



Upstalsboom

HOTELS UND FERIEWOHNUNGEN



CONFERENCE HOTELS • NORTH SEA • BALTIC SEA • BERLIN

UPSTALSBOOM CONFERENCING AND MEETING VENUES



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Traditional

Upstalsboom is an Old Frisian word that refers to a place where tribal chiefs of the former East Frisia would meet to resolve legal issues or simply celebrate a communal feast together. Our name has been chosen to reflect this tradition, since we invite our guests to enjoy its most attractive aspect – namely Frisian hospitality. Today, Upstalsboom means coming together in pleasant surroundings and letting oneself be pampered by welcoming hosts.

You'll find us wherever it's most pleasant to meet – on the coasts and islands of the North or Baltic seas and in central Berlin. Welcome to Upstalsboom's Conference & Meeting Venues! On the pages that follow, we'd like to introduce you to our seven hotels, which are of especial interest to the business traveller. For further information, please visit us online at upstalsboom.de. 

Upstalsboom



Esteem


In March 2013, 70 Upstalsboom employees came together for the first time to talk about their values and objectives, and to put plenty of commitment and passion into creating the Group's mission statement. The resulting Upstalsboom Mission, **"Upstalsboom – Frisian, open, heart-warming – just different, that's who we are!"**, has since been an inspiration to our staff, both present and prospective, and naturally yourselves,

our valued guests. With the introduction of our "Corporate Happiness" approach to management – our mission to make our employees happy – the decision to turn away from profit maximisation and towards a focus on values, Upstalsboom supports a corporate culture where people take centre-stage. The Upstalsboom way – a success story built on developing potential. 🇳🇱

Upstalsboom



Excellent

The creation and implementation of the Upstalsboom Mission and our experience of the results are impressively captured by the short (and multiple prize-winning) film "The Upstalsboom Way". That this idea – and the work put into it – is not merely a company-internal success but has been well-received by guests and prospective employees alike is shown by the numerous awards that Upstalsboom has been honoured to receive as a top employer. 

Scan to view the Upstalsboom film



Giving future



"A Frisian Heart for the World – from here to Rwanda" is the slogan under which Upstalsboom Hotels and Holiday Apartments is supporting the FLY & HELP charity's project to build a school in Rwanda. In January 2010, Reiner Meutsch started off in his Piper Cheyenne on a round-the-world flight that also involved him visiting and helping aid projects in Ghana,

Rwanda, India, Indonesia and Brazil. In many parts of the world, a decent schooling is still not a basic right for many children. "I want to use FLY & HELP to raise public awareness of these complex issues and give children a chance to take their futures into their own hands," comments Reiner Meutsch, founder of the FLY & HELP foundation.

Seaport



Although around 150 km of canals run through the largest town in East Frisia, Emden's heart is its flourishing seaport. From here, wind turbine systems and vehicles from the Volkswagen plant set off on their international journeys overseas. On the outskirts of the town, little rustic churches and solitary lighthouses catch the eye, slumbering between lush meadows and idyllic waterways. Discover Emden, the "Venice of the North", and find inspiration for your successful conference programme.

ROOMS

The hotel has 95 bedrooms.

- Standard: 46
- Comfort: 42
- Superior: 6
- Suite: 1

RELAXATION

- Sauna, steam bath and relaxation lounge
- Rooftop terrace with a panoramic view of the town
- Complimentary use of the "Health Club" (3 km)

RESTAURANT AND BAR

- "Parkrestaurant" and bar (90 seats)
- Terrace (42 seats)



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26725 Emden
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CONNECTIONS

A31 motorway	approx. 0.8 km
Emden station	approx. 1.5 km
Oldenburg	approx. 85 km
Groningen (NL)	approx. 102 km
Bremen (airport)	approx. 130 km
Hamburg	approx. 250 km

