DIAVERUM
d.HOLIDAY

Travel guide

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Welcome

You are probably reading this guide because you, or someone you care for, is a dialysis patient. As the world cautiously emerges from the COVID-19 pandemic, perhaps your thoughts have turned to travel, to holidays? If so, you are in the right place, because at Diaverum we believe travelling for pleasure is an enriching experience, increasing wellbeing for our patients and their families alike, and helping you to live the fulfilling life that you deserve.

Our clinic staff can help at all steps of your holiday planning, from ideas of where to go, to ensuring that you receive the best quality care at your destination. Through our d.HOLIDAY programme, you will be able to access care at our 450 clinics worldwide. This guide is designed to whet your appetite for some of the most popular holiday destinations, as far afield as Europe and South America, where Diaverum can offer you world-class care.

Working with us to tailor a holiday to suit your needs, you can rest assured that your dialysis care as you travel will take place in a Diaverum clinic that feels like a home-from-home. And you can access this care regardless of whether you are normally looked after by Diaverum: we want all dialysis patients, wherever they are and wherever they normally receive care, to feel comfortable using our services and so enjoy a travelling life to the full.

Present in 24 countries, with 14,000 staff worldwide treating 40,000 patients to 6.2 million treatments every year, we can assure you that you will be in the best possible hands while you let your dreams of adventure run free.

The Diaverum d.HOLIDAY Team



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



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

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

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

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

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

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

At EKPF (European Kidney Patients’ Federation), we promote and encourage the mobility of people with kidney disease across the globe, even those who are dependent on haemodialysis. Holiday dialysis programmes should allow kidney patients free movement to travel, and as EKPF President, I hope this 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 at every possible occasion: whether it be a few days of rest, an adventure or a big city tour. All such moments allow you to disconnect and take a break from an exhausting routine, and to remind you that life can offer many wonderful opportunities.

Spain

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Spain has been made the rich and varied country it is today by the contribution of several cultures and civilisations. With almost 8,000 km of coastline, it has beaches for all tastes, some of them award-winning. Get to know its customs, its gastronomy and its endless sandy beaches. All of this will keep you coming back, to enjoy the country again and again.

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Country Spain **Destination** Costa del Sol **Area** Málaga

Costa del Sol

The Costa del Sol is one of the most popular tourist destinations in the world. With such 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 all year-round warmth and modern facilities keep tourists flocking back year after year to Torremolinos, Benalmadena, Fuengirola, Marbella and Estepona and, on the east side of Málaga, to Rincon de la Victoria, Torre del Mar and Velez Malaga. This area combines beautiful coastline, with white-washed villages and some of the most spectacular inland scenery of the region.

The cuisine of the Costa del Sol is something that you will not forget, 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;**
- **Roman Circus;**
- **Cathedral of Málaga;**
- **Chinitas Passage;**
- **Seaport;**
- **Picasso and Thyssen Museums;**
- **Castillo de Gibralfaro,** built to house troops and protect the Alcazaba, is today one 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's bay.**

Name of clinic: Diaverum Torremolinos
Date opened: 1999
Number of dialysis stations: 30
Free TV: yes
Free wifi: 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 wifi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Country Spain **Destination** Balearic Islands **Area** Palma de Mallorca



Balearic Islands

The Balearic Islands are an archipelago set like jewels in the Mediterranean sea with a mild Mediterranean climate.
The landscape is varied and beautiful; from stunning mountains to sandy beaches lapped by calm crystalline waters. With many sites of great historical and cultural interest, alongside delightful people, interesting customs and gastronomy, several of the islands, including the largest, Mallorca, offer world-class-tourism.

★ **Don't miss:**
The capital Palma is a must for a visit:

- **Royal Palace of l'Almudaina** and the **Cathedral of Mallorca;**
- walk around the **Plaza Mayor** and its popular shopping streets where you can taste typical local food and buy souvenirs;
- **Juan March Foundation Museum,** installed in a beautiful building with a traditional Mallorcan courtyard;
- **Bellver Castle,** where you can enjoy the best sunsets in Spain, overlooking the **Bay of Palma;**
- **Illetas** – small quiet area 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 Palma
Date opened: 2017
Number of dialysis stations: 22
Free TV: yes
Free wifi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

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



Country Spain **Destination** Costa Blanca **Area** Alicante and Valencia

Costa Blanca

The Costa Blanca, or White Coast, is one of Spain's most popular tourist destinations, extending 200 km along the Mediterranean coast. From Benidorm, reputedly the most famous holiday resort in the world, to the bustling, cosmopolitan city of Alicante, there is a resort to suit every taste. Step not far from the tourist hotspots, and you will find yourself among elegant villas, orchards and almond groves. This area is sometimes called the California of Europe, reflecting the large number of people who have moved here from other countries to enjoy the Costa Blanca's fantastic climate and holiday feel, all year round.





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

★ **Don't miss:**

Alicante

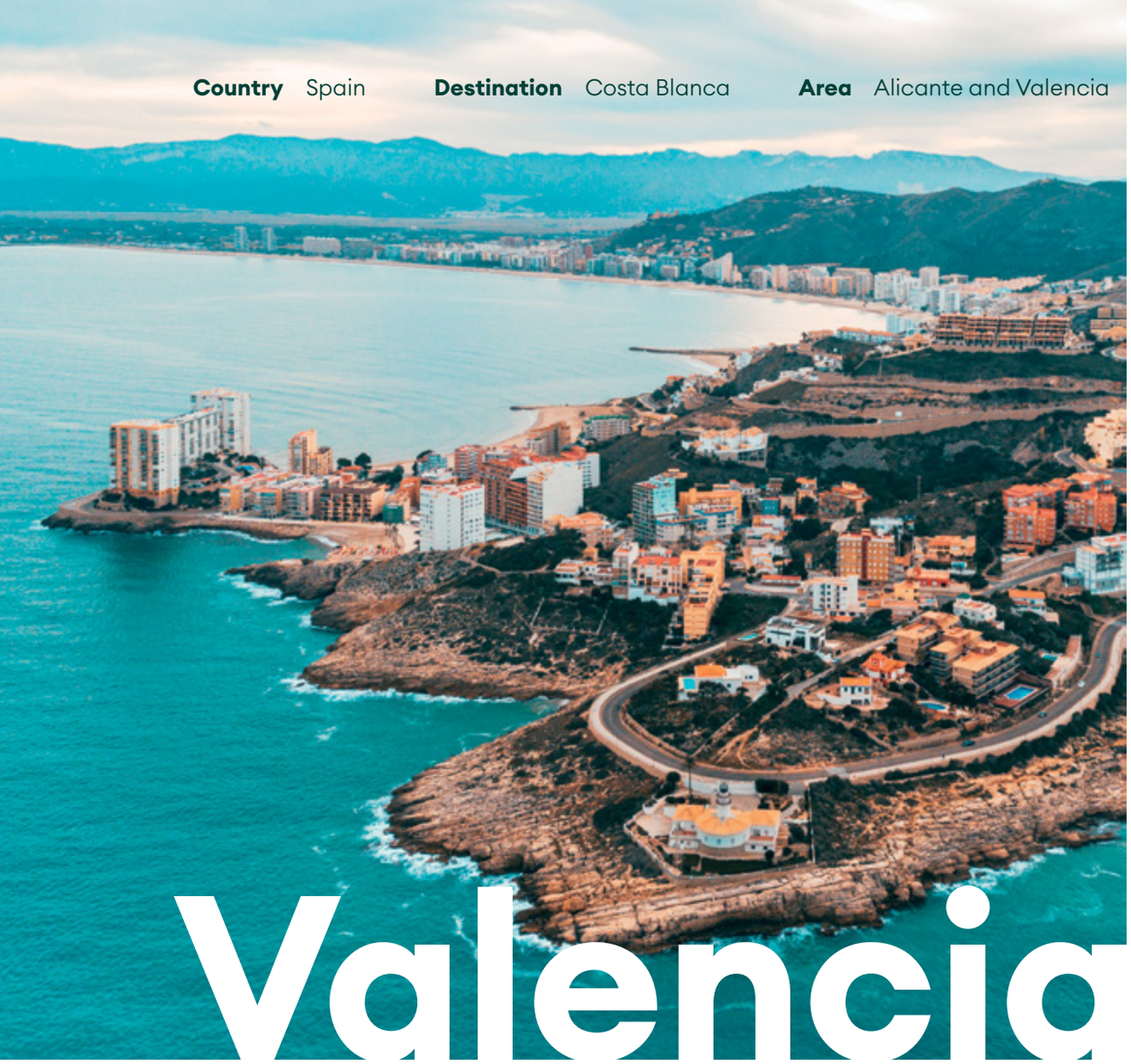


- **Island of Tabarca** – home to a picturesque little town of whitewashed houses and historical church, this is a must-visit destination;
- **Castillo de Santa Barbara** – built sometime around the 9th century and immaculately preserved;
- **El Barrio** – or the old town, the historical heart of Alicante, with its winding cobbled streets and Spanish 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 – you will probably spend a lot of time here;
- **Marina** – being a coastal city, Alicante is home to some spectacular yachts;
- **Parque el Palmeral** – overflowing with botanical life, waterfalls and lots of palm trees, Parque el Palmeral is a little slice of Eden just outside Alicante city centre;
- 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.

Gandía



- **The Collegiate Basilica of Santa Maria of Gandía,** also known as La Seu, is the principal church of the city, built in the 14th century;
- **The Ducal Palace of Gandía** – from the 14th century, this is the residence of the Royal Dukes of Gandía, and from 1485, the Borja family. It was the birthplace of Saint Francis Borja;
- **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.**



Country Spain **Destination** Costa Blanca **Area** Alicante and Valencia

Valencia

Valencia faces the Balearic Islands and is equidistant from the country's two major epicentres of Madrid and Barcelona. The beaches in Valencia, 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, and the most famous dish from Spain.

The region's wine production is notable and the Valencian landscape has over 75,000 hectares of vineyards.

The province of Valencia has an enviably mild climate, which makes it an ideal all year- round destination. Come and enjoy Valencia's beautiful scenery, delicious cuisine and sunny weather.

★ **Don't miss:**

- **The City of Arts and Sciences;**
- **L'Oceanogràfic** – the star of the City of the Arts and Sciences is this oceanarium that opened in 2003. With 45,000 individual animals from 500 different species, you won't find another attraction on this scale in Europe;
- **La Lonja de la Seda** – majestic late 15th century building; a UNESCO World Heritage site and held as the masterpiece of Valencian gothic architecture;
- **Valencia Cathedral** – gothic cathedral dating to the 13th and 14th centuries, see especially the fascinating and controversial Chapel of the Holy Chalice;
- **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** – the north east side of the old town 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;
- **Central market;**
- **Malvarrosa Beach** – awarded the Blue Flag for all the amenities it provides.





Country Spain **Destination** Maresme and Barcelona **Area** Costa del Maresme and Barcelona

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 and definitely most cosmopolitan city, are very busy and hectic with a great city vibe. In the area, you can also find many beautiful, historic fishing towns.

