

what's out addis

2021, June



MESKEL GOLD

THE WHITE FACADE OF HYATT
REGENCY ADDIS ABABA
OVERLOOKING MESKEL SQUARE
HAS ADDED A HINT OF YELLOW
TO ITS COMPLEXION

3

FEATURE STORY

MESKEL GOLD

5

FASHION

FASHION PAGE PART II

7

WHAT'S NEW IN TOWN

ADDIS ARTS ALIVE

9

RIVERS OF THE WORLD

11

ARTS AND CULTURE

A FIRE WITHIN

12

MOURNING THE LOSS OF ZEMI
YENUS

13

THE ABYSSINIAN SYLLABARY

19

HEALTH

WELL BEING

25

DID YOU KNOW

THE SOLUTION TO PLASTIC
POLLUTION

28

PRESS RELEASE

THE BUSARA CHAMPIONSHIP

30

RECIPE

YASSER'S FOOD JOURNAL

MANAGING DIRECTOR: RAHEL BERHANE ARAYA

EDITOR-IN-CHIEF: TADELECH TESSEMA

GRAPHIC DESIGNER: MICHAEL ERGYE

SENIOR CONTRIBUTOR: ARABELLA STEWART

CONTRIBUTORS: YASSER BAGERSH, BETELHEM LEGESSE

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 June edition of What's Out. Our cover story features the amazing Meskel Gold honey – you will be sure to want to buy a pot from the Hyatt Hotel! We also have interesting articles on Arts/Culture, Health and Fashion from our contributors and a feature about Rivers of the World a joint school project between schools in the UK and schools in Ethiopia. Our recipe this month is how to make the perfect Siga/Tips from the Kitchen of Yasser. Learn about the benefits of the herb Fenugreek used in Ethiopian cooking and has many health benefits
We wish our readers a good month ahead.*

Team What's Out

POETRY CORNER

THE APPARENT IN THE FLIGHT

By Adagn Gebremariam

Having missed to notice
The take-off signal, whence
It twinkled in the darkness
At the edge of the lane;
The captain of a plane
Narrowly, escaped a collision
With an onto coming one;

Whilst hastening to narrow
The gap between now
And the incident's how—
Scattered like fleeting shadow
Of the tattered cloud below
Driven by a ghastly wind's paw—
The captain, betting that to rain
The errant cloud would have been
Condensed, in a flux of time
At a place prime, navigated
The plane to catch up with time;

Although, nothing help up the captain
From catching up; except mere lacunae
Between the fleeting jet at present,
And the event precedent; The Assent
Onto the right path of Flying, can't
Be set in time, until an object
Not to reckon; evanescent yet
In The Flight line be apparent.



MESKEL GOLD

Traffic is building across the streets of Meskel Square overlooking Hyatt Regency. Not the ordinary kind, no. Drones have inhabited a spot above the hotel, causing quite a buzz. The drones are often accompanied by workers moving abruptly towards a central figure at 20 miles per hour in service of the crown. The traffic is yellow, busy and small but comprised of about 200,000 individuals confined to a veranda at Hyatt, which is white, tall and radiates a kind of splendor.

Hyatt Regency Addis Ababa has taken on new guests on its terrace. Some 200,000 bees are being hosted at the hotel as it begins its campaign to reclaim the time when bees were a thriving population of insects. Bees have been around for millions of years, pollinating our plants along the way. These yellow warriors, however, are in serious decline all over the world due to climate change and the use of pesticides. The greatest contribution of these honey producers is their pollination of nearly three-quarters of the plants that produce 90% of the world's food.



The hotel is a pillar in the city, possessing innovative ideas for sustainability such as that of the water bottling project. In the spirit of such grand actions, Cluster General Manager of Hyatt Regency Addis Ababa Heddo Siebs saw an opportunity lurking. He thought it would be a great idea to produce honey for the hotel as part of its farm-to-table initiative while at the same time doing his part to sustain the local bee population!

The hotel contacted its honey supplier to organize a ready-to-go beehive with a colony of bees. Then, Hyatt just needed to see if the bees would produce honey!

A beekeeper is contracted seasonally to maintain the hives and to harvest the honey. As many as 200,000 bees in four beehives settled in comfortably on hotel grounds. It was found that if people let bees get on with their jobs of producing honey, they really do not bother people. The bees thrived, and honey production was a success, so much so that three additional bee families will be joining the hives in June, thereby increasing the total number of bees to around 150,000.

The white facade of Hyatt Regency Addis Ababa overlooking Meskel Square has added a hint of yellow to its complexion. Meskel Gold, the sweet honey harvested from the hives, is sold to guests at The Market. Local bees, local honey.

HYATT REGENCY ADDIS ABABA
Meskel Square, Addis Ababa
hyattregencyaddisababa.com

FASHION PAGE

PART TWO

IN CONVERSATION WITH MY MOTHER

By Mahlet Teklemariam

1. What was the landscape of fashion in Ethiopia in the 60s and 70s?

Pleated skirts were popular in the late 50s and 60s, straight and Parimode skirts, A-shaped, flared and gathered dresses/skirts, among the modern generation to name a few. Hip-hugger skirts and pants with wide belts were stylish among the youth. The 60s was also the mini-skirt era. In the 70s Chanel fashion and bell bottom pants set the trend. Locally, Ethiopian traditional dresses also evolved where modern design included long, straight and A-shaped dresses with shawl. Shema were being woven with shiny, silky yarn in various colors to accommodate this trend.

