



Light Meetings

Heavy facts about Light Meetings

Light Meetings is an original and stylish business venue at Nordic Light Hotel, located only steps from the Central Station and the airport express. In the epicenter of Stockholm, a fast growing and energetic neighbourhood, we offer 14 conference rooms of various sizes – the largest holding up to 150 people. All meals are served by Lykke & Løjromsbaren, our in-house restaurant with a strong personality and a true passion for food, wine and people.

When you book a meeting with us, you can rest assured that we'll make everything as easy as possible for you. Our technology is cutting-edge, but it's always simple to use. You can easily customize your space by changing the light and color to set a mood – pick red for energy and blue for stillness. Our friendly, professional business hosts are present and make sure everything runs smoothly behind the scenes.



Always at Light Meetings

- Free wifi in the entire area
- Staff on site
- Easily accessible area without doorsteps
- Digitally controlled light, sound and AV
- Environmentally friendly light systems (LED)
- Environmental certification (ISO 14001)
- Safety certification (Safe Hotels) and "Well Fire Protected Hotel" (Svenska Brandskyddsforeningen)

Sleepovers and extras

Nordic Light Hotel offers 169 hotel rooms in four room categories. Lounge, bar and restaurant with a relaxed good vibe are available onsite, but our ridiculously central location allows for any type of custom experience for your group outside of our hotel. Around the corner you'll find a great range of restaurants, clubs and shopping. There is a gym in our hotel, and we are happy to tell you all about the running and hiking loops we like, starting right outside the door. Please contact us to talk about your ideas and wishes for your next meeting event.

| MEETING ROOM | M ² | CINEMA | SCHOOL | ISLANDS | U-SHAPE | CABARET | BOARD |
|--------------|----------------|--------|--------|---------|---------|---------|-------|
| Spectra | 152 | 150 | 98 | 78 | 40 | 72 | x |
| Lumine | 52 | 63 | 30 | 30 | 20 | x | 20 |
| Corona | 60 | 54 | 38 | 30 | 28 | x | 32 |
| Zenit | 49 | 50 | 30 | 30 | 20 | x | 18 |
| Xenon | 42 | 36 | 22 | 20 | 16 | x | 16 |
| Halo | 30 | 28 | 18 | 15 | 12 | x | 12 |
| Lux | 30 | 24 | 14 | 15 | 12 | x | 10 |
| Studio Light | 45 | x | x | x | x | x | 14 |
| Natrium | 12 | x | x | x | x | x | 9 |
| Prisma | 12 | x | x | x | x | x | 9 |
| Orb | 12 | x | x | x | x | x | 10 |
| Glory | 10 | x | x | x | x | x | 7 |
| Glow | 10 | x | x | x | x | x | 7 |
| Aurora | 22 | 11 | x | x | 8 | x | 8 |

