what's out addis october 2024





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

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WANZA FURNISHINGS INDUSTRIES P.L.C

## FOR QUALITY PRODUCTS! Happy New Year

Address

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www.midrocinvestmentgroup.com

()ear Friends

Welcome to our October issue and the return of the sunny weather after the last few wet and chilly months!

Upcoming is the 10th ASFW event; the ever popular and expanding Africa Sourcing and Fashion Week which is always a highly anticipated event. We also profile Zana Landscaping that is commended for creating the tallest vertical garden in East Africa and highlights how greenery is possible to maintain within modern urban structures! Made in Ethiopia is a fascinating documentary filmed over 4 years examining the arrival of a massive Chinese industrial park creating 30,000 jobs following the lives of three women who were hired from the countryside on which the park was built. Did you know that Ethiopia produces its own silk and silk garments? Bere Sericulture in Arba Minch is an up and coming Ethiopian silk company now making their own garments and working with other fashion companies like Sabahar.

Have a good month. Team What's Out

| 5  | FEATURE STORY |  |
|----|---------------|--|
| 7  | FASHION       |  |
| 9  | DESIGN        |  |
| 11 | RECIPE        |  |
| 13 | BOOK REVIEW   |  |
| 15 | SHOPPING      |  |
| 25 | FILM          |  |
| 29 | TRAVEL        |  |
| 31 | HEALTH        |  |

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# DASHEN TRAVELERS & SHOPPERS CLUB CARD

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FEATURE STORY

## UNLOCK YOUR PERFECT EVENT SPACE AT CANVAS!

Are you searching for the ideal spot to host your next conference, meeting, or event? Look no further than **Canvas**—your go-to destination for vibrant conference rooms, multiple meeting spaces, and versatile event venues located in the heart of Addis Ababa's bustling, downtown Bole area. Whether it's a business meeting, workshop, or evening event, Canvas has you covered with flexible rental options after 6 PM and ample parking space for all your guests.

BY PROLOGUE



#### Why Choose Canvas?

- **Prime Location:** Situated in the lively Bole area, Canvas is easily accessible and surrounded by top dining and entertainment spots.
- Spacious & Modern: Our versatile spaces can be tailored to suit your needs, from corporate meetings to creative events.
- Ample Parking & Valet Service: Say goodbye to parking hassles! Canvas offers plenty of parking space and valet parking for added convenience.
- **Special Perks:** Enjoy complimentary special coffee, and choose from a variety of menu options tailored to your event needs.

**Special Offer:** Register before the end of December 2024 and enjoy an incredible 50% OFF your rental fee! Don't miss out on this fantastic opportunity to host your event at half the price!

**Book Now** and make your next event unforgettable with Canvas! Spaces are filling up fast–reserve yours today and take advantage of this limited-time offer.

**Contact us at**: events@prologueethiopia.com **Location**: Prologue BCW, 3rd Floor, between Sabit Building and the Parliamentarians' Apartments





## 10TH AFRICA SOURCING AND FASHION WEEK

8-11 November 2024, Skylight Hotel

eading global fashion brands and investors of textile and leather are attending the 10th Africa Sourcing and Fashion Week (ASFW) - Africa's biggest trade show for fashion, textile and leather industries. At this edition, the organizers expect over 7.000 trade buyers / investors from over

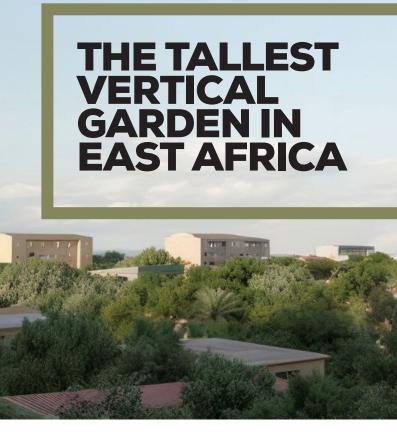
60 countries. Global decision-makers will meet with over 300 exhibitorsn and manufacturers from Africa and abroad to discuss and sign new business deals. ASFW will therefore again expand the leadership within the African continent.

Africa is embarking on a journey in the world of sustainable manufacturing, forging a path that aligns economic growth with environmental stewardship. The continent's textile and garment production is contributing significantly to its economic landscape. Africa has an opportunity to participate and lead the way in sustainable manufacturing. The United Nations Industrial Development Organization (UNIDO) notes a growing commitment to sustainable practices in the leather industry here in Ethiopia.

The global fashion industry reportedly produces about 2.1 billion tons of greenhouse gas emissions annually. Africa's commitment to sustainability can significantly impact these figures. By 2025, the global sustainable fashion market is expected to reach US\$9.81 billion, according to Statista. Sustainable manufacturing presents Africa with a chance to redefine its global image and contribute to a more conscious and ethical fashion industry. The African Continental Free Trade Area (AfCFTA) is emerging as a catalyst for change as it creates an expansive market, encouraging intra-African trade. This agreement is a gateway for sustainable products from Africa to reach a broader audience.

ASFW continues to be the heartbeat of Africa's textile and fashion evolution. Celebrating a decade of innovation and progress, ASFW 2024 anticipates the annual convergence of over 7,000 participants ready to make a lasting impact on the African textile and fashion landscape.

Source: https://www.asfw-online.com/



ZANA Landscaping is leading an extraordinary project for the Kefita Real Estate development. Located in the heart of Addis Ababa, this project aims to change the way we think about sustainable and luxury living in Ethiopia with the tallest vertical garden in East Africa. The Kefita Real Estate development will become a landmark in Addis Ababa, showing how sustainable design can work with luxury living where modern living seamlessly blends with tradition and nature.

This unique green design uses advanced landscaping techniques on the building façade, roof terraces and compound. This creates a unique living experience that respects the environment while offering a high-class lifestyle. Vertical gardens turn the building walls into living, breathing parts of the city's ecosystem. This approach not only looks beautiful but also helps the environment by improving air quality, cooling the area, and insulating the building.

Beyond the stunning vertical garden, their design includes roof terraces and compound, making sure every part of the property is in harmony with nature. The roof terraces are designed as

**OCTOBER 2024** 



Sustainable and luxury living in Ethiopia with the tallest vertical garden in East Africa.

peaceful retreats with lots of greenery, offering residents a quiet escape in the busy city. As a pioneer in full-scale professional landscaping in Ethiopia since 2007 E.C., Zana Landscaping has a goal to always provide clients with the utmost excellence in the areas of sustainable landscape design, horticulture, landscape construction and maintenance, to exceed personal expectations and create beautiful spaces that enhance the quality of living. In addition, one of ZANA's objectives from its inception was to provide training and work opportunities within their company for youth living on the street.

info@zanalandscaping.com +251 98 822 1908 +251 93 601 0600 https://zanalandscaping.com/ https://www.facebook.com/ZANAlandscaping/



## WHEATGRASS: THE NEW SUPERFOOD?

Wheatgrass is the freshly sprouted first leaves of the common wheat plant used as a food, drink, or dietary supplement.

Claims about the health benefits of wheatgrass range from providing supplemental nutrition to having unique curative properties, but these claims have not been scientifically proven.

#### 7 WHEATGRASS BENEFITS

according to 2015 research (www. functionalfoodscenter.net/files/47516971.pdf)

#### 1. It's a Superfood

Wheatgrass is packed with a powerful combination of nutrients that have antioxidant, antibacterial, and anti-inflammatory properties.

#### 2. It can eliminate toxins

The nutrients in wheatgrass aid the body in eliminating impurities and toxins.

#### 3. It can help with digestion

The high levels of enzymes in wheatgrass aid digestion by helping the body to break down food and absorb nutrients.

#### 4. It can lower cholesterol

Wheatgrass can lower cholesterol levels, decreasing the risk of developing heart disease.

#### 5. It can boost the immune system

Wheatgrass enhances the function of the immune system.

#### 6. It can boost energy

Energy levels may be boosted by the nutrients in wheatgrass.

#### 7. It can help with diabetes

Wheatgrass has been shown to improve blood sugar levels in rats with Type II diabetes, in part because wheatgrass has compounds that have a similar effect to insulin.

N.B. Wheatgrass should not be consumed if pregnant or breastfeeding or by those who are allergic to wheat or grass, have a blood disorder celiac disease, or a gluten intolerance.

