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day 41 body & looks

Korean TOPIK 3 in 88 days
unit 6 · body, health & sport

Describe the body and looks, and say “even if, even though” with -어도.

-어도 is one of the most useful links in Korean: plans, promises and excuses all need “even if”. And body words are the start of every talk about health and sport.

words

word	romanisation	meaning	example
감각	gamgak	sense, feeling; sense (of humour, style)	추워서 손가락에 감각이 없어요. It's so cold I can't feel my fingers.
근육	geunyuk	muscle	운동을 해서 다리에 근육이 생겼어요. I've built up leg muscles from exercising.
눈가	nunga	the area around the eyes	울어서 눈가가 빨개요. My eyes are red from crying.
맨발	maenbal	bare feet	아이들이 바다에서 맨발로 뛰어요. The children run barefoot by the sea.
몸무게	mommuge	(body) weight	요즘 몸무게가 조금 늘었어요. I've put on a little weight lately.
뱃속	baetsok	inside the stomach; the womb	밥을 안 먹어서 뱃속이 비었어요. I haven't eaten, so my stomach's empty.
뼈	ppyeo	bone	우유는 뼈에 좋아요. Milk is good for your bones.
손등	sondeung	back of the hand	손등에 상처가 났어요. I've got a cut on the back of my hand.
손목	sonmok	wrist	컴퓨터를 오래 써서 손목이 아파요. My wrist hurts from using the computer for so long.
손발	sonbal	hands and feet	겨울에는 손발이 차가워요. My hands and feet are cold in winter.
신경	singyeong	nerve; attention, worry	작은 일에 너무 신경을 쓰지 마세요. Don't worry so much about little things.
신체	sinche	the body (formal)	회사에서 신체검사를 했어요. I had a medical check-up at work.
온몸	onmom	the whole body	감기에 걸려서 온몸이 아파요. I've got a cold and I ache all over.
왼발	oenbal	left foot	왼발이 좀 아파요. My left foot hurts a bit.
피부	pibu	skin	물을 많이 마시면 피부에 좋아요. Drinking lots of water is good for your skin.
허벅지	heobeokji	thigh	자전거를 타면 허벅지가 튼튼해져요. Cycling makes your thighs strong.
발목	balmok	ankle	발목을 다쳐서 걷기 힘들어요. I've hurt my ankle and it's hard to walk.

곱다	gopda	lovely, fine, soft	할머니는 지금도 피부가 고우세요. Grandma still has lovely skin.
길다	gilda	grow long (hair, nails)	머리가 많이 길었어요{gilda-2}. My hair has grown a lot.
단발머리	danbalmeori	bob (haircut)	여름이라서 단발머리로 잘랐어요. It's summer, so I had my hair cut into a bob.
동그랗다	donggeurata	round	아기 얼굴이 동그래요. The baby has a round face.
드라이	deurai	blow-dry	미용실에서 드라이를 했어요. I had a blow-dry at the salon.

pattern even if, even though: -어도

verb / adjective stem	-어도 / -아도 / -해도	what still happens

-어도 says the first part doesn't change the second: 비가 와도 걸어요, I walk even if it rains. It takes the same vowel as -어요 (와도, 먹어도, 해도). After a noun use 이어도 / 여도 (학생이어도). 아무리 … -어도 is “no matter how much …”.

아무리 먹어도 살이 안 쪄요. **amuri meogeo do sal i an jjyeoyo** No matter how much I eat, I don't put on weight.

피곤해도 매일 운동해요. **pigon haedo maeil undong haeyo** I exercise every day, even when I'm tired.

발목이 좀 아파도 괜찮아요. **balmok i jom apado gwaenchanayo** It's fine, even if my ankle hurts a bit.

dialogue barefoot by the river

minjun 안나 씨, 머리 잘랐어요? 단발머리가 정말 잘 어울려요.
anna ssi meori jallasseoyo danbalmeori ga jeongmal jal eoullyeoyo · Anna, did you get a haircut? The bob really suits you.

anna 고마워요. 머리가 너무 길어서 잘랐어요. 근데 민준 씨는 왜 맨발이에요?
gomawoyo meori ga neomu gireoseo jallasseoyo geunde minjun ssi neun wae maenbal ieyo · Thanks. My hair had grown too long, so I had it cut. But Minjun, why are you barefoot?

minjun 요즘 맨발 걷기가 유행이에요. 발바닥 감각에도 좋고 온몸에 좋다고 해요.
yojeum maenbal geotgi ga yuhaeng ieyo balbadak gamgak e do joko onmom e jotago haeyo · Barefoot walking is the thing these days. They say it's good for the feeling in your soles and for your whole body.

jiho 비가 와도 맨발로 걸어요? 발목을 다치지 않도록 조심하세요.
bi ga wado maenbal ro georeoyo balmok eul dachiji antorok josim haseyo · Do you walk barefoot even when it rains? Be careful not to hurt your ankles.

minjun 네, 비가 와도 매일 해요. 다음 달에 달리기 대회에 나가거든요.
ne bi ga wado maeil haeyo daeum dal e dalligi daehoe e naga geodeunyo · Yes, I do it every day, even in the rain. I'm entering a race next month, you see.

anna 와, 그래서 몸무게가 줄었네요. 허벅지 근육도 생겼어요!
wa geuraeseo mommuge ga jureonneyo heobeokji geunyuk do saenggyeosseoyo · Wow, so that's why you've lost weight. And you've got thigh muscles now!

minjun 하하. 근데 아무리 먹어도 뱃속이 늘 비어 있는 것 같아요.
haha geunde amuri meogeo do baetsok i neul bieo inneun geot gatayo · Ha ha. But no matter how much I eat, my stomach always feels empty.

jiho 운동하기 전에 손목하고 발목을 꼭 돌리세요. 뼈하고 신경을 다칠 수도 있어요.
undong hagi jeon e sonmok hago balmok eul kkok dolliseyo ppyeo hago singyeong eul dachil su do isseoyo · Always rotate your wrists and ankles before you exercise. You could hurt your bones or nerves.

minjun 역시 간호사 선생님이에요. 근데 지호 씨, 왼발이 좀 아파도 달려도 돼요?
yeoksi ganhosa seonsaengnim ieyo geunde jiho ssi oenbal i jom apado dallyeodo dwaeyo · Spoken like a true nurse. But Jiho, can I still run if my left foot hurts a bit?

jiho 아프면 얼마간은 쉬어야죠! 신체가 보내는 말을 잘 들으세요. 제가 물 사다가 줄게요.
apeumyeon eolmagan eun swieoyajyo sinche ga bonaeneun mal eul jal deureuseyo jega mul sadaga julgeyo · If it hurts, you have to rest for a while! Listen to what your body is telling you. I'll fetch some water.

write it trace the grey, then write your own

맨
maen
bare feet

뱃
baet
inside the stomach; the womb

뼈
ppyeo
bone

벅
beok
thigh

good to know · Many body words are simple compounds: 손 + 목 = 손목 (wrist), 발 + 목 = 발목 (ankle), 손 + 등 = 손등 (back of the hand), 눈 + 가 = 눈가 (around the eyes), 손 + 발 = 손발 (hands and feet). Hair: 단발머리 (a bob), 생머리 (straight, untreated hair), 파마 (a perm), 드라이 (a blow-dry). 머리가 길었어요: my hair has grown.

Even if it's hard, you keep going: that's -어도. Tomorrow: looks, first impressions and aches.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 42 looks & aches

Guess from what you see with -는가 보다 ("it seems ..."), and talk about looks, first impressions and everyday aches.

-는가 보다 lets you make polite guesses about other people, and looks and aches are what friends talk about every day.

words

word	romanisation	meaning	example
미소	miso	smile	그 사람은 미소가 정말 예뻐요. That person has a lovely smile.
미인	miin	a beauty, a beautiful woman	서연 씨 어머니는 젊었을 때 미인이셨어요. Seoyeon's mother was a real beauty when she was young.
빗다	bitda	comb (hair)	아침마다 머리를 빗어요. I comb my hair every morning.
생머리	saengmeori	straight (untreated) hair	저는 파마보다 생머리가 좋아요. I prefer straight hair to a perm.
앞머리	ammeori	fringe, bangs	앞머리가 길어서 눈{nun-2}을 가려요. My fringe is so long it covers my eyes.
여드름	yeodeureum	spot, pimple, acne	시험 때문에 여드름이 났어요. I've got spots from exam stress.
외모	oemo	(outward) appearance, looks	외모보다 마음이 더 중요해요. Who you are matters more than how you look.
인상	insang	impression; (facial) look	현우 씨는 인상이 참 좋아요. Hyunwoo has a really friendly face.
첫인상	cheodinsang	first impression	첫인상이 정말 중요해요. First impressions really matter.
통통하다	tongtonghada	chubby, plump	하준이는 볼이 통통해요. Hajun has chubby cheeks.
파마	pama	perm	미용실에서 파마를 했어요. I got a perm at the salon.
표정	pyojeong	(facial) expression	왜 표정이 안 좋아요? 무슨 일 있어요? Why the long face? Is something wrong?
화장	hwajang	make-up	오늘은 화장을 안 했어요. I'm not wearing make-up today.
가렵다	garyeopda	itchy	다리가 너무 가려워요. My leg's really itchy.
갈증	galjeung	thirst	운동을 했더니 갈증이 나요. I've been exercising and now I'm thirsty.
눈병	nunbyeong	eye infection, eye disease	여름에는 눈병이 자주 유행해요. Eye infections often go round in summer.
대변	daebyeon	stool, faeces (formal)	병원에서 대변 검사를 했어요. They did a stool test at the hospital.

