

Boise is a destination for growth and discovery!

You might be surprised to find that this hidden gem has an abundance of experiences waiting for you. From river rafting and hot springs to a vibrant downtown filled with nightlife and entertainment, Boise caters to everyone. Whether you're an outdoor enthusiast or a food lover, this city has something for you. With numerous events taking place throughout the year and a friendly community ready to welcome you, Boise is truly a place to explore.

TradeStay Services

Local Businesses

Restaurants and Bars



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Events, Groups, Shows, Drinks, Shooting, Floating, Golf, Outdoor Activities, etc...

TradeStay Magazine

Reservations

Jorel S. ext. 1

Manager

Kali G. ext. 2

Concierge

Rebecca K. ext. 3

Company and Union Coordinator

Khaled S. ext. 4

Finances and Business

Allison S. ext. 5

Accounting

Mindy B. ext. 6

Phone Number:

602.342.5650

Email:

management@tradestay.us

Payments:

Zelle: 602.342.5650

CashApp: \$Tradestay or \$tradestayus

Venmo: @tradestay

Wifi:

Hanging on the back of the front door and garage door.

Trash Day:

Hanging on the back of the front door and garage door.

About Our Staff

Jorel S., Owner

Hospitality background, here to take care of guest needs. Head of Operations.

Khaled S., Owner

working with companies and unions to make sure all guests are taken care of on the site as well. Head of TradeStay Ambassador Program.

Allison S., Owner

Construction background, facilitating all sponsorships, deals and local partnerships.

Kali G., Owner

Manages all houses and vendors, taking care of needs at the houses and requests of guests. Head of Management.

Rebecca K.

Concierge, taking care of all details and needs for the guests.

PO Box 13131 Scottsdale, AZ 85267 www.tradestay.us info@tradestay.us @tradestayusa



TRADESTAY: WHERE HARD WORK MEETS RELAXATION.

WITH TRADESTAY, YOU CAN ENJOY LIFE BEYOND THE TYPICAL 5 TO 5 AND IMMERSE YOURSELF IN A SUPPORTIVE COMMUNITY. JOIN US AND EMBRACE A LIFESTYLE WHERE WORK AND PLAY ARE NOT ONLY BALANCED BUT ALSO CELEBRATED.

Letter from TradeStay

At TradeStay, we're here to redefine industry standards. The old norms are outdated, uninspiring, and frankly, not worth your investment. There's nothing appealing about a coin-operated laundry machine from the 80s. With us, you'll always enjoy complimentary laundry services using modern machines. Bid farewell to mundane stays and embrace an exciting new way to engage with the community you're helping to shape.

Our accommodations prioritize your comfort, featuring contemporary amenities and stylish decor that make you feel at home from the moment you step inside. Whether you're visiting for a brief period or planning a longer stay, we offer flexible options tailored to your needs. Benefit from high-speed Wi-Fi, a fully equipped kitchen, and a cozy living area where you can relax after a busy day.

But we go beyond just the essentials. At TradeStay, we are committed to cultivating a lively community. Participate in our regular social events where you can connect with fellow workers, exchange stories, and even forge lifelong friendships.

Your well-being is also important to us. That's why we provide a variety of wellness programs, from meal preparation to coaching, to help you maintain a healthy work-life balance. For adventurous spirits, our team is always on hand to offer local excursions and uncover hidden treasures that will make your visit truly memorable.

TradeStay is more than just a place to rest; it's a vibrant environment to live, foster community, and connect with others. Join us and experience a new standard of living that is as dynamic and innovative as you are.

Welcome to TradeStay!

Jorel, Khaled, Allison and Kali

In Case of Emergency!

When the unexpected rears its ugly head, a well-prepared man or women stands tall. These are the digits you need to dial when fate decides to throw a curveball your way. If you simply don't feel good and need us to pick something up for you, please reach out to management so we can help get you on the mend.

