



# Pomeranian Health Guide **2024**





# INTRODUCTION

We invite you to visit one of the most beautiful regions of Poland, the Pomerania Region. Its unique locations with health resort qualities utilize natural environmental resources, cultural heritage, and tourist attractions. The region offers a rich health-oriented portfolio for both residents and visitors from across the country and abroad.

We present to you the **Pomeranian Health Guide (PHG)**, which contains comprehensive information about the health services available in the Pomerania Region, along with key places providing emergency assistance. This is the first regional compilation of its kind in Poland. You will find information about both **medical entities** and **tourist attractions**, including **descriptions of selected city parks**.

PHG includes places that save health (hospitals, clinics), help to regain it (rehabilitation centers, hotels), or prevent various ailments and support self-regeneration (green areas and parks).

In the first part of the document, **we invite you to visit our city parks**, which are ideal for supporting health and relaxation in a natural setting. The parks feature equipment to improve fitness and provide active time for children as well. Some of them have health-promoting infrastructure, such as graduation towers or fitness trails.

In the second part, we will showcase **the most frequently visited attractions of our voivodeship** from the perspective of people with special health needs.

The third part of the document is a **guide with information on accommodation facilities where health services are available**.

We have also included data on brine pools in our region.

The final part of the guide is useful in **situations of urgent need** for medical services, both for residents and tourists, as well as for pets.

We have made every effort to ensure that the information collected by the end of August 2024 and included in the study is reliable. We plan to update it regularly in the coming years.

We hope that PHG will prove to be a valuable, helpful, and perhaps even inspiring publication for the residents of Pomerania and visitors to this beautiful and unique region.

We invite you to visit the project's website

[www.regionzdrowia.pl/en/pomorski-informator-zdrowotny/](http://www.regionzdrowia.pl/en/pomorski-informator-zdrowotny/)

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# URBAN PARKS

Urban parks play a vital role in the lives of residents and the functioning of cities. Each park offers something unique, from exercise equipment to artistic installations. They serve as green islands, places for meetings, play, and physical activity. Climate change presents new challenges for city dwellers, with increasing heat making parks invaluable oases that save us from the heat and urban hustle.

Below, you will find descriptions of 25 parks located in the Pomeranian Region. They have been selected based on their exceptional development features. Some of these places do not have official names, but due to their charm, they have been included here. The icons next to the descriptions indicate the character of the park and the elements that can be found there.

Parks vary in character, location, and infrastructure. The vast majority offer exercise equipment, but you can also find unique elements such as hammocks for lounging or impressive sculptures. We invite you to discover them!

LET'S MEET IN THE PARK **for** HEALTH!

# LEGEND

Each park is described using blue icons if at least one element of that type is present in the park.

Green icons indicate the rating of a particular element on a three-star scale. For forestation, the density and height of trees were considered. Playground ratings were based on their size and the variety of equipment. Healthiness ratings took into account factors such as air quality and monitoring, water resources, noise levels, and health infrastructure.



**Forestation**



**Playground**



**Healthiness level**



**Toilets**



**Gyms**



**Sports fields**



**Drinking fountains**



**Water reservoir**



**Fountain**



**Graduation towers**



**Barefoot path**



**Fitness trail**



**Sensory garden**



**Amphitheater**



**Dog park**



**Art installations**



**Reference to regional traditions**



**Cafes**



1

# Park A. Majkowskiego

# Wejherowo, Parkowa street

The most diverse park in terms of the quantity and quality of amenities and attractions in the region. Beautifully situated on the edge of the city near a forest, the park is interesting and well-maintained, with a clear reference to Kashubian culture. A wide range of dining options is available.



GOOGLE REVIEWS 4,8 6000 VOTES

2

# Park Ronalda Regana

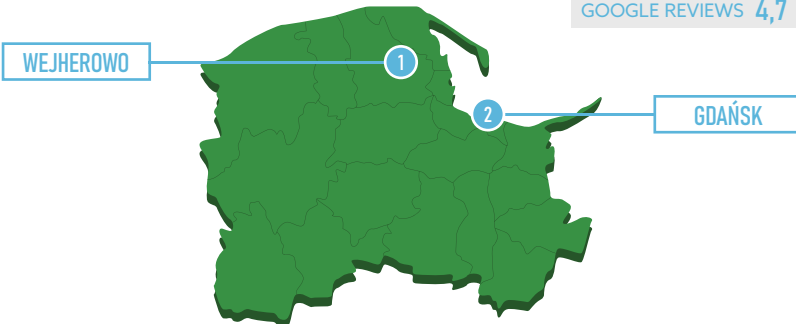
# Gdańsk, Piastowska street



The largest urban park in Gdańsk offers a variety of attractions for people of all ages. Located along the beach, it includes a coastal forest and green areas. The park features numerous playgrounds, exercise areas, and art installations. Fruit trees are also a part of the park's landscape. It's an ideal spot for a family picnic, thanks to the available barbecue areas.



GOOGLE REVIEWS 4,7 12000 VOTES





### 3 Błonia Sopotkie

### Sopot, Bitwy pod Płowcami street



A park with a distinctly health-promoting character, featuring a graduation tower, sensory garden, and a "barefoot path." Attractively located near the beach and sea, this new park is still moderately forested. The main issues are the poor quality of the paths leading to the attractions and the lack of information about them.



GOOGLE REVIEWS 4,6 705 VOTES

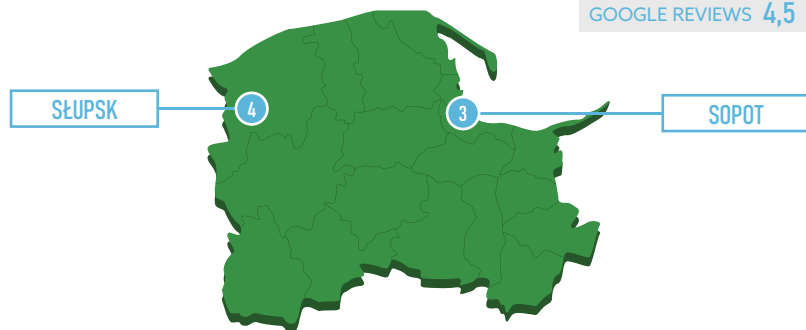
### 4 Park Kultury i Wypoczynku

### Słupsk, J. Słowackiego street

A very charming park with a modern playground and access to the Słupia River. The park features a kayaking route, a modern restroom, a café, and numerous opportunities for active leisure.



GOOGLE REVIEWS 4,5 2600 VOTES

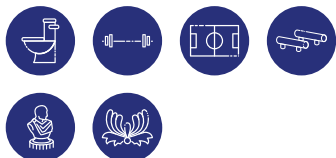


## 5 Park H. Derdowskiego

Władysławowo, Mjr. H. Sucharskiego street



A beautiful forest park adorned with hydrangeas, reflecting Kashubian traditions, equipped with hammocks and a fitness trail with exercise equipment. The park features a trail of wooden sculptures inspired by Kashubian legends, with translations in three languages. There are two modern restrooms available. The sports infrastructure is also located in the area adjacent to the park, but it is not forested. Additionally, there is a shelter with a fire pit.



GOOGLE REVIEWS 4,7 139 VOTES

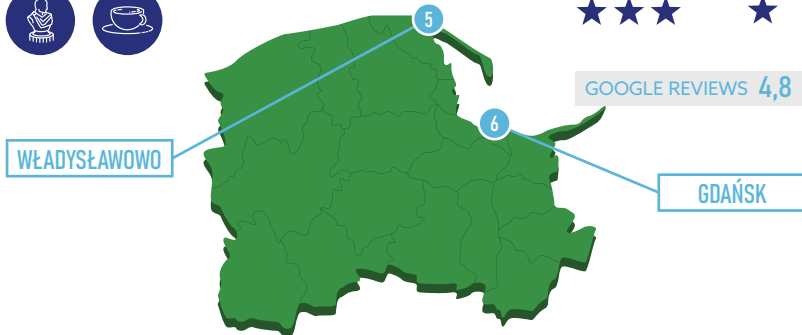
## 6 Park Oruński E. Hoene

Gdańsk, Raduńska street

This historical park is situated along the picturesque Oruński Stream, where you can walk all the way to the Augustowska Reservoir. Due to its dense forestation and hilly terrain, it is an attractive area all year round. It is excellent for running and active recreation. The park also houses cultural institutions.



GOOGLE REVIEWS 4,8 8400 VOTES



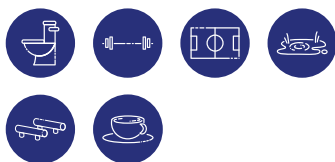
7

## Park Starowiejski

## Rumia, Kosynierów street



This relatively small area is beautifully equipped with unique playgrounds and gyms. A picturesque pond with a bridge and a nearby café make this area attractive as a meeting place. The surroundings are peaceful with a suburban character.



GOOGLE REVIEWS 4,9 15 VOTES

8

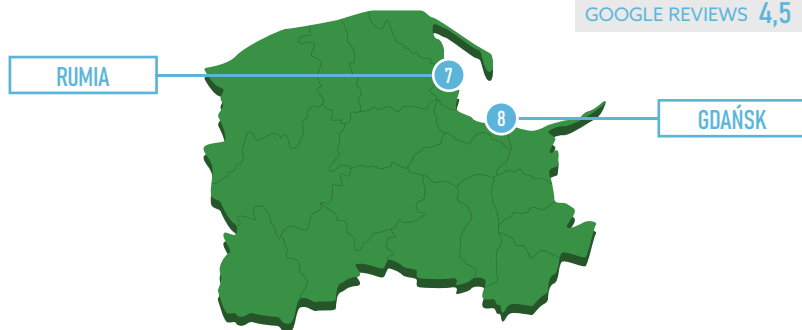
## Park Subistawa

## Gdańsk, Subistawa street

The Oliwski Stream and the retention reservoir give visitors the impression of being outside the city. Despite being in the city center, the area is quiet and peaceful. It is a popular spot for fishing enthusiasts. There are many natural and historical attractions nearby.



