

## High Ropes Course: Abseiling

### Vocabulary: "Equipment"

rope, -s	helmet, -s	belt, -s	karabiner
abseiling eight	knot, -s	wall, -s	rock / cliff

### Expressions: "Activities while Abseiling"

Your have to brace your feet against the wall.
You have the spread your legs.
You have to hold your legs horizontally.
You have to keep your upper body away from the wall.
You have to lean back with your upper body.
You have to sit in the belt.
And then you have to walk down the wall.

### Expressions: "Navigation" / "Asking about and Expressing one's State of Mind" / "Boosting one's Confidence"

I am ready.	We are ready.	How are you doing?
Let's get started.	We are securing you!	Great!
Slower!	Don't be afraid. We're holding you!	Well done!
Faster!	Good! Keep going!	It's working!
Stop!	We're letting you down.	I don't know!
I need a break.	Great!	Not too good!

