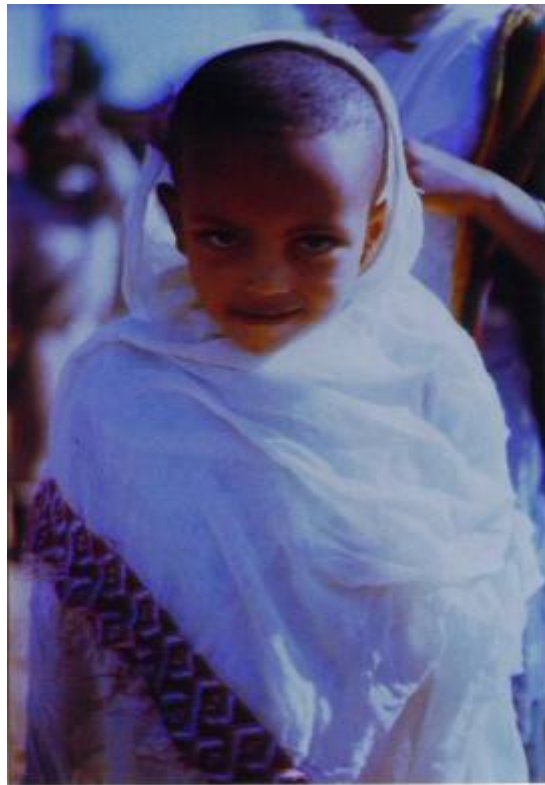


COME TO ETHIOPIA
(before the tourists do)



WELCOMES you to EMBARK on a JOURNEY of a LIFETIME

ORIENTATION PACKET

DESTINATION: Aleta Wondo

Compiled by Tsegaye Bekele and Donna Sillan

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Come witness the beautiful Birds and Wildlife



Come stay in a traditional Sidama hut



Come help build a school



Come Play with Kids

Map of Ethiopia

Aleta Wondo is located in the Sidama Zone of Southern Ethiopia, 300 kilometers from Addis Ababa, the capital. The town of 20,000 is directly south of Awasa, the Regional capital of the Southern Nations Nationalities and Peoples Region (SNNPR).

Aleta Wondo is just between Awassa and Moyale, if you drew a straight line.



1. BRIEF Description of Ethiopia

Riven by many deep and stupendous gorges, crowned by high and magnificent mountains, enlaced by a chain of lakes, watered by majestic rivers, studded with burning deserts and great escarpments that plunge down from its highlands, Ethiopia remains a land of incomparable beauty.

But it is not simply the sheer scale of its physical beauty that characterizes this land, where the Blue Nile has carved one of the world's greatest and most awesome gorges. Its ancient and medieval monuments, its proud and colorful cultures, and its varied and often unique wild Life set it apart from all else.

Ethiopia, dissected through its middle by the scar of the Great Rift Valley, is as old as time itself. It is a land claiming a history that goes back to the Old Testament.

It is a land of Sheba, and of Axum and Lilibela, of towering obelisks, and the Ark of the Covenant-a land that was Christian before much of Europe was, and yet unknown to Europe for 1,000 years or more; a land that seems in limbo, forgotten by the world it never forgot. A Journey through Ethiopia is an odyssey of discovery.

2. History

The history of Ethiopia, known to many as Abyssinia, is rich, ancient, and still in part unknown. Anthropologists believe that East Africa's Great Rift Valley is the site of the **origin of humankind**. The first recorded account of the region dates back to almost 5,000 years ago during the time of the Egyptian pharaohs, when the ancient Egyptians sent expeditions down the Red Sea in quest of gold, ivory, incense, and slaves.

It is in the Afar region of Ethiopia where scientists discovered the remains of "Lucy" or Dinkeneshe, meaning "thou art wonderful," as she is known to the Ethiopians. "Lucy" lived more than three million years ago, and her bones now rest in the Ethiopian National Museum.

The country's rich history is woven with legends of King Solomon and the Queen of Sheba; the Ark of the Covenant that is said to rest in Axum; the great Axumite kingdom and the birth of Christianity; the rise of Islam; and the story of King Lalibela, who is believed to have constructed eleven rock-hewn churches, still standing today and considered the eighth wonder of the world.

Ethiopia is the oldest independent country in Africa and one of the oldest in the world. Herodotus, the Greek historian of the fifth century B.C. describes ancient Ethiopia in his writings. The Old Testament of the Bible records the Queen of Sheba's visit to Jerusalem. According to legend, Menelik I, the son of King Solomon and the Queen of Sheba,

founded the Ethiopian Empire. Missionaries from Egypt and Syria introduced Christianity in the fourth century A.D.

