



# Sunny Swift

## 'Stay within your comfort zone'

MARTINA HAS GOT HER LICENCE AND SHE'S TAKING HER SISTER FOR THE FIRST TIME ON A CROSS-COUNTRY FLIGHT.

SUNNY, I'M A BIT STRESSED ABOUT THE FLIGHT. I'M WORRIED THAT SOMETHING COULD HAPPEN. HOW DO YOU PREPARE FOR A FLIGHT YOU HAVEN'T DONE BEFORE?



IT'S NORMAL TO BE STRESSED. DON'T BE TOO AMBITIOUS AND MAKE IT EASY FOR YOURSELF: MAKE IT SHORT DISTANCE AND ALLOW PLENTY OF TIME FOR THE UNEXPECTED. TAKE A PLANE YOU KNOW. AVOID CROSSING BORDERS AND CONGESTED AIRSPACE OR AERODROMES.

IF YOU HAVE PREPARED A ROUTE, TAKING INTO ACCOUNT THE AIRSPACE AND WEATHER, YOU CAN AVOID DIFFICULT SCENARIOS. I START THE PREPARATION A FEW DAYS BEFORE THE FLIGHT. IT TAKES TIME, A GOOD COUPLE OF HOURS.



IN A CROSS-COUNTRY FLIGHT, I LIKE TO CROSS-CHECK THE PLAN WITH ANOTHER, MORE EXPERIENCED PILOT. WE LOOK TOGETHER AT CHARTS AND INFORMATION, AND WEIGH THE POSSIBLE OPTIONS. LATELY WE OFTEN DO THE CHECKING OVER VIDEO CALLING. DON'T STAY ALONE – SEEK ADVICE FROM FELLOW PILOTS IN THE FLYING CLUB.

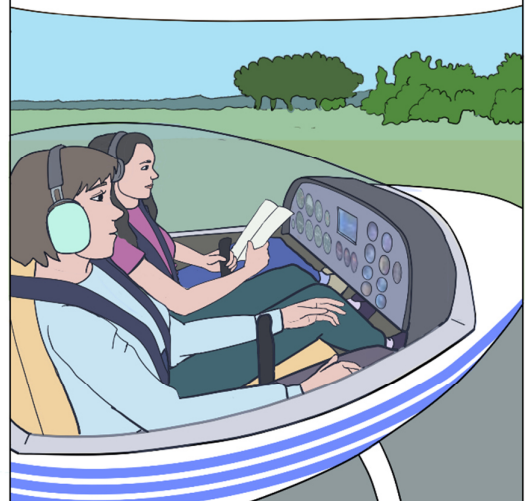
WHAT DO YOU CHECK?

FOR EXAMPLE, THE ROUTE, RUNWAY LENGTH, AIRSPACE IDENTIFICATION, NOTAMS, WEATHER, WEIGHT AND BALANCE, FUEL CALCULATIONS, CONDITION OF THE AIRCRAFT (MAINTENANCE, COMMUNICATIONS EQUIPMENT, INSURANCE, CERTIFICATE OF AIRWORTHINESS). WE ANTICIPATE UNEXPECTED EVENTS, LIKE AN EMERGENCY OR A CHANGE IN WEATHER.

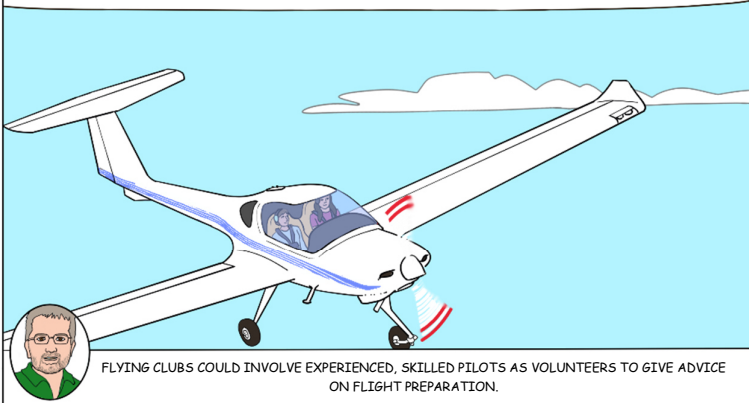


IF YOU GET TWO DIFFERENT WEATHER FORECASTS, FROM TWO DIFFERENT MODELS (GFS, ICON), ALWAYS CONSIDER THE MOST PESSIMISTIC. USE WEBCAMS TO GET ILLUSTRATION OF DATA FROM METAR.

ONCE YOU GET INTO THE AIRCRAFT, YOU SHOULD BE MENTALLY READY FOR THE FLIGHT. CHECK EVERYTHING IS WORKING, ACCORDING TO THE AFM CHECKLIST. BRIEF YOUR FLIGHT COMPANIONS TO REDUCE IN-FLIGHT DISTRACTIONS.



TWO PAIRS OF EYES SEE MORE THAN JUST ONE. DON'T BE AFRAID TO LOOK SILLY, YOUR SAFETY SHOULD GO FIRST. ANOTHER PILOT CAN BRING A USEFUL PERSPECTIVE, WHICH WILL INCREASE YOUR CONFIDENCE AND RELIEVE YOUR STRESS.



FLYING CLUBS COULD INVOLVE EXPERIENCED, SKILLED PILOTS AS VOLUNTEERS TO GIVE ADVICE ON FLIGHT PREPARATION.

You can find links to

- Flight planning briefing card
  - Sunny #9 Winter planning
  - Sunny #17 Weather briefing process
  - Sunny #19 & #20 Airspace complexity
- in the 'RELATED CONTENT' section

Please, send your comments and ideas to:  
[generalaviation@easa.europa.eu](mailto:generalaviation@easa.europa.eu)

Join the GA Community!

[www.easa.europa.eu/community/ga](http://www.easa.europa.eu/community/ga)