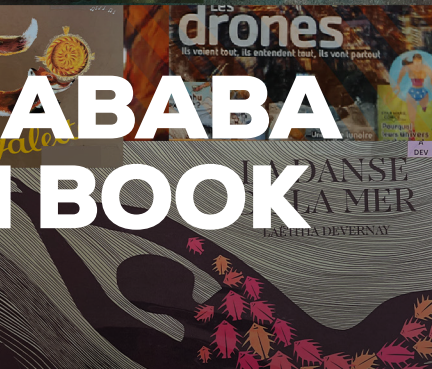
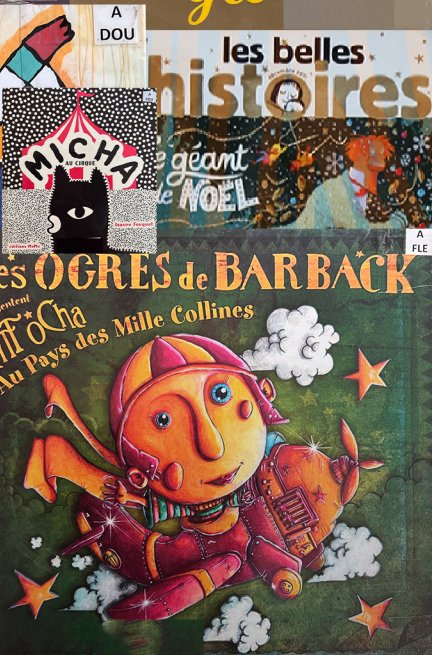


# what's out addis

2022, December



COMÉDIE DE LA LUNE  
ETIENNE DELESSERT



# ADDIS ABABA YOUTH BOOK FAIR

ORGANIZED BY THE ALLIANCE ETHIO-FRANÇAISE WITH THE SUPPORT OF THE FRENCH EMBASSY



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

# MIDROC INVESTMENT GROUP: MINING CLUSTER

**One of MIDROC Investment Group's six sectors is the Mining Cluster. The Cluster currently comprises four businesses.**



## 1. MIDROC GEO EXPLORATION SERVICES PLC.

Geological, geochemical, and geophysical studies are carried out for gold, base metals, metals, and non-metallic minerals by MIDROC Geo-Exploration Services PLC. Additionally, the business offers deep water well drilling services as well as core drilling services for the exploration of minerals.

## 2. MIDROC GOLD PLC.

The largest mining firm in Ethiopia, MIDROC Gold, processes gold using cutting-edge technology. Possessing three licenses for large-scale gold mining: Sakaro, Legadembi, and Metekel. Several CSR initiatives were carried out by a company that has led the Ethiopian mining industry in export earnings and revenue generation for more than 20 years.

## 3. NATIONAL MINING CORPORATION PLC.

Manufacturing and supplying polished marble, granite, limestone and coal products to export standards. We pay careful attention to environmental preservation. One of National Mining Corporation's next flagship projects is the coal washing machine.

## 4. ABIJATA SHALLA SODA ASH SHARE COMPANY

By using solar evaporation, pond precipitation, washing, and drying processes, the company extracts brine from lake Abijata.

**Nani Building, Near Ghion Hotel,  
Addis Ababa Ethiopia**

**P.O. box: 274110 / 1000**

**Tel: + 251 115 549791**

**Fax: +251 155 449764**

**E-mail: migprdirector@ gmail.com**

**Website: www.midrocinvestmentgroup.com**



# Dear Friends

*Welcome to the December and last issue of the calendar year. We highlight the Ethiopian connections in the latest Wakanda blockbuster and profile the amazing Digitruck venture here in Ethiopia.*

*Our cover and feature article is about the exciting upcoming Addis Youth book fair organized by the Alliance Éthio-Française with the support of the French Embassy. We are delighted to report on the return of the Diplomatic Bazaar proceeds of which go to support numerous local projects. Enjoy the month and we wish you Seasons Greetings!  
Team What's Out*

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ESTABLISHED IN APRIL 2009

PUBLISHED AND DISTRIBUTED BY PROLOGUE BCW.

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

GRAPHIC DESIGN BY WHAT'S OUT OMNIMEDIA.

PRINTED BY ACON PRINTING PRESS

PROLOGUE BCW IS A PRIVATE LIMITED COMPANY

REGISTERED WITH THE ADDIS ABABA CITY ADMINISTRATION

TRADE BUREAU UNDER BUSINESS LICENCE NUMBER KK/

AA/14/706/7205/047/2013

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**WWW.WHATSOUTADDIS.COM**

# ADDIS ABABA YOUTH BOOK FAIR.



*Organized by the  
Alliance Ethio-Française  
with the support of the  
French Embassy*

The Alliance Ethio-Française of Addis Ababa and the French Embassy in Ethiopia are organizing a Book Fair as part of a project aimed at strengthening the use of the French language as a lever for access to employment in the multilingual context of Ethiopia. This fair will be held from the 9th to the 17th of December 2022 within the Alliance premises located in the historic district of Piassa, as well as the new municipal media library "Abrehot" and will place a particular emphasis on books dedicated to children and teenagers. This unique event is part of the 125th anniversary of the Ethio-French relations and although literature in the French language is at the center of the event, English and Amharic speaking partners will also be present in order to promote multilingualism.

The book fair will be a multifaceted event that not only focuses on the conception of books but also creative activities around children and literature. It will include:

- Stands that will be occupied by publishing houses (local and international), writers, illustrators, organizations and companies working in the literature sector, children's games developpers) (10th and 11th of December)
- Illustration Workshops for children and young adults (10th to 17th of December)
- Circus Workshops (10th, 11th and 17th of December)
- Kubuni: Exhibition on African Comic Books (10th of December to the 5th of January)
- A Conference on African Comics (14th of December)
- Slam Poetry Concert (11th of December)
- Azmari Concert (17th of December)
- Meetings and Debates with authors (10th and 11th of December)
- African storytelling (10th, 11th and 17th of December)
- Children's games (10th, 11th and 17th of December)
- And A book flea market that will be closing the event (17th of December)
- The unveiling of the 5 ethiopian children's books that were translated to the french language as part of the book fair





SALON DU LIVRE



In addition, thanks to the resources made available by the Cooperation Programmes of the French Embassy, the Alliance team is in charge of the creation of a “French Speaking Corner” in the Abrehot library which was inaugurated in January of this year. This will be equipped with 5,000 books. The “French Speaking Corner” will be inaugurated on the 9th of December and will mark the beginning of the 8 day Book Fair.



INSTITUT FRANÇAIS



AllianceEthioFrançaise  
Addis Abeba - Ethiopie



TV5 MONDE



la **citò** internationale  
de la bando dessinò  
ot de l'imaço



**BIBLIONEF**  
POUR UN MONDE  
À LIVRE OUVERT



*BLACK PANTHER; WAKANDA FOREVER AND FILMS CONNECTIONS TO ETHIOPIA*

DECEMBER 2022



Black Panther: Wakanda Forever is a 2022 American superhero film based on the Marvel Comics character Black Panther. Produced by Marvel Studios and distributed by Walt Disney Studios Motion Pictures, it is the sequel to Black Panther (2018) and the 30th film in the Marvel Cinematic Universe (MCU). In the film, the leaders of Wakanda fight to protect their nation in the wake of King T'Challa's death. Ideas for a sequel began after the release of Black Panther in February 2018. Plans for the film changed in August 2020 when Black Panther star Chadwick Boseman died from colon cancer, with Marvel choosing not to recast his role of T'Challa. Other main cast members from the first film were confirmed to return and the title was announced





in May 2021. Black Panther: Wakanda Forever was released in the United States in November 2022. The leaders of the kingdom of Wakanda fight to protect their nation from invading forces in the wake of King T'Challa's death while a new threat emerges from the hidden undersea nation of Tālocān ruled by Namor.