Ethiopia is the only African nation that was not colonized by European colonial forces. It was briefly occupied by the Italians between 1936 and 1941. In 1974 a military junta, the Derg, deposed Emperor Haile SELASSIE (who had ruled since 1930) and established a socialist state. Torn by bloody coups, uprisings, wide-scale drought, and massive refugee problems, the regime was finally toppled in 1991 by a coalition of rebel forces, the Ethiopian People's Revolutionary Democratic Front (EPRDF). A constitution was adopted in 1994 and Ethiopia's first multiparty elections were held in 1995. A two and a half year border war with Eritrea ended with a peace treaty on 12 December 2000. Final demarcation of the boundary is currently on hold due to Ethiopian objections to an international commission's finding requiring it to surrender sensitive territory.

In recent history, between 1889 and 1913, Emperor Menelik II reigned, fending off the encroachments of European powers. Italy posed the greatest threat, having begun to colonize part of what would become its future colony of Eritrea in the mid 1880s. In 1896, Ethiopia defeated Italy at the Battle of Adwa, which was considered the first victory of an African nation over a European colonial power.

Menelik's successor, Haile Selassie I (who reigned from 1930-1974) was left with the task of dealing with Italy's resurgent expansionism. In the early years of World War II, Ethiopia was liberated from the Italians by the joint forces of the Resistance Movement and the British Army.

After being restored to power, Emperor Selassie attempted to implement reforms and modernize the state. However, increasing internal pressures, including conflict with Eritrea and severe famine, placed strains on Ethiopian society that contributed in large part to the 1974 military rebellion that ended the Haile Selassie regime.

The biggest impact of the coup d'etat was the emergence of Lieutenant Colonel Mengistu Haile Mariam as the head of state, and the re-orientation of the government and national economy from capitalism to Marxism. During the 17 years of the military controlled government, the economy deeply worsened, while civil unrest grew beyond the control of the military.

Growing civil unrest and a unified force of Ethiopian people, led by the Ethiopian Peoples Revolutionary Democratic Front (EPRDF) against their communist dictators finally led to the demise of the Mengistu regime in 1991. Between 1991 and 1995, the transitional government of Ethiopia, a coalition of 27 political and liberation organizations, embarked on its path to transform Ethiopia from a centralized, military-controlled country to a free and democratic federation.

In 1994, a new constitution was written, setting up a bicameral legislature and a judicial system, and guaranteeing equal rights and freedom of expression to all of the Ethiopian citizens. In May 1995, Ethiopia's first free and democratic elections were held in which

Meles Zenawi was elected Prime Minister and Negasso Gidada was elected President. Representatives to the Parliament were also elected at that time. Ethiopia's second national multiparty elections took place in May of 2000 and individuals were once again elected to the House of the Federation and to the House of Peoples' Representatives. Prime Minister Meles was re-elected Prime Minister in October 2000, and a new president, Lieutenant **Girma Wolde-Giorgis**, was elected the following year, in October 2001.

In May 1991, the Eritrean People's Liberation Front (EPLF), led by Isaias Afwerki, assumed control of Eritrea and established a provisional government. This provisional government independently administered Eritrea until April 23-25, 1993, when Eritreans voted overwhelmingly for independence in a UN-monitored free and fair referendum. Eritrea was declared independent on April 27, and the U.S. recognized Eritrean independence on April 28.

In Ethiopia, President Meles Zenawi and members of the TGE pledged to oversee the formation of a multi-party democracy. The election for a 547-member constituent assembly was held in June 1994, and this assembly adopted the constitution of the Federal Democratic Republic of Ethiopia in December 1994. The elections for Ethiopia's first popularly chosen national parliament and regional legislatures were held in May and June 1995. Most opposition parties chose to boycott these elections, ensuring a landslide victory for the EPRDF. International and non-governmental observers concluded that opposition parties would have been able to participate had they chosen to do so.

The Government of the Federal Democratic Republic of Ethiopia was installed in August 1995. The EPRDF-led government of Prime Minister Meles has promoted a policy of ethnic federalism, devolving significant powers to regional, ethnically based authorities. Ethiopia today has 10 semi-autonomous administrative regions, which have the power to raise and spend their own revenues. Under the present government, Ethiopians enjoy greater political participation and freer debate than ever before in their history, although some fundamental freedoms, including freedom of the press, are in practice somewhat circumscribed.

3. General Information

Official Name: Federal Democratic Republic of Ethiopia

Geography: Area: 1.1 million sq. km (472,000 sq. mi.); about the size of Texas, Oklahoma, and New Mexico combined.

Cities: *Capital*--Addis Ababa (pop. 2.3 million). *Other cities*--Dire Dawa (180,000), Harar (138,000), Dessie (105,000), Nazret (100,000), Bahir Dar (95,000), Awassa (90,000)

Terrain: High plateau, mountains, dry lowland plains.

Climate: Temperate in the highlands; hot in the lowlands.

