



**FRESENIUS
MEDICAL CARE**



You travel, we take care of you

Travel destinations in Spain for kidney patients
receiving dialysis treatment

2026 EDITION

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Introduction

As a patient with chronic kidney disease, **dialysis** is part of your daily life. However, this should not stop you from **enjoying a holiday or taking a break**. We all need time to rest and a moment to switch off.

At Fresenius Medical Care, we want to help you plan a well-deserved holiday, a short break or a visit away from your usual place of residence with your chosen companions. That is why we have developed the **Holiday Dialysis** programme, designed so that any patient with **kidney conditions** can continue receiving the treatment they need without giving up travelling with their loved ones.

We have **more than 40 clinics in Spain**, in places with beaches perfect for a gentle stroll, cities with a rich historical heritage and areas with natural landscapes where you can breathe in fresh air. With our programme, you can continue your usual treatment at any of them. **This service makes it easier to transfer your medical records and manage your treatment**, helping you enjoy your free time without worrying about the logistics of your healthcare.

In this guide, we have selected **16 holiday destinations** with a wide variety of activities, ideas and experiences. Do you prefer cultural activities in the city? Or a walk somewhere quiet and free from distractions? Or both? We have suggestions for all tastes, and we are sure some of them will catch your eye.

The recommendations include **accessible sightseeing routes, peaceful walks** through historic old towns and trips to stunning beaches. We also introduce **local food experiences** that combine authentic Spanish cuisine with options adapted to your dietary needs.

We have also added **a calendar of local festivals** and celebrations so you do not miss the key events at each destination and can enjoy cultural activities that bring its local identity to life. Or avoid them, if you prefer to visit these places at quieter times. This way, you can choose the time of year that suits you best for travelling.

And, of course, you will find all the useful information about **our dialysis centres**. In addition, the clinics offer **HD and online HDF**, supporting continuity of your usual treatment.

We want to help you plan your trip and choose the destination that suits you best. The destinations stand out not only for their beauty, but also because you will find **Fresenius Medical Care clinics** there. This means you can continue with your treatments while enjoying a few days away from home: **you travel, we take care of you**.



Ready to discover them?

Almería and Cabo de Gata, a breath of Mediterranean air



Almería is the province with the most hours of sunshine in Europe. Its vibrant sunlight, pure air and the contrast between desert and sea make it a therapeutic and fascinating destination.

Discover and explore at your own pace

We suggest a route that combines urban history with unspoilt nature, always with comfort and accessibility in mind.

- **Carmen de Burgos Seafront Promenade.** In the capital, this seafront promenade is a delight. It offers kilometres of completely flat paths by the sea, with plenty of benches where you can rest. Do not miss the **Cable Inglés**, a former mineral loading dock that has recently been restored.
- **Museum of Almería.** It is located in the city and has spacious, open rooms. Visitors can discover the history of the Los Millares and El Argar civilisations. It is a cool, peaceful cultural visit.
- **San José Seafront Promenade (Cabo de Gata).** About 45 minutes from the capital, San José is the heart of the natural park. Its seafront promenade lets you enjoy the fishing-village atmosphere and views of the bay without the difficulties of volcanic terrain. It is a perfect spot to experience the peace of Cabo de Gata, with cafés right by the beach.
- **Birdwatching observatory at Las Salinas de Cabo de Gata.** Las Salinas are located on the road towards the lighthouse. There is a roadside birdwatching observatory where you can see flamingos and other migratory birds in their natural habitat.



Food that takes care of you

Almería's cuisine draws on one of Europe's finest agricultural regions and a generous sea. Here is how to enjoy it in line with your treatment:

- **Baked John Dory, with no added salt.** This is one of Almería's most prized fish. Its flesh is white, firm and delicious. Ask for it baked with a little olive oil, garlic and parsley. It is essential to request that it is prepared with no added salt at all.
- **Lemon chicken breast with local produce.** In Almería, citrus fruits are exceptional. Lemon adds a tangy note that enhances the flavour of the meat, so you will not miss the salt. Ask for it grilled for a nutritious, low-sodium meal that is easy to digest.



Calendar of local festivals and celebrations

JANUARY

Pilgrimage of the Virgen del Mar

On the second Sunday in January, the people of Almería accompany their patron saint to the hermitage of Torregarcía by the beach. It is an open-air celebration where you can enjoy the winter sun and a very peaceful community atmosphere.

JUNE

San Juan Night in San José

The night of 23 June has a special atmosphere on the beaches of Cabo de Gata. In San José, families gather on the beach opposite the seafront promenade. It is a visually beautiful celebration, with small bonfires and music.

AUGUST

Almería Fair (15 August)

The fair honours the Virgen del Mar and takes place during the second half of August. The fairground is modern and has rest areas. It is a fantastic opportunity to enjoy folklore, flamenco dresses and the joyful spirit of Almería.



Barcelona, where the sea meets Modernisme



The Catalan capital is a destination that combines the calm of the sea with the beauty of its modernist buildings. It offers flat, safe routes so that nothing holds you back.

Discover and explore at your own pace

Barcelona invites you to enjoy its wide avenues and spaces designed for rest.

- **A walk through Ciutadella Park.** This historic park is a completely flat oasis of peace, ideal for a gentle walk among century-old trees and monumental fountains. You will find plenty of shaded benches where you can rest while taking in the city's relaxed atmosphere. Be sure to visit the pond and admire the Monumental Waterfall.
- **Sant Pau Art Nouveau Site.** Located near the Sagrada Família, this former hospital is a jewel of Modernisme and a UNESCO World Heritage Site. It is a peaceful visit, less crowded than other monuments, where you can admire its mosaics.
- **The sea breeze along the Seafront Promenade.** From Barceloneta to the Olympic Village, this promenade runs alongside the Mediterranean with no steps along the way. It is a safe, refreshing route where you can look out at the beaches and boats while enjoying the fresh sea air.
- **The majesty of the Sagrada Família.** Seeing Gaudí's masterpiece is a must. We recommend enjoying its façades from the nearby squares: Plaça de la Sagrada Família and Plaça de Gaudí.



Food that takes care of you

Catalan cuisine is varied and healthy, allowing you to savour its traditions while adapting them to your needs.

- **White fish from the coast.** In restaurants near the sea, you can order grilled or baked hake or monkfish. To make it a safe option, ask for it to be prepared **with no added salt** and flavoured with spices or aromatic herbs.
- **Bread with tomato (*Pa amb tomàquet*).** This is a symbol of local cuisine. To enjoy it in a healthy way, always use *unsalted white bread* and freshly grated natural tomato.



Calendar of local festivals and celebrations

APRIL

Sant Jordi (23 April)

The city fills with stalls selling roses and books for one of the most beautiful celebrations of the year. It is an ideal day for a walk along La Rambla or Passeig de Gràcia, which become pedestrianised along many sections.

JUNE

Sant Joan (24 June)

The arrival of summer is celebrated with bonfires and outdoor dinners. In the neighbourhoods, it is traditional to see the giants and big-head figures dancing through the squares. It is a joyful, visual activity that you can enjoy seated from any terrace.

SEPTEMBER

La Mercè Festival (24 September)

This is Barcelona's main festival. For several days, the city offers concerts, parades and the famous *castellers* — human towers — in accessible squares. It is a unique opportunity to experience Catalan culture in all its splendour.



Badajoz, a journey into the legacy of the Roman Empire



Badajoz is a city that looks towards the river. It has transformed its riverbanks into spaces for health and walking, offering a bright and comfortable setting.

Discover and explore at your own pace

In this destination, you can enjoy the outdoors, with wide open spaces and a history that can be felt in its squares.

