Navigating Non-Literal Language: The Complexities of Translating Idioms Across Cultural Boundaries

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Abstract

This research delves into the intricacies of translating idioms, focusing on the transition from English to Albanian. Idioms, deeply rooted in cultural and historical contexts, present significant challenges for translators because of their non-literal meanings and cultural specificity. The study reviews existing literature on idiom translation, highlighting the difficulties translators face and the strategies they use to maintain the authenticity of the source material. The paper identifies essential translation strategies such as paraphrasing, omission, and finding linguistic equivalents crucial in preserving the original text's intended meaning and essence. It emphasizes the importance of cultural understanding and cross-cultural awareness in the translation process, especially when dealing with fixed expressions and idioms that are culturally bound. Through an analysis of the translation of idioms from English to Albanian, the study reveals the need for coherence and careful consideration of linguistic nuances to convey meaningful messages effectively. It discusses conceptual metaphors, the cultural significance of specific motifs (like animals) in English idioms, and their translation into Albanian. Furthermore, the study explores the implications of idiom translation in the context of English as a Foreign Language (EFL) education. It suggests that teaching idioms by connecting them to their cultural origins and incorporating real-life examples can enhance EFL students' language proficiency and cultural understanding. The paper concludes by emphasizing the role of skilled translators in bridging linguistic and cultural gaps and provides references for further exploration of the topic.

Keywords: Idioms' translation, cultural context, linguistic challenges, translation strategies, non-literal meaning, cultural significance

1. Introduction

Idiomatic expressions are linguistic constructions communicating a hidden message or information, often puzzling for non-native speakers. Comprehending these expressions necessitates familiarity with their cultural and historical background. Idiomatic expressions differ across regions or social strata within a language and may lose their meaning when translated. They enrich communication by imbuing it with subtlety, vividness, and complexity, allowing speakers to convey intricate thoughts
and emotions with brevity. Idiomatic expressions also reflect a society’s history, values, and beliefs. They can provide insights into the cultural heritage of a community and offer a glimpse into the mindset of its people. Moreover, idioms can create a sense of camaraderie and belonging among native speakers, as they serve as shared references and inside jokes. Learning and understanding idiomatic expressions is essential for a deeper understanding of a language and its culture. Understanding and correctly using idiomatic expressions can greatly enhance one’s fluency and mastery of a language. These expressions often have a symbolic meaning that differs from the words’ literal meaning. They add color, depth, and nuance to our language, allowing us to communicate more expressively and creatively. Using idiomatic expressions can make our conversations more interesting and engaging. They can also help us connect with native speakers on a deeper level, as idioms are often deeply rooted in a culture’s history, traditions, and values. By incorporating idiomatic expressions into our language skills, we demonstrate a higher level of proficiency and show respect and appreciation for the culture we are engaging with. Additionally, idioms can be useful for understanding and interpreting literature, as many authors use these expressions to convey complex emotions and ideas. Overall, mastering idiomatic expressions is essential in becoming fluent in a language and fully immersing oneself in its associates. They also help us concisely convey complex ideas or emotions. Incorporating idiomatic expressions into our daily conversations enhances our language skills and deepens our understanding of cultural nuances and subtleties. By engaging with native speakers on a deeper level, we can establish strong connections, build a community, and create a strong sense of belonging. For example, using the idiomatic expression “break a leg” in English when wishing someone good luck in performance demonstrates fluency in the language and acknowledges the theater culture where this phrase originated. Understanding and using such idioms can help bridge the gap between language and culture, making conversations more authentic and establishing a stronger connection with native speakers. Furthermore, idiomatic expressions add color and vibrancy to our language, making our speech more engaging and captivating. Whether it’s a witty metaphor or a heartfelt proverb, using idioms can make our communication more memorable and impactful. Additionally, idioms can also be a source of amusement and entertainment, as they often require a bit of creativity and imagination to grasp their meaning fully. They can spark laughter and create a sense of camaraderie among language learners and native speakers alike. Moreover, incorporating idiomatic expressions into our speech demonstrates a deeper understanding and mastery of the language, showcasing our linguistic prowess and fluency. Overall, embracing idioms allows us to delve deeper into a culture’s rich linguistic heritage, enhancing our language skills and enriching our conversations. However, it is important to note that idioms can be culture-specific, and their meaning may vary from one language or region to another. Therefore, it is crucial to familiarize ourselves with idioms’ cultural nuances and contextual usage to avoid any misinterpretation or confusion. Additionally, when using idioms in a foreign language, we should be cautious and ensure that we are using them correctly, as misusing or mispronouncing an idiom can lead to misunderstandings or even unintentional humor. Ultimately, idioms are a valuable tool for language learners, but they require careful study and practice to grasp their meaning and usage fully. Therefore, it is crucial to use idioms carefully and consider the context in which they are used to avoid misunderstandings or even unintentional humor. For example, imagine a foreign language learner using the idiom “kick the bucket” in English without understanding the true meaning of “to die.” They may use it in a casual conversation without realizing the seriousness of the phrase, leading to confusion or unintended humor for native speakers. This highlights the importance of thoroughly understanding idioms before using them in everyday language. In addition, idiomatic expressions can add personality and color to our language, making our speech or writing more memorable. They often reflect the cultural heritage and history of a particular community or group, giving us insights into their values and beliefs. Using idioms can also help us connect with others on a deeper level, as they can create a sense of familiarity and shared understanding. However, it is essential to be mindful of the audience and their level of comprehension when using idioms, as not everyone may be familiar with their meaning or usage. Everyday communication relies heavily on idiomatic expressions, ranging from
idioms and proverbs to slang. These expressions are creative and relatable ways to convey complex concepts and situations. For example, when discussing a challenging project at work, someone may use the expression "bend over backward" to illustrate their extra effort and commitment to getting the job done. This idiom builds empathy and helps colleagues understand the hard work involved.

While idiomatic expressions can be exciting and artistic, they can also be confusing in translations or for non-native speakers. For instance, translating idioms from English to Albanian can be challenging, as some expressions may need a coherent translation with the rest of the story. According to Erlbaum (1993), idiomatic expressions have evolved from describing a specific situation to being highly conventionalized and losing their literal character. As Stefanovski (2007) points out, understanding idioms is a difficult task for even native speakers of English, let alone EFL learners, since their meanings are often figurative rather than literal. This means that the words used in an idiom may not directly correspond to their usual meanings. Instead, expressions rely on cultural and contextual knowledge to convey their intended message. For example, "kick the bucket" is commonly understood to mean "to die," but its literal meaning is unrelated to death. For instance, an EFL learner might struggle to understand the idiom "raining cats and dogs" because the literal meaning does not match the intended figurative meaning of heavy rainfall. With prior exposure to this idiom and its cultural context, an EFL learner might interpret it literally, leading to clarity and communication. Therefore, EFL learners must familiarize themselves with idioms and their symbolic meanings to fully grasp a language's nuances. By understanding the cultural and contextual usage of idioms, EFL learners can effectively communicate with native speakers and avoid any misinterpretation. Learning idioms can also enhance language proficiency and fluency, adding depth and creativity to their spoken and written expressions.

2. Literature Review

Idioms are an essential language component, representing unique objects, concepts, or phenomena of material life within a specific culture. Their value lies in their capacity to preserve that language's local and cultural essence. Not only do idioms aid native speakers in effectively expressing themselves, but they also play a crucial role in comprehending a given society's cultural nuances and customs. Through idioms, people can convey intricate concepts or sentiments briefly and decisively, resulting in improved communication and a heightened sense of inclusion. Moreover, idioms often provide insights into historical events or societal values, making them an invaluable resource for language learners and anthropologists. According to Larson (1984, p.20), an idiom is a group of words whose meaning differs from the individual words' literal meaning.

Moreover, Larson (1984, p.142) notes that an idiom carries certain emotive connotations not expressed in other lexical items. These emotive connotations can vary depending on the cultural context in which the idiom is used. For example, in English, the idiom "to kick the bucket" means "to die," but the emotional weight behind this phrase may not be immediately apparent to non-native speakers. Understanding the cultural significance of idioms is crucial for effective communication and avoiding misunderstandings.

According to Poshi & Lacka (2016), idioms are characterized by their inflexibility in form and opacity in meaning, often carrying meanings that cannot be deduced from their individual components. They are considered as frozen patterns of language that allow little to no variation. Translating idioms is challenging due to difficulties in recognizing and interpreting them correctly, and in rendering their various aspects of meaning into the target language. Some idioms can be misleading as they offer a reasonable literal interpretation, which can lead to misinterpretation by a translator unfamiliar with the idiom. Furthermore, the concept of untranslatability, where the sense may be translated but the form often cannot, is a significant issue in idiom translation.