Emergency Call 911
Mental Health Crisis Call or text 988
Call Management 602-342-5650 ext. 5

Emergency Services St. Luke's Meridian 520 S Eagle Rd, Meridian, ID 83642 208-706-5000

Saint Alphonsus Lake Hazel Clinic Urgent Care 10583 W Lake Hazel Rd, Boise, ID 83709 8am - 8pm 208-302-5950



Services include:

- Colds, cough & flu
- Sore throat, bronchitis & pneumonia
- Ear & sinus infections
- Headaches & body aches
- Rashes, hives & other skin conditions
- Minor burns & cuts
- Animal & insect bites
- Back pain
- Flu shots
- X-ray & lab
- Sports injuries

Services include:

- Allergies
- Chiropractic
- Drug & Alcohol
- Fever & Illness
- Flu Shots
- IV Infusion Therapy
- Labs
- Lacerations
- Physicals
- Prescriptions
- Primary Care
- Telemedicine
- Weight Loss
- X-Rays & Fractures



Sterling Urgent Care 10965 W Overland Rd, Boise, ID 83709 8am - 8pm 208-900-9901



Primary Health Medical Group Overland 8971 W Overland Rd, Boise, ID 83709 Primary Health Medical Group Orchard 4971 W Overland Rd, Boise, ID 83705 8am - 8pm 208-378-4288

Services include:

- Cold, flu, COVID symptoms, illnesses
- Orthopedic injuries like broken bones, strains and sprains
- Earaches and allergies
- Cuts requiring stitches
- Rashes
- Urinary symptoms
- STD testing
- Sports physicals
- Flu shots
- X-ray

LOCAL FOOD Favorites

We love to eat so here are a few of our favorites in town!



If you don't agree let us know so we can update the list, restaurants change so we would love to hear feedback!





Here in Boise, the supper table is where ties are forged, bonds are strengthened, and hearts are filled. So grab a fork, and let's raise a glass to you, the salt of the earth, the backbone of this great nation. Time to tuck into a hearty meal and make some memories.

Best Local Mexican
El Gallo Giro
1435 N Eagle Rd
Taco Buffet Taco Tuesday

Best Authentic Mexican Andrade's Restaurant 4620 W Overland Rd Closed Monday

Best Asian for Quality Island Sushi and Ramen 8716 Fairview Ave

Best Asian Ambiance Sakana Japanese Sushi & Steak House 1718 S Eagle Rd. Sushi and Habachi

> Best for Meatlovers Magnificent Garden 980 N Milwaukee St All you can eat Korean BBQ

<u>Best Local Pizza</u> 3 Wood Pizza and Pub

10497 W Lake Hazel Rd Lunch specials until 3pm Beer Flights and large selection of tap beer.

Best Delivery

Idaho Pizza Company 3053 S Cole Rd Order 24 hrs in advance and get 10% off. Lunch specials, all you can eat lunch buffet.

> Other local favorites Proper Pizza of Idaho 2845 E Overland Rd Monthly Deals, BOGO.

Old Chicago Pizza and Taproom 350 N Milwaukee St Pizza Deals Full bar and patio. FA Will I live Well

Best Local Italian Luciano's 11 N Orchard St. Homemade Italian Food

Best Historic Steakhouse The Stagecoach Inn 3132 W Chindon Blvd

Best Downtown Steakhouse The Brickyard 601 W Main St

> Best Texas BBQ Neighbor Tim's BBQ 370 S 8th St. Try the brisket

Best Ribs BBQ Rib Shack BBQ 395 W State St. Eagle.

Best Local Burger Spot Big Bun Drive In 5816 W Overland Rd Weekday specials



Best Breakfast Moe Joe's Breakfast Eatery 2951 E Overland Rd

Best local American Twisted Timber Food and Brews 4563 S Cloverdale R Craft Beers

Best Local Coffee Alchemist Coffee Overland 10650 W Overland Rd

Best Ice Cream Shop Stella's Ice Cream - South Meridian 3135 E Overland Rd Every batch made from scratch.





DRINKING LIKE A

Fish

We all know there's nothing like a cold beer at the end of a long day of work. Here are some of our favorite spots:

Boise Dives

- · Cactus Bar
 - Bingo First and third Thursday 7-9pm
- Vista Uptown Bar 4-6:30 pm
- Navajo Room
- Little Dutch Garden
- Eastside Tavern
 - Games
 - Open Mic/ Karoke
 - Trivia
- · Jim's Alibi 3-5pm BOGO Daily
 - Pool and Darts
- Jumpin Janets
 - Pool and Pinball
- Symposion daily \$3 specials
- <u>Terry's State Street Saloon</u>
- The Bouldevard Bar
- The Pocket
 - Pool Hall

Bars off Overland Rd

- Hooligans Pub 3-7pm Daily
- Giggy D's 3-6pm Daily
- Gramercy Park Pub & Grill 3-6pm Tu-Sa
- Rudy's Pub & Grill 3:30-6pm M-F
- The Curb Bar and Grill 3-6pm M-F
- Power Hour Th- Sat 10pm close
- Twin Peaks 2-7pm, 9pm -close
- Thursday is lingerie night
- Charlie Brown's dive bar with specials
- Overland Bar Karaoke local favorite

Meridian Dives

- White Water Saloon
- Bingo Wednesday nights
- Pool Tournaments Wednesday nights
- Poker league Thursday nights
- Karaoke Fri & Sat











No more

Feeling trapped or alone.