2. I remember you making clothing for us when we were kids. Where did that inspiration come from?

My mom used to give me leftover yarns and teach me how to knit. She would bring scraps of material from the tailors and show me how to make dresses for my dolls. I started making dresses and blouses when I was in high school. There was a Mennonite bookstore where I used to buy Simplicity and McCall sewing patterns, as well as magazines. My first sewing product was what you see in this picture.

As you mentioned, it was my favorite hobby and pleasure to knit and sew for you guys.

3. Were there any big Ethiopian designers in your time? If so who?

There is only one I remember. Woizero Tsion Andom who took Ethiopian dresses, and capes to another level.

4. Where was the influence of fashion in your generation?

I would say Europe, especially France and Italy.

So much I would love to share but we will stop here for now.



As you mentioned, it was my favorite hobby and pleasure to knit and sew for you guys.

3. Were there any big Ethiopian designers in your time? If so who?

There is only one I remember. Woizero Tsion Andom who took Ethiopian dresses, and capes to another level.

4. Where was the influence of fashion in your generation?

I would say Europe, especially France and Italy.

So much I would love to share but we will stop here for now.

HUB OF AFRICA
ADDIS FASHION WEEK

HAFW



ADDIS ARTS ALIVE!

By **Edom Belete**

Art Curator

Introducing a new contemporary art initiative organized by the Hyatt Regency Addis Ababa and Prologue BCW. An initiative that aims to revitalize the arts during and after COVID -19, to celebrate art and support the artists community. Initiated in December 2020 with "We remain Together" that showcased 53 works of 16 premier artists from different walks of life was followed by "Through our Eyes" a solo art exhibition of Seyoum Ayalew which was a massive success.

The exceptional third exhibition in May focuses on "Faces"; twelve artists were commissioned to express their perspective of the human condition depicting the day-to-day activities and feelings of Ethiopians in each of the artists' distinctive styles and mediums.

If you haven't able to join us for these past exhibitions wait till our fourth one in September entitled "New Beginning".


Addis ARTS Alive!



Radisson **BLU**
HOTEL, ADDIS ABABA

SUNDAY
BRUNCH

A REAL FAMILY
TREAT



Surround yourself with your loved ones and our
Sunday brunch with a delicious meal from
Radisson Blu Hotel Addis Ababa.

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

For early reservation call +251115 157600

RIVERS OF THE WORLD

Rivers of the World is the flagship art and education project of London's Thames Festival Trust delivered in partnership with British Council. Running since 2005 across the world and with Ethiopia since 2016, it aims to increase students' self-esteem through the realisation of powerful artwork about river environments. Schools involved are partnered with UK schools, sharing ideas about their respective rivers, before expressing them visually through beautiful collaborated artwork. Each picture follows a theme such as pollution, or culture, and sends a message of how essential clean rivers are for every aspect of life on earth.





Since its creation in 2005, Rivers of the World has been delivered in thirty-five countries around the world, currently including Malawi, Kenya, Palestine, Morocco, Ethiopia, Sudan, Lebanon, Tanzania & India and across the UK.

Twenty-four artworks make up the exhibition made by 240 students in Addis Ababa, Bahir Dar and Bishoftu in Ethiopia and further students in Warrington, UK. Focus rivers are the Blue Nile, London's River Thames and the Mersey River, which connects Liverpool and Manchester. These exhibitions aim to raise the awareness among the public about environmental and climate change and showcase how connection and partnership can boost creativity and encourage global citizenship. We also believe it will be a great platform to encourage the students who worked hard to bring these brilliant artworks to life. By doing so, we believe we could also be launching an army of students to become the next generation artists and environmental conservationists.

Source: British Council Ethiopia

Images by Martha Hardy





NEW FILM 'A FIRE WITHIN'

This documentary film chronicles the incredible true story of three Ethiopian women who immigrate to the U.S. after surviving torture at home in Ethiopia during the Red Terror era, only to discover that the man responsible for their torture is not only living in the US but is employed at the same midtown Atlanta hotel in Georgia as one of the women. The women identify the man and take him to court; the film documents the women's harrowing journey to justice, bringing them face to face with their own torturer in what became a historic trial in modern American human rights law. He had been a government official who tortured and executed multiple civilians during the Derg era and was found to be working as a dish washer in the USA. The executive producer of this award winning documentary film is Liya Kebede. "I was so touched and moved by this story," said Kebede, who has starred in movies including Desert Flower, Samba and The Best Offer. "We don't often get to hear about such stories – the 'other' stories. The stories that do not get told. It is very rewarding to be a part of this film and to bring the story of these courageous women to light."

"It has been an extraordinary experience bringing this powerful story to the screen," commented director Christopher Chambers. "The resilience of these three women, refusing to be intimidated into silence by their abuser, relentlessly pursuing justice, while struggling to start new lives as immigrants and refugees, is the embodiment of heroism. The film was filmed in 10 cities across the globe, including Atlanta, Georgia, Ottawa, Canada and Addis Ababa, Ethiopia.

