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day 57 from head to toe

Korean TOPIK 4 in 122 days
unit 8 · body & health

Name the parts of the body from head to toe, and give the reason for something bad with -는 탓에.

At the doctor's, the pharmacy or the gym you need to say exactly where it hurts, and -는 탓에 is how Koreans explain (and blame) what went wrong.

words

word	romanisation	meaning	example
탓	tat	fault, blame; -는 탓에: because of	늦게 자는 탓에 아침마다 피곤해요. Because I go to bed late, I'm tired every morning.
간	gan	liver	건강 검사에서 간{gan-3}도 검사했어요. They checked my liver too at the health check.
뇌	noe	brain	잠을 잘 자야 뇌가 쉴 수 있어요. Your brain only gets to rest if you sleep well.
눈동자	nundongja	pupil (of the eye); eyes	아기의 까만 눈동자가 정말 예뻐요. The baby's dark eyes are so pretty.
눈빛	nunbit	look (in someone's eyes), gaze	그 사람 눈빛을 보니 거짓말이 아니에요. From the look in his eyes, he isn't lying.
눈썹	nunsseop	eyebrow	놀라서 눈썹이 올라갔어요. My eyebrows went up in surprise.
두뇌	dunoe	brain(s), mind	그 아이는 두뇌가 뛰어나요. That child is very bright.
마디	madi	joint, knuckle; (a) word	추우면 손가락 마디가 아파요. My finger joints hurt when it's cold.
머리칼	meorikal	hair (of the head)	바람에 머리칼이 얼굴을 가렸어요. The wind blew my hair across my face.
목구멍	mokgumeong	throat	감기 때문에 목구멍이 아파요. My throat hurts because of my cold.
몸속	momsok	inside the body	물은 몸속의 나쁜 것을 밖으로 내보내요. Water flushes bad things out of the body.
몸통	momtong	torso, trunk; body (of a thing)	이 인형은 몸통이 길고 다리가 짧아요. This doll has a long body and short legs.
발꿈치	balkkumchi	heel	새 구두를 신었더니 발꿈치가 아파요. I wore my new shoes and now my heels hurt.
발끝	balkkeut	tips of the toes	아기가 깰까 봐 발끝으로 조용히 걸었어요. I tiptoed quietly so I wouldn't wake the baby.
발등	baldeung	top of the foot	무거운 상자가 발등에 떨어졌어요. A heavy box fell on my foot.

발톱	baltop	toenail; claw	고양이가 발톱으로 소파를 긁었어요. The cat scratched the sofa with its claws.
배꼽	baekkop	belly button	아기 배꼽이 정말 작아요. The baby's belly button is so tiny.
볼	bol	cheek	추워서 볼{bol}이 빨개졌어요. My cheeks went red from the cold.
부위	buwi	part (of the body), area	아픈 부위를 손으로 가리켜 보세요. Point to where it hurts.
뺨	ppyam	cheek	할머니가 제 뺨을 쓰다듬으셨어요. Grandma stroked my cheek.
속눈썹	songnunsseop	eyelash	눈{nun-2}에 속눈썹이 들어갔어요. I've got an eyelash in my eye.
손끝	sonkkeut	fingertip	추워서 손끝이 차가워요. My fingertips are cold.

pattern because of (something bad): -는 탓에

verb / adjective | -는 / -은 탓에 | a bad result

탓 means “fault, blame”. -는 탓에 (-은 탓에 for adjectives and the past) gives the reason for something bad: 늦게 자는 탓에 피곤해요 (I'm tired because I go to bed late). After a noun: 날씨 탓에, 감기 탓에. For a good result, use -는 덕분에 instead.

점심마다 패스트푸드만 먹는 탓에 속이 자주 안 좋아요. **jeomsim mada paeseuteupudeu man meongneun tat e sok i jaju an joayo** I only eat fast food at lunch, so my stomach is often upset.

어제 무리한 탓에 허리를 굽히지도 못하겠어요. **eoje muri han tat e heori reul gupiji do mot hagesseoyo** I overdid it yesterday, so now I can't even bend over.

감기 탓에 목구멍이 아파서 말을 못 하겠어요. **gamgi tat e mokgumeong i apaseo mal eul mot hagesseoyo** My throat hurts so much from this cold that I can hardly talk.

아침을 굶은 탓에 배에서 소리가 나요. **achim eul gulmeun tat e bae eseo sori ga nayo** I skipped breakfast, so my stomach is rumbling.

dialogue head to toe

anna 지호야, 아직도 공부해? 눈이 빨개. 자, 물 마셔. 목마르지?

jiho ya ajik do gongbu hae nun i ppalgae ja mul masyeo mongmareuji · Jiho, are you still studying? Your eyes are red. Here, have some water. You must be thirsty.

jiho 응, 월요일부터 병원에 나가잖아. 몸속 그림을 다 외워야 해.

eung woryoil buteo byeongwon e naga jana momsok geurim eul da oewoya hae · Yeah, I start at the hospital on Monday. I have to learn every diagram of the inside of the body.

anna 밤마다 늦게 자는 탓에 그렇게 피곤한 거야. 나도 내일 쉬는 날이고 해서 시간 많아. 도와줄까?

bam mada neutge janeun tat e geureoke pigon han geo ya na do naeil swineun nal igo haeseo sigan mana dowajulkka · That's why you're so tired: you go to bed late every night. I'm off tomorrow and all, so I've got time. Shall I help?

jiho 좋아. 그럼 내가 부위를 말하면 네가 가리켜 봐. 먼저 배꼽!

joa geureom naega buwi reul mal hamyeon nega garikyeo bwa meonjeo baekkop · Great. I'll say a body part and you point to it. First, belly button!

anna 여기! 쉽네. 다음은?

yeogi swimne daeum eun · Here! Easy. Next?

jiho 발등, 발꿈치, 발톱, 발끝. '발'로 시작하는 말이 많지?

baldeung balkkumchi baltop balkkeut bal ro sijak haneun mal i manchi · Top of the foot, heel, toenail, tiptoes. Lots of words start with 발, don't they?

anna 잠깐만, 너무 많아! 금방 까먹을 것 같아. 아, 발꿈치는 뒤쪽이고 발끝은 앞쪽이구나.

jamkkan man neomu mana geumbang kkameogeul geot gata a balkkumchi neun dwijjok igo balkkeut eun apjjok iguna · Hang on, that's too many! I'll forget them straight away. Oh, the heel is at the back and the tiptoes are at the front.

jiho 맞아. 이번엔 얼굴이야. 눈동자, 속눈썹, 볼! 그리고 몸속에 있는 간이랑 뇌는?

maja ibeonen eolgul iya nundongja songnunsseop bol geurigo momsok e inneun gan irang noe neun · Right. Now the face. Pupils, eyelashes, cheeks! And what about the liver and the brain, inside the body?

anna 뇌는 머리 안이고 목구멍은 여기, 간은… 몸통 오른쪽?

noe neun meori an igo mokgumeong eun yeogi gan eun momtong oreunjjok · The brain's inside the head, the throat is here, and the liver… the right side of the torso?

jiho 정답! 너 두뇌가 뛰어난데? 나는 어제 책을 보다가 조는 바람에 의자에서 떨어질 뻔했어.

jeongdap neo dunoe ga ttwieonande na neun eoje chaek eul bodaga jo neun baram e uija eseo tteoreojil ppeonhaesseo · Correct! You're a bright one. Yesterday I dozed off over my book and nearly fell off my chair.

anna 자, 이제 책 덮고 기지개 한번 켜. 그리고 오늘은 일찍 자!

ja ije chaek deopgo gijigae hanbeon kyeo geurigo oneul eun iljjik ja · Right, close the book and have a good stretch. And go to bed early tonight!

jiho 알았어. 잊어버리기 전에 한 번만 더 볼게.

arasseo ijeobeorigi jeon e han beon man deo bolge · Okay. I'll go over it once more before I forget it.

anna 그래, 딱 한 번만이야. 그다음에는 바로 자는 거야!

geurae ttak han beon man iya geu daeum e neun baro janeun geo ya · Fine, just once more. Then it's straight to bed!

write it trace the grey, then write your own

탓
tat
fault, blame; -는 탓에: because of

뇌 noe brain													
썹 sseop eyebrow													
톱 top toenail; claw													

good to know · Many body words are compounds you can take apart: 발 (foot) + 등 (back) = 발등, 발 + 끝 (end) = 발끝, 손 + 톱 = 손톱 (fingernail), 눈 + 썹 = 눈썹, 속 (inside) + 눈썹 = 속눈썹. 볼 and 뺨 both mean cheek. 볼 is the everyday word (볼이 빨개요); 뺨 is used for slaps and kisses (뺨에 뽀뽀하다).

Head, shoulders, knees and toes, and a lot in between: you can now say exactly where it hurts, and whose fault it is with -는 탓에.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

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day 58 aches & pains

Korean TOPIK 4 in 122 days
unit 8 · body & health

Describe aches, itches and pains, talk about health risks and side effects, and give a likely reason with -어서인지.

When you feel unwell you rarely know the exact cause: -어서인지 (maybe because …) is exactly how Koreans describe symptoms to a doctor, a pharmacist or a friend.

words

word	romanisation	meaning	example
손톱	sontop	fingernail	손톱을 너무 짧게 잘랐어요. I cut my nails too short.
신체적	sinchejeok	physical, bodily	이 일은 신체적으로 힘들어요. This job is physically hard.
심장	simjang	heart (the organ)	너무 긴장해서 심장이 빨리 뛰었어요. I was so nervous my heart was racing.
오른발	oreunbal	right foot	오른발로 공을 찼어요{chada-4}. I kicked the ball with my right foot.
육체	yukche	the body, flesh	육체의 피로는 잠으로 풀어야 해요. Physical tiredness has to be slept off.
육체적	yukchejeok	physical	간호사는 육체적으로 힘든 일이에요. Nursing is physically demanding work.
인체	inche	the human body	인체의 반 이상{isang-2}은 물이래요. They say over half of the human body is water.
종아리	jongari	calf (of the leg)	많이 걸어서 종아리가 아파요. My calves ache from walking so much.
주먹	jumeok	fist	아기가 작은 주먹을 꼭{kkok-2} 쥐었어요. The baby clenched its little fist.
침	chim	saliva, spit	맛있는 냄새를 맡으니까 입에 침이 나와요. Smelling something delicious makes my mouth water.
턱	teok	chin, jaw	넘어져서 턱을 다쳤어요. I fell and hurt my chin.
팔꿈치	palkkumchi	elbow	넘어지면서 팔꿈치를 다쳤어요. I hurt my elbow when I fell.
간지럽다	ganjireopda	itchy; ticklish	모기에 물린 데가 간지러워요. The mosquito bite is itchy.
고통	gotong	pain, suffering	그 환자는 큰 고통을 참고 있어요. That patient is bearing a lot of pain.
고통스럽다	gotongseureopda	painful, agonizing	아픈 사람을 보는 것도 고통스러워요. Even watching someone in pain is hard to bear.
독	dok	poison, toxin	이 버섯에는 독이 있어요. This mushroom is poisonous.
들리다	deullida	catch (a cold), be taken ill	감기에 들려{deullida-3} 며칠 고생했어요. I caught a cold and had a rough few days.

