

In this edition:
health
problems;
visiting the
pharmacy

Lesson 29

Notes

Je ne peux pas dormir...

I can't sleep...

Programme Notes

Welcome to Coffee Break French, the podcast aimed at independent learners of French. Our regular podcasts will introduce you to the French language in easy steps. These programme notes will help you get more out of each episode by explaining how words are written and giving you more information about each phrase along with some bonus vocabulary where appropriate.

Language Notes

je suis malade	I am ill	
je ne me sens pas bien	I don't feel well	
j'ai mal à la tête	I have a sore head	
j'ai mal au dos	I have a sore back	
j'ai la diarrhée	I have diarrhoea	
j'ai la nausée	I'm feeling sick	
j'ai vomi	I have vomited	Note that with <i>j'ai la diarrhée</i> and <i>j'ai la nausée</i> , the word <i>j'ai</i> is followed by a noun. When you say <i>j'ai vomi</i> the word <i>vomi</i> means "vomited", and is a "past participle"
j'ai des frissons	I have the shivers	Literally "I have some shivers"
je peux...	I can ...	
je ne peux pas...	I can't ...	
je ne peux pas dormir	I can't sleep	
je ne peux pas avaler	I can't swallow	Compare <i>le distributeur de billets a avalé ma carte</i> from the bank topic: <i>avalé</i> means "to swallow"
respirer	to breathe	
je ne peux pas respirer	I can't breathe	
vous avez quelque chose pour...	do you have something for ...	Note that <i>quelque chose</i> is two words
est-ce que vous avez quelque chose pour la nausée?	do you have something for dizziness?	
est-ce que vous avez quelque chose pour la diarrhée?	do you have something for diarrhoea?	

Language Notes

les coups de soleil	sunburn	
un coup	hit, blow	
est-ce que vous avez quelque chose pour les coups de soleil?	do you have something for sunburn?	
prendre	to take	
prenez ça	take that	
trois fois par jour	three times per day	
avant de manger	before eating	<i>avant de</i> can be followed by any infinitive and means “before doing something”
avant de dormir	before sleeping	
après avoir mangé	after eating	literally, “after having eaten”

Additional vocabulary

je me suis coupé(e)	I have cut myself	Note that if you are female you use the word <i>coupée</i> with the extra ‘e’. This does not affect the pronunciation
je me suis brûlé(e)	I have burned myself	As above
je suis diabétique	I’m a diabetic	
je suis épileptique	I’m epileptic	
je suis enceinte	I’m pregnant	
je suis allergique ...	I’m allergic ...	
aux noix	to nuts	
aux antibiotiques	to antibiotics	
où avez-vous mal?	where does it hurt?	literally, “where do you have badness/soreness”



CoffeeBreak
French

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