

what's out addis

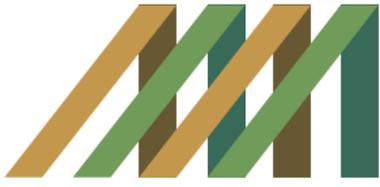
2022, June



PRECIOUS DESIGN

FASHION FOR
MUSLIM WOMEN

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



**MIDROC
INVESTMENT
GROUP**

ሚድሮክ ኢንቨስትመንት ግሩፕ

ENJOY THE FRESHNESS OF OUR FRUITS & VEGETABLES

MIDROC Investment Group is delighted to offer you fresh and healthy fruits and vegetables grown at Upper Awash Agro Industry and Jittu Horticulture farms at affordable prices.

Enjoy the freshness of our fruits and Vegetables that directly come from the field and are made available at all the eight branches of Queen's Supermarket.



NANI BUILDING, NEAR GHION HOTEL, ADDIS ABABA, ETHIOPIA
P.O. BOX: 274110 \ 1000

T: +251 115549791 \ 95 | F: +251 115549764
E: migpr@midrocinvestmentgroup.com

www.midrocinvestmentgroup.com

Dear Friends

We congratulate Melaku Belay of Fendika for being a prestigious TED Fellow for 2022 – he has tirelessly tried to protect and promote the Ethiopian Azmari bet music and tradition both locally and abroad. We profile Precious Design beautiful Fashion items of clothing specifically geared at Muslim women. Sirens is a delightful local book about a little girl and a dog and helps to highlight animal welfare. Kine Circus is a new social enterprise helping to encourage and motivate children in circus arts whilst also addressing social issues within the community. Sinkenesh Fish Restaurant is a wonderful new fish restaurant on Cape Verde Street. We profile all this and more!

Enjoy the hot weather!

Team What's Out

| | |
|-----------|---------------------------|
| 3 | FEATURE STORY |
| 5 | ARTS & CULTURE |
| 7 | POINT OF VIEW |
| 9 | BOOK REVIEW |
| 13 | HEALTH |
| 15 | FOOD |
| 27 | NEWS |
| 29 | YOGA |
| 33 | MUSIC |
| 38 | RECIPE |

MANAGING DIRECTOR: RAHEL BERHANE ARAYA

GRAPHIC DESIGNER: ABREHAM MOGES

SENIOR CONTRIBUTOR: ARABELLA STEWART

DIGITAL MEDIA CONSULTANT: SAMIRA SAADI

EDITOR-IN-CHIEF: TADELECH TESSEMA

ESTABLISHED IN APRIL 2009

PUBLISHED AND DISTRIBUTED BY WHAT'S OUT OMNIMEDIA.

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

GRAPHIC DESIGN BY WHAT'S OUT OMNIMEDIA.

PRINTED BY ACON PRINTING PRESS

WHAT'S OUT OMNIMEDIA IS A PRIVATE LIMITED COMPANY REGISTERED WITH THE MINISTRY OF TRADE AND INDUSTRY UNDER REGISTRATION NUMBER 04/2/25236/01

P.O. BOX 5790, ADDIS ABABA,

T: +251 11 5582200

WWW.WHATSOUTADDIS.COM

FASHION FOR MUSLIM WOMEN; PRECIOUS DESIGN.

Nasra

Mustofa Mohammed is a Fashion and Accessories

designer; she started her journey at Addis Ababa University studying Civil Engineering but then decided to join NEXT Fashion Institute, graduating with honors. Her family believed in her potential and started encouraging her to push further and with that momentum, she went on to join the Addis Ababa school of Fine Arts and Design, majoring in Fashion Design.

As a Muslim woman, Nasra grew up in a conservative community but she felt, that there could be a way in which clothing for Muslim women could still follow trends, whilst staying true to the Islamic culture. In this way, Nasra began to draw inspiration from Islamic patterns, which often lean towards geometric shapes and patterns. She also looked for inspiration from different cultures, both locally and abroad.

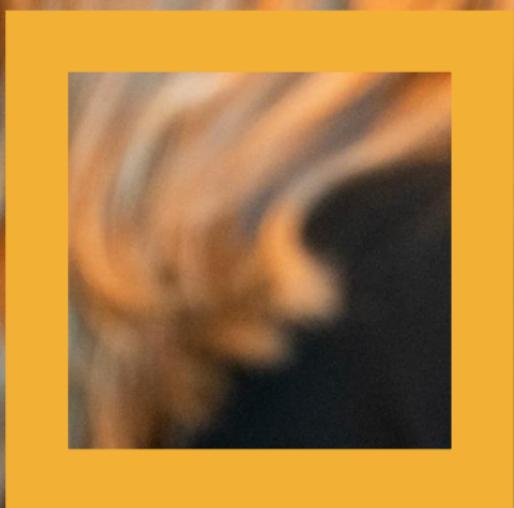
Her designs always begin with intensive research and seeking inspiration which leads to visual exploration in the form of sketches and finally on to execution, which involves material selection (mostly leather and different fabrics choosing what is most readily available locally), cutting of patterns and finalizing the product or clothing.

“Although I believe our fashion industry is growing, we as a society are yet to see the full potential of the industry. On the ground, we still see a lack of range of materials, raw materials, fabric choices, facilities for mass production, and the list can go on. As I



see it right now, the hustle for the shortcomings outweighs the hustle for the creative. We are often seen associating patterns and motifs as a sure sign of whether or not a design is African/Ethiopian, I believe that we should look deeper and see how that design was conceptualized and realized. I feel that if a project is conceptualized, designed and produced locally, it is an authentic African or Ethiopian design, regardless of the patterns and motifs associated and attached to that specific niche." Commentary by Nasra.

Instagram @precious_by_nasra
Facebook @Nasri Mustofa



MELAKU BELAY OF FENDIKA; TED FELLOW 2022.

Director of Fendika Cultural Center, Dancer and Choreographer Melaku Belay was selected as a TED Fellow, joining a class of 20 change-makers from around the world to deliver a talk on the TED stage this past April in Vancouver. Melaku was selected for his work that has brought global attention to the dynamic cultural development of Ethiopia, including music, dance, and visual art.

Melaku reflected on becoming the first TED Fellow out of Ethiopia: "I am very honored to be among this amazing class of TED Fellows. TED is a prestigious global forum; it means a lot that they recognize my work and understand my dream to show the richness of Ethiopian culture to the world. Through TED, I will learn from change-makers from around the world, build more bridges between peoples and cultures, and promote societal healing through arts and creativity."

Melaku's talk and performance received a standing ovation, and sparked many conversations about Ethiopian dance, arts, society, languages, and culture throughout the 4-day conference. Melaku's thoughts on TED: "I am proud to share my experience of Ethiopian culture and my work with Fendika Cultural Center. The world needs to hear from us, about Ethiopia's rich and diverse cultural heritage, about our creativity in music, dance, visual arts, and about how arts help us heal."



I felt comfortable and at home at the conference. The organizers and participants were energetic, friendly, and curious. I felt that I was embraced by a big family of visionaries. Besides the talks, there were many discovery sessions and workshops for people to learn from each other, to exchange ideas.”

As a dancer and choreographer, Melaku found it very encouraging that dance was an important part of this prestigious conference. He was among three choreographers who presented and performed in person. Here in Ethiopia, we need to recognize dance’s potential in helping us understand ourselves, connect to our history, and imagine our future. The government and private sector need to support and nurture dance, music and art in Ethiopia, because they are important for the peace and unity of our society.

About Fendika Cultural Center: Under Melaku’s leadership since 2008, Fendika Cultural Center is the first music venue in Addis Ababa that pays regular salary to traditional musicians and dancers. It is a home to artists of many disciplines and cultural backgrounds, offering a weekly multidisciplinary program including music, dance, visual art, and poetry.