One of several homages to Ethiopian history are depicted in the Black Panther lore. Another notable moment that was inspired by Ethiopian culture is the tradition of lip discs from the Mursi people of Ethiopia. One of the most notable moments inspired by Ethiopian culture in the first movie was Killmonger's body decorations borrowed from the traditions of the Mursi & Suri people of Ethiopia!

Source: [www.etancomics.com](http://www.etancomics.com)

A portrait of Betelhem Dessie, a woman with short blonde hair, wearing a light blue button-down shirt, with her arms crossed. The background is a dark, solid color.

# DIGITRUCK: MOBILE ICT CLASSROOM SERVING REMOTE COMMUNITIES.

Betelhem Dessie is an Ethiopian web and mobile technology developer. She is the founder and CEO of iCog Anyone Can Code(iCog-ACC) a subsidiary of iCog Labs, Ethiopia's first Artificial Intelligence and Robotics lab. iCog-ACC focus on tech education and entrepreneurship with its primary objective of educating kids and young adults with the 21st-century skillsets of coding, problem solving and analytical thinking. Betelhem owns four patented projects individually and two in collaboration. As part of iCog-ACC's vision to democratize and decentralize access to technology entrepreneurship 'Solve IT' is a program that works with the youth to solve local problems using local solutions with tech at its core. Solve IT has reached more than 3500 youth across 15 cities in Ethiopia. Not surprisingly, Betelhem was named "the youngest pioneer in





Ethiopia's fast emerging tech scene" by CNN.

**B**etelhem was born and raised in Harar and her career started at the early age of just nine. She notes that her father was one of the biggest supporters of her IT ambition. Betelhem was able to first become familiar with computers by using her father's computer at his electronic shop.

In her interview with the Ethiopian digital news platform Addis Insight, Betelhem tells a story of how she asked her father for money to celebrate her 9th birthday. Her father replied that he did not have the money because he was busy with work. In response, Betelhem decided to work in his electronic shop and earn the money herself. She made 1600 Ethiopian birr by sending customers audio and video files. After this incident, her interest in computers gained momentum. She improved her skills in video-editing, computer maintenance, and installing cellphone software. By the age of just ten, Betelhem had started coding by herself. Alongside her regular school work, she taught basic computer skills to her classmates from school.

Betelhem Dessie received government recognition for her work in her community at an early age. Consequently, she was interviewed by multiple local and national media platforms. After moving from Harar to Addis Ababa with her parents, Betelhem was employed as a developer for the government at the age of twelve by the Ethiopian Information Network Security Agency (INSA) from 2011 to 2012. She has also trained girls under the Girls Can Code project - a U.S. Embassy Addis Ababa Initiative

DigiTruck is the latest project she is involved in which aims to improve the opportunities for people in vulnerable and remote communities, iCog-ACC along with the FDRE Ministry of Education and Huawei Technologies Ethiopia introduced DigiTruck Ethiopia: a used shipping container that is refurbished into a state-of-the-art digital classroom with connectivity that is completely self sustainable and can reach remote locations to provide access to ICT and the digital world. DigiTruck Ethiopia aims to inspire and motivate the next generation of leaders and coders. With the trainings, they hope to bridge the digital divide among cities in Ethiopia but also across the world.

For more technical details, Twitter @digitruck\_et



# THE DIPLOMATIC BAZAAR IS BACK:

The Diplomatic Spouses Group of Ethiopia (DSGE) is very pleased to confirm that this year's annual Diplomatic Charity Bazaar will take place on Saturday 10th December, 2022 from 10am to 4pm on the United Nations Economic Commission for Africa (UNECA) compound in Addis Ababa. Tickets are 500 ETB and all those under 16 years of age enter for free. The event is done in partnership with the UNECA. We would like to minimize our footprint and will attempt to make this event as Green as possible.

The DSGE Charity Bazaar raises funds for its sub-group Project Matrix that supports the most vulnerable people in Ethiopia. Embassies and Diplomatic Organisations and Missions donate 100% of their profits from the Bazaar towards this support.

This year, we are pleased to announce that we will structure the Bazaar as a 'journey around the world' by setting up continental villages (i.e. Africa Village, Asia Village, Europe Village, etc). Countries will be grouped according to continent. This offers an opportunity to learn more about continents and individual countries in a fun and interactive way. Embassies and Diplomatic Missions will set up individual Goods and/or Food Stalls that represent their individual country's culture and traditions.

We will also have stalls set-up for the recipients of Project Matrix grants from the last few years. Most of our project recipients have arts and crafts they produce for sale, while some will showcase what their organisation or social enterprise does.

A Green Village will also be included in this year's event. A dozen or so creative entrepreneurs will showcase and sell their green products that are sourced and made in Ethiopia. We are very pleased to support these worthwhile businesses that work towards sustainable solutions to climate change.

There will be a large Kids Corner with a lot of fun things for children to engage with- from face painting to storytelling session in different languages. Entertainment will range from various traditional dances from Greece, Kazakhstan, Turkey and well as a taste of Ethiopian cultural dance. The highlight of our entertainment program will be a fashion show put on by African Mosaïque, who will also have a small pop-up shop.

The DSGE warmly welcomes all of Addis to join us in celebrating the different diplomatic representatives here in Ethiopia and enjoying their cultural and traditional diversity.



# DIPLOMATIC CHARITY BAZAAR

Christmas is coming close, and what better gift to buy for a friend than a beautiful painting? Come join us December 10th at the Diplomatic Bazaar, where we will be selling art from 20 different established and up-and-upcoming artists.

20% of the proceeds will go to charity and the remaining 80% to the artists pockets.  
For more information call: 0933021054



# DIPLOMATIC CHARITY BAZAAR

## TOUR OF THE WORLD 2022

SATURDAY, 10 DECEMBER, 2022

10AM TO 4PM

AT UNECA COMPOUND ENTRANCE -GATE 2

COME MEET THE DIPLOMATIC COMMUNITY  
AND  
ENJOY A DAY OF FUN THAT GIVES BACK

- ◆ Green Product Stalls
- ◆ Live entertainment
- ◆ Kid's Corner
- ◆ Embassy Goods Stalls
- ◆ Food and Drink Stalls
- ◆ Art Stalls

TICKETS  
AVAILABLE AT  
HILTON ADDIS ABABA  
HYATT REGENCY  
FOOD BOUTIQUE  
ICS

NO PARKING  
BRING PHOTO ID

ALL PROFITS GO TO SUPPORT  
ETHIOPIA'S MOST VULNERABLE PEOPLE

FREE ENTRANCE FOR CHILDREN UNDER 16 YEARS OLD  
ALL PEOPLE UNDER THE AGE OF 18 YEARS OLD NEED TO BE ACCOMPANIED BY AN ADULT

prologue bcw



# Centuries of Beekeeping

## ETHIOPIAN HONEY

It's not a commodity.  
It's a culture.

**E**thiopia is endowed with the highest number of bee colonies in Africa. Along with enormous and diverse natural vegetation and varying climatic conditions, they create optimal suitability for the production of many unique varieties of honey.

It is estimated that the history of beekeeping in Ethiopia dates back over 3,000 years and traditional beekeeping and the use of honey is interwoven in the very fabric of our daily medicinal, traditional, spiritual, and social interaction and holds a very special place within our society.