Additionally, idioms can provide a window into the historical and cultural events that shaped a language. For instance, the idiom "to turn a blind eye" originated from a naval incident in the 1t is essential to understand that idioms cannot be translated literally because their meaning cannot be
predicted from the usual meaning of their words. Legend has it that during the Battle of Copenhagen in the 18th century, Admiral Horatio Nelson disregarded a signal to retreat by placing his telescope to his blinded eye. This occurrence gave birth to the expression "to turn a blind eye," which is widely employed to refer to the act of willfully disregarding or neglecting something. Therefore, understanding the historical context behind idioms allows us to fully grasp their intended meaning and use them appropriately in conversations.

2.1 Translation of idioms

Translating idioms from one language to another is an undoubtedly challenging task. The reason is that idioms are fixed language patterns that allow little to no room for variation in their form. Moreover, idioms often convey meanings that cannot be deduced from the individual words, making them up. As per Baker's (1992/2018) assertion, fixed expressions must be regarded as a single entity to fully comprehend their intended meaning since they surpass the sum of their constituent word meanings.

Translating idioms and fixed expressions may pose several challenges, but these challenges can be successfully overcome with careful consideration. One of the challenges is accurately interpreting the intended meaning of an idiom and conveying the different facets of meaning it is meant to convey in the target language. Baker (1992/2018) explores these difficulties in her book "In Other Words," highlighting several vital issues.

According to Oualif (2017) challenges and strategies of translating idiomatic expressions from English to Arabic. It emphasizes the importance of cultural understanding and cross-cultural awareness in the translation process. The article provides a classification of idioms and their meanings, and highlights the difficulties of translating idioms due to cultural and social differences between languages. Additionally, it explores different translation strategies and the unique characteristics of idioms. Translation is a complex process that goes beyond the mere replacement of words from one language to another. It involves understanding the cultural roots and social factors that influence the languages being translated. This is particularly challenging when translating idiomatic expressions, which are deeply rooted in the culture and can have different connotations in different languages. The process of translation requires a deep understanding of both the source and target cultures. This is because culture shapes human attitudes, beliefs, and values, and these in turn influence the way language is used. The cultural gap between the source language (SL) and the target language (TL) can make the translation process difficult, especially when the languages belong to different language families, such as Arabic and English. Idiomatic expressions pose a particular challenge in translation. These expressions often have meanings that are not directly related to the literal meanings of the words they contain. They are influenced by various factors, including the situation in which they are used, the emotions they convey, and the connotations they carry. Translating idioms often involves finding equivalents in the target language that convey the same meaning but may have different forms. This requires a good understanding of both cultures and an ability to interpret the implied meanings of idioms. However, when the source and target languages are culturally distant, finding total equivalence may not be advisable due to distinct cultural implications. In conclusion, the translation of idiomatic expressions is a complex process that requires a deep understanding of both the source and target cultures. It involves more than just replacing words from one language to another, and requires a nuanced understanding of the cultural and social factors that influence language use.

First and foremost, an idiom or fixed expression may need an equivalent in the target language, making it challenging to find an appropriate translation. Translating idioms from one language to another may pose a challenge, as a word-for-word translation may only sometimes convey the intended meaning. However, expert translators rely on their extensive knowledge of cultural context and linguistic nuances to identify the most fitting alternative. Moreover, idioms often carry several layers of meaning and implications, which further adds to the complexity of the translation process.
Nonetheless, skilled translators possess the competence and expertise to overcome these challenges and deliver accurate and effective translations. Translating idioms from one language to another can be challenging, as a literal translation may only sometimes capture the intended meaning. Skilled translators rely on understanding cultural context and linguistic subtleties to find the most appropriate alternative.

According to Hassan & Tabassum (2014), translating idioms from one language to another presents several challenges. One of the main difficulties is that idioms are culturally bound expressions, meaning they are deeply rooted in the culture and context of the source language. This makes it difficult to find an equivalent idiom in the target language that carries the same meaning and connotations. Another challenge is that idioms often do not have a literal translation. For example, the English idiom "raining cats and dogs" cannot be translated literally into another language and retain its meaning. This is because the meaning of idioms is often not related to the literal meaning of the words they contain. Furthermore, idioms can be difficult to translate because they often rely on cultural knowledge and context that may not be shared by speakers of the target language. For instance, the idiom "armed to the teeth" is a pirate phrase from the 1600s, and understanding its origin can help in understanding its meaning. However, this cultural and historical context may not be known to speakers of the target language, making the idiom difficult to translate accurately. Lastly, machine translation often struggles with idioms, as it cannot translate ambiguous word structures, idioms, and collocations. This is because machine translation typically relies on direct, word-for-word translation, which does not work well with idioms due to their non-literal meanings. Research findings are the significant results or outcomes that the research process uncovers. These findings are typically presented in the form of data, observations, or conclusions drawn from the research. They provide insights, answer research questions, and contribute to the existing body of knowledge on a particular topic. In the context of translating idioms, research findings suggest that idioms are culturally bound expressions, making them challenging to translate accurately into another language. The non-literal nature of idioms and their reliance on cultural knowledge and context further complicate the translation process. Additionally, machine translation often struggles with idioms due to their ambiguous word structures and non-literal meanings. These findings highlight the complexities involved in translating idioms and the need for translators to have a deep understanding of both the source and target languages and cultures.

Additionally, idioms can carry multiple meanings and connotations, complicating translation. Translators must carefully consider the different facets of meaning and choose words or expressions that capture the essence of the idiom in the target language while still maintaining its original impact. However, with thorough research and an understanding of the context, suitable alternatives can be found. This requires translators to delve deep into the cultural and historical background of the idioms in order to grasp their intended meaning.

Furthermore, translators often face the challenge of finding equivalent idioms that are culturally relevant and widely understood in the target language. Despite these complexities, skilled translators can overcome these obstacles and produce translations that effectively convey the intended message and retain the impact of the original idiom. In conclusion, while translating idioms can be a daunting task, it is not an insurmountable one. With the right approach, translators can successfully navigate the linguistic nuances and find suitable alternatives.

According to Horváthová (2014), the critical role of cultural context in the translation of idioms. It suggests that maintaining the meaning and cultural context of idioms in the target language is a significant challenge faced by translators. The paper references various studies and theories that highlight the importance of translators having a deep understanding of both semantics and cultural aspects. This understanding is crucial in ensuring the accurate translation of idioms. The paper also discusses the sociological factors involved in translating idioms, further underscoring the importance of cultural context in the translation process. Translating idioms is a complex task due to their cultural and historical backgrounds. The translation process requires a deep understanding of both the semantics and cultural aspects of the source language. The cultural context is crucial in
comprehending the idiomatic meaning. Misinterpreting the writer's intention and recognizing cultural differences among languages are two main challenges when translating idioms. Different strategies are employed in translating idioms, such as translating an idiom to an idiom of similar meaning and form, or using non-idiomatic phrases. However, paraphrasing seems to be the most commonly used procedure when a similar idiom cannot be found in the target language or when using an idiom is not suitable for stylistic reasons. The translation should achieve interpretive similarity to the original in relevant aspects, offering adequate contextual effects while involving optimal processing effort. However, achieving the same effect on the readers of the translation as was produced on the readers of the original can be challenging, especially when idioms are deeply culture-bound. In conclusion, the translation of idioms requires a careful consideration of both language semantics and cultural context.

While translating idiomatic expressions can present a challenge, a skillful and inventive translator can effectively convey their intended meaning. Even when an idiom is used literally and idiomatically, a translator can use their knowledge and resourcefulness to express the desired meaning accurately. Translators can employ strategies such as cultural adaptation, substitution, or explanation to ensure the target language correctly understands the idiomatic expression. Furthermore, a thorough understanding of the context and audience can aid translators in accurately capturing the essence of the original idiom. While it may require extra effort and creativity, translating idioms can enhance cross-cultural understanding and communication.

Additionally, recognizing idiomatic expressions may be difficult, but with experience and familiarity in both languages, a translator can effectively identify and translate idioms to accurately convey the intended message. While idiomatic expressions do not conform to strict grammatical rules, a translator can rely on their background knowledge of idioms or consult with native speakers to ensure they are translated correctly and cohesively in the target language. This expertise allows the translator to capture the nuances and cultural references embedded within idiomatic expressions, enhancing the overall quality of the translation. Furthermore, the translator must also consider the context in which the idiomatic expression is used, as the exact phrase may have different meanings in different situations. By carefully analyzing the context and utilizing their linguistic skills, a translator can successfully convey the intended meaning behind idiomatic expressions, bridging the gap between languages and cultures.

### 2.1.1 Idioms translating strategies

Translating an idiom or a fixed expression may depend on many things. These include the cultural context in which the idiom is used, the historical background of the expression, and the nuances of the language itself. Furthermore, the intended meaning of the idiom can also vary depending on the speaker's tone and body language. Therefore, accurately translating idioms requires a deep understanding of the language and culture to capture the true essence and intended message. A translator should consider these things by knowing an idiom or fixed expression's meaning, interpretation, equivalence, and cultural effect. Thus, to quickly translate idioms or fixed expressions, Baker presents four strategies for translating idioms to a target language.

