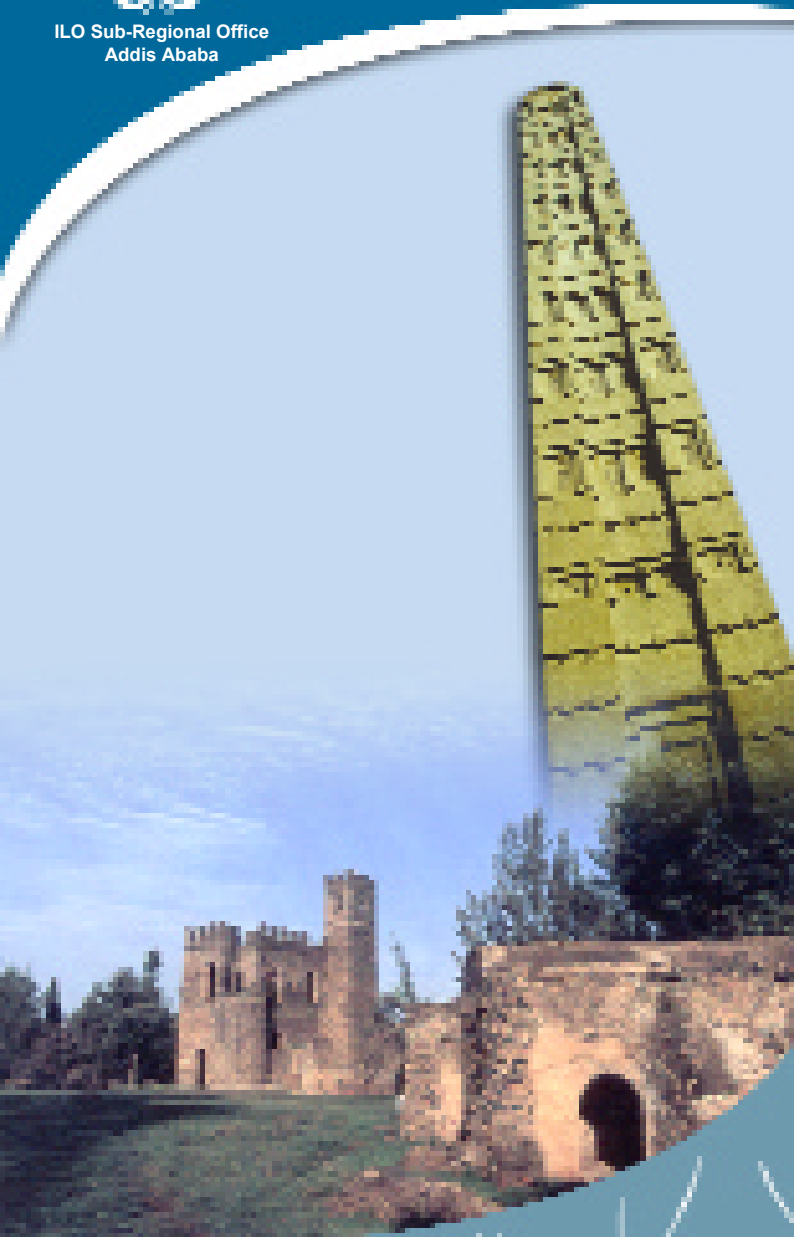


Welcome to Addis Ababa

Ethiopia



ILO Sub-Regional Office
Addis Ababa





Welcome to Addis Ababa Ethiopia

Entry Formalities

Visas - All visitors to Ethiopia should have valid national passports and entry visa, visa could be obtained in Ethiopian Embassy or consulate in their country of residence. Citizens of 33 countries can now get visas on arrival.

Airport tax - There is a US\$20 departure tax for international flights.

Declaration - All visitors should declare electronic goods, and mobile apparatus. They will be required to show the declaration paper upon departure, in order for them to take back their equipments.

Vaccination

The possession of a valid Yellow Fever vaccination certificate is no longer mandatory but visitors coming from countries where Yellow Fever has been reported may be asked.

Money Matters

Visitors should declare all currency in their possession on arrival, and only change at banks and authorised foreign exchange dealers. The Ethiopian currency is the birr, the rate of which against the US dollar is fixed in weekly auctions. (In November 2003

the rate is approximately 8.60 birr to US\$1.00). In order to change birr back to dollars on leaving the country, visitors will be asked to produce bank receipts.