말기	malgi	the last stage, the end (of a period)	그 병{byeong-2}은 말기에 알게 되면 치료가 어려워요. If that disease is found only at the last stage, it's hard to treat.
병들다	byeongdeulda	fall ill; (a plant) become diseased	병든 강아지를 데려와서 키웠어요. We took in a sick puppy and raised it.
부작용	bujagyong	side effect	이 약은 부작용이 거의 없어요. This medicine has almost no side effects.
비만	biman	obesity	운동이 부족하면 비만이 될 수 있어요. Without enough exercise, you can become obese.
시력	siryeok	eyesight, vision	스마트폰을 많이 봐서 시력이 나빠졌어요. My eyesight got worse from looking at my phone so much.

pattern maybe because: -어서인지

verb / adjective | -어서인지 / -아서인지 | the result

-어서인지 is -어서 (because) + 인지 (whether): “maybe because …”. It gives a likely reason you aren't sure of: 많이 걸어서인지 종아리가 아파요 (my calves hurt, maybe because I walked a lot). After a noun: 감기라서인지, 주말이어서인지.

에어컨을 켜고 자서인지 목구멍이 아파요. **eeokeon eul kyeogo jaseo inji mokgumeong i apayo** My throat hurts, maybe because I slept with the air conditioning on.

잠을 못 자서인지 머리가 아파요. **jam eul mot jaseo inji meori ga apayo** I've got a headache; maybe because I didn't sleep.

날씨가 추워서인지 손톱이 자꾸 부러져요. **nalssi ga chuwoseo inji sontop i jakku bureojyeoyo** My nails keep breaking, maybe because of the cold.

화분이 병들어서인지 잎이 노래요. **hwabun i byeongdeureoseoinji ip i noraeyo** The leaves are turning yellow; maybe the plant is diseased.

약이 너무 독해서인지 속이 아파요. **yak i neomu dokaeseo inji sok i apayo** My stomach hurts, maybe because the medicine is too strong.

dialogue aches all round

choi 아이고, 어제 계단을 너무 많이 오르내려서인지 종아리가 아파요.
aigo eoje gyedan eul neomu mani oreunaeryeoseoinji jongari ga apayo · Oof, my calves ache, maybe from going up and down the steps so much yesterday.

jiho 아주머니, 제가 좀 볼게요. 오른발을 들어 보세요. 발등이나 발꿈치를 누르면 아프세요?
ajumeoni jega jom bolgeyo oreunbal eul deureo boseyo baldeung ina balkkumchi reul nureumyeon apeuseyo · Mrs Choi, let me have a look. Lift your right foot. Does it hurt when I press the top of your foot or your heel?

choi 아! 거기요. 다리가 돌처럼 굳은 듯해요.
a geogi yo dari ga dol cheoreom gudeun deut haeyo · Ow! Right there. It feels like my legs have turned to stone.

jiho 육체적으로 무리하셨어요. 마음은 젊어도 육체는 쉬어야 해요. 오늘은 하루 종일 누워서 푹 쉬세요. 제가 이불 깔아 드릴게요.
yukchejeok euro muri hasyeosseoyo maeum eun jeolmeodo yukche neun swieoya haeyo oneul eun haru jongil nuwoseo puk swiseyo jega ibul kkara deurilgeyo · You overdid it physically. Your heart may be young, but your body needs a rest. Lie down and rest all day today. I'll lay out your bedding for you.

anna 저는 상자를 많이 옮겨서인지 팔꿈치가 아프고, 모기에 물린 부위는 너무 간지러워요.
jeo neun sangja reul mani omgyeoseoinji palkkumchi ga apeugo mogi e mullin buwi neun neomu ganjireowoyo · My elbow hurts, maybe from moving so many boxes, and where the mosquitoes bit me is really itchy.

jiho 긁지 마. 손톱으로 긁으면 더 간지러워. 침 바르는 것도 안 돼! 내가 약 발라 줄게.
geukji ma sontop euro geulgeumyeon deo ganjireowo chim bareuneun geot do an dwae naega yak balla julge · Don't scratch. If you scratch with your nails it gets itchier. And no putting spit on it! I'll put some cream on.

anna 알았어. 아이고, 무릎 꿇고 오래 일해서인지 무릎도 아파.
arasseo aigo mureup kkulko orae il haeseo inji mureup do apa · Okay. Oof, my knees hurt too, maybe from working on them for so long.

choi 지호 학생 덕분에 살겠네요. 간호사가 되면 환자들이 정말 좋아하겠어요.
jiho haksaeng deokbun e salgenneyo ganhosa ga doemyeon hwanja deul i jeongmal joa hagesseoyo · Jiho, you're a lifesaver. When you're a nurse, the patients will love you.

jiho 아직 배울 게 많아요. 인체는 공부할수록 어려워요. 그냥 열심히 할 따름이에요.
ajik baeul ge manayo inche neun gongbu halsurok eoryeowoyo geunyang yeolsimhi hal ttareum ieyo · I've still got a lot to learn. The more I study the human body, the harder it gets. I'm just doing my best.

anna 지호야, 내일 첫날이지? 힘내라!
jiho ya naeil cheonnal iji himnaera · Jiho, tomorrow's your first day, right? Good luck!

jiho 고마워. 교과서에서 말기 환자들의 고통에 대해 배웠는데, 직접 보는 건 고통스러울 것 같아.
gomawo gyogwaseo eseo malgi hwanja deul ui gotong e daehae baewonneunde jikjeop boneun geon gotongseureoul geot gata · Thanks. We learned about the suffering of patients in the last stages of illness in the textbook, but I think seeing it for real will be hard.

anna 너는 잘할 거야. 머리도 좋고 사람들한테 친절하잖아.
neo neun jal hal geo ya meori do joko saramdeul hante chinjeol hajana · You'll be great. You're clever, and you're kind to people.

choi 맞아요. 그리고 아침은 꼭 많이 먹고 가요. 내가 밥을 동그랗게 뭉쳐 줄게요.
majayo geurigo achim eun kkok mani meokgo gayo naega bap eul donggeurake mungchyeo julgeyo · That's right. And make sure you eat a good breakfast before you go. I'll press some rice into balls for you.

write it trace the grey, then write your own

뺨 ppyam cheek													

good to know · Itches and aches have their own adjectives: 간지럽다 (itchy, ticklish; 가렵다 is a common synonym for itchy skin), 쑤시다 (ache, throb), 따끔하다 (sting). 아파요 is the all-purpose “it hurts”. -적 words for the body: 신체적 (physical, of the body), 육체적 (physical, as opposed to mental). 육체적으로 힘든 일 is physically demanding work.

Aches, itches, side effects and the heart: you can now describe how you feel, and why you think so, with -어서인지.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 59 at the hospital

Korean TOPIK 4 in 122 days
unit 8 · body & health

Talk about illness, diagnosis, emergencies and recovery, and share a thought or doubt with -나 싶다.

Hospitals, pharmacies and health news use today's words all the time, and -나 싶다 lets you voice a worry softly: 감기인가 싶어요, I think it might be a cold.

words

word	romanisation	meaning	example
구급차	gugeupcha	ambulance	사고가 나서 구급차를 불렀어요. There was an accident, so we called an ambulance.
실습	silseup	practical training, placement	지호는 요즘 병원에서 실습을 해요. Jiho is doing her placement at a hospital these days.
쑤시다	ssusida	ache, throb	비가 오려는지 무릎이 쑤셔요. My knees are aching; maybe it's going to rain.
악화	akhwa	getting worse, deterioration	치료를 안 하면 병{byeong-2}이 악화될 수 있어요. Without treatment, the illness can get worse.
앓다	alta	be ill (with), suffer from	동생이 감기를 앓고 있어요. My little brother is down with a cold.
정상	jeongsang	normal	검사 결과는 모두 정상이에요. The test results are all normal.
정상적	jeongsangjeok	normal	이제 정상적으로 걸을 수 있어요. Now I can walk normally.
-제	-je	-제: medicine, agent	열{yeol-2}이 나서 해열제를 먹었어요. I had a fever, so I took a fever reducer.
중독	jungdok	addiction; poisoning	스마트폰 중독이 걱정이에요. I'm worried about smartphone addiction.
진단	jindan	diagnosis	의사가 감기라고 진단했어요. The doctor diagnosed a cold.
질병	jilbyeong	disease, illness	손을 자주 씻으면 질병을 막을 수 있어요. Washing your hands often can prevent disease.
체온	cheon	body temperature	체온이 38도까지 올라갔어요. My temperature went up to 38 degrees.
통증	tongjeung	pain, ache	허리에 통증이 심해요. I have a bad pain in my back.
해	hae	harm	밤늦게 먹는 건 건강에 해{hae-2}가 돼요. Eating late at night is bad for your health.
해롭다	haeropda	harmful	너무 짠 음식은 몸에 해로워요. Food that's too salty is bad for you.
해치다	haechida	harm, damage	무리한 운동은 오히려 건강을 해칠 수 있어요. Overdoing exercise can actually damage your health.

회복	hoebok	recovery	할머니는 수술 후에 빨리 회복하셨어요. Grandma recovered quickly after the operation.
구조	gujo	rescue	산에서 길을 잃은 사람들이 구조{gujo-2}됐어요. The people who got lost on the mountain were rescued.
구하다	guhada	save, rescue	의사 선생님이 그 아이를 구했어요{guhada-2}. The doctor saved the child.
넘어뜨리다	neomeotteurida	knock over, knock down	바람이 화분을 넘어뜨렸어요. The wind knocked the flowerpot over.
되살리다	doesallida	bring back to life, revive	의사가 멈춘 심장을 되살렸어요. The doctor got the heart going again.
되살아나다	doesaranada	come back to life, revive	비가 오니까 마당의 꽃이 되살아났어요. When the rain came, the flowers in the yard came back to life.

pattern i wonder if; i think maybe: -나 싶다

verb (adjective: -은가, noun: 인가) **-나 싶다**

-나 싶다 is a thought to yourself: “I wonder if …; I think maybe …”. 잘할 수 있나 싶었어요 (I wondered if I could do it). With adjectives use -은가 싶다 (아픈가 싶어요), with nouns 인가 싶다 (감기인가 싶어요). Here 싶다 doesn't mean “want”: it just marks the thought.

밖이 시끄러워서 무슨 일이 있나 싶었어요. **bak i sikkeureowoseo museun il i inna sipeosseoyo** It was noisy outside, so I wondered if something was going on.

동생이 식욕이 없다고 해서 혹시 아픈가 싶었어요. **dongsaeng i sigyok i eopdago haeseo hoksi apeunga sipeosseoyo** My little brother said he had no appetite, so I wondered if he was ill.

목이 아파서 감기인가 싶어요. **mok i apaseo gamgi in ga sipeoyo** My throat hurts; I think it might be a cold.

