

MODERN METHODS IN SIMULTANEOUS INTERPRETING TRAINING

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Abstract: Simultaneous interpreting is a complex cognitive process that requires high linguistic proficiency, quick decision-making, and the ability to manage multiple tasks at once. Modern training methods for simultaneous interpreters incorporate technological advancements, cognitive strategies, and skill-based exercises. This article explores the most effective techniques used in interpreter training, including shadowing, sight translation, note-taking strategies, and virtual reality simulations. Additionally, it discusses the role of artificial intelligence and digital tools in enhancing the learning process.

Keywords: Simultaneous interpreting, interpreter training, cognitive strategies, shadowing, sight translation, AI in interpretation, virtual reality training.

Аннотация: Синхронный перевод — это сложный когнитивный процесс, требующий высокого уровня владения языком, быстрого принятия решений и способности управлять несколькими задачами одновременно. Современные методы подготовки синхронных переводчиков включают технологические инновации, когнитивные стратегии и упражнения, основанные на развитии навыков. В данной статье рассматриваются наиболее эффективные методы обучения, такие как техника повторения (shadowing), перевод с листа, стратегии ведения заметок и виртуальные симуляции. Также обсуждается роль искусственного интеллекта и цифровых инструментов в процессе обучения.

Ключевые слова: Синхронный перевод, подготовка переводчиков, когнитивные стратегии, техника повторения, перевод с листа, ИИ в переводе, обучение с использованием виртуальной реальности.

Annotatsiya: Sinxron tarjima murakkab kognitiv jarayon bo'lib, yuqori til bilimi, tezkor qaror qabul qilish qobiliyati va bir vaqtning o'zida bir nechta vazifani bajarishni talab qiladi. Sinxron tarjimonlarni tayyorlashning zamonaviy usullari texnologik innovatsiyalar, kognitiv strategiyalar va maxsus mashg'ulotlarga asoslanadi. Ushbu maqolada tarjimonlarni tayyorlashda qo'llaniladigan samarali usullar, jumladan, shadoing (shadowing), ko'zdan kechirish tarjimasi (sight translation), yozma qayd usullari va virtual simulyatsiyalar tahlil qilinadi. Shuningdek, sun'iy intellekt va raqamli vositalarning o'quv jarayonidagi roli muhokama qilinadi.

Kalit so'zlar: Sinxron tarjima, tarjimonlarni tayyorlash, kognitiv strategiyalar, shadoing, ko'zdan kechirish tarjimasi, sun'iy intellekt tarjimada, virtual reallik orqali o'qitish.

Simultaneous interpreting (SI) is a highly demanding cognitive process that requires interpreters to listen, process, and translate speech almost instantaneously. This skill is essential in

international conferences, diplomatic meetings, and business negotiations, where real-time communication is crucial. As a result, effective training methods have been developed to help aspiring interpreters master the necessary skills.

One of the fundamental techniques in SI training is shadowing, where students repeat what they hear in the same language. This exercise enhances active listening, improves pronunciation, and strengthens memory retention. Shadowing also helps interpreters develop the ability to focus on incoming speech while speaking simultaneously.

Another essential method is sight translation, where interpreters read a text and translate it orally in real-time. This exercise improves reading comprehension and quick decision-making skills, both of which are critical in simultaneous interpreting. Sight translation bridges the gap between written and oral translation, enhancing overall fluency.

Note-taking strategies play a crucial role in SI training. Although simultaneous interpreters cannot rely heavily on notes, learning shorthand techniques and key symbols allows them to retain complex information efficiently. Well-structured notes help interpreters recall important details while maintaining a smooth delivery.

With advancements in technology, virtual reality (VR) training has become a revolutionary tool in interpreter education. VR simulations provide immersive environments where trainees can practice interpreting in real-life scenarios. This method enhances cognitive flexibility and prepares interpreters for high-pressure situations.

Artificial intelligence (AI) has also transformed interpreter training. AI-driven platforms offer real-time feedback on pronunciation, accuracy, and speed. Machine learning tools help students analyze their performance, identify weaknesses, and refine their skills through targeted exercises.

Cognitive strategies such as chunking, anticipation, and paraphrasing are essential in SI training. Interpreters must learn to break information into smaller segments (chunking), predict upcoming content (anticipation), and rephrase ideas quickly (paraphrasing) to maintain fluency. These strategies reduce cognitive overload and enhance efficiency.

Additionally, stress management techniques are integrated into SI training programs. Simultaneous interpreting is mentally exhausting, and interpreters must learn relaxation exercises, breathing techniques, and concentration methods to stay focused under pressure. Mental resilience is key to delivering accurate interpretations in high-stakes environments.

The role of practice and continuous learning cannot be underestimated. Professional interpreters engage in regular exercises, including listening to podcasts, interpreting speeches, and working with experienced mentors. This continuous training helps maintain speed, accuracy, and adaptability in different interpreting settings.

In conclusion, modern methods in simultaneous interpreting training combine traditional exercises with technological innovations to enhance learning outcomes. Shadowing, sight translation, note-taking, and cognitive strategies remain fundamental, while AI, VR, and stress

management techniques provide new dimensions to interpreter education. As the demand for skilled interpreters grows, these advanced training methods will continue to evolve, ensuring high standards in the field.

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