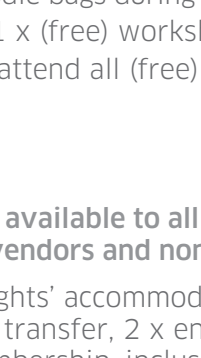


Sarova
Whitesands Resort
Beach & Spa
Kenya

SUPPORTING SUSTAINABLE WELLNESS IN AFRICA & MEDICAL HEALTH TOURISM DEVELOPMENT



SPA & WELLNESS
ASSOCIATION OF AFRICA

BECOME A SPONSOR

- All prices are **excluding VAT** -

★ Premium sponsorship is available to all companies. (members, contract vendors and non-members)

The package includes 4 x nights' accommodation at host hotel including breakfast, lunch & dinner, with airport transfer, 4 x entry to conference, corporate gala dinner table of 6 persons, annual SWAA membership, inclusion in all itinerary, logo promotion on social media, 1 x speaker slot, 3 x panellists, vendor table (large), b2b lounge 2 days, interview, branding & distribution of goodie bags during coffee breaks and/or breakfast, placement banner in conference room, brochure on chairs, gifts on gala dinner tables, awards screen material, 1 x (free) workshop offer to showcase a technical workshop by your company product, attend all (free) workshops.

★ Gold sponsorship is available to all companies. (members, contract vendors and non-members)

The package includes 3 x nights' accommodation at host hotel including breakfast, lunch & dinner, with airport transfer, 3 x entry to conference, gala dinner seating for 3 persons, annual SWAA membership, inclusion in all itinerary, logo promotion on social media, 1 x speaker slot, 1 x panellist, 1 x vendor table, b2b lounge 2 days, interview, distribution of goodie bags during 2 coffee breaks, flyers in conference bags, gifts on gala dinner tables, 1 x (free) workshop offer to showcase a technical workshop by your company product, attend all (free) workshops.

★ Silver sponsorship is available to all companies. (members, contract vendors and non-members)

The package includes 3 x nights' accommodation at host hotel including breakfast, lunch & dinner, with airport transfer, 2 x entry to conference, gala dinner seating for 2 persons, annual swaa membership, inclusion in all itinerary, logo promotion on social media, 1 x panellist, 1 vendor table, interview, attend all (free) workshops.

Media sponsors advertise the SWAA Conference on television, radio, print, articles and social media channels.

This entitles media sponsor to one entry, for two conference days including lunch, gala dinner, inclusion in all itinerary, logo promotion on social media, moderate a panel (defined with SWAA organisers), attend all (free) workshops.

Airline sponsor advertise the SWAA Conference in the airline magazine and social media channels.

Inclusion in all itinerary, logo promotion on social media. If airline wants to sponsor awards night please contact admin@swafrica.org for tailor sponsorships.

Please contact admin@swafrica.org for tailored sponsorships.

DELEGATE SPONSORSHIP

★ If you are a SWAA Member the following tickets apply:

■ **Delegate Registration (International) member | USD 405**
Includes: 2-day entry to conference, lunch and gala dinner, transport by SGR train Nairobi - Mombasa, attend 3 free workshops of your choice and skills set.

■ **Delegate Registration (Local Resident Kenya) member | USD 335**
Includes: 2-day entry to conference, lunch and gala dinner, attend 3 free workshops of your choice and skills set.

■ **Delegate Registration (Int.) member (excluding gala dinner) | USD 225**
Includes: 2-day entry to conference, lunch, attend 3 free workshops of your choice and skills set.

■ **Delegate Registration (Local Resident Kenya) member (excluding gala dinner) | USD 185**
Includes: 2-day entry to conference, lunch, attend 3 free workshops of your choice and skills set.

★ If you are NOT a SWAA member the following tickets apply:

■ **Delegate Registration (Int.) non-member (excluding gala dinner) | USD 315**
Includes: 2-day entry to conference, lunch, attend 3 free workshops of your choice and skills set.

■ **Delegate Registration (Local Resident Kenya) non-member (excluding gala dinner) | USD 215**
Includes: 2-day entry to conference, lunch, attend 3 free workshops of your choice and skills set.

■ **Delegate Registration (Int.) non-member | USD 465**
Includes: 2-day entry to conference, lunch and gala dinner, attend 3 free workshops of your choice and skills set.

