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MEDICAL TOURISM IN POLAND

Polish Tourist Organisation

Karlavägen 47b
114 49 Sztokholm
Tel: 0046 8 205 605
Fax: 0046 8 218 145
Email: info.scan@polen.travel
www.polen.travel/sv
www.polen.travel/no
www.polen.travel/dk
Map of Poland
How to get from Sweden to Poland?

- LOT Polish Airlines
  Sztokholm - Warszawa

- WIZZ Air
  Sztokholm - Gdańsk
  Sztokholm - Warszawa
  Sztokholm - Katowice
  Sztokholm - Poznań
  Göteborg - Gdańsk
  Göteborg - Warszawa
  Malmö - Gdańsk
  Malmö - Warszawa
  Malmö - Katowice

- Ryanair
  Sztokholm - Kraków
  Sztokholm - Warszawa

- Norwegian Air
  Sztokholm - Kraków

- POLFERRIES
  Nynäshamn - Gdańsk
  Ystad - Świnoujście

- UNITY LINE
  Ystad - Świnoujście

- STENA LINE
  Karlskrona - Gdynia

- NEW FROM JANUARY 014
  TT LINE
  Trelleborg - Świnoujście
Medical services available in Poland

- **DENTISTRY**
  implants, prosthodontis, orthodontics, restorative dentistry, treatments of caries and periodontal diseases as well as cosmetic dentistry (veneers, teeth whitening)

- **OPHTHALMOLOGY**
  Comprehensive ophthalmic care by experienced surgeons within vision corrections - mainly in the treatments of cataracts and glaucoma - using the latest laser technics.

- **AESTHETIC MEDICINE**
  Uncovering the beauty of the body with the use of the most modern non-invasive treatments, like: botox injections, hyaluronic acid, laser hair removal, photo-rejuvenation, mesotherapy, macro lane treatments.

- **INFERTILITY TREATMENT**
  The use of advantages in science and medicine in the fight against the infertility problems, IVF treatments.

- **MEDICAL REHABILITATION**
  Kinesitherapy, physic therapy, therapeutic massages and all the technics designed to restore full or most possible physical fitness
Useful for treatments

- Graduation towers
- Salt chambers
- Rehabilitation pools with mineral water
- Cryotherapy chambers
- Underground salt mines
Patients coming to Poland originate from:

- Great Britain
- Germany
- Scandinavia
- USA
- Middle East

and in selected centers book up to 80% of the full capacity.
Patients coming to Poland

Foreign visitors tend to choose:

- Rehabilitation and spa: 80%
- Dentistry, plastic, and aesthetic medicine: 20%
Price comparison of treatments (in ‘000 Euro)

- Liposuction: Poland - 2.0, Great Britain - 1.8, USA - 1.1
- Rhinoplasty: Poland - 5.1, Great Britain - 1.8, USA - 1.1
- Dental Implants: Poland - 2.4, Great Britain - 1.1, USA - 1.1
- Coronary Angioplasty: Poland - 45.0, Great Britain - 1.1, USA - 3.6
- Heart Valve Surgery: Poland - 134.5, Great Britain - 1.1, USA - 10.7
- Knee Operations: Poland - 39.3, Great Britain - 1.1, USA - 7.9
- Laser Eye Surgery: Poland - 3.6, Great Britain - 1.1, USA - 1.2
Poland as attractive supplier of medical services

- Middle European climate, similar to Nordics
- Considerably lower costs
- Almost immediate availability if most services
- Complexity of treatments
- Very good range of highly experienced specialists
- Interesting travel destination
- The worth of medical tourism market in Poland is close to 273 million Euro and increases yearly by ca. 20%
THANK YOU FOR YOUR ATTENTION

Małgorzata Hudyma
Director, Nordic Countries

Polish Tourist Organisation
in Stockholm

Visit us at Karlavägen 47B in Stockholm

Visit our website
WWW.POLEN.TRAVEL

Sign to our NEWSLETTER
KOLOBRZEG
- A HEALTH RESORT
closer than you think . . .
Adam Hok

Director of the Wellness Hotel
Pro - Vita (since 2010)