GOOGLE REVIEWS 4,5 27 VOTES



9

Park Tysiąclecia

Chojnice, Parkowa street



This centrally located, large, and beautiful park offers numerous amenities for everyone. There are special zones designated for sports activities, play, and relaxation. The park also features references to the history of the region and Poland.



GOOGLE REVIEWS 4,7 2900 VOTES

10

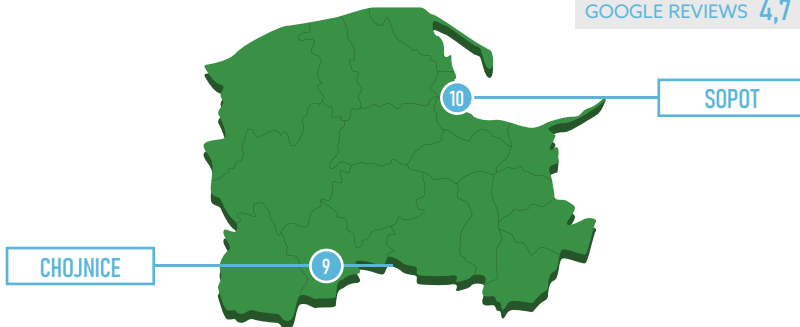
Park Północny

Sopot, Powstańców Warszawskich street

A well-maintained and attractively located forested area. It offers relaxation and access to play areas, while being situated right by the sea, near the main tourist attractions of Sopot.



GOOGLE REVIEWS 4,7 6600 VOTES



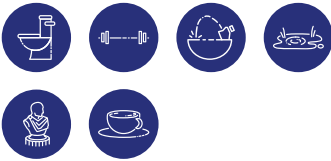
11

## Park Brzeźniński J. J. Haffnera

Gdańsk, Ignacego Krasickiego street



This former spa park features historical paths and gazebos, along with a renovated Spa House. It offers unique walking trails through forested areas along the coast, and a lighthouse with views of the Tri-City. The park also includes historical bunkers and playgrounds for children.



GOOGLE REVIEWS 4,6 4000 VOTES

12

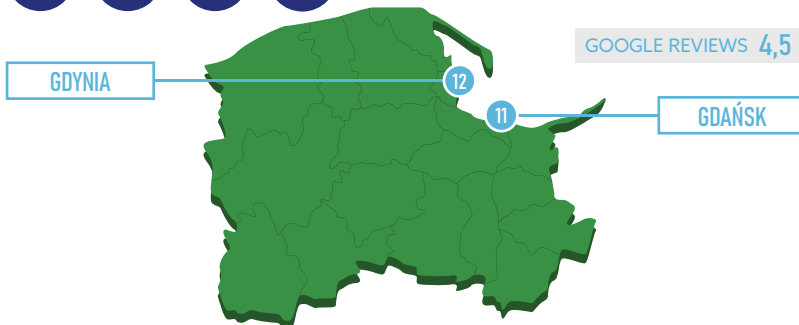
## Park Centralny

Gdynia, ul. Piłsudskiego street

A new, representative park centrally located near the City Hall, featuring an underground parking lot. It is a nice place for relaxation and play. Unfortunately, the area is neglected and unfinished, with no access to the constructed restrooms.



GOOGLE REVIEWS 4,5 509 VOTES



13

## Park Oliwski A. Mickiewicza

Gdańsk, Opata Jacka Rybińskiego street



This historical park features two distinct sections: a French section characterized by intricately trimmed shrubs and decorative flower beds, and an English section consisting of old-growth trees, lawns, and pathways. An integral part of the park is the Botanical Garden with a Palm House. The charm of the place is enhanced by water reservoirs and a stream.



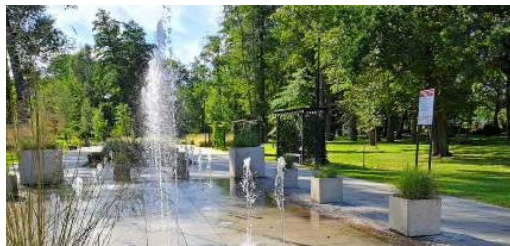
GOOGLE REVIEWS 4,8 33000 VOTES

14

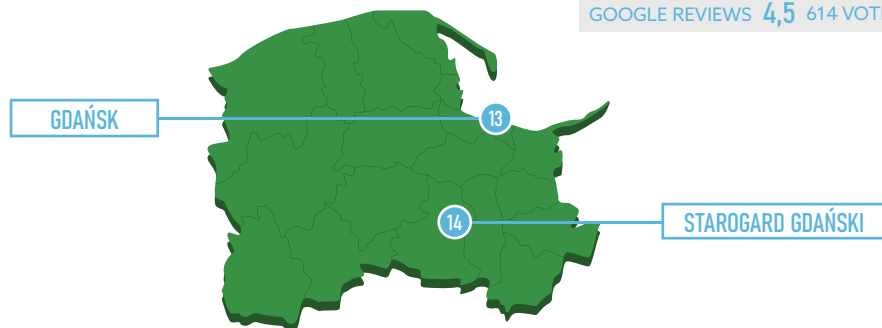
## Park Miejski

Starogard Gdański, Boczna street

This ideal urban park, located in the city center, is perfect for walks and relaxation. It has a well-maintained and peaceful character, featuring pathways, a fountain, and a graduation tower. There are no playgrounds. The park is part of the city's walking trail, providing access to green areas.



GOOGLE REVIEWS 4,5 614 VOTES



15

## Park Północny i Miejski

## Malbork, Parkowa street



Charming park situated along the Nogat River, partially developed and well-maintained. Some of the infrastructure is neglected (benches) or out of service (graduation tower). It is an interesting place for families with children due to its modern and attractive playground.



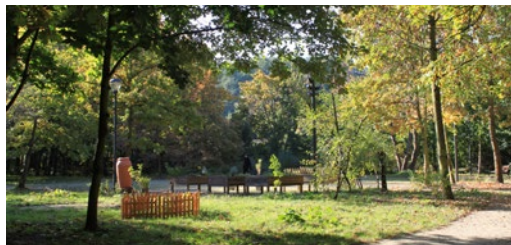
GOOGLE REVIEWS 4,5 13000 VOTES

16

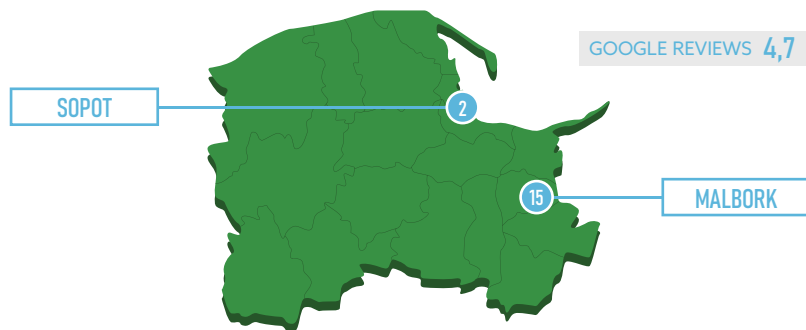
## Park na Goyki

## Sopot, J. Goyki street

This renovated park is located on a plot near the railway tracks, but despite this, it offers peace and the opportunity for reflective time surrounded by interesting and beautiful installations. The park includes a public vegetable garden, among other features.



GOOGLE REVIEWS 4,7 16 VOTES



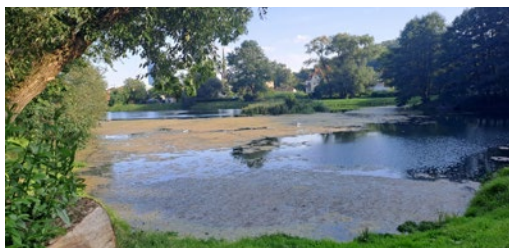


A natural area along the Vistula River, next to a historical site, ideal for relaxation. The advantages include numerous playgrounds, gyms, and public restrooms. However, the area suffers from litter and young, sparse trees, which do not provide much shade.

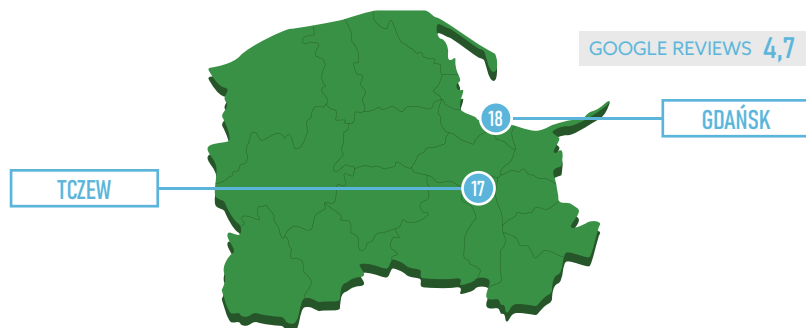


GOOGLE REVIEWS 4,6 2300 VOTES

The green areas around Młyński Pond are located near the famous Oliwski Park and the new Opacki Park. The area features interesting sports infrastructure, a playground, and a dog park. In the middle of the pond, there is a fountain that adds charm to the place.



GOOGLE REVIEWS 4,7 214 VOTES





## 19 Park M. i L. Kaczyńskich

Gdynia, A. Mickiewicza street



This park features an observation point with a view of Gdynia. It has interesting landscaping, including an amphitheater. It is easily accessible by train and elevator. There is a 24-hour restroom, with payment accepted only in coins.



