



*Sheraton „Meet & Care“*  
Make your event „green“  
at the Sheraton Essen Hotel

The environment is particularly important to us. For this reason we have taken a series of actions to make your event environmentally friendly. Our Conference Package "Meet & Care" places special emphasis on the use of local, organic products and the reduction of valuable resources for future generations.

With the "Meet & Care" conference package you offer your guests the opportunity to meet healthy, fit and sustainable.

**Be aware of our environment - meet sustainable!**

All of our conference rooms have natural daylight, for comfortable work atmosphere and energy efficiency. Furthermore, individually controlled air condition is available in our Executive Boardroom - you choose, whether is cooled and to what extent.

**Book your next meeting "green" and enjoy the following benefits:**

**„BE GREEN“** at your meeting room

- Unlimited refreshing drinks in reusable bottles
- Environmentally presentation materials, like recyclable speaker-cards, rewritable metaplan paper, natural pencils from local producers instead of plastic pens, recyclable eco-paper
- Digital Presentation gadgets like beamer, overhead projector and screens are included - so think twice before printing!

**„BE FIT“** coffee breaks

- Fair Trade coffee and tea
- Energizing cereal bars
- Refreshing orange and multivitamin juice
- Homemade fruit yogurt and choice of the following side dishes:
  - o Fresh fruit salad or palatable cut fruit from the local region
  - o Delicious whole grain bread with turkey breast, herb cream cheese
  - o Crunchy vegetable sticks from organic farmers with herbal dip
  - o Revitalizing tomato & carrot juice

**„BE FRESH“** lunch

- Individual 3-course menu or buffet lunch, using fresh and local ingredients
- A refreshing soft drink in PET bottle (0,2 l)
- 1 freshly brewed hot drink

**Think of our environment and book now our Sheraton "Meet & Care" package at € 67.00 per person. (from 10 persons)**

**“Green” meetings make sense, because ...**

... We enter partnerships with selected suppliers from the local area. With shorter delivery routes we are reducing CO<sub>2</sub> emissions and conserve our natural resources by buying local products.

... We offer a train-arrival-special to make the journey hassle free and environmentally friendly.

... For your convenience the local vendor “metrorad” provides rental bikes in front of the hotel.

... We only use reusable dishes. ... We do not waste energy because of using the induction cookers.

... During Green Council meetings all associates work hard on new procedures to make their contribution to the safe planet Earth!