



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.

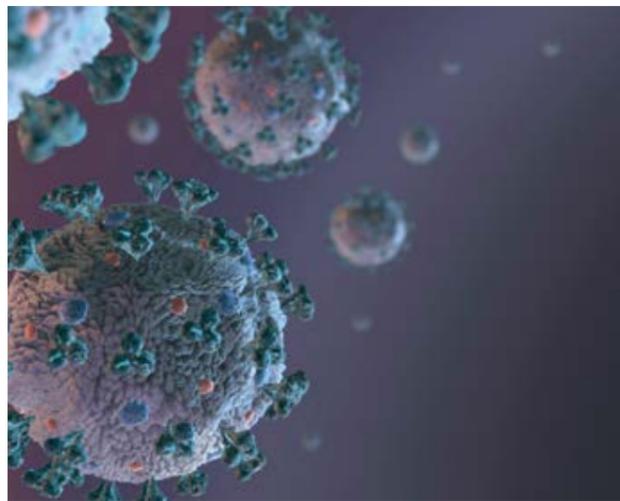
We appreciate your feedback and welcome any articles of interest or humour that you would like us to include in our publication.

Email us at marketing@uniteamservices.com

COVID19

HOW A VIRUS CHANGED THE WORLD

If in January 2020 someone would have asked us how likely it is that the entire booming cruise industry would stop their ships, that airlines would ground their planes, that exhibitions, conferences or sports events around the world, or the traditional Myanmar Water Festival parades would be cancelled, and that companies would instruct their employees to work from home for several weeks, and all this at the same time, let us be honest, nobody realistically thought that this could ever happen - but as we all know, it did.



were suddenly restricted worldwide? Routine operations like signing crewmembers on or off started to become a challenge, and at some point of time we had no other option but to stop crew changes altogether.

A special word of appreciation goes to all seafarers, for showing understanding and for being patient in these unprecedented times of worldwide travel restrictions, when we had to ask some of you to extend your stay onboard or to extend your leave. Also, to our colleagues in the various offices in Limassol, Yangon, Singapore, Odessa and Hamburg doing their best to keep our business running, we say a well - deserved big "Thank You" to you as well.

With over 90% of all goods being transported by sea, the vital role of the maritime industry in supplying essential products to consumers around the globe was once more highlighted impressively to the world during these weeks, and your contribution is valued by all.

Stakeholders have acted promptly, and flag state administrations, classification societies, port state control officers as well as local authorities have applied pragmatism and showed flexibility wherever possible, but to get back to a state of normality takes time after such drastic measures are taken.

We wish all our colleagues onboard and ashore, our business partners and families good health, and I am sure every single one of us will have learned a very personal lesson during these days.

When asked by our grandchildren one day what we did during the COVID19 pandemic in 2020, at least some of us might probably admit that whilst adapting to the extraordinary restrictions imposed, we were also using WhatsApp to send funny pictures or jokes related to the situation to our friends...

Thomas Reppenhagen, Sales and Client Relations Director

Within a few weeks, businesses in all parts of the world were forced to rethink their ways of operation. Home Office became the "new normal" for many of us, a curfew was imposed in many countries. Hotels, restaurants, beaches, parks and public places were closed and people were asked to practice "social distancing", a new term that we were all not familiar with, and that changed many of our daily routines. Who would have thought that you would be quarantined for 14 days upon arrival from a trip abroad - provided your local airport had not yet closed down for regular operation or your preferred airline was still operating at all?

Same as other companies, Uniteam Marine had to quickly adapt to the new situation and ensure its business continuity as much as possible under the given circumstances. Thanks to advanced software solutions and web-based applications that were well established as the basis for most of our working processes, we could grant our shore employees access to the information that was needed to perform their tasks. That was relatively easy, but how to help our seafarers whose movements to or from ports

EXERCISE + EATING HEALTHY = FUN?



Remember the joys of recess in elementary school, when you would escape the confinement of the classroom for the delights of jumping rope or playing football? You did not think of those physical activities as exercise, you thought of them as fun.

Then adulthood arrived and, for many of us, staying active became another job we had to accomplish. We jogged miles around tracks, on sidewalks, or in the gym. Much of the time, we exercised because we knew we had to in order to stay healthy or lose weight and not because it was fun.

