



**COST Action IS1402 Ageism**  
Meeting, February 1-2, 2018  
IN3-Open University of Catalonia  
Castelldefels, Catalonia, Spain

## HOST

### Internet Interdisciplinary Institute (IN3)-Open University of Catalonia (UOC)

**Address:** Av. Carl Friedrich Gauss 5, 08860 Castelldefels  
Parc Mediterrani de la Tecnologia, B3

**Website IN3:** <http://www.uoc.edu/portal/en/in3/index.html>

**Website UOC:** <http://www.uoc.edu/portal/en/index.html>

**Website CNSC Research Group:** <http://www.communicationchange.net/en/>

**Map:** <https://goo.gl/maps/bpExygNN75U2>

**Contact information:** Mireia Fernández-Ardèvol (mfernandezar@uoc.edu)  
Daniel Blanche (dblanchet@uoc.edu)

**Meeting room:** Floor -1: **-101 (-1a)**

**Working rooms:** Floor -1: **-104 (Sala d'Actes)**; Floor 2: **219, 228**

## WIFI ACCESS

### (1) **Network:** UOCGuest

- (1.1) Select the network "**UOCGuest**" among the list of WiFi networks in your device.
- (1.2) If you open a browser in your device, it should appear the homepage that allows you access to the university's WiFi. If not, introduce manually the following URL on your device's browser: <https://wifi-portal.uoc.es/guest/UOCGuests.php>
- (1.3) Click on the option that says "**Registra't**".
- (1.4) Introduce your mobile telephone number in the blank space that says "**Número de telèfon**". Remember to include the international call prefix "**00**" and your country's calling code. Then click on the button that says "**Registra't**".
- (1.5) Within a minute, you should receive a SMS in your mobile telephone with the password. This password is valid for 24 hours.
- (1.6) On your mobile telephone's browser, click on the option that says "**Accedeix**".
- (1.7) In the blank space where it says "**Número de telèfon**", introduce once more your complete mobile telephone number; in the blank space where it says "**Contrasenya**", introduce the password your received by SMS; check the box where it says "**Accepto les condicions d'ús**" ["I accept the use conditions"]; and finally click on where it says "**Accedeix**".

- (1.8) **NOTE:** During this process, you may run into a page telling you that the Security Certificate is not trustworthy (yellow background page with exclamation mark inside a triangle). In this case, you can click on the button that says “**Continua igualment**” [“Continue anyway”]; or you can install the certificate by clicking on the following link: [https://www.terena.org/activities/tcs/repository-g3/TERENA\\_SSL\\_CA\\_3.der](https://www.terena.org/activities/tcs/repository-g3/TERENA_SSL_CA_3.der)

(2) **Network:** Eduroam

Alternatively, you may log in using the “**eduroam**” (educational roaming) network, which is a wireless communications infrastructure used by the international university community with the aim of aiding mobility. Consult further information about this network and how to set access to it here: <https://www.eduroam.org/>

## LUNCH AND DINNER

(1) **Lunch: Polytechnic University of Catalonia (UPC) canteen**

**Date:** Thursday, February 1 & Friday, February 2

**Time:** 13:00 – 14:00

**Address:** Parc Mediterrani de la Tecnologia, D7

**Distance from IN3-UOC:** 3 minutes by foot

**Type of food:** Mediterranean

**Menus:** (A) Complete menu: First course + Second course + Dessert + Drink + Bread  
(B) Complete first course: First course + Dessert + Drink + Bread  
(C) Complete second course: Second course + Dessert + Drink + Bread  
(D) Only first course  
(E) Only second course  
(F) Italian menu: Pasta + Pizza + Dessert + Drink

**Price:** (A) 7.75 € (B) 5.85 € (C) 6.50 € (D) 4.35 € (E) 4.95 € (F) 6.35 €

**Options for vegetarians:** Yes

**Options for gluten intolerants:** Yes

**Instructions:** In the Google Spreadsheet [CostAction Castelldefels2018 Lunch](#), select your menu of choice for both days **no later than Friday, January 26** in the row corresponding to your name. In case of questions about the menus or problems with the file, please contact Daniel Blanche (dblanchet@uoc.edu).

(2) **Dinner: Dal Nonno Restaurant**

**Date:** Thursday, February 2

**Time:** 20:00

**Address:** Avinguda de la Constitució, 60, 08860 Castelldefels

**Distance from IN3-UOC:** 20 minutes by foot

**Meet-up point:** Hotel SB BCN Events lobby at 19:50

**Type of food:** Italian

**Menu:**            Appetizers (to share): Spinach salad, Mushroom croquettes, Arrabbiata potatoes, and Caprese skewers  
Main course: (A) Pork sirloin with pepper (B) Spaghetti with seafood (C) Gnocchi alla putanesca (D) Pizza to choose (E) Pizza with vegan cheese (rice cheese) (+1€)  
Dessert: (A) Zuppa dal nonno (tiramisu) (B) Pineapple carpaccio with vanilla ice cream  
Drink: (A) Sangria (B) House wine (C) Water  
Also: Bread, coffee, and Limoncello shot

**Price:** 20.00 €

**Options for vegetarians:** Yes

**Options for gluten intolerants:** Yes

**Instructions:** In the Google Spreadsheet [CostAction Castelldefels2018 Dinner](#), select your main course, dessert, and drink **no later than Friday, January 26** in the row corresponding to your name. If you prefer gluten-free meals, please indicate it in the corresponding column. In case of questions on the menus or problems with the file, please contact Daniel Blanche (dblanchet@uoc.edu).

