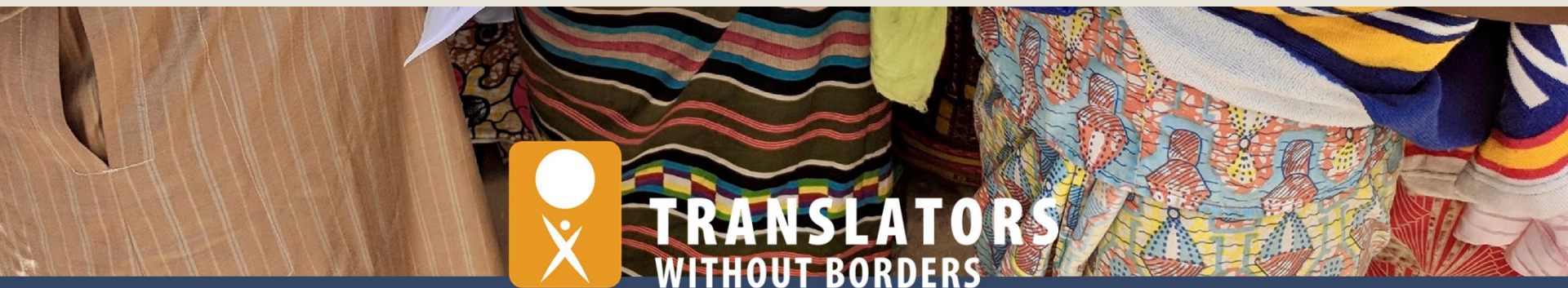




Humanitarian Interpretation Training Webinar 6 Interpreting for children & youths



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Defining children





A child in Nigeria

Children are defined as all people under 18 years of age



Defining youth





A youth is

For the UN, youth
are 18–25 years old



The numbers

50% of refugees are children

50 million child migrants worldwide

27% of IDPs in Northeast Nigeria are children





Four aspects of development

Physical



Emotional



Cognitive



Social





Interpreters have a responsibility

- Uphold children's rights
- Understand your organization's specific child-protection policies
- Report any actual or suspected breaches



Techniques to improve communication with children





Put children at ease

- Assure them they won't be punished
- Use encouraging body language
- Promote a conversation, not an interview
- Suggest regular breaks
- Let them speak uninterrupted



Thank you

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You have to
take care
of yourself
before you can
take care
of others.

— DR. PHIL



Stress affects us in many ways?

Stress

Can be positive and negative

Normally associated with the negative

Classical definition:



“Physical, mental, or emotional strain or tension” or “a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize”



Three kinds of stress

- Basic
- Cumulative
- Traumatic





Basic stress

- Generally manageable
- Occasional
- Usually short-term





Cumulative stress

It is the stress that comes too often, lasts too long or is too severe, it starts to “get to you”, influencing your well being and thought processes





Cumulative stress

- Frequent, intense and lasts a long time
- Increasingly difficult to manage
- Physical symptoms
- Influences your wellbeing





Traumatic stress

- Follows exposure to an extraordinary, life-threatening situation
- A response to a sudden, violent event that is beyond the range of normal human experience





Symptoms of stress

Behavioral

- Restlessness
- Irritability and moodiness
- Anti-social behavior
- Increased alcohol consumption

Cognitive

- Poor concentration
- Confusion or uncertainty
- Nightmares

Physical

- Vomiting, Chills
- Headaches
- Disrupted sleep
- Muscle tremors
- Chest Pain

Emotional

- Depression and Anxiety
- Intense anger
- Grief
- Guilt



Coping with stress





Negative coping strategies

Negative Coping Strategies



Strategies that seem to temporarily relieve stress, but will also create more problems. The following are negative coping strategies.





