



USER KIT OF ENTRANCE

Useful information for your stay at ALBA during your experiment

Meals

The Canteen, ALBA Synchrotron

It is located on the basement floor. The Canteen is open from 8 a.m. to 4 p.m. on working days.

Cafeteria	Monday to Friday	08:00h – 16:00h
Lunch	Monday to Friday	13:00h - 15:00h.

Vending area, ALBA Synchrotron

Vending area is near the Canteen with microwaves, refrigerators and vending machines.

Sírius, Hotel Campus (located at UAB Campus, about 3km from ALBA site)

Breakfast is served all days at Sírius restaurant at the following times:

Monday to Friday	07:00h - 10:30h
Weekends and holidays	08:00h - 11:00h

El Cafè de l'Hotel, Hotel Campus (located at UAB Campus, about 3km from ALBA site)

The lobby-bar El Cafè de l'Hotel is open all days at the following times:

Monday to Friday	08:00h - 22:30h
Weekends and holidays	09:00h - 22:30h

La Marmita, Hotel Campus (located at UAB Campus, about 3km from ALBA site)

La Marmita is a restaurant which offers an 'a la carte' menu.

All days	13:30h – 15:30h and 20:00h – 22:30h
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In Hotel Campus you can order take away food for lunch/dinner. They should be requested in advance at Hotel Campus reception.

ALBA – Guesthouse Transport

Transport from ALBA Site to the guesthouse (Hotel Campus or Vila2) is solved through a **transfer-bus** that should be requested by you in advance at the reception:

Vila2 contact person:

Oscar Jiménez tel.: 935803095 email: oscar.jimenez@uab.cat

Hotel Campus contact person:

Eva Llorente tel.: 935808353 email: eva.llorente@uab.cat

In case you have requested the service and you do not need it, please inform Vila2 or Hotel Campus reception.

Timetable:

Vila Universitària	09:00 h	14:00 h	20:45 h
↓			
ALBA	09:15 h	14:15 h	21:00 h
↓			
Vila Universitària	09:30 h	14:30 h	21:15 h

For any comments or suggestions about the transport, please contact the User Office.

Electric bicycles are available to come to our facilities from the guesthouse and back. If you are interested on it, kindly ask for information at Vila2/Hotel Campus reception desk. More information in **Annex I**.

You can order a taxi if shuttle hours are not compatible with your work. Taxi fare is about 10€ and must be paid by the user. More information at Annex III.

Public bus service is available on working days. More information at **Annex IV**.

After the experiment

Kindly fill in the User Feedback Form online (useroffice.cells.es / My Visits / User Feedback)

On the other hand, Alba is willing to improve the transport from ALBA Site to Guesthouse. We kindly request you to help us to know your needs and the most adequate transport according to your opinions. Please, fill in the "Transport Alba-Guesthouse Questionnaire" and deliver back directly to User Office by hand or by email after your experiment. Many thanks in advance for your time and suggestions.

Floor coordinators

Floor coordinators are on duty on afternoon and night shifts of week days, and for the three day shifts on weekends and public holidays, only on BL days.

Weekdays:	15:00-07:00 (next day)
Weekends and public holidays:	00:00-24:00.

The main tasks of the Floor Coordinators is to provide immediate support to beamlines, before contacting the Local Contact (if not present) or any On Call service. Please address to FCs. FC will patrol around regularly.

Contact details:

Fixed phone (control room): 4401
Wifi phone: 5401
Cell phone: 608 018 721 (if the others fail)
Email: floorcoordinators@cells.es

Useful ALBA telephone numbers

Emergency: 4499

On call ALBA Safety 669 267 003

Beamlines:

BOREAS	4029	MSPD	4004
CIRCE	4024	NCD	4011
CLÆSS	4022	XALOC	4013
MISTRAL	4009		



User Office: 4346 / 4438 / 4000

ELECTRIC BICYCLES SERVICE

Users from ALBA Synchrotron can apply for an electric bicycle to move between Vila Universitaria / Hotel Campus and ALBA Synchrotron like a complementary transport, instead of using the shuttle.