At Lime Tree you can find a variety of healthy, homemade foods and beverages. Visit Lime Tree Kazanchis branch for freshly made wheatgrass juice shots and discover the remarkable benefits of wheatgrass!

Lime Tree Kazanchis branch, in front of Elili Hotel. For delivery call 0911377085/0938412776 Lime Tree Stadium Nani Building branch . For delivery call 0911200072



Scan here to learn about wheatgrass benefits and side effects.





## BURNE EUCALYPTUS WOOD: ON ORIGINS, LANGUAGE AND IDENTITY

**BOOK REVIEW** 

Author Ennatu Domingo was adopted from Ethiopia at the age of seven and transplanted to Barcelona where she learned to flourish. But she never forgot her nomadic childhood in the mountains and meadows of Gondar. She holds a BA in Political Science and an MA in International Conflict and Security. She was awarded a Schuman traineeship to work at the European Parliament's Africa, Caribbean and Pacific (ACP) Unit and currently works for the European Centre for Development Policy Management in The Netherlands.

Ennatu's non-fiction debut, Burnt Eucalyptus Wood was published in March 2022 by Editorial Navona in Catalan and Spanish. The book was an instant success across print and broadcast media.

Having witnessed the hardships of Ethiopian rural women at an early age, she was inspired to study the patriarchal structures that underpinned her individual experiences, both in the West and in contemporary Ethiopia. She has lived in Kenya, Belgium and the UK, and has travelled across the five continents, but keeps returning to the country of her childhood, to re-construct a lost identity guided by the echo of her first language Amharic, and the weight of a rich cultural heritage.

Torn between forgetting and remembering, Ennatu explores the dilemma of international adoptees and migrant children and their quest for belonging in a book destined to be a classic of its genre.

Available from Amazon and https://www. blackstonepublishing.com/



Tel: +251 116 184365 Cell: +251 929 308363/64 , +251996066631 Email: animalscience@pranaevents.net getahunb@pranaevents.net

## HANDMADE ETHIOPIAN SILK FROM ARBA MINCH



Bere Sericulture produces beautiful silk materials and garments for the local and international markets. Bere Sericulture production begins with the cultivation of castor and mulberry plants to rear silkworms by feeding them the plant leaves. The cocoons produced by the silkworms are then processed into silk threads. This process also disseminates the necessary technology and training to the local community of Arba Minch by providing the necessary expertise and employment through training, providing a new plant cultivator, new silkworm seeds and every other aspect of the overall production scheme.

Entrepreneur Geleta Hailu, who founded Bere Sericulture Production Company in 2009, felt there was a niche market to be exploited and started with three hectares of land. The weather in the south is particularly conducive for silkworms to thrive, and Bere remains the foremost silk farm in the country.



In addition to breeding the worms on the company's farm, dozens of farmers are also engaged as out-growers. The farm provides seeds and trains the farmers so that they produce the silk and sell it back to Geleta's farm. After buying the silk thread from Geleta, textile factories either produce 100 percent silk textiles or a fabric mixing the silk with cotton for the export market.

Now, Bere has evolved to produce high-end market garments. Crafted to be luxurious and sustainable, the garments are produced from hand-spun, hand-woven organic silk ensuring organic and sustainable growth and employment. Bere dyes the silk products with natural dyes.

You can find Bere garments at local bazaars (Designer and Artisan bi-annual Bazaar) and directly from their Bole shop.

+251977078515 Bole Edna Mall, Gulf Aziz building +251 97 707 8515 www.instagram.com/bere\_ha Facebook: Bere Har beresericulture13@gmail.com



# 2017 EC

### SEPTEMBER 2024

| 20             | Alliance: Gallery, Multidisciplinary      |
|----------------|---|
| 21 ——          | Hyatt Regency: Ethiopian Culture Festival |
| 22 —           | Hyatt Regency: Yenegew Bazaar             |
| 24 ——          | Alliance: Cinema                          |
| 26 ——          | Hyatt Regency: Meskel Celebrations        |
|                | Alliance: Bistro Duo +Guest               |
| 28 ——          | Alliance: Poetry Night                    |
| <b>28-29</b> — | HIlton Addis: Made in Ethiopia Bazaar     |

### **OCTOBER 2024**

| 1        | Alliance: Sport Conference                                   |  |
|----------|--|--|
| 5 —      | Hyatt Regency: Irreecha Celebrations                         |  |
| 8/15/26- | Alliance: Cinema   |  |
| 10/24 -  | Alliance: Bistro Duo + Guest                                 |  |
| 11-13 —  | Hilton Addis: Oktoberfest                                    |  |
| 12 —     | Hilton Addis: Culture Talk - Iconography Art                 |  |
| 12-13 -  | British Council: CDNA Fashion Showcase                       |  |
| 19 —     | Alliance: Music Program                                      |  |
| 20       | Hyatt Regency: International Chefs Day                       |  |
|          | Hyatt Regency: Yenegew Bazaar                                |  |
| 22/29 -  | Alliance: Cinema   |  |
| 26 —     | British Council: Jazz - Live Rhythms and<br>an Iconic Legend |  |
| 26 ——    | Alliance: Evening Around the Voice                           |  |
| 1-31 —   | Goethe-Institut: Science Film Festival 2024                  |  |
|          | Human Rights Film Festival (TBA)                             |  |

### **NOVEMBER 2024**

| 1 -  |    | Alliance: Dance Show                        |  |  |
|------|----|---|--|--|
| 2-3  | _  | Hilton Addis: Made in Ethiopia Bazaar       |  |  |
| 5/12 | _  | Alliance: Cinema                            |  |  |
| 6-9  | —  | Africa Celebrates                           |  |  |
| 7/21 | —  | Alliance: Bistro Duo + Guest                |  |  |
| 8 —  | -  | Canvas by Prologue: Yasser Talks To Friends |  |  |
| 8-11 |    | Africa Sourcing & Fashion Week (ASFW)       |  |  |
| 9 —  | 13 | Alliance: Jazz Night in Ethiopia            |  |  |
| 14 — |    | AMCHAM: Thanksgiving Dinner                 |  |  |
| 16 — | _  | UNECA: Diplomatic Charity Bazaar (DSGE)     |  |  |
| 17 - | -  | Great Ethiopian Run                         |  |  |
|      |    | Hyatt Regency: Yenegew Bazaar               |  |  |



ALL EVENT DATES AND TIMES ARE SUBJECT TO PLEASE SCAN THE QR CODE PERIODICALLY FOR

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## NOVEMBER 2024

| 19 ——  | Alliance: Theo Ceccaldi Twende Pamoja        |  |
|--------|--|--|
| 23 ——  | Alliance: Pop Culture                        |  |
| 24 ——  | Hyatt Regency: Thanksgiving Lunch & Dinner   |  |
| 28 ——  | Hilton Addis: Thanksgiving Dinner            |  |
| 30 ——  | Alliance: The Cercle                         |  |
|        | Hilton Addis: Made in Ethiopia Bazaar        |  |
|        | Hilton Addis: Christmas Concert in the Lobby |  |
|        | Sheraton Addis: Coffee Fest                  |  |
| 1-30 — | Goethe-Institut: Science Film Festival 2024  |  |
|        | European Film Festival (TBA) 🔍               |  |
|        | Ethiopian Drawings to Texts by Kafka (TBA)   |  |

