

**FAQs:**

[ORO.FTL](#), [Part-ORO](#), [Air Operations](#), [Regulations](#)

**Question:**

**Rest prior to an FDP ORO.FTL.235 (a): If a crew member with office duties spends one day in the office, what should be the duration of the rest before his/her reporting for an FDP?**

**Answer:**

The minimum rest period at home base before undertaking an FDP shall be in accordance with ORO.FTL.235 (a) (1) and (2).

Time spent at the office is duty time in accordance with ORO.FTL.105 (10).

**Last updated:**

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**Link:**

<https://www.easa.europa.eu/bg/faq/47609>