

Scientific Editing
Iwona Wieczorek
Justyna Wiktorowicz

Health Resort Activity of Polish Communes – Selected Issues



NARODOWY
INSTYTUT
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TERYTORIALNEGO



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Introduction

The establishment of the National Institute for Local Self-Government (NIST) in September 2015, a state budgetary unit subordinate to the Ministry of Internal Affairs and Administration, was a response to the need to support local self-government. The concept of NIST activities provides for an integrated and comprehensive approach to self-government in Poland. The aim of the Institute's activities is to stimulate sustainable and innovative development of territorial self-government units, and to diagnose, analyse and recommend the directions of changes in local detailed policies. The main areas of Institute's activity include in particular¹:

- 1) preparing expert opinions, opinions and assessments concerning the state of local government and its bodies functioning;
- 2) development of concepts of amendments to legal acts on local self-government;
- 3) publishing, promotional, educational and training activities, including collecting, processing and disseminating information, research and development results within the scope of the Institute's activities in the form of publications, conferences, symposia, national and international seminars;
- 4) support of local self-governments in the field of quality management;
- 5) implementation of programmes and projects co-financed from European Union funds;
- 6) popularization of the idea of development of civil society and construction of e-government.

As far as training, educational, and promotional activities are concerned, the Institute acts as an organiser and co-organiser of training, workshops and conferences and actively participates in undertakings organised by other entities active in the field of territorial self-government.

¹ NIST Statutes <https://www.nist.gov.pl/informacje/statut,24.html> (accessed October 28, 2020).

Therefore, NIST staff² under the supervision of the director prepared a research tool, obtained primary and secondary data, and conducted an empirical survey in May 2020 (using the CATI technique), with representatives of spa municipalities in Poland. This publication has been prepared in cooperation with the surveyed municipalities, and with the use of studies belonging to NIST's resources, authored by external experts.

Apart from the knowledge of the current status of Polish health resorts, it is extremely valuable to understand the idea of health resort treatment, which is an important element of health protection in Poland. Therefore, it seems justified to deepen and disseminate knowledge about this subject. Models of health resorts were created in antiquity. The Greeks quickly realized that the sources of thermal and mineral waters, or mud, clay, volcanic mud, etc., has had several healing properties. Aside from prestigious bathing complexes intended for the upper class, both in Greece and in Rome, numerous public baths called *thermae*³ were established. The first spas on the Polish lands appeared as early as in the Middle Ages. The investigated health resorts have had various spa traditions and the history of operation for most of them dates back even several hundred years. The analysis of the functioning of Polish health resorts carried out in this paper shows their heterogeneous image in terms of their curative function, location, or activity profile, which is a result of the natural resources available in their area. Nowadays, health resorts face various problems, including as in the majority of Polish municipalities, 2/3 of spa municipalities must deal with depopulation.

This study takes up a subject that is extremely relevant from the point of view of Polish health resort communities and the considerations were presented in two parts consisting of five chapters.

In the first one, entitled "FUNCTIONING OF HEALTHCARE COMMUNES IN POLAND", both historical and legal aspects of functioning of Polish health resorts have been discussed. The most significant issues connected to the status of a health resort or an area of health resort protection, and the definition of the tasks of health resort communes were referred to. Basic normative acts referring to health resort activities were likewise presented. In the first part, there were also short descriptions, supplemented with photos, of each of forty-five health resort districts in Poland, taking into consideration, in particular, their administrative location, historical outline as well as most important natural healing resources exploited in the health resort. A separate chapter was devoted to international cooperation of Polish health resort communities. This part of publication was based on the Internet query and source materials available thanks to the surveyed units. Case studies of four Polish health resort communes were presented to exemplify how cooperation in the framework of joint projects (often using EU funds), influences, among other things, the development

² A. Hermel, M. Kurowska, J. Przywojska, A. Maciejewska-Jakś, M. Raźniak, K. Wieczorek, E. Kaleta, A. Bodo, M. Kocik, M. Wojdala.

³ Ashenburg K., *History of Dirt*, Bellona Publishing House, Warsaw 2009, p. 29.

of health resort infrastructure, communication and transport as well as broadly understood economic development, including tightening of trade contacts and a direct intensification of cooperation between entrepreneurs. Joint initiatives created for the development of education and culture, sports and tourism, and environmental protection were also presented. It was shown that in terms of partner relations between the spa communities, the exchange of information, experience in local government activities, and mutual promotion are of paramount importance.

In the second part entitled “SYNTHESIS OF RESULTS OF THE QUESTIONNAIRE STUDY OF HEALTH CARE COMMUNES IN POLAND”, a diagnosis of health resort communes was conducted on a basis of the empirical survey carried out with the CATI technique (a questionnaire interview assisted by a telephone), in May 2020 by the employees of National Institute of Local Self-Government). The methodology of this study along with the questionnaire was developed by the NIST team. It also discussed the challenges and directions for the development of health resort communes in Poland, taking into account, in particular, actions aimed at increasing the health resort values of the commune (including the most important factors from the point of view of the possibility to develop the health resort function), and actions taken to protect natural conditions of the health resort. The initiatives undertaken in the field of promotion of the commune and SMART CITY solutions were also taken into account. The barriers to the development of the commune from the perspective of its spa function were likewise indicated.

The present study does not deplete the discussed subject matter, however, by providing the Readers with the following publication we hope that it will address your kind interest.

Justyna Wiktorowicz, PhD

Iwona Wieczorek, PhD

Part I
Functioning of health
resort communes in Poland

Chapter 1.

The status of health resort communes in Poland

Currently in Poland there are 45 statutory health resorts that fulfil rigorous conditions defined in legal regulations. Health resort communes⁴ have certain autonomy in terms of their system and thus, perform tasks of a special nature. The legal basis for the operation of health resort communes is the Act on communal self-government, while the detailed principles of their existence and operation are set out in the Act on health resort treatment, health resorts and areas of health resort protection, as well as on health resort communes⁵, together with executive acts.

1.1. History of health resort activity in Poland

Cieplice is considered to be the first health resort on Polish territory⁶. Warm springs in the area were already known in the second half of the 13th century, which is confirmed by the Latin name of the place - *Callidus fons* - noted in 1281. The Polish name Cheplewode appeared in 1318. At first, the town belonged to the Joannits - an order taking care of the sick. In the second half of the 14th century Cieplice, like the whole Silesia, found itself within the borders of the Czech Crown, and since 1526 together with the Czech Kingdom, it became a part of the Habsburg Monarchy, and since 1741 it belonged to Prussia. Invariably, however, from

⁴ The Act of 8 March 1990 on Municipal Self-Government, uniform text Dz. U. of 2020, item 713, hereinafter referred to as the A.s.g.

⁵ Ustawa z dnia 28 lipca 2005 r. o lecznictwie uzdrowiskowym, uzdrowiskach i obszarach ochrony uzdrowiskowej oraz o gminach uzdrowiskowych, tekst jedn. U. of 2020, item 1662, hereinafter: the Act on Health Resorts.

⁶ The beginnings of health resort treatment can be found even in the 11th century, when the wife of King Władysław Herman used sulphuric therapeutic baths in Inowłódz on the Pilica river (cf. Kosior J., Ogonowska A., *Is it worth to be a health resort commune? A comparative analysis of the revenues of selected spa municipalities and municipalities without such status*, [in:] E. Koniuszewska (ed.), *Particular status of the health resort commune - from the perspective of 10 years of the Act on health resort treatment, health resorts and areas of health resort protection and on health resort communes*, University of Szczecin, Szczecin 2016, pp. 193-213).

the beginning of the 15th century until 1945, the Cistercians were responsible for healing activities on its territory. In the second half of 17th century, many eminent personalities from Poland visited Cieplice for treatment purposes, among others Great Chancellor of Lithuania Albrycht Stanisław Radziwiłł (1653), castellan of Wieluń area Zygmunt Radziwiłł (1677), Primate Michał Radziejowski (1692). The most prominent guest, however, was the Polish queen Marysieńka Sobieska, who stayed here with a large court in 1687. In the 18th and 19th centuries its guests included Johann Wolfgang Goethe (1790), the Prussian king Friedrich Wilhelm III with his wife (1800), John Quincy Adams, the later president of the USA (1800), Hugo Kołłątaj (1792 and 1808), Józef Wybicki (1802), and Izabella Czartoryska (1816), Wincenty Pol and Kornel Ujejski (1847)⁷.

In the second half of the 18th century another well-known health resort in the Sudety Mountains was established - Duszniki. However, before Duszniki became an official health resort in 1769, exactly one hundred years earlier Polish king Jan Kazimierz had taken therapeutic baths there, and in 1826 Fryderyk Chopin came here for treatment. During his stay, the attractions of the spa expanded to include piano concerts⁸. The 18th century is also the time when health resorts in Krzeszowice and Swoszowice were established. Famous personalities, including monarchs, were eager to benefit from the healing waters traits from the very beginning. In the 15th century the brine waters in Inowrocław were widely appreciated. In 1522, Marcin from Miechów wrote the first Polish scientific treatise on hydrotherapy. The list of springs was gradually extended - in the 17th century the curative values of Kołobrzeg, Kudowa, Polczyn, Ciechocinek, Szczawno or Nałęczów were discovered, and two hundred years later - Polanica, Rabka and Kamień Pomorski were added to the list.

The final division of Polish lands in 1795 between three neighbouring countries resulted in a different legal situation for spas. On Polish lands under the Russian partition no separate laws governing the operation of spas were drawn up. The situation was similar in the Prussian partition, where only in 1908 an act on the protection of springs was introduced. Only in the Austrian partition health resorts were entitled by law to various privileges and funds.

At the end of the 18th century, the first spas were established in Krynica, in the Austrian annexation. However, it was Józef Dietl, from 1851 a professor and the head of the Department of Internal Medicine and the Medical Clinic of the Jagiellonian University, who made Krynica one of the best known health resorts in Poland. Having visited all major health resorts, he came to conclusion that Polish resorts were not inferior to ones abroad, and he became their great propagator. Professor Dietl came to Krynica in 1856 with a special commission whose task was to assess the development prospects of the

⁷ <https://uzdrowisko-cieplice.pl/historia-uzdrowiska-cieplice> (accessed April 23, 2020).

⁸ <https://uzdrowiska-klodzkie.pl/historia-duszniki-zdroj> (accessed April 23, 2020).

health resort. The experts worked out a plan to implement the most modern spa equipment that was commonly used in other European resorts. Mineral and mud baths were built, as well as a municipal water supply system and an indoor pump room. Dietl was the first to classify Polish healing waters. He is considered to be the creator of scientific balneology (the name comes from the Latin word *balneum*, which means “bath” and the Greek word *logos*, which means “science”). In order to develop scientific and medical basis of the spa treatment, Dietl together with Edward Korczyński established Balneological Commission at the Scientific Society in Cracow. In 1905 it was transformed into Polish Balneological Society which had its headquarters in Kraków.

In the 19th century, on the territory of Galicia, a health resort in Szczawnica was established, which soon gained a great popularity. Furthermore, on the territory of the Congress Kingdom several spas with mineral springs were likewise established: in Busko-Zdrój, Solec, Ciechocinek and Nałęczów. Convenient railway connections between Nałęczów and Warsaw resulted in a great interest of the capital’s inhabitants in this health resort. It was visited by Bolesław Prus, Stefan Żeromski and Henryk Sienkiewicz. In Warsaw, the Spa Department of the Warsaw Hygienic Society was established, which fulfilled a similar role as the Society in Kraków. Moreover, on the initiative of Jan Potocki Reymont, the owners of health resorts established the Association of Polish Health Resorts with its headquarters in Lviv, and later in Warsaw.

In 1922, the first Polish Health Resorts Act was passed, which was amended in 1928. It set out the conditions for the subordination of the health resort economy in communal and building matters. This act provided Polish health resorts with a special legal and financial status which enabled them to successfully compete with European resorts for decades⁹. For the first time health resort policy was influenced by social insurance - the Sick Funds and the Social Insurance Institution (ZUS). The first ZUS sanatoria were established in health resorts: Krynica, Inowrocław, Iwonicz. The Sickness Fund provided the insured with free health resort treatment that included necessary treatments and medical assistance. After World War II, the health resorts became public property and that enabled them to be widely used for prophylactic and therapeutic activities.

1.2. Principles of operation of health resort communes – a current state

At present, a health resort municipality is the one that area or its part was granted the status of a health resort in accordance with the procedure laid down in the Act of Law. Thus, a health resort municipality is both a municipality which entire area was granted the legal status of a health resort, as well as a municipality which only a selected part was granted such

⁹ Wołowicz T., *Financial and legislative barriers to the development of Polish health resort communes in the perspective of integration with the European Union*, Regional and Local Studies, No. 3(13)/2003.

status¹⁰. Moreover, only that municipality which fulfils all the conditions from Art. 34 par. 1. 1-5 of the Health Resorts Act may obtain the status of a health resort or an area of health resort protection. “Having the status of a health resort is the basic element distinguishing the so-called ordinary communes from the spa communes. The rules for granting such status are set out in chapter 5 of the Act on Health Resorts. In accordance with Article 34, the status of a health resort may be granted to an area which fulfils jointly the following conditions: ‘it possesses deposits of natural medicinal raw materials with confirmed medicinal properties under the principles set out in the Act; it possesses a climate with medicinal properties confirmed under the principles set out in the Act; in its area there are health resort treatment facilities and health resort treatment equipment, prepared to carry out health resort treatment; it fulfils the requirements set out in environmental protection provisions with regard to the environment, and has technical infrastructure in terms of water and sewage management, energy, in terms of collective transport, as well as waste management’¹¹.

Each municipality that wants to obtain the status of a health resort or an area of health resort protection should possess a certificate confirming the curative properties of natural curative resources and the curative properties of the climate and, secondly, a health resort operator, and then apply to the minister in charge of health matters for confirmation that the conditions necessary for granting the status of a health resort or an area of health resort protection have been fulfilled. The certificate confirming the curative properties of natural healing resources and the curative property of the climate is issued, at the request of the interested municipality, by an authorized unit, which may be in particular a university, a research and development unit, a scientific institution of the National Academy of Sciences. The certificate is issued on the basis of documented research confirming these properties and excluding negative effects on human organism. Whereas, the health resort operator is prepared by the interested commune in order to determine the possibility of running health resort treatment in its area, and the certificate confirming the curative properties of natural curative raw materials and curative properties of climate constitutes its inherent part. The report consists of a descriptive and graphical parts. The descriptive part ought to be also prepared in an electronic form. The elaborated health resort report is sent to the Minister in charge of health matters, who after its thorough analysis confirms, by way of an administrative decision, the fulfilment of conditions necessary to grant the status of health resort or health resort protection area and determines therapeutic directions for the given health resort¹².

Health resorts differ in the profile of their activities which is derived from the natural resources available in particular area. The majority of municipalities obtained the status of

¹⁰ Woźniak M., Systemic differences in spa communes, Legal, Economic and Sociological Movement, LXXI, Z. 4/2019, p. 179-189.

¹¹ Łazutka-Gawęda P., Organization and functioning of Polish spa municipalities, Expertises and studies, number 118 /2020, NIST 2020, p. 1.

¹² Łazutka-Gawęda P., *Organisation and functioning ...*, p. 2.

a health resort on the basis of diverse natural resources (mixed type) - it applies to more than a half of the currently operating health resorts. These resources are usually based on a combination of mud or climatic conditions with other resources (especially brine and/or therapeutic waters). Nevertheless, spas also use natural resources other than those available in their area, especially mud and medicinal water. Determination of therapeutic directions is based on: a certificate confirming the therapeutic properties of natural medicinal raw materials and the therapeutic properties of the climate; an opinion of the national consultant for balneology and physical medicine on the effectiveness of spa treatment or spa rehabilitation in a given therapeutic direction; information on the qualifications of employees in particular types of positions related to the provision of health services and information on the types of spa treatment facilities in a given spa.

As the minister in charge of health issues has confirmed that a given area fulfils conditions required to obtain the status of a health resort or health protection area, the Council of Ministers grants such status by means of regulation, specifying in particular: the name of the health resort or the name of the health protection area as well as the borders of the health resort or health protection area after taking into consideration the curative properties of the natural curative raw materials present in that area as well as the curative properties of the climate. A municipality which has obtained the status of a health resort, or the status of a health protection area must, within 30 days from the date of the entry into force of the regulation on granting its area the status of a health resort or the status of a health protection area, enact respectively the health resort statute or the statute of the health protection area. The health resorts act indicates a catalogue of exemplary provisions that such a statute must contain. Among its obligatory elements there are provisions on: the name of the health resort or the area of health resort protection together with its borders; the indication of the area of the health resort together with the description of the zones of health resort protection¹³; regulations that aim at protection of therapeutic functions in health resorts; the description of all properties of natural healing resources that occur in the health resort or in the area of health resort protection, and of the curative properties of the climate. The statute must additionally contain a graphic part specifying the spa protection zones and borders of the

¹³ The Health Resorts Act defines three health resort protection zones along with prohibitions and restrictions applicable in their area. The most restrictive one is the zone "A", for which the percentage share of green areas is not less than 65%. In this area there are, or are planned to be, health resort facilities and equipment for health resort treatment, as well as other objects serving health resort treatment or patient or tourist service in the scope that does not hamper the functioning of health resort treatment, especially guesthouses, restaurants and cafes. The percentage share of green areas in zone "B" is not less than 50%. This area adjoins the zone "A", constitutes its surroundings and is destined for services, tourism, including hotels, recreation, sports and communal facilities, housing and other facilities connected with meeting the needs of the persons staying in the area, or included in the borders of the national park or nature reserve, or is a forest, sea or lake, that do not have a negative effect on the curative properties of the health resort or the area of health resort protection and are not harmful for the patients. In zone "C" the percentage share of biologically active areas is not less than 45%. This zone includes the area adjacent to zone "B" and constituting its surroundings, as well as the area having impact on the preservation of the landscape and climate values and protection of natural curative raw material deposits.

mining area and terrain. An additional element of the statute may also be a list of health resort facilities and equipment for health resort treatment and therapeutic directions defined by the minister in charge of health matters¹⁴.

The commune which obtained the status of a health resort, or an area of health resort protection is obliged to prepare, at least every 10 years, a health resort report and submit it to the minister in charge of health in order to confirm that the area or its part meets the requirements set out in the Act.

“In a health resort municipality and in a municipality with the status of a health resort protection area, the municipal council must appoint a permanent health resort commission. This commission has an opinion and advisory character for the municipal council in matters concerning the health resort or the area of health resort protection. Both the subject of the commission’s activity as well as its personal composition are determined by the municipal council, whereby the Act on health resorts indicates an exemplary catalogue of tasks entrusted to the health commission. This catalogue includes: the opinion on the draft of the health resort operational report; the draft of the health resort statute or the statute of the health resort protection area; drafts of the local spatial development plans covering the areas included in the health resort protection zones; communal environmental protection programmes and drafts of the commune investment project programmes concerning the health resort area and the health resort protection area. The appointment of the health resort commission should take place before the adoption of the health resort’s statute or the statute of the area of health resort protection by the municipal council so that the commission could give its opinion on the draft of the statute and get involved in the shaping of its final content”¹⁵.

In accordance with article 38 of the Act on health resorts, the health resort commune performs tasks of a special nature, as indicated in the Act on health resorts. The catalogue of these tasks includes activities connected with preserving the health resort’s therapeutic functions in terms of land management, taking into account the needs of health resort treatment, protection of natural medicinal raw material deposits, and construction or other activities forbidden in the particular zones of health resort protection; protection of natural conditions in a health resort or in the area of health resort protection and fulfilling the requirements in terms of admissible standards of air pollution, noise level, discharge of waste water or into the ground, waste management, emission of electromagnetic fields creating conditions for the operation of health resort treatment facilities and equipment and the development of municipal infrastructure in order to meet the needs of those residing in the municipality for the purpose of health resort treatment; creating and improving municipal and technical infrastructure intended for health resorts or health resort protection areas¹⁶.

¹⁴ Łazutka-Gawęda P., *Organisation and functioning* ..., p. 3.

¹⁵ Ibid, p. 4.

¹⁶ Ibid, p. 4.

32 spas in 2020 led spa sanatoriums for adults. Only a few facilities run treatment points for children. As far as directions of treatment are concerned, the most frequent services are provided for rheumatological diseases (in 42 spas) and orthopaedic and traumatic diseases (36), as well as for diseases of the nervous system, cardiology and hypertension, and upper and lower respiratory tract diseases (21-26). On the other hand, treatment of eye diseases and eye organs is provided in only one health resort, and in two resorts oncological diseases are dealt with. There are also few spa centres where treatment of blood and blood-forming system diseases and endocrine diseases is provided. Almost all health resorts have spa parks. A significant part of spas also use spa pump rooms and/or therapeutic and rehabilitation spa pools. Nearly half of the spas possess kinesitherapy paths and/or graduation towers.

Health resort communes are thus obliged to perform all of their own tasks as set out in Art. 7 Section 1 of Act u.s.g., as well as special (spa) tasks as provided for in the Act on Health Resorts. The nature of those tasks is obligatory, which means that a commune which has obtained the status of a health resort, or the status of a health resort protection area may not refuse to perform them, and consequently, a failure to perform those tasks will be treated as an action incompatible with the principle of legality.

Spa treatment has been valued differently over the years. After a period in which it emerged as a valued therapeutic method, rapid advances in pharmaceutical treatment pushed it into the background. Nowadays, due to the growing awareness of the possible side effects of drug treatment, natural methods of treatment, which additionally prove to be more durable in the long run, are increasingly appreciated.

Chapter 2. Characteristics of Polish spas

2.1. Preliminary remarks

In this chapter individual health resorts in Poland have been characterised. Each of the spas has been described following the same structure:

- geographical location,
- historical outline of the spa,
- spa activities (legal basis),
- the most important medicinal raw materials,
- spa treatment.

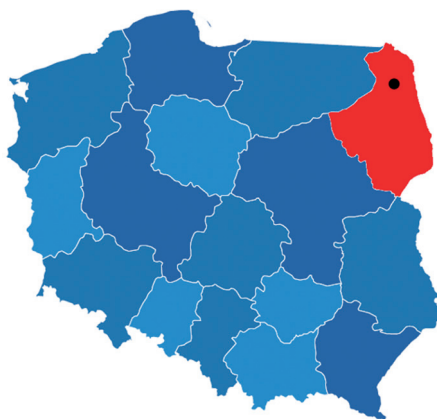
The results presented here are derived from an analysis of a qualitative nature, summarizing an internet search and individual (follow-up) interviews conducted by the National Institute of Local Government team with employees of relevant units representing spa municipalities. Reference was also made to selected individual data from a survey conducted in 2020 by the National Institute of Local Government.

2.2. Health Resort Augustów

Administrative location

The Augustów Commune is located on the border of the Podlasie and Suwałki regions. It is located in Augustów District, in the northern part of Podlaskie Province. In administrative terms, Augustów is located in the centre of Augustów District in the northern part of Podlaskie Province. It neighbours with the communes of: Augustów (rural), Nowinka, Płaska¹⁷.

Map 1. Location of Augustów health resort



Source: own elaboration.

The city is surrounded by nine lakes that are mostly connected by the Augustow Canal and the vast Augustow Primeval Forest. According to data as of 31.12.2019, the commune had a population of 29,025 and an area of 81 km². The Municipal Council consists of 21 councillors.

Historical view of the spa

Augustów has been a well-known and appreciated summer resort since the interwar period. Visitors are astonished by the health-giving properties of the local air and natural conditions.

¹⁷ <http://www.augustow.org.pl/kultura-imprezy/historia/augustow-obecnie.html> (accessed April 20, 2020).

The town sought the status of a health resort already in the 1960s. In December 1970, Augustów was granted partial health resort status and the “Budowlani” sanatorium started to receive its first patients in 1976. In October 1993, the city was given a health resort status.

The Augustów Primeval Forest and the lakes and rivers surrounding Augustów create exceptional climatic conditions. People having problems with respiratory tract, circulatory system and rheumatic diseases will feel a significant relief here. A specific microclimate rich in essential oils and phytocides and high-quality mud deposits create ideal conditions for treatment of all kinds of diseases, including rheumatic and musculoskeletal diseases. In 2015, a new peat deposit was discovered within the city borders which is used to treat rheumatic diseases, muscular diseases, or joint disorders. Augustów’s peat has received a quality certificate, which also allows it to be used in the production of cosmetics. Patients visiting Augustów will soon be able to take advantage of treatments using the local peat with very high healing properties. Augustów is also famous for its mineral water. The first „Augustowianka” was produced on July 22, 1972. The water is extracted from one of the deepest water intakes in Poland (482 m), from the very heart of the Augustów Primeval Forest. It is distinguished by a fixed chemical composition, including seven components with medicinal values. „Augustowianka” has a unique taste and nutritional and health properties. To this day, it is highly recognized among the inhabitants of Augustów as well as gourmets from all over Poland and abroad¹⁸.

Spa activities

Resolution No. XVII/136/15 of the Augustów Town Council of 8 December 2015 on adopting the Statute of the Augustów Health Resort.

The most important medicinal raw materials

The following natural healing resources are documented in the area of the health resort:

- mud,
- climatic factors.

Spa treatment

- orthopaedic and traumatic diseases,
- rheumatological diseases,
- peripheral vascular disease,
- osteoporosis.

¹⁸ <https://urząd.augustow.pl/content/uzdrowisko>.



Necko Lake – Augustów
Photography J. Koniecko



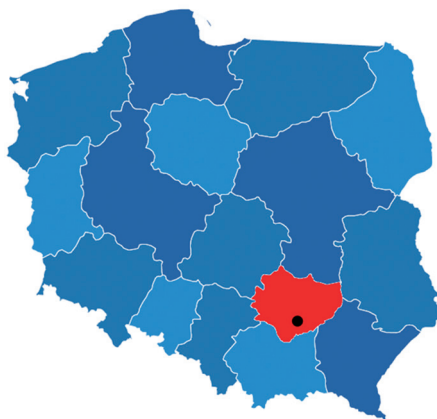
Augustów Canal
Photography J.Koniecko

2.3. Busko-Zdrój Health Resort

Administrative location

Busko-Zdroj lies in the southern part of Świętokrzyskie province, in Busko District, in the region called Ponidzie, after flowing nearby the Nida River, on Garb Wójczański-Pińczowski. The town is situated 56 km south-east of Kielce and 88 km north of Kraków, in an area covering mostly the central part of the Nida Basin, which separates two Polish geographical macro-regions: Kielce-Sandomierz Upland and Kraków-Częstochowa Upland. The town is the seat of the urban-rural commune Busko-Zdrój, which is of a spa and agricultural character.

Map 2. Location of Busko-Zdrój health resort



Source: own elaboration.

The area of Busko-Zdrój spa is 4 538.6 ha and includes the following settlements: the town of Busko-Zdrój and the following villages: Łagiewniki, Bronina, Owczary, Radzanów, Kawczyce, Zbludowice, Wolica Siesławska, Chotelek, Siesławice. The area of the municipality is 236 km² (23 550 ha), of which over 80% is used for agriculture (18 862 ha), 13% is forest land and wooded areas, 6% is built-up and urbanized land, while 1% is wasteland¹⁹. The municipality consists of the town of Busko-Zdrój and

¹⁹ Source materials obtained in the examined self-government: Town and Municipality Office in Busko-Zdrój.

47 villages²⁰, which, as of 31 December 2019, had 31 214 inhabitants²¹. The Municipal Council consists of 21 councillors²².

Historical view of the spa

The first researcher of the brine in Busko was Jan Filip Carosi, who published the geological description of the brine outflows in Busko in 1781. On 28 September 1784, the salt works plants in Busko were visited by famous geologists: Jerzy Forster, Jan Jaśkiewicz, Franciszek Scheidt and Berniard. They found that the Busko brine contains: “two quintals of salt in a pint of water”, which, when converted into today’s measurements, amounted to 3.4 g of salt in 0.568 l of water. This was very strongly mineralized water. In June 1787, King Stanisław August Poniatowski visited Busko for six hours to see the progress of the research. Hugo Kołłątaj was interested in the production of salt in Busko, and ordered Father F. Ossowski, who was partly financing the works, to send samples of soil from the boreholes for laboratory tests. In the years 1825-1835 more and more patients underwent treatment in Busko. One of them was Feliks Rzewuski, a former general of Napoleon’s army, who was treating chronic rheumatism in Busko. Having highly appreciated the therapeutic qualities of the brine springs, he established a company of Warsaw shareholders and later received a permission to open a spa. The first baths were opened on June 1, 1836 in a beautiful building of baths, designed by an outstanding architect Henryk Markoni. The baths were built in a vast park, designed by Ignacy Hanusz. In the years 1865-1874 the spa was under state management, after which it was leased, first to Lubiński, then to doctor Dobrzański, who used for treatment, apart from sulphur waters, mineral muds extracted in the vicinity of the ponds. In 1894 the Spa was taken over by the Government Commission. In 1918. Szymon Starkiewicz began treating sick children on the so-called “Gravel Mountain”. Soon, he also started to build a treatment facility for children which was named “GÓRKA” after the place where it was situated. The facility was put into use in 1927. During World War II, the bathrooms were devastated. The renovation started immediately after the war. At the beginning of the 1960s the construction of new sanatoria began²³.

²⁰ Okrajewska R., Chaba-Demiańczuk W., *Environmental protection program for the city and the commune of Busko-Zdrój for the years 2012-2015 with a perspective to 2019*, Inwesteko Zakład Ochrony Środowiska, Kielce 2011, p. 7.

²¹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²² Resolution No. V/75/2019 of the Municipal Council in Busko-Zdrój of 7 March 2019.

²³ *History of the spa*, http://www.busko-zdroj.com/cbs/hist_uzdrow.html (accessed April 16, 2020).

Spa activities

The health resort operates on the basis of the Resolution No. XXII/281/2020 of the Town Council in Busko-Zdrój of 25 June 2020 on establishing the Statute of Busko-Zdrój Health Resort (Official Journal of the Świętokrzyskie Province, Kielce of 1 July 2020, item 2443).

The most important medicinal raw materials

Natural healing resources used in the spa include²⁴: mineral water, healing water, brine, and peat. Mineral waters extracted from wells located in the area of the resort belong to the rare healing waters, which contain sulphides with releasing hydrogen sulphide. Busko Sulphide water also contains large amounts of iodine, bromine, fluorine, boron, and many other microelements. Sulphide waters are used for baths, drinking treatments and mouthwash. They have anti-inflammatory, anti-rheumatic, detoxifying and regenerative effects. They reduce cholesterol and sugar levels in the blood and thus prevent atherosclerosis. Busko iodine-bromide brines contain iodine and selenium, especially valuable for a body. Iodine-bromine baths are used in certain diseases of the circulatory system and the vegetative system. Iodine-bromide water contains important bio and microelements, including sodium, potassium, magnesium, selenium, iron and others. Selenium contained in water is essential for health of heart muscle and blood vessels, prevents the formation of cancer and increases immunity. It also has a calming and relaxing effect²⁵.

Spa treatment

Based on the healing properties of natural resources and climate in the resort, spa treatment is carried out in the following therapeutic directions²⁶: orthopaedic and traumatic diseases, rheumatological diseases, cardiovascular diseases and hypertension, nervous system diseases, osteoporosis, and skin diseases. Services in the field of spa treatment in Busko-Zdrój are provided by: "Uzdrowisko Busko-Zdrój" S.A., Sanatoria "Słowacki" Sp. z o.o., 21 Military Health and Rehabilitation Hospital in Busko-Zdrój, Sanatorium "Włókniarz", Sanatorium Uzdrowiskowe "Nida-Zdrój", Sanatorium Uzdrowiskowe "Astoria", Sanatorium "Zbyszko" and Sanatorium "Bristol". The environment of the Spa Park with an area of over 24 hectares provides

²⁴ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²⁵ *Healing waters, first spa, second sulphur, third brine*, <https://www.busko.pl/pl/wody-lecznicze-pl.html> (accessed April 16, 2020).

²⁶ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

patients with favourable conditions for rest and has a positive effect on the process of treatment and rehabilitation²⁷. In the southern part of Busko-Zdrój, in the “Park Za Maskalisem”, the largest brine graduation tower in Poland was built in 2020²⁸.

²⁷ *Spa Park*, <https://www.busko.pl/pl/park-zdrojowy-pl.html> (accessed April 16, 2020).

²⁸ *Torrent*, <https://www.busko.pl/pl/teznia.html> (accessed April 16, 2020).



Marconi SPA Resort in Busko-Zdrój



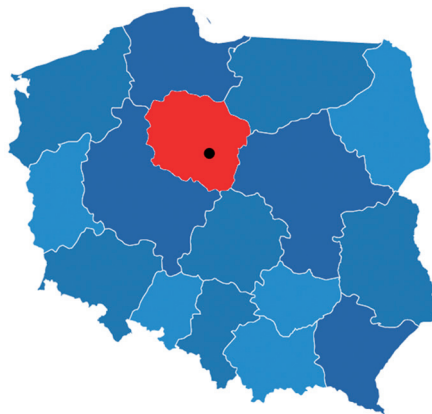
Brine Graduation Tower in Busko-Zdrój
Photography Bartłomiej Milc

2.4. Ciechocinek Health Resort

Administrative location

Administratively, the Ciechocinek commune borders with the communes: Aleksandrów Kujawski, Czernikowo, Obrowo, Raciążek. The town accounts for 3.22% of the area of the Aleksandrów District. After the administrative reform, Ciechocinek was included into Kujawsko-Pomorskie Province. The town lies between Toruń and Włocławek in Kujawy, near routes leading to the north and south of Poland.

Map 3. Location of Ciechocinek health resort



Source: own elaboration.

Ciechocinek is a famous Polish health resort in Toruń Valley, in the wide valley of Vistula River. It is settled on its left bank. The centre of the town was developed within the area of sandy dune hills reaching 55 m above the sea level. Around the town, the Ciechocinek Lowland Protected Landscape Area was established to protect the specific, unique microclimate. This is ensured by Ciechocinek's geographical location²⁹. The area of the borough covers - 15,26 km². Ciechocinek has a total area of 1534 ha. Ciechocinek Municipality has a population of 10 500 inhabitants³⁰. There are 15 councillors in the Municipal Council³¹.

²⁹ <https://pl.wikipedia.org/wiki/Ciechocinek> (accessed April 17, 2020).

³⁰ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

³¹ <http://bip.ciechocinek.pl/radni-ciechocinka/> (accessed 01 September 2020).

Historical view of the spa

The first records of saline deposits in Ciechocinek come from the 13th century. In 1235, Duke Konrad Mazowiecki gave the Teutonic Order a perpetual lease on two saltworks. In return, the Order was obliged to provide salt deputations to the prince's and bishop's courts.

The idea of industrial exploitation of Ciechocinek's brine springs was born after the first partition of Poland, when Bochnia and Wieliczka, places that had supplied the country with salt, found themselves under Austrian rule. The research into Ciechocinek springs was inspired by Konstanty Leon Wolicki, a mineralogist and economic activist. As a result of his research, sources of brine with a concentration of 6.5% were discovered, which guaranteed the profitability of salt production. In 1824 the construction of the Salt Works, designed by Jakub Graff, and graduation towers for concentrating brine began. Between 1824 and 1833 two graduation towers were built parallel to each other (the third one was established in 1859), and in 1832 the full exploitation of the brewhouse began. At that time no one supposed that the production of salt for edible purposes would soon give way to the use of brine for medicinal purposes. The breakthrough came in 1836, when four copper baths were installed in the local inn. In the first year, 120 people took advantage of the healing brine baths. Such were the beginnings of the Spa Centre, which became the nucleus of the spa. At that time, the first baths were built, the number of baths increased and Ciechocinek started to gain fame as a health resort. During World War II, Ciechocinek was renamed to Hermannsbad. The town became a large military hospital. Scientists examining local brine springs, comparing them with springs located in the territory of the Reich, highly estimated their quality and called the thermal spring no 14 "a wonder of nature". After Ciechocinek was liberated on 21 January 1945, the spa was quickly reactivated. In new conditions, at the turn of the 1960s and 1970s, new sanatorium facilities were opened. New houses and a housing estate appeared next to the pre-war boarding houses. The beginning of the new millennium was another period of dynamic development and flourishing not only of the spa treatment, but also of the active and business tourism³².

Spa activities

Health resort operation is based on RESOLUTION No XVIII/190/08 of Ciechocinek Town Council dated 3 November 2008.

³² Information provided by the Office of Culture, Sports and Promotion of Ciechocinek - 07.08.2020.

The most important medicinal raw materials

The following natural healing resources are documented in the area of the health resort:

- mineral water,
- brine,
- mud,
- climatic factors.

Spa treatment

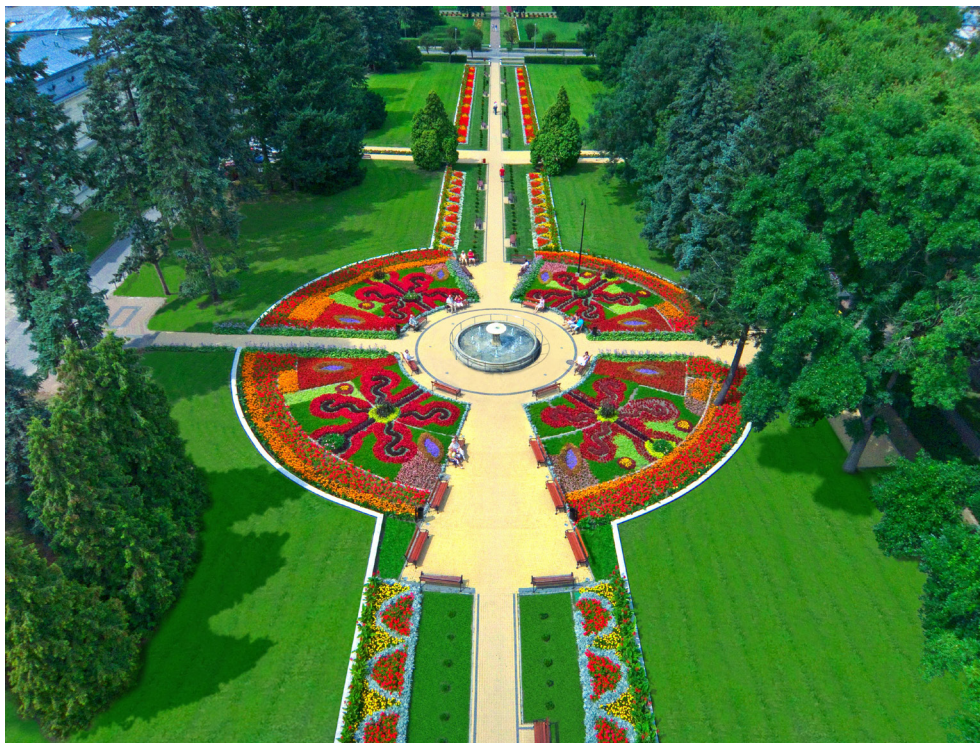
Ciechocinek health resort provides treatment in several directions, such as: orthopaedic and traumatic diseases, rheumatological diseases, cardiological and hypertensive diseases, upper respiratory tract diseases, diabetes, obesity, nervous system diseases, digestive system diseases, female diseases, oncological diseases.

The following spa treatment facilities operate in the area of the health resort:

- (a) spa hospitals for adults,
- (b) spa sanatoria for adults,
- (c) children's spa hospitals,
- (d) spa sanatoria for children,
- (e) health clinics (out-patient clinics).

In the area of the health resort there are also numerous health resort equipment including: health resort pump rooms, graduation towers, health resort parks, kinesitherapy paths, therapeutic and rehabilitation health resort pools and a brine fountain "Grzybek"³³.

³³ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).



The walking route seen from the bird's view



Brine Graduation Tower in Ciechocinek

2.5. Cieplice Health Resort

Administrative location

In the years 1935-1976 Cieplice functioned as an independent town. Today it is a spa, that is a part of Jelenia Góra, a city with district rights in south-western Poland. In terms of population, Jelenia Góra is the fourth town in the province of Lower Silesia (after Wrocław, Wałbrzych and Legnica). The town has 79 061 inhabitants³⁴. The shape of the city border is characteristic: from the Maciejowa housing estate to the sub-mountainous Jagniątków is a distance of over 30 km. Location of the city as the capital of the sub-region predestines it to perform important functions: industrial, tourist, cultural and academic centre. Jelenia Góra borders directly with the Czech Republic, and it is less than 70 km to the border with Germany which has always encouraged the establishment of lively international contacts, trade and economic. The picturesque location of the city - in the middle of Karkonosze, Izera Mountains, Kaczawskie Mountains and Rudawy Janowickie - creates natural conditions for the development of tourism.

Map 4. Location of Cieplice health resort



Source: own elaboration.

³⁴ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Several important national and international transport routes go through the city of Jelenia Góra. One of them is the European route E65 connecting the city with the Baltic Sea, and further with the Scandinavian countries. The second one is the route leading to Zgorzelec (national road No. 30), and further to Germany and Western European countries. Jelenia Góra has direct express railway connections with large cities: Wrocław, Warsaw, Krakow, Poznań, Szczecin, Gdańsk, Rzeszów, and Opole, and it is possible to travel with one change to many other locations. The nearest international airports are located: in Wrocław (about 110 km), Dresden (about 170 km) and Prague (about 175 km). There is also a sports and service airport in Jelenia Góra for the use of local residents and businesses, with the possibility of taking planes from abroad and a customs and border clearance point.

As the largest centre in the region, Jelenia Góra in a natural way became the leader of Jeleniogórska Agglomeration covering the area of 18 municipalities. Jelenia Góra as the capital of Karkonosze attracts not only with its picturesque location, but also with its rich, over 900-year history, numerous monuments, attractions, and interesting tourist offer.

Historical view of the spa

„... bathrooms known by their baths,

They attract a variety of visitors every year

Nice in its structure, layout, and order

That gushes hot water

And for various weaknesses it has a wonderful effect”³⁵.

This is what Bogusz Zygmunt Stęczyński, a Polish traveller and poet, wrote about Cieplice spring that he visited in 1851. Local legends attribute the discovery of Cieplice springs to Prince Bolesław Wysoki, who in 1175 set out in this area in a pursuit of a deer he had wounded. The miraculous properties of the local waters attracted sick people looking for healing. This is probably why on March 18, 1281 Prince Bernard of Lwówieckie gave the “Calidusfons”, i.e. “Warm Spring” and 250 plots of land in the neighbourhood to the hospital order of the Joannits from Strzegom. From that time on, the order began to take care of the sick who came here.

Another page in history of Cieplice was written by knight Bolko II Świdnicko-Jaworski - Gotsche Schoff. In 1381 year he bought Cieplice from Agnes - widow after prince Bolko II. He also brought Cistercians from Krzeszów 22 years later, giving them one of the springs to take care of. That order was connected with Cieplice for next four centuries.

Cieplowody, as Cieplice used to be called, started to become more and more popular, and as the popularity of the place grew, so did the number of patients, nowadays called bathers. Poles also learned about the existence of the spa. Among the local guests should be mentioned

³⁵ https://www.cieplice.pl/atrakcje/53/historia_cieplic (accessed August 20, 2020).

Hetman Stanisław Koniecpolski, Albrycht Stanisław Radziwiłł, Krzysztof Opaliński, Michał Kazimierz Radziwiłł and his stolen Teodor Billewicz, the author of the first Polish description of the spa, the Primate of Poland Michał Radziejowski, Jakub Sobieski, Hugon Kołłątaj, Józef Wybicki, Edward Dembowski, Wincenty Pol, Kornel Ujejski, Duchess Izabela Czartoryska of Fleming family, author of a journal of journey to Cieplice in 1816, above mentioned poet Bogusz Stęczyński, Rozalia Saulson, author of the first Polish guide about Cieplice and its surroundings. Visitors from Poland sometimes made up more than half of the spa visitors. As a result, until the 20th century, the western part of Cieplice on the left bank of the Kamienna River was commonly called “Die polnische Seite”, meaning “The Polish side”. The most prominent guest is considered to be queen of Poland - Maria Kazimiera Sobieska - wife of John III Sobieski. According to the chronicler, she came to the spa with her retinue on 30 June 1687. Her visit remained in the memory of the citizens of Cieplice for many years.

By the order of the Minister of Health and Social Care of 25 July 1967 on the list of localities recognised as health resorts as of 1 January 1967, Cieplice was recognised as a health resort, thus having been the oldest health resort in Poland.

Spa activities

Resolution No. 260.XXVIII.2012 of the City Council of Jelenia Góra of July 9, 2012 on granting the Statute of the Cieplice health resort.

The most important medicinal raw materials

In Cieplice area there is a balneological raw material that possesses therapeutic properties essential for health resort treatment, that is: weakly mineralized fluoride and fluoride-silicon water.

Spa treatment

In the area of the health resort there are following health resort treatment facilities: a health resort hospital, health resort sanatoriums for adults, health resort outpatient clinics (ambulatories) and a naturopathy centre³⁶.

³⁶ Information from Jelenia Góra City Hall (21 August 2020).



Schaffgotsch Palace in Cieplice Zdrój
Photography VentoStudio



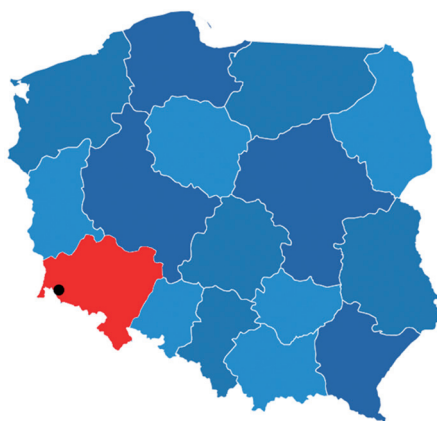
Edward Pavilion in Cieplice Zdrój Park
Photography Michał Kryl

2.6. Czerniawa-Zdrój Health Resort

Administrative location

Czerniawa-Zdrój is one of the oldest health resorts in Lower Silesia. Until 1945, it was called Bad Schwarzbach under German name. The town became part of Poland only after World War II. Currently, Czerniawa belongs administratively to the municipality of Świeradów-Zdrój in Lubań District, in Lower Silesia Province. The settlement is located at the foot of the Jizera Mountains, on the border with the Czech Republic, west of Jelenia Góra and Szklarska Poreba. Świeradów-Zdrój is adjacent to the municipalities of: Mirsk and Leśna, and with the Czech Republic. Historically, Świeradów-Zdrój lies in Lower Silesia. In the years 1975-1998 the town administratively belonged to the Jeleniogórskie Province. Parts and settlements of the town are: Czerniawa-Zdrój, Drożyna, Graniczna, Góreczno, Górna, Łęczyna, Kamieniec, Osiedle Gryf, Podgórna, Siemkowice, and Ulicko.

Map 5. Location of Czerniawa-Zdrój health resort



Source: own elaboration.

It is inhabited by 3910 people³⁷ on an area of 20.72 km², of which agricultural land accounts for 41% and forestry land for 40%. The town occupies 4.85% of the district's area. The Municipal Council consists of 15 councillors³⁸.

Historical view of the spa

Czerniawa was founded in the 17th century, growing around the glassworks belonging to the Schaffgotsch family. Czech Protestants, among others, settled here to escape religious persecution. At the end of the 18th century, i.e. at the time of intensified geological research throughout Europe, the first mineral water springs were discovered in this area. These were low mineralized bicarbonate-calcium-magnesium ponds rich in iron, fluorine, and radon. This discovery gave rise to the development of the spa in the 19th century. In 1860, the first spa house was built (the present one comes from a later period, it was built in 1910). After the war the lands of Lower Silesia returned to Poland after several hundred years of German rule. In 1945 Bad Schwarzbach was renamed to Leśny Zdrój, and a year later to Czerniawa-Zdrój³⁹.

Spa activities

The health resort operates on the basis of Resolution No. LXIV/341/2009 of the City Council of Świeradów-Zdrój of 29 December 2009 on adopting the Statute of Czerniawa-Zdrój health resort.

The most important medicinal raw materials

The natural healing resources used in the resort include⁴⁰: mineral water, medicinal water, brine, peloid and climatic factors. The most precious treasure of the health resort Czerniawa-Zdrój are the mineral waters (acid-carbonate) rich in radon, which impact causes the so-called external effect contributing to the dilation of skin vessels and the internal effect causing a reduction in muscle tension, sedation, lowering of blood pressure and slowing down heart rate. The waters have a therapeutic effect by stimulating the endocrine system. Drinking the waters increases the secretion of gastric acids, stimulates peristalsis of the digestive tract, lowers the level of sugar in the serum. The waters also contain magnesium,

³⁷ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

³⁸ Resolution No. XI/75/2003 of the Town Council in Świeradów-Zdrój of 27 August 2003 on adopting the Statutes of Świeradów-Zdrój Municipality, Chapter 3 § 9, p.4.

³⁹ *Uzdrowisko Czerniawa-Zdrój*, <https://sanatoria.medme.pl/uzdrowisko/sanatorium-czerniawa-zdroj-przewodnik> (accessed April 28, 2020).

⁴⁰ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

thanks to which they have a positive effect on heart functions. Moreover, the waters are used for baths, inhalations, compresses, irrigation, and tamponade. The peat used in the spa from the peat deposit at the foot of the Jizera Mountains is characterised by a high content of active ingredients, which contributes to its high therapeutic value. Peat is recommended especially for treatment of degenerative processes of joints and joint cartilages, post-traumatic conditions of joints, bones, periosteum and muscles, chronic diseases of digestive system and women related diseases.

The specific climate of the spa and the air saturated with the scent of spruce forests, and the noble gas radon, unique in the entire Europe, have a beneficial effect on cell metabolism, enzymatic processes, strengthen blood vessels, nervous tissue, reduce hypertension and if the tension of the blood is too low, it raises it.

Spa treatment

The health resort provides spa treatment in the following fields⁴¹: orthopaedic and traumatic diseases, rheumatological diseases, cardiovascular diseases and hypertension, upper respiratory tract diseases, lower respiratory tract diseases, diabetes, osteoporosis. The health resort's services in Czerniawa-Zdrój are provided by the Rehabilitation Centre and Sanatorium "Czerniawa Zdrój"⁴². The radon baths offered by the health resort are recommended for people suffering from ailments of the locomotive organs, the circulatory system, and also for active people who want to accelerate the process of regeneration of their bodies. Radon treatments are also offered to women struggling with menstrual cycle disorders, diseases of reproductive organs or menopausal period ailments. They are also recommended in the treatment of atherosclerosis and thrombotic vasculitis. The spa also uses natural treatments based on spruce bark decoction, helpful in the treatment of rheumatic pains, respiratory infections, and skin diseases, among others. The therapeutic effect in degenerative or post-traumatic conditions can also be achieved thanks to the therapeutic mud, which is used for warming up active baths and compresses that stimulate the blood circulation and metabolism.

⁴¹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

⁴² Source materials obtained in the researched local government: Świeradów-Zdrój Town Hall.



Centre of Ecology Education Building – Izerska Łąka



Czarci Młyn – a historic water mill in Świeradów Zdrój, Czerniawa estate

2.7. Health Resort Dąbki

Administrative location

The rural municipality of Darłowo is a seaside municipality (mostly tourist oriented), located in the north-eastern part of the West Pomeranian Province on the Baltic Sea, in the valley of Wieprza and Grabowa Rivers. The municipality is located within Sławieński District and covers the area of 269 km².

Map 6. Location of Dąbki health resort



Source: own elaboration.

The Dąbki health resort is situated in the central part of the Pobreże Słowińskie /Slovinian Coast/, diversified with single moraine ramparts reaching up to 134 m above sea level near Koszalin. The area of Darłowo Commune covers 20.6 km². The Commune Council consists of 15 councillors. According to data from 31 December 2018, the municipality was inhabited by approximately 7973 inhabitants⁴³.

⁴³ https://szczecin.stat.gov.pl/vademecum/vademecum_zachodniopomorskie/portrety_gmin/powiat_slawieński/gmina_wiejska_darlowo.pdf (accessed August 17, 2020).

Historical view of the spa

Spa Dąbki, unlike the village of Dabki, does not have a long history. Old chronicles mention an inn in Dąbki, by the trade route from Ustka to Koszalin, and that Dąbki, once called Nowa Rzeka, (New Water) hosted Duke Swietopełko II of Gdansk in 1266. 200 years later, in 1493, Prince Bogusław X, marked out the boundary between the settlement Nowa Rzeka and Bobolin with four stones. The inhabitants of Dąbki (Dabki) were forced to pay rent for the possibility of fishing in Bukowo Lake. Dąbki as a spa and seaside resort began its career in the early twentieth century. The fashion of the 1920s attracted summer visitors to the town. They swam in the sea in woollen bathing suits to protect themselves from the cold water. Just before World War II a sanatorium of the Berlin sickness fund operated in Dąbki⁴⁴. The electrification of the village began in 1918. In 1927 a road Koszalin - Darłowo was built. In 1939 in the village there was a school, two inns, both with large common rooms, and a sanatorium belonging to the Berlin health insurance fund. More and more tourists were coming to the village, even brochures with information about private accommodation were issued. However, the villagers still lived off fishing. Just after World War II, Soviet troops were stationed here. Since the 1960s many modern holiday resorts and sanatoriums were built in Dąbki. Later Dąbki has become a favourite holiday destination for many generations of Poles, and since 1989 children have been treated in Dąbki under the care of their mothers. Health Resort Dąbki was established on the area of Darłowo Commune in 2007 and is one of the youngest Polish spas. The established health resort included the following villages: Żukowo Morskie, Bobolin, Dąbki, Bukowo Morskie and Porzecze⁴⁵.

Spa activities

Resolution no. XII/143/2007 of the Darłowo Commune Council dated 16 November 2007 on establishing the Statute of the Health Resort Dąbki.

The most important medicinal raw materials

In the area of the health resort there are the following documented natural healing resources: brine, peloid, climatic factors.

Spa treatment

In the health resort there are health resort hospitals and sanatoriums for children and adults in which the following diseases are treated: orthopaedic and traumatic, rheumatic, cardiological

⁴⁴ <https://www.polska.travel/pl/wypoczywaj/w-uzdrowiskach/dabki> (accessed August 17, 2020).

⁴⁵ <http://uzdrowisko-dabki.info/> (accessed August 17, 2020).

and hypertensive, upper and lower respiratory tract diseases, endocrinological. In the area of the health resort, among many facilities offering various types of treatment, there are the following establishments and devices of health resort treatment:

- spa treatment facilities
 1. 1st OSW Argentite,
 2. Health Resort Sanatorium H. Cegielski,
 3. 3 OSW Dukat 2,
- spa sanatoriums for adults and children:
 1. Argentite,
 2. Cegielski,
 3. Ducat,
 4. Dolphin,
 5. Amber,
 6. Hutmen,
 7. GeoVita 2⁴⁶,
- list of equipment:
 1. the Seaside Spa Park,
 2. health pathways (including cardiology),
 3. a developed stretch of sea beach.

Three rehabilitation pools (located in sanatoriums: Delfin, Bursztyn, Geovita).

⁴⁶ Resolution no. XII/143/2007 of the Darłowo Commune Council dated 16 November 2007 on establishing the Statute of Uzdrowisko Dąbki, Annex no. 1 (accessed: 30.03.2020).



Water Sports Centre in Dąbki



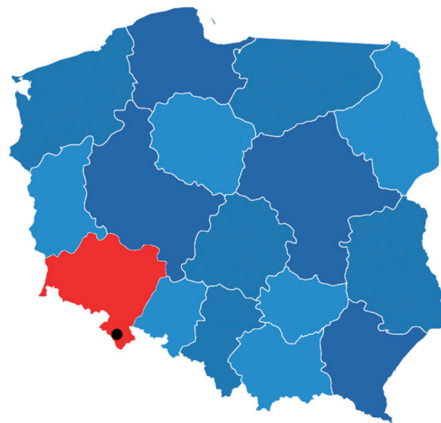
The Beach in Dąbki

2.8. Health Resort Długopole-Zdrój

Administrative location

Długopole-Zdrój is situated in Lower Silesia Province, in Kłodzko District, in the municipality of Bystrzyca Kłodzka.

Map 7. Location of Długopole-Zdrój health resort



Source: own elaboration.

The village is the smallest of the Kłodzko Land resorts and is a part of the spa resort area of 2206.2 ha, which includes the following villages: Długopole-Zdrój, Długopole Dolne, Ponikwa and Wyszki. The village is situated in a secluded and picturesque valley with wooded slopes, at the foot of the Bystrzyckie Mountains, on the Nysa Kłodzka River. Bystrzyca Kłodzka is the seat of the municipality which has a spa and agricultural character. The area of the municipality covers 338 km² (24.3% of the Kłodzko County), of which agricultural land makes 48%, and forests 45%⁴⁷. The urban-rural commune of Bystrzyca Kłodzka consists of 30 village councils, 41 villages, 2 settlements and has 18 246 inhabitants⁴⁸. The Municipal Council consists of 15 councillors⁴⁹.

⁴⁷ Source materials obtained in the examined self-government: Bystrzyca Kłodzka Town and Commune Office.

⁴⁸ Based on source materials provided by the surveyed unit - Questionnaire on: "Diagnosis of health resort communes in Poland".

⁴⁹ City Council, <http://bip.ug-bystrzycaklodzka.dolnyslask.pl/dokument,iddok,14,idmp,11,r,r> (accessed April 16, 2020).

Historical view of the spa

The mineral water springs were already known in the 16th century, in 1798 the “Emilia” spring was discovered, the first spa equipment was built in 1802 and the first bathing establishments in 1819⁵⁰. The spa house was built, and a few years later, the park and the first pump room of mineral water were established. The first analysis of chemical composition of water was made at the beginning of the 19th century by a well-known Silesian geologist Dr Ohm. In 1835, a chemist Fiszer made the first chemical analysis of the water from the “Emilia” spring, defining it as a ferruginous oxalate. In 1876 “Eliza” spring, now “Kazimierz”, was discovered by the promenade, and in 1909 another spring “Renata” was drilled, which turned out to be the most efficient. In 1903, 7089 treatments were issued, in 1904, 8410 treatments and 1870 people were admitted, in 1905, 9571 mineral baths were given, 2140 people were admitted, and in 1906, 2896 people came to Długopole for treatment. During World War II, the spa was turned into a military hospital. At the end of the war, the spa equipment and furnishings of guesthouses were devastated and plundered. In the years 1945-46 the town was called Dłużewo. The health resort started to function already in 1946 having 40 sanatorium places, treating cardiovascular diseases, women related diseases and rheumatism; rehabilitation after viral hepatitis was also introduced. In 1958-64 the natural treatment facility “Karol” was restored and modernized, the buildings were overhauled, and sanatoria were extended. In the years 1965-70, the historic Spa Park was renovated. In 1966, the health resort in Długopole-Zdrój and Łądek-Zdrój were merged into one organisational and administrative unit - Przedsiębiorstwo Państwowe “Uzdrowisko Łądek-Długopole” (the state enterprise “Łądek - Długopole Spa”), which has functioned until today under the name Uzdrowisko Łądek - Długopole S.A. changed in 1999⁵¹.

Spa activities

The health resort operates on the basis of the Resolution No. XLVI/407/09 of the Town Council in Bystrzyca Kłodzka of 28 August 2009 on the establishment of the Statute of Długopole-Zdrój health resort (Official Journal of Lower Silesia Province of 3 December 2009. No. 207, item 3744).

The most important medicinal raw materials

The natural healing resources used in the spa include⁵²: mineral water, healing water, brine, peloid, healing gases, climatic factors. The waters occurring here are described as mineral

⁵⁰ Jakóbiak K. (ed.), *Lecznictwo uzdrowiskowe w Polsce w latach 2000-2010*, Central Statistical Office, Kraków 2011, p. 29.

⁵¹ *History of the health resort Długopole-Zdrój*, <https://www.uzdrowisko-ladek.pl/dlugopole-zdroj/dlugopole-zdroj-uzdrowisko/historia/#> (accessed 16.04.2020).

⁵² Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

waters: oxalic, bicarbonate-calcium-magnesium-sodium, ferruginous, siliceous, radon with a clinically significant content of iron, magnesium, and sodium, richly saturated with carbon dioxide. They have a beneficial influence on the circulatory system and metabolism, have a regenerative and desensitising effect and stimulate the blood-forming function. In Długopole-Zdrój there are three mineral springs “Emilia”, “Renata”, and “Kazimierz”, which waters are used for drinking therapy and water treatment. They are distinguished by a pleasant taste, refresh and stimulate the process of digestion.

The location of the health resort in a well-sheltered and sunny valley with wooded slopes makes the climate here mild and weakly stimulating, and the variation in partial pressure of oxygen and the large number of sunny days have a beneficial effect on the activities of the circulatory system, the respiratory system and blood-forming function⁵³.

Spa treatment

Based on the healing properties of natural resources and climate, spa treatment is carried out in the following therapeutic directions⁵⁴: orthopaedic and traumatic diseases, rheumatological diseases, diabetes, peripheral vascular diseases, digestive system diseases, blood, and blood-forming system diseases. Services in the scope of spa treatment in Długopole-Zdrój are provided by Uzdrowisko Łądek-Długopole S.A. A complex treatment is carried out by a team of specialists in balneology and physical medicine, medical rehabilitation, neurology, internal diseases, and infectious diseases. Systematically conducted health education (with participation of a doctor, a nurse and a dietician), creates correct eating habits in patients treated here minds, and motivates them to a pro-healthy lifestyle. It is supplemented with phytotherapy and pharmacotherapy and, if necessary, psychotherapeutic techniques, and is carried out under the control of biochemical indicators and functional tests⁵⁵. The spa offers natural dry gas baths in carbon dioxide obtained from mineral water sources which is a unique natural method of treating cardiovascular disorders.

The adornment of the resort is the Spa Park located in the centre with the pump room, walking alleys and specimens of old trees, and an additional advantage of the town is its location by the international communication route and proximity to state borders⁵⁶.

⁵³ *The Bystrzyca Kłodzka Commune, Health Resort Operat, Długopole-Zdrój Health Resort*, p. 56.

⁵⁴ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

⁵⁵ *The Bystrzyca Kłodzka Commune, Health Resort Operat, Długopole-Zdrój Health Resort*, p. 57.

⁵⁶ *Bystrzyca Kłodzka Miasto Królewskie, Długopole-Zdrój*, http://bystrzycaklodzka.pl/asp/pl_start.asp?typ=14&menu=96&strona=1 (accessed April 16, 2020).



