

2018 PRELIMINARY

SCIENTIFIC PROGRAM

Enhancing MIGS In African Setting



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(Cameroon)**



SCIENTIFIC PROGRAM CHAIR

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Content



INTERNATIONAL SOCIETY FOR GYNECOGIC ENDOSCOPY (ISGE) EXECUTIVE BOARD

AFRICAN SOCIETY FOR GYNAECOLOGICAL ENDOSCOPY (AFSGE) EXECUTIVE BOARD

ORGANIZING COMMITTEE

WELCOME MESSAGES

INVITATION

BLOCK PROGRAM

POSTGRADUATE COURSES AT A GLANCE

CALL FOR ABSTRACTS

REGISTRATION FORM

GENERAL INFORMATION

CONGRESS VILLAGE

SIGHTSEEING

ACCOMMODATION



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Institutional Partners

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Chantal Biya Foundation



WELCOME MESSAGE FROM THE PRESIDENT



Dr Rob O'Shea



**WELCOME MESSAGE FROM THE PRESIDENT OF THE AFRICAN SOCIETY
FOR GYNECOLOGICAL ENDOSCOPY AND LOCAL ORGANIZING COMMITTEE CHAIR**



Pr. Kasia J. M.

Dear participants,

It's my honour and pleasure to invite you to the ISGE/AFSGE International Congress which will be held from 23rd to 27th April 2018 at the Yaounde Conference Center under the distinguished patronage of His Excellency M. Paul BIYA, President of the Republic of Cameroon.

This international congress is organised by the International Society for Gynecologic Endoscopy (ISGE) in conjunction with the African Society for Gynaecological Endoscopy (AFSGE) in partnership with the Gynaecological Endoscopic Surgery and Human Reproductive Teaching Hospital Paul and Chantal Biya (CHRACERH).

On behalf of the AFSGE I would like to welcome all of you to this exciting scientific event which will be fruitful for those who are sharing the same endoscopic passion in their daily job.

The theme adopted for this edition provides many interesting topics ranging from anatomic issues, prevention of surgical complications to suturing and stitching techniques. In addition to state of the art lectures, the main attention will be focused on fertility issues, pelvic adhesions, tubal pathologies, adnexal masses, abnormal uterine bleeding, fibroids, endometriosis and oncology.

Live surgery with national and international experts will be one of the most exciting features during this congress. All these sessions will be organized with most of the world leading speakers in the field of Gynecological Endoscopic Surgery in order to bring basic and advanced knowledge to African Gynecologists, as well as debates on tremendous progress in this field from the last decade.

Pre-Congress training sessions will be organized at various levels, namely Postgraduate courses to enable advanced surgeons develop their skills as far as hysteroscopy, vaginal surgery and laparoscopic suturing are concerned. the ISGE LASST Certification will also be available on this occasion. And finally, a pre-congress workshop, intended for young endoscopists and theatre nurses will, on its part, be focusing on basic tips and tricks in endoscopy.

As you can notice, this is an ambitious program whose objectives will surely be achieved with everyone's commitment. During these five days international attention will be focused on us as we bring to Africa new findings, fresh concepts and dynamic theories that will be the building block for a greater and more developed gynaecological endoscopic practice on the African continent.

Dear attendees, set the date on your calendars today and I do hope that you will not miss this opportunity to share this exciting experience which will be scientifically rewarding, socially enjoyable and geographically spectacular.

In the midst of all these activities, don't miss the occasion to taste typical local cuisine of the area and become acquainted to natural beauties of Yaounde ("*la ville aux sept collines*"), a place best known for the warmth of its people and mild weather.

By doing so, we are sure that participants will leave this Yaounde international Congress with a unique educational experience that will be a mixture of science and culture.

While looking forward to receiving you on April 2018, I wish you in advance a successful, productive Congress and enjoyable stay in Yaounde-Cameroon.

Professor Jean Marie Kasia

President of the African Society for Gynaecological Endoscopy (AFSGE)
and Local organizing Committee Chair



WELCOME MESSAGE FROM THE SCIENTIFIC PROGRAM CHAIR



Pr. Bruno Van HERENDAEL

Dear physicians interested in Minimal Invasive Surgery

When you look at the program of the joint meeting of the International Society for Gynecologic Endoscopy (ISGE) with the African Society for Gynecologic Endoscopy (AFSGE) you will find something for every body's interest.

The organizers did live up to the motto: "Together we move to minimal invasive surgery in the African context".

This is so important especially in the context of this African continent as the mother is the center of the family and hence it is important to the whole family for her to be back and able to once again pick up routine work without major discomfort.

This is why ISGE does promote Minimal Invasive Surgery (MIGS) in its center of Excellence the CHRCERH here in Yaoundé where several "Train the Trainers" sessions are held on a yearly basis to get the young generation of gynaecologists ready for MIGS.

MIGS are the only way to address the situation as we do need less drugs - especially pain killers. Patients are getting home on day two or three even after the most invasive surgery. Patients are able to resume their daily life within the week after being discharged. Hence in spite of the initial investments there is a financial benefit on both micro and macro economical level important in the African context.