Barcelona, Spain's second largest and most cosmopolitan city, is one of the Mediterranean's most visited ports. 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.

Around the province of Barcelona there are many towns which are worth a visit, including the city of Vic, and Villafranca del Penedes and Sant Sadurni d'Anoia, both wine producers. 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 Ferràn Adrià, Santi Santamaría, Fermí Puig, Carles Gaig, Carme Ruscalleda and Sergi Arola.

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.

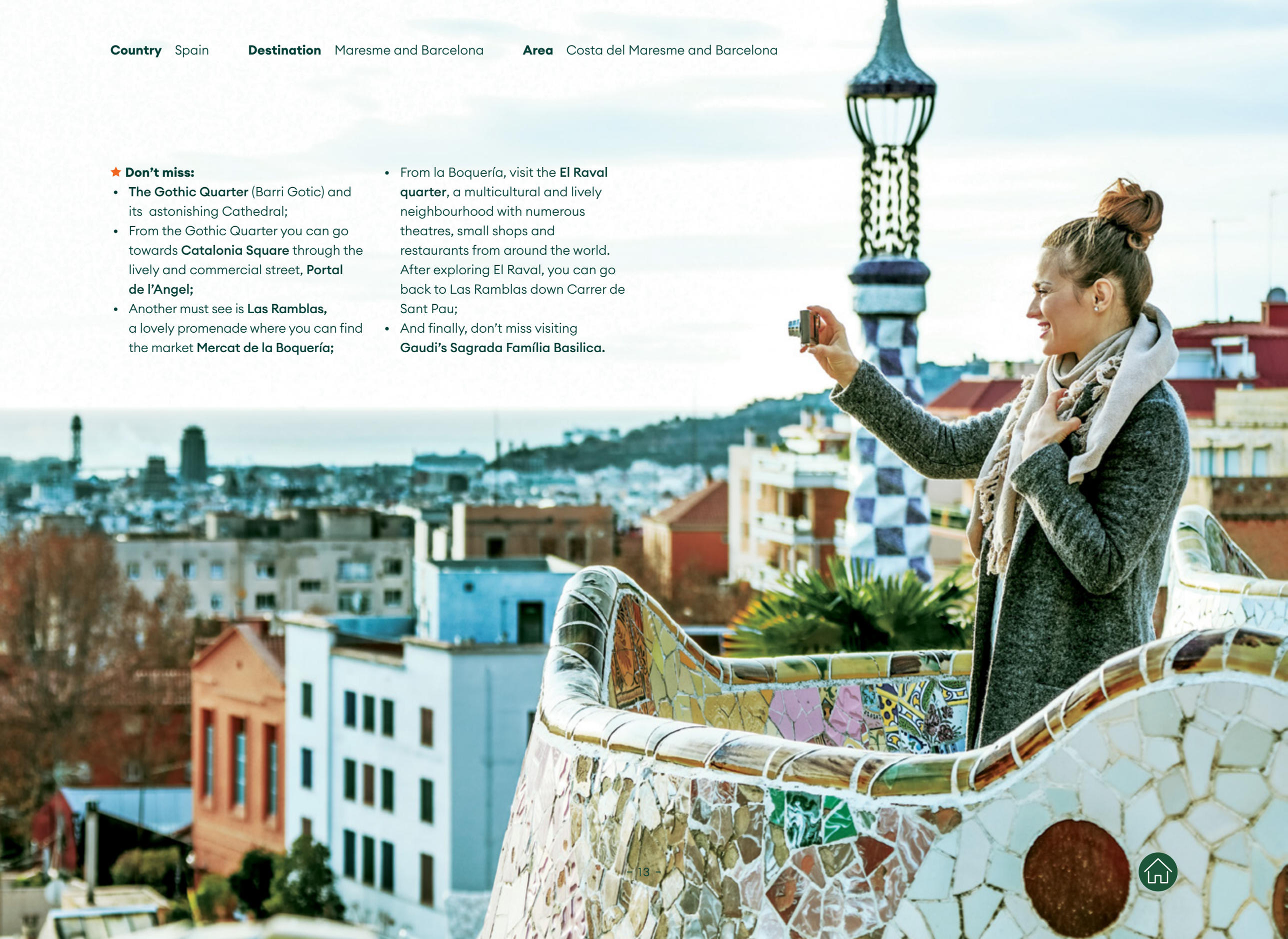
Name of clinic: Diaverum IHB
Date opened: 2000
Number of dialysis stations: 44
Free TV: yes
Free wifi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Name of clinic: Diaverum Maresme
Date opened: 2012
Number of dialysis stations: 30
Free TV: yes
Free wifi: 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 Gotic) 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 the **El Raval quarter**, a multicultural and lively neighbourhood with numerous theatres, small shops and restaurants from around the world. 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.**



COVID-19: helping you to travel safely



Dr Fernando Macário,
Diaverum Chief Medical Officer

The COVID-19 pandemic is not over, but while it is still causing great suffering in many places, widespread vaccination is allowing hope in parts of the globe. It is of course true that the virus does not respect geographical boundaries, so increased travel brings with it the risk of contagion, but it is also fair to assume that vaccination will gradually help towards the resumption of travel.

Vaccination reduces the risk of contracting COVID-19, and may make it less severe if you do catch it. If you are thinking of travelling, we strongly advise that you do so once fully vaccinated (two doses for most vaccines, and at least two weeks after the second dose before protection is optimised), and travel will be safest in areas of high vaccine coverage.

Even once vaccinated, you should continue taking precautions to reduce your risk of contracting COVID-19. Older people, and those of any age who have some medical conditions including chronic kidney disease, cancer, chronic obstructive pulmonary disease, Down's syndrome, serious heart problems, a weakened immune system, type 2 diabetes, and sickle cell disease, as well as those who are obese, who smoke or who are pregnant, are at increased risk from severe illness from COVID-19.

When deciding whether it is safe to travel, we also advise that you think about increased risk to anyone you live with who may be affected by these conditions and who you may therefore endanger by your decision. **But travel is an important part of many people's lives, whether for work or for pleasure, and we want to help you travel safely:**

- check the general COVID-19 situation and all requirements and restrictions where you plan to travel;
- take into consideration that, for many destinations, you need to be tested before you travel, especially if you are not vaccinated;
- take into consideration that in certain destinations you will need to quarantine on arrival at your own expense, and/or when you return;
- make sure your hotel or other accommodation complies with COVID-19 safety recommendations;
- remember to pack face masks, tissues, alcohol-based hand sanitiser, disinfectant wipes for surfaces, a thermometer and all the medicines you may need.

And once on your journey, there are general ways to help keep yourself and others safe:

- stay 2 metres away from others;
- wear a face mask, and try not to touch your eyes, nose or mouth;
- don't eat, drink or smoke on public transport, so that you do not need to remove your mask;
- limit contact with surfaces, such as handrails or lift buttons;
- wash your hands with warm soapy water for at least 20 seconds, as often as you can, or, if this is not possible, use hand sanitiser with at least 60% alcohol: carry a small bottle with you at all times, cover all surfaces of your hands and rub them together until they are dry, especially before eating or after coughing, sneezing or blowing your nose;
- cover coughs and sneezes with a tissue where possible, or by bending your arm and using it to cover your nose and mouth;
- avoid contact with anyone who has any symptoms of COVID-19.

Some special tips for air travel:

- wear a mask at all times, in the airport and during the flight ;
- wash your hands before and after screening;
- where possible, place boarding passes (paper or electronic) directly on the scanner and then hold them up for inspection, instead of handing them over ;
- place personal items such as keys, wallets and phones in carry-on bags, so that they do not have to be handled during screening.

Before deciding to travel, and when choosing where to go, remember that travelling increases the risk of contracting COVID-19. Vaccination can decrease this risk and decreases the risk of contracting severe forms of COVID-19. Travelling will be safest in regions with high vaccination coverage. Check the local situation, find out the regulations at your destination, both on arrival as well as on your return home, and take advice from your doctor about your planned trip. These are challenging times. Stay safe, and enjoy.

Italy

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17 Copertino
18 Rome
19 Catania
20 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. The capital city of Rome is home to the Vatican, while 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, rural or coastal escape, you will not be disappointed.

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Country Italy **Destination** Bari

Bari

Bari, a typical maritime and market city, is the capital of the Apulia region and the second biggest city in the south of Italy. The port has a beautiful seafront and the wonderful ancient area of “Bari Vecchia”, where you can walk among narrow stone-lined streets of 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. The theatre is owned by the Municipality of Bari;
- **Polignano a Mare** – 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 “Mister Volare” embraces the old city.



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

Copertino



Rich in history and traditions, **Copertino** enchants for its villages, parties, cuisine, beaches and entertainment. Former fiefdom of various foreign families, including the Enghien, the town has one of the best-preserved castles in Salento, built by the Castriota, of Albanian origin. The city is also home to the famous Madonna della Neve Basilica.

★ **Don't miss:**

- **Lecce** – capital of the province of the same name and cultural hub of Salento, Lecce, in Puglia, 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 and exuberance of 17th century Baroque churches and palaces in the city centre;
- **Gallipoli** – this beautiful city has the scent of spirituality. Also known as Città Bella, 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 wifi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes

Country Italy **Destination** Rome



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:**

- **Colosseo** – the Flavian Amphitheatre, more commonly known as the Colosseum, rises in the archaeological heart of the city of Rome and welcomes a large number of visitors every day attracted by its history and complex architecture. It is perhaps the most symbolic structure of Italy;
- **Piazza di Spagna** is in one of the most interesting areas of Rome: Via dei Condotti (a famous shopping street), Via Frattina and Via del Babuino (a street with 17th and 18th century buildings) are just some of those worth seeing surrounding the square;
- **St. Peter's Square** – the most important square in Christianity. Much of its architectural charm is due to the intervention of Bernini who created the large 240-metre-wide ellipse surrounded by the splendid four-row colonnade consisting of 284 columns and 88 pillars;
- **Trevi Fountain** – 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 wifi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes

Country Italy **Destination** Catania

Catania



An ancient port on the island of Sicily, **Catania** sits below Mount Etna, Europe's largest and most active volcano. Overlooking the Ionian Sea, Catania is a splendid city of art, a jewel of Sicilian Baroque, together with the other eight towns of the Val di Noto.

★ **Don't miss:**

- **Via Etnea in Catania,** the most important street in the historic city centre, is so called because it faces the direction of Mount Etna. It stretches uphill for more than two and a half kilometres, 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, a cave carved into the limestone in the shape of a human ear;
- **Taormina** – with its medieval village appearance, its ancient Greek soul, and colours and scents of Mediterranean vegetation, Taormina is one of the most beautiful places to visit in the world. And the climate of Sicily makes it an ideal destination at any time of the year.

Name of clinic: Diaverum Catania Sud
Date opened: 1997
Number of dialysis stations: 30
Free TV: yes
Free wifi: 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 landing of General Garibaldi and his "thousand" and is known as the city of wine. From near the town, you can also access 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, enjoys an exceptional panoramic view over the Gulf of Trapani and 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, inviting you to explore;
- **Trapani and Egadi islands** – Trapani, with its sickle shape, enjoys an enviable geographical position between two seas, 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 of one of the most flourishing classical civilisations of the Mediterranean. Its rich yet still unfolding history attracts not only tourists and the curious, but researchers and scholars from across the world.