Port Town Emden

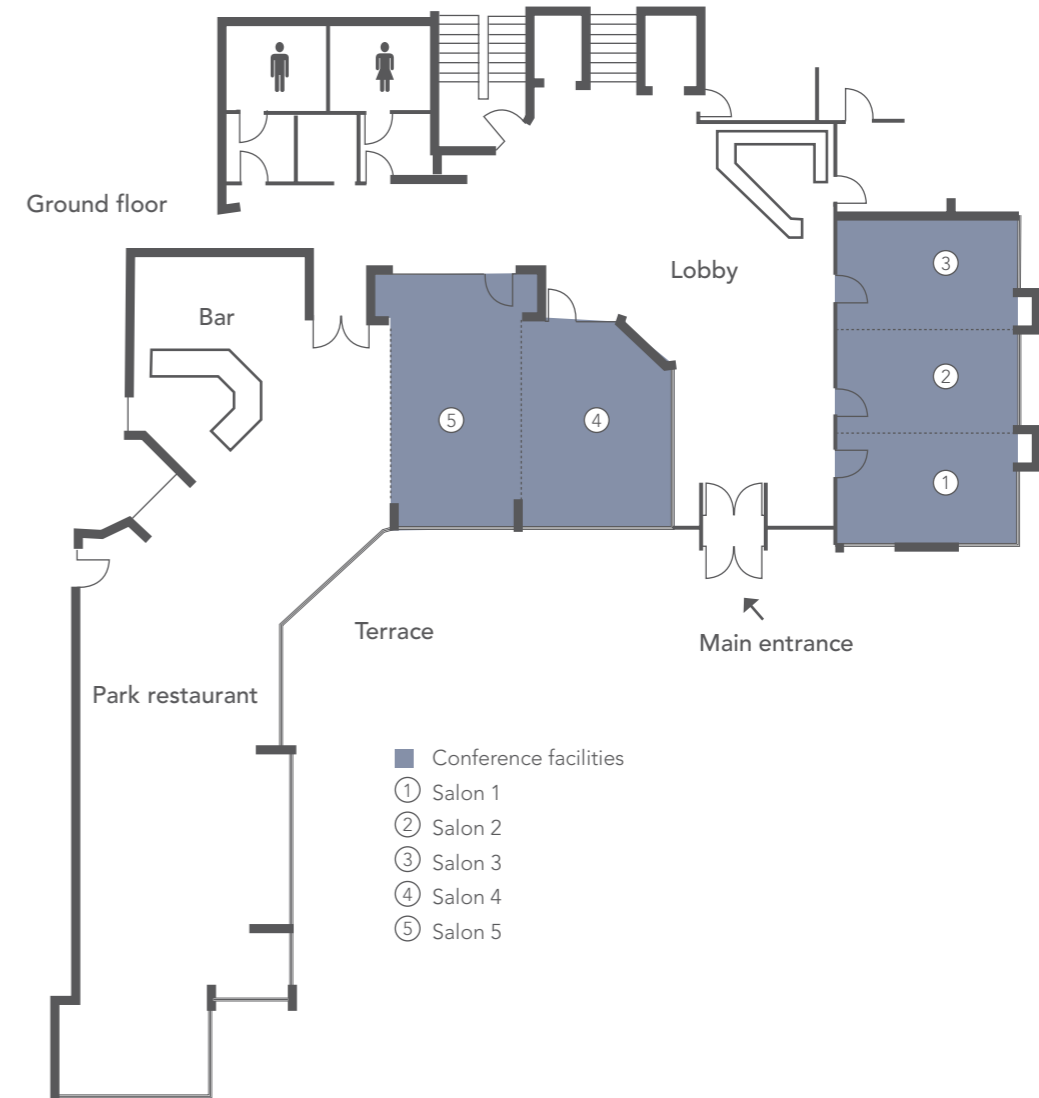


Conference rooms (size and seating)

Room/ combination	Size m ²	Ceiling height m	 U-shape	 Classroom	 Theatre	 Boardroom
Salon 1	20	2.7	14	12	16	12
Salon 2	22	2.7	14	12	16	12
Salon 3	20	2.7	14	12	16	12
Salon 1 + 2	40	2.7	18	24	36	16
Salon 1-3	63	2.7	28	36	56	24
Salon 4	34	2.7	17	16	32	20
Salon 5	35	2.7	17	16	34	22
Salon 4 + 5	70	2.7	24	22	64	28

SOCIAL PROGRAMMES

- Bowling
- Indoor football
- Survival coffee-break
- Port tours
- Guided tours
- Exhibitions in the Emden Art Gallery
- Visits to "Otto Huus"



Sandpit

The unusual geographical location, reminiscent of a peninsula, offers conference guests all the benefits of an island surrounded by the sea: a bracing maritime climate, unspoilt dunes and a wonderful sand-strewn coastline. Simply the perfect environment

for a successful conference. Surrounded by lush and wide-ranging marshland – a truly breath-taking contrast – the “Cape of Good Rest”, as regular guests fondly refer to their favourite holiday location, is worth a visit at any time of the year.

ROOMS

The hotel has 70 bedrooms.

- Double room, landwards side: 12
- Double room, coastal side: 58

RELAXATION

- Sauna, infrared sauna, gym, quiet area
- “MeerBlick” beauty and spa

RESTAURANT AND BAR

- Restaurant “Blinkfüür” (100 seats)
- Café/bistro “WindRose” (60 seats)
- Sea view terrace (100 seats)



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 Hotels  Holiday apartment





CONNECTIONS

A29 motorway	approx.	21 km
Wilhelmshaven station	approx.	25 km
Wilhelmshaven	approx.	28 km
Oldenburg	approx.	77 km
Bremen (airport)	approx.	120 km
Hamburg	approx.	230 km