Accumulated indigenous beekeeping knowledge over many centuries plays a significant role in sustaining bee colonies and honey production in Ethiopia. Traditional beekeeping begins with the making of traditional beehives from locally available materials which could be mud, clay, hollowed tree trunks, straws etc. The construction of these hives differs from region to region and is an art that is passed down from generation to generation.

Most traditional beehives are single chambered cylinders, which are hung atop high tree branches. Beekeepers use different methods to attract queen





bees into the hives. Once erected, the beehive might remain in place for many years allowing the harvest of honey about twice a year.

With varying ecological and climatic conditions, harvest time usually differs from region to region typically following the end of the dry season. Harvesting of honey from traditional beehives requires climbing high tree tops (done at night when the bees are less aggressive) and by smoking out the swarms, although experiencing several stings during harvest time is inevitable. The beekeeper then reaches into the hives to retrieve the honeycombs housing the sweet honey. Next the honey is squeezed into a hardened leather. Honey harvested from traditional beehives through this process is considered crude honey as it is a mixture of honey, wax, bee parts and pollen.

Most of the Ethiopian honey harvested goes into the production of Tej, a drink which is produced by the fermentation of honey and the drink is considered one of the oldest alcoholic beverages ever produced.

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<https://www.lalhoneycompany.com/>  
+251 92 245 1070  
+251 93 010 5477







# BISHANGARI LODGE ON THE SHORES OF LAKE LANGANO IS OPEN. ■

**S**ituated on the shores of Lake Langano, eco friendly Bishangari Lodge is situated within a natural secluded setting of outstanding beauty that combines five unique ecological zones, is host to over 400 bird species, has a diverse range of wildlife and a spectacular array of plant life and unspoiled biodiversity. This is the location of newly renovated Bishangari Lodge, less than 250kms south of Addis Ababa. The new highway that brings you three quarters of the way down to Langano has reduced what used to be a 5-hour trip down to 3!

As one of Ethiopia's only Eco-Lodges, Bishangari prides itself on finding unique ways to sustainably co-exist with the nature around it. The lodge gets all of its energy from biogas and solar and sources the majority of restaurant ingredients from the local community. The Godjos are Bishangaris premium room offering, with two queen-sized beds. These rooms are ideal for families or for couples who would like more space and comfort. The Tukuls offer guests a more affordable, and simple option. These en-suite, round rooms feature two single beds and are ideal for



budget friendly travellers who would like to enjoy all that Langano and Bishangari have to offer.

Of the many activities on offer, these include Bird Watching, Hiking, Hippo Spotting, Mountain Biking, Fishing, Horseback Riding, Beach Football, Swimming and Stargazing!

On a visit to Bishangari guests are rewarded with spectacular sunsets, within close proximity to lush rainforests amidst wonderful peace and quiet. The property itself is spacious with plenty of sandy beach lake shorefront areas, a stunning volcanic landscape and occasional visiting wildlife as well as an abundance of birds! Staying at Bishangari Lodge offers guests an ideal break away from the hustle and bustle of Addis, with plenty of activities amidst a stunning and relaxing setting.

Bishangari Lodge  
091 120 1317  
info@bishangarilodge.com  
www.bishangarilodge.com





Suzanne's  
ADDIS ABABA

# Suzanne's Addis Ababa.

Come and celebrate the best of Ethiopian handcrafts combined with global elements.

0113724581 / +251 912613949  
suzannesaid@hotmail.com



Map available on  
Google Maps

suzanne's



*Scarves*  
*Jewelry*  
*Homeline*  
*Handbags*



**AS MANY CARPETS**

**OPENING HOURS**

**9:00 AM - 6:00 PM**

**LOCATION: DEM. REP. CONGO  
ST, MENTIWAB BUILDING**



# RESTAURANTS

## AMERICAN STYLE/CASUAL DINING

**ANGLA BURGER**  
091-206-0505  
Morning Star Mall 1st floor,  
Known for: Fast Food and Burgers  
7 days a week

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

**G - BURGER**  
+25184706001  
Behind Sheger building  
Known for: Burgers  
7 days a week

**LEMON BAR & GRILL**  
(Golden Tulip Addis)  
+251 11 617 0740  
Ext: 1405  
behind Berhane adere building  
Known for: Roasted Chicken  
7 days a week

**OPIUM ADDIS**  
+251983341261  
Bole in front of Desalgn Hotel Rakan Building  
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 RESTAURAN**  
0911246320  
0911212103  
Bole opposite Shoa Supermarket  
Known for: BBQ  
7 days a weekand

**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 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

**SOSHA RESTAURANT**  
0933424242  
Medhanialem to wards to millinium  
Known for: Vegan sandwich Bole  
7 days a week

## ASIAN

**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  
7 days a week

**THE ORIENTAL**  
(Hyatt Regency)  
251 115 17 1234  
Meskel Adebabay  
Known for: Western BBQ, Asian bites

## BRAZILIAN

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

## CAFE

**BAKE AND BREW CAFE**  
091 015 1248  
Namibia St, Addis Ababa  
Known for: Dine-in Curb side pickup - Delivery  
7 days a week

**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  
Known for: Burgers, fresh fruit juice, waffles & donuts and homemade dabo colo  
7 days a week

**BUNATERA MULTI ROASTER COFFEE SHOP**  
0118546018  
0923570449/ 0974053030  
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

**COFFEE COLOGY**  
092 769 3071  
Kenenisa Ave, Addis Ababa  
known for: Dine-in · Takeaway  
7 days a week

**CUPCAKE DELIGHTS BAKERY**  
+251 91 262 5271  
Bole - opposite Beer Garden  
Known for: cup cake  
7 days a week

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

**CREMINO CAFE**  
094 406 3338  
Dabi Complex- Ground floor  
Known for: stake and cheese chicken Mayo  
7 days a week

**EXCLUSIVE 0929446238**  
[bole medhani-alem],  
Known for: Stake House  
7 days a week

**ENRICO'S PASTRY**  
(One of the Oldest Pastry Shop 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, Music & Art  
7 days a week

**GRAB & GO**  
(Golden Tulip Addis Ababa Hotel)  
011 6170740  
Medhanialem area, next to Mama's Kitchen,  
Known for: caffè pastries and bread  
7 days a week

**HILTON PASTRY & COFFEE SHOP**  
011 517-0000 Ext 839  
Known for: Spectacular Cake  
7 days a week

**KALDI'S COFFEE**  
(Various locations)  
0113714258  
6 main locations: 2 around Bole Medhanialem; Old Airport; CMC Olympia; Kaliti and



many others  
7 days a week

#### **LIME TREE**

011 663-0872  
0911 200072  
1/Kazanches  
Nigist building  
2/Torhailoch  
inside Queens  
3/Ghion inside  
Queens,  
Known for:  
Healthy food and  
drinks, National  
and Continental  
Cuisine  
7 days a week

#### **LA PARISIENNE**

(Various locations)  
0911-514944/  
0118-681799  
Bole Medhanialeml;  
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  
next to Savour  
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  
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  
Olympia Rd &  
Atlas in front of  
Shebta Lounge  
Known for: Deli-  
cious Sandwiches  
and Great Coffee  
7 days a week

#### **TOMOCA**

(Various locations)  
011 111-2498  
Off Churchill Road,  
on the same road  
as Book- World  
and Sarbet across  
from Canada  
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  
Waterfall Hotel)  
near Meskel  
Flower Call for  
Opening Times