GOOGLE REVIEWS 4,4 2200 VOTES

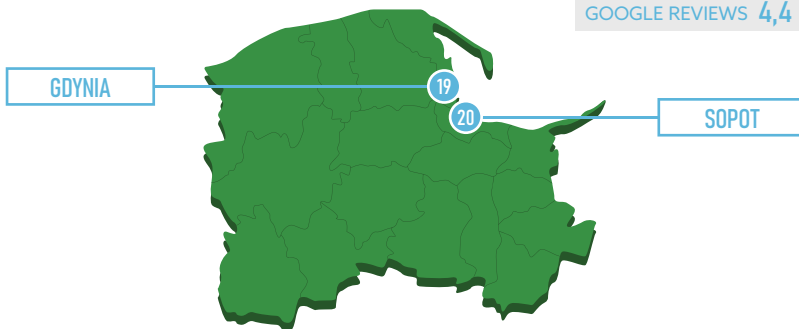
## 20 Park Południowy M. i L. Kaczyńskich

Sopot, Piastów street

This centrally and picturesquely located park in Sopot features a unique playground and a brine mushroom. It is ideal for a short relaxation break in the city center.



GOOGLE REVIEWS 4,4 1365 VOTES



## 21 Park Jana Pawła II

## Ustka, Leśna street



This beautifully located park features interesting walking paths along the coastal strip with natural forest and dunes. The proximity to boulevards, restrooms, and cafés makes it enjoyable to visit throughout the day. However, the additional infrastructure is limited.

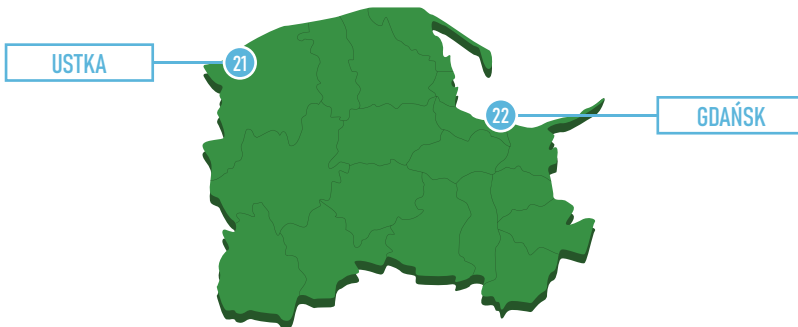


GOOGLE REVIEWS 5 9 VOTES

## 22 Park Południowy

## Gdańsk, Świętokrzyska street

The second largest park in Gdańsk, gradually expanded and equipped, making it an attractive place for active recreation. Beautifully located in a valley around retention reservoirs.



23

## Park Piekietki

## Starogard Gdański, Władysława Jagiełły street



This unique park features a seasonal outdoor pool. Additionally, there are interesting walking areas along the river, with paths leading to the city park. It is ideal for families with children.



GOOGLE REVIEWS 4,3 83 VOTES

24

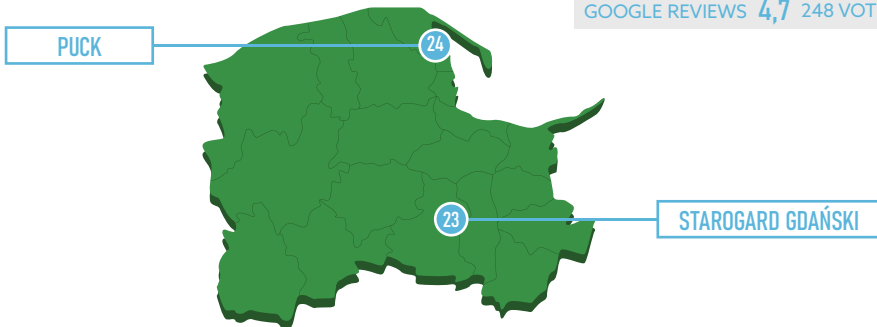
## Park F. Nowowiejskiego

## Puck, Nowomiejska street

Due to its location by the Puck Bay, the park boasts very clean air. It is ideal for lovers of old trees. Along the picturesque route with a view of the sea, there are scenic installations.



GOOGLE REVIEWS 4,7 248 VOTES



25

## Park Miejski Rodzinny

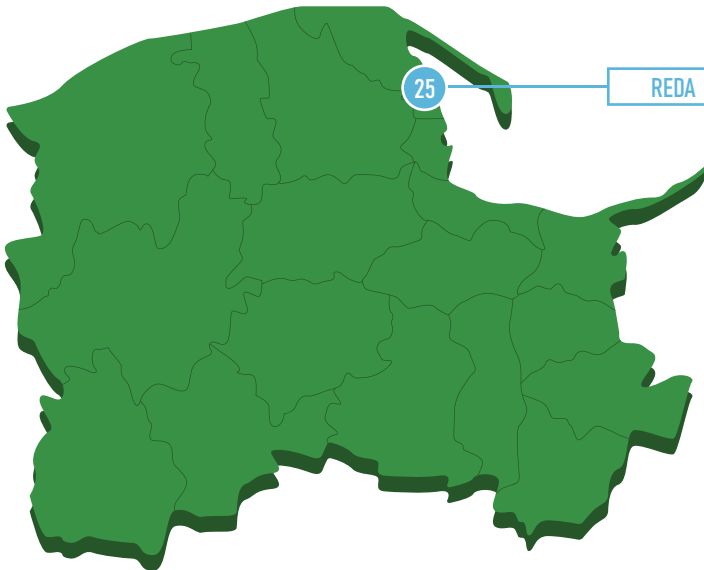
Reda, 1 Maja street



A major advantage of this park is that the Reda River flows through it, and there is a kayak dock available. It is a pleasant park, though it mostly has sparse tree cover. Beautiful fountains add charm to the park.



GOOGLE REVIEWS **4,7** 2100 VOTES



# MOST VISITED TOURIST ATTRACTIONS

## LEGEND



accessible  
ticket  
counters



accessible  
entrance and  
adapted parking  
nearby



elevators  
or ramps



special  
restrooms



audio guide



induction  
loop



Braille  
signage



audio description



special  
offers



resting  
areas

Below is a brief description of the 20 most visited tourist attractions in the Pomerania Region in 2023 (research conducted by the regional authorities of the Pomerania Region) in terms of their accessibility.

The icons next to the attractions are based on information declared on the official websites of the respective locations. Additionally, each attraction is accompanied by a comment regarding its accessibility.



A modern museum and educational center dedicated to the history of the Solidarity movement and the democratic transformations in Poland and Central and Eastern Europe.

[www.ecs.gda.pl](http://www.ecs.gda.pl)

A facility with numerous amenities for people with disabilities. It is accessible, allowing free movement across different levels. Care has been taken to accommodate individuals with various impairments. It features a unique amenity: a tactile light sculpture for visually impaired individuals.

More info: <https://ecs.gda.pl/dostepnosc/>



## Molo w Sopocie

Plac Zdrojowy 2, 81-723 Sopot



A landmark of the city, consisting of the Kuracyjny Square and a wooden pier extending 511.5 meters into the Gdańsk Bay.

[www.molo.sopot.pl](http://www.molo.sopot.pl)

The attraction is outdoors. It is very popular among locals and tourists. There is no designated parking nearby. The pier is located by the sea, and the area is noisy and busy. It is a flat, wooden structure that allows for easy movement.

More info: <https://mosir.sopot.pl/informacja-dla-osob-niepelnospprawnych.html>



## Muzeum Zamkowe w Malborku

Starościńska 1, 82-200 Malbork



The largest brick castle built by the Teutonic Order in the world. Additionally, it serves as a museum and an educational-research institution.

[www.zamek.malbork.pl](http://www.zamek.malbork.pl)

The historic building is only partially adapted to modern accessibility requirements. The castle, which is the main attraction of the museum, is very challenging for people with mobility impairments. Only the ticket and sanitary building has many amenities. The castle can be visited with a guide dog.

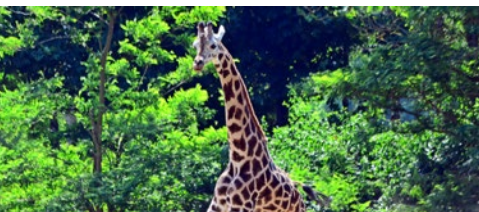
**More info:** <https://zamek.malbork.pl/dostepnosc/deklaracja-dostepnosci/>



Fot. M.Ochocki/Pomorskie.Travel

## Zoo w Gdańsku

Karwieńska 3, 80-328 Gdańsk



A zoo located in the heart of the Tricity Landscape Park. It was established in 1954 and covers an area of 125 hectares, housing animals from all continents.

[www.zoo.gdansk.pl](http://www.zoo.gdansk.pl)

The attraction is outdoors and located in a hilly area, partially within a forest. Due to the presence of many animals, there may be a high intensity of various sensory stimuli. There are no stairs on the premises, so ramps are not necessary. The facility features a tactile map for visually impaired individuals.

**Więcej info:** <https://zoo.gdansk.pl/o-zoo/deklaracja-dostepnosci/>



Fot. Zoo\_P. Ciesielski



A museum dedicated to World War II, one of the largest in Europe on this topic. It presents, among other things, the fate of civilians, including the experiences of the Polish nation.

[www.muzeum1939.pl](http://www.muzeum1939.pl)

A modern and spacious museum that allows for comfortable movement. Visiting can be quite demanding due to the size of the exhibition. There is the possibility to borrow tactile book plans and to visit with an assistance dog. Special tactile paths are available on all levels.

