

Update to ICS Welcome to Addis Guide, 2nd edition

Preamble

While updating for the 3rd edition, I have tried to keep record of the additions. This way you only need to print this file, in case you already have printed the 2nd edition.

The numbering refers to the chapters as in the 2nd edition.

Expat on-line community

At the moment of the write up of the 3rd edition there two Anglophone on-line groups advertising stuff, houses, services etc etc.

1. The googlegroup, an administrated listserv called "Questions, Answers & Announcements Ethiopia listserve". This is a community forum with the purpose to give internationals living in Ethiopia a forum to connect and pose questions, answers and announcements. You can sign up by clicking or pasting into your browser: <http://groups.google.com/group/qaa-ethiopia>
2. Gina's odds & sods list. If you wish to receive e-mails or have her send stuff round, please send an e-mail to oddsinaddis@googlemail.com with the subject line: "subscribe" and in the body of the text merely your full name.

3.5 Things to Bring With You

When you have to buy (big) appliances, keep the receipts as they somehow may be necessary at the time you leave the country. Rules are not clear and tend to change. It is also important to keep the incoming shipping list as it is often compared with the outgoing shipping list.

4.1 Visa

For your visitors: you can get a visa on arrival in Addis Ababa. It costs US\$20 and 5 minutes. Check the Ethiopian Embassy (website) in their country of residence if they are eligible for this option. These websites are anyway helpful as is the website of the USA Embassy of Addis Ababa.

The Lonely Planet website has potentially useful stories on visitors' experience with visa extensions.

4.2 Temporary apartments

For temporary solutions outside the big hotels try:

- ♦ **Emmad**. Furnished apartment Hotel next to the Imperial Hotel on Ring Road near Meganagna. 011-629-2129/ 6294129/6294158. fax: 011-629 2000. Email: emmad.furnished@ethionet.et; www.emmadfurnishedapt.com.
- ♦ **The Ghion hotel** is said to have a block of apartment-like rooms that are very suitable for families having to stay a bit longer. Ghion is blessed with a very nice garden setting and pool.
- ♦ In Old Airport, **the Golf course** has dated hotel accommodation. Be aware of noisy weddings though.

4.7 Mobiles in Ethiopia

The state-owned Ethio telecom announced lower tariffs, applicable as of April 1 2011. Mobile/GSM related tariff, according to the tariff list on its website are:

- a flat rate 0.72 cents on peak hrs(0.3 off peak hrs), plus 15% VAT, will be charged for all calls from mobile to mobile, mobile to fixed telephone and fixed telephone to mobile. Off Peak hours' period spans from 9 PM – 7 AM, in addition to Sundays and public holidays.
- mobile SIM card subscription fee: Bir 60;
- SIM card replacement fee : Bir 45

4.8 Internet¹

Internet service in Ethiopia is provided by Ethio-Telecom and has its good and bad days. It has improved considerably the last few years. According to Ethio-Telecom, incidents related to the cutting of fiber optics lines in different places across the nation has become a prevailing problem for the company, preventing it to provide quality services to customers. The company is trying to use various means to mitigate the problem including installing additional fiber optics and micro wave links.

The internet services called EV-DO data card and CDMA(2000) 1X data only are advertised as providing 400-700Kb/s and 50-70Kb/s internet connection, respectively.

The 'limited data plan' EVDO service provides three options: a 1 GB internet access for Birr 300 monthly payment, a 2 GB internet access for Birr 500 monthly payment, and a 4 GB internet access for Birr 700 monthly payment. There is a one-of subscription fee of Bir 230 and the charge for usage beyond the limit is 0.35/MB. (The price are inclusive of VAT). In the recent past, Ethio Telecom provided unlimited EVDO that apparently was often used in Internet cafés. It stopped doing so and the impact on internet cafes is not yet clear.

The 'CDMA(2000) 1X data only': A user of this will be charges 0.10/minute in Peak hours and 0.07 Off Peak hours for the first 1300 minutes usage within a month, beyond that the tariff decrease to 0.07/minute in Peak hours and 0.04/minute Off Peak hours (Add 15% VAT on the prices).

In April 2011 Ethio Telecom introduced three ADSL service packages ranging from 2GB to 6GB monthly usage for a monthly charge of 400 to 700 birr and a subscription fee of 400 birr for each service.

See also 'residential tariff' on Ethio Telecom website.

In the annexes of this guide is a detailed description on how to get connected.

4.10 Television and movie rentals

- ♦ **DSTV.** Offers six packages with a wide variety of news, information, entertainment and movie channels for a monthly fee that between US\$10 to 90. You must buy a decoder and a 90 cm satellite dish as well as a smart card. When provided by Multichoice it costs ETB 1112 including installation and cables. Your subscription fee can be paid with a credit card, cheques or bank draft. Contact Multichoice Ethiopia PLC. Its customer office is located on the circle at the east end of Bole Road in front of the airport. 011-663-9900. Open Monday – Friday 8:30 AM – 5:30 PM and Saturday 8:30 AM – 12:30 PM. See also www.dstvafrica.com.

4.12 Ethiopian Drivers License

To drive legally in Ethiopia, you must have a valid Ethiopian driver's license. Before you can apply for an Ethiopian driver's license, you must first have a valid residence permit **or visa**.

6.1.8 Malaria

¹ With thanks to <http://danielberhane.wordpress.com/2011/04/02/bold-enough-to-lower-tariff-ethio-telecom-new-mobile-internet-tariff/>

When traveling in neighboring countries, you may want to take Malarone. Malarone is not registered in Ethiopia hence not available with Ethiopian pharmacies. The Swedish Clinic may be able to help you with Malarone.

6.1.11 Crutches

The ICS nurse has crutches you can borrow if need arises. If not, you can buy locally made crutches in the around the Paulos hospital or buy expensive adjustable aluminum ones in Piazza in the helpful aluminum items shop near the Black Lion Pharmacy in Piazza.

