

Survival Kit. The Emergency Room. Phrases for Daily Routine Situations.

English learning resource · EN

Full episode script · English

142 lines

Study task: Listen again and notice the expressions you studied.

It is the middle of the night.

Someone you love is not well.

Or maybe... it is you.

And you are walking through those doors...

into a place where everything moves fast...

where everyone speaks quickly...

and where the words you need... feel very far away.

That moment... is one of the hardest any immigrant will ever face.

But you are going to be ready for it.

And today... we are going to make sure of that.

Welcome... to Your English Toolbox.

I am Miranda.

This is the Basic Survival Kit — your slow English series for real life situations.

Every episode... one real situation... five essential sentences... and one rescue phrase.

The words you need... exactly when you need them.

Today's situation... is the emergency room.

Want to take your learning even further?

Find...

Your English Toolbox... on YouTube...

to watch every episode... with subtitles.

It is the best way to support this project...

and we truly... truly appreciate it.

The emergency room is different from every other situation in this series.

At the bank... you can take your time.



At the pharmacy... you can point at the box.

But in the emergency room... time matters.

And the words you use... can directly affect the care you receive.

So today... we are going to be very precise.

Here are your five sentences for the emergency room.

Listen... carefully.

And then... repeat each one... out loud.

Sentence one.

I need help — this is an emergency.

Say those six words... and everything stops.

Every nurse, every doctor, every receptionist in every hospital in the English-speaking world...

is trained to respond to exactly those words.

You do not need to explain more.

Not yet.

Those six words... open every door.

Sentence two.

The pain is here... and it started about ago.

When you say this sentence... point to where it hurts.

You do not need the medical word for the part of your body.

Pointing plus this sentence... gives the doctor exactly what they need first.

Location.

Duration.

That is all they are asking for... in that first moment.

You can do this.

Even at 2am.

Even when you are frightened.

Sentence three.

I am allergic to — please make a note of that.

This sentence could save your life.

Allergies to medications, to anaesthetics, to certain substances —



the emergency room team needs this information immediately.

Please make a note of that... is the phrase that creates urgency without panic.

It tells the medical team: this is important.

Write it down.

Now.

Practice this one... with the specific word you need... before you ever need it.

Sentence four.

Can you tell me what is happening, please?

I need to understand.

This sentence is your right.

In a busy emergency room, doctors and nurses talk to each other, move quickly, make decisions.

And sometimes... you are lying on a bed... with no idea what is being decided about you.

This sentence stops that.

Every good medical professional will pause... and explain.

You have every right... to know what is happening to your own body.

Sentence five.

Is there someone who can translate for me?

I want to say something very clearly about this sentence.

Asking for a translator is not giving up.

It is not a sign that your English has failed.

It is one of the most intelligent things you can do... in a high-stakes medical situation.

Most hospitals in English-speaking countries have access to telephone interpreters...

in dozens of languages... available around the clock.

You are allowed to ask for this.

You are always... allowed to ask for this.

Now... the rescue sentence.

This is the single phrase that works...

when everything else disappears from your mind.

When the fear is loud... and the words are gone.

Write this one down.



I need a translator — is that possible?

Say it again... out loud... right now.

I need a translator — is that possible?

Seven words.

Calm.

Clear.

Impossible to misunderstand.

And in most hospitals... the answer will be yes.

That yes... changes everything.

Let me tell you about Fatima.

Fatima moved from Casablanca to Birmingham three years ago.

One night, her son — four years old — woke up with a fever of forty degrees.

She drove to the hospital... alone... at midnight.

The doctor asked about his vaccination history.

Fatima knew the word in Arabic.

In French.

In Spanish.

But not... in English.

She felt the word disappear from her mind completely.

And in that silence... she felt like she had failed her son.

She had not failed him.

She used sentence five.

Is there someone who can translate for me?

A nurse brought someone who spoke basic Arabic.

The information was shared.

The treatment was given.

Her son was home by morning... fever gone... sleeping peacefully.

Fatima told me afterwards...

I felt like the worst mother in the world because I did not know the word for vaccine.

But not knowing a word in a foreign language...



does not make you a bad mother.

It makes you... human.

And asking for help... made you... a brilliant one.

Let's close... with what you have today.

One: I need help — this is an emergency.

Two: The pain is here... and it started about ago.

Three: I am allergic to — please make a note of that.

Four: Can you tell me what is happening, please?

I need to understand.

Five: Is there someone who can translate for me?

And your rescue sentence: I need a translator — is that possible?

You are not someone who freezes... in an emergency.

You are someone who knows exactly what to say...

and exactly... when to ask for help.

Those are not two different things.

They are both... the same kind of courage.

And you have it.

You have always had it.

If you made it this far...

you are truly committed... to your English.

Please head over to YouTube...

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Your English Toolbox...

and subscribe.

Your support there... means the world to us...

and keeps this podcast... growing.

I am Miranda.

And I will see you... in the next one.

