***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 | Cervical cap | Capuchón cervical |
| 2 | Spermicide | Espermicida |
| 3 | Cervix | Cuello del útero |
| 4 | Pregnancy | Embarazo |

**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** |
| **What is the cervical cap and how does it work?**  The cervical cap is a soft dome-shaped cup made of silicone, with a firm rounded rim. The rim fits tightly around the base of your cervix. The cap forms a physical barrier to stop sperm from reaching your uterus but it does not perfectly stop sperm. [Spermicide](https://youngwomenshealth.org/2011/06/22/spermicides/) must always be used with the cervical cap to kill or prevent the sperm from moving. When used correctly, the cervical cap and spermicide work to prevent pregnancy. The FemCap is the only brand of cervical cap that is currently available in Europe, Canada, and the United States.  **How do I use the cervical cap?**  You should insert the cervical cap at least 15 minutes before sexual intercourse or no longer than 6 hours in advance of sexual activity. You should NEVER use the cervical cap when you have your menstrual period.   1. Before you do anything, empty your bladder (pee) and wash your hands. Use your first two fingers to find your cervix. It feels like the tip of your nose. You may have to squat down, lie down, or stand up with one leg up on a stool or the toilet to find your cervix. 2. Put a very small amount of spermicide (about 1/4 tsp) in the rim of the cap, and spread it around the outer brim, except for where your finger and thumb are holding the cap. Next turn the cap over and put about 1/2 tsp of spermicide in the groove between the brim and the dome that will face into your vagina. 3. Squeeze the cap to flatten it, and insert it into your vagina with the bowl facing upward and the long brim entering first. Push it downward and back as far as you can. Press upwards on the strap and the dome of the cap while squatting. Continue this pressure for at least ten seconds. **Make sure the cap is pushed all the way in and covers the cervix completely.** When it’s correctly inserted, you should not feel the cap as you go about your activities.   **Once the cap is in place, the cap lowers the chance of your getting pregnant for up to 48 hours, no matter how many times you have intercourse.** Before repeating intercourse within the next 48 hours, check the cap’s position, and insert additional spermicide into your vagina **without** removing the cap. | **¿Qué es el capuchón cervical y cómo funciona?**  El capuchón cervical es una copa suave hecha de silicona con una forma redondeada y un borde firme. El borde se ajusta de manera firme a la base del cuello del útero. La copa forma una barrera física que impide que el esperma llegue al útero pero que no lo detiene perfectamente. Siempre debe utilizarse el [espermicida](https://youngwomenshealth.org/2011/06/22/spermicides/) con el capuchón cervical para matar el esperma o evitar que se mueva. Cuando se utilizan correctamente, el capuchón cervical y el espermicida funcionan para prevenir un embarazo. El FemCap es la única marca de capuchones cervicales que está disponible en Europa, Canadá y Estados Unidos en la actualidad.  **¿Cómo utilizo el capuchón cervical?**  Debes colocarte el capuchón cervical al menos 15 minutos antes de tener relaciones sexuales o no más de 6 horas antes de la actividad sexual. NUNCA debes utilizar el capuchón cervical cuando estás en tu período menstrual.   1. Lo primero que debes hacer es vaciar tu vejiga (hacer pis) y lavarte las manos. Utiliza tus dos primeros dedos para encontrar el cuello del útero. Se siente como la punta de tu nariz. Para encontrar el cuello del útero, tal vez tengas que agacharte, acostarte o pararte con una pierna sobre un banco o el inodoro. 2. Coloca una muy pequeña cantidad de espermicida (alrededor de 1/4 de una cucharadita) en el borde del capuchón y espárcelo por el borde exterior, excepto donde tu dedo índice y tu pulgar están sosteniendo el capuchón. Luego, da vuelta el capuchón y coloca alrededor de 1/2 cucharadita de espermicida en la ranura entre el borde y la cúpula que quedará mirando en dirección a tu vagina. 3. Aprieta el capuchón para aplanarlo e insertarlo en tu vagina con el cuenco hacia arriba, el borde largo debe entrar primero. Empújalo hacia abajo y hacia atrás tanto como puedas. Mientras estás agachada, presiona la cúpula del capuchón hacia arriba. Continúa ejerciendo presión por al menos diez segundos. **Asegúrate de introducir el capuchón por completo y de que cubra todo el cuello del útero.** Si está bien colocado, no lo sentirás mientras realizas tus actividades diarias.   **Una vez que el capuchón está colocado, la probabilidad de quedarte embarazada disminuye hasta por 48 horas, sin importar la cantidad de veces que tengas relaciones sexuales.** Antes de tener relaciones sexuales de nuevo dentro de las próximas 48 horas, controla la posición del capuchón e introduce espermicida en tu vagina **sin** remover el capuchón. |

**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) |
| The cervical cap is a soft dome-shaped cup made of silicone, with a firm rounded rim. | El capuchón cervical es una copa suave hecha de silicona con una forma redondeada y un borde firme. | There could be different ways in Spanish to describe the cervical cap. |
| The FemCap is the only brand of cervical cap that is currently available in Europe, Canada, and the United States. | El FemCap es la única marca de capuchones cervicales que está disponible en Europa, Canadá y los Estados Unidos en la actualidad. | It is important to consider that the cervical cap brand mentioned is not available in all countries. The target text is oriented to Spanish-speaking people living in the United States, where it is available. If the client would like to expand the audience, an investigation about the existence of this type of contraceptive method in other countries should be carried on. |
| Squeeze the cap to flatten it, and insert it into your vagina with the bowl facing upward and the long brim entering first. | Aprieta el capuchón para aplanarlo e insertarlo en tu vagina con el cuenco hacia arriba, el borde largo debe entrar primero. | I described how the cap should be inserted instead of writing this part as a set of instructions. |
| Before you do anything, empty your bladder (pee) and wash your hands. | Lo primero que debes hacer es vaciar tu vejiga (hacer pis) y lavarte las manos. | The Spanish “hacer pis” may be too informal. |
|  |  |  |

**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) |
| Capuchón Cervical, Mayo Clinic. | General Term. |
| The Cervical Cap, TeensHealth from Nemours. | General Term. |
| Definition of Cervical Cap. Medical author: William C. Shiel Jr., MD, FACP, FACR. | Specific Term: Cervical cap. |
| Capuchón Cervical. Planned Parenthood. | Specific Term: Capuchón cervical. |

Thanks!