



DIAVERUM  
d.HOLIDAY

# Travel guide

Let us help you plan your holiday!

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# d.HOLIDAY: A world of possibilities!

Whether visiting loved ones, connecting with colleagues abroad, planning a dream holiday, or simply enjoying a “staycation”, we should all embrace our freedom of mobility.

Our d.HOLIDAY team is committed to providing dialysis patients and their loved ones, with equal opportunities to experience everything that travel has to offer, empowering them to live the fulfilling lives they deserve. Our d.HOLIDAY team supports them every step of their journey, ensuring they have everything they need to live wonderful and seamless travel experiences.

We are delighted to present you with the third edition of our d.HOLIDAY Travel Guide, where you can read about many exciting destinations in 23 countries worldwide, where over 335 Diaverum clinics are ready to welcome you and offer you the best quality care.

In addition, hear from other patients on their travel experiences and get nutrition advice for your journey!

Our d.HOLIDAY digital booking platform makes it easier than ever to plan your holiday dialysis treatment, while our Holiday Dialysis Coordinators can help guide you through the process, create a personalised travel itinerary and ensure continuity in your care.

Regardless of whether or not you normally receive care from Diaverum, we invite you to explore our Travel Guide, get inspired, and start planning your next trip!

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

**Michaela Blomstrand**  
**Global Director Patient Experience**  
**& Stakeholder Management**



# Travelling has a positive impact on dialysis patients



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

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

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

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

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

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

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

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

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

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

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

# Greece

07 Athens

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.



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# 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 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 great place 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.



**Name of clinic:** Diaverum Peristeri (Medifil)  
**Date opened:** 2007  
**Number of dialysis stations:** 45  
**Free TV:** yes  
**Free Wi-Fi:** yes  
**Free transfer (to and from clinic):** no  
**Food and drink provided:** yes

# Spain

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



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# Costa del Sol

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


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


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

★ **Don't miss:**

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



 **Name of clinic:** Diaverum Torremolinos  
**Date opened:** 1978  
**Number of dialysis stations:** 30  
**Free TV:** yes  
**Free Wi-Fi:** yes  
**Free transfer (to and from clinic):** no  
**Food and drink provided:** yes

 **Name of clinic:** Diaverum Axarquía  
**Date opened:** 1998  
**Number of dialysis stations:** 30  
**Free TV:** yes  
**Free Wi-Fi:** yes  
**Free transfer (to and from clinic):** no  
**Food and drink provided:** yes



# Balearic Islands



**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**;
- **Illetes** – a small, upmarket resort to the west of Palma;
- **Portals Nous** – a pretty resort with a yacht marina, good choice of restaurants, bars and a marvellous sandy beach;
- **Paquera** – a small town with a magnificent beach, sheltered bay and very good selection of shops, bars and restaurants.



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



# 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:

# Alicante



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

Country Spain

Destination Costa Blanca

Area Alicante and València

# València

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

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

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

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

★ **Don't miss:**

- **The City of Arts and Sciences;**
- **L'Oceanogràfic** – the star of the City of the Arts and Sciences, this oceanarium opened in 2003. With 45,000 individual animals from 500 different species, you won't find another attraction of this scale in Europe;
- **La Lonja de la Seda** – a majestic late 15<sup>th</sup> 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 13<sup>th</sup> and 14<sup>th</sup> 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 Adrià, Fermí Puig, Carles Gaig and Carme Ruscalleda.

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



**Name of clinic:** Diaverum IHB

**Date opened:** 2000

**Number of dialysis stations:** 44

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

**Name of clinic:**

Diaverum Maresme

**Date opened:** 2012

**Number of dialysis stations:** 30

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

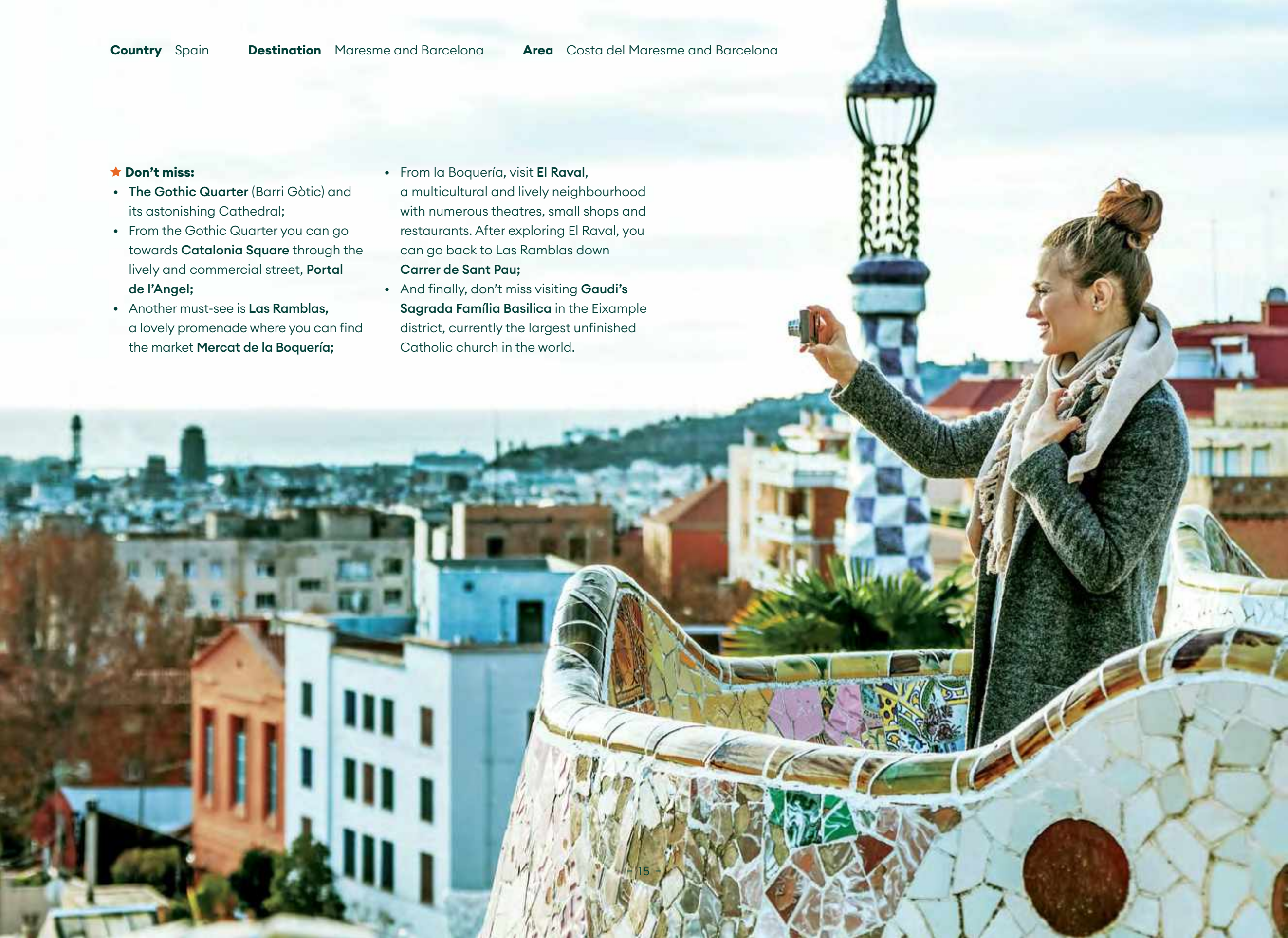
**Country** Spain

**Destination** Maresme and Barcelona

**Area** Costa del Maresme and Barcelona

★ **Don't miss:**

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



# Meet one of our d.HOLIDAY coordinators



**Marta Olim,**  
d.HOLIDAY  
Coordinator  
Portugal

The d.HOLIDAY programme is already a well-established reality for Diaverum Portugal, with the country being one of the most popular holiday destinations for dialysis patients in Europe. We caught up with Marta Olim, Country Holiday Dialysis Coordinator for Portugal, who is working relentlessly to improve quality of life for CKD patients around the world, by empowering and inspiring them & their families, to visit Portugal.

## **Can you give us a quick introduction to Portugal's d.HOLIDAY programme?**

Portugal is a fabulous country in which to enjoy holidays, and that's why it was easy to put together a unique offer, including a very special holiday programme for our visitors. We want patients and caregivers to feel & experience all that Portugal has to offer – from its wonderful landscapes, that are rich in diversity, to the centuries of history inscribed in each monument; and last but not least, our excellent gastronomy.

Therefore, we have created welcome packs based on 30 partnerships with the best hotels, along with city tours, restaurants and other initiatives, including the best affordable offers in 12 cities. At the same time, we have designed customised packages for solo travellers, families, as well as groups. We have a department completely dedicated to holidays, prepared to promptly answer any request – from the simplest to the most complex one. This is how we have supported many groups

from different countries over the years. Planning the entire stay with them, we have achieved excellent reviews and exceeded all expectations.

It is also with great pride that we look at the very good results and comments in our satisfaction surveys. This outcome is only made possible due to our hospitality programmes being supported by clinical excellence provided by our clinic teams. The True care we provide, reinforces CKD patients' confidence and gives them a sense of security, allowing them to truly enjoy their holidays in Portugal; it also encourages them to return, as well as to recommend our clinics to others.

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

Above all, d.HOLIDAY ensures that patients who want to travel have access to quality and safe treatments, allowing them & their caregivers to relax and truly

enjoy the best holiday experience. This is why it is so important that patients who visit our clinics – from north to south – have access to excellent clinical care, provided by a coordinated care team, totally focused on the various needs of both patients and their families. This multidisciplinary team includes doctors, nurses, social workers, nutritionists and pharmacists, who are always available to clarify, help and support those who visit us, providing them with the necessary information & tools to make them feel even more secure & confident during their holiday stay. In addition, we have holiday ambassadors at all clinics, who are focused on further enhancing the holiday experience for all patients.

My role as Holiday Dialysis Coordinator is to contribute to improving quality of life for dialysis patients. To achieve this ambition, my goal is to empower and inspire patients & their families to visit us, whilst promoting the importance of holiday dialysis among our teams at Diaverum.



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

A person with chronic kidney disease is someone whose life is much more conditioned, and filled with uncertainty & unpredictability. This condition impacts not only their life but also the lives of their families. Being able to go on holiday is a unique opportunity to live life to the fullest, and has a considerable impact on everyone's collective well-being. Above all, it means freedom, and therefore more opportunities – that many thought not possible - allowing them to strengthen ties with those they love the most. Taking a holiday becomes a truly rewarding experience.

The d.HOLIDAY platform facilitates the whole process, in a very practical and intuitive way, encouraging patients in its simplicity. Additionally, we have produced a Tourist Guide, available on our website, in English and Portuguese.

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

My 3 tips are the following:

- share your travelling plans with your daily clinical team. They will help you throughout your planning decision process, answering any questions that you might have;
- make sure that the process is finalised

and accepted at the receiving clinic before making your final travel arrangements (e.g. plane tickets);

- after the confirmation of acceptance by the receiving clinic, plan your trip in advance, with the help of the d.HOLIDAY team, to make the most of your time.

**Could you share some insider recommendations of places to go/see/eat when visiting Portugal?**

Portugal is a world to discover! It is a country of immense diversity, and it is easy to explore, because all locations are relatively close to each other. It is extremely easy to fall in love with Portugal, which is why it is difficult to make suggestions; we believe that all places have their own particularities, which make them unique and magical in some way.

Having said that, my suggestion would be to start with the golden triangle of Lisbon, Cascais and Sintra. Lisbon is a unique city, with a light like no other, full of interesting nooks and breathtaking landscapes; Cascais is a picturesque old fishing village, with wonderful beaches and fantastic cuisine; Sintra is impressive because of centuries of history, inscribed in its castles and beautiful gardens – when you pass by, try the irresistible pastries



and queijadas, typical sweets of this beautiful town. I cannot help but also suggest Porto, a city where you breathe in the authenticity of Ribeira, in the margins of the Douro river, with the impressive Rabelo boats.

