



Where
unUsual

meetings
happen

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.



The Conference Arena

Perfect for presentations and pitches, this studio with arena style seating seats up to 10 people. The Conference Arena has a 65" LED TV suitable for video conferencing, air conditioning, and free WiFi, all in 22.6 m2.



The Conference Room 1, 2 & 3

From presentations to product launches, these rooms containing boardroom style seating have a 65" LED TV suitable for video conferencing, whiteboards, air conditioning, free WiFi, and our favourite pens & notepads. Ranging in size from 31.6 m2 to 53m2, these rooms can sit between 8 and 27 people.



The Game Room

Our most playful space, The Games Room was made for tossing around ideas. Seating up to ten people, this boardroom table can also be used as a ping-pong table. Beside the oversized scrabble boards and connect four, this room includes a 55" touchscreen, free WiFi, and air conditioning, all in 20 m2.



The Creators Box 1 & 2

These two naturally-lit brainstorming rooms are great for smaller teams. Seating up to six people, these spaces come standard with a 55" touchscreen, free WiFi, and air conditioning, all in 17.6 m2.

Room rent overview

The Conference Arena	The Conference Room 1	The Conference Room 2	The Conference Room 3	The Game Room	The Creators Box 1 & 2
22.6 m2 Capacity 10 people Screen Videobar Refrigerator Air conditioning USB-C connection Artificial daylight	31.6 m2 Capacity 8 people Fixed table Whiteboard Screen Videobar Refrigerator Air conditioning USB-C connection Artificial daylight	31.6 m2 Capacity 12 people Fixed table Whiteboard Screen Videobar Refrigerator Air conditioning USB-C connection Artificial daylight	53 m2 Capacity 14 people <i>(27 people incl. arena seating)</i> Whiteboard Screen Videobar Refrigerator Air conditioning USB-C connection Artificial daylight	20 m2 Capacity of 10 people Leisure options (game wall) Touch screen Air conditioning USB-C connection Natural daylight	17.6 m2 Capacity of 6 people Touch screen Air conditioning USB-C connection Natural daylight
Rental package: Half day from €129 Full day from €225	Rental package: Half day from €225 Full day from €350	Rental package: Half day from €275 Full day from €450	Rental package: Half day from €350 Full day from €550	Rental package: Half day from €250 Full day from €400	Rental package: Half day from €175 Full day from €275

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

Transform you meeting with a holistic session facilitated by Flow Agency (page 8)

Add-on packages

Breakfast Package

We offer a wide variety of freshly baked pastries, sandwiches, bagels, overnight oats, yoghurt with granola, scrambled and soft-boiled eggs, shakshuka, quiches, fresh fruit, circular breakfast muffin, small breads and a selection of spreads (*local juices, water, milk, filter coffee, and tea are included*). All served at The U Bar.

Lunch Package

Selection of 2 salads, 3 sandwiches, juices and a soup at The U Bar.

Hot meal Package

Selection of salads, a soup and a hot dish at The U Bar (*this is a lunch or dinner add on*).

Healthy Break

A healthy break with a flapjack, a bag of crunchy vegetable chips, and a selection of refreshing local juices to energise your day.

Snack Break

A bag of local chips, a bag of nuts, and a can of a refreshing organic drink during your break!

Sweet Break

Delicious local Sharp Sharp cakes, a rich local chocolate bar, and a refreshing organic drink.

Aperitivo Package

Additional 1 hour of drinks, olives, nuts and bar bites (*excluding cocktails*).





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.

Questions or interested in a session? Please reach out to our Events Team | events.rotterdam@theusual.com

Step 1

introduction call

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

Step 2

tailor your program

We 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, we will lead you through practices that promote calmness, reduce stress, inspire creativity, and enhance self-awareness and connection with yourself and others.

Meditation

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.

30 minutes | 60 minutes

Breath work

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!

30 minutes | 60 minutes

Sound healing

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.

