

LBRIS

We know
books

Oana-Florina AVORNICESEI
Doina VASILCA
(Editors)

CONFERENCE INTERPRETATION

**SPEECHES FOR PRACTICAL ACTIVITIES
OF CONSECUTIVE AND SIMULTANEOUS
INTERPRETATION**

FOR THE USE OF B.A. STUDENTS OF SPECIALISED
TRANSLATION AND INTERPRETATION



Editat de Pro Universitaria SRL, editură cu prestigiu recunoscut.

Editura Pro Universitaria este acreditată CNCS în domeniul Științelor Umaniste și CNATDCU (lista A2-Panel 4) în domeniul Științelor Sociale.

Copyright © 2023, Editura Pro Universitaria.

Toate drepturile asupra prezentei ediții aparțin Editurii Pro Universitaria.
Nicio parte din acest volum (fragment sau componentă grafică) nu poate fi copiată fără acordul scris al Editurii Pro Universitaria.

Descrierea CIP a Bibliotecii Naționale a României
Conference interpretation : speeches for practical activities of consecutive and simultaneous interpretation for the Use of B.A. students of specialised translation and interpretation /
 ed.: Oana-Florina Avornicesei, Doina Vasilca. - București : Pro Universitaria, 2023
 ISBN 978-606-26-1694-6

I. Avornicesei, Oana-Florina (ed.)
 II. Vasilca, Doina (ed.)

81

Referenți:

Conf. univ. dr. Marina Cristiana Rotaru, Universitatea Tehnică de Construcții București
 Conf. univ. dr. Mirel Anghel, Universitatea Tehnică de Construcții București

Redactor: Elena Onea
Tehnoredactor: Liviu Crăciun
Copertă: Aurelian Leahu



Redacție:
 tel.: 0732.320.664
 e-mail: editura@prouniversitaria.ro

 **Editura Pro Universitaria**



Librăria UJmag:
 tel.: 0733.673.555;
 021.312.22.21
 e-mail: comenzi@ujmag.ro

ujmag.ro
 UJmag.ro

TABLE OF CONTENTS

Preface	11
Chapter I	
BUYING PRESENTS	15
1. Dragoș Ioan Badea	15
2. Mihaela Alexandra Brînceanu	16
3. Izabela Elena Bucur	17
4. Ioana Rebeca Căliman	19
5. Ana Maria Cîrjaru	20
6. Teodor Ștefan Cristescu	22
7. Roxana Elena Diaconu	23
8. Ioana Diana Grigore	25
9. Bianca Maria Iliuță	26
10. Ioana Andreea Mitu	28
11. Ionuț Viorel Cristian Vasiloiu	29
12. Maria Voica	30
Chapter II	
GRANDPARENTS	33
1. Dragoș Ioan Badea	33
2. Mihaela Alexandra Brînceanu	34
3. Izabela Elena Bucur	35
4. Liviu Georgian Busuioc	37
5. Ana Maria Cîrjaru	38
6. Mihai Vasile Constantinescu	39
7. Teodor Ștefan Cristescu	41
8. Roxana Elena Diaconu	42
9. Ioana Diana Grigore	44

10. Bianca Maria Iliuță	46
11. Ioana Andreea Mitu	47
12. Ionuț Viorel Cristian Vasiloiu	48
13. Maria Voica	48

Chapter III

HAVING SIBLINGS	51
1. Dragoș Ioan Badea	51
2. Mihaela Alexandra Brînceanu	52
3. Izabela Elena Bucur	53
4. George Liviu Busuioc	55
5. Ioana Rebeca Căliman	56
6. Ana Maria Cîrjaru	57
7. Teodor Ștefan Cristescu	59
8. Roxana Elena Diaconu	60
9. Ioana Diana Grigore	62
10. Bianca Maria Iliuță	63
11. Ioana Andreea Mitu	64
12. Maria Voica	65

Chapter IV

KEEPING PETS	68
1. Dragoș Ioan Badea	68
2. Mihaela Alexandra Brînceanu	69
3. Izabela Elena Bucur	70
4. Liviu Georgian Busuioc	72
5. Ioana Rebeca Căliman	73
6. Ana Maria Cîrjaru	74
7. Eduard Gabriel Contanu	76
8. Teodor Ștefan Cristescu	76
9. Roxana Elena Diaconu	77
10. Ioana Diana Grigore	80
11. Bianca Maria Iliuță	81

