

*what's  
out  
addis*

JANUARY  
2026

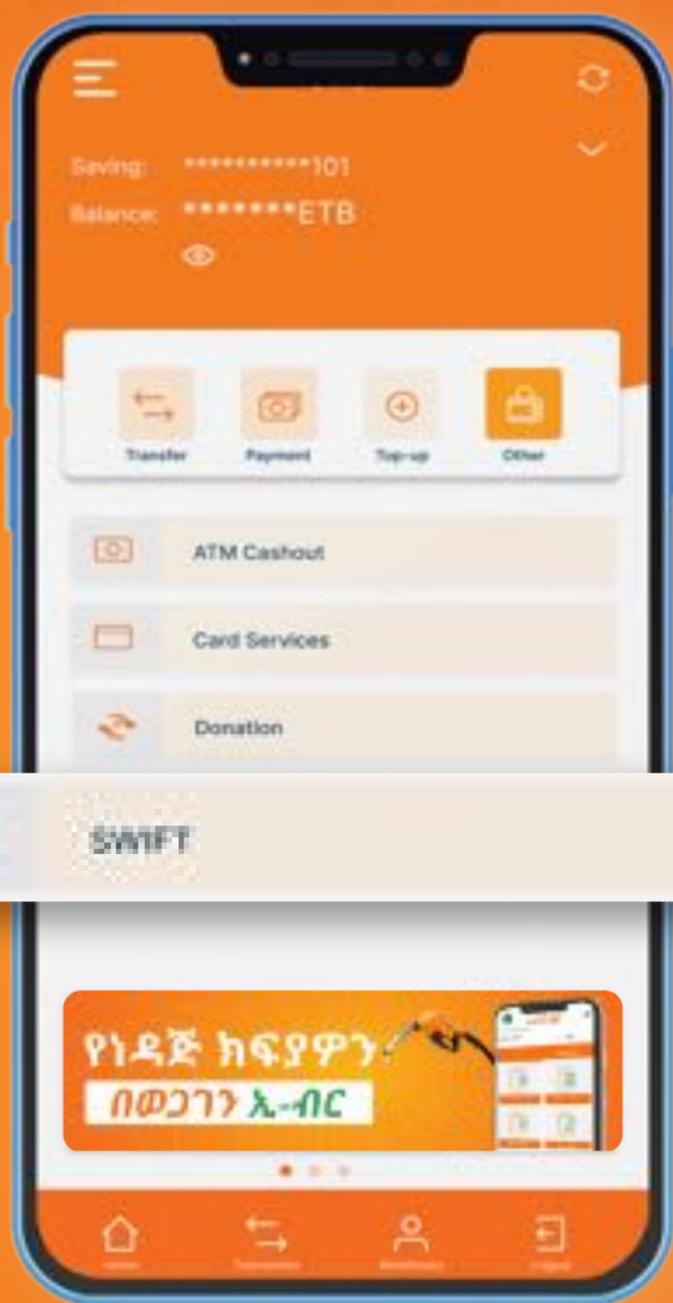


**GUARDIAN**

**OF THE  
SKIES**

**Bruktawit Abdu Mahamued**

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



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kospimarketingsales@outlook.com

[www.midrocinvestmentgroup.com](http://www.midrocinvestmentgroup.com)

# Dear Friends

Welcome to the January 2026 issue. January in Ethiopia is dominated by two major Orthodox Christian celebrations: Genna (Ethiopian Christmas) on January 7th, featuring fasting and church vigils, and the spectacular Timket (Epiphany) on January 19th, a colorful festival marking Jesus's baptism with processions of Tabots (replicas of the Ark of the Covenant) to holy water bodies for blessings. One of the three Wise Men is widely considered to be from Ethiopia and we write about Balthazar; he was, according to Christian tradition, one of the three biblical Magi (also known as wise men or kings).

Discover the vibrant essence of Addis House of Culture which is the new destination for creativity and cultural exploration of the rich artistic heritage of Addis Ababa, nestled within the grounds of the National Palace. In a fast-paced world that often pushes our bodies to the limit, Kino Physiotherapy offers something refreshingly simple yet profoundly powerful healing through movement. These are highlights of just some of the articles this month lots more to read inside!

We wish you a pleasant month of celebrations.

## Team What's Out

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# GUARDIAN OF THE SKIES:

## THE INSPIRING WORK OF BRUKTAWIT ABDU MAHAMUED

by Rachel Berhane Araya

**B**ruktawit Abdu Mahamued is one of Ethiopia's leading voices in bird conservation, dedicating her career to the protection of the country's most threatened avian species. An ornithologist and conservation biologist, she currently serves as an Assistant Professor at Kotebe University of Education in Addis Ababa. Her work combines scientific research, field expertise, and a strong commitment to environmental education.

Bruktawit's journey into conservation began with early field experiences and internships across Ethiopia and abroad. These opportunities allowed her to build strong practical skills in bird population surveying, bird ringing, and raptor

monitoring—techniques that form the foundation of effective conservation work. Her passion for birds eventually led her to pursue a PhD in the United Kingdom, where she focused her research on one of Ethiopia’s most threatened and endemic species, the Liben Lark. This critically endangered bird is found only in a shrinking grassland habitat, and Bruktawit’s research contributes vital data to ongoing efforts to protect it from extinction. She has recently been designated by BirdLife International as the Liben Lark’s Species Guardian.

Beyond her doctoral work, she was selected as an EDGE Fellow with the Zoological Society of London, a prestigious program supporting conservationists working with Evolutionarily Distinct and Globally Endangered species. In Ethiopia, her EDGE project centered on the White-winged Flufftail, another critically endangered bird whose survival depends on the protection of dwindling wetland habitats.

Bruktawit is not only a researcher but also a dedicated educator. She actively designs and leads environmental education programs for children along with Open Hearts Big Dreams., She teaches young people about the importance of birds, ecosystems, and biodiversity. By inspiring the next generation of conservationists, she ensures that her work has lasting impact far beyond the field.

In recognition of her leadership, she became a 2022 Fellow of Women for the Environment Africa, joining a network of female leaders driving environmental change across the continent. Through her research, teaching, and advocacy, Bruktawit Abdu Mahamued continues to play a vital role in safeguarding Ethiopia’s natural heritage.

*For more info: [brukabdu.m@gmail.com](mailto:brukabdu.m@gmail.com)  
LinkedIn: [Bruktawit Abdu Mahamued](#)  
[+251913865266](tel:+251913865266)*



