

TIME FOR ACTION!

FROM SHADOWS
TO SPOTLIGHT:
TRANSFORMING
PERCEPTIONS
OF NEGLECT

Social Sciences for
Severe Stigmatising Skin
Conditions (5S) Foundation

14-17 May 2024 Addis Ababa, Ethiopia



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Welcome

Murakaza Neza

مرحباً بكم

Welcome to Ethiopia!

NIHR RIGHT 5S Foundation Annual Programme Meeting (APM)
Tuesday 14th May – Friday 17th May 2024
Addis Ababa, Ethiopia

Ethiopia is...

- A country located in the horn of Africa with an area of 1,104,300km²
- The country has about 123 million people
- The country has an elevated central plateau varying from between 2000 and 3000 meter in altitude above sea level
- A country credited with being the origin of mankind
- A federal Democratic Republic with 12 regions and two chartered cities

Electricity

The electricity system is 220 volts; 50Hz AC. Two-pin plugs are commonly used.

Business Hours

Both public and private banks are open from 08:00 – 16:00 on weekdays and Saturdays, and are closed on Sundays. Most shops are open between 08:00 – 18:00 on weekdays and Saturdays. Most shops are closed on Sundays. Government offices keep to traditional weekday only.

VAT (Value Added Tax)

Ethiopia has adopted a Value Added Tax system of 15% on purchases and services. VAT charged on goods and services is not refundable.

Taxis

The cost of a taxi in Addis Ababa is calculated based on a variety of factors, such as distance, duration, the time of day, and the type of taxi. In the last few years, the average taxi service in Addis Ababa started using taximeters, but not all cabs are fitted with one. As a general rule of thumb, metered taxis have an initial flag-down fare, which increases per km. However, as taxis are not well regulated, travellers are advised against hailing taxis on the street to avoid unnecessary surprises. The easiest way to secure a fixed fee is to book with a reliable taxi service ahead of time.

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Smoking

Although not all indoor public areas in Addis Ababa are designated as smoke-free areas, it is advisable not to smoke indoor, particularly in restaurants (it is illegal). You can however find smoking areas in certain restaurants.

Food

The Ethiopian national dish consists of *injera*, a flat, circular pancake made of fermented dough. Various side dishes of meat, pulses and vegetables along with sauces which are generally spiced are also served with *injera*. The best-known Ethiopian cuisine consists of various vegetable or meat side dishes and entrees, including a *wat*, (thick stew), served atop *injera*. Because Ethiopia is the birth place of coffee, coffee is a popular drink. The 'coffee ceremony' involves drinking a minimum of three cups of coffee and eating popcorn. Both "*teje*", a drink made from honey and "*tela*" a drink

made from millet or barley, maize or sorghum, are some of the home-brewed national alcoholic drinks.

Restaurants

In big cities like AA, there are restaurants catering for all tastes: African, Indian, Chinese, Italian, Mediterranean and different European dishes. Restaurant prices vary from area to area. There are Ethiopian traditional buffet restaurants with national music and dance shows.

Traditional Courtesies

Recognition of traditional courtesies is important when visiting another country. When greeting, a handshake is common often followed by a pleasant discussion on personal matters before getting down to business. The offer of tea or coffee is normal. Shoes are often taken off on entering churches and always on entering mosques.

Shopping

Addis Ababa is the perfect place to buy some emblematic souvenirs of your stay in Ethiopia. Top of your shopping list is likely to be a pack of Ethiopian coffee beans, preferably vacuum sealed to preserve their freshness. Decorative metalwork, in the form of crosses, and painted religious artworks on carved wooden boards are also popular. Filigreed silver and gold jewellers are also a great buy. Other good buys are woven blankets and clothes, 17th century silver Marie Therese Thaler coins, and items bearing the image of Haile Selassie and the distinctive Rastafarian colours. If buying what you believe to be an antique ensure you obtain a clearance certificate from the vendor as Bole customs are always on lookout for smugglers of Ethiopian heritage items.

The most popular place to shop in AA is the **Merkato**, which is an essential tourist experience although not for the fainthearted. This is an area of chaotic and thrilling open market as well as shopping centres with a diverse range of both goods and people, including a fair number of shifty characters. Most prices are negotiable. It is a sprawling collection of open-air stalls, where you can buy everything from vegetables to gold jewellery. Keep an eye out for pickpockets.