It is in view of the above that I would like to invite you to this very special congress. You will be able to interfere directly with the faculty consisting of world leaders in the field of MIGS. You will be able to ask your questions and queries during the live and nearly live surgery sessions and during the clinical case presentations where specific cases are discussed starting with the diagnosis over the treatment and the post treatment.

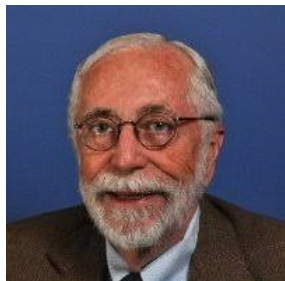
You will be able to benefit from the pre-congress courses on specific topics of your interest. Keynote lectures will deal with state of the art in different relevant topics concerning MIGS.

ISGE is proud to be able to organize this congress together with AFSGE and is happy to invite you to this really amazing congress!

Bruno J van Herendael
Medical Director ISGE



WELCOME MESSAGE



HONORARY CHAIR
Dr Franklin Loffer



WELCOME MESSAGE



Pr Victor Gomel



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www.chracerh.cm

Dr/Mrs/Mr.....

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This international congress is organised by the International Society for Gynecologic Endoscopy (ISGE) in conjunction with the African Society for Gynaecological Endoscopy (AFSGE) and the Gynaecological Endoscopic Surgery and Human Reproductive Teaching Hospital Paul and Chantal Biya (CHRACERH).

The theme of this meeting is: **"Gynaecological endoscopic surgery and fertility issues, pelvic adhesions, tubal pathologies, adnexal pathologies, abnormal uterine bleeding, fibroids, endometriosis, oncology."** The focus will be on issues related to the improvement of medical procedures and techniques through a patient-centered approach that balances innovation and technology, as well as quality and safety.

The Postgraduate courses are opportunities for advanced surgeons to develop their skills as far as hysteroscopy, vaginal surgery and laparoscopic suturing are concerned; the ISGE LASST Certification will also be available on this occasion. A pre-congress workshop, intended for young endoscopists and nurses will, on its part, be focusing on providing basic tips and tricks in endoscopy.

The scientific program is designed to provide attendees with presentations whose scientific quality is based on evidence and consequently your written and video abstracts are expected by Sunday 31st December 2017 at 11:59 UTC.

Dear attendee, set the date on your calendar today and, as President of the local organizing committee, I would like to encourage you to join us in this quest for scientific excellence and high quality performance.

Thus, do not miss this opportunity to develop your skills, share your ideas and experiences with others, make new friendships and discover the extraordinary cultural diversity of Cameroon, often referred to as « miniature Africa ».

Please accept my best regards.

Professor Jean Marie Kasia

President of the African Society for Gynaecological Endoscopy (AFSGE)

Local organizing Committee Chair

ISGE/AFSGE International Congress

"Gynaecological Endoscopic Surgery and fertility issues,

pelvic adhesions, adnexal pathologies,

abnormal uterine bleeding, fibroids, endometriosis, oncology"

23 – 27 April 2017

Conference Center – Yaounde, Cameroon, Central Africa

2018 Block Program

DAY 1 : Monday, April 23rd - STATE OF THE ART - Pre-congress courses (Registration hours 7.00am-7.00pm)

Room	Room 100a	CHRACERH Amphi	CHRACERH Lab	Room 100b	Room 400
Title	PG Course 1 Hysteroscopy Stefano Bettocchi – Giuseppe Bigatti (Karl Storz)	PG Course 2 Vaginal Surgery Bash Goolab – Ellis Downes – Andreas Chrysostomou (Sponsor to be contacted)	PG Course 4 LASTT Certification Bruno van Herendael – Alfonso Rossetti – Bart De Vree (Karl Storz)	PG Course 3 Nurses and Endoscopy (Olympus?)	PG Course 5 Laparoscopic Suturing Resad Pasic – Rob O'Shea (Karl Storz?)
09.00 – 09.30	Registration and Coffee				
09.30 – 13.00	Hysteroscopy Theory and hands-on	Vaginal Surgery Live surgery and tutorial	LASTT Certification	Theoretical Course	Theory and hands-on
13.00 – 14.30	Lunch				
14.30 – 18.00	Hysteroscopy Theory and hands-on	Vaginal Surgery Live surgery and tutorial	LASTT Certification	Theoretical Course	Theory and hands-on
20.00 – 22.00	Social event				

2018 Block Program

Tuesday, April 24 - Day 2 : (Exhibit hall hours 9.30am-5.30pm)				
7.00am-8.45am	Registration/ Industry sponsored breakfast or coffee break			
8.00am-9.30am	ISGE EXCO – Board meeting (Room)			
	AFSGE EXCO – Board meeting (Room)			
9.30am-1.00pm	Opening ceremony (Plenary - Room 1500)			
1.00pm-3.00pm	Cocktail			
Room Number	Room 100a	Room 100b	Room 400	Plenary 1500
3.00pm– 4.30pm	Session 1 Basics in laparoscopy and hysteroscopy 1	Session 2 Basics in laparoscopy and hysteroscopy 2	Session 3 Basics in laparoscopy and hysteroscopy 3	Session 4 Basic anatomy
4.30pm-5.00pm	Coffee break			
5.00pm –6.30pm	Session 5 Free communication	Session 6 Free communication	Session 7 Laparoscopy in general 1	Session 8 Laparoscopy and Infertility
8.00pm-10.00pm	Social event:			

