wishyou.today learning

day 42 head to toe

Name the parts of the body in everyday and medical Korean, and say “even though …” with -는데도.

Health is a TOPIK II favourite: articles and talks use the formal body words (치아, 모발, 장기) that you rarely hear in a café.

words

word	romanisation	meaning	example
겨드랑이	gyeodeurangi	armpit	아기 체온은 겨드랑이에서 재요. You take a baby’s temperature under the arm.
옆구리	yeopguri	side (of the body), flank	웃다가 옆구리가 아팠어요. I laughed so much my side hurt.
사지	saji	the four limbs, arms and legs	운동하기 전에 사지를 쭉 펴세요. Stretch out your arms and legs before exercising.
상반신	sangbansin	upper body	사진에는 상반신만 나왔어요. Only my upper body was in the photo.
하체	hache	lower body	자전거를 타면 하체가 튼튼해져요. Cycling makes your lower body stronger.
엄지손가락	eomjisongarak	thumb	엄지손가락으로 ‘최고’라고 했어요. He gave a thumbs-up for “the best”.
입가	ipga	corners of the mouth, around the mouth	아이 입가에 밥알이 붙어 있어요. There’s a grain of rice on the child’s mouth.
잇몸	inmom	gums	잇몸이 아파서 치과에 갔어요. My gums hurt, so I went to the dentist.
치아	chia	teeth (formal)	치아 건강을 위해 단것을 줄이세요. Cut down on sweets for healthy teeth.
콧등	kotdeung	bridge of the nose	안경 때문에 콧등이 아파요. The bridge of my nose hurts from my glasses.
모발	mobal	hair (formal, on the head)	이 샴푸는 모발에 좋아요. This shampoo is good for your hair.
수염	suyeom	beard, moustache	할아버지는 수염을 기르세요. My grandfather has a beard.
쌍꺼풀	ssangkkeopul	double eyelid	아기 눈{nun-2}에 쌍꺼풀이 있네요. The baby has double eyelids.
주름살	jureumsal	wrinkles, lines	웃을 때 눈가에 주름살이 생겨요. Lines appear around my eyes when I smile.
체격	chegyeok	build, physique	그 선수는 체격이 커요. That player is big and well built.
체형	chehyeong	body shape, figure	체형에 맞는 옷을 고르세요. Choose clothes that suit your figure.

체질	chejil	constitution, the way your body is	저는 추위를 많이 타는{=feel (the cold): 추위를 타다} 체질이에요. I'm the type who feels the cold a lot.
기관	gigwan	organ (of the body)	폐는 숨{sum}을 쉬는{swida-2} 기관{gigwan-2}이에요. The lungs are the organs we breathe with.
위	wi	stomach	매운 걸 먹으면 위{wi-3}가 아파요. My stomach hurts when I eat spicy food.
장	jang	intestines, gut	장{jang-6}이 약하면 우유를 조심하세요. If your gut is sensitive, be careful with milk.
장기	janggi	(internal) organ	심장과 폐는 중요한 장기{janggi-2}예요. The heart and lungs are vital organs.
폐	pye	lungs	담배는 폐 건강에 나빠요. Smoking is bad for your lungs.
신장	sinjang	kidney	물을 충분히 마시면 신장{sinjang-2}에 좋아요. Drinking enough water is good for your kidneys.
혈관	hyeolgwan	blood vessel	짠 음식은 혈관 건강에 좋지 않아요. Salty food isn't good for your blood vessels.

pattern -는데도: even though (and yet)

verb -는데도 / adjective -(으)ㄴ데도 / noun 인데도 **a result you would not expect**

-는데도 is -는데 (background) plus 도 (even): the first part is true, and still the second part happens. Verbs take -는데도 (past -었는데도), adjectives -(으)ㄴ데도, nouns 인데도. It is close to -어도, but -는데도 is about a real fact, not a supposition, and it often sounds a little surprised or frustrated.

약을 먹었는데도 위가 계속 아파요. **yak eul meogeonneunde do wi ga gyesok apayo** I've taken medicine, and my stomach still hurts.

날씨가 추운데도 반팔을 입고 나갔어요. **nalssi ga chuundedo banpal eul ipgo nagasseoyo** It was cold, and yet he went out in short sleeves.

일요일인데도 병원에 환자가 많네요. **iryoil inde do byeongwon e hwanja ga manneyo** It's Sunday, and still the hospital is full of patients.

dialogue quiz me!

jiho 안나야, 나 좀 도와줘. 다음 주부터 내과에서 일하잖아. 내가 자원해서 가는 거니까 실수하고 싶지 않아. 일을 시작하기에 앞서 몸에 관한 용어를 다시 외우고 있어.

anna ya na jom dowa jwo daeum ju buteo naegwa eseo il hajana naega jawon haeseo ganeun geo nikka silsu hago sipji ana il eul sijak hagi e apseo mom e gwanhan yongeo reul dasi oeugo isseo · Anna, help me out. I start on internal medicine next week, remember? I volunteered for it, so I don't want to slip up. Before I start, I'm going over the words for the body again.

anna 시험에 벌써 합격했는데도 또 공부해? 요즘은 실업자도 많은데 넌 일자리 걱정도 없잖아. 대단하다. 뭐부터 할까?

siheom e beolsseo hapgyeok haenneunde do tto gongbu hae yojeum eun sireopja do maneunde neon iljari geokjeong do eopjana daedanhada mwo buteo halkka · You've already passed the exam, and you're still studying? There are so many people out of work these days, and you don't even have to worry about a job. Impressive. Where do we start?

jiho 상반신부터. 내가 가리키면 이름을 말해 봐. 여기는?

sangbansin buteo naega garikimyeon ireum eul mal hae bwa yeogi neun · The upper body first. I point, you say the name. What's this?

anna 겨드랑이! 그리고 여기가 옆구리. 엄지손가락은 너무 쉽고.

gyeodeurangi geurigo yeogi ga yeopguri eomjisongarak eun neomu swipgo · The armpit! And this is your side. The thumb is too easy.

jiho 잘하네. 하체는 나중에 하고 이제 장기로 가자. 위, 장, 폐, 신장, 그리고 혈관. 줄줄이 외워 봐.

jal hane hache neun najung e hago ije janggi ro gaja wi jang pye sinjang geurigo hyeolgwan juljuri oewo bwa · Good. We'll do the lower body later; now the organs. Stomach, intestines, lungs, kidneys, and the blood vessels. Reel them off.

anna 잠깐, 위? 위쪽 말하는 거 아니야?

jamkkan wi wijjok mal haneun geo aniya · Wait, 위? Doesn't that mean "the top"?

jiho 그 위도 있고, 음식을 소화하는 위도 있어. 병원에서는 치아, 모발처럼 어려운 말을 많이 써. 시험 책에도 다 이런 말로 수록되어 있어.

geu wi do itgo eumsik eul sohwa haneun wi do isseo byeongwon eseo neun chia mobal cheoreom eoryeoun mal eul mani sseo siheom chaek e do da ireon mal ro surok doeeo isseo · There's that 위, and there's also the 위 that digests food. In a hospital they use a lot of formal words, like 치아 for teeth and 모발 for hair. The exam books list everything in these words too.

choi 아이고, 지호 학생은 쉬는 날인데도 공부만 하네. 체격도 작은데 너무 무리하지 말아요. 반찬은 용기에 담아 놨으니까 내일 병원에 가져가요.

aigo jiho haksaeng eun swineun nal inde do gongbu man hane chegyeok do jageunde neomu muri haji marayo banchan eun yonggi e dama nwasseunikka naeil byeongwon e gajeogayo · Goodness, Jiho, it's your day off and you do nothing but study. You're small, so don't overdo it. I've put some side dishes in a container: take them to the hospital tomorrow.

jiho 괜찮아요, 아주머니. 저는 원래 튼튼한 체질이에요. 그리고 우리 병원에는 외국인 환자도 많아요. 지난달에는 20개국에서 환자가 왔대요.

gwaenchanayo ajumeoni jeo neun wollae teunteunhan chejil ieyo geurigo uri byeongwon e neun oegugin hwanja do manayo jinandal e neun gaeguk eseo hwanja ga watdaeyo · I'm fine, Mrs Choi. I'm the sturdy type. And our hospital has lots of foreign patients too. Last month, they say, patients came from twenty countries.

choi 나는 요즘 거울을 보면 주름살만 보여요. 젊을 때는 없던 쌍꺼풀도 생겼어요. 하하.

na neun yojeum geoul eul bomyeon jureumsal man boyeoyo jeolmeul ttae neun eopdeon ssangkkeopul do saenggyeosseoyo haha · These days all I see in the mirror is wrinkles. I've even got double eyelids that I didn't have when I was young. Ha ha.

anna 아주머니는 체형도 날씬하시고 모발도 건강하세요. 지호야, 수염은 어려운 말로 뭐라고 해?

ajumeoni neun chehyeong do nalssinhasigo mobal do geongang haseyo jiho ya suyeom eun eoryeoun mal ro mwo rago hae · Mrs Choi, you're slim and your hair is so healthy. Jiho, what's the formal word for a beard?

jiho 수염은 그냥 수염이야. 하하. 아, 안경을 오래 썼더니 콧등이 아프다. 잇몸하고 입가만 하고 끝내자!

suyeom eun geunyang suyeom iya haha a angyeong eul orae sseotdeoni kotdeung i apeuda inmom hago ipga man hago kkeunnaeja · A beard is just 수염. Ha ha. Oh, I've worn my glasses so long the bridge of my nose hurts. Just the gums and the mouth area, and we'll stop!

write it trace the grey, then write your own

혈
hyeol
blood vessel

good to know · Two registers: everyday Korean says 이 (teeth), 머리카락 (hair), 팔다리 (arms and legs); hospitals, adverts and articles say 치아, 모발, 사지. You need to understand both for TOPIK. Idiom: 손이 크다, "to have big hands", means to be generous, to cook or give a lot. Mrs Choi's kimjang for thirty cabbages? 아주머니는 손이 커요.