North Sea Coast Schillig



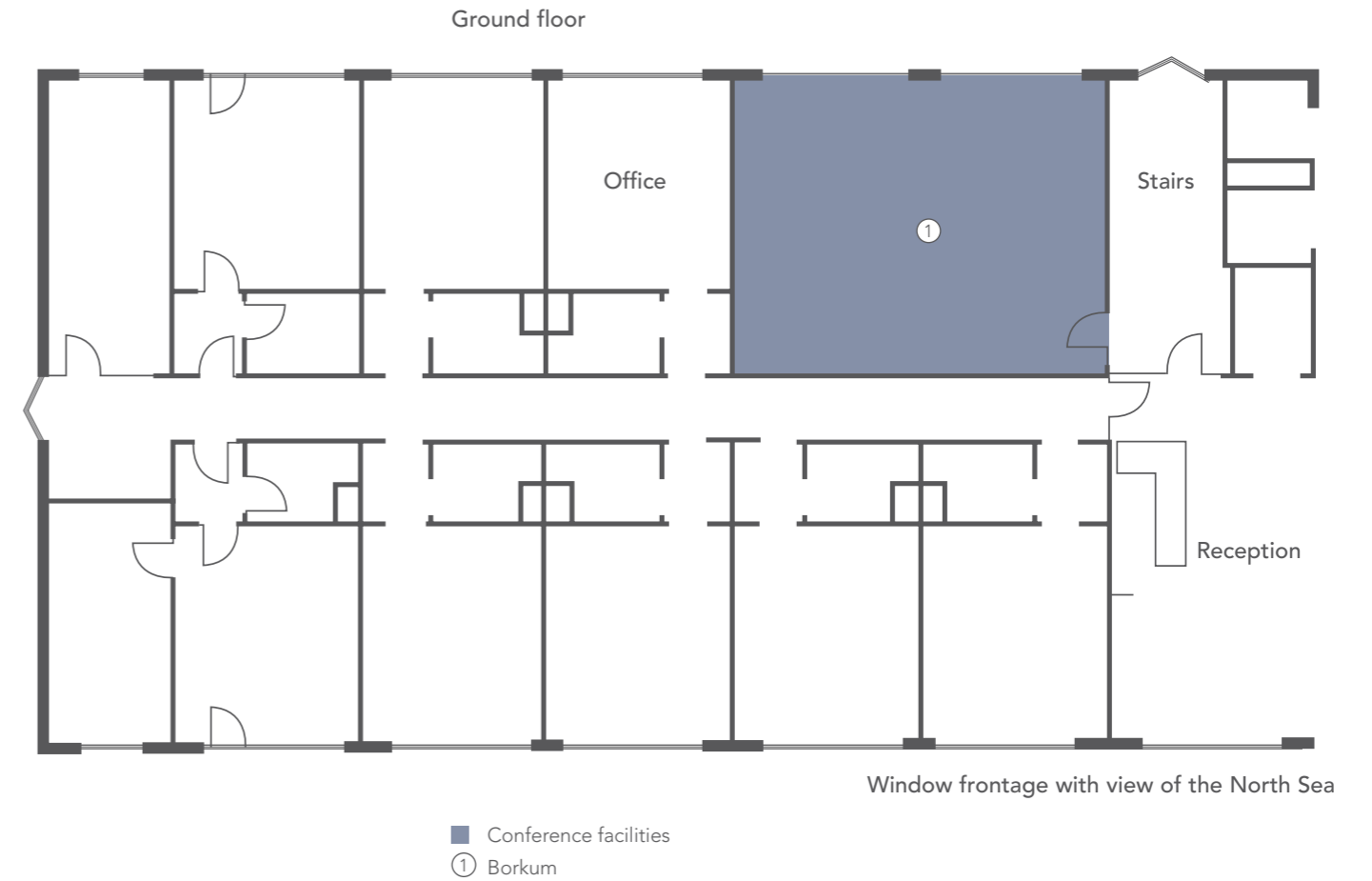
Conference rooms (size and seating)

Room/ combination	Size m ²	Ceiling height m	 U-shape	 Classroom	 Theatre	 Boardroom
Borkum	57	2.5	18	30	40	16



SOCIAL PROGRAMMES

- "Bosseltour" (ball-rolling) excursion
- Nordic walking, incl. pole hire and instructor
- Kitesurfing and kite landboarding
- Guided tours of the tidal flats
- Visit to the brewery town of Jever
- Covered wagon tours of the salt marshes
- Water-skiing facility
- Hot air ballooning
- E-skateboarding



Jadebusen



The charm of a Frisian fishing village, a mild maritime climate and a refreshingly varied choice of scenery – welcome to Varel! Woods and lakes to the west and the Jade Bight to the north – this little town is much-loved as a place to get away from it all. Enjoying a delicious smoked eel by the quayside, caressed by

a gentle breeze, or a cold pilsner in Germany's smallest pub – that's the life in the bosom of nature! Our high-quality seminar resources, plus individual concepts and social programmes tailored to your specific needs also give your conference event every chance of being a complete success.

ROOMS

The hotel has 105 bedrooms.

- Comfort double room: 58
- Premium double room: 44
- Family room: 3

RELAXATION

- Our "BALANCE & SPA" offers a pool, saunas (various temperatures), a whirlpool, alpine hay and natural stone steam baths, a herbal sauna and salt waterfall, cosmetic treatments and massage over 2,500 m²

RESTAURANT AND BAR

- Restaurant "Entenblick" (160 seats)
- "TanzBar" (60 seats)
- Hotel bar "Jeverstube" (30 seats)
- Fireside room (20 seats)
- Lounge (16 seats)
- Terrace (80 seats)



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CONNECTIONS

A 29 motorway	approx.	1 km
Varel station	approx.	6 km
Dangast	approx.	8 km
Oldenburg	approx.	30 km
Bremen (airport)	approx.	75 km
Hamburg	approx.	190 km

North Sea Coast Varel-Dangast



Conference rooms (size and seating)

