No worries

**Summary:** Accepting a job interview means putting oneself in the position of being evaluated and deemed more or less adequate according to a set of characteristics that are linked to the job in question. This can increase the level of anxiety of the candidate, that can lead to self-sabotage. The activity wants to give participants the opportunity to simulate job interviews and to practise so that they will know how to prepare for their real interviews.

**Key words:** Interview, simulation, confidence.

**Aims:** Acquiring knowledge and awareness of the types of job interview; learning how to behave during an interview.

**Participants:** Trainers, teachers and students of all school levels.

**Description:** The activity aims to support the participants during their personal preparation for a job interview, giving them the opportunity to run simulations in which they impersonate both the employer and the candidate. For each type of interview (individual, group, serial, panel), one or more simulations will be carried out, followed by a group discussion. The participants should also think of how they are going to dress for the occasion, and from time to time the simulation can be stopped to make observations or provide suggestions (for example concerning the posture, the communication aspects, etc.). If the group is numerous, it is likely that not everyone will be able to take part into the simulation, but the discussions and the questions following the simulations will make all the participants learn information and knowledge about themselves and the others.

**Material:** Conference room, pieces of paper, pens.

**Method:** Training Group, Learning by Doing.

**Advice for Facilitators:** Sometimes people get anxious even during simulations, so it’s important to create a relaxed and calm atmosphere.

**Contributor:** School administration, refugee institutions, youth welfare institutions, migrant associations.