# Day component to assess IFF.3 & IFL.3, Recover from upset situations and unusual attitudes

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| **LESSON**  **#** | **LESSON DESCRIPTION** | **DUAL**  **(Day)** | **DUAL**  **(Night)** | **SOLO**  **(Night)** | **PROG**  **Night** | **IF** | **PROG**  **IF** | **TOTAL PROG FLIGHT TIME** |
| NVFR(A)1 | Basic Instrument Flight | 1.0 |  |  |  | 0.7 | 0.7 | 1.0 |
| NVFR(A)2 | Navigation Aid Training | 1.0 |  |  |  | 0.7 | 1.4 | 2.0 |
| NVFR(A)3 | Circuits |  | 1.0 |  | 1.0 |  |  | 3.0 |
| NVFR(A)4 | Circuits |  | 1.0 |  | 2.0 |  |  | 4.0 |
| NVFR(A)5 | Circuits |  |  | 1.0 | 3.0 |  |  | 5.0 |
| NVFR(A)6 | Navigation Exercise 1 |  | 2.0 |  | 5.0 | 0.2 | 1.6 | 7.0 |
| NVFR(A)7 | Navigation Exercise 2 | #0.4 | 2.5 |  | 7.5 | 0.3 | 1.9 | 9.9 |
| ***NVFR(A) Aeronautical Knowledge examination*** | | | | | | | | |
| NVFR(A)8 | Navex 3 - Pre-licence | #0.4 | 2.5 |  | 10.0 | 0.3 | 2.2 | 12.8 |
| ***NVFR(A) flight test*** | |  | **2.5** |  | 12.5 | **0.3** | **2.5** | **15.3** |