

*what's
out
addis*


2021, October



**AFRICAN
MOSAIQUE
FASHION
FESTIVAL.**

THE FIFTH ANNUAL AFRICAN
MOSAIQUE FASHION FESTIVAL

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

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WWW.WHATSOUTADDIS.COM

Dear Friends

Welcome to the October edition. With New Year and Meskel now behind us, we welcome the return of sunny days ahead. As usual we have a great issue featuring articles on Fashion, Literature, Travel and Art. Be sure to read about African Mosaique and their exciting Fashion Festival in October. We welcome a second feature on Yoga and Well Being by Heran and celebrate the return of looted ancient Ethiopian artefacts! We highlight the entrepreneurship of Abel Hailegiorgis with his innovative and award winning Bamboo bikes and wheelchairs; creating useful items from abundant Ethiopian Bamboo! Have a great month.

Team What's Out



A POINT OF VIEW. ■

MEET MICHAEL METEFERIA.

He is a photographer as passionate about photography as he is about his homeland. Michael has travelled all over Ethiopia and captured many images promoting the natural, cultural and historic wonders that Ethiopia is gifted with.

Animals and Humans

We strictly demarcate the world of humans and animals. Every creature, except man we call an animal.

But is it possible for those beings to feel the emotions we consider us humans are only endowed to? Is it likely for animals to display expressions of anger, excitement or even affection?

I'm not some sort of Darwinian guru nor am I a zoology expert, but after encountering some animals with human like expressions, I started looking at them closely and the results I found are surprising. Here is a picture of two monkeys I photographed in Axum back in 2018.

Yes, it looks like an engagement is happening right there. The way it held the other one's fingers and also the expression on her face seems like he asked for her hand in marriage and she said yes.

[instagram.com/mickey.251](https://www.instagram.com/mickey.251).

AFRICAN MOSAIQUE FASHION FESTIVAL

On October 23 and 24, 2021 the Fifth Annual African Mosaïque Fashion Festival and Award Ceremony will take place at the African Mosaïque Design Center and Manufacturing Hub, Legetafo. A two-day festival with a fashion show and exciting shopping experience (featuring some of Ethiopia's creative emerging talent and award-winning established designers) plus a Pop-Up shop highlighting other artisans. Guests will be able to meet the designers hear their inspiring stories, network and shop. The event will follow proper COVID protocol to protect the safety of guests and participants.

African Mosaïque Design Center and Manufacturing Hub, the first of its kind in Ethiopia, will continue celebrating local Fashion while identifying and promoting emerging designers, as well as providing training, production, and showcasing facilities for emerging and established designers alongside networking and business facilitation. This year we are featuring a total of 20 designers both established and emerging designers, including graduate designers from the fifth cycle of the African Mosaïque Incubator program AMFI who will launch their labels.

African Mosaïque Plc., is primarily a high end-fashion and clothing production enterprise, export- oriented, registered in Ethiopia and operational in the Legetafo area on the outskirts of Addis Ababa. AM designs, manufactures and markets high end, value added garments, with fabrics and other raw materials sourced primarily from Ethiopian and other African textiles mills. The company also provides mentorship and collaborates with up and coming young designers and entrepreneurs in the fashion and apparel industry. It serves as a platform to emerging and established Ethiopian and other African designers, by providing on-job training, transfer of knowledge and marketing opportunities. Following its acquisition in 2015 of 9 000 square meters of land in a light industry area on the outskirts of Addis Ababa, AM has built an integrated design center and manufacturing hub.. The center and hub produces thousands of designs and garments each year, as well as provides training, production and showcasing facilities for other designers.

www.africanmosaique.com

AFRICAN MOSAÏQUE™

TWO DAYS | ONE LOCATION | TWENTY DESIGNERS

FIFTH ANNUAL AFRICAN MOSAÏQUE FASHION FESTIVAL

#AMFF'21

SATURDAY, OCTOBER 23, 10am - 6pm

**Fashion Show | Pop - Up | Master Class
Award Ceremony**

SUNDAY, OCTOBER 24 : 10am - 6pm

Fashion Show | Pop - Up Market Place

**@AFRICAN MOSAÏQUE DESIGN CENTER
AND MANUFACTURING HUB, LEGETAFO**

TICKET ETB 200 (Children ETB 50)

Available Starting from October 4th

**@African Mosaïque Boutique, Yeka Shola
Next to Menarol Building**

Featuring

Yefikir Design, Lali, Fozia Endreas and more...
African Mosaïque Fashion Incubator Designers AMFI 2020/21
African Mosaïque Collection by Anna Getaneh



info@africanmosaique.com

+251978110451 +2511 668 3931

www.africanmosaique.com

f @ africanmosaique

PASSION FOR FASHION & FAMILY.

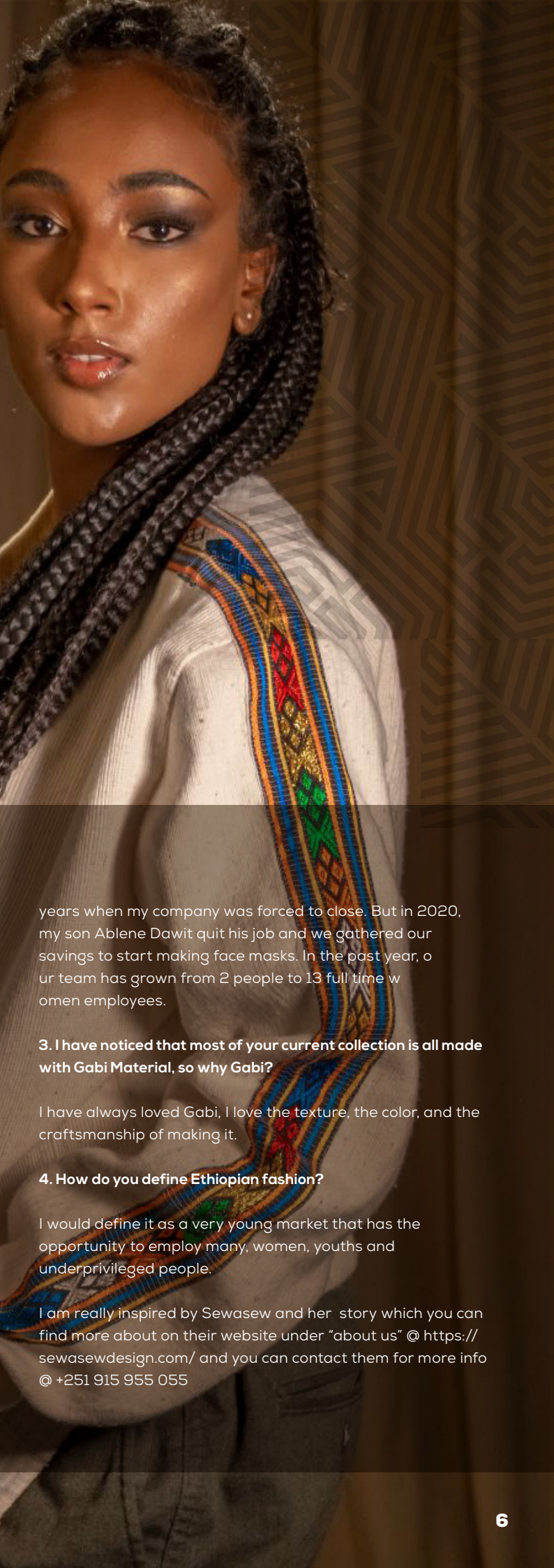
As I was trying to decide what or who to write about for this edition of What's out magazine, I started looking back to our 1st event of Hub of Africa Fashion Week 2010 and wondered where some of the designers are now after 11 years. There was one designer in particular that came to mind. Sewasew Design. She was one of the very first designers that showcased at our 2010 Hub of Africa Fashion Week at Laphto Mall. Her collection that she showcased back then was innovative, colorful and beautiful. Here is my catch up with her after 11 years

1. Introduce who you are and your brand name. When did you start your brand?

My name is Sewasw Hailu, my brand's name is Sewasew Design. Driven with the passion for fashion, I started my company around 18 / years ago.