Initiator and Founder of the Spa City Foundation (est. 2010)
For a long time the biggest health resort in Poland ...
For the last 5 years the biggest Spa destination in Poland ...
HOW TO GET TO HERE

--- FLIGHT ---

dash line --- BUS ---
FACTS AND FIGURES

- approx. 47,000 residents
- located at the mouth of the river Parseta on the Baltic Sea coast
- the length of the coastline in Kołobrzeg - 13 km
- town rights since 23 of May 1255 (758 years)
- one of the oldest and biggest Spa towns in Poland
- number of overnight stays per year (2013): overall 3.3 mln (3rd place in PL after Warsaw and Cracow)
KOLOBRZEG AS A HEALTH RESORT

Meets the following requirements:
- protection of the quality and quantity of natural resources
- low noise level
- limitation of motor traffic
- preservation of green spaces
MINERAL RESOURCES

BRINE – „White Gold”
Positive effects on arthritis, osteoporosis, asthma and bronchitis

THERAPEUTIC MUD – „Black Gold”
Treatment of inflammations, muscle and joint pains, rheumatic diseases, cardiovascular, gastrointestinal and gynecological diseases

MICROCLIMATE
Treatment of respiratory disorders and allergies

MINERAL WATER
Enhances digestion, stimulates peristalsis, soothing and anti-inflammatory effect.
Established in 2010

The main objective of the Foundation is to promote Kolobrzeg as one of the most important Spa destinations in Poland
KOLOBRZEG Spa City Foundation

Hotel AQUARIUS Spa*****

Hotel Diva Spa****

Wellness Hotel Pro-Vita***

JANTAR Spa

OLYMP II Spa & Wellness

SAN Medical Spa
Modern hotels with impressive SPA and Wellness centers

<table>
<thead>
<tr>
<th>HOTELS</th>
<th>Room numbers</th>
<th>Over 200</th>
<th>Over 150</th>
<th>600</th>
<th>Around 1000</th>
</tr>
</thead>
<tbody>
<tr>
<td>** *** ***</td>
<td>Rooms</td>
<td></td>
<td></td>
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<tr>
<td>** *** ***</td>
<td>Rooms</td>
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</tr>
<tr>
<td>*** and others</td>
<td>Rooms</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overall</td>
<td>Rooms</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Spa Centre

Guests and visitors to our health resorts are cared for by over 200 specialists in 150 treatment rooms.

Doctors
Nurses
Physiotherapists
Dieticians
HIGHLIGHTS OF WHAT WE TREAT

diseases of the lower and upper respiratory tracts
rehabilitation of rheumatic and locomotor system diseases
chronic fatigue syndrome
obesity and diabetes
cardiology and hypertension
## HOTEL PRICE LIST 2014 (B&B)

<table>
<thead>
<tr>
<th>Room Type</th>
<th>Price</th>
<th>Approx. SEK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single rm</td>
<td>270 zł</td>
<td>590 SEK</td>
</tr>
<tr>
<td>Double rm</td>
<td>360 zł</td>
<td>780 SEK</td>
</tr>
</tbody>
</table>

## VITAL STAY 7 DAYS (HB, 2 TREATMENTS PER DAY)

<table>
<thead>
<tr>
<th>Room Type</th>
<th>Price</th>
<th>Approx. SEK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single rm</td>
<td>2100 zł</td>
<td>4500 SEK</td>
</tr>
<tr>
<td>Double rm</td>
<td>3200 zł</td>
<td>7000 SEK</td>
</tr>
</tbody>
</table>

