

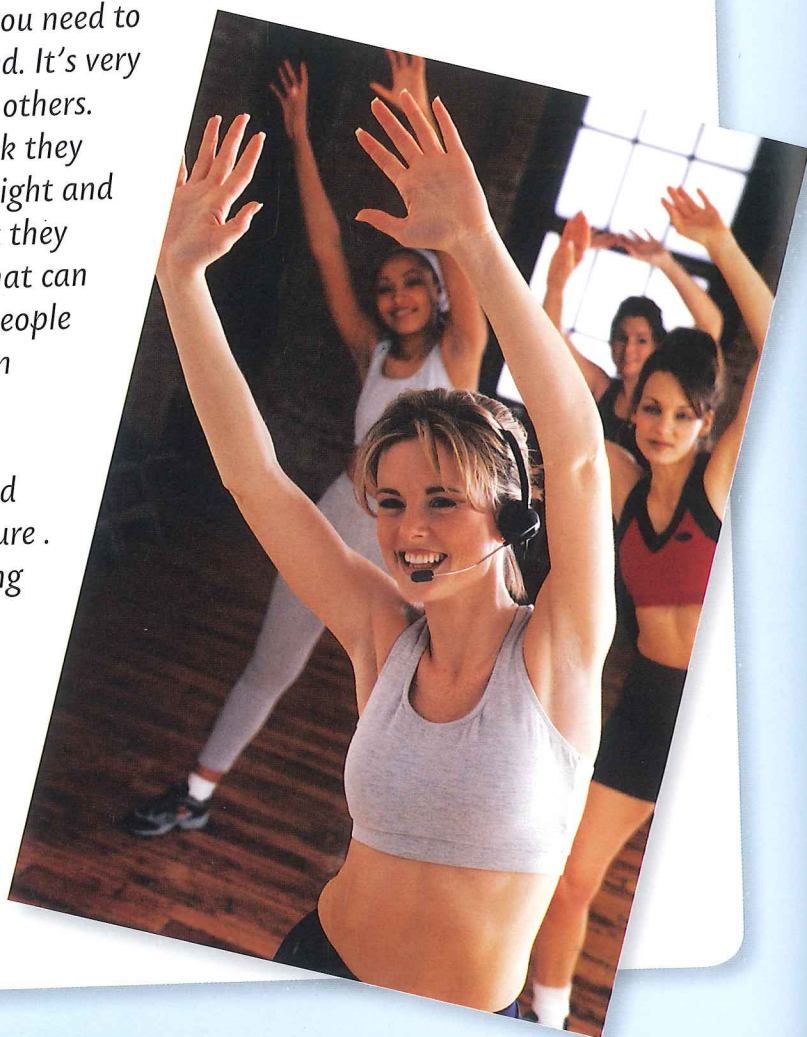


## **Shara – personal trainer**

'It's not like I rush into work every day, but I do really enjoy the job. In fact it's great being able to turn an interest, or with me a bit of an obsession, into a profession. I liked playing sports at first, but moved away from team sports like hockey and started going down to the gym a lot more . . . running on the treadmill, working out, swimming and generally keeping fit. I worked really hard on my own fitness as a teenager. I was leaving school but didn't really know what to do for a career. I had a couple of part-time jobs, but that was when I realised I'd be a lot happier working at the gym.'

'It's hard work and you need to do long hours to succeed. It's very important to motivate others. Sometimes people think they want to get fit, lose weight and eat more healthily, but they lack the will-power. That can be frustrating, when people give up so quickly. Even harder is when they're doing quite well, but progress is gradual and they want a miracle cure . . . and they stop coming to see me. My thing is to always give them realistic goals.'

Instructors can provide group exercise classes, for example aerobics, which can be a lot of fun as well as a good workout.



