

JULY 2022



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Navigating Social Security:

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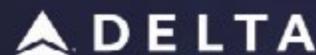
You may be surprised to know that choosing the right Social Security claiming strategy can mean the difference between more than \$100,000 in additional lifetime benefits - or leaving it on the table. Find out which strategies you can take advantage of in our free on-demand webinar exclusively for pilots, including:

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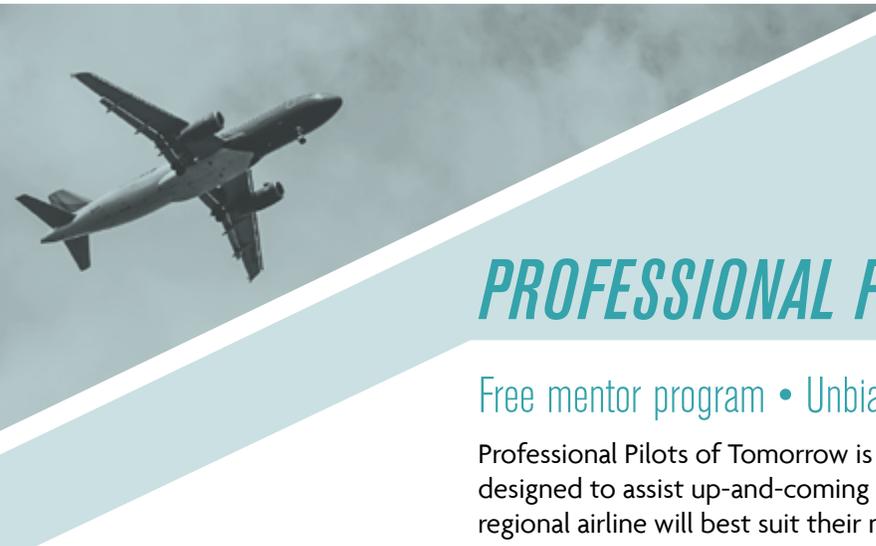
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Dear readers,

Happy Independence Day everyone – always a meaningful holiday on our calendars. It's also vacation time for so many, especially the households with children who are off for the summer and therefore free to travel. Travel is such an enriching experience for young, absorbent minds and we are privileged to be able to introduce our children to the wonders of travel with far greater facility than those outside our aviation industry. We should celebrate that, too.

And speaking of vacations, we have had several of Aero Crew News' regular contributors take time off and it's caught up with us this month. We have some great content for you despite their absence. But you can be assured all your favorites will be back. Meanwhile, we'll keep up with the industry news for you and give you all the best stuff to keep you informed. If you don't already, follow us on social media to get the biggest news faster. We're watching what is going on so you can keep an eye on the steaks.

Now, back to my summer project – building an outdoor kitchen.

Fly Safe,

Craig D. Pieper

Craig D. Pieper

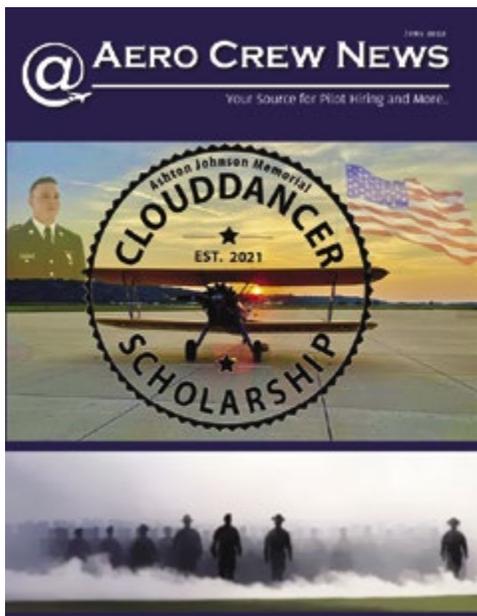


About the Publisher

Craig Pieper is the Publisher and Founder of Aero Crew News. Craig obtained his Bachelors of Science in Aeronautical Science, along with a minor in Aviation Weather, from Embry-Riddle Aeronautical University in 2001. Craig is also a First Officer for a major airline with a type rating in the Boeing 737 & Embraer 145 and has logged over 8,000 hours of flying time since his introductory flight on November 14th, 1992.

June 2022

Last month's **FEATURE**, CloudDancer Helping Veterans to Fly informed us about a newly established nonprofit organization dedicated to helping veterans close the gap on their financial need toward a private pilot license. Our fabulous **BAGGAGE** columnist, Reini Thijssen, provided solid, proven methods for dealing with failure and how to process and cope with the feelings failure inevitably bring. John McDermott's **PERSPECTIVES** column offered guidance on things to consider when you're faced with having to choose your first professional pilot gig. **MONEY** offered solid guidance aimed to save us thousands of dollars in taxes. The health of our investments is very important but nothing is more important than our **FITNESS** so that we can continue in our careers. On that front, we brought you Eric Ray with a summer refresher for keeping fit and hydrated. On the matter of weather, we included two pieces. Sergio Sovero in his **KNOWLEDGE BASE** article titled, Wind Shear and Microburst Avoidance addressed this all-important topic, and in **SQUALL LINE**, Dr. Ajay Raghavendra informed us on the contrail formation and the effects they deliver



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United Debuts New Custom Amenity Kits from Away Ahead of Summer Travel Boom

Airline to offer amenity kits in collaboration with Away on select flights, inspired by Away’s signature design aesthetic

June 1st, 2022, travelers flying in premium cabins on United’s long-haul international and premium transcontinental routes will be the first to experience the airline’s new, co-branded amenity kits designed exclusively for the airline by global travel lifestyle brand Away. Inspired by Away’s iconic suitcases and versatile accessories, United will offer three versions of the amenity kits, each with custom travel essentials and Sunday Riley’s United-exclusive range of clean, cruelty-free skincare products. The collaboration signifies the first time Away, the global travel lifestyle brand, has partnered with a commercial airline.

“As travel demand continues to rise to unprecedented levels, travelers are seeking comfort and quality now more than ever when they fly—that’s why we chose to partner with Away,” said Luc Bondar, vice president of marketing and loyalty and president of MileagePlus at United. ***“Away’s mutual commitment to making travel more seamless, elevated and modern design aesthetic is***

in perfect harmony with United’s brand, and we’re thrilled to have the opportunity to be the only airline to provide this unique offering to our customers.”

Together, United and Away thoughtfully designed each amenity kit to be the perfect accessory for customers to freshen up on long flights and reuse on future journeys. The Away amenity kits offered include:

- **Hard Pod:** For travelers flying in United Polaris® business on long-haul international flights. The sturdy shell and interior elastic band will help keep belongings organized.
- **Sports Pouch:** For travelers flying in United Premium Plus® on long-haul international flights. Featuring a soft, protective material you can keep all your belongings organized—including your other travel essentials.
- **Zip Case:** For travelers flying in United Business on premium transcontinental flights. The water-resistant kit for transcontinental premium travelers is an ideal solution for storing liquids and moving quickly through airport security lines.

