



Utrecht Guide

29/01 - 01/02 2026



www.rem utrecht2026.com



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Welcome!

Dear Rotaract friends,

We are very excited to welcome you to our magical city: Utrecht! Get ready for an unforgettable weekend filled with inspiring workshops, fun activities and social gatherings.

This guide will inform you about the city itself, the program and general information for the Rotaract European Meeting and all our top picks for coffee, lunch, dinner and drinks.

Time to make some memories together! 🇳🇱 🇪🇺

With love,
The HOC of REM Utrecht



Introduction to Utrecht

Around 45.000 years ago, the first humans set foot on what is now Utrecht. The city was founded as a Roman fortress called Traiectum, with the remnants still visible beneath the current Dom Square. The now iconic Dom Tower was eventually built between 1321-1382 in gothic style. It is the tallest church tower in The Netherlands at 112,32 metres. The exterior was under restoration from 2019-2024 but is now finished and visible in its full glory!

Due to its location close to the Rhine river, Utrecht quickly became an important trade centre in the Northern Netherlands and an inner city harbour system was built with unique stairs descending from the streets to water level platforms and cellars. Nowadays, these are occupied by restaurants, clubs and private owners.

Utrecht is a very young city due to its University, with the biggest age group being 20-30 years old. It currently has 376.982 inhabitants and is the fourth largest city of The Netherlands.



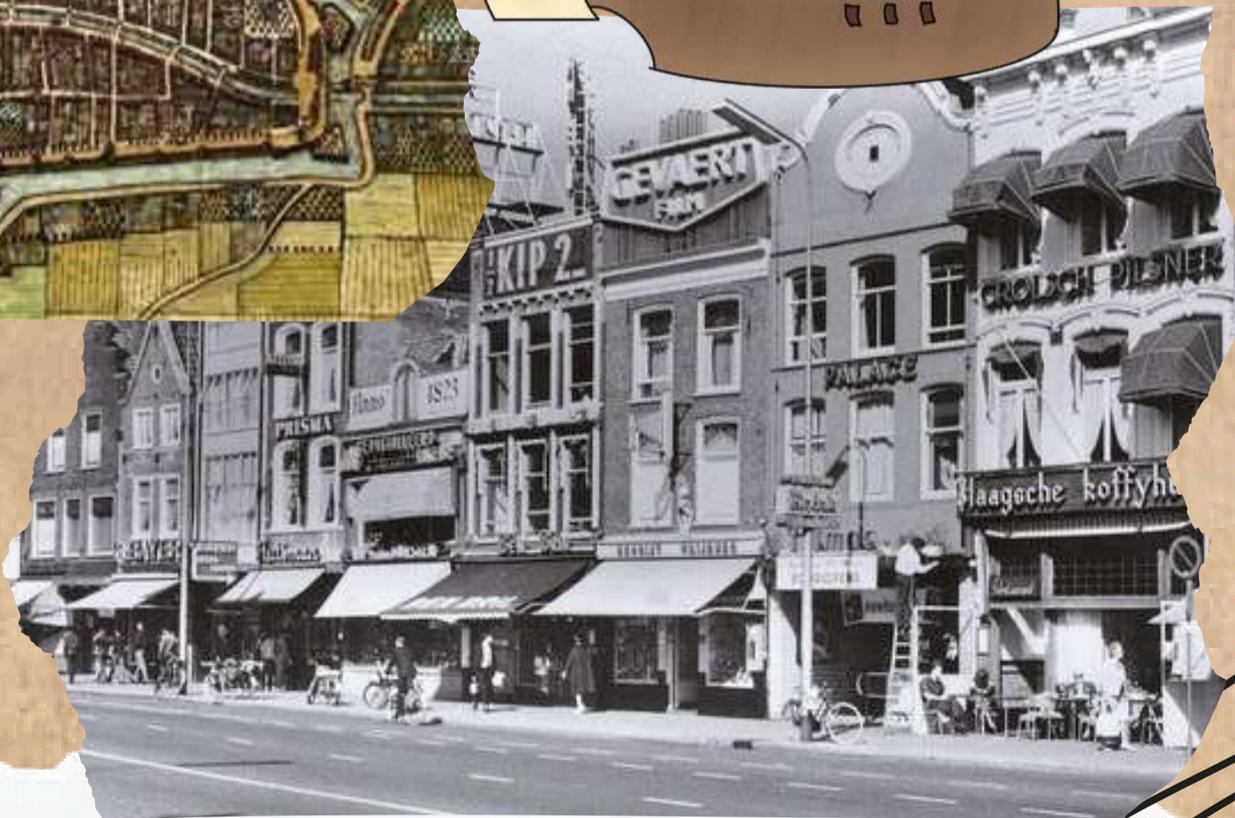
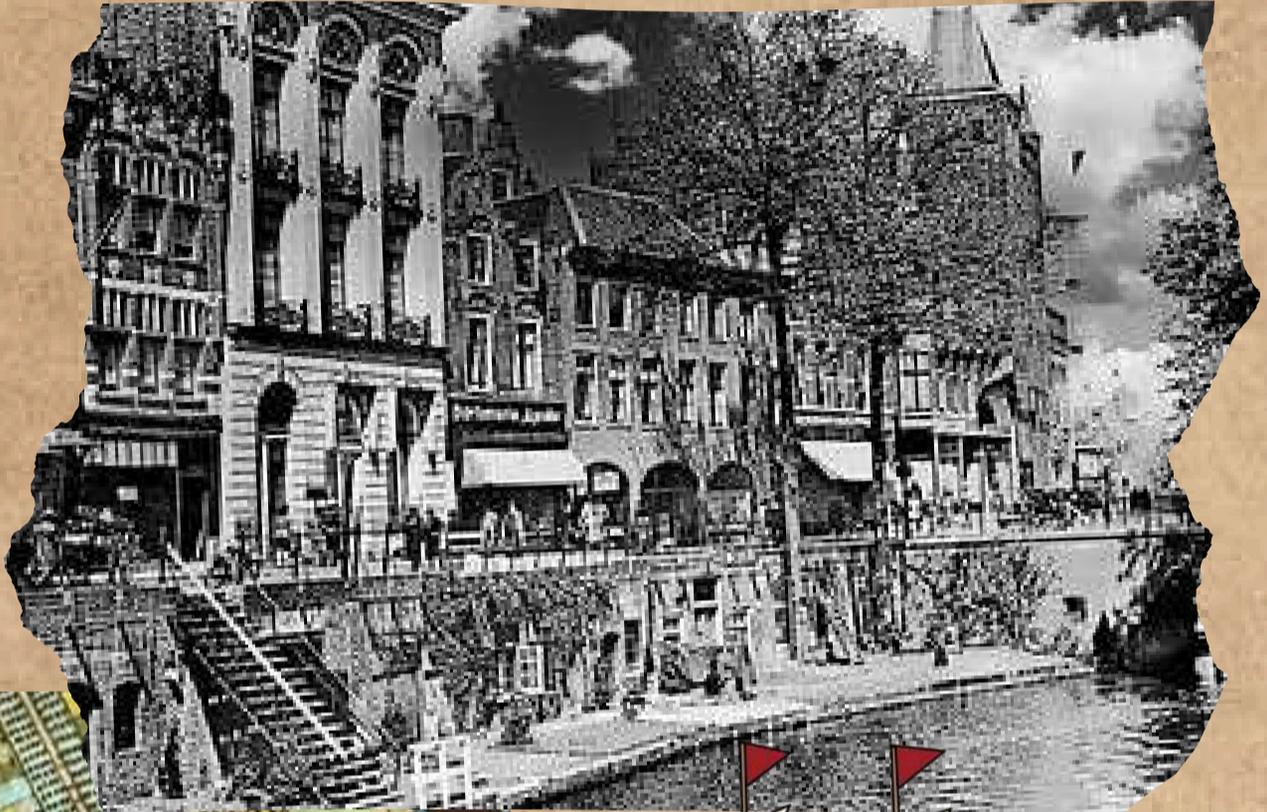
Coat of arms