## ACCOMMODATIONS

(1) **Name:** Hotel SB BCN Events

**Category:** 4 stars

**Price individual double room per night:** 79.00€

**Price double room per night:** 90.00€

**Breakfast:** Included

**Taxes:** VAT included; Touristic tax not included (0.99€ per person per night)

**Check-in:** 15:00 h

**Check-out:** 12:00 h

**Address:** Ronda de Can Rabadà, 22-24, Castelldefels

**Website:** <http://www.hotel-bcneventscastelldefels.com/en/>

**Contact information:**

**Phone:** +34 93 664 62 30

**Fax:** +34 93 634 29 99

**Email:** bcnevents@sbhotels.es

**Map:** <https://goo.gl/maps/oTYsFJHYS572>

**Distance to IN3-UOC:** 12 minutes by foot

**Distance from the airport:** 11 minutes by car (9.3 km)

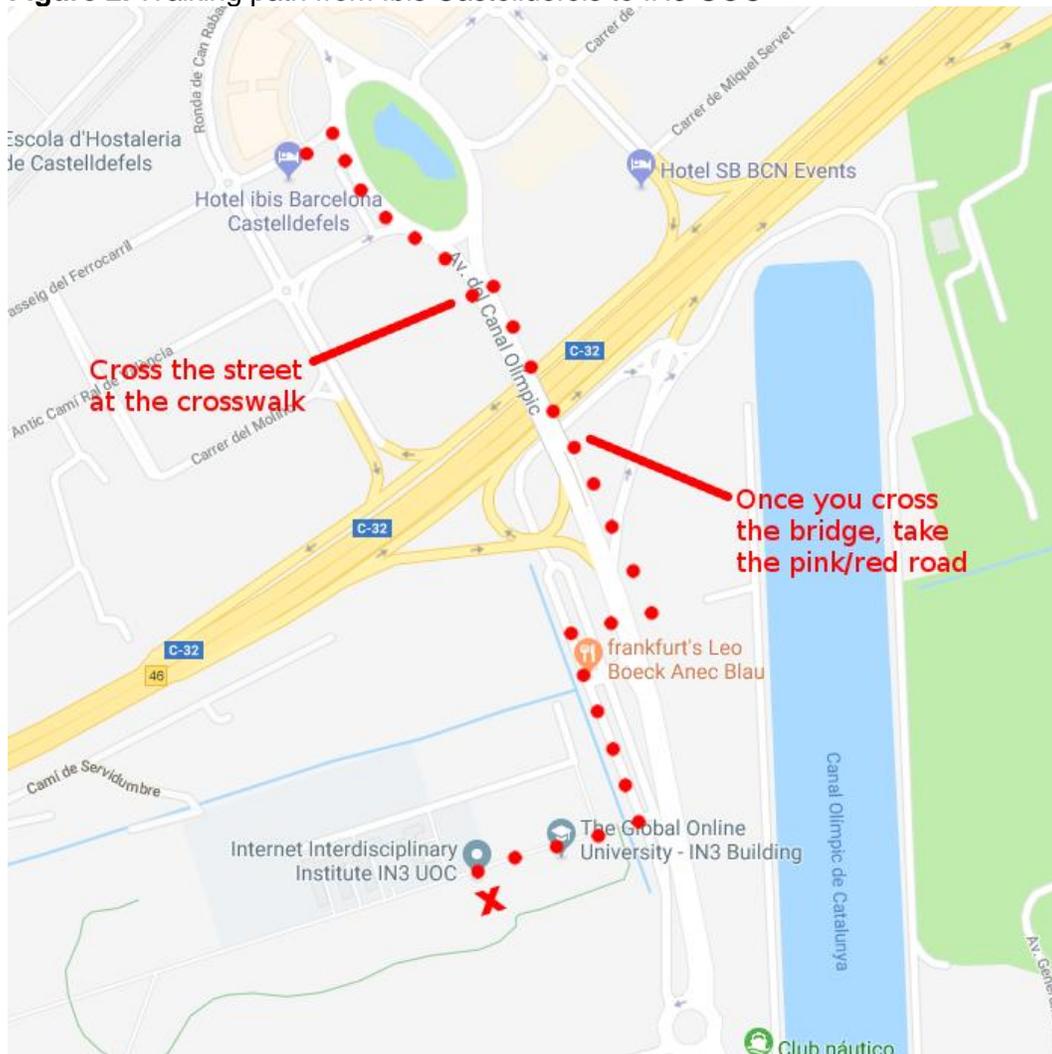
**Promotional Code:** AGEISM

**Dates:** 31/01/2018 – 03/02/2018



- (2) **Name:** Ibis Castelldefels  
**Category:** 2 stars  
**Price individual double room per night:** 57.95€  
**Breakfast:** Included  
**Taxes:** VAT included; Touristic tax not included (0.50€ per person per night)  
**Check-in:** 12:00 h  
**Check-out:** 12:00 h  
**Address:** Passeig del Ferrocarril, 342, 08860 Castelldefels  
**Website:** <http://www.ibis.com/united-kingdom/index.en.shtml>  
**Contact information:**  
**Phone:** +34 93 634 21 75  
**Map:** <https://goo.gl/maps/At5FtFxyQmT2>  
**Distance to IN3-UOC:** 12 minutes by foot  
**Distance from the airport:** 11 minutes by car (9.5 km)