“We are thrilled to partner with United to bring Away’s thoughtfully designed products to United travelers around the globe,” said Melissa Weiss, Away’s Chief Marketing Officer. ***“United’s mission to connect the world and their dedication to making travel as effortless***

as possible aligns with Away’s mission to create a more open world by making travel easier. We are certain this unique relationship between our two companies will do just that, making the travel experience more seamless for journeys near or far.”

In addition to co-branded personal care essentials like earbuds, an eye mask, and a dental kit, the Away amenity kits will include United’s In-Flight Remedy skin-care products from trusted partner and customer-favorite Sunday Riley. Sunday Riley custom developed the In-Flight Remedy line to offer United passengers, high-end skincare products on long-haul international flights and transcontinental flights. Formulated with hydration in mind to meet flyers’ needs for increased moisture as they travel, each amenity kit includes a variety of Sunday Riley products, from face creams and cleansing cloths to hand creams and lip balms.

Last month, United unveiled its first brand advertising campaign in nearly a decade [“Good Leads The Way”](#), which highlights the airline’s determination to be a force for good not only for customers, but also for the communities it serves. To get a further look inside each amenity kit or learn more about United’s collaboration with Away, visit united.com/awaykits.



United Becomes First U.S. Airline to Add New Transpacific Destination Since Pandemic

Year-round, nonstop service between Brisbane and San Francisco starts in October

United was the only carrier to maintain passenger service between Australia and the U.S. during the pandemic

United announced, June 8, 2022, year-round, nonstop service between San Francisco and Brisbane, becoming the first U.S. airline to add a new transpacific destination to its global network since the start of the pandemic. From Brisbane, United customers will be able to easily connect to nearly 20 other cities within Australia thanks to the airline's new partnership with Virgin Australia. United was the only carrier to maintain passenger service between Australia and the U.S. during the pandemic.

“With United’s strong history in Australia – and now with a great partner in Virgin Australia – it’s the ideal time for United to expand service to Brisbane as demand for travel continues to grow,” said Patrick Quayle, senior vice president of international network and alliances at United. ***“Throughout the pandemic, we’ve looked for strategic ways to grow our international network, and we’re proud to be the first U.S. airline to put a new dot on our route map across the Pacific.”***

In addition to the new Brisbane route, United currently flies nonstop to Sydney from San Francisco and Los Angeles and offers nonstop flights between Melbourne and the U.S.

The launch of this route is supported by The Queensland Government’s [Attracting Aviation Investment Fund](#), which was established to help rebuild the country’s international tourism industry. United’s new service will support 385 local jobs and bring an estimated \$73 million into the economy. Pre-pandemic, San Francisco was the second largest mainland U.S. inbound passenger market and destination for Queensland travelers. United’s hub at San Francisco provides convenient one-stop connections for more than 80 North American destinations.

“This new service from United is a gamechanger for Queensland and we look forward to welcoming guests from across the United network to experience the sunshine, beaches and Queensland’s unique outdoor

lifestyle,” said Gert-Jan de Graaff, CEO, Brisbane Airport Corporation. ***“Australia is often mentioned as a bucket-list destination for North American travelers, so now is the time for customers to jump on board and see it for themselves.”***

United’s new Brisbane service will operate three times weekly on a 787-9 Dreamliner aircraft that includes 48 lie-flat, United Polaris® business class seats, 21 United Premium Plus® seats, 39 Economy Plus® seats and 149 economy seats. All seats are equipped with seatback on-demand entertainment to help customers pass the time and relax during their travels.

United is the longest serving U.S. carrier in Australia, serving the country for more than 35 years with its first direct service to Sydney in 1986. The airline first began offering nonstop service to Melbourne from Los Angeles in 2014 and recently restarted its San Francisco-Melbourne service this June.



Sky High Receives the First of Two Embraer E190s

Sky High Aviation, an airline based in the Dominican Republic, has taken delivery of its first Embraer E190 passenger jet – becoming the only E-Jet operator based in the Caribbean. The first of two E190s being provided by regional aircraft lessor, TrueNoord, arrived last week at Las Americas José Francisco Peña Gómez airport after transition works were completed at Embraer’s MRO facility in Macon, Georgia, USA. The second E190 is to be delivered to Sky High this month.

The addition of the E190s will bring a new level of comfort for passengers and open new international routes from the region. Sky High currently operates a fleet of two 50 seater Embraer ERJ 145s flying to 10 island destinations in the Caribbean. The E190s have been configured in a comfortable dual-class layout with 98 seats and will serve Sky High's existing destinations as well as opening new international routes to the United States, Central and South America.

Juan Chamizo Alonso, President of Sky High Aviation, said, ***"It's a huge differentiator for us to be the only operator in the region with E-Jet capability, and a great way to celebrate our first 10 years of operations. The addition of the larger, more modern and capable E190 is the next step in our development and our offering to our customers. The E190 is the perfect aircraft to help manage demand in peak times, as well as to open and maintain the international routes essential for our continued development as a leading Caribbean operator."***

Garry Topp, Sales Director at TrueNoord for the Americas, said ***"As a dedicated specialist in regional aircraft leasing, we recognise the importance of improving connectivity across the Caribbean to the US and beyond. We commend Embraer for their approach to working with smaller operators and for providing excellent start-up support to Sky High as they have matured as an airline"***.

Anne-Bart Tieleman, CEO TrueNoord, added, ***"Sky High have worked hard to develop and grow a high-quality network in the Caribbean. We are proud to support them as they take the next step in their upward trajectory and commence operations with the much larger E190 aircraft. We see a lot of further opportunities for the type in this region."***

Mark Neely, VP Sales and Marketing, The Americas, Embraer Commercial Aviation, said, ***"Sky High has been a valued customer since 2019 when they first acquired the ERJ 145s. The addition of the E-190 to its current fleet will more than double Sky High's capacity, and their customers will benefit from the best-in-class comfort of the E190 two plus two configuration, with no middle seats."***



Breeze Airways™ Arrives in Las Vegas, Announces New Nonstop to Akron-Canton

Breeze To Now Serve Las Vegas from 11 Cities Nonstop

Breeze Airways, the Seriously Nice™ low-fare airline founded by aviation entrepreneur David Neeleman, announced a new route from Akron-Canton, OH, to Las Vegas – just as it touched down for the first time in “the entertainment capital of the world” June 9th 2022, inaugurating a new route from Richmond, VA.

The new service from Akron-Canton will be Breeze's 11th new nonstop to serve Las Vegas. Flights will start October 6 and travel is now on sale from just \$99* one way, if purchased by June 13, 2022, for travel by February 14, 2023.

