

Crossing borders: Travel manual

Jan Świątczak, Patient Advocate



ABOUT ME



Name: Jan Świątczak

Age: 42 years old

Marital status: Married

Home: Poznań  

Dialyzed: 12 years

Home dialysis' station: Heliodor Świącicki University

Hospital in Poznań

Work: Łukasiewicz Research Network –

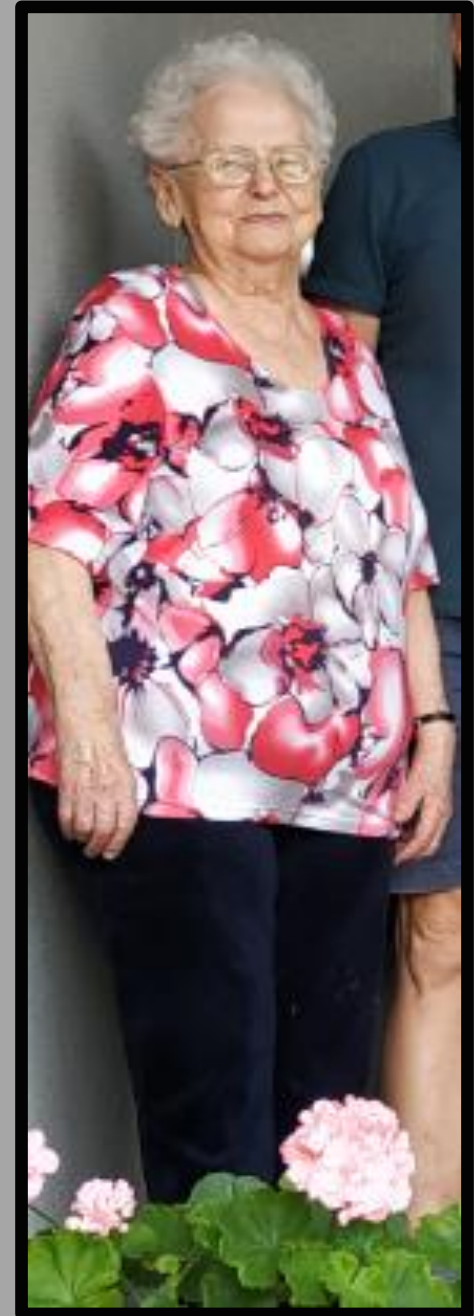
Poznań Institute of Technology 

Passion: Railways & Sailing 



**In memory of my
grandmother**

1933 - 2024





1. The Way I like to travel



2. Planning and Organising



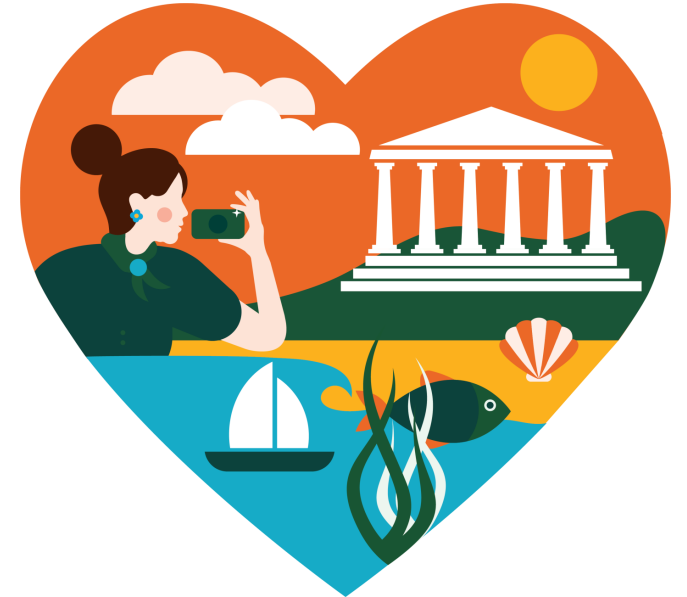
3. About my travels



4. Plans for the future



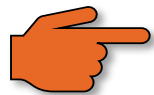
Summary



1. TRAVELS – HOW I LIKE



MY FAVORITE MEANS OF TRANSPORT:



