

**what's  
out  
addis**

**JULY  
2025**



# **AUTISM LIFESTYLE**

**Unlocking the Autism Plate**  
**by Sel Seyoum**



## **Food Matters**

**Autism: Gut and Brain Relationship**

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**Queen's**  
*...like family*

# Dear Friends

Welcome to the July issue of What's Out Addis.

This month, we're excited to feature the groundbreaking work of Sel Seyoum, who has made a nutritional breakthrough by unlocking the powerful role of nutrition in addressing autism-related behaviors. Continuing with health, we highlight a skilled practitioner of Acupuncture and Traditional Chinese Medicine (TCM) working in Addis.

For shopping opportunities, explore HANUBET, a vibrant shopping destination and community space; discover Hope Rugs and their beautiful, handcrafted pieces; and try out natural aloe vera soap for a refreshing skincare option. Want to refresh your look? A 'Colour Me Wonderful' expert is offering personalised wardrobe transformations. All this and more. Read on!

Wishing you a wonderful month ahead!  
Team What's Out

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# AUTISM LIFESTYLE

Unlocking the Autism Plate

by Sel Seyoum



Food Matters

Autism: Gut and Brain Relationship

## AUTISM LIFESTYLE

Unlocking the Autism Plate

by Sel Seyoum



I am delighted that you have discovered this handbook as a solution to your child's digestive issues. Please utilize the information within this resource as a strategic approach to one of your intervention methods, as I sincerely hope it will greatly contribute to your child's path to recovery.



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# FOOD MATTERS: UNLOCKING THE AUTISM PLATE

**A Nutritional Breakthrough for Autism Families  
By Selamawit Seyoum (Sel)**

In a world where autism is often misunderstood and narrow “Unlocking the Autism Plate”. Written for families, caregivers, and educators, this practical guide sheds light on the powerful role of nutrition in addressing the biochemical imbalances that often underlie autism-related behaviors.

Drawing from a long personal journey of lab testing, scientific research, conferences, parent advocacy, and specialized training, Sel introduces readers to a deeper understanding of autism; not just as a neurological difference, but as a biochemistry-based condition that can be improved through targeted and personalized dietary strategies.

She explains how gut dysfunction, poor detoxification, and nutrient depletion can create a cascade of challenges in behavior, mood, sensory overload, and development and how, with the right tools, these can be addressed at the root.

Sel has traveled and lived in many countries, adapting her autism lifestyle across cultures, systems, and food environments. “Once I understood how to live with autism through nutrition,” she shares, “traveling became easier because I knew how to adapt, what to avoid, and what truly supports healing.” In her book, Selamawit offers practical insights from this global

experience—so readers can learn to adapt, plan, and thrive wherever they are.

In “Unlocking the Autism Plate”, readers will discover:

- How toxic overload, gut imbalances, and nutritional deficiencies affect the developing brain
- The gut-brain connection and its impact on behavior and emotional regulation
- Steps to create a personalized dietary plan that supports healing and development
- Practical ways to nourish the body while working within real-life constraints and budgets
- How food, when used wisely, can help reduce symptoms and support independence

This is not a theoretical book—it’s a hope-filled toolkit, backed by lived experience and built to empower families who want to take action.

Sel’s message is urgent and compassionate: Don’t waste time. The knowledge, resources, and support now exist to help children live fuller, more independent lives. It starts with understanding that the behaviors we see are often the result of treatable biochemical imbalances and that healing begins at the root.

With clarity, courage, and conviction, Selamawit reminds families that they are not powerless. “Unlocking the Autism Plate” is a call to action; a lifeline of hope, and a source of empowerment for those navigating the complexities of autism with love and determination.

*The book will be officially launched on July 19 at 9:30 AM at the Hilton Addis Ababa and will be available at all BookWorld stores*

*Selamawit Seyoum (Sel)  
Founder, Advocate  
[championingautism.org](http://championingautism.org)*

# HANUBET: WHERE CREATIVITY, CULTURE & COMMUNITY COME TO LIFE IN SARBET

Nestled behind King’s Hotel in the heart of Sarbet, Addis Ababa, HANUBET is more than a retail store—it’s a vibrant space where creativity, culture, and community come together. Though small in size, HANUBET is big in vision, bringing together some of Ethiopia’s most innovative designers, artisans, and storytellers under one roof.

Inside, you’ll find a thoughtfully curated selection of local talent, including @hamek\_design, @dechaseworld, @aradamediaco, @habeshawwi\_clothing, and Ethiopian Batik. From handwoven garments to locally crafted shoes and accessories, each piece reflects the richness of Ethiopian heritage reimagined through a contemporary lens.

The HANUBET family continues to grow, recently welcoming @kelib\_workshop, founded by @fikir\_mesfin. This unique brand honors the timeless tradition of crocheting, blending craftsmanship with modern design to celebrate diversity and individuality. Also featured are @africology, a brand that gives new life to discarded clothing through upcycled fashion inspired by African culture and the dynamic energy of New York City, and @yonaelmarga which merges timeless tradition and modernity with designs inspired by architecture, nature, patterns and storytelling.

But HANUBET is more than a shopping destination—it’s a community space. From bouquet arrangement workshops to Jewelry & Wine Sundays, guests are invited to explore their creativity in relaxed, welcoming settings. The cozy Book House by MERHA offers a haven for book lovers and idea-sharers alike.

Regular pop-up events showcase emerging brands, while Thursday Networking Afternoons create space for creative entrepreneurs, and dreamers to connect and collaborate.

Whether you're shopping for something special, exploring your creativity, or looking to meet new people, HANUBET is a welcoming space where inspiration and community come together.

*Location: Sarbet, behind King’s Hotel  
Follow: @hamek\_design @dechaseworld @aradamediaco @habeshawwi\_clothing @ethiopianbatik @kelib\_workshop @yonaelmarga  
Stay tuned for upcoming events and workshops!*





## A NEW CHAPTER IN ETHIOPIAN BREWING

# KEGNA BEVERAGES UNVEILS KEGNA BEER:

Kegna Beverages Share Company proudly launched its flagship product, Kegna Beer, during a high-profile event on June 7, 2025, at the Addis Ababa Convention Center. The ceremony attracted over 700 distinguished guests, including senior government officials, national stakeholders, and industry leaders, marking a milestone in Ethiopian brewing history.

Crafted with care, Kegna Beer is a premium lager with 5% ABV, brewed using locally sourced, high-quality ingredients, including malted barley, hops, and water. It is set to hit the market mid-June in 33cl and 50cl bottles and 30-liter kegs, catering to Ethiopia's evolving beer culture.

"This isn't just made in Ethiopia—it's made of Ethiopia," said Abiyu Abera, Commercial Manager of Kegna Beverages. "It represents a shared vision, a collective legacy."

Kegna Brewery, spanning 110 hectares in Ginchi Town, Oromia Region, features state-of-the-art facilities, merging global brewing standards with local expertise. With a production capacity of over 3 million hectoliters annually, it symbolizes a significant investment in Ethiopia's industrial sector.

Rooted in Ethiopian tradition, Kegna Beer goes beyond being a beverage; it's a movement toward values-led business. Owned by more than 4,000 Ethiopian individuals, cooperatives, and organizations as a share company, Kegna Beverages currently employs over 250 people and aims to create opportunities for over 1,000 nationwide.

"The profits from Kegna Beer flow back to the communities that built it—fueling opportunity, dignity, and national progress," remarked Afework Legesse, Chief Operations Officer.

