

ETHIOPIA

TRAVEL GUIDE



THE OHIO STATE UNIVERSITY

OFFICE OF INTERNATIONAL AFFAIRS

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SELAM!



Introduction

Global One Health initiative

Ohio State's Global One Health initiative (GOHi) is an interdisciplinary project that coordinates approaches to improve health, build capacity and provide learning opportunities for students, faculty and staff across the globe.

GOHi began in 2009 and has successfully expanded to help those in need and establish mutually-beneficial partnerships in eastern Africa, Central and South America, Thailand and China. GOHi opened a regional office in Addis Ababa in November 2016 to manage activities throughout the region. The office serves as a central foundational location to coordinate efforts between Ohio State and the eastern Africa region, with a focus primarily on One Health activities. The regional office is also instrumental in facilitating logistical arrangements for students, staff and faculty during their visits, ensuring their activities are well coordinated and organized.

GOHi's regional office is located in Addis Ababa, Kazanchis area, close to key international organizations including the United Nations Economic Commission for Africa and other international organizations. The area also has renowned hotels, easy accessibility to transportation and a high level of security.

GOHi's Mission

Expand capacity for a One Health approach via applied education, training, research and outreach to more efficiently and effectively address causes and effects of diseases at the interface of humans, animals, plants and the environment.

GOHi's Vision

Capable professionals and institutional systems that support and advance a healthy, enduring global community.

Welcome to Ethiopia

Travel Guide for GOHi Visitors

Over the last decade, collaboration between Ohio State and partner universities in Ethiopia, Kenya and Tanzania has flourished around “One Health” issues at the interface of human, animal, plant and environmental health.

As a result, hundreds of faculty, staff and students have traveled to or from eastern Africa to engage in teaching, research, training and outreach.

First time travel to the region can be an exciting experience. We hope that this toolkit can provide some basic guidance on your travel process, local culture and other insights that will inform and enrich your work—and address those “I wish I had known that before I arrived!” issues.

Before traveling to Ethiopia, please check in with the GOHi regional staff and other travel related webpages while planning your visit and during your stay in Ethiopia.

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BEFORE YOUR ARRIVAL



Before Traveling

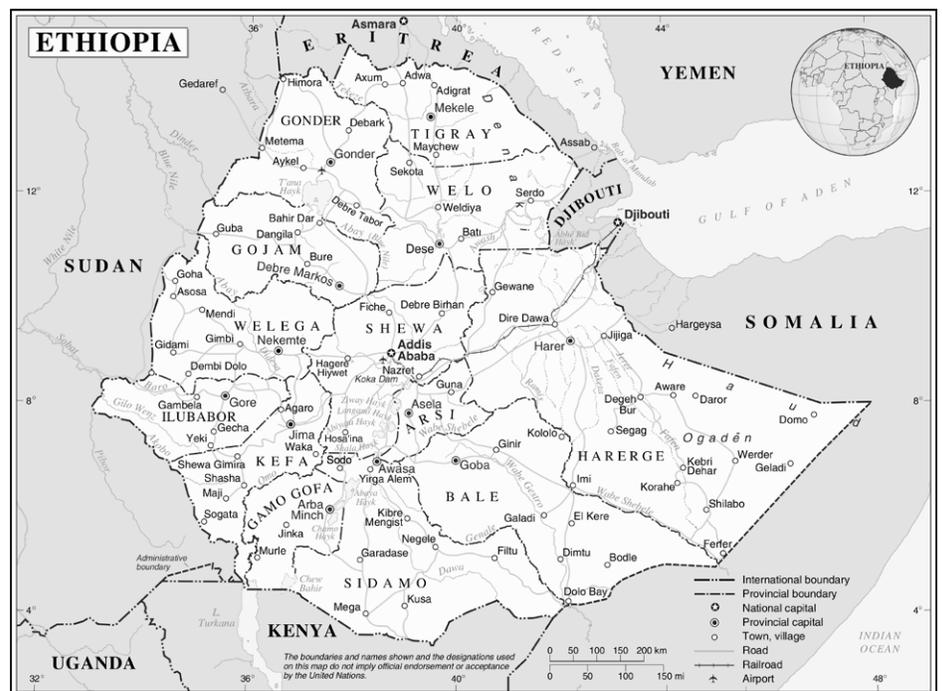
ETHIOPIA OVERVIEW

“The Land of Origins”

Ethiopia is one of the oldest countries in the world and the only country on the continent of Africa to have never been colonized. Ethiopia is an ancient country whose unique cultural heritage, rich history and remarkable biodiversity are reflected in a tally of nine UNESCO World Heritage Sites—more than any other country in Africa.

