



Did the lockdown get you down?

Interpreting during challenging times: building resilience and maintaining selfcare

We would like to invite you to participate in this study into how interpreters cope with challenges, building resilience and maintaining selfcare. The way to participate is by filling out a questionnaire containing 12 questions. **You can claim 10 PD points for NAATI recertification under Category 2.15.**

The main aim of study is to explore how interpreters coped with such significant challenges and what they did to maintain their resilience in challenging times and challenging situations. This study sets out to explore the effects of a change in working conditions on New Zealand and Australian based interpreters, especially those based in Auckland and Melbourne, since both cities went through several periods of alert level 3 and 4 'lockdown', affecting the way in which interpreters provided their services in that they mainly worked remotely. The study especially aims to explore ways in which the interpreters interviewed attempted to maintain resilience. Sharing such insights may be of benefit to other interpreters nationally and internationally, and may help interpreter educators prepare student interpreters for the challenges of interpreting practice after graduation. The findings of this research may be used for academic publications and presentations.

Whom do I contact for further information about this research?

Please email us if you would like to receive the participant information sheet and the questionnaire.

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This project has been approved by the Auckland University of Technology Ethics Committee, AUTEK Reference number EA21/178.