

# what's out addis

2021. july



## PEACOCK PARK

TRANSFORMED  
INTO ZOO

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HEALTH | SHOPPING

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MANAGING DIRECTOR: RAHEL BERHANE ARAYA  
EDITOR-IN-CHIEF: TADELECH TESSEMA  
GRAPHIC DESIGNER: MICHAEL ERGYE  
SENIOR CONTRIBUTOR: ARABELLA STEWART  
CONTRIBUTORS: YASSER BAGERSH, BETELHEM LEGESSE

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P.O. BOX 5790, ADDIS ABABA,  
T: +251 11 5582200

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*Dear Friends*

*Welcome to the July issue and the Rainy Season! This month we profile Genet Kebede one of Ethiopia's most beloved and foremost Fashion Designers. We also profile the well-respected Ge'ez scholar Getachew Haile who recently died leaving behind a fascinating legacy of work. There's a new medical app that is being piloted already coined as "Doctor in your Pocket" which we write about. As well as articles about Health, Beauty and Arts. Watch out too for an art exhibition in Kassanches on July 19 – read about the artists in this issue. Stay Dry and Well.*

*Team What's Out*

# POETRY CORNER




## **SPOKEN**

by Lemn Sissay

In the dawn mother's day  
And light confides in the dark  
We are an island in an island  
Two and one apart

I paint every sunrise  
And every one for you  
Every swirl of light  
In every pearl of dew

In the way light talks to a river  
In the way a river holds night beneath  
In the way spring calms winter  
In the way we should speak



# PEACOCK PARK TRANSFORMED INTO ZOO

The former Lion Zoo Park at 6 kilo has been moved and integrated into a new site in the recently transformed Peacock Park Zoo located in the Bole area.

Following the city-funded construction of the new facility, the zoo is now in a much larger 26-hectare site which was designed in collaboration with German architect Nikolaus Knebel, and constructed over four phases.



The lion species include the rare *Leopantels Abyssinica* which is endemic to Ethiopia. Authorities believe that the previous site with much more cramped conditions may have contributed to the low breeding rate among the lions but they expect this to improve in their new surroundings. The original lion park was first established in 1948 after hunters gifted lions to Emperor Haile Selassie which lived in and roamed the palace grounds!

In addition to lions, the new and greatly anticipated zoo in lush green grounds and attractive enclosures also accommodates tortoises, geleda baboons, monkeys, apes, rabbits, ducks and fish. It opened to visitors in June and is a welcome green park for both animals and visitors alike!

A portrait of Genet Kebede, a woman with short dark hair and glasses, smiling. She is wearing a light grey cardigan over a dark top with a necklace. The background is a dense green foliage.

# IN CONVERSATION WITH GENET KEBEDE

By Mahlet Teklemariam

So now that you know where my inspiration for fashion comes from ....

My next interview highlights one of the pioneer designers from Ethiopia Genet Kebede

After studying fashion design and garment construction in Italy and Argentina, Genet Kebede founded her brand Paradise Fashion which is a well-known fashion brand in Ethiopia established in 1992 almost 30 years ago.



Paradise Fashion is inspired by the love of traditional Ethiopian handweaving textiles, the desire to preserve the beauty of this tradition and the ability to empower women across Ethiopia with sustainable employment opportunities. This inspiration evolved into her Ethiopian fashion line, with unique, beautiful and sustainable women's clothing.

Genet's ethical fashion line combines traditional Ethiopian handwoven fabrics with contemporary design, where she creates limited-production collections of handmade scarves, kaftans, modern Ethiopian dresses and other handmade garments.

The fabrics she uses in her handwoven clothing are as unique as the loom weavers with whom she works, meaning that each item is an exclusive work of Ethiopian art.

Paradise Fashion's product lines include, couture women's wear for weddings and special occasions, beachwear, scarves and shawls as well as Paradise Home that includes pillow cases, decorative throws, wall hangings and table sets.

The brand name paradise is the translation of her name in Amharic GENET. However she is in the process of rebranding it to GENET.

Her advice for young upcoming designers is to love what they do and to update themselves about what is going on in the global fashion world. She says we can learn a lot from social media and especially fashion websites. "If we educate ourselves, we can become competitive in the global fashion market". "WE can be unique".

"Brand legacy is fundamental" to promote the authentic Ethiopian hand weaving textile products and in her case, ladies wear to be recognized globally.

"I have been working hard for the last 29 years for my brand legacy to have a significant value for our hand-woven textiles." Genet K.



Website: [www.paradisefashion.net](http://www.paradisefashion.net)  
Facebook Page: [paradisefashionG](https://www.facebook.com/paradisefashionG)  
Twitter: [@PARADISEET](https://twitter.com/PARADISEET)  
<http://twitter.com/PARADISEET>  
Instagram: [paradisefashionet](https://www.instagram.com/paradisefashionet)

# SHINE LIKE A STAR ON THE DANCE FLOOR

SHINEDanceStudio Ethiopia is a unique dance school that offers customized classes in salsa, merengue, bachata, kizomba and semba, as well as fusion styles. Our dance journey started many years ago, first fueled by a passion for Cuban salsa. Once the salsa is in your blood, you will be forever in love with it... The upbeat Latin rhythms of salsa, bachata and merengue instantly make you want to get up and dance, offering a great cardio workout that trains your entire body.

Cuban salsa can also be danced as a group in a circle, called a Rueda de Casino. It's truly impressive to watch a rueda, where the dancers beautifully synchronize their steps to become a unified movement. During social dance evenings many people from different schools in Addis come together and often end up dancing a rueda, which is lots of fun!





Our lead instructor, Elias Fissha, became Ethiopia's first certified salsa and bachata teacher. Always looking for ways to innovate, Shine Studio successfully pioneered the dynamic Angolan semba and the "African tango" kizomba in Ethiopia.

