



Advice for STP trainees for finding accommodation in Manchester

Section/Committee: Trainees Committee

Author: Rebecca Hopkins

Getting in touch with other trainees

Many trainees find that sharing with other trainees reduces the cost which is particularly helpful if accommodation is self-funded. Having just started training however this may be difficult to arrange, below are some suggestions of how to get in touch with other trainees to discuss options and/or make arrangements.

- Regional tutor may be able to provide contact details of local trainees
- Discussion board on Moodle – if there isn't one, start a discussion group?
- "NHS STP and Clinical Scientists Group" Facebook group
- STP Induction day

Accommodation Options

Private Lets

<u>AJ Estates</u>	Info:	Previously used by a lot of trainees, they provide basic accommodation in shared housing on a short term basis. Advised to book well in advance
	Prices:	£90 – 150 per person per week
	Details:	http://www.ajestates.net/ admin@ajestates.co.uk
<u>Quality lets</u>	Info:	Recommended by previous trainees although slightly more expensive than AJ Estates. Properties are generally 2 bedrooms, some with a twin room. All bills included and properties are fully equipped with everything required.
	Prices:	£220-245 per room per week
	Details:	http://qualitylets.com
<u>Atrium</u>	Info:	Serviced apartments. MAHSE corporate rates available. Cheaper rates give for continuous stays and VAT drops after 28 days.
	Prices:	£350 per week for private studio apartment
	Details:	http://www.atriumapartmentsmanchester.com
<u>Air BnB</u>	Info:	Varied accommodation available from rooms to let to whole apartments
	Prices:	Varied
	Details:	www.airbnb.co.uk
<u>Enterprise Apartments</u>	Info:	Previously used by trainees, they have a range of one and two bedroom short stay apartments in Manchester city centre and Fallowfield, a popular student area. Fully furnished and all apartments have internet.
	Prices:	£385-490 per property per week, inclusive of bills
	Details:	www.enterpriseapartments.co.uk
<u>Solux Apartments</u>	Info:	Recommended by previous STP trainees, they have a range of one to three bedroom serviced apartments available in Manchester City Centre, Salford Quays and Altrincham. Flats are fully furnished including towels and linens, and internet is provided.
	Prices:	£450-550 per property per week, inclusive of bills
	Details:	www.soluxapartments.com

Hotels

<u>Ibis</u>	Info:	Recommended by previous trainees. Budget 2 star-hotel with sites at Princess Street and Portland Street convenient for the University. Free wi-fi. Breakfast buffet available.
	Prices:	From £39 per night, book early for cheaper rates
	Details:	www.ibis.com
<u>Premier Inn</u>	Info:	Also recommended by previous trainees. Manchester Central, and Portland Street hotels are both convenient for access to the University. Free wi-fi. Breakfast available.
	Prices:	From £39 per night if select saver rate, book early for cheapest rates
	Details:	www.premierinn.com
<u>Travelodge</u>	Info:	Used by lots of trainees, especially for shorter stays. Upper Brook Street and Manchester Picadilly hotels are both located within walking distance of University Campus. Pay for Wifi available.
	Prices:	From £39 per night when selecting saver rate, book early for cheapest rates
	Details:	www.travelodge.co.uk

For further suggestions see the accommodation information provided by MAHSE, which can be found on the website at:

<http://mahse.co.uk/wp-content/uploads/2015/12/MAHSE-Accommodation-update-Dec15.pdf>

University accommodation

- Expect normal student accommodation
- Halls may already be booked up by full time students or you may have to wait for full time students to be placed leaving planning last minute
- Most accommodation requires you to provide your own bedding and kitchenware etc.

Examples;

- Montgomery Halls; Post graduate accommodation, £80 per week
- Opal Gardens; £110 per week

Things to think about

- Can you get MAHSE or corporate discount?
- Is the accommodation funded by your training budget?
- Have you investigated other sources of funding?
- Will you have to pay up front and claim back expenses or arrange invoice? Invoices often take several weeks to arrange
- Most agencies will require a deposit for the accommodation
- Can you stay during the week and travel home at the weekend to save on peak weekend accommodation costs?