6.3 Hospitals

St. Yared also has an ambulance service that you can subscribe to for a reasonable fee. St. Yared's hospital 011 645 4697/04. Dr. Azeka Teame

6.3 Hospitals

D. Azeka Teame/St. Yared's hospital 011 645 4697/04

The CURE Hospital Call Metlick Michael-Admin Sec. for Appt. 011 124 5404

6.4 Clinics

Swedish Clinic

The new head of the clinic is Dr. Olle Liungman, specialist in family medicine with lots of years of experience. He is there from Mon to Fri,; Dr Nigina Muntean, specialist in gynaecology, from Monday to Thursday; Dr Sandra Soeria Atmadja, Swedish paediatrician, Fridays from 8 am to 2 pm,

The Swedish Clinic gets its medicines from Sweden.

Sunshine Higher Clinic

Dr Wafa is a Tunesian doctor trained in France. Although trained in Western medicine, she is open to alternative treatments like homeopathy and phytotherapy. 0910636563. Clinic: 011- 1242294/5; 011-1232763; 0911214920. Sunshine clinic has a laboratory of its own and ultra sound.

Ethiopian Doctor **Yoseph**, trained in Germany , comes to the house (on call) 0911242175.

Dr Feseha Sahile Special Clinic. Dr Feseha Sahili is trained in Ethiopia, worked as a GP for ten years before he did his specialization of pediatrics in Addis Ababa. He worked as a paediatrician for 7 years with the Brooks hospital. He speaks English very well as does his lab assistant. His receptionist is not totally comfortable in English (be aware her clock shows Habesha time!). Dr Feseha Sahile himself can be reached at 0911214951 and his clinic at 0920341124. His email is fesehasahele@yahoo.com. Recommended by parents. Clinic is located on the road going from Victoria Road to Pushkin Square in Old Airport, on the top floor of the building between Shopper's Mart and Yod Abysinia. It has a small lab.

6.7 Dentists

- Lunadent Clinic Dr. Tsehay Berhane 661 64 22, 0911-310-770. She is not only a German-trained and German-speaking dentist but also a dental technician and is absolutely excellent. Does all her own technical work and uses materials brought in from mainly Germany.
- Dr. Seid Yehya/Gojeb Dental Clinic; 011 156 6521

6.8 Optician

'Opticians on the 1st floor in Demble City Centre can order contact lenses. Takes 3 weeks. Not particularly cheap but no more expensive than the UK'.

6.13 Pediatrician

- See Swedish Clinic
- St. Yared. Hospital on CMC road has a pediatrician on duty 24 hours. People reported to have used it more than once and were happy with their comprehensive approach to care, and the "asking of the right questions".
- Fabiana Monti, (0911211996). Italian pediatrician that recently (re)started to work in Addis at the Sunshine Clinic close to Arat Kilo. Worked before at the Korean hospital. In Europe, she specialized in neonatals. Sunshine Clinic has a basic laboratory.
- Dr Feseha Sahile Special Clinic on the road going from Victoria Road to Pushkin Square in Old Airport. Dr Feseha Sahile can be reached at 0911214951 and his clinic at 0920341124. His email is fesehasahele@yahoo.com.

6.15 Counseling and Psychotherapy

- ♦ ~~Andrea Zalzal Sanderson, M.S., LPC — Psychotherapist. Specializes in child therapy but also works with families and individuals. 14 years of experience. 0912-157-677. Email: asanderson.mindmatters@gmail.com.~~

6.16 Dermatology

Rank Clinic on Ethio-China St. 0115536074

6.17 Earn, Nose, Throat

Dr Adefis Debalce can be found in the Electric World Building, 5th floor that is just behind the Balcha (Russian) Hospital. 0911209690; 0921420405; ad_ORL@yahoo.com.

6.18 Physiotherapy

Paragon Physiotherapy and Sports Medicine Clinic www.theparagonclinic.com Dr. Theodros W. Gebriel, Doctor of Physiotherapy, licensed in Virginia and Ethiopia. Ethiopian Athletics Federation Building, Gurde Shola, CMC Road. 011-646-1108

7.2 Playgroups

The Bole playgroup meets every Thursday and has an AM and PM group according to age. AM is for babies and young toddlers (0-3) and PM for older toddlers up to school age. Its e-mail address is boleplaygroup@gmail.com. Vicky coordinates; 0922 111873.

7.3 Pre schools

New American standard pre-school called Hosana Preschool is located in CMC/Summit Area. Welcomes babies starting from 1 year old. Leila Karim is the Director. 0911-385474.

7.5 Activities for children

- You can buy sand for sandpits near the train station. There is a small road where there will be trucks lines up to buy it.
- Antonina Grigorian gives Ballet classes at the Juventus Italian Club on Wednesdays from 4 to 6 pm, and on Saturdays from 8:30 to 11:30 am for children age 5 and above. She also teaches ballet at ICS on Mondays and Thursdays from 3:30 to 4:30 pm. 0911-60-32-73. antonina_grig@yahoo.com
- If you want a jumping castle for a children's event contact The Garden Paradise at Adam's Pavilion. 0911-825-882 (Lance) or 0911-794-645 (Almas).
- Gymnastics for kids is run by Tony Lowe and kids from 3/4 can join on Saturday mornings at the German School. His phone is 0910512824. If you are interested in receiving updates on toddler's fitness, contact <toddlersfitnessinaddis@gmail.com>, put "subscribe" as reference and your name in the body of the text.

Horse back riding:

- **Equus** horse riding school moved its Stables to Somita. 2 hrs tracks are among the possibilities. WWW.equus-ethiopia.com. 0911102609/18 or 091468659.
- **Italian Embassy Stable**. Very nice stable, nice dry ring to ride at bottom/ with café. Must have horse there to enter compound. Huge riding field with jumps higher up on the compound. Easy access to riding on Entoto. Some courses for children. Mostly best for adult and children which are confirmed riders.
- **Government** stalls, in Ayat Houlet end of CMC road (end of the tarmac road), pass the roundabout (you see a mini-bus station and a gari station), pass by a new settlement, some crop fields, take a small road. You will see a tin fence and a yellow building. This is the stall. Advisable to take services of a trainer as most horses are stubborn and try to find the way out of the arena. Only one trainer, Yohannis, speaks English. The stalls are open until 4 pm sharp. Saturdays until 1 pm. Cheap rates.
- Also check **Ababa Villa**, in the vicinity of the French Embassy. See <http://www.abbabasvilla.com/> . They apparently have a couple horses too.

