

ፊረንጅ

ኢትዮጵያ

Projects Abroad

FERENGE

ETHIOPIA

The Official Newsletter of Projects Abroad Ethiopia

June 2011 Issue No.37



## WHAT'S INSIDE...

EDITORIAL	1
ETHIOPIA INSIDE OUT	2
FEATURE	6
NEWS AND UPDATE	7
PHOTOS IN MONTH	10
PROJECT ARTICLE	12
VOLUNTEERS CORNER	14
MAIL BAG	16
PRACTICAL INFO	17
MISCELLANEOUS PAGE	20

Welcome to the June 2011 Projects Abroad Ethiopia newsletter. This newsletter aims to inform all our volunteers with news and information about the latest happenings in Projects Abroad Ethiopia, and the country in general.

We would like to thank all the people who have volunteered with us – we really appreciate all the valuable time and great help you gave at the different placements. We would like to say thank you to all the volunteers who decided to choose Ethiopia for volunteering through Projects Abroad.

Enjoy reading this issue and I hope that you will find something that you like. Thanks to our volunteers who have shared their stories and photos with us.

We encourage everyone to join us in making the newsletter interesting and exciting by sending in your own written articles and pictures of your experiences here with us. Your stories and pictures will help others to understand and learn about Ethiopia. If you have anything you'd like to contribute, suggest, or comment on, please contact:

[bikeseгнаhaileleul@projects-abroad.org](mailto:bikeseгнаhaileleul@projects-abroad.org)

Enjoy!!!!

## World traveller says he loves his trip to Ethiopia best

### He has visited 216 countries



Professor Orhan Kural is celebrated in Istanbul, Turkey, for his enormous social activities. His anti-smoking, anti-television and green earth activist movements have earned him a well-deserved fame. Professor Orhan's name is registered in the World Guinness Book of Records for having conducted over 4,000 conferences on the protection of culture and environment all over the world. But that did not come at an easy price.

"I have been beaten and bruised from an attack caused by a few individuals who did not like my anti-cigarette speech," says the professor, pointing to a picture that shows his head wrapped in a bandage and his broken arm strapped up. That, however, did not deter the dedicated professor from his strong activist speeches. Three days later, he had gone back on stage with the same preaching to a crowd. Professor Orhan is the head of the None-Smokers' Foundation in Turkey and he is responsible for the enactment of legislation prohibiting indoor smoking.

Today, in his early 60s, the professor has visited 216 countries. Having made a trip to Ethiopia four times. Countries like Ethiopia are among the beneficiaries of his peripatetic life. As a head of Turkey's Travellers' Club, the professor is obliged to make a trip to a country in this group and he says that he has plans to travel with his group on his fifth trip. He adds that the Omo Valley is one of the places that he would like to visit.

"Ethiopia is a very important country in the field of culture. I would like more tourists to come to Ethiopia," the professor says, explaining why he made a trip for the fourth time. After setting foot on this East African country 10 years ago, he has made trips back to Lalibela and Gondar. On his third trip he had headed to Aksum. After his recommendation a few friends of the professor have made a trip to the country.

“I want to visit Harar to see signs of the Ottoman Empire there and the 'hyena man'. I never killed any animal and I want to see this man that feeds hyenas.” Naturally, among the professor’s hate list are hunters. “I gave a conference in Uganda and told the gathering that I have never killed a mosquito in my life and they were very angry at me because they know that the mosquito spreads malaria.”

The professor runs a program on two television stations: Tereta Turkish and Today. He also contributes articles to a major newspaper, Milliot, and several travel magazines. During the past decade the traveller has written various articles on Ethiopia in a dozen publications. As he was leaving here last week, he told The Reporter that he will be writing more from the notes he had scribbled down on his recent trip. “Every time I travel, I learn something; I see that millions of dollars are spent on wars where every day 22,000 people are dying from hunger and thirst.” The one thing that the professor does not like is people who waste food. He has always made it his business to let the people know that there are lots of people starving and people should not be wasting food. But not often does he get a good response. “I have 22 court cases of this because I had a fight with them. I always tell people that they should finish their food on their plate. There are some people starving. And they say, ‘It is not your problem. I paid the money’, and I fight with them.” Guinness Book of records In the professor’s book on coal, 22 presidents have written their forewords and that has also made the book registered in the World Records. The professor has handed out a copy of his book to be available to a library in Ethiopia.

For professor Orhan, the sacrifice he has made for his passion of travelling is something he does not seem to regret. “My wife said, 'you are married with the environment and your travels.' So she left me.” He reminisces on the biggest sacrifice he had to pay in 1988 to pursue his passion. Today he is enjoying his remaining life in the company of his journalist daughter. “I do not want to live long. My eye is shutting down, the doctors say. I need to get a scan for a brain tumour. But I want to die before I become a burden to others.