# ADDIS HOUSE OF CULTURE

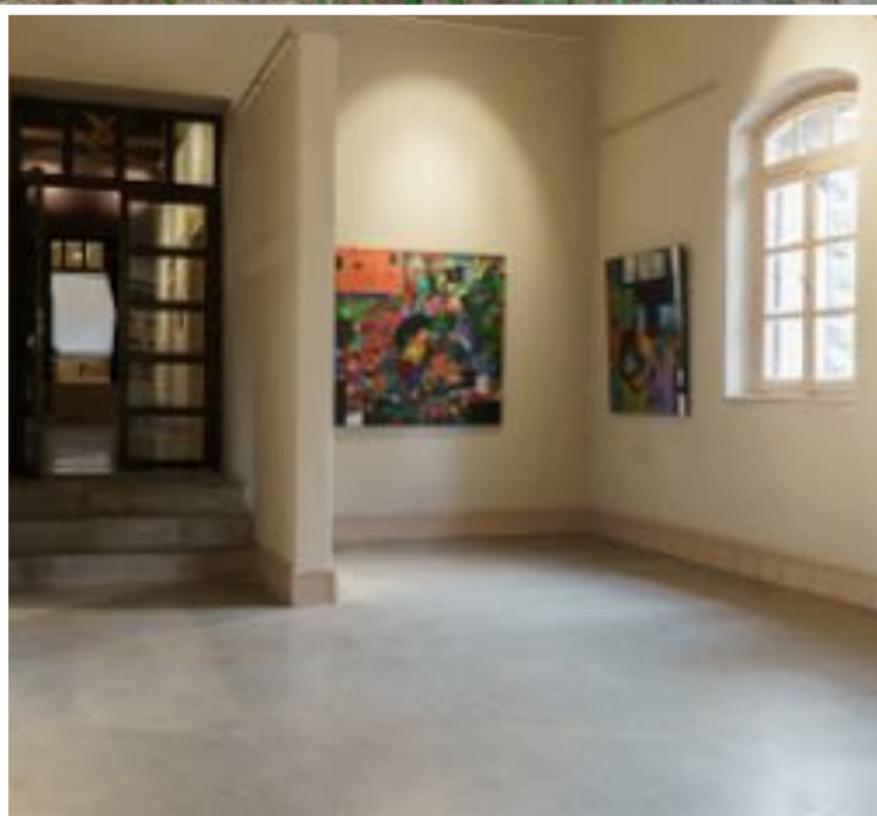
Addis House of Culture (AHOC) is a vibrant cultural hub in Addis Ababa, celebrating art, fostering creativity, and engaging the community. AHOC features a dynamic gallery with local and international artists, a cafe/bar offering live music and local flavors, a bookstore focused on African literature, and a multimedia space for workshops and events. Through exhibitions, talks, and inclusive programs, AHOC aims to enrich, unify, and empower the community by promoting Ethiopian and global cultures.

Nestled in the grounds of the National Palace, which was built in 1955 to mark the Silver Jubilee of Emperor Haile Selassie and has served as presidential residence since 1974, Addis House of Culture is more than just a cultural center; it's a space where artists, thinkers, and the community gather to explore, create, and share.

AHOC's mission is to engage visitors in a cultural and creative experience that comes alive in every space. Visitors can explore a rich array of contemporary art in the **gallery**, where rotating exhibitions showcase both emerging and established artists.

The **bookstore** is a treasure trove for book lovers, featuring carefully selected titles and artisanal crafts.

The **multimedia space** is designed for arts and crafts workshops, panel discussions, film screenings, and live performances,





offering an engaging environment for learning, inspiration, and connection.

The inviting **cafe/bar** offers locally sourced coffee and expertly crafted cocktails, creating the perfect setting for conversation and relaxation.

Don't delay! Discover the vibrant essence of AHOC—the new destination for creativity and cultural exploration of the rich artistic heritage of Addis Ababa.

*Contact Us*

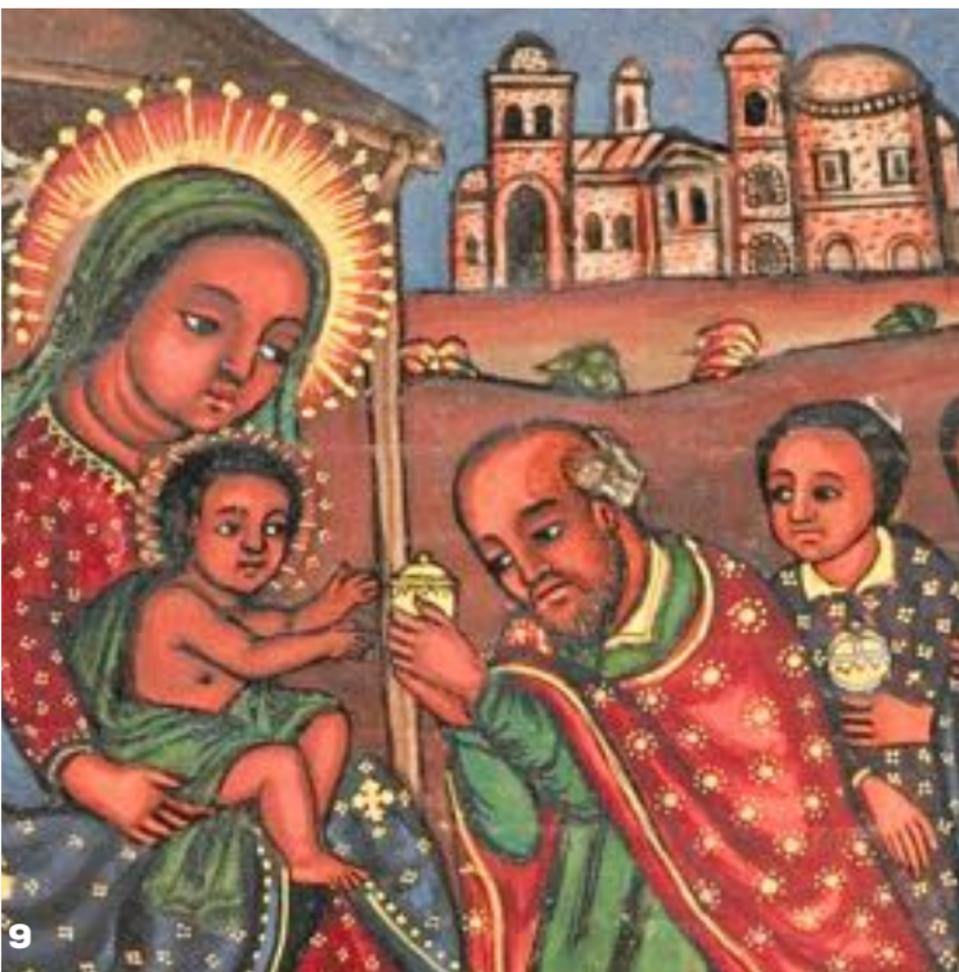
*Address: National Palace, through Filwuha\ Finfine Restaurant*

*Phone: +251 97 011 3039*

*Email: [addishouseofculture@gmail.com](mailto:addishouseofculture@gmail.com)*

*Website: [addishouseofculture.com](http://addishouseofculture.com)*

*Instagram: [@addishouseofculture](https://www.instagram.com/addishouseofculture)*



# SAINT BALTHAZAR: AN ETHIOPIAN WISE MAN

Balthazar, also called Balthasar, was, according to Christian tradition, one of the three biblical Magi (also known as wise men or kings) along with Caspar and Melchior who visited the infant Jesus after he was born. Balthazar is traditionally referred to as the King of Arabia and gave the gift of myrrh to Jesus. In the Catholic Church, he is regarded as a saint (as are the other two Magi). According to church tradition, Balthazar is often represented as a king from Ethiopia or Saba, "the land of spices", and is frequently depicted as a Middle Eastern or black man in art.

As part of the Magi, Balthazar followed the Star of Bethlehem first to the palace of Herod the Great, who instructed them to return to him when they had found the Child Jesus. When they arrived at the manger, the Magi worshipped him and presented their gifts. Balthazar gave the gift of myrrh. Following his return to his own country, avoiding King Herod, it is purported that Balthazar celebrated Christmas with the other members of the Magi in Armenia in 54 A.D. but later died on 6 January 55 A.D. The feast day of Balthazar is also 6 January, as the date of his death.

