



## SUCCESS THROUGH TEAMWORK

# CONTENTS

UNITEAM MARINE CAREER EVENT IN YANGON

UNITEAM CRUISE SERVICES: ACTIVITIES

UNITEAM HEALTHCARE SERVICES  
THE COUNTDOWN IS ON FOR THE FIRST BATCH

THE CONCEPT OF CII EEXI REGULATIONS – PART 2

10 TIPS FOR EFFECTIVE LEARNING ONBOARD

THINK LSR – WORKING AT HEIGHT

HOW CAN MINDFULNESS HELP YOUR WELLNESS?

PORTRAIT OF CREWING OPERATOR  
MADALENA DAVIES

TOP HEALTHY FRUITS

HUMOUR

ONGOING COMPETITIONS

PHOTO & VIDEO COMPETITION 2022

IMPRINT

### UNITEAM MARINE NEWS

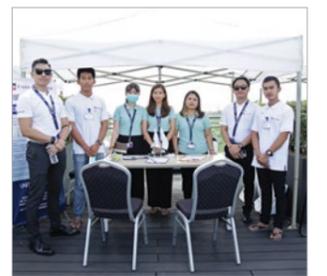
is designed to be of interest to our crew and to keep all Uniteam Marine employees informed of developments in our company.

*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 MARINE CAREER EVENT IN YANGON

As part of the continued expansion of our Myanmar seafarer pool, we hosted a special event at our premises in Yangon inviting all prospective seafarers and cadets to meet our team, discuss career opportunities with Uniteam Marine and enjoy some VIP treatment at our premises. We timed the event to align with the International Day of the Seafarer, 25 June 2022 and it gave us the opportunity to celebrate the local seafaring community and their families.



It was a hugely successful day, allowing us to meet with seafarers and their families, make new friends and importantly ensuring that the message about the great career opportunities available with Uniteam was loud and clear!

It was very clear from the moment that we announced our event on social media that there was going to be a huge crowd on the day. Our event organisers were kept extremely busy in the lead up to the day, ensuring that set up, logistics safety, security, gifts, and decorations were all in place whilst keeping a close eye on the unpredictable weather conditions!

I would like to take this opportunity to thank all our seafarers for their continued commitment, professionalism and hard work. We would also like to thank our seafarers' families for their courage and cheerfulness in supporting their loved ones at sea. A final thanks to all those who were involved in making sure this was a fantastic day for all and now a feature on the annual Uniteam Marine calendar.

Our Office Directors, Captain Than Oo and Captain Thet Naing cut the ribbon to the applause of the VIP guests at our grand opening.



On behalf of the entire Uniteam Marine team, we wish all the best to all those applicants who are dedicated to developing their lifelong professional career journey with Uniteam Marine.

**Phyo Win Nyunt, Senior Fleet Personal Manager – Recruitment and Retention**



## UNITEAM CRUISE SERVICES: ACTIVITIES



The pandemic had a significant impact on the cruise industry, with operators reporting significant decreases in business. However, you may be wondering how the sector will rebound in 2022...

Today, 99 per cent of the world's cruise ships are sailing again, and the cruise ship business is thriving, with great demand. As a result, we have also reached agreements

with some of the new cruise lines to engage our skilled Myanmar crew and work on their ships. Our objective is to keep deploying and diversifying into new cruise/passenger markets. We were able to locate jobs for over 400 crew members on various cruise lines, both river and ocean, during the last few months. We have remained focused on meeting our clients' needs and exceeding expectations at every level. Our hiring process for the years 2022 and 2023 is still in growth. Uniteam Cruise Services successfully hosted the "Career Development and Job Opportunities for Seafarers 2022" event at the Uniteam Building on 25 June 2022, in honour of the Day of the Seafarer. Hundreds of people came, and they had the opportunity to ask questions and submit employment applications.



We will continue to do everything possible to maintain our position as the local "Cruise Ship Career Partner of Choice"!