12. Ioana Andreea Mitu	82
13. Ionuț Viorel Cristian Vasiloiu	84
14. Maria Voica	84

Chapter V

LIVING IN A FOREIGN COUNTRY	87
1. Dragoș Ioan Badea	87
2. Mihaela Alexandra Brînceanu	88
3. Izabela Elena Bucur	89
4. Liviu Georgian Busuioc	91
5. Ioana Rebeca Căliman	92
6. Ana Maria Cîrjaru	93
7. Mihai Vasile Constantinescu	95
8. Teodor Ștefan Cristescu	96
9. Roxana Elena Diaconu	98
10. Ioana Diana Grigore	100
11. Bianca Maria Iliuță	101
12. Ioana Andreea Mitu	102
13. Ionuț Viorel Cristian Vasiloiu	104
14. Maria Voica	105

Chapter VI

LIVING ON ONE'S OWN	107
1. Dragoș Ioan Badea	107
2. Mihaela Alexandra Brînceanu	108
3. Izabela Elena Bucur	109
4. Ioana Rebeca Căliman	111
5. Ana Maria Cîrjaru	112
6. Mihai Vasile Constantinescu	114
7. Eduard Gabriel Contanu	115
8. Teodor Ștefan Cristescu	116
9. Roxana Elena Diaconu	117
10. Ioana Diana Grigore	119

11. Bianca Maria Iliuță	120
12. Ioana Andreea Mitu	122
13. Ionuț Viorel Cristian Vasiloiu	123

Chapter VII

MY BAD HABITS	125
1. Dragoș Ioan Badea	125
2. Mihaela Alexandra Brînceanu	126
3. Izabela Elena Bucur	127
4. Ioana Rebeca Căliman	129
5. Ana Maria Cîrjaru	130
6. Eduard Gabriel Contanu	131
7. Teodor Ștefan Cristescu	132
8. Roxana Elena Diaconu	133
9. Ioana Diana Grigore	135
10. Bianca Maria Iliuță	136
11. Ioana Andreea Mitu	138
12. Ionuț Viorel Cristian Vasiloiu	139
13. Maria Voica	140

Chapter VIII

MY FAVOURITE MONTH OF THE YEAR	142
1. Dragoș Ioan Badea	142
2. Mihaela Alexandra Brînceanu	143
3. Izabela Elena Bucur	144
4. Liviu Georgian Busuioc	146
5. Ioana Rebeca Căliman	147
6. Ana Maria Cîrjaru	147
7. Eduard Gabriel Contanu	149
8. Teodor Ștefan Cristescu	150
9. Roxana Elena Diaconu	151
10. Ioana Diana Grigore	153
11. Bianca Maria Iliuță	154

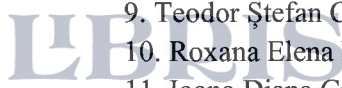
12. Ioana Andreea Mitu	155
13. Ionuț Viorel Cristian Vasiloiu	157
14. Maria Voica	158

Chapter IX

MY IDEAL HOUSE	160
1. Dragoș Ioan Badea	160
2. Mihaela Alexandra Brînceanu	161
3. Izabela Elena Bucur	162
4. Liviu Georgian Busuioc	164
5. Ioana Rebeca Căliman	165
6. Ana Maria Cîrjaru	166
7. Mihai Vasile Constantinescu	167
8. Eduard Gabriel Contanu	168
9. Teodor Ștefan Cristescu	169
10. Roxana Elena Diaconu	170
11. Ioana Diana Grigore	172
12. Bianca Maria Iliuță	173
13. Ioana Andreea Mitu	175
14. Ionuț Viorel Cristian Vasiloiu	177
15. Maria Voica	177

Chapter X

WHAT ANNOYS ME MOST ABOUT THE OPPOSITE SEX	180
1. Dragoș Ioan Badea	180
2. Mihaela Alexandra Brînceanu	181
3. Izabela Elena Bucur	182
4. Liviu Georgian Busuioc	184
5. Ioana Rebeca Căliman	185
6. Ana Maria Cîrjaru	186
7. Mihai Vasile Constantinescu	188
8. Eduard Gabriel Contanu	189



We know books

9. Teodor Ștefan Cristescu	190
10. Roxana Elena Diaconu	191
11. Ioana Diana Grigore	193
12. Ioana Andreea Mitu	194
13. Maria Voica	195
Sources and Further Reading	199
Author Register	200
Topic Register	201

PREFACE

This volume comprises a collection of speeches written by the third-year undergraduate students of the B.A. Programme for Translation and Interpretation (STI) at the Faculty of Engineering in Foreign Languages (FILS) of the Technical University of Civil Engineering Bucharest (UTCB) as part of their home assignment for the Conference Interpretation course in the second semester of the academic year 2021-2022. It is a collection of speeches which can be used as practice material by their fellow students who specialise in this field.