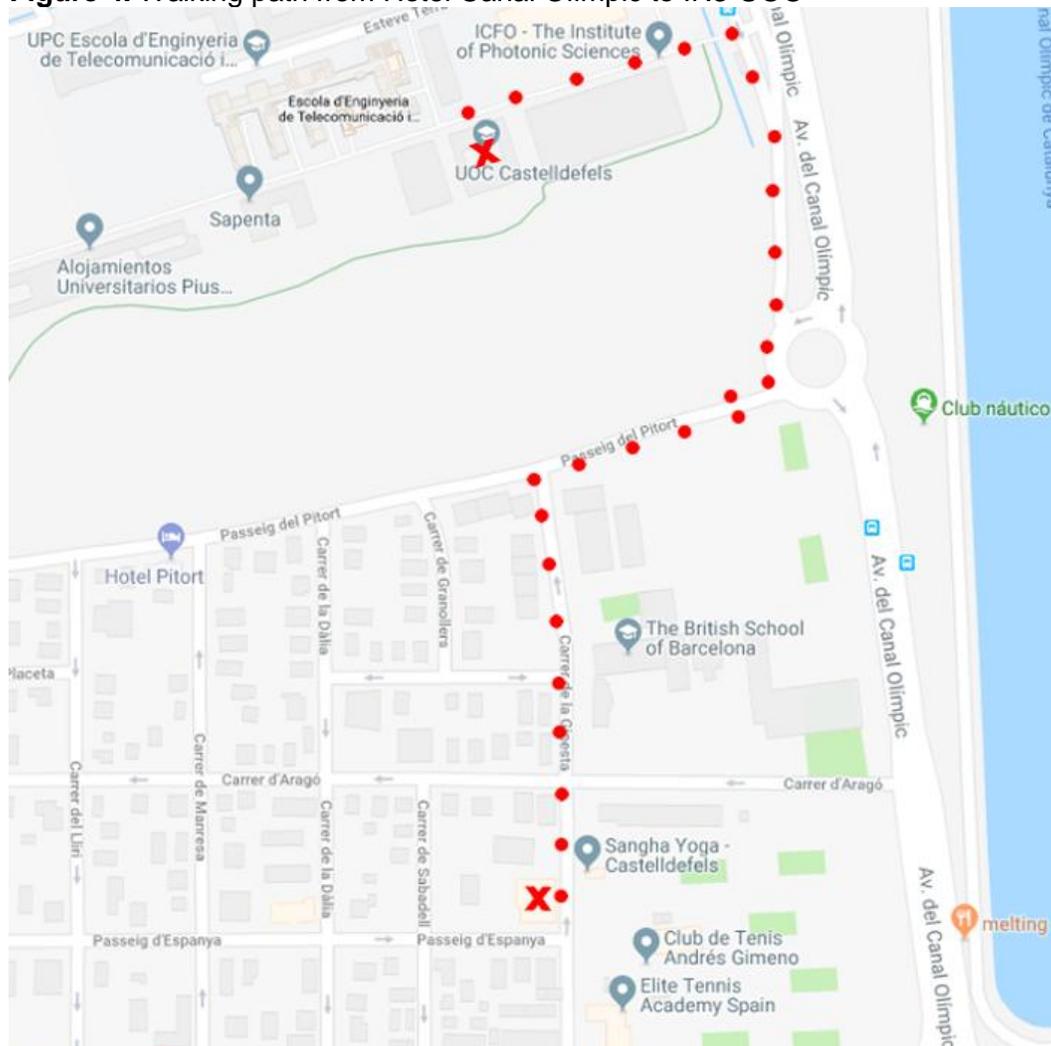
**Figure 2.** Walking path from Ibis Castelldefels to IN3-UOC





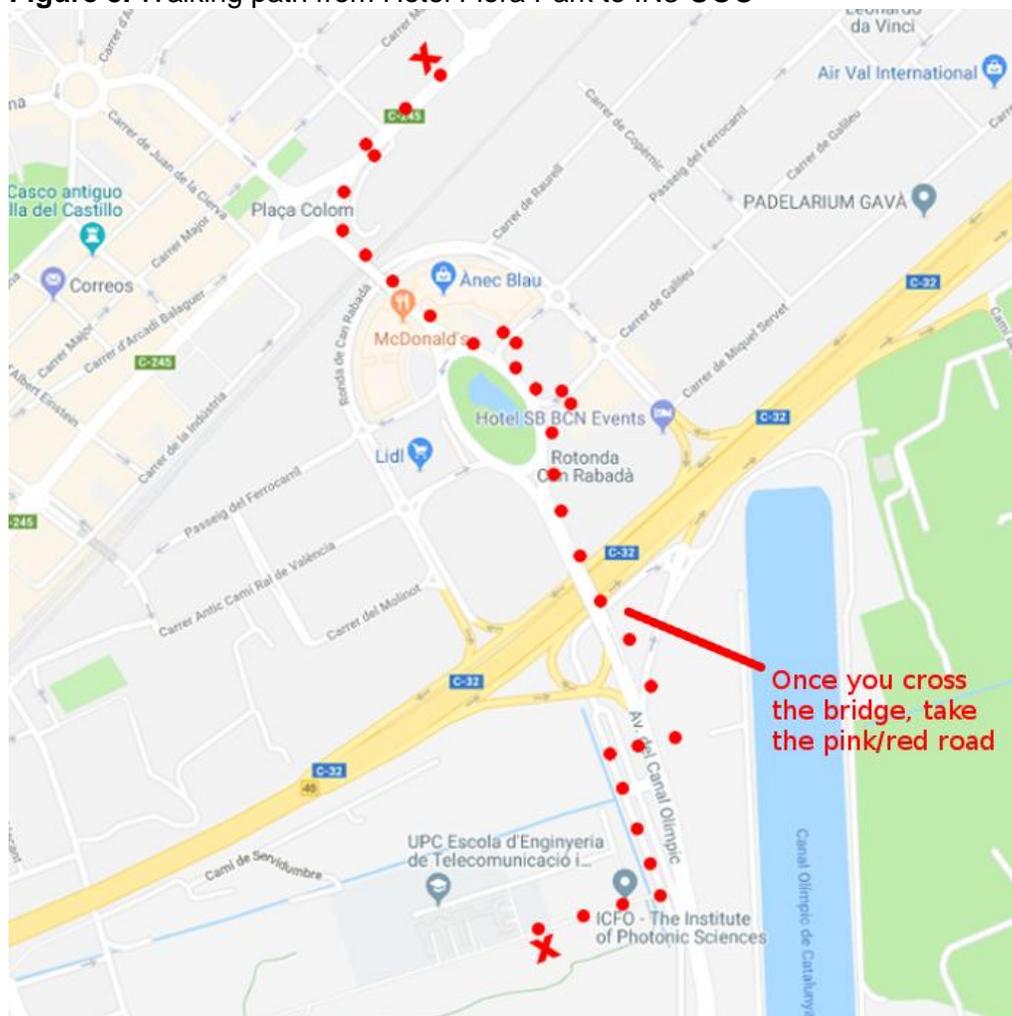
- (4) **Name:** Hotel Canal Olímpic  
**Category:** 3 stars  
**Price individual double room per night:** 58.00€  
**Breakfast:** Included  
**Taxes:** VAT included; Touristic tax not included (0.50€ per person per night)  
**Check-in:** 12:00 h  
**Check-out:** 12:00 h  
**Address:** Carrer de la Ginesta, 13, 08860 Castelldefels  
**Website:** <http://www.hotelcanalolimpic.com/en/barcelona/index.asp>  
**Contact information:**  
    **Phone:** +34 93 636 06 08  
    **Email:** info@hotelcanalolimpic.com  
**Map:** <https://goo.gl/maps/RENhhuSXcB22>  
**Distance to IN3-UOC:** 11 minutes by foot  
**Distance from the airport:** 16 minutes by car (11.6 km)

