



Words to know when viewing: [Ana Couto: Día de la Mujer 8M](#)

In this inspiring video, meet Ana Couto, a brave crew member of the Merchant Marine who is always ready to help those in need at sea, 24/7!

rescate = rescue

tripulante de Marina mercante = crew member of the merchant navy

salvamento marítimo = maritime rescue

tripulación = crew

se arriesgan = put themselves at risk

emergencia = emergency

a bordo = on board

desata el poder de ser lo que quieras = unleash the power to be what you want to be