독감	dokgam	flu, influenza	독감에 걸려서 일주일 동안 쉬었어요. I had flu and took a week off.
멍	meong	bruise	넘어져서 다리에 멍이 들었어요{deulda=get (a bruise)}. I fell and bruised my leg.
몸살	momsal	aches and pains (all over)	몸살이 나서 학교에 못 갔어요. I ached all over and couldn't go to school.
변비	byeonbi	constipation	물을 많이 마시면 변비에 좋아요. Drinking lots of water helps with constipation.
복통	boktong	stomach ache	갑자기 복통이 심해서 병원에 갔어요. I suddenly had a bad stomach ache and went to the doctor.

pattern it seems ...: -는가 보다

verb stem + -는가 / adjective stem + -은가 · -ㄴ가 | **보다 (봐요)** | **(a guess from what you see)**

-는가 보다 is a guess from something you've noticed: 사람이 많은 걸 보니 맛있는가 봐요, it's busy, so it must be good. Verbs take -는가 (오는가 봐요), adjectives -은가 / -ㄴ가 (많은가 봐요, 바쁜가 봐요), nouns 인가 (독감인가 봐요). It means the same as -나 보다 (day 5), with a slightly more formal feel.

미용실에 사람이 많네요. 주말이라서 바쁜가 봐요. **miyongsil e saram i manneyo jumal iraseo bappeunga bwayo** The salon's full. It must be busy because it's the weekend.

저 손님은 결혼식에 가는가 봐요. **jeo sonnim eun gyeolhonsik e ganeun ga bwayo** That customer must be going to a wedding.

열이 나고 온몸이 아파요? 독감인가 봐요. **yeol i nago onmom i apayo dokgam in ga bwayo** A fever and aches all over? It must be flu.

dialogue at the hair salon

yuki 안나야, 나 파마할까? 생머리를 너무 오래 했어.

anna ya na pamahalkka saengmeori reul neomu orae haesseo · Anna, should I get a perm? I've had straight hair for too long.

anna 좋아! 앞머리도 조금 자르면 인상이 많이 바뀔 거야.

joa ammeori do jogeum jareumyeon insang i mani bakkwil geo ya · Go for it! If you cut a fringe too, you'll look totally different.

yuki 근데 오늘 사람이 정말 많네. 주말이라서 바쁜가 봐.

geunde oneul saram i jeongmal manne jumal iraseo bappeunga bwa · But it's really busy today. It must be because it's the weekend.

anna 저 손님은 결혼식에 가는가 봐. 화장도 하고 머리도 빗고 있어.

jeo sonnim eun gyeolhonsik e ganeun ga bwa hwajang do hago meori do bitgo isseo · That customer must be going to a wedding. She's having her make-up done and her hair combed.

yuki 와, 저 사람 미인이야. 얼굴도 통통하고 미소도 예쁘네. 근데 첫인상은 외모보다 표정이 더 중요한 것 같아.

wa jeo saram miin iya eolgul do tongtonghago miso do yeppeune geunde cheodinsang eun oemo boda pyojeong i deo jungyo han geot gata · Wow, she's beautiful. Lovely round face, and a lovely smile. But I think expression matters more than looks for a first impression.

anna 맞아. 근데 유키야, 너 오늘 얼굴이 좀 안 좋아 보여.

maja geunde yuki ya neo oneul eolgul i jom an joa boyeo · True. But Yuki, you don't look too good today.

yuki 사실 어제부터 몸살이 났어. 별일은 아닌데 목이 아프고 갈증도 계속 나.

sasil eoje buteo momsal i nasseo byeollil eun aninde mok i apeugo galjeung do gyesok na · Actually I've had aches since yesterday. It's nothing serious, but my throat hurts and I keep feeling thirsty.

anna 독감인가 봐. 요즘 학교에서 감기고 눈병이고 다 유행이잖아.

dokgam in ga bwa yojeum hakgyo eseo gamgi go nunbyeong igo da yuhaeng ijana · It must be flu. Colds, eye infections, everything's going round at school at the moment.

yuki 그런가 봐. 당장 병원에 가 봐야겠다. 파마는 다음에 해야겠어.

geureon ga bwa dangjang byeongwon e ga bwayagetda pama neun daeum e haeyagesseo · Maybe. I'd better go to the doctor right away. I'll get the perm another time.

anna 응. 집에 가서 푹 쉬어. 내가 약을 사다가 줄게.

eung jip e gaseo puk swieo naega yak eul sadaga julge · Yes. Go home and get some proper rest. I'll pick up some medicine and bring it round.

write it trace the grey, then write your own

빗
bit
comb (hair)

good to know · Aches: 몸살 (aching all over, often with a cold), 복통 (stomach ache), 두통 (headache). 몸살이 나다 and 몸살에 걸리다 both mean “come down with aches and pains”. 멍이 들다: get a bruise. 여드름이 나다: get spots. 갈증이 나다: be thirsty (a little formal; in talk, 목이 마르다).

You can make polite guesses now. Tomorrow: feeling ill, and what happened when Anna ate those leftovers.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 43 feeling ill

Say what happened after you did something with -었더니, and describe symptoms: being sick, dizzy, sleepy, hoarse or swollen.

-었더니 tells a little story of cause and result ("I did this, and then I found …"), and you need symptom words the day you're ill in Korea.

words

word	romanisation	meaning	example
붓다	butda	swell (up)	어제 라면을 먹고 잤더니 얼굴이 부었어요{butda-3}. I ate ramyeon before bed and my face is puffy.
설사	seolsa	diarrhoea	상한 음식을 먹고 설사를 했어요. I ate something that had gone off and got diarrhoea.
소변	sobyeon	urine (formal)	병원에서 소변 검사를 했어요. They did a urine test at the hospital.
쉬다	swida	go hoarse	노래방에서 노래를 많이 불러서{bureuda} 목이 쉬었어요{swida-3}. I sang so much at karaoke that I lost my voice.
식중독	sikjungdok	food poisoning	여름에는 식중독을 조심하세요. Watch out for food poisoning in summer.
아픔	apeum	pain	이{i-2} 약을 먹으면 아픔이 줄어요. This medicine will ease the pain.
안색	ansaek	complexion, colour (in your face)	안색이 안 좋아요. 어디 아파요? You look pale. Are you unwell?
알레르기	allereugi	allergy	봄에는 꽃가루 알레르기가 있어요. I get hay fever in spring.
암	am	cancer	담배는 암의 원인이 돼요. Smoking causes cancer.
어지럽다	eojireopda	dizzy; messy, chaotic	갑자기 일어났더니 어지러워요. I stood up suddenly, and now I'm dizzy.
졸리다	jollida	sleepy	점심을 먹은 다음에는 항상 졸려요. I always get sleepy after lunch.
증상	jeungsang	symptom	감기 증상이 있으면 집에서 쉬세요. If you have cold symptoms, rest at home.
증세	jeungse	symptoms; the course of an illness	어제보다 증세가 좋아졌어요. My symptoms are better than yesterday.
코피	kopi	nosebleed	너무 피곤하면 코피가 나요. When I'm really tired, I get nosebleeds.
콜록콜록	kollokkollok	cough cough (the sound of coughing)	동생이 밤새 콜록콜록 기침을 했어요. My little brother coughed all night.
토하다	tohada	vomit, be sick	배{bae-3}를 타고 토했어요. I was sick on the boat.

하품	hapum	yawn	수업 시간에 자꾸 하품이 나요. I keep yawning in class.
간호	ganho	nursing, care	아픈 동생을 밤새 간호했어요. I looked after my sick little brother all night.
권하다	gwonhada	recommend, urge; offer	의사 선생님이 운동을 권하셨어요. The doctor recommended exercise.
문병	munbyeong	visiting the sick	친구가 입원해서 문병을 갔어요. My friend's in hospital, so I went to visit.
병실	byeongsil	hospital room, ward	병실에서는 조용히 하세요. Please be quiet on the ward.
소아과	soagwa	paediatrics, children's doctor	아이가 열이 나서 소아과에 갔어요. The child had a fever, so we went to the children's doctor.

pattern i did ..., and then (i found): -었더니

what I did: verb stem + -었더니 / -았더니 / -했더니 **what happened or what I found**

-었더니 links something you did (in the past) to what happened next or what you found out because of it: 김밥을 먹었더니 배가 아팠어요, I ate the gimbap, and then my stomach hurt. The first part is usually "I". It's great for telling short stories about yourself.

