

what's out addis

2022, MARCH



REMEMBERING GUZO ADWA

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



**MIDROC
INVESTMENT
GROUP**

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DIVERSIFIED COFFEES FROM THE
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Dear Friends

Welcome to the March edition.

This month we celebrate a very significant day in the Ethiopian calendar - Adwa Day and this is our Feature article this month by our contributor Michael Metafaria. This month we profile the Social Enterprise Ethiopia an organisation that unites and promotes social enterprise businesses and we write about a new social enterprise called Tuba Design. Regular features also include Ride the Rift and their upcoming trips and our monthly point of view by photographer Michael Metafaria. Have a great month.

Team What's Out

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REMEMBERING GUZO ADWA .

The victory of Adwa, dubbed "An African Victory", is celebrated every year on the 1st of March to commemorate the victory Ethiopia took over the Italian army at the final battlefield of the mountains of Adwa.

This day marks a significant value for Africans and black people across the world facing the pain of colonialism and slavery, proving for the first time that a white army could be defeated by warriors of black descent. It was ever since then that anti-colonial movements arose to light and most colonised countries in Africa begun to claim their freedom.

Guzo Adwa, a movement that was started 9 years ago, aimed to bring a unique way to commemorate the sacrifice paid for freedom by our brave forefathers as they set out to defend their motherland from all corners of the country. What better way is there to celebrate such a historic day other than going back in time and reimagining the journey?

The Guzo Adwa Team travels for 46 days on foot from Addis Ababa to the battlegrounds of Adwa covering a distance of more than 1000 Kilometers, aiming to pay tributes to those who marched that nerve-racking journey, not just from Addis but from every corner of the country to the mountains of Adwa and paid the ultimate sacrifice in blood and flesh. As there was no means of modern transport 126 years back, Ethiopians then walked on foot and rid on mules and horses for thousands of kilometers to face the invading Italian army. In resemblance of that, The Guzo Adwa Team, begin their journey from Addis, and take on the journey north, passing through villages and towns, receiving blessings, cheers and chants, and accompanied by people that bring food and drinks with love to refresh the journeymen.



Unfortunately, due to the situation in the Northern Part of our country, it is currently not possible to hold this remarkable journey and this year, a rather special way is planned to commemorate the day: a musical theatre that shows the 8 year long journey of Guzo Adwa and a Grand photo exhibition of all the 8 journeys held so far.

As much as we miss Guzo Adwa, we sincerely wish things to simmer down in our country and see Ethiopia in it's true colors: Peace, Love and Unity.

I was part of the Guzo Adwa 7 team, 2 years back and here are some photographs I captured along the way.

Michael is a travel photographer here in Ethiopia
[instagram.com/mickey.251](https://www.instagram.com/mickey.251)

INTRODUCING TUBA DESIGN

By arabella stewart

☞☞ *Tuba Design is a social business organized to make a difference in the country by creating job opportunities for unemployed women in Addis Ababa.* ☞☞

Kidist Tesfaye is the founder and General Manager of Tuba Ethiopia and is an AGYLE Young Leader from Ethiopia 2021. She is passionate about innovative and social entrepreneurship projects on environmental and social issues. The AGYLE program is one of the significant programs for the next generation of young African leaders. AGYLE builds a bridge between young African and German leaders and establishes a sustainable business network. A jury selects forty participants from Germany and African countries. All young leaders will be invited to a (digital) week and an innovative face-to-face event in Berlin later in 2022.

Currently Tuba has 35+ female employees. The vision of Tuba Design is to see Ethiopia with a low unemployment rate, with and for people to receive a living wage without compromising women and their kids' wellbeing and futures. Using local materials, the women produce top quality tote bags of different types. Tuba Design produces environmentally friendly products throughout all stages of the products lifecycle. There is a story behind each product and the woman who made it.
Addis backpack....

The material used to produce the first sample of their Addis backpack was made by Yeshe. She is a 38 years old with 3 kids and she is very energetic, hardworking and she inspires every woman that works with us. She named the bag after her city Addis Ababa in short Addis. The Addis backpack is made from 30% recycled materials, 70% cotton yarn and quality Ethiopian leather.

These innovative products can be purchased at Bambi's Supermarket or their nearby location on Ghana Street.

tubadesign6@gmail.com

<http://www.tubaethiopia.com/>

<https://www.facebook.com/tubadesignethiopia/>

+251 91 328 5986

RIDE THE RIFT: ANKOBER CHARITY CHALLENGE MARCH 2022

A little over a year after our inaugural charity bike ride which launched Ride the Rift, we are staging the second edition of our charity bike ride in Ankober. All profits from this event will be given to support local guides and cooks who have had no income due to the impact of COVID-19 and the conflict in the country. As with last year we have a choice of camping and lodge accommodation and a full weekend of activities culminating with the charity ride and a celebratory lunch at Ankober Palace Lodge. We will be using a different campsite from last year and our ride starts from here. With a smaller elevation gain the route is easier than last year and perfect for mountain biking. We encourage early booking as places are limited and we expect a lot of interest for this trip!