Other shopping areas are Churchill Road, souvenir shops above the main post office, ShiroMeda for traditional Ethiopian attires and cloths, and Piazza for gold and silver jewellery. There are also shopping centers, such as Getu Commercial, Friendship, DH Geda and Dembel city centers all situated on Bole road.

Photos

Generally, there are no problems with taking photographs except for palaces, parliament building, offices of high government officials, and military camps. Photography in churches is allowed. Video photography at famous tourist attractions such as the Blue Nile Falls carries a charge.

City Attractions

There are different tourist attraction sites in Addis Ababa such as the **Ethnographic Museum**. The **National Museum**, is much smaller, but it does have the fossils of 3.5-million-year-old 'Lucy', perhaps our earliest ancestor. It is ranked among the most important sub-Saharan museum, **Africa Hall** is the headquarters of the United Nations Economic Commission for Africa, Unity Park, Mount Entoto, Adwa Victory Memorial, Friendship Park etc.

The APM location

The APM will occur across several conference rooms within the Inter Luxury Hotel, located in Addis Ababa.

Schedule & event information

The 5S Foundation Website has space on its website dedicated to the APM, and you can view any updates and the programme [here](#).

14:30 – 19:00 - Tuesday 14th May – ‘Time for Action’ Policy Forum and opening of ‘See me’ Exhibition

09:00 – 17:00 - Wednesday 15th May – Day 2: Academic and Methodological contributions of the 5S Foundation.

09:00 -17:00 - Thursday 16th May – Day 3: 5S Engagement and Partnerships contributions and 5S closing meeting. There will also be a celebratory internal meeting and **we welcome you to attend in special dress for this meal**.

09:00 – 17:00 - Friday 17th May – Optional day out within Addis

Co-hosted with the Ministry of Health, the first day of the conference shall see a policy forum, made up of speeches, panels and a community theatre performance. It will also have the launch of the 5S Foundation ‘see me’ exhibition. This shall run from 14:30 – 19:00. There will be some refreshments and light cocktails.

The subsequent two days of the APM shall run from 09:00 – 17:00, with regular breaks for tea, coffee and lunch. A conference pack, with a detailed programme and name badge shall be provided upon arrival.

There will be a number of cultural events available throughout the week, including cultural dinners and networking. There will also be an optional trip on Friday 17th May to visit Mount Entoto in the Northern part of Addis, less than 10km from the Inter Luxury Hotel.

Accommodation

Accommodation is arranged at the Inter Luxury Hotel, Addis Ababa. The meeting organisers have covered the cost of the accommodation. In case if the accommodations are fully occupied at inter luxury hotel, some of our guest may stay the closest hotels in a walking distance.

The hotel address is:

Kazanchis area, Guinea Conakry (Tito) Street, Addis Ababa, Ethiopia.

Information about the hotel amenities and accessibility can be found [here](#).

Travel

The hotel is well situated a walkable distance from Addis City Centre.

Flights

Now that you have confirmed your attendance, a member of the Global Health team shall be in touch with flight details, if you are travelling internationally. It will be your responsibility to coordinate with them and confirm whether the flight quoted for you will be convenient. This may have already been done.

If you have booked your own flight, please ensure that you have notified us of your flight details well in advance of the meeting.

Transportation between airport and hotel

Information regarding your transfer shall be sent alongside your flight details. These shall be sent once attendance is finalised. The hotel shall provide shuttle services from/to the airport to the hotel.

Visas

Visas are the responsibility of each individual. You will need to apply well in advance for a Standard Visitor Visa. You shall be provided with a visa support letter from BSMS Global Health team promptly. Applicants for all types of visas may be obtained online at www.evisa.gov.et. You will need a passport photo and scanned copy of your passport to apply. Nationals of African Union member states can receive their tourist visa on arrival in Ethiopia. If the participants need a support letter for the visa, OSSREA can issue them.

