



## SUCCESS THROUGH TEAMWORK

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### UNITEAM MARINE NEWS

is designed to be of interest to our crew and to keep all Uniteam Marine employees informed of developments in our company.

We appreciate your feedback and welcome any articles of interest or humour that you would like us to include in our publication.

Email us at [marketing@uniteamservices.com](mailto:marketing@uniteamservices.com)

## UNITEAM TRAINING NEW CERTIFIED COURSES

We are very pleased to announce that Uniteam Training has been approved by Myanmar's National Skills Standard Authority as a Skill Assessment Centre for Welding Competency Assessment in Shielded metal arc welding (SMAW) Level-1 and Level-2, as well as Gas metal arc welding (GMAW) Level-1.

We are happy that our focus on both quality and innovation has been recognised by Myanmar's authorities and this will motivate us to continue our pursuit of excellence in every aspect of our work.

**Ola Sawicka, Head of Corporate Communications & Marketing / Leading Myanmar Operations**

## FIT FOR DUTY?

Eating healthy foods and exercising regularly are challenges for almost everyone but especially if you are following a seafaring career.

Sure, it is tough to find the time and motivation to devote to a healthy diet and exercise routine but the mental and physical benefits of following a healthy lifestyle are significant, and the bottom line is that consistently healthy choices lead to a longer life. The greatest wealth is our health!

In 2018 we are focusing on improving the health and well-being of all Uniteam Marine Seafarers. At the 2018 Officer Owner Event, which will be held in Yangon we launch our Health initiative. We will have very special guest speakers talking about nutrition, food safety, physical and mental health to educate and inspire us all to live healthy life.

Have you ever heard the Latin phrase 'mens sana in corpore sano'? Usually translated as "a healthy mind in a healthy body" the proverb which is of Greek origin insists that the mind and body should be both healthy and sound. A healthy person can think normally and act instantly in any given situation. A sound body means a healthy body, free from diseases. A sound mind means a mind capable of good, positive and free-thinking mind.

The food you eat can either be the safest & most powerful form of medicine... or the slowest form of poison. We all certainly have some choices. Better health is central to human happiness and well-being.

### DID YOU KNOW?

- 1/3 of all cancers are preventable.
- Smokers can lose 1/3 of their everyday memory.
- 33% of those who drink four or more caffeinated beverages, such as soda or coffee, daily are put at a higher risk for sleep apnea

Hectic work schedules and stress can make seafarers a part of the 'unhealthy' population, which is according to various statistics, on the rise. Of course, if staying fit and being active was easy, this wouldn't have been the case. It is difficult to change habits and diets sometimes but to share with you a few useful tips with you that you might consider;

### FOOD

Try to consume a balanced and healthier meal at home and on board. Seafarers normally can choose to have a meal that includes fruits, vegetables, fish and lean meats. Have white meat 'grilled, roasted or steamed' rather than fried. Brown rice is also better than white. But if it's not available, you can just perhaps reduce your white rice intake. Breakfast should not be skipped – it is the most important meal of the day. Seafarers need the right energy levels to do effective and safe work.

Try to detoxify daily. Take the '8 Glass Challenge'! Try to drink eight (8) glasses of water a day as this will help cleanse your body of all toxins that may weaken your immune system which can lead to sickness.

Minimize alcohol intake as possible at home and onboard if your company adheres to such a policy.

At home or when possible on board take the 'Milk Challenge'! Drink milk instead of carbonated drinks. Milk gives calcium that our body needs for stronger bones, which most seafarers should have because of the nature of their work at sea.



### EXERCISE

Do brisk walk or jog at home. On board, if the weather is good, seafarers can do a brisk walk around the ship. This will awaken your body.

If possible, maintain a daily workout by engaging in any sports activity that is available on board. This will not only exercise your body, but it will also boost the camaraderie among your shipmates.

Keep in communication with family and friends as much as possible. With WIFI available onboard some ships and in many ports, this should be easier than it ever was. Talking and seeing pictures and videos of your family and friends will help lessen any stress you may acquire while you are on board.

Always have a positive attitude. Seafarers need to adjust to the changes that may happen on the ship. Being open-minded will broaden not only your knowledge but your skill in listening to others side. No matter how hard the situation keeping a positive attitude will make a big difference.

And finally rest... apparently, a person will die from lack of sleep sooner than they will from starvation, which usually takes a few weeks.

