

what's out addis

2021, December



**ASFW IS BACK
ALONGSIDE
AALF FAIR 2021.**

AFRICA SOURCING FASHION WEEK

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

- 
- 3** **FEATURE STORY**
ASFW IS BACK
- 5** **FASHION**
NOTABLE ETHIOPIAN DESIGNERS
- 7** **NEWS**
ETHIOPIAN AIRLINES
- 9** **ARTS AND CULTURE**
STUNNING LIGHT SCLUPTURES
- 13** **PRESS RELEASE**
SUPPORTING LITERACY
- 19** **SPOTLIGHT**
THE FASTEST FAMILY ON EARTH
- 21** **ARCHITECTURE**
ACUTEL INTERIORS
- 23** **HEALTH**
TCHAKKA ORIGINS
- 27** **DIDYOUKNOW**
THE CIRCUS CENTER
- 29** **RECIPE**
EGGLESS YELLOW CAKE



MANAGING DIRECTOR: RAHEL BERHANE ARAYA

EDITOR-IN-CHIEF: TADELECH TESSEMA

GRAPHIC DESIGNER: ABREHAM MOGES

SENIOR CONTRIBUTOR: ARABELLA STEWART

CONTRIBUTORS: MAHLET TEKLEMARIAM,
EDOM BELETE, HERAN TADESSE

ESTABLISHED IN APRIL 2009

PUBLISHED AND DISTRIBUTED BY WHAT'S OUT OMNIMEDIA.

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

GRAPHIC DESIGN BY WHAT'S OUT OMNIMEDIA.

PRINTED BY ACON PRINTING PRESS

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

P.O. BOX 5790, ADDIS ABABA,

T: +251 11 5582200

WWW.WHATSOUTADDIS.COM

Dear Friends

Welcome to the last issue of this year - the December issue. Please enjoy our usual selection of varied articles including thoughtful advice from Heran who writes about Health and Wellbeing and we profile the popular ASFW event highlighting Made in Ethiopia fashion as per our cover story. We write about Princess Sophia Desta who passed away aged 87. More than ever as we contemplate the future, we hope pray and wish for a peaceful New year. Until next month best wishes for the upcoming holiday season.

Team What's Out



A POINT OF VIEW. ■

Monkey's And Motherhood

BY Michael Metafaria

What do you think is more important for a healthy development? Food or human contact?

In a study conducted by psychologist Harry Harlow, monkeys developmental pattern and social bonding skills is directly influenced by touch and maternal contact, proving that mother's love is just as important, if not more important than food for their healthy development.

After deeply analyzing this study and it's results, psychologists and doctors came to the conclusion that touch is necessary for survival, not just a pleasntry in early childhood.

Holding your baby is so much more than just a sweet moment between parent and baby. A mother's touch changes a child life for the better, making them more able to build relationships, control stress and understand other people's emotions.

Who knew monkeys could teach us this much!

Photos: Monkeys in Bale Mountains



ASFW IS BACK ALONGSIDE AALF FAIR 2021.

Africa Sourcing Fashion Week (ASFW) is known for a platform where African fashion news are made and spread to the world. A time and place to meet African and international industry players, explore partnerships and business opportunities to build long-term partnerships. Become a member of decision makers of the sector. A time and place to meet over 200 manufacturers and distributors of the textile & apparel value chain from around the world, who will meet your business needs. A venue to find the latest products and solutions on the market, covering the entire fashion lifecycle. Join professional workshops and high-level conference sessions on topics covering all disciplines in the textile & apparel industry. Meet with amazing African designers who create high end fashion for the entire world market. Create, partner with African counterparts and enjoy the creativity of international "Fashion made in Africa". Enjoy meetings between manufacturers and buyers / investors on a private level. The show organizes private sessions for registered exhibitors and high end buyers.



A time and place to meet over 200 manufacturers and distributors of the textile & apparel value chain from around the world, who will meet your business needs.

All-African Leather Fair (AALF) is Africa's biggest and most important international exhibition & conference dedicated to leather, accessories, components, synthetics and models for leather goods. Formal international trade in leather and leather goods is estimated at over US\$ 50 billion a year and the market is far from saturated. Africa has about 15 percent of the world's cattle population, a percentage that grew by about a quarter over the last decade, overtaking the global trend. Similarly, Africa possesses about 25 percent of the world's sheep and goat population. This puts Africa at the centre of the booming leather industry as a key supplier of hides and raw materials to the growing industry of leather and leather goods. For Ethiopia, for example, livestock and livestock products are the major leather hides Africa foreign exchange earners, second only to coffee!

3 – 6 December 2021
Ethiopia Congress Center,
Skylight Hotel
www.aalf-online.com
www.asfw-online.com

NOTABLE ETHIOPIAN DESIGNERS.

