



Anglia International Examinations
Diploma in Applied Translation
Assessment for Unit 3
(English to Spanish)
Summary Writing in Translation
Unit Code:DAT/IA/01-1314

INSTRUCTIONS:

- Time allowed - Ninety minutes.
- Stick your candidate label in the box on the answer booklet.
- Answer in PEN.
- You may use correcting fluid if necessary.
- You may use a dictionary.
- Ask for extra paper if you need it.

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Candidates must choose one from a selection of two texts in English to summarise into 400 words in Spanish.

Remember, you only need to translate one of the texts

You must summarise **EITHER** the article below:

Text A

The Benefit of Pets

Professionally trained helper animals—such as guide dogs for the blind—offer obvious benefits to humans. However, the average domestic pet, such as a dog, cat—even a goldfish—can also provide us with many therapeutic benefits. Pets can ease loneliness, reduce stress, promote social interaction, encourage exercise and playfulness, and provide us with unconditional love and affection.

While most pet owners are clear about the immediate joys that come with sharing their lives with companion animals, many remain unaware of the physical and mental health benefits that can also accompany the pleasure of playing with or snuggling up to a furry friend. It's only recently that studies have begun to scientifically explore the benefits of the human-animal bond. Studies have found that: pet owners are less likely to suffer from depression than those without pets; people with pets have lower blood pressure in stressful situations than those without pets; playing with a pet can elevate levels of serotonin and dopamine, which calm and relax; pet owners have lower triglyceride and cholesterol levels (indicators of heart disease) than those without pets; Heart attack patients with pets survive longer than those without; Pet owners over age 65 make 30 per cent fewer visits to their doctors than those without pets and a pet doesn't have to be a dog or a cat. Even watching fish in an aquarium can help reduce muscle tension and pulse rate.

One of the reasons for these therapeutic effects is that most pets fulfil the basic human need to touch. Even hardened criminals in prison have shown long-term changes in their behaviour after interacting with pets, many of them experiencing mutual affection for the first time. Stroking, holding, cuddling, or otherwise touching a loving animal can rapidly calm and soothe us when we're stressed. The companionship of a pet can also ease loneliness, and some pets are a great stimulus for healthy exercise, which can substantially boost mood.

Adopting healthy lifestyle changes can play an important role in easing symptoms of depression, stress, bipolar disorder, PTSD, and anxiety. Caring for a pet can help with those healthy lifestyle changes by:

- Increasing exercise. Exercise doesn't have to involve boring repetition at a gym. Taking a dog for a walk, riding a horse, or simply chasing a kitten around are fun ways to fit healthy daily exercise into your schedule.
- Providing companionship. Isolation and loneliness can make disorders such as depression even worse. Caring for a living animal can help make you feel needed and wanted, and take the focus away from your problems. Most pet owners talk to their pets, some even use them to work through their troubles.

- Helping meet new people. Pets can be a great social lubricant for their owners. Dog owners frequently stop and talk to each other on walks or in a dog park. Pet owners also meet new people in pet stores, clubs, and training classes.
- Reducing anxiety. The companionship of a dog can offer comfort, help ease anxiety, and build self-confidence for people anxious about going out into the world.
- Adding structure and routine to your day. Many pets, especially dogs, require a regular feeding and exercise schedule. No matter your mood—depressed, anxious, or stressed—you’ll always have to get out of bed to feed, exercise, and care for your pet.
- Providing sensory stress relief. Touch and movement are two healthy ways to quickly manage stress. This could involve petting a cat or taking a dog for a walk.

The key to aging well is to effectively handle life’s major changes, such as retirement, the loss of loved ones, and the physical changes of aging. Pets can play an important role in healthy aging by:

- Helping you find meaning and joy in life. As you age, you’ll lose things that previously occupied your time and gave your life purpose. You may retire from your career or your children may move far away. Caring for a pet can bring pleasure and help boost your morale and optimism. Taking care of an animal can also provide a sense of self-worth.
- Staying connected. Maintaining a social network isn’t always easy as you grow older. Retirement, illness, death, and moves can take away close friends and family members. And making new friends can get harder. Dogs especially are a great way for seniors to spark up conversations and meet new people.

