

# Your Guide to Prepare for Stroke Rehabilitation Trip to Spain



## Documents and Visa Requirements

- Valid passport or travel document with at least three months' validity beyond the length of your stay.
- Check visa requirements based on your country of origin at the official Spanish visa portal: [Spanish Visa Portal] (<https://exteriores.gob.es/Consulados/LONDRES/en/Consulado/Pages/Visas.aspx>).
- Medical documents: referral from your local doctor, medical history, and reports related to your stroke.
- Clinics like the University Hospital of Catalonia provide diagnostics and tests if certain medical documents are missing.



## Accommodation Options

Patients will have an individual chamber at the clinic. Partner hotels may offer discounts, though it's advisable to check for self-booking options. Accommodation is not free and hotel stays average €100-150 per night.



## Transfer Services

- Transfer services are not included with the clinic. Arrangements can be made through Bookimed.
- Popular taxi services in Spain, like Taxi Barcelona or Madrid Taxi, offer rides with approximate prices starting from €30.



## Interpreter Services

Interpreter services are available upon request. While some clinics may offer this for free, others may charge an additional fee. It is recommended to confirm the costs and availability with the clinic or through Bookimed assistance.



## Payment Methods

- Payments can be made using cash or credit/debit cards.
- The local currency in Spain is the Euro (EUR). It's essential to have local currency for small expenses, although major expenses can often be paid in euros or sometimes in dollars.



## Pre-Op Stroke Rehabilitation Tips

- Discuss your current medications with your rehabilitation doctor, as some may need to be adjusted.
- Follow a healthy diet and stay hydrated to promote healing.
- Consider light exercise approved by your doctor to maintain fitness before rehabilitation.
- Plan for a companion if possible to assist during your stay.
- Organize your travel insurance and ensure it covers medical rehabilitation abroad.
- Prepare a list of questions and concerns to discuss with your rehabilitation team upon arrival.
- Rest well before your trip to ensure you are in the best physical condition for rehabilitation.





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