7.6 Tutors

- Dereje Atale, Amharic language teacher and expert, 0911-370106, a.atale@cgiar.org
- Math (not English as mistakenly mentioned in 2nd edition): Sisay Debele. Email: Sisaydebele@yahoo.com. 0911-426-125.

Learn Amharic, Oromiffa or other local languages at the **Leslau Language and Cultural Center**. Monday through Friday, three mornings per week (9:00-11:00 AM), or three evenings per week (6:00-8:00 PM). Located on the road from Atlas Hotel to Desalegn Hotel, in from of National Oil Company (NOC) headquarters. Contact: 0911-014-994/0911-125-094 or info.llcc@yahoo.com

8 Restaurants

AVANTI serves delicious Italian food in a nice modern ambiance. Located on the ring road just west of the main Bole road, next to Bole meteorology. Open every day from 11 am to 3 pm and from 6 to 11 pm. 011-860 20 26.

Island Breeze restaurant has a stone brick pizza oven and delicious Tex Mex style food set in cozy islander atmosphere. Located on the little one-way road that connects the City Hall with the old Post office in Piazza. Ample parking space inside the compound that they share with Shoa printing press. 0913010976.

Bait Al Mandi is a Yemeni cuisine restaurant with typical Arabian food. The restaurant has several rooms decorated according to the styles of several Arabic countries. Located on Micky Leyland road, opp the Yoly building. 011-66634490/6627037/0920929292. Owner is ICS alumni.

Le Mandoline is a French café restaurant run by Oppé Ermias who worked in France for many years. It has a small tasty menu that changes regularly with a plat du jour during weekdays. Café open 8.00 AM- 10PM. Restaurant 12 PM-3PM and 7PM-11PM. Tele Bolé on the street behind the Medhanyalem Church. 011-662 9482/0921328507.

Desta Mender offers lunches and picnics in its Juniper café during the weekends between 9AM and 5PM. Wholesome food from on-site vegetable garden, chicken and diary farm served in the rural setting. May soon start horse ride facilities. Call Hasahun for more info 011- 6534648, 0911446819 or 0922138777. See also 12.2: Day trips from Addis.

'Ababa's Villa' , near the French Embassy. Lovely refurbished place near French Embassy with 2 horses. You have to call the owner before you go so she can prepare a lovely lunch, use the mobile number given on the website. See <http://www.abbabasvilla.com/>.

Don Vito. Italian food, pizza and ice cream, pastry. Moved from the Debre Zeit Road to Micky Leyland road, in the Yoly building, 1st floor.

Kiruftu Diplomat Restaurant. Has a monthly changing menu for which it flies in foreign chefs. In the Boston Partners building. Daily 12-3PM and after 6PM.011-6184363 and 0920959697.

Face of Addis Restaurant. Good meat dishes and a superb view. Delightful deserts (even for the ones with milk allergies). In same neighborhood as Top View near the Meganagna roundabout on Ring road. To get there take road to Top View but turn left up a very steep road. 0911-230-001 OR 0911-525-790

Genuine Chinese Restaurants (complete with CCTV)

- **Tian Fu** near Sarbet, heading towards Mekanissa area, opposite the Vatican and Arcobeleno
- **Da Tang** (011-629-9888) north of Bole Airport, in the area of Gerji. From the Bole Airport round about, head north on the ring road until the next round about. Turn right. Da Tang is an entire building on your left hand side about 200-500 meters down the road. They have karaoke on the fourth floor as well as private rooms holding up to 15 people.
- **Chinese Hot Pot and Barbeque** (0911-002-855 or 011-618-0470), off Bole, near the Bole Novis & in the alley next to Bole Fantus - there's a big red sign on your left as one drives towards the Bole Airport from Ethio-China Friendship Road

8.1.7 Pastry Shops, Ice Cream, and Cafes

On the Rise is a new 'orders-only' gourmet bakery specializing in baked goods that are not available elsewhere in Addis. They use only premium and fresh ingredients to ensure the finest and most delectable desserts in town. They take orders for pick-up or delivery.0913-871-724.

Frosty Frills makes and sells ice cream for a reasonable price considering the high quality ingredients used. Call Donek Tesfaye at 0911214654 or 0911223429 for your

order and free delivery. Minimum orders of 2 litres. Sells ice cream in small quantities at fairs and US Embassy Market Day.

IGLOO has ice cream in a large variety of flavours and sells it in special isolated containers. On Bole Japan Road, when driving towards the ring road on your left hand side. 0118-302791

Cakes: Martha Tilgal, who is also an ICS mom of two kids, makes amazing cakes for birthdays - both adults and kids. Not the dry, wet cakes but light, delicious and artfully decorated. Contact her at 0920-143-821 or buduknur@yahoo.com. And she caters amazing food, too.

The **Sheraton pastry shop** sells pastry and bread. Breads are the closest thing to North West European bread you can get in Addis.

8.3 Beauty and Spa Services

- Hair Salon **Rogios**. European hair specialist Mekdela trained in Germany. 0911-145-057. mekdelag@yahoo.de. At the Mintwab building 1st floor (near USAID in Bole area).
- **Teddy Yigezu** (who used to work at Biogenics, Laphto) now has his own men's salon in one of the shops between Yod Abesinia and Shopper's Smart in Old Airport. 0911330835.
- **Dagem Hair Salon** in Old Airport. 0920-729-564.
- **Hiwot Bislanta** is a certified massage therapist that received training in different massage techniques from Swedish trainers. Practiced for many years in Accra, Ghana, and now is back in Addis. 0912284502.

8.4 Fitness and Exercise

- Several sports for all (and not just "German school-people") take place at the **German Embassy School**.
 - Several sports for all (and not just "German school-people") will most probably take place at the German Embassy School during the school year 2011/2012:
 - Mondays 19.00 to 21.00 hrs - Circuit training (Tony Lowe)
 - Tuesdays: 16.00 to 18.00 hrs - Football for kids (Dr Tefera Negussie) 19.00 to 21.00 hrs - Volleyball for adults (Amha Zewdie)
 - Wednesdays: 16.00 to 18.30 hrs - Gymnastics for kids (kids have to be registered to attend, plse contact Tony Lowe well in advance)
 - Thursdays: 16.00 to 18.00 hrs - Football for kids (Dr Tefera Negussie) 18.00 to 20.00 hrs - Circuit training (Tony Lowe) 20.00 to 22.00 hrs - Basketball for adults (Martin Dirr)
 - Fridays: 14.20 to 17.30 hrs - MMA - Mixed Martial Arts for all (Tony Lowe)
 - Every other Saturday: 09.00 to 10.00 hrs - Toddler Fitness (plse contact Tony Lowe for exact dates, see 7.5)

Usually NO SESSIONS take place during the school holidays but speak to the organisers.

