

Interview simulation exercises guide

A successful interview begins with preparation. This guide offers 7 essential exercises to help you organize your ideas, answer common questions clearly, and express your experience and motivation in a convincing way. Practice out loud, write down your ideas, and adapt them to the field and role you are applying for. The better you prepare, the more confident you will be going into your interview.

Exercise 1 – Personal introduction (2–3 minutes)

Question: “Tell us about yourself.” What to include:

- Your name and field of work
- Relevant experience (in Ukraine and/or Romania)
- What you’re currently looking for professionally

Goal: To create a clear, coherent, and authentic introduction

Example:

“My name is Olena and I have 5 years of experience in logistics, working as a transport dispatcher in Ukraine. Since arriving in Romania, I completed a Romanian language course and volunteered with a local NGO. I’m an organized person and I’d like to contribute to a dynamic team where I can grow and develop professionally.”

Exercise 2 – Your adaptation story

Question: “How did you adapt to life in Romania?”. What to include:

- Difficulties you faced at the beginning
- Concrete actions (language courses, volunteering, community involvement)
- What you’ve learned and how you’ve grown personally

Goal: To highlight resilience and motivation to integrate

Example:

“At first, it was hard to adapt to a new system and language, but I actively looked for opportunities. I took a Romanian course, became a volunteer, and met new people. I learned to manage in a different environment and regained confidence in myself.”

Exercise 3 – Solving a problem at work

Question: “Describe a time when you solved a difficult problem.”. What to include:

- The context (where, when)
- What you did specifically
- What outcome you achieved

Goal: To show your problem-solving, initiative, and communication skills

Example:

“I was working as a dispatcher and a major delivery was delayed. The client was upset. I immediately contacted the transporters, found an alternative route, and kept the client informed throughout the process. I minimized the delay and maintained our professional relationship.”

Exercise 4 – A moment of learning

Question: “Tell us about a time you learned something important at work.”

What to include:

- The challenge you faced
- What you learned from it (both professionally and personally)
- How you applied that lesson later

Goal: To demonstrate your willingness to grow and learn flexibly

Example:

“When I started in a new office, I struggled with a software I didn’t know. I asked colleagues for help, watched tutorials, and within two weeks I could work independently. Since then, I’ve learned not to fear saying 'I don’t know' — but to learn quickly instead.”

Exercise 5 – Teamwork

Question: “How do you collaborate with others?”. What to include:

- An example of successful collaboration
- How you handle differences of opinion
- How you contribute to a positive atmosphere

Goal: To show you can work well in a team, in any setting

Example:

“I enjoy collaborating, especially in high-pressure situations. At my last job, during an urgent project, we clearly divided tasks, supported each other, and delivered on time. I believe respect and clear communication are the foundation of any team.”

Exercise 6 – Your questions for the employer

Question: “Do you have any questions for us?”. What to include:

- Genuine curiosity about the company, team, or role
- Interest in growth opportunities and clarity about responsibilities

Goal: To show professionalism, engagement, and initiative

Examples of questions to ask:

- “What does a typical day in this role look like?”
- “What training is available for new employees?”
- “What are the team’s values, and how are they reflected in daily work?”

Exercise 7 – Difficult or uncomfortable questions

Question: “Why is there a gap in your CV?” or “Why did you leave your last job?”

What to include:

- An honest but balanced response
- Avoid criticizing previous employers
- Emphasize what you’ve learned and what you’re looking for now

Goal: To handle sensitive questions with calm and maturity

Example:

“I took time off to care for my family and was not employed during that period. Meanwhile, I learned Romanian, did volunteer work, and focused on my development. Now I’m ready to return to work and I’m looking for a stable role where I can contribute with my experience.”

Final thoughts

Preparing for an interview is not just about knowing “what to say” — it’s about learning how to present yourself with confidence and clarity. Each exercise in this guide is a chance to reflect on your journey, learn from your experiences, and build a message that represents you.

No matter your work history or the challenges you’ve faced, the interview is your opportunity to show who you are, what you can do, and how motivated you are to contribute. There are no “perfect” answers — only sincere, well-thought-out ones adapted to the situation.

Practice as many times as you need. Use your own voice. Seek support — from a counselor, a friend, or even a mirror. With each repetition, you’ll gain more clarity, authenticity, and confidence.

Didn’t get the job?

That’s OK 😊 Interviews are also great learning experiences. Reflect on what went well, what you could improve, and keep practicing. Every interview gets you closer to the right opportunity.

Don’t be discouraged. You’re building skills, confidence, and a clearer message with every step.

Good luck with your interviews, and remember:

The right job is also looking for you!