Billed as ‘Ethiopia: Land of Origins’ by the Ethiopian Tourism Organization, the country is believed to be the origin of humankind—Ethiopia is home to the earliest remains of human ancestors ever found, ‘Lucy,’ the first being that walked upright on two feet. Ethiopia is also the birthplace of the wild coffee plant ‘Arabica,’ and is the origin of the Blue Nile, the longest river in the world. The attractive and traditional Ethiopian coffee ceremony is enjoyed daily by locals and tourists. Ethiopia is also believed to be the depository of the lost Biblical Ark of the Covenant, stored in the securely guarded Chapel of the Tablet next to the St. Mary of Zion Church in ancient Aksum. The Nechisar Nightjar, the elusive endemic to Nech Sar National Park in southern Ethiopia, is home to world’s rarest bird species.

Located just north of the equator, with most towns located on mid to high altitude locations, the climate in Ethiopia is most often temperate. There are three main seasons in Ethiopia—a light rainy season from March-May, a heavy rainy season from June-September and the dry season from October-February. The dry season is the sunniest time of the year, though even at the height of the rainy season in July and August there are still usually several hours per day of bright sunshine and a mean annual temperature of 16 degrees Celsius (61 degrees Fahrenheit), thus known as “13 months of sunshine.”



Today, Ethiopia hosts the second-largest population in Africa, over 100 million people from a wide variety of ethnic groups including the Oromo, Amhara, Tigray and Somali. Culturally, the Orthodox Christianity with roots in time of Solomon has strongly impacted Ethiopia’s history and image. Ethiopia is also important to the foundations of Islam. Most Ethiopians are Muslims or Orthodox Christian.

Over the last century, Ethiopia's government has evolved from a series of Solomonic dynasties, last represented by Emperor Haile Selassie, to a revolutionary Marxist regime (the Dergue) and since 1991 to a federal parliamentary republic. Long perceived as a stereotype for poverty, famine and war, the country has made significant gains in a number of development indicators such as poverty and child mortality (Millennium Development Goal 2014 report) as well as pursuing aggressive infrastructural development of dams, housing, trains and roads.

Key Facts

Area	1,104,300 sq km
Population	107.53 million (2018)
Population Density	102 per sq km
Capital	Addis Ababa
Government	Federal Democratic Government
Head of State	President Sahle-Work Zewdie (since 2018)
Head of Government	Prime Minister Dr. Abiy Ahmed (since 2018)



OBTAINING A VISA

All visitors to Ethiopia (except for Kenyan and Djiboutian nationals) must obtain an entry visa, which can be obtained in advance through the Ethiopian Embassy in your country or upon arrival at Bole International Airport in Addis Ababa.

U.S. residents and residents from many other countries can apply for an Ethiopian “EVISA” online at <https://www.evisa.gov.et/#/home>, which can save considerable time and avoid common application problems. Tourist visas (30-90 days) and conference visas (30 days) are typically available in less than one week. Note that your passport must be valid for six months from the date you intend to enter Ethiopia.

For those not eligible for EVISAs, you can apply through the Ethiopian Embassy in the country from which you are traveling. You may also be eligible to apply for a [visa upon arrival in Ethiopia](#). Though the process is constantly improving, please note that it can take several hours, which after a very long flight can add fatigue and stress. It is recommended to make copies of your main passport page, as well as your visa, to leave at home and have with you in the event you lose your passport.

