



## 2º Workshop E-COSMOS BCN, 4<sup>th</sup> to 6<sup>th</sup> May 2011

### Practical information for the stay in BCN

#### Your arrival in BCN on 4<sup>th</sup> May

Normally you arrive at the T1 El Prat airport from where you have two options to get to the hotel.

**Option 1:** take a [free shuttle](#) that will take you to the railway station in T2 El Prat airport. The shuttle stops right next to the railway terminal and once there they must take a [suburban train](#) (Rodalies) to Sants station (three stations). The frequency of trains is every 30 minutes, leaving at xx:08 and xx:38 and the trip takes 20 minutes.

**Option 2:** take the [direct bus](#) from the airport to Plaça Espanya, from there you can take the [Metro](#) (L3) to Sants Estació - Sants Station (two stops) or if you prefer to walk from Plaça Espanya to the hotel. The frequency of direct buses is every 10 minutes.

#### Transport fares

If you choose the train you must buy a single fare to Sants Station, valid to travel during the next two hours. Train tickets can be purchased from vending machines at the station

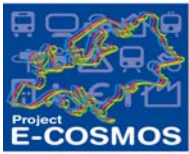
4 zonas: **3,00 €.**



If you take the direct bus to Barcelona you can buy a single fare (5.30 €) or a [round trip ticket](#) (9.15 €). Bus tickets can be purchased on the bus

**\* Warning: all other travel expenses of the workshop will be covered by the organization**

#### Timetables



### Airport Train Timetable

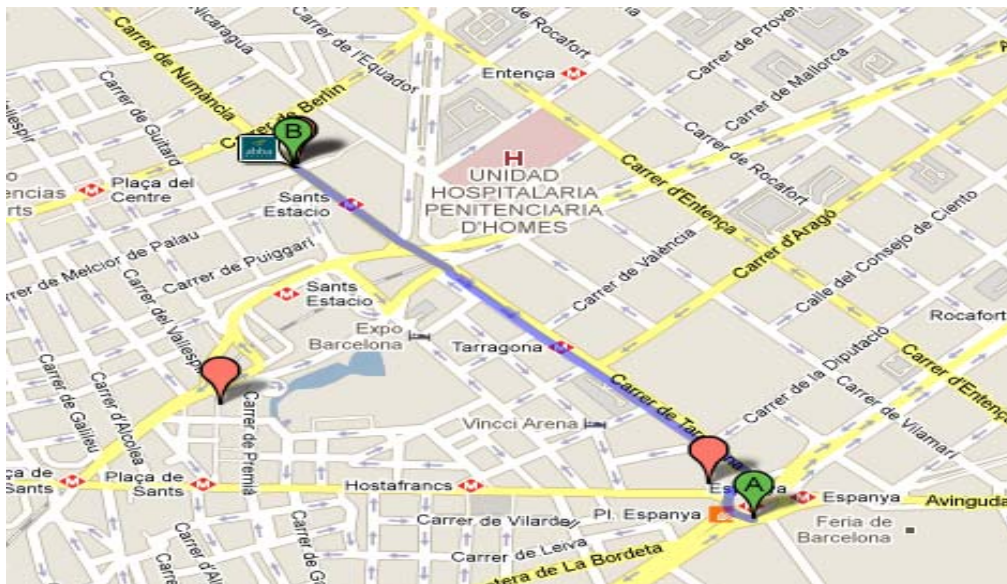
**From:** Airport **To:** Barcelona-Sants **Date:** 04-05-2011  
Departure Time from 08:00 h. and 13:59 h.

Hora Salida	Hora Llegada	Línea	Tiempo de Viaje
08.08	08.27	R2	0.19
08.38	08.57	R2	0.19
09.08	09.27	R2	0.19
09.38	09.57	R2	0.19
10.08	10.27	R2	0.19
10.38	10.57	R2	0.19
11.08	11.27	R2	0.19
11.38	11.57	R2	0.19
12.08	12.27	R2	0.19
12.38	12.57	R2	0.19
13.08	13.27	R2	0.19
13.38	13.57	R2	0.19

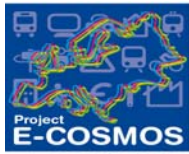
**From:** Barcelona-Sants **To:** Airport **Date:** 06-05-2011  
Departure Time from 15:00 h. and 20:59 h.

