

Luxembourg, 31 March 2017

Fear of flying seminars

Learning how to be relaxed when flying

Fear of flying is one of many phobias that make life difficult for those affected. Luxair Luxembourg Airlines will hold three more seminars in April, May and June 2017 for people who want to overcome this fear.

Seminars are conducted by a team of experts, including a specialized psychologist, a pilot for technical aspects and cabin crew staff members. The seminars are held on two consecutive days in small groups and in a relaxed atmosphere.

Seminar dates:

- 29 - 30 April 2017 (in English and Luxembourgish)
- 20 - 21 May 2017 (in German and Luxembourgish)
- 17 - 18 June 2017 (in French and Luxembourgish)

Successful techniques

Luxair has been giving these seminars for over 25 years. They combine techniques that have been fine-tuned over time and a method that is constantly evolving. Luxair's fear of flying seminars have excellent results with a 94% satisfaction rate!

Sessions include technical explanations about operating an aircraft and weather conditions, as well as a tour in the cockpit, so that participants can familiarize themselves with take-off and landing procedures, which may help allay some concerns.

The seminar's team of specialists actively participate in international workshops and conferences on a regular basis, such as the *World Conference on Fear of Flying*, in order to keep themselves up-to-date with the latest techniques and findings. They are present throughout the seminar, so participants can talk to them at any time and get rational answers to their questions.

Registration:

Please contact Luxair Luxembourg Airlines by e-mail: aviophobie@luxair.lu, for more information about the seminars or registration.

The seminar costs € 650 per person, which includes registration, 2 lunches, drinks, all handouts/documentation, a certificate, as well as a return flight from Luxembourg to a Luxair destination.