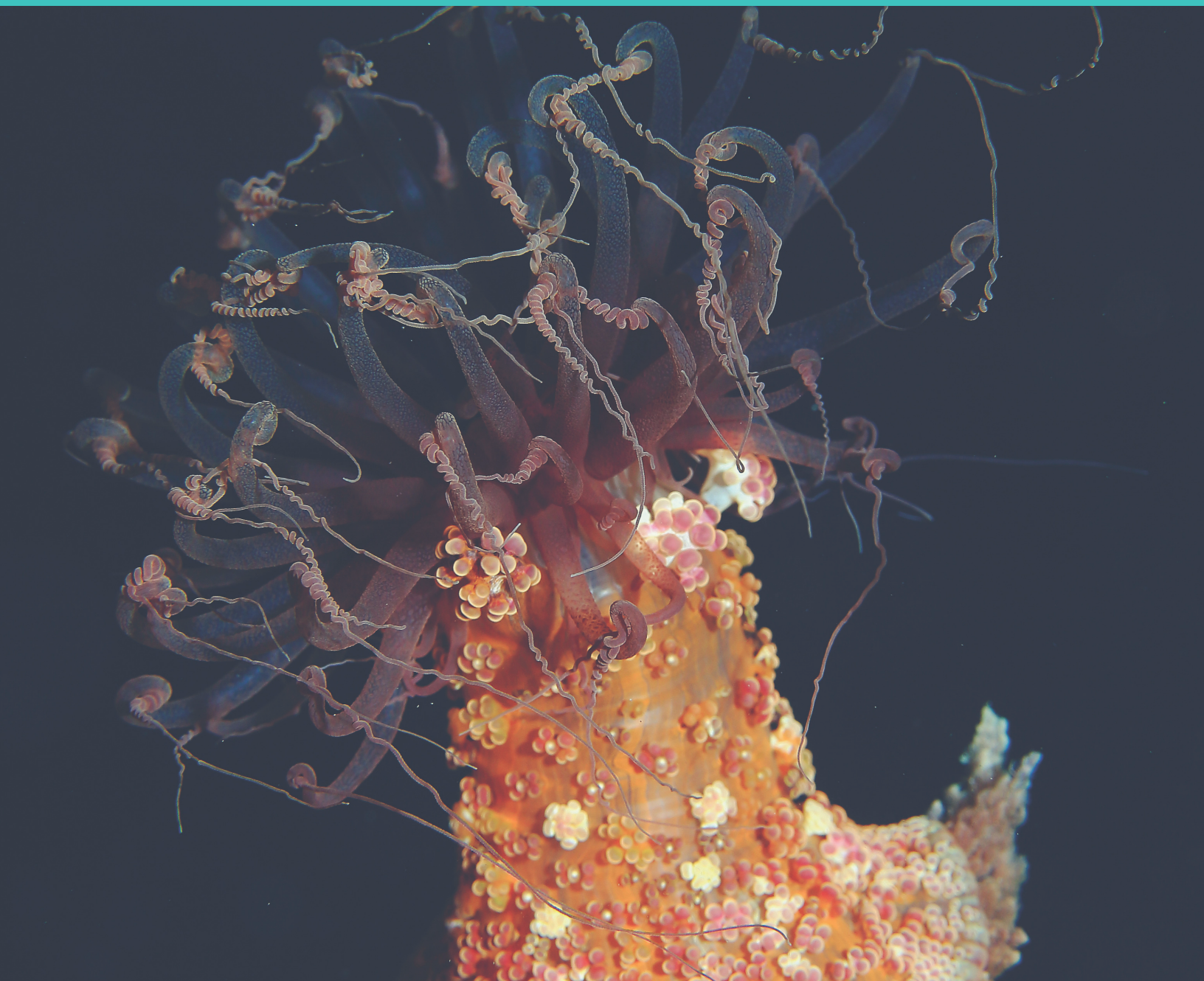


# CCMAR

Centro de Ciências do Mar

*Algarve*



**WELCOME.**  
**CCMAR ACCESS GUIDE**



## CONTACT INFORMATION

**CCMAR - ALGARVE CENTRE OF  
MARINE SCIENCES**  
Universidade do Algarve  
Campus de Gambelas  
8005-139 Faro  
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### **CCMAR SECRETARIAT**

**Liliane Leman**

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Email: [lleman@ualg.pt](mailto:lleman@ualg.pt)

## ORGANIZATION

### LIAISON OFFICER

**Ana Margarida Amaral**

Tel: + 351 289 800 968 / + 351 289 800 051  
Ext: 7968  
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### COMMUNICATIONS OFFICER

