

### 3<sup>rd</sup> Workshop E-COSMOS, 6<sup>th</sup> to 8<sup>th</sup> June 2011

#### practical information for the stay in BCN

##### If you arrive in BCN on Monday 6<sup>th</sup> June

Go to the meeting point of the T1 Airport and there will be the meeting at 12:30

##### If you arrive in advance

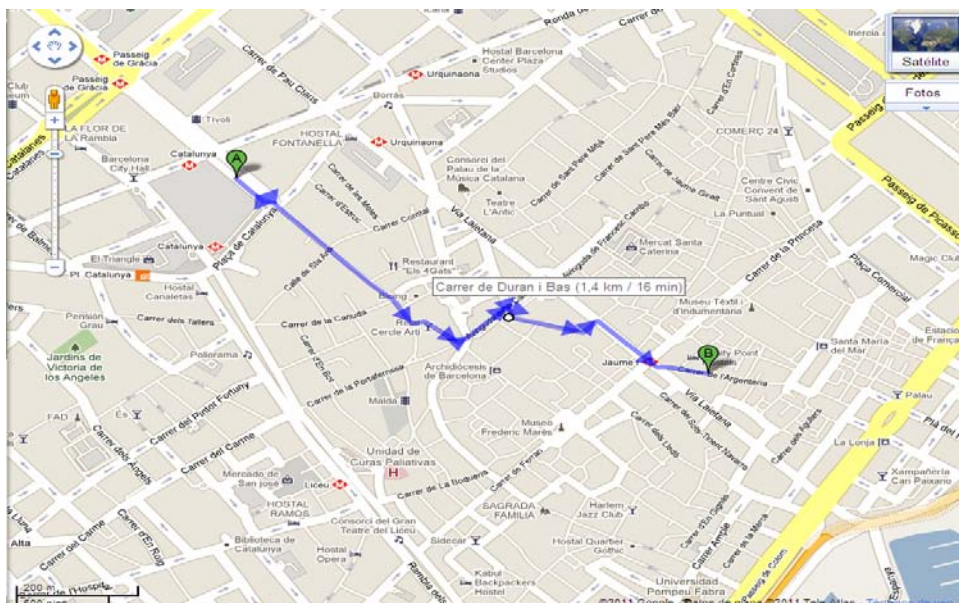
The meeting place is the same, the meeting point of the T1 Airport or if you prefer, we meet in the entrance hall of CC OO Catalunya (Via Laietana, 16) at 11:30 h and go together to the airport.

##### Getting to the Bany's Orientals Hotel

**Option 1:** take a [free shuttle](#) in T1 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 [regional train](#) (Rodalies) to El Clot/Aragò station (four stops). The frequency of trains is every 30 minutes, leaving at xx:08 and xx:38 and the trip takes 25 minutes. Then you can take the Metro (L1) to Urquinaona (four stops) and change to L4 to Jaume I

**Option 2:** take the [direct bus](#) from the airport to Plaça Catalunya, from there you can walk to the hotel, throughout the Gothic Quarter and passing in front the cathedral. The frequency of direct buses is every 10 minutes.

##### A walk from Plaça Catalunya to Bany's Orientals Hotel





## Transport tickets

If you choose the train you must buy a [single ticket](#) to Sants Station, valid for travel during the two hours after issuance. Train tickets can be purchased from vending machines at the head of the station

4 zonas: **3,00 €.**



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

## Timetables

### Airport Train Timetable

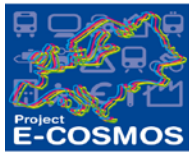
**From:** Airport **To:** Barcelona-El Clot/Aragò

Hora Salida	Hora Llegada	Línea	Tiempo de Viaje
16.08	16.38	R2	0.30
16.38	17.08	R2	0.30
17.08	17.38	R2	0.30
17.38	18.08	R2	0.30
18.08	18.38	R2	0.30
18.38	19.08	R2	0.30
19.08	19.36	R2	0.28
19.38	20.08	R2	0.30
20.08	20.38	R2	0.30
20.38	21.06	R2	0.28
21.08	21.38	R2	0.30
21.38	22.08	R2	0.30
22.08	22.38	R2	0.30
22.38	23.08	R2	0.30
23.08	23.38	R2	0.30
23.38	00.08	R2	0.30