A SPA House with the Pump Room in SPA Park in Długopole-Zdrój
Photography Krzysztof Froese



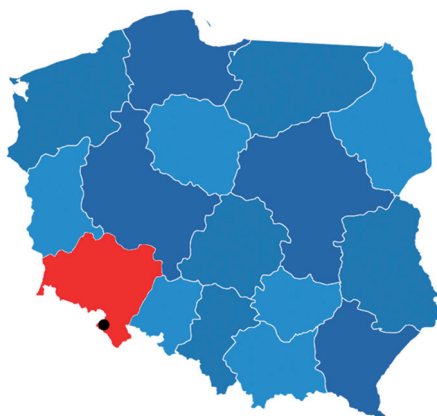
A SPA Park in Długopole-Zdrój
Photography Grzegorz Szczygiel

2.9. Health Resort Duszniki-Zdrój

Administrative location

The Duszniki-Zdrój Commune is situated in the western part of the Kłodzko Land. It is located in Lower Silesia province, in the Jelenia Góra-Wałbrzych subregion, in Kłodzko District. Duszniki-Zdrój has its borders on the east and north with Szczytna commune, and on the north-west with Lewin Kłodzki commune. The western and southern border of the town running along the Orlickie Mountains is the state border with the Czech Republic. Within the administrative boundaries of the commune there are spatially separated, isolated by forest complexes, building complexes of diversified functional and spatial structure, namely: the town, health resort, Podgórze, Graniczna, Zieleniec, Kozia Hala, Jamrozowa Polana and Wapienniki⁵⁷.

Map 8. Location of the Duszniki-Zdrój health resort



Source: own elaboration.

Duszniki-Zdrój has the status of an urban commune. The population of the commune is 4320⁵⁸. The Municipal Council consists of 15 councillors.

⁵⁷ *Environmental Protection Programme for Duszniki Zdrój Municipality for 2005-2011*, Annex to the Resolution of the Municipal Council in Duszniki-Zdrój No. XXXV/180/2005 of 22 June 2005, <http://www.bip.um-dusznikizdroj.dolnyslask.pl/dokument,iddok,3584,idmp,105,r,o> (accessed: 17.04.2020).

⁵⁸ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Historical view of the spa

Duszniki-Zdrój is one of the oldest Polish spas, with its origins dating back to 1769⁵⁹.

The town was recognized as a health resort in accordance with the Ordinance of the Minister of Health and Social Welfare of 25 July 1967 on the list of towns recognized as public utility health resorts⁶⁰.

Although the first information of the healing waters in Duszniki-Zdrój dates back to the early 15th century, it was in 1748 that the first studies of the mineral springs were carried out. In 1769 Duszniki officially became a health resort by entering the “Zimny Zdrój” (Cold Spring) on the list of therapeutic springs in Prussia⁶¹. In 1797, in a provisionally erected shed in six tubs, treatment in heated water from “Zimny Zdrój” was started. In the same year, “Letni Zdrój”, now known as “Pieniawa Chopina”, was discovered. In 1817, another spring was discovered: “Spring of Ulryka”, now known as “Jan Kazimierz”. In 1862, new baths were built (nowadays, it is called Zakład Przyrodoleczniczy (Natural Treatment Facility)), and in 1877, a palm house with a concert hall was put into use (nowadays, it is called Pijalnia Zdrojowa (Pump Room)). From that moment, the development of the health resort progressed rapidly. Pavilions, inns, first bathing facilities and a social house were built. Year after year, the number of visitors increased so that at the beginning of the 19th century Duszniki was known almost all over Europe. The construction of a picturesque road from Duszniki to Polanica through Piekielna Dolina and the railway line to Kudowa in 1890-1905 contributed significantly to the influx of visitors and tourists. In the years 1909-1910 the springs were deepened by drilling. After World War II, Duszniki was granted to Poland. Pensions and hotels were nationalized. In the years 1958-1962, the old mineral water intakes (“Pieniawa Chopin” and “Jan Kazimierz”) were reconstructed, new ones were built, and the pump room underwent a general overhaul. In the following years, new boreholes were still worked on (years: 1965-1973). The deepest borehole “No 39” was drilled in 1993 and it is 180 metres deep. In 1998, Duszniki was destroyed by a flood. Unfortunately, the part of the spa with the historic Spa Park suffered the most⁶². The commune was granted the status of a health resort in 2008⁶³.

Many prominent Poles stayed in Duszniki, including King John Casimir and Frederic Chopin. Duszniki was also visited by the writer Frederick Skarbek, poet and preacher Karol Bołoz Antonowicz, poet Roman Zmorski, Zygmunt Bogusz Stęczyński, Zygmunt Krasiński and Karl von Holtei.

⁵⁹ *Duszniki-Zdrój*, <https://dolnyslask.travel/duszniki-zdroj/> (accessed April 17, 2020).

⁶⁰ Ordinance of the Minister of Health and Social Welfare of 25 July 1967 on the list of localities recognised as health resorts, Monitor Polski of 1967 No 45, item 228.

⁶¹ *Village History*, <https://sztetl.org.pl/pl/miejscowosci/d/757-duszniki-zdroj/96-historia-miejscowosci/69232-historia-miejscowosci> (accessed April 17, 2020).

⁶² Ibid.

⁶³ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Spa activities

Health resort operation is conducted on the basis of the Resolution No. XVI/63/2011 of the Town Council in Duszniki-Zdrój of 8 December 2011 on adopting the Health Resort's Articles of Association.

The most important medicinal raw materials

Among the raw materials used in the spa is primarily mineral water, in the past, it used to be the mud, however, it is imported at present⁶⁴. "The location of Duszniki-Zdrój, on the edge of the Table Mountains in the zone of the occurrence of tectonic dislocation of the Duszniki margin fault, makes mineral water springs occur here. These are the oxalates, which are formed as a result of the extraction of CO₂ along the faults from the depths of the earth's crust, and its saturation of underground waters. These oxalates are characterized by low mineralization and the presence of free CO₂"⁶⁵. In Duszniki-Zdrój several mineral springs are exploited, among others these are: "Pieniawa Chopina", "Jan Kazimierz", "B-4" AGATKA, "B-3" JACEK and water from the borehole "Nr 39". These waters are "ferruginous bicarbonate-magnesium-sodium szczyawy with the addition of specific components: iron, silicon, sometimes radon of medium efficiency, mineralization about 2 g/dm³ and high content of free CO₂, with temperature within 12-19,1°C at the outflow (in boreholes)"⁶⁶. Thermal sorrel has also been discovered and studied in the spa area and is still of interest for the construction of a hybrid district heating system.

Spa treatment

Duszniki-Zdrój (depending on the type of resort), is famous mainly for such therapies as: drinking cures, hydrotherapy, peloid baths, brine treatments, mineral baths. The healing properties of natural resources in the spa are used for treatment of such diseases as: orthopaedic and traumatic diseases, rheumatological diseases, cardiovascular diseases and hypertension, peripheral vascular diseases, diseases of the lower respiratory tract (pulmonology), digestive system diseases, osteoporosis, and female diseases⁶⁷. There are health resort hospitals and sanatoriums for adults. In the area of the health resort there is also a health resort pump room, a health resort park and health resort medical and rehabilitation pools⁶⁸. The health

⁶⁴ Ibid.

⁶⁵ *Uzdrowiskowy Operat Uzdrowisko Duszniki Zdrój*, Duszniki-Zdrój 09/2008 r., www.bip.um-dusznikizdroj.dolnyslask.pl (accessed: 17.04.2020).

⁶⁶ Ibid.

⁶⁷ Based on source materials provided by the surveyed entity (study entitled *Diagnosis of health resort communes in Poland*). See also: *Resolution No. XVI/63/2011 of the Town Council in Duszniki-Zdrój of 8 December 2011 on adopting the Statute of the Health Resort*, p. 5, http://g.ekspert.infor.pl/p/_dane/akty_pdf/U70/2012/4/83.pdf#zoom=90 (accessed: 17.04.2020).

⁶⁸ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

resort facilities in Duszniki-Zdrój include Health Resort Hospital No. 1 “Jan Kazimierz” Pavilion A, Health Resort Hospital No. 1 “Zakład Przyrodolecznicy” Pavilion A, Health Resort Hospital No. 1 “Jan Kazimierz” Sanatorium Department Pavilion B, Health Resort Hospital No. 2 “Chopin”, Health Resort Sanatorium No. III “Moniuszko”, Health Resort Outpatient Clinic, Health Resort Sanatorium “Chemik”, Health Resort Sanatorium “Zimowit”, Pump Room, Spring Park⁶⁹.

⁶⁹ Resolution No. XVI/63/2011 of the Municipal Council in Duszniki-Zdrój of December 8, 2011 on adopting the Statute of the Health Resort, p. 5, http://g.ekspert.infor.pl/p/_dane/akty_pdf/U70/2012/4/83.pdf#zoom=90 (accessed April 17, 2020).



A panorama of Duszniki-Zdrój



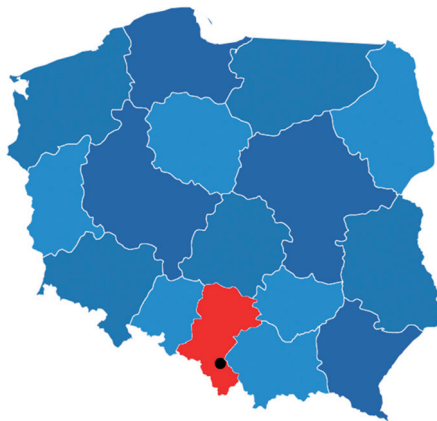
Frideric Chopin SPA Theatre and Frideric Chopin Monument in the Park –
Duszniki Zdrój

2.10. Goczałkowice-Zdrój Health Resort

Administrative location

The spa village of Goczałkowice-Zdrój is located in southern Poland, in the Silesian Province, in the Pszczyna District. The independence of Goczałkowice, continued since the Middle Ages, was interrupted in 1975, when the town was incorporated into Pszczyna Commune. It was reactivated in January 1992.

Map 9. Location of Goczałkowice-Zdrój health resort



Source: own elaboration.

The commune is one of the two in the Silesia province that has the status of a spa. It is located in the region of the Upper Vistula Valley (which is part of the Oświęcim Basin), near the riverbank, it is surrounded by the Beskid Mountains from the south-east, from the north by the vast Pszczyna forests and rolling plateaus. A large area of the municipality is covered by forests, fishponds, and the Goczałkowice Lake, which is the main source of drinking water for the Upper Silesia. In the years 1975-1998 the village belonged administratively to Katowice Province. According to data from 2019, the village has 6677 inhabitants⁷⁰. The municipality occupies an area of 48.64 km² (of which 18% is agricultural land and 2% forest

⁷⁰ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

land), and accounts for 10.27% of the area of the Pszczyna district⁷¹. The Municipal Council consists of 15 councillors⁷².

Historical view of the spa

In 1856, during geological works, deposits of brine were found, and a few years later mud deposits were discovered in the area. In 1862, the full spa activity was started. Baths, the Pump Room of mineral waters, the Spa House and guesthouses hosting patients were built⁷³. In 1880, the health resort in Goczałkowice was enriched with the neo-baroque hotel “Prezydent”, also called “Cesarski”, which was built next to the pavilion “Wrzos” from 1874 (originally Kurthotel). In the second half of the 19th century there also were non-existent to our times buildings: Dr Lasker’s sanatorium, Kriegerheim Military Pension, Heinrichshof and Florianssheim Pension and the building of the children’s sanatorium “Bethazda” founded by the Prussian Empress Augusta Victoria, wife of Wilhelm II. The “golden period” in the history of Goczałkowice health resort ended with the outbreak of World War II. Military actions did not spare the local therapeutic and treatment base. A number of historic buildings and most of medical equipment were destroyed and the fate of the spa itself was in doubt. In the situation of regaining bigger and well-known resorts in Lower Silesia, the Polish Spa Association decided in 1953 to wind up the spa. The health resort in Goczałkowice was saved by the decision of the Health Department of the Provincial National Council in Katowice, which in 1953 established the Provincial Anti-Rheumatic Hospital for the nearby industrial district. The institution started its work a year later. A few years earlier, in connection with the spread of the Heine-Medin disease, the former children’s sanatorium was reactivated and in the beginning of the 50s it began to admit small patients for convalescence⁷⁴. Today, in the vicinity of the Goczałkowice spa there is a charming Spa Park, a renovated Old Railway Station which functions as a Tourist Service Centre, the Maciek Pond or an educational and didactic path.

Spa activities

The health resort operates on the basis of the Resolution No. XXVI/164/2012 of the Goczałkowice-Zdrój Municipal Council of December 20, 2012 on adopting the Statute of Goczałkowice-Zdrój Health Resort (Official Journal of the Silesian Voivodeship of February 27, 2013, item 1885).

⁷¹ Source materials obtained in the examined self-government: Goczałkowice-Zdrój Commune Office.

⁷² Borough Council, <https://www.bip.urzad.goczalkowiczdroj.pl/bipkod/19726031> (accessed April 16, 2020).

⁷³ Jakóbiak K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 40.

⁷⁴ *A little about the history of the spa*, <https://www.gozdroj.pl/historia/> (accessed April 16, 2020).

The most important medicinal raw materials

The natural healing resources used in the spa include⁷⁵ brine and mud. There are waters that should be described as mineral waters: chloride-soda-iodide, ferruginous. Brine, as a therapeutic water, is used in the treatment of rheumatic diseases, musculoskeletal injuries, neurological diseases, and is used for inhalation in case of respiratory diseases. Peat from “Rudołtowiec” deposit after mixing with water is used for therapeutic purposes in the form of compresses and baths. Peat procedures cause local overheating of tissues, and along with the effect of sweating, toxic substances (salts, fats, cholesterol, uric acid, lactic acid), are expelled from the body considerably faster.

The health resort is characterized by a lowland, lakeside (Goczałkowickie Lake), moderately stimulating climate. The warming effect of the water reservoir is marked in autumn, and the cooling effect, in spring. A characteristic feature of this area is a frequent occurrence of fogs and stronger winds. The number of days with precipitation is slightly above normal. There may be different climatic stimuli depending on topography and land cover⁷⁶.

Spa treatment

Based on the healing properties of natural resources and the climate in the health resort, there is a spa treatment in the following therapeutic directions⁷⁷: orthopaedic and traumatic diseases, rheumatological diseases, nervous system diseases and osteoporosis. Services in the scope of spa treatment in Goczałkowice-Zdrój are provided by: Uzdrowisko Goczałkowice-Zdrój Sp. z o.o. and Zespół Sanatoryjno-Szpitalny Rehabilitacji Narządu Ruchu “Gwarek”. The health resort has one of the most modern treatment bases in the country. Long-term and continuous investments in modernization of equipment allow us to maintain a high treatment efficiency rate. The health resort has its own diagnostic base: radiology department, analytical laboratory, diagnostic laboratories (spirometry, vascular examination). Traditional treatment methods using natural healing resources, including iodine-bromine brine and peloid, are applied in the treatment of patients.

⁷⁵ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

⁷⁶ *Economic Chamber of Polish Spas*, <http://www.igup.pl/wykaz-polskich-uzdrowisk/goczakowice-zdroj.html> (accessed April 16, 2020).

⁷⁷ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).



Pump Room Building in Goczałkowice-Zdrój



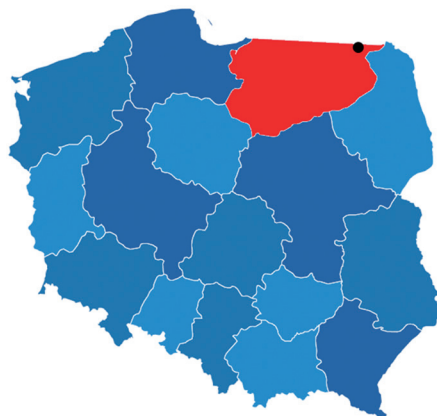
SPA Resort Wrzos in Goczałkowice-Zdrój

2.1 1. Health Resort Goldap

Administrative location

The urban-rural commune of Goldap is located in the north-eastern part of the Warmia-Masuria Province. The town of Goldap is the administrative centre of the commune, which is also the capital of the Goldapski District. The commune neighbours on the east with Dubeninki rural commune (goldapski county), on the west with Banie Mazurskie rural commune (goldapski district), on the south with Kowale Oleckie rural commune (olecki district). Goldap commune together with two neighbouring communes: Banie Mazurskie and Dubeninki form the Goldap District. Goldap borders the Kaliningrad Oblast of the Russian Federation to the north (approx. 3.2 km from the town centre)⁷⁸.

Map 10. Location of Goldap health resort



Source: own elaboration.

Administratively, the Goldap Commune covers an area of 361.73 km², on which 32 village councils⁷⁹ and 67 villages are located⁸⁰. The municipality has 19 909 inhabitants (as of 2019)⁸¹. The Municipal Council consists of 15 councillors.

⁷⁸ Goldap - Mazurian Spa, <https://uzdrowiskogoldap.pl/informacje-o-miescie/> (accessed 17.04.2020).

⁷⁹ Report on the State of the Moldap Municipality for 2019. Annex to the Ordinance No. 647/5/2020 of the Mayor of Moldap dated 29 May 2019, <http://bip.goldap.pl/files/files/Raport-o-stanie-Gminy-Goldap-za-rok-2019%2029.pdf>, (accessed 17 April 2020).

⁸⁰ Based on source material provided by the unit under study.

⁸¹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Historical view of the spa

No sooner than in the interwar period Goldap was becoming an attractive place for tourists who were attracted by the lake, recreational facilities located around it, and the possibility of skiing. The history of the health resort Goldap dates back to the 1960s. At that time, the pre-war health resort importance of Goldap was still remembered⁸². Thereupon, the first water and air tests were conducted in Goldap commune. It was found that this region has the cleanest air in Poland. Also, the local peat deposits were tested. The health resort values were confirmed. Soon after, the first recreation houses, hotels and guest houses were built. They were located mainly around Goldap Lake. "In 1982, the Minister of Health included Goldap in the list of future health resorts. At the beginning of 90s, the local government started intensive efforts to grant Goldap the status of a health resort community"⁸³. The commune, as the only one in the region, has the status of a health resort (with mud and climate profile), which was granted in 2000⁸⁴.

Spa activities

Health resort activity is conducted on the basis of the Resolution No. XXXVI/237/2013 of the City Council in Goldap of 29 May 2013 on granting the Statute of the Goldap Health Resort amended by the Resolution No. LIX/379/2018 of the City Council in Goldap of 20 June 2018.

The most important medicinal raw materials

The health resort Goldap uses mineral and therapeutic waters, peloid and climatic factors⁸⁵. Peat comes from the deposit "Niedrzwica II" in the town of Niedrzwica, in the Goldap Commune and meets the requirements specified for peat with healing properties. This peat is suitable for external use, according to medical indications, in the form of total or partial compresses, wraps and baths, as well as for special treatments, i.e. gynaecological tampons and for the production of peat paste.

The healing mineral water 0,6% chloride-sodium-fluoride comes from the borehole "GZ-1" in Goldap. This water can be used for drinking curative purposes. A direct intake stimulates the secretory function in different parts of alimentary canal, thus influencing the process of metabolism. Drinking these waters at the right time and in a proper daily dose makes it possible to replenish mineral deficiencies, especially chlorides, sodium, potassium, calcium,

⁸² Chmielewski M.J., Kardaś A., *Goldap - a small border town*, [in:] *Kwartalnik Architektury i Urbanistyki*, No. 4, 2013, p. 36.

⁸³ *Goldap* - <https://www.mazury.com.pl/gminy/goldap/>, (accessed April 17, 2020).

⁸⁴ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

⁸⁵ Ibid.

and magnesium, as well as fluorine. In turn, natural mineral water 0.12% from the borehole “GZ-2” is characterized by a considerable content of chlorides, fluorides, and sodium. The chemical composition of this water indicates its usefulness especially in replenishing the deficiency of electrolytes, fluorine, and iodine in a daily diet⁸⁶.

The local climate and clean air have therapeutic properties and are beneficial to the treatment of many ailments, such as: musculoskeletal diseases and post-traumatic states, rheumatic diseases, nervous system diseases, cardiovascular diseases (with restrictions for patients with hypertension in the winter months). In addition, through a variety of climatic and terrain stimuli, it is also possible to support the treatment of thermoregulatory system disorders⁸⁷.

Spa treatment

In Gołdap health resort treatment is carried out in several directions, such as: orthopaedic and traumatic diseases, rheumatic diseases, cardiovascular diseases and hypertension, diseases of lower respiratory tract, nervous system, digestive system, and female diseases⁸⁸.

In the area of the health resort there are: the health resort hospital “Wital”, the health resort sanatorium “Wital,” natural treatment facilities: in the health resort hospital and in the health resort sanatorium⁸⁹. There are also: “Mazurski Zdrój” - the pump room of mineral and curative waters, Mazurian Graduation Towers, the spa park, kinesitherapy park, motor path - corso and rehabilitation spa pool⁹⁰. In Gołdap, a Natural Medicine Institution is currently under construction, and will be launched next year. In December 2019, the part related to the expansion of the Spa Promenade was completed. Currently, the part involving the construction of the Natural Treatment Facility, which will be a harmonious element to the adjacent infrastructure, is being implemented: Mazurian Brine Graduation Towers and the Pump Room.

⁸⁶ Resolution No. XXXVI/237/2013 of the Municipal Council in Gołdap of 29 May 2013 on granting the Statute of the Gołdap Health Resort, <http://bip.goldap.pl/pl/1243/13282/uchwala-nr-xxxvi-237-213-rady-miejskiej-w-goldapi-z-dnia-29-maja-213-r-w-sprawie-nadania-statutu-uzdrowisku-goldap.html>, (accessed: 17.04.2020).

⁸⁷ Ibid.

⁸⁸ Ibid. Based on source materials provided by the surveyed unit (study entitled *Diagnosis of health resort communes in Poland*); Ministry of Health, <https://www.gov.pl/web/zdrowie/goldap> (accessed: 17.04.2020).

⁸⁹ Resolution No. XXXVI/237/2013 of the Municipal Council in Gołdap of 29 May 2013 on granting the Statute of the Gołdap Health Resort, <http://bip.goldap.pl/pl/1243/13282/uchwala-nr-xxxvi-237-213-rady-miejskiej-w-goldapi-z-dnia-29-maja-213-r-w-sprawie-nadania-statutu-uzdrowisku-goldap.html> (accessed 17.04.2020).

⁹⁰ Ibid.



Pump Room in Gołdap
Photography FRRG Archive



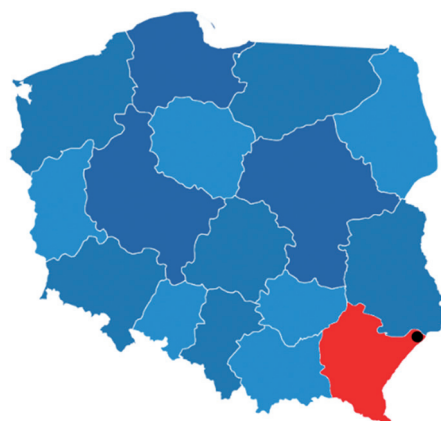
Brine Graduation Towers in Gołdap
Photography Aleksandra Król Berut

2.12. Health Resort Horyniec-Zdrój

Administrative location

The Horyniec-Zdrój Commune is a rural municipality located in the north-eastern part of Podkarpackie province, in the district of Lubaczów. The municipality, which occupies an area of 203.1 km², administratively borders with the following municipalities of Podkarpackie province: from the southwest with the municipality of Lubaczów, from the west with the municipality of Cieszanów, and from the north with the municipality of Narol.

Map 11. Location of the Horyniec-Zdrój health resort



Source: own elaboration.

Horyniec Commune was created on 1 January 1973. Until February 6, 1998 it had only one name. Horyniec had a one-member name. On the basis of the Regulation of 14 January 1998 on the establishment and change of official names of towns and the establishment and change of the type of some towns, it gained a second element and to this day the name Horyniec-Zdrój is commonly used. According to data as of 31 December 2019, the municipality was inhabited by 4754 people⁹¹. The Commune Council consists of 15 councillors.

⁹¹ Based on source materials provided by the surveyed unit - Questionnaire on „Diagnosis of health resort communes in Poland”.

Historical view of the spa

In the local tradition, Horyniecko waters have a history dating back to the times of the king John III Sobieski. At the same time, it was the period when balneological treatment started to flourish again after medieval stagnation. In 1863, the first mention of Horyniecké springs appeared in Samuel Orgelbrand's new universal encyclopaedia. It was also around this time that the owner of Horyniec, Prince Aleksander Oskar Poniński, created the foundations of the Horyniec resort. Soon after, the first boreholes were made in order to obtain an efficient intake of sulphuric waters, which were situated in the same place where they are today. At first, cosy baths with several tubs were arranged. They were often used by the local Jews. During World War I, the baths were destroyed, and after the end of the war, they were rebuilt again. Thereupon, approximately half a thousand visitors came to Horyniec during the season. After 1915, Horyniec became the property of Stanisław Karłowski who married Róża, Aleksander's daughter. Horyniec then changed the owners because both his father-in-law and his wife died in the same year. The couple had two sons – Jan and Zygmunt. After World War I, the sons together with their father created an ambitious plan to expand and modernize the health resort. A modern bathing establishment was built in place of the old one, situated at the back of today's Spa Park. The new buildings were given the features of Zakopane architecture. The surroundings were developed to create a unique modern resort. Horyniec was also intensively promoted in Poland, as well as abroad. Its trademarks were unique mud and sulphurous waters, and undoubtedly, an unusual climate. Year after year, new investments increased the attractiveness and reputation of the resort. A newly designed park became a place of rest and entertainment for the visitors who had several opportunities to spend their free time. Concerts, cinema screenings, theatre performances as well as games and sports recreation were prepared for them. Well organized entertainment on a high level meant that there was no time for boredom. It is worth mentioning that the resorts were used mainly by the nobility and the burghers. Local people used to say that one should visit Horyniec at least once a year since it was a place where the elite gathered. The dynamic development of the cosy and elite resort was interrupted by World War II. When the Soviet army entered the area, they adopted all the buildings and turned Horyniec into barracks. Nevertheless, despite the war Horyniec did not suffer much.

It was only the activity of the UPA band that brought almost a complete destruction of the place. In 1946, retreating Ukrainian Insurgent Army's troops set fire to Horyniec, leaving the town in ruins, and destroying the heritage of many generations. Having such natural wealth as Horyniec health resort, after the war and the change of the political system, local people decided to rebuild the resort. Different reality and lack of opportunities meant that it was necessary to seek help from the authorities. The baths were rebuilt in 1962, not as impressive as before the war, but it was only the beginning of laborious efforts. In 1969, the Trade Union of Metalworkers renovated the Poniński Palace burnt by the

Ukrainian Insurgent Army, creating a sanatorium there. In 1977, the first sanatorium for farmers was opened in the present spa district of Horyniec. Both metalworkers and farmers came here for balneological treatments to the baths in the centre of Horyniec. In 1978, the Ministry of Health issued a decree establishing the State Company Horyniec Health Resort. PP Uzdrowisko Horyniec manages the health resort complex in Horyniec which includes “Rolnik”, minor accommodation pavilions and balneological base, commonly called bathrooms in Horyniec. After the political changes of 1990s, the building of “Rolnik” was handed over to the Agricultural Social Insurance Fund in 1993. Earlier, in 1988 a decision was made to build a new natural treatment facility opposite the “Rolnik” complex. The construction was divided in stages, and finally after ten years the complex was completed. Also, the extension and modernization of “Rolnik” continued and was completed in 1994. Twelve years later, the “Rehabilitation Centre for Farmers of KRUS” was expanded to include a modern swimming pool. It goes without saying that one should always look for leaders who, with their charisma, changed the face of a given place. Wladyslaw Wróblewski was such an outstanding person who lifted Horyniec from the ruins after the war. He is considered to be the real creator of the idea of the sanatorium for farmers in Horyniec. It was also thanks to him that the whole balneological infrastructure was developed. A kind of continuator of Wróblewski’s work was Jan Łuczyszyn, the director of PP Spa Horyniec, and later the president of the Horyniec Spa. There were plans to close the Horyniec baths because the place was not suitable for expansion, and to create a modern balneological complex. In 1988, a modern Spa House of the Horyniec Health Resort was built in stages over a period of 10 years in the current spa district. In this way, a modern spa and hotel base was created, which was to serve not only its own patients, but also those from the neighbouring “Farmer”, which do not have its own balneological facility. The Horyniec health resort is the only one to have a concession for peloid mining and drilling sulfuric water in Horyniec. Privatized after 2000, “Metalowiec” uses the mud and sulphur of the health resort. Soon afterwards the sanatorium changed its name into “Bajka”. The Horyniec health resort is now a complete sanatorium with a treatment base combined with a hotel base. The builder of this facility is Jan Łuczyszyn, who completed the last investment in 2010. He is considered to be the creator of the Horyniec Spa. Also in 1995, the production of the first bottled water in Horyniec called Hetmańska was launched. The name of this water was supposed to refer to the first known Horyniec’s patient, the then Hetman Jan III Sobieski⁹². Horyniec-Zdrój was granted the status of a health resort in 2009.

When the sanatoriums moved to a new spa district at the end of the 1990s, the park that was a part of the spa, became deserted and deteriorated more and more each year. In 2013-2015, the Horyniec-Zdrój municipality carried out a revitalization of the Spa Park as part of the project “Development of the spa towns of Horyniec-Zdrój and Morszyn as an opportunity

⁹² <http://sanatorium.horyniec.info/historia-horynieckiego-uzdrowiska/> (accessed August 12, 2020).

to activate the Polish-Ukrainian borderland”. As a result of the revitalization, the centre of Horyniec became more beautiful and took on an urban character. As part of the investment, a pump room with a café Sanacja and a charming amphitheatre with an auditorium were built in place of the old Baths which were demolished in 2000. Two fountains were created likewise. The natural character of the northern and southern parts was maintained. Paths and footbridges over the Glinianiec Stream are exceptionally charming.

Spa activities

The municipality has the current status of a health resort, which was established by the Resolution of the Horyniec-Zdrój Municipal Council No. XXX/197/09 of 14.10.2009.

The most important medicinal raw materials

The following natural healing resources are documented in the area of the health resort:

- a) therapeutic sulphurous and hydrosulphurous water - ‘HORYNIEC’ deposit,
- b) peat - deposit „PODEMSZCZYŻNA”,
- c) climatic factors.

Spa treatment

In Horyniec-Zdrój there are health resort sanatoria for adults, in which the following diseases are treated: orthopaedic and traumatic, nervous system, rheumatological, osteoporosis, skin diseases, female diseases. Since 2020, the treatment profiles have been extended to include the possibility of treating cardiovascular diseases and hypertension, diabetes, and obesity. Currently, there are the following spa treatment facilities operating in the spa area:

- Uzdrowisko Horyniec Sp. z o.o. consisting of 3 facilities:
 - „Spa House”,
 - „Jawor”,
 - „Larch”,
- Natural Medicine Centre:
 - Health Resort Outpatient Clinic (Horyniec Health Resort Ltd. „Dom Zdrojowy”),
 - Sanatorium „Centrum Rehabilitacji Rolników KRUS” (Rehabilitation Centre for Farmers of Agricultural Social Insurance Fund),
 - Sanatorium „Bajka”.



Farmers Rehabilitation Centre KRUS in Horyńc-Zdrój



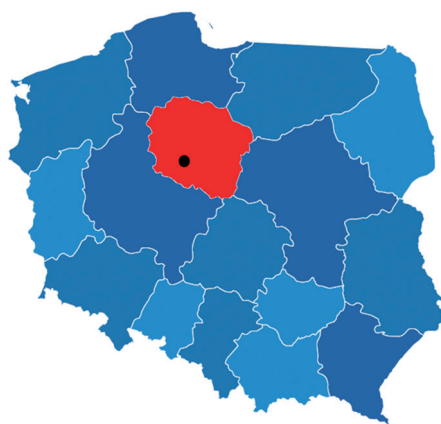
Water Capillary in Nowiny Horynieckie

2.13. Health Resort Inowrocław

Administrative location

Inowrocław is situated in Kujawsko-Pomorskie Province, in Inowrocław District. It is an urban municipality with a spa area within its administrative borders.

Map 12. Location of Inowrocław health resort



Source: own elaboration.

The town has 68 166 inhabitants (as of 22 June 2020)⁹³. The Municipal Council of Inowrocław consists of 23 councillors⁹⁴. The city is regarded as the capital of Western Kujawy.

Historical view of the spa

Inowrocław is called “a town on salt” because of its rich deposits⁹⁵. In historical documents Inowrocław appeared for the first time in 1185 under the name *Novo Wladislaw*⁹⁶. It was

⁹³ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

⁹⁴ *Organizational Structure of the Inowrocław City Council*, <http://bip263.lo.pl/index.php?cid=72707> (accessed 21.04.2020).

⁹⁵ *Inowrocław, Ciechocinek, Wieniec - Zdrój, Marusza*, <https://kujawsko-pomorskie.travel/sites/default/files/mig/turystyka-uzdrowiska-polska-kujawsko-pomorskie.pdf>, (accessed: 21.04.2020).

⁹⁶ *Inowrocław*, <https://regionwielkopolska.pl/artykuly-dzieje-wielkopolski/inowroclaw/>. (accessed 21.04.2020). See also. Radkowski D., *Przewodnik po uzdrowiskowym Inowroclawiu*, Wydawnictwo Tekst sp. z o.o., Bydgoszcz, p. 3.

mentioned in a document issued by king Casimir Jagiellon's office in 1450, which concerned the health values of water drawn from the Inowrocław town well. It is said that the water cured Judith, the wife of King Władysław Herman and the mother of King Bolesław Krzywousty, of infertility⁹⁷. Salt was also a valuable commercial resource, expensive and sought after. New opportunities came with the founding of a health resort in 1875⁹⁸. The initiator of treatment based on the properties of salt deposits was Dr. Zygmunt Wilkoński, who was active in Kujawy. On May 4, 1875, the *Towarzystwo Akcyjne Solanki Inowrocławskie* (*Joint Stock Company of Inowrocław Brine*) of Dr Zygmunt Wilkoński, Oskar Triepcki and Samuel Hoeniger was registered with the County Court in *Inowrocław*. It was to be based on brine, and also on purchasing land for a health resort in the village of Rąbin⁹⁹. The properties of Inowrocław salt deposits, in the form of the so-called brine, were successfully used. Along with the establishment of the *Inowrocław Brine Stock Company*, the first devices for bathing cures were created in Inowrocław. The western part of the town started to become a spa district - guest houses, tenement houses and villas were built. The first bathing building with 14 cabins was built in 1876, and the next bathing pavilion for 15 tubs was intended for sick children¹⁰⁰. In 1880 Dr Zygmunt Wilkoński died and the property of the joint stock company was sold to the magistrate of Inowrocław, who continued to develop the spa. Apart from brine baths, sulphate and iron mud baths were offered. In 1886 the health resort started to treat rheumatic diseases in children¹⁰¹. After the natural medicine institution was opened in the interwar period, the Inowrocław mud era began. The fashion for staying at the waters and the increasing popularity of the health resort among patients allowed to transform the western part of Inowrocław into a health resort district. It is worth pointing out that most of the buildings from the turn of the 19th and 20th century delight patients and tourists to this day. Unfortunately, World War II interrupted the expansion of the resort. In 1951, the town transferred the spa to the Central Board of Polish Spas in Warsaw¹⁰². Although the health resort had operated much earlier, Inowrocław was included in the *list of towns recognised as health resorts* from 1 January 1967¹⁰³.

⁹⁷ *Inowrocław*, <https://www.polska.travel/pl/wypoczywaj/w-uzdrowiskach/inowroclaw> (accessed April 21, 2020).

⁹⁸ Radkowski D., *Guide ...*, op. cit., p. 4.

⁹⁹ *Parks and gardens - Spa parks - Solankowy Park in Inowrocław*, <http://www.parki.org.pl/parki-zdrojowe/park-solankowy-w-inowroclawiu/rev/3>, (accessed 21.04.2020). See also. *History of "Solanki" Inowrocław Health Resort*, <http://www.solanki.pl/pl/historia-uzdrowiska>, (accessed 21.04.2020).

¹⁰⁰ Ibid.

¹⁰¹ *Inowrocław*, <https://www.polska.travel/pl/wypoczywaj/w-uzdrowiskach/inowroclaw>, (accessed 21.04.2020).

¹⁰² *Parks and gardens - Spa parks - Solankowy Park in Inowrocław*, <http://www.parki.org.pl/parki-zdrojowe/park-solankowy-w-inowroclawiu/rev/3>, (accessed 21.04.2020).

¹⁰³ *Ordinance of the Minister of Health and Social Welfare, 25 July 1967 on the list of localities recognised as health resorts*, <http://isap.sejm.gov.pl/isap.nsf/download.xsp/WMP19670450228/O/M19670228.pdf>, (accessed 21.04.2020).

Spa activities

Health resort operation is performed based on resolution no. XLVI/657/2010 of Inowrocław Town Council of 27 September 2010 on adopting the Statute of Inowrocław Health Resort and resolution no. XVII/230/2011 of Inowrocław Town Council of 22 December 2011 amending the resolution on adopting the Statute of Inowrocław Health Resort.

The most important medicinal raw materials

Inowrocław health resort has mineral healing waters containing dissolved mineral and specific components, i.e.: chlorides, sodium, calcium, sulphides: mineral healing water from intake No 3 “Królowej Jadwigi Spring” and mineral healing water from intake IL-1 “Solankowe Spring”. Application of mineral water from intake No 3 “The Queen Jadwiga’s Spring” with calcium and magnesium chlorides in its composition, according to medical indications for drinking treatment, increases secretion of gastric juice and stimulates the function of liver and pancreas. At the same time, the body is supplemented with iodine which content is 0,36 mg/dm³. The application of mineral water from mineral intake IL-1 “Brine spring” with content of chlorides and sodium and sulphur compounds (II) with participation of thermal factor for healing baths causes mild keratolytic and osmotic effect on skin and adjacent tissues. It also has soothing effect on sensory and motor nerve endings and improves skin blood supply. The therapeutic properties of water from intake No. 3 “Królowej Jadwigi Spring” and water from intake IL-1 “Brine Spring” were confirmed by the National Institute of Public Health - National Institute of Hygiene, Department of Health Resorts in Poznań, issuing relevant certificates on 7 August 2018¹⁰⁴. The local climate of Inowrocław health resort is characterised by favourable conditions for heliotherapy, aero therapy and kinesitherapy¹⁰⁵.

Spa treatment

Inowrocław health resort provides treatment in the following fields: orthopaedic and traumatic diseases, rheumatologic diseases, cardiovascular diseases and hypertension, nervous system diseases, peripheral vessels, and digestive system diseases¹⁰⁶. On its territory there are health resort treatment facilities: “Solanki” Uzdrowisko Inowrocław sp. z o.o., Sanatorium Uzdrowiskowe “Przy Tężni” im. dr. Józefa Krzymińskiego sp. z o.o., Sanatorium Uzdrowiskowe Ośrodek Rehabilitacji i Odnowy Biologicznej “Oaza” sp. z o.o., “Modrzew” sp. z o.o., Szpital Uzdrowiskowy “Energetyk” sp. z o.o. and health resort treatment facilities,

¹⁰⁴ *Spa Operat for the Inowrocław Health Resort*, Inowrocław 2018, pp. 55-56.

¹⁰⁵ *Ibid*, p. 59.

¹⁰⁶ *Resolution No. XLVI/657/2010 of the City Council of Inowrocław of 27 September 2010 on adopting the Statute of Inowrocław Health Resort*.

i.e. health resort park (with the area of 85 ha), exercise paths, brine graduation tower, therapeutic brine pool “Inowrocławska Terma”, health resort pump room (“Pijalnia Wód - Palmiarnia “Inowrocławianka”, the City of Inowrocław”), a rehabilitation spa pool (“Solanki” Inowrocław Health Resort), two therapeutic spa pools, a spa pump room (“Przy Tężni” Health Resort Sanatorium), a brine pool with therapeutic water (“Modrzew”).



SPA Resort House – Przy Tężni – Inowrocław



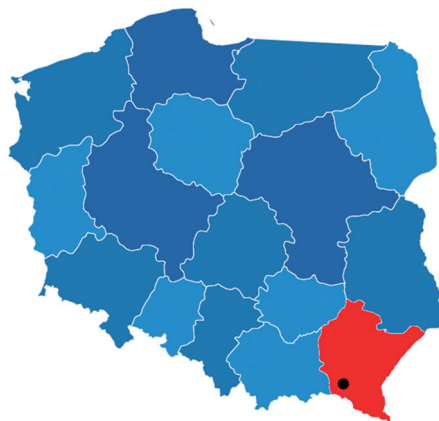
Brine Graduation Tower in Inowrocław

2.14. Health Resort Iwonicz-Zdrój

Administrative location

Iwonicz-Zdrój is a town in Podkarpackie Province, in Krosno District, the seat of the urban-rural commune of Iwonicz-Zdrój. The commune neighbours on the east and south with the Rymanów Commune, on the west and south it administratively borders with the Dukla Commune, on the north with the Miejsce Piastowe Commune.

Map 13. Location of the Iwonicz-Zdrój health resort



Source: own elaboration.

As of May 2020, the municipality has 10847 inhabitants¹⁰⁷. Its total territory covers an area of 44.5 km². The commune comprises the town of Iwonicz-Zdrój and the following village councils: Iwonicz, Lubatowa and Lubatówka¹⁰⁸. The Municipal Council in Iwonicz-Zdrój consists of 15 members.

¹⁰⁷ Based on source materials provided by the surveyed unit - Questionnaire on „Diagnosis of health resort communes in Poland”.

¹⁰⁸ RESOLUTION NO. LV.355.2018 OF THE MUNICIPAL COUNCIL IN IWONICZ-ZDROJ of 11 October 2018 on adopting the Statute of the Municipality of Iwonicz-Zdrój, <http://www.bip.iwonicz-zdroj.pl/wp-content/uploads/2018/10/Uchwała-LV.355.2018-ws.-uchwalenia-Statutu-Gminy-Iwonicz-Zdrój.pdf>, (accessed 20 April 2020).

Historical view of the spa

Iwonicz-Zdrój is one of the oldest health resorts in Poland. It is the largest and the oldest health resort in Podkarpacie province. The first mention of the healing properties of local springs comes from “Cieplice”, published in 1578. “Cieplice” was written by Wojciech Oczka, court physician of Stefan Batory, then published in 1578. It aroused interest of prominent doctors of those times who treated kings and queens. Concurrently, attention was also drawn to the excellent climate of the health resort. In the 17th century. The “miraculous” properties of Iwonicz waters were known throughout the country. The health values of the resort and its peculiarities were described in Europe. In the 18th century, there was a decline of healing in Iwonicz. With time, the place fell into complete oblivion.

It was not until the 19th century that spa treatment was developed again. At that time, the owners of Iwonicz, Karol Załuski and then Amelia Załuska, started to build the first spa buildings. In the initial period, the spa activity was carried out only during the summer season. The first permanent physician was the brother of the famous poet Wincenty Pol, Dr Józef Pol. In the middle of the 19th century, there was a significant influx of guests. It contributed to the expansion of the bath house and other buildings serving the comfort of visitors. At that time, the spa had a reputation of a European resort.

The time before the outbreak of World War I was a period of rapid development for Iwonicz-Zdrój. At that time the number of guests was increasing, new spa facilities were built and the bottling and sale of Iwonicz mineral waters began. Although the World War I period made it impossible to conduct therapeutic activities, fortunately it did not cause major losses in the infrastructure of the spa. The interwar period was a time of further development of the health resort; apart from the Załuski family, other entrepreneurs made investments in treatment facilities. The biggest project of that period was the construction of the health resort hospital “Excelsior”, which was owned by the Association of Health Insurance Funds. During the interwar period Iwonicz became a very popular resort among the regulars of the “waters.”

The period of World War II was the most dramatic time in the history of Iwonicz Zdrój. Spa facilities were designated only for Germans. The war activities left their mark also on the spa infrastructure - they brought considerable material losses as numerous spa buildings were destroyed.

After 1945, the bathing establishment was nationalized and became the property of the state. In 1955, Iwonicz-Zdrój was separated from the village of Iwonicz and in 1973 it was granted municipal rights. In the early 1980s, one of the most modern in Poland - the Natural Medicine Institution - was put into use. The post-war period was characterised by a dynamic development of the whole health resort, numerous sanatoriums were established, the treatment offer was significantly increased, sports and recreation infrastructure were

developed (swimming pool, ski jumps, courts, walking paths, etc.). At present, about 50 thousand people take treatment and rest in the spa every year¹⁰⁹. The commune confirmed its status as a health resort in September 2019, receiving this confirmation from the Minister of Health, who stated that the Iwonicz-Zdrój health resort has deposits of natural therapeutic raw materials, appropriate climate and spa treatment facilities allowing to perform spa functions.

Spa activities

The activity of the health resort is carried out based on the Resolution no. XXIII/173/2012 of the Municipal Council in Iwonicz-Zdrój of 29 October 2012 on adopting the Statute of the Iwonicz-Zdrój Health Resort and the Resolution no. XXXII/231/2013 of the Municipal Council in Iwonicz-Zdrój of 24 May 2013 on amending the Statute of the Health Resort.

The most important medicinal raw materials

Within the resort area natural healing resources are used, such as: mineral waters, curative, brine, peloid, climatic factors¹¹⁰. The natural wealth of Iwonicz-Zdrój are abundant mineral water sources. These are the acid-carbonated waters¹¹¹:

- “Klimkówka 27” - ,31 % bicarbonate-chloride-sodium, iodide, acid-carbonated water,
- “Iwonicz II” - 0.53 % sodium chloride-bicarbonate, iodide, acid-carbonated water,
- “Elin 7” - 0.62% chloride-bicarbonate-sodium, iodide, acid-carbonated water,
- “Lubatówka 12” - 1.95% chloride-hydrogen-carbonate-sodium, iodide, acid-carbonated, hypothermic water,
- “Lubatówka 14” - 1.88% chloride-bicarbonate-sodium water, iodine,
- “Sophie 6” - 1.21% chloride-bicarbonate-sodium, iodide, acid-carbonated water,
- “Emma” - 0.53 % chloride-hydrogen-carbonate-sodium water, iodine.

Climatic virtues of Iwonicz-Zdrój are primarily: high content in the air of iodine, bromine and ozone, and the absence of atmospheric pollution¹¹².

Spa treatment

The therapeutic profile of the spa is very wide, and many ailments are treated here, such as: orthopaedic and traumatic diseases, nervous system diseases, rheumatological diseases, digestive system diseases, upper respiratory tract diseases, obesity, osteoporosis, female and

¹⁰⁹ *Gmina Iwonicz-Zdrój*, <https://iwonicz-zdroj.pl/iwonicz-zdroj/>, *Uzdrowisko Iwonicz- Rys historyczny*, <https://uzdrowisko-iwonicz.com.pl/rys-historyczny/> (accessed April 20, 2020).

¹¹⁰ *Ibid.*

¹¹¹ *Resolution No. XXIII/173/2012 Rady Miejskiej w Iwoniczu-Zdroju z dnia 29 października 2012 r.*, <http://bip.iwonicz-zdroj.pl/2013/03/04/statut-uzdrowiska-iwonicz-zdroj/>, (dostęp: 20 kwietnia 2020 r.).

¹¹² *Gmina Iwonicz-Zdrój*, <https://iwonicz-zdroj.pl/iwonicz-zdroj/> (accessed April 20, 2020).

skin diseases¹¹³. On the territory of the health resort there is a health and rehabilitation hospital: “Excelsior” Iwonicz Spa S.A, sanatorium facilities: Sanatorium Uzdrowiskowe “Biały Orzeł”, “Pod Jodłą”, “Stare Łazienki”, “Ustronie,” Spa Sanatorium No. IV - Treatment Facility “Iwonicz Spa”, “Świerkowy Zdrój” Medical SPA sp. z o.o. (previous name “Ziemowit”), “Wisła”, “Sanvit”, “Górniki”, “Piast”, “Klimat” and Sanatorium of the Farmers Rehabilitation Centre “KRUS”. In the village there is also a Natural Medicine Institution of the Iwonicz Spa and the Outpatient Clinic of the Iwonicz Spa¹¹⁴. Among devices of spa treatment functioning in the area of Iwonicz-Zdrój there is a pump room of mineral waters located in the centre of the health resort, styled as an orangery with rich slatted geometrical decoration, referring in its style to the elements of classicism in the garden edition. Patients are served several local waters that have anti-inflammatory and protective effects on the digestive tract, urinary tract, and respiratory tract. Another object is the old historic Spa Park (Cultural Landscape Protection Zone) with an area of 10 ha. The new Spa Park was separated from the forest complex and occupies an area of 236 ha. In the resort there are also walking paths with a total length of 8200 m, set out on four hills overgrown with mixed forests, surrounding Iwonicz-Zdrój, rehabilitation pools located in the Institute of Natural Medicine “Uzdrowisko Iwonicz SA”, Sanatorium “Świerkowy Zdrój” Medical.

¹¹³ Based on source materials provided by the surveyed entity (research entitled *Diagnosis of health resort communes in Poland*); Resolution No. XXIII/173/2012 of the Municipal Council in Iwonicz-Zdrój of 29 October 2012. <http://bip.iwonicz-zdroj.pl/2013/03/04/statut-uzdrowiska-iwonicz-zdroj/> (accessed: 20.04.2020).

¹¹⁴ Ibid.



Amphitheater in Iwonicz-Zdrój



Dietl Square in Iwonicz-Zdrój

2.15. Health Resort Jedlina-Zdrój

Administrative location

The Jedlina Zdrój Commune is an urban municipality situated in Wałbrzych District, in Lower Silesia Province. Jedlina-Zdrój is a spa town located in Sudety Mountains Foreland within the Wałbrzyskie Mountains. The spa is situated on the slope of Kobiela hill in a mid-mountain valley at the height of 540 meters above sea level.

Map 14. Location of Jedlina-Zdrój health resort



Source: own elaboration.

Jedlina-Zdrój is the seat of the urban municipality of Jedlina-Zdrój. According to data from 31 March 2011, the town had 5082 inhabitants. The town's area is 17.45 km², which constitutes 3.4% of the county's area. The Town Council consists of 16 members¹¹⁵.

Historical view of the spa

The oldest mentions of the town date back to the 13th century. The name derives from the magnificent fir woods growing here at that time. It was a lumber settlement belonging to Bolko I - the prince of Świdnica and Jawor. In the 16th century, the first mineral water springs were discovered, and in the 18th century they were recognized as healing and started to be

¹¹⁵ <http://bip.jedlinazdroj.eu/arttykul/29/8058/sklad-rady-w-kadencji-2018-2023> (accessed April 20, 2020).

used on a larger scale. In 1723, the settlement became a health resort. The spring was named Charlottenbrunn after Charlotta - the wife of Hans Christopher baron von Seher-Thoss - the owner of Jedlina. The whole Jedlina took this name which was used until 1945. The weaving and cloth making developed. A resort well-known in the whole Silesia was created. In 1768, Jedlina was granted municipal rights. In 1900, Jedlina-Zdrój had a post office with a telegraph, which is still situated in the same building at 6 Warszawska Street. The houses had water installations, some of them with naturally carbonated mineral water. In the years 1902-1903, stone pavements were laid, gas lighting was installed, and in the spa, electric lighting was added. The town experienced its heyday. It was known in Silesia as a health resort with wide cultural and entertainment activities. There were numerous hotels, pensions, and guest houses. Among the most famous ones, one should mention "Szwajcarka" from the 19th century, which offered milk treatment, eating chestnuts and a possibility to rest among beautiful trees. Still standing wooden fire station with a bell tower (at 9 Warszawska Street) was built in 1910. You can still admire the beautiful Villa Sans-Souci (3 Chojnowska Street), which used to belong to the spa doctor. It is hard not to mention the magnificent, although dilapidated, the Palace Complex which entrance is guarded by the stone lions. In Kamieński district, on the hill, there is a church built in Alpine architecture style. In Jedlina-Zdrój there are also buildings in the style of Berlin Neoclassicism with elaborated openwork balconies. The parish church in the shape of a rotunda with an adjacent bell tower from 1934 is a worth-seeing facility. In 1946, the name *Jedlina-Zdrój* was officially introduced and replaced the previous German name *Bad Charlottenbrunn*.

Spa activities

Resolution no. XX/122/12 of the Town Council of Jedlina-Zdrój of 23 October 2012 on a change of Resolution no. XIX/109/12 of the Town Council of Jedlina-Zdrój of 27 September 2012 on publication of a uniform text of the resolution on establishing the Statute of Jedlina-Zdrój Health Resort.

The most important medicinal raw materials

The following natural healing resources are documented in the area of the health resort:

- medicinal water,
- climatic factors.

Spa treatment

- orthopaedic diseases,
- rheumatological diseases,

- cardiovascular diseases and hypertension,
- upper respiratory tract diseases,
- lower respiratory tract diseases,
- diseases of the digestive system,
- kidney and urinary tract diseases.



The Church by John Paul II street with an Observation Tower in Jedlina-Zdrój



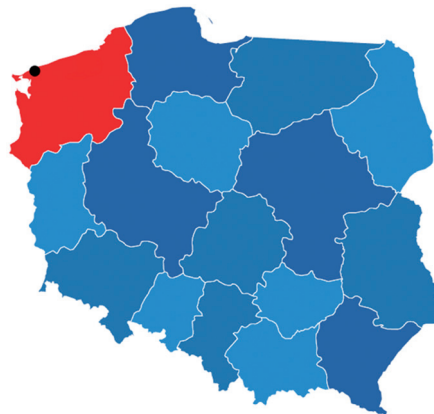
Active Jedlina facility – Jedlina-Zdrój

2.16. Health Resort Kamień Pomorski

Administrative location

Kamień Pomorski Commune is situated in the north-western part of West Pomeranian Province, in the central part of the Kamień Pomorski district. Neighbouring communes are Dziwnów, Golczewo, Świerzno and Wolin (Kamień District).

Map 15. Location of Kamien Pomorski health resort



Source: own elaboration.

The town is the seat of an urban-rural municipality. The area of the town covers about 9 km² and the municipality is nearly 208.53 km². It is inhabited by 13635 people (as of 31.12.2019)¹¹⁶. The Municipal Council of Kamień Pomorski consists of 15 councillors.

Historical view of the spa

Kamień Pomorski boasts over 1000 years of history. It was granted town rights in 1274. The name of the town derives from a natural topographical phenomenon, namely a huge

¹¹⁶ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

erratic boulder, located several dozen metres from the northern bank of the Chrząszczewska Island¹¹⁷. This boulder is called the Royal Boulder.

The beginnings of health resort activities in Kamień Pomorski date back to the 19th century. In 1876, during drilling in the area, deposits of brine and therapeutic mud were discovered. Six years later a brine bath facility was opened (today's "Fenix" Natural Medicine Institution)¹¹⁸. The brine from Kamieńsk has had healing properties. The research carried out by scientists from the Berlin Geological Institute showed that both the brine and the peat could be used for bathing and healing purposes. They were used to treat both adults and children. Before the war, in the building where the Spa Board is now located, there was a sanatorium for children. In 1929, the town, trying to get a recognition as a health resort, bought from the von Köller family the property with the surrounding park, situated by the road leading to Golczewo, and organized a sanatorium there. After the war, the "Polonia" hotel with a restaurant found its seat there (today it is ruined)¹¹⁹.

The World War II and the post-war situation left an unfavourable mark on the spa infrastructure. However, already in 1946 it was realised that the flywheel of the reconstruction and development of the town could be the spa, then called "brine". At that time, their base was almost completely destroyed. The buildings where the patients could stay were occupied by the army stationed there¹²⁰. In the second half of 50s of the XX century, there was a significant acceleration of works related to the opening of the health resort. The first works were carried out at the Natural Medicine Institute. It was decided that it would be rebuilt as a whole. On 13 September 1958, the renovation of this main building, the "heart of the Natural Treatment Facility" (PPU) - German "Solbad", the future ZPL *Phoenix*¹²¹. On June 17, 1959, the general principles of the reconstruction of the spa were approved, and on October 31, the ceremonial opening of the Kamień spas took place. As *Głos Szczeciński* newspaper reported on its front page, Kamień became the *twenty-seventh health resort in the country and the first one officially opened in the province*¹²². In the 1960s, the appearance of the town left a lot to be desired and there was a lack of tourist facilities for patients and, first of all, of a remarkable beach. The agricultural character of Kamień was visible at every step¹²³. At that time, the town had almost no tourist infrastructure. Over time, the situation has visibly improved. A new railway station was built and a modern, for those times, restaurant - "Steńka" opened too. In 1961, following sanatoria were opened: "Gryf", "Ziemowit" and "Lech". In 1967, the renovation of the largest sanatorium "Mieszko" was nearly completed.

¹¹⁷ Kamień Pomorski - History, <https://www.kamienpomorski.pl/pl/page/historia-0> (accessed 20.04.2020).

¹¹⁸ 55 Years of „Kamień Pomorski Health Resort,” <https://www.kamienpomorski.pl/pl/news/55-lat-uzdrowiska-kamien-pomorski> (accessed April 20, 2020).

¹¹⁹ Ibid.

¹²⁰ Ibid.

¹²¹ Ibid.

¹²² Ibid.

¹²³ Ibid.

Janusz Paśnicki¹²⁴ turned out to be the real creator of the health resort in Kamień Pomorski. Kamień Pomorski was granted a health resort status in 2009¹²⁵.

Spa activities

The health resort operates on the basis of the Resolution No. IV/27/10 of the Town Council in Kamień Pomorski of 28 December 2010 on the establishment of the Health Resort Kamień Pomorski¹²⁶.

The most important medicinal raw materials

In the health resort healing waters, mineral waters, brine and peloid (deposits of therapeutic peat), are used¹²⁷. Kamień Pomorski is famous for its unique properties of natural mud and brine, extracted from its own deposits and used for years in therapeutic treatments¹²⁸. Brine is called “white gold” and mud “black gold.” “Peat from Kamień Pomorski contains a multitude of both organic and inorganic compounds including bitumen, wax, resin, fats, cellulose, humic acids, humic acids, amino acids, lignins and biologically active substances. Thanks to this wealth of components, which have anti-inflammatory, bacteriostatic or hormonal effects, it is helpful in treating many different ailments”¹²⁹. Apart from therapeutic mud, the natural wealth of Kamień Pomorski is highly valued in balneology, highly mineralized healing waters, the so-called brine¹³⁰. The source of brine for Kamień Pomorski is the borehole Edward III with the depth of 400 m¹³¹, which is located within the Kamień Pomorski mining area.

Spa treatment

The spa provides treatment in the following therapeutic areas: orthopaedic and traumatic diseases, rheumatological diseases, cardiovascular diseases and hypertension, upper respiratory tract diseases, lower respiratory tract diseases and neurological diseases. In recent years, the spa has also specialised in the rehabilitation of patients after spinal cord injuries. The company Uzdrowisko Kamień Pomorski S.A. operates here, within which therapeutic activities are

¹²⁴ Ibid.

¹²⁵ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

¹²⁶ RESOLUTION No IV/27/10 OF THE PLAIN COUNCIL OF KAMIENI POMORSKIM of 28 December 2010, http://e-dziennik.szczecin.uw.gov.pl/WDU_Z/2011/18/298/akt.pdf (accessed 20.04.2020).

¹²⁷ On the basis of source materials made available by the surveyed unit On the basis of source materials made available by the surveyed unit (survey “*Diagnosis of health resort communes in Poland*”); UCHWAŁA NR IV/27/10 RADY MIEJSCOWEJ W KAMIENIU POMORSKIM z dnia 28 grudnia 2010 r., http://e-dziennik.szczecin.uw.gov.pl/WDU_Z/2011/18/298/akt.pdf (accessed 20.04.2020 r.).

¹²⁸ Uzdrowisko Kamień Pomorski, <http://uzdrowisko-kamienpomorski.pl/surowce-naturalne/> (accessed April 20, 2020).

¹²⁹ Ibid.

¹³⁰ Ibid.

¹³¹ Ibid.

conducted. It consists of health resort sanatoriums: “Chrobry”, located in the historic district of Kamień Pomorski, “Dąbrówka”, which is located away from the city traffic. There is also a health resort hospital: “Mieszko” - the largest and best-known treatment centre in Kamień Pomorski.



Research Institute – Kamień Pomorski Resort



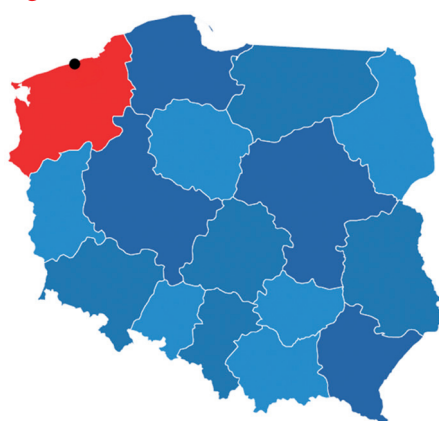
Museum of Rocks in Kamień Pomorski

2.17. Kołobrzeg Health Resort

Administrative location

Kołobrzeg lies in the central part of the coast of West Pomerania Province, in the northern part of Kołobrzeg District at the mouth of the Parsęta River into the Pomeranian Bay. In the official register, 8 parts of the town are distinguished: Kostrzewno, Lubinia, Lubostronie, Podczele, Przylaski, Radzikowo, Radzikowskie Przedmieście, Żółczyce. The city is situated on the border of two macro-regions of Pobrzeże Szczecińskie and Pobrzeże Koszalińskie. The city has direct access to the sea at a length of 11 km. Kołobrzeg is located on the lowland and marshy area of the coastal dunes. The Parsęta River flows through the central part of the town along with its river branch - the Wood Canal. Kołobrzeg is the fourth largest urban centre in the West Pomeranian Province in terms of population, and one of the most rapidly growing Polish towns on the Baltic Sea coast. At the mouth of the Parsęta River there is a seaport with the following functions: trade, passenger operations, fishing and yachting.

Map 16. Location of Kołobrzeg health resort



Source: own elaboration.

Kolobrzeg has the status of a city municipality. The City Council has 21 councillors. The city of Kolobrzeg is inhabited by 47 078 people¹³² according to data from January 1, 2012. The area of the city was 25.67 km², which is 3.54% of the area of Kolobrzeg District.