Further information about the film : www.facebook.com/AFireWithinDoc



MOURNING THE LOSS OF ZEMI YENUS

AN ADVOCATE FOR AUTISM AWARENESS

By Arabella Stewart

Zemi Yenus founded the first center for children with autism in 2002 here in Ethiopia. Sadly whilst receiving treatment for covid related complications, she recently passed away. Zemi had a successful career as a beautician in the U.S. However, upon returning to Ethiopia in 1996, her son was diagnosed with autism. Zemi founded the Nia foundation, established for supporting Children with Autism and related developmental disorders and specifically developed in an attempt to assist her son after finding no schools or facilities in Addis able to help him. While exploring options, she realised other parents faced the same challenges in raising their own children with autism. She also became aware that many children with Autism were considered cursed or possessed and often chained and locked away in dark rooms. Determined to end the stigma, exclusion and physical confinement that afflicted autistic youngsters, Zemi decided to stay in Ethiopia and made it her life's purpose to educate the public about autism and to change the lives of parents and children with Autism. She also became a spokesperson for autism and wanted to educate people about the condition and to change the perception. In a message posted on Twitter, Ethiopia's Health minister Dr. Lia Tadesse said she was "deeply shocked and devastated to learn we have lost Zemi Yenus to COVID-19" after describing her as "Kind and Passionate" person. I would like to express my deepest condolences to her family, colleagues and her loved ones," Dr. Lia added.

✘ Lucy ✘

✘ In the beginning was a name burnished onto the landscape itself—and Lucy is that name. Lucy already has a burnt face, spindly legs, and arms that hang down by her thighs. Lucy walks, upright, along the river banks, where she seeks out frogs and nesting birds. She does not know her age, Lucy, although of age to conceive—they had banished Lucy to a distant hill that Spring and plastered her body in kaolin, mingled with green leaves and blue-black berries, in honour of her first blood. ✘ Lucy steepes her body in the peat bogs along the river, having spent the morning foraging, from dawn to high noon. She is keen on the damp smells, all decaying leaves and gassy eruptions and she sinks into the sludge, dislodging hogs as they thrash about before taking flight. The pit in which she curls up is cool, and midges can no longer alight on her splattered skin. She loses her scent in the pond, and there is now only her slight breath to betray her to the lurking apes. ✘ Lucy dreams of a tenebrous cavern, capped by twinkling stars. In her dream, Lucy reposes on her back. In front of her rise translucent walls and on the other side of this partition, phantasma press forward, measuring her up with their gaze. These apparitions seem themselves to be holding their breath—as if they did not wish for Lucy to wake up. ✘ Lucy does stir. She is remembering headlong races in the savannah. The sound of the crackling leaves consumed to a crisp during the dry seasonfires. Lucy thinks back to the breathless escapes from the inferno, as she and hers crash through the bushes, in the company of antelopes and hyenas. The horned beasts no more afraid of Lucy and her ilk, than they themselves are fearful of brushing up against the hyena—as long as the fire lasts. It is the truce of the savannah. Flee, as fast as possible, as far as your legs, your wings, will carry you. The blaze petering out against a barren stretch, the animals slink away, abashed. The antelope make for the hursts and the hyenas for their caves, while Lucy's muster in a clearing. Who is missing? Who stumbled? Who is lying on the savannah floor? That night, one of hers picks up a red ember and places it in the middle of the glade, and they sleep soundly. Lucy recalls happy days in the bush; scrambling from branch to branch, squabbling with monkeys over dove nests lined with chicks. They tear out the fluff from the birds' chests before biting into them, like warm figs. The apes are hardier than Lucy's kind, and they are nimbler in the trees. But it is they, Lucy and her clan, who push the apes back toward the forests when they discover a charbroiled zebra on the plain. They tear off shreds of skin and flesh, eating these meats as much with their fingers as with their teeth. They gnaw on the bones, smashing them with rocks to suck on the marrows. Lucy looks up. She glances towards the heights to the west, a green and white wall, a mix of cliffs, boulders and foliage. This barrier marks the end of the plains, with their alluvium-laden rivers and vast herds, in which she and hers range, from rains to dry season, between overflowing waters and the droughts and their fiery thunderstorms. ✘ In the dry season of the year of her blood, a dust laced simoon began to blow, such as the hot tongue which precedes the lick of the flame harrying you forward. This wind blew even before the fire so that it made the grasses as brittle as dragonfly wings. When the sky's fire came down—the black clouds on the northern wall had been massing for several days—the plains erupted in a sea of flames. The escape of her tribe, and of all that had leg and wing was desperate. A bangarang of dust, smoke and flame full of the acrid smell of the fire and of a thousand beasts pressed up against one another. The jackal bolted alongside the hyrax, while the leopard fled in lockstep with the baboon. ✘ The quag, as black as an inkwell, alone seemed untroubled in the midst of the fury, as Lucy slid her body into the mire. There only remained the smoke seeping into her nose and throat, and the fiery reflections above the trees of the riverbank, to remind her of the raging firestorm. Lucy never knew the exact moment in which her nose stopped tingling. She never knew if she were waking or entering a long sleep, in which jewels glittered for all eternity. Lucy was writing herself into the landscape—a long process—for before becoming a diamond, she would be mud. ✘

