pita bread at home or I cut up carrots to dip in the hummus. I always have hummus in my fridge because it's easy to make, it's a healthy treat and I can find all the ingredients in Addis!

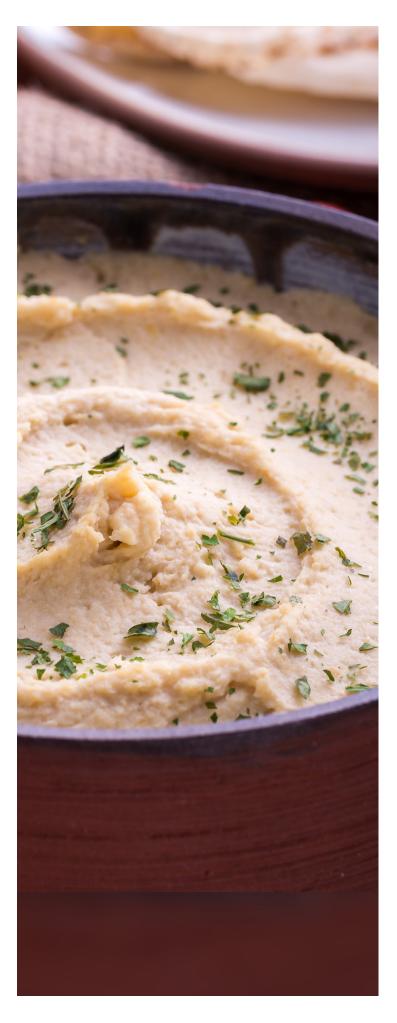
#### **INGREDIENTS**

- 2 CUPS OF BOILED CHICKPEAS
- ½ CUP OF TAHINI (SESAME PASTE)
- 2 TABLESPOONS (AND 1 TEASPOON) OF EXTRA VIRGIN
- OIL (BUT ANY OIL WILL DO)
- 3 TABLESPOONS LIME JUICE
- 3 TABLESPOONS OF WATER (IF NEEDED)
- 2 CLOVES OF GARLIC
- ½ TEASPOONS OF SALT
  - 1/2 TEASPOON OF CHOPPED PARSLEY (FOR GARNISH)

#### **PREPARATION**

It's an easy one step process! Put all the ingredients (except the water, the parsley and the 1 teaspoon olive oil) in the blender and process until it's smooth. Add as much water as necessary until you have the consistency you desire.

Spoon the hummus into a bowl and drizzle over one teaspoon of olive oil and sprinkle on parsley for garnish. Serve with pita bread, crackers, carrots or celery sticks.



ART INSTITUTIONS GALLERIES IN ADDIS ABABA			
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INSTITUTIONS	CHILOTA STUDIO 011 5170000 0911227294	MUSEUMS INSTITUTE OF	0 011 1231068
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0911401308	0912600780	ADDIS TANA HIGHER CLINIC ADWA CLINIC	011 8630661 011 1563085
	ZOMA CONTEMPORARY ART CENTER 0911 249374		