HEALTH AND IMMUNIZATION

In some cases, a vaccination is required for you to enter Ethiopia. Other vaccinations and medications will be recommended to keep you healthy, based on what your personal medical background, what you will be doing and where you will be going. All travelers should check with their physician or local travel clinic about required and recommended vaccinations, medications and other safety measures. Ohio State travelers can seek services at the [Rardin Travel Clinic](#) at 2231 North High Street four to six weeks before they travel, which will allow ample time for multiple dose vaccines as well as for shortages or other delays. The travel clinic is open 8 a.m.-3:30 p.m. and can be reached at 614-293-2700, option 5. Travelers may also consult the U.S. Centers for Disease Control [website](#) for information. Note that the Ethiopian government requires proof of yellow fever vaccination if you are traveling from or through a country with risk of yellow fever, for example neighboring Kenya. [For the complete list, see countries with risk of yellow fever virus \(YFV\) transmission.](#)

In addition to your vaccinations, you might need to pack additional supplies to keep yourself healthy, such as:

- Sunscreen
- Mosquito repellent (with DEET).
- Adequate supplies of your own personal medications in addition to the malaria prophylaxis.
- Portable hand sanitizer
- Anti-diarrheal, such as Imodium
- Electrolyte powder packets (useful for dehydration)
- Pain reliever
- Pepto-Bismol

It is recommended that you use bottled water for drinking (as well as brushing your teeth) as the water is not safe for consumption in most places. Although restroom facilities at hotels will be very similar to western experiences, that will not be the case anywhere else. Some public restrooms have Turkish style toilets (also known as a squat toilets), which does not have an elevated seat but are pits in the ground. Water for flushing toilets are at times made available in large tubes of water and it is always advisable to have toilet paper or tissues at hand. Carrying hand sanitizer to use liberally is also recommended.

Here are some other useful items to pack. You can buy shampoo and many toiletries locally if you are not particular about brands and want to minimize baggage weight.

- Light drawstring backpack
- Light jacket/rain poncho
- Lounge pants
- Comfortable sandals (walking shoes)
- Rainproof shoes for rainy season
- Socks and pants of different lengths
- Clothing that can be washed by hand
- Flip flops (for shower)
- Quick dry towel/sarong
- Carabineer clips
- Face or baby wipes
- Sunglasses
- Water bottle
- Lip balm
- Small flashlight/headlamp
- Outlet adapters

BRINGING SPECIAL SUPPLIES

(Equipment, medications)

Other than your personal items, if you plan to bring medications, computer or electronic equipment or other specialized supplies, be sure to work with GOHi staff ensure that the necessary letters and permits are in place before you travel.

This step will prevent the possibility of having valuable supplies refused entry by airport customs or incurring high entry duties.

SAFETY AND SECURITY

All U.S. travelers (including Ohio State faculty, staff and students) should register with the Smart Traveler Enrollment Program (STEP) to receive the latest travel updates and information from the U.S. Department of State. Ethiopia-specific information is available online.

To sign up, please, visit the Smart Traveler Enrollment Program at [STEP.state.gov](https://step.state.gov), and for more information visit travel.state.gov/travelsafely.

Assistance for U.S. Citizens

U.S. Embassy in Addis Ababa

Entoto Street
PO Box 1014
Addis Ababa, Ethiopia

Telephone: +251-11-130-6000
In Case of Emergency: 011-130-6000
Fax: +251-11-124-2435 and +251-11-124-2419
Email: ConsACS@state.gov
Website: <https://et.usembassy.gov>

All Ohio State students traveling abroad are requested as part of their program registration or insurance enrollment to sign a Department of State information release, allowing consular staff and Ohio State to share known information about travelers in the event of an emergency.

Ethiopia has experienced notable growth in economic and human development indicators over the last decade. It has also experienced civil unrest, disruptions in communications and other insecurity. Relative to many other places, violent crime is uncommon, although precautions should be taken particularly with regard to petty crime and scams.

Learning more about Ethiopia and current events will also contribute to your understanding and awareness of what is happening nationally and at the local level. There are many sites and resources, including the [U.S. Department of State](https://www.state.gov) and mainstream media.



FLIGHTS AND ACCOMMODATIONS

While there are many itineraries that will take you to Ethiopia, the most direct flights are via Ethiopian Airlines, the country's flagship carrier with a history of safety and great service. Flights depart daily from Washington D.C., New York City, Los Angeles and Chicago and fly directly to Addis Ababa (12-13 hours non-stop).