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

Nutritional advice for your journey



Vítor Sá Martins,
Nutrition Manager,
Diaverum Portugal

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

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

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

So, allow yourself to feel excited about eating new and different food when travelling, but remember too that you will have to keep to some dietary rules to ensure your kidney disease is controlled and that you enjoy your holiday to the full.

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

- **keep to your normal eating schedule and do not skip meals:** eating regular meals will help you maintain your normal metabolism, make the best food choices and choose the right portion sizes. With a new routine on holiday, it is easy to skip a meal, and when hungry it can be hard to control what you eat and you may thus make food choices that are not right for you;
- **do your homework before travelling: find out about local, typical dishes and food traditions at your destination.** You can then assess in advance which foods are best for your clinical situation, enabling you to make the right decisions about what to eat. And before you go, you can always ask for help and advice from your home clinic team;
- **do not be afraid to ask questions in restaurants:** most restaurants will be delighted to advise you if you explain your situation to them. Why not have a chat with the waiter about how the dish is cooked, any detail you need about ingredients and information about portion sizes, salt content etc. They will usually be very happy to adapt dishes to suit your needs, if they understand what these are, such as not adding salt, omitting certain ingredients or adjusting portion sizes;
- **remember your usual rules:** in the thrill of travelling, it is easy to forget things. That is part of the fun, but for your safety, it is important not to forget everything!

As a renal patient, you might need to control thirst and avoid drinking too much and becoming overloaded with fluid. You can make this easier by controlling your salt intake and not eating too much spicy food. Controlling your body temperature is also important for fluid balance – avoid hot places and excessive sun exposure, but remember too that very dry places and air conditioning may make you thirsty. **Keep your mouth clean, as good oral hygiene will make you less thirsty.** And remember which foods with high phosphate and potassium content are not recommended by your clinical team, and avoid these during your trip.

Go to local markets and shops: these can be very interesting places to learn about local culture and food choices, and also good places to choose and buy the right snacks for your journey.

Stay active... even when on holiday, a good walk or other exercise is an important part of feeling good and staying healthy.

Focaccia with slices of apple and blueberries



A simple but tasty snack, perfect for hot days, that you can prepare in advance and take on your journey.

For the focaccia:
Ingredients (for 18 servings):

- 500 g all-purpose wheat flour;
- 1 tablespoon dry yeast (about 10 g);
- 315 ml warm water;
- 1 tablespoon white or brown sugar;
- 3 tablespoons virgin olive oil;
- a pinch of oregano, basil or rosemary (see below – this can also be added later) if essential, ½ teaspoon salt, but better to omit if possible.

Preparation:

1. Mix the warm water with the yeast and then add the sugar, olive oil and salt if using.
2. In another bowl, add the flour, making a hole in the middle, and then add the above wet mix slowly in the centre, moulding it until it forms a consistent dough.
3. Sprinkle a hard surface with flour and knead the dough for a further 10-15 min.
4. Let the dough rest and rise for an hour in a bowl greased with olive oil and covered with a wet cloth.
5. Once the dough has risen, grease a baking tray with olive oil and spread the dough on the tray, making some small holes in the surface.
6. To add flavour, use herbs such as oregano, basil or rosemary as above, before or after cooking – many flavours work well – use your imagination!
7. Cook in a pre-heated oven at 200°C for 30 minutes.

Approximate nutritional values per 50 g slice:
125 kcal, 22 g carbohydrate, 3 g fat, 1 g protein, 37 mg potassium, 40 mg phosphate.

For your journey, why not make it simple but perfect: in a small container with 2 compartments, fill one side with the focaccia, cut into bite size pieces, and in the other half, an apple, sliced and sprinkled with a little lemon juice, and 2 tablespoons of blueberries.

Tortilla wraps of fresh cream cheese and fruit jam

You can make these wraps “on the go” with ingredients that are easy to find anywhere – you only need plain wheat wraps, fresh cream cheese and jam.

Preparation:

1. Spread 1 tablespoon of fresh cream cheese (Philadelphia® type) on one wheat tortilla.
2. Spread a red fruit, pumpkin, strawberry or apple jam. If you have diabetes, please choose a no-sugar added jam, if you like, you can sprinkle with some cinnamon.
3. Fold the wrap, and cut it into small pieces and store in a small container for your travels.

Approximate nutritional values per wrap:
205 kcal, 27 g carbohydrate, 3 g protein, 4 g fat, 92 mg potassium, 116 mg phosphate.

No-sugar jam version: 156 kcal, 15 g carbohydrate, 3 g protein, 4 g fat, 92 mg potassium, 116 mg phosphate.



Portugal

24 Lisbon
25 Aveiro
25 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 you.

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Lisbon





Lisbon is the stunning capital city of Portugal and one of the most charismatic and vibrant cities of Europe. It is the city of seven hills, embracing the Tejo River. Full light streets to explore and monuments that honour the history of Portugal.

★ **Don't miss:**

- **Belém Tower** – this tower was used to defend the city. Years later, it was transformed into a lighthouse and customs house and its five 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 glorious wealth that the age of exploration brought to the Portuguese empire;
- **Bairro Alto and Chiado** – Chiado is an elegant and bohemian neighbourhood full of famous cafés, theatres and museums. The colourful streets of Bairro Alto are full of graffiti and laundry hanging outside. The streets are full of graffiti and laundry hanging outside.

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

Country Portugal **Destination** Aveiro



Aveiro

Aveiro is one of Portugal's most popular tourist destinations, famous for its canals, nouveau architecture and fishermen's district. 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;
- **Costa Nova Beach;**
- **Vista Alegre Factory** – Vista Alegreis 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 wifi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Country Portugal **Destination** Porto



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;**
- **Lello Bookstore** – very famous, and considered one of the most beautiful bookstores in the world;
- **Clérigos Tower** – the tallest campanile in Portugal, it stands 249 ft (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 wifi: 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 loose

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

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

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



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

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

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

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

Spotlight on Braga

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



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

While in the north of Portugal, I had the opportunity to go to the Diaverum clinic in Braga and visit one of the most emblematic towns in the country. The small and narrow pedestrian streets, magnificent squares, houses and churches make it such a charming place. The Bom Jesus do Monte Shrine is an essential visiting viewpoint; it will take your breath away. Its huge stairway gives you a perfect view over the town and allows you to enjoy an awesome sunset. The Diaverum clinic is great, located just 10 minutes from the town centre, and I met such nice people there, happily discussing new travel ideas with other patients.

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

France

29 Paris
30 Draguignan and Marseille



France, the world's leading tourist destination, is a country of Mediterranean beaches, alpine villages, medieval cities and busy towns. The capital, Paris, is famous for art galleries such as the Louvre, monuments like the Eiffel Tower, high fashion, and wonderful nightlife, both alongside but also on the waters of the river Seine. French food and wine are world famous and all the French regions deserve to be explored, for the diversity of their cultural, architectural and culinary heritage.

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Country France **Destination** Paris

Paris





Situated in the Île-de-France, **Paris** is the true heart of the country, of note equally for its history, economics, politics and cultural heritage.

Don't miss:

- Paris offers so many places to discover. Of course, you can't visit Paris without climbing t**he Eiffel Tower,** from where a magnificent view of the whole city awaits;
- To the north, you can see the **Montmartre district with the Basilica of the Sacré-Cœur.** 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;**
- Near the Eiffel Tower, there is the **Louvre Museum** with its many art collections and the famous Mona Lisa;
- Paris is truly a city of **art and culture,** and its influence stretches across Europe and the wider world. Its galleries, museums, theatres, restaurants and cafes attract many thousands of visitors every year.

Name of clinic: Diaverum Paris Saint-Maur
Date opened: 2009
Number of dialysis stations: 16
Free TV: yes
Free wifi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Other: nutritional consultations, psychological and social assistance



Draguignan

Name of clinic: Diaverum Draguignan
Date opened: 1994
Number of dialysis stations: 30
Free TV: yes
Free wifi: 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 wifi: 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 from the Mediterranean Sea to the French Alps. Famous across the world for its coastline and for the Provençal hinterland, the Provence-Alpes-Côte d'Azur region attracts new followers every season.

★ **Don't miss:**

- **Draguignan,** in the Var region of Provence-Alpes-Cote d-Azur, is a wonderful example of Provençal culture. With its bell tower, wide boulevards, pedestrian streets and museum of folk culture, Draguignan, the "Dragon City", looks very much like a capital city;
- 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 the city has been a maritime hub and one of the most diverse cities in all of France:
  - The old port of **Marseille**
  - **Notre Dame de la Garde** – this Byzantine and Romanesque Revival basilica overlooks the city and has one of the best views of Marseille;
  - **Vieille Charite;**
  - Walk **La Corniche.**

Morocco

32 Agadir
33 Marrakesh



Morocco is in North Africa and borders both the Atlantic Ocean and Mediterranean Sea. Known as a gateway to Africa, it has rich and diverse cultural influences, which give it a wonderful mix of African, European and Arabian feel. You will find huge mountain ranges, vast deserts and epic cities, such as Marrakesh, home to mosques, palaces and stunning, lush gardens. A warm welcome, and fabulous cuisine, characterised by rich tastes and sumptuous spices, awaits you here.

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Agadir





Discover the city of **Agadir,** one of the pearls of Morocco, with its pleasant climate, gardens and on the shore of the Atlantic Ocean.

★ **Don't miss:**

- **Atlantic beaches:** Morocco's prime resort, holidaymakers from across Europe flock here;
- **The Kasbah** – built in 1540 to defend Agadir against attack 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 wifi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Other: nutritional consultations

Country Morocco **Destination** Marrakesh





Marrakesh

Discover the **red city,** a place full of magic, with its countless markets, gardens, palaces and mosques.

★ **Don't miss:**

- **The Marrakesh Medina** has a traditional market square, among the biggest and busiest squares in Africa;
- **Gardens** – perhaps the most iconic in Marrakesh, the Majorelle Gardens receive busloads of visitors each day who flock to the former home and current resting place of Yves Saint Laurent;
- **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-Fnaasquare.

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

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 6 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, often 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 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 small 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. Malaga, 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, 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, and 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 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.