- **Tai Ji - Qi Gong**. Private Lessons, for information, Stefano Tabanelli 0912 200 325

8.4.2 Yoga

- After spending many years overseas, Aida and Deborah have returned home to educate their community the principals of Yoga and its benefits. 09-21 14 69 56 or 09-20 73 19 26. Email: dhaddis@hotmail.com or yoga2heal@yahoo.com

- Emily Gilchrist offers yoga and *'she is the best teacher I've ever had'*. Contact 0921787115 or emily_gilchrist@hotmail.com

9.1.1 Supermarkets

Safe Way Supermarket. Western Style supermarket that sells brands like Casa Siesta Seasoning en Lays Chips. On CMC road.

9.1.4 Specialty Grocery Shops

- ♦ **Beral milk shop.** Sells milk, several types of fresh cheeses and yoghurt from their own farm next to groceries. Fresh milk is delivered 3 times a day. Located on Sheraton (or Taitu) road, a little bit down from the mosque, on the other side of the road. Open daily, 7 AM - 8.30 PM .

Also sells milk and some dairy products at their farm in Old Airport between 7-8 AM and 4-5PM or until milk is finished. To reach there go down the rough road that continues down from Victoria Road and look at the left side for the white window shutter to be open. There is usually a small crowd waiting. The trouble is worth the very nice fresh milk and dairy products.

- ♦ **Jittu vegetables.** Farm that exports to Middle East but also sells in Debre Zeit and on Victory Road in Old Airport (opposite Terry's)
- ♦ **Bisrat Organic Chicken products.** Bisrat and Fasil have a organic chicken farm in Debre Zeit. You order on Monday or Wednesday and they deliver(@ ETB 20) the next day at your place. Orders of chicken legs, thighs, wings, breasts, eggs, cottage cheese, etc possible. Ask for non-fat chicken if you wish. Fasil 0911218710 and Bisrat 0911405073.
- ♦ **Abbafany meat products.** Small butcher shop on Ethio-China road. Especially good for al kind of smoked (European style) sausages. 0911201560; 011-4392666; Abbafany@yahoo.com.
- ♦ **Apple supermarket.** This small supermarket distributes organic apples from Chench, Southern Ethiopia. In Mekanisa in front of the Melane Yesus Seminary. For more info call Rahel Sehmolo 0911116570 or 0911023107. According to leaflet, Rahel does home delivery as well.

9.1.6 Coffee

- **Robera.** Coffee producer and exporter on the main road of Gerji coming from CMC road (close to the Mexican Embassy). According to many, has the best roasted coffee beans in town. 011-646-1451/52. www.roberacoffee.com

9.1.7 Household Wares

- **Tree Savers** can be found at the monthly NGO bazaar selling (kids) colorful furniture made of recycled paper and card boxes. Orders can be placed with Daniel as well: 091-143-2007.
- The **Victoria Department Store** in Old Airport reopened in January 2011 after having been burned down a few years before. It is owned by the same owners as the ETTC Duty Free shop on Haile Gebre Selasse Road. It sells the same items as the duty free shop but here you pay the tax. Particularly good in strong alcoholic beverages, cooking utensils and large electrical items such as fridges and washing machines. Also sells gas cylinders. Cleaning materials are a good deal here. Consider buying a lot at a time as the payment procedure is a bit lengthy.

- The **Rainbow Foam Factory** can be found behind the NOC fuel station on the Kera-Bulgaria road (in the neighborhood of the African Union). They sell 1st and 2nd class foam. Odd sizes are also possible. Open Mon-Sat, between 8 AM and 5PM.
- **Fibertech** is the first and by now long standing fiberglass products manufacturer in Ethiopia. Known for durability of watertanks, sanitary wares and the like. 011-4393285/550, fibertech@ethionet.et.

9.3.6 Flowers/Floral Shops/Greenhouses

- **Tseday Plant Nursery** is hidden in the Indonesian furniture shop opposite the Ethiopian Airways office on Telebole near the airport. Nice place with good collection of plants and herbs. Mebrat G/Egzabehar 091-169-2001 or 011-663-2211.

9.3.8 Stationary and art supply

Wube art store in Dembel City Center does framing and runs an art gallery. It sells different types of brushes, different kinds of paints (oil, acrylic, water color), knives, canvasses, charcoal, palates, easels, pastels and sketch pencils.

10.5 Auto Repair and accessories

Tyre repair: "GIGAR TRADING". The company itself is the importer for most of the machines used in the garages, see www.gigartrading.com. Next to tyre repair they also do computerized axle alignment, (high pressure)wash and grease ect. Fair payment is according to price-list. You can find this company in Burundi Street, opposite of Lideta Mekane Yesus Church. Gigar Trading signpost at the street. 0115159460.

10.7 Caterers

- Gary Stout, Scottish guy, excellent service, properly trained chef. 0921329530. garystout@yahoo.co.uk.
- Grab'n'Go in the Lido Hotel. Contact Moira, 0911245883, grabn_go@yahoo.com. *Really excellent service, very efficient.*

Other services

PINATAS: Carmen makes piñatas in any shape you can imagine. Contact her at 0910-032-730 or cjcaballero@yahoo.com.mx. She asks that you send a picture in an email when describing what you would like.

Dogtrainer Ato Kifle 0911152535. Various ICS parents have made use of his services. Some are happy, some not.