The three named Magi are venerated as saints and martyrs and are celebrated on the Feast of the Epiphany in the West. The Wise Men's gifts were rare and precious commodities of the age. Frankincense was an aromatic resin from Arabic and East African trees, used for incense. Myrrh was another resin, which came from Arabia. Both were used in perfumes and for embalming, and myrrh was also used in the anointing of Kings.

*Source: Wikipedia and [www.reinodeaksum.com](http://www.reinodeaksum.com)*





# ETHIOPIAN CHRISTMAS TIBS

## INGREDIENTS:

- 2 tbsp niter kibbeh (Ethiopian spiced clarified butter)
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1-inch piece ginger, minced
- 2 tbsp berbere spice
- 500g sirloin beef, cut into 1-inch cubes
- Salt, to taste
- Lemon juice, to taste
- Injera, for serving

## INSTRUCTIONS:

1. Prepare the sauce: In a saucepan, melt the niter kibbeh over medium heat. Add onions, garlic, ginger, and berbere.



Cook on medium-low heat for 30 minutes, stirring occasionally, until onions are deeply caramelized. Blend lightly, leaving some texture.

2. Cook the beef: Season beef cubes with salt. Heat a cast-iron skillet until hot. Sear beef in batches for 3–4 minutes per side until
3. golden brown.
4. Combine: Transfer seared beef to the onion sauce. Add a splash of lemon juice and stir to coat evenly.
5. Serve: Serve hot with injera.

**Tips:**

- Store leftovers in an airtight container in the fridge for 3–4 days.
- Reheat gently on the stovetop with a little water or broth to retain tenderness.

Festive Note: Perfect for Ethiopian Christmas (Genna), this aromatic Tibs brings family and friends together, celebrating tradition, flavor, and togetherness.

## SHOPPING

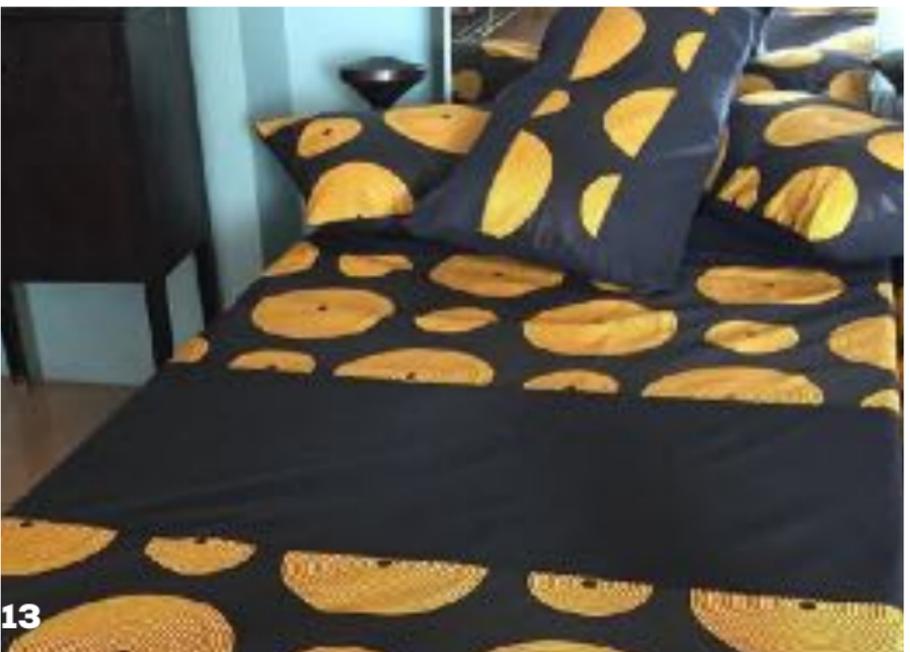


In a world where fashion often chases fleeting trends, Suzanne stands out as a visionary designer, crafting timeless pieces that tell stories. At the heart of Suzanne's Boutique is a celebration of Ethiopia's rich cultural heritage, seamlessly blended with modern, global sensibilities.

Today, Suzanne is renowned for offering some of the finest bamboo shawls available. Working with premium bamboo fibers, she and her skilled shemanes in Addis transform the material into luxuriously soft, beautifully designed shawls. Each piece showcases meticulous craftsmanship—sustainable, elegant, and infused with contemporary Ethiopian artistry. These bamboo shawls have quickly become signature items, admired for their texture, flow, and high-end finish.

Suzanne's collection extends far beyond shawls. From traditional textile scarves and handcrafted jewelry made with natural stones to silk and cotton curtains, every creation reflects refined Ethiopian craftsmanship. Her designs honor ancient weaving traditions while reimagining them with modern textures, colors, and patterns, offering both cultural authenticity and global appeal.

Her artistry also influences home design, with handmade duvet covers and tablecloths that blend comfort, texture, and Ethiopian aesthetic flair. Across fashion and lifestyle, Suzanne works closely with local artisans, ensuring each piece elevates Ethiopia's craftsmanship while resonating with international audiences.



# SUZANNE'S BOUTIQUE: ETHIOPIAN CRAFT MEETS GLOBAL ELEGANCE

*by Rachel Berhane Araya*



Suzanne's Boutique is more than a brand—it is a bridge between tradition and innovation, Ethiopia and the world. Her creations, from bamboo shawls to jewelry and home textiles, invite us to experience fashion and design as both heritage and contemporary art.

**For more info:**

Instagram: [suzannesaid2](#)

Facebook: [Suzanne Said](#)

+251 912 148 483 / +251 912 61 3949

Location: XPR8+4W4 Suzanne Said boutique,  
Addis Ababa



# STRESS: A CATALYST AND A CHALLENGE

A little stress can push us beyond our self-imposed limitations. During academic years, for example, the pressure of exams motivates us to study through long nights, absorbing knowledge that serves us for life. Once the exams are over, we relax and recover from those sleep deprived stretches. Similarly, work deadlines help us focus, channel bursts of energy efficiently, and unwind after ward.

However, stress tolerance varies by individual, and certain symptoms and causes can erode resilience over time:

1. Feeling unfulfilled or disconnected from life's purpose.
2. Struggling to maintain regular exercise.
3. Chronic sleep deprivation or inadequate rest.
4. A perpetual backlog of unfinished projects.
5. Neglecting personal time for rejuvenation.

Other stressors that may add up to challenging our stress resilience are:

6. Systemic inflammation due to chronic infection /toxin overload.
7. Dysglycemia (abnormal blood sugar levels, which can be either too high or too low.

## Ways to support some of Stress Physiology

To sustain balance, consider these methods:

1. Acupuncture – calms the nervous system.
2. Chinese Herbal Therapy – Adaptogens like Ginseng, Reishi Mushroom, Licorice Root, and Schisandra help the body adapt to stress.
3. Breathing Exercises – Techniques such as diaphragmatic breathing activate parasympathetic relaxation responses.
4. Conscious Living – overall exercise mindfulness, prioritization, and setting boundaries to prevent burnout.

This article is the third of a six-part series on Wellness contributed by Seble Alemu, Doctor of Traditional Chinese Medicine and Licensed Acupuncturist (DTCM, Lic. Ac.)

Visit: [acupunctureinaddis.com](http://acupunctureinaddis.com)

# **NIZENU CONSULT: ELEVATING WORKPLACES THROUGH EXCELLENCE**

Nizenu Consult, led by visionary owner Getachew M. Yitbarek, is transforming workplaces by focusing on holistic employee and organizational development. Specializing in the Soft Skills Training that includes Strategic Thinking Skills, Problem Solving Skills, Team Building Skills and Communication Skills, Nizenu Consult helps businesses build high-performing, engaged, and balanced teams.