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 their life," 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

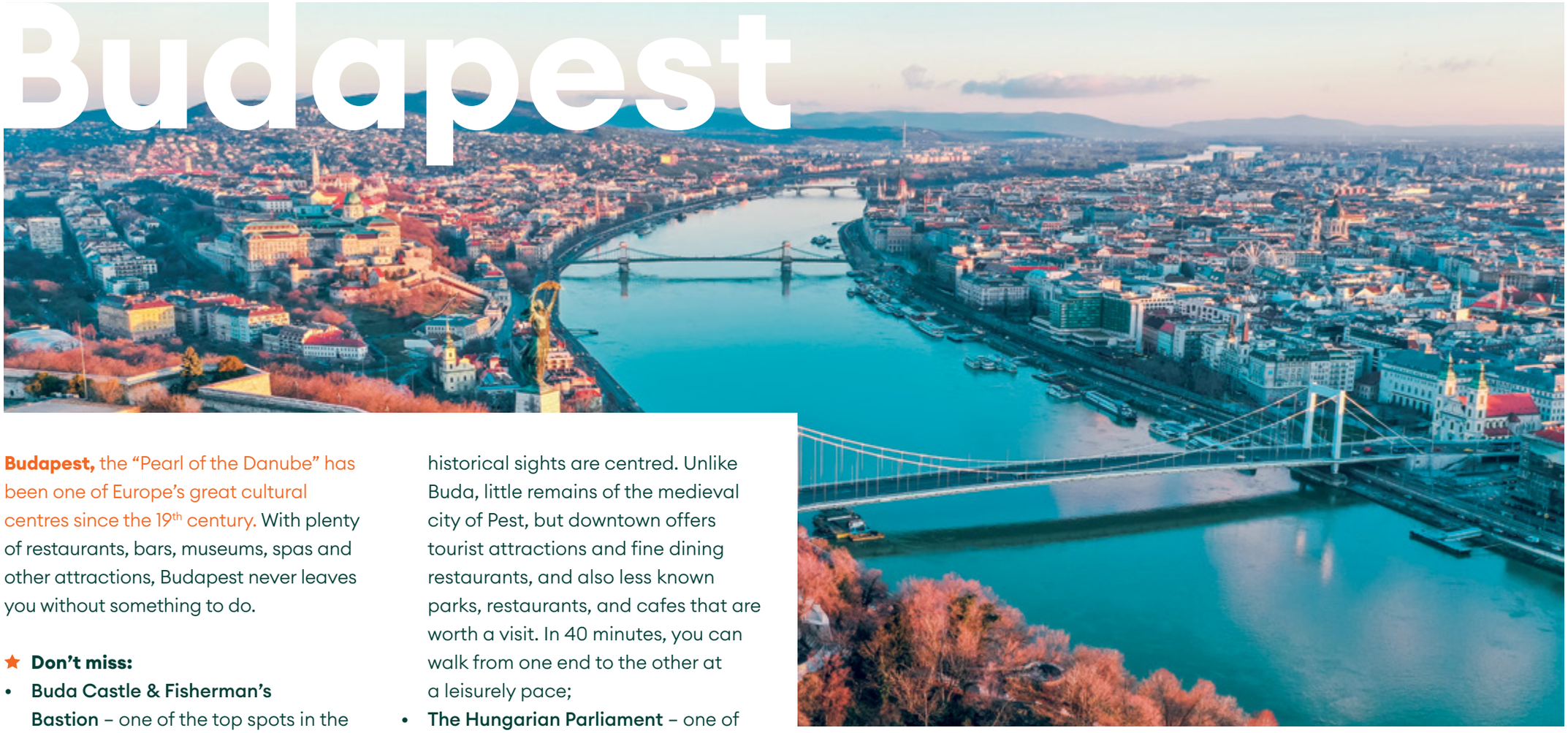
37 Budapest
38 Keszthely



If you’re looking for a city break or longer vacation, Hungary is an ideal choice. It may be a small country, with no coast, but it packs an awful lot within its borders. Easily accessible, in the heart of Europe, its cities are richly full of architectural landmarks and Turkish and Roman influences on Hungarian culture include the popularity of mineral spas. There is diversity in this country’s landscape and culture and a living folk heritage that are worth exploring.

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Budapest



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

★ **Don't miss:**

- **Buda Castle & Fisherman's Bastion** – one of the top spots in the city for a panoramic selfie, and it's easy to see why. 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 a place to 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 offers tourist attractions and fine dining restaurants, and also less known parks, restaurants, and cafes that are worth a visit. 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 1,000 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 wifi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes
Other: payment with EHIC only

Keszthely



Keszthely is an adorable city, on the north west corner of Lake Balaton. One of the loveliest spots to stay in the area, and far removed 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 popping into the town's handful of museums and admiring its historical buildings.

★ **Don't miss:**

- **Festetics Palace** – one of the most famous buildings of Keszthely, built from the middle of the 18th century until 1880. Today, it functions as a cultural centre for the city. The palace has its own saloon, theatre and congress hall and a wonderful library, the Helikon Palace Museum, that owns about 86,000 books including antique encyclopaedias and prints. The 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 and attracts sun-seekers, foodies, music lovers, and watersports fans;
- **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 wifi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes
Other: payment with EHIC only

Brazil

40 Guarulhos
40 Aracaju



Brazil is the largest country in Latin America, with a rich racial and cultural mix and beautiful places to visit and explore, from beaches and parks to big cities. For a buzzing vibe, good restaurants and a variety of different food, Brazil is your place, and its people are among the happiest in the world. You will always find a local resident willing to help you with anything. Come and enjoy your holiday here.

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Country Brazil **Destination** Guarulhos



Guarulhos

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

★ **Don't miss:**

- **Sao Paulo coastal area** – 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;
- **Sao 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 wifi: 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

Country Brazil **Destination** Aracaju

Aracaju



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 wifi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Other: clinic is located close to the beaches of Aracaju

Argentina

42 Buenos Aires
43 Bariloche
44 Iguazú



Argentina represents diversity, in its landscape, its climate and its people. In the extreme south of Latin America, snow-capped mountains co-exist with beaches, fields, waterfalls and arid areas. Known officially as the Argentine Republic, the country stands out as a wonderful cultural blend, through the union of its indigenous people and Europeans, who arrived during the 16th and 20th centuries.

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Buenos Aires



Argentina's capital city **Buenos Aires** combines faded colonial architecture with Latin passion. When visiting Buenos Aires, you will have the opportunity to dance tango in its place of origin, experience a passion for football and enjoy a great and varied culture.

★ **Don't miss:**

- **Caminito** in the neighbourhood of La Boca, Caminito is picturesque and full of life. Among its colourful and curious buildings are many restaurants and terraces and you can also stroll among painters' stalls and watch as tango dancers make you fall in love with the magic of their steps;
- **Plaza de Mayo and Government House** – The Plaza de Mayo is the most important square in Argentina, due to its location and its prominence in the country's political and social history;
- **Obelisco** – the greatest emblem of the City, like the Eiffel Tower in Paris or the Statue of Liberty in New York. Standing 67.5 metres high with a base of 6.8 metres per side, this obelisk has a single entrance door, behind which there is a 206-step staircase;
- **Colón Theatre** – the "Teatro Colón," which opened on 25th May 1908 is one of the must-sees of the operatic world, comparable to La Scala Milan, the Opera Garnier in Paris and the Royal Opera House in London.

Name of clinic: Diaverum Barracas
Date opened: 1991
Number of dialysis stations: 33
Free TV: yes
Free wifi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes
Other: haemodialysis, manual and cycler peritoneal dialysis, haemodialysis for patients with hepatitis and AIDS, nutritionist, psychologist and social worker

Name of clinic: Diaverum Paternal
Date opened: 1997
Number of dialysis stations: 27
Free TV: yes
Free wifi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes
Other: haemodialysis, vascular access management, diabetes treatment, nutritionist, psychologist and social worker





Country Argentina **Destination** Bariloche

Bariloche

Bariloche is synonymous with snow, skiing, and the richest chocolates in Argentina. But as well as being a perfect winter destination, it also has a less well-known high season in the summer, especially January and February when it offers varied adventure sports activities alongside some of the most beautiful landscapes in the country. San Carlos de Bariloche is a city for all tastes: food-lovers will find the best restaurants serving roast meats and typical Patagonian recipes; lovers of fresh air will be able to trek on mountain paths with the most beautiful landscapes, and several spas on the shores of Lake Nahuel Huapi will please those yearning for a beach holiday.

★ **Don't miss:**

- **Centro Civico/Civic Centre** – in the heart of the city, the soul of a whole town. Miter Street was the first paved street in the city and home to most of the city's shops: chocolate shops, craft shops, bars, restaurants, bookstores, concert halls , galleries, travel agents and much more;
- **Cerro Catedral/Catedral Hill** – the largest ski centre in the southern hemisphere offering a fantastic variety of winter and summer sports. Open all year round, it has 34 lifts. In summer the whole family can enjoy diverse activities from climbing and trekking, to zip-wires and "magic donut," inflatable rides. Enjoy beautiful views, gastronomy and no motor vehicles;
- **Villa La Angostura** – known as the garden of Patagonia. Pure air, nature, tranquillity, security and warmth are its hallmarks. Located on the north west of Lake Nahuel Huapi, in the south of the province of Neuquén, Villa La Angostura has one of the most picturesque mountain landscapes in Argentina.

Name of clinic: Diaverum Bariloche
Date opened: 1997
Number of dialysis stations: 20
Free TV: yes
Free wifi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes
Other: haemodialysis, management of vascular access to haemodialysis, pharmacy, nutritional consultation, psychological assistance

Country Argentina **Destination** Iguazú

The majestic **Iguazú Falls,** one of the 7 wonders of the world, are located in a nature reserve that covers 67,720 hectares in the extreme north of Argentina's Province of Misiones. It is a system of 275 waterfalls in the middle of the jungle, where the borders of Argentina, Brazil and Paraguay meet. The prestigious Lonely Planet guide includes Iguazú among its selection of the best destinations in the world in 2020: an unmissable and unforgettable experience.

★ **Don't miss:**

- **National Park Iguazú and Iguazú Falls** – wonder of the world and Natural Heritage of Humanity, the majestic Iguazú Falls, created by a volcanic eruption, are located inside the Iguazú National Park;
- **Triple Frontier** – a tourist destination and park with a monument with the coats of arms and flags of the three countries that are in the area. The Triple Border region, also known as Triplice Fronteira (Portuguese), is comprised mainly by the cities of Foz de Iguazú (Brazil), Ciudad del Este (Paraguay) and Puerto Iguazú (Argentina), whose surface area is approximately 2500 Km2. There you can visit the Itaipu Dam and the Foz do Iguaçu Buddhist Temple, which offers a spectacular display of Asian and Buddhist architecture.

Name of clinic: Private Institute of Nephrology – Diaverum Iguazú
Date opened: 2010
Number of dialysis stations: 10
Free TV: yes
Free wifi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes
Other: haemodialysis, vascular access management to haemodialysis, social and psychological help

Iguazú

United Kingdom

46 London
47 Nottingham



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

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Country United Kingdom **Destination** London

London

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

★ **Don't miss:**

- **Walking** – one of the best ways to see the city is on foot – there's something interesting around every corner, from UNESCO World Heritage sites including the iconic **Tower of London** to the changing of the Guard at **Buckingham Palace;**
- **Theatres, museums and galleries:** there are more than 230 professional theatres in London, with shows – plays, musicals and more – to suit most tastes, and hundreds of galleries and museums;
- **River Thames cruise** – a city river cruise offers a peaceful way to see London
- **The London Eye** – see the city in all its splendour from this 135 metre high observation wheel, on the South Bank, allowing an unusual angle on iconic places such as Big Ben and the Houses of Parliament;
- **Visit the shops** – London is world famous for its shopping, offering everything from flea markets and vintage shops to luxury department stores like **Selfridges and Harrods;**
- Just relax – you might decide to stop in one of the eight **Royal Parks** for a picnic, tuck into some tasty street food or savour fine dining at one of London's Michelin-starred restaurants.