Kegna Beer will soon be available in bars, groceries, and restaurants nationwide. The launch is accompanied by celebratory events, including a Grand Launch for the public.

Kegna Beverages invites all Ethiopians to savor Kegna Beer and join this journey of collective pride and progress.

Contact: [mediarelations@kegnabeverages.com.et](mailto:mediarelations@kegnabeverages.com.et)  
[www.kegnabeverages.com](http://www.kegnabeverages.com)



that soothe the senses, purify the air, and nurture well-being. In a city where concrete often dominates, these principles could revolutionize how we experience our built surroundings.

The Namibia Embassy, designed by RAAS Architects, offers a compelling case study. Its undulating screens evoke desert dunes, while reflective pools and lush greenery create a serene microclimate. The result? A space that doesn't just house people but rejuvenates them—proof that biophilic design can thrive in Addis's context.

Across the city, glimpses of this potential already exist. Verdant courtyards tucked between buildings, offices embracing natural light and ventilation, and interiors that bring the outdoors in. Scaling these ideas could position Addis as a leader in African biophilic architecture—a model where modernity and nature coexist in harmony.

The opportunity is ripe. With thoughtful design that honors Ethiopia's ecological diversity and cultural reverence for landscapes, Addis could craft spaces that don't just function but inspire. After all, in a city blessed with abundant sunlight and temperate breezes, shouldn't our architecture celebrate that gift?

*Source: SBC Design Consultancy  
Instagram.com/sbc\_designs  
www.starboundcreations.com  
Reference: RAAS Architects.  
Photo credit: Phoenix creatives*

## BIOPHILIC DESIGN: REIMAGINING ADDIS ABABA THROUGH NATURE'S LENS

**W**hat if our buildings could breathe, our interiors could bloom, and our built environments could pulse with life? In Addis Ababa's rapidly evolving architecture, biophilic design offers a transformative vision—one where nature isn't merely decorative but woven into the very fabric of our structures.

This approach goes beyond aesthetics. By integrating natural elements—living walls, water features, native landscaping, and organic materials—biophilic design creates environments



# EMBRACE YOUR WELLNESS JOURNEY WITH ACUPUNCTURE AND TCM

In Ethiopia, it's time to reframe the concept of wellness. Acupuncture and Traditional Chinese Medicine (TCM) offer a holistic health approach, addressing both immediate concerns and long-term well-being.

In my practice, I've noticed that myths about TCM hinder its wider use. Let's challenge these misconceptions:

**1. "Acupuncture is only for pain."**

While effective for back and neck discomfort, it also treats hormonal imbalances, digestive disorders, and stress relief.

**2. "Acupuncture is for sick people only."**

Acupuncture is a powerful preventative tool, boosting immunity, improving sleep, and enhancing vitality.

**3. "Only Chinese doctors practice acupuncture."**

TCM is taught worldwide, and local practitioners are certified in universities across the globe, including Africa.

**4. "Acupuncture needles hurt."**

Acupuncture needles are very thin and cause minimal discomfort. Most people feel a slight tingling or warmth and find the sessions deeply relaxing.

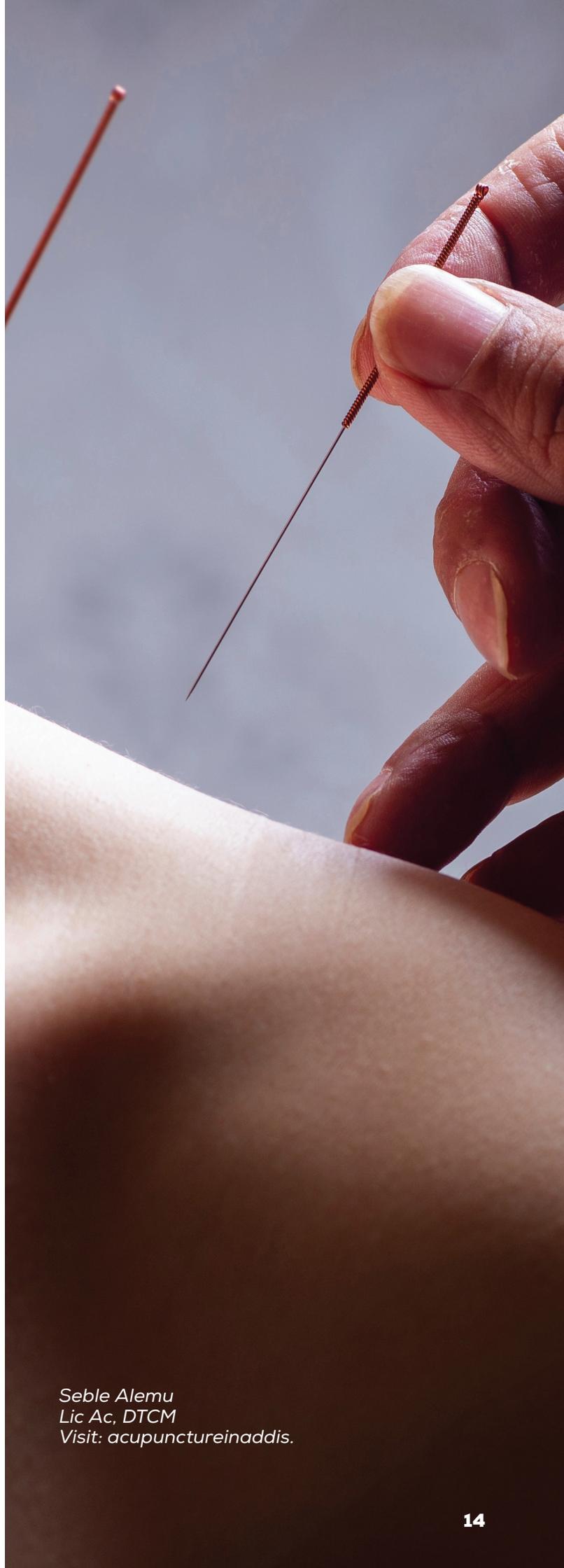
**5. "Wellness is just yoga and massage."**

TCM provides deeper systemic care, regulating hormones, detoxifying organs, and preventing diseases through a holistic approach.

**6. "Acupuncture must cure serious illnesses in one session."**

Healing is a gradual process. Chronic conditions require multiple sessions to see lasting results.

As a TCM doctor and Ethiopia's first licensed acupuncturist/herbalist, I specialize in hormonal health (PCOS, infertility, IVF), digestive disorders (IBS, acid reflux), and autoimmune. TCM, a millennia-old global practice, offers transformative solutions for chronic conditions and prevention. Let's pioneer Africa's wellness revolution together.



*Seble Alemu  
Lic Ac, DTCM  
Visit: [acupunctureinaddis.com](http://acupunctureinaddis.com)*



# COLOUR ME WONDERFUL

## TRANSFORMING YOUR WARDROBE WITH STACEY KURZENDORFER

Since 2010, Stacey Kurzendorfer has been helping women and men discover the power of personal style through her unique approach to colour and wardrobe consulting. At Colour Me Wonderful, Stacey offers personalised colour and style analysis designed to uncover the shades that best complement your natural colouring, and advice to enhance your expression of style so you shine every day.