In addition, Amarante, on the banks of the Tâmega River, is the birthplace of poets and artists, and a place of endless beauty; Aveiro is home to the

beautiful and traditional Moliceiros riverboats, and Ílhavo is known for its traditional colourful houses. It would be very easy to keep suggesting places, but I believe that the best suggestion is to invite you to visit Portugal, and see & feel as much as you can for yourselves. Portugal is to be lived, Portugal is to be felt. Choose to go on holiday; choose Portugal.

# Italy

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- 20 Copertino
- 21 Rome
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- 23 Marsala

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



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Country Italy

Destination Bari

# Bari



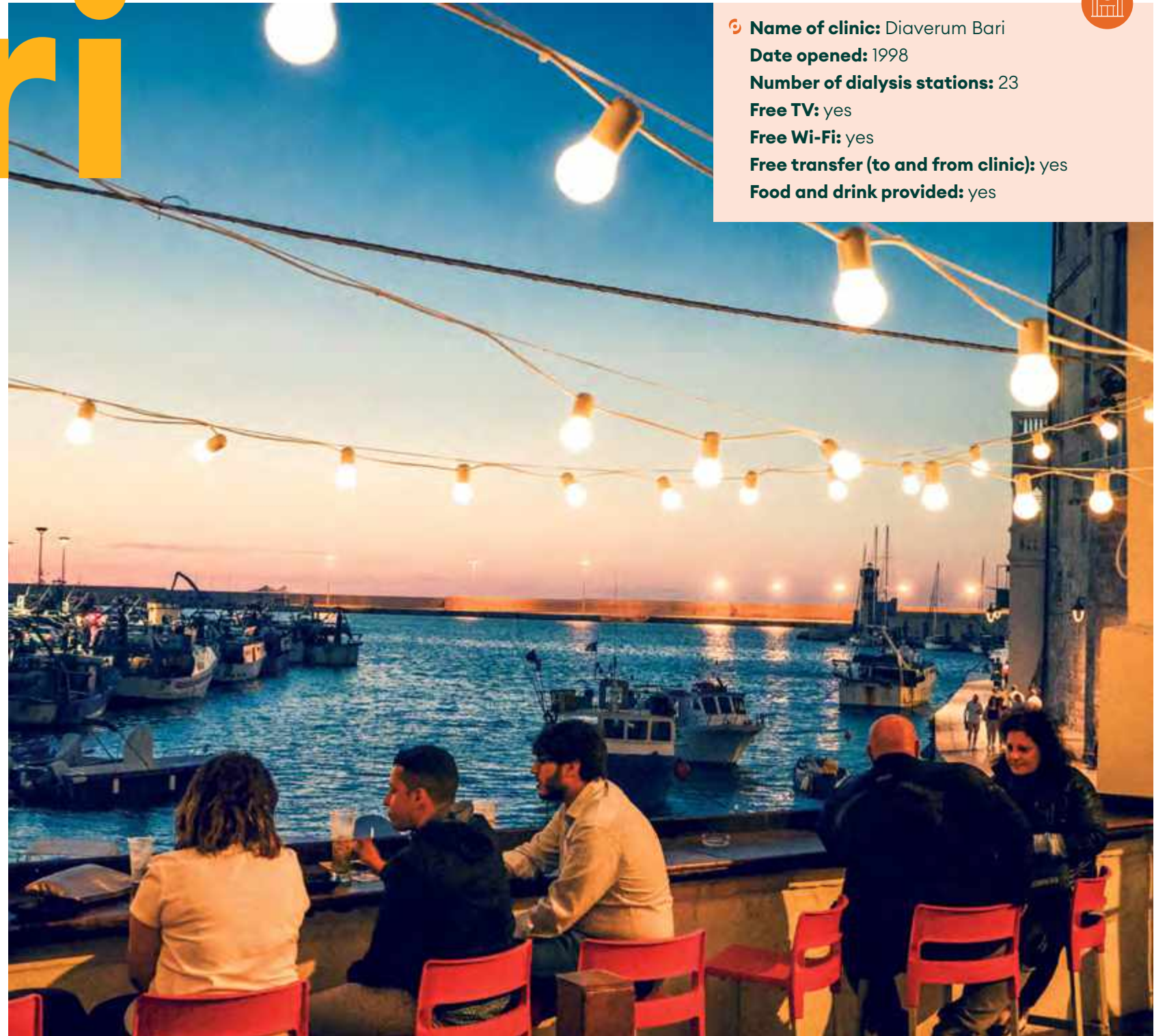
**Name of clinic:** Diaverum Bari  
**Date opened:** 1998  
**Number of dialysis stations:** 23  
**Free TV:** yes  
**Free Wi-Fi:** yes  
**Free transfer (to and from clinic):** yes  
**Food and drink provided:** yes

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

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

★ **Don't miss:**

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



# 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 17<sup>th</sup> 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

**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 17<sup>th</sup> and 18<sup>th</sup> century buildings) are just some of those worth seeing surrounding the square;
- **Piazza San Pietro** – the most important square in Christianity. Much of its architectural charm is due to the intervention of Italian sculptor and architect Gian Lorenzo Bernini, who created the large 240 m



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

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



📍 **Name of clinic:** Diaverum Rome

**Date opened:** 2002

**Number of dialysis stations:** 24

**Free TV:** yes

**Free Wi-Fi:** yes

**Free transfer (to and from clinic):** yes

**Food and drink provided:** yes

# Catania



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

★ **Don't miss:**

- **Via Etna 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):** yes
- **Food and drink provided:** yes

# Marsala



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

★ **Don't miss:**

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

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

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

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

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



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

# Nutrition advice for your journey



**Vítor Sá Martins,**  
Nutrition Manager, Diaverum Portugal

**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.**

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 & 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 help you plan ahead:**

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

**and food traditions at your**

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

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

As a renal patient, you might need to control thirst and avoid drinking too much, 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, and also good places to choose & buy the right snacks for your journey;
- **stay active...** even when on holiday, a good walk or other exercise is an important part of feeling good and staying healthy.



## Parmesan Popcorn

### Ingredients (2 servings):

- corn kernels (popcorn type): 30 g
- parmesan cheese: 10 g
- unsalted butter: 10 g
- olive oil: 3 ml

### Preparation:

1. Heat the pot with the olive oil and just 3 corn kernels, cover the pot and wait until the kernels pop; then, add the rest of the corn kernels.
2. When all the kernels have popped and while still warm, transfer them to a plastic pan with a lid, add the butter, close the container, and shake it until the butter is completely mixed with the popcorn.
3. Lastly, grate the parmesan cheese on the popcorn, close the plastic container and shake again for an even distribution of the cheese.

### Nutritional information (serving size):

127 kcal, 3.3 g protein, 7.8 g fat, 10.6 g carbohydrates, 52 mg potassium, 75 mg phosphorus, 41 mg sodium



## Ham and Carrot Burrito

### Ingredients (2 servings):

- 2 wheat tortillas (62 g each)
- carrots (cut in thin straws): 60 g
- chicken ham: 4 thin slices
- mustard: 2 teaspoons

### Preparation:

1. Heat the tortillas according to the instructions on the package.
2. Spread the mustard on the tortilla and top with half of the thin carrot straws and 2 slices of chicken ham.
3. Roll the tortilla into a burrito.

### Nutritional information (serving size):

280 kcal, 10.1 g protein, 6.8 g fat, 37.8 g carbohydrates, 298 mg potassium, 190 mg phosphorus, 599 mg sodium



# Portugal

- 27 Lisbon
- 28 Cascais
- 29 Aveiro
- 30 Porto

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



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# Lisbon

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

★ **Don't miss:**

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



📍 **Name of clinic:**

Diaverum Saldanha

**Date opened:** 2017

**Number of dialysis stations:** 48

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

# Cascais

Possessing a rich natural heritage, where the blue of the ocean, present in its magnificent beaches, joins with the splendid green of the mountains, **Cascais** is an old fishing town, which does justice to its origins. 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 7 courses available to practice.

★ **Don't miss:**

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



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

# Aveiro

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

★ **Don't miss:**

- **Salinas de Aveiro** – on this tour you will see the beauty of the salt flats, the birds that live next to them and the salt workers, or “Marnotos”, who dedicate themselves to handcrafting sea salt;
- **Praia da Costa Nova** – famous for its colourful striped houses, it is a beach area nestled on a tiny strip of land between the sea and the lagoon;
- **Vista Alegre Factory** – one of the most prestigious porcelain brands in the world.



 **Name of clinic:**

Diaverum Aveiro

**Date opened:** 1982

**Number of dialysis stations:** 38

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

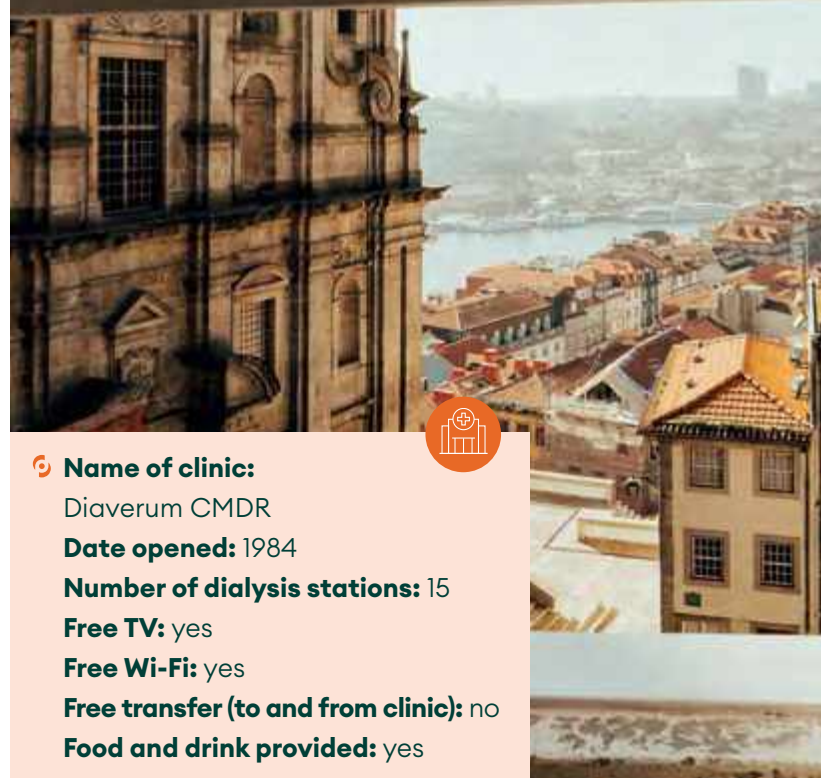
# Porto


Known as the “Invicta”, or unbeatable city, **Porto** lies on the Douro River estuary and is famous for its cellars where port wine is made. Centuries ago, British merchant ships would cluster in Porto’s medieval harbour to ferry the region’s eponymous port wines back home.

Discover Porto from sky-high miradouros (lookouts) and roof terrace bars: a colourful tumbledown dream with soaring bell towers, extravagant baroque churches and stately beaux arts buildings.

★ **Don’t miss:**

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



 **Name of clinic:** Diaverum CMDR  
**Date opened:** 1984  
**Number of dialysis stations:** 15  
**Free TV:** yes  
**Free Wi-Fi:** yes  
**Free transfer (to and from clinic):** no  
**Food and drink provided:** yes

# Filipe's story

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



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

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

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

## Working in tourism

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

in order to pursue something I really enjoyed, but I was worried about whether I would be able to do it, alongside the tiredness of each dialysis treatment. After much soul-searching, I decided that the days when I had dialysis would be my 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.