Room/ combination	Size m ²	Ceiling height m	U-shape	Classroom	Theatre	Boardroom
Large Forum	640	5	150	400	600	100
Small Forum	230	5	60	80	100	50
Blue Salon	85	3	46	54	80	50
Small Salon	45	3	10	16	20	10
Mühlenteich	78	2.5	30	30	40	24
Friesenstube	66	2.5	24	36	40	20
Dangast	56	2.1-3	20	24	38	20
Jade	50	2.5	16	20	36	16

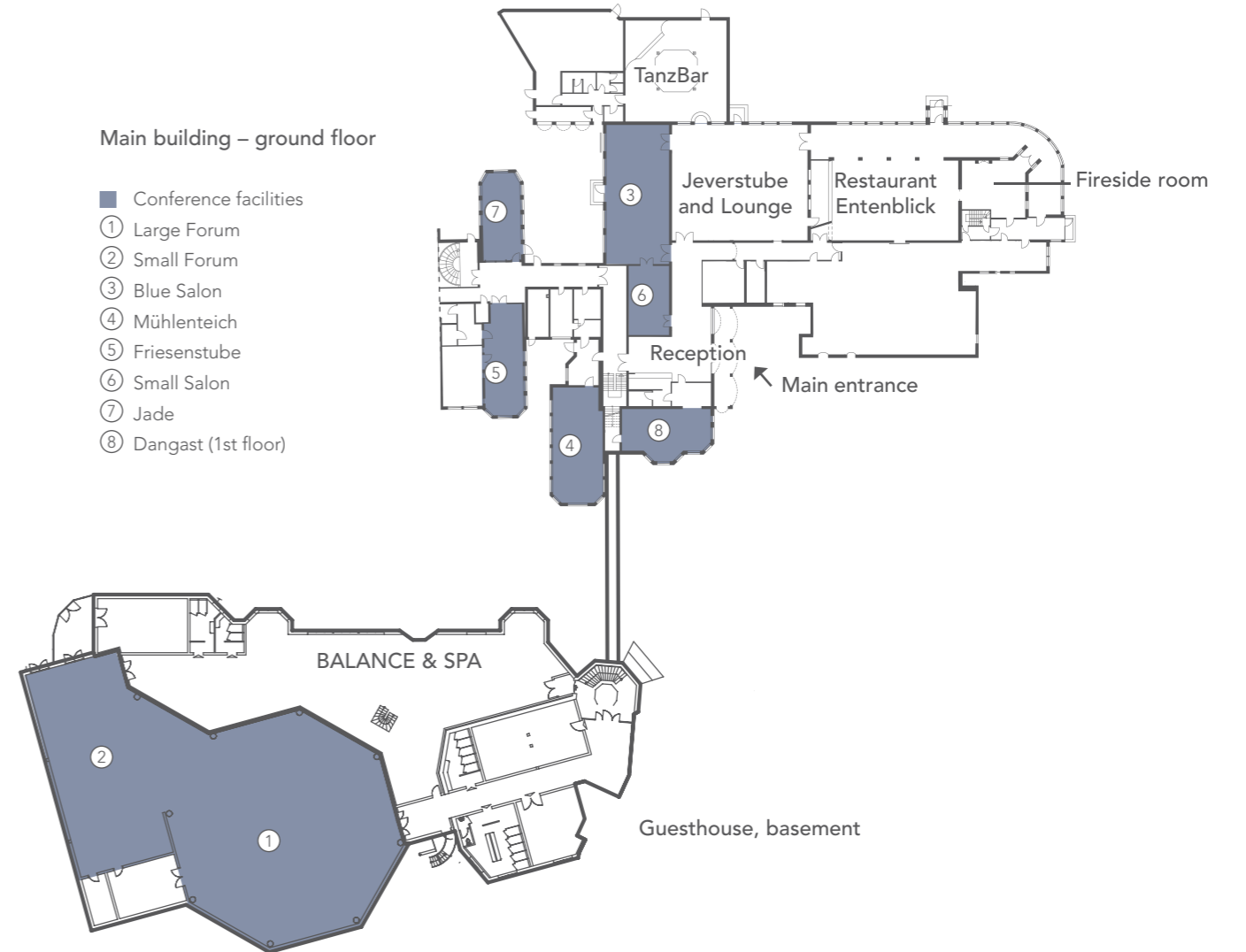
Outdoor Any seating arrangement is possible for 12 persons.

SOCIAL PROGRAMMES

- Aqua fitness courses
- Skittles at the hotel's own skittle alley
- Guided "Bosseltour" excursions
- Grouse shoots
- "Fresh Kick" (strength and balance exercises)
- Cycling tours
- Nordic Walking courses
- Campfires
- Football golf
- Climbing park
- Outdoor conference facilities

Main building – ground floor

- Conference facilities
- ① Large Forum
- ② Small Forum
- ③ Blue Salon
- ④ Mühlenteich
- ⑤ Friesenstube
- ⑥ Small Salon
- ⑦ Jade
- ⑧ Dangast (1st floor)



Lighthouse



The sleepy North Sea spa town of Wremen is one of the rare jewels of the German North Sea coastline. There is no hustle and bustle here, just the sea, for miles and miles around. Keeping a watchful eye on the surrounding mudflats – a UNESCO World Heritage Site – and the idyllic scenery is the “Little Prussian”,

Wremen’s lighthouse. And all around, one can enjoy fresh shrimps – called “Granat” by the locals – bought straight off the colourful fishing boats ... Make the most of this uniquely tranquil setting as a fantastic backdrop for your ambitious conference programme.