If the end of my time has arrived, I shall die. I've changed a lot of things in Turkey. So I have no regrets."

Working on three daily conferences in Turkey, the professor says that if a single person hears his message and changes, that is a job well done. The professor is an activist against watching soccer, basketball and all the major popular sports on TV. "By watching it you lose a lot of life and gain nothing. It is like a drug," he explains.

In his travel around some poor countries, he has seen highly-paid players being worshipped and that has annoyed him. According to him, there are issues that the countries should consider solving instead of getting hooked on sport premiers. "If you are playing soccer, it is good but watching it is useless."

When he is asked what he would take back home from Ethiopia, the professor teasingly says, "I think it was Menilik who said to the foreign visiting ministers to wash dust off their shoes when they leave the country to make sure that they do not even take a grain of sand from Ethiopia. I am not going to be taking anything back from here."

Source (The Reporter Weekly English newspaper - reported by By Alemayehu Seife-Selassie )

## Foods Of The Ethiopians

The national dish of Ethiopia is *wot* , a spicy stew. *Wot* may be made from beef, lamb, chicken, goat, or even lentils or chickpeas, but it always contains spicy *berbere* . *Alecha* is a less-spicy stew seasoned with green ginger. For most Ethiopians, who are either Orthodox Christian or Muslim, eating pork is forbidden. Ethiopian food is eaten with the hands, using pieces of a type of flat bread called *injera* . Diners tear off a piece of *injera* , and then use it to scoop up or pinch off mouthfuls of food from a large shared platter. A soft white cheese called *lab* is popular. Although Ethiopians rarely use sugar in their cooking, honey is occasionally used as a sweetener. An Ethiopian treat is *injera* wrapped around a slab of fresh honeycomb with young honeybee grubs still inside. *Injera* is usually made from *teff*, a kind of grain grown in Ethiopia. The bread dough is fermented for several days in a process similar to that used to make sourdough bread. Usually enough bread is made at one time for three days. Little fried snacks called *dabo kolo* are also popular.

### Injera (Ethiopian Bread)

#### Ingredients

- 1 cup buckwheat pancake mix
- $\frac{3}{4}$  cup all-purpose flour
- 3 teaspoons baking powder
- 1 cup club soda
- $\frac{1}{2}$  teaspoon salt
- 1 beaten egg
- 2 Tablespoons butter

Source <http://www.foodbycountry.com>

# WHAT IS HAPPENING

bits and pieces of information of the happenings in Ethiopia.



Saturday, June 4 – volunteers watched an English Movie at Edna Mall Cinema Hall and had a tea and coffee programme; the program was organized by the office.



Friday, June 10 - the office organized a workshop for Care and Teaching volunteers at the Projects Abroad Ethiopia office and volunteers had a traditional coffee ceremony as well. It was a very nice event.



Saturday, June 18 - We had our monthly volunteers' dinner at 2000 Habesha Cultural Restaurant. It was good and there was live Ethiopian cultural music and some volunteers tried Ethiopian cultural dancing on stage –wow, lots of fun.

## Donation

To Sante Medical Center: 2 sphygmano meters - by Dr. Sabine Flesch from Germany, Dr. Sabine was our Medical volunteer

Thursday, June 16 – Donation program by Christina and her mom Bara and coffee ceremony.

# MAY EVENT PROGRAM FOR VOLUNTERS

## PROJECTS ABROAD ETHIOPIA OFFICE EVENT PROGRAMME - JUNE 2011

DATE	TIME	PLACE	PROGRAMME	DESCRIPTION	EVENT IN CHARGE
<b>Saturday , June 4</b>	3:00 pm – 06:00 pm	Edna mall Cinema Hall	Watching English Cinema	There will be an English Movie and get together all volunteers	<b>Bikeseegn</b>
<b>Friday , June 10</b>	2:30 pm – 5:30 pm	Projects Abroad Ethiopia office	Workshop for care and teaching volunteers	Workshop will organize for teaching and care volunteers.	Bikeseegn
<b>Saturday, June 11</b>	10:30 am – 01:00 pm	Merkato	Shopping Program	All volunteers will do shopping at the opening air market called Merkato	Bikeseegn
<b>Saturday, June 18</b>	7:30 pm - 11:00 pm	2000 Habesha Traditional Restaurant	Monthly volunteers Dinner	All volunteers get together for dinner and Watch Ethiopian traditional Dance	Sami and Bikeseegn
<b>Saturday, June 25</b>	8:00 am – 11 :00 am	Ethiopian Evangelic al Church, Sar Bet.	NGO market and hand craft event	Fantastic opportunity to see and buy a wide variety of Ethiopian souvenirs. There is a huge variety of beautiful fabrics, scarves, bags, Jewelries of all sorts and styles, baskets, woven plates and dishes, wooden arts, pottery in every style with lovely decoration and much, much more.	Bikeseegn



