

The New York Times

In Transit

A Guide to Intelligent Travel

With a Hotel Stay, a Little Comedy, a Little More Sleep

By ERIKA ALLEN JULY 2, 2013 2:50 PM 1 Comment

Long-term-stay residence AKA hosts everyone from business travelers to tourists looking for affordable but upscale apartment-like accommodations to make them feel at home while in a new city.

But recognizing that extended stays can mean more downtime than the average hotel guest might have, AKA created the Live It program, which offers guests the opportunity to become active in the cities they are visiting, and perhaps realize a few personal goals.

At the firm's Sutton Place location in New York City, guests who are interested in sharpening their comedic skills, for example, can participate in a comedy and improv workshop.

In one exercise, actors from New York City's Magnet Theater get guests riled up, encouraging them to share their biggest gripes—not about their stay, but about life in general, as [Emma Weissmann reports](#) in Travel Weekly. The result is a cacophony of complaints meant to be both hilarious and stress-reducing.

Other Live It programs include a “sleep school” in partnership with New York University's School of Medicine Sleep Disorder Center, which offers seminars on sleep and advice from sleep professionals.

Or residents can polish their palates and wine-pairing skills in classes led by staff members at the Acker Merrall & Condit wine shop on Manhattan's Upper West Side.

QUINN