

Travel guide

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worldwide, at **www.d.holiday**



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Get ready to dream

After nearly three years, people across the world are re-discovering the joy of travel.

Whether visiting loved ones, connecting with overseas colleagues, planning that dream vacation, or simply enjoying a “staycation”, we are all embracing our freedom of mobility once more. And here at Diaverum, our d.HOLIDAY team has been busy ensuring that CKD patients and their loved ones are given the equal opportunity to experience everything that travel has to offer, empowering you to live the fulfilling lives you deserve.

In this second edition of our d.HOLIDAY Travel Guide, we are delighted to introduce you to our newest destinations, that together with our classic favourites, means over 335 Diaverum clinics in 23 countries worldwide are ready to welcome you.

As always, we are not only here to inspire, but also to support the many practicalities CKD patients need to accommodate before and during their travels – which is why earlier in May 2022, we launched our d.HOLIDAY digital booking platform, to help make the dialysis holiday booking process simpler, quicker and easier. Our Holiday Dialysis Coordinators remain on hand to guide you through the process and ensure your needs are taken care of. Working with us to tailor a travel itinerary to suit your needs, you can plot out your travels, with the confidence that continuity of your care is ensured.

Regardless of whether or not you normally receive care from Diaverum, we invite you to explore our Travel Guide, get inspired and most importantly – get planning! We will be with you, on every step of your journey.

We look forward to welcoming you in one of our clinics in the near future.

Michaela Blomstrand
Global Director Patient Experience
and Community Affairs



What positive impact has travelling brought to your life as a kidney patient?



Daniel Gallego,
President, EKPf, and dialysis
patient since 1995

For many people, there is no better feeling than to travel and to get in touch with the world. Not only do you discover other ways of understanding life, facing daily challenges, engaging and living, you also learn a lot about yourself. From my travels, I have been able to get to know other cultures and enjoy unique, authentic experiences. Through travel, I have met many different people, many of whom are still very important to me; all of this while discovering other cuisines, forms of art, architecture and interesting places.

Over the years, I have learned that my disease does not define me. The only time I feel like a kidney patient is during haemodialysis sessions. When I finish my treatment, I am just like everyone else... someone with dreams, hobbies and aspirations. I aim to live a fulfilling life, as any healthy person would. I try to be active, both physically and mentally, to be on the move and go places.

It's true that people like me depend on a machine to survive, but this machine is available all over the world

More than anything, I value my independence and being able to realise my dreams, like travel, and discovering other cultures.

It's true that people like me depend on a machine to survive, but this machine is available all over the world.

At EKPf (European Kidney Patients' Federation), we promote and encourage the mobility of people with kidney disease across the globe, even those who are dependent on haemodialysis.

Holiday dialysis programmes should allow kidney patients free movement to travel; as EKPf President, I hope this Travel Guide will show you how this is possible.

The goal is to reach the horizon, which is full of new experiences.

Personally, I believe experience, such as travel, to be much more important than possessions.

Travelling has taught me to enjoy every moment and to always search for new goals. Despite living with kidney failure, I always try to find the best new destinations on every possible occasion: whether it be a few days of rest, an adventure or a big city tour. All such moments allow you to disconnect and take a break from an exhausting routine, and to remind you that life can offer many wonderful opportunities.

Spain

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Spain has been made the rich and varied country it is today by the contribution of several cultures and civilisations. Get to know its customs, gastronomy and endless sandy beaches. All of this will keep you coming back, to enjoy the country again and again.



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Costa del Sol

The Costa del Sol is one of the most popular tourist destinations in the world. With a wide range of facilities and attractions, there is something for everyone, of all tastes, ages and nationalities, to enjoy.

Miles of sandy beaches, fantastic year-round warmth and modern facilities keep tourists flocking back year after year to Torremolinos, Benalmádena, Fuengirola, Marbella and Estepona and, on the east side of Málaga, to Rincón de la Victoria, Torre del Mar and Vélez-Málaga. This area combines beautiful coastlines, with white-washed villages and some of the most spectacular inland scenery of the region.

The cuisine of the Costa del Sol is equally memorable, due to its diversity and character. Being by the Mediterranean Sea, you can expect to savour fish freshly caught that day, combined with fresh ingredients from the “campo” (countryside).

★ **Don't miss:**

- **Larios Street;**
- **Plaza de la Merced;**
- **Teatro Romano;**
- **Málaga Cathedral;**
- **Chinitas Passage;**
- **Seaport;**
- **Picasso and Thyssen Museums;**
- **Castillo de Gibralfaro**, built to house troops and protect the Alcazaba, it is of the most visited monuments in Málaga;
- Take the number 35 bus from the **Paseo del Parque** and, from the castle, enjoy breathtaking views of the city and **Málaga Bay**.

📍 **Name of clinic:** Diaverum Torremolinos

Date opened: 1978

Number of dialysis stations: 30

Free TV: yes

Free Wi-Fi: yes

Free transfer (to and from clinic): no

Food and drink provided: yes

📍 **Name of clinic:** Diaverum Axarquía

Date opened: 1998

Number of dialysis stations: 30

Free TV: yes

Free Wi-Fi: yes

Free transfer (to and from clinic): no

Food and drink provided: yes



Name of clinic: Diaverum Palma
Date opened: 2017
Number of dialysis stations: 22
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Balearic Islands

The Balearic Islands are an archipelago set like jewels in the Mediterranean Sea, just off the Spanish mainland.

The landscape is varied and beautiful; from stunning mountains to sandy beaches that run alongside by calm, crystalline waters. Blessed with a year-round, mild climate, the Islands are home to many sites of great historical and cultural interest. Alongside its delightful people, interesting customs and gastronomy, several of the islands, including the largest, Mallorca, offer world-class-tourism.

★ Don't miss:

The capital of Mallorca (the largest of the Islands), Palma, is a must. Some of its many highlights include:

- **Plaza Mayor** and its popular shopping streets are a great spot for sampling local specialties and picking up souvenirs;
- **Juan March Foundation Museum**, installed in a beautiful building complete with a traditional Mallorcan courtyard;
- **Bellver Castle**, where you can enjoy the best sunsets in Spain, overlooking the **Bay of Palma**;
- **Illetes** – a small, upmarket resort to the west of Palma;
- **Portals Nous** – a pretty resort with a yacht marina, good choice of restaurants, bars and a marvellous sandy beach;
- **Paquera** – a small town with a magnificent beach, sheltered bay and very good selection of shops, bars and restaurants.

- **The Royal Palace of l'Almudaina** and the **Cathedral of Mallorca**;



Name of clinic: Diaverum Inca
Date opened: 2017
Number of dialysis stations: 15
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Country Spain

Destination Costa Blanca

Area Alicante and Valencia

Costa Blanca

The Costa Blanca, (White Coast), is one of Spain's most popular tourist destinations, extending 200 km along the **Mediterranean Coast**. From Benidorm, the wildly popular seaside resort, to the bustling, cosmopolitan city of Alicante, there is a resort to suit every taste. If you prefer a more peaceful setting, the area is decorated with elegant villas, orchards and almond groves. This area is sometimes called the California of Europe, reflecting the large number of people who have moved here from other countries to enjoy the Costa Blanca's fantastic climate and holiday feel, all year round.



Name of clinic: Diaverum Alicante
Date opened: 2019
Number of dialysis stations: 30
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Name of clinic: Diaverum Gandía
Date opened: 2018
Number of dialysis stations: 30
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes



★ Don't miss:



- **Island of Tabarca** – home to a picturesque little town of whitewashed houses and historical churches, this is a must-visit destination;
- **Castillo de Santa Bárbara** – built sometime around the 9th century and immaculately preserved;
- **El Barrio** – or the Old Town, the historical heart of Alicante. Known for its winding cobbled streets and apartments adorned with flowers;
- **La Explanada de España** – Alicante's main and most beautiful promenade, made of 6.6 million red, cream and black tiles;
- Overflowing with botanical life, waterfalls and the many palm trees from where it gets its name, **Parque el Palmeral** is a little slice of Eden just outside Alicante city centre.



- **The Collegiate Basilica of Santa Maria of Gandía**, also known as La Seu, is the principal church of the city, built in the 14th century;
- **The Ducal Palace of Gandía** – from the 14th century, this is the residence of the Royal Dukes of Gandía, and from 1485, the Borja family where Saint Francis Borja was born;
- **Convent of Santa Clara**;
- **The Monastery of Sant Jeroni de Cotalba**;
- **Beaches of Gandía** – are high quality, and several have been awarded certificates including the famous Blue Flag: **Playa Norte, Playa de l'Ahuir, Playa de Venecia, Playa Rafalcaid**;
- Being one of the largest cities around, **Gandía**, about 100 km from Alicante, attracts many tourists for shopping, but it is also an interesting place for sightseeing.

Country Spain

Destination Costa Blanca

Area Alicante and València

València

València faces the Balearic Islands and is equidistant from the country's two major epicentres, Madrid and Barcelona.

The beaches in València, situated to the north of the port, are of very high-quality. They provide excellent facilities and water sports equipment is available to hire.

Valencian paella, made with rice, chicken, rabbit and vegetables, is the typical local dish.

The region's wine production is notable and the Valencian landscape has over 75,000 hectares of vineyards. The province of València has an enviably mild climate, which makes it a year-round destination.

★ **Don't miss:**

- **The City of Arts and Sciences;**
- **L'Oceanogràfic** – the star of the City of the Arts and Sciences, this oceanarium opened in 2003. With 45,000 individual animals from 500 different species, you won't find another attraction of this scale in Europe;
- **La Lonja de la Seda** – a majestic late 15th century building, that has been designated a UNESCO World Heritage site as a masterpiece of Valencian Gothic architecture;
- **Valencia Cathedral** – Gothic cathedral dating to the 13th and 14th centuries;
- **Historic Centre** – all of the must-see sights in this part of the city are just a couple of minutes away from each other;
- **Barrio del Carmen** – located in the north east side of the Old Town it is the youngest and most bohemian part of the city;
- **Turia Garden** – this park brings you fresh air and relaxation right in the middle of the city;
- **Playa de la Malvarrosa** – awarded the Blue Flag for all the amenities it provides.



Costa del Maresme and Barcelona

The Costa del Maresme in Catalonia, runs all the way from Barcelona to Blanes, almost 50 km in total. Along the coast, you will find a large number of resorts as well as many different sights and attractions. Costa Maresme is also a famous wine-growing region, with plenty of vineyards dotted around the area.

Catalonia is known for its fine beaches and old, cobbled villages. Some locations like **Barcelona**, the capital of Catalonia and Spain's second largest city is very busy and hectic with a great city vibe. It offers the best of both worlds, perfect for those wishing to combine a city break with time by the beach.

It is famous for ground-breaking art, architecture and avant-garde chefs. Think Picasso, think Gaudi, think Ferran Adrià, each pushing the boundaries in their field.

Barcelona has an impressive and proud history, dating back to its Roman

origins; its rich cultural and artistic heritage easily combines with its avant-garde side.

The cuisine of Barcelona is a dynamic mix of traditional and modern experimental dishes, with influences from many different cultures that have lived in the city over the centuries: Italian, French, Greek, Provençal, Arab and Jewish. Gastronomy has become one of the key influences on the Catalan economy over the past few years, with some of the world's best restaurants and top chefs, such as Ferran Adrià, Fermí Puig, Carles Gaig and Carme Ruscalleda.

In keeping with its geographical diversity, the province of Barcelona has numerous climates and microclimates. In general, the area enjoys a mild, temperate and Mediterranean type climate, characterised by hot, dry summers and mild winters.



Name of clinic: Diaverum IHB

Date opened: 2000

Number of dialysis stations: 44

Free TV: yes

Free Wi-Fi: yes

Free transfer (to and from clinic): no

Food and drink provided: yes

Name of clinic: Diaverum Maresme

Date opened: 2012

Number of dialysis stations: 30

Free TV: yes

Free Wi-Fi: yes

Free transfer (to and from clinic): no

Food and drink provided: yes

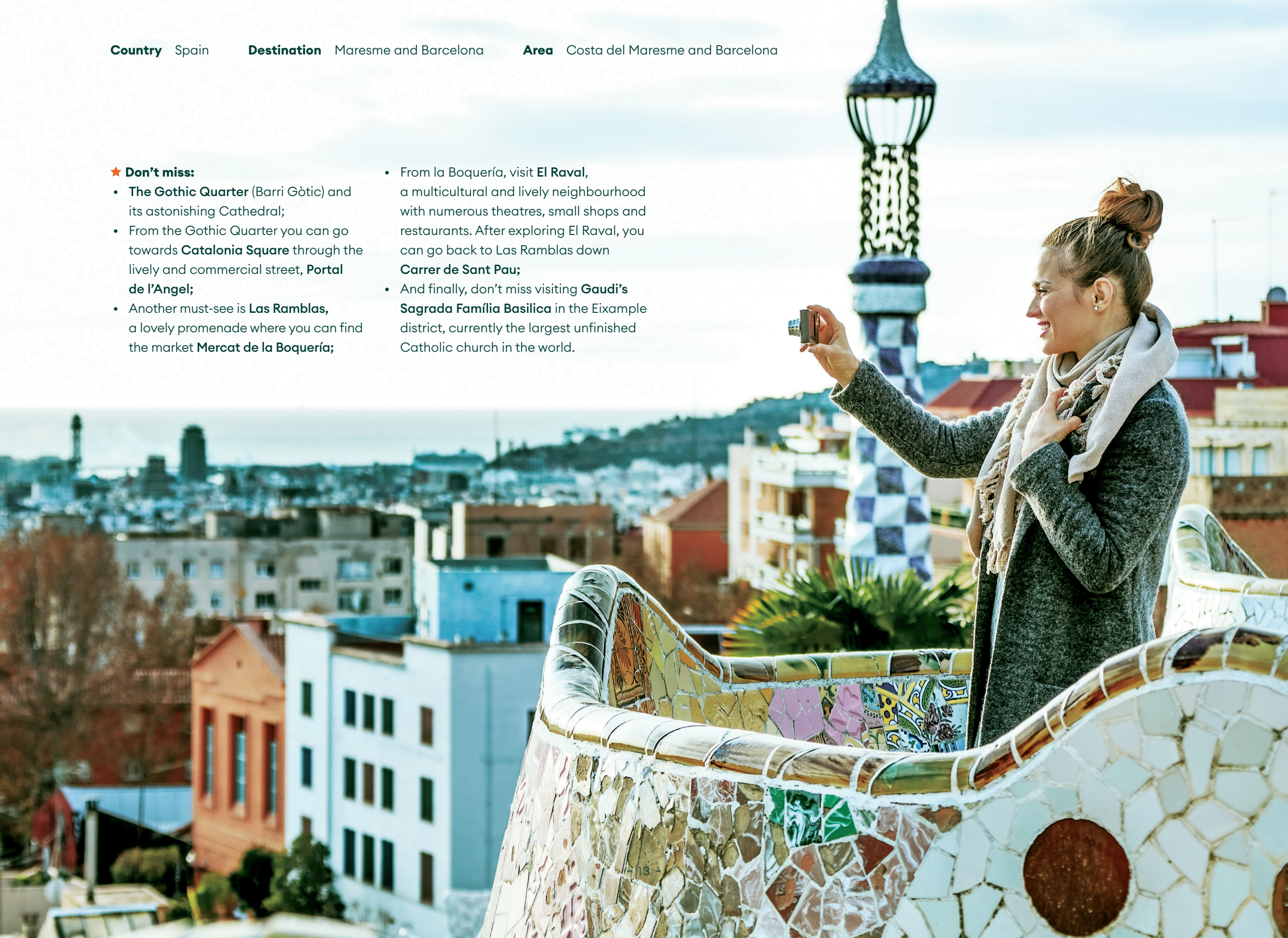
Country Spain

Destination Maresme and Barcelona

Area Costa del Maresme and Barcelona

★ **Don't miss:**

- **The Gothic Quarter** (Barri Gòtic) and its astonishing Cathedral;
- From the Gothic Quarter you can go towards **Catalonia Square** through the lively and commercial street, **Portal de l'Angel**;
- Another must-see is **Las Ramblas**, a lovely promenade where you can find the market **Mercat de la Boquería**;
- From la Boquería, visit **El Raval**, a multicultural and lively neighbourhood with numerous theatres, small shops and restaurants. After exploring El Raval, you can go back to Las Ramblas down **Carrer de Sant Pau**;
- And finally, don't miss visiting **Gaudi's Sagrada Família Basilica** in the Eixample district, currently the largest unfinished Catholic church in the world.