2018 Block Program

Wednesday, April 25 - Day 3 : Exhibit hall hours 9.30am-3.30pm				
8.00am-9.00am	Registration/ Coffee break			
Room Number	Plenary 1500			
9.00am-11.00am	Session 9 Interactive Live Surgery (Karl Storz)			
11.00am-12.30am	Session 10 Clinical Case Presentation Chair Kurian Joseph			
12.30am-2.00pm	Lunch			
Room Number	Room 100a	Room 100b	Room 400	Plenary 1500
2.00pm-3.30pm	Session 11 YES Free communications	Session 12 YES Free communications	Session 13 Hysteroscopy	Session 14 Fibroids
3.30-4.00	Coffee break			
4.00pm-5.30pm	Session 15 YES Free communications	Session 16 YES Free communications	Session 17 Endometriosis 1	Session 18
7.00pm-9.00pm	Social event: Keynote Address Tribute to M.A. Pr. Bruhat			

2018 Block Program

Thursday, April 26 Day 4 : Exhibit hall hours 9.30am-5.30pm				
8.00am-9.00am	Registration/Coffee break			
Room Number	Room 100a	Room 100b	Room 400	Plenary 1500
9.00am-11.30am	Session 19 Interactive Nearly Live Surgery Olympus			
11.30am-12.30am	Session 20 Clinical Case Presentation Chair Kurian Joseph			
12.30am-2.00pm	Lunch			
Room Number	Room 100 a	Room 100 b	Room 400	Plenary 1500
2.00pm-3.30pm	Session 21 YES Communication	Session 22 Free Communication	Session 23 Hysterectomy 1	Session 24 Endometriosis
3.30pm-4.00pm	Coffee break			
4.00pm-5.30pm	Session 25 YES Communication	Session 26 Free Communication	Session 27 Hysterectomy 2	Session 28 Endometriosis
7.00pm-9.00pm	Gala dinner : combined tribute to the late Pr. M.A. Bruhat and Dr. O. Sizzi			

2018 Block Program

Friday, April 27– Day 5 : Exhibit hall hours 9.30am-5.30pm				
8.00am-9.00am	Registration/Coffee break			
Room Number	Plenary 1500			
9.00am-9.30am	Session 29 Keynote Address			
Room Number	Room 100a	Room 100b	Room 400	Plenary 1500
9.30am-10.30am	Session 30 Free communication	Session 31 Free communication	Session 32 Hysterectomy 3	Session 33 Urogynecology
10.30am-11.00am	Coffee break			
11.00am-11.30am	Session 34 Free communication	Session 35 Free communication	Session 36 Oncology	Session 37
12.45am-2.00pm	Closing ceremony and YES Award Presentation – Room 1500			
2.00pm-3.00pm	Cocktail			
3.00pm	Sightseeing			

Monday, April 23, 2018, 6.30pm—8.00pm



Welcome Reception in Exhibit Hall





CALL FOR ABSTRACTS

The International Society for Gynecologic Endoscopy (ISGE) in conjunction with the African Society for Gynaecological Endoscopy (AFSGE) call for the submission of abstracts or videos for presentation during the ISGE-AFSGE World Congress which will be held from 23rd to 27th April 2018 at the Conference Centre - Yaounde, Cameroon, Central Africa.

The Scientific Committee for this Congress invites physicians, engineers, scientists, and operating room personnel, concerned with increasing the efficiency of medical care and research through development and utilization of gynecologic endoscopic instruments, devices, and systems, to submit written or video abstracts as well as scientific posters.

Sunday 31st December 2017 at 11:59 pm, Coordinated Universal Time, is the last day to submit an abstract because the program closes and will no longer be available for any abstract submission.

Acceptance and assignment to a day and time on the scientific program will be announced on/or before **1st January 2018**.

Registration for attending the ISGE – AFSGE International Congress must be completed by **1st February 2018** if your abstract is accepted for presentation.

GUIDELINES

Abstracts should focus on the following themes:

- Endometriosis
- Oncology
- Pelvic adhesions
- Tubal pathologies
- Adnexal pathologies
- Abnormal uterine bleeding
- Fibroids
- Reproductive Medicine

Abstracts format

- Study Objective
- Study design
- Setting
- Patients or Participants
- Interventions or treatments
- Measurements and Main Results
- Conclusion