The volume is meant to be a practical handbook to be used as a basis for the practice of conference interpretation, which is studied in the consecutive mode without notes in the fourth semester and with notes in the fifth semester, as well as in the simultaneous mode in the sixth semester as part of their academic curriculum.

There are ten chapters in the book, each of them dedicated to a specific topic. The topics were selected by the students from a longer list based on the idea that they should be as general as possible, so that the students can enjoy maximum freedom when tackling them, and give their imagination free reign, which they did.

The result is a heterogenous collection of narrative, descriptive and argumentative speeches of variable length, from one-paragraph to two-page long ones. All of them have been included in this volume since its aim is the acquisition, development, and the honing of the necessary skills for conference interpretation on general topics.

They serve a variety of purposes and are apt for various types of exercise or even several of a whole series. The shorter ones can be used for practical activities such as memory exercises or sight translation. The rest are appropriate for consecutive with or without notes, and even the early stages of simultaneous interpretation, from

CHAPTER I

BUYING PRESENTS

1. DRAGOȘ IOAN BADEA

Dear students,

Exchanging gifts has always been popular among people of all ages. Festivals, birthdays, anniversaries, and other holidays are all reasons for people to offer gifts. Some individuals feel that offering gifts to others is the finest way to demonstrate our love and regard for them, while others believe that there are several other methods to express our care.

There's a reason why they say that money can't buy happiness or that money can't buy everything. Because you can always generate more money, but the people you care about won't be around forever. For them, time is the best present you can offer. As a result, it's crucial to set aside time for your loved ones. When you start working full-time, it's easy to lose yourself in your work and start living to work rather than working to live. You may get wealthy as a result, but you will lose out on time spent with the people you genuinely care about.

To avoid this, it is crucial to strike the right balance between your job and family life. In order to be happy and have a satisfying life, you must balance the time spent obtaining material goods with the amount of time you spend with your family and friends. "The best gift you can give someone is your time, since you are giving them a piece of your life that you can never get back." as someone once said.

Another factor that encourages this culture of gifting is that people are busy and feel guilty. They don't have a lot of time for their families or friends. As a result, they purchase them things to ease their guilt. Working parents frequently pamper their children with presents, to make up for their incapacity to spend quality time with them.

Gift giving, on the other hand, is not the best or greatest means to express our love, in my opinion. A gift is a commodity with a finite lifespan and a specific purpose. It will never be the ideal means of communicating affection. Helping family and friends in a rough patch is the easiest way to express our love and care for them, because only those who genuinely love us will stick by in our darkest times. No present, in my opinion, is more valuable than the gift of time. If a family member or friend is experiencing a health problem, for example, spending time with them and providing all the support we can is the greatest way to demonstrate that we care.

To sum it all up, I believe it is essential to show our loved ones that we care but presents are not the only way of expressing our feelings. There are a variety of other significant methods to communicate them to others. Rather than giving gifts on different occasions, the greatest way to display love and caring is to help others in tough times, and to share in their happy moments.

2. MIHAELA ALEXANDRA BRÎNCEANU

Dear fellow students,

Gifts from family, friends and colleagues always put a smile on our faces. Who does not like to receive a gift? In life, giving and receiving a few moments of joy is probably the most pleasant feeling. But it can often be quite difficult to find the right gift to give to a particular person.

The first thing to consider when choosing a gift is for whom the gift is intended. If it is intended for a loved one or perhaps a family member or friend, it may be more intimate, special, and easier to choose. While in the case of a gift for a colleague or a stranger the choice can be quite difficult. In many cases it is simple, elegant, universal items that are sure to make a good impression.

Another aspect that can be very helpful when choosing a gift is the hobbies the person in question may have. Paying attention to these

details can give a real answer to what gifts will be popular, and the choice will be much easier to make. At the same time, the budget allocated for a particular gift should also be considered, right? In fact, nowadays it is common to agree on a specific budget, and the search for a gift becomes even more interesting whenever the agreed amount is relatively low.