아이가 밥을 먹을 때마다 턱을 잡아서 이가 아픈가 싶었어요. **ai ga bap eul meogeul ttae mada teok eul jabaseo i ga apeunga sipeosseoyo** The child held his jaw every time he ate, so I wondered if it was his teeth.

dialogue the first day

anna 지호야, 왔어? 실습 첫날 어땠어? 발걸음이 무거워 보여.

jiho ya wasseo silseup cheonnal eottaesseo balgeoreum i mugeowo boyeo · Jiho, you're back! How was the first day of your placement? You look like you're dragging your feet.

jiho 응급실이라 정신이 하나도 없더라. 하루 종일 구급차가 오가는 걸 보니까 내가 간호사가 될 수 있나 싶었어.

eunggeupsil ira jeongsin i hana do eopdeora haru jongil gugeupcha ga oganeun geol bonikka naega ganhosa ga doel su inna sipeosseo · It's the emergency room, so it was total chaos. Watching ambulances come and go all day, I wondered if I could ever be a nurse.

anna 무슨 환자들이 왔어?

museun hwanja deul i wasseo · What kind of patients came in?

jiho 강아지가 넘어뜨려서 다치신 할머니, 산에서 구조된 할아버지, 그리고 독이 있는 버섯을 잘못 먹고 중독된 분도 있었어.

gangaji ga neomeotteuryeoseo dachisin halmeoni san eseo gujo doen harabeoji geurigo dok i inneun beoseot eul jalmot meokgo jungdok doen bun do isseosseo · A grandma who got knocked over by a dog, a grandpa who was rescued on a mountain, and someone who ate poisonous mushrooms by mistake and got poisoned.

anna 다들 괜찮아?

da deul gwaenchana · Are they all okay?

jiho 할아버지는 무릎이 쑤시고 통증이 심하셨는데, 다행히 뼈는 정상이래. 버섯 드신 분은 체온이 높았는데 해열제를 드시고 정상적으로 돌아왔어. 다행히 약 부작용도 없었어.

harabeoji neun mureup i ssusigo tongjeung i simhasyeonneunde dahaenghi ppyeo neun jeongsang i rae beoseot deusin bun eun cheon i nopanneunde haeyeolje reul deusigo jeongsangjeok euro dorawasseo dahaenghi yak bujagyong do eopseosseo · The grandpa's knee was throbbing and the pain was bad, but luckily the bones are normal. The mushroom patient had a high temperature, but it went back to normal after a fever reducer. And luckily there were no side effects from the medicine either.

anna 다행이다. 의사 선생님이 진단하는 것도 봤어?

dahaeng ida uisa seonsaengnim i jindan haneun geot do bwasseo · That's a relief. Did you see the doctors diagnosing too?

jiho 응. 그런데 오후에 한 분이 갑자기 숨을 안 쉬셨어. 의사 선생님이 심장을 되살리는 걸 처음 봤어.

eung geureonde ohu e han bun i gapjagi sumeul an swisyeosseo uisa seonsaengnim i simjang eul doesallineun geol cheoeum bwasseo · Yes. But in the afternoon, one patient suddenly stopped breathing. It was the first time I'd seen a doctor get a heart going again.

anna 정말? 그분은 어떻게 됐어?

jeongmal geubun eun eotteoke dwaesseo · Really? What happened to him?

jiho 되살아나셨어! 선생님들이 그분을 구하는 모습이 영화 같더라. 회복하시면 좋겠어. 너무 바쁜 탓에 점심도 못 먹었지만.

doesaranasyeosseo seonsaengnim deul i geubun eul guhaneun moseup i yeonghwa gatdeora hoebok hasimyeon jokesseo neomu bappeun tat e jeomsim do mot meogeotjiman · He came back! The way the doctors saved him was like a film. I hope he recovers. I was so busy I didn't even get lunch, though.

anna 고생했어. 배고프지? 냉장고에 시금치 볶음 있는데 데워 줄까?

gosaeng haesseo baegopeuji naengjanggo e sigeumchi bokkeum inneunde dewo julkka · Well done. Are you hungry? There's some stir-fried spinach in the fridge; shall I heat it up for you?

jiho 응, 고마워. 하루 종일 서 있어서 발끝까지 다 아파.

eung gomawo haru jongil seo isseoseo balkkeut kkaji da apa · Yes, thanks. I was on my feet all day; I ache right down to my toes.

anna 그럼 밥 먹고 내가 발 마사지해 줄게.

geureom bap meokgo naega bal masajihae julge · Then after you've eaten, I'll give you a foot massage.

write it trace the grey, then write your own

앓 al be ill (with), suffer from														

good to know · Health words in pairs: 해롭다 (harmful) ↔ 이롭다 (good for you, day 62); 해치다 (harm) ↔ 살리다 (save, day 60); 악화 (getting worse) ↔ 회복 (recovery). -제 at the end of a word is a medicine or agent: 해열제 (fever reducer), 소화제 (indigestion medicine), 진통제 (painkiller), 수면제 (sleeping pill).

Diagnosis, treatment, recovery: you can now talk about illness in Korean, and voice a worry gently with -나 싶다. 빨리 회복하세요!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 60 accidents

Describe an accident and what happened to the people involved, and report what you saw with -더군요.

Accidents, fires and close calls fill the news and everyday conversation, and -더군요 is the polite way to report what you saw with your own eyes.

words

word	romanisation	meaning	example
멀쩡하다	meoljjeonghada	fine, intact, unhurt	자전거는 부서졌지만 몸은 멀쩡해요. The bike is wrecked, but I'm completely fine.
무사히	musahi	safely, without incident	비행기가 무사히 도착했어요. The plane landed safely.
발생	balsaeng	occurrence, outbreak	사고가 발생하면 119에 전화하세요. If an accident happens, call 119.
방지	bangji	prevention	사고 방지를 위해 천천히 운전하세요. Drive slowly to prevent accidents.
벌어지다	beoreojida	(an event) happen, break out	길에서 싸움이 벌어졌어요{beoreojida-2}. A fight broke out in the street.
부딪치다	buditchida	bump into, collide (with)	자전거가 나무에 부딪쳤어요. The bike crashed into a tree.
부딪히다	budichida	be hit, be bumped (by)	달려오던 사람한테 부딪혔어요. I got bumped by someone running towards me.
부상	busang	injury	그 선수는 부상 때문에 경기에 못 나왔어요. That player missed the game because of an injury.
부주의	bujuui	carelessness	운전할 때 부주의로 사고가 나는 경우가 많아요. Many accidents happen through carelessness at the wheel.
비명	bimyeong	scream	깜짝 놀라서 비명을 질렀어요. I got such a fright I screamed.
비상	bisang	emergency	비상 때는 엘리베이터를 타지 마세요. In an emergency, don't take the lift.
살리다	sallida	save (a life), keep alive; make the most of	구급차가 빨리 와서 환자를 살렸어요. The ambulance came quickly and saved the patient.
살아남다	saranamda	survive	그 사고에서 모두 살아남았어요. Everyone survived the accident.
생겨나다	saenggyeonada	come into being, appear	동네에 새 가게들이 많이 생겨났어요. Lots of new shops have sprung up in the neighbourhood.
소방차	sobangcha	fire engine	소방차가 불을 끄러 왔어요. The fire engine came to put out the fire.

쓰러지다	sseureojida	collapse, fall down	날씨가 너무 더워서 길에서 사람이 쓰러졌어요. It was so hot that someone collapsed in the street.
어긋나다	eogeunnada	go wrong; be out of line, dislocated	넘어져서 어깨뼈가 어긋났어요. I fell and dislocated my shoulder.
위험성	wiheomseong	risk, danger	비 오는 날은 사고 위험성이 높아요. The risk of accidents is higher on rainy days.
잇따르다	itttareuda	follow one after another	겨울에는 화재가 잇따라요. In winter, fires come one after another.
쿵	kung	thud, bang	위층에서 쿵 소리가 났어요. There was a thud from upstairs.
탈출	talchul	escape	불이 나자 사람들이 건물에서 탈출했어요. When the fire broke out, people escaped from the building.
터지다	teojida	burst, explode; break out	아이가 들고{deulda-2} 있던 풍선이 터졌어요. The balloon the child was holding burst.

pattern i saw that ...: -더군요

verb / adjective **-더군요 (-었더군요)**

-더군요 reports something you saw or noticed yourself, with a touch of surprise: 사람이 많더군요 (there were a lot of people, I noticed). For a finished action use -었더군요: 사고가 났더군요 (there'd been an accident). It's the polite, slightly formal cousin of -더라, and you don't use it about your own actions.

운전하던 사람이 차 문을 두드리며 도와 달라고 하더군요. **unjeon hadeon saram i cha mun eul dudeurimyeo dowa dallago hadeogunyo** I saw the driver banging on the car door, asking for help.

아침에 보니까 밤새 눈이 많이 왔더군요. **achim e bonikka bamsae nun i mani watdeogunyo** In the morning I saw it had snowed a lot overnight.

아이가 놀라서 입을 다물고 아무 말도 안 하더군요. **ai ga nollaseo ibeul damulgo amu mal do an hadeogunyo** The child got such a fright he shut his mouth and didn't say a word.

dialogue a crash at the crossroads

seoyeon 안나 씨, 왜 이렇게 늦었어요? 무슨 일 있었어요?

anna ssi wae ireoke neujeosseoyo museun il isseosseoyo · Anna, why are you so late? Did something happen?

anna 회사 앞 사거리에서 사고가 나서 싸움까지 벌어졌더군요. 차 두 대가 부딪쳐서 길이 다 막혔어요.

hoesa ap sageori eseo sago ga naseo ssaum kkaji beoreojyeotdeogunyo cha du dae ga buditchyeoseo giri da makyeosseoyo · There'd been an accident at the crossroads outside, and it even turned into a fight. Two cars crashed, and the whole road was blocked.

subin 어머, 다친 사람은 없어요?

eomeo dachin saram eun eopseoyo · Oh no, was anyone hurt?

anna 쿵 소리가 나고 사람들이 비명을 질렀는데, 다행히 다들 멀쩡하더군요.

kung sori ga nago saramdeul i bimyeong eul jilleonneunde dahaenghi da deul meoljjeonghadeogunyo · There was a bang and people screamed, but luckily everyone seemed fine.

hyunwoo 요즘 사고가 잇따르네요. 뉴스에서도 화재가 연속으로 발생했다고 하더군요.

yojeum sago ga itttareuneyo nyuseu eseo do hwajae ga yeonsok euro balsaeng haetdago hadeogunyo · Accidents keep happening these days. The news said there's been one fire after another, too.

seoyeon 어제 옆 동네 아파트에서 가스가 터져서 불이 났는데, 소방차가 빨리 와서 모두 무사히 탈출했대요. 소방관이 할머니 한 분도 구조했대요.

eoje yeop dongne apateu eseo gaseu ga teojyeoseo bul i nanneunde sobangcha ga ppalli waseo modu musahi talchul haetdaeyo sobanggwan i halmeoni han bun do gujo haetdaeyo · Yesterday gas exploded in a flat in the next neighbourhood and there was a fire, but the fire engines came quickly and everyone got out safely. A firefighter rescued an elderly lady too.

subin 참, 톰 씨 소식 들었어요? 어제 자전거를 타다가 골목에서 나온 차에 부딪힐 뻔했대요.