2. Where is your brand now and the story behind your brand.

Within 18 years of ups and downs, there was a gap of 5



years when my company was forced to close. But in 2020, my son Ablene Dawit quit his job and we gathered our savings to start making face masks. In the past year, our team has grown from 2 people to 13 full time women employees.

3. I have noticed that most of your current collection is all made with Gabi Material, so why Gabi?

I have always loved Gabi, I love the texture, the color, and the craftsmanship of making it.

4. How do you define Ethiopian fashion?

I would define it as a very young market that has the opportunity to employ many, women, youths and underprivileged people.

I am really inspired by Sewasew and her story which you can find more about on their website under "about us" @ <https://sewasewdesign.com/> and you can contact them for more info @ +251 915 955 055

LOOTED ARTEFACTS RETURNED.



Ethiopian artefacts that were looted at the Battle of Maqdala in 1868 have been officially handed over to Ethiopian Embassy in London by the Scheherazade Foundation. The items include a handwritten Ethiopian Bible, crosses, an Imperial shield, a set of beakers, an icon and a magical scroll, were procured by the Scheherazade Foundation through a Dorset-based auction house, and private dealers in mainland Europe. Speaking on the occasion, at a private reception held at the prestigious Athenaeum Club in London, Ethiopian Ambassador Teferi Melesse Desta thanked the Foundation for their work in acquiring the precious items and renewed calls for museums, collectors, and holders of Maqdala heritage to return these items to their rightful home. Founder of the Scheherazade Foundation, Mr Tahir Shah, on his part, said he knew what the return of the objects would mean to the people of Ethiopia and that through his foundation, he hopes to build bridges between the two nations. The Embassy will now make arrangements for the items to be returned to Ethiopia in due course.

Source: Embassy of Ethiopia, London

ON THE GROWTH TRACK

Ethiopia
agrofood

Ethiopia
plastprintpack

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4th International Trade Show

Ethiopian Skylight Hotel • Addis Ababa, Ethiopia

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Contact worldwide: fairtrade Messe • Ms Dariah Pfaff
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www.fairtrade-messe.de



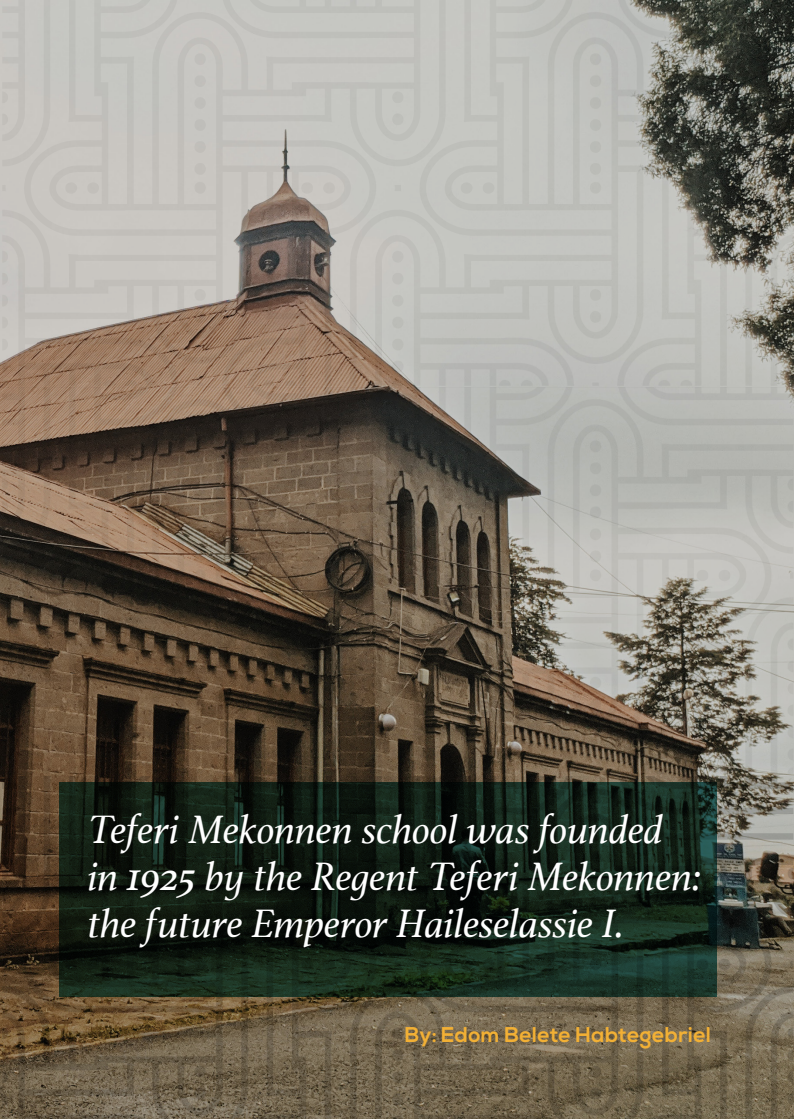
Contact Ethiopia and East Africa: Prana Events • Ms Selam Mesfin
Tel.: +251-116-18 43 65 • Mob: +251-92930 83 63/64 • Fax: +251-116-62 12 02
marketing@pranaevents.net

A VISIT TO THE ART DEPARTMENT OF TMS

As you reach the gate of Teferi Mekonnen School (TMS), now called the Entoto Polytechnic College, you're greeted with the welcoming faces of the guards followed by a request to leave your ID cards. Once you begin the long walk in the college compound, the heavenly tranquillity, the cold breeze with the scent of plants from the garden, along with the beautiful view of the historic building, complemented with sculptures made by students, you notice how it creates a magnificent ambience making you stand still, take your time and admire it all.

The school building itself constructed under Negus Teferi's order, was designed to educate young Ethiopians in modern education. It was one of the first public buildings in Addis Ababa during the Pre-Italian period. Its architectural style and construction techniques are quite unique and one amongst few of its kind in the city of Addis Abeba with its historical function still continuing to this day. The Visual Arts and the Music departments were added in 2007, and have graduated students since 2010.

Our visit today focuses on the Visual Arts department which accepts 40-50 students for three-year courses. Quite a number of students who graduated from the Arts department have joined Alle Fine Art



Teferi Mekonnen school was founded in 1925 by the Regent Teferi Mekonnen: the future Emperor Haileselassie I.

By: Edom Belete Habtegebriel

School (AAU) to further their education in BSC and MCS degree programs. Talented artists have Graduated to go on and become studio artists that have exhibit their work locally and internationally.