**Figure 4.** Walking path from Hotel Canal Olímpic to IN3-UOC



- (5) **Name:** Hotel Flora Park  
**Category:** 3 stars  
**Price individual double room per night:** 64.33€  
**Breakfast:** Included  
**Taxes:** VAT included; Touristic tax not included (0.50€ per person per night)  
**Check-in:** 14:00 h  
**Check-out:** 12:00 h  
**Address:** Avinguda de la Constitució, 44, 08860 Castelldefels  
**Website:** <http://www.floraparc.com/en/index.html>  
**Contact information:**  
**Phone:** +34 93 636 19 90  
**Email:** floraparc@yahoo.es  
**Map:** <https://goo.gl/maps/7uTjxGxMhqC2>  
**Distance to IN3-UOC:** 20 minutes by foot  
**Distance from the airport:** 12 minutes by car (9.3 km)

**Figure 5.** Walking path from Hotel Flora Park to IN3-UOC



## TRANSPORTATION FROM/TO THE AIRPORT

**Barcelona-El Prat Airport** has two terminals: **Terminal 1** and **Terminal 2**. Please take note of which terminal your flight arrives to/departs from.

The easiest way to get to/from the hotels from/to the airport is to take a **taxi**.

Taxis charge a fare for entry to/exit from the airport of **3.10 €**, as well as **1.00 €** per suitcase (if bigger than 50 x 40 x 20 cm). Taxis charge a bit more during night schedules on weekdays (08:00 h to 20:00 h) and during the whole weekend.

An average total cost of the trip is of approximately **25 €**, and normally should not cost more than **30 €**. You may pay with debit card.

Here are some telephone numbers of taxi companies based in Castelldefels:

- Taxi Castelldefels: +34 93 471 00 00
- Agrupació Taxi Castelldefels: +34 93 664 00 01
- Aerotaxifels: +34 93 664 20 20
- Radio Taxi Castelldefels: +34 93 665 22 22

Alternatively, you may take **public transportation options** (i.e., bus, train). Some options may include combining different means of transportation (e.g., train + bus), or switching lines of the same kind (e.g., bus + bus). The following list is a summary of the most convenient options to commute from the airport to these hotels<sup>1</sup>:

### (1) Barcelona-El Prat Airport – Terminal 1

#### (1.1) Hotel SB BCN Events

##### **Option A: (1) Bus + (2) 10 minute walk**

**(1) Bus number:** L99

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Airport Terminal 1 bus stop

**Hop-off bus stop:** Avinguda de la Constitució – Plaça Colom (18<sup>th</sup> bus stop)

**Approximate length of bus trip:** 25 minutes

**Map link:** <https://goo.gl/maps/gJA27xCnnf82>

**Approximate length of total trip:** 35 minutes

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<sup>1</sup> The indications to commute in the inverse direction (i.e., from each hotel to the airport) are quite the same. **Bus stops:** you should wait in the nearest bus stop in the same street that goes in the opposite direction. **Train stations:** **R2:** take the train in direction towards Granollers Center end train station; **R2S:** take the train in direction towards Barcelona Estació de França end train station; **R2N:** take the train in direction towards Aeroport end train station.

**Option B: (1) Bus + (2) 1 minute walk + (3) Train + (4) 15 minute walk**

**(1) Bus number:** PR1

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Airport Terminal 1 bus stop

**Hop-off bus stop:** Estació Rodalies El Prat de Llobregat (3<sup>rd</sup> bus stop)

**Approximate length of bus trip:** 10 minutes

**Map link:** <https://goo.gl/maps/1oVxHThNsd62>

**(3) Train number:** Either R2 (towards Castelldefels end train station) or R2S (towards Sant Vicenç de Calders end train station)

**Cost single ticket of train:** 2.15 €

**Hop-on train station:** El Prat de Llobregat

**Hop-off train station:** Castelldefels (3<sup>rd</sup> train stop)

**Approximate length of train trip:** 12 minutes

**Map link:** <https://goo.gl/maps/4Pg42TrpkJC2> or

<https://goo.gl/maps/G5hyd9JxaFD2>

**Approximate length of total trip: 38 minutes**

**(1.2) Ibis Castelldefels**

**Option A: (1) Bus + (2) 7 minute walk**

**(1) Bus number:** L99

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Airport Terminal 1 bus stop

**Hop-off bus stop:** Avinguda de la Constitució – Plaça Colom (18<sup>th</sup> bus stop)

**Approximate length of bus trip:** 25 minutes

**Map link:** <https://goo.gl/maps/qJA27xCnnf82>

**Approximate length of total trip: 32 minutes**

**Option B: (1) Bus + (2) 1 minute walk + (3) Train + (4) 9 minute walk**

**(1) Number bus:** PR1

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Airport Terminal 1 bus stop

**Hop-off bus stop:** Estació Rodalies El Prat de Llobregat (3<sup>rd</sup> bus stop)

**Approximate length of bus trip:** 10 minutes

**Map link:** <https://goo.gl/maps/1oVxHThNsd62>

**(3) Number train:** Either R2 (towards Castelldefels end train station) or R2S (towards Sant Vicenç de Calders end train station)

