

Staying Healthy Abroad

Perhaps one of the scariest things a visitor must do in a foreign country is to visit a hospital or clinic. In my first year in Japan I cut my ankle badly while swimming and had to visit an **emergency room** to get some **stitches**.

At the time I didn't speak any Japanese, but luckily I had a friend with me who drove me to the hospital, explained to the doctor what had happened, and even paid for the medical bill out of his own pocket (I paid him back the following week).

We all hope that we won't have to make a trip to the hospital when we're abroad, but we **ought to** prepare for unexpected accidents before leaving our own country. Following is a list of things you should do before a trip overseas:



1. Consider buying some kind of travel **health insurance**.
2. If you are going to a tropical country, find out if you need any **shots** before your departure.
3. Make sure you have enough of any **prescription** to last the trip, or find out if it is possible to get your prescriptions refilled in your destination.
4. Even in countries where tap water is considered safe, it might be a little **hard on the stomach** until you get used to it.
5. If you are going someplace hot, be careful not to get a **sunburn!**
6. Airplanes are a very easy place to catch colds. It might be a good idea to wear a face mask during your flight.

In my years in Japan I have suffered several minor illnesses and injuries: I've had **the flu**, I've broken a rib and my collarbone; I once **sprained** my ankle so badly that I couldn't walk for two weeks. I've learned that if you are in any place long enough, at some time you are probably going need some medical attention. It never hurts to be prepared!

A. Preparatory Reading

1. According to the author why should you be careful about the tap water in some other countries?

2. What should you be careful about on airplanes?

3. Find a word that means the same as the following:

should _____
 injections _____
 twisted _____
 sickness _____
 influenza _____

4. Use words from the article to complete the following sentences

- My aunt had to pay for the operation out of her own pocket because she didn't have any _____.
- Children playing at the beach in the summer should be protected from _____.
- "It looks like you cut your hand badly. You might need _____."
- I love spicy food, but it's _____.
- I caught _____ last week, but my doctor gave me a _____ and I seem to be getting better.
- I _____ my ankle playing basketball. At first I thought I was okay, but I'm having trouble walking. Maybe I _____ visit the _____ at the hospital.

B. Discussion

- Have you ever made a trip to the emergency room? What happened?
- Have you ever had the flu? How often do you catch a cold?
- What health problems do you worry about most?
- Are there any foods or drinks that are hard on your stomach?
- What is the worst injury you have had?

C. Language Practice: The present perfect to talk about past experiences

has/have + past participle

We use this grammar to talk about an experience that happened at an unnamed time in the past. The exact time the experience happened is not important.

Example: I have been to the hospital in a foreign country.
He has injured his shoulder before.

Negative: I have never broken a bone.
She has never taken medicine for a cold.

Question: Have you ever caught the flu?
Has he ever stayed in a hospital overnight?

Grammar Reminder

If the sentence includes the time something happened, we use the simple past tense, not present perfect.

✓ My friend **broke** a rib when she was young.
✗ My friend **has broken** a rib when she was young.

Write the past participle form of the following verbs.

go _____	speak _____	cut _____
buy _____	get _____	take _____
eat _____	write _____	think _____
ride _____	feel _____	have _____
catch _____	sleep _____	sprain _____
read _____	come _____	hurt _____
see _____	break _____	injure _____

Look at the pairs of sentences. One sentence in each pair is correct. Which one? What's the grammar rule?

- | | |
|---|--|
| <p>___ I have broken my arm last summer.
___ I broke my arm last summer.</p> <p>___ Have you ever got stitches?
___ Did you ever get stitches?</p> <p>___ Tom sprained his ankle just now.
___ Tom has sprained his ankle just now.</p> | <p>___ I have never caught a cold in the summer.
___ I didn't catch a cold in the summer.</p> <p>___ Eric has gotten stitches for a cut when he was a child.
___ Eric got stitches for a cut when he was a child.</p> <p>___ My friend has ridden in an ambulance three times.
___ My friend rode in an ambulance three times.</p> |
|---|--|

More present perfect exercises and activities at college-englishmag.com

D. Speaking

Ask your partner these questions. Don't forget to ask follow up questions to make your conversation interesting.

Have you ever...	Student #1 _____	Student #2 _____	Student #3 _____
(burn) _____ yourself badly?			
(cut) _____ yourself badly?			
(get) _____ stitches?			
(sprain) _____ your ankle badly?			
(break) _____ a bone?			
(ride) _____ in an ambulance?			
(get) _____ sick in a foreign country?			
(catch) _____ the flu?			
(have) _____ food poisoning?			
(have) _____ a hangover?			
(get) _____ a bad sunburn?			
<i>your idea</i>			

Write four sentences about your experiences, using the present perfect grammar. Three sentences should be true. One sentence can be a lie. Can your partner guess which sentence is the lie?

I have _____

I have never _____

I have _____

I _____

E. Express Yourself: Giving advice

1. Here is some advice for someone with a cold. Match the verbs with the correct advice.

- | | |
|-------------------------|----------------------|
| _____ some sleep. | _____ a doctor. |
| _____ smoking. | _____ bed. |
| _____ lots of vitamins. | _____ drinking. |
| _____ warm. | _____ some medicine. |

stay in keep take get take see cut down on quit

2. Here are some common expressions used for giving advice. Number the expressions from strongest to weakest:

- ___ **You should** get some sleep./**You ought to** get some sleep.
- ___ **Consider getting** some sleep.
- ___ **If I were you, I would** get some sleep.
- ___ **You had better** get some sleep.
- ___ **It might be a good idea to** get some sleep.
- ___ **You might want to** get some sleep.