From your 엄지손가락 to your 신장: you can now follow a doctor, a shampoo advert and a health talk. Even though the words are long, you know them now.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 43 what's wrong?

Name common illnesses and symptoms, and read a short health report about them.

Illness words are built from a few pieces (-병, -증, -염, -통): learn the pieces and you can read most health headlines on TOPIK.

words

word	romanisation	meaning	example
질환	jilhwan	illness, disease (formal)	겨울에는 호흡기 질환이 늘어요. Respiratory illnesses increase in winter.
병명	byeongmyeong	name of an illness, diagnosis	아직 정확한 병명을 몰라요. We don't know the exact name of the illness yet.
-증	-jeung	-증: condition, disorder (가려움증)	겨울에는 가려움증{jeung}이 생기기 쉬워요. Itching easily starts in winter.
만병	manbyeong	all illnesses	웃음은 만병의 약이에요. Laughter is the medicine for every illness.
난치병	nanchibyeong	illness that is hard to cure	그는 난치병을 이기고 다시 일을 시작했다. He beat a hard-to-cure illness and went back to work.
불치병	bulchibyeong	incurable illness	옛날에는 이 병{byeong-2}이 불치병이었어요. In the past this illness was incurable.
성인병	seonginbyeong	lifestyle disease	운동은 성인병을 막아 줘요. Exercise helps prevent lifestyle diseases.
고혈압	gohyeorap	high blood pressure	짜게 먹으면 고혈압이 되기 쉬워요. Eating salty food makes high blood pressure likely.
저혈압	jeohyeorap	low blood pressure	저혈압이 있어서 아침에 일어나기 힘들어요. I have low blood pressure, so it's hard to get up in the morning.
당뇨병	dangnyobyeong	diabetes	당뇨병이 있으면 단것을 조심해야 해요. If you have diabetes, you must be careful with sweets.
콜레스테롤	kolleseuterol	cholesterol	콜레스테롤이 조금 높게 나왔어요. My cholesterol came out a bit high.
위염	wiyeom	gastritis, stomach inflammation	스트레스 때문에 위염이 생겼어요. I got gastritis from stress.
편두통	pyeondutong	migraine	편두통이 와서 일찍 퇴근했어요. I had a migraine, so I left work early.
신경통	singyeongtong	nerve pain, neuralgia	비가 오면 할머니 신경통이 심해져요. When it rains, my grandmother's nerve pain gets worse.
치통	chitong	toothache	치통이 심해서 치과에 갔어요. I had a bad toothache, so I went to the dentist.
충치	chungchi	tooth decay, a cavity	단것을 많이 먹으면 충치가 생겨요. If you eat a lot of sweets, you get cavities.

우울증	uuljeung	depression	우울증은 치료를 받으면 나을 수 있어요. Depression can get better with treatment.
불면증	bulmyeonjeung	insomnia	불면증 때문에 밤마다 힘들어요. Insomnia makes every night hard.
건망증	geonmangjeung	forgetfulness	건망증이 심해서 메모를 해요. I'm so forgetful that I write notes.
호흡기	hoheupgi	respiratory organs, airways	공기 오염은 호흡기에 해로워요. Air pollution is harmful to your airways.
소화기	sohwagi	digestive organs	소화기가 약해서 밥을 천천히 먹어요. My digestion is weak, so I eat slowly.
혈압	hyeorap	blood pressure	아침마다 혈압을 재요. I take my blood pressure every morning.
혈액	hyeoraek	blood (formal)	병원에 혈액이 부족하대요. They say the hospital is short of blood.
혈액형	hyeoraekhyeong	blood type	혈액형이 뭐예요? What's your blood type?

pattern naming illnesses: -병, -증, -염, -통

part of the body / cause **-병 · -증 · -염 · -통**

Most illness names are built from a few Sino-Korean pieces. -병 is a disease (당뇨병, 성인병), -증 a condition or symptom (불면증, 우울증, 건망증), -염 an inflammation (위염), -통 a pain (치통, 편두통, 신경통). 불치병 is an illness that cannot be cured; 난치병 one that is hard to cure. 병명 is the name of an illness, and 질환 is the formal word for illness in news and reports.

밤에 잠이 안 오는 것을 불면증이라고 해요. **bam e jam i an oneun geot eul bulmyeonjeung irago haeyo** Not being able to sleep at night is called insomnia.

위에 생긴 병은 위염, 이가 아픈 것은 치통이에요. **wi e saenggin byeong eun wiyeom iga apeun geot eun chitong ieyo** Gastritis is an illness of the stomach; a pain in a tooth is toothache.

옛날의 불치병이 지금은 난치병 정도가 되었습니다. **yennal ui bulchibyeong i jigeum eun nanchibyeong jeongdo ga doeeotseumnida** Illnesses that were incurable in the past are now merely hard to cure.

겨울에는 피부가 건조해서 가려움증이 생기기 쉬워요. **gyeoul e neun pibu ga geonjo haeseo garyeoumjeung i saenggigi swiwoyo** In winter your skin gets dry, so itching easily starts.

dialogue under pressure

jiho 아주머니, 팔 좀 주세요. 새로 산 기계로 혈압 재 드릴게요.

ajumeoni pal jom juseyo saero san gigye ro hyeorap jae deurilgeyo · Mrs Choi, give me your arm. I'll take your blood pressure with my new monitor.

choi 어때요? 혹시 고혈압인가? 체격이 큰 사람은 혈압이 높다고 들었어요. 우리 집안에 당뇨병 있는 사람은 없는데.

eottaeyo hoksi gohyeorap inga chegyeok i keun saram eun hyeorap i nopdago deureosseoyo uri jiban e dangnyobyeong inneun saram eun eomneunde · Well? Is it high? They say well-built people have high blood pressure. Nobody in my family has diabetes, at least.

jiho 조금 높으시네요. 그런데 한 번 잰 걸로 병명을 붙일 수는 없어요. 일주일 동안 아침저녁으로 재 보시고, 결과를 이 용지에 적어 주세요.

jogeum nopeusineyo geureonde han beon jaen geol ro byeongmyeong eul buchil su neun eopseoyo iljuil dongan achimjeonyeok euro jae bosigo gyeolgwa reul i yongji e jeogeo juseyo · It's a little high. But you can't name an illness from one reading. Take it morning and evening for a week, and write the results down on this sheet.

choi 요즘은 밤에 잠도 안 와요. 불면증인가 봐요. 비 오는 날은 신경통도 있고, 나이가 드니까 소화기도 약해지고 건망증도 심해졌어요. 지난달에는 전기 요금 고지서를 받고도 잊어버렸다니까요.

yojeum eun bam e jam do an wayo bulmyeonjeung inga bwayo bi oneun nal eun singyeongtong do itgo nai ga deunikka sohwagi do yakaejigo geonmangjeung do simhaejeosseoyo jinandal e neun jeongi yogeum gojiseo reul batgo do ijeobeoryeotda nikkayo · And I can't sleep at night these days. Insomnia, I suppose. My nerve pain flares up on rainy days, and with age my digestion's got weaker and I've got so forgetful. Last month I got the electricity bill and clean forgot about it!

anna 지호야, 나도 좀 봐 줘. 어제부터 이가 너무 아파서 볼이 부었어.

jiho ya na do jom bwa jwo eoje buteo iga neomu apaseo bol i bueosseo · Jiho, look at me too. My tooth has hurt so much since yesterday that my cheek has swollen.

jiho 치통이네. 충치 아니야? 진통제만 먹지 말고 치과에 가 봐.

chitong ine chungchi aniya jintongje man meokji malgo chigwa e ga bwa · Toothache. Isn't it a cavity? Don't just take painkillers; go to the dentist.

anna 치과는 무서워. 그리고 거기서는 나를 늘 어린애 취급해. 그냥 누워 있기만 하면 낫지 않을까?

chigwa neun museowo geurigo geogiseo neun na reul neul eorinae chwigeup hae geunyang nuwo itgi man hamyeon natji aneulkka · The dentist scares me. And they always treat me like a child there. Won't it get better if I just lie down?

jiho 하루 이틀이면 몰라도 벌써 사흘이잖아. 월요일에 꼭 가.

haru iteul imyeon molla do beolsseo saheul ijana woryoil e kkok ga · If it were a day or two, maybe, but it's been three days already. Go on Monday, no excuses.

choi 안나 학생은 요즘 커피만 마시고 밥은 안 먹더니. 위염도 조심해요.

anna haksaeng eun yojeum keopi man masigo bap eun an meokdeoni wiyeom do josim haeyo · And Anna, you've been living on coffee and skipping meals. Watch out for gastritis too.

anna 네, 아주머니. 그런데 한국 사람들은 왜 혈액형으로 성격을 이야기해요?

ne ajumeoni geureonde hanguk saramdeul eun wae hyeoraekhyeong euro seonggyeok eul iyagi haeyo · Yes, Mrs Choi. By the way, why do Koreans talk about personality by blood type?

choi 나는 걱정이 많은 게 다 혈액형 때문이라고 생각했는데?

na neun geokjeong i maneun ge da hyeoraekhyeong ttaemun irago saenggak haenneunde · I always thought all my worrying was down to my blood type.

jiho 아주머니, 그건 과학적인 근거가 없어요. 걱정이 많은 건 혈압 때문이에요. 하하.

ajumeoni geugeon gwahakjeok in geungeo ga eopseoyo geokjeong i maneun geon hyeorap ttaemun ieyo haha · Mrs Choi, there's no scientific basis for that. You worry because of your blood pressure. Ha ha.

write it trace the grey, then write your own

뇨 nyo diabetes													
롤 rol cholesterol													

good to know · Proverb: 병은 자랑하랬다, “you should boast about your illness”: tell people when you are ill, and someone will know a cure. Koreans say it to friends who hide that they feel unwell. In speech, 와요 and 생겨요 go with pain: 편두통이 와요, 충치가 생겼어요; in writing, …으로 고생하다 (suffer from).

