**The First Gliding Lesson**

1--What was your first gliding lesson like?

2--If was very interesting.

1--How did you start?

2--Well, the instructor showed me the controls.

1--What happened next?

2--The instructor showed me how to use them. Then we went for a short flight.

1--Were you nervous when you took over the controls for the first time?

2--Yes, very. My hands were trembling.

1--Did you have any moments of panic?

2--Yes, when the glider was rushing towards the ground and I suddenly forgot what to do.

1--That must have been frightening.

**注解：**

1）glide：滑翔。glider：滑翔机

2）show me the controls：show作“告知”或（通过示范）“教”解。controls（多用复数）：操纵装置。

3）take over the controls：take over作“接过来”解。这里指学员从教练手中接过操纵器，自行驾驶。

4）moments of panic：感到惊慌、恐惧的时刻。

**译文：**

1--你第一节滑翔课上得怎么样啊？

2--非常有意思。

1--你是怎么开始的？

2--哦，教员告诉我哪些是操纵器。

1--然后呢？

2--教员给我示范如何使用这些操纵器。接着我们就飞了一小段距离。

1--当你第一次进行操纵的时候，你紧张不紧张？

2--非常紧张。我的双手都哆嗦了。

1--你有感到惊慌失措的时候吗？

2--有。当滑翔机朝地面俯冲去的时候，我简直不知所措了。

1--那一定让人胆战心惊。