

Contents

FOREWORD	V
How to use this book	VI
JAA exam questions & time limits	VII
01 FLIGHT PLANNING FOR VFR FLIGHTS	
01-01 VFR Navigation Plan	1
02 FLIGHT PLANNING FOR IFR FLIGHTS	
02-01 IFR Navigation Plan	13
03 FUEL PLANNING	
03-01 General	51
03-02 Pre-flight Fuel Planning for Commercial Flights	59
03-03 Specific Fuel Calculation Procedures	84
04 PRE-FLIGHT PREPARATION	
04-01 NOTAM Briefing	89
04-02 Meteorological Briefing	90
04-03 Point of Equal Time (PET) and Point of Safe Return (PSR)	99
05 ICAO FLIGHT PLAN (ATS FLIGHT PLAN)	
05-01 Individual Flight Plan	131
05-02 Repetitive Flight Plan	138
05-03 Submission of an ATS Flight Plan (FPL)	139
06 FLIGHT MONITORING AND IN-FLIGHT RE-PLANNING	
06-01 Flight Monitoring	143
06-02 In-flight Re-planning in Case of Deviation From Planned Data	152
PICTURE SUPPLEMENTS QUESTIONS	155
PICTURE SUPPLEMENTS EXPLANATIONS	225