*Shine strongly believes in the power of dance as a way to gain happiness and health, and we would love to welcome you to our wonderful family. We offer group classes as well as private classes for adults and kids.*

For more info find us on  
Facebook @Shinestudioethiopia /  
Telegram t.me/shinesalsa  
WhatsApp: + 913059946 /  
sbk.shine@gmail.com



# WHEN ART MEETS...

By Edom Belete Habtegebriel



*The day started with enthusiasm for some who made it early and were eager to meet the artists, while for other artists waking up early and arriving at 6 am was a choice to make, after a long night of creativity and for some it was interesting enough to challenge oneself.*



Group hiking became the new norm and order in and around Addis Abeba. Alpha Tour (and event organizing) and I took the initiative of organizing a hiking program at Gullele Botanical Garden for visual artists and art enthusiasts on Sunday June 13th 2021 aiming to create a special platform for both parties rather than the usual art exhibitions.

The day started with enthusiasm for some who made it early and were eager to meet the artists, while for other artists waking up early and arriving at 6 am was a choice to make, after a long night of creativity and for some it was interesting enough to challenge oneself.

The trip started at 6:45 after the long wait for the creatives, then introductions began and the adventure started in the bus. Once at the Garden, groups started to form and discussions began; so many different questions were raised during the hike and during the half hour breaks, different points were discussed and teaching dialogue took place with questions such as, what does it mean to be a visual artist, how do you make a living as a visual artist, what does success mean to the artists and their communities, how are artists surviving the pandemic, who should collect art, what does an art curator mean, who are the best curators in Africa, etc ....

In conclusion, this half day trip provided an opportunity to test our ability to adventure in the woods and most importantly to discover more about each other's world and gain an afterwards promise to reconnect, visit future art exhibitions and purchase works of art! It is encouraging to participate in these kind of activities.

Photo Credit to Tesfaye Fekade (Tefu)





# LEATHER COMPANY SUPPORTS ORPHANS AND WOMEN

“Our mission is to produce and sell high-quality handcrafted leather goods to support orphans, create sustainable job opportunities, and train unemployed youth.” In addition to creating job opportunities, they also proudly donate 5% of their proceeds to Ekklesia Oromia, a charity supporting vulnerable families in Ethiopia. Most of Bille Leather’s employees are women whom Cherinet sponsored for training in leather goods production. All Bille Leather’s employees receive competitive compensation with benefits. These women are the inspiration for the company and play a vital role from product conception to development. “They are part of the decision-making. We plan to develop more employment opportunities for women, empower them to be independent and able to support their families.”

Originally from Oromia, Dr. Cherinet Jaleta and his wife Bille have always had a passion for helping those in need. Since 2012, they have been supporting orphans who lost their parents because of HIV and other diseases. In 2015, they created Bille [bill-ay] Leather, handcrafted luxury leather bags and accessories made by skilled women artisans they sponsor. Giving back is one of the core foundations of this Minnesota-based leather company. “Our mission is to produce and sell high-quality handcrafted leather goods to support orphans, create sustainable job opportunities, and train unemployed youth.”

*True leather artisans, Bille Leather’s employees carefully handcraft each handbag, travel bag, and briefcase using the highest quality sustainable leather.*

“We partner with tanneries who meet international standards and have the reputation of producing environmentally sustainable leather.


Bille Leather PR  
Bille Leather  
[www.billeleather.com](http://www.billeleather.com) and on  
Facebook



Radisson **BLU**  
HOTEL, ADDIS ABABA

SUNDAY  
BRUNCH

A REAL FAMILY  
TREAT



Surround yourself with your loved ones and our  
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Radisson Blu Hotel Addis Ababa.

Our chefs have prepared various, treats for  
you and your family.

For early reservation call +251115 157600

# Let's Eat Enebla

*My favourite*  
*Ethiopian Recipes*



*A “must-read and experience”  
charming cook book on discovering  
the basic principles on cooking  
Ethiopian food.*

Sari Nordberg-Tafassa is from Finland but she has lived in Ethiopia since 1976 and is married to an Ethiopian.

She is an illustrator and author of another popular book *Kaldi and the Dancing Goats: The Legend of Ethiopian Coffee*, making her one of the first English language Ethiopian cookbook authors.

This booklet is short, sweet, artistically laid out and contains cooking wisdom gems. With 22 recipes, it is packed but doesn't overwhelm with redundancy. The recipes span basics like Gomen and Shiro wat as well as classics like spiced beef and less well known to Westerners staples such as Ambasha spiced bread and Doro chicken bread. Mekelesha powder is featured frequently as is pine cone or temeze. There is a nice section on hand washing and coffee rituals. This booklet is a nice introduction to Ethiopian Cuisine and dishes which the Author has cooked and enjoyed. The art alone is quite impressive and descriptive.

It's easy to find the new and revised version of the booklet at BOOKWORLD branches around Addis.

# RESTAURANTS

## AMERICAN STYLE/ CASUAL DINING

### ANGLA BURGER

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

### BAKE & BREW

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

### BURGER SHACK

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

### INDIANA SPUR STEAK RANCHES

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

### KELI'S GOURMET BURGER

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

### LEMON BAR & GRILL

(Golden Tulip Addis Ababa)  
+251 11 617 0740  
Ext: 1405  
Cameroon Street, Bole 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: Tex-Mex  
7 days a week

## PARKDALE BURGER

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

## RODEO BAR AND RESTAURANT

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

## SAVOR ADDIS

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

## SISHU

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

## ASIAN

### FOUR SEASONS

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

### CHINA BAR & RESTAURANT

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

### SAKURA JAPANESE RESTAURANT

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

## THE ORIENTAL (HYATT REGENCY HOTEL)

251 115 17 1234

Known for: Western BBQ, Asian bites

## BRAZILIAN

### FOGO NO 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 Beer Garden  
Known for:

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

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

**ENRICO'S PASTRY**  
(One of the Oldest  
Pastry Shop Cafes  
in Addis)  
011 557-1490  
Off Churchill Road  
Known for:  
Millefeuille and  
cream puffs  
7 days a week

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

**GRAB & GO**  
(Golden Tulip  
Addis Ababa  
Hotel)  
011 6170740  
Location, Bole  
Medhanialalem 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  
Medhanialalem; 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/Kazanches 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 Medhanialalem;  
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 Waf-  
fles 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 Cana-  
dian Embassy,  
Sarbet; Kasanchis;  
Known for: Ger-  
man 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