#### **LUCY LOUNGE & RESTAURANT**

0911947115  
Next to National  
Museum  
Known for:  
National and Con-  
tinental  
cuisine  
7 days a week

#### **VERRES EN VERS RESTAURANT**

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

#### **ADDIS ABABA GOLF CLUB**

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

#### **AMSTERDAM BAR & RESTAURANT**

0911 516178/  
0118681725  
Bole behind  
Friendship  
supermarket  
Known For:  
European Food  
7 days a week

#### **BELVEDERE RESTAU- RANT**

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

#### **CHANOLY SMOOTHIE & NOODLES**

092 734 9509  
behind bole  
medhanialeml  
in front of yego  
church right turn  
from Frenship  
hotel Meskel  
flower road near  
to Laparianian  
restaurant  
known for:Noodles  
7 days a week

#### **CENTER POINT REVOLVING RESTAURANT**

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

#### **CHOMA GRILL**

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

#### **FIVE LOAVES BISTRO AND BAKERY**

0913 576818/  
0911222976  
Aware round  
about, towards  
Meganagna  
Known for: Deli,  
pastries and  
sandwiches and  
Sunday Brunch  
Closed Tues

#### **GAZEBO**

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

#### **GOJO RESTAURANT**

0911202821  
0115-521099  
Bole Dembel  
Building 1st fload  
Known For:  
Eroupean food  
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  
Known for:  
Grilled Stake  
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  
Know for:  
European,  
Continental  
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

#### **SKY STEAK HOUSE**

0116511573/77  
0911100155  
Up the hill from  
Megenagna  
Roundabout,

## Sunday



### SUNDAY BRUNCH

The Oriental, Hyatt Regency  
Addis Ababa, 11:30AM to 3:00PM

### WILDLIFE CONSERVATION DAY

Wildlife Conservation Day seeks to spread awareness about preserving and protecting the natural world and its inhabitants.

4

### SUNDAY BRUNCH

The Oriental, Hyatt Regency  
Addis Ababa, 11:30AM to 3:00PM

### COME MEET A BLACK PERSON

anti-racism networking event where non-Blacks talk about racism and eradicating racism with Blacks.

11

### SUNDAY BRUNCH

The Oriental, Hyatt Regency  
Addis Ababa, 11:30AM to 3:00PM

### ET REAL ESTATE & HOME EXPO

Bringing the biggest real estate and home-accessories companies in the country under one roof.

18

### SUNDAY BRUNCH

The Oriental, Hyatt Regency  
Addis Ababa, 11:30AM to 3:00PM

25

## Monday



### INTERNATIONAL VOLUNTEER DAY FOR ECONOMIC AND SOCIAL DEVELOPMENT

December 5th celebrates people and organizations who volunteer their time and energy to improve the lives of others.

5

### ENITEWAWEK

10-11am, Traditional Ethiopian Dance with solomon.  
Phone: 0935611681

### WORLD MENTAL HEALTH DAY

to raise awareness about the scale of suicide around the world and the role that each of us can play to help in preventing it.

12

### ENITEWAWEK

2-4pm, Martial Arts with jacob JB & Philip,  
0923292285

19

### ENITEWAWEK

2-4pm, Martial Arts with jacob JB & Philip,  
0923292285

26



**Festive  
Season  
Offers**

## Tuesday

## Wednesday



**YOGA POWER AT ENITEWAWEK**  
10-11 am, Yoga Power / Vinyasa with Mikyas, Phone 0911345291, Bole Mega, 50m behind Makush Gallery, TM5 Apt

6

**INTERNATIONAL CIVIL AVIATION DAY**  
The day has been celebrated by the International Civil Aviation Organization since 7 December 1994

7

**YOGA POWER AT ENITEWAWEK**  
10-11 am, Yoga Power / Vinyasa with Mikyas, Phone 0911345291, Bole Mega, 50m behind Makush Gallery, TM5 Apt

13

**EXPO**  
Ethiopia Print & Pack Expo (12th Ethiopia PrintPack Expo), Addis Ababa Ethiopia.

**EXPO**  
Ethiopia Auto & Motor Show (Ethiopia Auto Expo) Addis Ababa Ethiopia.

14

**AFRI PRINT AND PACKAGING EXPO**  
This three-day event will serve as an excellent platform for you to connect with potential clients who are interested in learning more about your company's expertise and how you can help them grow their business or expand their product line.

20

**AFRI PRINT AND PACKAGING EXPO**  
This three-day event will serve as an excellent platform for you to connect with potential clients who are interested in learning more about your company's expertise and how you can help them grow their business or expand their product line.

21

**INTERNATIONAL CONFERENCE ON LATEST MEDICAL RESEARCH AND DEVELOPMENT (ICMRD)**  
bring together leading academic scientists, researchers and research scholars to exchange and share their experiences and research results on all aspects of English and American Studies.

27

**DANCE AT ENITEWAWEK**  
10-11 am, Traditional Ethiopian Dance with solomon. Phone: 0935611681, Bole Mega, 50m behind Makush Gallery, TM5 Apt

28

## The Market and Lobby Lounge

- Christmas Goodies at The Market  
**Starting from November 27, 2022**
- Afternoon High Tea  
**Starting from November 27, 2022**  
**Timing: Every Saturday & Sunday, 3:00 PM – 6 PM**  
**Price 800 ETB per person All-inclusive.**

## The Kitchen

- Christmas Lunch  
**December 25, 2022**  
**ETB 2,400 per person All Inclusive**  
**12:00 PM - 4:00 PM**
- New Year's Eve Dinner  
**December 31, 2022**  
**ETB 2,300 per person All Inclusive**  
**6:30 PM - 10:30 PM**



## Thursday

### INTERNET GOVERNANCE FORUM

The 17th annual IGF meeting will be hosted in a hybrid format. The meeting will aim at accommodating the participation of stakeholders present onsite in Addis Ababa or participating online in an equitable manner.

1

### YOGA POWER AT ENITAWAWEK

10-11 am, Yoga Power / Vinyasa with Mikyas, Phone, 0911345291, Bole Mega, 50m behind Makush Gallery, TM5 Apt

8

### INTERNATIONAL TEA DAY

We drink the most popular beverage in the world. The day mainly seeks to raise awareness on the impact the tea trade has on farmers and workers but is also celebrated by tea lovers worldwide

15

### AFRI PRINT AND PACKAGING EXPO

This three-day event will serve as an excellent platform for you to connect with potential clients who are interested in learning more about your company's expertise and how you can help them grow their business or expand their product line.

22

### YOGA POWER AT ENITAWAWEK

10-11 am, Yoga Power / Vinyasa with Mikyas, Phone, 0911345291, Bole Mega, 50m behind Makush Gallery, TM5 Apt

29

## Friday

### INTERNET GOVERNANCE FORUM

The 17th annual IGF meeting will be hosted in a hybrid format. The meeting will aim at accommodating the participation of stakeholders present onsite in Addis Ababa or participating online in an equitable manner.

2

### ANNUAL CONGRESS ON SOIL AND WATER CONSERVATION (ACSWC)

Provides a platform for professionals involved in Soil and Water Conservation to exchange knowledge and gain an insight into the state of the art in the current technology

9

### CAREER FAIR: EXCLUSIVE TECH HIRING EVENT-NEW TICKETS AVAILABLE

Tech Career Fair focus on helping companies achieve their diversity and inclusivity initiative with more diverse non-traditional candidates, Location, Online

16

### YOGA YIN WITH STAS

10-11.15 am, Phone, 0910840205 Bole Mega, 50m behind Makush Gallery, TM5 Apt

### ENITAWAWEK

2-4pm, Martial Arts with jacob JB & Philip, 0923292285

23

### FESTIVAL OF ENORMOUS CHANGES AT THE LAST MINUTE

People usually panic when they realize that there are only two days left of the year until the next year rolls out.