**More info:**

<https://muzeum1939.pl/udogodnienia-dla-osob-z-niepelnosprawnosciamy/4343.html>



## Muzeum Gdańska



The Gdańsk Museums consist of eleven branches with different characters and collections. The most frequently visited places are the Main Town Hall, the Amber Museum, and the Artus Court. The first showcases the history and development of the city of Gdańsk, the second focuses on the charms of amber, and the third is a representative room with numerous works of art and the largest tiled stove in Europe.

[www.muzeumgdansk.pl](http://www.muzeumgdansk.pl)

The Museum of Gdańsk has many branches located in different buildings. Most of them are difficult to access due to their historical character and central location. The best adapted is the Amber Museum, although its dark walls may cause negative impressions for sensitive individuals.

**More info:** <https://muzeumgdansk.pl/zaplanuj-wizyte/dostepnosc-oddzialow/>



## Ratusz Głównego Miasta

Długa 46/47 80-831 Gdańsk



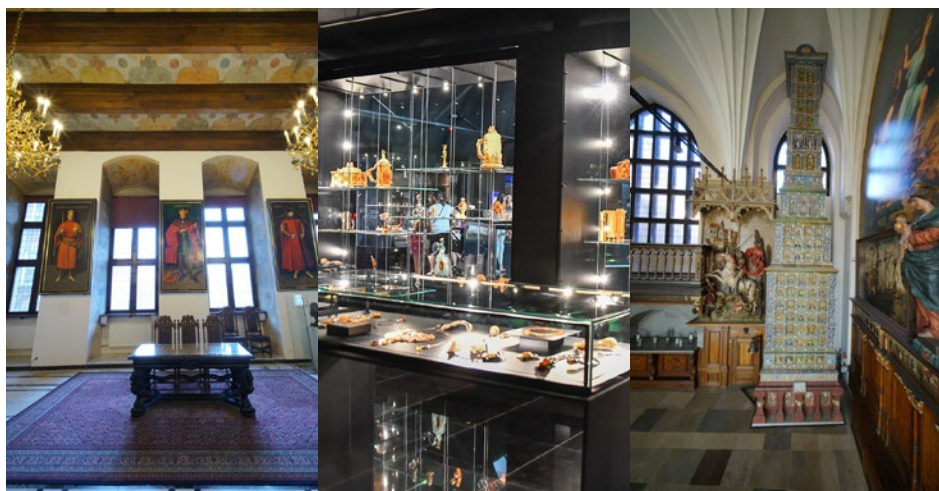
## Muzeum Bursztynu

Wielkie Młyny 16, 80-849 Gdańsk



## Dwór Artusa

Długi Targ 43/44, 80-831 Gdańsk



Ratusz Głównego Miasta fot. D. Kula,  
Muzeum Bursztynu fot. A. Grabowska,  
Dwór Artusa fot. D. Kula, mat. Muzeum Gdańska.

## Akwarium Gdynskie

ul. Jana Pawła II 1, 81-345 Gdynia



Gdynia Aquarium is a unique zoo where all the inhabitants are related to the aquatic environment. It is an institution promoting nature conservation and ecological education.

[www.akwarium.gdynia.pl](http://www.akwarium.gdynia.pl)

The main entrance requires assistance, and the ground floor room with the ticket office is quite challenging. The building has been adapted to special needs to a limited extent. Guide dogs are allowed.

**More info:** <https://akwarium.gdynia.pl/deklaracja-dostepnosci/>



Akwarium Gdynskie - Morski Instytut Rybacki-PIB fot. W. Podlesińska

## Słowiński Park Narodowy

ul. Bohaterów Warszawy 1A, 76-214 Smołdzino



One of the 23 national parks in Poland, located on the Baltic Sea. It was established to protect the dune belt of the spit with unique moving dunes, exceptional in all of Europe.

[www.spn.gov.pl](http://www.spn.gov.pl)

The attraction is located on the Baltic Sea coast. It is easily accessible, but moving around the area can be challenging in some sections due to the natural character of the place.

**More info:** <https://spn.gov.pl/deklaracja-dostepnosci-spn>



Fot. M.Ochocki/Pomorskie.Travel



It is the largest maritime museum in Poland. It presents maritime history, covering topics such as navigation, fishing, and shipbuilding.

[www.nmm.pl](http://www.nmm.pl)

The museum has several branches. Some of them are very difficult to access due to their structural specifics. The main branch on Ołowianka Street is well adapted to the needs of people with mobility impairments. The museum ship 'Sołdek' can be explored in the form of a 3D virtual tour in the main hall of the Granaries on Ołowianka.

**More info:** <https://nmm.pl/deklaracja-dostepnosci/>



Żuraw - jeden z oddziałów Narodowego Muzeum Morskiego w Gdańsku. Fot. P. Józwiak

## ERGO ARENA

Plac Dwóch Miast 1, 80-344 Gdańsk



A modern entertainment and sports hall located on the border of Gdańsk and Sopot. It can accommodate up to 15,000 spectators.

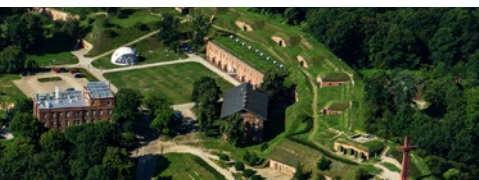
[www.ergoarena.pl](http://www.ergoarena.pl)

The facility is intended for various events. During events, special zones are usually designated for people with disabilities, as the seats in the stands are difficult to access. Hearing aid devices can be rented on-site.

**More info:**

<https://ergoarena.pl/dla-odwiedzajacych/osoby-z-niepelnosprawnosciam/>





An interdisciplinary institution located on the grounds of the former Fort Góra Gradowa in Gdańsk. It combines elements of education, history, culture, and recreation. [www.hevelianum.pl](http://www.hevelianum.pl)

The attraction is located on Góra Gradowa, which is quite difficult to access on foot. The historic buildings and fortifications have been adapted to a limited extent. However, most exhibitions are accessible to people with various disabilities. Additional amenities include available films with subtitles and a special guide on information about exhibits with a high number of sensory stimuli.

**More info:** <https://hevelianum.pl/dostepnosc/>



Hevelianum - zdjęcie lotnicze

## Centrum Nauki EXPERYMENT w Gdyni

Aleja Zwycięstwa 96/98, 81-451 Gdynia



An interactive science center encouraging discovery and experimentation. The place organizes a variety of exhibitions and workshops for children and adults. [www.experyment.gdynia.pl](http://www.experyment.gdynia.pl)

The facility is easily accessible by public transport, but due to its popularity and limited space, parking a car is difficult. The facility does not have automatic doors. Due to its nature, the place is very noisy and filled with various stimuli. It is primarily geared towards the needs of children.

**More info:** <https://experyment.gdynia.pl/deklaracja-dostepnosci/>



Centrum Nauki Experyment w Gdyni

## Teatr Muzyczny w Gdyni

Plac Grunwaldzki 1, 81-371 Gdynia



The largest musical theater in Poland. It is located right by the sea and has three stages that can accommodate a total of 1,580 spectators.

[www.muzyczny.org](http://www.muzyczny.org)

The theater hosts a variety of performances and cultural events. Some of them are associated with a high number of sensory stimuli. The main stage is accessible for people with disabilities.

More info:

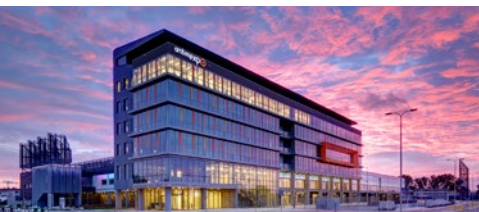
<https://muzyczny.org/pl/deklaracja-dostepnosci.html>



Fot. P. Burda

## Amber Expo

Żaglowa 11, 80-560 Gdańsk



A modern exhibition and congress center that hosts events such as fairs, conferences, concerts, and exhibitions.

[www.amberexpo.pl](http://www.amberexpo.pl)

The venue is designed for a variety of trade and cultural events. Its spacious areas allow for easy navigation throughout the facility. Additional amenities include special seating areas during events and the availability of wheelchair rentals.



Amber Expo

## Teatr Szekspirowski

Wojciecha Bogusławskiego 1, 80-818 Gdańsk



A unique theater inspired by the English tradition of Elizabethan theaters, it is one of the most modern facilities of its kind in Poland. The building is distinguished by its unique architecture.

[www.teatrszekspirowski.pl](http://www.teatrszekspirowski.pl)

The facility is modern and well-adapted to the needs of individuals with various disabilities. Visitors are welcome to tour the venue with a guide dog or assistance dog.

**More info:** <https://teatrszekspirowski.pl/o-teatrze/teatr-bez-barier/>



TeatrSzekspirowski\_D. Linkowski

## Polsat Plus Arena Gdańsk

Pokoleń Lechii Gdańsk 1, 80-560 Gdańsk



A modern football stadium opened in 2011. It can accommodate 41,200 spectators.

[www.polsatplusarenagdansk.pl](http://www.polsatplusarenagdansk.pl)

The venue is designed for a variety of events, primarily sports. There are special sections and seating areas for individuals with disabilities and their caregivers. Guide dogs are allowed in the stadium. The premises have a large number of stairs.

**More info:** <https://polsatplusarenagdansk.pl/dostepnosc/>



PPAG-Jakub-Landowski(@\_axis)-Werbrand&Unicorns



One of the oldest cultural institutions in Poland, it is housed in the buildings of a former Franciscan monastery. The museum boasts rich collections of paintings, sculptures, goldsmithing, and ceramics.