Stacey's philosophy is simple: when you wear the colours that suit you best, you feel more confident! Her services include personalised consultations such as Colour My Palette, Master My Style, Personal Transformation, Wardrobe Weed, and Shopping Trips. Whether you're revamping your closet or just need clarity on your best glow colours, Stacey's guidance ensures you make impactful style choices.

During a session—typically lasting between 1.5 to 2.5 hours (depending on group size and services chosen) —you'll learn why some shades flatter your skin tone more than others, how to mix and match your wardrobe for maximum versatility, and even how to choose makeup colours that enhance your natural beauty. Each client receives a custom 35 x 3 colour fan to use as a reference when shopping or selecting outfits, and style guidelines if that service is also chosen along with colour analysis.

For women especially, Stacey offers practical tips on choosing make-up shades that align with your unique colour palette. Her mission is to get you excited about your wardrobe every day and help you save time and money when shopping.

*Prices vary depending on the service and group size, but the transformation is priceless. To learn more or book a session, contact Stacey at +251 948 330 771 and start discovering your most vibrant self today.*



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addis**

**JULY  
20  
25**

**CATCH THE ART FENDIKA @ Hyatt**  
Doors open at 5:00 pm. Contact: +251 11 517 1234

**ABDI YEHUALSHET  
JUNE 18 - JULY 7**

**FRAOL FASIKA  
JULY 9 - AUGUST 4**

# MONTHLY EVENTS

**Nelson  
Mandela  
July 18**

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

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

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

Miss World

1<sup>st</sup> Runner up and  
**MISS WORLD  
AFRICA**

**HASSET DEREJE  
ADMASSU**  
Ethiopia

WAVES TRIDENT AUTO BEAUTY HITEX NATIONAL

# CULTURE CLUB



A partnership between  
Dashen Bank and What's Out Addis!

## Are you interested in ...

- Art, Culture, Music, Design, Fashion, Jewelry?
- Meeting like-minded people?
- Delving into the Ethiopian Art Scene?
- Choosing the latest beautiful bag from talented Ethiopian designers?
- Exploring the city?
- Having fun at our festivals?
- Saturday morning talks on Ethiopia's unique culture?

## JULY EVENT

## Culture Club has the answers!

Every month, the Culture Club will bring you exciting and unusual events promoting Ethiopian Art and Culture.

Learn more by contacting us at [info@whatsoutaddis.com](mailto:info@whatsoutaddis.com) and **Watch this space for our 2025-2026 calendar!**

To enjoy membership benefits, including invitations to exclusive events, VIP seating and free passes to events, open a Dashen Bank account and then contact us at [info@whatsoutaddis.com](mailto:info@whatsoutaddis.com).



For more information and updates, follow us!



### THE ARTFUL CHILDREN'S SUMMER CAMP AT HILTON ADDIS ABABA

5 WEEKS OF CREATIVITY | FUN | LEARNING!

#### Camp Hours & Pricing:

Morning Session (8:30am - 12:30pm)  
 Afternoon Session (1:30pm - 5:30pm)  
 Full Day (8:30am - 5:30pm) (Including lunch)  
 Daily Rate: 10,800 Birr  
 Weekly Rates  
 Half Day: 20,100 Birr  
 Full Day: 29,500 Birr

Sibling Discount (10%)

Friday: Family Day: Performances & Showcases

For Kids Aged 7-13  
 JUN 30 - AUG 1, 2025  
 (Monday to Friday)  
 Daily and weekly rates available

Visual Arts & Theatre

Music & Dance

Cooking (twice weekly)

Sports activities available upon request at Registration Desk

REGISTER NOW BY SCANNING THE QR CODE!



For more information:  
 0956888811 /  
[info@whatsoutaddis.com](mailto:info@whatsoutaddis.com)  
 Spaces are limited  
 First come, first served



### A PHOTOGRAPHY EXHIBITION



## Togetherness Celebrating Diversity and Harmony

DATE: JUNE 13 - JULY 3, 2025  
 TIME: 9 AM - 8 PM  
 VENUE: HYATT REGENCY ADDIS ABABA

### A PHOTOGRAPHY EXHIBITION





**AMERICAN STYLE CASUAL DINING**

**ANGLA BURGER**  
0912 060505  
Morning Star  
Mall1st floor,  
Known for: Fast  
Food and Burgers  
7 days a week

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

**BH BURGER**  
0991 723835  
0937 517326  
Bole Road, 1st fl.  
Parliamentarians  
Apts.  
Known for: Cheese  
steak sandwiches  
7 days a week

**BURGER SHACK**  
093-215-5531  
Around Wosen  
Loki Kidus Michael  
Bldg  
Known for: Burgers  
Closed Wednesday

**G BURGER**  
098 470 6001  
Behind Sheger  
Building  
Known for:  
Burgers  
7 days a week

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

**LA NOUVELLE**  
0929 930200  
1 | Bole, behind  
MillenniumHalK-  
nown for:  
Sandwiches,  
Combos  
7 days a week  
2 | Kebena, in front  
of Indiana School  
Closed Mondays

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

**LEMON BAR & GRILL**  
Golden Tulip Hotel  
+251 11 617 0740  
behind Berhane  
Adere Building  
Known for: Roast  
Chicken  
7 days a week

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

**RODEO**  
0911 246320  
0911 212103  
Bole oppositShoa  
Supermarket  
Known for: BBQ  
7 days a week

**ROOMIE BURGER**  
0115504727  
Piassa Churchill  
Area  
Known for: Burgers  
and Pizzas (24/7)  
7 days a week

**SAVOR ADDIS**  
011 667 0656  
Behind Flamingo  
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  
Closed Mondays

**SOSHA**  
0933 424242  
Medhanialeam  
towards Millennium  
Known for: Vegan  
Sandwich  
7 days a week

**ARMENIAN**

**ALADDIN**  
011 661 4109  
By Laphto Mall  
Known for: Grilled  
meat, humus,  
taboulleh  
Closed Sundays

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

**CELAVIE**  
011 6 507433  
Next to Zenbaba  
Guest House, Bole  
Brass  
Known for: Chicken  
burger  
7 days a week

**DUSK ADDIS ROOFTOP LOUNGE & COCKTAILS**  
0968 584185  
Alem Gebre  
Building, Gerji  
Known for: Live  
music  
7 days a week

**IN JOY BURGER**  
0936 638787  
Medhanialeam Bldg,  
Bole  
& other branches  
Known for: Chicken  
burger  
7 days a week

**THE DOSE**  
0970 104444  
Next to Warka  
Tower, Bole  
Known for: Hot  
dog sandwich  
7 days a week

**ASIAN**

**ARIRANG**  
011 320 4606  
1 | Mauritania St.  
By Ring Road  
Known for: Korean,

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

**CHINA BAR**  
0940 557454  
Next to Ghion  
Known for: One of  
the oldest  
restaurants  
7 days a week

**EATNSEE**  
0926 226988  
Bole Japan, inside  
**GANGNAM KOREAN**  
Known for: Mango  
Bingsu, & Korean  
mini-mart  
7 days a week

**HANOI HANNA**  
0995 301679  
Bole Japan behind  
Chinese market  
at Japan Condo-  
miniums  
Known for:  
Vietnamese Pho,  
Bánh Mi,  
Noodle Bowl, &  
Fried Noodles  
Closed Mondays