Tutu is a well-recommended **tailor/seamstress** somewhere in Bole. 0911409494

Abduselam Adem has been recommended as a tailor in old Airport. His place is coming from ICS/Victory road, passing the South Africa Embassy on your left side, going towards St. Gabriel church (on your left side), towards a round about where the "Negash market" is on your right side, turning there to the main street right, following the street till the last possible left turn before the "Jimna round about" is coming. The tailor's shop is then 5meters right sided where the new "Abesha" Restaurant is. The shop has a purple colour...0911 60 41 66

Eshetu is a highly recommended creative tailor. 0911 401992

Tamrat is a recommended **taxi driver** in Old Airport, stationed near Bisrate Gabriel. 0911611859.

12 EXPLORING ADDIS, ETHIOPIA AND THE REGION

12.1 Addis

'Behind the Scenes' is an outing organised by GOBAZ Travel at least once a month. It is for people who are interested in finding out more about what happens in and around Addis, and in particular to meet with an enthusiast who is prepared to share knowledge and expertise - to take us behind the scenes and show us how it all works. It's also a great way to meet other like minded people living or staying in Addis. To be added to the mailing list or to find out more, contact Pamela 0913 195 854, ethio.gobaz@gmail.com www.gobaztours.com. Pamela also does 'bespoke tours' of the city when people have guests and they don't really know where to take them.

12.5 A Bit Further Afield... but Still in Ethiopia

--- On Fri, 6/11/10, Tim & Kim Otte <timandkimvillage@yahoo.com> wrote:

This community-based project is situated along the shores of Lake Tana in Gorgora. It is a very peaceful, quiet place, great to spot birds or just to relax! The restaurant offers home-cooked breakfasts, lunches and dinners and all kinds of beverages. It's Campsite, Shower- and toiletbuilding are up and running, tents, mattresses, pillows, sheets and blankets are available. Lodges will be finished in the near future. For 2010 the costs per campsite is +/- 100 birr, meals from 20 birr upto 100 birr. Bookings in advance can be made by e'mail or a phonecall. Please notice that we don't always have network, so it might take 2 weeks before you get a reply. Come as a guest, leave as a friend!

I. MEDICAL SERVICES IN ETHIOPIA

This list is based on

1. a German Embassy/GTZ compilation of March 2010, updated by the ICS nurse in May 2010.
2. a USA Embassy list, contributions *inItalics*

Hospitals, clinics and specialists

Addis Maternity & Children Hospital	Dr. Mekonnen Bekele	011-124-5345 011-124-5348	Gynecologist and obstetrician
Aroma Higher Eye Clinic & Optics	Dr. Negussie Zerihun	011-554-5963 0911-402-131	Ophthalmologist
Blue & White Clinic Moved to Bole-Japan road	Dr. Wafa (now in Sunshine clinic) Dr. Margaret Mgbemena Nurse Hannan	011-661-6229 office 0911-962-831 0911-372-242 0913-868-076	General practioner
British Embassy Clinic	Dr. Geetha Murali	011-156-0842 011-662-1433 0911-203-085	General practioner, for members only
EMA Dental Clinic	Dr. Wondwossen Teshome	011-661-2991 011-663-6626 0911-128-873	Dentist and orthodontist
Health First Health Services S.C.	Dr. Said Abdulkadir	011-662-1440 0911-203-961	Orthopedist
International Cardiovascular Medical Center (ICMC)	Dr. Elehu Feleke	011-613-836 0911-222-016	Internist and cardiologist (spends half a year working in Sweden); in patient and outpatient services
International Clinical Laboratories		011-552-9252	Important laboratory tests
Lunadent Clinic	Dr. Tsehay Berhane	011-661-6422 0912-119-279	Dentist and orthodontist
Myungsung Christian Medical Center (MCM) "Korean Hospital"	Dr. Einer Eriksen (specialist for burns and plastical surgery) Dr. Kjell Magne Kiplesund Dr. Andargie Gedamu	011-629-5420-27 011-629-5420-27 ext. 531/532 0913-818-801 011-629-4604 0912-049-223	Inpatient as well as stabilization for medical evacuation Head of Emergency Department Emergency number Neurologist/psychiatry
Panorama Clinic	Dr. Tofik Idris	011-465-1666 011-465-4668 0911-223-700	General practioner
St. Gabriel General Hospital	Dr. Kassaye Ketsela (Medical director, Internist) Dr. Tewodros Agonafar (General practioner)	011-661-3622 011-662-4482 0911-204-396 011-618-4628 011-661-4400	In patient services Emergency number
Taludent Clinic	Dr. Wu	011-661-6402 0911-233-002 0911-405-140	Dentist and orthodontist
Swedish Clinic (Old Airport)	Dr. Orjan Johaneson	011-371-9002 0911-206-514 0911-206-291	General practioner, also specializes in tropical medicine
St Yared Hospital	<i>D. Azeka Teame</i>	<i>/St. Yared's</i>	<i>011 645 4697/04</i>

(CMC road)		<i>hospital</i>	<i>ateame@yahoo.com</i>
------------	--	-----------------	-------------------------

DRAFT

III LIST OF HOSPITALS AND CLINICS WITH AMBULANCE SERVICE

- International Cardiovascular and Medical Center 011 6613 836 (equipped ambulance)
- Myungsung Christian Medical Center (a.k.a. Korean hospital) 011 629 5421 (equipped ambulance)
- St. Gabriel Hospital 011 – 661 – 3022; 011-661-4400 or 011 – 661 – 3622
- Hayat Hospital 011 – 662 – 4488 or 011 – 661 – 42 50
- Black Lion Hospital 011 – 551 – 1211
- Menilek II Hospital 011 – 155 – 0444
- Yekatit 12 Hospital 011 – 155 – 30 65/68
- Zewditu Hospital 011 – 551 – 8085
- St. Yared's hospital 011 645 4697/04

Pharmacies

Lion Pharmacy	Herr Karl Hildebrandt Herr Markos Hildebrandt	011-156-7175 011-155-0207 0911-200-549	Run by Germans, located in Piazza on Mahatma Gandhi Road/Churchill Ave
---------------	--------------------------------------------------	----------------------------------------------	------------------------------------------------------------------------

