



## USER KIT OF ENTRANCE

### Useful information for your stay at Alba during your experiment

#### Meals

You are authorized to have lunch and dinner in ALBA Canteen and Hotel Campus. They will request your signature to check you are a funded user.

**In Hotel Campus you can order take away food for lunch/dinner for the valid dates (Annex I).** They should be requested in advance at Hotel Campus reception and picked up at restaurant El Caf  de l'Hotel (Hotel Campus).

#### 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.

#### S rius, Hotel Campus (located at UAB Campus, about 3km from ALBA site)

Breakfast is served all days at S rius restaurant at the following times:

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

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

La Marmita is a restaurant where you can have lunch on weekends and holidays. It is open at the following times:

Lunch	Only on weekends and holidays	13:30h – 15:30h
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[El Cafè de l'Hotel, Hotel Campus \(located at UAB Campus, about 3km from ALBA site\)](#)

El Cafè de l'Hotel is a lobby-bar where you can have dinner all days and have lunch on weekends and holidays. It is open at the following times:

Lunch	Only on weekends and holidays	09:00h - 22:30h
Dinner	Monday to Friday	08:00h - 22:30h
	Weekends and holidays	09:00h - 22:30h

[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 at **Annex III**.

You can order a **taxi** if shuttle hours are not compatible with your work. You will have to pay the taxi fare and then ALBA will reimburse you up to two-way taxi per group and day of experiment. Make sure to keep your tickets signed by you so we can reimburse you for your expenses. More information at **Annex V**.

### After the experiment

At the end of your stay, if necessary, remember to leave your EPD in the Control Room (with the measurement and your signature).

Please deliver the entrance badge to the Security Access at the Entrance.

Kindly fill in the User Feedback Form online ([useroffice.cells.es](http://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.

### Reimbursement

In case you come to ALBA by public transport, please remind to keep your original public transport tickets, to be submitted after your experiment for their reimbursement.

If you travel by your own car, mileage and tolls are funded (all funded users must use the same car; otherwise, appropriate justification must be provided). Mileage shall be invoiced at 0.19 €/km (this amount corresponds to the officially valid allowance in the national territory).

In case you rent a car from your home city to ALBA site, ALBA will reimburse for the three funded users a rental car (only one car per group) up to 300€ plus tolls and petrol. For the reimbursement we will need car rental invoice, tolls and petrol tickets, all signed by the user. We ask you to arrange this service at your convenience. You can also contact our Travel Agency to see if it suits you.

All tickets and receipts, signed by the user, should be sent by email to ALBA User Office.

### Useful Alba telephone numbers

Emergency:	4499	
On call Alba Safety	669 267 003	
Beamlines:	BOREAS	4029
	CIRCE	4024
	CLÆSS	4022
	MISTRAL	4009
	MSPD	4004
	NCD	4011
	XALOC	4013

User Office: 4000 /4438 / 4346





**SYNCHROTRON TAKE AWAY**

**Salads:**

- Cheese Salad: Mesclum, blue cheese, *cherry* tomatoes, nuts, sunflowers seeds and dried peach
- Mediterranean Salad: Mesclum, *cherry* tomatoes, tuna, onion and carrots

**Cold sandwich:**

- Bacon, cheese, tomatoes, lettuce and mayonnaise.
- Salmon, cucumber, boiled egg and tartar sauce.
- Chicken, lettuce, tomatoes, onion and mustard sauce.

**Desserts:**

Fruit salad or lactic + Mixt like: Mars, Snickers, Twix

**Drinks:**

Water or soft drink.

*Included: Cutlery, olive oil, vinegar, salt and sugar.*

**Note:**

Lunch picnics should be booked at the reception the night before until 10pm.

Dinner picnics should be booked at the reception the same day before 9am.

If picnics are not booked, the Hotel Campus cannot guarantee that all the ingredients will be included.



**ALBA – Guesthouse TRANSFER**

**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

The **transfer-bus** 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.

