

IFIL-Trip to Ethiopia, 2.2.2019 – 14.2.2019

Ethiopia, the Land of Origins: Discover, Learn, Participate

Duration: 13 full trip days (departure from Switzerland: Friday 1. February, arrival in Switzerland: Friday 15. February).

Focus: Authentic insight into everyday life, intercultural exchange, meeting local people and try out crafts and daily work.

Comfort: Basic level of comfort (clean mid-range guest houses), no luxury hotels. Travel in private bus or minibus. On the countryside: very simple standard.

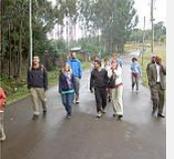
Group size: 6 – 12 participants (minimum 6).

Accompany: Ethiopian and Swiss travel guide.

Inscription deadline: 20 December 2018

Organised by: www.insidetravel.ch

Preliminary trip programme¹

Date	Description	
(Day 0) Fri 1.2.2019	Travel day/ flight <ul style="list-style-type: none"> ▪ Flight from Switzerland to Ethiopia, for example direct flight with Ethiopian Airlines from Geneva to Addis Ababa or connection flight via Frankfurt (night flights). Day flights for example with Turkish Airlines via Istanbul. Other flights are available, too. 	
Day 1 Sat 2.2.2019	Introduction and first discoveries in Addis Ababa <ul style="list-style-type: none"> ▪ Transfer from the airport to a local guest (for example Ankober Guest House in Bole area). ▪ Breakfast around the guest house ². ▪ Time to fully arrive and relax a bit. ▪ Before lunch: meeting 2-4 of our local "Culture Brokers"* , which will accompany us during the whole day (language: English). ▪ Common lunch in a local restaurant (Ethiopian dishes) ². ▪ Playful introduction, information about the country and practical tips about the trip, exchange with culture brokers. ▪ Drive in minibus to Mount Entoto - the local hill located at the edges of the city of Addis Ababa. ▪ Walking on the hill with a nice view on the city. ▪ Possibility to visit the palace of the former king Menelik II or the museum ▪ Short walk (around 1 hour) from Mount Entoto to Arat Kilo area. ▪ Dinner in town (local or international dishes available). ▪ Trip back to the guest house (minibus) ▪ Night at the guest house <p>* By culture brokers we understand people living in Addis Ababa, which usually do not work as tourist guide. They share the story of their life with our guests and give a very authentic insight into their biography and everyday life in Ethiopia.</p>	   

¹ Changes are possible until the final booking. Small adaptations or the time wise exchange of programme parts are possible after the booking. We will try to discuss them with the participants.

<p>Day 2 Sun 3.2.2019</p>	<p>Family day</p> <ul style="list-style-type: none"> ▪ Depending on your interests, you will participate in an Ethiopian Orthodox or an evangelical church service (small groups with 3-4 participants). ▪ The local culture broker, which accompanied you to the church, will take you to his home, where you might get to know other people of his/ her family* ▪ You will spend the whole day with your guest family. The activities depend on these families' programme and can for example include a coffee ceremony, common cooking, visiting friends or a short trip. ▪ We encourage you also to bring something from home, which can show your hosts, who you are and how you live (photos of your house/ from your professional life/ of your family a hobby, a game, music etc.). You might also want to bring a very small present for your hosts. ▪ In discussions you will learn a lot about life in Addis Ababa and particularly about your hosts. ▪ Lunch with your host family. ▪ Dinner: with host family or individually around the guest house area² ▪ Transfer to the guest house and night at the guest house <p>* A family is not necessarily a couple with kids, but it any kind of household</p>	  
<p>Day 3 Mon 4.2.2019</p>	<p>Challenge Day</p> <ul style="list-style-type: none"> ▪ Breakfast around the guest house area² ▪ Our challenge day is a kind of treasure hunt through some of the neighbourhoods of Addis, thanks to which you will learn in a playful way how to get along in the chaos of an African mega-city. You will receive small tasks and you will have to collect different information, find specific persons or buildings. With the help of the local population, you will be able to overcome all challenges without any problem. ▪ Depending on the degree of challenge you want, your group (3-4 participants) can try to solve the puzzle with or without the help of one of our local culture brokers. ▪ After having successfully completed, we will celebrate our achievement with a beer or a fruit juice. ▪ Evening: individual time/ individual dinner ▪ Night at the guest house 	  
<p>Day 4 Tue 5.2.2019</p>	<p>Street children in Addis Ababa</p> <ul style="list-style-type: none"> ▪ Breakfast around the guest house² ▪ Transfer to the compound of the organisation Sport – The Bridge ▪ The organisation initially only worked with children from Addis Ababa or the countryside, who live on the streets. In the last months, the focus has changed more to prevention work in neighbourhoods affected by poverty. ▪ You will receive an introduction in the organisation's work and get first hand testimonials about challenges which families face in these neighbourhoods. ▪ Lunch in the organisation together with the staff ▪ In the afternoon, different optional activities are possible (depending on the availability and your interests): <ul style="list-style-type: none"> ○ Handicraft workshop with mothers ○ Guided tour in the neighbourhood from the eyes of a kid ○ Sportsprogramme, games 	 