On the way back from Addis Ababa there is a layover to refuel the plane (16 hours. Leaving Columbus for example around 6 a.m. and connecting to Ethiopian Airlines will get you into Addis Ababa the following morning, accounting for the 7-8-hour time zone difference. Another perk of Ethiopian Airlines is that points gained through the frequent flyer program, SHEBA MILES, can be applied to domestic flights and hotels within Ethiopia.

Of course, your schedule, budget and sponsorship arrangements will largely determine how you fly. Note that if you are traveling using U.S. government money/grant, the FLY AMERICAN rule will dictate which carriers you can use, so make sure your grants manager and travel planner work together on your itinerary.

Additional travel information

- While many international flights allow two free 50-pound bags, domestic flights are far more restrictive. Make sure to research and factor in the costs of taking extra baggage, whether it is for project or personal reasons.
- U.S. and other carriers are increasingly stringent about carry-on items, in terms of how many, what dimensions and what weights are allowable. Factor in the weight of the carry-on (roll-on versus duffel). Explore these rules ahead of time to avoid unwelcome surprises at the boarding gate.
- Try to keep valuables, medications, electronics and other must-haves, including a change of clothes, in your carry-on, in the event your luggage is lost.
- Local flights in Ethiopia are sold at a discount if you have flown in an Ethiopian airline when flying from abroad. If you will be flying locally, when purchasing your local flight, we advise that you notify the ticket office of your international flight to receive a discounted local ticket.

MONEY ABROAD

The official currency is the Ethiopian birr, and the exchange rate, which is subject to change, is about 28.50 birrs per U.S. dollar (April 2019 rate). Although there are few places that accept credit cards (hotels, restaurants), cash transactions are still the norm, especially in smaller towns.

Money cannot be exchanged for birr in any place outside of Ethiopia but it can be exchanged at the Addis Ababa airport at two baggage claim locations, local banks and also at many hotels. ATMs are available in Addis Ababa and the university's campus, Gondar and other major towns. Most banks work with the major Ethiopian banks such as the Commercial Bank of Ethiopia. Check with your bank, as this is the safest and easiest way to get cash. There is often a withdrawal limit.

Due to its value, birr goes fast, so get more than you think you will need, but don't be afraid to change money repeatedly during your stay. In addition, make sure to have enough U.S. dollars for your return trip. If you find you have leftover birr, it is a good idea to bring it back and allow a future traveler to "buy it" off of you, so they can start their trip with birr. Please only use legal banks when you need to change money. Changing birr to dollars could be a challenge; limit your foreign exchange to the amount you need for your purpose. Make sure you have at least two ways to access your money in case one fails (lost card, lost cash, etc.).

Be sure to alert your bank about your travel, including dates you will be in Ethiopia and what credit cards you will use. If you don't, they will block use of the card and you will not be able to draw cash from ATMs or use the card. Make copies of any credit cards, front and back. Bring one copy with you and leave another with someone at home; this will make it much easier to replace if lost.

For cash, newer \$100s and \$50s (crisp and printed after 2003) are most easily exchanged at local Forex centers. You are allowed to enter and exit Ethiopia with up to 200 Ethiopian birr and \$3,000. If you are carrying more than \$3,000, you will have to declare it to customs upon arrival as it may create problems when you depart. In emergencies, someone can wire you money through Moneygram or Western Union – Moneygram may be cheaper. Kroger, CVS and Speedway offer this service in Columbus.

Do not carry large amounts of cash or unnecessary valuables in public. Do not use visible, flimsy pouches that broadcast where your valuables are and are easy to rip off. In crowded areas, hold your bag or backpack in a way that you can keep your eye on it.

TIME AND CALENDAR

Ethiopia is eight hours ahead of the United States during regular season, and seven hours ahead during daylight savings time (2 p.m. in the United States is 10 p.m. in Ethiopia). But that is not the most confusing part of your “time” travel.

Because Ethiopia is close to the Equator, daylight is pretty consistent throughout the year, so many Ethiopians use a 12-hour clock, with one cycle of 1 to 12 from dawn to dusk — and the other cycle from dusk to dawn. That means an 8 a.m. meeting in Western time would actually be 2 a.m. in Ethiopia time.

