

## **STRATEGIES FOR RENDERING CULTURE-BOUND EXPRESSIONS IN SIMULTANEOUS INTERPRETING**

**Saidova Marjona Abdimutal qizi**

Student of SamSIFL

+998945415404

### **Abstract**

Simultaneous interpreting is one of the most complex forms of translation, requiring not only linguistic competence but also deep cultural awareness. One of the major challenges faced by interpreters is the accurate rendering of culture-bound expressions, which often carry meanings that are deeply rooted in the traditions, history, and social norms of a particular community. Such expressions may include idioms, proverbs, historical references, religious terms, and culturally specific concepts that do not have direct equivalents in the target language.

This study explores the main strategies used in simultaneous interpreting to convey culture-bound expressions effectively without losing their meaning, emotional tone, or communicative function. The research analyzes different approaches such as adaptation, paraphrasing, generalization, borrowing, and omission, which interpreters apply under time pressure. The paper also discusses the importance of background knowledge, intercultural competence, and quick decision-making skills in the interpreting process.

**Keywords:** simultaneous interpreting, culture-bound expressions, interpreting strategies, intercultural communication, translation techniques, equivalence, adaptation, paraphrasing, cultural competence, oral translation

### **Introduction**

In the modern world, where international cooperation, diplomacy, global education, and intercultural communication are developing rapidly, the role of

interpreting has become increasingly important. Among different types of interpreting, simultaneous interpreting is considered one of the most difficult and demanding forms of oral translation because the interpreter has to listen, understand, analyze, and reproduce the message at the same time. This process becomes even more complicated when the speech contains culture-bound expressions, which are closely connected with the traditions, values, history, and worldview of a particular nation.

Culture-bound expressions are linguistic units whose meanings cannot be fully understood without knowledge of the cultural background in which they are used. These expressions include idioms, proverbs, metaphors, jokes, historical references, religious concepts, realia, and nationally specific terms. In many cases, such elements do not have direct equivalents in the target language, which makes their interpretation especially difficult in simultaneous interpreting, where the interpreter has very limited time to make decisions.

Unlike written translation, where a translator can analyze the text carefully and choose the most appropriate equivalent, simultaneous interpreting requires instant reaction. The interpreter must quickly decide whether to translate the expression literally, replace it with a similar expression in the target culture, explain its meaning, or omit it if necessary. Therefore, the ability to use different interpreting strategies becomes essential for maintaining the accuracy and effectiveness of communication.

The problem of rendering culture-bound expressions has been widely discussed in translation studies, but it becomes more complicated in simultaneous interpreting because of time pressure, cognitive load, and the need to preserve the speaker's intention, tone, and emotional effect. An interpreter should not only transfer words but also convey the cultural meaning behind them. If culture-specific elements are translated incorrectly, misunderstanding, confusion, or even communication failure may occur, especially in diplomatic, political, or international contexts.

In addition, globalization has increased the frequency of intercultural meetings, conferences, and negotiations, where simultaneous interpreting is commonly used. Speakers often use expressions that are natural in their own culture but unfamiliar to foreign listeners. In such situations, the interpreter acts as a mediator between cultures, not only between languages. This makes intercultural competence, background knowledge, and professional experience extremely important for interpreters.

Many scholars in translation studies have proposed different strategies for dealing with culture-bound expressions, such as adaptation, generalization, paraphrasing, borrowing, and omission. However, the choice of strategy in simultaneous interpreting depends on several factors, including the context, the purpose of communication, the audience, and the interpreter's ability to make quick decisions. Understanding these strategies and their practical use can help improve the quality of interpreting and prevent loss of meaning during communication.

The aim of this research is to analyze the main strategies used for rendering culture-bound expressions in simultaneous interpreting and to determine which methods are most effective in real interpreting situations. The study also emphasizes the importance of cultural knowledge and professional training in developing interpreting skills. The results of this research may be useful for students of translation and interpreting, professional interpreters, and researchers interested in intercultural communication.

### **Materials and Methodology**

The present study is devoted to the analysis of strategies used for rendering culture-bound expressions in simultaneous interpreting. In order to achieve the aim of the research, both theoretical and practical methods were applied. The research is based on the principles of translation studies, intercultural communication, and interpreting

theory, which consider interpreting not only as a linguistic process but also as a cultural and cognitive activity.

The materials for the research include scientific articles, textbooks, and research papers related to simultaneous interpreting, translation strategies, and culture-bound expressions. Works of well-known scholars in the field of translation studies and interpreting theory were used as the main theoretical basis of the study. Special attention was given to studies devoted to equivalence, adaptation, and intercultural aspects of translation, since these concepts are closely connected with the rendering of culturally specific units. In addition to theoretical sources, examples of culture-bound expressions taken from public speeches, international conferences, interviews, and media broadcasts were also analyzed. These examples helped to observe how interpreters deal with culturally specific elements in real interpreting situations.