Meet our d.HOLIDAY Coordinator



Paulina Walkowiak,
d.HOLIDAY
Coordinator

Paulina Walkowiak has worked for Diaverum since 2006. As our Country Holiday Dialysis Coordinator for Spain, she is responsible for the d.HOLIDAY programme and has been instrumental in solidifying the country's position as one of our most in-demand holiday destinations.

Paulina is primarily based from our Torremolinos clinic, from where we began offering holiday dialysis destinations in 1978. She lives in Málaga.

Hi Paulina! First question – can you give us a quick introduction to Spain's d.HOLIDAY programme?

The d.HOLIDAY programme is deeply rooted in Diaverum Spain's work, since we began offering holiday dialysis treatments here more than 40 years ago. Over time, the programme has grown from strength to strength – and with 47 Diaverum clinics dotted across some of the most popular destinations Spain has to offer, dialysis patients have many locations to choose from.

Our main destination is, of course, Costa del Sol, with its nice beaches, sunshine, good food and wealth of activities. It's also a destination many choose for its cultural riches, particularly since Málaga is the birthplace of Picasso. Majorca is also very popular, where one can enjoy unforgettable beaches, monuments, charming towns and a local gastronomy rich in flavour and variety. Barcelona is a favourite – our clinic there, Maresme, is the most visited one in the region, thanks to its proximity to the city,

where one can enjoy Barcelona's cultural heritage, gastronomical scene and activities.

What role does d.HOLIDAY play for patients who want to travel and how does that relate to your role as Holiday Dialysis Coordinator?

The efforts of the entire d.HOLIDAY team are focused on improving the experience of renal patients coming to our clinics during their holidays, regardless of whether or not they are Diaverum patients in their country of origin.

Much of our work focuses on empowering CKD patients through continuity of care while they travel, whether they are coming from abroad, or from another clinic within Spain. We spend a lot of time ensuring they have access to the right tools and information that will enable them to travel with safety, and with the confidence that all arrangements necessary to ensure their access to life-preserving renal care have been taken care of.

We also help patients get the most out of their trips through our Local Tourist Guide for kidney patients. This guide combines travel information with practical advice tailored to CKD patients and their loved ones.

Underpinning all of this work, is our team's dedication to ensuring that each and every one of our visiting patients and their travel partners, feels supported by the True care culture that lies at the core of our organisation, in every possible way, during their visit – and encourage them to come back to us again next year!

What do you think is the major impact d.HOLIDAY has on a patient?

Living with a chronic disease is far from easy and over the long-term, can make for a stressful situation, not only for the patient but also their loved ones. Offering them respite from this routine, without compromising on the access and quality of treatment makes the d.HOLIDAY programme truly rewarding to be a part of.

I can think of no better way to sum this up, than to share an excerpt from a recent letter we received from one of our visitors, from the UK: “Thank you for accommodating me at your centre in Cartaya – there is so much to praise. Everyone was polite and caring and I was also very impressed by the way the clinic is organised – it’s an example for all dialysis clinics to follow”.

Ensuring our patients feel comfortable, secure and empowered to live out their dreams of travel is the reason we run this programme. Feedback like this is the reason we do this work and what inspires us to continue and find ways of doing better, each time.

What are the 3 main tips you would give a dialysis patient that is planning on travel?

Regardless of where you are headed to, the basic rules always apply. First, talk to your local d.HOLIDAY representative before travelling! They will assist you with the reservation process and provide you with your final confirmation letter for dialysis treatment at destination before your departure. Furthermore, you must always consult with your healthcare team before planning any trip. Make sure you voice any questions or concerns before departure, and follow their advice at all



times. And, above all – do not be afraid to travel, and ensure you enjoy all the benefits that a few days of well-deserved rest can offer.

One last question – could you share some insider recommendations of places to go/see/eat when visiting Spain?

This is a question that can take up an article in itself!

Spain is a part of the world that everyone should take the time to discover and enjoy. Whatever type of trip you want to have – its cultural riches,

abundance of beaches, good food, activities and more, have you covered.

If I had to recommend one location in particular, it would have to be my town Málaga, known for being the birthplace of Pablo Picasso, to whom two spaces have been dedicated in the old town: “Casa Natal de Picasso”, which houses the foundation of the same name and the Málaga Picasso Museum, one of the most important spaces dedicated to the artist.

Málaga’s famous cuisine is a melting pot of influences from across the Mediterranean, such as “pescado

a la sal” or salted fish (with Phoenician and Roman origins), and Arabic pastries made with honey and dried fruits. You can find many excellent beach bars and restaurants along the city’s coastline, where you can sample traditional Malagenean cuisine, where star dishes include “pescaito frito” (fried fish) and “espetos” (sardine skewers).

If you have time and means of transportation, you cannot miss visiting Caminito del Rey, the Caves of Nerja, Ronda or the Alhambra (Granada).

Italy

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- 18 Copertino
- 19 Rome
- 20 Catania
- 21 Marsala

The land of art, good food and sunshine, Italy has something to offer everyone, from the sea to the mountains, from cities full of incredible art to unspoilt countryside. Nestled within the capital city of Rome, is the autonomous city state of the Vatican. Other major cities include Florence, famous for Michelangelo's "David", and Venice, with its romantic network of canals. Whether you are seeking art galleries and excellent cuisine, or a tranquil escape – you will not be disappointed.



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Country Italy

Destination Bari

Bari

Bari, a typical maritime and market city, is the capital of the Apulia region and the second biggest city in the south of Italy.

The port has a beautiful seafront and the wonderful ancient area of “Bari Vecchia”, where you can walk among narrow, stone-lined streets decorated with fading pastels and white, wrought-iron balconies and, of course, those beautiful shuttered windows.

★ **Don't miss:**

- **The Basilica of San Nicola**, in the heart of the old city of Bari, is one of the most significant examples of Apulian Romanesque architecture;
- **The Petruzzelli Theatre** is the largest theatre in Bari and the fourth largest in Italy, in the heart of the Apulian capital;
- **Polignano a Mare** – a medieval village, perched on the high and jagged coast, retains its original charm, with a succession of alleyways and typical white houses and loggias overlooking the sea. On the elegant promenade, the statue of Domenico Modugno, one of Italy's most famous singers known as “Mister Volare”, embraces the old city.

📍 **Name of clinic:** Diaverum Bari
Date opened: 1998
Number of dialysis stations: 23
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes



Copertino

Rich in history and tradition, **Copertino** enchants all those who are lucky to visit, with its villages, parties, cuisine, beaches and entertainment. A former fiefdom of various foreign families, including the Enghien, the town has one of the best-preserved castles in Salento, built by the Castriota. The city is also home to the famous Basilica Madonna della Neve.

★ **Don't miss:**

- **Lecce** – capital of the eponymous province and cultural hub of Salento, Lecce is one of the most beautiful cities in Southern Italy. Known as “the Florence of the South,” Lecce will

amaze and fascinate its visitors. Its ancient Messapian origins and archaeological Roman remains mix with the richness of 17th century Baroque churches and palaces in the city centre;

- **Gallipoli** – also known as Città Bella (the Beautiful City), Gallipoli is a seaside city lying like a mirage on the Ionian Coast;
- **The Grotta della Poesia in Roca**, between San Foca and Torre dell'Orso, is an area characterised by cliffs and small, inviting inlets. Considered one of the most beautiful natural pools in Italy, this cave is full of charm and mystery.

📍 **Name of clinic:** Diaverum Copertino
Date opened: 1996
Number of dialysis stations: 22
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes



Rome, the capital of Italy, is considered one of the most beautiful cities in the world. Its unparalleled history, the Holy See (the Vatican) and the Basilica of San Paolo Fuori le Mura are among the 55 Italian sites included by UNESCO in the World Heritage List. Stroll through the city and discover ancient icons such as the Colosseum, Pantheon, St Peter's Basilica, medieval piazzas, Byzantine mosaics, a passion for good cuisine and a vibrant Roman experience.

★ **Don't miss:**

- **Il Colosseo** – the Flavian Amphitheatre, more commonly known as the Colosseum, rises in the archaeological heart of the city of

Rome and welcomes a large number of visitors every day attracted by its history and complex architecture. It is perhaps the most symbolic structure of Italy;

- **Piazza di Spagna** is in one of the most interesting areas of Rome: Via dei Condotti (a famous shopping street), Via Frattina and Via del Babuino (a street with 17th and 18th century buildings) are just some of those worth seeing surrounding the square;
- **Piazza San Pietro** – the most important square in Christianity. Much of its architectural charm is due to the intervention of Italian sculptor and architect Gian Lorenzo Bernini, who created the large 240 m



wide ellipse surrounded by the splendid four-row colonnade consisting of 284 columns and 88 pillars;

- **Fontana di Trevi** – one of the symbols of Rome, and the largest Baroque fountain in the city. Anyone visiting must see this beautiful monument.

📍 **Name of clinic:** Diaverum Rome
Date opened: 2002
Number of dialysis stations: 24
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes

Catania



An ancient port on the island of Sicily, **Catania** sits below Mount Etna, one of the tallest active volcanoes in Europe, and the tallest peak in Italy south of the Alps. Overlooking the Ionian Sea, Catania is a splendid city of art, a jewel of Sicilian Baroque, together with the other eight towns of the Val di Noto.

★ **Don't miss:**

- **Via Etnea in Catania**, the most important street in the historic city centre, called because it faces the direction of Mount Etna. It stretches uphill for more than 2.5 km, following a straight path from Piazza Duomo towards the volcano;
- **Acireale** – in the province of Catania, Acireale is a picturesque and panoramic town at the foot of Mount Etna, nestled on lava soil, in the midst of extensive citrus groves. Rich in history, Acireale has wonderful Baroque monuments, a lively shopping centre and is also a spa station;
- **Mount Etna** – a 3,329 metres high active volcano offering a scenic train ride, two ski areas and a cable car to the crater;
- **Syracuse** – a city on the Ionian coast of Sicily, known for its historic ruins. The central Archaeological Park of Neapolis encloses the Roman amphitheatre, the Greek Theatre and the Ear of Dionysus, named as such by the painter Michelangelo da Caravaggio, thanks to its ear-like shape. It is also said that people's voices can echo up to 16 times there;
- **Taormina** – with its medieval village appearance, ancient Greek soul, and colours & scents of Mediterranean vegetation, Taormina is one of the most beautiful places to visit in the world. What's more, the climate of Sicily makes it an ideal destination at any time of the year.

📍 **Name of clinic:** Catania Dial
Date opened: 1997
Number of dialysis stations: 16
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes

Marsala



On the extreme west of Sicily, **Marsala** is famous for the “Expedition of the Thousand”, an event of the Italian Risorgimento that took place in 1860 and was led by General Giuseppe Garibaldi. Known as the city of wine, Marsala offers easy access to the Phoenician island of Mozia.

★ **Don't miss:**

- **Erice** – perched on top of the mountain of the same name, the medieval village of Erice, at 750 metres, Erice enjoys an exceptional panoramic view over the Gulf of Trapani, the Egadi Islands on one side

and the Valderice Valley on the other. Small and authentic, Erice is a maze of cobbled streets that flow between churches, squares and ancient courtyards;

- **Trapani and Egadi islands** – Trapani, with its sickle shape, enjoys an enviable geographical position between two seas. It lies at the foot of Mount Erice, near Selinunte, facing the splendid Egadi Islands and the famous Saline. Over the years, the city has developed a thriving economy linked to the extraction and trade of salt, bluefin tuna fish and the export of marble. The cultural hub of the entire

province, Trapani houses one of the oldest gymnasiums in Sicily, libraries and a large number of interesting museums;

- **Archaeological Park of Selinunte** – the largest archaeological area in Europe, the Selinunte Park has myth, legend, history, culture and more. A treasure trove from thousands of years ago, yet still so alive, its 270 hectares tell the story of one of the most flourishing classical civilisations of the Mediterranean. Its rich yet still unfolding history attracts not only tourists and the curious, but researchers and scholars from across the world.

📍 **Name of clinic:** Diaverum Marsala
Date opened: 1979
Number of dialysis stations: 15
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes

Nutritional advice for your journey



Vítor Sá Martins,
Nutrition Manager,
Diaverum Portugal

In most cases, as long as you are careful to consult with your healthcare team and follow their nutritional recommendations, and make any necessary adjustments to meals, you will be able to enjoy and share new food experiences with your fellow travellers

When we go on holiday, we relax our daily routine, and we may well eat most of our meals in cafés or restaurants. And, of course, an important part of travelling is enjoying and tasting local cuisine and exploring new gastronomic traditions.

In most cases, as long as you are careful to consult with your healthcare team and follow their nutritional recommendations, and make any necessary adjustments to meals, you will be able to enjoy and share new food experiences with your fellow travellers.

We have gathered some tips here to help you plan ahead:

- **keep to your normal eating schedule and do not skip meals:** eating regular meals will help you maintain your normal metabolism, make the best food choices and choose the right portion sizes. With a new routine on holiday, it is easy to skip a meal, and when hungry it can be hard to control what you eat and you may thus make food choices that are not right for you;
- **do your homework before travelling:** find out about local, typical dishes

and food traditions at your destination. You can then assess in advance which foods are best for your clinical situation, enabling you to make the right decisions about what to eat. And before you go, you can always ask for help and advice from your home clinic team;

- **do not be afraid to ask questions in restaurants:** most restaurants will be delighted to advise you if you explain your situation to them. Why not have a chat with the waiter about how the dish is cooked, any detail you need about ingredients and information about portion sizes, salt content etc. They will usually be very happy to adapt dishes to suit your needs, if they understand what these are, such as not adding salt, omitting certain ingredients or adjusting portion sizes;
- **remember your usual rules:** in the thrill of travelling, it is easy to be more relaxed about our routines. That is part of the fun, but for your safety, it is important not to forget everything!

As a renal patient, you might need to control thirst and avoid drinking too much and becoming overloaded with fluid. You can make this easier by controlling your salt intake and not eating too much spicy food. Controlling your body temperature is also important for fluid balance – avoid hot places and excessive sun exposure, but remember too that very dry places and air conditioning may make you thirsty:

- **keep your mouth clean, as good oral hygiene will make you less thirsty.** And remember which foods with high phosphate and potassium content are not recommended by your clinical team, and avoid these during your trip;
- **go to local markets and shops:** these can be very interesting places to learn about local culture and food choices, and also good places to choose and buy the right snacks for your journey;
- **stay active...** even when on holiday, a good walk or other exercise is an important part of feeling good and staying healthy.

Classic Burger with your twist

This is a simple classic meal on the go, and when prepared by us, it can be a healthy choice!

- 120 g hamburger
- 1 medium-sized hamburger bun
- 1 lettuce leaf
- 5-6 arugula leafs (10 g)
- 1 thin tomato slice (30 g)
- 1 tsp spoon balsamic vinegar (4 g)
- 1 tsp spoon honey (4 g)
- 1 tsp spoon mustard (4 g)

Preparation:

1. Instead of a processed frozen hamburger, choose the meat you like the most, and ask for your butcher to prepare this fresh – this will ensure your meat is without additives. You can also try tuna burger!
2. Grill the hamburger, and then prepare the burger as you wish: we suggest to add the honey and mustard directly to the hamburger and the balsamic vinegar on the arugula leaves.
3. If want small bites, what about instead of one big burger, 2 small burgers, prepared with the same ingredients?