cham tom ssi sosik deureosseoyo eoje jajeongeo reul tada ga golmok eseo naon cha e budichil ppeonhaetdaeyo · Oh, did you hear about Tom? Yesterday on his bike he was nearly hit by a car coming out of an alley.

anna 네, 문자 왔어요. 천천히 달리다가 급하게 서는 바람에 넘어졌대요. 어깨가 조금 어긋났는데 다행히 뼈는 정상이고 부상은 심하지 않대요.

ne munja wasseoyo cheoncheonhi dallidaga geupage seoneun baram e neomeojyeotdaeyo eokkae ga jogeum eogeunnanneunde dahaenghi ppyeo neun jeongsang igo busang eun simhaji antaeyo · Yes, he texted me. He was riding slowly, but he braked suddenly and fell off. His shoulder is slightly out of place, but luckily the bones are normal and the injury isn't serious.

subin 아이고, 빨리 회복하면 좋겠어요.

aigo ppalli hoebok hamyeon jokesseoyo · Oh dear, I hope he gets better soon.

hyunwoo 그래도 다행이네요. 규칙을 지키는 한 큰 사고는 막을 수 있어요. 요즘은 동네마다 공사하는 곳이 많이 생겨나서 위험성도 높아졌어요.

geuraedo dahaeng ineyo gyuchik eul jikineun han keun sago neun mageul su isseoyo yojeum eun dongne mada gongsa haneun got i mani saenggyeonaseo wiheomseong do nopajyeosseoyo · Still, that's lucky. As long as you follow the rules, you can avoid big accidents. And these days there's building work springing up in every neighbourhood, so the risk is higher.

seoyeon 작은 주의가 사람을 살려요. 비 오는 날은 길이 미끄러워서인지 사고가 더 많대요.

jageun juui ga saram eul sallyeo yo bi oneun nal eun giri mikkeureowoseo inji sago ga deo mantaeyo · A little care saves lives. They say there are more accidents on rainy days, maybe because the roads are slippery.

anna 톰은 어렸을 때도 자전거로 친구를 넘어뜨린 적이 있대요. 그때 많이 혼나고도 다음 날 또 자전거를 탔대요. 하하.

tom eun eoryeosseul ttae do jajeongeo ro chingu reul neomeotteurin jeok i itdaeyo geuttae mani honnago do daeum nal tto jajeongeo reul tatdaeyo haha · Apparently when Tom was little, he once knocked a friend over on his bike. He got a real telling-off, and even so he was back on his bike the next day. Ha ha.

write it trace the grey, then write your own

쩡
jjeong
fine, intact, unhurt

딪
dit
bump into, collide (with)

쿵
kung
thud, bang

good to know · 부딪치다 and 부딪히다: 부딪치다 is hitting (or two things colliding): 차 두 대가 부딪쳤어요. 부딪히다 is being hit: 차에 부딪혔어요. -히- is the passive, as in 박히다 and 밟히다 (unit 7). 벌어지다 has two meanings in this course: a gap opening (틈이 벌어지다, day 52) and an event breaking out (사고가 벌어지다, today).

Crashes, fires, close calls and lucky escapes: you can now tell what happened, and what you saw, with -더군요. Stay safe out there!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 61 looking good

Korean TOPIK 4 in 122 days
unit 8 · body & health

Talk about looks, posture, grooming and style, and read a short article that uses the written -기에 (because).

Appearance comes up a lot in Korean small talk, from haircuts to posture: today's words let you join in, kindly, and understand the magazine articles behind the trends.

words

word	romanisation	meaning	example
거칠다	geochilda	rough	날씨가 추워서 손이 거칠어졌어요. My hands have got rough from the cold.
겉모습	geonmoseup	outward appearance, looks	사람을 겉모습만 보고 판단하지 마세요. Don't judge people by their looks alone.
곧다	gotda	straight, upright	할아버지는 아직도 허리가 곧으세요. Grandpa still stands straight.
균형	gyunhyeong	balance	한 발로 서서 균형을 잡아 보세요. Stand on one foot and try to keep your balance.
꾸미다	kkumida	decorate; dress up; make up (a story)	주말에 방을 예쁘게 꾸몄어요. I decorated my room nicely at the weekend.
뒷모습	dwinmoseup	back view, (someone) from behind	멀리서 엄마 뒷모습을 보고 바로 알았어요. I knew Mum straight away, even from behind and far off.
띠	tti	sash, belt, band	동생이 태권도 노란 띠{tti-2}를 땄어요. My little brother got his yellow belt in taekwondo.
띠다	ttida	have, wear (a smile, a colour)	아주머니는 얼굴에 웃음을 띠고 인사하셨어요. Mrs Choi greeted us with a smile.
면도	myeondo	shave	아빠는 아침마다 면도를 해요. Dad shaves every morning.
몸매	mommae	figure, build	수영을 오래 해서 몸매가 좋아요. She's swum for years, so she's in great shape.
못나다	monnada	ugly, plain; foolish	제 사진은 왜 이렇게 못나게 나왔을까요? Why do I always look so bad in photos?
바로잡다	barojapda	straighten, correct, fix	선생님이 제 자세를 바로잡아 주셨어요. The teacher corrected my posture.
바르다	bareuda	straight, upright; right, proper	바른{bareuda-2} 자세로 앉으세요. Sit up straight.
비결	bigyeol	secret (of success), key	건강의 비결이 뭐예요? What's your secret to staying healthy?
생김새	saenggimsae	looks, features	쌍둥이인데 생김새가 달라요. They're twins, but they look different.
손질	sonjil	care, trimming, touching up	아침마다 머리 손질하는 데 30분이 걸려요. Doing my hair takes thirty minutes every morning.

신	sin	shoes, footwear	현관에서 신{sin-2}을 벗으세요. Please take your shoes off in the entrance.
야하다	yahada	flashy, revealing (clothes)	그 옷은 회사에 입고 가기에는 너무 야해요. That outfit is too revealing to wear to work.
염색	yeomsaek	(hair) dyeing, dye	머리를 갈색으로 염색했어요. I dyed my hair brown.
외면	oemyeon	turning away, ignoring	도움이 필요한 사람을 외면하면 안 돼요. You mustn't turn away from someone who needs help.
외출복	oechulbok	going-out clothes	외출복으로 갈아입고 나갔어요. I changed into going-out clothes and went out.

pattern because (written): -기에 (review)

verb / adjective | -기에 | the result

A review from unit 4: -기에 means “because, since”, mostly in writing, notices and careful speech. 날씨가 춥기에 따뜻하게 입었다 (it was cold, so I dressed warmly). It works like -아서, but sounds more formal, so it's common in articles like the one Subin is reading.

바른 자세는 건강에 중요하기에 늘 신경을 써야 한다. **bareun jase neun geongang e jungyo hagi e neul singyeong eul sseoya handa** Good posture matters for your health, so you should always pay attention to it.

면접에서는 첫인상이 중요하기에 깔끔하게 입는 것이 좋다. **myeonjeop eseo neun cheodinsang i jungyo hagi e kkalkkeumhage imneun geot i jota** First impressions count at an interview, so it's best to dress neatly.

날씨가 춥기에 외투를 걸치고 나갔다. **nalssi ga chupgie oetu reul geolchigo nagatda** It was cold, so I threw on a coat and went out.

dialogue first impressions

subin 안나야, 이 잡지 기사 봤어? '좋은 인상의 비결은 생김새가 아니라 바른 자세'래.

anna ya i japji gisa bwasseo joeun insang ui bigyeol eun saenggimsae ga anira bareun jase rae · Anna, have you seen this magazine article? 'The secret of a good impression isn't your looks, it's good posture.'

anna 듣고 보니 맞는 말이네. 나는 하루 종일 컴퓨터 앞에서 허리를 구부리고 있어서 자세가 엉망이야.

deutgo boni manneun mal ine na neun haru jongil keompyuteo ap eseo heori reul guburigo isseoseo jase ga eongmang iya · Now that I hear it, that's true. I'm hunched over the computer all day, so my posture's a mess.

subin 나도. 그래서 요즘 요가를 해. 한 발로 서서 균형을 잡는 게 생각보다 어렵더라. 그래도 요가를 해서인지 몸매도 좋아진 것 같아.

na do geuraeseo yojeum yoga reul hae han bal ro seoseo gyunhyeong eul jamneun ge saenggak boda eoryeopdeora geuraedo yoga reul haeseo inji mommae do joajin geot gata · Me too. That's why I've started yoga. Standing on one leg and keeping your balance is harder than you'd think. But I think my figure's improved, maybe thanks to the yoga.

anna 좋겠다. 나는 요즘 어깨가 쑤셔서 요가라도 해야겠어.

joketda na neun yojeum eokkae ga ssusyeoseo yoga rado haeyagesseo · Lucky you. My shoulders ache these days, so maybe I should do yoga or something.

hyunwoo 두 사람 무슨 이야기해요? 어, 제 얼굴에 뭐 묻었어요?

du saram museun iyagi haeyo eo je eolgul e mwo mudeosseoyo · What are you two talking about? Oh, have I got something on my face?

anna 과장님, 오늘 면도하고 오셨네요! 열 살은 젊어 보이세요.

gwajang nim oneul myeondo hago osyeonneyo yeol sal eun jeolmeo boiseyo · You've shaved today! You look ten years younger.

hyunwoo 하하, 고마워요. 오후에 사장님과 회의가 있어서 손질 좀 했어요.

haha gomawoyo ohu e sajangnim gwa hoeui ga isseoseo sonjil jom haesseoyo · Ha ha, thank you. I've got a meeting with the boss this afternoon, so I tidied myself up a bit.

subin 안나는 주말에 염색한대요. 안나야, 무슨 색으로 할 거야?

anna neun jumal e yeomsaek handaeyo anna ya museun saek euro hal geo ya · Anna's dyeing her hair at the weekend. Anna, what colour are you going for?

anna 밝은 갈색? 그런데 회사에서 너무 야해 보이나 싶어서 고민이야.

balgeun galsaek geureonde hoesa eseo neomu yahae boina sipeoseo gomin iya · Light brown? But I'm worried it might look too flashy for the office.

hyunwoo 겉모습보다 마음이 중요하죠. 그리고 갈색이면 회사에서도 괜찮아요. 하하.

geonmoseup boda maeum i jungyo hajyo geurigo galsaek imyeon hoesa eseo do gwaenchanayo haha · What matters is the heart, not looks. And brown is fine for the office. Ha ha.

subin 과장님 뒷모습 좀 봐. 오늘 옷도 새로 사셨나 봐. 회의가 정말 중요한 모양이야.

gwajang nim dwinmoseup jom bwa oneul ot do saero sasyeonna bwa hoeui ga jeongmal jungyo han moyang iya · Look at him from behind. He must have bought new clothes today too. The meeting must be really important.

anna 그러게. 셔츠가 너무 작아서 단추가 터질 것 같아.

geureoge syeocheu ga neomu jagaseo danchu ga teojil geot gata · Yeah. His shirt's so small his buttons look ready to burst.

write it trace the grey, then write your own

염
yeom
(hair) dyeing, dye

good to know · Talking about looks: compliments on someone's style (멋있어요, 잘 어울려요, 젊어 보이세요) are common and friendly; comments on someone's body or weight are best left out, however often you hear them. 바르다 has two meanings: “put on, apply” (크림을 바르다, ko-2) and “straight, proper” (바른 자세, today). 바로잡다 is “put right, correct”.

