



SUCCESS THROUGH TEAMWORK

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UNITEAM MARINE SIGNS NEPTUNE DECLARATION

Uniteam Marine has signed the Neptune Declaration, taking action to resolve the crew change crisis, based on our position and role in the value chain.

We are all familiar with the burden that the coronavirus pandemic has brought to our lives. Besides the health risks we all face, industries worldwide and their workers have been under pressure. The maritime industry is no different.

With the spread of Covid-19, hundreds of thousands of seafarers are trapped aboard vessels, anxious to disembark and return home, or are still waiting ashore for their new assignment, facing financial ruin if they cannot go back to

work. The seafarers are the frontline workers of the maritime industry, carrying 90% of global trade. This situation creates a crew change crisis, massively affecting key crew members.

To help solve the problem, more than 750 maritime organisations worldwide have signed a declaration with concrete actions to alleviate seafarers' suffering. The Neptune Declaration includes initiatives such as advocating towards governments to recognise seafarers as critical workers and give them priority access to Covid-19 vaccines.

Aware of its responsibility to support the maritime industry in such challenging times, Uniteam Marine signed the Neptune Declaration. This way, we act towards resolving the crew change crisis and improving seafarers' well-being.

By working together, we can endure these challenging times and provide the support needed to build resilience.

Hsu Thet Thar Shwe, Corporate Communications & Marketing Coordinator, Uniteam Global Business Services



TAKEOVER OF MV SINCERE

MV Sincere was taken over into Uniteam Marine full management in Singapore on 23 February 2021.

MV Sincere is a Japanese-built bulk carrier DWT 28355 under Marshall Islands flag. The takeover was particularly arduous because in addition to the traditional complexities around a takeover in the Far East around Chinese New Year, the takeover needed to be carefully planned around extremely restrictive Covid-19 regulations, which included the prohibition of anyone attending the vessel after our crew joined.

Nevertheless, thanks to the hard work of our technical team, our port agency in Singapore, the flag administration, the radio survey company, the class surveyors, but



most importantly of our crew, we managed to take over the ship smoothly and begin operations on time.

We wish her fair winds and following seas.

Stephen Fyfe, Fleet Director

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

STORMGEO HELPS US MAKE FLEETS GREENER

Recognising the need for accurate data as part of the green shipping solution, Uniteam Marine uses StormGeo's Navigator Insight and ECO Insight as part of its fleet performance monitoring.

"Green shipping, decarbonisation and Sulphur Cap 2020 are key words in shipping that have become even more important in recent years," explains Technical Director Lars Helge Evers.

Politicians and shipping companies have targets and plans regarding emissions. IMO, for example, aims to reduce emissions from shipping by at least 40% by 2030, compared with those of 2008.

However, in order for these organisations to make such plans, as well as to analyse and evaluate their effectiveness, they need accurate data. This is why performance monitoring is no longer just a "nice to have". In fact, it is now mandatory for ships with a gross tonnage of over 5,000.

Using StormGeo's Navigator Insight, our crews can perform easy yet accurate, plausible reporting of performance data such as consumption, power and speed. Clever checks avoid mistakes, ensure data quality and prevent double work at the office side. This tool also saves time by using "push messages" to avoid double reporting by the ship's crew to different parties.

ECO Insight and its successor s-Insight analyse and display the performance data of the fleet. One advantage is their ability to combine weather, technical and commercial performance as well as routing advice in one tool.

With Navigator Insight and ECO Insight, users are able to gather exact data on consumption and emissions as well as receive day-to-day performance advice backed by an immediately actionable daily alert service. ECO Insight also provides meaningful analysis of data and trends in which corporate KPIs are highlighted for priority. The two packages ensure compliance to SEEMP and easy verification against IMO DCS and EU MRV emission reporting standards. Achieving higher WPCI Environmental Ship Index scores is another benefit of using ECO Insight.

"Our target, together with StormGeo, is to make our fleets even greener," says Evers.

Michael Reich, StormGeo's Fleet Performance Manager, explains, "The benefit of using StormGeo is that we offer many tools and services from one platform, the s-Suite: weather, performance management, MRV/DCS data collection, route planning and advice, maritime publications and charts, and more. All this eliminates the need for crews to report to many different parties."

Michael is also optimistic about the future of this partnership with Uniteam Marine. "At the moment, some shipping companies are gaining experience in using sensors to collect performance data. In the future they will provide more comprehensive data and speed up the collection process. StormGeo is leading this trend towards digitalisation and the electronic logbook, as well as partnering with Uniteam Marine's engine condition monitoring partner Tekomar," he says.