## Simon – painter and decorator

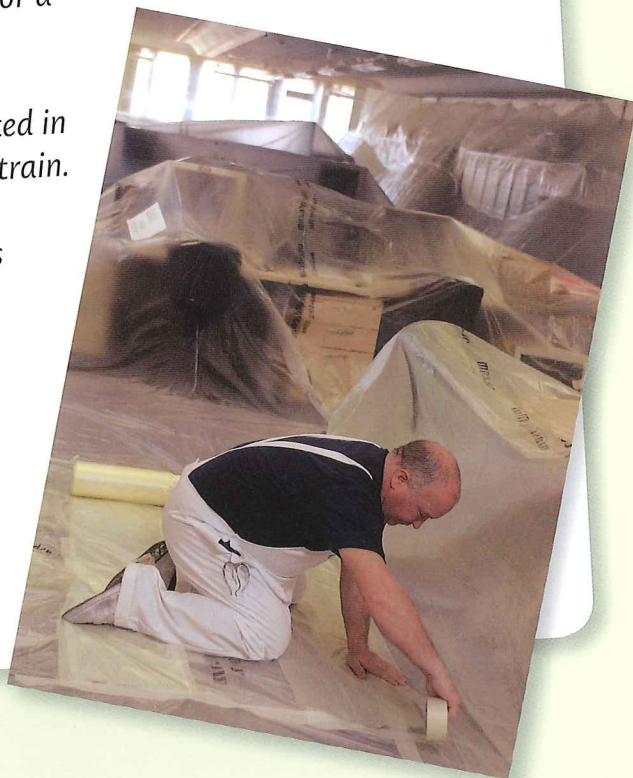
'I've been a decorator and builder for 21 years. I found my first job at an employment centre – it involved painting and decorating a hotel. I didn't have any qualifications or experience but learnt on the job. During the early years of my career, I gained a qualification in hard landscaping, for building patios. Now I'm self-employed, and I mostly do painting and decorating work.

'I usually work from 8 a.m. to around 4.30 or 5 p.m., depending on the season and the amount of daylight. In the summer months, I can work longer hours. There's plenty of variety in this line of work. I could be high up on scaffolding, painting the exterior of a building, or indoors painting woodwork.

'I also enjoy meeting different people and seeing their satisfaction when I've finished, and the building looks greatly improved. The disadvantages are mostly to do with being self-employed, such as not having paid holiday leave. Sometimes the work is boring, if you're doing exactly the same kind of painting for a long time.

'I'd advise anyone who's interested in this job to find a suitable place to train. Doing an apprenticeship is ideal. Working on a large building site is great because it offers you opportunities to try out different kinds of work. Builders are amusing to work with too!'

This decorator is covering furniture and fittings before spraying paint to prevent any damage.







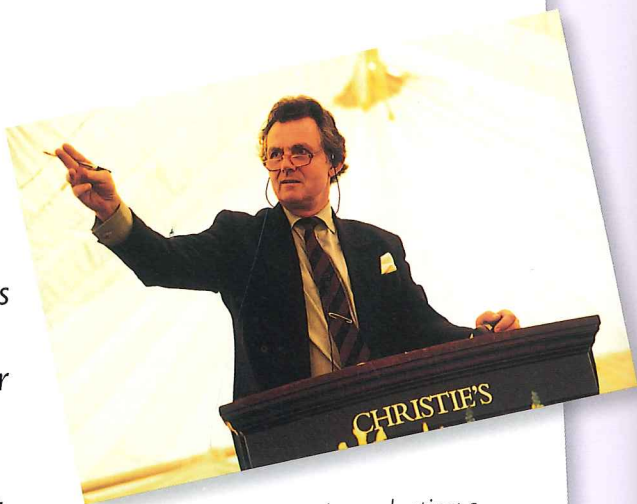
## Neil – auctioneer

*'I deal in antique toys. I identify them and describe them in a catalogue which is sent out to a list of clients and available to anyone else who might want to buy. I work with regular suppliers, but also pick things up at fairs and charity shops. We put the items on display a week before the sale so that people can see them and ask any questions.'*

*'The auction itself gives me a real buzz. The room is crowded, there are phone lines for phone bidders and a video link for online bidders. It's a performance – you have to get people to relax and get them into the rhythm of the sale. And it's important not to talk so quickly that people don't understand what you're saying. Some people come from abroad to buy, so English is not their first language. Speaking slowly and clearly helps them.'*

*'In the lead-up to a sale, I often have to research the items I'm selling – find out where they were made, how old they are, what they're worth, who might have used them. . . This information goes into the catalogue. And then sometimes a buyer will ask another question and I'll have to do more research. It's rewarding and challenging – it can turn into a bit of detective work sometimes.'*

*'It's very rewarding when someone comes along with something they suspect is a bit of old junk and it turns out to be really valuable or important. They don't always go on to sell it. Some people decide to keep an item that has a bit of a history.'*



*This auctioneer is conducting a sale of items from a country house. He will be qualified in a relevant subject, such as art history.*



