

**Teacher : Dr. Benlakdar**

**Module : Translation and Interpreting**

**Level : 3<sup>rd</sup> year**



## **Translation of press articles**

Press articles encompass a wide range of topics, they are sourced from newspapers, magazines, or online publications. They usually cover current events, social issues, politics, culture, economy, sport, and more.

Translating press articles helps in developing translation techniques, starting from understanding the context, grasping the intended meaning, adapting the style, and ensuring accuracy.

Linguistic nuances, cultural connotations, collocations, and idiomatic expressions are to be taken into account when translating press articles.

Maintaining the integrity of the original text and respecting journalistic conventions are essential.

### **Journalistic conventions :**

Journalistic conventions should be observed when translating press articles. They refer to norms and practices established within the field of journalism. They shape the structure, style, and presentations of news. They include :

- **Concise and clear writing :** they avoid jargon or overly complex language ;
- **Accuracy :** Information should be accurate and truthful ;
- **Inverted Pyramid Structure :** this means that the most important information is presented at the beginning (the lead), followed by supporting details to enable the reader to grasp the key points quickly ;
- **Attribution :** journalists provide attribution to individuals, organizations, and use quotes ;

- Headlines and subheadlines : journalists use catchy titles that summarise the main information of the article. Content is usually broken down to sections.

## **Practice**

**Task 01 :** Identify the structure and features of the press articles below.

**Task 02 :** Comprehension questions

- What are the main topics of each article ?
- Who are the individuals or organizations mentioned in each article ?
- What are the significant events discussed in each article ?

**Task 03 :** Language analysis

- Identify any rhetorical devices or persuasive techniques used in the articles and explain their impact on the reader.
- Analyse the sentence structure and syntax in the articles. Are there any complex constructions that require special attention in translation ?
- Highlight any specific context mentioned in the articles and discuss the challenges it presents in translation.
- Examine the use of quotations or direct speech in the article. How would you handle these in translation to maintain accuracy and authenticity?

**Task 04 :** Critical thinking and evaluation

- Evaluate the credibility and reliability of the source quoted or referenced in these articles.
- Assess the articles' objectivity and identify any potential biases or subjective elements.
- Analyse the overall articles' effectiveness in conveying information, persuading readers, or raising awareness about the topics.

**Task 05 :** Writing and rewriting

- ❖ Summarise the main points of the articles.
- ❖ Rewrite a specific section of each article in a different style or tone while preserving the original meaning.
- ❖ Write titles for the articles that capture their contents and attract the readers' attention.

**Task 06 :** Translation practice

- Translate the headlines of the articles below while preserving their impact.
- Identify any cultural references or idiomatic expressions and find their appropriate equivalents in the target language.
- Identify any collocations and suggest their translations.



## Article 01 :

### **Improve your child's school performance with a good night's sleep**

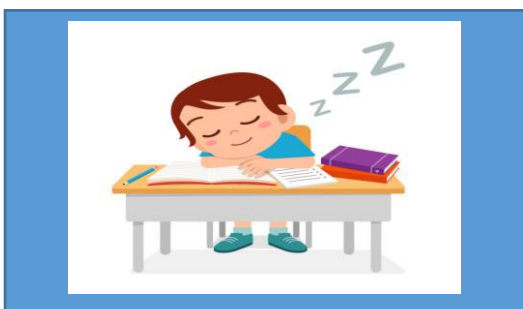
Before a big test or presentation in school, you've probably given your child the classic advice to get a good night's sleep.

Implicit in that recommendation is the recognition that sleep empowers effective thinking and school performance. However, the importance of sleep goes beyond just the night before an exam.

Getting consistent sleep is vital for children and adolescents who are experiencing significant brain development. Unfortunately, a significant number of students in elementary, middle, and high schools across the United States are failing to get enough nightly sleep.

Without enough sleep, children and teens can have problems with attention, memory, and problem-solving. Sleep deprivation can also contribute to emotional issues and behavior problems that may affect academic achievement.

Making sleep a priority is important for parents who want their children to succeed in school. Understanding the causes and consequences of poor sleep and knowing how to address it can allow parents to help children and teens in their academic pursuits.