* Look at the article *Staying Healthy Abroad*. Can you find any of the above expressions?

3. Use the language above to write three pieces of advice for someone with a cold.

4. Arrange the words to make grammatically correct sentences

- I class if you I would skip today were. _____
- hospital to might want to go you the. _____
- might put be burn a idea to some cream good it on that. _____
- better medicine had some for that you take cold. _____

More exercises and activities for giving advice at college-englishmag.com

F. Conversation

<p>DOCTOR: Hello Miss Shinohara. What seems to be the _____?</p> <p>IZUMI: I think I've caught the flu.</p> <p>DOCTOR: Oh really? Have you ever had the flu before?</p> <p>IZUMI: Well, no...but I'm pretty sure that's what I have.</p> <p>DOCTOR: I see... What are your _____?</p> <p>IZUMI: Well, I have a really _____ throat and a bit of a headache.</p> <p>DOCTOR: Any _____ or diarrhea?</p> <p>IZUMI: No.</p> <p>DOCTOR: Hmm. Okay, let's take a look. Open up and say "ahhh" (looks in Izumi's throat). Ah, yes.</p>	<p>IZUMI: What is it?</p> <p>DOCTOR: Well, there's a bad cold going around...I think you might have caught it.</p> <p>IZUMI: Are you sure it isn't the flu?</p> <p>DOCTOR: No, I'm pretty sure it isn't the flu. I think you had better go home and get some _____. It might also be a good idea to take something for it. I'll write you a _____.</p> <p>IZUMI: I have to take an English test next week. Could you write me a medical certificate so I could _____ the class?</p> <p>DOCTOR: Oh, I think you'll be okay by then. There's no need for you to miss your test. If I were you, I'd start _____!</p> <p>IZUMI: Oh...</p>
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1. Use this vocabulary to complete the conversation:

sore prescription studying rest matter miss symptoms vomiting

2. What expressions are used by the doctor to give advice? _____

3. What verb goes with "a look", "something" and "a test"? _____

4. Correct the following sentences:

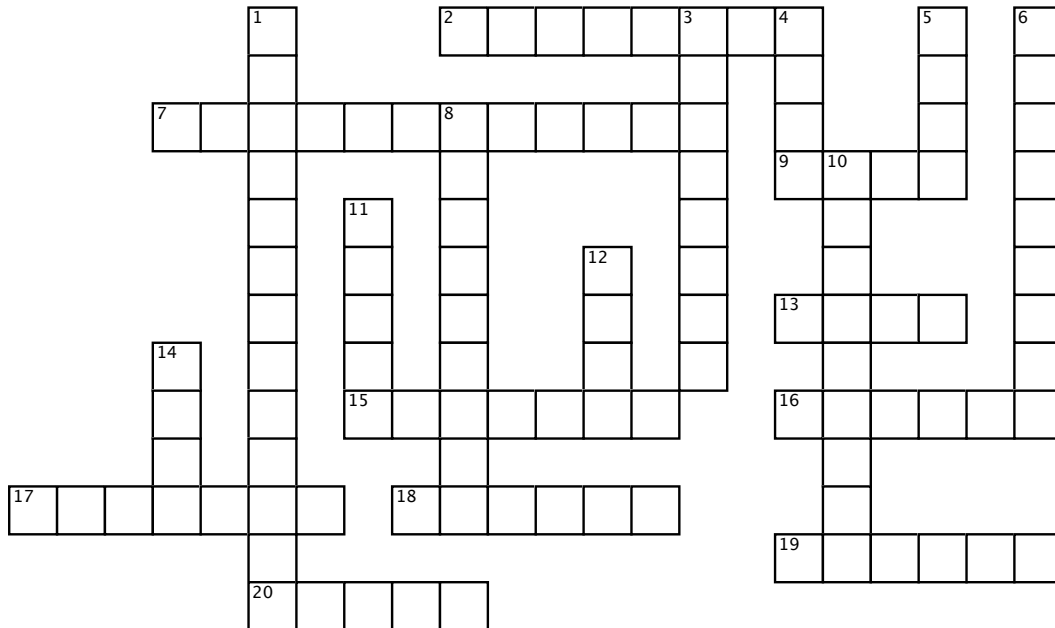
I'm sure pretty I've caught the flu.

There's not need for Izumi to miss her test.

5. Do you think Izumi is seriously ill? Why or why not?

G. Review

Complete the crossword puzzle below using language found in this unit.



Across

- 2. If you cut yourself badly, you might need these.
- 7. Medicine that can only be bought with a doctor's permission
- 9. In English, we don't say "drink" medicine, we say "_____ " medicine.
- 13. stop smoking = _____ smoking
- 15. If you stay outside too long in the summer, you may get one of these.
- 16. "Spicy food is _____ my stomach."
- 17. a sign of an illness
- 18. The pp form of "catch"
- 19. A kind of insurance
- 20. It _____ be a good idea to see a doctor.

Down

- 1. A part of the hospital you might visit if you are sick or injured.
- 3. If you drink too much alcohol, you might have one of these the next day.
- 4. a casual word for injection
- 5. My arm hurts = My arm is _____
- 6. Reduce
- 8. The "flu" is a short form of this word.
- 10. A special car or vehicle for transporting sick or injured people
- 11. "What _____ to be the matter?"
- 12. "Have you _____ broken your arm?"
- 14. not go to school = _____ class

In this unit we:

- 1. talked about health,
- 2. reviewed present perfect grammar to talk about experiences
- 3. practiced giving advice

On the College English Magazine website, you can find plenty more exercises and activities to practice this English.