남은 김밥을 먹었더니 배가 아팠어요. **nameun gimbap eul meogeotdeoni bae ga apasseoyo** I ate the leftover gimbap, and then my stomach started to hurt.

아침에 일어났더니 목이 쉬었어요. **achim e ireonatdeoni mok i swieosseoyo** When I woke up this morning, I'd lost my voice.

약을 먹고 푹 잤더니 나았어요. **yak eul meokgo puk jatdeoni naasseoyo** I took my medicine and had a good long sleep, and I got better.

dialogue a long night

jiho 안나야, 안색이 너무 안 좋아. 괜찮아?

anna ya ansaek i neomu an joa gwaenchana · Anna, you look awful. Are you OK?

anna 어젯밤에 냉장고에 남은 김밥을 먹었더니 배가 너무 아파. 밤새 토하고 설사도 했어.

eojetbam e naengjanggo e nameun gimbap eul meogeotdeoni bae ga neomu apa bamsae tohago seolsa do haesseo · I ate the leftover gimbap from the fridge last night, and my stomach really hurts. I was sick and had diarrhoea all night.

jiho 증세를 보니 식중독인가 봐. 열도 있어? 어지러워?

jeungse reul boni sikjungdok in ga bwa yeol do isseo eojireowo · From your symptoms, it must be food poisoning. Have you got a fever? Do you feel dizzy?

anna 응, 조금 어지러워. 물을 마셔도 다 토해.

eung jogeum eojireowo mul eul masyeodo da tohae · Yes, a bit dizzy. Even when I drink water, I bring it back up.

jiho 그럼 무조건 병원에 가자. 증상이 심하면 혼자 있으면 안 돼.

geureom mujogeon byeongwon e gaja jeungsang i simhamyeon honja isseumyeon an dwae · Then we're going to the hospital, no matter what. If the symptoms are bad, you shouldn't be alone.

jiho 의사 선생님이 피 검사하고 소변 검사를 하셨어. 하루 입원을 권하셨어. 약을 먹은 다음에 병실에서 쉬어.

uisa seonsaengnim i pi geomsa hago sobyeon geomsa reul hasyeosseo haru ibwon eul gwonhasyeosseo yak eul meogeun daeum e byeongsil eseo swieo · The doctor's done a blood test and a urine test. She recommends staying in for a day. Take your medicine, then rest on the ward.

minjun 안나 씨, 문병 왔어요! 이거 과일이에요. 좀 괜찮아요?

anna ssi munbyeong wasseoyo igeo gwail ieyo jom gwaenchanayo · Anna, I've come to visit! I brought you some fruit. Are you feeling any better?

anna 약을 먹고 나니까 좀 나아요. 근데 하품만 나오고 계속 졸려요.

yak eul meokgo nanikka jom naayo geunde hapum man naogo gyesok jollyeoyo · I feel a bit better now that I've taken the medicine. But I can't stop yawning, and I'm so sleepy.

minjun 지호 씨가 간호도 하고 잘 돌봐 줘서 다행이에요. 근데 제 목소리 이상하죠? 어제 회식에서 노래를 많이 불렀더니 목이 쉬었어요.

jiho ssi ga ganho do hago jal dolbwa jwoseo dahaeng ieyo geunde je moksori isang hajyo eoje hoesik eseo norae reul mani bulleotdeoni mok i swieosseoyo · I'm glad Jiho nursed you and looked after you so well. But doesn't my voice sound strange? I sang a lot at the work dinner yesterday, so I've lost my voice.

anna 하하. 아파도 웃음은 나오네요. 와 줘서 고마워요.

haha apado useum eun naone yo wa jwoseo gomawoyo · Ha ha. Even when I'm ill, you make me laugh. Thanks for coming.

write it trace the grey, then write your own

암
am
cancer

good to know · At the doctor's: 증상 / 증세 (symptoms), 설사 (diarrhoea), 토하다 (be sick, vomit), 어지럽다 (dizzy), 열이 나다 (have a fever), 목이 쉬다 (lose your voice), 붓다 (swell). 문병 is visiting someone who is ill: 문병을 가다. Fruit, juice or a drink box are the usual presents; flowers are no longer allowed on many wards.

You can tell your own little stories with -었더니 now. Tomorrow: the clinic, prescriptions, and who said what to whom.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 44 at the clinic

Find your way round a Korean hospital, follow a prescription, and say who told you to do something with N보고 ("to, at" a person).

Hospitals have a department for every part of you, and N보고 is how Koreans pass on what someone told them to do.

words

word	romanisation	meaning	example
보고	bogo	to, at (a person, spoken)	엄마가 저{jeo}보고{bogo-2} 일찍 자라고 했어요. Mum told me to go to bed early.
안과	angwa	eye clinic, ophthalmology	눈{nun-2}이 아파서 안과에 갔어요. My eyes hurt, so I went to the eye clinic.
외과	oegwa	surgery (department)	다리를 다쳐서 외과에 갔어요. I hurt my leg and went to the surgery department.
응급실	eunggeupsil	emergency room, casualty	밤에 아프면 응급실로 가세요. If you're ill at night, go to casualty.
이비인후과	ibiinhugwa	ear, nose and throat clinic (ENT)	목이 아파서 이비인후과에 갔어요. I had a sore throat, so I went to the ENT clinic.
정형외과	jeonghyeongoegwa	orthopaedics	허리가 아파서 정형외과에 다녀요. I go to an orthopaedic clinic for my back.
종합	jonghap	general, overall, combined	큰 병은 종합 병원에 가야 돼요. For serious illnesses you need a general hospital.
진단서	jindanseo	medical certificate, doctor's note	회사에 진단서를 냈어요. I handed in a doctor's note at work.
진찰	jinchal	(medical) examination	진찰을 받은 다음에 약국에 가세요. Go to the pharmacy after you've seen the doctor.
처방	cheobang	prescription (the act)	의사 선생님이 감기약을 처방하셨어요. The doctor prescribed cold medicine.
처방전	cheobangjeon	prescription (the paper)	처방전을 가지고 약국에 가세요. Take the prescription to the pharmacy.
치료법	chiryobeop	treatment, cure (method)	새로운 치료법을 찾았어요. They've found a new treatment.
호실	hosil	room (number)	환자는 305호실에 있어요. The patient is in room 305.
두통약	dutongnyak	headache pill	두통약 좀 주세요. Could I have some headache pills, please?
물약	mullyak	liquid medicine, syrup	아이가 물약을 먹었어요. The child took some liquid medicine.
반창고	banchanggo	plaster, sticking plaster	손가락에 반창고를 붙였어요. I put a plaster on my finger.

복용	bogyong	taking (medicine)	이{i-2} 약은 하루에 세 번 복용하세요. Take this medicine three times a day.
비타민	bitamin	vitamin	아침마다 비타민을 먹어요. I take vitamins every morning.
소독	sodok	disinfection, sterilising	상처를 깨끗이 소독하세요. Clean the wound well.
소독약	sodongnyak	disinfectant, antiseptic	상처에 소독약을 발랐어요. I put antiseptic on the cut.
수면제	sumyeonje	sleeping pill	수면제는 의사 말대로만 드세요. Only take sleeping pills as the doctor tells you.
식후	sikhu	after meals	이{i-2} 약은 식후 30분에 드세요. Take this medicine 30 minutes after meals.

pattern to, at (a person): n보고

person | 보고 | -라고 / -냐고 / -자고 하다 • 말하다

보고 after a person means “to” or “at” them, like 한테, but only in talk and mostly with verbs of saying: 현우 씨가 나보고 쉬라고 했어요, Hyunwoo told me to rest. It often comes with reported speech (-라고, -냐고, day 12). It sounds a little blunt, so don't use it about people you should be very polite to; for them, say 께.

의사 선생님이 저보고 푹 쉬라고 했어요. **uisa seonsaengnim i jeo bogo puk swirago haesseoyo** The doctor told me to get plenty of rest.

누가 너보고 그런 말을 했어? **nuga neo bogo geureon mal eul haesseo** Who said that to you?