As she was preparing for her wedding in 1986, Amsale Abera had one wish—a simple dress for her wedding. With none able to appease her needs, Amsale set off to design her dream wedding gown herself. The Ethiopian-born designer moved to the United States as a young woman until her death in 2018. Hollywood celebrities have worn Amsale's bridal couture. With decades in the business, Genet Kebede studied fashion design and garment construction in Italy and Argentina. She designs free-flowing lines, slits, low necks, contemporary Ethiopian Fashion bridal wear, and body-embracing clothes. Genet merges traditional Ethiopian style with modern techniques and trends under the label Paradise Fashion, active since 1992.

Using traditional Ethiopian fabric with slight hints of Western material, the Yohannes sisters design dresses and wedding gowns, all handmade under the label Yohannes Sisters Couture. The sisters turned heads on the runway of 2017 New York Fashion Week with their Royal Ethiopia collection. Their clothes have adorned the likes of Ethiopian celebrities like Zeritu Kebede and Wayna.

Mahlet Afework, who goes by Mafi, started developing her fashion skills as a teenager in high school by adding her own style to her school uniform. She went on to show her eponymous clothing line at the age of 18. Exclusively working with hand-woven fabrics made by local female artisans, the designer has an impressive contemporary collection of women's wear, accessories, and a unisex shoe line. One of Africa's top fashion designers, Mafi has showcased her collections at Africa Fashion Week in New York, among many other platforms. She won Origin Africa's design award in 2012 and the Creative Futures award in 2017.



Under the label Yefikir Design, Fikirte Addis officially joined the Ethiopian fashion industry in 2009. She uses local weavers and embroiderers to compliment her stunning designs. Fikirte's designs are a mix of contemporary and traditional style. The main fabrics she uses are handmade cotton that speak of comfort and style

Designing traditional clothes with a modern touch, Tigist Shiferaw designs handwoven casual wear, business attire and occasion clothes. The designer takes inspiration from trendy colors and clothes worldwide to create season-based collections in her studio, Tg'sh Design.

Model turned designer, Sara Mohammed has made great contributions to the fashion industry in Ethiopia as founder of Next Design Institute. Sara's first designs were the clothes she designed for herself as one of the contestants of a beauty pageant. A recipient of the Women of Excellence Award from the Association of Women in Business in 2013, Sara is known for adding a unique touch to Ethiopian cultural clothes.

Sewasew Hailu designs western oriented clothes and traditional clothes, promoting Ethiopian culture through her designs. Her tailor-made wedding couture and evening gowns are distinctively made with fabrics produced by her own weavers.

Flowy dresses that are convenient for all sizes define most of Aynalem Ayele's designs. Prior to moving back to Ethiopia to start her label, Ayni's Design, Aynalem lived in the fashion capital of Milan for 13 years.

Aynalem, who has been in the business for the past 12 years, presents bridal couture, leather bags, leather shoes, jewelry, and casual wear that are a mix of traditional and modern styles.

www.theculturetrip.com



DISINFECTING ROBOT TO BE USED ON ETHIOPIAN AIRLINES ■

Aero HygenX is a Canadian technology company with its safe, efficient, and chemical-free solution designed for aircraft cabins and rail cars. Ethiopian Airlines has become the first African carrier to roll out the technology that takes aviation safety to the next level.

Ethiopian Airlines Group CEO Tewolde GebreMariam said: "As we emerge from the Covid-19 pandemic, aircraft disinfection and safety are top priorities for us. We feel a deep responsibility to re-assure travellers and set an example by investing in sustainable hygiene solutions that will benefit not only our staff and passengers but also the entire region.

Aero HygenX has demonstrated competence and ingenuity with the Ray autonomous disinfecting robot, and we look forward to implementing the solution as soon as possible."



Ethiopian Airlines has become the first African carrier to roll out the technology that takes aviation safety to the next level.

In Ottawa, CEO Arash Mahin signed for the Aero HygenX team and was accompanied by the firm's Executive VP of Business Development Peter Bahraini, as well as Executive VP of Engineering Kris Rupay. Mahin said: "We want to help aviation get back on its feet as quickly as possible, and for that to happen we must work globally. A global problem requires a global solution and we're thrilled that, together with Ethiopian Airlines, we can bring thorough, efficient, and safe pathogen-killing technology to this region."

Designed for the transportation industry, Ray is a compact and light-weight autonomous robot which uses motion sensing technology to navigate cramped spaces (such as aircraft cabins) and disinfect surfaces quickly, safely and without the use of harmful chemicals, using UV-C light.

TradeArabia News Service

STUNNING LIGHT SCULPTURES



Ethiopian American Tsedaye Makonnen has won the Landmark Providence, a major public art commission in Providence, Rhode Island, that will be revealed in 2022.