TRAVELING WITH:



2. PLANNING TRAVEL



STEP 1 - FIND PLACES



STEP 2 - DIALYSIS CENTER



STEP 3 - ACCOMMODIATON



STEP 4 - PLANE



STEP 5 - TRAIN



STEP 6 - CAR RENTAL



STEP 7 - DESTINATION

2.MY TRAVELS

BEFORE 2012



BALTIC SEA, NORTH SEA, ATLANTIC OCEANS



EUROPE, INDIA



EUROPE, INDIA



POLAND, INDIA

AFTER 2012



EUROPE



EUROPE



EUROPE



EUROPE



2.MY TRAVELS



ITALY – SICILY (September 2021)



SPAIN (May 2023)

4. PLANS TO FUTURE



ARTIC CIRCLE



TRIP ON THE NEW GENERATION OF THE NIGHT TRAIN



EXOTIC TRIP – CURACAO ISLANDS



CRUISE ALONG THE POLISH COAST



COMMUNITY



DISABILITY



MOBILITY



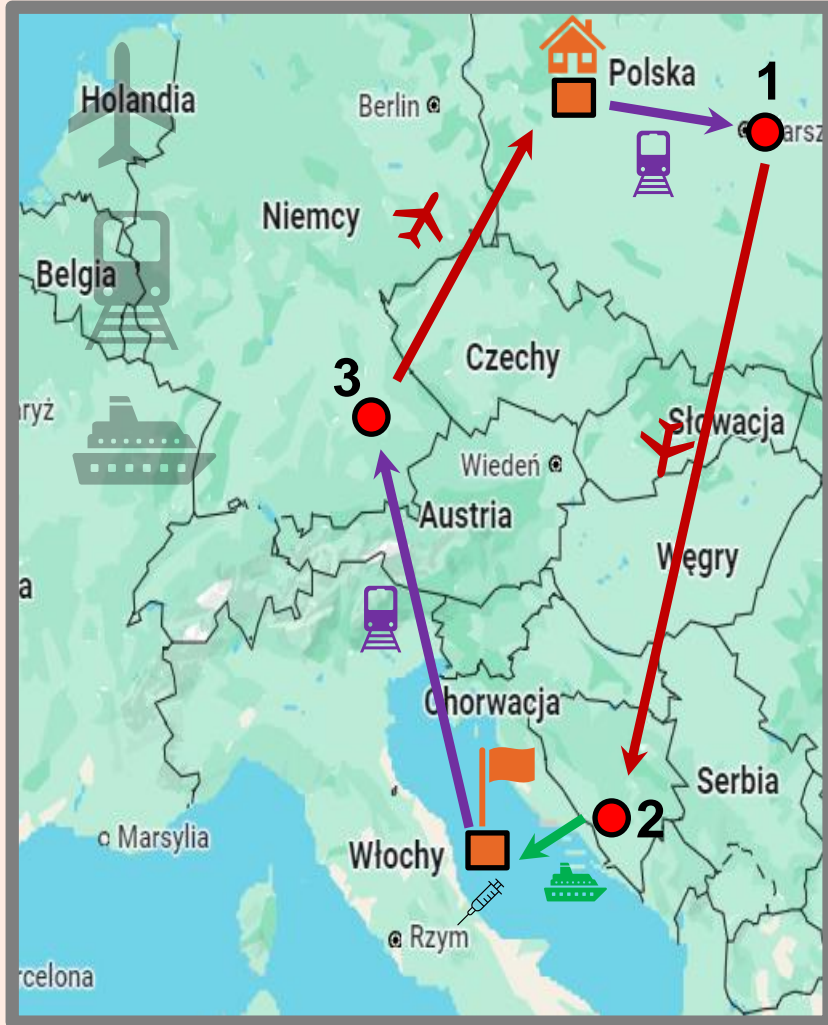
d.HOLIDAY 2024 Conference

**Thank you for
your attention**




25.09.2024, Greece, Athens


DIAVERUM 4.2 TRIP ON THE NEW GENERATION OVERNIGHT TRAIN





LEGEND:

 - HOME (POZNAŃ)


 - DESTINATION (NARVIK)


 - Train


 - Plane

 - Ferry

 1 – Warsaw

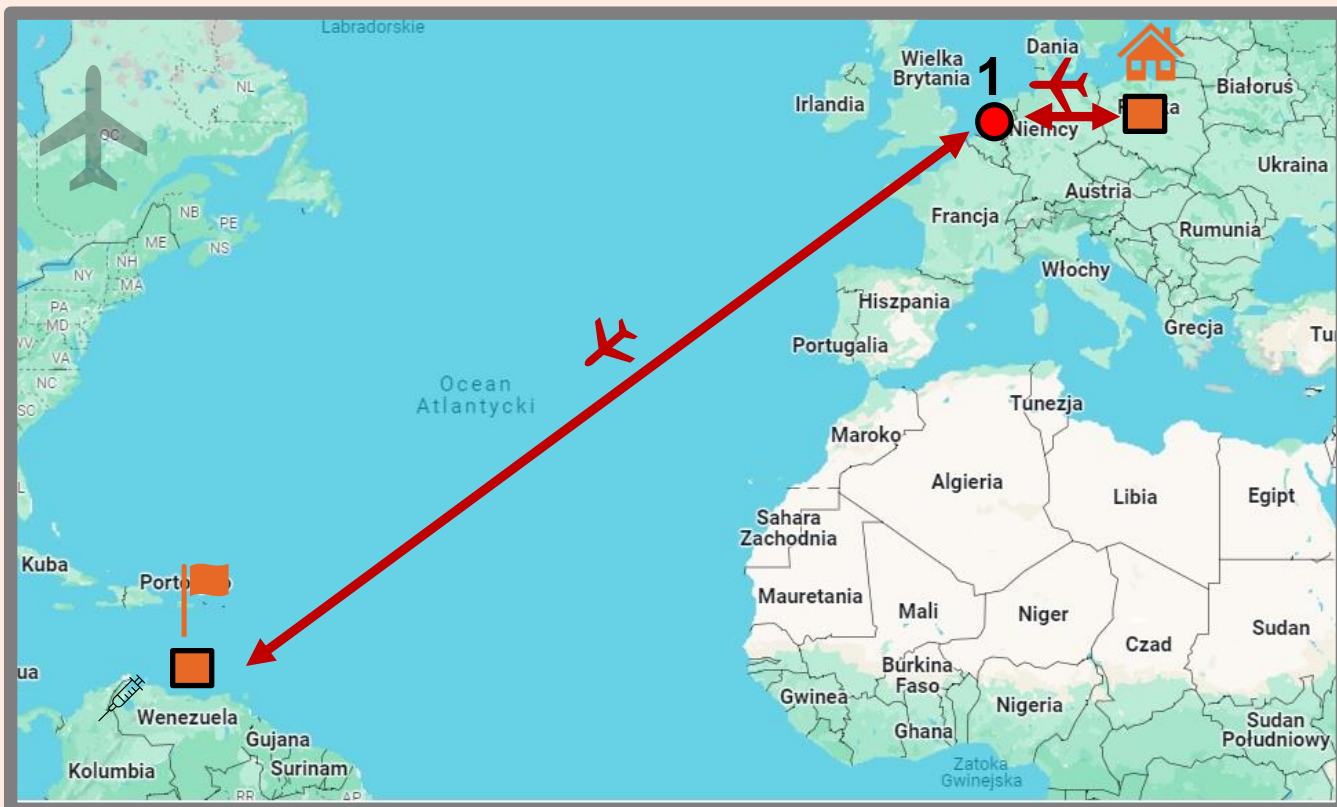
 2 – Split

 3 – Munich

 - Dialysis



DIAVERUM 4.3 EXOTIC TRIP – CURACAO ISLANDS



LEGEND:



- HOME (POZNAŃ)



- DESTINATION (WILLEMSTAD)



- Plane



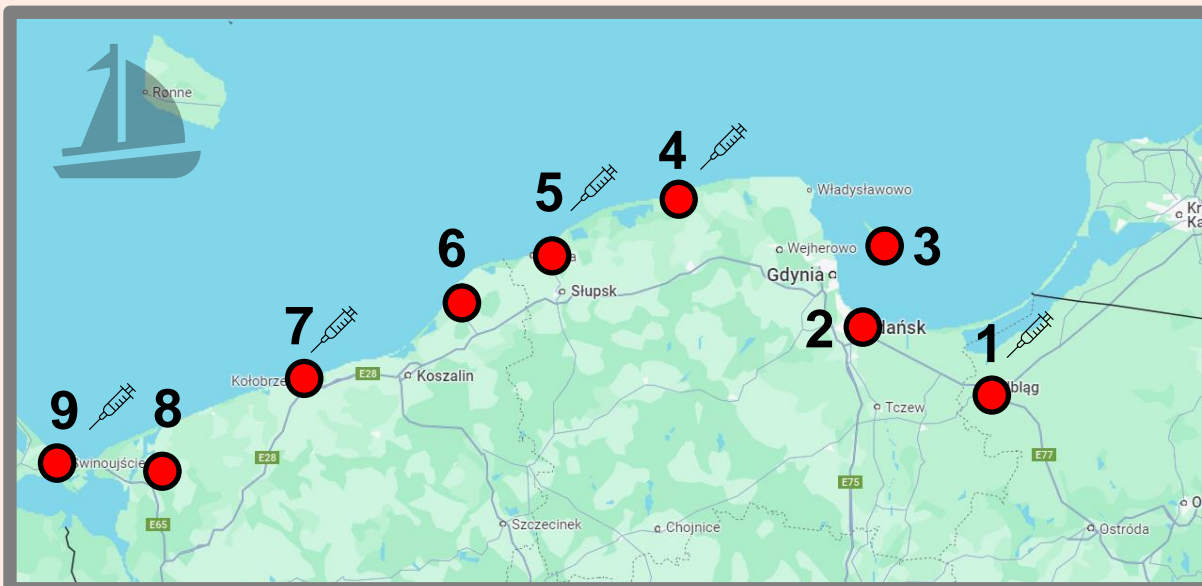
1 – Amsterdam













- Dialysis



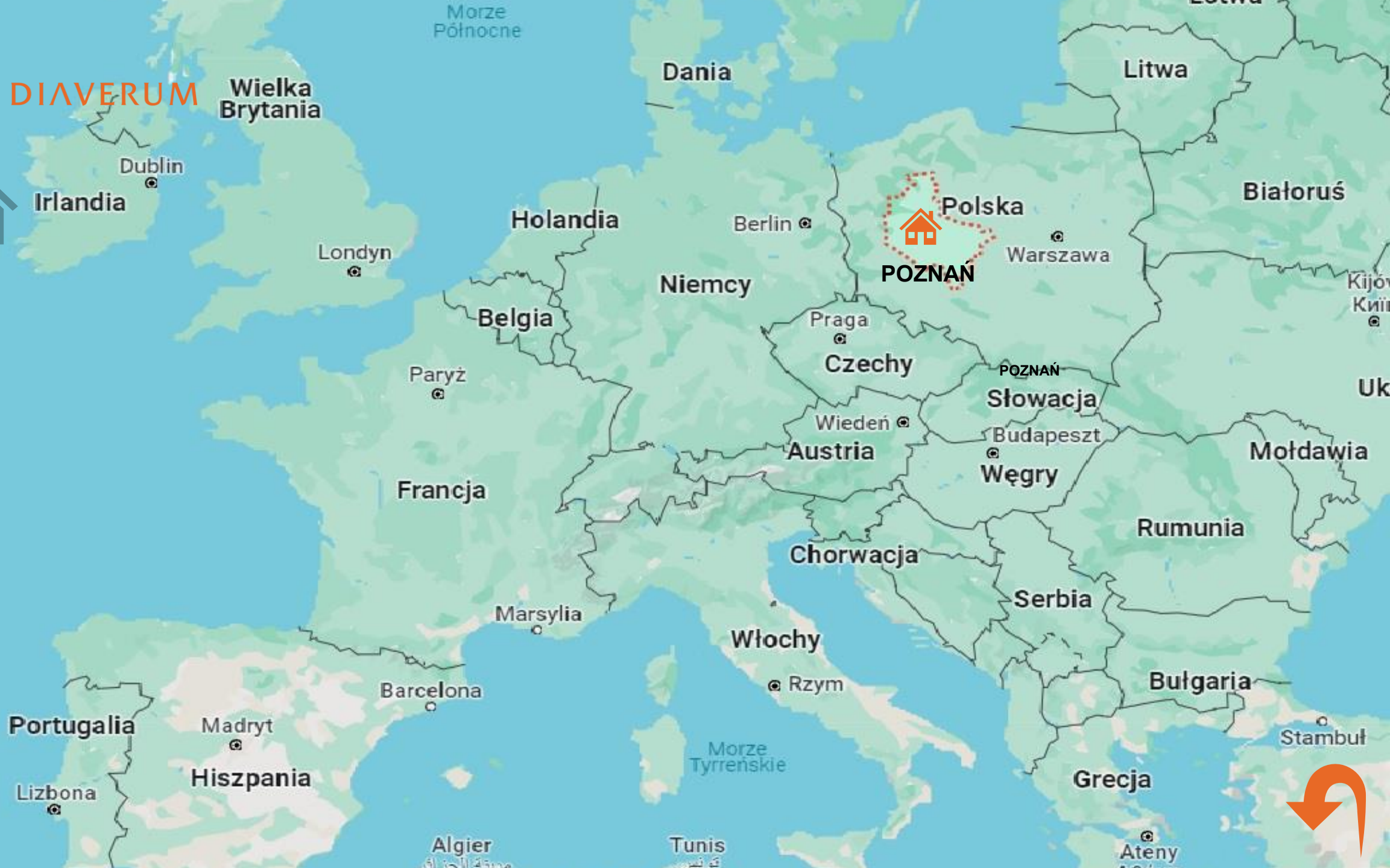
DIAVERUM 4.3 CRUISE ALONG THE POLISH COAST



LEGEND:

- | | |
|---|--|
|  1 – <i>Elbląg</i> |  6 – <i>Darłowo</i> |
|  2 – <i>Gdańsk</i> |  7 – <i>Kołobrzeg</i> |
