

Start Here

Congratulations on starting your piloting adventure! Training is both exhilarating and challenging. You will have training days where you feel on top of the world and others where you know you could have done better. It's an exciting process, and everyone is here to support you and help you stay motivated and learning! When you need help or encouragement don't be afraid to talk to an instructor—we've all gone through the same training and understand the high and lows.

恭喜你开始了你的飞行冒险！训练既令人兴奋又富有挑战性。有些日子你会觉得乘风破浪战无不胜，当然也有时候你感觉还有很多提升的空间。这是一个令人兴奋的过程，每个人都在这里支持你，帮助你保持动力和不断学习！当你需要帮助或鼓励的时候，不要害怕和老师交谈——我们都经历过同样的训练，都明白训练中的高潮和低谷。

Training time will mainly depend on frequency of flying and self-study. You should enroll in an online ground school, but know that every student will need in-person ground training with an instructor as well. Home self-study will save you a lot of time and money helping you come better prepared and knowledgeable for each flight and/or ground lesson.

训练时间主要取决于飞行次数和自学程度。你应该注册一个在线Ground school进行理论学习，即便如此，每个学生都需要导师亲自教授理论课程。在家自学可以为你节省大量的时间和金钱，帮助你为每次飞行和/或地面课程做好充分的准备。

For your first lesson please bring a government issued ID AND a passport. You will fill out a release of liability form. I will also provide a hard copy of the rental agreement.

第一节课请带上政府颁发的身份证和护照。你要填一张免责表，而我会提供一份租赁协议的复印件。

There are 4 stages of training to be completed prior to the check ride (practical exam) with a FAA representative called a Designated Pilot Examiner (DPE). The check ride consists of a 3-4 hour oral exam on your aeronautical knowledge followed by a 1-2 hour flight with the DPE. This might sound daunting at first, but we will get you well prepared to ace this exam! You and your instructor will work as a team to determine when you are ready to test. Prior to scheduling a student for a check ride, the student will need to have completed their written exam at a certified testing center.

在最终的飞行考核(实际考试)之前，有4个阶段的培训要完成。最终考核由联邦航空局代表，又

称指定飞行员检查官(DPE)进行。考核过程包括3-4小时的航空知识口试，然后1-2小时的 DPE 飞行。这可能听起来令人望而却步，但是训练会帮你做好准备，在考试中取得好成绩！你和的导师将作为一个团队来确定什么时候可以进行测试。在安排学生进行考核之前，学生需要在 TSA认证的考试中心完成笔试。

Private Pilot To Do & Shopping List

私人飞行员待办事项和购物清单

Students are always encouraged to shop around for the best deal (Amazon, Sporty's Pilot shop, eBay [good deals for used items] etc.).

建议你货比三家，寻找最优惠的价格(亚马逊，Sporty's Pilot shop，eBay [二手好物]等等)。

Books 书籍

- Syllabus 教学大纲
 - Our guide for training, 4 stages for the private pilot to get ready for the check ride.
 - ~ \$100 hard copy only purchased from onsite store
 - 飞行学校费提供的训练指南，飞行学校免费提供或者付费购买
- Pilot's Handbook of Aeronautical Knowledge (PHAK) 飞行员航空知识手册
 - Primary reference book
 - Purchase a hard copy or download online for free from FAA website
 - https://www.faa.gov/regulations_policies/handbooks_manuals/aviation/phak
 - Other option: Rod Machado's Private Pilot Handbook (adds humor and makes the information relatable)
 - 核心参考书，可以购买纸质版或者下载FAA网站的免费电子版本
- Airplane Flying Handbook 飞机飞行手册
 - Provides basic knowledge and skills for pilots.
 - Purchase a hard copy or download online for free from FAA website
 - https://www.faa.gov/regulations_policies/handbooks_manuals/aviation/airplane_handbook
 - 提供基本的飞行知识和技巧，可以购买纸质书或下载FAA的免费电子版本
- Airman Certification Standards (ACS) Private Pilot Airplane私人飞行员认

证标准

- This is the document used during your check ride exam with the designated pilot examiner. During training, maneuvers learned will be to the standards listed in this document.
 - Purchase a hard copy or download online for free from the FAA website
 - https://www.faa.gov/training_testing/testing/acs/media/private_airplane_acs_change_1.pdf
 - 最终checkride的考核标准，可以购买纸质书或下载FFA的免费电子版
- Private Pilot Oral Exam Guide, Author: Michael D. Hayes私人飞行员口试指南
- Start reading about 3 weeks out from your check ride date or sooner if the other materials are finished.
 - Hard copy or electronic ~ \$13
 - 最终口试的备考材料，建议在checkride前三周内开始学习
- FAR/AIM 联邦航空法规/航空咨询手册
- Important basis of information and regulations that pilots are subject to.
 - Federal Aviation Regulations and Aeronautical Information Manual
 - purchase a hard copy (often preferred by students & instructors) or electronic copy can be stored in ForeFlight ~ \$20
 - 航空法律法规的重要基础知识，建议购买纸质版本
- Aviation Logbook 航空日志
- Tracking flight times, training, and endorsements ~ \$10
 - 用来追踪记录训练时长，训练内容等
- Pilot's Operating Handbook (POH)飞行员操作手册
- based on training aircraft Cessna 152 or Cessna 172S Nav I/II (not Nav III)
 - hard copy or free pdf versions online
 - 根据飞机型号而定，是飞机各项指标的参考标准