Michael Reich, StormGeo

CYCLING WITH UNITEAM MARINE

Cycling is an enjoyable and healthy way to travel and explore the outdoors. It gives the heart and circulatory system a workout: cycling can burn more than 500 calories per hour.

Since October 2020, the Uniteam Marine cycling team organises tours for all staff who love cycling.

During the week, cycling takes place in the urban areas of Yangon. On weekends, the tours go to outskirt areas such as downtown to “Zero” miles expressways.

From time to time cycling trips are arranged to ride a total of 11 hills, which is challenging for all cyclists due to the steep hills rising 110 metres from sea level. However some colleagues have more than three years’ experience



in cycling and the team is enthusiastic!

During the last riding event, the 11 hills trip in February 2021, there were 17 Uniteam Marine cyclists and several families supporting the team. The cyclists enjoyed their adventure and wore their Uniteam Marine branded cycling

jerseys with pride. Our Uniteam Riders cycling team invites all enthusiastic riders – office staff and seafarers – to join, following the motto: “Every ride is a tiny holiday.”

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

GOODBYE, MR MOE ZAW AUNG

Mr Moe Zaw Aung joined Uniteam Marine on 1 September 1993 and retired at the end of February 2021. He had 27 years and 6 months’ service with Uniteam Marine and Uniteam Training.



He was initially the vocational instructor at GTZ Training Center in Thanlyin, the current location of the Technical University, which is just a few miles further down from Myittar Yaung Chi Orphanage. GTZ became GIZ. GTZ stopped the programme with German assistance in 1992.

Several of the instructors joined Uniteam Marine, some as electrician, some as fitter. Since Uniteam Marine was in need of fitters at that time, the company started the fitter training programme in collaboration with Myanmar Shipyard (Sinmalike) at the shipyard premises.

Moe Zaw Aung joined as technical instructor. He was with the company from day one, did all the preparation for the course, wrote the syllabus and so on. It was the first practical training for Uniteam Marine in Myanmar. He was promoted to the section lead of Welding & Machine in 2013.

In April 2013, he initiated, set up and commissioned the virtual welding training simulator VRTEX360 manufactured by the Lincoln Electric Company to improve the welding competency of engine crew members of Uniteam Marine.

In January 2014, Uniteam Training received accreditation from American Welding Society (AWS) Training to deliver AWS-SENSE welder programmes.

In March 2016, the initiated International Association of Classification Societies (IACS) certified welder training courses and administered 3G and 6G level welder courses qualified and certified by DNV GL and Bureau Veritas.

In October 2018, Moe Zaw Aung initiated and accomplished accreditation from National Skill Standard Authority - Myanmar (NSSA - Myanmar) to conduct the Level 1 and Level 2 welding occupation competency assessment.

He is a certified Welding Educator recognised by AWS (American Welding Society) and JWES (Japan Welding Engineering Society).

“It has been a great honour for me to be a member of the Uniteam Marine family, which I will always be proud of,” says Moe Zaw Aung.

We would like to thank Moe Zaw Aung for all his work and wish him an enjoyable retirement.

Tin Maung Tun, Training Director, Uniteam Training / Grace Winn Thiri Mon, Senior Corporate Communications & Marketing Coordinator, UGBS

THINK LSR

Five Ways to Well-being

The Five Ways to Well-being are a set of evidence-based public mental health messages aimed at improving the mental health and well-being of the whole population.

They were developed by the New Economics Foundation (NEF), a British charitable institution that promotes “social, economic and environmental justice”. Since their introduction in 2008, the Five Ways to Well-being have been adopted and developed by a wide range of healthcare organisations, mental health charities, community groups and companies across the world.

THE FIVE WAYS ARE AS FOLLOWS:

1 CONNECT

There is strong evidence that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

It is clear that social relationships are critical for promoting well-being and for acting as a buffer against mental ill health for people of all ages.

With this in mind, try to do something different today and make a connection.

- Talk to someone instead of sending an email
- Speak to someone new
- Ask about someone’s job and really listen when they tell you
- Put five minutes aside to find out how someone really is
- Give a colleague a lift to work or share the journey home with them

2 BE ACTIVE

Regular physical activity is associated with lower rates of depression and anxiety across all age groups.

Exercise is essential for slowing age-related cognitive decline and for promoting well-being.

But it does not need to be particularly intense for you to feel good – slower-paced activities, such as walking, can have the benefit of encouraging social interactions as well as providing some level of exercise.