Positive coping strategies





Yoga





Mindfulness

Definition:

Mindfulness is paying attention, on purpose, in the present, and non-judgmentally, to the unfolding of experience moment by moment – Jon Kabat-Zinn

It decreased social anxiety, depression, rumination, and state anxiety, as well as increased self-esteem shown in studies

- What occupies your attention:
 - The present moment
 - Zoning out
 - Distraction and multi-tasking
 - Thinking about the future
 - Thinking about the past



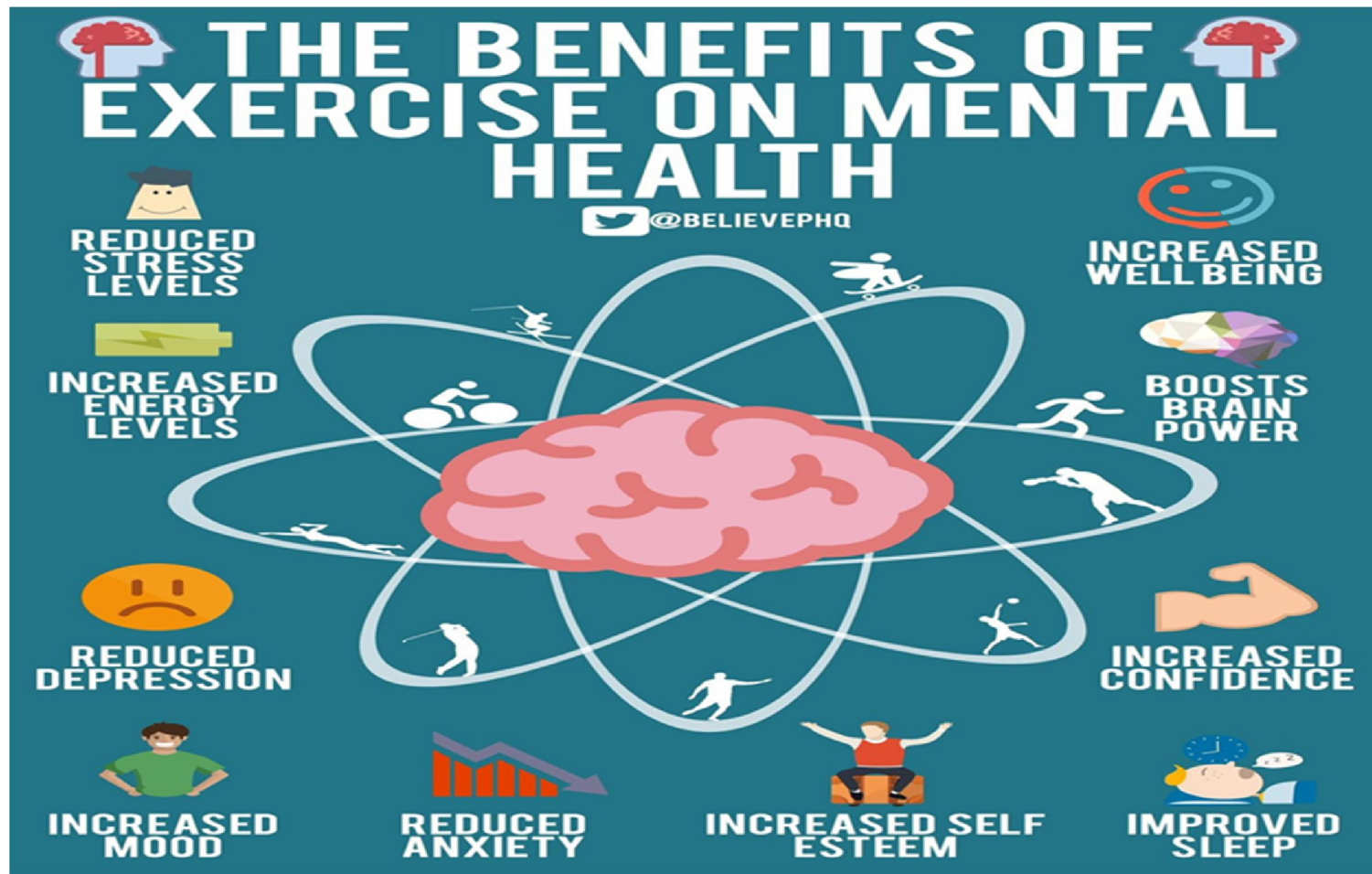


Physical exercise





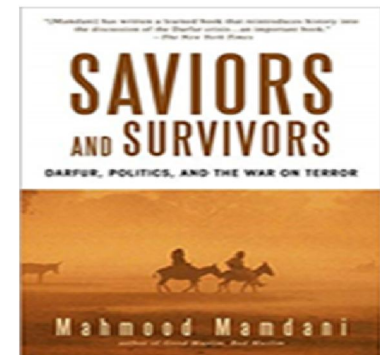
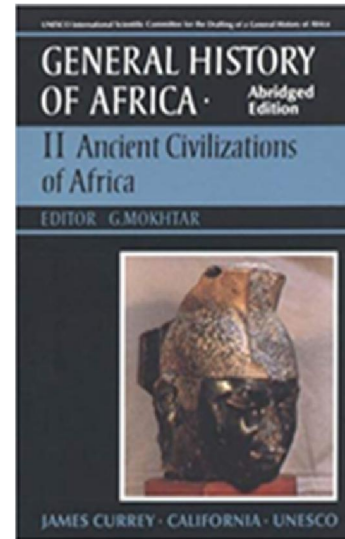