ROOMS

The hotel has 34 bedrooms.

- Comfort single room: 1
- Comfort double room: 29
- Superior double room: 4

RELAXATION

- A small spa area with sauna, steam bath, rainfall shower, solarium and heated loungers
- Treatments and massages on request (external providers)

RESTAURANT AND BAR

- Restaurant “Weitblick” (120 seats)
- Seaside terrace (with windbreak) (80 seats)



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hotel-deichgraf-wremen.de



CONNECTIONS

A27 motorway	approx.	12 km
Wremen station	approx.	2 km
Bremerhaven	approx.	15 km
Bremen (airport)	approx.	82 km
Oldenburg	approx.	85 km
Hamburg	approx.	195 km

North Sea Coast Wremen

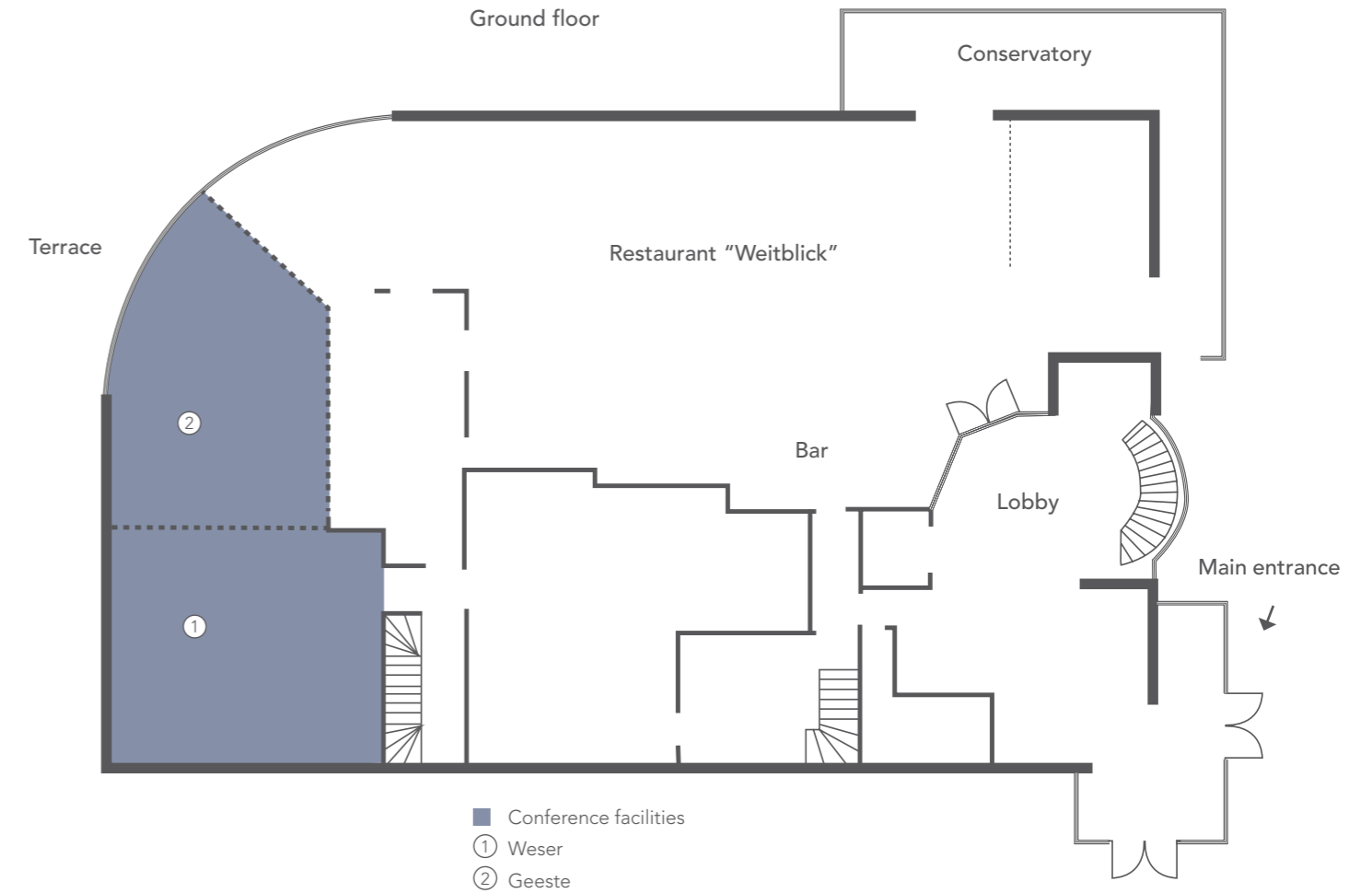


Conference rooms (size and seating)

Room/ combination	Size m ²	Ceiling height m	U-shape	Classroom	Theatre	Boardroom
Weser	70	2.5	24	30	40	18
Geeste	60	2.5	16	18	24	16
Weser+Geeste	130	2.5	28	30	40	24