Nutritional composition per serving size:

493 kcal, 27 g protein, 53 g carbohydrates, 21 g fat, 551 mg potassium and 286 mg phosphate.



Fruit Kebabs

Instead of the traditional whole fruit pieces or slices, why not to try a fruit kebab? It is easier to eat, and the whole taste can be very different with the fruit that you choose.

Ingredients:

- 2 small kebab wooden sticks
- medium-sized strawberries
- 2 medium-sized grapes
- 2 small apple cubes
- 2 small pear cubes
- 4 cranberries
- 4 fresh mint leafs
- fresh lemon juice

Preparation:

1. Prepare the fruits in the kebab stick in the sequence you prefer.
2. We suggest to put the fresh mint leafs between each piece of fruit, and the cranberries at the top.
3. After it is prepared, sprinkle the kebabs with some lemon juice to keep the fruit fresh and vibrant.



Portugal

25 Lisbon
26 Cascais
27 Aveiro
27 Porto

A unique country with a powerful maritime heritage, Portugal's location beside the Atlantic Ocean influences much of its culture. The beaches of the Algarve are very popular with holidaymakers, while its hilly, coastal capital, Lisbon, is well known for its ornate architecture, traditional Fado music, fantastic cuisine and affectionate people, who are always happy and willing to welcome visitors.



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Lisbon

Lisbon is the stunning capital city of Portugal and one of the most charismatic & vibrant cities of Europe. Known as the City of Seven Hills (a Cidade das Sete Colinas), it is built on the edges of Rio Tejo. Over 4.5 millions visitors flock to the city every year to explore its historic ruins, winding old town and sample the famous Portuguese pastry, pastel de nata.

★ **Don't miss:**

- **Belém Tower** – this tower was used to defend the city. Years later, it was transformed into a lighthouse and customs house. Its floors lead to a roof terrace, each storey connected by a small and narrow spiral staircase;
- **Jerónimos Monastery** – listed as a National Monument, its elaborate carvings showcase the wealth that the age of exploration brought to the Portuguese Empire, that spanned almost six centuries and is one of the longest-lived empires in European history;
- **Bairro Alto and Chiado** – Chiado is an elegant and bohemian neighbourhood full of famous cafés, theatres and museums. Bairro Alto (or Upper District), is often the starting point for an evening out in this lively city, with many bars and restaurants to choose from.



Name of clinic: Diaverum Saldanha
Date opened: 2017
Number of dialysis stations: 48
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Cascais

Possessing a rich natural heritage, where the blue of the ocean, present in its magnificent beaches, joins with the splendid green of the mountains, **Cascais** is an old fishing town, which does justice to its origins, serving the fish and seafood that many consider the best in the world and which can be tasted in splendid outdoor terraces.

It has a natural charm that invites you to walk through its historic streets, where the Portuguese royal family spent their summer holidays for many years. Be enchanted by this beautiful village and if you are a golf fan, enjoy the 7 courses available to practice.

★ **Don't miss:**

- **Forte do Guincho** – built during the 1640s, it is a fort that formed part of a defensive belt along the Cascais coast;
- **Praia do Tamariz** – a beautiful, sandy beach once known as Elegant Beach, thanks to its popularity with the Portuguese high society;
- **Cidadela de Cascais** – a set of fortifications built between the 15th and 17th centuries to defend the Cascais coastline.

📍 **Name of clinic:** Estoril Clinic
Date opened: 2015
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes





Aveiro

Aveiro is one of Portugal's most popular tourist destinations, famous for its canals, Art Nouveau architecture and Fisherman's Quarter. Considered the Venice of Portugal, take the opportunity to discover the city by sailing through its channels in the typical colourfully painted moliceiro boats.

★ Don't miss:

- **Salinas de Aveiro** – on this tour you will see the beauty of the salt flats, the birds that live next to them and the salt workers, or “Marnotos”, who dedicate themselves to handcrafting sea salt;

- **Praia da Costa Nova** – famous for its colourful striped houses, it is a beach area nestled on a tiny strip of land between the sea and the lagoon;
- **Vista Alegre Factory** – one of the most prestigious porcelain brands in the world.

📍 **Name of clinic:** Diaverum Aveiro

Date opened: 1982

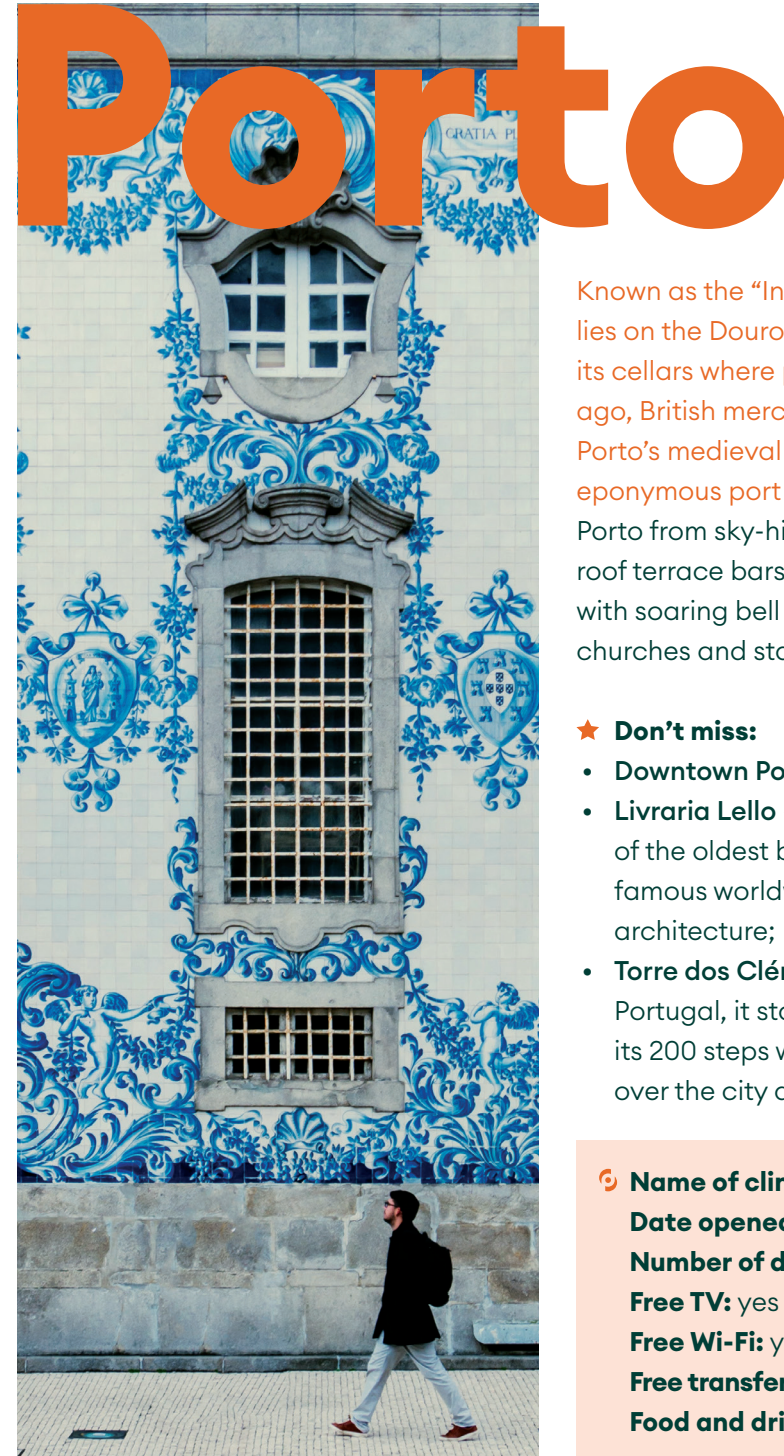
Number of dialysis stations: 38

Free TV: yes

Free Wi-Fi: yes

Free transfer (to and from clinic): no

Food and drink provided: yes



Porto

Known as the “Invicta”, or unbeatable city, **Porto** lies on the Douro River estuary and is famous for its cellars where port wine is made. Centuries ago, British merchant ships would cluster in Porto's medieval harbour to ferry the region's eponymous port wines back home. Discover Porto from sky-high miradouros (lookouts) and roof terrace bars: a colourful tumbledown dream with soaring bell towers, extravagant baroque churches and stately beaux arts buildings.

★ Don't miss:

- **Downtown Porto;**
- **Livraria Lello** – dating back to 1869, it is one of the oldest bookstores in Portugal, and is famous worldwide for its beautiful, ornate architecture;
- **Torre dos Clérigos** – the tallest campanile in Portugal, it stands 76 metres tall and climbing its 200 steps will give you a wonderful view over the city and river.

📍 **Name of clinic:** Diaverum CMDR

Date opened: 1984

Number of dialysis stations: 15

Free TV: yes

Free Wi-Fi: yes

Free transfer (to and from clinic): no

Food and drink provided: yes

Filipe's story

Filipe Almeida, Diaverum ambassador, dialysis patient and world traveller, shares his thoughts on the importance and joy of his lifestyle



Filipe Almeida,
renal care patient at Diaverum,
globetrotter, surfer and father of three

I started dialysis on 19 April 2017, and initially I didn't talk about it much. I was in denial, while also hoping, unsuccessfully, for a kidney donor.

However, ten days later, my son Guilherme was born, and I remember thinking: now, I choose to live for you. And I became interested in the disease and the dialysis process, deciding that the disease wouldn't be stronger than me, and understanding that dialysis isn't something bad. On the contrary, I am so fortunate that the treatment exists, allowing me to continue my life with those I love, and doing what I enjoy.

Working in tourism

Shortly before I started dialysis, I had opened a tourism company, and become self-employed. I'd invested a lot of money

in order to pursue something I really enjoyed, but I was worried about whether I would be able to do it, alongside the tiredness of each dialysis treatment. After much soul-searching, I decided that the days when I had dialysis would be my "best" days, and that the days without treatment would be my "best" days, when I would need to work twice as hard to compensate for the days when I had to rest. I went to work with a sense of purpose, approaching my potential customers with a reinvigorated spirit. Sales soared, I met the goals I set for my company, and realised the importance and value of adapting to reality.

Travelling for pleasure

At the start of dialysis, I worried that I would never travel again, and thus lose



an important pleasure which I shared with my family. And this is where Diaverum has been so inspirational.

With the help of my clinic, I learnt that it is easy to continue dialysis while travelling. There are many clinics around the world, but I also needed reassurance that I would find the same level of professional care when away from my home clinic.

My first step was to try treatment at a different clinic in Portugal. After that, I decided to go abroad. Prague was the first place I chose. And I remember it as if it were yesterday.



Since that time, I have travelled to – and had dialysis in – places that I would never have thought I could visit, including Cuba, Taiwan, Indonesia, Turkey and Israel.

The logistics were challenging, ensuring that there were suitable clinics in our chosen destinations. And now we plan our trips around those places. But I can travel, and that’s enough for me: knowing that I can be “on the road”, despite needing regular dialysis, makes me feel good about myself.

On a practical level, when travelling in Europe, I don’t have to pay for my treatment, thanks to the European Health Card. And in Europe and beyond, Diaverum clinics in several countries enable us to have our holidays, recharge our batteries and create new family experiences and memories.

I feel that, today, I am very much the same Filipe as I was before my treatment started.

Spotlight on Braga

We are an adventurous family, and love each day to be different. Travelling, meeting new people and experiencing new cultures fulfils us as individuals. And that is one reason why, in 2019, two years after I started dialysis, we travelled around the world with our two-year-old son Guilherme.



But first, I slowly tried dialysis treatments in Diaverum clinics “out of town” from my home city of Lisbon in Portugal. In these places, I found excellent professionals who always made me feel welcome and at home. They knew my medical background and gave me a lot of confidence during my treatments.

While in the north of Portugal, I had the opportunity to go to the Diaverum clinic in Braga and visit one of the most emblematic towns in the country. The small and narrow pedestrian streets,

magnificent squares, houses and churches make it such a charming place. The Bom Jesus do Monte Shrine is an essential visiting viewpoint; it will take your breath away. Its huge stairway gives you a perfect view over the town and allows you to enjoy an awesome sunset. The Diaverum clinic is great, located just 10 minutes from the town centre, and I met such nice people there, happily discussing new travel ideas with other patients.

Braga is definitely an incredible place to visit in my country.

France

31 Paris

32 Draguignan and Marseille

France is a country of contrasts, combining Mediterranean beaches, alpine villages, global cities and busy towns. Its capital, Paris, is famous for art galleries such as the Louvre, monuments like the Eiffel Tower, high fashion and wonderful nightlife. Beyond the iconic “City of Light”, France’s regions offer a unique experience to their visitors, thanks to the diversity of their cultural, architectural and culinary heritage.



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It's impossible to mention France without first thinking of **Paris**, a city of a myriad experiences whose character leaves an imprint on all those who are lucky to visit.

★ **Don't miss:**

- First-time visitors shouldn't miss climbing **the Eiffel Tower**, from where a magnificent view of the whole city awaits;
- To the north, you can see the **Montmartre District with the Sacré-Cœur Basilica**. This area has become famous for hosting many painters and artists and is also known for its risqué nightlife, in part due to the location of the famous **Moulin Rouge**;
- **Louvre Museum**, with its many art collections and the famous **Mona Lisa**;

- **The Cathédrale Notre-Dame de Paris** is a masterpiece of Gothic architecture on which construction began in the 12th century. It stands on Île de la Cité and is considered to be the symbolic heart of the city.

📍 **Name of clinic:**

Diaverum Paris Mont Louis

Date opened: 2010

Number of dialysis stations: 24

Free TV: yes

Free Wi-Fi: yes

**Free transfer
(to and from clinic):** no

**Food and drink
provided:** yes



Draguignan

Name of clinic: Diaverum Draguignan
Date opened: 1994
Number of dialysis stations: 30
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Other: nutritional consultations, psychological and social assistance



Marseille

Name of clinic: Diaverum Marseille Saint-Joseph
Date opened: 2017
Number of dialysis stations: 72
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Other: nutritional consultations, psychological and social assistance

Provence-Alpes-Côte d'Azur is one of the most popular holiday regions in the south of France and covers a large area stretching from the Mediterranean Sea to the French Alps.

Draguignan, in the Var region of Provence-Alpes-Côte d'Azur, is a wonderful example of Provençal culture. With its clock tower, wide boulevards, pedestrian streets and museum of folk culture, Draguignan goes by the nickname of "Dragon City", since, according to local legend, Saint Hermentaire saved the town by slaying a dragon.

Located in southeastern France **Marseille** is France's second largest city. It dates back to around 600 BC when the city was founded by the Greeks as a port. Since then, it has established itself as a maritime hub and is considered one of the most diverse cities in all of France.

★ Don't miss:

- **The Old Port, or Vieux-Port**, the main harbour and marina of the city, is guarded by Fort Saint-Nicolas and Fort Saint-Jean, and is one of the main areas to eat in the city;
- **Notre Dame de la Garde** – this Byzantine and Romanesque Revival basilica overlooks the city and has one of the best views of Marseille;
- **The Vieille Charité** is an architecturally significant building designed by the Puget brothers;
- Stroll down **La Corniche**, a waterfront road between the Old Port and the Bay of Marseille.

