



Find out more about Diaverum's clinics and locations in 24 countries worldwide, at **www.d.holiday**

Table of contents

04	Welcome note	20	Italy	42	China	59	Poland	76	North Macedonia
		21	Bari	43	Guangzhou	60	Giżycko and Iława	77	Kumanovo
05	d.HOLIDAY Newsletter:	22	Copertino	43	Hong Kong	61	Kraków	78	Skopje
	feel inspired to travel	23	Rome						
		24	Catania	44	Malaysia	62	Germany	79	Uruguay
06	d.HOLIDAY Fly Back	25	Marsala	45	Kuala Lumpur	63	Stralsund	80	Punta del Este
	Programme: we bring					64	Potsdam	81	Montevideo
	you back home when	26	Nutrition advice	46	Singapore	64	Hamburg		
	it matters the most		for your trip					82	Saudi Arabia
				48	Considering	65	Sweden	83	Riyadh
07	Greece	28	Let's Travel Together		travelling?	66	Stockholm	84	Jeddah
80	Athens				Just try it!				
09	Chalkida	29	Portugal			67	Lithuania	85	Clinic list
		30	Lisbon	49	Hungary	68	Vilnius		
10	Organising	31	Cascais	50	Budapest	68	Kaunas		
	a dialysis holiday	32	Aveiro	51	Keszthely				
		33	Porto			69	Albania		
11	Spain			52	Brazil	70	Vlorë		
12	Costa del Sol	34	Filipe's story	53	Guarulhos	70	Korçë		
13	Balearic Islands				and Aracaju				
14	Costa Blanca	36	France			7 1	Romania		
17	Costa del Maresme	37	Paris	54	Chile	72	Brașov		
	and Barcelona	38	Draguignan and Marseille	55	Villarrica	73	Bucharest		
19	The role of a d.HOLIDAY			56	United Kingdom	74	Kazakhstan		
	Coordinator	39	Morocco	57	Furness	75	Astana		
		40	Agadir	58	Forest of Dean	75	Almaty		
		41	Marrakesh						

d.HOLIDAY: empowering dialysis patients to travel

Travel is much more than just a holiday; at Diaverum, we believe that freedom of mobility is essential for patients to live fulfilling lives.

Our d.HOLIDAY programme is designed to support patients and their families every step of the way, providing the knowledge and advice needed to travel with piece of mind.

With dedicated teams in 24 countries, we ensure that holiday patients have everything required for a worry-free experience while receiving world-class dialysis care from Diaverum.

Whether you're going on holiday, visiting friends and family, or travelling for business, rest assured that we will take care of all your needs.

For now, we're delighted to present you with the fourth edition of our d.HOLIDAY Travel Guide. You'll be able to discover some of the world's most exciting destinations, hear from other patients about their travel experiences, and get valuable advice for your trip.

We hope our Travel Guide inspires you to start planning your next adventure.

Michaela Blomstrand
Global Director Patient Experience
& Stakeholder Management



d.HOLIDAY Newsletter: feel inspired to travel

Travelling while on dialysis can present challenges, but it shouldn't hold you back from your adventures. Our d.HOLIDAY Newsletter is designed to inspire and empower you.

Get inspired

Discover some of the world's most popular holiday destinations across 24 countries and four continents, where Diaverum clinics are conveniently located. Our digital booking platform simplifies holiday dialysis bookings, making it easier than ever to plan your next getaway. Let our newsletter inspire you to explore new places and cultures.

Learn more

Our newsletter includes information on CKD-friendly activities in each destination, ensuring you can enjoy your trip while meeting your dialysis needs. In addition, you'll receive guidance on essential medical documentation, nutrition tips, dialysis-friendly recipes, and advice on staying active while travelling.

Stay informed

Stay up-to-date with new locations, clinics, and services. Our newsletter provides the latest news and information to help you plan the perfect trip.



Whether you're looking for destination specials or useful tips, we've got you covered. Let us help you make the most of your travels. Scan the QR code to subscribe today!

d.HOLIDAY Fly Back Programme: we bring you back home when it matters the most

Being on a kidney transplant list shouldn't keep you from travelling and living a fulfilling life

With our d.HOLIDAY Fly Back
Programme, you can travel worry-free.
If you receive a call from your
transplant coordinator that a kidney
is available, we'll bring you back home
swiftly and free of charge.*

To be considered eligible for the Programme, you must:

- be a Diaverum patient or be receiving treatment in one of our clinics while travelling,
- inform us that you're on a transplant list when booking your treatment,
- be travelling within Europe.



Scan the QR code to learn more

*Terms and conditions apply. Visit our website for more information or call us on +46 10 334 05 61 (Monday-Friday, 8:30-16:30 CET)



d.HOLIDAY

FLY BACK

programme

Greece

08 Athens 09 Chalkida

A country of legendary myths and rich history, invites you to explore its ancient ruins, sun-drenched beaches, and vibrant food culture. Athens, the bustling capital, serves as a gateway to this timeless escape. Here, the Acropolis stands as a testament to a bygone era, while busy cafes, in every corner, offer a glimpse into modern Greek life. Venture beyond the mainland and discover a network of islands, many of which are just a short ferry ride away. Whether you seek historical wonders, beautiful beaches or charming villages, Greece promises an authentic and unforgettable travel experience.









Athens

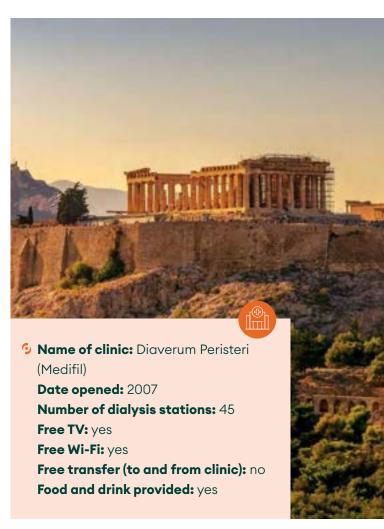


The capital of Greece is a city that seamlessly blends ancient history with modern charm. It's a place where you can wander through the ruins of the Acropolis, one of the most important archaeological sites in the world, and then grab a delicious "souvlaki" (grilled meat on a skewer) at a trendy restaurant in the evening.

★ Don't miss:

- The Acropolis this UNESCO World
 Heritage Site is the crown jewel of
 Athens. The Acropolis is a hilltop
 citadel that is home to several
 important ancient buildings,
 including the Parthenon, the Temple
 of Erechtheion, and the Propylaia,
 dating back to the 5th century BC;
- The Plaka this charming neighbourhood is located below the Acropolis hill, and is known for its narrow streets, traditional shops & lively tavernas. It's a wonderful spot to wander around and soak up the atmosphere of the Old Town of Athens;
- The National Archaeological
 Museum this museum is home to
 a vast collection of artifacts from all

over Greece, from prehistoric times to the Roman period. It's a great place to learn more about the history and culture of Greece.



Chalkida

Located just 70 km from Athens, Chalkida, the main city on the island of Euboea (Evia), seamlessly blends a rich historical background with stunning views of the Gulf and the mainland. Its vibrant waterfront enhances its charm. offering a perfect mix of history and scenic beauty. With a mild climate, lush landscapes, and warm hospitality, Chalkida is an ideal destination for relaxation and rejuvenation.

★ Don't miss:

- Unique Tidal Phenomenon experience the "Crazy Waters" of the Euripus Strait, a fascinating natural phenomenon where the currents change direction 4-6 times daily;
- Karababa Castle visit the historic, Ottoman castle, overlooking the straits of Euripos and the town of Chalkis:
- Eretria explore this enchanting small town, which combines ancient ruins, stunning beaches, and a delightful seafront promenade;
- **Loutra Edipsou** enjoy the soothing thermal springs, known for their

healing properties since ancient times:

- · Archaeological Museum of Chalkida - find ancient artifacts from prehistoric to Byzantine times, showcasing the rich history of the region;
- Kokkino Spiti (red house) admire this unique neoclassical mansion along the waterfront, known for its vibrant red colour and architectural charm;
- · Local Festivals and Events experience Chalkida's lively atmosphere during events like the Carnival Parade and the Feast of Agios Paraskevi, featuring music, dance, and local traditions;
- Vourkou Park relax in this beautiful park by the sea, perfect for a peaceful stroll or a family picnic;
- Local Cuisine and Taverns savour fresh seafood, appetising meze, and delicious sweets at Chalkida's seaside taverns:
- · Walking Tour of the Old **Town** – wander through narrow streets, traditional shops, and vibrant markets.



Organising a dialysis holiday

Jette Thaarup, a dedicated advocate for dialysis patients, has made it her mission to help individuals experience the joy of travel without compromising their health. Through her work with the Danish Kidney Patient Association, Nyreforeningen, she has organised numerous group trips to various destinations, ensuring that dialysis patients can enjoy their holidays worry-free. Here, she shares her personal story and talks about the importance of travelling for people living with CKD.





Jette Thaarup,Danish Kidney Patient
Association Representative

My passion for helping dialysis patients stems from my own personal experience. After marrying my husband Jesper, a dialysis patient, I realised that his condition should not limit our desire to explore the world. Together, we have embarked on several European trips over the years, discovering the possibilities of holiday dialysis in different countries. Inspired by our adventures, we both became involved in organising group trips for the Danish Kidney Patient Association. After Jesper's passing in

2015, I took on the role of leading these efforts, as I wanted to continue all the great work we'd been doing together.