✘ The Abyssinian Syllabary ✘

Ethiopia in 33 characters, from U to T
by Yves-Marie Stranger
Info: Uthiopia.com

RESTAURANT

AMERICAN STYLE/ CASUAL DINING

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

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

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

G - BURGER
+25184706001
Behind Sheger
building
Known for thir
Burgers

**INDIANA SPUR
STEAK
RANCHES**
+251984222222
+25118224045
Abyssinia Plaza,
Mezzanine Floor,
Bole Medhane
Alem ,
Known for: steak,
Mexican, Ribs,
Burger, Chicken
wings, Wraps,
Sandwiches, salads
with Spur
well-known
sauces, varieties of
deserts, varieties
of
hot and cold
beverages, variety
of
alcohol drinks,
Separate Kids
menu.
7 days a week

**KELI'S GOURMET
BURGER**
098 700 6136
Around ECA
Kazanchis
Next to IOM
7 days a week

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

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

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

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

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

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

ASIAN

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

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

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

**THE ORIENTAL
(HYATT REGENCY
HOTEL)**
251 115 17 1234
Known for:
Western BBQ,
Asian bites

BRAZILIAN

FOGO NO CHAO
(Ramada Addis)
011 6393939
Bole Road/10th
floor
Known for:
Brazilian
Churrascaria and
rich
vegetarian option
7 days a week

CAFE

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

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

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

**CUPCAKE
DELIGHTS
BAKERY**
+251 91 262 5271
Bole - opposite
Beer
Garden
Known for:

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

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

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

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

GRAB & GO
(Golden Tulip Addis Ababa Hotel)
011 6170740
Location, Bole Medhaniale 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 Medhaniale; 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 Medhaniale; 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 medhaniale 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
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 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: Gourmet Cuisine
Closed Sun

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

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

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

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

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

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

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

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

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

ETHIOPIAN

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

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

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

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

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

FRENCH

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

GERMAN

Beer Garden Inn Restaurant
0116182595/91/
Behind Edna mall
Known for: Home brewed beer and European Dishes
Closed Mon

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

ICECREAM

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

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

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

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

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

INDIAN

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

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

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

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

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

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

HOTELS

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 Juven- tus Sport Club, Meskel Square area
Known for: Brick Oven Pizzas, Steaks, Salads
7 days a week

MIDDLE EASTERN/ MEDITERANEAN

FUSION BISTRO
0910-005151
Bole across from Saro Mara Hotel
Known for: Med-iterranean and Asian Dishes
Closed Sun

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

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

KATEGNA RESTAURANT
0913552762
0911126460
Bole medhanialem intrance building ground floor

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

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

PIZZA

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

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

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

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

TURKISH

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

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

NIGHT LIFE / BAR

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

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 I NTERNATIONAL HOTEL 011-6 670202/04
0911 713 396

GHION HOTEL ENTERPRISE 011-5513222

GOLDEN TULIP HOTEL 011-6183333

GLOBAL HOTEL 011-4664766

GETFAM HOTEL 011-667-3175/78

HARMONY HOTEL 011-6183100

HYATT REGENCY 011-5171234

HILTON HOTEL 011-517-0000
0911238457
HOLIDAY HOTEL 011-661-2081

HOTEL LOBELIA 011-6673850
0911182463

INTERCONTINENTAL ADDIS HOTEL 011-5180444
011-5505066

JUPITER INTERNATIONAL HOTEL 011-557 1078

KALEB HOTEL 011-6622200

KZ HOTEL 011-662-1677
011-6611206

MADO HOTEL 011-6393044

MARRIOTT EXECUTIVE APARTMENTS 011-5184600

MONARCH HOTEL 011-6672480
/81/82

PANORAMA HOTEL 011-6616070

PLAZA HOTEL 011-6612200

QUEEN OF SHEBA HOTEL 011-6180000
011-6188281/82

RADISSON BLU HOTEL 011-5157600

RAMADA ADDIS 011-6393939

RAS AMBA HOTEL 011-122-8080/81

RIVIERA INTERNATIONAL HOTEL 011-4197755/41/46

SABON HOTEL 0116 39 35 35

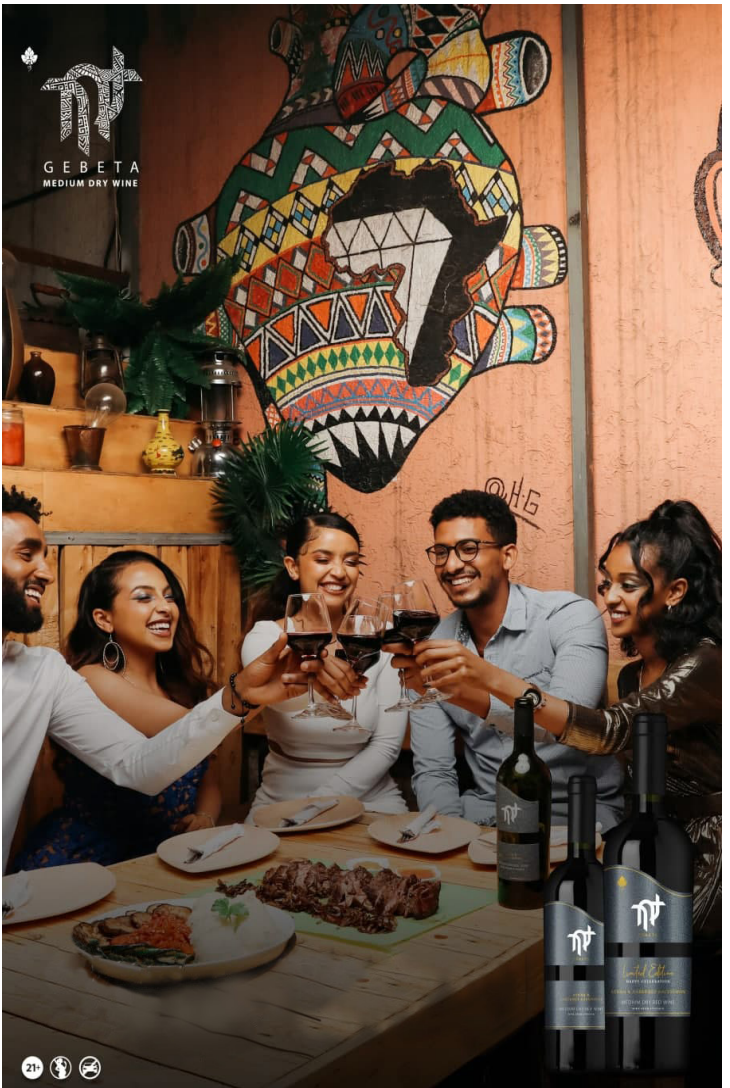
SAREM INTERNATIONAL HOTEL 0111262076/86/88