BOOKING

The user can apply for the bicycles in Vila Universitaria reception from Monday to Friday, 24 hours. During the weekend it is not possible to apply for one of the bicycles, remember to book one in advance: +34 93 581 70 04 or vila@vilauniversitaria.com.

At the moment of applying the bicycle, the user must leave the personal data and they will receive a helmet, a magnetic card to access to the parking of Vila 2 and a key for the anti-theft lock. Also the user will receive a map with the way to arrive to ALBA Synchrotron.

There are seven electric bicycles available.

PARKING AREAS

Vila Universitaria: The bicycles are in Vila 2 parking. To enter and exit from the parking the user must use the magnetic card. From 22h to 8h from Monday to Friday and during the weekends to exit you must press a button located in the last column.

ALBA: Parking is located next to the security control.

HOW TO USE BICYCLES

- Require pedalling to go.
- The bicycles have a gearshift in the handlebar: up, down or flat.
- All the bicycles have lights and they are switched on with the buttons on the handlebar.
- When you park the bicycle in Vila 2 remember to connect the battery to the charger.

Always leave the battery charging either at the guesthouse or at ALBA (the batteries are equipped with the automatic safety option preventing it from damage during overcharging).

The battery can be taken into ALBA synchrotron unlocking it with a key for the anti-theft lock. The battery can be charged by the AC adapter brick (do not forget to bring it from the guesthouse and return it back).

If for any reason you leave your electric bicycle at ALBA, please inform the reception at Vila Universitaria.

SERVICIO DE BICICLETAS ELÉCTRICAS

Los usuarios del Sincrotrón ALBA pueden solicitar el uso de una bicicleta eléctrica para desplazarse entre Vila Universitaria / Hotel Campus y el Sincrotrón ALBA como servicio alternativo al transfer.

RESERVA

Las bicicletas se pueden solicitar en la recepción de Vila Universitaria de lunes a viernes, las 24 horas. En fin de semana no se realiza la solicitud ni la entrega de bicicletas, recuerde reservar por adelantado: +34 93 581 70 04 o vila@vilauniversitaria.com.

Cuando se solicite la bicicleta el usuario deberá dejar sus datos personales y se le proporcionará un casco junto con una tarjeta magnética para acceder al parking donde se encuentran las bicicletas y una llave de seguridad para el seguro de la bicicleta. También se le dará un mapa con el camino hasta el Sincrotrón ALBA.

Hay siete bicicletas a la disposición de los usuarios.

ÁREAS DE APARCAMIENTO

Vila Universitaria: las bicicletas se encuentran en el parking de Vila 2. Tanto para entrar como para salir se debe utilizar la tarjeta magnética. Hay que tener en cuenta que de 22h a 8h de lunes a viernes y durante el fin de semana, para salir, se debe pulsar un botón situado en la última columna.

ALBA: el parking está situado al lado del acceso de seguridad.