Last but not least, the way the gift is presented is as important as the gift itself. Surprises are usually welcome, with some exceptions, and keeping the gift a surprise for the great reveal on the big day is quite common. It's not called a surprise for nothing! A gift must be surprising and create a pleasant feeling of astonishment. This way, the happy feelings, reactions and joy will be greatly enhanced.

So, if you know that the birthday of a loved one is coming, you should think in advance what you can buy them. And maybe do some research and gentle, covert probing into their wishes and desires.

Thank you for your attention and good luck with your shopping!

3. IZABELA ELENA BUCUR

Hello, everyone!

My name is Izabela, I'm a final year student for the bachelor's degree at the Translation and Interpretation section and today I am going to talk about buying presents.

I think we have all bought and given at least one gift in our lives, so far. Although it's probably more enjoyable to receive one, there are certainly individual cases where people enjoy giving gifts more than receiving them. Examples of occasions when you must buy a gift are countless, no matter what country you come from. Even from birth, you are in a position to receive gifts, following the baptism ceremony, for example, but it is also possible to receive gifts even before you are born.

Buying a gift can quickly turn into a constant battle with your own nerves, especially if you are my type of person. I am the type of person who is organized down to the last detail, sometimes over the

edge when it comes down to it, I am a perfectionist and an extremely organized person, and when something gets in the way of realizing my plans, even when it's about the most trivial things, I feel my blood pressure go up. And so, an activity with a happy ending turns into a real headache for me.

For me the process of buying a gift also depends a lot on the person I'm buying it for. I know it may not always be ethical, but it's normal, we are human, and we have personal preferences. If I like the person, I try to surprise them with an unforgettable gift, if I dislike them, I limit myself to some common gifts.

But before anything else, regardless of preference, I always set a fixed budget to buy a gift. The next step, after setting the budget, is to think about and do some personal research regarding the person's preferences and hobbies. And because I have already said I'm an extremely organized person, I set a deadline and never leave everything to the last minute. The feeling I get from giving a present counterbalances the stress I had before. There is nothing more beautiful in the world than the smile on a person's face that you know you made happen.

Buying a gift and putting yourself in second place to the needs of another is a proof of generosity, kindness, qualities that we must respect, and practice more often nowadays. We must also respect the gift itself, without looking at it only from a material viewpoint or how expensive or cheap it is. This mistake occurs especially among young people, and parents have the responsibility to teach them to correct this way of thinking. A gift is not just a material thing, it can also be a good piece of advice, help in times of need, a smile, or a hug in a difficult moment.

As a final point, I would like to share with you the history of gift giving. It seems that this multicultural habit has its roots as far back as prehistory, where scientists discovered that this ritual took place between different tribes as a way to strengthen intersocial relations and to show appreciation for each other. Of course, today if you offer as a gift a stone of some indistinct shape or animal teeth, you are considered to be nothing short of a madman.

Apart from this, gift giving also has a religious background. Let's remember the ancient times, where in order to please the gods, people offered them various gifts, and sometimes even sacrificed lives in return for the mercy of the divinity on the people concerned.

It is interesting to see the diversity of occasions as well as the reasons behind giving a present to somebody. The significance of the gift is also of interest. Around this activity, real celebrations were born, such Christmas, Easter, Saint Nicholas, or Halloween.

I hope my speech was not difficult to follow and understand and I am also curious to hear your own experiences and thoughts on the presented topic.

Thank you for your attention!

4. IOANA REBECA CĂLIMAN

Hello, everyone!

Gift giving dates back a long time. Gifts are seen as a mediator or a small sign of expression and confirmation of the feeling of appreciation we have for our loved ones, for those that we want to keep close to us and to show our love for.

Thus, we have created the habit of offering gifts during the holidays (such as Christmas, Easter, etc.), or on various occasions (graduations) or even personal events (name days, birthdays) or major stages of life (birth, baptism, wedding).

In my family, gifts are a way of expressing our love and appreciation between us. We do not necessarily give symbolic things, but things that we know that at one time or another that respective person wanted. So, most of the time, we bring gifts as a sign of appreciation, love, and gratitude.

On the other hand, gifts should not be given only in situations such as name days, holidays, etc. They can be given even on usual days, just to show our gratitude, love and to show the significance of those people in our lives - in fact to confess certain feelings towards them.

Regardless of the gifts given or received, I think it is important to keep in mind a few small tips when choosing them, so that the moments of gifting are perfect:

1. When choosing a gift, try to consider the preferences and tastes of the beloved one, not just your own (so the gift will have twice as much impact on them, because it will show your interest in them).