**Cost single ticket of train:** 2.15 €

**Hop-on train station:** El Prat de Llobregat

**Hop-off train station:** Castelldefels (3<sup>rd</sup> train stop)

**Approximate length of train trip:** 12 minutes

**Map link:** <https://goo.gl/maps/4Pg42TrpkJC2> or

<https://goo.gl/maps/G5hyd9JxaFD2>

**Approximate length of total trip: 32 minutes**

**(1.3) Hotel Pitort**

**Option A: (1) Bus + (2) Bus + (3) 6 minute walk**

**(1) Bus number:** L99

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Airport Terminal 1 bus stop

**Hop-off bus stop:** Avinguda de la Constitució – Plaça Colom (18<sup>th</sup> bus stop)

**Approximate length of bus trip:** 24 minutes

**Map link:** <https://goo.gl/maps/qJA27xCnnf82>

**(2) Bus number:** L95

**Cost single bus ticket:** 2.15 €

**Hop-on bus stop:** Avinguda de la Constitució – Plaça Colom

**Hop-off bus stop:** Avinguda del Canal Olímpic - Passeig del Pi Tort (3<sup>rd</sup> bus stop)

**Approximate length of train trip:** 4 minutes

**Map link:** <https://goo.gl/maps/XDYhDTZZQbN2>

**Approximate length of total trip: 34 minutes**

**Option B: (1) Bus + (2) 15 minute walk**

**(1) Bus number:** L99

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Airport Terminal 1 bus stop

**Hop-off bus stop:** Avinguda de la Constitució – Avinguda Santa Maria (20<sup>th</sup> bus stop)

**Approximate length of bus trip:** 27 minutes

**Map link:** <https://goo.gl/maps/dNwvJcC1QVM2>

**Approximate length of total trip: 42 minutes**

**Option C: (1) Bus + (2) 1 minute walk + (3) Train + (4) 13 minute walk**

**(1) Bus number:** PR1

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Airport Terminal 1 bus stop

**Hop-off bus stop:** Estació Rodalies El Prat de Llobregat (3<sup>rd</sup> bus stop)

**Approximate length of bus trip:** 10 minutes

**Map link:** <https://goo.gl/maps/1oVxHTHnSd62>

**(3) Number train:** Either R2 (towards Castelldefels end train station) or R2S (towards Sant Vicenç de Calders end train station)

**Cost single ticket of train:** 2.15 €

**Hop-on train station:** El Prat de Llobregat

**Hop-off train station:** Castelldefels (3<sup>rd</sup> train stop from El Prat de Llobregat)

**Map link:** <https://goo.gl/maps/4Pg42TrpkJC2> or <https://goo.gl/maps/G5hyd9JxaFD2>

**Approximate length of train trip: 12 minutes**  
**Approximate length of total trip: 36 minutes**

**(1.4) Hotel Canal Olímpic**

**Option A: (1) Bus + (2) Bus + (3) 6 minute walk**

**(1) Bus number: L99**

**Cost single ticket of bus: 2.15 €**

**Hop-on bus stop: Airport Terminal 1 bus stop**

**Hop-off bus stop: Avinguda de la Constitució – Plaça Colom (18<sup>th</sup> bus stop)**

**Approximate length of bus trip: 24 minutes**

**Map link: <https://goo.gl/maps/qJA27xCnnf82>**

**(2) Bus number: L95**

**Cost single ticket of bus: 2.15 €**

**Hop-on bus stop: Avinguda de la Constitució – Plaça Colom**

**Hop-off bus stop: Avinguda del Canal Olímpic - Passeig del Pi Tort (3<sup>rd</sup> bus stop)**

**Approximate length of train trip: 4 minutes**

**Map link: <https://goo.gl/maps/XDYhDTZZQbN2>**

**Approximate length of total trip: 34 minutes**

**Option B: (1) Bus + (2) 20 minute walk**

**(1) Bus number: L99**

**Cost single ticket of bus: 2.15 €**

**Hop-on bus stop: Airport Terminal 1 bus stop**

**Hop-off bus stop: Avinguda de la Constitució – Avinguda Santa Maria (20<sup>th</sup> bus stop)**

**Approximate length of bus trip: 27 minutes**

**Map link: <https://goo.gl/maps/dNwvJcC1QVM2>**

**Approximate length of total trip: 47 minutes**

**(1.5) Hotel Flora Park**

**Option A: (1) Bus + (2) 2 minute walk**

**(1) Bus number: L99**

**Cost single ticket of bus: 2.15 €**

**Hop-on bus stop: Airport Terminal 1 bus stop**

**Hop-off bus stop: Avinguda de la Constitució – Plaça Colom (18<sup>th</sup> bus stop)**

**Approximate length of bus trip: 25 minutes**

**Map link: <https://goo.gl/maps/qJA27xCnnf82>**

**Approximate length of total trip: 27 minutes**

**Option B: (1) Bus + (2) 1 minute walk + (3) Train + (4) 14 minute walk**

**(1) Bus number: PR1**

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Airport Terminal 1 bus stop

**Hop-off bus stop:** Estació Rodalies El Prat de Llobregat (3<sup>rd</sup> bus stop)

**Approximate length of bus trip:** 10 minutes

**Map link:** <https://goo.gl/maps/1oVxHThNsd62>

**(3) Train number:** Either R2 (towards Castelldefels end train station) or R2S (towards Sant Vicenç de Calders end train station)