The new year begins in September, on the 11th or 12th. Each month has 30 days with a 13th month of five days (six in a leap year). The difference in the Western Gregorian calendar is seven or eight years (depending on the leap year). For example, 2019 in the U.S. is 2011 in Ethiopia.

ELECTRICITY CONVERSION

Ethiopia uses 220V electricity operating at 50 Hz. The most common plug you will find is the European two pin types known as ‘C’ and ‘F’. In some older buildings and in more rural areas you will often find British three square pin types.

You can, and it is commonly done, stick a European two-pin plug into the British square sockets. It’s not as well-grounded as it could be and not the safest option. Travelers coming to Ethiopia need to have a travel adapter and converter 220V to 110V.

PHONE AND COMMUNICATION

Travelers are advised to have local SIM cards to get phone communication service to stay connected to their local contacts and to their families as well. GOHi regional staff may be able to provide one or more SIM cards to a group depending on the size of the group. However, the user is expected to buy and fill airtime.

Most of the hotels provide WiFi internet services and once connected to the internet, travelers can use various media like Skype, Whatsapp, Viber, Imo, iMessage, etc. to reach their families and friends. Students are advised to provide emergency and local contact information to GOHi offices in Columbus and Addis Ababa.

DURING YOUR STAY



While in Ethiopia

AIRPORT ARRIVAL

Arriving at Bole International Airport

Upon arrival in Ethiopia, you will first go through Passport Control where your visa is checked and your passport stamped. Make sure you get in the right line, depending on whether you already have your visa or need to get one. After passport control you will go through baggage claim to collect your luggage. Be sure to keep your luggage claim tickets. You will then move on to Customs Control. Assuming you are not bringing in large amounts of cash or quantities of special supplies (medical, electronic) that could be subject to import duties or controls, you will not declare anything.

If you are staying in Addis Ababa, you will head to the hotel shuttle or to the arranged airport pickup. In most cases, hotels feature a full bar and restaurant, included buffet breakfast and internet in the lobby and rooms.

GOHi visitors may travel to different parts of Ethiopia. The most frequently visited cities include Gondar, Haramaya, Jimma, Mekelle and Lalibela.

Traveling to Gondar

On average, there are four Ethiopian airlines flights daily from Addis Ababa to Gondar. Few people may continue on to Gondar on the same day, but if you do, your connecting flight may not be for several hours. If so, you can request a half-day room at a discounted rate. You may then take the same shuttle to the hotel to rest. Past Ohio State travelers who have done this in the past have said that it is money well spent.

Hotels in Gondar

There are various hotels in Gondar which include: Goha Hotel, Zoble Hotel, Taye Belay Hotel, AG Hotel, Quara Hotel, Florida International Hotel, Jantekel Hotel, Gondar Plaza Hotel, Ruth Hotel, Kino Hotel, Fasil Lodge and Lodge Du Chateau.

- Taye Belay Hotel is at the center of the town with a relatively fair price.
- Florida International, Jantekel, Gondar Plaza, Ruth and Kino hotels are near the University of Gondar's main campus. Ruth and Kino hotels provide accommodation with a fair price.
- Most of the hotels provide airport pick-up and drop-off services.

GETTING AROUND ETHIOPIA

Domestic flights and ground transportation

Ethiopian Airlines is the sole carrier providing flights to over a dozen cities in Ethiopia, including Gondar, Jimma, Dire Dawa and other sites of GOHi partnerships. Note that you can apply ET Sheba Miles to these flights.

These areas are well served by public transportation. Taxis operate in many of the larger towns, including Addis Ababa, and it is advisable to use the metered vehicles and “Uber-like” transportation. There are vehicles that are not metered and don’t follow fixed price systems, so be sure to negotiate before departing. Prices can be higher for foreigners, so ask the hotel for a fare estimate.

In Gondar and other smaller cities, the cheapest and easiest way to get around are three-wheeler vehicles called tuk-tuk or bajaj. The ride should cost 5 to 20 birr. Don’t be surprised if prices go up in the evening. Prices can also be higher for foreigners. Make sure you travel with local university staff or faculty and avoid travels with these vehicles at night.