**HOTTO**  
0903 475477  
Known for  
Japanese inspired  
Asian fusion  
The Place Building  
Closed on Sundays

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

**KOKORO**  
0985 022222  
Namibia St.  
opposite Tomoca  
Known for:  
Japanese food

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

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

**TIAN TIAN CHINESE RESTAURANT**  
0913 548888  
1/Bole Medhani-  
alem,  
2/Friendship  
Supermarket,  
3/Bisrate Gebriel  
Known for: Soup &  
noodles  
7 days a week

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

**BRAZILIAN**  
**FOGO NO CHAO**  
Ramada Hotel  
011 6393939  
Bole Road  
Known for:  
Churrascaria, rich  
vegetarian  
options  
7 days a week

**CAFES**

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

**BUNATERA MULTI ROASTER COFFEE SHOP**  
0118546018  
0923570449/  
0974053030  
Olympia or  
around Bole  
Shewa  
Dabo or Wello  
Sefer  
Known for: coffee  
7 days a week

**CHEZ JEAN PIERRE**  
0913 616531  
Near SAS  
Pharmacy  
Known for: French  
pastries  
7 days a week

**COFFEECOLOGY**  
092 769 3071  
Megenagna  
Known for:  
Dine-in, Takeaway  
7 days a week

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

**ENITAWAWEK**  
0963 812959  
Behind Bole Mega  
Building  
Known for:  
Smoothie Bowls  
&Creative Space  
7 days a week

**EXCLUSIVE**  
0929 446238  
Bole Medhanialeam  
Known for:  
Steak House  
7 days a week

**ENRICO'S PASTRY**  
(One of the oldest  
Pastry Shops)  
011 557-1490  
Off Churchill Road  
Known for:  
Millefeuille, Cream  
Puffs (Boxegna)  
7 days a week

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

**GALANI**  
0911 200186  
1/Jackross,  
MOPLACO coffee  
factory  
Known for: Ice  
Cream & Garden  
Closed Mondays  
2/Lebu, Gara Mart  
Known for: Coffee,  
Light Lunch  
7 days a week  
3/Churchill, in front  
of MiNT  
Known for: Oven  
Pizzas, Bread  
7 days a week  
4/Entoto ZOMA  
Park  
Known for: Library,  
Lake View  
Fridays - Sundays

**GATEAU**  
0905 454647  
Behind ICS,  
Known for: Pastries  
7 days a week

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

**GRAB & GO**  
Golden Tulip Hotel  
011 6170740  
Medhanialeam area,  
next to Mama's  
Kitchen,  
Known for: Caffe  
Pastries and Bread  
7 days a week

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

**KALDI'S**  
0113714258  
6 main locations:  
2 around Bole  
Medhanialeam,  
Old Airport, CMC,  
Olympia, Kaliti and  
many others  
7 days a week

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

**LIME TREE**  
011 663 0872  
0911 200072  
1| Kazanchis  
Nigist Building  
2| Ghion Queens  
Known for: Healthy  
food and drinks,  
National, Tex-Mex  
7 days a week

**LONDON CAFE**  
0980 483020  
In front of Bole  
Medhanialeam  
Known for: Pastries  
7 days a week

**MAMOKACHA COFFEE**  
011 668 5792  
EU Road across  
from Alexandria  
Apts.  
Known for:

Coffee, Waffles  
and Brunch  
7 days a week

**MOYOS**  
0920 242442  
Around Atlas Hotel  
across from Yoly  
Hotel  
Known for:  
Breakfast and fresh  
juice  
7 days a week

**MUNCH GERMAN BAKERY**  
(Various locations)  
0911 218534  
Opposite  
Canadian Embassy,  
Sarbet  
Known for:  
German style  
bakery and cafe  
7 days a week

**NATANI**  
011 662 4753  
Bole Millennium  
Known for:  
Cheesecake  
7 days a week

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

**THE GOAT**  
1| Bole  
Medhanialeam,  
behind Adot  
0973 800607  
7 days a week  
2| Kazanchis, near  
Intercontinental  
0937 077744  
7 days a week  
3| Urael, behind  
2000 Habasha  
Restaurant  
7 days a week

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

**TILLA**  
0946 701125  
Kazanchis (across  
from Bambis)  
Known for:  
Sandwiches,  
Smoothie Bar with  
healthy food  
7 days a week

**TRYST**  
0944 061818  
Kazanchis next to  
Elilly Hotel, & Atlas  
in front of Shebta  
Lounge  
Known for:  
Delicious  
Sandwiches  
7 days a week

**TOMOCA**  
(Various locations)  
011 111 2498  
Incl, Churchill  
Road, near Book  
World, Atlas, Bole  
Medhanialeam  
Known for: Variety  
of coffee to buy  
and/or drink  
7 days a week

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

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

**ALL DAY DINING**  
011 667 3175/7822  
Golagol  
in front of  
Aksum Hotel  
Known for: Buffet  
breakfast and  
A la Carte Menu  
7 days a week

**CASCARA COFFEE & COCKTAILS**  
Hyatt Regency  
011 517 1203  
Known For:  
coffee-flavored  
cocktails  
7 days a week

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

**CENTER POINT REVOLVING RESTAURANT**  
InterContinental  
011 550 5066  
Kazanchis  
Known for: Buffet,  
European cuisine  
7 days a week

**CHOMA GRILL**  
0902 060708  
Shola, Minarol  
Building  
Known for:  
Grilled meat  
7 days a week

**CREMINO**  
0944 063338  
Bole, Tropical Mall  
Known for: Steak  
and Cheese  
7 days a week

**ENTOTO**  
0963 639963  
Bole Rd, corner of  
Japan Res. Rd.  
Known for:  
Mediterranean/  
Arabic vibe  
7 days a week

**FIVE LOAVES**  
0913 576818/  
0911 222976  
Opposite Indian  
School, Kebena  
Known for: Sunday  
Brunch  
7 days a week

