

THE USUAL





Where
unUsual

meetings
happen

The Usual Rotterdam

Westblaak 10, 3012 KL Rotterdam

The Usual is your base. Located just off the main shopping centre and by the coolest museums in the heart of the city, The Usual Rotterdam sits alongside the bustling Witte de Wittstraat.

With meeting rooms, restaurant, our Mind Gym, and other social spaces, there is certainly room for everyone at The Usual Rotterdam.

7 meeting
spaces

1 restaurant
and bar

1 mind gym

Get in touch

**THE
USUAL**

The Usual Rotterdam
Westblaak 10
3012 KL Rotterdam

Make an enquiry

Tessa | Meeting and Events Coordinator
events.rotterdam@theusual.com





The Conference Arena

Rental package:

Half day from €129 | Full day from €225

Perfect for presentations and pitches, this **22.6 m²** studio with **arena-style seating** accommodates up to **10 people**. The Conference Arena includes a 65" LED TV for video conferencing, USB-C connectivity, free WiFi, air conditioning, a refrigerator, and artificial daylight.



The Conference Room 1

Rental package:

Half day from €225 | Full day from €350

From presentations to product launches, this **31.6 m²** meeting room accommodates up to **8 people** with fixed **boardroom-style seating**. It features a 65" LED TV suitable for video conferencing, USB-C connectivity, whiteboards, free WiFi, air conditioning, a refrigerator, and artificial daylight.



The Conference Room 2

Rental package:

Half day from €275 | Full day from €450

This 31.6 m² meeting room accommodates up to **12 people** with fixed boardroom-style seating. It features a 65" LED TV suitable for video conferencing, USB-C connectivity, whiteboards, free WiFi, air conditioning, a refrigerator, and artificial daylight.



The Conference Room 3

Rental package:

Half day from €350 | Full day from €550

This 53 m² meeting room accommodates up to 14 people with boardroom-style seating or up to 27 people including arena-style seating. It features a 65" LED TV suitable for video conferencing, USB-C connectivity, whiteboards, free WiFi, air conditioning, a refrigerator, and artificial daylight.



The Creators Box 1 & 2

Rental package:

Half day from €175 | Full day from €275

These two naturally lit brainstorming rooms are ideal for smaller teams. Each 17.6 m² room accommodates up to **6 people** and features a 55" touchscreen, USB-C connectivity, free WiFi, air conditioning, and natural daylight.



The Game Room

Rental package:

Half day from €250 | Full day from €400

Our most playful meeting space, The Game Room is made for tossing around ideas. This **20 m²** room accommodates up to **10 people** around a **boardroom table** that doubles as a ping-pong table. It features a 55" touchscreen, USB-C connectivity, free WiFi, air conditioning, natural daylight, and a games wall with oversized Scrabble and Connect Four.



The Mind Gym

Rental package:

Half day from €181,50 | Full day from €544,50

In addition to our diverse range of classes, The Mind Gym can also be transformed into a space for meetings, workshops, and other events. This **135 m²** room accommodates up to **45 people** and features free WiFi, air conditioning, and artificial daylight.



Food & Drinks

Serving up the best of Rotterdam cuisine, we combine seasonal, plant-based, and locally produced dishes from across the region. Open from that early morning latte in the neighbourhood to a last call toast before bed, we've got something for everything - and everyone- in between.

Add-on packages

Breakfast Package

Pastries, soufflé, vegetables, white beans in tomato sauce, mushroom rolls, roza pastries, scrambled eggs, boiled eggs, omelet, french toast, granola, homemade overnight oats, coconut or full fat yoghurt, mini quiche, sugar bread, small breads, selection of spreads, juices, water/milk, filter coffee. All served at The U Bar.

€17,50 p.p. (Booking in advance)

Lunch Package

Selection of a salad, soup of the day, and three sandwiches. Choose from Caprese, carpaccio, chicken pesto, and more. Served at The U Bar.

€21,50 p.p. (Available for groups of 8 people).

Dinner Package

A buffet style dinner including 2 hot meals, a salad and soup of the day.

€29,50 p.p.

Available without soup of the day for €27,50 p.p.

(This package is also available as lunch add-on).

Barista Break

Barista coffee, slice of banana bread or carrot cake.

€6,50 p.p. (Available up to 10 people).

Energy Break

Brite energy drink (choice of flavour) and a bag of nuts with sea salt and herbs.

€8 p.p.

Snack Break

Bag of nuts with sea salt & herb, bag of vegetable crisps and a can of Charlies sparkling water.

€11 p.p.

Soda Package

Fritz soda, Charlies sparkling water (several flavours), regular sparkling water and still water.

€13,50 p.p.

Cake Break

Barista coffee and a piece of Jordy's cake. Choose from apple pie, passion fruit cheesecake, or chocolate espresso cake.

€10 p.p. (Available up to 10 people).

Sweet Break

A slice of banana bread or carrot cake and a small bottle of orange- or apple juice.

€12 p.p.



Feel the Flow

The Usual has partnered up with Flow Agency, who believe holistic sessions should be part of every company culture, to support the overall healing of body-mind connection. This is the new well-being.