Central to Nizenu's approach is the belief that a company's success starts with its people. Nizenu emphasizes work-life balance, supporting employees in managing professional demands while maintaining personal well-being. Their programs also cultivate strong work ethics and nurture positive organizational culture, promoting environments where accountability, respect, and innovation thrive.

Under Getachew M. Yitbarek's leadership, every training and consultancy engagement is customized to meet the unique needs of each organization, delivering measurable improvements in productivity, employee satisfaction, and overall performance.

**Contact:**

*Email: [Nizenu@gmail.com](mailto:Nizenu@gmail.com) | Website: [www.nizenu.com](http://www.nizenu.com) | Cell: +251911591945 | Location: CMC Road, next to St. Michael Church*



## CONFIRMED CULTURAL E

### 10th Year of ECL-AA at Goethe-Institut

**What:** Celebration of Emerging City Lab - Addis Ababa's 10-year anniversary.

**Highlights:** Live music performances from the Emerging Music Lab, reflections on a decade of urban research and collaborations.

AllEvents

**When:** 7 January 2026

**Where:** Goethe-Institut Addis Ababa

### International Conference on Drama, Theatre, and Performance Studies

**What:** A scholarly gathering on drama, theatre, and performance studies — relevant if you're interested in theatre practice, performance scholarship, and creative works.

Conference Alerts

**When:** 12 January 2026

**Where:** Addis Ababa



JAN  
20  
26



# MONTH EVENTS

Art Exhibitions and Gallery events  
Festivals  
Expos  
Fashion Shows and Gala events  
Camos 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)

## EVENTS IN JANUARY 2026

### International Conference on Cultural Heritage & Agritourism Integration

**What:** A conference focusing on cultural heritage and agritourism, attracting practitioners, students, academics — includes talks and possibly cultural showcases.  
Conference Alerts

**When:** 8 January 2026

**Where:** Addis Ababa (venue shared on event listing)

### International Conference on Innovation in Social Science, Arts, Education & More

**What:** A broad conference with sections on arts and innovation — great for networking with academics and creatives. Conference Alerts

**When:** 14 January 2026

**Where:** Addis Ababa



# ILY S

### CATCH THE ART

Developed by Addis Ababa Cultural Hall (AACC)



Artist - Laili Silem



Artist - Fendiqa Hagg



Artist - Assef Ermiyas



Group Photographic Exhibition: January 07 - February 02

# CULTURE



*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?



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

For more information and updates, follow us!

## January Event

**CULTURE CLUB | CULTURE TALK**

### COFFEE CUPPING THE ART OF COFFEE TASTING

Discover the rich flavors and aromas of Ethiopia's coffee through an expert-led cupping session. Learn the art of coffee tasting and enjoy a delicious meal. Don't miss this!

**Date:** Friday, 26th January 2024  
**Time:** 10:00 AM - 12:00 PM  
**Open to:** All  
**Cost:** Free (donation based)  
**Registration:** Free (first come, first served)

**What to expect:** A hands-on experience where you'll learn from experts and enjoy a delicious meal.

**RSVP:** <https://www.whatsoutaddis.com>

**Limited spots. First come, first served!**

**Sponsors:** Dashen Bank, Pepsi, and other partners.

# E CLUB



## 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



SCAN TO GET OUR CONTACT NUMBER

## Stay Connected!

Never miss another event!



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Save our phone number



Message us your contact details

**We'll keep you updated.**

# RESTAURANTS

## AMERICAN STYLE CASUAL DINING

### ANGLA BURGER

0912 060505  
Morning Star  
Mall 1st 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  
Millennium Hall  
Known 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 opposit Shoa  
Supermarket  
Known for: BBQ  
7 days a week

### ROOMIE BURGER

0115504727  
Plassa 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  
Medhanialelem  
towards Millennium  
Known for: Vegan  
Sandwich  
7 days a week

## ARMENIAN

### ALADDIN

011 661 4109  
By Laphto Mall  
Known for: Grilled  
meat, humus,  
tabouleh  
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  
Medhanialelem 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

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,  
Banh 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

### KAZ

0986 833333  
0987 933333  
Rebtek Apts  
Behind Friendship  
Park  
Known for: Sushi,  
Japanese fusion  
Closed Mondays

### KOKORO

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

### 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

### ENITWAWEK

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

### EXCLUSIVE

0929 446238  
Bole Medhanialem  
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  
Medhanialem 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  
Medhanialem,  
Old Airport, CMC,  
Olympia, Kaliti and  
many others  
7 days a week

### KOBA

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

### LIME TREE

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

### LONDON CAFÉ

0980 483020  
In front of Bole  
Medhanialem  
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  
Medanialem,  
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  
Medhanialem

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, Kebeta

Known for:  
Sunday Brunch  
7 days a week

#### **GARDEN COURT HIBIR**

011 662 0922/23  
Bole in front of  
Alem Building  
Known for: Burgers  
7 days a week

#### **GAZEBO**

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

#### **GOLDEN PLATE**

0975745252/  
0980178210  
Bole Medhanialem  
Abyssinia Plaza  
Known for: Fine  
dining  
7 days a week

#### **HILL BOTTOM ADDIS**

011 896 4670/69  
Ayat Roundabout  
Known for: Brick  
oven pizza  
7 days a week

#### **KORMA GRILL**

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

#### **LES ARCADES**

Sheraton  
011 517 1717  
Known for:  
Gourmet cuisine  
Bookings Only

#### **MAMA'S KITCHEN**

0911 222133  
0930 099356  
Next to Golden  
Tulip, Megenagna,  
4Kilo, Unity Park &  
Entoto Park  
Known for: Grills  
7 days a week

#### **MARCUS ADDIS**

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

#### **MESKOTT**

0903 879999  
New location TBC  
Known for:  
International  
cuisine & bar  
7 days a week

#### **OAK**

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

#### **PEACOCK**

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

#### **PEPPER & SPICE**

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

#### **SUMMERFIELDS**

Sheraton  
011 517 1717  
Ext.6089  
Known for:  
Hamburgers, buffet  
and ice cream  
7 days a week

#### **SKY STEAK HOUSE**

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

#### **SKY STEAK HOUSE**

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

#### **UNION**

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

#### **VERRES EN VERS**

Radisson Blu  
0982 092182  
011 515 7600  
Kazanchis  
Known for: Buffet  
and à la carte  
dishes French  
Brasserie style  
7 days a week

#### **VILLA VERDE LOUNGE**

0929 115937  
Behind ICS next  
to Gateau  
Known for:  
Brunch, Pizza  
7 days a week

#### **ETHIOPIAN**

#### **AKKOO COFFEE**

0905 828282  
Churchill Avenue,  
Piazza  
Milkomi City  
Complex, Bole  
Next to Post  
Office, Kazanchis  
Known for: Bula  
firfir  
7 day a week

#### **CHAKA COFFEE**

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

#### **DONATELA**

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

#### **FAFRESH CULTURAL KITCHEN**

0910 790038  
In front of Getu  
Commercial Bldg,  
Dembel  
Known for: Kitfo  
varieties  
7 days a week

