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Uniteam News is designed to be of interest to keep clients, seafarers and employees of Uniteam Group of Companies informed of development within the group.

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

Email us at marketing@uniteamservices.com

NEW LEADERSHIP TAKES CHARGE AT UNITEAM MARINE YANGON AND UNITEAM TRAINING



We are delighted to announce that as of 1 August, Captain Tin Maung Tun has officially assumed the position of Managing Director at Uniteam Marine Yangon. With his extensive expertise and unwavering commitment, Captain Tin Maung Tun will ensure the continued success and seamless operation of Uniteam Marine Yangon.

In conjunction with this transition, Captain Than Oo has taken on the role of Chairman of the Board of Directors, while Captain Thet Naing has joined as a new member of the Board of Directors. Their exceptional leadership abilities and strategic foresight will play a pivotal role in driving the growth and advancement of the company.

Additionally, at Uniteam Training, we are pleased to announce that Captain Kyaw Lin Than will assume the role of Managing Director. We have full confidence in Captain Kyaw Lin Than's capabilities to lead Uniteam Training towards new achievements and perpetual growth.

What will the future bring?

Let's ask our new Managing Directors Captain Tin Maung Tun and Captain Kyaw Lin Than!

Captain Tin Maung Tun:

What sets Uniteam Marine (UM) apart from other companies in Myanmar, and how does it ensure the well-being and loyalty of its seafarers?



UM has been operating in Myanmar for over 35 years, during which we have successfully connected Myanmar seafarers with European shipowners. Our consistent reliance on Myanmar seafarers as our primary workforce sets us apart from other companies in the country. Many seafarers have chosen to build their careers with us and have remained loyal until retirement, a testament to our reputation.

Working for UM guarantees peace of mind for our employees. They never have to worry about timely payment, mistreatment or abandonment. We have always prioritised the well-being of our seafarers, treating them as members of our own family.

How does UM prioritise and support its seafarers, and what steps does the company take to embrace family values and provide care for its seafarers' families?

As a ship management company, we recognise that qualified seafarers are our most valuable assets. They serve as the frontline representatives of our company, while we provide crucial support from the office to ensure smooth operations and enable them to excel in their roles. Without seafarers, the office positions would cease to exist. We deeply respect and genuinely care about our seafarers

as individuals, not mere numbers. At UM, we prioritise family values and deeply embrace them as an integral part of our culture. We treat our seafarers as cherished members of our own family. To enhance the value further, we plan to set up a dedicated family care section, fostering a strong sense of unity with our seafarers' families and better supporting them while their husbands/fathers are away at sea.

How does UM attract and retain seafarers in Myanmar, beyond high wages, while also aiming to become the preferred employer? Furthermore, how does UM plan to train and equip young talented individuals in Myanmar for successful maritime careers?

The primary desires of most seafarers are a safe working environment, steady employment and opportunities for career advancement. While salary is undoubtedly a significant factor in attracting and retaining seafarers, relying solely on high wages will only attract mercenaries who will leave as soon as someone offers them a slightly better deal. Our goal is to become the employer of choice in Myanmar, attracting talented individuals who seek long-term commitment and growth with us.

Myanmar has a lot of young talented individuals who want to pursue a maritime career. Our aim is to train and equip them with the necessary skills to thrive onboard, while also offering valuable career advancement opportunities.

Come and join us. Let us work together and grow together as a family.

Captain Kyaw Lin Than:

Can you share your background and experience in the industry, particularly in training and development?



I have been working at Uniteam Marine and Uniteam Training for over 25 years. My journey commenced as a Deck Cadet and I worked on various vessels to become a Captain in Uniteam Marine. In 2013, an exciting new chapter unfolded as I embarked on the role as a nautical instructor with Uniteam Training. I delivered various nautical training for the development of our industry. I delivered the training for the crew of Uniteam Marine as well as for other shipping companies, especially in simulator training. During the Covid pandemic period, I developed the talent card learning system together with my colleagues. Collaborating closely with my colleagues, we successfully transitioned our training programmes to the online realm, ensuring that our seafarers could continue their professional growth. Presently, the KREDO learning system is being introduced for seafarers and we are continuing to develop it.

How many different courses is Uniteam Training currently offering, and which are the most booked courses? Do you plan to create any new courses in the near future?

Uniteam Training (UT) is currently offering training courses for the nautical, engine, oil & gas, industrial & safety and machine & welding training, a total of 270 different courses. Regarding nautical and engine training, UT is offering...

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... training courses that are approved by the Department of Marine Administration as well as in-house training for Uniteam Marine and other shipping companies' specific requirements. For the oil & gas and industrial & safety sectors, we are offering training that is approved by OPITO (Offshore Petroleum Industry Training Organization) and in-house courses which are in accordance with oil and gas and other industrial requirements. UT is also offering machine & welding training for seafarers and other employees in the industrial sectors. The Uniteam Career Development Institute offers language courses in German and English.