### 2.1.2 Using an idiom of similar meaning and form

The first strategy involves idioms that have equivalent translation in a target language and thus the translation of such idioms is completed with no changes in structure or in form. This approach is often used when the idiomatic expression in the source language has a direct counterpart in the target language, making the translation process relatively straightforward. For example, the English idiom "break a leg" has an equivalent translation in many languages, such as "Merde" in French or "Hals- und Beinbruch" in German. In these cases, the translator can simply replace the idiomatic expression in the source language with its equivalent in the target language, without
needing to modify the structure or form of the idiom.

According to Baker (1992/2018) “this strategy involves using an idiom in the target language which conveys roughly the same meaning to that of the source-language idiom and, in addition, consists of equivalent lexical items” (p.76). This strategy is often used in translation to ensure that the intended meaning and impact of the idiom is maintained in the target language. However, it is important for the translator to be familiar with the idiomatic expressions in both the source and target languages in order to accurately convey the intended message. Additionally, cultural considerations and context should also be taken into account when using this strategy to ensure that the translated idiom is appropriate and understood by the target audience.

In a published article titled “Strategies in translating idioms and fixed expressions from English to Albanian language” by Poshi and Lacka (2016) there can be found many examples that verify the first strategy presented by Baker, such as:

English language: “I went to the dentist and asked him to fill the molar, and remove the wisdom tooth at the same time. Might as well kill two birds with one stone” (p. 49).

Albanian language: “Shkova te dentisti dhe i kërkova të më mbushte dhëmballën dhe njëkohësisht të më hiqte dhëmbin e pijekurisë kështu, me një gur vrisja dy zogj” (p.50).

As it can be noticed the idiom “kill two birds with one stone” has the same form and meaning in Albanian language and it can easily be translated.

According to Poshi and Lacka (2016) there are also other idioms which have similar meaning and form, while they are translated in Albanian language such as:

“Apple of discord” which has been borrowed from Greek mythology (Qesku, 2000, p.43, found on Poshi &Lacka, 2016, pg.50). Also idioms like: Be frightened to death (Siefring, 2004, p.75) it can be found on similar form in Albanian as “Jam i trembur për vdekje” (Stefanllari, 1998, p.127); Go downhill (Siefring; 2004, p.45) in Albanian means “Shkon tatëpjetë” (Stefanllari; 1998, p.127); Take your hat off to (Siefring; 2004, p.5) = “Heq kapele n dikujt” (Stefanllari; 1998, p.391); “You reap what you sow” (Siefring; 2004, p.138) = “Ç’të mbjellë sh do të korrësh” (Qesku; 2000, p.878); “Reap the benefits (fruits) of” (Siefring; 2004, pg.324) = “Korr fitimet” (Stefanllari; 1998,pg.324); “Free rein” (Siefring; 2004, pg.240)= “Frerët e lira” (Qesku; 2000, pg.897).

2.1.3 Using an idiom of similar meaning but dissimilar form

The second strategy for translating idioms involves finding target language expressions that have a similar meaning to the source idiom but use different words (Baker, 1992/2018, p. 79).

Poshi and Lacka show some examples of the second strategy used while English idioms are translated into the Albanian language by changing lexical items but keeping the same meaning.

Example 1: English expression: “be as smug as bug in a rug” and Albanian expression “si veshka mes dhjamit” (Qesku; 2000, pg. 1089, found on Poshi &Lacka, 2016, pg. 50) even though this is not a literal translation, followed by different lexical items compared to the English version.

Example 2. English expression: “As fit as a fiddle”. This expression is used when we want to describe a healthy person, and in the Albanian language is “si kokër molle” which has the same meaning but different lexical items, still it has the same meaning as in English language.

Other examples that were taken from Poshi and Lacka (2016, pg.50) show that the second strategy can be found in English and Albanian languages due to the translation of idioms or fixed expression:

1. Dig your own grave (Siefring; 2004, pg. 79) = “I hap varrin vetës” (Qesku; 2000, pg. 440); Dog eat dog (Siefring; 2004, pg. 90) = “Ha njeriu njerinë” (Stefanllari; 1998, pg. 91);
2. Wet behind the ears (Siefring, 2004, pg. 90= “I ka buzët e qumësht” (Stefanllari; 1998, pg. 432).
2.1.4 Translation by paraphrase

As per Baker’s research (1992/2018), paraphrasing is widely employed for translating idioms. This method is advantageous in cases where the target language needs an equivalent phrase or when the use of idiomatic expressions may not align with the style preferences of the source and target languages. (p. 81)

According to Baker, paraphrasing is often used as a translation strategy when there is no direct equivalent for an idiomatic expression in the target language. This approach is mainly employed when the use of idiomatic language in the target text may need to align with the stylistic preferences of the source and target language. Paraphrasing allows translators to convey the intended meaning of the original text without using idiomatic language. It ensures that the translation remains faithful to the source text while also considering the stylistic preferences of the target language. By employing this strategy, translators can maintain the coherence and readability of the target text while avoiding any potential misunderstandings or cultural clashes that may arise from the use of idiomatic expressions.

The translator uses this strategy when there is no equivalent idiom in the target language. Generally, translation by paraphrase is one of the strategies that enables a translator to translate idioms without equivalent idioms in TL. In such cases, the translator must carefully analyze the meaning and intention behind the original idiom and find a suitable alternative that conveys the same message in the target language. A thorough comprehension of both linguistic and cultural contexts is crucial for idiomatic expressions to be accurately translated. Additionally, the translator must guarantee that the rephrased expression retains the same impact and efficacy as the original. This can prove to be a formidable undertaking as idioms often contain subtle connotations or imagery that may be difficult to capture in a paraphrase. However, with careful consideration and linguistic expertise, the translator can successfully navigate these obstacles and produce a coherent translation. In order to achieve a successful translation, the translator must also be aware of any cultural sensitivities that may arise when using idiomatic expressions. It is crucial that the translator understands the cultural connotations associated with certain idioms and uses their knowledge to select appropriate equivalents in the target language. By doing so, the translator can effectively convey the intended meaning and maintain the impact of the original idiom, ensuring that the translated text resonates with the target audience.

Regarding the translation of fixed expressions or idioms from English to Albanian, below are some examples taken from Poshi that show the usage of the "translation" by paraphrase strategy:

- English language: a) John, when do you plan to buy a house? b) When my ship comes home.
- Albanian language: a) Xhon, kur ke ndër mend të blesh shtëpi? b) Kur t’i kem xhepat plot.

Back translation: John, when do you intend to buy a house? When my pockets are full (Poshi & Lacka, 2016, p. 51). Translating fixed expressions or idioms by paraphrasing is particularly useful when the target audience is unfamiliar with the original expression. By paraphrasing, the translator can convey the same meaning in a way that the readers or listeners more easily understand. In the example provided, the English expression "When my ship comes home" is translated to Albanian as "Kur t’i kem xhepat plot," which means "When my pockets are full." This translation effectively conveys the idea of waiting for a favorable opportunity before taking action. When translating, it is crucial to rephrase idiomatic phrases and cultural references to ensure they are equivalent in the target language. It allows the translator to bridge the gap between different languages and cultures, ensuring that the intended meaning is preserved and understood. By carefully selecting words and context, the translator can capture the essence of the original expression and make it accessible to a broader audience.

2.1.5 Translation by omission

Translation by omission of the entire idiom, as the fourth translation strategy, can happen when there is no close or partial correspondence between the source and target idiom. In such cases,
translators may omit the idiom and find an alternative expression or phrase conveying a similar meaning in the target language. This strategy is often used when the source idiom is culturally specific or has no equivalent in the target language. By omitting the idiom, translators can ensure that the overall message and intent of the text are still effectively communicated to the target audience. However, translators need to exercise caution when employing this strategy, as it may result in a loss of the original idiomatic expression and the cultural nuances it carries. Therefore, translators must carefully analyze the context and purpose of the text before deciding to omit an idiom. Additionally, they should consider alternative ways to convey the same meaning, such as using a similar idiom or finding a culturally appropriate equivalent. Ultimately, the goal is to balance preserving the original meaning and ensuring the target audience can fully understand and appreciate the translated text.

As per Baker’s research (1992/2018), idioms may be omitted from the target text, much like individual words. This can occur when there is no comparable idiom in the target language, the idiom’s meaning cannot be easily conveyed, or for stylistic purposes (Baker, 1992/2018, p. 92). In such instances, the fourth tactic that the abovementioned strategies may employ can be applied when translating idioms or fixed expressions.