Posture, style, grooming and first impressions: you can now talk about looks in Korean, kindly. And remember the article: 바른 자세가 비결이다!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 62 at the hairdresser

Korean TOPIK 4 in 122 days
unit 8 · body & health

Get your hair done, shop for clothes and talk about sleep and dreams, and do one more thing "while you're at it" with -는 김에.

Errands rarely come alone: -는 김에 is how Koreans add one more thing (나가는 김에 우유 좀 사 와), and today's words take you through a salon and a clothes shop.

words

word	romanisation	meaning	example
김	gim	while you're at it: -는 김에	나가는 김{gim-3}에 우유 좀 사 와. Since you're going out, grab some milk.
우아하다	uahada	elegant, graceful	할머니는 늘 우아하게 옷을 입으세요. Grandma always dresses elegantly.
의류	uiryu	clothing (goods), garments	이 건물 2층은 의류 매장이에요. The first floor of this building is a clothes shop.
의복	uibok	clothes, attire (formal)	박물관에서 옛날 의복을 구경했어요. We looked at traditional clothes at the museum.
이롭다	iropda	good (for), beneficial	적당한 운동은 몸에 이로워요. The right amount of exercise is good for you.
이발	ibal	haircut (men's), barber's	이발을 하니까 시원해 보여요. Your new haircut looks nice and fresh.
잘나다	jallada	good-looking; brilliant (often ironic)	그 사람은 자기{jagi}가 제일 잘난 줄{jul-2} 알아요. He thinks he's the best.
조절	jojeol	control, adjustment	에어컨 온도를 조절해 주세요. Please adjust the air-conditioning temperature.
주름	jureum	wrinkle; crease	웃을 때 눈가에 주름이 생겨요. Lines appear around my eyes when I smile.
짙다	jitda	deep, dark (colour); thick	짙은 화장은 저한테 안 어울려요. Heavy make-up doesn't suit me.
체중	chejung	body weight	요즘 체중이 조금 늘었어요. I've put on a little weight lately.
커트	keoteu	(hair)cut, trim	머리를 짧게 커트했어요. I had my hair cut short.
품	pum	chest width (of clothes); arms	이 재킷은 품{pum-2}이 좀 커요. This jacket is a bit loose around the chest.
해소	haeso	relief, getting rid of	운동은 스트레스 해소에 좋아요. Exercise is good for relieving stress.
호주머니	hojumeoni	pocket	호주머니에 손을 넣고 걸었어요. I walked with my hands in my pockets.
골다	golda	snore (코를 골다)	아빠가 코를 너무 크게 골아요. Dad snores really loudly.

기운	giun	energy, strength	밥을 먹으니까 기운이 나요. I've got my energy back now I've eaten.
깨어나다	kkaeeonada	wake up; come round	아기가 낮잠에서 깨어났어요. The baby woke up from her nap.
깨우다	kkaeuda	wake (someone) up	내일 아침 7시에 깨워 주세요. Please wake me at seven tomorrow morning.
꿈꾸다	kkumkkuda	dream (of)	저는 제 가게를 여는 날을 꿈꿔요. I dream of the day I open my own shop.
꿈속	kkumsok	in a dream	꿈속에서 할머니를 만났어요. I met my grandmother in a dream.
눈뜨다	nuntteuda	open your eyes, wake up	아침에 눈뜨자마자 휴대폰을 봐요. I check my phone as soon as I open my eyes in the morning.

pattern while you're at it: -는 김에

verb | -는 / -은 김에 | the extra thing

김 here means “occasion, chance”. -는 김에 is “while you're at it, since you're doing it anyway”: 나가는 김에 우유 좀 사 와 (since you're going out, get some milk). Use -은 김에 for something already done: 미용실에 간 김에 (since I'd gone to the salon anyway).

나가는 김에 우유 좀 사 와. **naga neun gim e uyu jom sa wa** Since you're going out, grab some milk.

옷장을 정리하는 김에 안 입는 옷은 다 빼놓았어요. **otjang eul jeongni haneun gim e an imneun ot eun da ppaenoasseoyo** While I was sorting out the wardrobe, I set aside all the clothes I don't wear.

시장에 간 김에 옥수수도 몇 개 샀어요. **sijang e gan gim e oksusu do myeot gae sasseoyo** Since I was at the market anyway, I bought a few ears of corn too.

dialogue new hair

subin 안나야, 일어나! 너 코 골았어!
anna ya ireona neo ko gorasseo · Anna, wake up! You were snoring!

anna 어? 내가 졸았어? 눈뜨니까 머리가 벌써 다 됐네.
eo naega jorasseo nuntteunikka meori ga beolsseo da dwaenne · Huh? Did I doze off? I opened my eyes and my hair's already done.

subin 응. 미용사 선생님이 깨울래야 깨울 수가 없었대. 꿈속에서 뭘 그렇게 먹었어? 계속 웃더라.
eung miyongsa seonsaengnim i kkaeul rae ya kkaeul su ga eopseotdae kkumsok eseo mwol geureoke meogeosseo gyesok utdeora · Yep. The hairdresser said she couldn't wake you, however hard she tried. What were you eating in your dream? You kept smiling.

anna 제주도에서 회를 먹는 꿈이었어. 하하. 와, 커트가 정말 잘됐다! 짙은 갈색도 예쁘다.
jejudo eseo hoe reul meongneun kkum ieosseo haha wa keoteu ga jeongmal jal dwaetda jiteun galsaek do yeppeuda · I was eating raw fish in Jeju. Ha ha. Wow, the cut is great! And the dark brown looks lovely.

subin 훨씬 우아해 보여. 그런데 옆에서 이발하던 아저씨가 너무 짧게 잘랐다고 얼굴을 찌푸리며 계속 따지고 들더라.
hwolssin uahae boyeo geureonde yeop eseo ibal hadeon ajeossi ga neomu jjalge jallatdago eolgul eul jjipurimyeo gyesok ttajigo deuldeora · You look so much more elegant. But the man getting his hair cut next to you kept frowning and going on about how it was too short.

anna 미용사 선생님이 힘드셨겠다. 아, 미용실에 온 김에 옷도 보러 가자. 기운이 막 나! 오늘은 나도 좀 꾸미고 싶어.
miyongsa seonsaengnim i himdeusyeotgetda a miyongsil e on gim e ot do boreo gaja giun i mak na oneul eun na do jom kkumigo sipeo · Poor hairdresser. Oh, since we're out at the salon anyway, let's go and look at clothes too. I'm full of energy! I feel like dressing up a bit today.

subin 좋아! 이 건물 2층이 의류 매장이야. 겨울 코트 할인한대. 사람들이 몰려드는 걸 보니까 진짜 싼 모양이야.
joa i geonmul cheung i uiryu maejang iya gyeoul koteu harin handae saramdeul i mollyeodeuneun geol bonikka jinjja ssan moyang iya · Great! The first floor of this building is a clothes shop. They've got winter coats on sale. Judging by the crowds, they must be really cheap.

anna 이 코트 어때? 품이 좀 작은가? 요즘 체중이 늘어서.
i koteu eottae pum i jom jageun ga yojeum chejung i neureoseo · What about this coat? Is it a bit tight across the chest? I've put on weight lately.

subin 딱 맞아. 호주머니도 깊고, 허리 끈으로 크기도 조절할 수 있네. 실용적이야.
ttak maja hojumeoni do gipgo heori kkeun euro keugi do jojeol hal su inne siryongjeok iya · It fits perfectly. The pockets are deep, and you can adjust the size with the belt. It's practical too.

anna 좋아, 이걸로 할래. 계산대는 어디야? 역시 쇼핑은 스트레스 해소에 최고야!
joa igeollo hal rae gyesandae neun eodi ya yeoksi syoping eun seuteureseu haeso e choego ya · Right, I'll take it. Where's the till? Shopping really is the best stress relief!

subin 맞아. 그 코트 입으니까 뒷모습도 정말 우아해. 다음에는 같이 외출복도 보러 오자.
maja geu koteu ibeunikka dwinmoseup do jeongmal uahae daeum e neun gachi oechulbok do boreo oja · True. In that coat you look really elegant from behind too. Next time let's come and look at going-out clothes too.

anna 좋아. 그때는 너무 야하지 않은 원피스를 하나 살래.
joa geuttae neun neomu yahaji aneun wonpiseu reul hana sal rae · Okay. Then I'll get a dress that isn't too flashy.

subin 그래. 너는 몸매가 좋아서 뭘 입어도 다 예뻐.
geurae neo neun mommae ga joaseo mwol ibeo do da yeppeo · Sure. You've got a great figure, so you look good in anything.

write it trace the grey, then write your own

짙 jit deep, dark (colour); thick													

good to know · At a Korean salon: 커트 (cut), 염색 (colour), 파마 (perm), 앞머리 (fringe, bangs), 다듬다 (trim). Men often go to an 이발소 (barber's) for an 이발. Waking verbs: 깨다 / 깨어나다 (wake up, yourself), 깨우다 (wake someone else up), 눈뜨다 (open your eyes). 잠이 깨다 is “be woken”.

New hair, a new coat and a good nap: since you're here anyway (온 김에), keep going. You can now get through a salon and a shop in Korean.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 63 sleep & energy

Talk about sleep, tiredness, energy and life and death in a calm, simple way, and say what you do “as” someone with (으)로서.

Sleep and tiredness come up every day, and a hospital story needs words for breathing, consciousness and life: today you get both, plus a review of (으)로서.

words

word	romanisation	meaning	example
밤새다	bamsaeda	(the night) go by, stay up all night	어젯밤 이야기하느라 밤새는 줄{jul-2} 몰랐어요. We were talking so much last night we didn't notice the night go by.
밤새우다	bamsaeuda	stay up all night	시험 공부 때문에 밤새웠어요. I stayed up all night studying for the exam.
새다	saeda	(day) break, dawn	이야기를 하다 보니 날이 샜어요{saeda-2}. We talked until the day broke.
새우다	saeuda	stay up (all night): 밤을 새우다	아기가 아파서 밤을 새웠어요. The baby was ill, so I was up all night.
생기	saenggi	liveliness, vitality	푹 자고 나니 얼굴에 생기가 돌아요. After a good sleep, there's colour in my face again.
숨소리	sumsori	(sound of) breathing	아기의 숨소리가 조용히 들려요. You can hear the baby breathing softly.
악몽	angmong	nightmare	어젯밤에 무서운 악몽을 꿨어요. I had a scary nightmare last night.
잠들다	jamdeulda	fall asleep	너무 피곤해서 금방 잠들었어요. I was so tired I fell asleep straight away.
졸음	joreum	drowsiness	점심을 먹고 나니 졸음이 와요. I get sleepy after lunch.
지치다	jichida	be exhausted, worn out	하루 종일 일해서 너무 지쳤어요. I worked all day and I'm worn out.
쿨쿨	kulkul	zzz (sound of deep sleep)	동생이 쿨쿨 자고 있어요. My little brother is fast asleep.
호흡	hoheup	breathing, breath	긴장될 때는 천천히 호흡해 보세요. When you're nervous, try breathing slowly.
활기	hwalgi	energy, liveliness	아이들이 오니까 집에 활기가 돌아요. The house comes alive when the children visit.
힘없이	himeopsi	weakly, feebly	그는 힘없이 웃었어요. He gave a weak smile.
힘차다	himchada	powerful, energetic	아침마다 힘차게 하루를 시작해요. I start every day full of energy.
목숨	moksum	life	그 의사는 많은 사람의 목숨을 구했어요{guhada-2}. That doctor saved many lives.