# ELECTRIC BICYCLES SERVICE

## TO WHOM IT IS ADDRESSED

**Users of ALBA Synchrotron** can apply for an electric bicycle at the reception of Vila Universitària to move **between Vila Universitària-Hotel Campus and ALBA Synchrotron**. Electric bicycle is a complementary transport to the shuttle available at fixed hours between the two places.

**This service can be used by users of ALBA Synchrotron staying at both Vila Universitària and Hotel Campus.** The researcher who requests the service will receive a magnetic key, which works by proximity, to raise the parking barrier. Also, a key to enter the locked place where electric bicycles are kept (in the parking lot of Vila2) and a helmet will be given to the user.

## USAGE CONDITIONS

- The **schedule** to request bicycles at the reception of Vila Universitària is **from Monday to Friday, 24 hours**; neither requests nor deliveries are made at weekends. Users arriving at weekends may not request the bicycle until Monday morning, except if they already know the service and reserve it in advance.  
Information: 93 581 7004, [vila@vilauniversitaria.com](mailto:vila@vilauniversitaria.com).
- **Personal data** will be requested to the users to obtain the bicycle, keys and helmet. This data will be destroyed when this material is returned. There is a record of all users using bicycles.
- **The use of bicycles is restricted to move inside the Campus and to go to ALBA Synchrotron and back to the Campus.**
- The **parking areas** for bicycles are the parking lot at Vila2 and the one located near the security checkpoint in the access area of ALBA. It is recommended to put the fixed lock in the rear wheel whenever the bicycle is parked (all of them have easel) and take the key.
- It is recommended to leave the batteries plugged in for **recharging** when parking the bicycle in the parking lot of Vila2. Thereby, it will be ready for the next user. Bicycle should be left in the same conditions you would like to find it.
- If for any reason (injury, rain, snow, etc.) **user returns with the shuttle** and leaves the bicycle in ALBA Synchrotron, he must inform the reception of Vila Universitària.
- **From Monday to Friday and during weekends (from 22:00h to 8:00h)**, the button next to the last column should be pressed to open the access metal door **in order to leave the parking lot of Vila2**. The magnetic key that raises the parking barrier also opens the metal door in order to enter the parking lot during these hours.
- **There are 7 bicycles available to researchers, one for each beamline (numbered from 1 to 7).** Therefore, researchers of each beamline have preference. However, if there are free bicycles or beamlines without users, they may be used. Check their availability at the reception of Vila Universitària.
- In all cases it is recommended **to enter and leave the parking lot** with the magnetic key, waiting the lift of the barrier: parking control system requires an entrance followed by an exit and does not allow two consecutive entrances or exits.

## OPERATION OF THE BICYCLE

- **The electric bicycle requires pedalling to go**, but in sloped areas or when the speed is low, the engine of the bicycle helps movement. There is a gearshift in the handlebar, from which the user can choose the most appropriate gear: up, down or flat.
- Since bicycle size is standard, **saddle height should be adjusted to suit user's height**, simply by loosening the screw that regulates the seat post to raise or lower it. It is a quick release that does not require any key.
- **All bicycles have lights.** They are switched on with the buttons on the screen of the handlebar.

## ROUTE MAP

- Together with the keys and the helmet, user will receive a small laminated map with the way to get ALBA Synchrotron. Users can contact the reception or security staff if they have questions about the route to follow.
- There is a cycle lane between ALBA Synchrotron and Vila Universitària except for a particular stretch. **Users must always ensure to cycle with caution taking into account traffic rules.**

**Thanks for using a healthy, ecological, sustainable and very economical means of transport, with no smoke emissions, which helps us to respect the environment.**



