LESSON 19 · DAILY PRACTICE

Health & Hospital

일반 질문 3개와 롤플레이 1개 | 아이 엘에서 에이 엘까지 확장 훈련

오늘의 학습 구조

Q1 · General / Routine	평소 건강 습관과 증상이 있을 때 진료를 받는 과정을 설명
Q2 · Past Experience	부상 발생, 증상 변화, 진료, 회복과 배운 점을 시간 순서로 정리
Q3 · Change / Comparison	과거와 현재의 예약·기록 방식을 비교하고 장점과 한계를 설명
ROLE-PLAY	원하는 시간이 없을 때 대체 예약과 준비물을 질문하고 최종 확인

훈련 원칙
짧은 완성 문장으로 시작한 뒤 장소, 활동, 이유, 결과를 한 덩어리씩 추가하세요. 답변 전체를 외우기보다 구조를 재사용합니다.

주의
등급이 올라가도 사실관계를 바꾸지 않습니다. 같은 정보에 구체 묘사와 연결어만 더해 질문 요구사항을 빠뜨리지 않습니다.

Q1 · GENERAL QUESTION

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건강 관리: 운동, 식사, 수면, 증상 관찰, 진료

How do you usually take care of your health, and what do you do when you need medical care?

IL

I try to exercise and eat healthy food. When I feel sick, I rest and drink water. If I do not get better, I visit a clinic near my home.

IM

I take care of my health by exercising several times a week, eating balanced meals, and getting enough sleep. When I have a minor health problem, I rest first. If the symptoms continue, I make an appointment at a nearby clinic.

IH

I try to maintain my health through regular exercise, balanced meals, and a consistent sleep schedule. I also pay attention to small warning signs instead of ignoring them. If I have a mild cold or muscle pain, I rest and monitor the symptoms for a day or two. When the problem does not improve, I book an appointment at a local clinic and explain when the symptoms started and how they have changed.

AL

I manage my health by combining regular habits with timely medical care. I exercise several times a week, try to eat balanced meals, and protect my sleep schedule even when work becomes busy. I also monitor changes in my condition rather than waiting until a problem becomes severe. For a minor issue, I usually rest, stay hydrated, and observe the symptoms. If they continue or interfere with daily activities, I make an appointment at a nearby clinic, organize the details in advance, and ask the doctor what I should do next. This approach helps me respond calmly without either ignoring the problem or overreacting.

CHECK · maintain my health / pay attention to warning signs / make an appointment / explain the symptoms clearly

Q2 · GENERAL QUESTION

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과거 경험: 부상, 증상 변화, 검사, 회복

Tell me about a memorable time when you had to visit a clinic or hospital. What happened, and how was the problem handled?

IL

I hurt my ankle while running. It became swollen, so I went to a clinic. The doctor checked it and told me to rest. I followed the advice and recovered.

IM

A while ago, I hurt my ankle while running. At first I thought it was minor, but it became swollen later that day. I visited a clinic, had an examination, and received treatment. The doctor told me to rest for several days, and I gradually recovered.

IH

A memorable medical visit happened after I twisted my ankle during a run. I could still walk, so I initially assumed it was a minor problem. By evening, however, the ankle had become noticeably swollen and painful. I visited a nearby orthopedic clinic the next morning. The doctor examined it, took an image to rule out a serious injury, and explained how to reduce the swelling. I rested, used ice, and avoided running until the pain disappeared.

AL

One medical visit I remember clearly occurred after I twisted my ankle during an evening run. Because I could still walk, I initially convinced myself that it was only a minor strain. Several hours later, however, the swelling increased and putting weight on the ankle became uncomfortable. I booked an appointment at a nearby orthopedic clinic the following morning. The doctor performed a careful examination, ordered an image to rule out a fracture, and explained both the treatment and the warning signs that would require another visit. I followed the recovery plan, avoided running for a while, and returned gradually instead of rushing. The experience taught me that early evaluation can prevent a small injury from becoming a longer problem.

CHECK · twist my ankle / become swollen / rule out a serious injury / return gradually

Q3 · GENERAL QUESTION

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변화 비교: 대기, 온라인 예약, 전자 기록, 소통

How has medical care changed compared with the past? Describe the differences and explain how they affect patients.

IL

In the past, people waited longer at clinics. Now they can make appointments online. Medical records are easier to check. Visiting a clinic is more convenient.

