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ETHIOPIAID DONOR TRIP

GER 2017

Information Pack



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There are a few things you should take into consideration before and during your trip to Ethiopia:

LOCAL CURRENCY: Ethiopian birr (ETB) is the local currency in Ethiopia. Foreign currency may only be exchanged at authorised banks and hotels, and a receipt must be obtained. The currency declaration form must be retained as this will be required by customs on departure. Visitors may change back any surplus Ethiopian Birr to cash at the airport before departure. In addition to any Ethiopian Birr, along with the currency exchange form you must bring with you all receipts for exchange transactions. Foreign currencies that will give you the best exchange rates are US dollar, euro and pound sterling.

VISA: Visas are required for all foreign visitors to Ethiopia. You will need a visa to enter Ethiopia. Tourist visas on arrival are available for Irish citizens at Addis Ababa Airport at a cost of \$US50 for 1 month and \$US75 for 3 months. You can also obtain your visa before your trip, applying directly to the Ethiopian Embassy in Canada (recommended).

*If you wish to obtain your visa beforehand, please contact our office and we'll facilitate the necessary information.

PASSPORT: Your passport should be valid for a minimum period of 6 months from the date of entry into Ethiopia. Make sure you have two blank pages in your passport on arrival.

HEALTH/VACCINES: Visit your health professional at least 4 to 6 weeks before your trip to check whether you need any vaccinations or other preventive measures. (The Tropical Medical Bureau and The Travel Health Clinic recommend the following vaccinations before travelling to Ethiopia: Yellow Fever, Tetanus, Hepatitis A, Typhoid, Meningococcal Meningitis, Rabies Vaccine and Poliomyelitis).

<http://www.travelhealthclinics.ca/Travel-Destination-Diseases-Vaccinations.aspx?DestinationID=42&Country=Ethiopia>

PHONE: Bring a mobile phone. You can get prepaid SIMs at many major hotels. Refilling your minutes is super easy. You can buy refill cards anywhere. If you set the APN correctly (etc.com), you can use it for Internet as well without having to buy a separate plan: <http://wiki.apnchanger.org/Ethiopia>

FOOD/DRINKS: During your stay in Ethiopia try to avoid salads, raw vegetables, raw meat, ice cream, or ice (which may be made with un-boiled water). Don't eat food from the street vendors and always drink bottled water, even when you are cleaning your teeth. Aim to keep hydrated at all times. Dehydration worsens altitude problems

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so drinking water is essential, especially when staying in Addis (the third highest capital city in the world). Start drinking little and often before flying out to Ethiopia in order to get your body used to taking in more liquids. Remember, alcohol worsens altitude problems.

- Recommended Restaurants: there are many good restaurants in Addis, with a number found on Bole Road. Below is a selection of recommended ones:

-Ristorante Castelli: Mahatma-Gandhi St Piazza (Italian, just off Churchill)

-The Sangam (Indian) on Bole Rd

-Kaldi's Coffee: Equivalent of Starbucks in Ethiopia – corner of Roosevelt St and Seychelles St, southwest of city centre.

-Habesha Restaurant: Bole Rd Urael, fashionable Bole eatery, live dancing from 20:00 every evening.

-Raizel Café: Hailesilase St Piazza, slick modern café with speedy service

-Le Jardin: Meskel Flower Rd.

-Yod Abyssinia: Traditional Restaurant (Bole Medhanyalem Area). Highly rated restaurant for perfect Ethiopian food.

-Bata Traditional Restaurant: Off from Bole road to Rwanda Embassy: Very good Ethiopian food.

-The Lime Tree in Casanches – Bole Rd, between Intercontinental Hotel and Sechuan Chinese restaurant and Hiber Cultural Restaurant, which is very good; it is on Bole Road near the Millenium Hall.

It is much appreciated if you tip waiters and porters. A 10% tip is a good practice.