#### **HEALTH SERVICES CLINICS** Betel Funeral Arrangements 091 120 5731 AFRICA HIGHER CLINIC 1 AMERICAN MEDICAL CENTER 011 2751360 0116678000 /04/07 0919198287 Lebeza psychiatry Consultation Dr Asmeret Andebirhan (MD, Psychiatrist) +251-181522929 +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 Building Dr. Abebe Desta, Internist: Brook Clinic Sar bet: - 011-3725861 011 5514470 011 5533453 011 6616229 011 5513435 011 5515151 BETHZATHA CLINIC BLUE & WHITE CLINIC BROOK CLINIC CHILDREN'S CLINIC 011 3711515 CHRISTINA CLINIC 011 5152020 Prof. Kebede Oli, Cardiologist & owner of Landmark Hospital Land Mark Hospital 011-552-5463 DR JONATHAN BANES 0910 0716 84 CLINICAL PSYCHOLOGIST ETHIOPIA HIGHER CLINIC 011 1550088 PEDIATRICS: Dr. Alan Karibian, Senior Pediatric Consultant (speaks Amharic well) Pediatric clinic: (011) 551-4696 Dreamliner hotel.\*Near Mulushewa FUTURE INTL 011 2770064 ICON CENTER OF SPECIAL 0911-864672 SURGERY (DR. TEWODROS) Dreaminer note: Near Muissnew 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 INTERNATIONAL CLINICAL 011 5529252 LABORATORIES MARTI SPECIAL DENTAL 011 6181262 OBSTETRICS/GYNECOLOGY: Dr. Mekonnen Bekele, M.D., OB/GYN ADDIS MATERNITY AND CHILDERN HOSPITAL OI1-124-5345 OR 48 Dr. Samia Ibrahim, MD, OB/GYN Kadisco General Hospital Tele: -0116-298904 /02 SAINT GABRIEL GENERAL 0911-31-6012 HOSPITAL DENTISTRY PEDIATRIC CLINIC 0921 787120 0115514696 091 1237410 011 5536074 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 RANK CLINIC (DERMATOLOGY) SANTE' MEDICAL CENTRER 0115535530 SENAI CLINIC 0114668629 Dr. Yahiya Seid - Gojeb Dental Clinic -Piazza 0111 56 6521/ 156 6296 SUN OPTICS SPECIAL EYE CLINIC SUISSE CLINIC SUNSHINE CLINIC SWEDISH CLINIC T/HIMANOT HIGHER CLINIC 0111567576 011 4 672047 0111242295/94 011 3710768 011 1112198 011 1572435 GENERAL SURGERY: Dr. Abraham Asnake, General surgeon Kadisco General Hospital, Medical director Tele: -0116-298904 /02 Tele: -0116-298904 / O2 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 011 1570232 TESFA MAJOR POLY CLINIC WGGA SPECIALIZED VISION CLINIC 0931 52 09 52 011 618 01 86 ANIMAL CLINICS OPTHALMOLOGIST: Dr. Fekade Mengistu, OphthalmologistBole Eye Care Center: - 011-663 9405 Dr. Tilksew Teshome, Ophthalmologist and retinologist- Biruh Vision specialized Eye clinic 0116463977 on CMC Road in Ethiopian Athletics Federation Building, 1st Floor 0911 665830 091 1210204 011 6544756 091 1683002 011 6291877 091 1247335 SHALOM VET CARE CLINIC OLD AIRPORT CLINIC MOBILE VETERINARY 091 120 9993 0911247355 Dr. Wondu Alemayehu, Ophthalmologist Office phone- 0115159863 Located at the Dembel building. CLINIC P.S. HO P.S. HOME TOWN VETERINARY 0910 58 58 55 DERMATOLOGIST: Dr. Fuad Temam, Dermatologist, Fellowship in US, Director of ALERT hospital Kadisco hospital: - 0116-298904 DR PATRRICK'S ALL NATURAL PET FOODSTREATS &SUPPLEMENT 0946 799399 ENT SPECIALIST Dr. Es-hak Bedri, MD., ENT-Surgeon, Onthorio clinic: - 011-850-2473 **HOSPITALS** 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 011 5513205 011 6624488 011 6295420/28 011 6613622 0116623439 0116454697 /04 0114424680 /81 0115525719 0911243274 0116634720 0116298904/02 0116-29-5421-27 MCM MEDICAL CENTRER ST GABRIEL ST GABRIEL YEKATIT 12 ST. YARED INTL CARDIOVASCULAR LAND MARK HOSPITAL ADDIS SPECIALIZED CARDIAC KADISCO GENERAL MCM KOREAN ORTHOPAEDIC SURGERY Dr. Eric Gokcen, MD - US Board Certified Orthopaedic Surgeon The CURE Hospital 011-124-5404 LIST OF GOVERNMENT HOSPITALS AND CLINLIC WHOWHAS AMBULANCE SERV BLACK LION HOSPITAL MENILEK II HOSPITAL YEKATIT 12 HOSPITAL ZEWDITU HOSPITAL ST.PAUL HOSPITAL AMANUEL HOSPITAL 0115511211 0111234272 01115530 65/68 0115518085 0112750125 0112757715 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 GENERAL INQUARIES: 0930 033414 TULSI, AYURVEDIC MMASSAGE, YOGA AND WELLNESS CENTER, KEBENA, BEHIND RAS AMBA HOTEL, Lebeza Mental health consultation office 01183522929 **PHARMACIES**