- **Guadiana Riverside Walk.**

This is undoubtedly the city's jewel for walking. It offers kilometres of paths surrounded by gardens along the river. There are plenty of benches, shaded areas and fountains. It is the ideal place to walk at your own pace while enjoying the riverside landscape and the peace and quiet.

- **Plaza Alta.** This square is one of the city's symbols, thanks to its façades decorated with colourful sgraffito. It is easy to access from the lower part of the city and is a perfect place to sit and rest under its arches while admiring the Mudéjar architecture.



- **Extremaduran and Ibero-American Museum of Contemporary Art.**

This museum is located in the building of a former circular prison, which makes it architecturally fascinating. Its rooms are very spacious, allowing for a relaxed cultural visit.

- **La Galera Gardens.** Located at the foot of the Alcazaba, these historic gardens have been adapted for walking. Their paths are full of flowers and archaeological remains. It is a peaceful, refreshing spot, ideal for a stop along the way and for enjoying the scent of orange blossom in spring.

Food that takes care of you

The cuisine of Badajoz is based on Iberian produce and the Guadiana market gardens:

- **Grilled Iberian pork tenderloin.** Iberian pork is the jewel of the region. Tenderloin is a lean cut that is rich in protein. Ask for it grilled with no added salt.
- **Rice with rabbit.** Rabbit is one of the most recommended meats, as it is very low in fat and naturally low in sodium. A creamy rice with rabbit is a comforting dish. Ask for the sofrito base to be made with fresh ingredients and for no added salt or commercial stock cubes to be added, so you can keep sodium under control.



Calendar of local festivals and celebrations

FEBRUARY

Badajoz Carnival

Recognised as a Festival of International Tourist Interest, this is one of the most participatory carnivals in Spain. The parade of comparsas is an explosion of colour and music that you can watch comfortably while seated.

JUNE

San Juan Fair (24 June)

This is the city's main festival. There are casetas for all audiences, where you can enjoy folklore and music in a festive atmosphere.

SEPTEMBER

Al-Mossassa (late September)

This celebration commemorates the founding of the city by the Arab people. Plaza Alta becomes a medieval market with craft stalls and performances. It is a very visual and peaceful celebration, ideal for walking through the pedestrian areas of the old town.



Bilbao, where avant-garde meets tradition



The capital of Biscay is now an example of modernity and comfort. It is a city with excellent transport and places where history and design go hand in hand.

Discover and explore at your own pace

Bilbao invites you to walk without rushing. Its metro network is famous for being fully accessible, which makes getting around much easier.

- **A walk around the Guggenheim Museum.** Walking around the outside of the museum is an experience in itself. The path along the estuary is completely flat and wide. You can see Puppy, the flower-covered dog, and Maman, the spider sculpture, up close while enjoying the sea air.
- **The charm of the Old Town.** This is the soul of the city. It is Bilbao's oldest area, and its charm lies in its pedestrian streets. It is an ideal place to watch local life go by, visit Santiago Cathedral or simply rest on the benches in Plaza Nueva, protected from the wind and rain by its arcades.
- **Alhóndiga Bilbao.** This former wine warehouse is now a fascinating cultural centre. You can walk around its ground floor and admire the 43 columns in different materials and styles designed by Philippe Starck.
- **The Vizcaya Bridge.** This transporter bridge is a UNESCO World Heritage Site. It is a very comfortable visit: you can cross the estuary in its transporter gondola at ground level or take the lift up to the upper pedestrian walkway to enjoy the views.



Food that takes care of you

Basque cuisine is world-famous and, with a few small adjustments, you can enjoy some of its most typical dishes.

- **Fresh cod pil-pil style or Biscay style.** Cod is the king of Bilbao. However, as it is often preserved in salt, it is essential for your diet that you choose fresh cod or make sure it has been properly desalted over several days. Ask for it to be cooked with no added salt.
- **Ribera Market.** Located on the banks of the estuary, this market is a feast for the senses. It is the ideal place to buy fresh produce from Biscay's market gardens and fish from the Cantabrian Sea.

Calendar of local festivals and celebrations

FEBRUARY

Eve of Santa Águeda (4 February)

This is one of the most moving traditions. Groups of people walk through the streets singing verses in honour of the saint and rhythmically striking the ground with sticks, known as *makilas*. It is a musical spectacle that you can enjoy simply by walking through the Old Town or along Gran Vía.

AUGUST

Aste Nagusia (Semana Grande)

This celebration begins on the Saturday after 15 August. It lasts nine days and starts with the *txupinazo* at the Arriaga Theatre. There are activities for all ages, including concerts and parades with Giants and Big-head Figures, which are very visual and fun to watch from the areas set aside for people with reduced mobility.

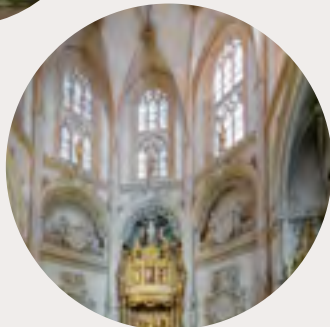
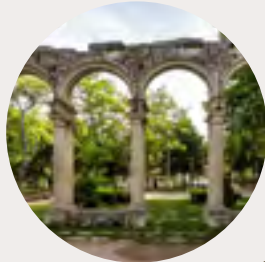
DECEMBER

Santo Tomás (21 December)

Bilbao becomes a huge rural market. Plaza Nueva and El Arenal fill with stalls run by local producers. It is the ideal day to experience the traditional Basque atmosphere, see typical costumes and enjoy the music of the *trikitilaris*, or accordion players, in a festive and family-friendly setting.



Burgos, Gothic splendour in the heart of Castile



Burgos welcomes visitors with its impressive Cathedral and stately atmosphere. It is a city designed with wide green spaces and pleasant walking routes.

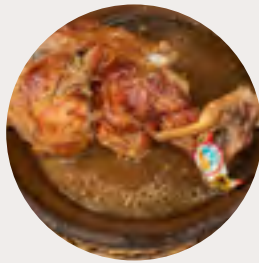
Discover and explore at your own pace

Burgos is a comfortable city where history can be felt at every step. Its main monuments are concentrated in a carefully maintained central area.

- **The Cathedral and Plaza de Santa María.** The jewel of the city is its Gothic Cathedral. You can enjoy its imposing façade from Plaza de Santa María, a spacious open square.
- **Museum of Human Evolution (MEH).** This is an ideal visit at any time of year, as it is air-conditioned and allows you to discover the Atapuerca archaeological sites without leaving the city centre.
- **Paseo del Espolón.** This tree-lined walk along the River Arlanzón connects the Arco de Santa María with the Teatro Principal. It is full of benches and shaded areas.
- **Paseo de la Isla.** If you are looking for a natural setting, this park is a botanical wonder. The route includes fountains and monuments set among the vegetation.

Food that takes care of you

Burgos cuisine is hearty, but with a few small adjustments you can enjoy its most emblematic dishes in a healthy way.



- **Wood-fired roast suckling lamb.** This is the region's signature dish. Lamb is a source of high biological value protein, which is needed as part of your treatment. To make it suitable for you, the key is to ask for it to be roasted with no added salt. Limit your portion to around 100 grams.
- **Mercado Norte.** Located in the city centre, this renovated market is fully accessible. It is the perfect place to buy fresh local produce.