Credit card acceptance is now growing throughout the country, but only one bank (Dashen Bank) can issue cash on cards, to a limit of US\$500.00 per day, and does not yet have branches in all main cities. There is an unofficial, or black market - while transactions are quicker, rates are not significantly higher than in the banks.

Country topographic profile

With an area of 1,112,000 square kilometres, Ethiopia is as large as France and Spain combined. From the north and running down the centre are the Abyssinian highlands, to the west of the chain the land drops to the grasslands of Sudan, to the east to the deserts of the Afar. South of Addis Ababa the land is dominated by the Rift Valley Lakes. The main rivers are the Blue Nile, the Tekezze, the Awash, the Wabe Shabele, the Omo, and the Baro.

Population

The current population is about 70 million, making it the third most populated country in Africa.

Government

Ethiopia is a Federal Democratic Republic made up of 9 regions, mainly based on ethnicity. The present government was re-elected in May 2000 for a 5-year term.

Ethiopia country profile

At the time of the scramble for Africa, following the Berlin Congress in 1884, the



disparate ethnic groups that make up Ethiopia united to defend the country against foreign invasion, thus securing their independence.

Ethiopia has its own script, notational system and calendar. The Ethiopian Orthodox Church is the oldest in Africa - Christianity was made the state religion in the Axumite Empire in 330 AD, before Rome. Muslim communities were established in Ethiopia before the triumph of Islam in its birth place, the Arabian peninsula.

Ethiopia has the most extensive historic sites in Sub-Saharan Africa, experts estimate that perhaps as little as 10% of the total has so far been discovered and excavated. The oldest hominid remains have been found along the Awash River valley - currently 41 institutions from 13 countries are excavating in the Afar Region, where most paleontologists now agree the human race has its origins.

There is every variety of scenery, with tropical rain forests, high moorland with Afro-alpine flora, lakes, savannah and deserts. In elevation it ranges from 120 metres below sea level in the harsh salt flats of the Danakil depression, to the 4624 metre peak of Ras Dashaen in the Simien Mountains. There are more than 80 ethnic groups and as many languages.

Economy

85% of the population get their livelihood from the land. Coffee (the word originates from the name of the province of Kaffa, in the south west of Ethiopia) provides the bulk of foreign currency earnings, although the

recent decline in world coffee prices has meant a fall in its share.

The export of livestock, skins and hides (Ethiopia has the largest domestic livestock population in Africa), chat, oilseeds, pulses and animal feed makes up the rest of Ethiopia's foreign currency earnings, with tourism set to make an increasingly important contribution.

The opening up of the economy since the coming of the present government in 1991, has created more favourable grounds for development of Ethiopia's rich resource base. Ethiopia is the "water tower" of the region (the Blue Nile contributes to 85% of the main Nile flow) and projects are now being implemented to better exploit the country's water resources both for power generation as well as to boost agricultural production through irrigation schemes. Mineral exploration has stepped up in recent years - there are reserves of oil, natural gas, coal, gold, copper, tantalum, potash, zinc, iron ore, nickel, marble, precious and semi-precious stones. Thermal power generation schemes are already operational in Afar and Oromo Regions.

Seasons, Climate and Clothing

Seasons in Ethiopia do not correspond to the winter, spring, summer, autumn pattern, but are essentially defined by the rains. Temperatures are determined by altitude, with highlands (including Addis Ababa) rarely exceeding 25°C. In the lowlands it can get considerably hotter exceeding 40°C, while in the Danakil Depression it can approach 60°C.



In most of the country, the main rainy season runs from June to the end of September, with short rains in March. In southern Ethiopia, the main rains are from March to June, and shorter rains in November. In Addis Ababa you can expect torrential rains during this period and extended short rains (sometimes from the end of February into April), with occasional rain in January.

Addis Ababa in the rainy seasons can be chilly at other times, it is generally fine and warm in the day, getting hotter in the run up to the main rains but nights and early mornings can also be very cold, particularly from November to February.

Main harvest time is in November to early December, but there is another season associated with the short rains, with planting in February or March and harvest at the end of April or the beginning of May.