Boosting vitality. You can overcome many of the physical challenges associated with aging by taking good care of yourself. Pets encourage playfulness, laughter, and exercise, which can help boost your immune system and increase your energy.

Not only do children who grow up with pets have less risk of allergies and asthma, many also learn responsibility, compassion, and empathy from having pets. Unlike parents, pets are never critical and don’t give orders. They are always loving and their mere presence at home can help provide a sense of security in children. Having an ever-present dog or cat, for example, can help ease separation anxiety in children when mom and dad aren’t around. Studies have also shown that pets can help calm hyperactive or overly aggressive kids. Of course, both the pet and the child need to be trained to behave appropriately with each other.

Children and adults alike can benefit from playing with pets, which can be both a source of calmness and relaxation, as well as a source of stimulation for the brain and body. Playing with a pet can even be a doorway to learning for a child. It can stimulate a child’s imagination and curiosity. The rewards of training a dog to perform a new trick, for example, can teach kids the importance of perseverance. Caring for a furry friend can also offer another benefit to a child: immense joy.

Some children with autism or other learning difficulties are better able to interact with pets than people. Autistic children often rely on nonverbal cues to communicate, just as pets do. And learning to first connect with a cat or dog, for example, may even help an autistic child in their interactions with people.

- Pets can help children with learning disabilities learn how to regulate stress and calm themselves, making them better equipped to overcome the challenges of their disorder.
- Playing and exercising with a pet can help a child with learning disorders stay alert and attentive throughout the day. It can also be a great antidote to stress and frustration caused by the learning disability.
- Learning to ride a horse can help elevate the self-esteem of disabled children, putting them on a more equal level with kids without disabilities.

Finally, while people who have pets tend to be happier, more independent, and feel more secure than those without pets, it's important to select the type of pet that is best for you. Remember, you'll benefit most from having a pet whose needs are compatible with your lifestyle and physical capabilities.

Adapted from www.helpguide.org/life/pets

Or, you must translate the following text about the business of sleep :

Text B

Sleeplessness: a multi-billion-dollar business

The exhortation we've heard all our lives sounds so simple and doable: "Get a good night's sleep."

But judging by the numbers, a multitude of Americans don't get enough shut eye and need the array of specialists, services and products that exist today. Even a "natural" water enhanced with melatonin, GABA and 5-HTP tryptophan is on the market to help sleep-desperate consumers achieve the slumber they so badly crave. Welcome to the sleep economy.

IMS Health, a marketing analytics firm based in Parsippany, N.J., projects the sleep industry could reach an astounding \$32.4 billion this year in the U.S. That number represents an 8.8 percent year-over-year increase since 2008 and includes everything from pills, products and medical devices to "sleep consultants" who farm themselves out to hospitals, labs, and sleep centers, to luxe mattresses made with tension-relieving foams.

Sleep hotels and "pods" catering to weary travelers have popped in many major cities around the world, while advocacy groups like the International Sleep Products Association - founded in 1915 to represent a few dozen mattress manufacturers - now represents nearly 700 mattress makers and bedding supply companies in over 50 countries.

If all of this sounds like a lot of pillow talk, consider the new "Got Sleep?" specialty stores launched by Sleep Train, an employee-owned mattress retailer on the West Coast. The "Got Sleep?" boutiques have sprung up in California malls and offer everything from noise canceling machines to slippers, scented candles, and sheets. Sleep Train had a record year last year, with sales at about \$370 million, representing an 18 percent increase from 2010.

According to a report in April from the Centers for Disease Control and Prevention, nearly a third of working Americans - or nearly 41 million people - are sleep deprived. Most adults need 7 to 9 hours of shut eye a night but we're not getting close to that. Analyzing data from the 2010 National Health Interview Survey to compare sleep duration by age, race and ethnicity, sex, marital status, education and employment characteristics, the CDC found that 30 percent of civilian-employed U.S. adults reported sleeping an average of less than six hours a night.