The Art department has Graphics, Painting and Sculpture training departments. The students' work and their talent is impeccable and is well identified by dedicated trainers that have the intricate skill set to identify students' talent and the encouraging disposition. The fatherly guidance and the year round art exhibition in the main hall of the Arts department building along with the monthly panel discussion (lecture series) by successful artists makes the school unique in its teaching methods.

TMS is the place to visit. The historic building, the art exhibitions, the sculptures in the compound and the monthly lecture series are open to visitors. I highly recommend anyone who is an art lover to take a look at it for themselves.

For further information and visit please like the Facebook page of Hailu Kifle to join.

To conclude, I would like to thank the Ministry of Education for understanding the value of art and culture and create these art departments in the college. My only wish is to see these kind of colleges in greater numbers soon.

Photograph by : Leul Mekonnen



www.ethiopoultryexpo.com

www.africanlivestock.net

10th Session

6th Session

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Skylight Hotel • Addis Ababa, Ethiopia

ONLINE

01 - 30 NOVEMBER, 2021



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Poultry



Meat



Dairy



Fish



Honey



AQUACULTURE ETHIOPIA

www.aquacultureethiopia.com

2nd Session



apiculture Ethiopia

www.apicultureethiopia.com

2nd Session

Organizers



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HOTEL, ADDIS ABABA

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RADISSON BLU

RAINFOREST
DAY SPA

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Contact us : +251 115 170400 or
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For your health, safety, and security, our hotels have implemented the Radisson Hotels Safety Protocols, designed to ensure your safety and peace of mind.



*Don't catch a leopard by the tail, but if you do, don't let it go.
Ethiopian Proverb.*

Author Sam McManus has collated 15-years' worth of adventure travel writing in Ethiopia, Japan, Bolivia, Egypt, Kyrgyzstan, Iran, Mongolia, Lebanon, Oman & Costa Rica in this collection of travel stories, which revolve around a central solo journey exploring the mountains of Ethiopia over a three-month period in 2015. "The most prized form of Ethiopian Amharic prose and poetry, loosely translated as 'wax and gold' ሰምና ወርቅ [saam-enna warq], is meticulously comprised with a focus on the duality of its meanings. The surface meaning, the wax, must be stripped away to reveal the hidden core of gold underneath. Ethiopia as a country also encourages you to look deeper within yourself, to fully understand and appreciate a deeply rich spiritual significance, that often resonates beneath simple or plain exteriors".

His exploration of Ethiopia led to the founding of sustainable adventure travel company Yellow Wood Adventures.

Sam briefed the Ethiopian Ambassador in London about his travel company and writing his book. McManus grew up in the countryside of Kent in the UK until he walked out one midsummer morning into a lifetime of travel and adventure. He has always favoured the road less travelled. Be it the highest plateau in Africa, ice-climbing in the Tian Shan Mountains or exploring the lost assassins' castles in the Alborz Mountains of Iran; a veritable mountain of banana sandwiches, history books, novels, travel writings and biographies always accompany these adventures, and wherever possible a horse or two.

In partnership with www.yellowwoodadventures.com
The book is also available on Amazon

**AMERICAN
STYLE/
CASUAL DINING**

ANGLA BURGER

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

BAKE & BREW

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

BURGER SHACK

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

G - BURGER

+25184706001
Behind Sheger
building
Known for thir
Burgers

**INDIANA SPUR
STEAK
RANCHES**

+251984222222
+251118224045
Abyssinia Plaza,
Bole
MedhaneAlem
Known for:
steak,Mexican,
Ribs,Burger,
Chickenwings,
Wraps,Sandwiches,
saladswith Spur
sauces, varieties
ofdeserts, varieties
ofhot and cold
beverages, variety
of alcohol drinks,
Separate Kids
menu. 7 days a
week

**KELI'S GOURMET
BURGER**

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

**LEMON BAR &
GRILL**

(Golden Tulip
Addis Ababa)
+251 11 617 0740
Ext: 1405
Cameron Street,
Bole Medhaniallem
Church Area
Known for:Roasted
Chicken, Pizza,
Burgers, and
Sandwiches 7 days
a week

OPIUM ADDIS

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

**PARKDALE
BURGER**

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

**RODEO BAR AND
RESTAURANT**

0911246320
0911212103
Bole opposite
Shoa
Supermarket
Known for: BBQ
and Burgers
Closed Sun

ROOMIE BURGER

0115504727
Piassa Churchil
Area
Known for: Burgers
and Pizzas (24/7)
7 days a week

SAVOR ADDIS

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

SISHU

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

ASIAN

FOUR SEASONS

091-354-9750
6th Floor,
Known for:
Japanese Food
Sunday Dinner
Only 7 days a week

**CHINA BAR &
RESTAURANT**

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

**SAKURA
JAPANESE
RESTAURANT**

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

**GANGNAM
BEST KOREAN
RESTAURANT**

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

**THE ORIENTAL
(HYATT REGENCY
HOTEL)**

251 115 17 1234
Known for:
Western BBQ,
Asian bites

BRAZILIAN

FOGO NO CHAO

(Ramada Addis)
011 6393939
Bole Road/10th
floor
Known for:
Brazilian
Churrascaria and
rich
vegetarian option
7 days a week

CAFE

BILO'S PASTRY

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

BOLE MINI

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

**BUNATERA MULTI
ROASTER COFFEE
SHOP**

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

**CUPCAKE
DELIGHTS
BAKERY**

+251 91 262 5271
Bole - opposite
Beer
Garden
Known for:

CUPCAKE

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

CUPCAKES

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

RESTAURANT

ENRICO'S PASTRY

(One of the Oldest Pastry Shop Cafes in Addis)

011 557-1490
Off Churchill Road
Known for: Millefeuille and cream puffs
7 days a week

GALANI CAFE

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

GRAB & GO

(Golden Tulip Addis Ababa Hotel)

011 6170740
Location, Bole Medhanialelem area, next to Mama's Kitchen, Known for caffè macchiato, cakes, pastries and bread types.
Open 7 days

HILTON PASTRY & COFFEE SHOP

011 517-0000 Ext 839
Known for: Must Have - Spectacular Cake Creations for Every Occasion 7 days a week

KALDI'S COFFEE

(Various locations)
0113714258
6 main locations: 2 around Bole Medhanialelem; Old Airport; CMC Olympia; Kaliti and many others
7 days a week

LIME TREE

(Bole and Kasanches locations)
011 663-0872 and 0911 200072
1/Kasanches Nigist building 2/Bole Road - behind Boston Spa Building
Known for: Healthy food and drinks, National and Continental Cuisine
7 days a week

LA PARISIENNE

(Various locations)
0911-514944/0118-681799
Bole Medhanialelem; Bole Airport ; Meskel Flower
Known for: French style bakery and cafe
7 days a week

MAMOKACHA COFFEE

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

MOYOS CAFÉ

0920242442
Around Atlas Hotel across from Yoly Hotel
Known for: Breakfasts and fresh juices
7 days a week

MUNCH GERMAN BAKERY

(Various locations)
0911 218534
Opposite Canadian Embassy, Sarbet; Kasanchis; Known for: German style bakery and cafe
7 days a week

NATANI CAFE

011 662-4753
Bole Road across from Millennium hall
Known for: Cheesecake
7 days a week

PURPLE CAFE

011 551-8886
On Bole Road, at Olympia
Known for: Ice cream
7 days a week

RAIZEL CAFE

0911 222043
Next to Cinema Empire
Known for: Cakes and Sandwiches
7 days a week

THE MARKET

(Hyatt Regency)
+251 115 171 207
Grab your freshly brewed Ethiopian coffee, tea, delicious pastries, bakery items and so much more at The Market.