Morocco

34 Agadir

35 Marrakesh

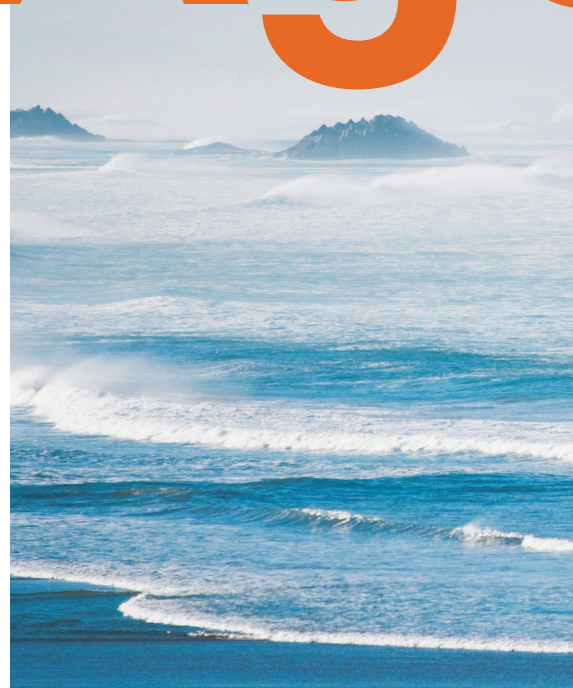
Morocco lies on the North African coast, straddling both the Atlantic Ocean and Mediterranean Sea. From the Atlas Mountains to the Sahara Desert, the beauty of its architecture and craftsmanship, the medinas and vibrant souks, it is a seductive blend of African, European and Arabian influences. Home of the legendary explorer Ibn Battuta, Morocco awaits its visitors with a warm welcome and fabulous cuisine.



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Agadir



Discover the city of **Agadir**, one of the pearls of Morocco that enjoys being in close proximity to both the Atlantic Ocean and the Atlas Mountains.

★ **Don't miss:**

- **Atlantic beaches:** Morocco's prime resort, holidaymakers from across Europe flock here to relax along almost 9 km of sandy beaches;
- **The Kasbah** – built in 1540 to defend Agadir against attacks from the sea, the ramparts are the sole survivor of what was once Agadir's fortified town, housing a bustling population within its walls, and is now its main historic attraction;
- **City centre** – the modern central core of Agadir has some interesting monuments that make a nice diversion from sunbathing. The Grand Mosque is in a modernist-style, unique among Morocco's mosques.

📍 **Name of clinic:** Diaverum Agadir

Date opened: 1992

Number of dialysis stations: 31

Free TV: yes

Free Wi-Fi: yes

Free transfer (to and from clinic): no

Food and drink provided: yes

Other: nutritional consultations



Name of clinic:
Diaverum Marrakech
Date opened: 1991
Number of dialysis stations: 52
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Other: nutritional consultations

Marrakesh is known as the Red City, thanks to the 16km of protective walls made from pisé, a reddish pink clay, that encircle it. It is a place full of mystery and magic, thanks to its souks, gardens and myriad of other delights.

★ **Don't miss:**

- **The Medina of Marrakesh** was designated a UNESCO World Heritage Site in 1985 and was founded between 1070-1072. Jemaa el-Fnaa, its square and market place, is one of the largest of its kind in Africa;
- **Gardens** – perhaps the most iconic in Marrakesh, Jardin Majorelle is a botanical garden created by the French Orientalist artist, Jacques Majorelle and also features a cubist villa designed by Paul Sinoir. In later years, it was restored by Yves Saint-Laurent, the iconic fashion designer;
- **Palaces and mosques:** Koutoubia Mosque, also known as Kutubiyya Mosque, Jami' al-Kutubiyah, Kutubiyyin Mosque, and Mosque of the Booksellers, is the largest mosque in the city, located in the southwestern part of Jemaa el-Fnaa.

Marrakesh

China

37 Guangzhou

37 Hong Kong

The world's oldest civilisation, China offers visitors the opportunity to travel down the past and simultaneously, to glimpse into the future. Bustling metropolises mingle seamlessly with 5,000 years of history – the Great Wall, the Terracotta Army, the Forbidden City, are just some of the iconic landmarks this wondrous country has to offer.

China's natural wealth is as impressive as it is vast – from the desserts of Gobi and Taklamakan, the subtropical forests of the south, to the Yangtze River that begins in the Tibetan mountains and flows across 6,300km of ever-evolving landscape into the East China Sea at Shanghai. Cooking is also an intrinsic part of Chinese culture, with cooking techniques, seasoning and flavours are varied as the country they have emerged from.

Whichever of these reasons draws you to China, it will not fail to entrance and delight you.



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Country China

Destination Guangzhou



Guangzhou, capital city of Guangdong Province, is the third biggest city in China. Known as the “Flower City”, it earned its enchanting nickname as far back as 950BC thanks to the striking blooms that flourish in its sub-tropical climate and that today, make it a major flower production base.

★ **Don't miss:**

- **Chimelong Tourist Resort** – one of China's largest and most popular theme parks;
- **Canton Tower** – a 604 metres observation tower, that briefly held the title of tallest tower in the world;

- **Baiyun Mountain Scenic Area** – composed of more than 30 peaks, from here, visitors can enjoy panoramic views of the city and Pearl River.

📍 **Name of clinic:** Guangzhou Zengcheng Diaverum Dialysis Centre
Date opened: 2020
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: no

Country China

Destination Hong Kong



Visitors that are drawn to **Hong Kong's** cosmopolitan atmosphere are rewarded with a sensory feast, thanks to its world-class food scene, a culture that brings together Chinese roots, colonial influences and much more.

- **Temple Street Night Market** – with its history dating back to the 1920s, Hong Kong's liveliest market comes to life at night, offering visitors a delightful introduction to the local cuisine.

★ **Don't miss:**

- **Victoria Peak** – over 70% of Hong Kong is mountains and country parks. Follow the trail to Victoria Peak, a hill ascending 552 metres, for panoramic views of the city;
- **Big Buddha in Lantau Island** – standing at 34m tall, it is a major centre of Buddhism in the city;

📍 **Name of clinic:** Integrated Dialysis Facilities (HK) Limited
Date opened: 1990
Free TV: no
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: no

Malaysia

39 Petaling Jaya

A crossroad for many Asian cultures, Malaysia blends dynamic cities with fabulous food and wildlife-packed rainforests.

While its mainland offers a wealth of experiences, Malaysia's main draw are the 878 islands that decorate its coastlines, such as Penang, off the northwest coast and Langkawi, famous for its tropical beaches and world-class resorts.



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Petaling Jaya

Petaling Jaya, commonly called “PJ”, is a city in Petaling District, in the state of Selangor, Malaysia. Originally developed as a satellite township for Kuala Lumpur, the capital of Malaysia, it is part of the Greater Kuala Lumpur area. Petaling Jaya boasts many options to sample its local cuisine that blends Malay, Chinese and Indian flavours. Petaling Jaya offers many attractive places to visit that are easily accessible through its sophisticated transport facilities – those that wish to venture further, can access Kuala Lumpur in under an hour.

★ **Don't miss:**

- **One Utama Shopping Centre** – the largest shopping mall in Malaysia,

visitors can sample many cuisines and indulge in shopping from local and international brands. **Amcorp Mall** is another shopping complex, that operates a weekend flea market;

- **Kelana Jaya Bandaran Park** – PJ's largest park, it is comprised of 7 lakes and offers ample space for all forms of exercise. **Jaya Park**, is another delightful option to rest among the greenery;
- **Petaling Jaya Museum** – showcases the history and the development of Petaling Jaya;
- **Kota Damansara Forest Reserve** – nestled within Petaling Jaya's urban areas, it's a 320h conservation area that offers a wonderful landscape for hiking.



📍 **Name of clinic:** Thomson Hospital Dialysis Centre
Date opened: 2017
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: no

Singapore

41 Singapore

Singapore is at once, both a city and a country. One of Southeast Asia's most prominent financial and maritime hubs, it is a melting pot of cultures, with four official languages including its *lingua franca*, English, making it a very accessible option for those wishing to dip their toes into exploring Asia.



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Singapore

While **Singapore** is diminutive in its size, it has a wealth of experiences to offer its visitors. Its diversity of cuisine is one of its biggest draws, with options ranging from busy hawker markets to fine dining. A place of immense natural beauty, technological innovation and a buzzing, purposeful vibe, Singapore is a sure hit with all those who visit.

★ **Don't miss:**

- **Hawker centres** – open-air dining complexes found throughout Singapore, they are considered to be such an intrinsic part of its fabric, they've been awarded UNESCO Intangible Heritage status. As of 2016, two Singaporean food stalls, both located in hawker centres, became the first street food vendors to be awarded a Michelin star – *Hong Kong Soya Sauce Chicken Rice and Noodle* and *Hill Street Tai Hwa Pork Noodle*;
- **Singapore Botanic Gardens** – a 74 h botanic wonderland that has

been designated as a UNESCO World Heritage Site. It's home to the National Orchid Garden, as well as a patch of primeval rainforest, itself home to over 300 species of vegetation and trees as tall as 50 metres;

- **Chinatown** – once an enclave for Singapore's Chinese population, it's a maze of narrow roads, among which you can discover the legendary Chinatown Food Street, cultural institutions such as the Buddha Tooth Relic Temple and Museum, and many trendy shops, boutiques & restaurants;
- **Little India** (also known as Tekka) is located east of the Singapore River, across from Chinatown. It's a buzzing, historic neighbourhood originating back to the 1840s. Today, it's one of Singapore's most colourful spots, in which one can sample delicious Indian food, as well as street art and temples;
- **Picking up new finds** – shopping is a major attraction of Singapore, with options for every budget. Orchard Road and Marina Bay Sands are home to luxury, international brands, while Singapore's multicultural neighbourhoods are treasure troves for interesting collectibles and independent labels.

📍 **Name of clinic:** Pacific Advance Renal Care Pte Ltd – Woodlands
Date opened: 2014
Number of dialysis stations: 12
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Joanna's story

Joanna Bernet, from the Masurian Lake District in Poland, has been a dialysis patient for the last six years. Determined to continue with her passion for travelling despite her diagnosis, she set up a specialist agency to enable people like her to access high-quality care at their destination. This is her story.



Joanna,
renal care patient at Diaverum,
passionate traveller and dialysis
travel agency founder

For me, and for many others, seeing new places and enjoying new experiences has a huge power to refresh and relax, mind and body. From the moment I start to plan my trip, I am happy and excited. And during the trip, I almost forget my disease, feel joy and freedom, and my self-esteem grows. I am certain that for people like me, who have chronic illnesses, travelling is truly therapeutic, with a tangible healing power. I always come back from my trips in good shape, with better blood test results and more energy.

Travelling when on haemodialysis

When I started my dialysis treatment six years ago, I thought I would be unable to travel. My physical and mental health were very poor, and I couldn't imagine how I could combine any trip with my essential treatment. However, when my doctor told me this was not the case, I was immediately determined to travel again.

The most challenging aspects of travel for those of us on dialysis will vary, but like me, many kidney patients have other conditions as well, which present their

own challenges. I, for example, am partly disabled and need help at airports, when boarding buses or trains or when having to make payments in cash.

Addressing the challenges of travel

The most important thing for me was learning to ask for help. It wasn't easy, but it was essential in enabling me to travel, something I often do alone. During my trips I have realised that other people genuinely want to help me, and I have found this makes me very happy, and it also moves me.

My first step when planning any trip is to find a dialysis clinic at my destination which can take me, and of course now that I run a travel agency specialising in arranging holiday dialysis for other people, I know many of the best places. And I always choose those with the highest medical standards, which can be the well-known brands, or lesser known, but tried and tested by me or other people who I trust.

One week before a trip, I make sure my medicines are ready, and print out a list

of what I will need to take with me. If I am flying and travelling alone, I only take hand luggage, which I check in so that I don't need to carry it onto the aeroplane. I never take clothes which I will need to iron, and I use laundry services at my destination.

Favourite holiday destinations

I think my favourite place is Spain, because it has so many beautiful and varied places to visit. Barcelona is breathtaking, and I also love Seville, the capital of Andalusia. Málaga, with its charming surroundings, and islands like Majorca and the Canary Islands, from the largest, Tenerife, to the smallest, La Graciosa, are full of beauty and culture. It is also important for me that all these places are easily accessible and not very expensive.

Advising other dialysis patients about travel

The most important thing I would tell a fellow patient is simply to decide where you want to go! Once you know that (and

my agency can help, as explained below) the planning can be fun. My top tips would be:

- travel alone if you are comfortable with that, but if you can, choose a friend or relative who you will enjoy spending time with;
- take as little luggage as possible;
- keep in mind the temperature – avoid going south in the summer, as it can be very hot, as you will need to take care not to get too thirsty and drink too much;
- if you have other disabilities that make travel challenging, ask for assistance, e.g. at airports, and it can be sensible

to plan this help in advance;

- don't worry about not speaking the language of your destination – there are good online translators, body language... and we are there to help you even once you are away.

Running a dialysis travel agency

I would probably never have come into this business if I hadn't become a dialysis patient myself. When I visited Italy for the first time, the clinic where I had my dialysis treatment was looking for Polish representatives who could promote their clinic among Polish patients. I started to work with them, and

I love seeing how happy and grateful people are when they come back from holiday. They almost never complain, but look back happily on their wonderful surroundings, delicious food, and beautiful moments, often in the sun

soon realised that people wanting to travel to other places would welcome the same service.

Now, we often help patients decide where to go on holiday, choosing a destination which can best meet their specific needs. We then take a big burden from patients, by booking their dialysis treatments and helping with completion of their medical documentation. Once they are on their way, we also offer constant support – patients we work with can always call us for advice.

I love seeing how happy and grateful people are when they come back from holiday. They almost never complain, but look back happily on their wonderful surroundings, delicious food, and beautiful moments, often in the sun.

Don't worry about travel

Very understandably, our clients' main concern is that they can trust the clinic and the medical staff at their destination. They often worry about not speaking the language, which is why we are on call for them if they need any help. It's also reassuring to remember that the medical procedures of dialysis are very similar everywhere, and we only use clinics with the highest medical standards.

People are often nervous before their first trip, but once it's done, their fears disappear. Indeed, they often choose to return regularly to the same place. Some people say that it was "the adventure of a lifetime", bringing them back to life, and allowing them to dream again. And time and again, I see our clients deeply touched by the kindness of the people they meet in their holiday dialysis clinics.



Hungary

45 Budapest

46 Keszthely

If you're looking for a city break or longer vacation, Hungary is an ideal choice. It may be a small, landlocked country, but it packs an awful lot within its borders. Easily accessible in the heart of Europe, its cities overflow with architectural landmarks. Turkish and Roman influences on Hungarian culture can be seen throughout the country, including the popularity of mineral spas. There is diversity in this country's landscape and culture, and a living folk heritage truly worth exploring.



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Budapest

Budapest, the “Pearl of the Danube” has been one of Europe’s great cultural centres since the 19th century. With plenty of restaurants, bars, museums, spas and other attractions, Budapest never leaves you without something to do.

★ Don’t miss:

- **Buda Castle & Fisherman’s Bastion** – this historic castle and neo-Gothic lookout have views across the river and Hungarian Parliament from Castle Hill in Buda. Offering the most romantic views over the city, it is the perfect spot for a photo or just take in the view;
- **Downtown Budapest** – where business life, banks, and many cultural and

historical sights are centred. Unlike Buda, little remains of the medieval city of Pest, but downtown still offers tourist attractions and fine dining restaurants. In 40 minutes, you can walk from one end to the other at a leisurely pace;

- **The Hungarian Parliament** – one of Budapest’s most famous landmarks. Although you can spend hours admiring the exterior in all its intricate detail, try to join a guided tour to look around inside. You’ll see the gold-gilded staircase, the thousand-year-old crown jewels, parliamentary rooms and more;
- No trip to Budapest is complete without a stroll on the **Danube Promenade** to take in the view.

📍 **Name of clinic:** Diaverum Laszlo Clinic
Date opened: 1997
Number of dialysis stations: 16 (+4 isolation rooms)
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes
Other: payment with EHIC only

Keszthely

Keszthely is a charming city, located on the north west corner of Lake Balaton.