LANGUAGE

The national language of Ethiopia is Amharic, which is a Semitic language, in the same family with Arabic and Hebrew. It uses an alphabet of over 200 characters derived from a script called ‘Geez’. While Amharic is a lingua franca throughout Ethiopia, it is a second language for many people who may speak Oromifa, Somali, Tigrinya or other languages reflecting the country’s many ethnicities. English is the official language of instruction from post-primary through university levels. Practically speaking, faculty and students at the university level teach and learn in English, although they may not have much exposure to spoken vernacular English. Avoid jargon and speak clearly and at a moderate pace to allow people to understand and adapt to your particular accent and speech patterns.

Useful Amharic phrases

Hello: selam

How are you?: dehna neh?

See you: ciao

Yes: awo

No: ie

Please: e’bake’h (m) / e’bake’sh (f) / e’bakachu (pl)

Thank you: a’mesege’nallehu’



CUSTOMS AND ETIQUETTE

Greetings

Men greeting men: A handshake with the right hand is appropriate in most situations. Closer friends accompany that by leaning towards each other and touching the right shoulder.

Women greeting women: A handshake with the right hand is appropriate. Good friends and family will often exchange three kisses on alternating cheeks (left, right, left).

Meetings between men and women: A handshake is usually appropriate, though good friends and family will exchange three kisses on alternating cheeks. It's important to note, however, that many Muslim men will not shake hands with a woman or a Muslim woman might not shake hands with a man. In that case, they may extend the back of their right hand for a brief bump. A simple nod of acknowledgment may suffice.

Ethiopian names

Names are generally of Biblical and Islamic in origin. Unlike most African countries, Ethiopians do not have family surnames. They use their father's first name as their last names. Middle names reflect one's paternal name. Additionally, surnames are almost never used to formally address someone. Instead, use a person's title (Mr., Mrs., Dr.) followed by their first names. Accordingly, you would address Dr. Tefera Gebre Woldemariam as "Dr. Tefera."

Gift exchanging

In addition to Ohio State branded gifts for professional situations (T-shirts, pens, etc.), you should consider bringing small gifts for more personal, non-work related exchanges. Beyond constraints of space, cost and uncertainties about what people might like, consider something simple yet unique which says something about you and your culture. Expect that many of the people you spend time with will give you traditional items such as coffee, textiles (woven scarves) and other items.

Social norms

It is appropriate for two men or women to walk hand in hand in public, or with their arms around one another as a sign of friendship and closeness, not sexual preference. Men may also exchange cheek kisses, as well.

(Homosexuality is actually not accepted and considered taboo. Overt homosexual behavior in public could result in serious consequences.)

Photo etiquette

There is both legal and ethical considerations to taking photos in Ethiopia. It is illegal to shoot photos of government buildings and embassies in Ethiopia—including the airport and presidential residences. Ethically, ask permission of people before taking their photo, whatever the situation.

Tipping

The average tip, depending on where you are served, is about 5-10% of your bill. Remember that 28 birr are worth about \$1 and tip accordingly for services.

Begging

Begging is very common in Ethiopia and don't be surprised if that is sometimes irritating, especially at this time with local civil conflicts in some regions. You will see people of all ages begging, but most often, children and women with babies. Social services are poorly resourced, so you will also see many people with disfigurements and disabilities on the streets. Although you will be compelled to give money, it is important not to give money for it will begin a cycle that can quickly overwhelm you. Instead, consider donating through a local charity.

Dress code

Ethiopian dress is somewhat conservative. Business casual is appropriate for both men and women in most professional and social situations, although for important events a suit or more formal attire may be in order. In rural or informal settings, more casual attire is acceptable, including jeans and t-shirts. Avoid shorts and revealing tops, which are seen as either unprofessional or immodest. Generally (modest) casual is fine for most of our activities; bring one business casual outfit for the embassy and formal meetings. A big scarf—like the traditional gauzy “netela” worn by Ethiopian women—is useful for women for church or other similar visits to cover your head and neck.

