

## Holidays by the sea

A holiday is a time for discovery, relaxation and rejuvenation. With its new, modern Fresenius Medical Care Dialysis Centre, the spectacular Polish seaside resort of Świnoujście is ready to welcome you!

### A gem of a town

Uniquely scattered across three large islands in Poland's lovely northwest corner, the spa town of Świnoujście is considered one of the oldest and prettiest health resorts along Poland's 1,032 kilometre-long Baltic coastline. One of the most popular and reputable holiday destinations in the area, each year thousands of tourists from Poland and abroad visit the town to enjoy its unique mix of attractions, from rest and relaxation activities to top-calibre medical treatments.

For decades now, patients in Świnoujście have valued the limestone soil and thermal

brine deposits, the array of modern medical facilities and their qualified staff, and the high standard of treatments. The area's pleasant coastal microclimate ensures mild temperatures all year round while the abundant sunshine and magnificent coastal scenery filled with fresh balmy air give it an exceptional overall appeal.

### Activities and sights galore

One thing is for sure: you will never be bored in Świnoujście. From cultural highlights, to sports, to nature and wildlife, the town's offer abounds for curious tourists. History buffs will enjoy a visit to the church of Christ the King

and a stop at the neo-Gothic church of Holy Mary "Stella Maris". Both structures stand proud and tall at the charming town's historical centre. Another must-see is the local lighthouse. Built over 150 years ago, the 68-metre high structure bears the title of tallest lighthouse on the Baltic. 19th century constructions such as Angel's Fort and the Western Fort, today a museum and a venue for both concerts and art exhibitions, are further highlights.

Świnoujście's unusual geographical location and diverse terrain create a number of natural sights worth seeing. A walk through Zdrojowy Park's 40 hectares to admire the wide variety of trees, many of which are over 150 years old, is always a delight. About 20 km away, in the town of Międzyzdroje at the mouth of the Oder River, is one of Poland's 23 national parks, Woliński National Park. In addition to providing a home for a range of plants and animals, the park is also a sanctuary and breeding centre for European bison. Strolls along the local beaches, cycling tours, kayaking expeditions, and watching the breathtaking sunsets are also popular ways of taking in the natural beauty of the town and surrounding area.



### Four fun facts about Świnoujście

- It is the only town in Poland to be set on three large islands, Usedom, Wolin and Karsibór, as well as a scattering of 44 small, uninhabited islets.
- On Usedom island, Świnoujście borders the German seaside resort of Ahlbeck.
- The number of year-round residents hovers just under 42,000.
- During the Thirty Years' War from 1618-1648, the city officially belonged to Sweden.





### Dialysis centre enriches the region

Since 2013, people with chronic kidney disease have been able to enjoy the splendour of Świnoujście thanks to Fresenius Medical Care's Dialysis Centre. In fact, it is the first and



only dialysis centre in the seaside town. Offering convenient, high-quality dialysis treatment locally has enormously boosted the town's appeal as a tourist destination for those dependent on the therapy. "Our dialysis unit is ready to accept patients for holiday dialysis both in the summer and throughout the year," says Dr Marek Myślak, Director of the Świnoujście Dialysis Centre, who is also a nephrologist and transplant specialist.

Located on the grounds of the Świnoujście Spa in a recently refurbished and re-modelled

space in the Rusalka Centre of Rehabilitation, the dialysis centre is new. Accommodating persons with disabilities is easy: the main entrance is wheelchair-accessible and a lift takes patients directly to the dialysis area on the second floor. The two dialysis treatment rooms with a total of 12 stations can accommodate up to 70 patients.

### Treatment in detail

During your stay in Świnoujście, a team of four physicians and six nurses, all with extensive experience in dialysis centres and on renal wards, try to make sure you receive excellent dialysis treatment that's both comfortable and reliable.

The centre is equipped with modern Fresenius Medical Care systems for high-flux haemodialysis, a highly-effective therapy that reduces the risk of cardiovascular complications. Disposable dialysis filters are used exclusively at the centre, and transport to and from the centre from your residence is provided throughout your holiday. Even entertainment is at your fingertips: each dialysis station features a television set and personal headphones. All you have to do is sit back and relax.

The competent team at the Fresenius Medical Care Treatment Centre in Świnoujście ensures that your treatment continues as usual while on holiday, and that it follows the recommendations of your home dialysis centre and regular doctor. So you and your nearest and dearest can rest assured and relax knowing that treatment will keep you at your healthiest while on holiday.

"Świnoujście is not just about sea and sand – it is also about rambles through the beautiful woods, leisurely strolls around the park, and exploring the Old Town and its monuments, which can be visited all year round. Thanks to our close cooperation with the spa, we are also able to arrange for qualifying dialysis patients to come here for rehabilitation holidays", Dr Marek Myślak explains.



### Planning your holiday

The Fresenius Medical Care Dialysis Centre in Świnoujście accepts holiday dialysis patients all year round. Reservations can be made by contacting the centre directly or via the Fresenius Medical Care Poland head office in Poznań.

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### Getting there

Depending on your point of departure, Świnoujście is easy to reach by car, plane, bus or train. Ferries from the mainland to the town depart regularly all year round.