TILLA CAFÉ

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

TRYST CAFE, RESTAURANT & LOUNGE

0944 061818
Olympia Rd & Atlas in front of Shebta Lounge
Known for: Delicious Sandwiches and Great Coffee
7 days a week

TOMOCA

(Various locations)
011 111-2498
Off Churchill Road, on the same road as Book- World and Sarbet across from Canadian Embassy
Known for: Variety of coffee to buy or to drink
7 days a week

CONTINENTAL**ALL DAY DINING**

(GetfamHotel)
011-667-3175/78
Buffet Breakfast and A la Carte International salads, starters, soups, pizzas, pastas & Grills
7 days a week

THE CANTEEN

0904149676
Dutch and Continental Cuisine and Vegetarian
Gabon Street (behind Water- fall Hotel) near Meskel Flower
Call for Opening Times

LUCY LOUNGE & RESTAURANT

0911947115
Next to National Museum
Known for: National and Continental cuisine
7 days a week

VERRES EN VERS RESTAURANT

(Radisson Blu)
0982-0921-82 /0115-157-600
Kazanchis business district
7 days a week

ADDIS ABABA GOLF CLUB

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

AMSTERDAM BAR & RESTAURANT

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

BELVEDERE RESTAURANT

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

CHANOLY SMOOTHIE & NOODLES

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

CENTER POINT REVOLVING RESTAURANT

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

CHOMA GRILL

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

FIVE LOAVES BISTRO AND BAKERY

0913 576818/0911222976
Aware round-about, towards Meganagna
Known for: Deli, pastries and sandwiches

GAZEBO (Hilton)

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

GOJO RESTAURANT

0911202821
0115-521099
Bole Dembel Building 1st fload
Closed Sun

HILL BOTTOM ADDIS

0118964670/69
Ayat Roundabout
Known for: Brick oven pizza and child friendly environment
7 days a week

KORMA GRILL

090 588 8888
0905787878
Bole Rwanda Embassy around Ankober Guest House
Closed Wed

LES ARCADES

(Sheraton Addis)
0115171717
Ext.6604
Known for: Gourmet Cuisine
Closed Sun

MAMA'S KITCHEN

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

OAK RESTAURANT

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

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

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

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

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

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

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

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

ETHIOPIAN

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

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

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

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

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

FRENCH

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

GERMAN

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

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

ICECREAM

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

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

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

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

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

INDIAN

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

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

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

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

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

COT HOTEL
Megenagna, 24 Kebele, in front of Kokeb Bldg
0116686492/ 0970717471

ITALIAN

ABUCCI
0912 501828
Atlas Road | Bole Tele Behind the two tall buildings still in construction about 30 meters
Known for: Home made pasta modern cuisine Closed Sun

ANTICA BAR & RESTAURANT
0116634841
0116615815
0911225019
Off Bole Road, near EU Delegation
Known for: Brick oven pizza and African dishes 7 days a week

AVANTI ITALIA RESTAURANT
0911 522660
Bole - near Millennium Hall behind Ambassador Hotel
Known for: Italian food Closed Sun

CASTELLI
(Oldest Italian restaurant in Addis)
011 157 1757
011-156-3580
The oldest Italian Restaurant in Addis
Off Piazza Arada Road, opposite Mahmoud Music Shop
Known for: Pasta, grilled fish, chicken and salads Closed Sun

CLUB JUVENTUS
0115516464
0911219729
Behind Meskel Square
Known for: Italian, European 7 days a week

GARDEN COURT BAR & RESTAURANT (Hibir)
0116620922/23
Bole in front of Alem Building

MAMA MIA ITALIAN RESTAURANT & BAR
0929002218
Beside Meles Foundation Kazanchis
Known for: Home made Pasta Closed Mon

DOK RESTAURANT
0912 50 3281
Cameroon St
Known for: Italian 7 days a week

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

LINDA RESTAURANT
0911219729
Inside Juventus club Meskel square
7 days a week

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

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

M.C. WINE BAR GRILL & PIZZERIA
0911 253265
In the Juventus Sport Club, Meskel Square area
Known for: Brick Oven Pizzas, Steaks, Salads
7 days a week

MIDDLE EASTERN/ MEDITERANEAN

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

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

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

KATEGNA RESTAURANT
0913552762
0911126460
Bole medhanialem intrance building ground floor

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

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

PIZZA

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

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

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

YUMMY PIZZA
0911472598/0911220100/ 0911602639
On Bole Road to Japan Embassy
Known for: Home delivery (around Bole)
7 days a week

TURKISH

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

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

NIGHT LIFE / BAR

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

GANGNAM BEST KOREAN RESTAURANT
-0939117538/ 0944166490
-Middle of Rd.Bolehomes -K.F Kimchi,Korean style chicken