I leave you with one final thought; 'to keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.' [Brainyquotes.com]

**Richard Knighton, Fleet Personnel Deputy Director**



## THINK LSR – ALCOHOL, DRUGS & SMOKING

Since the dawn of history, mankind has made use of naturally occurring substances for medicinal, religious and social purposes. These substances may be used to control pain, to make people feel relaxed and happy, or to alter mental perception. These natural substances, and an even wider range of artificially created products, may all be classed under the definition of drugs.

Medicinal drugs clearly can do a great deal of good and have led to significant advances in the length and quality of people's lives across the world.

Almost all modern societies use some form of recreational drugs, many of which are legally available. Perhaps the most common, particularly in the West, is alcohol and this plays a significant role in the life of many societies and communities. But alcohol is not the only "mainstream", legal drug. Many societies which prohibit or ignore alcohol make use of other substances such as caffeine from coffee or tea, betel nut (kwun-ya or paan), coca leaf, khat and, of course, tobacco.

Attitudes to drugs, both medicinal and recreational, vary widely between states, societies and individuals, but one thing is certain: the misuse of drugs can have a devastating effect on individuals, organisations and whole societies. Some statistics collated by the United Nations International Drug Control Programme (UNDCP) make sobering reading:

- Alcoholism causes 500 million lost work days each year
- It is estimated that 10-30% of the accidents at work are related to alcohol and that problem drinkers have a 2-4 times higher chance of an accident than non-drinkers
- In 2003 the collision between the Staten Island Ferry and a pier, which killed 11 people and injured over 70 more was due in part to the Captain's use of the legally available painkillers Tylenol and Tramadol
- In 2008 a flight operated by Aeroflot crashed killing 88 people; the Russian Air Accident Investigation commission found that the pilot had become disorientated due to alcohol intoxication
- In 1998 it was estimated that fires caused by smoking did \$27 billion worth of damage worldwide
- A single cigarette thrown from a moving car in the Mont Blanc Tunnel led to a fire which caused 39 deaths, closed a major route between France and Italy and cost around \$1 billion
- A US Coast Guard study into recreational boating accidents found that at least 23% of fatalities and 9% of non-fatal injuries resulted from accidents in which alcohol or drugs were a contributing factor
- A US Department of Justice study found that as many as 40% of violent crimes occur under the influence of alcohol.

All drugs alter the human body's function in some way; typically this may include:

- A change in depth perception and the judgement of distance
- Changes to peripheral, colour and night vision
- Changes to balance and coordination
- Changes to comprehension, concentration and reaction time
- Increased fatigue (with some drugs this may occur after the effects of the drug have worn off)

Prolonged drug use may lead to a wide range mental and physical health problems including:

- Depression
- Anxiety



- Panic attacks
- Psychosis
- Increased chance of lung cancer (smoking tobacco or cannabis)
- Increased chance of mouth cancer (smoking, alcohol, paan, khat)
- Increased chance of throat cancer (smoking, alcohol, paan)
- Liver damage (alcohol, paracetamol)
- Sexual dysfunction
- Kidney failure (MDMA or ecstasy)
- Increased risk of heart attack or stroke

The message is clear: drug use can be very harmful to your health and irreversible effects can build up over time. The possession and use of some drugs, including alcohol, may be illegal depending on your location. Penalties for drug misuse or drug trafficking are usually severe and may even include the death penalty. If you are involved an accident whilst under the influence of alcohol or drugs you may face criminal prosecution.

### DRUGS AND SAFETY DON'T MIX.

Safe working practices are of prime importance on an efficient, well run and happy ship. All drugs, including alcohol and prescribed medicinal drugs, may have side effects which increase the risk of accidents on board.

The effects of a drug may not be limited to the time immediately after it is taken. Even in moderate doses many substances remain in the body and affect the user for hours or even days. Slow reaction times, poor coordination and loss of memory caused by drugs can turn everyday tasks into a nightmare for the affected person and seriously increase shipboard hazards, not only for the drug abuser but for everyone on board.

Perfectly legal drugs can adversely affect crew performance and can be potentially just as dangerous as illegal drugs. All crew members are required to advise the company of any medication they are taking that has been prescribed by their doctor. This is particularly important because certain prescribed drugs may also give a positive result in a drugs test.

At sea everyone is responsible, not only for their own safety, but the safety of others. It is in everyone's interest that drug abuse be eliminated from every part of the maritime industry.

Look after yourself, look after your family and look after your shipmates.

### STAY LEGAL - STAY SAFE - STAY HEALTHY LIVE WELL - THINK LSR

*Peter Chilman, QSE Manager*

## MAIDEN VOYAGE

Just a few days before Christmas Uniteam Marine was delighted to take over the management of a brand new 2200 TEU Container vessel, MV Kalamoti Trader.