SHERATON ADDIS 0115171717
011-122-8080/81

TIRAR INTERNATIONAL HOTEL 011-5577152
011-5 577154

THE GRAND PALACE ADDIS SUITES HOTEL 0980626262

UGBAAD HOTEL 0116393793
0116393345



GEBETA
MEDIUM DRY WINE



21+  



አኳሚት
AXUMIT

21+  



WELLNESS

WHAT EXACTLY IS IT!

By Deborah Lundstrom

We constantly hear and read the word Wellness everywhere. On talk shows, in magazines, among friends and wellness center's are opening up everywhere in the city.

But what does wellness really mean ?

According to the WHO, wellness is a state of complete physical mental and social well-being and not merely the absence of disease.

So for us to say we are "well" we need to have our physical, mental, and emotional state "well". I mostly get asked questions such as "will I lose weight doing yoga or exercise ?" " I have this or that physical / mental issue so will exercise or yoga help me with this?" My answer to all mostly is "what is your lifestyle like ? " because adding yoga or exercise into your life will provide a certain benefit but just doing that alone is not the solution. We are holistic beings and we have to start looking at ourselves like that. There needs to be a unity between these three : physical, mental and emotional. If we keep our stress level high even if we are eating proper food and drinking a proper amount of water, we will still have stress chemicals in our body that will make us gain weight and our mental state might be affected.

Next month I will address the balance of Exercise and Emotion as part of our overall well-being .

Ayurvedic Massage, Yoga and Wellness Center

Tel:+251-118-960822 or +251-930-033414

Website: www.tulsiaddis.com

Contact: info@tulsiaddis.com



FENUGREEK /ABISH/ ABESH

By Betelhem Legesse

Fenugreek is a small bush with pale yellow flowers and seed pods containing light brown seeds. It is an effective natural herbal medicine in the treatment of Diabetes and High blood pressure. Fenugreek is also nutritionally rich in fiber, protein, carbohydrates, fat, iron, manganese, magnesium, and Vitamins. It is actually a main ingredient in Ethiopian cuisine for several recipes.

Fenugreek is considered a miraculous herb used for hair, skin and nail in different forms, plus raw, roasted, and powerful on its own or in combination with other ingredients. It is an excellent exfoliant that increases the skin's natural glow and radiance. It helps with sensitive and oily skin in balancing the oil and water in the skin. It also helps in other ways:

1. Glowing and cleanses the skin
2. Exfoliates and Moisturizes skin
3. Reduces blemishes and dark circles
4. Contains Anti-Aging properties
5. Can help with Acne treatment

DIY Fenugreek-Lemon-Honey Mask

- Two teaspoons raw Fenugreek powder
- One teaspoon Honey
- Two teaspoons Lemon or Half lemon

Apply the Fenugreek- Lemon- Honey Mask and massage it for at least one minute and leave it applied for 15- 20 minutes. Then, wash off with lukewarm water; if applicable, use a hot compression by soaking the towel in hot water to increase blood flow and draw excess dirt and oil away from the skin pores. Finally, apply oil and massage for 2- 4 minutes.



BOLE ROAD TEXTILES

By Arabella Stewart

New York based designer Hana Getachew started Bolé Road Textiles out of a desire to merge her love of Ethiopian handwoven fabrics with her career in interior design. During her eleven years at a New York City architecture firm, Hana realized her affinity for vibrant colors and graphic patterns was a direct result of her upbringing in a home filled with amazing traditional Ethiopian textiles. Her designs for Bolé Road are an homage to that cultural inheritance and a reflection of her own personal global modern aesthetic. Hana says: "I was born in Addis Ababa and my family's home was in a beautiful and quaint Bole neighborhood. I took two of the most important trips of my life on Bole Road. The first came when I was only three years old, when my family and I immigrated to North America. The second came eighteen years later when I made my first trip back.





That journey back was a pivotal one. I knew I wanted to be more connected to Ethiopia. I wanted to be more involved in the lives of its people and to contribute to its development. I also wanted to harness the overwhelming beauty and power of my first homecoming. As the years passed, I decided the best way to do that was by sharing the traditions and culture of my heritage with others.” Designed in New York and handwoven in Ethiopia, Bolé Road Textiles marries ancient weaving traditions with a modern global aesthetic. Hana partners with studios owned and operated by women which circles back to her mission of shifting focus and energy to the Ethiopian economy. “It’s about growing something,” she says.