<b>GARDEN COURT HIBIR</b> 011 662 0922/23 Bole in front of Alem Building Known for: Burgers 7 days a week	Known for: Mediterranean cuisine 7 days a week	0910 790038 In front of Getu Commercial Bldg, Dembel Known for: Kitfo varieties 7 days a week	Bole Medhanialew, Old Airport & Sahlite Mihiret Known for: Traditional food and dancing Closed Mondays	<b>IGLOO</b> 0944 100323 Olympia and Japan Market 7 days a week	Millennium Hall Known for: Ravioli Closed Sundays	<b>SALE E PEPE</b> 0921 248888 Kebeba Known for: Pasta and pizza Closed Mondays	Betel & Torhailoch (Omega High School) Known for: Falafel Wraps 7 days a week
<b>GAZEBO</b> Hilton 011 517 0000 Ext 953 Outdoor dining beside the pool Known for: Sunday Brunch 7 days a week	<b>SUMMERFIELDS</b> Sheraton 011 517 1717 Ext.6089 Known for: Hamburgers, buffet and ice cream 7 days a week	<b>2000 HABESHA</b> 011 618 2253/58 Bole Atlas Known for: National food & traditional dance 7 days a week	<b>ZEN</b> 0980 193313 Olompia, House 220 Known for: Ethiopian, European & Middle Eastern dishes 7 days a week	<b>TUTTO GELATO</b> 092 9923503 0944 349495/96/97/98/99 Bole Atlas, Sarbet, Century Mall, CMC Michael & DZ Kuriftu Known for: Ice cream 7 days a week	<b>BELVEDERE</b> 0912 639280 New stadium in front of Asham TV & Kazanchis/ECA Known for: Italian, European and Mediterranean dishes Closed Mondays	<b>STAGIONI</b> Sheraton 011 517 1717 Known for: Starters, mains & ambience 7 days a week	<b>JEGOL</b> Skylight 0116818181 Known for: Exotic flavors & aromas Closed Mondays
<b>GOLDEN PLATE</b> 0975745252/ 0980178210 Bole Medhanialew Abyssinia Plaza Known for: Fine dining 7 days a week	<b>SKY STEAK HOUSE</b> 011 467 4000 Dreamliner Hotel Known for: Steak 7 days a week	<b>KATEGNA</b> 0913 552762 0911 126460 Bole Medhanialew Known For: Quwanta firfir 7 days a week	<b>FRENCH</b>	<b>INDIAN</b>	<b>BETTUCCI</b> 0991 162244 Behind Vatican Embassy inside Alem Village Known for: Pizza, pasta, garden Closed Mondays	<b>TINYTALIAN</b> Skylight 0116818181 Known for: Trattoria ambience, Italian wines, al fresco dining 7 days a week	<b>SAN'AA</b> 0912 108054 Olympia, Gazebo Adebabay Known for: Delicious food 7 days a week
<b>HILL BOTTOM ADDIS</b> 011 896 4670/69 Ayat Roundabout Known for: Brick oven pizza 7 days a week	<b>SKY STEAK HOUSE</b> 011 651 1573/77 0911 100155 Up the hill from Megenagna Roundabout, Known for: Pasta/continental dishes 7 days a week	<b>KORMA GRILL</b> 0905 888888 Near Rwanda Embassy, In front of Washington Hospital Known for: Grilled beef ribs 7 days a week	<b>LA MAISON</b> 0911 472830 Mickey Leland St, last turn on the right before Atlas Crossroads Known for: Sunday Brunch, Garden 7 days a week	<b>KONARK</b> 0966 333929 Bole, Behind DH-Geda Bldg. Known for: Paneers and Dals 7 days a week	<b>CASTELLI'S</b> 011 157 1757 011 156 3580 Piassa near Adwa Known for: Pasta & Salad Bar Closed Sundays	<b>THE FOOD BOUTIQUE</b> 0911 209274 Old Airport, NOC Building, First floor Known for: Pastas and Pizza 7 days a week	<b>THE KITCHEN</b> Hyatt Regency 011 517 1205 Known for: Lavantine Cuisine 7 days a week
<b>KORMA GRILL</b> 090 588 8888 0905 787878 Bole Rwanda Known for: Grilled Steak 7 days a week	<b>UNION</b> 0903 377488 Meskel Square, inside Addis Ababa Museum Known for: Mixed Grill 7 days a week	<b>MESTI RESTAURANT</b> 0902 262222 22 Mazoriya, near Mulimul Bakery Known for: Quanta Firfir, Ageligil 7 days a week	<b>LOUVRE</b> 0970 800000 Togo Street, Across from Misrak Technical School Known for: French menu & courtyards 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>CRAVE</b> 011 557 4853 Meskel Flower Road in front of Chanoly Known For: Italian dishes 7 days a week	<b>THE FOOD BOUTIQUE</b> 0911 209274 Old Airport, NOC Building, First floor Known for: Pastas and Pizza 7 days a week	<b>PIZZA</b>
<b>LES ARCADES</b> Sheraton 011 517 1717 Known for: Gourmet cuisine Bookings Only	<b>VERRES EN VERS</b> Radisson Blu 0982 092182 011 515 7600 Kazanchis Known for: Buffet and à la carte dishes French Brasserie style 7 days a week	<b>MITMITA</b> 0978 197800 Opposite Millennium Hall, Known for: Local dishes 7 days a week	<b>LA MANDOLINE</b> 0921 328507 Near British Embassy Cote d'Ivoire St. Known for: Risotto, pork dishes Closed Tuesdays	<b>INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>DOK</b> 0979 910154 Top View, Megenagna Known for: Garden 7 days a week	<b>THE FOOD BOUTIQUE</b> 0911 209274 Old Airport, NOC Building, First floor Known for: Pastas and Pizza 7 days a week	<b>BELLA PASTA &amp; PIZZA</b> 0911 380606 1  Birsate Gebriel In front of South African Embassy 2  Jacros 3  Bole Known for: Pizza 7 days a week
<b>MAMA'S KITCHEN</b> 0911 222133 0930 099356 Next to Golden Tulip, Megenagna, 4Kilo, Unity Park & Entoto Park Known for: Grills 7 days a week	<b>VILLA VERDE LOUNGE</b> 0929 115937 Behind ICS next to Gateau Known for: Brunch, Pizza 7 days a week	<b>PARIS</b> 0960 230000 0911 528585 In front of Caravan Hotel Chichinya Known for: French & African dishes 7 days a week	<b>GERMAN</b>	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>GUSTO</b> 0934 497861 Old Airport, opposite Botswana Embassy, Known for: Seafood & Desserts 7 days a week	<b>THE FOOD BOUTIQUE</b> 0911 209274 Old Airport, NOC Building, First floor Known for: Pastas and Pizza 7 days a week	<b>EFFOI</b> 011 849 3647 Atlas, Kazanchis, Sarbet Known for: Unique combinations 7 days a week
<b>MARCUS ADDIS</b> 0945 111111 CBE HQ Tower, 47th Fl. Known for: Ethiopian/International Fusion 7 days a week	<b>ETHIOPIAN</b>	<b>BEER GARDEN</b> 011 618 2595/91 Behind Edna Mall Known for: Home brewed beer and European dishes Closed Mondays Except the Bar	<b>SANGAM'S</b> (Oldest Indian restaurant) 0911 214183 0953 407297 Behind Bole Printing press Known for: Tandori Chicken and Garlic Naan 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>LINDA</b> 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays	<b>TE AMO TACOS</b> 0901 672063 0903 184701 Kazanchis next to Belvedere Restaurant 1 block from Eilily hotel Known for: Latino music & dancing Closed Sundays	<b>MOKODO PIZZA</b> 0911 439524 1  Bole Airport Next to Aviation School Known for: Pizza Closed Tuesdays 2  Around Bole Friendship 7 days a week
<b>MESKOTT</b> 0903 879999 New location TBC Known for: International cuisine & bar 7 days a week	<b>AKKOO COFFEE</b> 0905 828282 Churchill Avenue, Piazza Milkomi City Complex, Bole Next to Post Office, Kazanchis Known for: Bula firfir 7 days a week	<b>GREEK CLUB</b> 011 553 0485 Off Olympia Road, further down from Greek School Known for: Moussaka, Souvlaki 7 days a week	<b>SHAHEEN</b> Sheraton 011 517 1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>LINDA</b> 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays	<b>TE AMO TACOS</b> 0901 672063 0903 184701 Kazanchis next to Belvedere Restaurant 1 block from Eilily hotel Known for: Latino music & dancing Closed Sundays	<b>ROMINA</b> 0911 214335 Arat Kilo, British Embassy, Summit Known for: Pizza 7 days a week
<b>OAOK</b> 011 146 74000 Dreamliner Hotel Meskel Flower Known for: European dishes 7 days a week	<b>CHAKA COFFEE</b> 0953 459258 Stadium, Bole Friendship & Morning Star Building Known for: Fresh coffee and tasty breakfast	<b>GREEK CLUB</b> 011 553 0485 Off Olympia Road, further down from Greek School Known for: Moussaka, Souvlaki 7 days a week	<b>SHAHHEEN</b> Sheraton 011 517 1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>LINDA</b> 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays	<b>TE AMO TACOS</b> 0901 672063 0903 184701 Kazanchis next to Belvedere Restaurant 1 block from Eilily hotel Known for: Latino music & dancing Closed Sundays	<b>YUMMY PIZZA</b> 0911 472598 0911 220100 On Bole Road to Japan Residence Known for: Home delivery (around Bole) 7 days a week
<b>PEACOCK</b> 0911 222637 Behind Bole Printing Press Known for: Steaks 7 days a week	<b>DONATELA</b> 011 668 4444 Bole Atlas Rakan Building 3rd floor Known for: Fusion, Ethiopian, African dishes Closed Sundays	<b>ICE CREAM</b>	<b>SHAHHEEN</b> Sheraton 011 517 1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>LINDA</b> 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays	<b>TE AMO TACOS</b> 0901 672063 0903 184701 Kazanchis next to Belvedere Restaurant 1 block from Eilily hotel Known for: Latino music & dancing Closed Sundays	<b>TURKISH</b>
<b>PEPPER &amp; SPICE</b> Bambis, around Marriot Hotel 011 518 4600	<b>FAFRESH CULTURAL KITCHEN</b>	<b>EMBWA CREAMERY</b> 0911 209838 Kera in Sishu compound, & Carl Square crossroad Closed Mondays	<b>SHAHHEEN</b> Sheraton 011 517 1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>LINDA</b> 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays	<b>TE AMO TACOS</b> 0901 672063 0903 184701 Kazanchis next to Belvedere Restaurant 1 block from Eilily hotel Known for: Latino music & dancing Closed Sundays	<b>ISTANBUL</b> 0910 174728 Bole Edna Mall near Ukraine Embassy Known for: Turkish food 7 days a week
		<b>GELATERIA ICE DREAM</b> 0929 902810 Lebu Commercial Center Known for: Vegan Ice cream 7 days a week	<b>SHAHHEEN</b> Sheraton 011 517 1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>LINDA</b> 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays	<b>TE AMO TACOS</b> 0901 672063 0903 184701 Kazanchis next to Belvedere Restaurant 1 block from Eilily hotel Known for: Latino music & dancing Closed Sundays	<b>PAMUKKALE</b> 0910 964530 Bole Brass, next to Medhanialew Church Known for: Mediterranean, Turkish, Middle Eastern 7 days a week
			<b>SHAHHEEN</b> Sheraton 011 517 1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>LINDA</b> 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays	<b>TE AMO TACOS</b> 0901 672063 0903 184701 Kazanchis next to Belvedere Restaurant 1 block from Eilily hotel Known for: Latino music & dancing Closed Sundays	
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			<b>SHAHHEEN</b> Sheraton 011 517 1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>LINDA</b> 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays	<b>TE AMO TACOS</b> 0901 672063 0903 184701 Kazanchis next to Belvedere Restaurant 1 block from Eilily hotel Known for: Latino music & dancing Closed Sundays	
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			<b>SHAHHEEN</b> Sheraton 011 517 1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>LINDA</b> 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays	<b>TE AMO TACOS</b> 0901 672063 0903 184701 Kazanchis next to Belvedere Restaurant 1 block from Eilily hotel Known for: Latino music & dancing Closed Sundays	
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			<b>SHAHHEEN</b> Sheraton 011 517 1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>LINDA</b> 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays	<b>TE AMO TACOS</b> 0901 672063 0903 184701 Kazanchis next to Belvedere Restaurant 1 block from Eilily hotel Known for: Latino music & dancing Closed Sundays	
			<b>SHAHHEEN</b> Sheraton 011 517 1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	<b>OM INDIAN BISTRO</b> 0944 443344 Mohan Block, off Zimbabwe Street Known for: Vegetarian Indian food Closed Sundays	<b>LINDA</b> 0911 219729 Inside Club Juventus, behind Meskel Square Known for: Pasta Closed Mondays	<b>TE AMO TACOS</b> 0901 672063 0903 184701 Kazanchis next to Belvedere Restaurant 1 block from Eilily hotel Known for: Latino music & dancing Closed Sundays	
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			<b>SHAHHEEN</b> Sheraton 011 517 1717 Ext.6098 Known for: Live cooking and delicate Indian flavors 7 days a week	<b></b>			