Vila Universitària

UAB CAMPUS



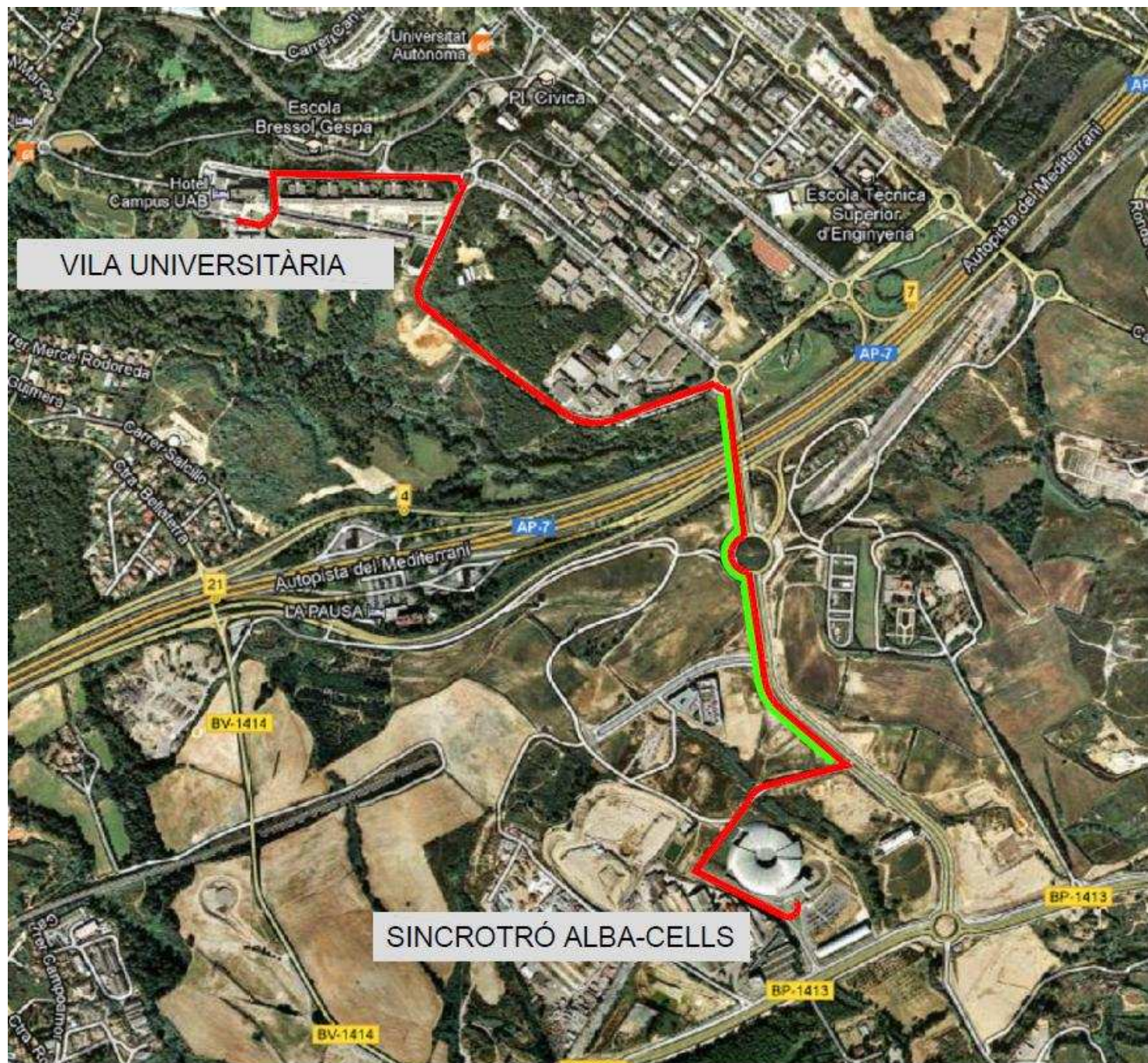
Hotel Campus

UAB CAMPUS





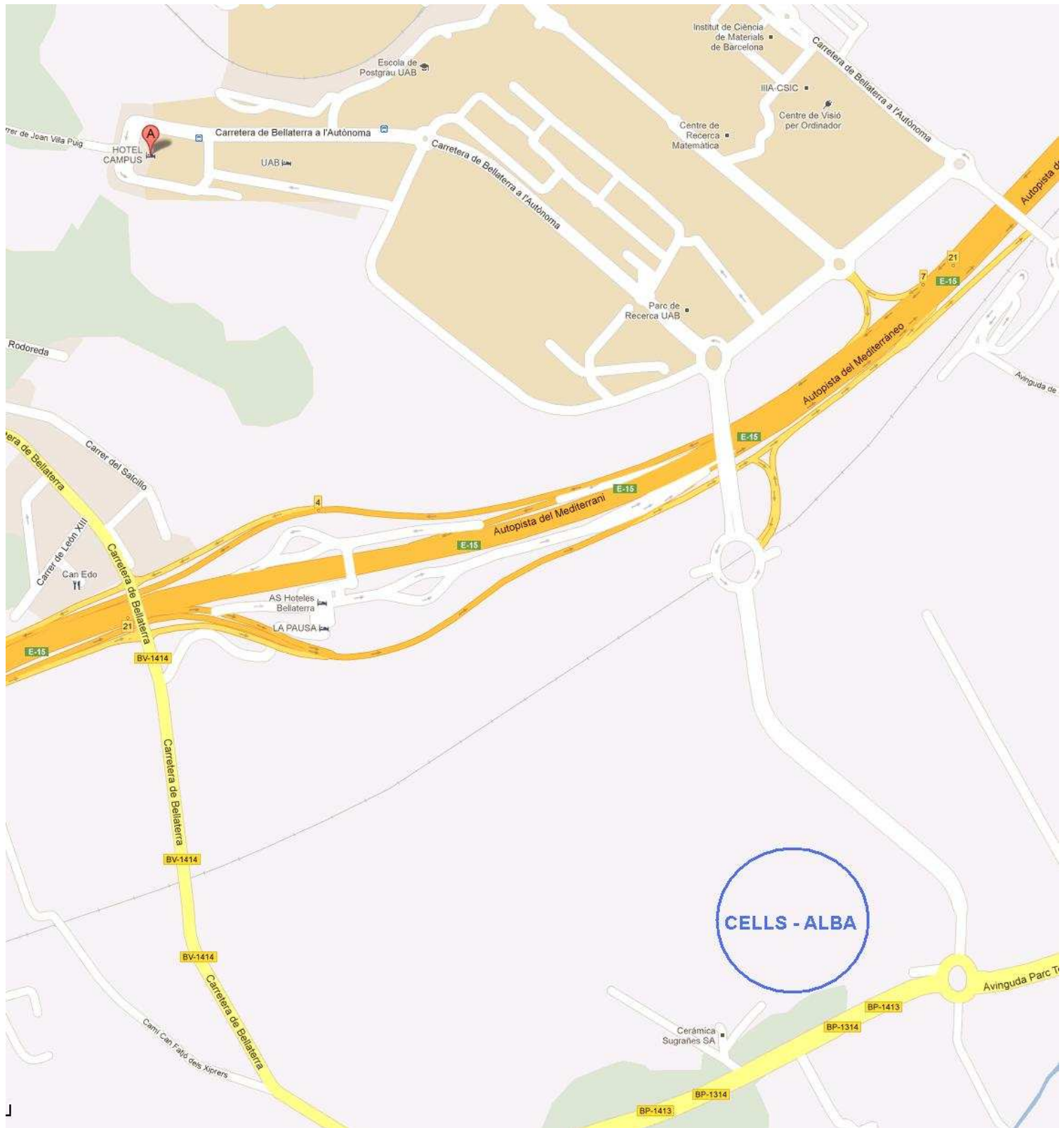
## ALBA – Guesthouse Bicycle Route Map



— RUTA ACONSELLADA

— CARRIL BICI





**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**  **Ripoll**  **Montcada**



**NOTE:** ALBA will reimburse funded users two taxis per group and day of experiment (ALBA – Guesthouse).

## Public Transport Service

Bus line service, not funded by ALBA, 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										
Marfina Bus, S.A.										
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

### **Gust a temps**

<http://www.gustatemps.es>

[gustatemps@gustatemps.com](mailto:gustatemps@gustatemps.com)

Individual dishes. Excellent quality, ready to eat (can be warmed in the microwave) or store for later.