Flag



Introduction to Utrecht





REM - Arrival



Utrecht is the centre of the Dutch railway network and is therefore very well connected by public transport. We recommend to use this as much as possible, not only for yourself but also for the planet <3

You can use the NS (Dutch railway) app for trains ([iOS](#) / [Android](#)). For both trains and busses you can use the 9292 app ([iOS](#) / [Android](#)). Both have English language settings.

Public transport tickets

You can check in/out with your debit or credit card. Check in and out with the same card! Cards that work: foreign contactless debit card or credit card from Maestro, V PAY, Mastercard or Visa. Excluded: debit cards from Vivid, Paysafe, American Express or Revolut's digital debit card.





REM - Arrival

Do you arrive by plane?

- Schiphol Airport → direct train connection to Utrecht Centraal (Centraal = central station; 30 mins total)
- Rotterdam The Hague Airport → take the bus to Rotterdam Centraal and then the train to Utrecht Centraal (1:18 hour total)
- Eindhoven Airport → take the bus to Eindhoven Centraal and then the train to Utrecht Centraal (1:15 hour total)

****You do not need to buy a ticket if you have a contactless debit/credit card. You can just hold it on the check-in pole and check-out at Utrecht Centraal****

Do you arrive by car?

There are limited parking spaces in the city centre. We recommend parking a bit outside of the city at a P+R to save costs. Recommendations can be found on our website.



REM - Hotel

NH Hotel Utrecht Jaarbeurs is located next to Utrecht Centraal station and has a bar, restaurant, and fitness centre.

We all stay in the same hotel, how 'gezellig' as we call it 😊

Useful Information

Address: Jaarbeursplein 24, 3521 AR Utrecht, The Netherlands

Check-in*: From 15:00

Check-out: Until 12:00

!! *A creditcard is needed* for the check-in, this can be done online via their email invitation or at the hotel desk upon arrival !!