#### **Spotlight on 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

34 Paris

35 Draguignan and Marseille

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



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# Paris



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 12<sup>th</sup> 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



# Draguignan

## Name of clinic:

Diaverum Draguignan

**Date opened:** 1994

**Number of dialysis stations:** 30

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

**Other:** nutritional consultations, psychological and social assistance



# Marseille

## Name of clinic:

Diaverum Marseille Saint-Joseph

**Date opened:** 2017

**Number of dialysis stations:** 72

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

**Other:** nutritional consultations, psychological and social assistance



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

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

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

### ★ Don't miss:

- **The Old Port, or Vieux-Port**, the main harbour and marina of the city, is guarded by Fort Saint-Nicolas and Fort Saint-Jean, and is one of the main areas to eat in the city;
- **Notre Dame de la Garde** – this Byzantine and Romanesque Revival basilica overlooks the city and has one of the best views of Marseille;
- **The Vieille 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

- 37 Agadir
- 38 Marrakesh

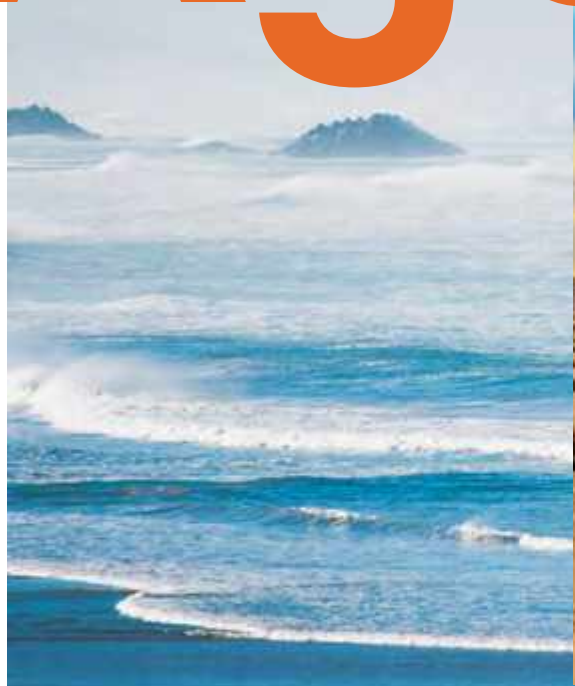
Morocco lies on the North African coast, straddling both the Atlantic Ocean and Mediterranean Sea. From the Atlas Mountains to the Sahara Desert, the beauty of its architecture and craftsmanship, the medinas and vibrant souks, it is a seductive blend of African, European and Arabian influences. Home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



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# Agadir



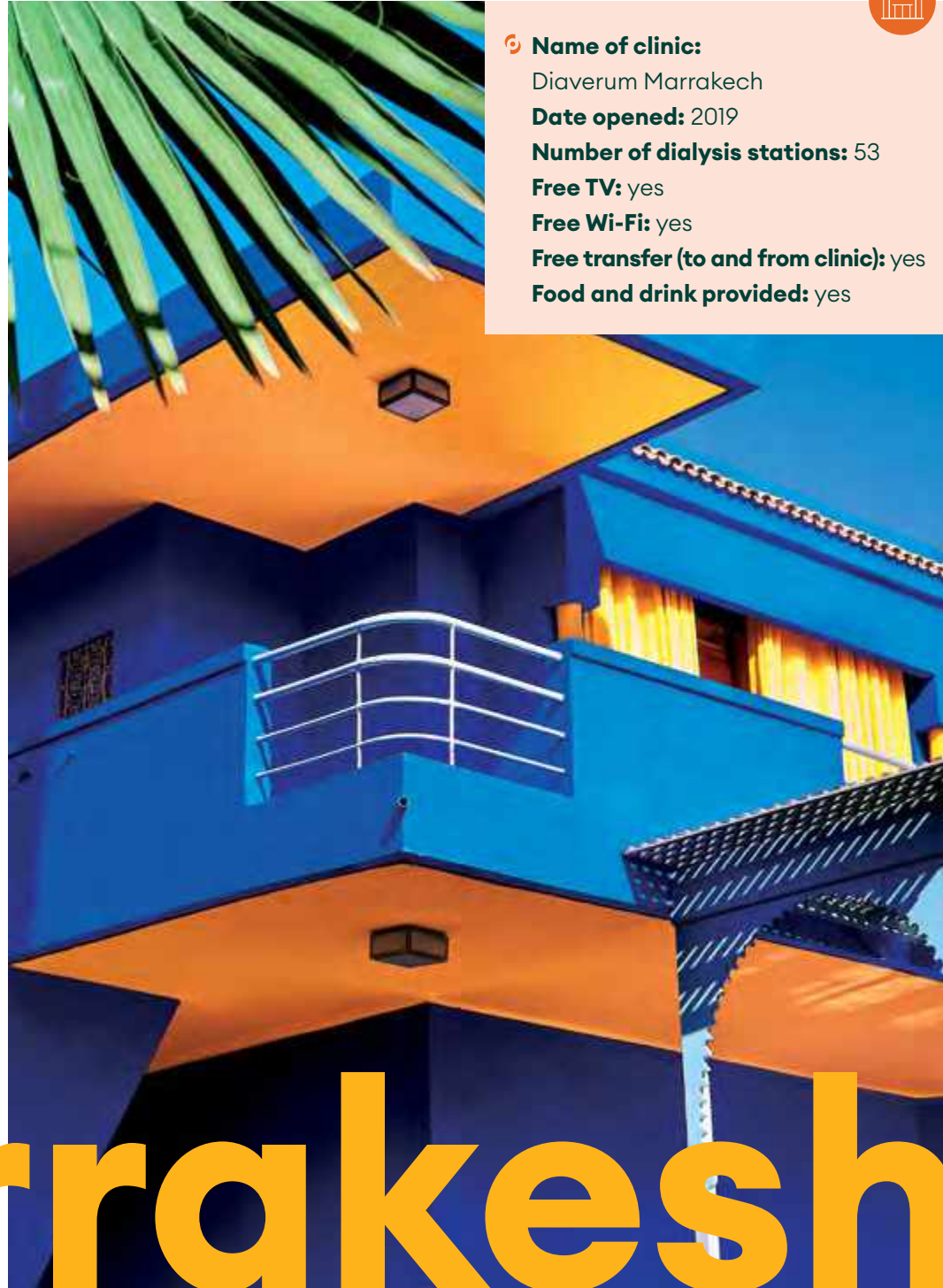
Discover the city of **Agadir**, one of the pearls of Morocco that enjoys being in close proximity to both the Atlantic Ocean and the Atlas Mountains.

★ **Don't miss:**

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



- **Name of clinic:** Diaverum Agadir
- **Date opened:** 1992
- **Number of dialysis stations:** 31
- **Free TV:** yes
- **Free Wi-Fi:** yes
- **Free transfer (to and from clinic):** no
- **Food and drink provided:** yes
- **Other:** nutritional consultations



**Name of clinic:**  
Diaverum Marrakech  
**Date opened:** 2019  
**Number of dialysis stations:** 53  
**Free TV:** yes  
**Free Wi-Fi:** yes  
**Free transfer (to and from clinic):** yes  
**Food and drink provided:** yes

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

★ **Don't miss:**

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

# Marrakesh

# China

40 Guangzhou

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

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



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

★ **Don't miss:**

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

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

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



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.

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





# Malaysia

42 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.



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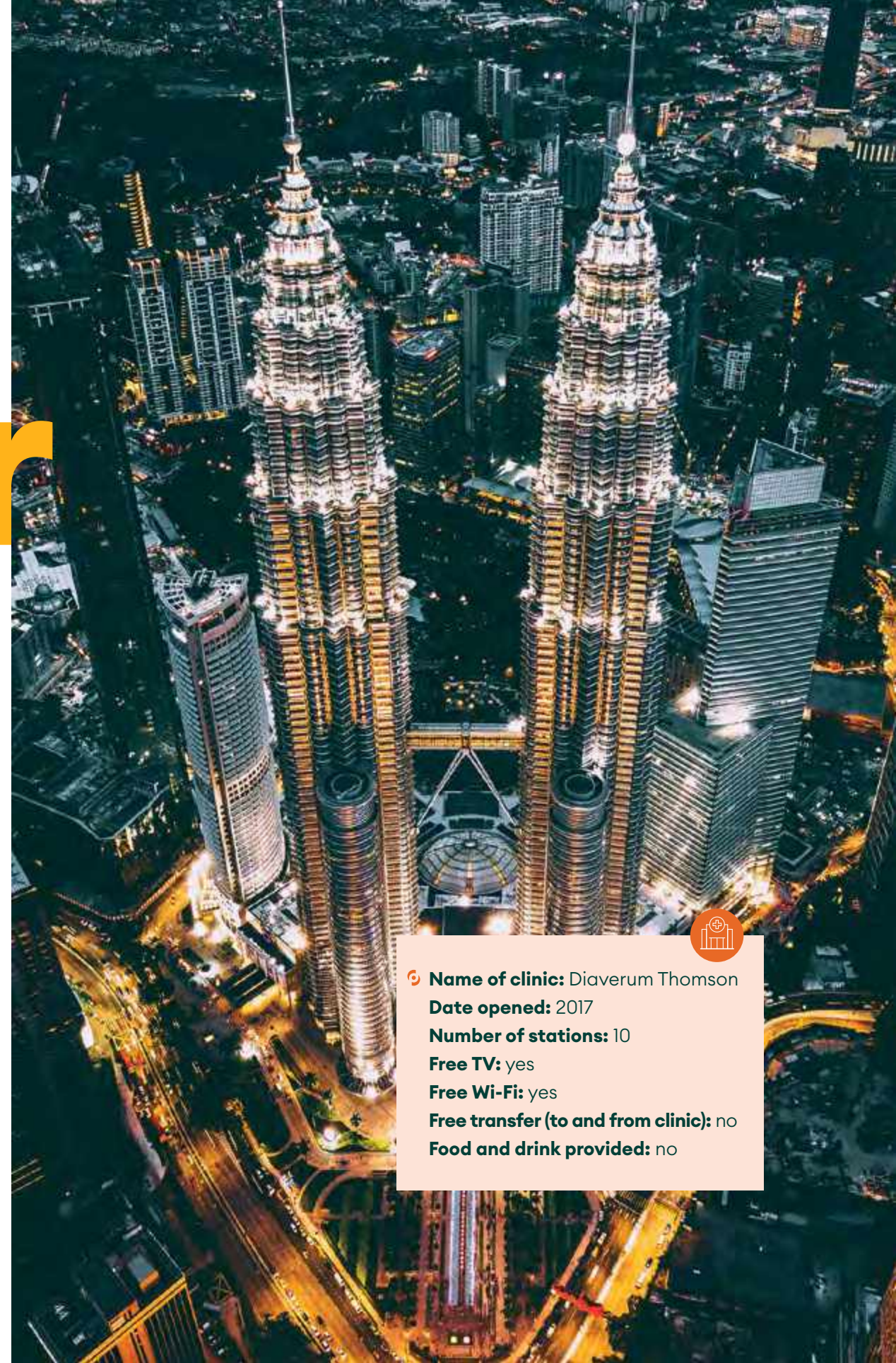


# Kuala Lumpur

**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.

★ **Don't miss:**

- **Petronas Twin Towers** – visit the world's tallest twin structures, standing at an astonishing height of 170 m, and catch a breathtaking view of the city;
- **Dataran Merdeka** – enjoy a leisurely stroll around Independence Square (Malay: Dataran Merdeka), 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-foot 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.

