

BBC News Report Job Interviews Transcript

A job interview is one of the most stressful situations we can put ourselves in. We have only a short amount of time to sell ourselves, to prove that we are worthy of the job being offered.

There are many ways to prepare for an interview and different strategies for coping with the interview itself.

However, there are some pitfalls that every interviewee should try to avoid.

Don't lie! Everyone exaggerates on their CV, don't they? Well, that's fine unless you get caught out. That shows the interviewer that you are dishonest. Probably not one of the character traits they're looking for.

Find out about the company you are applying for. That means more than a quick internet search. It's easy to come up with a few superficial things but a wily interviewer is likely to see through the veneer if you really know nothing about the company. The only sure solution is to prepare thoroughly.

Be presentable. This means more than just wearing appropriate clothes. As well as dress, there's body language, the way you shake hands, the way you sit, the tone and pitch of your voice. Every mannerism is scrutinised.

However, not every aspect of the interview can be prepared for. Facebook CEO Mark Zuckerberg says there's just one test he uses for potential employees.

He would only hire someone he himself would want to work for.

So far, it seems the test has served the billionaire entrepreneur well.

He employed Sheryl Sandberg as his chief operating officer and now considers her a mentor.

Facebook has more than a billion users but its workforce is relatively small, with fewer than 10,000 people employed by the company.

Zuckerberg says the most important thing when looking for a job is to *"just have faith in yourself and trust yourself?"*

International Youth Hostels In 1912 Richard Schimmann created the first permanent ‘youth hostel’ in Altena Castle, Germany, with the aim of giving poor city youngsters opportunities to breathe fresh outdoor air. The young people were to run the hostel themselves as much as possible, doing chores to keep down costs and build their character, as well as being physically active outdoors. One feature of most hostels until very recently was that they shut down in the middle of the day. Nowadays, prescribed chores beyond washing up after self-catered meals are rare.

Schimmann’s idea of hostels rapidly spread overseas and today Hostelling International is an organisation of more than 90 Youth Hostel Associations (YHA) with over 4,500 hostels in more than 800 countries. There are also many independent hostels.

Some HI (Hostelling International) hostels cater mostly for school-aged children, for example through school trips, whereas others are targeting the needs of those wanting to travel and experience new cultures. This is particularly true in major cities and popular tourist destinations where HI hostels can be very large. The Pakistan YHA is starting a scheme called ‘Hostelling for Citizenship’; young people from rural areas will be selected to visit historic cities and meet their counterparts from other regions, their board paid for by the Government. There are many other hostels world-wide that provide accommodation for outdoor pursuits like hill-walking, windsurfing and bike touring. Such hostels are likely to be smaller and in more remote, even isolated, locations.

In response to competition and a change in the type of traveller using them, some hostels – called ‘boutique’ – have trendy interiors. Some have chefs who produce unusual meals, whilst others have artwork in the rooms. Mobile hostels are becoming popular; these have no fixed location and might be a campsite or a temporary building; they often sprout up at large festivals and events like the Football World Cup.

Even established hostels may occupy unusual buildings, some of which allow for special activities. On the rugged California coast, about 25 miles south of San Francisco, sits a fog signal and light station. Built in 1875 and now restored, it is used as a hostel to attract visitors who want to enjoy the unique marine environment, especially the annual migration of the grey whale. One castle in Scotland was built for a duchess and the original guests were wealthy, influential people. It has a large art collection, particularly of Italian marble statues. In Ireland is a hugely spacious hostel dug into the hillside. The 30-metre structure is aligned to the dawns and dusks of both the summer and winter solstices, when sunbeams light up the central hall. Guests stay in dormitories circling the round hall, which is used for yoga and meditation. An old tea plantation in Malaysia has a farmstay hostel where guests are able to learn specialist agricultural techniques.

In the early 20th century, accommodation was always in dormitories where possessions were stowed under the bunks. Today there are private rooms with free internet access and safety deposit boxes available.

Hostelling has indeed undergone a transformation.