One of the loveliest spots to stay in the area, it offers a peaceful alternative from the tourist destinations on the lake. You can take a dip in small, shallow pools by day, absorb the lively yet relaxed ambience by night, and get a dose of culture by visiting the town and admiring its historical buildings.

★ **Don't miss:**

- **Festetics Palace** – one of the most famous buildings of Keszthely, built from the middle of the 18th century until 1880. Today, it functions as a cultural centre for the city. The palace has its own saloon, theatre and congress hall and a wonderful library, the Helikon Palace Museum, that is home to over 86,000 books, including antique encyclopaedias and prints. Its 42-acre garden is a nature reserve that offers a relaxing area to take a walk;
- **Lake Balaton** – known as “The Hungarian Sea” and surrounded by

vineyards, volcanic mountains and thermal spa resorts, Balaton is the largest freshwater lake in Central Europe;

- **Wellness and spa** – this region also offers a variety of healing, beauty and wellness treatments all year round based on its thermal springs, as well as the harmony created by the lake and the surrounding nature. The most notable spa locations are Hévíz and Zalakaros.

📍 **Name of clinic:** Diaverum Keszthely Clinic
Date opened: 2001
Number of dialysis stations: 11
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes
Other: payment with EHIC only



Brazil

48 Guarulhos

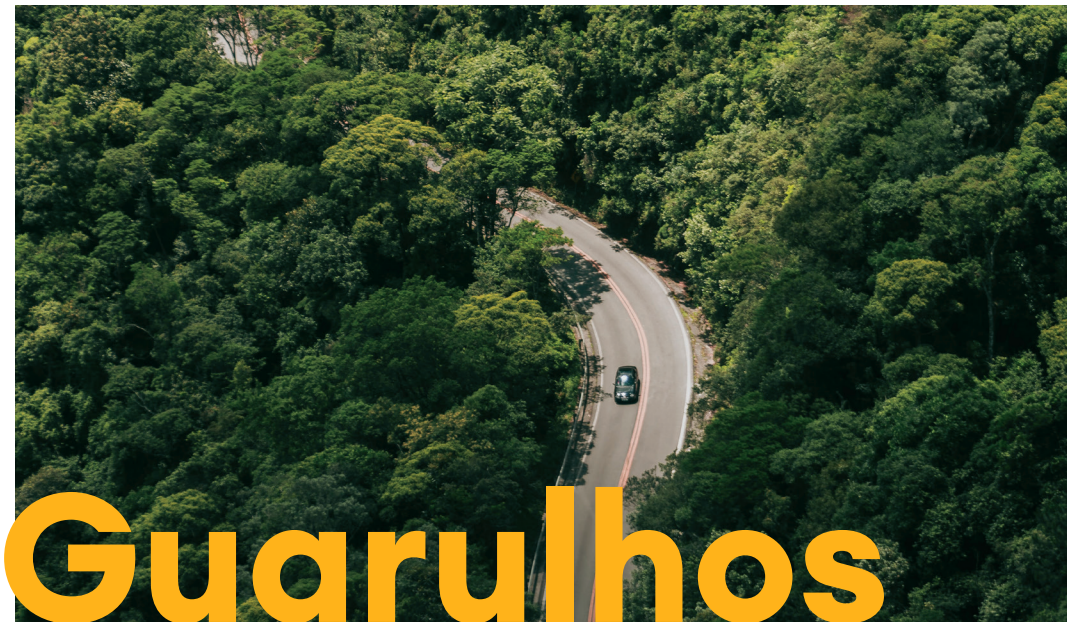
48 Aracaju

Brazil, the world's fifth-largest country, is a destination that rewards its visitors with experiences as fascinating and diverse as one might expect from a continent. From the northeastern region of Bahia, with its deep connection to Africa, to São Paulo, which has the largest community of Japanese people outside of Japan, Brazil's multiculturalism manifests in a dizzyingly rich cultural and culinary landscape. Its biodiversity is equally awe-inspiring; Brazil boasts the greatest collection of plants and species found anywhere on earth, spread across the world's largest rainforest, all the way through to a vast coastline that stretches along for more than 7,000km. Whatever first draws you to Brazil – whether its kaleidoscopic culture or raw, natural beauty – its many joys may well invite you to stay.



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Guarulhos is located in the metropolitan area of São Paulo and a good option for those not wanting to stay in the city centre.

★ **Don't miss:**

- **São Paulo coast** – an area of many bays with wonderful beaches and islands, historic towns and villages;
- **Beaches** – the calm sea and the wide sand strip make it a great option for families. Ubatuba is part of Costa Verde, which encompasses beautiful coastal municipalities between Rio de Janeiro and São Paulo. Domingas Dias Beach is ideal for families: it is small, clean and has a calm sea with clear waters. The shadows offered by its trees make it ideal for picnics;
- **São Paulo museums** – São Paulo's

Modern Art Museum (MAM) was founded in 1948 and is one of the oldest modern art museums in Latin America. Its collection has more than 5,000 works produced by the biggest names in Brazilian art.

📍 **Name of clinic:** Diaverum Guarulhos
Date opened: 1995
Number of dialysis stations: 78
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Other: easy access to the international Airport of São Paulo and to the coast where you have a choice of many beautiful beaches



Aracaju is the capital of the Sergipe State on Brazil's northeast coast, with easy access to Maceió, the capital of Alagoas State and close to the beaches of northern Bahia. If you like being in the middle of nature, the city's parks, beaches, rivers and mangroves, among other attractions, will bring it closer to you.

★ **Don't miss:**

- **Antonio Franco Municipal Market**, a lovely place to shop for gifts, or discover more about culture from Sergipe, view arts and handmade crafts;
- Go for a catamaran ride to **Croa do Gore and Namorados Island**. A beautiful spot of white sands and calm waters, from one side of the island the sea, the other the river and to complete, a lagoon in the middle;
- **Xingó Canyon** – full of orange walls

cut by a lake of intense light green tone, the Xingó Canyon, on the border between Sergipe and Alagoas, is the largest navigable canyon in the world;

- **Aracaju Oceanarium** – if you're passionate about marine species, you cannot miss the Oceanarium of Aracaju. The space gathers 70 different maritime species, all native to Sergipe, across 18 aquaria.

📍 **Name of clinic:** Diaverum Cirurgia
Date opened: 2001
Number of dialysis stations: 62
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Other: clinic is located close to the beaches of Aracaju

Chile

50 Villarrica

Few places in the world have the number of diverse and pristine landscapes that Chile has. Start exploring by visiting the Atacama Desert, known as the second driest in the; venture further to discover its temperate rain forests and wonder at the active volcanoes that run along its space and cruise along the glaciers of Patagonia. Once you're ready to relax from a myriad of adventures, sit back and enjoy a glass of Chile's world-famous wines, that offer a variety for every mood and occasion.



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Country Chile

Destination Villarrica

Villarrica is a city and commune of Chile located in the Province of Cautín, part of the **Araucanía Region**. Founded in 1552 by Spanish explorers, it draws visitors from around the world thanks to its seemingly boundless natural beauty.

★ **Don't miss:**

- **Villarrica National Park** – one of the most popular parks in Chile, it covers 630 km² and is home to three volcanoes - the Villarica (2,847 metres); Quetrupillán (2,360 metres); and Lanín (3,747 metres). Its hot springs are also well worth a visit;
- **Lago Villarrica** – offers water sports on its shores such as sailing and kayaking. It's a popular spot for swimming thanks to its warm waters. Its famous beaches include **Pucara** and **Playa Blanca**;
- Visit the cities of **Villarrica** and **Pucón**, that offer many options for dining and accommodation to suit every budget;
- Go trekking through the **Conguillío National Park**;
- **Huerque National Park** – located 33 km east of Pucón, it encompasses 125 km² of mountainous terrain east of the spectacular **Carburgua Lake** and the nearby **Ojos de Caburgua** waterfall.

Villarrica

📍 **Name of clinic:** Diaverum Villarrica
Date opened: 2011
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

United Kingdom

52 London

53 Nottingham

The United Kingdom (UK), also known as Great Britain, is separated from mainland Europe by the English Channel, and is also bordered by the Atlantic Ocean, North Sea and Irish Sea. The UK's four beautiful nations offer breathtaking landscapes of amazing diversity, from the rugged mountains and lakes of Scotland, the river valleys of Wales, the stunning Causeway Coast of Northern Ireland to the rolling green hills of southern England. A vibrant mix of people, cultures, food, sights and sounds can be found in towns across the UK, and of course in London, its famous, cosmopolitan capital city.



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London

London is pure magic. From history and culture to fine dining, the sights and sounds of this vibrant and cosmopolitan city make it one of the most visited in the world.

★ **Don't miss:**

- **Walking** – one of the best ways to see the city is on foot. There's something interesting around every corner, from UNESCO World Heritage sites including the iconic **Tower of London** to the changing of the Guard at **Buckingham Palace**;
- **Theatres, museums and galleries:** there are more than 230 professional theatres in London, with shows – plays, musicals and more – to suit every taste and hundreds of galleries and museums;
- **River Thames cruise** – a city river cruise offers a peaceful way to see London;
- **The London Eye** – see the city in all its splendour from this 135 metres high observation wheel located on the

South Bank, from where you can see Big Ben and the Houses of Parliament and much, much more;

- **Visit the shops** – London is world-famous for its shopping, offering everything from flea markets Portobello Road and vintage shops to luxury department stores like **Selfridges** and **Harrods**;
- **Escape into nature** – with over 3,000 parks, almost 18% of London is designated as green space, offering ample opportunities to combine city sights with natural delights, such as **Richmond Park**, that covers 2,500 acres and is home to ancient trees and herds of deer. Other popular parks include **Hyde Park**, just a stone's throw from **Kensington Palace** and **Oxford Street**;
- **Indulge your palette** – London's food scene is as multicultural as its inhabitants. From Eritrea, to South Korea, Italy and beyond – you'll find a restaurant to suit your taste and budget (remembering always to adhere to your dietary requirements!).

📍 **Name of clinic:** Thamesmead Kidney Treatment Centre
Date opened: 2018
Number of dialysis stations: 20
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Refreshments provided: yes
Other: Thamesmead is wheelchair accessible with ample free parking for patients



The Midlands offer an exciting mix of dynamic cities, charming historic towns, stunning countryside, wild landscapes, friendly people and some excellent restaurants. The region also offers a varied calendar of events, with a festival or sporting event taking place nearly every weekend. From the outstanding beauty of Herefordshire to the fabulous Walsall Arboretum, get your camera ready and explore.



★ **Don't miss:**

Nottingham is one of the most vibrant cities in the UK. It buzzes with life, with a great choice of shops, bars, restaurants, theatres, cinemas, galleries and sporting events all contributing to its exciting landscape. You may also wish to visit:

- **Attenborough Nature Centre** – a reserve best known for its birds;
- **Wollaton Hall and Park** – natural history museum and deer park;
- **Creswell Crags Museum and Prehistoric Gorge** – archaeological museum and caves;
- **Goose Fair** – one of the world's biggest fairgrounds;
- **Green's Windmill** – only runs for certain days in the year;
- **The Lace Market** – once the heart of the lace industry, now a trendy area of food and culture;
- **City of Caves** – sandstone caves deep below the city's Sherwood Forest, a royal forest associated with Robin Hood;
- **Southwell Minster** – a famous cathedral church of Nottinghamshire

📍 **Name of clinic:** South Nottingham Dialysis Unit
Date opened: 2012
Number of dialysis stations: 16
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Refreshments provided: yes
Other: wheelchair accessible with ample free parking for patients

Poland

55 Giżycko and Iława

56 Kraków

Poland's roots go back to the 10th century, offering history buffs over 1,000 years of events to explore. Its natural riches are equally captivating – the Baltic Sea's wide sandy beaches, the Tatra Mountains, and the Masurian Lake District's imposing natural beauty of dense forests, leave an impression on all those who explore them. Poland's urban landscapes are worth exploring too – the former royal capital of Krakow is a living museum of architecture, while Giżycko and Iława offer charming, peaceful alternatives.



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Giżycko



Name of clinic: NZOZ
Diaverum w Giżycku
Date opened: 2010
Number of dialysis stations: 16
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: no

Warmia and Masuria, a province in north east Poland, is characterised by lakes and forests. Some of the lakes are linked by rivers and channels, forming miles of navigable waterways. The region is rich in parks and nature reserves.

★ Don't miss:

- **Mikołajki** – lying directly on the Great Masurian Lakes, the petite town of Mikołajki is a popular holiday and water sports resort, rightly dubbed “the Pearl of the Masuria”. Its annual Festival of Sailors’ Songs, featuring the finest performances of shanties, attracts a number of visitors each year;
- **Olsztyn** – visit the Gothic castle Nicolaus Copernicus, take a stroll through the old town hall or simply enjoy the nature in the central park;
- **Krutynia Canoeing Trail**, which is almost 100 km long, is considered one of the most picturesque trails in Europe. Six nature reserves have been set up around the river, which guarantees you a communion with unspoilt nature.



Iława

Name of clinic: NZOZ
Diaverum w Iławie
Date opened: 2009
Number of dialysis stations: 18
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: no

Kraków

Lesser Poland is worth a visit. **Kraków**, the former capital city of Poland, is beautiful, and rich in interesting history.

★ **Don't miss:**

- **Wieliczka Salt Mine** – over nine centuries of salt extraction, the Wieliczka Salt Mine has become an underground city. Its attractions include labyrinthine passageways, an underground emerald salt lake, four chapels and numerous statues carved of rock salt. There are more than 20 mining workings carved in salt, located at depths from 64 to 135 metres (including the most beautiful St. Kinga's Chapel);
- **Old Town (the Wawel Castle)** – declared a UNESCO World Heritage Site in 1978, Wawel was the residence of the kings of Poland for five centuries (1038-1596). The castle is located in the centre of Kraków, on the Vistula River. It's now a museum containing five separate sections: Crown Treasury and Armoury, State Rooms, Royal Private Apartments, Lost Wawel and the Exhibition of Oriental Art.



Name of clinic: NZOZ
Diaverum Kraków Młodości
Date opened: 2001
Number of dialysis stations: 41
Free TV: yes
Free Wi-Fi: no
Free transfer (to and from clinic): yes
Food and drink provided: no

Germany

58 Stralsund
59 Potsdam
59 Hamburg

Germany, located in the heart of Europe, offers an ever-changing landscape of forests, rivers, mountains and beaches. You'll encounter history and imposing castles that watch over quaint houses on cobbled streets. Germany's urban setting is equally rewarding for visitors, with world-class art, music events happening all year round and a rich, flavourful cuisine.



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Stralsund

Stralsund, located on the Baltic Coast, is the ideal destination for a mix of culture, relaxing beach vacation and nature activities.

★ **Don't miss:**

- **Old Town** – stroll through the historic old town, which became a UNESCO World Heritage site in 2002;
- **Beach** – the 450 metres long beach of Stralsund offers many leisure activities, with a wonderful view of the Island of Ruegen;
- **Harbour Cruise** – experience the old Hanseatic city from the water and relax during a ride through the port;
- Learn everything about the sea in the **German Oceanographic Museum or Ozeaneum**;
- **Ruegen** – Germany's largest island is only a stone's throw away. Take a bike and cross the bridge to the island.



 **Name of clinic:** Diaverum Stralsund
Date opened: 2011
Number of dialysis stations: 29
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Other: three days a week the clinic offers late night shifts, so that you can enjoy your freedom during the day



Within a charming cultural landscape with its castles and historic parks, **Potsdam** serves a wide range of interests and activities as a travel destination, with the capital of Berlin less than one hour away for those who are tempted to explore further.