Check out our most recent news and offers at:  
<https://www.facebook.com/uniteamcruise>  
<https://www.uniteamcruise.com/>

**Naing Win Tin, Operations Manager, Uniteam Cruise Services**

# UNITEAM HEALTHCARE SERVICES THE COUNTDOWN IS ON FOR THE FIRST BATCH

A long waiting period is finally coming to an end: for the first batch of 23 candidates from Myanmar who were selected and approved to start their education as healthcare professionals in Germany, the countdown for their departure to Germany is on.



All required documents were collected from the applicants during the previous weeks, legalised and prepared for submission to the German authorities. We are now awaiting the final “go ahead” from the responsible administration office in Germany to formally approve the applications. As the last steps remaining, visas need to be applied for and travel arrangements to be made.

To make full use of the waiting time and to prepare the group of applicants for their arrival in Germany, we arranged for online training sessions in cooperation with the Pflegequalifizierungszentrum Hessen (PQZ), an organisation that helps foreign applicants to have a smooth start with their new life in Germany.

During this training the candidates were given useful information about living in Germany, German habits and traditions, German culture, the social insurance system in Germany, some legal aspects as well as the medical care system and healthcare professions in Germany. At the same time, it was a good opportunity to listen to German native speakers and to practise the language.

The first group of applicants is getting excited and cannot wait to open a new chapter of their lives, and to start their apprenticeship as healthcare professionals in Germany. This being the first project for the new brand of the Uniteam Group of Companies, all application processes needed to be tested and adjusted, and for the authorities in Germany, applicants from Myanmar were a new experience as well.

We have come a long way since the start, and altogether we are now looking forward to crossing the finish line and have our first batch starting their work. Before the actual apprenticeship starts in September, there will be further training modules offered to all candidates including intensive German training. A support team from the employer in Germany will make sure that the first weeks after our candidates' arrival will be used to get settled-in well, and the Uniteam Group of Companies will also offer our group any assistance that may be required.

A big “Thank You” goes to all applicants for their patience, but also to the various authorities involved in Germany and to the German Embassy in Yangon which supported us along the way. We will follow up on our healthcare professional “pioneers” and shall keep you posted about their first experiences after their arrival in Germany.

**Capt. Thomas Reppenhagen, Sales and Client Relations Director**

# THE CONCEPT OF CII EEXI REGULATIONS - PART 2

Following on from our last article where we introduced the concept of EEXI and CII regulations which are coming into force in 2023, Valeriy Gorobiy, our Vessel Performance Manager, here discusses possible ways of reducing carbon emissions onboard.

He also explains how accurate reporting can assist in monitoring these emissions and provide ship staff with further assistance to ensure we are all following the best possible practices to lower our greenhouse gas (GHG) emissions.

### How is Uniteam Marine monitoring the GHG emissions of the fleet?

Utilising the reporting platform offered by StormGeo, I am able to get notified as soon as conditions onboard change or the vessel exceeds predetermined thresholds. This gives a common operational picture of what is happening onboard, making it easier to act quickly and make decisions which could affect mandatory environmental regulations.

### Can you give some examples of what is being reported?

Yes, for example we can see that one of our vessels in the fleet is reporting that the exhaust gas temperatures are above normal limits, indicating that some maintenance is likely required to efficiently run the engines and that the vessel also regularly operates two generators when only one generator should cover the load available.

A couple of other vessels are showing that they are using too much fuel against optimal baseline. This could indicate

that the hull is fouled, that the most optimal trim is not being utilised or simply that the baseline figures taken from the sea trial data are not accurate.