For this site-specific project, the work is inspired by the history of displacement behind the original construction of I-195 in Providence, Rhode Island. Around “300 families, 172 homes, and 32 businesses” were displaced during the construction. The culminating work is intended to be a beacon for all communities and marginalised groups to reclaim this space as a community gathering point.

Tsedaye Makonnen was one of five finalists for Landmark Providence. After months of community engagement, research, and design, Tsedaye will bring her Light Sculptures to Rhode Island. The light sculptures are designed using mirror polished stainless steel and various diffuse lighting elements. The polished stainless steel creates a mirror effect. This reflects the people of Providence in the world as well as the



surrounding communities. It also allows us to reflect on and illuminate who is missing or invisible. The stories of those past and present provide energy for the sculptures and the reflection of our stories to visitors.

Tsedaye Makonnen is a multidisciplinary artist, curator, researcher and cultural producer, whose studio, practice threads together her identity as a Black mother, birth worker and a daughter of Ethiopian immigrants. Makonnen primarily focuses on migration and intersectional feminism; using light, shadow, reflection, fractals, embodiment, movement and collaboration as materials. Her intention is to create a spiritual network around the globe that aims to re-calibrate the energy towards something positive and life affirming. Makonnen is the recipient of a Smithsonian Artist Research Fellowship. Her light sculptures have been exhibited at the National Gallery of Art, and UNTITLED Art Fair. Makonnen is represented by Addis Fine Art and currently lives in DC with her 10 year old son.

www.addisfineart.com



PRINCESS SOPHIA DESTA 1934-2021 ■

Princess Sophia Desta 1934 - 2021 was the youngest daughter of Princess Tenagneworq, Granddaughter of His Imperial Majesty Emperor Haile Selassie and war hero Ras Desta Damtew. Princess Sophia passed away suddenly on November 15, 2021 aged 87 in London where she had resided for many years. She is survived by her sister Imperial Highness Princess Seble Desta, her daughter Emebet Hoy Hannah Mariam Meherete Selassie Dereje, her grandson Lij Desta Asfaw as well as many nephews, nieces and family members.

When Ethiopia was occupied by Italy in 1935-1941, her father Ras Desta Damtew led Ethiopian forces on the southern front where he was captured and killed in 1937. Her mother Princess Tenagnework was forced to go into exile with the rest of the Imperial family. The family first went to Jerusalem where the young Sophia spent her early childhood. Princess Sophia attended school in Egypt and later in the United Kingdom. After receiving a BA in Education, Princess Sophia returned to Ethiopia and established a private institution, the Entoto International School. The school offered scholarships for students from underprivileged backgrounds. She was also engaged in a variety of philanthropic efforts including establishing Cheshire Ethiopia and working with the YWCA (Young Women's Christian Association). When she married Captain Dereje Haile Mariam in January 1959, to she was elevated by her grandfather Emperor Haile Selassie to the rank of Princess. Princess Sophia was among the members of the Imperial family that were imprisoned by the Derg regime upon the overthrow of the Ethiopian Monarchy in September 1974. She was in prison for 14 years until 1988.

In the words of her daughter "Princess Sophia will be best remembered for selflessness, generosity, her tireless charity work and avid interest in the education and welfare of not just Ethiopian children but all children and humanity alike".
May she Rest in Peace.



**CALL US
9477**

A high quality & personalized healthcare for your loved ones in the comfort your home

At Redat healthcare we provide:

- Nursing Care
- Phlebotomy
- Physiotherapy
- Home Care
- Covid-19 Home Test
- Mother & Newborn Care
- Palliative Care
- Telemedicine
- Post-operative & Post-hospitalization Care
- Medical Supplies & Hospital Equipment
- Emergency Care & Transportation

Whether your loved ones are aging, chronically sick or simply trying to lead a healthy life style, we will work on your behalf to bring health and healing to them.

Home Healthcare Services Packages

Platinum

- ✓ Nurse visit: 4x a month
- ✓ GP visit: 2x a month
- ✓ Blood sample collection
- ✓ Preventive care visit which includes nutrition and exercise advice
- ✓ 20% discount on other services

Gold

- ✓ Nurse visit: 2x a month
- ✓ General Practitioner visit: 1x a month
- ✓ Preventive care visit which includes nutrition and exercise advice
- ✓ 15% discount on other services

Silver

- ✓ Nurse visit: 1x a month
- ✓ General Practitioner visit: 1x a month
- ✓ 10% discount on other services



Tel. +251-116 - 630804 | +251-974 - 496880
For USA users 1 833 MD REDAT
contact@redat-et.com
Alem Cinema, Bole Road, Addis Ababa, Ethiopia
www.redat-et.com



SUPPORTING LITERACY FOR ETHIOPIAN CHILDREN.