# GREEK RIZOGALO (RICE PUDDING)

## INGREDIENTS

1 cup water  
 100gr Arborio rice  
 1 liter + 1 cup milk  
 100gr sugar  
 3-4 tsp corn flour  
 Cinnamon  
 1/2 tsp vanilla extract  
 zest of an orange optional

## DIRECTIONS

1. Rinse the rice thoroughly.
2. Place the rice in a saucepan, cover with water, and simmer on low heat until the rice absorbs all the water.
3. Next, pour in the milk and bring it to a boil.
4. In a separate cup, dissolve the corn flour in some milk, then gradually stir it into the saucepan.
5. Stirring constantly is crucial to prevent the mixture from burning at the bottom.
6. Once combined, add the sugar, orange zest and vanilla extract, and continue boiling until the mixture thickens.
7. Distribute the mixture into small bowls and allow it to cool.
8. Finish by sprinkling cinnamon on top before serving.



## SUPPORT A WORTHY CAUSE - SHOP AT HOPE RUGS ETHIOPIA

If you're looking for quality products that make a difference, look no further than Hope Rugs Ethiopia. Operated under the Hope for the Blind and Handicapped Association, this unique initiative offers not just beautifully made carpets, but also a variety of essential cleaning products—all at very affordable prices.

What truly sets Hope Rugs apart is the heart behind the work. Every item is carefully made by blind and visually impaired men and women, many of whom are elderly. These dedicated individuals may face physical challenges, but they bring unmatched skill, care, and dignity to their craft. By purchasing from Hope Rugs Ethiopia, you're not just buying a rug or cleaning product—you're investing in hope, empowerment, and independence for people who deserve every opportunity to thrive.

Whether you're furnishing a home, cleaning your space, or simply looking for a way to give back, your support helps sustain lives and uplift a vulnerable community. With fair pricing, practical goods, and a powerful mission, there's every reason to support this inspiring local initiative. Visit them today!

Hope Rugs Ethiopia is conveniently located behind Yared Music School, between the German Church School in Addis Ababa.

Let's stand together in support of dignity, craftsmanship, and opportunity. Choose Hope Rugs Ethiopia—where every purchase makes a difference.

*For inquiries or to place an order, you can contact:*  
 0111 220 482 / 0983 985 020  
 0913 620 670 / 0913 544 638  
 Email: [hope\\_fortheblind@yahoo.com](mailto:hope_fortheblind@yahoo.com)



*A single stick may smoke, but it will not burn..*



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# SOAP



## ETHIOPIAN ALOE VERA SOAP INITIATIVE

Ethiopia, home to some of the world's finest The Walkante Soap Project was started last year by Yared Tour. After witnessing the struggles and poverty of the region, the tour leader specifically wanted to support marginalized, illiterate women in South Omo.

Yared Tour was well aware that in order to reduce poverty it is vital to provide female headed households in these very remote areas with an opportunity to raise their children. The project empowers women and has also spear headed an important conversation regarding girls' education within the communities; it has become clear that when women receive technical and basic training in business and finance that they are able

to improve their household standard of living quickly and efficiently. Although women are the main producers and beneficiaries, men are also engaged in this project.