Find out more about Hana Getachew and Bolé Road Textiles.

www.boleroadtextiles.com

www.facebook.com/boleroadtextiles



SLEEP IN THE STILLNESS OF THE MOUNTAINS



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



Horse Ranch (2 rounds) 100 birr



Rooms 149\$



Rope Course (1 round) 500 birr



Zipline 500 birr



Pedal kart (1 round) 100 birr



Archery (10 arrows) 100 birr



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



Wall Climbing (1 round) 200 birr



Paintball (25 paintballs) 200 birr



Spa Starting from 750 birr

GROUP DISCOUNTS ARE AVAILABLE



www.kurifturesorts.com
 booking@kurifturesorts.com
 +251 91 109 1185
 +251 90 506 1020



CAR MAINTENANCE

My name is Dawit Tedela and I am a mechanical engineer. I have a great appreciation and knowledge about vehicle maintenance which evolved into my business "Dave Auto Mobile Garage".

Here are 4 tips for a long run time of your vehicle Most of our cars driven on city roads today are modern. However, in order to keep them running well, we need to make it a habit to check basic points or road safety every trip.

1. CHECK AND TEST YOUR TIRE CONDITION AND AIR PRESSURE

Be safe every journey and ensure that the tires have good air pressure, that every nut and bolt and nuts is securely attached.

2. CHECK FOR ANY KIND OF FLUID LEAKAGE AND LEVEL

All cars have different types of fluids that must be checked; inspect them visually - engine, brake, automatic transmission, power steering, coolant, and washer fluids.

3. AFTER STARTING THE ENGINE CHECK FOR DASH BOARD LIGHTS

Check your dash board for any lights flashing (green, yellow and red) contact your mechanic to read the symbol and resolve any issue. If there are no warning lights the car is OK.

4. CHECK FOR ANY ABNORMAL SOUNDS WHILE ENGINE IS IDLING AND DRIVING.

If you hear any abnormal sound, immediately stop your car and try to check out the problem and fix it temporarily if possible until you reach your mechanic and let him identify and correct the problem.

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



THE SOLUTION TO PLASTIC POLLUTION

In recent times, visitors to the Danakil have been shocked by the amount of plastic rubbish on the sides of the volcano. The hot springs at Dallol are much the same. Litter gets blown by the wind, ending up being strewn over the salt flats and is difficult to retrieve.

A team of 12 tour operators recently clubbed together and decided to do something about the matter. They raised a small sum of money and approached the Afar Tourism board with the intention of providing a cage where plastic refuse can be held before being recycled.

Unbeknown to them at the time, Tourism Ethiopia, the country's marketing organisation for the promotion of the country was also thinking along similar lines. A tourism conference held in Semera at the end of April was quickly morphed into an environmental conference as tour operators and delegates from the Ministry of Foreign affairs embraced the idea of a cleanup and fresh approach to plastic waste.



Plans are now in place to possibly ban single-use plastics altogether from all national parks and protected areas. The tour operators realise that they have other options than to use plastic bottles. The Simien Lodge currently distributes aluminium water bottles to clients so that they can fill them with fresh mountain spring water. Very few tourists now insist on buying water in plastic bottles. The group hope that the government will add momentum to the initiative and that this approach to plastic waste will ultimately spread to other sectors of society. An Ethiopia clean of plastic waste may seem an ambitious target but many in the tourism sector now believe that it is not impossible.



THE BUSARA CHAMPIONSHIP 2021

THREE GAMES, THREE PLATFORMS, THREE LEAGUES
DOZENS OF TEAMS, COUNTLESS HEROES
ONE CHAMPIONSHIP

What is Busara? Busara is a futuristic pan-African analog game that was inspired by Africa's past and tried to envision Africa's future. Busara was created to depict the African essence and the game envisions to be the game from Africa to the entire world. It is a strategic game that is accessible to everyone. It was made by Enter Africa, a pan-African creative organization initiated by the (German) Goethe-Institut in Addis Ababa and spans across 16 African countries with a vision of enhancing the living conditions of African people by creating a gaming ecosystem that represents African culture and reimagines African futures.

The Busara Championships aims to foster a healthy, knowledge and skill centered, community bonding platform, in order to encourage youth engagement and establish a fully self-sustainable job creation platform and provide a productive and enjoyable pass-time for the youth and society. The first phase of this initiative aims to do so by using one existing widely played, popular community game ('joteni'), one collectively created Pan-African strategic game ('busara') and one digital re-invented cultural African game (gebeta) and by creating an ongoing annual tournament that would last the whole year. At the beginning, the tournament will bring together eight teams from each game format, with more than 60 players and people from all walks of life including the privileged, the less fortunate, the homeless and more without any discriminations. This teams will meet up on a weekly basis in a league format.

Enter Africa, a project that created 15 games and 200+ members with 15 different African countries that eventually created the true African game Busara. Busara championship is a gaming event that is one of its kind, it will run in a league format spanning over 6 months where teams come face to face and compete monthly. It aims to foster a healthy, knowledge and skill centred, community bonding platform, to encourage youth engagement and establish a fully self-sustainable job creation platform and provide a productive and enjoyable pass-time for the youth and society.

