



UNITEAM MARINE NEWS

ISSUE: December 2022

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

MESSAGE FROM THE CEO

When we take stock of our company's achievements over the past months, we see noteworthy developments.

Since September 2021, Uniteam Marine experienced a growth of 14% by seafarers onboard, and we are proud of this positive trend. It proves that even in difficult times we were able to expand the pool of seafarers serving onboard our clients' vessels.

Fortunately, and much to the relief of our clients, the shipping market - after a long period of low charter rates - has seen an upswing for bulk carriers and container ships - our predominantly managed tonnage.

Another success story is Uniteam Cruise Services (UCS). With great enthusiasm we support our ocean and river cruise industry clients, who have reactivated their fleets. The year 2022 was the best year so far for UCS and we would like to thank the UCS team as well as our seafarers onboard for their tireless efforts in assisting our clients to bring this market segment back to business after a long idle period.

With the new brand Uniteam Healthcare Services, we entered another business sector with great expansion potential: we have started providing staff from Asia to the healthcare sector in Germany. The first 23 candidates from Myanmar have meanwhile started their apprenticeship training to become qualified healthcare professionals in Germany and pre-selections for the next group to follow are in progress.

Mental health and wellbeing are and remain important to us and for our seafarers. Next to making people aware of these relevant topics in our Uniteam Marine News, we have set up several programmes to support both, our seafarers onboard as well as our colleagues ashore with our initiative "We care". As a result, thanks to the resilience and collective effort of all our people, Uniteam has successfully dealt with the challenges encountered, grown its existing businesses, and entered new areas.



Another milestone is the opening of Uniteam Marine Manila in the Philippines, which gives us the additional strength to rise our recruitment and manning capabilities and to diversify.

Furthermore, our affiliated company, Azimuth Radio Technologies, has grown its client base and established itself as a competent partner

for the installation, servicing, and repair of marine electronic equipment.

Looking forward, we will intensify our efforts to be close to the needs of our crews onboard and our colleagues ashore. We strongly believe that investing in our people, pays back for our clients. As a company, we strive to take good care of the people who safeguard the assets of our clients, and we therefore support the professional and academic development of our personnel.

We will also remain focused on environmental impacts, with the needs of our clients and stakeholders at the heart of all that we will do and aim to achieve. A commitment to quality services provided to our customers and caring for the environment will motivate and drive us.

We are incredibly proud of our international heritage and remain focused on providing a working environment that encourages achievement to honour, accept and appreciate the uniqueness of our colleagues. We want to ensure we act with integrity and remain dedicated to providing a service with honesty and passion. There will be new challenges waiting for us, but the group is ready to face them and determined to find solutions.

I wish you and your families a peaceful, healthy, and happy 2023.

Holger Ruether, CEO

DAY AWAY!

Cyprus

On 5 July Uniteam Marine went on a full-day cruise.

We boarded the catamaran at the old port in Limassol early in the morning, where we were offered coffee, frappés and warm, tasty savouries.

The boat also had an upper deck with several sunbeds, and after setting sail it was exciting to see the shoreline of Limassol and the newly built skyscrapers from afar with a refreshing drink in hand.

I am usually one of those people who get nauseous at sea, but luckily the weather that day was agreeable and the sea surprisingly calm.



There were two stops for swimming in the Akrotiri region located southwest of Limassol. The first was at Cape Gata, which is only accessible by sea and where the scenery is remarkable. The second was at Ladies Mile Beach, a beautiful, unspoiled coastline.

Some brave colleagues dived from the upper deck into the crystal-clear blue sea, whilst the rest of us stepped into the water holding firmly onto the special swimming ladder.

Lunch was then served and there was a large variety of delicious canapés to choose from.

It was an exciting experience and a pleasure to spend the day with our colleagues away from the office.

Thank you to the company and our co-workers in Human Resources for arranging a relaxing and unforgettable day out.

Lucy Nicolaou, Assistant to the Managing Director

Germany

On 6 July, the team of Uniteam Marine left its Hamburg office early in the morning. Our destination was Scharbeutz. Scharbeutz is a municipality in the district of Ostholstein and situated in the Bay of Lübeck.



After arrival, we first had a light breakfast at the beach promenade and then went off for our fitness activity, minigolf! The team was divided into two groups and our goal was to complete the exercise course with the fewest possible shots. The laughter was great as our bookkeepers did the final calculation to figure out the winning team, which in the end won by a single shot.