Care for Construction: We are in the top 5% nationally for treatment outcome statistics; these stand-out services add to the quality of our care and set us apart from the others:

- Somatic Experiencing
- Occupational Therapy
- Rec Therapy
- Medication Management



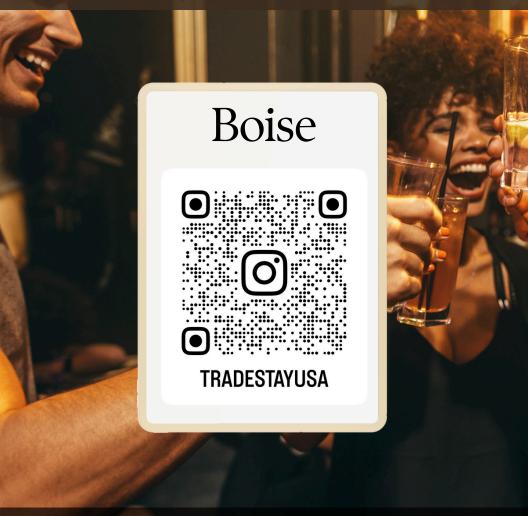
If you want more information, start by reaching out to your local TradeStay Ambassador or check out: https://www.recoveryways.com/cfc/

Events

TradeStay? More like your undercover city guide. We're not just a bed to sleep in, we're lighting up your stay like a neon sign.

See that QR code? It's your express ticket to the city's heartbeat, refreshing faster than your hangover coffee after a wild night out. It's your treasure map leading to the city's best-kept secrets, tailored just for your thrill-seeking soul.

So you're into live music or perhaps you're a craft beer hobbyist? Let it slip! We're all ears, ready to mix it up based on your peculiar tastes.



VISIT
TRADESTAY
ONLINE

WWW.TRADESTAY.US



Follow us to catch the latest events, news and upcoming projects and cities we are expanding to.

IN THE BUSINESS of Faith



Rockharbor Church

groups, veterans' groups.

A friendly, large, welcoming Christian church for all denominations.
6437 N Tree Haven Way
5 Sunday service times, 8, 9:45, 11:30, 1, 5
Has an app you can stream service
Local community groups, men's groups, recovery

Life Church

A friendly large church welcoming all denominations.

3225 E Commercial Ct

3 Sunday service times 9:30, 11:15, 1

Wednesday 7pm

Also offer virtual services

Local community groups, men's groups, recovery groups, veterans' groups, entrepreneurs' groups, hiking groups, gaming groups, financial groups, healing groups and much more.

"THEREFORE, MY DEAR BROTHERS AND SISTERS, STAND FIRM. LET NOTHING MOVE YOU. ALWAYS GIVE YOURSELVES FULLY TO THE WORK OF THE LORD, BECAUSE YOU KNOW THAT YOUR LABOR IN THE LORD IS NOT IN VAIN."

- 1 CORINTHIANS 15:58

We are here to support you, if you practice other religions please let us know so we can connect and partner with local organizations for you.

If you venture out and find a great place to practice your faith please let us know so we can share the recommendation with other quests.

WE ARE OPEN



Savor the Moments, We're open for you and we'd love to chat with you.

YOU PICK THE TIME YOU PICK THE DAY

••••

TradeStay invites you to sit down with the owners while we buy you a cup of coffee and breakfast to discuss how we can improve or whatever is on your mind.

We welcome any and all guests to join us, location is open to personal preference of guest.

Lets chat, you can get to know us better and we can get to know you better!

Schedule with management@tradestay.us





IN HONOR OF OUR Veterans

THANK YOU MY FRIEND, FOR BRAVING THE JOURNEY TO OUR HUMBLE TOWN AND LENDING A HAND TO OUR CONSTRUCTION EFFORTS.