## DECEMBER 2024

| 1 —   | Hilton Addis: Made in Ethiopia Bazaar 📃 🖻        |  |  |  |
|---|--|--|--|--|
|   | Hilton Addis: Gingerbread House Making           |  |  |  |
|   | Sheraton Addis: Coffee Fest                      |  |  |  |
| 3/10/17 -   | Alliance: Cinema                                 |  |  |  |
| 5-19 —  | Alliance: Bistro Duo + Guest                     |  |  |  |
| 7 —   | Millennium: Pasta Festa                          |  |  |  |
| 7 —   | Alliance: Bazaar                                 |  |  |  |
| 8 —   | Alliance: Art Bazaar                             |  |  |  |
|   | Hilton Addis: Gingerbread House Making           |  |  |  |
| 12  | Hyatt Regency: Holiday Baking with Guest<br>Chef |  |  |  |
| 13-15 —   | Alliance: Gallery, Multidisciplinary             |  |  |  |
| <ul> <li>Hilton Addis: Cingerbread House Making</li> <li>Hyatt Regency: Holiday Baking with Guest<br/>Chef</li> <li>13-15 – Alliance: Gallery, Multidisciplinary</li> <li>British Council: Fashion Popup</li> <li>Hyatt Regency: Annual Christmas Bazaar</li> <li>Hyatt Regency: Yenegew Bazaar</li> <li>Hilton Addis: Made in Ethiopia Bazaar</li> <li>Hilton Addis: Christmas Eve Dinner</li> <li>Hilton Addis: Christmas Day Alfresco</li> </ul>   |  |  |  |  |
| 13-15Chef14Alliance: Gallery, Multidisciplinary14British Council: Fashion Popup14Hyatt Regency: Annual Christmas Bazaar15Hyatt Regency: Yenegew Bazaar21-22Hilton Addis: Made in Ethiopia Bazaar  |  |  |  |  |
| <ul> <li>3/10/17 - Alliance: Cinema</li> <li>5-19 Alliance: Bistro Duo + Guest</li> <li>7 Millennium: Pasta Festa</li> <li>7 Alliance: Bazaar</li> <li>8 Alliance: Art Bazaar</li> <li>8 Alliance: Art Bazaar</li> <li>12 Hiton Addis: Gingerbread House Making</li> <li>12 Hyatt Regency: Holiday Baking with Guest Chef</li> <li>13-15 Alliance: Gallery, Multidisciplinary</li> <li>14 British Council: Fashion Popup</li> <li>14 Hyatt Regency: Annual Christmas Bazaar</li> <li>15 Hyatt Regency: Yenegew Bazaar</li> <li>21-22 Hilton Addis: Christmas Eve Dinner</li> <li>24 Hilton Addis: Christmas Eve Dinner</li> <li>25 Hilton Addis: Christmas Brunch</li> <li>31 Hilton Addis: New Year's Eve Dinner</li> <li>Hyatt Regency: New Year's Eve Dinner</li> <li>Sheraton Addis: New Year's Eve Concert</li> <li>3-31 Sheraton Addis: Festive Season</li> <li>1-20 Goethe-Institut: Science Film Festival 2024</li> </ul>   |  |  |  |  |
| 21-22 -   | Hilton Addis: Made in Ethiopia Bazaar            |  |  |  |
| <ul> <li>Hilton Addis: Gingerbread House Making</li> <li>Hyatt Regency: Holiday Baking with Guest<br/>Chef</li> <li>Alliance: Gallery, Multidisciplinary</li> <li>British Council: Fashion Popup</li> <li>Hyatt Regency: Annual Christmas Bazaar</li> <li>Hyatt Regency: Yenegew Bazaar</li> <li>Hilton Addis: Made in Ethiopia Bazaar</li> <li>Hilton Addis: Christmas Eve Dinner</li> <li>Hilton Addis: Christmas Day Alfresco<br/>Brunch</li> <li>Hyatt Regency: Christmas Brunch</li> </ul>   |  |  |  |  |
| <ul> <li>3/10/17 - Alliance: Cinema</li> <li>5-19 Alliance: Bistro Duo + Guest</li> <li>7 Millennium: Pasta Festa</li> <li>7 Alliance: Bazaar</li> <li>8 Alliance: Art Bazaar</li> <li>8 Alliance: Art Bazaar</li> <li>12 Hyatt Regency: Holiday Baking with Guest Chef</li> <li>13-15 Alliance: Gallery, Multidisciplinary</li> <li>14 British Council: Fashion Popup</li> <li>14 Hyatt Regency: Annual Christmas Bazaar</li> <li>15 Hyatt Regency: Yenegew Bazaar</li> <li>21-22 Hilton Addis: Christmas Eve Dinner</li> <li>24 Hilton Addis: Christmas Day Alfresco Brunch</li> <li>31 Hilton Addis: New Year's Eve Dinner</li> <li>Hyatt Regency: New Year's Eve Dinner</li> <li>Hyatt Regency: New Year's Eve Dinner</li> <li>Hyatt Regency: New Year's Eve Dinner</li> <li>Sheraton Addis: New Year's Eve Concert</li> <li>3-31 Sheraton Addis: Festive Season</li> <li>1-20 Goethe-Institut: Science Film Festival 2024</li> <li>8th Edition Tibeb be Adebabay</li> <li>Exhibition opening 'Beyond Body and</li> </ul> |  |  |  |  |
|   | Hyatt Regency: Christmas Brunch                  |  |  |  |
| 31 ——   | Hilton Addis: New Year's Eve Dinner              |  |  |  |
|   | Hyatt Regency: New Year's Eve Dinner             |  |  |  |
|   | Sheraton Addis: New Year's Eve Concert           |  |  |  |
| 3-31 —  | Sheraton Addis: Festive Season                   |  |  |  |
| 1-20 —  | Goethe-Institut: Science Film Festival 2024      |  |  |  |
| n en y - An Elfertrit   | 8th Edition Tibeb be Adebabay                    |  |  |  |
| 5   | Exhibition opening 'Beyond Body and Space' (TBA) |  |  |  |

#### CHANGE. UPDATES

#### ALL CULTURE TA ETHIOPIAN AR

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| UARY 2025   |  |
|---|--|
| Sheraton Addis: Festive Season<br>Hilton Addis: Gingerbread House Making<br>Hilton Addis: Ethiopian Christmas Eve<br>Dinner   |  |
| Hyatt Regency: Ethiopian Christmas Dinner<br>Design Week Addis Ababa (DWAA)<br>Canvas by Prologue: Yasser Talks To Friends<br>Ketera and Timket<br>Hub of Africa Fashion Week |  |
|   | Sheraton Addis: Festive Season<br>Hilton Addis: Gingerbread House Making<br>Hilton Addis: Ethiopian Christmas Eve<br>Dinner<br>Hyatt Regency: Ethiopian Christmas Dinner<br>Design Week Addis Ababa (DWAA)<br>Canvas by Prologue: Yasser Talks To Friends<br>Ketera and Timket |

| FEBRUARY 2025 |  |  |
|---------------|--|--|
| 1-2           | - Hilton Addis: Made in Ethiopia Bazaar                |  |
| 8             | Hilton Addis: Culture Talk - Textiles &<br>Handicrafts |  |
| 14 —          | Hilton Addis: Valentine's Dinner                       |  |
|               | Hyatt Regency: Valentine's Day Dinner                  |  |
| 15 -          | — The Coffee Ware House: Coffee Cupping                |  |
| 21 —          | Hyatt Regency: Cooking Class Middle<br>Eastern Cuisine |  |
| 22 —          | British Council: Games Fair                            |  |

| MARCH 2025 |  |  |
|------------|--|--|
| 4-29 —     | Hilton Addis: Traditional Iftar Dinners                            |  |
| 8 —        | Hilton Addis: Culture Talk - The Role of<br>Women (Past & Present) |  |
| 15 ——      | Sheraton Addis: St. Patrick's Day                                  |  |
| 22 —       | Canvas by Prologue: Yasser Talks To<br>Friends                     |  |
| 22-23 —    | Hilton Addis: Made in Ethiopia Bazaar                              |  |

| APRIL 2025       |  |
|------------------|--|
| 4<br>12-13<br>20 | Sheraton Addis: The Bag Show<br>Hilton Addis: The Big Art Sale<br>Hilton Addis: Easter Brunch with Kids'<br>Egg Hunt |

Hyatt Regency: Fasika/Easter Brunch Hilton Addis: Culture Talk - Traditional Medicine & Healing Practices

Hilton Addis: Made in Ethiopia Bazaar

K EVENTS ARE FOCUSED ON , CULTURE AND HERITAGE

26

26-27





| MAY   | 2025   |
|-------|--|
| 10    | Hilton Addis: Culture Talk - Merkato Tour                            |
| 11    | Hilton Addis: Mother's Day Alfresco<br>Brunch                        |
|       | Hyatt Regency: Mother's Day Brunch                                   |
| 17 —  | <ul> <li>Hyatt Regency: Cooking Class with<br/>Guest Chef</li> </ul> |
| 24-25 | <ul> <li>Hilton Addis: Made in Ethiopia Bazaar</li> </ul>            |
| 25 —  | Hilton Addis: Culture Talk - Africa Day                              |
| 25 —  | Hilton Addis: Africa Day Alfresco Brunch                             |