List of Specialists

Specialisation	Physician	Hospital	Contact
General/ internal medicine:	<i>Richard M. Hodes, M.D., Internal Medicine/ Infectious Diseases</i>		<i>011 – 662 – 0930 0911 – 218 – 425</i>
	<i>Abiy Temesgen, M.D.,</i>	<i>Brook Clinic – Ambassador Theatre</i>	<i>011 – 551 – 3435 or 011 – 551 – 5115</i>
	<i>Abebe Desta</i>	<i>Brook Clinic – Old Airport</i>	<i>011 – 372 – 5860</i>
	<i>D. Azeka Teame</i>	<i>/St. Yared's hospital</i>	<i>011 645 4697/04 ateame@yahoo.com</i>
Pediatrics	<i>Milliard Derebew, M.D., Pediatric Surgeon [not sure she is still here]</i>	<i>Black Lion Hospital</i>	<i>011 – 551 – 1211 Ext 127</i>
	<i>Mulu Aberham, M.D., General Pediatrics</i>	<i>Biham Clinic</i>	<i>0911 – 243 – 252, 011 – 416 – 0053, 011 – 476 – 0411 or 0911 – 431 168</i>
	<i>Belachew Tafesse, M.D., General Pediatrics,</i>	<i>Health Unit Contractor St. Gebriel Hospital</i>	<i>011 – 661 – 3622</i>

	<i>Dr Feseha, M.D., General Pediatrics</i>	<i>Dr Feseha Sahile Special Clinic</i>	<i>0911214951, 0920341124 (clinic)</i>
	<i>Dr. Fabiana Monti</i>	<i>Sunshine Higher Clinic</i>	<i>011 124 2294/95 fabiana.etiopia@gmail.com</i>
Cardiology	<i>Kebede Oli, Prof., Cardiologist</i>	<i>Land Mark Clinic</i>	<i>011 – 552 – 5463</i>
Computertomography & Ultrasound	Dr. Yonas Tadesse (Radiology) Dr. Anke Wanger	Wosen Wole Jale – Diagnostic & Imaging Center (W.W.J.)	011-467-0333 011-465-4003 0911-236-051 0912-200-300
Dialysis	Dr. Kassaye Ketsela Dr. Tewodros Agonafar	St. Gabriel General Hospital	011-661-3622 0911-204-396 011-662-4482
Dentists	Dr. Wondwossen Teshome	E'ma Dental Clinic	011-663-6626, 011-661-1397
	<i>Tolu Duresa,</i>	<i>Tolu Clinic (Asmara Road)</i>	<i>011 – 662 – 0031 Home: 011 – 661 – 3047</i>
	<i>Dr. P. Roina (Dental Surgeon)</i>	<i>St Gabriel Hospital</i>	<i>011 – 661 – 3622 or 011 – 661 4400 Home: 011 – 155 – 1560</i>
	Dr. Tsehay Berhane	Lunadent Clinic	0911-310-770 011-661-6422
	Dr. Wu	Taludent Clinic	0911-233-002 011-661-6492 0911-405-140 (Dr. Wu)
	Dr. Tadesse Melaku	Ethio-Swedish Dental Clinic Bole Road, Awash Bank (NOVIS) Building, 1st floor	011 – 661 – 4932
	Dr. Yahya Seid	Gojeb Dental Clinic – Piazza:	(011) – 556 – 6521 / - 556 – 6296 or 0911 – 607 – 459
Dermatology	Dr. Fuad	Alert Hospital	Consultation hours at ALERT; Call Dr. Idris, Panorama Clinic (011-465-1666)
	<i>Saba Teklemariam, M.D., Dermatologist, Venerologist</i>	<i>St. George Clinic</i>	<i>011 – 112 – 6776</i>
General Surgery	<i>Taye Makuria, M.D., Frcs, General Surgery;</i>	<i>Health Unit Consultant</i>	<i>011 – 555 – 0003 011 – 661 – 3516</i>

Gynecology	Dr. Assegedech	Assegedech Higher Clinic	0911-405-298 011-662-2049/50
	Dr. Mekonnen Bekele	Addis Maternity and Children Hospital	011-124-5345 011-124-5348
	Dr Nigina Muntean	Swedish Clinic	011-371-9002 0911-206-514 0911-206-291
	Mrs. Regina Abelt	Midwife	0911-225-300
ENT	Dr. Isshak Bedri	Bethzata Clinic	011-551-4470
	Kebede Demissie, M.D., Ent Specialist	Electronics Clinic	011 – 551 – 8673
Internist & cardiology	Dr. Elehu Feleke	International Cardiovascular Medical Center (ICMC)	011-651-0652 0911-222-016
Laboratory		International Clinical Laboratories	011-552-9252
		Swedish Clinic	011-371-9002 0911-206-514 0911-206-291
Neurology/Psychiatry	Dr. Andargie Gedamu	Myungsung Christian Medical Center (MCM) „Korean Hospital“ Psychologist, <i>Lerntherapeutin</i> , <i>Mediatorin & Supervisorin</i>	0912-049-223
	Bernadette Ruffeis		0911-864-883
	<i>Ginbaru, Psychiatrist</i>	<i>Old Airport Clinic</i>	<i>0911 – 225 – 886</i>
	<i>Yonas Baheretibeb Alemu (M.D.), Child and Adolescent Psychiatrist, Assistant Professor in Psychiatry</i>		<i>0911 – 246 – 620 Office: 011 – 515 – 2215 Home: 011-270-3960E- Mail: yonasbaheretibeb@yahoo.com</i>
	<i>Prof. Redda Teklehaimanot, M.D., Neurologist</i>		<i>011 – 662 – 2538 Home:011 –662- 8774</i>
Optometry	Dr. Negussie Zerihun	Aroma Higher Eye Clinic & Optics	011-554-5963 0911-402-131
	Wondu Alemayehu, M.D., MPH, consultant Ophthalmologist	Ethio Vision	011 – 662 – 0995 Home: 011 – 551 – 3038
Orthopedist	Dr. Said Abdulkadir	Health First Health Services S.C.	011-662-1440 0911-203-961 0911-316-012

	<i>Eric Gokeen, M.D. – US Board Certified Orthopedic Surgeon</i>	<i>The CURE Hospital:</i>	<i>011 – 124 – 5404</i>
Veterinarians	Dr. Shenkut Teshome Dr. Dawit Ketema Dr. Daniel Girma Dr Ketema Fantu	Casa Incis Animal Clinic Shalom Veterinary Clinic Old Airport Veterinary Clinic	011-551-9427 0911-210-204 011-629-1877 0911-247-335 0911-665-830 0911-209-993, 011-349-7905