현우 씨가 나보고 진단서를 받아 오라고 했어. **hyeonu ssi ga na bogo jindanseo reul bada orago haesseo** Hyunwoo told me to get a doctor's note.

dialogue round the hospital

anna 지호야, 여기가 네가 일을 배우는 종합 병원이야? 정말 크다.
jiho ya yeogi ga nega il eul baeu neun jonghap byeongwon iya jeongmal keuda · Jiho, is this the general hospital where you're training? It's huge.

jiho 응. 1층에 응급실하고 외과가 있고, 2층에 안과, 이비인후과, 정형외과가 있어.
eung cheung e eunggeupsil hago oegwa ga itgo cheung e angwa ibiinhugwa jeonghyeongoegwa ga isseo · Yes. Casualty and surgery are on the ground floor, and the eye clinic, ENT and orthopaedics are on the first floor.

anna 현우 씨가 나보고 진단서를 받아 오라고 했어. 회사에 내야 되거든.
hyeonu ssi ga na bogo jindanseo reul bada orago haesseo hoesa e naeya doegeodeun · Hyunwoo told me to get a doctor's note. I have to hand it in at work, you see.

jiho 그럼 먼저 접수하고 진찰을 받아. 접수할 때 이 양식에 생년월일하고 성별을 쓰면 돼. 내과는 205호실이야.
geureom meonjeo jeopsu hago jinchal eul bada jeopsu hal ttae i yangsik e saengnyeonworil hago seongbyeol eul sseumyeon dwae naegwa neun hosil iya · Then first register and see the doctor. When you register, write your date of birth and sex on this form. Internal medicine is room 205.

anna 의사 선생님이 나보고 이제 괜찮다고 하셨어. 처방전도 주셨어.
uisa seonsaengnim i na bogo ije gwaenchantago hasyeosseo cheobangjeon do jusyeosseo · The doctor said I'm fine now. And she gave me a prescription.

jiho 다행이야. 처방대로 약을 복용해야 돼. 이 약은 식후 30분에 먹어.
dahaeng iya cheobang daero yak eul bogyonghaeya dwae i yak eun sikhu bun e meogeo · Thank goodness. You have to take the medicine as prescribed. Take this one 30 minutes after meals.

anna 근데 수면제는 왜 있어? 요즘 잠을 잘 못 잔다고 했더니 주셨어.
geunde sumyeonje neun wae isseo yojeum jam eul jal mot jandago haetdeoni jusyeosseo · But why are there sleeping pills? I said I haven't been sleeping well lately, and she gave me these.

jiho 수면제는 의사 선생님 말씀대로만 먹어. 그리고 비타민도 챙겨 먹고.
sumyeonje neun uisa seonsaengnim malsseum daero man meogeo geurigo bitamin do chaenggyeo meokgo · Only take the sleeping pills exactly as the doctor said. And remember to take your vitamins too.

anna 알았어. 아, 민준 씨도 너한테 건강 상담을 받고 싶어 해.
arasseo a minjun ssi do neo hante geongang sangdam eul batgo sipeo hae · OK. Oh, Minjun wants to ask you about his health too.

jiho 하하. 요즘 달리기 연습을 많이 하는가 봐. 어제 나보고 다리가 아프다고 했어.
haha yojeum dalligi yeonseup eul mani haneun ga bwa eoje na bogo dari ga apeuda go haesseo · Ha ha. He must be doing a lot of running practice. He told me yesterday his legs hurt.

anna 참, 증명서 발급은 어디에 문의해야 해?
cham jeungmyeongseo balgeup eun eodi e munui haeya hae · Oh, where do I ask about getting a certificate issued?

jiho 1층에서 신청서에 사인하고 내면 돼.
cheung eseo sincheongseo e sain hago naemyeon dwae · You sign an application form on the first floor and hand it in.

good to know · Departments end in -과: 내과 (internal medicine), 외과 (surgery), 안과 (eyes), 이비인후과 (ear, nose and throat), 정형외과 (bones and joints), 소아과 (children), 치과 (dentist). On a Korean medicine bag: 식후 30분 (30 minutes after meals), 식전 (before meals), 하루 세 번 (three times a day), 1회 1정 (one tablet each time).

You can find your way round a Korean hospital now. Tomorrow: medicine, accidents and the fire drill.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 45 medicine & accidents

Korean TOPIK 3 in 88 days
unit 6 · body, health & sport

Give instructions for a situation with -거든 (“if/when this happens, do this”), and talk about medicines, accidents and fire safety.

-거든 is the classic way to give advice and instructions for “if it happens”, and safety notices, pharmacies and small accidents are part of everyday life.

words

word	romanisation	meaning	example
안약	anyak	eye drops	눈{nun-2}이 아파서 안약을 넣었어요. My eyes hurt, so I put some drops in.
약품	yakpum	medicines, medical supplies	약품은 아이들 손이 닿지 않는 곳에 두세요. Keep medicines out of children's reach.
연고	yeongo	ointment, cream	상처에 연고를 발랐어요. I put ointment on the cut.
영양제	yeongyangje	(nutritional) supplement	부모님께 영양제를 사{sada} 드렸어요. I bought my parents some supplements.
진통제	jintongje	painkiller	이가 아파서 진통제를 먹었어요. I had toothache, so I took a painkiller.
효과	hyogwa	effect, result	이{i-2} 약은 효과가 빨라요. This medicine works fast.
감다	gamda	wind, wrap (a bandage, thread)	다친 손을 수건으로 감았어요{gamda-3}. I wrapped my hurt hand in a towel.
긴급	gingeup	emergency, urgency	긴급 상황에는 119에 전화하세요. In an emergency, call 119.
데다	deda	burn (yourself), scald	뜨거운 물에 손을 데었어요. I scalded my hand with hot water.
뛰어내리다	ttwieonaerida	jump down, jump off	높은 곳에서 뛰어내리면 위험해요. Jumping down from high places is dangerous.
맞다	matda	be hit; get (an injection, the rain)	독감 주사를 맞았어요{matda-5}. I've had my flu jab.
물러나다	mulleonada	step back; step down (from a job)	한 걸음 뒤로 물러나 주세요. Please take a step back.
물러서다	mulleoseoda	step back, back off	위험하니까 뒤로 물러서세요. It's dangerous, so stand back.
부러지다	bureojida	break (a bone, a stick)	스키를 타다가 다리가 부러졌어요. I broke my leg skiing.
비상구	bisanggu	emergency exit	비상구는 저쪽에 있습니다. The emergency exit is over there.
삐다	ppida	sprain, twist (an ankle, a wrist)	농구를 하다가 손목을 삐었어요. I sprained my wrist playing basketball.

살아나다	saranada	come back to life, revive	비가 와서 꽃이 다시 살아났어요. The rain brought the flowers back to life.
소방서	sobangseo	fire station	우리 집 근처에 소방서가 있어요. There's a fire station near my house.
주의	juui	care, caution; attention	주의: 바닥에 물이 있습니다. Caution: wet floor.
찌르다	jjireuda	prick, stab, poke	젓가락으로 감자를 찔러 보세요. Prick the potato with a chopstick.
피하다	pihada	avoid, keep away from	점심시간에는 사람이 많으니까 피하세요. It's crowded at lunchtime, so avoid it.
화재	hwajae	fire (accident)	어젯밤에 시장에서 화재가 났어요. There was a fire at the market last night.

pattern if/when this happens, do this: -거든

verb / adjective stem + -거든 **an order, request, suggestion or promise**

-거든 means “if” or “when”, but only before an instruction, request, suggestion or promise: 불이 나거든 비상구로 나가세요, if there's a fire, leave by the emergency exit. For a plain fact use -으면: 불이 나면 위험해요. Don't mix it up with -거든요 at the end of a sentence (day 6), which means “you see”.

불이 나거든 비상구로 나가세요. **bul i nageodeun bisanggu ro nagaseyo** If there's a fire, leave by the emergency exit.

시간이 있거든 연락해 주세요. **sigan i itgeodeun yeollak hae juseyo** If you've got time, give me a call.

젓가락으로 고구마를 찔러 보고 다 익었거든 꺼내세요. **jeotgarak euro goguma reul jjilleo bogo da igeotgeodeun kkeonaeseyo** Prick the sweet potatoes with a chopstick, and take them out when they're cooked.

dialogue the fire drill

hyunwoo 여러분, 오늘 오후 세 시에 불이 났을 때를 위한 연습을 진행합니다. 소방서에서 소방관이 옵니다.

yeoreobun oneul ohu se si e bul i nasseul ttae reul wihan yeonseup eul jinhaeng hamnida sobangseo eseo sobanggwan i omnida · Everyone, we are holding a drill this afternoon at three for when there's a fire. A firefighter is coming from the fire station.

seoyeon 작년에는 볼일을 보느라고 못 갔어요. 올해는 꼭 갈게요.

jangnyeon e neun bollil eul boneurago mot gasseoyo olhae neun kkok galgeyo · Last year I missed it because I was busy with an errand. This year I'll definitely go.

hyunwoo 안내문을 읽어 드릴게요. "화재가 나거든 엘리베이터는 피하고 비상구로 나가십시오. 몸을 낮게 하고 수건으로 입과 코를 막으십시오. 창문에서 뛰어내리지 마십시오. 소방관이 오거든 뒤로 물러서십시오. 긴급 전화: 119. 주의: 비상구 앞에 물건을 놓지 마십시오."

annaemun eul ilgeo deurilgeyo hwajae ga nageodeun ellibeiteo neun pihago bisanggu ro nagasipsio mom eul natge hago sugeon euro ip gwa ko reul mageusipsio changmun eseo ttwieonaeriji masipsio sobanggwan i ogeodeun dwi ro mulleoseosipsio gingeup jeonhwa juui bisanggu ap e mulgeon eul nochi masipsio · Let me read you the notice. "If there is a fire, avoid the lift and leave by the emergency exit. Keep low and cover your mouth and nose with a towel. Do not jump from the windows. When firefighters arrive, step back. Emergency number: 119. Caution: do not leave anything in front of the emergency exits."

anna (연습 후) 아야! 계단을 급하게 내려왔더니 발목을 삐었어요.