While translating text between languages, the translator may encounter situations where they choose to omit an idiom from the target text altogether. This decision is often made when the idiom needs an exact equivalent in the target language, posing a challenge in accurately conveying its intended meaning. Additionally, certain idioms are intricately tied to the cultural and linguistic context of the source language, making it particularly difficult to find a suitable alternative. Omitting the idiom can also be a stylistic choice, significantly when its inclusion would disrupt the flow or tone of the translated text. In these cases, the translator may omit the idiom from the target text. By doing so, the translator ensures that the original text’s meaning is preserved and preserved in translation. While this approach may result in the loss of some linguistic flavor, it allows for a more accurate and coherent translation overall. Ultimately, deciding to omit an idiom in a translation requires careful consideration of the specific circumstances and goals of the translation project.

Skenderi and Ejupi’s (2018) research paper on idioms with the word “Hand” in English, Spanish, and Albanian explores the different types of equivalence that can arise when translating these idioms. Specifically, they analyze full, partial, and non-equivalence meanings that may be encountered during the translation process. By examining these different types of equivalence, the researchers provide valuable insights into translators’ challenges and considerations when dealing with idiomatic expressions.

In their study, they selected English idioms, including the word hand:

According to their study, all these idioms are translated into Albanian and Spanish languages, but not all of them pertain to a group of full equivalence; some of them enter a group of having partial equivalence meaning, and the rest pertain to the group of non-equivalence meaning. These findings highlight the complexity of translating idiomatic expressions across languages. The researchers’ focus on English idioms, specifically those involving the word “hand,” allowed them to analyze the varying levels of equivalence in the translations into Albanian and Spanish. This distinction between full equivalence, partial equivalence, and non-equivalence sheds light on translators’ nuanced challenges when dealing with idiomatic expressions. The researchers discovered that while some idioms involving the word “hand” had full equivalence in Albanian and Spanish, others only had partial equivalence or were completely non-equivalent. This suggests that translators must carefully consider idiomatic expressions’ cultural and linguistic context to convey their intended meaning accurately. The study highlights the need for a deep understanding of source and target languages when translating idioms.

Idioms that have the same function and expression during the translation into the Albanian language are as follows:

In good hands- English language
Në duar të sigurta- Albanian language
English example: Your son is in good hands; the teacher is very good. Albanian version: Djali yt është në duar të sigurta, mësuesja është e mirë.

The translated idiom has a fully equivalent meaning and does not change its form or structure. In this case, the first strategy defined by Baker has been used. As well as the translation of "Give a hand" has a full equivalence meaning, which in Albanian means "Zgjat dorën."

English example: Would you mind giving me a hand in packing? Albanian example: Unë po të zgjas dorën e nuk do të pendohesh.

The idiom "Give a hand" in English and Albanian languages is the same, and there is no change in form or structure. The translation of the idiom in Albanian, "Zgjat dorën," carries the same meaning and can be used interchangeably in sentences. This demonstrates the effectiveness of the first strategy defined by Baker, as it allows for a full equivalence between languages.

Another idiom with full equivalence meaning is "second hand," which has the same meaning, form, and structure in both languages.

English: I bought a second-hand bag.

Albanian translation: Une e bleva një çantë të dorës së dytë.

On the second group of idioms, we can observe translated idioms with partial equivalence, such as English: "Hands down" (Skenderi&Ejupi, 2018, p. 5), Albanian translation: "Dorën në zemër" English: Hands down, you are the best teacher. Albanian translation: “Dorën në zemër, ju jeni mësuesja më e mirë”

The phrase "Hands down" in English has been translated to "Dorën në zemër" in Albanian. Although the two languages differ in form and structure, the translation can still be considered partially equivalent.

Another idiom is "A bird in the hand is worth two in the bush," which, according to Ginger Software (2013), means "it is better to hold onto something one already has than to risk losing it by trying to attain something better" that according to Skenderi and Ejupi (2018) has a partial equivalent meaning in Albanian in "Më mirë një vezë sot, se një pulë mot." This idiom suggests that it is more beneficial to keep what one already possesses rather than taking a chance on something that may be better but is uncertain. While the literal translation may not be an exact match, the essence of the message remains consistent in both languages. This demonstrates how idioms can convey universal truths and wisdom, even in different languages.

In this strategy, the translator would aim to find an idiom in the target language that carries a similar meaning to the original idiom but is expressed differently. By doing so, the translator can maintain the essence and wisdom of the message while adapting it to the cultural and linguistic context of the target language. This approach allows for a creative and effective translation that resonates with the target audience.

The idiom "Hand in glove" poses a unique challenge for translation into Albanian as there is no direct equivalent. Skilled translators can capture idiomatic concepts by using alternative expressions that convey similar meanings, requiring a deep understanding of both languages and respective cultures. In the case of "Hand in glove," the translator may choose to use a phrase such as "like two peas in a pod" or "in perfect harmony" to convey the idea of two things or people fitting together seamlessly.

According to Merriam-Webster, "hand in glove" means "extremely close relationship or agreement." For example: As citizens, we must work hand in glove with the local police to protect our children from sexual predators" (Merriam-Webster). However, when translating this idiom into Albanian, no direct equivalent captures its meaning effectively. This poses a challenge for translators who strive to maintain the essence and impact of the original phrase. In such cases, translators may employ creative strategies, such as using a metaphor or a culturally relevant expression, to convey the same message and resonate with the target audience. This approach ensures that the translation remains impactful and relatable, allowing for effective communication across language barriers.

According to Skenderi and Ejupi’s research in 2018, the idiom in question has no exact equivalent in the Albanian language. Nevertheless, to avoid losing its meaning, it can be translated to
the Albanian idiom "Mish e thua," which conveys the idea of closeness between people. Moreover, analyzing the two idioms makes it apparent that their form and structure are entirely dissimilar. Therefore, translators must consider cultural and linguistic differences when translating idioms.

Additionally, idioms play a significant role in language and communication, as they often convey complex meanings that cannot be easily understood through literal translation. Thus, finding suitable equivalents or explanations in the target language is crucial to ensure accurate and effective communication.

3. Description of the Study

The art of translation is a multifaceted process beyond mere word substitution between languages. Every language possesses unique traits and subtleties that demand meticulous attention to detail for precise and impactful translation. Various factors, such as cultural nuances, idiomatic expressions, and idioms, can significantly affect the quality of a translation. One must possess a profound understanding of both source and target languages to carry out a successful translation. Simply translating word by word may lead to losing nuances and meaning. Different languages' grammatical structures and syntax can vary significantly, so it is important to approach translation with care and attention to detail. Albanian and English have more differences than similarities in their construction and culture, including fixed expressions, idioms, and metaphors. Therefore, when translating between these two languages, it is crucial to be aware of these differences in construction and culture to ensure a successful translation. Fixed expressions, idioms, and metaphors can pose particular challenges in translation, as they often have unique meanings and cannot be translated directly. This requires the translator to deeply understand both languages and their respective cultures to convey the intended message accurately. Without this understanding, the translator may inadvertently convey a different message or lose the intended nuances of the original text. For example, the Albanian expression "uji i shkretëtirës" literally means "the water of the desert," but it is used metaphorically to describe someone untrustworthy. Translating this expression word-for-word into English would not capture the intended meaning, highlighting the importance of cultural knowledge in translation. Effective translation requires more than just fluency in the languages; it requires a deep appreciation for the cultural nuances that shape language use. With such differences, literary text translation from Albanian to English is hard to be realized in the best way possible without having challenges, difficulties, modifications, or changes during the translation process. Precisely translating literary texts from Albanian to English can be challenging, given the significant cultural differences between the two languages. Cultural nuances profoundly influence language use, and a deep understanding of these subtleties is vital to convey the original text's intended meaning accurately. Translating literary texts from Albanian to English with precision can be challenging, as the two languages possess significant cultural differences. Cultural nuances significantly influence the usage of language. Without in-depth comprehension of these subtleties, it cannot be easy to accurately convey the original text's intended meaning. This is especially true in literary works, where the author's style, tone, and cultural references are crucial elements that contribute to the text's overall meaning. Moreover, the translator must also consider the differences in literary traditions and storytelling techniques between Albanian and English. While Albanian literature may heavily rely on metaphors, symbolism, and poetic language, English literature tends to be more straightforward. Translating these complex literary techniques requires linguistic expertise and a deep understanding of both languages' cultural context and literary conventions. Therefore, a skilled translator must navigate these challenges to ensure that the essence and beauty of the original Albanian text are preserved in the translated English version. For example, in translating a poem by Ismail Kadare from Albanian to English, a skilled translator would need to capture the layers of metaphors and symbolism used by the poet. They might need to carefully choose words and phrases that convey the same depth of meaning and evoke similar emotions as the original text. Furthermore, they must consider how these metaphors and symbolism are understood within Albanian and English literary
traditions, ensuring that the translated version resonates with readers in the target language. In addition, a skilled translator would have to be familiar with Albania and English-speaking countries' cultural and historical context to interpret and convey the poet's intended message accurately. This would involve researching and understanding the nuances and connotations of specific metaphors and symbols that may be unique to the poet's culture. A skilled translator aims to produce a translated version of a poem that captures its beauty and essence while allowing English-speaking audiences to grasp its intricate layers of meaningfully. A skilled translator aims to produce a translated version of a poem that captures its beauty and essence while allowing English-speaking audiences to grasp its intricate layers of meaningfully. Although knowledge of a poet's cultural background can aid in translation accuracy, expert translators can still convey the essence and beauty of a poem without extensive research into specific cultural nuances. This feat requires a profound comprehension of both languages involved in translation. accuracy, expert translators can still convey the essence and beauty of a poem without extensive research into specific cultural nuances. This feat requires a profound comprehension of both languages involved in translation. They carefully select words and phrases that capture the true essence of the original poem while ensuring they resonate with English-speaking readers. Through their expertise, translators can bridge the gap between cultures and create a translated version that captures the original poem's beauty and allows readers from different cultural backgrounds to connect with its profound meaning. The research will present some fixed expressions and their translation from Albanian to English. It will also profoundly analyze their meanings, usage, translation strategies, and cultural differences between Albanian and English. Furthermore, the study will investigate the significance of these fixed expressions in both languages and their impact on effective communication. It will also explore the cultural nuances and contextual factors that influence the usage of these expressions, shedding light on the intricacies of cross-cultural communication. Additionally, the research will analyze the various translation strategies employed when conveying these fixed expressions from one language to another, examining the challenges and potential pitfalls that translators may encounter.

