



VANCOUVER'S YWCA HOTEL OFFERS A WALLET FRIENDLY SOLUTION FOR THE THRIFTY TRAVELLER

Vancouver, BC: For \$88 a night, the newly refurbished YWCA Hotel offers rooms with a TV, private bath and gym access, plus it's steps away from Vancouver's trendy Yaletown, making it one of the most affordable hotels in the downtown core.

The current economic climate makes it difficult for travellers to spend hundreds of dollars a night on a hotel, but the YWCA's affordable rates accommodate those on a tight budget, making it a great choice when visiting the city. With the money saved on the room rate, travellers can afford to enjoy all of the sights and sounds that Vancouver has to offer.

The YWCA Hotel is a conveniently-located, modern high rise building with internet access, meeting rooms, common kitchens and lounges, and free gym access for adults a ten minute walk away. Rooms can accommodate singles and groups, from students to seniors. A 'Quint' room, which has five single beds, is available for as low as \$130.

And when you stay at the YWCA Hotel, you'll also be making a difference – all funds generated from the hotel support YWCA community programs for women and their families.

No matter your budget, at the YWCA Hotel there is something for everyone.

YWCA Metro Vancouver is a registered charity, providing a range of integrated services for women and their families, and those seeking to improve the quality of their lives. From early learning and care to housing, health and fitness, employment services and leadership, YWCA Metro Vancouver touches lives in our communities.

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For further information, please contact:

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YWCA Hotel

The newly refurbished YWCA Hotel is a 155-room property located in downtown Vancouver. Located one block from Yaletown, just steps away from BC Place Stadium and the downtown core, the YWCA Hotel is in the hub of the city. Equipped with various amenities and services, the hotel offers great accommodation for any type of traveller.

Hotel Highlights

Facilities

The YWCA offers both private rooms and rooms with shared bathroom/kitchens, and can provide a comfortable space for everyone. The hotel can accommodate singles or groups, and students or seniors, as well as any traveller in between. The hotel offers:

- A/C and mini-fridges in all rooms
- guest kitchens and lounges
- television in most rooms
- nearby YWCA Health + Fitness Centre
- free wireless internet for our nightly and weekly guests
- coffee bar

Meeting Rooms

There are three meetings rooms at the YWCA Hotel that are available to rent. The rooms can fit up to 90 people. High-speed internet connection and audio/visual equipments are available.

Cost efficient

Vancouver's YWCA Hotel is the safe, comfortable and affordable family-friendly alternative for all travellers. The YWCA Hotel offers similar amenities to an expensive hotel, but provides it on a budget, which allows travellers to spend their money on the activities that Vancouver has to offer. Standard rates based on low and peak season are:

- Single (1 single bed) \$67-\$90
- Double (1 double bed) \$75-\$135
- Quint (5 single beds) \$130-\$180

Sustainable

The YWCA Hotel is passionate about protecting the environment and committed to becoming sustainable. We are currently working with the BC Hydro Power Smart program to decrease our environmental footprint. Also, we have implemented a waste reduction program to recycle and reduce our waste.

Philanthropic

The YWCA is a non-profit organization. Funds generated from the hotel are put towards to the YWCA's programs and services that benefit women and their families.

More information and pictures of the YWCA Hotel can be found online at ywcahotel.com, or email hotel@ywcavan.org

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YWCA Hotel – Barbara’s home away from home

Every couple of months over the past ten years, staff at the YWCA Hotel welcome Barbara, a warm and outgoing Whistler resident.

“It is always a pleasure to see Barb. It’s like visiting an old friend. We’ll fill her in on all that has happened since her last visit, and she’ll tell us what is going on in her life,” explains Lisa Yoo, YWCA Hotel Front Desk staff. “And she never comes empty-handed. She’ll bring us a treat, like a pan of homemade brownies.”

Barbara became acquainted with Vancouver’s YWCA Hotel when she volunteered for the Folk Music Festival in the mid-90s. “I was responsible for picking up festival guests and driving them to the YWCA Hotel on Dunsmuir Street, where it was located at the time,” explains Barb.

She heard from her colleagues that the rooms were attractive and well-maintained, and the staff were some of the friendliest in the city. So when Barb moved to Whistler in 1996, she decided to check in for herself. “I was really pleased with experience and decided to stay with the YWCA every time I visit Vancouver,” she says.

Barb travels to Vancouver five or six times a year to visit family and friends and to attend courses. “All my experiences have been great,” says Barb. “The hotel is clean, safe, reasonably priced and its location is excellent. The staff are friendly and helpful. It feels like my home away from home.”

“I really admire the YWCA’s programs and I support their work as a donor as well as a hotel guest,” says Barb. “I always tell all my friends and family to stay with the YWCA when they visit Vancouver. You can enjoy this great city and support its community at the same time. “

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