2. When you give a present, do it wholeheartedly and show happiness, and gratitude to those people. Most of the time, a smile and personal sincerity can count more than the gift itself but make sure these gestures unless they come from your heart.

3. When you receive a gift, don't forget to thank sincerely, and unwrap the gift on the spot, to show that you appreciate the effort of the one who gave it to you and that it makes you happy. In fact, people appreciate putting on gifted clothes, for example, in front of them, so they will capture your real reaction to that gift.

Remember, it's not always the case that gifts can count more than words, therefore, try to always accompany them with a few warm wishes, and try not to give presents to someone just out of obligation, but because you feel it in your heart to do so.

5. ANA MARIA CÎRJARU

Ladies and gentlemen,

A gift is given or received from someone as a token of friendship or affection. I believe that a personalized gift is much more appreciated than one bought without much emotional involvement. In fact, a gift is a symbol.

I'm sure that each of us has at one time or other gone through the dilemma of the right gift. What do we give a loved one? What do we want our gift to convey? Will the recipient like it? When is it appropriate to give one gift or do we give too many gifts? But what it means depends on how each of us perceives it, on what the gift has represented in our lives from childhood to adulthood.

First of all, I believe that when we think of a gift, we should not necessarily think only of physical, material, tangible objects, but also of gifts of a different nature, such as sentimental gifts. The gift and the act of giving gifts is one of the oldest behaviours with many meanings and symbols. But what is meant by 'gift' differs from person to person. It can be bought, a physical, tangible object, but we can also talk about time spent together with a loved one, or something we do for each other, whether we cook for them or simply sit in bed watching movies all day.

We often chase after expensive, extravagant items to impress, but forget that maybe all that time wasted in the shops is actually the perfect gift to give to our loved one. For example, one evening on my birthday, someone knocked on my door. It was my boyfriend himself. He apologized for being so late and only managed to buy me a bunch of flowers and a bar of chocolate. But at that moment I jumped into his arms and said: "Your mere presence here with me is the perfect gift!" We need to cherish the little things and enjoy the moment more without trying to make everything perfect, because by trying to make everything perfect we can forget to enjoy the really important moments.

Secondly, I think a personalized gift is much more appreciated. It's much nicer to put our feelings into a personalized gift. Thus, the person who receives the gift, at the first sight of it, can remember certain pleasant moments spent together, they can experience certain feelings, and can have a state of melancholy and happiness. It is valuable to understand the meaning of the gift. This gesture is a form of emotional connection, a reassurance of the relationship and an expression of appreciation and respect.

Thirdly, giving a gift not only brings joy to the person receiving it, but also to us. Our well-being is significantly improved when we give gifts, we are happier, we have a different mindset and we become a role model for others. And it's only natural, because our thoughts of generosity, our connection with the other person and the attention we give them are immediate benefits to our own well-being. The

anticipation of joy and satisfaction, like the feeling of belonging, visibly and profoundly improves our well-being.

On the other hand, the gift, through the experience it offers, can be both a memory and a surprise. Therefore, we also need to be careful about how and when we give a gift. The gift is about and for the other person, so we must not make the recipient feel embarrassed or but off by the way it was given.

In conclusion, offering a gift doesn't have to be difficult anymore because we need to focus more on our loved one's wishes. Maybe some people like material gifts and others simply like moments spent together.

Thank you for your attention!

6. TEODOR ȘTEFAN CRISTESCU

Hello everyone!

My name is Teodor and I am a final year student of Translation and Interpretation. Today I am going to speak about buying presents. I want to speak about buying presents for someone that I know and someone that I have met for the first time.

I find it really hard to buy presents for a person that I don't know. It is awfully stressful. First, I don't know what that person likes, no matter if is a man or a woman. In these situations I am forced to bring money or something that everybody likes, for example if he or she is a smoker, I would bring a beautiful lighter. I am the kind of person that has a collection of lighters and does not smoke, so if you know me, you can buy me a Clipper. If the person is a non-smoker, I recommend buying something beautiful, for example a perfumed candle or a unisex present, like a nice book, a crystal globe or a journal.

Buying clothes to someone you don't know can be a big mistake, so I would better play it safe if I were you. Maybe you have a common friend, and you can ask some questions that can help you buy the perfect gift. It is not a good to be in a situation where someone brings

you a present and you say you like it when you don't, or you just tell them straight that you don't like it and it's not what you wanted.