-병, -증, -염, -통: four small pieces, dozens of illness names. Next time you see a health headline, take it apart.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 44 germs and emergencies

Korean TOPIK 5 in 120 days
unit 7 · body & health

Handle a small emergency in Korean, talk about infections and first aid, and say "it looks like … is going to happen" with -게 생겼다.

Emergencies and hygiene are classic TOPIK listening topics (a school notice about flu, a radio piece on first aid), and -게 생겼다 is how Koreans react when things go wrong.

words

word	romanisation	meaning	example
감염	gamyeom	infection	상처가 감염되지 않게 조심하세요. Be careful that the wound doesn't get infected.
전염	jeonyeom	spreading (of a disease), contagion	감기는 전염이 잘 돼요. Colds spread easily.
전염병	jeonyeombyeong	epidemic, infectious disease	전염병을 막으려면 손을 자주 씻어야 해요. To stop epidemics, you need to wash your hands often.
바이러스	baireoseu	virus	감기는 바이러스 때문에 생겨요. Colds are caused by viruses.
세균	segyun	bacteria, germs	손에는 세균이 많아요. There are lots of germs on your hands.
위생	wisaeng	hygiene	식당은 위생이 제일 중요해요. In a restaurant, hygiene matters most.
응급	eunggeup	emergency	응급 환자가 들어왔어요. An emergency patient has come in.
응급조치	eunggeupjochi	first aid	응급조치 방법을 미리 배워 두세요. Learn first aid in advance.
위급하다	wigeupada	critical, urgent (a situation)	위급할 때는 119에 전화하세요. In an emergency, call 119.
중상	jungsang	serious injury	사고{sago}로 한 명이 중상을 당했다. One person was seriously injured in the accident.
화상	hwasang	burn (injury)	뜨거운 물에 화상을 입었어요{=suffered}. I got a burn from hot water.
붕대	bungdae	bandage	상처에 붕대를 감았어요{gamda-3}. I wrapped a bandage around the wound.
처치	cheochi	treatment, dealing with (it)	빠른 처치 덕분에 괜찮아졌어요. Thanks to quick treatment, he was fine.
비상약	bisangyak	medicine kept for emergencies	여행 갈 때 비상약을 챙기세요. Take some emergency medicine when you travel.
해열제	haeyeolje	fever medicine	열{yeol-2}이 나서 해열제를 먹었어요. I had a temperature, so I took fever medicine.

덧나다	deonnada	get worse, get infected (a wound)	상처를 만지면 덧나요. If you touch the wound, it gets infected.
마비	mabi	paralysis, numbness; standstill	눈 때문에 교통이 마비됐어요. Traffic came to a standstill because of the snow.
충혈	chunghyeol	bloodshot (eyes)	밤새 일해서 눈{nun-2}이 충혈됐어요. I worked all night and my eyes are bloodshot.
탈	tal	trouble, upset	덕분에 아무 탈 없이 잘 지내요. Thanks to you, I'm getting on without any trouble.
헌혈	heonhyeol	blood donation	1년에 두 번 헌혈을 해요. I give blood twice a year.
쓰리다	sseurida	sting, smart; (stomach) burn	상처가 쓰려요. The wound stings.
시리다	sirida	ache with cold (teeth, hands)	겨울에는 손이 시려요. In winter my hands ache with cold.
저리다	jeorida	go numb, have pins and needles	오래 앉아 있으면 다리가 저려요. If I sit for a long time, my legs go numb.
절다	jeolda	limp	발목을 다쳐서 다리를 절었어요. I hurt my ankle and limped.

pattern -게 생겼다: it looks like ... is going to happen

situation **verb -게 생겼다**

-게 생겼다 says that, the way things are going, something (usually unwelcome) is about to happen: 늦게 생겼어요, "I'm going to be late, the way this is going." It is almost always in the past form 생겼다 and often comes after 이러다가 or 이대로 가면. It can be good news too (덕분에 상을 받게 생겼어요), but it usually sounds like a groan.

길이 너무 막혀서 회의에 늦게 생겼어요. **gil i neomu makyeoseo hoeui e neutge saenggyeosseoyo** The traffic is so bad, it looks like I'll be late for the meeting.

독감이 전염돼서 온 가족이 다 앓게 생겼어요. **dokgam i jeonyeom dwaeseo on gajok i da alke saenggyeosseoyo** The flu is spreading; the whole family is going to come down with it.

교통이 마비돼서 비행기를 놓치게 생겼다. **gyotong i mabidwaeseo bihaenggi reul notchige saenggyeotda** Traffic is at a standstill; it looks like I'll miss my plane.

dialogue ramyeon emergency

anna 앗, 뜨거워! 지호야!
at tteugeowo jiho ya · Ow, that's hot! Jiho!

jiho 왜 그래? 손을 데었어? 빨리 찬물에 대. 화상은 응급조치가 제일 중요해.
wae geurae son eul deeosseo ppalli chanmul e dae hwasang eun eunggeupjochi ga jeil jungyo hae · What happened? Did you burn your hand? Quick, put it under cold water. With a burn, first aid is what matters most.

anna 라면 물을 옮기다가 쏟았어. 너무 쓰려. 내일까지 송금 서류도 끝내야 하는데, 이러다가 회사에서 일도 못 하게 생겼어.
ramyeon mul eul omgidaga ssodasseo neomu sseuryeo naeil kkaji songgeum seoryu do kkeunnae ya haneunde ireodaga hoesa eseo il do mot hage saenggyeosseo · I spilled the ramyeon water while I was moving the pot. It stings so much. I've got to finish the money-transfer forms by tomorrow, and at this rate I won't be able to work.

jiho 십 분 동안 찬물에 대고 있어. 손으로 만지지 마. 덧나면 세균에 감염될 수 있어.
sip bun dongan chanmul e daego isseo son euro manjiji ma deonnamyeon segyun e gamyeom doel su isseo · Keep it under cold water for ten minutes. Don't touch it. If it gets worse, it can get infected.

choi 무슨 일이에요? 아이고, 비상약 상자 여기 있어요. 붕대도 있고.
museun il ieyo aigo bisangyak sangja yeogi isseoyo bungdae do itgo · What's going on? Oh dear. Here's the medicine box. There's a bandage in it too.

jiho 감사합니다. 상처에 세균이 안 들어가게 깨끗한 붕대로 감을게. 다행히 중상은 아니야.
gamsa hamnida sangcheo e segyun i an deureogage kkaekkeutan bungdae ro gameulge dahaenghi jungsang eun aniya · Thank you. I'll wrap it in a clean bandage so no germs get into the wound. Luckily it's not serious.

anna 지호는 처치가 진짜 빠르다. 벌써 간호사 다 됐네.
jiho neun cheochi ga jinjja ppareuda beolsseo ganhosa da dwaenne · You're so quick at treating things, Jiho. You're a real nurse already.

choi 그런데 하준이가 아까부터 열이 나요. 해열제를 먹였는데도 열이 안 내려요. 지난주까지는 아무 탈 없었는데.
geureonde hajuni ga akka buteo yeol i nayo haeyeolje reul meogyeonneundedo yeol i an naeryeoyo jinanju kkaji neun amu tal eopseonneunde · By the way, Hajun has had a temperature since this afternoon. I gave him fever medicine, and it still won't go down. He was perfectly fine until last week.

jiho 몇 도예요? 아이들은 열이 갑자기 오르면 위급할 수 있어요. 39도가 넘으면 응급 상황이니까 바로 응급실에 가세요.
myeot do yeyo aideul eun yeol i gapjagi oreumyeon wigeupal su isseoyo do ga neomeumyeon eunggeup sanghwang inikka baro eunggeupsil e gaseyo · What is it? A child's temperature can become an emergency when it shoots up. Over 39 is an emergency, so take him straight to A&E.

choi 38도쯤이에요. 요즘 동네에 독감이 돈다더니 헛소문이 아니네요. 하준이도 걸렸나 봐요.
do jjeum ieyo yojeum dongne e dokgam i dondadeoni heotsomun i anine yo hajuni do geollyeonna bwayo · About 38. I heard flu was going round the neighbourhood, and it wasn't just a rumour. Hajun must have caught it.

jiho 독감은 전염이 잘 되니까 수건은 따로 쓰시고, 손을 자주 씻으세요. 위생이 제일 중요해요.
dokgam eun jeonyeom i jal doenikka sugeon eun ttaro sseusigo son eul jaju ssiseuseyo wisaeng i jeil jungyo haeyo · Flu spreads easily, so use separate towels and wash your hands often. Hygiene is what matters most.

good to know · In Korea, 119 is the number for fire and ambulance; 112 is the police. In an emergency you say: 여기 응급 환자가 있어요, then the address. 얼굴 한쪽이 갑자기 마비되면, if one side of someone's face suddenly goes numb or slack, call 119 at once: it can be a stroke, and the first hours matter.

Cold water, a clean bandage, and the right words: now you can stay calm in a Korean kitchen when things go wrong.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 45 treatment and medicine

Korean TOPIK 5 in 120 days
unit 7 · body & health

Talk about check-ups, clinics and medicine, Western and traditional, and read a health headline.