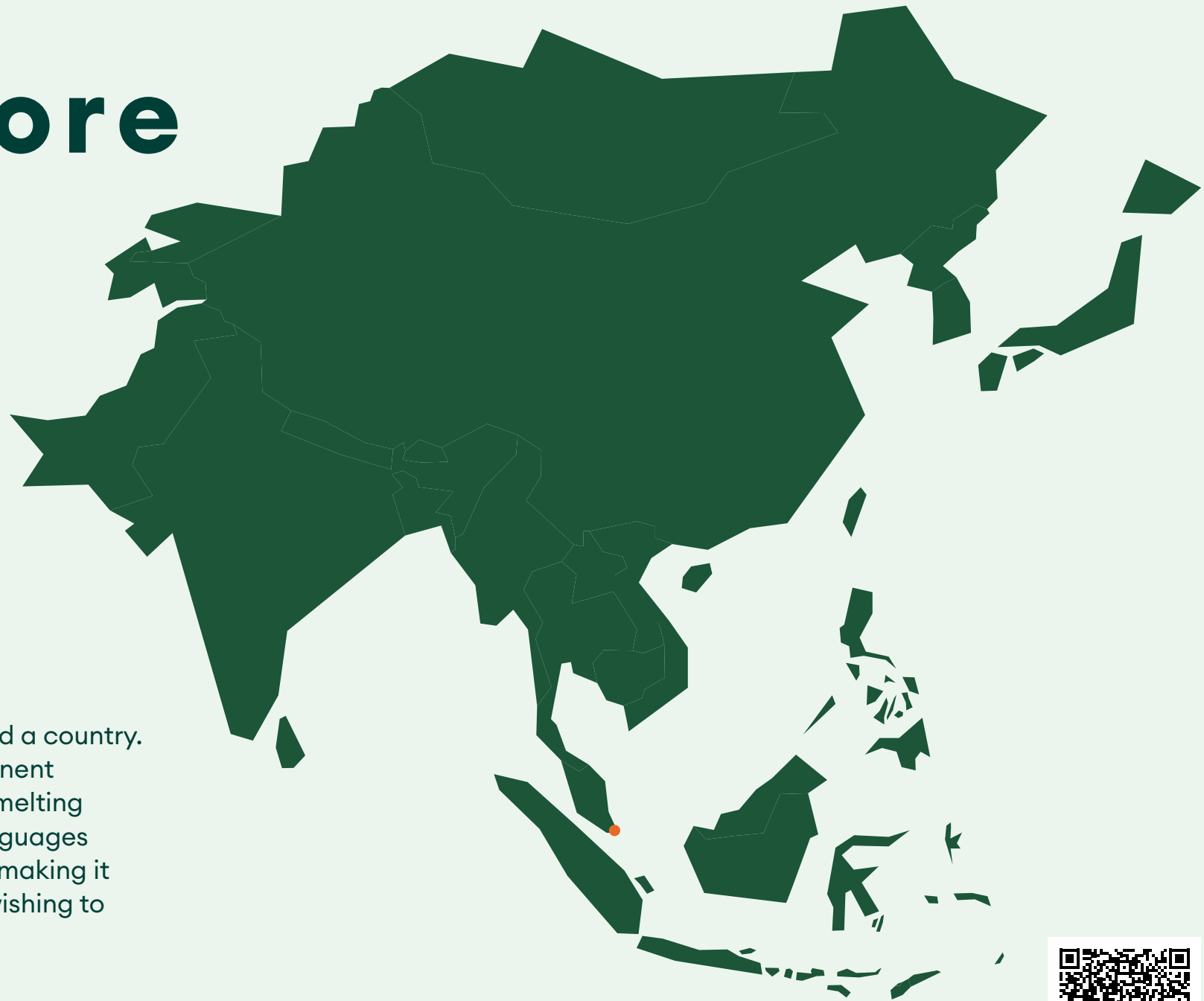


**Name of clinic:** Diaverum Thomson  
**Date opened:** 2017  
**Number of stations:** 10  
**Free TV:** yes  
**Free Wi-Fi:** yes  
**Free transfer (to and from clinic):** no  
**Food and drink provided:** no

# Singapore

44 Singapore

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



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# Singapore

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

★ **Don't miss:**

- **Hawker centres** – open-air dining complexes found throughout Singapore, they are considered to be such an intrinsic part of its fabric, they've been awarded UNESCO Intangible Heritage status. As of 2016, two Singaporean food stalls, both located in hawker centres, became the first street food vendors to be awarded a Michelin star – *Hong Kong Soya Sauce Chicken Rice and Noodle* and *Hill Street Tai Hwa Pork Noodle*;
- **Singapore Botanic Gardens** – a 74-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 street art and temples;
- **Picking up new finds** – shopping is a major attraction of Singapore, with options for every budget. Orchard Road and Marina Bay Sands are home to luxury, international brands, while Singapore's multicultural neighbourhoods are treasure troves for interesting collectibles and independent labels.

 **Name of clinic:**

Diaverum Farrer Park

**Date opened:** 2015

**Number of dialysis stations:** 16

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

# Joanna's story

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



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

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

## **Travelling when on haemodialysis**

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

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

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

## **Addressing the challenges of travel**

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

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

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

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

## **Favourite holiday destinations**

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

## **Advising other dialysis patients about travel**

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

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

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

to plan this help in advance;

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

#### **Running a dialysis travel agency**

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

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

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

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

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

#### **Don't worry about travel**

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

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



# Hungary

48 Budapest

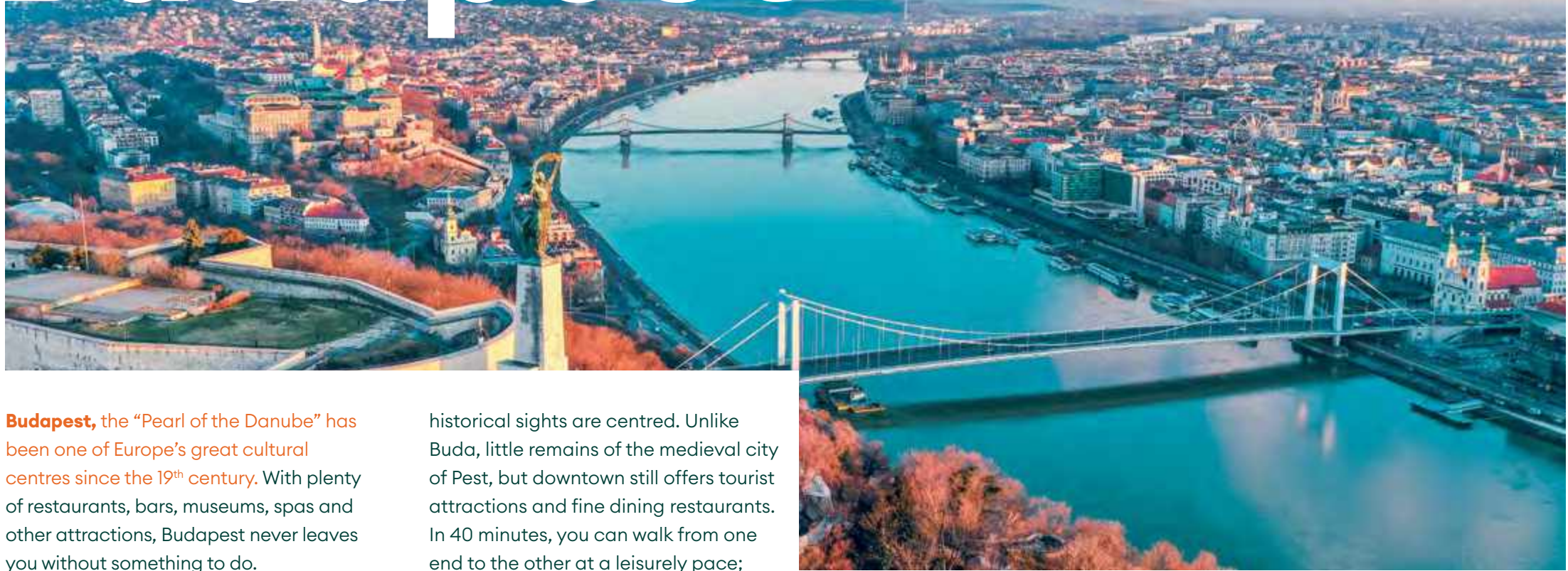
49 Keszthely

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



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# Budapest




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

★ **Don’t miss:**

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

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

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



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



# Keszthely

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

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

★ **Don't miss:**

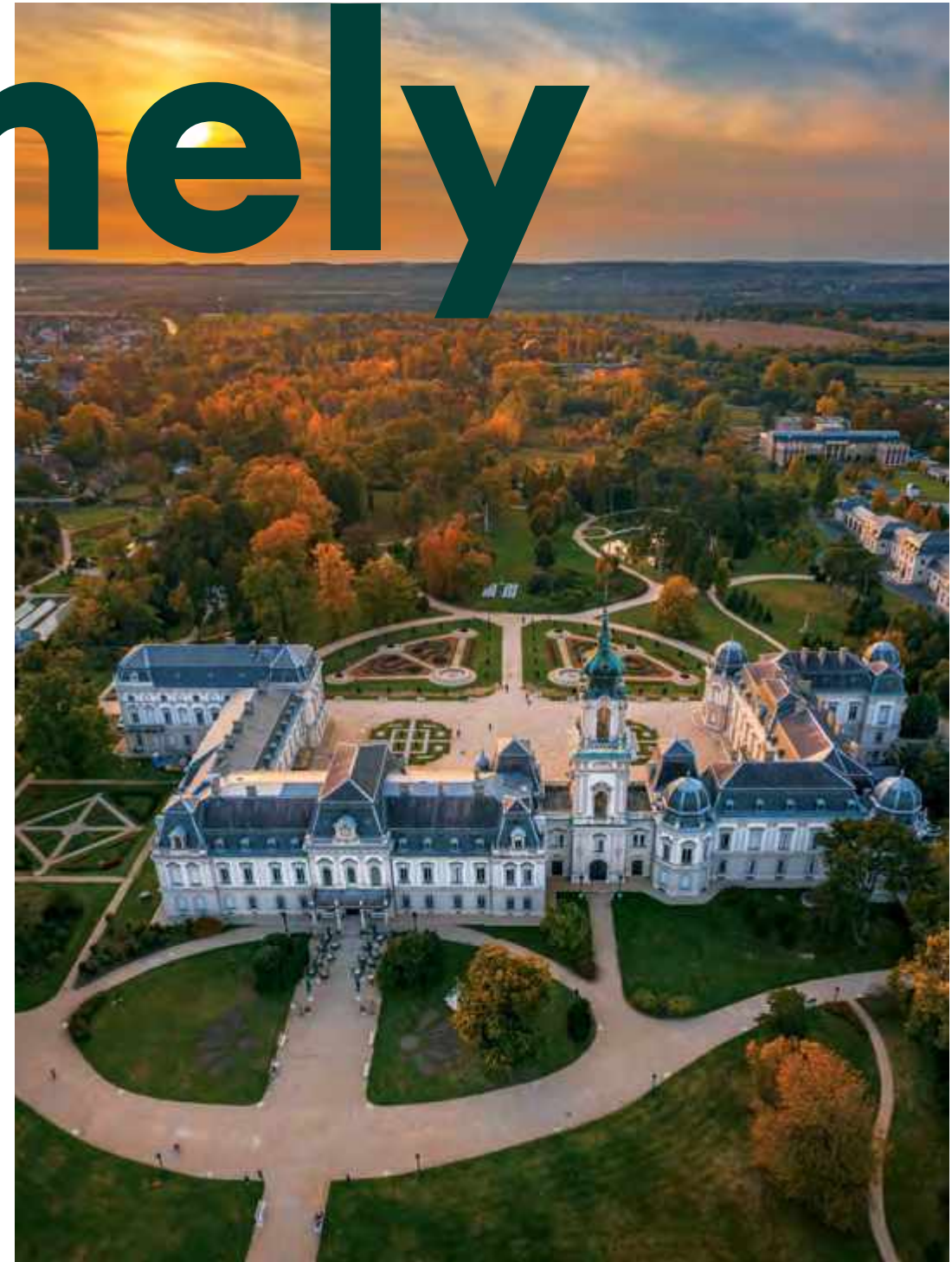
- **Festetics Palace** – one of the most famous buildings of Keszthely, built from the middle of the 18<sup>th</sup> century until 1880. Today, it functions as a cultural centre for the city. The palace has its own saloon, theatre and congress hall and a wonderful library, the Helikon Palace Museum, 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

51 Guarulhos

51 Aracaju

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



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

★ **Don't miss:**

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

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



📍 **Name of clinic:**

Diaverum Guarulhos

**Date opened:** 1995

**Number of dialysis stations:** 78

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

**Other:** easy access to the international Airport of São Paulo and to the coast where you have a choice of many beautiful beaches



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

★ **Don't miss:**

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

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

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



📍 **Name of clinic:** Diaverum Cirurgia

**Date opened:** 2001

**Number of dialysis stations:** 62

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

**Other:** clinic is located close to the beaches of Aracaju

# Chile

53 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.



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**Country** Chile

**Destination** Villarrica

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

★ **Don't miss:**

- **Villarica National Park** – one of the most popular parks in Chile, it covers 630 km<sup>2</sup> 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 Villarica** – 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 km<sup>2</sup> of mountainous terrain east of the spectacular **Carburgua Lake** and the nearby **Ojos de Caburgua** waterfall.