As well as crew management, the owners have entrusted full Technical and QSE management of their new ship to Uniteam Marine.

Key officers flew to the shipyard several weeks beforehand to get to know their new ship and assist with preparations for sea. A few days before the final registration of the vessel, they were joined by our experienced shore-based managers to ensure a smooth takeover from the builders and check that everything was fully prepared for a successful maiden voyage and first commercial charter. We wish our new ship and her crew: "Fair winds and following seas."

*Lars Evers, Technical Director*



## OFFICE JUBILEES



Our warmest congratulations to Ms. Liza Modestou, Crew Payroll Competency Head and Ms. Andriana Socratous, Procurement Officer at Uniteam Global Business Services.

Liza has been with the company for 25 years and Andriana for 10 years.

Our CEO Mr. Holger Ruether had the pleasure of marking the occasion by extending his thanks for their loyalty and contribution to the success of our company.

## 360° SIMULATOR

Uniteam Training's 360° Full Mission Ship Maneuvering Simulator is arguably Myanmar's most advanced maritime facility for the training of both newly qualified and experienced deck officers alike. Designed and approved in accordance with the requirements of STCW (2010, Manila Amendments), it allows participants to experience a wide range of complex and challenging shipboard scenarios in the safety and comfort of our training centre in Yangon.



The simulator is mainly used in Bridge Resource Management (BRM), Leadership and Teamwork (BRT) and Ship Handling Courses. If required, it can fully demonstrate specialized navigational operations such as Integrated Bridge Systems and Ice Navigation. With our simulator, we can effortlessly change the view from the Singapore Straits to the Strait of Gibraltar, turn flat calm seas into a raging North Atlantic storm, and turn daylight into pitch darkness, all with the click of a mouse.

All simulations are accompanied with additional exercises to optimize the learning experience. Participants get a chance to test themselves in real live emergency situations such as man-overboard, failure of the main engine

and steering gear or a fire on board – just to name a few. The realism of the scenarios combined with the advanced features of the simulator exposes them to a realistic environment that is otherwise not accessible through classroom training alone.

During debriefing after courses, it is clear that participants greatly appreciate the authenticity of the simulator. In the last few years, Uniteam Training has conducted more than 300 courses using the 360° simulator, and we are constantly updating the software to reflect new ports, more situations and new ship types.

An interesting fact: Immersed in the sights and sounds inside the simulator in "stormy weather", non-seafarers tend to become seasick in no time! This is where your brain is tricked into thinking you are on board a ship, and you become fixated on a horizon, which is not actually a horizon but simply an image projected on a number of computer screens.

For our regular courses, please consult [www.uniteamtraining.com](http://www.uniteamtraining.com) or drop by in Uniteam Training in Sanchaung Township where our friendly staff will be happy to assist you further.

We look forward to welcoming you in 2018!

*Than Tun Aung, Uniteam Training – Section Lead (Marine)*

## UNITEAM GLOBAL BUSINESS SERVICES EVENT IN MYANMAR



Uniteam Global Business Services (UGBS), the latest addition to Uniteam Group of Companies, launched its services in Myanmar during an exclusive conference held on 17th and 18th October in Pan Hlaing Conference Hall, Yangon.

The event consisted of two parts. During the first day UGBS's field experts shared their knowledge on subjects such as:

- Financial Management & Accounting Administration
- Information Technology
- Human Resources Management
- Staff Payroll

The second day was an opportunity for direct interaction and the attendees - prominent representatives of Yangon's business community - were encouraged to participate in workshops led by members of each of UGBS's service lines.

Uniteam Global Business Services has an accumulated experience of over 25 years, serving customers coming from the shipping, training, real estate and hospitality industries. The aim is to support the core processes of our

partners and create economies of scale, cost efficiencies, flexibility and quality improvement through consistency and standardisation.

In his opening address, Mr. Andreas Papanisiforou, Managing Partner of UGBS noted "Our unique value proposition is that our group has been present in Myanmar for over 30 years and we have hands-on experience in how to operate successfully here. Our assistance is not only advisory but also, especially in terms of book keeping and financial management, our partners can fully outsource their operations to us."

If you are interested in finding out more about how UGBS can help your business, please contact the leadership team directly or visit our website [www.uniteamservices.com](http://www.uniteamservices.com).

*Emilios Couvas, Uniteam Global Business Services, Head of Operations*

## PORTRAIT OF NELU RADU, PROCUREMENT OFFICER



Nelu Radu has been with Uniteam Marine since September 2016.