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



Country United Kingdom **Destination** Nottingham



Nottingham

The Midlands offers 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 the English countryside, supported by our purpose-built and wheelchair-friendly South Nottingham dialysis clinic.

★ **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** – working windmill and scientific discovery centre;
- **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 wifi: yes
Free transfer (to and from clinic): no
Refreshments provided: yes
Other: wheelchair accessible with ample free parking for patients

Poland

49 Giżycko and Iława
50 Kraków



Poland is a fascinating country offering a variety of activities and landscapes, from historic cities to breathtaking nature. The Baltic sea's wide sandy beaches, the Tatra Mountains, skiing or walking resorts and the Masurian lakes' impressive natural beauty of dense forests, organic farms and resort towns will not fail to delight. Whatever type of holiday you enjoy, Poland has it all, within a rich historical and cultural setting. You'll be sure to have a wonderful time during your stay in Poland.

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Giżycko

Name of clinic: NZOZ Diaverum w Giżycku
Date opened: 2010
Number of dialysis stations: 16
Free TV: yes
Free wifi: 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 wifi: 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". The magnet for tourists and visitors is the annual Festival of Sailors' Songs, featuring the finest performances of shanties;
- **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 – not without reason 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.

Country Poland **Destination** Kraków

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)** – 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 wifi: no
Free transfer (to and from clinic): yes
Food and drink provided: no

Germany

52 Stralsund
53 Potsdam
53 Hamburg



Germany, located in the heart of Europe, offers a landscape of forests, rivers, mountains and beaches. For city lovers, the capital, Berlin, is rich in art and wonderful for nightlife, while Munich is famous for its Oktoberfest and beer cellars. Frankfurt, with its impressive skyscrapers, houses the European Central Bank. Whether active or relaxing, city or countryside, Germany has something for everyone.

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Country Germany **Destination** Stralsund

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 excellent sand and water quality and 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 or 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 wifi: 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

Country Germany **Destination** Potsdam



Potsdam

Within a charming cultural landscape with its castles and historic parks, **Potsdam** serves a wide range of interests and activities as a travel destination.

★ **Don't miss:**

- **Sanssouci castle** – built in Rococo style with vineyard terraces, this castle is probably the most famous sight and the city's landmark;
- **Old Town** – in particular the old market, with the Nikolai Church and the Obelisk is worth a visit;
- **Dutch Quarter** – the largest group of buildings in the Dutch Style outside the Netherlands, built in the middle of the 18th century;
- **Berlin** – the capital of Germany is less than one hour from Potsdam. Spend a day in Berlin and experience the flair and history of the German capital.

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

Country Germany **Destination** Hamburg

Hamburg



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 wifi: 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

55 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. Its rich culture and interesting gastronomy make it well worth a visit.

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Country Sweden **Destination** Stockholm

Stockholm

Stockholm City is made up of 14 islands and only a ferry ride away you have the Stockholm archipelago with 30,000 islands. 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 17th century ship in the world and a unique art treasure. More than 95 percent of the ship is original, and it is decorated with hundreds of carved sculptures;
- **The Royal 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 over all of Stockholm.



Name of clinic: Diaverum Nacka
Date opened: 2017
Number of dialysis stations: 14
Free TV: yes
Free wifi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Albania

57 Vlorë
57 Korçë

On the Balkan Peninsula of south east Europe, Albania is a small country offering an extensive paradise. From quiet beaches to stunning mountains, the scenery here rivals many Mediterranean resorts for charm and beauty. The country is home to fascinating archaeological sites and castles, and 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 wifi:** 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. Long known for its olive production, Vlorë was home to Albania's Declaration of Independence in 1912. The region is known for its traditional polyphonic music, folklore, exquisite culinary delicacies and some of the best beaches of the south.

★ **Don't miss:**

- **National Museum of Independence:** near the port, with a beautiful view of the sea. This modest, two-storey house is filled with the weight of history;
- **Mosque of Muradije** – a Cultural Monument of Albania. This mosque is a monument of enormous significance, protected not only for its history but for its architecture which is over five centuries old;
- **Canina Castle** – rises on the side of the Shushica Mountain, about 380 metres above sea level. The castle is believed to have been erected in the 3rd century BC;
- **Sazan Island** – Albania's largest island, a former military facility with secret bunkers and tunnels designed to withstand a nuclear attack which recently opened its secluded beaches and sites to the public.

Korçë



Korçë is considered the birthplace of Albania's literary and artistic identity and the city's charm and traditions continue to reflect this heritage. Korcë'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 area is bustling and colourful;
- **The National Education Museum** – the Museum shows the history of Albanian writing, Albanian publications and the Albanian alphabet.

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

Romania

59 Constanța
60 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 entrance 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 and the country's largest, Constanța traces its history some 2,500 years. Its historical monuments, ancient ruins, grand Casino, museums and shops, and proximity to beach resorts, make it the focal point of Black Sea coast tourism.

★ **Don't miss:**

- **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. It is near Constanța Casino.

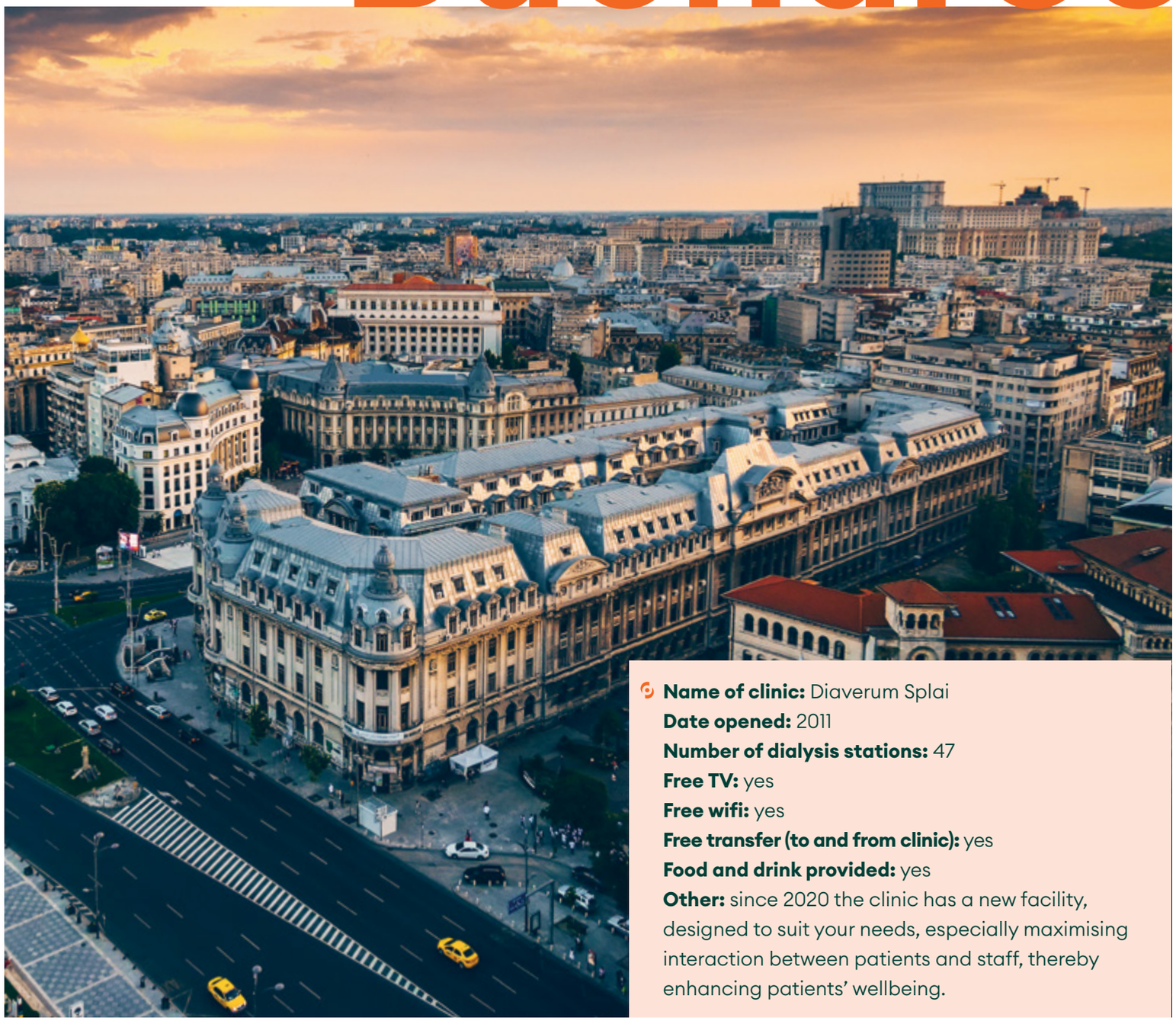
Name of clinic: Diaverum Constanța
Date opened: 2012
Number of dialysis stations: 36
Free TV: yes
Free wifi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes
Other: in 2019, the clinic was expanded and now has new facilities. The new clinic design was customised to fully suit 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. 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 wifi: 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

62 Nūr-Sūltan
62 Almaty



Kazakhstan is 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 Saryaka plains, famous for birdwatching, 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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Country Kazakhstan **Destination** Nūr-Sūltan

Nūr-Sūltan



Nūr-Sūltan is the capital of the Republic of Kazakhstan. It gained the status of a city on 26th September 1862 (when it was known as Akmolinsk) and by 2017 had a population of over a million people. Nūr-Sūltan is in the north of the country on the banks of the Yessil River. The city was previously called Astana, and in 2019 was renamed Nūr-Sūltan in honour of the former president of Kazakhstan, Nursultan Nazarbayev. Summers here are hot and dry, and winters cold and long. Nūr-Sūltan'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 Kazakhstan's cultural identity. The observation deck is almost 100 metres above the ground and gives you a beautiful panoramic view over Nūr-Sūltan;
- **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 wifi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes

Country Kazakhstan **Destination** Almaty

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 the wonderful view over the city;
- **The green market** – 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 sq m 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 wifi: yes
Free transfer (to and from clinic): yes
Food and drink provided: yes

North Macedonia

64 Kočani
65 Skopje



A beautiful Balkan destination, North Macedonia is a nation of ancient cities, mountains and lush forests. Although it has no coast, the country's location, among some of Europe's most stunning scenery, extinct volcanoes and lakes promises natural beauty and breathtaking landscapes. It is a hidden gem with a lively culture, delicious food and warm hospitality.