Historical view of the spa

The year 1802 is considered to be the year in which the spa town of Kolobrzeg was founded, when Jan Henryk Held, a Prussian officer and customs councillor from Poznań, arrived in town and was sentenced to one and a half years in the Kolobrzeg Fortress. The result of his stay was a book about the sea bathing in Kolobrzeg. In 1803, the first sea bathing facility was established at the mouth of the Parsęta River and functioned from June to September. There was a separate bathing place for women, men, and families with children. The brine, known in this place already in the 7th century, was used for healing baths for the first time in the 1830s. The creator of the brine baths was Gottlieb Keutel. From 1882, the local peat started to be used for healing procedures in the spa. The development of the spa in the second half of the 19th century contributed to the fact that Kolobrzeg gained a railway connection. The possibility of development also occurred as a result of the closure of the fortress in 1872¹³³. The city began to take advantage of the medicinal and recreational values, the first graduation towers were built, guest houses, hotels, sanatoriums, natural medicine institutions. In 1899, the Strandschloß sanatorium (Beach Castle, Coastal Palace), which played the role of a spa house, was opened. This object was built in the style of German Renaissance. Its size is proved by the fact that it had among others a hall for 1000 seats. The World War I impeded the development of the town - the spa character of the town was suspended at that time, and for the duration of the war sanatoriums were transformed into military hospitals. After the war, in 1919, Kolobrzeg served as the military capital of Germany - Paul von Hindenburg's staff was located in the sanatoriums. At the end of World War II during the Battle of Kolobrzeg the spa part of the town, including the sanatoriums, were approximately destroyed in 85%. In the 1960s, the decision of the Economic Committee of the Council of Ministers of the Polish People's Republic was to restore the spa function of the town. During this period many sanatoriums were built, however the new buildings were designed and built separately from the old pre-war German buildings. Today Kolobrzeg has over a dozen sanatoriums and spa hospitals. Some of them belong to the Health Resort Kołobrzeg S.A. which is the legal successor of the state enterprise created in 1952, others belong to other entities. The facilities located in the spa area can accept at one time about 7000 patients and holidaymakers¹³⁴. Since

¹³² <http://www.kolobrzeg.pl/informator-miejski> (accessed April 20, 2020).

¹³³ https://pl.wikipedia.org/wiki/Uzdrowisko_Kołobrzeg (accessed April 20, 2020).

¹³⁴ https://pl.wikipedia.org/wiki/Sanatoria_w_Kołobrzegu (accessed April 20, 2020).

1st January 1967 - by the order of the Minister of Health and Social Care of 25 July 1967, Kołobrzeg is on the list of towns recognised as health resorts.

Spa activities

Resolution No. XVI/53/72 of the Provincial National Council in Koszalin dated 27 January 1972 on establishing the Statute of Kołobrzeg Health Resort.

The most important medicinal raw materials

The following natural healing resources are documented in the area of the health resort:

- brine,
- mud,
- climatic factors.

Spa treatment

- orthopaedic and traumatic diseases,
- rheumatological diseases,
- cardiovascular disease and hypertension,
- diseases of the upper respiratory tract,
- diseases of the lower respiratory tract,
- diabetes,
- obesity,
- endocrine diseases,
- diseases of the nervous system,
- osteoporosis,
- skin diseases.



The Beach in Kołobrzeg



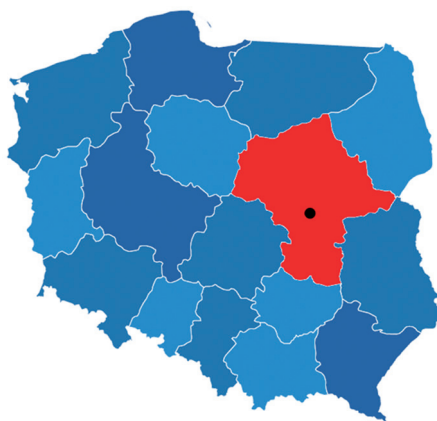
A bike path through East Ekopark

2.18. Konstancin-Jeziorna health resort

Administrative location

The town is situated in Mazowieckie Province, in Piaseczno District on Warsaw Plain. It lies less than 20 km from the centre of Warsaw and about 16 km from Frederic Chopin Airport.

Map 17. Location of Konstancin-Jeziorna health resort



Source: own elaboration.

Urban-rural municipality of Konstancin-Jeziorna covers a territory of 78.63 km², of which the area of the city is 17.75 km², and the village - 60.87 km². Currently, in the city and municipality there are 23 221 people registered for permanent residence, while according to the voters register the municipality has 23 663 residents¹³⁵. The Municipal Council consists of 21 councillors.

Historical view of the spa

Konstancin-Jeziorna health resort has an interesting and rich historical past. The origins of the resort date back to the late 19th century, when the family of Counts Potulicki decided

¹³⁵ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

to create a garden city stretching along the river Jeziorka. Count Witold Skórzewski, who inherited these areas, named them after his mother - Konstancja. Konstancin from the very beginning was a prestigious place, gathering the cream of society of the then Warsaw. It tempted with unprecedented, for those times, wide, paved streets, water supply, sewage system, electricity and even a telephone line. The Wilanowska Railway reached here from Warsaw, and in the park there was a magnificent “Casino” with a cafe, a restaurant and guest rooms. Visitors enjoyed swimming in the river, canoeing, playing tennis and horse riding. In 1917, Konstancin was granted the status of a health resort due to its excellent climatic values, but until 1939 not a single natural healing facility was built. Only after the post-war geological research and drilling for natural mineral waters caused the development of the resort. Sanatoriums began to operate in the 1960s. In 1967 the town was granted the status of a health resort¹³⁶.

Spa activities

Resolution no. 189/VIII/15/2020 of the City Council of Konstancin-Jeziorna of 26 February 2020 on amendments to Resolution no. 244/V/17/2008 of the City Council of Konstancin-Jeziorna of 8 September 2008 on the Statute of the Konstancin-Jeziorna health resort (Official Journal of Mazowieckie Province of 22 April 2020, item 4036). The Resolution entered into force at the beginning of May 2020.

The most important medicinal raw materials

The natural healing resources used in the spa include brine and climatic factors¹³⁷. In the heart of the Spa Park stands a graduation tower¹³⁸, which sprays brine extracted from a depth of over one and a half kilometres into the air. It is worth noting that this is the only one in the Mazovia region and one of the oldest such facilities in Poland - it has been operating continuously since 1978. The therapeutic effects of brine have a beneficial effect on the nervous system, respiratory system, endocrine gland system and general immunity of the body¹³⁹. The main advantages of Konstancin-Jeziorna as a health resort should also include the moderately stimulating climate, with a large number of sunny days per year, moderated by the surrounding pine forests, which affect the purity of the air, enriching it with essential

¹³⁶ Jakóbiak K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 37.

¹³⁷ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

¹³⁸ The graduation tower - a natural inhalatorium, properties: the brine flowing down the fascine evaporates and creates a specific microclimate, and is additionally mechanically broken down by the inhaler (mushroom) producing aerosol. Minerals and microelements contained in the brine are absorbed by the respiratory tract mucous membranes and skin, supplementing the deficiency of these microelements in the human organism.

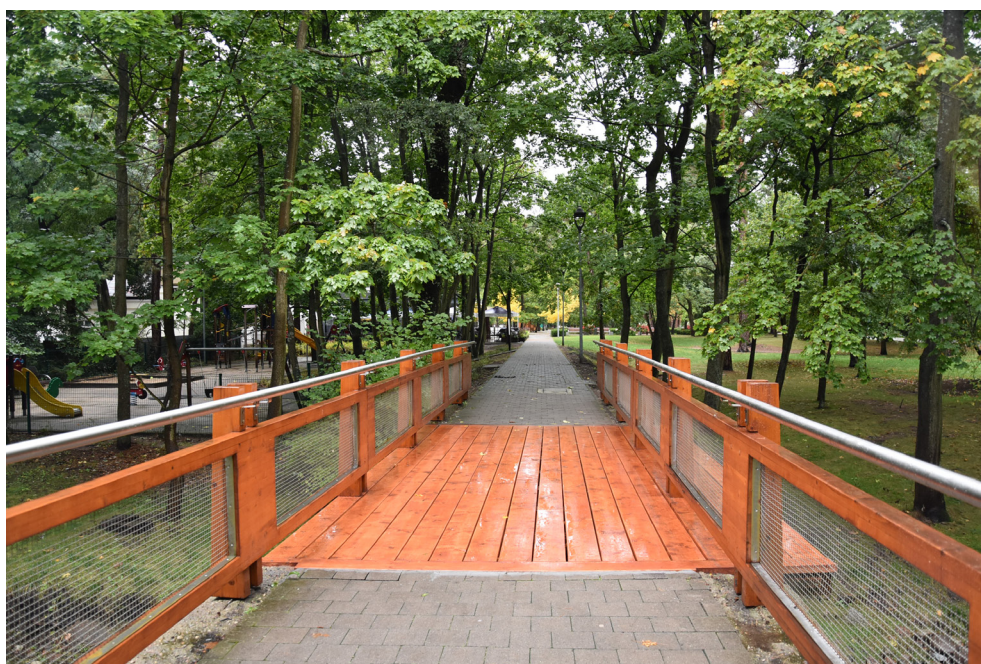
¹³⁹ *Konstancin-Jeziorna Commune, more than a health resort*, <https://www.konstancinjeziorna.pl/nasza-gmina/miasto-i-gmina/poznaj-gmine#cnt> (accessed 24.04.2020).

oils, which is of great importance in the process of healing and regeneration. This climate is also supportive to the prevention of many diseases, such as cardiological and laryngological ones.

Spa treatment

In the resort, health treatment is carried out in the following directions: orthopaedic and traumatic diseases, rheumatological diseases, cardiovascular diseases and hypertension, upper respiratory tract diseases, lower respiratory tract diseases and nervous system diseases¹⁴⁰. Services in the field of spa treatment in Konstancin-Jeziorna are provided by highly specialized rehabilitation facilities for people suffering from musculoskeletal disorders, mobility impairments, and people with the nervous system damage consequences, which include Mazovian Rehabilitation Centre “Stocer”, Comprehensive Rehabilitation Centre CKR, Konstancin-Zdrój Health Resort S.A.

¹⁴⁰ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).



A wooden platform in SPA Park – Konstancin Jeziorna



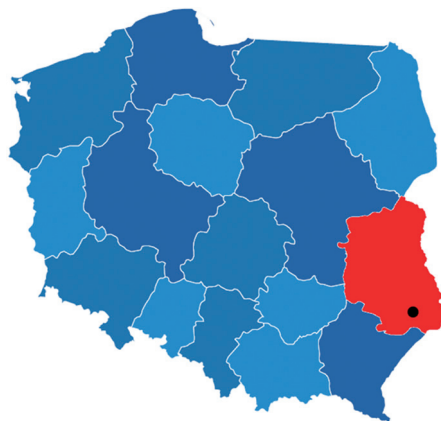
Monument of pope John Paul II in SPA Park – Konstancin Jeziorna

2.19. Health Resort Krasnobród

Administrative location

Krasnobród is situated in Lubelskie Province, in Zamość District, in the Middle of Rostocze region. The urban-rural municipality of Krasnobród covers an area of 125 km² and has a population of 7,300¹⁴¹. The following villages belong to the municipality: Dominikanówka, Grabnik, Hucisko, Hutki, Hutkow, Kaczórki, Majdan Mały, Majdan Wielki, Malewsczyzna, Nowa Wieś, Potok Senderki, Stara Huta with hamlet of Lasowce, Szur, Wólka Husińska with hamlet of Husiny, Zielone with hamlet of Przejma and Krasnobród, which is located 27 km from Zamość, just over 100 km from Lublin and Lviv and 280 km from Warsaw¹⁴².

Map 18. Location of Krasnobród health resort



Source: own elaboration.

Krasnobród is the seat of the municipality and serves as a local administrative, economic, and cultural centre. The Municipal Council consists of 15 councillors.

¹⁴¹ Ibid.

¹⁴² City and Commune of Krasnobród, <http://www.krasnobrod.pl/page/11/polozenie.html> (accessed 24.04.2020).

Historical view of the spa

The beginnings of the health resort are considered to be in 1884, when the first tuberculosis sanatorium was established. In the interwar period, Krasnobród started to develop as a health resort. On July 7, 1934, the President of the Republic of Poland, Ignacy Moscicki officially opened the sanatorium on the so-called Belfont. In 1939, the construction of another sanatorium began. During the German occupation both buildings were destroyed. After World War II, in 1950 a tuberculosis sanatorium for children was opened. Later, it was turned into a Health House and then into a rehabilitation sanatorium for children with rheumatic diseases¹⁴³. In 1970s, a number of project works were undertaken in order to create the Krasnobród health resort. There were, among others, projects of hydro-geological research for mineral water intake and the program of the resort construction. Due to the social and political situation at the end of 70s, these ambitious undertakings were not fulfilled. On January 1, 1995, the Polish government restored Krasnobród's municipal rights. In the years 1999-2002, the local authorities of the town and the municipality of Krasnobród commissioned complex works and studies in order to recognise Krasnobród as a health resort. The creator of the health resort concept was the founder and long-term President of the Polish Health Resorts Chamber of Commerce, Professor Andrzej Madeyski. Thanks to the efforts of the town and commune authorities towards the development of the tourism and health, the resort functions since 30 July 2002. Krasnobród is a beautiful health resort.

Spa activities

The health resort operates on the basis of the Resolution No. XXXVIII/234/09 of the Town Council in Krasnobród of 11 March 2009 on adopting the Statute of Krasnobród Health Resort (Official Journal of the Lublin Province of 4 May 2009, item 1311).

The most important medicinal raw materials

The natural therapeutic resources used in the health resort include peat and climatic factors¹⁴⁴. Mud - peat deposits of the low type "Majdan Wielki" meet the requirements specified for mud, useful in balneological treatment for wraps, compresses and baths. The Council of Ministers, by virtue of the regulation of 18 December 2001, classified the peat deposits from this particular deposit as therapeutic minerals. The main advantages of Krasnobród as a health resort include its mildly stimulating climate, moderated by the location - the hills surrounding the valley and the dense forest areas (pine, fir and beech stands). The area is

¹⁴³ Jakóbik K. (red.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 33.

¹⁴⁴ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

favourable for aero therapy, there is no air pollution, and the coniferous forests provide a large amount of natural essential oils, useful in therapy of the respiratory tract.

Spa treatment

The Janusz Korczak Independent Public Rehabilitation Sanatorium in Krasnobrod treats orthopaedic and traumatic diseases, rheumatological diseases, upper respiratory tract diseases, lower respiratory tract diseases, obesity, nervous system[□] diseases. The sanatorium is located in Krasnobrodzki Landscape Park in the immediate vicinity of the Roztocze National Park and “Święty Roch” Reserve. The facility exists since 1957 and is located in the historic palace and park complex in Krasnobrod, 150 m from the lagoon, ponds and pine-fir-spruce forests. There are ideal conditions for relaxation - peace and quiet, vast space encouraging to walk along numerous walking paths, lots of greenery, relaxing SPA treatments. The Sanatorium has 152 beds divided into 3 buildings - a modern treatment and SPA base, an indoor riding arena and a playground for children. The spa offer is addressed to children and adults. Since 2007, there has been a spa clinic in the town, where you can take advantage of medical advice and treatments from the National Health Fund.



St. Roch Chaoel in Krasnobród



Observation Tower in Krasnobród

2.20. Krynica-Zdrój Health Resort

Administrative location

The town is situated in the Małopolskie Province, in the District of Nowy Sącz in Beskid Sądecki. The south-eastern part of the Krynica-Zdrój Commune falls partly into the Low Beskid, where the peaks do not exceed 1000 m. The town developed along the valleys of small streams: Palenica, Czarny Potok and Kryniczanka. Through the municipality also flows the river Muszynka which then flows directly into Poprad. The town centre is located in the valley of the stream Kryniczanka. Most of the spa buildings are located at an altitude of 550-650 m. Some sanatoria and private buildings, however, are located well over 650 m above sea level.

Map 19. Location of Krynica-Zdrój health resort



Source: own elaboration.

Urban and rural municipality of Krynica-Zdrój has 16 777 inhabitants¹⁴⁵. The Municipal Council consists of 15 councillors.

¹⁴⁵ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Historical view of the spa

The mineral water springs were discovered at the turn of the 18th and 19th centuries, the first pump room was built in 1802, and the first bathing facility in 1804. In 1807, Krynica received the official status of a “spa resort”. In the second half of the 19th, century plans for the spa’s development were drawn up, a balneological commission was established, spa houses and guesthouses for patients were built. Further development of the resort came in the first years of the 20th century, after the discovery of highly hyperosmotic water “Zuber” (one of the most precious waters of this type in Europe), and the interwar years, when the town became one of the most popular resorts in Europe¹⁴⁶. The great era of Krynica as a health resort began in 1856 with the work of Józef Dietl, a professor at the Jagiellonian University, considered the father of Polish balneology. Mud baths were used here since 1858, and the continuators of Dietl’s work contributed to the technical development of the health resort. In this period, such spa objects as: Old Mineral Baths, Old Mud Baths, Spa House, wooden Main Pump Room with a promenade were built, which not only left an indelible mark on the architectural map of the city and the region, but first of all became the evidence of the birth of the Polish water therapeutics. In 1922, the town was granted the status of a health resort. At the end of the 19th century, Krynica was a fashionable and elite place of stay and meetings of many famous Poles (among others J. Matejko, A. Grottger, H. Sienkiewicz, J.I. Kraszewski). In the interwar period, the following people stayed here: L. Solski, H. Modrzejewska, W. Reymont, J. Tuwim, K.I. Gałczyński, J. Kiepura (he had his own villa “Patria” here). After World War I, the spa was taken over by the Polish authorities. Some of the buildings were restored and many new ones were built, e.g. “Nowe Łazienki Mineralne” (“New Mineral Baths”), the boarding house “Lwigród”, “Nowy Dom Zdrojowy” (“New Spa House”). A mountain hostel on Jaworzyna Krynicka, a cableway to Góra Parkowa, a winter stadium and a toboggan run were also built. Krynica also became a winter sports centre, hosting the European Championships in luge and the World Championships in ice hockey. In 1919, 10 thousand people came to Krynica for holidays or medical treatment, and in 1938 this number rose to 40 thousand annually. World War II and the occupation period interrupted the spa’s development. After the war, the resort was developed, new sanatoriums were built, a spectacular natural healing centre, the main pump room with a concert hall, tennis courts and playing fields were also added. In 1967, the town was granted the status of a health resort. Krynica became the biggest resort in the complex of Krynica-Poprad Spas.

Spa activities

The health resort operates on the basis of the Resolution No. LII/364/10 of the Town Council of Krynica-Zdrój on the 21st of June 2010 on the establishment of the Statute of

¹⁴⁶ Jakóbik K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 34.

Krynica-Zdrój health resort (Official Journal of the Malopolska Region of 24 August 2010. No. 431, pos. 3119).

The most important medicinal raw materials

Natural healing resources used in the health resort include mineral waters, therapeutic waters and climatic factors¹⁴⁷. Healing properties of Krynica's mineral waters, known and appreciated for a long time, are still in the focus of medicine because they are the wealth of the country, present a high medicinal and economic value. Progressive worldwide contamination of natural environment causes adverse changes in human water and electrolyte system. Mineral waters that occur here are a natural element of the human environment, and therefore are used in the prevention and treatment of the mentioned diseases. The natural wealth of Krynica-Zdrój are mineral waters from medicinal sources such as¹⁴⁸:

- *Zdrój Główny* - a water source discovered in 1793, which, thanks to a high content of magnesium, alleviates stress and hyperactivity.
- *Ślotwinka* - helps remove heavy metals from the body. The name comes from the location in the Ślotwiński Park.
- *Tadeusz* - water that cures anaemia. Its patron is Professor Tadeusz Tempka, a haematologist and leukaemia cell researcher.
- *Żuber* - highly mineralized water reducing blood sugar and cholesterol levels. Named in honour of the geologist Rudolf Zuber.
- *Jan* - diuretic water used for kidney disorders, ideal for treating kidney stones and chronic inflammation of the urinary tract.
- *Joseph* - water cleansing the kidneys, also used in the treatment of urinary tract diseases.
- *Mieczysław* - water recommended for gastritis and gastric resection. Named in honour of gynaecologist Mieczysław Dukiet, MD.

The climate of the health resort has subalpine characteristics, mitigated by the dense forest areas surrounding the town located on the southern, sunny slopes, which creates a specific healing microclimate, characterised by significant temperature differences between day and night, a significant number of sunny days and the persistence of snow cover for a long time.

¹⁴⁷ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

¹⁴⁸ *Treatment*, <http://www.krynica.pl/Lecznictwo-c70.html> (accessed April 06, 2020).

Spa treatment

In Krynica-Zdrój spa treatment is carried out in the following directions¹⁴⁹: rheumatological diseases, upper respiratory tract diseases, diabetes, nervous system diseases, digestive system diseases, women's diseases, kidney and urinary tract diseases, blood, and blood-forming system diseases. Services in the field of spa treatment in Krynica-Zdrój are provided by: Military Health and Rehabilitation Hospital Independent Public Healthcare Institution, Sanatorium Uzdrowskowie "Abaton" Spółdzielnia Pracy Niepubliczny Zakład Opieki Zdrowotnej, Independent Public Healthcare Institution Sanatorium MSWiA in Krynica-Zdrój named after Blessed Karolina Kózkówna, Sanatorium "Energetyk", Sanatorium Uzdrowskowie "Leśnik-Drzewiarz" sp. z o.o, Sanatorium "Lwigród" sp. z o.o., Sanatorium "Mielec", Sanatorium "Nad Kryniczanka", "Krynica-Żegiestów", Sanatorium "Watra", Sanatorium "Zgoda".

Krynica-Zdrój Health Resort, based in treatment on natural materials, which are its undeniable wealth, has as supportive and complementary treatment, a wide range of electrotherapy, phototherapy, and hydrotherapy. It is also the only one in the country to have dry baths made of natural carbonic anhydride gas, which can be used for patients with heart diseases and blood circulation disorders.

¹⁴⁹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).



Promenade with the main Pump Room and a Concert Bowl in Krynica-Zdrój
Photography Andrzej Klimkowski



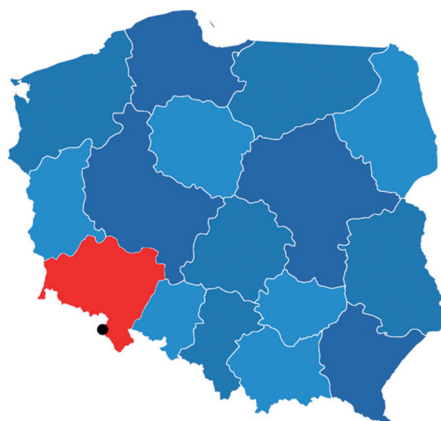
The Old Resort House in Krynica-Zdrój
Photography Andrzej Klimkowski

2.21. Kudowa-Zdrój Health Resort

Administrative location

The town is located in south-western Poland, in the Lower Silesia Province, in Kłodzko District, in the Orlickie Foothills. The Kudowa-Zdrój municipality covers an area of 33.9 km² and the town has 9892 inhabitants¹⁵⁰.

Map 20. Location of Kudowa-Zdrój health resort



Source: own elaboration.

The Town Council consists of 15 councillors. The national road no. 8, the Prague-Helsinki route, runs through Kudowa-Zdrój. There is a railway station in the town and several border crossings with the Czech Republic nearby.

Historical view of the spa

The springs of healing waters of varied chemical composition were discovered in the 17th century. In 1636, the first bathing facilities were established. In the middle of the 19th century the town was recognised as the first cardiological spa in Germany¹⁵¹. The central place visited

¹⁵⁰ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

¹⁵¹ Jakóbik K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 30.

by tourists and patients is the Spa Park, which was established in the middle of the 17th century on the model of English parks, and currently occupies an area of 17 ha. It is situated in the very heart of the city, at the foot of Góra Parkowa, and constitutes a carefully maintained complex of valuable vegetation, including exotic plants. Within the area of the Spa Park there are all exploited mineral water springs, as well as the majority of buildings and treatment facilities. The Spa Park, entered into the register of monuments, is the pride of the town of Kudowa-Zdrój. Its appearance is very important because it is a place for the rest for inhabitants, tourists, and patients¹⁵². The Park is surrounded by the main sanatorium buildings, including the historic building of the “Zameczek” sanatorium built in 1772 with an interesting architecture and a broken roof characteristic of the old Lower Silesian architecture. Opposite, there is the Pump Room building, which style refers to the architecture of “Zameczek”. The Pump Room is considered to be the most beautiful and the biggest one in Lower Silesia. It dispenses water from three springs. In the pump room it is worth paying attention to A. Molnar’s frescoes depicting Lower Silesia at the beginning of the 20th century. The part of the park adjacent to the pump room is decorated with trees that are several hundred years old. The park’s rich flora, varied depending on the season, abounds in rhododendrons. The pump room is dominated by the building of the “Polonia” sanatorium, which houses, among others, the S. Moniuszko Spa Theatre¹⁵³. In pre-war Kudowa, the social and cultural life flourished, and the elitism of the spa patients directly translated into the character of the town. Luxurious spa buildings, restaurants and clubs, cafes, villas, and guest houses all added to the splendour of the resort and attracted new guests. The wars that swept through Europe fortunately did not affect the spa and the buildings survived intact. After the end of World War II, the spa activity was resumed almost immediately, however, it was not until the 1960s that numerous modernisations were carried out, also in the municipal infrastructure. The town was granted the status of a health resort in 1967.

Spa activities

The health resort operates on the basis of Resolution No. XLII/289/14 of the Kudowa-Zdrój Municipal Council of 28 May 2014 on the amendment of Resolution XLVII/324/09 of the Kudowa-Zdrój Municipal Council of 16 December 2009 on the Statute of the Kudowa-Zdrój Health Resort.

The most important medicinal raw materials

Kudowa-Zdrój spa treatment is based on bicarbonate-soda-calcium, ferruginous, boric, extracted from mineral water springs: “Śniadecki”, “Moniuszko” and “Marchlewski”. They

¹⁵² *Tourist Attractions of Kudowa-Zdrój*, <https://kudowa-info.pl/atrakcje-turystyczne/> (accessed April 16, 2020).

¹⁵³ *Kudowa-Zdrój*, <http://old.kudowa.pl/pl/uzdrowisko/park-zdrojowy> (accessed April 16, 2020).

are used for drinking cures, mineral baths, and unique dry carbonic acid baths. Among solid components found in the waters, it is necessary to mention iron Fe ($0.3\text{--}22\text{mg/dm}^3$), arsenic As ($0.4\text{--}5\text{mg/dm}^3$) and boron B ($3\text{--}10\text{mg/dm}^3$), and among gas components: carbon dioxide (CO_2), sulphides and radon. All springs in Kudowa gush out from a small depth and have shallow intakes. Only the youngest spring “Moniuszko” comes from a borehole at the depth of 190 m. The springs are located in the Spa Park and their waters are conducted through pipes to the spa facilities. The therapeutic effect of these waters is not only the action of mineral components contained in them, but also temperature, ionization state, and surface tension.

The advantages of Kudowa-Zdrój also include its specific climate, which the resort owes to its location in a wide mountain valley, it has a beneficial effect on the whole body, improves blood circulation, respiration, and digestion, supports the efficiency of the muscular and nervous systems. An additional moderating factor is the presence of the compact forest areas with a predominance of spruce, pine, and beech trees. The climate here is slightly milder than in other areas of Kłodzko Land, which is mainly due to the fact that the town lies on the southern slopes of the mountains.

Spa treatment

Spa treatment is carried out in the following fields: orthopaedic and traumatic diseases, rheumatological diseases, cardiovascular diseases and hypertension, obesity, endocrinological diseases, peripheral vascular diseases, digestive system diseases, blood, and blood-forming system¹⁵⁴ diseases. Spa treatment services in Kudowa-Zdrój are provided by numerous sanatoriums and spa facilities, which include¹⁵⁵: Independent Public Health Care Facility Sanatorium “Bristol” of the Ministry of Internal Affairs and Administration in Kudowa-Zdrój, Kłodzko Spa S.A. - PGU Group, “Zespół Opieki Zdrowotnej” Health Resort and Rehabilitation Hospital in Kudowa-Zdrój, “Neptun” Therapeutic Rehabilitation Centre, “Jagusia” Sanatorium, “Orlik” Children’s Haematological Rehabilitation Hospital, which provides comprehensive systemic and specialist rehabilitation for children with orthopaedic, haematological or oncological diseases. Activities include therapeutic procedures, round-the-clock care by specialist doctors and nurses, therapeutic, educational, preventive, and diagnostic activities.

¹⁵⁴ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

¹⁵⁵ http://www.sanatoria.org/pl/m/kudowa_zdroj.html; <http://old.kudowa.pl/pl/uzdrowisko/sanatoria> (accessed April 16, 2020).



Museum of Folk Culture of Podgórze Sudeckie in Kudowa-Zdrój



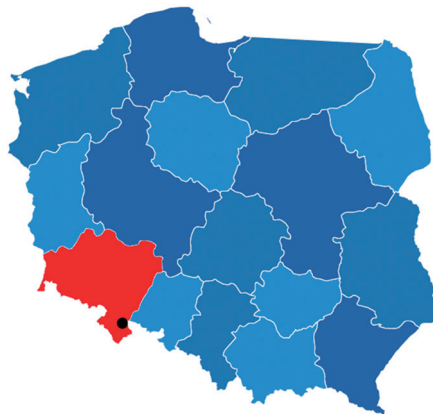
Polonia SPA House Resort – Kudowa-Zdrój

2.22. Ładek-Zdrój Health Resort

Administrative location

Ładek-Zdrój is situated in Lower Silesia Province, in Kłodzko District. The town is located in the south-eastern part of Kłodzko Land, at the foot of the picturesque Złote Mountains, Bialskie Mountains and Krowiarek Mountains, along the Biała Łądecka River.

Map 21. Location of Ładek-Zdrój health resort



Source: own elaboration.

The urban-rural commune of Ładek-Zdrój covers an area of 11 740 ha, of which more than 80% are rural areas. The population of the town and municipality is 8069 inhabitants¹⁵⁶. The Municipal Council consists of 15 councillors¹⁵⁷.

Historical view of the spa

Already in the 13th century, the curative properties of the local thermal waters were exploited, and their first comprehensive research was carried out in the 15th century. The oldest Polish

¹⁵⁶ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

¹⁵⁷ Office of the Town and Commune of Ładek-Zdrój, <https://ladek.pl/urząd/rada-miejska/> (accessed 16.04.2020).

Natural Medicine Institution “Jerzy” with a swimming pool was established in 1498, on a spring of radiant water by one of the owners of Łądek-Zdrój - George of Poděbrady¹⁵⁸. The date 1498 is inscribed on the front wall of the “Old George” and the second part of the building, which is the “New George”, was built between 1914 and 1916, and was a very modern bathing facility for its time. Despite the spa’s centuries-old medicinal tradition, today it is one of the most modern thermal resorts in the country. Thanks to the historical development of Łądek, one can clearly distinguish the urban part with its preserved medieval urban layout, and the spa part, about 1.5 km away from the town. In the area of the Spa Park, there is the “Wojciech” Natural Medicine Centre, the Pump Room, a chapel, a café, a fountain, and a recreational swimming pool. In the vicinity of the park there is also a beautiful Larch Alley, established in 1782, as well as the 1000th Anniversary Park with several dozen species of trees and bushes which create a unique landscape.

Spa activities

The health resort operates pursuant to the resolution No. XV/87/11 of the Municipal Council in Łądek-Zdrój of 27 October 2011 on the amendment of the resolution No. XXX/240/09 of the Municipal Council in Łądek-Zdrój of 26 March 2009 on the establishment of the Statute of Łądek-Zdrój health resort (Official Journal of the Lower Silesian Province of 16 January 2012, item 134).

The most important medicinal raw materials

Natural healing resources used in the spa include healing waters, peloid and climatic factors¹⁵⁹. There are as many as seven springs of therapeutic mineral water in the spa. These are thermal (temp. up to 43°C), poorly mineralized sulphide-sulphide-hydrogen-fluoride and radon waters. As a result of radon waters obtained from the “Jerzy” spring, the pain and swelling of joints, accelerated bone fusion and increased bone mass have been observed to decrease. Moreover, these waters reduce the level of “bad” cholesterol, glucose, and uric acid in blood. Also treatment with sulphur-fluoride waters from Łądek-Zdrój gives beneficial effects. In Łądek-Zdrój the waters are obtained for example from the springs “Zdzisław”, “Curie-Skłodowska”, “Dąbrówka”, “Chrobry”¹⁶⁰. The beneficial therapeutic effect of the waters consists mainly in absorption of sulphide ions and fluorine through the skin. Sulphur absorbed through the skin takes part in the synthesis of chondroitin sulphuric acid which is a very important component of joint cartilage. Bathing in the local thermal waters has

¹⁵⁸ Jakóbik K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 31.

¹⁵⁹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

¹⁶⁰ *Uzdrowisko Łądek-Długopole*, <https://www.sanatoria.com.pl/uzdrowisko-ladek-dlugopole-s-a,ladek-zdroj.html> (accessed 16.04.2020).

a rejuvenating effect and the skin, under the influence of the radon, sulphur and fluorine contained in the waters, becomes smoother and more elastic. Excellent and unique parameters of Łędeckie waters cause that even a few days of using the springs improve general wellbeing and health for a long time.

The uniqueness of Łądek-Zdrój as a spa is a combination of a mild mountain climate, clean air, beautiful natural landscapes with the benefits of nature, which are the local thermal waters with unique properties. Mild mountain climate, although very stimulating, moderated by compact forest areas (predominance of pine, fir, and beech), has a tonic effect on the nervous system, and also enables silence and relaxation. The forest environment creates perfect conditions for emitting essential oils. The lie of the land and the mountain slopes covered with greenery mean that the climate of Łądek-Zdrój can be classified as the so-called “lower mountain” climate zone, the highest rated in terms of climatotherapeutic values.

Spa treatment

The spa provides spa treatment in the following fields: orthopaedic and traumatic diseases, rheumatological diseases, cardiovascular diseases and hypertension, upper respiratory tract diseases, lower respiratory tract diseases, obesity, nervous system diseases and kidney and urinary tract¹⁶¹. Spa treatment services in Łądek-Zdrój are provided by: Uzdrowisko Łądek - Długopole S.A., Military Hospital Uzdrowskovo-Rehabilitacyjny.

The spa treatment is aimed at people suffering from back and joint ailments, patients after injuries and operations, people who want to improve circulation and metabolism, cure skin problems or regenerate their strength, regain vitality and good shape. The extensive recreational facilities of Łądek-Zdrój spa with rehabilitation zones are conducive to therapeutic treatments and wellness.

¹⁶¹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).



Amphitheater – Łądek-Zdrój



Łądek SPA Park

2.23. Muszyna Health Resort

Administrative location

The Muszyna Commune is situated in the Małopolska Province, in the Nowy Sącz District. It consists of the town of Muszyna and ten villages: Andrzejówka, Dubne, Jastrzębik, Leluchów, Milik, Powroźnik, Szczawnik, Wojkowa, Żegiestów and Złockie¹⁶². Muszyna is an urban-rural commune. It neighbours with communes: Krynica-Zdrój, Łabowa and Piwniczna-Zdrój. Muszyna, and also borders with Slovakia.

Map 22. Location of Muszyna health resort



Source: own elaboration.

The Muszyna commune occupies an area of 14 139,71 ha², 141,99 km²¹⁶³. The population of the commune is 11 646¹⁶⁴. Muszyna is a town with less than 5 thousand inhabitants¹⁶⁵,

¹⁶² Town and Commune of Muszyna - Places of the commune, <http://muszyna.pl/pl/1334/0/miejscowosci-gminy.html> (accessed: 10.04.2020).

¹⁶³ Statute of the Town and Municipality of Uzdrowska Muszyna, Annex No. 1 to Resolution No. IV.49.2015 of the Council of the Town and Municipality of Uzdrowska Muszyna of 27 February 2015, p. 1, http://muszyna.pl/mfiles/968/28/0/z/UCHWALA_Nr_IV_49_2015.pdf (accessed: 10.04.2020).

¹⁶⁴ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

¹⁶⁵ City and Municipality of Muszyna - City of Muszyna, <http://muszyna.pl/pl/1327/0/miasto-muszyna.html> (accessed 10.04.2020).

but during the season this number increases several times. The Town and Commune Council of Muszyna consists of 15 councillors.

Historical view of the spa

The 19th century was a period when the healing properties of Poprad mineral waters were discovered. A significant date for the development of the spa is the year 1878, when Karol Olszewski - the professor of chemistry at the Jagiellonian University - made a pioneering research of springs in Szczawik and Jastrzębik. In 1928, Muszyna was classified as a place of climatic importance. Thanks to the research of the professor of geology at the Jagiellonian University Jan Nowak, in 1929, the first borehole was made in Zapopradz. In the interwar years, Muszyna flourished as a popular health resort and a fashionable summer resort, thanks to the active work of Antoni Jurczak, who held the post of mayor in the years 1912-1938, and Seweryn Mściwujewski, the first spa physician. To honour the merits of the mayor and the first spa physician, the first two boreholes of mineral springs in Muszyna were named *Antoni* (in honour of the mayor), and *Wanda* to honour the wife of dr Mściwujewski. These springs have been exploited until now. These boreholes were made in the years 1929-1932. In 1930, Muszyna was entered into the Association of Polish Spas and the inscription Muszyna-Zdrój appeared on the railway station. Income from the sale of healing water, mineral and mud baths, and the rental of beach equipment supplied the town's coffers. In the building where the District Attorney's Office in Muszyna is located today, there was a private bathing establishment of Józef Krówczyński, the then Mayor of Krynica. A borehole was drilled in its vicinity in 1935, and the spring was named *Milusia* - as a sign of respect for *Mila*, the wife of the starost of Nowy Sącz, Maciej Lach"¹⁶⁶. In the 1930s, rapid development of the town took place, and new investments were built with a view to their usefulness for patients. The largest of these were: bathing facilities on the Poprad River, a promenade with a concert shell, brick bathing facilities in the town centre and electrification. The dynamic development of the town resulted in Muszyna regaining its town rights in 1934. Unfortunately, the outbreak of World War II in 1939, and the subsequent occupation caused total devastation of the spa facilities. Muszyna regained its spa status in 1967¹⁶⁷.

Spa activities

Health Resort activities are executed on the basis of Health Resort Muszyna's Statute - Appendix to the Resolution No. XLII /617/ 2010 of the Town and Health Resort Muszyna

¹⁶⁶ Ibid.

¹⁶⁷ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Council from 31st March 2010, amended by Resolution No. XLV/668/2010 of the Town and Health Resort Muszyna Council dated 29.06.2010 regarding changes in the resolution on establishing Health Resort Muszyna's Statute and by Resolution No. XIII.169.2011 of the Town and Health Resort Muszyna Council dated 22 September 2011 regarding changes in the resolution on establishing Health Resort Muszyna's Statute.

The most important medicinal raw materials

The natural healing resources used in the spa include healing waters and climatic factors¹⁶⁸. Large resources of natural mineral waters, so called bicarbonate-calcium-magnesium-sodium oxalates, ferruginous also containing trace elements of lithium and selenium, are used for drinking cures, baths and aero therapy, as well as for bottling. One of the most famous mineral waters from Muszyna is "Muszynianka". For many years it has been appreciated by Poles for its taste and richness in mineral components. "Its origins date back to 1975. The water is excellent thirst quencher on hot days and during workouts. "Muszynianka" covers the daily requirement of magnesium, which influences the functioning of the immune system and the neuromuscular system. It also has large amounts of calcium, which prevents osteoporosis. The bicarbonate contained in it helps digestive processes¹⁶⁹. The health resort offers many springs with a rich mineral composition. One of the main advantages of Muszyna as a health resort is its mountain climate, which makes winters sometimes cold and snowy and summers hot and rainy. The climate of the spa is characterised by high humidity, high precipitation, and low temperature amplitudes. A characteristic feature is a large number of sunny hours, which amount to 1369 hours per year.

Spa treatment

In the health resort there are therapeutic activities of the following profiles: rheumatological diseases, endocrinological diseases, digestive system diseases, kidney and urinary tract¹⁷⁰ diseases. Services in the scope of health resort treatment in Muszyna are provided by sanatorium facilities, which include Sanatorium Uzdrowiskowe "Korona", Institute of Human Health Sanatorium Uzdrowiskowe "Muszyna", Sanatorium Uzdrowiskowe "Revita" and Rehabilitation Training and Recreation Centre of Capt. Jan Silhan "Nestor". Moreover, sanatorium treatment in the area of the Muszyna health resort community takes place in: Health and Recreation Centre "Geovita" and in Sanatorium Uzdrowiskowy "Wiarus" in

¹⁶⁸ Letter from the Minister of Health, mark: SZU.533.170.2019.AM, dated 17 December 2019.

¹⁶⁹ City and Health Gmina Muszyna, Tourist Information Centre in Muszyna, p. 6, <http://muszyna.pl/mfiles/2009/28/0/z/Muszyna-folder-2018.pdf> (accessed 10.04.2020).

¹⁷⁰ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Złockie. The spa treatment facilities functioning in Muszyna area include pump rooms open to the public and in sanatoriums, parks and therapeutic and rehabilitation spa pools¹⁷¹.

In the area of the health resort there are three pump rooms: Milusia, Antoni and Cechini as well as public mineral water intakes: “Grunwald”, “Wapienne”, “Anna”, “Maria”, “Źródło za Cerkwią”, “Źródło św. Łukasza” and “Miliczanka” as well as pump rooms in sanatoria: Pump Room in Activa Hotel, Pump Room in Health and Recreation Centre “Geovita”, Pump Room in Sanatorium Uzdrowski “Wiarus”. The Spa Parks situated in Muszyna are Antoni Jurczak’s Baszta Spa Park, Zapopradzie Spa Park with movement paths.

¹⁷¹ Ibid.



Reginal Museum of Państwo Muszyńskie



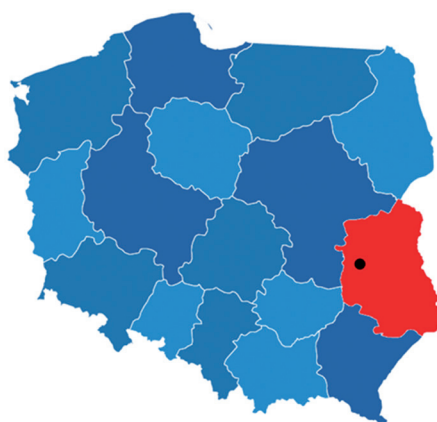
Sensory Garden in Muszyna

2.24. Nałęczów Health Resort

Administrative location

The Nałęczów Commune is situated in the Puławy District, in the north-western part of the Lublin Upland. It is the smallest in terms of territory urban-rural commune of the Lublin Province. It neighbours with the following communes: Garbów, Jastków, Kurów, Markuszów, Wąwolnica, Wojciechów. The area of the Nałęczów commune covers 62.8 km²¹⁷². The population of the commune is 9293¹⁷³. The area of Nałęczów is 13.8 km²¹⁷⁴ and it is one of the two spa towns in the Lublin Province. The Municipal Council consists of 15 councillors.

Map 23. Location of Nałęczów health resort



Source: own elaboration.

The commune has an urban-rural character and consists of the town of Nałęczów and nineteen villages: Antopol, Bochothnica, Bochothnica Kolonia, Bronice, Kolonia Bronice, Charz “A”, Charz “B”, Chruszczów, Chruszczów Kolonia, Cynków, Czesławice, Drzewce, Kolonia Drzewce, Ludwinów, Kolonia Nałęczów, Paulinów, Piotrowice, Sadurki, Strzelce¹⁷⁵.

¹⁷² Nałęczów.pl., Geography, <https://naleczow.pl/geografia/> (accessed 15.04.2020).

¹⁷³ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

¹⁷⁴ *Naleczow in numbers - Naleczow basic information*, <https://www.polskawliczbach.pl/Naleczow> (accessed April 15, 2020).

¹⁷⁵ *Nałęczów pl., Societies*, <https://naleczow.pl/solectwa-2/> (accessed 15.04.2020).

Historical view of the spa

The date of the origin of the health resort is not known, but in the memoirs of castellan Leon Dembowski from 1882, there are notes concerning the stay of prince Adam Kazimierz Czartoryski, who took bath in Nałęczów in 1807. The first legal mention of Nałęczów as a health resort in the Second Republic of Poland appeared in 1928, in the Regulation of the President of the Republic of Poland of 22 March 1928 amending the health resorts act¹⁷⁶. Antoni Małachowski, another owner of Nałęczów suffering from gout, found the spring water compresses an effective remedy for the pain. In 1817, a chemical analysis carried out by Józef Celiński, a professor at the University of Warsaw, confirmed the healing values of the water in Nałęczów (J.J. Celiński, 'Rozbiór wód mineralnych nałęczowskich', Rocznik Królewskiego Towarzystwa Przyjaciół Nauk [Yearbook of the Royal Society of Friends of Science], vol. XII from 1818)¹⁷⁷. His research and analyses laid scientific foundations for establishing and developing Nałęczów health resort that could compete with health resorts in Czech and Germany. The news about healing properties of Nałęczów waters spread quickly. After a series of studies, a health resort with baths, medical care and a pharmacy was established. The health resort idea was continued by a new (from 1878), owner of Nałęczów - an engineer Michał Górski, an administrator and a co-author of the "garden city" concept, which combined original buildings with the landscape. "Soon, for the needs of visitors in 1821, bathrooms were built and modernly equipped, a guest house with rooms for rent was arranged. Nałęczów enjoyed a growing reputation"¹⁷⁸. Michał Górski leased the area of the present-day spa to three doctors. "Fortunat Nowicki, Konrad Chmielewski and Wacław Lasocki who established a company to run the health resort. Around 1880, the first guests started to come to Nałęczów"¹⁷⁹. Soon Nałęczów became the most popular health resort in the Kingdom of Poland. Among others, Prince Adam Czartoryski benefited from treatment in Nałęczów. "The development of the spa went hand in hand with the expansion of the town. Many industrialists and landowners from the eastern borderlands invested their capital here and built splendid villas along the main streets. The opening of the Vistula railway in 1877 facilitated access to the resort. Nałęczów became a favourite place for rest and creative work, attracted by unusual atmosphere of freedom. At that time, it was the only place in the Kingdom of Poland where Polish was spoken openly"¹⁸⁰. At that time, the health resort was enriched with a new object - the present Sanatorium Prince Joseph, and the spa park was enlarged and planted with unique plants according to the principles of phytotherapy. Thanks

¹⁷⁶ Based on source material provided by the unit under study.

¹⁷⁷ *Inspirations on the timeline: selected achievements of Warsaw university chemistry in the years 1816-2011 - Our „Nałęczowianka” or Chemical analysis of mineral waters of Nałęczów*, <http://www.chem.uw.edu.pl/wp-content/uploads/2017/06/osiagniecie-1816-2009.pdf> (accessed 15.04.2020).

¹⁷⁸ Czerniec W. (ed.), *Nałęczów and surroundings, Tourist Guide*, Local Tourist Organization "Kraina Lessowych Wąwozów", Nałęczów 2011.

¹⁷⁹ *Nałęczów pl., History*, <https://naleczow.pl/historia/> (accessed 15.04.2020).

¹⁸⁰ Czerniec W. (ed.), *Nałęczów and surroundings*, op.cit.

to new investments, Nałęczów became an important centre of intellectual life of the nation in the summer months. Outstanding artists, politicians, and writers, such as Bolesław Prus, Henryk Sienkiewicz or Stefan Żeromski, willingly visited the resort and created their works. "Placówka", "Popioły" and "Dzieje grzechu" were written in Nałęczów. The health resort was also visited by: Jan Paderewski, Stanisław Witkiewicz. Michał Elwiro Andriolli was inspired by local landscapes. He chose Nałęczów as the place of his residence, and after his death he was buried in the local cemetery. The period of the health resort development - so called "golden period of Nałęczów" was interrupted by the outbreak of the World War I. In the Second Republic of Poland, the health resort was visited by about 2.5 thousand patients¹⁸¹. In 1928, Nałęczów was recognized as a public health resort¹⁸². The outbreak of World War II stopped again the development of the town and brought a break in the spa activity. The turning point in the history of the health resort was the establishment of the State Company "Nałęczów Health Resort" in 1954 which took over the buildings of the Treatment Institute destroyed during the World War II. In 1970s, the town was rapidly expanded - new sanatoriums, a cardiological hospital, new blocks of flats and schools were built. "A milestone in the development of the spa was the construction of the Cardiology Hospital and the Fortunat Sanatorium, which were equipped with the latest spa treatment apparatus¹⁸³. The crisis of the 1980s again stopped the development of the spa. The next changes which took place in 1999 were caused by the economic transformation. The health resort "Uzdrowisko Nałęczów" was transformed into a company wholly owned by the State Treasury and in accordance with tradition it adopted the name Zakład Leczniczy - "Uzdrowisko Nałęczów". In 2002, the health resort was privatized, and the new owner was the company Nestle Waters Polska S.A.¹⁸⁴ Nowadays, also referring to the old tradition, well-known personalities from the world of culture or politics visit Nałęczów. "As Bolesław Prus wrote: Whoever visits Nałęczów at least once, will leave here a different and better person"¹⁸⁵.

Spa activities

Spa activity is carried out on the basis of Resolution No. XXV/167/2009 of the Town Council in Nałęczów of 27 March 2009 on adopting the Statute of the health resort Nałęczów amended by Resolution No. X/100/11 of the Town Council in Nałęczów of 25 November 2011 on changing the Statute of the health resort Nałęczów.

¹⁸¹ Nałęczów pl., *History*, <https://naleczow.pl/historia/> (accessed 15.04.2020).

¹⁸² Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*); Legal basis: (Art. 2) Regulation of the President of the Republic of Poland of 22 March 1928 amending the Act on Health Resorts (*Journal of Laws of 1928, No. 36, item 331*) and Order of the Minister of Health and Social Welfare of 25 July 1967 on the list of localities recognised as health resorts (*M.P. of 1967, No. 45, item 228*).

¹⁸³ Nałęczów health resort past and present, <https://uzdrowisko-naleczow.pl/o-nas/> (accessed 15.04.2020).

¹⁸⁴ Czerniec W. (ed.), *Nałęczów and surroundings*, op.cit.

¹⁸⁵ Ibid.

The most important medicinal raw materials

The most important healing resources in Nałeczów spa are crystal clear healing waters from limestone springs, which are used for drinking cure. The natural mineral water is carbonated and sold under the names “Nałeczowianka” and “Cisowianka”. People staying on the spa treatment and medical stays with treatments can use the drinking cure in the Pump Room in the Spa Park. In the pump room there are three springs¹⁸⁶:

- The source of “Love” - natural low-sodium spring water, medicinal properties support and regulates the heart, soothes the ailments of muscles (cramps, tingling, numbness) and joints, reduces headaches, nervousness, abolishes fatigue, facilitates falling asleep, alleviates depressive states, cures gastrological ailments, including intestinal cramps, improves skin nutrition.
- Barbara” spring - low mineralized ferrous healing water; therapeutic properties: recommended for tiredness, apathy, difficulties with concentration, breathing, muscle cramps and weakness, tingling and numbness of limbs, joint pains, intestinal disorders, depression and neurosis. It supports correct heart functions, strengthens hair and nails, influences correct skin nutrition.
- Celiński” spring - low mineralized ferrous medicinal water; therapeutic properties: recommended in cases of fatigue, concentration difficulties, heart disorders, muscle cramps and weakness, numbness and tingling of hands and legs, joint pains, pulse slowing down, breathing difficulties, intestinal disorders, nervousness, insomnia, hair loss, brittle nails, cracking of mouth corners.

Climatic factors are also important. Nałęczów is located in the warmest region of Poland, so called V bioclimatic region “south-east”. Nałęczów is a lowland health resort (180-210 m above sea level), whose climate is described as mild lowland and weakly stimulating, moderated by the lie of the land and rich surrounding greenery¹⁸⁷.

Spa treatment

Nałeczów Health Resort is famous for its treatment of cardiovascular diseases and hypertension¹⁸⁸. Patients with cardiovascular diseases such as coronary heart disease, hypertension, cardiovascular neurosis mainly come to the Nałeczów health resort. Early rehabilitation of patients after heart operations as well as rehabilitation after myocardial infarction is also carried out here.

The health resort services in the area of Nałęczów are provided by numerous health resort facilities, which include: two health resort hospitals for adults, six health resort sanatoria for

¹⁸⁶ *Uzdrowisko Nałęczów, Uzdrowiska Polskie*, <https://uzdrowisko-naleczow.pl/onas/surowce-naturalne/> (accessed April 15, 2020).

¹⁸⁷ Jakóbiak K. (red.), *Spa treatment...*, op. cit., p. 34.

¹⁸⁸ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

adults, a health resort outpatient clinic (ambulatorium), natural health resort facilities which are an integral part of the health resort hospitals and sanatoria¹⁸⁹.

The spa treatment facilities in Nałęczów include:

- Non-public Healthcare Complex “Uzdrowisko Nałęczów” Joint Stock Company in Nałęczów, the complex consists of: Cardiology Spa Hospital, “Prince Joseph” Spa Sanatorium, “Fortunat” Spa Sanatorium, Rehabilitation Facility, Natural Medicine Facility, Spa Outpatient Clinic, Analytical Laboratory;
- Non-public Health Care Facility Sanatorium of the Polish Teachers’ Union - ZGZG together with Zakład Przyrodolecznicz, which includes a physical therapy part of the treatment base;
- Non-public Healthcare Facility Health Resort Sanatorium “Cichy Wąwozy” together with the Treatment Facility;
- Spa sanatorium for farmers together with rehabilitation base;
- Railway Health Resort Hospital in Nałęczów - Independent Public Healthcare Institution with Drug and Physiotherapy Unit and Cardiac, Post-Cardiac and Post-operative Rehabilitation Ward¹⁹⁰.

The health resort facilities functioning in the area of Nałęczów include: a health resort pump room located in the Spa Park, exercise paths located in the Spa Park, Spa Park, “Atrium” swimming pool located in the Spa Park, a swimming pool in the Farmers’ Sanatorium¹⁹¹.

¹⁸⁹ Ibid.

¹⁹⁰ Resolution no. X/100/11 of the Municipal Council in Nałęczów of November 25, 2011 on amending the Statute of the health resort Nałęczów. Appendix No. 1 to the Resolution No. X/100/11 of the Town Council in Nałęczów of November 25, 2011 p. 9-10.

¹⁹¹ Ibid, p. 10.



Bolesław Prus bench
Photography Dominika Dudek



Prince Joseph SPA House – Nałęczów
Photography Dominika Dudek

2.25. Swoszowice Health Resort

Administrative location

Osiedle Uzdrawisko Swoszowice is situated in the Lesser Poland Province, in the area of the Municipality of Krakow, in the south-western part of the 10th District of Krakow¹⁹². The area of the health resort lies in the suburban zone, called the green ring of Cracow, which is characterised by a space with an attractive, open landscape, with a large share of green areas and enclaves of low-intensity development, in the 200-year-old Spa Park and the green belt of the Wilga river.

Map 24. Location of Swoszowice health resort



Source: own elaboration.

The area of Osiedle Uzdrawisko Swoszowice covers 684.09 ha, which constitutes approximately 28% of the area of District X Swoszowice, which is inhabited by 28 176 people, and its Council consists of 21 members¹⁹³.

¹⁹² Resolution No. CXVII/1231/06 of the Krakow City Council of 27 September 2006 on establishment of the Swoszowice Spa Estate.

¹⁹³ *City of Kraków, Information about Districts*, https://www.bip.krakow.pl/?bip_id=1&mimi=465 (accessed 16.04.2020).

Historical view of the spa

The first information about the healing values of sulphurous waters appeared in the 16th century in the work “O Cieplicach” by Wojciech Oczko, a court physician to King Stefan Batory. Their use for therapeutic baths, used in Swoszowice already at the beginning of the 15th century, was described in the “Guide to Health Resorts” from 1878¹⁹⁴. The beginnings of organized spa activity in this area date back to 1811, when, thanks to professor Feliks Radwański, the first Spa House and Baths as well as objects destined for living rooms for guests staying for treatment were built. At the same time, the now historic Spa Park was established¹⁹⁵. Swoszowice became a recreation and holiday resort known for its numerous attractions. The health resort full of life attracted not only patients, but also amateurs of entertainment and recreation. In the period of the November Uprising, there was a temporary period of less interest in the health resort. From 1859, however, it started to develop again. Dr Józef Dietl, the pioneer of balneology in Poland, established at that time the Spa Company. In 1875, a railway line was established, which significantly improved the communication with Swoszowice. During World War I, the health resort was largely destroyed, but in the interwar years there was a revival of its activity¹⁹⁶. After World War II, the spa was reopened in 1956¹⁹⁷. Swoszowice was incorporated to Krakow in 1973 as a part of the district Podgórze. and remained its part until 1990: Jugowice, Opatkowice, Wróblowice, Rajsko, Soboniewice, Kosocice and Zbydniowice, another district was created. Now the full name is District X Swoszowice¹⁹⁸.

Spa activities

The health resort operates on the basis of the Resolution No. XCIII/2431/18 of the Krakow City Council of 24 January 2018 on the adoption and announcement of the consolidated text of Resolution No. LX/784/08 of the Krakow City Council of 17 December 2008 on granting the Statute for the Swoszowice health resort settlement (Official Gazette of the Małopolska Province of 2 February 2018, item 940).

The most important medicinal raw materials

Natural healing resources used in the spa include¹⁹⁹: healing water and climatic factors. In the area of the health resort there are therapeutic sulphidic waters, in which calcium and

¹⁹⁴ Swoszowice Estate, <http://www.swoszowice.diecezja.krakow.pl/pliki/osiedle.htm> (accessed 16.04.2020).

¹⁹⁵ *Uzdrowisko Kraków Swoszowice*, <https://www.uzdrowisko.krakow.pl/uzdrowisko/historia> (accessed 16.04.2020).

¹⁹⁶ Swoszowice Estate, <http://www.swoszowice.diecezja.krakow.pl/pliki/osiedle.htm> (accessed 16.04.2020).

¹⁹⁷ Jakóbik K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 35.

¹⁹⁸ *History of Swoszowice Housing Estate*, <https://swoszowice.org.pl/historia/historia-osiedla-swoszowice/> (accessed 16.04.2020).

¹⁹⁹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

magnesium sulphates and hydrogen sulphide predominate. These components and the overall mineralization of the water (ranging from 0.26% to 0.28%), are the main active factors that intensely affect the skin and the entire body in terms of physiology.

The Health Resort of Swoszowice has a lowland climate. Located in the valley of the Wilga River, it is characterized by climatic stimuli of varying intensity depending on the type of substrate, land cover, and water relations. About 40% of days in a year have comfortable conditions²⁰⁰. According to the certificate confirming the medicinal properties of the climate issued in 2018 by the Institute of Meteorology and Water Management in Warsaw National Research Institute, the local climate is characterized by favourable conditions for climatotherapy in the field of heliotherapy, aero therapy and kinesitherapy²⁰¹. The area of Swoszowice is definitely more favourable in comparison to other parts of Cracow. Due to the lack of industrial plants and larger objects of this kind in the immediate vicinity, the spa area belongs to the zones lying outside the main wind directions that carry some polluted air²⁰².

Spa treatment

Based on the healing properties of natural resources and the climate in the health resort, treatment is carried out in the following therapeutic directions²⁰³: orthopaedic and traumatic diseases, rheumatological diseases, nervous system diseases, osteoporosis, skin diseases. Services in the scope of health resort treatment in the area of the Health Resort Swoszowice are provided by: Uzdrowisko Kraków Swoszowice Sp. z o. o. Taking baths in the spa with the use of sulphide waters has a regenerative effect on a connective tissue, which contributes to the treatment of rheumatic diseases, degenerative joint and spine diseases, discopathy, pain syndromes of the spine, neuralgia. Sulphide waters also cure some skin diseases. Thanks to keratolytic (exfoliating), and reductive (changing oxidoreductive potential of skin), properties, they are effective in the treatment of psoriasis. Deep cleansing with simultaneous tissue renewal, antibacterial, antifungal, antiparasitic and anti-allergic properties help in the treatment of many dermatological diseases. Baths enhance detoxification treatments, for example for lead poisoning. Sulphur compounds bind with heavy metals (lead, mercury), which in the form of insoluble particles can be excreted from

²⁰⁰ *Economic Chamber of Polish Spas, Swoszowice*, <http://www.igup.pl/wykaz-polskich-uzdrowisk/swoszowice.html> (accessed:16.04.2020).

²⁰¹ *Institute of Meteorology and Water Management in Warsaw National Research Institute*, Certificate confirming the medicinal properties of climate, Kraków, 21 June 2018, https://dialogspoleczny.krakow.pl/wp-content/uploads/2018/08/6.-SWO_3.pdf (accessed 16.04.2020).

²⁰² *Swoszowice Estate*, <http://www.swoszowice.diecezja.krakow.pl/pliki/osiedle.htm> (accessed 16.04.2020).

²⁰³ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

the body. The therapeutic benefits of sulphurous waters from Swoszowice are highlighted in many scientific studies and indicated for the treatment of numerous ailments.



Main SPA House – Swoszowice



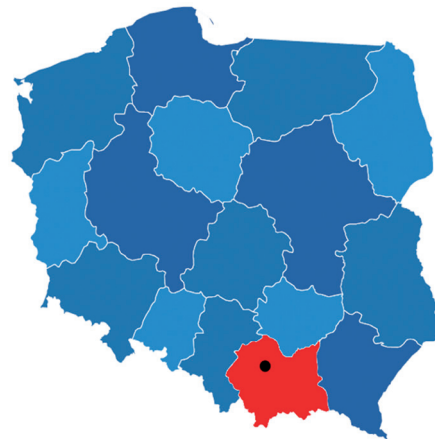
Natural Monument – linden tree Słoń – SPA Park in Swoszowice

2.26. Health Resort Piwniczna-Zdrój

Administrative location

The town lies in the southern part of Lesser Poland Province, in Nowy Sącz District, in the Polish-Slovakian border zone, in Beskid Sądecki, in the Poprad Landscape Park, 17 km from Stary Sącz, and 17 km from Szczawnica. The area of the commune of 12649 ha stretches from the height of 347 m above sea level (the Poprad valley in the Młodów region) to 1162 m above sea level in Mały Rogacz.

Map 26. Location of Piwniczna-Zdrój health resort



Source: own elaboration.

The urban-rural commune consists of the town of Piwniczna-Zdrój, with an area of 38 km², which is inhabited by 5744 people, and 6 village councils: Kokuszka, Głębokie, Młodów, Wierchomla (Wielka and Mała), Łomnica-Zdrój, Zubrzyk. These villages have 10602 inhabitants²⁰⁴. The Municipal Council of Piwniczna-Zdrój is made up of 15 councillors.

²⁰⁴ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Historical view of the spa

The Royal Free City of Piwniczna was founded on the so-called raw root by virtue of the decree of King Casimir III the Great as a part of the defence policy that assumed locating settlements along the country borders. On July 1st, 1348, King Casimir III the Great issued a document in Kraków to found the town of Piwniczna Szyja. The boundaries of the town were based on villages that already existed in the area (Młodów, Głębokie, Łomnica, and Nart, which is unknown in Beskid Sądecki). The town was founded under Magdeburg Law and the right to establish and organize economic life on the Poprad River was granted to Hanko from Sącz by the Polish monarch²⁰⁵. Since its incorporation, the town's urban layout has remained almost unchanged, with a quadrilateral market square and streets emerging from its corners²⁰⁶. The town, situated by an important trade route leading to Hungary, developed quickly. At the end of the 19th century, in 1880, a Lviv doctor discovered that the local waters have had healing properties. From this event, the history of Piwniczna as a spa town began. The first patients came into the city in 1884. The spa developed in the interwar period when new mineral water boreholes were drilled, the Spa Factory, pump rooms and the Spa Park were built²⁰⁷. In 1931, the town was granted the status of a health resort²⁰⁸.