TRAVEL INSURANCE: It is compulsory for all participants to have personal travel insurance on this trip. Please get you travel insurance as soon as possible. It is recommended for polices to provide for at least: a) trip cancellation and interruption, b) medical injury or sickness, c) theft and loss, and d) repatriation to one's country of residence.

WEATHER/TEMPERATURES: Addis Ababa generally has a very pleasant, healthy, cool climate; the city sits on a plateau so it benefits from relatively cool temperatures year-round. The temperature also stays fairly constant throughout the year because of its proximity to the equator. The drier months in Addis Ababa are between November and February. The average temperature during these months is 22°C, but temperatures at night can fall in the low 10°C, so do bring a coat or warm clothes to wear during evenings.

ETHIOPIAN TIME: Be aware of Ethiopia's way of telling the time that differs by 6 hours from our own. They state their time in how many hours after sunrise (6:00am) it is. Their 1 o'clock refers to 1 hour after sunset = 7:00 am our time –but most people get by on the usual clock.



LOCAL LAWS/CUSTOMS:

- Although Ethiopia is a Christian country, there is a large Muslim population and generally Ethiopians dress in a conservative manner. You should respect local traditions, customs, laws and religions at all times and be aware of your actions to ensure that they do not offend.
- You will need an export certificate to take antiques out of the country, otherwise the items are likely to be confiscated and you may face prosecution.
- Owning ivory is strictly prohibited.
- Homosexual acts (applying to both sexes) are illegal, and carry penalties of between 1 and 15 years' imprisonment.
- Drug offences are treated seriously in Ethiopia. Don't become involved with drugs of any kind.
- It is illegal to carry more than 200 birr when entering or leaving Ethiopia. If you are found to be carrying in excess of 200 birr the money will be seized and a prison sentence is possible.
- You must declare to customs officials on entry or exit any cash in excess of \$4,000 (or the equivalent in other foreign currencies). Travellers leaving Ethiopia with more than \$4,000 must present a bank advice notice if the currency was purchased from a local bank or a valid customs declaration form obtained at the point of entry. A bank advice notice or customs declaration form becomes invalid if 45 days or more have elapsed since the

STREETWISE IN ADDIS:

Theft

Although Addis is not a dangerous city there are pickpockets and conmen. Often they work in couples or groups –one boy may distract you while another rifles through your pockets. Please don't carry any valuable items with you. Leave your passport and valuables at the hotel. Only take a small amount of money out with you and keep it close to your person.

Begging

There are many beggars in Addis and it is difficult to decide who is genuine. Be aware of people who approach you just because you are a foreigner. We recommend giving out HOPE meal tickets which can be purchased at the HOPE Street Kitchen, rather than money. If you wish to give money use small denominations however you are advised to be very careful not to be mobbed.

Hassles

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You may find you are hassled by groups of street kids shouting ‘you’, ‘give’, ‘money’. Mostly it is friendly banter but be careful not to encourage it as it can get out of hand. You may also get hassled by individuals who latch on to you and want to be your friend and guide and then later demand money. They are not a threat but it is advisable to shake them off as soon as you can. This is frequent in areas such as the Merkato.

EMERGENCY CONTACT DETAILS:

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Emergency Contacts	Contact Name	Contact Number
Ethiopiaid	Jennifer Naidoo, GER Coordinator	+647 835 5528
Ethiopiaid Canada office	Olivier Bonnet, Executive Director	+1.613 238 4481

Emergency 24 Hour Numbers

Emergency 24 Hour Numbers	Telephone Number
Fire brigade	993
Police	991
Red Cross Ambulance Service	992

Medical Services

Name	Facility	Telephone Number	Location	Availability
Alan Karibian	GP	+251 912 80 33 68/ 0912 80 33 68		GP for the trip
Bethzatha Hospital	Private hospital recommended by Embassies	0115 514141	Located off Ras Mekonen Ave;	Open 24 Hours
Hayat Hospital	Respected and reliable	0116 624488	Consultations cost Birr40	Open 24 Hours
St Gabriel Hospital	Private hospital with X-ray, dental, surgery and laboratory facilities.	0116 613622	Located on Djibouti Street	Open 24 hours

