

VOLUME 6

APRIL 20 2020

EVERYTHING ADDIS

Zoma Museum
THE WHERE

Dey
SINGER/SONGWRITER
THE WHO

HOW TO DISINFECT YOUR HOUSE
THE HOW

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Competition!!

We are deeply saddened by the spread of the COVID-19 virus and the toll it is taking on humanity. Even though we generally encourage our readers to go out and explore the city, we insist you do quite the opposite this time and stay home as much as possible!

The COVID-19 buzz has come and gone for some of us... But it is important to keep on staying safe and keep protecting one another. That is why Volume 6 is also packed with ideas for self preservation during your stay at home and moving around in the city.

Singer/Songwriter Dey is featured on this volume. Music is soothing during these hard times so we hope you follow her and enjoy her lovely songs.

Hope you all enjoy and take care of yourselves!

#StayHome #StaySafe

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How to put on - use - take off - dispose of a mask

Disinfect : Before putting on a mask, clean hands with alcohol-based hand rub or soap and water

Cover : your mouth and nose need to be covered with the mask and make sure there are no gaps between your face and the mask

Avoid : touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water

Replace : the mask needs to be replaced with a new one as soon as it is damp

Do Not : re-use single-use masks.

To remove the mask : remove it from behind (do not touch the front of the mask);

Discard : immediately in a closed bin; clean hands with alcohol-based hands rub or soap and water.

Wear a mask if you :

- are taking care of a person who is suspected of covid-19 infection
- going to public places
- are coughing or sneezing

! Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand sanitizer or soap and water.



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የትጥህ
በዓል!

Akunis

AKUNIS
DIGITAL ART
& PRINTING

CUSTOM MADE

Tshirts. Logos. Mugs. Plates.
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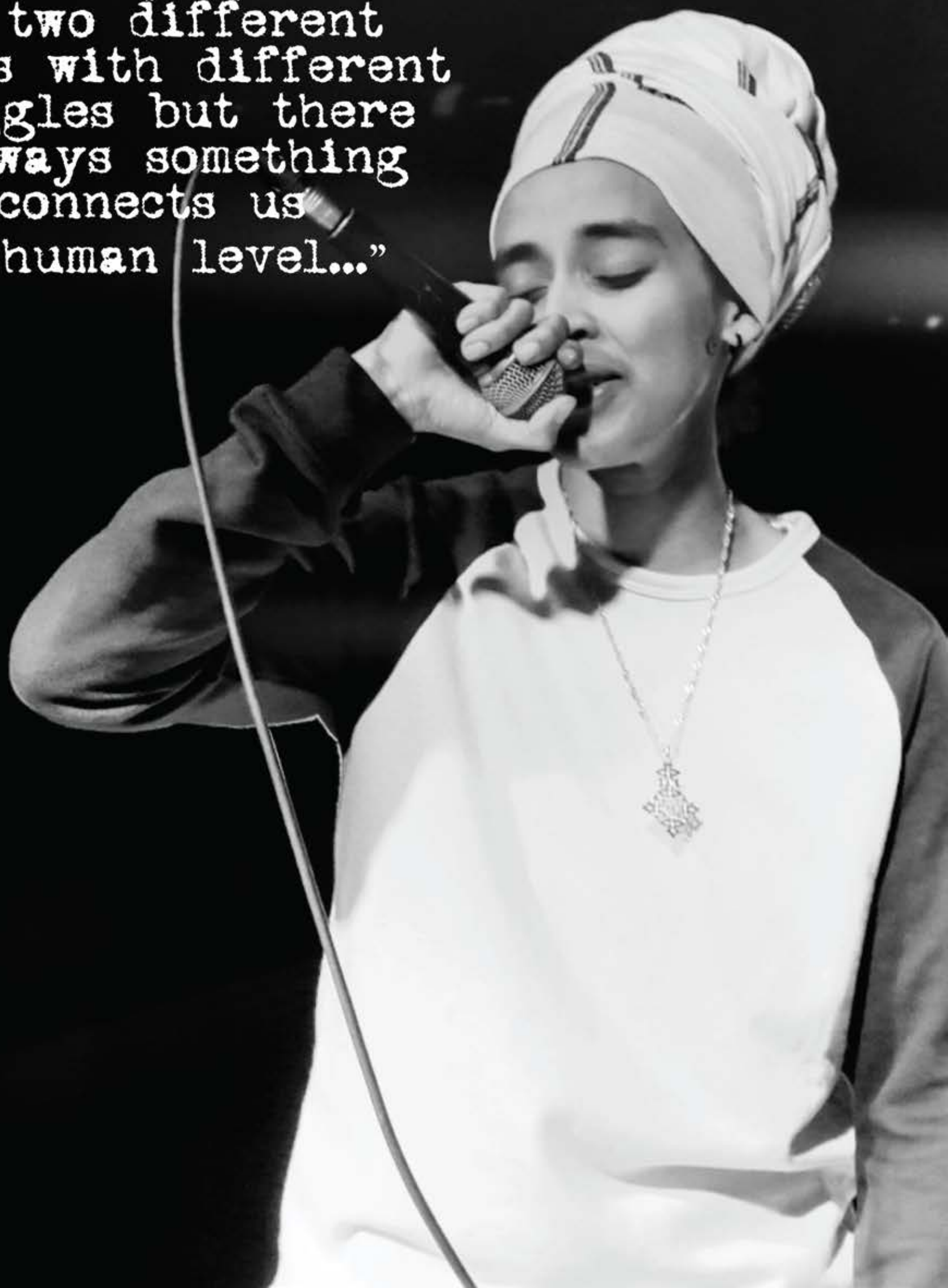
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THE WHO