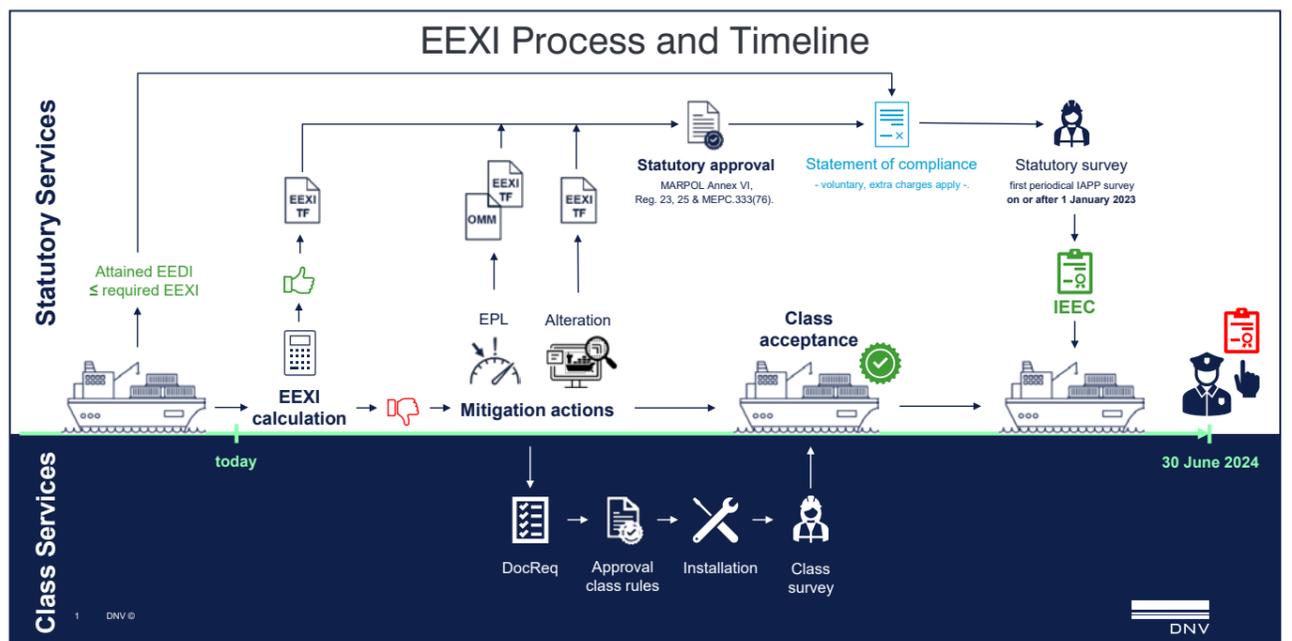
Finally, another vessel regularly shows that the specific fuel oil consumption (SFOC) for the generators is too high. This again potentially shows that some maintenance is required, or some fine-tuning is needed on the automatic voltage regulator.

### What are the plans to comply with the incoming EEXI regulations in 2023?

Discussions are currently underway with owners regarding the fitting of engine power limiters (EPL) onboard all vessels. There are a couple of different options for how to achieve this, but the basic principle is the fuel rack is blocked, either electronically or mechanically.

There is an override system in place to allow the engine to be brought back up to full speed in case of emergencies but there are strict procedures and reporting requirements around this.

**Valeriy Gorobiy, Vessel Performance Manager**



# 10 TIPS FOR EFFECTIVE LEARNING ONBOARD

Close your eyes for a moment and think.

When you hear the phrase “onboard training”, what do you see in your mental image...?

A senior officer giving a lecture to the cadets or a group of ratings.

Or perhaps sitting in front of the computer doing the CBTs? Or watching a training video?

The senior officers say “no time” whenever we talked about onboard training. They are busy with port schedules, mounting paperwork, etc.

On the other hand, the trainees say that they have no time. They are very busy and tired. They will study when they do their CoC exams.

What you learn in schools are the generic fundamentals but what you learn onboard a ship is the specific know-how. The job you are preparing to do is onboard the ship. Therefore, you must make the best use of your time onboard. If you spend ten months onboard and you do not know how to do the Third Officer's job or the Fourth Engineer's job, you have wasted your time.