Organising a dialysis group holiday involves meticulous planning and coordination. It includes a number of steps, such as identifying suitable dialysis clinics that can accommodate a large group of patients, negotiating with travel agencies to create customised packages, and ensuring that all necessary paperwork is in order. One of the biggest challenges is navigating the complexities

of healthcare systems in different countries. However, we handle all these logistics on behalf of patients to allow them to enjoy their holiday.

Despite these challenges, the rewards of organising these trips are immense. Witnessing the joy and gratitude of patients as they explore new places & connect with others in similar situations is incredibly satisfying. Travelling is a fundamental part of living a fulfilling life, and I encourage all those undergoing dialysis to embrace it.

Anyone with questions or concerns about travelling should speak to their home clinic or local patient association. They

will be happy to support in planning anything from a dream trip to the other side of the world to a short visit to friends and family in another city.

I'm profoundly grateful that my efforts have allowed countless dialysis patients to experience the world and create lasting memories, and I remain optimistic about the future of dialysis travel. Currently, Diaverum offers holiday dialysis in many popular tourist destinations, opening up even more opportunities for dialysis patients to enjoy their holidays without limitations.

As I continue to organise these life-changing trips, I hope my story inspires many more others to travel.

Spain

- 12 Costa del Sol
- 13 Balearic Islands
- 14 Costa Blanca
- 17 Costa del Maresme and Barcelona

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.









Costa

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

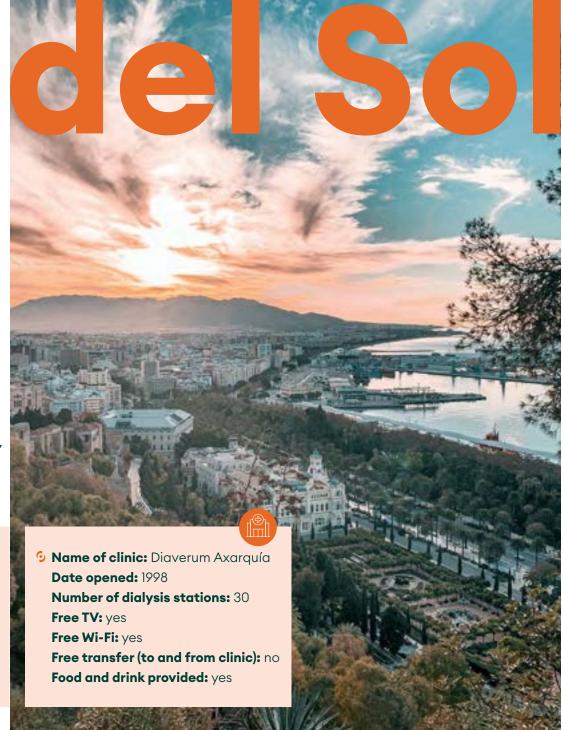
Date opened: 1978

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 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

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

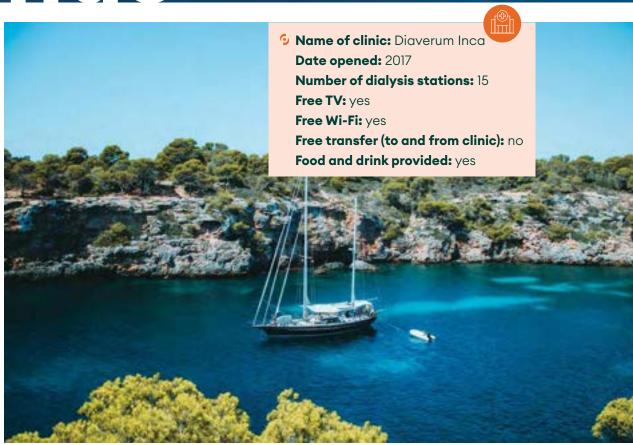
The landscape is varied and beautiful; from stunning mountains to sandy beaches that run alongside calm, crystalline waters. Blessed with a year-round, mild climate, the Islands are home to many sites of great historical and cultural interest. Alongside their delightful people, interesting customs and 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:

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

- 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;
- Illetas 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.



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 California of Europe, as this area is called, is decorated with elegant villas, orchards and almond groves. It gets its name from 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.



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 Catalonian economy over the past few years, with some of the world's best restaurants and top chefs, such as Ferran Adria, 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:

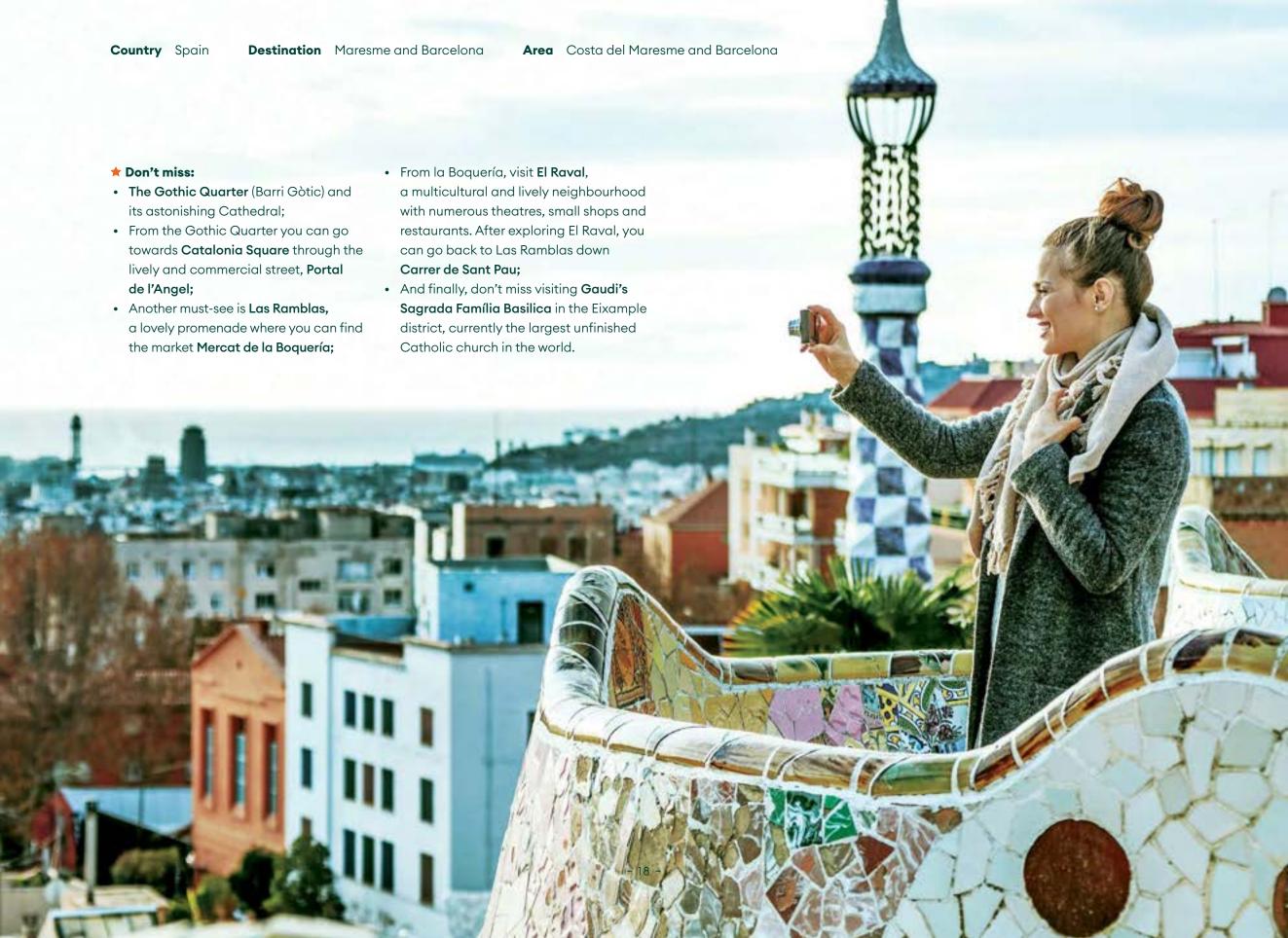
Diaverum Maresme

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



The role of a d.HOLIDAY Coordinator

d.HOLIDAY has dedicated teams in 24 countries who ensure that holiday patients have everything they need for a truly relaxing experience. Hear more from one of our d.HOLIDAY Coordinators in this article.



Rosaria Oddo, d.HOLIDAY Coordinator for Diaverum Italy

I have always had a great passion for communication and travel. Born and raised in Germany, I lived there until the age of 15. I hold a degree in Foreign Languages from the University of Venice and speak German, English, French, and Spanish.

In 2013, I moved to Sicily. Among my various professional experiences, I previously worked for a local dialysis centre, where I organised trips and holidays for dialysis patients & their families. I was responsible for the booking process from start to finish and managed the centre's promotion, both in Italy and throughout Europe. This path led me to join Diaverum as a d.HOLIDAY Coordinator in June 2023.

At Diaverum, we are dedicated to empowering patients and their families to live fulfilling lives, and we know that travel plays a central role in this. However, travelling can feel like a significant challenge for people who need to receive

regular dialysis treatments. That's why our d.HOLIDAY programme is designed to support individuals at every stage of their journey, making travel as seamless and stress-free as possible.