Spa activities

The Health Resort operates pursuant to the Resolution No. LIII/377/10 of the Town and Commune Council of Piwniczna-Zdrój of 30 September 2010 on the Statute of the Piwniczna-Zdrój Health Resort (Official Journal of the Małopolska Province of 3 December 2010, No. 641, item 5252).

The most important medicinal raw materials

The natural therapeutic resources used in the spa include therapeutic mineral waters: bicarbonate-calcium-magnesium-sodium rats and climatic factors²⁰⁹. In Piwniczna-Zdrój we can find mineral springs, i.e. places from where water flows out directly. Some of the waters can be drawn from faucets or from wells, where many visitors and tourists gather. The waters contain all essential microelements (magnesium, calcium, hydrogen carbohydrates, sodium, and chlorides), in perfect proportions (exactly twice as much calcium as magnesium).

²⁰⁵ <http://turystyka.piwniczna.pl/43/2/historia-miasta.html> (accessed March 27, 2020).

²⁰⁶ *Town and Commune of Piwniczna-Zdrój*, <http://www.piwniczna.pl/zabytki-ii-ii.html> (accessed March 27, 2020).

²⁰⁷ Jakóbik K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 35.

²⁰⁸ Source data obtained from the surveyed commune, Resolution No. X/49/71 of the Provincial National Council in Kraków of 05.05.1971 on establishing the statute of the Piwniczna health resort.

²⁰⁹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

The Piwniczna-Zdrój health resort is characterised by a mountain climate, moderately stimulating, mitigated by wooded slopes (coniferous trees prevail). Friendly microclimate helps in the treatment of respiratory diseases, and people with hypertension feel considerably better here.

Spa treatment

The health resort provides spa treatment in the following therapeutic directions: orthopaedic and traumatic diseases, upper respiratory tract diseases, lower respiratory tract diseases, and digestive system diseases²¹⁰. Health resort services in Piwniczna-Zdrój are provided by NZOZ Sanatorium Uzdrowskowe “Limba”. The stay in the spa sanatorium is recommended especially for those who suffer from stomach and duodenum diseases, gastritis, pancreatic and intestinal inflammations, or kidney stones²¹¹. The treatment of these diseases is possible thanks to the occurrence of sorrel in the local medicinal waters, rich in calcium and magnesium.

²¹⁰ Ibid.

²¹¹ *Town and Commune of Piwniczna-Zdrój*, <https://meteor-turystyka.pl/noclegi,sanatoria,piwniczna-zdroj,60.html> (accessed March 27, 2020).



Radwanów Swimming Pools – Piwniczna-Zdrój
Photography Emilia Buczek



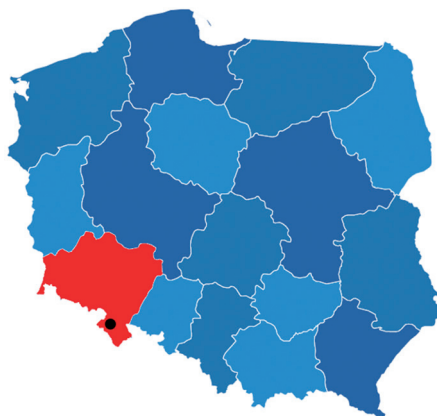
A view from Groń – Piwniczna-Zdrój
Photography Teresa Ortyl

2.27. Polanica-Zdrój Health Resort

Administrative location

The town is situated in Lower Silesia Province, in Kłodzko District, in the Kłodzko Valley. The spa and holiday part of Polanica-Zdrój occupies the sunny, mild south-eastern slopes of the first hills of the Table Mountains.

Map 26. Location of Polanica-Zdrój health resort



Source: own elaboration.

The Polanica-Zdrój Commune has the status of an urban municipality, which is inhabited by 6238 residents²¹², and covers a territory of 17 km². It neighbours with the communes of: Bystrzyca Kłodzka, Kłodzko and Szczytna. The Municipal Council consists of 15 councillors.

Historical view of the spa

The history of the health resort goes back to the first years of the 18th century, and fully planned spa activities started in 1873. In the years 1905-1906, a new Spa House was built, and in 1906, the Spa Park was established. In 1909, a cardiological sanatorium was opened. A new walking hall with a pump room and additional bathrooms was built in

²¹² Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

1911²¹³. At the beginning of the World War I, the spa was closed down and a lazarette was arranged in the Spa House, but a year later its activity was resumed. The most important investments of the interwar period were the Spa Theatre opened in 1925, and the new Natural Medicine Institution (1930). After the end of World War II, already on 16 June 1945, the first Polish officials came here and gave the town the name Puszczyski-Zdrój. It was used until the middle of 1946, when the naming commission changed it into Polanica-Zdrój. The curative fame of Polanica-Zdrój significantly increased after 1950, thanks to new methods of treatment of geriatric diseases with royal jelly introduced by a humanist doctor Józef Matuszewski, and plastic surgery applied for the first time in Poland by doctor Stanisław Michałek-Grodzki²¹⁴. In 1967, the town was granted the status of a health resort. In the years 2010-2011, a comprehensive modernization of the Spa Park was carried out, which, due to its natural values and unique composition, was entered in the register of monuments in 1991, and is subject to legal protection. Taking into account the historic character of the park, during the revitalization process the following elements were introduced: small architecture elements, viewpoints, alleys, several thousand plants were planted enriching the green areas, new fountains, water intakes, gazebos were built likewise. There is also video surveillance installed in the park.

Spa activities

The health resort operates on the basis of the Resolution No. XX/113/2012 of the Polanica-Zdrój Town Council of 24 April 2012 on the amendment of the Resolution No. XXIX/181/09 of the Polanica-Zdrój Town Council of 31 March 2009 on the adoption of the Statute of Polanica-Zdrój health resort.

The most important medicinal raw materials

Natural healing resources used in the health resort include mineral and therapeutic bicarbonate-calcium waters, rats, acid carbonic waters and climatic²¹⁵ factors. The climate of the health resort is submontane, moderately stimulating, moderated by compact forest areas (predominantly coniferous trees). The mild submontane climate and abundant mineral water springs create perfect conditions for relaxation, treatment of cardiovascular and digestive system diseases, as well as fighting with tobacco addiction²¹⁶. The health qualities of Polanica-Zdrój climate have been confirmed by the research conducted by the Institute of Geography of the Polish Academy of Sciences. The bio-climate of the town, thanks to

²¹³ Jakóbik K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 31.

²¹⁴ Dolnośląskie Province, http://www.polanica.pl/strona-54-historia_miasta.html (accessed March 23, 2020).

²¹⁵ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²¹⁶ Polanica Zdrój, <http://www.polanica.pl/strona-55-klimat.html> (accessed March 23, 2020).

the varied thermal stimulus, also has hardening qualities for the thermoregulatory system. An adequate insolation facilitates bactericidal and vitamin genic effect. Such configuration of insolation and incidence angle of sun rays occurs here on average 160 days, i.e. almost half of a year.

Spa treatment

The health resort provides spa treatment in the following fields: orthopaedic and traumatic diseases, rheumatological diseases, cardiovascular diseases and hypertension, upper respiratory tract diseases, peripheral vascular diseases, and digestive system diseases²¹⁷. Services in the field of spa treatment in Polanica-Zdrój are provided by Uzdrowiska Kłodzkie S.A. PGU Group, and Health and Recreation Centre “Nowy Zdrój”. You can take advantage of treatments in the field of balneology and hydrotherapy, physiotherapy and kinesitherapy, i.e.: brine baths, peloid baths, wraps from live mud, cryotherapy, therapeutic massages, currents, lasers, inhalation, or light therapy, as well as pain therapy, which allows to eliminate even chronic pain caused by injuries or diseases.

Polanica-Zdrój has a good medical, tourist, recreational and sports base. Apart from the therapeutic and recreational base (the pump room of mineral waters, the spa park), the town has following recreational and cultural facilities: indoor swimming pools, a summer toboggan run, tennis courts, salt caves, a horse stable, a spa theatre, a town library, billiard clubs, and very large catering facilities²¹⁸. The spa is a favourite place for weekend trips of the inhabitants of Lower Silesia.

²¹⁷ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²¹⁸ Source materials obtained in the surveyed self-government: Municipal Office in Polanica Zdrój.



Polanica-Zdrój
Photography Marlena Solska



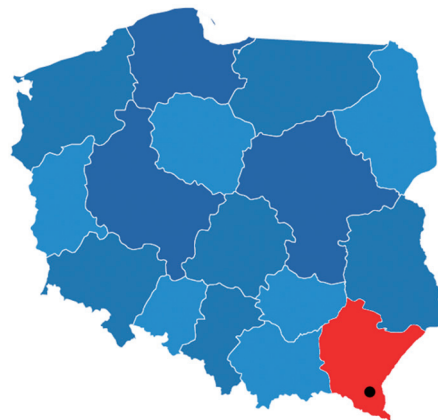
Pump Room –Wielka Pieniawa in Polanica-Zdrój

2.28. Polanczyk Spa

Administrative location

Polańczyk is located in Podkarpackie Province, in Lesko District, in Solina municipality in the Bieszczady Mountains. Solina commune neighbours with four communes: from the south with the Cisna commune, from the west with the Baligród and Lesko communes, and from the north with the Olszanica commune.

Map 27. Location of Polańczyk Spa



Source: own elaboration.

The Solina Commune is a rural municipality which consists of 16 village councils²¹⁹. The total area of Solina municipality is 185 km² (18 452 ha)²²⁰. The spa area includes auxiliary unit of the municipality Polańczyk-Zdrój, Osiedle Panorama, Osiedle na Górcie, a village council Polańczyk, and a village council Myczków²²¹. The holiday and spa village Polańczyk, called “Bieszczady resort”, has an area of 8.8 km² and 850 inhabitants²²², and

²¹⁹ Report from the diagnosis to determine the degraded areas of Solina Municipality together with the justification and recommendation of areas to be included in the Local Revitalisation Programme, Polańczyk Municipality Office, 2016, p. 4.

²²⁰ Solina Municipality Development Strategy to 2025, June 2015, p. 6.

²²¹ Solina Commune - Polańczyk Spa, Regional Inspectorate for Environmental Protection in Rzeszów, p.186.

²²² Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

since 30th December 1999, is the seat of Solina Municipality authorities, which has 5400 inhabitants²²³. The Municipal Council consists of 15 councillors²²⁴.

Historical view of the spa

The village of Polańczyk was founded on the Wallachian law in the estate belonging to the Kmita family. The village Polańczyk is known from 1580 under the names of Poleszczańskie and Polańskie. It took its current name in 1674 from the name of the village owners - the family of Polański²²⁵. The history of the village is not well known until the 20th century. It is known that it was inhabited not only by Poles, but also Ukrainians and Ruthenians, who were displaced after World War II. Thanks to its attractive location, good climatic conditions, and mineral water springs, Polańczyk was classified as a holiday and rest resort in 1967. A dynamic development of Polańczyk began with the creation of the Solina Reservoir, and in 1974 Polańczyk was recognized as a place with potential for a spa treatment. Thanks to that, first spa and sanatorium houses started to be opened here²²⁶. In Polanczyk, on Zdrojowa Street, near Solina Lake, there is an amphitheatre. Surrounded by trees, the amphitheatre makes a remarkable impression and is willingly visited by patients. It was built with EU funds under the Cross-Border Cooperation Programme Poland-Belarus-Ukraine 2007-2011, which name is "Polańczyk and Schidnica - let's use our tourist and cultural potential together to improve the competitiveness of the Bieszczady". Amphitheatre has been designed for two thousand spectators, has 500 seats and 1500 standing places. In the summer, many outdoor events are held here. Polańczyk was granted the status of a health resort in 1999.

Spa activities

The health resort operates pursuant to the Resolution No. XLVI/464/13 of the Solina Municipality Council of 30 July 2013 on the Statute of Polańczyk Health Resort.

The most important medicinal raw materials

Polańczyk gained the name of the spa thanks to the presence of mineral waters in this area that allow the treatment of many diseases. Among them there are: mineral waters of bicarbonate-sodium, iodide, and also chloride-hydrocarbonate-sodium, bromide and fluoride waters²²⁷. Polańczyk is a submontane village with a moderately stimulating climate, moderated by the

²²³ Source materials from the Solina Commune Office in Polańczyk.

²²⁴ Solina Municipality Office, *Public Information Bulletin*, <http://bip.solina.regiony.pl/obecna-rada> (accessed 31.03.2020).

²²⁵ *Solina Commune - Polańczyk Spa*, Regional Inspectorate for Environmental Protection in Rzeszów, p.184.

²²⁶ <https://meteor-turystyka.pl/miasto/polanczyk> (accessed March 31, 2020).

²²⁷ Jakóbiak K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 38.

adjacent compact forest complexes (beech, fir and larch trees predominate), and the Solina Lake. Polańczyk is characterized by a very favourable microclimate for the human body. The air here is rich in phytocides, which are essential oils of coniferous trees, which is very important in the process of healing and regeneration. This climate is also supportive to the prevention of many diseases such as cardiological and laryngological ones²²⁸.

Spa treatment

The health resort provides spa treatment in the following fields: orthopaedic and traumatic diseases, rheumatological diseases, cardiovascular diseases and hypertension, upper respiratory tract diseases, lower respiratory tract diseases, diabetes, endocrinological diseases, and nervous system diseases²²⁹. The advantage that allows conducting spa activities in Polančzyk is the presence of mineral springs. The waters are used both in drinking cures and in therapeutic baths. There are performed, among others, treatments from the range of hydrotherapy, peloidotherapy, balneology, as well as inhalations. Polančzyk has a rich medical base. Services in the field of spa treatment in Polańczyk are provided by: Sanatorium Uzdrowiskowe “Dedal”, Sanatorium Uzdrowiskowe “Amer-Pol”, Sanatorium Uzdrowiskowe “Solinka”, Sanatorium Uzdrowiskowe “Plon”, Sanatorium Uzdrowiskowe “Atrium”.

²²⁸ (accessed March 31, 2020).

²²⁹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).



Bathing Area Cypel in Polańczyk
Photography Krzysztof Pecka



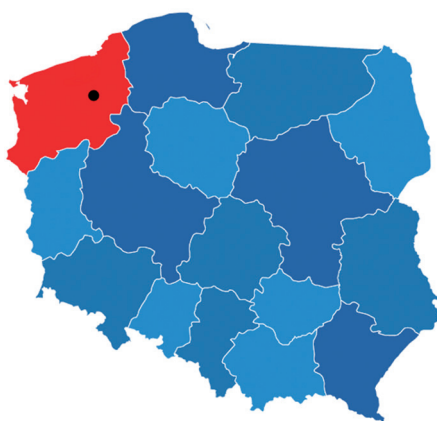
An Observation Spot – Osiedle na górze

2.29. Health Resort Polczyn-Zdrój

Administrative location

Polczyn-Zdrój lies in the central part of the West Pomeranian Province, in the eastern part of Świdwin District, where it is the second most important urban centre. It is the only health resort situated in Drawskie Lakeland, 57 km from Koszalin and 150 km from Szczecin, by the Poznań-Kołobrzeg tourist route. Spa facilities are located in the area of 80 ha Spa Park in the vicinity of 2 ha Lagoon, which serves as a retention reservoir. In the commune there are 11 lakes of a total area of about 450 ha. The urban-rural municipality of Polczyn-Zdrój covers an area of 343 km² and is inhabited by 14,525 people, including 7,653 in the city, which ranks it 27th in terms of population in the province²³⁰.

Map 28. Location of Polczyn-Zdrój health resort



Source: own elaboration.

In the commune there are 25 villages: Bolkowo, Bronowo, Brusno, Buślary, Czarnkowo, Gaworkowo, Gawroniec, Kołacz, Lipno, Łęgi, Łośnica, Nowe Resko, Ogartowo, Ogrodno, Ostre Bardo, Popielewo, Przyrowo, Redło, Sucha, Szeligowo, Toporzyk, Tychówko, Wardyń Górny, Zajączkówko, Zajączkowo. The Commune Council consists of 15 councillors.

²³⁰ Ibid.

Historical view of the spa

The mineral water springs in Polczyn-Zdrój were discovered in 1688, and the first patients started to visit the spa at the beginning of the 18th century when the first spa house was built here in 1705. A bit later, in the middle of the 19th century, peloid started to be used in the treatment process. All curative objects built until 1910 have been in operation till the present day. In 1963, the brine deposits were discovered, and in 1965, the brine rich in bromine and iodine were bored which caused the development of new directions of treatment. Balneological treatment of women's diseases, including infertility, was initiated in Polczyn-Zdrój²³¹. In 1967, the town was granted a status of a health resort²³². Based on rich deposits of excellent quality therapeutic mud and Permian brine, the town successfully maintains and develops over 300-year-old spa traditions, while the area of the commune, a large part of which is part of the Drawsko Landscape Park, is one of the most charming parts of Western Pomerania, also known as "Polczynska Switzerland". Extremely diversified landform, numerous gullies and moraine hills, lakes, including one of the biggest lakes in Poland - Drawsko Lake of the area of 1781 ha, are unique traces of the Baltic glaciation, which became the reason for creation of a new tourist product in this area - Geopark "Glacial Land of Drawa and Dębica". The main attractions of the city are the old town with amazingly preserved the Middle Ages historic urban layout, and the Spa Park with an area of 80 ha, which consists of the French part with symmetrical alleys and plant arrangements, and a much larger English part characterized by hilly terrain and a free dispersion of greenery. Over the promenade, which is the main street of the Old Town, for many years in the summer season several hundreds of umbrellas are hanged, which gives the city its charm and originality²³³.

Spa activities

The health resort operates on the basis of Resolution No. XXXVIII/375/2017 of the City Council in Polczyn-Zdrój of 28 June 2017 on the establishment of the Statute of the Polczyn-Zdrój health resort (Official Gazette of the Zachodniopomorskie Province of 28 July 2017, item 3312).

²³¹ Jakóbiak K. (red.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 43.

²³² Ordinance of the Minister of Health and Social Welfare of 25 July 1967 on the list of places recognised as health resorts. Resolution No XVI/54/72 of the Regional National Council in Koszalin of 27 January 1972 on adopting the Statute of Polczyn-Zdrój health resort.

²³³ Source materials obtained in the examined local government: Municipal Office in Polczyn-Zdrój (April 2020).

The most important medicinal raw materials

Natural healing resources used in the spa include healing waters, brine and peloid²³⁴. The health resort makes use of the therapeutic properties of the brine, rich in a number of natural components. Brines are obtained from local deposits located at the depth of 1200 m. Thanks to the high concentration of natural mineral components (i.e. sodium, calcium, magnesium, iodine, chlorides, and sulphates), the brines have special healing properties, which are used in professional treatments dedicated to people with cardiac problems, skin diseases, musculoskeletal diseases or respiratory diseases²³⁵. The healing qualities of the local brine are used in inhalations and hydrotherapy baths, but it is not used for drinking cures. The treasure of the resort is also the black gold, that is Polczyńska mud, known and recognized among the best in Europe. Due to a high activity of natural components and unique ability to keep warmth, this effective therapeutic raw material is used in treatments necessary for infertility, degenerative conditions or motor organ disorders. In Polczynski Spa mud is also used in biological regeneration treatments and spa, as well as in production of its own line of regenerating cosmetics. A mild, moderately stimulating climate has a good influence on patients' mood. An unquestionable advantage is the clean air, full of phytocides, i.e. essential oils secreted by coniferous trees. The commune's climate is transitional between the maritime and continental climate. The commune is located within three climatic regions.

Spa treatment

Taking advantage of the natural assets of the health resort the treatment in Polczyn Zdrój is carried out in the following fields²³⁶: orthopaedic and traumatic diseases, rheumatological diseases, obesity, nervous system diseases, osteoporosis, and female diseases. Services in the scope of health resort treatment in Polczyn-Zdrój are provided by: Uzdrowisko Polczyn Grupa PGU S.A., Sanatorium Uzdrowiskowe "Marta", in which patients can use the following treatments: mud, hydrotherapy, physiotherapy, cryotherapy, kinesitherapy, paraffin compresses, brine inhalations, as well as a session in a salt cave²³⁷. Extended recreation background of Polczyn-Zdrój health resort with rehabilitation zones favours not only effective therapeutic treatments, but also biological regeneration.

²³⁴ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²³⁵ Polska Grupa Uzdrowisk, <https://uzdrowiska-pgu.pl/kontakt> (accessed 27.03.2020).

²³⁶ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²³⁷ Uzdrowiska Polczyn Grupa PGU S.A., <https://uzdrowisko-polczyn.pl/> (accessed March 27, 2020).



Promenade in Polczyn-Zdrój



A carpet of flowers – Polczyn-Zdrój Park

2.30. Przerzeczyn-Zdrój Health Resort*

Administrative location

Przerzeczyn-Zdrój is a spa town located in Lower Silesia Province, in Dzierżoniów District, in Niemcza Commune. The place has no municipal rights and is a village. The urban-rural commune of Niemcza neighbours the municipality of Kondratowice (Strzelin District), to the east, the municipality of Łagiewniki to the north, the municipality of Dzierżoniów and the municipality of Piława Górna to the west, and administratively borders the municipalities of Ząbkowice Śląskie and Ciepłowody (Ząbkowice District), to the south.

Map 29. Location of the Przerzeczyn-Zdrój health resort



Source: own elaboration.

The administrative area of the contemporary town of Niemcza includes the former villages of Stara Niemcza, Gumin, Stasin, Mieczniki, Nowiny, Jasinek, and Wojsławice, famous in Poland for its rhododendrons and azaleas. The municipality consists of seven villages: Wilków Wielki, Kietlin, Gilów, Nowa Wieś Niemczańska, Podlesie, Przerzeczyn-Zdrój and Ligota Mała²³⁸. Currently, the Niemcza municipality is inhabited by 5413 residents, while

²³⁸ Based on source material provided by the surveyed entity (2019 State of the Borough report data).

the town of Niemcza itself has 2,936 residents²³⁹. The municipality covers 71.86 km². The Town Council consists of 15 councillors²⁴⁰.

Historical view of the spa

The town of Przerzeczyn-Zdrój was first mentioned in 1264²⁴¹. At that time it was called Przyrzyce, a word of Slavic etymology. In the period of German colonization, the name Bad Dirsdorf started to be used. The name Diersdorf was used until the end of the 19th century, and later until 1945. After World War II, the name used until today - Przerzeczyn-Zdrój - came into use. Przerzeczyn-Zdrój is the smallest health resort in Poland that history dates back to 1802, when mineral water springs - sulphide and ferruginous - were discovered here. These springs occur next to each other extremely rarely²⁴². This contributed to the development of the resort. At that time, the first two spa objects were built. The commune was granted the status of a health resort in 2009²⁴³. At present - since 2017, the health resort is out of operation²⁴⁴.

Spa activities

Health resort activities were conducted on the basis of the Resolution No. XXXVIII/224/10 of the Town Council of Niemcza of 29 January 2010 on the Statute of the Przerzeczyn-Zdrój Health Resort and the Resolution No. XXXVIII/199/18 of the Town Council of Niemcza of 26 January 2018 amending the resolution on the Statute of the Przerzeczyn-Zdrój Health Resort.

The most important medicinal raw materials

Radon water springs are located in the area of the health resort²⁴⁵. In the area of the Przerzeczyn-Zdrój health resort there are three sources of therapeutic water. These are the intakes:

²³⁹ Based on source materials provided by the surveyed unit (study entitled *Diagnosis of health resort communes in Poland*). See also. *Data from the 2019 State of the Municipality report*.

²⁴⁰ *Data from the report on the state of Niemcza Municipality for 2019*. Based on source materials provided by the unit under study.

²⁴¹ A.M. Soroczyńska, *Walory Środowiskowe najmniej spa in Poland Przerzeczyn-Zdrój*, [in:] *Infrastruktura i Ekologia Terenów Wiejskich*, No. 10/2011, Polish Academy of Sciences, Branch in Kraków, p. 135, <http://agro.icm.edu.pl/agro/element/bwmeta1.element.dl-catalog-045096c7-2710-4034-88ae-85d801308098/c/12.pdf>, (accessed: 23.04. 2020).

²⁴² Ibid.

²⁴³ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²⁴⁴ As of 2017, there is no revenue from the resort fee. The company that owns it is in bankruptcy. Information based on source materials provided by the surveyed entity (survey entitled *Diagnosis of spa municipalities in Poland*).

²⁴⁵ Ibid.

- 1) Well No. II - specific water (poorly mineralised) 0.043%, radon, which contains hydrogen sulphide, exploitable resources - 2.27 m³/h, certificate No. 1/PZ,
- 2) Well No VIII - specific water (poorly mineralised) 0.055%, radon, not exploited at present, exploitable resources - 2.4 m³/h, certificate No 2/PZ,
- 3) Well No IX - specific water (poorly mineralised) 0.048%, radon, exploitable resources 3.0 m³/h, certificate No 3/PZ²⁴⁶.

These low mineralized radium-sulphide waters, containing calcium and magnesium sulphides, are unique natural healing waters not only in Poland, but also in Europe²⁴⁷. Climatic factors are also important²⁴⁸.

Spa treatment

In the health resort of Przerzeczyn-Zdrój health treatment was carried out in the following directions until 2017: orthopaedic and traumatic diseases, rheumatological diseases and neurological diseases (diseases of the nervous system)²⁴⁹. There were health resort treatment facilities, i.e. sanatoria: Sanatorium Uzdrowiskowe "Akacja," "Buk", "Cis" and "Forsycja". There was also a Health Clinic and a Natural Medicine Institution in the sanatorium "Akacja". Moreover, there were also health resort facilities, i.e. the Spa Park with the area of 3 ha, a modern swimming pool with equipment for massages and swimming against the tide, and health paths²⁵⁰.

²⁴⁶ Resolution No. XXXVIII/224/10 of the Town Council of Niemcza of 29 January 2010 on the Statutes of the Przerzeczyn-Zdrój Health Resort, <https://www.infor.pl/akt-prawny/U70.2010.060.0000923,uchwala-nr-xxxviii22410-rady-miejskiej-w-niemczy-w-sprawie-statutu-uzdrowiska-przerzeczyn-zdroj.html>, (accessed 23.04. 2020).

²⁴⁷ See also. Przerzeczyn-Zdrój, <http://www.umwd.dolnyslask.pl/turystyka/dla-turysty/dolnoslaskie-uzdrowiska/przerzeczyn-zdroj/> (accessed April 23, 2020).

²⁴⁸ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²⁴⁹ Ibid. See also. Resolution No XXXVIII/224/10 of the Town Council of Niemcza of 29 January 2010 on the Statutes of the Przerzeczyn-Zdrój Health Resort, <https://www.infor.pl/akt-prawny/U70.2010.060.0000923,uchwala-nr-xxxviii22410-rady-miejskiej-w-niemczy-w-sprawie-statutu-uzdrowiska-przerzeczyn-zdroj.html>, (accessed: 23.04. 2020).

²⁵⁰ Resolution No. XXXVIII/224/10 of the Town Council of Niemcza of 29 January 2010 on the Statutes of the Przerzeczyn-Zdrój Health Resort, <https://www.infor.pl/akt-prawny/U70.2010.060.0000923,uchwala-nr-xxxviii22410-rady-miejskiej-w-niemczy-w-sprawie-statutu-uzdrowiska-przerzeczyn-zdroj.html>, (accessed 23.04. 2020).



Parish Church in Przerzeczyn-Zdrój



Parish Church in Przerzeczyn-Zdrój

2.31. Health Resort Rabka-Zdrój

Administrative location

The urban-rural municipality of Rabka-Zdrój is situated in southern Poland and covers the area of 69 km², which is inhabited by 16,927 people²⁵¹. It consists of the spa town of Rabka-Zdrój and three villages: Chabówka, Rdzawka and Ponice.

Map 30. Location of Rabka-Zdrój health resort



Source: own elaboration.

The town is situated in Małopolskie Province, in Nowy Targ District, in Rabczańska Valley, which is formed by the Poniczanka and Słonka streams flowing into the Raba River. It lies at the foot of the Gorce and Beskid Wyspowy mountains at an altitude of 500-600 m above sea level, at the junction of two important communication routes from Cracow to Zakopane, and from Bielsko-Biała to Nowy Sącz. It consists of the spa town of Rabka-Zdrój and three villages: Chabówka, Rdzawka and Ponice. The Municipal Council consists of 15 councillors.

²⁵¹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Historical view of the spa

The first mention of Rabka's brine springs comes from the mid-13th century. In 1858, the first water intake was made, and in 1864, the health resort was officially opened. The first Bathing and Therapeutic Institution was established in 1864, and in 1874, the Children Treatment Institution was opened. In 1889, on the initiative of Dr Maciej Leon Jakubowski, the first in Poland centre for children suffering from tuberculosis of lymph nodes, and the third one in Europe was established. Due to its specific microclimate, Rabka developed quickly, and at the end of the 19th century, it gained the reputation of a children's health resort²⁵². In the interwar period, it already enjoyed international fame. In the post-war years, the health resort was also an important centre of tuberculosis treatment. On 21 September 1953, Rabka was granted the municipal rights and then, on 1 January 1967, the status of a health resort²⁵³. The city coat of arms of Rabka, designed by Rabka's artist Jerzy Kolecki, was adopted in 1977. It depicts half of the sun and half of a smiling child's face which is a reference to the character of Rabka and its mission. Many years of work with and for children has been noticed and appreciated. On June 1, 1996, during the First World Congress of the Order of the Smile, Rabka was awarded the title "City of Children of the World" by the Chapter of the Order of the Smile, UNESCO, and the Governor of Nowy Sącz. In 1999, the name "Rabka" was changed into "Rabka-Zdrój" which emphasizes the spa character of the town²⁵⁴.

Spa activities

The health resort operates on the basis of Resolution No. XXXVIII/244/2013 of the Municipal Council in Rabka-Zdrój of 17 July 2013 on the Statute of the Health Resort Rabka-Zdrój (Official Journal of the Małopolska Province of 5 August 2013, item 4920).

The most important medicinal raw materials

Natural healing resources used in the spa include healing waters and climatic factors²⁵⁵. Mineral waters are one of the strongest chloride-sodium-iodide brines in Europe, which are used in bathing, drinking and inhalation treatments. In the Spa Park, in the vicinity of "Helena" spring, there is a brine graduation tower, opened as the first in Małopolska, and a pump room of mineral waters, with the use of it one can treat respiratory problems, anaemia, allergic diseases, bronchial asthma, exudative diathesis, rickets, diseases of metabolism, cardiovascular system and atherosclerosis. Mineral waters offered in the pump rooms in Rabka come

²⁵² Jakóbik K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 35.

²⁵³ Ordinance of the Minister of Health and Social Welfare of 25 July 1967 on the list of localities recognised as health resorts (M.P. of 1967 No 45, item 228 and 229).

²⁵⁴ *Tourist Information in Rabka Zdrój*, <http://www.it.rabka.pl/index.php/getting-started> (accessed 26.03.2020).

²⁵⁵ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

from springs in Szczawa. In the Rabka pump rooms you can taste the waters: “Jan”, “Józef”, “Józefina”, “Stefan”. The general indications are respiratory diseases, rheumatological diseases, obesity, and osteoporosis.

Rabka-Zdrój health resort is situated in the VI “submontane and mountain” bioclimatic region, characterized by a large diversity of bioclimatic conditions of moderate and strongly stimulating type. The climate of Rabka is characterized by a favourable level of insolation and a small amount of precipitation, while its location in a mountainous basin provides protection from strong winds. Good solar conditions, lack of excessive heat and severe frosts are beneficial to climatic treatment, which can be carried out here all year round.

Spa treatment

The spa provides treatment in the following fields: orthopaedic and traumatic diseases, rheumatic diseases, cardiovascular diseases and hypertension, upper respiratory tract diseases, lower respiratory tract diseases, diabetes, obesity, and skin diseases²⁵⁶. Services in the field of spa treatment in Rabka-Zdrój are provided by: Uzdrowisko Rabka S.A., Śląskie Centrum Rehabilitacyjno-Uzdrowiskowe im. dr A. Szebesty in Rabka-Zdrój sp. z o.o., Sanatorium “Cegielski”, Cassia-Villa Medica s.c. The main profile of treatment in Rabka-Zdrój spa are diseases of the respiratory system, cardiovascular, anaemia, allergic diseases, bronchial asthma, exudative diathesis, rheumatism, diabetes, metabolic diseases, atherosclerosis, and neurosis. Rabka-Zdrój offers a wide range of treatments and specialist advice. There are numerous sanatoria, spa hospitals and the Jan and Irena Rudnik Institute for Tuberculosis and Lung Diseases in Rabka-Zdroj. The spa specializes in the treatment of respiratory and cardiovascular diseases, allergies, rheumatic diseases, and neuroses. The heart of the spa is the revitalized in recent years Spa Park (23.59 ha). The Park has been divided into two parts: the sun zone and the shadow zone. The sun zone fulfils the function of a stroll and recreation, whereas the shadow zone has a stroll and reflection character and refers to the atmosphere of an English park. The Park is a perfect place of relaxation for patients and tourists, as well as for the city residents. It invites strollers all year round. In spring and summer, it is a green oasis, in autumn it pleases the eye with the colour of leaves, and in winter, covered with white down, it creates a fairy-tale landscape. In addition to beautiful nature, the park offers visitors a complex of sports equipment on the health trail and playgrounds for children.

²⁵⁶ Ibid.



Train Station and Santa Claus Monument in Rabka-Zdrój
Photography Piotr Kuczaj



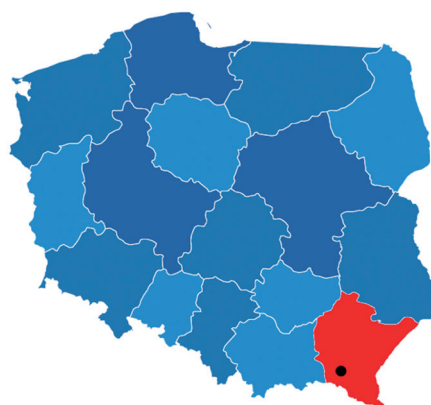
Brine Graduation Tower and Pump Room
Photography Piotr Kuczaj

2.32. Rymanów-Zdrój Health Resort

Administrative location

Rymanów-Zdrój is located in Podkarpackie Province, in Krosno District, in Rymanów Municipality, in the Low Beskid.

Map 31. Location of the Rymanów-Zdrój health resort



Source: own elaboration.

The spa is located 4 km south of the town of Rymanów, in the picturesque Tabór valley, among the mountains called the Rymanów Hills. The spa is located on the border of two Carpathian mesoregions with different landscapes: the Low Beskid and the Bukowski Foothills, at the altitude from 360 to 390 m above sea level. The Rymanów Commune is an urban-rural municipality with the population of 15 982 people²⁵⁷. On the area of the municipality there are following villages: Bałucianka, Bzianka, Głębokie, Klimkówka, Królik Polski, Królik Wołowski, Ładzin, Łazy, Milcza, Posada Górna, Puławy, Rudawka Rymanowska, Rymanów, Rymanów-Zdrój, Sieniawa, Wisłoczek, Wróblík Królewski i Szlachecki, Zmysłówka. The seat of the commune is the town of Rymanów. The Municipal Council consists of 15 councillors.

²⁵⁷ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Historical view of the spa

The mineral water springs in Rymanów-Zdrój were discovered in 1876, which gave rise to the history of the health resort²⁵⁸. Immediately after the analyses and studies of the intakes, spa facilities were built, including those adjusted for the treatment of children. The whole spa infrastructure was destroyed during the World War I, and only thanks to the enormous effort of the successive owner, Jan Potocki, Rymanów-Zdrój was carefully rebuilt after the end of the war and started to receive patients again. A fully planned spa activity started, however, in 1928. Tragic events of World War II, especially the front passing by, caused another devastation of the spa. After the war some of the spa objects were rebuilt and guest houses were restored. There were also new sanatoriums for adults and children, a swimming pool, and a ski lift. At the beginning of 1960s, the spa began to accept patients all year round. In 1967, the town was granted the status of a health resort.

The health resort has actually existed since 1876, however only on August 16, 1996, on the one hundred and twentieth anniversary of the discovery of the mineral springs, by the resolution of the Town Council in Rymanów, the village of Rymanów-Zdrój was established with the area of 1625 ha, consisting of the former villages of Deszno, Wołtuszcowa, and the southern part of Posada Górna.

Spa activities

The Health Resort operates on the basis of the Resolution No. XXIV/274/12 of the Municipal Council in Rymanów of June 22, 2012 on adopting the Statute of Rymanów-Zdrój Health Resort (Official Journal of the Podkarpackie Province of July 4, 2012, item 1481).

The most important medicinal raw materials

The natural healing resources used in the resort include healing waters and climatic factors²⁵⁹. Natural springs of therapeutic waters “Tytus”, “Klaudia” and “Celestyna” have diverse healing properties depending on their composition²⁶⁰:

- “Tytus” (0.85% sodium chloride, ferric, bromine, iodine, boric acid) - respiratory diseases, childhood diseases, cardiovascular diseases, metabolic disorders, endocrine disorders.
- “Claudia” (0.85% sodium-chloride, bromide, iodide, boron) - childhood diseases, gastritis, skin disease, arteriosclerosis, rheumatism, endocrine disorders.

²⁵⁸ Jakóbik K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 38.

²⁵⁹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²⁶⁰ *Mineral Water Springs*, <http://uzdrowisko-rymanow.com.pl/uzdrowisko/o-nas-2/zrodla-wod-mineralnych/> (accessed April 06, 2020).

- “Celestyna” (0.85% bicarbonate, chloride-hydrocarbonate-sodium, bromide, iodide, boron water) - diseases of childhood, gastritis, intestines, poor metabolism, skin diseases, arteriosclerosis, rheumatic lesions of muscles and nerves, endocrine gland deficiencies.

In summer, healing waters are offered to patients and tourists in a stylish mineral water pump room, while in winter you can use springs drawn in the spa hospitals *Eskulap* and *Zimowit*. The natural healing climate of the health resort is moderate and strongly stimulating, and in combination with the occurrence of iodine brines, it has proved to be very effective in the treatment of upper and lower respiratory tract and other diseases. The specific microclimate of Rymanów-Zdrój has features of a sub montane climate, and thanks to a significant content of ozone, iodine, salt, essential oils, and relatively high humidity, it also has features of a maritime climate²⁶¹.

Spa treatment

The health resort provides spa treatment in the following therapeutic directions: orthopaedic and traumatic diseases, rheumatological diseases, cardiovascular diseases and hypertension, upper respiratory tract diseases, lower respiratory tract diseases, obesity, nervous system diseases and kidney and urinary tract²⁶². Spa treatment services in the area of Rymanów-Zdrój are provided by: “Uzdrowisko Rymanów” S.A. and “Świerkowy Zdrój Medical SPA” sp. z o.o. The Mineral Water Pump Room is located in the central part of the picturesque Spring Park. Visitors can take advantage of a drinking cure with medicinal waters: “Tytus”, “Klaudia” and “Celestynka”. Inside the pump room building one can also see the springs from which the water is drawn.

The renovation of the infrastructure of the Spa Park, which was carried out in recent years, and which was enlarged by a part reminiscent of the 1920s, as well as the modernization of the public swimming pool with a walking area and the construction of a brine graduation tower, all contributes to the continuing development of the health resort. The Rymanów graduation tower is an impressive, small building, of wooden architecture, covered with shingles, referring in style to the old buildings of the area. It is a roofed construction, around which there are benches, gazebos and walking alleys.

²⁶¹ *Climate*, <http://uzdrowisko-rymanow.com.pl/uzdrowisko/service/klimat/> (accessed April 06, 2020).

²⁶² Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).



St. John Paul II Park in Rymanów-Zdrój



Villa of Providence in Rymanów-Zdrój

2.33. Solec-Zdrój Health Resort

Administrative location

Solec-Zdrój is a rural municipality located in the south-eastern part of the Świętokrzyskie Province, in Busko District, 80 km from Kielce and 90 km from Cracow. The municipality has 19 village councils: Zagaje Kikowskie, Magierów, Piestrec, Włosnowice, Zborów, Świniary, Zielonki, Ludwinów, Wełnin, Zagórzany, Zagajów, Chinków, Strażnik, Kolonia Zagajów, Piasek Mały, Żuków, Kików, Sułkowice, Solec-Zdrój. The area of the Solec-Zdrój spa is included in the administrative borders of 10 councils (village): Solec-Zdrój, Chinków, Magierów, Piestrec, Wełnin, Włosnowice, Strażnik, Zagórzany, Zborów and Żuków²⁶³.

Map 32. Location of the Solec-Zdrój health resort



Source: own elaboration.

The Municipal Council consists of 15 councillors. The following communities are located in the vicinity of Solec-Zdrój: Stopnica to the north, Pacanów to the east, Nowy Korczyn to the south and south-west, and Busko-Zdrój to the north-west²⁶⁴. The Solec-Zdrój Commune covers an area of 8500 ha, of which 4720.50 ha is the area of the Solec-Zdrój health resort²⁶⁵.

²⁶³ Resolution No. VI/31/2019 of the Commune Council of Solec-Zdrój of 28 March 2019 on adopting the Statute of Solec-Zdrój Health Resort.

²⁶⁴ <http://solec-zdroj.pl/po%C5%82o%C5%BCenie,2,8,8,p.html> (accessed March 31, 2020).

²⁶⁵ Ibid.

The village name was changed to Solec-Zdrój in 1974²⁶⁶. At the end of May 2020, the population of the municipality was 5100 people²⁶⁷.

Historical view of the spa

In 1815, the springs of bitter-salt water were officially discovered, and since then they have been used for therapeutic purposes. The beginning of the spa's history is considered to be the year 1837, when thanks to the efforts of Karol Godeffroy it was entered into the register of Polish spas. In the course of time patients could use a wide range of treatments based on the use of sulphide water, mud and peloid. The healing water in Solec was used in the 19th century - in 1856 there were already 29 baths. In 1858, Professor Józef Dietl, widely regarded as the father of Polish balneology, wrote that "the Solec spring belongs to the strongest and most effective waters of this type in all Europe"²⁶⁸. At that time, treatment and bathing buildings and housing were built, and 100 hectares of coniferous forest were attached to Solec²⁶⁹.

In 1896, Solec became the property of Daniewski brothers, a doctor –Włodzimierz and an engineer – Romuald, who turned it into a European resort. During World War II, some buildings and equipment were destroyed, the Spa Park was devastated. Since 1946, thanks to efforts of Włodzimierz Daniewski, the spa resumed its operation. In 1951, the spa was nationalized and subordinated to the Busko-Zdrój Health Resort. In the years 1951-1994, despite its undoubted natural and therapeutic qualities, Solec-Zdrój went into decline due to a lack of investment. In 1998, by a verdict of the Supreme Administrative Court, the spa returned to its rightful owners, i.e. the Daniewski and Dzianott families²⁷⁰. Since 9 December 2011, the new owners of the health resort are Mr. Czesław and Mrs. Marta Sztuk²⁷¹.

Since 1896, the town has had the status of a health resort. Solec obtained the status of a public utility health resort on the basis of the Ordinance of the President of the Republic of Poland of 22 March 1928²⁷².

²⁶⁶ Gonda-Soroczyńska E., *Przestrzeń uzdrowiskowa w krajobrazie kulturowym wsi na przykładzie uzdrowiska Solec-Zdrój (Spa space in the cultural landscape of a village on the example of Solec-Zdrój Spa)*, Polish Academy of Sciences, Kraków Branch, No. 1/2011, pp. 39-49.

²⁶⁷ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²⁶⁸ <http://www.uzdrowiskosolec.pl/pl/uzdrowisko/historia.html> (accessed March 31, 2020).

²⁶⁹ <http://solec-zdroj.info/historia,9,2,2,p.html> (accessed March 31, 2020).

²⁷⁰ <https://echodnia.eu/swietokrzyskie/nowi-wlasciciele-uzdrowiska-w-solcu-zdroju-chca-przywrocic-mu-slawe-sprzed-wojny/ar/8472488> (accessed August 20, 2020).

²⁷¹ <http://www.uzdrowiskosolec.pl/pl/uzdrowisko/historia.html> (accessed August 20, 2020).

²⁷² <http://prawo.sejm.gov.pl/isap.nsf/download.xsp/WDU19280360331/O/D19280331.pdf> (accessed March 31, 2020).

Spa activities

The basis for spa activities is the Resolution No. VI/31/2019 of the Solec-Zdrój Municipal Council of 28 March 2019 on adopting the Statute of Solec-Zdrój Health Resort

The most important medicinal raw materials

The most important assets of the health resort treatment in Solec-Zdrój are the boreholes of therapeutic mineralized water. The most precious natural resources of the health resort are sulphide brines, containing sulphide and polysulphide ions, chloride ions, bromide, iodide, boron, and many other elements, such as: calcium, magnesium, lithium, iron, strontium, selenium, manganese with a salty taste, and a characteristic hydrogen sulphide smell. They are obtained through several boreholes from a depth of about 170 m. Sulfuric water that occurs here is the strongest one in Poland, and one of the best in Europe. Hydrogen sulphide and compounds of sulphur, fluorine, iodine, bromine, and boron have unique healing properties. The use of physiotherapy treatments and treatment with natural substances gives remarkable therapeutic effects²⁷³. Treatment is also carried out through the use of climatic factors, which is favoured by the microclimate of Solec-Zdrój. Due to being sheltered from the north-east by a range of hills of the Wójczańsko-Pińczowski Upland, the climate is mild, moderate, characterized by considerable seclusion, high insolation, and a high annual temperature amplitude²⁷⁴.

Spa treatment

In the Solec-Zdrój Health Resort there are health resort sanatoriums for adults, and health resort outpatient clinics (ambulatories). The spa treatment is carried out in the following therapeutic areas: orthopaedic-trauma, rheumatology, nervous system diseases, osteoporosis, and skin diseases²⁷⁵.

Below is the list of spa treatment facilities operating in Solec-Zdrój:

1. Uzdrowisko Solec-Zdrój M. Cz. Sztuk Sp. j., consisting of:
 - Sanatorium „Jasna”,
 - Sanatorium „Świt”,
 - Health Clinic at the Sanatorium „Świt”,
 - Institute of Natural Medicine.

²⁷³ <http://solec-zdroj.pl/walory-uzdrowiskowe,5,6,6,p.html> (accessed March 31, 2020).

²⁷⁴ Resolution No. VI/31/2019 of the Commune Council of Solec-Zdrój of 28 March 2019 on adopting the Statute of Solec-Zdrój Health Resort.

²⁷⁵ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

2. Malinowe Hotele Sp. z o.o., which includes:

- Outpatient clinic “Rehabilitation Centre” with a natural medicine institute,
- Outpatient clinic “Health Centre” with a natural medicine institute,
- Outpatient clinic “Medical Centre Raspberry Paradise” with a natural medicine institute²⁷⁶.

In the area of the health resort there are the following spa treatment facilities:

- pump room of sulphide water in Zakład Przyrodolecznicz Balneologia,
- Zdrojowy Park - a spa park with an area of 17 ha,
- movement path - health path located in the Spa Park,
- rehabilitation and therapeutic sulphide and brine²⁷⁷ pools.

²⁷⁶ Resolution No. VI/31/2019 of the Commune Council of Solec-Zdrój of 28 March 2019 on adopting the Statute of Solec-Zdrój Health Resort.

²⁷⁷ Ibid.



Mineral Swimming Pools Facility in Solec-Zdrój



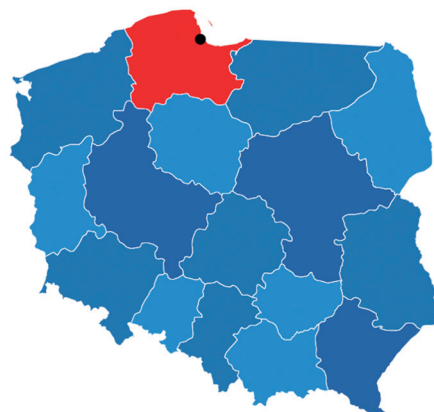
Solec-Zdrój bird's eye view

2.34. Health Resort Sopot

Administrative location

Sopot is a city located in Pomeranian Province, on the Gulf of Gdansk. Together with Gdańsk and Gdynia it forms Tri-City complex. The city area covers 1728 ha. Its southern boundary was modified by the Ordinance of the Council of Ministers of 16 December 2008 to include an area of 4.55 ha to Gdańsk. As of 31 May 2020, the city area is inhabited by 32 359 inhabitants²⁷⁸.

Map 33. Location of Sopot health resort



Source: own elaboration.

The Municipal Council consists of 21 members. Sopot is the smallest town with district rights in Poland in terms of population, and the smallest town with a president as its executive body²⁷⁹.

Historical view of the spa

From the mid-16th century, summer residences belonging to wealthy Gdańsk citizens and foreign diplomats started to appear in Sopot. Attempts were also made to create special places

²⁷⁸ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²⁷⁹ <https://pl.wikipedia.org/wiki/Sopot#Po%C5%82o%C5%BCenie> (accessed April 27, 2020).

for sea bathing. The real development of Sopot as a health resort came in the 19th century. In 1823, thanks to Major Jean Georg Haffner, a French military surgeon, the first professional bathing facility was established, and a year later the first Spa House. This date is considered to be the beginning of the Sopot health resort. Gradually, more spa facilities were built in the city, the spa park existing to this day was established, walking paths were laid out and a pier was built - the prototype of today's tourist attraction. The first tourist guides of Sopot were published, as well as the first magazine with the incoming patients in mind. In 1901, Sopot was granted city rights. The resort called "Riviera of the North" was slowly becoming a very fashionable place in Europe. A few years later, in 1909, the Forest Opera started its activity, and in 1961, the 1st International Song Festival was organised. Today's form of functioning of the spa is a natural continuation of the idea from centuries ago. Officially, the spa status was granted to the city by the decision of the Minister of Health and Social Care on 19 February 1999²⁸⁰.

Spa activities

Resolution no. XXXVI/429/2010 of Sopot City Council dated 5 March 2010 on adopting the Statute of Sopot Health Resort.

The most important medicinal raw materials

- medicinal water,
- brine,
- mud,
- climatic factors - Sopot health resort is characterized by a coastal climate. Significantly important is the content of iodine and pro-health essential oils from the surrounding coniferous forests²⁸¹.

Spa treatment

In the health resort there are hospitals and sanatoriums for adults, and health resort outpatient clinics (ambulatories). In Sopot, treatment is carried out in the following directions: orthopaedic and traumatic diseases, rheumatology, cardiology and hypertension, lower respiratory tract diseases, diabetes, osteoporosis, nervous system diseases²⁸².

In the Sopot resort, among many facilities offering various types of treatment, there are the following health resort facilities:

²⁸⁰ https://miasto.sopot.pl/strona/historia_miasta#historia_miasta (accessed April 27, 2020).

²⁸¹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²⁸² <https://bip.sopot.pl/m,72,uchwaly-rady-miasta-2011.html> (accessed April 27, 2020).

- Independent Public Health Care Facility Health Resort Sanatorium “Helios”,
- Health Resort Sanatorium „Lesnik”,
- Health Resort Sanatorium „Pearl,
- Dr Jadwiga Titz-Kosk Voivodship Rheumatological Complex - Department of Therapeutic Rehabilitation²⁸³.

The health services are supported by the spa treatment facilities located in the city. These include:

- Inhalation Fountain - a public facility located in the central part of the Southern Park. Sopot brine for this fountain is supplied from the St. Adalbert Spring,
- Mineral water pump room, where there is 1 spout with the content of 4.2% of chloride-sodium iodine water from St. Adalbert’s Spring and 7 spouts with 15 times diluted (0.3%),
- The pier „spur”, thanks to its location and construction, is sheltered from the winds from the north-east and east directions and at the same time is within the range of sea water aerosols,
- Seaside beach - 400m long, a section adapted for disabled people²⁸⁴.

²⁸³ Resolution No. XIII/146/2011 of the City Council of Sopot dated November 18, 2011.

²⁸⁴ Ibid.



Sopot pier



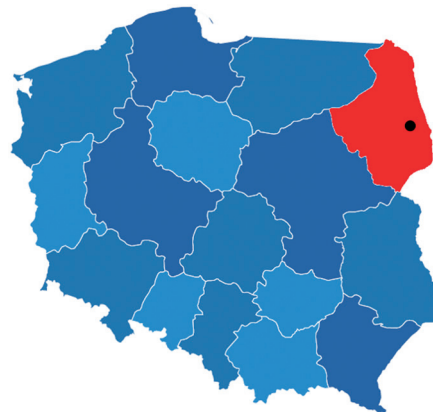
Sopot bird's eye view

2.35. Supraśl health resort

Administrative location

The urban-rural commune of Supraśl is situated in Podlaskie Province, in Białystok District. The seat of the commune authorities is the town of Supraśl with less than 5,000 inhabitants²⁸⁵. The commune borders with the city of Białystok to the west, the communes of Wasilków, Czarna Białostocka and Sokółka to the north, the communes of Szudziałowo and Gródek to the east, and Zabłudów to the south.

Map 34. Location of the Supraśl health resort



Source: own elaboration.

The Supraśl commune consists of the following villages: Ciasne, Cieliczanka, Grabówka, Henrykowo, Jałówka, Karakule, Łążnie, Ogrodniczki, Sobolewo, Sokołda, Sowlany, Surążkowo, Woronicze-Międzyrzecze, Zaścianki. Municipality has 15 300 inhabitants²⁸⁶. Municipal Council consists of 15 councillors.

²⁸⁵ *Supraśl in numbers*, <https://www.polskawliczbach.pl/Suprasl> (accessed 22.04.2020).

²⁸⁶ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Historical view of the spa

Supraśl is a small, charming town with over 500 years of history, and at the same time, it is the 45th spa in Poland, and the third one in the north-eastern part of the country (after Augustów and Gołdap). It is located in the area of the Green Lungs of Poland. It is one of the youngest health resorts in our country. The beginnings of therapeutic traditions of Supraśl are connected with the functioning of the local monastery. The healing values of the town were already appreciated at the beginning of the previous century. “Already in 1911 it was mentioned that: *Supraśl can be recommended as a beautiful summer resort*”²⁸⁷. At the beginning of the 20th century - In 1919, Dr Z. Siemaszko, the deputy chief physician of the insurance company, made the first attempts to organize a sanatorium on the territory of Supraśl, but it was not until the interwar period that the idea of health resort treatment was propagated. Dr Józef Lewitt contributed to it. “In 1924, a tuberculosis sanatorium called “Golden Cross” was organized in the town (mentioned as “Silver Cross” in some documents)²⁸⁸. The board of directors consisted of the following medics: doctor K. Alchimowicz and doctor Z. Siemaszko. The institution was headed by doctor Cz. Morozowicz. It was the only institution of this kind for tuberculosis patients in the Białystok Province. The patients had at their disposal several gardens by the sanatorium, and they could also use the benefits and charms of the nearby forest. The local sanatorium struggled with great financial difficulties. This, to some extent, affected the quality of the medical offer. Unfortunately, in 1931 the sanatorium was closed due to the lack of government subsidies and numerous protests of the inhabitants of Supraśl who were afraid of spreading tuberculosis²⁸⁹. In the 1930s the issue of transforming Supraśl into a health resort was repeatedly raised, and in the middle of the 20th century, Professor Witold Sławiński was a propagator of the local health resort values. Supraśl obtained the status of a health resort on December 28, 2001²⁹⁰.

Spa activities

Health resort activities are conducted on the basis of the Resolution No. XXXIII/346/09 of the Municipal Council in Supraśl of 26 November 2009 on adoption of the Statute of the Supraśl Health Resort and the Resolution No X/142/2019 of the Municipal Council in Supraśl of 9 July 2019 on amendment of the resolution on adoption of the Statute of the Supraśl Health Resort²⁹¹.

²⁸⁷ M. Grassmann, *Uzdrowisko pachnące lipami*, [in:] *Medyk Białostocki*, no. 84, January 2010, p. 24. https://www.umb.edu.pl/photo/pliki/medyk/2010/mb_01_net_0.pdf (accessed: 22.04.2020).

²⁸⁸ Ibid.

²⁸⁹ Ibid.

²⁹⁰ Based on source materials provided by the surveyed unit (research entitled *Diagnosis of health resort communes in Poland*); *Uzdrowisko w Supraślu*, <http://suprasl.pl/turystyka/index.php/pl/uzdrowisko-suprasl> (accessed: 22.04.2020).

²⁹¹ *Resolution No XXXIII/346/09 of the Town Council in Supraśl of 26 November 2009 on adopting the Statute of the Supraśl health resort*, <http://bip.um.suprasl.wrotapodlasia.pl/wladzegminy-suprasl/rozwoj-gminy/uzdrowisko-su->

The most important medicinal raw materials

Peat bog and climatic factors²⁹² are valuable therapeutic raw materials used in the spa. Peat bogs are located in the peat deposit “Podsokółda”. An insightful research in 1995 confirmed their curative properties²⁹³. The “Podsokółda” peat deposit was classified as a curative mineral under the Regulation of the Council of Ministers of 14 February 2006 on deposits of waters classified as brine, curative and thermal waters and deposits of other curative minerals, as well as on classification of common minerals from particular deposits or geological units as basic minerals (Journal of Laws 2006, No. 32, item 220). The discovered and examined peat deposits are described as one of the best deposits in Poland²⁹⁴.

The Supraśl health resort is characterised by a lowland, mild climate with considerable sunshine and small temperature fluctuations. Exceptional sunny conditions in the summer favour the heliotherapeutic treatments. In the winter, the snow cover in the area is present for a relatively long time. It has a beneficial influence on the local climate. Moreover, the air in Supraśl and its surroundings is very clean. The indicators of gas and dust pollution are much below the accepted sanitary standards. The location of the town among dense forests influences the bioclimatic conditions. Forests stop large amount of air pollution and enrich it with ethereal substances. The research shows that forest communities have a positive influence on the respiratory and circulatory systems. Forests have also positive influence on human psyche - they alleviate stress, facilitate relaxation and promote positive thinking²⁹⁵.

Spa treatment

In the Supraśl health resort treatment is carried out in the following directions: rheumatologic diseases, cardiological and hypertension, diseases of upper and lower respiratory tracts, obesity, nervous system diseases, orthopedic and traumatic diseases. In the health resort there are: a graduation tower, Recreation Centre “Knieja”, Health Resort Park with a total area of 1,69 ha, exercise paths (the area of the park and the riverside promenade), a riverside promenade 1,5 km long, Health Resort Natural Medicine Institution²⁹⁶.

prasl/uchwala-nr-xxxiii-346-09.html Statute of the Supraśl health resort, <https://suprasl.pl/index.php/uzdrowisko-i-turystyka/statut-uzdrowiska-suprasl> (accessed: 22.04.2020).

²⁹² Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

²⁹³ T. Kowalik, *Deep breath of Zielonych Płuc Polski*, [in:] *Gościniec Polski Towarzystwa Turystyczno-Krajoznawczego*, Quarterly 2 (15)/2004, https://gosciniec.pttk.pl/15_2004/index.php?co=056 (accessed 22.04.2020).

²⁹⁴ *Health Resort in Supraśl*, <http://suprasl.pl/turystyka/index.php/pl/uzdrowisko-suprasl> (accessed April 22, 2020).

²⁹⁵ Ibid.

²⁹⁶ *Resolution no. XXXIII/346/09 of the Town Council in Supraśl of 26 November 2009 on adopting the Statute of the Supraśl health resort*, <http://bip.um.suprasl.wrotapodlasia.pl/wladzegminysuprasl/rozwoj-gminy/uzdrowisko-suprasl/uchwala-nr-xxxiii-346-09.html> (accessed 22.04.2020).



Male Monastery of the Annunciation of the Blessed Virgin Mary in Supraśl
Photography M. Aciszewski



Old Post Office (also called Gardener's House) in Supraśl
Photography M. Aciszewski

2.36. Health Resort Szczawnica

Administrative location

Szczawnica is an urban-rural municipality situated in Nowy Targ District in Lesser Poland Province. It borders with Łącko municipality to the north, Krościenko nad Dunajc municipality to the west, Piwniczna municipality to the east, and Slovakia to the south²⁹⁷. Within the area of Szczawnica Town and Municipality there are five auxiliary units, two of which are located in the villages (Jaworki and Szlachtowa Sołectwo), and the remaining three in the town (Osiedle: Szczawnica Wyżna, Szczawnica Centrum and Szczawnica Niżna).

Map 35. Location of Szczawnica health resort



Source: own elaboration.

The total area covers 87.89 km²⁹⁸. The population as of 12.05.2020 was 7149 inhabitants²⁹⁹. The Municipal Council consists of 15 councillors.

²⁹⁷ Resolution No. XXII/162/2016 of the Szczawnica Municipal Council of 23 June 2016 on the adoption of the "Szczawnica Health Resort Development Plan for 2016-2023."

²⁹⁸ Report on the State of the Town and Municipality of Szczawnica for 2018, www.szczawnica.pl (accessed April 22, 2020).