yeonseup hu a ya gyedan eul geupage naeryeowatdeoni balmok eul ppieosseoyo · (after the drill) Ouch! I hurried down the stairs and twisted my ankle.

seoyeon 어머, 부러진 건 아니에요? 걸을 수 있어요?

eomeo bureojin geon anieyo geol eul su isseoyo · Oh no, it's not broken, is it? Can you walk?

anna 네, 그냥 삔 것 같아요. 조금 부었어요.

ne geunyang ppin geot gatayo jogeum bueosseoyo · Yes, I think it's just a sprain. It's a bit swollen.

hyunwoo 사무실 약품 상자에 연고가 있어요. 연고를 바른 다음에 수건으로 발목을 감아 두세요.

samusil yakpum sangja e yeongo ga isseoyo yeongo reul bareun daeum e sugeon euro balmok eul gama duseyo · There's ointment in the office first-aid box. Put some on, then wrap your ankle in a towel.

seoyeon 진통제도 제 책상에 사 둔 게 있어요. 많이 아프거든 드세요.

jintongje do je chaeksang e sa dun ge isseoyo mani apeugeodeun deuseyo · And I've got some painkillers in my desk. Take some if it really hurts.

anna 감사합니다. 진통제를 먹었더니 좀 나아요. 근데 다음 연습 때는 천천히 내려갈게요.

gamsa hamnida jintongje reul meogeotdeoni jom naayo geunde daeum yeonseup ttae neun cheoncheonhi naeryeogalgeyo · Thank you. I've taken a painkiller and it's a bit better. But at the next drill I'll take the stairs slowly.

hyunwoo 하하, 연습하다가 다치면 안 되죠. 오늘은 일찍 퇴근하세요.

haha yeonseup hadaga dachimyeon an doejyo oneul eun iljjik toegeun haseyo · Ha ha, getting hurt in a drill is no good. Go home early today.

write it trace the grey, then write your own

효
hyo
effect, result

삐
ppi
sprain, twist (an ankle, a wrist)

good to know · In an emergency in Korea call 119 (fire and ambulance) or 112 (police). Emergency exits are marked 비상구, with a green running figure. Small accidents: 손을 데다 (burn your hand), 발목을 삐다 (twist your ankle), 뼈가 부러지다 (break a bone), 칼에 베이다 (cut yourself), 주사를 맞다 (have an injection).

You know what to do if there's a fire now. Tomorrow: healthy living, from saunas to yoga.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 46 healthy living

Talk about healthy and unhealthy habits: sleep, stress, overwork, exercise, saunas and yoga, and say how regular or how excessive something is.

Health habits come up in every conversation with friends, doctors and colleagues, and they're a favourite TOPIK essay topic.

words

word	romanisation	meaning	example
과로	gwaro	overwork	과로 때문에 병이 났어요. He got ill from overwork.
규칙적	gyuchikjeok	regular	규칙적으로 운동해요. I exercise regularly.
기구	gigu	apparatus, equipment	공원에 운동 기구가 있어요. There's exercise equipment in the park.
나아지다	naajida	get better, improve	약을 먹고 많이 나아졌어요. I took the medicine and I'm much better.
동작	dongjak	movement, action	이{i-2} 동작을 열 번 하세요. Do this movement ten times.
되찾다	doechatda	get back, regain	운동을 해서 건강을 되찾았어요. I got my health back by exercising.
마사지	masaji	massage	어깨 마사지를 받았어요. I had a shoulder massage.
불규칙	bulgyuchik	irregularity	생활이 불규칙하면 건강에 안 좋아요. An irregular lifestyle is bad for your health.
불균형	bulgyunhyeong	imbalance	영양 불균형은 병의 원인이 돼요. Poor nutrition can cause illness.
사우나	sauna	sauna	운동한 다음에 사우나를 해요. I have a sauna after exercising.
살찌다	saljjida	put on weight	밤에 라면을 먹으면 살쪄요. Eating ramyeon at night makes you put on weight.
수면	sumyeon	sleep (formal)	수면 시간이 부족해요. I'm not getting enough sleep.
심리	simni	psychology, state of mind	심리 상담을 받고 마음이 편해졌어요. I had counselling and felt more at ease.
안정	anjeong	stability; calm, rest	환자는 안정이 필요해요. The patient needs rest and quiet.
예방	yebang	prevention	손을 씻으면 감기를 예방할 수 있어요. Washing your hands helps prevent colds.
요가	yoga	yoga	아침마다 요가를 해요. I do yoga every morning.
우울	uul	gloom, depression	비가 오면 우울해요. Rainy days make me feel low.

운동량	undongnyang	amount of exercise	요즘 운동량이 너무 적어요. I'm not getting enough exercise these days.
정신	jeongsin	mind, spirit	몸도 정신도 건강해야 해요. You need to be healthy in body and mind.
조깅	joging	jogging	아침에 공원에서 조깅을 해요. I go jogging in the park in the morning.
지나치다	jinachida	excessive, too much	운동도 지나치게 하면 안 좋아요. Even exercise is bad for you if you overdo it.
찜질	jjimjil	hot pack or sauna treatment	주말에 찜질방에 갔어요. I went to a jjimjilbang at the weekend.

pattern how regular, how much: 규칙적으로 • 불규칙하게 • 지나치게

규칙적으로 / 불규칙하게 / 지나치게 **verb**

Health talk is full of "how": 규칙적으로 (regularly) comes from 규칙적 + 으로; 불규칙하게 (irregularly) and 지나치게 (too much, excessively) are -게 forms (day 27 of TOPIK 2). Put them straight before the verb: 규칙적으로 운동해요, 지나치게 일해요.

매일 규칙적으로 운동해요. **maeil gyuchikjeogeuro undong haeyo** I exercise regularly every day.

요즘 식사를 불규칙하게 해요. **yojeum siksa reul bulgyuchikage haeyo** I've been eating at irregular times lately.

지나치게 일하면 몸이 아파요. **jinachige il hamyeon mom i apayo** If you work too much, you get ill.

dialogue a day at the jjimjilbang

seoyeon 현우 씨, 요즘 과로하는 중이죠? 얼굴이 너무 안 좋아요.
hyeonu ssi yojeum gwarohaneun jung ijyo eolgul i neomu an joayo · Hyunwoo, you're overworking at the moment, aren't you? You look terrible.

hyunwoo 회사 일 때문에요. 수면 시간도 불규칙하고 운동량도 거의 없어요.
hoesa il ttaemun e yo sumyeon sigan do bulgyuchikago undongnyang do geoui eopseoyo · It's work. My sleep's all over the place and I hardly get any exercise.

anna 그래서 오늘 찜질방에 왔잖아요. 찜질하고 사우나를 하면 몸이 편해질 거예요.
geuraeseo oneul jjimjil bang e watjana yo jjimjilhago sauna reul hamyeon mom i pyeonhaejil geo yeyo · That's why we came to the jjimjilbang today. A hot sauna and a heat pack will make you feel better.

seoyeon 사장님도 현우 씨보고 일주일 동안 쉬라고 하셨잖아요.
sajangnim do hyeonu ssi bogo iljuil dongan swirago hasyeotjana yo · The boss told you to take a week off, too, remember?

hyunwoo 알아요. 지나치게 일하면 정신 건강에도 안 좋다고 해요.
arayo jinachige il hamyeon jeongsin geongang e do an jotago haeyo · I know. They say working too much is bad for your mental health, too.

anna 맞아요. 심리 상담을 받는 사람도 많아요. 기분이 우울하면 꼭 쉬어야 돼요.
majayo simni sangdam eul banneun saram do manayo gibun i uul hamyeon kkok swieoya dwaeyo · That's right. Lots of people get counselling. If you feel low, you really must rest.

hyunwoo 요즘 잠이 안 와서 수면제를 먹는데, 먹고 나면 어지러워요.
yojeum jam i an waseo sumyeonje reul meongneunde meokgo namyeon eojireowoyo · Lately I can't sleep, so I take sleeping pills, but afterwards I feel dizzy.

anna 저녁에 과식하면 체해요. 잠도 잘 안 와요. 저녁은 가볍게 드세요.
jeonyeok e gwasikamyeon chehaeyo jam do jal an wayo jeonyeok eun gabyeopge deuseyo · If you overeat in the evening you get indigestion and can't sleep well either. Keep dinner light.

seoyeon 제가 어깨를 마사지해 드릴 테니까 여기 앉아 보세요.
jega eokkae reul masajihae deuril tenikka yeogi anja boseyo · I'll give your shoulders a massage, so sit here.

hyunwoo 아, 시원하다! 벌써 기분이 나아졌어요.
a siwonhada beolsseo gibun i naajyeosseoyo · Ah, that's good! I feel better already.

anna 다음 주부터 같이 요가를 해요. 동작이 쉬워서 마음의 안정을 되찾는 데 좋아요.
daeum ju buteo gachi yoga reul haeyo dongjak i swiwoseo maeum ui anjeong eul doechanneun de joayo · Let's do yoga together from next week. The moves are easy, and it's great for finding your calm again.

hyunwoo 좋아요. 아침마다 조깅도 할게요. 규칙적으로 운동해서 건강을 되찾을 거예요.
joayo achim mada joging do halgeyo gyuchikjeogeuro undong haeseo geongang eul doechajeul geo yeyo · OK. I'll go jogging every morning too. I'm going to exercise regularly and get my health back.

write it trace the grey, then write your own

균
gyun
imbalance

깅
ging
jogging

찜
jjim
hot pack or sauna treatment

good to know · A 찜질방 is a big Korean bathhouse and sauna: hot rooms, cold rooms, baths, a snack bar and a big floor to lie on, often open all night. The classic snacks are boiled eggs and sweet rice drink, 식혜. -적 makes "-ic, -al" words: 규칙적 (regular), 일반적 (general). Add 인 before a noun (규칙적인 생활) and 으로 before a verb (규칙적으로 운동하다).