My role here is to act as a liaison between Diaverum clinics and holiday dialysis patients, ensuring that patients have everything they need to enjoy their trip to the fullest. Diaverum has dedicated d.HOLIDAY Coordinators, such as myself, in each country where we operate, who usually speak more than one language, in our efforts to minimise communication barriers.

Our vision in Italy is to make d.HOLIDAY a point of reference for both local and foreign patients, as well as patient associations, for everything related to holiday dialysis. We are committed to ensuring that patients who wish to travel to, within, or outside Italy receive comprehensive assistance. This includes suggesting travel and

accommodation options, advising on dialysis-friendly activities and places to visit, and most importantly, facilitating the booking of their dialysis treatments at their destination. We also help them develop an itinerary tailored to their individual capabilities and needs.

In essence, d.HOLIDAY allows patients and their families to travel with confidence and peace of mind. Another great thing about d.HOLIDAY is that it's available to all dialysis patients, regardless of whether they normally receive their treatment at a Diaverum clinic.

Travelling can offer numerous benefits for patients with chronic kidney disease: it can boost morale and provide a sense of normalcy, offer a break from routine, and help reduce stress and anxiety.

Our goal is to help patients realise that their disease shouldn't limit their wants and dreams, and to empower them to travel, knowing we're here to support them every step of the way.

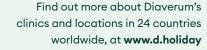
Italy

- 21 Bari
- 22 Copertino
- 23 Rome
- 24 Catania
- 25 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.









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 & 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.



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. 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): no 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, gets its name from 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): no Food and drink provided: yes



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 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): no
Food and drink provided: yes

Nutrition advice for your trip

When we go on holiday, we often relax our daily routines, but it's important for dialysis patients not to completely forget their diet. Here are some tips to help you plan ahead, ensuring you can enjoy local cuisine while staying healthy during your travels.



Vítor Sá Martins, Nutrition Manager, Diaverum Portugal

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

In most cases, as long as you consult with your healthcare team, follow their nutrition recommendations and make any necessary adjustments to meals, you will be able to enjoy and share new food experiences with your fellow travellers. Here are some tips 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 select the right portion sizes. With a new routine on holiday, it is easy to skip a meal. When you're hungry, it can be hard to control what you eat and you may end up making 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 you
 and make the right decisions about
 what to eat. 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 details you need about ingredients, portion sizes, salt content, etc.? They will usually be very happy to adapt dishes to suit your needs, if they understand what these are;
- 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, 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 that very dry places & air conditioning can make you thirsty too;

- 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 & 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,
 as well as good places to choose and
 buy the right snacks for your trip.
 Lastly, remember that even when on

holiday, a good walk or other exercise is an important part of feeling good and staying healthy.

Kidney-friendly recipes

Golden Tofu Sticks

Ingredients:

- 200 grams of tofu
- 1 tablespoon of balsamic vinegar (15 ml)
- 1 tablespoon of lemon juice (15 ml)
- 100 ml (1/2 small cup) of white wine
- 1 dessert spoon of ground mustard
- 1 teaspoon of sweet paprika
- 1 teaspoon of turmeric
- Cassava flour (approximately 4 heaped tablespoons)

Preparation:

- 1. Cut the tofu into 6/8 thin sticks
- **2.** Marinate the tofu in balsamic vinegar, white wine, lemon juice, and mustard for approximately 2 hours
- **3.** In a bowl, mix the cassava flour with the sweet paprika and turmeric
- 4. Coat the tofu in the flour, paprika, and turmeric mixture
- **5.** Place in the oven at 180°C on a baking tray lined with parchment paper. Remove when it turns golden.

Nutritional information (per 3 sticks):

187 kcal, 9 g protein, 6 g fat, 16 g carbohydrates, 177 mg potassium, 106 mg phosphorus

These delicious tofu sticks can be enjoyed on their own as a tasty snack or as part of a main meal. Why not create a sandwich with pita bread by adding one tablespoon of a mixture of plain yogurt, mustard, honey and coriander, along with some lettuce leaves? Just use your imagination!



Vanilla Mini-Muffins

Ingredients (18 small muffins – 30 g each):

- 100 g of wheat flour
- 50 g of cornstarch
- 150 g of sugar (if diabetic, substitute with stevia)
- 2 eggs
- 1 dessert spoon of vanilla sugar
- 125 g margarine

Preparation:

- 1. Preheat the oven to 180°C
- 2. Beat the eggs with the vanilla sugar until they turn whitish or pale
- 3. While continuing to beat, add the flour, cornstarch, and softened margarine
- 4. Grease the small muffins molds and divide the batter among them
- **5.** Bake for about 10 minutes
- **6.** Once the mini-muffins have risen and turned golden, remove them from the oven.

Nutritional information (per muffin):

124 kcal, 1 g protein, 16 g carbohydrates, 6 g fat, 18 mg potassium, 20 mg phosphorus

For extra flavour, add 2 or 3 berries per muffin during baking, such as blackberries, raspberries, or cranberries. You can also try adding some cinnamon and apple, or drizzle with some honey for a sweet touch.







Let's Travel Together

"Let's Travel Together" is an initiative which aims to arrange yearly group trips for Portugal-based dialysis patients and their caregivers within the country. The goal is to educate and give them confidence to travel, empowering them to live fulfilling lives. Read on to learn more about the initiative.



Marta Olim, d.HOLIDAY Coordinator for Diaverum Portugal

Living with chronic kidney disease and undergoing dialysis has a profound impact on the lives of patients. Most dialysis patients need to visit a clinic at least three times a week for 4-5 hours each time to receive their treatment, so being away from home can be a challenge. In 2023, we launched the "Let's Travel Together" initiative, to address this challenge, as part of Diaverum's holiday dialysis programme, d.HOLIDAY.

We created a package featuring a travel itinerary, complete with pre-booked hotels, organised transfers, and daily guided tours & activities. Accompanied by a certified nurse throughout the trip, patients can enjoy quality time with their families, offering much-needed respite from the day-to-day restrictions that managing chronic kidney disease can present.

"Let's Travel Together" is an initiative that transforms the lives of our patients by making travel a reality. Despite the complexities of dialysis treatment, we turn what seems like a distant dream into an achievable experience.

I am sincerely proud of this initiative, which stands as a testament to

Diaverum's culture of True care.

Our programme not only encourages dialysis patients to recognise that their

disease shouldn't hold them back from travelling but also provides them with the opportunity to enjoy a fully organised trip with their loved ones, ensuring continuity of care at their destination.

In the initiative's second edition in 2024, a group of 40 dialysis patients and their loved ones enjoyed a week of unforgettable moments in Águeda, a popular city in the centre of Portugal known for its cultural richness. During this time, their continuity of care was ably supported by the nearby Diaverum Águeda clinic. We hope to grow this programme year after year.

d.HOLIDAY makes it possible for all dialysis patients to enjoy Portugal, one of the world's most popular holiday destinations. Turn the page to learn more about our magnificent country.

Portugal

- 30 Lisbon
- 31 Cascais
- 32 Aveiro
- 33 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.









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 Portguese 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



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

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

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.





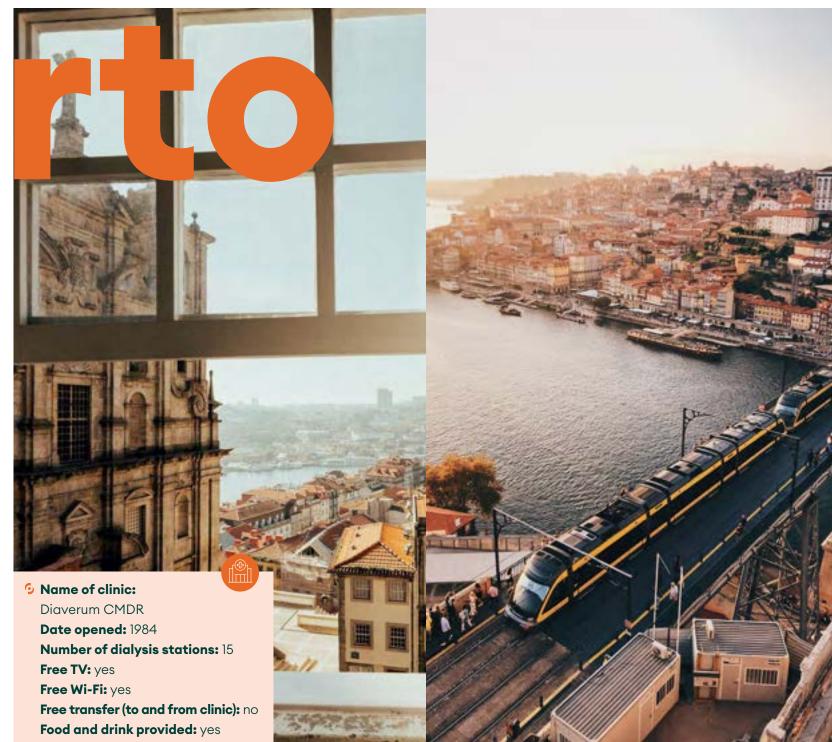
city, **Porto** lies on the Douro River estuary and is famous for its cellars where port wine is made. Centuries ago, British merchant ships would cluster in Porto's medieval harbour to ferry the region's eponymous port wines back home. Discover Porto from sky-high miradouros (lookouts) and roof terrace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

Known as the "Invicta", or unbeatable

★ Don't miss:

arts buildings.