²⁹⁹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Historical view of the spa

The name of the village comes from the sour waters called by the highlanders “szczawami” (sorrels). The first mention of the village comes from the early 16th century. Until the end of the 18th century, Szczawnica was part of the Czorsztyn District. In 1839, Józef Stefan Szalay took over the management over the goods in Szczawnica and from that moment the development of the health resort began. The dynamic development of Szczawnica occurred in the mid-19th century. In 1857, Józef Dietl came to Szczawnica, a doctor and the propagator of Polish spas, who outlined the directions of the development of Szczawnica Spa corresponding to the standards binding in the European resorts. New spa houses and pensions were built at that time. Further healing springs were discovered. Before his death, Józef Szalay bequeathed the management of the Spa Resort he had created to the Krakow Academy of Arts and Sciences which, despite financial difficulties, continued his visionary work. The “Guest House”, known in the whole Europe at that time, was built. In 1909, Count Adam Stadnicki became the owner of lands and properties located within the Upper and Lower Spa Resort. This period was also the golden years of Szczawnica’s development and flourishing, during which the health resort underwent thorough modernization. At that time, the infrastructure of the town and the resort itself was modernized in order to increase the comfort of life for residents, and recreation conditions for guests. In the place of the former Inhalation Department, in the villa “Pod Bogarodzicą”, the Hydropathic Department and “Baths” were opened, where baths were based on “Jan” water. A power plant was installed, and a sewage system was introduced. In 1931, the interior of the pump room of “Dom nad Zdrojami” was modernized, the latest generation of equipment was installed and innovative equipment for glass washing and bottling of mineral water was purchased. In 1936, Count Stadnicki opened the ultramodern “Inhalatorium” with the only, at that time in Poland, pneumatic chambers which healed by means of appropriately dosed increased pressure. In 1939, Count Stadnicki together with his daughter Maria and her husband Stefan Swieżawski, built a comfortable villa “Under the Larch”. Count Stadnicki also took care of the level and quality of mineral waters, called by the local highlanders “szczawami”, from which the town is famous. In the years 1912-1920, their chemical breakdown was carried out again, and in the thirties another Szczawnica mineral water was discovered, called “Pitoniakówka”. In 1956, six years after the spa was nationalized by the communist authorities, the State Company Szczawnica Spa was established. Sanatorium treatment in Szczawnica was mainly focused on the therapy of occupational diseases of miners and steelworkers. The so-called branch sanatoria were started to be built, e.g. “Hutnik”, “Górniki”, with time also others: “Nauczyciel”, “Budowlani”, “Papiernik”, “Dzwonkówka”, and “Navigator”. In 1973, the Natural Medicine Institute was opened and the whole therapeutic base was placed there: baths, inhalations,

physical therapy, and massages. Three years earlier also a new pump room, “Magdalena”, was opened. In 1999, the State-owned Company Uzdrowisko Szczawnica was transformed into a joint stock company under the name of Przedsiębiorstwo Uzdrowisko Szczawnica, and in 2005, pursuant to the verdict of the Supreme Administrative Court, the heirs of Adam Stadnicki regained the spa in Szczawnica³⁰⁰. In 1924, Szczawnica was granted the status of a health resort.

Spa activities

The spa activity is carried out based on the Resolution No. XXXIII/243/09 of the Municipal Council in Szczawnica of 30 January 2009 and Resolution No. IV/13/15 of 29 January 2015.

The most important medicinal raw materials

In the area of Szczawnica Spa there are documented natural healing resources, i.e. mineral water occurring in the form of oxalates (bicarbonate, chloride, sodium, iodide, bromide, calcium, boron), and carbonic acid waters (bicarbonate, sodium, calcium, boron). Their composition is enriched by mineral salts and numerous microelements, as well as climatic factors³⁰¹.

Spa treatment

In the area of the health resort there are sanatoriums for children and adults, and also health resort outpatient clinics (ambulatories). Treatment in Szczawnica is carried out in the following fields: orthopedic and traumatic diseases, rheumatology, upper and lower respiratory tracts, nervous system, digestive system, kidneys and urinary tracts, diabetes, and obesity³⁰².

Among the spa treatment facilities operating in Szczawnica there are:

- Natural Medicine Centre” - respiratory system diseases, rheumatology, orthopaedics and trauma,
- Outpatient clinic - respiratory, rheumatological, orthopaedic and traumatic diseases,
- Sanatorium „Papiernik” - motor organ diseases, rehabilitation,
- Sanatorium „Inhalatorium” - respiratory system diseases,
- Health Resort Sanatorium „Dzwonkówka” - respiratory system diseases, rheumatology,
- Sanatorium „Budowlani” - respiratory system diseases, orthopedic and traumatic,

³⁰⁰ <http://www.uzdrowiskoszczawnica.pl/pl/leczenie-sanatoryjne/historia-uzdrowiska-col-190> (accessed August 18, 2020).

³⁰¹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

³⁰² Ibid.

- Health Resort Sanatorium „Miner” - respiratory system diseases,
- NZOZ Sanatorium Uzdrowiskowe “Nauczyciel” ZNP ZG - respiratory, rheumatological diseases,
- Sanatorium Uzdrowiskowe “Hutnik” - respiratory system diseases, rheumatological.

The supplementation of spa treatment in Szczawnica is the possibility to use the Pump Room of mineral waters, located in a stylish „House on the springs” built by Joseph Stefan Szalay in 1863³⁰³.

³⁰³ <http://www.uzdrowiskoszczawnica.pl/pl/leczenie-sanatoryjne/nasze-objekty/pijalnia-wod> (accessed April 22, 2020).



Walking Promenade over Grajcarek



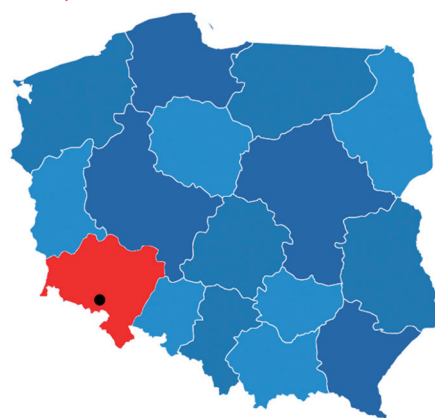
Szczawnica – Polanica view

2.37. Szczawno-Zdrój Health Resort

Administrative location

The spa town of Szczawno-Zdrój is located in western Poland, in the southern part of Lower Silesia Province, in the central part of Walbrzych District. From the north-west it borders with Stare Bogaczowice Municipality, from the north, east and south-east with the town of Wałbrzych, and from the south-west with Boguszków-Gorce Municipality. Szczawno-Zdrój is situated about 5 km north-west of the centre of Wałbrzych and is directly adjacent to its three districts: Podzamcze, Piaskowa Góra and Biały Kamień³⁰⁴.

Map 36. Location of Szczawno-Zdrój health resort



Source: own elaboration.

Szczawno-Zdrój covers an area of 1474 ha within its administrative borders³⁰⁵. Number of residents in Szczawno-Zdrój at the end of 2019 is 5355 of which permanent

³⁰⁴ Ordinance No. 63/2019 of the Mayor of Szczawno-Zdrój dated 30 May 2019 on the presentation to the Municipal Council in Szczawno-Zdrój of the report on the condition of the Spa Municipality of Szczawno-Zdrój for 2018.

³⁰⁵ Resolution No. LVI/82/18 of the Municipal Council in Szczawno-Zdrój of 29 October 2018 on the Statute of the Health Resort Municipality of Szczawno-Zdrój.

residents were 5 272, and others are temporary residents³⁰⁶. The Town Council is composed of 15 councillors³⁰⁷.

Historical view of the spa

The first sanatorium was established in 1815, and around 1820, the Pump Room was built. The reputation of Szczawien waters was so great that in 1825, the order for their bottled water reached even China. In the second half of the 19th century two parks in English style were created: Zdrojowy and Szwedzki³⁰⁸. The spa was visited by kings and queens, outstanding artists, musicians, writers, and representatives of the world of science, including Ivan Turgenev and Henryk Wieniawski. In 1901, further water intakes were made, which allowed the production of over a million bottles a year. In 1931, the health resort became the property of a building society from Berlin, and three years later it was bought back by the German government. Szczawno was then given the status of a state health resort, which significantly raised its importance. In 1945, Szczawno-Zdrój was granted municipal rights. It was the seat of the State Board of Lower Silesian Spas, to which all health resorts in the Sudety Mountains were subordinate. Due to its specific character, a large railway sanatorium was established there. Miners suffering from pneumoconiosis were also treated in this place. Above all, Szczawno was regarded as a centre for the treatment of digestive system diseases, and the natural therapeutic facility located there was one of the most modern objects of this type in the country. After the war, some guesthouses and former hotels were nationalized and turned into sanatoria and holiday centres. New methods of treatment were also introduced, among others, in 1972, the first in Poland health path that was 2400 metres long was built, with 20 exercise stands in the Spa Park³⁰⁹. In 1996, works on the revalorisation of the Spa Park were commenced. Thanks to that, the character of the park from the end of the 19th century, when it enjoyed its greatest popularity, was recreated³¹⁰.

Spa activities

The health resort operates on the basis of the Resolution No. XX/33/12 of the Municipal Council in Szczawno-Zdrój of 11 June 2012 on the establishment of the Statute of Szczawno-Zdrój Health Resort (Official Journal of Lower Silesian Province of 2012, item 2585) with

³⁰⁶ Source materials obtained in the examined self-government: Municipal Office in Szczawno-Zdrój. Cf. also *Statistical vademecum samorządowca Gmina Miejska Szczawno-Zdrój, powiat walbrzyski* https://stat.gov.pl/vademecum/vademecum_dolnoslaskie/portrety_gmin/powiat_walbrzyski/gmina_m_szczawno_zdroj (accessed March 31, 2020).

³⁰⁷ City Council, <https://www.szczawno-zdroj.pl/rada-miejska/7> (accessed March 31, 2020).

³⁰⁸ Jakóbik K. (ed.), *Lecznictwo uzdrowiskowe ...*, op.cit., p. 32.

³⁰⁹ *Mysterious Lower Silesia*, <https://tajemniczydolnyslask.pl/tajemniczydolnyslask/3-szczawno-zdroj> (accessed March 31, 2020).

³¹⁰ *About the town of Szczawno-Zdrój*, <https://www.szczawno-zdroj.pl/o-miescie/3> (accessed 31.03.2020).

amendments adopted by Resolution No. XIX/7/20 of 28 February 2020 (Official Journal of the Lower Silesian Province of 2020, item 2007).

The most important medicinal raw materials

The natural healing resources used in the spa include³¹¹: mineral waters, healing waters and climatic factors. There are waters defined as *szczawy* (hydro-carbonate-sodium-calcium-magnesium) -alkaline and alkaline-earthly, containing mainly sodium, potassium, calcium, magnesium, and iron. They are characterized by low mineralization, but they have a significant composition diversification, which influences wide medicinal and health-care properties. Mineral waters used for drinking cure are extracted from four sources: "Mieszko", "Dąbrówka", "Młynarz", and "Marta".

The climate of Szczawno-Zdrój belongs to submontane, slightly stimulating, mild and refreshing. It is defined as the climate of valleys and mid-mountain basins which results from its location. From the south-east, Szczawno-Zdrój is protected by Góra Parkowa, while the hills of Biały Kamień and large forest areas protect the health resort against the winds blowing from Wałbrzych³¹². Uneven heating of the valley slopes has an impact on the local air circulation³¹³. A lot of vegetation causes the retention of humidity and has a toning influence on bioclimatic conditions³¹⁴.

Spa treatment

Based on the healing properties of natural resources and the climate, treatment is carried out in the following directions³¹⁵: orthopedic and traumatic diseases, rheumatological diseases, upper respiratory tract diseases, lower respiratory tract diseases, digestive system diseases, diabetes, obesity, osteoporosis and kidney and urinary tract diseases. Spa treatment services in Szczawno-Zdrój are provided by: "Uzdrowisko Szczawno-Jedlina" S.A., Sanatoria Dolnośląskie Sp. z o.o., Sanatorium Zacisze. The health resort treatment of children includes diseases of the respiratory system, the endocrine system and the metabolism, as well as posture defects and cerebral palsy³¹⁶. An additional advantage of the resort is the only graduation tower in Lower Silesia - a natural iodine inhalatorium³¹⁷.

³¹¹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

³¹² *About the town of Szczawno-Zdrój*, <https://www.szczawno-zdroj.pl/o-miescie/3> (accessed 31.03.2020).

³¹³ *Economic Chamber of Polish Spas*, <http://www.igup.pl/wykaz-polskich-uzdrowisk/szczawno-zdroj.html> (accessed March 31, 2020).

³¹⁴ Ordinance No. 63/2019 of the Mayor of Szczawno-Zdrój of 30 May 2019 on the presentation to the Municipal Council in Szczawno-Zdrój of the report on the condition of the Spa Municipality of Szczawno-Zdrój for 2018.

³¹⁵ Decision No. 24 of the Minister of Health of 9 April 2009. (MZ-OZU-520-16075-4/GR/09).

³¹⁶ *Rest in Spas*, <https://www.polska.travel/pl/wypoczywaj/w-uzdrowiskach/szczawno-zdroj> (accessed 31 March 2020).

³¹⁷ *Uzdrowisko Szczawno-Zdrój, curative properties*, <https://www.poradnikzdrowie.pl/regeneracja/uzdrowiska-i-termu/uzdrowisko-szczawno-zdroj-aa-s5Ay-aGFe-9a33.html> (accessed 31.03.2020)



SPA Park Promenade, Pump Room with walking hall
Photography Patryk Maćkowiak



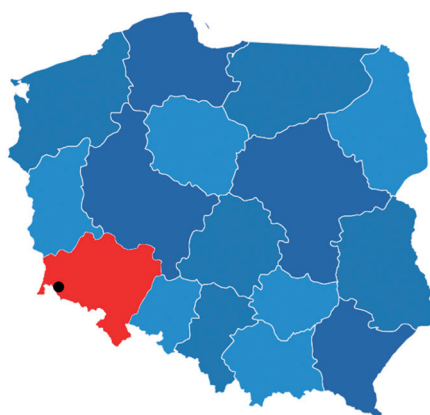
Szczawno-Zdrój Panorama with a unique building of SPA House
Photography Patryk Maćkowiak

2.38. Świeradów-Zdrój Health Resort

Administrative location

Świeradów-Zdrój is located at the foot of the Jizera Mountains, in Lubań District, Lower Silesia Province, west of Jelenia Góra and Szklarska Poręba. The town is adjacent to the municipalities of: Mirsk and Leśna, and with the Czech Republic. In years 1975-1998, administratively the town belonged to Jeleniogórskie Province. The parts and settlements of the town are: Czarniawa-Zdrój, Drożyna, Graniczna, Góreczno, Górna, Łęczyna, Kamieniec, Osiedle Gryf, Podgórna, Siemkowice, Ulicko.

Map 37. Location of Świeradów-Zdrój health resort



Source: own elaboration.

The municipality of Świeradów-Zdrój is inhabited by 3910 people³¹⁸. Its area is 20.72 km², of which agricultural land accounts for 41%, and forest land for 40%. The town occupies 4.85% of the district area. The Municipal Council consists of 15 councillors³¹⁹.

³¹⁸ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

³¹⁹ Resolution No. XI/75/2003 of the Town Council in Świeradów-Zdrój of 27 August 2003 on adopting the Statutes of Świeradów-Zdrój Municipality, Chapter 3 § 9, p.4.

Historical view of the spa

The present-day Świeradów was mentioned as early as 1524, when an inn was built here. In 1572, the warm mineral springs were described by an outstanding Berlin physician Leonard Thurneysser. In 1783, the special properties of radium oxalates were discovered and their beneficial effects on the human body were noticed. In 1899, the first Spa House was built in the surrounding Spa Park. The development of the railway brought more and more tourists to Świeradów, more hotels and guest houses were built, and the town itself started to operate as a health resort. In 1930s, there were already a few spa treatment facilities, restaurants, and sports facilities. In 1935, doctors, industrialists, owners of sanatoriums, hotels and guest houses established an association to take care of the development of tourism, and the effect of its activities was, among others, the construction of the road between Świeradów and Szklarska Poręba. The location of the town away from the warfare of World War II resulted in a normal functioning of the resort until the end of 1944. After the war, in 1946, the town was granted municipal rights and became a part of Wrocław Province. As a result of the administrative reform of 1975, the town became a part of Jeleniogórskie Province, and from January 1999, as a result of a new administrative division, it makes up Lubań District in Dolny Śląsk Province³²⁰.

Spa activities

The health resort operates pursuant to the Resolution No. LXIV/342/2009 of the Świeradów-Zdrój Town Council of 29 December 2009 regarding adoption of the Statute of Świeradów-Zdrój Health Resort (Official Journal of the Lower Silesian Province of 2010 No. 33, item 452).

The most important medicinal raw materials

The natural healing resources used in the spa include³²¹: mineral water, therapeutic water, brine, peloid and climatic factors. The most precious treasure of Świeradów-Zdrój spa are mineral waters (acid-carbonate), rich in radon, which cause the so-called external effect contributing to the expansion of skin vessels, and the internal effect causing a reduction in muscle tension, sedation, lowering of blood pressure, and slowing down heart rate. The waters have a therapeutic effect by stimulating the endocrine system. Drinking the waters increases the secretion of gastric acids, stimulates peristalsis of the digestive tract, lowers the level of sugar in the serum. The waters also contain magnesium, thanks to which they have a positive

³²⁰ *History of Świeradów-Zdrój*, <https://swieradowzdroj.pl/arttykul/2148/historia-swieradowa-zdroju> (accessed 16.04.2020).

³²¹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

effect on heart function. Moreover, the waters are used for baths, inhalations, compresses, irrigation, and tamponade. The peat used in the spa from the peat deposit at the foot of the Jizera Mountains is characterised by a high content of active ingredients, which contributes to its high therapeutic value. Peat is recommended especially for treatment of degenerative processes of joints and joint cartilages, post-traumatic conditions of joints, bones, periosteum and muscles, chronic diseases of digestive system and women diseases.

The specific climate of the spa and the air saturated with the essential oils of the spruce forests and the noble gas radon, unique in Europe, have a beneficial effect on cell metabolism, enzymatic processes, strengthen blood vessels, nervous tissue and reduce arterial hypertension.

Spa treatment

The spa provides treatment in the following fields³²²: orthopaedic and traumatic diseases, rheumatological diseases, cardiovascular diseases and hypertension, upper respiratory tract diseases, lower respiratory tract diseases, diabetes, nervous system diseases, peripheral vascular diseases, osteoporosis, skin diseases and female diseases. Health resort services in Świeradów-Zdrój are provided by³²³: Sanatorium Uzdrowskie “Dom Zdrojowy”, Sanatorium Rehabilitation and Rheumatology Centre “Goplana”, Sanatorium “Słoneczko”, Sanatorium “Gracja”, “Sanatorium Lucas”. The radon baths offered by the spa are aimed at people suffering from musculoskeletal ailments, the circulatory system, as well as active people who want to quickly regenerate their bodies. Radon procedures are also offered to women struggling with menstrual cycle disorders, diseases of reproductive organs or menopausal period ailments. They are also recommended in the treatment of atherosclerosis and thrombotic vasculitis. The spa also uses natural treatments based on spruce bark decoction, helpful in the treatment of rheumatic pains, respiratory infections, and skin diseases and many other to be mentioned. The therapeutic effect in degenerative or post-traumatic conditions can also be achieved thanks to the therapeutic mud, which is used for warming up active baths and compresses that stimulate the blood circulation and metabolism.

³²² Ibid.

³²³ Source materials obtained in the researched local government: Świeradów-Zdrój Town Hall.



SPA House in Świeradów-Zdrój



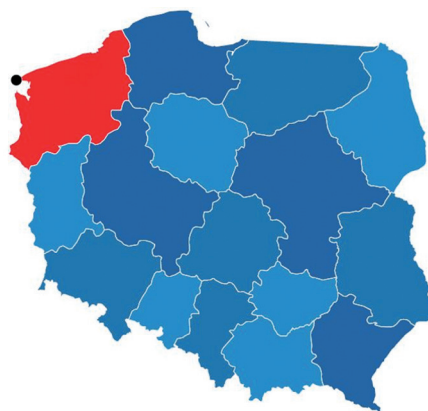
80 meter Walking Hall in the SPA House

2.39. Health Resort Swinoujscie

Administrative location

Świnoujście is an urban municipality and a town with District rights. It is located between the Baltic Sea and the Szczecin Lagoon in the north-western part of the Zachodniopomorskie Province. The town's buildings are located on 3 islands: Uznam (the centre of Świnoujście), Wolin (the Warszów, Przytór and Łunowo settlements), and Karsibór (the Karsibór Settlement), which are separated from each other by the Swina Strait and the Old Swina River. Within the administrative borders of the city there are 44 islands in total, and a large area of Szczecin Lagoon³²⁴.

Map 38. Location of Świnoujście health resort



Source: own elaboration.

The municipality covers an area of 197.23 km², of which 91.2 km² is land area and 106.0 km² is water area³²⁵. Population as of 2019 was approximately 38,000³²⁶. The Municipal Council has 21 councillors.

³²⁴ Resolution No. LV/408/2018 of the City Council of Świnoujście of 27 February 2018 amending the resolution on the adoption of the Municipal Revitalisation Programme for the Municipality of the City of Świnoujście for 2017-2027.

³²⁵ Ibid.

³²⁶ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Historical view of the spa

The factor that inspired the development of the spa function was the establishment of the Sea Bathing Society in 1822. In the period of economic regression, the Society for the Construction of the Sea Baths sought new solutions, mainly for the economic activation of the town. The establishment of a joint stock company Kapielisko Morskie in 1823 allowed for the inauguration of the first season for 398 visitors in the same year. In 1824, Swinoujście was proclaimed a sea bathing place. In 1826, the first Spa House was built - the centre of entertainment and social life of the visitors. As the spa function developed, and in order to raise the standard of the resort, therapeutic baths were introduced in 1826, following the example of other resorts. In 1836, the company was taken over by the Town Board. In 1865, the so-called King Wilhelm Baths were opened. At the end of 1890s, the development of transport connections definitely increased the number of patients. The search for brine waters turned out to be successful in 1897, and the exploitation of the first springs contributed to the accelerated development of the spa. Thanks to the discovery of the healing brine springs and the construction of appropriate natural healing devices, as well as the statements of medical authorities about the healing properties of the sea climate, Świnoujście became a very popular health resort. Within the next 20 years an exclusive seaside district was established, equipped with natural healing facilities on the European level. A special development of the health resort function took place in the interwar period, when Swinoujście played a role of a health resort and a sea bathing place for 50-70 thousand patients annually. This boom was drastically interrupted by World War II, when 55% of the town was destroyed. The buildings in the seaside district also suffered from the war. The spatial development of Swinoujście, including the development of the spa and recreation function, was for many years associated with restrictions resulting from the stationing of Soviet troops, which occupied attractive areas of the town, including the seaside district. In the 1960s, many guesthouses that were destroyed during World War II, were rebuilt in their former architectural form. After the withdrawal of Soviet troops from the seaside area in 1957, the tourist and spa function started to develop again. In 1959, Świnoujście was granted the status of a health resort. This function is successively developed. Numerous objects are renovated, equipped with modern devices, the standard of provided services is being raised³²⁷.

Spa activities

Resolution No. XXII/176/2019 of the City Council of Świnoujście dated December 6, 2019 on the Statute of the Świnoujście Health Resort.

³²⁷ Information provided by the City Hall of Świnoujście (23.07.2020)

The most important medicinal raw materials

The following natural healing resources are documented in the area of the health resort:

- brine (chloride and sodium, bromide and iodide waters) - these are deposits of therapeutic waters from “Jantar”, “Teresa” and “XXX-lecia” intakes,
- peat - the peat deposit „Świnoujście-Płachcin”,
- climatic factors.

Spa treatment

In the health resort there are health resort hospitals and sanatoriums for adults, a health resort outpatient clinic (ambulatorium), and a natural medicine centre, which provide treatment in the following fields: orthopaedic-traumatic diseases, nervous system diseases, rheumatologic diseases, cardiological diseases and hypertension, endocrinological diseases, diseases of upper and lower respiratory tract, obesity, osteoporosis, skin diseases and female diseases³²⁸.

Health resort services in Świnoujście are provided by a number of facilities, which include:

- Health Resort Hospital “Bałtyk” with rehabilitation (treatment) base,
- Health Resort Hospital „Światowid” with rehabilitation (treatment) base,
- Adam and Ewa” Health Resort Sanatorium with rehabilitation (treatment) base,
- Health Resort Sanatorium „Amber” with rehabilitation (treatment) base,
- Sanatorium „Trzygłów”,
- Sanatorium „Admiral I” with rehabilitation (treatment) base,
- Sanatorium „Admiral II”,
- Health Resort Sanatorium „Koral”,
- Health Resort Sanatorium „Tryton”,
- Health Resort Sanatorium „Swarozyc”,
- Health Resort Sanatorium „Henryk” with rehabilitation (treatment) base,
- Health Resort Sanatorium „Golden Ear”,
- Sanatorium „Energetyk” with rehabilitation (treatment) base,
- Health Resort Sanatorium „Sobótka”,
- Sanatorium Uzdrowskowie „Jantar” with a rehabilitation (treatment) base. According to the information provided by the Municipal Office of Swinoujscie, „Jantar” will not have the status of a health resort sanatorium. The above status will be granted to „Lazur”,
- Health Resort Sanatorium „Światowid” with rehabilitation (treatment) base, Department of Health Resort Hospital,
- Natural Medicine Centre „Rusalka”,
- Health Resort „Baltic”.

³²⁸ Ibid.

The health resort facilities operating in Świnoujście include:

- the “Bałtyk” brine pool,
- rehabilitation pool „Admiral I”,
- rehabilitation pool „Henryk”.

Spa Park has arranged and adopted a section of seashore³²⁹. Moreover, the health resort treatment facilities will be enriched with graduation towers³³⁰. The biggest entity providing services in the field of health resort treatment is “Uzdrowisko Świnoujście” S.A. The offer includes various nature therapeutic treatments performed on the basis of natural resources: lowland mud and bromide-iodide-soda brine³³¹.

³²⁹ Resolution No. XXII/176/2019 of the City Council of Świnoujście dated December 6, 2019 on the Statute of Świnoujście Health Resort.

³³⁰ Information provided by the City Hall of Świnoujście (23.07.2020).

³³¹ Resolution No. XLIV/354/2013 of the City Council of Świnoujście dated 24 October 2013 on adoption of the „Strategy for Development of the City of Świnoujście for 2014-2020”.



Promenade by Uzdrowska Street in Świnoujście



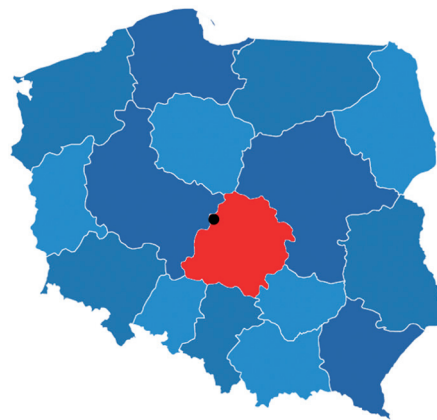
Brine Graduation Towers in Świnoujście

2.40. Uniejów Health Resort

Administrative location

Uniejów is a thermal spa located on the Warta River in the Province of Łódź, in the Poddębicki District. It is the seat of the urban-rural commune of Uniejów. In the years 1975-1998, the town administratively belonged to Konińskie Province. The town includes two former settlements: Budy Uniejowskie and Kościelnica, which are now parts of the town. The Urban-Rural Commune of Uniejów lies in the north-western part of the Poddębicki District.

Map 39. Location of Uniejów health resort



Source: own elaboration.

The commune consists of 1 town and 39 villages concentrated in 30 village councils³³². The area of the Uniejów commune is 129 km² and has over 7 thousand inhabitants, of which just over 3 thousand live in the town of Uniejów itself (7062 - commune and 3011 - town; as of December 2017) the gender structure of the inhabitants of the commune is even - 51% of the inhabitants are women, while 49% are men (as of December 2017)³³³.

³³² *Termy Uniejów*, <http://lodzkie.travel/?kat=gminy&id=11043> (accessed 28.04.2020).

³³³ *Location and Population*, <https://uniejow.pl/o-gminie/polozenie-i-ludnosc.html> (accessed April 28, 2020).

Historical view of the spa

The year 1979 was the first milestone in the dynamic development of Uniejów in terms of the use of geothermal water. It was the year in which instead of oil, rich resources of hot water were discovered. After several years of uncertainty, the decision was made to develop this resource. The beginning of 1990s was the time of the construction of geothermal boreholes for water exploitation. Ten years later, the “Geotermia Uniejów” company offered the town’s residents environmentally friendly geothermal heating, as well as the opportunity to experience the health properties of geothermal water³³⁴.

The history of Uniejów as a health resort began in 2008, when the resort received a certificate confirming the beneficial properties of geothermal water and climate for human’s health. In 2011, the health resort operation was approved, the main document of the health resort was accepted. In the same year, a decision by the Minister of Health on the possibility of conducting spa treatment in Uniejów was also issued out. In 2012, a decree on granting the status of a health resort to the town of Uniejów, together with the villages: Spycimierz, Spycimierz Kolonia, Zielenie and Człopy was signed. Geothermal waters are also used in drinking cures, and in food products.

Spa activities

The health resort operates in accordance with the Resolution No. XXXII/182/2012 of the Town Council in Uniejów of 23 August 2012 on adopting the Statute of Uniejów Health Resort.

The most important medicinal raw materials

The natural healing resources used in the spa include salt geothermal water³³⁵. Chloride-sodium underground mineral water, accumulated in rock layers 2 km below the earth’s surface, is distinguished by its unique properties: temperature (about 70°C), mineralization and chemical composition. The thermal water contains compounds of sodium, potassium, magnesium, fluorine, sulphur, and bromine. After cooling down to 50°C, it is directed to therapeutic and swimming pool facilities, where it is used for rehabilitation and recreation baths. Thermal and chemical properties of the water allow for its use in healing prophylaxis, and treatment of various diseases³³⁶. In the vicinity of graduation towers and fountains, you

³³⁴ *First thermal spa*, <https://uniejow.pl/o-gminie/pierwsze-uzdrowisko-termalne.html> (accessed 28.04.2020).

³³⁵ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

³³⁶ *Geothermal attractions for body and soul*, <http://uniejow.gotopoland.eu/pl/turystyka/pierwsze-uzdrowisko-termalne/atracje-geotermalne.html> (accessed 28.04.2020).

can inhale the air rich in mineral compounds contained in geothermal water, and at water intakes you can find water used for drinking cures³³⁷.

Spa treatment

The health resort provides spa treatment in the following therapeutic directions³³⁸:

- orthopaedic and traumatic diseases,
- nervous system diseases,
- rheumatological diseases,
- peripheral vascular disease,
- skin diseases.

Services in the field of health resort treatment in Uniejów are provided by the Uniejów Park Health Resort that is located in the historic 19th century Castle Park, in the old riverbed of Warta.

³³⁷ *Water that Heals*, <http://uniejow.gotopoland.eu/pl/turystyka/pierwsze-uzdrowisko-termalne/woda-ktora-leczy.html> (accessed April 28, 2020).

³³⁸ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).



Uniejów Terms



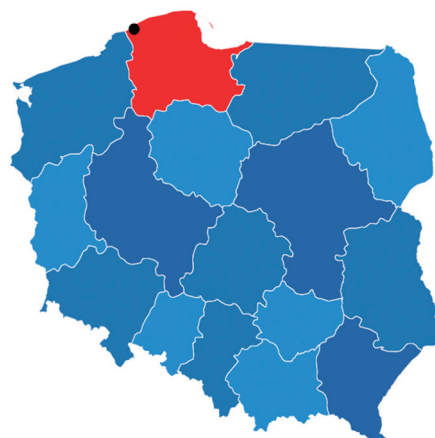
Archbishops of Gniezno Castle in Uniejów
Photography J. Tatarkiewicz

2.41. Health Resort Ustka

Administrative location

The Ustka Commune is situated in the north-western part of the Pomeranian Province, in Słupsk District, on the central coast of the Baltic Sea, between the mouth of the Słupia and Łupawa rivers to the sea. The commune borders with the Smołdzino commune on the west, on the south with the Słupsk commune, and on the west with the Postomino commune (Sławieński district, West Pomeranian Province)³³⁹.

Map 40. Location of Ustka health resort



Source: own elaboration.

Ustka has a total administrative area of 11.10 km² (as of 31 December 2019). According to the Central Statistical Office data (as of 30 June 2019), 15,460 people live in Ustka³⁴⁰. There are 15 councillors in the City Council. The Health Resort Ustka covers the borders of the town of Ustka and 5 village councils of Ustka commune. The border of the health resort, and at the same time of the spa protection zone "C", runs along the southern administrative borders of villages of Lędowo, Wodnica, Przewłoka, Grabno Zimowiska, Wytowno, located in the Ustka commune.

³³⁹ Resolution No. XXXIX.498.2018 of the Ustka Commune Council of 28 March 2018, on the adoption of the „Development Strategy for the Ustka Commune for 2017-2027”.

³⁴⁰ <https://bdl.stat.gov.pl/BDL> (accessed April 14, 2020).

Historical view of the spa

In 1832, 38 families visited Ustka, and in the following decade about four hundred people were resting in Ustka a year. It was the time when the holiday and spa character of the town began to form beautiful guest houses and villas were built in the eastern part of the town, where more and more guests started to stay. The milestone in the history of the spa in Ustka was the year 1870, when the bathing society was officially established here, which dealt with the development of the resort in an organised way. In 1911, the Balneological Institute was built, and soon afterwards a professional bathing centre started to function at the eastern beach, with separated cabins for ladies and for gentlemen. Therapeutic and treatment cabins were also available in the Balneological Institute (the current building of the Natural Medicine Institute), and the rich offer included baths in heated sea water (pumped here from the Baltic Sea), mud, acid-carbonic, needle baths, as well as electrotherapeutic treatments and massages. Ustka became so popular that no sooner than in 1920 the number of guests exceeded the number of inhabitants, and less than two decades later it reached a dizzying, for those times, number of 3.5 thousand. The development of the resort was interrupted by World War II. It was not until 1978, when a state enterprise “Uzdrowisko Ustka” was launched, and ten years later, on January 1, 1988, the town was granted an official status of a health resort³⁴¹.

Spa activities

The first Statute of Ustka Health Resort was adopted by virtue of the resolution of the Provincial National Council No. XXI/92/84 dated January 31, 1984, and from January 1, 1988, on the basis of the Resolution No. 210 of the Council of Ministers dated December 23, 1987, the town of Ustka was granted the status of a health resort town. In 2004, by virtue of the Resolution No. XXII/198/2004 a new statute was adopted for the spa town of Ustka under the Act of June 17th 1966 on health resorts and spa treatment³⁴². The Town Council on 28 May 2009, by virtue of the Resolution No. XXXV/282/2009, accepted the Health Resort's Statute. In accordance with the 2009 Statute, the area covered by health resort protection includes the entire town of Ustka and a significant part of the Ustka commune, in accordance with the Annex, where health resort protection zones A, B and C were marked. Currently, health resort activities are carried out on the basis of Resolution No. XLII/369/2014 of the Ustka Town Council of 30 January 2014 on the amendment of the Resolution of the Ustka Town Council No. XVI/151/2011 of 29 December 2011 on the Status of the Ustka health resort.

³⁴¹ by the Ustka City Hall, Ustka Health Resort ISBN 978-83-934677-7-8, <https://visit.ustka.pl/wp-content/uploads/2020/04/UZDROWISKA-online.pdf> (accessed August 13, 2020).

³⁴² <https://bip.um.ustka.pl/a,28748,zarzadzenie-nr-0050soa1182020-z-dnia-5-czerwca-2020-roku-w-sprawie-przedstawienia-raportu-o-stanie-g.html> (accessed August 17, 2020).

The most important medicinal raw materials

- brine - 3,43 % chloride-sodium, iodine, hypothermal from the deposit "Ustka IGH-1". Water from the borehole "IGH-1," used for baths both because of the concentration of mineral components, as well as the content of iodides, has an activating effect on the skin and adjacent tissues, and then on the organism in general;
- peat bog - curative peat deposit called „Ustka-1”, ranked among basic minerals. According to the opinion issued by the Institute of Balneochemistry I.M.U. in Poznań, the peat from „Ustka” deposit can be used for compresses and wraps, that is for treatments in which thermal and mechanical effects are to be achieved;
- climatic factors - according to the certificate confirming therapeutic properties of the climate issued by the Institute of Meteorology and Water Management in Warsaw, the local climate of Ustka health resort is characterized by favourable conditions for the conduct of climatotherapy in the scope of thalassotherapy, aero therapy and kinesitherapy³⁴³.

Spa treatment

In Ustka there are health resorts for children and adults. The health resort provides health treatment in the following therapeutic directions: orthopaedic and traumatic diseases, nervous system, rheumatological, cardiological and hypertension diseases, upper and lower respiratory tract diseases, and endocrinological diseases³⁴⁴.

In the area of Ustka there are the following health resort facilities with the indication of functioning in them natural healing institutions and health resort appliances:

1) spa treatment facilities:

- Health Resort Sanatorium "Grand Lubicz Hotel"³⁴⁵,
- Spa sanatorium "Rainbow" (built-in natural medicine facility),
- Health Resort Sanatorium "Perla" (built-in natural medicine facility),
- Health Resort Natural Medicine Centre "Health Resort Clinic.

2) spa treatment facilities:

- Health Resort Park (in the zone "A" of the area of about 1.43 ha),
- Movement paths (designated in the park),
- Seaside Promenade (approx. 1.0 km long),
- Managed section of the seacoast (about 1.0 km long)³⁴⁶.

³⁴³ http://www.ustka.pl/uploads/files/RIE/8_O_Swiadectwo-klimat.pdf (accessed April 27, 2020).

³⁴⁴ Resolution No. XLII/369/2014 of the City Council of Ustka dated 30 January 2014 on amending the resolution No. XVI/151/2011 of the City Council of Ustka dated 29 December 2011 on the Statute of the Ustka health resort.

³⁴⁵ Information provided by the Town Hall of Ustka - 17.08.2020.

³⁴⁶ Ibid.



Grand Lubisz Hotel – Usta Resort



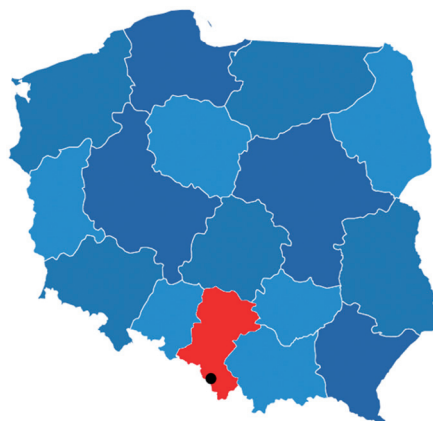
Ustka Harbour

2.42. Health Resort Ustroń

Administrative location

Ustroń is a town located in southern Poland, in Silesia Province, in Cieszyn District. It neighbours the following municipalities: Brenna, Golezów, Skoczów and Wisła. The municipality also neighbours with the Czech Republic. The village is located on the northern slopes of the Beskid Śląski, at the outlet of the Vistula valley. The difference in height is more than 500 meters between the town centre in the Vistula River valley, and Czantoria Wielka and Równica.

Map 41. Location of the Ustroń health resort



Source: own elaboration.

Ustroń covers an area of 5892 ha³⁴⁷, and the population as of 31 December 2018, was 15 291³⁴⁸. The Town Council has 15 councillors. In 1967, Ustroń was granted the rights of a health resort.

Historical view of the spa

The tradition of the health resort in Ustroń dates back to the mid-17th century. The town was famous for its mild climate, proximity of the mountains, and the so-called whey cures,

³⁴⁷ https://ustron.pl/p/o_ustroniu_slow_kilka (accessed April 24, 2020).

³⁴⁸ Order No. 166/2019 of the Mayor of the City of Ustroń of 17 May 2019 on the report on the state of the City of Ustroń for 2018, Report on the State of the City of Ustroń in 2018, p.13.

which were used to cure the alimentary canal diseases and anaemia. In the second half of 18th century, iron ore deposits were discovered in the area of Ustroń, which resulted in establishing a steelwork, forge, foundry and rolling mill in 1772. From a pastoral and agricultural settlement, the town became a large centre of metallurgy, iron, and machine industry³⁴⁹. Observations made by the workers of the ironworks showed that water heated by blast-furnace slag eased rheumatic pains. These discoveries were confirmed by medical examinations, and in 1804, by the order of Archduke Albert, a bath with an inn was built. In the second half of 19th century, sources of ferruginous water and deposits of therapeutic mud were discovered in the Ustroń area. It contributed to the interest in Ustroń as a health resort in which rheumatic diseases, joint and muscle ailments, as well as respiratory tract diseases were treated. In 1882, by the decision of the National Government in Opawa, Ustroń was approved as an Austrian health resort. In 1901, the Peat Baths Institute started its activity, equipped with modern devices and a wide range of proposed treatments. In the interwar period, the village was electrified, the Vistula banks were regulated, a swimming pool was built and put to use, tennis courts were created. Parks and walking paths were also cleaned up.

On December 28, 1956, Ustroń was granted town rights, and in 1967 - the rights of a health resort. In 1972, a statute was passed for it. Additionally, the status of the health resort was strengthened by the discovered deposits of highly concentrated thermal brine and the application of modern therapy methods. In 1960s, in the Jaszowiec Valley, a holiday district was established with characteristic buildings called “gronowce”, “liniowce” and “wielotraktowce”.

In the next decade, in Zawodzie, there were built a few holiday centres, holiday and therapeutic centres, and sanatoriums with a characteristic shape of pyramids. The Silesian Rheumatological Hospital and the Spa Sanatorium and the Natural Medicine Institution were also built. In years 1970-90, the function of the town changed significantly since it transformed from an industrial and holiday resort into a health resort. Nowadays, Ustroń is a health resort on an international scale, and the brine and peloid used in its treatments belong to the best in the country. There are many sanatoriums and rehabilitation centres, equipped with the most modern devices, providing a wide range of treatments at a high level of service³⁵⁰.

Spa activities

The health resort operates on the basis of the Resolution No. XXXI/268/2005 of the Town Council of Ustroń of April 7, 2005 on the establishment of the Statute of Ustroń Health Resort and the Resolution No. XLV/415/2006 of the Town Council of Ustroń of June 29, 2006 changing the resolution on the establishment of the Provisional Statute of Ustroń Health Resort.

³⁴⁹ http://www.ustron.pl/media/page/1430/attachment/Ustron_19.pdf (accessed April 24, 2020).

³⁵⁰ http://ustron.pl/p/miasto_uzdrowisko_1 (accessed April 24, 2020).

The most important medicinal raw materials

The following natural healing resources are documented in the area of the health resort:

- medicinal water,
- brine,
- mud,
- climatic factors.

Spa treatment

- rheumatological diseases,
- cardiovascular diseases and hypertension,
- upper respiratory tract diseases,
- lower respiratory tract diseases,
- diabetes,
- obesity,
- peripheral vascular disease,
- oncological diseases,
- nervous system diseases,
- orthopaedic and traumatic diseases.



Ustroń Market and Równica Panorama



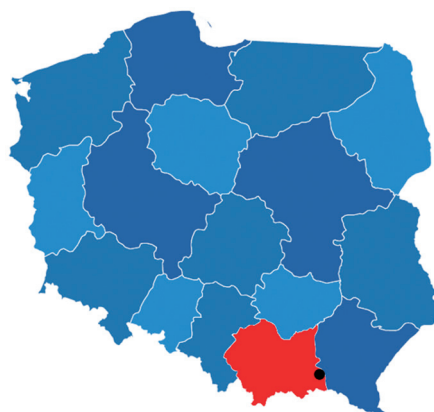
Czantoria Tower in the winter

2.43. Spa in Wapienne

Administrative location

The Sękowa commune is a rural municipality that belongs to the Małopolska Province, and is a part of Gorlice District. It covers an area of 195 km². The seat of the municipal authorities is the town of Sękowa. The commune consists of the following village councils: Sękowa, Siary, Męcina Mała, Męcina Wielka, Wapienne, Owczary, Ropica Górna, Małastów, Bodaki, Bartne, Krzywa³⁵¹. The Commune Council consists of 15 members.

Map 42. Location of the spa in Wapienne



Source: own elaboration.

Wapienne is a village located in the Lesser Poland Province, in Gorlice District, in Sękowa Municipality. It is located 142 km from Krakow, 52 km from Nowy Sącz, 63 km from Tarnów, 103 km from Rzeszów, 12 km from Gorlice, and 17 km from Jasło³⁵². Wapienne is located in the northern part of the commune and borders the village of Męcina Wielka to the west, and the village of Bodaki to the south. While the northern and eastern border of

³⁵¹ Resolution No. XV/189/2012 of the Sękowa Commune Council of 13 August 2012 on adoption of the Commune Statute Sękowa, <https://www.infor.pl/akt-prawny/U80.2012.168.0004922,metryka,uchwala-nr-xv1892012-rady-gminy-sekowa-w-sprawie-uchwalenia-statutu-gminy-sekowa.html> (accessed 17.04.2020).

³⁵² Plan of the Wapienne spa development - 2009, Annex to the resolution No. XXVII/252/2009 of the Sękowa Commune Council of 9 June 2009, Sękowa 2009, p. 6., *Sękowa - you know this country : historical and tourist service, Wapienne*, <https://www.sekowa.info/index.php?go=7&id1=18> (accessed: 17.04.2020 r.).

the village Wapienne is the border of the municipality Sękowa and municipality Lipinki³⁵³. Wapienne is one of the smallest health resorts in Poland. The population of the municipality is 5087 (as of May 2020)³⁵⁴.

Historical view of the spa

The healing properties of the local mineral waters have been known since 17th century. At first, the waters were used mainly to treat venereal diseases. Wapienne began to develop as a spa town in 19th century. In years 1810-1812, Napoleon's soldiers were treated here after their defeat in a battle with the Tsarist army. During the period of partitions, when Wapienne was called "Schwedelbad", there was a bathing facility in the spa, which consisted of 50 bathtubs in 36 treatment cabins, which made it possible to take about 250 baths a day³⁵⁵. Due to two large fires in 1878 and 1894, the baths were completely destroyed. After reconstruction, the facility in Wapienne was again destroyed during World War I. It was rebuilt between 1920-1924, and about 100 people a day could take baths there³⁵⁶. In the interwar period, the health resort experienced years of splendour. It was in the hands of town inhabitants and was used for treatment for people of neighbouring towns. It was a modest and cheap health resort, but in contrast to other spas, it was accessible to a wide social class. During World War II, the facility of Wapienne was once again destroyed. At first, the damage was only partly repaired. After the reconstruction of the baths, hotel building and mineral water intakes, which was completed in 1950s, the spa resort functioned as a seasonal recreation and holiday centre until 1979. There were also built camp houses with utility and administrative facilities, and an outdoor swimming pool with dimensions of 25 m x 15 m, and a paddling pool with dimensions of 15 m x 15 m³⁵⁷. In 1980s, the health resort organised year-round sanatorium stays, camps, family holidays, and in the winter season - winter camps.

Currently, the spa facilities are owned by a private person. The municipality obtained the status of a health resort in 1966. In 2009, a new health resort operation was prepared, and the health resort status was maintained³⁵⁸.

³⁵³ Ibid, pp. 6-7.

³⁵⁴ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

³⁵⁵ *History of the health resort*, http://www.wapienne.pl/pl/56000/0/Historia_uzdrowiska.html, (accessed: 17.04.2020), *Plan of the Wapienne health resort development - 2009 year*, Annex to the resolution No. XXVII/252/2009 of the Sękowa Commune Council of 9 June 2009, Sękowa 2009, p. 4-5.

³⁵⁶ *History of the spa*, http://www.wapienne.pl/pl/56000/0/Historia_uzdrowiska.html (accessed April 17, 2020).

³⁵⁷ *Plan of the Wapienne resort development - 2009 year*, Annex to the resolution No XXVII/252/2009 of the Sękowa Commune Council of 9 June 2009, Sękowa 2009, p. 4.

³⁵⁸ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

Spa activities

The health resort operation is carried out pursuant to the Resolution No. XXXII 303/2009 of the Sękowa Commune Council of 19 November 2009 on adopting the Statute of the Wapienne health resort.

The most important medicinal raw materials

In spa treatment in Wapienne, the greatest importance have mineral and therapeutic waters, mud and climatic factors³⁵⁹. The main wealth of Wapienne are sulphurous and hydrosulphurous waters, and their pharmacologically active components that are characterized by very high quality and bioavailability to the body³⁶⁰. The spa waters are of infiltration origin, sulphurous-hydrogenic, poorly mineralized, containing a specific component which is hydrogen sulphide (H_2S), in an amount up to 9.3 mg/dm^3 . Mineralization and saturation with hydrogen sulphide takes place as a result of the contact of waters with shale containing iron sulphides and sulphates³⁶¹.

There are three natural mineral springs in the spa: “Marta”, “Kamila” and since 1965. - “Zuzanna”. In addition, there are also two wells “Wapienne I” and “Wapienne II”³⁶² which contain poorly mineralized sulphidic waters of bicarbonate, calcium, sodium, and magnesium. The “Marta” intake contains water characterized by hadrochemical stability, with the following contents of therapeutic components: 0.04-0.05% HCO_3 -Ca-Na, H_2S . The water in “Kamila” intake is also hydrochemically stable, and its characteristics are as follows: 0.04-0.05% HCO_3 -Ca-Mg, H_2S ³⁶³.

Clean air, favourable microclimate and peaceful surroundings are also important for the course of treatment. Wapienne is a mountain spa with a mild microclimate. From the spa point of view, its advantage is definitely the clean and unpolluted air. The certificate confirming the curative properties of the climate was issued by the Leszczyński Institute of Geography and Spatial Management of the Polish Academy of Sciences in Warsaw in August 2008. Sanitary parameters of air and bioclimatic conditions in the village of Wapienne meet the appropriate standards provided for health resorts, which makes the climate in this area a natural healing resource³⁶⁴.

³⁵⁹ Ibid.

³⁶⁰ *Natural Medicinal Materials in Limestone*, http://www.wapienne.pl/pl/56001/0/Naturalne_tworzywa_lecznicze_w_Wapiennem.html (accessed April 17, 2020).

³⁶¹ *Plan of Wapienne health resort development - 2009*, Annex to the resolution No XXVII/252/2009 of Sękowa Commune Council of 9 June 2009, Sękowa 2009, p. 15.

³⁶² *Sękowa, do you know this country? Historical and tourist service*, <https://www.sekowa.info/index.php?go=17&id1=18&ido=134> (accessed 17.04.2020).

³⁶³ *Plan of Wapienne health resort development - 2009 year*, Annex to the resolution No XXVII/252/2009 of Sękowa Commune Council of 9 June 2009, Sękowa 2009, p. 15 -16.

³⁶⁴ Ibid. s. 16-17.

Spa treatment

The spa treats orthopaedic and traumatic diseases, as well as rheumatic diseases³⁶⁵. In Wapienne, there is a health resort treatment facility - Sanatorium and Treatment Centre in Wapienne³⁶⁶. It was entered into the register of health care centres with the decision of the Małopolskie Governor no. PS.XI.UD.8011-282-05 of 7 September 2005. Currently, the centre and all facilities belonging to it are owned by a private person.

On the territory of the health resort there are: Spa Park - Marysieńka's Garden, Spa Park - Laura's Garden, Fountain of Health and Rest, Pump Room of Spa Waters, Salt Grotto with two graduation towers and movement paths³⁶⁷. Recently, a family park with an amphitheatre, water cascades, a graduation tower and a playground for children was created in the centre of Wapienny. Above the spa, on Ferdel Mountain, there is an observation tower and the whole area is criss-crossed by many cycling and walking paths.

³⁶⁵ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

³⁶⁶ Resolution No. XIV/169/2012 of the Sękowa Municipality Council of 26 June 2012 on amendments to the Health Resort's Statute Wapienne, Annex No. 1 to the Resolution No. XIV/169/2012 of the Sękowa Municipality Council of 26 June 2012, http://g.ekspert.infor.pl/p/_dane/akty_pdf/U80/2012/126/3667.pdf#zoom=90 (accessed April 17, 2020).

³⁶⁷ Resolution No. XXVIII/314/2017 of the Sękowa Municipality Council of 26 October 2017 on amendments to the Statute Limestone Spas, http://edziennik.malopolska.uw.gov.pl/WDU_K/2017/7468/akt.pdf (accessed April 17, 2020).



Amphitheater – Wapienne



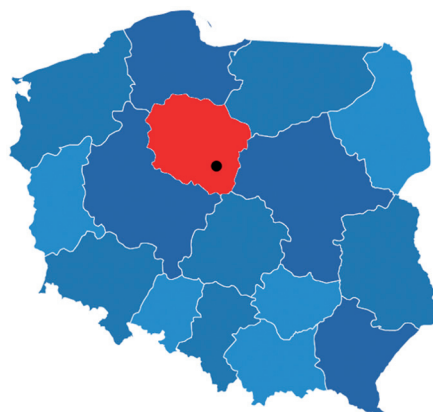
Jodine-Bromine Graduation Tower

2.44. Health Resort Wieniec-Zdrój

Administrative location

Wieniec-Zdrój is a spa settlement located in the urban-rural municipality of Brześć Kujawski in the south-eastern part of Kujawsko-Pomorskie Province. Brześć Kujawski is one of the thirteen municipalities located in Włocławek District. The city and commune of Brześć Kujawski border the city of Włocławek and five communes: Włocławek, Lubraniec, Lubanie (Włocławek County), Bądkowo, and Osiećiny.

Map 43. Location of the health resort Wieniec-Zdrój



Source: own elaboration.

The municipality covers an area of 15,095 ha and, according to the Central Statistical Office, 11,547 people lived there in 2018. The City Council of Brześć Kujawski has 15 councillors. Two other health resorts, Inowrocław and Ciechocinek, are located in nearby municipalities, which certainly has a positive impact on the area's attractiveness. Brześć itself can boast the status of a health resort commune³⁶⁸.

³⁶⁸ *Spa Operat for Wieniec-Zdrój Health Resort* dated 27 November 2019, p. 9.

Historical view of the spa

Wieniec-Zdrój is a spa town established at the turn of the 19th and 20th century. In the years 1898-1903, in the area of forests that at that time belonged to Leopold Kronenberg, the heir of Wieniec, several exploratory boreholes were made in order to find brown coal in this region. Four boreholes were made at that time in Brzezcie and Dolina, from which mineral water with a strong smell of hydrogen sulphide sprang up from various depths. At that time, the first water tests were conducted. Thanks to the efforts of the administrator of the Kronenberg's property at that time - Jozef Grzegorzewicz - the first water tank was built in a wooden building, where local people used the water for treatment of rheumatic diseases. On 11th July 1909, in the forester's lodge Brzezcie, a meeting of the nineteen-person commission consisting of doctors, geologists and architects took place, which stated the suitability of conditions to create a climatic-health resort. In this period, the first baths for the inhabitants of Włocławek and the surrounding area were built. The year 1910 undoubtedly marked the beginning of organized exploitation of the health resort for therapeutic purposes. World War I impeded the development of the resort. Treatments were resumed after the end of warfare. Leopold Kronenberg passed the baths and the exploitation of the spring to a private person. The attempts to extend the baths and the sanatorium facilities were made by Stanisław Smolka, who initiated the history of the spa in its present location. Thanks to the lease of 7 hectares of forest adjacent to the Kronenbergs' property from the Directorate of State Forests, boreholes were started on May 4, 1922, which resulted in the discovery of curative water deposits. On 12th August 1925, a ceremonial opening of the Spring Institution took place, giving rise to the activity of the Wieniec-Zdrój health resort³⁶⁹. The health resort was then called Zakład Kąpielowy Źródeł Sulphanych "Wieniec", and from 26th June 1929, it became the property of Włocławek Sulphate Spring "Wieniec", a limited liability company. On 9th August 1950, the health resort was taken over by the State Enterprise 'Uzdrowisko Ciechocinek' with the intention of organising health resort treatment for children suffering from rheumatic diseases, but after 1953, the Central Board of Polish Health Resorts in Warsaw established the State Enterprise 'Wieniec-Zdrój'. On January 1, 1967, by the decision of the Minister of Health, Wieniec was recognized as a health resort. In 1968, the springs were rebuilt and the old boreholes, which could have disturbed the balance of the sulphide water deposits, were removed. It was also decided to create a mining area "Wieniec". In 1972, the sanatorium treatment of adults was restarted. The sanatorium "Hutnik" was created, and in 1985, the cardiological spa hospital "Zacisze" was opened. After the change of the political system, Wieniec-Zdrój became a part of the territory of the self-governmental health resort community Brześć Kujawski. After a number of reorganisations in

³⁶⁹ *Gmina Brześć Kujawski, Wieniec-Zdrój Spa Operat*, p. 70, http://archiwum.brzesckujawski.pl/dokumenty/bip/stale/operat_wieniec.pdf, (accessed: 30.03.2020).

1999, after 76 years, the health resort again became a company, this time owned by the State Treasury. The health resort was enriched with the therapeutic pool, the object of the Pump Room and the salt cave. In 2004, the provision of spa services for children was suspended. On 30th November 2010, 93% of shares of the company Uzdrowisko Wieniec was sold to a private investor, which opens another chapter of the development of Zdrojowisko Wieniec³⁷⁰. By the decision of the Minister of Health the status of the health resort was granted in 2009³⁷¹.

Spa activities

Health resort activities are conducted on the basis of the Resolution no. XXVII/170/09 of the City Council in Brześć Kujawski of 24 April 2009 on adopting the Statute of Wieniec-Zdrój Health Resort, and the Resolution no. XVIII/137/12 of the City Council in Brześć Kujawski of 26 June 2012, amending the resolution on adopting the Statute of Wieniec-Zdrój Health Resort.

The most important medicinal raw materials

Rich resources of natural healing water, peloid deposits, as well as the healing properties of the climate became the basis for the construction of the health resort, also determining the therapeutic profile of Wieniec-Zdrój. Therapeutic water from the intake “3E” - The health resort in Wieniec-Zdrój is based on the borehole “3E”, which is the only source of therapeutic water supply. In the health resort Wieniec-Zdrój, waters of the SO₄2-Cl-Ca²⁺-Na⁺ type with H₂S content are exploited. In the resort, about 4000÷4800m³ of water are abstracted annually, which gives an average of about 0.46÷0.55 m³/h. The main tier of healing waters in Wieniec-Zdrój is located at a depth of 115 to over 130 m and occurs in the Upper Jurassic zoolitic limestone. These are sulphate-chloride-calcium-sodium waters, with a mineralization of 3.5 g/dm³. The exploitation yield from well “3E” is 27 m³/h.

As far as the peat deposits are concerned, by the decision of the Ministry of Health and Social Welfare of 2 August 1989, a mining area “Wieniec I.” was established for the peat deposits. The peat comes from three peat bogs marked with symbols A, B and C, located in forest areas owned by the State Treasury and used by the Company Uzdrowisko Wieniec under a lease agreement. Genetically, all three peatbogs are of low and Holocene age. The

³⁷⁰ *Wieniec - outline of history. History of Wieniec Spa*, https://www.brzesckujawski.pl/index.php?option=com_content&view=article&id=22&Itemid=169, (accessed March 30, 2020). See also. *Brześć Kujawski Commune, Wieniec-Zdrój Spa Operat*, http://archiwum.brzesckujawski.pl/dokumenty/bip/stale/operat_wieniec.pdf, (accessed: 30.03.2020), *Beauty of the Zgłowiączka River Basin. Tourist Guide*, p. 20, http://www.kujawiaki.pl/dokumenty/zamowienia/Przewodnik_1-35.pdf, (accessed: 30.03.2020).

³⁷¹ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

deposits were created in an elongated hollow - a post-glacial trough from the last glaciation, running SE-NW, surrounded by sandy terrace formations of the rocks³⁷².

Spa treatment

The following diseases are treated in the spa: orthopaedic and traumatic diseases, rheumatologic diseases, cardiovascular diseases and hypertension, diseases of the lower and upper airways, of the nervous system, osteoporosis³⁷³. In the new resort operation for Wieniec-Zdrój Health Resort in 2019, new categories of diseases treated in the resort are specified: obesity, diabetes, skin diseases, digestive system diseases, psychosomatic diseases, and peripheral vascular diseases³⁷⁴.

In the area of Wieniec-Zdrój health resort activity is carried out by Uzdrowisko Wieniec Sp. z o. o. The following facilities belong to it: “Zacisze – Hel”, consisting of “Zacisze” and Sanatorium “Hel,” Sanatorium Complex “Hutnik - Jutrzenka – Tęcza”, consisting of Sanatoriums “Hutnik”, “Jutrzenka” and “Tęcza”, Health Clinic with Outpatient Clinic: Health Education, Psychological, Rehabilitation, Natural Medicine Institution, Nursing and Care Institution “Wrzos”. In Wieniec-Zdrój health resort treatments are carried out with the use of many devices of health resort treatment. They include: a spa park, health paths, a pump room, a rehabilitation spa pool³⁷⁵.

³⁷² Resolution no. XXVII/170/09 of the City Council in Brześć Kujawski of 24 April 2009 on adopting the Statute of Wieniec-Zdrój Health Resort, <http://archiwum.brzesckujawski.pl/dokumenty/bip/uchwaly/2009/170-09.pdf>, (accessed 30.03.2020)

³⁷³ Ibid.

³⁷⁴ Spa Operat for Wieniec-Zdrój Health Resort dated 27 November 2019, pp. 5 and 42.

³⁷⁵ Resolution no. XXVII/170/09 of the City Council in Brześć Kujawski of 24 April 2009 on adopting the Statute of Wieniec-Zdrój health resort, <http://archiwum.brzesckujawski.pl/dokumenty/bip/uchwaly/2009/170-09.pdf>; Resolution no. XVIII/137/12 of the City Council in Brześć Kujawski of 26 June 2012 amending the resolution on adopting the Statute of Wieniec-Zdrój health resort (accessed 30.03.2020).



Pump Room – Wieniec-Zdrój



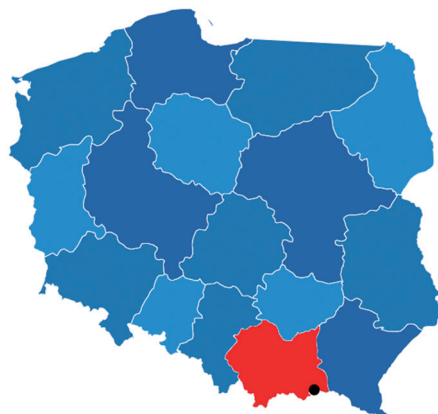
SPA Resort Wieniec-Zdrój

2.45. Wysowa-Zdrój Health Resort

Administrative location

Wysowa-Zdrój is situated in southern Poland, in Lesser Poland Province. It belongs to the Gorlice District. Wysowa-Zdrój is situated in the southwest of the district, in the south of the Uście Gorlickie commune, which is one of the largest communes in Poland in terms of area. Wysowa-Zdrój health resort is situated entirely within the Uście Gorlickie commune. The commune borders with the Krynica-Zdrój Commune in Nowy Sącz District in the west with the Bardejov District in Slovakia in the south, with the Sękowa Commune in the east, and with the Ropa and Gorlice Communes in the north.

Map 44. Location of Wysowa-Zdrój health resort



Source: own elaboration.

The spa area includes the villages of Wysowa-Zdrój (village Wysowa-Zdrój and village Blechnarka), Hańczowa and Ropki³⁷⁶. The municipality has 6898 inhabitants (as of 31.12.2019)³⁷⁷.

³⁷⁶ *Water Parks . pl*, <https://www.parkiwodne.pl/Wysowa-Zdroj-uzdrowisko-kurort-24>, (accessed April 23, 2020).

³⁷⁷ Based on source materials provided by the surveyed unit - Questionnaire on „Diagnosis of health resort communes in Poland”.