Calendar of local festivals and celebrations

JANUARY	JUNE	JUNE
San Lesmes (30 January) This is the feast day of the city's patron saint. It is celebrated with a traditional mass and the distribution of "panecillos del santo", or saint's bread rolls. It has a very family-friendly and traditional atmosphere in the San Juan neighbourhood, right in the historic centre.	El Curpilllos (Friday after Corpus Christi) This is one of the most cherished celebrations among the people of Burgos. It takes place at the Monasterio de las Huelgas and in El Parral Park. It is a day of pilgrimage, music and open-air folklore in a natural setting.	San Pedro and San Pablo Festivities (late June) These are the city's main festivities. Burgos fills with colour for the flower offering to the Virgen de Santa María la Mayor and the parade of the <i>Gigantillos</i> and <i>Gigantones</i>, traditional figures that make their way through the city centre.



Cádiz, a walk along the Atlantic shore

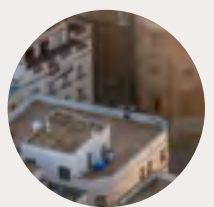
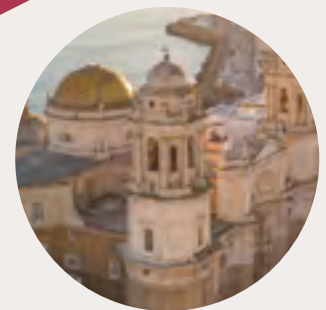


It is the oldest city in the West and has a unique white light. Almost completely surrounded by the sea, it offers a constant sea breeze that is a balm for wellbeing.

Discover and explore at your own pace

Cádiz invites you to walk along its walls and through its squares while enjoying the sound of the waves.

- **The Seafront Promenade.** This route runs for kilometres alongside the Atlantic Ocean. It is a wide promenade with a smooth surface. It is the perfect place for a daily walk, with views of La Victoria and Santa María del Mar beaches. There are plenty of benches where you can rest and enjoy the sunset.
- **Genovés Park.** This is a historic botanical garden by the sea. Its paths are made of compacted sand and are surrounded by exotic species brought from the Americas. It is an oasis of calm, with a waterfall and a pond where you can sit and rest.



- **The Cathedral and its square.** Plaza de la Catedral is pedestrianised, flat and always full of life. It is the city's meeting point. Cádiz Cathedral, with its golden dome, has accessible entrances. Admiring its interior and walking around the square is a relaxed and very rewarding activity.
- **Santa Catalina Castle.** This military fortress overlooking La Caleta beach has been turned into a cultural space. From there, you will have some of the best views of the bay in a monumental setting.

Food that takes care of you

Cádiz cuisine is an ode to the sea. Here is how to enjoy it while following your diet:

- **Urta a la gaditana.** Urta is the area's most famous fish. It is baked with vegetables. Ask for it to be prepared with no added salt. The flavour of the fish itself, together with the baked vegetables, will give you an outstanding culinary experience.
- **Central Food Market.** This is one of the oldest markets in Spain. It has recently been renovated and is fully accessible. Walking past its fish stalls is a visual spectacle. You can buy Group 5 fruits such as apples or pears for your snacks and enjoy the friendly bustle of local people doing their daily shopping.



Calendar of local festivals and celebrations

FEBRUARY	MARCH/APRIL	OCTOBER
Cádiz Carnival This is the celebration of wit and humour. Carnival groups sing in the squares of the city centre. You can enjoy the choirs as they move through the city on their floats, stopping in squares where you can listen to their songs.	Holy Week During Holy Week in Cádiz, you will find processions around almost every corner. Its pedestrian streets fill with visitors and locals who share a passion for the celebration. Many processions take place in streets with seating areas.	Festivity of Nuestra Señora del Rosario (7 October) Cádiz celebrates its patron saint with a procession through the old town. It is a very traditional and peaceful celebration, perfect for walking through the decorated streets of the city centre in a festive, family-friendly atmosphere.

Cáceres, stone and stillness in Extremadura



Cáceres is a jewel frozen in time. Its old town, a UNESCO World Heritage Site, is one of the best preserved in Europe.

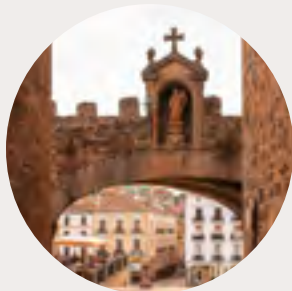
Discover and explore at your own pace

Cáceres invites you to enjoy the silence of its stone streets and the openness of its squares.

- **Plaza Mayor.** This is the heart of the city and the entrance point to the walled enclosure. It is a vast square surrounded by arcades. It is the perfect place to sit and look at the Torre del Bujaco while you rest.

- **Paseo de Cánovas.** This is the main avenue of the modern city. It is a long, tree-lined walk, full of cast-iron benches in the shade of plane trees. It is ideal for a pleasant daily walk away from the tourist bustle.

- **Garden of the Palacio de Carvajal.** In the heart of the historic centre, this small garden is a haven of peace. It has an ancient fig tree and shaded corners where time seems to stand still.



- **Arco de la Estrella.** This is the main gateway into Cáceres' walled enclosure and perfectly reflects the city's architectural spirit.



Food that takes care of you

Extremaduran cuisine is rich in natural produce. Here is how to enjoy it while taking care of your health:

- **Extremaduran roast suckling lamb.** Lamb is an essential part of the local diet. Ask for it roasted in its own juices, making sure no salt is added in the oven. You can have a moderate portion of around 100 grams.
- **Grilled wild asparagus.** Extremadura is a land of asparagus. Ask for them grilled as an accompaniment to your main dish, always with no added salt, for a fibrous and healthy side dish.



Calendar of local festivals and celebrations

FEBRUARY

Festivity of Candelas and San Blas (2 and 3 February)

This is one of the oldest celebrations in Cáceres. On the morning of 2 February, the Virgen de las Candelas is carried in procession from her hermitage, located in the heart of the Monumental City.

APRIL

San Jorge (23 April)

The city celebrates its reconquest. There are Moors and Christians parades and the famous burning of the dragon in Plaza Mayor.

MARCH/APRIL

Holy Week

Recognised as a Festival of International Tourist Interest, Holy Week in Cáceres is known for the procession of the Cristo Negro through its stone streets. Plaza Mayor is the main meeting point, where you can watch the brotherhoods pass by from a terrace without having to walk long distances.



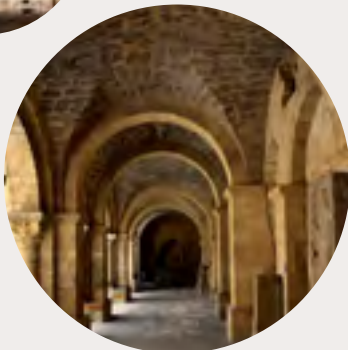
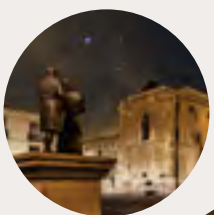
León, living history under the Castilian sun



Walking through León is like exploring an open history book. From its Roman walls to Gaudí's creativity, the city offers a welcoming setting that will make you feel at home from the very first moment.

Discover and explore at your own pace

It is a very comfortable city, with a compact historic centre where almost everything is within easy reach.



- **León Cathedral and Plaza de Regla.** The Cathedral is famous for its stained-glass windows, and the square around it is pedestrianised, with plenty of space to sit and admire the monument. We recommend going inside to see how the light shines through the glass.
- **Royal Collegiate Church of San Isidoro.** Considered the "Sistine Chapel of Romanesque art", this architectural complex is a must-see. It is the perfect place to soak up history without the crowds.
- **A walk along the Bernesga riverside.** If you are looking for a little nature, the walk along the River Bernesga is ideal. It is a linear route surrounded by gardens and rest areas. It is a favourite place among local residents to enjoy a gentle walk at sunset and feel the breeze.
- **Casa Botines and Palacio de los Guzmanes.** In Plaza de San Marcelo, you can see two impressive buildings facing each other: one designed by Gaudí and the other in Renaissance style.