Article continued...

JUST TALKING ABOUT MENTAL HEALTH

Mental health is an important part of our well-being. It is a crucial part that must be addressed in order to avoid the negative effects of stress, anxiety and depression. Physical health is tightly connected to our mental state as it may affect chronic conditions and increase the risk of chronic illness.

Taking care of personal mental health is a challenge as it is driven by many factors that may surround a person's life. It is important to understand that mental health is not just the absence of psychological conditions, but in a simple definition it is the goodness of our emotions, feelings and behaviour.

Every living person experiences and deals differently with their own mentality.

It is OK to not be OK

It is important to remember that just because you may not be feeling positive emotions at any given time, that does not mean you are broken or weak. It means you are human. Humans are allowed to feel the full spectrum of emotions. We all have days where we do not feel so great about ourselves or our lives, and that is perfectly OK! In fact, it can even be beneficial in helping us understand ourselves better by experiencing different emotional states and how they affect us both physically and mentally.

It is also totally OK to let somebody know that you are feeling this since when the mind achieves clarity there is always a more rational approach to stress situations.

An open conversation about mental health

Talking about mental health is important, and not just for seafarers. Seafarers are not the only ones who suffer from mental health issues. It is an issue that affects all of us, whether we realise it or not – and if you think someone is struggling with their mood and well-being, it is important

to let them know that you are there for them and will listen if they want to talk about what is going on in their life.

However, it is widely recognised that being a seafarer is a profession that differs from others since it implies losing touch with the world ashore. Therefore, it is twice as important to pursue positive onboard interrelations, creating a family-feeling environment that seizes trust and friendship and welcomes openness.

Trying to get to know the people who surround you every day makes it easier to have regular catch-ups, listen to different opinions, and exchange information. This leads to the mind being positively stimulated and realising that you are in the same situation.

Mental health encompasses many conditions such as depression, anxiety and stress – but it also includes loneliness and other things like alcohol dependency or addiction problems (which can often result from trying to self-medicate).

Starting the conversation

Here are some ways to start a conversation:

- If you do not know how someone is feeling, ask them! This can be as simple as “How are you?” or “Is everything OK?”
- Give people space and time when they need it. They may not want to talk right away, so let them take their time and wait until they are ready before asking again. It is important not to push someone into talking if they do not feel like it because this can make them feel uncomfortable or anxious about opening up next time.



- Be open and honest with your own emotions; let your friend know that it is OK for them not to share details about their problems just yet – you are there for them even if they do not feel ready yet! This will help build trust between both parties, which makes talking easier in the future!

Talking about how we are feeling can help to improve our mental health and well-being. If you are struggling with your mental health, it is important to start a conversation about it, as it will help to keep you safe, healthy and well. You are not alone – there is support available for seafarers who need some extra help. By talking about how we are feeling, we may all see improvements in our overall health and well-being.

We hope that this article has encouraged you to start the conversation on mental health. You are not alone, and we want to help you. Please reach out to us if you need advice or support in your quest for better mental well-being. Be sure to check out our guidance on Mental Health and Well-being Talent Cards application.

It is good to talk!

Marina Charalambous, Crewing Operator – Group 3

THINK LSR

WELL-BEING AND MAINTAINING A HEALTHY WEIGHT

What is the body mass index and how do we define obesity?

The body mass index (BMI) is the most commonly accepted measure of general obesity, and is one of the tests included in seafarer medical examinations. It is defined as a person's weight in kilograms divided by the square of their height in metres (kg/m²).

Adults are classed as overweight if their BMI is between 25 and 30, obese if their BMI is 30 to 40 and morbidly obese if their BMI is 40 or more.

Why is this important?

Being overweight, and in particular being obese, markedly increases an individual's chances of suffering from a wide range of physical and mental health problems. Notably:

- Obesity increases the risk of cardiovascular diseases and stroke
- Obesity increases the risk of type 2 diabetes
- Musculoskeletal disorders, especially osteoarthritis – a highly disabling degenerative disease of the joints – are more common among overweight people
- Many of the cancers including endometrial, breast, ovarian, prostate, liver, gallbladder, kidney and colon are linked to obesity
- Obesity can lead to gastroesophageal reflux, urinary stress incontinence and infertility
- Sleep disturbances like apnoea and associated breathing problems are commonly linked to obesity
- Obesity can affect quality of life and lead to psychological problems, such as depression, anxiety and low self-esteem.