Historical view of the spa

Until the middle of 14th century there were no written records about Wysowa-Zdrój. At the beginning of 15th century in the area of today's health resort there was a settlement, which developed quickly. It was possible thanks to its location on a trade route leading through the Carpathians. In Wysowa there were warehouses of Hungarian wine imported by Greek and Armenian merchants³⁷⁸.

In 1808, the first bathrooms for bathing in mineral waters and a house for patients with eight rooms were built in Wysowa. Unfortunately, an inconvenient access to Wysowa-Zdrój discouraged potential guests. At the end of 19th century, the road from Ropa to Wysowa was modernised, the number of visitors increased to 2000 per year. At that time also springs and spa equipment were cleaned up, water chemistry was tested, and its healing properties were determined³⁷⁹. Pro-health and curative values of Wysowa waters were appreciated already in 1880s, when their sale and production started. "In 1887, about 16,000 bottles were filled annually and this volume of production was maintained until the end of 19th century"³⁸⁰. Just before World War I, the spa gained European fame and the local waters were compared to those from the springs of the famous Merano in Italy. Waters from springs such as Józef, Olga, Rudolf, Bronisław and the most famous - Słony - were bottled. The quality of Wysowa waters was also appreciated at exhibitions. "They were awarded with medals twice - in Przemyśl in 1882, and in Cracow in 1900". After World War I, the owners of the Spa built a bottling plant - a pump room. They bottled "Wysowianka" table water coming from "Józef" spring and also "Wacław" and "Słony" healing waters³⁸¹. During the whole interwar period, they were on sale in wholesalers and pharmacies in the whole Poland. After World War II, in 1949, the production of mineral water "Wysowianka" was launched by the Cooperative "Żwirowiec" from Biecz. Mineral water from "Józef" and "Józef II" intakes was used for its production. Since 1959, Uzdrowisko Wysowa S.A. has been producing this water³⁸².

Spa activities

The first statute of the health resort was passed by the resolution No 85/XI/86 of the Provincial National Council in Nowy Sącz on 8th April 1986, on passing the statute of Wysowa and Wapienne health resort. After the implementation of the Act of 28th July 2005 on health resort treatment, health resorts and health resort areas, and after the confirmation, by the Minister of Health on 1st September 2008, of the possibility to provide health resort treatment in the area recognised as the Wysowa-Zdrój health resort, by virtue of the resolution

³⁷⁸ *Rys historyczny Wysowa*, <http://wysowa-zdroj.pl/index.php/rys-historyczny.html>, (accessed 23.04.2020).

³⁷⁹ *Ibid.*

³⁸⁰ *Wysowianka - all about us. History*, <https://www.wysowianka.pl/o-wysowiance/>, (accessed 23.04.2020).

³⁸¹ *Ibid.*

³⁸² *Ibid.*

no. XXII/231/2008 of the Uście Gorlickie Commune Council of 27th November 2008. (amended by the resolution XXXVII/368/2009 of the Uście Gorlickie Commune Council on 29 December 2009), a new statute of Wysowa-Zdrój health resort was adopted, which is in force till the present day.

The most important medicinal raw materials

Mineral and therapeutic waters, as well as climatic factors belong to the raw materials used in the health resort³⁸³. The majority of Wysowa's mineral waters are bicarbonate-chloride-sodium szczawy with varied content of solid substances. In Wysowa, there are also bicarbonate-chloride-sodium-calcareous and bicarbonate-sodium-calcareous brines. Wysowa mineral waters were recognized as therapeutic waters by the Ministry of Health and Social Care in 1963. They are extracted on the surface in the form of springs or made available by means of drilled wells³⁸⁴. At present, there are 14 springs in the spa, and the most well-known ones include Henryk, Franciszek, Aleksandra, Józef I, Słone, Józef II, Bronisław, W-24³⁸⁵. In the area of Wysowa-Zdrój health resort there are also the following intakes: Władysław (W-12), W-15 and W-16³⁸⁶. It is worth mentioning that the name of the spring "Franciszek" commemorates the promoter of healing values of Wysowa - professor Franciszek Kokot from the Silesian Medical Academy. Spring "Henryk" is named after Wysowa hills researcher - geologist, professor Henryk Świdziński from AGH University of Science and Technology³⁸⁷.

Spa treatment

On the basis of documented healing waters and therapeutic climate, the following treatment profiles have been determined for Wysowa-Zdrój spa: orthopedic and traumatic diseases, rheumatological diseases, diseases of upper and lower respiratory tracts, diabetes, obesity, nervous system diseases, peripheral vessels diseases, digestive system diseases, osteoporosis, skin, kidney and urinary tract diseases, blood, and blood-forming system diseases³⁸⁸. The biggest entity conducting health resort activities in the region is company "Wysowa Health Resort" established in 1959. The company owns among others: "BESKID" Health Resort, "Biawena" Health Resort, Natural Treatment Facility where balneology and hydrotherapy

³⁸³ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

³⁸⁴ *Mineral Waters in Wysowa*, <http://wysowa-zdroj.pl/index.php/wody-mineralne.html>, (accessed April 23, 2020).

³⁸⁵ Ibid. See also. *Annex to the Resolution No XXII/231/2008 of the Commune Council Uście Gorlickie of November 27, 2008*.

³⁸⁶ See also. *Annex to the Resolution No XXII/231/2008 of the Commune Council Uście Gorlickie of November 27, 2008*.

³⁸⁷ Ibid.

³⁸⁸ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

treatments are conducted, Water Bottling Plant. In Wysowa-Zdrój Health Resort health activities are also conducted by companies: Sanatorium Glinik sp. z o.o., which owns the Glinik Health Resort Sanatorium, and Instytut Zdrowia Człowieka sp. z o.o., which owns the Wysowa nad Park Health Resort. On the territory of the health resort there is a pump room, a graduation tower, a health resort park, kinesitherapy paths, therapeutic and rehabilitation health resort pools^{389,390}. In the local spa park there is a pump room, the building of the Old Spa House, a concert shell, walking alleys equipped with park benches. In Wysowa there is also a salt cave, walking and educational paths, and interesting tourist and cultural routes³⁹¹.

³⁸⁹ Development Plan of Wysowa - Zdrój Health Resort for the years 2016-2023.

³⁹⁰ Based on source materials provided by the surveyed unit (the study entitled *Diagnosis of health resort communes in Poland*).

³⁹¹ Appendix No. 1 to the Statute of Wysowa-Zdrój health resort approved by virtue of the resolution No. XXII/231/2008 of the Commune Council Uście Gorlickie of 27.11.2008.



Wysowa-Zdrój Panorama



Pump Room in Wysowa-Zdrój

2.46. Żegiestów-Zdrój Health Resort

Administrative location

Żegiestów-Zdrój is a town located in the spa community Muszyna, Lesser Poland Province, in the south-eastern part of Nowosadecki District³⁹². Żegiestów-Zdrój is located in the Beskid Sadecki, by the Poprad River, which is the Polish-Slovakian border³⁹³. Due to the topographical structure of Żegiestów, there are two spa protection zones. The first one includes the area of Żegiestów-Zdrój settlement, the second hamlet Łopata Polska, where the sanatorium “Wiktor” is located³⁹⁴.

Map 45. Location of Żegiestów-Zdrój health resort



Source: own elaboration.

This small yet dynamically developing private health resort received in 1923, as the first one in Poland (after the state spas), the status of a public health resort. In 1924, a mining

³⁹² Resolution No. XLVIII.552.2018 of the Town and Commune Council of Muszyna, dated 27 March 2018, on the adoption of the “Development Plan of Żegiestów-Zdrój Health Resort for 2016-2023”.

³⁹³ <https://pl.wikipedia.org/wiki/%C5%BBegiest%C3%B3w-Zdr%C3%B3j> (accessed April 20, 2020).

³⁹⁴ Ibid.

protection district was established³⁹⁵. The current status of the health resort was legally granted in 1967³⁹⁶.

Historical background of the community

Health Resort Żegiestów-Zdrój is located on the Polish-Slovakian border, it is situated on a steep slope of the Poprad River valley (Łopata Polska), in the main gorge point of this river. The village was founded on “raw stone” by Hawryła Juranka, on the right of the privilege granted by Bishop Franciszek Kraśnicki in 1575. The information about the settlement can be found in the inventories of the bishop’s property from 1645 and 1668. At that time, the “Maryja” water was especially appreciated. Ignacy Medwecki, a Hungarian nobleman, the head of the bathing establishments in Muszyna, was regarded as the creator of the Żegiestowski spa. His activities led to the discovery of the source of mineral water in the valley of Szczawny Brook. In 1847, Professor K. Mohr from Kraków conducted the first research into the chemical properties of the water. In 1862, after Ignacy Medwecki bought the land on which the springs were located, the construction of guesthouses and baths for patients began. The first spring, “Anna”, was named after the wife of the spa’s founder.

Despite the initial remoteness from the main roads (access was possible only through Krynica and Muszyna), Żegiestów soon became a fashionable and valued resort. At that time, the exploitation of mineral deposits on a mass scale began, especially of the „Anna” spring, which was considered the strongest ferruginous sorrel in Europe. New villas and guest houses appeared. From the houses that were built at that time only Żegotka has survived to this day, named after the founder of the Spa, Ignacy Medwecki (Żegota is a Slavic equivalent of the name Ignacy). The Spa House and the New Baths were built at that time. The Spa Park was decorated with rose flowerbeds, walking paths and alleys were laid out, and kerosene lighting was installed. Apart from mineral baths, baths in the Poprad river were also practiced - they were regarded as curative and beneficial. After Ignacy Medwecki’s death in 1868, the Spa was taken over by his heirs, thanks to whom Żegiestów became a high-level health resort. It was also thanks to the opening of the railway line Tarnów - Muszyna, with the stop in Żegiestów-Zdrój. Thanks to the efforts of Karol Medwecki - the son of the previous administrator, in the years 1867 and 1868, scientific papers on the properties of mineral waters were written by Associate Professor A. Aleksandrowicz. At that time, an increased influx of visitors and a large, for those times, export of mineral water started. It amounted to about 100 thousand bottles per year. A new method of bottling called „needle” was developed for the special use of Żegiestów. After Karol

³⁹⁵ Porwisz B., *Szlakiem wód leczniczych i termalnych w Małopolsce* (The Route of healing and thermal waters in the Małopolska Region), Department of Environment of the Marshal Office of the Małopolska Region, Geology Team Cracow, Cracow 2013, p. 45.

³⁹⁶ Żegiestów. Development Plan of Żegiestów-Zdrój Health Resort for the years 2016-2023. Annex to the Resolution No. XLVIII.552.2018 of the Council of the Town and Municipality of Muszyna Health Resort of 27.03.2018, p. 35.

Medwecki's death in 1888, Żegiestów became a property of Wiktoria Więckowska and priest Michał Żyguliński. At that time, a spa chapel of St. Kinga was built, concerts, meetings were held, a monument commemorating Juliusz Słowacki was added to the landscape of the place.

The outbreak of World War I almost ruined the health resort. After regaining independence of the country, the company Żegiestów Zdrój was established, managed by the Krukiers family. Thanks to their activity, the spa became one of the best resorts in Poland. In 1924, Żegiestów was recognized as a health resort of a public utility. There were built following villas: Castle, Polonia, Elżka, Malutka, Orlątko, Sanato, White Eagle, Zosieńka and many others. It was also then that the impressive edifice of the "Wiktor" sanatorium was built - at that time one of the most luxurious buildings in southern Poland. The biggest investment of the interwar period was the construction of the New Spa House in 1929, designed by Professor Adolf Szyszko-Bohusz. This house became the cultural centre of Żegiestow, where the largest group of patients was treated.

The outbreak of World War II stopped the development of the spa again. In the sanatorium „Wiktor”, then called the Goering House, there was a German military hospital, and in the Spa House, there was a Hitlerjugend youth quarters and a police school. After the war, in 1947, the Spa House was nationalized. Patients resting here were directed by the Employee Holiday Fund and by workplaces. The health resort once again experienced a period of prosperity. In 1996, there were 1300 beds here³⁹⁷.

Spa activities

Health resort activities are carried out on the basis of Resolution No. XLII/618/2010 of the Council of Town and Commune of Health Resort Muszyna of 31 March 2010 on establishing the Statute of Żegiestów Health Resort. The Development Plan of Żegiestów Health Resort was approved by the Resolution No. XLVIII.552.2018 of the Council of the Town and Municipality of Uzdrowskowa Muszyna dated 27 March 2018 on the adoption of "Development Plan of Żegiestów-Zdrój Health Resort for the years 2016-2023".

The most important medicinal raw materials

In the area of the health resort Żegiestów-Zdrój there are documented natural therapeutic resources, i.e. highly carbonated natural mineralisation of 1.0 - 2.3 g/dm³. These are the brines of the bicarbonate-calcium-magnesium or bicarbonate-magnesium-sodium type, and they come from four medicinal water intakes: spring Anna and boreholes: Żegiestów II, Zofia II, Andrzej II³⁹⁸.

³⁹⁷ http://zegiestow.pl/index.php?option=com_content&view=article&id=4:krotka-historia-zdroju&catid=8&Itemid=102 (accessed 20.04.2020) and Resolution No. XLVIII.552.2018 of the Town and Municipality Council of Muszyna on 27 March 2018 on the adoption of the "Development Plan of Żegiestów-Zdrój Health Resort for the years 2016-2023".

³⁹⁸ Resolution No. XLII/618/2010 of the Town and Commune Council of Muszyna from 31 March 2010 on establishing Statute of Żegiestów health resort.



SPA House Resort Wiktor Cechini Medical & SPA – Żegiestów-Zdrój



SPA House Resort Wiktor Cechini Medical & SPA

Chapter 3.

Examples of international cooperation of Polish spa municipalities

3.1. Preliminary remarks

This part of the publication is a continuation of the qualitative analysis from the previous chapter. It was prepared on the basis of the Internet search and source materials made available by the surveyed units - offices representing local government units in which health resorts are located. Additionally, thematic publications were used - reports, press articles and those made available on the websites of public institutions, in the examined health resorts' communes, as well as thematic publications. The effects of the work (apart from the synthesis in point 3.2), are case studies of four Polish health resort communes: Augustów, Świnoujście, Uniejów and Ustroń in relation to their cooperation with spa municipalities from outside Poland.

3.2. International cooperation of spa municipalities - general characteristics

Health resorts in Poland cooperate with foreign health resort partners using, above all, their natural, therapeutic and tourist values. Cooperation with health resorts focuses, among other things, on the implementation of joint projects, including those using EU funds. As part of joint initiatives, new facilities are built or the existing infrastructure is renovated and refurbished, not only the spa one. Mutual agreements between partners are based on supporting a broadly understood economic development in the form of tightening trade contacts, and depending on the location of health resorts, also cross-border exchange. Bilateral contact often also result in the development of the small and medium-sized enterprise sector, service activities, and the organisation of meetings, seminars, and conferences. Direct cooperation between

entrepreneurs is also intensified. From the point of view of not only spa municipalities, joint efforts to develop communication and transport (especially in border regions), are also important. A relevant aspect of mutual partner relations between the spa municipalities is the exchange of information and experience in local government activities. Joint activities for environmental protection, which is undoubtedly of great significance in case of health resort communes is not less important and worth mentioning here. Mutual cooperation of health resort partners is also largely focused on cultural initiatives in various areas. These relations are present primarily in the organization of exhibitions, cultural and artistic events, and the exchange of cultural information. Similarly, various educational activities, including broadly defined support for contacts between educational institutions and youth exchanges, turn out to be an important element of partnership cooperation. Development of sport and tourism is certainly important from the point of view of the spa commune in particular. Activities in this area include not only the organisation of sports, recreational or tourist events, but also the exchange of experience and implementation of joint projects under the European Union funds. For municipalities with a spa character, an important element of cooperation is the exchange of information and mutual promotion.

Thus, the consequence of international cooperation of health resort communities is the increase of possibilities of social and economic development of individual units - including the solution of economic problems, development of health resorts, improvement of living conditions of local communities, and obtaining financial resources for the implementation of joint projects. The benefits of cooperation with local communities should be seen in a broader cultural context, mutual respect, understanding, acceptance of distinctiveness and dissemination and respect for common values, ideas of self-government, tradition, and local heritage.

Below there is a list of all forty-five health resorts in our country together with their foreign partners who also carry out health resort activities. This chapter also presents good practice in terms of cooperation between selected Polish health resort communes and their foreign partners.

Table 1. Foreign partners of health resorts in Poland

Lp.	Name of spa	Municipality	Province	Foreign partner spa
1	Augustów	Augustów	Podlaskie	Druskininkai (Lithuania)
2	Busko-Zdrój	Busko-Zdrój	Świętokrzyskie	Khmelnyskyi (Ukraine)
3	Ciechocinek	Ciechocinek	Kujawsko-pomorskie	Bad Dürrenberg (Germany)
4	Cieplice	Jelenia Góra	Lower silesia	-----
5	Czarniawa-Zdrój	Świeradów-Zdrój	Lower silesia	lazne Libverda (Czech Republic) Karlova Studanka (Czech Republic)
6	Dąbki	Darłowo (rural municipality)	Zachodniopomorskie	-----
7	Długopole-Zdrój	Bystrzyca Kłodzka	Lower silesia	Velké Losiny (Czech Republic)
8	Duszniki-Zdrój	Duszniki-Zdrój	Lower silesia	-----
9	Goczałkowice-Zdrój	Goczałkowice-Zdrój	Silesia	-----
10	Goldap	Goldap	Warminsko-mazurskie	-----
11	Horyniec-Zdrój	Horyniec-Zdrój	Podkarpackie	Truskavets (Ukraine) Morshyn (Ukraine)
12	Inowrocław	Inowrocław	Kujawsko-pomorskie	Bad Oeynhausen (Germany)
13	Iwonicz-Zdrój	Iwonicz-Zdrój	Podkarpackie	-----
14	Jedlina-Zdrój	Jedlina-Zdrój	Lower silesia	Velichovky (Czech Republic)
15	Kamień Pomorski	Kamień Pomorski	Zachodniopomorskie	-----
16	Kolobrzeg	Kolobrzeg (urban municipality)	Zachodniopomorskie	-----
17	Konstancin-Jeziorna	Konstancin-Jeziorna	Mazowieckie	Hranice (Czech Republic)
18	Krasnobród	Krasnobród	Lubelskie	-----
19	Krynica-Zdrój	Krynica-Zdrój	Małopolskie	Bardejov, (Slovakia) Chmielnik, (Ukraine), Bad Sooden-Allendorf (Germany)
20	Kudowa-Zdrój	Kudowa-Zdrój	Lower silesia	Horn-Bad Meinberg (Germany)
21	Lądek-Zdrój	Lądek-Zdrój	Lower silesia	All members - EHTTA.EU (EUROPEAN HISTORIC THERMAL TOWNS ASSOCIATION)
22	Muszyňa	Muszyňa	Małopolskie	Bardejov, Bardejov, (Slovakia)
23	Nałęczów	Nałęczów	Lubelskie	-----
24	Piwniczna-Zdrój	Piwniczna-Zdrój	Małopolskie	-----
25	Polanica-Zdrój	Polanica-Zdrój	Lower silesia	Janské Lázně, Janské Lázně (Czech Republic)

Lp.	Name of spa	Municipality	Province	Foreign partner spa
26	Polańczyk	Solina	Podkarpackie	-----
27	Połczyn-Zdrój	Połczyn-Zdrój	Zachodniopomorskie	Templin (Germany)
28	Przerzeczyn-Zdrój ¹	Niemcza	Lower silesia	-----
29	Rabka-Zdrój	Rabka-Zdrój	Małopolskie	-----
30	Rymanów-Zdrój	Rymanow	Podkarpackie	Truskavets (Ukraine)
31	Solec-Zdrój	Solec-Zdrój	Świętokrzyskie	-----
32	Sopot	Sopot	Pomeranian	Deauville (France)
33	Supraśl	Supraśl	Podlaskie	Druskininkai (Lithuania)
34	Swoszowice	Krakow	Małopolskie	-----
35	Szczawnica	Szczawnica	Małopolskie	Harkany (Hungary) Khmelnytskyi (Ukraine)
36	Szczawno-Zdrój	Szczawno-Zdrój	Lower silesia	Janské Lázně, Janské Lázně (Czech Republic)
37	Świeradów-Zdrój	Świeradów-Zdrój	Lower silesia	lázne Libverda, Lázně Libverda (Czech Republic) Karlova Studanka, Karlova Studánka (Czech Republic)
38	Świnoujście	Świnoujście	Zachodniopomorskie	Municipality of Heringsdorf (Germany)
39	Uniejów	Uniejów	Łódzkie	Truskavets (Ukraine) Mórahalm (Hungary) Naftalan (Azerbaijan) Grindavik (Iceland)
40	Ustka	Ustka (urban municipality)	Pomeranian	Palanga (Lithuania)
41	Ustroń	Ustroń	Silesia	Piešťany, Piestany (Slovakia), Luhačovice (Czech Republic) Ujbuda - XI. District of Budapest (Hungary)
42	Limestone	Sękowa	Małopolskie	-----
43	Wieniec-Zdrój	Brest Kujawski	Kujawsko-pomorskie	-----
44	Wysowa-Zdrój	Uście Gorlickie	Małopolskie	-----
45	Żegiestów-Zdrój	Muszyna	Małopolskie	Bardejov, Bardejov (Slovakia)

¹ The spa has not been in operation since 2017.

Source: Own study based on source materials provided by the surveyed entities.

In the next part of the chapter, case studies of cooperation between selected Polish spa communities and foreign partners are presented.

3.3. Cooperation between Augustow and Druskininkai in Lithuania

A good example of international contacts between two health resort communities is the cooperation between the town - health resort of Augustów and Druskininkai in Lithuania. Druskininkai, connected to Augustow by the Augustow Canal, has been Augustow's partner since 2007.

Druskininkai resort is located in Southern Lithuania, in Alytus District, on the right bank of the Nemunas River, 130 km from Vilnius and about 60 km from the Polish border. It is located on the edge of the Augustów Primeval Forest and Dzūkija National Park, very close to the Polish-Lithuanian border. It is the largest and the most modern health resort in Lithuania. Druskininkai is the southern part of Lithuania, and is the largest balneological resort in the region. Its area is 24 km². The city has a population of 12,441 (according to the 2018 census). During the year, more than 350,000 tourists rest in Druskininkai, more than a half are foreign visitors³⁹⁹. The name of the town comes from the Lithuanian word *druska*, meaning salt, because there are many springs of salty healing waters here, which cure various diseases.

The first mention about Druskininkai comes from 1636. Druskininkai was visited by King Stanisław August Poniatowski, who, by his decree dated 20 June 1794, declared Druskininkai to be a health resort and gave the resort the status. In 1837, Tzar Nicholas I approved the permission to formally transform Druskininkai into the health resort, although mineral and mud baths had been organized here much earlier⁴⁰⁰. In the end of 19th century, Druskininkai was known as an attractive resort in almost entire Europe. After Lithuania regained its independence, Druskininkai became a modern international resort, yet preserving its original character and a hint of nostalgia.

Druskininkai is the largest and the most modern sanatorium in Lithuania, as well as one of the best climatic and balneological resorts in Europe. There are numerous mineral springs (sodium chloride, calcium, and magnesium waters), as well as deposits of mud. Druskininkai is a resort based on mineral waters, mud (white mud), and climate therapy. Thus, mineral water and mud springs create an ideal place for rehabilitation, prevention, treatment, and relaxation for patients with disorders of gastrointestinal tract (digestive organs), respiratory tract, peripheral nervous system, circulatory and cardiovascular diseases, endocrinology, musculoskeletal system - including spine and joint diseases, gynaecology, connective tissue and muscle diseases, and dermatology. Diabetes mellitus is also treated here⁴⁰¹. Today, Druskininkai is not only a health resort, but also a tourist

³⁹⁹ Additional information about Druskininkai, <https://druskininkai.lt/pl/poznaj-druskienniki/fakty-o-uzdrowisku/> (accessed 9.06.2020).

⁴⁰⁰ Graniczny M., Satkunas J., Motuza G., Kowalski Z., Urban H., Čyžienė J., *Ciekawostki geologiczne Druskiennik (Druskininkai)*, Przegląd Geologiczny, vol. 59, no. 3, 2011, p. 206.

⁴⁰¹ See also Rudzinski C., Majewska M., Druskininkai resort in Lithuania, <https://www.poradnikzdrowie.pl/regeneracja/uzdrowiska-i-termu/uzdrowisko-druskienniki-na-litwie-aa-j2fw-eSP5-3jxs.html>; 10 reasons to come

destination with many attractions, such as an aqua park, a ski slope *Snow Arena*, a cable car, a golf course, and many others.

Cooperation between Augustow and Druskininkai is focused on joint projects aimed at the development of tourist, recreational, cultural infrastructure in both cities, with co-financing from external resources.

For Lithuanian Druskininkai and Polish Augustow tourism is significantly important. Both cities have the character of historic resorts and health resorts. The infrastructure in both resorts needed to be renovated. The project entitled “*Development of cross-border tourism infrastructure through renovation of the Druskininkai nature spa park and Augustow Sigismund’s Square*” has made it possible to undertake works in this field. The Partnership agreement between local governments of Augustow and Druskininkai was signed on August 6, 2009 in order to implement this project. It was co-financed under the Lithuania - Poland Cross-border Cooperation Programme 2007-2013.

One of the main objectives of the project was to revitalize two historic areas - one in each city. In Augustow, the Sigismund Augustus Square was renovated, and an information board was erected on the history of mineral waters in the region. In Druskininkai, the natural spa park was renovated. The banks of the Nemunas River have been strengthened and the natural spring water intake has been revitalized. New flowerbeds were installed, and a fountain was built. The project also contributed to tourism promotion. Eight tourist information points were set up in the partner towns to provide information about the region, brochures and maps.

Four exchanges for employees of tourism companies, including a trip to Druskininkai, have also contributed to tourism development. The project was accompanied by an advertising campaign on a local radio and the Internet⁴⁰².

Within the framework of the project in Augustów, the following items have been accomplished: renovation of internal alleys and pavements around the park in the Sigismund Augustus Square; installation of small architecture objects in the park (benches, waste baskets, flowerbeds); two information kiosks where both residents and tourists can obtain data from the websites of Augustów and Druskininkai; organization of a festivity “Days of Druskininkai in Augustów”; participation in the festivities “Days of Augustów” in Druskininkai; conference summarizing the project implementation⁴⁰³. The project was implemented in the period from December 2009 to December 2011. The total investment value of the *Project - Development of cross-border tourism infrastructure by renovation of Druskininkai natural spa park and Augustow Sigismund’s Square* amounted to EUR 2 323 621, of which EUR 1 975 078 came from the European Regional Development Fund under the Operational Programme “Lithuania

to Druskininkai, <https://druskininkai.lt/pl/aktualności/10-powodow-aby-przyjechac-do-druskiennik/> (accessed 9.06.2020).

⁴⁰² *Revitalization of park and town square fosters cross-border tourism*, https://ec.europa.eu/regional_policy/pl/projects/poland/redevelopment-of-park-and-square-increases-cross-border-tourism (accessed 9.06.2020).

⁴⁰³ *Completed Projects*, <https://urzed.augustow.pl/content/projekty-zrealizowane> (accessed June 9, 2020).

- Poland” in the programming period 2007-2013⁴⁰⁴. The value of the measures carried out in Augustów amounted to EUR 564 241.26, while the co-financing rate was 85%⁴⁰⁵.

Scented Cuisine with Tradition is another project co-financed by the European Regional Development Fund and the state budget under the Small Project Fund of Lithuania-Poland Cross-border Co-operation Programme 2007-2013, implemented in partnership with the Druskininkai Tourist and Business Information Centre. The main objective of the project was to create a new tourist product while preserving the cultural heritage of the region. It included: the development of a logo; a preparation of the website: www.kpt.augustow.eu; certification of catering facilities serving regional cuisine - 17 facilities in Augustów and 5 facilities in Druskininkai; organization of Polish-Lithuanian culinary workshops; printing promotional materials; organization of a Study Press; organization of a Polish-Lithuanian culinary festival “Cuisine Smelling of Tradition”; preparation of a film promoting Augustów and regional cuisine; printing a brochure summarizing the project; organization of a summary conference. The project was implemented between 1 February and 30 November 2010, the value of activities carried out in Augustów amounted to 180 289.11 PLN, while the project co-financing was 1 720 434.84 PLN⁴⁰⁶.

Another common initiative of Augustów and Druskininkai is a project also cofounded and implemented under the European Regional Development Fund - Lithuania-Poland Cross-border Cooperation Programme 2007-2013 - entitled *Developing cross-border cultural infrastructure and cooperation in Druskininkai and Augustów*. The project involved the Municipal Office in Augustów together with Druskininkai self-government, Augustów cultural institutions and Youth Cultural Centre in Druskininkai. The project was carried out from September 2010 to August 2013. In the framework of the project, a new amphitheatre with 1714 seats (also adapted for people with disabilities), was built in Augustów, and a Youth Culture Centre was built in Druskininkai. In the building designed for entertainment and cultural events were designed: wardrobe and social facilities for artists, a foyer with a kitchenette and sanitary facilities adapted for people with disabilities, and a storage room for equipment on the ground floor. On the first floor, two dressing rooms were designed: for men and women, along with sanitary facilities for artists. The project also included the continuation of cultural cooperation between Augustów and Druskininkai, in which such activities were implemented as: two Polish-Lithuanian open-air photographic workshops for children and youth: one in Augustów and one in Druskininkai, art workshops conducted in the Youth Centre in Druskininkai, and Polish-Lithuanian festival for children and youth, which took place after the completion of construction of

⁴⁰⁴ Revitalization of park and town square fosters cross-border tourism, https://ec.europa.eu/regional_policy/pl/projects/poland/redevelopment-of-park-and-square-increases-cross-border-tourism (accessed 9.06.2020).

⁴⁰⁵ *Completed Projects*, <https://urząd.augustow.pl/content/projekty-zrealizowane> (accessed June 9, 2020).

⁴⁰⁶ Ibid.

the amphitheatre in Augustow. During this event bands, children and youth groups from both Poland and Lithuania performed on the stage⁴⁰⁷.

Cross-country skiing as a chance for the development of tourism in the Polish-Lithuanian border area is a project implemented under the Lithuania-Poland Cross-border Cooperation Programme 2007-2013, with regard to Priority 1. Increasing the competitiveness and productivity of the cross-border region and Sub-priority 1.3. Development of sustainable cross-border tourism and preservation of cultural and historical heritage.

The overall objective of the project was to increase attractiveness and competitiveness of the Polish-Lithuanian border area by improving and enriching the tourist offer. Such activities will certainly contribute to the extension of the tourist season for a period of winter and consequently, to an increase in the number of people visiting the region. The project was particularly focused on creating suitable conditions for cross-country skiing, improving the quality of tourism services, expanding the offer of not only tourism services, but also recreational and sports services. An important aspect was also the extension of the tourist season. The project enabled the implementation of such tasks as: the purchase of equipment for preparing cross-country ski trails, organization of a network of “coupled” cross-country ski rental shops, adaptation of the building for the needs of the ski rental shop. Moreover, it allowed organizing training on ski equipment servicing, purchasing the starting gate and time measuring device, organizing “Academy of cross-country skiing” for children and youth, and a cycle of amateur cross-country skiing competitions. The effect of the undertaken activities was also the organization of the conference summing up the project, as well as its promotion, project management and audit. The total value of the project is 252,849 EUR including: 44% (111 259 EUR) for Augustów Municipality, 29% (74 320 EUR) for Druskininkai Tourist and Business Information Centre, 27% (67 270 EUR) for Gołdap Municipality. Its co-financing was 85%. The project was implemented from 1 September 2013 to 31 October 2014⁴⁰⁸.

In September 2016, as part of the promotion of the Augustow Canal, a pearl among the waterways of Europe, the mayor of Augustow together with the leading canoeists of the Augustow land, went by canoe to Grodno and Druskininkai with an official delegation. The aim of the trip was to promote good neighbourly relations and transborder cooperation. Its participants, on high-performance kayaks K4, covered a route of over 170 km, leading through 3 rivers, 10 lakes and two river borders⁴⁰⁹. The idea of the canoeing rally was also to encourage tourists to get to know the picturesque Polish-Belarusian-Lithuanian borderland where different cultures, languages and folklore intermingle.

⁴⁰⁷ Ibid.

⁴⁰⁸ Ibid.

⁴⁰⁹ *Mayor of Augustow goes 170 km by canoe to meet mayors of Hrodna and Druskininkai*, <http://www.augustow.pl/pl/aktualnosc/burmistrz-augustowa-plynie-170-km-kajakiem-na-spotkanie-z-merami-grodna-i-druskiennik> (accessed 9.06.2020).

The partner of the XXVII Congress of Polish Health Resorts organized in June 2018 in Augustow was Druskininkai Health Resort in Lithuania. The motto of the event was: “21st century health resorts - fulfilled hopes or missed opportunities?”. During the congress issues important for local governments, medical spa environment and entrepreneurs operating in the tourism and spa industry were discussed⁴¹⁰.

3.4. Cooperation of Uniejów with the Hungarian town of Mórahalom, the Azeri town of Naftalan, the Icelandic town of Grindavík and the Ukrainian town of Truskavets

Mórahalom is a spa town situated in the south-eastern part of Hungary, not far from the Serbian border in Csongrád County. The name of the town is derived from the sand dune “Móra Halma”, which was mentioned for the first time in 1729. Mórahalom received its municipal rights in 1989. Today’s Mórahalom is a dynamically developing town. The administrative area of the town is 8311 ha, and the number of inhabitants is 6035, of which 1587 live outside the urban area⁴¹¹. This small town has an impressive swimming pool facility with more than thirty pools, a wide range of spa and wellness facilities, and numerous agrotourism centres. The biggest attraction of Mórahalom is precisely the thermal complex with numerous pools and wellness & spa centre.

The use of thermal waters for economic development is one of the main topics of numerous joint meetings of the authorities and residents of Mórahalom and Uniejów. In 2009, both municipalities signed an agreement on cooperation⁴¹².

In accordance with the signed agreement on cooperation in the fields of geothermal water utilization, agriculture, ecology and tourism development, meetings of delegations are organized in both cities to exchange experiences, cultivate and develop mutual contacts.

Every year a cultural festival with a rich artistic program takes place in Mórahalom, in which representatives of the Uniejów Commune - adults and youth - participate. Delegations’ trips are aimed at getting to know the culture and tradition of the foreign partner, and to exchange mutual experiences in the field of spa tourism. It is an excellent opportunity to learn about the functioning of the spa town with centuries of tradition. Each time the delegations participating in the meetings in Mórahalom or Uniejów draw inspiration for future activities and investments implemented in their towns. Mutual cooperation is an excellent opportunity to enrich knowledge and exchange experiences on many fields, such as: comprehensive use of thermal waters and geothermal energy, development of tourism, ecology, education, culture and sport. Mutual meetings also contribute to deepening of friendship between the inhabitants of both towns and integration of children and youth. A good example is the training entitled

⁴¹⁰ *Congress of Polish Spas in Augustow*, <http://www.augustowski.home.pl/2018/06/20/kongres-uzdrowisk-polskich-w-augustowie/> (accessed 22.06.2020).

⁴¹¹ Mórahalom, http://www.morahalom.hu/our_town (accessed June 15, 2020).

⁴¹² *International Cooperation. We Are Eco*, <https://ekouniejow.pl/jestesmy-eko/jestesmy-eko/> (accessed 15.06.2020).

“From idea to business” with a culinary show and a conference “Building a brand and promoting a local product”⁴¹³, organized in April 2018 in Uniejów. Experts from a friendly Hungarian commune came to Uniejów to share the knowledge and experience gained with their partner.

Each visit to the town of Mórahalom is an opportunity to learn about the functioning of a thriving small town, with an impressive spa and spa offer, agrotourism centres, hotels, educational institutions with interesting solutions for the inhabitants of the Uniejów commune. In addition, the mutual exchange of local government employees and young people have so far brought many positive effects.

Another example of good mutual relations was a visit to the partner city of Mórahalom by representatives of the Uniejów municipality, students of the Uniejów School Complex together with their tutors, knights from the Uniejów Knight Academy, representatives of the Town Hall, units subordinate to the municipality, which took place from 12 to 16 September 2017. The visit took place at the invitation of the Hungarian partner and was a form of reward, for students with high academic results and for members of the Knights’ Academy for their involvement and representation of the municipality in numerous events. The visit was possible thanks to the financial support of the Mayor of Uniejów⁴¹⁴. Every year a conference in the Hungarian spa was held with the participation of foreign partners, including Uniejów. The main topic of the event was to gain qualified employees and ways to keep educated workforce⁴¹⁵. The stay of the delegation from Uniejów in Mórahalom was full of additional attractions, which included, among others, bathing in thermal pools, a trip to Segedin, visiting local workplaces by conference participants, there was also a trip to Budapest. Mutual relations between the local communities and their nurturing create an excellent opportunity to get to know each other’s cultures and languages, as well as to initiate economic and business contacts. They serve to exchange experiences in the fields of geothermal water, ecology and to discuss current issues and problems.

The Uniejów Municipality is also connected to Azerbaijan, on the basis of the cooperation agreement with the city of Naftalan. The word Naftalan is a combination of the Greek word “νάφθα”, referring to oil, and the Azerbaijani suffix “allan”, meaning to take. Naftalan resort is located 50 km from the ancient city of Ganja (Kirovabads), the second largest city in Azerbaijan, in a green area in a pine park, on the shore of an artificial lake. In the shady alleys of the park a wonderful comfortable atmosphere for rest and treatment has been created. Since 1926, and also during the Soviet times, such diseases as musculoskeletal, neurological, skin, gynaecological and urological diseases were treated here. At present, the spa provides treatment for more than seventy diseases⁴¹⁶.

⁴¹³ Ibid.

⁴¹⁴ *With a visit to Mórahalom*, <https://uniejow.pl/aktualnosci/z-wizyta-w-morahalom.html> (accessed 15.06.2020).

⁴¹⁵ Ibid.

⁴¹⁶ *Naftalan resort*, <http://www.naftalan-booking.com/kurortnaftalan-eng.aspx> (accessed June 22, 2020).

The partnership agreement between the cities was signed on the initiative of the Ambassador at the Gniezno Archbishops' Castle. It took place during the visit of the Azerbaijani delegation to Uniejów in 2016.

Grindavík is a town on the southwest coast of Iceland, on the Reykjanes peninsula, with a population of about 3000, including as many as 400 Poles⁴¹⁷. It is part of the municipality of Grindavíkurbær, in the region of Suðurnes. The town is located near the *Blue Lagoon* (*Bláa Lónið*), which is an Icelandic spa resort. The Blue Lagoon has an average temperature of 39°C (39°F), throughout the year. The warm seawater here is rich in minerals, such as silica, which have a healing effect on the skin. The water in the Blue Lagoon is completely replaced by the fresh one within 48 hours, which guarantees its purity. Blue Lagoon is not a natural spa and was established in 1976, next to the Svartsengi geothermal power plant⁴¹⁸. The spa does not only offer the opportunity to bathe in hot water to help treat psoriasis. The Blue Lagoon is also one of Iceland's most popular attractions, not least because of the beautiful milky blue matte colour of the water which contrasts amazingly with the surrounding black lava fields covered in green moss. The name Blue Lagoon, "Bláa Lónið", was first used in 1981 by Valur Margeirsson, a man who suffered from psoriasis and who bathed in the lagoon after receiving permission from a member of the geothermal power plant's board of directors. It is believed that the water in the Blue Lagoon is so beneficial for the skin because of the mixture of dissolved minerals, blue-green algae and bacteria that live only here. Besides silica, the water contains chloride, nitrite (which together form sea salt), and calcium. There are also traces of sulphur, carbonates, and magnesium⁴¹⁹.

Grindavík uses hot springs to produce electricity. Hot water used for heating and electricity comes from the nearby Svartsengi thermal power station. Grindavík and its surroundings therefore have similar traditions in the use of warm geothermal waters as Uniejów, including the spa. The cooperation between the Icelandic Grindavík and Uniejów is also focused on the exchange of experiences in the use of geothermal waters, environmental protection, and the rational use of natural resources. The agreement on mutual cooperation between Grindavík and Uniejów was signed on November 28, 2019 during the *IV Forum for Intelligent Development* in Uniejów. The signing of the partnership agreement sealed the cooperation that had started over a year earlier. "The solemn moment of putting signatures on the agreement took place during the evening Gala of the Polish *Intelligent Development Award 2019*⁴²⁰. On behalf of the guests,

⁴¹⁷ Guests from Iceland interested in cooperation with Uniejów, <https://uniejow.pl/aktualnosci/goscie-z-islandii-zaineresowani-wspolpraca-z-uniejowem.html> (accessed: 21.08.2020).

⁴¹⁸ Some say that the Blue Lagoon is an ecological disaster, but in the opinion of most people, its creation is a happy accident. The water in the lagoon is completely clean, there are no chemicals in it, only natural minerals which have proven to be very good for the skin of people taking baths. The water is constantly flowing into the lagoon and is completely replaced within 48 hours.

⁴¹⁹ Ibid.

⁴²⁰ Uniejów Commune with a new partner from Iceland, <https://uniejow.pl/aktualnosci/gmina-uniejow-z-nowym-partnerem-z-islandii.html> (accessed: 21.08.2020).

the agreement was signed by the Mayor of Grindavik - Fannar Jonasson, and from the side of the municipality by Mirosław Madajski, Chairman of the City Council. On this occasion, on the first day of the *Intelligent Development Forum* in Uniejów, a Polish-Icelandic panel entitled *Uniejów and Grindavik - how do we use geothermal energy* took place. During the meeting the participants were introduced to the beauty of Iceland. It was possible thanks to the presentation of the journalist and traveller - Piotr Mikołajczak, and the speech of the Mayor Fannar Jonasson. The Icelandic experience in the field of geothermic (a system for producing clean electricity based on very efficient geothermal water resources), was presented by Dr Guojón Helgi Eggertsson, a geologist working in the local HS Orka power plant. The first steps of Uniejów in this field were presented by Kamil Matolicz from Energetyka Uniejów⁴²¹.

The cooperation of both local governments is mainly based on mutual visits, which are an excellent opportunity to exchange experiences and good practices. Delegations from Iceland have already visited Uniejów twice: in April and October 2018, representatives of Uniejów also visited Iceland twice⁴²². Although the Icelanders have richer experience in the use of geothermal energy, the stay of the guests from the partner's local government in Uniejów (e.g. in April 2018), and especially in the complex of Uniejów Thermal Baths and Uniejów Geothermal, where they had the opportunity to see the technological solutions used in the Uniejów health resort, proved to be very interesting⁴²³.

It is worth adding that in 2018, on the time of the 100th anniversary of Poland's regaining independence, representatives of the city of Grindavik together with other representatives of Uniejów's partner cities and regions, on the occasion of participation in the *International Economic Mission*, commemorated this important event for the history of our country by planting more oaks of memory in the "Avenue of Oaks in Uniejów"⁴²⁴.

The commune of Uniejów, together with the partner commune of Grindavik from Iceland, have also started cooperation which will result in the realisation of the international project entitled *Uniejów - Grindavik: we take on the climate*. The project aims at showing how one can fight the effects of climate change. It is entirely financed with external resources from the National Fund for Environmental Protection and Water Management. Children and youths from both mentioned partner communes will take part in the project. Primary School in Uniejów was selected to participate in the project. On the Polish side 300 students of different ages will participate in the project. The cooperation assumes carrying out study visits, two of which will take place in Uniejów and one in Grindavik. The students will

⁴²¹ Ibid. See also. 4th International Forum on Smart Growth, <https://uniejew.pl/aktualnosci/iv-miedzynarodowe-forum-inteligentnego-rozwoju.html> (accessed 21.08.2020).

⁴²² Uniejów has signed a partnership agreement with another foreign city, https://uniejew.net.pl/pl/11_wiadomosci/2426_uniejow-podpisal-umowe-partnersk-z-kolejnym-zagranicznym-miastem.html (accessed: 21.08.2020).

⁴²³ Guests from Iceland interested in cooperation with Uniejów, <https://uniejew.pl/aktualnosci/goscie-z-islandii-zaineresowani-wspolpraca-z-uniejowem.html> (accessed: 21.08.2020).

⁴²⁴ Uniejów Avenue of Oaks for the 100th Anniversary of Poland's Independence, <https://uniejew.pl/aktualnosci/uniejowska-aleja-debow-na-100-lecie-niepodleglosci-polski.html> (accessed August 21, 2020).

prepare for their participation during additional classes, the so-called climate classes. On the basis of the knowledge they gain, they will share their observations and experiences with their peers from Iceland.

A large garden has also been designed at the primary school, with special plants that do not require large amounts of water and devices that collect and effectively use rainwater for irrigation. There will be an educational path, a graduation tower, and a gazebo with a green roof. The garden will also be opened for residents and tourists. By walking along the educational path one can see that despite water scarcity, it is possible to create a beautiful green area without using huge amounts of tap water. The school has also designed a modern and well-equipped climate laboratory where students will be able to observe and analyse information about climate, nature and renewable energy sources on computer screens and under microscopes⁴²⁵.

The spa town of Truskavets (ukr. Трускавець), is located in the Lviv region (Western Ukraine). Truskavets is located 640 kilometres from the capital - Kiev, 90 kilometres from Lviv, and 9 kilometres from the regional capital Drohobych. Truskavets is a health resort rich in healing mineral waters, with fourteen natural springs, including the unique *Naftusia spring* with calcium-magnesium bicarbonate water ⁴²⁶.

The locals were familiar with the healing properties of the local springs, which had been known to them for centuries, but they were only officially mentioned in 1578 by the royal court physician Wojciech Oczko. Interesting information about Truskawiec is given by R. Żonczyński in his textbook *Natural History*, in which he describes that in Borysław, Drohobycz, and Truskawiec oil was extracted, and water from natural springs with a specific smell was drunk by peasants and it cured them of many ailments⁴²⁷. The discovery of Truskavets healing mineral waters took place only at the beginning of the 19th century. In 1801, Balthasar Hacquet, a professor of natural history at Lvov University, examined the springs, and in 1820, an Austrian official stated that there was a rich sulphurous spring in Truskavets, which was used for therapeutic baths by patients accommodated in rural cottages⁴²⁸. In 1827, the treasury board allowed for the addition of several rooms for patients to the local inn, which became the beginning of the spa⁴²⁹. It is worth mentioning that between 1835 and 1849, a Lviv chemist and pharmacist, Teodor Torosiewicz, thoroughly examined and described Truskawiec healing waters. In 1836, the first regular spa facility with baths was built in Truskavets (it was owned by the government), and in 1849, the position of spa physician was created. Before World War II, the town was within the borders of the Second Polish Republic, and that is when the

⁴²⁵ Based on source material provided by the unit under study.

⁴²⁶ Truskavets, <http://inwestukraine.org.ua/pl/geografia-projektow/truskawiec/> (accessed August 25, 2020).

⁴²⁷ Rąkowski G., *Ukraińskie Karpaty i Podkarpacie, część zachodnia. Przewodnik krajoznawczo-historyczny*, Oficyna Wydawnicza „Rewasz”, Piastów 2013, p. 216.

⁴²⁸ Ibid.

⁴²⁹ Ibid.

real fashion for Truskawiec started. At that time it was the youngest, but at the same time very fashionable health resort. Since 1935, the therapeutic season was extended to the whole year. In the interwar period Truskavets was counted among the most popular spas in the country. No wonder that almost the whole elite of the Second Polish Republic and Europe of that time used to come here. During World War II, under the Nazi occupation, the Germans turned Truskavets into a hospital where they treated wounded German soldiers from the Eastern Front. In 1991, the resort found itself within the borders of independent Ukraine, and after the crisis of the early nineties, at the turn of the century the place began to revive. Today Truskavets is a true pearl of Western Ukraine, and the verses of a pre-war song encourage to visit the resort: *Who wants to have health and strength / This must be in Truskavets; / Who wants to be beautiful and nice / This must drink Naftusia*⁴³⁰.

In Truskavets there are three basic factors influencing the uniqueness of this place in terms of healing: climate and air cleanness, healing waters, and ozokerite. The most world-known unique water is the water from the spring called *Naftusia*, the so-called “living water”⁴³¹. It is the main destination of visitors to the spa. The name *Naftusia* is not accidental and obviously comes from the kerosene extracted from the numerous surrounding oil fields. Therefore, water from the local springs has a characteristic, recognizable taste of kerosene. This is the only water with such a composition in Europe. To taste water with similar chemical properties, you have to go all the way to Paraguay. An interesting fact is that it can be drunk only on the spot, because two hours after extraction it loses its medicinal properties⁴³². It is used to treat many diseases and illnesses. *Naftusia*, among other things, is suitable especially for treatment of liver and bile ducts diseases, lowers cholesterol and bilirubin level in blood, also prevents formation of kidney stones, has diuretic properties, also normalizes urine pH, increases activity of digestive tract and pancreas, normalizes the metabolism of fats, carbohydrates and proteins, restores liver cells, promotes the excretion of radionuclides, toxins and oxidized products of metabolism from the body, normalizes the immune system, increasing the immunity of the body, reduces the risk of oncological diseases⁴³³. As time went by, other sources were discovered in Truskavets: *Maria*, *Sofia*, *Bronislava*, *Józia*, *Edward*, *Ferdinand*, *Emmanuel* and *Anna*. In spa treatment in Truskavets, ozokerite, also called earth wax that can only be found in few places on earth, is also used. Ozokerite has anti-inflammatory, analgesic, antispastic, desensitizing effects, it stimulates the regeneration processes (renewal), of the skin, and accelerates the healing of wounds. It also soothes all injuries of the motor system.

⁴³⁰ Czajkowski P., *Truskawiecka „Naftusia” - history eternally alive*, Wędrowiec Świętokrzyski, Monthly magazine of the Świętokrzyskie Voivodship Office in Kielce, no. 130, June, 2017, p. 5.

⁴³¹ *Naftusia in Truskavets*, <https://truskavets.ua/pl/mineralni-vody-pl> (accessed August 25, 2020).

⁴³² Czajkowski P., *Truskavets „Naftusia” ...*, op. cit., p. 4.

⁴³³ *Naftusia in Truskavets*, <https://truskavets.ua/pl/mineralni-vody-pl>; Truskavets. Guidebook and city plan, <http://pttkzarnow.pl/galeria/2019/truskawiec/broszura2.pdf> (accessed August 25, 2020).

In 2016, Uniejów Health Resort, together with its Ukrainian partner Truskavets, took part in the *Tour Salon* tourism fair in Poznań. Both cities presented themselves at a joint stand. The inhabitants of the capital of Wielkopolska, as well as numerous visitors had an excellent opportunity to admire the attractions of the Uniejów health resort and Truskawiec. *Tour Salon* turned out to be an excellent meeting place for travel enthusiasts. The visitors could learn about the culture, traditions, and cuisine of the event participants⁴³⁴.

The cooperation between Uniejów and Truskawiec is based on the exchange of mutual experiences and so-called good practices. An example can be the participation of the delegation from Truskavets, among others, in the *International Economic Mission* in Uniejów (25-27 August 2017). In addition to representatives of Truskavets, the event was also attended by representatives of other partner cities, including the spa town of Mórahalom. Events of this kind are an excellent opportunity for participants to get to know each other better and exchange experiences. During the conference which began the mission, local government officials, entrepreneurs and investors presented the tourist and economic advantages of the regions they came from. It was also very valuable to discuss examples of previous cooperation with the host of the meeting⁴³⁵.

In addition, representatives of the spa twin towns participate in numerous events: conferences, meetings, study visits, e.g. a study visit in July 2017 to Uniejów with the participation of Mórahalom (Hungary), and Truskavets (Ukraine). Its main objective was to promote the economic advantages of Uniejów and the Lodz region. During the conference there were international economic presentations of partner cities⁴³⁶.

Representatives from Uniejwa's partner towns: Mórahalom and Naftalan, as well as from the Icelandic town of Grindavik participated in such events as:

- Economic mission titled "*Presentation of the economic potential of entrepreneurs from the Łódź region in various industries on the international arena*", co-financed by the Regional Operational Programme of the Łódź Province for 2014-2020 - 17-22 October 2018. The purpose of this event was to exchange experience in various fields of economy, including primarily tourism, energy and environmental protection, and to promote the Lodz Province. Representatives of the friendly towns of Mórahalom, and Grindavik shared their experiences in the field of renewable energy sources and senior policy⁴³⁷. The program also included a photo exhibition presenting the architecture of the capital of Azerbaijan - Baku and the partner city of Uniejów - Naftalan, as well as the film "Ali

⁴³⁴ *Uniejów at TOUR SALON*, <https://uniejow.pl/aktualnosci/uniejow-na-targach-tour-salon.html> (accessed: 25.08.2020).

⁴³⁵ *August economic mission in Uniejów*, <https://uniejow.pl/aktualnosci/sierpniowa-misja-gospodarcza-w-uniejowie.html> (accessed: 25.08.2020).

⁴³⁶ *Uniejów connects*, <https://uniejow.pl/aktualnosci/uniejow-laczy.html> (accessed 25.04.2020).

⁴³⁷ *Foreign partners with economic mission in Uniejów*, <https://uniejow.pl/aktualnosci/zagraniczni-partnerzy-z-misja-gospodarcza-w-uniejowie.html> (accessed: 25.04.2020).

and Nino”, made available by the Embassy of Azerbaijan in Poland. The exhibition was prepared on the occasion of the 100th anniversary of Azerbaijani Independence. On this occasion, Ambassador of the Republic of Azerbaijan in Poland - Hasan Hasanov attended the meeting⁴³⁸;

- The laying of the foundation stone for the expansion of the thermal pools, which took place on 18 October 2018. Representatives of Uniejów’s partner cities: the Azerbaijani Naftalan, the Icelandic Grindavik and the Hungarian Mórahalom put their signatures on the Foundation Act⁴³⁹.

The development and promotion of health tourism is an important aspect of the international cooperation of Uniejów with partner communes and regions, also those of a spa nature. Mutual cooperation helps in the exchange of experience in the field of geothermal water utilisation and also, what is equally important, supporting activities for the benefit of environmental protection and rational use of natural resources. Establishing and nurturing direct contacts between local communities gives an opportunity to get to know their cultures and languages and to initiate economic and business contacts more easily. A special attraction for children and young people are undoubtedly school exchange trips and participation in cultural, sport, artistic and educational events at foreign health resort partners.

3.5. Cooperation of Świnoujście Municipality with the German Municipality of Heringsdorf

The municipality of Heringsdorf is situated on the German part of the island of Usedom. Since December 23, 2004, it consists of three towns: Ahlbeck, Heringsdorf and Bansin. They are well-known tourist resorts, famous for their unique 19th century spa architecture⁴⁴⁰. The area of the municipality covers 37.45 km²⁴⁴¹. Until 2006, it was called *Dreikaiserbäder*, which translates into *Three Emperors’ Spas*. The municipality lies on the eastern side of the island and borders with the town of Świnoujście. The first preserved information about the existing ferry crossing on the Swina River comes from the beginning of 13th century.

The agreement on co-operation with Heringsdorf was signed on 6 November 2007 in Świnoujście. The informal cooperation with Heringsdorf, a German commune located on the other side of the border, has existed for many years and has been more and more intensive⁴⁴². The cooperation of the seaside towns: The cooperation of the Świnoujście Municipality and the German Heringsdorf Municipality is bringing back the years of splendour of the health resorts called Kaiserski. At present, it is carried out on the level of local government, as well

⁴³⁸ Ibid.

⁴³⁹ *Laying the Foundation Stone for the expansion of thermal pools*, <https://uniejow.pl/aktualnosci/wmurowanie-kamienia-wegielnego-pod-rozbudowe-basenow-termalnych.html> (accessed 25.04.2020).

⁴⁴⁰ Based on source material provided by the unit under study.

⁴⁴¹ *Municipality of Heringsdorf*, <http://www.swinoujscie.pl/pl/contents/content/303/1265> (accessed 16.06.2020).

⁴⁴² Based on source material provided by the unit under study.

as institutions and non-governmental organisations. It includes activities in the field of social issues, education, tourism, culture, sports and above all, cross-border infrastructure projects.

The result of this mutual cooperation is the UBB railway (the Usedom health resort railway), a cross-border transport project linking German health resorts along the Baltic coast with the Polish town of Świnoujście (Świnoujście Centrum station). It is the only such route in Europe. It is the first time that a railway has been built and financed to create a route in another country and to operate it - according to German regulations and tariffs. A subsidiary company UBB Polska sp. z o.o., based in Swinoujscie, was established and took over the function of the route operator. The official opening of the railway took place on 20 September 2008. On the trains and along the route as far as Züssow all the signs are in both Polish and German, which makes it much easier for passengers from both countries to find their way around. Furthermore, the UBB website and all leaflets are available in Polish and German. The UBB railway is a very popular mean of transport, and above all, a local attraction for tourists⁴⁴³.

A real pride of Świnoujście is the longest transboundary pedestrian and bicycle route in Europe. The project was co-financed from EU funds. The "European Promenade" is a cross-border transportation project consisting in building and connecting a pedestrian route and a bicycle route running from Świnoujście through the state border to Ahlbeck, then through Heringsdorf to Bansin. It is Europe's longest cycling and walking route with a length of around 12 km, and was opened to the public in August 2011. It runs along the coast which makes it a very picturesque route. Along the promenade there is a tourist infrastructure: parking places, toilets and at the very border - a viewing platform. In the middle of the promenade there is a steel tape marking the location of the former border between Germany and Poland. There is also a steel arch, the so-called the "buckle" that is a symbol of unity between the two nations - Polish and German. The Promenade has also become a meeting place for thousands of tourists who pass or drive through it throughout the year, and the "buckle" is usually the background for souvenir photos. The European Promenade is part of the Eurovelo bicycle route - a network of long-distance bicycle paths in Europe. An important feature of this project is the use of energy from renewable sources - along the entire route there are various solar panels, powering the lighting of the promenade.

Another project is the creation of kindergarten No. 11 with integration branches within the cross-border project entitled "Three Kindergartens - Two Languages - One Way". The aim of the project was to create and develop Polish-German cooperation between three-day care centres for bilingual children. The aim of the project was to create and develop German-Polish cooperation between three day-care centres for bilingualism in the border region in order to promote early multilingualism. By building day-care centres in Heringsdorf, Świnoujście and Zinnowitz, the conditions were improved for meeting the demand for a supra-regional

⁴⁴³ Based on source material provided by the unit under study.

educational offer. Children learning the language of their neighbours are also introduced to their culture. Numerous events are held to promote bilingual education, such as joint project weeks, sports days, art workshops, language and leisure activities. Language teaching and the acquisition of cultural competences are based on the pedagogical principle of immersion. Polish and German children experience and learn a different culture, history and language. Fostering a European and cosmopolitan consciousness from an early age is an important step towards understanding between nations⁴⁴⁴.

As part of good neighbourly relations between the municipalities, for several years, during the winter holidays pupils from Świnoujście can use an artificial ice rink in Heringsdorf free of charge. Since Świnoujście does not have an artificial ice rink, the offer of the German neighbours is a good supplement. Similarly, the offer of Term Bałtyckie (Baltic Baths), i.e. a complex of brine baths and saunas located in Ahlbeck, is prepared and addressed to the inhabitants of Świnoujście and tourists.

Another good example of mutual cooperation between the two municipalities is the Usedom Music Festival, an international classical music festival which has been held on the island of Usedom since 1994. The festival is dedicated to the countries of the Baltic Sea, and each year the theme is the music and works of a different country. It lasts for three weeks, always at the end of September and the beginning of October, and concerts are held at various venues and towns all over Usedom. In historic churches, picturesque castles and villas, in galleries and also in the Imperial Hotels, the musical wealth of the countries and regions which are linked by the Baltic Sea resounds between forests, waves and meadows. The concerts are part of the cultural life of the island. Many eminent artists have taken part in the festival, such as Krzysztof Penderecki, Wojciech Rajski, Ewa Kupiec, Piotr Pławner and many others. The Usedom Music Festival is one of the most important musical events in the region's calendar⁴⁴⁵.

The unique cross-border location of Świnoujście contributes to building interpersonal relations between the neighbouring nations. Poles often take up jobs with their German neighbours. Germans visit Świnoujście and rest on the Polish side of the border, willing to use the offered hotel base and other services. Poles also go and visit their western neighbours. Such informal meetings are a great opportunity to get to know each other, learn languages and bring both cultures closer.

3.6. Ustron's cooperation with foreign health resort partners

For many years Ustroń has been cooperating with several European towns, three of which are spa communities. These are: Ujbuda - XI. District of Budapest, the capital of Hungary, Piešťany in Slovakia, and Luhačovice in the Czech Republic.

⁴⁴⁴ Based on source material provided by the unit under study.

⁴⁴⁵ Based on source materials provided by the studied unit and: *Polish Świnoujście and German Heringsdorf - two countries, a common island*, <https://www.prawo.pl/samorzad/polskie-swinoujscie-i-niemiecki-heringsdorf-dwa-kraje-wspolna-wyspa,96034.html> (accessed: 16.06.2020).

The spa town Piešťany is situated at the foot of Považský Inovec mountain chain in the northern part of the Dolné Považie region. It gained its fame thanks to the discovery of geothermal waters and therapeutic sulphuric mud. Piešťany mud (sulphurous mud), and mineral thermal water have exceptional properties for the treatment of diseases of the locomotive organs and are something unique not only in Europe, but also in the world. The phenomenon of self-renewal of the medicinal mud reserves as a product of the interaction of the Váh river, its sediments and the mineral waters is extraordinary⁴⁴⁶.

Luhačovice Lázně is the fourth largest spa in the Czech Republic and is considered one of the most beautiful spas in the country. It is located in the south-eastern part of the country and is famous for its mineral waters (14 springs, including one with sulphurous water), which are used for therapeutic purposes, including drinking cures, inhalations, and balneological procedures. Upper and lower respiratory tract diseases, gastrointestinal tract diseases, locomotive organs diseases and diabetes are treated here⁴⁴⁷.

Budapest is the only European capital, which is also a thermal spa. In comparison with other spas situated on our continent, the capital of Hungary distinguishes itself by large number of healing spas. Budapest is one of the biggest spa resorts in Europe. The spa status was granted to the city in 1934 By the International SPA Congress.

However, the healing properties of the local waters have been known for thousands of years. In 1934, the International Spa Congress moved its headquarters to Budapest, granting the city the status of a spa⁴⁴⁸. The most famous groups of springs in the Hungarian capital include cold karst waters from the northern Buda, thermal waters from Margaret Island and from the surroundings of Gellérta Hill. They all belong to the hydrocarbon waters, and the sulphate and chlorosulphate waters are considered the most valuable.

Ustroń cooperates with other cities on many levels: the mayors of partner towns meet regularly during important events, such as: town days, the opening of the spa season or European meetings of partner towns. Young people take part in the European Youth Forum, concerts of young talents and sports competitions.