Our charity bike ride around Ankober was born in 2020 when the pandemic hit and freelance tourism professionals remained without income for months. As a group of four Ethiopian tour operators we came up with the idea to run this event to raise funds for those most in need. The situation has not changed in 2021 and 2022 and we wanted to run this bike ride again. This is now one of the best cycling and hiking tours you can do in Ethiopia. Stay at our riders' camp at Lik Marefia on the edge of the forest, one of the Wof Washa community guest-houses or do it in a bit more luxury at Ankober Palace Lodge - a rebuild of the former Emperor's palace. At Lik Marefiya most of us will be accommodated in tents, however there are some rooms for a small extra fee. Here we will mingle with the locals, your fellow riders and their friends & family on the edge of the forest with the Colobus monkeys 'serenading' us at dusk and dawn! We provide you with all you need for your weekend including tents and camp equipment, toilets, bucket showers, all meals, and participant and bike transfers from Addis Ababa to and from the event. The total number of riders will be 30 to a max. 50 participants (some camping, some in the lodge), but during activities you will be split into smaller groups with your individual guides. Bike rental is available at 2,250 ETB for the weekend.

Any questions? Then contact us at ridetherift2020@gmail.com



ZIQUALA ABO MONASTERY.

Source: Travel to Ethiopia

"This ancient monastery is located 80Km South east of Addis Ababa, en route to Ethio-Djibouti Road. Named after Abune Gebre MenfesKidus, an Egyptian monk enter to Ethiopia preaching the Bible, this place offers an amazing view over the great East African Rift Valley Lakes, as it is found 2900Meters above Sea Level. At the top of the Mountain is one of the oldest (500 Years) monasteries in Ethiopia. It is densely covered with different endemic vegetation that creates calmness and an ideal opportunity to enjoy the day with nature and wildlife such as the Columbus Monkey and birds.

En route to this site (or on your way back), the city of Bishoftu offers excellent relaxation options with various lakeside resorts."



**Addis
ARTS
Alive!**

ADDIS LIFE

Addis Ababa is a unique city. There is something magical about this city that is quite inexplicable. Three artists explore and capture Addis and the people who make it so special.

March 19 – April 3
Hyatt Regency Addis Ababa

All profit support charity



There is no
friend as loyal
as book.



Meskel Square
Cathedral | +251 115 576 035
+251 111 559 013

BookWorld

SOULFUL RESISTANCE .

By Edom Belete Habtegebriel

International Print Making Exhibition February 18th - March 4th 2022

Soulful Resistance is the title of an Art exhibition that is currently taking place at the MODERN ART MUSEUM, Gebre-Kirstos Desta Centre. This-one-of-a-kind exhibition has brought artists and scholars together in the spirit of collaboration to express artistry and intellectuality as one vessel: a vessel that expresses and strengthens ideas that matter to Africa and beyond. These artists and scholars come from twenty-seven countries; twelve from Ethiopia and fifty-seven internationals including nine photographers and nine writers.

Hence, such an endeavour will further the culture of working together and could set an example for posterity and a way to strive towards excellence.

As such, our gratitude goes to the Artist who organized this event, Tamerat Siltan and all participating artists and intellectuals. We wish him and everyone participating good health and longevity and look forward to seeing more of this kind of inclusive undertaking.



what's
out
addis

The BIG ART

Sale
April
16 & 17

At Addis Ababa
Hilton &
Prologue BCW

Present

- Over 150 Artists
- Music
- Children's Corner
- Food Court
- Face Painting
- Fun For The Whole Family

Saturday and Sunday, April 16 and 17
10am - 6pm

Ticket Sale Begin April 1st
Hilton Addis Ababa
& Lime Tree | Kasanchis



Hilton
ADDIS ABABA

prologue

bcw
bertram cohen & woffel



ETHIOPIAN ENTREPRENEUR INTRODUCES ETHIOPIAN CUISINE TO TURKEY.

SOURCE: ANADOLU AGENCY

Ethiopian entrepreneur Khedija Ali has found success in Turkey through her eatery, where she shares the flavors of the Horn of Africa while employing other immigrant women. Khedija, 35, moved to Ankara in 2018 and opened the Blue Nile, the city's first and only Ethiopian restaurant, serving traditional cuisine with spices and condiments such as Injera, Ethiopian sour flatbread. "My late husband was of Turkish origin. Ethiopia is where we met and married" she said. Despite the impact of COVID-19 on her business and other obstacles she has faced, Khedija has never considered returning home. Instead, she is determined to work hard and make her dream a reality by opening more branches of her eatery in Turkey. The restaurant, located in the heart of Ankara, serves not just Ethiopian cuisine but also Ethio-Turkish, Somali, Djibouti, Sudanese, and Eritrean dishes, which have many cultural similarities.