<https://fendika.org/fendika-stories/2022/4/17/melaku-tedtalk2022>

A woman with braided hair, wearing a light-colored patterned dress, is sitting on the floor and weaving a basket. She is holding a large bundle of straw and a circular basket frame. The background is a wooden wall.

PRAISING ETHIOPIAN WOMEN ■

BY MICHAEL METAFERIA

As mother's day was celebrated across the globe this past may, I decided to dedicate this edition to the strong women of our country.

In a third-world country like Ethiopia, women are obliged to take tons of domestic assignments, apart from their career or pursuing their education. Preparing the family meal, taking care of the house and kids, participating in most social issues . . . are some of the tasks our women take responsibility for on top of their off-house engagements. Surprisingly, in my experience, I noticed that women were also better accomplished at their education, more focused at the workplace, and had meaningful social relationships.

I always ask them how they were able to manage the equivalent 24 hours time that both men and



women were granted, and yet be able to tackle far more tasks, with love, passion, and success.

This and many other reasons made me start wondering that we should engage more women in our country in different sectors and I always encourage the women around me to educate themselves, participate in trainings and take part in politics and social issues. Starting from my mother, most of the women I met pursuing my education and around my workplace proved to me that they have the ingredient to be a leader, they are good multitaskers, they have good time management, and most of all, they like things neat.

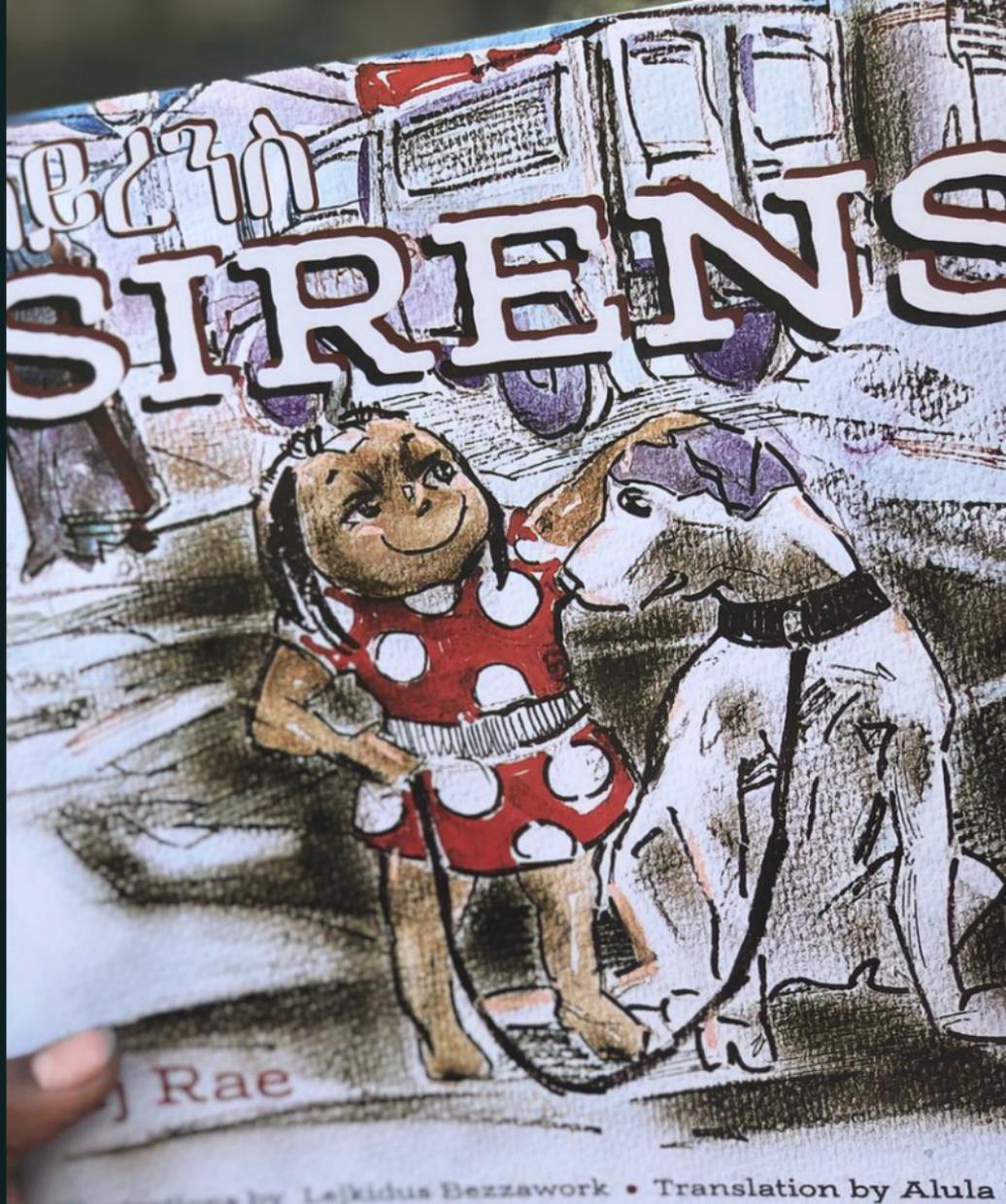
Text and Photos by Michael Metaferia
[instagram.com/mickey.251](https://www.instagram.com/mickey.251)

SIRENS: DELIGHTFUL CHILDRENS BOOK PROMOTING ANIMAL WELFARE.

Sirens, a new children's book in English and Amharic, was published in October 2021 and is available in shops and crafts fairs around Addis. The story is about a little girl and her dog and is set in modern-day Addis Ababa. When a puppy is rescued from the streets of Addis Ababa, she thinks she has it made, but the security of her new world is threatened when her elderly neighbor falls ill and is taken to the hospital. Readers will get to know more about Ethiopian foods, language, and cultural values. The story also promotes kind treatment of animals.

Since publishing the book, Ms. Rae has visited several local schools to do readings with students from age two through nine. She enjoys talking to children about the book as well as how to treat animals humanely. Ms. Rae moved to Ethiopia in 2019 with her family. Her two children wanted to adopt a dog as soon as they arrived, so she made contact with Simona Grava, who runs the Addis Animal Project. Ms. Grava and other volunteers coordinate a network that finds animals forever homes. When Ms. Rae and her children met a small white and brown dog who had been rescued from the street, they fell in love.





They noticed that the dog had a funny habit of howling along with ambulances when they drove by. This habit of the dog's was the beginning of the story. As Covid worked its way through the city and the ambulances blaring their sirens multiplied, the scope of the book expanded. Ms. Rae explores themes of community, adoption, survival, and what it means to be a family in this story for children ages five to eight.

Another catalyst for the book was a series of paintings about street dogs at Tomoca in Serbet by local artist Lejkidus Bezzawork. Ms. Rae was taken with these paintings and would often visit the coffee shop to admire them. Through Instagram, she was made contact with the artist, who agreed to work on the project. His lively, endearing mixed-media illustrations make the urban zing of contemporary Addis life come alive.

Sirens is for children ages 4-10. In English and Amharic. Full-color illustrations by local artist Lejkidus Bezzawork. Translation by Alula Kibrom. 10% of the proceeds go to the Addis Animal Project.

For sale @ The Food Boutique,
The Blue Hen and Chic Shega in Sarbet;
Make Your Mark in Torhilo;ch;
Zoma Museum and Ari Rang II in Old Airport.
Best Western Hotel near Edna Mall.
Zen Apartments and Ayalem Stationary in Kazanchis.