DEY : Singer/Songwriter

“...We could be two
different people
from two different
places with different
struggles but there
is always something
that connects us
at a human level...”



"..My name is dey.. full name Adey.. but as an artist, I go by Dey.. I am a human being who loves to sing.. simple as that.... "



"...Music is what I feel like I was made to do. Just being able to live that truth is what keeps me pushing forward no matter what....."



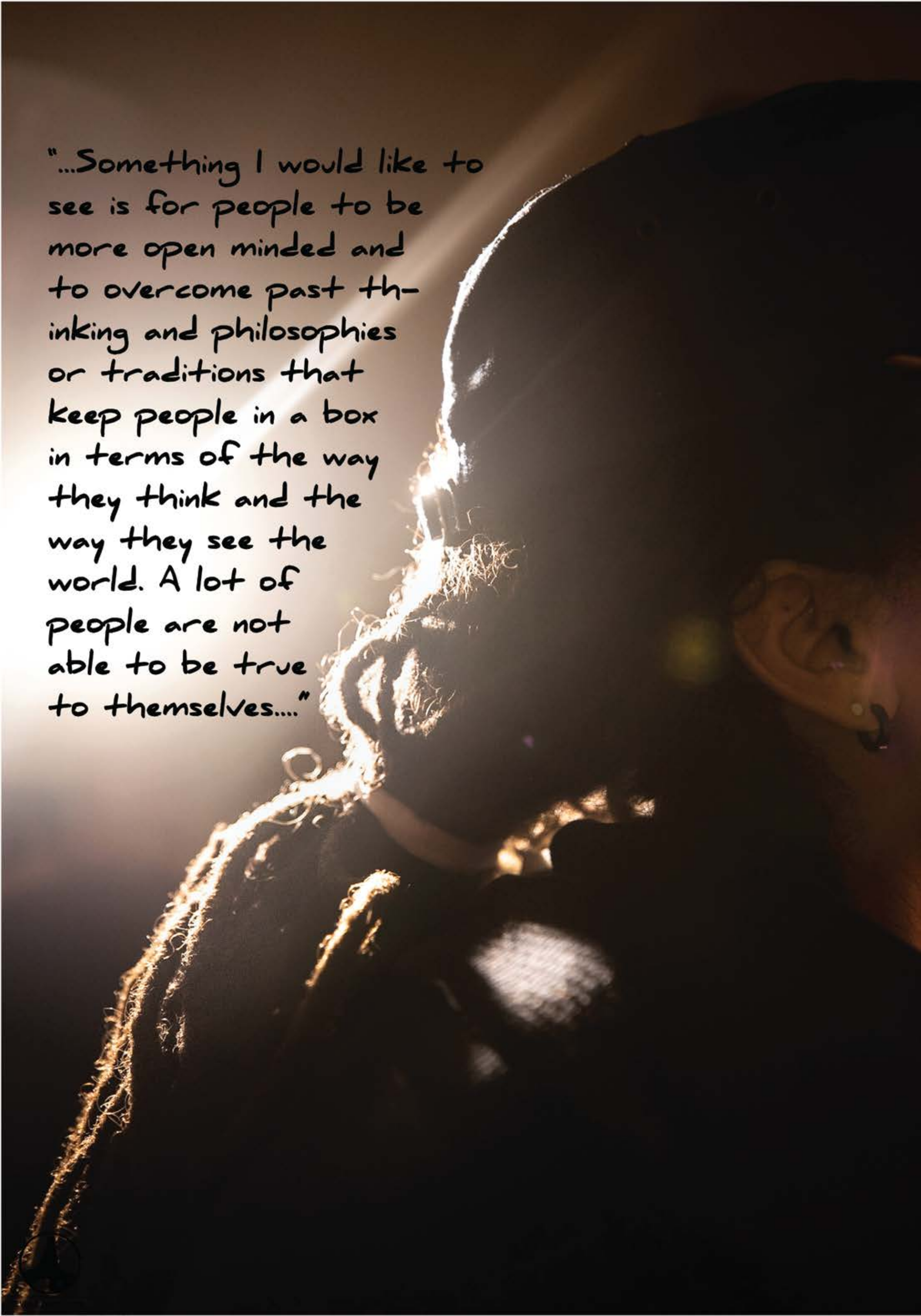
" ...Being true to myself -
I can't see myself being
able to do that in any
other field outside of
music..."



".. I am trying to see it all!
There are certain places I
definitely want to see first; I
want to see and travel through
the rest of Africa on an
African tour with my music -
that would be a dream..."

D E Y

"...Something I would like to see is for people to be more open minded and to overcome past thinking and philosophies or traditions that keep people in a box in terms of the way they think and the way they see the world. A lot of people are not able to be true to themselves...."





" ... being from Toronto, I am used to being around people from different backgrounds.. So growing up, I knew how to pick up things quick and learn to appreciate different cultures. I want to visit Everywhere.. There is so much to learn in traveling and seeing how people live.... "