묻다	mutda	bury	아주머니가 김치를 담은 통{tong-2}을 땅에 묻으셨어요{mutda-3}. Mrs Choi buried the kimchi tubs in the ground.
묻히다	muchida	be buried	옛날 물건이 땅속에 묻혀{muchida-2} 있었어요. Old things were buried in the ground.
생명	saengmyeong	life	생명은 무엇보다 소중해요. Life is precious above all else.
생존	saengjon	survival	물은 생존에 꼭 필요해요. Water is essential for survival.
의식	uisik	consciousness	환자가 드디어 의식을 되찾았어요. The patient finally regained consciousness.

pattern as, in the role of: n(으)로서 (review)

noun (a role) **(으)로서**

A review from unit 4: N(으)로서 means “as, in the role of”: 간호사로서 (as a nurse), 친구로서 (as a friend). Don't mix it up with (으)로써, “by means of” (unit 6): 대화로써 (through talking). One letter, two meanings: 서 for a role, 써 for a tool.

친구로서 하는 말인데, 오늘은 푹 자. **chingu roseo haneun mal inde oneul eun puk ja** I'm saying this as a friend: get a good sleep tonight.

지호는 학생으로서 처음으로 밤 근무를 했어요. **jiho neun haksaeng euroseo cheoeum euro bam geunmu reul haesseoyo** Jiho did her first night shift as a student.

간호사로서 환자의 체온을 자주 재요. **ganhosa roseo hwanja ui cheon eul jaju jaeyo** As a nurse, I take patients' temperatures often.

dialogue after the night shift

anna 지호야, 이제 일어났어? 어제 또 밤새웠어?

jiho ya ije ireonasseo eoje tto bamsaewosseo · Jiho, are you only just up? Were you up all night again?

jiho 응, 야간 근무가 끝나고 아침에 와서 잤어. 그래도 힘이 하나도 없어.

eung yagan geunmu ga kkeunnago achim e waseo jasseo geuraedo him i hana do eopseo · Yeah, my night shift finished and I came back and slept this morning. But I've got no energy at all.

choi 지호 학생, 얼굴에 생기가 없어요. 체중도 좀 준 것 같아요. 밥 한 공기부터 먹어요. 밥 먹으면 기운이 날 거예요.

jiho haksaeng eolgul e saenggi ga eopseoyo chejung do jom jun geot gatayo bap han gonggi buteo meogeoyo bap meogeumyeon giun i nal geo yeyo · Jiho, you look so pale. You seem to have lost some weight too. Eat a bowl of rice first. You'll feel stronger once you've eaten.

jiho 고마워요. 사실 어젯밤에 숨소리가 이상한 환자가 있었어요. 호흡이 갑자기 약해져서 다들 눈코 뜰 새 없이 뛰어다녔어요.

gomawoyo sasil eojetbam e sumsori ga isang han hwanja ga isseosseoyo hoheup i gapjagi yakaejyeoseo da deul nun ko tteul sae eopsi ttwieodanyeosseoyo · Thank you. Actually, last night there was a patient whose breathing sounded strange. It suddenly got weak, and we were all run off our feet.

anna 어떡해! 그 환자는 괜찮아?

eotteokae geu hwanja neun gwaenchana · Oh no! Is the patient okay?

jiho 의식을 잃으셨다가 새벽에 다시 깨어나셨어. 목숨이 얼마나 소중한지 알게 됐어.

uisik eul ireusyeotdaga saebyeok e dasi kkaeeonasyeosseo moksum i eolmana sojunghanji alge dwaesseo · She lost consciousness, then came round again at dawn. It made me realise how precious life is.

choi 간호사로서 큰일을 했네요. 첫 주치고 정말 잘했어요.

ganhosa roseo keunil eul haenneyo cheot ju chigo jeongmal jalhaesseoyo · You did something important, as a nurse. For a first week, you did really well.

jiho 환자 옆에 있느라 밤새는 줄도 몰랐어요. 날이 샐 때 겨우 퇴근해서 힘없이 걸어왔어요.

hwanja yeop e inneura bamsaeneun jul do mollasseoyo nal i sael ttae gyeou toegeun haeseo himeopsi georeowasseoyo · I was with the patient and didn't notice the night go by. I only left when day was breaking, and I dragged myself home.

anna 고생했어. 밥 먹고 오늘은 푹 쉬어. 어, 아주머니는 뭐 하세요? 땅을 파시네요.

gosaeng haesseo bap meokgo oneul eun puk swieo eo ajumeoni neun mwo haseyo ttang eul pasineyo · Well done. Eat up and have a proper rest today. Oh, what are you doing, Mrs Choi? You're digging.

choi 김치 통을 땅에 묻는 거예요. 마당에 나온 김에 다 묻어 버리려고요. 땅에 묻힌 김치는 봄까지 맛있어요.

gimchi tong eul ttang e munneun geo yeyo madang e naon gim e da mudeo beoriryeogoyo ttang e muchin gimchi neun bom kkaji masisseoyo · I'm burying the kimchi tubs. Since I'm out in the yard anyway, I'll bury them all. Kimchi buried in the ground stays delicious until spring.

anna 와, 김치를 묻는 건 처음 봐요. 땅속은 온도가 잘 안 변해서 그런 거예요?

wa gimchi reul munneun geon cheoeum bwayo ttangsok eun ondo ga jal an byeonhaeseo geureon geo yeyo · Wow, I've never seen kimchi buried before. Is it because the temperature underground hardly changes?

choi 맞아요. 그래서 김치 맛도 좋고 몸에도 이로워요.

majayo geuraeseo gimchi mat do joko mom e do irowoyo · That's right. That's why the kimchi tastes good and is good for you too.

write it trace the grey, then write your own

쿨 kul zzz (sound of deep sleep)													

흡 heup breathing, breath														

good to know · Staying up all night: 밤을 새우다 (or 밤새우다) is the standard expression; 밤새다 is about the night passing (밤새는 줄 몰랐다, I didn't notice the night go by). In speech, people also say 밤새다 for “stay up”. 새다 again: 날이 새다 is “day breaks” (today); 비가 새다 is “the rain leaks in” (day 52). Same spelling, different words.

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day 64 mission: jiho's night shift

Korean TOPIK 4 in 122 days
unit 8 · body & health

Follow a whole night in a Korean emergency room: read a shift briefing and a safety leaflet, describe an injury, understand a diagnosis, get through the small hours and read a nurse's diary.

The body, pain, illness, accidents, looks and sleep: the words and grammar of unit 8 in one long night, the kind of story you may one day have to tell (or hear) in Korean.

chapter 1 the briefing

anna 지호야, 오늘 첫 야간 실습이지? 선배한테 문자 왔다며? 읽어 줘.

jiho ya oneul cheot yagan silseup iji seonbae hante munja watda myeo ilgeo jwo · Jiho, tonight's your first night shift, right? You got a message from your senior? Read it out.

jiho '지호 씨, 오늘 밤 응급실 야간 실습 안내입니다. 밤 10시까지 오십시오. 실습생은 2시간마다 환자의 체온과 호흡을 확인하며, 통증이 갑자기 심해지거나 의식이 없어지는 등 상태가 악화되면 바로 알려 주십시오. 손톱은 짧게 자르고 머리칼은 깔끔하게 묶으십시오. 짙은 화장이나 야한 옷은 안 됩니다. 밤에는 졸음이 오기 쉬우므로 근무 전에 충분히 자 두십시오. 환자의 생명과 안전이 무엇보다 중요합니다.'

jiho ssi oneul bam eunggeupsil yagan silseup annae imnida bam si kkaji osipsio silseup saeng eun sigan mada hwanja ui cheon gwa hoheup eul hwagin hamyeo tongjeung i gapjagi simhaejigeona uisik i eopseojineun deung sangtae ga akhwa doemyeon baro allyeo jusipsio sontop eun jjalge jareugo meorikal eun kkalkkeumhage mukkeusipsio jiteun hwajang ina yahan ot eun an doemnida bam e neun joreum i ogi swiumeuro geunmu jeon e chungbunhi ja dusipsio hwanja ui saengmyeong gwa anjeon i mueot boda jungyo hamnida · 'Jiho, here is the information for tonight's night placement in the emergency room. Please arrive by 10 p.m. Trainees check patients' temperature and breathing every two hours, and report straight away if a patient's condition gets worse, such as sudden severe pain or loss of consciousness. Keep your nails short and tie your hair back neatly. No heavy make-up or revealing clothes. Drowsiness comes easily at night, so get enough sleep before your shift. Patients' lives and safety come before everything.'

anna 와, 규칙이 정말 많다. 손톱은 잘랐어?

wa gyuchik i jeongmal manta sontop eun jallasseo · Wow, that's a lot of rules. Have you cut your nails?

jiho 응. 머리도 묶었어. 거울 보니까 내 겉모습이 진짜 간호사 같더라. 외출복 말고 편한 신도 신었어.

eung meori do mukkeosseo geoul bonikka nae geonmoseup i jinjja ganhosa gatdeora oechulbok malgo pyeonhan sin do sineosseo · Yep. And I've tied my hair back. When I looked in the mirror, I really looked like a nurse. And I've put on comfortable shoes, not my going-out ones.

choi 지호 학생, 밤새우려고 하면 뭘 좀 먹고 가요. 김밥 싸 놓았어요. 호주머니에 사탕도 넣어 가요.

jiho haksaeng bamsaeuryeogo hamyeon mwol jom meokgo gayo gimbap ssa noasseoyo hojumeoni e satang do neoeo gayo · Jiho, if you're staying up all night, take something to eat. I've made you gimbap. Put some sweets in your pocket too.

jiho 고마워요, 아주머니. 처음이라 너무 긴장해서인지 심장이 빨리 뛰어요.

gomawoyo ajumeoni cheoeum ira neomu ginjang haeseo inji simjang i ppalli ttwieoyo · Thank you, Mrs Choi. Maybe because it's my first time and I'm so nervous, my heart's racing.

choi 긴장될 때는 천천히 호흡해 봐요. 그리고 힘들면 혼자 참지 말고 선배한테 꼭 말해요. 육체적으로 힘든 일이니까 무리하지 말고요.

ginjang doel ttae neun cheoncheonhi hoheup hae bwayo geurigo himdeulmyeon honja chamji malgo seonbae hante kkok mal haeyo yukchejeok euro himdeun il inikka muri haji malgo yo · When you're nervous, breathe slowly. And if it gets hard, don't keep it to yourself: tell your senior. It's physically hard work, so don't overdo it.