- 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.



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 days off, 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.

Visiting Braga, Portugal

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

37 Paris

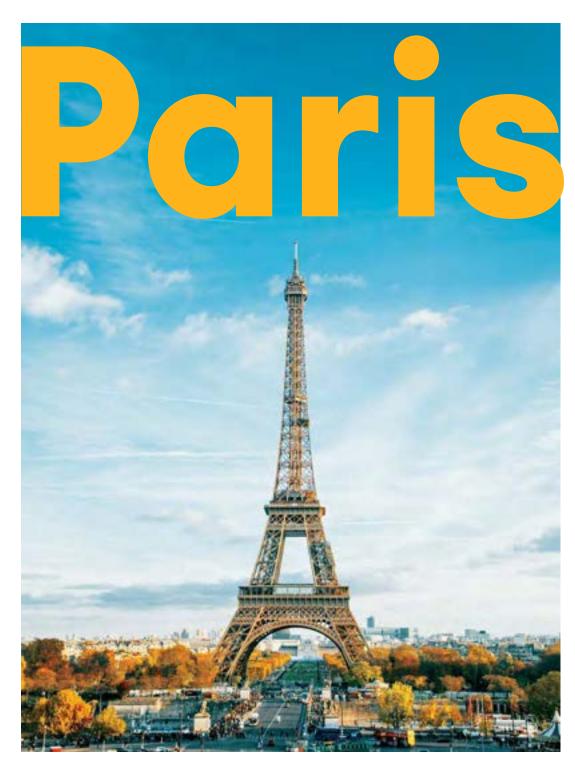
38 Draguignan and Marseille

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.











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 Jaurès

Date opened: 2023

Number of dialysis stations: 16

Free TV: yes Free Wi-Fi: yes

Free transfer

(to and from clinic): no

Food and drink provided: yes



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-Cote 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.

- 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 Charite 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

40 Agadir

41 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.



worldwide, at www.d.holiday



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: Centre de Dialyse 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





Marrakesh is known as the Red City, thanks to the 16 km 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.

- 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.

China

43 Guangzhou

43 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 6,300 km 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.









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 950 BC 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



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.

★ 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 34 metres tall, it is a major centre of Buddhism in the city;

- 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.
- 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

Name of clinic: Integrated

Malaysia

45 Kuala Lumpur

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.



Find out more about Diaverum's clinics and locations in 24 countries worldwide, at www.d.holiday



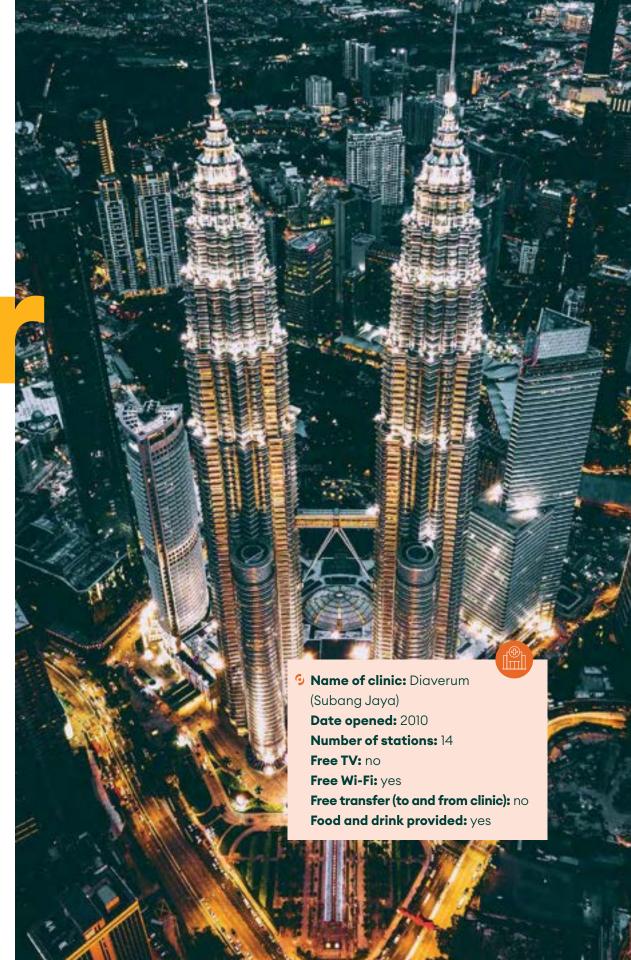
Kudla Lumpu

Kuala Lumpur, commonly known as KL, is Malaysia's capital city. One of the most vibrant and fast-growing cities in Asia, with many exciting places, world-famous landmarks, prestigious hotels and state-of-the-art facilities, KL has something to offer for everyone.

- Petronas Twin Towers visit the world's tallest twin structures, standing at an astonishing height of 170 metres, and catch a breathtaking view of the city;
- Dataran Merdeka enjoy a leisurely stroll around Independence Square or "Dataran Merdeka" in Malay, where the Malaysian flag was raised for the first time, and get a glimpse into the city's past;

- Shopping KL's status as one of the most popular shopping cities in the world, makes shopping an activity not to be missed;
- Batu Caves nestled within

 a limestone outcrop, stands
 a distinctive and captivating
 Hindu cave temple. Comprising
 three expansive caves, the main
 cavern is adorned with intricate
 shrines. Adding to the allure, is
 the remarkable 140-feet statue
 of Lord Murugan, at the base of
 the 272 steps leading to the
 temple. The annual Thaipusam
 Festival, which takes place inside
 the caves and attracts a vast
 international audience, is a sight
 to behold.



Singapore

47 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.



Find out more about Diaverum's clinics and locations in 24 countries worldwide, at www.d.holiday





ore

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.

- 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-hectare 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 explore 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.

Considering travelling? Just try it!

Jan Świątczak, a 42-year-old resident of Poznań, Poland, has been on dialysis for twelve years. He balances his demanding dialysis schedule with a full-time job as a railway vehicle designer. Outside of work, Jan is passionate about railway travel and sailing, often spending his free time exploring these interests or being with family and friends. In this article, he shares how people on dialysis can feel empowered to embark on fulfilling travel experiences.



Jan Świątczak, dialysis patient and traveller

The primary benefit of holiday dialysis is the renewed ability to travel and explore. As an avid train and sailboat enthusiast, I value the opportunity to satisfy my curiosity and experience new places. While ocean voyages are no longer feasible, holiday dialysis allows me to maintain a degree of travel freedom.

Dialysis has become an integral part of my travel planning process, and I take an active role in planning my trips around it, meticulously arranging accommodation, transportation, and activities at my destination. Here are my tips to ensure a smooth travel experience:

 Destination selection: prioritise locations with accessible dialysis facilities. You can easily search for holiday dialysis with Diaverum in 24 countries via the d.HOLIDAY website. Just enter the destination and dates you are thinking of travelling; then, you get a list of local dialysis centres, with detailed information about their services.

- Dialysis booking: secure dialysis appointments at your chosen destination well in advance. This will help you select the dialysis centre and time slots that are most convenient for you.
- Accommodation: book accommodation close to the dialysis centre for convenient transportation. Upon receiving confirmation from the

- centre, I focus on finding accommodation with a maximum 45-minute commute.
- train tickets, and car rentals as needed, in advance of your trip.
 Usually, I arrange my own transportation to the dialysis centre via rental car, public transport, or even walking. Navigating unfamiliar cities and coordinating transportation to dialysis centres can be stressful, so don't hesitate to ask your visiting dialysis centre for assistance.
- Local exploration: plan activities and excursions around your dialysis schedule. Ask the local d.HOLIDAY Coordinator for suggestions on CKD-friendly activities.
- Documentation: make sure you pack any necessary identification documents, including health insurance cards.
- Medication: carry all prescribed medications with you, especially when flying, keeping them in your carry-on luggage for safety.

Travel Insurance: consider purchasing additional travel insurance to cover potential medical emergencies. If you're on the kidney transplant list and travelling within Europe, you can make use of the d.HOLIDAY Fly Back Programme which facilitates and funds travel arrangements for holiday patients who receive their transplant call while away from home.

While the logistics around travelling might seem daunting at first, the rewards of exploring new places are immense. In addition, the more you travel, the more comfortable you become, and the less intimidating the whole process seems.

Start with shorter trips to gain confidence. And, when planning to travel, it's important to remember that there are professionals who can help. Speak to your home clinic team, a specialised travel agency, or your local patient association for assistance. By taking the first step and seeking appropriate support, you can embark on fulfilling travel experiences.