Championship kickoff (Launch) June 19, 2021

League timeline July-October 2021

League matches 1st Saturday of every month

League final-October 30, 2021

For more information about the Championship, please contact,

Kirubel Samuel

kiranoah2020@gmail.com



**GOETHE
INSTITUT**

Sprache. Kultur. Deutschland.

Lime tree

DON'T FORGET TO GET YOUR FAMILY CARD

Lime tree

Family Card

Recieve 5% - 10% discounts on all your purchases



RECIPE FOR SIGA TIBS (BEEF STIR FRY)

BY YASSER BAGERSH, Cook at the Lime Tree.

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

INGREDIENTS

MIX TOGETHER

- 1 POUND CUBED FLAT-IRON STEAK
- ¼ CUP RED ONION, SLICED
- 1 TOMATO, CUT IN WEDGES
- 3 TABLESPOONS OLIVE OIL (OR PREFERRED ALTERNATIVE)
- 1 TEASPOON SALT
- 1 ROSEMARY STICK
- 2 TEASPOON GARLIC, MINCED
- 1 TEASPOON GROUND BLACK CARDAMOM OR BLACK PEPPER TO TASTE

PREPARATION

Heat 2 tablespoon of oil on medium-high heat, then add the meat. Sprinkle the meat with ½ teaspoon of salt and cook for 5-8 minutes, stirring occasionally. When the meat is half cooked, add onion, garlic, rosemary and tomato wedges.

Serve on Injera or with rice and vegetables – your choice.

Chefs Tip:

To get the best flavor, use the freshest meat you can get. Try to find a local butcher, that sells high-quality, locally raised beef. It makes all the difference.

ART INSTITUTIONS GALLERIES IN ADDIS ABABA

CULTURAL INSTITUTIONS	CHILOTA STUDIO	MUSIUM	
	011 5170000 0911227294	MUSEUMS INSTITUTE OF ETHIOPIAN STUDIES (IES)	0 011 1231068
ALLIANCE ETHIO-FRANCAISE 011 1 569893/92	COLOR ART STUDIO 0911 927525 0913 841406		
BRITISH COUNCIL 011 6620388	DAWIT GERESSU ART STUDIO 0911729608	THE MODERN ART MUSEUM/GEBRE KRISTOS DESTA CENTER	0111221469
ETHIOPIAN VISUAL ARTISTS ASSOCIATION 0911 646862 0911 711369	ETHIOPIAWE ART STUDIO 0911 888783		
DEPT. OF FINE ARTS & DESIGN (AAU) 011 1232834	DESTA HAGOS ART STUDIO 011 5537823 091 1206868	CLASSES ENLIGHTENMENT ART ACADEMY	091 1209246 091 1214892
FRENCH CENTRE FOR ETHIOPIAN STUDIES 011 1234767/68	ERTALE ART STUDIO 091 1687256 091 2728888		
GOETHE INSTITUTE 011 1242345/46	FEKADU ART STUDIO 091 1428490	EALLAZ INTERNATIONAL DANCE STUDIO BOLE REWANDA	011 6638198 091 1412171
INSTITUTE OF ETHIOPIAN STUDIES 011 1119469	GEBRE KRISTOS TRADITIONAL ART GALLERY 091 1634755	HIOWT PIANO CMC ROAD	0911 218053
ITALIAN CULTURAL INSTITUTE 011 1113655 011 1553427	GENNA ART STUDIO 0911823300	GUITAR PRIVATE LESSON	0911 461025
RUSSIAN CENTRE FOR SCIENCE & CULTURE 011 1551343	GIGI'S AFRO-ASIAN DESIGN 011 5155588 0912200437	LATINO DANCE CLASSES ROCK BOTTOM GYM	091 1639332
BIRHAN CULTURAL CENTER 0911 507304	GOSHU ART GALLERY 0911 214352		
CINEMAS	HARMONY ART STUDIO 091 1106119 091 1645699	MUSIC TRAINING PIANO TO ALL LEVELS BY SEBLE ABERU	091 1606479
ALEM CINEMA 011 6636718	IMAGE AFRICA STUDIO 091 1658371		
AMBASSADOR THEATRE 011 5537637	JO ART STUDIO 091 1645699	MELODY MUSIC SCHOOLMODERN AND TRADITIONAL MUSIC INSTRUMENT TO ALL LEVELS	091 1409012 011 1579130
CINEMA EMPIRE 011 1565029	LAPHTO ART GALLERY 0939-712314	PIANO LESSONS BY TIGIST	091 1639241
EDNA MALL 011 661 6278 661 6869	LELA ART GALLERY 0911 30 07 56 011 6535506	PIANO AND MASINKO CLASS BY ALEMAYEHU TIBEBU	091 1629739 011 6189732
THEATRES	MEDI STUDIO & GALLERY 091 1613196 0911 234265	PIANO AND MASINKO CLASS BY SARON GETTIYE	091 447998
CHILDREN & YOUTH THEATRE 011 1128603	MESMER ART STUDIO 091 1646862	SALSA AT ALIZÉ DANCE CLASSES AT CLUB ALIZÉ	091 188 2287
CITY HALL 011 1119820	MAKUSH GALLERY 011 552-6848 011 5526855	VOILA FRENCH LANGUAGE ACADEMY CONTACT BENIAM ZEWDIE	091 2075115 011 6183738
HAGER FIKER 011 1569189	NETSA ART VILLAGE 091 1941678 0911760963	TULSI YOGA BEHIND RAS AMBA HOTEL	0930-033414
MEGA AMPHITHEATRE 011 5518870	OMNA ART GALLERY 0911 65 52 39	HAPPYOGA WELLO SEFER TK (ELSA) BUILDING 4TH FLOOR	0913280088
NATIONAL THEATRE 011 5514577 011 5514500	PANACHE ART GALLERY 0912-200444	USEFULL TELEPHONE NUMBERS	
NOHE THEATRE 011 1112175	PALETTE ART GALLERY 0912 485342 0977092291	FIRE BRIGADE TELECOMMUNICATIONS INFORMATION	912
NESIR THEATRE & PROMOTION 011 6630908	SAL INTERIOR & GALLERY 091 1238696	INTERNATIONAL CALLS	994
GALLERIES	SALEM JEWELRY 0116 185604	MOBILE THEFTS	0115506010
ABESHA ART STUDIO 091 1415258 091 1469371	SEIFU ART STUDIO 0911 711369	WAKE-UP CALLS	999
ADAM ART STUDIO 0911632620	ST.GEORGE INTERIOR DECORATION & ART 011 5510983 8103 091 1201097	ELECTRICITY TECHNICAL SERVICES	905
ADDIS ABABA ART STUDIO 091 1116531	SUZANNE'S GALLERY 091 1616814 011 3724581	WATER + SEWERAGE AUTHORITY	011 1116334 011 1550922
ADDIS ART STUDIO 091 1619416 091 1888783	TADESE WOLDE AREGAY ART STUDIO 0938 543813	POLICE INFORMATION CENTR	991
ADDIS FINE ART 0913 426553 0966913222	TALISMAN GALLERY 0946 650680	RED CROSS	0115150608 0115159074
AFRO SUN ART STUDIO 091 1147156	YACOB ART STUDIO 0911398787	AMBULANCE CLINICS	907
AMANUEL ART STUDIO 091 1672479	TENESHUA ART STUDIO 0912202218 0965199332	ADDIS TANA HIGHER CLINIC ADWA CLINIC	011 8630661 011 1563085
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
RANK CLINIC (DERMATOLOGY)	091 1237410 011 5536074
SANTE MEDICAL CENTRE	0115535530
SENAI CLINIC	0114668629
SUN OPTICS SPECIAL EYE CLINIC	0111567576
SUISSE CLINIC	011 4 672047
SUNSHINE CLINIC	0111242295/94
SWEDISH CLINIC	011 3710768
T/HIMANOT HIGHER CLINIC	011 1112198 011 1572435
TESFA MAJOR POLY CLINIC	011 1570232
WGGGA 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
PS. HOME TOWN VETERINARY	0910 58 58 55
DR PATRICK'S ALL NATURAL PET FOODSTREETS & 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 WHOWHAS AMBULANCE SERVICE