Health and Medical

Malaria: lower lying areas of Addis Ababa (around 2000 metres) are now said to be potentially malarial, but essentially the city is malaria free, although non-malarial mosquitoes can be nuisance in some areas at night. For travelling outside Addis Ababa it is advisable to consult travel agencies on malarial protection for specific areas. Also it is always good to take a simple first aid pack. In most of the larger towns there are now private clinics, but these and local pharmacies may be short of drugs and medical supplies. In Addis Ababa there is range of private hospitals and clinics, (see Addis Ababa listings, p.13)

Altitude sickness: Addis Ababa lying between 2200-2500 metres asl is the third highest capital in the world, and new visitors may experience discomfort until they adjust to the altitude - symptoms can include shortness of breath, fatigue and insomnia.

Food

The Ethiopian national dish consists of injera, a flat, circular pancake of fermented dough made from grain called tef, on top of which are served different kinds of cooked meats, vegetables and pulses. The sauces are generally spiced with berbere, a blend of herbs and spices (including hot peppers) that gives Ethiopian food its characteristic taste. Vegetarians should try "fasting food", which is devoid of all meat and animal products. Ethiopians also eat raw meat, served with injera and a hot sauce with added hot pepper and mustard powder. One eats with the right hand tearing off pieces of injera to pick up the "toppings".

Addis Ababa boasts of a wide variety of restaurants (see Addis Ababa listings, p.13)

Avoiding stomach upsets- When moving from one country to another some stomach upset is generally inevitable. The dangers for the new comer in Ethiopia are hot and spicy dishes, spicy Ethiopian butter, raw meat (you should ask at dinners or buffets if any of the dishes include uncooked meat), and not properly washed salads.

Drink

It is safer to avoid tap water. Gassy and still mineral water, along with soft drinks, are available throughout the country. There are several brands of locally produced beer.



Ethiopia produces its own wine and spirits, while imported spirits are also widely available. There are home made alcoholic drinks: tela (home made beer or ale), tej (wine made from honey) and kati kala (distilled liquor from various grains.)

Ethiopia is the birthplace of coffee, and coffee drinking plays an important part in Ethiopian social and cultural life. The coffee ceremony, where the coffee is roasted, ground and boiled, and incense burnt, can take some time, as visitors are served three cups, one from each brewing.

Accommodation

Addis Ababa has two 5 star hotels - the Hilton and the Sheraton (5 star plus) - and a growing number of tourist class hotels (see Addis Ababa listings p.13). Standards vary outside the capital, but apart from places where camping is unavoidable it is generally possible to get relatively clean rooms with en suite toilet and shower.

Travel by air and road

Ethiopian Airlines flies to most of the African countries and to Europe, Asia and America as well. For flight information, there are ticket offices in different areas of Addis Ababa.

Ethiopian Airlines operates a safe and extensive domestic air service, but cancellations and delays can occur. Ethiopian Airlines and currently one private company, Abyssinian Airlines, offer charter services. Other airlines that fly into Addis Ababa: BA, Egypt Air, Kenyan Airways, Lufthansa, Yemen Air and Sudan Airways.

Getting around in Addis Ababa

The cheapest form of transport are the big, red, city buses where fares are below 50 cents. Slightly more expensive (up to and over 1 birr) but more frequent are the blue minibuses which ply certain routes. With the blue taxis there are those which are shared, picking up people along certain routes, and "contract" taxis which you hire for a journey. Fares should always be agreed in advance. Your hotel will either have its own transport, or will call a taxi for you.

Addis Ababa based tour operators (see Addis Ababa listings p.13) can provide vehicles with drivers, and organize trips to the country's tourist sites. Travelling by road allows visitors to experience Ethiopia's wonderful scenery, but in many parts of the country road conditions are poor, and the mountainous topography in the north will cut speed.

Security

Ethiopia is generally a safe country, and Addis Ababa a safe capital city, but one should still take the normal precautions, avoiding unfamiliar areas at night and not carrying large sums of money in accessible pockets.

It is advisable to beware of pickpockets operating in certain areas, skilled at identifying new arrivals, other than that violent robbery and muggings are rare and generally visitors can tour the city day and night in safety.



ADDIS ABABA

Addis Ababa, home to more than three million people is the diplomatic capital of Africa, seat of the African Union and the Economic Commission for Africa. There is no one identifiable city centre, rather a number of different centres. Although there are obviously wealthier and poorer areas, lines are not sharply drawn.

