



# FEAR OF FLYING – SIMULATE TO STOP BEING AFRAID - AVIASIM

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The aeronautics sector is taking off again after a complicated period with the health crisis. Since this summer, the French can get back on a plane, but many of them are apprehensive about this moment that they have not experienced for almost two years. However, a solution exists, the AviaSim anti-stress courses, which have seen their number of registrations increase by 40%

Thomas Gasser, Founder of AviaSim, commented: “Fear and phobia of the plane most often come from a lack of knowledge of piloting. Each person having their own apprehensions, it is above all necessary an individualized and adapted program. This is the case with AviaSim, and it seems our results are optimal.»

How an anti-stress course takes place:

AviaSim anti-stress courses take place individually, in a simulator and alongside a real instructor pilot, during 3 sessions of 2 hours.

- Exchange on fear and show how an airplane and its environment works

- Flight in optimal conditions alongside an instructor
- Flight in difficult conditions alongside an instructor

After discussing his apprehensions, observing a flight in normal conditions, the trainee takes control during this simulator session in normal conditions, then the instructor allows him to explore the more difficult conditions (bad weather conditions, breakdown, etc. ).

“When we find ourselves in an unfamiliar situation, such as during a plane flight, our imagination will take over our rationality. This is what is at the origin for the passenger of the uncontrollable fear that is commonly called Aeronautical Stress. However, simple gestures can avoid panic: you have to know them to apply them as soon as you feel the need. Raising the shadows in the world of aviation, knowing for example why the plane is kept in the air, or how the pilots ensure the safety of passengers, is crucial to overcome certain fears quickly. This is the objective of an Anti-Stress Session: to give future AviaSim passengers the effective tools to quickly gain confidence.” said Arthur, Captain, Aeronautical Stress Specialist



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