**Rita Costa Abecasis**

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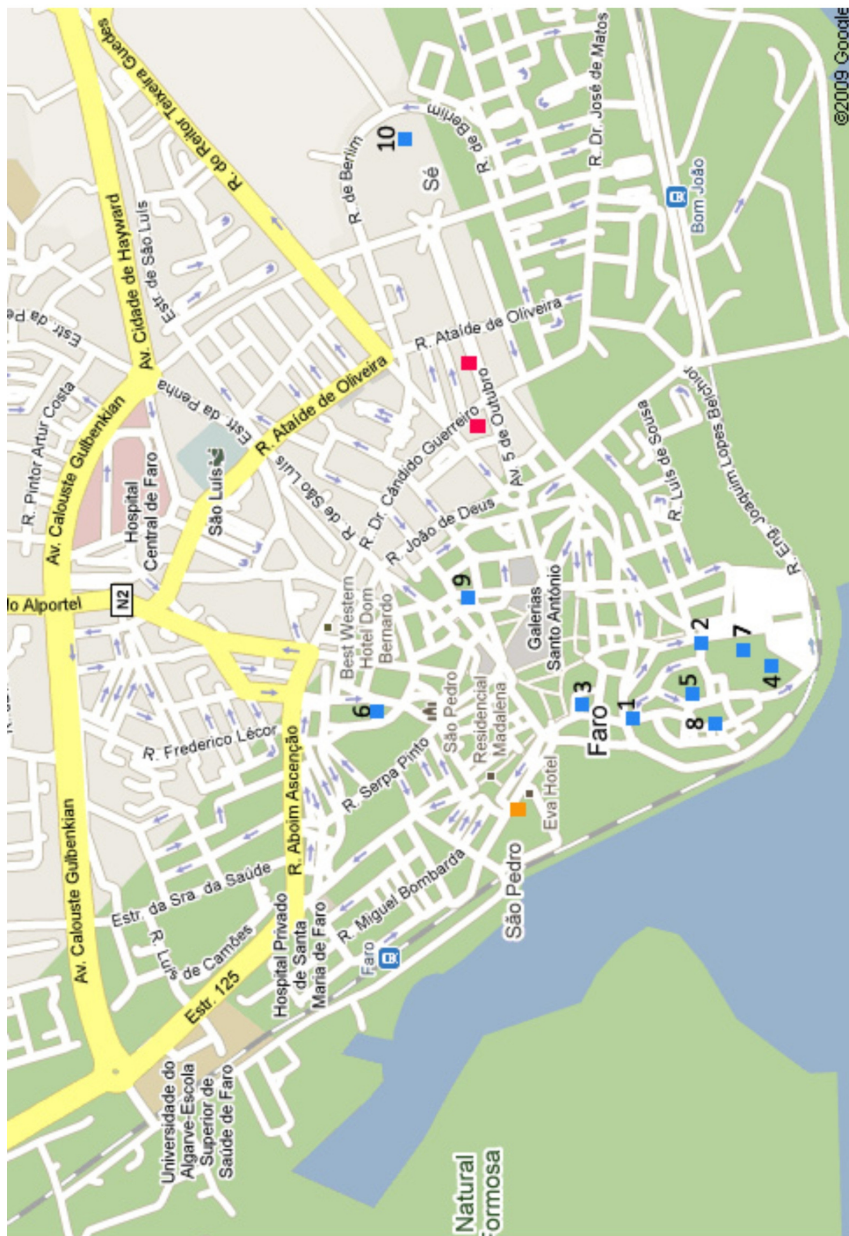




## SITE, CLIMATE & SURROUNDINGS



Faro is located next to the Ria Formosa, a unique coastal ecosystem with very high biodiversity and an ideal natural laboratory. It is a mesotidal lagoon, separated from the ocean by a system of barrier islands and inlets, which extends for about 55 km along the south coast of Portugal. This includes extensive mud flats, sand banks, dune systems, salt marshes and substantial sea grass beds. It is a natural park protected by national legislation and nature conservation regulations and most of it is of international importance. It is directly accessible on foot or with small boats.