#### **2000 HABESHA**

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

#### **KATEGNA**

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

#### **KORMA GRILL**

0905 888888  
Near Rwanda  
Embassy,  
In front of  
Washington  
Hospital  
Known for: Grilled  
beef ribs  
7 days a week

#### **MESTI**

**RESTAURANT**  
0902 262222  
22 Mazoriya, near  
Mulmul Bakery  
Known for: Quanta  
Firfir, Agelgil  
7 days a week

#### **MITMITA**

0978 197800  
Opposite  
Millennium Hall,  
Known for:  
Local dishes  
7 days a week

#### **SINKENESH FISH**

0902 606060  
Cape Verde St.  
Bole Rwanda

#### **TABLE 5**

0904 020712  
In front of Grand  
Palace Hotel,  
Kazanchis  
Known for: Chikna  
tibs  
7 days a week

#### **VELVET RESTAURANT & LOUNGE**

011 663 5920  
T.K. Bldg Bole, in  
front of Skylight  
Hotel  
Known for:  
seasoned chicken,  
beef and fish  
7 days a week

#### **WERKA COFFEE**

0976 367474 next  
to Mekonnen  
special Sumit  
0938 807070 Bole  
0994 292929  
behind Mana Bldg,  
Sumit  
Known for: Kitfo  
7 days a week

#### **YILMA RESTAURANT**

0911 070707  
Near Atlas traffic  
lights  
Known for: Grilled  
meat  
7 days a week

#### **YOD ABYSSINIA**

011 661 2985 /  
011 372 0607  
Bole Medhanialem,  
Old Airport &  
Sahlite Mihret  
Known for:  
Traditional food  
and dancing  
Closed Mondays  
**ZEN**  
0980 193313  
Olompia, House  
220  
Known for:  
Ethiopian,  
European & Middle  
Eastern dishes  
7 days a week

#### **FRENCH**

#### **LA MAISON**

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

#### **LOUVRE**

0970 800000  
Togo Street,  
Across from Misrak  
Technical School  
Known for: French  
menu & courtyards  
7 days a week

#### **LA MANDOLINE**

0921 328507  
Near British  
Embassy  
Cote d'Ivoire St.  
Known for: Risotto,  
pork dishes  
Closed Tuesdays

#### **PARIS**

0960 230000  
0911 528585  
In front of Caravan  
Hotel Chichinya  
Known for: French  
& African dishes  
7 days a week

#### **GERMAN**

#### **BEER GARDEN**

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

#### **GREEK**

#### **GREEK CLUB**

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

#### **ICE CREAM**

#### **EMBWA**

**CREAMERY**  
0911 209838  
Kera in Sishu  
compound, &  
Carl Square  
crossroad  
Closed Mondays

#### **GELATERIA ICE DREAM**

0929 902810  
Lebu Commercial  
Center

Known for: Vegan  
Ice cream  
7 days a week

#### IGLOO

0944 100523  
Olympic Way  
Japan Market  
7 days a week

#### TUTTO GELATO

092 8921103  
0944 340405/057  
9799/90  
Bolo Atlas,  
Santal, Conure  
Mall, OMI Michie  
& O2 Kuluha  
Known for:  
Ice cream  
7 days a week

#### INDIAN

##### KONARK

0950 33329  
Bolo Behind  
Oil-Cade Plaza  
Known for:  
Panurg and Dals  
7 days a week

##### NAMASTE ADDIS

0901 129670  
0921 102400  
Behind Bolo,  
Medhan Alem  
Known for: South  
Indian dishes  
7 days a week

##### OH INDIAN

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

##### SANGAM'S

(Oldest Indian  
restaurant)  
0911 21193  
0965 407207  
Behind Tale  
Printing press  
Known for:  
Tandoori Chicken  
and Garlic Naan  
7 days a week

##### SHAHEEN

Sharon  
011 517 1717  
Lxt/6099  
Known for: Live  
cooking and  
delicate Indian  
flavors  
7 days a week

##### ZAIKA

011 874000  
Dreadliner Hotel,  
Mekki Flower  
Gate  
Known for: Curries  
7 days a week

#### ITALIAN

##### ANDIAMO

0950 862588  
Santal and  
Lntich Embassy  
Known for: Pizza  
7 days a week

##### ANTICA

011 657 4841  
011 611 6611  
Between BL Road  
and Tale Road  
Known for:  
Bricc oven pizza  
7 days a week

**AVANTI**  
0911 509660  
Bolo near  
Millennium Hall  
Known for: Rasini  
Closed Sundays

##### BELVEDERE

0912 532260  
New stadium in  
front of Asian TV  
& Apartments/PCA  
Known for: Italian,  
European and  
Mediterranean  
36/42  
Closed Mondays

##### BELLUCCI

0951 192244  
Behind Vulture  
Embassy  
Inside Alon Village  
Known for: Pizze  
pesca garden  
Closed Mondays

##### CASTELLI'S

01157 1757  
01156 2580  
Hassa near Actor  
Known for: Pasta &  
Salad Bar  
Closed Sundays

##### CRAVE

01157 4500  
Mekki Flower  
Road in front of  
Catholy  
Known for: Italian  
dishes  
7 days a week

##### DOK

0979 21057  
Joo View,  
Muganiga  
Known for: Garden  
7 days a week

##### GUSTO

0934 487807  
Old Airport,  
opposite  
Botswana  
Embassy,  
Known for:  
Sachos &  
Desserts  
7 days a week

##### LINDA

091218728  
Inside Club  
Jewelers, behind  
Mekki Square  
Known for: Pasta  
Closed Mondays

##### M.C. WINE BAR

**GRILL & PIZZERIA**  
091203210  
Juventus Sports  
Club  
Known for: Brick  
Oven Pizzas  
7 days a week

##### MAMMA MIA

0999 002218  
by old tobacco  
factory, near AL  
HO  
Known for:  
Homemade Pasta  
Closed Sundays

##### OLIVE & BREAD

0979 737130  
Opposite Sandford  
School  
Known for:  
Courtyards Dining  
7 days a week

##### PID GASIHO

0900 622900  
Resched, Dabe  
Zell Road

Known for:  
Hidden gem &  
Peppe A. Diano  
7 days a week

##### SALE E PEPE

0921 242888  
Kacera  
Known for: Pizza  
and pizza  
Closed Mondays

##### STAGIONI

Sharon  
01157 1717  
Known for:  
Starters, mains  
& an biscuits  
7 days a week

##### TINYTALIAN

Shyft at  
01150101  
Known for:  
Tortaria  
ambiance  
Italian white, ol  
frisco dining  
7 days a week

##### THE FOOD

**BOUTIQUE**  
0911 209274  
Old Airport, MCC  
Building, First  
floor  
Known for: Tacos  
and Pizza  
7 days a week

##### VACCARI

0929 327238  
Near Curzon  
Hotel  
Hoya Hoya  
Known for:  
Am. pasta,  
Pasta and fish  
7 days a week

#### MEXICAN

##### LA MORENA

0912 500781  
Berbet next to the  
Blue Fox  
Known for:  
Burritos &  
Quesadillas  
7 days a week

##### TE AMO TACOS

0901 872063  
0903 164701  
Kazanchi next to  
Raficane  
Park near  
1 block from Billy  
Road  
Known for: Live  
music & dancing  
Closed Sundays

#### MIDDLE

#### EASTERN

##### ALLEBNANY

0911 21374  
Bolo, Kalcob  
Building  
Known for:  
Lebanese dishes  
7 days a week