★ **Don't miss:**

- **Sanssouci Castle** – built in Rococo style with vineyard terraces, this castle is probably the most famous sight and the city's landmark;
- **Old Town** – in particular the old market, with the **Nikolai Church** and the **Obelisk** is worth a visit;

- **Dutch Quarter** – the largest group of buildings in the Dutch Style outside the Netherlands, built in the middle of the 18th century;

📍 **Name of clinic:** Diaverum
Am Neuen Garten
Date opened: 2009
Number of dialysis stations: 40
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes



Enjoy the relaxed flair of **Hamburg**, the so-called Venice of the North. With about 2,500 bridges and endless canals, the fish market, many musical venues, the famous Reeperbahn and countless other sights, this city offers something for everyone.

★ **Don't miss:**

- **Port of Hamburg** – the third largest seaport after Rotterdam and Antwerp, you can take a harbour tour or a relaxed cruise on the Alster;
- **Port City** – the largest inner-city urban development project in Europe. As the newest Hamburg district, it connects the history of the former port area with new modern style, including the famous Elbphilharmonie;
- **Speicherstadt** – Hamburg's warehouse district is the world's largest warehouse complex and has

been a UNESCO World Heritage site since 2015. Particularly fascinating is the miniature wonderland, the largest model railway in the world;

- **Altes Land** – visit the biggest contiguous fruit-growing region in northern Europe, just South of Hamburg.

📍 **Name of clinic:** Diaverum Alter Teichweg
Date opened: 2013
Number of dialysis stations: 93
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Other: three days a week the clinic offers late night shifts, so that you can enjoy your their freedom during the day

Sweden

61 Stockholm

Home of IKEA, the Nobel Prize, *Fika* – making time for friends – and ABBA. Situated in northern Europe, Sweden is a unique Scandinavian country comprised of thousands of coastal islands and inland lakes, along with extensive forests and glacial mountains. Along with its beautiful scenery, Sweden is often said to be the most sustainable country in the world, in part due to its use of renewable energy. Sweden is also known for its impeccable design credentials and attention to detail, making its spaces a joy to spend time in.



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Stockholm



Stockholm is a city built on 14 islands, connected by 54 bridges over two bodies of water – Lake Mälaren and the Baltic Sea. The Stockholm Archipelago, comprised of an astounding 24,000 islands and islets, is just a short ferry ride away. Whether you are interested in nature, culture, design, shopping, fine dining or meeting friendly people, Stockholm has something for everyone.

★ **Don't miss:**

- **ABBA The Museum** – more than just a museum, the permanent exhibition is full of ABBA memorabilia from stage outfits, instruments and gold records to awards, and much more;

📍 **Name of clinic:** Diaverum Nacka

Date opened: 2017

Number of dialysis stations: 14

Free TV: yes

Free Wi-Fi: yes

Free transfer (to and from clinic): no

Food and drink provided: yes

- **The Vasa Museum** – The Vasa is the only preserved 17th century ship in the world and a unique art treasure. More than 95 percent of the ship is original, and it is decorated with hundreds of carved sculptures;
- **Drottningholm Palace** – one of Europe's largest palaces, with over 600 rooms, the Royal Palace is the official residence of His Majesty the King of Sweden. The Palace is open to the public and offers five museums;
- **Skansen** – a favourite among both Stockholmers and visitors, and a perfect family outing, Skansen is the oldest open-air museum in the world and also the Stockholm Zoo, with animals native to Scandinavia. Skansen is beautifully located on Royal Djurgården and offers spectacular views of Stockholm.
- **Birka** was an important Viking Age trading centre which handled goods from Scandinavia as well as many parts of the European continent and the Orient. It's located in Lake Mälaren, 30km from Stockholm.

Lithuania

63 Vilnius

63 Kaunas

The southernmost of the Baltic states, Lithuania's landscape is dotted with an abundance of golden beaches, lakes and emerald-green forests that offer themselves up to cyclists, hikers and beach goers. Its capital, Vilnius, has boomed in recent years as a popular spot for visitors, offering a combination of churches, baroque finery, cobblestoned streets and a lively cultural scene.

Some other of Lithuania's highlights include Kaunas and the spa resort of Druskininkai, where 19th century architectural gems co-exist with imposing Soviet structures.



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📍 **Name of clinic:** Diaverum Šeškinė
Date opened: 2007
Number of dialysis stations: 10
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes

Vilnius – Lithuania's capital, a modern, homely and welcoming city full of creation and culture.

★ **Don't miss:**

- **Parks** – almost half of Vilnius is surrounded by lush green forests and has rivers winding through the middle of the city;
- **Museum of Genocide Victims** – housed within the former headquarters of the KGB (and before, the Gestapo, Polish occupiers and Tsarist judiciary) is a museum dedicated to the Lithuanian resistance;

- **Gediminas Castle & Museum** – hilltop location that offers panoramic views of Vilnius, it is the last of a series of settlements and fortified buildings occupying the site since Neolithic times;
- **Old Town** (Vilniaus senamiestis): one of the largest surviving medieval old towns in both Northern and Central Europe, it was included as a UNESCO World Heritage Site in 1994. Its numerous landmarks include the **Presidential Palace, Vilnius Cathedral** and the **National Museum of Lithuania**.



Kaunas is the second-largest city of Lithuania, and is located at the confluence of the two largest Lithuanian rivers – Neris and Nemunas.

★ **Don't miss:**

- **Old Town** – characterised by its Gothic, Renaissance and Baroque buildings, especially in the western part. Notable landmarks include the **Kaunas Castle and the Historical Presidential Palace**;
- Kaunas is also proud of its great numbers of **museums**, that include the **Žmuidzinavičius Museum** and **War Museum of Vytautas the Great**, restaurants and bars;
- **Theatres** – Kaunas is notable for its rich culture. It is home to the **Kaunas**

Symphony Orchestra and it also enjoys an old circus tradition;

- New experiences and artistic adventures – Kaunas was chosen as a **European Capital of Culture in 2022**, hosting more than 1000 events, so the culture is inescapable!

📍 **Name of clinic:** Diaverum Kaunas
Date opened: 2022
Number of dialysis stations: 17
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes

Albania

65 Vlorë

65 Korçë

On the Balkan Peninsula of southeast Europe, Albania is a small country offering an extensive paradise. From quiet beaches to stunning mountains, the scenery here rivals neighbouring Mediterranean resorts for their charm and beauty. The country is home to fascinating archaeological sites and castles, while the capital, Tirana, has a National History Museum and is known for its colourful architecture including the pastel buildings that surround the city's focal point, Skanderbeg Square.



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Vlorë



Name of clinic: Qendra e Hemodializës Vlorë
Date opened: 2016
Number of dialysis stations: 20
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Vlorë – the queen of the Albanian Riviera, Vlorë sits at the junction of the Adriatic and Ionian Seas. Founded as an Ancient Greek colony and famous for its olive production, Vlorë was the setting for Albania's Declaration of Independence in 1912. The region is known for its traditional polyphonic music, folklore, exquisite culinary delicacies and some of the best beaches of the south.

★ **Don't miss:**

- **National Museum of Independence:** near the port, with a beautiful view of the sea. This modest, two-storey house is filled with the weight of history;
- **Mosque of Muradije** – a Cultural

Monument of Albania. This mosque is a monument of enormous significance, protected not only for its history but for its architecture which is over five centuries old;

- **Canina Castle** – rises on the side of the Shushica Mountain, about 380 metres above sea level. The castle is believed to have been erected in the 3rd century BC;
- **Sazan Island** – Albania's largest island, a former military facility with secret bunkers and tunnels designed to withstand a nuclear attack, recently opened its secluded beaches and sites to the public.



Korçë is considered the birthplace of Albania's literary and artistic identity and the city's charm and traditions continue to reflect this heritage. Korçë's urban architecture, with its Ottoman, French and Roman influences, wide tree-lined boulevards and ample parks provides a unique experience in Albania. The city's markets, monuments and mosques highlight the significance of this Balkan city.

★ **Don't miss:**

- **Korçë Cathedral** – The Cathedral of the Resurrection is a monumental, modern building rising in the centre of Korçë. The cathedral has a magnificent nave crowned with a dome. On the sides there are two square towers. The interior is made of mahogany;
- **National Museum of Medieval Art** – one of those places where the modern and the old blend seamlessly

together, creating an otherworldly, timeless space;

- **The Old Bazaar** – a big market with old streets filled with small shops, similar to eastern bazaars. In a parallel alley there is also a large food market occupying a long street and two big covered naves;
- **The National Education Museum** – the Museum shows the history of Albanian writing, publications and the Albanian alphabet.

Name of clinic: Qendra e Hemodializës Korçë
Date opened: 2017
Number of dialysis stations: 35
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Romania

67 Constanța

68 Bucharest

Romania, in the south eastern part of central Europe, is a dynamic country rich in history, art and scenic beauty, this latter typified by the forested region of Transylvania. Relax beside the Danube River or step back in time as you visit one of the unique painted monasteries in Bucovina, the perfectly preserved hilltop citadel of Sighisoara, or the centuries-old villages of the Maramures region. Romania's many architectural treasures and vibrant and flourishing arts scene will delight and charm you.



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Constanța



Originally called **Tomis**, **Constanța** lies on the western coast of the Black Sea, 185 miles north of Istanbul and the Bosphorus Strait (Turkey) and 99 miles north of Varna (Bulgaria). An ancient metropolis, Romania's oldest continuously inhabited seaport **Constanța** traces its history back some 2,500 years. Its historical monuments, ancient ruins, museums and shops and proximity to beach resorts, make it the focal point of Black Sea coast tourism.

★ **Don't miss:**

- **Roman Mosaics** – a vast complex of late Roman buildings on three levels, once linked the upper town to the harbour and marked its commercial centre;
- **The Genoese Lighthouse** (Farul Genovez) – a lighthouse and historic monument on the waterfront of Constanța, set behind a group of statues including the bust of poet Mihai Eminescu, sculpted by Oscar Han;
- **Ovid's Square** – in 1887 the sculptor Ettore Ferrari designed a statue of the Italian poet, who had been exiled to then Tomis, giving its name to this square in the old town. The statue stands in front of the National History and Archaeology Museum.

📍 **Name of clinic:** Diaverum Constanța

Date opened: 2012

Number of dialysis stations: 36

Free TV: yes

Free Wi-Fi: yes

Free transfer (to and from clinic): yes

Food and drink provided: yes

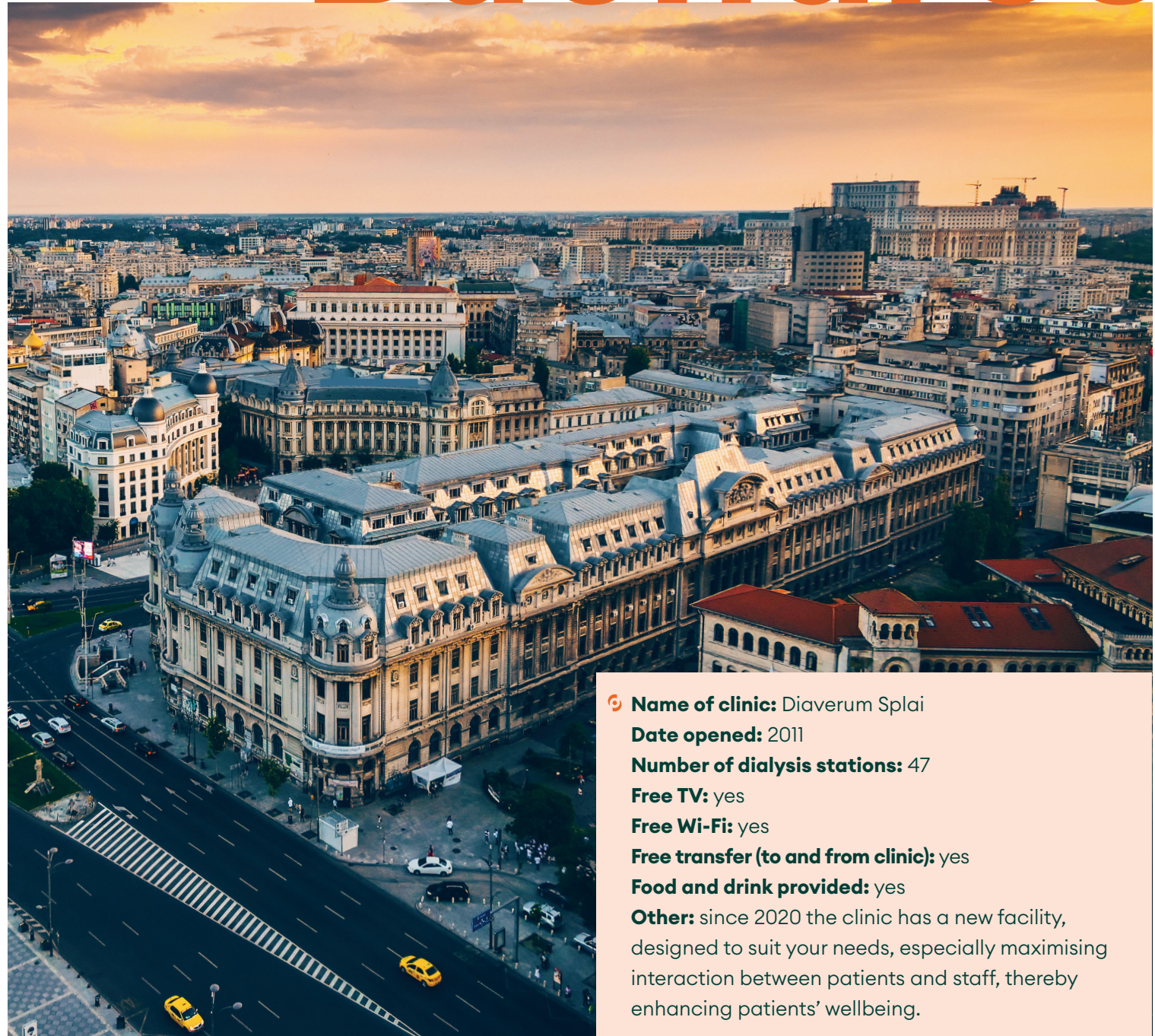
Other: in 2019, the clinic was expanded and now has new facilities. The new clinic design was customised to fully suit your needs, especially maximising interaction between patients and staff, thereby enhancing patients' wellbeing.

Bucharest

Known for its wide, tree-lined boulevards, glorious Belle Époque buildings and a reputation for the high life (which in the 1900s earned its nickname of “Little Paris”), **Bucharest**, Romania’s largest city and capital, is today a bustling metropolis.

★ **Don’t miss:**

- **Palace of the Parliament** – also known as People’s House (Casa Poporului), is the seat of the Parliament of Romania. The building is the second largest administrative building in the world after the Pentagon. The palace boasts 12 storeys, 1,100 rooms, a 328 ft long lobby and four underground levels, including a nuclear bunker.
- **The Arch of Triumph** (Arcul de Triumf) – a monument of independence was created by Petre Antonescu and inaugurated in 1936, replacing the original wooden arch that was erected after Romania gained its independence in 1878. An internal staircase was built so that visitors can climb to the top of the arch and look out over the city;
- **Calea Victoriei** (Victory Way) – one of Bucharest’s oldest and most well-known streets, the first paved road in Romania. Along Calea Victoriei, you can find over 30 monuments and historical buildings;
- **Cantacuzino Palace** (Palatul Cantacuzino) – found on Calea Victoriei in the centre of the city. It was built in 1903 in French Baroque style and is one of the most beautiful buildings in the city. Currently, it houses the George Enescu National Museum.



📍 **Name of clinic:** Diaverum Splai

Date opened: 2011

Number of dialysis stations: 47

Free TV: yes

Free Wi-Fi: yes

Free transfer (to and from clinic): yes

Food and drink provided: yes

Other: since 2020 the clinic has a new facility, designed to suit your needs, especially maximising interaction between patients and staff, thereby enhancing patients’ wellbeing.