WE'VE GOT YOUR BACK. WE'VE TEAMED UP WITH THE LOCAL HOTSHOTS AROUND HERE WHO ARE JUST ITCHING TO HELP YOU OUT - WHETHER YOU'RE HANGING AROUND OR HITTINGTHE ROAD WHEN THE JOB IS DONE.

We Defy Foundation

We provide combat veterans coping with military-connected disabilities a long-term means to overcome their challenges through Brazilian Jiu Jitsu and fitness training. Free sponsorships available to disabled vets.

- Monthly gatherings
- Over 1200 ATHLETE SCHOLARSHIPS
- Over 800 AFFILIATE GYMS All 50 STATES, 2 US TERRITORIES, AND JAPAN.
- Over 600 veterans CURRENTLY ENROLLED
- TradeStay will sponsor any guest who would like to be a part of this community, please reach out to management to discuss details. 602.342.5650 ext. 5

Mission 43 - @mission43

Committed to making Idaho the most desirable state for life after the military.

- · Education to max military benefits,
- Employment and Engagement stay active, find purpose and be connected.
- Local events monthly, updated on the events page on our website.

Idaho Veterans Network

- · Resources
- Peer-to-peer support
- Opportunities Events

Veteran Entrepreneur Alliance

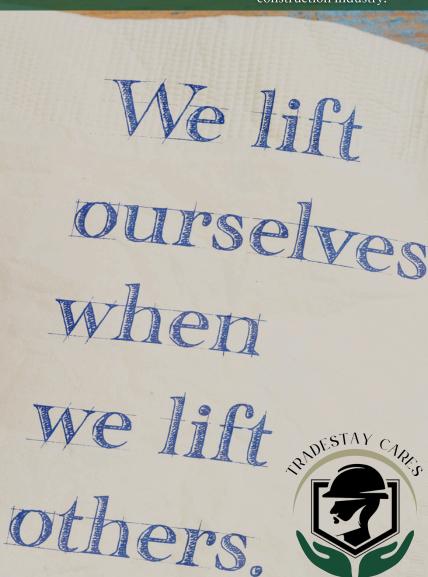
- · Investment opportunities
- Business Opportunities

IISSION43

This list is continually growing....



Our mission: To develop and implement a unified strategy for reducing suicide and promoting mental well-being in the construction industry.



We care and we love having you as part of our community. We are here to support you. Trust us, we've been through it ourselves and we know the pains of the work, the lifestyle and the road.

Talk with your TradeStay Ambassador or

Call or Text 998

IN THE GYM Get Fit



Egley Train Boise Jiu Jitsu

1462 S Entertainment Ave 5:30pm, 6pm and 7:30 PM

- Striking and Beginner BJJ Classes
- Weekend open mats and training.
- Rentals available for gloves and Gi's. Ask us about free equipment.
- Weekly payment options through TradeStay's partnership.
- Veteran focus

Safety is the number one focus.

Making you the best version of yourself.

Community events and workshops.



Get Fit in 2025



Reach out to management 602.342.5650 for current discounts. We build relationships with local vendors so our guests can get the best rates and training, we also offer insight to yoga and wellness as well.

Here are some other favorites:

SBG Mixed Martial Arts 1522 W River St

Idaho Fitness Overland 10362 W Overland Rd

Anytime Fitness 6573 W Overland Rd

The Mecca Gym Heavy Weightlifters 2932 N Eagle Rd.

Monthly Giveaways



Every month TradeStay does a community giveaway to current, past, and future guests.

Sometimes we do it online, sometimes we hand out tickets, sometimes it's a QR code or sometimes it's on our website.

We advertise where you can find ways to enter so be sure to follow us **@tradestayusa** and reach out if you want to know this month's entry info.

Typical giveaways:

- Visa Gift cards.
- · Gas Cards.
- Tickets to local events.
- Grocery gift cards.
- · Costco gift cards.
- · Local discount deals.
- Restaurant gift cards.
- Staycation deals.
- Local resort deals.
- VIP events



How MONEY WORKS

You work hard for your money, let us give you the tools to put your money to work hard for you. Make money, make money.

Call us at TradeStay to see how we can take you from living paycheck to paycheck to retiring early.



THE BEST LOOKS of Services

SO, YOU THOUGHT
TRADESTAY WAS JUST
ABOUT A DECENT BED IN A
NO-FRILLS ROOM, HUH?
WELL, SURPRISE! WE'RE ALL
ABOUT TAKING IT BEYOND
THE BASICS. WE'RE HERE TO
MIX THINGS UP AND RAISE
THAT BAR HIGH. READY FOR
THE NEXT LEVEL? WE SURE
ARE!