Physicians, Clinics and Hospitals Outside Addis Adama

General	Sister Aklasia General Hospital	022-111-9800	24 hours
General	Adama General Hospital	022-111-2424	24 hours
General	Misikir Higher Clinic and Diagnostic laboratory	022-111-7861	24 hours
General	Medhanialem General Hospital	022-111-5590	24 hours
General	Beza Medical Center	022-112-5568	8:00 AM – 5:00 PM
Ophthalmology	Dr Tegene Eye Clinic	022-111-3551	8:00 AM – 6:00 PM
Pediatrics	Noah Clinic	022-111-0182; 0911-405-103	8:00 AM – 6:00 PM
Pharmacy	Sister Aklasia Pharmacy	022-111-9801	8:00 AM – 5:00 PM
Pharmacy	Red Cross Pharmacy	022-111-1529	8:00 AM – 5:00 PM
Pharmacy	Adama Hospital Pharmacy	022-111-2424	24 hours
Pharmacy	Robot Pharmacy	022-111-8573	8:00 AM – 8:00 PM

Bahir Dar

Child Specialist	Dr. Azene Arsema Clinic	058-226-3500	Opposite to Mesquel Square, Bahir Dar
General practitioner	Bahir Dar Special Clinic Dr. Tsrhariam Seme Bahir Dar	0918-760-062	Near to the Gamby Clinic in a side road Recommended by Dr. Ritter, TMU

General Clinic	Universal Clinic	058-220-4595	Opposite to Cloude 9 café, Bahir Dar
General practitioner	Dr. Mekonnen Gamby Clinic	058-220-2017	Close to the Hyper Cinema, road to Papyrus Hotel right side, Bahir Dar
General Clinic	Alem Segal Meda Clinic	058-220-9415	Bahir Dar
Bio Chemistry and Research Center			Near Felege Hiwot Hospital, Kebele 13

Pharmacy	Bahir Dar RDV Medicine		Aside Abbisinia Bank, center of the town
	Gamby Pharmacy		Close to Gamby Clinic

Please note, the only recommended place is Dr. Tsrhariam, TMU Eschborn. The other places, everybody tries to help, but sometimes the technical and personal capacities are not enough.

Dire Dawa

Mariamwork Hospital	Dr. Tiruwork	0911-252-462	
Bilal Hospital	Dr. Biruck	0915-082-501	

Jinka

Government hospital run by Norwegian Lutheran Mission (NLM)	Doctor family: Dr. Kiserud Thorleif his wife	046-775-0151, 046-775-0601 0912-858-650, 0912-803-371 tkiserud@nlm.no	Surgeons
-------------------------------------------------------------	----------------------------------------------	-----------------------------------------------------------------------------	----------

Soddo

Soddo Christian Hospital	Dr. Duane Anderson	046-551-1163, 046-551-4317 0916-832-428 jdandersonafrica@yahoo.com	
--------------------------	--------------------	--------------------------------------------------------------------------	--

XII Getting connected in Addis

This note is intended to help newcomers to get the best possible access to the internet when arriving in Addis Ababa. The information is current as of Mid November 2009 and is likely to change very rapidly (as has been the case over the last few months when things have taken a technical if not a speed step forward).

This information is aimed at Europeans arriving in Addis – the internet information is the same for everyone but phone information will be different for those who come from non-GSM based mobile phone systems. There are two parts:

- Wireless internet connection
- Smart phone connection

Please note that prices may have changed by the time you read this.

Getting on the internet

1.1 Short version

- Buy an EV-DO USB modem (around 3000 Birr)
- Go to Ethio telecom for example at the central station with a copy of your ID card and 2 small pictures
- Get set up and pay 230 Birr
- Buy 300/500/700 birr of scratch cards for 1 month (good for 1/2/3 GBytes of traffic).
- Enter scratch cards by dialling 903 from any phone and following instructions
- Connect modem to computer, dial up settings: *number #777 user name etc password etc*
- Go go go!

1.2 Long version

Although dial up lines at 56 kbits per second (baud) exist in Addis it is not worth using them as they never even reach 56kbaud rates – and that is horribly slow in any case. The other options are based on the US standard CDMA system; you have the choice between CDMA 2000 and EV-DO, the latter being nominally faster and likely to become the standard solution in the coming months and years.

How do you get set up with one of these? The steps are the same except that the CDMA 2000 requires a SIM card so you need to buy that.

The first step is to acquire an EV-DO (or CDMA 2000) modem that looks just like a USB memory stick. The simple way is to go to one of many electronics shops in Addis and pay around 2 700 Birr for an EV-DO modem, a bit less for CDMA 2000. All the shops seem to sell the same modems, Chinese, simple and they work on Windows and at some places one finds modems that also support Linux and Mac.

Note that many EV-DO modems in the US are sold along with a data package from Verizon, Sprint and other service providers. They will not work in Ethiopia as they are locked to the telecoms company's network. You must find an unlocked modem. This is also true for CDMA 2000 modems.

For EV-DO, you should get a modem that supports Rev A of the standard. We expect Rev B modems will also work but this has not been tested. The ZTE modem sold in Addis is Rev A.

Having bought your unlocked modem the next thing you need to do is to get a photocopy of your passport or Ethiopian identity card. If you forget there is a little

shop just outside the Ethio Telecom office by the station that does copies for 0.50 Birr.

Armed with your modem and copy of ID card or passport, head for the Ethio Telecom office (eg by the central station La Gare). As you enter the area where all the buses are parked, the Ethio Telecom office is in the far left corner: just look for all the cars parked and people selling telephone cards. Enter (Do not take your PC as you have to go through the hassle of registering it at the gate) the office, turn left and left again and ask for the EV-DO (or CDMA) people. Each desk serves a different technology so you need the correct one. The administrator will give you a form with a telephone number written on it.