**AIRLINES** 

011 3713298 011 5518606 011 6611717 011 6620815/16 011 1564493/4 011 5181818 011 6656666 011 06670154 011 5518400 011 5515666/75

011 6627781/82

ABBAY PHARMACY GHION PHARMACY GISHEN PHARMACY LION PHARMACY PELICAL PHARMACY RAAMCO PHARMACY AREA CODES

ADDIS ABABA DEBRE ZEIT DESSIE DIRE DAWA A GONDAR

ANGLA BURGER 091-206-0505 Morning Star Mall 1st floor, next to Edna Mall Behind BostonDay Spa Known for: Fast

#### 7 days a week **BAKE & BREW**

Food and Burgers

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 SAVOR ADDIS
Kidus Michael 011 667 0656
Buildign 1st floor Bole Atlas, behind Buildign 1st floor Known for: Burgers 2000 Habesha closed wed

## INDIANA SPUR

RANCHES +251984222222 +251118224045 Abyssinia Plaza. Mezzanine Floor, Bole Medhane Alem Known for: steak, Mexican, Ribs,

Burger, Chicken wings, Wraps, Sandwiches, salads Opposite with Spur well-known sauces, varieties of Building. Known 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 Medhanialem 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: Monday - Saturday
Tex-Mex 7 days a 7 days a week week

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

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 Kera, behind Worke's Promise 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

251 115 17 1234 Known for:

Western BBQ. Asian bites

BRAZILIAN

#### FOGO NO CH O

(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 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 days a week (One of the Oldest Pastry Shop Cafes MOYOS CAFÉ

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

011 6170740 Location, Bole Medhanialem area, hall next to Mama's Kitchen, Known for Cheesecake cakes, pastries and bread types.
Open 7 days

Cineesecake 7 days a week

PURPLE CAFE

#### HILTON PASTRY & 011 517-0000 Ext 839

Known for: Must Have -Spectacular Cake Creations for Every 0911 222043 Occasion 7 days a Next to Cinema week

#### KALDI'S COFFEE (Various 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 cations

011 663-0872 and 0911 200072 1/Kazanches Nigist RESTAURANT & building 2/Bole LOUNGE Road - behind Boston Spa **Building Known** for: Healthy food and drinks, National and 7 days a week

0118-681799 Bole Airport ; Meskel Flower Known for: French style bakery and cafe 7 days a week for: Va- riety of

#### МАМОКАСНА COFFEE

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

0920242442 Around Atlas Hotel <mark>soups, pizzas,</mark> 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 davs a week

#### NATANI CAFE

011 662-4753 Bole Road across from Millennium Known for:

**PURPLE CAFE** 

#### On Bole Road, at Olympia

Known for: Ice cream 7 days a week

**RAIZEL CAFE** 

# **Empire**

Known for: Cakes and Sandwiches locations) 7 days a week

## **TILLA CAFÉ** 0946 701125

Kazanchis (across the street from Bambis) Known for: Sandwiches Smoothie bar with Healthy Food. Mon- Sat 6amma8 Sun 7am - 7pm

## TRYST CAFE,

0944 061818 Olympia Rd & Atlasplus Deli in Kasin front of Shebta Lounge Known for: Delicious Sandwiches Continental Cuisine and Great Coffee 7 Mediterranean days a week

Off Churchill Road, 092 734 9509 Bole Medhanialem; on the same road as Book- World and Sarbet across from Cana- da Embassy Known coffee to buy or to Meskel flower road drink 7 days a week

### CONTINENTAL

ALL DAY DINING (GetfamHotel) 011-667-3175/78 Buffet Breakfast and A la Carte International salads,

starters, pastas & Grills 7 days a week

#### THE CANTEEN 0904149676

Dutch and Continental Cuisine and Vegetarian Gabon Street (behind Water- fall Hotel) near Meskel 9PM 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 oppo- RESTAURANT site Swiss Embassy 0911202821 Known for: BBQ on 0115-521099 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 sanches (side road House to ECA)