Here are a few easy steps to learn effectively onboard. The tips are meant for the cadets. However, they are useful for anyone who wants to learn on the job and prepare for the next step of their career.

## 10 TIPS FOR EFFECTIVE LEARNING ONBOARD

### 1. LEARN FROM EVERYONE

Everyone onboard can teach you something. They are more experienced than you. What you have learned before you join the ship is preparing you to work onboard. But actual work starts now. You must always remind yourself that you do not know much about it. Be safety conscious. Do not become a liability to the team. Make yourself useful by learning the basics quickly and observing others.

### 2. FAMILIARISE YOURSELF WITH THE SHIP AND EQUIPMENT

The first thing to do when you join the ship is to familiarise yourself with the ship, its equipment and your emergency duties. If you do not know your surroundings, you cannot work. If you do not know how to use the equipment, you cannot work. If you do not know how to react during emergencies, you are a burden to the team and may even endanger others. As simple as that.

*Article continued page 3...*

... *LEARNING ONBOARD* continued

### 3. TAKE NOTES

Keep a notebook and a pen with you all the time. Write down all the things you want to remember. Write down all the questions coming up in your head so that you will not forget to ask your superior. This is a very useful habit even when you become an officer.

### 4. KEEP YOUR EYES AND EARS OPEN ALL THE TIME

Look out for the things that you do not know. Then research them. Make a list of questions you need to ask.

### 5. ASK A LOT OF INTELLIGENT QUESTIONS

If you have a question that pops up in your head, do not just ask but think it over. Research it and try to get the answer from the manuals/books. If it is still not clear, then ask. If you just ask any question coming up in your head, the people have no time to answer all the silly questions. You must show that you did your homework and tried your best to get the answer. You must also wait for a good time to ask your question. When people are busy in the middle of an emergency, it is not the time to ask questions.

#### Here are some examples:

If you are an Engine Cadet and you hear that a purifier overhaul is planned for next week, the first thing you should do is research. Look at the manufacturer's manual, search for information from PMS, note down the steps to be taken during overhaul, look for the tools and special tools, search for the spare parts to be used, etc.

After the completion of this research, you should have a fairly good idea about how to carry out the purifier overhaul. This is the time to ask questions to your superiors for better understanding.

During the overhaul, observe how the others carry out the job and pay special attention to the details. If any questions come up, note them down. Ask those questions when the overhaul is completed, and the people have time to attend to your curiosity.

If the Chief Officer is planning to do a tank inspection, jump at the opportunity to learn. Make sure you are part of the team. Volunteer yourself. There are a lot of things to learn if you are well prepared and make use of it. Start with the research. Recall your memory of the training you have for entry into an enclosed space. Go through the chapter from SMS and required checklists. You must learn the hazards, risk assessment, mitigating measures, the presence of toxic gases and how to measure it, O2 meter, how to use and calibrate, rescue from enclosed space, etc.

The next item for research is how to conduct the tank inspection. This information may be found in the relevant chapter of SMS and from PMS. You must know why we need to carry out a tank inspection and how often.

One more piece of research to do is the construction of the tanks. Whatever you have learned from the Ship Construction subject, you will see it there visually. Longitudinal frame, transverse frame, web frame, air hole, drain hole, etc. If you prepare well, you will learn a lot from doing the job you are assigned to do.

### 6. CREATE A STUDY SCHEDULE

You should create a study schedule for yourself. You must complete your study when you complete your required sea service.

#### How long should your study schedule be?

For example, if you are a Deck Cadet and if you require nine months of sea service to go for the Class III CoC exam, your study schedule should be for nine months.

#### What to study?

The best reference is your Cadet Record Book. The book lists out everything you need to know to become an officer. The next reference is your superior officers. For a Deck Cadet, your next step is Third Officer and then Second Officer and for Engine Cadet the Fourth Engineer and Third Engineer. You must be able to do whatever they are doing. Observe them and try to help them. You will learn a lot by helping in their work.