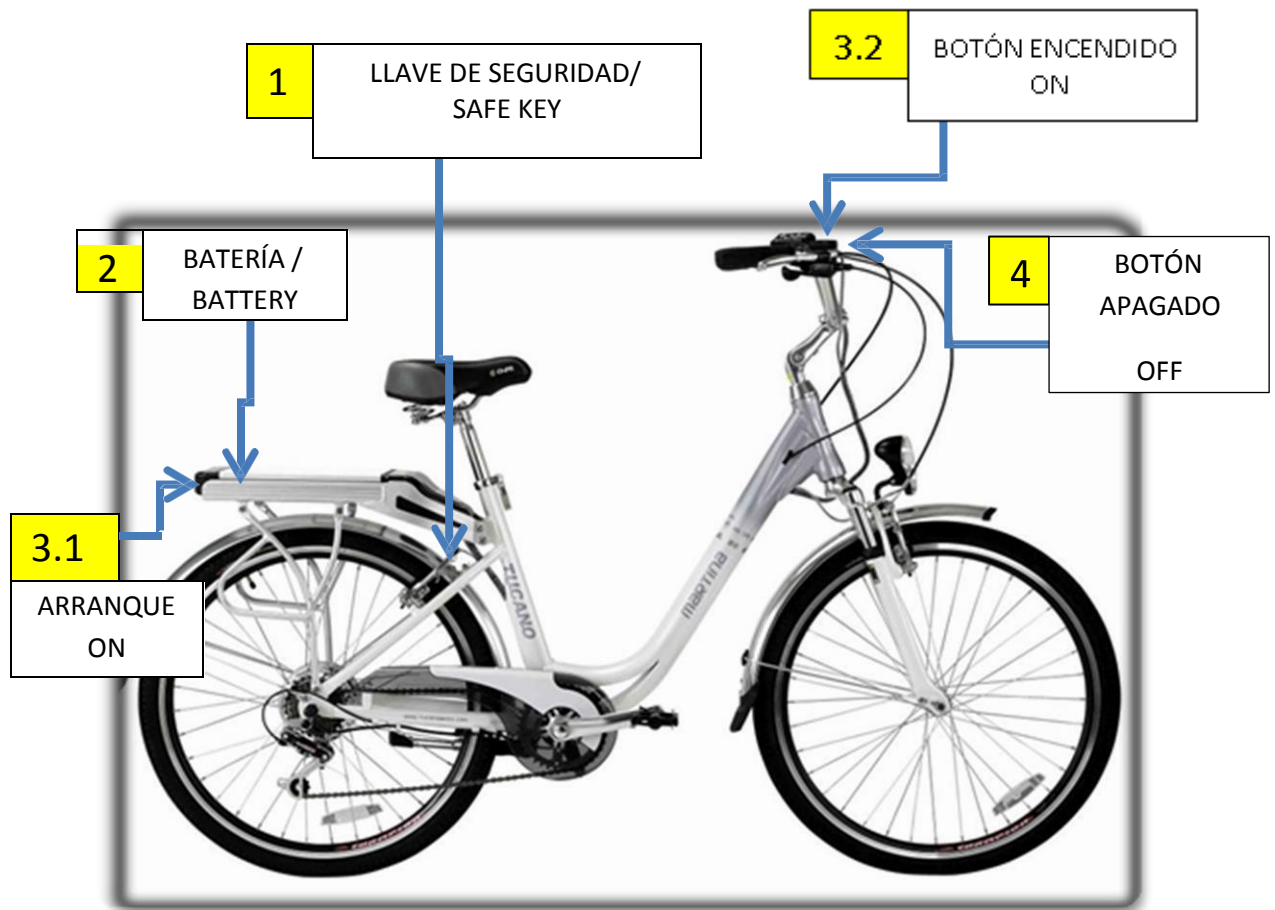
CÓMO UTILIZAR LAS BICICLETAS

- Se requiere del pedaleo del usuario para desplazarse.
- Las bicicletas disponen de un cambio de marchas en el puño: subida, bajada o llano.
- Todas las bicicletas tienen luces y se encienden con los botones disponibles en el manillar.
- Cuando aparque en Vila 2, recuerde dejar la bicicleta conectada al cargador.

Debe dejar la batería cargando en el Hotel Campus/Vila2 o en ALBA (las baterías están equipadas con un sistema de seguridad automático que evita que se dañen a causa de la sobrecarga).