Time and Punctuality

While people take meeting time commitments seriously, the complexities of life in both urban and rural Ethiopia can pose obstacles. Ethiopia's traffic gridlock, lack of reliable transportation or poor road conditions in rural areas are such obstacles. Unexpected social or professional obligations can also play a role; for example, funerals that extended family and friends are expected to attend. Likewise, with technology. Although some institutions have better internet and IT services, expect inconsistency and outages with the internet, phone and other systems you may be counting on for communication, travel or presentation. Dealing with such situations requires perseverance, patience and contingency-planning. Keep in mind the saying, “*minimum expectations, maximum flexibility.*”



FOOD

Ethiopian food is unique to the region, and another source of great national pride. Traditionally, Orthodox Christians follow a vegan diet at different periods throughout the year, including Wednesdays and Fridays. Pork is forbidden by both Christian and Muslim faiths. Spices used are similar to those in Indian cooking. “Injera,” a slightly sour spongy pancake-like flat bread made from fermented teff (a gluten-free grain indigenous to Ethiopia), is fundamental to every Ethiopian meal. In traditional Ethiopian meals, circles of injera will be rolled out across the plate and topped with a smattering of meat and vegetable stews. There is no silverware used in Ethiopian meals. Instead, additional rolls of injera are torn off into small bits with your right hand to scoop up bits of the various dishes, forming a bite sized food parcel. You will get stew or sauce on your fingers—don’t worry, but don’t lick it off. Use a napkin!

Common dishes

Key Wat: spicy beef stew made with meat chunks instead of minced meat. At times served with a boiled egg on top.

Tibs: cubes of beef, lamb or goat stir-fried with onions, peppers and other vegetables. Quite often, twigs of rosemary or other herbs are added to it.

Kitfo: raw lean ground beef blended with spices.

Minchet: spicy ground beef stew often served with a boiled egg.

Shiro: a vegetarian stew made from chickpea flour mixed with spices.

Mesir Wat: rich and spicy red lentil stew.

Kik Alichia: a non-spicy split pea stew made with turmeric.

Gomen: kale or collard greens, onions and spices sautéed and simmered together.

FirFir: a combination of shredded injera, spices, onions and sometimes meat.

Due to sanitation issues, it is advisable not to eat any fresh vegetables or fruits that do not have thick skins (like bananas).

If you are not a big fan of the native dishes, or your palate simply fatigues, there will be other options at local restaurants, including pizza and pasta. Snack foods such as the local roasted barley (kolo), chips and candy bars are available in local supermarkets. Sweets and desserts are not common, but you can still find ice cream and pastries in Addis Ababa.

Coffee

Coffee is synonymous with Ethiopia, as it was first discovered here and the quality is very high. Ethiopia is known for its elaborate coffee ceremony, which involves three rounds of coffee that proceed from strong (abol) to medium (tona) to weak (baraka), with the final round considered as bestowing a blessing on the coffee drinker.

Coffee is also ordered in the Italian espresso styles, with a macchiato (coffee with a small amount of steamed milk) among the most popular. Whether you are making business or social meetings, you will most likely be offered multiple rounds of coffee. You may need to pace yourself, or request an alternative like water.

PLACES TO VISIT

Whatever your professional objectives, make time to visit a few of Ethiopia's cultural and historical sites. Below are just a few.

In Addis Ababa

Mount Entoto: A historical place where Emperor Menelik II resided and built his palace, when he came from "Ankober" and founded Addis Ababa. It is considered a sacred mountain and has many monasteries. Mount Entoto is also the location of a number of celebrated churches, including St. Raguele and St. Mary.

National Museum: The museum is among the most important in sub-Saharan Africa, featuring two casts of Lucy and a collection of fossilized bones that once made up the skeleton of a hominid from the *Australopithecus afarensis* species, who lived 3.2 million years ago.

Yod Abyssinia: This restaurant features music and dancers representing Ethiopia's different regions along with Ethiopian food and is popular with both tourists and locals. Located near the airport, it can be a good send-off activity for those with late-night flight departures.

In Gondar

Fasil Castle: King Fasilides made Gondar the seat of his empire in 1636 and created a palace that would eventually sprawl into a compound. The site was inscribed as a UNESCO World Heritage Site in 1979. Guided or self-tours are available and are highly recommended to understand part of the Ethiopian history and the royal enclosure.

Four Sisters Restaurant: Offers traditional and Western food in a traditional atmosphere, including Ethiopian music and dancing and coffee ceremony.