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

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

**TOMOCA**  
(Various locations)  
011 111-2498  
Off Churchill Road,  
on the same road  
as Book- World  
and Sarbet across  
from Cana- da  
Embassy Known  
for: Va- riety 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 In-  
ternational salads,  
starters,  
soups, pizzas,  
pastas & Grills 7  
days a week

**THE CANTEN**  
0904149676  
Dutch and Con-  
tinental 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 Con-  
tinental cuisine  
7 days a week

**VERRES EN VERS  
RESTAURANT**  
(Radisson Blu)  
0982-0921-82  
/0115-157-600  
Kazanchis busi-  
ness district  
7 days a week

**ADDIS ABABA  
GOLF CLUB**  
0921734176/  
0911-573872  
Old Airport oppo-  
site Swiss Embassy  
Known for: BBQ on  
weekends  
7 days a week

**AMSTERDAM BAR  
& RESTAURANT**  
0911 516178/  
0118681725  
Bole behind  
Friendship  
supermarket  
7 days a week

**BELVEDERE  
RESTAU- RANT**  
0912 639280  
Between Bob  
Marley's former  
roundabout and  
the new stadium  
plus Deli in Kas-  
sanches (side road  
to ECA)  
Known for: Ital- ian,  
European and  
Mediterranean  
Closed on Mon

**CHANOLY  
SMOOTHIE &  
NOODLES**  
092 734 9509  
behind bole  
medhanialalem  
in front of yego  
church  
right turn from  
Friendship hotel  
Meskel flower road  
near to Laparisian  
restaurant  
known for:-  
Noodles  
Open Closes  
10PM

**CENTER POINT  
REVOLVING  
RESTAURANT**  
(InterContinental)  
0115505066  
Kazanchis Known  
for: Buffet  
European Cuisine  
- set price menu 7  
days a week

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

**FIVE LOAVES  
BISTRO AND  
BAKERY**  
0913 576818/  
0911222976  
Aware round-  
about, towards  
Meganagna Known  
for: Deli, pastries  
and sandwiches  
and Sunday  
Brunch Closed  
Tues

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

**GOJO  
RESTAURANT**  
0911202821  
0115-521099  
Bole Dembel  
Building 1st fload  
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: Gour-  
met Cuisine Closed  
Sun



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

**OAK RESTAURANT**  
01114-674000  
Dreamliner Hotel Meskel Flower area Known for: European, Continental, and local dishes 7 days a week

**PEACOCK BAR AND RESTAURANT**  
0911222637  
Opposite side of old peacock Behind bole printing press Known for: beef and chicken stake 7 days a week

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

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

**SKY STEAK HOUSE**  
011 467-4000  
Dreamliner Hotel  
Known for: Steak 7 days a week

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

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

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

## ETHIOPIAN

**2000 HABESHA CULTURAL RESTAURANT**  
(known for regional dancing)  
0116-182253/58  
In front of Atlas hotel  
Call for opening hours

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

**EROS ADDIS FUSION RESTAURANT & LOUNGE**  
011 6684444  
Cape Verde Street/Mikey Leland Street  
3rd Floor Rakan Business Center  
Known for: Fusion, Ethiopian, African 7 days a week

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

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

## FRENCH

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

## GERMAN

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

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

## ICECREAM

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

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

## GELATERIA ICE DREAM

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

## IGLOO ICE CREAM

0944100323  
2 locations:  
Olympia and Japan embassy  
7 days a week

## TUTTO GELATO

092 9923503  
0944349495/96/97/98/99  
Bole Atlas, Sare bête, Guredshola centery mall, CMC Michael & DZ kuriftu

## INDIAN

**JEWEL OF INDIA**  
0911 20-0230/ 011 551-3154  
Off Bole Road from Olympia, towards Meskel Flower Hotel  
Known for: South Indian food and Indian sweets 7 days a week

## NAMASTE ADDIS THE INDIAN RESTAURANT AND BAR

0904139838  
0926102455  
Behind Bole Medhan Alem  
On the way to Moenco Opposite to Hub Hotel Addis Ababa  
Known for South Indian dishes such as dosa, idly, pongal, vada, etc. 7 days a week

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

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

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

## 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 77 days a week

**GUSTO RESTAURANT**

0963101010  
Kasanchis side of Elilly Hotel Nigist Building 1st floor  
Known for: Italian food  
7 days a week

**LINDA RESTAURANT**

0911219729  
Inside Juventus club Meskel square  
7 days a week

**SAVOR ADDIS**

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

**TRATTORIA GUSTO**

0973101010  
Megenagna, Sileshi Sehin Bldg, 4th Flr.  
Known for: Italian food

**M.C. WINE BAR GRILL & PIZZERIA**

0911 253265  
In the Juventus Sport Club, Meskel Square area  
Known for: Brick Oven Pizzas, Steaks, Salads  
7 days a week

**MIDDLE EASTERN/ MEDITERANEAN****FUSION BISTRO**

0910-005151  
Bole across from Saro Mara Hotel  
Known for: Mediterranean and Asian Dishes  
Closed Sun

**ALADDIN RESTAURANT**

011-661-4109  
Off Bole Road.  
Near the Japanese Embassy's Residence  
Known for: Grilled meat, hummus, tabouleh  
Closed Sun

