***Welcome to Stillman Translations preliminary onboarding assessment!***

*This assessment has 5 sections. Make sure to follow the instructions and complete all the information needed.*

*The goal of this request is to analyze your performance and your potential.*

*Breathe in and out, and do your best. Hope we can count on you soon!*

**SECTION 1. INSTRUCTIONS**

Below you will find a special instruction for section 3:

\*Please make sure target text mirrors source format.

\*Normalize spaces.

**SECTION 2. GLOSSARY**

*In this section, you are required to complete this task:*

*\*Extract four terms (cells 1 to 4) from the text in Section 3 that you consider are worth being in the glossary.*

|  |  |  |
| --- | --- | --- |
|  | **Source** | **Target** |
| 1 | Meat analogues | Sustitutos de la carne |
| 2 | Beans | Legumbres |
| 3 | Endocrine-disrupting pollutants | Contaminantes hormonales o disruptores endocrinos |
| 4 | Fibroid | Mioma uterino |

**SECTION 3. TRANSLATION**

Please, add your sample translation below (between 300-500 words). Bear in mind this should be the best sample of your work!

|  |  |
| --- | --- |
| **Source** | **Target** |
| Women who underwent premature puberty, starting their periods before age 11, may also be at increased risk of fibroids later in life, and we know that higher childhood red meat intake is associated with earlier age of starting one’s period, though total protein and animal protein in general may contribute. For example, girls who eat meat tend to start their periods about six months earlier than vegetarian girls. Those who eat meat analogues like veggie burgers and veggie dogs start their periods nine months later on average, and a similar puberty normalizing influence was found with consumption of whole plants foods, such as beans.  It could also be the endocrine-disrupting pollutants that build up the food chain. Researchers took samples of internal abdominal fat from women and found there appeared to be a correlation between the presence of fibroids with the levels of a number of PCBs in their fat. So, does that mean fish-eaters have higher risk of fibroids? Researchers did find a small increase in risk associated with the intake of long-chain omega-3 fats, mostly from “dark-meat fish consumption,” by which they meant fish like sardines and salmon. This could be because of “the endocrine-disrupting chemicals commonly shown in fish,” or it could just be a statistical fluke. It would be consistent with the increased risk seen among “sport-fish consumers.”  Recognizing that diet and endocrine-disrupting persistent organic pollutants have been associated with a variety of gynecologic conditions, including fibroids, researchers looked at consumers of fish fished out of the Great Lakes and found a 20 percent increased risk for every ten years they had been eating the fish. In the most comprehensive study to date, researchers compared pollutant levels in fat samples from women with fibroids to fat liposuctioned out of women without fibroids. They didn’t just find higher levels of PCBs in fibroid sufferers, but also long-banned pesticides, like DDT and hexachlorocyclohexane, PAHs, which are polycyclic aromatic hydrocarbons formed when coal is burned, tobacco is smoked, and meat is grilled, as well as heavy metals, arsenic, cadmium, lead, and mercury. These levels correlated not only to fibroids, but also to seafood consumption or excess body fat. So, the researchers determined that “shedding excess weight and limiting seafood consumption would confer a protective effect” on fibroid tumor development by minimizing exposure to environmental pollutants as much as possible. | Las mujeres que comenzaron la pubertad en edad prematura (aquellas que tuvieron su primer periodo antes de los 11 años) también podrían tener más riesgo de desarrollar miomas en la edad adulta, y sabemos que el consumo alto de carne roja durante la infancia está asociado con el comienzo temprano del primer periodo, aunque es posible que el consumo de proteína total y de proteína animal en general también sean factores contribuyentes. Por ejemplo, las niñas que comen carne suelen tener su primer periodo unos 6 meses antes que las niñas que siguen una dieta vegetariana. Las niñas que consumen sustitutos de la carne, como por ejemplo hamburguesas o salchichas vegetarianas, suelen tardar una media de 9 meses más en tener su primer periodo, y algo parecido ocurre cuando se aumenta el consumo de alimentos naturales provenientes de las plantas, como las legumbres.  También es posible que los contaminantes hormonales o disruptores endocrinos se estén sumando a esta cadena alimentaria. Los investigadores tomaron muestras de la grasa abdominal interna de mujeres y encontraron lo que parecía ser una relación directa entre la presencia de miomas uterinos y los niveles de ciertos policlorobifenilos (PCB) presentes en esa grasa. ¿Quiere esto decir que las mujeres que consumen pescado tienen mayor riesgo de desarrollar miomas uterinos? Es cierto que los investigadores descubrieron un pequeño aumento en el riesgo asociado con el consumo de ácidos grasos omega 3 de cadena larga, la mayor parte proveniente del “consumo de pescado de carne oscura” (con esto se referían a pescados azules como las sardinas y el salmón). Esto podría ser por “las sustancias químicas o disruptores endocrinos normalmente presentes en el pescado”, o podría tratarse de una mera coincidencia en las estadísticas. Pero sería consistente con el elevado riesgo observado en “consumidoras de pescado proveniente de la pesca deportiva”.  Conscientes de que la alimentación y los disruptores endocrinos se han relacionado con varias condiciones ginecológicas, entre ellas los miomas uterinos, los investigadores observaron a consumidoras de pescado que había sido pescado en los Grandes Lagos (en América del Norte) y descubrieron un riesgo un 20 por ciento mayor por cada 10 años de consumo de este pescado. En el estudio más completo hasta la fecha, los investigadores compararon los niveles de contaminantes en muestras de grasa provenientes de mujeres con miomas con muestras de grasa que habían sido extraídas mediante liposucción de mujeres sin miomas. No solo encontraron niveles más altos de PCB en mujeres que tenían miomas, sino que también se hallaron pesticidas prohibidos desde hace mucho tiempo, como DDT (dicloro difenil tricloroetano) y lindano, HAP (el hidrocarburo aromático policíclico que se forma al quemar carbón, fumar tabaco o asar carne a la parrilla), así como metales pesados, arsénico, cadmio, plomo y mercurio. Estos niveles no solo presentaban una relación directa con los miomas, sino también con el consumo de marisco y con el exceso de grasa corporal. Por lo tanto, los investigadores concluyeron que “si nos deshacemos del exceso de grasa y limitamos el consumo de marisco, esto podría tener un efecto protector” contra los miomas, ya que se estaría reduciendo considerablemente la exposición a contaminantes medioambientales. |

