

12. MY DAILY ROUTINE

My days are usually full of duties, so I have only a little free time for myself.

On weekdays I get up at 6 am, although I would like to sleep more. When I get up, I do my morning routine of washing my face, brushing my teeth, and take the clothes which I prepared the day before.

After I will put on my outfit and start to brush my hair. Then, I have a little breakfast, like some bread with cheese or yoghurt.

After breakfast it's time to leave for school.

I often go to school by bus, but sometimes I drive by car. I prefer bus, because it is cheaper than car.

My lessons start at 8 am. Each lesson takes 45 minutes and 10 minutes break. After 2 lessons is 20 minutes long break to eat some snack.

Our lessons take place in our classroom or in a gym. The schedule is different every day. In Thursday and Friday we have practical training in the hospital.

At noon I immediately go for lunch in the canteen, but some students bring their own lunch from home or go to some restaurant.

When school lessons end, I go home on foot or by bus. It depends on my mood. Then I play some computer games or learn subjects.

On weekends, program is quite different. I get up around 9 am when I don't have to work and 5 am when I must go working to hospital.

In the evening I go sleep early, because my sleeping is more important than some parties.

I like that my life is full of duties, I never get bored.

Běžná onemocnění a jejich domácí léčba

influenza: stay home and take rest, take pills, painkillers

whooping cough: take rest, take pills, drink tea

small pox: stay in bed, take some creams

fever: take rest, temperature and paracetamol

stomach ache: ginger tea, painkillers

head ache: wet wrap, painkillers

vomiting: water without sparkling liquids

cystitis: painkillers, drink water, stay in bed