

**FAQs:**

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

**Question:**

**Increase of interval between two recurrent extended recovery rest periods**

**ORO.FTL.235(d): Can the 168h limit between two extended recovery rest periods be extended? For example, a crew member reports at Paris on Monday at 7am and ends a series of flights in Singapore, on Sunday, at 8 pm; he/she should be given his/her extended recovery rest period in Singapore, but might be willing to come back to his/her base, hence infringing the 168h limit through positioning.**

**Answer:**

No. The 168h limit between two extended recovery rest periods can only be extended through an amendment of ORO.FTL.235 (d).

A Member State can propose an amendment to ORO.FTL.235 (d), in particular, and to the implementing rules, in general, in accordance with Article 71 of Regulation (EU) 2018/1139.

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**Link:**

<https://www.easa.europa.eu/et/faq/47613>