Food that takes care of you

León cuisine is famous for its local produce. Here is how to enjoy it safely:

- **Grilled Esla trout.** Trout from León's rivers are exquisite. Always ask for it to be grilled with no added salt, seasoned simply with a little garlic or parsley.
- **Conde Luna Market.** Located in a historic building, this market offers tradition, stories and the kind of warm, personal service that makes all the difference.



Calendar of local festivals and celebrations

MARCH/APRIL	JUNE	OCTOBER
Holy Week This is one of the most spectacular Holy Week celebrations in Spain. The processions pass through the old town in solemn silence, broken only by the sound of the bands.	San Juan and San Pedro Festivities (24 June) These are the city's main festivities. They are celebrated with concerts, craft fairs and the traditional San Juan bonfire. The atmosphere is very festive, and the main events are usually held in squares and open spaces.	San Froilán Festivities (5 October) This is León's most traditional celebration. Do not miss the parade of the <i>Pendones</i>, large colourful banners, and the decorated cart competition in Plaza de la Regla. It is an explosion of León's popular culture.



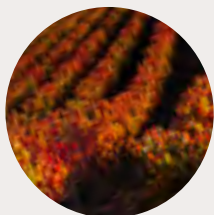
Logroño, a place of contrasts



If you stay in La Rioja's capital during your visit, you will find a friendly city that is perfect to explore on foot. It also combines tradition with modernity.

Discover and explore at your own pace

Logroño invites you to enjoy it calmly, taking in the warmth of its people and an urban layout designed for pedestrians.



- **A walk through Ebro Park.**
This large green lung runs along the river, with flat, paved paths. You will find plenty of benches in the shade of the poplar trees, where you can rest while watching the water and the birds.
- **Paseo del Espolón.** This is the heart of city life: a landscaped square in the city centre, presided over by the statue of Espartero. Its wide side paths are perfect for observing the rhythm of the city.
- **Calle Portales and the Co-Cathedral.**
This is the main street in the old town. Halfway along the street, Plaza del Mercado opens up as a spacious square from which you can admire the imposing façade of the Co-Cathedral of Santa María de la Redonda.
- **Haro and the Barrio de la Estación.**
In around 35 minutes, you can reach the wine capital. The famous Barrio de la Estación is a neighbourhood where some of the best-known historic wineries are concentrated. It is an elegant walk, with wide pavements and hardly any traffic, ideal for admiring 19th-century industrial architecture.

Food that takes care of you

La Rioja's market gardens are among the finest in Spain. With these tips, you can enjoy their flavour:

- **Menestra de verduras, with double cooking.** This is an emblematic dish. Remember the golden rule: vegetables should be soaked beforehand and double-cooked. Ask for it to be prepared always with no ham or added salt.
- **Fresh cod Rioja style.** It is essential to ask for fresh cod rather than salted cod to avoid sodium. It is cooked with peppers and natural tomato.



Calendar of local festivals and celebrations

JUNE	SEPTEMBER	DECEMBER
San Bernabé Festivities (second week of June) The city celebrates its patron saint with very traditional events, such as the distribution of bread, fish and wine. The streets are decorated with flower arches, and there is a very family-friendly festive atmosphere.	San Mateo Festivities (21 September) This is the great grape harvest celebration. The central event, the grape treading, takes place on Paseo del Espolón, an area where you can enjoy La Rioja's local folklore.	Monumental Nativity Scene A life-size nativity scene is installed in the Town Hall square, with wooden walkways that make it easy to move around. It is a much-loved tradition that attracts people of all ages.



Madrid, a traditional journey through our history

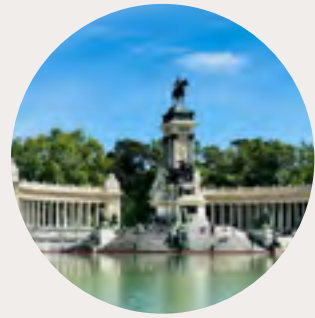


Spain's capital is a vibrant city with elegant spaces, historic parks and a unique light that invites you to enjoy every corner.

Discover and explore at your own pace

Madrid is a city that can be enjoyed neighbourhood by neighbourhood, making the most of its most monumental areas.

- **Paseo del Prado.** This boulevard is a UNESCO World Heritage Site and one of the most comfortable stretches of the city. Its pavements are wide and connect the Cibeles fountain with the Neptune fountain. It is a majestic route, surrounded by century-old trees.
- **Reina Sofía Museum.** If you like art, this museum is a must. Its large glass lifts on the façade offer views over the city. The rooms are spacious and open, making it easy to admire works such as Guernica.
- **El Retiro Park and the Crystal Palace.** El Retiro is a favourite refuge for Madrileños. We recommend entering through Puerta de Alcalá and heading towards the Great Pond. The Crystal Palace is a magical place to visit calmly, with contemporary art exhibitions.
- **Plaza Mayor and Madrid de los Austrias.** Madrid's historic heart is pedestrianised. It is an ideal place to sit under its arcades and enjoy Herrerian architecture while you rest and have a drink.



Food that takes care of you

Madrid is a melting pot of flavours. Here is how to enjoy its cuisine in line with your treatment:

- **Traditional roast chicken.** Chicken is a lean meat that is highly recommended. It is a star dish in Madrid's roast chicken restaurants. Always ask for it to be roasted with no added salt and remove the skin.
- **San Miguel Market.** Located next to Plaza Mayor, this historic iron-and-glass market is the perfect place to walk around and enjoy the sight of fresh produce.



Calendar of local festivals and celebrations

MAY	AUGUST	NOVEMBER
San Isidro (15 May) The patron saint festivities are celebrated with <i>chulapos</i> and barrel organs. The main setting is the Pradera de San Isidro, but there are concerts and chotis dances in squares such as Las Vistillas and Plaza Mayor.	Virgen de la Paloma (15 August) This is Madrid's most traditional celebration. The streets of La Latina are decorated with Manila shawls. It is a very visual and joyful festival.	Virgen de la Almudena (9 November) On this day, Madrid celebrates its patron saint with a procession through the area around the Cathedral and the Royal Palace.



Málaga, paradise on the Costa del Sol



Málaga is much more than sun and beach. It is a destination that combines history, art and contagious vitality in a setting that adapts to you.

Discover and explore at your own pace

This destination invites you on a journey where the Mediterranean breeze blends with culture.

- **A walk along Muelle Uno.** Accessible and full of life, Muelle Uno is a waterfront walkway by the sea with shops, restaurants and incredible views. You will also find the **Centre Pompidou**, with selected works and exhibitions that are sure to make an impression. At the end of the pier is the famous **Farola de Málaga**, one of the oldest lighthouses in Spain.
- **Málaga Cathedral and the Roman Theatre.** Located in the heart of the city, the **Cathedral of the Incarnation** dazzles with its Renaissance style. Its **Patio de los Naranjos** is a peaceful place to sit and admire the architecture. If you would like to continue visiting emblematic buildings, you can walk on to the **Roman Theatre and the Alcazaba**. Both offer a journey back in time.
- **Picasso Museum.** Close to the Cathedral, in the Buenavista Palace, the Picasso Museum brings together more than 200 works that trace the artist's career. It is an essential visit for understanding his legacy.
- **Misericordia Beach and its chimney.** Unlike the more tourist-focused Malagueta, Misericordia Beach has history. It is known for its 19th-century industrial chimney, declared an Asset of Cultural Interest in 2005. It is an ideal place for an evening walk and to watch the so-called "wave effect", when the tide suddenly rises.