Basic Safety Training, Pre-Sea training for new seafarers, Bridge Resource Management (refresher), Engine Resource Management and application of leadership and teamworking skills, Electro-technical Rating examination course and T-BOSIET (Tropical Basic Offshore Safety Induction and Emergency Training) are the most booked courses.

Presently, UT is developing the KREDO learning system and plans to create online learning on the Seably platform, which will be useful for the maritime industry. Other Nautical and Engine courses such as Bridge Resource Management Refresher for UM officers, able seafarer deck, engine and

ship's cook training are also planned. UT is also developing machine and welding training for the shipyard employees who will work at Korean shipyards; we are planning more specific training as per industrial requirements soon.

How do you envision positioning Uniteam Training as a leader in the market? What strategies do you have in mind to differentiate the company from competitors?

In order to keep Uniteam Training as a leader in the market, we have to adopt a strategic and multifaceted approach. The three most important pillars in our business plan are customer, operational and people. Specific KPIs will be set with the purpose of monitoring the organisation's performance against the three important pillars. UT will offer training programmes that are aligned with the latest industry trends, regulations and technological advancements. We will also collaborate with other shipping companies and other maritime training institutions which can create opportunities for Uniteam Training to expand its reach and influence. Uniteam Training will actively engage in thought leadership activities such as participating in conferences. Therefore, we can establish ourselves as a respected organisation in the maritime, oil & gas and industrial training

sectors. Our vision is "To Deliver Great Training" and our mission is "To be the leading developer and provider of competency-based training solutions for the marine, oil & gas and industrial sectors".

Building a strong team is crucial for success. How do you plan to foster a positive and high-performing culture within Uniteam Training?

A strong team can achieve more success, overcome challenges and produce outstanding results. In order to foster a positive and high-performing culture within Uniteam Training, we will promote the company values and desired behaviours among the employees. We will set the stage for success and create a supportive environment where individuals can thrive and achieve their full potential. I will also provide support and motivation to all of the team members so teammates can rely on each other for encouragement, assistance and guidance. UT is to be made adaptable and resilient in the face of challenges and changes. We will be working together and drawing on each other's strengths and responding effectively to customers' requirements. This flexibility and resilience enables the team to overcome obstacles and continue moving forward.



UNITEAM MARINE YANGON'S Summer School Programme 2023



To provide comprehensive support not only to Uniteam Marine seafarers but also to their families, Uniteam Marine Yangon organised the highly anticipated Summer School Programme 2023.

The initiative aimed to motivate seafarers, while also emphasising the importance of education for their children. The news of this remarkable endeavour was officially announced on the Uniteam Marine – Careers Facebook page to invite interested parties to register for the summer classes.

Children aged between 5 and 16 eagerly applied for various courses, including swimming, badminton, football, dance, art and German classes, offered by Uniteam Marine. The Welcome Summer School Programme 2023 event on 10 March marked the beginning of this exciting initiative. The event provided an introduction for registered children, who met their instructors and received detailed explanations about the courses, the duration and the programme's benefits. Esteemed individuals, including Capt. Than Oo, Capt. Thet Naing, Capt. Tin Maung Tun and Mr Phyo Win Nyunt from the Uniteam Marine management team, graced the event. Capt. Thet Naing and Capt. Tin Maung Tun addressed the children and their parents, emphasising the significance of education and the value of their participation.

A total of 170 children eagerly participated in the Summer School Programme 2023, engaging in activities for approximately two to three months. The programme's duration allowed ample time for the children to immerse themselves in their chosen courses, fostering personal growth and skill development.

As the programme drew to a close on 20 May, we organised the grand Summer School Programme Closing Ceremony 2023 event. Distinguished guests from our

management such as Mr Andreas Papanisiforou, Capt. Jerzy Wilk, Capt. Thet Naing, Capt. Tin Maung Tun and Mr Phyo Win Nyunt were in attendance to honour the children's achievements. Inspirational speeches by Mr Andreas Papanisiforou, Capt. Jerzy Wilk, Capt. Thet Naing, and Capt. Tin Maung Tun commended the children's dedication and encouraged them to pursue their dreams. The management team added excitement to the ceremony with an engaging on-stage raffle.

The highlight of the event was a mesmerising performance by the children from the dance class, showcasing their newfound talents on stage. Moreover, the children from the painting class proudly exhibited their artwork on the event walls, infusing the occasion with vibrant colours. Additionally, the children's summer class activities were displayed on stage using a projector, captivating the audience with their enthusiasm. This affirmed the resounding success of the Summer School Programme 2023.