Today, why not get physical? Here are a few ideas:

- Take the stairs not the lift
- Go for a walk – how far have you walked if you go once round the upper deck?
- Walk into work – perhaps with a colleague so you can “connect” as well
- Organise a work sporting activity
- Do some easy exercise, like stretching, before you start work in the morning
- Walk to someone’s work desk instead of telephoning

3 TAKE NOTICE

Reminding yourself to “take notice” can strengthen and broaden your awareness.

Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring “the moment” can help to reaffirm your life priorities.

Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

Take some time to enjoy the moment and the environment around you. Here are a few ideas:

- Watch the sunrise or sunset
- Have a “clear the clutter” day in your cabin or workspace
- Take notice of how your colleagues are feeling or acting
- Take a different route on your journey to or from work
- Try something new to eat and really think about the new flavours

4 KEEP LEARNING

Continued learning through life enhances self-esteem and encourages social interaction and a more active life.

The practice of setting goals, in particular in relation to adult learning, has been strongly associated with higher levels of well-being and lifting people out of depression.

So why not learn something new today? Here are a few ideas:

- Find out something about your colleagues, particularly those from other cultures
- Enhance your professional knowledge – study towards additional qualifications
- Read the news or a book
- Do a crossword or sudoku
- Research something you have always wondered about – perhaps learn about the next port
- Improve your language skills – try to learn a new word or phrase every day
- Try new hobbies that challenge you, such as writing a blog or learning to paint

5 GIVE

Individuals who report a greater interest in helping others are more likely to rate themselves as happy, and research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in well-being.

What can you do for others?

- Make a colleague a cup of tea or coffee
- Help to raise money for a charity
- Volunteer to assist with charity work
- Help a colleague with a task
- Say thank you to someone for something they have done for you

Clearly, not everybody can do all the activities suggested above, but everyone should be able to do at least some of them. The key is not to set goals that are too ambitious: try “a little and often” and, over time, these activities will turn into good habits which will contribute positively to your well-being. We would welcome your feedback on how this works for you!

Peter Chilman, QSE Manager

THINK LSR

Alcohol, drugs and 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 two to four 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 of 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 in an accident whilst under the influence of alcohol or drugs you may face criminal prosecution.

DRUGS AND SAFETY DO NOT 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 onboard.

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 onboard.

Perfectly legal drugs can adversely affect crew performance and can potentially be 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 also for 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

PORTRAIT OF TRAINEE TECHNICAL MANAGER KYRIAKOS NEOPHYTOU



How did you join Uniteam Marine?

After almost five years with an IACS Classification Society as a Country Manager, Surveyor, Auditor, Client responsible, Cyprus Flag liaison representative it was about time to move on to a more hands-on job.

In July 2018, Uniteam Marine had announced a vacancy for the position of a Trainee Technical Manager, which was exactly what I was looking for. Everyone needs to start from somewhere and the trainee position was perfect to lead me to my target. After having had a very pleasant interview and the opportunity given to me to get trained for the Technical Manager position I set that as a target.

What are your main tasks?

My main task was to build the Planned Maintenance System for the DNV ShipManager platform for 16 vessels. Working on such a big project was amazing, hard at the beginning with many challenges but when you get to grasp the knowledge then it is fun and you feel productive again.

Building the Planned Maintenance Module was the most challenging part of the project, collecting all the spare parts details, plans, part numbers from available manuals, setting up the maintenance jobs according to vessel, flag, SOLAS, maker, class, setting up the Certificate Module, the Budget Module, configuring the Order Management Module and last but not least preparing training material for the modules for all the users.

The training and implementation onboard the vessels was a very beneficial exercise to receive the necessary feedback from the officers for preparing a useful tool for their actual needs.

Alongside your work as Trainee Technical Manager, you are also working on project Azimuth – could you give us a short overview of what Azimuth is about?

Part of my 2020 duties was to set up a company that will provide services for bridge communication and navigation systems onboard vessels.

On 6 February 2020 Azimuth Radio Technologies was born and officially registered in Cyprus. Apart from being responsible for the preparation and setting up of the company, I am also acting as the Business Development Manager for Azimuth Radio Technologies.

Azimuth Radio Technologies is part of the Uniteam Group of Companies dedicated to sales, installations, class inspections (GMDSS/VDR APT) and the service and maintenance of radio, satellite, communication and navigation equipment. Added value services are also provided by Azimuth, such as VSAT installation, camera installation, cybersecurity solutions (CyberART), 4G/LTE solutions (ARTlink) and IT solutions according to client needs.