##### BAB AL-YEMEN

0907 0811  
Bolo, Kacroc  
Known for:  
Yemeni Dishes  
7 days a week

##### BATI AL MANDI

0411 516307  
Ministry, Alendi TI  
Street, across  
from Poly Building  
Known for: Middle  
Eastern food  
7 days a week

##### HI FALAFEL

0917 700817  
Bolo & Lomaroch  
(Omaha High  
School)  
Known for: Falafel  
Wraps  
7 days a week

##### JEGOL

Shyft at  
0110818181  
Known for: Tacos,  
Cakes & smoothie  
Closed Mondays

##### SAN'AA

0912 108014  
Olympic, Gacaba  
Adebarcy  
Known for:  
Delicious food  
7 days a week

##### THE KITCHEN

Hyatt Regency  
01157 200  
Known for:  
Laser line Cuisine  
7 days a week

#### PIZZA

##### BELLA PASTA &

**PIZZA**  
0911 090600  
1. Alarab Gabriel  
In front of South  
Africa Embassy  
2. Jairo  
3. Tale  
Known for: Pizza  
7 days a week

##### EFFOI

01157 3377  
Atlas, Kazanchi,  
Sobat  
Known for:  
Unque  
combinations  
7 days a week

##### MOKODO PIZZA

0911 189524  
1. Jole Airport Near  
to Aviation School  
Known for: Pizza  
Closed: Tuesdays  
2. Around Bolo  
Friedonia  
7 days a week

##### ROMINA

0911 214550  
Art Kilo, British  
Embassy, Summit  
Known for: Pizza  
7 days a week

##### YUMMY PIZZA

0911 472595  
0911 220100  
On Drive Road to  
Japan Resilence  
Known for: Home  
made very (great  
flavor)  
7 days a week

#### TURKISH

##### ISTANBUL

0910 174720  
Bolo Tale Mall near  
Ikraha Embassy  
Known for:  
Turkish food  
7 days a week

##### PAMUKKALE

0910 864530  
Bolo area, next  
to Medhan Alem  
Church  
Known for:  
Mediterranean,  
Turkish, Middle  
Eastern  
7 days a week

# BANK OF AMERICA JOINS AS PRESENTING PARTNER OF GREAT ETHIOPIAN RUN

In an exciting development for Ethiopian athletics, the Bank of America has announced that it will become the Presenting Partner of the Great Ethiopian Run International 10km starting in 2026.

The five-year partnership marks a major milestone for the iconic event, further strengthening its international profile. The announcement was made at the Haile Grand Hotel in Addis Ababa during the build-up to the 2025 race, which attracted global marathon leaders. Among the distinguished guests were the race directors of the Boston and Chicago Marathons—two of the world’s most prestigious races—highlighting Ethiopia’s rising influence in the global running community.

The Bank of America’s involvement promises greater support for the Great Ethiopian Run, a flagship event celebrated for its vibrant blend of sport, culture, and community. The partnership aims to boost participation, enhance the race experience, and showcase Ethiopia’s rich running tradition to a wider international audience.

As Ethiopia’s largest road race continues to inspire thousands, this collaboration is expected to create new opportunities for athletes, sponsors, and fans. It not only strengthens the event’s legacy but also reinforces Ethiopia’s reputation as a powerhouse in long-distance running.

*Contact: [info@ethiopianrun.org](mailto:info@ethiopianrun.org) | +251116635757*



# THE SAUCE STUDIO: FLAVOR, WELLNESS, AND CREATIVITY IN EVERY JAR

by Rachel Berhane Araya

At **The Sauce Studio** in Addis Ababa, sauces are more than just condiments—they are a celebration of **flavor, culture, and wellness**. Born from a love of cooking, the studio was created to fill a gap in the market: **locally sourced, vegan sauces that nourish the body and excite the palate**. What started as a passion quickly became a purpose, with every recipe crafted thoughtfully to balance taste and health.

Their **first-born flavor, 'Blaze of Basil'**, is a smoky, herby tomato sauce kissed with garden-fresh basil—perfect for those seeking comfort with a twist. For classic lovers, the **Sweet Basil Pesto** blends fresh herbs, bold experimentation, and a **health-first mindset**, transforming everyday dishes into culinary delights. And for those who crave heat, the **'Spicy Arrabbiata'** is here to awaken your taste buds—smoky, bold, and metabolism-boosting.

Each sauce reflects The Sauce Studio's commitment to creativity, quality, and local ingredients, offering an experience that goes beyond taste. Whether you're cooking for family, entertaining friends, or exploring new flavors, these sauces bring a touch of **Addis Ababa's vibrant culinary scene** to your kitchen.

Order now:

+251 997 333 433 | +251 997 333 533

[t.me/TheSauceStudio](https://t.me/TheSauceStudio)

Contact: [info@ethiopianrun.org](mailto:info@ethiopianrun.org) | +251116635757



Unique.



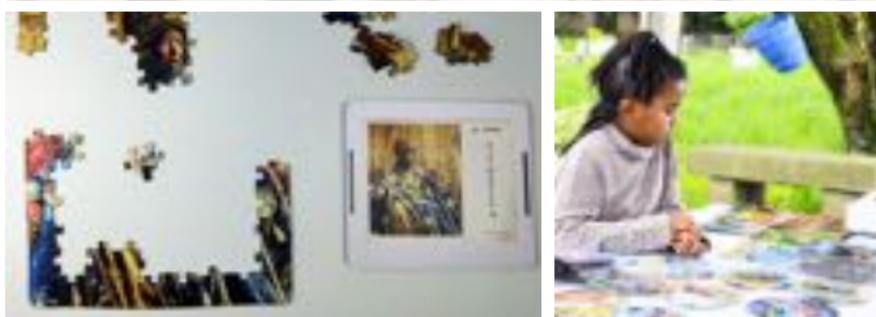
Healthy.



Bold.

# GEBETA PUZZLES: ETHIOPIA'S CREATIVE TWIST ON TRADITIONAL FUN

by Rachel Berhane Araya



Ethiopia now has its very own homegrown puzzle brand that's capturing the imagination of both children and adults—Gebeta Puzzles, founded by Dawit Solomon. Dawit studied Product Design at Art school and graduated in 2022. He started this exciting venture just a year and a half ago, bringing creativity and culture together in a way that is both fun and educational.

Gebeta Puzzles offers a wide range of puzzles designed especially for children, making learning interactive and enjoyable. Their collections cover diverse categories such as tourist destinations, Ethiopian historical sites, calendars, alphabets, and Ethiopian numbers. Each puzzle is carefully crafted to reflect Ethiopia's rich heritage, allowing kids to explore and learn about their country while engaging in a stimulating activity.

What sets Gebeta Puzzles apart is their custom puzzle service. Customers can request personalized designs, making these puzzles a unique gift or a special keepsake for families.

The puzzles are conveniently available online, making it easy for families across Ethiopia to purchase and enjoy. For those interested in discovering more or placing an order, you can reach them at 0922 494 712.

Gebeta Puzzles is also active on social media—find them on TikTok and Instagram under the handle @GebetaPuzzle.

With Dawit Solomon's vision and dedication, Gebeta Puzzles is turning the timeless joy of puzzle-solving into a celebration of Ethiopian culture, one piece at a time.