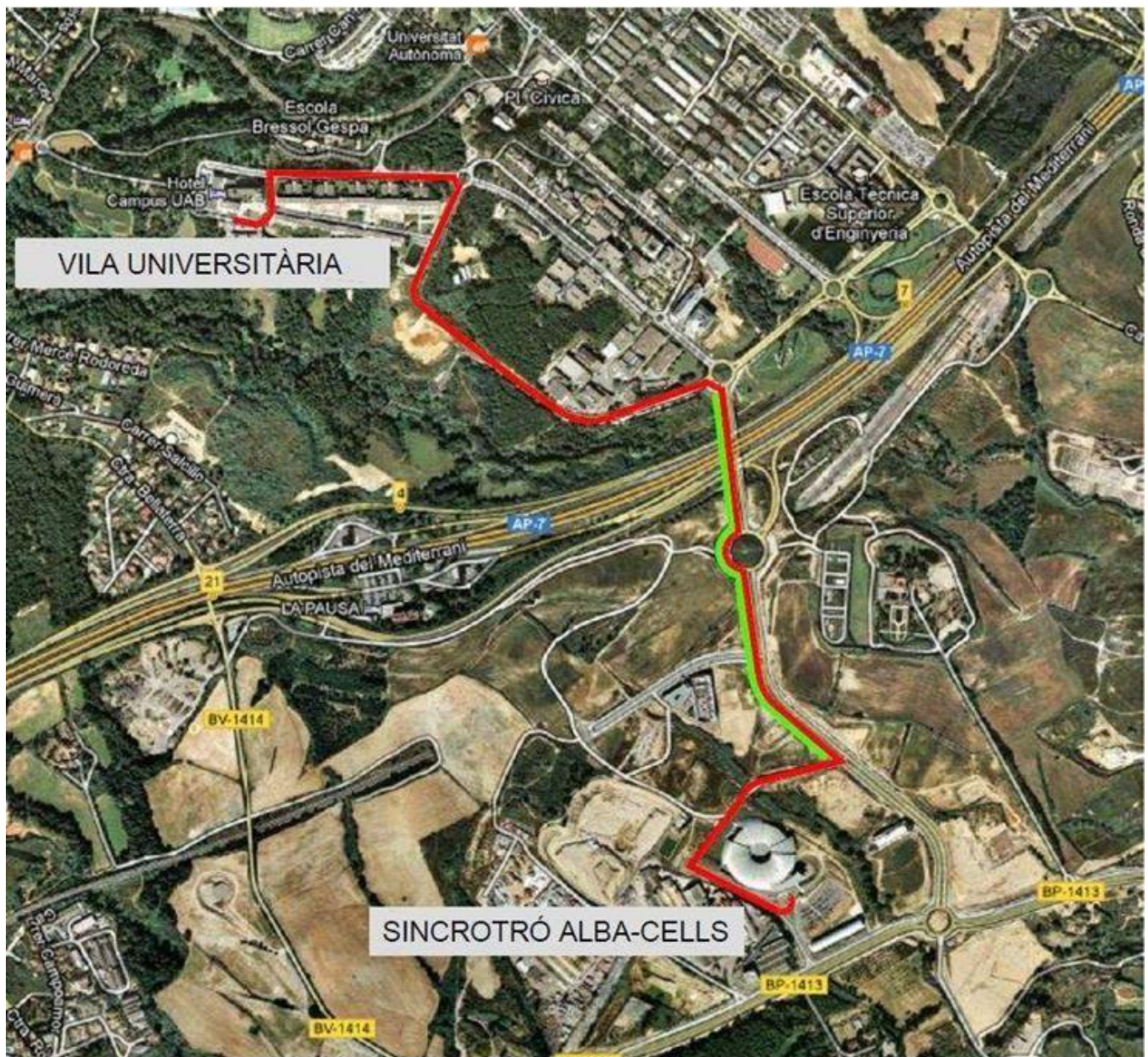
Las baterías se pueden traer al sincrotrón ALBA, desbloqueándolas con una llave de seguridad. Éstas pueden ser cargadas con el adaptador AC (no olviden devolverla al Hotel Campus/Vila2).

Si por algún motivo el usuario decide dejar la bicicleta en el Sincrotrón ALBA debe avisar a Vila Universitaria.