[www.mng.gda.pl](http://www.mng.gda.pl)

The museum comprises several branches. The main headquarters is located in a historic building with limited accessibility. Entry to the building requires special assistance due to the historic doors. Inside, there are ramps, but moving between levels can be challenging and is recommended with a companion. Digital tours are available. The best-adapted branches for the needs of individuals with disabilities are the NOMUS Modern Art Department and the Gdańsk Gallery of Photography.

**More info:** <https://www.mng.gda.pl/deklaracja-dostepnosci/>



Fot. A. Burcon

## Muzeum w Sztutowie

Muzealna 6, 82-110 Sztutowo



A memorial site of the former German Nazi concentration camp. The museum covers approximately 20 hectares of the former camp grounds.

[www.stutthof.org](http://www.stutthof.org)

Most of the site is situated on flat terrain. The areas between the buildings are covered with surfaces that may hinder movement. Guide dogs are allowed, but it is recommended to have a companion present.

**More info:** <https://stutthof.org/deklaracja-dostepnosci/>



Fot. M.Ochocki/Pomorskie.Travel

## Filharmonia Bałtycka

Ołowianka 1, 80-751 Gdańsk



One of the city's most important cultural institutions, located in the historic building of a former power plant. The philharmonic hosts a variety of concerts, recitals, and cultural events.

[www.filharmonia.gda.pl](http://www.filharmonia.gda.pl)

The attraction is housed in historic interiors with old-style entrance doors that are difficult to open. Individuals with disabilities have free admission to events, while their companions can enter at a reduced ticket price. The facility offers additional support, but prior notification is required.

**More info:** <https://www.filharmonia.gda.pl/oswiadczenia-o-dostepnosci>



Fot. archiwum PFB

## Muzeum Marynarki Wojennej w Gdyni

Zawiszy Czarnego 1B, 81-374 Gdynia



The museum showcases the history of the Polish Navy. It includes a permanent exhibition in the building as well as on warships.

[www.muzeummw.pl](http://www.muzeummw.pl)

The facility has an accessible entrance and a friendly interior space. Assistance dogs and guide dogs are allowed. Visitors with visual impairments are recommended to tour with a companion.

**More info:** <https://muzeummw.pl/deklaracja-dostepnosci/>



Muzeum Marynarki Wojennej\_Wystawa „W świecie dawnych żaglowców”



# ACCOMMODATION FACILITIES

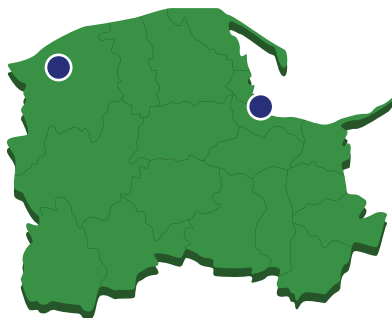
Providing Health and Medical Services in the Pomerania Region

(as of August 2024)

## SANATORIUMS

In the Pomerania Region, within the health resort municipalities, there are 6 sanatorium facilities designed for chronically ill patients and convalescents.

The primary offerings at these facilities include treatments utilizing natural therapeutic resources.



### Sanatorium „Leśnik”, Sopot

[www.lesnik.sanatoria.com.pl](http://www.lesnik.sanatoria.com.pl)

### Sanatorium Kamienny Potok, Sopot

[www.sanatoriumkamiennypotok.pl](http://www.sanatoriumkamiennypotok.pl)

### Sanatorium Uzdrowisko MSWiA, Sopot

[www.sanatorium-helios.com.pl](http://www.sanatorium-helios.com.pl)

### Sanatorium Tęcza, Ustka

[www.tecza.tp1.pl](http://www.tecza.tp1.pl)

### Dom Wczasowo-Sanatoryjny Perła, Ustka

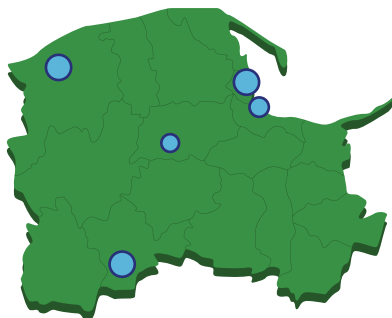
[www.perla-ustka.pl](http://www.perla-ustka.pl)

### Ośrodek rehabilitacyjno-wypoczynkowy „Pomorze”, Ustka

[www.sanatorium-ustka.pl](http://www.sanatorium-ustka.pl)

## HOTELE

In the Pomerania Region , there are 43 registered 4-star hotels and 12 5-star hotels. Some of these hotels have exceptionally well-developed spa facilities. Among the regional 3-star hotels, 5 such establishments have been identified.



## MEDHOTEL

### Hotel Sopotorium Medical Resort, Sopot

[www.sopotorium.pl](http://www.sopotorium.pl)

### Hotel Medical Krojanty i klinika rehabilitacyjna w Krojantach near Chojnice

[www.krojanty.com.pl](http://www.krojanty.com.pl)

### Hotel Kuracyjny i Centrum Rehabilitacji i Odnowy Biologicznej, Gdynia

[www.hotelkuracyjny.pl](http://www.hotelkuracyjny.pl)

### Adler Medical Spa w Zgorzałe near Stężyca

[www.adler.kaszuby.pl](http://www.adler.kaszuby.pl)

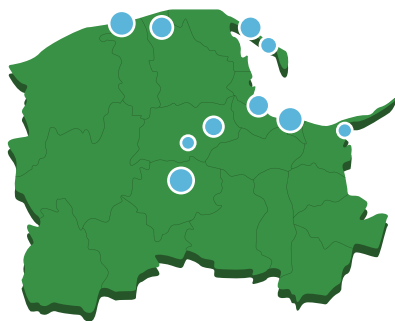
### Grand Lubicz, Ustka

[www.grandlubicz.pl](http://www.grandlubicz.pl)

The 3, 4, and 5-star hotels with extensive spa facilities include:

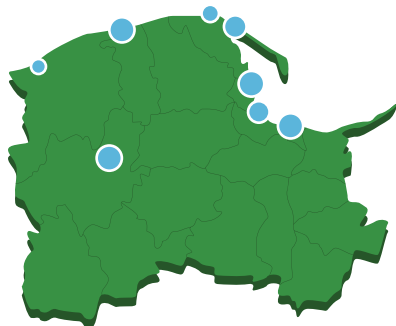
Facilities with a pool, sauna, jacuzzi, offering simple relaxation and beauty treatments that do not require the support of specialized medical personnel, include

<b>Villa Baltica Spa</b> <a href="http://www.villabaltica.pl">www.villabaltica.pl</a>	<b>SOPOT</b>	<b>Wichrowe Wzgórze Spa</b> <a href="http://www.wichrowe.info">www.wichrowe.info</a>	<b>CHMIELNO</b>
<b>Prawdzc Resort &amp; Wellness</b> <a href="http://www.prawdzc.com.pl">www.prawdzc.com.pl</a>	<b>GDAŃSK</b>	<b>Pałac Ciekocinko Hotel Resort &amp; Wellness</b> <a href="http://www.palacciekocinko.pl">www.palacciekocinko.pl</a>	<b>CHOCZEWO</b>
<b>Hotel Dom Zdrojowy</b> <a href="http://www.hoteldomzdrojowy.pl">www.hoteldomzdrojowy.pl</a>	<b>JASTARNIA</b>	<b>Hotel Bryza Spa</b> <a href="http://www.bryza.pl">www.bryza.pl</a>	<b>JURATA</b>
<b>Hotel Tristan Spa</b> <a href="http://www.tristan.com.pl">www.tristan.com.pl</a>	<b>KĄTY RYBACKIE</b>	<b>Łeba Hotel &amp; Spa</b> <a href="http://www.hotelleba.com.pl">www.hotelleba.com.pl</a>	<b>ŁEBA</b>
<b>Hotel Nadmorski</b> <a href="http://www.hotelnadmorskileba.pl">www.hotelnadmorskileba.pl</a>	<b>ŁEBA</b>	<b>Hotel Saltic Resort &amp; Spa</b> <a href="http://www.hotelsaltic.pl/leba">www.hotelsaltic.pl/leba</a>	<b>ŁEBA</b>
<b>Villa Verdi Pleasure &amp; Spa</b> <a href="http://www.villaverdi.pl">www.villaverdi.pl</a>	<b>ŁEBA</b>	<b>Hotel Niedźwiadek</b> <a href="http://www.hotelniedzwiadek.pl">www.hotelniedzwiadek.pl</a>	<b>KOŚCIERZYNA</b>
<b>Ostrzyce Spa</b> <a href="http://www.ostrzycespa.pl">www.ostrzycespa.pl</a>	<b>OSTRZYCE</b>	<b>Hotel Jantar Wellness &amp; Spa</b> <a href="http://www.jantar-ustka.pl">www.jantar-ustka.pl</a>	<b>JANTAR</b>



Facilities that, in addition to the above amenities, also offer an extended range of special treatments made possible by additional health-promoting equipment or qualified specialists, such as physiotherapists, include:

<b>Centrum Ulan Spa</b> <a href="http://www.ulanspa.pl">www.ulanspa.pl</a>	<b>BYTÓW</b>	<b>Hotel Orle</b> <a href="http://www.orle.com.pl">www.orle.com.pl</a>	<b>GDAŃSK</b>
<b>Lech Resort and Spa</b> <a href="http://www.lechresortspa.pl">www.lechresortspa.pl</a>	<b>ŁĘBA</b>	<b>Primavera Spa</b> <a href="http://www.primaveraspa.pl">www.primaveraspa.pl</a>	<b>GDYNIA</b>
<b>Hotel Quadrille Relais &amp; Chateaux Spa</b> <a href="http://www.quadrille.pl">www.quadrille.pl</a>	<b>GDYNIA</b>	<b>Hotel Szafir</b> <a href="http://www.szafirhotel.pl">www.szafirhotel.pl</a>	<b>JASTRZĘBIA GÓRA</b>
<b>Hotel Sopot</b> <a href="http://www.hotelsopot.eu">www.hotelsopot.eu</a>	<b>SOPOT</b>	<b>Sopot Marriott Resort &amp; Spa</b> <a href="http://www.mera-spa.com">www.mera-spa.com</a>	<b>SOPOT</b>
<b>Hotel Rezydent</b> <a href="http://www.rezydentsopotmgallery.pl">www.rezydentsopotmgallery.pl</a>	<b>SOPOT</b>	<b>Sheraton Sopot Spa</b> <a href="http://www.sheratonsopotspa.pl">www.sheratonsopotspa.pl</a>	<b>SOPOT</b>
<b>Hotel Testa</b> <a href="http://www.hoteltesta.pl">www.hoteltesta.pl</a>	<b>SOPOT</b>	<b>Hotel Radisson Blu Sopot</b> <a href="http://www.radissonblusopot.pl">www.radissonblusopot.pl</a>	<b>SOPOT</b>
<b>Kormoran Medispa</b> <a href="http://www.kormoran-rowy.pl">www.kormoran-rowy.pl</a>	<b>ROWY</b>	<b>Maloves Resort&amp;Spa</b> <a href="http://www.maloves.pl">www.maloves.pl</a>	<b>WŁADYSŁAWOWO</b>



Facilities that meet the above criteria and additionally offer long-term rehabilitation stays based on a proprietary program. Guests at these facilities are under the care of qualified personnel who tailor an individual rehabilitation program. These facilities include:

**Zdrowotel**

[www.zdrowotel.pl](http://www.zdrowotel.pl)

ŁEBA

**Hotel Ustka**

[www.hotel-ustka.eu](http://www.hotel-ustka.eu)

USTKA

**Hotel Jantar Wellness&Spa**

[www.jantar-ustka.pl](http://www.jantar-ustka.pl)

USTKA

**Sopotorium Medical Resort**

[www.sopotorium.pl](http://www.sopotorium.pl)

SOPOT

**Hotel the Sun by Lubicz**

[www.thesun.pl](http://www.thesun.pl)

USTKA

**Hotel Haffner Spa w Sopotie**

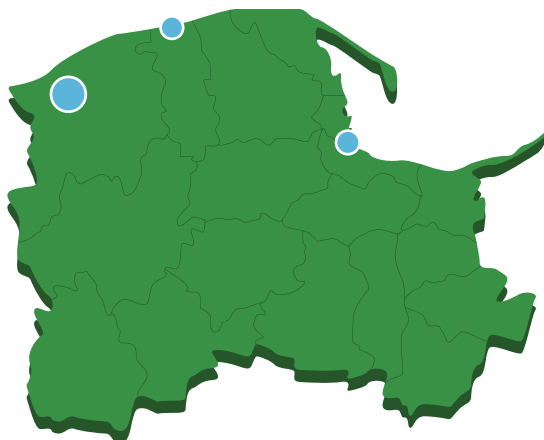
[www.hotelhaffner.pl](http://www.hotelhaffner.pl)

SOPOT

**Grad Lubicz**

[www.grandlubicz.pl](http://www.grandlubicz.pl)

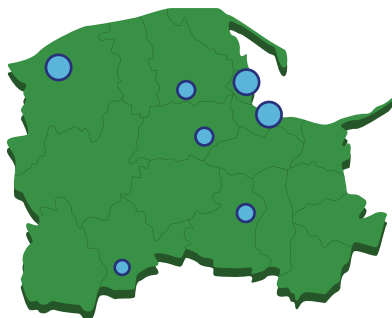
USTKA



## MEDICAL REHABILITATION CENTERS

In the Pomerania Region , there are 7 facilities registered as medical institutions that, in addition to medical services, also offer accommodation.

Rehabilitation Centers with Accommodation in the Pomerania Region :



**Rezydencja Live - Centrum Rehabilitacyjno-Lecznicze w Okole k. Starogardu Gdańskiego**

[www.rezydencjalive.pl](http://www.rezydencjalive.pl)

**Nadbaltyckie Centrum Rehabilitacji Alma w Gdańsku**

[www.alma-centrum.pl](http://www.alma-centrum.pl)

**Centrum Odnowy Biologicznej i Rehabilitacji w Gdyni**

[www.rehabilitacja.gda.pl](http://www.rehabilitacja.gda.pl)

**Ośrodek Rehabilitacyjno-Sanatoryjny „Pomorze” w Ustce**

[www.pomorzeustka.pl](http://www.pomorzeustka.pl)

**Rehabilitacja Wieżyca w Wieżycy**

[www.rehabilitacjawiezycy.pl](http://www.rehabilitacjawiezycy.pl)

**Rehabilitacja Krojanty w Krojantach**

[www.krojanty.com.pl](http://www.krojanty.com.pl)

**Centrum Rehabilitacyjno-Rekreacyjne Dobry Brat w Osieku**

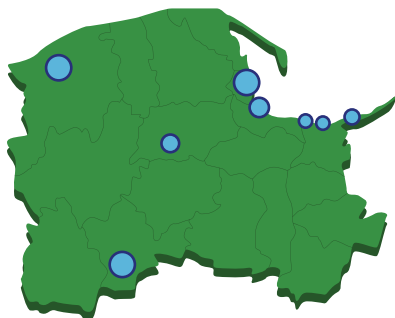
[www.dobrybrat.pl](http://www.dobrybrat.pl)

## OTHER HEALTH-PROMOTING FACILITIES

In the Pomerania Region, there are also 14 facilities that are neither hotels nor medical institutions, offering accommodation and medical-rehabilitation treatments for their guests.

### List of Health-Promoting Facilities:

<b>Pensjonat Rehabilitacyjno-Wczasowy Orka</b> <a href="http://www.orka.ustka.pl">www.orka.ustka.pl</a> USTKA	<b>Wellness Marea</b> <a href="http://www.marea.sopot.pl">www.marea.sopot.pl</a> SOPOT
<b>LongVita Czapielski Młyn</b> <a href="http://www.czapielskimlyn.pl">www.czapielskimlyn.pl</a> BRODNICA GÓRNA	<b>U Chłopa Resort SPA</b> <a href="http://www.uchlopa.com">www.uchlopa.com</a> CHMIELNA
<b>Rzemieślnik Dom Wypoczynkowy</b> <a href="http://www.rzemieslnik-gdansk.pl">www.rzemieslnik-gdansk.pl</a> GDAŃSK	<b>Zamek Łeba</b> <a href="http://www.zamekleba.pl">www.zamekleba.pl</a> ŁEBA
<b>Neptun ośrodek rehabilitacyjno-wypoczynkowy</b> <a href="http://www.neptunjantar.pl">www.neptunjantar.pl</a> JANTAR	<b>Ośrodek Wypoczynkowy Jantar</b> <a href="http://www.orwbursztyn.pl">www.orwbursztyn.pl</a> JANTAR
<b>Ośrodek Wypoczynkowo-Rehabilitacyjny AGA</b> <a href="http://www.agajastarnia.tp1.pl">www.agajastarnia.tp1.pl</a> JASTARNIA	<b>Dom wczasowy MAXIM – Spa</b> <a href="http://www.maxim-leba.pl">www.maxim-leba.pl</a> ŁEBA
<b>Ośrodek Rehabilitacyjno-Wczasowy Stowiniec</b> <a href="http://www.slowiniec.com">www.slowiniec.com</a> PODDĄBIE	<b>Sanatorium Fala</b> <a href="http://www.sanatoriumfala.pl">www.sanatoriumfala.pl</a> STEGNA
<b>Sanatorium Albatros</b> <a href="http://www.sanatoriumalbatros.pl">www.sanatoriumalbatros.pl</a> KRYNICA MORSKA	<b>Sanatorium Zefir</b> <a href="http://www.sanatoriumzefir.pl">www.sanatoriumzefir.pl</a> KRYNICA MORSKA



## BRINE POOLS

In the Pomerania Region , the main natural therapeutic resource is brine water extracted from underground sources, which is used in various therapeutic treatments.

**Rehabilitation sessions in brine pools are available at the following locations:**

### Pomorskie Centrum Reumatologiczne im. dr Jadwigi Titz-Kosko

ul. Grunwaldzka 1-3, Sopot | [www.pcrsopot.pl](http://www.pcrsopot.pl)

### Ośrodek Sopotckiego Klubu Żeglarskiego

ul. Bitwy pod Płowcami 67, Sopot | Fundacja Sport na Zdrowie | [www.sportnazdrowie.org](http://www.sportnazdrowie.org)

### Hotel Grand Lubicz, Uzdrowisko Ustka

ul. Wczasowa 4, Ustka | [www.grandlubicz.pl](http://www.grandlubicz.pl)

### Port Zdrowia

ul. Czeladnicza 5, Szemud | Fundacja Sport na Zdrowie | [www.sportnazdrowie.org](http://www.sportnazdrowie.org)

## SAUNAS

In the region, using saunas is a popular form of leisure activity. Below is a list of such places located in the Pomerania Region , which operate as independent facilities or are located within hotels.