(In the case of the CDMA 2000 modem you will buy a SIM card and take that and the modem to the person outside, see below)

You take this out of this office to a guy in the previous office who will set up your modem. This takes only a few minutes (assuming that the queue is reasonable). You then return to the first person, pay 230 Birr and get a receipt with the telephone number on it. Do not lose this. You then need to buy 300 or 500 or 700 Birr worth of green scratch cards (that are specific to internet connections) from one of the sellers who will rush to you.

The 'limited data plan' EVDO service provides three options: a 1 GB internet access for Birr 300 monthly payment, a 2 GB internet access for Birr 500 monthly payment, and a 4 GB internet access for Birr 700 monthly payment. The charge for usage beyond the limit is 0.35/MB. (The price are inclusive of VAT).

In the recent past, Ethio Telecom provided unlimited EVDO that apparently was often used in Internet cafés. It stopped doing so and the impact on internet cafes is not yet clear.

The 'CDMA(2000) 1X data only': A user of this will be charges 0.10/minute in Peak hours and 0.07 Off Peak hours for the first 1300 minutes usage within a month, beyond that the tariff decrease to 0.07/minute in Peak hours and 0.04/minute Off Peak hours (Add 15% VAT on the prices).

Install the modem on your computer if not already done and fill your account. Filling the account for EV-DO is much like filling the account for a telephone. Follow the following steps:

1. Dial 903
2. Enter 2 for English
3. Enter 1# to charge the account
4. Enter the telephone number on your receipt followed by # eg 118501234#
5. Enter both lines of the PIN number on your scratch card, 16 digits, followed by #
6. Repeat steps 3,4 & 5 until you have 450 Birr in your account.

Now you are ready to connect.

Plug in the modem to a USB socket and open the application that runs the modem (or your network centre on Windows – see below). The software is installed on the USB EV-DO modem and should auto-install the first time you plug in.

Check the settings are correct:

Number to dial should be #777

User name is etc password also etc

Hit the connect to network (or dial) button and all should be well. If it is not, seek help!

If you do not want to use the application that came with the modem, just set up the network connection as a dial up connection in Windows. Click on the network icon in the bottom right of your screen, click on “connect to a network” and you should see a dial up connection. Double click on the dial up connection, click on connect and then fill in the dialing information as above. Good luck.

Smart phones

European based smart phones use GSM 3G networks to do all the cool stuff. Much to many people’s surprise, all this coolness is readily available in Addis – at a price now (Sept 2010) similar to EV-DO: 400 Birr per Gbyte with no monthly charge – just recharge your phone with normal green pre-paid cards. The 3G network supports HSDPA, EDGE, GPRS and GSM. We find that about 50% of the time you get HSDPA when stationary. This drops when on the move but EDGE gives perfectly quick enough connection for most uses.

If you have a 3G capable smart phone, do not rush to buy a SIM card in the first hotel shop you see on arrival. You need a special SIM card to access data services and you must buy that at one of the main Ethio Telecom centres. The easiest is at the central station (see Internet section for directions). To buy one all you need is to go with 525 Birr and a copy of your passport or Ethiopian ID card to the Ethio Telecom office, find the GSM 3G desk (each desk serves a different technology – do not get a CDMA card by mistake) and buy your SIM card. Put it in your phone, buy recharge cards (Always green ones for 3G SIM cards), and off you go.

Avoiding Amharic recharge instructions

IMPORTANT: When you first call 909 to charge your phone, as soon as it answers, press 2. This will switch the service permanently into English. If you do not do this it will be in Amharic and then you need to call Ethio Telecom to get it changed (Try 997 but it takes a lot of attempts to get an answer).

Conclusion

Wireless connectivity is adequate in Ethiopia but prices are still very high. You can follow the tariffs by going to the Ethio Telecom site <http://www.ethionet.et/index.php>

XIII Private Lessons Music Teachers
May 2011

Instrument	Name	Telephone Number(s)	Email
Piano	Teddy Philip	011-371-6445 or 0911-308-928	
Piano	Samrawit Tadesse	0910-015-910	samritadu@hotmail.com
Piano	Girma Yifrashewa	011-647-1041 or 0911-227-804	yifrashewag@ethionet.et
Piano	Brian Wilson	011-123-3403 or 0911-606-363	asplinas@yahoo.co.uk
Piano	Martha Tilahun	0911-630-865	
Piano	Ato George	0911-675-308	
Piano	Tamara Salasnova	011-155-0996	
Piano	Mary Valbandian	011-553-9429 or 0911-215-493	info@bale-leather.com
Piano	Esayas Teklu	0911-034-780	Eso2k@yahoo.co.uk
Piano	Gemechu Mezgebu	0911-053-358	Jazz1game@hotmail.com
Guitar	Jorg	0911-088-948	
Guitar	Mihret Ab	0912-126-244	
Guitar	Kuku	0911-615-597	
Guitar	Mieraf	0911-470-750	Chapioner1@yahoo.com
Guitar/ Bass	Gemechu Mezgebu	0911-053-358	Jazz1game@hotmail.com
Flute	Fatma Rashad	0911-781-175	
Flute	Alem	0911-223-896	
Flute	Rae Cowling	011-279-2702	Rae.cowling@gmail.com
Clarinet	Samrawit Tadesse	0910-015-910	samritadu@hotmail.com
Clarinet	Tadele Tilahun	0911-623-781	
Clarinet	Rae Cowling	011-279-2702	Rae.cowling@gmail.com
Saxophone	Olaf Boelsen	0911-727-264	
Saxophone	Ato George	0911-675-308	
Saxophone	Tadele Tilahun	0911-623-781	
Trombone	Belay	0911-69-45-92	
Trombone	Million Abraham	0912-152-821	millionabr@gmail.com
Violin/ Viola	Tamara Salasnova	011-155-0996	
Violin/ Viola	Teddy Philip	0911-308-928 or 011-371-6445	
Strings	Kaethe Hostetter	0920-124-853	kathehostetter@gmail.com
Voice	Henning Behrends	011-551-4570	sen@ghm-eth.de
Voice	Gemechu Mezgebu	0911-053-358	Jazz1game@hotmail.com
Percussion	Tilaye Kefyalew	0911-373-954	Eso2k@yahoo.co.uk

The ICS website keeps the updated list: <http://www.icsaddis.edu.et/arts/private-lesson-music-teachers>