"I am the only one who bakes Ethiopian sour flatbread in Turkey. And I plan to export it to Europe," Khedija said. "I have dedicated my life, and will not stop until I realize my dream of having an international standard restaurant serving East African cuisine," she said. Khedija also underlined that she mostly works 16 hours a day to maintain the restaurant up to standard. She said she is reshaping it as a family business, with help from her younger brother and sister. "I and my brother cook together here. We both took hotel management courses, worked at 5-star hotels in Ethiopia, and owned a restaurant there," she said. Many Ethiopians in the city admired her kindness in supporting others who have been financially impacted by the pandemic. "She was giving her restaurant stocks to those who run out of food and money during the pandemic," said Mahir Mohammed, a student in Ankara who worked with Khedija during the pandemic. "When we even have personal problems, such as money needs, she lends us some even if she is not much wealthy than us, or if we want to seek a job, she tries to reach out to her connections and find a job for us," Samrawit, one of the Ethiopian residents in Ankara, told Anadolu Agency. "Her restaurant is like a second home to us," she added.

Suzanne's

ADDIS ABABA

Scarves
Jewelry
Homeline
Handbags

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

0113 724581 / +251 912613949
suzannesaid@hotmail.com

Map available on
Google Maps 



HOLIDAYS SALE

LOCATION: DEM. REP. CONGO
ST, MENTIWAB BUILDING

OPENING HOURS
9:00 AM - 6:00 PM

TEL: 09 61 01 41 36
09 13 86 05 78

RUNNING IN THE RIGHT DIRECTION.

Sports is the great equalizer! It has enormous power to generate social and economic change by contributing to sustainable development across all sectors and for all people.

Sports has the innate ability to challenge societal norms and mindsets that may be steeped in prejudice. Through sports, voices are amplified, barriers are broken down and bold achievements are celebrated. It also ignites flames of resilience in individuals and demands teamwork, actively contributing to gender equality and empowerment. Great sporting events, like the Great Ethiopian Run, are arenas to teach and influence society and offer a platform for women in sports to become icons that level the gender playing field.

As Safaricom Ethiopia, we are proud to be the title sponsors of the GER Women First 5K 2022 run. Through this event, we aim to celebrate women across the society; in sports, at work, at home, with friends, and everyday women shining in their own right.

We are here to champion for sports and women's empowerment. We believe this partnership with the Great Ethiopian Run, who have pioneered the elevation of women in sports, is a winning formula.

We have committed to serve and create shared values, among the communities around us, in various ways including playing an active role in reducing inequalities. As title sponsors, we are committing to putting women first in all situations and we will use sports as a vital tool in achieving gender equality.

Join us for the Safaricom Women First 5K run on March 13, 2022 and let's run together and cheer on all women as they challenge the status quo and secure the future for generations of women to come.

WOMEN
First 5km
2022

Safaricom
Telecommunications
Ethiopia Plc

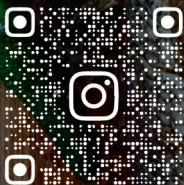
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A member of the Vodacom family

ROAST LIME-GARLIC CHICKEN & POTATOES

Lime tree

INCOR
KORMA
GRILL



KORMAGRILL



Phone : +251 0905888888

SOCIAL ENTERPRISE ETHIOPIA: MONTHLY MEETUP ADDIS

In order to build and expand the Social Enterprise ecosystem, Social Enterprise Ethiopia (SEE) organises a monthly MeetUp Addis event; this is an opportunity for invited social entrepreneurs to share their experiences of how they first conceptualized their business idea and then moved into creating their enterprise and started working on it successfully. The MeetUp Addis event enables SEs to not only share their successes but also to highlight the challenges faced and how they overcame them. The event has the followings objectives:

- 1** To share experiences from sector actors, including problem solving information, with other SEs in the sector or interested youth
- 2** To inspire people, particularly the youth, to think of setting up their own Social Enterprise
- 3** To provide a networking platform for Social Enterprises

The format of the program is typically a fireside chat with an oral presentation, normally from two speakers. This will then culminate with a question-and-answer session. The event will close with a reception, to allow the audience to interact with the speakers but also to network amongst themselves.