Kazakhstan

70 Astana

70 Almaty

Kazakhstan, the ninth largest country in the world, a fascinating trans-continental country, mainly located in Central Asia with a smaller part west of the European Ural river. A country of mountain peaks, glaciers, deserts, canyons, clear lakes and rivers, Kazakhstan is home to five UNESCO World Heritage Sites, three cultural and two natural. They include the steppe and lakes of Saryarka, home to as many as 15-16 million birds, including many endangered species; Tamgaly, home to 5,000 rock carvings and the Mausoleum of Khoja Ahmed Yasawi which, although incomplete, dates back to 1405 and provides a fascinating glimpse into the architectural style of the time.



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Astana is the capital of the Republic of Kazakhstan. It gained the status of a city on 26th September 1862 (when it was known as Akmolinsk) and by 2017 had a population of over a million people. Astana is in the north of the country, on the banks of the Yessil River. The city was previously called Nur-Sultan, in honour to the former president of Kazakhstan, Nursultan Nazarbayev. It was announced in 2022 that the city would revert to its former name Astana. Summers here are hot and dry, and winters cold and long. Astana's infrastructure includes trade, transport, communications and construction.

★ **Don't miss:**

- **The Khan Shatyr** – a shopping mall with a monorail and a beach on the top floor with sand from the Maldives;
- **The Bayterek Tower** – an architectural wonder, mixed with an observation deck almost 100 metres above the ground that gives a beautiful panoramic view over Astana;

- **Palace of Peace and Reconciliation** – this pyramid was specifically built to host the triennial Congress of Leaders of World and Traditional Religions. Inside there is also an opera house, museum and university. It reflects Kazakhstan's history of cultural and religious tolerance;
- **The Central Park & Duman Entertainment Centre** – with an oceanarium and a ferris wheel. The Atameken is also worth a visit, to see all the major attractions of Kazakhstan in a miniature model.

📍 **Name of clinic:** Diaverum
Haemodialysis Center Astana
Date opened: 2019
Number of dialysis stations: 17
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes



Almaty is Kazakhstan's largest city and was its capital until 1997. It is home to the famous "Aport" apple. Formerly known as Verny and Alma-Ata, this city is now home to around 2 million people and of national significance for culture and tourism. Almaty is home to the film studio "Kazakhfilm" as well as several theatres, galleries, museums and libraries and is the only city in Kazakhstan with an underground metro.

★ **Don't miss:**

- **Kok Tobe Cable car** – brings you to the top of the Kok Tobe Hill, where there is a small amusement park and zoo. But the main reason to come to Kok Tobe is its wonderful view over the city;

- **Zeleny Bazar (Green Bazaar)** – experience a Central Asian bazaar where you can buy souvenirs, dried fruit, spices and fresh vegetables;
- **Medeu** – the world's highest ice-skating rink, with 10,500 m² of artificial ice, is in a wooded mountain valley 1,691 metres above sea level, 25 km south west of Almaty.

📍 **Name of clinic:** Diaverum Taugul
Date opened: 2019
Number of dialysis stations: 22
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes

North Macedonia

72 Kočani

73 Skopje

A beautiful Balkan destination, North Macedonia is a nation of ancient cities, mountains and lush forests. While small, it's home to some of Europe's most stunning scenery, that include extinct volcanoes and lakes. A hidden gem with a lively culture, North Macedonia's delicious food and warm hospitality are a must to experience.



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Kočani

The city of **Kočani** is 120 km from the capital, Skopje. It occupies the north side of the Kočani Valley, covering the area on both sides of the Kočani River, and laying to the south of the mountain range and ski resort of the 2,252 metres high Osogovo Mountains.

★ **Don't miss:**


- **Lake Gratche** – a small artificial lake built on the Kočani River in 1959 at the foot of the Osogovo Mountains. Beside the lake, there are modern tourist and catering facilities. Situated in a beautiful picturesque gorge, Gratche is a very popular site for recreational and picnic tourism;
- **Ponikva** – one of the most famous winter tourist centres and weekend settlements in Macedonia. Ponikva is located near Kočani, at an altitude of 1,560 metres in a region with dense

beech forests and the diverse vegetation of the Osogovo Mountains. The sports and recreation centre includes two ski lifts, holiday homes, campsites, bungalows, multipurpose spaces, sports and recreation grounds, catering facilities and services for ski equipment. Natural beauty, fresh air and a favourable climate all make Ponikva a popular destination.

📍 **Name of clinic:** PHO Diamed
Makedonija – Kočani
Date opened: 2014
Number of dialysis stations: 18
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes



Skopje

 **Name of clinic:** PHO Diamed
Makedonija – Vizbegovo
Date opened: 2014
Number of dialysis stations: 54
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

The largest city in the country, and the most important cultural centre in North Macedonia, the territory of **Skopje** has been inhabited since at least 4000 BC.

It's a city best enjoyed in the spring and autumn when the weather is at its best for visiting the city's many attractions.

★ **Don't miss:**

- **Old Bazaar** – beautiful part of the city dating back to the 12th century, when Skopje was under Ottoman rule;
- **Canyon Matka** – known as the valley of the butterflies, it is home to 77 indigenous species; one of the region's most popular outdoor destinations, with an alpine training centre, river rafting and restaurants set among picturesque nature with rich vegetation and animal life;
- **Mountain Vodno** – rises 1,061 metres above Skopje, home to a monastery and a park with a forest, accommodation, catering facilities, hiking trails and wide panoramic views across Skopje;
- **The Skopje Fortress**, commonly referred to as Kale (from the Turkish word for “fortress”), is a historic fortress located in the old town, thought to have been built between 10th-11th centuries.

Uruguay

75 Punta del Este

76 Montevideo

While smaller compared to some of its neighbours, Uruguay has much to offer, from the cosmopolitan capital of Montevideo, to the lively Punta del Este. Venture outside Uruguay's urban scenes though, and you won't be disappointed – the country has a variety of beaches for sunbathing and watersports as well as wild, natural beachfront locations on the Atlantic coast that ideal for wildlife-watching. Hot springs line up the Río Uruguay, making the country a truly unique and relaxing destination for holiday makers. Extending from the base of tall, rocky cliffs and highly developed, modern resorts.



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Punta del Este

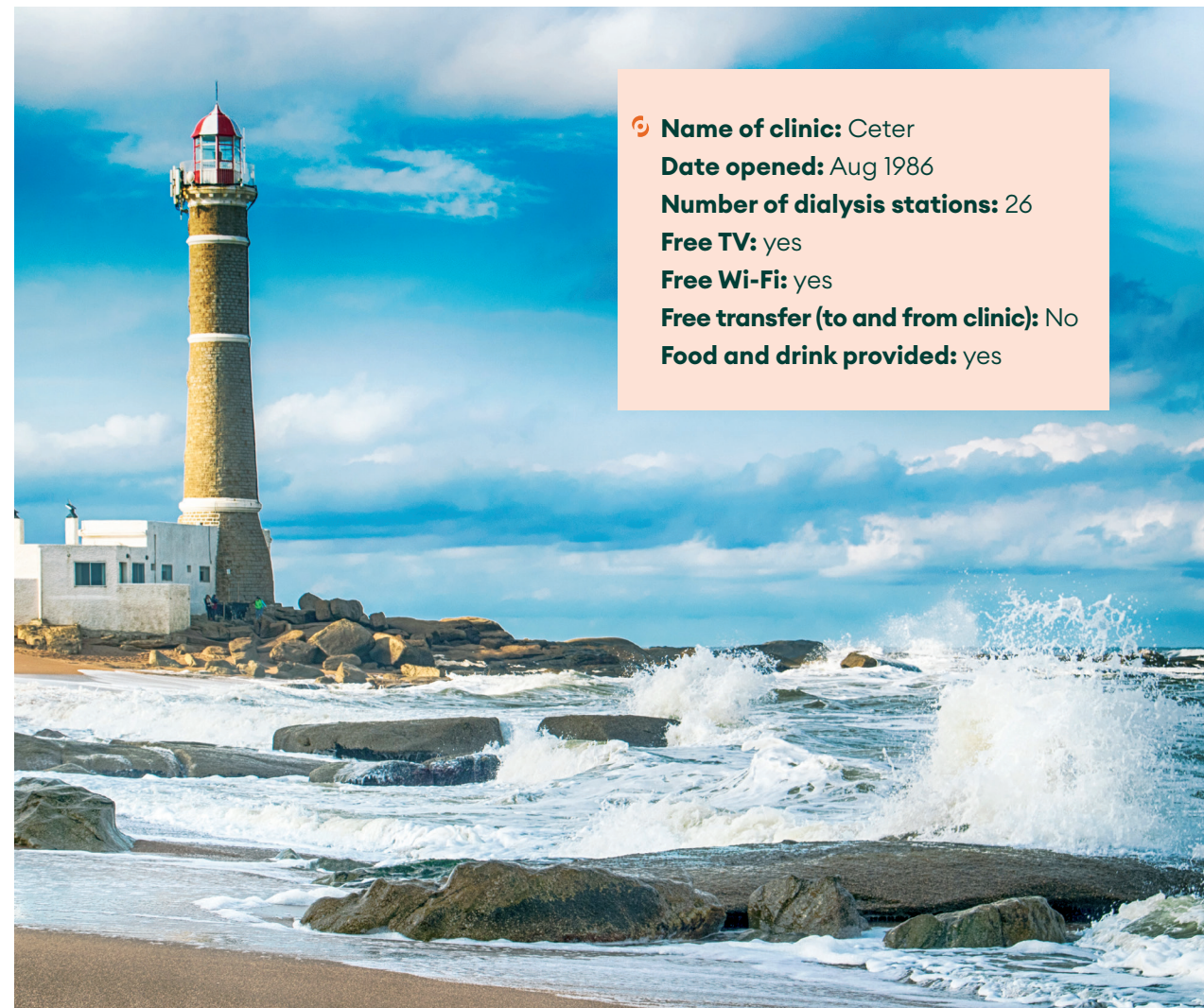
Punta del Este, in the south-east of Uruguay, is one of the most striking cities in Latin America. With its white sands, blue waters, dunes, islands, lagoons and forests, combined with varied and luxurious buildings, it offers a perfect balance between nature and architectural innovation.

★ Don't miss:

- The beaches of **Playa Mansa** and **Playa Brava** – both live up to their names; La Mansa, meaning "Calm", is ideal for young families and those wishing to enjoy a calm, peaceful swim. La Brava; La Brava, or "the brave" from which Isla de Lobos can be seen, is suitable for the more adventurous, offering sailing sports during the winter months;
- **Los Dedos**, or "Man Emerging to Life" – a sculpture of five fingers

partially submerged in sand, located at Brava Beach. It was created in 1982 by Chilean artist Mario Irarrázabal;

- **Punta Ballena** – 15 kms outside Punta del Este, where the cliffs create a Mediterranean feel. Visit Casa Pueblo, an iconic building that is now a hotel, gallery and café. On the west side, a small natural harbour is a centre for watersports. The beaches of Portezuelo and Solanas are also popular;
- **José Ignacio** – about 40 km east, this gorgeous town sees rugged and rustic fisherman's huts alongside luxurious mansions. Carnivals, concerts and relaxation co-exist here, especially from December to March, while you can also do watersports or enjoy greater calm in the mild winter months, July to October.



📍 **Name of clinic:** Ceter
Date opened: Aug 1986
Number of dialysis stations: 26
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): No
Food and drink provided: yes



Facing a deep bay at the mouth of the Río de la Plata, Uruguay's capital city, **Montevideo**, blends historic areas with tall office towers and well-appointed shopping centres. It offers a variety of cultural activities and gastronomic options for its visitors.

★ **Don't miss:**

- **Ciudad Vieja** – or the Old City, is the heart of Montevideo, with its many museums, open-air markets, and restaurants, and thousands of international visitors each year;
- **The Bay of Montevideo** – is part of the Rambla, at over 22 kms, the world's longest continuous pavement. An integral part of Montevidean identity, it's a great place for diverse

social, sporting and tourist activities. Several prominent buildings such as the Pan-American Building, Montevideo Shopping and the Montevideo World Trade Centre stand out on the horizon;

- **Parque Prado** – the city's largest park, with a public rose garden of more than 10,000 roses spread among pergolas, domes, fountain and a botanical garden.

📍 **Name of clinic:** Clinica Modelo
Date opened: July 2015
Number of dialysis stations: 30
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Hepatitis B+ patients: yes



Saudi Arabia

78 Riyadh

79 Jeddah

The Kingdom of Saudi Arabia is the largest country in the Arabian Peninsula, and more than a fifth the size of Europe. Saudi Arabia offers an immensely diverse scenery, from beaches and forests to grasslands, mountain ranges and deserts.

The country has a warm tradition of hospitality and wonderful cuisine. Its rich cultural heritage is shaped by its position as a historic trade hub and a destination for religious tourism.

In recent years, Saudi Arabia has undergone a significant economic, technological and cultural transformation, making it a vibrant and ever-changing country worth visiting.



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Riyadh

Riyadh, the capital city of Saudi Arabia, is located on the great limestone plateau of the Najd region. It is the site of Saudi Arabia's roots, as well as the birthplace of its ambitious future. Fascinating old historical souqs thrive alongside a vibrant metropolis and sites of natural and ancient beauty. With numerous art galleries and historic places to explore, it is a perfect destination for cultural enthusiasts.

★ Don't miss:

- **Diriyah** – a town on the edge of Riyadh, home to one of Saudi Arabia's UNESCO Heritage sites and a centre of Saudi Arabia's rich history.
- **Al Masmak Fortress** – a vast clay and mud-brick citadel built in 1865; **Sky Bridge at Kingdom Centre** – take the high-speed lift to the 99th floor of the iconic Kingdom Centre for access to Riyadh's best urban panorama;
- **Saudi National Museum** – a must-visit location, with more than 3,700 antiquities on display, documenting the grand history of Saudi Arabia over millennia;
- **Souq Al Zal** – the city's most famous market. Open since 1901, it is still a treasure trove for oriental and traditional Saudi Arabian items;
- **Modern shopping, fine dining and art** – Riyadh Park Mall, Riyadh Front and The Zone offer modern shopping, fine dining and pop-up art exhibits;
- **Edge of the World** – about a 90-minute drive from Riyadh, and then a challenging walk, here you can enjoy uninterrupted views of the horizon from 300-metre-high cliffs. This is a must-visit destination for adventure seekers and hiking enthusiasts alike.



📍 **Name of clinic:** Diaverum Riyadh – Integrated Renal Care Centre (IRCC)
Date opened: 2017
Number of dialysis stations: 30
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes



📍 **Name of clinic:** Diaverum Riyadh – Al Awaly
Date opened: 2016
Number of dialysis stations: 30
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Jeddah has always been a vibrant and cosmopolitan city, and a gateway for traders as well as pilgrims bound for Mecca. Jeddah has grown from its ancient origins into a dynamic commercial centre.

Jeddah has a 4.2 km modern corniche, where many enjoy the sunset over the Red Sea while having a picnic, walking or cycling.

The Red Sea also offers fantastic diving and snorkeling experiences among beautiful pristine reefs as well as numerous beach, fishing and sea activities. The city centre, Al Balad, is a historic quarter where ancient coral-stone houses display their “Mashrabiya,” an ancient style of carved wood windows projecting into narrow alleyways where many shops are located.

★ **Don't miss:**

- **Al Balad** – Jeddah's UNESCO-listed historic centre where you can find cool cafés, art galleries and spice-scented souqs;
- **Souqs of Historic Jeddah** – the market street along Bab Al Makkah is a gateway to the other souqs scattered around the area;
- **The Tayebat Museum** – a fascinating look at Jeddah's 2,500

year-old history, which predates modern Saudi Arabia, showcasing the region's traditional and unique architectural style;

- **King Fahd's Fountain** – the world's tallest fountain is a stunning Jeddah landmark, rising against the beauty of the Red Sea;
- **Fakieh Aquarium** – the first marine exhibition of its kind in Saudi Arabia;

- **Jeddah Central Fish Market** – enjoy delicacies fresh from the Red Sea, prepared and cooked just hours after being caught;
- **Modern shopping, fine dining and art** – the Mall of Arabia, the Red Sea Mall and the Saudi Centre for Fine Arts are some of the modern shopping, fine dining and art venues that Jeddah offers.