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Country North Macedonia **Destination** Kočani

Kočani

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

★ **Don't miss:**

- **Lake Gratche** – a small artificial lake built on the Kočani River in 1959 at the foot of the Osogovo Mountains. Beside the lake, there are modern tourist and catering facilities. Situated in a beautiful picturesque gorge, Gratche is a very popular site for recreational and picnic tourism;
- **Ponikva** – one of the most famous winter tourist centres and weekend settlements in Macedonia. Ponikva is located near Kočani, at an altitude of 1,560 metres in a region with dense beech forest and the diverse vegetation of the Osogovo Mountains. The sports and recreation centre includes two ski lifts, holiday homes, campsites, bungalows, multipurpose spaces, sports and recreation grounds, catering facilities and services for ski equipment. Natural beauty, fresh air and a favourable climate all make Ponikva a popular destination.

Name of clinic: PHO Diamed Makedonija – Kočani
Date opened: 2014
Number of dialysis stations: 18
Free TV: yes
Free wifi: 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 wifi: 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, **Skopje** offers peace and serenity best enjoyed in the spring and autumn when the weather is at its best for visiting the city's attractions.

★ **Don't miss:**

- **Old bazaar** – beautiful part of the city with diverse and rich history, tradition, culture and architecture, blending old and new;
- **Canyon Matka** – valley of the butterflies, home to 77 indigenous species; one of the region's most popular outdoor destinations, with 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;
- **Katlanovo Spa** – water temperature around 50°C, recommended for treating a range of health issues. The spa complex is equipped with tourist, catering and health facilities, allowing combined tourism: healing, recreational, sports etc.

Uruguay

67 Punta del Este
68 Montevideo



The country offers an amazing diversity of sights, sounds and experiences to travellers arriving for a relaxing stay. From centuries- old historic landmarks to the most modern resorts, Uruguay has something to delight everyone. Among its attractions, the country has a variety of beaches for sunbathing and watersports as well as wild, natural beachfront locations extending from the base of tall, rocky cliffs and highly developed, modern resorts.

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Country Uruguay **Destination** Punta del Este

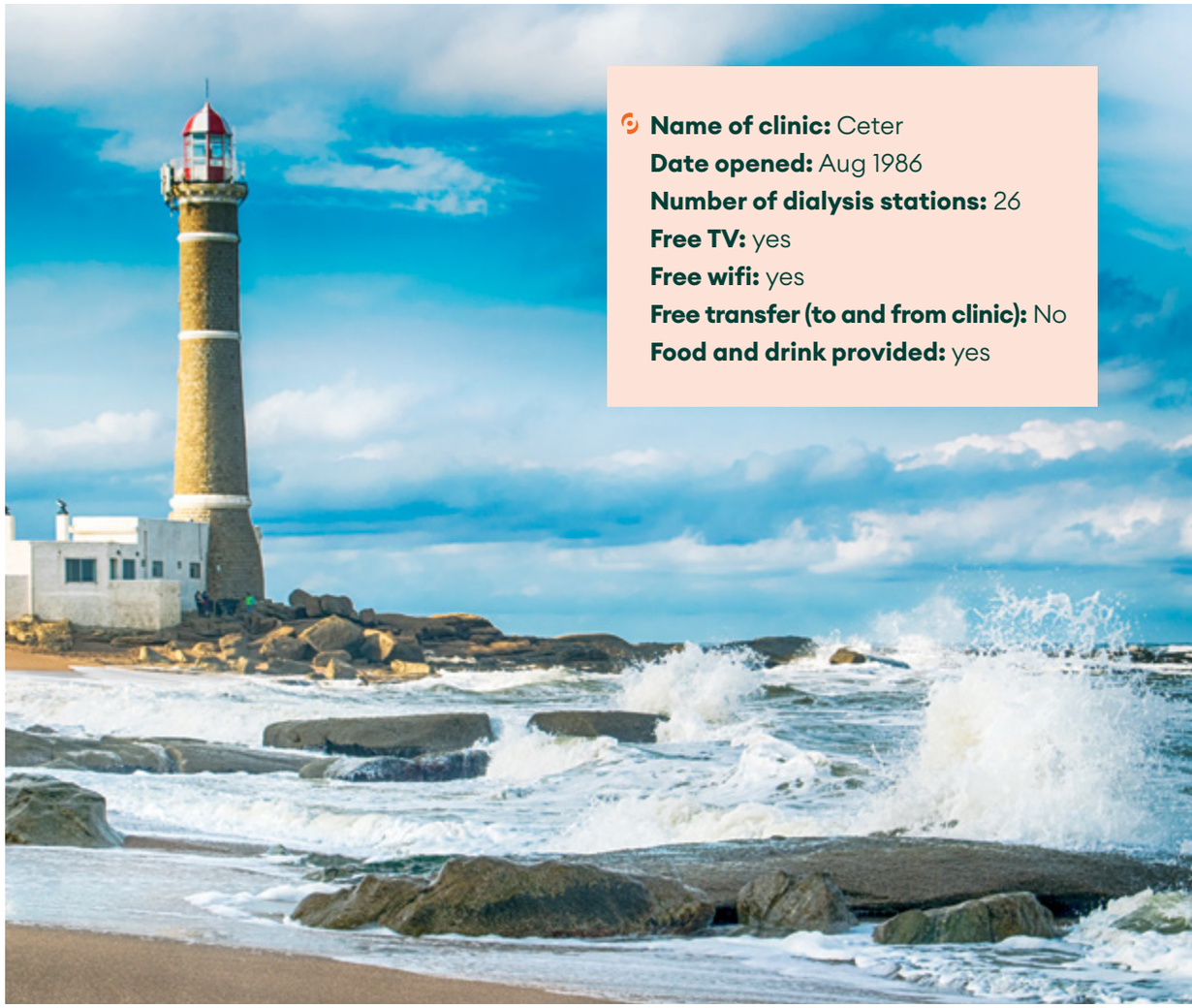
Punta del Este



Punta del Este, in the south-east of Uruguay, is one of the most exclusive 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, "Calm" is ideal for children; La Brava, from which Isla de Lobos can be seen, is for those who like the wildest waters of the Atlantic Ocean;
- **Los Dedos**, or "Man Emerging to Life" – a sculpture of five fingers partially submerged in sand, located at Brava Beach;
- **Punta Ballena** – 15 kms outside Punta del Este, where the cliffs create a Mediterranean feel. Visit Casa Pueblo, an iconic building now a hotel, gallery and café. On the west side, a small natural harbour is a centre for watersports and 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 wifi: 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 Center stand out on the horizon;
- **Parque Prado** – the city's largest park, with a public rose garden of more than 10 thousand roses 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 wifi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes
Hepatitis B+ patients: yes



Saudi Arabia

70 Riyadh
71 Jeddah



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

The country has a warm tradition of hospitality, and wonderful cuisine, from north to south. 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 significant economic, technological and cultural transformation. It is a vibrant and ever-changing country worth visiting.

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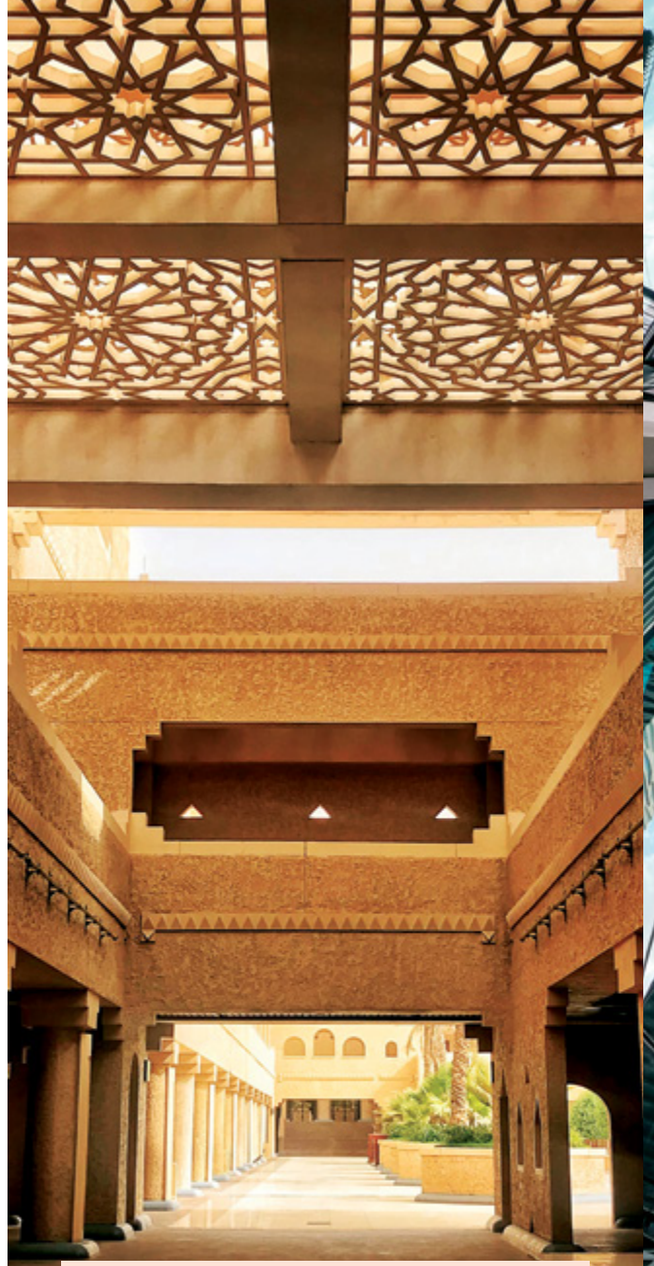
Country Saudi Arabia **Destination** Riyadh

Riyadh

Riyadh, the capital city of Saudi Arabia, is located on the great limestone plateau of 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 any cultural enthusiast.

★ **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; step back in time and explore Saudi Arabia's roots;
- **Sky Bridge at Kingdom Center** – take the high-speed lift to the 99th floor of the iconic Kingdom Center 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, opened in 1901, where you can find 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 90 minutes 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 wifi: 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 wifi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Country Saudi Arabia **Destination** Jeddah





Jeddah

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

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

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

★ **Don't miss:**

- **Al Balad** – Jeddah's UNESCO-listed historic centre where you can find cool cafés, art galleries and spice-scented souqs;
- **Souqs of Historic Jeddah** – the market street along Bab Al Makkah is a gateway to the other souqs scattered around the area;
- **The Tayebat Museum** – a fascinating look at Jeddah's 2,500 year-old history, which predates modern Saudi Arabia, showcasing the region's traditional and unique architectural style;
- **King Fahd's Fountain** – the world's tallest fountain is a stunning Jeddah landmark, rising against the beauty of the Red Sea;
- **Fakieh Aquarium** – the first marine exhibition of its kind in Saudi Arabia;
- **Jeddah Central Fish Market** – enjoy delicacies fresh from the Red Sea, prepared and cooked just hours after being caught. An immersive experience at this bustling central fish market;
- **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 wifi: yes
Free transfer (to and from clinic): no
Food and drink provided: yes

Clinic list

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Qendra e Hemodializës Diavita Vlorë
Rr Mitaq Sallata
9401 Vlorë
Tel.: +355 676041270

Qendra e Hemodializës Diavita Shkodër
Rr Kolë Heqimi
4001 Shkodër
Tel.: +355 676041269

Qendra e Hemodializës Diavita Lezhë
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4501 Lezhë
Tel.: +355 676041268