 Reception 24/7

 Breakfast:

- Weekdays 06:30-10:00
- Saturday 07:00-11:00
- Sunday 07:00-12:00

 Wi-Fi: free throughout the hotel

 Fitness Center: open daily

 Restaurant & Bar: on-site, open for lunch, dinner, and drinks

 Shop: small shop for snacks, 24/7 open inside the hotel

*note that these are not the same as the REM desk

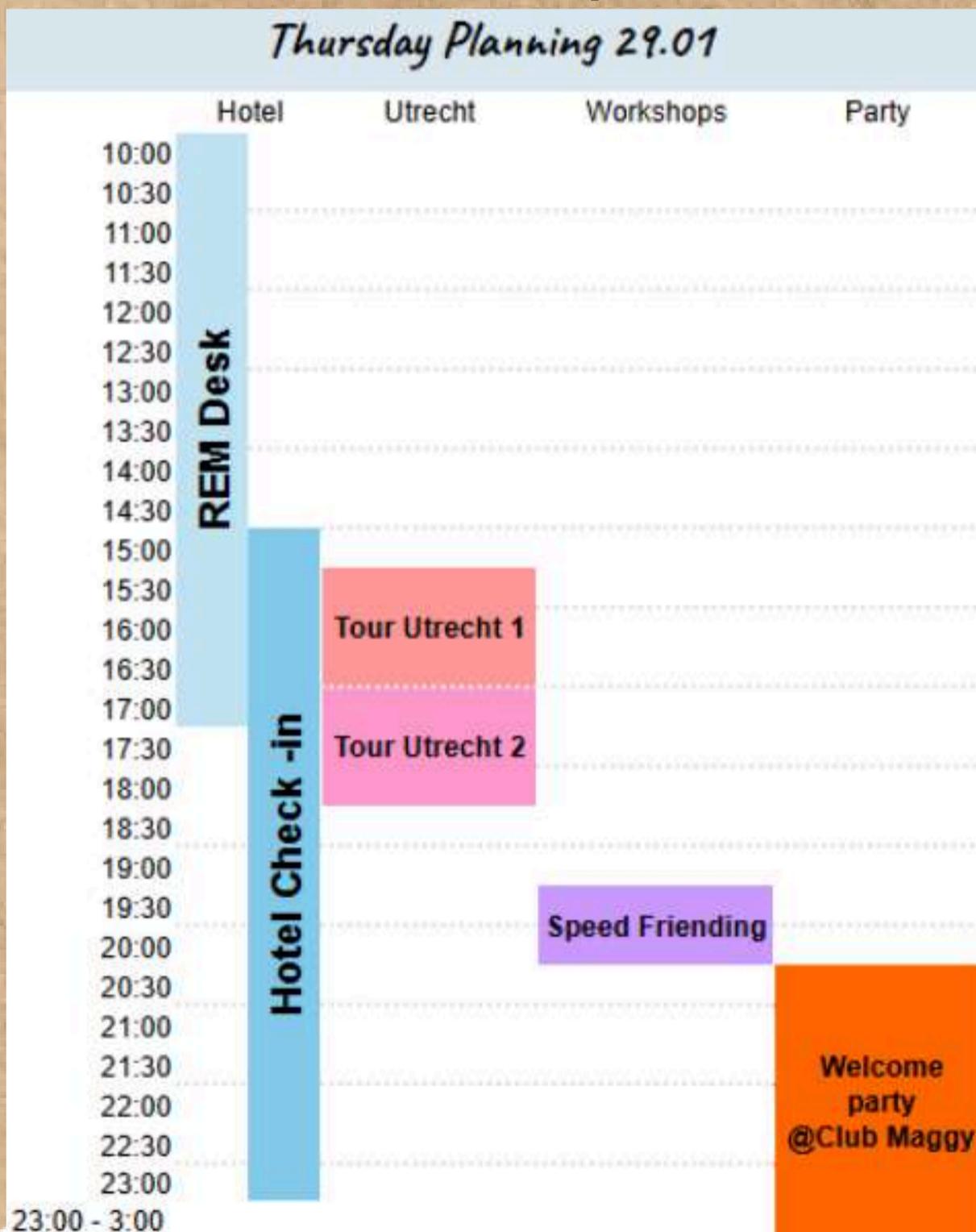


REM - Program

See here the full program of the REM Utrecht weekend, you can also see it online [here](#)*

*it is subject to changes, which will be communicated through our Whatsapp community