Exercise can improve mental wellbeing





Reading

- How to become healthy
By Vegetable
- How to stay healthy
Fruits





Positive music

- Certain music such as classical, spiritual one, drums, kora, etc. can have positive effect such as stress reduction, relaxation etc.
- Included is church music or Quran listening





Manage stress with music

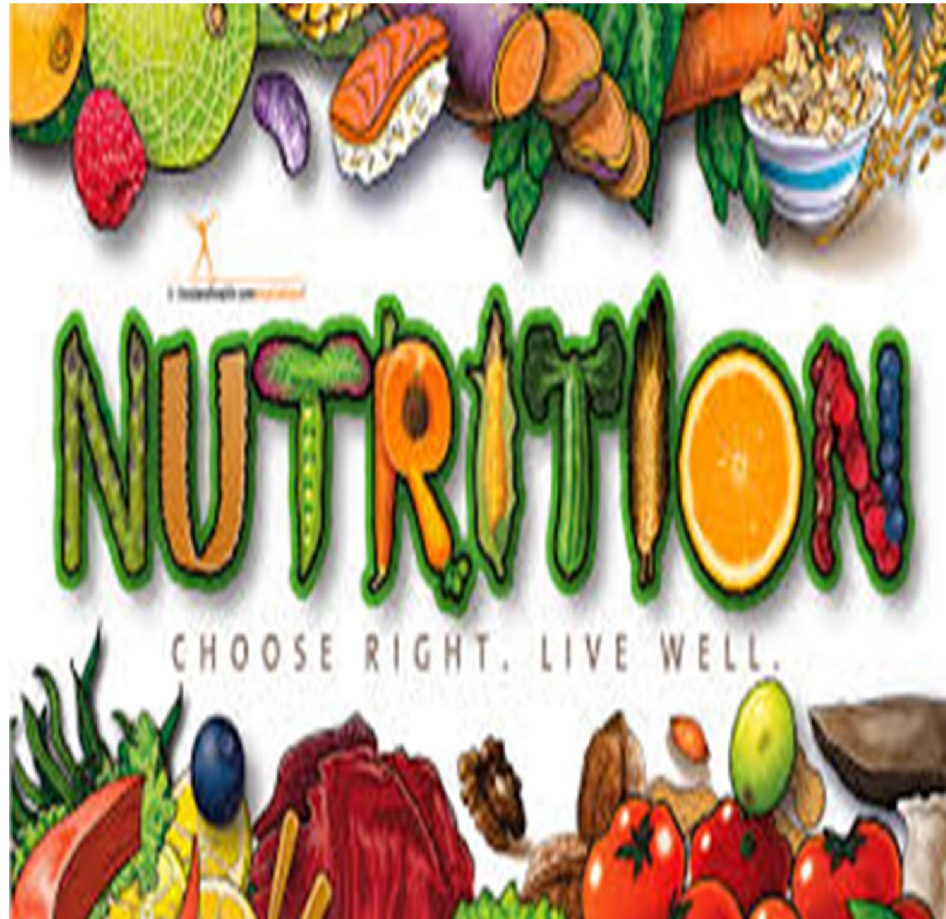




Enjoying nature



Food and Nutrition





Find a way to manage your stress

- Yoga
- Mindfulness
- Physical exercise
- Reading
- Music
- Nature
- Nutrition
- Friends



Get ready to manage stress





Questions





Thank you

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