```html
<body>
    <nav>
        <ul id="wrapper">
            <li class="indiv-wrapper"><a href="index.html">home</a></li>
            <li class="indiv-wrapper"><a href="about.html">about</a></li>
            <li class="indiv-wrapper"><a href="interests.html">interests</a></li>
            <li class="indiv-wrapper"><a href="contacts.html">contacts</a></li>
        </ul>
    </nav>

</body>
```

```css
#wrapper{
    display: flex;
    flex-direction: row;
    justify-content: center;
    align-items: center;
    width: 100%;
    padding: 0;
    margin: 0;
}
.indiv-wrapper{
    display: flex;
    justify-content: center;
    align-items: center;
    list-style-type: none;
    flex: 1;
    transition: all 0.3s ease;
}
a{

    text-decoration: none;
    font-size: 40px;
    text-align: center;
    padding: 20px;
    color: white;
    transition: all 0.3s ease;
}
.indiv-wrapper:hover{
    background-color: white;
}
.indiv-wrapper:hover a{
    color: black;
}
nav{
background-color: black;
width: 100%;
}
```

The nav tag is a block element taking the whole width, while the a tag is an inline element which only takes up what it needs.

I used an id for the ul tag which will be the main container and a class for the li tags since the styles will apply for multiple elements.