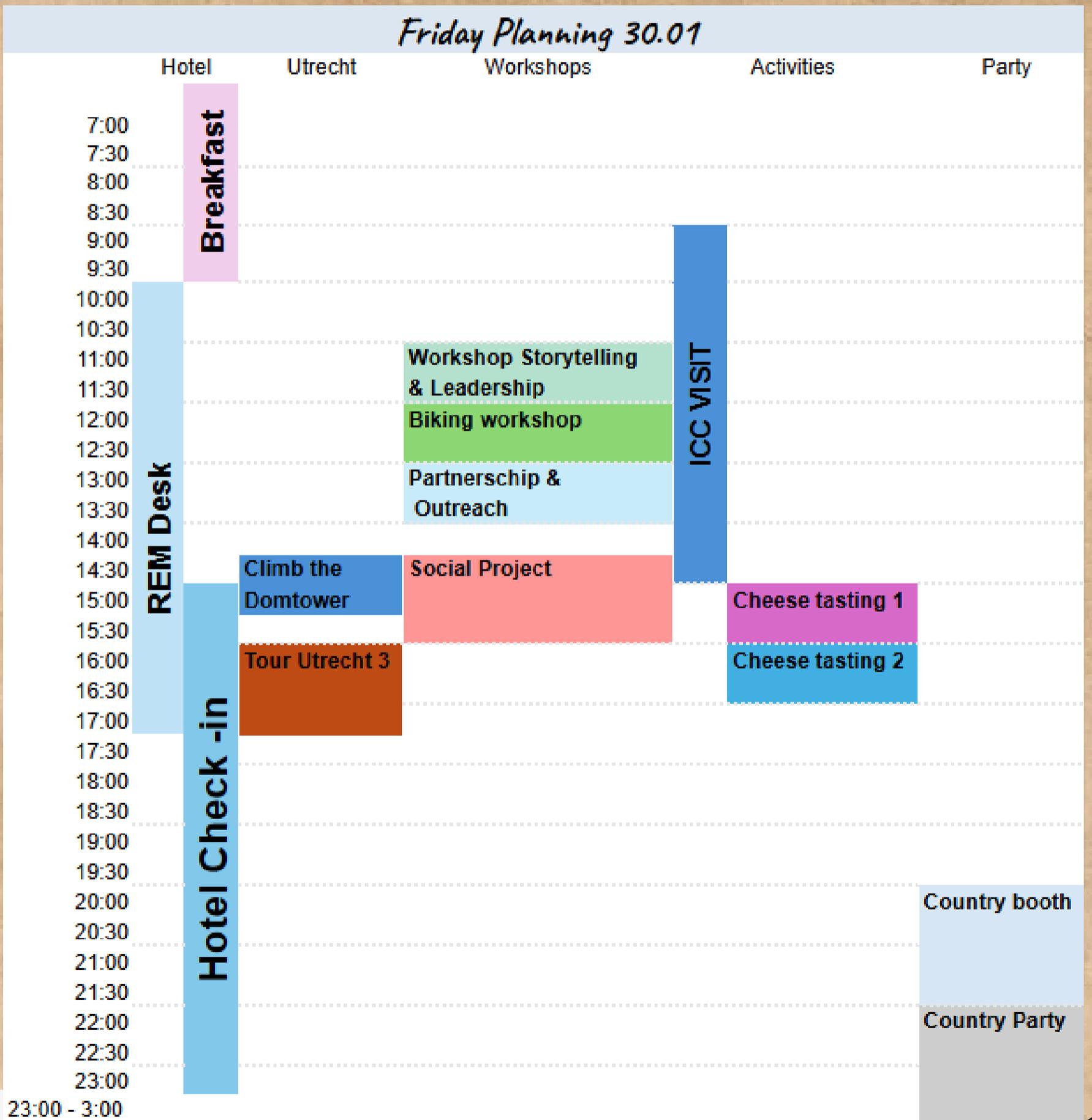
Thursday





REM - Program

Friday

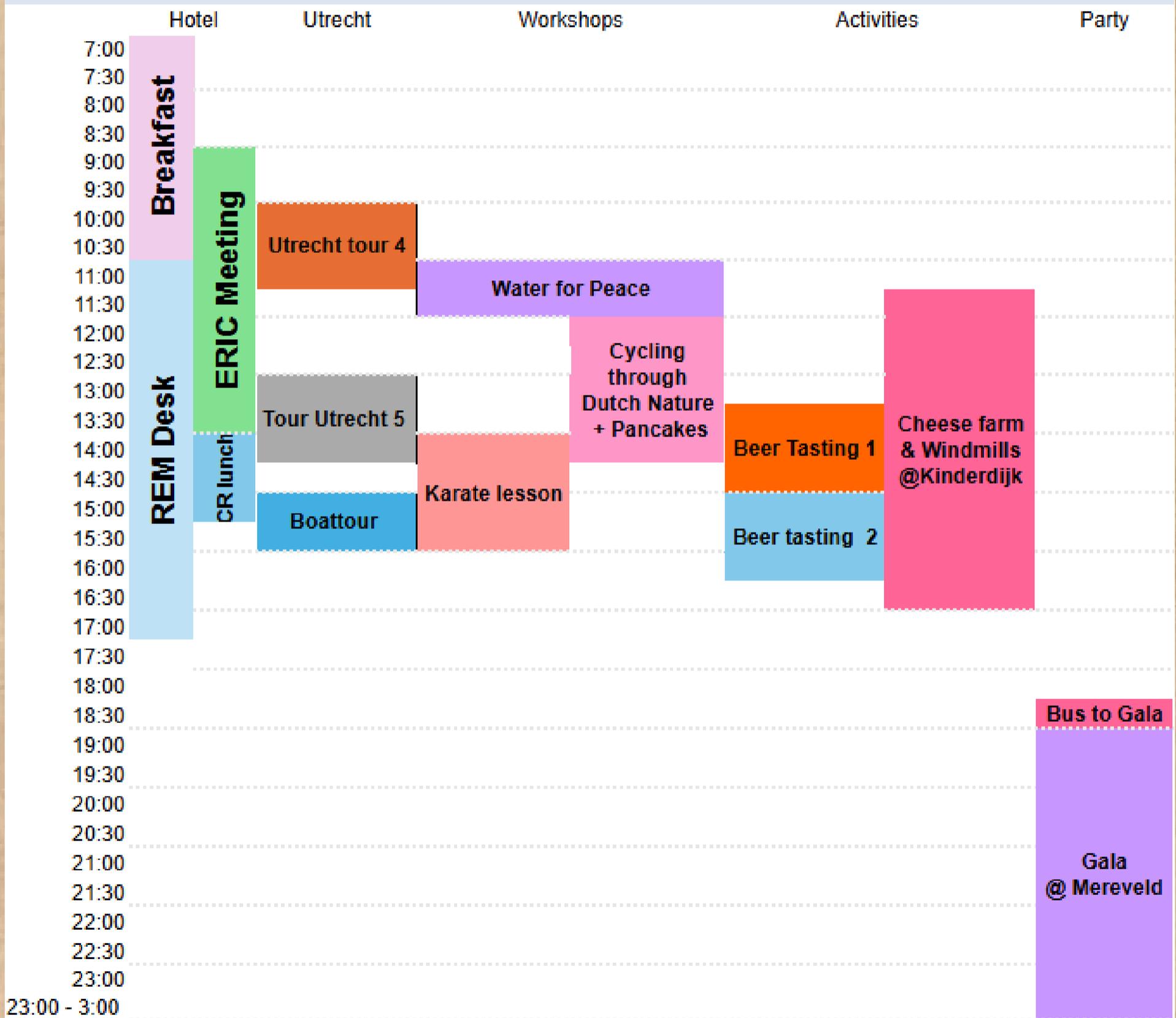




REM - Program

Saturday

Saturday Planning 31.01





REM - Program

Sunday

Sunday planning

Time	Hotel	Hotel
7:00	REM Desk	Hotel Check-out
7:30		
8:00		
8:30		
9:00		
9:30		
10:00		
10:30		
11:00		
11:30		
12:00		
12:30		
13:00		
13:30		
14:00		
14:30		
15:00		
15:30		
16:00		



REM - General info

REM Check-in desk

We have a REM desk at the NH hotel. Here you can register, pick up your name tag, wristband and goodiebag and ask any questions to our HOC members and/or volunteers. Meant for both accomodation as non-accomodation guests.

Opening times:

Thursday 9:30-17:00

Friday 9:30-17:00

Saturday 10:30-17:00

REM & national rules

No smoking/vaping inside venues

No alcohol consumption on the streets

No phone usage whilst on a bike

We follow a strict no-drug tolerance policy

You must wear your wristband at all times

We celebrate diversity, inclusivity and equality

Join our WhatsApp community [here](#)

When posting on Instagram don't forget to tag @REMUtrecht2026

Our website: www.rem utrecht2026.com



REM - General tips

How to pay

In the Netherlands, paying by card is the most common method. In fact, some locations (such as public transport) only accept card payments. So, it is not necessary to carry large amounts of cash with you. Please note that Dutch stores often prefer debit cards (Maestro or V PAY). Credit cards are not as widely accepted.

How to get around

Walking

Utrecht is a very walkable and bike-friendly city, known for its safe and extensive cycling paths. Utrecht's city centre is compact, so walking is often faster than driving or taking a bus.

Bikes

Renting a bike is one of the best ways to explore the city. While the Dutch public bike rental system exists (OV-fiets), it can be tricky for first-time visitors due to registration and payment requirements. Instead, rent a bike at a local bikeshop near the hotel (like Bike2go or Laag Catharijne), where you can rent quickly with just an ID and a small deposit. Or use the bike platform Lime, where you can rent a bike per ride.

Public transport

For longer distances, Utrecht has a comprehensive local bus network (see the info at 'Arrival').