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	Consultations cost Birr50.			
Dr Bereket	Director of Emergency Department at Korea Hospital	+251 912 44 55 77	Located at Korean Hospital	

CANADA IN ETHIOPIA:

Embassy Address: Embassy of Canada, Old Airport Area, Nefas Silk Lafto Sub City Kebele 04, House No. 122 Addis Ababa, Ethiopia.

Tel. +251 11 317 00 00, Fax +251 11 317 00 40.

Email: addis@international.gc.ca

Embassy Postal Address: Embassy of Canada, PO Box 1130, Addis Ababa, Ethiopia

You should also consult the Canadian Government travel advisory prior to departure:

<https://travel.gc.ca/destinations/ethiopia>

TIPS FOR THE RUN:

The official website is: www.ethiopianrun.org

The route

As you can imagine the run has a fantastic atmosphere but is fairly chaotic with over 40,000 people taking part so don't expect things to run as smoothly as in Canada.

The run starts in Meskel Square. Everyone starts together and wears the same T-shirt, which is provided by the run organisers. There is a party atmosphere with the majority of local participants choosing to walk or dance around the course and even stop off for beer!

Altitude is not really a problem but having flown in a few days earlier, the team should have had plenty of time to acclimatise. The run is also early in the morning and so you can expect the weather to be a bit cooler than the average peak of 22°C.

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Precautions and Preparation

Theft –Don't carry anything valuable in your pockets while running. If you want to wear a small rucksack wear it on the front of your body otherwise it will be empty by the end of the run! If you take a camera try to carry it in your hand. There are not many international runners so they are a target especially in such large crowds.

Drink lots of water from the moment you arrive in Addis. Bring something to carry water in for the run and fill it with bottled water beforehand. There is one bottled water stop but it does get very crowded!

-CHECKLIST

Checklist	✓
Passport and ticket for flights.	
A photocopy of your travel insurance and passport.	
Money (we encourage you to avoid relying on credit cards).	
Money belt / Bum bag.	
Suitable clothing*	
Water bottle.	



Alcohol and hand gel.	
Running shoes	
Suncream at least factor 30.	
SPF lip balm.	
Insect repellent.	
Personal first aid kit.	
Personal medication.	
Your vaccination booklet.	
Camera and phone charger, plus adapter.	

*You will be provided with Ethiopiaid T-shirts for our partners' visits. For your free time please note: you must dress modestly and avoid shorts, short skirts and strappy tops. Bring with you:

-Suitable clothing for running –hat, light shorts, light T-shirt (although one is provided for the run).

-Tracksuit bottoms or lightweight trousers.

-Light shirt or T-shirt (covering shoulders).

-Clothes you don't mind getting dirty.

-Smarter clothes for the evening.

-A fleece and layers for the evenings (it does get chilly).

-Sun hat.

-Sunglasses.

FREQUENTLY ASKED QUESTIONS

When is the trip?

Monday 20th – Tuesday 28th November 2016

Can I stay in Ethiopia after the race?



Yes. You may remain in Ethiopia after the race, however as Ethiopiaaid will be organising return flights you should liaise with our office to reschedule your travel dates or we may ask you to book your own flights and deduct the amount from your fundraising target. If you do extend your stay, you will be responsible for your own accommodation over that period.

Can I pay for the event costs myself and fundraise the rest?

Yes. You will be told when you register how much your trip costs are so that everything is transparent while you are fundraising. How you reach your fundraising target is up to you so whether it's paying the costs yourself or fundraising for the whole amount we do not mind as long as the target amount is reached.

Where does the money go to and can we visit a project while we are there?