Breeze offers nonstop service to Las Vegas, NV, from:

- Richmond, VA (Thurs and Sun, starting today);
- Syracuse, NY (Fri and Mon, starting June 10);
- Fort Myers, FL (Wed and Sat, starting June 11);
- Norfolk, VA (Thurs and Sun, starting August 4);
- Huntsville, AL (Thurs and Sun, starting August 4);
- Charleston, SC (Fri, Sat and Mon, starting August 5);
- Hartford, CT (Wed and Sat, starting September 7);
- New York-Westchester, NY (Daily, starting September 8);
- Jacksonville, FL (Fri, Sat and Mon, starting September 8);
- Provo-Salt Lake City, UT (Daily, starting October 5); and
- Akron-Canton, OH (Thurs and Sun, starting October 6, Nice from \$99* one way; Nicer from \$139*; Nicest from \$149*).

“It’s a really exciting day today, as Breeze arrives in Las Vegas for the first time – bring out the showgirls!” said Breeze’s Founder and CEO David Neeleman. ***“And with our 11th new nonstop here, more people than ever can get to Vegas nonstop – for really low fares.”***

“We welcome Breeze Airways’ announcement of roundtrip service between the Akron-Canton and Las Vegas markets,” said Ohio Governor Mike DeWine. ***“This new route shows confidence in the growth of the Akron-Canton Airport (CAK) and provides access to a top tourist and convention destination.”***

“The investment Breeze is making in Las Vegas speaks to the enduring allure of this destination,” said Chris Jones, Chief Marketing Officer, Harry Reid International Airport. ***“With these and other coming new routes, Breeze has identified several unserved LAS markets and will soon make it even easier for travelers from across the country to fly to Las Vegas.”***

“We are thankful for a winning partnership with Breeze Airways that allows us the ability to now offer nonstop service to CAK’s #1 unserved destination, Vegas!” said Ren Camacho, Akron-Canton Airport President and CEO. ***“CAK’s convenient airport experience paired with Breeze’s excellent travel product make a sure bet for Northeast Ohio travelers.”***

“Breeze Airways’ decision to choose Akron-Canton Airport for direct, round-trip service to Las Vegas adds more airline capacity accelerating the Airport’s post-pandemic recovery,” said J.P. Nauseef, JobsOhio president and CEO. **“In less than a year, Breeze’s partnership has established seven nonstop markets for CAK, bolstering business and leisure travel options for Northeastern Ohioans while connecting other regions of the country to our state.”**

Breeze will operate all Las Vegas new routes with its fleet of Airbus A220s. The airline plans to more than double its fleet this year, from 13 Embraer 190 and 195 aircraft to 30 aircraft, including 14 Airbus A220s and three additional Embraer E-jets. Breeze has ordered 80 new Airbus A220-300 aircraft, that will be delivered one per month over the next six years, with options for 40 more.

When flying on the A220 aircraft, Guests may choose from three price bundles that are offered as ‘Nice,’ ‘Nicer,’ and ‘Nicest.’

| What’s Included: | Nice | Nicer | Nicest |
|--|----------|---------------|-------------|
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| Carry-on Bag | | ✓ | ✓ |
| Checked Bag | | 1 | 2 |
| Drink and Snack | | ✓ | ✓ |
| Priority Boarding | | ✓ | ✓ |

Breeze’s initial A220 aircraft deliveries will feature 126 seats, including 36 First Class in a two-by-two configuration, 10 Extra Legroom seats, and 80 Standard Economy seats in a two-by-three configuration. The A220 seat configuration is dynamic however and later deliveries will offer 137 total seats, 12 First Class seats, 45 Extra Legroom seats and 80 Standard Economy seats onboard.

With seamless booking, no change or cancellation fees, up to 24-months of reusable flight credit and customized flight features delivered via a sleek and simple app, Breeze makes it easy to buy and easy to fly. Flights are now on sale at www.flybreeze.com and via the Breeze app.



Enhanced Pay and Bonuses for Envoy Flight Attendants

Envoy Air Inc., the largest wholly owned regional airline subsidiary of American Airlines Group (AAG) announced on June 16, 2022 an enhanced pay structure for current and new flight attendants, and a retention and a summer incentive bonus for current flight attendants.

To attract new flight attendants, Envoy enhanced its compensation package to an enhanced rate of \$27.54. In addition to the \$3,000 new hire bonus, the entry level pay increased from \$19.89 to \$27.54. Also, for current flight attendants, there is a retention bonus of up to \$3,000 that will be paid according to their seniority level in the company. Also, flight attendants will have an opportunity to benefit from an additional summer incentive bonus of up to \$4,500. Envoy worked closely with the Association of Flight Attendants (AFA) to make this agreement possible.

“Envoy has continued its growth momentum and we are determined to recruit and retain the best flight attendants in our industry,” said Linda Kunz, vice president of Flight Service at Envoy. ***“The job as a flight attendant is rewarding and Envoy provides outstanding benefits, privileges and career opportunities but we want to ensure we continue to take care of our teams who provide top-notch service in the skies.”***

At Envoy we are proud to say that our flight attendants belong to AAG’s 25,000 professionals that day in and day out are committed to safety, service and professionalism. Those who proudly wear our flight attendant wings are truly among the best in the business. We’re grateful for the warm service they provide to our customers on our flights each day.

Call **(972) 374-5607** for details – and [apply today!](#)



What to Consider When Buying a Plane

WRITTEN BY: JOHN MCDERMOTT

So, you've caught the general aviation bug and are considering buying your own aircraft. Before you bite the bullet, here are some factors to consider ensuring you're getting the most out of the experience.

The biggest dealbreaker in deciding to buy a plane is cost. Ultimately, you need to decide whether the costs associated with owning your aircraft are worthwhile. What this often comes down to is estimating the number of hours you'll be flying and considering whether it's more cost efficient to own versus rent.

Exact details will vary based on the type of aircraft you buy, but after adding up all the fixed costs associated with your plane (to include the upfront cost of the plane, hangar fees, maintenance costs, insurance, etc.), you must estimate the number of hours you'll be flying. Armed with this information, ask yourself, "Is it more economical to rent an aircraft or to own which includes all the additional fixed costs. Again, precise details vary based on the aircraft you're considering buying, and honestly, where you live, but with many aircraft there is a specific number of hours per month (or year) that make owning your own plane a sound economic decision. Many will recommend looking into buying if you reliably fly more than that number of hours.

Aside from the economic angle, there are several other factors that may make owning worth it. For example, when you're renting, you need to worry about scheduling your flights around the schedules of other pilots. When you own your own plane, you can hop in to go flying on your own terms without worrying about other renters. And should you decide to rent out your plane when you're not using it, you can usually arrange scheduling priority over other renters.

Remember to consider that maintenance inspections on a rental aircraft will be done on the owner/operator's schedule. Required inspections will be performed when the owner/operator has time, which may interfere with your own flying schedule. And if you're renting from a flight school with a lot of students, the inherent stressors of frequent student use may necessitate additional maintenance inspections and repairs that could interfere with your flying.