Site seeing in Addis Ababa - what to do

There's a lot to see in Addis Abba, but if you are only here for a short time you could book a guided city tour. In one day you could expect to cover the following places:

Mount Entoto - panoramic view of the city, and the churches of Raguel and Mariam. Menelik II was crowned in the latter and there is a small museum there.

Ethnographic Museum of the Institute of Ethiopian Studies - located in a former royal palace - clothing from different regions, along with artifacts, household utensils and in separate section, paintings reflecting the history and culture of the country. (Inside the University, near Sidist Kilo.)

National Archaeological Museum - exhibits ranging from the 3.5 million year old bones of Lucy, through the Axumite and Gondarene periods to the monarchs Tewodros and Menelik II. (Between Amist and Sidist Kilo.)

St George Church - interesting small museum, clothes and religious items (by Menelik Square, near Piassa).

Menelik's Mausoleum, where Etege Taitu and Queen Zewditu are also buried, and Beata Mariam Church, behind the Grand Palace.



The Mercato, the largest market area in Africa, where virtually every possible commodity is on sale, from livestock to computers.

Other sites - Addis Ababa Museum, behind Mesqal Square, which focuses on the history of the capital, The Zoological Natural History Museum, inside the Science Faculty of Addis Ababa University at Arat Kilo.

Note: Museums are closed on Mondays.

DAY TRIPS OUT OF Addis Ababa

There are a number of interesting day trips that can be made out of Addis Ababa, here is a short list:

Debre Libanos and the Jemma River Gorge - on this visit to the site of an old monastic center, you can combine history, scenery, bird watching and glimpses of the endemic gelada baboon. (Leave at 8am, return at 5 pm)

Debre Berhan and Ankober - old imperial capitals with great views of the escarpment. (Leave at 7:30am, return at 5:00pm) Further along this road is Senbete, or Sunday market, where the highlands and lowlands meet for trade. (Leave at 7:00am, return at 5:30pm)

Ambo and Wonchi crater - stunning scenery, a lake situated inside the crater, with islands. (Leave at 7:30am, return at 5:30pm) Similar scenery at Zuqwala, seat of another old monastery. (Leave at 8:00am, return at 5:00pm)

The Neolithic site at Melka Kunture, the rock hewn church of Adadi Mariam and the stellae



field at Tiya. (Leave at 7:30am, return at 5:30pm)

The Menagasha Forest - beautiful old trees, some wild life and plenty of birds. (Leave at 8am, return at 5:00pm)

Sodere Hot Spring Resort, next to the Awash River. Good for birds, but protect your sandwiches or lunch from light fingered monkeys! (Leave at 8:00am, return at 5:30pm)

If you only have half a day and would like to get out of the city you could go to the resort town of Debre Zeit - only 50 km from Addis Ababa it has seven crater lakes, take a walk on Mount Entoto or drive north to Solulta plains for good scenery and restaurants serving national food and liquors.

LONGER TRIPS

If you are planning a longer trip, you should consult a tour operator (see listings).

You could fly to some or all of the destinations on the Historic Route, or to Harer, go trekking in the Bale or Simien Mountains, or spend some time in the Rift Valley, making your way perhaps to the Omo Valley. If you want to read up on the possibilities, the comprehensive Bradt Guide to Ethiopia is available in Book World (see listings).

Miscellaneous

Local Time GMT +3

Electricity - 220 volts. Plugs are of the two-pin variety



Souvenirs - many antiques cannot be exported and may be confiscated if found in airport searches. The National Museum in Addis Ababa can issue a clearance certificate.

Photography - for taking pictures around the city precaution should be taken on identifying sensitive areas. As a matter of courtesy, permission should be sought before photographing individuals.

Shopping - bargaining on prices is part of the art of shopping in Ethiopia. Except for some shops that have fixed prices a good bargain could be won after an effective exchange of give and take.



ADDIS ABABA LISTINGS

What follows is necessarily brief - just to help you find your way around Addis Ababa.

For more detailed guide see bibliography

Street names in Addis Ababa can be confusing, and most people including taxi drivers, rely on directions to where a place is near.