Hora Salida	Hora Llegada	Línea	Tiempo de Viaje
15.09	15.27	R2	0.18
15.39	15.57	R2	0.18
16.09	16.27	R2	0.18
16.39	16.57	R2	0.18
17.09	17.27	R2	0.18
17.39	17.57	R2	0.18
18.09	18.27	R2	0.18
18.39	18.57	R2	0.18
19.09	19.27	R2	0.18
19.39	19.57	R2	0.18
20.09	20.27	R2	0.18
20.39	20.57	R2	0.18

### A walk of one km. from Plaça Espanya to ABBA Hotel



### From Sants Station to ABBA Hotel

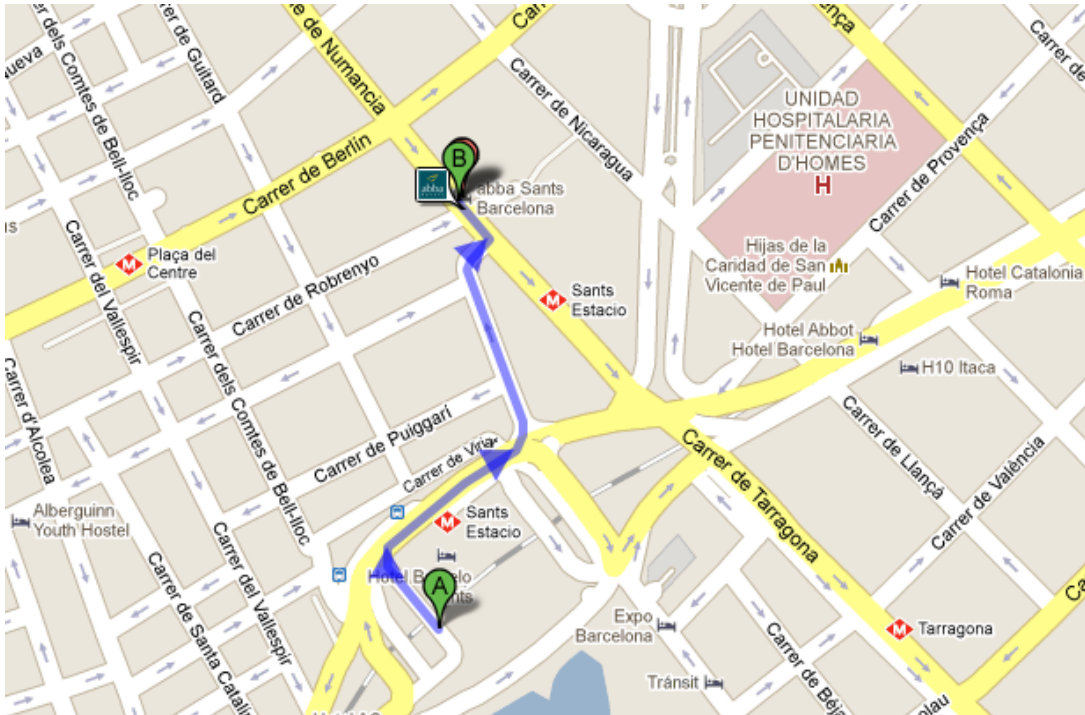


## European Commuters for Sustainable Mobility Strategies

This project has received funding from the European Union



The [ABBA hotel](#) (32, Numancia Str.) is just a 5 minute walk from the station.