📍 **Name of clinic:** Diaverum
Jeddah – Al Naim
Date opened: 2015
Number of dialysis stations: 30
Free TV: yes
Free Wi-Fi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes



Clinic list

Albania

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Qendra e Hemodializës

Diaverum Shkodër

Rr Kolë Heqimi
4001 Shkodër
Tel.: +355 676041269

Qendra e Hemodializës

Diaverum Lezhë

Rruga e Spitalit
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Qendra e Hemodializës

Diaverum Elbasan

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Qendra e Hemodializës

Diaverum Korçë

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Diaverum – Cirurgia

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Diaverum – Guarulhos

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Diaverum – Mauá

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09370-670 Mauá SP
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Diaverum – Mogi das Cruzes

Rua Gaspar Conqueiro, 641/647
08730-480 Mogi das Cruzes SP
Tel.: +55 11 47235100

Diaverum – Santo André

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09040-011 Santo Andre SP
Tel.: +55 11 49942941

Diaverum – São Jose

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49045-270 Aracaju SE
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Diaverum – Suzano

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Diaverum – Taboão da Serra

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Diaverum Cañete

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Diaverum Llay.Llay

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Diaverum San Felipe

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999077 Hong Kong
Tel.: +852 23850945

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Yikesong Road, Wuhu County
241103 Wuhu
Tel.: + 86 25 8345 0196

Ningguo Diaverum Dialysis Center

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Wuxi Xishan Diaverum Dialysis Center

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Centre de Dialyse Diaverum Arles

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Centre de Dialyse Diaverum Marseille St Joseph

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Centre de Dialyse Diaverum Angers

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Centre de Dialyse Diaverum Montereau

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Centre de Dialyse Diaverum Marignane

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Centre de Dialyse Diaverum Saint-Denis

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Centre de Dialyse Diaverum Pantin

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Centre de Dialyse Diaverum Epinay

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Diaverum MVZ Am Neuen Garten – Standort Rangsdorf

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MVZ Diaverum Erkelenz

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MVZ Diaverum Erkelenz – Standort Heinsberg

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MVZ Diaverum Kleve – Zweigpraxis Kleve Klinikum

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MVZ Diaverum Remscheid

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MVZ Diaverum Prignitz – Perleberg

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Diaverum Dialízis Központ / Keszthely

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Diaverum Dialízis Központ / Hódmezővásárhely

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Diaverum Bari
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Diaverum Castelvetro
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Diaverum Copertino
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Tel.: +39 0832934357

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70033 Corato
Tel.: +39 802143710

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Via Arnale Rosso, 124
04021 Fondi
Tel.: +39 0771537717

Diaverum Grottaglie
Via Partigiani Caduti, 15
74023 Grottaglie
Tel.: +39 0995623749

Diaverum Ladispoli
Via Aldo Moro, 32
00055 Ladispoli
Tel.: +39 069947443

Diaverum Latina
Via dei Cappuccini, 26
04100 Latina
Tel.: +39 0773610001

Diaverum Marsala
Via F. Crispi, 86/bis
91025 Marsala
Tel.: +39 0923719560

Diaverum Mesagne
Via Francesco Muscogiuri, 43-47
72023 Mesagne
Tel.: +39 08311810670

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Diaverum Palagonia
Via Palermo, 40
95046 Palagonia
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Via Padova – residence Gammacurta
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00143 Roma
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Diaverum Sciacca
Via Einaudi Angolo Via Segni
92019 Sciacca
Tel.: +39 09251952002

Diaverum Taranto
Via Angelo Latrara, 29/31
74123 Taranto
Tel.: +39 0997795185

Diaverum Catania
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Tel.: +39 0957221455

Diaverum Paternò
Viale Orione Don L, 3/SCA
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Tel.: +39 095846416

Diaverum Adrano
Viale della Regione, 129
95031 Adrano
Tel.: +39 0957693285

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Contrada. Oliveto P.D.L. – Brucoli Mare
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Tel.: +39 0931982703

Diaverum Lentini
Via Fratelli Bandiera, 13
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Tel.: +39 095901981

Diaverum Barcellona Pozzo di Gotto
Via Generale Cambria, 2
98051 Barcellona Pozzo di Gotto
Tel.: +39 0909791014

Diaverum Petralia Soprana
Via XXV Aprile, 95
98026 Petralia Soprana
Tel.: +39 0921640189

Kazakhstan

Diaverum Almaty Clinic
36 Akan Sery Str.
050011 Almaty
Tel.: +7 (727) 3122184

Diaverum Almaty Prime Clinic
30/1 microdistrict Aksay-3B
050031 Almaty
Tel.: +7 (727) 2431695

Diaverum Karaganda (Yugo-Vostok)
7/2 Ryskulov Prosp., Yugo-Vostok
microdistrict
M04C7B1 (100026) Karaganda
Tel.: +7 (7212) 922366

Diaverum Karaganda (Maykuduk)
53 Schorsa Str., Oktyabrsky district
M06G1H6 (100001) Karaganda
Tel.: +7 (7212) 922730

Diaverum Karaganda (Shakhtinsk)
97 Kazakhstanskaya str., 2nd floor,
Bolashak policlinics
M31E3D2 (101600) Shakhtinsk
Tel.: +7 (72156) 54455

Diaverum Kokshetau Clinic
161A Abaya Str.
C00G5C0 (020004) Kokshetau
Tel.: +7 (7162) 294830

Diaverum Kostanay Clinic
28/1 Lermontov Street
P01G3A4 (110008) Kostanay
Tel.: +7 (7142) 534055

Diaverum Uralsk Clinic
85/2 N.Savichev Str.
L02C1H1 (090000) Uralsk
Tel.: +7 (7112) 308244

Diaverum Uralsk-2 Clinic
microdistrict Zhenis, building 1/1
Uralsk
Tel.: +7 (771) 7090325

Diaverum Aksay Clinic
Bld. 1, Rotational Camp
L16D4E6 (090302) Aksai
Tel.: +7 (71133) 40068

Diaverum Aktobe Clinic
338 Zhubanovs' Str.
D02G9T3 (030000) Aktobe
Tel.: +7 (7132) 556070

Diaverum Kaskelen Clinic
29 Tole bi., Karasaisky region,
Almaty oblast
B43T9K4 (040900) Kaskelen
Tel.: +7 (727) 3001064

Diaverum Kyzylorda Clinic
72 Nazarbayev avenue
N04D6A2 (120008) Kyzylorda
Tel.: +7 (7242) 231446

Diaverum Kyzylorda-2 Clinic
22 Ibray Zhakhayev Street
N02P1Y6 Kyzylorda
Tel.: +7 (771) 3959811

Diaverum Kazaly Clinic
92 K.Yerimbet Str., Kyzylorda region,
Kazaly district, Aiteke bi village
N22H8F4 (120401) Kazaly
Tel.: +7 (72438) 24284

Diaverum Zhanakorgan Clinic
Central regional hospital, B.Mailin Str. ,
Kyzylorda region, Zhanakorgan district,
Zhanakorgan village
N19G9Y2 (120300) Zhanakorgan
Tel.: +7 (72435) 24902



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Central regional hospital, 20 A
Sulemenova Str., South-Kazakhstan
region, Saryagash
X72F1E8 (160900) Saryagash
Tel.: +7 (72537) 27116

Diaverum Taldykorgan Clinic

«Karatal» microdistrict, bldg.1, Almaty
region, Taldykorgan
B00D8T2 (040000) Taldykorgan
Tel.: +7 (7282) 306244

Diaverum Temirtau Clinic

53/2 Dimitrov Str., Karagandy region,
Temirtau
M28E5K6 (101401) Temirtau
Tel.: +7 (7213) 954469

Diaverum Zhezkazgan Clinic

99 Abaya Street, Karagandy region,
Zhezkazgan
M13X9P1 (100600) Zhezkazgan
Tel.: +7 (771) 3959808

Diaverum Balkhash Clinic

Zheltoksan Street, Bolnichnyi
gorodok, Central Balkhash Hospital,
Karagandinskaya oblast, Balkhash
M10A1A2 (100300) Balkhash
Tel.: +7 (71036) 68831

Diaverum Schuchinsk Clinic

Central regional hospital microdistrict,
Bolnichniy gorodok, bldg. 1A, Akmola
region, Burabaiskiy district, Schuchinsk
C28C4C3 (021700) Schuchinsk
Tel.: +7 (71636) 23225

Diaverum Taraz Clinic

121 A Zhambyl avenue, Taraz
H01E2M2 (080000) Taraz
Tel.: +7 771750619

Diaverum Asykata Clinic

19 B Kazybek bi Str., village Asykata,
Maktaaral district, South-Kazakhstan
region
X52H5D1 (160533) Asykata
Tel.: +7 7713959829

Diaverum Almaty Taugul Clinic

91A mikrorayon Taugul-1, Almaty
A10F4T2 Almaty
Tel.: +7 7717802121

Diaverum Shymkent Clinic

4003/3 Mikrorayon Severo-Zapad,
Abay rayon
X17T6E2 (160016) Shymkent
Tel.: +7 7717614467

Diaverum Anastasia Clinic

5 Baityrsynov Street
X08T6M1 (160021) Shymkent
Tel.: +7 7717130068

Diaverum Astana Clinic

12/1 Ilyas Zhansugurov Street
Z01D7A8 (010000) Astana
Tel.: +7 172492939

Diaverum Satpayev Clinic

9 Kussainov Street, Karagandinskaya
oblast
101302 Satpayev
Tel.: +7 7713959808

Diaverum Zhas Kanat Clinic

363 microdistrict Zhas Kanat
A36P7D0 (050039) Almaty
Tel.: +7 7273377556

Diaverum Shelek Clinic

98 Vikhrev Street
B27M7H1 Shelek
Tel.: +7 7717050624

Diaverum Kulsary Clinic

44 Karamanova Street
060100 Kulsary
Tel.: +7 7717130536

Diaverum Atyrau Clinic

42 a microdistrict, Avangard-3
060000 Atyrau
Tel.: +7 7717130536

Diaverum Aktau Clinic

26 microdistrict, building 62/1
130000 Aktau
Tel.: +7 7717185048

Diaverum**Chubary Clinic**

23 A Halel Dosmukhameduly Street
Z05H9D1 Astana
Tel.: +7 7717802552

Diaverum**Turkistan Clinic**

50 A Kozhanova Street
X43D7F3 Turkistan
Tel.: +7 7717535 85

Diaverum Kulan Clinic

2 Tlepova Street
H34E5B0 Kulan
Tel.: +7 7717429994

Diaverum Uzunagash Clinic

52 M Abaya Street
B33Y2P0 Uzunagash
Tel.: +7 7717429918

Diaverum**Osakarovka Clinic**

124 Shkolnaya Street, poselok
Osakarovka
101000 Osakarovka
Tel.: +7 7717802332

Diaverum Topar Clinic

1 Hippocrates Street, Abayiskiy district,
Karagandinskaya oblast, poselok Topar
100116 Topar
Tel.: +7 7717802332

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LT-03214 Vilnius
Tel.: +370 52135838

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Budrio str. 5
LT-57164 Kėdainiai
Tel.: +370 34756136

Diaverum Kaunas

Partizanų str. 17
LT-49476 Kaunas
Tel.: +370 37331537

Diaverum Kaišiadorys

Beržyno str. 27
LT-56172 Kaišiadorys
Tel.: +370 34660688

Diaverum Klaipėda

S. Nėries str. 20
LT-92228 Klaipėda
Tel.: +370 46345032

Diaverum Plungė

Telšių str. 13
LT-90162 Plungė
Tel.: +370 44871312

Diaverum Kretinga

Vytauto str. 51-1
LT-97132 Kretinga
Tel.: +370 44540455

Diaverum Jurbarkas

Vydūno str. 56
LT-74112 Jurbarkas
Tel.: +370 44751236

Diaverum Jonava

Žeimių str. 19
LT-55134 Jonava
Tel.: +370 34952743

Diaverum Elektrėnai

Taikos str. 6B
LT-26115 Elektrėnai
Tel.: +370 52832620

Diaverum Šalčininkai

Nepriklausomybės str. 38
LT-17115 šalčininkai
Tel.: +370 38051240

Diaverum Šilainiai

Baltų pr. 49B
LT-48233 Kaunas
Tel.: +370 37365280

Diaverum Šeškinė

Šeškinės str. 28
LT-07156 Vilnius
Tel.: +370 52421777

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Birutės str. 7
LT-86142 Kelmė
Tel.: +370 42751782

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47500 Subang Jaya
Tel.: +60 3 56314484



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11 Jalan Teknologi PJU 5, Kota 47810
Petaling Jaya
Tel.: + 60 356241050

Morocco**Centre d'hémodialyse d'Agadir**

Extension X n°10 Villa Ait Allal
80000 Agadir
Tel.: +212 528821583

Centre d'hémodialyse de Marrakech

Quartier Hôpital Civil, rue Allal Ben
Ahmed
40000 Marrakech
Tel.: + 212 524435255

**Centre de néphrologie
et d'hémodialyse de Meknès**

12 Place Abdelkrim El Khatib
50000 Meknès
+212 5355-14445

**Centre d'hémodialyse
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Hôpital Mohamed V, Avenue
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50000 Meknès
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Tel.: +389 22602222

Diaverum Zelezara

str.16th Makedonska Brigada n.18
1000 Skopje
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Tel.: +389 33435651

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Tel.: +389 34223181

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Diaverum Strumica

str.11th October n.3
2400 Strumica
Tel.: +389 34358094

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str. Teofan Ekonomov n.51
1300 Kumanovo
Tel.: +389 31453718

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str.Joakim Osogovrski nn
1330 Kriva palanka
Tel.: +389 31424834

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Powstania Styczniowego 1
81-519 Gdynia
Tel.: +48 586201163

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11-500 Giżycko
Tel.: +48 874281803

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48-100 Głubczyce
Tel.: +48 774853857

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23-300 Janów Lubelski
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Unidade de Braga**

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810325 Brăila
Tel.: +40 339401709

Centrul de dializă Diaverum Buşteni
Bd. Independenţei nr. 65B
105500 Buşteni
Tel.: +40 244247545

Centrul de dializă Diaverum Buzău
Bd. Stadionului nr. 7A
120151 Buzău
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Centrul de dializă Diaverum Călăraşi
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Sector 2
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Târgu Mureş**
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800685 Galaţi
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Calea Moldovei nr. 2, corp A
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Tel.: +40 254513702

Centrul de dializă Diaverum Sema Parc
Bd. Splaiul Independenţei nr. 319,
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060044 Bucureşti
Tel.: +40 213105225



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550135 Sibiu
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Tel.: +40 263215186

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Centrul de dializă Diaverum Odorheiu Secuiesc

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Centrul de dializă Diaverum Oradea

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060044 București
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Diaverum Dammam – Al Rayan

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Diaverum Madinah – Mudhainib

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Life Enhancing Renal Care

Diaverum is a Swedish-born, multinational healthcare organisation that provides lifeenhancing renal care to patients with Chronic Kidney Disease (CKD), empowering them to live fulfilling lives.

Our vision is to transform the industry through patient-centric digital innovations, delivering and broadening access to the highest quality of care.

Our focus is to provide renal care tailored to patients' needs and choices, offering a portfolio of treatments ranging from preventive care, haemodialysis, peritoneal dialysis and home care, to coordination of patients' comorbidities and holiday dialysis.

As a global leader and the largest independent renal service provider in Europe, we care for around 38,000 patients across 440 clinics in 23 countries globally. Diaverum employs around 13,000 people worldwide and is headquartered in Malmö, Sweden.

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