We typically try to film and livestream the event so that people who are unable to attend can watch it. The filming and photos will provide a useful resource for anyone who is interested in a particular subject or sector to view it at a future time

Email: info@socialenterpriseethiopia.org

Office: 0900 799 877

Website: www.socialenterpriseethiopia.org/

Facebook: @SocEntEth

Twitter @SocEntETH

Instagram @social_enterprise_ethiopia





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	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 Laparisian 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- tinentall 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



ART EXHIBITION

Travel with Enok 2 art by Alebachew Kassa curated by Eden Guizaw at E's art gallery located in Ayat zone 5 road 12

STARTUP INVESTORS FORUM

Upcoming, Sun, Feb 6, 3:00 PM Online

6

ART EXHIBITION

Travel with Enok 2 art by Alebachew Kassa curated by Eden Guizaw at E's art gallery located in Ayat zone 5 road 12

WHOLE GENOME SEQUENCING ANALYSIS TRAINING | 4 DAY TECHNICAL PROGRAM

Upcoming, Sun, Feb 13 - Wed, Feb 16, Online

13

ART EXHIBITION

Travel with Enok 2 art by Alebachew Kassa curated by Eden Guizaw at E's art gallery located in Ayat zone 5 road 12

EXPO ETHIOPIA INT'L TRADE FAIR (24TH EXPO ETHIOPIA)

addis ababa exhibition center, Addis Ababa

20

SUNDAY BRUNCH

Summerfields Sheraton 11am till 3pm every Sunday

27

Every Sunday Family BBQ Lunch at The Kitchen

13th February Open air cinema at Metro 5:30pm door opens 6:30 movie starts



Monday



ART EXHIBITION

Travel with Enok 2 art by Alebachew Kassa curated by Eden Guizaw at E's art gallery located in Ayat zone 5 road 12

ENGLISH TRAINING CLASS

will start AT 6 PM Event · 1 person going Addis Ababa

7

ART EXHIBITION

Travel with Enok 2 art by Alebachew Kassa curated by Eden Guizaw at E's art gallery located in Ayat zone 5 road 12

FENDIKA LIVE JAZZ MUSIC

Jazzbussinia Ethio jazz band At Fendika, 0911547577

14

25TH EXPO ETHIOPIA' 2022

International trade exhibition on all kinds of consumer & industrial products, Addis Ababa, Ethiopia

MISSION VISION TOUR ETHIOPIA

Event · 87 people interested Bishoftu ethiopia

THE GRAND OPENING

Event · 4 people interested Addis Ababa, Ethiopia

21

FENDIKA LIVE JAZZ MUSIC

Jazzbussinia Ethio jazz band At Fendika, 0911547577

28



14th of February special Valentine's day menu at The Oriental restaurant

for reservations; +251 11 517 1204 Or from Hyattrestaurants.com

THE ORIENTAL

Tuesday

ETHIOPIA HISTORICAL ROUTE ADVENTURE 14D/13N

14 day adventure tour through Addis Ababa, Debre Markos, Bahir Dar and 7 other destinations in Ethiopia.

ETHIOPIA: TO BE AND TO KNOW

Photograph exhibition

By Raphaele Brui

Feb 1-11

1

ART EXHIBITION

Travel with Enok 2 art by Alebachew Kassa curated by Eden Guizaw at E's art gallery located in Ayat zone 5 road 12

ZUMBA

PARTY YOURSELF INTO SHAPE!

Instructor Tame

Tuesday's at 6:15 p,m

8

ART EXHIBITION

Travel with Enok 2 art by Alebachew Kassa curated by Eden Guizaw at E's art gallery located in Ayat zone 5 road 12

TRADITIONAL CULTURAL CENTER

The Great Ethiopian musical experience At Fendika

0911547577

15

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International trade exhibition on all kinds of consumer & industrial products, Addis Ababa, Ethiopia

TRADITIONAL CULTURAL CENTER

The Great Ethiopian musical experience At Fendika

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22

Wednesday

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FENDIKA LIVE JAZZ MUSIC

Jazzbussia

Ethio jazz band

At Fendika, 0911547577

2

ART EXHIBITION

Travel with Enok 2 art by Alebachew Kassa curated by Eden Guizaw at E's art gallery located in Ayat zone 5 road 12

LEARN MUSIC

Wednesday, 4pm -6pm, cultural Kirar. Masinko. Kebero and Washint, Modern Guitar Piano and Vocal, 0911361786

9

ART EXHIBITION

Travel with Enok 2 art by Alebachew Kassa curated by Eden Guizaw at E's art gallery located in Ayat zone 5 road 12

SALSA BACHATA, KIZOMBA

Dancing class

Every Monday and Wednesday

0911301260

16

25TH EXPO ETHIOPIA' 2022

International trade exhibition on all kinds of consumer & industrial products, Addis Ababa, Ethiopia

LEARN MUSIC

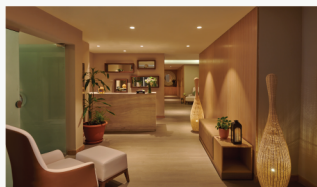
From 4pm -6pm, cultural Kirar. Masinko. Kebero and Washint, Modern Guitar Piano and Vocal, 0911361786

23

Join us every Tuesday at the Gin & tonic lounge terrace.