Bio:
Tej Rae is a freelance writer and former English teacher based in Addis Ababa. You can read more of her work at <http://tejrae.com>

Sirens: A book that supports animal welfare
Author: Tej Rae



SOCIAL ENTERPRISE KINE CIRCUS

Kiné Circus consists of a group of artists raised within the circus world in Addis Ababa and excited to share the joy of their art form with the community around them and with the world. Circus arts have the power to build personal well-being and uplifting social spirits for the local community. Kiné Circus is a safe space for performing artists and children, locally and internationally, to come and train, practice, rehearse, perform, meet and mingle, collaborate and exchange ideas and skills. Kine Circus social enterprise is built upon the philosophy of community building and creative collaboration.

What you'll find at Kiné:

A circus school, which includes free community classes for children and youths every weekday afternoon and paid classes on weekends and holidays.

- Shows and live performances on a monthly basis.
- A unique "KineAwi" Ethiopian contemporary circus identity.

Kiné Circus was founded by Eyob Teshome and Shimeles Getachew, experienced circus artists who had worked together for more than 10 years in the same circus company. Sharing the same belief in the power of circus arts to change individual lives and build social bond, Eyob and Shimeles decided to initiate a new home for their artistic endeavors and their community.

In addition to circus shows and training, Kine' Circus is a social enterprise focusing on the connection between circus arts and Ethiopia's unique cultural identity. Our goal is to elevate Ethiopia's circus culture through incorporating social circus activities. Social Circus is the application of the art and culture of the circus to help address a broad range of social issues.

Facebook: @KineCircus
Instagram: Kine_Circus
kine_circus_qr.png
Eyob: 0939095295
kinecircus@gmail.com

A HIGH QUALITY

AND PERSONALIZED HEALTHCARE
FOR YOU AND YOUR LOVED ONES IN
CLINIC AND THE COMFORT OF THEIR HOME

30%
DISCOUNT



ANNUAL MEDICAL check up package

REGULAR

- » Laboratory test
- » Electrocardiography (EKG)
- » Chest X-ray
- » Ultrasound whole Abdomen
- » Nutrition consultation



COMPREHENSIVE

MEN ABOVE 40

Regular + Cardiac CT - Calcium scoring «
Virtual colonoscopy «
Tumor marker «



WOMEN ABOVE 40

- » Regular + Digital Mammogram with Ultrasound Breast
- » Pap Smear and Pelvic Exam
- » Tumor Marker



40+

EXCLUSIVE

- » Compressive + MRI



POST COVID

Comprehensive + «
Chest CT Angiography «
Pulmonary function test «





VIRTUAL FLYING EYE HOSPITAL PROGRAM IN ETHIOPIA.

The Orbis Flying Eye Hospital is unlike any plane you've seen before. A state-of-the-art teaching facility complete with operating room, classroom and recovery room - this amazing aircraft has been an example of the marriage between medicine and aviation since 1982. Equal parts teacher, advocate and envoy in the global effort to end avoidable blindness our state-of-the-art flying teaching hospital allows our world leading volunteers to travel the world sharing knowledge and developing skills with the communities that need it most. Once a cargo plane, the interior of our third-generation Flying Eye Hospital has been completely transformed thanks to the support of our many generous partners.

The Flying Eye Hospital is not only packed with the latest medical equipment, it has some of the very latest training facilities, too. The entire plane is linked up through an advanced audio visual system, meaning those in the classroom can watch surgeries happening in the operating room live in 3D - making it as close to the real thing as looking down the microscope yourself.



The aircraft also features a state of the art Mobile Simulation Center which uses virtual reality, cutting-edge prosthetics, and highly sophisticated, life-like mannequins, so that eye care teams can build their skills and confidence safely before progressing to real-life surgeries.

“We have made significant progress in improving the quality of eye care in Ethiopia over the past 20-plus years, but we know there is still much work to be done to further increase eye health in the country,” said Derek Hodkey, President & CEO of Orbis International. “Our virtual training projects, enabled by our incredible volunteers and supporters, have proven to be instrumental in training the next generation of eye health professionals in Ethiopia and beyond.”

Orbis established their presence in Ethiopia nearly 25 years ago with an in-country office in Addis Ababa. Since then, they have transformed the eye care sector, including by establishing the Eye Bank of Ethiopia. They recently announced the launch of a new virtual Flying Eye Hospital program in Ethiopia that will provide tailored training to eye care professionals on treating glaucoma and cataract, leading causes of blindness and visual impairment in the country.

www.orbis.org





SINKENESH FISH RESTAURANT

BY RAHEL BERHANE

Come dine at Sinkenesh fish restaurant where they serve delicious different kinds of fish dishes, healthy juice and vegan options.

In Ethiopia, Kitfo is a traditional dish that is unique to Ethiopia. Mostly made with minced beef and delicate local spices. At Sinkenesh they have given this yummy dish a healthy twist. Maintaining the deliciousness and the acquired taste of local spices, they serve their customers fish kitfo which is a healthy alternative to your favorite dish.

At Sinkenesh everything was wonderful. The service was first rate. The server was knowledgeable and extremely nice and they made sure I was enjoying a great dining experience. There is a very pleasant outdoor garden setting on a quiet street. Everything ordered was superb. These guys really know how to cook.

The added bonus is that the restaurant is centrally located on Cape Verde Street with Desalegn hotel just around the corner before Mamo Kacha restaurant.

This restaurant is absolutely one to try. We found this place while looking to have a break from meat-based menus and it provided us with one of the best seafood meals in Addis.

Cape Verde St, Beside Mamo Kacha coffee shop

Phone: 0902606060 / 094 143 4004

Email: yenehiwot@sinkeneshfish.com



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 medhanialem],
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

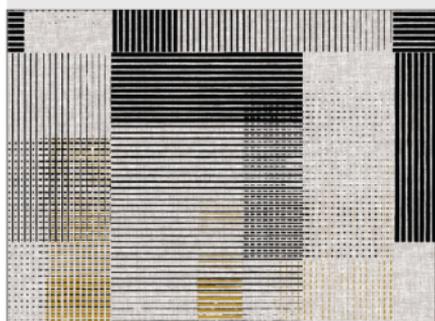
GRAB & GO
(Golden Tulip Addis Ababa Hotel)
011 6170740
Medhanialem area, next to Mama's Kitchen,
Known for: caffè pastries and bread
7 days a week