Azimuth is approved by the IACS class societies ABS, BV, DNV, RINA, LR, IRS for the GMDSS inspections and VDR APTs. Audits are expected soon by NKK and CCS.

High-quality services are achieved through in-house service engineers.

The company acts as service partner for MacGregor (VDRs), Skipper Electronics AS, AMI Marine and Highlander. In addition, the Azimuth Service Engineers have been trained and approved by Furuno Cyprus for VDR systems and shortly for radar systems.

Azimuth Radio Technologies has a worldwide coverage of services for any request of equipment and spares availability.
Article continued page 4...

...Portrait of Kyriakos Neophytou continued

whether second hand, on an exchange basis or new on a wide variety of manufacturers and brands.

As part of the evolution of Azimuth Radio Technologies, in March 2021 we opened an office in Hamburg, Germany, Azimuth Radio Technologies GmbH.

What do you enjoy most with your job?

Every day is a new challenge, every day is a new day to learn something, to teach something to someone and to handle cases with different persons and different nationalities. The most important thing is that every day I feel that I do something meaningful and tangible. The

company principals are open to ideas, acknowledge my concerns, and provide support when needed. My voice is always heard.

Do you have a motto in life?

I do not have a motto but a way of living. It is important to find a job that you enjoy for what it provides to you, i.e. quality of life, pleasant environment, challenges, evolution, respect.

Last but not least, enjoy what you do, try to master it, take risks and do not be afraid to make mistakes – “Even monkeys fall from trees.”



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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 2021!

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.

PHOTO & VIDEO COMPETITION 2021



Journey to the west, by WPR Tun Naing Win, MV Puerto Rosario

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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 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



HARMFUL EFFECTS OF CONSUMING HIGH LEVELS OF SUGAR

Sugar can be a source of natural energy for many people, but it can also carry many health risks if too much is consumed on a regular basis.

High levels of sugar in unhealthy food items, such as cakes, biscuits and sweets, can lead to chronic conditions like diabetes, high blood pressure and heart disease.

It is vital that seafarers working in galleys understand the risks associated with high sugar levels when producing weekly menus and cooking. At MCTC, we offer a wide range of courses suited to people working in the galleys on ships at all different levels and capabilities, to arm them with the knowledge of how to cook enjoyable, healthy and nutritious meals.

Nichole Stylianou, Food Nutritionist at MCTC, said: “Sugar exists in a plethora of food products like carbohydrates, sweets, fruits, vegetables and ready-made products, but other factors distinguish whether it is healthy or unhealthy. For example, wholegrain carbohydrates have high quantities of fibre and a low glycaemic index (GI) – how sugar increases glucose in blood – whereas cakes, biscuits and sweets have a very high GI. The problem occurs when there is high addition of added sugar to increase flavour and shelf life.”

“Sugar exists in many food products like soups, bread, cured meats, sauces and ketchup. Many food recipes require higher amounts of sugar and as a result, people consume more than they think they are.”



A good way to start monitoring sugar consumption is reading, and understanding, food labels.

Added sugar can be mentioned in food products by the following names: brown sugar, corn sweetener, corn syrup, fruit juice, high fructose corn syrup, honey, invert sugar, malt sugar, molasses, syrup sugar molecules (dextrose, fructose, glucose, lactose, maltose, sucrose).

Lisa Jacobs, MCTC

QUIZ THE NAUTICAL WORLD

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 vessel which blocked the Suez Canal in March 2021?
8. Where is the headquarters of the International Maritime Organization?
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

Answers:
1. The Mariana Trench in the Western Pacific -10,994 metres deep 2. 225 degrees
3. 1,852 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 onboard.
7. Ever Given 8. London 9. Knots 10. Compass deviation

RECIPE: CREAMY CARROT-COCONUT SOUP



INGREDIENTS (4 PORTIONS)
1 kg carrots
30 g fresh ginger
1 clove of garlic
150 ml coconut milk
150 g onions
2 stock cubes
3 tablespoons oil
Black pepper
Crème fraiche
Basil

Heat the oil in a large pot over medium heat. Add the onions and cook until softened. Add the chopped carrots and smashed ginger and garlic.

Add 1 litre water, bring to the boil, reduce to simmer and cook until the carrots are soft.

Add the stock cubes and the coconut milk and transfer to a blender. Blend until smooth. Season to taste.

Prior to serving, decorate the soup with a bit of crème fraiche and basil.

Anja Frauboese, Head of Corporate Communications & Marketing, Uniteam Global Business Services