

# I CAN FLY

— toolkit tips —

LARNAKA & PAFOS INTERNATIONAL AIRPORTS  
CYPRUS



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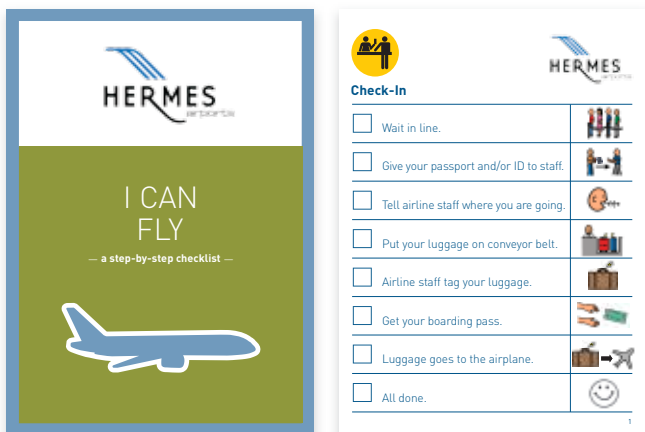
## I CAN FLY 'a step-by-step storybook'

- This storybook was created to teach the airport routine to first time travellers living with autism.
- It outlines each of the steps of the pre-flight, in-flight and post-flight routines.
- Read this storybook with your child before travelling to prepare them in advance for what to expect.
- You might also choose to read the storybook as you move throughout the airport, 'front loading' your child with what to expect before you engage in each step of the travel routine.

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## I CAN FLY 'a step-by-step checklist'

- This is an interactive tool; parents and/or individuals with autism can check off each key step of the airport routine as it is completed while they move throughout the airport.
- Parents may choose to motivate their child by offering a special reward at the end of the checklist if all items are completed successfully (e.g., special snack or activity).

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— tips for parents before flying —



## Prepare for the trip in advance.

- 1** Provide the individual with autism lots of information about what to expect while traveling. Read the step by step storybook several times before leaving for your trip.
- 2** Use a calendar to count down the days left until your trip so that your child is not surprised when you start to pack your luggage.
- 3** Try a 'practice' trip, such as one night away from home with friends or family.
- 4** Spend time with your child looking at photos and videos of your destination before your trip, as well as the modes of transportation you will use to get there. Talk about the fun activities that you will do on the trip.
- 5** Call the airline and let them know that your child has autism. Some airlines may have special support services or recommend specific seating on the flight. If the airline provides this service, you may also request for 'Priority Baggage Tags' to be placed on your luggage during check-in, something that will minimize your waiting time for your luggage at the airport of destination.
- 6** **SPECIAL DIETARY REQUIREMENTS FOR MEALS ON-BOARD**  
Please inform your airline of any special dietary requirements at the time of booking of your airline tickets.
- 7** **SEATS ON THE AIRCRAFT & TOILET ACCESS**  
For your comfort and ease - in relation to which are the most suitable seats for you on the aircraft - we recommend that you discuss this with your airline at the time of booking of your airline tickets. By booking "front seats" on the aircraft you will be able to disembark from the aircraft first. It is however equally important to take into consideration the actual location of the toilets on the specific aircraft, so that you may decide if it is better to sit close to the toilets.
- 8** **BOARDING THE AIRCRAFT LAST**  
Even though as per "EU Regulation 1107/2006" disabled persons and persons with reduced mobility are required to board the aircraft first, when you are at the Boarding Gate, feel free to approach Airline Staff to inform them that you are traveling with an individual with Autism, and request from them to authorise for you to board the aircraft last, as this will help you maintain the person with Autism in a calm state, by avoiding the waiting, congestion and noisy environment associated with embarkation.
- 9** Call the hotel and let them know that your child has autism. Request a quiet room.
- 10** Make sure you familiarise yourselves with what you can and cannot get you out of the security check. You can find useful information at the Hermes Airports website [www.hermesairports.com](http://www.hermesairports.com) at the following links:  
LARNAKA INTERNATIONAL AIRPORT / INFORMATION / LUGGAGE AND SAFETY.

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## En Route

1

Use the I CAN FLY toolkit as you move throughout the travel routine to increase predictability and reduce anxiety.



2

Have activities ready that can engage your child during waiting times (e.g., in line-ups, at the gate).



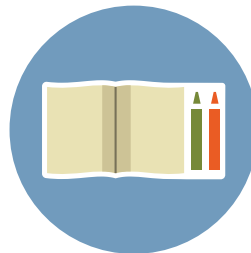
3

Pack noise cancelling headphones, hard candy/gum, and familiar items to help your child feel comfortable.



4

Bring LOTS of activities for the flight including some new/novel materials (e.g., colouring books, magazines, movies) and consider introducing them slowly throughout the flight.



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