**Interview Project**

**Interview Transcript**

**Interviewer**: Hana Koueider

**Narrator**: Asmaa Al Zohairy

**Date**: 11/03/2014

**Place**: The Bakery

111El Hegaz St.

Heliopolis

**College:** The American University in Cairo

**Prof.:** Professor Kim Fox

**Date:** 14 March 2014

11 March 2014

Persons present: Hana Koueider

Asmaa Al Zohairy

Koueider: Hey! How are you doing today? Thanks for making the interview. Can we start the interview by introducing yourself?

Al Zohairy: Hi Hana. Thank you so much for the interview. I apologize for my sick voice. Well, I have to tell you first my name is Asmaa. (Clears throat) Asmaa El Zohairy. I am twenty-five. I work as an aerobics instructor, besides freelance reporter and interpreter.

Koueider: And where do you live?

Al Zohairy: I live in Heliopolis.

Koueider: Okay. And, I understand you're an AUC graduate. What did you study?

Al Zohairy: I studied mass. comm., (clears throat) broadcast (pause) was my specialization. (Clears throat)

Koueider: And when did you graduate?

Al Zohairy: Ah well, as far as I remember, I think it was winter 2010.

Koueider: Ah so that's a year before the revolution.

Al Zohairy: Yeah, that's actually-- that's exactly a year before the revolution.

Koueider: And what was your role as a broadcast graduate in the revolution?

Al Zohairy: That's interesting. Where to start the story? (clears throat) In that year, I worked in an irrelevant foundation, micro-finance foundation and by the time the revolution was, you know, we start to feel it and sense it, I quit my job. It was a communication assistant at that foundation.

Koueider: And why did you quit your job?

Al Zohairy: I wasn't learning any- +anything. I wasn't learning much. I-- it was a year, my boss was terrible (laughs). It was my first year after graduation (laughs) working. It was, you know, it was time-- It was time to leave that place and, you know, find something else. And that was TV.

Koueider: And what did you do in TV?

Al Zohairy: Well, I applied as a field producer for a new TV station that was coming out at the time. And I had to do all, you know, the tests we have to do, doing your pilot, and we did a piece on the revolution so that when I started working with TV it was June 2011 so that was about, you know like, four months or five months after the revolution.

Koueider: And what was the TV piece about, exactly?

Al Zohairy: Well, It was about, you know, revolution in the sense of the rise of patriotism, the sense of being proud of being Egyptian. And we had to interview a couple of, you know, young people who I know, who are my friends, and who used to sit in in the square and, you know, talk about their sense of that, you know patriotism, where how do you feel, how do they feel after the revolution. That sense of cleaning the street and feeling proud of your \*Egyptian-ness, you know. It-- it was a pretty social light piece about the revolution and it got aired.

Koueider: But now, I understand you're doing fitness. I mean how did the shift come along? Why did you choose fitness over broadcast?

Al Zohairy: Well, fo- +for one thing, fitness has been always my passion. (Clears throat) I've always been into sports, into fitness, I wouldn't skip, you know, aerobics class at school. I'm always spending most of my time at the gym. I’ve-- I loved it, I kept reading about it. But after doing TV for, you know, one month, sorry that was too little, but I didn't really feel myself in that.

Koueider: And so how come you didn't realize that when you were back at university?

Al Zohairy: Well that—well that's a very good question, actually. Because mass comm. is pretty, you know, different. You can study all you want, it's theory but the real deal happens in real life when-- when you get out of university and get the first hand experience of actually covering news, having to be in the center of events, (clears throat) working 16 hours a day, you know. It didn't really work well for me. I didn't feel myself in that position. So, I had to find the mix. (Laughs).

Koueider: Yeah (laughs). And, let's go back to fitness. I mean you-- you're an instructor, you're doing classes but what kind of classes are you doing?

Al Zohairy: I do Body Step, I do Body Step and Body Pump. It's kind of an endurance, weightlifting kind of training that gets you toned and muscled without really getting bulky. To me, it's always about the studio, you know, loving the studio, the atmosphere, having music, having people, training together, working like a team to music. It’s kind of my thing. I love that.

Koueider: And what kind of qualifications do you need to teach these classes?

Al Zohairy: I had to take a group fitness class and course from the academy, Gold's academy here, they offer that kind of certificates. That took about a month and a half to get really to know how to be a group fitness instructor, do your own choreography, do-- know the moves, you know, coaching technique, how to engage people in your class.

Koueider: And you think Les Mills is the best program out there?

Al Zohairy: O-- +on some level, yes. The best program to me as an instructor because they make you one of the best instructors out there. They teach you how to coach, how to be a trainer and motivator, you know, a friend to your clients. AND besides the fitness results you get. So, I do believe that Les Mills is one of the few, you know, fitness trends that actually pay off when you come to class, you love the instructor because they're good and you get the benefits of the workout. You train really hard without getting to injure yourself.

Koueider: And so, you wouldn't try to do anything else other than Les Mills, like, any other programs?

Al Zohairy: Well, I’m-- I’m starting now to do a bit of general fitness, kind of sports training, how to train athletes more than you know just training regular people who are interested in fitness.

Koueider: Yeah that sounds very interesting. But like, how come you’re still doing journalism? Why not just do fitness since you love it that much?

Al Zohairy: It wasn't-- It didn't pay ba-- It didn't pay off that much, both financially and physically. I was starting to get, you know, drained. I didn't have time to train on my own, for MYSELF.

Koueider: So it’s very time consuming that’s it, right?

Al Zohairy: It is-- It is time consuming and, you know, physically it was too much. So, I felt maybe I do both so I now teach still but in certain places I reduce the number of classes I do so that I still do what I love and still do fixing and translating with foreign media sometimes.

Koueider: Yeah that's great. And do you enjoy it? Do you enjoy what you're doing right now like after graduating from AUC and all of it?

Al Zohairy: Ah wow (laughs). You know, always my friends make fun of me for doing what I love. I really couldn't take the nine-to-five kinda job so I went for it. I do what I love and I make money from something else that I still love. So, I can—I can tell you that I'm kinda fulfilled and satisfied, you know, bringing both worlds together (Laughs).

Koueider: That's great. That's great. (Laughs).

Al Zohairy: (Laughs).

Koueider: Well, thanks a lot for the interview, was lovely talking to you.

Al Zohairy: Thank you so much Hana. The pleasure was mine. It was really-- it was really cool, you know, sharing that kinda experience with you. Goodluck.

Koueider: Thank you!