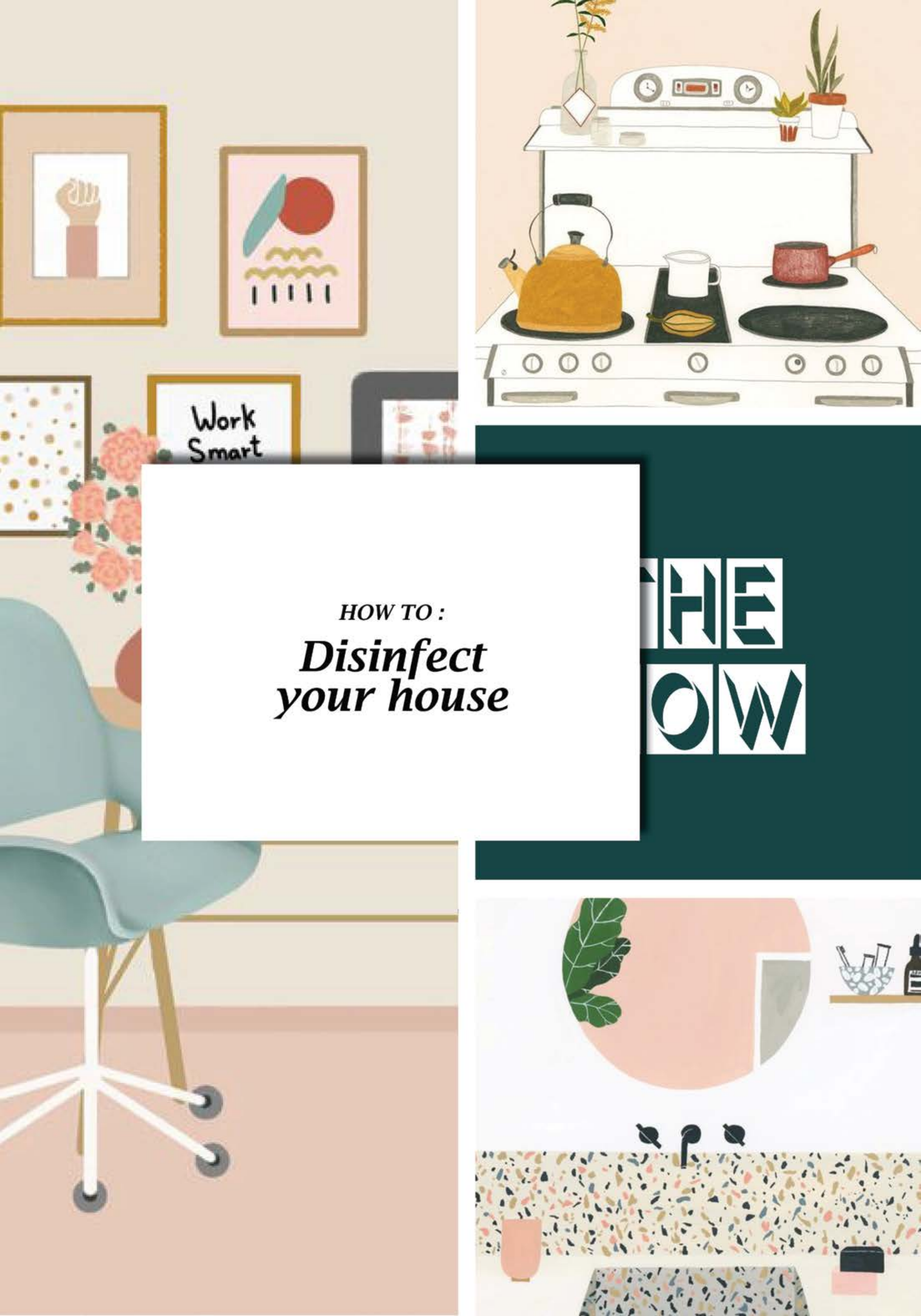
"..being a positive light and trying to make my contribution to the world means something to people; even if it is a small group of people..."



FAVORITE PLACES IN TOWN?

- Entoto (clear air and it is just beautiful)
- Fendika – I really live the vibe in there.

[illegible]



HOW TO :
*Disinfect
your house*

THE
NOW

- How to Disinfect your house -

The first thing you'll want to know is that cleaning and disinfecting are two different things. Do both daily if anything or anyone has entered or exited your home.

- Cleaning is about removing contaminants from a surface.
- Disinfecting is about killing pathogens.

Target Your Home's High-Touch Surfaces. Researchers have found that the novel coronavirus is capable of living on surfaces such as cardboard for 24 hours, and up to two or three days on plastic and stainless steel. So cleaning and disinfecting high-touch surfaces is a step we should all take to minimize the possibility of exposure. Now that you know what you're cleaning, here's how you should do it :



Step 1 : Clean

First, clean the surfaces, removing any contaminants, dust, or debris. You can do this by wiping them with soapy water (or a cleaning spray) and a hand towel.

Step 2 : Applying Disinfect

Then apply a surface-appropriate disinfectant. The quickest and easiest way to do this is with disinfecting wipes or disinfectant spray. Diluted household bleach solutions may also be used if appropriate for the surface. Leave solution on the surface for at least 1 minute.