**BATI AL MANDI**

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

**KATEGNA RESTAURANT**

0913552762  
0911126460  
Bole medhanialeml entrance building ground floor

**PEPPER & SPICE RESTAURANT**

0115184600  
Known for: Mediterranean inspired cuisines  
77 days week

**PIZZA****BELLA PASTA & PIZZA**

0911380606  
Bisrate Gebriel In front 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

**HOTELS****ADOT TINA HOTEL**

011-4673939

**ADDISSINIA HOTEL**

011-662 3634

**ALEXANDRIA HOTEL**

0911103857

**ATLAS HOTEL**

011-6187432/34

**BEST WESTERN PLUS ADDIS ABABA**

011-6671414

011-6675235

**BOLE AMBASSADOR HOTEL**

011-6188284

**CAPITAL HOTEL**

011-6672100

011-6192000

**DAMU HOTEL**

011-5509828/29/35

**DESALEGN HOTEL /ATLAS/**

011-6624524

**DESALEGN HOTEL /BOLE/**

011-6183030

**DIAMOND HOTEL**

011-6160916

0967141414

**DREAMLINER HOTEL**

011-4674000

**GRAND ELIANA HOTEL**

011-1262600

**ELILLY INTERNATIONAL HOTEL**

011-5587777

011-5586402

**ETHIOPIAN SKYLIGHT HOTEL**

011-6 818181

**FRIENDSHIP INTERNATIONAL HOTEL**

011-6 670202/04

0911 713 396

**GHION HOTEL ENTERPRISE**

011-5513222

**GOLDEN TULIP HOTEL**

011-6183333

**GLOBAL HOTEL**

011-4664766

**GETFAM HOTEL**

011-667-3175/78

**HARMONY HOTEL**

011-6183100

**HAYAT REGENCY**

011-5171234

**HILTON HOTEL**

011-517-0000

0911238457

**HOLIDAY HOTEL**

011-661-2081

**HOTEL LOBELIA**

011-6673850

0911182463

**INTERCONTINENTAL ADDIS HOTEL**

011-5180444

011-5505066

**JUPITER INTERNATIONAL HOTEL**

011-557 1078

**KALEB HOTEL**

011-6622200

**KZ HOTEL**

011-662-1677

011-6611206

**MADO HOTEL**

011-6393044

**MARRIOTT EXECUTIVE APARTMENTS**

011-5184600

**MONARCH HOTEL**

011-6672480

/81/82

**PANORAMA HOTEL**

011-6616070

**PLAZA HOTEL**

011-6612200

**QUEEN OF SHEBA HOTEL**

011-6180000

011-6188281/82

**RADISSON BLU HOTEL**

011-5157600

**RAMADA ADDIS**

011-6393939

**RAS AMBA HOTEL**

011-122-8080/81

**RIVIERA INTERNATIONAL HOTEL**

011-4197755/41/46

**SABON HOTEL**

0116 39 35 35

**SAREM INTERNATIONAL HOTEL**

0111262076/86/88

**SHERATON ADDIS**

0115171717

011-122-8080/81

**TIRAR INTERNATIONAL HOTEL**

011-5577152

011-5 577154

**THE GRAND PALACE ADDIS SUITES HOTEL**

0980626262

**UGBAAD HOTEL**

0116393793

0116393345



GEBETA  
MEDIUM DRY WINE

Happy Easter



አክሱሚት  
AXUMIT

Happy  
Easter

መልካም የፋሲካ በዓል



# ETHIOPIAN POET

# LEMN SISSAY

## HONORED

*Lemn Sissay has been named in the Queen's annual Birthday Honours List (UK).*

*The University of Manchester Chancellor, poet and playwright Lemn Sissay, has been awarded an OBE for services to Literature and Charity in the Queen's Birthday Honour's List.*

Since taking up the Chancellorship in 2015, Lemn Sissay MBE has contributed to the University significantly on a local, national and international scale. In 2017 he launched the Lemn Sissay Law Bursaries, which aims to address underrepresentation of black males in the legal profession. Further afield, Lemn has helped the University expand our Equity and Merit Scholarships for funded master's degrees to include prospective Ethiopian students. The Sissay PhD Scholarship for Care Leavers has been running for six years and The Lemn Sissay Foundation, established in Manchester, organises Christmas dinners for care leavers in locations across the UK. University President and Vice-Chancellor, Professor Dame Nancy Rothwell said: "I'm sure I speak for our entire university community when I say this is a well deserved honour for Lemn, and we offer him our warmest congratulations. His tireless work for literature goes hand in hand with his role as the University's Chancellor where he has introduced The Lemn Sissay Law Bursary and was instrumental in extending our Equity and Merit Scholarships to Master's students in Ethiopia. He is a well-loved member of the Manchester family and we're delighted to see him get recognition for his work."

The list recognises people who have given exceptional service to the UK abroad and internationally. He detailed his experiences in the British care system in his autobiography of his early life, *My Name Is Why*.