DJ playlist

Going around trolley of Gin and house made Tonic



Come relax with our Spa treatments and get special offers every Wednesday from 9am to 5pm

Dining Club 

Thursday

Friday

INTERNATIONAL CONFERENCE
International conference on latest
Medical research and Development
(ICMRD), Addis Ababa, Ethiopia

INTERNATIONAL CONFERENCE
International conference on
Psychology and Allied Sciences
(ICPAS), Addis Ababa, Ethiopia

3

ART EXHIBITION
Travel with Enok 2 art
by Alebachew Kassa curated by
Eden Guizaw at E's art gallery
located in Ayat zone 5 road 12

ASIAN NIGHT SUMMERFIELDS
Sheraton Sheraton Addis
0115171717

10

ART EXHIBITION
Travel with Enok 2 art
by Alebachew Kassa curated by
Eden Guizaw at E's art gallery
located in Ayat zone 5 road 12

**EXPO ETHIOPIA INT'L TRADE
FAIR (24TH EXPO ETHIOPIA)**
addis ababa exhibition center,
Addis Ababa

17

ASIAN NIGHT SUMMERFIELDS
Sheraton Sheraton Addis
0115171717

LIVE BAND
Office bar Sheraton
0115171717

**ZUMBA, PARTY YOURSELF
INTO SHAPE!**
Instructor Tame, at 6:15 Am

24

**ACROBATIC GYMNASTICS
FOR KIDS**

Age 7-12
1hour and 15 min classes
Tuesdays and Fridays
0938320049

ETHIOPIA: TO BE AND TO KNOW
Photograph exhibition
By Raphaele Brui
Feb 1-11

4

**ACROBATIC GYMNASTICS
FOR KIDS**

Age 7-12
1hour and 15 min classes
From 4:45to 6 pm
0938320049

ETHIOPIA: TO BE AND TO KNOW
Photograph exhibition
By Raphaele Brui

11

ART EXHIBITION
Travel with Enok 2 art
by Alebachew Kassa curated by
Eden Guizaw at E's art gallery
located in Ayat zone 5 road 12

**EXPO ETHIOPIA INT'L TRADE
FAIR (24TH EXPO ETHIOPIA)**
addis ababa exhibition center,
Addis Ababa

18

AHADUPAGE
Online event at 1 AM

**ACROBATIC GYMNASTICS
FOR KIDS**
Age 7-12
1hour and 15 min classes
Tuesdays and Fridays
From 4:45to 6 pm
0938320049

25

Come Join us on 17th
February for Jazz night
at Metro starting 7:00pm

Dining Club
membership

Scan for a world
of benefits



**HYATT REGENCY
ADDIS ABABA
MESKEL SQUARE
P.O. BOX 428 CODE 1250
ADDIS ABABA ETHIOPIA
TEL +251115171234**

Saturday

AFRICAN MOSAIQUE BOUTIQUE,
at yeka shola, Kunjina precious
design Behij clothing and Mesmer,

ART EXHIBITION

Travel with Enok 2 art
by Alebachew Kassa curated by
Eden Guizaw at E's art gallery
located in Ayat zone 5 road 12

5

ART EXHIBITION

Travel with Enok 2 art
by Alebachew Kassa curated by
Eden Guizaw at E's art gallery
located in Ayat zone 5 road 12

JUVENTUS SPORT CLUB

Kids soccer training
Every Saturday
0115517558, 0930653505

12

ART EXHIBITION

Travel with Enok 2 art
by Alebachew Kassa curated by
Eden Guizaw at E's art gallery
located in Ayat zone 5 road 12

**EXPO ETHIOPIA INT'L TRADE
FAIR (24TH EXPO ETHIOPIA)**

addis ababa exhibition center,
Addis Ababa

19

AWIB ETHIOPIA'S EVENT

Event · 97 people interested
Hilton Addis Ababa in Addis Ababa,
Ethiopia Rajendra is interested

LIVE BAND

Office bar Sheraton
0115171717

**ZUMBA, PARTY YOURSELF
INTO SHAPE!**

Instructor Tame, at 6:15 Am

26

FEBRUARY



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 design.ocula@gmail.com

Join us every day for a High Tea at lobby lounge starting from 3pm to 6pm



**HYATT
REGENCY™**

ADDIS ABABA

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:
Beyayenetu
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 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