Goha Hotel: Located on a hilltop overlooking the city of Gondar, this hotel offers a wonderful menu of American and Ethiopian dishes in a tranquil setting.



Rock-Hewn Churches of Lalibela: Eleven medieval monolithic cave churches of this 13th-century 'New Jerusalem' are situated in a mountainous region in the heart of Ethiopia. Lalibela is a high place of Ethiopian Christianity. Still today, it is a place of pilgrimage and devotion.



Lake Tana: Ethiopia's largest body of water, which gives birth to the Blue Nile. From the city of Bahir Dar, visitors can visit Blue Nile Falls as well as some island monasteries. The Lake Tana area was important in the 14th, 15th and 16th centuries in view of its role in maintaining the Christian faith against contemporary pressures and the rise of the Solomonic Dynasty.



Blue Nile: The Blue Nile is locally known as Abbay and is the Nile's biggest tributary. The Blue Nile river originates from Ethiopia's Lake Tana.



Aksum: Situated in the highlands of northern Ethiopia, Aksum symbolizes the wealth and importance of the civilization of the ancient Aksumite kingdom. The kingdom was at the crossroads of the three continents: Africa, Arabia and the Greco-Roman World and was the most powerful state between the Eastern Roman Empire and Persia. This city hosts ancient obelisks from the Aksumite empire, as well as the church reported to host the Ark of the Covenant.



Bale Mountains National Park: The park is a protected area of approximately 2,200 km² and is located 400 km southeast of Addis Ababa in Oromia National Regional State in south-eastern Ethiopia. It belongs to the Bale-Arsi massif, which forms the western section of the south-eastern Ethiopian highlands.



Simien Mountains National Park: Located in northern Ethiopia. It is a spectacular landscape with jagged mountain peaks, deep valleys and sharp precipices dropping some 1,500 m. The highest point in Ethiopia, the Simien Mountains, are home to such endangered species as the Ethiopian wolf, the walia ibex, the gelada baboon, the lamergeyer and the caracal. In total, over 20 large mammal species and over 130 bird species are present in the park.

For more travel information and tourist attractions, you can visit the following sites:

whc.unesco.org/en/statesparties/et

www.worldtravelguide.net/guides/africa/ethiopia/

ethemb.se/wp-content/uploads/2014/12/Explore_Ethiopia_2015.pdf

EMERGENCY AND LOCAL CONTACT INFORMATION

When an accident occurs, no matter if you know the language or not, always call or shout for help. It is better to rely on the people around you for immediate help. Take pictures of the accident or find a way to record the situation.

You can also reach out to Ohio State from Ethiopia for emergencies through the Ohio State 24/7 International Emergency Phone Line: +1-614-292-6677. (Can accept collect calls from abroad). For more information on the support the Office of International Affairs can provide for emergencies abroad, please, check oia.osu.edu/health-and-safety/emergencies-abroad.html.

Phone Directory

Police	991
Traffic Accidents	945
Ambulance	907
Fire	939

If no one around you can help or you would like to confirm or ask for advice, our Gateway staff is always available to help you. We can be reached Monday - Friday, 9:30 a.m. - 6:30 p.m. and will respond to your requests as soon as possible.

Regional Office and Staff Contact

GOHi Regional Office	Black Gold Complex, 3rd floor Kazanchis area, Kirkos Subcity District 08, H No. 572 Addis Ababa, Ethiopia
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Getnet Yimer <i>Eastern Africa Regional Director</i>	ali.578@osu.edu +251-911-405387
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RECONNECT WITH GOHI



Keep in Touch

If you are leaving the country, we'd like to stay in touch with you. If you wish to be on the newsletter distribution list for Ohio State-Eastern Africa related news, post your Ethiopia trip and research progress or keep in touch with colleagues and friends in Ethiopia, please do not hesitate to contact us. We also post opportunities such as fellowships, projects and grant opportunities, regularly, so stay tuned.

Website: globalonehealth.osu.edu

Subscribe to our newsletter: go.osu.edu/GOHiNews

Thank you for taking time to read this guide and we hope for many opportunities to reconnect and see you again in the near future.

Your feedback on the guide and your own travel experience are much appreciated. Once again, Welcome! እንኳን ደህና መጣችሁ :: Karibuni!





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