SOURCES: Manchester University



# GETATCHEW HAILE

## 1931-2021:

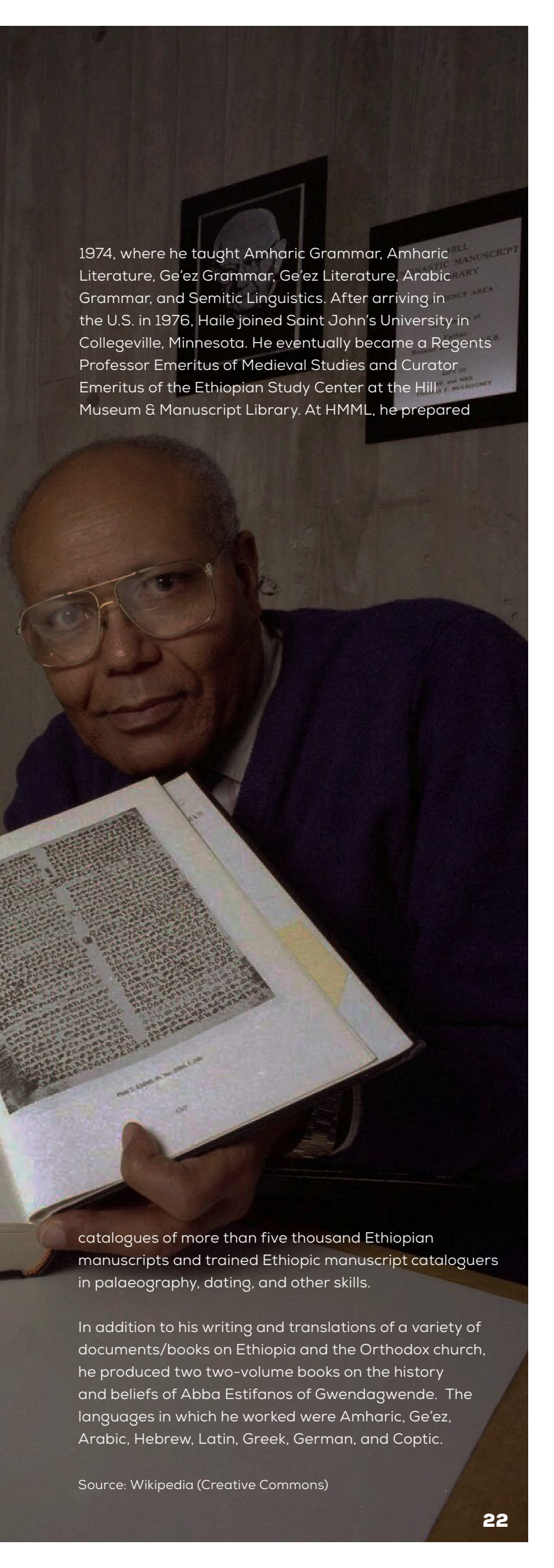
## GE'EZ LANGUAGE SCHOLAR

Getatchew Haile was an Ethiopian-American foremost scholar of the Ge'ez language. He was acknowledged for his contributions to the field with a MacArthur Fellows Program "genius" award and the Edward Ullendorff Medal from the Council of the British Academy. He was the first Ethiopian and the first African to win the award. As a boy, he attended Ethiopian Orthodox church school, where he learned Ge'ez and "devoted his energies to reading and understanding the texts." From 1945 to 1951 he attended Trinity School in Addis Ababa. Haile graduated from the Coptic Theological College, Cairo, Egypt with a B.D.

In 1974, Haile became a member of the transitional Ethiopian Parliament from Shoa province. Due to his opposition to the Derg junta, government soldiers came to his home to arrest him in 1975 during which time he was shot. After the BBC World Service and Voice of America reported his arrest, the government released him.

Through the intervention of friends, Haile was allowed to travel to London for medical treatment. However, he became paraplegic due to severe damage to his spinal cord and needed to use a wheelchair.

Haile was associate professor in the Department of Ethiopian Languages and Literature, Haile Selassie I University (now Addis Ababa University), from 1962 to 1969, and 1971 to



1974, where he taught Amharic Grammar, Amharic Literature, Ge'ez Grammar, Ge'ez Literature, Arabic Grammar, and Semitic Linguistics. After arriving in the U.S. in 1976, Haile joined Saint John's University in Collegeville, Minnesota. He eventually became a Regents Professor Emeritus of Medieval Studies and Curator Emeritus of the Ethiopian Study Center at the Hill Museum & Manuscript Library. At HMML, he prepared

catalogues of more than five thousand Ethiopian manuscripts and trained Ethiopic manuscript cataloguers in palaeography, dating, and other skills.

In addition to his writing and translations of a variety of documents/books on Ethiopia and the Orthodox church, he produced two two-volume books on the history and beliefs of Abba Estifanos of Gwendagwende. The languages in which he worked were Amharic, Ge'ez, Arabic, Hebrew, Latin, Greek, German, and Coptic.

Source: Wikipedia (Creative Commons)

# WELLNESS

## WHAT EXACTLY IS IT!

PART TWO: EXERCISE AND EMOTION

By Deborah Lundstorm

If we are exercising but consuming improper food and drinks just the exercise is not going to keep us healthy. Down the road we will have issues with our organs or even with the mental state of being.

*For leading a healthy life we need to start to take care of the of all our three bodies and start to question and observe ourselves.*

physical body : what kind of food am I having ?  
What is the quality and quantity of water I am drinking ?  
Am I doing the proper exercise?

Mental body : what is my stress level? Am I anxious?  
Is my mind getting enough rest ?

Emotional body: what are my emotions?  
fear ? Doubt? Anger? Sadness ?

We need to examine each and every state b/c one has an effect on the other. The one and only long lasting solution is to have all these three states in alignment. All have to be in balance so we can call ourselves "healthy and well"

Ayurvedic Massage, Yoga and Wellness Center  
Kebena, Arada Subcity, Woreda 07  
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Website: [www.tulsiaddis.com](http://www.tulsiaddis.com)  
Contact: [info@tulsiaddis.com](mailto:info@tulsiaddis.com)



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**Rooms** 149\$



**Rope Course** (1 round) 500 birr



**Zipline** 500 birr



**Pedal kart** (1 round) 100 birr



**Archery** (10 arrows) 100 birr



**Trampoline** (20 min. socks provided) 300 birr



**Wall Climbing** (1 round) 200 birr



**Paintball** (25 paintballs) 200 birr

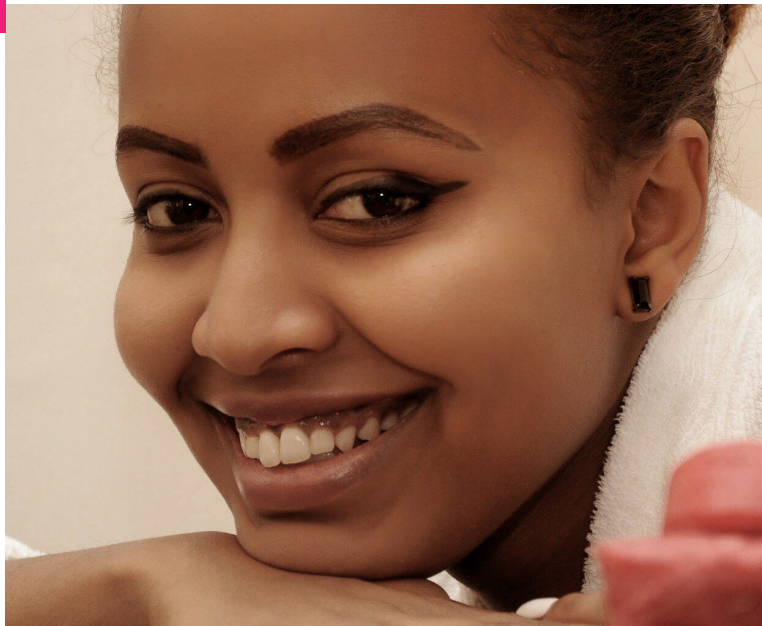


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# ETHIOPIAN BEAUTY

## THE ART OF USING KOHL POWDER

“Kohl” ( kuhl, kahal, or kohol) is a black substance used by the women of Ethiopia as an eyeliner and as eyeshadow. Apart from making the eyes look brighter and larger, kohl was once believed to have value as a protection against eye disease.