- **People:** Nationality: *Noun and adjective*--Ethiopian(s).
Population (1997 est.): 58 million.
Annual growth rate: 3%.
Ethnic groups (est.): Oromo 35%, Amhara 30%, Tigre 6%-8%, Somali 6%.
Religions: Muslim 40%, Ethiopian Orthodox Christian 45%-50%, Protestant 5%, indigenous beliefs, remainder.
Languages: Amharic (official), Tigrinya, Oromifa, English, Somali.
Education: *Years compulsory*--none. *Attendance* (elementary) 46%. *Literacy*--25%. Health: *Infant mortality rate*--112/1,000 live births.
Work force: *Agriculture*--80%. Industry and commerce--20%.
- **Government:** Type: Federal Republic.
Constitution: Ratified 1994.
Branches: *Executive*--President, Council of State, Council of Ministers. Executive power resides with the prime minister. *Legislative*--bicameral parliament.
Judicial--divided into Federal and Regional Courts.
Administrative subdivisions: 10 regions.
Political parties: Ethiopian People's Revolutionary Democratic Front (EPRDF) and 50 other registered parties, most of which are small and ethnically based.
Suffrage: Universal.
Central government budget: \$1.76 billion.
Defense: \$128 million (7.3%).
National holiday: May 28.
Flag: Green, yellow and red horizontal stripes from top to bottom, with gold five-pointed star and rays on a blue circular background.
- **Economy:** Real GDP: \$6.1 billion.
Annual growth rate (last 5 years): 8%.
Per capita income: \$110.
Average inflation rate (last 3 years): 3.5%.
Natural resources: Potash, salt, gold, copper, platinum, natural gas (unexploited).
Agriculture (40% of GDP): *Products*--coffee, cereals, pulses, oilseeds, khat, meat, hides and skins. *Cultivated land*--67%.
Industry (13.7% of GDP): *Types*--textiles, processed foods, construction, cement, hydroelectric power.
Trade (1996): *Exports*--\$783 million. *Imports*--\$1.65 billion.
Official exchange rate (Feb. 1998): 6.92 Ethiopian Birr=U.S.\$1.
Fiscal year: July 8-July 7.

PEOPLE: Ethiopia's population is highly diverse. Most of its people speak a Semitic or Cushitic language. The Oromo, Amhara, and Tigreans make up more than three-fourths of the population, but there are more than 80 different ethnic groups within Ethiopia. Some of these have as few as 10,000 members. In general, most of the Christians live in the highlands, while Muslims and adherents of traditional African religions tend to inhabit lowland regions. English is the most widely spoken foreign language and is taught in all secondary schools. Amharic was the language of primary school instruction but has been replaced in many areas by local languages such as Oromifa and Tigrinya.

ECONOMY: The current government has embarked on a program of economic reform, including privatization of state enterprises and rationalization of government regulation. While the process is still ongoing, the reforms have begun to attract much-needed foreign investment.

The Ethiopian economy is based on agriculture, which contributes 45% to GNP and more than 80% of exports and employs 85% of the population. The major agricultural export crop is coffee, providing 65%-75% of Ethiopia's foreign exchange earnings. Other traditional major agricultural exports are hides and skins, pulses, oilseeds, and the traditional "khat," a leafy shrub, which has psychotropic qualities when chewed.

Ethiopia's agriculture is plagued by periodic drought, soil degradation caused by overgrazing, deforestation, high population density, and poor infrastructure, making it difficult and expensive to get goods to market. Yet it is the country's most promising resource. A potential exists for self-sufficiency in grains and for export development in livestock, grains, vegetables, and fruits.

Gold, marble, limestone, and small amounts of tantalum are mined in Ethiopia. Other resources with potential for commercial development include large potash deposits, natural gas, iron ore, and possibly oil and geothermal energy. Although Ethiopia has good hydroelectric resources, which power most of its manufacturing sector, it is totally dependent on imports for its oil. A landlocked country, Ethiopia uses the seaports of Assab and Massawa in Eritrea. Ethiopia also uses the port of Djibouti, connected to Addis Ababa by rail, for international trade. Of the 23,812 kilometers of Ethiopia's all-weather roads, 15% are asphalt. Mountainous terrain and the lack of good roads and sufficient vehicles make land transportation difficult. However, the government-owned airline is excellent. Ethiopian Airlines serves 38 domestic airfields and has 42 international destinations.

Dependent on a few vulnerable crops for its foreign exchange earnings and reliant on imported oil, Ethiopia lacks sufficient foreign exchange. The financially conservative government has taken measures to solve this problem, including stringent import controls and sharply reduced subsidies on retail gasoline prices. Nevertheless, the largely subsistence economy is incapable of supporting high military expenditures, drought relief, an ambitious development plan, and indispensable imports such as oil and, therefore, must depend on foreign assistance.

FOREIGN RELATIONS: Ethiopia was relatively isolated from major movements of world politics until the 1895 and 1935 Italian invasions. Since World War II, it has played an active role in world and African affairs. Ethiopia was a charter member of the United Nations and took part in UN operations in Korea in 1951 and the Congo in 1960. Former Emperor Haile Selassie was a founder of the Organization of African Unity (OAU). Addis Ababa is the host capital for the UN Economic Commission for Africa and the OAU.

