

norwegian ✕

Fear of Flying Flashcards



These flashcards are designed to help you build confidence and alleviate fears about flying.

norwegian ✕

How it works

These fear of flying flashcards will walk you through every step of your flight. With the numbered flashcards, you can sit comfortably in your seat and flip through the cards as each event of your flight takes place. This will help you understand what's happening throughout your flight. No more wondering or guessing. Remember, flying is safe, and using these flashcards will help you become fearless. So fasten your seat belt, and let's get ready to soar through the sky with confidence.

Have a great flight!

norwegian ✕

Tip #1

Arrive at the airport early so you aren't stressed getting through security checks and finding your gate.

norwegian ✕

Tip #2

Chewing gum or yawning during takeoff and landing can help alleviate ear pressure.

norwegian ✕

Tip #3

Drinking plenty of water helps you relax, reduces stress, and keeps you from dehydrating.

norwegian ✕

Tip #4

Upload your favourite music, a blockbuster or an interesting podcast on your mobile device. This will literally make time fly.

norwegian ✕

Remember, flying is safe.

Pilots conduct thorough safety checks before each flight. Airplanes are equipped with multiple backup systems to ensure safety.

norwegian ✕

Now that you are sitting comfortably in your seat and seat belt fastened, you are ready for your first flashcard.

01

norwegian ✕

The cabin crew will start the safety demonstration. This is normal procedure for every flight. You shouldn't be alarmed.

02

norwegian ✕

You will hear chimes. These sounds are used for communication between flight crew and pilots. Chimes are not warning signals.

This is normal.

03

norwegian ✕

The engines will start and the lights may flicker. This happens because the airplane is transferring from ground power to engine power.

This is normal.

04

norwegian ✕

The air conditioning will turn off and then back on, and will now be more powerful.

This is normal.

05

norwegian ✕

Taxiing for takeoff will begin. The airplane will start moving away from the building.

06

norwegian ✕

The airplane will be noisy. You will feel bumps and the overhead bins will rattle.

This is normal.

07

norwegian ✕

You will hear more chimes. This is to let the flight crew know that the cabin is secured for takeoff.

This is normal.

08

norwegian ✕

The cabin crew will settle in their seats for takeoff.

09

norwegian✕

We will continue taxiing to the runway.



In cases of snow or cold weather the airplane might need to be de-iced before takeoff. This happens at the gate or at a designated area between the terminal and the runway. Trucks will spray the airplane with an orange- or pink-looking harmless liquid to remove any snow or ice from the airplane. This shouldn't take more than a couple of minutes.

10

norwegian✕

The seatbelt sign will turn off and then back on. This is to let the cabin crew know we are entering the runway and takeoff is to be expected very soon.

This is normal.

11

norwegian✕

Sit upright, relax, play your music and start deep breathing.

12

norwegian✕

When the airplane reaches the end of the runway it will stop moving. The aircraft is now in position and ready for takeoff.

13

norwegian✕

The engines will power up and you will feel a quick acceleration.

This is normal.



If the airplane has been de-iced before takeoff, the engines will power up while the brakes are on.

This is normal.

14

norwegian✕

The airplane will take off and the landing gear will retract.

15

norwegian✕

You may feel a slight drop in your stomach.

This is normal.

16

norwegian✕

You may hear a loud noise or feel a vibration as the landing gear doors close.

This is normal.

17

norwegian✕

The airplane will climb. You may feel slight turbulence as the aircraft goes through clouds.

This is normal.

18

norwegian✕

The engines will shortly reduce thrust.

This is normal.

19

norwegian✕

You may hear the wings reconfigure for high speed cruising.

This is normal.

20

norwegian✕

There may be possible turbulence. Turbulence is not dangerous unless you don't have your seat belt on. Turbulence will not damage the airplane.

21

norwegian✕

After 5–10 minutes the seat belt sign is turned off.

Don't be afraid to stand up and stretch your legs or use the restroom.

22

norwegian✕

After another 5–10 minutes the airplane will reach its cruising altitude. This may provide the benefit of smoother air.

Common cruising altitude is between 33,000 and 42,000 feet.

23

norwegian✕

The cabin crew will start beverage and snack service.*

Remember to stay hydrated.

*On certain short flights there is no inflight service. However, you may always ask the cabin crew for water.

24

norwegian✕

Relax and enjoy the cruising portion of the flight. Watch a movie, listen to music, read a book or take a nap.

25

norwegian ✕

Turbulence may be unsettling, but it will not damage the airplane or pose a threat to your safety. Trust the pilot to navigate through any bumps with ease.

26

norwegian ✕

Approximately 25–30 minutes prior to landing, the pilot will start the descent. The pilot will make an announcement.

27

norwegian ✕

You will hear more chimes and the seatbelt sign will turn on and off.

This is normal. This is to let the cabin crew know it's time to prepare for landing.

28

norwegian ✕

Approximately 20 minutes prior to landing, the fasten seat belt sign will turn on.

This is normal.

29

norwegian ✕

The cabin crew will make an announcement and do their final safety checks.

This is normal.

30

norwegian ✕

The pilot may deploy the speed brakes on the wings to slow the airplane for landing.

This is normal.

31

norwegian ✕

As the airplane descends your stomach may drop slightly and your ears may clear.

This is normal. Chewing gum or yawning can help your ears clear.

32

norwegian ✕

During the approach the flaps and slats on the wings will be deployed for landing. You may hear a whirling sound while this is happening.

This is normal.

33

norwegian✕

You will hear more chimes as the cabin crew prepare for landing.

This is normal.

34

norwegian✕

The cabin crew will be seated for landing.

The pilot will announce
«Cabin crew, be seated for landing»

35

norwegian✕

You will hear the landing gear being lowered into place.

This is normal.

36

norwegian✕

There may be slight turbulence going through clouds.

This is normal. You are safe. Turbulence won't damage the airplane.

37

norwegian✕

You may hear the engines change pitch.

This is normal.

38

norwegian✕

The airplane may sway slightly to correct for approach.

This is normal.

39

norwegian✕

The airplane will touch down with a loud thud.

This is normal.

40

norwegian✕

The pilot will reverse the engine thrust. You will feel heavy in your seat.

This is normal.

41

norwegian✕

There will be a lot of noise, bumps and vibrations.
This is normal.

42

norwegian✕

The airplane will slow and
taxi to the airport gate.

43

norwegian✕

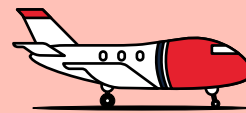
The cabin crew will do an announcement.

44

norwegian✕

Congratulations!

You have safely arrived to your destination.
You should be proud of yourself!



norwegian✕

Hopefully these flashcards helped you have
a more enjoyable flight. We are looking
forward to welcoming you onboard soon.

Thank You!