3.1 Research Methodology

The research methodology employed in translating idioms from English to Albanian involved several vital steps to ensure a systematic approach to the analysis. The criteria for selecting idioms were based on their prevalence and cultural significance in English. The study aimed to include various idiomatic expressions to cover various translation challenges and strategies. The analysis began with a thorough literature review to establish a theoretical framework for understanding the complexities of idiom translation. This review included examining the cultural specificity and non-literal nature of idioms, which are central to the challenges faced by translators. The literature review also drew upon the work of scholars such as Baker, who provided strategies for translating idioms when direct equivalents are not available. The selected idioms were subjected to a detailed translation analysis following the literature review. This involved identifying potential translation strategies, such as paraphrasing, omitting, or finding cultural equivalents, and applying these strategies to the idioms. The analysis sought to determine which strategies most effectively conveyed the idioms' intended meanings while maintaining cultural appropriateness in the target language. Challenges encountered during the translation analysis included the subjective nature of translating idioms, as different translators might approach the same idiom with varying strategies, leading to a range of possible translations.

Additionally, the study had to consider the dynamic nature of language and culture, recognizing that idioms evolve and new expressions continuously emerge, which could impact the relevance and accuracy of the translations. The study also acknowledged limitations in its methodology, such as a potentially limited range of idioms under consideration and the need for a more robust mechanism for feedback and evaluation from the target audience—Albanian speakers—regarding the acceptability and comprehensibility of the translated idioms. In conclusion, the research
methodology was designed to be comprehensive and systematic, yet it recognized the inherent limitations and challenges of translating idioms. The study’s transparency and potential for replicability were enhanced by explicitly detailing the selection criteria, analysis process, and challenges encountered, providing a clear path for future research in the field.

3.2 Analysis of idioms from English to Albanian

In this text, you will find translations for twenty-one common English idioms into Albanian. These translations have been carefully adapted to fit the context in which they are commonly used. The idioms were selected based on their frequent appearance in songs, films, books, and debates. As these idioms are deeply rooted in English culture, native speakers may have an easier time understanding their nuances compared to non-native speakers. The analysis of these idioms presented in this text showcases the differences between English and Albanian in the selection of words used to express similar comparisons. Translating English idioms into Albanian can be challenging due to the use of "conceptual metaphors" in English that may not be familiar in Albanian. This can result in a loss of meaning and coherence when directly translating commonly used English idioms into Albanian.

To address this issue, we have compiled a list of twenty-one English idioms with their Albanian translations. Each idiom is accompanied by a brief explanation of its meaning and the difficulties encountered in translating it into Albanian. We also discuss the use of cohesive elements, changes in structure, and the addition or removal of words necessary to ensure a coherent translation.

It’s important to note that some idioms may not be translatable into Albanian at all, despite a well-translated structure. Furthermore, some idioms may have different meanings or be meaningful when translated into Albanian or English, as both languages share similarities in idioms and proverbs being part of the same family of Indo-European languages.

1. **Free ride**

   "Free ride" as a literal meaning can be translated in the Albanian language as “Udhetim pa pagese” or traveling with no specific direction. However, as an idiom, it has a different meaning. English people use this idiom to refer to people who benefit from collective activity without participating. In Albanian, the idiom would be translated not anymore as an idiom but as a literal meaning: “Të fitosh në krah të tjetrit” (To gain or achieve success from others’ work). Logically, its role as an idiom is depended on the situation of the text or the sentence, for example:

   2. I got a free ride from a bus driver yesterday.

   3. For a long time, you have had free ride, but not anymore; now you have to share your own work.

   The first example, “free ride” is used as literal meaning and informs the reader that the person has traveled by bus without paying for the ticket, whereas the second example (2) is the same form but as an idiom referring to a person who gains benefits without his/her participation in a project or something like this. In the Albanian language, this idiom would be in another translation form which may be coherent in specific situations such as: “Të fitosh qyl”.

4. **"Back the wrong horse"**

   The idiom is an expression that describes supporting the wrong person in an election, match, or contest.

   For example, I voted him because I thought he will help us, but I backed the wrong horse. However, my choice turned out to be a mistake. The idiom in this context describes a situation where someone supports the wrong person or makes a poor decision. If we render this expression into Albanian, the outcome would be a witty and harmonious translation:

   "Une votova ate sepse mendova se do te na ndihmoje por zgjodha kalin e gabuar". This

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1 *-mark serves to show the wrong version of the translation
translation needs to be revised as Albanians lack the same metaphorical language to convey the notion of individuals making poor choices. Furthermore, the English expression 'bad apple' would be rendered as 'Përzgjedhje e gabuar' (wrong choice) in Albanian, which is no longer idiomatic and lacks the same metaphorical depth. The use of the conceptual metaphor in this case, "Horse" implies to readers that the "He" must be the worst choice he/she has made, and the person who might be the President has not done anything for the people so far.

5. "Dark Horse"
The phrase "dark horse" is a common metaphor in English that describes someone who is secretive and doesn't share details about their personal life. In English, the word "horse" can also be used to describe someone's bad attitude towards others. The word "dark" in this phrase emphasizes the negative connotations associated with the person being described.

However, in Albanian language, such idioms that use "horse" to describe people with bad attitudes are not commonly used. Therefore, translating the idiom "dark horse" to Albanian would not make much sense. This highlights how different cultures use different metaphors to convey similar meanings in everyday language, books and films.

6. “Blow up in face”
The English idiom "Blow up in face" refers to a failure of a project or any organization related to an unrealized process. Its translation into Albanian language cannot occur because it would not be coherent or meaningful in the sentence. Furthermore, the cultural context in Albania may not have a similar idiom that conveys the same meaning. It is essential to consider these linguistic and cultural differences when translating idiomatic expressions, as direct translations may not always capture the intended message. Instead, finding an equivalent Albanian expression that conveys the concept of failure or disappointment in a project or organization may be more effective.

For example, he organized a pool party last week, but it blew in his face when it started to rain. (It implies the pool party was canceled because of the weather.)

A coherent translation would be: “Javën e kaluar, ai kishte organizuar një ndejë në pishinë, por deshtoi pasi filloi të binte shi”. Even though in some cases of translated English idioms in the Albanian language, an idiom is replaced in different forms (with non-literal meaning), translators have to find ways to transmit the same meaning or information and also to be coherent with the rest of the sentence or text, even if the elements of cohesion are changed. The sentence has a semantic/logical meaning when it has coherence and can function even when the elements of cohesion are absent, but it does not make sense to readers. Translators must carefully consider the cultural context of both languages to convey the intended meaning accurately. Additionally, they may need to adjust the structure or wording of the sentence to ensure that it remains grammatically correct and coherent in the target language. These modifications are necessary for the translated sentence to be clear and concise to readers. Ultimately, translation aims to communicate the original message while maintaining clarity and coherence effectively.

7. “Different kettle of fish”
The tenth idiom is used by English speakers/writers when they want to describe a person or situation as a “different kettle of fish” which means a different comparison with what was previously mentioned.

E.g.: (1). You may have good relations with them, but living in the same house with them is a different kettle of fish. This example implies that staying with them for a couple of hours is all right, but living in the same house with them is different. They have different habits from ours.

(2). I have good business relations with them, but living in their country is a different kettle of fish. Also, in the second example, the idiom expresses the same meaning, usually used when people have to work with foreign people, and they use this idiom to refer that their country is different from ours; you have to adapt based on how they live.

In both examples, this idiom compares people and their country, including culture, habits, way of living, etc. The translation of this idiom in Albanian would not have the sense or semantic meaning since a similar idiom or any expression refers to the same meaning in the Albanian language.
8. "Had one's chips"

When someone fails in what he or she set out to achieve, English people use the idiom “Had her/his chips…”

The idiom refers to bad things toward a person, such as a punishment for something a person has done.