How did you join Uniteam Marine?

I joined Uniteam Marine in Hamburg as I had to search for a new job after my previous company closed down. I was called for an interview by former technical director Mr. Jure Kutlesa and was accepted. Since then, I have been happily working as a procurement officer.

What are your tasks as Procurement Officer?

As a procurement officer I handle all requisitions/orders for spare parts, stores and services issued by the vessel's crew or requested by the technical manager of the vessel. Basically, the procurement officer is the link between vessel, supplier, technical function, logistics company and the local agents who arrange the deliveries on board.

What do you like most in your job?

The fact that I work in a pleasant environment with nice colleagues, from purchasing and other departments aside, I enjoy assisting our crew on board to get the spares they need so they can safely run the ships.

Meeting and establishing great connections with our supplying partners is also a positive aspect of this job.

What do you especially like in the shipping business?

Shipping is a very dynamic, complex and always challenging sector.

It involves a large number of resources and I enjoy being a small contributor in this worldwide movement of goods.

You are from Romania. Are there any special Easter traditions in your country?

Easter is a special religious holiday in Romania. People go at midnight to their nearby churches where they attend the Easter mass and share light brought by the priest. The lighted candles are then brought home. Traditionally Romanians will eat lamb dishes, sweet bread and painted eggs at the Easter meal.

In some parts of the country, such as the Transylvania region, boys and young men visit unmarried girls and sprinkle them with perfume. The tradition says that women are perfumed so they will smell like flowers all year long and they will have beautiful children.

## HEALTHY EATING

It is not a secret that healthy nutrition should play an important role in our life; it should.

Poor nutrition can cause severe diseases and as many as 30-35% of carcinomas are caused by eating unhealthy food. And cancer lives and grows from sugar.

The World Health Organization warns that processed meat such as hot dogs, ham, bacon and sausage can cause cancer – and the same is true for the high consumption of red meat (beef, veal, pork, lamb, mutton, horse and goat). Eating too much fat can result in elevated levels of cholesterol and becoming overweight – which are the main reasons for heart attacks.

The good news is that there are lots of widely available foods which can protect your health. Here is a selection:

### LEMONS

One lemon has not only more than 100 percent of your daily intake of vitamin C, it also strengthens your bones. Citrus flavonoids may help inhibit the growth of cancer cells and act as an anti-inflammatory.

### BROCCOLI

A medium stalk of broccoli contains more than 100 percent of your daily vitamin K requirement and 200 percent of the recommended daily dose of vitamin C. Raw broccoli also contains several B vitamins. It is also a protection against cancer.

### DARK CHOCOLATE

Chocolate with more than 73% cocoa powder is healthy – it can reduce the blood pressure and “bad” LDL cholesterol. In contrast, whole milk or white chocolate contains high amounts of sugar and fats and should be avoided.

### SALMON

Salmon is a great source of protein, vitamin D and omega-3 fatty acids which are linked to a reduced risk of heart disease and cancer. In addition, the niacin (vitamin B3) might protect against Alzheimer’s disease.

### WALNUTS

Out of all nuts, walnuts contain the most omega-3 fatty acids which may help to reduce cholesterol. Omega-3s have been shown to fight cancer. Furthermore, walnuts contain dietary minerals, particularly manganese and B vitamins.

### AVOCADOS

Avocados lower cholesterol and include half the fibre and 40 percent of the folate you need daily, which might reduce heart disease. They are rich in several B vitamins and vitamin K as well as vitamin C, E and potassium.



### GARLIC

Inhibits the growth of bacteria. Allicin, a compound found in garlic, works as an anti-inflammatory and lowers cholesterol and blood pressure levels. Recent studies found out that garlic has health benefits for the heart and cancer prevention.

### SPINACH

Spinach has a high nutritional value, especially when fresh, frozen, steamed or quickly boiled. It is a rich source of vitamin A, C, B, E and K vitamins plus calcium, magnesium, manganese, iron and folate. Spinach contains immune-boosting antioxidants which are important for eye health. Effective against cancer-fighting.

**Anja Frauboese, Head of Corporate Communications & Marketing**  
Sources: WHO, Fitness Magazine, CNN, Daily Mail, Wikipedia

## ONGOING COMPETITIONS

### “Success through Teamwork – Experience on Board”

Please send us your experiences on board reflecting our mission statement. We will publish one experience quarterly.

Prize: USD 200,- for every published article for the crew’s entertainment fund.

