

Topic: Travel
(IOM, Overseas Processing Entity, Nepal)

Activity: Fear of Flying

Introduction	Some participants may never have flown in a plane and will be anxious about it. This activity allows them to express their fears.
Lesson Time	10 minutes
Materials	<ul style="list-style-type: none">• Facts of flying (see sample provided)
Practice	<ol style="list-style-type: none">1. Ask how many participants have flown in a large passenger plane. Ask a few of the people who have flown to tell participants from where they flew and to where. Tell participants that you are happy they have flown; they can help you teach this unit.2. Ask participants who have <i>not</i> flown to raise their hands. Ask them how they feel about flying. Are they afraid? (People might be shy to admit their fears.) If they all answer “no”, make a joke out of it, saying, “How can you not be afraid? You’ll be 10km up in the air!” and, “Are there no honest people in this class?” Then ask again, gently, if any of them are even a little bit afraid. Ask volunteers to express their fears; what is it they are afraid of?3. Ask those who have flown to describe their flying experiences. Were they afraid? Were they afraid the first time? Ask them to describe their feelings toward flying. Ask them to give some advice to the people who have never flown.4. Go over some of the facts regarding flying in the core content or below.5. You can also hand out these facts of flying to small groups and they can read it and then share with the larger group.6. Conclude the discussion by affirming the fears of participants; it is normal to be afraid and it is okay.

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Some Facts on Flying

- The cost and duration of training pilots with a major carrier is comparable to training a medical doctor.
- Airlines do not teach pilots to fly. All pilots have their commercial flying license before they are hired by an airline. They are at least 21 years of age, probably have a college education (most likely an advanced degree), in excellent health, perfect 20/20 vision, and accumulated more than 3,000 hours of flight time.
- Pilots often go a full career without ever experiencing an engine failure.
- Back-up systems have been provided for virtually every system on the airplane so that if one system fails, another will take its place. For instance, a 747 plane has eighteen tires: four on each of the main landing struts and two on the nose wheel. Similarly, if flying on a two-engine plane and one engine went out, the aircraft could fly with just one engine.
- No flying bird can stop a jet engine.
- Most planes can land in 0/0 visibility (heavy fog) because a) most runways are equipped with an electronic glide slope, b) pilots are trained to do so, and c) planes are equipped with low-visibility landing equipment.
- Lightning may strike an aircraft, but because the aircraft is not connected to the ground, the lightning simply "passes through" the aircraft, leaving the passengers and aircraft completely safe.
- Commercial aircraft average twelve hours of maintenance on the ground for every one hour spent in the air.
- Air traffic controllers go through rigorous training and internships that last three to four years.
- Each plane flies right down the middle of a private highway in the sky that is ten miles wide. No other plane is allowed in that space.
- Every time you step onto a plane, no matter how many times you fly, you are nineteen times less likely to die than in your car.
- According to the New York Times, of the 760 million passengers who flew on commercial airlines from the United States in all of 2006, 760 million passengers flew and lived with a zero-percent fatality rate.

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Your odds of death by...

- Cardiovascular disease: 1 in 2
- Smoking (by/before the age of 35): 1 in 600
- Car trip, coast-to-coast across the United States of America: 1 in 14,000
- Bicycle accident: 1 in 88,000
- Tornado: 1 in 450,000
- Train, coast-to-coast across the United States of America: 1 in 1,000,000
- Lightning: 1 in 1.9 million
- Bee sting: 1 in 5.5 million
- U.S. commercial jet airline: 1 in 7 million

Even bee-stings are more dangerous than flying.

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