SOCIAL PROGRAMMES

- Nordic walking
- Inline skating
- Guided tours of the tidal flats
- Day trips to Bremerhaven's "Havenwelten" (Climate House, Emigrants' House)
- Cycling
- Horse-drawn mudflat tours (Cuxhaven-Isle of Neuwerk)
- Cutter trips to the mudflats
- Yoga courses



Nature discovery



Soft sand, as far as the eye can see, dotted with dainty white-blue beach chairs ... that's Kühlungsborn. The unspoilt promenade invites you to take an evening walk and enjoy the simple pleasure of seeing how the sun immerses the sky and the sea in fascinating colours. To the south is Kühlung, an enchanting,

thickly-wooded landscape with rolling hills, and a paradise made for nature lovers. Kühlungsborn, the "German Riviera", offers you and your conference delegates a truly unique environment for your events and meetings.

ROOMS

The hotel has 169 bedrooms.

- Elegance: 38
- Deluxe: 112
- Suites: 19

RELAXATION

- Pool
- Wide choice of saunas
- Rain water shower
- Cold-water wading pool
- Gym
- Beauty treatments and massages

RESTAURANT AND BAR

- Restaurant "Fulgen" (140 seats)
- Restaurant "Brunshaupten" (38 seats)
- "Wiener Café Arendsee" (80 seats)
- Large sun terrace (280 seats)
- Chestnut garden



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CONNECTIONS

A 20 motorway	approx.	26 km
Kühlungsborn Ost station	approx.	2 km
Rostock Laage airport	approx.	60 km
Hanse Messe	approx.	30 km
Rostock	approx.	35 km
Schwerin	approx.	72 km
Hamburg	approx.	168 km

Baltic Sea Coast Kühlungsborn

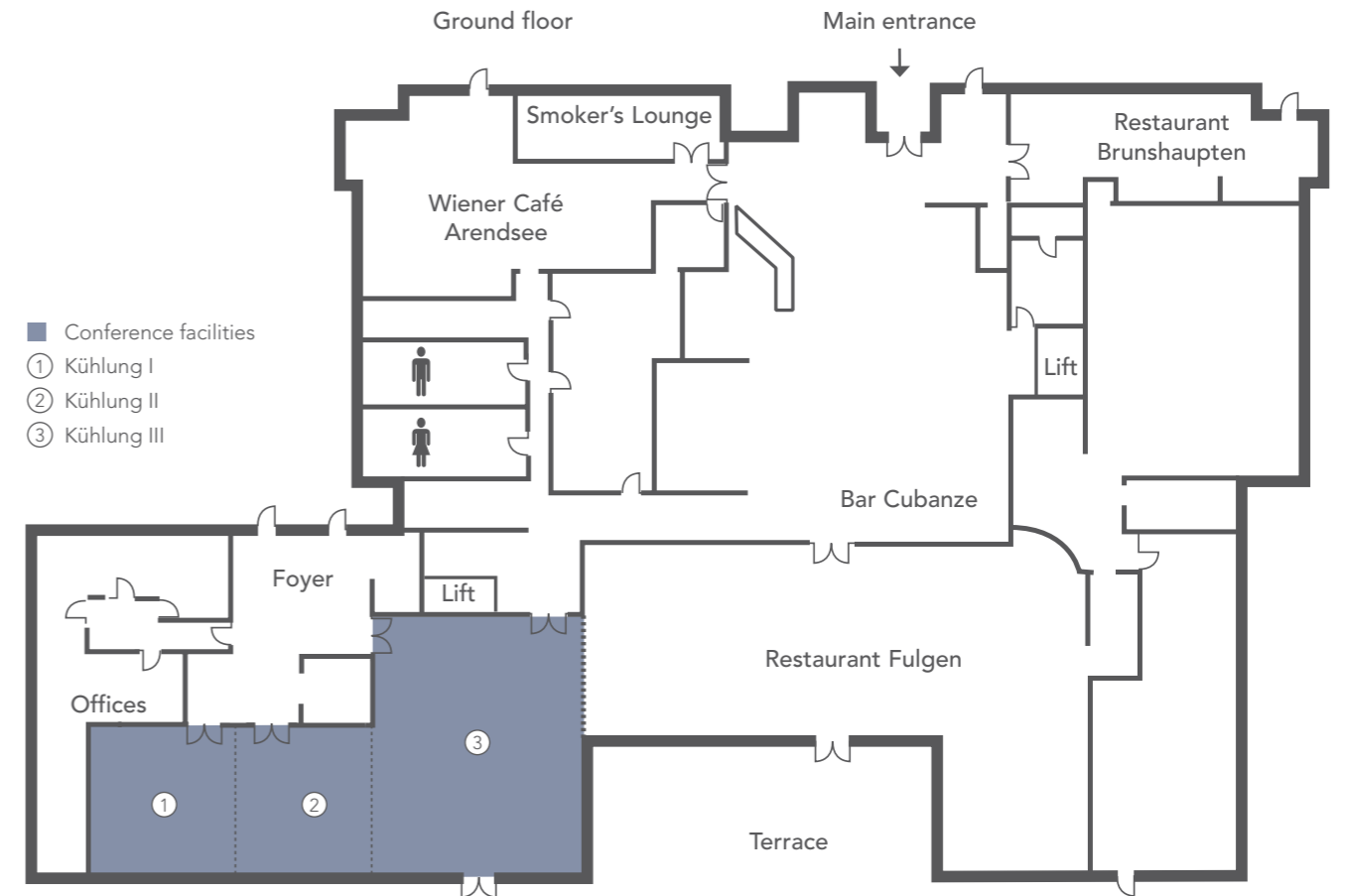


Conference rooms (size and seating)