Supplies 设备

- Rotating Plotter 飞行绘图器
- Used on aeronautical paper charts for flight planning ~\$10
 - 远距离飞行做计划需要用到的工具
- E6-B flight computer E6-B飞行计算尺
- Used for flight planning calculations
 - manual wheel one [often preferred by instructors and students]

~\$15 to ~\$40 or electronic one ~ \$80 to ~\$100)

- 同样在进行飞行规划时需要用到的工具，根据材质不同价格有所差异

- Foggles 飞行训练眼镜

- Required if continuing to instrument rating, can be borrowed for private pilot certification ~ \$20
- Shaded clear glasses to obstruct outside view and only permit view of instrument panel (gauges) in the airplane to simulate clouds or visual obstruction.

- 仪表盘训练 (IFR)时需要, PPL阶段可以借CFI的, 暂时不用买

- Head Lamp 飞行头灯

- Used for night flying (red and white light) ~\$20

- 夜间飞行训练必备

- Kneeboard and/or iPad 飞行用记事本或者Ipad

- This is really pilot preference.
- iPads are recommended, but not necessary for the first few flights.
- Some pilots prefer to have an iPad with a pen and paper clipboard "kneeboard" to take notes.
- Some pilots prefer the iPad-mini and others prefer larger ones to use the split screen for Foreflight and note pad rather than having a pen & paper notepad.

- 可以绑在大腿上或固定在方向盘上的记事本/ipad, 方便飞行员在飞行过程中记录塔台信息

- Headset 飞行耳机

- PSA has limited headsets for students to borrow for first couple of lessons, by the 3rd lesson students needs to show proof of purchase of a headset.
- David Clarks dual plug (cheaper option ~ \$300, used by the military)
- Bose A20 dual plug noise cancelling with or without blue tooth (more expensive option ~ \$1,200 but superior noise cancelling)
- Search around and read online views, determine your long terms goals in aviation to determine the best investment, ask instructors/other pilots on their experience

- 与塔台沟通的飞行专用耳机, 推荐购买质量好的高降噪耳机, 能清晰听清塔台指令

- Aeronautical Paper Charts 纸质航线图

- All students are required to have paper copies of the Los Angeles terminal area chart (TAC) during training (~ \$8).
- Technology can fail therefore it is imperative we always have current paper chart copies.

- Once a student begins flight planning, the Los Angeles sectional chart (SEC) and/or San Diego sectional chart (SEC) are also required.
- You can purchase these from the PSA pilot store or online through a chart vendor.
- Charts need to be current for flying (expired charts can be used for practice at home).
- 学员在飞行训练中要能够熟悉使用纸质航线图，万一飞行中软件故障可以依靠纸质航线图判定方向和导航。

Apps

- ForeFlight
 - Usually starts with 1 month free trial. After that, at least the basic yearly subscription ~\$120. You can always upgrade later in training.
 - 基本版年费\$120，飞行员必备
- Flight Aware or Flight Radar 24
 - Free
 - Allows you to track planes
 - 免费APP，可以用来追踪其他飞机

Websites

- YouTube free training 免费油管PPL视频
 - So many options, my favorite for private pilot is ERAU (Embry-Riddle Aeronautical University) Private Pilot Playlist which has 63 well-made and direct to the point videos.
 - https://www.youtube.com/playlist?list=PL-5QIDZIK74GrL0fb6V_FZSLX86V9A7j4
- Live ATC
 - Listen to current radio communications to help learn the lingo
 - <https://www.liveatc.net/>
 - 练习和熟悉与塔台的交流

Online Ground School

It is recommended to enroll/purchase some type of online ground school to prepare for the FAA written exam for each certification/rating. The online ground school will also help prepare you for the oral exam portion of your check ride with the FAA's designated pilot examiner. There are numerous sites providing ground school and costs vary. I recommend looking at several

platforms to determine which is best for you.

- Sporty's
 - <https://courses.sportys.com/training/portal/home/courses>
- King Schools
 - <https://kingschools.com/>
- Gold Seal
 - <https://groundschool.com/>
- Bold Method
 - <https://www.boldmethod.com/>
- Pilot Institute
 - <https://pilotinstitute.com/>
- Gleim Aviation
 - <https://www.gleimaviation.com/>
- Angle of Attack
 - <https://www.angleofattack.com/>
- And so many more...

网上ground school, 上面推荐的几个都很好, 选谁都没错