

Indonesian in everyday situations

Module 8: A bad day

6 Exercises • Duration: 20 min.

A bad day

Indonesian

Read & listen online ↗



Sakit, tidak bisa, merasa

Kepala saya sakit and **Saya sakit kepala** describe a headache. **Tenggorokan saya sakit** describes pain in the throat. These are descriptions, without a changing be verb.

Saya merasa... means I feel...; natural conversation also uses **rasanya....** **Tidak enak** can mean feeling unwell, not just food tasting bad.

Use **tidak bisa datang** for being unable to come. **Harus di rumah** or **harus tetap di rumah** says you must stay home. **Karena** gives the reason.

Pattern	Example	Meaning
sakit	Kepala saya sakit.	My head hurts.
Tenggorokan	Tenggorokan saya sakit.	My throat hurts.
tidak bisa	Hari ini saya tidak bisa datang.	Today I cannot come.

Janji, lahir, lebih cepat

Ask for an appointment with **Saya mau buat janji dengan dokter.** Use **tanggal** for a date and **jam** for the time.

The learner birth date is **sepuluh Juli seribu sembilan ratus sembilan puluh lima. Saya lahir...** stays the same for male and female learners. Spell the surname and read telephone digits separately.

Lebih cepat here asks for an earlier appointment; **hari ini atau besok** offers alternatives. **Beliau** is a respectful third-person word, used for Sari when speaking about her to staff.

Pattern	Example	Meaning
janji	Saya mau buat janji dengan dokter.	I want to make an appointment with the doctor.
lahir	Tanggal lahir saya sepuluh Juli.	My date of birth is the tenth of July.
lima	Saya lahir tahun seribu sembilan ratus sembilan puluh lima.	I was born in nineteen ninety-five.

Sejak, selama, tiga kali

Sejak gives the start of a state: **sejak Sabtu. Selama** gives a duration: **selama dua hari. Sudah sakit dua hari** can express a current state continuing for two days.

Frequency uses **kali: tiga kali sehari. Sekali lagi** is once more. **Banyak** before a noun says a lot; **banyak tidur** describes sleeping a lot.

Instructions use the ordinary verb: **buka mulut, tarik napas.** Understand the spoken role-play as course language practice. Medicine is taken **sesuai petunjuk**, according to its instructions.

Pattern	Example	Meaning
sejak	Saya sakit sejak Sabtu.	I have been ill since Saturday.
selama	Saya istirahat selama dua hari.	I rest for two days.
kali	Saya minum teh tiga kali sehari.	I drink tea three times a day.

Sebelum, setelah, sesuai petunjuk

Sebelum is before and **setelah/sesudah** after: **setelah makan**.

Both can link an activity without changing the verb.

Sesuai petunjuk means according to the instructions. A packet or notice may use common passive words such as **diminum**, is taken; learn the whole practical instruction here rather than a full passive paradigm.

Baru bangun means have just got up. **Dua menit lagi** means in two minutes/two minutes left. Time context expresses the event without obligatory tense endings.

Pattern	Example	Meaning
setelah	Minum obat setelah makan.	Take the medicine after meals.
sebelum	Saya mandi sebelum makan.	I shower before eating.
petunjuk	Minum sesuai petunjuk.	Take it according to the instructions.

Lebih baik, boleh, harus

Sudah lebih baik says already better. **Lebih ... daripada** compares two states or things: **lebih penting daripada**.

Use **boleh** for permission and **harus** for obligation. Questions can keep statement order and use intonation: **Pasien boleh makan?**

Tidak boleh says forbidden; **tidak harus** means not required.

Perawat applies to a male or female nurse without grammatical gender. Intan is playing doctor, with pancakes as her pretend prescription, rather than giving a real medicine dosage.

Pattern	Example	Meaning
baik	Saya sudah lebih baik.	I am already better.
daripada	Resep lebih penting daripada daftar.	The prescription is more important than the list.
boleh	Pasien boleh makan.	The patient is allowed to eat.

GRAMMAR

G1) NOTICE THE USEFUL PATTERN

Underline the form practised in this unit.

- 1 Kepala saya sakit.

Meaning: My head hurts.

- 2 Saya mau buat janji dengan dokter.

Meaning: I want to make an appointment with the doctor.

- 3 Saya sakit sejak Sabtu.

Meaning: I have been ill since Saturday.

- 4 Minum obat setelah makan.

Meaning: Take the medicine after meals.

G2) CHOOSE THE FORM

Use the English meaning and the pattern in this unit.

- 1 Kepala saya _____.

- ☐ A baik
- ☐ B lapar
- ☐ C sakit

Meaning: My head hurts.

- 2 Saya mau buat _____ dengan dokter.

- ☐ A janji
- ☐ B rapat
- ☐ C wawancara

Meaning: I want to make an appointment with the doctor.

3 Saya sakit _____ Sabtu.

- ☐ A tanpa
- ☐ B sejak
- ☐ C sebelum

Meaning: I have been ill since Saturday.

4 Minum obat _____ makan.

- ☐ A sebelum
- ☐ B tanpa
- ☐ C setelah

Meaning: Take the medicine after meals.

5 Saya sudah lebih _____.

- ☐ A baik
- ☐ B dingin
- ☐ C buruk

Meaning: I am already better.

G3) COMPLETE THE MESSAGES

Fill the gaps with the words from the box.

sejak sebelum

Saya sakit _____ Sabtu.

Meaning: I have been ill since Saturday.

setelah sebelum

Minum obat _____ makan.

Meaning: Take the medicine after meals.

baik buruk

Saya sudah lebih _____.

Meaning: I am already better.

G4) BUILD A SENTENCE

Put the words in order.

- 1 saya sakit. Kepala

Meaning: My head hurts.

- 2 janji Saya dengan dokter. buat mau

Meaning: I want to make an appointment with the doctor.

- 3 Saya Sabtu. sejak sakit

Meaning: I have been ill since Saturday.

- 4 obat Minum setelah makan.

Meaning: Take the medicine after meals.

- 5 lebih baik. Saya sudah

Meaning: I am already better.

G5) WHAT WOULD YOU SAY?

Choose the right words for the situation.

1 **My head hurts. You say:**

- ☐ A Kepala saya baik.
- ☐ B Kepala saya sakit.

2 **I want to make an appointment with the doctor. You say:**

- ☐ A Saya mau buat janji dengan dokter.
- ☐ B Saya mau buat rapat dengan dokter.

3 **I have been ill since Saturday. You say:**

- ☐ A Saya sakit sebelum Sabtu.
- ☐ B Saya sakit sejak Sabtu.

4 Take the medicine after meals. You say:

- (A) Minum obat setelah makan.
- (B) Minum obat sebelum makan.

G6) CONNECT MESSAGES AND MEANINGS

Match the pairs.

- | | |
|--|--|
| (1) Kepala saya sakit. | (A) I have been ill since Saturday. |
| (2) Saya sudah lebih baik. | (B) Take the medicine after meals. |
| (3) Saya mau buat janji dengan dokter. | (C) I am already better. |
| (4) Saya sakit sejak Sabtu. | (D) My head hurts. |
| (5) Minum obat setelah makan. | (E) I want to make an appointment with the doctor. |