Silk Shawls

Silver Jeweleries

Home Accessories

*Suzanne's*  
ADDIS ABABA



HERE IS OUR  
SHOP LOCATION

MONDAY THROUGH FRIDAY

10AM - 12PM, 2:30PM - 7PM

SATURDAY

10AM - 7PM

+251 912 14 8483

+251 912 81 2948

**UNIQUE IN ADDIS ABABA!  
SHAWLS CRAFTED BY SUZANNE  
FROM BAMBOO THREADS.  
SOFTER THAN SILK, ECO-FRIENDLY, VEGAN.**



**WE HAVE MOVED**



LOCATION: WOLO SEFER  
ETHIO CHINA STREET

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

OPENING HOURS  
9:00 AM - 6:00 PM

# **OMNIMEDIA: MONITORING MEDIA, MAXIMIZING IMPACT**

In Ethiopia’s fast-paced advertising landscape, every second of airtime counts. Omnimedia, a leading media research and monitoring company, helps private and international clients ensure their advertisements are delivered exactly as planned across print, radio, television, and digital platforms.

Specializing in tracking, verification, and reporting, Omnimedia alerts clients immediately if an ad spot is missed or delayed. Clients also receive detailed share-of-voice reports, providing clear insights into their campaign presence and market visibility. All reports are confirmed with media houses and signed, ensuring complete transparency and accountability.

Using advanced monitoring tools and a dedicated team, Omnimedia delivers daily or weekly reports detailing airtime schedules, frequencies, and discrepancies between planned and actual broadcasts. Beyond monitoring, the company provides media performance analysis, helping clients assess the effectiveness of their campaigns and audience reach.

Trusted by local and international partners such as Safaricom Ethiopia, Commercial Bank of Ethiopia, and MOHA, Omnimedia transforms routine media tracking into strategic intelligence. Their services empower advertisers, agencies, and sponsors to make informed, data-driven decisions while protecting their investments and ensuring no message goes unnoticed.

*For more information, call: 0911 022430*

## **Types of Media Monitoring and Services**

**1 Printing Media Monitoring**

**2 Electric Media Monitoring**

**3 Competitive Insight**

**4 Competitor Analysis**

**5 Marketing Metrics**

**6 Product/Service Improvement**

# ARCHITECTURE IN 2026: PURPOSE, PLACE, AND AFRICA'S GROWING AUTHORITY



As architecture enters 2026, the global industry is shifting from spectacle toward purpose-driven, human-centered design. Adaptive reuse, climate-responsive buildings, and flexible mixed-use spaces are redefining how structures are conceived, while technology works subtly, enhancing performance without shaping form.

Africa is increasingly influencing these global narratives. In 2024, Ethiopia debuted its first national pavilion at the Venice Biennale, *Prejudice and Belonging*, featuring Tesfaye Urgessa's work and curated by Lemn Sissay OBE. This milestone highlighted African perspectives on identity, place, and belonging—ideas closely linked to architecture.

By 2026, the launch of the first Pan-African Architecture Biennale in Kenya signals a shift from participation to authorship, with African architects creating spaces for dialogue grounded in local realities. Cities like Nairobi, Kigali, Addis Ababa, and Lagos showcase projects that blend global trends with African contexts: earth-based materials, shaded communal areas, modular construction, and urban designs prioritizing social life. Warm earth tones paired with muted greens and charcoals define a calm, grounded aesthetic.

African architecture in 2026 is not just following trends—it is helping redefine them, establishing the continent as a leader and convener in shaping the future of design.

*By Nujuma Ibrahim*  
[www.starboundcreations.com](http://www.starboundcreations.com)

# KINO PHYSIOTHERAPY: WHERE MOVEMENT BECOMES MEDICINE

*by Rachel Berhane Araya*

In a fast-paced world that often pushes our bodies to the limit, Kino Physiotherapy offers something refreshingly simple yet profoundly powerful – healing through movement. Derived from the Greek word “kinesis,” meaning movement, Kino Physiotherapy embraces the belief that every step, stretch, and carefully guided motion has the power to restore the body’s natural balance.

At its core, Kino Physiotherapy is more than a clinic – it is a philosophy. The practice blends modern physiotherapy with the science of kinesiotherapy, creating a personalized, movement-based approach that treats not just symptoms but the whole person. Every patient begins with a detailed assessment, allowing the therapists to understand their mobility, pain points, posture, and overall functional ability. From there, they design exercises that are purposeful, intentional, and tailored entirely to the individual.

Unlike therapies that rely heavily on passive treatments, Kino Physiotherapy invites patients to be active participants in their recovery. You don’t simply lie on a table – you learn to move smarter, stronger, and with renewed confidence. Whether you’re recovering from an injury, managing chronic pain, rebuilding strength after surgery, or simply hoping to improve everyday mobility, the Kino method empowers you to take charge of your body. Patients often describe the experience as transformative. Through consistent guided movement, they regain strength, flexibility, balance,

JANUARY 2026





and, most importantly, freedom. The therapy doesn't just heal – it teaches. It helps people understand their bodies, correct long-standing patterns, and build resilience that lasts far beyond the clinic walls.

Kino Physiotherapy stands out because it sees movement not as an obligation, but as a language, one that speaks healing into the body. Its expertise has earned the trust of almost all UN organizations operating in Ethiopia, as well as most embassies, making it a preferred choice for professionals who require the highest standard of physiotherapy care. With expert guidance and science-backed techniques, it offers a path to recovery that feels natural, empowering, and deeply human.

For anyone seeking a gentle yet powerful way to reclaim their physical well-being, Kino Physiotherapy is where your journey back to yourself begins.

*For more Information*

*Phone: 0116660045/47/48*

*Mob/WhatsApp:+251 94 800 0011*

*Email: Info@kinophysiotherapy.com*



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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

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

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

**KIKUNDI**  
0944222333  
Hilt

**LAPHTO ART GALLERY**  
0911 881814  
Laphto Mall,  
Old Airport

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

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

**ST. GEORGE GOLLA GALLERY**  
0955 401236  
inside 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**

**ADDIS HOUSE OF CULTURE**  
0970 113039  
inside the National  
Palace

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

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

**GOETHE INSTITUT**  
0911 208 515  
info-addis@-  
goethe.de /

**ITALIAN CULTURAL INSTITUTE**

011 155 3427  
icaddisabeba@es-  
teri.it

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

**THE URBAN CENTER**  
0913 679201  
In front of  
Estifanos 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

**CHILOTA**  
Hilton Hotel,  
Next to Novis

**HANUBET**  
0913712552  
Sarbet Behind  
Effoi Pizza

**MUYA**  
0913 930885  
Near Egyptian  
Embassy

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

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

**SUZANNE'S**  
0912 613949  
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  
Megenagna

**CINEMA EMPIRE**  
Piazza  
Churchill Road

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

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

**THEATRES**

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

**NATIONAL THEATRE**  
011 554 7696  
Near Ethiopia  
Hotel  
*In 1956 the  
Ethiopian  
National Theater  
was  
built and  
inaugurated  
in the presence of  
emperor Haile  
Selassie  
(1930-1974)*

**AMBASSADOR THEATER**  
011 553 7637  
Near Ethiopia  
Hotel

**CHILDREN AND YOUTH THEATER**  
011 112 8603  
Arat Kilo

**ARTIST ASSOCIATIONS**

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

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

**PARKS**

**UNITY PARK**  
unity parket  
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 entranc-  
es)

Entrance 1  
(Maya/Maryam  
Gate) View Point

Entrance 2  
(Sululta Gate)  
Activities & Kuriftu  
Glamping

Entrance 3  
(Dii Ber/Addisu  
Gebeya Gate)