Flow in session

Flow Agency offers a range of ancient wisdom teachings delivered by experienced instructors. These teachings are scientifically proven to reduce stress, enhance self and interpersonal connections, calm the nervous system, and improve energy, focus, and overall long-term well-being. After discussing your meeting needs, we connect you with Flow Agency and guide you through the next steps for a seamless experience.

Step 1 | introduction call

Flow Agency will start with a call to discuss your company's vision for the best Flow experience.

Step 2 | tailor your program

They offer a variety of custom-made sessions, including group sessions, one-on-one leadership sessions, and team events.

Step 3 | session day

On the day of your session, Flow Agency will lead you through practices that promote calmness, reduce stress, inspire creativity, and enhance self-awareness and connection with yourself and others.

Meditation

30 minutes | 60 minutes

Meditation has become a go-to practice for many people to lower their stress levels and foster deeper concentration. There are various meditation techniques, and each teacher at Flow Agency has their own method. Scientific research shows that meditating daily for just 5 to 10 minutes can significantly increase your awareness of both your surroundings and yourself. Meditation can reduce stress, improve sleep, enhance focus, and boost self-awareness and emotional well-being.

Breath work

30 minutes | 60 minutes

Just like meditation, breath work offers a diverse range of techniques, making it essential to find the right one for you. For beginners, many teachers emphasise the breathing method, which involves inhaling and exhaling solely through your mouth. We provide Wim Hof-certified breathwork teachers who bring their unique expertise. Breathwork provides amazing scientific benefits that enrich our physical, mental, emotional, and spiritual well-being!

Sound healing

30 minutes | 60 minutes

Sound bath journeys are an ancient practice that promotes deep relaxation and meditation. Our instructors utilise a variety of instruments, including Himalayan singing bowls, crystal bowls, gongs, and chimes. Each instrument offers unique healing frequencies. Participating in a sound bath session can help you reduce stress, improve sleep quality, enhance mental clarity and focus, and alleviate both physical and emotional pain.

Yoga

30 minutes | 60 minutes

We offer a variety of yoga practices tailored to meet your needs, ranging from more intense movement styles like Vinyasa to the deep relaxation of Yoga Nidra. Yoga Nidra is an excellent way to take a restful break between meetings, guiding you into a profound state of relaxation. This practice can also enhance sleep quality, improve memory, reduce stress and anxiety, and assist in managing PTSD.



Why let a productive meeting end when the best conversations are often just beginning?

After your meeting, workshop, or training session, invite your guests to **unwind** at **The U Bar**. Our welcoming bar provides the perfect setting to **relax, connect,** and **celebrate** the day's achievements.



Continue the conversation at The U Bar



Whether you're planning casual networking drinks, a team celebration, or simply a place to continue conversations in a more informal atmosphere, The U Bar offers a vibrant yet comfortable space for every occasion.

Ask our team about drinks packages and light bites to complement your event.





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Meet with us

Sustainability at our core: Our meeting rooms use eco-friendly practices, incorporating recycled materials and energy-efficient technologies.

Innovative Technology: Experience seamless presentations with advanced audiovisual equipment and high-speed connectivity for efficient meetings.

Inspiring Design: Immerse yourself in spaces designed to inspire creativity and collaboration, promoting groundbreaking ideas and successful outcomes.

We look forward to welcoming you,

The Usual Team

Conscious Catering: Enjoy responsibly sourced, locally inspired catering options that add culinary excellence to your meetings.

Personalised Service: Our dedicated staff ensures flawless execution of every meeting detail, allowing you to focus on what matters most.

Playful Atmosphere: Break free from traditional meeting environments and embrace a setting that encourages a playful mindset, fostering creativity and engagement.

Room rent overview

The Conference Arena

22.6 m2
Capacity 10 people
Screen
Videobar
Refrigerator
Air conditioning
USB-C connection
Artificial daylight

Rental package:

Half day from €129
Full day from €225

The Conference Room 1

31.6 m2
Capacity 8 people
Fixed table
Whiteboard
Screen
Videobar
Refrigerator
Air conditioning
USB-C connection
Artificial daylight

Rental package:

Half day from €225
Full day from €350

The Conference Room 2

31.6 m2
Capacity 12 people
Fixed table
Whiteboard
Screen
Videobar
Refrigerator
Air conditioning
USB-C connection
Artificial daylight

Rental package:

Half day from €275
Full day from €450

The Conference Room 3

53 m2
Capacity 14 people
(27 people incl. arena seating)
Whiteboard
Screen
Videobar
Refrigerator
Air conditioning
USB-C connection
Artificial daylight

Rental package:

Half day from €350
Full day from €550

Standard included package: Unlimited filter coffee | Tea | Infused water | Cookies | Fresh fruits

Transform you meeting with a holistic session facilitated by Flow Agency (page 12)

Room rent overview

The Game Room

20 m2
Capacity of 10 people
Leisure options (game wall)
Touch screen
Air conditioning
USB-C connection
Natural daylight

Rental package:
Half day from €250
Full day from €400

The Creators Box 1 & 2

17.6 m2
Capacity of 6 people
Touch screen
Air conditioning
USB-C connection
Natural daylight

Rental package:
Half day from €175
Full day from €275

The Mind Gym

135 m2
Capacity of 45 people
Air conditioning
Artificial daylight

Rental package:
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