



EXPERIENCE MEETINGS

Three core components mark Experience Meetings:

- [Brain Food](#): an innovative and responsible food & beverage solution developed by skilled chefs and nutritionists
- [Brain Box](#): a breakout room designed to elevate efficiency and to stimulate creativity
- [Free Internet](#): all Radisson Blu hotels and resorts offer free and fast Internet for all meeting delegates – even if those are guests for a day only and do not stay overnight.

Brain Box

Harnessing creativity during a meeting is not an easy thing – key is the ambience and that's why Experience Meetings includes the Brain Box at participating hotels.

Designed to elevate your efficiency and let loose your creativity, this breakout meeting room touches upon all the senses with walls you can write on, colours that spark your brain, furniture layout that gives you the space to think and amenities that help stimulate ideas. Think outside the box.

The Brain Box principles

1. Designed to encourage and inspire new and creative thinking
2. Flexible and fun furniture layout and meeting room set up
3. A break-out room that easily can be transformed into a conventional meeting room.

Brain Box is available at participating hotels.

Brain Food

Brain Food is a new offering developed by chefs at Radisson Blu hotels for meeting and conference guests. To ensure that guests are focused at all times during a meeting, Brain Food practices the following six main principles:

- Plenty of fish, whole-grain products, fruits and vegetables
- Primarily fresh, locally sourced foods
- Pure ingredients, with minimal processing
- Less meat with never more than 10% fat content
- Focus on delicious taste and healthy options
- Natural sweetening with no more than 10% sugar

Free Internet

Free Internet for meeting delegates and hotel guests

There's been a lot of talk recently about Free Internet. Or perhaps more accurately, the cost of free internet. Our view on the subject is simple. It's free. We don't charge you for other essentials. Some call us naive. We call ourselves modern hoteliers, who believe heart and soul in relationships and values and the good old art of 360° hospitality. Welcome to Radisson Blu. It is you.

Just attend a meeting or check-in to a Radisson Blu Hotel worldwide get free Internet as a part of our E@sy Connect service concept.

With our easy-to-follow instructions, you can logon on to your corporate network, access email, download music, shop, do whatever it is you like to do online, and do it for free!

(Please be aware that dial-up, modem, and other forms of analogue Internet connections which require telephone lines will be charged a fee.)