■ **Delegate Registration (Int.) non-member | USD 365**
Includes: 2-day entry to conference, lunch and gala dinner, attend 3 free workshops of your choice and skills set.

Please see below packages for the Beach and Bush options.
Safari Packages from Sarova Whitesands Rates in USD:

1 full day Safari

- Departure 6 AM - Arrival 11 AM max
- Private transportation: 400 USD for transport up from 1 to 5 guests maximum
- Park fees: 35 USD in low season and 45 USD in high season for adult and 50% for children under 12 years
- Morning Safari upon arrival (private)
- Lunch (excluding drinks) at Sarova Salt Lick: 35 USD for adults | 20 USD for children - teens from 7 to 15 / FOC below 6.
- Afternoon safari (private)
- Departure from Salt Lick at 3 PM / Arrival at WHS 7/8 PM for dinner

Safari overnight package at Sarova Salt Lick

Sarova Saltlick Game Lodge/ Rate per room

	Single Standard Room	Twin Standard Room	Meal Plan Standard Room
	180 USD	270 USD	FULL BOARD

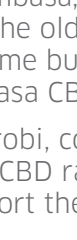
- Departure 6 AM - Arrival 11 AM max
- Private transportation: 500 USD for transport up from 1 to 5 guests maximum.
- The above rates are inclusive of park fees
- Afternoon safari and morning game drive (private).
- Dinner (excluding drinks) at Sarova Salt Lick: drinks at a budget of 4 USD per person
- 1 night at Salt Lick + breakfasts included

Day 2: Morning Safari

- Lunch (excluding drinks) at Sarova Salt Lick: drinks at a budget of 4 USD per person
- Departure after lunch from Salt Lick at 3 PM / Arrival at WHS 7/8 PM for dinner
- Departure from Salt Lick at 3 PM / Arrival at WHS 7/8 PM for dinner

Children below 5 years are not allowed to the Lodge
The reservation will be subject to availability upon request. Email:

- Jamleek.Macharia@sarovahotels.com
- Francis.Msengeti@sarovahotels.com
- Dorcas.Nandwa@sarovahotels.com