# Villarrica

 **Name of clinic:**

Diaverum Villarrica

**Date opened:** 2011

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

# United Kingdom

55 Furness

56 Nottingham

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



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# Furness

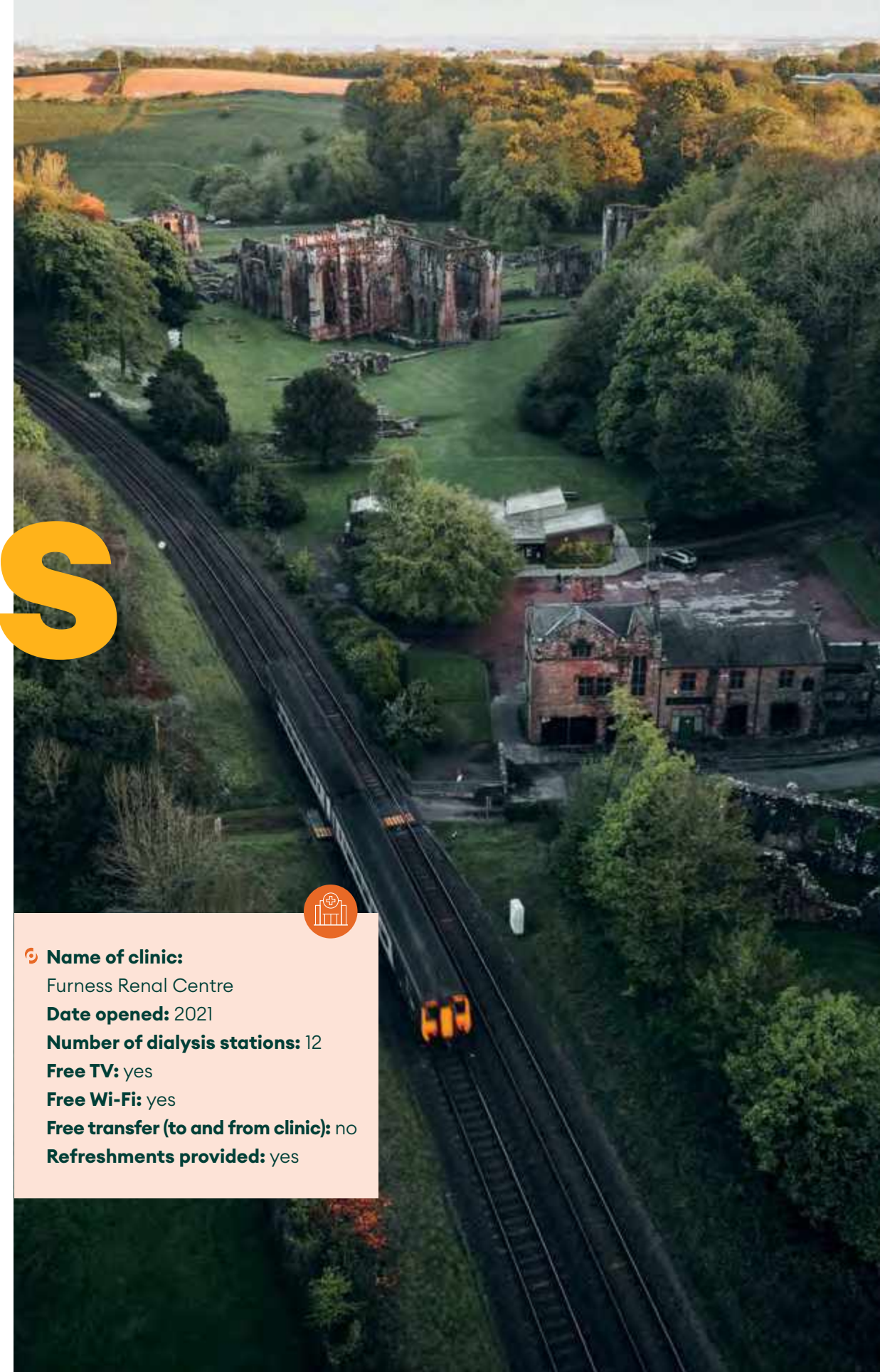
**Furness** is a truly unique place, where the past dances with the present, and every step leads to a new discovery. Nestled within the picturesque landscapes of the English Lake District, the enchanting region of Furness beckons with a timeless allure that captivates the senses.

★ **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 12<sup>th</sup> and 13<sup>th</sup> centuries. By the 15<sup>th</sup> 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** – explore 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.



📍 **Name of clinic:**

Furness Renal Centre

**Date opened:** 2021

**Number of dialysis stations:** 12

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Refreshments provided:** yes

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



# Nottingham

★ **Don't miss:**

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

- **Attenborough Nature Centre** – a reserve best known for its birds;

- **Wollaton Hall and Park** – natural history museum and deer park;
- **Creswell Crags Museum and Prehistoric Gorge** – archaeological museum and caves;
- **Goose Fair** – one of the world's biggest fairgrounds;
- **Green's Windmill** – only runs for certain days in the year;
- **The Lace Market** – once the heart

of the lace industry, now a trendy area of food and culture;

- **City of Caves** – sandstone caves deep below the city's Sherwood Forest, a royal forest associated with Robin Hood;
- **Southwell Minster** – a famous cathedral church of Nottinghamshire



**Name of clinic:**

South Nottingham Dialysis Unit

**Date opened:** 2012

**Number of dialysis stations:** 16

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Refreshments provided:** yes

**Other:** wheelchair accessible with ample free parking for patients



# Poland

58 Giżycko and Iława

59 Kraków

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



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# Giżycko



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



# Iława

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



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

★ **Don't miss:**

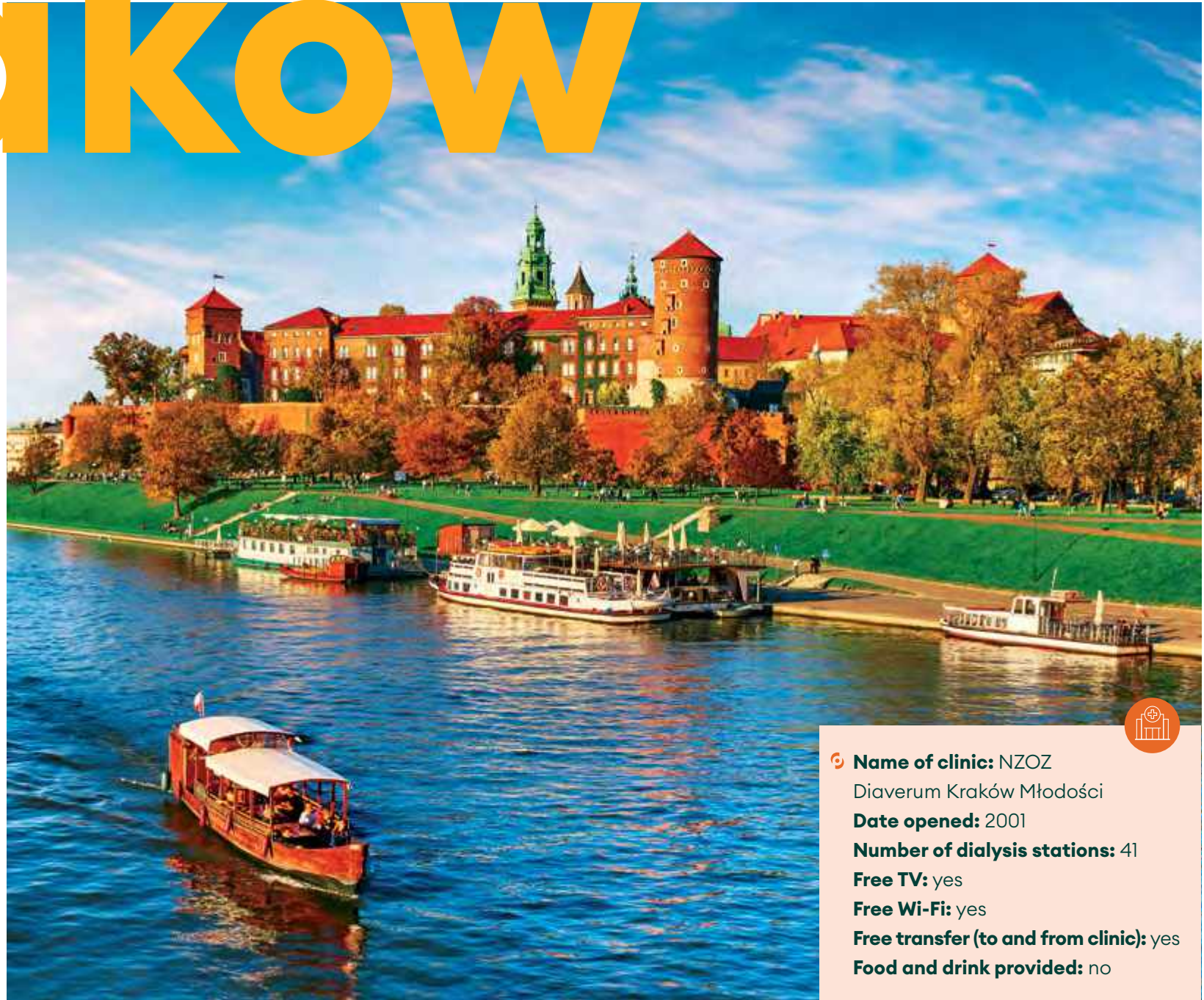
- **Mikołajki** – lying directly on the Great Masurian Lakes, the petite town of Mikołajki is a popular holiday and water sports resort, rightly dubbed “the Pearl of the Masuria”. Its annual Festival of Sailors’ Songs, featuring the finest performances of shanties, attracts a number of visitors each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

# Kraków

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

★ **Don't miss:**

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



 **Name of clinic:** NZOZ

Diaverum Kraków Młodości

**Date opened:** 2001

**Number of dialysis stations:** 41

**Free TV:** yes

**Free Wi-Fi:** yes

**Free transfer (to and from clinic):** yes

**Food and drink provided:** no

# Germany

61 Stralsund  
62 Potsdam  
62 Hamburg

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



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# Stralsund

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

★ **Don't miss:**

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



**Name of clinic:** Diaverum Stralsund

**Date opened:** 2011

**Number of dialysis stations:** 29

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

**Other:** three days a week the clinic offers late night shifts, so that you can enjoy your freedom during the day



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

★ **Don't miss:**

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

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



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



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

★ **Don't miss:**

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

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

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



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

# Sweden

64 Stockholm

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



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# Stockholm



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

★ **Don't miss:**

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

records to awards, and much more;

- **The Vasa Museum** – The Vasa is the only preserved 17<sup>th</sup> 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. The Palace is open to the public and offers five museums;
- **Skansen** – a favourite among both Stockholmers and visitors, and a perfect family outing, Skansen is the oldest open-air museum in the world and also the Stockholm Zoo, with animals native to Scandinavia. Skansen is beautifully located on Royal Djurgården and offers spectacular views of Stockholm.
- **Birka** was an important Viking Age trading centre which handled goods from Scandinavia as well as many parts of the European continent and the Orient. It's located in Lake Mälaren, 30km from Stockholm.



📍 **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



# Lithuania

66 Vilnius

66 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 19<sup>th</sup> century architectural gems co-exist with imposing Soviet structures.