Although nominally a member of the Non-Aligned Movement, after the 1974 revolution, Ethiopia moved into a close relationship with the Soviet Union and its allies and supported their international policies and positions until the change of government in 1991. Today, Ethiopia has very good relations with the U.S. and the West, especially in responding to regional instability and, increasingly, through economic involvement. Ethiopia's relations with Eritrea are extremely close, reflecting the shared revolutionary struggle against the Derg. Continuing instability along Ethiopia's borders with Sudan and Somalia contributes to tension with the National Islamic Front regime in Sudan and several groups in Somalia.

U.S.-ETHIOPIA RELATIONS: U.S.-Ethiopian relations were established in 1903 and were good throughout the period prior to the Italian occupation in 1935. After World War II, these ties strengthened, on the basis of a September 1951 treaty of amity and economic relations. In 1953, two agreements were signed: a mutual defense assistance agreement, under which the U.S. agreed to furnish military equipment and training, and an accord regularizing the operations of a U.S. communication facility at Asmara. Through fiscal year 1978, the U.S. provided Ethiopia with \$282 million in military assistance and \$366 million in economic assistance in agriculture, education, public health, and transportation. A Peace Corps program emphasized education, and United States Information Service educational and cultural exchanges were numerous.

After Ethiopia's revolution, the bilateral relationship began to cool as a result of the Derg's identification with international communism and U.S. revulsion at the Derg's murderous means of maintaining itself in power. The U.S. rebuffed Ethiopia's request for increased military assistance to intensify its fight against the Eritrean secessionist movement and to repel the Somali invasion. The International Security and Development Act of 1985 prohibited all U.S. economic assistance to Ethiopia with the exception of humanitarian disaster and emergency relief. In July 1980, the U.S. Ambassador to Ethiopia was recalled at the request of the Ethiopian Government, and the U.S. Embassy in Ethiopia and the Ethiopian Embassy in the U.S. were headed by Charges d'Affaires.

With the downfall of the Mengistu regime, U.S.-Ethiopian relations improved dramatically. Legislative restrictions on assistance to Ethiopia other than humanitarian assistance were lifted. Diplomatic relations were upgraded to the ambassadorial level in 1992. During FY 1997, the U.S. provided about \$77.2 million in assistance to Ethiopia, of which \$39.9 million was food aid (\$6.4 million in emergency food assistance). U.S. development assistance to Ethiopia is conditional on progress in democracy and human rights as well as economic reforms. Some in military training funds, including training in such issues as the laws of war and observance of human rights, also are provided. The Peace Corps returned about 3 years ago to Ethiopia where, in the past, it had one of its largest programs. In FY 1999, the Peace Corps is placing more than 100 volunteers in-country.

4. GEOGRAPHY :

Ethiopia is located in the Horn of Africa and is bordered on the north and northeast by Eritrea, on the east by Djibouti and Somalia, on the south by Kenya, and on the west and southwest by Sudan. The country has a high central plateau that varies from 1,800 to 3,000 meters (6,000-10,000 ft.) above sea level, with some mountains reaching 4,620 meters (15,158 ft.). Elevation is generally highest just before the point of descent to the Great Rift Valley, which splits the plateau diagonally. A number of rivers cross the plateau--notably the Blue Nile rising from Lake Tana. The plateau gradually slopes to the lowlands of the Sudan on the west and the Somali-inhabited plains to the southeast.

The climate is temperate on the plateau and hot in the lowlands. At Addis Ababa, which ranges from 2,200 to 2,600 meters (7,000-8,500 ft.), maximum temperature is 26° C (80° F) and minimum 4° C (40° F). The weather is usually sunny and dry with the short (belg) rains occurring February-April and the big (meher) rains beginning in mid-June and ending in mid-September.

5. SITUATIONAL ANALYSIS :

Ethiopia has the lowest per capita GNP in the world at \$100 and in 2006 Human Development Index Ethiopia ranked 170 out of 177 countries with more than 70% of the population earning less than \$1 @ day.

The adult literacy rate is 46% among males and 25% among females. The majority of Ethiopians have little or no education; 62 percent of males and 77 percent of females have no education, 27 percent of males and 17 percent of females have only some primary education, less than 3 percent of males and 1 percent of females have attended (but not completed) secondary level education. Only less than 4 percent of the population completed secondary or higher education.

The infant mortality rate is 107 per 1000 births, whereas the average sub Saharan Africa IMR is less than 100 per 1000 live births. The Under-five Mortality Rate is 175. Out of 1,000 live births only 825 make it to their fifth birthday. This is ranked 18 out of 200 countries. The maternal mortality ratio in the year 2003 was above 895 per 100,000 births, which is one of the highest in the world. Life expectancy at birth, as an indicator of the health status of the population is estimated to be about 42 years.