****Take precautions such as wearing gloves and making sure you have good ventilation during use of disinfectants****



High-Touch Surfaces To Clean and Disinfect Daily:

- | | |
|---|----------------------------|
| • Doorknobs | • Table surfaces |
| • Hard dining chairs (seat, back, and arms) | • Kitchen counters |
| • Bathroom counters | • Faucets and faucet knobs |
| • Toilets (seat and handles) | • Light switches |
| • TV remote controls | • Game controllers |

How to Make Homemade Bleach Disinfectant Spray:

Things you'll need :

- 4 teaspoons household bleach
- 1-quart water

Step 1 : Pour both into one-quart spray bottle, shake vigorously

Step 2 : Spray on surface to disinfect, let it sit for 10 minutes, wipe away with wet cloth

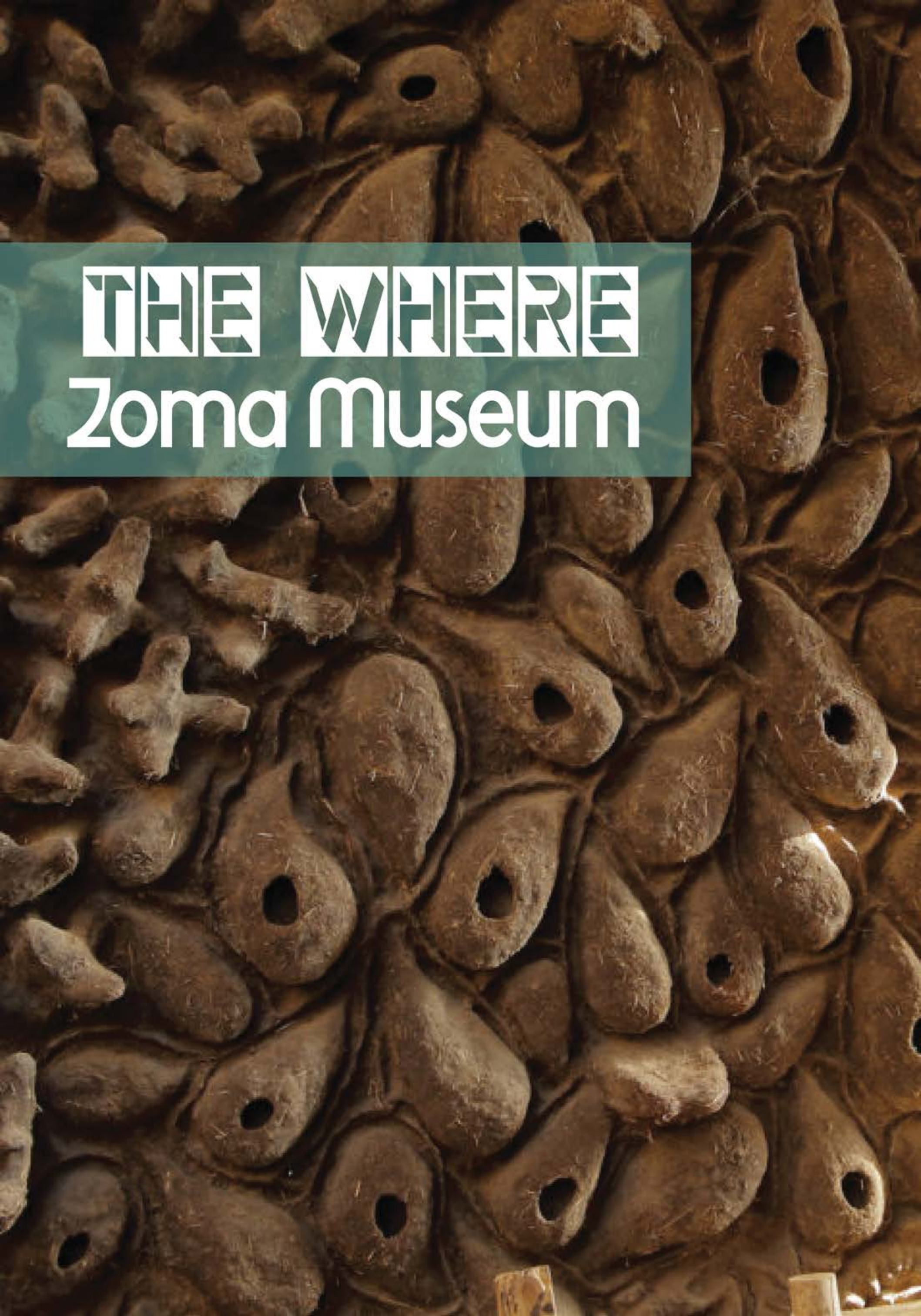
Warning : Bleach is excessive in most cases. You should never ever mix bleach solution with any other cleaning chemical, and it's likely to damage or discolor sensitive surfaces. Use it as a last resort if you can't source or acquire any other kind of disinfectant.