### “Best Photograph & Video” 2018!

We are looking for interesting photographs and videos from all our ships during the course of the year. If you have any extraordinary, bizarre, funny or beautiful shots and movies, please send them to us.

Prize: USD 300,- for the selected best picture or video of the year.

## HUMOUR

A magician was working on a cruise ship in the Caribbean. The audience would be different each week, so the magician allowed himself to do the same tricks over and over again. There was only one problem: The captain's parrot saw the shows each week and began to understand how the magician did every trick. Once he understood he started shouting in the middle of the show:

"Look, it's not the same hat."

"Look, he is hiding the flowers under the table."

"Hey, why are all the cards the Ace of Spades?"

The magician was furious but couldn't do anything; it was, after all, the captain's parrot.

One day the ship had an accident and sank. The magician found himself adrift on a piece of wood in the middle of the ocean with the parrot, of course.

They stared at each other with hate, but did not utter a word. This went on for a day, then another, and another.

After a week the parrot said: "OK, I give up. What'd you do with the ship?"

## IMPRINT

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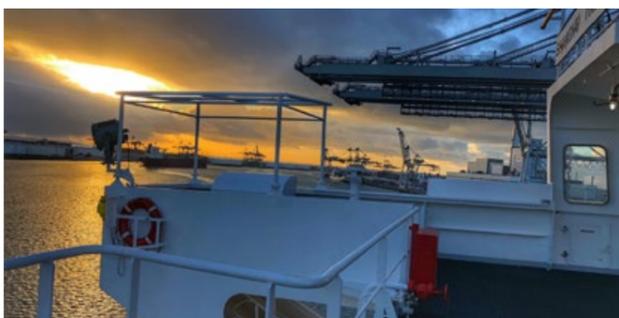
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Uniteam Marine, crew of Uniteam Marine

**UNITEAM MARINE NEWS** is designed to be of interest to our crew and to keep all Uniteam Marine employees informed of developments at our company. We appreciate your feedback and welcome any articles of interest or humour that you would like us to include in our publication.

Please send your feedback, articles, pictures & videos for the photo & video competition to Corporate Communications & Marketing at Uniteam Marine, Anja Frauboese, marketing@uniteamservices.com

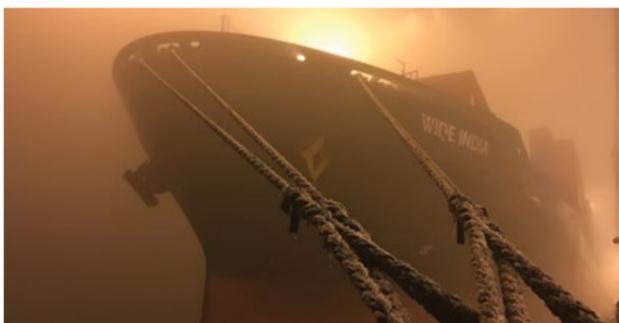


## PHOTO & VIDEO COMPETITION 2018



**Sunset in the port – taken by Wiper Tun Naing Win on board MV Shanghai Trader**

WINNER OF PHOTO AND VIDEO COMPETITION 2017



**AB Than Zin Htay "Fog at Mundra Port"**

Thank you for your votes – the winner for 2017 is AB Than Zin Htay "Fog at Mundra Port" – he won USD 300! 2nd – 5th price (surprise box) go to: 2O Htoo Wai Maung, CE Florin Oniga, OLR Thiha Kyaw Swar, 2O Aung Saw Oo Congratulations!

## THE NAUTICAL WORLD – QUIZ

1. Where is the deepest part of the world's oceans?
2. What is the arc of visibility for a masthead steaming light?
3. How long, in metres, is a nautical mile?
4. Danforth, CQR, Rocna and Admiralty Standard Stockless are all types of what?
5. What were the main cargoes of the fast Clipper ships such as the Cutty Sark?
6. Who or what is a Blue Peter and what is its significance?
7. What is the name of the world's largest cruise ship (by Gross Tonnage)?
8. Where is the headquarters of the International Maritime Organisation?
9. Sheepshank, sheet bend and clove hitch are all types of what?
10. The difference between magnetic north and north as shown by the ship's compass is called what?



**Peter Chilman, QSE Manager**

The Nautical World Quiz - Answers  
1. The Marianas Trench in the Western Pacific -10,994 metres deep 2. 225 degrees 3. 1852 metres  
4. Anchors 5. Tea or Grain 6. The international signal flag for the letter P indicating that a ship is  
ready to leave port and all personnel should return on board. 7. Harmony of the Seas (226,963 GT)  
8. London 9. Knots 10. Compass deviation