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 | delicious pastries 7 days a week | AMSTERDAM BAR & RESTAURANT 0911 516178/ 0118681725 Bole behind Friendship supermarket Known For: European Food 7 days a week | HILL BOTTOM ADDIS 0118964670/69 Ayat Roundabout Known for: Brick oven pizza and child friendly environment 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 | TILLA CAFÉ 0946 701125 Kazanchis (across the street from Bambis) Known for: Sandwiches, Smoothie bar with Healthy 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 | KORMA GRILL 090 588 8888 0905787878 Bole Rwanda Embassy around Ankober Guest House Known for: Grilled Stake Closed Wed |
| 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 | 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 | 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 | LES ARCADES (Sheraton Addis) 0115171717 Ext.6604 Known for: Gourmet Cuisine Closed Sun |
| MAMOKACHA COFFEE 0116685792 EU road across from Alexandria Known for: Great Coffee and Waffles plus Brunch 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 | 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 |
| MOYOS CAFÉ 0920242442 Around Atlas Hotel across from Yoly Hotel Known for: Breakfasts and fresh juices 7 days a week | CONTINENTAL | CENTER POINT REVOLVING RESTAURANT (InterContinental) 0115505066 Kazanchis Known for: Buffet European Cuisine set price menu 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 |
| MUNCH GERMAN BAKERY (Various locations) 0911 218534 Opposite Canadian Embassy, Sarbet; Kasanchis; Known for: German style bakery and cafe 7 days a week | 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 | CHOMA GRILL 090 206 0708 Sare Bete in front of Besrat FM Open 11AM Closes 9PM 7 days a week | TEMPTATIONS (Sheraton Addis) 011 517-1717 Ext.6067 Known for: International cuisine 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 | THE CANTEEN 0904149676 Dutch and Continental Cuisine and Vegetarian Gabon Street (behind Waterfall Hotel) near Meskel Flower Call for Opening Times | FIVE LOAVES BISTRO AND BAKERY 0913 576818/ 0911222976 Aware round about, towards Meganagna Known for: Deli, pastries and sandwiches and Sunday Brunch Closed Tues | SUMMER FIELDS (Sheraton Addis) 011 517-1717 Ext.6089 Known for: Hamburgers, buffet and ice creams 7 days a week |
| PURPLE CAFE 011 551-8886 On Bole Road, at Olympia Known for: Ice cream 7 days a week | LUCY LOUNGE & RESTAURANT 0911947115 Next to National Museum Known for: National and Con- tinental cuisine 7 days a week | GAZEBO (Hilton) 0115170000 Ext 953 Outdoors dining beside the pool Known for: All Week dining plus Sunday Brunch 7 days a week | SKY STEAK HOUSE 011 467-4000 Dreamliner Hotel Known for: Steak 7 days a week |
| RAIZEL CAFE 0911 222043 Next to Cinema Empire Known for: Cakes and Sandwiches 7 days a week | VERRES EN VERS RESTAURANT (Radisson Blu) 0982-0921-82 /0115-157-600 Kazanchis business district 7 days a week | GOJO RESTAURANT 0911202821 0115-521099 Bole Dembel Building 1st fload Known For: Eroupean food Closed Sun | SKY STEAK HOUSE 0116511573/77 0911100155 Up the hill from Megenagna Roundabout, |
| THE MARKET (Hyatt Regency) +251 115 171 207 Grab your freshly brewed Ethiopian coffee, tea, | ADDIS ABABA GOLF CLUB 0921734176/ 0911-573872 Old Airport opposite Swiss Embassy Known Known for: BBQ on weekends 7 days a week | | |

Sunday



SUNDAY BRUNCH

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

ITU WORLD

Telecommunication Development
Conference, Addis Ababa Ethiopia

WORLD ENVIRONMENT DAY

The United Nations' principal event
for encouraging worldwide

5

SUNDAY BRUNCH

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

ITU WORLD

Telecommunication Development
Conference, Addis Ababa Ethiopia

12

SUNDAY BRUNCH

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

FATHER'S DAY, Father's Day is a
holiday of honoring fatherhood and
paternal bonds, as well as the influence
of fathers in society.

19

SUNDAY BRUNCH

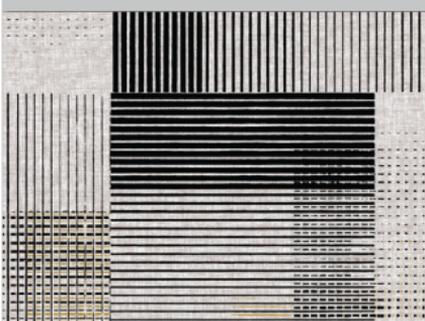
The Oriental, Hyatt Regency
Addis Ababa, 11:30AM to 3:00PM

INTERNATIONAL DAY AGAINST DRUG ABUSE AND TRAFFICKING

The International Day Against Drug
Abuse and Illicit Trafficking. drug
trade.

26

Monday



ITU WORLD

Telecommunication Development
Conference, Addis Ababa Ethiopia

6

ITU WORLD

Telecommunication Development
Conference, Addis Ababa Ethiopia

13

**ETHIOPIA MEDICAL & HEALTH
EXPO**, International Trade Expo on all
kind of Medical Products, Addis Ababa
Exhibition Center

MEDICAL INT'L TRADE FAIR,
Africa's Prime Medical, Healthcare
Products & Eqpt Expo, addis ababa
exhibition center.

20

ANNUAL EAST AFRICA TRANSPORT AND INFRA- STRUCTURE,

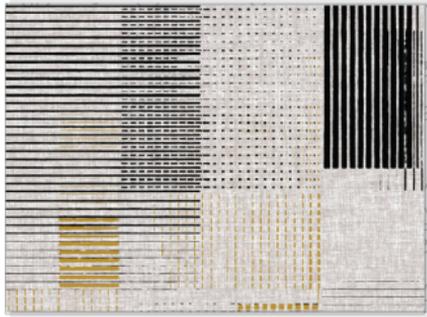
Radisson Blu Hotel Addis Ababa

27

TASTE OF Indonesia

Relish on authentic Indonesian Cuisines
filled with Spices, Flavors, and Love!

Tuesday



ITU WORLD

Telecommunication Development Conference, Addis Ababa Ethiopia

WORLD FOOD SAFETY DAY

will draw attention and mobilize action to prevent, detect and manage foodborne risks and improve human health.

7

ITU WORLD

Telecommunication Development Conference, Addis Ababa Ethiopia

WORLD BLOOD DONOR DAY

Every year countries around the world celebrate World Blood Donor Day (WBDD)

14

WORLD HUMANIST DAY

It's a way to spread information, and combat misinformation about humanism as a philosophical life stance and means to affect change in the world.

21

ANNUAL EAST AFRICA TRANSPORT AND INFRA- STRUCTURE,

Radisson Blu Hotel Addis Ababa

28

Wednesday

MILK INDUSTRY

An international celebration of milk and the milk industry. Go hug a cow today.

AFRICA MEETING

of the Econometric Society & Conference, Addis Ababa, Ethiopia
A Virtual Event

1

ITU WORLD

Telecommunication Development Conference, Addis Ababa Ethiopia

8

ITU WORLD

Telecommunication Development Conference, Addis Ababa Ethiopia

WORLD WIND DAY

Every year World Wind day is observed on 15 June globally to promote clean energy.

15

WORLD RAINFOREST DAY

The day has been set aside to help protect rainforests by raising awareness and encouraging action to protect them.

22

INTERNATIONAL DAY OF THE TROPICS

raises awareness about various challenges that tropical nations face. It's also a day to celebrate the extraordinary diversity of the Tropics.

29

For the first time in Addis
Chef Rudi Windarto, an expert
in traditional Indonesian food
will show case his expertise at
The Oriental

10th June to 24th June

Thursday

INTERNATIONAL CONFERENCE
on Automated Integrated Circuit
and Reliable Systems, Adama-
Science and Technology University

AFRICA MEETING
of the Econometric Society &
Conference, Addis Ababa, Ethiopia
A Virtual Event

2

ITU WORLD
Telecommunication Development
Conference, Addis Ababa Ethiopia

INTERNATIONAL FRIENDS DAY
Best Friends Day and it's all about
celebrating the friendships that are
so important to us.

9

EXPO ETHIOPIA INT'L TRADE FAIR
"An annual international trade exhibition on
all kinds of consumer & industrial products"
Addis Ababa Exhibition Center

**ETHIOPIA MEDICAL & HEALTH
EXPO**, International Trade Expo on all
kind of Medical Products, Addis Ababa
Exhibition Center

16

**INTERNATIONAL WOMEN IN
ENGINEERING DAY**
Highlights a profession that keeps on
building. And when it comes to
engineering, the profession fills roles
across many sectors.

23

ASTEROID DAY
International Asteroid Day raises public
awareness about the hazards of an
asteroid impact. It's also a day to
inform the public about crisis
communication actions necessary in
the event of a credible near-Earth
object event.