Korea's health system shows up in TOPIK reading again and again: check-ups, public health centres, traditional medicine and the drug industry.

words

word	romanisation	meaning	example
의료	uiryo	medical care, healthcare	이 마을에는 의료 시설이 부족해요. This village is short of medical facilities.
의학	uihak	medicine (the science)	의학이 발달해서 수명이 길어졌어요. Medicine has developed, so people live longer.
진료	jillyo	medical treatment, seeing patients	진료 시간은 오후 6시까지예요. Consulting hours are until 6 p.m.
검진	geomjin	(medical) check-up	해마다 건강 검진을 받아요. I have a health check every year.
보건소	bogeonso	public health centre	보건소에서 독감 주사를 맞았어요{matda-5}. I got a flu jab at the public health centre.
정신과	jeongsingwa	psychiatry, psychiatrist's	정신과 상담을 받고 마음이 편해졌어요. I felt better after seeing a psychiatrist.
피부과	pibugwa	dermatology, skin clinic	피부에 문제가 생겨서 피부과에 갔어요. I had a skin problem, so I went to a dermatologist.
성형외과	seonghyeongoegwa	plastic surgery (department)	화상 치료 때문에 성형외과에 다녀요. I go to plastic surgery for burn treatment.
성형	seonghyeong	plastic surgery, cosmetic surgery	요즘 성형 광고가 너무 많아요. There are too many cosmetic surgery adverts these days.
미용	miyong	beauty (care)	미용을 위해 물을 많이 마셔요. I drink a lot of water for my looks.
탈모	talmo	hair loss	스트레스 때문에 탈모가 생겼어요. I started losing my hair because of stress.
한방	hanbang	traditional Korean medicine	한방 치료를 받아 본 적이 있어요? Have you ever had traditional Korean treatment?
한약	hanyak	herbal medicine	한약은 맛이 써요{sseuda}. Herbal medicine tastes bitter.
한의원	hanuiwon	traditional Korean medicine clinic	허리가 아파서 한의원에 다녀요. My back hurts, so I go to a Korean medicine clinic.

보약	boyak	tonic (herbal)	할머니가 보약을 지어 주셨어요. My grandmother had a tonic made up for me.
약효	yakhyo	effect of a medicine	약효가 빨리 나타났어요. The medicine worked quickly.
효능	hyoneung	efficacy, what it is good for	인삼의 효능은 잘 알려져 있다. The benefits of ginseng are well known.
신약	sinyak	new drug	이 신약은 아직 실험 중이에요. This new drug is still being tested.
의약품	uiyakpum	medicines, pharmaceuticals	의약품은 약국에서 사세요. Buy medicines at a pharmacy.
제약	jeyak	pharmaceuticals, drug-making	그는 제약{jeyak-2} 회사에서 일해요. He works for a pharmaceutical company.
완치	wanchi	complete cure	이 병{byeong-2}은 완치가 가능합니다. This illness can be completely cured.
완쾌	wankwae	full recovery	빨리 완쾌하시길 바랍니다. I hope you make a full recovery soon.
임산부	imsanbu	pregnant woman	임산부에게 자리를 양보하세요. Give your seat to pregnant women.
태아	taea	unborn baby, foetus	태아도 엄마 목소리를 들을 수 있대요. They say an unborn baby can hear its mother's voice.

pattern where to go: -과, -원, -소, and reading a health headline

field **-과 (department) · -원 (clinic) · -소 (centre)**

Hospital departments end in -과: 피부과 (dermatology), 정신과 (psychiatry), 성형외과 (plastic surgery, which also treats burns and scars). A 한의원 is a clinic of traditional Korean medicine (한방), where you get 한약 (herbal medicine) or a 보약 (tonic). A 보건소 is the public health centre of your district. Headlines drop endings: 한방 치료, 탈모에 효과 means "traditional treatment helps against hair loss".

피부에 문제가 있으면 피부과에 가요. **pibu e munje ga isseumyeon pibugwa e gayo** If you have a skin problem, you go to a dermatologist.

한의원에서는 한약을 지어 줘요. **hanuiwon eseo neun hanyak eul jieo jwoyo** A Korean medicine clinic makes up herbal medicine for you.

신약의 약효가 확인되었다. **sinyak ui yakhyo ga hwagin doeeotda** The new drug has been shown to work.

dialogue check-up day

seoyeon 안나 씨, 손은 좀 어때요? 지난주에 붕대를 감고 왔길래 깜짝 놀랐어요.

anna ssi son eun jom eottaeyo jinanju e bungdae reul gamgo watgillae kkamjjak nollasseoyo · Anna, how's your hand? You came in with a bandage last week, and it gave me a fright.

anna 많이 나았어요. 지호 덕분에 덧나지도 않았어요. 그래도 화상은 흔적이 남기가 쉽다고 해서 이따가 피부과에 가 보려고요.

mani naasseoyo jiho deokbun e deonnaji do anasseoyo geuraedo hwasang eun heunjeogi namgi ga swipdago haeseo ittaga pibugwa e ga boryeogo yo · It's much better. Thanks to Jiho it didn't get infected. But they say burns easily leave a mark, so I'll go to dermatology later.

seoyeon 이 병원은 피부과 진료가 좋대요. 같은 층에 성형외과도 있고요.

i byeongwon eun pibugwa jillyo ga jotaeyo gateun cheung e seonghyeongoegwa do itgo yo · They say the dermatology here is good. Plastic surgery is on the same floor too.

anna 성형외과는 미용 때문에 가는 곳 아니에요?

seonghyeongoegwa neun miyong ttaemun e ganeun got anieyo · Isn't plastic surgery where you go for your looks?

seoyeon 성형 수술만 하는 게 아니에요. 화상 치료도 성형외과에서 많이 해요.

seonghyeong susul man haneun ge anieyo hwasang chiryo do seonghyeongoegwa eseo mani haeyo · It isn't only cosmetic surgery. They treat a lot of burns there too.

anna 아, 그렇군요. 서연 씨는 검진 결과 괜찮았어요? 요즘 신입 사원 지원서 보느라 많이 바쁘시잖아요.

a geureokunyo seoyeon ssi neun geomjin gyeolgwa gwaenchanasseoyo yojeum sinip sawon jiwonseo boneura mani bappeusijanayo · Oh, I see. Were your check-up results all right, Seoyeon? You've been so busy going through the new recruits' application forms lately.

seoyeon 다 정상이래요. 출산하고 기운이 없길래 한의원에서 보약을 지어 먹었거든요. 약효가 있었나 봐요.

da jeongsang iraeyo chulsan hago giun i eopgillae hanuiwon eseo boyak eul jieo meogeotgeodeunyo yakhyo ga isseonna bwayo · All normal, they say. After the birth I had no energy, so I had a tonic made up at a Korean medicine clinic. It must have worked.

anna 한약은 정말 효능이 있어요? 저는 한방 치료를 한 번도 안 받아 봤어요.

hanyak eun jeongmal hyoneung i isseoyo jeo neun hanbang chiryo reul han beon do an bada bwasseoyo · Does herbal medicine really work? I've never had traditional treatment.

seoyeon 사람마다 다르죠. 임산부일 때는 태아 때문에 한약을 못 먹었어요. 꼭 의사와 상담해야 돼요.

saram mada dareujyo imsanbu il ttae neun taea ttaemun e hanyak eul mot meogeosseoyo kkok uisa wa sangdam haeya dwaeyo · It depends on the person. When I was pregnant I couldn't take herbal medicine, because of the baby. You must always talk to a doctor first.

anna 그렇겠네요. 아, 제 이름 불렀어요. 혈액 검사 하러 가요!

geureokenneyo a je ireum bulleosseoyo hyeoraek geomsa hareo gayo · That makes sense. Oh, they've called my name. Off to the blood test!

seoyeon 다녀와요. 팔에 힘을 빼는 게 요령이에요. 끝나고 같이 죽 먹으러 가요. 검진을 받으면 사은품으로 죽 한 그릇을 준대요.

danyeowayo pal e him eul ppaeneun ge yoryeong ieyo kkeunnago gachi juk meogeureo gayo geomjin eul badeumyeon saeunpum euro juk han geureut eul jundaeyo · See you in a bit. The trick is to relax your arm. Let's go and have rice porridge when we're done. They give you a bowl of porridge as a free gift for the check-up.

good to know · 빨리 완쾌하시길 바랍니다 (or 쾌유를 빕니다) is what you write in a card or message to someone in hospital; in speech, 빨리 나으세요. Proverb: 좋은 약은 입에 쓰다, "good medicine tastes bitter": advice that is hard to hear is often the most useful.

From the 보건소 down the road to a 신약 in the lab: you can now read Korea's health pages. 빨리 완쾌하세요, Anna's hand!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 46 eating well

Talk about diet, nutrients and habits, and say “so … that” about a result of too much with -은 나머지.

Nutrition articles are a TOPIK II reading staple, full of 섭취, 영양소 and 열량, and -은 나머지 is how written Korean explains what went too far.

words

word	romanisation	meaning	example
섭취	seopchwi	intake (of food), taking in	물을 충분히 섭취하세요. Drink enough water.
영양가	yeongyangga	nutritional value	이 음식은 영양가가 높아요. This food is very nutritious.
영양소	yeongyangso	nutrient	채소에는 여러 영양소가 들어{deulda=be (inside)} 있어요. Vegetables contain many nutrients.
단백질	danbaekjil	protein	두부에는 단백질이 많아요. Tofu is high in protein.
탄수화물	tansuhwamul	carbohydrate	밥과 빵은 탄수화물이에요. Rice and bread are carbohydrates.
열량	yeollyang	calories, energy (formal)	이 과자는 열량이 높아요. These biscuits are high in calories.
칼로리	kallori	calorie	칼로리가 낮은 음식을 골랐어요. I chose low-calorie food.
카페인	kapein	caffeine	카페인 때문에 잠이 안 와요. I can’t sleep because of the caffeine.
식습관	sikseupgwan	eating habits	식습관을 바꾸니까 건강해졌어요. I got healthier once I changed my eating habits.
육식	yuksik	eating meat; a meat diet	요즘은 육식을 줄이는 사람이 많아요. Many people are cutting down on meat these days.
채식	chaesik	vegetarian diet	채식을 시작한 지 1년이 됐어요. It’s been a year since I went vegetarian.
소식	sosik	eating little	할머니는 소식{sosik-2}을 하셔서 건강하세요. My grandmother eats little and stays healthy.
폭식	poksik	binge eating	굶다가 폭식을 하면 몸에 나빠요. Starving and then bingeing is bad for you.
과음	gwaeum	heavy drinking	과음은 건강에 해로워요. Heavy drinking is harmful to your health.
흡연	heubyeon	smoking	이곳은 흡연이 금지되어 있습니다. Smoking is not allowed here.
신물	sinmul	acid (rising from the stomach)	많이 먹었더니 신물이 올라와요. I ate too much and I’ve got acid coming up.