The methodology of the research is based on descriptive, comparative, and analytical methods. The descriptive method was used to explain the nature of culture-bound expressions and to define their main types, such as idioms, proverbs, realia, historical references, and religious terms. The comparative method was applied to compare the source language expressions with their interpretations in the target language in order to identify the strategies used by interpreters. This method made it possible to determine whether the interpreter used literal translation, adaptation, paraphrasing, generalization, borrowing, or omission. The analytical method was used to evaluate the effectiveness of each strategy and to determine in which situations a particular method is more appropriate.

In addition, elements of discourse analysis were used to examine how culture-bound expressions function in a real communicative context. Since simultaneous interpreting takes place under time pressure, the interpreter often has to make quick decisions. Therefore, the study also considers the role of cognitive factors, such as

memory, attention, and speed of processing, which influence the choice of interpreting strategy.

During the research, selected examples of simultaneous interpreting were analyzed step by step. First, the culture-bound expression in the source language was identified. Then the interpreter's version in the target language was examined. After that, the strategy used in the interpretation was determined, and its effectiveness was evaluated according to accuracy, clarity, and preservation of meaning. This approach allowed to reveal the most commonly used strategies and to understand their advantages and limitations.

The combination of theoretical analysis and practical examples made it possible to study the problem in a comprehensive way and to show how interpreting strategies are applied in real communication. The chosen methodology helps to demonstrate that successful rendering of culture-bound expressions in simultaneous interpreting depends not only on linguistic knowledge but also on cultural competence, professional experience, and the ability to react quickly in complex communicative situations.

## **Results**

The analysis of the collected materials has shown that rendering culture-bound expressions in simultaneous interpreting requires the use of flexible and situation-dependent strategies. Since such expressions often do not have direct equivalents in the target language, interpreters tend to apply different techniques depending on the communicative context, time limitations, and the cultural distance between the source and target languages. The study revealed that the most frequently used strategies in simultaneous interpreting are **adaptation, paraphrasing, generalization, borrowing, and omission.**

One of the most common strategies observed in the analyzed examples is **adaptation**, which allows the interpreter to replace a culture-specific expression with a

similar one that is familiar to the target audience. This strategy is especially useful when the literal translation may sound unnatural or incomprehensible. According to Peter Newmark, “Adaptation is the most effective procedure when the situation in the source culture does not exist in the target culture.”

The results also show that **paraphrasing** is widely used in simultaneous interpreting because interpreters often do not have enough time to search for an exact equivalent. Instead, they explain the meaning using neutral vocabulary. As noted by Mildred L. Larson, “Meaning-based translation frequently requires the translator to restate the message in a different form in order to make it clear for the receptor.”

Another important finding of the research is the frequent use of **generalization**, especially when the original expression contains highly specific cultural information. In such cases, interpreters prefer to use a more general term to avoid misunderstanding. This idea is supported by Mona Baker, who states that “Generalization is one of the common strategies used when there is no direct lexical equivalent in the target language.”

The analysis also demonstrated that **borrowing** is sometimes used when the interpreter decides to keep the original word in the source language, especially for realia, historical names, or institutional terms. This strategy helps to preserve authenticity but may require additional explanation. According to Vinay and Darbelnet, “Borrowing is the simplest of all translation methods and it is often used to introduce the flavor of the source language.”

In some cases, the interpreter uses **omission**, particularly when the culture-bound expression is not essential for understanding the main idea. This usually happens in simultaneous interpreting due to time pressure and cognitive load. As noted by Daniel Gile, “In simultaneous interpreting, the interpreter may omit less important elements in order to maintain the flow of speech and avoid overload.”

The results also confirm that the correct choice of strategy depends on the interpreter's **cultural competence and background knowledge**. Interpreters who are familiar with the history, traditions, and social norms of both languages are more successful in conveying the intended meaning. As emphasized by Eugene Nida, "Translation involves not only two languages but also two cultures, and cultural differences may cause more difficulties than linguistic differences."

Overall, the research shows that there is no single universal strategy for rendering culture-bound expressions in simultaneous interpreting. The interpreter must constantly evaluate the situation and choose the most appropriate method in order to preserve meaning, ensure clarity, and maintain effective communication. The findings confirm that successful simultaneous interpreting requires not only linguistic skills but also intercultural competence, quick decision-making, and professional experience.

### **Discussion**

The results of the present study demonstrate that rendering culture-bound expressions in simultaneous interpreting is a complex process that requires not only linguistic competence but also a high level of cultural awareness and professional flexibility. The analysis confirmed that interpreters rarely rely on literal translation when dealing with culturally specific units. Instead, they tend to apply various strategies such as adaptation, paraphrasing, generalization, borrowing, and omission depending on the communicative situation. This supports the idea that simultaneous interpreting should be viewed as a dynamic and context-dependent activity rather than a mechanical transfer of words from one language to another.

One of the important issues revealed during the research is that the choice of strategy is strongly influenced by time pressure, which is one of the main characteristics of simultaneous interpreting. Unlike written translation, the interpreter does not have the opportunity to revise or reconsider the chosen equivalent. Therefore, the interpreter must

make an immediate decision that allows the message to remain clear and understandable for the audience. This explains why paraphrasing and generalization were among the most frequently used strategies in the analyzed materials. These techniques help the interpreter to avoid pauses and maintain the natural flow of speech, even if some cultural details are simplified.