Room/ combination	Size m ²	Ceiling height m	U-shape	Classroom	Theatre	Boardroom
Kühlung III	165	2.7-3.2	35	76	120	40
Kühlung II	65	3.2	18	30	44	20
Kühlung I	65	3.2	18	30	44	20
Kühlung I+II	130	3.2	35	60	90	40
Kühlung I+II+III	200	2.7-3.2	50	120	200	-

SOCIAL PROGRAMMES

- Trips on the Molli narrow-gauge railway
- Amber hunt
- Archery in the park
- Segway
- Speedboat trips
- Raft/boat building
- Guided tours of the surrounding area
- High ropes course
- Beach Olympiad
- Buggies and quad bikes
- Golf/indoor golf



Baltic Sea Island
Rügen



White cliffs

White sandy beaches, idyllic bays, shallow tidal ponds, picturesque avenues, craggy cliffs and verdant forests of beech are just a few of the reasons why Germany's largest island is for many people also its most beautiful. Come to Rügen and experience

the difference. Chic Baltic Sea spa towns and sleepy villages can both be found, set in what is a truly unique landscape. A wonderful backdrop to your successful conference!



ROOMS

The hotel has 59 bedrooms.

- Standard: 20
- Comfort: 24
- Junior suite: 6
- Suite: 10

RELAXATION

- "meerSinn Spa" with pool, whirlpool, Finnish sauna, low-temperature sauna and steam bath
- Health and beauty treatments from Pharmos Naturkosmetik
- Gym with cardio equipment and kinetic climbing wall

RESTAURANT AND BAR

- Culinary delights, all 100% organic, in our "meerSalz restaurant" (70 seats)
- "meerSalz" terrace (30 seats)
- "Fritz Braugasthaus" (120 seats)

HEALTH

- "artepuri® med health centre", offering medical and therapeutic treatments



100% organic quality
The first and only all-organic restaurant on Rügen.



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CONNECTIONS

A 20 motorway	approx. 70 km
Binz station	approx. 1.5 km
Rostock Laage airport	approx. 150 km
Schwerin	approx. 220 km
Hamburg	approx. 320 km
Berlin	approx. 320 km

Baltic Sea Island Rügen



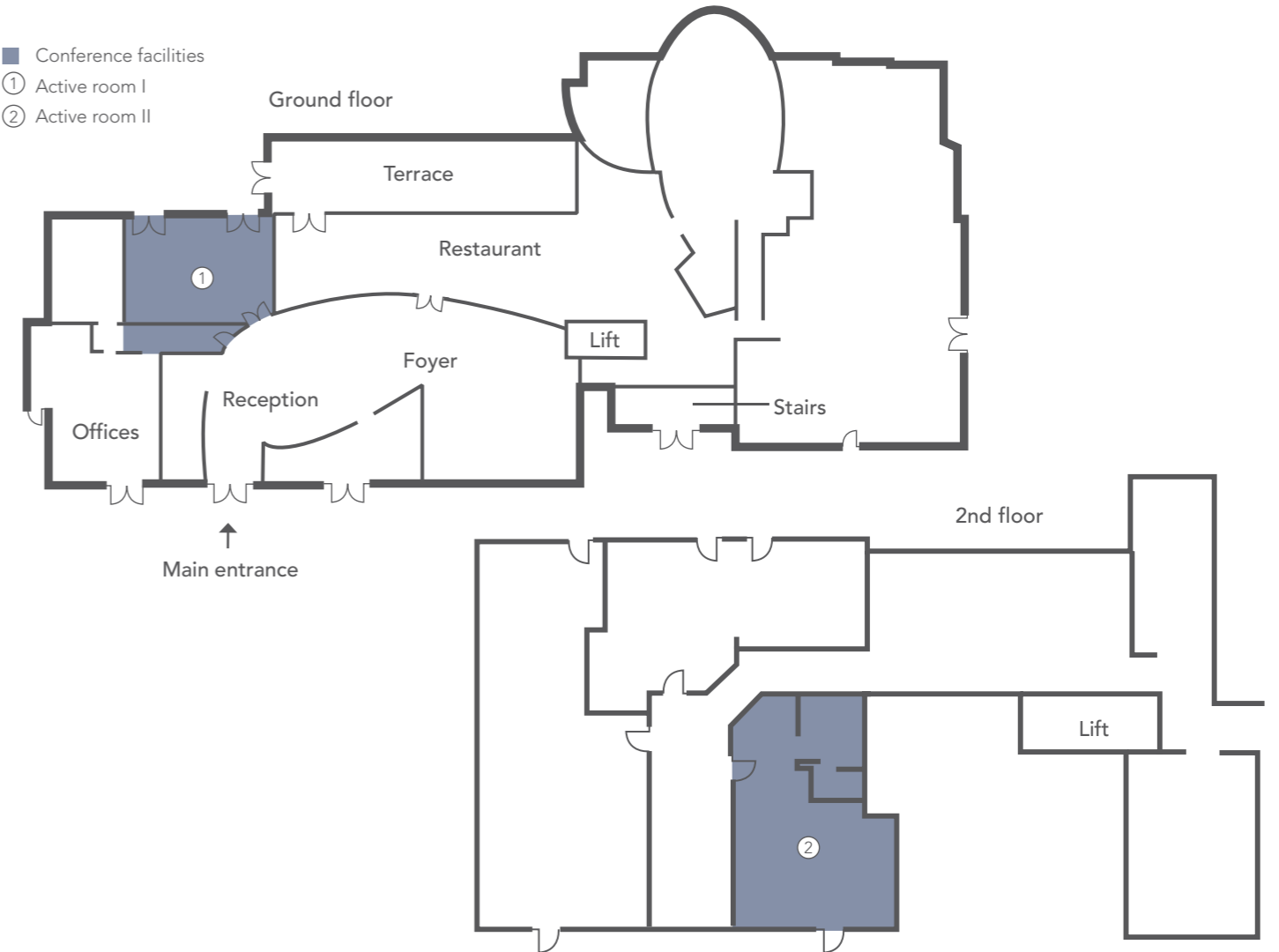
Conference rooms (size and seating)

