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FERENGE ETHIOPIA

ProjectsAbroad

The Official Newsletter of Projects Abroad Ethiopia

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Inside this issue:

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on**



Volunteer Story	2
Volunteer Story in German language	4
New Arrival Volunteers	6
Staff Contact List	8

Editor's Letter

Welcome to the January 2013 Projects Abroad Ethiopia newsletter. This newsletter aims to inform all our volunteers with news and information about the latest happenings in Projects Abroad Ethiopia.

Projects Abroad Ethiopia team would like to wish happy new-year to all our volunteers, host families and placement people. We would like to welcome our February volunteers. Thank you all the people who have volunteered with us – we really appreciate all for your valuable time and great help you gave at the different placements. And who decided to choose Ethiopia for volunteering through Projects Abroad.

Enjoy reading this issue and I hope that you will find something that you like. **Thanks to our volunteers who have shared their stories and photos with us.** We encourage everyone to join us in making the newsletter interesting and exciting by sending in your own written articles and pictures of your experiences here with us. Your stories and pictures will help others to understand and learn about Ethiopia. If you have anything you'd like to contribute, suggest, or comment on, please contact: bikeseqnhaileul@projects-abroad.org

Enjoy!!!!

INJERA ROUND THE CLOCK

By Teis Feldborg Gregersen - Journalism volunteer from Denmark

Injera for breakfast, injera for lunch and injera for dinner is typical and what you should expect here in Ethiopia. The sour taste of this rolled spongy flatbread is something you literally cannot miss if you visit Ethiopia, it is everywhere, and you will, if you wish, get to eat it for every single meal.

Luckily, the taste of injera is great, and your biggest concern is what to eat your injera with, not the taste of the injera alone.

Injera is made of teff and water. Teff is the tiniest grain in the world and is found originally and predominantly in Ethiopia; teff contains twice the iron of an equal portion of beef and more calcium than a glass of milk. When teff and water are mixed, the mixture is left to rise in a pot for two days.

A small part of the mixture is then taken and put into a pot with boiled water and cooked for a few minutes. When the mixture has cooled down, it will be put back into the rest of the mixture, this will make sure that the injera becomes soft and creates those characteristic air holes as well. The injera dough is then baked on a big pan, with a diameter of 50 cm, much like a giant pancake. After baking, the injera is ready to be eaten, but before eating, it is usually rolled and cut in pieces that will fit onto a plate.



Injera can be served with all kinds of side dishes heaped on top. One side dish could be meat sauce, called kay wat. Kay wat is made of onion, oil, berbere (an Ethiopian spice), tomato and any kind of meat. Shiro is another of those side dishes that injera is usually served with. Shiro is a stew containing ground beans, onion, oil and the spice shiro. Other things to eat alongside your injera could be salad, potatoes, pasta mixed with the spice berbere and beef. These are all some of the side dishes that I have tried and liked so far. I almost immediately noticed that no matter what my injera was served with, Ethiopian food was all a relatively spicy experience, at least for a ferenj from northern Europe like me, where many meals only contain salt and pepper as spices. The spiciness of Ethiopian food comes from berbere, a tasty spice used for almost everything. Fortunately the sour taste of injera accompanied by the spicy taste of berbere makes a lovely combination for everyone to enjoy.

Ethiopian food is eaten without utensils and of course injera is no exception. Instead, rolls of injera are rolled out, covering the entire plate. On top of the injera the side dishes are heaped. Rolls of injera are picked up with one hand and you are to use your other hand to roll up bite size pieces of injera with whichever sauce is served. By continuously eating your injera with the side dishes, you will soon end up in the middle of the plate, where the air holes and stretchy nature of injera allows it to absorb the sauce like a sponge, making it impossible to avoid getting dirty hands, but at the same time allowing you to experience wonderful tastes.