ADOT TINA HOTEL
ADDISSINIA HOTEL

ALEXANDRIA HOTEL

ATLAS HOTEL

BEST WESTERN PLUS ADDIS ABABA

BOLE AMBASSADOR HOTEL

CAPITAL HOTEL

DAMU HOTEL
011-5509828/29/35

DESALEGN HOTEL /ATLAS/

DESALEGN HOTEL /BOLE/

DIAMOND HOTEL

DREAMLINER HOTEL

GRAND ELIANA HOTEL

ELILLY INTERNATIONAL HOTEL

ETHIOPIAN SKYLIGHT HOTEL

FRIENDSHIP INTERNATIONAL HOTEL

GHION HOTEL ENTERPRISE

GOLDEN TULIP HOTEL

GLOBAL HOTEL

GETFAM HOTEL

HARMONY HOTEL

HYATT REGENCY

HILTON HOTEL

HOLIDAY HOTEL

HOTEL LOBELIA

INTERCONTINENTAL ADDIS HOTEL

JUPITER INTERNATIONAL HOTEL

KALEB HOTEL

KZ HOTEL

MADO HOTEL

MARRIOTT EXECUTIVE APARTMENTS

MONARCH HOTEL

PANORAMA HOTEL

PLAZA HOTEL

QUEEN OF SHEBA HOTEL

RADISSON BLU HOTEL

RAMADA ADDIS

RAS AMBA HOTEL

RIVIERA INTERNATIONAL HOTEL
011-4197755/41/46

SABON HOTEL

SAREM INTERNATIONAL HOTEL
0111262076/86/88

SHERATON ADDIS

TIRAR INTERNATIONAL HOTEL

THE GRAND PALACE ADDIS SUITES HOTEL

UGBAAD HOTEL

HOTELS

011-4673939

011-662 3634

0911103857

011-6187432/34

011-6671414

011-6675235

011-6188284

011-6672100

011-6192000

011-6624524

011-6183030

011-6160916

0967141414

011-4674000

011-1262600

011-5587777

011-5586402

011-6 818181

011-6 670202/04

0911 713 396

011-5513222

011-6183333

011-4664766

011-667-3175/78

011-6183100

011-5171234

011-517-0000

0911238457

011-661-2081

011-6673850

0911182463

011-5180444

011-5505066

011-557 1078

011-6622200

011-662-1677

011-6611206

011-6393044

011-5184600

011-6672480

/81/82

011-6616070

011-6612200

011-6180000

011-6188281/82

011-5157600

011-6393939

011-122-8080/81

0115171717

011-122-8080/81

011-5577152

011-5 577154

0980626262

0116393793

0116393345



AWARD WINNING BAMBOO LABS ■

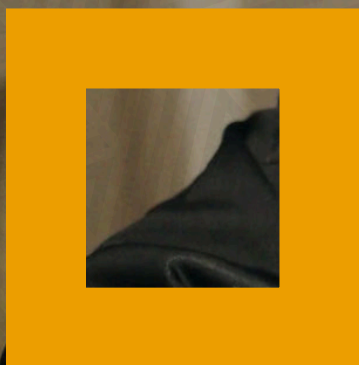
Bamboo labs is an award-winning social enterprise in Ethiopia working to address the growing aspirations for sustainable and accessible mobility in Addis Ababa. Capitalising on the huge supply of bamboo in Ethiopia and aligning with the government's push for more sustainable modes of transport, they are producing wheelchairs and bicycles made out of bamboo for the local market. They also have plans to produce bamboo bike frames for export. Bamboo Labs promotes affordable, accessible, and sustainable transport mobility by utilising renewable resources to create a positive environmental impact. Founded by a young Ethiopian entrepreneur Abel Hailegiorgis, the company began its work in 2019 by addressing a need for improved mobility for wheelchair users in Addis Ababa. With some seed funding from an international NGO in Addis Ababa, Abel was able to set about designing wheelchairs made from bamboo. Since then Abel has gained experience working at the Bamboo Bike Club in Munich and more recently participated in a three-month training and mentorship programme organised by the UN's Global Green Growth Institute where bamboo labs won one of the Green Mobility awards.

Bamboo labs aims to be a leading player in the bamboo market in Ethiopia and contribute towards bringing about a more equitable, safer and greener mobility plan for the country. Using locally sourced bamboo it is already creating jobs and strengthening the local economy. The company is also advocating for more sustainable modes of transport and a reduced carbon footprint.

Abel is a Young African Leaders Initiative (YALI) alumni and has received several recognitions and awards for his innovative products.

For enquiries please contact Abel at abelhailegiorgisdaddy@gmail.com or on WhatsApp +251 910 416023.
www.bamboolabs.org

SARA MENKER: ONE OF THE 100 MOST INFLUENTIAL PEOPLE OF 2021



Sara Menker is an Entrepreneur and the CEO of Gro Intelligence. She is a trustee of the Mandela Institute for Development Studies and was elected one of the World Economic Forum Young Global Leaders. She has been selected as one of Time Magazines Most Influential People of 2021. Born and raised in Ethiopia, Sara went on to study Economics and African Studies in the USA and then moved to study at the London School of Economics for her graduate studies, and eventually earned a Master of Business Administration at Columbia University.

She became concerned by threat of a global food crisis, and started to investigate how Africa could mitigate the Earth's growing demands for food. She estimated that by 2030 food shortages could be as significant as the financial crisis or dot-com bubble crash. In 2014 Menker established Gro Intelligence, a data-driven platform which connects food markets around the world and uses artificial intelligence to make predictions about trends in food prices. In 2017 Menker delivered a TED talk A global food crisis may be less than a decade away.



She has been selected as one of Time Magazines Most Influential People of 2021.

Sara Menker has spent her whole life thinking about disaster. She was raised during the famine that killed more than a million people. Uniquely prepared for the worst, Menker left Wall Street to help prevent it, starting Gro Intelligence to leverage the latest advances in technology to tackle big challenges, including hunger and climate change. As CEO, she helps clients use artificial intelligence and machine learning to convert data on the global agricultural ecosystem into actionable knowledge.

Over the past year, the COVID-19 pandemic and climate change have given her plenty to work on as they have revealed how vulnerable people are to crises. By arming people with knowledge, Menker believes humanity can solve its most vexing challenges.

Sources: Wikipedia and TIME Inc.

TIKUS DELIVERY AT YOUR SERVICE.



Avenir Technologies' Tikus Delivery is an on-demand delivery business that was started in Addis Ababa with the goal of hiring 1,000 jobless youngsters. This, according to Tikus Delivery, is only the start of an attempt to link individuals with employment, better income, happier days, and stronger communities.

Tikus intends to employ 1000 young men and women with the help of 'The BRIDGES program,' a Mastercard Foundation – Young Africa Works Ethiopia project conducted by Initial Consult PLC. Tikus plans to deploy 200 delivery bicycle messengers across the city. In addition, the initiative has facilitated a bicycle loan offer through a microfinance organization, allowing interested young people to buy their own bikes with only a 10% down payment.

Tikus is up and running and customers may place orders via calling 9133, using the Tikus iOS app, or using the Tikus Android app. As a consumer, you can follow every step of your order as it makes its way to its final destination in real time. Tikus utilises custom-made applications for customers, delivery riders, and restaurant.

info@tikusdelivery.com

<https://tikusdelivery.com/> and on Facebook

+251 94 411 0604



ABOUT REFENTI

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

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

COMMERCIAL SPACE FOR RENT



+251 903 00 22 33



BOLE BULBULA

POPULARITY OF TRADITIONAL CHINESE MEDICINE.

Traditional Chinese medicine is seeing a rise in popularity in Ethiopia.

Patients are receiving treatment at the Chinese backed Tirunesh Beijing Hospital/Ethio Chinese Friendship Hospital in Addis Ababa. "The Chinese doctors use acupuncture, cupping, moxibustion and other techniques to treat neck, shoulder, waist and leg pains, nerve dysfunction and some mental and psychological disorders," said Liu Ruiqiang, who is the leader of the 22nd batch of Chinese Medical Team in Ethiopia. According to the team leader, the two highly experienced Chinese acupuncturists can treat about 25 Ethiopian patients a day, helping more than 700 locals relieve from physical pains every month. "We have been treating diseases such as body, muscle and joint pains, paralysis, and migraine since our arrival at the hospital's acupuncture treatment center nine months ago," said Lin Guoping, one of the Chinese acupuncturists. Lin said he sees an increasing number of patients who are referred to the center and undergo acupuncture therapy, an ancient Chinese medicine-based approach to treating a variety of conditions by triggering specific points on the skin with needles. Apart from treating the locals, the acupuncture center serves as a platform where Chinese doctors are imparting the knowledge of Traditional Chinese Medicine to fellow Ethiopian health professionals. Seble Mamo, who serves as the chief Ethiopian acupuncturist in the center, said the Chinese acupuncture is reaching more needy people, helping to cure locals from a variety of illnesses such as headaches, blood pressure, and sleeping problems, among others. "Unlike other modern-day treatments, the acupuncture therapy is much preferable among Ethiopians as it is administered without side-effects," said Mamo. Mamo said she is happy working with the Chinese acupuncturists from whom she draws good knowledge and experience. She recommends the acupuncture health education to be given in Ethiopian universities to serve the over 110 million population of the east African nation.

Source: www.en.peoples.cn



YOGA AND WELLBEING

By: Heran Tadesse

The warmth of the morning sun on your skin, a soft breeze leaves you gently shivering...Birds roaming the sky, you look up, while the clouds build to release raindrops... How breathtakingly beautiful is the silence before a storm, if only we can breathe and remain aware of our form...