## **JUNE 2025**



Hyatt Regency: Wellness & Beauty Expo Hilton Addis: Culture Talk - Coffee Cupping Hilton Addis: Father's Day Alfresco Brunch Hyatt Regency: Father's Day Brunch

### JULY 2025



The Coffee Ware House: Coffee Cupping Hilton Addis: Culture Talk - Gemstones



CLUB









MERICAN TYLE CASUAL DINING

ANGLA BURGER 091-206-0505 Morning Star Mall1st floor, Known for: Fast Food and Burgers 7 davs a week

BERLIN BAR & RESTAURANT 0909 311111 Near Atlas Hotel Known for: Burgers & Sandwiches days a week/24 hrs

BURGER SHACK 093-215-5531 Around Wosen Loki **Kidus Michael** Buildign 1st floor Known for: Burgers

Burgers Closed Wednesday SISHU G BURGER 098 470 6001 Behind Sheger Building Known for: Burgers

GRUB ON 0917 707070/ 0960 313131 Diibouti St. Near new stadium Known for: Burgers 7 days a week

HA HU BURGER 0991225252 Kera Known for: Cheese Burgers 7 davs a week

**A NOUVELLE** 0929 930200 | Bole, behind Millennium Hall Known for: Sandwiches, ombos days a week | Kebena, in front f Indiana School of Closed Mondays

LELA SISHU 0908 020202 Kelsam Bldg, Mickey Leland St. Known for: Burgers & Desserts& Shish Kebab Closed Mondays

#### LEMON BAR & GRILL

Golden Tulip Hotel +251 11 617 0740 Ext: 1405 behind Berhane Adere Building Known for: Roast Chicken 7 days a week

OPIUM ADDIS 2519 83341261 Bole in front of Desalegn Hotel Rakan Building Known for: ex-Mex 7 days a week

PARKDALE BURGER 093 975 7575 Bole Rd | behind DH Geda Tow

Known for: Fast Food, Grills 7 days a week

RODEO BAR AND RESTAURANT 0911 246320 0911 212103 Bole opposite Shoa Supermarket Known for: BBQ 7 days a week

ROOMIE BURGER 0115504727 Piassa Churchill Area Known for: Burgers 7 Days a Week 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 Sunday Brunch 7 days a week

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

SOSHA RESTAURANT 0933 424242 Medhanialem towards Millennium Known for: Vegan Sandwich 7 days a week

#### ARMENIAN

ALADDIN RESTAURANT 0929 923492 Intl. Tennis Club, near Besrate Gabriel Church Known for: Grills, Mezze, Brick Oven Pizza **Closed Sundays** 

ARMENIAN (ARARAT) CLUB 011 111 3572 Amist Kilo, behind Armenian Church on Tewodros Street Known for: Mezze Opens at 5:30 pm Closed Sundays

#### SIAN

ARIRANG 011 320 4606 1 | Mauritania St. By Ring Road Known for: Korean, 7 days a week Japanese & Chinese 7 days a week

ARIRANG 2 MASIRANG 011 320 4606 Mekanisa, near Korean Embassy Known for: Asian Brunch 7 days a week

CHINA BAR & RESTAURANT 0940 557454 Next to Ghion Hotel, Known for: Being one of the oldest restaurants in Addis 7 davs a week

EATNSEE CAFÉ 0926 226988 0939 117538 Bole Japan, inside GANGNAM KOREAN RESTAURANT Known for: Fried Chicken, Corn Dog, Kimchi, Korean Mini Mart

нотто RESTAURANT 0903 475477 Known for Japanese inspired Asian fusion The Place Building Closed on Sundays

JADE 011 517 1717 Sheraton Addis Known for: Pan-Asian culinary experience 7 days a week

KOKORO RESTAURANT 0985 022222 Namibia St opposite Tomoca Coffee Known for: Japanese food

SAKURA JAPANESE RESTAURANT 0911 057030 0984 873551 Around Rwanda Embassy Known for: Sushi **Closed Sundays** 

SICHUAN 0911 603926 Cote d'Ivoire Street, Balderas Known for: Spicy Chinese dishes Open 7 days a week

THE ORIENTAL Hyatt Regency +251 115 17 1234 Meskel Square Known for Western BBQ. Asian bites 7 days a week

#### BRAZILIAN

FOGO NO CHAO RAMADA Hotel 011 6393939 Bole Road Known for: Brazilian Churrascaria and rich vegetarian options

#### CAFES

BILO'S PASTRY 0960 403052 locations Lancha; Arat Kilo; Gurd Shola; Old Airport Known for: Delicious cakes 7 days a week

BUNATERA MULTI ROASTER COFFEE SHOP 0118546018

0923570449/ 0974053030 Olympia 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

#### CHEZ JEAN PIERRE

0913 616531 Guinea Conakry St. near SAS Pharmacy & Intercontinental Hotel Known for: French pastries 7 days a week

#### COFFEECOLOGY

092 769 3071 Megenagna The Friend Mall, 1st fl. Known for: Dine-in, Takeaway 7 davs a week

#### CRAVE CAFÉ &

RESTAURANT 011 557 4853 Meskel Flower Road in front of Chanoly Known For: Italian food 7 days week

#### CUPCAKE DELIGHTS BAKERY

0912 625271 0911 214645 Bole, opposite Harmony Hotel Known for: Breakfast & Brunch 7 days a week

### **CREMINO CAFE** 0944 063338

Bole, Tropical Mall Known for: Steak and Cheese, Chicken Mayo 7 days a week

#### EXCLUSIVE

Steak House 7 days a week

#### ENRICO'S

PASTRY (One of the oldest MAMOKACHA Pastry Shops in Addis) 011 557-1490 Off Churchill Road from Alexandria Known for: Millefeuille, Cream Puffs (Boxegna) 7 davs a week

#### FRENCH BAKERY

(Pain d'epice) 0944 260136 Aware, opposite German School Known for: Croissants, Chocolate Cake **Closed Sundays** 

GALANI CAFE 0911 200186/011 645-6008 Next to Jackross inside the MOPLACO Coffee 0911 218534 factory

Music & Art 7 days a week

#### GATEAU BAKERY CAFE 0905 454647 Behind ICS, OA, Sarbet Known for: Pastries 011 662 4753 7 days a week

GATEAU BAKERY CAFE | 2 0904 770000 Churchill Road, next to Lycée Known for: Pastries 7 days a week

#### GRAB & GO

Golden Tulip Hotel 011 6170740 Medhanialem area, next to Mama's Kitchen Known for: Caffe Pastries and Bread THE GOAT CAFÉ 7 days a week

#### HILTON PASTRY & COFFEE SHOP 011 517 0000 Ext 839

Known for: Spectacular Cakes 7 days a week

#### KALDI'S COFFEE 0113714258 6 main locations: 2 around Bole

Medhanialem Old Airport, CMC Olympia, Kaliti and many others 7 days a week

**KOBA** 0941 000022 1| Sandford 0900 989898 2| Atlas 0900 898989 3| Arat Kilo Known for: Handcrafted Cakes, Pastéis de Nata 7 days a week

#### LIME TREE 011 663 0872

0911 200072 1| Kazanchis Nigist Building 2| Ghion inside 0929 446238 Queens, Bole Medhanialem Known for: Healthy Known for: food and drinks, National, Tex-Mex & Continental Cuisine 7 days a week

COFFEE 011 668 5792 EU Road across Apts. Known for: 7 days a week

#### MOYOS CAFE 0920 242442 Around Atlas Hotel of coffee to buy across from Yoly Hotel Known for: Breakfast and fresh Unice juice

7 days a week

#### MUNCH GERMAN BAKERY (Various locations) Building Known for: Barista Cof

Opposite

Sarbet Known for: German style bakery and cafe 7 days a week

#### NATANI CAFE **Bole Road across** from Millennium Hall, next to Savour Known for: Cheesecake 7 days a week

#### RAIZEL CAFE

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

### 1| Bole

Medanialem. behind Adot 0973 800607 7 days a week 2| Kazanchis, near Intercontinental Hotel 0937 077744 7 days a week 3| Urael, behind 2000 Habasha Restaurant 7 days a week