|  3 – <i>Hel</i> |  8 – <i>Kamień Pomorski</i> |
|  4 – <i>Łeba</i> |  9 – <i>Świnoujście</i> |
|  5 – <i>Ustka</i> |  - <i>Dialisy</i> |





TIMI



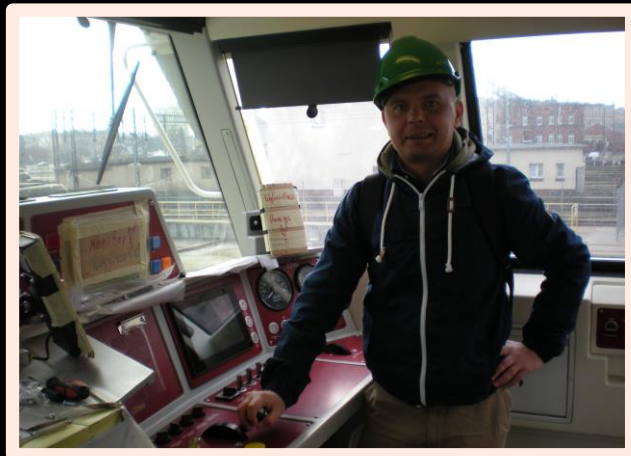
LUNA



SHUNTING LOCOMOTIVE 19 D



IN THE CABIN LOCOMOTIVE 19 D



EGZAMPLES OF A SLEEPER CABIN DESIGN



I DRIVE A TRAIN



I STEER A BOAT



LEGEND:

POLAND:

- 1 – Świnoujście
- 2 – Kołobrzeg
- 3 – Gdańsk , Hel

GERMANY:

- 4 – Rugia Island

DENMARK:

- 5 – Borholm
- 6 – Kopenhaga
- 7 – Skagen
- 8 – Tyboron

SWEDEN:

- 9 – Helsingor
- 10 – Karlskrona

NORWAY:

- 11 – Oslo
- 12 – Stavanger
- 13 – Bergen

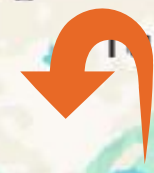
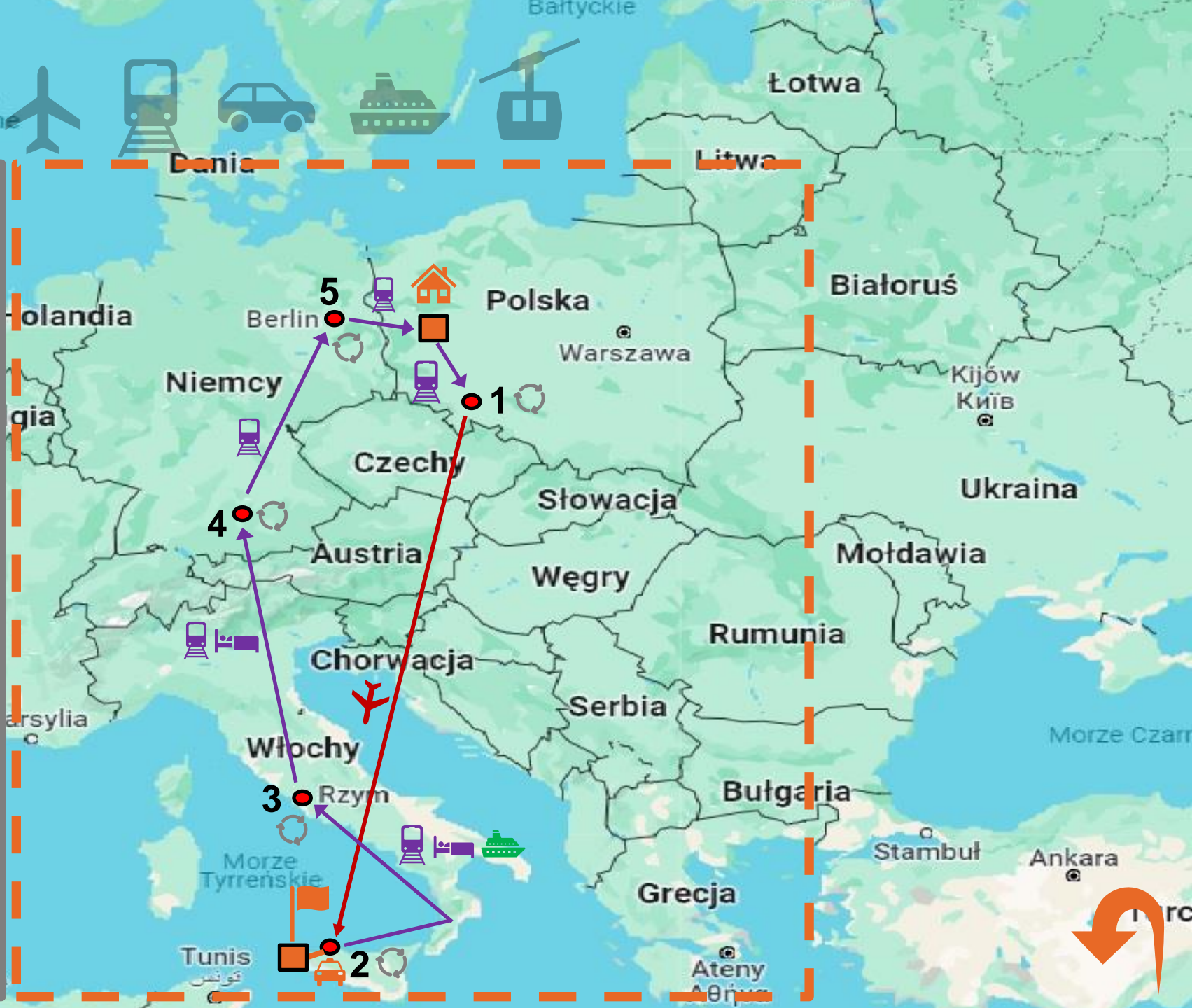
GREAT BRITAIN:

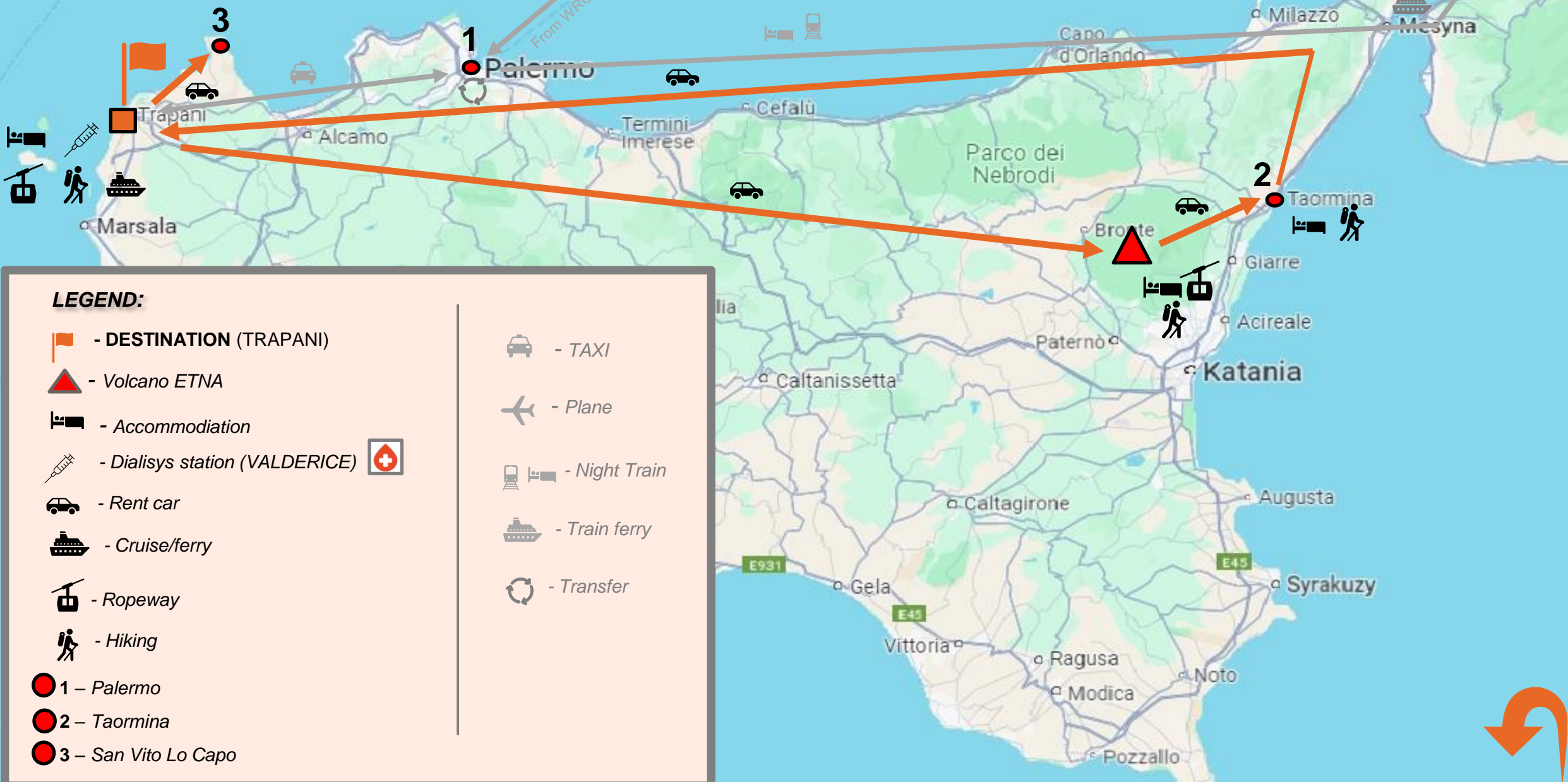







- 14- Orkney Islands
- 15 - Wick



LEGEND:

-  - **HOME** (POZNAŃ)
-  - **DESTINATION** (TRAPANI)
-  - Transfer
-  - Train
-  - Night train
-  - Plane
-  - Taxi
-  - Train ferry
-  1 – Wrocław
-  2 – Palermo
-  3 – Roma
-  4 – Munich
-  5 – Berlin




LEGEND:
 - **DESTINATION (TRAPANI)**
 - **Volcano ETNA**
 - **Accommodation**
 - **Dialysis station (VALDERICE)** 
 - **Rent car**
 - **Cruise/ferry**
 - **Ropeway**
 - **Hiking**
 **1 – Palermo**
 **2 – Taormina**
 **3 – San Vito Lo Capo**
 - **TAXI**
 - **Plane**
 - **Night Train**
 - **Train ferry**
 - **Transfer**




TRAPANI BEACH



OLD TOWN - ERICE



SAILING, AS A PASSANGER



LOCAL RESTAURANT



A VIEW FROM ERICE



A BAY





DIAVERUM

Trapani – Taormina – San Vito lo Capo



NEAR CALTANISSETTA



TAORMINA



ROPEWAY TO ETNA



ETNA