**Cost single ticket of train:** 2.15 €

**Hop-on train station:** El Prat de Llobregat

**Hop-off train station:** Castelldefels (3<sup>rd</sup> train stop from El Prat de Llobregat)

**Approximate length of train trip:** 12 minutes

**Map link:** <https://goo.gl/maps/4Pg42TrpkJC2> or

<https://goo.gl/maps/G5hyd9JxaFD2>

**Approximate length of total trip: 37 minutes**

## **(2) Barcelona-El Prat Airport – Terminal 2**

### **(2.1) Hotel SB BCN Events**

#### **Option A: (1) Train + (2) Train + (3) 15 minute walk**

**(1) Train number:** R2N

**Cost single ticket of train:** 2.15 €

**Hop-on train station:** Aeroport

**Hop-off train station:** El Prat de Llobregat (1<sup>st</sup> train stop from Aeroport)

**Approximate length of bus trip:** 7 minutes

**Map link:** <https://goo.gl/maps/ruDcK3tdCTg>

**(2) Train number:** Either R2 (towards Castelldefels end train station) or R2S (towards Sant Vicenç de Calders end train station)

**Cost single ticket of train:** 2.15 €

**Hop-on train station:** El Prat de Llobregat

**Hop-off train station:** Castelldefels (3<sup>rd</sup> train stop from El Prat de Llobregat)

**Approximate length of train trip:** 12 minutes

**Map link:** <https://goo.gl/maps/4Pg42TrpkJC2> or

<https://goo.gl/maps/G5hyd9JxaFD2>

**Approximate length of total trip: 34 minutes**

#### **Option B: (1) Bus + (2) Bus + (3) 10 minute walk**

**(1) Bus number:** L77

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Airport Terminal 2 port AB (or port B or port C) bus stop

**Hop-off bus stop:** Tramuntana - Av. de l'Aeroport (3<sup>rd</sup> bus stop [or 2<sup>nd</sup> or 1<sup>st</sup> depending on each port respectively])

**Approximate length of bus trip:** 8 minutes (or 7 minutes from port B or 6 minutes from port C)

**Map link:** <https://goo.gl/maps/TFSE2tYfzyL2>

**(2) Bus number:** L99

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Tramuntana - Av. de l'Aeroport

**Hop-off bus stop:** Av. de la Constitució - Pl. Colom (17<sup>th</sup> bus stop)

**Approximate length of bus trip:** 22 minutes

**Map link:** <https://goo.gl/maps/x8nv8qXaqVM2>

**Approximate length of total trip: 40 minutes**

**NOTE:** The way from the hotel to the Airport's Terminal 2 (either ports AB, B or C) is different. Therefore, it is suggested to take an alternative trip.

## **(2.2) Ibis Castelldefels**

### **Option A: (1) Train + (2) Train + (3) 9 minute walk**

**(1) Train number:** R2N

**Cost single ticket of train:** 2.15 €

**Hop-on train station:** Aeroport

**Hop-off train station:** El Prat de Llobregat (1<sup>st</sup> train stop from Aeroport)

**Approximate length of bus trip:** 7 minutes

**Map link:** <https://goo.gl/maps/ruDck3tdCTq>

**(2) Train number:** Either R2 (towards Castelldefels end train station) or R2S (towards Sant Vicenç de Calders end train station)

**Cost single ticket train:** 2.15 €

**Hop-on train station:** El Prat de Llobregat

**Hop-off train station:** Castelldefels (3<sup>rd</sup> train stop from El Prat de Llobregat)

**Approximate length of train trip:** 12 minutes

**Map link:** <https://goo.gl/maps/4Pg42TrpkJC2> or

<https://goo.gl/maps/G5hyd9JxaFD2>

**Approximate length of total trip: 28 minutes**

### **Option B: (1) Bus + (2) Bus + (3) 7 minute walk**

**(1) Bus number:** L77

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Airport Terminal 2 port AB (or port B or port C) bus stop

**Hop-off bus stop:** Tramuntana - Av. de l'Aeroport (3<sup>rd</sup> bus stop [or 2<sup>nd</sup> or 1<sup>st</sup> depending on each port respectively])

**Approximate length of bus trip:** 8 minutes (or 7 minutes from port B or 6 minutes from port C)

**Map link:** <https://goo.gl/maps/TFSE2tYfzyL2>

**(2) Bus number:** L99

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Tramuntana - Av. de l'Aeroport

**Hop-off bus stop:** Av. de la Constitució - Pl. Colom (17<sup>th</sup> bus stop)

**Approximate length of bus trip:** 22 minutes

**Map link:** <https://goo.gl/maps/x8nv8qXaqVM2>

**Approximate length of total trip: 37 minutes**

**NOTE:** The way from the hotel to the Airport's Terminal 2 (either ports AB, B or C) is different. Therefore, it is suggested to take an alternative trip.

### (2.3) Hotel Pitort

#### **Option A: (1) Train + (2) Train + (3) 13 minute walk**

**(1) Train number:** R2N

**Cost single ticket of train:** 2.15 €

**Hop-on train station:** Aeroport

**Hop-off train station:** El Prat de Llobregat (1<sup>st</sup> train stop from Aeroport)

**Approximate length of bus trip:** 7 minutes

**Map link:** <https://goo.gl/maps/ruDck3tdCTq>

**(2) Train number:** Either R2 (towards Castelldefels end train station) or R2S (towards Sant Vicenç de Calders end train station)

**Cost single ticket of train:** 2.15 €

**Hop-on train station:** El Prat de Llobregat

**Hop-off train station:** Castelldefels (3<sup>rd</sup> train stop from El Prat de Llobregat)

**Approximate length of train trip:** 12 minutes

**Map link:** <https://goo.gl/maps/4Pq42TrpkJC2> or

<https://goo.gl/maps/G5hyd9JxaFD2>

**Approximate length of total trip: 32 minutes**

#### **Option B: (1) Train + (2) 11 minute walk + (3) Bus + (4) 5 minute walk**

**(1) Train number:** R2N

**Cost single ticket of train:** 2.15 €

**Hop-on train station:** Aeroport

**Hop-off train station:** El Prat de Llobregat (1<sup>st</sup> train stop from Aeroport)

**Approximate length of train trip:** 7 minutes

**Map link:** <https://goo.gl/maps/ruDck3tdCTq>

**(3) Bus number:** L94

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Autovia Castelldefels - Centre Comercial

**Hop-off bus stop:** Av. de Castelldefels - Manresa (7<sup>th</sup> bus stop)

**Approximate length of bus trip:** 17 minutes

**Map link:** <https://goo.gl/maps/e6tsauPBm1p>

**Approximate length of total trip: 40 minutes**

**NOTE:** The way from the hotel to the Airport's Terminal 2 (either ports AB, B or C) is slightly different. Therefore, it is suggested to take an alternative trip.

