

THE DOS AND DON'T AT GURKHA SELECTION INTERVIEW

Do

1. ALWAYS be honest. The British Army takes honesty very seriously. If we think you are lying we will not allow you to join.
2. Use your own Answers. If we ask you a question, take your time and use your own life experience. Do not give an answer someone has told you to say. It does not work and is the biggest reason for people failing at Regional Selection.
3. Practice Interviewing. Ask a friend or relative to ask you questions. Practice answering in English and Nepali.
4. BE YOURSELF. We want to know about you.
5. Look at the person who you are talking to. Make eye contact.
6. Be confident
7. Research the Brigade of Gurkhas and the British Army. You would never go to any job interview without doing some research. This is no different. Here are some links to help you

<http://www.gurkhabde.com/> This provides information on the Brigade of Gurkhas, our history and current events going on.

<https://www.army.mod.uk/> This is the British Army Website and will give you a broader view of what the British Army is doing around the world and the opportunities which exist.

https://en.wikipedia.org/wiki/British_Army This is the wikipedia page which gives the history of the British Army. You can research this if you have time and interest in our history.

DON'T

1. Don't be Chalak. We will spot it and you will not get in.
2. Don't be nervous. We want to see you at your best. We are not expecting perfection. We just want to see the real you
3. Don't believe that you can buy your way through. You cannot. We will assess you and everyone else fairly. Do not waste your money. It will not help.
4. Don't copy answers from anyone else.
5. Answer only the question being asked. Do not get distracted and waste your interview time.