*Aksum Tsion Mariam Church - it is believed to be the sacred resting place of the Ark of the Covenant.*



*Walía Ibex - Endemic to Ethiopia*



*The Blue Nile Falls - a waterfall on the Blue Nile river in Ethiopia*



*Students graduation party*



*Volunteers workshop program @ Projects Abroad Ethiopia office*



*Coffee ceremony - volunteers workshop program @ Projects Abroad Ethiopia office*

## The Science fair and my general suggestion at Hill Side School

By Maleke Fourati, Three month Teaching volunteer from France



Maleke and students

It is Saturday morning; the sun is shining in Addis Ababa, capital city of Ethiopia. It is the weekend for everyone but not for Hill Side School. Indeed, teachers, administration staff and of course students are getting

ready to present all kind of experiments for their sciences' farm. Once I got there I was impressed by both the joyful atmosphere and enthusiasm.

I acknowledge to have learnt way more than I would have ever expected from the displayed experiments. For instance a candle stops burning as soon as it is deprived of oxygen. Also did anyone know that a boiled egg would stop spinning once we take off our finger where a non-boiled will keep on at the same speed? No need to say that the above quoted experiments were among the least sophisticated ones. Beside this was an art exhibition (mainly drawings and paintings); some art works was breathtaking, especially knowing the students were of such a young age. I would have one piece of advice to suggest: keep showing your enthusiasm and these kinds of talents, as well as the children's creativity, will grow. I wish my school would have also been focusing on such extra activities.

I would like to thank you for many wonderful teaching experiences as a volunteer.

I will always remember it. I have learned more from the school than I would have ever expected.

However, I do have some advice likely to improve student's English proficiency.

Students spoken English is good, but their writing as well as their spelling skills remain much lower. A focus should be emphasized on both through reading,



dictation and written stories.

Moreover I do have a suggestion; it is to take class pictures of each grades and sections. It can then be printed out for the amount of students willing to purchase it. Therefore, the school won't make any losses.

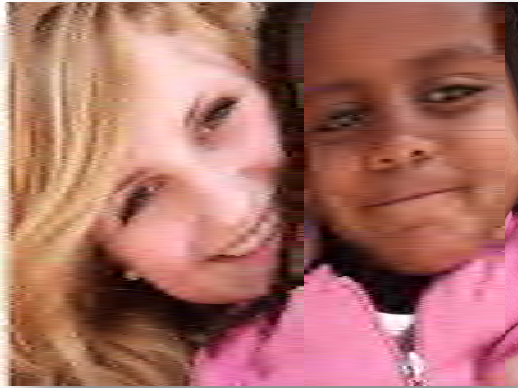
I utterly recommend this idea through my own experience. Indeed, I have class pictures of all grades (starting from kindergarten up to the end of high school). Nowadays, every time I go through those pictures, plenty of pleasant memories come up to my mind.

I wish to all of you all the best and to every single student to succeed as well as possible.

Good Bye HILL SIDE SCHOOL - Maleke

Larissa Lelickens from Germany – One month Care volunteer

### Mein Praktikum in Äthiopien



Nach zahlreichen Impfungen und viel Vorbereitung ging es für mich Anfang April in die Hauptstadt Äthiopiens, Addis Abeba. Mir war im Vorhinein

klar, dass ich mich auf eine andere Welt einlassen würde. Gerade angekommen holte mich Weini, meine einheimische Betreuerin ab und brachte mich zu meiner Gastfamilie. Die Autofahrt dorthin und die folgenden zwei Tage haben mir einen ersten Einblick in das noch unbekannte Land gegeben. Ich muss sagen, ich war fasziniert und schockiert zugleich, denn viele Äthiopier leben in armen Verhältnissen, ganz anders als in Deutschland. In Äthiopien habe ich erfahren, dass die Zuneigung und der Kontakt zu

## vertrauten Menschen viel wertvoller sind als alle materiellen Sachen.

Morgens, wenn ich im Kinderheim ankam, sind meine Kleinen immer direkt mit strahlenden Augen und einem Lachen auf mich zugelaufen, haben mich umarmt, von oben bis unten abgeknutscht, meine Haare gestreichelt und sich auf den Tag gefreut. Dadurch, dass die Arbeiterinnen lange Arbeitszeiten und viele Kinder zu versorgen haben, fehlt oftmals die Zeit um sich mit den Kindern zu beschäftigen, zu spielen oder sie einfach auf den Arm zu nehmen und mit ihnen zu kuscheln.