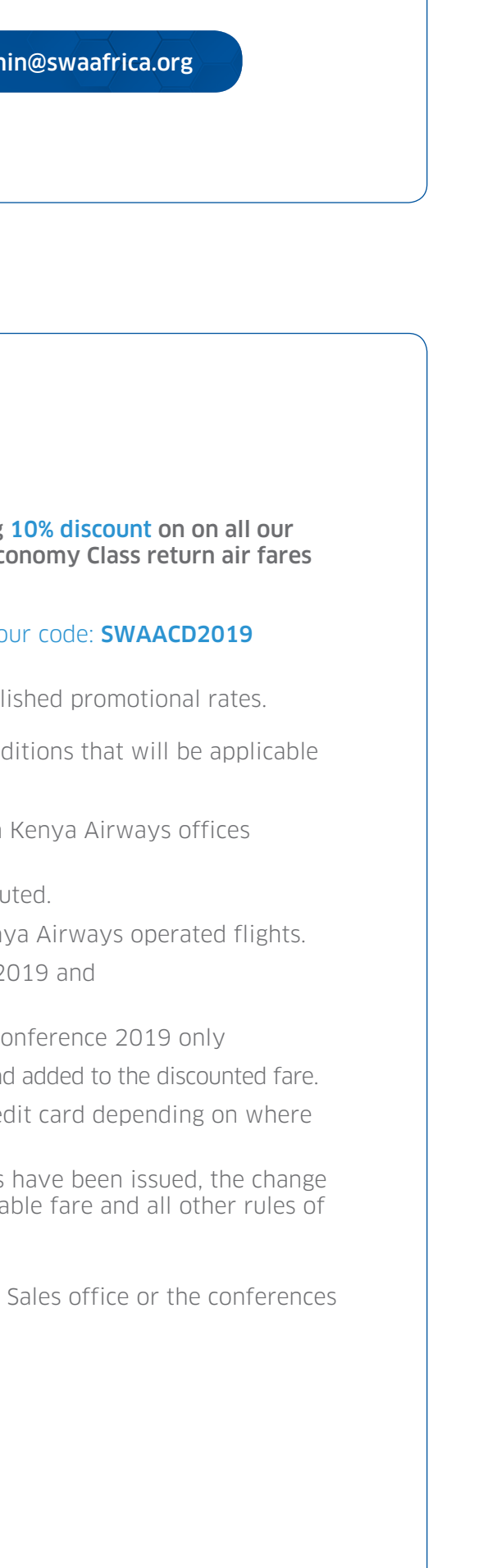


GENERAL INFORMATION

Mombasa (in Coast Province) is the second largest city in Kenya, lying on the Indian Ocean and is the host to the Coast Province administration. It has a major port and an international airport. The city is the centre of the coastal tourism industry. The original Arabic name is Mombasa, in Kiswahili it is called Kisiwa Cha Mvita (or Mvita for short), which means 'Island of War', due to the many changes in its ownership and the battles that brought about the changes in ownership. The town is also the headquarters of Mombasa District which, like most other districts in Kenya, is named after its chief town.

The city is located on Mombasa Island, which is separated from the mainland by two creeks: Tudor Creek on the west and Kilindini Harbor on the south. The island is connected to the mainland to the north by the Nyali Bridge, to the south by the Likoni Ferry and to the west by the Makupa Causeway, alongside which runs the Uganda Railway. The port serves both Kenya and countries of the interior like Uganda, Rwanda, Burundi, Democratic Republic of Congo, etc linking them to the Ocean.

The city is also home to Moi International Airport. It's main occupants are Muslim, Mijikenda and Swahili people but over the centuries there have been many immigrants, Indian from the countries of the Middle East and particular sub-continent who came mainly as traders and skilled craftsmen and even after four or five generations, their descendants continue to contribute highly to the economy of present day Mombasa and Kenya as a whole. Recent immigrants are peoples from the interior of Kenya brought to the area by employment opportunities and search for greener pastures.



| Mombasa as a Tourist Resort

Mombasa is one bestowed with such beautiful beaches with white sandy beaches and a deep historical and cultural heritage that most travellers cannot resist the beauty of the beaches and the history surrounding this city is simply marvellous. Just 16km outside the city of Mombasa is the Shimba Hills national reserve; here one can see forest elephants, the endangered sable antelope Sykes monkeys etc and the Sheldrick waterfalls. Shimba hills national reserve is one of the last remnants of coastal tropical forests.

| THINGS TO DO

An exotic paradise in the African tropics is what comes to mind when people think of Mombasa. The cosmopolitan tourist hub is filled with lots of fun-filled activities and boasts amazing sites that guarantee you will never get bored. It is no wonder that hundreds of visitors grace its shores each year and leave with delightful tales to tell. Discover the best top things to do in Mombasa through this [link](#).



| VISA

Most Governments world over are moving towards digitization of their operations. Online application makes it possible for visitors to get their Visa in advance hence removing the anxiety of whether one will be able to get it or not at the point of entry. The E-Visa portal now has a dedicated [website](#)

Visas are approved on a real-time basis.

Visa fee is non-refundable since the application will be processed for approval or non-approval. The online payment of visa fee is in US dollars.

| SAFETY AND SECURITY

As in any other destination, normal precautions should be taken. Don't leave bags or briefcases unattended when inside or outside the session halls. Hotels recommend that you use their safety deposit boxes for cash and valuables. It is also advisable not to walk alone in isolated areas in towns or on beaches, particularly after dark, just as you would do anywhere in the world.

September marks a month of change for Mombasa as temperatures begin to warm again. With winter coming to an end in the Southern Hemisphere, spring is just around the corner and the weather responds, bringing more sunshine and longer days. The rise in temperatures can be seen both on land and in the sea. Additionally, this is one of the drier months of the year and therefore it is a great time to visit before rain amounts begin to climb again.

| WEATHER

Temperature

The overall average daily temperature for this time of the year is 25°C (76°F). Average overnight low temperatures climb by a degree during this time of the year and reach 21°C (70°F). Afternoon highs are also very pleasant and slightly warmer than August, with temperatures expected to reach 28°C (82°F). Overall, the warm temperatures make this an ideal time to visit the region.

Sunshine Hours

Visitors can expect to see plenty of sunshine while on vacation. This time of the year, visitors will experience a lovely average of 9 hours of sunshine each day. Overall, the chance of seeing a sunny day is an impressive 28 percent.