Abstracts length

Maximum 300 words

REGISTRATION FORM

TITLE: Prof. * Dr. * Mr. * Mrs. *

Surname: _____ First Name: _____

Address: _____

Address: _____

Zip / Post Code: _____ City: _____ Country: _____

Tel: _____

Email: _____

TYPE OF REGIS- TRATION	PARTICIPANT CATEGORY	RATE		
		Till 1 st Feb. 2018	From 1 st Feb. to 15 th march 2018	On site
CONGRESS AND COURSE	ISGE/AFSGE Member	<input type="checkbox"/> \$ 100	<input type="checkbox"/> \$ 150	<input type="checkbox"/> \$ 200
	ISGE/AFSGE Non-member	<input type="checkbox"/> \$ 150	<input type="checkbox"/> \$ 200	<input type="checkbox"/> \$ 250
	Resident member of ISGE/AFSGE	<input type="checkbox"/> \$ 50	<input type="checkbox"/> \$ 75	<input type="checkbox"/> \$ 100
	Resident non- member of ISGE/AFSGE	<input type="checkbox"/> \$ 75	<input type="checkbox"/> \$ 100	<input type="checkbox"/> \$ 125
	nurse ISGE/AFSGE Member	<input type="checkbox"/> \$ 25	<input type="checkbox"/> \$ 30	<input type="checkbox"/> \$ 35
	nurse ISGE/AFSGE Non-member	<input type="checkbox"/> \$ 30	<input type="checkbox"/> \$ 35	<input type="checkbox"/> \$ 40
CONGRESS ONLY	ISGE/AFSGE Member	<input type="checkbox"/> \$75	<input type="checkbox"/> \$ 100	<input type="checkbox"/> \$ 250
	ISGE/AFSGE Non-member	<input type="checkbox"/> \$200	<input type="checkbox"/> \$250	<input type="checkbox"/> \$ 300
	Resident member of ISGE/AFSGE	<input type="checkbox"/> \$ 50	<input type="checkbox"/> \$ 75	<input type="checkbox"/> \$ 125
	Resident non- member of ISGE/AFSGE	<input type="checkbox"/> \$ 75	<input type="checkbox"/> \$ 125	<input type="checkbox"/> \$ 150
	nurse ISGE/AFSGE Member	<input type="checkbox"/> \$ 20	<input type="checkbox"/> \$ 25	<input type="checkbox"/> \$ 30
	nurse ISGE/AFSGE Non-member	<input type="checkbox"/> \$ 25	<input type="checkbox"/> \$ 30	<input type="checkbox"/> \$ 35

***Please check the preferred pricing option ** Payments for registration fees can be made from abroad via bank transfer to SCB Cameroon**
IBAN: CM21 1000 2000 3190 0005 1359 218 Code BIC: BCMACMCX

For Cameroonians: Payments for registration fees can be made via deposits or bank transfer to SCB Cameroon:
Code bank : 10002 Code guichet : 00031 Account number : 900005 1 359 2 RIB : 18

Contact

Prof. Jean-Marie KASIA

President of AFSGE

P.O. Box 5154 Yaounde - Cameroon

Mob. : + (237) 699 61 57 54

E-mail : jm_kasia@yahoo.fr

secretariat.afsge@yahoo.fr / secretariat.afsge@gmail.com



GENERAL INFORMATION

Accommodation

The Organizing Committee has selected several partner hotels of different standards where participants are advised to book rooms for their stay.

Air travel

Recommended international airlines:

- ◇ Cameroon Airlines Corporation (CamairCo), national company, departure from Paris
- ◇ Air France, departure from France
- ◇ Brussels airlines, departure from Belgium
- ◇ Turkish Airlines, departure from Turkey
- ◇ Ethiopian Airlines, departure from Ethiopia
- ◇ Kenyan Airways, departure from Kenya



Badges

Badges will be issued at the registration desk and requested for entrance to the Conference Center. Only badge holders will be admitted to scientific sessions, exhibits, meals and social events.

Car rental

Many car rentals available at international airports and downtown (Yaounde and Douala). City taxis also available with fares depending on whether you ride alone (2 000fcfa) or in the company of other passengers (250fcfa).

Certificate of attendance

Certificates of attendance will be issued for participants at the registration desk on the last day of the congress or sent via email upon request.

Congress Organizers

Please do not hesitate to contact the local Organizing Committee for any additional information or assistance: jm_kasia@yahoo.fr / secretariat.afsge@gmail.com / claudenoa@yahoo.co.uk / belingaetienne@yahoo.fr

Congress Venue

Conference Center

Yaounde, Cameroon, Central Africa





Country code

237 (when calling from abroad dial 00+country code)

Electricity specification

220 volts, European standard plugs

Formalities for visa

Prior to booking flights, registrants are strongly advised to confirm with their travel agent whether they require a visa to travel to Cameroon. Visas to Cameroon are issued at all Cameroonian embassies abroad; in the case when this does not apply please contact the Congress organizers.

Geographical and population features

Area of the country is 475.440 km² with a population of 22 million inhabitants. Yaounde is the political capital while Douala is the economic capital and main outlet to the sea. Main ethnic groups are Bantous, Bamilékés, Bamouns, Foulbés, Kirdis...

Cameroon stretches over 1.600 km from the Gulf of Guinea to Lake Chad. The country has 250 km of coastline from Nigeria to Equatorial Guinea. The highest point is Mount Cameroon, 4.070m.