30

Friday

INTERNATIONAL CONFERENCE
on Automated Integrated Circuit
and Reliable Systems, Adama-
Science and Technology University

AFRICA MEETING
of the Econometric Society &
Conference, Addis Ababa, Ethiopia
A Virtual Event

3

ITU WORLD
Telecommunication Development
Conference, Addis Ababa Ethiopia

10

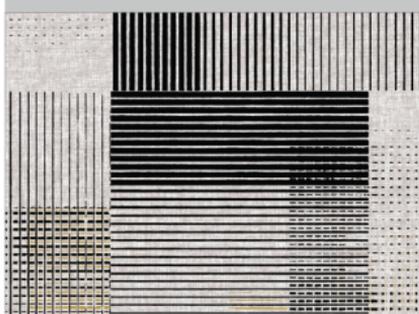
EXPO ETHIOPIA INT'L TRADE FAIR
"An annual international trade exhibition on
all kinds of consumer & industrial products"
Addis Ababa Exhibition Center

**ETHIOPIA MEDICAL & HEALTH
EXPO**, International Trade Expo on all
kind of Medical Products, Addis Ababa
Exhibition Center

17

WORLD UFO DAY
Recognizes the first widely reported
UFO sighting on this same day in 1947
by aviator Kenneth Arnold. On July
2nd, the date commemorates the
incident that took place in Roswell,
New Mexico, in the same year.

24



Come and Taste

Bakwan Sayur

Sate Sapi

Gado Gado

Sate Ayam

Soto ayam

Seafood

Soto betawi

Sop buntut

Mie ayam

Soto mie



Saturday

AFRICA MEETING

of the Econometric Society & Conference, Addis Ababa, Ethiopia
A Virtual Event

INTERNATIONAL DAY OF INNOCENT CHILDREN

about the children who have suffered a lot throughout the world and are victims of physical, mental and emotional abuse. 4

ITU WORLD

Telecommunication Development Conference, Addis Ababa Ethiopia 11

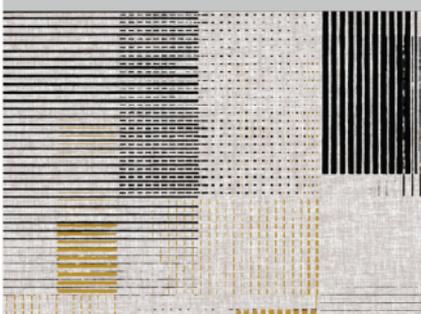
EXPO ETHIOPIA INT'L TRADE FAIR

"An annual international trade exhibition on all kinds of consumer & industrial products" Addis Ababa Exhibition Center

ETHIOPIA MEDICAL & HEALTH EXPO, International Trade Expo on all kind of Medical Products, Addis Ababa Exhibition Center 18

WORLD VITILIGO DAY

World Vitiligo Day celebrates the lives of those with vitiligo. It's also a day to build global awareness about this skin disease. 25



**what's
out
addis**

June
**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



**HYATT
REGENCY™**
ADDIS ABABA

For more information please call:
+251115171234

| | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Asmara Road Known for: Pasta/ Continental dishes 7 days a week | GERMEN | On the way to Moenco Known for: South Indian dishes 7 days a week | RESTAURANT (Hibir) 0116620922/23 Bole in front of Alem Building Known for: Burgers 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 | BEER GARDEN INN RESTAURANT 0116182595/91/ Behind Edna mall Known for: Home brewed beer and European Dishes Closed Mon | OM INDIAN BISTRO 0944 443344 Mohan Plc, Mohan Block Off Zimbabwe Street Known for: Vegetarian Indian food 7 days a week | MAMA MIA ITALIAN RESTAURANT & BAR 0929002218 Beside Meles Foundation Ka- zanchis Known for: Home made Pasta Closed Mon |
| ETHIOPIAN | GREEK GREEK CLUB 0115530485 Off Olympia Road, further down from Greek School Known for: Moussaka, Souvlaki 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 | DOK RESTAU- RANT 0912 50 3281 Cameroon St Known for: Italian live music 7 days a week |
| 2000 HABESHA CULTURAL RESTAURANT 0116-182253/58 behind Bole Mini known for: food & traditional dance 7 days a week | ICE CREAM | SHAHEEN (Sheraton) 011 517-1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 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 |
| DASHEN TERARA TRADITIONAL RESTAURANT 0932 513395 / 0115541437 Aware, across from Meles foundation compound Known for: Beyanetu 7 days a week | EMBWA CREAMERY 0911209838 Kera in Sishu compound & Carl Square 7 days a week | ITALIAN | LINDA RESTAURANT 0911219729 Inside Juventus club Meskel square Known For: Italian Food Closed Mon |
| 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 | FUNLICIOUS ICE CREAM DISTRIBUTORS 0944 739463 0984 715264 Dembel City Center Basement 7 days a week | ANDIAMO PIZZA AND PASTA RESTAURANT 093 036 2586 Fikremariam Aba Techan St, Addis Ababa known for: Pizza 7 days a week | SAVOR ADDIS 0116670656 Bole -near Atlas Behind 2000 Habesha Known for: Pizza and home made pasta 7 days a week |
| MITMITA RESTAURANT 0978197800 millennium apartment hotel road, known for: local dish 7 days a week | IGLOO ICE CREAM 0944100323 2 locations: Olympia and Japan embassy 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 | 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 |
| 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 | 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 | AVANTI ITALIA RESTAURANT 0911 522660 Bole near Millennium Hall behind Ambassador Hotel Known for: Italian food Closed Sun | MIDDLE EASTER/ MEDITERANEAN |
| FRENCH | INDIAN | CASTELLI 011 157 1757 011-156-3580 Off Piazza Arada Road, opposite Mahmoud Music Known for: Pasta, grilled fish, chicken and salads Closed Sun | FUSION BISTRO 0910-005151 Bole across from Saro Mara Hotel Known for: Med- iterranean and Asian Dishes Closed Sun |
| LOUVRE GRAND HOTEL RESTAURANT 0116187755 0911919382 Togo Street, on the road below British Embassy, across from Misrak Technical School. Known for: French food 7 days a week | 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 | CLUB JUVENTUS 0115516464 0911219729 Behind Meskel Square Known for: Ital- ian, European 7 days a week | ALADDIN RESTAURANT 011-661-4109 Off Bole Road. Near Japanese Embassy Known for: Grilled meat, hu- mus, taboulleh Closed Sun |
| | NAMASTE ADDIS THE INDIAN RESTAURANT AND BAR 0904139838 0926102455 Behind Bole Med- han Alem | GARDEN COURT BAR & | |

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

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



ABOUT ETHIOPIAN TEA ■

Tea is grown year-round on both small- and large-scale gardens that are located in the forested highlands in the south and southwest regions, where the 2100-meter elevation is ideal. Around 7000 tons are produced annually, with over half of that consumed within the country. Nearly all the exported tea is black tea.

Tea plants were introduced into Ethiopia in 1927 due to its increasing popularity, although the industry has struggled over the years. Although more land was devoted to tea in 2020, production didn't keep up. Currently, tea leaves—two leaves and the bud—are hand plucked and put into bamboo baskets that the workers (primarily women) carry on their backs. For green tea, the leaves are simply dried; for black tea, they are first oxidized. All tea is supervised by the Ethiopian government and meets Global Good Agricultural Practices.

Although tea, is certainly grown in Ethiopia, “Ethiopian Tea” refers to the beverage that is enjoyed by consumers

in the country—and that means spiced tea. Whole or ground cardamom, cloves, cinnamon, ginger, and nutmeg are commonly listed with a sweetener optional. Unlike chai, however, milk is never added.

Recipe for Ethiopian Tea (Shai)

16 ounces of water
14 whole cloves
7 whole cardamom pods
2.5 inches of cinnamon stick
Bring to a boil in a pot on the stove.
Turn off the heat, and let the mixture sit for 6 minutes.

OR

1 teaspoon ground cardamom
1/2 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cloves
Ginger root (1 slice, 1/4-inch-thick)
1 cup water
Stir all ground spices together in a small bowl. Bring water to a boil. Add 1/8 teaspoon spice mixture and ginger and simmer 4 minutes.
Pour tea through a fine sieve lined with a coffee filter or paper towel in a cup.

