

NYCUP RecWeek18 Guide



This guide is intended to help you as you make plans to come to RecWeek18. Included are recommendations for a basic budget, housing and food. God has provided us with resources and we have choices in how to use them. We want to be good stewards of the gifts God has given us. The options listed in this guide are here because they help us live LoGOFF (local, green, organic, fair and free). If you're not sure about what this means, don't worry-you'll be an expert after RecWeek18!

We hope you find this helpful. Please feel free to reach out to us at nycurbanproject@gmail.com with any questions!

Budget

Each NYCUP participant should budget \$400-450 for the week, not including travel to and from NYC. See our sample budget below for target prices as you plan your trip.

Sample Budget for RecWeek18

Housing via the Local, HI NYC, AirBnB, or VRBO: ~ \$40-75/night

Food costs if you cook/pack food and eat out minimally: ~\$7/day

Weekly Metro Card: \$33 (7 day unlimited costs \$32, plus \$1 fee for new card)

Please Note: If you are interested in being a group leader, please fill out the [application](#) to receive up to \$100 off your registration. If your application is approved, you will be emailed a coupon code to use during online registration.

Housing

If you registered using Basic Registration, you are responsible for finding your own housing prior to arrival. RecWeek programming begins at 2:00 PM on the Monday of your session and goes until 6:00 PM that evening, so please plan accordingly with your housing to find an appropriate check-in time. Programming will officially end at 1:00 PM on the Friday of your session. Here are some suggestions, but feel free to find your own housing.

*Indicates housing has a refrigerator/microwave for your use

** Indicates housing has a kitchen with refrigerator for your use

1. [The Local NYC](#) **

1302 44th Ave

Long Island City, NY 11101

Cost per night/person: \$54.55 (tax included)

To Book: call 347-738-5251. Ask for Sophia, mention you are with NYCUP, and would like to book a bed for the specific dates of your session. Please remember to indicate you want gender specific rooms. If you are booking as an individual, you do not need to pay any deposit, but do need to give a credit card number to reserve a bed. You will be responsible for paying during check in. To book as a group, there will be a 10% deposit fee at the time of booking. Please talk to the receptionist if you want to come as a group, but pay the remaining balance after the deposit as individuals.

Visit <http://thelocalny.com/> for more information about the hostel.

Requirements for Check-In: Must be 18 years old, present a valid photo ID and a credit card for any incidentals (if paying with cash, you can list a parent's credit card # if you fill out an authorization form, and present a copy of cardholder's ID and a copy of the card).

2. [HI NYC](#) **

891 Amsterdam Ave
New York, NY 10025

You may book either as an individual or as a group. A group is considered 10 or more people. Please follow the instructions below to book.

To Book a Group (10 or more): Call Mayra at 646-766-1521. You will receive the member rate (\$3 less per night). 50% payment is due with the contract to secure your reservation. The remaining 50% is due 30 prior to arrival. Rate will be somewhere around \$50-59 (depending on time of year and room selection, but could be slightly higher or lower).

To Book as an Individual: Call 212-932-2300 and press 1 or [book online](#) (please note, if you are not a member, the cost is \$3 more than the listed price online). You will pay about an 8% deposit, the rest is due upon arrival. Taxes are included in the price. Please remember to request a gender specific room. You may request to room with other people who are booking individually, but there is no guarantee that the request will be honored, depending on availability.

Requirements for Check-In: Government Issued ID, must be 18 years old

3. [Hephzibah House](#)

51 W. 75th St.
New York, NY 10023

You may book as either a group or an individual. This is a smaller accommodation with only 15 rooms. Groups of 6 are preferred, or you can book in pairs. Please note: this building does not have an elevator and there are 5 floors.

To Book a Group: Have group leader call 212-787-6150 to book your group. Full payment is due upon booking (\$65/night/person) and the payment is non-refundable.

Payment should be collected from group members prior to booking and then one person should make the payment.

To Book as an Individual: Call 212-787-6150. The fee is \$75/night and full payment is required to make the reservation. Should you need to cancel, the first night's payment is non-refundable, but you will receive a refund for the other nights.

Requirements for Check-In: Photo ID, must be 18 years old, must sign Testament Form (indicating you are with InterVarsity Christian Fellowship, as this housing is for people in ministry)

Additional Information: There are no private bathrooms. There is one bathroom per floor. There is no eating or drinking of alcohol permitted in the rooms. Coffee and tea are provided in the tea room in the morning.

4. [AirBnB](#) (**)

Various Locations

To Book Housing: Browse for housing in NYC, entering the dates you will need housing, how many people you will need housing for and what your budget range is. Search through the results and choose a place. You will need to have an account with Air BnB in order to book, so create one if you don't have one already. You will need to pay a portion of the fee when you make the reservation and a portion later. There are various cancellation policies, so make sure you carefully look at the policy of the place you are interested in. (**) Most places should give you use of the kitchen and kitchen equipment, but we suggest reading the amenities provided and contacting the host if you have any questions about this.