The South has an equatorial climate with dense forests, hevea, palm oil, cocoa and tea fields. The West has a mild climate, rounded mountains and fertile land. It is the breadbasket of Central Africa. In the Centre, the vast Adamawa Plateau, with an elevation between 1.000 to 1.500m descending in gentle slopes towards the Sanaga Valley where the main river of the country flows. To the North, a deep and rugged fault leads to the Benoue Valley, the weather being hot and dry. The landscape is covered with savannahs and the Mandara Mountains. The dense forests and savannahs are full of fauna protected in nature reserves, Waza being the largest one.



Health

International immunization certificate for yellow fever is requested upon arrival at the airport. Beware of malaria contamination via mosquito bites. In any case appropriate drugs are available in the country.

Language

English is the official language of the Congress but simultaneous translation in French will be available.

Liability

The congress Secretariat and the organizers cannot accept liability for personal accidents, nor for loss of, or damage to private property of participants, either during or directly arising from the ISGE-AFSGE congress. Participants should make their own arrangements with respect to health and travel insurance.

Lunch

A daily lunch, included in registration fees, is available only for registered participants.



Industry exhibit

An exhibition of medical, pharmaceutical, surgical and laboratory products will be organized in the Conference Center main hall. Companies and suppliers will exhibit their most recent innovations in the field of laparoscopic surgery and they will also be available to answer questions. Coffee, tea and lunch breaks are opportunities to visit the exhibition.

Other information

Except for strategic locations (military quarters, airports...) it is possible to take pictures, but it is advised to ask permission from third parties first.

Scientific sessions

Double slide projection and a preview room will be available during the congress.

Time

Local time is UTC + 1 hr

Video

The video system available is PAL, NTSC.

Weather

April is summer time, you should bring light clothing made of cloth cotton or linen, sun glasses, hats, sweaters for evenings and possibly a raincoat (avoid synthetic fabrics).

CONGRESS VILLAGE



CONGRESS VILLAGE





SIGHTSEEING



Mefou National Park

Presentation

Mefou National Park is a sanctuary established by Ape Action Africa 45 minutes away from Yaounde.

Great apes of Cameroon live in a natural forest setting.

The guided tour enables visitors to become familiar with different ape species, their nutrition and living habits...

The opportunity is given to take direct action and adopt one of the apes you meet during your visit.



Visiting hours and fees

Mefou Ape Sanctuary is open for visitors from 9.00am to 4.30pm, every day of the year. The last tour starts at 3.30pm.

Entrance fees to the park are:

- 7,500 cfa (12 euros) for adults
- 2,000 cfa (4 euros) for children



<http://www.apeactionafrica.org>



ECOPARK AHALA

Presentation

Located several miles away from Yaounde (approximately 10 minutes drive) Ecopark provides a place for relaxation where the pleasures of nature are combined with the joys of learning through guided tours.

All year long come and discover different species of birds (parrots, pigeons), animals (camels, chimps, alligators) as well as fish in ponds coming from different areas and forests in Cameroon.

Restaurants located in the Park are opportunities to wine and dine while being lulled by the traditional beats and sounds of Cameroon.



Visiting hours and fees

Ecopark is open all year long from 9:00am to 5:00pm and above as far as the restaurants are concerned.

Fees vary depending on proposed activities on site:

- Visiting the fish ponds (feeding and fishing)
- Visiting the animal zoo
- Hiking in the woods
- Horse-riding
- Restaurant



<http://www.ecopark.cm>



National Museum

Presentation

Housed in the former Presidential Residence, the National Museum of Yaounde serves as an institution for the conservation of the Cameroonian national culture. Visitors are often attracted by its architecture, grounds, and vast collection of art.

The guided tour provides visitors with exhibits of bronze and wooden statues and symbols, as well as pictures of historical figures. It is also possible to visit the lavish yard with 12 fountains and examples of traditional housing originating from each of the country's regions.

The Museum features a shop and a restaurant.