Buying presents for someone that you already know is not easy either. Most of the times I try to buy them something that represents them and go on a shopping spree. Don't get me wrong, I am not a shopaholic, but I try to buy them the thing that I know they would totally adore. For example, for my cousin, who is also one of my best friends, I would buy two presents. First, I would go and find some computer game or a ticket to a concert that I know he would die for, then I would buy him a funny present that I would gift him first. A real challenge would be to buy present for my girlfriend. Although I know her, I would try to make our anniversary or her birthday something unique. I know she likes beauty a lot and she works so hard all the time so I would make her an appointment to a local spa in Bucharest.

In conclusion, buying presents is not necessarily easy and requires a lot of knowledge when it comes to the person you want to surprise and, if you are a shopaholic, you can find everything for everyone, just go there and have fun picking up a present!

Thank you!

7. ROXANA ELENA DIACONU

Hello everyone!

My name is Roxana, I am a final year student of Translation and Interpreting Studies, and today I'd like to talk to you about presents, more exactly about buying them.

I must confess I've never been good at buying presents. One reason I'm saying this is because I simply do not have the patience to spend a lot of time "hunting" for the perfect gift to give someone. I find it exhausting to go from shop to shop or to even spend more than one hour in the same one. Yes, as you might have guessed, I'm not too keen on shopping either (except when it's about books). I also get bored very quickly and my attention span shifts fast from one thing to

another, so I need to always be doing something new. Now, I know you might suggest online shopping as a solution, and I do agree that it's a life saver sometimes, but when you don't have any good idea of what you want to buy, it can literally take hours even online.

Another reason that comes to highlight why I am inept at buying presents is the fact that I'm not able to choose the right one. Of course, I know my friends and their preferences and hobbies. I have a pretty good idea of what they'd like to receive but I have this need of giving them something that's actually useful to them and does not make them disappointed with my choice. This perception of the practicality of a gift has probably been instilled by my mother, which is a curse dressed and dolled up as a blessing. Why? Because sometimes I want to give someone something meaningful which has no practical value at all. This situation right here is the match that lights the fire inside my brain and makes me panic even when I'm out searching for a Secret Santa present.

Now that you know all this, you might wonder what my go-to gift choices are. We all have them, don't we? For me, it's usually books. I'm lucky enough to have friends who are as obsessed with books as I am, so it's a relief to be able to pull this card out when I'm out of ideas for presents. The only thing left to figure out is which books to buy. Another go-to gift of mine is, of course, money. You can never go wrong with it. When in doubt, just put some in an envelope with a note of good wishes and the person can use it however they see fit. It's much more practical than buying something that a person has no need or use of. And yes, there it is, that practicality again!

I'd like to end my speech with a few pieces of advice I found online about what to do when you are gift shopping. First of all, it's needless to say you should not, and I mean NOT, give gag gifts or gift cards. So, what you should do when buying gifts for difficult-to-buy-for people, you should consider three simple rules in this order: usefulness, surprise, quality. Also, you definitely want to avoid giving gifts that have the potential to be re-gifted. Then remember that a gift should always be a surprise. Nothing is more exciting than not

knowing what someone buys for you. It says that you put thought into buying it for them and didn't just ask for a wish list. So, don't laze out on people! Show them that you care enough to buy them something that is both meaningful and useful. You want it to be something that will last, too, so be mindful of the quality of anything you buy. When it comes down to it, the most significant thing you can do is pay attention to your loved ones' needs. This makes buying presents for them a lot less difficult. Look for a hobby, identify a need, and find a product that is useful, surprising, and of high quality.

I hope I am not the only one who's struggling when it comes to buying presents. What about you? Are you mastering this art or are you slacking just like me? Which are your go-to presents?

Thank you for your attention!

8. IOANA DIANA GRIGORE

Hello everyone!

My name is Diana and today's topic will be buying presents, specifically about some tips to keep in mind during shopping sprees, and, as example, I choose the Christmas holiday.

As the song says, Christmas is "the most wonderful time of the year." But as wonderful as it is, the holiday season can often leave your post-Christmas finances in disarray. Fortunately, with a little planning and preparation, you can take the stress out of shopping and enjoy celebrating Christmas with your loved ones.

First of all, determine how much you can spend. Most importantly, set a budget for Christmas spending—not just for gifts, but for food, travel, charitable offerings, and holiday events. Also, make a list—and check it twice. Planning your shopping out in advance can make you less likely to fall victim to impulse purchases. Make a list of gift recipients, set a spending limit for each, and determine what you'd like to buy, and—most importantly—stick to that list.