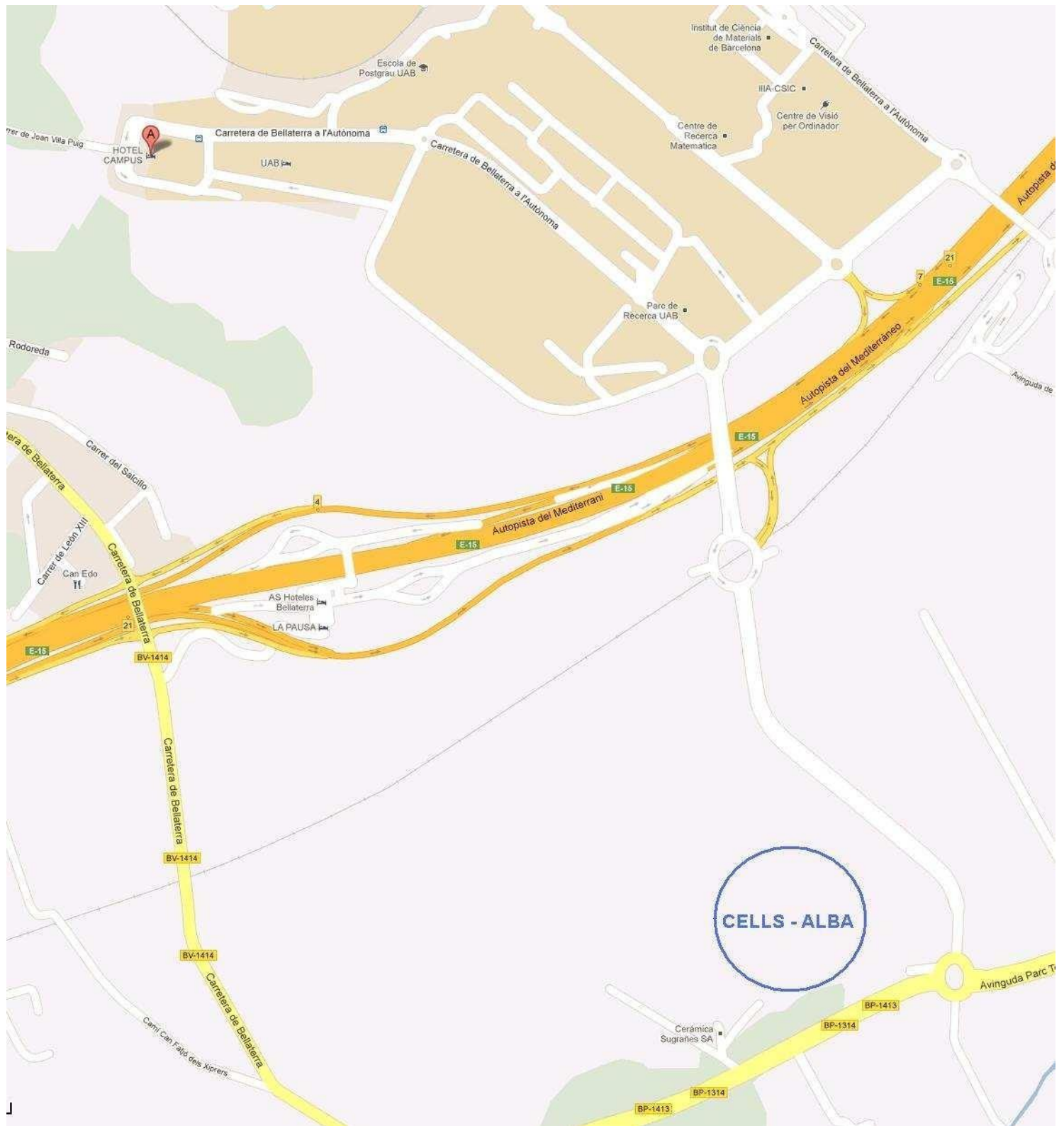
Abra la puerta con la llave magnética y elija una bici / Open the door with the magnetic key and choose a bike.

- 1.** Quite el cierre de seguridad / Remove the lock.
- 2.** Desenchufe la batería de la parte trasera / Unlock the battery.
- 3.1** Pulse el botón de arranque / Press the power button.
- 3.2** Pulse el botón de encendido/  Press the ON button.
- 4.** Apague la bicicleta y conecte la batería / Turn off the bike and connect the battery.



