

Your Guide to Prepare for Stroke Rehabilitation Trip to Poland



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of departure from Poland.
- Schengen Visa for non-EU residents. Check your visa requirements and apply via the official Polish Consulate website in your country or visit [Schengen Visa Info](#).
- Medical documents: medical history, previous treatment records, and a referral for rehabilitation.
- Clinics in Poland may provide additional diagnostics such as comprehensive lab tests and imaging if necessary.



Accommodation Options

Patients undergoing stroke rehabilitation in Poland can expect accommodation in the general ward of the hospital or in partner hotels. Accommodation, meals tailored to individual requirements, and access to facilities such as swimming pools with healing thermal water are typically included in the rehabilitation package. Additional costs may apply for a single comfort room or for an accompanying carer. Average hotel stay per night varies, but you can expect approximately €197 per night for a single comfort room in the off-season.



Transfer Services

- Clinics may offer free or paid airport transfers. Confirm with the clinic beforehand.
- Popular taxi services like iTaxi and Free Now operate in major cities, with approximate prices starting from 2.50 PLN/km.



Interpreter Services

Interpreter services are available for patients, though they may come at an additional cost. It is advisable to arrange this service in advance through the clinic or a medical travel coordinator.



Payment Methods

- Clinics accept payments through cash or card transactions.
- The local currency is the Polish Złoty (PLN), and it is recommended to have local cash for minor expenses.
- Payment in euros or dollars may be accepted in some places, but exchanging money for local currency is advisable for comfort during your stay.



Pre-Op Stroke Rehabilitation Tips

- Follow a healthy diet and maintain hydration before rehabilitation.
- Engage in light exercise as recommended by your doctor to maintain mobility.
- Ensure all pre-rehabilitation tests and documentation are complete and ready for review.
- Discuss any concerns or special needs with your rehabilitation team beforehand.
- Pack comfortable clothing and personal items that may be needed during your stay.
- Bring any personal medications and inform the rehabilitation team about them.
- Prepare mentally for the rehabilitation process and set realistic goals with your healthcare provider.



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Prepared by Medical Coordinator

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Your personal medical assistant will be with you shortly.
Please stay tuned.