anna 나가는 김에 편의점에서 커피도 사 가. 내가 사 줄게.

naga neun gim e pyeonuijeom eseo keopi do sa ga naega sa julge · Since you're going out, get a coffee at the convenience store. My treat.

jiho 괜찮아. 커피가 해롭지는 않지만 많이 마시면 나중에 잠을 못 자잖아. 너도 밤에 휴대폰 너무 보지 마. 시력 나빠져.

gwaenchana keopi ga haeropji neun anchiman mani masimyeon najung e jam eul mot ja jana neo do bam e hyudaepon neomu boji ma siryeok nappajyeo · It's okay. Coffee isn't bad for you, but if I drink a lot I won't sleep afterwards. And don't look at your phone too much tonight. It's bad for your eyes.

anna 그래, 힘내! 무사히 끝나고 와. 무슨 일 있으면 문자 해.

geurae himnae musahi kkeunnago wa museun il isseumyeon munja hae · Okay, good luck! Come back safe. Text me if anything happens.

chapter 2 a familiar face

jiho 구급차가 들어와요! 어, 민준 씨? 왜 여기 있어요?
gugeupcha ga deureowayo eo minjun ssi wae yeogi isseoyo · An ambulance is coming in! Oh, Minjun? What are you doing here?

minjun 지호 씨! 아이고… 밤에 회사 사람들이랑 축구를 하다가 다른 선수랑 부딪쳤어요. 제가 그 사람을 넘어뜨린 건 아니에요!
jiho ssi aigo bam e hoesa saramdeul irang chukgu reul hadaga dareun seonsu rang buditchyeosseoyo jega geu saram eul neomeotteurin geon anieyo · Jiho! Ow... I was playing football with people from work tonight and I collided with another player. I didn't knock him down, though!

jiho 어디가 아파요? 아픈 부위를 손끝으로 가리켜 보세요.
eodi ga apayo apeun buwi reul sonkkeut euro garikyeo boseyo · Where does it hurt? Point to where it hurts with your fingertip.

minjun 오른발 발등이랑 발목이 쑤셔요. 넘어질 때 턱이랑 볼, 팔꿈치도 땅에 부딪혔어요. 물 좀 주세요. 목구멍이 말라서 침도 안 넘어가요.
oreunbal baldeung irang balmok i ssusyeoyo neomeojil ttae teok irang bol palkkumchi do ttang e budichyeosseoyo mul jom juseyo mokgumeong i mallaseo chim do an neomeogayo · The top of my right foot and my ankle are throbbing. And I hit my chin, cheek and elbow on the ground when I fell. Could I have some water? My throat's so dry I can't even swallow.

jiho 머리도 부딪혔어요? 눈동자 좀 볼게요. 다행히 뇌는 괜찮은 것 같아요. 턱도 멀쩡해 보이네요. 그런데 발목은 많이 부었어요. 신부터 벗겨 드릴게요.
meori do budichyeosseoyo nundongja jom bolgeyo dahaenghi noe neun gwaenchaneun geot gatayo teok do meoljjeonghae boineyo geureonde balmok eun mani bueosseoyo sin buteo beotgyeo deurilgeyo · Did you hit your head too? Let me look at your pupils. Luckily your brain seems fine. Your chin looks okay too. But your ankle is very swollen. I'll take your shoes off first.

minjun 아! 천천히 해 주세요. 발톱도 깨진 것 같아요. 넘어질 때 비명을 지를 뻔했어요. 발꿈치부터 발끝까지 다 아파요.
a cheoncheonhi hae juseyo baltop do kkaejin geot gatayo neomeojil ttae bimyeong eul ji reul ppeonhaesseoyo balkkumchi buteo balkkeut kkaji da apayo · Ow! Slowly, please. I think my toenail's cracked too. I nearly screamed when I fell. Everything hurts, from my heel to my toes.

jiho 선배가 말했듯이 체온부터 잴게요. 체온은 정상이에요. 축구를 오래 해서인지 종아리 근육도 많이 굳어 있네요.
seonbae ga mal haetdeusi cheon buteo jaelgeyo cheon eun jeongsang ieyo chukgu reul orae haeseo inji jongari geunyuk do mani gudeo inneyo · As my senior said, temperature first. Your temperature is normal. Your calf muscles are very tight, maybe from playing so long.

jiho '부상 부위: 오른발 발등, 발목, 턱, 팔꿈치. 발생 시간: 밤 11시. 원인: 운동 중 다른 선수와 부딪힘. 의식, 호흡, 체온: 정상.' 이렇게 쓰면 되겠다.
busang buwi oreunbal baldeung balmok teok palkkumchi balsaeng sigan bam si wonin undong jung dareun seonsu wa budichim uisik hoheup cheon jeongsang ireoke sseumyeon doegetda · 'Injured areas: top of right foot, ankle, chin, elbow. Time: 11 p.m. Cause: collision with another player during sport. Consciousness, breathing, temperature: normal.' That should do.

minjun 누나한테는 말하지 마세요. 걱정할 거예요.
nuna hante neun mal haji maseyo geokjeong hal geo yeyo · Please don't tell my sister. She'll worry.

jiho 벌써 연락했어요. 가족한테 꼭 알려야 해요.
beolsseo yeollak haesseoyo gajok hante kkok allyeoya haeyo · I already called her. We have to let the family know.

minjun 아이고, 누나가 또 하나하나 따지고 들겠네요.
aigo nuna ga tto hanahana ttajigo deulgenneyo · Oh no, my sister's going to give me the third degree.

chapter 3 not as bad as it looks

seoyeon 민준아! 괜찮아? 전화 받고 심장이 떨어지는 줄 알았어.

minjun a gwaenchana jeonhwa batgo simjang i tteoreojineun jul arasseo · Minjun! Are you okay? When I got the call, I thought my heart would stop.

minjun 누나, 나 멀쩡해. 의사 선생님이 발목이 조금 어긋났다고 진단하셨어. 큰 부상은 아니래. 일주일 쉬면 정상적으로 걸을 수 있대.

nuna na meoljjeonghae uisa seonsaengnim i balmok i jogeum eogeunnatdago jindan hasyeosseo keun busang eun ani rae iljuil swimyeon jeongsangjeok euro geol eul su itdae · I'm fine, sis. The doctor diagnosed a slightly dislocated ankle. It's not a serious injury. He says I'll walk normally after a week's rest.

seoyeon 다행이다. 너는 축구만 하면 다치는 탓에 내가 매번 걱정이야. 그렇게 다치고도 또 축구를 하니? 어릴 때는 감기를 자주 앓아서 걱정이었는데.

dahaeng ida neo neun chukgu man hamyeon dachineun tat e naega maebeon geokjeong iya geureoke da chigo do tto chukgu reul hani eoril ttae neun gamgi reul jaju araseo geokjeong ieonneunde · Thank goodness. You get hurt every time you play football, so I'm always worried. You keep getting hurt and you still play? When you were little, it was colds all the time.

jiho 소염제랑 진통제를 드시면 통증은 줄어들 거예요. 부작용으로 졸음이 올 수 있어요. 진통제를 너무 많이 드시면 중독될 수 있으니까 꼭 하루 세 번만 드세요.

soyeomje rang jintongje reul deusimyeon tongjeung eun jureodeul geo yeyo bujagyong euro joreum i ol su isseoyo jintongje reul neomu mani deusimyeon jungdok doel su isseunikka kkok haru se beon man deuseyo · The pain will ease with the anti-inflammatories and painkillers. They might make you drowsy, as a side effect. Too many painkillers can be addictive, so only take them three times a day.

seoyeon 벽에 붙은 이 안내문 좀 봐. '운동 부상 방지 안내. 운동 전에는 꼭 몸을 푸십시오. 최근 부주의로 인한 부상이 잇따르고 있습니다. 무리한 운동은 오히려 건강을 해치며 부상의 위험성을 높입니다. 비만이나 질병이 있는 분은 의사와 상담하십시오.' 너 몸 안 풀었지?

byeok e buteun i annaemun jom bwa undong busang bangji annae undong jeon e neun kkok mom eul pusipsio choegeun bujuui ro inhan busang i itttareugo itseumnida muri han undong eun ohiryeo geongang eul haechimyeo busang ui wiheomseong eul nopimnida biman ina jilbyeong i inneun bun eun uisa wa sangdam hasipsio neo mom an pureotji · Look at this notice on the wall. 'Preventing sports injuries. Always warm up before exercise. Recently, injuries due to carelessness have been increasing. Overdoing exercise can actually harm your health and raises the risk of injury. If you are obese or have an illness, consult a doctor.' You didn't warm up, did you?

jiho 아, 잠깐만요! 저쪽 할아버지가 쓰러지셨어요! 비상이에요!

a jamkkanmanyo jeojjok harabeoji ga sseureojisyeosseoyo bisang ieyo · Oh, hang on! The old man over there has collapsed! It's an emergency!

seoyeon 어머, 무슨 일이에요? 다들 달려가네요.

eomeo museun il ieyo da deul dallyeoganeyo · Oh my, what's happening? Everyone's running over.

jiho 오래 병드셔서 신체적으로 많이 약하셨대요. 심장이 멈추셨는데 선생님들이 되살리셨어요. 할아버지가 되살아나셨어요! 많이 고통스러우셨을 텐데요. 의식도 돌아오셨어요. 목숨을 구해서 정말 다행이에요.

orae byeongdeusyeoseo sinchejeok euro mani yakasyeotdaeyo simjang i meomchusyeonneunde seonsaengnim deul i doesallisyeosseoyo harabeoji ga doesaranasyeosseo yo mani gotongseureousyeosseul tendeyo uisik do doraosyeosseoyo moksum eul guhaeseo jeongmal dahaeng ieyo · He's been ill for a long time and is physically very weak. His heart stopped, but the doctors brought him back. He's alive! It must have been so painful for him. He's conscious again too. It's such a relief they saved his life.

minjun 의사 선생님들이 사람을 살리는 걸 직접 보니까 정말 대단하더군요. 빨리 회복하시면 좋겠어요.

uisa seonsaengnim deul i saram eul sallineun geol jikjeop bonikka jeongmal daedanhadeogunyo ppalli hoebok hasimyeon jokesseoyo · Seeing the doctors save someone with my own eyes, it was really something. I hope he recovers quickly.

seoyeon 생명을 지키는 일이네요. 민준아, 너도 이제 몸 좀 아껴. 밤늦게 축구하는 건 몸에 해가 돼.

saengmyeong eul jikineun il ineyo minjun a neo do ije mom jom akkyeo bamneutge chukgu haneun geon mom e hae ga dwae · That's work that protects life. Minjun, you look after your body too from now on. Playing football late at night does you no good.

chapter 4 the small hours

jiho 안나야, 아직 안 자? 벌써 새벽 3시가 넘었어. 졸음이 쏟아져.

anna ya ajik an ja beolsseo saebyeok si ga neomeosseo joreum i ssodajyeo · Anna, are you still up? It's already past 3 a.m. I can barely keep my eyes open.

anna 나 시험 쓰기 연습하느라 밤을 새우는 중이야. 주제가 '외모'야. 들어 볼래?