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.As mentioned, injera is served at all meals, but the side dishes vary from meal to meal. Firfir is the usual breakfast, at least where I live. Firfir, for those who do not know, is injera with injera. But the injera on top is mixed with water, berbere, oil, onion and butter for a great taste. Eating firfir for breakfast is an experience itself. A typical Danish breakfast would contain some kind of cereal with milk, and getting something warm and spicy for breakfast is very unlikely, nonetheless firfir is a lovely way to start off your day. For lunch and dinner injera is served again, this time with kay wat, shiro, salad and a lot of other great dishes.

Ethiopian food is something everyone should get a chance to taste; the diversity in side dishes will make sure that you keep loving injera, even if you have had it for lunch and dinner for several weeks. It took some time to get used to the spiciness of the Ethiopian food, but once I managed, I started enjoying every single piece of injera at every single meal.

THE FOLLOWING ARTICLE IS IN GERMANY

By Annegret Fuhrmeister from Germany



Ich heiße Anne und bin 18 Jahre alt (als ich in Äthiopien war), nun 19 Jahre und schreibe den Brief gerade in meinem Zimmer wieder in Deutschland!

Warum Äthiopien? Warum 4 lange Wochen?
Warum denn gerade ein Entwicklungsland?

All diese Fragen bekam ich von meiner Familie und Freunden gestellt als ich von meinen Plänen in Äthiopien berichtete.

Ich stieß dabei meist auf Unverständnis, bei meinen Eltern war es eher die Angst.

Man sieht ja häufig im Fernsehen das viele Leid und Elend in Äthiopien, alle beschwerten sich, warum diesen Ländern nicht geholfen wird, und ich wollte etwas tun: Ich wollte nicht nur reden, ich wollte es sehen und auch handeln! Und ich bin wirklich sehr froh, dass ich nach Äthiopien gegangen bin!

Da ich eine Ausbildung zur Krankenschwester hier in Deutschland mache, war es eine absolute Bereicherung, das Leben in Armut kennen zu lernen. Ebenso bewunderte ich es, mit welcher Gelassenheit die Menschen hier leben. Ich stellte fest, dass die Menschen, die ich traf, glücklicher waren als die Menschen hier in Deutschland. Sie waren glücklich und stolz auf ihre Kultur, teilten das Wenige was sie besaßen und trauerten nicht dem nach, was sie nicht hatten.

Die Arbeit im Waisenhaus zeigte mir, wie sehr ich mich glücklich schätzen kann, eine Familie und mein eigenes Zimmer zu haben – ein starkes Umfeld, wovon viele Kinder im Waisenhaus leider nur träumen können! Aber wenn ich mich mit ihnen beschäftigte und ihre großen braunen Augen sah, war mir klar, wie sehr sich diese Waisen nach Geborgenheit und Liebe sehnten. Wir spielten zusammen, ich durfte die kleinen Säuglinge füttern und mit den Größeren lernen. Dabei waren die sprachlichen Unterschiede gar kein Problem, viele von ihnen konnten auch Englisch.



Die Schwestern im Waisenhaus waren total nett, ich fühlte mich sofort integriert. Nie werde ich manche Schicksale der Kinder vergessen. Und wieviel Lebensmut sie trotzdem noch hatten! Ich war so überwältigt!

Aber es gibt nicht nur Armut in Äthiopien, nein, dieses Land hat noch viel mehr zu geben als es auf den ersten Blick scheint: eine touristisch unberührte Natur, artenreiche Tierwelt, spannende Kultur... Ich kann wirklich nur empfehlen, sich selber ein Bild von Äthiopien zu machen und sich nicht von der Meinung anderer oder Bilder aus dem Fernsehen leiten oder beeinflussen zu lassen. Nur wer es selber gesehen hat, kann wirklich mitreden. Macht euch selber ein Bild über dieses Land, und ich kann euch sagen, es wird euch überraschen, dass es nicht nur arme Menschen sind, sondern auch stolze, fröhliche, offene und herzliche Leute, die mehr zu geben haben, als wir uns vorstellen können...

Macht euch selber ein Bild davon und ich verspreche euch, dass ihr eure Sichtweise und auch Meinung ändern werdet! Viel Spaß in diesem facettenreichen Land!

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