### M15 Sauny Sopot

al. Franciszka Moniuzki 15, Sopot, 81-718 | [www.m15.sopot.pl/sauny/](http://www.m15.sopot.pl/sauny/)

### Thera Wellness Therapy at the Radisson Blu Hotel

ul. Bitwy Pod Płowcami 54, Sopot, 81-731 | [www.therawellness.pl/saunarium](http://www.therawellness.pl/saunarium)



# SAUNAS

## Sauny Limitless by Autopay

ul. Hestii 5, Sopot, 81-731

## Sauny Projekt Brzeźno

ul. Zdrojowa 2, Gdańsk, 80-515

## Saunowy Staw

ul. Saunamistrzów 8, Leśno, 84-208 | [www.saunowystaw.pl](http://www.saunowystaw.pl)

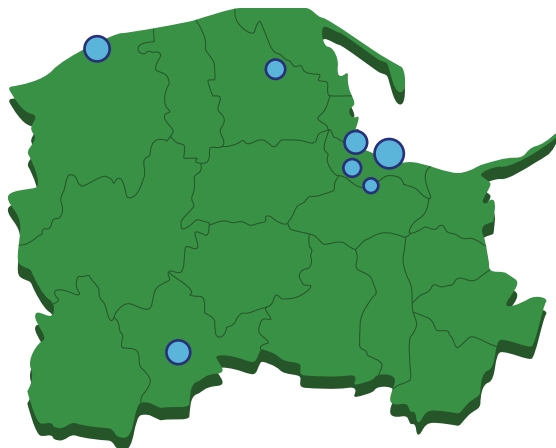
## Sauna Waga

ul. Zaciszna 5, Bąkowo, 83-050 | [www.saunawanga.pl](http://www.saunawanga.pl)

## Sauna Stop

at the Kozia Góra Hotel

ul. Słonecznikowa 6, Kozia Góra, 83-041 | [www.koziagora.pl/sauny/](http://www.koziagora.pl/sauny/)



# KOMPLEKSOWA INFORMACJA MEDYCZNA

for Tourists Needing Urgent Medical Assistance

If you need urgent medical assistance during your stay in the Pomerania Region, please remember the emergency phone numbers:

**112** EMERGENCY NUMBER

**989** NATIONAL HEALTH FUND

**999** AMBULANCE SERVICE

**997** POLICE

**998** FIRE DEPARTMENT

If you can go to the emergency department on your own, below you will find a list of them in our voivodeship:

## Places Providing Assistance in Case of Life-Threatening Emergencies

### ED - Emergency Department

Hospital departments where life-saving measures are taken and assistance is provided in case of life-threatening emergencies.

**In the Pomerania Region, there are 11 Emergency Departments (SOR) in operation:**

#### SŁUPSK

Szpital Specjalistyczny im. Janusza Korczaka, ul. Hubalczyków 1, 76-200 Słupsk Tel. 59 8460730, 59 8460491, [sor@szpital.slupsk.pl](mailto:sor@szpital.slupsk.pl)

#### LĘBORK

Samodzielny Publiczny Specjalistyczny Zakład Opieki Zdrowotnej, ul. Juliana Węgrzynowicza 13, 84-300 Lębork, Tel: 59 86 35 357, 59 863 53 14, [sekretariat@szpital-lebork.com.pl](mailto:sekretariat@szpital-lebork.com.pl)

#### WEJHEROWO

Szpital Pomorskie Sp. z o.o., dr. Alojzego Jagalskiego 10, 84-200 Wejherowo, Tel: 58 57 27 689, 58 57 27 655, [szpital@ceynowahosp.com.pl](mailto:szpital@ceynowahosp.com.pl)

#### KARTUZY

Powiatowe Centrum Zdrowia Sp. Z o.o., ul. Floriana Ceynowy 7, 83-300 Kartuzy, Tel: 58 68 54 801, [sekretariat@pczkartuzy.pl](mailto:sekretariat@pczkartuzy.pl)

**KOŚCIERZYNA**

**Szpital Specjalistyczny w Kościerzynie sp. Z o.o.,**  
ul. A. Piechowskiego 36, 83-400 Kościerzyna, Tel: 58 68 60 210,  
[sekretariat@szpital.koscierzyna.pl](mailto:sekretariat@szpital.koscierzyna.pl)

**CHOJNICE**

**Szpital Specjalistyczny im. J. Łukowicza,** ul. Leśna 10, 89-600  
Chojnice, Tel: 52 39 56 500, 52 39 56 780, [sor@szpital.chojnice.pl](mailto:sor@szpital.chojnice.pl)

**STAROGARD  
GDAŃSKI**

**Kociewskie Centrum Zdrowia Sp. Z o.o.,**  
ul. Dr. Józefa Balewskiego 1, 83-200 Starogard Gdański,  
Tel: 58 77 49 464, [sekretariat@szpital-starogard.pl](mailto:sekretariat@szpital-starogard.pl)

**KWIDZYN**

**ZDROWIE Sp. z o. o.,** ul. Hallera 31, 82-500 Kwidzyn,  
Tel: 55 645 83 410, [kwidzyn@emc-sa.pl](mailto:kwidzyn@emc-sa.pl)

**SZTUM**

**Szpital Polskie S.A.,** ul. Reja 12, 82-400 Sztum,  
Tel: 55 64 06 159, [sekretariat-sztum@szpitale-polskie.pl](mailto:sekretariat-sztum@szpitale-polskie.pl)

**GDYNIA**

**Szpital Pomorskie Sp. z o. o.,** ul. Wójta Radtkego 1, 81-348  
Gdynia, Tel: 58 72 60 600, [sekretariat@szpitalwincentego.pl](mailto:sekretariat@szpitalwincentego.pl)

**GDAŃSK**

**COPERNICUS Podmioty Leczniczy Sp. z o. o.,**  
al. Jana Pawła II 50, 80-462 Gdańsk, Tel: 58 76 84 503,  
[sekretariat.zaspa@copernicus.gda.pl](mailto:sekretariat.zaspa@copernicus.gda.pl)

**GDAŃSK**

**Uniwersytecie Centrum Kliniczne,** ul. Mariana Smoluchowskiego  
17, 80-214 Gdańsk, Tel: 58 34 93 784, [kormed@amg.gda.pl](mailto:kormed@amg.gda.pl)

**GDAŃSK**

**COPERNICUS Podmioty Lecznicze Sp. z o. o.,** ul. Nowe Ogrody 16,  
80-803 Gdańsk, Tel: 58 76 40 116, [or@wss.gda.pl](mailto:or@wss.gda.pl)

## Night and holiday healthcare services

Night and holiday healthcare services provide primary healthcare from Monday to Friday between 6:00 PM and 8:00 AM the next day, and 24 hours a day on public holidays. In case of sudden illness or a sudden deterioration of health, a patient can seek help at any night and holiday healthcare service point, regardless of where they live or which primary healthcare doctor/nurse (POZ) they have registered with.

## 800 190 590 - Patient Information Telephone Service (TIP)

A free, 24/7 telephone service providing information on various healthcare services, including night and holiday healthcare. Information is also available in English.

Every primary healthcare provider (family doctor) is required to display the addresses and phone numbers of entities providing services after 6:00 PM and on public holidays inside the clinic (visible from the outside as well).

**The list of medical entities in the Pomerania Region providing night and holiday healthcare services is available on the website of the Pomeranian branch of the National Health Fund (NFZ).**

Here is a selected list of healthcare providers from the 15 largest cities in the Pomerania Region :

**STAROGARD  
GDAŃSKI**

**Kociewskie Centrum Zdrowia Sp. z o. o.,**  
Starogard Gdański, ul. Dr. Józefa Balewskiego 1, (58) 774 96 80

**SŁUPSK**

**Wojewódzki Szpital Specjalistyczny im. Janusza Korczaka  
w Słupsku Sp. z o. o.,** Słupsk, ul. Hubalczyków 1, (59) 846 01 02  
oraz Ustka, ul. Mickiewicza 12, (59) 815 42 28, 815 42

**LĘBORK**

**Samodzielny Publiczny Specjalistyczny Zakład Opieki Zdrowotnej  
w Lęborku,** Lębork ul. Juliana Węgrzynowicza 13, (59) 863 30 00

**KOŚCIERZYNA**

**Szpital Specjalistyczny w Kościerzynie Sp. z o. o.,**  
Kościerzyna, Niepubliczny Zakład Opieki Zdrowotnej „Przychodnia”,  
ul. M. Skłodowskiej-Curie 7, (58) 680 00 35

**PUCK**

**Szpital Pucki Sp. z o. o.,** Puck, ul. 1 Maja 13A, (58) 673 48 38

**CHOJNICE**

**Szpital Specjalistyczny im. J. K. Łukowicza w Chojnicach,**  
Chojnice, ul. Leśna 10, (52) 395 67 12

**KARTUZY**

**Powiatowe Centrum Zdrowia w Kartuzach,**  
Kartuzy, ul. Floriana Ceynowy 7, (58) 685 49 59

**GDAŃSK**

**COPERNICUS Podmiot Leczniczy w Gdańsku,**  
Gdańsk, al. Jana Pawła II 50, (58) 768 46 84

**GDAŃSK**

**Szpital Dziecięcy Polanki im. Macieja Płazyńskiego w Gdańsku**  
(tylko pacjenci do 18 roku życia.), ul. Polanki 119, (58) 520 93 02

**GDAŃSK**

**7 Szpital Marynarki Wojennej,** ul. Polanki 117, (58) 552 62 65  
lub 261 21 62 65 (tylko dla pacjentów powyżej 18 roku życia)

**GDAŃSK**

**Nadmorskie Centrum Medyczne w Gdańsku,**  
Gdańsk, ul. Świętokrzyska 4, (58) 763 98 00

**GDAŃSK**

**Medica Plus Przychodnia Rodzinna Sp. z o. o.,**  
Gdańsk, ul. Stanisława Lema 21, (58) 340 54 70 oraz Gdańsk  
Uniwersyteckie Centrum Kliniczne, Gdańsk,  
ul. Smoluchowskiego 17, (58) 340 54 54