Hungary

50 Budapest51 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.











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 to take in the view;
- **Downtown Budapest** where business life, banks, and many cultural &

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 thousandyear-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 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 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 & 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

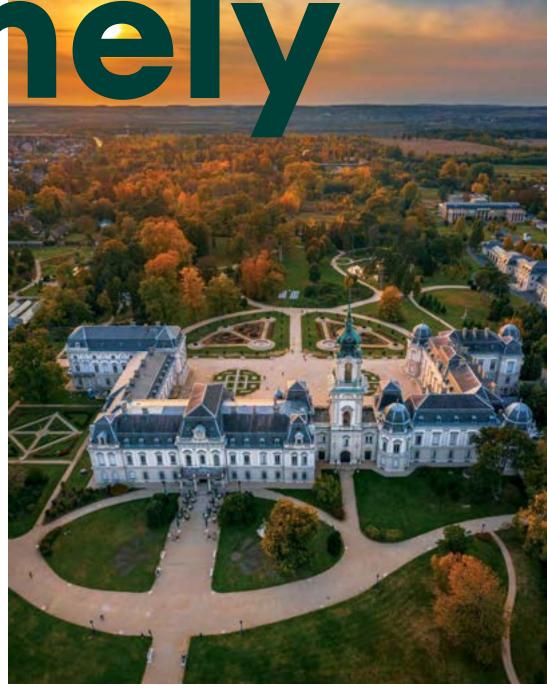
Number of dialysis stations: 11

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

53 Guarulhos53 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 7,000 km. Whatever first draws you to Brazil – whether its kaleidoscopic culture or raw, natural beauty – its many joys may well invite you to stay.





Guarulhos is located in the metropolitan area of São Paulo and is 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.

- 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

55 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 desert in the world; 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.



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.

- Villarica 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.



United Kingdom

57 Furness58 Forest of Dean

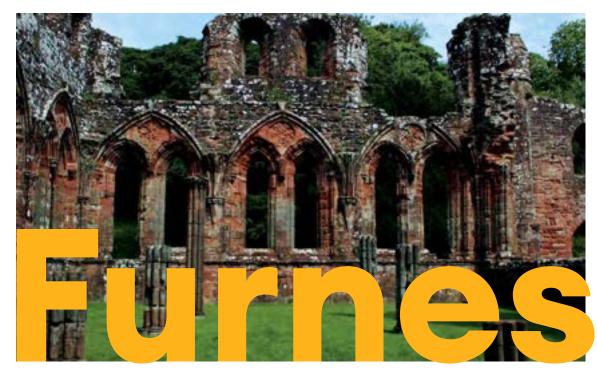
The United Kingdom (UK), also known as Great Britain, is separated from mainland Europe by the English Channel, and is also bordered by the Atlantic Ocean, North Sea and Irish Sea. The UK's four beautiful nations offer breathtaking landscapes of amazing diversity, from the rugged mountains and lakes 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.





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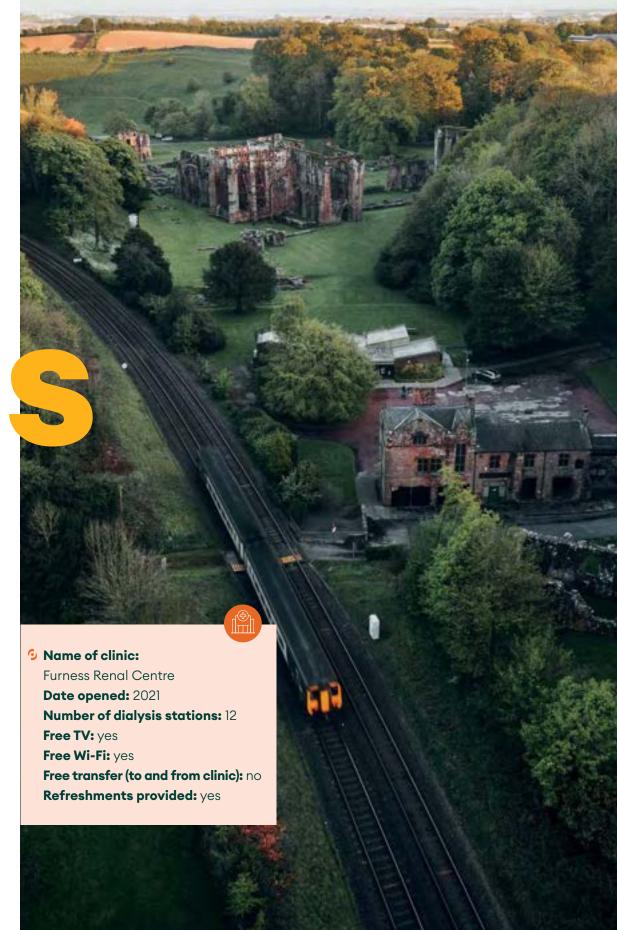
Furness is a truly unique place, where the past dances with the present, and every step leads to a new discovery. Nestled within the picturesque landscapes of the English Lake District, the enchanting region of Furness beckons with a timeless allure that captivates the senses.

★ Don't miss:

• Furness Abbey – established in 1123 under the patronage of Stephen, Count of Boulogne, this abbey was initially constructed for the Order of Savigny. Crafted entirely from local sandstone, the abbey transferred to the Cistercians in 1147, leading to a gradual expansion and reconstruction of the original intricate church. The

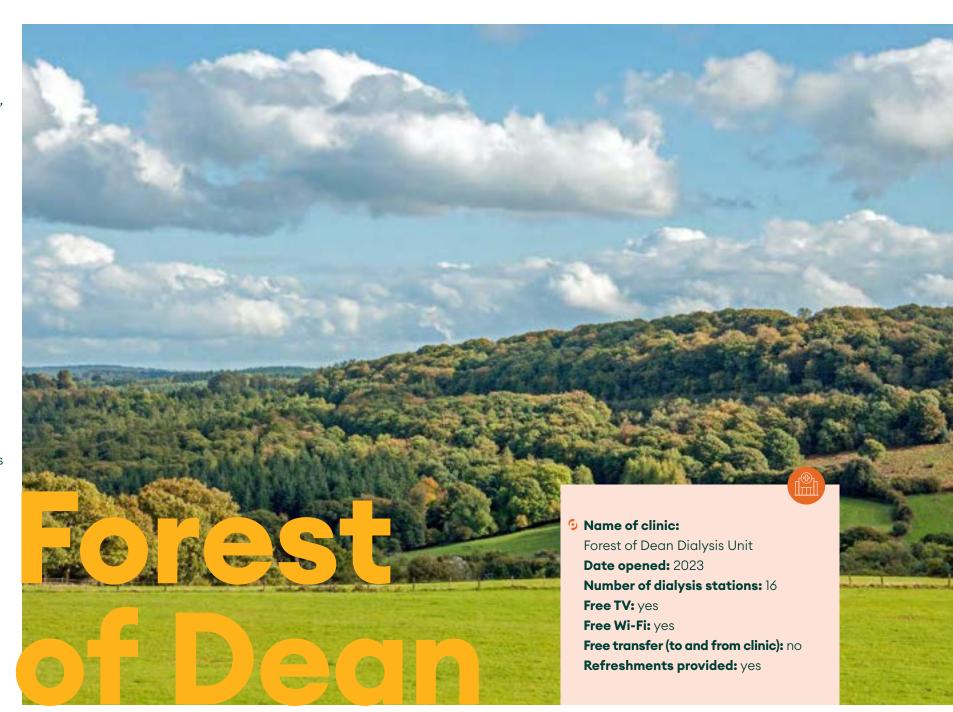
predominant remnants trace back to the 12th and 13th centuries. By the 15th century, a comprehensive remodeling had transformed it into the second wealthiest and most influential, as well as one of the most magnificent Cistercian abbeys in England - a beautiful sight to behold;

- The rich tapestry medieval history - discover the beauty of Furness where time seems to stand still, inviting deep exploration;
- Breathtaking natural beauty you won't be disappointed with the rugged coastline, as far as the eye can see;
- The rugged charm of the coastline - this destination promises an unforgettable journey into the heart of North West England.



Welcome to the Forest of Dean, where nature meets mystery and adventure awaits around every corner. Nestled in the scenic landscapes of Gloucestershire, this captivating forest region invites you to explore its enchanting woodlands, ancient monuments, and charming villages

- A tapestry of history and myth - wander through lush forests once roamed by kings and outlaws, and uncover tales as old as the trees themselves;
- Puzzlewood a magical, twisting woodland believed to inspire Tolkien and J.K. Rowling, with mossy pathways and hidden nooks that transport you to another world;
- Spectacular natural beauty from panoramic views of the River Wye to tranquil forest trails, every step offers a feast for the senses;
- · The wild charm of the landscapes - embrace an unforgettable journey in the heart of England's southwest, where timeless beauty and adventure beckon at every turn.