Food that takes care of you

The Mediterranean diet is the foundation of Málaga cuisine, making it a safe and delicious option.



- **Fresh fish.** In the fishing neighbourhoods of El Palo and Pedregalejo, the beach restaurants serve the freshest fish. And if you prefer, you will also find many other food options.
- **Local market-garden dishes.** Not everything in Málaga is fish. **Ajoblanco**, a cold almond soup, and **porra antequerana**, a thicker version of salmorejo, are nutritious and refreshing options. In both cases, you can have one small glass (150 ml) per day at most.

Calendar of local festivals and celebrations

MARCH/APRIL

Holy Week

Recognised as a Festival of International Tourist Interest, this is one of the most moving and spectacular events in Spain. The processions, with their monumental thrones, make their way through the city streets.

JULY

Virgen del Carmen Festivity (16 July)

This celebration takes place in fishing neighbourhoods such as Huelin and El Palo. The maritime processions, where the figure of the Virgin is carried by boat across the sea, reflect the province's deep-rooted seafaring culture.

AUGUST

Málaga Fair

This is one of the largest and most joyful festivals in Andalucía. It is divided into the Day Fair, held in the historic centre, and the fairground area, which opens at 12 noon and continues throughout the night.



Mallorca, a place of contrasts and serenity



It is a paradise in the heart of the Mediterranean. From its stunning coves with crystal-clear waters to its vibrant capital, it offers a wide variety of experiences.

Discover and explore at your own pace

The island is full of places where you can enjoy its natural and cultural beauty without limitations.

- **A walk along the Bay of Palma. Palma's Seafront Promenade** is a long walkway that follows the bay, ideal for walking or simply sitting down to watch the sunset.
- **Es Baluard Museum of Contemporary Art and the Royal Palace of La Almudaina.** Mallorca has a wonderful cultural offering. These museums show two very different sides of Mallorcan culture. The first brings together modern and contemporary art, while the second reflects history and tradition.
- **Palma Old Town.** Lose yourself in the cobbled streets of the capital's historic centre. The impressive **Cathedral of Santa Maria de Palma**, known as La Seu, is a must-see.
- **Valldemossa and Deià.** For an inland escape, these picturesque villages are two jewels of the **Serra de Tramuntana**, a UNESCO World Heritage Site. Valldemossa captivates visitors with its famous Charterhouse and traditional potato cakes, while Deià charms with its mountain scenery, stone houses and artistic inspiration.



Food that takes care of you

Mallorcan cuisine is rich in flavours and textures, with dishes that can be adapted to a healthy diet.

- **Produce from the market gardens and the sea.** Tumbet, a traditional dish made with roasted vegetables such as potato, aubergine and red pepper, is a delicious and nutritious option. You can also enjoy fresh fish, grilled or baked.
- **Mercat de l'Olivar.** This market offers a wide variety of typical island products, from fruit and vegetables to cheeses and olives. You can visit it in Palma.



Calendar of local festivals and celebrations

JANUARY	FEBRUARY/MARCH	AUGUST
Sant Sebastià Palma's patron saint is celebrated with a week of concerts and activities. The highlight is the Night of the Bonfires, when the squares fill with bonfires and live music.	Sa Rua and Sa Rueta Palma Carnival includes a large parade with floats and comparsas.	Mare de Déu d'Agost Festivities These festivities are celebrated in many towns and villages across Mallorca, with traditional dances, concerts and open-air evening celebrations.



Murcia, the gardens of the Mar Menor and Segura



This is a land of contrasts where light always takes centre stage. From the Baroque corners of the capital to the calm, soothing Waters of the Mar Menor, this region offers a welcoming setting, with hardly any slopes and a hospitality that will make you feel cared for at every step.

Discover and explore at your own pace

Both the city of Murcia and the Mar Menor coast stand out for allowing you to enjoy heritage and nature safely.

- **Murcia Cathedral and Plaza del Cardenal Belluga.** Located in the heart of the city, this square is a vast, flat pedestrian space. The Baroque façade of the Cathedral is one of the most beautiful in Spain. We recommend sitting on one of the many benches in the square to admire its details calmly. Inside the church, you can enjoy its coolness and silence very comfortably.

- **Paseo del Malecón.** This historic walk is the green lung of the capital. It is an elevated pedestrian walkway that leads towards Murcia's market gardens. It is a linear route surrounded by gardens and a favourite place for local residents to enjoy a gentle walk, as it has plenty of shade and rest areas where you can breathe in the scent of lemon trees.
- **San Pedro del Pinatar Seafront Promenade, Lo Pagán.** Around 40 minutes from the city, you reach the Mar Menor. This firm, wide, paved route separates the Mar Menor from the Mediterranean. You can watch flamingos in the salt flats and enjoy the sea breeze.
- **Santiago de la Ribera and its seafront promenade.** This area preserves the charm of old fishing villages. It is ideal for walking with the sea by your side. There are also many cafés with terraces where you can rest and enjoy relaxed views of the Murcian lagoon.

Food that takes care of you

Murcian cuisine is the queen of the Mediterranean diet. Here is how to enjoy the flavours of its market gardens and the sea safely:

- **Murcian zarangollo, with no added salt.** This is the most emblematic dish from the market gardens and a very safe option for your diet. It is made with scrambled courgette and onion. Always ask for it to be prepared with no added salt.
- **Butterflied gilthead bream from the Mar Menor.** The Mar Menor is famous for its high-quality fish. Gilthead bream is an excellent white fish. Ask for it butterflied and specify that it should be prepared with no added salt.



Calendar of local festivals and celebrations

APRIL

Spring Festivities (Bando de la Huerta)

These take place the week after Holy Week. The Bando de la Huerta parade is an explosion of colour that celebrates agricultural traditions. The city-centre streets are flat, and seating areas are set up so you can watch the floats pass by comfortably.

APRIL

Entierro de la Sardina

This is a unique celebration, recognised as a Festival of International Tourist Interest. It is a large night-time parade with spectacular floats that travels through the city. As the route follows the main avenues, it is very easy to watch from the installed stands.

JULY

Festivity of the Virgen del Carmen in the Mar Menor (San Pedro del Pinatar)

On 16 July, the patron saint of sailors is celebrated with a maritime procession on the Mar Menor. You can watch the Virgin pass by on her boat from the Lo Pagán promenade, enjoying the sea breeze and the popular devotion of the Murcian coast.



Sevilla, a city with a colour all its own



This is a city that warmly welcomes visitors. Thanks to its terrain, it is one of the most comfortable destinations in Spain for walking. The Andalusian capital combines the majesty of its history with contagious joy.

Discover and explore at your own pace

Sevilla invites you to enjoy its wide pedestrian areas and the coolness of its parks.



- **Plaza de España and María Luisa Park.** This is one of the most beautiful architectural ensembles in the world. In Plaza de España, you can walk past its benches dedicated to the Spanish provinces. The adjoining park offers paved paths in the shade of century-old trees, with plenty of benches and small squares where you can rest and enjoy the sound of the fountains.
- **The Cathedral and Santa Cruz district.** Although the Santa Cruz district has narrow streets, its main routes are well paved. A visit to Sevilla Cathedral is a must. You can admire its beauty and its Patio de los Naranjos, an oasis of peace and shade.
- **Paseo de Colón and the Guadalquivir riverside.** Walking by the river is a revitalising experience. The route from the Torre del Oro to Triana Bridge offers spectacular views of the colourful houses on Calle Betis.
- **Archive of the Indies.** This historic building is a UNESCO World Heritage Site. You can visit its impressive rooms and exhibitions about the New World very comfortably. It is a first-class cultural visit.