You can talk about a healthy life in Korean now. Tomorrow: sport, and a soccer match that ends badly.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 47 sports

Talk about sports, matches and results, and say something ended badly with -고 말다 (“ended up …”).

Sport is a great way into small talk, and -고 말다 is how Koreans tell the sad (or funny) endings of their stories.

words

word	romanisation	meaning	example
체력	cheryeok	physical strength, stamina	요즘 체력이 많이 떨어졌어요. My stamina's really gone down lately.
풀리다	pullida	be relieved, go away; come undone	푹 잤더니 피로가 풀렸어요. I had a good sleep and I'm not tired any more.
피로	piro	tiredness, fatigue	피로 때문에 눈{nun-2}이 아파요. My eyes hurt from tiredness.
휴식	hyusik	rest, break	휴식 시간은 십 분{bun-2}이에요. The break is ten minutes.
경기장	gyeonggijang	stadium, arena	경기장에 사람이 가득해요. The stadium is packed.
골프	golpeu	golf	아버지는 주말마다 골프를 치세요{chida}. My father plays golf every weekend.
등	deung	place, rank (in a race, contest)	달리기 대회에서 일{il-2} 등{deung-3}을 했어요. I came first in the running race.
뛰어넘다	ttwieoneomda	jump over, clear; overcome	아이가 의자를 뛰어넘었어요. The child jumped over the chair.
마라톤	maraton	marathon	내년에 마라톤에 나갈 거예요. I'm going to run a marathon next year.
배구	baegu	volleyball	학교에서 배구를 했어요. We played volleyball at school.
볼링	bolling	bowling	친구들하고 볼링을 치러 갔어요. I went bowling with friends.
운동선수	undongseonsu	athlete, sportsperson	제 꿈은 운동선수예요. My dream is to be an athlete.
월드컵	woldeukeop	the World Cup	월드컵 때 다 같이 응원했어요. We all cheered together during the World Cup.
위	wi	place, rank (in a ranking, chart)	이{i-2} 노래가 1위{wi-2}를 했어요. This song went to number one.
응원	eungwon	cheering, support	어느 팀을 응원해요? Which team do you support?
줄넘기	julleomgi	skipping, jump rope	줄넘기는 좋은 운동이에요. Skipping is good exercise.
참가	chamga	participation, taking part	대회에 참가하고 싶어요. I want to take part in the competition.

축구장	chukgujang	soccer pitch, football ground	학교 축구장에서 축구를 해요. We play soccer on the school pitch.
코트	koteu	(tennis, basketball) court	테니스 코트를 예약했어요. I've booked a tennis court.
편	pyeon	side, team	우리 편{pyeon}이 이겼어요! Our side won!
후반	huban	second half, latter part	후반에 우리 팀이 이겼어요. Our team won in the second half.

pattern end up ... (sadly): -고 말다

verb stem + -고 말았어요 (and I didn't want that)

-고 말았어요 says something happened in the end, usually against your wishes: 결국 지고 말았어요, we ended up losing. It adds regret, or a little drama, to a story. With 결국 (in the end) it's very natural. Said about a plan (-고 말겠어요), it means “I'll do it, whatever it takes”.

결국 지고 말았어요. **gyeolguk jigo marasseoyo** In the end, we lost.

피곤해서 수업 시간에 자고 말았어요. **pigon haeseo sueop sigan e jago marasseoyo** I was so tired I ended up falling asleep in class.

그 선수는 결국 2미터를 뛰어넘고 말았어요! **geu seonsu neun gyeolguk miteo reul ttwieoneomgo marasseoyo** In the end, that athlete actually cleared two metres!

dialogue the company match

anna 오늘 민준 씨 회사 축구 경기가 있어요. 우리 같이 응원하러 가요!
oneul minjun ssi hoesa chukgu gyeonggi ga isseoyo uri gachi eungwonhareo gayo · Minjun's company has a soccer match today. Let's all go and cheer!

tom 좋아요. 저는 축구장 사진을 많이 찍을게요.
joayo jeo neun chukgujang sajin eul mani jjigeulgeyo · Great. I'll take lots of photos of the pitch.

anna 저는 도시락하고 치즈, 소시지를 가져갈게요.
jeo neun dosirak hago chijeu sosiji reul gajyeogalgeyo · I'll bring a packed lunch, cheese and sausages.

yuki 와, 민준 씨 편이 이기고 있어! 민준 씨 정말 잘 뛰던데.
wa minjun ssi pyeon i igigo isseo minjun ssi jeongmal jal ttwideonde · Wow, Minjun's side is winning! He's running really well, I noticed.

tom 근데 후반에 다들 체력이 떨어졌어요. 아, 결국 지고 말았어요!
geunde huban e da deul cheryeok i tteoreojyeosseoyo a gyeolguk jigo marasseoyo · But everyone ran out of steam in the second half. Oh no, they ended up losing!

minjun 아, 너무 힘들었어요. 후반에는 피로 때문에 다리가 너무 무거웠어요.
a neomu himdeureosseoyo huban e neun piro ttaemun e dari ga neomu mugeowosseoyo · Oh, that was tough. In the second half my legs were so heavy, I was exhausted.

yuki 다리가 무거워요? 그럼 허벅지 근육을 풀어 주세요.
dari ga mugeowoyo geureom heobeokji geunyuk eul pureo juseyo · Your legs feel heavy? Then loosen up your thigh muscles.

anna 그래도 잘했어요. 피로가 풀리도록 오늘은 푹 쉬세요. 휴식도 운동이에요.
geuraedo jalhaesseoyo piro ga pullidorok oneul eun puk swiseyo hyusik do undong ieyo · You still did well. Get a good rest today so the tiredness goes. Rest is part of training too.

minjun 네. 사실 다음 주 일요일에 어린이 병원을 돕는 마라톤에 참가해요. 10킬로미터예요.
ne sasil daeum ju iryoil e eorini byeongwon eul domneun maraton e chamgahaeyo killomiteo yeyo · Yes. Actually, next Sunday I'm running in a marathon to help a children's hospital. It's 10 kilometres.

yuki 와, 대단해요! 힘들거든 꼭 걸으세요. 너무 빨리 뛰면 안 돼요.
wa daedanhaeyo himdeulgeodeun kkok georeuseyo neomu ppalli ttwimyeon an dwaeyo · Wow, that's amazing! If it gets hard, make sure you walk. Don't run too fast.

anna 우리가 경기장에 가서 응원해 드릴게요! 일 등 하세요!
uri ga gyeonggijang e gaseo eungwonhae deurilgeyo il deung haseyo · We'll come to the stadium and cheer you on! Come first!

minjun 하하, 일 등은 운동선수들이 하고, 저는 끝까지 달리는 게 목표예요.
haha il deung eun undongseonsu deul i hago jeo neun kkeut kkaji dallineun ge mokpyo yeyo · Ha ha, the athletes can come first. My goal is just to make it to the end.

write it trace the grey, then write your own

톤 ton marathon												
링 ring bowling												

good to know · Rankings: 일 등, 이 등 (first, second place, in a race or a class) and 1위, 2위 (first, second, in rankings and charts). 일 등 하다: come first. Cheering: 힘내세요! (Keep going!), 파이팅! (Come on!), 응원하다 (cheer for, support).

Unit 6's learn days are done. Tomorrow's mission: Minjun's charity marathon, from the sign-up form to the finish line.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

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day 48 mission: the charity marathon

Korean TOPIK 3 in 88 days
unit 6 · body, health & sport

Follow a sporting story in Korean: read a race notice, give health advice, see a doctor, cheer at a race and talk about the result.