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 RESTAUORANT

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

BATI AL MANDI 0911518903 Mikey Leland/ EU Street - across from Yoli Building Known for: Middle Eastern food 7 days week	Mediterranean, Turkish, Middle Eastern 7 days week	HOTEL	
	NIGHT LIFE BAR	ADOT TINA HOTEL ADDISSINIA HOTEL	011-4673939 011-662 3634
KATEGNA RESTAURANT 0913552762 0911126460 Bole medhanialem intrance building ground floor known For: kuwanta firfer and tibs 7 days week	CASCARA COFFEE & COCKTAILS (Hyatt Regency) +25115171203 Known For: coffee-flavored cocktails and gourmet bites. 7 days week	ALEXANDRIA HOTEL ATLAS HOTEL BEST WESTERN PLUS ADDIS ABABA	0911103857 011-6187432/34 011-6671414 011-6675235
PEPPER & SPICE RESTAURANT 0115184600 Known for: Mediterranean cuisines 7 days week	ASABET 0116671268 Lucky Building, known for: Sea Foods 7 days week	BOLE AMBASSADOR HOTEL CAPITAL HOTEL DAMU HOTEL 011-5509828/29/35	011-6188284 011-6672100 011-6192000
THE KITCHEN (Hyatt Regency) +25115171205 Iknown for: Middle Eastern food 7 days week	CRAVE CAFÉ & RESTAURANT Meskel flower Road in front of Chanolli Known For: Italian Food 7 days week	DESALEGN HOTEL /ATLAS/ DESALEGN HOTEL /BOLE/ DIAMOND HOTEL DREAMLINER HOTEL GRAND ELIANA HOTEL ELILLY INTERNATIONAL HOTEL	011-6624524 011-6183030 011-6160916 0967141414 011-4674000 011-1262600 011-5587777 011-5586402
PIZZA		ETHIOPIAN SKYLIGHT HOTEL	011-6 818181
BELLA PASTA & PIZZA 0911380606 Bisrate Gebriel Infron of South Africa embassy Known for: Pizza 7 days a week		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	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
MOKODO PIZZA 091 143 9524 Bole Airport Next to aviation School Known for: Pizza Closed Tue		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	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
ROMINA 0911 214335 Arat Kilo Known for: Pizza 7 days a week		RIVIERA INTERNATIONAL HOTEL SABON HOTEL SAREM INTERNATIONAL HOTEL SHERATON ADDIS TIRAR INTERNATIONAL HOTEL THE GRAND PALACE ADDIS SUITES HOTEL UGBAAD HOTEL	011-4197755/ 41/46 0116 39 35 35 0111262076/ 86/88 0115171717 011-122-8080/81 011-5577152 011-5 577154 0980626262 0116393793 0116393345
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			
TURKISH			
ISTANBUL RESTAURANT 0910174728 Bole Edna mall near Ukraine Embassy Known for: Turkish food 7 days week			
PAMUKKALE TURKISH RESTAURANT 091 096 4530 Behind Millennium Hall Known for:			

Join Our Restaurant Listing For Free

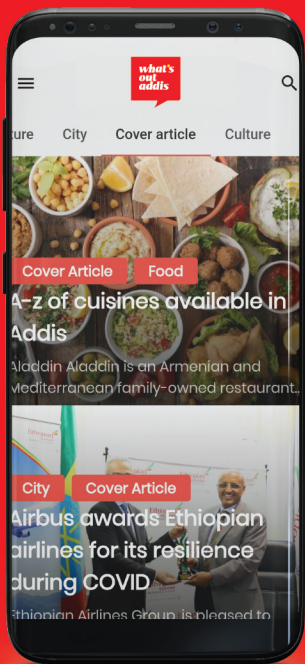
The most effective way to promote your restaurant, cafe or bar is by being listed on the What's Out Restaurant section. It's the most comprehensive and up-to-date listing.

And it's free to get on this list!

Please email the below data to What's Out Addis,

- Name of Restaurant
- Type of cuisine
- Telephone
- Location
- Known for
- Closed on

■ info@whatsoutaddis.com



what's out addis
is now at your Fingertips



NEW BOOK: A GALLOP IN ETHIOPIA: WAX, GOLD & THE ABYSSINIAN PONY ■

A Gallop in Ethiopia: Wax, Gold & the Abyssinian Pony will help you understand Ethiopia by giving you useful insights into the country's culture and history. Filled with the personal observations of the author, Wax, Gold & the Abyssinian Pony will provide you with some pointers to help you 'get' a country that is often misunderstood. This is a book for anybody interested in Ethiopia who would like to get a better grasp of where the country is headed.

Yves-Marie Stranger is the author and translator of several books on Ethiopia. The author launched an equestrian stable near Addis Ababa and ran horse treks in the highlands to the north of the city. He later had a parallel career in conference interpreting in the 'capital of Africa', which brought him into close contact with both Ethiopian and foreign political and business elites. Yves-Marie Stranger is a writer and translator. He is the editor of Ethiopia through Writers' Eyes (Eland Books), and the author of *Ces pas qui trop vident s'effacent* (L'Archange Minotaure). His exhibition 'The Abyssinian Syllabary' was shown both in Ethiopia (Addis Ababa, Alliance Éthio-Française) and in France (Carré d'Art, Nîmes). You can also listen to The Abyssinian Syllabary podcast on Spotify, Apple Podcasts or Youtube. He is the translator of the books *Menelik* and *African Train, Djibouti-Addis Ababa* (Hugues Fontaine, Amarna).