Ethiopia Reads collaborates with Ethiopian communities to plant libraries, boost literacy and provide youth and families with the tools to improve their lives. Since 1998, Ethiopia Reads has planted 80 libraries, and now annually serves over 130,000 children. Their efforts go beyond just building libraries. In rural areas, horse-powered literacy programs reaches children with no access to schools. Ethiopia Reads supports professional development year-round with workshops, discussion circles, mentoring, and program evaluation.

Ethiopia Reads was one of the original pioneers drawing attention to the issue of literacy, working with the Ethiopian Ministry of Education, National Archives and Library of Ethiopia, embassies and cultural attaches in Addis Ababa, as well as international NGOs like Save the Children. This cross-sector coalition has promoted literacy through book fairs, public readings and other symposia. Ethiopia Reads continues to work with these partners and our staff members remain very publicly engaged, regularly participating in all of these events.

Ethiopia Reads recently received a grant to distribute 45,000 of some Open Hearts Big Dreams Fund ReadySetGoBooks to families displaced by conflict in Ethiopia with many children unable to attend school right now; a flashlight beam of hope in uncertain times.

www.ethiopiareads.org and on Facebook

**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 Medhanialelem 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 Medhanialelem; 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 Medhanialelem; 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
Kasanchis (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
Kasanchis business district
7 days a week

ADDIS ABABA GOLF CLUB

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

AMSTERDAM BAR & RESTAURANT

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

BELVEDERE RESTAURANT

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

CHANOLY SMOOTHIE & NOODLES

092 734 9509
behind bole medhanialelem in front of yego church right turn from Friendship hotel
known for:- Noodles

CENTER POINT REVOLVING RESTAURANT

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

CHOMA GRILL

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

FIVE LOAVES BISTRO AND BAKERY

0913 576818/0911222976
Aware roundabout, towards Meganagna
Known for: Deli, pastries and sandwiches

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

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

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 Japanese Embassy
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 entrance building ground floor

PEPPER & SPICE RESTAURANT
0115184600
Known for: Mediterranean cuisines 7 days week

GUSTO
Category-Mediterranean cuisine
-Toryhouloch old airport opposite Botswana Emb.
+251934497861
Email:reservation@gustoaddis.com

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

SABON HOTEL

SAREM INTERNATIONAL HOTEL

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

0116 39 35 35

0111262076/86/88

0115171717

011-122-8080/81

011-5577152

011-5 577154

0980626262

0116393793

0116393345

Lime tree

DON'T FORGET TO GET YOUR FAMILY CARD

Lime tree

Family Card

Recieve 5% - 10% discounts on all your purchases





THE FASTEST FAMILY ON EARTH.

Ethiopian distance runner Tirunesh Dibaba made history at the 2008 Beijing Olympics when she became the first woman to win gold in both the 5,000-metre and 10,000-metre races. She defended her gold medal title in the 10,000 metres at the 2012 London Olympics, becoming the first woman to win the event at two consecutive Olympics.

She was inspired by a family of runners. In fact, she and her sisters have excelled in the field of distance running. The Dibaba sisters – Tirunesh, Genzebe, Anna, and Melat – are the only siblings in recorded history to hold concurrent world records, and they are a fiercely competitive family from a humble background. They were raised in a round mud hut in Addis Ababa, without electricity. Their parents were subsistence farmers who



The Dibaba sisters — Tirunesh, Genzebe, Anna, and Melat — are the only siblings in recorded history to hold concurrent world records

grew wheat, barley and teff. The Dibaba siblings are seven in all, and all of them run. Tirunesh, however, is the most decorated, having three Olympic gold medals. Ejegayehu, who is the older sister, is also an Olympian who won silver from Athens. Cousin Derartu Tulu, was the first Black African woman to win Olympic gold in the 1992 games and she won another Olympic gold medal in Sydney in 2000. In addition to the high altitude the runners' feat is also attributed to their diet – especially teff rich in iron and calcium – and their “small lightweight frame”. Just like other successful athletes, the Dibabas have invested their winning funds back into their communities. The sisters, alongside their in-laws, are real estate moguls owning several buildings in Addis Ababa.



ACTUEL URBAN LIVING ;

Actuel Interiors is a creative furniture design house with a vision to become the #1 contemporary urban lifestyle brand in Ethiopia and beyond. It designs and creates products that are functional, emotion inspiring and filled with a passion for beauty and quality. Actuel interiors bring together designers, architects, artisans and artists to re-imagine exciting and unique contemporary design identities inspired by the best of African contemporary art and pop culture.

Actuel is committed to reviving and modernizing the traditional artisanal sector, which has been fledgling over the past few decades. Their aim is to make beautiful, sustainable furniture in Ethiopia and break the dependence on substandard imports.