Poland

60 Giżycko and Iława61 Kraków

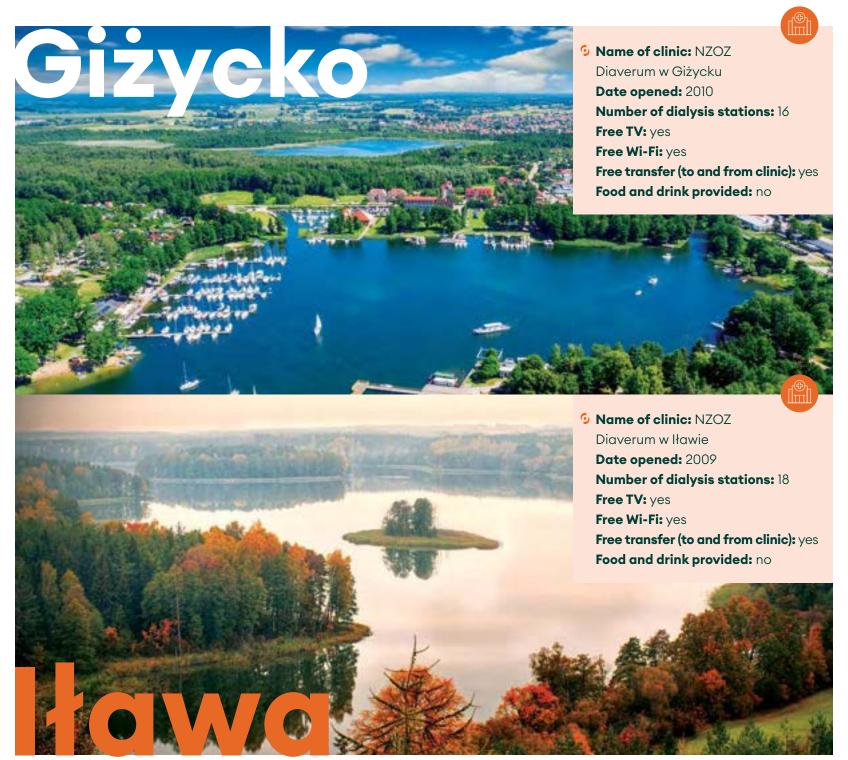
Poland's roots go back to the 10th century, offering history buffs over 1,000 years of events to explore. Its natural riches are equally captivating – the Baltic Sea's wide sandy beaches, the Tatra Mountains, and the Masurian Lake District's imposing natural beauty of dense forests, leave an impression 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 Gizycko and Ilawa offer charming, peaceful alternatives.











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.

- 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.

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

- 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.



Germany

63 Stralsund

64 Potsdam

64 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 and music events happening all year round, as well as a rich, flavourful cuisine.







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





Destination Potsdam

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 freedom during the day

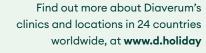
Sweden

65 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, 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.











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



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

records to awards, and much more;

- The Vasa Museum The Vasa is the only preserved 17th century ship in the world and a unique art treasure. More than 95% 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. It 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, 30 km from Stockholm.

Lithuania

68 Vilnius68 Kaunas

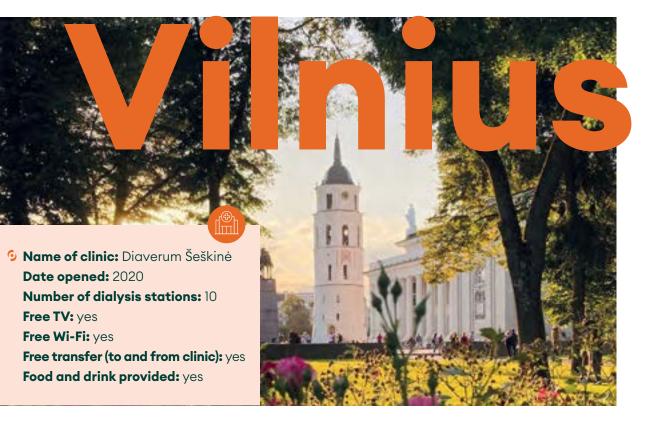
The southernmost of the Baltic states, Lithuania's landscape is dotted with an abundance of golden beaches, lakes and emerald-green forests that offer themselves up to cyclists, hikers and beach goers. Its capital, Vilnius, has boomed in recent years as a popular spot for visitors, offering a combination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



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

70 Vlorë70 Korçë

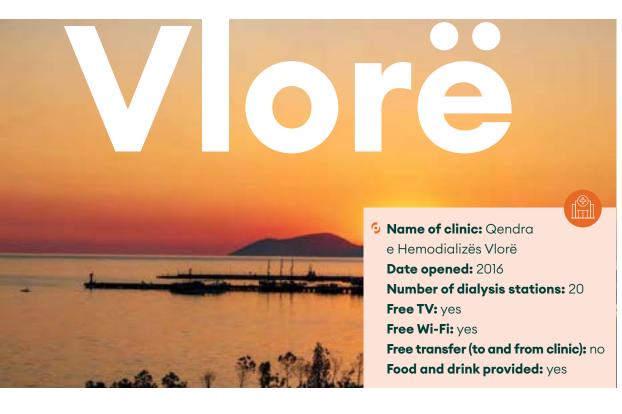
On the Balkan Peninsula of southeast Europe, Albania is a small country offering an extensive paradise. From quiet beaches to stunning mountains, the scenery here rivals neighbouring Mediterranean resorts for their charm and beauty. The country is home to fascinating archaeological sites and castles, 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.











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 also 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

72 Brașov

73 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.

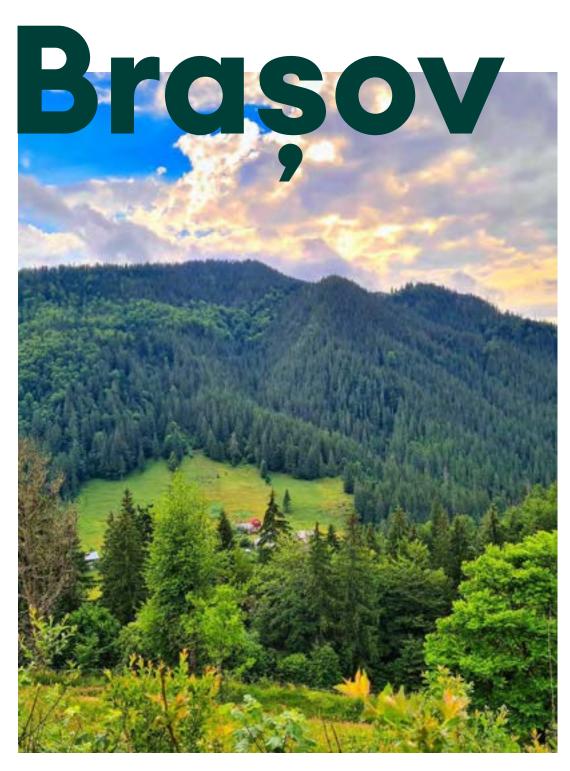
Romania's many architectural treasures and vibrant & flourishing arts scene will delight and charm you.





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Braşov, a charming city nestled in the heart of Romania, is known for its stunning medieval architecture, vibrant culture, and picturesque landscapes.
Surrounded by the Carpathian
Mountains, Braşov offers visitors a unique blend of history, natural beauty, and modern amenities.

★ Don't miss:

- Council Square (Piaţa Sfatului) the historic heart of Braşov, known for its colourful baroque buildings, bustling atmosphere, and festive Christmas Market in December;
- Black Church (Biserica Neagră)

 a 15th-century Gothic masterpiece
 and one of Eastern Europe's most
 significant landmarks, reflecting

 Brașov's rich cultural heritage;
- S Name of clinic: Diaverum
 Brasov Nephrology and
 Dialysis Centre

Date opened: 2009

Number of dialysis stations: 26

Free TV: yes Free Wi-Fi: yes

Free transfer (to and from clinic): yes Food and drink provided: yes

- Mount Tâmpa raising 400 meters above the Old Town, it offers panoramic views of Braşov's rooftops and surrounding landscapes.
 Accessible by a scenic hike or cable car;
- Rope Street (Strada Sforii) one of the narrowest streets in Europe, originally designed for fire-fighters, it is a quirky and unique slice of Braşov's rich past;
- Poiana Braşov just 15 kilometers from Braşov, this popular ski resort offers 24 kilometers of pistes and stunning winter landscapes from mid-November to mid-March.
- Bran Castle famously known as "Dracula's Castle", this imposing fortress near Braşov offers a fascinating glimpse into Romania's history, legends, and myths.

Destination Bucharest

Bucharest, Romania's capital, known as "The Little Paris of the East" for its elegant architecture and vibrant culture, offers rich history, diverse cuisine, and lively nightlife.

★ Don't miss:

- Palace of Parliament a symbol of dictator Ceaucescu's megalomania, Bucharest's Parliament is the second largest building in the world, beaten only by The Pentagon;
- Old City Centre (Lipscani) stroll its bustling streets and admire the city's eclectic architecture, from neoclassical masterpieces like the Romanian Athenaeum to the Art Nouveau-style CEC Palace and Stavropoleos Monastery;
- Cotroceni Palace Museum the epitome of royal grandeur which provides a glimpse into the lives of Romania's past rulers;
- The Village Museum also known as the Dimitrie Gusti Museum, is an open-air museum that showcases traditional Romanian village life;
- · National Museum of Art of Romania - housed in the former Royal Palace, discover impressive art collections and stunning palace architecture;
- Macca-Vilacrosse Passage explore this road with its glass-covered arcade, cozy cafes, and unique

boutiques, for a taste of historical charm:

• Ceaușescu House - step back in time to explore the lavish lifestyle of Romania's former, controversial communist leader and gain insight into the country's history;

Food and drink provided: yes



Bucharest

Kazakhstan

75 Astana75 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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Destination Astana

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 & long. Astana's infrastructure includes trade, transport, communications and construction.

★ Don't miss:

- Khan Shatyr a shopping mall with a monorail and a beach on the top floor with sand from the Maldives;
- Bayterek Tower an architectural wonder, 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;
- Atameken Museum this open-air museum, housing all the major attractions of Kazakhstan in a miniature model, is also worth a visit.
- Name of clinic: Diaverum Haemodialysis Centre 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 & 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

76 Kumanovo77 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, including extinct volcanoes and lakes. A hidden gem with a lively culture, North Macedonia's delicious food and warm hospitality are a must to experience.