Hyatt Regency 011 517 1207 Known for: freshly brewed Ethiopian coffee, tea and delicious pastries 7 days a week

### TILLA CAFÉ 0946 701125

Kazanchis (across the street from Bambis) Known for: Sandwiches, Smoothie Bar with healthy food 7 days a week

#### TRYST CAFE, **RESTAURANT &** LOUNGE

0944 061818 Kazanchis next to Ellili Hotel, & Atlas in front of Shebta Lounge Known for: Delicious Sandwiches and Coffee 7 days a week

#### TOMOCA

(Various locations) Building 011 111 2498 Coffee, Waffles and Off Churchill Road, Grilled meat Brunch near Book World 7 days a wee and Sarbet across from Canadian Embassy Known for: Variety Bole Rd, corner of and/or drink 7 days a week

### SPACE 0963 812959 Behind Bole Mega

Building Barista Coffee, Fresh Juices, Known for: Coffee, Canadian Embassy, Special Foul, Smoothie Bowls, Falafel Wraps 7 days a week

#### ONTINENTAL

ADDIS ABABA GOLF CLUB 0921 734176/ 0911-573872 Old Airport opposite Swiss Embassy Known for: BBQ on weekends 7 days a week

#### AMSTERDAM BAR & RESTAURANT

0911 516178/ 01186 81725 Bole Road, behind Friendship supermarket Known for European Food 7 days a week

#### ALL DAY DINING 011 667 3175/7822

Golagol in front of Aksum Hotel Known for: Buffet breakfast and A la Carte Menu 7 days a week

## CASCARA COFFEE &

COCKTAILS Hyatt Regency 011 517 1203 Known For: coffee-flavored cocktails and gourmet bites 7 days days a week

#### CHANOLY SMOOTHIE &

NOODLES 0927 349509 (Many locations) Bole behind Friendship Hotel, Meskel Flower Road, Sarbet, Summit plus Known for Noodles & Salads 7 days a week

#### CENTER POINT REVOLVING RESTAURANT

InterContinental 011 550 5066 Kazanchis Known for: Buffet, European cuisine 7 days a week

#### CHOMA GRILL 0902 060708 Shola, Minarol Known for 7 days a week

#### ENTOTO

0963 639963 Japan Res. Rd. Known for: Mediterranean/ Arabic vibe 7 days a week

#### FIVE LOAVES BISTRO AND BAKERY

0913 576818/ 0911 222976 Aware/ near Adwa Bridge Known for: Deli, pastries and

Sunday Brunch 7 days a week

#### GAZEBO

Hilton 011 517 0000 Ext 953 Outdoor dining beside the pool Known for: Sunday Brunch 7 days a week

#### GOJO

RESTAURANT 0911 202821 0115 521099 Bole Dembel Building, 1st floor Known For: European food **Closed Sundays** 

HILL BOTTOM ADDIS 011 896 4670/69 Ayat Roundabout Known for: Brick oven pizza 7 davs a week

KORMA GRILL 090 588 8888 0905 787878 Bole Rwanda Known for: Grilled Steak 7 days a week

LES ARCADES Sheraton Addis 011 517 1717 Known for: Gourmet cuisine **Bookings** Only

#### MAMA'S KITCHEN

0911 222133 0930 099356 Next to Golden Tulip, Megenagna, 4Kilo, Unity Park & VERRES EN VERS and dancing Known for: Grills 7 days a week

#### MARCUS ADDIS

0945 111111 CBE HQ Tower, 47th Fl. Known for: Ethiopian/ International Fusion 7 days a week

#### MESKOTT

0903 879999 4 Kilo, next to Romina Known for: International cuisine & bar 7 days a week

#### OAK

RESTAURANT 011 146 74000 Dreamliner Hotel Meskel Flower Known for: European dishes 7 days a week

#### PEACOCK BAR & RESTAURANT

0911 222637 Behind Bole Printing Press Known for Steaks and Chicken 7 days a week

PEPPER & SPICE RESTAURANT Bambis, around

Marriot Hotel 011 518 4600 Known for: Mediterranean cuisine 7 days a week

#### TEMPTATIONS Sheraton Addis 011 517 1717 Ext.6067 Known for: International

cuisine 7 days a week

#### SUMMERFIELDS Sheraton Addis 011 517 1717 Ext.6089 Known for: Hamburgers, buffetKATEGNA and ice cream 7 days a week

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

## SKY STEAK HOUSE

011 651 1573/77 0911 100155 Up the hill from Megenagna Roundabout Known for: Pasta/ continental dishes 7 days a week

#### UNION

RESTAURANT 0903 377488 Meskel Square, inside Addis Ababa 011 372 0607 Museum Known for: Mixed Grill 7 days a week

#### RESTAURANT Radisson Blu 0982 092182 011 515 7600 Kazanchis Known for: Buffet

and à la carte dishes French Brasserie style 7 davs a week

#### VILLA VERDE LOUNGE 0929 115937 Off Meskel Flower

Roundabout Known for: Brunch, Pizza Live Music 7 days a week

#### **ETHIOPIAN**

#### СНАКА COFFEE 0953 459258 Stadium, Bole Friendship & Morning Star Building Known for: Fresh coffee and tasty breakfast

DASHEN TERARA TRADITIONAL RESTAURANT 0932 513395/ 011 554 1437 Aware, across from Meles Foundation Known for: Beyayenetu 7 days a week

#### DONATELA RESTAURANT

011 668 4444 Bole Atlas Rakan Building 3rd floor Known for: Fusion, GERMAN Ethiopian, African dishes **Closed Sundays** 

#### 2000 HABESHA CULTURAL RESTAURANT

011 618 2253/58 Bole Atlas Known for: National food & traditional dance 7 days a week

**RESTAURANT** 0913 552762 0911 126460 Bole Medhanialem Known For: Quwanta firfir 7 days a week

#### MITMITA RESTAURANT 0978 197800 Opposite

Millennium Hall, Known for: Local dishes 7 days a week

#### SINKENESH FISH 0902 606060 Cape Verde St. Bole Rwanda

#### YOD ABYSSINIA RESTAURANT 011 661 2985 / Bole Medhanialem, Old Airport& Sahlite Mihiret

Known for: Traditional food Closed Mondays

#### ZEN APT. & RESTAURANT 0980 193313 Olompia, House 220 Known for: Ethiopian, European & Middle Eastern-Indian dishes 7 days a week

#### FRENCH

#### LA MAISON

0911 472830 Mickey Leland St, last turn on the right before Atlas Crossroads Known for: Breakfast, Sunday Brunch, Garden Child-friendly 7 days a week

#### LOUVRE HOTEL RESTAURANT 0970 800000

Togo Street, Across from Misrak from Olympia, Technical School Known for: French Known for: French menu & courtyards Z days a work 7 days a week

#### LA MANDOLINE

0921 328507 Near British Embassy

Cote d'Ivoire St. Known for: Risotto, pork dishes and sausages Closed Tuesdays

#### BEER GARDEN INN RESTAURANT 011 618 2595/91 Behind Edna Mall Known for: Home brewed beer and European dishes Closed Mondays Except the Bar

#### GREEK

GREEK CLUB 011 553 0485 Off Olympia Road, further down from Greek School Known for: Moussaka, Souvlaki 7 days a week

#### ICE CREAM

#### EMBWA CREAMERY 0911 209838 Kera in Sishu compound, & Carl Square crossroad

Closed Mondays FUNLICIOUS ICE CREAM DISTRIBUTORS 0944 739463 0984 715264 Dembel City Center basement

7 days a week

#### GELATERIA ICE DREAM 0929 902810

Lebu Commercial Center Known for: Using ingredients from Italy and vegan Ice cream 7 days a week

#### IGLOO ICE CREAM 0944 100323

Olympia and Japan Market 7 days a week

#### TUTTO GELATO

092 9923503 0944 349495/96/ 97/98/99 Bole Atlas, Sarbet, Century Mall, CMC Michael & DZ Kuriftu Known for: Ice cream 7 days a week

#### INDIAN

JEWEL OF INDIA 0911 200230/ 011 551 3154 Off Bole Road towards Meskel Flower Hotel Indian sweets 7 days a week