RECOMMENDED ROUTE BIKE LANE





Radiotaxidelvallès Occ
desde 1986

 **93 580 27 27**
93 692 40 16
93 692 58 23

info@radiotaxidelvalles.com / www.radiotaxidelvalles.com

Traslados a hospitales, aeropuertos,
domicilios, estaciones, etc...

SERVICIO 24H

 **Cerdanyola**  **Ripolllet**  **Montcada**



ALBA Synchrotron

Carretera BP-1413, Km. 3,3
08290 Cerdanyola del Vallès, Barcelona

Hotel Campus

Campus de la Universitat Autònoma de Barcelona - Vila Universitària
08193 Cerdanyola del Vallès, Barcelona

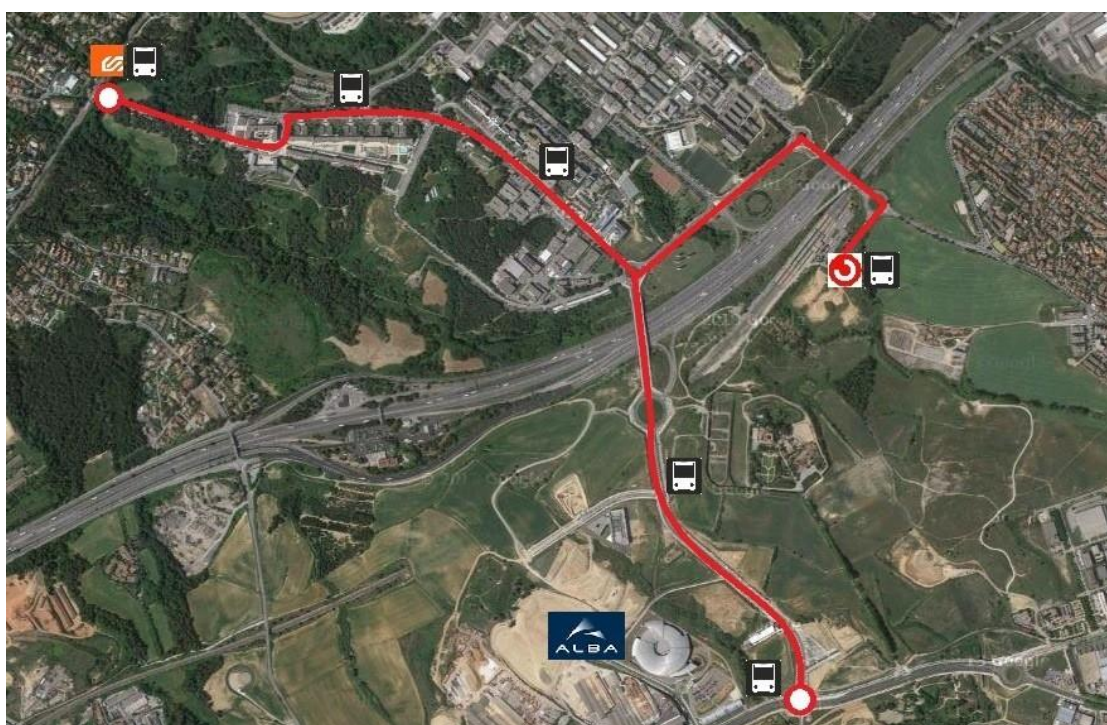
Vila 2 Apartments

Campus de la Universitat Autònoma de Barcelona - Vila Universitària
08193 Cerdanyola del Vallès, Barcelona

Public Transport Service

Bus line service, included in the Barcelona's metropolitan area ticket ("Tarifa integrada"), connecting FGC-Bellaterra and RENFE-Cerdanyola UAB train stations with Parc de l'ALBA.

