



# KSPRAS CONFERENCE 2025

T R A V E L   P A C K



**DATE:** 27TH - 29TH AUGUST 2025

**VENUE:** PRIDE INN PARADISE

## About KSPRAS

The Kenya Society of Plastic, Reconstructive & Aesthetic Surgeons (KSPRAS) is a non-profit professional society duly registered with registrar of societies on 10th November 2006. The society was founded by a group of like-minded Kenyan Plastic Surgeons to advance and elevate the practice of Plastic Surgery in Africa by promoting the highest professional standards, training and outreach programs within the region. The society now boasts a membership of over 40 Plastic Surgeons and has continued to steadily grow.

In line with the society's vision to become a global authority and leader in setting standards of Clinical care in Plastic Surgery, KSPRAS is laying strong foundations in Post-graduate and fellowship training, Outreach programs and Policy development. Given the diversity of Plastic Surgery, KSPRAS has structured itself to deal with key priority areas affecting the African population by establishing the **Wound Care Society of Kenya and the Burn Society of Kenya** as offsets of KSPRAS.

All 3 societies have a robust proactive membership that ranges from Consultant Surgeons, Trainee Surgeons, Medical officers and Nurses. Together with our stakeholders in the healthcare sector including the Ministry of Health, Pharmaceutical companies and select Non-Governmental Organizations, KSPRAS is adequately placed to effect change through safe surgery and relevant policy and reform.

For more information, please visit: [www.plasticsurgeons.co.ke](http://www.plasticsurgeons.co.ke)

## The Annual Scientific Conference

The KSPRAS Annual Scientific Conference provides a platform that brings together local healthcare professionals and stakeholders as well as renown international delegates. The conference that will run from 27th to 30th of August 2024 is structured as follows;

### **Scientific Conference (27th & 29th August 2025);**

This will field a variety of high level scientific paper presentations from delegates. The conference will be hosted in Mombasa.

# CONFERENCE FEES

Category	Super Early Bird	Early Bird	On Site
Residents	21,000	23,000	26,250
Consultants	27,000	30,375	33,750
Nurses, Allied Professionals, Medical Officers	18,000	20,250	22,500
Medical Students	10,000	10,000	15,000
East African Delegates	36,000	40,500	45,000
International Delegates	370 USD	415 USD	460 USD
DEADLINES:	30TH APRIL 2025	31ST JULY 2025	1ST AUGUST 2025

FULLY PAID-UP KISPRAS MEMBERS GET A 10% DISCOUNT ON ALL THE ABOVE ALL RATES\*

## PAYMENT DETAILS

### Bank

Account Name: KENYA SOCIETY OF PLASTIC AND RECONSTRUCTIVE SURGERY  
KES Account No. 2047718549  
Absa Bank Kenya plc./Bank code 03  
Lavingtone Branch/Branch code 049  
Swift code BARCKENX  
Cheque: Kenya Society of Plastic and Reconstructive Surgery

### M-PESA

Paybill Number: 303030  
Account Number: 2047718549

for more info:

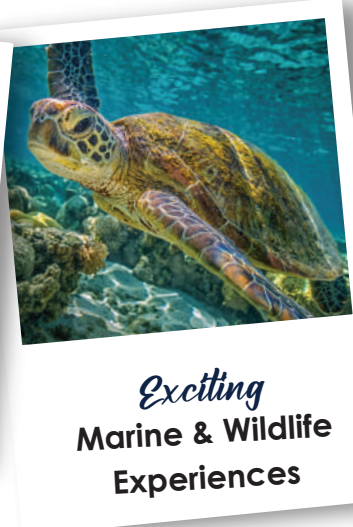
+254 724888666  
Kenya\_sprs@yahoo.com



## About Mombasa

Mombasa is Kenya's oldest and second-largest city, located along the Indian Ocean. It is a major coastal hub known for its rich history, diverse culture, and stunning white sandy beaches. As a key trade and tourism center, Mombasa blends Swahili, Arab, and European influences, seen in its architecture, cuisine, and traditions. The city is home to historic sites like Fort Jesus, vibrant markets, and a thriving port that connects East Africa to the world. With its warm climate, bustling economy, and beautiful coastal scenery, Mombasa remains a key destination for both business and leisure.

