



Ways to make air travel less daunting

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Air travel is often frowned upon mostly due to its several annoying traits which include time-consuming checking points, maddening luggage collection systems or simply post-flight dishevelled hair. To improve this travel experience, here are a few pointers which may help you:

TRY TO FLY IN THE MORNING

If you get sick easily, it's advised to fly in the earlier parts of the day. The scientific relevance to this is supported by the fact that the ground heats up as the day progresses, increasing the chances of turbulence, making your air-time uneasy. Consequently, morning flights ensure lower chances of facing a thunderstorm.

CHOOSE YOUR SEAT WISELY

If you want to minimise jerky movements, it is best to sit by the wings of the plane as it aligns with the plane's axis or sit right at the front. Moreover, if you're scared of flying, sitting at the back should provide you with mental comfort as it has been known to be the safest place during crashes.

WORK OUT ON THE DAY OF THE FLIGHT

If you have a flight at night, make sure to go on a morning jog or do a solid hour-long workout to exhaust you just the right amount. That way you can easily sleep on the plane as well as build up quite the appetite while flying. However, do shower before leaving the house for all the other passengers' sake.

HYDRATE YOURSELF

It is important to stay hydrated before, during and after the flight. This is essential due to the low humidity inside airplanes which often causes people to feel sick. Moreover, hydrating prevents dried skin and unruly hair which is often caused by the dry air. Some people even use portable humidifiers to avoid such after effects.

DON'T LOSE YOUR LUGGAGE

One of the most annoying parts of travelling is luggage collection. To avoid losing your stuff, mark your suitcases and handbags with some distinguishable accessory, for instance a brightly coloured ribbon or fluorescent name tag. Moreover, using advanced luggage tracking technolo-

gies is also an albeit more expensive but viable option.

PREPARE FOR SECURITY BEFOREHAND

Try to dress appropriately to avoid hassle and save up time. For instance, avoid wearing clothes with too much metal gear, such as belts, to pass through metal detectors with ease and wear slip-ons instead of sneakers to cut the time otherwise spent on tying shoelaces.

RIGHT INCLINATION

It may sound silly but in most cases people tend to unconsciously choose the security checking points to their right as most people are right-handed. So simply using the checking points on the left just might help you

avoid a bit of traffic thus facilitating your checking process.

BE NICE

It doesn't take much to be nice to the airplane crew. These people have to deal with the silliest of problems on a daily basis. So it's best to show appreciation for their resilience just for the sake of being human with an added bonus of you getting treated well in return.

Veronica Gomes is a devout Coldplayer and Sherlockian who is convinced her dog has secret pet parties at her place when she's not around. Email her at gomesveronica1997@gmail.com



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