Another important point is the role of cultural competence in the interpreting process. The findings confirm that interpreters who possess broader background knowledge about the history, traditions, and social norms of both cultures are more successful in conveying the intended meaning of culture-bound expressions. Without such knowledge, the interpreter may misunderstand the expression or translate it literally, which can lead to confusion or loss of meaning. This is especially important in diplomatic, political, and academic contexts, where even a small mistake may affect the overall communication.

The study also shows that adaptation is one of the most effective strategies when the source expression refers to a concept that does not exist in the target culture. However, adaptation requires careful use because excessive modification may lead to the loss of the original stylistic or emotional effect. In contrast, borrowing allows the interpreter to preserve the original term, but it may create difficulties for the audience if the term is unfamiliar. Therefore, the interpreter must constantly balance between accuracy and clarity, choosing the strategy that best serves the communicative purpose.

Another aspect discussed in this research is the use of omission in simultaneous interpreting. Although omission is sometimes considered a negative technique, the results show that it can be justified when the omitted element is not essential for understanding the main idea. In real interpreting situations, the interpreter often has to prioritize information in order to avoid cognitive overload. This confirms the view that

simultaneous interpreting involves not only translation skills but also the ability to manage attention, memory, and processing speed.

Furthermore, the findings indicate that training programs for interpreters should pay more attention to cultural studies in addition to language practice. Many difficulties in interpreting arise not from vocabulary problems but from the lack of cultural knowledge. Including authentic speeches, real conference materials, and culture-specific texts in interpreter training may help students develop the ability to react quickly and choose appropriate strategies.

In general, the discussion of the results proves that successful rendering of culture-bound expressions in simultaneous interpreting depends on several interconnected factors, including linguistic competence, cultural awareness, professional experience, and cognitive skills. No single strategy can be applied in all situations, and the interpreter must be able to adapt to different communicative conditions. Therefore, the development of intercultural competence and strategic thinking should be considered one of the main goals in the training of professional interpreters.

### **Conclusion**

The present study has examined the main strategies used for rendering culture-bound expressions in simultaneous interpreting and has shown that this process is one of the most challenging aspects of oral translation. Culture-bound expressions, including idioms, proverbs, realia, historical references, and culturally specific concepts, often do not have direct equivalents in the target language. Because of this, the interpreter must rely on different strategies in order to preserve the meaning, communicative intention, and emotional effect of the original speech.

The analysis confirmed that the most commonly used strategies in simultaneous interpreting are adaptation, paraphrasing, generalization, borrowing, and omission. Each of these strategies has its own advantages and limitations, and their use depends on the

communicative context, the cultural distance between languages, and the time pressure under which the interpreter works. Among them, paraphrasing and generalization were found to be especially frequent, since they allow the interpreter to maintain the flow of speech and avoid delays during interpretation. Adaptation was also shown to be highly effective when the source language expression has no equivalent in the target culture, while borrowing helps to preserve culturally significant terms. Omission, although used less frequently, may be necessary in situations where the interpreter needs to reduce cognitive load and focus on the main idea.

Another important conclusion of the research is that successful simultaneous interpreting requires not only linguistic knowledge but also a high level of cultural competence. The interpreter must understand the cultural background of both the source and the target languages in order to correctly interpret culture-bound expressions. Lack of cultural knowledge may lead to misunderstanding, inaccurate translation, or loss of meaning, which can negatively affect communication, especially in international, diplomatic, and academic settings.

The study also highlights the importance of professional training for interpreters. Interpreter training programs should include not only language practice but also the study of culture, history, and intercultural communication. Working with authentic materials, speeches, and real interpreting situations can help future interpreters develop the ability to make quick decisions and choose the most appropriate strategy in difficult conditions.

In conclusion, rendering culture-bound expressions in simultaneous interpreting is a complex and dynamic process that requires linguistic skill, cultural awareness, and strong cognitive abilities. There is no universal strategy that can be applied in all situations, and the interpreter must constantly adapt to the context in order to ensure clear and effective communication. Further research in this field may focus on practical

interpreting experiments and the development of new training methods that help interpreters deal more successfully with culturally specific language units.

### **REFERENCES**

1. Newmark, P. (1988). *A Textbook of Translation*. London: Prentice Hall.
2. Larson, M. L. (1998). *Meaning-Based Translation: A Guide to Cross-Language Equivalence*. Lanham: University Press of America.
3. Baker, M. (2011). *In Other Words: A Coursebook on Translation*. London: Routledge.
4. Vinay, J. P., & Darbelnet, J. (1995). *Comparative Stylistics of French and English*. Amsterdam: John Benjamins.
5. Gile, D. (2009). *Basic Concepts and Models for Interpreter and Translator Training*. Amsterdam: John Benjamins.
6. Nida, E. A. (1964). *Toward a Science of Translating*. Leiden: Brill.