노화	nohwa	ageing	햇빛은 피부 노화의 원인이 된다. Sunlight causes the skin to age.
선천적	seoncheonjeok	congenital, inborn	그의 재능은 선천적인 것이다. His talent is something he was born with.
유연하다	yuyeonhada	flexible, supple	요가를 하면 몸이 유연해져요. Yoga makes your body supple.
양치	yangchi	brushing your teeth	자기 전에 꼭 양치하세요. Always brush your teeth before bed.
에어로빅	eeorobik	aerobics	일주일에 세 번 에어로빅을 해요. I do aerobics three times a week.

pattern -은 나머지: so … that (as a result of too much)

verb or adjective -은 / -ㄴ 나머지 **an (often unwanted) result**

나머지 is "the rest, what is left over". After a past-tense modifier (-은 / -ㄴ), it means that something went so far that it led to a result, usually an unwanted one: 긴장한 나머지 실수했다, "I was so nervous that I made a mistake". It sounds written or careful; in chat people say -어서 or 너무 … -어서. The first part is usually a feeling or an effort: 기쁜, 놀란, 서두른, 집중한.

너무 긴장한 나머지 발표에서 실수를 했어요. **neomu ginjang han nameoji balpyo eseo silsu reul haesseoyo**
I was so nervous that I made a mistake in the presentation.

살을 빼려고 굶은 나머지 쓰러지고 말았다. **sal eul ppaeryeogo gulmeun nameoji sseureojigo maratda** She starved herself so hard to lose weight that she collapsed.

너무 기쁜 나머지 눈물이 났어요. **neomu gippeun nameoji nunmul i nasseoyo** I was so happy that I cried.

dialogue the cholesterol talk

anna 민준 씨, 피부과에서는 손이 괜찮대요. 그런데 검진 결과가 나왔는데 콜레스테롤이 조금 높대요. 식습관을 바꿔야 할 것 같아요.

minjun ssi pibugwa eseo neun son i gwaenchantae yo geureonde geomjin gyeolgwa ga nawanneunde kolleseuterol i jogeum nopdaeyo sikseupgwan eul bakkwoya hal geot gatayo · Minjun, the skin clinic says my hand is fine. But my check-up results came out, and my cholesterol is a bit high. I think I need to change how I eat.

minjun 요즘 바쁜 나머지 라면하고 커피만 먹었죠? 그러면 영양소가 부족할 수밖에 없어요.

yojeum bappeun nameoji ramyeon hago keopi man meogeotjyo geureomyeon yeongyangso ga bujok hal su bakke eopseoyo · You've been so busy you've been living on ramyeon and coffee, haven't you? Then you're bound to be short of nutrients.

anna 맞아요. 커피도 하루에 네 잔씩 마셔요. 무심코 또 한 잔을 마셔요. 카페인 때문에 밤에 잠도 잘 못 자고요.

majayo keopi do haru e ne jan ssik masyeoyo musimko tto han jan eul masyeoyo kapein ttaemun e bam e jam do jal mot jago yo · Right. I have four cups of coffee a day, too. Without thinking, I have another cup. And I can't sleep well at night because of the caffeine.

minjun 칼로리만 보지 말고 영양가를 보세요. 단백질은 두부나 생선으로 섭취하고, 채소를 많이 드세요. 다음 주에 두부가 주재료인 요리를 해 줄게요.

kallori man boji malgo yeongyangga reul boseyo danbaekjil eun dubu na saengseon euro seopchwi hago chaeso reul mani deuseyo daeum ju e dubu ga jujaeryo in yori reul hae julgeyo · Don't just look at the calories; look at the nutritional value. Get your protein from tofu or fish, and eat lots of vegetables. Next week I'll make you a dish with tofu as the main ingredient.

anna 그럼 육식을 끊고 채식을 해야 해요?

geureom yuksik eul kkeunko chaesik eul haeya haeyo · So should I give up meat and go vegetarian?

minjun 꼭 그럴 필요는 없어요. 골고루, 조금씩 먹는 게 중요해요. 할머니는 소식이 건강의 비결이라고 하세요.

kkok geureol piryo neun eopseoyo golgoru jogeumssik meongneun ge jungyo haeyo halmeoni neun sosik i geongang ui bigyeol irago haseyo · You don't have to. What matters is eating a bit of everything, in small amounts. My grandmother says eating little is the secret of good health.

anna 민준 씨는 잘 지키고 있어요?

minjun ssi neun jal jikigo isseoyo · And do you stick to that yourself?

minjun 사실은... 어제 회식에서 과음을 했어요. 그리고 집에 와서 배고픈 나머지 치킨을 한 마리 다 먹었어요.

sasil eun eoje hoesik eseo gwaeum eul haesseoyo geurigo jip e waseo baegopeun nameoji chikin eul han mari da meogeosseoyo · Actually... I drank too much at the company dinner last night. Then I got home so hungry that I ate a whole chicken.

anna 폭식을 했네요! 속은 괜찮아요?

poksik eul haenneyo sok eun gwaenchanayo · You binged! Is your stomach all right?

minjun 아침에 신물이 올라와서 고생했어요. 온수로 샤워를 하고 나서야 좀 나아졌어요. 이러다가 저도 콜레스테롤 검사를 받게 생겼어요.

achim e sinmul i ollawaseo gosaeng haesseoyo onsu ro syawo reul hago naseoya jom naajeosseoyo ireodaga jeo do kolleseuterol geomsa reul batge saenggyeosseoyo · I had acid coming up this morning, it was awful. I only felt better after a hot shower. At this rate I'll be getting my cholesterol tested too.

anna 그럼 우리 같이 운동해요. 회사 앱으로 걸으면 마일리지도 쌓여요. 유키가 다니는 에어로빅 수업도 재미있대요.

geureom uri gachi undong haeyo hoesa aep euro georeumyeon mailliji do ssayeoyo yuki ga danineun eerobik sueop do jaemiitdaeyo · Then let's exercise together. If you walk with the company app, you even earn points. And Yuki says the aerobics class she goes to is fun.

minjun 에어로빅이요? 저는 몸이 하나도 안 유연해요. 하하. 일단 점심 먹고 양치부터 할게요.

eerobik iyo jeo neun mom i hana do an yuyeonhaeyo haha ildan jeomsim meokgo yangchi buteo halgeyo ·

Aerobics? I'm not flexible at all. Ha ha. For now, I'll eat lunch and go and brush my teeth.

write it trace the grey, then write your own

빅													
bik													
aerobics													

good to know · Idiom: 입이 짧다, "to have a short mouth", means to be a picky or small eater: 우리 아이는 입이 짧아서 걱정이에요. Headlines drop particles and use the plain -다 form: 섭취 늘고 … 줄다. Read them as "… is rising, … is falling".

Protein, carbs, a little less caffeine: now you can read the back of the packet, and the health page, in Korean.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 47 tired and rested

Talk about tiredness, sleep and rest, and say “in spite of the fact that …” formally with -는데도 불구하고.

Sleep and stress are favourite topics of TOPIK II essays and talks, and -는데도 불구하고 is the formal “even though” of reports, speeches and the news.

words

word	romanisation	meaning	example
고단하다	godanhada	worn out, exhausted	오늘 하루는 정말 고단했어요. Today was really exhausting.
가시다	gasida	go away, ease (tiredness, pain)	아무리 쉬어도 피로가 가시지{gasida} 않아요. However much I rest, the tiredness won’t go.
재충전	jaechungjeon	recharging (your batteries)	여행은 좋은 재충전의 기회예요. A trip is a good chance to recharge.
숙면	sungmyeon	deep sleep, sound sleep	숙면을 위해 커피를 끊었어요. I gave up coffee to sleep better.
설치다	seolchida	sleep badly, toss and turn	걱정 때문에 잠을 설쳤어요. I slept badly because I was worried.
잠꼬대	jamkkodae	talking in your sleep	동생이 밤에 잠꼬대를 해요. My little brother talks in his sleep.
명상	myeongsang	meditation	아침마다 10분씩 명상을 해요. I meditate for ten minutes every morning.
심신	simsin	body and mind	산책은 심신을 편하게 해 줘요. A walk relaxes body and mind.
내쉬다	naeswida	breathe out	숨{sum}을 천천히 내쉬세요. Breathe out slowly.
씩씩거리다	ssikssikgeorida	huff and puff (angry or out of breath)	동생이 화가 나서 씩씩거려요. My little brother is huffing and puffing with anger.
진땀	jinttam	cold sweat (from stress or effort)	시험 때 진땀이 났어요. I broke out in a cold sweat in the exam.
핑	ping	(head) spinning, (tears) welling	갑자기 머리가 핑 돌았어요. My head suddenly started spinning.
힘없다	himeopda	weak, feeble, listless	목소리가 힘없어요. Your voice sounds weak.
세다	seda	turn grey (hair)	아버지 머리가 많이 셌어요{seda-3}. My father’s hair has gone very grey.
청각	cheonggak	hearing (the sense)	나이가 들면{deulda=get (older)} 청각이 약해져요. Hearing gets weaker with age.
생	saeng	life (one’s lifetime)	그는 남은 생{saeng-4}을 고향에서 보냈다{=spend (time)}. He spent the rest of his life in his home town.

누다	nuda	pass (water), go (to the toilet)	아이가 화장실에서 오줌을 눴어요. The child weed in the toilet.
오줌	ojum	wee, urine (everyday word)	방에서 강아지 오줌 냄새가 나요. The room smells of dog wee.
알몸	almom	naked body	목욕탕에서는 알몸으로 들어가요. You go into the bathhouse naked.

pattern -는데도 불구하고: in spite of the fact that (formal)

verb -는데도 / adjective -(으)ㄴ데도 / noun 인데도 **불구하고** **an unexpected result**

-는데도 불구하고 is -는데도 (even though) made heavier with 불구하고 (regardless). It means the same, but it is formal: reports, speeches, news and essays. After a noun alone, use N에도 불구하고 (비에도 불구하고, despite the rain); after a clause, -는데도 불구하고. In chat, plain -는데도 is enough.