Actuel is co-founded by a daughter-mother team Hamere Demissie and Sablewongel Yeshe walul. Hamere returned to Addis Ababa after over 25 years abroad in the USA, France, and Bangladesh. She is an experienced designer with a passion for contemporary



art forms particularly contemporary furniture and interior design, fashion and visual arts. Sablewongel Yeshewalul is a veteran pioneer of the Ethiopian Art and Décor market and is known for her knack in creating beautiful homes and being a connector of people and ideas.

Actuel is a creative interior and furniture design company with a vision to become an urban lifestyle brand of contemporary furniture and home design in Ethiopia and beyond. “We design and create products and spaces that are functional, emotion inspiring and filled with passion for beauty and quality”. Actuel offers a range of furniture and home furnishing products that are suited to the ambitions of Addis’ residents by providing options for well-designed and constructed furniture that suits the sensibilities of an increasingly

Contact: info@actuelinteriors.com or call us
+251 966 215998
www.actuelinteriors.com

TCHAKKA ORIGINS (ጭካ አረጅገስ)

With a deep desire to transform sustainability in business, Tchakka origins embarked on the journey of creating a vertically integrated plant-based lifestyle company, using an agroforestry model to source and craft plant extracts and natural ingredients from Ethiopia for use in personal care and wellness. By merging biodiversity of indigenous plant species with the intricacies of forest ecosystems, and providing equitable opportunities for smallholder farming communities, Tchakka origins offers products promoting a plant-based lifestyle.

Tchakka origins partner with farming communities that live and work in forested areas, in remote areas where nearby open markets determine pricing for products. Through equitable contract farming arrangements, Tchakka origins provides more stability, better assurance and premium pricing that encourage quality production. With a particular focus on women farmers, Tchakka origins partner farming communities grow a range of spices, herbs, botanicals, flowers, fruits and oil seeds from Ethiopia's biodiversity hotspot.

Tchakka origins' commitment to ecological sustainability and social equity, with use of indigenous plant species never before used in personal care and wellness, enables a thoughtful selection of plants with naturally high-performing chemical functions. the range of our plant-based products heightens the experiences of global personal care and wellness markets. from skincare and haircare formulation to herbal teas, Tchakka origins brings not just the plant-based product but the story of the ecosystem it comes from, and the caretakers who tend to its remarkable journey of transformation along the way.

Tchakka origins and its partner farmers are committed to exclusively organic production of plants, from soil to harvest, with ambitions of eventually certifying for organic. in the meantime, to maximize both ecological and social impact, we partner directly with smallholder farming communities, establishing control of value chains, and creating opportunities for greater participation of women farmers. as a woman-founded social enterprise, the participation of and empowerment of women farmers to take greater control of livelihood improvement opportunities is a critical piece of our shared success. Feven Tsehaye is the Founder and CEO; she founded Tchakka Origins to merge her appreciation for nature, her desire to share the story of Ethiopia's indigenous plant species, and a proposition for a plant-based lifestyle embedded in sustainability at its core.

Source: tchakkaorigins.com



ABYSSINIAN BEAUTY PRODUCTS ■

Abyssinian Beauty Products is a company based in Addis Ababa, which produces bio cosmetics or ecologically friendly skincare manufactured using all natural, non-toxic ingredients. All of the skin and hair care products produced by Abyssinian Beauty Products use naturally occurring mineral, herbs and oils as the main ingredients for our skin and hair care products, safer for human use and gentler to the environment. These products generally are manufactured in an environmentally sustainable way. Our cosmetics are marketed to those with a concern for environmental sustainability. Hanna was born in Ethiopia and together with her husband, Ray, who is Jamaican, they founded Abyssinian Beauty Products. They both currently reside in Ethiopia, Jamaica and the United Kingdom.

Abyssinian Beauty Cosmetics is devoted to delivering hair and skin care products based on traditional Ethiopia's rich variety of healing herbs and unrefined oils, which celebrates and showcases Ethiopia's diverse and rich plant life. Abyssinian Beauty Cosmetics also incorporates the wealth of natural oils and herbs from all over Africa, producing wonderful products which are 100% organic, biodegradable, and not tested on animals.

+251 91 194 0202 – where to buy locally
Find them on Facebook under abyssinianbeauty



“

Believe in your heart that you are meant to live a life full of passion, purpose, magic and miracles!

For miracles to happen, we must be open and willing to believe the possibility that magic still exists. My personal life is filled with miracles.

Yours is too. It all depends on perspective. What is the color of the lens we look through? Pink or blue?

Teaching Yoga in Ethiopia is a dream-come true. I am living my dream, fulfilling my purpose and calling. Touching a wider community through yoga and poetry, gives me so tremendous hope and inspiration!