So, let's assume that you've decided to go forward with buying your own plane. What are the next things to consider? First, you should decide why exactly you want to buy a plane. In other words, what's your mission? If you only want to fly solo in your local area, you might consider a small two- or four-seat trainer that is relatively inexpensive. But if you want to fly cross-countries or fly with friends, you may consider a more powerful engine, a plane with more seats, or even a multi-engine aircraft. If you want to fly IFR, you must ensure the plane you're buying is IFR capable and/or that you can afford to bring it into compliance.

Be equally cautious of getting too much and getting too little out of your aircraft. You don't want to buy a plane only to immediately realize you already need an upgrade a few months after purchase. But you also don't want to get stuck with a bunch of extra bells and whistles that you don't really need.

When you've decided on a model, it's time to pick out your specific plane. While aircraft that have cheaper list prices may be attractive, remember that you often get what you pay for and you may end up needing to pay for repairs with a plane that sells on the cheaper end. Meanwhile, a plane with a higher list price might have fresh avionics or paint, might have just had an engine overhaul, or may be straight out of inspection. Regardless, make sure you know your plane's history before you buy, and hire a trusted A&P mechanic to perform a prepurchase inspection to catch any defects before you find them in flight.

Once you have your aircraft, consider any upgrades you want. If it's been a while since the last engine overhaul, maybe it's worth getting one done promptly. If you want new avionics or a new interior, consider having those done early to get the most out of your aircraft.

Your new airplane is yours to enjoy. As long as you're smart and safe about the buying process, soaring to new heights is always a joy. And while there are certainly hiccups to be expected with owning a plane, with the right decision making, your new aircraft should bring plenty of smiles in the blue skies ahead.

About the Author



John McDermott's passion for aviation began in a Michigan bookstore when he found a story about a chance encounter between enemy pilots during World War II. Soon, after watching countless hours of fighter jets and traffic from his home near O'Hare International Airport, he was hooked forever.. [Read More...](#)



IMPOSTER SYNDROME

Overcoming Feeling Like an Impostor

WRITTEN BY: REINI THIJSSSEN

You have a good education, a job people look up to, and everyone praises you. However, is there this voice in the back of your mind saying, “What if they find out I cannot do it,” making you feel like a fraud? Is it often difficult for you to be proud of yourself? Do you find everything you do just normal? Do you doubt or second-guess yourself? Or do you turn to perfectionism and work harder to perform better? If you recognize yourself in any of these statements, you may be dealing with insecurity, better known as impostorism, impostor phenomenon or impostor syndrome. Fortunately, you can influence it.

What is Impostor Syndrome, Impostorism or Impostor Phenomenon?

Impostor Syndrome is not an official mental health diagnosis. Rather, it is a response to society's pressure to achieve, combined with a collection of life experiences and personality traits. In short, it is a thinking pattern that can lead to negative self-talk and self-doubt. Using the term "syndrome" is therefore deceptive because it is not a diagnosis; it is a normal human response that many people experience in their lives.

People who suffer from impostor phenomenon set the bar incredibly high for themselves and underestimate their achievements. As a result, no matter how well they do their job or how many degrees or compliments they amass, they are constantly afraid of being exposed because they doubt their qualities. In addition, impostor feelings are often accompanied by anxiety and depression and are associated with impaired job performance, job satisfaction and burnout among various employee populations.

Recognize the Signs

Research shows that the phenomenon occurs equally among men and women, and the higher educated, the stronger the feelings of impostorism. In addition, intelligent people who have low self-esteem, often self-doubt, and have traits of perfectionism are at a higher risk. Additional triggers for impostorism are having been raised in an overprotective family or within a family focused on achievement.

Career milestones can also trigger impostorism. Every new step makes you doubt whether you can perform. Negative stereotypes can also lead to impostor feelings, especially among minorities and women. If others decide, based on prejudice, that you cannot be successful or intelligent, being successful or intelligent can feel like betrayal.

Validation?

Promotions and other (external) validations often do not help people who feel like a phony; they might feel temporarily relieved when something has gone well. However, every new success in their eyes confirms that they are an impostor. People dealing with impostor feelings, more often than not, do not acknowledge their achievements as their own. According to their mindset, success has little to do with their abilities but is mainly a matter of chance, luck, and external circumstances. In addition, they do not value their performance; they assume that anyone can do what they do.

Risks of Burnout

Risk 1: Overachieving

The risk of burnout as a consequence of impostor phenomenon is real. Many fight against their insecurity by working excessively hard. The first scenario is that you start working harder and become a perfectionist. You do not want to make mistakes because that is proof that you really 'are not able to do it.' The hard work leads to the desired result. Unfortunately, you do not attribute this success to your competencies, but to luck or the support of

others. You feel that the subsequent success depends on external factors, so you do not rely on your competencies for the next challenge. As a result, you continue to feel insecure and are afraid that you will not succeed. This makes you work even harder, becoming even more of a perfectionist, leading to stress-related complaints that eventually can contribute to burnout.

Risk 2: Avoidance

There is a different approach to deal with self-doubt --- fleeing. You do not set the bar unrealistically high but too low for yourself. In order not to be exposed, you avoid challenges. This feels safe wherein you will not fall too hard if you do not reach high. However, if you avoid challenges, you will not experience success either. That means that you cannot experience your strengths. In addition, this protective mechanism ensures that the impostor feelings become strong. Consequently, long-term ambitions might decrease or disappear, deteriorating your overall sense of happiness with burnout waiting to happen.

Overcoming Impostorism

1. Understanding the fears

First, it is helpful to understand exactly what you are afraid of. For example, you fear ending up rejected by everyone or even that you will never reach your goals. Reflecting on those internal fears helps you realize that it is not justified. In addition, practicing reflecting on these fears helps it become easier to recognize impostor thoughts and not act on them anymore.

2. Reflect on the origin

Reflect and ask yourself critical questions. Often the most dysfunctional behaviors have been helpful at some point. How has impostorism ever been functional or helpful in your life? Could it be that this pattern came into your life for a reason? When was it necessary to take the blame when something went wrong? How was it helpful or necessary not to take the for yourself when you did something successful? Who or what could you be loyal to by believing that you are not able to do something? How did not having to succeed provide a feeling of safety?

3. Second opinion

Another helpful tool is to turn to someone more removed from the situation that triggers the impostor feelings. Research shows that people who seek support from a direct colleague or peer will only feel worse because they will often compare themselves to them. However, a family member, a sibling or a friend can help you zoom out and shift the focus from your insecurities to your qualities.

8 Steps to Reduce Impostorism

1. Share your feelings with others. Knowing that you are not alone helps a lot.
2. Separate feelings from facts. Just because you feel like a fraud does not mean you are one.
3. Emphasize the benefits of your personality. Perfectionism can indicate a healthy ambition to excel. You just do not want to excel in everything. Put your best foot forward when it matters but allow yourself to do routine tasks on autopilot. Forgive yourself if the inevitable mistake occurs.