**GDYNIA**

**Szpital Pomorskie w Gdyni, Szpital Morski im. PCK w Gdyni,**  
Gdynia, ul. Powstania Styczniowego 1, (budynek 9a), (58) 726 09  
39 oraz Gdynia, Szpital Św. Wincentego a Paulo w Gdyni, ul. Wójta  
Radtkego 1 (wejście od Placu Kaszubskiego), (58) 726 09 39

**WEJHEROWO**

**Przychodnia Vita-Med.,**  
Gdynia Chylonia, ul. Wejherowska 59, (58) 726 09 39

**WEJHEROWO**

**Szpital Specjalistyczny w Wejherowie,**  
Wejherowo, ul. Jagalskiego 10, (58) 572 78 44

**SOPOT**

**Samodzielny Publiczny Zespół Zakładów Opieki Zdrowotnej  
Miejska Stacja Pogotowia Ratunkowego z Przychodnią w Sopocie,**  
Sopot, ul. Bolesława Chrobrego 10, (58) 555 81 14

**RUMIA**

**Niepubliczny Zakład Opieki Zdrowotnej Nr 1 Katarzyna Szalewska  
w Rumii,** Rumia, ul. Derdowskiego 23, (58) 727 29 50

**PRUSZCZ  
GDAŃSKI**

**Samodzielne Publiczne Pogotowie Ratunkowe, w Pruszczu  
Gdańskim,** Pruszcz Gdański, ul. Profesora Mariana Raciborskiego  
2A, (58) 773 30 31

**BYTÓW**

Szpital Powiatu Bytowskiego Sp. z o. o.,  
Bytów, ul. Lęborska 13, (59) 822 87 09

**CZŁUCHÓW**

Samodzielny Publiczny Zakład Opieki Zdrowotnej w Człuchowie,  
Człuchów, ul. Szczecińska 31, (59) 834 22 81 wew. 316, 324

**The full list of healthcare providers is available on the website:**

[www.nfz-gdansk.pl/dla-pacjenta/nocna-i-swiateczna-opieka-zdrowotna,2287](http://www.nfz-gdansk.pl/dla-pacjenta/nocna-i-swiateczna-opieka-zdrowotna,2287)

## NIGHTTIME DENTAL EMERGENCY SERVICES

Patients are admitted to on-call clinics in emergency situations. During dental duty hours, emergency services are provided, including tooth extractions. On weekdays, dental duty hours are from 7:00 PM to 7:00 AM. On Saturdays, Sundays, and holidays, services are available 24 hours a day.

**List of dental facilities where patients can receive emergency assistance:**

### Niepubliczny Zakład Opieki Zdrowotnej „Śródmieście”

świadczenia stomatologicznej  
pomocy doraźnej

ul. Żwirki i Wigury 14, 81-394 Gdynia, przyjęcia są w dni powszednie w godzinach 19.00-7.00 oraz całodobowo w święta i dni wolne od pracy, (58) 743-17-20, (58) 660-88-592

### Niepubliczny Zakład Opieki Zdrowotnej nr 1 Katarzyna Szalewska

ul. Derdowskiego 23, 84-230 Rumia, przyjęcia są w dni powszednie w godzinach 19.00-7.00 oraz całodobowo w święta i dni wolne od pracy, (58) 72-72-9593

### Niepubliczny Zakład Opieki Zdrowotnej SKIM Gabinety Stomatologiczne

ul. Kazimierza Górskiego 1, 80-336 Gdańsk, przyjęcia są w dni powszednie w godzinach 19.00-7.00 oraz całodobowo w święta i dni wolne od pracy, (58) 58-58-378

## The full range of information is available on the website:

<https://www.nfz-gdansk.pl/dla-pacjenta/zasady-korzystania-ze-swia-d-czen-medycznych/leczenie-stomatologiczne,76>

## ON-DUTY PHARMACIES

Pharmacies providing access to medications at night and on holidays. There is no comprehensive list of on-duty pharmacies, so you should look for the current list for a given city under the term: 'on-duty pharmacy in (city name)'. In some cities, there are 24-hour pharmacies open 24/7. At night, patients do not enter the pharmacy; medications are dispensed through a special window.

### List of On-Duty and 24-Hour Pharmacies in Pomerania Region (as of August 2024):

Gdańsk, Apteka DOM LEKÓW, ul. Kartuska 5, (58) 682 00 41

Gdańsk, Apteka Dyżurna, al. Grunwaldzka 104/106, (58) 342 42 30

Gdańsk, Apteka Dr. Max, ul. Kołobrzeska 32, (58) 511 85 58

Gdańsk, Apteka Gemini, ul. Trzy Lipy 3, (58) 600 80 77, Gdański Park Naukowo - Technologiczny

Gdynia, Apteka Całodobowa, Plac Kaszubski 8, (58) 620 58 58

Gdynia, Apteka Dom Leków 24h, ul. Morska 127, (58) 624 36 76

Rumia, Apteka Ekozdrowia 24h, (58) 670 48 48

Wejherowo, Apteka całodobowa DOZ Apteka (24h), Plac Wejhera 3, 800 110 110

Słupsk, Dom Leków Ratuszowa, ul. Juliana Tuwima 4, (59) 847 55 60

Chojnice, Apteka Centrum Zdrowia, Plac Piastowski 30, (52) 334 23 76

## ANIMAL ASSISTANCE

List of veterinary clinics in the Pomerania Region available 24/7:

### Trójmiejska Klinika Weterynaryjna

ul. Świętokrzyska 33A, Gdańsk, 734 188 188, [www.tkw24.pl](http://www.tkw24.pl)

**Poniedziałek – piątek:** 8:00 – 20:00 – dyżur dzienny

**Sobota, Niedziela, Święta:** 8:00 – 20:00 – dyżur ratunkowy

**Codziennie:** 20:00 – 8:00 – nocny dyżur ratunkowy

### Przychodnia i Lecznica Weterynaryjna w Gdyni i w Gdańsku

ul. Kartuska, 249 80-125 Gdańsk, (58) 302-00-02

(czynne całą dobę 7 dni w tygodniu), [www.lecznicaziwerzyniec.pl](http://www.lecznicaziwerzyniec.pl)

### Klinika Weterynaryjna New VET 24h w Gdyni

ul. Chaszczyńska 22, lok. 5, 81-516 Gdynia, 790-454-500,

(czynne całą dobę przez 7 dni w tygodniu), [www.newvet24h.pl](http://www.newvet24h.pl)

## SELECTED MEDICAL ENTITIES PROVIDING COMMERCIAL SERVICES FOR FOREIGN PATIENTS:

### Multispecialty Hospital- Szpital Carolina Luxmed

Gdańsk ul. Wieleńska 44, 80-125, [www.carolina.pl](http://www.carolina.pl)

### Infertility Treatment Clinic- Klinika INVICTA

Gdańsk ul. Rajska 10, 80-850, [www.klinikainvicta.pl](http://www.klinikainvicta.pl)

### Surgical Clinic, Multispecialty - Orsmed

Chojnice, ul. Przemysłowa 3, 89-600, [www.orsmed.pl](http://www.orsmed.pl)



## DENTAL CLINICS

### PARADENT

Gdańsk ul. Chrzanowskiego 10,  
80-278, [www.stomwrzeszcz.pl](http://www.stomwrzeszcz.pl)

### DENTAL SENSE

Gdańsk ul. Myśliwska 33A, 80-283,  
[www.dentalsense.pl/en/](http://www.dentalsense.pl/en/)

### NAWROCKI CLINIC

Gdańsk, ul. Kościuszki 2A, 80-451,  
[www.nawrockiclinic.com](http://www.nawrockiclinic.com)

### HAPPY SMILE

Gdańsk, al. Rzeczypospolitej 4D/172,  
80-369, [www.happysmile.pl](http://www.happysmile.pl)

### MMG KLINIKA

Pruszcz Gdańsk, ul. Stefana Okrzei 4,  
83-000, [www.klinikammg.pl](http://www.klinikammg.pl)

## AESTHETIC CLINICS

### LA CLINIC

Gdańsk ul. Stefana Drzewieckiego 9/7, 80-464, [www.la-nika.pl](http://www.la-nika.pl)

### DR IRENA ERIS BEAUTY PARTNER

Sopot, [www.instytuty.drirenaeris.com/sofitel-grand-sopot](http://www.instytuty.drirenaeris.com/sofitel-grand-sopot)

### GDAŃSKA KLINIKA URODY

ul. Wierzbowa 2, 83-021, Przejazdowo, [www.gdanskaklinikaurody.pl](http://www.gdanskaklinikaurody.pl)

### PRODENT

Gdańsk ul. Rajska 10, 80-850,  
[www.prodent.gda.pl](http://www.prodent.gda.pl)

### ANNA DENTAL

Gdańsk ul. Szeroka 119, 80-835,  
[www.annadentalclinic.com](http://www.annadentalclinic.com)

### DENTINEO

Gdańsk, ul. Leszczynowa 90U, 80-175,  
[www.dentineo.com](http://www.dentineo.com)

### CURODENTAL

Gdańsk, ul. Okopowa 7, 80-819,  
[www.curodental.com](http://www.curodental.com)

### CLINICA DEL MARE

Gdynia, ul. Hrywnieckiego 6c/1,  
81-340, [www.clinicadelmare.pl](http://www.clinicadelmare.pl)

[www.proturmed.pl](http://www.proturmed.pl)  
[kontakt@proturmed.pl](mailto:kontakt@proturmed.pl)



Promotion of the Health  
Tourism Foundation



**Ministerstwo  
Sportu i Turystyki**

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