비가 오는데도 불구하고 많은 시민이 행사에 참가했습니다. **bi ga oneunde do bulguhago maneun simin i haengsa e chamga haetseumnida** In spite of the rain, many citizens took part in the event.

그 선수는 다리를 다쳤는데도 불구하고 경기를 끝까지 뛰었다. **geu seonsu neun dari reul dacheonneundedo bulguhago gyeonggi reul kkeut kkaji ttwieotda** That player played the match to the end in spite of having hurt his leg.

주말인데도 불구하고 응급실은 환자로 가득했다. **jumal inde do bulguhago eunggeupsil eun hwanja ro gadeuk haetda** Even though it was the weekend, A&E was full of patients.

dialogue recharging

tom 아, 고단하다. 이번 주는 매일 새벽까지 일했어. 커피를 너무 마셔서 속도 쓰려.

a godanhada ibeon ju neun maeil saebyeok kkaji il haesseo keopi reul neomu masyeoseo sok do sseuryeo · Oh, I'm worn out. I worked till dawn every day this week. I drank so much coffee my stomach burns, too.

anna 얼굴이 힘없어 보여. 여기 조용하고 차가 좋다기에 너희 둘 다 불렀어. 오늘은 내가 살게. 통장 잔고는 걱정 마.

eolgul i himeopseo boyeo yeogi joyonghago cha ga jotagie neohui dul da bulleosseo oneul eun naega salge tongjang jango neun geokjeong ma · You look drained. I heard it's quiet here and the tea is good, so I called you both. It's on me today. Don't worry about my bank balance.

tom 고마워. 금요일 생방송 때 이름을 잘못 읽어서 진땀을 흘렸어. 벌써 회사에 그 이야기가 나돌고 있어. 도윤 선배는 괜찮다고 했는데도 밤새 잠을 설쳤어.

gomawo geumyoil saengbangsong ttae ireum eul jalmot ilgeoseo jinttam eul heullyeosseo beolsseo hoesa e geu iyagi ga nadolgo isseo doyun seonbae neun gwaenchantago haenneunde do bamsae jam eul seolcheosseo · Thanks. On Friday's live show I read a name wrong and broke out in a cold sweat. The story's already going round the office. Doyun said it was fine, but I still slept badly all night.

jiho 잠을 설치면 피로가 안 가셔. 숙면이 제일 중요해. 자기 전에 휴대폰은 보지 마. 그래도 오래 못 자면 정신과 상담도 받아 봐.

jam eul seolchimyeon piro ga an gasyeo sungmyeon i jeil jungyo hae jagi jeon e hyudaepon eun boji ma geuraedo orae mot jamyeon jeongsingwa sangdam do bada bwa · If you sleep badly, the tiredness doesn't go. Deep sleep matters most. Don't look at your phone before bed. And if you still can't sleep for a long time, see a psychiatrist about it.

anna 지호야, 너는 내일부터 내과에서 일하잖아. 긴장 안 돼?

jiho ya neo neun naeil buteo naegwa eseo il hajana ginjang an dwae · Jiho, you start on internal medicine tomorrow. Aren't you nervous?

jiho 조금. 그래서 오늘은 심신을 재충전하려고. 요즘 자기 전에 명상도 해.

jogeum geuraeseo oneul eun simsin eul jaechungjeon haryeogo yojeum jagi jeon e myeongsang do hae · A little. That's why I'm recharging body and mind today. I've been meditating before bed lately, too.

tom 명상? 그거 어떻게 하는 거야?

myeongsang geugeo eotteoke haneun geo ya · Meditation? How do you do that?

jiho 눈을 감은 채로 숨을 천천히 내쉬면서 소리에만 집중하는 거야. 청각이 살아나는 느낌이야.

nun eul gameun chae ro sum eul cheoncheonhi naeswimyeonseo sori e man jipjung haneun geo ya cheonggak i sarananeun neukkim iya · You close your eyes and breathe out slowly, focusing only on the sounds. It feels like your hearing comes alive.

anna 나도 해 봐야겠다. 요즘 재택근무 때문에 생활이 엉망이거든. 지호 말로는 내가 요즘 잠꼬대를 한대.

na do hae bwayagetda yojeum jaetaekgeunmu ttaemun e saenghwal i eongmang igeodeun jiho mal ro neun naega yojeum jamkkodae reul handae · I should try it too. Working from home lately, my routine is a mess. According to Jiho, I talk in my sleep these days.

jiho 응. 어젯밤에는 "부장님, 죄송합니다!" 하더라. 하하.

eung eojetbam e neun bujangnim joesonghamnida hadeora haha · Yep. Last night it was "Mr Park, I'm so sorry!" Ha ha.

tom 하하. 나는 아침에 사우나에 갔는데, 알몸으로 들어가는 건 아직도 좀 부끄러워. 다들 내 체형만 보는 것 같아.

haha na neun achim e sauna e ganneunde almom euro deureoganeun geon ajik do jom bukkeureowo da deul nae chehyeong man boneun geot gata · Ha ha. I went to the sauna this morning, but going in naked is still a bit embarrassing for me. I feel like everyone's looking at my figure.

jiho 익숙해지면 괜찮아. 사우나는 오래 있으면 머리가 핑 도니까 물 많이 마시고.

iksukaejimyeon gwaenchana sauna neun orae isseumyeon meori ga ping donikka mul mani masigo · You'll get used to it. And drink plenty of water: if you stay in a sauna too long, your head starts spinning.

good to know · Idiom: 눈코 뜰 새 없다, “no time to open your eyes or nose”: to be run off your feet. 이번 주는 눈코 뜰 새 없이 바빴어 is Tom’s week. 가시다 here is not the honorific of 가다: it means that something unpleasant fades away: 피로가 가시다, 통증이 가시다, 화가 가시다.

Tired, drained, worn out, recharged: you have the words for every step now. 오늘은 푹 쉬세요.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 48 mission: jiho's first weeks as a nurse

Follow a week in a hospital and a newsroom: read a staff email and a health news report, and talk about illness, treatment, food and rest.

This mission brings back the whole unit, the body, illnesses, emergencies, medicine, diet and sleep, in the kinds of texts TOPIK II plays and prints: an email, a news report and everyday talk.

chapter 1 jiho reads the email

jiho 안나야, 병원에서 이메일이 왔어. 들어 봐.

anna ya byeongwon eseo imeil i wasseo deureo bwa · Anna, I've got an email from the hospital. Listen.

jiho "내과 신규 간호사 여러분, 내과에 오신 것을 환영합니다. 일을 시작하기에 앞서 몇 가지를 안내해 드립니다. 첫째, 월요일 오전 8시까지 3층 회의실로 오십시오. 첫 주에는 오전에 의학 및 의료 용어와 응급조치, 감염 관리에 관한 교육을 받고, 오후에는 내과 진료를 돕게 됩니다. 실습을 피부과나 정신과에서 하신 분들은 내과 처치를 따로 배우게 됩니다.

naegwa singyu ganhosa yeoreobun naegwa e osin geot eul hwanyeong hamnida il eul sijak hagi e apseo myeot gaji reul annae hae deurimnida cheotjjae woryoil ojeon si kkaji cheung hoeuisil ro osipsio cheot ju e neun ojeon e uihak mit uiryo yongeo wa eunggeupjochi gamyeom gwalli e gwanhan gyoyuk eul batgo ohu e neun naegwa jillyo reul dopge doemnida silseup eul pibugwa na jeongsingwa eseo hasin bun deul eun naegwa cheochi reul ttaro baeuge doemnida · "Dear new internal-medicine nurses, welcome to the department. Before you start, here are a few points. First, come to the meeting room on the 3rd floor by 8 a.m. on Monday. In the first week you will be trained in the mornings on medical terms, first aid and infection control, and in the afternoons you will help in the internal medicine clinic. Those of you who did your placement in dermatology or psychiatry will learn internal-medicine treatment separately.

jiho 둘째, 병원은 세균과 바이러스가 많은 곳입니다. 환자를 만나기 전과 후에는 반드시 손을 씻으십시오. 위생은 환자와 여러분 자신을 지키는 일입니다. 특히 요즘은 독감 같은 전염병이 도는 시기이므로 마스크도 꼭 쓰고 근무하십시오.

duljjae byeongwon eun segyun gwa baireoseu ga maneun got imnida hwanja reul mannagi jeon gwa hu e neun bandeusi son eul ssiseusipsio wisaeng eun hwanja wa yeoreobun jasin eul jikineun il imnida teuki yojeum eun dokgam gateun jeonyeombyeong i doneun sigi imeuro maseukeu do kkok sseugo geunmu hasipsio · Second, a hospital is a place full of bacteria and viruses. Always wash your hands before and after you see a patient. Hygiene protects both the patients and yourselves. This is the season when infectious illnesses like flu go round, so be sure to wear a mask at work as well.

jiho 셋째, 위급한 상황이 생기면 혼자 처치하지 말고 바로 선배 간호사에게 알리십시오. 비상약과 붕대가 어디에 있는지도 첫날 미리 확인해 두십시오. 넷째, 금요일 오후에는 직원 헌혈 행사가 있습니다. 바쁜데도 불구하고 참여해 주시면 감사하겠습니다.

setjjae wigeupan sanghwang i saenggimyeon honja cheochi haji malgo baro seonbae ganhosa ege allisipsio bisangyak gwa bungdae ga eodi e inneunji do cheonnal miri hwagin hae dusipsio netjjae geumyoil ohu e neun jigwon heonhyeol haengsa ga itseumnida bappeundedo bulguhago chamyeo hae jusimyeon gamsa hagetseumnida · Third, if a critical situation arises, do not treat the patient on your own; tell a senior nurse at once. On your first day, also check where the emergency medicine and bandages are kept. Fourth, on Friday afternoon there is a staff blood drive. We would be grateful if you took part, busy as you are.