YVES-MARIE STRANGER

A GALLOP IN ETHIOPIA

Wax, Gold & Abyssinian Ponies



UTHIOPIA

A Gallop in Ethiopia is a brief memoir of the years the author spent running horse treks and trying to comprehend Ethiopia. A Gallop in Ethiopia: Wax, Gold & the Abyssinian pony includes three interviews with people who have intimate knowledge of the country. Rahel Shawl is a well-known architect who designed many of the most iconic buildings in Addis Ababa. Beede Mekonnen is a respected businessman once jailed for the crime of being the grandson of Haile Selassie. Éloi Ficquet is a co-editor of Understanding Contemporary Ethiopia (Hurst), and a former director of the French Centre for Ethiopian Studies. Filled with unorthodox analysis and insights into what makes Ethiopia 'tick', chapters include: An introduction: 'Everything you've always wanted to know about Ethiopia—but never dared to ask.' An account of the author's first failed attempts to understand Ethiopia, starting in the year 2000. A sketch of the great Ethiopian writer, Sebat Guebre Egziabher A portrait of Hapte-Selassie ('The Father of Ethiopian Tourism') and his secretary, Ato Worku Sharew. Encounters with local (Tedros Adhanom Ghebreyesus, Meles Zenawi), as well as foreign elites (Bob Geldof). An application to Ethiopia of the family theory of Emmanuel Todd. A tongue in cheek outline of the importance of the Abyssinian Pony in Ethiopian history. An afterword by Manuel de Geez, 'The Era of the Princes—with Drones.' Three interviews with people who have intimate knowledge of the country. Ethiopia in 10 words. A historical chronology of Ethiopia.

A Gallop in Ethiopia: Wax, Gold & the Abyssinian Pony (\$ 10.57, 166 pages, paperback, ISBN: 978-2-9581656-1-1).

Contact: Yves-Marie Stranger: info@Uthiopia.com

NFT MARKETPLACE FOR CONTEMPORARY AFRICAN ARTISTS .

By Rahel Berhane

QkweQkwe (pronounced KweKwe) is the first authentic NFT marketplace built by Africans for African artists. It is a virtual marketplace where these artists can exhibit and sell their work to a global audience. QkweQkwe.io will launch on 22 February 2022 with a group show entitled Multiplixation, featuring eighteen artists from four African countries including Angola, Ethiopia, Kenya and South Africa.

The exhibition will be a first of its kind where the work of the selected African Artists will be showcased by turning their art into NFTs with enticing unlockable content. All works on sale will be rare, unique and specifically developed for the launch exhibition. The works will be on auction until the end of March 2022.

An NFT is a one-of-a-kind digital asset that acts as a certificate of ownership for virtual items. NFT stands for non-fungible token. Most NFTs are registered and secured by the Ethereum blockchain and can consist of many kinds of digital end-products, from jpegs and gifs to Mp4s and other digital files. QkweQkwe (pronounced KweKwe) is setting the stage for African artists to join in exhibiting and selling their work as NFTs to a global market.

For more information and to stay up to date for the launch visit: QkweQkwe.io

Follow us on: @QkweQkweNFT QkweQkwe

Email us at: anna@qkweqkwe.io curator@qkweqkwe.io





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9477**

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Platinum

- ✓ Nurse visit: 4x a month
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- ✓ 20% discount on other services

Gold

- ✓ Nurse visit: 2x a month
- ✓ General Practitioner visit: 1x a month
- ✓ Preventive care visit which includes nutrition and exercise advice
- ✓ 15% discount on other services

Silver

- ✓ Nurse visit: 1x a month
- ✓ General Practitioner visit: 1x a month
- ✓ 10% discount on other services



Tel. +251-116 - 630804 | +251-974 - 496880
For USA users 1 833 MD REDAT
contact@redat-et.com
Alem Cinema, Bole Road, Addis Ababa, Ethiopia
www.redat-et.com



SABAHAR – PRESERVING ANCIENT WEAVING AND COTTON SPINNING SKILLS .

Most Ethiopian handweavers work in their own homes on simple but extremely practical looms such as this one. Sabahar employs home-based weavers. Paid on a production basis, these weavers are kept busy full-time with our orders. Sabahar upgrades their weaving equipment, provides training on new techniques and designs, gives solar lights if required, and establishes a savings fund for each of them, contributed by both Sabahar and the weavers. Sabahar products are proudly made with 100% Ethiopian Cotton which is handspun by women all over Addis Ababa.

A small number of their weavers have been training with 6 to 8-foot pedals (called treadles). The number of treadles is related to the number of harnesses, as pressure on a treadle pulls down the connected harness opening the shed through which the shuttle carrying the weft thread is passed. This process of opening the shed with various combinations of warp threads greatly increases the ease with which designs can be woven. Traditional looms in Ethiopia have two harnesses and treadles for simple weaving. Complicated designs are created by picking up warp threads by hand, which is very tedious and time-consuming.

Last year, Sabahar shipped a staggering 64,894 hand-loomed products around the world, an 80% increase from 2020! Thanks to the steady orders from loyal customers, they have been able to hire seven new at-home weavers and three new in-house weavers, bringing the total to just over 100 weavers. Thanks to the increase in orders from 2021, the number of women who spin cotton for Sabahar dramatically increased from 40 to close to 200.