Kumanovo

Kumanovo is the second largest city in North Macedonia. It's easily accessible, as it's located on the main highway that runs through the country. Like every other major city in Macedonia, Kumanovo is fairly busy. It's also only 30 km away from the capital city of Skopje, making it very common and easy for visitors to drive between the two cities, to explore the nightlife scene and restaurants.

★ Don't miss:

- Bislimska Klisura located just 5 km outside the city of Kumanovo,
 Bislimska Klisura is carved out of
 limestone from the Jurassic Age. Its
 steep sides almost vertical in some
 places, make it look like a canyon.
 The gorge boasts a dozen caves and
 precipices, reaching up to 90 m and
 40 m deep, respectively, while the
 diverse flora and fauna of the area
 including bats, falcons, eagles and
 reptiles, are equally impressive;
- Kumanovo Spa a new and modern multi-functional facility, the spa

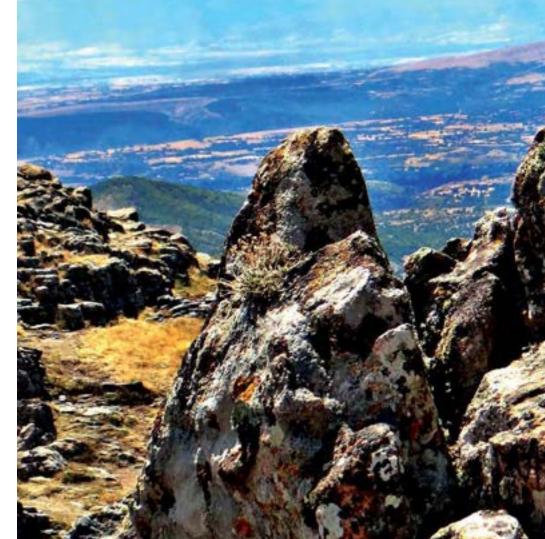
- houses an indoor pool filled with the famous Kumanovo thermo-mineral water, widely known for its healing properties and high quality;
- ASNOM Memorial Centre located in Pelince, a village in the municipality of Staro Nagorichane, this cultural, historical, and sports recreation centre, is dedicated to the first meeting of the Anti-Fascist Assembly for the People's Liberation of Macedonia (ASNOM), held on 2 August 1944 in the monastery of St. Prohor Pchinski – just 2 km away.

Name of clinic: PHO Diamed Makedonia – Kumanovo Date opened: 2020

Number of dialysis stations: 36

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 a beautiful part of the city dating back to the 12th century, when Skopje was under Ottoman rule;
- Canyon Matka known as the valley of 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, and is home to a monastery a park with a forest, accommodation, catering facilities, hiking trails, and wide panoramic views across the city;
- The Skopje Fortress, commonly referred to as Kale (the Turkish word for "fortress"), is a historic fortress located in the old town, thought to have been built between the 10th and 11th centuries.

Uruguay

80 Punta del Este81 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 are 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.



Punta del Este

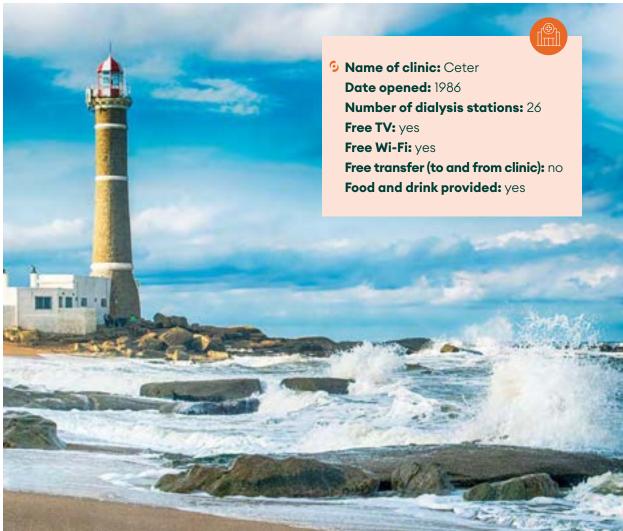
Punta del Este, in the south-east of Uruguay, is one of the most striking cities in Latin America. With its white sands, blue waters, dunes, islands, lagoons and forests, combined with varied and luxurious buildings, it offers a perfect balance between nature and architectural innovation.

★ 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, 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 km 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.







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

Other: the clinic accepts Hepatitis B+ patients



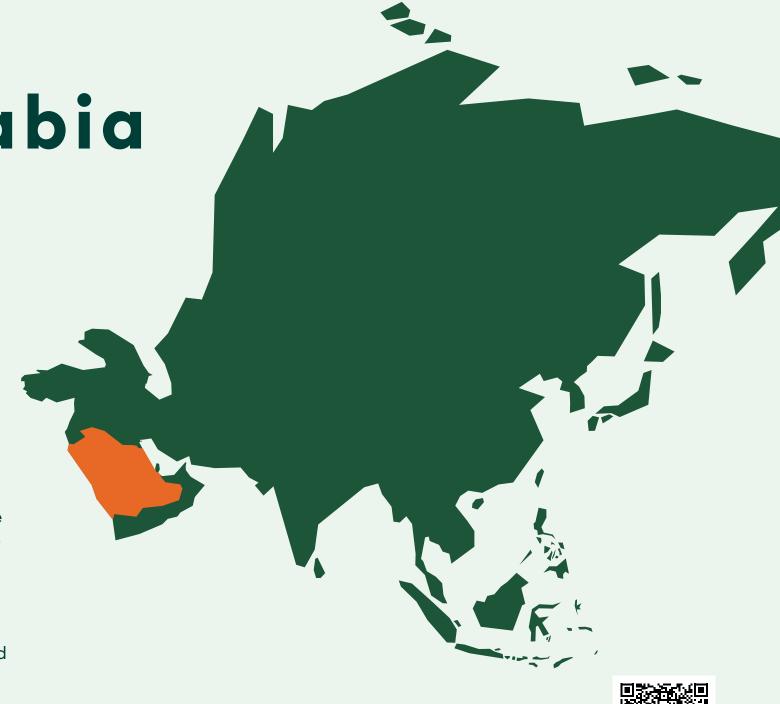
Saudi Arabia

83 Riyadh 84 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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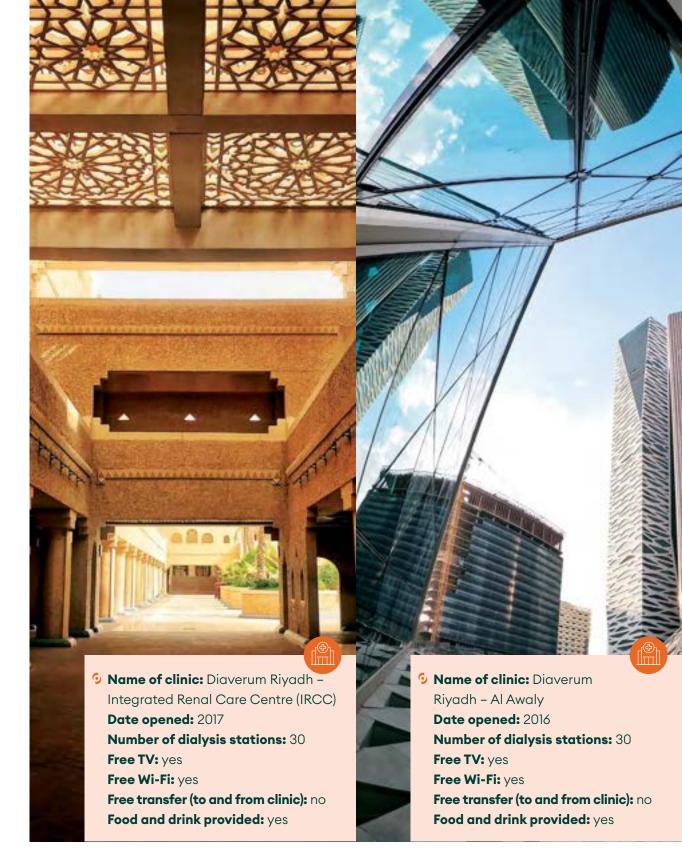
Riyadh

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 sougs thrive alongside a vibrant metropolis and sites of natural & 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.



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.

The city 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.

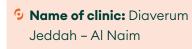
★ Don't miss:

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





- 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.