Room/ combination	Size m ²	Ceiling height m	U-shape	Classroom	Theatre	Boardroom
Active room I	56	2.8	18	18	40	16
Active room II	29	2.8	–	–	–	10

SOCIAL PROGRAMMES

- artepuri® activities such as Nordic Walking, relaxation training, Pilates, etc.
- Surfing, kitesurfing, catamarans and dinghy sailing
- Angling
- Tennis
- Boat tours
- Diving day trips to the Baltic Sea, scenic and wreck dives
- Hiking and cycling tours
- Golf links
- Sailing yachts and motorboats for daily/weekly charter; sailing trips with local skipper
- Climbing park, treetop trail

- Conference facilities
- ① Active room I
- ② Active room II



Capital City
Berlin

Cultural site



Welcome to the paradise for urban adventurers: culture, history, art and the Ku'damm – the most difficult decision is making your choice from the innumerable activities on offer. A museum visit? The government quarter? An in-depth exploration of the city's East German past? And then shopping, theatre, musicals

and shows – a wealth of ideas to inspire your main conference programme!
Perhaps it's best to start your event with a gentle trip down the Spree and gather your first impressions from the waterside ...

ROOMS

The hotel has 170 bedrooms.

- Standard: 81
- Comfort: 75
- Standard plus: 4
- Comfort plus: 10

RELAXATION

- Sauna and infrared sauna
- Gym facilities
- Quiet area
- Rooftop terrace

RESTAURANT AND BAR

- Restaurant "Friesendeel" (86 seats)
- Restaurant "Friedrichshain" (62 seats)
- Bar "Comenius Lounge" (40 seats)



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CONNECTIONS

A 100 motorway	approx.	8 km
Ostbahnhof station	approx.	1 km
Tegel airport	approx.	14 km
Alexanderplatz	approx.	3 km
Brandenburger Tor	approx.	6 km
Mercedes-Benz Arena	approx.	0.6 km

Capital City Berlin



Conference rooms (size and seating)

Room/ combination	Size m ²	Ceiling height m	U-shape	Classroom	Theatre	Boardroom
Comenius I	100	3.1	34	60	90	34
Comenius II	100	3.1	34	50	80	34
Comenius I+II	200	3.1	–	90	125	–
Usedom	46	2.7	18	22	48	20
Emden	36	2.5	12	16	30	12
Norderney	28	2.7	12	14	28	16
Wangerooge	25	2.7	12	14	28	16
Borkum	23	2.7	6	8	12	8
Norderney + Wangerooge + Borkum	76	2.7	30	36	60	32
Spiekeroog	20	2.5	–	6	10	8

SOCIAL PROGRAMMES

- Sun Yoga course at 40 °C
- Spree trips direct from the jetty at the Mercedes-Benz Arena
- Guided cycling rallies
- City rally
- Dragon boat trips on the Spree



Contact us



Contact

If there's anything you need – or need to know – just get in touch and let us know how we can help. From your booking to the planning of your social programme, we can provide you with advice and assistance well in advance of your event.

And to ensure that everything goes according to plan during your event at Upstalsboom, a first-class and friendly service is the top priority for our highly-trained staff. The regular in-depth

quality training conducted at our in-house Upstalsboom Academy guarantees the continuous monitoring and improvement of our high standards of service. Attendance is mandatory for everyone at Upstalsboom – from the directors down to our housekeeping staff. Feedback has been consistently positive, by the way, confirming the wisdom of our approach, namely: satisfied employees mean satisfied guests. ✉



How to reach us:

By telephone ...

Do you have any questions or need further information? Please call us on +49 4921 8997-34. We will be happy to provide you with personal advice and assistance.

@ Online ...

Full details of your hotel or conference venue are available online from upstalsboom.de. All of our brochures can of course be ordered or downloaded directly online.

You can also email us to request information or subscribe to our newsletter. Please direct your email enquiries to tagungen@upstalsboom.de.

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Upstalsboom

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