Uniteam Marine Yangon takes immense pride and satisfaction in the conclusion of the Summer School Programme 2023. By nurturing the education and well-being of seafarers' children, Uniteam Marine demonstrates its commitment to its employees and their families. This remarkable initiative exemplifies the organisation's dedication to holistic workforce development, empowering seafarers and their loved ones alike.

Grace Winn Thiri Mon, Senior Corporate Communications & Marketing Coordinator

OPEN TALK SESSION IN YANGON



In these challenging times it is important to recruit competent seafarers as well as retain our experienced officers and ratings. Good retention is best achieved where the crew is valued by the ship operator and where the crew feels a connection to the company.



On 26 May, Uniteam Marine (Yangon) Limited took the opportunity in establishing and maintaining good customer relationships: we hosted the "Open Talk Session", an event for officers and ratings of our longstanding client Leonhardt & Blumberg Shipmanagement GmbH & Co. KG (L&B).

We consider our seafarers to be "customers" of equal importance to our valued owners and partners. This small event aimed to provide positive engagement sessions with their ship's owner and managers, which encouraged our poolers to come together and discuss problems, challenges and successes that they encountered on their last assignment.

The event was specifically focused on L&B's poolers to share their experiences and feedback and to stimulate talk. We invited all L&B's poolers to gather in the "Uniteam Ballroom" in the Uniteam Building along with owner representatives from the L&B fleet. Our responsible group manager from Cyprus attended online.

Captain Thet Naing opened the event with a welcoming speech, followed by Captain Tin Maung Tun introducing the audience to the participants and the event's purpose. Our Crewing team's responsible manager Vlad Ivashchenko and owner representative, Ronald Schnitter (Head of Crewing), had the opportunity to discuss career development, crew welfare, better communication and future vessel prospects.

The event proved to be a constructive and effective platform for sharing experiences, ideas and developing solutions as well as showing our appreciation and respect.

We would like to thank all officers and ratings of L&B poolers for participating and the owner representatives and our colleagues at Uniteam Marine for their excellent arrangement.

The Open Talk session was an excellent communication bridge between seafarers, office personnel and owners. Uniteam Marine will continue with further sessions in the near future.

Phyo Win Nyunt, Senior Fleet Personal Manager (Recruitment & Retention)



CORPORATE ENVIRONMENTAL RESPONSIBILITY: Planting Mangrove Trees to Combat Maritime Carbon Footprint

Maritime shipping plays an integral role in global trade, but its environmental impact, particularly in terms of carbon dioxide (CO₂) emissions, cannot be ignored.

Uniteam Marine, in collaboration with Stiftunglife, has initiated a project to reduce the carbon footprint associated with maritime activities. The initiative involves planting mangrove trees on behalf of seafarers sailing on the vessels, and for each shore based team member, coinciding with their birthdays. Commencing in mid-2023, the project will witness the planting of 5,000 trees throughout the year.

Nature's carbon warriors, mangrove trees have emerged as invaluable allies in the fight against climate change due to their unique characteristics. Here are the key reasons why mangroves are being championed as carbon mitigators:

Carbon sequestration: Mangroves possess dense root systems that effectively capture and store carbon dioxide from the atmosphere. Their ability to trap organic matter and sediment enables significant carbon sequestration. Remarkably, mangroves can store several times more carbon per unit area compared to terrestrial forests, making them highly efficient in combating CO₂ emissions.

Blue carbon reservoirs: Mangrove ecosystems are considered "blue carbon" reservoirs, as they store carbon in coastal and marine environments. These carbon stocks are found in the trees themselves, as well as in the soil and sediments below the water.

Coastal protection: Mangroves serve as natural buffers against coastal erosion and storm surges. These resilient ecosystems protect coastal communities and infrastructure from the impacts of rising sea levels and extreme weather events.

Biodiversity support: Mangrove forests provide a vital habitat for a diverse array of species, including numerous bird species such as the white-bellied sea eagle and the

Nicobar pigeon, as well as monkeys, pythons, lizards and rare bats like the pouched tomb bat. Preserving mangroves ensures the maintenance of biodiversity, which is essential for overall ecosystem health and resilience.

The planting of the mangrove trees take place in a protected coastal area in Myanmar. Location: Rakhine Coastal Region Conservation Association (RCA) in Kyeintali province, Rakhine State, Myanmar. The plantation in a protected area gives a certain guarantee that mangroves can grow properly. The planting is done by the staff of the national park.

Similar projects in different countries will follow.

Anja Frauboese, Head of Corporate Communications & Marketing



WELCOME TO THE UNITEAM MARINE FAMILY, MV LIMA TRADER!