For example, Sara has her chips. I offered her a job, but after one week they fired her because she was late for work almost every day (punishment-as a consequence of delay). The translation of this idiom into Albanian language cannot be done since it does not have coherence and is meaningless. As the majority of translated idioms this one is transformed into the Albanian language as non-literal meaning:

“Sara mori atë që deshi, une i ofrova asaj një punë por pas një jave atë e larguan nga puna pasi ishte vonuar pothuaje cdo dite”. This is a more coherent than making a direct translation of the idiom “Mori patatet e skuqura” which does have coherence in the rest of the sentence.

9. “Live from hand to mouth”

The idiom expresses when someone has money just for food and other essentials. This idiom expresses the poverty of a family who does not have money for other things but just for food. Usually, some idioms originated from a specific time, or their use in everyday life comes from a description of a situation long ago. "Live from hand to mouth" was a phrase that "...first appeared during a great famine in Britain during the 16th century. It probably relates to a famine at the end of the century in 1590 that struck Europe, particularly the Netherlands. During these times, people did not know when they would eat their next meal. When they had something that could be eaten in their hand, they would eat it straight away, therefore going straight from 'hand to mouth", "English idioms and phrases: Living hand to mouth," (n.d) According to this statement this phrase has taken place as an idiom which even nowadays it has the same use; referring the poverty or a poor economic status of a family.

For example, many families are living from hand to mouth. The translation of this idiom into the Albanian language cannot have a direct translation as a cause of absent coherence, even though this sentence would be translated as follows:

“Shumë familje kanë para vetëm për kafshatën e gojës-living from hand to mouth.

In order to make a coherent translation in the Albanian language of the above sentence, we have to add other elements to the sentence and find an appropriate translation of the idiom that makes sense to Albanian readers, too.

10. “Keep wolf from door”

As can be seen so far, in the majority of idioms is the presence of conceptual metaphor; the fifteenth idiom is used to describe a person's or family's economic status. English people use this idiom to tell their economic status, which means that a person has sufficient money to live so they can "keep wolf from door." A great comparison has been made between the "wolf" as an animal with a ravenous appetite and a person with sufficient money to keep that starvation (because the wolf is always hungry) out of the door. The translation of this idiom into the Albanian language is not coherent, and even if we translate it as "Të largosh ujkun nga dera" it will not be understood by Albanian readers or hearers because it is not used as an idiom or simple expression to describe the economic status of a person. In Albanian language, a more suitable phrase that describes the economic status of a person would be "Të mbajësh varfërini larg derës" which translates to "to keep poverty away from the door." This phrase conveys the same idea of having enough money to prevent financial difficulties, but it is more commonly understood and used in Albanian culture.

This idiom is not the only one in which the use of "wolf" as an animal is used to make comparisons or to code the meaning of the situation or economic status and even the description of people. There are other idioms, which are shown in the diagram below:
The diagram displays how the term "wolf" is commonly used in English to denote specific entities. This can be predominantly traced back to the wolf's image as a savage creature that is not favored. Additionally, this animal frequently implies adverse perceptions towards individuals or demanding circumstances when incorporated in comparisons. These idioms have their roots in the cultural significance of wolves, which have long been associated with danger, unpredictability, and cunning. Therefore, when English people use "wolf" in these idioms, it conveys a negative connotation. For example, if someone is referred to as a "wolf in sheep's clothing," it suggests they are deceitful or untrustworthy. Similarly, describing a situation as a "wolf at the door" implies that it poses a significant threat or danger.

1. "The big bad wolf refers to someone or something considered harmful or who causes problems. "Everyone considers me a big bad wolf."
2. "Cry wolf" refers to a person who constantly complains about problems that are not considered problems, and then people start not to believe anymore in that person. "Sara has become a bored person. Last night, she again cried wolf, and we are tired of her."
3. "Throw someone to the wolves" is used to put someone in a problematic situation, such as when a person is being attacked and nobody tries to protect or help him or her. "John has made mistakes again in his project, but the worst of the story was that his colleagues threw him to the wolves."
4. "A wolf in sheep's clothing is used to refer to someone who seems friendly but in reality is cruel, and also refers to something that at first sight seems good but is harmful or painful later on. In the case of the translation of these idioms, neither the first idiom nor the second and third idioms can have a coherent translation into the Albanian language because the conceptual metaphor cannot be transmitted in the Albanian language since it is not found in the Albanian language. Meanwhile, the translation of the fourth idiom can be realized in the Albanian language since a similar expression is also found as a philosophic expression in the Albanian language: "Sot njerëzit vishen me lëkurën e deleve kurze zemrat i kanë të ujqëve!" (Hoxhë Shukri Aliu, Allahu e liraftë!), which is coherent and expresses the same thing as the English idiom.

"John has made mistakes again in his project, but the worst of the story was that his colleagues threw him to the wolves."

Providing a more in-depth analysis of the cultural significance of English idioms and their
translation into Albanian, it is essential to consider how idioms often encapsulate cultural references that may not have direct equivalents in other languages or cultures. For instance, the English idiom "to kick the bucket" carries with it not only the meaning of "to die" but also cultural connotations related to the way death is discussed or approached in English-speaking societies. The casual and somewhat euphemistic nature of this idiom reflects a particular attitude towards the topic of death.

When translating such an idiom into Albanian, a translator must consider how death is treated within Albanian culture. If a direct translation were to be attempted, the idiom’s cultural significance and emotional weight might be lost. Instead, the translator might seek an idiom in Albanian that similarly approaches the subject of death with a balance of gravity and indirectness, ensuring that the translation resonates with the target audience in a culturally appropriate manner. Another example is the idiom "to turn a blind eye," which originates from a historical event involving Admiral Horatio Nelson. This idiom has become a common way to describe the act of ignoring something intentionally. The cultural significance here is tied to a specific historical narrative that may need to be more well-known and impactful in Albanian culture. A translator must decide whether to provide a literal translation, find an Albanian idiom with a similar function, or even include a footnote explaining the historical context to the Albanian reader. These examples illustrate the importance of cultural knowledge in the translation process. A translator must be sensitive to the cultural nuances and historical contexts that give idioms their meaning and emotional resonance. This understanding is necessary for the translation to avoid becoming flat or misinterpreted, failing to engage the target audience in the way the original idiom engages its audience. In conclusion, a thorough analysis of the cultural significance of idioms requires a deep understanding of the source language’s idioms and an appreciation for the target culture’s history, values, and attitudes. This cultural insight is crucial for translators to recreate the idiomatic richness and emotional impact in the target language, ensuring the translation maintains the original expression’s intent and resonance.

The research into the translation of idioms from English to Albanian underscores the complexity of conveying idiomatic expressions across languages and cultures. To facilitate a deeper understanding of this process, incorporating visuals and specific examples can be particularly effective. Visual aids can help elucidate conceptual metaphors, while examples of idioms and their translations can illustrate the cultural significance of specific motifs.

Visuals for Conceptual Metaphors

Conceptual metaphors are a cornerstone of idiomatic expressions, often posing a challenge in translation due to their cultural specificity. Visual representations can serve as a bridge, making these abstract concepts more accessible.

Example: "Spill the beans"

English Idiom: Spill the beans
Albanian Translation: Trego sekretin (Reveal the secret)
Visual Aid: An image of a spilled container of beans, with the beans labeled as 'secrets' to visually represent the act of revealing information.

Cultural Significance of Motifs

Motifs in idioms carry deep cultural significance that may not be immediately apparent to those outside the originating culture. Visuals can help highlight these nuances.

Example: "Bite the bullet"

English Idiom: Bite the bullet
Albanian Translation: Përballu me guxim (Face with courage)
Visual Aid: A historical illustration of a soldier biting a bullet during surgery, symbolizing enduring pain or difficulty without showing fear.

Specific Examples of Idioms and Their Translations

Providing specific examples of idioms alongside their translations can demystify the translation process and show how idioms are adapted to fit the cultural context of the target language.

Example: "Break the ice"

English Idiom: Break the ice
Albanian Translation: Hap temën (Open the topic)

Explanation: While the literal translation might not be culturally resonant, the Albanian equivalent emphasizes initiating conversation to overcome social awkwardness.

By incorporating such visuals and examples into discussions of idiom translation, readers can gain a clearer understanding of the cultural and linguistic intricacies involved. This approach not only enhances comprehension but also enriches the reader’s appreciation of the art of translation.

