

Hello!

Travelling in a foreign country where you don't speak the language can actually be fun. If you've ever tried ordering dinner and getting something completely different from what you ordered, you'll know what I mean!

But it's a different matter entirely if you run into a diabetic emergency and you don't know how to ask for help. That's why I've compiled this list of useful phrases you might need, and they are listed below in Spanish, French, German, Italian, Portuguese, Russian, Norwegian and Simplified Chinese Characters.

I've printed each language up on a separate page, in large letters. All you have to do is print and pack the appropriate page for the country you will be visiting and make sure you carry it with you at all times. Since you probably won't know how to pronounce the phrases, it's best just to show the paper to the person you are speaking to and point to the phrase you need. Tip: start with "Please help me" and "Do you speak English?"

Find the language you need on one of the following pages.

Bon Voyage!

Bob Fleming

Spanish

Please help me	Ayúdeme por favor
Do you speak English?	¿Habla usted inglés?
I have diabetes	Tengo la diabetes
I am a diabetic	Soy un diabético
I need a doctor	Necesito a un médico
Will you please help me find a doctor?	¿Haga usted el favor de me ayuda encuentro a un médico?
Sugar	azúcar
Orange juice	jugo de naranja
I have lost my medication	He perdido mi medicina
Where is the nearest hospital?	¿Dónde está el más cercano hospital?
I must eat something now because of my diabetes	Debo comer algo ahora a causa de mi diabetes

French

Please help me	S'il vous plaît m'aider
Do you speak English?	Parlez-vous l'anglais ?
I have diabetes	J'ai le diabète
I am a diabetic	Je suis un diabétique
I need a doctor	J'ai besoin d'un médecin
Will you please help me find a doctor?	Plaisez-vous l'aide me trouve un médecin ?
Sugar	sucré
Orange juice	jus orange
I have lost my medication	J'ai perdu mes médicaments
Where is the nearest hospital?	Où est l'hôpital le plus proche ?
I must eat something now because of my diabetes	Je dois manger quelque chose maintenant à cause de mon diabète

German

Please help me	Bitte helfen Sie mir
Do you speak English?	Sprechen Sie Englisch?
I have diabetes	Ich habe Diabetes
I am a diabetic	Ich bin ein Diabetiker
I need a doctor	Ich brauche einen Doktor
Will you please help me find a doctor?	Werden Sie bitte mir helfen, einen Doktor zu finden?
Sugar	Zucker
Orange juice	Orangensaft
I have lost my medication	Ich habe meine Medikation verloren
Where is the nearest hospital?	Wo ist das nächste Krankenhaus?
I must eat something now because of my diabetes	Ich muss etwas jetzt wegen meiner Diabetes essen

Italian

Please help me	Per favore aiutarme
Do you speak English?	Lei parla degli inglesi?
I have diabetes	Ho il diabete
I am a diabetic	Sono un diabetico
I need a doctor	Ho bisogno di un dottore
Will you please help me find a doctor?	Lei soddisfarà l'aiuto me trovo un dottore?
Sugar	zucchero
Orange juice	succo d'arancia
I have lost my medication	Ho perso la mia medicazione
Where is the nearest hospital?	Dove l'ospedale più vicino è?
I must eat something now because of my diabetes	Devo mangiare qualcosa adesso a causa del mio diabete

Portuguese

Please help me	Por favor ajude-me
Do you speak English?	Fala inglês?
I have diabetes	Tenho diabetes
I am a diabetic	Sou diabético
I need a doctor	Necessito um médico
Will you please help me find a doctor?	Agradará ajuda me acho um médico?
Sugar	açúcar
Orange juice	sumo de laranja
I have lost my medication	Perdi meu medicamento
Where is the nearest hospital?	Onde o hospital mais próximo é?
I must eat something now because of my diabetes	Devo comer algo agora por causa de minha diabetes

Russian

Please help me	Пожалуйста помогите мне
Do you speak English?	Вы говорите по-английски?
I have diabetes	Я имею диабет
I am a diabetic	Я - диабетик
I need a doctor	Я нуждаюсь в докторе
Will you please help me find a doctor?	Пожалуйста помогите мне находить доктор?
Sugar	сахар
Orange juice	оранжевый сок
I have lost my medication	Я потерял мое лечение
Where is the nearest hospital?	Где - самая близкая больница?
I must eat something now because of my diabetes	Я должен есть кое-что теперь из-за моего диабета

Norwegian

Please help me	Behager hjelp meg
Do you speak English?	Gjør De taler Engelsk?
I have diabetes	Jeg har diabetes
I am a diabetic	Jeg er en diabetic
I need a doctor	Jeg trenger en doktor
Will you please help me find a doctor?	Vil De behager hjelp meg finner en doktor?
Sugar	sukker
Orange juice	oransje saft
I have lost my medication	Jeg tapt min medication
Where is the nearest hospital?	Hvor er den nær sykehus?
I must eat something now because of my diabetes	Jeg eter noe nå på grunn av min diabetes

Simplified Chinese

Please help me	请帮助我
Do you speak English?	你说英语吗
I have diabetes	我有糖尿病
I am a diabetic	我是一个糖尿病患者
I need a doctor	我需要一位医生
Will you please help me find a doctor?	你请将帮助我发现一位医生吗
Sugar	糖
Orange juice	橙汁
I have lost my medication	我失掉了我的药物处理
Where is the nearest hospital?	哪里是最近的医院
I must eat something now because of my diabetes	我因为我的糖尿病现在必须吃某物