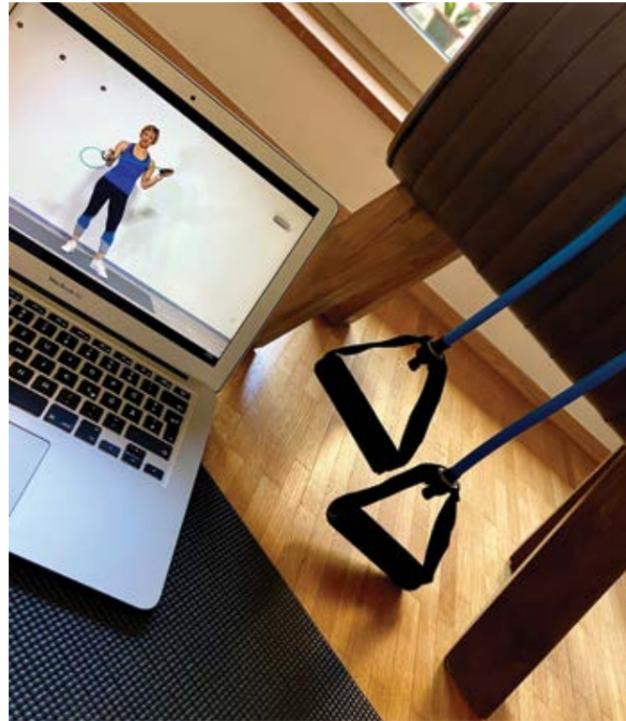
What separates a fun and effective exercise regimen from a boring and ineffective one? Lots of things - and, naturally, very different things for different people. That is why it is important to evaluate your own personality - weaknesses and strengths, delights and displeasures - when looking for an exercise/sport which is suitable for you.

One of the biggest barriers in finding an enjoyable, sustainable exercise/sport is going too fast, too hard, too soon. No matter how motivated you are initially, if you expect instant results and they do not materialize, it will not stay fun for long. Nor will it be fun if you insist on sticking with the same exercise routine day-in and day-out, month after month. If you are doing the same workout day after day, it not only gets boring, but also stops working as well as it used to as your body learns to adapt how not to expend energy.

Article continued page 2...

...Exercise + Eating Healthy = Fun? continued

Having been into sports from a very young age, played football professionally and now doing CrossFit, I have always kept two rules, to stay motivated and consistent. It is much harder to drag yourself to the gym when you are not having fun and do not enjoy your workout. Fun will motivate you on days when losing weight does not sound as appealing anymore or when you do not care about what your body looks like. To stay consistent find that form of exercise that you love, something that feels so electric and exciting. You will go back again and again. No more need to make excuses to blow off workouts; your schedule will be fully booked with your new favorite activity.



Last but not least, take care of your nutrition. Exercise and nutrition are not to be considered as separate but as one. Eating a well-balanced diet can help you get the calories and nutrients you need to fuel your daily activities, including regular exercise. When it comes to eating food to fuel your exercise performance, it is not as simple as choosing vegetables over doughnuts. You need to eat the right types of food at certain times of the day.

Eating a healthy breakfast is especially important on days when exercise is on your agenda. Skipping breakfast can leave you feeling lightheaded or lethargic while you are working or exercising.

It is important that you consume the right carbohydrates. Many people rely on the simple carbs found in sweets and processed foods. Instead, you should focus on eating the complex carbs found in whole grains, fruits, vegetables, and beans.

Pack protein into your snacks and meals. Protein is essential for building and repairing muscles, helping you enjoy the benefits of your workout. It can be a source of energy when carbohydrates are in short supply, but it is not a major source of fuel during exercise.

Boost your fruit and vegetable intake. Fruits and vegetables are rich sources of natural fibre, vitamins, minerals, and other compounds that your body needs to function properly. They are also low in calories and fat. Aim to fill half your plate with fruits and veggies at every meal.

Only you can make the decision to eat healthy and get your body moving, but that does not mean you have to go at

it alone. Find a friend to go with you to the gym or find a fellow seafarer to exercise with you onboard, or consider contacting me for guidance and to make things more fun by suggesting new fitness challenges and nutrition ideas. Having an experienced person in this sector can help you identify deficiencies or habits that could otherwise undermine your fitness progress or derail your weight-loss efforts.

Did I ever think that exercising and eating healthy would be fun? Definitely not. But because I found daily activities that are exceptionally fun, exciting and motivating, I am now in the best shape of my life, and have set myself up for a healthier future. You can also do the same!