#### KONARK

0966 333929 Bole, Behind

DH-Geda Bldg. Known for: Open air dining, Paneers and Dals 7 days a week

NAMASTE ADDIS 0904 139838 0926 102455 **Behind Bole** Medhanialem, on the way to Moenco Known for: South Indian dishes 7 days a week

#### OM INDIAN BISTRO

0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food **Closed Sundays** 

SANGAM'S

(Oldest Indian restaurant in Addis) 0911 214183 0953 407297 **Behind Bole** Printing press Known for: Tandori Chicken and Garlic Naan 7 days a week

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

ZAIKA 011 467 4000 Dreamliner Hotel, Meskel Flower Road Known for: Curries 7 days a week

#### ITALIAN

ANDIAMO PIZZA AND PASTA RESTAURANT 0930 362586 Shola, around British Embassy Known for: Pizza 7 days a week

ANTICA BAR & RESTAURANT 011 663 4841 011 661 5815 Between EU Road MAMMA MIA and Bole Road Known for: Brick oven pizza 7 days a week

AVANTI ITALIA RESTAURANT 0911 522660 Bole near Millennium Hall behind Ambassador Hotel OLIVE & BREAD Known for: Ravioli 0979 793132 Closed Sundays

BELVEDERE RESTAURANT 0912 639280 New stadium in front of Asham plus Deli in Kazanchis (side road to ECA) PIO GASTRO BA 0900 622800 Known for: Italian, Beklobet, Debre

European and Mediterranean dishes Closed Mondays

BETTUCCI 0991162244 **Behind Vatican** Embassy inside Alem Village Known for: Pizza, pasta, garden **Closed Mondays** 

CASTELLI'S 011 157 1757 011 156 3580 Off Piazza Arada Road, opposite Mahmoud Music Known for Pasta & Salad Bar Closed Sundays

DOK RESTAURANT 0979 910154 Top View, Megenagna Known for: Garden dining 7 days a week

#### GARDEN COURT BAR & RESTAURANT HIBIR 011 662 0922/23 Bole infront of Alem Building Known for:Burgers 7 days a week

GUSTO

RESTAURANT 0934 497861 Old Airport, opposite Botswana Embassy, in Kaldi's Coffee compound Known for: Seafood & Desserts LA MORENA 7 days a week

LINDA RESTAURANT 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays

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

ITALIAN RESTAURANT & BAR 0929 002218 **Beside Meles** Foundation Kazanchis Known for: Homemade Pasta **Closed Sundays** 

Opposite Sandford School Known for: Authentic tastes & Courtyard Dining TV 7 days a week

PIO GASTRO BAR

Zeit Road Known for: Hidden gem & Penne All Ortana 7 days a week

SALE E PEPE 0921 248888 Near Kebena roundabout Known for: Pasta and pizza **Closed Mondays** 

STAGIONI Sheraton Addis 011 517 1717 Known for: Starters, mains & ambience

THE FOOD BOUTIQUE 0911 209274 Old Airport, NOC Building, First floor Known for: Pastas and Pizza 7 days a week

TIVOLI 011 320 3918 Opposite South African Embassy, Old Airport Known for: Pizza 7 days a week

VACCARI 0929 327238 Near Caravan Hotel. Haya Hulet Known for: Antipasto, Pasta and fish 7 days a week

#### MEXICAN

0912 500761 Sarbet next to the Blue Hen Known for: **Burritos &** Quesadillas 7 days a week

#### MIDDLE EASTERN

ALLEBNANY 0911 515374 Bole Kokeb Building Known for: ebanese dishes 7 days a week

BAB AL-YEMEN 0907 01111 Bole Rwanda Known for Yemeni Dishes 7 days a week

BATI AL MANDI 0911 518903 Mickey Leland/ EU Turkish food Street, across from Yoly Building Known for: Middle Eastern food 7 davs a week

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

#### HI FALAFEL

0917 700644 Betel & Torhailoch (Omega High School) Known for: Falafel Wraps 7 days a week

SAN'AA 0912 108054 Olympia, Gazebo Adebabay Known for: Delicious food, friendly service 7 days a week

THE KITCHEN Hyatt Regency 011 517 1205 Known for: Lavantine Cuisine 7 days a week

#### PIZZA

BELLA PASTA & PIZZA 0911 380606 1| Bisrate Gebriel

In front of South African Embassy 2| Jacros 3| Bole Known for: Pizza 7 days a week

EFFOI 011 849 3647 Atlas, Kazanchis, Sarbet Known for: Unique combinations 7 days a week

#### MOKODO PIZZA 0911 439524

1| Bole Airport Next to Aviation School Known for: Pizza Closed Tuesdays 2 Around Bole Friendship 7 days a week

ROMINA

0911 214335 Arat Kilo, British Embassy, Summit Known for: Pizza 7 days a week

YUMMY PIZZA 0911 472598 On Bole Road to Japan Residence Known for: Home delivery (around Bole) 7 days a week

#### TURKISH

ISTANBUL RESTAURANT 0910 174728 Bole Edna Mall near Ukraine Embassy Known for: 7 davs a week

#### PAMUKKALE TURKISH RESTAURANT

0910 964530 Bole Brass, next to Medhanialem Church Known for: Mediterranean, Turkish, Middle Eastern 7 days a week

## MADE IN ETHIOPIA: DOCUMENTARY

When a massive Chinese industrial park lands in rural Ethiopia, a dusty farming town finds itself at the new frontier of globalization. The sprawling factory complex's formidable Chinese director, Motto now needs every bit of mettle and charm she can muster to push through a high-stakes expansion that promises 30,000 new jobs. Ethiopian farmer Workinesh and factory worker Beti have staked their futures on the prosperity the park promises. But as initial hope meets painful realities, they find themselves, like their country, at a pivotal crossroads.

Filmed over four years with singular access, Made in Ethiopia lifts the curtain on China's historic but misunderstood impact on Africa, and explores contemporary Ethiopia at a moment of profound crisis. The film throws audiences into two colliding worlds: an industrial juggernaut fueled by profit and progress, and a vanishing countryside where life is still measured by the cycle of the seasons. Its nuance, complexity and multi-perspective approach go beyond black-and-white narratives of victims and villains. As the three women's stories unfold, Made in Ethiopia challenges us to rethink the relationship between tradition and modernity, growth and welfare, the development of a country and the well-being of its people.







The international documentary team includes three Ethiopians. Sura Abera Amayu is a producer and researcher from Oromia and a fluent English speaker. He provides cultural and linguistic interpretation and conducts surveys for academic, policy, non-profit organizations and private consultancy firms. Goush Fissehatsion Girmay is an entrepreneur, researcher and business liaison specialist from Tigray. A fluent Mandarin and English speaker, Goush has almost a decade's experience working with Chinese and other foreign businesses in Ethiopia, and has unique insight into the dynamics of Chinese international investment. Tamara Dawit, an Ethiopian-Canadian filmmaker co-produced the documentary

www.madeinethiopiafilm.com

Filmed over four years with singular access, Made in Ethiopia lifts the curtain on China's historic but misunderstood impact on Africa, and explores contemporary Ethiopia at a moment of profound crisis. **ETHIOPIAN SAYINGS** 

## Better an egg this year than a chicken next year



## CATCH THE CROWDS!

LIST YOUR EVENT WITH US

SHARE YOUR STUDIO DETAILS

Dawit kifle

671

ARTISTS GALLERIES EXHIBITIONS MUSIC FESTIVALS GET NOTICED! info@whatsoutaddis.com Silk Shawls Silver Jeweleries Home Accessories

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MONDAY THROUGH FRIDAY 10AM - 13PM, 2:30PM - 7PM SATURDAY 10AM - 7PM

+251 912 14 8483 +251 912 61 3949







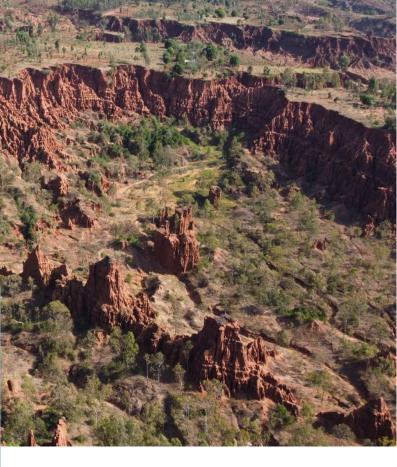
LOCATION: WOLO SEFER ETHIO CHINA STREET TEL: 09 61 01 41 36 TEL: 09 13 86 05 78 OPENING HOURS 9:00 AM - 6:00 PM

## KONSO: THE PEOPLE WHO CONQUERED THE MOUNTAINS



Ethiopia, home to 70% of Africa's mountains, boasts breathtaking peaks and challenging trails for adventurers. However, these majestic landscapes also pose significant challenges for the locals. Farming is hard, with rugged terrain leading to erosion and landslides.