Accommodation

- Sheraton Hotel - 5 star plus. Swimming pool. Tel: 171717.
Rates from US\$204.00.
- Hilton Hotel - 5 star. Swimming pool.
Tel: 518400.
Rates from US\$140.00.
- Ghion Hotel - 4 star, government owned, wonderful grounds and Olympic sized swimming pool. Tel: 513222.
Rates from US\$55.00.
- Imperial Hotel - 4 star, near the airport.
Tel: 293395.
Rates from US\$66.00.
- National Hotel - 2 star, government owned, just off Mesqal Square.
Tel: 516666.
Rates from US\$22.00.
- Ras Amba Hotel - 3 star. Tel: 556634.
Rates from US\$35.00.
- Yordanos Hotel - 3 star, off Haile Gebre Selassie Road.
Rates from US\$25.00.
- Axum Hotel - 3 star, Tel: 615001
Haile Gebre Sellassie Rd.
Rates from US\$32.00
- Global Hotel - 4 star, Tel: 664766
Debre Zeit Road
Rates from US\$53.00

Restaurants

Ethiopian (* denotes live music, ** live music with national dancing)

Addis Ababa Restaurant - Piassa, near Habte Giorgis, tel: 113513

Agelgil - end of Mesqal Flower Road, near Debre Zeit Road, tel: 653299

Crown Hotel** - 10 km from Mesqal Square on Debre Zeit Road, tel: 341444

Dashen Restaurant*- near Ambassador Theatre, behind post office, tel: 557515

Fasika Restaurant** - off Bole Road, turn after Flamingo Restaurant, tel: 514193

Habesha Restaurant* - Bole Road, next to Sabit Building, tel: 518358

Kara Mara Restaurant** - Bole Road, at the bridge, tel: 158013

Asian

China Bar and Restaurant - next to entrance to Ghion Hotel, tel: 513772

Honk Kong Restaurant- behind Churchill Road, near Commercial Bank, tel: 514275bv

Jewel of India - on Mesqal Flower Road, near Olympia, tel: 513454

Sangam - on Bole Road, next to Mega Building, tel: 518976

Shaheen - in Addis Sheraton, tel 171717

French

La Brasserie - near Stadium, road going to Mexico Square, tel: 514885

Les Arcades - in Addis Sheraton, tel: 171717



Italian

- Blue Tops - opposite National Museum,
tel: 550934
- Castelli's - Piassa area, tel: 571757
- Il Caminetto - at the end of Bole Road, near
Brass Clinic, tel: 625587.
- Stagioni - in Sheraton Hotel, tel: 171717
- Top View - overlooking Megenagna
intersection, tel: 627350.

Mediterranean

- Aladdin - off Bole Road, to Japan
Embassy, tel: 615258
- Al Baraka - off Bole Road, behind Bole
Printing Press, tel: 155903
- Mendi - Olympia, between Bole and
Haile Gebre Selassie Roads,
tel: 512143
- Greek Club - Olympia, next to Greek
School, tel: 530485

Cafes

- City Café - Bole Road, next to Mega
Building, tel: 151807
- La Parisienne - Olympia, off Bole Road,
tel: 156174
- Le Notre - back entrance of Hilton,
tel: 515116
- Roby Pastry - Bole Road, opposite Mega
Building, tel: 158808
- Village Café - off Meskal Square, opposite
Estiphanos Church.
tel: 154409

Night life

- Buffet de la Gare - next to Railway Station,
tel: 517888
- Coffee House - Sidist Kilo, by Egyptian
Embassy, tel: 121263

Gas Light - disco in Sheraton, tel: 171717

The Dome - next to Concorde, on Debre Zeit Road, tel: 654903

Memo Club - behind Exhibition Centre, tel: 153344

In the Cazanchis area and along Meskal Flower Road there are many Azmari (traditional music) houses, but take a guide.

Souvenir shops

Ethiopian Tourist Trading Enterprise - on Haile Gebre Selassie Road, past Traffic Police.

Haile Selassie - before Theodros Square on the right going up Churchill Road

There are several souvenir shops along Churchill Road, behind the Main Post Office and in the Mercato. If it is gold that you are after, you will be better off doing your shopping in the Piassa area, along Adwa Avenue.