REM - General tips

How to survive

- 🍏 For the essentials you can go to Albert Heijn or Jumbo.
- 💧 Our tap water is of good quality. You can simply fill your gifted waterbottle in the hotel or at other venues in the city.
- ⚡ We use power plugs C and F, The standard voltage is 230 V at a frequency of 50 Hz.
- 🗣️ Almost everyone in Utrecht speaks English, especially since there are a lot of international students. So do not be shy to talk to anyone!
- 🍴 For a lot of restaurants, it is advised to make a reservation since Utrecht is a popular city, especially at weekends. Tipping is not obligated in the Netherlands as our minimum wage is quite good. It is of course very appreciated if you had a nice experience!
- 🚲 Please watch out for bikes and only walk on the pedestrian zones! Bikers feel very important here and will definitely not stop (sorry).
- 🏥 Still did not survive after these tips? The closest hospital and emergency room is Diaconessenhuis Utrecht:
Bosboomstraat 1, 3582 KE Utrecht.



REM - Safety

A safe event is our top priority.
Therefore we have certain rules:



• Notice Something? Speak Up!

Report concerns to any HOC or ERIC Belonging Committee.
During the parties, look for the Committee's pink pin (see above)
to identify members.

• Confidential Reporting

Scan the QR code below to access the
harassment report form. The ERIC Board will keep your
report confidential and handle it discreetly.

• Taking Action

Upon submission, the ERIC Board will
review your report and take the necessary
steps to address the issue promptly.



Find the harassment report form through the QR code or here.

Follow ERIC events code of conduct (read here).

Follow ERIC Harassment Prevention Policy (read here).



REM - Activities I

NOTE: for all activities a volunteer will walk with the group to the location from the starting point. If you wish to come yourself, you can go to the location directly.

Walking tours

A local guide will show you all the beautiful things Utrecht has to offer. Learn a bit more about Utrecht and discover hidden gems!

Starting point: NH Hotel Utrecht (Jaarbeursplein).

📍 In front of the Douglas store (Vredenburg 3, 3511BA Utrecht).

Needed: walking shoes (cobble streets!) and possible umbrella

Climbing the Dom Tower

We will walk all the stairs to the top of the Dom Tower to see the city, and even further, in a unique way! So get ready to climb some stairs and take the best picture of the weekend!

Starting point: NH Hotel Utrecht (Jaarbeursplein).

📍 At the Dom Tower

Needed: walking shoes, your camera and courage! 📷



REM - Activities II

NOTE: for all activities a volunteer will walk with the group to the location from the starting point. If you wish to come yourself you can go to the location directly.

International Criminal Court day trip

Thanks to the amazing Rotaract club Den Haag-Scheveningen we have a day trip to the ICC in The Hague. We will travel together by bus and spend the whole day learning more about this renowned institution. Lunch is included.

Starting point: lobby of the NH Hotel Utrecht (Jaarbeursplein).

Needed: Passport or ID Card! 🇪🇺

Cheese tastings

Discover a variety of cheeses crafted with traditional expertise, each offering unique flavours and textures. At the end you can even buy (a travel size) cheese to take home.

Starting point: NH Hotel Utrecht (Jaarbeursplein).

📍 Café Joost: Achter Sint Pieter 3, 3512 HP Utrecht

Needed: cheese cravings 🧀 🐭



REM - Activities III

NOTE: for all activities a volunteer will walk with the group to the location from the starting point. If you wish to come yourself you can go to the location directly.

Cycling through Dutch nature (+ pancakes)

Enjoy a scenic bike ride to Amelisweerd, a beautiful nature reserve just outside Utrecht. Cycle through lush forests and along tranquil waterways before arriving at the charming tea house, where you can relax and savor a traditional Dutch pancake + drink. We start at the hotel together.

Starting point: NH Hotel Utrecht (Jaarbeursplein).

📍 Teahouse Rhijnauwen: Rhijnauwenselaan 16, 3981 HH Bunnik

Needed: windproof jacket & active outfit 🚲

Boattour in the canals

Cruise through Utrecht's historic waterways and admire the city's charming architecture, picturesque wharf cellars, and vibrant terraces along the canals.

Starting point: NH Hotel Utrecht (Jaarbeursplein).

📍 Departure pier at Oudegracht 69, below the Rembrandt Cinema

Needed: warm clothes, snacks + drinks 🛶 🍷



REM - Activities IV

NOTE: for all activities a volunteer will walk with the group to the location from the starting point. If you wish to come yourself you can go to the location directly.

Beer tasting Café Olivier

Set inside a former clandestine church in the city center, this atmospheric venue combines historic arches and a preserved altar with warm Belgian hospitality, while you discover a delicious selection of Belgian beers (hello neighbors) 🍺

Starting point: NH Hotel Utrecht (Jaarbeursplein)

📍 Café Oliver: Achter Clarenburg 6A, 3511 JJ Utrecht

Needed: wallet for additional drinks 🍺

Karate lesson (Kobujutsu Workshop)

Master the ancient art of Ryukyu Kobujutsu, which honors 700 years of tradition through the disciplined study of classical weaponry. The training focuses on precision and control, carrying forward the esteemed legacy of Sensei Alexis Brouwer.

