Translations

Welcome! Tervetuloa! Willkommen! Velcomin! Welkom! Välkommen!
Bienvenido! Bem-vindo! Bienvenue! Benvenuta!
Velcommen! добродошли у! Fáilte!
Καλώς ήρθατε! Velkomminn! Uyemukelw! 🇹ูก
Benvido! Добро пожаловать!

Information, Resources, Actions to carry home

1. Translations assistance funds application:
   1st February R9, 1st February WSO
   1st June WSO, 1st July R9,
   1st October WSO

2. International Publication / Translation Committee projects:
   - Assistance to small groups who start in new languages. “Where do I start?” was translated by professionals payed by OA.inc in 11 languages. Notify your trustee beginners with language barriers.
   - Glossaries project.
   - New translated digital books.

3. Literature and Translations:

4. Guidelines for translations:
   Priorities, Licences, Copyrights
   https://oa.org/.../guidelines-for-translation-of-oa-literature-and-materials/

5. Digital files in translations:
   - Check your language translation list, updated in July 2019.
   - Send all digital files to the WSO. Now there are less digital files than the languages on the translations chart and only two digital files of glossaries.

6. Glossary:
   https://oa.org/files/xlsx/OA-Glossary.xlsx
   - Translated:
   Update (new abstinence and recovery definitions). Authenticate.
Send digital file at the WSO
- Not translated: Could you translate it? (No licence required)
- If it was translated by professionals, paid by OA Inc., could you authenticate it?
- For Professional translators. Volunteers, Authomatic translators (e.g. Google), Fellows.

7. New links “Where to find translated OA literature and materials” in oa.org bookstore:
Provide links and/or generic email addresses, indicating where to find OA literature in your language.

8. Podcasts in different languages
- International Unity with Diversity Committee.
- Region Nine

9. Translations workshop
https://oa.org/files/pptx/OA-Translations-Workshop.pptx

10. Contacts for translations:
Provide generic emails addresses for contacts with translations committees or translators in your language and service body e.g
translation.oagrnsb@gmail.com or translationschair@oaregion9.org
New Language Attitudes and Habits

Brave enough to change in all my affairs?
- My “language issues” are like my “eating and weight issues”: A challenge for a new amazing journey beyond my comfort zones.
- Do I want to continue to be stuck? Or do I worth to get unstuck?

Emotions: alarm bells for exploring my beliefs, attitudes, habits
- How do I feel about using a foreign language out of my comfort zone (e.g. It's scaring, I feel anxiety, embarrassment, not enough, fear, shame, frustration, anger ….)? Do I worth other feelings, like acceptance, serenity, joy, self-esteem, enthusiasm, self-confidence?
- How do I feel about helping a compulsive eater who doesn't speak my language when he/she attends my meeting/ group event? (e.g. powerless, creative...)? Or when he/she lives somewhere else?
- My emotions are products of my beliefs, experiences, habits.

Dignity of choice: emotional flexibility
- Beliefs are products of my experience: They are not always real (e.g. I cannot live without sugar, I am not good in languages, at my age I cannot learn new things, …….)
- What are my beliefs about the foreign language that I would like to understand and use?
Beliefs of stuck, frustration like: “English/Spanish/Chinese is difficult”? Or beliefs to get unstuck: “English/Spanish/Chinese” is not familiar to me. How can I get familiar?
- What are my beliefs about supporting a compulsive eater with whom I have not a common language? How I extend my hand? e.g.
  - Is it enough to send my 7th Tr contribution to the Translations Fund?
  - In which new ways could I be supportive and act as facilitator? (e.g Paraguay, Seychelles, Thessaloniki).

Stepping my purpose: Changing habits, one day a time. Reframing
- Habit: impulsive reaction in a familiar frame. In OA we learn changing reactions to trigger foods and circumstances, making small changes at the frame.
e.g. Resolution: No more sugar this year/month/week.
Frame: On the coffee table near my cup I see a chocolate.
Impulsive reaction: I eat it.
New frame: I ask/serve coffee without sugar/cookies, chocolate. It's a step toward my purpose, now.
Resolution: I will improve my English next year. I will find a teacher of English after Christmas. Frame: I receive by email this week Region 9 News. Impulsive reaction. I delete the email. I read the translated R9 News of three weeks ago. New frame: Stepping my purpose, I read the uncomfortable language email. I try to understand the topics. I verify by automatic translation. I retain some new words.

- Simple, small changes, now, one day a time, make real big resolutions.

A new vision for removing language barriers in OA

- How can you act today?
- Can you choose two personal desires for language this year:
  - one for helping you as foreign language speaker?
  - one for helping a compulsive eater whose language you don't speak?
    - Could you consider a simple action plan for two different challenging frames?
      Which habits you could change? How?

- Desire/Vision/Resolution to help myself to use/understand ...................... :
- Frame:
- Habit:
- Small change:

- Desire/Vision/Resolution to help a compulsive eater whose language I don't speak.
- Frame:
- Habit:
- Change;

<table>
<thead>
<tr>
<th>My comfort zone</th>
<th>Home</th>
<th>Work/ Scolarisation</th>
<th>Social life Travels</th>
<th>OA</th>
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<tr>
<td>languages goals</td>
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It works! Thank you!