Health, Wealth and Happiness

Coaching Services

TradeStay has partnered with a Certified Life Coach, Certified Personal Trainer and Certified Nutritional Coach to promote health and abundance for all quests.

Investment Services

Welcome to the world of TradeStay, where our property-obsessed, hospitality gurus hold the reins. Not just here to stir up the industry, but also to share their love for the game. What's their strategy? They're spilling the beans – turning visitors into buddies, and buddies into accomplices in the pursuit of health, wealth, and joy. Strap in, folks! It's going to be a wild ride!

Coaching that EMPOWERS

Racquel Murray Certified Life Coach, Personal Trainer and Nuttrutional Coach.

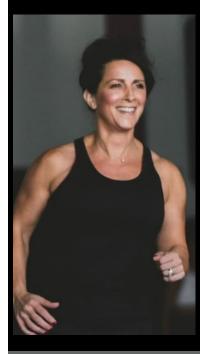
RACQUEL MURRAY COACHING CERTIFIED LIFE COACH,
CERTIFIED PERSONAL TRAINER AND NUTRITION COACH.
RACQUEL HAS AMASSED EXTENSIVE EXPERIENCE SPANNING
FROM THE RESTAURANT INDUSTRY TO THE CONSTRUCTION
SECTOR, DRIVEN BY A FERVENT COMMITMENT TO AIDING
INDIVIDUALS IN THEIR PURSUIT OF PERSONAL GROWTH.

Throughout her professional journey, she has come to recognize that authentic transformation commences within the realm of the psyche. Be it fitness aspirations or life objectives, she firmly believes that mental well-being holds equal significance alongside physical health. Presently, she dedicates herself to facilitating positive change in the lives of others. Whether through her insightful workshops, one-onone coaching sessions, or motivational speaking engagements, Racquel's mission remains steadfast: to empower individuals to unlock their full potential. She employs a holistic approach, integrating mindfulness practices, goal-setting strategies, and resilience-building exercises to help her clients navigate life's challenges with confidence and clarity. Her empathetic nature and keen understanding of human behavior enable her to connect deeply with those she mentors. Racquel's clients often describe her as a beacon of inspiration and a catalyst for profound personal development.

She champions the idea that everyone possesses the innate ability to transform their lives, and she works tirelessly to provide the tools and support necessary for this transformation. rates can be added into weekly/monthly room rates.

Contact TradeStay management 602.342.5650 ext 5. for discount and rate information.

All meetings will be virtual or telephone.





So, you've got some loved ones that fancy a visit? Well, just remember we're kind of like that posh nightclub that doesn't allow kids or 'plus ones' that weren't on the guest list. But don't fret! We're mates with some great Airbnb hosts that will roll out the welcome mat for your fam, minus those pesky booking and hotel fees.

House Services

Ever wonder what it would be like to stay somewhere that actually cares about your needs? Like, a place that genuinely wants to take the weight off your shoulders? That's what TradeStay is all about...



Home and FAMILY

House Services and Family Services.

HOUSE SERVICES OFFERED TO OUR GUESTS.
ALL INCLUDED RATES START AT \$600 WEEKLY.

- LAUNDRY WEEKLY OR BI-WEEKLY.
- FOOD PREP FOOD PREP MEALS, OR GROCERIES CAN BE ADDED TO YOUR RATE.
- COMPLIMENTARY HOLIDAY MEALS ARE DROPPED OFF AT THE HOUSE FOR CELEBRATIONS!
- COMPLIMENTARY ELECTROLYTES ARE DROPPED OFF AT THE HOUSES DURING THE SUMMER MONTHS PER REQUESTS.
- COMPLIMENTARY MONTHLY CLEANINGS OF THE HOUSE.
- PROPANE GRILLS AND RE-FILLS.
- TRAVELING AUTO MECHANICS.
- AIRPORT PICKUP DEPENDENT ON AVAILABILITY (SCHEDULE WITH TRADESTAY MANAGEMENT.)
- COMPLIMENTARY COMMON AREA REFILLS FOR PAPER GOODS AND CLEANING SUPPLIES.
- KITCHEN ITEMS, BEDROOM ITEMS AVAILABLE UPON REQUEST.