9. "Make hay while the sun shines"

In the elaboration of idioms, it was mentioned that English idioms are formed and used depending on the situation or specific groups they belong to. The fourth idiom enters the group of idioms used for business work; English people use this idiom when a person should take advantage of favorable circumstances that may not last. A person should use the opportunity or chance it is being offered because later on, they might lose the opportunity to be famous, rich, or something else. This idiom has its origin in the production of hay or dried grass; see below:

"The sun’s warmth is required to dry the grass and turn it into hay. As the sun is notoriously unpredictable (it may cloudy later)"

In Albanian, the translation of this idiom would not have a coherent translation "Kosite barin kur shëndrit dielli," but it does not seem meaningless because the process of "hay" should be when the sun shines; otherwise, the grass cannot be turned into hay. An appropriate translation of this English idiom would be in Albanian languages, such as: "Shfrytëzojë mundësinë, se pastaj mundet të iken nga duart" or "Mos e lësho mundësinë kur e ke në duar", but they do not enter in the group of idioms anymore since they have literal meaning and are not "coded" in their form. E.g., I’d better make hay while the sun shines next week and do some other research on the internet since I will have a bit of free time- Do të shfrytëzojë mundësinë të bëjë hulumtime të tjera javen tjetër pasi që do të kem kohë të lirë.

10. "Chinese whispers"

The idiom "Chinese whispers" enters the communication or informative idioms group. The idiom "Chinese whispers" is a process that involves passing or transmitting a message (especially gossip, rumors, or scandalous news) or information from one person to another, whereby the information or message becomes different from the original one.

The origin of this idiom comes from the game named "Chinese Whispers," in which "The name 'Chinese Whispers' was adopted for the game in the UK in the mid-20th century, prior to that it was known as 'Russian Scandal' or 'Russian Gossip.' The reason for the change needs to be clarified. Sometimes, it is suggested that the phrase is a racial slur intended to convey the idea that the Chinese talk nonsense. I see no reason to assume that. The English are somewhat disposed towards the Chinese - many other races on the UK hit list above the Chinese. The decision by whoever coined the phrase had more to do with Chinese being more incomprehensible to English ears than Russian. If there is any racial stereotyping inherent in the phrase, it may be by an association with the idea that the Chinese are inscrutable".

According to this explanation of this idiom’s origin, it can be analyzed that through coherence that this idiom has it implies the readers or hearers about the Chinese communication or talk is not meaningful, even though these are cases of political areas where they use these kinds of titles illustrated by irony and sarcasm, and somehow show the world any weak point of a country that will damage it.

This game is also played in the Albanian language named "Loja e telefonit" (Telephone game) but also as an idiom used to refer to gossip or rumors that people make and destroy the actual information or message by changing it from one person to another. Sometimes, in the Albanian language, people describe a person as "telefoni i prishur" (broken telephone), especially in Kosovo, when they refer to a person who gossips very often. In most cases, that information needs to be more accurate.

11. "Swallow your word"

The idiom also consists of a group of idioms that express errors or mistakes, and the idiom is
used to refer to when someone admits that was wrong in his or her statements or opinion. Usually, in Albanian, the same idiom is used to refer to the same meaning as in English. For example: “She told me that I will not pass the exam, but she had to swallow her words when I got the result”. “Ajo më kishte thënë se nuk do e kaloja provimin, por pasi morra rezulatin ajo gëlltiti fjalët e saja”

The Albanian language it is also somehow share the same meaning as the English idiom “Swallow you word” as “Hengri fjalët e veta”, which refers to a person who does not keep his or her promise which has said before; we can analyze it from the example below:

“Luta i ‘hëngri’ fjalët, koalicioni ‘Guns N’Roses’ z’ tashmë realizet”

Nënkyretari i LDK-së, Lutfi Haziri në vazhdimësi kishte deklaruar se mundësia për të pasur një koalicion me PDK- në nuk ekziston. Ai madje pati theksuar se koalicioni me PDK-në ka përfunduar njëherë e mirë në vitin 2010 dhe se nuk ka më shanse të kthyet pas...Për deklaratës së eurodeputetes Doris Pack se koalicioni LDK-PDK është zgjidhja më e mirë për situatën në të cilën ndodhej Kosova, Haziri kishte theksuar se koalicioni i 2010-ës mes këtyre dy partive ishte prishur si rezultat i mosfunkionimit...Pavarësisht këtyre deklaratave të nënkyretarit të LDK-së, Lutfi Haziri, mbërmë ndodhi e kundërta LDK-ja për fundimisht lidhi marrëveshje me PDK-në duke prishur marrëveshjen që kishte me anëtarët e Billokut. Lutfi Haziri mbërmë deklaroi se koalicioni me PDK-në është për të mirën e Kosovës” (Indeksoline, 14:57 E enjte, 20 Nëntor 2014)

As can be seen, the idiom “I hëngri fjalët” serves as “Hyper theme” of this article because the politician Lutfi Haziri has stated days before that he is against this coalition, and after many declarations he has made, he has “swallowed his words.” He has stated that this coalition is for the best of Kosovo. The translation and the use of this idiom as a hyper-theme is coherent with the rest of the text based on the sequences and information that the text has. For Albanian people, this hyper theme used above makes inferences to them that something has changed according to statements made before by him.

12. “Strike while the iron is hot”

As was mentioned above, some English idioms are quite well translated into Albanian language since such idioms are used in the same meaning in both languages. Such a case of similarities is the first English idiom. In both languages, the idiom is used for the same purpose and meaning, even though some changes follow the translation in the elements of the sentence. These changes must happen in its structure to make the translation coherent and meaningful. The coherence in this translation of this idiom is realized as a proverb in the Albanian language, whereas in English, it is an idiom. Even though the difference between an idiom and a proverb confuses English or Albanian learners, their function and formation differ. Idiom is presented as a phrase and cannot be understood from the meaning of its parts, whereas proverbs are short, famous sayings that advise people on how they should behave. The meaning of proverbs and idioms is more significant than their words might show, but they differ in function based on the situations in which they are presented.

For example: “The price of that car is discounted, you should strike while the iron is hot” “Çmimi i asaj makine ka rënë, hekuri rrihet sa është i nxehët”

The idiom is used to mean that a person should use the opportunity that is being offered toward a person. The fact that the “price of the car is discounted” justifies the presence of the idiom in this situation.

4. Discussion

In discussing the research findings, it is imperative to draw connections to the literature review, which comprehensively examines the challenges and strategies inherent in translating idioms. The literature review underscores the non-literal nature of idioms and their deep cultural roots, which necessitate a nuanced approach to translation. This theoretical understanding is echoed in the research findings, illustrating the practical difficulties translators face when attempting to convey the intended meaning of idioms across linguistic and cultural barriers.
The literature review highlights the work of scholars such as Larson, who emphasizes that idioms are words with meanings that cannot be inferred from the individual words' literal meanings. Larson's insights are particularly relevant to the research findings, which demonstrate the complexities of translating idioms with emotive connotations and cultural significance. For example, the English idiom "to kick the bucket," which means "to die," may not convey the same emotional weight when translated literally into Albanian, thus requiring a more culturally sensitive approach.

Furthermore, the literature review references Poshi Lacka’s characterization of idioms as inflexible and opaque. This aligns with the research findings that idioms are challenging to translate due to their fixed form and obscure meanings. The research findings confirm that idioms often carry meanings that cannot be deduced from their components, necessitating translators to go beyond a literal interpretation to avoid miscommunication.

As discussed in the literature review, untranslatability is also a significant issue in idiom translation, where the sense may be translated, but the form often needs to be revised. This concept is illustrated in the research findings, where translators must sometimes forgo the original form to preserve the idiom’s sense and impact in the target language.

In light of these challenges, the research findings suggest that translators must employ strategies such as paraphrasing, as Baker advocates, to ensure that the translated idioms effectively convey the intended message while retaining the cultural context. The research findings provide empirical support for Baker’s argument that paraphrasing is a crucial strategy when direct equivalents are unavailable, allowing translators to adapt idioms to the cultural and linguistic context of the target language.

Based on the analysis of the transformation of English idioms into Albanian, the realization of coherence is followed by specific differences to be meaningful. These twelve examples of idioms were selected from different groups that share different functions in certain situations, such as mistakes, communication, business, lifestyle, economic status, etc. Analyzing the transformation of English idioms into Albanian reveals the importance of coherence in conveying meaningful messages. This coherence, however, is accompanied by specific differences that arise due to the linguistic and cultural nuances between the two languages. These linguistic and cultural nuances often challenge accurately translating idioms from English to Albanian.

Additionally, idioms are deeply rooted in a language’s cultural context, making it difficult to find direct equivalents in another language. As a result, translators must carefully consider the intended meaning of the idioms and find creative ways to convey the same message in Albanian. Despite these challenges, successful translation of idioms is crucial for effective communication and understanding between speakers of different languages. In examining these differences, twelve examples have been carefully selected from various groups that serve different functions in specific situations. These examples highlight the complexities and intricacies of translating idioms and showcase the importance of cultural context in understanding their meaning. Each example was analyzed in terms of its literal translation, its equivalent in Albanian, and the potential challenges faced by translators. By examining these examples, we can gain a deeper understanding of the difficulties faced by translators when dealing with idioms and the strategies they employ to overcome these challenges. These groups include idioms related to mistakes, communication, business, lifestyle, economic status, and more. By studying these idiomatic expressions, we can gain valuable insights into the intricacies of language and how it is adapted and interpreted. Translating idioms can be daunting for translators due to the cultural and linguistic differences between languages. The potential challenges faced by translators include:

- finding equivalent idiomatic expressions in the target language,
- understanding the underlying meaning behind the idioms and
- ensuring that the translated idioms effectively convey the intended message.

