

**INTERNATIONAL COMMITTEE OF THE RED CROSS
SPECIAL FUND FOR THE DISABLED
ADDIS ABABA - ETHIOPIA**

Training Centre in Addis Ababa

Welcome Paper

Welcome in Addis Ababa!

Information on the country

General facts

Located in the Horn of Africa, Ethiopia has a land area of above 1,000,000 sq km and more than 70 millions inhabitants. The orthodox Christianity has dominated the country's past and there is now a mixed of Christians and Muslims. Ethiopia is neighboured by Eritrea, Djibouti, Somalia and Kenya.

Food / culture

"Injera", a sort of thin pancake, is the traditional dish accompanied by "wat", a hot spicy sauce. The rich Ethiopian culture can be discovered notably through folkloric dances performed in Addis Ababa restaurants. Typically, dancers move their upper body; shoulders, neck and head.

Health

Vaccination against yellow fever is obligatory (bring your vaccination card). With the advice of the doctor it is recommended to get vaccinated against tetanus, meningitis, hepatitis A and B. Tap water is not drinkable. Malaria is a serious risk for travellers to the Horn; however Addis Ababa is not affected due to its high altitude (see next chapter "climate"). Ethiopia is not spared from the HIV and other sexually transmitted diseases. Abstinence or using condoms is the only effective prevention. Most of the common medicines can be found in pharmacies and health services are available.

Climate

Addis Ababa is situated 2'400 meters above sea level. It is generally dry and warm during day time; cold at night.

There are two seasons: dry season and rainy season.

Rainy season: From Mid-June to Mid-October, the weather is quite cold as Addis Ababa is situated in altitude, and it can drop to +12° to +15°C in the daytime and +5° in the night time. Pull over and jacket are needed.

Dry season: From Mid-October to Mid-June, daytime is sunny with temperatures varying between 25°-30°C. In the evening, a jacket or a pull over is suitable as the temperature drops down to 10°-12°C at night.

Money

The local currency is called "Ethiopian Birr (ETB)". 1 dollar is equivalent to 8.6 ETB approximately.

US Dollar can easily be changed into local currency at the airport, banks of the city and your hotel. Credit cards are not used in Ethiopia, except at the Sheraton Hotel – for bill payment.

Transports in Addis

You can either take the public minibuses or the private taxis.

Indicative price from the Hotel to downtown:

- Ø Public transport (minibus) : ETB 2.- (USD 0.25)
- Ø Private taxis : ETB 20.- to 30.- (USD 2.35 to USD 3.50)

Ask the hotel staff for help!

Restaurants and leisure

Addis Ababa has plenty of restaurants at various prices. Restaurants serving international food (Continental, Chinese, Indian, Middle East, Italian, etc.) will cost you 30 - 80 ETB (USD 4.7 - 9.5) a meal, including beverage. Local restaurants serving Ethiopian dishes will cost you around 10 - 20 ETB (USD 1.2 - 2.4), including beverage.

More information can be found in the following reference guides available in Addis Ababa: "What's Up?" & "Addis Guide".

If you like bars and discos ... you will find them.

Security in Addis

Addis Ababa is a fairly secure town. There is no problem walking around or taking taxis alone, even at night. However, Ethiopia being a poor country, you will see lots of beggars and indigent people on the streets. Be kind with them and avoid showing your money openly in public.

In the market and other crowded places there are talented pick pockets ... so watch for your wallet and carry minimum amounts of money with you.

You can use the hotel (or the SFD) safe deposit for your personal valuables.

Communication Services

Internet: Available at the SFD. Internet cafés are found everywhere in Addis Ababa.

Telephone: Not available at the SFD, except local calls within Addis Ababa vicinity. International telephone communications can be made from the post office or in telephone booths. Be aware that calling from your hotel room is much more expensive. Most mobile "roaming" mobile phones function in Addis Ababa.