## Why Mombasa?



**Warm Hospitality & Relaxing Atmosphere**  
and many more.

Mombasa, Kenya's coastal gem, is a vibrant city known for its rich Swahili culture, stunning beaches, and historical landmarks. From the iconic Fort Jesus to the bustling Old Town, Mombasa offers a unique blend of history, relaxation, and adventure.

## What to Bring

- Light Clothing:** Pack breathable, lightweight clothes suitable for the warm and humid coastal climate. Consider business or smart casual attire for the conference and something for the dinner and cocktails.
- Layering:** Evenings can be breezy, especially near the ocean.
- Comfortable Shoes:** Whether strolling along the beach or exploring the city's historical sites, comfortable sandals or sneakers are recommended.
- Prescription Medications:** Carry any personal medicine in your hand luggage. Recommended travel medicines include pain relievers (Panadol, Advil), anti-diarrhea medication (Imodium), and allergy medicine.

## Weather in Mombasa

August in Mombasa is warm and slightly cooler compared to other months, with a mix of sunshine and occasional rainfall. It is a great time to visit for those who prefer milder coastal temperatures.

- **Temperatures:** Low: 22°C (72°F), High: 29°C (84°F)
- **Rainfall:** Light to moderate showers, but mostly dry and pleasant.

## Currency and Payments

- Currency:** The Kenyan Shilling (KES) is the local currency.
- Payment Methods:** Credit, debit cards and M-pesa are widely accepted in major hotels and shopping centers. However, carrying some cash is advisable for taxis, markets, and small vendors.
- Bringing Cash:** US Dollars, Euros, and British Pounds are the most easily exchangeable currencies. Avoid old or damaged banknotes, as they may not be accepted.
- Exchange:** It is best to exchange money at the airport, banks, or authorized forex bureaus for competitive rates.

## Local Etiquette and customs

- Greetings:** A handshake is the most common greeting, often followed by "Habari?" (How are you?).
- Language:** Swahili and English are widely spoken. Learning a few Swahili words is appreciated:

- Asante – Thank you
- Karibu – Welcome
- Habari yako – How are you?
- Mzuri sana: I am fine thank you

**Cultural Sensitivity:** Mombasa has a strong Swahili and Islamic influence, so modest dress is appreciated, especially in Old Town and religious sites.

## Transportation

Getting around Mombasa is easy with taxis and tuk-tuks being the main transport options.

- **Taxis:** Available via ride-hailing apps like Uber, Bolt, and Little Cab or through hotels. Best for comfort and airport transfers.
- **Tuk-Tuks:** Affordable and ideal for short distances. Negotiate fares before the ride, as they have no meters.

For convenience, choose **taxis** for *long trips* and **tuk-tuks** for *quick local rides*.



## Meals

- Breakfast will be included at each hotel each morning 6:00AM to 10:00AM.
- Lunch will be provided during the conference Wednesday through Friday.
- We will have one group dinner on Wednesday and cocktails on Friday.
- You can eat on your own or coordinate with colleagues.
- There are many restaurants within walking distance of the hotels or a short taxi ride.

## Water and Other Food

- It is advisable that you avoid drinking tap water and opt for bottled water instead.
- However, make sure to check that the seal of the bottle is intact before consuming it.

## OTHER EXPENSES

Each individual is financially responsible for:

- Any meals outside of the conference
- Any personal charges to hotel room
- Alcohol beverages
- Transportation outside of airport pick up/drop off
- Incidental expenses such as souvenirs, personal hotel charges, phones, internet, personal entertainment, etc.
- Any expenses related to extended travel or change in travel dates for personal reasons



## About Pridelnn Paradise

Pridelnn Paradise Beach Resort, Convention Centre & Spa is a premier 5-star resort located along Shanzu Beach in Mombasa, Kenya. Renowned for its breathtaking ocean views and world-class amenities, the resort offers guests a luxurious coastal experience. Notably, it features Africa's largest beach convention center and Mombasa's only family aqua park, making it an ideal destination for both business and leisure travelers.

The resort is approximately **20 kilometers** from Moi International Airport (MBA), translating to a drive of about 19 to 35 minutes, depending on traffic conditions. Various transportation options are available, including taxis and shuttle services.