30

# The Oriental

- Christmas Eve Dinner  
**December 24, 2022**  
ETB 2,100 per person All Inclusive  
5:30 PM - 10:00 PM

- Christmas Brunch  
**December 25, 2022**  
ETB 2,800 per person All Inclusive  
11:00 AM - 3:00 PM

- New Year's Eve Gala Dinner  
**December 31, 2022**  
ETB 3,200 per person All Inclusive  
7:00 PM - 7:45 PM Cocktail Reception  
7:45 PM onwards Gala Dinner

- New Year's Day Brunch  
**January 1, 2023**  
ETB 3,200 per person All Inclusive  
11:00 AM - 3:00 PM

## Saturday

### INTERNATIONAL CONFERENCE ON PSYCHOLOGY AND ALLIED SCIENCES (ICPAS)

This conference encourages both professionals and students of psychology as well as individuals with a background in allied fields

3

### NOBEL PRIZE DAY

Nobel Prize Day recognizes the annual award established by Alfred Nobel.

### ZUMBA FITNESS WITH KIM

9-10 am, Phone, 0935611681  
Bole Mega, 50m behind Makush Gallery, TM5 Apt

10

### ET REAL ESTATE & HOME EXPO

Bringing the biggest real estate and home-accessories companies in the country under one roof. Showcasing a wide range of products, services, and properties to potential home seekers.

17

### CHRISTMAS EVE FAMILY DINNER

Hilton Addis Ababa, Make your best journey to Addis Ababa with the promised standard of Hilton Clean Stay at Hilton Addis Ababa hotel.

24

### NEW YEAR'S EVE DINNER AT THE ORIENTAL

Join us on December 31 at The Oriental for an elevating New Year's Eve celebration of note. Savor a five-course set menu complimented with pairing wine with each course.

31

what's  
out  
addis

Dec  
20  
22

#### MONTHLY EVENTS

Every month we will be featuring upcoming events. These calendar events will include:

- Art Exhibitions and Gallery events
- Festivals
- Expos
- Fashion Shows and Gala events
- Camps for kids
- Conferences
- Food events
- Seminars and much more!

There are always things going on in Addis Ababa and if you have a cultural or other event that you would like highlighted please send an email by the 15th of the preceding month to

[info@whatsoutaddis.com](mailto:info@whatsoutaddis.com)

## Festive Staycation Offer

Book your festive getaway and escape into an oasis.

Call us to claim your special rate!



HYATT  
REGENCY™  
ADDIS ABABA

For reservation: +251 115 171 234

Asmara Road  
Known for: Pasta/  
Continental dishes  
7 days a week

### 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

0116-182253/58  
behind Bole Mini  
known for: food &  
traditional dance  
7 days a week

### DASHEN TERARA TRADITIONAL RESTAURANT

0932 513395 /  
0115541437  
Aware, across  
from Meles  
foundation  
compound  
Known for:  
Beyaynetu  
7 days a week

### 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

### MITMITA RESTAURANT

0978197800  
millennium  
apartment hotel  
road,  
known for: local  
dish  
7 days a week

### YOD ABYSSINIA RESTAURANT

011 661-2985 /  
011-372-0607  
Bole Medhanialem  
behind Brass  
Hospital and Old  
Airport  
known for:  
traditional Food  
and dancing  
Closed Mon

### FRENCH

### LOUVRE HOTEL RESTAURANT CONTINENTAL

097-180-0000  
Togo Street, On  
The Road Below  
British Embassy,  
Across From  
Misrak Technical  
School.  
Known For:  
French Food  
7 days a week

### GERMEN

### 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

### ICE CREAM

### EMBWA CREAMERY

0911209838  
Kera in Sishu  
compound &  
Carl Square  
7 days a week

### 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 Icecreams  
7 days a week

### IGLOO ICE CREAM

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

### TUTTO GELATO

092 9923503  
0944349495/96/9  
7/98/99  
Bole Atlas,Sare  
bête,Guredshola  
centery mall,CMC  
Michael & DZ  
kuriftu  
Known for : Ice  
Cream  
7 days a week

### INDIAN

### JEWEL OF INDIA

0911 20-0230/ 011  
551-3154  
Off Bole Road  
from Olympia,  
towards Meskel  
Flower Hotel  
Known for: South  
Indian food and  
Indian sweets  
7 days a week  
**NAMASTE ADDIS THE INDIAN RESTAURANT AND BAR**  
0904139838  
0926102455  
Behind Bole Med-  
han Alem

On the way to  
Moenco

Known for: South  
Indian dishes  
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  
Known for:  
Indian food  
7 days a week

### SHAHEEN

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

### ITALIAN

### ANDIAMO PIZZA AND PASTA RESTAURANT

093 036 2586  
Fikremariam Aba  
Techan St,  
Addis Ababa  
known for:Pizza  
7 days a week

### ANTICA BAR & RESTAURANT

0116634841  
0116615815  
0911225019  
Off Bole Road,  
near EU  
Delegation  
Known for:  
Brick oven pizza  
7 days a week

### AVANTI ITALIA RESTAURANT

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

### CASTELLI

011 157 1757  
011-156-3580  
Off Piazza Arada  
Road, opposite  
Mahmoud Music  
Known for:  
Pasta, grilled fish,  
chicken and salads  
Closed Sun

### CLUB JUVENTUS

0115516464  
0911219729  
Behind Meskel  
Square  
Known for: Ital-  
ian, European  
7 days a week

### GARDEN COURT BAR &

### RESTAURANT

(Hibir)  
0116620922/23  
Bole in front of  
Alem Building  
Known for:Burgers  
7 days a week

### MAMA MIA ITALIAN RESTAURANT & BAR

0929002218  
Beside Meles  
Foundation Ka-  
zanchis  
Known for: Home  
made Pasta  
Closed Mon

### DOK RESTAURANT

0912 50 3281  
Cameroon St  
Known for: Italian  
live music  
7 days a week

### GUSTO RESTAURANT

0963101010  
0973101010  
old airport inside  
old kaldis  
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  
Known For: Italian  
Food  
Closed Mon

### SAVOR ADDIS

0116670656  
Bole -near Atlas  
Behind 2000  
Habesha  
Known for: Pizza  
and home made  
pasta  
7 days a week

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

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

### MIDDLE EASTER/ MEDITERANEAN

### FUSION BISTRO

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

### ALADDIN RESTAURANT

011-661-4109  
Off Bole Road.  
Near Japanese  
Embassy  
Known for: Grilled  
meat, hu- mus,  
taboulleh  
Closed Sun



