

PERSONAL-WELLBEING OF INTERPRETERS WORKING IN HUMANITARIAN CONTEXT – CASE OF REFUGEES AND ASYLUM SEEKERS

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Research purpose. Regrettably, interpreting in the humanitarian field may affect the interpreter's personal well-being, health and safety. The purpose of the presentation is to explore some of the psychological factors that might affect the well-being of interpreters such as stress, pressure, distress and vicarious trauma, to describe different tactics to protect interpreters' well-being against the aforementioned factors and to outline strategies on how to de-escalate potential crisis situations and to ensure personal safety.

Keywords: asylum, humanitarian work, interpreters, psychological well-being, stress

Research Methodology: Observation, qualitative method, interviewing subjects of the study and using secondary data.

Results / Findings. In addition to work stress and burn out, interpreters working in humanitarian field are more prone to distress and vicarious trauma than interpreters working in other fields (legal, business ... etc).

Originality / Practical implications. Interpreters working in the humanitarian fields must adapt healthy strategies to cope with the specific psychological pressure related to the profession. Employers must pay attention to the psychological health of the interpreters to guarantee the continuity and the sustainability of interpretation service provision.