In Ethiopia, an estimated 70-80% of health problems are due to infectious and communicable diseases and nutritional problems. About 50-60 % of the population is chronically food insecure and more than half of the children below the age of five are stunted; 11% of the children are moderately wasted and 1% of these children are severely wasted. Malaria epidemics occur regularly. There is a high incidence of diarrhea/water born disease as well as a high incidence of respiratory diseases. Dehydration from

diarrhea and acute respiratory illness are the major killers of under-five years of age children.

As Ethiopia struggles to recover from the serious drought of 2002/3 the country faces a real shortage of clean drinking water. According to the World Health Organization and UNICEF, access to drinking water in Ethiopia was 22% in 2004. For the majority of the population the closest distance of a water source is a minimum of 1 hours walking away (often traveled by women). We urgently need to provide the communities in the Aleta Wondo district with access to safe, clean, accessible water that is essential for health and survival.

Aleta Wondo is found in the South Nation, Nationalities and People's Regional Government, (SNNPRG) Sidama Zone, Aleta Wondo Woreda. Sidama is one of the least developed regions. The Sidama region with estimated total population of 5 million which makes Sidama the 5th largest ethnic group in 'Ethiopia' after Oromo, Amhara, Ogaden and Tigray, is one of the least developed regions in the country already at the bottom of the fourth world.

Aleta Wondo is one ten Woredas in Sidama Zone and is bordered by Dale Woreda from the north, Hulla Woreda from the east, Gedio zone from west and Dara Woreda from south. The total area of the Woreda is estimated to be 640 km², with average population density of 682 persons per km². There are three distinct agro-ecological zones; 12 % of the Woreda is classified as Dega (highlands), 71 % as Woinadega (midlands), and 17 % dry Kolla (lowlands). The current population of the Woreda is estimated to be 436,672 of which the rural population comprises 418,135 and urban population of 18,537. The average land holding size per farm head is reported to be 0.25 ha.

Cooperatives of coffee growers: We want to have the growers form their own cooperatives, as the government sponsored ones have been of mixed benefit. Over half of the total population in Sidama, directly or indirectly, depend on coffee for livelihoods.

Over 60% coffee produced in Sidama region is washed coffee and ready for export while half of the country's coffee output of about 200,000 tones is consumed domestically. There are over 89 coffee washing stations in Sidama alone. Thus, over 40% of washed coffee destined to the export market comes directly from the Sidama region.

Coffee is the single most important export commodity for 'Ethiopia' providing about 65% of the country's foreign exchange earnings. 'Ethiopian' coffee exports currently account for about \$400 million in export income. More than 20 million people in the country (about 25% of the population) derive their livelihoods from the coffee sector. Coffee contributes over 10% of the 'Ethiopian' GDP.

Half a century of progressive coffee export did not at all translate to poverty reduction and increased access to livelihoods in Sidama. Instead, as specialty coffee production, processing and exports increased from Sidama, poverty, hunger and famine also

increased. This is a symptom of fundamental economic and political problems in the country.

Why did massive high quality coffee production fail to reduce poverty in the Sidama region and in other coffee producing regions in 'Ethiopia'? There are various factors that explain why coffee failed to contribute to poverty alleviation in these regions and in Sidama in particular.

Among others these include:

- a) inimical macroeconomic policies,
- b) systematic exploitation of producers by parastatals
- c) unfair allocation of retail returns, and
- d) international price volatility.

Successive dictatorial regimes in the country followed inimical macroeconomic policies. One of such policies is the exchange rate policy. 'Ethiopia' followed fixed exchange regime during both the feudal and socialist regimes. The national currency, birr, was exchanged for highly overvalued rate of about 2 birr for 1 US dollar for over two decades. Both economic theory and practice shows that currency overvaluation has serious negative effects on the export performance and export earnings.

Since coffee is the country's major export, currency over valuation has the most undesired effects on the coffee export performance and earnings in the country. Thus, prolonged currency overvaluation in the country during both the feudal and socialist regimes meant that coffee producers were denied of most of their coffee incomes. Since the government was the primary exporter during these periods, it was able to artificially set the farm gate prices at a very low level so that it retains most of the returns generated from the coffee export. Thus, the peasant farmers continued to earn negligent income from their coffee produces. This perpetuated rural poverty and under development in major coffee producing regions such as Sidama.

However, the macroeconomics alone does not explain why coffee failed to alleviate poverty in Sidama. Systematic exploitation of coffee farmers through parastatals was another reason why the benefit of coffee could not trickle down to the legitimate producers.

Nutritional status of the town is unknown, but Common River will weigh and measure all under-fives to determine the degree of malnutrition. The diet is mainly of enset (false banana) and injera.

Water situation: There is a local water district, which has a communal water hole. We would need to get the water tested and connect to this existing system and extend it to the school and health clinic and add pumps. We are interested in rainwater harvesting (gutter and downspouts to a storage tank for clean water gathering).