Rain

Meanwhile, the overall chance of seeing rain is also 28 percent. While there might be some rain, typically most days aren't completely cloudy. The chance of seeing a fully cloudy day is only 3 percent. Overall, the region can expect to receive an average of 50mm of precipitation spread over an 11-day period, far less than previous months like May.

After experiencing the coolest water temperatures of the year in the previous month, this month sees a slight rise in sea temperatures. Visitors will see water temperatures of 26°C (79°F) which is plenty warm enough for vacationers to take advantage of the region's beaches as well as the multitude of available water sports.

| LETTER OF INVITATION

Upon request, the Secretariat of the 4th Annual SWAA Conference can e-mail a personal invitation to participants. This invitation is meant only to help visitors to obtain a visa. Official letters of invitation designed to help overcome administrative difficulties in certain countries may also be sent on request. If you require an original letter, it is recommended that you send your request well in advance to account for postal delivery times.

Request your letter admin@swafrica.org



| STANDARD GAUGE RAILWAY TRANSPORT (SGR)

Travel

Enjoy your journey with comfort and style! Submerge yourself with the beautiful scenery of Kenya's unique landscapes.

Discover

Visit places and people that contribute to the variety and richness of our Kenyan culture. Create experiences that last a lifetime!

Enjoy

Be entertained in Kenya, from eating seafood at your best restaurant in Mombasa to excursions in Tsavo National Parks and many more!

| Nairobi Station

Located at Syokimau, Nairobi. Found just south of the capital city. Built as Two trains with a bridge on top.

| Mombasa Terminus

Located in Miritini, Mombasa. Built as concentric circles and a central tower, representing a ripple in the ocean.

Travel: The SGR Train Schedule. Here Are the Details:

	DEP	ARR
Inter-County Train (From Nairobi- Mombasa)	08:20	14:18
Nairobi To Mombasa (Express Train)	14:35	19:18
Inter-county Train (Mombasa To Nairobi)	08:00	13:42
Mombasa To Nairobi (Express Train)	15:15	20:14

ECONOMY CLASS FARES

in KES

	Mombasa	Mariakani	Miskenyi	Voi	Mtito Andei	Kibwezi	Emali	Athi River	Nairobi
Mombasa	-	70	190	290	500	590	730	950	1000
Mariakani	70	-	140	250	460	550	690	910	940
Miskenyi	190	140	-	110	320	410	550	770	900
Voi	290	250	110	-	210	310	450	660	700
Mtito Andei	500	460	320	210	-	100	240	450	490
Kibwezi	590	550	410	310	100	-	140	360	400
Emali	730	690	550	450	240	140	-	220	260
Athi River	950	900	770	660	450	360	220	-	60
Nairobi	1000	940	900	700	490	400	260	60	-

FIRST CLASS FARES

in KES

	Mombasa	Mariakani	Miskenyi	Voi	Mtito Andei	Kibwezi	Emali	Athi River	Nairobi
Mombasa	-	140	560	880	1,520	1,800	2,230	2,890	3,000
Mariakani	140	-	430	740	1,380	1,670	2,090	2,750	2,870
Miskenyi	560	430	-	320	950	1,240	1,670	2,330	2,450
Voi	880	740	320	-	640	920	1,340	2,010	2,130
Mtito Andei	1,520	1,380	950	640	-	230	710	1,370	1,490
Kibwezi	1,800	1,670	1,240	920	230	-	430	1,090	1,210
Emali	2,230	2,090	1,670	1,340	710	430	-	660	790
Athi River	2,890	2,750	2,330	2,010	1,370	1,090	660	-	120
Nairobi	3,000	2,870	2,450	2,130	1,490	1,210	790	120	-

CHILDREN FARES

in KES

Below 3 Years	Age between 3 - 11 Years	Above 11 Years
FREE	First class: Ksh Half Ticket Fee Economy class Half Ticket Fee	First class Full Ticket Fee Economy class Full Ticket Fee