<b>BATI AL MANDI</b> 0911518903 Mikey Leland/ EU Street - across from Yoli Building Known for: Middle Eastern food 7 days week	Mediterranean, Turkish, Middle Eastern 7 days week	<b>HOTEL</b>	
	<b>RELIANCE HOTEL APARTMENT</b> 011 667 2024	ADOT TINA HOTEL ADDISSINIA HOTEL	011-4673939 011-662 3634
<b>KATEGNA RESTAURANT</b> 0913552762 0911126460 Bole medhanialem intrance building ground floor known For: kuwanta firfer and tibs 7 days week	<b>SINKENESH FISH</b> 0902606060 Cape Verde street, Bole Ruwanda, Addis Ababa, Ethiopia yenehiwot@sinkene.shfish.comtizing	ALEXANDRIA HOTEL ATLAS HOTEL	0911103857 011-6187432/34
	<b>ENITAWAWEK CAFE &amp; CREATIVE SPACE</b> Address: Bole Mega, 50m behind Makush Gallery, TM5 Apartment building Known for: Barista coffee, fresh juices, Special Ful, Smoothie Bowls, Falafel wraps 7 days a week Phone: 09 6381 2959	BEST WESTERN PLUS ADDIS ABABA BOLE AMBASSADOR HOTEL CAPITAL HOTEL	011-6671414 011-6675235 011-6188284 011-6672100 011-6192000
<b>PEPPER &amp; SPICE RESTAURANT</b> 0115184600 Known for: Mediterranean cuisines 7 days week		DAMU HOTEL 011-5509828/29/35	
<b>THE KITCHEN</b> (Hyatt Regency) +25115171205 lknown for: Middle Eastern food 7 days week		DESALEGN HOTEL /ATLAS/ DESALEGN HOTEL /BOLE/ DIAMOND HOTEL	011-6624524 011-6183030 011-6160916 0967141414
	<b>CHAKA COFFEE</b> Known for: Fresh coffee and Tasty Breakfast. Location: Stadium, Chichinya , Bole, Meskel Flower, Morning Star (+251953459258) (+251116663438) (+251116663273)	DREAMLINER HOTEL GRAND ELIANA HOTEL ELILLY INTERNATIONAL HOTEL	011-4674000 011-1262600 011-5587777 011-5586402
<b>PIZZA</b>		ETHIOPIAN SKYLIGHT HOTEL	011-6 818181
<b>BELLA PASTA &amp; PIZZA</b> 0911380606 Bisrate Gebriel Infron of South Africa embassy Known for: Pizza 7 days a week		FRIENDSHIP I NTERNATIONAL HOTEL GHION HOTEL ENTERPRISE	011-6 670202/04 0911 713 396 011-5513222
<b>MOKODO PIZZA</b> 091 143 9524 Bole Airport Next to aviation School Known for: Pizza Closed Tue		GOLDEN TULIP HOTEL GLOBAL HOTEL GETFAM HOTEL HARMONY HOTEL HYATT REGENCY HILTON HOTEL	011-6183333 011-4664766 011-667-3175/78 011-6183100 011-5171234 011-517-0000 0911238457
<b>ROMINA</b> 0911 214335 Arat Kilo Known for: Pizza 7 days a week		HOLIDAY HOTEL HOTEL LOBELIA INTERCONTINETAL ADDIS HOTEL	011-661-2081 011-6673850 0911182463 011-5180444 011-5505066
<b>EFOOII</b> 0118493647 Mikey Leland Street (and various other locations including Kasanches and Sarbet) Known for: Unique styles of pizza Late night 7 days a week		JUPITER INTERNATIONAL HOTEL KALEB HOTEL KZ HOTEL MADO HOTEL MARRIOTT EXECUTIVE APARTMENTS	011-557 1078 011-6622200 011-662-1677 011-6611206 011-6393044 011-5184600
<b>YUMMY PIZZA</b> 0911472598/09112 20100/ 0911602639 On Bole Road to Japan Embassy Known for: Home delivery (around Bole) 7 days a week	<b>NIGHT LIFE BAR</b> <b>CASCARA COFFEE &amp; COCKTAILS</b> (Hyatt Regency) +25115171203 Known For: coffee-flavored cocktails and gourmet bites. 7 days week	PANORAMA HOTEL PLAZA HOTEL QUEEN OF SHEBA HOTEL RADISSON BLU HOTEL RAMADA ADDIS RAS AMBA HOTEL	011-6616070 011-6612200 011-6180000 011-6188281/82 011-5157600 011-6393939 011-122-8080/81
<b>TURKISH</b>		RIVIERA INTERNATIONAL HOTEL SABON HOTEL SAREM INTERNATIONAL HOTEL SHERATON ADDIS	011-4197755/ 41/46 0116 39 35 35 0111262076/ 86/88 0115171717 011-122-8080/81
<b>ISTANBUL RESTAURANT</b> 0910174728 Bole Edna mall near Ukraine Embassy Known for: Turkish food 7 days week	<b>ASABET</b> 0116671268 Lucky Building, known for: Sea Foods 7 days week	TIRAR INTERNATIONAL HOTEL THE GRAND PALACE ADDIS SUITES HOTEL UGBAAD HOTEL	011-5577152 011-5 577154 0980626262 0116393793 0116393345
<b>PAMUKKALE TURKISH RESTAURANT</b> 091 096 4530 Behind Millennium Hall Known for:	Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week		



# LAUGHING MAN COFFEE TRANSFORMING THE LIVES OF COFFEE FARMERS. ■

In 2009 Australian actor Hugh Jackman and his wife Deb travelled to Kochere Ethiopia as global ambassadors for World Vision Australia. It was there Hugh met a coffee farmer named Dukale. He was growing delicious coffee and with the use of some simple technology he had zero carbon footprint. Hugh worked with Dukale on the farm, planted some coffee trees named after his children (Ava and Oscar) and spent time with his family and community. He was so moved by Dukale's spirit, leadership and laughter and realized that there are coffee farmers communities like Dukale around the world whose story needs to be told and more importantly whose coffee needs to be tasted. Hugh promised Dukale he would help and Laughing Man was born.

Fast forward and on from when Dukale first met Hugh and Deborra-Lee and his business is thriving. World Vision partnered with Dukale to construct a methane gas system that converts cow manure into lamplight and cooking flame. His family no longer spends their days collecting firewood. Dukale has increased production on his farm, hired more local workers, and re-invested his profits to buy more land. His children are in school, his wife owns a small shop in the village, and he's teaching his fellow farmers cutting-edge agricultural techniques. The documentary film *Dukale's Dream* highlights the challenges faced by farmers like Dukale. The movie documents the six-year journey that Hugh and Deborra-Lee embarked upon after traveling to Ethiopia. At the heart of the documentary is Hugh and Deborra-Lee's journey to better understand how to make an impact on extreme poverty, as they learn about the effectiveness of community development, fair trade, and education in reducing global poverty.

For more information: [www.laughingmancoffee.com/pages/foundation](http://www.laughingmancoffee.com/pages/foundation)



# BALE MOUNTAINS FOR UNESCO.

**B**ale Mountains National Park, established in 1962, is located 400KM south of Addis, in the Oromia region of Ethiopia. The park has a total area of about 2200 square kilometers , stretching 74KM from north to south and 53KM from west to east. Areas with altitudes ranging from 1450M to 4377M above sea level earned the park it's popular tag "One Park: Many Worlds. Many Afro-alpine peaks, including Mount Tulu Dimtu, the second highest mountain in Ethiopia which stands tall at 4377MASL are located in this park.

The park is also home to the largest forest in Ethiopia, "Harennna Forest" , which covers an



*Bale Mountains National Park shelters more than 1600 different kinds of plants, 78 kinds of mammals and about 200 bird species in its different habitat.*

area of seven thousand square kilometers. The Bale Mountains National Park has been included in the United Nations Educational, Scientific and Cultural Organization (UNESCO) provisional list of World Heritage Sites.

Furthermore, Bale Mountains National Park shelters more than 1600 different kinds of plants, 78 kinds of mammals and about 200 bird species in its different habitat. Among these, 32 kinds of plants, about 20 rare and wonderful wild animals and about six birds could only be found in the national park . Red Fox (now named "Ethiopian Wolf") , Mountain Nyala, Menilik's Bushbuck and Giant Mole Rat are few of the endemic animals that could easily be spotted while trekking across Bale.


