

Advice Column

problems about **air travel**

- Read the problems below and discuss possible solutions.



Ask Anita!

Dear Anita,

I work for a big international company and I love my job because I get to travel to a lot of different countries. The company pays for my first class tickets, and my passport is filled with stamps from places like Iceland, Singapore, and Brazil. My problem is that I often suffer from jet lag. First, it usually takes me two or three days to get used to the local time – during those few days I have to attend several meetings, but I'm always very tired and it's difficult to think clearly and make good decisions. Finally, after I'm used to the local time, I find myself boarding the plane with my return ticket. What do you suggest?

Stewart

Dear Anita,

Help! I live in Hong Kong and I am going to travel to Canada in three days to begin a summer English course. The problem is that I am afraid of flying. As soon as the plane takes off, I get very nervous. I get sweaty, my heart beats

faster, and I can't breathe. It doesn't matter if I am in a window seat and I look out the window, or if I am in an aisle seat and I close my eyes. What can I do?

Thomas

Dear Anita,

I'm not afraid of flying, but I don't like to fly. I find it very difficult to fall asleep on long flights. The seats in economy class are too small and the flight attendants and other passengers are sometimes noisy and wake me up. Also, flying is very boring, especially when the flight is delayed or when there is a long stopover somewhere. Any advice?

Debbie



- Compare your solutions with your classmates. Do you agree or disagree with their ideas?

NAME: _____

DATE: _____

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- After you read the advice column, write a possible solution for each person.



Stewart

Thomas

Debbie