Lime tree



Special Breakfast



Lime Tree



Phone : +251 0905888888



KORMAGRILL



GOOGLE TRANSLATE ADDS TWO ETHIOPIAN LANGUAGES.

Google has announced that Google Translate, its multilingual neural machine translation service, has begun offering the possibility of translation into 24 more languages. Ten of the new additions are African languages.

The Ethiopian language list includes Tigrinya, spoken by about 8 million people in Eritrea and Ethiopia and Oromo, spoken by 37 million people in Ethiopia and Kenya. The African languages of Bambara, Jeje, Krio, Luganda, and Tsonga were also added.

Google software engineer and researcher Isaac Caswell revealed that the company implemented, for the first time, the use of a neural model of artificial intelligence that learned the languages "from scratch." He explained

that to implement the new languages, Google used millions of examples that were needed for a system to "understand" and be able to translate them. With the neural model, also known as machine learning model, the added languages were trained in this way. Technology then began to "understand" how languages work. The company says it consulted representatives from several communities before releasing the new languages.

Along with the inclusion of the 10 African languages, the new language update Google Translator now offers a total of 133 languages. The tech giant has plans to soon add voice recognition.

Source: www.travelnoire.com

Radisson

HOTEL, ADDIS ABABA



Radisson Blu Hotel, Addis Ababa provides outstanding venues accompanied by impeccable service.

Our Meeting package offers delicious and healthy refreshments and private dining facilities for your business lunch.

It's time to have your meetings without any geographical limitations by using our Virtual and Hybrid meeting solutions.

Radisson Blu Hotel Addis Ababa
(+251) 011 517 0400
www.radissonblu.com/hotel-addisababa

FROM DISEASE TO NATURAL PEACE WITH YOGA.

BY: HERAN TADESSE

Yoga is an ancient wealth of wisdom of holistic health, which is a gift passed down to us from our ancestors. The intent of yoga is to create well-being as a result of physical, emotional, mental, social, energetical and spiritual balance. When we are in balance and alignment, there is a flow, an effortless ease. When we lose this balance, our immune system weakens and disrupted ease, leads to disease.

Yoga doesn't just make you feel good. Yoga can be used to prevent, cure or manage disease. Unlike the placebo effect; you don't have to "believe" in yoga for it to work. Just practice regularly! In order to maintain harmonious, make yoga a lifestyle!

In a survey of yoga practitioners' mental and physical health, they reported better sleep, higher energy level, healthier weight, better relationships. Another study showed that increased yoga experience predicted lower body mass index and reduced medication use, improved brain biochemistry, blood glucose levels –and 86.5 percent reported they were happier because of practicing yoga.

Over-working, oversleeping, overeating, over-stressing, over-talking is draining and may result in you fighting the flu. However, 'fighting' creates more disease. Instead, eliminate the root cause of the imbalance & return to peace. Allow the body and mind to heal naturally. There is a healer within everyone, just give yourself the time and space to return to your natural state. When we utilize energy in the right way, nature is ready to refill & replenish it.

Your beliefs shape your reality. Whatever you think with feeling becomes real. What you focus on expands. When you have a stress response, your body produces cortisol, which puts you into a state of survival and fight or flight mode.



The “happiness” hormone oxytocin is produced by the heart and hypothalamus as a promoter of socialization, intimacy, resilience and love. Your attention is the most valuable thing that you have to offer. Whatever you focus on with feeling becomes a reality to the brain and body. The presence of both cortisol and oxytocin offers you a biological choice. Which thoughts are you going to nurture with your ongoing attention? Which neurotransmitter level is going to rise from your chosen focus? Which feeling is going to become even stronger in your life?

Choose the right to love life.

By: Heran Tadesse
Heran's Yoga
+251(0)9 29 1121 70
HeranTadesse@gmail.com



ADDIS ALEMAYEHOU: ONE OF 100 GLOBAL TECH'S CHANGE- MAKERS LIST.

From tech leaders, innovators, and investors to activists, Rest of World has identified 100 people outside Silicon Valley and the West whose efforts directly impact countries where the majority of the world's population lives. They set out to find 100 of the most influential, innovative, and trailblazing personalities in fintech, e-commerce, policy, digital infrastructure, and a range of other sectors that intersect with and influence technology for the inaugural RoW100: Global Tech's Changemakers.

To put together the list, their reporters and editors researched individuals in each regional ecosystem who have made an outsized contribution to their sectors while facing logistical, financial, and political challenges that come with building something ground breaking in those communities. They spoke to dozens of sources, many of them peers of the people on this list, to gauge the true impact of our nominees beyond the hype and the press release cycle.

Ethiopian Addis Alemayehou is included in this list. He is the founder and chairman of Kanzana Group,



a holding company with stakes in more than a dozen early stage companies across Africa, including mobile service provider Arada Mobile, streaming service Avetol, and Flex Towers, which delivers infrastructure for telecomms providers. He is one of the biggest cheerleaders for Ethiopia's nascent tech ecosystem. Alemayehou's entrepreneurial spirit was born in Canada, where he started buying and leasing properties when he was 18, after moving there to join his family. Ten years later, Alemayehou found his way back to Ethiopia, where he began working in the nonprofit sector and later broke into telecommunications.

All the individuals featured on the Global Tech's Changemakers list influence how products are made and distributed, how entrepreneurs are funded, and how tech is regulated and its users protected far beyond their local markets. As a result of the extraordinary headwinds they face, our editorial team believes these leaders are more innovative, more thoughtful, and better at sharing new ideas than most people in the Western world understand.

Source: www.restofworld.org

AFRICA DIRECT DOCUMENTARY AZMARI; AN ETHIOPIAN MUSICIAN. ■



A young Azmari musician embarks on a challenging journey to Addis Ababa to improve his musicianship and find work. Yoseph Gedefaw is an Azmari, a traditional musician and singer of song-stories, who lives in Birbuax, Gondar in Ethiopia. He leaves his village to meet other Azmaris in the capital, Addis Ababa, where he hopes to improve his musicianship and find work. In this film, filmmaker Henok Mebratu follows his journey, immersing us in Yoseph's musical world and sharing some of the rituals of his community, as he struggles in the big city.

Henok Mebratu is a director and producer who works across multiple aspects of the film business in Ethiopia, from production fixing to editing and animation. He has participated in major international festivals including Cannes and the Berlinale.

African stories by African filmmakers. Perspectives from a diverse continent; storytelling in the hands of local talent.

- YouTube: <https://aje.me/AJAfricaDirect-YT>
- Twitter: <http://twitter.com/AJAfricaDirect>
- Facebook: w- Instagram: <http://instagram.com/ajafriicadirect/>
- Website: <http://aljazeera.com/program/africa-direct/>

View on You Tube: <https://www.youtube.com/watch?v=j8Pvgc5TYH0>

ገናኑ የድኅና!



Ambo: Clear on Responsibilities

What do you do after arriving home after an all-consuming day? Are you looking to reset, relax and enjoy? The ultimate refresh, Ambo has introduced its new packaging to encourage the enthusiastic and passionate young generation who care about the environment and the world around them to take the time to reset and refresh. So in a bid to create responsible and recyclable packaging, Ambo has introduced its new clear plastic bottle.

To help boost the recycling of their plastic bottles, Coca-Cola Beverages Africa Ethiopia, announced an initiative of evolving the light blue packaging into clear packaging as clear plastic is much easier to recycle. Recyclable plastic bottles from light blue to transparent /clear bottles are part of the CCBA Ethiopia World Without Waste goal of collecting and recycling the equivalent of every bottle by 2030.

Enjoy Ambo which now provides you with the ultimate refreshment in a clear bottle.