The body, looks, illness, the clinic, medicine, healthy habits and sport: this is all of unit 6, and its grammar, in one story.

chapter 1 the race notice

minjun 안나 씨, 지호 씨, 이것 좀 보세요. 마라톤 안내문이에요.

anna ssi jiho ssi igeot jom boseyo maraton annaemun ieyo · Anna, Jiho, look at this. It's the marathon notice.

anna "어린이 병원 돕기 마라톤. 날짜: 다음 주 일요일 오전 아홉 시. 장소: 한강 공원 축구장 앞. 거리: 5킬로미터, 10킬로미터. 참가 신청: 이번 주 금요일까지. 모든 돈은 어린이 병원에 보냅니다. 주의: 대회 전날에는 과로를 피하고 충분히 주무십시오. 독감, 몸살, 설사 같은 증상이 있거든 참가하지 마십시오. 알레르기가 있는 분은 신청서에 쓰십시오. 길에 간호사와 약품(반창고, 소독약, 진통제, 연고)이 있습니다. 다친 사람은 응급실이 있는 종합 병원으로 갑니다. 화재가 나거든 경기장 비상구로 나가십시오. 긴급 연락: 119. 일 등부터 삼 등까지 작은 선물이 있습니다."

eorini byeongwon dopgi maraton naljja daeum ju iryoil ojeon ahop si jangso hangang gongwon chukgujang ap geori killomiteo killomiteo chamga sincheong ibeon ju geumyoil kkaji modeun don eun eorini byeongwon e bonaemnida juui daehoe jeonnal e neun gwaro reul pihago chungbunhi jumusipsio dokgam momsal seolsa gateun jeungsang i itgeodeun chamga haji masipsio allereugi ga inneun bun eun sincheongseo e sseusipsio gil e ganhosa wa yakpum banchanggo sodongnyak jintongje yeongo i itseumnida dachin saram eun eunggeupsil i inneun jonghap byeongwon euro gamnida hwajae ga nageodeun gyeonggijang bisanggu ro nagasipsio gingeup yeollak il deung buteo sam deung kkaji jageun seonmul i itseumnida · "Children's Hospital Charity Marathon. Date: next Sunday, 9 a.m. Place: in front of the soccer pitch in Han River Park. Distance: 5 km or 10 km. Sign up by this Friday. All the money goes to the children's hospital. Caution: avoid overwork and get enough sleep the day before. If you have symptoms such as flu, aches or diarrhoea, do not take part. If you have an allergy, write it on the form. There will be nurses and medical supplies along the route (plasters, antiseptic, painkillers, ointment). Anyone injured will be taken to a general hospital with an emergency department. In case of fire, leave the stadium by the emergency exits. Emergencies: 119. Small prizes for first to third place."

jiho 민준 씨, 뼈하고 근육은 괜찮아요? 신경 쓰이는 데 없어요?

minjun ssi ppyeo hago geunyuk eun gwaenchanayo singyeong sseuineun de eopseoyo · Minjun, are your bones and muscles OK? Nothing bothering you?

minjun 네, 지난달에 회사에서 신체검사를 했는데 다 괜찮았어요.

ne jinandal e hoesa eseo sinche geomsa reul haenneunde da gwaenchanasseoyo · Yes, I had a check-up at work last month and everything was fine.

anna 그래서 요즘 비가 와도 맨발로 걸었군요. 몸무게도 많이 줄었어요.

geuraeseo yojeum bi ga wado maenbal ro georeotgunyo mommuge do mani jureosseoyo · So that's why you've been walking barefoot even in the rain. You've lost a lot of weight, too.

minjun 네. 근데 회사 일을 하느라고 연습을 많이 못 했어요. 수면 시간도 불규칙하고 체력이 좀 걱정돼요.

ne geunde hoesa il eul haneurago yeonseup eul mani mot haesseoyo sumyeon sigan do bulgyuchikago cheryeok i jom geokjeong dwaeyo · Yes. But I've been too busy with work to train much. My sleep's irregular too, and I'm a bit worried about my stamina.

jiho 그럼 제가 운동 계획을 짜 드릴 테니까 그대로 해 보세요.

geureom jega undong gyehoek eul jja deuril tenikka geudaero hae boseyo · Then I'll draw up a training plan for you, so try following it.

minjun 정말요? 지호 씨 말대로 할게요!

jeongmaryo jiho ssi mal daero halgeyo · Really? I'll do exactly as you say!

anna 달리기 전에는 요구르트를 마시면 속이 편해요.

dalligi jeon e neun yogureuteu reul masimyeon sok i pyeonhaeyo · If you drink a yoghurt drink before running, your stomach feels comfortable.

chapter 2 jiho's training plan

jiho 첫째, 달리기 전에 손목, 발목, 허벅지를 충분히 푸세요. 다치는 것을 예방할 수 있어요.
cheotjjae dalligi jeon e sonmok balmok heobeokji reul chungbunhi puseyo dachineun geot eul yebang hal su isseoyo · First, warm up your wrists, ankles and thighs properly before running. It helps prevent injuries.

jiho 둘째, 지나치게 뛰지 말고 규칙적으로 뛰세요. 운동량은 조금씩 늘리고요. 셋째, 수면하고 영양이 제일 중요해요. 과로하면 운동 효과가 없어요.
duljjae jinachige ttwiji malgo gyuchikjeogeuro ttwiseyo undongnyang eun jogeumssik neulligo yo setjjae sumyeon hago yeongyang i jeil jungyo haeyo gwarohamyeon undong hyogwa ga eopseoyo · Second, don't overdo it; run regularly, and build up the amount bit by bit. Third, sleep and nutrition matter most. If you overwork, the training won't do any good.

minjun 어제 밤늦게까지 일했더니 오늘은 온몸이 무거워요. 영양제를 먹어야겠어요.
eoje bamneutge kkaji il haetdeoni oneul eun onmom i mugeowoyo yeongyangje reul meogeoyagesseoyo · I worked late last night, and today my whole body feels heavy. I'd better take some supplements.

anna 민준 씨, 표정이 안 좋아요. 안색도 안 좋고요. 많이 피곤한가 봐요.
minjun ssi pyojeong i an joayo ansaek do an jokoyo mani pigon han ga bwayo · Minjun, you don't look happy. You look pale, too. You must be really tired.

minjun 괜찮아요. 아무리 피곤해도 오늘 5킬로미터는 뛸 거예요.
gwaenchanayo amuri pigon haedo oneul killomiteo neun ttwil geo yeyo · I'm fine. However tired I am, I'm running five kilometres today.

jiho 그럼 다 뛴 다음에 찜질방에 가서 사우나를 하세요. 마사지도 받고요. 몸이 편해지면 마음의 안정도 되찾을 거예요.
geureom da ttwin daeum e jjimjil bang e gaseo sauna reul haseyo masaji do batgo yo mom i pyeonhaejimyeon maeum ui anjeong do doechajeul geo yeyo · Then go to the jjimjilbang after your run and have a sauna. And get a massage. When your body relaxes, you'll get your peace of mind back too.

anna 운동은 정신 건강에도 좋아요. 저도 우울할 때 요가를 하거든요.
undong eun jeongsin geongang e do joayo jeo do uul hal ttae yoga reul hageodeunyo · Exercise is good for your mental health too. I do yoga when I feel low, you see.

minjun 그래요? 요즘 심리 상담을 받는 동료도 많아요. 우리 회사도 운동 기구를 사면 좋겠어요.
geuraeyo yojeum simni sangdam eul banneun dongnyo do manayo uri hoesa do undong gigu reul samyeon jokesseoyo · Really? Lots of my colleagues are getting counselling these days. I wish our company would buy some exercise equipment.

anna 제가 편의점에서 물하고 비타민 음료를 사다가 줄게요. 달리기 전에 너무 많이 먹으면 살쪄요!
jega pyeonuijeom eseo mul hago bitamin eumnyo reul sadaga julgeyo dalligi jeon e neomu mani meogeumyeon saljjyeoyo · I'll go and get you some water and a vitamin drink from the shop. And don't eat too much before running, you'll put on weight!

chapter 3 a swollen ankle

minjun 어떡해요. 어제 달리다가 왼발 발목을 삐었어요. 많이 부었어요. 무릎에서 피도 났어요.
eotteokaeyo eoje dallidaga oenbal balmok eul ppieosseoyo mani bueosseoyo mureup eseo pi do nasseoyo · Oh no. I twisted my left ankle running yesterday. It's really swollen. And my knee was bleeding.

jiho 멍도 들었네요. 무릎은 제가 소독할게요. 소독약을 바른 다음에 반창고를 붙여요.
meong do deureonneyo mureup eun jega sodok halgeyo sodongnyak eul bareun daeum e banchanggo reul butyeoyo · And it's bruised. I'll clean your knee. Antiseptic first, then a plaster.

minjun 고마워요. 반창고를 붙이고 나니까 좀 나아요. 머리도 아파서 아까 두통약을 먹었어요.
gomawoyo banchanggo reul buchigo nanikka jom naayo meori do apaseo akka dutongnyak eul meogeosseoyo · Thanks. With the plaster on, it feels a bit better. My head hurts too, so I took a headache pill earlier.

anna 정형외과는 2층 203호실이에요. 안과 옆이에요. 지난번에 저도 식중독 때문에 여기 병실에 하루 있었어요. 그때 지호가 간호해 줬어요.
jeonghyeongoegwa neun cheung hosil ieyo angwa yeop ieyo jinanbeon e jeo do sikjungdok ttaemun e yeogi byeongsil e haru isseosseoyo geuttae jiho ga ganho hae jwosseoyo · Orthopaedics is room 203 on the first floor. Next to the eye clinic. I spent a day on a ward here myself, with food poisoning. Jiho looked after me then.