Food that takes care of you

Sevilla's cuisine is varied and full of flavour. With these tips, you can enjoy tapas while taking care of yourself:

- **Grilled pork tenderloin tips.** A classic dish in Sevilla's taverns. This is a lean meat that is rich in protein. Always ask for them grilled with no added salt.
- **Baked or butterflied white fish.** In Sevilla, fish arrives very fresh from the nearby coasts. Ask for gilthead bream or hake grilled. To make it suitable for you, remember to request that it is prepared with no added salt.

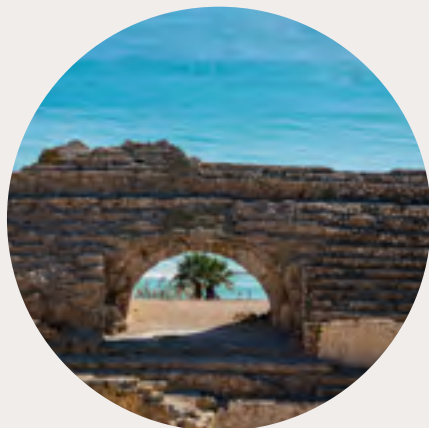


Calendar of local festivals and celebrations

MARCH/APRIL	APRIL/MAY	JUNE
Holy Week This is the city's most moving celebration. The processions follow flat streets. We recommend watching them along the Official Route, where seats are set up and can be reserved so you can enjoy the brotherhoods passing by in complete comfort.	April Fair The "El Real" fairground is like a small temporary city. It is a celebration of light and colour that you can enjoy by walking around or visiting the <i>casetas</i>, where Sevilla's hospitality will make you feel at home.	Corpus Christi The city is decorated with carpets of rushes and rosemary along the streets of the centre. It is a very traditional and peaceful celebration, ideal for a morning walk and for enjoying the altars set up in the squares.



Tarragona, a journey to ancient Rome and the Mediterranean Sea



Roman ruins coexist with the beauty of the Mediterranean landscape, creating a unique setting.

Discover and explore at your own pace

The city is an open-air museum, with heritage that surprises you around every corner.

- **Archaeological Walk and Roman Wall.** Walking around the city along the Archaeological Walk means stepping into history, as you can follow the best-preserved Roman walls in Catalonia.
- **Accessible beaches.** Tarragona's beaches, such as **Arrabassada** and **El Milagro**, offer accessible facilities, making it easier to reach the sand and the sea.
- **Amphitheatre and Roman Circus.** Its location, with views of the sea, makes it one of the city's iconic sights. Nearby, the vaults of the Roman Circus form an underground labyrinth.
- **Balcó del Mediterrani.** This viewpoint offers impressive views of the sea, the beach and the Amphitheatre. Tradition says that *tocar ferro*, touching the iron railing, brings good luck.

Food that takes care of you

Tarragona's cuisine is an explosion of flavours from the sea and the market gardens, perfect for a varied diet.



- **Fresh fish and market-garden vegetables.** The restaurants in the fishing district of El Serrallo serve fish that has just arrived from the fish market. The famous *calçot*, a grilled spring onion, is a popular winter dish. You can also enjoy grilled, sautéed or salad vegetables.
- **Tarragona Central Market.** Here you can find top-quality produce, from seafood to fruit, vegetables and local oils. It is the perfect place to buy ingredients and prepare your own meals.

Calendar of local festivals and celebrations

MARCH/APRIL

Holy Week

Holy Week in Tarragona is solemn and moving. The Good Friday procession of the Holy Burial, with the Armats and their drums, is one of its standout events.

MAY

Tarraco Viva

This Roman historical re-enactment festival fully immerses you in the time of the Empire.

SEPTEMBER

Santa Tecla Festivities

These are the city's main festivities and include an unmissable event: the *castellers* display, impressive human towers that form part of Catalan tradition and fill the streets with emotion.



Tenerife, a spring haven in the Canary Islands

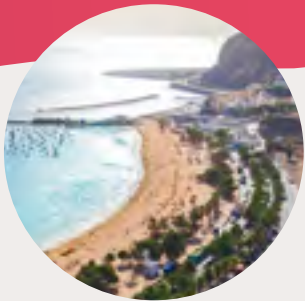


The island is a paradise that welcomes visitors with its mild climate and constant light. Santa Cruz, the capital, is a city facing the sea, with peaceful corners, exotic parks and walks filled with the Atlantic breeze.

Discover and explore at your own pace

Santa Cruz de Tenerife and its surrounding area offer a very welcoming setting, with wide avenues and spaces designed for unhurried walks.

- **García Sanabria Park.** Located in the heart of Santa Cruz, this park is a true tropical botanical garden. It has plenty of shaded benches and a famous flower clock that is a favourite meeting point for local residents. It is a perfect place to enjoy fresh air and silence right in the city centre.
- **Plaza de España and Avenida Marítima.** Plaza de España is the city's main meeting point and a completely open space. Its large central seawater lake invites you to relax. From there, you can start a walk along Avenida Marítima, a route stretching for kilometres in front of the port. It is a very safe area, with views of the boats and the Auditorium.
- **San Cristóbal de La Laguna.** Just a few minutes away by tram, you will find this UNESCO World Heritage city. Its historic centre is famous for being one of the first grid-plan layouts, which makes it easy to explore. Its pedestrian streets allow you to admire Canarian courtyards and colonial façades.
- **Tenerife Auditorium and the seafront area.** The building designed by Calatrava is the symbol of the island's modernity. Walking around it is very comfortable. You can also sit on the rocks by the pier, painted with portraits of famous musicians, and look out to sea.



Food that takes care of you

Canarian cuisine stands out for the quality of its fresh produce. Here is how to enjoy the flavours of the island:

- **Grilled local white fish.** Tenerife offers rock fish with an exquisite flavour. Vieja is a white fish with very delicate flesh that is easy to digest. Always ask for it to be prepared with no added salt.
- **Nuestra Señora de África Market (La Recova).** This is a must-see in Santa Cruz. This colonial-style market is accessible and a feast for the eyes. Walking through its flower-filled courtyards and taking in the aroma of fresh fruit is a revitalising and safe experience.

Calendar of local festivals and celebrations

FEBRUARY	JUNE	JULY
Santa Cruz de Tenerife Carnival This is one of the most important carnivals in the world. The city fills with colour and music. To make it more comfortable to enjoy, seating areas are set up for the main parades, such as the Coso Apoteosis. It is a celebration that can be experienced with great joy.	Corpus Christi and Flower Carpets In nearby towns and cities such as La Laguna and La Orotava, the streets are covered with spectacular carpets made from flower petals and sands from Mount Teide. It is a very visual and peaceful celebration. Walking through the pedestrian streets and admiring this ephemeral art is a delight that can be enjoyed at a gentle pace.	Carmen Festivities (16 July) On this day, the patron saint of sailors is celebrated. In Santa Cruz and Puerto de la Cruz, the Virgin is carried in procession down to the sea. It is a very moving event that you can watch from the piers while enjoying local devotion, the songs of the <i>parrandas</i> and the island's seafaring atmosphere.

What to do before and during your trip



Travel is a synonym for freedom and new experiences, even when you are following your dialysis treatment.

Before you travel: the essentials

1

Peace of mind starts with a well-organised suitcase. Don't forget:

- **Your medical history:** always carry your updated medical report with you.
- **Your personal first-aid kit:** make sure to include all the medications you need.