ART INSTITUTIONS GALLERIES IN ADDIS ABABA

| CULTURAL INSTITUTIONS | | MUSEUMS | |
|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ALLIANCE ETHIO-FRANCAISE 011 1 569893/92 | COLOR ART STUDIO 0911 927525 0913 841406 | MUSEUMS INSTITUTE OF ETHIOPIAN STUDIES (IES) | 0 011 1231068 |
| BRITISH COUNCIL 011 6620388 | DAWIT GERESSU ART STUDIO 0911729608 | THE MODERN ART MUSEUM/GEBRE KRISTOS DESTA CENTER | 0111221469 |
| ETHIOPIAN VISUAL ARTISTS ASSOCIATION 0911 646862 0911 711369 | ETHIOPIAWE ART STUDIO 0911 888783 | | |
| DEPT. OF FINE ARTS & DESIGN (AAU) 011 1232834 | DESTA HAGOS ART STUDIO 011 5537823 091 1206868 | CLASSES ENLIGHTENMENT ART ACADEMY | 091 1209246 091 1214892 |
| FRENCH CENTRE FOR ETHIOPIAN STUDIES 011 1234767/68 | ERTALE ART STUDIO 091 1687256 091 2728888 | EALLAZ INTERNATIONAL DANCE STUDIO BOLE REWANDA | 011 6638198 091 1412171 |
| GOETHE INSTITUTE 011 1242345/46 | FEKADU AR STUDIO 091 1428490 | | |
| INSTITUTE OF ETHIOPIAN STUDIES 011 1119469 | GEBRE KRISTOS TRADITIONAL ART GALLERY 091 1634755 | HIOWT PIANO CMC ROAD | 0911 218053 |
| ITALIAN CULTURAL INSTITUTE 011 1113655 011 1553427 | GENNA ART STUDIO 0911823300 | GUITAR PRIVATE LESSON | 0911 461025 |
| RUSSIAN CENTRE FOR SCIENCE & CULTURE 011 1551343 | GIGI'S AFRO-ASIAN DESIGN 011 5155588 0912200437 | LATINO DANCE CLASSES ROCK BOTTOM GYM | 091 1639332 |
| BIRHAN CULTURAL CENTER 0911 507304 | GOSHU ART GALLERY 0911 214352 | MUSIC TRAINING PIANO TO ALL LEVELS BY SEBLE ABERU | 091 1606479 |
| CINEMAS | HARMONY ART STUDIO 091 1106119 091 1645699 | MELODY MUSIC SCHOOL MODERN AND TRADITIONAL MUSIC INSTRUMENT TO ALL LEVELS | 091 1409012 011 1579130 |
| ALEM CINEMA 011 6636718 | IMAGE AFRICA STUDIO 091 1658371 | | |
| AMBASSADOR THEATRE 011 5537637 | JO ART STUDIO 091 1645699 | | |
| CINEMA EMPIRE 011 1565029 | LAPHTO ART GALLERY 0939-712314 | PIANO LESSONS BY TIGIST | 091 1639241 |
| EDNA MALL 011 661 6278 661 6869 | LELA ART GALLERY 0911 30 07 56 011 6535506 | PIANO AND MASINKO CLASS BY ALEMAYEHU TIBEBU | 091 1629739 011 6189732 |
| THEATRES | MEDI STUDIO & GALLERY 091 1613196 0911 234265 | PIANO AND MASINKO CLASS BY SARON GETTIYE | 091 447998 |
| CHILDREN & YOUTH THEATRE 011 1128603 | MESMER ART STUDIO 091 1646862 | SALSA AT ALIZÉ DANCE CLASSES AT CLUB ALIZÉ | 091 188 2287 |
| CITY HALL 011 1119820 | MAKUSH GALLERY 011 552-6848 011 5526855 | | |
| HAGER FIKER 011 1569189 | NETSA ART VILLAGE 091 1941678 0911760963 | VOILA FRENCH LANGUAGE ACADEMY CONTACT BENIAM ZEWDIE | 091 2075115 011 6183738 |
| MEGA AMPHITHEATRE 011 5518870 | OMNA ART GALLERY 0911 65 52 39 | | |
| NATIONAL THEATRE 011 5514577 011 5514500 | PANACHE ART GALLERY 0912-200444 | TULSI YOGA BEHIND RAS AMBA HOTEL | 0930-033414 |
| NOHE THEATRE 011 1112175 | PALETTE ART GALLERY 0912 485342 0977092291 | HAPPYOGA WELLO SEFER TK (ELSA) BUILDING 4TH FLOOR | 0913280088 |
| NESIR THEATRE & PROMOTION 011 6630908 | | | |
| GALLERIES | SAL INTERIOR & GALLERY 091 1238696 | USEFULL TELEPHONE NUMBERS | |
| ABESHA ART STUDIO 091 1415258 091 1469371 | SALEM JEWELRY 0116 185604 | FIRE BRIGADE TELECOMMUNICATIONS INFORMATION | 912 |
| ADAM ART STUDIO 0911632620 | SEIFU ART STUDIO 0911 711369 | INTERNATIONAL CALLS | 994 |
| ADDIS ABABA ART STUDIO 091 1116531 | ST.GEORGE INTERIOR DECORATION & ART 011 5510983 8103 091 1201097 | MOBILE THEFTS | 0115506010 |
| ADDIS ART STUDIO 091 1619416 091 1888783 | SUZANNE'S GALLERY 091 1616814 011 3724581 | WAKE-UP CALLS | 999 |
| ADDIS FINE ART 0913 426553 0966913222 | TADESSE WOLDE AREGAY ART STUDIO 0938 543813 | ELECTRICITY TECHNICAL SERVICES | 905 |
| AFRO SUN ART STUDIO 091 1147156 | TALISMAN GALLERY 0946 650680 | WATER + SEWERAGE AUTHORITY | 011 1116334 011 1550922 |
| AMANUEL ART STUDIO 091 1672479 | YACOB ART STUDIO 0911398787 | POLICE INFORMATION CENTR | 991 |
| ARTISTIC GLASS CENTRE 0115518400 ext.632 091 1203965 | TENESHUA ART STUDIO 0912202218 0965199332 | RED CROSS | 0115150608 0115159074 |
| ASNI GALLERY 0111233244 0911206697 | YEGNA ART STUDIO 091 1711692 | AMBULANCE CLINICS | 907 |
| BB BEHAILU ART STUDIO 0911401308 | YONAS MILLION ART STUDIO 0912600780 | ADDIS TANA HIGHER CLINIC ADWA CLINIC | 011 8630661 011 1563085 |
| CHILOTA STUDIO 011 5170000 0911227294 | ZOMA CONTEMPORARY ART CENTER 0911 249374 | AIRLINE AREA CODES | |
| | | BMI 011 6620815/16 EGYPT AIR 011 1564493/4 EMIRATES 011 5181915 ETHIOPIAN AIRLINES 011 6656666 FLY DUBAI 011 06670154 KENYA AIRWAYS 011 5518400 LUFTHANSA 011 5515666/75 QATAR AIRWAYS 011 5515666/75 TURKISH AIRLINES 011 6627781/82 YEMENIA 011 5515076 | ADDIS ABABA 011 DEBRE ZEIT 033 DIRE DAWA AND HARAR 025 GONDAR 058 JIMMA 057 MEKELE 034 MOBILE 091 HAZARETH 022 SHASHEME 046 |