COVID-19 Information

Currently there are no public health restrictions in Ethiopia, and face masks are no longer mandatory in public spaces. **You do not need** to complete a UK passenger locator form before you travel; **you do not need** to take any COVID-19 tests before you travel or after you arrive; and **you do not need** to quarantine when you arrive. **This applies whether you are vaccinated or not.**

Vaccination

A yellow fever vaccination certificate is required for travellers arriving in Addis Ababa, Ethiopia if travellers are coming from or have recently visited countries with a risk of yellow fever transmission. The list of countries requiring proof of yellow fever vaccination can change, so it's essential to check with the Ethiopian Ministry of Health or the World Health Organization for the most up-to-date information before traveling. ([Countries with risk of yellow fever transmission and countries requiring yellow fever vaccination \(November 2022\) \(who.int\)](#))

Weather in Addis

In May the weather in Addis Ababa generally has high temperatures. Throughout the daytime, temperatures often hover **around 25°C**. However, as the sun sets and evening approaches, there's a noticeable cool-down, with temperatures gently dropping to a more temperate 12°C. Sometime there may be rain.

Time

Ethiopia is in the GMT +3 time zone. It follows the Julian calendar, which consists of 12 months of 30 days each and the 13th months of five days. Usually time is counted starting with the first hour at dawn. Therefore 7:00AM is 1 :00 by Ethiopian time. You can calculate the time by adding or subtracting six hours.

Language

Ethiopia is a multi-ethnic state with 83 languages. Amharic is the working language of the federal government. People working in the hotel, shopping malls, airport and transportation speak English.

Meals

The meeting will cover the cost of breakfast, lunch and the evening meal, from the evening meal on Tuesday 14th May to breakfast on Friday 17th May. Breakfast shall be provided at the hotel, and lunch provided at the conference venue at the Hotel. If for any reason you do not attend the conference on one of the days, you will be able to get lunch at your own cost and be reimbursed. A scheduled evening meal is planned in the hotel which been prepaid for, except for an evening meal out on Thursday 16th May at Totot Traditional Restaurant. **If you are paying for meals yourself the cost should not exceed £30 for an evening meal. Due to the constraints of the programme, costs of alcohol are not a permitted cost and must be paid separately by individuals at their own cost.**

Refreshments will also be provided in breaks during the meeting. At all meals, vegetarian, vegan and non-vegetarian options will be available. Please ensure you advise us of any specific dietary requirements before the APM.

Internet Connection

A Wi-Fi internet connection will be available at the Inter Luxury Hotel for all participants during the days of the meeting. Connection details will be provided upon arrival. If you plan on roaming or using 4G during your stay, please check with your network provider or investigate getting a local sim for the duration of your stay.

Mobile

Ethiopia uses a GSM network and is operated by the Ethiopian Telecommunications Corporation and Safaricom Telecommunication. It is easy and cheap to get sim cards if you want to have one during your stay. You need only your passport to present to SIM selling outlets. The IDD code for Ethiopia is +251.

Other Expenses

Participants will be responsible for all additional charges incurred during their stay on their own account; including bar bills, telephone calls, snacks from the hotel, laundry, etc. The hotel will accept payments made by cash and international credit cards in payment. Please note that the meeting organisers will instruct the hotel that these costs are not included and will NOT meet any such bills.

Currency

The unit of currency are the Birr note and Santim (coins). Notes 5, 10, 50, 100 and 200 Birr. ATMs are found in hotels, Addis Ababa Bole airport, shopping malls, and many other places in Addis Ababa.

Safety and Security

Addis Ababa is a safe city you should take the normal precautions you would take in the city. Be aware of your belongings such as mobile phones, wallets, jewellery, purse, camera and laptops. Addis Ababa, city is generally peaceful and safe to walk around during the day. However, great caution must be taken in the evenings, and it is advisable to avoid walking alone. Photographs should not be taken of military buildings and airports.

Credit Cards

They are not widely used in Addis Ababa but hotels, restaurants, big malls and supermarkets and the duty-free shop at the Bole Airport accept payment using credit cards. Commonly accepted cards are Visa and MasterCard.

Insurance

Please ensure that you have arranged travel insurance either through your institution or a local company, which can be reimbursed. It is the individual's responsibility to check requirements for any personal health issues and health insurance as necessary.

Taxis

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Meeting arrangements

For those of you presenting talks at this meeting, we shall be in touch directly to coordinate presentations deadlines and any specific equipment requirements. A computer and LCD projector will be provided.

If you have any queries please contact: globalhealth@bsms.ac.uk or Garadew Yilma at garisona123@gmail.com Tel: +251 911365944