Starting point: NH Hotel Utrecht (Jaarbeursplein)

📍 Community centre 3Krone: Oudegracht 227, 3511 NJ Utrecht

Needed: sports clothing + water bottle 🥋 💧



REM - Activities V

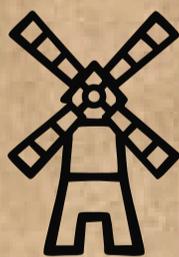
NOTE: for all activities a volunteer will walk with the group to the location from the starting point. If you wish to come yourself you can go to the location directly.

Cheese farm & windmills excursion

Kinderdijk is a famous Dutch village in South Holland, known for its iconic UNESCO World Heritage site featuring 19 historic windmills originally built in the 18th century to drain water from the land, showcasing incredible ingenuity in water control with canals, dikes, and pumping stations. The Cheese Farm showcases the process from cow to cheese and gives the opportunity to taste different cheeses.

Starting point: NH Hotel Utrecht (Jaarbeursplein).

Needed: warm clothes, windproof jacket, water bottle 





REM - Social Project

EndPlasticSoup Social Project during REM Utrecht

We will come together for an environmental action that brings Rotaract values to life. We begin with a mission talk hosted by EndPlasticSoup, followed by a city clean-up where we turn inspiration into collective impact.

Starting point: NH Hotel Utrecht (Jaarbeursplein)

📍 Community centre 3Krone: Oudegracht 227, 3511 NJ Utrecht

Needed: Waterproof clothes & walking shoes  





REM - Workshops I

The leadership shift: from perfect facade to real story

Learn how to use storytelling as a leadership strength. Discover how showing vulnerability in the right way helps you build trust, create connection and inspire your team to move forward with courage!

By: Erik Mathlener

📍 Community centre 3Krone: Oudegracht 227, 3511 NJ Utrecht

Biking infrastructure - Empowering cities through Dutch expertise

Interactive workshop about the success behind Dutch cycling culture. We'll dive into a three-layer model of change: Hardware (infrastructure), Software (behavior and culture) and Orgware (how to organize and scale it). By the end, you'll think differently about cities, mobility and impact.

By: The Dutch Cycling Embassy

📍 Community centre 3Krone: Oudegracht 227, 3511 NJ Utrecht

Coffee, Tea + cookies are provided. Note that lunch is not provided, check our list for recommendations close by.



REM - Workshops II

Building strategic partnerships & community outreach framework

This co-creation workshop is designed to build a unified approach to partnerships and fundraising support within Rotaract Europ. But its content is also extremely valuable for your own club projects. Together, we'll walk through the full lifecycle of support-raising.

By: Adara Cheles & Alexia Klie

📍 Community centre 3Krone: Oudegracht 227, 3511 NJ Utrecht

Water for peace - Exploring the power of water in conflict and cooperation

This engaging session offers accessible insights into one of the major geopolitical themes of our country: water as a driver of both conflict and collaboration. Not dry theory; but visual storytelling, case studies and experiences from international water projects and water-related conflicts.

By: Krishna Patil & Bota Sharipova

📍 Community centre 3Krone: Oudegracht 227, 3511 NJ Utrecht

Coffee, Tea + cookies are provided. Note that lunch is not provided, check our list for recommendations close by.



REM - Parties

Welcome party

Let's begin the REM the orange way!

19:00 speed friending

21:00 DJ kicks off

3:00 time to sleep

Theme: Touch of orange

Location: Club Maggy

Oudegracht aan de Werf 154, 3511 AZ Utrecht

EVERYONE MUST WEAR THEIR
BRACELET AT ALL TIMES!

Extra information:

There is no space for bags at Club Maggy! Please first drop your bags at your accommodation!

The cloakroom costs: EUR 1

No food is being sold at this venue

Club Maggy accepts ONLY card payment

Want to continue for an afterparty?

Check our drinks + party list for recommendations



REM - Parties

Country booth

Time to celebrate the Rotaract diversity!

19:00 CR set-up*

20:00 start countrybooth

22:00 start party

03:00 time to sleep

Theme: Celebrate your culture

Location: Club Poema

Drieharingstraat 22, 3511 BJ Utrecht



*please note we do not provide transportation or storage of products

EVERYONE MUST WEAR THEIR
BRACELET AT ALL TIMES!

Extra information:

Small lockers (for small bags and coats) are available for a fee

No food is being sold at this venue

Club Poema accepts ONLY card payment (Maestro/Mastercard and
Visa)

Want to continue for an afterparty?

Check our drinks + party list for recommendations



REM - Parties

Gala night

The finale of our amazing weekend together will be celebrated with a dazzling gala.