1 - Arco da Vila

2 - Arco do Repouso

3- Banco de Portugal

4 - Castelo  
(Castel)

5 - Sé Velha

■ EVA Buses (Terminal/ Ticket office)  
■ Residences (at Av. 5 de Outubro)  
■ Places to visit

6 - Igreja do Carmo

8 - Paço Episcopal

7 - Muralhas

9 - Lethes Theatre

10 - Ermida de  
Santo António





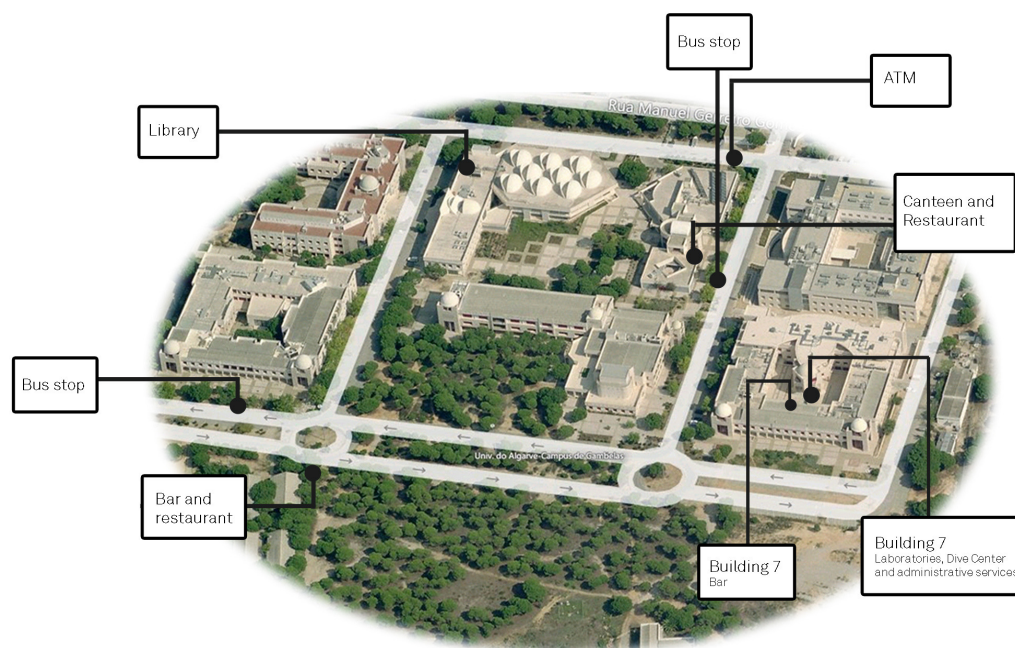


# ACCESS TO CCMAR



The Centre of Marine Sciences (CCMAR) in Faro is an independent multidisciplinary, non-profit research organization with competence in a range of areas of marine biology, fisheries and aquaculture. Its mission is to promote research and education on processes in the marine environment, with emphasis on biological interactions and the sustainable use of resources.

The Ramalhete Marine Station is a versatile infrastructure that includes smaller tanks to large outdoor mesocosms. It is located adjacent to one of the main channels of Ria Formosa, close to Faro international airport, 8km from the city and 4 km from the University of Algarve (Gambelas Campus).







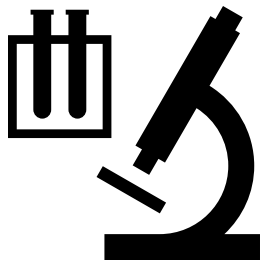
# ARRIVAL, CCMAR RECEPTION

The University of Algarve – Campus de Gambelas is open during the week. Standard working hours are between 8 a.m. and 9 p.m. Out of these normal hours access to CCMAR is restricted.

Please schedule in advance the meeting time and date with liaison officer.

## INSURANCE

Please keep your Insurance documentation accessible. Insurance must cover the full period of your stay at CCMAR and in Portugal, cover pre- existing medical conditions, and include world- wide travel assistance and emergency transportation services. This is a private cost not covered by our Institution.



## RISK ASSESSMENT AND SAFETY RULES

If you are a Laboratory User make sure you know and follow the Laboratory General Work Rules. It's Your responsibility to ensure that you are properly informed, and that you have received the required information **BEFORE you start your work**. If there are any doubts don't hesitate to ask the Safety officer at CCMAR.

Plan your laboratory work with Laboratory responsible and prevent Risks;

Make sure that you know where emergency showers, eye showers and fire extinguishers are located and how they work;

Memorize evacuation exits and how to act in case of emergency;

Make sure that you have your own Personal Protection Equipment and know how to use it;

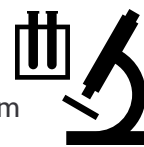
Always use protective clothing (personal lab coat) and shoes covered. Eye protection should always be used if there is a risk of splash. When the experiment is done or in case you need to exit the laboratory, remove gloves and make sure that you don't contaminate keyboard, phones, door knobs, water taps, etc.