Joseph Andreou, Operational Efficiency Manager



COOK UPSKILLING TRAINING

When a seafarer joins a new ship, there are two people they want to get to know. The first person, of course, is the captain. The second is the cook. The cook is one of the most important people onboard. He has the power to bring you smiles or tears and rain or sunshine. In normal life, dissatisfaction with your meal means you can just go somewhere else or order a takeout at your favourite food place. Do you not like the food onboard? Your only other choices available are bread or noodles.



this? (Of course, we all gained weight substantially during this experience.)

Being at sea, far away from the people you love and the places that you stay, it is extremely easy to get homesick. Good cooks can whip up the seamen's local delicacies, bringing them a little taste of home where there was none.

There are a couple of other things that he must do as well. The key principles of good hygiene do not only apply to himself but also to his working area. It is not only the level of tastiness that is important, but also the nutritional balance presented in the meals that he provides. Therefore, it is crucial that he be a nutritionist as well, for the sake of the people that he serves. Lastly, having good management skills would definitely come in handy, so that he can manage the provisions within the budget provided.

With all that in mind, Uniteam Training is providing Cook Upskilling training to encourage our existing cooks to upgrade their technical skills.

It is a five-day course, during which the cooks are trained by an experienced trainer on a wide range of subjects including: safe behaviour in the galley, personal hygiene, food safety, Hazard Analysis and Critical Control Point (HACCP) methodology, menu preparation, as well as the practical cooking of international meals including some local specialties of different nationalities. Also included are training in a working knowledge of table service, stock control, waste management, and understanding of MARPOL requirements.

We are confident that with everything they learn from this course, combined with a winning attitude, our cooks

will be able to make everyone onboard happy and raise their morale greatly. Get ready everyone to exercise more frequently to deal with your impending weight gain. Cheers!

Tin Maung Tun, Training Director, Uniteam Training



THINK LSR

Safety Thoughts: Looking After Your Back



Back pain is a big problem - studies have estimated that more than four million working days a year in the UK are lost because of it, and in the USA back pain and other "Musculoskeletal Disorders" (MSD) account for almost 30% of illnesses leading to days off work. This pattern is repeated all across Europe and America and increasingly in Asia as well. These problems cost money - the UK National Health Service spends over £400 million of tax payers' money a year on treating MSD and The Work Foundation estimated that the European Union as a whole loses as much as 240 billion euros, or 2% of overall Gross Domestic Product, a year due to back problems.

Most of all, however, this is about people and individual quality of life. Back problems cause pain and discomfort and can limit individuals' ability to participate and enjoy a whole range of activities. In extreme cases back problems can leave people permanently unfit for work.

The most frequent, and most obvious, cause of back pain and other MSD is trying to lift heavy objects in the wrong way but this is by no means the only cause. Working in cramped or awkward conditions which require large amounts of bending or twisting; carrying out repetitive tasks for an extended period or pulling on ropes under tension may all cause injury. It is also important to recognise that back pain is not only something that affects manual workers or those at sea; office work, particularly when seated at a computer for lengthy periods, may contribute to back problems.

THE GOLDEN RULE WITH YOUR BACK IS THAT PREVENTION IS BETTER THAN CURE AND THE FOLLOWING GUIDELINES MAY HELP TO KEEP YOUR BACK PROBLEM-FREE:

- Think before you act - do you need to move this heavy object, or carry out maintenance in this awkward space, is there an alternative?
- Use mechanical handling aids whenever possible
- Get help, never try to lift something that is too heavy
- Organise your workspace so that you can reach tools and equipment as comfortably as possible
- Make sure your computer workstation is set up correctly
- Use the correct manual handling technique - keep your feet close together, arms tucked in and lift objects by bending your knees and hips, not your back
- If working sitting down, try to get up and take a break every 30 minutes
- Try to maintain a healthy diet and lifestyle, and endeavor to lose any excess weight
- Give up smoking - smoking can reduce the blood supply to discs between the vertebrae, and this can lead to disc-degeneration
- Maintain a good posture - avoid slumping in your chair, hunching over a desk or walking with your shoulders hunched
- Learn relaxation techniques to help manage stress - stress is a major cause of back pain.

Look after your back - **THINK LSR**

Peter Chilman, QSE Manager

STAYING FIT ONBOARD

The main causes of obesity are excessive intake of energy (calories) and lack of exercise. We have some suggestions for exercises which could easily be done onboard during your free time!

