

# 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?

I have broken my arm last summer.  
 I broke my arm last summer.

I have never caught a cold in the summer.  
 I didn't catch a cold in the summer.

Have you ever got stitches?  
 Did you ever get stitches?

Eric has gotten stitches for a cut when he was a child.  
 Eric got stitches for a cut when he was a child.

Tom sprained his ankle just now.  
 Tom has sprained his ankle just now.

My friend has ridden in an ambulance three times.  
 My friend rode in an ambulance three times.

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

## TALKING ABOUT HEALTH, GRAMMAR: PRESENT PERFECT, GIVING ADVICE

### 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. \_\_\_\_\_

## TALKING ABOUT HEALTH, GRAMMAR: PRESENT PERFECT, GIVING ADVICE

### F. Conversation

**DOCTOR:** Hello Miss Shinohara. What seems to be the \_\_\_\_\_?

**IZUMI:** I think I've caught the flu.

**DOCTOR:** Oh really? Have you ever had the flu before?

**IZUMI:** Well, no...but I'm pretty sure that's what I have.

**DOCTOR:** I see... What are your \_\_\_\_\_?

**IZUMI:** Well, I have a really \_\_\_\_\_ throat and a bit of a headache.

**DOCTOR:** Any \_\_\_\_\_ or diarrhea?

**IZUMI:** No.

**DOCTOR:** Hmm. Okay, let's take a look. Open up and say "ahhh" (looks in Izumi's throat). Ah, yes.

**IZUMI:** What is it?

**DOCTOR:** Well, there's a bad cold going around...I think you might have caught it.

**IZUMI:** Are you sure it isn't the flu?

**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 \_\_\_\_\_.

**IZUMI:** I have to take an English test next week. Could you write me a medical certificate so I could \_\_\_\_\_ the class?

**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 \_\_\_\_\_!

**IZUMI:** Oh...

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.

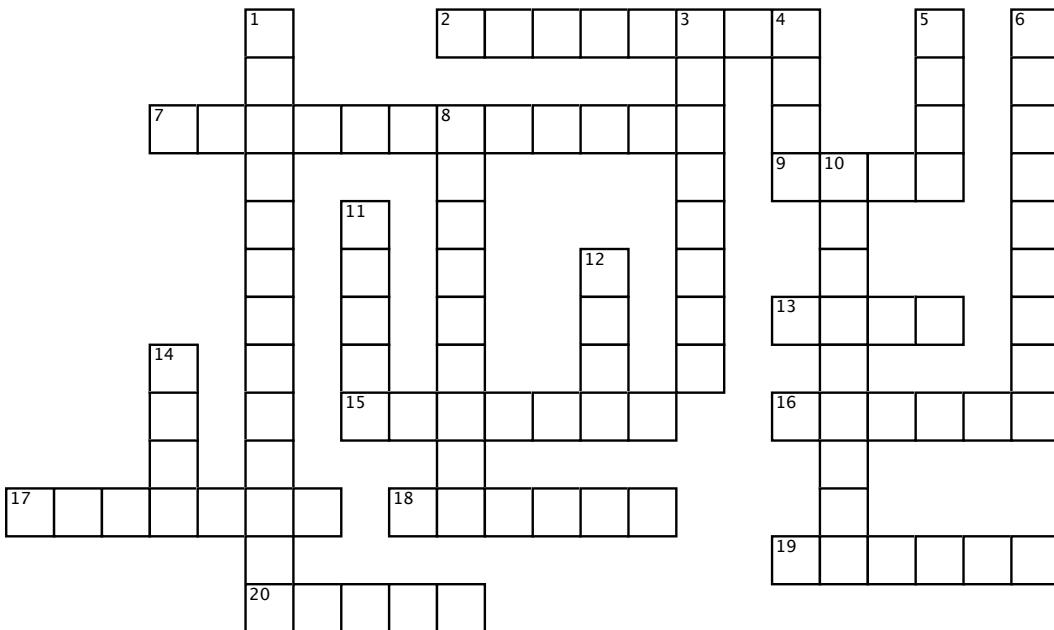
There's not need for Izumi to miss her test.

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

## TALKING ABOUT HEALTH, GRAMMAR: PRESENT PERFECT, GIVING ADVICE

### 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.