TRAVE



Yet the Konso people of Southern Ethiopia have transformed these obstacles into opportunities. For generations, they have skillfully constructed terraces on the mountains, preventing erosion and maximizing agricultural productivity. This remarkable dedication earned the Konso cultural landscape UNESCO World Heritage Site status in 2011.

The uniqueness of the Konso extends beyond agriculture. They build their villages atop these mountains, encircled by protective walls that safeguard their communities. Central to each settlement is the Mora, a large circular hut where elders gather to discuss important matters. At night, this space becomes a haven for the village youth, who stand guard against potential threats, ready to respond to emergencies like fires.

As these young individuals transition to adulthood, they undergo a rite of passage. Candidates must lift and throw a heavy stone over their shoulder in front of village elders. If unsuccessful, they must wait a year for another attempt.

Lastly, a visit to the Konso region wouldn't be complete without exploring "Gesergio," a village renowned for its stunning natural landscape shaped by erosion. Here, towering soil pinnacles have earned it the nickname "New York," reminiscent of Manhattan's skyscrapers.

Travel to Konso to experience its rich culture, stunning nature, and warm hospitality.

Text and photos by Michael Metaferia Instagram: @michael.metaferia



# SOLE RELIEF AND RELAXATION: REFLEXOLOGY

Most of us enjoy a massage and they are readily available in one form or another all around town. However, there is a new place in Kazanchis that focuses exclusively on feet!

Wrench Reflexology is a combination of therapeutic reflexology and relaxing massage. Foot reflexology is a therapy based on the application of gentle pressure on reflex points on the soles of the foot which stimulates a natural healing mechanism.

The benefits of reflexology are numerous and include decreasing stress, improving sleep and blood circulation, relaxing the body and mind as well as generally improving your wellbeing

Treatment at Wrench Reflexology takes place in a pleasant green and white room seated on



a comfortable chair to the gentle and calming sounds of running water. First, you sit with your feet immersed in warm water with bath salts for a few minutes during which time you are given a short (dry) head and shoulder massage to relax you.

Next, you transfer to sit in a comfortable armchair and your foot treatment begins; you can choose 45 or 60 minutes so an ideal lunch time break if you work in the area. A professionally trained therapist inquires if there are any particular areas of your body that feel stressed or are painful so that, if necessary, specific sole stimulation to address that discomfort can be applied.

Whilst enjoying the treatment, you are treated to a refreshing fresh fruit juice. Additional treatments include addressing migraines; an applied migraine wrap helps to decrease pain and stress. Plus, there is an on-site pedicure and manicure salon.

Located across from the ECA, down from Ellily Hotel in Kazanchis, LG building. +251 901555353/ +251986569006 Tik Tok: @ wrenchreflexology Instagram: wrenchreflexology addi**s** 



## **TDKET Junior Open** by Solino ethiopian coffee

#### **TENNIS TOURNAMENT for BOYS & GIRLS** from Friday 25 October to Sunday 27 October

U10 at the Gunet Hotel (TDKET) U12 at the Hilton Tennis Club U14 at the Addis Abeba Tennis Club

Price money winner: 10.000 Birr Price money runner up: 5.000 Birr Price money semi finalist: 2.500 Birr



### HOT MUSIC TABLE - 2024 August 10 - September 09, 2024

| HOTTEST ARTISTS |                      | Radio | т   | Total<br>Plays |
|-----------------|----------------------|-------|-----|----------------|
| 1               | Michael Belayneh     | 465   | 9   | 474            |
| 2               | Abdu Kiar            | 361   | 29  | 390            |
| 3               | Solomon Deneke       | 240   | 107 | 347            |
| 4               | Dawit Tsige          | 266   | 79  | 345            |
| 5               | Neway Debebe         | 281   | 5   | 286            |
| 6 👲             | Veronica Adane       | 166   | 63  | 229            |
| 7 🏒             | Lemelem Hailemichael | 143   | 43  | 186            |
| 8 🧟             | Mesay Tefera         | 146   | 36  | 182            |
| 9               | Mastewal Eyayu       | 117   | 61  | 178            |
| 10              | Rophnan              | 106   | 49  | 155            |

#### CALCULATING THE HOTTEST ARTIST

THE ARTIST NEEDS TO BE PLAYED ON AT LEAST 4 OR MORE STATIONS. A SINGLE STATION SHOULDN'T ACCOUNT MORETHAN 33% OF THE TOTAL NUMBER OF PLAYS.

| HOTTEST TRACKS |   | Radio | τv  | Total<br>Plays |
|----------------|---|-------|-----|----------------|
| 1 🎘            | Hoya Hoye<br>Solomon Deneke   | 240   | 107 | 347            |
| 2              | Bilillee<br>Andualem Gosa   | 69    | 34  | 103            |
| 3              | Demama<br>Dawit Tsige   | 65    | 29  | 94             |
| 4              | EgnamKoranBenante<br>Jossi Haymanot Girma<br>Yared Negu_Gedion_G messay | 39    | 51  | 90             |
| 5              | SHEGIYE<br>Rophnan  | 45    | 41  | 86             |
| 6 🤌            | Bantelay<br>Hana Girma  | 54    | 23  | 77             |
| 7 🍂            | Senbide<br>Selamawit Yohannes   | 38    | 38  | 76             |
| 8              | <b>Teyim</b><br>Michael Belayneh  | 70    | 4   | 74             |
| 8              | Gelemele<br>Abdu Kiar   | 71    | 3   | 74             |
| 9 🥐            | YeberehaHager<br>KukuSebsibefeat.TeddyAfro                              | 58    | 8   | 66             |
| 9 🎉            | Yan Medina<br>Mesay Tefera  | 34    | 32  | 66             |
| 10 🆫           | Emeye Ethiopia<br>Tewodros Tadesse                                      | 52    | 13  | 65             |
| 10             | Boobooye<br>Abdu Kiar   | 40    | 25  | 65             |

#### ON CALCULATING THE HOTTEST TRACKS

THE TRACK NEEDS TO BE PLAYED AT LEAST 40% OF THE TOTAL LENGTH OF THE MUSIC. THE TRACK NEEDS TO BE PLAYED ON AT LEAST 3 OR MORE STATIONS. A SINGLE STATION SHOULDN'T ACCOUNT FOR MORE THAN 33% OF THE TOTAL NUMBER OF PLAYS.

THIS DATA IS GATHERED BY A 24/7 AUTOMATED RECORDING & ANALYZING AI SYSTEM FROM 35 TV & RADIO STATIONS. THERE WERE MORE THAN 14,722 TOTAL MUSIC PLAYS ACROSS THE BROADCAST MEDIUM FOR THIS WEEK.

#### ART CENTERS, GALLERIES & ENTERTAINMENT IN ADDIS ABABA

#### **ART GALLERIES**

ADDIS FINE ART 0980 635696 Bole Atlas, Noah Centrum Apts.

ALLE SCHOOL OF FINE ARTS 011 123 2832 Open to the public during exhibitions Arat Kilo/ Entoto Park

GEBRE KRISTOS DESTA CENTER Modern Art Museum Opposite AAU Main Gate

LAPHTO ART GALLERY 0911 881814 Laphto Mall, Old Airport

MAKUSH GALLERY 0911 418602 Bole Road, Mega Building

ST. GEORGE INTERIOR DECORATION AND ART 011 551 0983 Below Sheraton Addis

ST. GEORGE GOLLA GALLERY 0955 401236 inside Colla Park, uphill from Immigration, Beside Colla Michael Church Closed Mondays

### CULTURAL

ALLIANCE ETHIO-FRANCAISE 0965 166416 allianceaddis.org

BRITISH COUNCIL 0911 512835 ethiopia.britishcouncil.org

GOETHE INSTITUT 011 124 2345/6 Info-addus@goethe.de

ITALIAN CULTURAL INSTITUTE 011 155 3427 iicaddisabeba@esteri.it

FRENCH CENTRE FOR ETHIOPIAN STUDIES 011 123 4767

THE URBAN CENTER 0913 679201 In front of Estifanose Church Behind Village Café, Meskel Sq.