4. Develop a new way of dealing with and thinking about mistakes and failures. Focus on being YOUR best, rather than being THE best. Read more about dealing with failure here. https://aerocrewnews.com/health_fitness/baggage/the-power-of-failure-and-how-to-cope%EF%BF%BC/

5. Understand and adjust your own rules. If you abide by strict rules such as “you can never be wrong” or “you should not ask for help,” realize that you have just as much right as anyone else to be wrong, not to be informed, to have a bad day, or to ask for help.

6. Adopt new thinking patterns. When starting a new job, instead of thinking, “Wait until they find out I have no idea what I am doing,” make an active effort to think differently. For example, everyone who starts somewhere new feels insecure initially. Think, “I may not know everything, but I am smart enough to find out.”

7. Visualize your success instead of thinking about disasters. Just as successful athletes do, envision what it looks like for you to reach your goals.

8. Do not wait until you can before you do and take (appropriate) risks. Your confidence will grow with you.

Finally, some reassurance: People who suffer from impostor phenomenon most probably do not have to worry that they are not capable enough. The opposite occurs with the Dunning-Kruger effect – a cognitive bias wherein less knowledgeable or competent people strongly overestimate their knowledge or competencies. This prevents them from recognizing that their choices and conclusions can be wrong.

Emerald Mental Health specializes in helping pilots and flight attendants via counseling and mental health coaching. Reach out if you need help with this or any other issue.

Sources

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Final note

Feeling insecure does not make you an impostor. Most people with impostor feelings suffer in silence and do not talk about it. This is a consequence of the experience that they fear they are “going to be found out.” However, this experience is not at all uncommon. With practice and talking about it, it is possible to stop feeling like a fraud and learn to celebrate your accomplishments.



About the Author

Reini Thijssen is a Mental Health Counselor and avid traveler. She moved to the United States from the Netherlands in 2019 to pursue a career in counseling. She is a writer for Aero Crew News and specializes in helping aerospace professionals. [Read More...](#)



A Classic Ride to the Lighthouse and a Date with Hemingway

WRITTEN BY: LIA OCAMPO

“Never go on trips with anyone you do not love.” wrote Ernest Hemingway in his memoir, *The Moveable Feast*. Hemingway, one of the best-known figures in Cuba, was an American journalist, novelist, writer, and traveler. He lived in Cuba on and off for three decades and would travel there to escape winters in Idaho.

Traveling with a companion is great but traveling solo gives you the experience of indulging yourself. Cuba is a famous destination for solo travelers. It is safe and only a short flight from the U.S.

Many of us wonder whether is it possible for Americans to travel to Cuba?

According to the [U.S. Embassy in Cuba](#), there are 12 categories of authorized travel to Cuba. Since tourism isn't technically allowed, the category "Support for Cuban People" is the most common category for traveling from the States. Americans are subject to certain restrictions that include supporting the local economy. This means you should stay in an accommodation owned as a private Cuban residence, eat at privately owned Cuban restaurants, called paladares, and shop at privately owned Cuban stores. In addition, travelers need to have a full-time schedule of activities that have them interacting with the Cuban people.

On my solo trip in August 2019, I used the category "Support for the Cuban people" and stayed at an Airbnb. A confirmed booking was required, and my visa was obtained at the gate before boarding the plane. Check out [Cuba Travel](#) for more information.

Traveling solo doesn't necessarily mean you are on your own. You can join a group tour or hire a private tour guide. And if you are friendly (as I am), you may have the chance to meet another solo traveler to hang out with.



I hired the "I Love Cuba Photo Tours" and was lucky to have Rey Cruz as my guide. He is not only a guide but a photojournalist who took my fantastic photos. On my first day, Rey and the owner of a dark red convertible car picked me up early. I was ready to rock and roll.



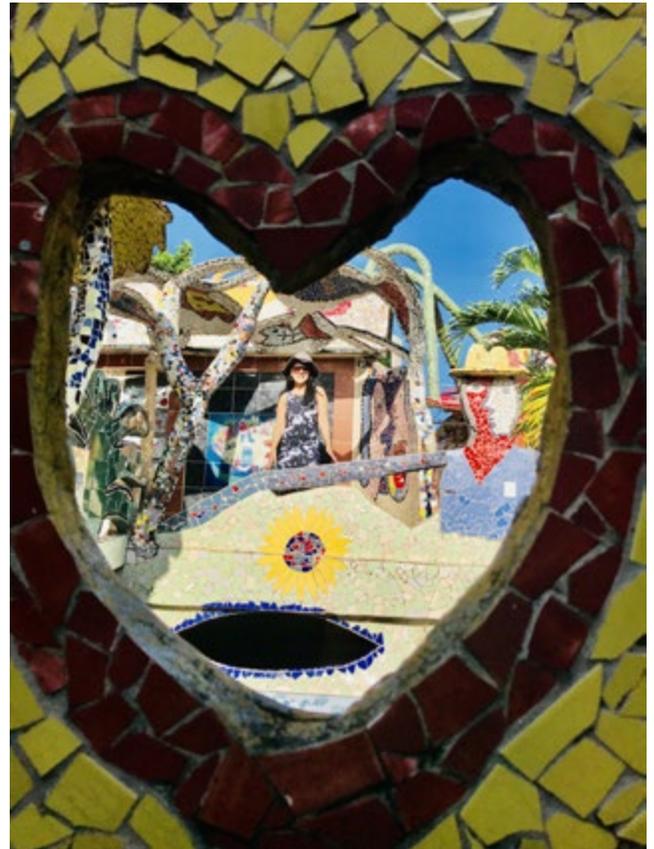
Our first stop was at the park to meet John Lennon, at least his statue, in a park named in his honor. I learned that Cuba banned his music during the 1960s and 70s. Later his statue was erected because Fidel Castro considered him a “fellow dreamer.” Suddenly, I was inspired to sing my favorite song by John Lennon . . . ***“You may say I’m a dreamer, but I’m not the only one. I hope someday you’ll join us. And the world will live as one.”***



There is an old house near the park where Rey takes his clients for a photo shoot. The weather was great and the setting was perfect. Rey busily directed me to achieve my classic photo as I asked myself, “Is this how it is to be a model?”

Our second destination was for breakfast at Café de Cuba in Vedado, located in the central business district of Havana. This neighborhood is home to some of the country’s nightlife and cuisine. Of course, I had to try the authentic Cuban sandwich. Cuban sandwich in Cuba? What a treat! Fusterlandia was our third stop, located outside Havana. It is a wonderland of mosaic

tiles built by a Cuban artist, José Fuster. He was inspired to build his own by similar mosaic parks in Barcelona and Romania. I’ve visited the one in Barcelona and I must say that Fuster’s is great too.



Our last stop was the Faro Castillo del Morro, a lighthouse built in 1845 on the wall of the “Castillo de Los Reyes Magos del Morro,” an old fortress guarding the harbor of Havana. It is one of Havana’s iconic symbols and one of the most visited places by tourists and locals. The lighthouse has appeared in several movies and is a favorite subject for painting and photography. Unfortunately, the lighthouse wasn’t open for climbing that day, so I missed that fun part. However, riding in a classic car to see the lighthouse was more than fun.