Spring is a metaphor for transitions. It shows us each year, that after the rains, the Adey Ababa blooms and harvests will follow soon. In each cycle of breath, we change on microscopic levels. Knowing that change is inevitable, we better accept it. If we expect things to stay the same, we are vulnerable to frustration and pain. Spring invites us to let go, forgive and start anew.

The weather fluctuations can be a metaphor for our wavering emotions. Meditation teaches us to notice feelings without identifying with the thoughts. The main tools in yoga are breath work & postures to objectively observe the mind. The shorter your breath, the stronger the ego, the desires of the body and the more superficial the thoughts become. The breath is a bridge between the conscious and subconscious mind. Learning how to build that bridge is the art and science of yoga.

On average we have about 70.000 (mostly negative) thoughts a day. We may find ourselves stuck in undesirable patterns.

We can experience feelings of relaxation, joy, bliss, but cannot bypass fear, anger and hopelessness. Observe the negative thoughts, but don't get trapped in a downward spiral.

Practice watching the feelings that come with thoughts, like clouds that drift in the sky... they come and go... shift shapes and flow... **Your soul is like the sky.** Even the mightiest thunderstorm cannot harm your essence.

The more we become aware of our breath, the more we can let go of what does not serve us. We can feel pure love and reprogram the mind to manifest our dreams, through prayer, positive affirmations, yoga & meditation.

Life does not happen in the past or in the future, it unfolds now. Our breath can be a constant reminder to return to the current reality and witness beauty everywhere. We can watch the wonder of nature and feel gratitude for fleeting special moments.

herantadesse@gmail.com www.facebook.com/EthiopianYogaQueen/



REMEMBERING "ETHIOPIAN ELVIS" SINGER ALEMAYEHU ESHETE.

Born and raised in Jimma in 1941, the singer rose to fame in the 1960s, matching his Ethiopian heritage against jazz improvisation and a soulful appeal. Performing with the famed Police Orchestra in Addis Ababa, Alemayehu Eshete enjoyed his first hit 'Seul' in 1961 before going on to form his own Alem-Girma Band. Releasing 30 singles across a 15 year period, he then went on to gain fame and a new following in Europe and the US with the release of Buda Musique's Ethiopiques series, whose Volume 9 was devoted entirely to Eshete's early recordings.

He was one of the first Ethiopian singers to compose songs in English and other foreign languages. "Tamar Lije" or "My Son, You Had Better Learn" is one of his popular songs that motivated many to acquire modern education. The popular song is still used by Ethiopian parents to discipline and counsel their children, and to raise awareness on the importance of education. In 2015, the song won an award in Germany. He also won the Lifetime Achievement Award for his work in Ethiopia. His stylish dress code and hairstyle made him popular among the youth in the 1960s and 1970s. Eshete was one of the first musicians to record music to vinyl in Ethiopia. The musician was involved in writing, recording, and touring until the very end of his life it has been reported.

CASH FOR WORK PROGRAM IN THE SIMIENS



The African Wildlife Foundation (AWF) is running a cash for work program in the Simien Mountains National Park that has seen over 170 community members gain income from rehabilitating the U.N. Educational, Scientific and Cultural Organization (UNESCO) World Heritage Site in Ethiopia. The rehabilitation activities are divided into two pillars: vegetation restoration and soil and water conservation. At the heart of this activity is community engagement, providing jobs for hundreds whose incomes have plummeted as a result of the decline of tourism due to the ongoing COVID-19 pandemic. Community engagement is important when it comes to the management of natural resources and the conservation of protected areas. This conservation model ensures that wildlife and wild lands thrive and, in return, become a source of livelihood for the community members adjacent to the protected areas. Conservation is a community empowering tool. The ongoing COVID-19 pandemic has had an adverse impact on Africa's tourism industry, losing revenues for protected areas and leaving them with little resources to run operations, while also plunging community members into poverty. AWF launched the Cash for Work Program to provide an alternative source of livelihood for the affected local community members living near the Simien Mountains National Park. Since the onset of the rehabilitation activities, AWF has engaged a total of 177 community members from around the protected area, 105 for gully treatment and 72 in preparation of pits for plantation.

The beneficiaries include wildlife scouts who lost their jobs due to the pandemic as well as other community members not traditionally working in conservation but are now involved in follow-up and seedling management in the permanent nursery site in the park supported by AWF.

Simien Mountains National Park has been under serious threat from the expansion of settlement, cultivation, overgrazing, and deforestation, and associated problems. These anthropogenic pressures result in the deterioration of the park habitats and increase the formation of gullies and other land degradation features. AWF is promoting land-use planning and soil and water conservation as a key component of restoration activities. AWF prioritizes the use of science coupled with indigenous knowledge in the restoration of the Simien Mountains National Park.

Source: African Wildlife Foundation

CHECK UP FOR YOUR CAR.

1. Coolant quality and check up

If your cooling system fluid is not replaced with new, corrosion can damage the heater core, radiator and other parts in the system. So keep driving until something fails and costs you a lot of money to fix, or change the coolant every two years or refill with a "universal" coolant that can be used in all makes/models of vehicles and prolong the life of your cooling system. Use the same type of antifreeze that is in your cooling system now.

2. Transmission Fluid quality and check up

Many vehicles have a recommended service interval for transmission fluid. Even so, heat and hard use can still cause the fluid to oxidize and break down. Because of this, many transmission experts say you can prolong the life of your transmission by changing the fluid every 50,000 Km. Be sure to use the type of Automatic and manual transmission fluid specified for your transmission.

3. Brake Fluid quality and check up

After long time brake service brake fluid becomes contaminated that lowers the fluid's boiling point and increases the risk of the fluid property and causing the pedal to fade under hard use. Corrosion inhibitors in the fluid also break down over time, which allows to corrode and affect the brake calipers, wheel cylinders, master cylinder, steel brake lines and the ABS hydraulic unit. Even so, changing the fluid every three to five years can reduce the risk of fluid overheating and pedal fade, prevent corrosion and prolong the life of your brake system.

For any questions
Dave auto light vehicles mobile garage
0919-84-70-74/0913-62-82-31

Lime tree

DON'T FORGET TO GET YOUR FAMILY CARD

Lime tree

Family Card

Recieve 5% - 10% discounts on all your purchases



COMMUNITY TREKKING IN WOF WASHA FOREST.

This is an ancient forest protected since King Zera Yacob, with the super forest in Afro Alpine vegetation at over 3,000m (peaks at 3,600) and dropping down through Juniper Olive and Podocarpus forest to below 2,500m It is a short drive to Debre Berhan , and then the now almost completely asphalted road to to trail heads for the treks into the forest. There are 4 guesthouses, two higher up and two lower down in the forest. You can make this a weekend escape (nice to include Friday afternoon) or a longer trip.

A Land of Milk & Honey, and much more; Wof Washa forest blankets over 6,000 hectares of the Rift Valley escarpment with natural forest. Its only 130km north east from Addis Ababa, and the forest extends from Ankober (seat of Emperor Menelik's former palace) towards Debre Sina. Here an NGO called SUNARMA has supported forest cooperatives to develop guesthouses to accommodate tourists around the forest. Tesfa Tours has signed an agreement with these cooperative to market and manage the bookings for this wonderful trekking setup.