Family Services

So you have some family members itching for a visit? Keep in mind, we're not exactly a 'bring the whole gang' type of establishment. Think of us more like that upscale club that's a bit choosy about its guest list. But hey, no worries! We've partnered with a bunch of Airbnb hosts who are ready and waiting to give your family a hearty welcome, minus the hefty fees.



TradeStay CONCIERGE

Full Time Concierge for you.



Local Assistance

- Reservations.
- Events Tickets and Information.
- · Activity Guides and Information.
- Private and Public Transportation Airport pickup and drop off.
- Area guides revolving around safety, shopping, of any other requested topic.
- Auto Cleaning and travel mechanic services.

Accommodations for your family when they come to visit.

- · Travel Assistance.
- Flights and lodging research and reservations.
- We partner with the finest Airbnb's locally so
 we can provide you the best stays for your
 families and since we make personal
 relationships, we save you the fees of booking
 online with Airbnb.
- · Tours, Activities and Excursions.
- · Itinerary Creation.

Local Recommendations

 We've travelled all over and work with partners to plan travel and concierge services. Whether you're going home or on vacation or to the next job, let our partners help you with the details or give you the inside scoop.

Researching and Reporting

- Local Covered Medical Providers.
- Education/ Advancement Programs.
- · Assistance acquiring hard to find items.
- · General time saving research unrelated to travel.

IF YOU'RE TRAVELING TO ANOTHER LOCATION REACH OUT, WE MAY HAVE PARTNERS IN THOSE LOCATIONS AS WELL OR WE MAY LOOK TO EXPAND INTO THOSE LOCATIONS.



AMBASSADORS



BECOME AN AMBASSADOR TODAY!

PAST OR CURRENT GUESTS OF OURS BECOME AMBASSADORS TO IMPROVE YOUR LIFE ON THE ROAD. EARN COMMISSIONS ON CORPORATE CONTRACTS AND HIGHER COMMISSIONS ON REFERRALS SO WE CAN HELP MORE PEOPLE AND IMPROVE LIFE ON ALL JOB SITES. BE AN AMBASSADOR EVEN IF YOU GET A CONTRACT FOR A CITY YOU'RE NOT WORKING IN NOW, WE ARE ALWAYS LOOKING TO EXPAND.



JOIN OUR MEMBERSHIP

Wherever the road may take you, TradeStay has your back.



PLATINUM

\$100 MONTHLY PER PERSON

National coverage and full access to TradeStay Services.

A phone-call or text away. Tell us where your next project is, and we'll get you set up and connected with the local community within 24 hours with discounted hotel rooms and safe places to stay and good food to eat. Access to all reaches of the nation and exclusives to any TradeStay stays and events.

GOLD

\$40 MONTHLY PER PERSON

Up to 5 states. Full access to TradeStay Services.

A phone-call or text away. Tell us where your next project is, and we'll get you set up and connected with the local community within 24 hours with discounted hotel rooms and safe places to stay and good food to eat. Working in a region, this option is great for you traveling through states.

SILVER

\$20 MONTHLY PER PERSON

l state and all access within the state. Full access to TradeStay Services.

A phone-call or text away. Tell us where your next project is, and we'll get you set up and connected with the local community within 24 hours with discounted hotel rooms and safe places to stay and good food to eat. Working in only 1 state at a time, this option is great for you.

SO YOU'RE A TRADESPERSON ON THE MOVE, HUH?
HOW'D YOU LIKE TO BE PART OF A COMMUNITY WHERE
YOU CAN KICK BACK AND RELAX WITH OTHERS JUST LIKE
YOU? WELCOME TO TRADESTAY! IT'S LIKE A MONTHLY
BLOCK PARTY FOR TRADESPEOPLE. WHETHER YOU'RE
STAYING WITH US OR JUST IN THE AREA, COME ON
DOWN AND JOIN THE FUN. WHAT'S BETTER THAN GOOD
COMPANY AND SOME LAUGHS.



MONTHLY GATHERINGS for Everyone



Pay it Forward

You accumulate a lot of things while you're traveling for work. At TradeStay we offer to buyback whatever you don't want to take with you when the job is done. We can provide it to the next guest. TVs, Kitchen Items, Bedding, Tools, Outdoor Items, Pool and River Floats.

Let us know how we can help.



TradeStay Buy-Back Program

www.tradestay.us/buy-back



NEW DROPS OF MERCH ON THE WEBSITE

FREE DELIVERY