Walking the cobblestone streets, seeing the old architecture, public buildings, and elegant classic cars on the streets of Havana was like watching a period movie.



The following day, I took a crowded bus with no air conditioning into Old Havana. I believe that immersing oneself with locals and their culture should be a part of travel, so I didn't mind the uncomfortable experience. On the bus, I met two tourists from California whom I joined to explore Old Havana, including a drink at El Floridita where Hemingway used to hang out and drink his favorite daiquiri, the must-have drink in Cuba. The bar was busy, with tourists singing and dancing (including me) to "Despacito." Everybody was having fun with their daiquiris. Later, we dined at Hotel Inglaterra, Havana's oldest that housed Winston Churchill when he was a reporter covering the Spanish Cuban War in 1895.

Visiting El Floridita, drinking daiquiris, and a photo opportunity with his bronze statue was my date with Ernest Hemingway. I call it my Hemingway experience in Cuba!



Plaza de la Revolucion is an essential place in Havana's history where Fidel Castro delivered his speeches. In the plaza's center stands a memorial tower to Cuban national hero Jose Martí. Classic cars for rental are parked in this area, where you can choose your favorite for your joy ride. I've heard that it is almost a sin to leave Havana without taking a ride in a classic car, so you had better do that while in Cuba!



I was delighted to achieve my goals on my trip to Cuba; ride in a classic car, "meet" Ernest Hemingway, see the Faro Castillo del Morro lighthouse, and eat a Cuban sandwich.

Whether traveling with someone or solo, make it a habit to enroll your trip with the nearest U.S. Embassy through the [Smart Traveler Enrollment Program](#) to stay connected, informed, and safe.



Cuba is a unique destination, diverse and rich in history. If you love cars, I recommend visiting Cuba at least once in your lifetime. You can travel solo or with someone you love. Traveling to Cuba will give you a classic experience and the feeling of traveling back in time.

Please check out [Flying to Cuba](#) for my video story. Until the next trip.



About the Author

Lia Ocampo is a passionate flight attendant and author. Her flying experiences give her the opportunity to meet amazing people and create wonderful memories. [Read More...](#)



IFR Loss of Communications

WRITTEN BY: SERGIO SOVERO

Loss of Communications under an IFR flight plan requires a detailed understanding of the regulatory requirements set forth by the FAA. These requirements direct pilots to adhere to a predetermined plan, thus creating a predictable flight path for air traffic controllers.

It is imperative to understand the importance of troubleshooting the situation which may include utilizing a different radio panel, or even attempting to communicate through a handset. Once the determination has been made that the aircraft has lost communications, the pilot must squawk the loss of communications with transponder code 7600. This action allows air traffic controllers to be alerted to the situation while coordinating the necessary handoffs to the most appropriate ATC facility.

The actions that follow depend on whether the aircraft is flying under VMC or IMC. If under VMC, the pilot is expected to continue operating VFR and land as soon as practical. Likewise, if at any point in the flight the aircraft encounters VMC conditions, landing as soon as practical is expected at the nearest suitable airport.

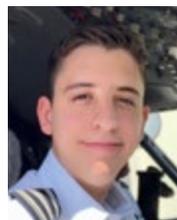
Two criteria are of critical importance – altitude and routing. While operating under IMC with an inoperative radio, pilots are ultimately responsible for terrain and obstacle clearance. Hence, pilots must adjust their altitude to meet the highest of the following – minimum IFR altitude, last assigned altitude, or expected altitude. While the minimum IFR altitude may be the MEA, if operating outside of an airway, the OROCA altitude is applicable.

In terms of routing, the last provided vector takes precedence. If none given, proceed directly to the last assigned waypoint, expected fix, or if not applicable, as filed per the IFR flight plan.

Initiating a descent will vary depending on a number of factors, including the clearance limit and any EFC time (or ETA, if not applicable). Simply put, a clearance limit may be the destination airport or a fix. Careful review of the regulations will assure compliance. Holding may be necessary due to an early arrival prior to the ETA. Plan accordingly and do not initiate an early descent.

Upon landing, if the airport is controlled, expect to receive light-gun signals, and follow them to the final parking position. Given that ATC will not be controlling the approach, consider utilizing the most precise approach available, particularly under low ceiling or low visibility situations. Likewise, review NOTAMs to ensure the approach you will be utilizing is operable. Operating without the aid of ATC will certainly increase workload and pose a threat not routinely evaluated.

Losing communications has the potential to be a manageable albeit abnormal procedure by carefully adhering to FAR 91.185. Ultimately, the PIC is responsible for all decisions. The procedures set forth by the regulation have a single intent; to allow both the controller and the pilot to have a plan, even when voice communications are impaired.



About the Author

Sergio Sovero is a First Officer for a US major airline, Gold Seal CFI, AGI, IGI and currently pursuing his MBA in Aviation. [Read More...](#)



United's Aviate Academy is Off the Ground

WRITTEN BY: KATHLEEN GIBLIN

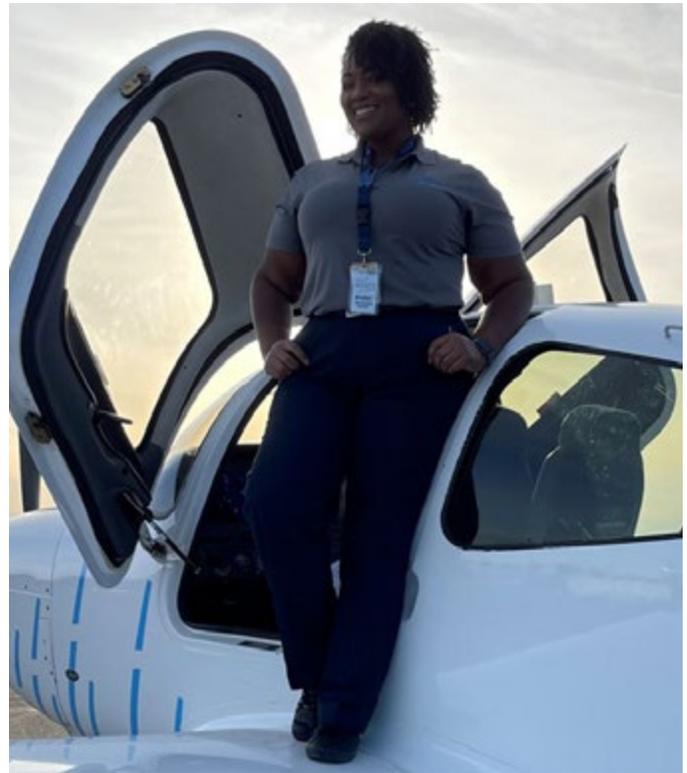
Overview

United, the only major U.S. airline to own a flight training school, officially opened United Aviate Academy (UAA) in January 2022. Located at Phoenix Goodyear Airport (GYR), United Aviate Academy boasts a 340,000 square-foot facility and a fleet of 25 late-model Cirrus TRAC SR20 series single-engine aircraft, with 25 additional on order and the option to purchase up to 50 more. United Aviate Academy's year-long training program sets up students for a career that reflects United's high standard of professionalism and deep commitment to delivering a safe, caring, dependable and efficient travel experience. After completing training at the academy, students can build flight and leadership experience while working within the Aviate pilot development ecosystem at partner universities, professional flight training organizations, Part 135 operators and United Express® carriers on their way to becoming United pilots.