Sleep deprivation can lead to poor health, lower levels of workplace safety, impaired public safety, and decreased job and school performance - all of which can raise costs for employers, consumers and communities. Sleep deprivation can also affect the immune system as stress. Researchers in the U.K. and in The Netherlands found that a loss of sleep actually triggers the production of white blood cell counts at night.

Dr. Stanley Wang, M.D., a clinical cardiologist and director of the Sleep Disorders Center at the Heart Hospital of Austin, Texas, told KXAN in Austin that sleep deprivation itself can lead to high blood pressure, which leads to heart problems. "But if you also have a sleep disorder on top of that, such as sleep apnea, that causes even worse problems," he said.

The National Sleep Foundation says that more than 50 million Americans will suffer from a sleep disorder at some point in their lives. Those who experience sleep apnea stop breathing for short periods of time - which can strain the body and the heart. Sleep problems are also common in older people: A new study led by researchers at the Johns Hopkins Bloomberg School of Public Health found that fragmented or interrupted sleep could predict future placement in a nursing home or assisted living facility.

Right now the U.S. accounts for a major share of the global sleep apnea market, making the opportunity ripe for manufacturers and distributors of such treatments as CPAP - or continuous positive airway pressure - in which a face mask, worn at night, is attached to an air pressurizer to help keep airways open. The total over-the-counter market for sleep aids alone reached \$604 million in 2008, an increase of 9 percent over 2007, according to Packaged Facts, a division of Rockville, Md.-based Market Research Group

Not surprisingly, the so-called consumer sleep market is positively brimming with pillows, humidifiers, clothing, sleeping bags and much more. The popular retailer Bed Bath & Beyond, for example, lists more than 600 products under the sleep category, including the Brookstone Tranquil Moments Advanced Sleep Sounds system (for about \$170); the Sleep for Success down-alternative pillow with an "exclusive tri-chamber design" and "temperature management" (for about \$50); and even a DogPedic Sleep System bed with memory foam that "warms and soothes" the "aching joints, pressure points and hip dysplasia" of pooches lucky enough (or sleep-deprived enough) to need one (for about \$40).

The business of diagnosing and treating sleep disorders, and helping people sleep better overall, has become a growing field for physicians, psychologists and other medical professionals. The American Academy of Sleep Medicine (AASM), the only professional society dedicated to the subspecialty of sleep medicine, has a membership of some 10,000 physicians, researchers and health care professionals and considers itself "the leader in setting standards and promoting excellence in sleep medicine health care, education and research."

On top of legitimate health and medical issues related to lack of sleep, in today's trying economy many Americans are sacrificing their sleep health by working longer and longer hours, according to the National Sleep Foundation. A recent survey found that roughly 41 percent of people reported problems with tossing and turning at least a few nights a week - while nearly 24 percent said that the movement of their partner disturbs their sleep at least a few nights a week.

David Lekach, 32, co-founder of Dream Water, knows all about insomnia issues. It's the reason he and a partner, Vincent Porpiglia, both Miami natives, created their "all-natural" water, which contains GABA (for relaxation), melatonin (to help induce sleep), and tryptophan (to help improve sleep quality). They launched the drink in 2009, right after "the worst economic collapse of my lifetime," Lekach said.

Lekach calls his product the “anti-Red Bull.” “I thought, there must be other people like me who can’t sleep who can use this. It’s not a medicine; it’s not a pill. We’re a mainstream product.” The cost of a 2.5-ounce shot of the zero-calorie liquid is about \$3, depending on the retailer. Lekach has seen sales “shoot up” this year (his company is privately owned so he won’t share figures). Today the product is sold in 30,000 stores including Duane Reade, Walmart and others, as well as in 1,000 airports.

Valley Sleep Center of Phoenix, with multiple locations throughout Arizona, has also seen its business grow - by 800 percent since 2004. Accredited by the American Academy of Sleep Medicine (not all sleep centers are), the business offers diagnostic sleep studies in a “home-like atmosphere.” Rooms feature plush bedding, flat screen TVs, and private baths and showers. Board-certified sleep medicine specialists treat insomnia, sleep apnea, snoring, excessive daytime sleepiness, hypertension, sleepwalking and pediatric sleep problems.

Adapted from www.thefiscaltimes.com sleeplessness