



# FLYING WITH CONFIDENCE COURSE GOES DIGITAL - BRITISH AIRWAYS

News / Airlines



**British Airways is bringing its renowned Flying with Confidence course to the comfort of customers' homes for the first time ever this October.**

**More than 50,000 people have taken part in the Flying with Confidence course since it began more than 35 years ago. The course, which has typically only been run in a classroom format followed by a short flight the following day, is now being offered as a live interactive webinar, to give attendees every detail from how an aircraft flies, to why turbulence is uncomfortable but not dangerous, to simple breathing techniques to use to manage anxiety, all without leaving the house.**

**British Airways recognises that around 25% of people have at least some fear of flying, while 1 in 10 people have a phobia of flying. In addition, flyers are now having to navigate travel in the Covid-19 era, so the course will also cover all the safety measures put in place by British Airways both on the ground and in the air, to help give travellers from around the world the confidence to fly again.**

British Airways Captain Steve Allright, who runs the course, said: “We are delighted to offer this popular course as a live, interactive webinar, to give more people than ever the chance to sign up and overcome their fear of flying from home, wherever they are in the world. Safety is at the heart of everything we do at British Airways. There will inevitably be some further worries and questions around the pandemic, so it’s more important than ever that we share with attendees not just the technical aspects of flying, but also the range of safety precautions we are taking, to give them the peace of mind and ensure they have a safe and enjoyable flying experience next time they fly with us.”

In terms of safety, the airline has introduced a range of measures to keep its customers safe and is asking customers to abide by these new measures to help manage the wellness of everyone travelling.

These include:

- Checking-in online, downloading their boarding pass and where possible self-scanning their boarding passes at the departure gate
- Observing social distancing and using hand sanitisers that are placed throughout airports
- Wearing a facemask at all times and bringing enough to replace them every four hours for longer flights
- Customers agreeing not to travel if they think they have any symptoms of Covid-19
- Cabin crew wearing PPE and a new food service, which reduces the number of interactions required with customers
- Asking customers to ensure they have everything they need from their hand luggage before departure, and where possible, storing their carry-on bag under the seat in front of them

The airline is cleaning all key surfaces including seats, screens, seat buckles and tray tables after every flight and each aircraft is completely cleaned from nose to tail every day. The air on all British Airways flights is fully recycled once every two to three minutes through HEPA filters, which remove microscopic bacteria and virus clusters with over 99.9% efficiency, equivalent to hospital operating theatre standards. More information can be found here: <https://www.britishairways.com/en-gb/information/the-ba-experience/welcome-on-board>

The live webinar runs from 10am – 3pm on Saturday 10th October and costs £125. For more information and to book visit [www.flyingwithconfidence.com](http://www.flyingwithconfidence.com)

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