## (2.4) Hotel Canal Olímpic

### **Option A: (1) Train + (2) Train + (3) 19 minute walk**

(1) Train number: R2N

Cost single ticket of train: 2.15 €

Hop-on train station: Aeroport

Hop-off train station: El Prat de Llobregat (1<sup>st</sup> train stop from Aeroport)

Approximate length of bus trip: 7 minutes

Map link: <https://goo.gl/maps/ruDck3tdCTq>

(2) Train number: Either R2 (towards Castelldefels end train station) or R2S (towards Sant Vicenç de Calders end train station)

Cost single ticket of train: 2.15 €

Hop-on train station: El Prat de Llobregat

Hop-off train station: Castelldefels (3<sup>rd</sup> train stop from El Prat de Llobregat)

Approximate length of train trip: 12 minutes

Map link: <https://goo.gl/maps/4Pq42TrpkJC2> or

<https://goo.gl/maps/G5hyd9JxaFD2>

Approximate length of total trip: 38 minutes

### **Option B: (1) Train + (2) 11 minute walk + (3) Bus + (4) 4 minute walk**

(1) Train number: R2N

Cost single ticket of train: 2.15 €

Hop-on train station: Aeroport

Hop-off train station: El Prat de Llobregat (1<sup>st</sup> train stop from Aeroport)

Approximate length of train trip: 7 minutes

Map link: <https://goo.gl/maps/ruDck3tdCTq>

(3) Bus number: L94

Cost single ticket of bus: 2.15 €

Hop-on bus stop: Autovia Castelldefels - Centre Comercial

Hop-off bus stop: Av. de Castelldefels - Manresa (7<sup>th</sup> bus stop)

Approximate length of bus trip: 17 minutes

Map link: <https://goo.gl/maps/e6tsauPBm1p>

Approximate length of total trip: 39 minutes

**NOTE:** The way from the hotel to the Airport's Terminal 2 (either ports AB, B or C) is slightly different. Therefore, it is suggested to take an alternative trip.

## (2.5) Hotel Flora Park

### **Option A: (1) Train + (2) Train + (3) 14 minute walk**

(1) Train number: R2N

Cost single ticket of train: 2.15 €

Hop-on train station: Aeroport

Hop-off train station: El Prat de Llobregat (1<sup>st</sup> train stop from Aeroport)

Approximate length of bus trip: 7 minutes

**Map link:** <https://goo.gl/maps/ruDcK3tdCTg>

**(2) Train number:** Either R2 (towards Castelldefels end train station) or R2S (towards Sant Vicenç de Calders end train station)

**Cost single ticket of train:** 2.15 €

**Hop-on train station:** El Prat de Llobregat

**Hop-off train station:** Castelldefels (3<sup>rd</sup> train stop from El Prat de Llobregat)

**Approximate length of train trip:** 12 minutes

**Map link:** <https://goo.gl/maps/4Pg42TrpKJC2> or  
<https://goo.gl/maps/G5hyd9JxaFD2>

**Approximate length of total trip: 33 minutes**

**Option B: (1) Bus + (2) Bus + (3) 2 minute walk**

**(1) Bus number:** L77

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Airport Terminal 2 port AB (or port B or port C) bus stop

**Hop-off bus stop:** Tramuntana - Av. de l'Aeroport (3<sup>rd</sup> bus stop [or 2<sup>nd</sup> or 1<sup>st</sup> depending on each port respectively])

**Approximate length of bus trip:** 8 minutes (or 7 minutes from port B or 6 minutes from port C)

**Map link:** <https://goo.gl/maps/TFSE2tYfzyL2>

**Number bus:** L99

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Tramuntana - Av. de l'Aeroport

**Hop-off bus stop:** Av. de la Constitució - Pl. Colom (17<sup>th</sup> bus stop)

**Approximate length of bus trip:** 22 minutes

**Map link:** <https://goo.gl/maps/x8nv8qXaqVM2>

**Approximate length of total trip: 32 minutes**

**NOTE:** The way from the hotel to the Airport's Terminal 2 (either ports AB, B or C) is different. Therefore, it is suggested to take an alternative trip.

## LEISURE SPOTS

### (1) Castelldefels city center

The **tourism office** is near the city's central square, Plaça Església.

**Address:** Carrer del Pintor Serra Santa, 4, 08860 Castelldefels

**Telephone:** +34 93 635 2727

**Schedule:** Mon.-Fri. 8:00-15:00; Sat.-Sun. 10:00-14:00

**Website:** <http://castelldefelsturismo.com/en/>

**Map:** <https://goo.gl/maps/GVamxdv57gk>

**Distance from IN3-UOC:** 18 minutes by foot

**Plaça Església** and its surroundings are full of restaurants and bars of different cuisine

specialities (e.g., vegetarians, hamburgers, sushi, Basque food, Mexican food, Turkish food, and more).

**Map:** <https://goo.gl/maps/G4ntmYznZvL2>

**Distance from IN3-UOC:** 17 minutes by foot

The **castle of Castelldefels** and its surroundings are a colorful touristic spot of the city.