| TICKETING

- Passengers can book tickets thirty (30) days in advance and a return ticket as long as it is within the thirty (30) days window period
- Group bookings (over 20 pax) must be made thirty two (32) days to the date of travel
- The USSD payment solution is available 24/7
- One can book up to a maximum of ten (10) persons per transaction with the USSD payment solution
- Kenya Railways has provided bus/connect services to and from the Mombasa and Nairobi Termini. In Nairobi, catch the commuter train from the CBD railway station at 6:10 am; and in Mombasa catch the connect bus from the old railway station along Mijikenda Road at 6:00 am. The same services are available upon arrival to both destinations
- In Mombasa, boarding is at the Mombasa Terminus in Miritini; customers are picked up at the old Mombasa Railways station and transported to the Terminus by buses. The same buses will transport customers on arrival from the Mombasa Terminus to Mombasa CBD. The cost is Ksh. 100
- In Nairobi, connect services are offered by the Commuter Train and City shuttle buses at the CBD railway station. The Commuter train will pick up customers at 06:10am and transport them to the Nairobi Terminus in Syokimau area at Ksh. 50

| LUGGAGE

- Weight should not exceed 30 KG
- Size, should not measure more than 1.6 metres in height, width and depth

Book your train ticket admin@swafrica.org

| AIRLINE INFO

Kenya Airways is offering **10% discount** on all our published Business and Economy Class return air fares on our direct services.
Applicable ticketing and tour code: **SWAACD2019**

The discount will however not apply on any of our published promotional rates.

The following below are the guidelines and general conditions that will be applicable with the offer:

- The offer is valid for tickets purchased directly from Kenya Airways offices or our website
- Tickets will be non-transferable and cannot be re-routed.
- Applicable for return journey to Nairobi only on Kenya Airways operated flights.
- Tickets are valid for travel between 1st September 2019 and 10th September 2019.
- Applicable to participants of the 4th Annual SWAA Conference 2019 only
- Applicable taxes will be calculated per each itinerary and added to the discounted fare.
- All payments will be in the form of cash or debit/credit card depending on where ticket(s) is/are purchased from
- In case of changing travel arrangements after tickets have been issued, the change of reservation penalty will be dictated by the applicable fare and all other rules of the same will apply

Please feel free to contact your nearest Kenya Airways Sales office or the conferences unit for any additional assistance.

martin.njoroge@kenya-airways.com

rose.kisiel@kenya-airways.com

catherine.kamau@kenya-airways.com

felix.mwangangi@kenya-airways.com

john.mwalo@kenya-airways.com

Air Mauritius is offering **20% discount** on the applicable fare on our services in favour of the Mauritians participants attending the conference.
Booking code: **SWAAKE2019**

Please liaise with Reservations Dept rdenanath@airmauritius.com

Or callcentresales@airmauritius.com for your bookings and queries

Or call on +230 207 7575.

For more information admin@swafrica.org

ACCREDITED COURSES



- Four Pillars of Spa Success ... Day 1 | 3 Hours
- Spa Business Blueprint ... Day 2 | 7 Hours
- How to grow your make-up business globally ... Day 3 | 2 Hours
- More Courses to Come ... Stay Tuned

WORKSHOPS

WELLNESS & MEDICAL SESSION | FREE WORKSHOP

- 1st Session | 3 hours
 - Detoxification of a personalized Biologique Recherche treatment
- 2nd Session | 3 hours
 - Oncology massage - Biologique Recherche personalized treatments & adaptation to people with cancer

BEAUTY SESSION - HOW TO GROW YOUR MAKE-UP BUSINESS GLOBAL (MASTER CLASS) | 700 USD

- Paid for and booked in advance | 2 hours
 - Supports beauty & lifestyle brands effectively to communicate their brand message to their target audience via usage of the conventional & unconventional media platforms
 - Eryca Freemantle - Multiple award winning, world famous makeup artist and educator.

More Workshops to Come | Stay Tuned

SUSTAINABLE WORKPLACE WELLNESS | 100 USD

- Wellness is the new Wealth
- What you will learn:
 - What is stress?
 - How stress influence the body, mind & spirit
 - 8 Dimensions of Wellness
 - Mindfulness in the workplace
 - 5 practical tools to facilitate for yourself and colleagues to create sustainable work place wellness

WELLNESS & MEDICAL SESSION - DERMAL FILLERS & BOTOX | FREE WORKSHOP

- Dermal Fillers and Botox
- Safety issues
- Live Demonstrations of dermal fillers.
- MD Codes
 - By MD PhD Esther Belmaati & Dr Don Othoro

Note:
To attend this workshop you must be an aesthetic therapist, nurse or doctor!

BEAUTY SESSION - HOW TO GROW YOUR MAKE-UP BUSINESS GLOBAL (MASTER CLASS) | 700 USD

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