These underlying conditions will almost certainly impact on a seafarer's fitness for service and can endanger not only the health of the individual seafarer but also the onboard safety of other crew.



How significant is the problem?

Excess weight and obesity are problems that are getting worse and the World Health Organization (WHO) has reported that worldwide obesity has almost tripled since 1975. Obesity is also a problem that is becoming more widespread: whilst it still tends to be more pronounced in high-income countries, this can no longer be considered a “Western” or European problem. The WHO found that, in 2016, 39% of adults worldwide were overweight, and 13% were obese. Perhaps most surprisingly, it was found that most of the world's population live in countries where being overweight or obese kills more people than being underweight.

There is growing evidence to suggest that unhealthy weight gains are becoming a particular problem within the maritime sector. A study of offshore personnel in the North Sea oil industry found that the body weight of the average worker had risen by almost 20% in the last 30 years. Another study, involving over 1,000 seafarers of all nationalities serving onboard Italian-flagged vessels, found that 40% were overweight and over 10% were obese. The study also found that seafarers, regardless

of their nationality and rank, showed a greater tendency to be overweight and obese compared with the general population of the same ethnicity.

How does obesity happen?

Obesity is a condition that develops gradually over time. Whilst every individual's story is different, the underlying cause of obesity is the same: an energy imbalance between calories consumed and calories expended. The average physically active man needs around 2,500 calories a day, and the average woman 2,000 calories a day, to maintain a healthy weight. Overconsumption of energy-dense foods, together with a lack of physical exercise, can soon lead to weight gain and, if not controlled, to obesity and negative effects on physical and mental health.

What does this mean for the seafarer?

Obvious medical problems should be detected during regular seafarer medical examinations, but obesity, whilst recorded, is seldom considered a reason for not declaring an individual fit for sea service.

Life at sea can be physically, and mentally, demanding, and seafarers do not have regular access to medical professionals or a wider support network of family and friends. It is therefore very important that seafarers do everything they can to optimise their physical and mental well-being. Every seafarer should ask themselves the question “Am I really fit for life at sea?” Things to consider might include: can I climb a vertical ladder? Will I fit through manhole openings? Does the Personal Protective Equipment fit me correctly? Do I fit into a lifeboat seat? Can I work for long periods in extremes of temperature, such as an engine room or a galley? Do I sleep well? If any of these things are affected by your body weight, it is time to do something about it!

Article continued...



... *THINK LSR continued*

Practical ways to manage your weight

- Reduce your intake of high-energy, highly processed food such as fast food, sugary drinks, sweets and alcohol
- Pay attention to your portion size – do you really need to eat such a large portion?
- Drink plenty of water, and try to drink a large glass before every meal
- Try to eat more slowly – put your cutlery down between mouthfuls
- Try to eat at least five portions of fruit or vegetables every day – all kinds of fruit and vegetables count, and it does not matter if they are fresh, frozen, tinned or dried
- Cut down on saturated fats, found in foods such as fatty meat, processed meat products, cheese and butter. Try to eat more foods containing unsaturated fats, such as vegetables, legumes, nuts and oily fish
- Aim to increase your fibre intake by eating more unrefined grains such as oatmeal or bran, choosing brown rice or wholemeal bread or pasta when available, and eating potatoes with their skins on
- Keep a food diary and write down everything you eat
- Get into the habit of regular physical activity – it does not have to be intense: “a little and often” is the best way

• It is recognised that shipboard life may not always allow the seafarer to make their own choices – for instance, the daily menu is decided by the cook, and opportunities for structured physical exercise may be limited. However, it is possible to make some small choices and changes which can become “good habits” that will help you to control your weight. It is also true that seafarers tend to have fairly long vacation periods, time when good habits can be established before going back to sea.

Not every strategy works for every person but small steps, such as the above, help seafarers to achieve and preserve good health, and employers to maintain a fit, healthy and happy crew. This helps to reduce the likelihood of poor health, leading to a shortened seagoing career or a medical emergency at sea.

If you are concerned about gaining weight, do something about it – take the first small steps!