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



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Qendra e Hemodializës

Diaverum Lezhë

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Diaverum Mauá

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Diaverum Mogi das Cruzes

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Diaverum La Calera

Blanco Encalada 362 2290564 Calera Tel.: +56 962739483

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RM 811A,Champion Building 301 Nathan Road KL 999077 Hong Kong Tel.: +852 23850945

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Centre de Dialyse Diaverum Pantin

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Diaverum Almaty Prime Clinic

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Diaverum Kostanay Clinic

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«Karatal» microdistrict, bldg.1, Almaty region,Taldykorgan B00D8T2 (040000) Taldykorgan Tel.: +7 728 2306244

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.: +7 716 3623225

Diaverum Taraz Clinic

121 A Zhambyl avenue, Taraz H01E2M2 (080000) Taraz Tel.:+7 771 750619 **Diaverum Asykata Clinic**

19 B Kazybek bi Str., village Asykata, Maktaaral district, South-Kazakhstan region X52H5D1 (160533) Asykata

Tel.: +7 771 3959829

Diaverum Almaty Taugul Clinic

91A mikrorayon Taugul-1, Almaty A10F4T2 Almaty Tel.: +7 771 7802121

Diaverum Shymkent Clinic

4003/3 Mikrorayon Severo-Zapad, Abay rayon X17T6E2 (160016) Shymkent Tel.: +7 771 7614467

Diaverum Anastasia Clinic

5 Baityrsynov Street X08T6M1 (160021) Shymkent Tel.: +7 771 7130068

Diaverum Astana Clinic

12/1 Ilyas Zhanssugurov Street Z01D7A8 (010000) Astana Tel.: +7 172 492939

Diaverum Satpayev Clinic

9 Kussainov Street, Karagandinskaya oblast 101302 Satpayev Tel.: +7 771 3959808

Diaverym Zhas Kanat Clinic

363 microdistrict Zhas Kanat A36P7D0 (050039) Almaty Tel.: +7 727 3377556

Diaverym Shelek Clinic

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44 Karamanova Street 060100 Kulsary Tel.: +7 771 7130536

Diaverum Atyrau Clinic

42 a microdistrict, Avangard-3 060000 Atyrau Tel.: +7 771 7130536

Diaverum Aktau Clinic

26 microdistrict, building 62/1 130000 Aktau Tel.: +7 771 7185048

Diaverum

Chubary Clinic

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Diaverum

Turkistan Clinic

50 A Kozhanova Street X43D7F3 Turkistan Tel.: +7 771 753585

Diaverum Kulan Clinic

2 Tlepova Street H34E5BO Kulan Tel.:+7 771 7429994

Diaverum Uzunagash Clinic

52 M Abaya Street B33Y2P0 Uzungash Tel.: +7 771 7429918

Diaverum

Osakarovka Clinic

124 Shkolnaya Street, poselok Osakarovka 101000 Osakarovka Tel.: +7 771 7802332

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Diaverum Kaunas

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

Diaverum Kaišiadorys

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DV-Diálises do Vouga, Lda

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Centrul de dializă Diaverum Mediaș

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Digyerum Al Hassa - Mahasen

8228 Al Hizam Adh Dhahabi District. Al Mubarraz 4312 36422 Al Hassa Tel.: +966 59 224 11 30

Diaverum Riyadh – Al Awaly

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Diaverum Pineda

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Diaverum Málaga

C/ Ayala, 33-35 29002 Málaga Tel.: +34 952 365 780

Digverum Pontevedra

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Diaverum Palma

C/Josep Rover Motta, 5 07006 Palma Tel.: +34 871 900 574

Diaverum Inca

Avda. Rei Jaume II, 25 07300 Inca Tel.: +34 871 900 695

Diaverum Santiago

Avda. Castiñeiriño 91 – bajo 15702 Santiago de Compostela Tel.: +34 981562199

Diaverum Caravaca

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Diaverum Requena

Paraje Casablanca, s/n 46340 Requena (Valencia) Tel.: +34 962 304 352

Diaverum Orihuela

C/ Médico Temístocles Almagro, 30 03300 Orihuela (Alicante) Tel.: +34 966 901 510

Diaverum Elche

Avenida Jubalcoy, 36 03202 Elche (Alicante) Tel.: +34 966 901 336

Diaverum Gandia

C/ Jaume II, 51 – 55 46701 Gandia (Valencia) Tel.: +34 960 901 184

Diaverum Alicante

C/ Proción, 3 03006 Alicante Tel.: +34 966 508 164

Diaverum San Vicente

C/Ciudad Jardín, 8, Local 1 (entrada C/ Sevilla, 6) 03690 San Vicente del Rasspeig (Alicante)

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Tel.: +34 965 357 657

C/Vicente Cardona, 22 46980 Paterna (Valencia) Tel.: +34 960905150

Diaverum Lliria

C/ Ausias March, 20 46160 Lliria (Valencia) Tel.: +34 960905162

Diaverum Xirivella

C/ Desl Corretgers, 68 46950 Xirivella (Valencia) Tel.: +34 960905175

Diaverum Valencia

C/ Alcasser, 54 46014 Valencia Tel.: +34 960905195

Diaverum Torrent

C/ Music José Ortí Soriano, 25 46900 Torrent (Valencia) Tel.: +34 960905137

Diaverum Sagunto

C/ Urani, 27 46520 Port de Sagunt (Valencia) Tel.: +34 961 801 690

Diaverum Ponferrada

Travesía de Brasil, 1 24401 Ponferrada (León) Tel.: +34 987 088 088

Diaverum Santander

C/ San Martin del Pino-Peñacastillo 39011 Santander Tel.: +34 635 279 660

Diaverum Santander II

C/ Faustino Cavadas, 13 39011 Santander Tel.: +34 635 279 660

Sweden

Mössebergsdialysen

Danska vägen 62 52137 Falköping Tel.: +46 51587090

Solna Gate

Hemvärnsgatan 9 17154 Solna Tel.: +46 812053000

Diaverum Järfälla

Järfällavägen 6, floor 6 17741 Järfälla Tel.: +46 812053030

Diaverum Södertälje

Köpmangatan 3 15171 Södertälje Tel.: +46 812053010

Diaverum Nacka

Ektorpsvägen 6 13147 Nacka Tel.: +46 812053020

out more about and locations at www.d.holiday

United Kingdom

Rotherham

Dialysis Unit, Rotherham District Hospital, Moorgate Road

S60 2UD Rotherham Tel.: +44 1709838333

Burnley

Renal Unit, Phase 5 Building, Burnley General Hospital, Casterton Avenue BB10 2PQ Burnley, Lancashire Tel.: +44 1282805083

Havant

Dialysis Unt, Block C, Langstone Gate, Solent Road, Havant

PO9 1TR. Hampshire Tel.: +44 2392 479300

Darlington

Dialysis Centre,
Darlington Memorial Hospital,
Hollyhurst Road
DL3 6HX Darlington
Tel.: +44 1325743338

Stockton

Diaverum Dialysis Centre, Hardwick Road TS19 8PE Stockton-on-Tees Tel.: +44 1642803633

Great Bridge

Diaverum Kidney Treatment Centre,
Unit 4&5 Link One Industrial Park, George Henry
Road, Great Bridge
DY4 7BU Birmingham
Tel.: +44 1215575538

Redditch

Diaverum Kidney Treatment Centre, Unit 28 Walkers Road, Manorside Industrial Estate, North Moons Moat B98 9HE Redditch Tel.: +44 1527509635

Ulverston - Furness Renal Centre

Overdale Lodge, Sandside Road, Ulverston LA12 9EF United Kingdom LA12 9EF, Ulverston Tel.: +44 1229232101

Forest of Dean Dialysis Unit

Newtown Road, United Kingdom GL14 2YT Cinderford Tel.: +44 03004228762

Kidney Treatment Centre

Unit 1 and 2, Warfside, Ardath Road B38 9PN, Kings Norton, Birmingham Tel.: +44 01214599002

Laurie Soloman Renal Centre

Old Bank Road BB1 2PW, Blackburn Tel.: +44 01254404014

Dialysis Centre

North Ormesby Health Village, 13 Trinity Mews, North Ormesby, Middlesborough TS3 6LB, North Ormesby Tel.: +44 01642843100

Uruguay

Ceter

Av. Joaquin de Viana s/n esq. Ventura Alegre 20000 Maldonado Tel.: +598 42236192

CRANI - Treinta y Tres

Manuel Lavalleja 968 33000 Treinta y Tres Tel.: +598 44523575

Intir

Duvimioso Terra 1923 11800 Montevideo Tel.: +598 24081139

Renis

Duvimioso Terra 1923 11800 Montevideo Tel.: +598 24015415

Seine - DP ADULTS

Luis Alberto de Herrera 2275 11600 Montevideo Tel.: +598 24813553

Senniad - DP CHILDREN

Luis Alberto de Herrera 2275 11600 Montevideo Tel.: +598 24813553

Unedi-Las Piedras

Massini s/n esq. Bulevar Batlle y Ordóñez 15900 Las Piedras Tel.: +598 23647171

Crani - Comeca

Treinta y Tres 183 Canelones, 90000 Tel: +598 4332 2250 int. 3901





Diaverum is a Swedish-born, multinational healthcare organisation that provides life-enhancing renal care to patients with chronic kidney disease, empowering them to live fulfilling lives.

Our vision is to transform renal care, delivering and broadening access to the highest quality of kidney care for patients around the world. At the heart of what we do is our standardised care delivery model, continuously evolving digital & AI infrastructure and people caring for patients with competence, passion and inspiration.

As a global leader and the largest independent renal service provider in Europe, we have 13,500 healthcare professionals caring for around 42,000 patients across 450 clinics in 24 countries globally. We provide renal care personalised to patients' needs and choices, offering a portfolio of treatments ranging from preventive care, haemodialysis, peritoneal dialysis and home care, to the coordination of patients' comorbidities and holiday dialysis.

Founded in 1991 in Malmö, Sweden, Diaverum is part of the M42 group of companies, a first-of-its-kind integrated health powerhouse committed to the sustainable future of health.

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