Known for: Ital- ian, European and Closed on Mon

# LA PARISIENNE<br/>(Various locations)TOMOCA<br/>(Various locations)CHANOLY<br/>SMOOTHIE &<br/>NOODLES

behind bole medhanialem in front of yego church right turn from Frendship hotel 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 infront of Besrat FM Open 11AM Closes 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

Bole Dembel Building 1st floot 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 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 RESTAURANT Welo safer Dani Plaza building 1st floor Known for: Grills 7 days a week

OAK RESTAURANT hours Dreamliner Hotel

Know for: European, Continental, and local dishes 7 days a week

PEACOCK BAR AND RESTAURANT 0115541437 0911222637

Opposite side of old peacock Behind bole printing press Know 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 Cameroon Street ice creams

7 days a week SKY STEAK HOUSE

011 467-4000 Dreamliner Hotel
Known for: Steak 7
YOD ABYSSINIA davs a week

SPICE RESTAU-RANT (Golden Tulip Addis Ababa) 011-372-0607 0116170740 Ext: 1402

Bole Medhanialem 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

2000 HABESHA

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

DASHEN TERARA Meskel Flower area TRADITIONAL RESTAURANT

(one of the oldest traditional restaurants relocated) 0932 513395 /

Aware, across from CREAM DISTRIBU- 011 517-1717
Meles foundation TORS Ext.6098 compound Call for opening

**EROS ADDIS FUSION RESTAU-RANT & LOUNGE** 

hours

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

**KATEGNA** RESTAURANT 0911126460Bole

side of Sky light Hotel& Bole medhanialem Behind Medhanialem Church Call for openings

RESTAURANT (known for

regional dancing) 011 661-2985 / Bole Medhanialem 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, Mohan Plc, Mohan further down from Block | Off Greek School Known for: Moussaka, Souvlaki tarian Indian food 7 days a week ICECDEAM

EMBWA CREAM-

0911209838

compound&

Restaurant

7 davs a week

Kera - in Sishu

Carl Square Tivol

SANGAM'S

OM INDIAN **BISTRO** 

0944 443344

Zimbabwe Street

Known for: Vege-

7 days a week

(Oldest Indian restaurant in Addis) 0911214183 0953407297 Behind Bole Printing press 7 days a week

**FUNLICIOUS ICE** 

0944 739463 or 0984 715264 Dembel City center cate Indian flavors 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 ANTICA BAR & embassy 7 days a week

**TUTTO GELATO** 092 9923503

7/98/99 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 Restaurant in BAR

0904139838 0926102455 Behind Bole Medhan Alem On the way to Moenco Opposite to Hub Hotel Addis chicken and salads Ababa Known for South

Indian dishes such as dosa, idly, pongal, vada, etc. 7 days a week

SHAHEEN (Sheraton) Known for: Live cooking and deli-

7 days a week 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

0116634841 0116615815 0911225019 Off Bole Road, 0944349495/96/9 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 Addis Off Piazza Arada Road, opposite Mahmoud Music Shop Known for: Pasta, grilled fish,