minjun (진찰 후) 의사 선생님이 저보고 다행히 뼈는 안 부러졌다고 했어요. 치료법도 간단하다고 했어요.
jinchal hu uisa seonsaengnim i jeo bogo dahaenghi ppyeo neun an bureojyeotdago haesseoyo chiryobeop do gandanhada go haesseoyo · (after the appointment) The doctor told me that luckily nothing's broken. He said the treatment is simple, too.

anna 다행이에요! 그럼 일요일에 뛰어도 돼요?
dahaeng ieyo geureom iryoil e ttwieodo dwaeyo · Thank goodness! So can you run on Sunday?

minjun 이틀 동안 쉬고, 아프거든 진통제를 먹으라고 했어요. 진통제를 처방해 주셨어요. 영양제도 권하셨어요.
iteul dongan swigo apeugeodeun jintongje reul meogeurago haesseoyo jintongje reul cheobang hae jusyeosseoyo yeongyangje do gwonhasyeosseoyo · I'm to rest for two days and take painkillers if it hurts. He prescribed some painkillers. And he recommended supplements.

jiho 처방전대로 약을 복용하세요. 식후에 드세요. 연고를 바른 다음에 수건으로 감아 두세요.
cheobangjeon daero yak eul bogyonghaseyo sikhu e deuseyo yeongo reul bareun daeum e sugeon euro gama duseyo · Take the medicine as prescribed. After meals. Put the ointment on, then wrap it in a towel.

minjun 근데 약을 먹었더니 자꾸 하품이 나고 졸려요. 좀 어지러워요.
geunde yak eul meogeotdeoni jakku hapum i nago jollyeoyo jom eojireowoyo · But since I took the medicine, I keep yawning and feeling sleepy. A bit dizzy, too.

jiho 진통제 때문인가 봐요. 오늘은 일찍 자요. 휴식이 제일 좋은 약이에요. 간호사의 말이니까 믿으세요!
jintongje ttaemun in ga bwayo oneul eun iljjik jayo hyusik i jeil joeun yak ieyo ganhosa ui mal inikka mideuseyo · It must be the painkillers. Get an early night tonight. Rest is the best medicine. Trust me, I'm a nurse!

chapter 4 on your marks

yuki 와, 사람이 정말 많네! 축구장 앞이고 테니스 코트 옆이고 다 사람이야.

wa saram i jeongmal manne chukgujang ap igo teniseu koteu yeop igo da saram iya · Wow, so many people! In front of the soccer pitch, by the tennis courts, people everywhere.

tom 저기 운동선수들도 있어요. 다들 근육이 정말 크던데요. 근데 저 사람은 화장하고 파마까지 했어요! 앞머리도 예쁘게 빗었네요.

jeogi undongseonsu deul do isseoyo da deul geunyuk i jeongmal keudeondeyo geunde jeo saram eun hwajang hago pama kkaji haesseoyo ammeori do yeppeuge biseonneyo · There are some athletes over there too. They've all got huge muscles, I noticed. But that one's wearing make-up and has had a perm! Her fringe is all neatly combed, too.

anna 민준 씨, 발목은 괜찮아요? 오늘 인상이 아주 좋은데요. 표정이 밝아요!

minjun ssi balmok eun gwaenchanayo oneul insang i aju joeundeyo pyojeong i balgayo · Minjun, how's the ankle? You look great today. You look so cheerful!

minjun 네, 많이 나아졌어요. 지호 씨가 저보고 힘들거든 꼭 걸으라고 했어요.

ne mani naajyeosseoyo jiho ssi ga jeo bogo himdeulgeodeun kkok georeurago haesseoyo · Yes, it's much better. Jiho told me to walk if it gets hard.

jiho 앞쪽은 사람이 많을 테니까 뒤에서 천천히 출발하세요. 물은 2킬로미터마다 있어요. 갈증이 나기 전에 마시세요.

apjjok eun saram i maneul tenikka dwi eseo cheoncheonhi chulbal haseyo mul eun killomiteo mada isseoyo galjeung i na gi jeon e masiseyo · It'll be crowded at the front, so start slowly from the back. There's water every two kilometres. Drink before you get thirsty.

tom 민준 씨, 출발 전에 이 물 마셔요. 종이컵에 받아 왔어요.

minjun ssi chulbal jeon e i mul masyeoyo jongikeop e bada wasseoyo · Minjun, drink this water before the start. I brought it in a paper cup.

yuki 출발한다! 월드컵 때처럼 응원하자! 민준 씨, 힘을 내세요!

chulbal handa woldeukeop ttae cheoreom eungwon haja minjun ssi him eul naeseyo · They're off! Let's cheer like it's the World Cup! Go for it, Minjun!

tom 저는 사진을 찍느라고 응원을 못 했어요. 근데 사진은 잘 나왔어요!

jeo neun sajin eul jjingneurago eungwon eul mot haesseoyo geunde sajin eun jal nawasseoyo · I was so busy taking photos I forgot to cheer. But the photos came out well!

anna (삼십 분 후) 저기 민준 씨가 와요! 얼굴이 빨갛고 땀이 많이 나는 걸 보니 많이 힘든가 봐.

samsip bun hu jeogi minjun ssi ga wayo eolgul i ppalgako ttam i mani na neun geol boni mani himdeunga bwa · (thirty minutes later) Here comes Minjun! He's red in the face and sweating a lot. He must be finding it really hard.

jiho 그래도 동작이 좋아요. 후반인데 발목도 괜찮은가 봐요. 민준 씨, 조금만 더!

geuraedo dongjak i joayo huban inde balmok do gwaenchaneunga bwayo minjun ssi jogeum man deo · But he's moving well. It's the second half and his ankle must be OK. Come on, Minjun, nearly there!

chapter 5 made it!

minjun 드디어 들어왔어요! 마지막 1킬로미터에서는 걷고 말았지만 끝까지 왔어요. 발목의 아픔을 뛰어넘었어요!

deudieo deureowasseoyo majimak killomiteo eseo neun geotgo maratjiman kkeut kkaji wasseoyo balmok ui apeum eul ttwieoneomeosseoyo · I made it! I ended up walking the last kilometre, but I got to the end. I beat the pain in my ankle!

anna 정말 대단해요! 몇 위예요?

jeongmal daedanhaeyo myeot wi yeyo · That's amazing! What place did you come?

minjun 백이십 위요. 일 등은 운동선수가 했어요. 하하.

baek isip wi yo il deung eun undongseonsu ga haesseoyo haha · A hundred and twentieth. An athlete came first. Ha ha.

jiho 일 등이 중요한 게 아니에요. 아픈 아이들을 돕기 위해서 뛴 거잖아요. 모든 돈이 어린이 병원에 가요.

il deung i jungyo han ge anieyo apeun aideul eul dopgi wihaeseo ttwin geo janayo modeun don i eorini byeongwon e gayo · Coming first isn't what matters. You ran to help sick children, after all. All the money goes to the children's hospital.

yuki 민준 씨, 피부가 다 탔어요. 눈가도 빨개요. 근데 손등은 왜 그래요?

minjun ssi pibu ga da tasseoyo nunga do ppalgaeyo geunde sondeung eun wae geuraeyo · Minjun, you're sunburnt all over. Your eyes are red, too. And what's happened to the back of your hand?

minjun 모기 때문인가 봐요. 너무 가려워요. 온몸이 아파요. 허벅지고 발목이고 안 아픈 데가 없어요. 손발도 차가워요.

mogi ttaemun in ga bwayo neomu garyeowoyo onmom i apayo heobeokji go balmok igo an apeun de ga eopseoyo sonbal do chagawoyo · Must be a mosquito. It's so itchy. I ache all over. My thighs, my ankles, there's nowhere that doesn't hurt. And my hands and feet are cold.

jiho 그럼 이제 찜질방에 가요. 찜질을 하면 피로가 풀릴 거예요.

geureom ije jjimjil bang e gayo jjimjil eul hamyeon piro ga pullil geo yeyo · Then let's go to the jjimjilbang now. A heat treatment will get rid of the tiredness.

tom 좋아요! 저도 내년에는 참가할 거예요. 오늘부터 줄넘기하고 조깅을 해야겠어요. 볼링하고 골프는 운동이 좀 약하잖아요.

joayo jeo do naenyeon e neun chamgahal geo yeyo oneul buteo julleomgihago joging eul haeyagesseoyo bolling hago golpeu neun undong i jom yak hajanayo · Great! Next year I'm entering too. I'd better start skipping and jogging from today. Bowling and golf aren't much of a workout, are they?

anna 톰, 그 말 일주일 뒤에도 할 수 있어? 하하. 민준 씨, 오늘 정말 멋있었어요!

tom geu mal iljuil dwi e do hal su isseo haha minjun ssi oneul jeongmal meosisseosseoyo · Tom, will you still be saying that in a week? Ha ha. Minjun, you were brilliant today!

Unit 6 done: barefoot training, a twisted ankle and a finish line. Next, unit 7: people and feelings, and a wedding.
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