***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 | Heightened | Intenso |
| 2 | Indoors | Espacio cerrado |
| 3 | Game of fetch | Jugar a lanzar la pelota |
| 4 | Foster | Aumentar |

**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** |
| **Going Green for Exercise**  When it comes to exercise, you might immediately think of the gym as the best place to work out. You have all the equipment you need — treadmills, dumbbells, stationary bikes, and more. But, while physical activity — regardless of the type — is beneficial for your health, did you know that *where* you exercise can bring even more benefits?  More people are exercising outdoors than ever before due to the pandemic, so much say that a new term has been coined: “green exercise.” Green exercise is any activity performed in nature, and research shows that it leads to overall improved health. In fact, just five minutes of outdoor activity provides many mental health benefits, including:   * Improved ability to focus * Increased happiness and positive emotions * Better self-esteem and mood * Reduced anxiety and depression * Decreased stress * Heightened sense of relaxation   Here are nine tips for incorporating "green exercise" into your day:   * Go for a bike ride at a local park or trail. Not sure where the nearest one is? Visit [www.alltrails.com](http://www.alltrails.com/) to find a path near you. * Start your own garden. * Create a daily 5-10-minute stretching routine that you can do outside — whether it's in the backyard on the grass or on your deck or patio. * Hike along a nature trail or take a walk in the woods — just being around trees can work wonders for your mind. * Work indoors? Get outside during your breaks — take a lap around the block. * Play outside with your family. * Take your dog for a walk or play a game of fetch. * If you live near a body of water, plan a day to go kayaking or canoeing. * If you prefer indoor exercise, bring the outdoors in — place plants around the room or exercise in front of a window with a view. You can even hang pictures of beautiful mountains, waterfalls, or trees — just looking at them can reduce stress and foster positive emotions. | **Ejercicio y naturaleza**  Cuando hablamos de hacer ejercicio, es probable que inmediatamente pienses en el gimnasio como el mejor lugar para entrenar. Allí, tienes todo el equipamiento que necesitas: caminadoras, pesas, bicicletas fijas y mucho más. Pero, si bien todo tipo de actividad física es beneficiosa para la salud, ¿sabías que el *lugar* donde haces ejercicio puede traer incluso más beneficios?  Debido a la pandemia, cada vez más gente hace ejercicio al aire libre, a tal punto que ha surgido un nuevo término: “ejercicio verde”. El ejercicio verde es toda actividad que se realiza en la naturaleza y hay estudios que indican que eso contribuye a una mejor salud completa. De hecho, tan solo cinco minutos al aire libre aportan muchos beneficios para la salud mental, como por ejemplo:   * Mejor habilidad de concentración * Más felicidad y emociones positivas * Mejor autoestima y humor * Menos ansiedad y depression * Menos estrés * Intenso sentimiento de relajación   A continuación, se presentan nueve consejos para incorporar el “ejercicio verde” a tu día:   * Dar un paseo en bicicleta por el parque o sendero local. ¿No estás seguro de cuál es el más cercano? Dirígete a [www.alltrails.com](http://www.alltrails.com) para encontrar uno cerca tuyo. * Comienza tu propio jardín. * Crea una rutina de estiramiento diaria de 5 a 10 minutos que puedas realizar al aire libre, ya sea en el césped del jardín, en la terraza o en el patio. * Realiza una excursión por un sendero natural o una caminata por el bosque. El simple hecho de estar rodeado de árboles puede hacer maravillas en tu mente. * ¿Trabajas en un espacio cerrado? Disfruta tus recreos al aire libre o da una vuelta a la manzana. * Juega al aire libre con tu familia. * Lleva a tu perro a dar un paseo o juega a lanzarle la pelota. * Si vives cerca de algún cuerpo de agua, organiza un día para navegar en kayak o en canoa. * Si prefieres hacer ejercicio en espacios cerrados, lleva la naturaleza al interior. Ubica plantas en la habitación o haz ejercicio frente a una ventana que tenga una buena vista. Incluso puedes colgar fotografías de hermosas montañas, cascadas o árboles. Con tan solo mirarlos puedes reducir el estrés y aumentar las emociones positivas. |

**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) |
| Going Green for Exercise | Ejercicio y naturaleza | How should I avoid the **–ing** English structure in Spanish? |
| Green exercise | Ejercicio verde | Should I use a literal translation in this new term? |
| Deck | Terraza | Deck is a commonly used word in Spanish. Should I keep the same term or search for an equivalent? |
| Including | Como por ejemplo | I should avoid the gerund and replace it for a more common expression in Spanish. |
| Treadmills | Pesas | The most accurate translation for **tradmills** is “mancuernas”. However, this is a term that may be unknown for some people. I chose a more frequent term: “pesas.” |

**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) |
| Beneficios que desconocías del entrenamiento al aire libre, by Javier Alonso Álvarez.  <https://www.feda.net/beneficios-desconocias-entrenamiento-aire-libre/> | Specific Article used as parallel text to learn more vocabulary. |
| <https://www.wordreference.com/> | General bilingual dictionary |
| <https://dle.rae.es/diccionario> | General monolingual Spanish dictionary |
| <https://www.fundeu.es/recomendacion/indoor/> | Specific article regarding the translation of the term “indoor.” |

Thanks!