Not only does this project empower and engage these women but the soap is also made from abundantly grown Aloe Vera which thrives in the Ethiopian climate.

Aloe Vera has long been used as a traditional medicine in Ethiopia and is highly regarded for its many health benefits. Used in soap, the aloe vera is moisturizing and as the aloe vera gel contains mostly water, it absorbs quickly into the skin also providing hydration for dry and itchy skin.

At the moment, the soap costs 200 ETB per bar but bulk orders can have special arrangements. The soap is packed in natural materials made from banana leaves and is a 100 percent vegan product. If you want to order this soap, please get in touch with Yared Tour as currently they are organizing sales and distribution in Addis Ababa.

[yaredtourethiopia@gmail.com](mailto:yaredtourethiopia@gmail.com)  
[www.yaredtour.com](http://www.yaredtour.com)  
 +251 94 4036661



# ANBESSA MICE REDEFINES ETHIOPIA'S MICE AND INCENTIVE TRAVEL LANDSCAPE

Anbessa MICE, a trailblazing MICE operator and Destination Management Company (DMC), officially launched in June 2025 to position Ethiopia as a premier destination for meetings, incentives, conferences, and exhibitions (MICE). This new venture builds on the 13-year legacy of its sister company, Anbessa Travel, Ethiopia's first Travelife-certified travel agency. Anbessa MICE leverages global expertise and local knowledge to craft unparalleled event and travel experiences.

## Strategic Investments for Excellence

To ensure industry leadership, Anbessa MICE has made significant investments:

- Expanded its fleet with five new vehicles, including three EV SUVs for premium shuttle services.

- Implemented advanced ERP systems for seamless event registration and operations.
- Assembled a team of four MICE specialists.
- Reinforced its commitment to sustainability through eco-friendly initiatives.

## Showcasing Ethiopia's MICE Potential

The success of a recent five-day incentive trip to the Omo Valley and Arba Minch underscores Ethiopia's appeal for high-end travel experiences. Addis Ababa, as Africa's diplomatic hub, boasts world-class conference facilities, including the African Union Headquarters, United Nations Economic Commission for Africa, and venues like Millennium Hall and the Ethiopian Skylight Hotel.

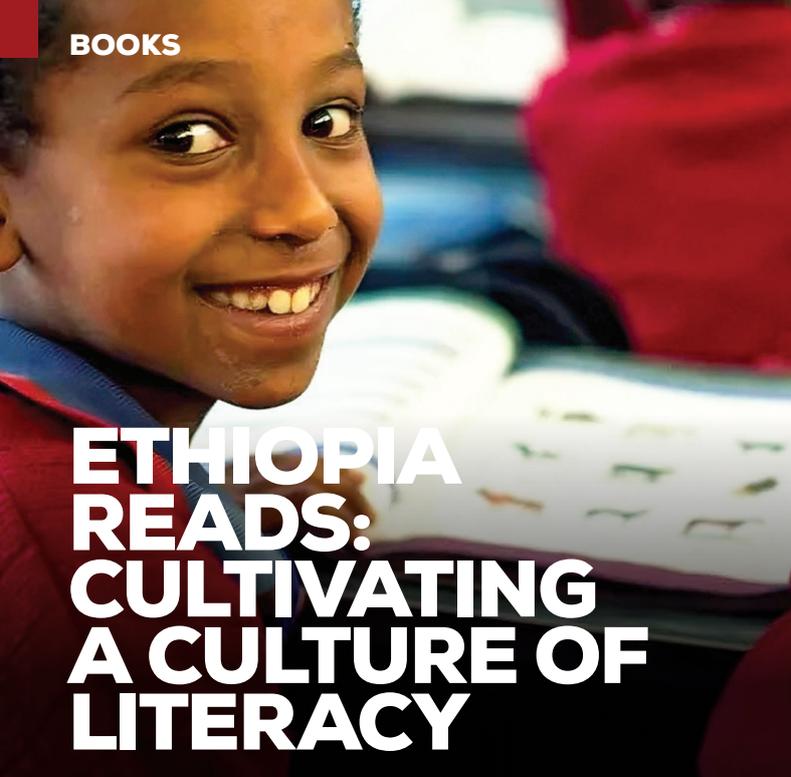
## Commitment to Sustainability

Anbessa MICE prioritizes responsible tourism, as evidenced by its partnership with the Ethiopian Society of Heritage to plant indigenous trees for every client served. "Our expanded EV fleet and dedicated team uniquely position us to provide sustainable event solutions," said General Manager Molla Miheretu.

## Future Vision

Specializing in corporate meetings, custom incentive travel, and sustainable planning, Anbessa MICE strives to position Ethiopia as Africa's next great MICE destination while upholding its commitment to responsible growth.

*For inquiries, contact [info@anbessa.travel](mailto:info@anbessa.travel).*



# ETHIOPIA READS: CULTIVATING A CULTURE OF LITERACY

Ethiopia Reads is on a mission to create a culture of reading across Ethiopia. Since its founding in 1998, the nonprofit has worked to increase access to books and literacy resources, empowering communities and transforming lives through reading.

Partnering with local communities, Ethiopia Reads has planted over 80 libraries throughout Ethiopia and developed one of the country's most effective peer-mentoring and educator training programs. These libraries serve as learning hubs, equipped not just with books, but also with trained librarians who inspire curiosity and critical thinking among young readers.

The organization's vision is rooted in the belief that reading is a foundational skill for individual and societal growth. By nurturing strong reading habits early, Ethiopia Reads hopes to develop a more literate, capable, and resourceful generation of future leaders.

Each year, Ethiopia Reads reaches over 250,000 children, offering access to quality educational resources in both urban and rural areas. In 2019, the organization launched the National Children's Reading Summit, now Ethiopia's leading professional forum focused on literacy, children's books, and educational quality.

In 2024, Ethiopia Reads took a significant step forward by publishing the first-ever bibliography of Ethiopian children's books. The organization also supports local authors, illustrators, and publishers, helping to grow Ethiopia's children's literature scene.

Headquartered in Minneapolis, Minnesota, Ethiopia Reads is a 501(c)(3) nonprofit and holds a Platinum rating from Guidestar, recognizing its commitment to transparency and impact. With a dedicated team and a network of supporters, Ethiopia Reads continues to be a leader in education, literacy, and community empowerment.