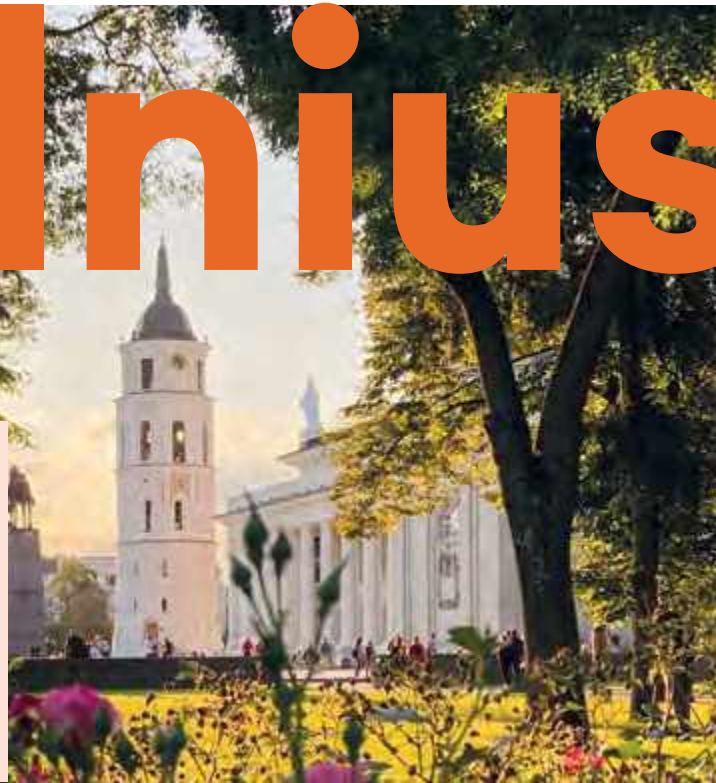
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# Vilnius



**Name of clinic:** Diaverum Šeškinė  
**Date opened:** 2020  
**Number of dialysis stations:** 10  
**Free TV:** yes  
**Free Wi-Fi:** yes  
**Free transfer (to and from clinic):** yes  
**Food and drink provided:** yes



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

#### ★ Don't miss:

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

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



# Kaunas

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

#### ★ Don't miss:

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

**Symphony Orchestra** and it also enjoys an old circus tradition;

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



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

# Albania

68 Vlorë

68 Korçë


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



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# Vlorë



**Name of clinic:** Qendra e Hemodializës Vlorë 

**Date opened:** 2016

**Number of dialysis stations:** 20

**Free TV:** yes

**Free Wi-Fi:** yes

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

**Food and drink provided:** yes

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

★ **Don't miss:**

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

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

- **Canina Castle** – rises on the side of the Shushica Mountain, about 380 metres above sea level. The castle is believed to have been erected in the 3<sup>rd</sup> 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

70 Constanța

71 Bucharest

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



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# Constanța



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

★ **Don't miss:**

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

📍 **Name of clinic:** Diaverum Constanța

**Date opened:** 2012

**Number of dialysis stations:** 36

**Free TV:** yes

**Free Wi-Fi:** yes

**Free transfer (to and from clinic):** yes

**Food and drink provided:** yes

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

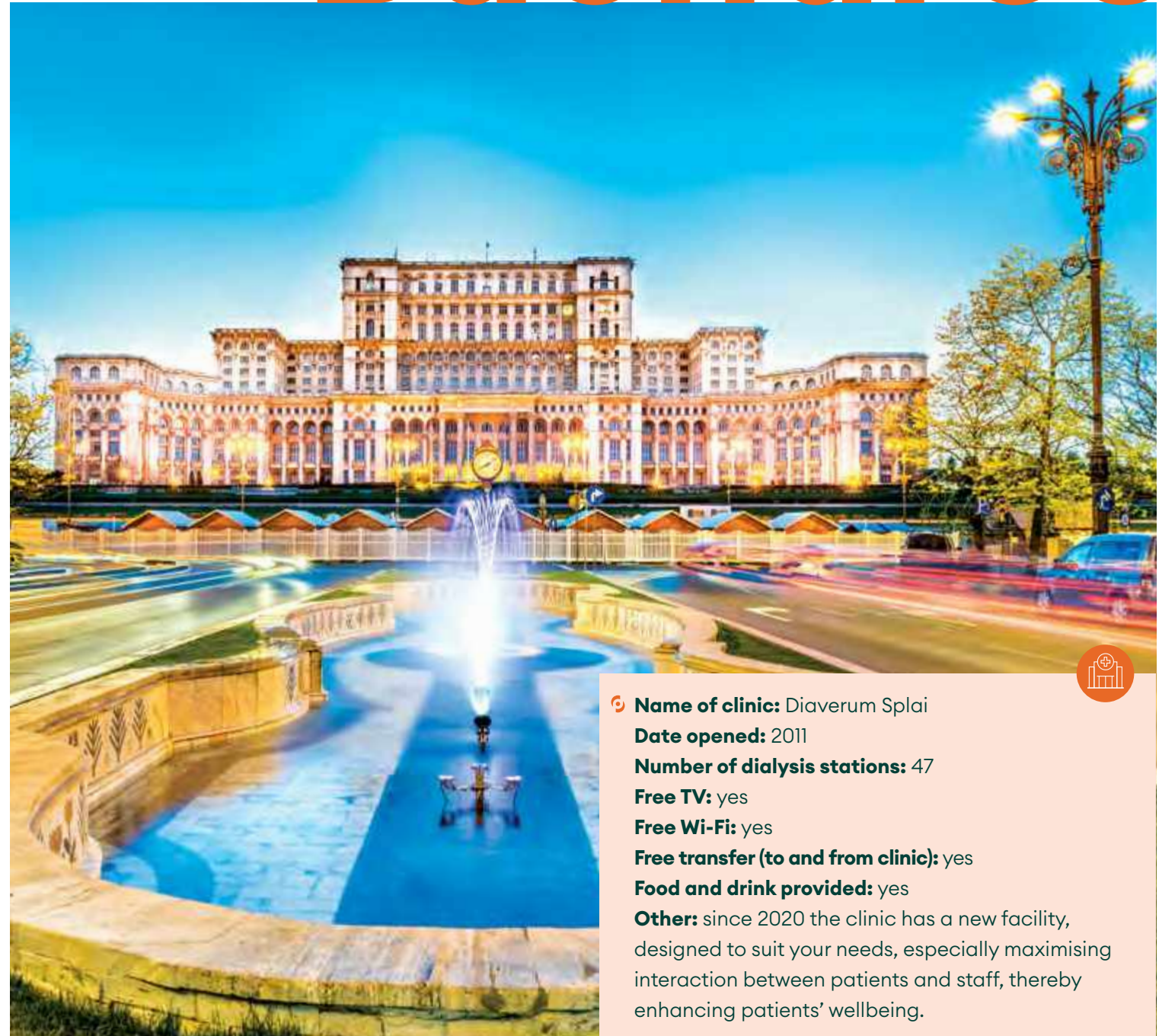



# Bucharest

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

★ **Don’t miss:**

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



 **Name of clinic:** Diaverum Splai  
**Date opened:** 2011  
**Number of dialysis stations:** 47  
**Free TV:** yes  
**Free Wi-Fi:** yes  
**Free transfer (to and from clinic):** yes  
**Food and drink provided:** yes  
**Other:** since 2020 the clinic has a new facility, designed to suit your needs, especially maximising interaction between patients and staff, thereby enhancing patients’ wellbeing.

# Kazakhstan

73 Astana

73 Almaty

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



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

★ **Don’t miss:**

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

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



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



# Almaty

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

★ **Don’t miss:**

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

- **Zeleny Bazar (Green Bazaar)** – experience a Central Asian bazaar where you can buy souvenirs, dried fruit, spices and fresh vegetables;
- **Medeu** – the world’s highest ice-skating rink, with 10,500 m<sup>2</sup> 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

75 Kumanovo

76 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.



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# Kumanovo

**Kumanovo** is the second largest city in North Macedonia. It's easily accessible, as it's located on E75, 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, so it's very common and easy for visitors to drive between the two cities, to explore the nightlife scene and restaurants.

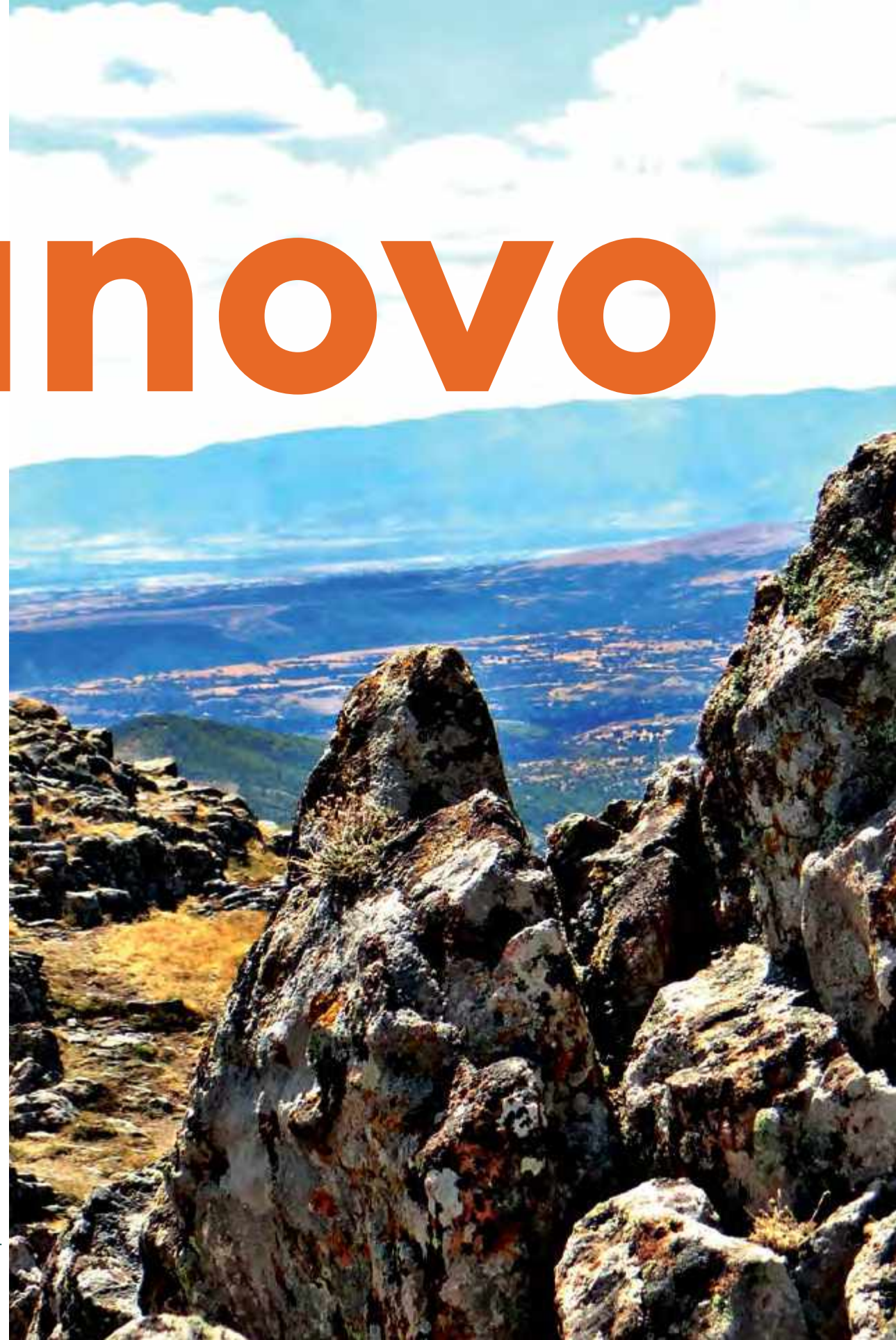
★ **Don't miss:**

- **Bislimska Klisura – The Gorge Worth Visiting:** 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



# Skopje



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

The largest city in the country, and the most important cultural centre in North Macedonia, the territory of **Skopje** has been inhabited since at least 4000 BC. It's a city best enjoyed in the spring and autumn when the weather is at its best for visiting the city's many attractions.

