

## Podcast

**Topic :** Fears

**Name:** Fahad Alharbi

**Summary:** An unpleasant feeling triggered by the perception of danger, real or imagined.



Hi everybody welcome to this podcast

My name Fahad Alharbi I'm from Saudi Arabia

I'm going to talk about Adventures.

Adventure is a word that is so often used, but does anyone REALLY know what it means? What is adventure? What does it mean to be adventurous?

MANY people HAVE LIVED AN ADVENTURE OR WANT TO EXPERIMENT.

Each adventure has a fun experience and also may entail on many risks.

I would like to share my own experience.

In my life I hadn't traveled by airplane because I was so afraid about that. I had many opportunities to travel for free with my friends, they invited me to go to Dubai, Indonesia, and Paris, but I said no because I was afraid about the airplane.

After one year I asked myself "why am I afraid?" A lot of people travel with planes or go to skydiving...and they are still alive.

SO!

My friend advised me to try skydiving because after that I'll lose my fear forever.

And

I really decided to try skydiving. I mean I was confused and angry with myself.

I didn't tell anyone about that, I just went to another city in my country for 1 month. I have exercised for 3 weeks, then I came to skydiving program to do it. And I did it guys!

I did 6 times. It's amazing isn't it?

When I called my family to tell them that I have tried skydiving for 6 times. They are very surprised and my mother cried because she knows that my biggest fear is the airplane.

To resume it was an adventure for me. Sometimes an adventure can change your life. My advice for anyone is to do adventures because it's very fun and when you finished you will have a good story to tell.