## Anton – tour manager

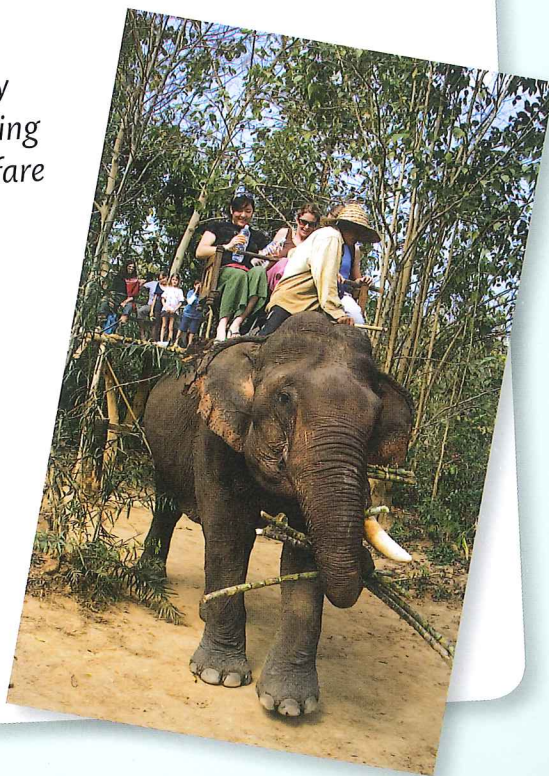
'I have worked as an adventure tour manager for three years. At the moment I am based in Vietnam. I escort each group from the time they arrive to their departure two weeks later.

'Adventure travel is different from the usual escorted tour. Rather than just sightseeing, people sign up for an active holiday. So we go kayaking in Ha Long Bay, trekking in the Sapa Mountains, rafting on the Red River, and riding elephants through the jungle, all with local guides.

'After breakfast, I collect the group and we go by coach to our destination. I have briefed them the night before on what to expect and what to take – protective clothing, insect repellent and so on. After a morning hike past paddy fields and a visit to a local temple, we have lunch by the riverbank. Then we go by boat downstream to the village for our overnight stay. People have time to relax or explore before dinner and a display of local dancing.

'When I tell people about my job they think it must one long holiday – but being responsible for people's safety and welfare is no holiday, believe me! I also have to do a lot of paperwork, such as daily reports, accounts and incident sheets. Travellers pay good money for their tours so they want every day to be interesting and memorable.'

The experience of a lifetime –  
tourists take an elephant ride  
in Laos.







## Alice – occupational therapist

'What I enjoy about being an occupational therapist is also what can often make my job a difficult and demanding one, but it is never boring or repetitive! Every person I work with has his or her own difficulties – from the young child who has a clumsy gait (walking pattern) and finds school life difficult to the elderly adult who relies on a wheelchair to get around and needs advice to redesign her kitchen. My job is to assist and enable individuals to achieve their maximum level of independence and functioning. This is challenging as every one of us has different ideas, goals, family support, and living environments that affect what we want to achieve in life. For a person with a disability, what we would consider minor actions, such as putting on socks and shoes, can be a major achievement.'

'One of the attractions of the job is the different individuals we work with, plus the variety of working environments such as hospitals, schools, people's own homes and work situations. When people disregard your advice or have no desire to achieve agreed goals, the job can be frustrating. But what's great about it is that there is huge scope for "job satisfaction".'

An occupational therapist can assess a patient's movement skills using a peg board.





A presenter on a live radio show must be confident and spontaneous.



### Quentin – radio presenter

'While studying science at university, I became involved in the student film society. I particularly enjoyed the media and publicity side, so this swayed me into journalism. I started in print journalism and with a little radio work, then went to journalism school to learn my craft. When I finished, I became a BBC news trainee in Scotland. I came up with ideas for lively arts and youth programmes which I was allowed to make.

'I began producing arts programmes in London for BBC radio, and while I was working as a presenter on the Radio 4 programme "Kaleidoscope", my sordid past in science was discovered. I was offered science and technology programmes to present, ending with the long-running "Material World" on Radio 4.

'I work freelance, and I'm very happy with where I am now. Every day is different – although there's a lot of sitting in front of a computer researching or writing. Each week I introduce people on the show who know much more about a subject than I do, so I have to do a lot of background work. Apart from writing a script and thinking up questions, I see my job as keeping the conversation flowing, directed and still anchored to the non-specialist world. I want anyone listening to get something from the show. Sometimes I succeed, sometimes I don't.'