## Hotels near Pridelnn Paradise

### Pridelnn Flamingo

A luxury resort located along Shanzu Beach, featuring 137 spacious rooms, a lagoon-shaped swimming pool, and a unique beach cave bar. The resort offers direct access to the beach overlooking Mombasa Marine Park. [website](#)

+ 254 709 532 100 / + 254 709 532 000 / + 254 709 374 000

### Serena Beach Hotel

A 5-star resort situated on Shanzu Beach, offering Swahili-style architecture, lush gardens, and a variety of dining options. The resort provides a serene environment with modern amenities and direct beach access. [website](#)

T: (+254) 732125000 / +254733584500

E: [reservations.africa@serenahotels.com](mailto:reservations.africa@serenahotels.com)

### Travellers Hotel

A beachfront hotel located on Bamburi Beach, offering comfortable accommodations, multiple restaurants, and recreational facilities including swimming pools and water sports. [website](#)

T: +254 720 648 708 / +254 700 375 575 / 0111 130 000

E: [reservations@travellershtl.com](mailto:reservations@travellershtl.com)

### Mombasa Continental Hotel

A resort situated along Shanzu Beach, featuring spacious rooms with ocean views, a large swimming pool, and various dining options. [website](#)

T: +254 729 403 650 | +254 734 433 433

E: [reservations@mombasacontinental.com](mailto:reservations@mombasacontinental.com)

### Severine Sea Hotel

A hotel located on Bamburi Beach, offering traditional architecture, tropical gardens, and a range of leisure facilities including swimming pools and restaurants. [website](#)

T: +254 746 994 520

WhatsApp: +254 746 995 690

E: [reservations@severinsealodge.com](mailto:reservations@severinsealodge.com)

## Point of Contact

### 1. For speakers and guest

#### **Chair KSPRAS conference 2025**

Dr. Mukami Gathariki

WhatsApp: +254720626037

Email: [info@gathariki.co.ke](mailto:info@gathariki.co.ke)

### 2. General conference

#### **Secretariat KSPRAS**

Olive Kulola

WhatsApp: +254795957539

Email: [kulolazee@gmail.com](mailto:kulolazee@gmail.com)

### 3. Logistics

Dr Kibira Michael

WhatsApp: +254 704 610388

Email: [michaelkibira@gmail.com](mailto:michaelkibira@gmail.com)

Dr Lynette Gituma

WhatsApp: +254 712 100600

Email: [Lynettegituma@gmail.com](mailto:Lynettegituma@gmail.com)

### 4. If you are feeling physically unwell and need help, please contact

Dr Solomon Karuku

WhatsApp: +254 790 384268

Email: [kigothokaruku@gmail.com](mailto:kigothokaruku@gmail.com)

- He will connect you to a doctor who can help.
- Please do not contact him for minor ailments such as a headache.

# Explore your DESTINATIONS

## In Mombasa



*Coastal Beaches*



*Fort Jesus*



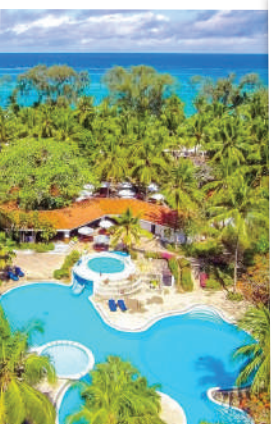
*Old Town*



*Mama Ngina Drive*



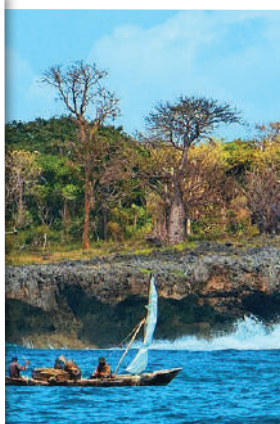
*Nyali Beach*



*Diani Beach*



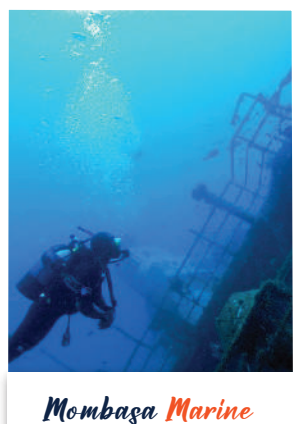
*Haller Park*



*Wajini Island*



*Watamu Dolphins*



*Mombasa Marine  
National Park*

## Outside Mombasa



*Maasai Mara National Reserve*