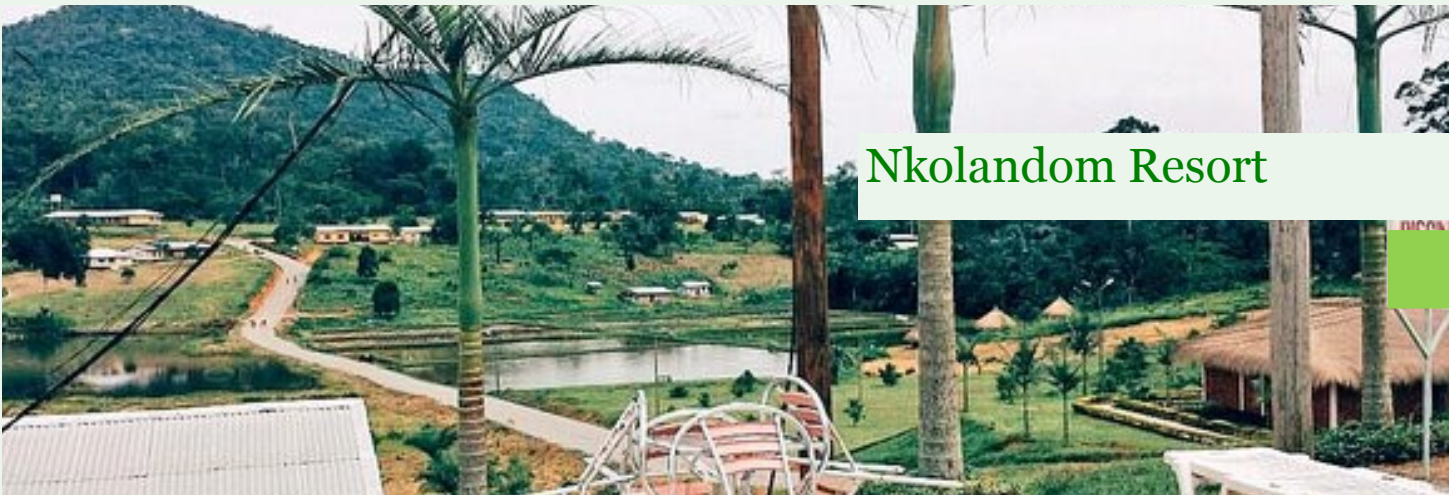


Visiting hours and fees

Visiting hours extend from Mondays to Fridays, from 10:00 am to 6:00 pm.

Entry fees are fixed to 10 000 cfa (16 euros) for adults and 2000 cfa (4 euros) for children below 10 years of age.





Nkolandom Resort

Presentation

Located at an approximate three hours car ride away from Yaounde, Nkolandom resort is an attractive tourist center dedicated to providing visitors with historic and cultural sights and pleasures.

The resort displays a housing area (2 apartments, 7 suites, 29 double rooms) as well as a restaurant.

Attractions involve visiting prehistoric caves, swimming in the pool, visiting the museum of negro art, horse-riding, visiting the hatchery, fishing in ponds, canoe riding...



Visiting hours and fees

While accommodation is supplied 24/7, attractions are available from 9:00 am to 5:00 pm all week long except on Sundays.

The following fees are charged:

- Canoe riding 2000cfa (3.5 euros)
- Horse riding 10000cfa (16 euros)
- Fishing 2500cfa (4 euros)
- Visiting prehistoric caves 1500cfa (2.5 euros)
- Hiking in the palm grove/woods 8000cfa (12.5 euros)
- Visiting the Negro Art Museum 2500cfa (4 euros)



<http://www.ctnkolandom.com>



Petpenoun Resort

Presentation

Petpenoun Resort is found on the edge of a lake at Foumbot, a small city 30km from Bafoussam when driving.

It is a 200 hectares tourist facility proposing a complete package for an adventurous holiday.

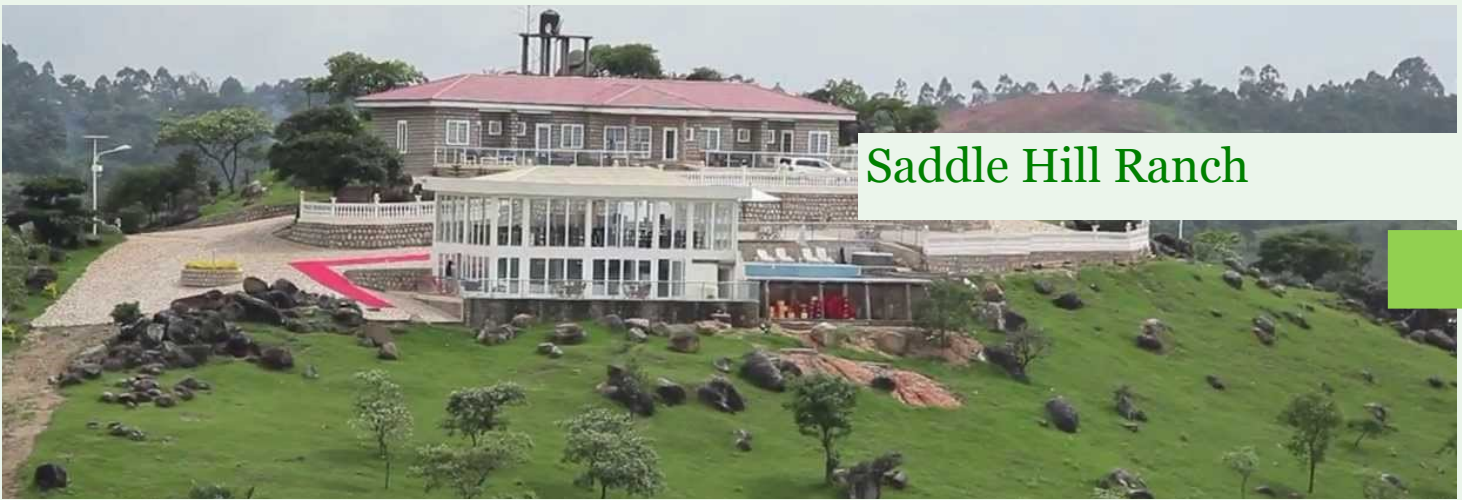
The lodge provides furnished wide huts with private bathroom and guarantees a pleasant and ecological retreat



Activities

Exposure to an array of leisure and sporting activities is available: fishing in the lake just bordering the premises; canoe or kayak riding; golf playing; trekking among the trees and gardens; swimming in the pool/lake; playing tennis or badminton; dinghy racing; bowling, biking, billiards, table tennis, hunting and several more.