Entrance 4  
(Shiro Meda Gate)

Entrance 5  
VIPS only

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011 667 8000/04/07  
0979 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

### LABS

**INTERNATIONAL CLINICAL LABORATORIES**  
011 552 9252

### EYE CLINICS

**SAM VISION OPTICAL WORKS**  
0946 130000

**SAM VISION SPECIALIZED EYE CLINIC**  
0941 545454

**SUN OPTICS**  
0911 220004

### HOSPITALS

(Private)

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

**BETHZATHA GENERAL HOSPITAL**  
011 551 4141

**CURE INTERNATIONAL PEDIATRIC HOSPITAL**  
011 124 5404

**HAYAT HOSPITAL BOLE LANDMARK**  
011 661 4250  
011 552 5779

**KADISCO GENERAL HOSPITAL**  
011 629 8904/02

**MCM KOREAN ST. YARED**  
011 629 5421/27  
011 645 4697/04

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011 275 0125

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011 155 3065/68

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011 618 1357

**GOJEB DENTAL CLINIC**  
011 156 6521/ 011 156  
6296

**SENAKO DENTAL CLINIC**  
0935 207720  
0912 477077

### PHYSIO-THERAPY

**KINO PHYSIO-THERAPY**  
0943000011  
0116660045/47/48

**PARAGON PHYSIOTHERAPY & SPORTS MEDICINE**  
011 272 2829

### ORTHOPEDIC & X-RAY CLINICS

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011 111 9266  
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011 618 3335

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0930 106448

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0901 327732

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\*Figa/ Belhamson Bldg.  
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0911 665830

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011 654 4756

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DR. SHENKUT

**DR. PATRICK**  
0946 799399

**SHALOM VET CARE**  
0911 247335  
DR. DAWIT

## USEFUL TELEPHONE NUMBERS

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905

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906

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907

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911

**FIRE BRIGADE**  
912

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990

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998

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011 156 4493/4

**EMIRATES**  
011 518 1818

**ETHIOPIAN AIRLINES**  
011 665 6666

**FLY DUBAI**  
011 066 70154

**KENYA AIRWAYS**  
011 551 8400

**QATAR AIRWAYS**  
011 554 4638

**TURKISH AIRLINES**  
011 6662  
7781/82

**YEMENIA**  
011 557 5076

# HOT MUSIC TABLE - 2025

November 10 - December 09, 2025

## HOTTEST ARTISTS

		Radio	TV	Total Plays
1	 Dawit Mellese	1064	63	1128
2	 Dawit Tsige	817	247	1064
3	 Mastewal Byayyu	710	161	871
4	 Neway Gebreab	705	57	762
5	 Hana Girma	493	373	866
6	 Michael Belayneh	547	73	620
7	 Veronica Adane	304	224	528
8	 Addis Legesse	303	163	466
9	 Temessem Hailomichael	189	87	276
9	 Fikeraddis Nekatibeb	271	195	466

### CALCULATING THE HOTTEST ARTIST

THE ARTIST NEEDS TO BE PLAYED ON AT LEAST 7 DIFFERENT STATIONS.

AND THE TOTAL NUMBER OF PLAYS FROM RADIO + TV MUST BE 200 OR MORE.

## HOTTEST TRACKS

		Radio	TV	Total Plays
1	 Hayyee Han'Gizmo	374	236	610
2	 Embi Mastewal Byayyu	185	13	198
3	 Dejazmach Kulu Sebsebe	97	76	173
4	 Ende Amele Lemlem Hailomichael	175	47	222
5	 Tewodaj Abnet Mamo	17	98	115
6	 Gara Riri Sor	125	88	213
7	 Anchi Lebe New Mellese	192	2	194
8	 Yeimegnel Fikeraddis Nekatibeb	70	116	186
9	 Wolale Aysal Gayl Neway Gebreab	76	10	86
10	 Yenarda Ilij Terekegn Wulu	109	67	176

### ON CALCULATING THE HOTTEST TRACKS

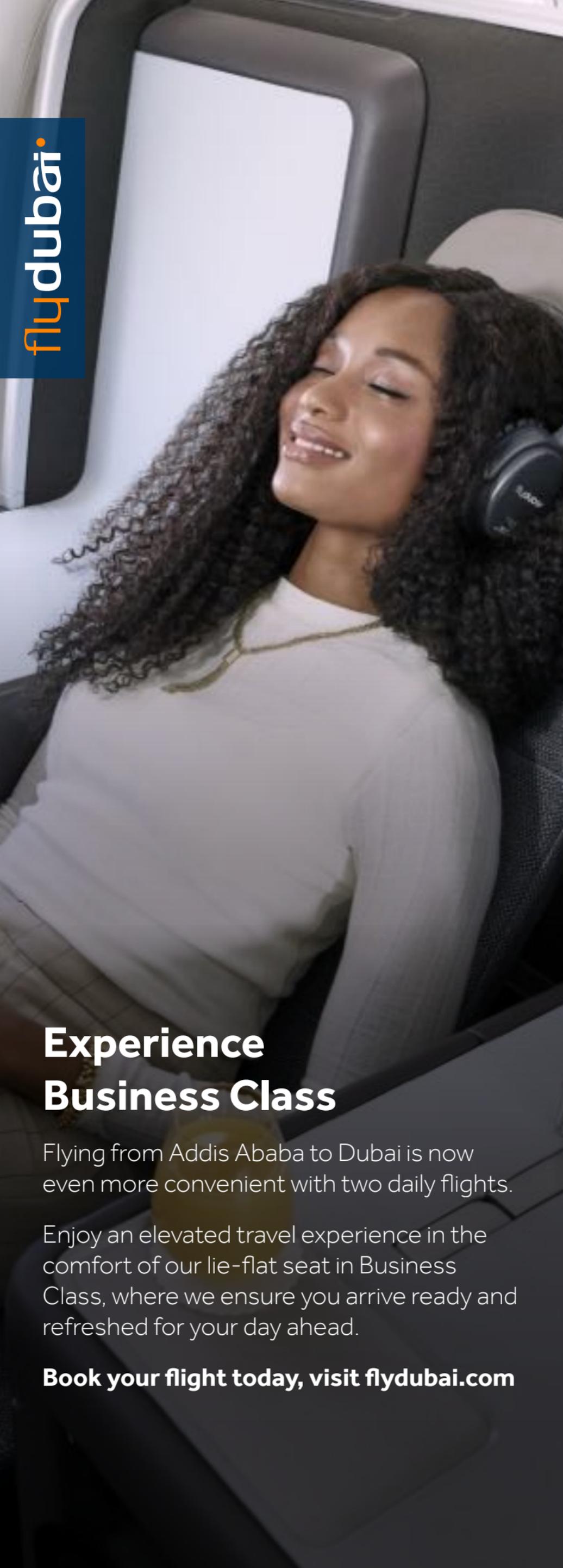
THE TRACKS NEED TO BE PLAYED ON AT LEAST 7 DIFFERENT STATIONS.

AND THE TOTAL NUMBER OF PLAYS FROM RADIO + TV MUST BE 100 OR MORE.

AND THE TRACK MUST BE PLAYED ON AT LEAST 7 DIFFERENT STATIONS.

THE TRACKS MUST BE PLAYED ON AT LEAST 7 DIFFERENT STATIONS.

AND THE TOTAL NUMBER OF PLAYS FROM RADIO + TV MUST BE 100 OR MORE.



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