Homeless: Much more than when Tsegaye grew up due to lack of employment, lack of social services or any type of social safety net, orphaned and vulnerable children.

Electricity: Only about 8% of the inhabitants of Sidama have access to electricity. Continued changes in climatic conditions due to global warming increased land areas in Sidama exposed to malaria to about 72% (World Bank, Country Memorandum, 2004).

Only 15.4% of the population is in non-farm related jobs, compared to the national average of 25% and a southern average of 32%. Primary school enrollment has improved since recently to reach about 68% of all eligible children while enrollment in secondary school is one of the lowest (18%). The central government expenditure is only 15% of the budget.

Out of schoolers: Children who are orphaned by HIV/AIDS are kept out of school, because they are stigmatized. Females are often kept out of school due to chores that are expected of them. There is a problem with retention with more than half of the students leave school before the end of the first semester exam due to personal reasons attribute to the cultural and traditional practices on top of the social and economic problems. Primary school enrollment has improved since recently to reach about 68% of all eligible children while enrollment in secondary school is one of the lowest (18%).

School age population: is 5320 (2720 male, 2600 female). Out of these 2164 males attend and 1165 females attend totaling 3329. Therefore, the gap is 1991 students (556 boys and 1435 girls).

6 . TRAVEL :

Getting there: cost approximately \$1,800- \$3,000

- United/Lufthansa: SFO-Portland-Frankfurt-Addis
- Ethiopian: SFO-Dulles DC-Addis (one-stop in Rome for fuel)

Visa upon arrival: \$20 each

Travel within Ethiopia: Rented Magical School Bus!

Accommodation: Common River is building eco-lodges for visitors. There are two at the moment. By next year we hope to have at least 5 more. There are two hotels in town that we can recommend that cost \$15 @ night.

TRAVEL AND BUSINESS INFORMATION: The U.S. Department of State's Consular Information Program provides Travel Warnings and Consular Information Sheets. **Travel Warnings** are issued when the State Department recommends that Americans avoid travel to a certain country. **Consular Information Sheets** exist for all countries and include information on immigration practices, currency regulations, health conditions, areas of instability, crime and security, political disturbances, and the

addresses of the U.S. posts in the country. **Public Announcements** are issued as a means to disseminate information quickly about terrorist threats and other relatively short-term conditions overseas which pose significant risks to the security of American travelers. Free copies of this information are available by calling the Bureau of Consular Affairs at 202-647-5225 or via the fax-on-demand system: 202-647-3000. Travel Warnings and Consular Information Sheets also are available on the Consular Affairs Internet home page: <http://travel.state.gov> and the **Consular Affairs Bulletin Board (CABB)**. To access CABB, dial the modem number: (301-946-4400 (it will accommodate up to 33,600 bps), set terminal communications program to N-8-1 (no parity, 8 bits, 1 stop bit); and terminal emulation to VT100. The login is **travel** and the password is **info** (Note: Lower case is required). The CABB also carries international security information from the Overseas Security Advisory Council and Department's Bureau of Diplomatic Security. Consular Affairs Trips for Travelers publication series, which contain information on obtaining passports and planning a safe trip abroad, can be purchased from the Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954; telephone: 202-512-1800; fax 202-512-2250.

Emergency information concerning Americans traveling abroad may be obtained from the Office of Overseas Citizens Services at (202) 647-5225. For after-hours emergencies, Sundays and holidays, call 202-647-4000.

Information on **travel conditions, visa requirements, currency and customs regulations, legal holidays, and other items of interest to travelers** also may be obtained before your departure from a country's embassy and/or consulates in the U.S. (for this country, see "Principal Government Officials" listing in this publication).

Further Electronic Information:

Department of State Foreign Affairs Network. Available on the Internet, DOSFAN provides timely, global access to official U.S. foreign policy information. Updated daily, DOSFAN includes *Background Notes*; *Dispatch*, the official magazine of U.S. foreign policy; daily press briefings; *Country Commercial Guides*; directories of key officers of foreign service posts; etc. DOSFAN's World Wide Web site is at <http://www.state.gov>.

U.S. Foreign Affairs on CD-ROM (USFAC). Published annually by the U.S. Department of State, USFAC archives information on the Department of State Foreign Affairs Network, and includes an array of official foreign policy information from 1990 to the present. Contact the Superintendent of Documents, U.S. Government Printing Office, P.O. Box 371954, Pittsburgh, PA 15250-7954. To order, call (202) 512-1800 or fax (202) 512-2250.

7. HEALTH:

1) I suggest that you consult your doctor.

2) In Marin:

- **Public Health Dept. Traveler's Clinic:** 910 D St., San Rafael: 499-6888
- Tuesday and Friday 12-4 pm

- **Passport Health:** Greenbrae: 461-2866

3) Visit the **Centers for Disease Control's** website at: www.cdc.gov/travel

<http://wwwn.cdc.gov/travel/destinationEthiopia.aspx>

Includes information on outbreaks, specific diseases, recommended vaccinations, and traveling with children. Presented by the National Center for Disease Control.