Saddle Hill Ranch

Presentation

Saddle Hill Ranch (SHR) is a luxurious yet simple holiday resort in Cameroon, with beautiful and natural geographic features, strikingly shaped rocks with unique disperses on hills; local and unique tree species growing out of big rocks, and meandering streams.

At visitors' disposal are standard and superior accomodation, a jacuzzi, a pool and pool deck, and panoramic restaurant.



Activities

The Ranch is full of beautiful and rare bird and lizard species that are a delight to nature enthusiasts. Activities involve Camping, Hiking, quad biking, mountain biking, horse riding or rocks climbing.

Guided tours are available at the following destinations:

- Bafut Palace (~10 mins from SHR): Rich in history, culture and tradition
- Lake Nyos (~60 mins from SHR): a beautiful crater lake bearing a scientific research center established for preventing the build-up of dissolved gases
- Bamessing Handicraft Centre (~60mins from SHR): Watch local craftsmen at work fabricating pottery and wood work
- Menchum River and Menchum Falls (~40 mins from SHR).
- Mbengwi Monastery (~30mins from SHR).



<http://www.saddlehillranch.com>



ACCOMMODATION



Hilton Hotel ★★★★★



Eleven minutes by car (5.3km) to the Conference Center

Room categories:

- Guest rooms (king deluxe room, king guest room, queen guest room, twin guest room)
- Suites
- Executive Rooms



Additional amenities include air conditioning, on-site casino, bar / lounge, 3 restaurants, free wifi and bar / grill next to an outdoor pool. It also has a tennis court and a gym.



www.hiltonhotels.com/Hilton/Yaoundé



Mont Febe Hotel ★★★★★

Nine minutes by car (4 km) to the Conference Center

Room categories:

- Standard Rooms
- Executive Rooms
- Junior Suites
- Senior Suites



Additional amenities include air conditioning, 3 restaurants, free wifi, outdoor swimming pool, 2 tennis courts, an 18 holes golf course, business center, automated cash dispenser, bar/lounge and nightclub





La Falaise Hotel ★★★★★

Ten minutes by car (4.6 km) to the Conference Center

Room categories:

- Standard Rooms
- Executive Rooms
- Junior Suites
- Senior Suites



Additional amenities include air conditioning, a restaurant, a tea room, free wifi, an outdoor swimming pool, a fitness club, automated cash dispenser, a bar/lounge, a business center and a hairdressing and beauty salon.





Franco Hotel ★★★★★

Eleven minutes (4.6 km) by car to the Conference Center

Room categories:

- Suites
- Double rooms
- Standard double rooms



Additional amenities include a restaurant/ bar, air conditioning, free wifi and an outdoor swimming pool.





DJEUGA Palace ★★ ★★

Ten minutes by car (4.6 km) to the Conference Center

Room categories :

- Standard Rooms
- Executive Rooms
- Junior Suites
- Senior Suites



Additional amenities include a restaurant, free wifi, an outdoor swimming pool, a fitness club, automated cash dispenser, a bar/lounge, a casino and a nightclub.



www.djeuga.com/dp-home.php



Mont Mandara Hotel ★★

Two minutes (650 m) by car to the Conference Center

Room categories:

- Suite
- Executive rooms
- Standard Double rooms



Additional amenities include air conditioning, a snack bar, a restaurant, free wifi.



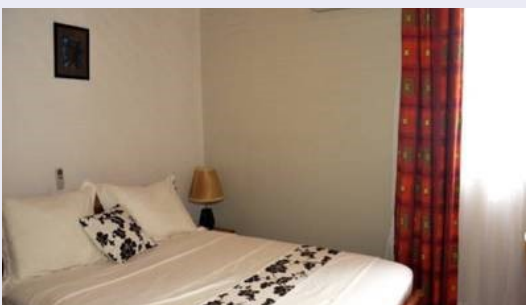


Congress Hotel ★★ ★

Five minutes (2.4 km) by car to the Conference Center

Room categories:

- Comfort Rooms
- Executive Rooms
- Luxury rooms
- Junior Suites



Additional amenities include air conditioning, a restaurant, a tea room, free wifi, an outdoor swimming pool, a fitness club, automated cash dispenser, a bar/lounge, a business center and a hairdressing and beauty salon.



Merina Hotel ★★☆☆

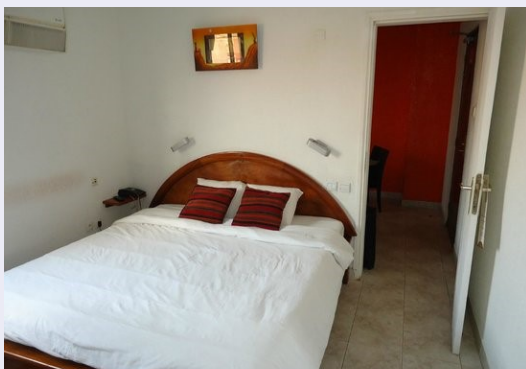
Thirteen minutes (5.7 km) by car to the Conference Center

Room categories:

- Luxurious two bedrooms apartments
- Standard single rooms
- Standard double rooms



Additional amenities include air conditioning, a restaurant, a snack bar, an outdoor swimming pool, satellite television and free wifi.