Apart from this, the park also contains a variety of reptiles and amphibians that are of great importance to science and ecology. Coffee and about 40 percent of herbs used for traditional medicine in Ethiopia are also found in Bale. In terms of plant and animal biodiversity, the park is ranked 34th in the world and 12th in Africa. Bale Mountains National Park has been classified as one of the world's most important bird habitats by Bird life International and also according to the report of the International Bird Organization, Bale Mountains National Park has been registered as the fourth "birding site" in Africa.

The rivers Shebele, Weib, Dumal, Yadot and Wolmel flow through Bale Mountains National Park.

Registration of Bale Mountains National Park as one of the Natural Heritage Sites of Ethiopia by UNESCO is crucial in helping to further protect and conserve the biodiversity of the park as well as better promote this beautiful place to the rest of the world. Inviting you all to experience Bale, One Park: Many Worlds.

Text and photos  
© Michael Metaferia  
[instagram.com/michael.metaferia](https://www.instagram.com/michael.metaferia)

# TEENAGE ETHIOPIAN AMERICAN AUTHOR WRITES BILINGUAL BOOKS FOR KIDS



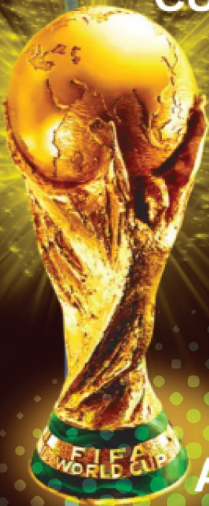
**L**eyla Marie Fasika Angelidis, a 14-year-old young Ethiopian American author has co-authored 8 bilingual books featuring stories about life in Ethiopia. She was born in Ethiopia in 2008, and was brought to Seattle as a baby. A few years later Leyla learned from her mom that children in Ethiopia don't always have the chance to go to school, learn to read, and some children have never held a book in their hands. A decade later Leyla has helped author three books for children in Ethiopia. Her mom, Ellenore, leads Open Hearts Big Dreams (OHBD), a non-profit organization that creates, publishes and distributes bilingual culturally appropriate children's books. With the help of Jane Kurtz (award-winning children's book author and who grew up in Ethiopia as a child) as creative director, their focus is to increase literacy and a love for reading in Ethiopia and beyond. This past year Partners With Ethiopia jumped on board to help get more of these delightful books printed and distributed in Ethiopia.

Leyla's books are available in multiple languages including Amharic. She has accomplished all of this with the help of Jane, her writing coach and who heads the OHBD creative team that coordinates writing, illustration, design, and Amharic translation of the books. The rapidly growing list of titles includes over 125 books in eleven languages, with more than 300,000 books distributed in Ethiopia since 2017 and plans to grow that number to one million. These books are printed in Ethiopia to help build local capacity and to make them more affordable. Another 30,000 copies of these books have been distributed globally through print on demand. Sales of these books help fund the overall program.

For more information about OHBD Ready Set Go Books, visit [OHBD-RSGBooks.com/](http://OHBD-RSGBooks.com/)

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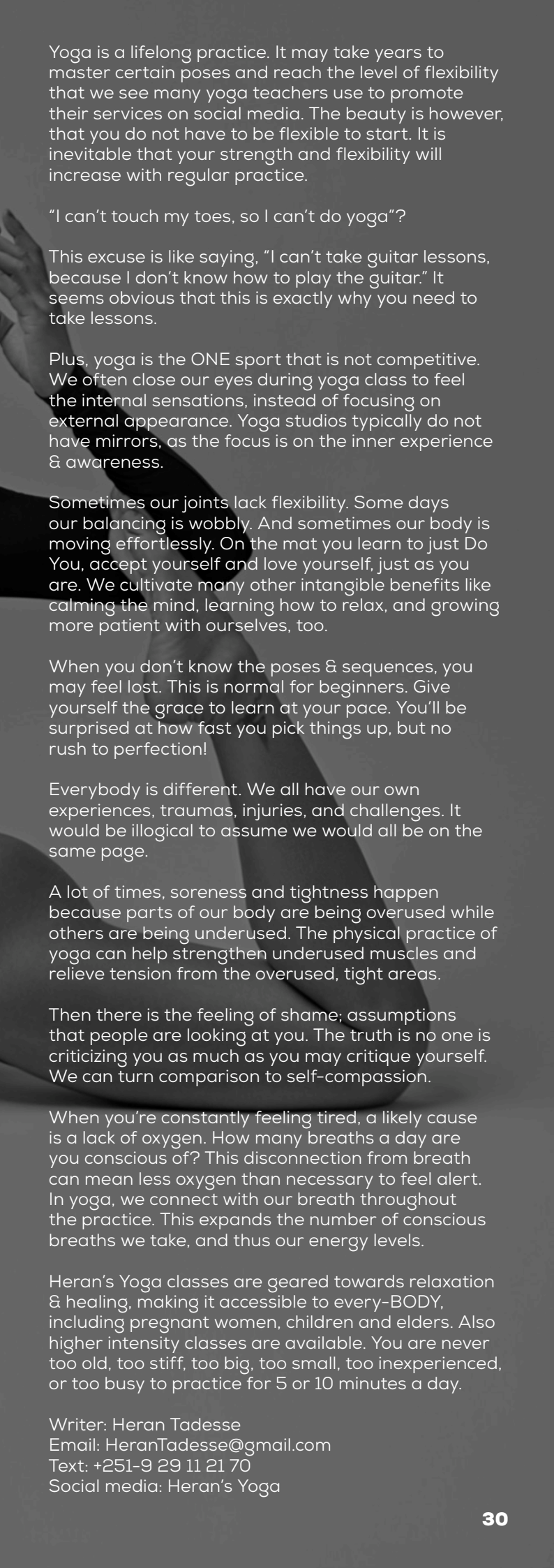




# YOGA & WELLNESS: WHY DON'T YOU PRACTICE YOGA?

**D**o you want to start yoga, but you keep procrastinating? There MAY be fears, generalizations and false expectations holding you back. Characteristics like your age, athletic ability, size, gender, race, etc., are irrelevant. In actuality, the only requirement for practicing yoga is the willingness to show up.

Yoga is simply defined as a union. We unite our postures with our breath and our practice with our lives. Yoga is inclusive, meaning that all are welcome no matter what religion or walk of life you come from. In fact, the increased focus you may develop can deepen your faith & beliefs.



Yoga is a lifelong practice. It may take years to master certain poses and reach the level of flexibility that we see many yoga teachers use to promote their services on social media. The beauty is however, that you do not have to be flexible to start. It is inevitable that your strength and flexibility will increase with regular practice.

“I can’t touch my toes, so I can’t do yoga”?

This excuse is like saying, “I can’t take guitar lessons, because I don’t know how to play the guitar.” It seems obvious that this is exactly why you need to take lessons.

Plus, yoga is the ONE sport that is not competitive. We often close our eyes during yoga class to feel the internal sensations, instead of focusing on external appearance. Yoga studios typically do not have mirrors, as the focus is on the inner experience & awareness.

Sometimes our joints lack flexibility. Some days our balancing is wobbly. And sometimes our body is moving effortlessly. On the mat you learn to just Do You, accept yourself and love yourself, just as you are. We cultivate many other intangible benefits like calming the mind, learning how to relax, and growing more patient with ourselves, too.

When you don’t know the poses & sequences, you may feel lost. This is normal for beginners. Give yourself the grace to learn at your pace. You’ll be surprised at how fast you pick things up, but no rush to perfection!