SAN VITO LO CAPO





DIAVERUM

Palermo - Roma



OUR TRAIN



FERRY



ON THE TRAIN



GETTING READY TO SLEEP



BREAKFAST



VATICAN



FORUM ROMANUM



SISTINE CHAPELT



TIVOLI FOUNTAIN





LEGEND:

- HOME (POZNAŃ)
- DESTINATION (SANXENXO)
- Transfer
- Accommodiaton
- Train
- Plane
- 1 – Warsaw
- 2 – Lisboa
- 3 – Madrit
- 4 – Barcelona
- 5 – Paris
- 6 – Frankfurt Main
- 7 – Berlin

LOBSTER PAELLA



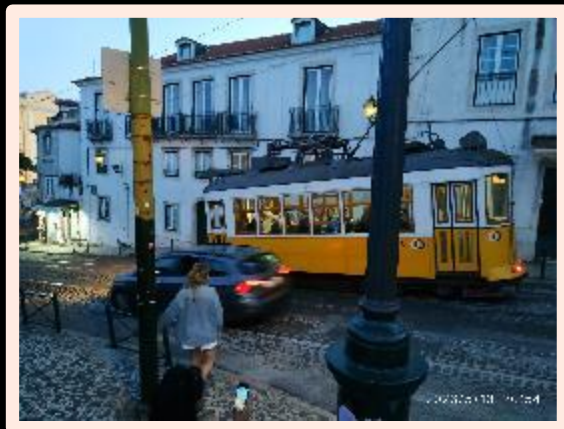
VIEW OF LISBOA



TRAIN TO PORTO



THE TRAM 28



SANTA APOLONIA TRAIN STATION



ON THE WAY TO VIGO





A BAY ON ISLEND OF CIES



LIGHTHOUSE FARO DA PORTA



ON A FERRY



CIES ISLAND



ONS ISLAND



LIGHTHOUSE FARO DA CIES



DIAPERUM Trip to Malpica and Muxia 🚗

SANTUARIO de SANTO HADRIAN do MAR



BEO BEACH



CLASSIC PAELLA 😊



BISCAY BAY



SANTUARIO de la VIRGEN de la BARCA



FISTERA BEACH



EIFFEL TOWER