jiho 처음에는 긴장한 나머지 실수를 할 수도 있습니다. 그럴 때는 숨을 크게 내쉬고 선배에게 질문하십시오. 여러분의 첫 한 주가 아무 탈 없이 지나가기를 바랍니다. 내과 간호팀 드림."

cheoeum e neun ginjang han nameoji silsu reul hal su do itseumnida geureol ttae neun sum eul keuge naeswigo seonbae ege jilmun hasipsio yeoreobun ui cheot han ju ga amu tal eopsi jinagagi reul baramnida naegwa ganho tim deurim · At first you may be so nervous that you make mistakes. When that happens, let out a deep breath and ask a senior colleague. We hope your first week passes without any trouble. The internal-medicine nursing team."

jiho 와, 첫 주부터 교육이 많네. 비상약하고 붕대, 해열제도 다 챙겼어. 내일은 일찍 자야겠다.

wa cheot ju buteo gyoyuk i manne bisangyak hago bungdae haeyeolje do da chaenggyeosseo naeil eun iljjik jayagetda · Wow, lots of training from the very first week. I've packed emergency medicine, bandages and fever medicine. I'd better get to bed early tonight.

chapter 2 a long day

choi 지호 학생, 이제 왔어요? 체격도 작은데 얼굴이 힘없어 보여요.

jiho haksaeng ije wasseoyo chegyeok do jageunde eolgul i himeopseo boyeoyo · Jiho, you're only just back? You're so slight, and you look drained.

jiho 아주머니, 오늘은 정말 고단했어요. 응급 환자가 세 명이나 왔어요.

ajumeoni oneul eun jeongmal godanhaesseoyo eunggeup hwanja ga se myeong ina wasseoyo · Mrs Choi, today was really exhausting. Three emergency patients came in.

anna 무슨 환자였는데?

museun hwanja yeonneunde · What kind of patients?

jiho 한 분은 수염이 하얗게 센 할아버지셨는데, 고혈압하고 당뇨병이 있으셨어. 갑자기 한쪽 팔과 다리가 마비돼서 오셨는데, 다행히 처치를 빨리 받으셨어.

han bun eun suyeom i hayake sen harabeojisyeonneunde gohyeorap hago dangnyobyeong i isseusyeosseo gapjagi hanjjok pal gwa dari ga mabidwaeseo osyeonneunde dahaenghi cheochi reul ppalli badeusyeosseo · One was an old man with a snow-white beard who had high blood pressure and diabetes. He came in because the arm and leg on one side had suddenly gone numb, but luckily he was treated quickly.

anna 그런 분은 폐나 신장도 약하지 않아?

geureon bun eun pye na sinjang do yakaji ana · Aren't people like that weak in the lungs or kidneys too?

jiho 맞아. 그래서 혈관하고 신장 검사도 했어. 또 한 분은 임산부였는데, 배가 아파서 왔어. 다행히 태아는 건강했어.

maja geuraeseo hyeolgwan hago sinjang geomsa do haesseo tto han bun eun imsanbu yeonneunde bae ga apaseo wasseo dahaenghi taea neun geongang haesseo · Right. So we tested his blood vessels and kidneys too. Another was a pregnant woman who came in with stomach pain. Luckily the baby was fine.

jiho 마지막으로 한 아이는 뜨거운 국에 엄지손가락을 데어서 화상을 입었어. 덧나지 않게 붕대를 감는데 아이가 너무 울어서 나도 진땀이 났어.

majimak euro han ai neun tteugeoun guk e eomjisongarak eul deeoseo hwasang eul ibeosseo deonnaji anke bungdae reul gamneunde ai ga neomu ureoseo na do jinttam i nasseo · And last, a child had scalded his thumb in hot soup and got a burn. While I was bandaging it so it wouldn't get infected, he cried so much that I broke into a sweat too.

choi 아이고, 마음이 아팠겠네요. 그래도 지호 학생 같은 간호사가 있어서 다행이에요.

aigo maeum i apatgenneyo geuraedo jiho haksaeng gateun ganhosa ga isseoseo dahaeng ieyo · Oh dear, that must have been hard. Still, it's a good thing there are nurses like you.

jiho 하루 종일 서 있었더니 다리가 저리고 조금 절기까지 해요. 점심을 못 먹어서 속도 쓰리고요.

haru jongil seo isseotdeoni dari ga jeorigo jogeum jeolgikkaji haeyo jeomsim eul mot meogeoseo sok do sseurigoyo · I was on my feet all day, so my legs are numb and I'm even limping a bit. And I couldn't have lunch, so my stomach burns.

choi 그럴 줄 알고 죽을 끓여 놨어요. 위하고 장에 좋은 거예요.

geureol jul algo juk eul kkeuryeo nwasseoyo wi hago jang e joeun geo yeyo · I thought as much, so I've made some rice porridge. It's good for your stomach and gut.

anna 지호야, 눈도 충혈됐어. 이러다가 너 쓰러지게 생겼어. 오늘은 휴대폰 보지 말고 푹 자.

jiho ya nun do chunghyeol dwaesseo ireodaga neo sseureojige saenggyeosseo oneul eun hyudaepon boji malgo puk ja · Jiho, your eyes are bloodshot too. At this rate you're going to collapse. No phone tonight; get a good sleep.

jiho 응. 오늘 밤에는 잠꼬대로 "손 씻으세요!" 할지도 몰라. 하하.

eung oneul bam e neun jamkkodae ro son ssiseuseyo halji do molla haha · Yeah. Tonight I might shout "Wash your hands!" in my sleep. Ha ha.

chapter 3 read it to me

doyun 톰, 9시 뉴스 건강 소식 다 썼어요? 한번 읽어 봐요.

tom si nyuseu geongang sosik da sseosseoyo hanbeon ilgeo bwayo · Tom, have you finished the health item for the nine o'clock news? Read it to me.

tom 네. "독감 환자 크게 늘다, 병원마다 환자로 가득. 기온이 갑자기 떨어진 가운데 독감 환자가 크게 늘고 있습니다. 보건소에 따르면 지난주 독감 환자는 그 전 주보다 두 배로 늘었습니다. 독감은 바이러스 때문에 생기는 호흡기 질환으로, 전염이 잘 되는 것이 특징입니다. 특히 어린아이와 노인, 임산부는 감염되기 쉬우므로 주의가 필요합니다. 열이 날 때는 해열제를 먹고 충분히 쉬어야 합니다. 그러나 해열제를 먹었는데도 불구하고 열이 계속 높거나 숨을 쉬기 어렵다면 바로 병원에 가야 합니다. 전문가들은 손을 자주 씻는 등 개인 위생을 지키는 것이 가장 좋은 예방법이라고 말합니다. 이러한 노력에도 불구하고 환자는 당분간 계속 늘어날 것으로 예상됩니다. 한편, 한 제약 회사는 독감 신약을 개발했다고 밝혔습니다. 그러나 이 의약품의 약효와 효능은 아직 확인되지 않았습니다."

ne dokgam hwanja keuge neulda byeongwon mada hwanja ro gadeuk gion i gapjagi tteoreojin gaunde dokgam hwanja ga keuge neulgo itseumnida bogeonso e ttareumyeon jinanju dokgam hwanja neun geu jeon ju boda du bae ro neureotseumnida dokgam eun baireoseu ttaemun e saenggineun hoheupgi jilhwan euro jeonyeom i jal doeneun geot i teukjing imnida teuki eorinai wa noin imsanbu neun gamyeom doegi swiumeuro juui ga piryo hamnida yeol i nal ttae neun haeyeolje reul meokgo chungbunhi swieoya hamnida geureona haeyeolje reul meogeonneunde do bulguhago yeol i gyesok nopgeona sum eul swigi eoryeopda myeon baro byeongwon e gaya hamnida jeonmunga deul eun son eul jaju ssinneun deung gaein wisaeng eul jikineun geot i gajang joeun yebang beop irago mal hamnida ireohan noryeok e do bulguhago hwanja neun dangbungan gyesok neureonal geot euro yesang doemnida hanpyeon han jeyak hoesa neun dokgam sinyak eul gaebal haetdago balkyeotseumnida geureona i uiyakpum ui yakhyo wa hyoneung eun ajik hwagin doeji anatseumnida · Yes. "Flu cases rise sharply, hospitals full of patients. Amid a sudden drop in temperatures, flu cases are rising sharply. According to public health centres, flu patients last week doubled from the week before. Flu is a respiratory illness caused by a virus, and it spreads easily. Young children, the elderly and pregnant women are especially easily infected and need to take care. When you have a temperature, take fever medicine and get plenty of rest. But if your temperature stays high or you have trouble breathing in spite of the medicine, you should go to a hospital straight away. Experts say that personal hygiene, such as washing your hands often, is the best prevention. Despite these efforts, cases are expected to keep rising for some time. Meanwhile, a drug company has announced that it has developed a new flu medicine. However, the drug's effectiveness has not yet been confirmed."

doyun 좋네요. 뉴스는 청각으로만 듣는 사람도 많으니까 문장이 짧아야 돼요. 출처는 확인했어요?

jonneyo nyuseu neun cheonggak euro man deunneun saram do maneunikka munjang i jjalbaya dwaeyo chulcheo neun hwagin haesseoyo · Good. Lots of people only listen to the news, so the sentences have to be short. Have you checked your sources?

tom 네, 보건소 자료하고 의사 두 분의 말을 확인했어요.

ne bogeonso jaryo hago uisa du bun ui mal eul hwagin haesseoyo · Yes, I checked the health centre's data and what two doctors said.

doyun 그런데 이 주제는 어떻게 생각했어요?

geureonde i juje neun eotteoke saenggak haesseoyo · How did you come up with this topic, anyway?

tom 하숙집 친구가 이번 주부터 내과에서 일하는데, 병원이 독감 환자 때문에 정신이 없다기에 써 보고 싶었어요.