### 7. CREATE OPPORTUNITIES TO LEARN

If the Third Officer is planning to take lifeboat inventory from 1 p.m. to 3 p.m., and it is your rest time, take the opportunity and forfeit your sleep for one afternoon.

This is the job you must do when you become Third Officer. The Third Officer will always welcome an additional hand. As usual, do your research about the job before you start working on this job. Then ask a lot of meaningful questions.

### 8. SHOW WILLINGNESS TO LEARN

You must take the initiative and show your willingness to learn. Your senior onboard understands that as a newcomer, you do not fully know how to do your job. But if you are not willing to learn, nobody can teach you.

### 9. OBSERVE AND HELP SUPERIOR OFFICERS

The best way to learn is to observe the experts. Pay attention to the details when your officers and ratings are doing their jobs.

### 10. FOCUS ON YOUR GOAL

Always keep your focus on your goal. There are a lot of temptations to deviate from your study schedule. Why should I help the Third Officer with his maintenance job during my rest hour? I want to sleep. I want to surf facebook. I want to watch a video, play video games, surf the internet, talk to my girlfriend, have a beer with my buddies in the evening, etc. You can do all that in moderation. But never lose sight of your goal and do not deviate from your path.

What you do with your free time will determine what you will become in the future.

Good luck with your learning journeys onboard.

*Tin Maung Tun, Managing Director, Uniteam Training*

## THINK LSR WORKING AT HEIGHT

Terminal velocity is the highest velocity attainable by an object as it falls through a fluid (air is the most common example). It occurs when the sum of the drag force and the buoyancy is equal to the downward force of gravity acting on the object. Since the net force on the object is zero, the object has zero acceleration.



### THIS ALL SOUNDS VERY COMPLICATED – HOW DOES IT AFFECT ME?

Everything on Planet Earth is affected by the force of gravity. If we wish to lift anything from the surface, we must exert a force to move the object, and if we drop an object it will accelerate towards the ground until it reaches its terminal velocity. It will then continue at a constant speed until it is stopped by hitting another object. The terminal velocity of a human being is around 120 miles per hour (190 kilometres per hour (kph)), and this speed is reached after about 12 to 15 seconds, or about 500 metres of falling. Clearly, the chances of surviving a fall of this type are very small, but if you were working at 500 metres you would take precautions to make sure you did not fall. We will not have the opportunity to fall 500 metres onboard a ship, but the force of gravity is just as strong, and it will be pulling us towards our terminal velocity whether we fall 1 metre or 30 metres.

### WHAT IS “WORKING AT HEIGHT”?

Climbing a mast is clearly “working at height”, but not all locations are so immediately obvious. Anyone working in a location where there is a risk of falling may be regarded as working at height, and this might include working inside a tank or cargo hold, working near an opening such as a hatch, or working on a fixed stairway. The key points to consider are: is there a risk of falling, and could the fall lead to injury? Circumstances may vary, but **as a general rule, any work at above head height should be considered as working at height.**

### WHAT ARE THE DANGERS?

The greatest danger is, obviously, falling. As we have described above, gravity will pull you downwards towards your terminal velocity of 190 kph. This means that a person weighing 75 kilos, falling from a height of 5 metres, will hit the deck with an energy of 3,675 joules – this is about the same as being hit by a car travelling at 36 kph. There may also be other dangers when working at height and these may include, amongst others, the risk of electrocution or radiation injury from radar and radio aerials, being hit by rotating aerials, damage to hearing from ships’ whistles and sirens and breathing problems from exposure to funnel gases.

### HOW DO I KEEP MYSELF SAFE?

The first, and most important, rule is that **work should only be carried out at height if there is no other practical way of completing the task.** A risk assessment should be conducted, and appropriate safety measures put in place before work starts. If necessary, the appropriate Permit to Work should be completed and authorised by the Safety Officer. Always wear a suitable safety harness or other approved fall-arresting device – and **always** make sure the equipment is in good condition and that you know how to use it correctly. And do not forget to secure your tools and equipment – a hammer, a radio or even a paint brush dropped from just a few metres can cause serious injury.