IM

In the past, patients often visited a clinic without an appointment and waited for a long time. These days, many clinics offer online reservations and digital records. Patients can check schedules in advance, so the process is faster and more convenient.

IH

Medical care has become more organized and digital compared with the past. Patients used to rely mainly on phone calls, paper documents, and long waits at the clinic. Today, many people can make appointments online, receive reminders, and review test results through secure systems. This saves time and makes follow-up care easier. However, patients still need clear explanations from medical professionals because technology cannot replace personal communication.

AL

Medical care has changed significantly as appointment systems and health information have become more digital. In the past, patients often called several clinics, arrived without knowing the waiting time, and carried paper records between providers. Today, they can compare schedules, make reservations online, receive reminders, and access test results more quickly. These changes reduce unnecessary waiting and make follow-up care easier, especially for busy adults. At the same time, convenience can create new concerns about privacy and misunderstandings. Digital tools are useful, but patients still need accurate explanations, secure handling of information, and direct communication with qualified medical professionals.

CHECK · compared with the past / make an appointment online / reduce waiting time / direct communication still matters

ROLE-PLAY · PHONE TASK

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예약 문제: 대체 시간, 다른 의사, 대기, 준비물

You need to see a doctor, but the clinic says your preferred appointment time is unavailable. Call the clinic, explain your situation, ask at least three questions, arrange an alternative, and confirm what you should bring.

IL

Hello. I need to see a doctor, but my preferred time is not available. Is there another time today? Can I see another doctor? How long is the wait? What should I bring? Please book the best available time.

IM

Hello, I am calling because I need a medical appointment, but the time I requested is unavailable. Is there another opening later today or tomorrow morning? Could I see another doctor at the clinic? How long would I have to wait? Please tell me what identification or medical information I should bring.

IH

Hello, I am calling to arrange a medical appointment. I was told that my preferred time is unavailable, so I would like to ask about alternatives. Is there an opening later today or early tomorrow? If my usual doctor is fully booked, could I see another doctor who handles the same type of problem? Approximately how long would the visit take, and should I arrive early? I would also like to confirm whether I need to bring identification, a medication list, or previous test results.

AL

Hello, I am calling because I need to see a doctor about a health problem, but I understand that my preferred appointment time is unavailable. Could you check whether there is a cancellation later today or an early appointment tomorrow morning? If my usual doctor is fully booked, is another doctor available who can evaluate the same symptoms? I also need to plan around work, so approximately how long should I expect to wait and how early should I arrive? Tomorrow morning works for me. Before we finish, let me confirm the details: the appointment is at nine thirty, I should arrive fifteen minutes early, and I need to bring identification, my medication list, and any recent test results.

CHECK · explain why you are calling / ask about another time or doctor / confirm waiting and arrival time / confirm required documents

FINAL REVIEW · 10-MINUTE ROUTINE

Health & Hospital Quick Review

질문의 요구사항을 먼저 채우고, 등급별로 세부 정보만 확장합니다.

재사용 핵심 표현

Q1	maintain my health, pay attention to warning signs, make an appointment, explain the symptoms clearly
Q2	twist my ankle, become swollen, rule out a serious injury, return gradually
Q3	compared with the past, make an appointment online, reduce waiting time, direct communication still matters
ROLE-PLAY	explain why you are calling, ask about another time or doctor, confirm waiting and arrival time, confirm required documents

실전 10분 운영표

0:00-1:00	네 문항의 요구사항과 핵심 순서를 먼저 표시
1:00-3:00	평소 건강 관리 답변을 짧은 문장에서 긴 답변으로 확장
3:00-5:00	부상 경험을 원인, 변화, 진료, 회복 순서로 말하기
5:00-7:00	과거와 현재의 의료 이용 방식을 장점과 한계까지 비교
7:00-9:00	롤플레이에서 질문 세 가지 이상과 최종 예약 내용을 확인
9:00-10:00	막힌 문장만 다시 말하고 실제 생활 정보로 바꿔 마무리

60초 체크
1. 질문의 모든 요구사항을 답했는가? 2. 짧은 완성 문장으로 시작했는가? 3. 과거 경험은 과거 시제로 끝냈는가? 4. 롤플레이에서 위치, 일정, 대안, 알림을 확인했는가?