na siheom sseugi yeonseup haneura bam eul saeuneun jung iya juje ga oemo ya deureo bollae · I'm staying up all night practising exam writing. The topic is 'appearance'. Want to hear it?

anna '요즘 사람들은 겉모습을 꾸미는 데 많은 돈을 쓴다. 염색이나 커트 같은 머리 손질, 이발, 면도, 의류까지 종류도 많다. 주름 하나 없는 얼굴을 위해 돈을 쓰기도 한다. 우아하고 잘난 겉모습이 성공의 비결이라고 믿기 때문이다. 그러나 몸매나 생김새만 보고 사람을 판단하거나 외면해서는 안 된다. 바른 자세와 활기 있는 얼굴이 더 좋은 인상을 준다. 허리를 곧게 펴고 얼굴에 웃음을 띠어 보자. 자기 얼굴이 못났다고 생각하지 말자. 외모 스트레스를 해소하려면 먼저 자기 자신을 사랑해야 한다.'

yojeum saramdeul eun geonmoseup eul kkumineun de maneun don eul sseunda yeomsaek ina keoteu gateun meori sonjil ibal myeondo uiryu kkaji jongnyu do manta jureum hana eomneun eolgul eul wihae don eul sseugido handa uahago jallan geonmoseup i seonggong ui bigyeol irago mitgi ttaemun ida geureona mommae na saenggimsae man bogo saram eul pandan hageona oemyeon haeseo neun an doenda bareun jase wa hwalgi inneun eolgul i deo joeun insang eul junda heori reul gotge pyeogo eolgul e useum eul ttieo boja jagi eolgul i monnatdago saenggak haji malja oemo seuteureseu reul haeso haryeomyeon meonjeo jagi jasin eul sarang haeya handa · 'These days people spend a lot of money on their appearance: hair dyeing and cuts, barbers, shaving, clothes. Some even pay for a face without a single wrinkle. They believe elegant, attractive looks are the secret of success. But we must not judge or turn away from people because of their figure or features. Good posture and a lively face make a better impression. Let's straighten our backs and wear a smile. Let's not think our faces are plain. To relieve stress about looks, we must first love ourselves.'

jiho 와, 좋다! 나도 여기서 그걸 느껴. 환자 앞에서는 겉모습보다 마음이 중요해.

wa jota na do yeogiseo geu geol neukkyeo hwanja ap eseo neun geonmoseup boda maeum i jungyo hae · Wow, that's good! I feel it here too. In front of patients, the heart matters more than looks.

anna 고마워. 민준 씨는 어때?

gomawo minjun ssi neun eottae · Thanks. How's Minjun?

jiho 진통제 먹고 쿨쿨 자고 있어. 많이 피곤했던 모양이야. 코를 너무 크게 골아서 옆 환자가 깰 뻔했어.

jintongje meokgo kulkul jago isseo mani pigon haetdeon moyang iya ko reul neomu keuge goraseo yeop hwanja ga kkael ppeonhaesseo · He took a painkiller and he's fast asleep. He must have been really tired. He snored so loudly he nearly woke the patient next to him.

anna 하하, 역시 민준 씨야. 아까 뉴스 보니까 시내에서 가스가 터져서 소방차가 여러 대 왔더라. 다행히 다들 탈출해서 살아남았대. 너는 안 지쳤어?

haha yeoksi minjun ssi ya akka nyuseu bonikka sinae eseo gaseu ga teojyeoseo sobangcha ga yeoreo dae watdeora dahaenghi da deul talchul haeseo saranamatdae neo neun an jichyeosseo · Ha ha, that's Minjun all over. I saw on the news that gas exploded in town and several fire engines came. Luckily everyone got out and survived. Aren't you worn out?

jiho 다리가 쑤시고 손가락 마디랑 손끝까지 차가워. 새벽에는 추워서 병실 온도도 조절했어. 그래도 환자 숨소리를 들으면서 호흡을 확인할 때는 정신이 들어. 아까 쓰러지신 할아버지도 깨어나셔서 얼굴에 생기가 돌아.

dari ga ssusigo songarak madi rang sonkkeut kkaji chagawo saebyeok e neun chuwoseo byeongsil ondo do jojeol haesseo geuraedo hwanja sumsori reul deureumyeonseo hoheup eul hwagin hal ttae neun jeongsin i deureo akka sseureojisin harabeoji do kkaeeonasyeoseo eolgul e saenggi ga dora · My legs ache and my knuckles and fingertips are freezing. It got cold before dawn, so I turned up the heating in the ward too. But when I'm listening to a patient's breathing and checking it, I'm wide awake. The old man who collapsed has come round, and there's colour in his face again.

minjun 음… 지호 씨, 저 방금 이상한 꿈을 꿨어요. 꿈속에서 누나가 제 축구공을 다 땅에 묻어 버렸어요. 공이 다 땅속에 묻혀 있었어요.

eum jiho ssi jeo banggeum isang han kkum eul kkwosseoyo kkumsok eseo nuna ga je chukgugong eul da ttang e mudeo beoryeosseoyo gong i da ttangsok e mutyeo isseosseoyo · Mm… Jiho, I just had a weird dream. In my dream, my sister buried all my footballs. They were all buried in the ground.

jiho 악몽을 꾸셨나 봐요. 하하. 다시 주무세요. 아침에 제가 깨워 드릴게요.

angmong eul kkusyeonna bwayo haha dasi jumuseyo achim e jega kkaewo deurilgeyo · Sounds like a nightmare. Ha ha. Go back to sleep. I'll wake you in the morning.

anna 지호야, 날이 새면 바로 와. 아주머니가 아침 해 놓으신대.

jiho ya nal i saemyeon baro wa ajumeoni ga achim hae noeusindae · Jiho, come straight home when it's light. Mrs Choi says she'll have breakfast ready.

chapter 5 jiho's diary

choi 지호 학생, 왔어요? 얼굴이 하얘요. 뺨도 차갑고 손도 거칠어졌네요. 눈빛에 힘도 없고, 체중도 빠졌는지 옷 품이 커 보여요. 고생 많았죠?

jiho haksaeng wasseoyo eolgul i hayaeyo ppyam do chagapgo son do geochireojyeonneyo nunbit e him do eopgo chejung do ppajyeonneunji ot pum i keo boyeoyo gosaeng manatjyo · Jiho, you're back? You're so pale. Your cheeks are cold and your hands have gone rough. Your eyes look tired, and you must have lost weight: your top looks loose on you. It was hard, wasn't it?

jiho 네, 밤새는 줄도 몰랐어요. 너무 지쳐서 버스에서 잠들 뻔했어요. 집까지 힘없이 걸어왔어요.

ne bamsaeneun jul do mollasseoyo neomu jichyeoseo beoseu eseo jamdeul ppeonhaesseoyo jip kkaji himeopsi georeowasseoyo · Yes, I didn't even notice the night go by. I was so worn out I nearly fell asleep on the bus. I dragged myself home.

anna 민준 씨는 무사히 집에 갔어? 서연 언니가 데려갔어?

minjun ssi neun musahi jip e gasseo seoyeon eonni ga deryeogasseo · Did Minjun get home all right? Did Seoyeon take him?

jiho 응. 민준 씨가 걸을 때 균형을 잘 못 잡아서 서연 언니가 팔을 붙잡아 줬어. 뒷모습이 꼭 할아버지 같더라.

eung minjun ssi ga geol eul ttae gyunhyeong eul jal mot jabaseo seoyeon eonni ga pal eul butjaba jwosseo dwinmoseup i kkok harabeoji gatdeora · Yes. Minjun couldn't keep his balance when he walked, so Seoyeon held his arm. From behind, he looked just like an old man.

choi 밥 먹고 자요. 밥을 먹어야 기운이 나요. 미역국 끓였어요. 미역국은 몸에 이로워요.

bap meokgo jayo bap eul meogeoya giun i nayo miyeokguk kkeuryeosseoyo miyeokguk eun mom e irowoyo · Eat, then sleep. You need food to get your strength back. I've made seaweed soup. It's good for you.

jiho 잠깐만요. 실습 일기를 쓰라고 해서 버스에서 썼어요. 쓴 김에 읽어 드릴게요.

jamkkanmanyo silseup ilgi reul sseurago haeseo beoseu eseo sseosseoyo sseun gim e ilgeo deurilgeyo · Just a moment. We have to keep a placement diary, so I wrote it on the bus. Since it's written, I'll read it to you.

jiho '첫 야간 실습. 밤새 구급차가 잇따라 들어왔다. 축구를 하다가 다친 친구, 쓰러지신 할아버지, 열이 40도까지 오른 아이. 할아버지의 심장이 다시 뛰는 순간 나도 모르게 주먹을 꼭 쥐었다. 생명은 정말 소중하다. 인체는 정말 신기하다. 육체적으로 힘들어서인지 지금은 아무 생각도 안 난다. 그래도 내가 간호사가 될 수 있나 싶었던 마음은 조금 바뀌었다. 나는 사람을 살리는 일을 꿈꾼다.'

cheot yagan silseup bamsae gugeupcha ga itttara deureowatda chukgu reul hadaga dachin chingu sseureojisin harabeoji yeol i do kkaji oreun ai harabeoji ui simjang i dasi ttwineun sungan na do moreuge jumeok eul kkok jwieotda saengmyeong eun jeongmal sojunghada inche neun jeongmal singihada yukchejeok euro himdeureoseo inji jigeum eun amu saenggak do an nanda geuraedo naega ganhosa ga doel su inna sipeotdeon maeum eun jogeum bakkwieotda na neun saram eul sallineun il eul kkumkkunda · ‘First night placement. All night, ambulances came in one after another. A friend who got hurt playing football, an old man who collapsed, a child with a fever of 40 degrees. The moment the old man's heart started beating again, I clenched my fists without realising. Life is so precious. The human body is amazing. Maybe because I'm physically exhausted, my mind is blank now. But the part of me that wondered whether I could ever be a nurse has changed a little. I dream of saving lives.’

anna 와, 감동이다. 너는 정말 좋은 간호사가 될 거야.

wa gamdong ida neo neun jeongmal joeun ganhosa ga doel geo ya · Wow, that's moving. You're going to be a really good nurse.

choi 그럼요. 자, 이제 그만 자요. 방에 이불 깔아 놓았어요.

geureomyo ja ije geuman jayo bang e ibul kkara noasseoyo · Of course she is. Now, off to bed. I've laid out your quilt in your room.

jiho 고마워요. 눈 감으면 바로 잠들 것 같아요. 꿈속에서도 체온을 재고 있을 것 같아요, 하하. 오후에 눈뜨면 다시 힘차게 시작할게요!

gomawoyo nun gameumyeon baro jamdeul geot gatayo kkumsok eseo do cheon eul jae go isseul geot gatayo haha ohu e nuntteumyeon dasi himchage sijak halgeyo · Thank you. I think I'll be asleep the moment I close my

eyes. I'll probably be taking temperatures in my dreams too, ha ha. When I wake up this afternoon, I'll start again full of energy!

That's unit 8: the body from head to toe, aches and illness, accidents, looks, and a whole night in an emergency room. You can now talk about health in Korean, from a mosquito bite to a life saved. Next: feelings and character.
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