Sabahar is a haven of green space in the middle of Addis Ababa. Only minutes from the International Community School, it is a perfect spot to visit, learn and shop. Their workshop is open to the public. It is where they produce and sell all of their beautiful textiles. On site they have weavers, spinners, dyers and finishers. There are also silk caterpillars on site! Yes, you can even meet the caterpillars and learn how silk is made.

Working hours: Monday- Friday 8:30-5:00pm, Saturday 10:00-5:00pm

Phone: +251-11-321-5112 / 3

Mekanissa (behind Salem Nurses College)

<https://sabahar.com/store/AddisShop>

<https://www.facebook.com/SabaharEthiopia>

SPANISH CHURROS ■

By Jenny Park

- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 cup plus 2 tablespoons boiling water
- vegetable oil, for frying
- sugar for sprinkling
- 8 ounces chopped dark chocolate, melted

INSTRUCTIONS

- 1** Place flour, baking powder and salt into a mixing bowl and whisk together.
- 2** Add boiling water to flour mixture and stir together with a wooden spoon until mixture is fully combined, with no dry spots.
- 3** Pour 3 inches oil into a tall sided pot and preheat to 350°F.
- 4** Push mixture into a churro maker with a medium star insert, or piping bag fitted with a medium star tip and pipe 6 inch churros directly into the hot oil, snipping the ends off with scissors, before piping another churro. Fry a few at a time.
- 5** Fry churros for 2 to 3 minutes on each side, or until golden brown.
- 6** Transfer churros onto a cooling rack, lined with a paper towel and repeat until all churros have been fried.
- 7** Transfer churros onto a platter and sprinkle with a generous amount of sugar. Serve with melted chocolate on the side.

NOTES

- Makes ~12 churros
- Although you can use a piping bag, fitted with a star tip, it's a bit difficult because the dough is so stiff. I highly recommend buying a churro maker...OR you can roll the dough out into a thin, long snake and snip into 6 inch piece and carefully lift and transfer into the hot oil. They won't be quite the same, but still crisp and delicious!



10 REASONS TO PRACTICE YOGA DAILY.

- 1** Yoga is one of the best self-care tools! As our lives become more hectic, maintaining a balance becomes paramount. Yoga can relieve mental stress, melt muscle tension and help you tackle your tasks. To get the most out of your busiest days, even 15 minutes of yoga is valuable in re-patterning dysfunction in your body. Transformation happens through daily practice!
- 2** Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.
- 3** Yoga helps with back pain relief. Yoga is recommended as a first-line treatment for chronic low back pain by easing pain, aligning and improving mobility.
- 4** Yoga can ease arthritis symptoms. Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis.
- 5** Yoga benefits heart health. Regular yoga practice may reduce levels of stress and body-wide inflammation. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.
- 6** Yoga relaxes you, to help you sleep better. That a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.
- 7** Yoga can mean more energy, creativity and brighter moods. You may feel increased mental and physical energy, a boost in alertness, creativity and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga.
- 8** Yoga helps you manage stress. According to scientific evidence, yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.
- 9** Yoga connects you with a supportive community. Participating in yoga classes can ease loneliness and provide an environment for group healing and support.
- 10** Scientific Research on Yoga Benefits. Many large organizations worldwide are incorporating – scientific validation of yoga's value in health care. Numerous studies show yoga's benefits in arthritis, osteopenia, balance issues, oncology, women's health, chronic pain and other specialties. For more information, feel free to contact Heran Tadesse personally.

herantadesse@gmail.com

<https://www.facebook.com/EthiopianYogaQueen/>

Contact Heran Tadesse:



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BROOK CLINIC	011 5513435 011 5515151
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CHRISTINA CLINIC	011 5152020
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WGGG SPECIALIZED VISION CLINIC	0931 52 09 52 011 618 01 86

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ST. YARED	0116454697 /04
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ADDIS SPECIALIZED	0911243274
CARDIAC	0116634720
KADISCO GENERAL	0116298904/02
MCM KOREAN	0116-29-5421-27

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MENILEK II HOSPITAL	0111234272
YEKATIT 12 HOSPITAL	01115530 65/68
ZEWDITU HOSPITAL	0115518085
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Betel Funeral Arrangements 091 120 5731

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

GENERAL / INTERNAL MEDICINE

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

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

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

PEDIATRICS

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

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

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

OBSTETRICS/GYNECOLOGY:

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

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

DENTISTRY

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

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

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

GENERAL SURGERY

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

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

OPHTHALMOLOGIST

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

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

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

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

DERMATOLOGIST

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

ENT SPECIALIST

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

PHYSIOTHERAPIST

Dr. 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
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ORTHOPAEDIC SURGERY

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

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

ORTHOPAEDIC AND TRAUMATOLOGY

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

Lebeza Mental health consultation office
01183522929

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