Qendra e Hemodializës Diavita Elbasan
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Tel.: +355 676050508

Qendra e Hemodializës Diavita Korçë
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Diaverum Argentina – Sede Barracas
General Hornos 448
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Tel.: + 54 11 4300 8087

Diaverum Argentina – Sede El Bolsón
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8430 EL Bolsón
Tel.: + 54 2944 49 2014

Diaverum Argentina – Sede Luis Guillón
Cardeza 1741
1838 Luis Guillòn
Tel.: + 54 11 4367 9793

Diaverum Argentina – Sede Mendoza
Buenos Aires 343
5500 Mendoza Ciudad
Tel.: + 54 261 423 7275

Instituto privado de nefrologia – Sede Puerto Iguazú
El Pindó n° 184 – Barrio Malvinas
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Diaverum – Guarulhos
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Tel.: +55 11 20876999

Diaverum – Mauá
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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
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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 1 1 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

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Cochrane 217
4070268 Concepción
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Diaverum Temuco
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Diaverum Villarrica
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Diaverum Concepción
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4040355 Concepción
Tel.: + 56 41 2444510

Diaverum Los Angeles
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4430286 Los Angeles
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8380000 Independencia
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Diaverum San Felipe
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Guangzhou Huangpu Diaverum Dialysis Center
Room 402, Huirun Plaza, No.298 of Huangpu East Road, Huangpu Area
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Tel.: +86 20 8162 3654

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13633 Arles
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Centre de Dialyse Diaverum Marseille St Joseph
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Centre de Dialyse Diaverum Paris Saint Maur
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Centre de Dialyse Diaverum Angers
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146, square de Lattre de Tassigny
49000 Angers
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Centre de Dialyse Diaverum Montereau
2, Parking de la Faïencerie
77130 Montereau
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53200 Chateau Gonthier
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Centre de Dialyse Diaverum Draguignan
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83300 Draguignan
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Centre de Dialyse Diaverum Avon
38 avenue Franklin Roosevelt
77210 Avon
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Centre de Dialyse Diaverum Marignane
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93200 Saint-Denis
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Centre de Dialyse Diaverum Pantin
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Diaverum MVZ Am Neuen Garten – Standort Rangsdorf
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Diaverum Roma
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Via Einaudi Angolo Via Segni
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Acireale
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Diaverum Almaty Prime Clinic
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050031 Almaty
Tel.: +7 (727) 2431695

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

Diaverum Karaganda (Maykuduk)
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M06G1H6 (100001) Karaganda
Tel.: ++7 (7212) 922730

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

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C00G5C0 (020004) Kokshetau
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Diaverum Kostanay Clinic
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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
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D02G9T3 (030000) Aktobe
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Diaverum Kaskelen Clinic
29 Tole bi., Karasaisky region,
Almaty oblast
B43T9K4 (040900) Kaskelen
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Diaverum Kyzylorda Clinic
72 Nazarbayev avenue
N04D6A2 (120008) Kyzylorda
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Diaverum Kyzylorda-2 Clinic
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N02P1Y6 Kyzylorda
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Diaverum Kazaly Clinic
92 K.Yerimbet Str., Kyzylorda region,
Kazaly district, Aiteke bi village
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Tel.: +7 (72438) 24284

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

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

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

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

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

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

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

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

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

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

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

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

Diaverum Nūr-Sūltan Clinic
12/1 Ilyas Zhanssugurov Street
Z01D7A8 (010000) Nūr-Sūltan
Tel.: +7 172492939

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

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

Diaverym Shelek Clinic
98 Vikhreva 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 Nūr-Sūltan
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

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LT-03214 Vilnius
Tel.: +370 52135838

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

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

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

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

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

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

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

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

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

Diaverum Šalčininkai
Nepriklaussomybės g. 38
LT-17115 šalčininkai
Tel.: +370 38051240

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

Diaverum Šeškinė
Šeškinės g. 28
LT-07156 Vilnius
Tel.: +370 52421777

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

Malaysia

Subang Dialysis Centre
No. 45 & 47, Jalan SS15/5A, Subang Jaya
47500 Selangor, Malaysia
Tel.: +60 3 56314484

IMU Dialysis Centre Sdn Bhd
No. 143-G, Jalan Radin Bagus, Bandar Sri Petaling
57000 Kuala Lumpur, Malaysia
Tel.: + 60 3 90554368

Thomson Hospital, Dialysis Centre
11, Jalan Teknologi, Pju 5 Kota Damansara, Petaling Jaya
47810 Selangor, Malaysia
Tel.: +60 3 62871111 (ext to Dialysis Centre)

Ara Damansara Medical Centre, Dialysis Unit
Lot 2, Jalan Lapangan Terbang Subang, Seksyen U2, Shah Alam
40150 Selangor, Malaysia
Tel.: +60 3 56391212 (ext to Dialysis Unit)

Morocco

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

Centre d'hémodialyse de Marrakech
Quartier Hôpital Civil, rue Allal Ben Ahmed
40000 Marrakech
Tel.: + 212 524435255

North Macedonia

Diaverum Vizbegovo
str. Jadranska magistrala n.100
1000 Skopje
Tel.: +389 22602222

Diaverum Zelezara
str.16th Makedonska Brigada n.18
1000 Skopje
Tel.: +389 22656885

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

Diaverum Gevgelija
bul. Gevgelija nn
1480 Gevgelija
Tel.: +389 34223181

Diaverum Stip
str. Ljuben Ivanov n.25
2000 Stip
Tel.:+389 32303426

Diaverum Kočani
str. Milan Zechar n.21
2300 Kočani
Tel.: +389 33434894

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

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

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

Poland

NZOZ Diaverum Gdańsk Kartuska
Kartuska 4/6
80-104 Gdańsk
Tel.: + 48 583207155

NZOZ Diaverum w Gdyni
Powstania Styczniowego 1
81-519 Gdynia
Tel.: +48 586201163

NZOZ Diaverum w Giżycku
T. Kościuszki 24A
11-500 Giżycko
Tel.: +48 874281803

NZOZ Diaverum w Głubczycach
Marii Skłodowskiej-Curie 26
48-100 Głubczyce
Tel.: +48 774853857

NZOZ Diaverum w Iławie
Gen. Władysława Andersa 3
14-200 Iława
Tel.: +48 896492366

NZOZ Diaverum w Janowie Lubelskim
Jana Zamoyskiego 149
23-300 Janów Lubelski
Tel.: +48 158724640

NZOZ Diaverum w Jarosławiu
Kruhel Pełkiński 19
37-500 Jarosław
Tel.: +48 166242248

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

NZOZ Diaverum Kielce Grunwaldzka
Grunwaldzka 45
25-736 Kielce
Tel.: +48 413473660

NZOZ Diaverum w Kościerzynie
Piechowskiego 36A
83-400 Kościerzyna
Tel.: +48 586862208

NZOZ Diaverum Kraków Młodości
Os. Młodości 11
31-908 Kraków
Tel.: +48 126866088

NZOZ Diaverum w Lubartowie
Słowackiego 7
21-100 Lubartów
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Aleja Kraśnicka 100
20-718 Lublin
Tel.: +48 815374673

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Bohaterów Warszawy 34
48-300 Nysa
Tel.: +48 774087916

NZOZ Diaverum w Przemyślu
Monte Cassino 18
37-700 Przemyśl
Tel.: +48 166770109

NZOZ Diaverum w Przeworsku
Szpitalna 16
37-200 Przeworsk
Tel.: +48 166485892

NZOZ Diaverum w Sanoku
ul. 800-lecia 26
38-200 Sanok
Tel.: +48 134656217

NZOZ Diaverum w Starogardzie Gdańskim
dr J.Balewskiego 1
83-200 Starogard Gdański
Tel.: +48 585639809

NZOZ Diaverum w Tczewie
ul. 30 Stycznia 57/58
83-110 Tczew
Tel.: +48 585321374

NZOZ Diaverum Warszawa Cegłowska
Cegłowska 80
01-809 Warszawa
Tel.: + 48 226332301

NZOZ Diaverum Warszawa Chocimska
Chocimska 5
00-791 Warszawa
Tel.: +48 228239801

NZOZ Diaverum we Włocławku
Wieniecka 49
87-800 Włocławek
Tel.: +48 544129600

Portugal

Centro de Hemodialise do Atlântico, Unidade de Braga
Rua Pêro Magalhães Gondavo,160
4700-037 Braga
Tel.: +351 253265370

Centro de Hemodialise do Atlântico, Unidade de Vila Verde
Rua Dr. Bernardo Brito Ferreira,77
4730-716 Vila Verde
Tel.: +351 253321213

CMDR-Centro Médico de Doenças Renais, S.A
Av.Dr.Antunes Guimarães 112 R/C
4100-072 Porto
Tel.: +351 226199650

DIAVERUM – Investimentos e Serviços, Lda – Unidade da Prelada
Rua Sarmento Beires-Hospital da Prelada
4250-449 Porto
Tel.: +351 228317347

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Rua Manuel Febrero,nº85
2805-192 Lisboa
Tel.: +351 212723682

DIAVERUM – Investimentos e Serviços, Lda – Unidade de Aveiro
R.João Francisco do Casal 122/124
Esgueira
3800-266 Averio
Tel.: +351 234305220

DIAVERUM – Investimentos e Serviços, Lda – Unidade do Saldanha
Rua Andrade Corvo nr 15 A 15 B
1050-007 Lisboa
Tel.: +351 217996290

DIAVERUM – Investimentos e Serviços, Lda – Unidade de Algés
R. João Chagas n.º 130 1495-070 Algés
1495-070 Algés
Tel.: +351 214153790

DIAVERUM – Investimentos e Serviços, Lda – Unidade de Loures
Rua Padre António Vieira,nº3
2670-410 Lisboa
Tel.: +351 219839490

DIAVERUM – Investimentos e Serviços, Lda – Unidade de Marco de Canaveses
Unid. HD Hosp. Sta. Isabel Al.Dr.Miranda Rocha 90
4630-200 Marco de Canavezes
Tel.: +351 255531840

DIAVERUM – Investimentos e Serviços, Lda – Unidade de Nova Sintra
Avª Almirante Gago Coutinho 132/134 ed 18
2710-418 Sintra
Tel.: +351 219119150

DIAVERUM – Investimentos e Serviços, Lda – Unidade de Odivelas
Rua Amália Rodrigues,nº14
2675-624 Odivelas
Tel.: +351 219349610

DIAVERUM - Investimentos e Serviços, Lda – Unidade de Paredes
Rua Elias Moreira Neto
4580-085 Paredes
Tel.: +351 255776633

DIAVERUM – Investimentos e Serviços, Lda – Unidade de Peso da Régua
Praça General Humberto Delgado
5050-242 Régua
Tel.: + 351 254322934

DIAVERUM – Investimentos e Serviços, Lda – Unidade de Riba de Ave
Rua Padre Narciso Melo Edif.Riba Park Ljs.14-18
4765-259 Riba de Ave
Tel.: +351 252900030

DIAVERUM – Investimentos e Serviços, Lda – Unidade de Torres Vedras
R.Cavaleiros da Espora Dourada,nº13A
2560-668 Torres Vedras
Tel.: +351 261318030