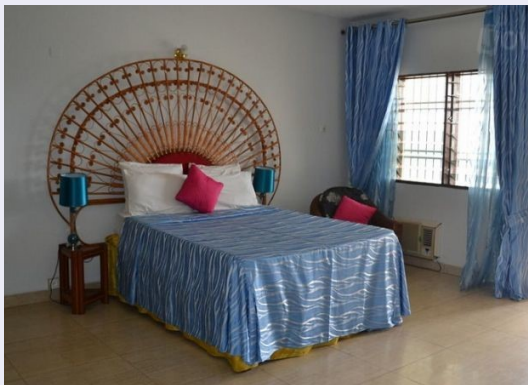


Azur Hotel ★★

Five minutes (2. km) by car to the Conference Center

Room categories:

- Suites
- Senior double rooms
- Senior single rooms
- Single standard rooms



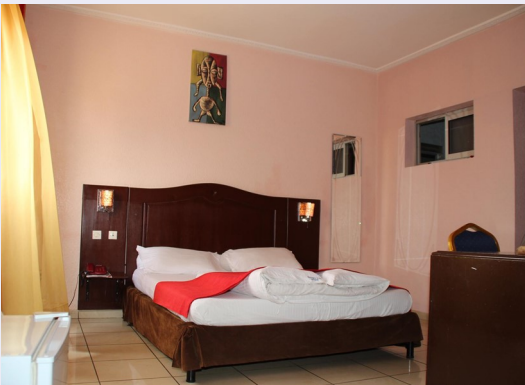
Additional amenities include a restaurant, free wifi, air conditioning and a snack-bar.

Tou'ngou Hotel ★★

Eleven minutes (4.3 km) by car to the Conference Center

Room categories:

- Suites
- Standard single rooms
- apartments



Additional amenities include air conditioning, a bar restaurant, free wifi.





Le Diplomate Hotel ★★

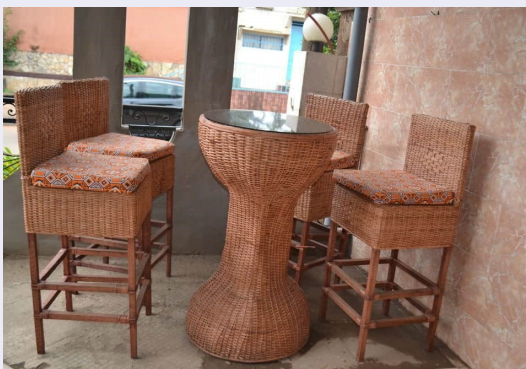
• Three minutes (1.4 km) by car to the Conference Center

Room categories:

- Suites
- Junior Suite
- Standard double rooms



Additional amenities include air conditioning, a restaurant, free wifi.





Mansel Hotel ★★

Seventeen minutes (7.4 km) by car to the Conference Center

Room categories:

- Suites
- Standard single rooms
- Standard double rooms



Additional amenities include air conditioning, a restaurant, a snack bar and free wifi.



www.hotelmansel.com



Hotel Jouvence 2000 ★★

Eighteen minutes (6.6 km) by car to the Conference Center

Room categories:

- Suites
- Standard single rooms
- Standard double rooms



Additional amenities include air conditioning, a restaurant, a snack bar, a nightclub and free wifi.





Meumi Hotel ★★

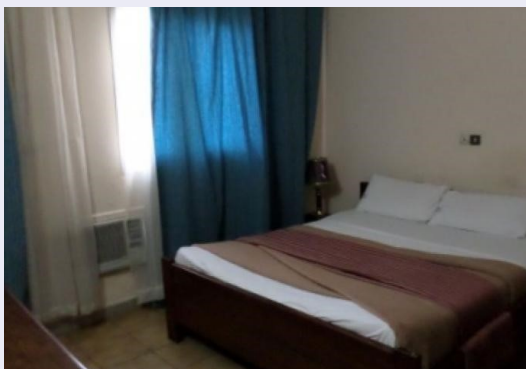
Eleven minutes (4.8 km) by car to the Conference Center

Room categories:

- Appartements
- Suites
- Luxury rooms
- Standard single rooms
- Standard double rooms



Additional amenities include air conditioning, a restaurant, a snack bar, a shop, a hairdressing and beauty salon and free wifi.





Meumi Palace ★★



Ten minutes (3.1 km) by car to the Conference Center

Room categories:

- Appartements
- Suites
- Luxury rooms
- Standard single rooms
- Standard double rooms



Additional amenities include air conditioning, a restaurant, a snack bar, a shop, a hairdressing and beauty salon and free wifi.