### THINK LSR – Stay Safe When Working at Height!

*Peter Chilman, QSE Manager*

## HOW CAN MINDFULNESS HELP YOUR WELLNESS?

There really are many benefits to mindfulness, including reducing stress, improving sleep and even managing chronic pain. But what is mindfulness, exactly? In this article, we will explore what mindfulness is and how it can help you in your journey to wellness.



### WHAT IS MINDFULNESS?

Mindfulness is the practice of being present in the moment and paying attention to your thoughts, feelings and sensations without judgement. It can help you learn to control your reactions to stress and improve your overall well-being.

### THE BENEFITS OF MINDFULNESS

Mindfulness has been shown to offer a host of benefits for overall wellness. These benefits include reducing stress, improving sleep and increasing focus and concentration. Additionally, mindfulness can help to boost immunity and reduce pain.

*Article continued page 4...*

... HELP YOUR WELLNESS? *continued*

### HOW TO PRACTISE MINDFULNESS

When it comes to mindfulness, there are a lot of different ways that you can go about practising it. However, one of the simplest and most effective ways to start practising mindfulness is to focus on your breathing.

Sit in a comfortable position with your back straight and close your eyes. Once you are settled, begin to pay attention to your breath as it moves in and out of your body. Do not try to control your breath, simply let it flow naturally.

As you focus on your breath, you may notice that your mind begins to wander. When this happens, simply bring your attention back to your breath. It is normal for your mind to wander, so do not worry if it happens. Just gently bring your focus back to your breath whenever you notice that your mind has wandered off.

With time and practice, you will be able to extend the amount of time that you can remain focused on your breath. Additionally, you can also experiment with other objects of focus, such as the sensation of your feet

touching the ground or the feeling of air moving in and out of your nostrils.

Mindfulness is not particularly difficult, we just need to remember to do it.

### MINDFULNESS AND WELLNESS

Mindfulness can help improve your wellness in many ways. It can help you to become more aware of your thoughts and feelings, which can lead to better self-regulation and coping skills. Additionally, mindfulness can help to decrease stress and anxiety, as well as improve sleep quality. All these benefits can lead to improved physical health and overall well-being.

Mindfulness has been shown to be beneficial for overall wellness in a variety of ways. It can help reduce stress, improve sleep quality and increase focus and concentration. If you are looking for a way to improve your wellness, mindfulness may be a good option for you.

*Wherever you go, there you are.*

*Richard Knighton, Fleet Personnel Director*

## PORTRAIT OF CREWING OPERATOR MADALENA DAVIES

### How did you join Uniteam Marine?

I joined Uniteam Marine in December 1999. There was an advertisement in the local newspaper and I decided to give it a try. I had my first interview and the rest is history.

### What are your main tasks?

As a Crewing Operator, my main tasks are to carry out and coordinate crew changes for allocated vessels calling at various ports around the world. I ensure crew hold correct certification and arrange travel, visa and relevant joining documentation.

### What do you enjoy most at work?

I love learning about new ports that I have not yet worked with, especially small remote islands. However, my favourite island where I would like to visit one day is Tristan da Cunha. This is a very remote group of volcanic islands in the south Atlantic Ocean.

The fulfilment in bringing home our seamen to their families and loved ones, especially if a family member is sick and has nobody else to care for them, or the wife is due to give birth, or even to attend their own wedding!

I have received several thank-you notes from Captains after a challenging crew change and this is extremely gratifying.



### What have been your biggest challenges and how did you manage them?

As the pandemic started, and Yangon International Airport was not fully operational, everything became super challenging for the crewing function. The crew had to be tested for Covid, crew changes were either not possible at particular ports or with an endless list of restrictions that had to be followed. Conducting crew changes at even the simplest port was not straightforward any more. Securing flights out of Yangon was a serious impediment to our daily operations.