Eating and drinking, is not allowed in the laboratory;

Make- up is not allowed in the laboratory;

Fume hood/fume bench should always be used when handling flammable, toxic or corrosive substances. When finished, be sure to close the fume hood/turn off.

# RISK ASSESSMENT AND SAFETY RULES



The fume bench works properly only if the object is kept below 20 cm above the surface. Do not cover more than one third of the surface and leave a 10 cm wide zone at the front to achieve a good protection. Only use the fume bench for handling cold substances;

When experiments are planned have in mind the waste handling routines, it is important to minimize waste production, and their safely elimination;

Experiments with vertebrates, radioactive substances, microbiological organisms or OMG (genetic modify organisms) are regulated separately and special permits are mandatory and required. You are not allowed to work with;

Label all containers with substance name, concentration and symbol (if applicable), date, your name and group name;

You are only allowed to use equipment and instruments that you are familiar with. If you are in any way uncertain do not hesitate to ask the safety officer or someone in charge of the item;

For safety reasons, working by yourself in the laboratory for practical or other potentially dangerous tasks, is not allowed if you are alone, after working hours or weekends;

The general regulations concerning work at CCMAR should also be applied when using boats, Ramalhete Marine Station or other field sampling work. It is important to plan the experiment with the supervisors, because they have the duty to decide whether a certain substance or activity should be allowed on lab/board/trip/natural environment;

In case of chemical spillage, contain it to a restricted area, warn people in the laboratory to avoid injuries and clean it up according to the methods present in the respective material safety data sheet (MSDS). REMEMBER, always check the product MSDS before use any product.

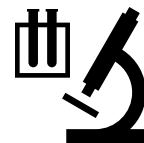
## Storage material

All stored materials should be labelled with your name, group name/institution, date and content. Poorly labelled things are thrown as waste! You may lose valuable material and it is also a hazard for the person cleaning out your stuff, other scientists and the environment;

Only store chemicals in designated areas, no storage in fume hoods. If you are uncertain about what to store where, ask the person in charge of safety in that laboratory or safety officer.



# RISK ASSESSMENT AND SAFETY RULES



## Waste handling routines

All waste that differs from normal household waste should not be discharged to the common sewage or garbage.

If you have any doubts about whether a dilute solution or a relatively harmless substance can be poured out in the lagoon/sea (in case of field laboratory) or sent down the drain to the sewage treatment, don't hesitate to ask the safety officer.

Before you initiate an experience, talk with your lab responsible in order to obtain indications on how to proceed with the waste and get the appropriate containers.

Please fill with your Host risk assessment report, accordingly with planned activities and/or list of activities that will be carrying out during access at CCMAR infrastructure. This document must be filled, signed and returned to CCMAR Services.



## SEMINAR AT CCMAR

A scientific seminar will take place every Wednesday at 1.30 pm, open to the whole community. You are invited to join us.

Besides attending, you are also required to present a seminar on your own, showing some of the work that you are doing at CCMAR.

Some pictures of this talk and also a post interview with you will be recorded and disseminated on the CCMAR social media and web channels.

Please schedule your seminar in advance with the liaison officer or communications officer.

# USEFUL INFORMATION

## PHONE CALLING IN PORTUGAL

The international dialing code to Portugal is the telephone number preceded by 00351 or +351.

## EMERGENCY CONTACTS AT GAMBELAS CAMPUS (E.G FIRE ALARM)

Gambelas main entrance security contact is ext. 7904 or (00351) 289800904 or (00351) 967818297.

## USEFUL CONTACT NUMBERS

**Taxis** (+351 289 895 790) (In Portugal, taxis can apply fees for calling, luggage, and night time or city zone).

**Emergency number SOS** - 112 (free call).

**Police** (+ 351 289 887 600).

## USEFUL TIPS

**Time Zone:** Standard time is WET / WEST

**Currency:** Euro (€)

**Electricity:** The electrical current in Portugal is of 220 Volts / 50 Hz and the plugs take 2, round pins.

## USEFUL LINKS

### **Ocean weather conditions**

**Windguru:** <http://www.windguru.cz/53>

**Beachcam:** <http://www.beachcam.pt/>

### **Maps**

**ViaMichelin:** <http://www.viamichelin.com>

### **Meteorology**

**Instituto de Meteorologia:** <http://www.ipma.pt/pt/>

**The Weather Channel:** <http://www.weather.com/>



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