How to clean your electronic devices

Our devices might be all that's keeping us sane during our self-isolation but, as we all know, they're magnets for germs. They're high-touch surfaces we carry with us everywhere, so we need to clean and disinfect them, too.

To Disinfect Your Phone or Tablet : disinfect your phone with a disinfecting wipe or alcohol solution (at least 70 percent). Make sure you pay special attention to the screen, the buttons, and anywhere dust and pocket lint tend to get trapped. Also make sure you remove any case that's on your phone or tablet, clean underneath, put it back on, and clean the outside.

To disinfect your Computer : The display should be cleaned with isopropyl alcohol (70 percent) solution and a soft towel. Make sure you wipe down the keyboard, the trackpad, the exterior, and where your wrists rest on the laptop. The best way to do that is with a disinfecting wipe or isopropyl alcohol solution and a soft towel.



THE WHERE

Zoma Museum

THE WHERE THE WHERE THE WHERE

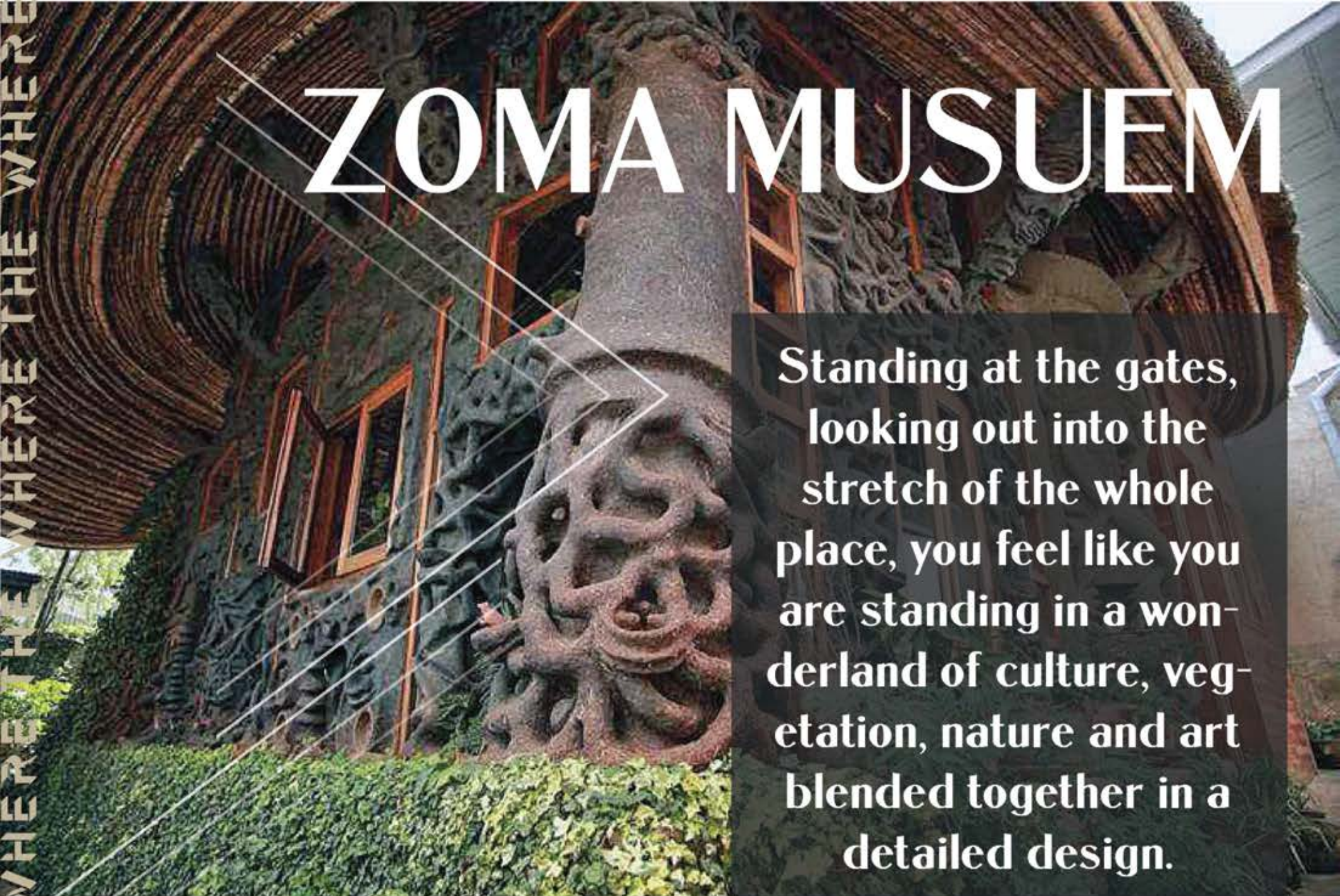
THE WHERE THE WHERE

So
Faceb
Insta

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The Ad

Addis Ababa, Ethiopia



ZOMA MUSUEM

Standing at the gates, looking out into the stretch of the whole place, you feel like you are standing in a wonderland of culture, vegetation, nature and art blended together in a detailed design.



The museum, along with the other places in the compound, are built with traditional techniques and materials like mud, straw and timber. The construction materials used are all obtained from the place itself by recycling. The trees you find there are all indigenous to Ethiopia.

Aside from the Museum there are two more places included within Zoma:

Zoma Artist Residency: where artists from all over the world are invited to stay (live) there for a while as they make their art work. The artists have their own space to work, their own bathrooms and kitchens as well. This project has hosted many wonderful paintings admired world-wide and have been displayed in exhibitions in different countries.

- **Zoma Kindergarden :** is an edible schoolyard kindergarden for children between 3 to 6 years old where they learn to create and sustain organic gardens and landscapes that is wholly integrated into the school's curriculum, culture and food program. Children have their own farms! It is a school system where children learn maths, science, language and art by integrating garden and kitchen classes.



— MUSUEN — GARDEN

VIBES

Small sitting spaces

A kitchen
and a Café

Quiet



Artistic
Walls

Garden

Handicap accessible
spaces including the
bathrooms

Local building
materials
used

THE WHERE THE WHERE
ZONA MUSUEN



LET'S GET
PHYSICAL
THIS WEEK

@AWIBETHIOPIA

APRIL 22 AT 3PM

f LIVE

TOOL KIT FOR PERSONAL FITNESS AT HOME



with LUWAM

WEBINAR #2

PERSONAL TRAINER AND LIFESTYLE COACH

WHEREINADDIS PRESENTS #STAYHOMECHALLENGE

It's really simple to participate :

Step 1: Share this post on your Instagram story.

Step 2: Take a photo of something you created at home (including, but not limited to food)

Step 3: Post your photo on Instagram using the Hashtags #StayHomeChallenge and #StayHomeAddis in your caption

Step 4: Tag our pages @wherein-addis and @everythingaddis to get a chance to win free pizzas from Pizza Corner delivered right to your doorsteps!!

FREE
PIZZA
+ DELIVERY

#LetsGetCreative #StayHomeChallenge
#StayHomeAddis #WhereinAddis #EverythingAddis



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