	<ul style="list-style-type: none"> ○ School preparation/ leisure programme with the children ▪ Later afternoon: trip back to the guest house, time at your own disposal ▪ Individual dinner in the area of the guest house² ▪ Night at the guest house 	 
<p>Day 5 Wed 6.2.2019</p>	<p>Trip to Gurage region</p> <ul style="list-style-type: none"> ▪ Breakfast around the guest house² ▪ After the morning rush hour: departure by a private bus or minibus in south-western direction to the Gurage region (near the city of Agena) ▪ During the whole trip to the countryside, one of our culture brokers from Addis will accompany you. ▪ The effective driving time is around 5 hours (depending on the traffic situation). We plan several stops where you can get out and enjoy the changing landscape. ▪ Stop on the way for lunch² ▪ Late afternoon: arrival in the village, getting to know our hosts, first activities ▪ Dinner in the village ▪ Night at the village in a local family house or in the nearby town. 	 
<p>Day 6 Thr 7.2.2019</p>	<p>Everyday life at the village</p> <ul style="list-style-type: none"> ▪ Local breakfast in the village ▪ „Normal“ tourists do usually not have the possibility to get to know rural Ethiopia. Thanks to a partnership, which we have with a local village, we are able to give you a truly authentic insight. You will enter into a world far away from the noise and dust of the capital city. ▪ The infrastructure in the village is very basic. You will not have access to electricity or warm water. For the nights, you might want to bring your own sleeping bag. ▪ The village lives at its own rhythm and we adapt ourselves to it. There is no predefined programme, but we simply follow the activities of the village. You will of course have the possibility to communicate special wishes or interests. ▪ Possible activities depending on the season and the villagers programme are: Living a harvest of the false banana tree (ensete), traditional cooking, trying out handicraft, producing local alcohol, work with the animals, hiking in the surroundings etc. You always have the possibility to try out yourself or just to watch ▪ Lunch and dinner at the village ▪ Night at the village in a local family house or in the nearby town. 	   
<p>Day 7 Fri 8.2.2019</p>	<p>Everyday life at the village (continued)</p> <ul style="list-style-type: none"> ▪ Breakfast at the village ▪ Continuation of the last day's programme ▪ Lunch in the village ▪ Dinner: We propose you to once change the roles. On this evening, you will cook for some of your hosts from the village. You can think in advance, what kind of (Swiss?) dish you would like to prepare and 	

