BUDGET HOTEL AND	ALTERNATIVES			
Company	Contact Address	Telephone/Email	Charges	Comments
Mount Sinai Health System Recreation Office Resources	19 E. 98 th St., 2F, NY, NY 10029 https://recreation.mountsinai.o	212-241-6660 See office hours on website	•	For NYC Hotels that offer discount to MSHS employees, follow path for Discounts then NYC Hotels
Pod Hotel	230 East 51st Street www.thepodhotel.com	212-355-0300 Email: info@podhotel39.com info@podhotel42.com	Price vary based on availability	Bunk-bed room with shared or private bathroom
The Frederick Hotel	95 West Broadway at Chambers St., NY, NY www.Frederickhotelnyc.com	212-566-1900 Email: Frederickres@Triumph hotels.com	Price vary based on availability	Rooms are equipped with a desk, free wireless internet access, flat screen TV's.
Chelsea International Hostel	251 W. 20 th Street New York, NY 10011 www.chelseahostel.com	212-647-0010	Vary with the season	Offer shared or private rooms. Offer complimentary breakfast and free wi-fi.
City Connections	71 W. 23 rd Street, NY, NY10010 www.ccrny.com	212-627-7800	Varies	Specialize in short-term (14 days-1 year furnished apartments in Manhattan
Exec Relo USA	120 E. 56 th St, suite 740, NY, NY 10022 www.4relocate.com	Hal Falkstein 1-877-4RELOCATE 212-752-0935 Email: Hal@relocate.com	No fee	Specialize in rental of short term (30 days-1 year) furnished apartments local and nationwide.
Airbnb	www.airbnb.com		Varies	A community marketplace to book uniquaccommodations; to stay in a "host's" home for a fee.
Hostel World	www.Hostelworld.com			Hostel booking website with a travel social network for the budget; independent and youth travel market.
Alternative Business Accommodations	1650 Broadway, Suite 501, NY, NY 10019 www.tempapts.com	212-445-0494 Email: info@tempapts.com	No fee	Provide furnished short term apartments throughout the boroughs of NYC.
WEBSITES	Operators Address a	T-1	Observes	0
Company	Contact Address	Telephone/Email	Charges	Comments
Weichert Corporate Housing	www.weichertcorporatehousing.	Email: info@weichertch.com	No fee	Provide furnished short term apartments throughout the nation. 30 days minimur stay. Some shorter stays are available.
	www.Sublet.com www.Couchsurfing.com	201-845-7300		Apartments for rent as well as sublet. A social travel network offering member a home-stay experience at minimal cost
				a nome stay expensione at minimal cost
MOVING & STORAGE				
	Contact Address	Telephone/Email	Charges	Comments
	•	212-988-9292 Email:	Preferred rates with Mount Sinai Health	Comments A full service moving company
Company FlatRate Moving	Contact Address 555 W. 25th St., NY, NY 10001	212-988-9292 Email: Bizdev@Flatrate.com 212-410-3500 Kieran McAndrews / Robert O'Donnell e-mail: Kieran@liffeyvan.com www.liffeyvanlines.co	Preferred rates with	
Company FlatRate Moving Liffey Van Lines	Contact Address 555 W. 25 th St., NY, NY 10001 www.flatrate.com	212-988-9292 Email: Bizdev@Flatrate.com 212-410-3500 Kieran McAndrews / Robert O'Donnell e-mail: Kieran@liffeyvan.com	Preferred rates with Mount Sinai Health System ID. 10% discount for Mount Sinai Health	A full service moving company A full service moving and storage company serving greater NY and
Company FlatRate Moving Liffey Van Lines Moves, LLC	Contact Address 555 W. 25 th St., NY, NY 10001 www.flatrate.com 234 E. 121 St., NY, NY 10035 628 W. 28 th St., suite 101 New York, NY 10001	212-988-9292 Email: Bizdev@Flatrate.com 212-410-3500 Kieran McAndrews / Robert O'Donnell e-mail: Kieran@liffeyvan.com www.liffeyvanlines.co m 888-668-3755 212-695-0200 917-499-3356 718-383-8400 Email: veteranmoversnyc@g	Preferred rates with Mount Sinai Health System ID. 10% discount for Mount Sinai Health System Employees	A full service moving company A full service moving and storage company serving greater NY and
Company FlatRate Moving Liffey Van Lines Moves, LLC Veteran Movers NYC	Contact Address 555 W. 25 th St., NY, NY 10001 www.flatrate.com 234 E. 121 St., NY, NY 10035 628 W. 28 th St., suite 101 New York, NY 10001 www.movesilc.com 187 4 th Avenue, Suite 6 Brooklyn, NY 11217	212-988-9292 Email: Bizdev@Flatrate.com 212-410-3500 Kieran McAndrews / Robert O'Donnell e-mail: Kieran@liffeyvan.com www.liffeyvanlines.co m 888-668-3755 212-695-0200 917-499-3356 718-383-8400 Email: veteranmoversnyc@g mail.com 888-764-3290 800-786-7243	Preferred rates with Mount Sinai Health System ID. 10% discount for Mount Sinai Health System Employees Varies Offer hourly or fixed	A full service moving company A full service moving and storage company serving greater NY and Westchester County
MOVING & STORAGE Company FlatRate Moving Liffey Van Lines Moves, LLC Veteran Movers NYC Manhattan Mini Storage 1-800-Got Junk?	Contact Address 555 W. 25 th St., NY, NY 10001 www.flatrate.com 234 E. 121 St., NY, NY 10035 628 W. 28 th St., suite 101 New York, NY 10001 www.movesllc.com 187 4 th Avenue, Suite 6 Brooklyn, NY 11217 http://veteranmoversnyc.com Various locations	212-988-9292 Email: Bizdev@Flatrate.com 212-410-3500 Kieran McAndrews / Robert O'Donnell e-mail: Kieran@liffeyvan.com www.liffeyvanlines.co m 888-668-3755 212-695-0200 917-499-3356 718-383-8400 Email: veteranmoversnyc@g mail.com 888-764-3290	Preferred rates with Mount Sinai Health System ID. 10% discount for Mount Sinai Health System Employees Varies Offer hourly or fixed price plan Varies by size	A full service moving company A full service moving and storage company serving greater NY and Westchester County