30 minutes | 60 minutes

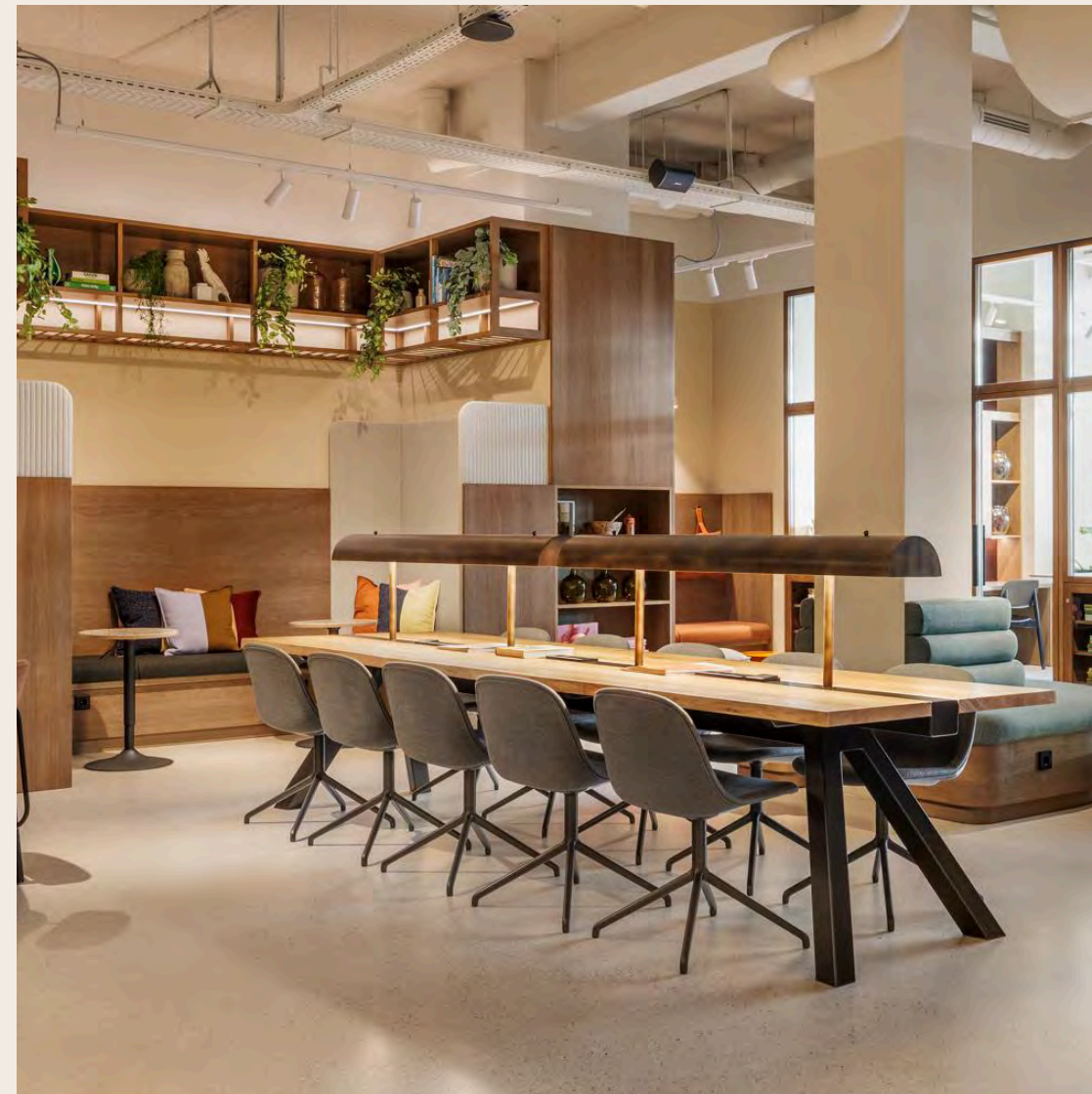
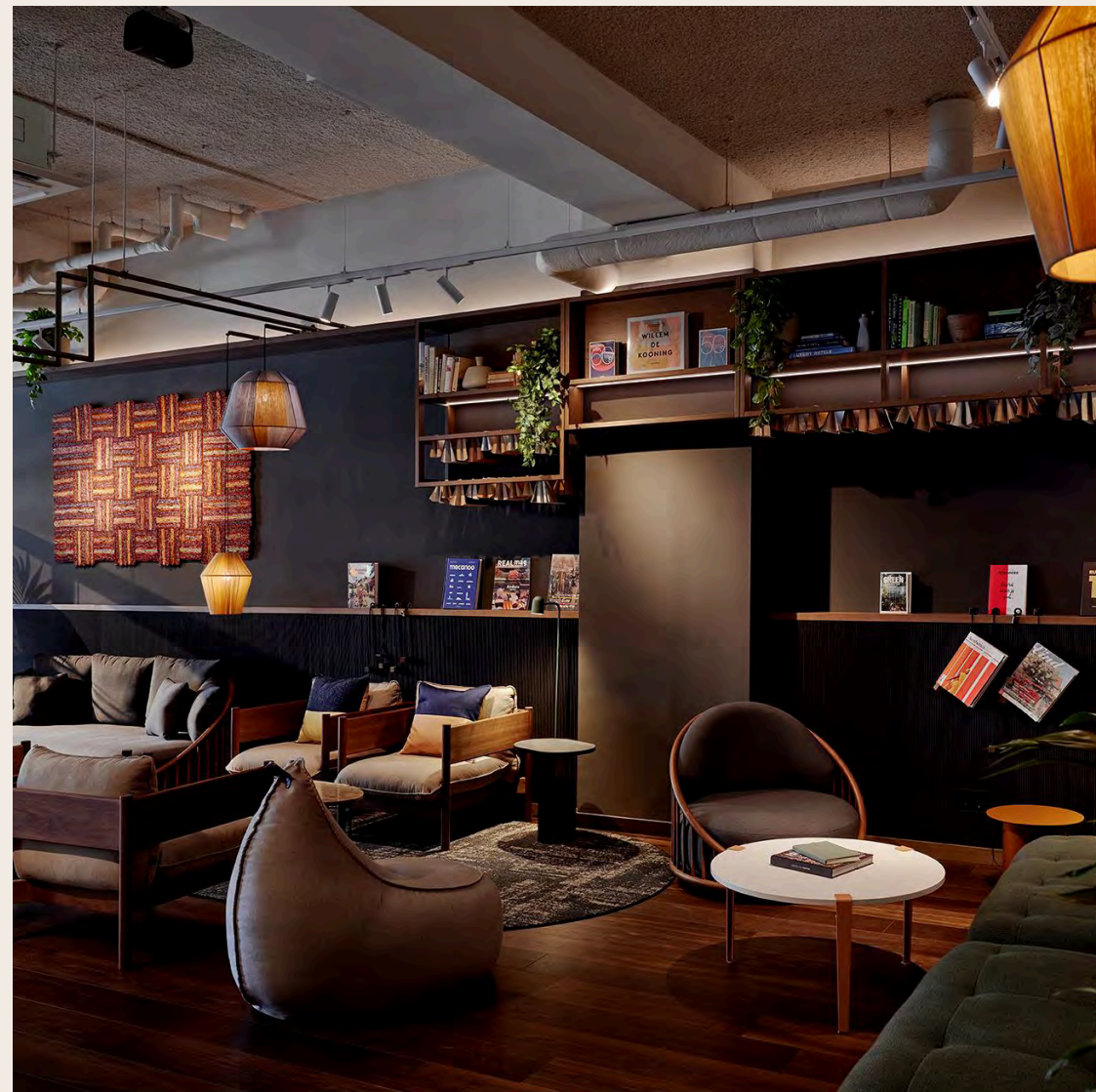
Yoga

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.

30 minutes | 60 minutes

At The Usual find your canvas for transformative meetings and events. Our inspiring spaces - The Mind Gym, The Library, The Atelier, and The Makers Studio are designed to spark innovation and collaboration. Whether you're hosting a workshop, a talk, or an unforgettable evening with drinks, we can tailor our offerings to meet your unique needs.

Unlock
your
creativity



Imagine starting your day with a revitalising yoga or breathwork session, followed by an inspiring talk on our journey to becoming a B Corp, and ending with deliciously shaken cocktails. Why settle for the ordinary when you can **create something extraordinary?**



Get in touch

THE USUAL

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