**From:** Barcelona-El Clot/Aragò **To:** Airport

Hora Salida	Hora Llegada	Línea	Tiempo de Viaje
15.25	15.57	R2	0.32
15.55	16.27	R2	0.32
16.25	16.57	R2	0.32
16.55	17.27	R2	0.32
17.25	17.57	R2	0.32
17.55	18.27	R2	0.32
18.25	18.57	R2	0.32
18.55	19.27	R2	0.32
19.25	19.57	R2	0.32
19.55	20.27	R2	0.32
20.25	20.57	R2	0.32
20.55	21.27	R2	0.32
21.25	21.57	R2	0.32
21.55	22.27	R2	0.32
22.25	22.57	R2	0.32
23.00	23.32	R2	0.32

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

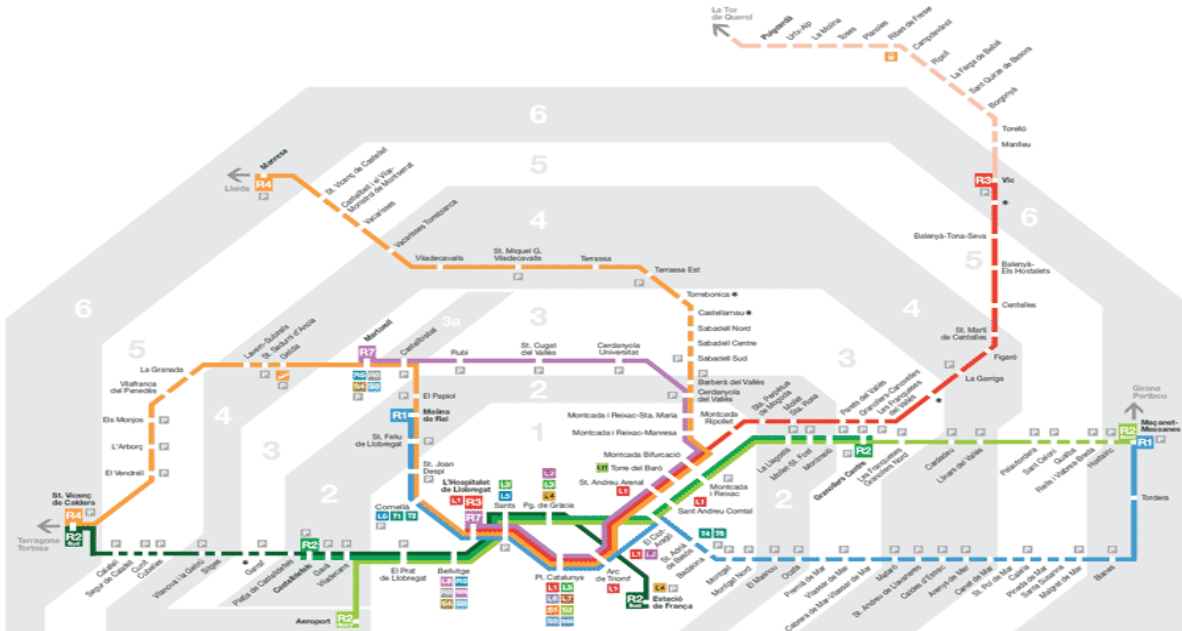


# European Commuters for Sustainable Mobility Strategies

This project has received funding from the European Union



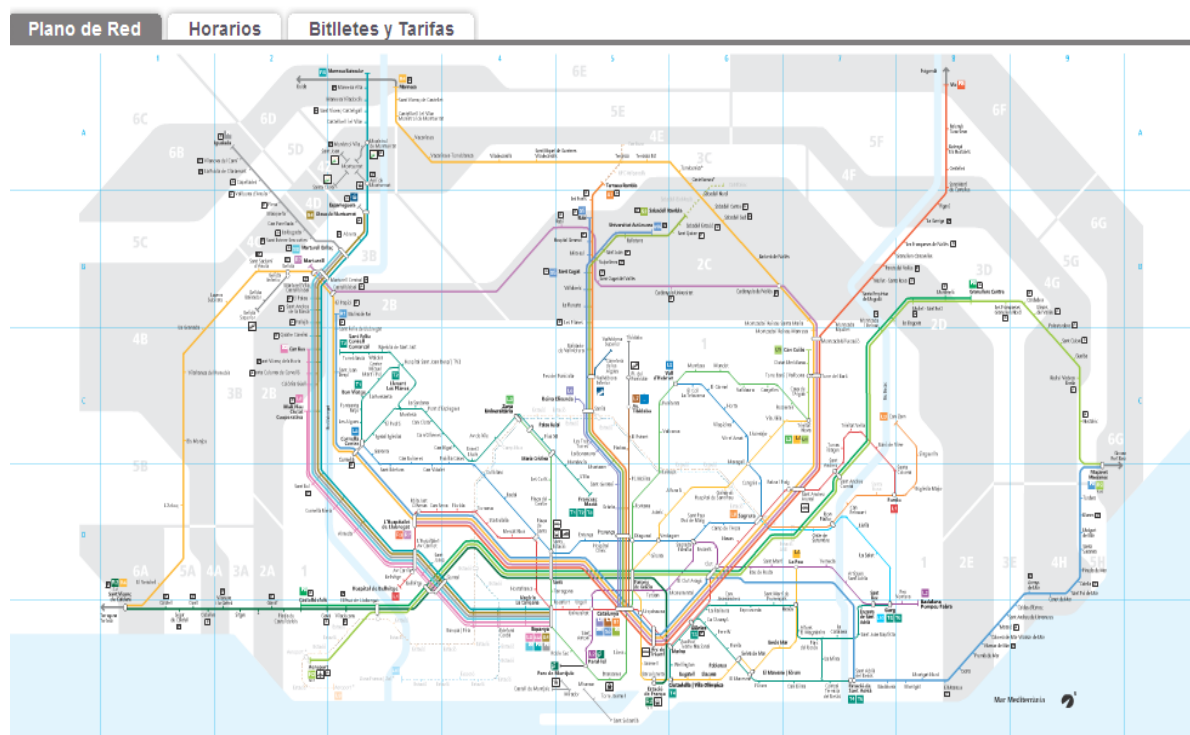
## RENFE Regional Trains Map



## BCN Metro Map



## BCN Metropolitan Railway Map



## Accessibility & Dietary Requirements

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

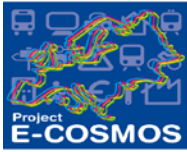
Vegetarians will be automatically catered for, so there is no need to note this, but if you have a specific allergy, for example lactose, gluten or peanuts, please let Luis Cuenca ([lcuenca@ccoo.es](mailto:lcuenca@ccoo.es)) know **at least one day before** the workshop, otherwise it may be difficult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

## Appointments

On Monday 6<sup>th</sup> June we will meet at 11:30 am at the entrance of the CONC headquarters. We'll move from CONC to the airport, walking to Plaça Catalunya Station, taking the suburban train (R1, R3, R4 or R7) to Sants Station and from there the suburban train (R2) to airport.

On Thursday 7<sup>th</sup> June we will meet at 08:50 am at the entrance of the CONC and will move to the Logistic Activities Zone (ZAL) by Metro, suburban train and shuttle.

On Wednesday 8<sup>th</sup> June the welcome session will begin promptly at 9:00 am in the CONC (16, Via Laietana - ground floor).



## **Workshop Programme**

A full programme will be issued at the beginning of the working sessions. Paper copies of presentations are provided in delegate packs where possible and so it will be possible to include handouts and brochures about mobility

## **Refreshments**

Tea/coffee breaks are included in the domestic costs of the workshop. Please advise us of any special dietary requirements in advance of the workshop.

## **Feedback**

We welcome all feedback from delegations and consultant, as it helps us to shape the content, style and organisation of E-Cosmos events. An online survey will also be available, from the end of 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