★ **Don't miss:**

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

# Uruguay

78 Punta del Este

79 Montevideo

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



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# Punta del Este

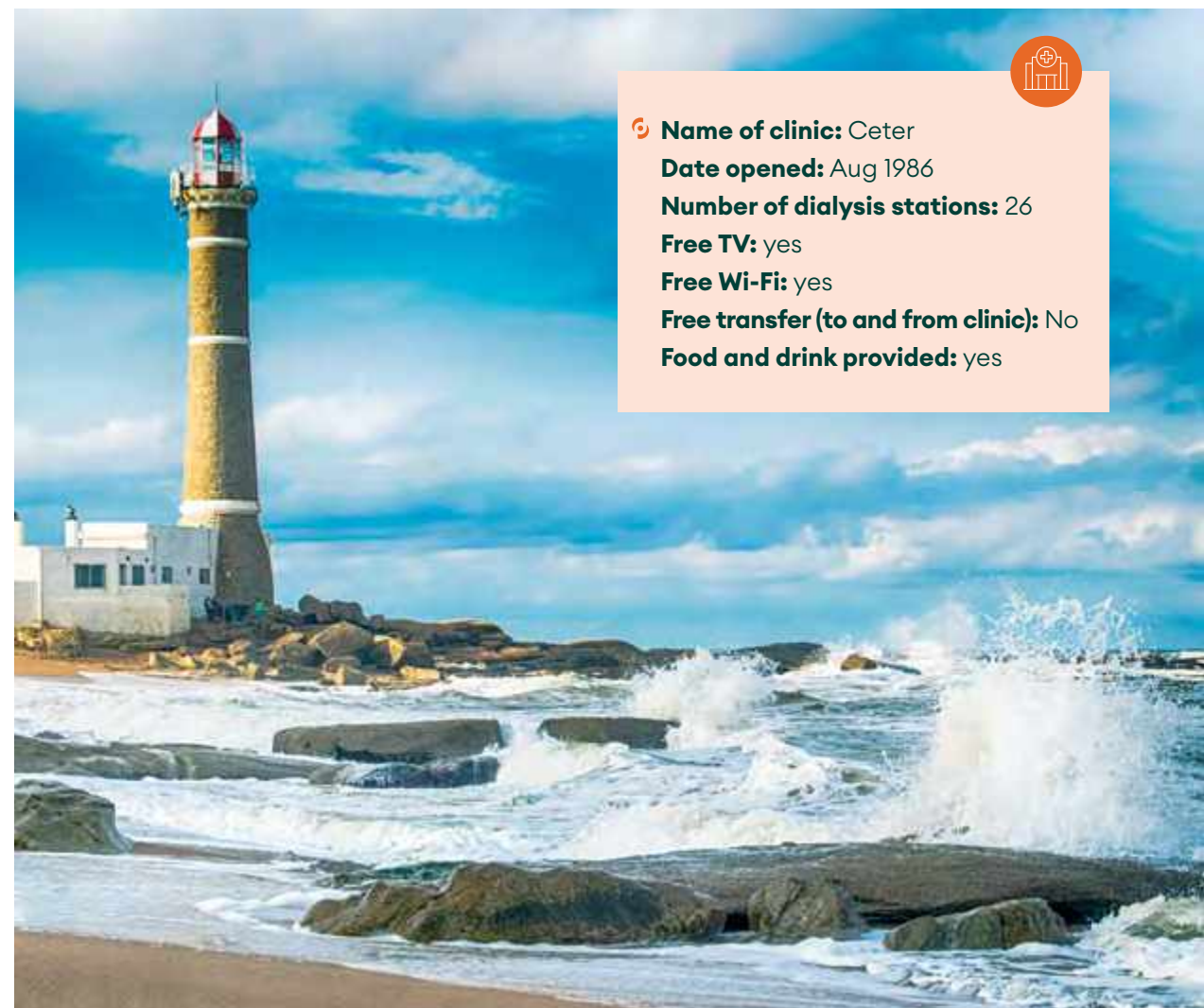
**Punta del Este**, in the south-east of Uruguay, is one of the most striking cities in Latin America. With its white sands, blue waters, dunes, islands, lagoons and forests, combined with varied and luxurious buildings, it offers a perfect balance between nature and architectural innovation.


★ **Don't miss:**

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

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

- **Punta Ballena** – 15 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.



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



# Montevideo

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

★ **Don't miss:**

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

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

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



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



# Saudi Arabia

81 Riyadh

82 Jeddah

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

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

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



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# Riyadh

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

## ★ Don't miss:

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



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

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

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

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

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



# Jeddah

★ **Don't miss:**

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

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

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

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



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

# Clinic list

## Albania

### Qendra e Hemodializës

#### Diaverum Vlorë

Rr Mitaq Sallata

9401 Vlorë

Tel.: +355 676041270

### Qendra e Hemodializës

#### Diaverum Shkodër

Rr Kolë Heqimi

4001 Shkodër

Tel.: +355 676041269

### Qendra e Hemodializës

#### Diaverum Lezhë

Rruga e Spitalit

4501 Lezhë

Tel.: +355 676041268

### Qendra e Hemodializës

#### Diaverum Elbasan

L. Haxhias

3001 Elbasan

Tel.: +355 676050508

### Qendra e Hemodializës

#### Diaverum Korçë

Blv Fan S Noli

7001 Korçë

Tel.: +355 676050509

## Brazil

### Diaverum – Cirurgia

Av. Des. Maynard, 174, Anexo I

49055-210 Aracaju SE

Tel.: +55 79 32164800

### Diaverum – Guarulhos

Rua Marret, 425 Vila Progresso

07095-140 Guarulhos SP

Tel.: +55 11 20876999

### Diaverum – Mauá

Av. Dom José Gaspar, 1454

09370-670 Mauá SP

Tel.: +55 11 34203005

### Diaverum – Mogi das Cruzes

Rua Gaspar Conqueiro, 641/647

08730-480 Mogi das Cruzes SP

Tel.: +55 11 47235100

### Diaverum – Santo André

Av. Portugal, 1051 e 1065 Centro

09040-011 Santo Andre SP

Tel.: +55 11 49942941

### Diaverum – São Jose

Rua Largato, 1784, São José

49045-270 Aracaju SE

Tel.: +55 79 40099800

### Diaverum – Suzano

Rua Gato Cinzento, 65,

08615-070 Suzano SP

Tel.: +55 11 47448399

### Diaverum – Taboão da Serra

Av. José Dini, 180

06763-015 Taboao da Serra SP

Tel.: +55 11 47877552

## Diaverum – Tatuape

Rua Potiguares, 171

03065-000 Tatuapé SP

Tel.: +55 11 22275481

## Chile

### Diaverum Bóbio

Cochrane 217

4070268 Concepción

Tel.: +56 226361423

### Diaverum Temuco

Dinamarca 621, Of. 207

4810371 Temuco

Tel.: +56 226361433

### Diaverum Villarrica

General Basilio Urrutia 20

4931360 Villarrica

Tel.: +56 226361434

### Diaverum Concepción

Junge 98

4040355 Concepción

Tel.: +56 226361417

### Diaverum Los Angeles

O'Higgins 382

4430286 Los Angeles

Tel.: +56 226361438

### Diaverum Cañete

Simon Bolívar 543

4390380 Cañete

Tel.: +56 226361442

### Diaverum Puente Alto

Avda, Concha y Toro 2161

8150000 Santiago

Tel.: +56 226361446

## Diaverum Colina

Aconcagua 248

9340000 Colina

Tel.: +56 226361452

## Diaverum Independencia

Bezanilla 1285

8380000 Independencia

Tel.: +56 226361455

## Diaverum Melipilla

Serrano 818

9580825 Melipilla

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## Diaverum Talagante

Maria Teresa Nuñez 761

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## Diaverum San Antonio

Calle Arzobispo Casanova 245

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## Diaverum Quinta Normal

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## Diaverum Arica

18 se Septiembre

1000000 Arica

Tel.: +56 226361484

## Diaverum Llay.Llay

Manuel Montt 207

2220100 Llay-Llay

Tel.: +56 226361491

## Diaverum San Felipe

Maipú 264

2171792 San Felipe

Tel.: +56 34519381

## Diaverum Quillota

Blanco Encalada n 36

2260406 Quillota

Tel.: +56 995968695

## Diaverum La ligua

Santa Teresa n 906

2030133 La Ligua

Tel.: +56 226361495

## Diaverum La Calera

Blanco Encalada 362

2290564 Calera

Tel.: +56 962739483

## China

### Integrated Dialysis Facility (HK) Limited

RM 811A,Champion Building 301

Nathan Road KL

999077 Hong Kong

Tel.: +852 23850945

### Wuhu Diaverum Dialysis Center

Room 401 in 4<sup>th</sup> floor of Baorui Mall, West

Yikesong Road, Wuhu County

241103 Wuhu

Tel.: + 86 25 8345 0196



**Ningguo Diaverum Dialysis Center**  
1026 Building A, Yaxia International Car  
City, No. 55 Ningyang West Road  
242300 Ningguo  
Tel.: + 86 553 8918 100

**Guangzhou Zengcheng Diaverum  
Dialysis Center**  
Room A010, 1<sup>st</sup> Floor, No. 99 Xiajie  
Avenue, Licheng Street, Zengcheng  
511399 Guangzhou  
Tel.: + 86 20 3216 3464

**Guangzhou Huangpu Diaverum  
Dialysis Center**  
Room 402, Huirun Plaza, No.298 of  
Huangpu East Road, Huangpu Area  
510700 Guangzhou  
Tel.: +86 20 8162 3654

**Wuxi Xishan Diaverum Dialysis Center**  
No.1 Ronghui Road, Xishan Area  
214101 Wuxi  
Tel.: +86 510 8899 3956

**Wuxi Liangxi Diaverum Dialysis Center**  
Room 1007, No.800 Xingyuan West Road,  
Liangxi Area  
214000 Wuxi  
Tel.: +86 510 8899 1532

#### France

**Centre de Dialyse Diaverum Mulhouse**  
55, rue du Docteur Léon Mangeney  
68100 Mulhouse  
Tel.: + 33 389 45 73 89

**Centre de Dialyse Diaverum Arles**  
860 chemin de Fourchon CS 10282  
13633 Arles  
Tel.: + 33 490 52 15 20

**Centre de Dialyse Diaverum  
Marseille St Joseph**  
31 boulevard de Louvain – CS 70036  
13285 Marseille cedex 08  
Tel.: + 33 491 17 87 00

**Centre de Dialyse Diaverum  
Paris Mont Louis**  
11, passage Courtois  
75011 Paris  
Tel.: + 33 149 23 83 43

**Centre de Dialyse Diaverum  
Paris Saint Maur**  
12, rue Saint Maur  
75011 Paris  
Tel.: + 33 140 24 38 90

**Centre de Dialyse Diaverum Angers**  
146, square de Lattre de Tassigny  
49000 Angers  
Tel.: + 33 241 79 76 76

**Centre de Dialyse Diaverum Montereau**  
2, Parking de la Faïencerie  
77130 Montereau  
Tel.: + 33 160 57 53 00

**Centre de Dialyse Diaverum Château  
Gontier**  
7 rue des Quatre Vents  
53200 Chateau Gonthier  
Tel.: +33 243 12 29 10

**Centre de Dialyse Diaverum  
Draguignan**  
345 avenue Pierre Brossolette  
83300 Draguignan  
Tel.: + 33 498 10 68 68

**Centre de Dialyse Diaverum Avon**  
38 avenue Franklin Roosevelt  
77210 Avon  
Tel.: + 33 160 72 89 49

**Centre de Dialyse Diaverum Marseille  
Hôpital Européen**  
6 rue Désirée Clary  
13331 Marseille cedex 03  
Tel.: + 33 413 42 82 72

**Centre de Dialyse Diaverum  
Salon de Provence**  
22, Avenue du 22 Août 1944  
13300 Salon de Provence  
Tel.: + 33 490 56 60 00

**Centre de Dialyse Diaverum Marignane**  
Avenue du Général Raoul Salan  
13700 Marignane  
Tel.: + 33 442 78 77 90

**Centre de dialyse Diaverum CCM**  
32/36 rue des Moulins Gémeaux  
93200 Saint-Denis  
Tel.: +33 149 21 03 28

**Centre de Dialyse Diaverum Pantin**  
14-18 rue Hoche  
93500 Pantin  
Tel.: + 33 148 91 93 59

**Centre de Dialyse Diaverum Epinay**  
104-106, avenue du Maréchal De Lattre  
de Tassigny  
93800 Epinay sur Seine  
Tel.: + 33 148 41 53 67

**Centre de dialyse Diaverum  
Paris Jaurès**  
29-31, 29 Rue Bouret  
75019 Paris  
Tel.: +33140372230

**Centre de dialyse Diaverum  
Saint-Denis**  
30 Rue Diderot  
93200 Saint-Denis  
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**Diaverum MVZ Am Neuen Garten –  
Standort Ludwigsfelde**  
Albert-Schweitzer-Str. 40-44  
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**Diaverum MVZ Am Neuen Garten –  
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14469 Potsdam  
Tel.: +49 331280690