At the highest levels (around 3,500 meters above sea level) the forest consists of Afro-alpine vegetation: Giant Lobelia and Giant Heather trees (Erica arboreal). As you go lower increasingly there are massive Juniper, African Olive, Podocarpus, Hagenia Abyssinica (Kosso), Hypericum and many other species. Some of these trees are over 500 years old. With the changing altitude was a variety wildlife. At the top of the escarpment was Guassa grassland with little rodents



scuttling into burrows before us and large troops of Geladas. Reliable reports indicate that Ethiopian wolves can be seen here too best seen early morning and late afternoon. The great raptors patrol the escarpments on thermals in search of rodents or Rock hyrax (which look like overgrown guinea pigs). As you descend into the forest down on the escarpment edge it rapidly warms up and the lower altitude trees appear. In addition to the trees you will notice a myriad of different coloured flowers. Anyone with an interest in plants will be fascinated and be scrabbling for their notebooks. The regular rain with the varied altitude make this one of the best places to see flowers and different plants. In terms of mammals, lower down are Colobus monkeys, heard Hamadryas baboons, Grivet (a type of vervet) monkeys, leopards (you will be lucky to see them but may hear their cough or see their spore), hyenas, tree hyrax, Cerval and Civet cats,

Menelik's bushbuck Porcupines – and more. Among the birds you will be excited to see the White-cheeked Turacos with their scarlet wings. At the lower levels there is agricultural land abutting the forest – green a verdant, with the jagged forested peaks rising behind. Low level fields maybe full of crops such as barley a bean called Bakela. And all the while water gurgles by in streams.

Photo Caption: View from Lik Marefya guesthouse in Wof Washa Tesfa Tours

Supporting Community Tourism in Ethiopia

mark@tesfatours.com

+251(0)11-124 5178 /-126 0303 /-126 0301 (landlines)

+251(0) 92 160 2236 (mobile)

www.tesfatours.com

ART INSTITUTIONS GALLERIES IN ADDIS ABABA

CULTURAL INSTITUTIONS	CHILOTA STUDIO 011 5170000 0911227294	MUSIUM	
ALLIANCE ETHIO-FRANCAISE 011 1 569893/92	COLOR ART STUDIO 0911 927525 0913 841406	MUSEUMS INSTITUTE OF ETHIOPIAN STUDIES (IES)	0 011 1231068
BRITISH COUNCIL 011 6620388	DAWIT GERESSU ART STUDIO 0911729608	THE MODERN ART MUSEUM/GEBRE KRISTOS DESTA CENTER	0111221469
ETHIOPIAN VISUAL ARTISTS ASSOCIATION 0911 646862 0911 711369	ETHIOPIAWE ART STUDIO 0911 888783	CLASSES ENLIGHTENMENT ART ACADEMY	091 1209246 091 1214892
DEPT. OF FINE ARTS & DESIGN (AAU) 011 1232834	DESTA HAGOS ART STUDIO 011 5537823 091 1206868	EALLAZ INTERNATIONAL DANCE STUDIO BOLE REWANDA	011 6638198 091 1412171
FRENCH CENTRE FOR ETHIOPIAN STUDIES 011 1234767/68	ERTALE ART STUDIO 091 1687256 091 2728888	HIOWT PIANO CMC ROAD	0911 218053
GOETHE INSTITUTE 011 1242345/46	FEKADU ART STUDIO 091 1428490	GUITAR PRIVATE LESSON	0911 461025
INSTITUTE OF ETHIOPIAN STUDIES 011 1119469	GEBRE KRISTOS TRADITIONAL ART GALLERY 091 1634755	LATINO DANCE CLASSES ROCK BOTTOM GYM	091 1639332
ITALIAN CULTURAL INSTITUTE 011 1113655 011 1553427	GENNA ART STUDIO 0911823300	MUSIC TRAINING PIANO TO ALL LEVELS BY SEBLE ABERU	091 1606479
RUSSIAN CENTRE FOR SCIENCE & CULTURE 011 1551343	GIGI'S AFRO-ASIAN DESIGN 011 5155588 0912200437	MELODY MUSIC SCHOOL MODERN AND TRADITIONAL MUSIC INSTRUMENT TO ALL LEVELS	091 1409012 011 1579130
BIRHAN CULTURAL CENTER 0911 507304	GOSHU ART GALLERY 0911 214352	PIANO LESSONS BY TIGIST	091 1639241
CINEMAS	HARMONY ART STUDIO 091 1106119 091 1645699	PIANO AND MASINKO CLASS BY ALEMAYEHU TIBEBU	091 1629739 011 6189732
ALEM CINEMA 011 6636718	IMAGE AFRICA STUDIO 091 1658371	PIANO AND MASINKO CLASS BY SARON GETTIYE	091 447998
AMBASSADOR THEATRE 011 5537637	JO ART STUDIO 091 1645699	SALSA AT ALIZÉ DANCE CLASSES AT CLUB ALIZÉ	091 188 2287
CINEMA EMPIRE 011 1565029	LAPHTO ART GALLERY 0939-712314	VOILA FRENCH LANGUAGE ACADEMY CONTACT BENIAM ZEWDIE	091 2075115 011 6183738
EDNA MALL 011 661 6278 661 6869	LELA ART GALLERY 0911 30 07 56 011 6535506	TULSI YOGA BEHIND RAS AMBA HOTEL	0930-033414
THEATRES	MEDI STUDIO & GALLERY 091 1613196 0911 234265	HAPPYOGA WELLO SEFER TK (ELSA) BUILDING 4TH FLOOR	0913280088
CHILDREN & YOUTH THEATRE 011 1128603	MESMER ART STUDIO 091 1646862	USEFULL TELEPHONE NUMBERS	
CITY HALL 011 1119820	MAKUSH GALLERY 011 552-6848 011 5526855	FIRE BRIGADE TELECOMMUNICATIONS INFORMATION	912
HAGER FIKER 011 1569189	NETSA ART VILLAGE 091 1941678 0911760963	INTERNATIONAL CALLS	994
MEGA AMPHITHEATRE 011 5518870	OMNA ART GALLERY 0911 65 52 39	MOBILE THEFTS	0115506010
NATIONAL THEATRE 011 5514577 011 5514500	PANACHE ART GALLERY 0912-200444	WAKE-UP CALLS	999
NOHE THEATRE 011 1112175	PALETTE ART GALLERY 0912 485342 0977092291	ELECTRICITY TECHNICAL SERVICES	905
NESIR THEATRE & PROMOTION 011 6630908	SAL INTERIOR & GALLERY 091 1238696	WATER + SEWERAGE AUTHORITY	011 1116334 011 1550922
GALLERIES	SALEM JEWELRY 0116 185604	POLICE INFORMATION CENTR	991
ABESHA ART STUDIO 091 1415258 091 1469371	SEIFU ART STUDIO 0911 711369	RED CROSS	0115150608 0115159074
ADAM ART STUDIO 0911632620	ST.GEORGE INTERIOR DECORATION & ART 011 5510983 8103 091 1201097	AMBULANCE CLINICS	907
ADDIS ABABA ART STUDIO 091 1116531	SUZANNE'S GALLERY 091 1616814 011 3724581	ADDIS TANA HIGHER CLINIC ADWA CLINIC	011 8630661 011 1563085
ADDIS ART STUDIO 091 1619416 091 1888783	TADESSE WOLDE AREGAY ART STUDIO 0938 543813		
ADDIS FINE ART 0913 426553 0966913222	TALISMAN GALLERY 0946 650680		
AFRO SUN ART STUDIO 091 1147156	YACOB ART STUDIO 0911398787		
AMANUEL ART STUDIO 091 1672479	TENESHUA ART STUDIO 0912202218 0965199332		
ARTISTIC GLASS CENTRE 0115518400 ext.632 091 1203965	YEGNA ART STUDIO 091 1711692		
ASNI GALLERY 0111233244 0911206697	YONAS MILLION ART STUDIO 0912600780		
BB BEHAILU ART STUDIO 0911401308	ZOMA CONTEMPORARY ART CENTER 0911 249374		