At your destination: enjoy and explore

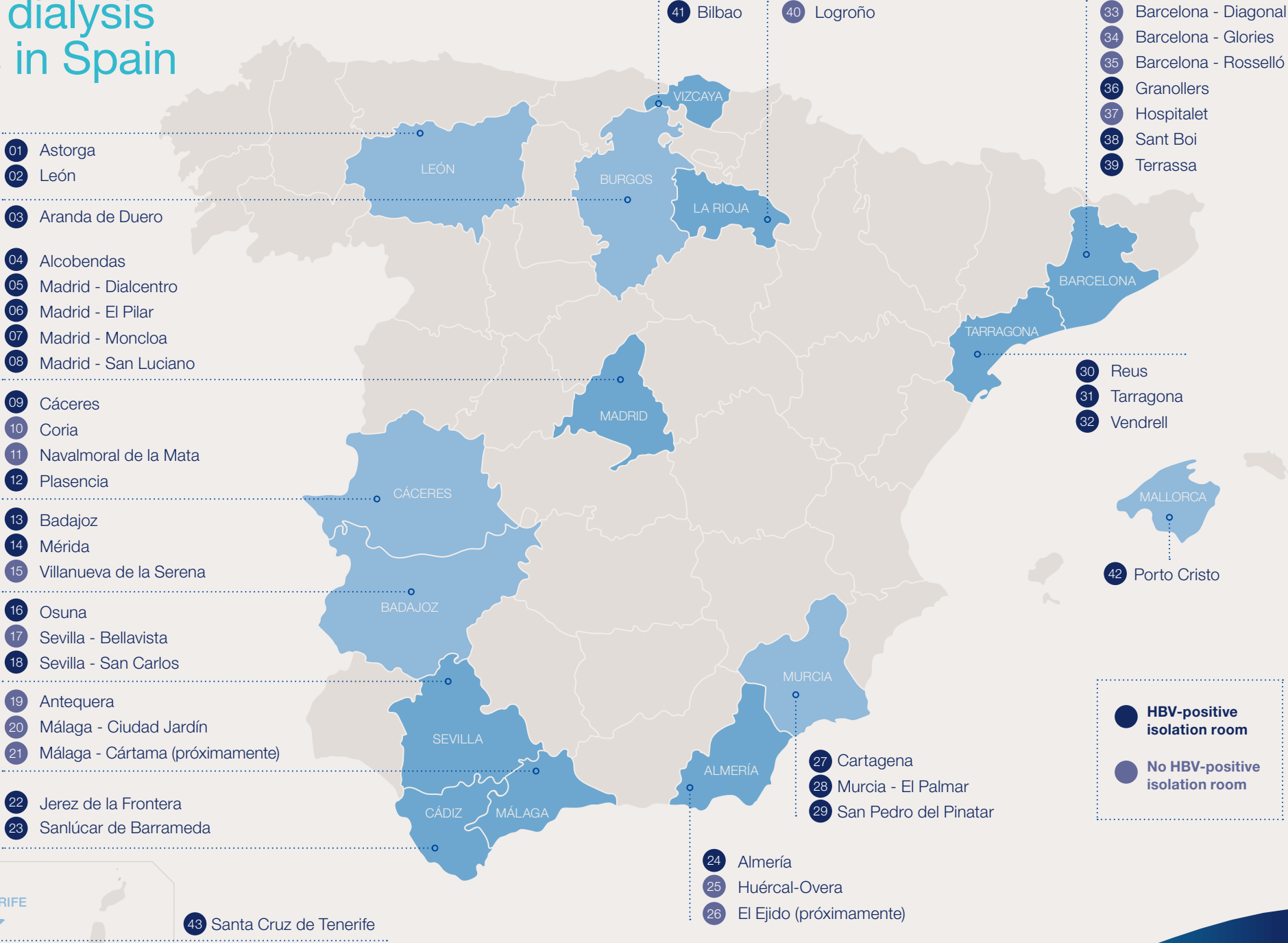
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Once you arrive, the goal is to enjoy your surroundings while taking care of yourself:

- **Walk at your own pace:** prioritise flat routes and walks through parks or along beaches. Listen to your body and rest if you need to.
- **Protection and comfort:** always wear comfortable shoes and sunscreen.
- **Relax and enjoy:** remember that travel is for switching off and having fun.



Map of dialysis centres in Spain



Locations and contact details

LEÓN

- 01 **Astorga**
C/ de la Cuesta 76-80, 24700
+34 987 61 77 65
- 02 **León**
C/ La Serna 92-94, 24007
+34 987 87 64 55

BURGOS

- 03 **Aranda de Duero**
Avda. de Castilla 81-83, 09400
+34 947 51 30 92

MADRID

- 04 **Alcobendas**
Avda. Valdelaparra 66, 28100
+34 915 53 45 55
- 05 **Madrid - Dialcentro**
C/ Pilar Millan Astray 2, 28009
+34 914 09 18 41
- 06 **Madrid - El Pilar**
C/ Fermín Caballero 87, 28035
+34 913 86 61 25
- 07 **Madrid - Moncloa**
C/ Lucio del Valle 2, 28003
+34 915 33 62 78
- 08 **Madrid - San Luciano**
C/ San Luciano 2, 28041
+34 917 23 77 07

CÁCERES

- 09 **Cáceres**
Rda. de San Francisco s/n, 10002
+34 927 21 42 42
- 10 **Coria**
Pol. Ind. Los Rosales naves A-B, 10800
+34 927 50 81 71

- 11 **Navalmoral de la Mata**
Ctra. Madrid-Lisboa 29, 10300
+34 927 53 82 38

- 12 **Plasencia**
Plaza del Olivar s/n, 10600
+34 927 41 55 40

BADAJOS

- 13 **Badajoz**
Avda. Manuel Saavedra Martínez 2, 06006
+34 924 28 64 61
- 14 **Mérida**
Avda. Portugal s/n, 06800
+34 649 52 83 12
- 15 **Villanueva de la Serena**
C/ Doñana s/n, 06700
+34 924 84 52 07

SEVILLA

- 16 **Osuna**
C/ Francisco del Carpio 2, 41640
+34 954 81 56 64
- 17 **Sevilla - Bellavista**
Avda. de Jerez 21, 41014
+34 954 69 35 07
- 18 **Sevilla - San Carlos**
C/ Torcuato Luca de Tena 16, 41013
+34 954 61 16 00

MÁLAGA

- 19 **Antequera**
Avda. Miguel de Cervantes 7-8, 29200
+34 952 70 40 42
- 20 **Málaga - Ciudad Jardín**
C/ Francisco Correa 4, 29014
+34 952 65 12 13
- 21 **Málaga - Cártama**
Coming soon

CÁDIZ

- 22 **Jerez de la Frontera**
Avda. de Lebríja 8, 11407
+34 956 18 10 23
- 23 **Sanlúcar de Barrameda**
C/ Algarrobo 1, 11540
+34 956 36 98 11

ALMERÍA

- 24 **Almería**
Edificio Montemar C/ Suflí 2-3 bajos, 04009
+34 950 62 48 50
- 25 **Huércal-Overa**
C/ Jerez de la Frontera s/n, 04600
+34 950 47 16 15
- 26 **El Ejido**
Coming soon

MURCIA

- 27 **Cartagena**
H.G.U. Santa María del Rosell, 30203
+34 968 50 45 04
- 28 **Murcia - El Palmar**
Avda. 1º de mayo 111, 30120
+34 968 88 48 03
- 29 **San Pedro del Pinatar**
C/ Valle de la Orovata s/n, 30740
+34 968 13 87 66