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

GENERAL INQUARIES: AFALAGI	8123
	0930 033414

TULSI, AYURVEDIC MASSAGE, 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
PELICAN PHARMACY	011 552 1790
RAAMCO PHARMACY	011 896 2925

Betel Funeral Arrangements 091 120 5731

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

GENERAL /INTERNAL MEDICINE:

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

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

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

PEDIATRICS:

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

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

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

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

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

DENTISTRY:

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

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

Dr. 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 Gedebo, 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

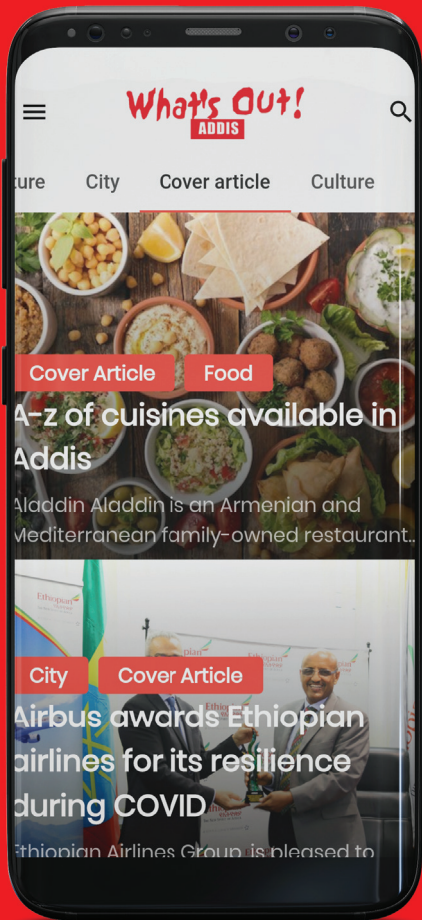
AIRLINES

BHI	011 6620815/16
EGYPT AIR	011 1564493/4
EMIRATES	011 5181818
ETHIOPIAN AIRLINES	011 6656666
FLY DUBAI	011 66670154
KENYA AIRWAYS	011 5518400
LUFTTHANSA	011 5515666/75
QATAR AIRWAYS	011 6627781/82
TURKISH AIRLINES	011 5515076
YEMENIA	

AREA CODES

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

**what's
out
addis**



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

