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العام الدراسي: 2025-2026		

Department of Translation

Third Stage

Consecutive Translation

Classroom Translation Lecture

Topic: Global Health and the Importance of Public Health Awareness

Duration: 60 Minutes

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Teacher's Introduction

Good morning, everyone.

Today, we will continue practicing **consecutive translation** using a speech on **Global Health and Public Health Awareness**. Health is a universal concern that affects every society, making it a frequent topic in conferences, governmental meetings, humanitarian organizations, and international forums.

As usual, I will read the speech in sections. After each section, I will pause, giving you enough time to interpret it into Arabic. Remember that your task is to transfer the speaker's ideas accurately and naturally. Do not try to memorize every word. Instead, focus on understanding the message and organizing your ideas logically.

Before we begin, let's review some important vocabulary.

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Key Vocabulary

English	Arabic
Public Health	الصحة العامة
Healthcare	الرعاية الصحية
Disease	مرض
Prevention	الوقاية
Vaccination	التطعيم
Pandemic	جائحة
Infection	عدوى
Medical Research	البحوث الطبية
Nutrition	التغذية
Mental Health	الصحة النفسية
Healthy Lifestyle	نمط حياة صحي
Healthcare System	النظام الصحي
Awareness Campaign	حملة توعية
Chronic Disease	مرض مزمن
Life Expectancy	متوسط العمر المتوقع
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Speech for Consecutive Translation

Part One

Good morning, distinguished guests, ladies and gentlemen.

Today, I would like to speak about one of the most valuable assets any society can possess: good health. A healthy population is essential for economic development, educational achievement, and social stability. Without good health, people cannot work efficiently, children cannot learn effectively, and communities cannot reach their full potential.

Public health is not only the responsibility of governments or hospitals. Every individual has an important role to play in protecting both personal health and the health of the wider community.

(Pause for interpretation.)

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Part Two

During the past few decades, the world has witnessed remarkable progress in medicine and healthcare. Advances in medical research have led to new treatments, safer surgical procedures, and more effective medicines. Vaccination programs have prevented millions of deaths and protected children from dangerous infectious diseases.

Despite these achievements, many countries continue to face serious health challenges. Infectious diseases remain a major concern in some regions, while chronic diseases such as diabetes, heart disease, and cancer are increasing worldwide due to unhealthy lifestyles.

(Pause for interpretation.)

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Part Three

One of the most important lessons we have learned in recent years is the importance of disease prevention. Preventing illness is often easier and less expensive than treating it. Simple habits such as washing hands regularly, eating balanced meals, exercising frequently, and avoiding smoking can significantly improve public health.

Education also plays a vital role. When people understand how diseases spread and how they can protect themselves, they make healthier decisions for themselves and their families.

(Pause for interpretation.)

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Part Four

Mental health is another essential component of overall well-being. Unfortunately, many people still hesitate to seek psychological support because of social stigma or lack of awareness. However, mental health is just as important as physical health.

Stress, anxiety, and depression can affect people's relationships, academic performance, and professional success. Governments, schools, and healthcare providers should work together to ensure that mental health services are available and accessible to everyone.

(Pause for interpretation.)

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Part Five

Technology is changing healthcare in remarkable ways. Doctors now use artificial intelligence to assist in diagnosing diseases, while telemedicine allows patients to consult physicians without leaving their homes. Electronic medical records have improved communication between healthcare professionals and increased the quality of patient care.

However, technology should complement—not replace—the human relationship between doctors and patients. Compassion, trust, and effective communication remain essential elements of quality healthcare.

(Pause for interpretation.)

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Part Six

International cooperation is also essential in protecting global health. Diseases do not recognize national borders. During global health emergencies, countries must share scientific knowledge, medical resources, and accurate information.

Organizations such as the World Health Organization play an important role in coordinating international responses and supporting countries facing health crises.

The COVID-19 pandemic demonstrated that cooperation among nations can accelerate scientific research, vaccine development, and emergency medical assistance.

(Pause for interpretation.)

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Part Seven

In conclusion, good health is one of the greatest investments a society can make. Governments should continue strengthening healthcare systems, supporting medical research, and promoting health education. At the same time, individuals should adopt healthier lifestyles and take responsibility for their own well-being.

A healthier society is a stronger, more productive, and more prosperous society. By working together, we can build a future in which everyone has the opportunity to live a long, healthy, and fulfilling life.

Thank you very much for your attention.

(Final interpretation.)

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Discussion Questions

1. According to the speaker, why is public health important for society?
2. What are the main causes of chronic diseases mentioned in the speech?
3. Why is prevention considered better than treatment?
4. How has technology improved healthcare?
5. Why is international cooperation necessary during health emergencies?
6. What role does mental health play in overall well-being?

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Classroom Activities

Activity One – Consecutive Interpreting

Students listen to each section and interpret it into Arabic without reading the text.

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Activity Two – Vocabulary Building

Ask students to identify unfamiliar medical terms and provide suitable Arabic equivalents.

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Activity Three – Note-Taking Practice

Students compare the notes they took during the speech and discuss which symbols or abbreviations were most effective.

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Activity Four – Group Discussion

Divide the class into small groups. Each group summarizes one section of the speech in English and then interprets the summary into Arabic.

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Homework

Prepare a **two- to three-minute speech** in English on one of the following topics:

- Healthy Lifestyle
- The Importance of Exercise
- Nutrition and Balanced Diet
- Mental Health among University Students
- The Role of Technology in Healthcare

In the next class, students will deliver their speeches, and their classmates will interpret them consecutively into Arabic.

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Suggested Note-Taking Symbols

Meaning	Symbol
Health	H
Disease	D
Prevention	Prev
Treatment	Tx
Increase	↑
Decrease	↓
Government	Gov
Research	Res
Vaccination	Vac
Mental Health	MH
Technology	Tech
Cooperation	Coop
World Health Organization	WHO
Therefore	→
Because	∴

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