The money raised from this event will go towards the projects our partners run in Ethiopia. Volunteering with our local partners is part of the trip. For more information on where the money will go please visit www.ethiopiaid.ca/our-work

What can I bring to give to people in need?

We do not recommend bringing material goods as gifts on your trip to Ethiopia. Your generosity is most appreciated, but monetary gifts through Ethiopiaaid are the best way to ensure your giving has the biggest and most culturally appropriate impact. Bringing material gifts can create issues (appropriate voltage, cultural sensitivity towards second-hand items, material or colours just to give a few examples). We value our partnerships and firmly believe your generosity in supporting Ethiopiaaid with donations is the most effective channel to ensure a long-lasting difference in Ethiopia.

What happens if I cannot fundraise the total amount before we go?

We will require the full amount of fundraising to be lodged before our departure date. We will be in regular contact but if you are finding the fundraising difficult at any stage just let us know so that we can assist you. PLESAE DO NOT leave any worries to the last minute as this might mean that you forfeit your place on the trip.

What happens if I cannot go or if the trip is cancelled?

If you cannot go or the trip is cancelled we'll save your place for next year's run. Please remember to get you travel insurance as soon as possible, this way if you cannot go or if the trip is cancelled any expenses will be reimbursed by the insurance company.

What support can I expect from Ethiopiaaid?



When you sign up to the GER you will receive a Welcome Pack that will include an event manual, a fundraising manual, information about Ethiopiaaid and more. Our team is on hand to assist you with ideas to help you fundraise and to prepare you for the event ahead. We can provide you with all the fundraising material that you need.

How fit do I need to be to take part in a challenge?

The run is suitable for all fitness levels. Despite the altitude and heat, it really is an achievable challenge for everyone. You will enjoy the experience more if you aim to do some preparation and training in advance.

What type of people take part in the GER?

The GER attracts people between the ages of 18-70 with various fitness levels. One thing in common is the general interest in having fun and wanting to support Ethiopiaaid. Taking part is a great way to meet new people.

I am not too sure about doing it on my own!

Don't worry! Ethiopiaaid holds a pre-departure/bonding day meeting that is the perfect opportunity to meet other members of your group before you go.

What's included?

We'll take care of:

- Your accommodation (with breakfast daily).
- Your flights (to and from Addis Ababa).
- Your race entry.
- Airport transfers from the airport in Addis Ababa to the hotel and back.
- Mini-bus transfers from all organised events on the trip itinerary.
- Ethiopiaaid t-shirt for partners' visits.
- Fundraising pack and support.
- Team meeting / bonding day before the trip.
- Pre-race pasta party.

What is not included?

As part of your package the following is NOT covered and you will be responsible to arrange this yourself:

- Your lunch, dinner and drinks.

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- Your Visa fee.
- Your personal travel insurance.
- Any ad-hoc purchases during the trip.
- Evening trips (unless organised group activities).
- Transfers to and from Dublin airport.
- Any additional services not included in the itinerary such as excess baggage charges, hotel portorage, and any items of a personal nature such as laundry, room service charges, drinks, phone calls, etc.

THE AMHARIC LANGUAGE

Around seventy languages are spoken in Ethiopia (English is widely spoken). Amharic is the most widely used and understood language –it is in fact the official language of Ethiopia. It has its own alphabet with 33 characters and is one of the hardest languages to learn.

Useful Amharic phrases

ENGLISH	AMHARICH
Hello	Selam
How are you?	Dehna not?
I'm fine	Dehna
Goodbye	Dehna yisenbetu
What's your name?	Semewot man no?
My name is ...	Semea ... no
Sorry/Excuse me	Yikerta
Yes	Aow
No	Ie
OK	Eshi
Please	Ebakesh (f) / Ebakeh (m)
Thank you	Amesegenallo
How much?	Sent(e) no?
This food is delicious	Konjo megeb no
I don't speak Amharic	Amarennya alchellem