Art Galleries

Asni Gallery, near French Embassy, tel: 117360

Goshu Art Gallery, off Micky Leland Road, tel: 614747

Makush Gallery, Bole Road in Mega Building (also serves food)

St George, near Sheraton, tel: 510983)

Tour and Travel Agents

Experience Ethiopia Travel, Churchill Avenue, near National Theatre, tel: 519291

Greenland, Bole Road, near Fantu Supermarmet, tel: 632597

Hess Travel, Bole Road, near Mega Building, tel: 515820



Travel Ethiopia, in National Hotel,
tel: 525478

Village Ethiopia, inside National Hotel,
tel: 523497

Communications

The Sheraton, Hilton, Ghion and many tourist hotels offer Internet service, or have Internet providers on their premises.

Internet Cafes/Business Centres - in National Hotel, in Mega Building on Bole Road. International calls: hotels tend to be expensive, for cheaper calls go to the Telecom Centre on Churchill Avenue.

Mobile (cell) phones: your phones will not work in Ethiopia, and although cards can be purchased at the Telecom Centre in the Dembel Centre on Bole Road, you will need an Ethiopian line for them to work.

Sport

Swimming: Sheraton, Hilton and Ghion

Tennis: Hilton and Ghion

Gyms: Sheraton, Hilton, Power Gym (behind National Hotel), Alem Fitness Centre, Alem Building, Bole Road (belonging to athlete Haile Gebre Selassie).

Golf: the Golf Club (old Airport) has 9 holes and a good restaurant. Also offers horse riding.

Emergency services

Clinics:

Senai Clinic, Debrezeit Road, near Lancia,
tel: 661421

Betzatha Clinic, Bole Road, Olympia,
tel: 533458

Brook Clinic, near Ghandi Hospital,
tel: 513435

Hospitals:

Tikur Anbessa, behind the National Bank of Ethiopia, tel: 511211

Demberwa MCH, off Haile Gebre Selassie Road, tel: 611084

Gabriel Hospital, Haya Hulet Mazuria,
tel: 614400

Hayat Hospital, near Imperial Hotel,
tel: 624448

Bookshops

Bookworld, near Cathedral School, outlets in the Sheraton, Hilton and Ghion.

Miscellaneous

Newspapers - English Language papers, The Monitor (daily), Sub-Saharan Informer (weekly), Reporter (weekly), Fortune (weekly), Capital (weekly), Addis Tribune (weekly).

Super markets - Novis, Bambis, Tana, Abrico, Shi-Solomon.

Bibliography

Guide Books

The Bradt Guide to Ethiopia.

The Lonely Planet Guide to Ethiopia, Eritrea and Djibouti.

The Spectrum Guide to Ethiopia

Collins Birds of East Africa

Important Bird Areas of Ethiopia - Ethiopian Wildlife and Natural History Society.

Collins Flowers and Plants of East Africa

Ethiopian Amharic Phrasebook - Lonely Planet

History

Layers of Time - Paul Henze

A History of Modern Ethiopia - Bahru Zewde

Axum: An African Civilisation of Late

Antiquity - Stuart Monroe Hay

The Blue Nile - Alan Morehead

The Sign and the Seal - Graham Hancock

The Survival of Ethiopian Independence -
Sven Rubenson

Ethiopian Civilisation - Belay Giday

The Ethiopians - Edward Ullendorf

The Scramble for Africa - Thomas
Pakenham

Art books

African Zion: The Sacred Art of Ethiopia

African Ark: People of the Horn

Black Angels: The Art and Spirituality of
Ethiopia

Ethiopia Photographed - Richard Pankhurst
and Denis Gerard.