Travelers can check the **latest health information** with the U.S. Centers for Disease Control and Prevention in Atlanta, Georgia. A hotline at (404) 332-4559 gives the most recent health advisories, immunization recommendations or requirements, and advice on food and drinking water safety for regions and countries. A booklet entitled *Health Information for International Travel* (HHS publication number CDC-95-8280) is available from the U.S. Government Printing Office, Washington, DC 20402, tel. (202) 512-1800.

TIPS:

- For malaria prophylaxis, I take **MALARONE**, which is a daily pill and doesn't have any side effects. We can provide mosquito nets to sleep under. Bring mosquito repellent. Skin So Soft (and you can add cayenne pepper to it) is a pleasant form, or bring some with Deet.

You will need a prescription for Malarone. You can fill it at most pharmacies and Costco.

- Do not eat fresh vegetables, only cooked or steamed.
- Drink only bottled or boiled water.
- Bring Purell hand sanitizer
- Lots of Sunscreen and a hat
- Light loose fitting cotton clothes

8. Common River Reading List

Ethiopian History

- [The Ethiopians: A History \(Peoples of Africa\)](#), Richard Pankhurst
- [A History of Ethiopia Updated Edition](#) , Harold G. Marcus
- [Greater Ethiopia: The Evolution of a Multiethnic Society](#), Donald N. Levine
- [The Emperor](#), Ryszard Kapuscinski

Ethiopian Fiction

- [Sweetness in the Belly](#), Camille Gibb
- [The Beautiful things That Heaven Bears](#), Dinaw Mengestu
- [Cutting for Stone](#), Abraham Veghese **The BEST Book on Ethiopia!**
- [Notes from the Hyena's Belly](#), Nega Mezlekia ***** **excellent MUST READ!**

Ethiopian Non-Fiction

- [Journey Through Ethiopia](#), Mohamed Amin, Duncan Willets, and Alastair Matheson
- [Held at a Distance: My Rediscovery of Ethiopia](#), Rebecca Haile *
- [Surrender or Starve](#), Robert Kaplan
- [Seeds for Democratization in Ethiopia: Why Unity of Purpose Matters](#), Semegn Tamirate
- [The Hospital by the River](#), Dr. Hamlin

Education

- [Three Cups of Tea](#), Greg Mortenson and David Relin

Micro-finance/Livelihoods

- [How to Change the World: Social Entrepreneurs and the Power of New Ideas](#) by David Bornstein
- [Uncommon Grounds, The History of Coffee and How it Transformed Our World](#), Mark Pendergrast
- [Business Solutions for the Global Poor: Creating Social and Economic Value](#), V. Kasturi Rangan
- [You Can Hear Me Now: How Microloans and Cell Phones are Connecting the World's Poor to the Global Economy](#), Nicholas P. Sullivan
- [Banker to the Poor: Micro-Lending and the Battle Against World Poverty](#), Muhammad Yunus
[Capitalism at the Crossroads](#), Stuart L. Hart

- [The Fortune at the Bottom of the Pyramid: Eradicating Poverty Through Profits \(Wharton School Publishing Paperbacks\)](#), CK Prahalad
- [Capitalism at the Crossroads: The Unlimited Business Opportunities in Solving the World's Most Difficult Problems](#), Stuart L. Hart
- [A Billion Bootstraps: Microcredit, Barefoot Banking, and The Business Solution for Ending Poverty](#), Philip Smith
- [How to Change the World: Social Entrepreneurs and the Power of New Ideas](#) by David Bornstein
- [Untapped: Creating Value in Underserved Markets](#), John Weiser

Health

- [Mountains beyond Mountains](#), Tracy Kidder

Africa

- [Not on Our Watch](#), Don Cheadle, John Prendergest
- [The End of Poverty: Economic Possibilities for Our Time](#) by Jeffrey Sachs
- [The White Man's Burden: Why the West's Efforts to Aid the Rest Have Done So Much Ill and So Little Good](#) by William Easterly
- [The Shadow of the Sun](#), Ryszard Kapuscinski

Adoption

[There is No Me Without You: One Woman's Odyssey to Rescue Africa's Children](#),
Melissa Fay Greene

Travel Guides

[Lonely Planet Guide: Ethiopia and Eritrea](#) *** preferred

[Brandt: Ethiopia](#)

[Lonely Planet: Amharic Phrasebook](#)

Language book:

[Ethiopian Amharic Phrasebook](#), Lonely Planet

FILMS:

[Black Gold](#), documentary on Sidamo coffee growers

[Black Coffee](#)

[A Walk to Beautiful](#) (fistula patients)

[Heart of Fire](#) (Eritrean child soldiers)

9. WHAT YOU CAN DO FOR ALETA WONDO & AW DO FOR YOU!

As an INDIVIDUAL, you can...