**MVZ Diaverum Erkelenz**  
Tenholter Str. 43a  
41812 Erkelenz  
Tel.: +49 2431 945080

**MVZ Diaverum Erkelenz – Standort  
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52525 Heinsberg  
Tel.: +49 24522790

**MVZ Diaverum Kleve**  
Hoffmannallee 41-51  
47533 Kleve  
Tel.: +49 282124159

**MVZ Diaverum Kleve – Zweigpraxis  
Kleve Klinikum**  
Albersallee 5-7  
47533 Kleve  
Tel.: +49 282117688

**MVZ Diaverum Neubrandenburg**  
Johannesstr. 12  
17034 Neubrandenburg  
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**MVZ Diaverum Neubrandenburg –  
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Hospitalstraße 19  
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18507 Grimmen  
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**MVZ Diaverum Prignitz – Perleberg**  
Karl-Liebknecht-Str. 13a  
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Tel.: +49 38767910612

**MVZ Dialyse Alter Teichweg**  
Alter Teichweg 59-61  
22049 Hamburg  
Tel.: +49 406116540

**MVZ Dialyse Schlankreye**  
Schlankreye 38  
20144 Hamburg  
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## Greece

### Diaverum Peristeri (Medifil)

Leof. Konstantinoupoleos 45  
121 32 Athens  
Tel.: +302105766212

### Diaverum Ilion (Medifil)

Leof. Thivon 662  
13122 Athens  
Tel.: +30215 5607730

### Diaverum Koropi (Nefrologiki)

Attikis 39  
194 00 Athens  
Tel.: +302106022227

### Diaverum Agia Paraskevi

#### (Attiko Kentro Nefrou)

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153 43 Athens  
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### Diaverum Livadia (Nefrologiki)

Achilleos & Thessalonikis  
321 31 Livadia  
Tel.: +30 22610 80360

### Diaverum Chalkida (Alexia)

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341 00 Chalkida  
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### Diaverum Dialízis Központ / László

#### Kórház

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1097 Budapest  
Tel.: +36 12190806

### Diaverum Dialízis Központ / Szolnok

Tószegi u. 21.  
5000 Szolnok  
Tel.: +36 56424404

### Diaverum Dialízis Központ / Karcag

Zöldfa u. 48.  
5300 Karcag  
Tel.: +36 59503055

### Diaverum Dialízis Központ /

#### Zalaegerszeg

Zrínyi M. u. 1.  
8900 Zalaegerszeg  
Tel.: +36 92328200

### Diaverum Dialízis Központ / Kalocsa

Selyemerdő u. 1.  
6300 Kalocsa  
Tel.: +36 78462782

### Diaverum Dialízis Központ / Baja

Vasvári Pál u. 38.  
6500 Baja  
Tel.: +36 79427990

### Diaverum Dialízis Központ / Keszthely

Ady Endre u. 2.  
8360 Keszthely  
Tel.: +36 83511485

### Diaverum Dialízis Központ /

#### Hódmezővásárhely

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### Diaverum Bari

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70124 Bari  
Tel.: +39 0805046285

### Diaverum Castelvetro

Via Centonze, 3  
91022 Castelvetro  
Tel.: +39 0924932100

### Diaverum Copertino

Via Goffredo Mameli, 26  
73043 Copertino  
Tel.: +39 0832934357

### Diaverum Corato

Via Trani, 140  
70033 Corato  
Tel.: +39 802143710

### Diaverum Fondi

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

### Diaverum Grottaglie

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

### Diaverum Ladispoli

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

### Diaverum Latina

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

### Diaverum Marsala

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

### Diaverum Mesagne

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

### Diaverum Nissoria

Via dell'Orto, 1  
94010 Nissoria  
Tel.: +39 0935669580

### Diaverum Palagonia

Via Palermo, 40  
95046 Palagonia  
Tel.: +39 0957951016

### Diaverum Ribera

Via Roma, 63  
92016 Ribera  
Tel.: +39 092562455

### Diaverum Roma

Via Luca Gaurico, 215  
00143 Roma  
Tel.: +39 0651530542

### Diaverum Sciacca

Via Einaudi Angolo Via Segni  
92019 Sciacca  
Tel.: +39 09251952002

### Diaverum Taranto

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

### Diaverum Catania

Via Giuseppe Morgia, 4  
95121 Catania  
Tel.: +39 0957221455

### Diaverum Paternò

Via dei Coralli  
95047 Paternò  
Tel.: +39 095846416

### Diaverum Adrano

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

### Diaverum Brucoli

Contrada. Oliveto P.D.L. – Brucoli Mare  
96011 Brucoli Mare  
Tel.: +39 0931982703

### Diaverum Lentini

Via Fratelli Bandiera, 13  
96016 Lentini  
Tel.: +39 095901981

### Diaverum Barcellona

#### Pozzo di Gotto

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

### Diaverum Petralia Soprana

Via XXV Aprile, 95  
90026 Petralia Soprana  
Tel.: +39 0921640189



## Kazakhstan

### Diaverum Almaty Clinic

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

### Diaverum Almaty Prime Clinic

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

### Diaverum Karaganda (Yugo-Vostok)

7/2 Ryskulov Prosp., Yugo-Vostok  
microdistrict  
M04C7B1 (100026) Karaganda  
Tel.: +7 (712) 922366

### Diaverum Karaganda (Maykuduk)

53 Schorsa Str., Oktyabrsky district  
M06G1H6 (100001) Karaganda  
Tel.: +7 (712) 922730

### Diaverum Karaganda (Shakhtinsk)

97 Kazakhstanskaya str., 2<sup>nd</sup> floor,  
Bolashak policlinics  
M31E3D2 (101600) Shakhtinsk  
Tel.: +7 (7156) 54455

### Diaverum Kokshetau Clinic

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

### Diaverum Kostanay Clinic

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

### Diaverum Uralsk Clinic

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

### Diaverum Uralsk-2 Clinic

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

### Diaverum Aksay Clinic

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

### Diaverum Aktobe Clinic

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

### Diaverum Kaskelen Clinic

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

### Diaverum Kyzylorda Clinic

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

### Diaverum Kyzylorda-2 Clinic

22 Ibray Zhakhayev Street  
N02P1Y6 Kyzylorda  
Tel.: +7 (771) 3959811

### Diaverum Kazaly Clinic

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

### Diaverum Zhanakorgan Clinic

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

### Diaverum Saryagash Clinic

Central regional hospital, 20 A  
Sulemenova Str., South-Kazakhstan  
region, Saryagash  
X72FIE8 (160900) Saryagash  
Tel.: +7 (72537) 27116

### Diaverum Taldykorgan Clinic

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

### Diaverum Temirtau Clinic

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

### Diaverum Zhezkazgan Clinic

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

### Diaverum Balkhash Clinic

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

### Diaverum Schuchinsk Clinic

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

### Diaverum Taraz Clinic

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

### Diaverum Asykata Clinic

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

### Diaverum Almaty Taugul Clinic

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

### Diaverum Shymkent Clinic

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

### Diaverum Anastasia Clinic

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

### Diaverum Astana Clinic

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

### Diaverum Satpayev Clinic

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

### Diaverum Zhas Kanat Clinic

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

### Diaverum Shelek Clinic

98 Vikhrevva Street  
B27M7H1 Shelek  
Tel.: +7 7717050624

### Diaverum Kulsary Clinic

44 Karamanova Street  
060100 Kulsary  
Tel.: +7 7717130536

### Diaverum Atyrau Clinic

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

### Diaverum Aktau Clinic

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

### Diaverum

#### Chubary Clinic

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

### Diaverum

#### Turkistan Clinic

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

### Diaverum Kulan Clinic

2 Tlepova Street  
H34E5BO Kulan  
Tel.: +7 7717429994

### Diaverum Uzunagash Clinic

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

### Diaverum

#### Osakarovka Clinic

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



**Diaverum Topar Clinic**

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

**Lithuania****Diaverum Vilnius**

Mindaugo str. 23  
LT-03214 Vilnius  
Tel.: +370 52135838

**Diaverum Kėdainiai**

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

**Diaverum Kaunas**

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

**Diaverum Kaišiadorys**

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

**Diaverum Klaipėda**

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

**Diaverum Plungė**

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

**Diaverum Kretinga**

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

**Diaverum Jurbarkas**

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

**Diaverum Jonava**

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

**Diaverum Elektrėnai**

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

**Diaverum Šalčininkai**

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

**Diaverum Šilainiai**

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

**Diaverum Šeškinė**

Ukmergės str. 223-1  
Vilnius LT-07156  
Tel.: +370 52421777

**Diaverum Kelmė**

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

**Malaysia****Subang Dialysis Centre**

45 & 47, Jalan SS 15/5A, SS 15  
47500 Subang Jaya  
Tel.: +60 3 56314484

**IMU Dialysis Centre**

No. 143-G, Jalan Radin Bagus,  
Bandar Sri Petaling  
57000 Sri Petaling  
Tel.: +60 3 90553499

**Diaverum Thomson**

**Thomson Hospital Kota Damansara 11,**  
Jalan Teknologi, PJ 5 Kota  
Damansara, 47810 Petaling Jaya,  
Selangor, Malaysia  
47810 Selangor  
Tel.: +60362871111

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

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

**Centre d'hémodialyse de Marrakech**

rue Allal Ben Ahmed  
40000 Marrakech  
Tel.: + 212 524435255

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

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

**Centre d'hémodialyse  
de Meknès El Basma**

Hôpital Mohamed V, Avenue  
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50000 Meknès  
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**North Macedonia****Diaverum Vizbegovo**

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1000 Skopje  
Tel.: +389 22602222

**Diaverum Zelezara**

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1000 Skopje  
Tel.: +389 22656885

**Diaverum Delcevo**

bul.Makedonija n.4  
2320 Delcevo  
Tel.: +389 33435651

**Diaverum Gevgelija**

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1480 Gevgelija  
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**Diaverum Stip**

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**Diaverum Kočani**

str. Milan Zechar n.21  
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Tel.: +389 33434894

**Diaverum Strumica**

str.11<sup>th</sup> October n.3  
2400 Strumica  
Tel.: +389 34358094

**Diaverum Kumanovo**

str. Teofan Ekonomov n.51  
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**Diaverum Kriva Palanka**

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**NZOZ Diaverum w Gdyni**

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

**NZOZ Diaverum w Giżycku**

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11-500 Giżycko  
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**NZOZ Diaverum  
w Głubczycach**

Marii Skłodowskiej-Curie 26  
48-100 Głubczyce  
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**NZOZ Diaverum w Iławie**

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**NZOZ Diaverum w Janowie Lubelskim**

Jana Zamoyskiego 149  
23-300 Janów Lubelski  
Tel.: +48 158724640

**NZOZ Diaverum w Jarosławiu**

Kruhel Pełkiński 19  
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**NZOZ Diaverum Katowice Ziołowa**

Ziołowa 45/47  
40-635 Katowice  
Tel.: +48 322520146



**NZOZ Diaverum Kielce Grunwaldzka**  
Grunwaldzka 45  
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**Great Bridge**

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**Eastbourne**

Diaverum Kidney Treatment Centre, Chaucer  
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BN26 6JF Polegate, East Sussex  
Tel.: +44 1323489158

**Ipswich**

Renal Unit, Ipswich Hospital, Heath Road  
IP4 5PD Ipswich  
Tel.: +44 1473 704027

**Walsall**

Diaverum Kidney Treatment Centre,  
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**Redditch**

Diaverum Kidney Treatment Centre,  
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**Thamesmead**

Diaverum Kidney Treatment Centre, 133 Nathan  
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**Salisbury**

Dialysis Unit, Block 10 (Salisbury District Hospital),  
Odstock Road, Salisbury  
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**Ulverston – Furness Renal Centre**

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Tel: +598 4332 2250 int. 3901





### Life-enhancing renal care

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

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

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

Let us help you plan your holiday!

**Get in touch via [holiday@diaverum.com](mailto:holiday@diaverum.com)**