HEALTH SERVICES

CLINICS

AFRICA HIGHER CLINIC 1 AMERICAN MEDICAL CENTER 011 2751360
0116678000 /04/07
0919198287

BETHZATHA CLINIC 011 5514470
011 5533453

BLUE & WHITE CLINIC 011 6616229

BROOK CLINIC 011 5513435
011 5515151

CHILDREN'S CLINIC 011 3711515

CHRISTINA CLINIC 011 5152020

DR JONATHAN BANES CLINICAL PSYCHOLOGIST 0910 0716 84

ETHIOPIA HIGHER CLINIC 011 1550088

FUTURE INTL CONSULTING 011 2770064

ICON CENTER OF SPECIAL SURGERY (DR. TEWODROS) 0911-864672

INTERNATIONAL CLINICAL LABORATORIES 011 5529252

MARTI SPECIAL DENTAL CLINIC 011 6181262

SAINT GABRIEL GENERAL HOSPITAL DENTISTRY 0911-31-6012

PEDIATRIC CLINIC 0921 787120
0115514696
091 1237410
011 5536074

RANK CLINIC (DERMATOLOGY) 0115535530

SANTE MEDICAL CENTRE 0115535530

SENAI CLINIC 0114668629

SUN OPTICS SPECIAL EYE CLINIC 0111567576
011 4 672047

SUISSE CLINIC 0111242295/94

SUNSHINE CLINIC 011 3710768

SWEDISH CLINIC 011 1112198

T/HIMANOT HIGHER CLINIC 011 1572435

TESFA MAJOR POLY CLINIC 011 1570232

WGA SPECIALIZED VISION CLINIC 0931 52 09 52
011 618 01 86

ANIMAL CLINICS

BETHEL VET CLINIC 0911 665830

CASA-INCIS CLINIC 091 1210204

HAPS 011 6544756
091 1683002

SHALOM VET CARE CLINIC 011 6291877
091 1247335

OLD AIRPORT CLINIC 091 120 9993

MOBILE VETERINARY CLINIC 0911247355

P.S. HOME TOWN VETERINARY 0910 58 58 55

DR PATRICK'S ALL NATURAL PET FOODSTREATS & SUPPLEMENT 0946 799399

HOSPITALS

BALCHA 011 5513205

HAYAT 011 6624488

MCM MEDICAL CENTRE 011 6295420/28

ST GABRIEL 011 6613622

YEKATIT 12 0116623439

ST. YARED 0116454697 /04

INTL CARDIOVASCULAR 0114424680 /81

LAND MARK HOSPITAL 0115525719

ADDIS SPECIALIZED 0911243274

CARDIAC 0116634720

KADISCO GENERAL 0116298904/02

MCM KOREAN 0116-29-5421-27

LIST OF GOVERNMENT HOSPITALS AND CLINIC WHO HAS AMBULANCE SERVICE

BLACK LION HOSPITAL 0115511211

MENILEK II HOSPITAL 0111234272

YEKATIT 12 HOSPITAL 01115530 65/68

ZEWIDU HOSPITAL 0115518085

ST.PAUL HOSPITAL 0112750125

AMANUEL HOSPITAL 0112757715

GENERAL INQUIRIES: AFALAGI 8123
0930 033414

TULSI, AYURVEDIC 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

PELICAL PHARMACY 011 552 1790

RAAMCO PHARMACY 011 896 2925

Betel Funeral Arrangements 091 120 5731

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

GENERAL /INTERNAL MEDICINE :

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

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

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

PEDIATRICS :

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

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

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

OBSTETRICS/GYNECOLOGY:

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

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

DENTISTRY :

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

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

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

GENERAL SURGERY :

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

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

OPHTHALMOLOGIST :

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

Dr. Tliksew Teshome, Ophthalmologist and retinologist- Biruh Vision specialized Eye clinic
0116463977

on CMC Road in Ethiopian Athletics Federation Building, 1st Floor

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

DERMATOLOGIST :

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

ENT SPECIALIST

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

PHYSIOTHERAPIST

Dr. Theodoros W. Gebriel
Doctor of Physiotherapy (US board Licensed)
Medical Director/General Manager
Paragon Physiotherapy & Sports Medicine
Specialized Higher Clinic

Paragon #1. 0116461108/22 or 0118608993

Paragon #2. 0113722829/30 or 0118623626

Fax: 0116461220

ORTHOPAEDIC SURGERY

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

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

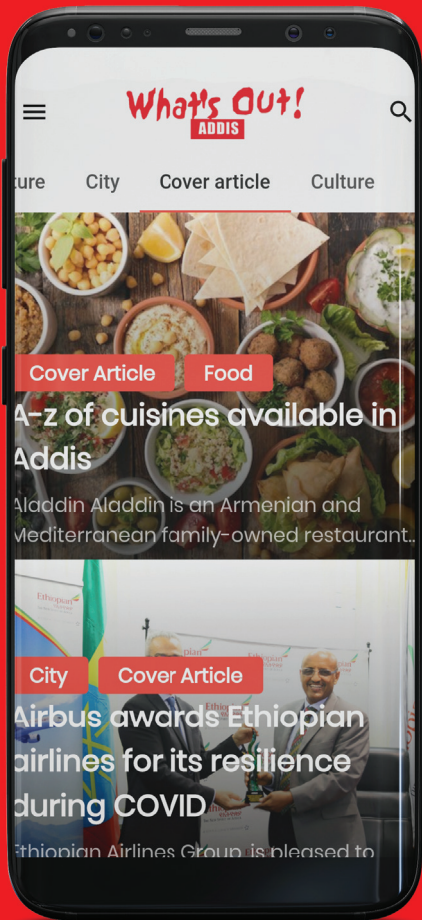
ORTHOPAEDIC AND TRAUMATOLOGY

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

Lebeza Mental health consultation office
01183522929

AIRLINES	AREA CODES
BHW	011 6620815/16
EGYPT AIR	011 1564493/4
EMIRATES	011 5181818
ETHIOPIAN AIRLINES	011 6525666
FLY DUBAI	011 06670154
KENYA AIRWAYS	011 5518400
LIFTTHANSA	011 5515666/75
QATAR AIRWAYS	011 6627781/82
TURKISH AIRLINES	011 5515076
YEMENA	011 5515076
ADDIS ABABA	011
DEBRE ZEFT	011
DESSIE	033
DIRE DAWA AND HARAR	025
GONDAR	058
JIMMA	057
MEKELE	034
MOBILE	091
HAZARETH	022
SHAGHEMENE	046

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out
addis**



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