

Foreword	V
How to use this book	VI
JAA exam questions & time limits	VII
Flight Planning for VFR Flights	
033-01-01 VFR Navigation Plan	1
Flight Planning for IFR Flights	
033-02-01 IFR Navigation Plan	13
Fuel Planning	
033-03-01 General	53
033-03-02 Pre-Flight Fuel Planning for Commercial Flights	60
033-03-03 Specific Fuel Calculation Procedures	84
Pre-Flight Preparation	
033-04-01 NOTAM Briefing	91
033-04-02 Meteorological Briefing	92
033-04-03 Point of Equal Time (PET) and Point of Safe Return (PSR)	103
ICAO Flight Plan (ATS Flight Plan)	
033-05-01 Individual Flight Plan	133
033-05-02 Repetitive Flight Plan	140
033-05-03 Submission of an ATS Flight Plan (FPL)	141
Flight Monitoring and In-Flight Re-Planning	
033-06-01 Flight Monitoring	145
033-06-02 In-Flight Re-Planning in Case of Deviation From Planned Data	149
Picture Supplements - Questions	153
Picture Supplements - Explanations	233