HEALTH SERVICES

| CLINICS | | | |
|-------------------------------------------------------------------------------------|--|---------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| AFRICA HIGHER CLINIC 1 | | 011 2751360 | Betel Funeral Arrangements 091 120 5731 |
| AMERICAN MEDICAL CENTER | | 0116678000 /04/07 0919198287 | |
| BETHZATHA CLINIC | | 011 5514470 | Lebeza psychiatry Consultation Dr Asmeret Andebirhan (MD, Psychiatrist) +251-1183522929 +251-911348373 +251-947406511 |
| BLUE & WHITE CLINIC | | 011 5533453 | |
| BROOK CLINIC | | 011 6616229 | GENERAL / INTERNAL MEDICINE |
| | | 011 5513435 011 5515151 | |
| CHILDREN'S CLINIC | | 011 3711515 | 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 |
| CHRISTINA CLINIC | | 011 5152020 | Dr. Abebe Desta, Internist: Brook Clinic Sar bet: - 011-3725861 |
| DR JONATHAN BANES CLINICAL PSYCHOLOGIST | | 0910 0716 84 | Prof. Kebede Oli, Cardiologist & owner of Landmark Hospital Land Mark Hospital 011-552-5463 |
| ETHIOPIA HIGHER CLINIC | | 011 1550088 | PEDIATRICS |
| FUTURE INTL CONSULTING | | 011 2770064 | |
| ICON CENTER OF SPECIAL SURGERY (DR. TEWODROS) | | 0911-864672 | Dr. Alan Karibian, Senior Pediatric Consultant (speaks Amharic well) Pediatric clinic:- (011) 551-4696 Dreamliner hotel.*Near Mulushewa Segga Bete. |
| INTERNATIONAL CLINICAL LABORATORIES | | 011 5529252 | Dr. Mulu Abrham, M.D., General Pediatrics Biham Clinic: - , 011-4160 053, 011-476 0411 |
| MARTI SPECIAL DENTAL CLINIC | | 011 6181262 | Dr.Yodit Enkossa- MD, General Pediatrics The Cure Hospital: -011-124-5404 |
| SAINT GABRIEL GENERAL HOSPITAL DENTISTRY | | 0911-31-6012 | 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 |
| PEDIATRIC CLINIC | | 0921 787120 | DENTISTRY |
| RANK CLINIC (DERMATOLOGY) | | 0115514696 091 1237410 011 5536074 | |
| SANTE MEDICAL CENTRE | | 0115535530 | Dr. Tolu Duresa, Tolu Clinic (Haile Gebresillasse Road) 011-662 00 31 |
| SENAI CLINIC | | 0114668629 | 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 building 2nd floor, +251911232790/+251904222324 |
| SUN OPTICS SPECIAL SUISSE CLINIC | | 0111567576 011 4672047 011 4161649 011 3710768 | GENERAL SURGERY |
| SUNSHINE CLINIC | | 011 112198 | |
| SWEDISH CLINIC | | 011 1572435 | Dr. Abraham Asnake, General surgeon Kadisco General Hospital, Medical director Tele: -0116-298904 /02 |
| T/HIMANOT HIGHER CLINIC | | | Dr.Tewodros Messale Gedebou, General, Plastic and Reconstructive Surgeon and Reconstructive Microsurgery, Trained in US (Yale, UCLA), Certified by American. Board of Surgery ICON Center of special surgery. Around Imperial Hotel, 2 blocks past the NOC.gas station, turn left, tall building on the right. Tele:-011- 8693194/0930 109751 |
| TESFA MAJOR POLY CLINIC | | 011 1570232 | OPHTHALMOLOGIST |
| WGGA SPECIALIZED VISION CLINIC | | 0931 52 09 52 011 618 01 86 | |
| ANIMAL CLINICS | | | Dr. Fekade Mengistu, Ophthalmologist- Bole Eye Care Center: - 011-663 9405 Dr. Tliiksew Teshome, Ophthalmologist and retinologist- Biruh Vision specialized Eye clinic 0116463977 on CMC Road in Ethiopian Athletics Federation Building, 1st Floor |
| BETHEL VET CLINIC | | 0911 665830 | Dr. Wondu Alemayehu, Ophthalmologist Office phone- 0115159863 Located at the Dembel building. |
| CASA-INCIS CLINIC | | 091 1210204 | |
| HAPS | | 011 6544756 091 1683002 | DERMATOLOGIST |
| SHALOM VET CARE CLINIC | | 011 6291877 091 1247335 | |
| OLD AIRPORT CLINIC | | 091 120 9993 | ENT SPECIALIST |
| MOBILE VETERINARY CLINIC | | 0911247355 | |
| P.S. HOME TOWN VETERINARY | | 0910 58 58 55 | Dr. Es-hak Bedri, MD., ENT-Surgeon, Onthorio clinic: - 011-850-2473 |
| DR PATRICK'S ALL NATURAL PET FOODSTREATS &SUPPLEMENT | | 0946 799399 | PHYSIOTHERAPIST |
| HOSPITALS | | | |
| BALCHA | | 011 5513205 | Dr. Theodros W. Gebriel Doctor of Physiotherapy (US board Licensed) Medical Director/General Manager Paragon Physiotherapy & Sports Medicine Specialized Higher Clinic Paragon #1. 0116461108/22 or 0118608993 Paragon #2. 0113722829/30 or 0118623626 Fax: 0116461220 |
| HAYAT | | 011 6624488 | ORTHOPAEDIC SURGERY |
| MCM MEDICAL CENTRE | | 011 6295420/28 | |
| ST GABRIEL | | 011 6613622 | Dr. Eric Gokcen, MD - US Board Certified Orthopaedic Surgeon The CURE Hospital 011-124-5404 |
| YEKATIT 12 | | 0116623439 | Dr. Richard or Daldner E Pearson MD - fellow of the American Academy of orthopaedic surgery MCM (Korean) Hospital 011-629-5729 |
| ST. YARED | | 0116454697 /04 | |
| INTL CARDIOVASCULAR | | 0114424680 /81 | ORTHOPAEDIC AND TRAUMATOLOGY |
| LAND MARK HOSPITAL | | 0115525719 | |
| ADDIS SPECIALIZED | | 0911243274 | Dr. Elias Ahmed Associate Professor. Fellow of College Surgeon of East, Central & Southern Africa. Dip. SICOT Hayat Hospital 0116 624488 |
| CARDIAC | | 0116634720 | Lebeza Mental health consultation office 01183522929 |
| KADISCO GENERAL | | 0116298904/02 | |
| MCM KOREAN | | 0116-29-5421-27 | |
| GOVERNMENT HOSPITALS AND CLINICS WITH AMBULANCE SERVICE | | | |
| BLACK LION HOSPITAL | | 0115511211 | |
| MENILEK II HOSPITAL | | 0111234272 | |
| YEKATIT 12 HOSPITAL | | 01115530 65/68 | |
| ZEWDITU HOSPITAL | | 0115518085 | |
| ST.PAUL HOSPITAL | | 0112750125 | |
| AMANUEL HOSPITAL | | 0112757715 | |
| GENERAL INQUARIES: AFALAGI | | 8123 | |
| TULSI, AYURVEDIC MMASSAGE, YOGA AND WELLNESS CENTER, KEBENA, BEHIND RAS AMBA HOTEL, | | 0930 033414 | |
| PHARMACIES | | | |
| ABBAY PHARMACY | | 011 3713298 | |
| GHION PHARMACY | | 011 5518606 | |
| GISHEN PHARMACY | | 011 6611717 | |
| LION PHARMACY | | 011 1551893 | |
| PELICAL PHARMACY | | 011 552 1790 | |
| RAAMCO PHARMACY | | 011 896 2925 | |

ZEE ናሊም
ቻናል 145

DSTV
Ethiopia



የልቦች ንጉስ

በአሮምኛ ቋንቋ ትርጉም
ለተመልካቾች መድረስ ጀምሯል
ዘወትር ከሰኞ - አርብ ከምሽቱ 1:00 ሰዓት

**New telecom
New choice
Coming soon.**



2022



Ethiopian Night

With Traditional Band
at Summerfields

"Summerfields restaurant awaits you with mouthwatering Ethiopian food, accompanied by traditional band performances every Tuesday evening."



**SHERATON ADDIS
HOTEL
ADDIS ABABA**

For Booking Call: +251 115 17 17 17, or
Reservations.addisethiopia@luxurycollection.com