*sleepfoundation.org*

## Article 02 :

### The importance of eating healthy for students

Research has shown that students are able to learn better when they're well nourished, and eating healthy meals has been linked to higher grades, better memory and alertness, and faster information processing. One reason for this is that foods that are rich in fiber, protein, and healthy fats such as eggs, yogurt, apples and oatmeal keep the body feeling full longer, providing enough energy to focus and stay alert throughout the entire day. As a student or a parent, how do you find time to pack lunches that are healthy, tasty, and don't take hours to prepare? One simple way that you can ensure your student is getting enough of the nutritional foods that they need is to pack foods from every color of the rainbow.

### Eating the Rainbow of Healthy Foods

“Eat the rainbow” is a phrase that many nutritionists use to help remind people to incorporate more fruits and veggies in their diet. Naturally colorful foods like blueberries and red bell peppers contain antioxidants, vitamins, fiber, and many other nutrients that support healthy growth, and help prevent problems such as obesity, dental cavities, iron deficiency, and osteoporosis. For example, yellow and orange fruits and vegetables are abundant in vitamins C and A, which prevent cell damage, support healthy joints and eyesight, and lower cholesterol. Green fruits and veggies, such as spinach, asparagus, and avocado, are high in vitamins K, B, and E, which improve digestion and support healthy bones. Purple produce is high in vitamins C and K, which help with memory and support a healthy heart.

See the list below for foods and snack ideas from each color of the rainbow that will satisfy even picky eaters, and provide the nutritional value you need! In most cases, raw versions of fruits and vegetables contain maximum vitamins and minerals.



*Ofy.org*

## Article 03 :

### Here Are The Unique Traditions in Italy

#### 6 Unique Traditions in Italy

Italy is steeped in age-old traditions, quirky customs and unusual superstitions. And, while it might not be Europe's largest countries, it is one of its most diverse, encompassing 20 regions with their own distinctive cultures, dialects and histories. Looking to fit in? From beach days to exploding carts, here are some of the most surprising and unique traditions in Italy.

##### 1. Ferragosto

Part holy-day, part full-blown fiest, Ferragosto takes place every year in Italy on 15th August. It's a one-day national bank holiday but it trickles into the weeks preceding it. Entire cities empty and everyone flocks to the beach. Depending on where you are in the country, there might be religious processions, ancient palios, parties and food festivals too.

It derives from the Latin *Feriae Augusti*, which Emperor August introduced to celebrate the end of the agricultural working year and give thanks to the God of Earth and Fertility. Workers were invited to celerbate with a day off, performances, horse races and entertainment. In the 1920s, Mussolini made it a national holiday. He introduced the 'People's Trains of Ferragosto' that gave travel discounts to workers to leave the city and head off to the seaside or lakes.

##### 2. Carnevale

Carneavle takes place in the weeks leading up to Easter. It's a final big bash before lent begins, which usually involves masquerade balls, music, parties and entertainments. Pranks and mischief are a central theme, hence the phrase "a Carnevale ogni scherzo vale," which means "anything goes at Carnevale." The tradition dates back to pagan festivals that were adapted with the introduction of Catholicism.

While celebrations take place across the country, Venice hosts the best-known celebrations. It starts two weeks before the traditional date, with events and entertainment held nightly. Hotels throw masked balls and offer rented costumes for tourists, events take place in ever sestiere and there are huge gondola and boat

parades along the Grand Canal. It all culminates in the fireworks show at Piazza San Marco.

### **3. Friday weddings are bad luck**

When it comes to weddings, Italians are a superstitious bunch. Italians don't tend to get married on Friday as it's thought that evil spirits created this day of the week. Tuesdays are also bad luck as couple who marry on this day are more likely to fight in the guture. For maximum guarantees of fertility and prosperity, most Italians opt to say 'I do' on a Sunday. Brides should also avoid looking in the mirror on your wedding day and guests should never-ever wear white.

Another popular tradition sees the groom carry a tiny piece of iron in his jacket pocket to ward away evil spirits. The bride should also make a small tear in her veil to bring the good luck. In Southern Italy, the length of veil should reflect the length of engagement; one metre for every year.