It’s blackness also controls the sun’s glare , and thus it is used by both men and women from the desert area. Kohl is powdered antimony, a brittle metallic elementary body of bright bluish-white colour and flaky crystalline texture. ESB Secret organics prepares and sells both light and darker grades of kohl of fine quality.

The “kohl” pencils used in modern makeup are a completely different item and should not be applied in the manner the powder is applied, next to the eye.


*Kohl is water-proof and a tiny amount of powder will last a couple of years.*

It is a much healthier eye liner for your eyes than commercial cosmetics which contain different ingredients.

Any excess powder that gathers at the corner of the eyes can easily be removed. Kohl eyes are much less artificial looking than painting a line outside the lids with commercial eyeliners. It is very subtle.

People will notice your eyes, but they won’t be quite sure why!

ESB – Ethiopian Skin Beauty  
Churchill road across from Lycee  
Melka Tower 1st floor - shop no 110  
Chechnya road right across from the NB building.  
For more information please call us  
+251911459537 / 0118133013



# YOUNG ARTISTS HOLD ART EXHIBITION

*Up and coming young artists Alemayehu Bekele and Tewodros Bekele are holding a joint exhibition at Breeze Bistro in Kassanches on July 19.*

Alemayehu Bekele is both an Architect and an Artist. He studied art at Enlightenment Art Academy and Abyssinia Fine Art School alongside his regular academic classes. He studied Architecture at Mekelle University where he studied for five years and graduated in 2017. He uses string as his art medium reflecting his study of architecture. He uses the string in two ways; geometrically in large complex creations based on mathematical formulas using artistic expression to create an optical illusion. He also enjoys experimenting with threads or strings as a free style way of expressing emotion.

Tewodros Bekele Wolde Mariam graduated from Entoto Technical and Vocational Education College (department of fine art) specializing in painting. Tewodros Bekele also went on to receive a BA Degree in GE'EZ Language from Holy Trinity Theology University His art work is inspired by the beauty and meaning of nature. Tewodros works full time as a studio artist.

Both artists are active participants in different art exhibitions. They have individually received certificates of commendation, grants and awards from different organizations for their works of art.

[www.alemayehubekele.com](http://www.alemayehubekele.com)  
[www.pinterest.com/aelthadoni](http://www.pinterest.com/aelthadoni)  
+251920220226

# NEW AYZOT APP: A DOCTOR IN YOUR POCKET

The Ayzot app is a collaboration between Surrey, the University of Strathclyde, Hospice Ethiopia, the Federal Ministry of Health and Hello Doctor Ethiopia, an Ethiopian-based software company run by Dr Yohans Wodaje. 'It's like having a doctor in my pocket'; this was the feedback from one of the patients at Hospice Ethiopia during user testing of the latest version 'Ayzot' a new mobile phone app for palliative care. The app is named after a common Ethiopian expression roughly translated to mean: to encourage or soothe a sick person. The app's focus is on supporting patients with life-limiting illnesses such as cancer and HIV/AIDS by helping them manage pain and other symptoms.

The app features a self-assessment management system that leads the patient or carer through a common set of symptoms such as pain, nausea, drowsiness, breathlessness, tiredness, appetite and well-being. Both patients and carers are encouraged to use the Ayzot app to assess the severity of each symptom using a combination of measures, including the pain assessment scale. The app contains both pharmacological and non-pharmacological medication information and, where appropriate, directs the user to get help and further information on wound care, spiritual care and diet. Patients reported that using the Ayzot app helped them feel more reassured and supported with their pain management and symptom control.

The team behind the Ayzot app is currently looking to secure further funding to perform a feasibility study and test the app in several rural areas across Ethiopia and other African countries. For further details please contact Dr Nicola Ayers: [n.carey@surrey.ac.uk](mailto:n.carey@surrey.ac.uk). Dr Nicola Carey from the School of Health Sciences at the University of Surrey said: "We hope that Ayzot will be embedded into the national palliative care clinical provision to support healthcare professionals and provide enhanced palliative coverage in Ethiopia."

SOURCES: [www.surrey.ac.uk](http://www.surrey.ac.uk) and [www.ehospice.com](http://www.ehospice.com)





# GREAT GREEN WALL

In the drylands of Ethiopia and other African countries, people are living on the frontline of the climate crisis. Temperatures are rising, trees are disappearing, the land is becoming infertile and the desert is spreading. The Metema forest in northern Ethiopia is in the last green belt before the start of the desert. But it could be extinct within 20 years. This will have a devastating impact on communities who rely on the forest for food and income. There will be no buffer between them and the encroaching desert. The Metema forest is extra special because of its frankincense trees which provide a lifeline for local communities. In Ethiopia, families can sell frankincense resin for use in essential oils around the world, to make an income. Frankincense trees also boost soil fertility, are drought-hardy and can survive when other crops fail, helping families build resilience to the climate crisis.

The climate crisis, high rates of tree felling and unsustainable tapping for frankincense, is stopping the frankincense forest from regenerating.

*The Great Green Wall ([www.greatgreenwall.org](http://www.greatgreenwall.org)) is an African-led movement with an epic ambition to grow a wide belt of trees, vegetation and fertile land across the Sahel.*

Originally envisaged as an 8,000km band of trees, this ambitious project is now much more than that. It is a beacon of biodiverse and sustainably managed land, providing nutritious food and green jobs for the millions of people living along its path. The Great Green Wall is bringing Africa's degraded landscapes back to life and reclaiming the land for people.

The African Union ([www.au.int](http://www.au.int)) and the UN Convention to Combat Desertification ([www.unccd.int](http://www.unccd.int)) are working together to make this ambitious project a reality.