Everybody is different. We all have our own experiences, traumas, injuries, and challenges. It would be illogical to assume we would all be on the same page.

A lot of times, soreness and tightness happen because parts of our body are being overused while others are being underused. The physical practice of yoga can help strengthen underused muscles and relieve tension from the overused, tight areas.

Then there is the feeling of shame; assumptions that people are looking at you. The truth is no one is criticizing you as much as you may critique yourself. We can turn comparison to self-compassion.

When you’re constantly feeling tired, a likely cause is a lack of oxygen. How many breaths a day are you conscious of? This disconnection from breath can mean less oxygen than necessary to feel alert. In yoga, we connect with our breath throughout the practice. This expands the number of conscious breaths we take, and thus our energy levels.

Heran’s Yoga classes are geared towards relaxation & healing, making it accessible to every-BODY, including pregnant women, children and elders. Also higher intensity classes are available. You are never too old, too stiff, too big, too small, too inexperienced, or too busy to practice for 5 or 10 minutes a day.

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Social media: Heran’s Yoga

# THE CHICKEN STIR FRY NOODLES RECIPE

Stir-Fry Recipes – If you are looking for quick and easy stir fry recipes for your weeknight dinners, this selection is the way to go. Load up with protein and veggies in one skillet, and less than 30 minutes later, you're serving a healthy dinner with amazing flavor! Scroll down and discover our best stir-fry recipes. Enjoy!

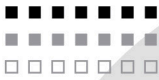
## INGREDIENTS LIST FOR THE CHICKEN STIR FRY NOODLES RECIPE

- 1 lb (450g) skinless, boneless chicken breast, cut into strips
- 1 tablespoon olive oil
- 3 garlic cloves, finely minced
- 1 medium carrot, julienned or shredded
- 8 ounces (225g) spaghetti noodles
- 3 cups broccoli florets, rinsed
- Fresh chopped scallion, for garnish
- Toasted sesame seeds, for garnish
- For the sauce
- 1/2 teaspoon freshly grated ginger or ground ginger
- 1 tablespoon brown sugar (or honey)
- 1/4 cup (60ml) low-sodium soy sauce
- 2 tablespoons hoisin sauce
- 2 teaspoons sesame oil
- 1/4 teaspoon crushed red pepper flakes, optional
- Fresh cracked black pepper, to taste

## DIRECTIONS

1. To make the chicken stir fry noodles recipe: In a large pot with boiling salted water, cook the spaghetti according to package directions. Add the broccoli florets the last 5 minutes of cooking and let them cook with pasta until tender. Drain the noodles and broccoli and set aside.
2. While pasta is cooking, whisk together the brown sugar, soy sauce, hoisin sauce, sesame oil, ginger, red pepper, and black pepper in a small bowl.
3. Season chicken strips to taste with salt and pepper. Add olive oil to a medium-sized skillet and cook chicken in an even layer over medium heat, turning from time to time for 2 or 3 minutes, until slightly golden. Stir in the garlic, and carrots and cook for a minute more, until cooked through but not overdone.
4. Transfer the cooked spaghetti and broccoli to the skillet and pour the sauce on top and toss until fully incorporated. Reheat for a couple of minutes and serve the chicken stir fry noodles, garnished with scallion and toasted sesame seeds. Enjoy!





December 9,  
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# HOT MUSIC TABLE - 2022

October 16 \_ November 15, 2022

## HOTTEST ARTISTS











			Radio	TV	Total Play
1		Ali Birra	614	201	815
2		ROPHNAN	157	120	277
3		Tewodros Kassahun	189	17	206
4		Betty G	98	71	169
5		Rahel Getu	110	47	157
6		Yirdaw Tenaw	31	116	147
7		Tilahun Gesesse	92	43	135
8		Esubalew Yetayew (Yeshi)	112	16	128
9		Helen Berhe & Ali Birra	81	37	118
10		Mastewal Eyayu	79	38	117

### ON CALCULATING THE HOTTEST ARTIST

THE ARTIST NEEDS TO BE PLAYED ON ATLEAST 4 OR MORE STATIONS.

A SINGLE STATION SHOULDN'T ACCOUNT MORE THAN 33% OF THE TOTAL NUMBER OF PLAYS.

## HOTTEST TRACKS

			Radio	TV	Total Play
1		Ishurruru Ali Birra	97	91	188
2		Wey Hager Yirdaw Tenaw	31	116	147
3		Kome Limerekesh Tilahun Gesesse	91	43	134
4		Nin Deema Ali Birra	93	26	119
5		SIYAADEE Ali Birra & Helen Berhe	81	37	118
6		Ethiopiaye Rahel Getu	67	35	102
7		Debdabew Jacky Gosee	59	41	100
8		Jegna Mastewal Eyayu	63	34	97
9		Ethiopia Tewodros "Teddy Afro" Kassahun	78	14	92
10		Ali Birra & Abreham Belayneh Darem Yelew	53	36	89

### ON CALCULATING THE HOTTEST TRACKS

THE TRACK NEEDS TO BE PLAYED ATLEAST 40% OF THE TOTAL LENGTH OF THE MUSIC.

THE TRACK NEEDS TO BE PLAYED ON ATLEAST 3 OR MORE STATIONS.

A SINGLE STATION SHOULDN'T ACCOUNT 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 73,000 TOTAL MUSIC PLAYS ACROSS THE BROADCAST MEDIUM FOR THE MONTH OF MAY 2022.

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# ART INSTITUTIONS GALLERIES IN ADDIS ABABA

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

CLINICS	
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BETHZATHA CLINIC	011 5514470 011 5533453
BLUE & WHITE CLINIC BROOK CLINIC	011 6616229 011 5513435 011 5515151
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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
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TESFA MAJOR POLY CLINIC	011 1570232
WGGA SPECIALIZED VISION CLINIC	0931 52 09 52 011 618 01 86
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ADDIS SPECIALIZED CARDIAC	0115525719 0911243274 0116634720
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MENILEK II HOSPITAL	0111234272
YEKATIT 12 HOSPITAL	01115530 65/68
ZEWDTU HOSPITAL	0115518085
ST.PAUL HOSPITAL	0112750125
AMANUEL HOSPITAL	0112757715
GENERAL INQUARIES: AFALAGI	8123
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GHION PHARMACY	011 5518606
GISHEN PHARMACY	011 6611717
LION PHARMACY	011 1551893
PELICAL PHARMACY	011 552 1790
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Betel Funeral Arrangements 091 120 5731

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Dr Asmeret Andebirhan (MD, Psychiatrist)  
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+251-947406511

### GENERAL / INTERNAL MEDICINE

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

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

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

### PEDIATRICS

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

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

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

#### OBSTETRICS/GYNECOLOGY:

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

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

### DENTISTRY

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

Dr. Tadesse Melaku – Ethio-swiyydesh Dental Clinic -  
Bole Road Awash Bank (Novis)  
Building 1st Floor Office: 011 661 4932

Gojeb Dental Clinic –Piazza 0111 56 6521/ 156 6296  
Smile Dental Center-Bole Rwanda/zemen bank  
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### GENERAL SURGERY

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Dr.Tewodros Messele Gedebou, General,  
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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. Theodros W. Gebriel  
Doctor of Physiotherapy (US board Licensed)  
Paragon Physiotherapy & Sports Medicine  
0116461108/22 or 0118608993

Kino Physiotherapy:  
Phone: +251 116 00 66 45/47/48

Whatsapp: +251 948 000 011

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Dr. Elias Ahmed Associate Professor. Fellow of  
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0116 624488

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