5. [VRBO](#) (Vacation Rentals By Owner)

Various Locations

To Book Housing: Browse for housing in NYC, entering the dates you will need housing, how many people you will need housing for and what your budget range is. Search through the results and choose a place. You will need to have an account with VRBO in order to book, so create one if you don't have one already. You will need to pay a portion of the fee when you make the reservation and a portion later. There are various cancellation policies, so make sure you carefully look at the policy of the place you are interested in. (**) Most places should give you use of the kitchen and

kitchen equipment, but we suggest reading the amenities provided and contacting the host if you have any questions about this.

6. **Jazz on the Park** *

36 W. 106th St.
New York, NY 10025

Cost per Night/Person: ~\$45-70 (With taxes)

To Book as an Individual: Visit the website and enter the dates you will be staying. Choose your room (remember to get a room that is gender specific). Or call 212-932-1600.

To Book as a Group: Email park@jazzhostels.com when you know the exact composition of your group. Inquire about the price for a group-they will only give you a group price if you know how many people are in your group. If you decide to book with Jazz on the Park, a contract will be faxed to you. A non-refundable 50% deposit is due 7 days after the contract is faxed in. The remainder is due 2 weeks prior to your arrival. Changes can be made to your group up until 2 weeks prior to your visit for up to 10% of your group.

Requirements for Check-In: photo ID

Food

Tips to keep food costs down

1. Prepare your own food ahead of time. We recommend you cook/prepare 2 meals per day. Certain housing options have a kitchen area to prepare food and refrigerators to use. Here are some easy, cheap suggestions for breakfast and lunch:
 - A. Breakfast: oatmeal packets (about \$.50/packet), bagels with cream cheese/jam/peanut butter, or yogurt with granola
 - B. Lunch: Sandwiches (consider splitting a loaf of bread with someone), apples/oranges, carrots
2. We recommend you bring a lunch bag and Tupperware if you will be preparing your food while in NYC.
3. Bringing a water bottle will also help keep you hydrated, while cutting down on beverage costs.
4. If you do eat out, consider splitting a meal with someone.

5. Look for restaurants with lunch specials.

LoGOFF Recommendations

Before you arrive in NYC, here are some great places to shop that reflect some of the stewardship values that we aim to pursue. A star (*) indicates that it is outside NYC and you should go before you arrive.

- CostCo*
- Wegmans*
- Whole Foods
- Trader Joe's
- Fairway Market
- Morton Williams
- Thrive Market (online)

Grocery stores are great places to grab fruit, snacks, supplies for sandwiches to keep your food costs down in NYC. Here are some brands to look for as you shop!

- Clif Bars
- Kind Bars
- Bob's Red Mill Oatmeal
- Nature's Path Cereals
- Earth's Path
- Silk Almond, Soy, and Coconut Milks
- Organic Peanut Butter and Jelly
- Dave's Killer Bread, Bread Alone and other organic breads
- Imported Cheeses
- Santa Cruz, Bonne Maman and other organic Jellies
- Justin's, Maranatha, Kirkland, and other organic peanut butter
- Eden Foods, Woodstock, Essential Foods, Divine and other organic trail mix or MAKE YOUR OWN!
- Earthbound, Organic Girl, Vinny's and other greens like spinach, arugula and kale
- Annie's Dressings (great for sandwiches and salads)

If you're looking for some LoGOFF restaurants to check out while you're in NYC, here's a quick list. *Indicates there are multiple locations, so choose the one closest to you.

1. [Bareburger*](#)
2. [Chipotle*](#)
3. [Chop't*](#)
4. [Community Food & Juice](#) 2893 Broadway NY, NY 10025 (between 112th and 113th)
5. [Dig Inn*](#)
6. [Dunwell Donuts](#)
 - A. Brooklyn: 222 Montrose Ave Brooklyn, NY 10221
 - B. Manhattan: 102 St. Marks St New York, NY 10009

7. [Juice Press](#)*
8. **Jujube Tree** 35-02 30th Ave Astoria, Queens 11103
9. [Pret a Manger](#) *
10. [Shake Shack](#)*
11. [Spring Natural Kitchen](#) 474 Columbus Ave NY, NY 10024 (btw. 82nd and 83rd)
12. [Spring Natural](#) 98 Kenmare St NY, NY 10012
13. [Sweet Greens](#)*
14. [Terri](#) (three locations in Manhattan)
15. [The Little Beet](#)*

You may also use google maps to search for vegan restaurants, as there are many in NYC serving LoGOFF options.

Lastly, we encourage you to frequent neighborhood places as well to sample Thai, Mexican, Malaysian, Vietnamese and other fare you may not have in your locale.

Some of our favorite places are:

1. **Chao Thai:** 85-03 Whitney Ave Queens, NY 11373 (Elmhurst, NY)
2. **El Malecon:** 4141 Broadway NY, NY 10033 (Washington Heights)
764 Amsterdam Ave NY, NY 10025 (Upper West Side)
3. **Joju:** 83-25 Broadway Elmhurst, NY 11373
4. **Lao Bei Fang:** 83-05 Broadway Elmhurst, NY 11373
5. **Pho Bac:** 82-78 Broadway Elmhurst, NY 11373
6. **Pollo Inka:** 89-12 Northern Blvd Jackson Heights, Queens
7. **Tina's:** 179 Madison Ave NY, NY 10016 (Manhattan, Korea Town)
23 West 56th St NY, NY 10019 (Manhattan, Theater District)
8. [Two Boots Pizza \(Various Locations\)](#)