

INTERPRETER TRAINERS LBG



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Sustaining Interpreter Well-being: Ghanaian Context

Scenarios

Physical Well-being

Ageibebe, a freelance interpreter, travels frequently using Trotro and walks long distances. Whenever she gets a job, she often works alone and interprets *standing* for hours without breaks, leading to chronic back pain and fatigue.

Insight:

The physical demands of interpreting—especially in *environments with limited ergonomic support*—can accumulate over time, affecting stamina and health.

Mental Well-being

Kwasi, an interpreter in UEW, juggles Ghanaian Sign Language, ASL, English, Fante, and Twi. The cognitive load of interpreting in a structured and also in social academic settings leaves him mentally drained. He often feels mentally drained after long school days, especially when he has to interpret complex academic content.

Insight:

Mental fatigue from *constant language processing* and *multitasking* is a common challenge, especially in multilingual settings.

Emotional Well-being

Fulera, a community interpreter in Tamale, handles emotionally intense assignments like medical diagnoses and family disputes. She feels overwhelmed but hides her emotions to appear strong and not show vulnerability.

Insight:

Emotional strain is real, and *without healthy outlets or support*, interpreters risk burnout or compassion fatigue.

DO YOU HAVE A THEME YOU ARE PASSIONATE ABOUT TO SHARE WITH THE TERP
COMMUNITY, OR HAVE BEEN AFFECTED BY THE WORK... CONTACT US
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