Auch die Säuglinge auf der Babystation brauchen körperliche Nähe und Zuneigung. Leider sind so viele Babys im Waisenheim, dass die Arbeiterinnen keine Zeit zur individuellen Behandlung haben. Und die Arbeiterinnen in ihrem anstrengenden Job zu unterstützen macht nicht nur Spaß, sondern hilft vor allem den Kleinen.

Obwohl die Kinder nichts Materielles besitzen, haben sie mir so viel gegeben, dass ich jeden Tag mehrfach an sie denken muss und traurig bin, dass die Zeit so schnell vorbei ging. Für mich stand schnell fest, dass ich nicht zum letzten Mal in Äthiopien war und ich im nächsten Sommer wieder kommen werde. Denn ich weiß, jede Hand wird gebraucht und ich kann etwas tun.

In meiner ganzen Zeit, habe ich nicht nur etwas über eine andere, neue Kultur kennen gelernt, sondern auch über mich und mein eigenes Leben. Vor meinem Aufenthalt habe ich mir abends Gedanken über meine Frisur, meine Fingernägel und die Klamotten für den nächsten Tag gemacht. Jetzt ist mir all das nicht mehr so wichtig. Ich schätze das Leben, das ich leben darf, viel mehr und bin dankbar dafür, solche Chancen und Möglichkeiten zu haben.

Meine Reise nach Äthiopien war mit Abstand die tollste Erfahrung in meinem ganzen Leben und ist für jeden, der gerne mit Kindern arbeitet und sich auf ein Abenteuer einlassen möchte, eine tolle Chance.

Larissa Lelickens (17)

## Emma Cruden - One month Care Volunteer from UK



Waving goodbye to my mum and sister with my rucksack on my back at Aberdeen airport I thought to myself “Oh goodness, what have I done”! I had never been away from home alone before and now I was standing waiting to board a plane to Ethiopia. Feeling very nervous but slightly excited and curious I boarded the plane and about 10 hours later I had arrived in sunny Addis Ababa. When I got dropped off at my house I didn’t know what to expect but after a nice long nap, I got up to meet my host family who were very welcoming and kind which made me feel a bit more comfortable with my surroundings. Also I met another volunteer, Rachael, who was also living with the family and had arrived just the day before, this made things easier as we could talk about how nervous we were!

The next day we were taken on the city induction which was a lot of fun and very helpful as we got to see different parts of the city and the national museum which was very interesting. On my first day arriving at my work placement in Kidane Mihret I was very excited to meet the kids and, of course, the adorable babies!! Everyone was very friendly and helpful even though many of the workers could not speak English. I managed to use several hand gestures to get my point across which in times of stress when babies all cry at the same time were probably quite amusing! All the kids were very excited to play and talk to us and take lots of pictures which was a lot of fun but very tiring.

Overall I could not have asked for a better more fulfilling experience and would love to return in the future and see the changes and progress of the children and the city, and of course visit my amazing host family.

**ABOUT ETHIOPIA**

**Location**

Horn of Africa.

**Time**

GMT + 3.

**Calendar**

Ethiopia uses the Julian calendar. This year is now 2002. Their New Year (Enkutatash) in on 11 September. Most Western countries now use the Gregorian Calendar.

**Area**

1,133,380 sq km (437,600 sq miles).

**Population**

82.5 million (2008).

**Capital**

Addis Ababa. Population: 3.6 million (2007).

**Religion**

Ethiopian Orthodox (Tewahido) and Coptic Church, mainly in the north, 40%; Islam, mainly in the east and south, 40%. There are also significant animist, Evangelical, Protestant and Roman Catholic communities.

**History**

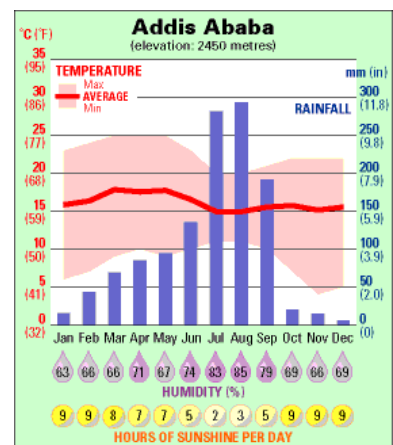
The Ethiopian People's Revolutionary Democratic Front (EPRDF) of incumbent Premier Meles Zenawi won bitterly contested elections in May 2005. The elections this year in 2010 were far more peaceful and delivered Meles his fourth five-year mandate as prime minister. Ethiopia is currently enjoying a relatively stable political period despite a sharp increase in public support for opposition parties.