	<p>what products or tools you will need. We will check out in advance, what is available locally and what we can buy in Addis Ababa or even have to take from Switzerland. You will have to cook on the fire.</p> <ul style="list-style-type: none"> ▪ From experience we know, that it is a very well appreciated gesture, if you can also show some aspects of your life, in order to enter into a two-sided dialogue. You can for example present some pictures, a hobby, your profession, a piece of music or a poem etc. ▪ This «European Night» is made to foster a different approach of encountering each other, aside the pre-defined roles of host and guest. ▪ Night at the village in a local family house or in the nearby town. 	 
<p>Day 8 Sat 9.2.2019</p>	<p>Road trip to Arba Minch</p> <ul style="list-style-type: none"> ▪ Breakfast at the village ▪ Farewell from our hosts ▪ Road trip to Arba Minch (the fourty sources), a city located in the south on the shore of two very different lakes ▪ Lunch on the way ² ▪ The effective driving time is around 6 hours. We will make several stops, so that you can discover the changing landscape ▪ Check-in to a hotel ▪ Individual dinner in Arba Minch ² ▪ Night at the hotel 	 
<p>Day 9 Sun 10.2.2019</p>	<p>Exploring Arba Minch, Nechisar national park</p> <ul style="list-style-type: none"> ▪ Breakfast at the hotel (included) ▪ Arba Minch is a growing regional town, which is located between lake Chamo and lake Abya, which are very close and only separated by what the local people call “the bridge of God”. Even though very close, the lakes have very different colours. In the lake, you can find crocodiles and hypos. ▪ The city is located next to the Nechisar (white grass) national park, which is home of big mammals such as Gazelles and zebras. ▪ We will explore the city, visit the crocodile farm and enter into the park, where you will hopefully be able to spot some animals. ▪ Lunch in town ² ▪ Dinner in town or at the hotel ² ▪ Night at the hotel 	 
<p>Day 10 Mon 11.2.2019</p>	<p>Gidole: School and hospital</p> <ul style="list-style-type: none"> ▪ Breakfast at the hotel (included) ▪ After breakfast, we drive around 1 hour in south western direction, until we reach the small town of Gidole, which is located on a hill next to lake Chamo. ▪ We will visit the local school and kindergarten, where we will organize a short programme for one or two of the classes there ▪ We have the possibility to talk to the teachers and a board member of the school in order to find out more about the town, its school and its challenges. ▪ Lunch in town (only Ethiopian dishes) ² ▪ Visit of the local hospital, where we will find out more about how the Ethiopian health system is organised and what it does to support the local population ▪ Possibility to do a short hiking above the village with a stunning view on the lakes and the surroundings. ▪ Drive back to Arba Minch ▪ Individual dinner in town ² 	  

	<ul style="list-style-type: none"> Night at the hotel 	
<p>Day 11 Tue 12.2.2019</p>	<p>Road trip to Hawassa</p> <ul style="list-style-type: none"> Breakfast at the hotel (included) We drive back in norther direction in order to reach the main Rift Valley with its lakes Effective driving time around 5 hours, we will however make several stops in order to get some more impressions of the landscape Lunch on the way, for example in Sodo Arrival in Hawassa, check-in to the hotel The regional town of Hawassa is located on one of the Rift Valley lakes. The atmosphere is very different from busy Addis Ababa. Hawassa has a particular spirit and the lake, where local people walk just for relaxing, makes it a bit of the “Riviera” of Ethiopia. Boat trip on lake Hawassa. If we are lucky, we could spot some Hippos. Dinner in town ² Night at the hotel 	 
<p>Day 12 Wed 13.2.2019</p>	<p>Hawassa, day trip to Wondo Genet</p> <ul style="list-style-type: none"> Breakfast at the hotel (included) Day trip to Wondo Genet. This place around 30 minutes drive from Hawassa is known for its hot springs. You can take a bath in the pool; however, you might also just want to do a walk on the hill. The area is green and there is interesting vegetation. We will enjoy the nature and have a nice view down the hill. Lunch at the nearby hotel ² Drive back to Hawassa Afternoon: free time or exploring some spots of the town with our culture broker (you can for example do some bird watching, observe the local monkeys or just enjoy a pastry or fruit juice on the shores of the lake). Dinner in town ² Night at the hotel 	 
<p>Day 13 Thr 14.2.2019</p>	<p>Trip to Addis Ababa, departure</p> <ul style="list-style-type: none"> Breakfast at the hotel (included) Road trip back to Addis Ababa Possibilities to stop on the way at Abyata and Shalla National park or Langano (only walking, not driving into the park). Lake Abyata, Shala and Langano are very close together and part of the lakes in the African Rift Valley. Even though almost located at walking distance, the lakes are very different. Whereas lake Shalla is the deepest lake in Ethiopia, lake Abyata is just a bit more than 10 meter deep. On the other hand, lake Langano has a particular red colour and thanks to its mineral content it is the only lake in Ethiopia considered safe to swim in (no Bilharzias). The landscape is characterized by the typical acacia trees of the region. Lunch in a restaurant, for example in Ziway ² Depending on the mood of the group, we can make a longer stop on one of the lakes or rather continue directly to Addis Abba and for example visit the Shola market there to do some souvenir shopping. Individual dinner in a restaurant ² Around 8 in the evening: transfer to the airport, check-in (depends on the actual flight times of the participants). Flight back to Switzerland 	  