To overcome these challenges, translators employ various strategies, such as using similar idioms or expressions in the target language, providing explanations or footnotes to clarify the
meaning, or adapting the idiom to suit the cultural context of the target language. By delving into these examples and strategies, we can appreciate the complexity of translation and the importance of cultural sensitivity in conveying idiomatic expressions accurately. As elaborated in each translation into the Albanian language, they seem tricky, and some need a coherent translation into Albanian as an appropriate translation of such English idioms were transforming from literal meaning into non-literal meaning in order to be meaningful and comprehensible for Albanian readers and also have semantic meaning with the rest of the sentence. Since idioms are considered an unpredictable and challenging class, especially in translating them into Albanian, they need to be clarified and familiar to English-speaking foreign learners, who need help comprehending them during their translation into Albanian. According to the idioms listed above, some are conceptual metaphors challenging to translate into Albanian or vice versa. The issue is that specific. The challenge lies in finding equivalent idiomatic expressions in Albanian that convey the same meaning as the English idioms. This requires a deep understanding of both languages and their cultural nuances. Moreover, idiomatic expressions often have historical and cultural origins that foreign learners may need help understanding. Therefore, extensive research and explanation are necessary to ensure accurate translation and comprehension.

Idioms are formed and used based on a country's origin or history. They cannot reflect the same meaning in another language because they seem unfamiliar and useless. These differences in language culture are considered issues that cause problems for EFL students and English teachers, who should find different ways or methods to explain the translation of these idioms in the Albanian language.

Incorporating idioms into English as a Foreign Language (EFL) education requires thoughtful strategies that take into account the learners' cultural background, language proficiency, and the context in which idioms are used. Here are some suggested strategies, along with concrete examples and potential lesson plans, to make the teaching of idioms more actionable for educators:

Strategy 1: Contextual Learning
Lesson Plan Example: Create a scenario or story that naturally incorporates a set of idioms. After reading or listening to the scenario, students can discuss the possible meanings of the idioms based on context clues. For instance, a story about a day at the zoo could include idioms like "monkey around," "a fish out of water," or "the elephant in the room." Students can then match the idioms to their meanings and use them in sentences related to the story.

Strategy 2: Cultural Comparison
Lesson Plan Example: Have students bring idioms from their own language and culture and compare them with English idioms. This activity can be structured as a group discussion where students present their idioms and explore the cultural significance behind them. For example, the English idiom "let the cat out of the bag" might be compared to an Albanian idiom with a similar meaning, fostering cross-cultural understanding.

Strategy 3: Visual Aids
Lesson Plan Example: Use visual aids such as comics or illustrations that depict idioms literally. Students can work in pairs to guess the figurative meaning of each idiom. This approach can help students remember idioms by associating them with a humorous or striking image. For example, an illustration of someone "biting off more than they can chew" can lead to a discussion about taking on tasks that one might not be able to handle.

Strategy 4: Role-Playing
Lesson Plan Example: Organize role-playing activities where students must use idioms in a conversation. For example, students could role-play a job interview, using idioms like "think outside the box" or "bring to the table." This exercise helps students practice idioms in a practical, conversational context.

Strategy 5: Idiom of the Day
Lesson Plan Example: Introduce an "Idiom of the Day" where each day, a new idiom is presented and discussed. Students can learn about its origin, usage, and practice.
5. Conclusion

In conclusion, the research presented in this paper has illuminated the intricate relationship between literature review and research findings in the context of translating idioms from English to Albanian. The literature review provided a necessary theoretical foundation, emphasizing idioms’ cultural specificity and non-literal nature, which pose significant challenges for translators. The research findings have built upon this foundation, offering empirical evidence that supports the theoretical assertions and highlights the practical difficulties encountered in the translation process.

The discussion has also drawn upon the work of scholars such as Baker, who advocates for paraphrasing as an effective strategy when direct equivalents are unavailable, thereby ensuring that the translated idioms are meaningful and culturally appropriate. The research findings have demonstrated the applicability of Baker’s strategies in real-world translation scenarios, confirming the importance of cultural and linguistic knowledge in achieving coherent and impactful translations. Furthermore, the research has shown that while idioms are deeply embedded in their original cultural context, with careful consideration and creativity, translators can navigate the linguistic nuances to find suitable alternatives in the target language. The examples analyzed in this paper, such as "strike while the iron is hot," reveal that idioms can maintain their functional essence even when translated into a different cultural and linguistic framework.

Ultimately, this paper underscores the complexity of translating idioms and the need for translators to possess a deep understanding of both the source and target languages and the cultural contexts from which idioms arise. The successful translation of idioms is not only a linguistic exercise but also a cultural one, requiring sensitivity to the subtleties of language and the nuances of cultural expression.

The insights from this research contribute to the broader field of translation studies and provide valuable guidance for translators tasked with the challenging yet rewarding endeavor of bringing idioms to life in a new language. Through such scholarly inquiry and practical application, the art and science of translation continue to evolve, enhancing cross-cultural communication and understanding.

The research into translating idioms from English to Albanian has broader implications for translation studies, particularly in understanding this process’s cultural and linguistic challenges. The findings highlight the importance of translators’ cultural competence and creativity in conveying the meaning of idioms when direct equivalents are unavailable. This underscores the need for translators to have a deep understanding of both the source and target languages and the cultural contexts from which idioms arise.

The research also has implications for language education, especially in EFL contexts. A more profound engagement with the cultural origins of idioms can enhance language proficiency and cultural literacy among learners. This is particularly relevant in an increasingly globalized world where cross-cultural communication is commonplace. However, the study’s limitations point to several potential avenues for future research. There is a need for more comprehensive studies that include a wider range of idioms to represent the diversity and complexity of idiomatic expressions fully.

Additionally, future research could explore the dynamic nature of idioms, considering how language and culture evolve and how this affects translation. Methodological advancements are also necessary. Future studies could develop more nuanced methodologies that capture the subtleties of idiom translation and consider the effectiveness of various translation strategies in different contexts. Moreover, incorporating feedback from the target audience, in this case, Albanian speakers, could provide valuable insights into the acceptability and comprehensibility of translated idioms.

Lastly, the rise of machine translation and its struggles with idiomatic expressions present an area ripe for exploration. Research could focus on improving machine translation algorithms better to handle the non-literal and culturally specific nature of idioms. In conclusion, while this study has contributed valuable insights into translating English idioms into Albanian, it also opens the door to
numerous opportunities for further research. By continuing to explore these avenues, scholars, and practitioners can advance the field of translation studies and improve cross-cultural communication and language education.

Limitations of the study

The study on translating idioms from English to Albanian provides a comprehensive look at the intricacies of this linguistic process. However, it is important to acknowledge several limitations that may affect the scope and applicability of the findings.

Firstly, the study may have a limited range of idioms under consideration, which could restrict the breadth of translation challenges and strategies identified. The English language is rich with idiomatic expressions, and the selection included in the study might only partially represent the diversity and complexity of these phrases.

Secondly, the subjective nature of translating idioms poses a limitation. The study’s conclusions are based on the translators’ interpretations and decisions, which can vary widely. Different translators may approach the same idiom with different strategies, potentially leading to a range of translations that the study may have yet to capture.

Thirdly, while the study emphasizes the importance of cultural and historical context, it may need to fully account for the dynamic nature of language and culture. Idioms evolve, and new expressions continuously emerge. The study’s findings might not reflect these changes, which could impact the relevance and accuracy of the translations.

Fourthly, the study’s methodology may only encompass some idiom translation nuances. While it discusses various strategies, such as paraphrasing, omission, and finding equivalents, there may be additional methods or subtleties in the translation process that the study does not address.

Fifthly, the study’s focus on the implications for EFL education may only consider part of the range of educational settings and methodologies. Different educational contexts might present unique challenges in teaching idioms that the study needs to explore.

Lastly, the study may lack a robust mechanism for feedback and evaluation from the target audience—Albanian speakers—regarding the acceptability and comprehensibility of the translated idioms. Such feedback is crucial for assessing the quality and effectiveness of translation strategies. In conclusion, while the study sheds light on the complex task of translating idioms from English to Albanian and offers valuable insights for translators and educators, these limitations should be considered when interpreting the findings and considering their implications for future research and practice.

In conclusion, while the study sheds light on the complex task of translating idioms from English to Albanian and offers valuable insights for translators and educators, these limitations should be considered when interpreting the findings and considering their implications for future research and practice.

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