

# 5 Things Cabin Crew Applicants Miss

## And Why They Don't Get the Call

From someone who applied for 8+ years before landing the job internationally. No gatekeeping. Just what actually works.

5

**PRACTICAL SHIFTS**

to prepare with presence



# The call is shaped before the first question.

Most applicants practice their answers, pick a nice outfit, and show up ready to perform. But they miss the five things that actually make recruiters notice, remember, and choose them. This guide breaks each one down so you walk into your next airline interview prepared for real - not just ready to perform.

## How to use this guide

Read one point at a time. Turn the highlighted action into something you can practise this week. Then use the quick reference on the final page before interview day.

## THE FIVE SHIFTS

01

### Your energy

Walk in feeling like you already belong there.

02

### Non-negotiables

Requirements are not suggestions.

03

### Career understanding

Know the real job, not the Instagram version.

04

### Personality fit

Show that you can last, not only be nice.

05

### Body awareness

The interview starts when you enter the room.

## Your Energy

*“Walk in feeling like you already belong there.”*

Your energy is evaluated before you even open your mouth. The second you walk in, recruiters are already forming an impression. They see hundreds of applicants in one day - low energy, nervous fidgeting, or a flat demeanour makes you forgettable before you say hello.

### What to do instead

Do not spend your waiting time comparing yourself to the other applicants in line. Actively manage how you feel before your slot.

### REAL EXAMPLE

Find your song and play it right before your name is called. The goal is to walk in feeling like you already belong there, not like you are hoping they pick you.





## Non-Negotiables

*“If they say bring it, bring it. No follow-ups.”*

Every airline publishes the minimum requirements for applicants. These are not suggestions. If you do not meet them, you will not get through the door - no matter how charming or talented you are.

### Common non-negotiables

- Valid passport
- NBI clearance or equivalent background check
- Height or reach test completed before you apply
- Every document listed in the official job posting

### REAL EXAMPLE

Check the official job post. Gather every document, confirm the reach test at home and do not rely on “I will follow up later.”



## Career Understanding

*“Know the real job, not the Instagram version.”*

A lot of applicants romanticize cabin crew life: free travel, layover photos and a glamorous uniform. Recruiters can tell immediately if that is all you think the job is.

### The reality of the job

- You are primarily a safety and security officer.
- Training is demanding academically and physically.
- It is a lifestyle change, not just a career change.

### WHAT TO PREPARE

Research the actual training process of the airline. Understand what cabin crew do in an emergency. Be ready to explain why you accept the service, safety and lifestyle demands.





## Personality Fit for the Lifestyle

*“They are not just asking if you are nice. They are asking if you will last.”*

Being great cabin crew is not just about being friendly mid-flight. It is about having the personality to handle the lifestyle sustainably over months and years.

### What the lifestyle actually looks like

International crew often live in company accommodation with other crew, while constantly moving across routes and time zones. You can be surrounded by people and still feel completely alone.

### ASK YOURSELF BEFORE THE INTERVIEW

Am I ready to be okay alone, far from home, for long stretches? That self-awareness is what recruiters are looking for.



## Body Awareness

*“The interview starts when you walk in the door, not when your name is called.”*

Most applicants are at 100% only when it is their turn to speak. Recruiters observe you from the moment you enter the room. The small things add up fast.

### What they observe while you wait

- Did you greet the person sitting next to you?
- Are you slouching in your chair?
- Are you on your phone the whole time?
- Are you attentive and present?

### WHAT TO DO

Treat the entire day as the interview. Sit up straight. Be warm to the people around you. Stay present, even when it is not your turn.





# Quick reference

Five things recruiters are watching for - and the impression you leave when you miss them.

**01**      **Your energy**

Low presence. Easy to forget.

**02**      **Non-negotiables**

Unpreparedness. Disrespect for requirements.

**03**      **Career understanding**

You want the fantasy, not the actual job.

**04**      **Personality fit**

Longevity risk. They question if you will last.

**05**      **Body awareness**

You only show up when you think you are being watched.

## Your dream, one answer away.

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