**SECTION 4. QUESTIONS AND COMMENTS**

We also need to check your capacity to spot potential issues beforehand.

In the table below, please list your questions and comments in relation with this test:

1. Challenging sections from the source text or sections you are unsure of should be copied or inserted into the **Source Text** column.

2. Write your translation in the **Target Text** column.

3. Doubts and comments should be written in English.

|  |  |  |
| --- | --- | --- |
| Source Text | Target Text | Question / Comment  (in English) |
| It could also be the endocrine-disrupting pollutants that build up the food chain. | También es posible que los contaminantes hormonales o disruptores endocrinos se estén sumando a esta cadena alimentaria. | The source sentence is a bit confusing and I wasn’t 100% sure of the meaning of “build up” in this context. After giving it some thought I realised that what the author meant is that there may be more to it than just the food we eat but what’s in the food we eat. I then found a simple and clearer way of saying this in Spanish. |
| Recognizing that diet and endocrine-disrupting persistent organic pollutants have been associated with a variety of gynecologic conditions, including fibroids, researchers looked at consumers of fish fished out of the Great Lakes and found a 20 percent increased risk for every ten years they had been eating the fish. | Conscientes de que la alimentación y los disruptores endocrinos se han relacionado con varias condiciones ginecológicas, entre ellas los miomas uterinos, los investigadores observaron a consumidoras de pescado que había sido pescado en los Grandes Lagos (en América del Norte) y descubrieron un riesgo un 20 por ciento mayor por cada 10 años de consumo de este pescado. | It’s quite a long sentence but I managed to organise it in Spanish in a way that’s easy to read. The last bit “increased risk for every ten years…” was a bit tricky to translate but, as with the example above, I think I found a simpler way to put it in Spanish. I also have to consider the target audience, which is a generic public, not specialised in medicine or nutrition, so the simpler the Spanish the better. Also the readers of this article are all from Spanish speaking countries (both Latin America and Spain) so I need to keep my Spanish as neutral as possible to make the content accessible to all of them. I also added a note in brackets to clarify that the Great Lakes are in North America for those readers who might not know. |
| They didn’t just find higher levels of PCBs in fibroid sufferers, but also long-banned pesticides, like DDT and hexachlorocyclohexane, PAHs, which are polycyclic aromatic hydrocarbons formed when coal is burned, tobacco is smoked, and meat is grilled, as well as heavy metals, arsenic, cadmium, lead, and mercury. | No solo encontraron niveles más altos de PCB en mujeres que tenían miomas, sino que también se hallaron pesticidas prohibidos desde hace mucho tiempo, como DDT (dicloro difenil tricloroetano) y lindano, HAP (el hidrocarburo aromático policíclico que se forma al quemar carbón, fumar tabaco o asar carne a la parrilla), así como metales pesados, arsénico, cadmio, plomo y mercurio. | It’s quite a complex sentence to read and understand in English, so I have added notes in brackets to make the reading easier and more smooth and also to explain what each term means. |

**SECTION 5. REFERENCES**

In the table below, please list the reference material you have consulted to carry out this test.

1. Please introduce the **Reference source** (including publisher and full title as appropriate) in the first column.
2. Specify if your reference source is general or specific. If specific, clarify which term or section the reference covers.

|  |  |
| --- | --- |
| Reference Source | General / Specific (Term) |
| <https://nutritionfacts.org/2021/05/04/natural-dietary-treatments-for-fibroids/>  Author: Dr. Greger  Website: Nutritionfacts.org  Title: Natural Dietary Treatments for Fibroids | Article about nutrition aimed at the general public and those who are enthusiast about nutrition |

Thanks!