Artistic cooperation includes joint vernissages, open-air painting workshops, performances by brass bands, choirs and musical ensembles. International meetings of seniors and ladies from Rural Housewives' Circles are held. Moreover, within the framework of cooperation many sports events are organized, e.g. oldboys' football tournaments, table tennis or cycling races⁴⁴⁹.

For the annual harvest festival organized in Ustroń, held on the third weekend of August, partner cities are invited, including spa partners from abroad. In 2014, for example, there

⁴⁴⁶ *Piešťany Spa*, <https://slovakia.travel/pl/uzdrowisko-piestany> (accessed 17.06.2020).

⁴⁴⁷ *Luhačovice Lázně*, <http://www.karpatia.pl/filtry.php?cat=luhacovice-lazne> (accessed 17.06.2020).

⁴⁴⁸ Pawelek E., *Most interesting baths and thermae in Budapest*, <https://podroze.se.pl/swiat/europa/wegry/budapeszt/najciekawsze-kapieliska-w-budapeszcie-przegląd-informacje-praktyczne/4795/> (accessed 17.06.2020).

⁴⁴⁹ Based on source material provided by the unit under study.

was a visit of representatives of the XI. District of Budapest (Ujbuda) at the Ustroń Harvest Festival. Ustroń is also famous for the Festival of Partner Cities. In 2006, it was held with the participation of the Zalesie band from the town of Luhačovice in the Czech Republic, the L. Janacek Choir from the same town, Akrobatikus Rock and Roll Dance from Budapest (from the Ujbuda district), and the Snecznica group from the town of Pieszczany in Slovakia. In June 2016, an International Football Tournament was organized in Ustron, in which the first place was won by a team from the village of Piestany, the second place was won by a team from Ustron, and the third place was won by Luhačovice. At the end of August 2016, an exhibition of photographs by artists from the town of Piestany took place. On 10-12 November 2017, representatives of the Ustroń City Hall took part in the City Days in the 11th district of Budapest (Ujbuda). In 2019, there were trips to the opening of the spa season to Luhacovice 10-12 May 2019, and to the town of Piestany 31 May-2 June 2019⁴⁵⁰.

⁴⁵⁰ Based on source material provided by the unit under study.

Part II
Synthesis of the results
questionnaire survey health resort
communes in Poland

Chapter 4. Health Resort Municipalities in Poland - a comparative analysis

4.1. Preliminary remarks

This part of the publication was prepared on the basis of the *Report from the survey "Diagnosis of health resort communes in Poland"* that is a summary of the results of the survey prepared and conducted in the field conditions by the National Institute of Local Self-Government (NIST), based in Łódź. The survey was conducted using CATI technique (telephone assisted questionnaire interview), in the period May-June 2020 by NIST employees. The methodology for this study, along with the survey questionnaire, was developed by the NIST team. *The diagnosis of health resort communes in Poland* was assumed to be a complete survey, and indeed, it covered almost all health resort communes in Poland. In the analyses the commune of Wieliczka was excluded (due to the specific character of the health resort located in its area - in Wieliczka Salt Mine, since 2011, it is the only health resort sanatorium in Poland that has been operating in an excavated underground mine). The municipality of Niemcza, which took part in the study, was also excluded, however, due to the fact that the Przerzeczyn-Zdrój health resort existing in its area has been closed since 2017, it was not taken into account in the summary tables. The study also excluded localities that have the status of a health resort protection area: Frombork, Latoszyn, Skierniewice-Maków, Czarny Dunajec, Lidzbark Warmiński, Miłomłyn, Kazimierza Wielka, and Górowo Iławeckie.

The report of the study, as well as this chapter, are complementary studies in relation to the statistical analysis of spa activities, which is prepared annually by the Central Statistical Office in the reports *Health and health care in 2018* (and earlier editions), as well as in

relation to the study: Jakóbk K. (ed.), *Lecznictwo uzdrowiskowe w Polsce w latach 2000-2010*, GUS, Warszawa 2011. As a source of data, mainly the results of the referred study were used, as well as generally available sources, including studies of the Central Statistical Office, data of the Ministry of Health (<https://www.gov.pl/web/zdrowie/lecznictwo-uzdrowiskowe>), as well as the results of an internet search. The full version of the report is available on the website of the National Institute for Local Self-Government, section Research and Reports⁴⁵¹.

4.2. Health Resort Municipalities - Synthesis

Act of July 28, 2005, on health resort treatment, health resorts and health resort protection areas, and on health resort communes (Dz. U. of 2005, No. 167, item 1399), defines a health resort as the area where health resort treatment or rehabilitation is carried out, separated in order to use and protect the natural medicinal resources located in its area. If the requirements mentioned above are fulfilled, the area is granted the status of a health resort.

According to this definition, there are currently (July 2020), 45 health resorts in Poland in 43 municipalities (map 46).

⁴⁵¹ Wiktorowicz J., *Study Report „Diagnosis of health resort communes in Poland”*, Research and Reports, No. 10, NIST, Łódź 2020, https://www.nist.gov.pl/files/zalacznik/1602497435_BADANIA%20I%20RAPORTY%2010%20_2020.pdf.

Map 46. Geographical distribution of health resorts in Poland



Source: CSO (2019), Health and health care in 2018, Central Statistical Office, Warsaw, p. 62.

Taking into account regional location, two provinces stand out - Dolnośląskie and Małopolskie, in each of them 10 health resorts operate concurrently. Health resorts are also quite numerous in Zachodniopomorskie (5), Podkarpackie (4) and Kujawsko-Pomorskie (3). On the other hand, in three provinces - Opolskie, Lubuskie and Wielkopolskie - no health resorts can be distinguished. There is also a fairly strong concentration of health resort activity in two districts - Kłodzko (5 spas), and Nowy Sącz (4 spas).

Spa traditions date back even several hundred years in some cases. 16 health resorts indicate the 18th century or an earlier date (even the middle of the 2nd millennium), as the

beginning of their operation. Also 16 municipalities date back to the 19th c. The youngest health resort, however, is Uniejów.

The borders of the area granted the health resort status coincide with the administrative borders of communes, towns or ancillary units of communes (Article 33 (1) of the Act of 28 July 2005 on health resort treatment, health resorts and health resort protection areas, and on health resort communes; Journal of Laws of 2005, No. 167, item 1399). The smallest health resort municipality is the urban municipality of Świeradów-Zdrój (4,100 inhabitants), where two health resorts are located: Świeradów-Zdrój and Czerniawa-Zdrój. Nearly half (18 out of 42), of the spa municipalities are inhabited by fewer than 10 thousand people, and just over a third (14) - from 10 to 20 thousand people. The only health resort commune with a population of over 100,000 (779,115) is the city with district rights, Kraków, where Swoszowice health resort is located. Similarly to the majority of municipalities in Poland, 2/3 of the spa municipalities (29) are facing the problem of depopulation. In some of the communes, the fall in population in comparison with 1995 reaches a dozen or comparable percentages, and in Duszniki-Zdrój, Sopot, and Świeradów-Zdrój it is almost 20%.

According to geographical location, the distribution of municipalities is as follows:

- lowland spas (16): Augustów, Busko-Zdrój, Ciechocinek, Goczałkowice-Zdrój, Gołdap, Horyniec-Zdrój, Inowrocław, Konstancin Jeziorna, Krasnobród, Nałęczów, Polczyn-Zdrój, Solec-Zdrój, Supraśl, Swoszowice, Uniejów, Wieniec-Zdrój,
- seaside spas (6): Dąbki, Kamień Pomorski, Kołobrzeg, Ustka, Sopot, Świnoujście,
- mountain spas (14): Cieplice, Czerniawa-Zdrój, Długopole-Zdrój, Duszniki-Zdrój, Iwonicz-Zdrój, Kudowa-Zdrój, Muszyna, Piwniczna-Zdrój, Polanica-Zdrój, Polańczyk, Rymanów-Zdrój, Szczawno-Zdrój, Ustroń, Wapienne,
- mountain spas (8): Jędrzejów, Łądek-Zdrój, Krynica-Zdrój, Rabka-Zdrój, Szczawnica, Świeradów-Zdrój, Wysowa-Zdrój, Żegiestów-Zdrój.

Additionally, as mentioned, the Wieliczka health resort functions as a separate category - a sanatorium in an arranged mine workings.

The majority of municipalities obtained the status of a health resort community on the basis of diverse natural resources (mixed type) - this applies to the 27 health resorts currently in operation. These resources are usually based on a combination of mud or climatic conditions with other resources (especially brine and/or therapeutic waters). The Przerzeczyn-Zdrój health resort was also characterised by mixed resources (it was a health and climate resort). Both mud and brine often co-exist with other natural resources of health resorts, and 21 localities base their health resort status on waters. Similarly, climatic conditions are an important therapeutic resource in 23 health resorts. Geothermal waters were indicated in only one location (Uniejów), similarly only one health resort (Wieliczka), derives therapeutic benefits from underground resources - the microclimate of salt chambers. In their activities, health resorts use not only their own natural resources.

In 2020, health resorts in Poland mainly operated as health resort sanatoria for adults - only in two localities (Jedlina-Zdrój and Wieliczka), this form of treatment was not indicated, although there is a rehabilitation and balneology centre in Jedlina-Zdrój, and an underground sanatorium for adults in Wieliczka. In 32 health resorts there are health resort hospitals for adults, and in 19 - health resort outpatient clinics (ambulatories). Only a few facilities run treatment centres for children. Only seven health resorts operate as sanatoria for children, and four health resort hospitals for children. In two health resorts (Ciechocinek and Rymanów-Zdrój), there are both sanatoria and health resort hospitals for children, while in Kołobrzeg and Swoszowice - only health resort hospitals, and in Dąbki, Krasnobród, Kudowa-Zdrój, Świnoujście and Ustka - only sanatoria for children. Diversification of the offer from this point of view is also quite high in some resorts. For example, the largest number, i.e. four types of facilities (out of the seven types found in Poland), are located in nine localities - these are: Ciechocinek, Długopole-Zdrój, Iwonicz-Zdrój, Kołobrzeg, Krasnobród, Łądek-Zdrój, Rabka-Zdrój, Rymanów-Zdrój, Szczawno-Zdrój.

Another important characteristic of health resorts is the directions of treatment carried out in them. Their list is presented in Table 2. The coloured boxes (again), indicate those areas which refer to a particular health resort based on declarations of representatives of health resort communes. It should be added that in Przerzeczyn-Zdrój three directions of treatment were indicated, i.e. orthopaedic and traumatic diseases, rheumatologic diseases, and nervous system diseases.

Table 2. Curative directions of health resorts in Poland in 2020

	Orthopaedic and traumatic diseases	Rheumatological diseases	Cardiovascular diseases and hypertension	Diseases of the upper respiratory tract	Diseases of the lower respiratory tract	Diabetes	Obesity	Endocrine diseases	Diseases of the nervous system	Peripheral vascular diseases	Diseases of the digestive system	Osteoporosis	Skin diseases	Women's diseases	Kidney and urinary tract diseases	Diseases of the blood and blood-forming system	Diseases of the eye and eye adnexa	Oncological diseases	Other
Augustów																			
Busko-Zdrój																			
Ciechocinek																			
Cieplice																			

	Orthopaedic and traumatic diseases	Rheumatological diseases	Cardiovascular diseases and hypertension	Diseases of the upper respiratory tract	Diseases of the lower respiratory tract	Diabetes	Obesity	Endocrine diseases	Diseases of the nervous system	Peripheral vascular diseases	Diseases of the digestive system	Osteoporosis	Skin diseases	Women's diseases	Kidney and urinary tract diseases	Diseases of the blood and blood-forming system	Diseases of the eye and eye adnexa	Oncological diseases	Other
Czarniawa-Zdrój																			
Dąbki																			
Długopole-Zdrój																			
Duszniki-Zdrój																			
Goczałkowice-Zdrój																			
Gołdap																			
Horyniec-Zdrój																			
Inowrocław																			
Iwonicz-Zdrój																			
Jedlina-Zdrój																			
Kamień Pomorski																			
Kolobrzeg																			
Konstancin-Jeziorna																			
Krasnobród																			
Krynica-Zdrój																			
Kudowa-Zdrój																			
Lądek-Zdrój																			
Muszyń																			
Nałęczów																			
Piwniczna-Zdrój																			
Polańczyk																			
Polanica-Zdrój																			
Połczyn-Zdrój																			
Rabka-Zdrój																			
Rymanów-Zdrój																			

	Orthopaedic and traumatic diseases	Rheumatological diseases	Cardiovascular diseases and hypertension	Diseases of the upper respiratory tract	Diseases of the lower respiratory tract	Diabetes	Obesity	Endocrine diseases	Diseases of the nervous system	Peripheral vascular diseases	Diseases of the digestive system	Osteoporosis	Skin diseases	Women's diseases	Kidney and urinary tract diseases	Diseases of the blood and blood-forming system	Diseases of the eye and eye adnexa	Oncological diseases	Other
Solec-Zdrój	x	x							x			x	x						
Sopot	x	x	x		x				x			x							
Supraśl		x		x			x		x										
Świeradów-Zdrój	x	x			x	x				x		x	x	x					
Świnoujście	x	x	x		x		x	x	x			x	x	x					
Swoszowice	x	x										x	x						
Szczawnica	x	x		x	x	x			x		x				x				
Szczawno-Zdrój	x	x			x	x					x	x			x				
Uniejów	x												x						
Ustka	x	x	x	x				x	x										
Ustroń		x	x	x	x	x			x	x			x					x	
Limestone	x	x																	
Wieniec-Zdrój	x	x	x		x		x		x										
Wysowa-Zdrój	x	x		x	x	x			x	x	x	x	x		x	x			
Żegiestów-Zdrój		x									x				x				

x - not applicable.

Source: NIST study.

In almost all spas (40), spa parks are present (this does not apply only to spas: Polanica-Zdrój, Sopot, Supraśl, Wapienne and Wieliczka). A significant proportion of health resorts also use spa pump rooms (32), and/or therapeutic and rehabilitation spa pools (31). Almost half of the spas (20), have kinesitherapy paths, and 17 have graduation towers. The widest range of offer can be found in Ciechocinek, only slightly narrower - in health resorts: Inowrocław, Iwonicz-Zdrój, Kołobrzeg, Rabka-Zdrój, Solec-Zdrój and Wysowa-Zdrój. It should be added that in Przerzeczyn-Zdrój two types of health resort infrastructure were indicated, i.e. health resort parks, and therapeutic and rehabilitation health resort swimming pools.

Table 3. Spa treatment facilities and the number of units implementing contracts with the NFZ, ZUS, KRUS and other entities in 2020

Spa	Spa treatment facilities								Number of spa facilities implementing agreements with NFZ, ZUS, KRUS and other entities			
	Spa pump rooms	Graduation Towers	Spa parks	Kinesitherapy paths	Developed sections of the seacoast	Curative and rehabilitation spa pools	Underground installations and mine workings	Other	NFZ	ZUS	KRUS	Other
Augustów									1	2		
Busko-Zdrój									13		1	
Ciechocinek									25	3		16
Cieplice									2	2		
Czarniawa-Zdrój									3	3		
Dąbki									6			3
Długopole-Zdrój									5			
Duszniki-Zdrój									2			
Goczałkowice-Zdrój									2			
Gołdap									2	2	2	
Horyniec-Zdrój									3	3	1	
Inowrocław									5			
Iwonicz-Zdrój									7	2	1	4
Jedlina-Zdrój									1	1		
Kamień Pomorski									1	1		
Kolobrzeg									17			
Konstancin-Jeziorna									5			
Krasnobród									1			
Krynica-Zdrój									14			
Kudowa-Zdrój									2			
Lądek-Zdrój									2	1		2
Muszyzna									3	2		
Nałęczów									5	2		5
Piwniczna-Zdrój									1			

Spa	Spa treatment facilities								Number of spa facilities implementing agreements with NFZ, ZUS, KRUS and other entities			
	Spa pump rooms	Graduation Towers	Spa parks	Kinesitherapy paths	Developed sections of the seacoast	Curative and rehabilitation spa pools	Underground installations and mine workings	Other	NFZ	ZUS	KRUS	Other
Polańczyk									5			
Polanica-Zdrój									7			
Połczyn-Zdrój									5	2		1
Rabka-Zdrój									3	3		3
Rymanów-Zdrój									1	1		
Solec-Zdrój									1			
Sopot									3	1		
Supraśl									1	1	1	
Świeradów-Zdrój									1	1		
Świnoujście									18			
Swoszowice									1			
Szczawnica									5	2		1
Szczawno-Zdrój									2	2		2
Uniejów									1			
Ustka									2			
Ustroń									2	3		1
Limestone									1			3
Wieniec-Zdrój									1	1		
Wysowa-Zdrój									3	2		1
Żegiestów-Zdrój									1			

In the left part of the table, the pink colour indicates the type of entity, the number given refers to the number of establishments financed from the given source.

Source: NIST study.

As far as the financing of health resort services is concerned, Ciechocinek has the most diversified portfolio - apart from the agreements with the NHF (provided in 15 health resort facilities), and ZUS (3 facilities), it provides rehabilitation stays for PFRON/MOPS/PCPR (in 15 facilities), and health programmes with co-financing from the Ministry of Internal

Affairs and Administration (in 1 facility). All health resorts have agreements with the NHF; those services are rendered in almost 200 health resorts in total. Agreements with the Social Insurance Institution (ZUS) were declared by 23 health resorts (services are rendered in a total of 43 units), whereas with the Agricultural Social Insurance Fund (KRUS) - 5 health resorts (in 6 units), from PFRON funds services are rendered in 10 health resorts (33 units). Individual health resorts also provide services under agreements with social welfare centres or the Ministry of Internal Affairs and Administration.

Among 44 health resorts examined, almost 3/4 (31), have private companies among their operating entities. In the case of 13 health resorts, establishments are run by State Treasury companies, and in 16 - by other entities. Private persons were indicated as (co-) operators in 9 health resorts). In 13 health resorts, the establishment(s) are run by only one entity.

4.3. Having an up to date local plan of health resort zone A

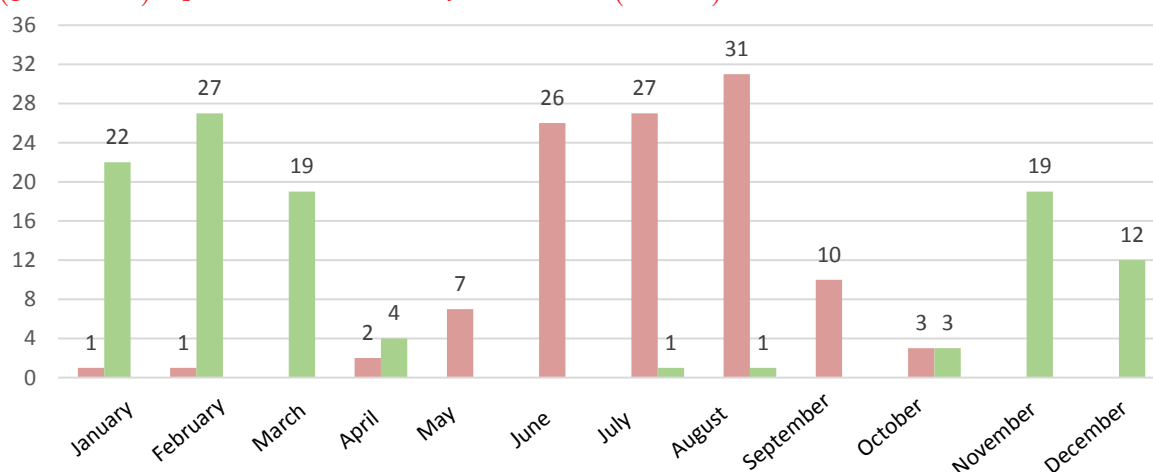
In order to protect the national wealth, which are the curative resources, three protection zones - A, B, and C - are separated in the health resort community. In particular, the A zone is to protect valuable medicinal resources and ensure optimal environmental conditions for treatment⁴⁵². A prerequisite for keeping the status of the health resort community is having a local health resort zone A plan. In order to maintain or grant the status of a health resort district, the district must first obtain (in the form of a certificate), a confirmation of the curative properties of the natural resources and climate. At least once in 10 years it should also draw up a health resort operation in order to determine the possibility of carrying out health resort treatment. In the health resort area three protection zones (A, B and C), are delimited, and for the health resort zone A, a new local spatial development plan is drawn up and adopted. This is therefore an important condition for the commune to function as a health resort. The vast majority of the health resort communes have a current local spatial development plan for health resort zone A, however, as indicated by the declarations of communes' representatives, in four of them (Krasnobród, Brześć Kujawski, Kamień Pomorski, and Supraśl), such a plan has not been updated yet.

4.4. Seasonality of spa activities

According to the opinion of the representatives of the resort communes, the spa "season" coincides more or less with the holiday period - 31 communes indicated August as the month with the highest occupancy, 27 - July (Fig. 1).

⁴⁵² Jankowska P., *Administracyjnoprawne ograniczenia w strefach ochrony uzdrowiskowej*, Studia Prawa Publicznego, 4(8), 2014, pp. 103-127.

Fig. 1. Months in which spa communities are visited by the most (pink bars), and the least (green bars), spa visitors - summary evaluation (n = 38)



Source: NIST study.

Nevertheless, the „season” begins a bit earlier - more than a half (26), of municipalities also consider June to be a month of particular interest for visitors, and 7 - even May. On the other hand, in 10 out of 42 communes, the season continues to September. The remaining months were mentioned only occasionally (Fig. 1), although e.g. for Krynica-Zdrój January, February, and August are the most intense. In turn, four communes (Polanica-Zdrój, Gołdap, Horyniec-Zdrój, and Sopot), indicated year-round occupancy in spas (so there are no spas with the longest traditions among them). Polarisation towards holiday months takes place especially in lowland and mountain spas. For most of the spa municipalities the winter months (from November to March), are in turn a period of stagnation, although e.g. in the Solina municipality (Polańczyk Spa), those months are (apart from November), July and August (the municipalities which provided the whole year treatment were omitted).

When comparing the three most popular months (with the highest occupancy in spas), it can be seen that these are mainly summer months: for nearly half of the municipalities these are June, July and August, and for one in seven - July, August and September. In three communes, in turn, May, June and September were mentioned. As for the period of stagnation in the spa municipalities, there is no such polarization of answers, although - as emphasized earlier - winter months are the most difficult in this respect.

4.5. Communication accessibility of the spa communes

Each of the spa municipalities provides the possibility to reach the spa by public transport and/or buses - in none of the municipalities it was indicated that it is possible to reach the spa ONLY by one's own transport. Due to the location of many municipalities, they can be

rarely reached by rail, although for more than half (25 out of 42), it is also possible. For the majority of municipalities (35), however, the mean of transport used is bus rather than train, and for 35 – merely a bus. In case of 17 spa municipalities, public bus, train and bus were mentioned at the same time. In 22 communes, the access is possible by train and by public bus, in 20 – by train and bus, and in 32 – a public bus and minibus were mentioned. Representatives of four communes (Kraków, Świnoujście, Sopot, and Inowrocław), also indicated a connection by air – it is easy to get to these resorts from airports located in a given city or nearby.

In terms of direct public transport connections with other health resort communes, in turn, they were confirmed by representatives of 20 out of 42 examined health resort communes. Comparing the availability of such connections by the type of spa, it should be noted that they are most difficult to obtain in submontane health resorts, in communes with a population of 10-20 000, mainly urban-rural. A lack of such connections was indicated both in communes distant from other health resorts, and those located in health resort “basins” – in Lower Silesia or in the south of Poland (Małopolskie and Podkarpackie regions). What is important, nearly 3/4 of the spa municipalities indicating good transport links with other towns also point to the possibility of moving between treatment facilities by public transport. This gives the opportunity for a wider use of the spa offer in communes by patients from surrounding facilities.

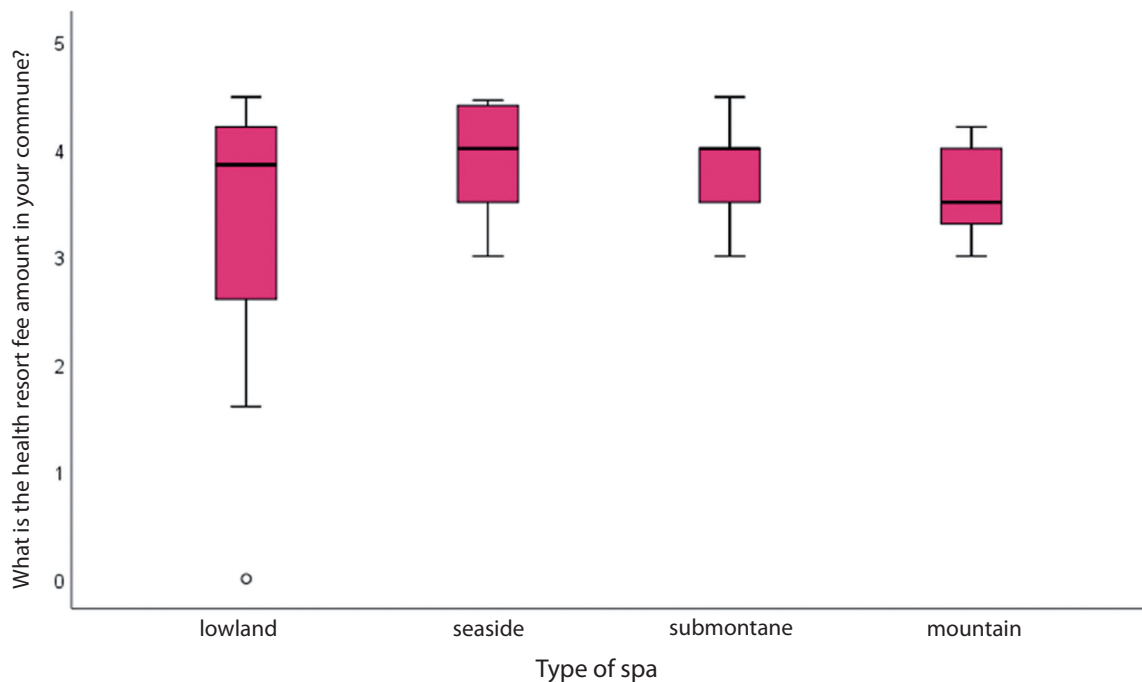
4.6. Incomes from the spa fee

In 2020, the resort fee rate in 24 municipalities was at least PLN 4, the maximum rate was set only in two municipalities – Gołgap and Szczawno-Zdrój. In turn, the municipality of Konstancin-Jeziorna opted out of the resort fee, while low rates, comparable to the reduced rate, are applied in the city with district rights of Krakow and in the municipality of Goczałkowice-Zdrój.

Fig. 2 compares the level of the spa fee in spas of different types (with different locations). The line running along the boxes corresponds to the median and thus, makes it possible to compare the average level of this fee in four groups of municipalities. As it can be seen, generally it is similar, although in mountain and lowland resorts the rate is on average somewhat lower than in the remaining ones. In half of the mountain municipalities it does not exceed PLN 3.75, and in half of the lowland ones – PLN 3.85 (while in the coastal and submontane municipalities the median is PLN 4). At the same time, lowland health resorts are the most diversified in terms of the spa fee rate, as evidenced by the highest „pink box”, which marks the range of rates for half of the most typical resorts in the group. Much greater similarity of rates takes place in the remaining (other than lowland), types of spas (as evidenced not only by the lower „box”, but also the shorter „whiskers”

departing from it). Among lowland spas there is also the Konstancin-Jeziorna health resort, in which this fee is not charged. In case of half of the most typical localities in terms of the health resort fee, the greatest similarity concerns the submontane health resorts (in the case of half of them the fee varies between 3.38 and 4.05 PLN), although in general those communes are characterised by the greatest (apart from lowland ones), diversification of fees (from 3 to 4.48 PLN).

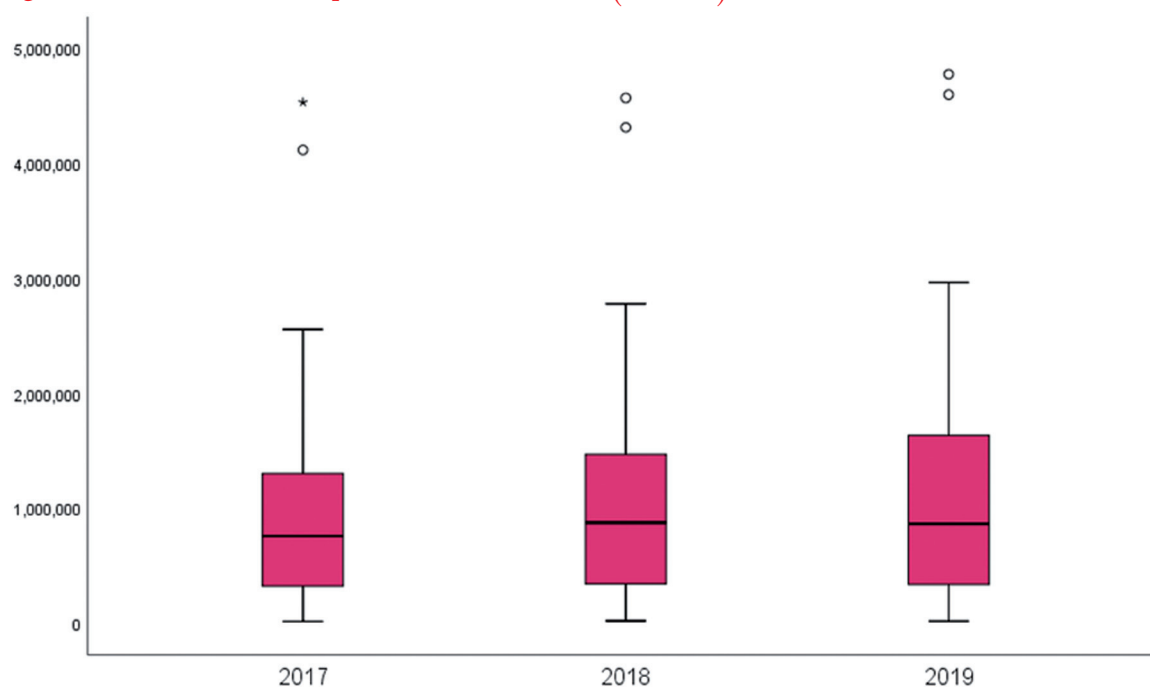
Fig. 2. Amount of the health resort fee as per type of spa - as indicated by representatives of health resort communes (n = 42)



Source: NIST study.

Analysing the amount of incomes to municipal budgets from the resort fee in 2017-2019 (Fig. 3), we can see their slight increase (as evidenced by the median amount in subsequent years), with a simultaneous increase in differences between municipalities (both the „box” and the „whiskers” are getting longer). From the point of view of the amount of such income, two municipalities can be distinguished (marked with a circle or an asterisk in Fig. 3).

Fig. 3. Incomes from the spa fee in 2017-2019 (in PLN)

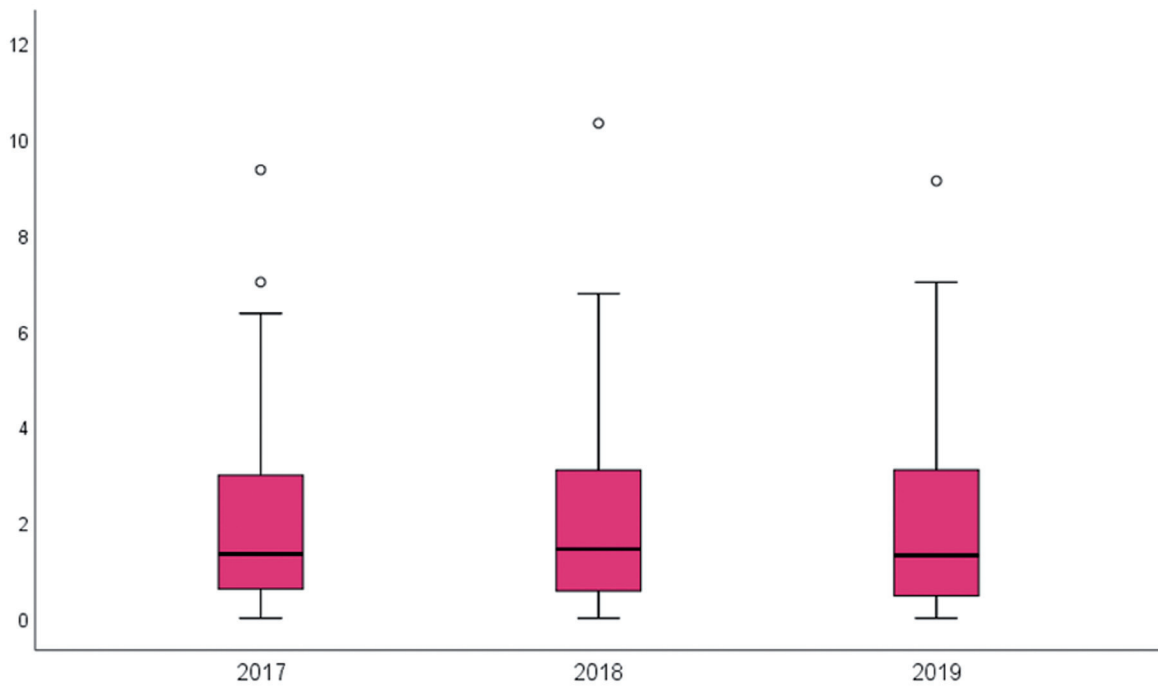


¹ Excludes Kołobrzeg and Świnoujście due to atypical values of the variable and Konstancin-Jeziorna (no spa fee).

Source: NIST survey (n = 42).

In the overall budget of municipalities, the spa fee represents a share ranging from 0.001% (Kraków, throughout the period under study), to about 9-10% (Ciechocinek). The year 2018 was characterized by a slight increase in the importance of the resort fee for municipalities (as % of their revenues), with this year being characterized by the greatest homogeneity of municipalities in this respect. For half of the municipalities, the share of spa fee incomes in the overall municipal budget was at least 1.45% (median value), while for 2019 it was the lowest in the analysed period (median at 1.31 against 1.34 in 2017). Thus, despite increasing revenues from this fee, its importance for the budget of spa municipalities decreased slightly during the period under study.

Figure 4. Spa fee revenues as a percentage of income of spa towns in 2017-2019



Source: NIST survey (n = 42).

The amount of revenue from the fee differs in different types of municipalities - the highest level is observed in urban municipalities, on average (i.e. comparing the median), they are lower by nearly half in urban-rural municipalities, and about four times lower in rural municipalities. In each type of municipality they are strongly internally differentiated - the spread between the municipality with the lowest and the highest revenues from the spa fee reached in 2019 more than 16 million in urban municipalities, nearly 5 million - in urban-rural municipalities, and nearly 3 million in rural municipalities, and in absolute terms these differences deepened in subsequent years (Table 4). It can be said that the municipality with the lowest revenues from the spa fee receives only 0.1% of the revenues of the municipality with the highest revenues from this title, with this relation being 0.02% for urban municipalities, 0.34% for urban-rural municipalities, and 1.01% for rural municipalities (2019). It should be noted that the highest revenues are achieved by the municipality of Darłowo (spa resort Dąbki), among the rural municipalities - nearly PLN 3 million in 2019 against, for example, only less than PLN 30 thousand in the largest among the spa municipalities of Kraków. Other data also indicate that the size of the locality has no bearing on the revenues from the spa fee.

Table 4. Revenue from the spa fee in 2017-2019 (in PLN) - basic statistics

Specification			2017	2018	2019
Total receipts (PLN)					
Total (n = 431)		Minimum	16 035,10	19 410,00	16 296,40
		Maximum	15 022 850,57	15 623 823,97	16 204 795,88
		Average	1 528 843,06	1 639 184,94	1 721 713,62
		Median	783 958,20	906 719,00	938 544,30
Type of municipality	Urban (n = 17)	Minimum	26 770,20	25 278,40	28 633,50
		Maximum	15 022 850,57	15 623 823,97	16 204 795,88
		Average	2 590 235,90	2 747 818,61	2 888 034,47
		Median	1 413 259,34	1 493 350,20	1 703 307,80
	Municipal and rural (n = 19)	Minimum	16 035,10	19 410,00	16 296,40
		Maximum	4 118 129,13	4 314 439,20	4 777 257,76
		Average	891 550,87	987 055,59	1 019 826,01
		Median	711 577,00	906 719,00	955 049,20
	Rural (n = 7)	Minimum	25 594,00	25 666,00	29 300,00
		Maximum	2 200 670,50	2 328 273,50	2 904 074,00
		Average	680 967,84	716 854,24	794 343,66
		Median	434 239,70	461 784,10	432 777,11
Receipts as a % of municipal revenue					
Total (n = 422)		Minimum	0,001	0,001	0,001
		Maximum	9,34	10,31	9,11
		Average	2,21	2,06	2,06
		Median	1,34	1,45	1,31
Type of municipality	Urban (n = 17)	Minimum	0,001	0,001	0,001
		Maximum	9,34	10,31	9,11
		Average	3,05	2,72	2,80
		Median	2,69	2,70	2,43
	Municipal and rural (n = 18)	Minimum	0,03	0,03	0,02
		Maximum	6,35	6,76	6,88
		Average	1,51	1,58	1,47
		Median	0,97	1,02	0,91
	Rural (n = 7)	Minimum	0,12	0,10	0,10
		Maximum	4,58	3,38	4,95
		Average	1,93	1,70	1,78
		Median	1,71	1,67	1,45

The statement does not include ¹ Konstancin-Jeziorna commune (no spa fee) ² apart from Konstancin-Jeziorna commune also Łądek Zdrój commune (no data available).

Source: NIST study.

Furthermore, from the point of view of the share of the spa fee in the overall budget revenues, urban municipalities are characterized by a higher level of the indicator, especially in comparison with urban-rural municipalities (Table 4). In 2019, a half of the urban municipalities achieved the discussed indicator at a level not lower than 2.43%. As

highlighted, this percentage declined over the period studied, with stronger declines in rural municipalities (median of 1.71% in 2017 through 1.67% in 2018 and 1.45% in 2019). One should also note that the median and arithmetic mean are quite similar across years for both types of municipalities (as opposed to urban-rural municipalities). Indirectly, this indicates greater similarity between spa municipalities within the urban and rural group, against greater differences for urban-rural municipalities. The overall value of revenue from the health resort fee is higher in municipalities with a population between 10 and 20 thousand than in the smallest ones, and in those between 20 and 50 thousand - higher than in those between 10 and 20 thousand, although it is by no means the highest. However, it is not the highest in the largest municipalities.

Revenues from the health resort fee are significantly higher in seaside health resorts than in the remaining ones - half of those communes reach no less than nearly PLN 3 million (the median value), from this tax, while in mountain health resorts it is no less than PLN 900 000, in lowland ones no less than app. PLN 760 thousand, and in mountain resorts - no less than app. PLN 550 thousand. Also, the share in the municipal budget is the highest in coastal municipalities, followed by foothill municipalities (nearly 3% in 2019), while the lowest is in mountain municipalities (less than 1%) - Table 5.

Table 5. Spa fee revenue in 2017-2019 by location of spa - basic statistics

Specification		Proceeds from the spa fee (in PLN) ¹			Proceeds from the spa fee as a % of municipal revenue ²		
		as a % of municipal revenue ²	2018	2019	2017	2018	2019
Plain (n = 15)	Minimum	16 035,10	19 410,00	16 296,40	0,001	0,001	0,001
	Maximum	4 532 925,50	4 570 538,55	4 599 473,70	9,34	10,31	9,11
	Average	1 006 604,21	1 090 228,11	1 064 626,41	1,75	1,82	1,56
	Median	463 282,96	767 146,00	760 147,60	0,91	1,22	1,17
Seaside (n = 6)	Minimum	309 672,60	361 258,02	314 165,00	0,57	0,59	0,50
	Maximum	15 022 850,57	15 623 823,97	16 204 795,88	6,09	5,71	6,03
	Average	5 009 385,14	5 270 151,39	5 635 488,51	3,15	2,80	3,00
	Median	2 378 411,09	2 553 339,81	2 881 389,46	3,38	2,77	2,85
Submontane (n = 14)	Minimum	25 594,00	25 666,00	29 300,00	0,12	0,10	0,10
	Maximum	1 598 479,41	1 802 263,55	1 850 112,83	7,00	6,76	7,00
	Average	832 966,11	915 050,60	977 567,55	2,84	2,51	2,68
	Median	812 739,95	891 217,80	901 789,35	2,78	2,71	2,64

Specification		Proceeds from the spa fee (in PLN) ¹			Proceeds from the spa fee as a % of municipal revenue ²		
		as a % of municipal revenue ²	2018	2019	2017	2018	2019
Mountain (n = 8)	Minimum	63 574,50	81 716,50	108 118,40	0,28	0,34	0,40
	Maximum	4 118 129,13	4 314 439,20	4 777 257,76	3,00	3,14	3,10
	Average	1 115 419,04	1 212 489,25	1 320 676,60	1,12	1,04	1,08
	Median	526 628,23	540 383,30	552 153,76	0,86	0,75	0,79

¹ The list does not include Konstancin-Jeziorna health resorts (no health resort fee); ² The list does not include Konstancin-Jeziorna and Łądek Zdrój health resorts (no data available)

Source: NIST study.

Taking into account the fact that the maximum rate of the spa fee in 2020 is only by less than 2% higher than in 2019, it is possible to estimate the strength of the correlation between this rate and revenues from the spa fee (in absolute and relative terms). This correlation is of moderate strength (Spearman rank correlation coefficient reaches about 0.4 for the value of receipts and 0.33 for the percentage of such receipts in the municipal budget). It may therefore be concluded that the amount of the health resort fee is not very strongly correlated with the amount of revenue it generates. Certainly, municipalities with a higher rate also generate higher revenues; nevertheless, this is not a regularity that can be generally attributed to the spa municipalities. The effectiveness of the fee has been debated for some time, especially in the context of difficulties with its enforcement. The enforcement of the resort fee is problematic for more than 1/3 of municipalities (16 out of 42 surveyed). None of the largest spa municipalities (with population over 50,000), indicated such problems, while in all smaller municipalities two in five respondents reported such problems. Rural communes (3 out of 10 communes in this group), are less frequently affected than the remaining ones. Taking into account the geographical location, it should be noted that mountain and submontane health resorts more often have problems with collection of the health resort fee (indicated by more than a half of them), than seaside (1/3), and lowland (1/4) ones.

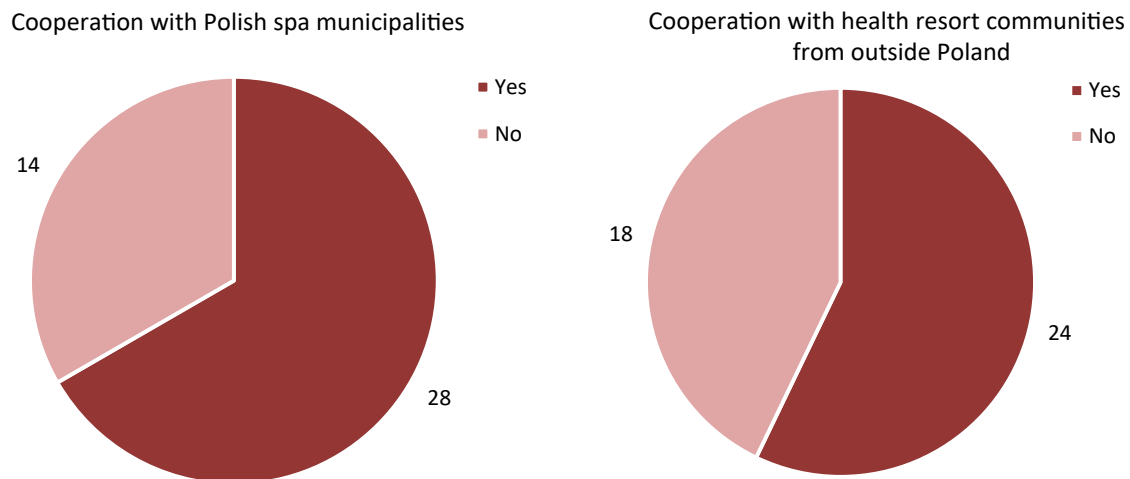
4.7. Cooperation with other spa communes

Health resort communes in Poland mostly cooperate with one another. Cooperation with other communes of a similar status was indicated by 2/3 of all the spa municipalities (28 out of 42) - Fig. 5. Such cooperation was declared by 11 out of 16 town communes, 2/3 of urban-rural communes (12 out of 19), and 5 out of 7 rural communes. Such activities are carried out by all three health resort communes with a population of at least 50 thousand people compared to 2/3 of smaller ones. Cooperation with other health resort communes

was indicated more often in lowland and submontane health resorts than in mountain and coastal ones.

On the other hand, transnational cooperation was declared in 3/4 of urban communes (12 out of 16), in 11 out of 19 urban-rural communes, and only in one out of seven rural communes. Such activities are undertaken mainly by communes with 20-50 thousand inhabitants. Municipalities with a shorter spa history are more willing to undertake such cooperation. Cooperation with other health resort facilities from outside the country was indicated more often in mountain health resorts (3/4 of communes in this group), than in lowland, submontane and seaside ones. Interestingly, communes with the strongest depopulation tend to undertake more willingly both cooperation with other health resort communes in Poland, and ones from abroad.

Fig. 5. Conducting a cooperation between the commune and other health resort communes

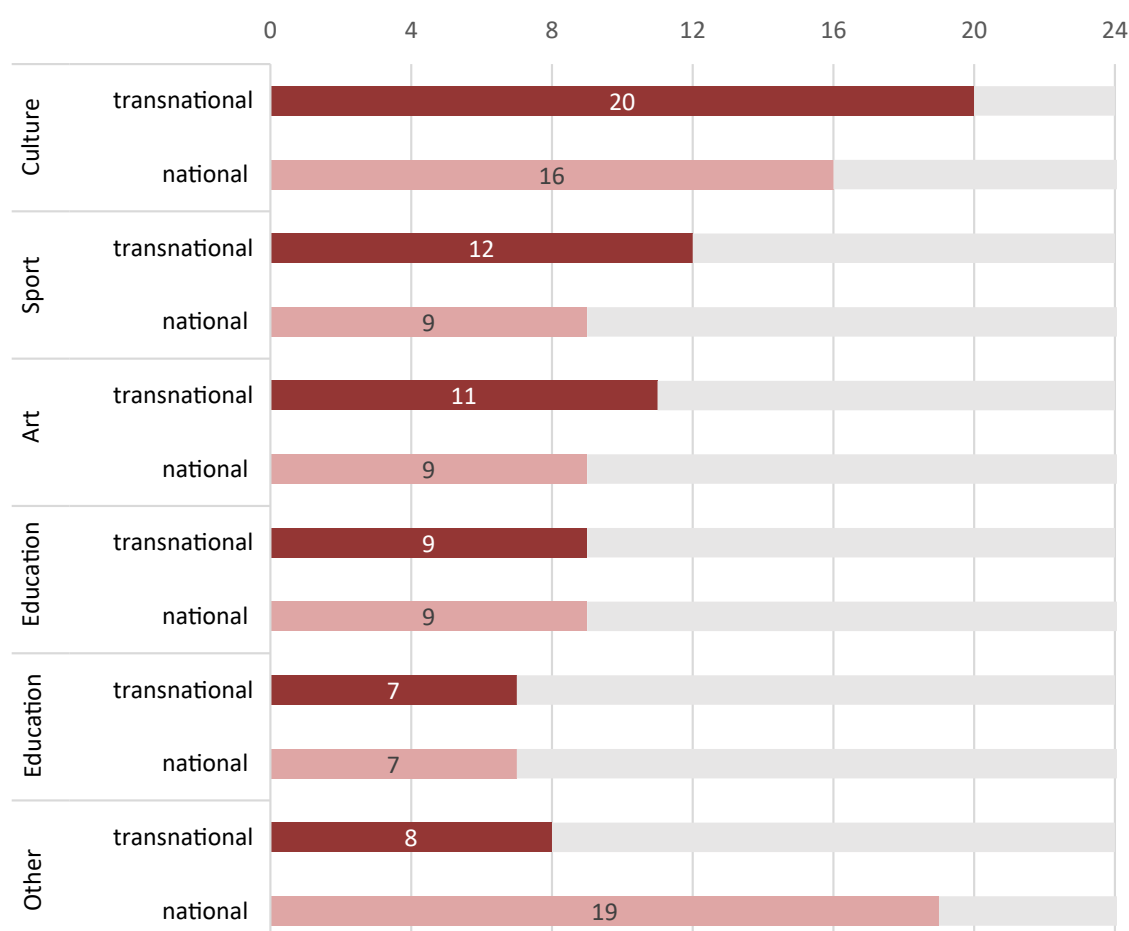


Source: NIST survey (n = 42).

Cooperation with Polish municipalities is mainly conducted in the cultural sphere (more than a half of municipalities declaring such cooperation indicated culture). For nine communes, this cooperation concerns one of the three areas - education, sports and/or education, while art was indicated slightly less frequently (Fig. 5). The “other” answers included joint promotion, including promotion of health, tourism and recreation, cooperation under the Association of Health Resort Municipalities of the Republic of Poland, developing a joint strategy and preparing to apply for external funds for network projects, exchange of experience, lobbying for legislation.

Moreover, culture is the most important area of cooperation also in relation to foreign health resorts (20 out of 24 communes declaring this cooperation). Half of the communes cooperating with foreign health resorts do so in the area of sport, nearly half – in terms of art. Slightly fewer number indicated education (9), and learning (7) - Fig. 6.

Fig. 6. Areas of cooperation with other health resort communes in Poland ($n = 28$), and abroad ($n = 24$)



Source: NIST study.

When asked about the number of communes with which a particular spa commune cooperates, the answers were quite diverse. All surveyed communes belong to the Association of Health Resort Communes of the Republic of Poland [<https://sgurp.pl/o-sgu-rp/czlonkowie-stowarzyszenia.html>]. In one commune, even 80 partners were declared, but in ten communes, it was no more than 5. As far as transnational cooperation is concerned, it is usually conducted with one commune (17 out of 24 communes). There is also one commune among the investigated ones that cooperates with 47 foreign health resorts.

Taking into account the type of commune, it is possible to notice that municipalities with a spa status more often than others undertake domestic cooperation in the field of culture, whereas education, sports and arts are less important than in other communes (tab. 6).

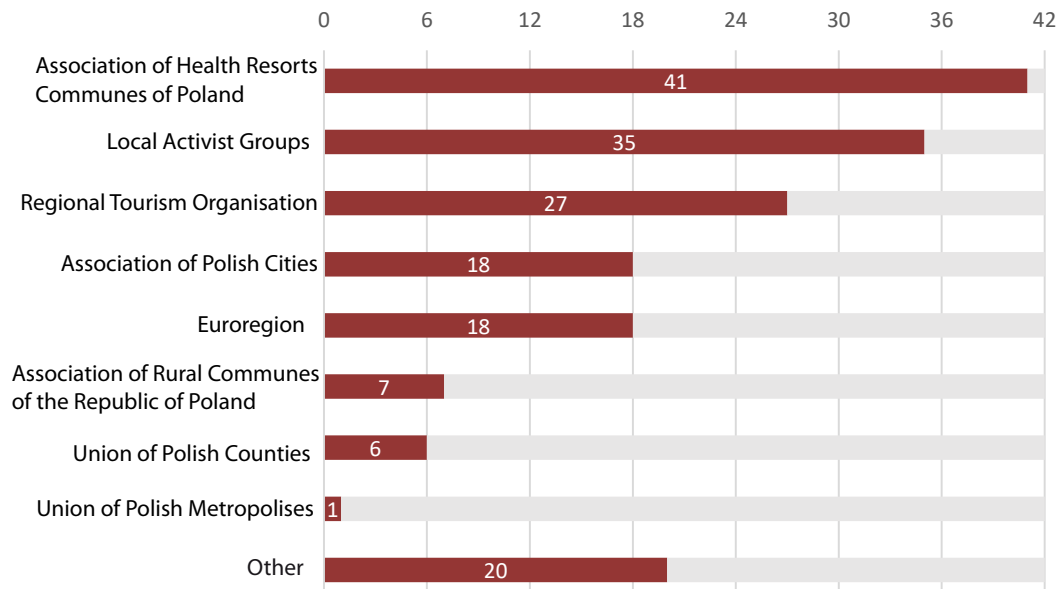
Table 6. Areas of domestic and international cooperation by type of commune

Area of cooperation	National cooperation			International cooperation		
	Urban	Municipal and rural	Rural	Urban	Municipal and rural	Rural
<i>N</i>	11	12	5	12	11	1
Culture	7	6	3	9	10	1
Art	3	3	1	6	4	1
Education	3	4	2	6	3	0
Sport	3	4	2	7	4	1
Education	5	2	2	4	3	0
Other	7	7	5	5	3	0

Source: NIST study.

Education, sport, but also art, are somewhat more important areas of cooperation with other spa municipalities in the country for urban-rural municipalities. In terms of transnational cooperation (with other spa municipalities), on the other hand, greater diversification of cooperation areas in urban municipalities (while in terms of national cooperation this is the case for urban-rural municipalities) draws attention.

Fig. 7. Organizations/associations the commune cooperates with



Source: NIST survey (n = 42).

As far as the organisations and associations the commune cooperates with are concerned, the Association of Health Resort Communes of the Republic of Poland was mentioned in the first place. Local Action Groups and the Regional Chamber of Tourism are also very popular. Cooperation with the Association of Polish Cities and Euroregions was declared by

18 communes, each and all rural spa municipalities cooperate with the Association of Rural Municipalities (fig. 7). None of the respondents mentioned the Association of Polish Local Governments, the Union of Polish Towns, or the Association of Provinces of the Republic of Poland, which were included in the list of this question.

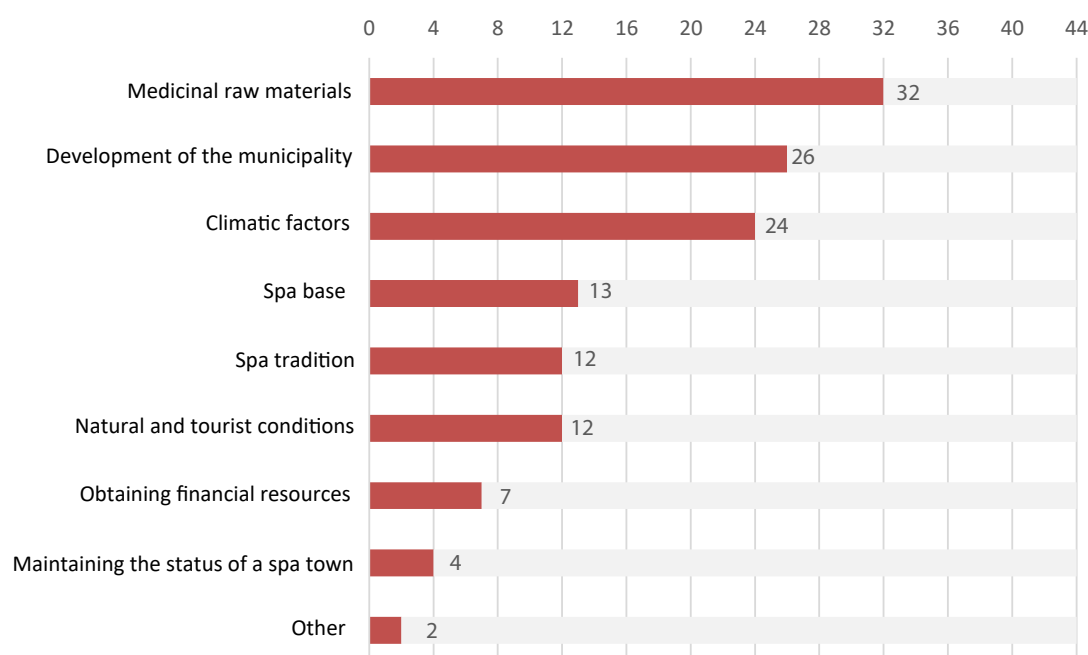
Chapter 5.

Challenges and directions for the development of health resort communes in Poland

5.1. Possibilities of developing the spa function of communes

In analysing the possibilities of development of health resort communes in Poland, we shall first focus on the factors that underpinned the decision to grant the status of a health resort commune by local administrators. Survey participants were asked an open question “Please indicate 3 main reasons which were decisive for your commune to apply for the status of a health resort”. Fig. 8 shows these answers in summary. Representatives of health resort communes point, first of all, to the health resort base - both the therapeutic raw materials and the existing health resort infrastructure, and climatic conditions.

Fig. 8. Main reasons for the municipality to apply for the health resort status



Source: NIST survey (n=42).

More than a half of communes (26), perceive obtaining the status of a health resort as an opportunity for the commune's development. This was expressed in various ways - by speaking directly about the will to develop the commune (also in terms of spa treatment), the possibility of pursuing a development policy based on natural resources, the possibility of developing tourism, including medical tourism, which would guarantee an all-year inflow of visitors (extension of the tourist season), stimulation of local entrepreneurship, reduction of unemployment, creation of permanent jobs, use of market niche (no spa resort in the region), but also promotion of the commune, increase of its attractiveness and prestige, greater recognition of the commune in the country and abroad. For 1/3 of the communes, maintaining the current status quo - extending the status of a spa commune (4 indications) - was also important, as well as the desire to continue the spa tradition, which often dates back to the middle of the last millennium (slightly more than 1/4 of indications), more closely linked to the commune's identification. In case of some communes, pragmatic factors were also important, related to obtaining additional funds by the commune - from the spa fee, a spa subsidy or EU funds for financing investments (this was indicated by approx. one in six communes). Other reasons mentioned were utilization of the existing tourist and recreational infrastructure and advantageous location of the commune in close vicinity of the capital city. These results confirm the highly consistent approach of the spa municipalities that perceive obtaining this status as an opportunity for the development of the municipality based on

natural curative, climatic and infrastructural resources, and at the same time maintaining the historical tradition of the curative functions of the municipality.

In reference to the current strengths of the health resort commune, their administrators were asked to indicate the three greatest strengths of their commune from the perspective of the health resort function (Fig. 9). It should be recalled that the health resort function is defined as a socio-economic activity carried out in the health resort which is directed towards the provision of services to health resort tourists and patients, and which the health resort performs in the system of the national economy and the health protection system⁴⁵³. It consists in the utilisation of endogenous natural curative resources on the basis of which the communal managers set the direction of economic development concerning the provision of services to satisfy health needs of tourists⁴⁵⁴. As Szromek writes⁴⁵⁵, the spa function of the commune may thus be understood as the role which is played in the spa area by the activities connected with the spa treatment carried out there, and with tourism in the spa.

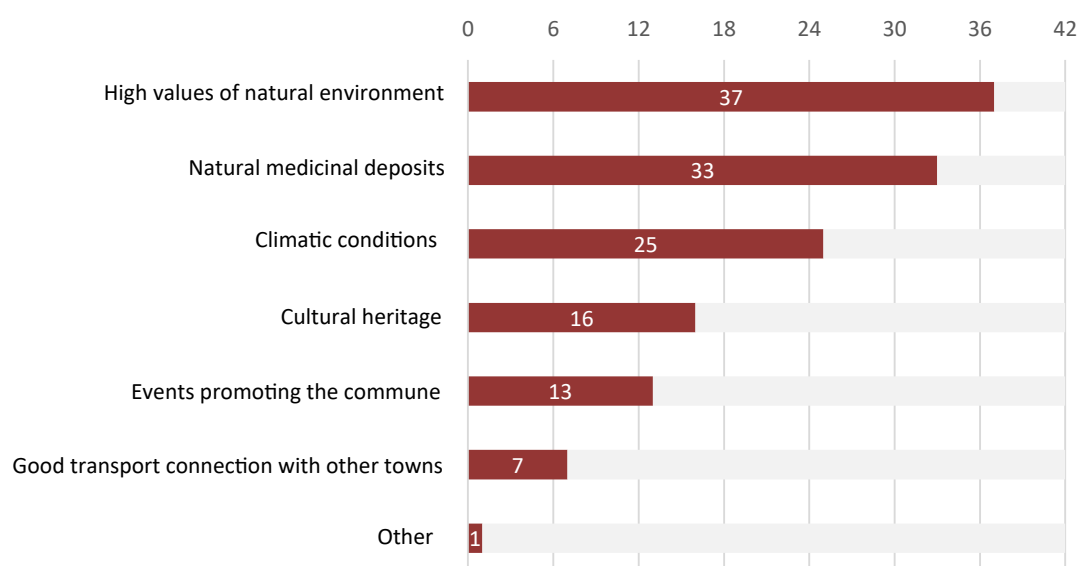
In this context, primarily activities connected with the possibility of running a spa business were mentioned - high natural values and natural curative deposits. For more than a half of the communes, climatic conditions are also important, and for about every third commune - its cultural heritage and/or events promoting the commune. For 1/6 of the commune, a good transport connection with other cities is an asset - this aspect is regarded as one of the three most important assets of a commune as a health resort in the following municipalities: Goczałkowice-Zdrój, Inowrocław, Jedlina-Zdrój, Kołobrzeg, Konstancin-Jeziorna, Rabka-Zdrój and Uniejów. In one of the communes (Busko-Zdrój), a nearly 200-year spa tradition was also mentioned in this context.

⁴⁵³ Szromek A.R., *The function of health resorts and its significance in the economy of health resort communities*, [in:] Szromek A.R. (red.), *Uzdrowiska i ich funkcji turystyczno-lecznicza*, PROKSENIA Publishing House, Cracow 2012, s. 43.

⁴⁵⁴ Stelmach P., *State distribution of spa services and the spa function of municipalities in Małopolska*, *Studia Oeconomica Posnaniensia*, 6(10), 2018.

⁴⁵⁵ Szromek A.R., *Spa function....*, op.cit., p. 43.

Fig. 9. Three greatest assets of the commune as a health resort



Source: NIST survey (n = 42).