SOURCE: TreeAid



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# CARROT CAKE

## *Moist and Easy Carrot Cake recipe*

### **INGREDIENTS**

#### INGREDIENTS

- 1 1/2 CUPS GRANULATED SUGAR
- 1 CUP VEGETABLE OIL
- 3 EGGS
- 2 CUPS FLOUR
- 2 TEASPOONS GROUND CINNAMON
- 1 TEASPOON BAKING SODA
- 1 TEASPOON VANILLA
- 1/2 TEASPOON SALT
- 3 CUPS SHREDDED CARROTS (5 MEDIUM)
- 1 CUP COARSELY CHOPPED WALNUTS (OPTIONAL)

### **PREPARATION**

Heat oven to 350°F.

Grease bottom and sides of one 13x9-inch pan or two 8-inch or 9-inch round pans with shortening; lightly flour. In large bowl, beat granulated sugar, oil and eggs with electric mixer on low speed about 30 seconds or until blended. Add flour, cinnamon, baking soda, 1 teaspoon vanilla and the salt; beat on low speed 1 minute. Stir in carrots and nuts. Pour into pan(s).

Bake 13x9-inch pan 40 to 45 minutes, round pans 30 to 35 minutes, or until toothpick inserted in center comes out clean.

Cool rectangle in pan on cooling rack. Cool rounds 10 minutes; remove from pans to cooling rack.

It is good just as it is – no frosting required (optional extra)