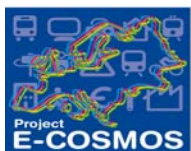


## RENFE Regional Trains Routes



## Accessibility & Dietary Requirements





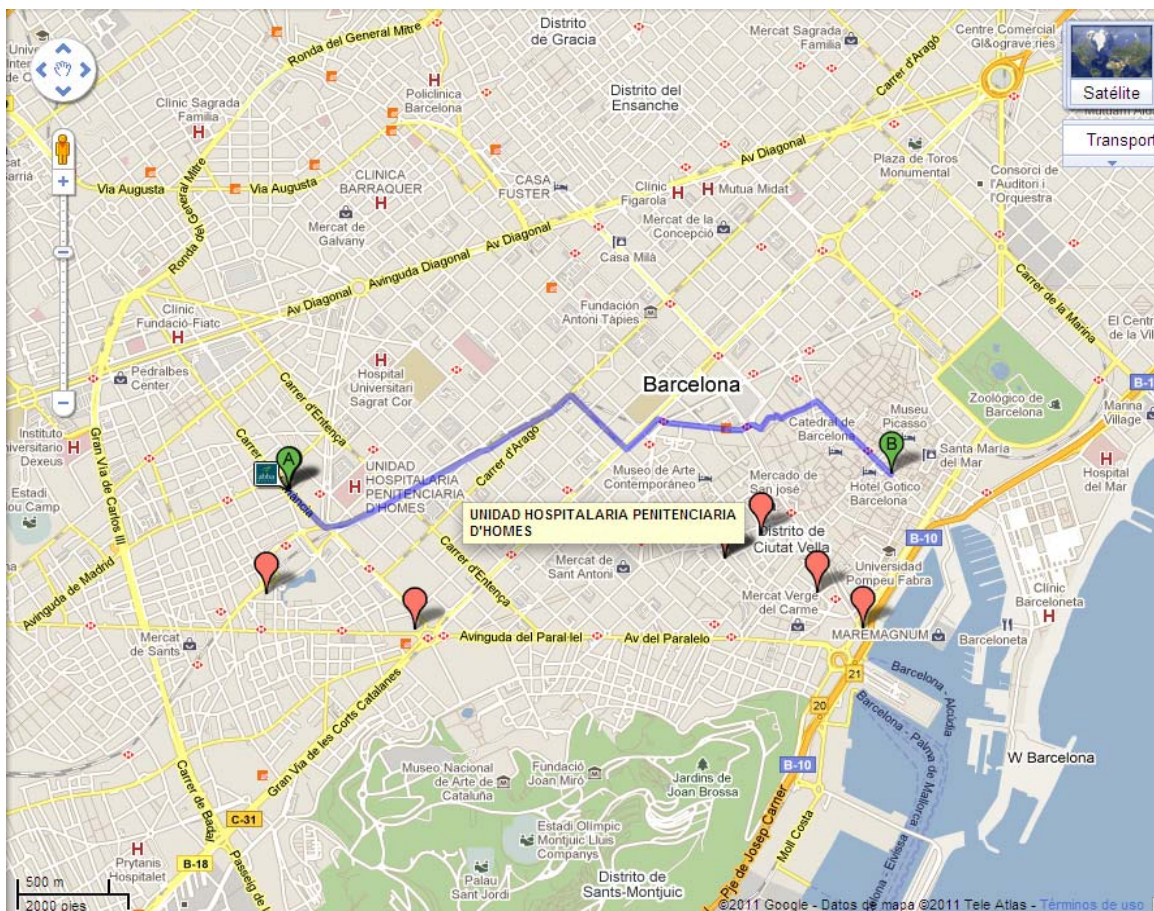
Please inform Luis Cuenca **at least one day before** the workshop at [lcuenca@ccoo.es](mailto:lcuenca@ccoo.es) if you have any specific accessibility requirements, as we may need to make arrangements with the venue.

Vegetarians will be automatically catered for, so there is no need to note this, but if you have specific allergies, (lactose, gluten or peanuts) please let Luis Cuenca ([lcuenca@ccoo.es](mailto:lcuenca@ccoo.es)) know **at least one day before** the workshop, otherwise it may be difficult for the venue to meet your requirements.

## Appointments

On Thursday 5<sup>th</sup> and Friday 6<sup>th</sup> May you will meet Carlos and Luis at 8:15 am at the entrance of the hotel and they will lead you to the workshop. We will move from the hotel to the headquarters of CONC, walking to Sants Station, taking the L5 Metro (→ Vall d'Hebron) to Verdaguera station and from there the L4 Metro (→ La Pau) to Jaume I station.