#### LIBRARY

**ABRHOT LIBRARY** Arat Kilo In front of Friendship Park2

#### MUSEUMS

ADDIS ABABA MUSEUM Behind Meskel Square

INSTITUTE OF ETHIOPIAN STUDIES (IES) & ETHNOLOGICAL MUSEUM Inside AAU Main Campus Sidist Kilo

NATIONAL MUSEUM (LUCY) Amist Kilo 011 111 7150

POST OFFICE MUSEUM Main Post Office

RED TERROR MUSEUM Meskel Square/Bole Road

SCIENCE & ART MUSEUM Opposite Unity Park

THE AFRICA UNBOUND MUSEUM 0928 280828 Mundy St. near Friendship Park Closed Sundays & Mondays

THE ZOOLOGICAL NATURAL HISTORY MUSEUM 011 157 1677 AAU Natural Sciences Campus By appointment

**ZOMA MUSEUM** (private) Mekanissa

#### CRAFT/ FASHION GALLERIES

AFRICAN MOSAIQUE 0978 110451 Shola-British Embassy

THE BLUE HEN 0945 975050 Sarbet

CHILOTA Hilton Hotel, Next to Novis

MUYA 0913 930885 Near Egyptian Embassy

**SALEM'S** 0911 529682 Bole, behind Yougo Church

SABAHAR 011 321 5112 Mekanissa sabahar.com

SUZANNE'S 011 372 4581 Old Airport

**TRIO CRAFT PLC** (RUGS) 0904 117983 Kadisco Nifassilk

#### CINEMAS

ALEM CINEMA 011 663 6718 Friendship Building

CENTURY CINEMA 0987 202020 Century Mall, Gurd Shola info@centuryaddismall.com

GAST CINEMA 0930 113388 CMC train station Gast Mall cinema.gastmall.net

VAMDAS ENTERTAINMENT 0924 752437 Megenagna

**CINEMA EMPIRE** Piazza Churchill Road

ELIANA CINEMA 0926 080808 Piazza, Churchill Road

ABYSINNIA CINEPLEX Bole Medhanialem, Impress Building

#### THEATRES

HAGER FIKIR THEATRE 011 112 4158 011 111 9820 Piazza One of the oldest and foremost theatres in Ethiopian history

NATIONAL THEATRE Oll 554 7696 Near Ethiopia Hotel In 1956 the Ethiopian National Theater was built and inaugurated in the presence of emperor Haile Selassie (1930-1974)

AMBASSADOR THEATER 011 553 7637 Near Ethiopia Hotel

CHILDREN AND YOUTH THEATER 011 112 8603 Arat Kilo

#### ARTIST ASSOCIATIONS

ETHIOPIAN VISUAL ARTISTS ASSOCIATION (EVAA) 0911 612767

ASSOCIATION OF ETHIOPIAN FEMALE ARTISTS (FORMERLY FOWA) 0911 145311

#### PARKS

UNITY PARK unity park.et Opposite Science & Art Museum

FRIENDSHIP PARKI Opposite Sheraton Addis

#### FRIENDSHIP PARK

(CHILDREN'S CENTER) 0933 598330 Opposite Abrhot Library

AMBASSADOR PARK Near Ambassador Theatre

ADDIS ZOO PEACOCK PARK Near Wollo Sefer Roundabout

ADDIS ABABA PARK Opposite UNECA & Hilton Hotel

**ST. GEORGE GOLA PARK** 0911 210211 Around Teklehaymanot

PARK BEHIND ST. ESTIFANOS CHURCH Meskel Square Opposite Marriot Hotel

ENTOTO PARK 0918 450713 Entoto (5 entrances)

Entrance 1 (Maya/Maryam Gate) View Point

Entrance 2 (Sululta Gate) Activities & Kuriftu Glamping

Entrance 3 (Dil Ber/Addisu Gebeya Gate)

Entrance 4 (Shiro Meda Gate)

Entrance 5 VIPS only

#### ENTERTAINMENT

AMBASSADOR ICE SKATING 4 Kilo next to Abrehot Library 7 days a week

#### GAST

ENTERTAINMENT LAZER TAG & ESCAPE ROOM 0930 113388 CMC Road, next to Lomyad 7 days a week

#### SELECTED HEALTH SERVICES

#### CLINICS

AMERICAN MEDICAL CENTRE 011 667 8000/04/07 0919 198287

MALDO MEDICAL CENTER 6061 011 5 570488

NORDIC MEDICAL CENTRE (NME) 0929 105653

**SUISSE CLINIC** 011 467 2047 011 416 1649

#### LABS

INTERNATIONAL CLINICAL LABORATORIES 011 552 9252

#### **EYE CLINICS**

SAM VISION OPTICAL WORKS 0946 130000

SAM VISION SPECIALIZED EYE CLINIC 0941 545454

SUN OPTICS 0911 220004

HOSPITALS (Private)

**ADDIS CARDIAC CENTER** 0952 343434 /011 663 4740/41

BETHZATHA GENERAL HOSPITAL 011 551 4141

CURE INTERNATIONAL PEDIATRIC HOSPITAL 011 124 5404

HAYAT HOSPITAL BOLE 011 661 4250

LANDMARK 011 552 5719

KADISCO GENERAL HOSPITAL 011 629 8904/02

MCM KOREAN 011 629 5421/27

**ST. YARED** 011 645 4697/04 GOVERNMENT HOSPITALS WITH AMBULANCE SERVICES

AMANUEL MENTAL SPECIALIZED 0951 051393

BALCHA 011 551 3205

BLACK LION 011 551 1211

MENILIK II 011 123 4272

**ST. PAULOS** 011 275 0125

YEKATIT 12 011 155 3065/68

**ZEWDITU** 011 551 8085

### DENTAL

BIO-DENTAL SPECIAL CLINIC 0944 318032

DR. EMEBET HIGHER SPECIAL DENTALCLINIC 011 618 1357

GOJEB DENTAL CLINIC 011 156 6521/ 011 156 6296

SENAKO DENTAL CLINIC 0935 207720 0912 477077

#### PHYSIO-THERAPY

PARAGON PHYSIOTHERAPY & SPORTS MEDICINE 011 272 2829

### ORTHOPEDIC & X-RAY CLINICS

DANU ORTHOPEDIC CENTER 011 111 9266

PIONEER DIAGNOSTIC CENTER 011 618 3335

WUDASSIE DIAGNOSTIC CENTER 011 157 4343

#### USEFUL TELEPHONE NUMBERS

#### EMERGENCY

ELECTRICITY 905

WATER & SEWERAGE 906

RED CROSS/ AMBULANCE 907

POLICE INFORMATION 911 FIRE BRIGADE 912

LOST MOBILE REGISTRATION 994

ETHIO-TELECOM COMPLAINT HANDLING 990

INTERNATIONAL CALLS 998

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**ABBAY** 011 371 3298

**DIRE DAWA** 0930 097757

GHION 011 551 8606

**GISHEN** 0930 106448

HALTONS 0901 327732

LION 011 155 1893

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## VETERINARY

BETHEL VET CLINIC 0911 665830

**DR. DANIEL** 0911 665830

HOMELESS ANIMAL PROTECTION SOCIETY (HAPS) 011 654 4756

KAZANCHIS ANIMAL CLINIC 0911 210204 DR. SHENKUT

**DR. PATRICK** 0946 799399

SHALOM VET CARE 0911 247335 DR. DAWIT

AIRLINES

EGYPT AIR

EMIRATES

011 518 1818

**ETHIOPIAN** 

011 665 6666

FLY DUBAI 011 066 70154

AIRLINES

011 156 4493/4

**KENYA AIRWAYS** 011 551 8400

**QATAR AIRWAYS** 011 554 4638

TURKISH AIRLINES 011 6662 7781/82

**YEMENIA** 011 55' 5076





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