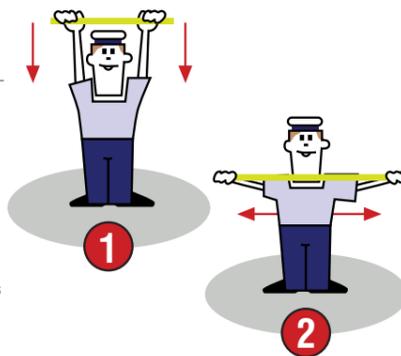
STAYING FIT HELPS YOU IN MANY WAYS:

- It makes you physically and mentally stronger
- You are more balanced, with less stress or physical hindrance
- Digestion improves
- Body weight is kept under control
- Blood sugar stabilises, preventing diabetes
- Sleep improves
- Concentration improves as well as self confidence
- Bones and muscles get stronger, reducing the risk of injuries and disease
- Blood pressure stabilises and the amount of "good" cholesterol increases, reducing the risk of cardiovascular disease

From the booklet: *Uniteam Marine - staying fit onboard!*

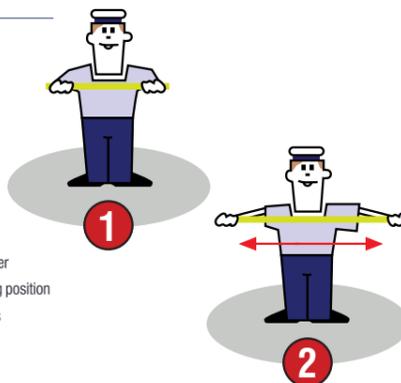
EXERCISE 1 Arm Pull Down

- Wrap the exerciser around your hands (shoulder width apart)
- Extend your arms above your head
- Pull your arms down and out to side (to shoulder level)
- Slowly raise your arms above your head again
- Drop your shoulders between reps



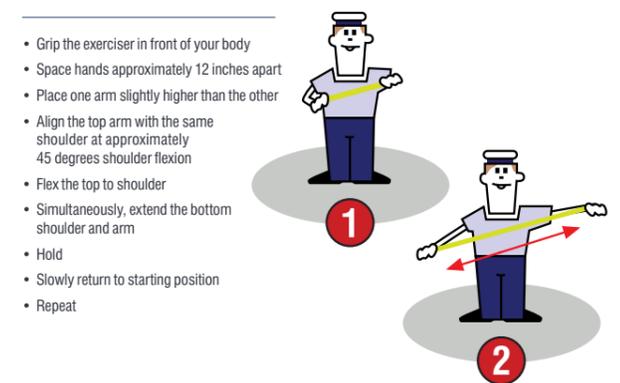
EXERCISE 2 Horizontal Arm Pull

- Grip or wrap the exerciser around your hands (shoulder width apart)
- Be sure that your palms remain facing up
- Extend your arms in front of your body - approximately 4 inches below shoulder level
- Pull your arms to side, level with your body - DO NOT OVEREXTEND THE BACK
- Pinch your shoulder blades together
- Slowly return your arms to starting position
- Drop your shoulders between reps



EXERCISE 4 Shoulder Extension / Flexion

- Grip the exerciser in front of your body
- Space hands approximately 12 inches apart
- Place one arm slightly higher than the other
- Align the top arm with the same shoulder at approximately 45 degrees shoulder flexion
- Flex the top to shoulder
- Simultaneously, extend the bottom shoulder and arm
- Hold
- Slowly return to starting position
- Repeat



EXERCISE 3 Horizontal Chest Press

- Place the exerciser against your back across your shoulder blades
- Grip the exerciser's ends with both hands beneath each armpit
- Lay the end of the exerciser across your palms
- Take up the slack in the exerciser until it rests snugly against your back
- Push your arms forward
- Slowly return to starting position

THINGYAN FESTIVAL IN MYANMAR

Thingyan, also known as the water festival, marks the Myanmar New Year. We celebrate the new year with water; spraying it or pouring it on each other to wash away the impurities of the old year to make sure that no negativity will be taken over to the new year.

The Padauk Flower only blooms during the season of Thingyan and is known by everybody as the Thingyan Flower. The Padauk Flower has a bright yellow colour and perfumes the air with its delicate scent. People make decorations with the Padauk Flowers and play Thingyan music everywhere. It is also a tradition to donate food during Thingyan. The special Thingyan sweet snacks are called "Mont-Lone-Yay-Paw" and "Shwe-Yin-Aye".