United Aviate Academy expects to train around 500 students annually as part of United's goal to hire approximately 10,000 new pilots by 2030. This unprecedented training commitment will dramatically expand access to this lucrative and rewarding career while upholding United's world-class safety standards.

United Aviate Academy represents a significant investment in the United pilot training program that will create additional pathways to the flight deck for underrepresented groups of aspiring aviators. This initiative supports United's goal of diversifying the flight deck, better reflecting the groups of people that the company serves. United Aviate Academy is breaking down barriers so the pilot population can be open to a much more diverse pool of candidates.



Featured UAA Student Ricki Foster

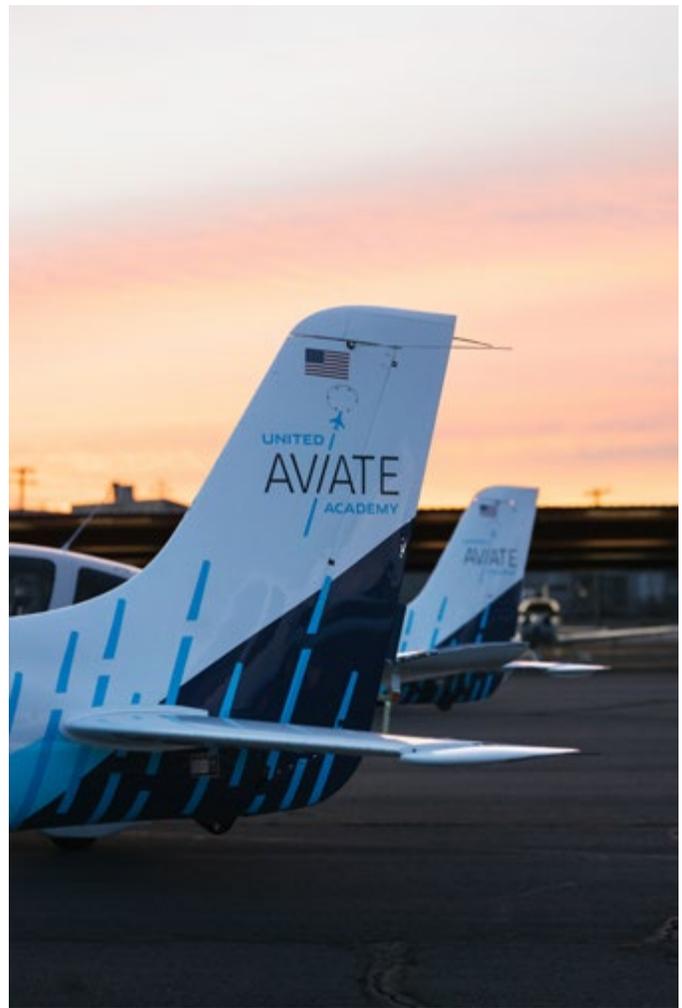
United Aviate Academy is breaking down barriers for aspiring pilots who previously would not have thought this career possible. Ricki Foster, a 38-year-old former flight attendant, is one of these aspiring pilots, whose future has been paved by the opportunities presented to her at United Aviate Academy. After a pilot friend introduced her to the career and she took her first discovery flight, Foster was hooked on the idea of becoming a pilot. Not until mentors encouraged Ricki Foster to pursue this opportunity had she ever thought about it. ***"I enjoyed being a flight attendant, but I didn't aspire to be a pilot, because at that point, it's not something I thought was feasible. I did not see many female pilots, definitely not many black female pilots around, so it wasn't an open door to me,"***



Ricki said. Nonetheless, Ricki pursued flying at a local flight school when she found out about United Aviate Academy and she did her own research before applying.

When asked why she chose United Aviate Academy, Foster stated: ***“The initiative of United Airlines actively working to diversify the flight deck was a big pull for me; that was so admirable, so well overdue, and it really just felt like something no one else was doing.”*** Ricki saw this unprecedented training option as an opportunity to be an active part of the change that’s forthcoming. Ricki describes her journey from the time she submitted her application to now training for her Instrument Pilot Certificate as ***“seamless up to this point.”***

Ricki shares some of her hopes for the future development of the flight deck, stating that ***“any office, any industry, it’s not supposed to look one way; we should strive to look like the demographic we serve. Representation matters!”*** United Aviate Academy helps Ricki and other students realize their potential and train at the highest standards, so that one day in the very near future the United Airlines flight deck can better reflect the diverse communities served.



Aircraft

In response to a surge of over 17,000 applicants to United Aviate Academy since its opening announcement in April 2021, the academy aims to potentially quadruple the size of its fleet of training aircraft. The academy already has a fleet of 25 Cirrus TRAC SR20 series, with 25 more on order and the purchase rights for up to 50 additional. Its integrated Garmin® Perspective+ flight deck includes features found on advanced airliners such as two large flight displays, a Flight Management System keypad controller, an Electronic Stability and Protection system as well as integrated engine indication and crew alerting/warning systems.



