

# INDUSTRY WEEKLY DIGEST

#HOSPITALITYatSurrey



## AN INTRODUCTION TO THE INSTITUTE OF HOSPITALITY

### HOW YOU CAN MAKE THE MOST OUT OF YOUR STUDENT MEMBERSHIP

As we are welcoming our new and returning students on campus, we are highlighting our partner organisation, **The Institute of Hospitality**, and the benefits it offers for our hospitality students. **Rachael Stevens MIH**, Chair of the **Sussex branch of the Institute of Hospitality**, is our guest writer for this week's industry digest. Have a great weekend!

*What's in this issue:*

**THE INSTITUTE  
OF HOSPITALITY**



# The Institute of Hospitality

## RACHAEL STEVENS MIH

Firstly, if you are reading this, congratulations to those of you attending University of Surrey for the first time this semester, and welcome back for those returning for years two, three and four! The very best of luck to you all, as you take these next exciting steps in your career.

Back in 2016 I was a graduate myself having studied a BA (Hons) in International Hospitality Management, and as recently as this year I had the privilege of being appointed Chair of **the Institute of Hospitality Sussex Branch**. I, much like yourselves, **benefitted from a free student membership of the IoH** whilst studying at University, and following that chose to continue my membership with them ever since.

But why did I do this? Well, alongside me utilising the wide range of resources available to me (via the IoH) throughout my time at university, one of my lecturers encouraged me to participate in the IoH's flagship student event called 'Passion for Hospitality' which was a career defining moment and something that I would encourage yourselves to participate in too.

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Much like you are all probably thinking right now, I too hated the idea of public speaking and the fear of doing something that I had never done before, something outside of my comfort zone, but much to my surprise my team and I went on to win the event. There were competing teams from throughout the UK and even internationally so to this day was, and still is one of my proudest achievements.

My point in recounting this for you today is, if you were to take anything away from this blog, I'd advise you to get used to that feeling of 'fear' of challenging yourself and doing something new over these next few years... and do it anyway!! I promise that when you come out the other side, you will be glad you did! Sometimes a risk is worth taking.



Alongside this, I have also enjoyed being a mentee on their 'Mentor me programme' and attending many of the industry events that has opened up opportunities for me to meet some amazing people in our industry. People that one day will consider it an honour to meet yourselves, and hear about your own, individual, journeys. I will be first in that queue.

Within my role as Chair of the Sussex Branch, myself and the committee are passionate about helping individuals like yourselves get off to the best possible start in your careers, supporting your ongoing development throughout. With this in mind, we have a series of free events in the pipeline for you to sign up to and benefit from (you can also access our previous ones here too).

Our next event coming up in October is entitled '**Demystifying mentors**', in celebration of National mentoring day, to give you an insight into the benefits having a mentor can bring to your own careers and answer any burning questions you may have. I have personally really felt the benefit from having mentors and I know you will too, so do feel free to sign up and join us!

From all of the Sussex branch committee, we extend you a very warm and friendly welcome to membership of the IOH, and we look forward to personally meeting you all, very soon.



**Rachael Stevens MIH**  
Chair of the Sussex Branch  
The Institute of Hospitality