Ethiopia Engraved - Richard Pankhurst

Birding

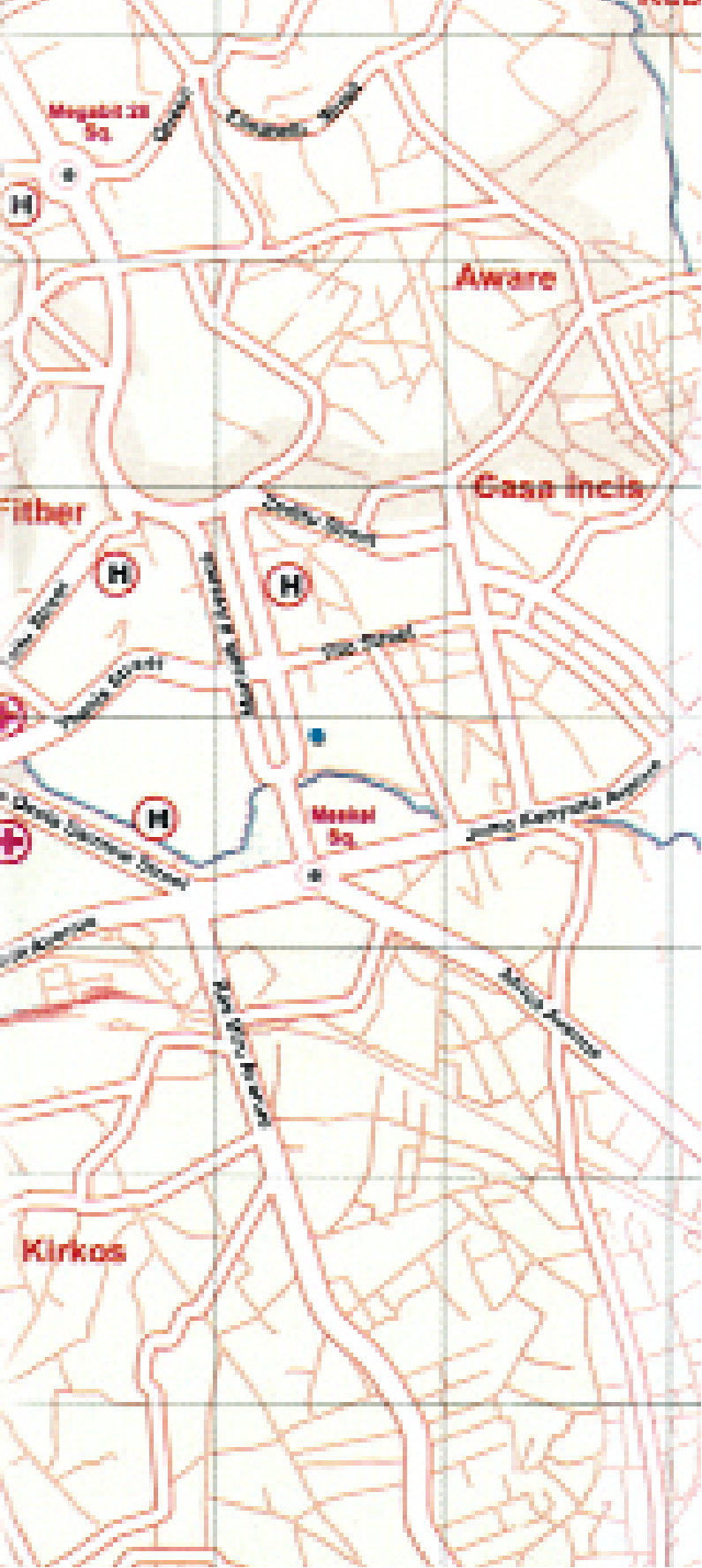
Important Bird Areas of Ethiopia and other
publications can be obtained from the
Ethiopian Wildlife and Natural History
Society, tel:



Communicating

There is no space here for a definitive glossary, Ethiopia has 83 languages and more than 200 dialects! But Amharic or Amarigna is widely spoken through the country. The following would help you to communicate in many places.

Tenastilign	Hello/how are you?
Ciao!	Good bye
Yekirta	Excuse me
Amesegenalo	Thank you
Simeh mannew? (Masc)	What's your name?
Simesh mannew? (Fem)	What's your name?
Aw (as in how)	Yes
Ishi	OK
Aydellem	No
Sintinew	How much is it?
Widdnew	It's expensive
Efellegallew	I want
Alfelligim	I don't want
Tirunew	It's good
Tiru aydellem	It's not good
Les-lassa	Soft drink
Amboha	Mineral water
Birra	Beer
Wuha	Water
Shintibait	Toilet
Buna	Coffee
Shai	Tea
Injera	Sour dough pancake
Wot	Sauce or stew
Tibs	Fried meat
Tela	Local beer
Tej	Honey wine
Na!	Come
Hid!	Go
Chiger yellem	No problem
Beka	Enough
Bewhala	Afterwards/later
Qonjo	Beautiful



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