To learn more or get involved, visit [www.ethiopiareads.org](http://www.ethiopiareads.org)



## Super App

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**ART GALLERIES**

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

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

**GEBRE KRISTOS DESTA CENTER**  
Modern Art Museum  
Opposite AAU Main Gate

**HALTA ART STUDIO**  
0913013510  
Hyat, Keberdemena St. Mary Church

**KIKUNDI**  
0944222333  
Hilt

**LAPHTO ART GALLERY**  
0911 881814  
Laphto Mall, OldAirport

**MAKUSH GALLERY**  
0911 418602  
Bole Road, Mega Building

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

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

**STUDIO 11**  
0909 999333  
0931 311044  
Zemilo Hotel Apts, 1st Fl.  
Opp. Millennium Hall  
Closed Mondays

**CULTURAL CENTRES**

**ALLIANCE ETHIO-FRANCAISE**  
0965 166416  
allianceaddis.org

**BRITISH COUNCIL**  
0911 512835  
ethiopia.british-council.org

**GOETHE INSTITUT**  
011 124 2345/6  
0910 284 207  
Info-addus@goethe.de / Betelehem.HalefomAdane@goethe.de

**ITALIAN CULTURAL INSTITUTE**  
011 155 3427  
iicaddisabeba@es-teri.it

**FRENCH CENTRE FOR ETHIOPIAN STUDIES**  
011 123 4767

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

**LIBRARY**

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

**MUSEUMS**

**ADDIS ABABA MUSEUM**  
Behind Meskel Square

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

**NATIONAL MUSEUM (LUCY)**  
Amist Kilo  
011 111 7150

**POST OFFICE MUSEUM**  
Main Post Office

**RED TERROR MUSEUM**  
Meskel Square/Bole Road

**SCIENCE & ART MUSEUM**  
Opposite Unity Park

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

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

**ZOMA MUSEUM**  
(private)  
Mekanissa

**CRAFT/ FASHION GALLERIES**

**AFRICAN MOSAIQUE**  
0978 110451  
Shola-British Embassy

**THE BLUE HEN**  
0945 975050  
Sarbet

**CHILOTA**  
Hilton Hotel, Next to Novis

**MUYA**  
0913 930885  
Near Egyptian Embassy

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

**SABAHAR**  
011 321 5112  
Mekanissa  
sabahar.com

**SUZANNE'S**  
011 372 4581  
Old Airport

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

**CINEMAS**

**ALEM CINEMA**  
011 663 6718  
Friendship Building

**CENTURY CINEMA**  
0987 202020  
Century Mall, Gurd Shola  
info@centuryad-dismall.com

**GAST CINEMA**  
0930 113388  
CMC train station  
Gast Mall  
cinema.gast-mall.net

**VAMDAS ENTERTAINMENT**  
0924 752437  
Megegnagna

**CINEMA EMPIRE**  
Piazza  
Churchill Road

**ELIANA CINEMA**  
0926 080808  
Piazza,  
Churchill Road

**ABYSSINIA CINEPLEX**  
Bole Medhani-alem,  
Impress Building

**THEATRES**

**HAGER FIKIR THEATRE**  
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011 111 9820  
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011 553 7637  
Near Ethiopia Hotel

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011 112 8603  
Arat Kilo

**ARTIST ASSOCIATIONS**

**ETHIOPIAN VISUAL ARTISTS ASSOCIATION (EVAA)**  
0911 612767

**ASSOCIATION OF ETHIOPIAN FEMALE ARTISTS (FORMERLY FOWA)**  
0911 145311

**PARKS**

**UNITY PARK**  
unity park.et  
Opposite Science & Art Museum

**FRIENDSHIP PARK 1**  
Opposite Sheraton Addis

**FRIENDSHIP PARK 2 (CHILDREN'S CENTER)**  
0933 598330  
Opposite Abrhot Library

**AMBASSADOR PARK**  
Near Ambassador Theatre

**ADDIS ZOO PEACOCK PARK**  
Near Wollo Sefer Roundabout

**ADDIS ABABA PARK**  
Opposite UNECA & Hilton Hotel

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

**PARK BEHIND ST. ESTIFANOS CHURCH**  
Meskel Square  
Opposite Marriot Hotel

**ENTOTO PARK**  
0918 450713  
Entoto (5 entrances)

Entrance 1 (Maya/Maryam Gate) View Point

Entrance 2 (Sululta Gate) Activities & Kuriftu Glamping

Entrance 3 (Dil Ber/Addisu Gebeya Gate)

Entrance 4 (Shiro Meda Gate)

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0919 198287

**MALDO MEDICAL CENTER**  
6061  
011 5 570488

**NORDIC MEDICAL CENTRE (NME)**  
0929 105653

**PARAGON PHYSIOTHERAPY & SPORTS MEDICINE SPECILAIZED CLINIC**  
0950 385838

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

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**INTERNATIONAL CLINICAL LABORATORIES**  
011 552 9252

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0946 130000

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0941 545454

**SUN OPTICS**  
0911 220004

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011 551 4141

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011 124 5404

**HAYAT HOSPITAL BOLE**  
011 661 4250

**LANDMARK**  
011 552 5719

**KADISCO GENERAL HOSPITAL**  
011 629 8904/02  
**MCM KOREAN**  
011 629 5421/27  
**ST. YARED**  
011 645 4697/04

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011 551 3205

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011 551 1211

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011 275 0125

**YEKATIT 12**  
011 155 3065/68

**ZEWDITU**  
011 551 8085

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011 618 1357

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011 156 6521/ 011 156 6296

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0935 207720  
0912 477077

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0911 665830

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DR. SHENKUT

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0946 799399

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DR. DAWIT



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<b>ELECTRICITY</b> 905	<b>LOST MOBILE REGISTRATION</b> 994	<b>EGYPT AIR</b> 011 156 4493/4	<b>QATAR AIRWAYS</b> 011 554 4638
<b>WATER &amp; SEWERAGE</b> 906	<b>ETHIO-TELECOM COMPLAINT HANDLING</b> 990	<b>EMIRATES</b> 011 518 1818	<b>TURKISH AIRLINES</b> 011 6662 7781/82
<b>RED CROSS/ AMBULANCE</b> 907	<b>INTERNATIONAL CALLS</b> 998	<b>ETHIOPIAN AIRLINES</b> 011 665 6666	<b>YEMENIA</b> 011 551 5076
<b>POLICE INFORMATION</b> 911		<b>FLY DUBAI</b> 011 066 70154	

# HOT MUSIC TABLE - 2025

May 09 - June 10, 2025

## HOTTEST ARTISTS

		Radio	TV	Total Plays
1	 Dawit Tsige	693	214	907
2	 Kuku Sebsibe	742	5	747
3	 Bisrat Surafel	512	211	723
4	 Michael Belayneh	473	61	534
5	 Neway Debebe	437	12	449
6	 Veronica Adane	254	185	439
7	 Abdu Kiar	338	90	428
8	 Dawit Mellese	392	0	392
9	 Haleluya Tekletsadik	202	188	390
10	 Yohana	271	81	352

### CALCULATING THE HOTTEST ARTIST

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

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

## HOTTEST TRACKS

		Radio	TV	Total Plays
1	 Dejazmach Kuku Sebsibe	390	0	390
2	 Men Aseba New Bisrat Surafel	221	160	381
3	 Yelebe Haleluya Tekletsadik	163	124	287
4	 Demama Dawit Tsige	130	113	243
5	 Dar Dar Dawit Tsige	153	48	201
6	 Zemedye Hibist Tiruneh	112	73	185
7	 Yileyal Lemelem Hailemichael	85	94	179
8	 Bantelay Hana Girma	105	67	172
9	 Maleda Eyob Belay	48	106	154
9	 Min Gud Nat Mesay Tefera ft. Helina Dr	33	120	153

### ON CALCULATING THE HOTTEST TRACKS

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

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

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

THIS DATA IS GATHERED BY A 24/7 AUTOMATED RECORDING & ANALYZING AI SYSTEM FROM 35 TV & RADIO STATIONS.

THERE WERE MORE THAN 56,765 TOTAL MUSIC PLAYS ACROSS THE BROADCAST MEDIUM FOR THIS WEEK.

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Seafood, chicken, or  
plant-based bites

The perfect excuse to Meet,  
Mingle, and Munch.



**SHERATON ADDIS  
HOTEL  
ADDIS ABABA**

For more information call +251 115 17 17 17 or  
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