Despite what is trending in the media, WE are the masters of the moments in our lives! When we breathe deeply, we can act outside the default, with a little more compassion, empathy and patience.

Yoga transforms. It doesn't instantly break old patterns, but the seeds planted can slowly grow, blossom and flourish into a new paradigm.

We can change, we can grow, we can transform! Let's view every challenge as an opportunity for spiritual growth.

Every set-back can be part of a playful dance, where at times we take two steps back, but still evolve in the art of living.

Assignment for the coming 21 days in December 2021:

Take 30 minutes every day, (preferably early morning) to write down what you want to see, create manifest or build, by using your own unique skills and talents. Envision and plan what you can do in this lifetime in a tangible, practical way. Visualize how to live as an example and leave a legacy with our children and the next generation in mind, always centralizing love and gratitude, in a way that promotes peace and equal opportunities.

We are nothing but our most dominant thought. We are what we feel. Every time we smile, or when we embrace a loved one in a long, deep hug, the hormone Oxytocin is released from the brain. This is a chance to break free from a limiting, negative, narrative and an opportunity to expand our horizon, broaden our spectrum of experiences and enlarge our vision. Breathe & Smile!



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 CIRCUS CENTER.

A little girl who grew up in Addis, Sosina Wogayehu loved acrobatics from the age of 6 and grew up to become a globally renowned circus artiste creating multiple opportunities for many other young Ethiopian acrobats.

After years abroad and an international career and education in Australia, Sosina returned to Ethiopia in 2013 to establish circus programs in Addis Ababa. She wished to build on Ethiopia's circus traditions, and share them with the world. She also wished to harness circus as a tool for empowerment, to engage young people, and support their educational development, providing them with a pathway out of poverty.

Despite having no permanent venue or ongoing funding, Sosina established GAMO Circus School and Ethio Circus Entertainment. Gamo Circus School aims to provide professional development for circus artists and dancers providing intensive training for talented young Ethiopians to fulfill their dreams, develop sustainable careers and extend their life skills. The name of the school "Gamo" means lion. It comes from the southern part of Ethiopia.



For over 15 years, she has successfully supported hundreds of young people to develop circus skills and sponsor them with education. She has managed the training of a series of highly skilled circus artists, and supported them to perform in leading shows around the world, including Cirque Du Soleil and Circus 1903. Her dream now is to establish a permanent home which can ensure the work of providing a pathway out of unemployment for the young people of Ethiopia, a place to call home, the Circus Center, Addis Ababa, Ethiopia.

“My dream is to provide opportunities for the young people of Ethiopia and Africa, to bring their talents to our community, and the rest of the world. To give them a chance to express their emotions, their experiences, and their worlds through the contemporary arts of dance, circus and theatre. I have the conviction that with my history, my experience and my networks throughout the world, I can contribute to this dimension of Ethio-African contemporary arts and create a leading organization in Ethiopia.” Sosina recalls how she has always been a social entrepreneur from the beginning which inspired her to work and support other performers in Ethiopia. She is currently building a 50 million Birr Circus Centre in Entoto Park!

+251 -912- 62 45 32
soscircus@gmail.com
ethiopiancircus@gmail.com
www.circusethiopia.com



A super

delicious eggless yellow cake made with both butter

and oil which makes this cake stay soft for long and stiff full of butter flavor. This is a simple cake that does not need any decoration, serve it plain with a cup of milk. To start, add caster sugar in a saucepan together with a cup of milk then bring the milk mixture to a boil over medium heat while stirring the mixture.

Once it starts to boil, remove it from the heat and add cornstarch then whisk it well to combine. Add vegetable oil and melted butter then whisk to incorporate them in. Add a tablespoon of vanilla extract for flavoring and whisk it well then set it aside. In a mixing bowl, sift in all-purpose flour, baking powder and baking soda, whisk the dry ingredients well so the other ingredients are well distributed in the flour then pour in the milk mixture into the flour mixture slowly while stirring it with a hand whisk. Whisk just until the flour is moistened and there are no lumps, do not over mix the batter. Lightly grease a 6-inch square loaf pan or a 7-inch round cake tin then line the bottom with a parchment paper. Pour the batter in the prepare cake pan and tap it a few times to release any trapped air bubbles

Bake the cake in a 325 degrees' Fahrenheit oven(160C) for 40 to 45 minutes. Invert the cake on a wire rack and let them cool down before slicing and serving. You can double or triple the batch of this recipe but the baking time will still remain the same. Happy baking.