Línea FGC Bellaterra- Parc de l'Alba										
Estación FGC Bellaterra	7:45	8:09	8:40		9:15	9:34	13:54	14:16	14:39	15:03
Hotel (UAB)	7:46	8:10	8:41		9:16	9:35	13:55	14:17	14:40	15:04
Medicina-CC. Comunicación (UAB)	7:48	8:12	8:43		9:18	9:37	13:57	14:19	14:42	15:06
Estación RENFE Cerdanyola		8:20		8:55						
Parc de l'Alba	7:57	8:30	8:50	9:05	9:25	9:44	14:04	14:28	14:51	15:15
Estación FGC Bellaterra	15:26	15:50	16:13	16:37	17:01	17:25	17:54	18:22	18:43	19:11
Hotel (UAB)	15:27	15:51	16:14	16:38	17:02	17:26	17:55	18:23	18:44	19:12
Medicina-CC. Comunicación (UAB)	15:29	15:53	16:16	16:40	17:04	17:28	17:57	18:25	18:46	19:14
Estación RENFE Cerdanyola										
Parc de l'Alba	15:38	16:02	16:25	16:49	17:13	17:36	18:05	18:32	18:53	19:21
Estación FGC Bellaterra	19:32	19:53	20:14							
Hotel (UAB)	19:33	19:54	20:15							
Medicina-CC. Comunicación (UAB)	19:35	19:56	20:17							
Estación RENFE Cerdanyola										
Parc de l'Alba	19:42	20:03	20:24							
Servicio de lunes a viernes laborables										
Línea Parc de l'Alba- FGC Bellaterra										
Parc de l'Alba	7:57	8:30	8:50	9:05	9:25	13:42	14:04	14:28	14:51	15:15
Estación RENFE Cerdanyola			8:55							
Medicina-CC. Comunicación (UAB)	8:06	8:37		9:12	9:31	13:51	14:13	14:37	15:00	15:24
Vila Centro	8:08	8:39		9:14	9:33	13:53	14:15	14:39	15:02	15:26
Estación FGC Bellaterra	8:09	8:40		9:15	9:34	13:54	14:16	14:40	15:03	15:27
Parc de l'Alba	15:38	16:02	16:25	16:49	17:13	17:36	18:05	18:32	18:53	19:21
Estación RENFE Cerdanyola						17:43	18:12		19:00	
Medicina-CC. Comunicación (UAB)	15:47	16:11	16:34	16:58	17:22	17:51	18:20	18:41	19:08	19:30
Vila Centro	15:49	16:13	16:36	17:00	17:24	17:53	18:22	18:42	19:10	19:31
Estación FGC Bellaterra	15:50	16:14	16:37	17:01	17:25	17:54	18:23	18:43	19:11	19:32
Parc de l'Alba	19:42	20:03	20:24							
Estación RENFE Cerdanyola										
Medicina-CC. Comunicación (UAB)	19:51	20:12	20:33							
Vila Centro	19:52	20:13	20:34							
Estación FGC Bellaterra	19:53	20:14	20:35							
Servicio de lunes a viernes laborables										
										Marfina Bus, S.A