hasukjip chingu ga ibeon jubuteo naegwa eseo il haneunde byeongwon i dokgam hwanja ttaemun e jeongsin i eopdagie sseo bogo sipeosseoyo · A friend from the boarding house started on internal medicine this week, and she said the hospital was frantic with flu patients, so I wanted to write about it.

doyun 좋은 기자는 주변 사람 이야기에서 기사를 찾는 법이에요. 아, 톰도 독감 조심해요. 생방송 중에 기침하면 큰일이에요.

joeun gija neun jubyeon saram iyagi eseo gisa reul channeun beop ieyo a tom do dokgam josim haeyo saengbangsong jung e gichim hamyeon keunil ieyo · A good reporter finds stories in the people around them; that's how it works. Oh, and watch out for the flu yourself, Tom. Coughing on a live broadcast would be a disaster.

chapter 4 everyone's a patient

hyunwoo 아, 오늘도 편두통이 와요. 어제 늦게까지 일했는데도 일이 안 끝났어요.
a oneul do pyeondutong i wayo eoje neutge kkaji il haenneunde do il i an kkeunnasseoyo · Oh, I've got a migraine again today. I worked late yesterday, and the work still isn't done.

seoyeon 차장님, 카페인 때문이에요. 커피를 하루에 다섯 잔이나 드시잖아요.
chajang nim kapein ttaemun ieyo keopi reul haru e daseot jan ina deusijanayo · It's the caffeine, Mr Hyunwoo. You drink five cups of coffee a day.

hyunwoo 그런가요? 담배도 끊고 과음도 줄였는데... 요즘은 건망증도 심해져서 회의 시간도 자꾸 잊어버려요. 우리는 왜 이렇게 일만 하는가... 하하.
geureongayo dambae do kkeunko gwaeum do juryeonneunde yojeum eun geonmangjeung do simhaejeoseo hoeui sigan do jakku ijeobeoryeoyo uri neun wae ireoke il man haneunga haha · Is that it? I've given up smoking and cut down on drinking... Lately I've got so forgetful that I keep forgetting meeting times too. Why do we do nothing but work... Ha ha.

seoyeon 흡연하고 과음을 줄이신 건 정말 잘하셨어요. 스트레스를 받으면 탈모도 오니까 조심하세요.
heubyeon hago gwaeum eul jurisin geon jeongmal jal hasyeosseoyo seuteureseu reul badeumyeon talmo do onikka josim haseyo · Cutting down on smoking and drinking was a really good move. And stress brings on hair loss, so be careful.

anna 차장님은 재충전이 필요하세요. 지호 말로는 명상이 숙면에 좋대요.
chajang nim eun jaechungjeon i piryo haseyo jiho mal ro neun myeongsang i sungmyeon e jotaeyo · You need to recharge, Mr Hyunwoo. Jiho says meditation is good for deep sleep.

seoyeon 우리 아기는 이번 주에 독감에 걸렸어요. 겨드랑이로 열을 쟀더니 39도까지 올라서 밤새 잠을 설쳤어요.
uri agi neun ibeon ju e dokgam e geollyeosseoyo gyeodeurangi ro yeol eul jaetdeoni do kkaji ollaseo bamsae jam eul seolcheosseoyo · My baby caught the flu this week. I took her temperature under the arm, and it had gone up to 39, so I slept badly all night.

anna 아이고, 지금은 괜찮아요?
aigo jigeum eun gwaenchanayo · Oh no, is she all right now?

seoyeon 네, 해열제를 먹고 많이 나았어요. 한방 치료도 생각했는데 아기한테는 약효가 너무 강할까 봐 그만뒀어요.
ne haeyeolje reul meokgo mani naasseoyo hanbang chiryo do saenggak haenneunde agi hante neun yakhyo ga neomu ganghalkka bwa geumandwosseoyo · Yes, she's much better after the fever medicine. I thought about traditional treatment too, but I gave up the idea in case it was too strong for a baby.

hyunwoo 안나 씨는 콜레스테롤 어떻게 됐어요? 위염도 있다고 했잖아요.
anna ssi neun kolleseuterol eotteoke dwaesseoyo wiyeom do itdago haetjanayo · And what about your cholesterol, Anna? You said you had gastritis too.

anna 식습관을 바꿨어요. 채식 위주로 먹고 칼로리도 확인해요. 폭식도 안 해요. 에어로빅도 시작했는데, 몸이 안 유연해서 매번 진땀을 흘려요.
sikseupgwan eul bakkwosseoyo chaesik wiju ro meokgo kallori do hwagin haeyo poksik do an haeyo eeorobik do sijak haenneunde mom i an yuyeonhaeseo maebeon jinttam eul heullyeoyo · I've changed how I eat. I eat mostly vegetables and check the calories. No more binge eating either. I've started aerobics too, but I'm so stiff I break out in a sweat every time.

hyunwoo 다들 건강 잘 챙겨요. 우리 셋 중에 한 명만 아파도 팀이 마비되게 생겼어요.
da deul geongang jal chaenggyeoyo uri set jung e han myeong man apado tim i mabidoege saenggyeosseoyo · Look after your health, all of you. If even one of the three of us gets ill, it looks like the whole team will grind to a halt.

chapter 5 one week down

minjun 지호 씨, 첫 주 축하해요! 오늘은 영양가 높은 음식으로 준비했어요. 육식은 줄이고, 단백질은 두부하고 생선으로 했어요.

jiho ssi cheot ju chukha haeyo oneul eun yeongyangga nopeun eumsik euro junbi haesseoyo yuksik eun jurigo danbaekjil eun dubu hago saengseon euro haesseoyo · Congratulations on your first week, Jiho! Tonight I've made food with lots of nutritional value. Less meat; the protein is tofu and fish.

choi 민준 씨 요리는 열량은 낮은데도 정말 맛있어요.

minjun ssi yori neun yeollyang eun najeundedo jeongmal masisseoyo · Minjun's cooking is low in calories, and yet it's delicious.

hajun 할머니, 나 오줌 누고 올게!

halmeoni na ojum nugo olge · Grandma, I'm going for a wee!

choi 그래, 혼자 갈 수 있지? 아까처럼 목욕하고 알몸으로 뛰어다니면 안 돼.

geurae honja gal su itji akka cheoreom mogyok hago almom euro ttwieodanimyeon an dwae · All right, you can go on your own, can't you? And no running around naked after your bath like earlier.

hajun 안 뛰었어! 할머니 미워!

an ttwieosseo halmeoni miwo · I didn't run! You're mean, Grandma!

tom 하하, 하준이 씩씩거리는 것 좀 봐. 그런데 지호, 병원에서 뭐가 제일 힘들었어?

haha hajun i ssikssikgeorineun geot jom bwa geureonde jiho byeongwon eseo mwo ga jeil himdeureosseo · Ha ha, look at Hajun huffing and puffing. Anyway, Jiho, what was hardest at the hospital?

jiho 첫날에는 긴장한 나머지 혈압 재는 기계 이름도 생각이 안 났어. 숨을 크게 내쉬고 다시 시작했지. 그래도 그 할아버지가 많이 좋아지셨어. 다음 주에는 완쾌해서 퇴원하실 수 있대.

cheonnal e neun ginjang han nameoji hyeorap jae neun gigye ireum do saenggak i an nasseo sum eul keuge naeswigo dasi sijak haetji geuraedo geu harabeoji ga mani joajisyeosseo daeum ju e neun wankwae haeseo toewon hasil su itdae · On the first day I was so nervous that I couldn't even remember the name of the blood-pressure machine. I let out a big breath and started again. But that old man is much better. They say he'll be fully recovered and go home next week.

choi 지호 학생, 이 보약도 먹어요. 몸이 약한 체질에는 한약이 좋대요. 나는 노화를 막으려고 먹는데, 주름살은 그대로네요. 하하.

jiho haksaeng i boyak do meogeoyo mom i yakan chejil e neun hanyak i jotaeyo na neun nohwa reul mageuryeogo meongneunde jureumsal eun geudaero neyo haha · Jiho, take this tonic too. They say herbal medicine is good for people with a delicate constitution. I take it to slow down ageing, but my wrinkles are still all there. Ha ha.

jiho 아주머니, 감사합니다. 금요일에 헌혈도 했어요. 요즘 병원에 혈액이 부족하대요. 피를 뽑았더니 머리가 좀 핑 돌았는데, 이 보약 먹으면 금방 피로가 가시겠어요.

ajumeoni gamsa hamnida geumyoil e heonhyeol do haesseoyo yojeum byeongwon e hyeoraek i bujok hadaeyo pi reul ppobatdeoni meori ga jom ping doranneunde i boyak meogeumyeon geumbang piro ga gasigesseoyo · Thank you, Mrs Choi. I gave blood on Friday too. They say the hospital is short of blood these days. My head spun a bit after they took the blood, but with this tonic the tiredness will soon go.

tom 저는 일찍 자고 양치 잘하고 소식하는 게 건강 비결이에요. 그래서 치아하고 잇몸은 튼튼해요.

jeo neun iljjik jago yangchi jalhago sosik haneun ge geongang bigyeol ieyo geuraeseo chia hago inmom eun teunteunhaeyo · My secret to good health is going to bed early, brushing my teeth well and eating little. That's why my teeth and gums are strong.

anna 톰, 어제 치킨 한 마리 다 먹었잖아. 하하.

tom eoje chikin han mari da meogeotjana haha · Tom, you ate a whole chicken yesterday. Ha ha.

anna 지호야, 첫 주가 아무 탈 없이 지나가서 다행이야. 다음 주도 힘내!

jiho ya cheot ju ga amu tal eopsi jinagaseo dahaeng iya daeum ju do himnae · Jiho, I'm so glad your first week passed without any trouble. Keep it up next week!

minjun 자, 주스로 건강을 위해 한잔해요!

ja juseu ro geongang eul wihae hanjan haeyo · Right, let's raise our juice to good health!

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