Ingredients

- 250ml (1 cup) milk
- 170g/ 6Oz (3/4 cup) castor sugar
- 50g/ 1.7Oz (1/2 cup) corn starch
- 56g/ 1.9Oz (1/4 cup) vegetable oil
- 56g/ 1.9Oz (1/4 cup) butter (slightly melted)
- 1 tsp vanilla extract
- 188g/ 6.6Oz (1 1/2 cup) all-purpose Flour
- 2 tsp baking powder
- ¼ tsp baking soda

Instructions

- 1.Preheat oven at 160°C/325°F.
- 2.In a pan, add milk and sugar. Bring the milk to a boil just until it melts the sugar then remove from the heat.
- 3.Add in the corn starch in the milk mixture, and whisk until there are no lumps. Add butter and oil and whisk well. Add the vanilla essence.
- 4.In a separate mixing bowl, sift the flour, baking powder and baking soda then slowly add the milk mixture into the dry ingredients and mix until there are no lumps. Do not over mix.
- 5.Grease a baking pan, and line a parchment paper then pour the batter into the prepared pan and tap the pan on the counter couple of times to release any bubbles trapped in the batter.
- 6.Bake in a preheated oven at 160°C/325°F for about 40-45 min or until a tester comes out clean.

Source: https://kemmyrecipes.net/1747/eggless-yellow-sponge-cake.html?fbclid=IwAR34PX8xK_pT2B-vjYyg9sGMcyPk_OoTw5AH7wXCzTcXwwGglc6pIOlpU

ART INSTITUTIONS GALLERIES IN ADDIS ABABA

CULTURAL INSTITUTIONS		MUSIUM	
	CHILOTA STUDIO 011 5170000 0911227294		
ALLIANCE ETHIO-FRANCAISE 011 1 569893/92	COLOR ART STUDIO 0911 927525 0913 841406	MUSEUMS INSTITUTE OF ETHIOPIAN STUDIES (IES)	0 011 1231068
BRITISH COUNCIL 011 6620388	DAWIT GERESSU ART STUDIO 0911729608	THE MODERN ART MUSEUM/GEBRE KRISTOS DESTA CENTER	0111221469
ETHIOPIAN VISUAL ARTISTS ASSOCIATION 0911 646862 0911 711369	ETHIOPIAWE ART STUDIO 0911 888783		
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	HIOWT PIANO CMC ROAD	0911 218053
INSTITUTE OF ETHIOPIAN STUDIES 011 1119469	GEBRE KRISTOS TRADITIONAL ART GALLERY 091 1634755	GUITAR PRIVATE LESSON	0911 461025
ITALIAN CULTURAL INSTITUTE 011 1113655 011 1553427	GENNA ART STUDIO 0911823300	LATINO DANCE CLASSES ROCK BOTTOM GYM	091 1639332
RUSSIAN CENTRE FOR SCIENCE & CULTURE 011 1551343	GIGI'S AFRO-ASIAN DESIGN 011 5155588 0912200437		
BIRHAN CULTURAL CENTER 0911 507304	GOSHU ART GALLERY 0911 214352	MUSIC TRAINING PIANO TO ALL LEVELS BY SEBLE ABERU	091 1606479
CINEMAS	HARMONY ART STUDIO 091 1106119 091 1645699	MELODY MUSIC SCHOOL MODERN AND TRADITIONAL MUSIC INSTRUMENT TO ALL LEVELS	091 1409012 011 1579130
ALEM CINEMA 011 6636718	IMAGE AFRICA STUDIO 091 1658371	PIANO LESSONS BY TIGIST	091 1639241
AMBASSADOR THEATRE 011 5537637	JO ART STUDIO 091 1645699	PIANO AND MASINKO CLASS BY ALEMAYEHU TIBEBU	091 1629739 011 6189732
CINEMA EMPIRE 011 1565029	LAPHTO ART GALLERY 0939-712314	PIANO AND MASINKO CLASS BY SARON GETTIYE	091 447998
EDNA MALL 011 661 6278 661 6869	LELA ART GALLERY 0911 30 07 56 011 6535506	SALSA AT ALIZÉ DANCE CLASSES AT CLUB ALIZÉ	091 188 2287
THEATRES	MEDI STUDIO & GALLERY 091 1613196 0911 234265	VOILA FRENCH LANGUAGE ACADEMY CONTACT BENIAM ZEWDIE	091 2075115 011 6183738
CHILDREN & YOUTH THEATRE 011 1128603	MESMER ART STUDIO 091 1646862	TULSI YOGA BEHIND RAS AMBA HOTEL	0930-033414
CITY HALL 011 1119820	MAKUSH GALLERY 011 552-6848 011 5526855	HAPPYOGA WELLO SEFER TK (ELSA) BUILDING 4TH FLOOR	0913280088
HAGER FIKER 011 1569189	NETSA ART VILLAGE 091 1941678 0911760963	USEFULL TELEPHONE NUMBERS	
MEGA AMPHITHEATRE 011 5518870	OMNA ART GALLERY 0911 65 52 39	FIRE BRIGADE TELECOMMUNICATIONS INFORMATION	912
NATIONAL THEATRE 011 5514577 011 5514500	PANACHE ART GALLERY 0912-200444	INTERNATIONAL CALLS	994
NOHE THEATRE 011 1112175	PALETTE ART GALLERY 0912 485342 0977092291	MOBILE THEFTS	0115506010
NESIR THEATRE & PROMOTION 011 6630908	SAL INTERIOR & GALLERY 091 1238696	WAKE-UP CALLS	999
GALLERIES	SALEM JEWELRY 0116 185604	ELECTRICITY TECHNICAL SERVICES	905
ABESHA ART STUDIO 091 1415258 091 1469371	SEIFU ART STUDIO 0911 711369	WATER + SEWERAGE AUTHORITY	011 1116334 011 1550922
ADAM ART STUDIO 0911632620	ST.GEORGE INTERIOR DECORATION & ART 011 5510983 8103 091 1201097	POLICE INFORMATION CENTR	991
ADDIS ABABA ART STUDIO 091 1116531	SUZANNE'S GALLERY 091 1616814 011 3724581	RED CROSS	0115150608 0115159074
ADDIS ART STUDIO 091 1619416 091 1888783	TADESSE WOLDE AREGAY ART STUDIO 0938 543813	AMBULANCE CLINICS	907
ADDIS FINE ART 0913 426553 0966913222	TALISMAN GALLERY 0946 650680	ADDIS TANA HIGHER CLINIC ADWA CLINIC	011 8630661 011 1563085
AFRO SUN ART STUDIO 091 1147156	YACOB ART STUDIO 0911398787		
AMANUEL ART STUDIO 091 1672479	TENESHUA ART STUDIO 0912202218 0965199332		
ARTISTIC GLASS CENTRE 0115518400 ext.632 091 1203965	YEGNA ART STUDIO 091 1711692		
ASNI GALLERY 0111233244 0911206697	YONAS MILLION ART STUDIO 0912600780		
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) 0115535530