## WELLNESS & SPA PRICE LIST

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
<th>Approx. SEK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hydrotherapy</td>
<td>ca. 20 zł</td>
<td>ca. 43 SEK</td>
</tr>
<tr>
<td>Electrotherapy &amp; Lighttherapy</td>
<td>15 - 20 zł</td>
<td>32 – 43 SEK</td>
</tr>
<tr>
<td>Peat wrap</td>
<td>15 zł</td>
<td>32 SEK</td>
</tr>
<tr>
<td>Mud body wrap</td>
<td>80 zł</td>
<td>174 SEK</td>
</tr>
<tr>
<td>Classical full body massage (1h)</td>
<td>100 zł</td>
<td>217 SEK</td>
</tr>
<tr>
<td>Abhyanga massage (1h)</td>
<td>160 zł</td>
<td>347 SEK</td>
</tr>
<tr>
<td>Whole body massage with peat (1h)</td>
<td>140 zł</td>
<td>304 SEK</td>
</tr>
<tr>
<td>Back massage with peat application</td>
<td>70 zł</td>
<td>152 SEK</td>
</tr>
<tr>
<td>Whole body massage and mud body wrap</td>
<td>180 zł</td>
<td>391 SEK</td>
</tr>
</tbody>
</table>

*PRICES FOR EXAMPLE HOTEL WELLNESS PRO- VITA*
WHY KOŁOBРZEG?

Excellent medical and tourist infrastructure
Affordable prices (relatively low)
High quality service
Professional staff
Knowledge of foreign languages
Easy availability of service
Wide range of treatments
WHY KOLOBRZEG?

The unique microclimate,
Clean air, free from pollution
The wealth of natural resources
Holistic approach to health and treatments
Experience in the provision of service
Events dedicated to tourists
WHY KOLOBRZEG?
WELCOME TO KOLOBRZEG
THANK YOU FOR YOUR ATTENTION

Adam Hok

E-Mail: chairman@spacitykolobrzeg.pl
tel. +48 698 610 909
The John Paul II Health Clinic is a place which combines great SPA conditions with a modern and supreme treatment zone.

It provides excellent atmosphere encouraging regeneration and rehabilitation of both body and the spirit.
Central Poland
Luxury Bus Transfer
267 rooms
We use:

- balneotherapy
- kinesitherapy
- hydrotherapy
- physiotherapy
- cryotherapy
- manual therapy
- massage therapy

Treatment methods
What do we treat?

We specialize in:

• post-traumatic arthritis & osteoarthritis treatment
• nursing care of the preoperative & postoperative client
• pain overload treatment
• orthritis & osteoarthritis
• lateral epicondylitis (tennis elbow) & lateral elbow pain
• heel spur treatment
• sciatica treatment
• postural problems
Aesthetic Dermatology Centre

provides a wide range of medical and cosmetic treatments such as laser treatment, wrinkle removal, scars removal, laser hair removal, microdermabrasion, massages, whole range of cosmetic procedures for face and body.

Beauty care
• indoor & outdoor swimming pool with hydroattractions
• saline pool
• sauna centre
• salt cave
• bath & massage centre
Medical Tourism & Wellness Cluster

Kuyavia and Pomerania Organization of Employers LEWIATAN

Salt graduation towers in Ciechocinek
Medical Tourism & Wellness Cluster

Kuyavia and Pomerania Organization of Employers LEWIATAN

✦ FOUNDED IN JULY 2013 BY KUYAVIA AND POMERANIA ORGANIZATION OF EMPLOYERS LEWIATAN

✦ AGREEMENT BETWEEN MEDICAL AND ACADEMIC INSTITUTIONS, SERVICE SUPPLIERS AND COMPANIES REPRESENTING RELEVANT BUSINESS BRANCHES
Medical Tourism & Wellness Cluster
Kuyavia and Pomerania Organization of Employers LEWIATAN

OBJECTIVES:

✦ Promotion of health and wellness tourism in Poland

✦ Creation and development of the mutual connections between Cluster Members and coordination of their activities
Medical Tourism & Wellness Cluster
Kuyavia and Pomerania Organization of Employers LEWIATAN

OFFERS:

✦ Ecological region: medical resorts and wellness centers (Ciechocinek and Inowroclaw) with centuries-long tradition of medical and spa treatments

✦ The high quality services and modern infrastructure are offered at prices lower up to 60% comparing to the US, Western Europe, or Canada.

✦ Beauty of the region including the medieval old town in Torun - listed as an UNESCO World Heritage site.
The John Paul II Health Clinic

Warzelniana 7 Street, 87-720 Ciechocinek, Poland
Tel. +48 54 416 70 00, fax +48 416 70 07

e-mail: rezerwacja@podtezniami.pl
www.podtezniami.pl