General information of Cerdanyola del Vallès

La Pizzeria Sant Ramón – Cerdanyola del Vallès

C/Sant Ramon, 127 (cantonada C/Sant Casimir) 08290 Cerdanyola del Vallès

93 692 44 54

Kebaphouse

http://www.kebaphouse.es/es_ES/locales

Calle Altimira 44, 08290-Cerdanyola del Vallès

Phone: 93 592 13 91 / 93 592 05 35

Bar Grau

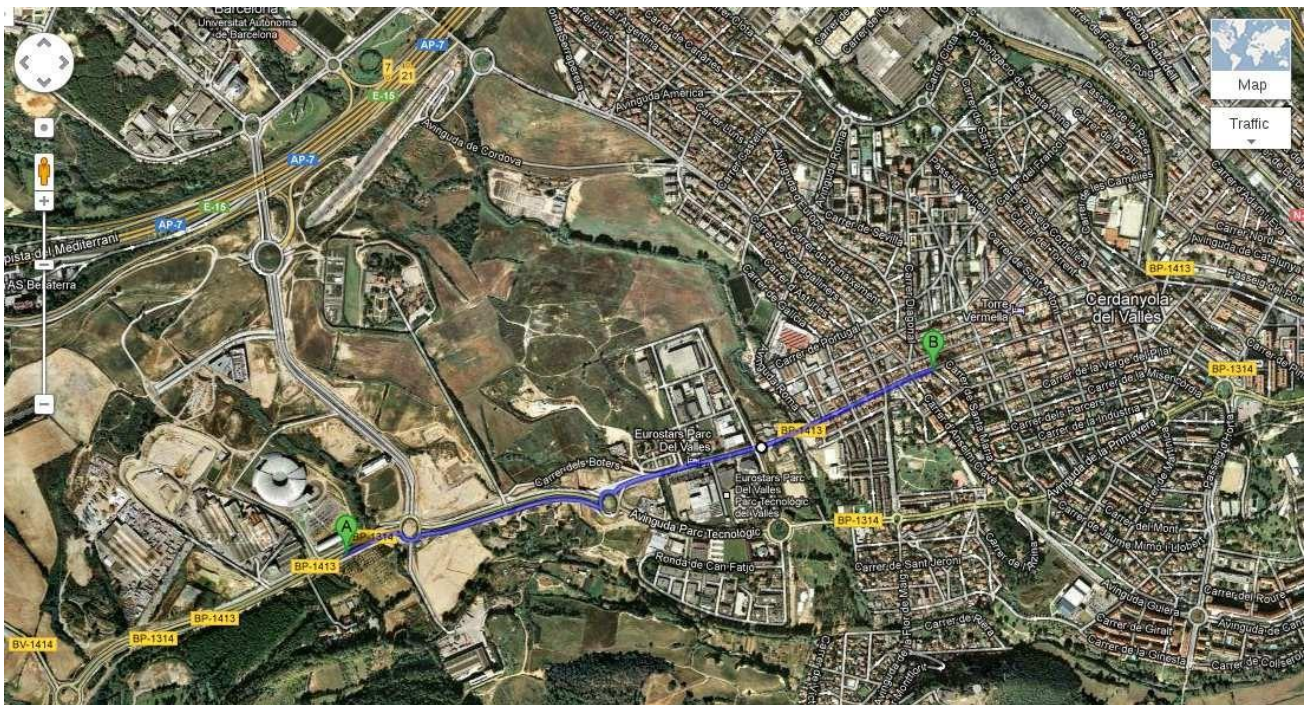
“Penya del Barça”, traditional Cerdanyola restaurant, literary circle (or café tertulia)

Home cooking. Food might be delivered (depending on the time of the day).

Carrer de Sant Ramon, 180, 08290 Cerdanyola del Vallès

Phone: 93 580 84 81

Alba to Cerdanyola del Vallès downtown (2 km, 30 minutes walking)



Where to eat in Cerdanyola del Vallès

http://www.cerdanyola.cat/webapps/export/sites/cerdanyola/continguts_portal/menu_principal/galeries/galeria_documents/Agenda/Restaurants.pdf

More about Cerdanyola del Vallès

http://www.cerdanyola.cat/webapps/web/continguts_portal/menu_principal/ciutat/la_ciutat_home.html



TRANSPORT ALBA – GUESTHOUSE QUESTIONNAIRE

Name:

Number of days of experiment:

Experiment ID:

Beamline:

Have you used Electric bicycle?

NO

How many days?

YES

Advantages:

Disadvantages:

Have you used taxi?

NO

How many days?

YES

Advantages:

Disadvantages:

Have you used the hotel shuttle-bus?

NO

How many days?

YES

Advantages:

Disadvantages:

Have you used public bus?

NO

How many days?

YES

Advantages:

Disadvantages:

What type of transport best suits your needs?

Hotel Shuttle Bus

Taxi

Electric Bicycles

Public Bus

What type of transport would you remove?

Hotel Shuttle Bus

Taxi

None

Electric Bicycles

Public Bus

Other Comments:

Many thanks for your time and suggestions.