## ART INSTITUTIONS GALLERIES IN ADDIS ABABA

### CULTURAL INSTITUTIONS

**ALLIANCE ETHIO-FRANCAISE**  
011 1 569893/92

**BRITISH COUNCIL**  
011 6620388

**ETHIOPIAN VISUAL ARTISTS ASSOCIATION**  
0911 646862  
0911 711369

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

**FRENCH CENTRE FOR ETHIOPIAN STUDIES**  
011 1234767/68

**GOETHE INSTITUTE**  
011 1242345/46

**INSTITUTE OF ETHIOPIAN STUDIES**  
011 1119469

**ITALIAN CULTURAL INSTITUTE**  
011 1113655  
011 1553427

**RUSSIAN CENTRE FOR SCIENCE & CULTURE**  
011 1551343

**BIRHAN CULTURAL CENTER**  
0911 507304

### CINEMAS

**ALEM CINEMA**  
011 6636718

**AMBASSADOR THEATRE**  
011 5537637

**CINEMA EMPIRE**  
011 1565029

**EDNA MALL**  
011 661 6278  
661 6869

### THEATRES

**CHILDREN & YOUTH THEATRE**  
011 1128603

**CITY HALL**  
011 1119820

**HAGER FIKER**  
011 1569189

**MEGA AMPHITHEATRE**  
011 5518870

**NATIONAL THEATRE**  
011 5514577  
011 5514500

**NOHE THEATRE**  
011 1112175

**NESIR THEATRE & PROMOTION**  
011 6630908

### GALLERIES

**ABESHA ART STUDIO**  
091 1415258  
091 1469371

**ADAM ART STUDIO**  
0911632620

**ADDIS ABABA ART STUDIO**  
091 1116531

**ADDIS ART STUDIO**  
091 1619416  
091 1888783

**ADDIS FINE ART**  
0913 426553  
0966913222

**AFRO SUN ART STUDIO**  
091 1147156

**AMANUEL ART STUDIO**  
091 1672479

**ARTISTIC GLASS CENTRE**  
0115518400 ext.632  
091 1203965

**ASNI GALLERY**  
011233244  
0911206697

**BB BEHAILU ART STUDIO**  
0911401308

**CHILOTA STUDIO**  
011 5170000  
0911227294

**COLOR ART STUDIO**  
0911 927525  
0913 841406

**DAWIT GERESSU ART STUDIO**  
0911729608

**ETHIOPIAWE ART STUDIO**  
0911 888783

**DESTA HAGOS ART STUDIO**  
011 5537823  
091 1206868

**ERTALE ART STUDIO**  
091 1687256  
091 2728888

**FEKADU ART STUDIO**  
091 1428490

**GEBRE KRISTOS TRADITIONAL ART GALLERY**  
091 1634755

**GENNA ART STUDIO**  
0911823300

**GIGI'S AFRO-ASIAN DESIGN**  
011 5155588  
0912200437

**GOSHU ART GALLERY**  
0911 214352

**HARMONY ART STUDIO**  
091 1106119  
091 1645699

**IMAGE AFRICA STUDIO**  
091 1658371

**JO ART STUDIO**  
091 1645699

**LAPHTO ART GALLERY**  
0939-712314

**LELA ART GALLERY**  
0911 30 07 56  
011 6535506

**MEDI STUDIO & GALLERY**  
091 1613196  
0911 234265

**MESMER ART STUDIO**  
091 1646862

**MAKUSH GALLERY**  
011 552-6848  
011 5526855

**NETSA ART VILLAGE**  
091 1941678  
0911760963

**OMNA ART GALLERY**  
0911 65 52 39

**PANACHE ART GALLERY**  
0912-200444

**PALETTE ART GALLERY**  
0912 485342  
0977092291

**SAL INTERIOR & GALLERY**  
091 1238696

**SALEM JEWELRY**  
0116 185604

**SEIFU ART STUDIO**  
0911 711369

**ST.GEORGE INTERIOR DECORATION & ART**  
8103  
091 1201097

**SUZANNE'S GALLERY**  
091 1616814  
011 3724581

**TADESSE WOLDE AREGAY ART STUDIO**  
0938 543813

**TALISMAN GALLERY**  
0946 650680

**YACOB ART STUDIO**  
0911398787

**TENESHUA ART STUDIO**  
0912202218  
0965199332

**YEGNA ART STUDIO**  
091 1711692

**YONAS MILLION ART STUDIO**  
0912600780

**ZOMA CONTEMPORARY ART CENTER**  
0911 249374

### MUSEUM

**MUSEUMS INSTITUTE OF ETHIOPIAN STUDIES (IES)**  
0 011 1231068

**THE MODERN ART MUSEUM/GEBRE KRISTOS DESTA CENTER**  
0111221469

**CLASSES ENLIGHTENMENT ART ACADEMY**  
091 1209246  
091 1214892

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011 6638198  
091 1412171

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0911 218053

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0911 461025

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091 1639332

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011 1579130

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091 1639241

**PIANO AND MASINKO CLASS BY ALEMAYEHU TIBEBU**  
091 1629739  
011 6189732

**PIANO AND MASINKO CLASS BY SARON GETTIYE**  
091 447998

**SALSA AT ALIZÉ DANCE CLASSES AT CLUB ALIZÉ**  
091 188 2287

**VOILA FRENCH LANGUAGE ACADEMY CONTACT BENIAM ZEWDIE**  
091 2075115  
011 6183738

**TULSI YOGA BEHIND RAS AMBA HOTEL**  
0930-033414

**HAPPYOGA WELLO SEFER TK (ELSA) BUILDING 4TH FLOOR**  
0913280088

### USEFULL TELEPHONE NUMBERS

**FIRE BRIGADE TELECOMMUNICATIONS INFORMATION**  
912

**INTERNATIONAL CALLS**  
994

**MOBILE THEFTS**  
0115506010

**WAKE-UP CALLS**  
999

**ELECTRICITY TECHNICAL SERVICES**  
905

**WATER + SEWERAGE AUTHORITY**  
011 1116334  
011 1550922

**POLICE INFORMATION CENTER**  
991

**RED CROSS**  
0115150608  
0115159074

**AMBULANCE CLINICS**  
907

**ADDIS TANA HIGHER CLINIC ADWA CLINIC**  
011 8630661  
011 1563085



## HEALTH SERVICES

### CLINICS

<b>AFRICA HIGHER CLINIC 1 AMERICAN MEDICAL CENTER</b>	011 2751360 0116678000 /04/07 0919198287
<b>BETHZATHA CLINIC</b>	011 5514470 011 5533453
<b>BLUE &amp; WHITE CLINIC</b>	011 6616229
<b>BROOK CLINIC</b>	011 5513435 011 5515151
<b>CHILDREN'S CLINIC</b>	011 3711515
<b>CHRISTINA CLINIC</b>	011 5152020
<b>DR JONATHAN BANES CLINICAL PSYCHOLOGIST</b>	0910 0716 84
<b>ETHIOPIA HIGHER CLINIC</b>	011 1550088
<b>FUTURE INTL CONSULTING</b>	011 2770064
<b>ICON CENTER OF SPECIAL SURGERY (DR. TEWODROS)</b>	0911-864672
<b>INTERNATIONAL CLINICAL LABORATORIES</b>	011 5529252
<b>MARTI SPECIAL DENTAL CLINIC</b>	011 6181262
<b>SAINT GABRIEL GENERAL HOSPITAL DENTISTRY</b>	0911-31-6012
<b>PEDIATRIC CLINIC</b>	0921 787120 0115514696 091 1237410 011 5536074
<b>RANK CLINIC (DERMATOLOGY)</b>	0115535530
<b>SANTE MEDICAL CENTRE</b>	0114668629
<b>SENAI CLINIC</b>	011567576 011 4 672047 011242295/94 011 3710768 011 1112198 011 1572435
<b>SUN OPTICS SPECIAL EYE CLINIC</b>	011 1570232
<b>SUISSE CLINIC</b>	0931 52 09 52 011 618 01 86
<b>SUNSHINE CLINIC</b>	
<b>SWEDISH CLINIC</b>	
<b>T/HIMANOT HIGHER CLINIC</b>	
<b>TESFA MAJOR POLY CLINIC</b>	
<b>WGGA SPECIALIZED VISION CLINIC</b>	

### ANIMAL CLINICS

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

### HOSPITALS

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

#### LIST OF GOVERNMENT HOSPITALS AND CLINIC WHOWHAS AMBULANCE SERVICE

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

<b>GENERAL INQUIRIES: AFALAGI</b>	8123
	0930 033414

<b>TULSI, AYURVEDIC MMASSAGE, YOGA AND WELLNESS CENTER, KEBENA, BEHIND RAS AMBA HOTEL,</b>	
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### PHARMACIES

<b>ABBAY PHARMACY</b>	011 3713298
<b>GHION PHARMACY</b>	011 5518606
<b>GISHEN PHARMACY</b>	011 6611717
<b>LION PHARMACY</b>	011 1551893
<b>PELICAL PHARMACY</b>	011 552 1790
<b>RAAMCO PHARMACY</b>	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 Segal Bete.

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

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

### OBSTETRICS/GYNECOLOGY:

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

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

### DENTISTRY:

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

Dr. Tadesse Melaku - Ethio-Swiydesh Dental Clinic - Bole Road Awash Bank (NOVIS)  
building 1st Floor Office: -011 661 4932

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

### GENERAL SURGERY:

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

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

### OPHTHALMOLOGIST:

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

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

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

### DERMATOLOGIST:

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

### ENT SPECIALIST

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

### PHYSIOTHERAPIST

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

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

### ORTHOPAEDIC AND TRAUMATOLOGY

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

Lebeza Mental health consultation office  
01183522929

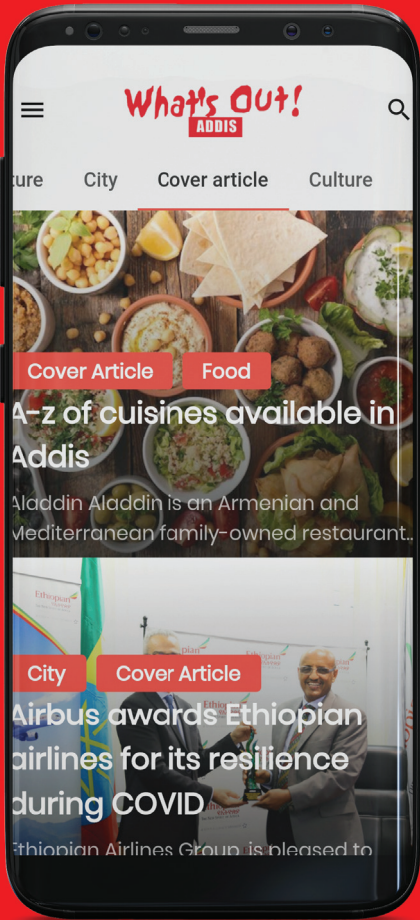
#### AIRLINES

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

#### AREA CODES

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

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