### **4. Easter is a big deal**

With almost 75% of the country identifying as catholic, it comes as no surprise that Easter is a big deal in Italy – but some of the quirky traditions that come with it might do. Celebrations differ across the country too. For instance, in Florence they practice the unique tradition of 'scoppio de carro', which means 'exploding of a cart'. Essentially, this involves decorating a wagon, filling it with fireworks, leading it through the city and then handing it over the Archbishop to shoot a dove-shaped rocket into it for an earth-shuddering explosion.

On Palm Sunday, it's customary to place palm leaves and olive branches outside your home. And while the Easter Bunny is unlikely to make an appearance (it's not an Italian tradition), fear not, there will be plenty of chocolate eggs to go around. The culinary piece de resistance is the Easter Cake, known as 'Colomba'. It's usually made with candied orange peels, almonds and lots of sugar. In the South, thy also eat 'Pastiera', a ricotta pie. The day after Easter is a national holiday too.

### **5. Christmas lasts a really long time**

In Italy, Christmas kicks off on 8th December, the Day of the Immaculate Conception. People tend to start putting decorations up around this time, and

Romans launch a canon from the Castel Sant'Angelo to officially mark the start of the season. The festivities continue right up until 6th January, the Day of the Epiphany. Between the two dates, there are multiple holidays and celebrations such as St. Ambrose's Day (Milan) St. Lucia's Day, Santo Stefano... That's why Italians say buone feste (happy holidays) rather than buon natale (merry Christmas).

Italians refer to the eight days before Christmas as Novena. It celebrates the shepherds journey to the baby Jesus' manger. Children typically dress as shepherds and sing Christmas carols in return for sweets or money.

## 6. Out with the old!

That's not the only New Year's tradition Italians stick to either. They take the old adage 'out with the old' very literally when New Year's rolls around. In some parts of the country, particularly in the south, people will throw their old things out of the window. These aren't small items either, we're talking old chairs, tables, saucepans. The idea is that by throwing out your old gear by midnight, you can prepare your home for new good fortune in the new year.

*Enjoytravel.com*





## Article 04 :

### قواعد السلوك الاجتماعي في قطر: تعزيز التعايش والتفاهم في المجتمع"

تقوم دولة قطر بجهود مستمرة لتعزيز الاندماج الاجتماعي وتعزيز التفاهم والتعايش بين أفراد مجتمعها المتنوع. واحدة من الوسائل التي تعمل بها قطر على تحقيق هذه الأهداف هي وضع قواعد السلوك الاجتماعي، التي تحدد المعايير التي يجب على الأفراد الالتزام بها في التعامل مع بعضهم البعض.

تعتبر قواعد السلوك الاجتماعي في قطر مجموعة من المبادئ والقيم التي تعكس الثقافة والتقاليد القطرية، وتعزز التعايش السلمي والاحترام المتبادل بين أفراد المجتمع. تشمل هذه القواعد الاحترام المتبادل، والتسامح، والاحترام بالتنوع الثقافي، وتعزيز العدل والمساواة.

من بين قواعد السلوك الاجتماعي المهمة في قطر هو الاحترام المتبادل. يجب على الأفراد أن يحترموا بعضهم البعض، بغض النظر عن اختلافاتهم الثقافية والدينية والاجتماعية. يتطلب ذلك الامتناع عن التمييز والتعصب والإساءة للآخرين، والتعامل بلطف واحترام في جميع الأوقات.

بالإضافة إلى ذلك، تشجع قواعد السلوك الاجتماعي في قطر على التسامح والاحترام بالتنوع الثقافي. يعيش في قطر مجتمع يضم أشخاصاً من مختلف الثقافات والجنسيات، وتعتبر التعايش السلمي والاحترام المتبادل بين هذه الثقافات أساساً لنجاح المجتمع. وتعزز قواعد السلوك الاجتماعي قيم التسامح والتعايش السلمي، وتعتبر الاحترام بالتنوع الثقافي ثروة حقيقية تعزز التفاهم والتعاون بين الأفراد.

علاوة على ذلك، تؤكد قواعد السلوك الاجتماعي في قطر على أهمية العدل والمساواة بين جميع أفراد المجتمع. يجب أن يتعامل الأفراد بمساواة وعدالة مع بعضهم البعض، دون التمييز أو الانحياز. تعتبر هذه القيم أساسية لبناء مجتمع يعتمد على العدل والمساواة والأخوة والتسامح.

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