### **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](http://www.kebaphouse.es/es_ES/locales)

Calle Altimira 44, 08290-Cerdanyola del Vallés

Phone: 93 592 13 91 / 93 592 05 35

### **Bar Grau**

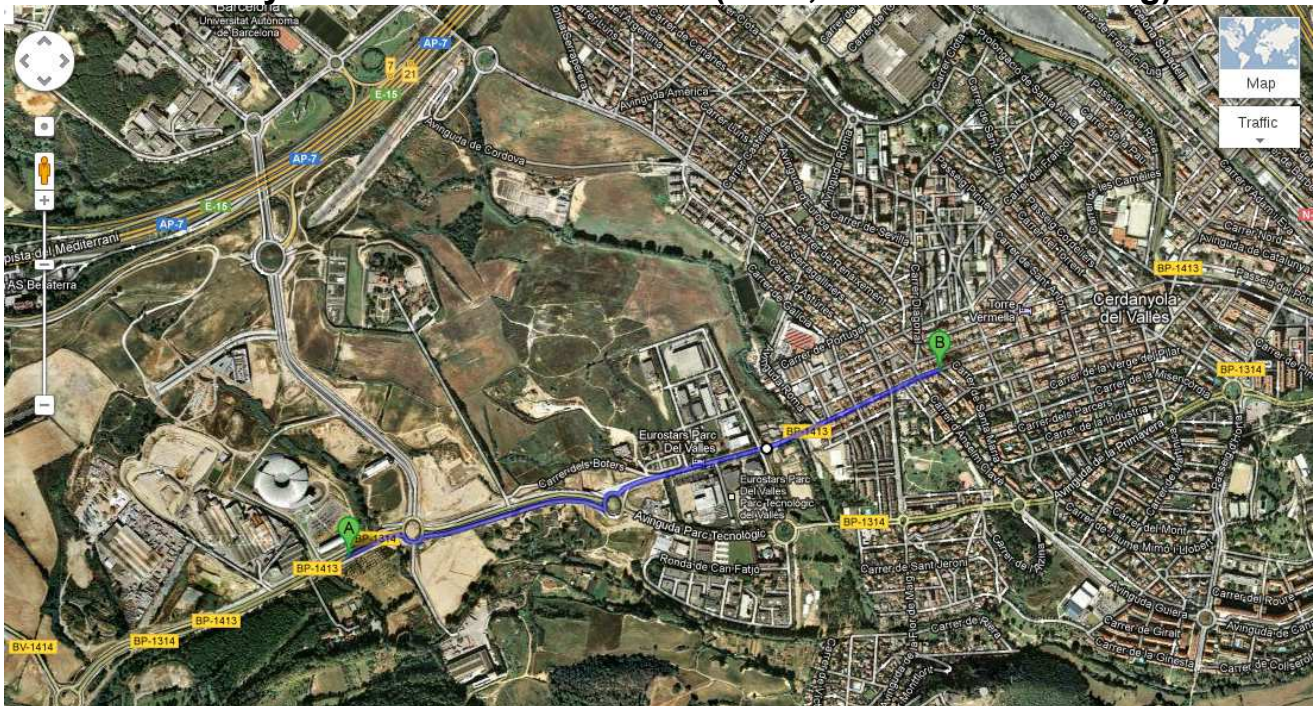
“Penya del Barça”, traditional Cerdanyola restaurant, literary circle (or café tertulia)

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](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](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 shuttle-bus?

NO

How many days?

YES

Advantages

Disadvantages

What type of transport best suits your needs?

Shuttle Bus

Taxi

Electric Bicycles

What type of transport would you remove?

Shuttle Bus

Taxi

Electric Bicycles

None

Other Comments

Many thanks for your time and suggestions.