Training Information

Travel

Participants are advised to carry enough cash money with them to cover expenses during their journey from their residence to Addis Ababa and on their way back. The SFD will not be in a position to advance cash money for the return journey. If you do not have a visa already stamped into your passport, you will have to pay 20 USD to get it done upon arrival (see next chapter "visa upon arrival")

Arrival at Addis Ababa

Visa:

- If you have a visa stamped into your passport, proceed as follows:
 1. Upon arrival, direct yourself to the "baggage claim" area, like other passengers arriving in Addis Ababa.
 2. When reaching the customs area (below mechanical stairs), fill-up the entry form. On the entry form, you have to indicate your address during your stay in Addis Ababa as follows: ICRC-W.15, K.28, H.Nr.117-P.O.Box 5701-Tel. 011 5518366
 3. Present yourself to one of the immigration desks with your passport and the filled entry card.
- If you do not have a visa stamped into your passport, but only have the visa paper sent by the SFD, proceed as follows:
 1. Upon arrival, direct yourself to the "baggage claim" area, like other passengers arriving in Addis Ababa.

2. When reaching the custom area (below mechanical stairs), present yourself at the visa counter located on the left side of the room (just under the mechanical stairs).
3. Give your passport, the visa paper, and 20 USD to the visa officer.
4. The visa officer will ask you your address during your stay in Addis Ababa. Give the following address: ICRC-W.15, K.28, H.Nr.117-P.O.Box 5701-Tel. 011 5518366
5. Once this is done, present yourself to one of the immigration desks with your passport.

Welcome & transport to Hotel:

An ICRC driver who speaks English welcomes you at the airport. Leave the terminal and take the right way to the parking where you see the yellow taxis. The driver, holding a sign with the ICRC logo would be at the very beginning of the right side way to parking.

The ICRC driver will give you the welcome documents and drop you at your hotel.

If we do not know your exact flight details and arrival time, we shall not be able to arrange for your welcome and pickup upon arrival. In this case, you will have to ask a taxi to take you to the Hotel. The distance from the Airport to the Hotel is about 15 km and you will have to pay approximately 60 ETB (equivalent to 7 USD).

Accommodation

You will be accommodated in "Jerusalem" Hotel. Tel: (++251) (0)11 155 1712

A) If your training is sponsored by the ICRC Special Fund for the Disabled:

The SFD is paying for the room, continental breakfast and laundry + transport between hotel and SFD training Centre (morning and evening).

All extras are at the participants' own expense.

B) If you pay the hotel yourself:

The hotel rate is 130.- ETB / night (15 USD approx.), for room and continental breakfast + transportation between hotel and training centre (morning and evening).

Per Diem

If your training is sponsored by the SFD:

The Per Diem is a daily allocation we offer you to be able to eat, move around, and use as pocket money during your stay in Addis. The amount is fixed to 100.- ETB (12 USD approx.) per day spent in Addis Ababa. This is counted from "date of arrival" to "date of departure".

In principle, the SFD does not take in charge medical expenses during participants' stay in Addis.

If you intend to do shopping, buy souvenirs, etc., take some extra money with you. US dollars can easily be changed.

A first per Diem is handed over to you at your arrival, covering your first day(s) expenses before the training starts. You are kindly requested to sign the receipt slip enclosed and give it to the driver. The next Per Diem payments take place every Monday (one week advance payment), until your departure date.

The SFD will not be able to change ETB in USD at the end of the training. You will have to do it yourself.

Contacts with ICRC

In case of necessity, you can contact the ICRC office for assistance.

The 24/24h - 7/7 days on duty call is: 011 551 83 66

Training Module Schedule

Daily schedule : 08:30 - 12:00 and 13:00 - 17:00 from Monday to Friday.
Morning tea break : 10:00 – 10:15
Lunch break : 12:00 – 13:00
Afternoon tea break : 15:00 – 15:15

Every morning and evening, a taxi will take you from your hotel to the SFD training Centre and back (morning: 08:15 / evening: 17:00)

We wish you a pleasant stay in Addis Ababa.

Bernard Matagne
Head of Regional Office for Africa
ICRC/ SFD - Addis Ababa