**CLUB JUVENTUS** 0115516464 0911219729 Behind Meskel Square Known for: Ital- ian,

Closed Sun

European 7 days a week

GARDEN COURT BATI AL MANDI HOTELS BAR & 0911518903 ADOT TINA Mikey Leland/ EU Street - across RESTAURANT 011-4673939 ADDĪŠSINIA HOTEL (Hibir) 011-662 3634 0116620922/23 from Yoli Building Known for: Mid-ALEXANDRIA HOTEL Bole infront of 0911103857 dle Eastern food Alem Building 7days week 011-6187432/34 ATLAS HOTEL MAMA MIA BEST WESTERN PLUS ADDIS ABABA **ITALIAN** KATEGNA RESTAURANT & RESTAURANT 011-6671414 0913552762 BAR BOLE AMBASSADOR HOTEL 0929002218 0911126460 Beside Meles Bole medhanialem 011-6188284 Foundation Kaintrance building CAPITAL HOTEL 011-6672100 zanchis ground floor Known for: Home DAMU HOTEL 011-5509828/29/35 made Pasta Closed PEPPER & SPICE Mon RESTAURANT ESALEGN HOTEL 0115184600 011-6624524 DOK RESTAURANT Known for: Medi-DESALEGN HOTEL 0912 50 3281 terranean inspired 011-6183030 Cameroon St cuisines DIAMOND HOTEL Known for: Italian 77 days week 011-6160916 0967141414 days a week DREAMLINER HOTFI PIZZA 011-4674000 **GUSTO** RESTAURANT **BELLA PASTA &** 011-1262600 0963101010 PIZZA Kasanchis side of 0911380606 RNATIONAL Elilly Hotel Nigist Bisrate Gebriel 011-5587777 011-5586402 Building Ist flooor Infron of South Known for: Italian Africa embassy food Mokodo Pizza 011-6 818181 7 days a week 091143 9524 **Bole Airport Next** LINDA to aviation School 011-6 670202/04 0911 713 396 RESTAURANT Closed Thu 0911219729 011-5513222 Inside iuventus ROMINA club Meskel square 0911 214335 GOLDEN TULIP 7 davs a week 011-6183333 Arat Kilo Known for Pizza 7 days a **GLOBAL HOTEL** 011-4664766 SAVOR ADDIS week **GETFAM HOTEL** 011-667-3175/78 0116670656 Bole -near Atlas EFOOII HARMONY HOTEL 011-6183100 Behind 2000 0118493647 HAYAT REGENCY 011-5171234 Habesha 7days a Mikey Leland Street (and various HILTON HOTEL week 24 hours 011-517-0000 0911238457 open other locations including Kasanches 011-661-2081 TRATTORIA and Sarbet) Known<mark>HOTEL LOBELIA</mark> 011-6673850 0911182463 GUSTO for: Unique styles 0973101010 of pizza INTERCONTINETAL ADDIS HOTEL Megenagna, Sileshi Late night 011-5180444 Sehin Bldg, 4th Flr. 7 days a week Known for: Italian JUPITER INTERNATIONAL HOTEL food YUMMY PIZZA 011-557 1078 0911472598/091122 KALEB HOTEL 011-6622200 M.C. WINE BAR 0100/ 0911602639 **GRILL & PIZZERIA KZ HOTEL** 011-662-1677 011-6611206 On Bole Road to 0911 253265 Japan Embassy In the Juven- tus Sport Club, Meskel MADO HOTEL 011-6393044 Known for: Home delivery (around Square area Bole) 011-5184600 Known for: Brick days a week 011-6672480 /81/82 Oven Pizzas, MONARCH HOTEL Steaks, Salads **TURKISH** 7 davs a week PANORAMA 011-6616070 ISTANBUL MIDDLE PLAZA HOTEL 011-6612200 RESTAURANT EASTERN/ QUEEN OF SHEBA 0910174728 MEDITERANEAN 011-6180000 011-6188281/82 Bole Edna mall near Ukraine RADISSON BLU HOTEL **FUSION BISTRO** Embassy 011-5157600 0910-005151 Known for: Turk-Bole across from RAMADA ADDIS 011-6393939 ish food Saro Mara Hotel 7 days week **RAS AMBA HOTEL** 011-122-8080/81 Known for: Med-RIVIERA INTERNATIONAL HOTEL 011-4197755/41/46 iterranean and **PAMUKKALE** Asian Dishes TURKISH Closed Sun RESTAURANT SABON HOTEL 0116 39 35 35 091 096 4530 ALADDIN Addis Ababa SAREM INTERNATIONAL HOTEL 0111262076/86/88

RESTAURANT 011-661-4109 Off Bole Road. Near the Japanese Embassy's Residence Known for: Grilled meat, hu- mus, taboulleh Closed

Behind Millennium Hall

Known for: Mediterranean. Turkish, Middle Eastern 7 days week

SHERATON ADDIS

RAK TERNATIONAL

011-5577152 011-5 577154

HE GRAND ALACE ADDIS UITES HOTEL 0980626262 **UGBAAD HOTEL** 0116393793 0116393345

0115171717 011-122-8080/81





WITH DR. OZ

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