- Donate funds and designate your specific preference
Sponsor a child or a family
- Provide hands-on experience
- Train community members in your particular profession
- Volunteer at the school or health clinic
- Donate airline frequent flyer miles
- Collect donated goods for project and organize transport
- Host a fund-raising event at your home

ALETA WONDO will : *Provide an opportunity for meaningful community service, offering a direct link and/or hands-on experience.*

As a CORPORATION, you can...

- Financially support a particular project
- Donate computers and software (used or new)
- Donate airfare discounts or seats (airlines)
- Sponsor International shipping (shippers)
- Provide product required by the project : food stores, retail stores, office supplies, medical supplies and equipment
- Offer free or discounted services (photocopy businesses)
- Provide Construction supplies (building companies)
- Provide Expertise in areas: water, sanitation, education, health, business center, coffee business, eco-tourism

ALETA WONDO will: *An opportunity to fulfill your corporation's philanthropic mission. Tax-exempt donations with periodic updates presented by the founders of Common River.*

As an EDUCATIONAL INSTITUTION, you can...

As Primary Schools:

- Adopt a school: design your own sponsorship relationship
- Collect books and school supplies to send to Ethiopia
- Set up a pen-pal relationship with students
- Set up Skype to start direct contact with students in Ethiopia

As High Schools :

- Students fund-raising campaign and clothing/shoe drive

Facilitate a fund-raising campaign Volunteer on-site during summer break or at Common River's headquarters

As Colleges and Universities:

- Establish an exchange program for students
- Study abroad for a semester
- Facilitate a fund-raiser for Common River
- Volunteer at headquarters

ALETA WONDO will: An opportunity for field experience and community service providing students with an opportunity to learn about grass-roots development in Africa.

As a RELIGIOUS GROUP, you can...

- Sponsor another religious group in Aleta Wondo, join hands
- Raise funds for the project and have updates on how your donation is being spent
- Participate in the project by having a "hands-on" experience in Africa
-

Aleta Wondo will: Offer an opportunity to realize spiritual values in the real world with program presentations.

As a CLUB, you can...

- Sports Clubs: sponsor a sports team, collect sport equipment, uniforms, cleats
- Book Clubs: collect books to send to Africa
- Boy Scout and Girl Scouts: sponsor a troop
- Rotary Club: provide funds for a particular intervention that your club supports

ALETA WONDO will: Develop a "sister club" in Africa to share your passion with those who have a similar interests.

As a CITY, you can...

- Develop a sister relationship with a town in Africa!
- Determine your level of involvement: help with roads, water systems, electricity, latrines, etc.
- Start a dialogue with another town through the internet
- Visit your sister to meet with an existing community

FUN THINGS TO DO in ETHIOPIA

- 1) The Great Rift Valley is a monumental world wonder dotted with lakes. Each lake is quite different. As we drive to Aleta Wondo we could also stop at the lakes.
- 2) In Aleta Wondo, we could arrange horseback riding.
- 3) There are millions of hiking trails, since people walk everywhere so there are walking paths. We can arrange nice hikes through the coffee plantations and forests.
- 4) Just outside of Aleta Wondo, there is a petting zoo that we could visit that a lovely Ethiopian man just started. I haven't yet been there, but my partner said it was fantastic.
- 5) Activities for kids: one day they could follow a child around as s/he: a) collects fire wood b) collects water c) herds goats. They could experience a day in the life of a child living there.
- 6) The kids could also work in the orphanage for a day and play with the children. We will be setting up kids in the old hotel we will be converting into a children's shelter.
- 7) The handicrafts include: embroidery and basketry.
- 8) Kids could also go along with the Donkey Cart Library and read stories to the kids
- 9) We could arrange a visit to the church and meet with the Priest and religious elders
- 10) In Addis Ababa we could arrange a Palace Tour and Meet the President of Ethiopia! We do have a connection there.
- 11) Learn about our GREEN philosophy and plant trees.

What you can do here: (the upcoming year)

1. Fundraising: play a concert, organize a car wash
2. Create promotional materials: t-shirts, hats, videos
3. Collect: shoes and clothes, sports equipment, school supplies, books
4. Think of your interests and passion and make a plan on how you can share it.

What you can do there:

1. Teach your favorite subject to primary school kids
2. Play with the children
3. Conduct an art class
4. Organize a Dance/Theatre Exchange and put on a performance
5. Organize activities at a summer camp
6. Organize a camping trip
7. Work in the garden
8. Tend to the animals and follow the herd
9. Collect water and fire wood for a day
10. Help the coffee growers to harvest, clean or pick the coffee bean
11. Made a video about your experience and include local kids in production
12. Collect recipes for a cookbook and make a cookbook
13. Compile children's stories and make a story book (translate it into English)
14. Organize a soccer, baseball team or basketball team
15. Make kites and have a kite-flying contest
16. Help build a hut and schoolhouse