Theme: Royal Blue

Location: Mereveld

Mereveldseweg 9, 3585 LH Utrecht



Important information:

- Transportation will be provided in front of the hotel to the gala location (aprox. 20 minute ride) at **17:30**. Please be on time, we will not be able to wait for you (*Dutchies are very strict*).
- If you have any allergies or dietary restrictions (including vegetarian/vegan) please come to our desk at the gala location to receive a colored card so the personnel can give you the right dish! No card = no allergies considered.
- You will be welcomed with prosecco (non-alcohol alternative available), with following an open bar until 01:30. The party will end at 02:00. Enjoy but do not overestimate yourself 😊
- Shuttle buses back to the hotel will be provided.
- You must wear your bracelet at all times during the event!

Want to continue for an afterparty?

Check our drinks + party list for recommendations



Utrecht - tips (from locals)

Our amazing club members have all written down their favorite spots & things to do or see in Utrecht and we would love to share some with you:

Start a walk at 'Nijntje plein' (aka Miffy square) and walk alongside the 'Oudegracht' for stunning views! Or follow the 'Singel' the green corridor alongside the city centre. Also nice for a run :)

Go to the FC Utrecht football stadium by taking bus line 9

Want to do some golfing? Go to ChiChi for a more laid back experience with music and food

Do some karaoke to warm up before the parties at Duke of Tokyo

Want to treat yourself or pamper before the gala? check out SOAP for beauty treatments

Every saturday there is a market on the Vredenburg square, with warm stroopwafels! And kibbeling aka fried fish, very delishh



Utrecht - tips (from locals)

Google maps QR codes - scan or click for our hottest spots in Utrecht handpicked by Rotaract Utrecht members

Sightseeing + shopping



Coffee etc.



Lunch spots



Dinner spots



Drinks + party.





Utrecht - tips: I light U

Every year in January, there is the I Light U light art exhibition in Utrecht's station area (so at the NH Hotel!) 🥰

This year's theme is Mirrors, Mirages, Miracles, featuring 12 light artworks. See more info [online](#).

There is no fixed route and no admission fee, so let yourself wander past the glowing artworks! ✨





Partnerships

We have partnered up with some local hotspots who have some amazing offers for you! You can find the coupons in your goodiebag :)



REM participants are warmly invited to visit Longhorn Bar & Grill, located directly across the street from our hotel. Throughout your stay in Utrecht you will receive 20% off food and drinks. Longhorn Bar & Grill offers low & slow BBQ, burgers, steaks and a selection of vegetarian options along a wide selection of beers, wines and cocktails, all in a relaxed setting ideal for unwinding after a busy day. To receive the discount, simply show your REM badge. The offer is valid throughout the duration of the event. Opening hours: Thursday 16:00-23:00, Friday 14:00-00:00, Saturday 12:00-00:00, Sunday 12:00-22:00

Ten Beste is the place to be to get a snack after getting some drinks, partying or just having a nice time in the city centre!

The Dutch like their fried potatoes (or so-called 'patat') with a chunk of mayonaise and a typical Dutch snack (frikandel, kaassouflé or kroket). Treat yourself!



The days can be long and the nights can be short. Short on Caffeine? Get your second coffee or other drink for free at 30mL at the Nachtegaalstraat!

Ubica Utrecht is the local pub of Rotaract Club Utrecht. Every other Monday evening this is the place where our meetings are held and other activities, such as the annual New Years' Drink, is also organised here. They serve amazing food and have a 10% discount for you, enjoy yourself!





SPONSORS

REM Utrecht would not be possible without our great
sponsors ❤️
THANK YOU





REM - Contact info

Emergency numbers

112 - all emergencies

+31 (0)900 8844 - Police (non emergency)

+31 (0)900 0904 - Fire brigade (non emergency)

+31 (0)6 45219976 - HOC Phone number

Locations

Hotel: Jaarbeursplein 24, 3521 AR Utrecht

Workshops: Oudegracht 227, 3511 NJ Utrecht

Welcome party: Oudegracht aan de Werf 154, 3511 AZ Utrecht

Countrybooth: Drieharingstraat 22, 3511 BJ Utrecht

Gala: Mereveldseweg 9, 3585 LH Utrecht

Further questions?

Please check our FAQ on the website first, we have tried to incorporate as much as possible.

No answer? Send an e-mail to info.rem utrecht@gmail.com

Need immediate response? Send a message on whatsapp to our official phone number +31 6 45219976.



REM - HOC Info

HOC Information

+31 (0)6 45219976 - HOC Phone number

Daan Overwater - Head of HOC - NL & ENG

Elina Moens - Parties - NL & ENG

Gijs van Doorn - Marketing / Communications - NL, ENG & ES

Imke Häuserer - Partnerships - NL, ENG & FRA

Rutger Smulders - Finance - NL & ENG

Marlin Schumer-Leemhuis - President Rotaract Utrecht - NL & ENG

Hedzer Spaans - Country Representative (CR) - NL & ENG

#Uuuuuuu



Hedzer

Rutger

Imke

Daan

Elina

Marlin

Gijs