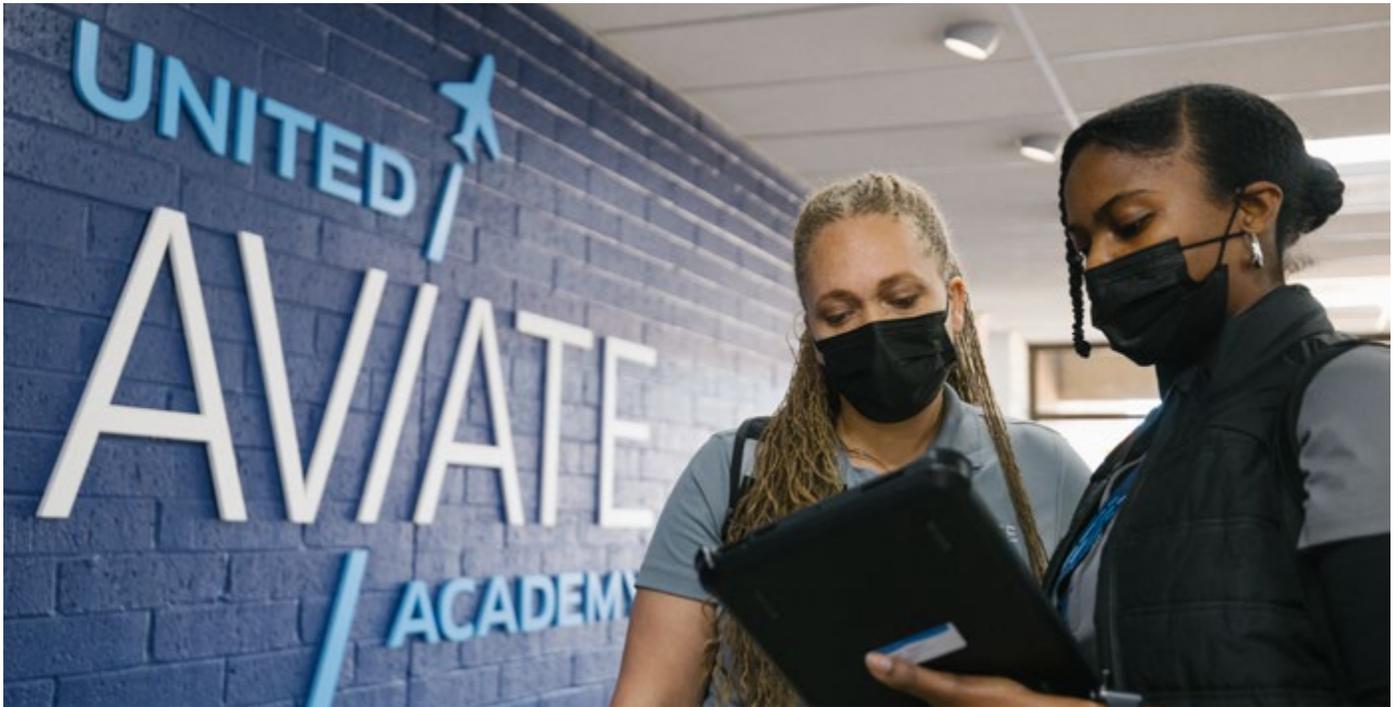
Its durable all-composite airframe with the signature Cirrus Airframe Parachute System® makes the TRAC Series one of the safest and most versatile training airplanes available today. United Aviate Academy is also the launch partner for a significant expansion of CirrusIQ™, which allows for monitoring of flight data, enabling United Aviate Academy students and instructors to do enhanced debriefings after each lesson. Additionally, because United Aviate Academy has these state-of-the-art aircraft, instructors teach upset recovery training, which is more aligned with military aviation training over the traditional flight school environment.

United Aviate Academy also recently purchased seven state-of-the-art FRASCA simulators, including some with 220-degree wraparound displays, with the first of these brand-new flight simulators delivered in April. These high-quality flight simulators

feature hardware and software that operates exactly like the aircraft, for maximum effectiveness for students. Paired with the advanced technology of the aircraft and simulators on campus, students also benefit from the close proximity to many auxiliary airfields in the Phoenix area and favorable weather for year-round flight training.

Financing

Earning a commercial pilot's license in the U.S. can cost about \$100,000 and becoming an Airline Transport Pilot requires 1,500 hours of flight time, which involves a significant financial commitment. The cost of training at United Aviate Academy through graduation is roughly \$70,000, which takes students from their instrument rating through to their multi-engine instructor rating. United covers the cost of the private pilot's license for successful applicants, though the written



portion of the FAA private pilot test must be completed before acceptance to the academy.

United and JPMorgan Chase & Co. have renewed last year's commitment to fund nearly \$2.4 million in scholarships for future aviators attending United Aviate Academy, opening the door to a lucrative career for people who previously didn't have the opportunity. United also works directly with the following organizations to educate prospects about the benefits of becoming a pilot and to identify candidates for scholarship opportunities:

- **Latino Pilots Association**
- **National Gay Pilots Association**
- **Organization of Black Aerospace Professionals**
- **Professional Asian Pilots Association**
- **Sisters of the Skies**
- **Women in Aviation**

The scholarship program offers a mix of full- and partial-tuition scholarships to reduce or eliminate the financial barrier. Students admitted to the academy are eligible to apply for scholarships and they will be disbursed as they progress through training. Loans are also available from loan partners, ZuntaFi and Sallie Mae.

How to Apply

Eligibility requirements for application to United Aviate Academy include students who:

- **Are at least 18 years old**
- **Are a U.S. citizen or legal permanent resident (the academy is not sponsoring foreign visas at this time)**
- **Have a high school diploma or GED**

For applicants without a Private Pilot License (PPL), the academy conducts pre-recorded

video interviews via a tool called Modern Hire. Candidates who pass the initial application will receive a link to complete their video interviews and submit them within seven days. For those applicants with a PPL, application submission is via Airline Apps and there will be an in-person interview as part of the selection process into United Aviate Academy and the Aviate program.

After the application is submitted, applicants will have a series of online assessments, that focus on strengths, thinking style, and work preferences. Successful applicants will first receive conditional acceptance. The conditions include achieving a score of least 80% on the FAA knowledge test (applicants with a PPL are exempt from this requirement) and holding a valid FAA medical certificate that was originally issued as a first-class medical certificate. Additional conditions of acceptance include passing background checks, passing a drug screening, providing physical proof of U.S. citizenship, and providing proof of COVID-19 vaccination.

Pathway to United Airlines Pilot

Upon official acceptance to United Aviate Academy, students will spend about two months completing their Private Pilot flight training hours. This program integrates computer-based instruction, ground training, and aircraft flight training. After completion of the Private Pilot License and successful appraisal from the Board of Review, students are accepted into Aviate, United's industry-leading pilot career development program.

After students are accepted into the Aviate program, they then complete the following ratings and certificates in these approximate timeframes:

- **Instrument rating – 2 months**
- **Commercial SE initial – 3 months**
- **Commercial ME add-on – 1 month**
- **Certified flight instructor – 2 months**
- **Certified flight instructor (instrument) – 1 month**
- **Multi engine flight instructor – 1 month**





At this point, students have officially completed their flight training at United Aviate Academy. Students must then work toward their ATP hour requirement, where they have the opportunity to instruct as a CFI at United Aviate Academy or at one of Aviate's partner schools and Part 135 operators. While the United Aviate program has many quality partners where students can work toward building ATP hours, students can also work as a commercial pilot at another operator, instruct at a local airport, or build hours by any other manner.

After earning their ATP, students can gain invaluable experience flying with a United Express Aviate partner, which include Air Wisconsin, CommutAir, GoJet Airlines, and Mesa Airlines. The minimum service requirements are 24 months and 2,000 flight hours for First Officers, or 1,500 flight hours for Captains, with a United Express Aviate partner. Upon completion of the minimum transition requirements with United Express, candidates are eligible to transition to United as a First

Officer. When a First Officer position opens with United and candidates are at the top of the priority list, they'll receive a class date at United. Finally, upon joining United as a First Officer, pilots begin the dream career toward the left seat as a United Captain.

Interested in learning more?

Find out more about United Aviate Academy or the United Aviate Program at unitedaviate.com.

Sign up on this site with your email address to get the most up-to-date information on Aviate news and events.





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