**Address:** Avinguda Manuel Girona, (no number), 08860 Castelldefels

**Telephone:** +34 93 635 2727

**Schedule:** Mon.-Fri. 10:00-14:00 and 16:00-19:30; Sat.-Sun. 10:00-14:00

**Website:** <http://castelldefelsturismo.com/en/discover-us/castelldefels-castle/>

**Map:** <https://goo.gl/maps/ZW7eUjv26pP2>

**Distance from IN3-UOC:** 29 minutes by foot

## (2) Seaside and beaches

Castelldefels has wide and long beaches. The closest beach from the IN3-UOC is about 1.5 km away.

### Option A: (1) Bus + (2) 6 minute walk

**(1) Bus number:** L95

**Cost single ticket of bus:** 2.15 €

**Hop-on bus stop:** Avinguda del Canal Olímpic - Campus P.M.T.

**Hop-off bus stop:** Passeig de la Marina - Carrer 17 (2<sup>nd</sup> bus stop)

**Approximate length of bus trip:** 2 minutes

**Map link:** <https://goo.gl/maps/thwkeb2j5Mz>

### Option B: Taxi

**Approximate length of taxi trip:** 3 minutes

**Map link:** <https://goo.gl/maps/S7vzTELP5C42>

### Option C: 19 minute walk

**Map link:** <https://goo.gl/maps/N1cHobMYh4p>

On all along the coastal road, Passeig Maritim, there are plenty of restaurants and bars of different cuisine specialities; and on the beach, several open air restaurants.

## (3) Ànec Blau shopping center

Near the IN3-UOC, there is a shopping center called **Ànec Blau** ("Blue duck").

**Address:** Avinguda del Canal Olímpic, 24, 08860 Castelldefels

**Telephone:** +34 93 636 4243

**Schedule:** Sun.-Thu. 9:00-1:30; Fri.-Sat. 9:00-3:30

**Website:** <https://www.aneclubau.com/en/home/>

**Map link:** <https://goo.gl/maps/FhqPTYgKhDu>

**Distance from the IN3-UOC:** 15 minutes by foot

## PRIMARY CARE AND EMERGENCY CENTERS

- (1) Primary Care Center: CAP Can Bou**  
**Address:** Avinguda Ciutat de Màlaga, 18-20, 08860 Castelldefels  
**Telephone:** +34 93 665 5659  
**Schedule:** Mon.-Fri. 8:00-20:00; Sat-Sun. Closed  
**Website:** <http://www.casap.cat/> (in Catalan)  
**Map:** <https://goo.gl/maps/msLY1nE3xtQ2>  
**Distance from IN3-UOC:** 14 minutes by foot; 4 minutes by car
- (2) Primary Care Center: CAP El Castell**  
**Address:** Carrer de Guillermo Marconi, 9, 08860 Castelldefels  
**Telephone:** +34 93 636 6660  
**Schedule:** Mon.-Fri. 8:00-19:30; Sat. 10:00-13:00; Sun. Closed  
**Website:** <http://www.castelldefels.com/cast/cap-castelldefels.htm> (in Spanish)  
**Map:** <https://goo.gl/maps/5gFGqxGEY8y>  
**Distance from IN3-UOC:** 25 minutes by foot; 8 minutes by car; 10 minutes by bus
- (3) Emergency Center: CUAP Castelldefels**  
**Address:** Carrer de Guillermo Marconi, 7, 08860 Castelldefels  
**Telephone:** +34 93 554 7806  
**Schedule:** Open 24 hours  
**Website:** <http://www.casap.cat/index.php/cuap/informacio/> (in Catalan)  
**Map:** <https://goo.gl/maps/dVKL2mE5J6A2>  
**Distance from IN3-UOC:** 25 minutes by foot; 8 minutes by car; 10 minutes by bus

## TELEPHONE NUMBERS

**Emergencies:** 061 or 112

**Firefighters:** 080

**Local police:** 112 or +34 93 551 9110

**Lost bank cards:**

**American Express:** +34 90 237 5637

**Diners Club:** +34 90 080 1331

**Visa:** +34 90 099 1124

**MasterCard:** +34 90 097 1231

**European Consulates in Barcelona:**

**Albania:** +34 932051000

**Armenia:** +34 902886640

**Austria:** +34 933686003

**Azerbaijan:** +34 902886640  
(Embassy in Madrid)  
**Belarus:** +34 936111104  
**Belgium:** +34 934677080  
**Bosnia-Herzegovina:**  
+34 934882687  
**Bulgaria:** +34 934574133  
**Croatia:** +34 932720043  
**Cyprus:** +34 934140685  
**Czech Republic:** +34 932413236  
**Denmark:** +34 934880222  
**Estonia:** +34 934160011  
**Finland:** +34 934431598  
**France:** +34 933178150 /  
+34 933172099  
**Georgia:** +34 687661274  
**Germany:** +34 932921000  
**Greece:** +34 932002036  
**Hungary:** +34 934051950  
**Iceland:** +34 932325810  
**Ireland:** +34 934915021  
**Italy:** +34 902050141 /  
+34 807300747  
**Israel<sup>2</sup>:** +34 937079305  
**Latvia:** +34 932523097  
**Liechtenstein:** +34 934090650  
**Lithuania:** +34 932544410  
**Luxembourg:** +34 932922268  
**Macedonia:** +34 934067648  
**Malta:** +34 934156600  
**Moldova:** +34 936377238  
**Montenegro:** --  
**Netherlands:** +34 934199580  
**Norway:** +34 932184983 /  
+34 932375445  
**Poland:** +34 933227234 /  
+34 933220542  
**Portugal:** +34 933188150 /  
+34 933188154  
**Romania:** +34 934181535 /  
+34 934344345  
**Russia:** +34 932805432 /

+34 932800220  
**Serbia:** +34 972674043  
**Slovakia:** +34 933179465  
**Slovenia:** +34 932182255 /  
+34 937273639  
**Sweden:** +34 934882501  
**Switzerland:** +34 934090650  
**Ukraine:** +34 932804009 /  
+34 932801812  
**United Kingdom:** +34 934199044

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<sup>2</sup> Not formally a European country.