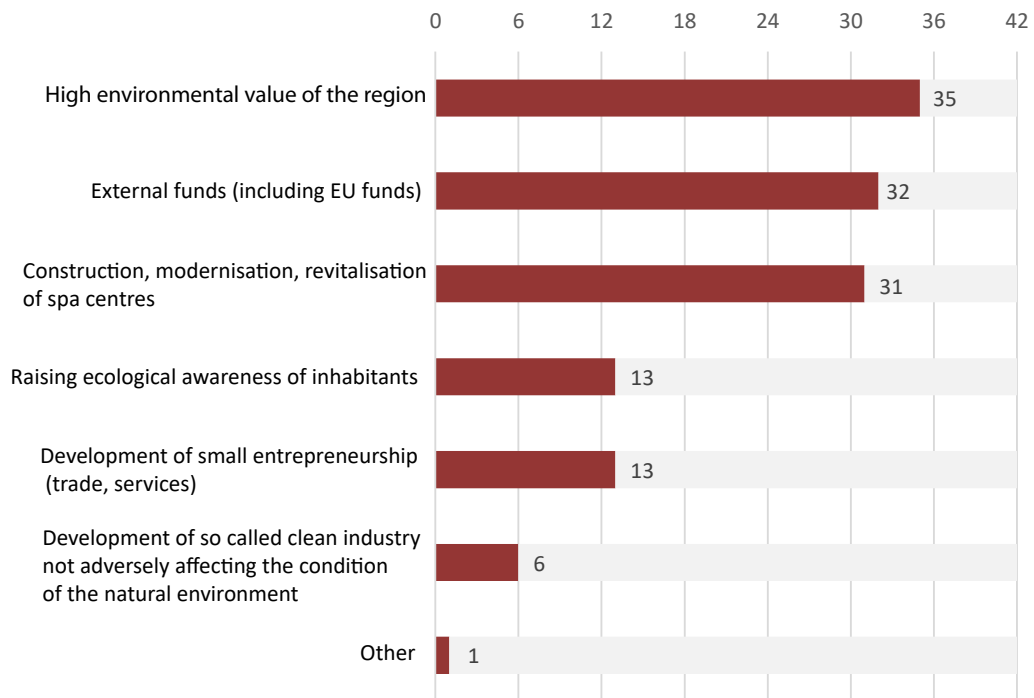
When indicating the maximum of three factors which are most important from the point of view of the possibility of the development of the spa function of the commune, most representatives indicated three of them (1) high environmental values of the region, external funds, including EU funds and construction, modernisation and revitalisation of spa centres - Fig. 10.

The importance of these factors is slightly diversified for different types of spa municipalities. The list of the three most important factors is the same for all communes, although their importance is slightly different. Comparing the factors indicated as the most important, it can be seen, for example, that all seaside resort communes indicate the high environmental values of the region, it is also the most important factor for lowland communes (indicated by 14 out of 16), whereas for mountain and foothill communes mentioned construction, modernization and revitalization of spa centres in the first place (indicated by almost all communes from these groups). External funds were indicated more often in seaside units than in other types of resorts, and relatively less often in lowland ones. Raising environmental awareness is an important factor for about every third lowland and seaside health resort (in mountain resorts it was indicated nearly twice as seldom as in lowland ones). Similarly, an important factor is the development of small business, most often indicated in mountain resorts (4/10), and more than twice as rarely in seaside resorts. The development of clean industry was not indicated in seaside resorts, it was relatively more often mentioned in mountain resorts.

In municipalities, the most important issues are high environmental values of the region, and construction, modernization and revitalization of health resorts - this is the

opinion of approx. four in five representatives of these communes. On the other hand, high environmental values are the most important for all rural communes which are less focused on the infrastructure of health resorts (almost twice less frequent indications). In this context, external resources are the most important development factor for urban-rural communes (four out of five responses). It is also worth noting that raising the environmental awareness of the inhabitants was not mentioned in any of the seven surveyed rural communes. In comparison, two out of five urban-rural communes, and one out of three urban communes put their trust in this. On the other hand, the development of entrepreneurship is definitely of greatest importance in rural communes with health resorts (indicated by slightly more than half of the representatives in this group).

Fig. 10. The most important conditions for the development of the spa function in the commune



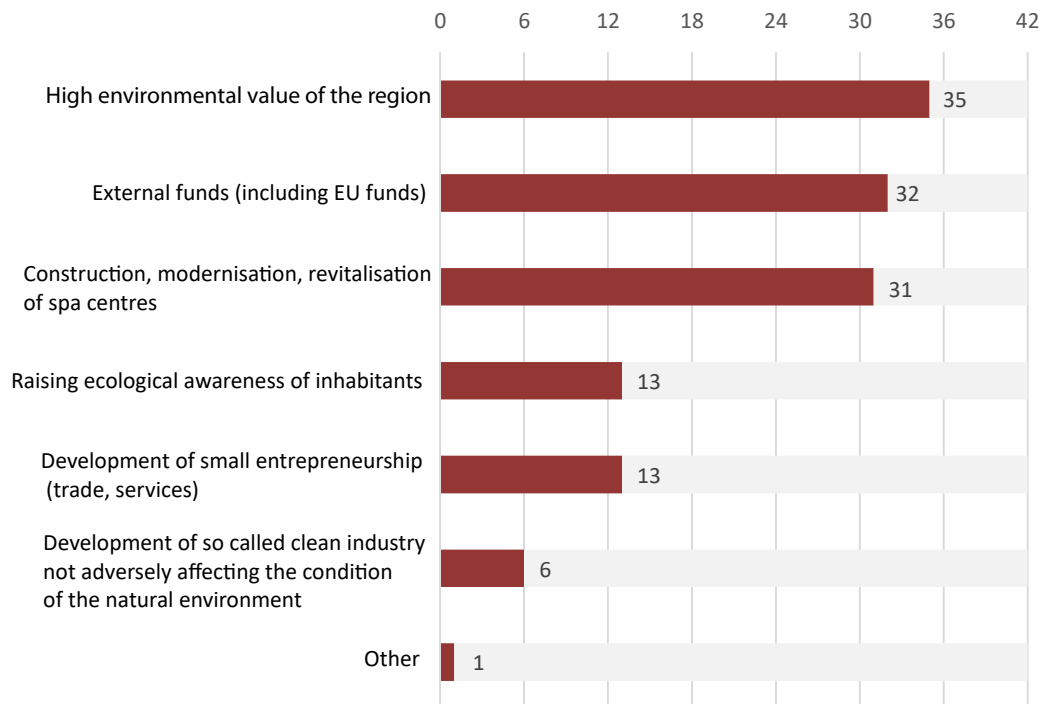
Source: NIST survey (n = 42).

As expected, the construction, modernisation and revitalisation of health resorts is a more important factor in the development of the health resort function in the communes with the longest spa history than in younger ones, especially those established after World War II. In turn, the development of clean industry was indicated only in the „old” health resorts, and the raising of environmental awareness in the youngest ones.

As far as the barriers to the development of communes from the perspective of their spa functions are concerned, above all, the barriers to entrepreneurship, e.g. environmental

restrictions were indicated - this applies to more than a half of the surveyed communes (26 out of 42 - fig. 11). For nearly half of the communes, excessive CO₂ emissions are also a problem, and for nearly 1/3 – a lack of areas for directly designated investment activities. Noise is also a significant problem (12 communes). On the other hand, excessive tourist traffic, littering in the resort and degradation of the natural environment, as well as short-term renting outside health resorts were indicated much less frequently (Fig. 11). Barriers to entrepreneurship are important for all types of health resorts; however, in the case of seaside resorts, the lack of areas allocated directly for investment activities was indicated slightly more often. In the case of lowland spas, excessive CO₂ emissions were indicated more often than for others. Degradation of the natural environment is relatively the least important problem for submontane health resorts, while littering of the resort - for seaside and lowland health resorts. Excessive tourist traffic is not a barrier for lowland and seaside spas.

Fig. 11. The most important problems of the communes connected with the functioning of the health resort



Source: NIST survey (n = 42).

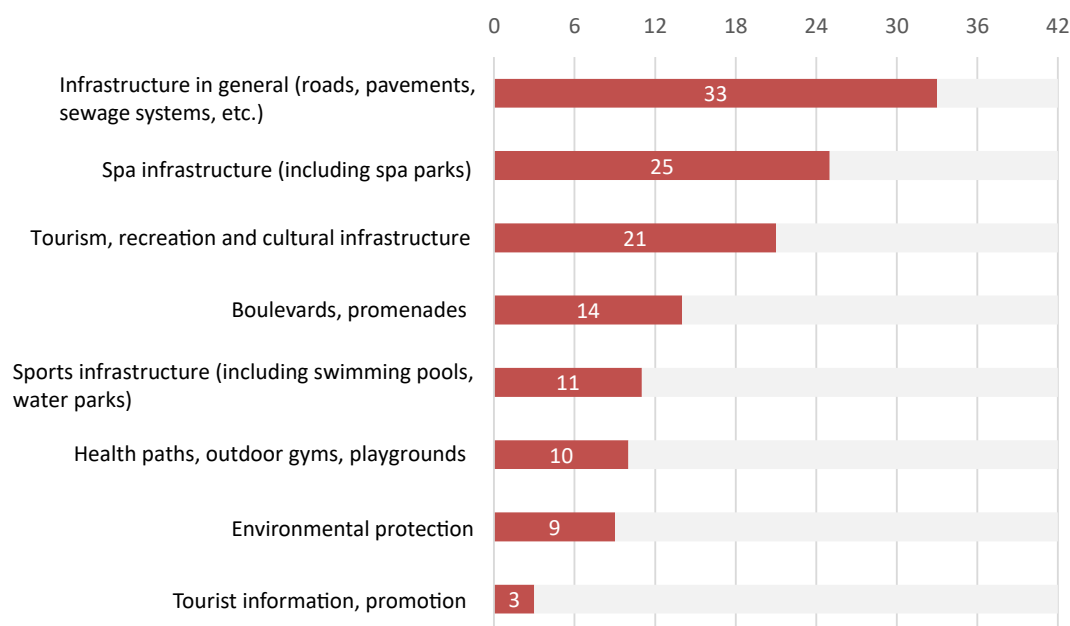
Excessive CO₂ emissions and noise were more often indicated by urban municipalities (although CO₂ emissions were an important challenge for all municipalities). In contrast, short-term rentals outside of spa facilities were not indicated in any urban-rural municipality. In urban-rural municipalities, the answers were clearly more polarised (apart from barriers

to entrepreneurship, a lack of areas designated for investment activities, and excessive CO₂ emissions were mentioned mainly). In rural municipalities, on the other hand, either littering of the spa area or excessive CO₂ emissions were indicated as the second most important problems. Fears of short-term renting outside the spa treatment facilities are less frequent in communes with the longest traditions than those established in the 20th century, and of excessive tourist traffic (although also rare), only in those “newly opened” communes. As it can be seen, the perception of problems associated with the spa function is diversified in different types of communes, although fear of barriers to the development of entrepreneurship is the most important obstacle in each group.

5.2. Activities aimed at increasing the spa qualities of the commune

Representatives of the health resort communes were asked to indicate a maximum of three investments / tasks / projects that had been carried out in the commune during the last 5 years which were related to increasing the health resort values of the commune. It was an open question to which any answer could be given. In order to synthesize the answers, it is possible to group them in accordance with the diagram shown in fig. 12. Among the three listed activities connected with increasing the health resort values in the commune, the most frequently mentioned (33 out of 42 communes), were general infrastructure investments connected with building roads, bypasses, pavements, squares, car parks, markets, sewage systems, water supply etc. Some of them were directly described as being connected with improving the health resort value. Some of them were explicitly described as being made in Zone A. The second most important group were investments in health resort infrastructure (25 communes), including spa parks, graduation towers, pump rooms, and health resort routes. The third group in terms of importance were investments in sports, recreation and cultural infrastructure (such as amphitheatres, including the Forest Opera, as well as fountains, often built-in spa parks, but also the marina or sports and recreation halls), indicated by half of the communes.

Fig. 12. The most important investments / tasks / projects carried out in the commune during the last 5 years connected with enhancing the spa qualities of the commune

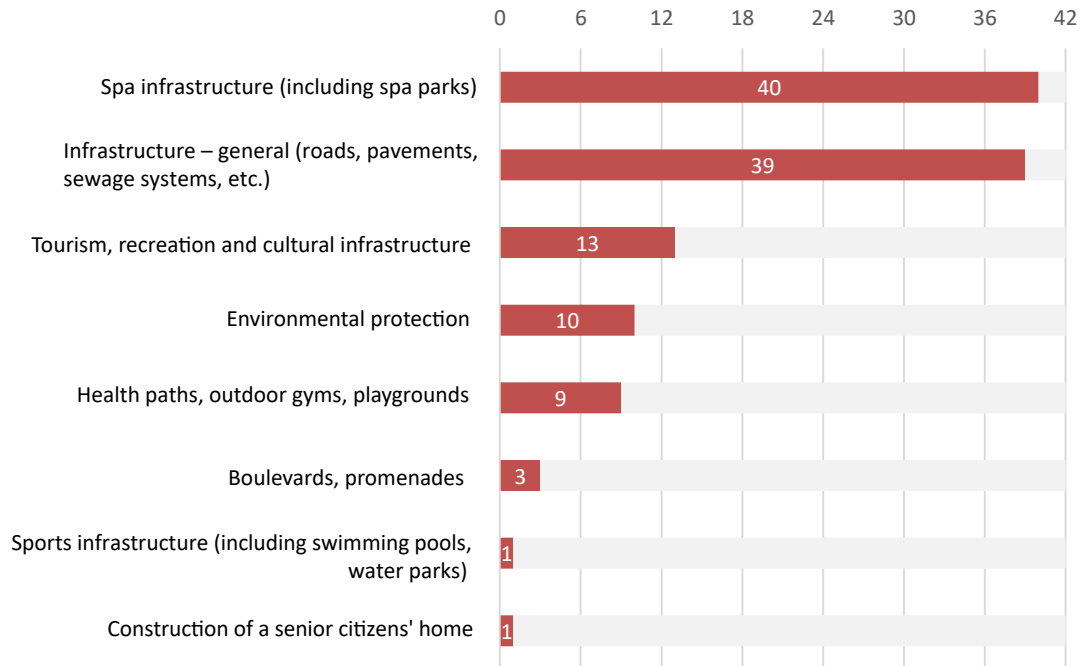


Source: NIST survey (n = 42).

Among investments associated with realization of the recreation and tourism function, as well as the health resort function, there were also boulevards, promenades, walking paths, which 14 of the health resorts communes invested their funds (1/3 of those surveyed). Approximately every fourth commune indicated sport infrastructure, in particular swimming pools and water parks, also every fourth commune mentioned - recreation and sport facilities, such as health paths, bicycle paths, outdoor gyms or playgrounds. Almost every fourth commune declared investments connected with environmental protection, including in particular electric vehicles, LED lighting, realization of thermo modernization undertakings, sewage treatment plants, supplying low-emission heat, replacing coal stoves with ecological ones, building a system for measuring the level of pollution and alerting inhabitants on the level of pollution. On the other hand, representatives of three communes mentioned tasks connected with a tourist information system or promotion of a health resort. In case of 12 investments (as part of various infrastructure activities indicated above), they (or their elements), were described as revitalization (of parks, parts of the city, etc.).

The representatives of health resort communes also indicated investments associated with the development of the health resort function, which in their opinion were necessary to be executed in the perspective of the coming 3 years. Again, in an open question up to three such investments were indicated - Figure 13 provides a synthesis of the answers given.

Fig. 13. The most important investments connected with the development of the spa function that are necessary to be implemented in the perspective of the next 3 years



Source: NIST survey (n = 42).

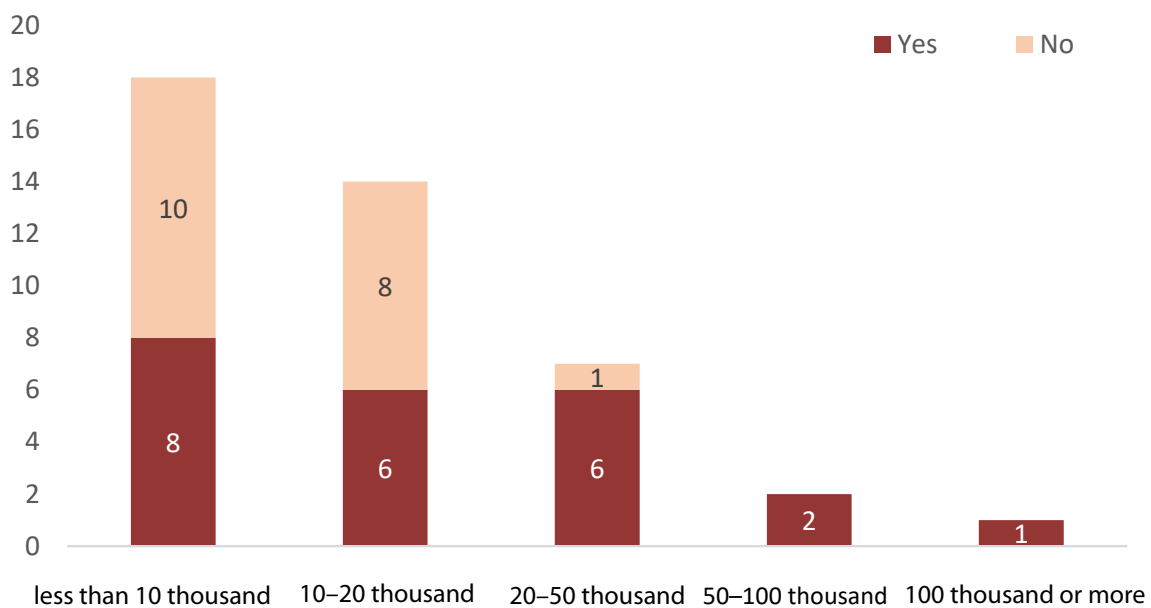
Almost all communes indicated the need for further infrastructure investment connected with the development of the health resort functions. In particular, the following are planned: development of the health resort infrastructure, reconstruction of natural health resorts, investment in spa parks, brine infrastructure, commencement of peat deposits exploitation, construction of graduation towers, search for thermal waters etc. Similarly frequent (39 indications), were infrastructural investments of more general significance (as in the case of the previous question, the indications referred to roads, ring roads, pavements, car parks, general public utility buildings or e.g. construction of a tunnel under the Swina River etc.). Other options appeared much less frequently. Three times fewer communes' representatives (13), mentioned investments in tourist, recreation and cultural infrastructure (again as in case of already implemented investments), amphitheatres, extension of tourist base etc. The demand for health care and bicycle paths is still visible (indicated by every fourth respondent). Sporadically boulevards, promenades (3 persons), and swimming pool facilities (1 person), were mentioned. The construction of a senior citizen's home was also declared in one commune. Taking into account the results of the research carried out so far, the care for maintenance of the health resort function, including in particular the anthropogenic values of the health resorts, for cleanliness and safety in the area of health resorts, are the main attributes of their attractiveness, and the direction of its activities responds to the needs of those using the health resorts. On the other hand,

it is important that when making investments in the health resort function, greater efforts are made for better access to infrastructure for the disabled and dependent persons (the current situation in this respect is one of the weak points of health resort treatment in Poland) As Krupa and Wołowiec point out, „tourism and health resorts are inseparably linked”, so municipalities should apply various unconventional solutions, combining innovative methods of treatment and prevention with active tourism. The existing and planned investments in tourist and sports infrastructure, as well as in health paths and other sports and recreation facilities, bicycle paths etc., constitute a good direction of activities.

5.3. Smart City in spa communities

In a little more than a half (23 out of 42 communes), solutions based on Smart City technologies were implemented (understood as intelligent forms of municipal resources management, thus including also „smart village” solutions). Smart City solutions are more often implemented by urban than by rural communes. Out of 16 urban communes, 11 indicated the functioning of Smart City solutions, while only two out of 7 rural communes did so. In the urban-rural group, the municipalities are distributed in those two „blocks” more or less equally. Clear differences in this respect can be observed when comparing municipalities by their size. The advantage of municipalities not applying Smart City solutions is greater in smaller towns (Fig. 14).

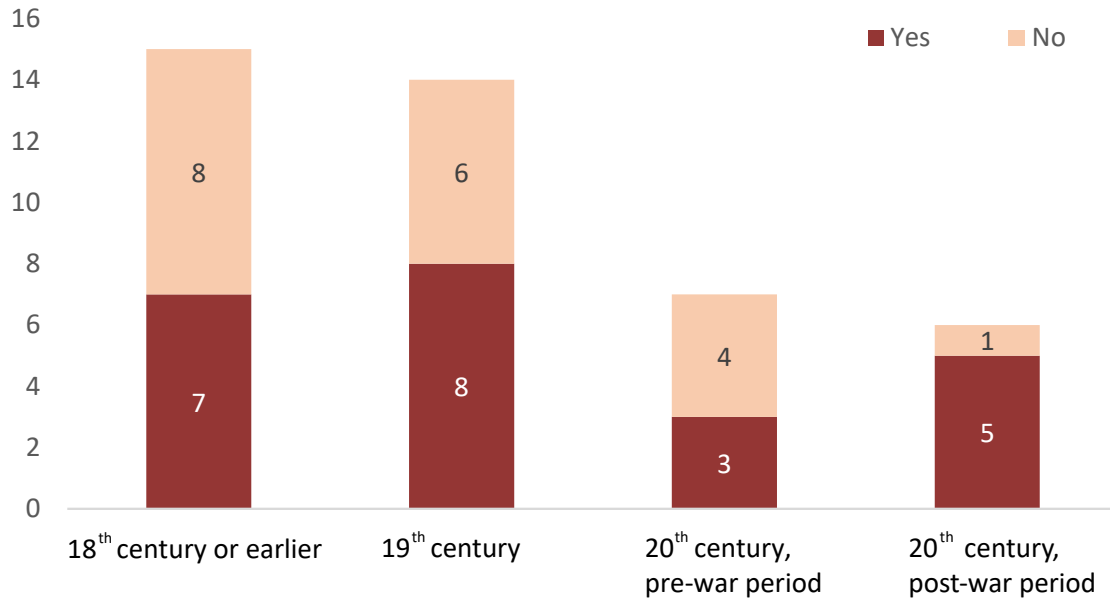
Fig. 14. Functioning of solutions based on Smart City technologies in the municipality according to the number of inhabitants



Source: NIST survey (n = 42).

Among municipalities with the shortest spa tradition (established after World War II), the proportion of those using Smart City solutions is higher than in the remaining ones - only in one out of six municipalities they are not applied (Fig. 15).

Fig. 15. Functioning of solutions based on Smart City technologies in the commune according to the spa tradition of the commune

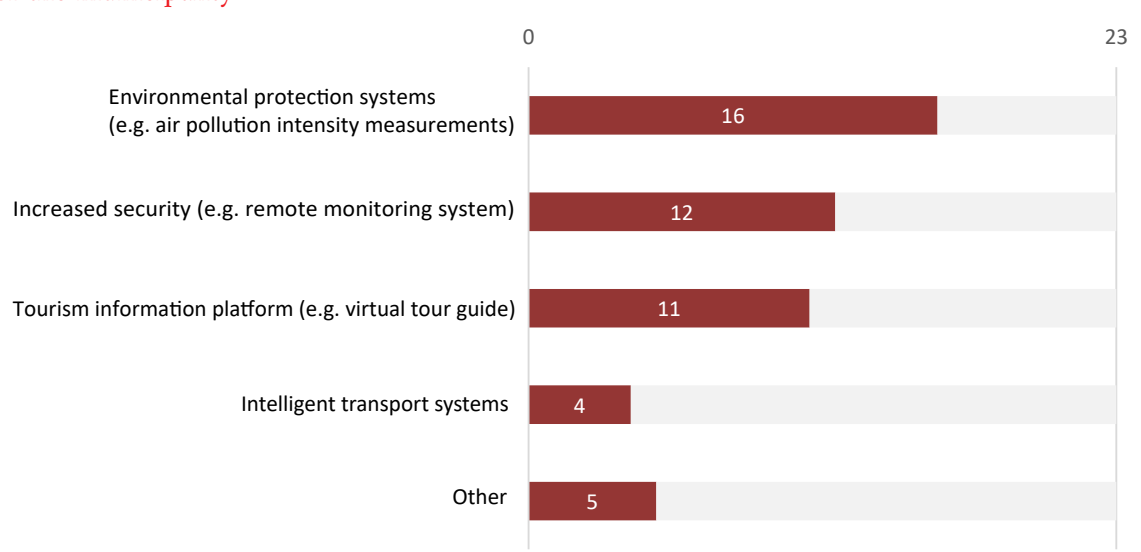


Source: NIST survey (n = 42).

Greater interest in Smart City (in relative terms), is observed among coastal resorts (only 2 out of 6 do not apply such solutions), and among mountain resorts (6 out of 14 resorts did not declare the functioning of such solutions in their area). In the remaining types of health resorts these shares are distributed 50-50.

What solutions from this area are implemented in the spa communes? The answer to this question is provided in fig. 16. As the most important, from the point of view of the spa, function, the representatives of communes mentioned especially environment protection systems (16 out of 23 communes). Increased security (e.g. through safe monitoring systems), and a tourist information platform (e.g. a virtual tourist guide), are also of high importance (nearly half of the communes declaring a Smart City, i.e. 11-12 of them). Intelligent transport systems were mentioned much less frequently (one in six respondents using solutions based on Smart City technologies).

Fig. 16. Solutions based on Smart City technologies used in spa municipalities, perceived by survey participants as the three most important from the point of view of the spa function of the municipality



Source: NIST study.

Among others, solutions from three areas were mentioned:

- IT solutions: Ecoharmonogram applications, interactive commune website, portal for stakeholders, virtual tourist map, public Wi-Fi network,
- transport solutions and road infrastructure: electric vehicles, promotion of electric transport, parking lots, intelligent LED lighting throughout the municipality, intelligent street lighting,
- other - a promotional experience capsule.

Intelligent Transport Systems were mentioned only in urban communes, while solutions grouped as „other” - mainly in rural-urban ones. In urban communes environmental protection systems were mentioned most often, while in rural-urban ones - tourism information platforms. In rural communes, environmental protection systems and tourist information platforms were indicated equally often. In municipalities with the shortest spa tradition, the use of Smart City solutions in the area of security is more important than in others, while environmental protection systems are less important.

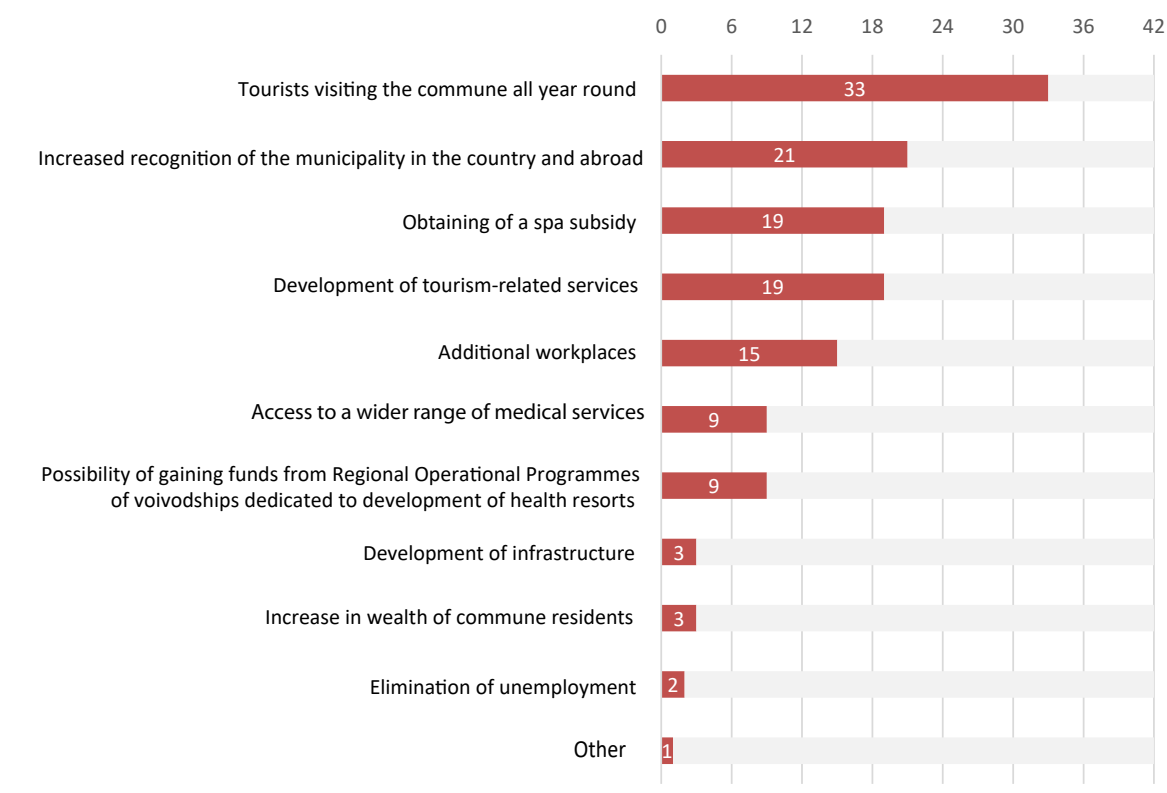
In large cities, intelligent transport systems are the most important, cities with 50,000 to 100,000 inhabitants equally often use systems to increase safety. In the smallest municipalities, the ranking is as follows: intelligent transport systems, increasing safety, tourist information platform, other (no indications for intelligent transport systems). For municipalities with population between 10 and 20 thousand, environmental protection systems and tourist information platform are equally important from the Smart City perspective, safety enhancement was indicated four times less often. In municipalities with

20 to 50 thousand inhabitants, all these solutions are similarly important (except for „intelligent transport”), although environmental protection systems and safety enhancing solutions were mentioned most often.

5.4. Perception of benefits from the status of a spa commune for the development of the commune

Representatives of health resort communes also referred to the benefits, which in their opinion a health resort status brings to the development of the commune. Ensuring an all-year-round flow of tourists to the commune appears to be the most important - as stated by about 3/4 of the respondents (33 out of 42 communes). For a half of the communes, the recognition of the municipality in the country and abroad, and the development of tourism related services are also important. More immediate financial issues are likewise important - obtaining a spa subsidy is an advantage (indicated by nearly half of the communes - fig. 17). The status of a spa commune is also connected with additional workplaces. For more than a quarter of municipalities, an easier access to medical services and the possibility of obtaining funds from regional operational programs for health resort activities are also important. In sporadic statements, the status of a spa district was associated with the development of infrastructure, an increase in the inhabitants' wealth, or the elimination of unemployment. As other benefits for one of the communes was a foreign cooperation (partner towns), and an improvement of spatial aesthetics in the commune.

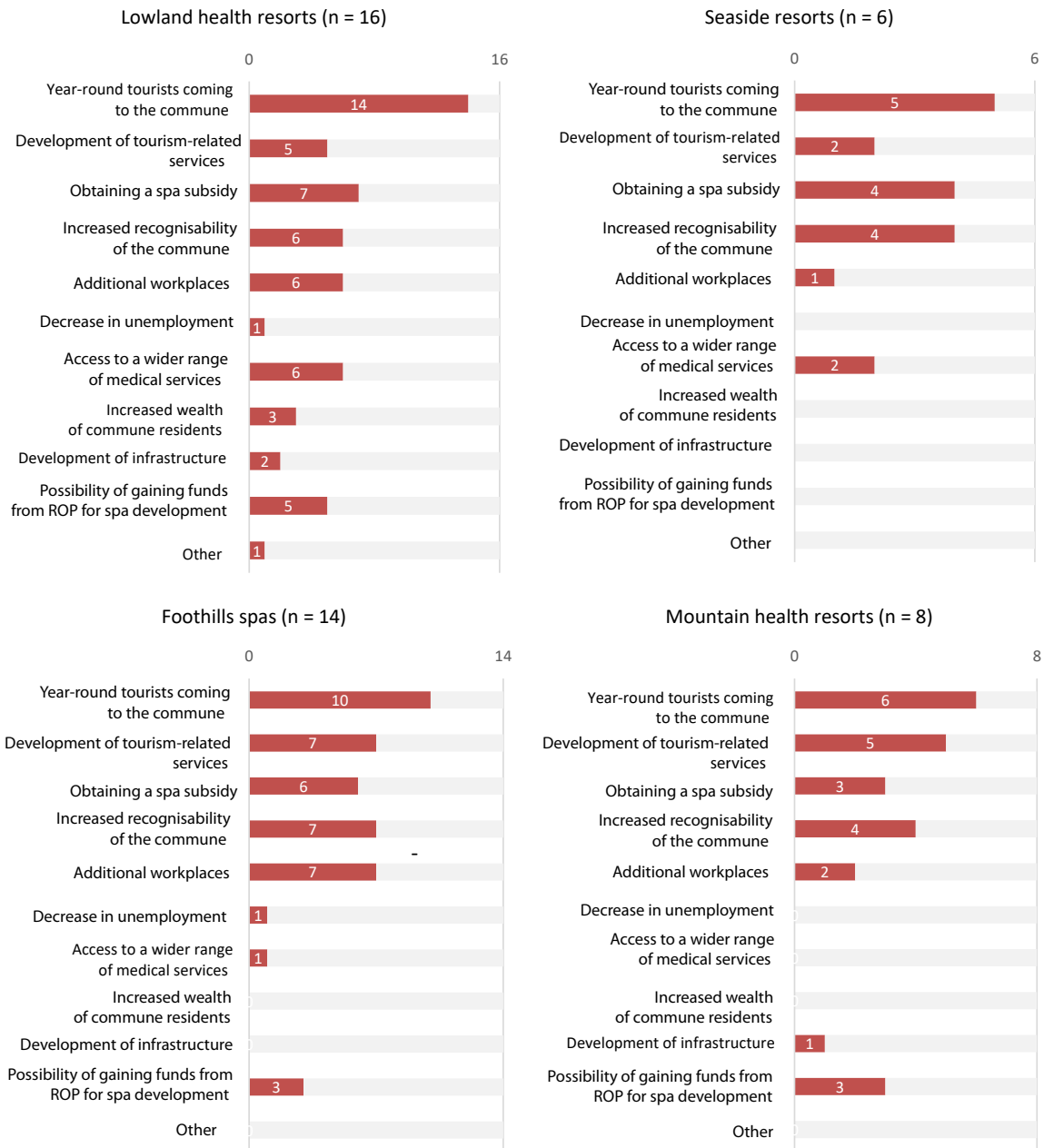
Fig. 17. Three most important benefits for the development of the commune connected with obtaining the spa status



Source: NIST survey (n = 42).

The representatives of rural-urban communes have the most holistic view of the benefits in this respect, and the three most important issues are: as in other communes, the year-round inflow of tourists, followed by environmental subsidies and additional jobs. On the other hand, in urban communes the development of tourism related services and increased recognition of the commune in the country and abroad are in second place, while the situation in the labour market is least important for them. In rural communes, on the other hand, apart from year-round tourism, it is important to obtain funds from environmental subsidies and to provide additional jobs. The increase in the inhabitants' wealth was not indicated in this respect either, taking into account the type of health resorts (in terms of their geographical location), differences in the evaluation of benefits by particular communes can be observed (Fig. 18).

Fig. 18. The most important benefits for the development of the commune connected with obtaining the status of a health resort according to the type of health resort



Source: NIST study.

In municipalities with the oldest health resorts, greater domestic and foreign recognition was most often indicated as a benefit to their development (slightly more than 2/3 of indications in this group), while for the remaining municipalities maintaining the tourist season throughout the year was in the first place - this was indicated in all municipalities established in the first half of the 20th century, and in nearly all other groups, but also in nearly 2/3 of the oldest municipalities, where it is the second most important factor. In almost all communes established in the 20th century, but in the pre-war period, the inflow

of funds from the health resort surcharge is also an important benefit. Access to a greater range of medical services is an important aspect for municipalities with the shortest spa history (2nd position). Equally important in this group is the development of tourism-related services (ex aequo 2nd position).

Representatives of communes were also asked to rank the benefits they mentioned, i.e. to specify which of them they would place 1st, 2nd and 3rd (Table 7).

Table 7. number of communes for which a given benefit connected with obtaining a health resort status is ranked 1st, 2nd or 3rd

Benefits	1 st place	2 nd place	3 rd place
Tourists (and patients) visiting the commune all year round	20	8	3
Additional jobs	4	6	3
Access to a wider range of medical services	2	4	2
Elimination of unemployment	1	0	4
Possibility of obtaining funds from Regional Operational Programmes of voivodships dedicated to development of health resorts	1	3	4
Infrastructure development	1	2	1
Development of tourism-related services	1	10	6
Additional funds from the spa fee	0	0	1
Obtaining a spa subsidy	3	6	9
Increased recognition of the municipality in the country and abroad	7	2	12
Increase in residents' quality of life	1	0	0
Increase in the wealth of commune residents	1	1	0

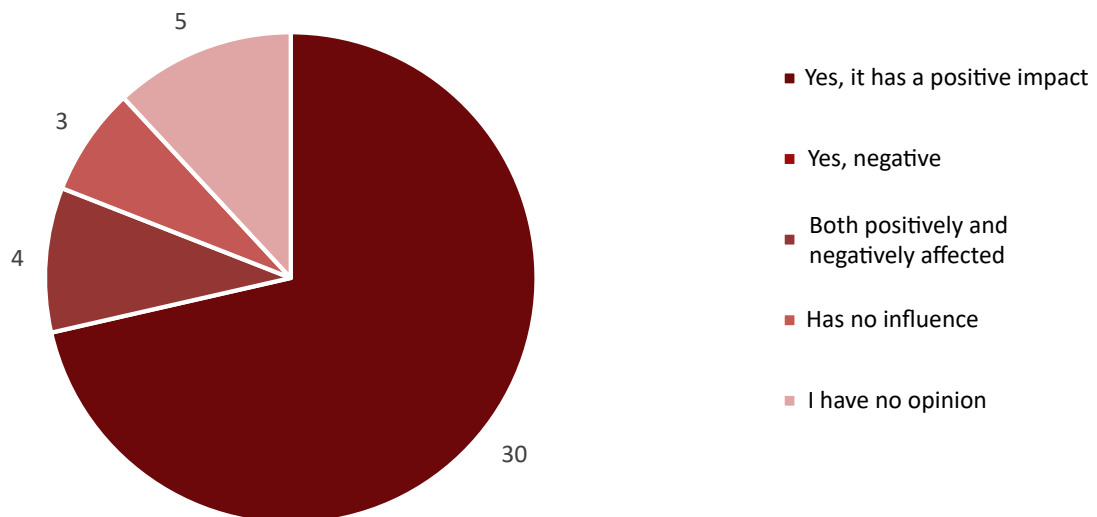
Source: NIST survey (n = 42).

As one can see, the year-round inflow of tourists (or tourists and visitors), was definitely the most frequent item - this was chosen by nearly a half of the communes' representatives. Slightly more often, although also with a relatively high frequency, the increased recognition of the commune (1/6 of the respondents), was indicated in the first place. There were also communes which indicated the increase in the inhabitants' wealth or quality of life (Solec-Zdrój and Gołdap), the development of services related to tourism (Szczawno-Zdrój), infrastructure development (Kraków), the possibility of obtaining funds from ROP for spa activities (Jedlina-Zdrój), or elimination of unemployment (Uniejów). On the other hand, the development of services related to tourism was indicated in second place - however, this concerns only about every fourth commune. In this respect, the respondents were divided into four areas of benefits

- apart from those indicated earlier: year-round inflow of tourists (8 out of 42), additional jobs and obtaining environmental subsidies (6 each). As far as the third most important benefit of having the status of a health resort community was concerned, opinions were also fairly scattered, although two issues came to the notice in this respect - greater recognition of the community (12 out of 42 indications), and obtaining a health resort subsidy (9), followed by the development of tourism-related services (6).

Representatives of most (nearly 3/4), communes perceive the benefits of obtaining the status of a spa commune also in terms of improvement of the inhabitants' quality of life (Fig. 19). At the same time, there are communes which see not only benefits, but also disadvantages (in four communes not only benefits, but also disadvantages were indicated). Besides, in five communes it was stated that it only has negative consequences for the inhabitants' quality of life. No impact was, in turn, declared in three communes - Krasnobród, Duszniki-Zdrój, and Iwonicz-Zdrój.

Fig. 19. Answers to the question „In your opinion, does having the status of a health resort commune change the quality of life of the residents of your commune?”



Source: NIST study.

The affirmative answers definitely predominate in the spa municipalities (regardless of the criterion of their division). In general, the answers were distributed as follows:

- A relatively greater number of rural communes declared a positive impact (6 out of 7 communes); one in eight urban communes (2 out of 16), and one in 20 urban-rural, and one in 7 rural communes experience a negative impact; representatives of one urban and two urban-rural communes reported no impact;
- A relatively least favourable opinion is expressed by representatives of municipalities with 20-50 thousand residents (about a half of indications as compared with e.g.

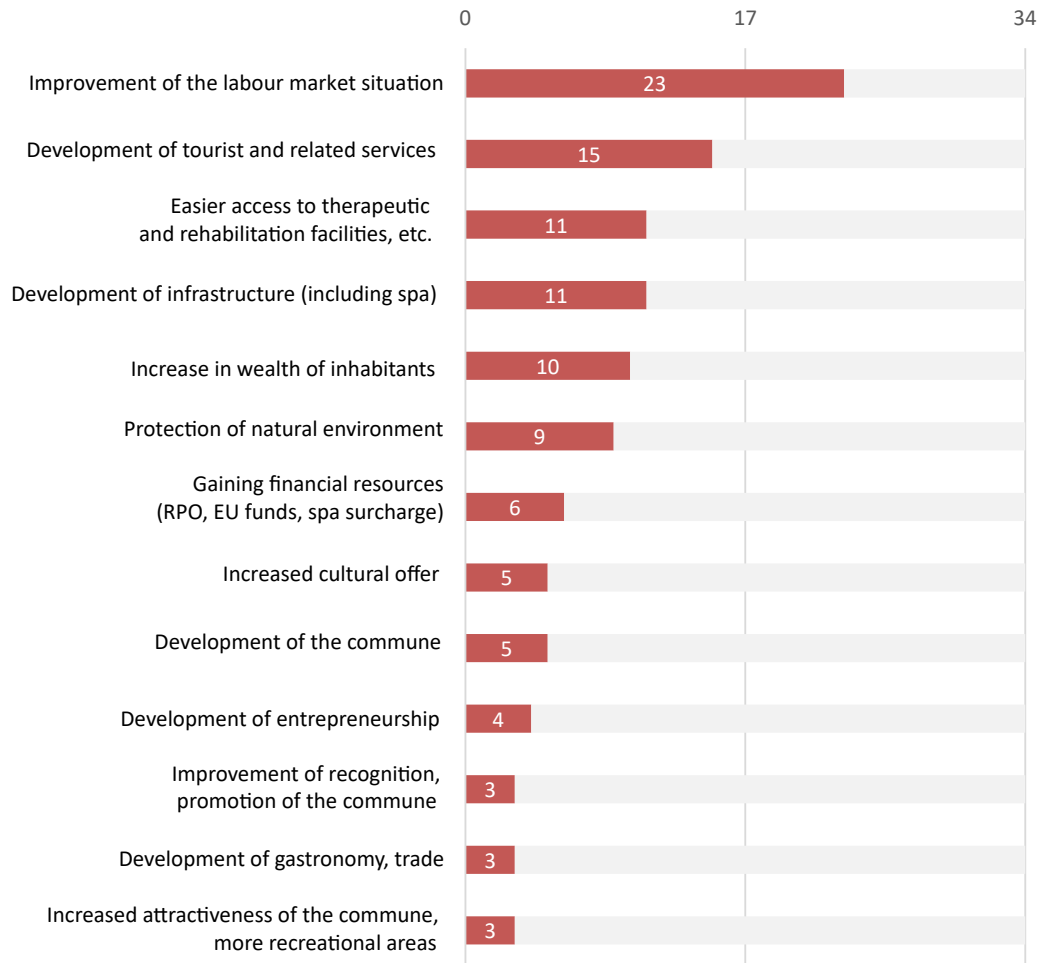
100% of „yes” answers for municipalities with 50,000 or more residents and nearly 3/4 - for the remaining ones); in the case of municipalities with 20-50,000 residents, one person (out of 7), was of an opposite opinion, while in the case of municipalities with 10-20,000 residents - one person (out of 14), indicated a negative impact and the other - no impact; in turn, in the smallest municipalities there were two indications (out of 18), for both options;

- a positive impact was declared more often in communes with shorter spa traditions (20th century), while in one of the post-war spas a negative impact was also indicated; a negative impact was also perceived in one commune (out of 15), with the longest tradition, and in two communes (out of 14), with spas dating back to the 19th century. As for the lack of impact, it was declared only in the two last-mentioned types of municipalities, in opposite proportions (2 indications for the 18th century and earlier, 1 for the 19th century variant);
- No supporters of the thesis of a negative influence of the status of a health resort district on the quality of life of its residents were found among the respondents from communes with lowland and mountain health resorts (as compared with 2 in 6 and 2 in 14 respondents referring to the coastal and submontane health resorts respectively - in the case of the coastal communes, this means that nearly half of the respondents indicated a negative impact); no impact was indicated in one commune with a lowland health resort, and two with a submontane health resort.

As far as the negative effects on the quality of life of the inhabitants are concerned, in the open responses, first of all, the barriers related to the protection of the natural resources of the health resort were mentioned (barriers for entrepreneurship, e.g. restrictions from environmental protection; restrictions related to the possibility of managing one's own land, statutory restrictions; restrictions resulting from norms protecting natural healing resources, i.e. water or mining areas; prohibition to conduct specific economic activities, restrictions resulting from the location in health resort protection zones). The second group of difficulties relates to issues associated with increased tourist traffic, resulting in communication problems (heavy traffic of private vehicles, problems with parking in the city centre), as well as everyday difficulties for residents (nuisance associated with a large number of tourists, disturbance of the peace of the night by tourists), and littering the environment.

Nevertheless, there are, as it was emphasized, more benefits. The respondents were asked to indicate the three most important in their opinion - a synthesis of responses is presented in Figure 20.

Fig. 20. Key benefits for the quality of life of residents due to enjoying the status of a spa commune



Source: NIST survey (n = 34).

The main „social” benefits concerning the quality of life of inhabitants are seen in the improved situation on the labour market - this was indicated by 2/3 (23 out of 34) of communes’ representatives who see benefits of the health resort status in this respect. Positive effects for development of tourism and the broadly understood tourism related services are also important (the development of entrepreneurship, trade and services was also mentioned in this context). In total, these aspects were indicated by nearly 2/3 of communes (confirming the positive influence of spa activities). Adding to this, the answers „development of the commune” gives us a positive picture of the social consequences of having the status of a spa commune for the widely understood development of the commune. In addition, the inhabitants of a commune are able to feel the positive effects in terms of an increase in their own wealth (e.g. through an increase in real estate prices), as well as an easier access to treatment and rehabilitation services in health resorts (this is the third most important benefit mentioned by representatives of communes - approximately

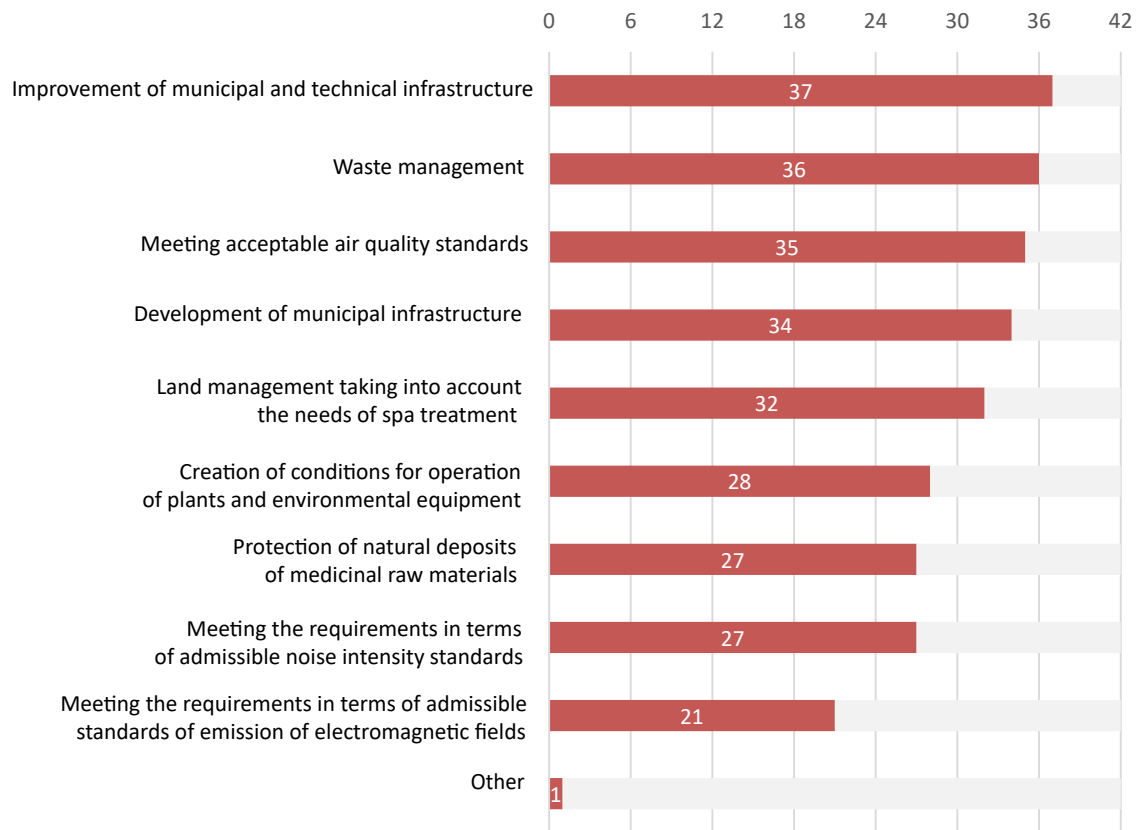
every third person). In general, health resort communes live better - thanks to investments in infrastructure (not only the health resort one), better quality of natural environment, larger area of more attractive recreation grounds, an access to a wider cultural offer. For the municipalities it is also important to gain access to additional funds that can be allocated for the development of the municipality (from the ROP and other funds co-financed by the EU, but also the spa subsidy, which - let's recall - is equal to the revenues received by the municipalities from the spa fee, collected in the year preceding the base year). Increased recognition of the commune and its promotion were also mentioned among the benefits for improved quality of life of the inhabitants, which increased the scale of the previously mentioned benefits (Figure 20).

To sum up, from the point of view of the quality of life of the residents of health resorts, the balance of benefits and drawbacks of health resort operation is definitely positive - the benefits clearly predominate, although the drawbacks, especially those related to the restrictions imposed by the protection of natural curative resources and increased tourism, cannot be disregarded. However, as has been stressed out, the benefits definitely prevail.

5.5. Actions taken to protect the natural conditions of the health resort

Since the health resort function is so important for most municipalities, how do they protect the natural conditions of the health resort? As can be concluded by analysing the data presented in fig. 21, the municipalities take a holistic approach to this issue. In almost all communes measures are taken to improve the municipal and technical infrastructure, and to develop the municipal infrastructure.

Fig. 21. Actions taken by the commune to protect the natural conditions of the health resort



Source: NIST survey (n = 42).

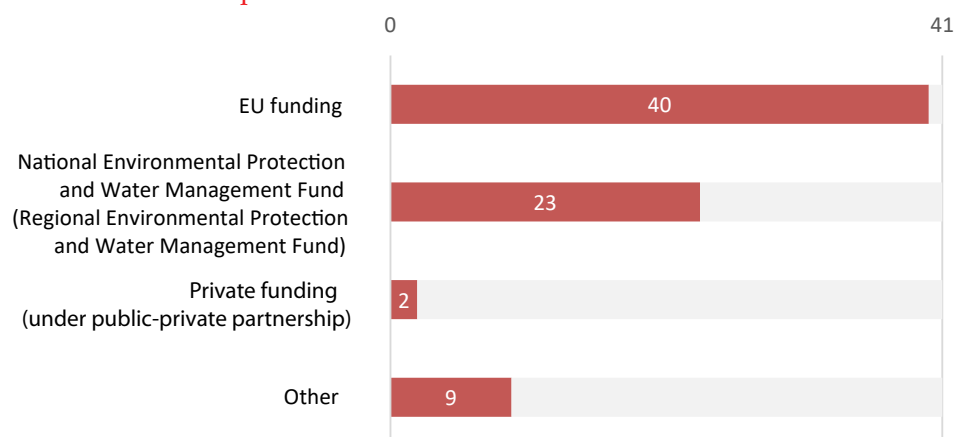
Importantly, measures are also taken to protect the environment through waste management, as well as to ensure compliance with acceptable air quality standards, as well as noise and (somewhat less frequently), electromagnetic field emissions. This is important given the results of a 2016 inspection by the Supreme Chamber of Control (NIK), which raised concerns in this regard with respect to 9 of the 11 spa municipalities examined at the time.⁴⁵⁶ Activities directly related to the spa function - land management, taking into account the needs of spa treatment (slightly more than 3/4 of municipalities), the creation of conditions for the operation of spa facilities and equipment, and the protection of natural medicinal raw material deposits (2/3 of municipalities) are equally relevant. In one commune, the protection of broadly understood greenery resources was also indicated.

For investments connected with the development of the health resort function, external resources are used, among others. Only one commune - Brześć Kujawski - did not use funds from any source. Almost all communes that declared using external sources of financing used EU funds to finance their spa activities (fig. 22). The National Fund for Environmental Protection and Water Management (Province Fund for Environmental Protection and

⁴⁵⁶ NIK (2016), *Meeting the requirements set for spas*, Record No. 179/2016/P/16/091/LSZ.

Water Management), is also an important source of external funds in this respect - it was indicated by more than a half of the surveyed (23). However, the public-private partnership (PPP), is used sporadically in this respect - this concerns only two health resort communes: Solec-Zdrój and Szczawnica.

Fig. 22. External funds used for spa activities



¹ Brześć Kujawski has been omitted.

Source: NIST survey (n = 41).

Other external sources of financing were mentioned: Norwegian funds (3 communes), Swiss funds (2 communes), Lower Silesian Development Assistance Fund (2 communes), as well as cross-border funds, Regional Operational Program of Podkarpackie Province, Local Roads Fund, and generally a grant from the state budget (1 commune each).

Rural communes use the resources of the National Fund for Environmental Protection and Water Management relatively less frequently, and they also use resources from other sources less frequently (e.g. Norway funds). On the other hand, none of municipal spa communes indicated the public-private partnership. Taking into account the size of the commune (measured by the number of inhabitants), it is worth noting that only the two smallest communes (with the population of up to 10 thousand), made use of private funds in the framework of the public-private partnership. It should also be noted that in case of coastal communes, the diversification of external sources of financing of health resort activities is the smallest - in principle, they are limited to the EU funds, besides only one commune benefited from the resources of the National Fund for Environmental Protection and Water Management.

5.6. Promotion of the spa commune

Communes undertake various types of activities to promote the health resort. This is indicated by the answers of the communes' representatives to the question „Please indicate 3 most

important activities that your commune undertakes in order to promote the health resort”. Summarising these statements, the promotional activities of the health resort communes include above all:

- 1) cultural events - 24 indications,
- 2) promotion/advertising in the media - 21 indications,
- 3) fairs (in particular tourist fairs), economic missions - 17 indications,
- 4) publications (albums, guidebooks, folders, brochures), maps, folders, newsletters - 12 indications,
- 5) internet (including the commune’s website) - 12 indications,
- 6) investments in infrastructure, revitalization, improving the aesthetics of the commune - 10 indications,
- 7) radio, TV (including participation in breakfast television programmes) - 9 indications,
- 8) articles in magazines, newspapers - 7 indications,
- 9) promotion in the framework of activities of the association of spa municipalities - 7 indications,
- 10) cooperation with various stakeholders - 7 indications,
- 11) promotional campaigns/actions - 6 indications,
- 12) sports events - 5 indications,
- 13) social media - 5 indications,
- 14) conferences, congresses - 5 indications,
- 15) promotion centres - 2 indications,
- 16) banners, outdoor advertising - 2 indications,
- 17) obtaining external funds for promotion of spa activities - 2 indications.

Current promotional activities, as well as pro-environmental activities, involvement in projects for health resort communities, advertising materials, participation in competitions (e.g. organised by the EU) were also mentioned (single indications). Of the survey participants’ statements, let us quote a few:

- cooperation in the field of filming e.g. „Blonde”,
- joint events (Mountain Running Festival, International Dance Festival, Mountain Festival),
- including spa products as one of the elements of the comprehensive offer of the commune,
- developing a place brand to seek medical tourists and investors,
- promotion on the Internet, positioning in Google, sponsored articles in industry portals such as Onet.pl, tourism, combined advertising such as an article in the National Geographic Traveller, along with the Internet emission of the article,
- creation of unique spa infrastructure in Poland, e.g. Spa Parks with the largest Sensory Gardens in the country,

- participation in competitions organized by the European Union and the Polish Tourist Organization,
- participation in breakfast television programmes, information and promotion campaigns, combined with the emission of advertisements in trade magazines or periodicals, coordination of promotional activities with the owners of health resorts.

Completion

The functioning of health resort communities in Poland has a long tradition. The history of operation for most of them dates back even several hundred years, although two health resorts (Dąbki and Uniejów), have already acquired that status in the 21st century. They are located in rural, town-rural communes, as well as in large urban municipalities (Kraków, Jelenia Góra or Inowrocław), in lowland and foothill areas (the most frequent locations), and also in mountain and coastal areas. Nearly a half of the spa municipalities are inhabited by fewer than 10 thousand people, and slightly more than 1/3 - by 10 to 20 thousand people. Similarly, as in the majority of municipalities in Poland, 2/3 of spa municipalities face the problem of depopulation.

The analysis of the functioning of Polish health resorts carried out in this study shows their heterogeneous picture in terms of curative function. Health resorts differ in the profile of their activities, which is derived from the natural resources available in their area. The majority of municipalities obtained the status of a health resort on the basis of their diversified natural resources (mixed type) - this is true for more than half of the health resorts currently in operation. These resources are usually based on a combination of mud or climatic conditions with other resources (especially brine and/or therapeutic waters). However, spas also use natural resources other than those available on their premises. In 2020, health resorts that operated were mainly health sanatoriums for adults, only a few establishments run treatment facilities for children. As far as the directions of treatment are concerned, services related to rheumatological and orthopaedic-traumatic diseases, as well as diseases of the nervous system, cardiology and hypertension, and of the upper and lower respiratory tract, are most frequently provided. There are few resorts that provide treatment of diseases of the eye and eye instruments, oncological diseases, blood and blood-forming system diseases and endocrinological diseases. Almost all spas use spa parks. A significant part of spas also use spa pump rooms, and/or therapeutic and rehabilitation spa pools. Nearly half of the health resorts

have kinesitherapy paths and/or graduation towers. All health resorts have signed agreements with the National Health Fund, and every second one with the Social Insurance Institution.

Mostly, health resort communes in Poland cooperate with one another, 2/3 of communes also declare transnational cooperation. Mutual contacts usually cover the area of culture, sport, education, but also enable the execution of investment projects financed from external sources. The presented case studies (Chapter 3), show the great diversity of the undertaken cooperation.

Let us summarise the results in terms of development of potential and opportunities and barriers in this respect. Firstly, the communes perform their function of a health resort, first of all, due to the curative raw materials or climatic factors they possess, but also because they perceive it as a development opportunity for the commune. The polarisation of answers confirms the highly consistent approach of the communes which perceive obtaining the status of a health resort centre as an opportunity for development. In terms of barriers to the development of a commune, from the perspective of their spa function, barriers to entrepreneurship were indicated above all, e.g. environmental restrictions as well as excessive carbon dioxide emissions - CO₂. At the same time, the communes take a holistic approach to the protection of natural conditions of the health resort. In almost all communes activities are undertaken to improve the communal and technical infrastructure, and to develop the communal infrastructure. Importantly, measures are also taken to protect the environment through waste management, and to ensure that acceptable air quality standards are met, as well as noise and (somewhat less frequently), emissions of electromagnetic fields. Equally important are the activities directly related to the health resort function.

Having the status of a health resort community requires that the communes maintain and develop their health resort potential, which is financed, inter alia, from the health resort fee (although the rules of their distribution are different). However, is it profitable for them, is the balance of benefits and losses from the health resort operation positive, is it worth undertaking efforts to maintain the status of a health resort community? The research carried out confirms that although it is impossible to ignore the drawbacks associated with it (especially those relating to restrictions resulting from the protection of natural healing resources and increased tourism), the benefits definitely outweigh the disadvantages. The most important ones are ensuring year-round inflow of tourists to the commune, as well as recognition of the commune in the country and abroad, and development of tourism-related services. The spa subsidy is also an advantage. The main social benefits are seen in the improvement of the labour market situation, development of tourism and broadly understood tourism-related services. In addition, the spa districts live better - thanks to investments in infrastructure (not only in the spa sector), better quality of the natural environment, attractive recreational areas, access to a wider cultural offer.

What measures are taken in the municipalities to maintain their spa function? The municipalities focus mainly on general infrastructure investments, investments in health resort infrastructure and those related to sports, recreation and cultural infrastructure, and (somewhat less frequently), investments related to environmental protection. Some of the investments are part of revitalization activities, others are intended to implement solutions based on Smart City technologies. Almost all communes indicated the need for further infrastructural investments connected with development of health resort functions. In particular, the following are planned: development of health resort infrastructure, reconstruction of natural health resorts, investment in spa parks, brine infrastructure, commencement of peat deposits exploitation, construction of graduation towers, search for thermal waters etc. These results may point in the right direction for the development of health resort communes in Poland. The changing market - greater concern for health, maintaining physical fitness, appearance and youth - is increasingly becoming the motive for tourist trips to health resorts. Despite the fact that the public system of financing health resort services, in which mainly older people (due to the larger scale of health problems), receive referrals, is dominant, the client profile is slowly changing. It appears (but this was not the focus of this study), that these changes may have been intensified by the COVID-19 pandemic which increased interest in domestic tourism, including commercial spa services. Clearly, the restrictions in spring 2020 and since autumn 2020, have frozen the operation of spas, but the easing of restrictions can be expected to again increase demand for their offerings - both therapeutic and tourist. In order to take advantage of this opportunity, health resort communities should offer a wide range of complementary services in the area of health prophylaxis, tourism and recreation (which was already postulated years ago). Since health resort tourism is one of Poland's identifiable brand products, recognised on foreign markets⁴⁵⁷, achieving these goals is within the reach of health resort communes.

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⁴⁵⁷ Komornicki P., *Uzdrowisko XXI wieku - innovations in health resorts on the example of „Uzdrowisko Iwonicz S.A.”*, [in:] J. Hermaniuk, J. Krupa, *Współczesne trendy funkcjonowania uzdrowisk - klastering*, Instytut Gospodarki Wyższej Szkoły Informatyki i Zarządzania, Rzeszów 2010, p. 41.

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The material gathered and processed in a very diversified way is of significant cognitive values. Good practices may provide a meaningful inspiration for managerial bodies and employees of local administration. In my opinion, the work meets the requirements for the research and teaching employees in terms of formal and substantive aspect.

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The most relevant value of the work evaluated is the topicality of the issue raised. Undoubtedly, the competitive fight on the SPA tourism market has increased, and issues related to marketing and development strategy of market operators will be of paramount importance in the recent years from the point of view of tourism economy in Poland.

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