**Language**

Amharic is the official language, although about 80 other native tongues are spoken including Oromo, Somali and Tigrinya. English and Arabic are widely used and some Italian and French is spoken.

**ADDIS ABABA CLIMATE**



# Electricity Supply



**Electricity in Ethiopia is**  
220 volts AC, 50Hz.

Most modern electrical devices will accept input power supplies of 100~240v and 50/60Hz so they should work with Ethiopian power supply.

Most Ethiopian hotels have 2-PIN round power sockets of various types that will accept the standard Euro plug 2-pin plugs. Some places will

also have power adapters that are of Chinese origin and will accept most types of power plugs.

However, it is recommended to bring several 2-PIN round plug adapters to suit your equipment plugs.

## **ETHIOPIAN MONEY**

Ethiopia's currency is called birr. It's divided into 100 cents in 1, 5, 10, 25 and 50 cent coins, and there are 1, 5, 10, 50 and 100 birr notes.



**One Birr note**



**Five Birr note**



**Ten Birr note**



**Hundred Birr note**

## **SOCIAL MEDIA – PROJECTS ABROAD ETHIOPIA OFFICE**

- ✓ **Join our official Facebook Group: Projects Abroad  
Ethiopia – The Official Group**

<http://www.facebook.com/group.php?gid=21209375096>

- ✓ **Read our monthly newsletters**

<http://www.projects-abroad.co.uk/volunteer-destinations/ethiopia/newsletters-from-ethiopia/>

- ✓ **See what is going on with Projects Abroad! Read  
our Country Blog!**

[http://www.mytripblog.org/mod/blog/group\\_blogs.php?gl=true  
&group\\_guid=2873](http://www.mytripblog.org/mod/blog/group_blogs.php?gl=true&group_guid=2873)

## Out of Addis – For your Visit

(Taken from what is out Addis)

### A Lakeside Paradise



In arrival we received a warm welcome, a cold refreshing drink and a cool flannel. After checking in, we were given a brief tour of the resort. Our first impression was that all the staff were friendly and nothing was too much trouble, and this remained our experience throughout our holiday. We also noticed that wherever we went within the resort, there were people cleaning and gardening; the hotel and the gardens were always immaculate. Our room had a view of Lake Tana, which was pleasant and calming. Alternatively, the slightly cheaper garden view rooms are very similar and still have a nice view.

The quality of everything was of the highest standard; crisp, fresh bedding, mosquito nets, TV, luxurious bathroom accessories, all tastefully presented to provide the guests with an lavish oasis of peace and tranquility in a thoughtfully designed setting. In the evening we relaxed on our private veranda, complete with fireplace and comfortable seating.

As with Keriftu's other resorts and spas, massages, manicures pedicures and other beauty treatments were on hand. The setting on the edge of Lake Tana is fantastic; the sunset mirrored over the smooth lake is quite heavenly. We took an amazing boat trip on the lake, arranged by the hotel, where we saw where the Abay River and Lake Tana connect, also known as the source of the Nile. We had the opportunity to see hippos out of the water.

The restaurant was great, with waiters that greet with genuine smiles. Breakfast was a satisfying buffet. Excellent food, excellent service and friendly staff. Other facilities including swimming pools, bars and gym are under construction. The Kuriftu Tana Resort is exceptional and the perfect place to unwind and renew or keep a really special private party.

### Facts about the resort

2 executive villas, 26 rooms with lake or garden views ,Lakeside restaurant Spa ,Water sports ,Large hall for wedding or meetings, tour packages 3 different kinds of memberships: One day visit (morning, daytime or night), private or family, company Shuttle service from the airport (10 mins journey)

## **ANNOUNCEMENTS**

Volunteers arriving in Ethiopia who are planning to buy a local SIM Card can inform one of our staff during the city induction day.

Taking a photo of a government building or military area is not allowed. Sometimes, if you are going to take photo of someone you should ask permission before you take it .

What is unforgettable about your voluntary work? By the way, what do you miss about Ethiopia?

How has your travel to Ethiopia helped you at home after your return?

If you want to participate in our Newsletter by contributing an article – use the following e-mail address: **[bikeseгнаhaileul@projects-abroad.org](mailto:bikeseгнаhaileul@projects-abroad.org)**