Young people carry out good deeds such as bathing the elderly, washing their hair and cutting their nails. Some people go to a monastery and spend their time in reflection and meditation. This 10 days national holiday in Myanmar is the longest we have and gives those who work or study away from home a chance to travel and reunite with their loved ones.

People build water pavilions and special stages at the side of the roads for the purpose of throwing or spraying water; DJs are on the stage playing Thingyan music, and there is live entertainment from famous artists. Everywhere people will be dancing and having fun in the water.

But this year Thingyan will be dry, as the festival is not allowed due to COVID-19. It will be back next year, as wet, noisy and joyful as ever...

Grace Winn Thiri Mon, Senior Corporate Communications & Marketing Coordinator, Uniteam Global Business Services



PORTRAIT OF ADMINISTRATIVE EXECUTIVE SHWE ZIN LATT



How did you join Uniteam Marine?

I joined the Uniteam Marine Singapore office in 2016 through a local network job portal.

What are your main tasks?

I take care of the administrative duties for the office and for crew changes handled by our port agency function in the Singapore port.

What do you enjoy most in your work?

I enjoy negotiating with local suppliers to get a good deal for the company. I also enjoy developing our successful relationship with government bodies to streamline our office administration and our port agency function.

Singapore is a hot spot for tourists - any special recommendations from you which places to visit?

The best time to visit Singapore is in February and April. I recommend travellers to visit the National Museum of Singapore. This is the nation's oldest museum that seeks to inspire the visitors with stories of Singapore and the world.

The Singapore Botanic Garden is the first and only tropical botanic garden on the UNESCO's world heritage list and it is the first in Asia. Another attractive destination is the Sentosa island. This is a man-made island off the coast of Singapore reachable by cable car, which is famous for its massive Resort World and has the best beaches in Singapore.

Do you have a motto in life?

Lifelong learning - There is no age or time limit for learning; all that we need is out there.

Shwe Zin Latt, Administrative Executive

RECIPE GRANOLA BAR

INGREDIENTS

- 300 g Oat flakes
- 300 g Spelt flour
- 200 g Raisins and cranberries
- 200 g Figs
- 100 g Prunes
- 100 g Sunflower seeds
- 50 g Sesame seeds
- 100 g Nuts (choose your favourites)
- 4 Apples
- 500 ml Water
- 9 Table spoons oil (walnut or sesame)
- A little bit of salt
- 4 Tea spoons cinnamon
- Honey (as much as you like)

PROCEDURE

Crush the nuts, sunflower seeds, prunes, figs and apples.

Mix all dry items together and add the water, oil, cinnamon, salt, honey and the fruits.

Place the mixture on a baking tray covered with baking paper. Put the baking tray in the oven for 40 minutes at 200 degrees.

After baking, immediately cut into bars and let them cool down. Bon appetit!

Anja Frauboese, Head of Corporate Communications & Marketing / Leading global operations and advisory services, Uniteam Global Business Services



HUMOUR

RADIO CONVERSATION

This is the actual transcript of a radio conversation between a British Navy ship and the Irish Coastguard, off the coast of Kerry:

Irish: Please divert your course 15 degrees to the south, to avoid collision.

British: Recommend you divert your course 15 degrees to the north, to avoid collision.

Irish: Negative. You will have to divert your course 15 degrees to the south, to avoid collision.

British: This is the Captain of a British Navy Ship. I say again, divert YOUR course.

Irish: Negative. I say again, you will have to divert YOUR course.

British: THIS IS THE LARGEST SHIP IN THE BRITISH FLEET. WE ARE ACCOMPANIED BY 3 DESTROYERS, 3 CRUISERS, AND NUMEROUS SUPPORT SHIPS. I DEMAND THAT YOU CHANGE YOUR COURSE 15 DEGREES TO THE NORTH, OR COUNTERMEASURES WILL BE UNDERTAKEN TO ENSURE THE SAFETY OF THIS FLOTILLA.

Irish: THIS IS A LIGHTHOUSE..... YOUR CALL!

ONGOING COMPETITIONS

“Success through Teamwork - Experience onboard”

Please send us your experiences onboard 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” for 2020!

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 photo or video of the year.



Stay Healthy! Greetings from the crew onboard MV Kalamoti Trader

PHOTO & VIDEO COMPETITION 2020



Sunset at Normandie - taken by AB Nay Lynn Swe, MV Laura Ann

IMPRINT

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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, Anja Frauboese, marketing@uniteamservices.com