Although it may not always be smooth sailing in the crewing function, it will never be boring!

### Do you have a motto in life?

Today is life, the life we know it is, make the most of it.

## TOP HEALTHY FRUITS

Fruits contain lots of vitamins, minerals and antioxidants. We have selected some of the healthiest fruits for you!



### APPLES

You might know the expression, "An apple a day keeps the doctor away." Although research shows that eating more apples may not be associated with fewer visits to the doctor ("...but if the doctor looks cute, forget the fruit"). Apples are a nutritious fruit offering multiple health benefits. They are rich in fibre and antioxidants. A medium-sized apple contains 4.4 grams of fibre, 8.4 milligrams of vitamin C and other small amounts of vitamins and minerals.

Eating apples is linked to having a lower risk of various chronic conditions, including diabetes, high blood pressure, heart disease and cancer.



### CITRUS FRUITS

The most well-known citrus fruits are lemons, limes, oranges, mandarins and grapefruits.

Citrus fruits are a great source of vitamin C, which strengthens your immune system and keeps your skin smooth and elastic. They are also rich in B vitamins, potassium, phosphorous, magnesium and copper and are low in calories. Citrus fruits may reduce your risk of kidney stones, help to protect against cancer, and boost your heart health.

**But pay attention:** Grapefruits can interact with certain medications.



### AVOCADO

Avocados provide a substantial amount of monounsaturated fatty acids and are rich in many vitamins and minerals, including vitamins C, E, K and B6, riboflavin, niacin, magnesium and many more. Avocados are great for your heart and vision and help prevent osteoporosis and cancer. They improve digestion and support a natural detoxification.

Sources: *Healthline.com, everydayhealth.com, USDA, health.com, healthxchange.sg, medicalnewstoday.com*

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

## HUMOUR

A couple were on a sailing trip. They had gone night sailing and were on the deck looking up at the sky. One said to the other,

"Look up. What do you see?"

"Well, I see thousands of stars."

"And what does that mean to you?"

"Well, I guess it means we will have another nice day tomorrow. What does it mean to you?"

"Well, to me, it means someone has stolen our bimini!"

## ONGOING COMPETITIONS

### "Success through Teamwork - Experience onboard"

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

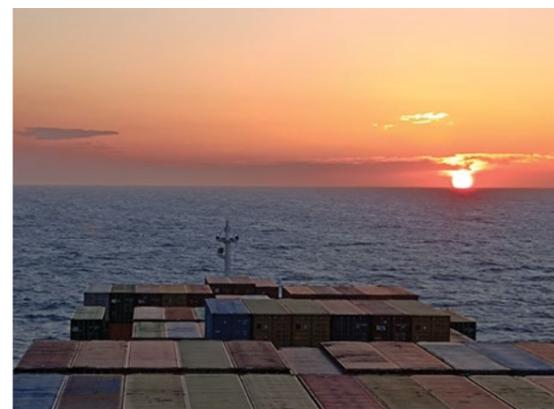
Prize: USD 200,- for every published article for the crew's entertainment fund.

### "Best Photograph & Video" for 2022!

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 2022



Sunset by AB Ompra Kash @ Tin Tun Myint  
MV OOCL St. Lawrence

## IMPRINT

**Editor:**  
UNITEAM MARINE  
marketing@uniteamservices.com  
www.uniteammarine.com

**Frequency of publication:**  
Quarterly

**Editorial Staff of this issue:**  
Phyo Win Nyun, Naing Win Tun, Capt. Thomas Reppenhagen, Valeriy Gorobiy, Tin Maung Tun, Peter Chilman, Richard Knighton, Madalena Davies, Anja Frauboese, John Hadjiparaskevas

**Photographs:**  
Uniteam Marine, crew of Uniteam Marine, DNV (picture: EEXI process and timeline)

**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