DIAVERUM – Investimentos e Serviços, Lda – Unidade de Vila do Conde
Rua Dona Maria Paes Ribeiro
4480-877 Vila do Conde
Tel.: +351 252290970

DIAVERUM – Investimentos e Serviços, Lda – Unidade do Estoril
Rua Dom Bosco nr 227 Edificio A6 Amoreira
2765-613 Estoril
Tel.: + 351 214659220

DIAVERUM – Investimentos e Serviços, Lda – Unidade do Lumiar
Rua Luís Pastor de Macedo-Lote12
1750-158 Lisboa
Tel.: +351 217543790

DIAVERUM – Investimentos e Serviços, Lda. – Unidade da Figueira da Foz
Rua da Escola n.º27 Chã Tavarede
3080-847 Figueira da Foz
Tel.: +351 233436610

DV-Diálises do Vouga, Lda
Rua Dr. Joaquim Carvalho e Silva 83
Borralha
3750-854 Águeda
Tel.: +351 234625199

SPD-Sociedade Portuguesa de Diálise, S.A – Unidade da Amadora
Rua João Pinto Ribeiro,nº11c/v
2700-001 Lisboa
Tel.: + 351 214986800

SPD-Sociedade Portuguesa de Diálise, S.A – Unidade da CVP
Rua Duarte Galvão,nº54
1549-008 Lisboa
Tel.: +351 217784475

DIAVERUM – Investimentos e Serviços, Lda – Unidade de Queluz
Rua de Timor nº 10 A e B
2745-225 Queluz
Tel.: +351 214351816

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4560-454 Penafiel
Tel.: +351 255713357

Sanfil
Av. Emidio Navarro, 8
3000-150 Coimbra
Tel.: +351 239851650

Nefrovales SA
Rua das Cruzes, 49 S. Martinho do Bispo
3040-129 Coimbra
Tel.: +351 239813318

Romania

Centrul de dializă Diaverum Brăila
Str. Danubiului nr. 21, Brăila
810015 Brăila
Tel.: +40 239606500

Centrul de dializă Diaverum Brăila2
Șos. Buzăului nr. 2, Brăila
810325 Brăila
Tel.: +40 339401709

Centrul de dializă Diaverum Bușteni
Bd. Independenței nr. 65B
105500 Bușteni
Tel.: +40 244247545

Centrul de dializă Diaverum Buzău
Bd. Stadionului nr. 7A
120151 Buzău
Tel.: +40 238710802

Centrul de dializă Diaverum Craiova
Bd. Gheorghe Chițu nr. 39
200349 Craiova
Tel.: +40 251530228

Centrul de dializă Diaverum Călărași
Str. București nr. 117
910125 Călărași
Tel.: +40 242313188

Centrul de dializă Diaverum Răcari
Str. Racari nr. 6A, parter, Sector 3
031828 București
Tel.: +40 314328468

Centrul de dializă Diaverum Fundeni
Șos. Fundeni nr.74, etaj 2 și parter, Sector 2
022325 București
Tel.: +40 212552350

Centrul de dializă Diaverum Morarilor
Șos. Morarilor nr. 2A, Sector 2
022452 București
Tel.: +40 314380277

Centrul de dializă Diaverum Târgu Mureș
Bd. Pandurilor nr. 50
540487 Târgu Mureș
Tel.: +40 365730300

Centrul de dializă Diaverum Galați
Str. Brăilei nr. 156 A, demisol
800685 Galati
Tel.: +40 236443000

Centrul de dializă Diaverum Focșani
Calea Moldovei nr. 2, corp A
620172 Focșani
Tel.: +40 237212520

Centrul de dializă Diaverum Constanța
Str. Nicolae Iorga nr. 20, parter (parțial), et. 2 și et. 3
900612 Constanța
Tel.: +40 241661879

Centrul de dializă Diaverum Petroșani
Bd. 1 Decembrie 1918 nr. 137A
332058 Petroșani
Tel.: +40 254513702

Centrul de dializă Diaverum Sema Parc
Bd. Splaiul Independenței nr. 319, Sector 6
060044 București
Tel.: +40 213105225

Centrul de dializă Diaverum Industriilor
Bd. Industriilor nr.2N, Sector 3
032895 București
Tel.: +40 212561471

Centrul de dializă Diaverum Sibiu
Str. Distribuției nr. 32
550135 Sibiu
Tel.: +40 269219183

Centrul de dializă Diaverum Bistrița
Str. Calea Moldovei nr. 24A
420096 Bistrița
Tel.: +40 263215186

Centrul de dializă Diaverum Mediaș
Str. Carpați nr. 8
551022 Mediaș
Tel.: +40 269831505

Centrul de dializă Diaverum Miercurea Ciuc
Str. Harghita nr. 44
530154 Miercurea Ciuc
Tel.: +40 266313545

Centrul de dializă Diaverum Odorheiu Secuiesc
Str. Târgului nr. 6
535600 Odorheiu Secuiesc
Tel.: +40 266212323

Centrul de dializă Diaverum Târgu Jiu
Str. Lt. Col. Dumitru Petrescu nr. 29
210183 Târgu Jiu
Tel.: +40 253222251

Centrul de dializă Diaverum Roman
Str. Sucedava nr. 220
611044 Roman
Tel.: +40 233740524

Centrul de dializă Diaverum Sibiu2
Str. Morilor nr. 8
550197 Sibiu
Tel.: +40 269246346

Centrul de dializă Diaverum Oradea
Str. Clujului nr. 158
410562 Oradea
Tel.: +40 259424084

Centrul de dializă Diaverum Splai
Bd. Splaiul Independentei Nr. 319 L, sector 6, Bucuresti
060044 București
Tel.: +40 215280273

Centrul de dializă Diaverum Brașov
Str. Dr. Victor Babes nr. 36
500073 Brașov
Tel.: +40 368885830

Saudi Arabia

Diaverum Al Khobar
2512 Makkah Al Mukarramah – Al Olaya District 7376
34445 Al Khobar
Tel.: +966 13 815 96 11

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

Diaverum Riyadh - Al Awaly
4201 Weastern Ring Branch Road
Al Awaly District, Riyadh 14925
7929 Riyadh
Tel.: +966 11 436 47 79

Diaverum Madinah - Al Qiblatayn
7698 Barakah Bint Yasar Street, Al Qiblatayn District, Al Madinah Al Munawwarah, 42351
4365 Madinah
Tel.: +966 14 845 00 36

Diaverum Makkah – Al Khadra
4682 Al Khadra District, Makkah Al Mukarramah 7772
24267 Makkah
Tel.: +966 11 459 91 92, +966 56 454 17 95

Diaverum Jeddah – Al Naim
3492 Muhammad Zaydan Street, An Naim 8753
23526 Jeddah
Tel.: +966 12 654 02 52

Diaverum Dammam Al Nakhil
2612 Al Malek Khaled, Al Nakhil District 7859
32244 Dammam
Tel.: +966 13 835 78 69

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32272 Dammam
Tel.: +966 13 841 14 61

Diaverum Dammam – Al Rayan
5268 Othman Bin Affan
Ar Rayyan District 7682
32256 Dammam
Tel.: +966 13 832 46 16

Diaverum Madinah - Mudhainib
2643 King Abdullah - Mudhainib District,
Al Madinah Al Munawwarah 42381
8804 Madinah
Tel.: +966 14 831 3149

Diaverum Ahad Al Masarihah
2532 - As Sirr 86223
6148 Ahad Al Masarihah
Tel.: +966 50 164 9915

Diaverum Makkah – Al Awali
2090 Ibrahim Al Juffali – Al Awali
District, Makkah Al Mukarramah 8371
24372 Makkah
Tel.: +966 12 553 29 74

Diaverum Buraidah
3988 King Abdul Aziz Road - Ar Rawdah
District, Buraydah 52376
6458 Buraidah
Tel.: +966 16 369 28 46

Diaverum Riyadh - Integrated Renal Care Centre (IRCC)
3916 Abdulmalek Ibn Marwen, Al
Mutamarat District, Riyadh 12711
7648 Riyadh
Tel.: +966 54 266 72 61

Diaverum Abu Arish
2939 King Fahd – Ar Rabie District 6929
84717 Abu Arish
Tel.: +966 54 566 29 41

Diaverum Al Qunfudhah
3274 – Al Qunfidhah 7753
28822 Al Qunfudhah
Tel.: +966 50 798 27 17

Diaverum Al Dawadmi
3222 King Abdulaziz - Al Haramain
District, Ad Duwadimi 17452
6349 Al Dawadmi
Tel.: +966 53 577 72 12

Diaverum Wadi Al Dawasir
4019 Wadi Ad Dawasir Road - Al Ludam
Al Janubi District, Wadi Ad Dawasir 18412
9397 Wadi Al Dawasir
Tel.: +966 56 817 46 14

Singapore

Advance Dialysis Services Pte Ltd
Blk 101 Towner Road, #01-214
322101 Singapore
Tel.: +65 63976468

Advance Renal Care (Kovan) Pte Ltd
21 Simon Road
545907 Singapore
Tel.: +65 65810089

Advance Renal Care (Novena) Pte Ltd
38 Irrawaddy Road, Level 3 Renal Unit,
Mt Elizabeth Novena Hospital
329563 Singapore
Tel.: +65 69330401

ARCA (Farrer Park) Dialysis Pte Ltd
1 Farrer Park Station Road, #10-01/02,
Farrer Park Medical Centre, Connexion
217562 Singapore
Tel.: +65 64434954

Asia Kidney Dialysis (TP) Pte Ltd
Blk 484, Tampines St 43, #01-226/228
520484 Singapore
Tel.: +65 62600384

Asia Kidney Dialysis (TPY) Pte Ltd
Blk 124, Toa Payoh Lor 1, #01-483,
310124 Singapore
Tel.: +65 62588656

Pacific Advance Renal Care (Seng Kang) Pte Ltd
Blk 279C, Sengkang East Avenue,
#01-541, Compassvale Ancilla
543279 Singapore
Tel.: +65 63843721

Pacific Advance Renal Care Pte Ltd (Choa Chu Kang)
Blk 488B, Choa Chu Kang Ave 5, #01-145,
682488 Singapore
Tel.: +65 68930617

Pacific Advance Renal Care Pte Ltd (Fajar)
Blk 454, Fajar Road, #01-582,
670454 Singapore
Tel.: +65 62195770

Pacific Advance Renal Care Pte Ltd (Punggol)
Blk 264A, Punggol Way, #01-306,
821264 Singapore
Tel.: +65 64437971

Pacific Advance Renal Care Pte Ltd (Tampines)
Blk 868C, Tampines Ave 8, #01-560,
Tampines Greenwood
523868 Singapore
Tel.: +65 63852508

Pacific Advance Renal Care Pte Ltd (Woodlands)
Blk 887, Woodlands Dr 50, #01-01
730887 Singapore
Tel.: +65 65702172

Econ Advance Renal Care Pte Ltd (Bedok)
Blk 609A, Bedok Reservoir Road,
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