The opening session will start at 9:00 am at the CONC HQ (16, Via Laietana, 5<sup>th</sup> floor).





# European Commuters for Sustainable Mobility Strategies

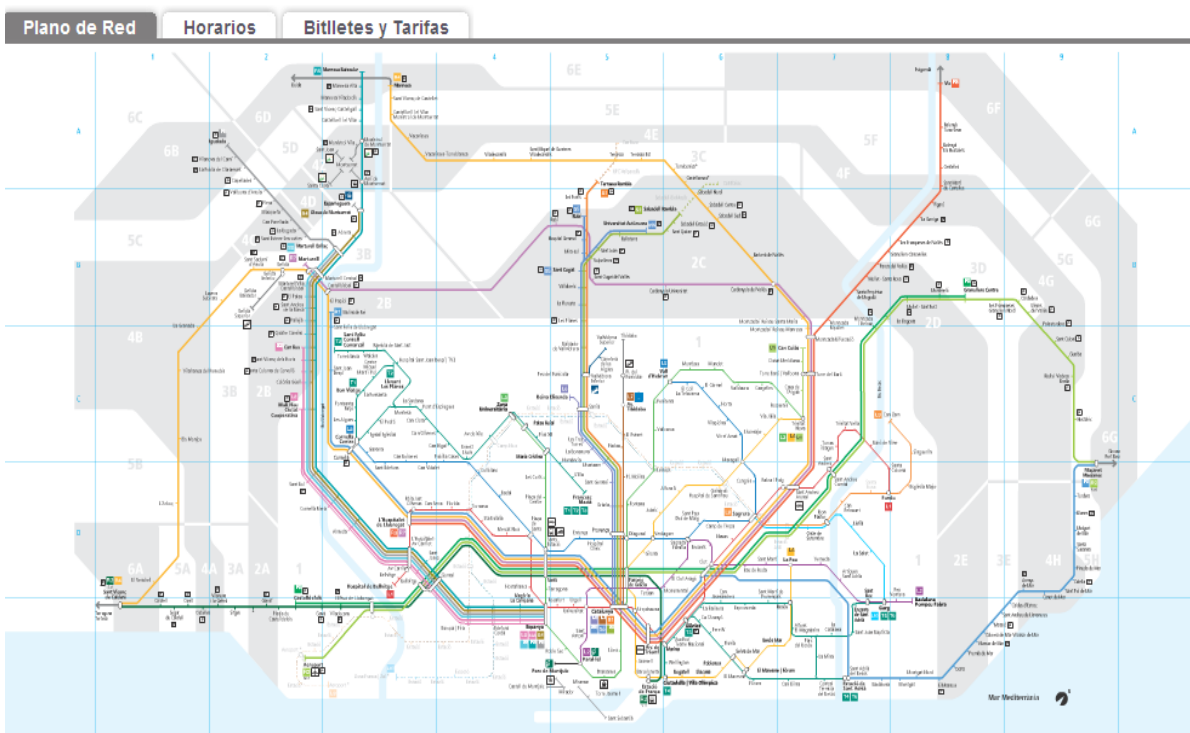
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## BCN Metro Map



## BCN Metropolitan Railway Map





## **Workshop Programme**

A full programme will be distributed at the beginning of the working sessions. Paper copies of presentations are provided in the packs where possible as well as handouts and mobility brochures.

## **Breaks**

Tea/coffee breaks and Wednesday lunch are included in the cost of the workshop. Please advise us of any special dietary requirements in advance.

## **Feedback**

We welcome feedback from delegations and consultants, as it will help us to shape the content, style and organisation of E-Cosmos events. An online survey will also be available after the workshop.

## **Contact Details**

Should you have any further queries, please do not hesitate to contact  
**Luis Cuena**, mobile +34 649 227 668

and during the workshop also:

**Llorenç Serrano**, mobile +34 629809 564

**Bettina Blanch** (interpreter Spanish – English), mobile +34 607 479 353

**Rollando d'Alessandro** (interpreter Spanish – Italian), mobile +34 670 454 269