SANTE MEDICAL CENTRE 0115535530

SENAI CLINIC 0114668629

SUN OPTICS SPECIAL EYE CLINIC 0111567576
011 4 672047

SUISSE CLINIC 0111242295/94

SUNSHINE CLINIC 011 3710768

SWEDISH CLINIC 011 1112198

T/HIMANOT HIGHER CLINIC 011 1572435

TESFA MAJOR POLY CLINIC 011 1570232

WGA 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

ZEWIDU HOSPITAL 0115518085

ST.PAUL HOSPITAL 0112750125

AMANUEL HOSPITAL 0112757715

GENERAL INQUIRIES: AFALAGI 8123
0930 033414

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

PHARMACIES

ABBAY PHARMACY 011 3713298

GHION PHARMACY 011 5518606

GISHEN PHARMACY 011 6611717

LION PHARMACY 011 1551893

PELICAL PHARMACY 011 552 1790

RAAMCO PHARMACY 011 896 2925

Betel Funeral Arrangements 091 120 5731

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

GENERAL /INTERNAL MEDICINE :

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

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

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

PEDIATRICS :

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

Dr. Mulu 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

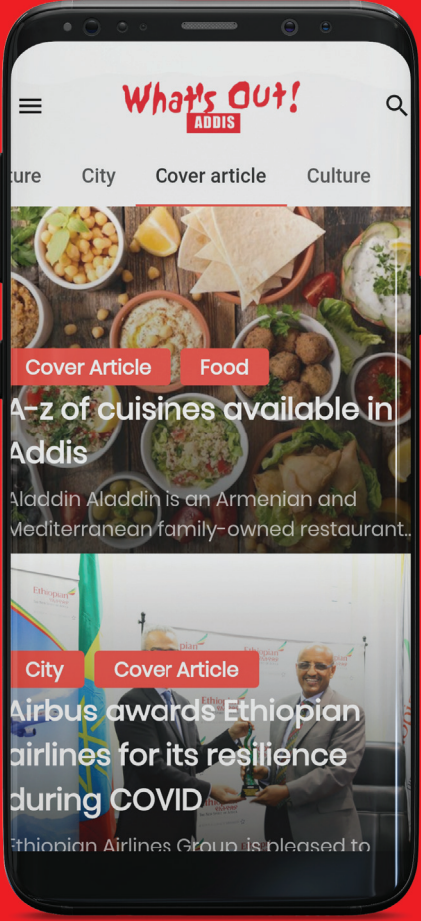
ORTHOPAEDIC AND TRAUMATOLOGY

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 6525666
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
SHAGHEHE	046

**what's
out
addis**



What 's Out Addis
is now at your Fingertips