TARRAGONA

- 30 **Reus**
Avda. Paisos Catalans 112, 43205
+34 977 33 92 26
- 31 **Tarragona**
C/ Joan Fuster i Ortells s/n, 43007
+34 977 29 15 01
- 32 **Vendrell**
Avda. del Baix Penedès 94, 43700
+34 977 18 21 29

BARCELONA

- 33 **Barcelona - Diagonal**
Avda. Diagonal 16-26, 08019
+34 933 07 45 99
- 34 **Barcelona - Glories**
C/ Consell de Cent 581-583, 08013
+34 932 12 25 16
- 35 **Barcelona - Roselló**
C/ Rosselló 29, 08029
+34 933 22 64 61
- 36 **Granollers**
C/ Bartomeu Brufalt 32-36, 08402
+34 938 79 07 92
- 37 **Hospitalet**
Rambla Marina 429-431, 08901
+34 933 37 65 00
- 38 **Sant Boi**
Ctra. Santa Creu de Calafell 49A, 08830
+34 935 95 50 75
- 39 **Terrassa**
Avda. de Can Jofresa 6, 08223
+34 937 83 17 44

LA RIOJA

- 40 **Logroño**
Avda. de Madrid 4-6 bajos, 26006
+34 941 21 08 08

VIZCAYA

- 41 **Bilbao**
C/ Pablo de Alzola 4, 48012
+34 944 41 50 58

MALLORCA

- 42 **Porto Cristo**
H. Parque Llevant, 07680
+34 871 62 01 04

TENERIFE

- 43 **Santa Cruz de Tenerife**
Pol. de los Majuelos 7 parcela 9, 38750
+34 922 82 02 02

How to book your Holiday Dialysis



1

Before you start: what you need to have ready

Before completing the request through our platform, whether you are completing it yourself or with the help of your nurse, prepare:

- **Your dates:** when you will have your first and last dialysis sessions during the trip.
- **Your destination:** the exact address of where you will be staying.
- **Your medical information:** make sure you have updated serology and a complete medical report.

2

Submit your request on our website

Requesting a place at another clinic is digital and very simple. It should not take more than five minutes.

- **Create an account:** Access the platform and create a requester profile (only the first time).
- **New request:** Fill in all required fields.
- **Upload your serology test:** To confirm your place, you must upload a serology test performed within 30 days prior to your trip. **Without serology, we cannot confirm your place.**



Pay attention to dates

If you request your place more than 30 days before your trip, it will be “pre-reserved.” We will hold it for you, but final confirmation will only arrive once you upload your serology and medical report within the 30 days prior to travel.

Pay attention to the buttons

- **Accept request:** Once your place has been granted, you must confirm it within the three-dot menu.
- **Duplicate request:** For a new trip, you don't need to start the process from scratch.

3

How will I know everything is okay?

Confirmation is sent by email to the person who submitted the request (either you or someone submitting on your behalf):

- **Email 1 (received):** Confirms we have received your request.
- **Email 2 (review):** Indicates our medical team is checking your information.
- **Email 3 (final response):** Within a maximum of 7 days, you will receive a decision. If any information is missing, we will ask you for it. If everything is correct, you will receive your confirmation or pre-reservation of your place.



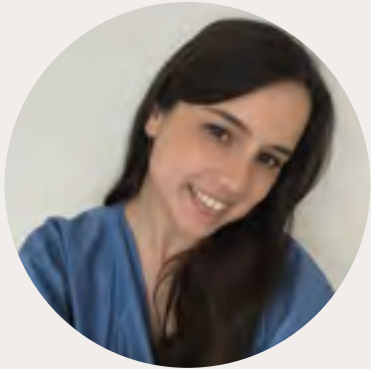
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On the day of your trip: what you must not forget

In addition to your clothes and your excitement about your trip, **don't forget your medication.** It is very important to bring all your routine medication for the days you will be away.



The experience of people like you



"All our patients who travel come back with a different outlook. Most of them start with shorter breaks and then gradually gain confidence to take longer trips. **They do not need to stop travelling, they just need to learn how to do it differently** and accept that treatment is part of the journey."

Dialysis clinic manager



"What held me back was fear: what if something happens? What if the machine is different? On my first trip, I realised that the quality of care travels with us. I would encourage everyone to take the step: the organisation is much easier than it seems, and the mental health benefits are greater than any medication. Packing my bags again gave me back the dignity that kidney conditions had taken away from me."

Travelling is not a luxury, it is the perfect antidote to depression."

Holiday Dialysis patient



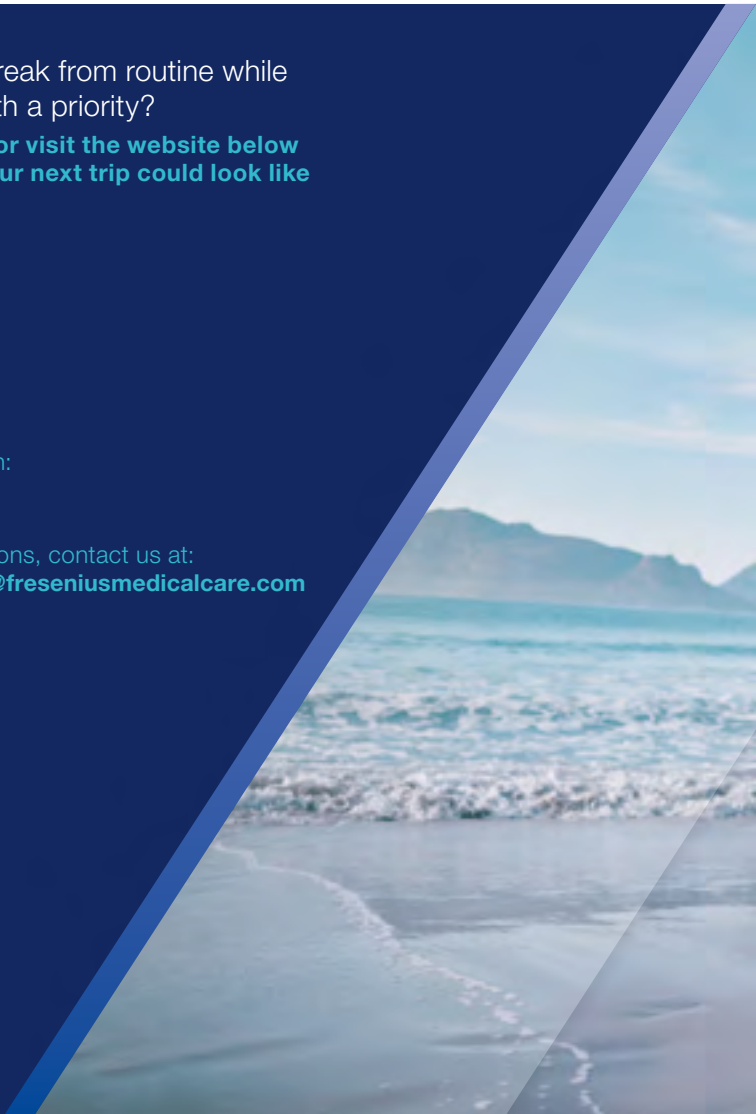
Ready to take a break from routine while keeping your health a priority?

Scan this QR code or visit the website below to discover what your next trip could look like



If you prefer, call us on:
(+34) 91 754 06 35

If you have any questions, contact us at:
internationalpatient@freseniusmedicalcare.com



You travel,
we take care of you



**FRESENIUS
MEDICAL CARE**