THINK LSR – Think about your personal well-being

Peter Chilman, QSE Manager

CSC CHARITY BEACH VOLLEY TOURNAMENT 2022

Every year the Cyprus Shipping Chamber organises a charity beach volleyball tournament for the shipping companies in Cyprus. This event started in 1996 and since then Uniteam Marine has been participating with a team named “Uniteam All Stars”. This year the event took place in September.

The aim is to raise money for charity and, at the same time, to organise a social event for all shipping companies in Cyprus. The net profits from the event are donated to the “One Dream One Wish” children’s charity association, which fulfils the wishes of children suffering from cancer and related diseases.

Our team showed professional skills and we had an overall high performance in the tournament. But winning is not the most important thing. We had a great time, we had fun, bonded with our colleagues, trained and most importantly we did it for a good cause.



Back left to right: Sotiris Petrakkidis, Andreas Costi, Romanos Yiangoudakis, Tim Charalambous, George Sofocleous.
Bottom left to right: Erodotos Charalambous (Team Captain), Kostas Papathomas, Spyros Ioannou.

Spyros Ioannou, General Accounting & Reporting | Accountant, Uniteam Global Business Service

PORTRAIT OF CAPTAIN MYO MIN AUNG



When did you first discover your desire to work onboard a vessel?

The idea first appeared after the political crackdown in the country in 1988. A lot of teenage boys decided to become seafarers, and I was one of them. Of course I made a choice to challenge myself to become a master and chase my dream

of following a career at sea. I have been employed by Uniteam Marine Yangon since 2005 as a selected chief officer, persuaded by Capt. Win Zaw, who was a former training director of Uniteam Marine Training Centre. I successfully reached the rank of master in 2007, which I have held to the present day, serving under KG Reederei Roth fleet bulk carrier vessels.

What do you enjoy most at work?

I greatly enjoy my present title of master, and particularly of taking care of all my crew. These people are the key for successful voyages at sea. Despite all the stressful moments, I do enjoy working onboard, and successfully sorting things out brings me the greatest satisfaction.

What has been your most exciting experience while working onboard?

On Saturday 6 August 2011 at 18:05 hours, under my command, a fully loaded Capesize bulk carrier drawing 17.60 m draft, free board of 6.35 m with 166,164 MT of iron ore cargo, was under attack by a group of pirate skiffs in the Red Sea, Bab El Mandeb TSS Southbound. After 45 minutes of circling the vessel and making numerous

aggressive approaches from all angles to the vessel, the pirates gave up attempting to board due to several warning shots fired by the vessel. Fortunately, all 24 crew including myself were safe. Nevertheless on the same date, we heard the very sad news on the VHF radio channel that another vessel’s officer was announcing with his voice trembling that pirates were successfully boarding and hijacking their vessel. Our relief was tempered by the knowledge that other seafarers were under pirate control.

Do you have a favourite port/destination?

Yes indeed, my favourite port of call is Khlong Toei in the city of Bangkok. This is our neighbouring country and full of culture, including the famous Thai street foods with spicy ingredients. It feels like my home town, as most Thai people are very polite and religious and have a peaceful manner. Not only myself but also most of the Myanmar seafarers are keen to call at this destination, no doubt about that.

Do you have any recommendations for newcomers/cadets joining a vessel?

It is better to think twice and to start a seafarers’ career when older. The reason is that once one becomes a seafarer it is much more difficult to establish relations with the family ashore. That is also why it is important to maintain a healthy atmosphere and teamwork onboard, to improve the feeling of empathy for the seafarers who work with you. Last but not least, I recommend newcomers or cadets joining the vessel to choose a seafarers’ career with great care.

Do you have a credo/motto in life?

Yes, I wish that all sailors reading “6 inches under the keel” smile, since she is technically still afloat.



HUMOUR

A doctor, a dentist and a lawyer were in a boat together when a wave came along and washed them all overboard.

Unable to get back into the boat, they decided two would hold on to the boat and the third would swim to shore for help.

They noticed that there were hundreds of sharks between them and land.

Without a word the lawyer took off! As he swam the sharks move aside.

The dentist yelled: “It is a miracle!”

“No”, said the doctor, “That is professional courtesy!”



ONGOING COMPETITIONS

“Success through Teamwork – Experience onboard”

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” for 2023!

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.



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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.

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