When thinking about how young professionals spend down time on business trips, here’s where they most often find themselves:

- 69% Eating at local restaurants
- 59% Exploring the city/neighborhood
- 56% Sleeping/relaxing
- 38% Catching up on work emails / phone calls
- 38% Attending a happy hour
- 38% Spending time with other meeting/event attendees
- 35% Working out
- 32% Unwinding at the lobby/hotel bar
- 29% Streaming their favorite show

We found that 63% are more inspired in a busy social environment when working alone. Here are a few things that can make the environment even more desirable:

- 92% prefer a meeting space with natural light/windows
- 80% prefer a colorful meeting space with elements inspired by their surroundings
- 82% prefer a meeting space with advanced, intuitive technology beyond Wi-Fi

MAKING BUSINESS TRIPS WORK FOR TODAY’S YOUNG BUSINESS TRAVELERS

RESEARCH SOURCES:
Hilton commissioned a 15-minute, online survey among a nationally-representative sample of over 1,200 U.S. travelers, adults ages 23-35, who stayed in a hotel (domestic or international) for business purposes in the past 12 months. The margin of error for this sample is +/- 2.8% at the 95% confidence level. The survey was fielded by Edelman Intelligence between June 4-7, 2019.

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