I took a knock or two during my first year inMadrid.

To have a hard time and to have problems.

- With the standards set by the club, you could never say u were comfort zone.

To feel safe & relaxed.

- Now I'd been whisked off

To be moved to a new place very quickly.

- Didn't really have a clue what was coming next..

To know what to do...

- I was bracing my self for the challenge...

To prepare for something unknown or difficult.

- There was a little twist in the pit

To feel very nervous & uncomfortable.

- The next day, I didn't need to understand the article to get thedrift of the head lines.

To understand the general idea.

- Almost from kick-off you could tell it was going to be <u>our night</u>. Every thing was going to go well for us.

- They could to make me feel at home

To help some one to feel comfortable