(Day 14)

Fri 15.2.2019

Arrival in Switzerland



Costs for the trip

The cost for the trip is CHF 1'590 per person. This price includes the following services:

- All activities described in the programme.
- Overnight stay in a double room for the duration of the trip (any additional overnight stays for earlier arrival or later departure are not included) or in a local family house during the days on the countryside.
- Local transport (minibus, buses, taxi, airport transfer)
- Breakfasts, when lodged in hotels.
- Entrance fees.
- Wages and salaries of local guides and service providers.
- All taxes and other fees.

Not included are:

- Flight to Ethiopia (booked by yourself or through our travel partner in Ethiopia if you need assistance).
- Costs for the visa.
- Meals and drinks during the trip
- A possible single room supplement of CHF 205 for the entire trip.
- Preparation costs e.g. for vaccinations, medication, individual insurances, etc.
- Additional tips (the people who provide services for us are already paid by us, tips are therefore not necessary).
- Own expenses, e.g. for the purchase of souvenirs or additional services not included in the program.

Insurance

We are obliged to inform you that it is strongly recommended to have a travel cancellation insurance. If you cancel the trip after booking, you will be charged according to the date of cancellation (dates and fees see general terms and conditions). For flights, the terms of the air company apply and depending on the ticket category chosen you might not be able to change or get refunded for your ticket.

There are various insurance products on the market, e.g. annual travel insurance, which cover cancellation due to illness or other serious events. It is also possible to insure a trip once (usually before booking).

Travel insurance may also be included in supplementary health insurance or credit cards.

Depending on individual security requirements, additional insurance policies (luggage, repatriation costs, etc.) may also make sense.

Please contact us if you need more information.

Visa

Citizens of most European countries can get their visa on arrival at the airport in Addis Ababa (On-Arrival Visa). This works without any problems, but depending on the number of arriving travellers you may have to wait. Recently there has also been the possibility to apply for an electronic visa in advance via <https://www.evisa.gov.et/>

It is also possible to apply for the visa by post at the embassy in Geneva, **two weeks** before the start of your journey. We will be happy to assist you.

Security situation

In principle, a trip to Ethiopia does not pose an above-average security risk if a number of basic rules are observed.

During this year, after the change of government, the general political situation is more optimistic. However, during the last months there were several incidents of ethnic or other unrests with casualties. We think that currently the situation is rather going to calm down, however, the further development of the conflicts cannot be predicted with absolute certainty. The safety of our guests has top priority for Inside Travel and we do not travel to potentially unsafe areas of the country. We follow the recommendations of the Federal Department of Foreign Affairs (see travel advice for Ethiopia): <https://www.eda.admin.ch/eda/de/home/vertretungen-und-reisehinweise/aethiopien/reisehinweise-fueraethiopien.html>

In addition, we are in constant contact with our local partners, who can immediately detect changes in security and react accordingly (in consultation with you, we can also adjust the program, return to Addis Ababa or, in extreme cases, cancel the trip). Should you have any questions regarding the security situation, please do not hesitate to contact us at any time.

Further preparation

We will be happy to prepare you individually for your trip. We will provide you with a detailed leaflet on how to prepare for your trip. If possible, we will organise a personal meeting with all participants before departure.

If you have specific questions regarding the preparation, you are very welcome to contact us at any time.

5.11.2018/sbr