On 24 May, Uniteam Marine successfully assumed full management of MV Lima Trader (formerly known as Universal Bangkok) at Incheon, South Korea.

This Supramax bulk carrier, with a capacity of 56,793.80 deadweight tons, was built in 2012 at Qingshan Shipyard in China. As part of the takeover, the vessel's flag state was changed to Liberia.

Michalis Papaioannou, Technical Director



SAR OPERATION OF MV SERENITY IBTIHAJ NEAR ITALIAN COAST



In the early hours of 27 May 2023, a routine passage to Algeciras took an unexpected turn for the crew of MV Serenity Ibtihaj as we received a distress relay call from the Italian Coast Guard.

What unfolded in the following hours was a remarkable display of international cooperation and the inherent desire to protect and preserve human life.

At 06:08 local time (03:08 UTC), we received a call and message from the Italian Coast Guard, urging us to interrupt the journey and assist a boat filled with individuals in distress. Recognising the gravity of the situation, I was immediately informed, and contacted the Designated Person Ashore (DPA). It became clear that the ship was obliged, as per international regulations, to comply with the Coast Guard's instruction to ensure the safety of those in need.

At 06:12 local time (03:12 UTC), we changed course, following the orders from the Coast Guard, and proceeded towards the Search and Rescue (SAR) position provided: latitude 36-15.9N, longitude 016-30.9E. The crew was

determined to reach the boat in distress as quickly as possible, aware that time was of the essence.

By 08:36 local time (05:36 UTC), the vessel arrived near the migrants' boat, a mere 1 nautical mile away. Latitude 36-29.91N, longitude 016-51.75E. Shortly after, at 08:54 local time (05:54 UTC), the Italian Coast Guard boat CP320 arrived, establishing contact with the crew, and instructing us to stand by for further directions.

In the meantime, and in collaboration with our DPA and the head office, we undertook thorough preparations in the event of receiving and accommodating migrants onboard our cargo vessel. Despite the inherent challenges, we swiftly identified a suitable area for accommodation and established secure arrangements for their embarkation. We also organised procedures for the identification, registra-

tion and provision of essential supplies, including food and hygiene items, for their short transit to the Italian coastline. Safety is our top priority, and we carefully planned control measures and medical treatment protocols, as necessary.

A sense of anticipation and urgency filled the air as we received another phone call at 09:15 local time (06:15 UTC). The Italian Coast Guard informed us that there were approximately 200-600 persons on the migrants' boat and requested the vessel to stand by until the arrival of another larger rescue boat. It was clear that a collective effort was underway to ensure the safety and well-being of these individuals.

Finally, at 10:06 local time (07:06 UTC), the Coast Guard boat CP308 arrived at the scene. Skilled and dedicated, the Coast Guard personnel swiftly repaired the migrants' boat engine, a crucial step towards bringing everyone to safety. The joint efforts of the crew and the Coast Guard were making a tangible difference to the lives of those in distress.

By 11:18 local time (08:18 UTC), we received a message from the Coast Guard, announcing that the migrants' boat engine was now operational. We were requested to follow the convoy for approximately 1-2 hours until another larger rescue boat arrived to provide additional assistance.

Finally, at 13:36 local time (10:36 UTC), we received instructions from the Italian Coast Guard, marking the successful completion of the Search and Rescue operation. With permission granted to continue towards our intended destination, our crew found solace in the knowledge that they had been fully prepared to fulfil a vital role in saving lives and upholding the principles of compassion and humanitarianism.

Capt. Frankie Myo Aung, Master of MV Serenity Ibtihaj



MADEIRA MARITIME WEEK 2023 / CYPRUS SHIPPING NEWS CREWING CONFERENCE



From 15–19 May the Presidency of the Regional Government of Madeira hosted the first Madeira Maritime Week in Funchal on the Portuguese island.

Our Sales & Client Relations Director, Capt. Thomas Reppenhagen, was invited to attend the WISTA Atlantic Forum panel discussion on the topic “Maritime Training and Education”, where he discussed with other industry peers the challenges of making the seafarer profession an attractive career opportunity for young people.

The well-attended events during that week attracted both members of the local shipping industry who showcased their services as well as international companies who chose the flag of Portugal for their vessels. It was a good occasion for raising brand awareness of Uniteam Marine.

Likewise, Capt. Reppenhagen attended the first Cyprus Shipping News Crewing Conference held on 21 June at

the Carob Mill Conference Centre in Limassol (Cyprus) to address the topic “How can we prepare for new technologies?” in a panel discussion.

Over 250 delegates registered for this event, and with several keynote speakers including a representative from the European Community Shipowners Association (ECSA) it was a good mix of service providers from various sectors of the shipping industry.

The next big shipping event in Cyprus will be the Maritime Cyprus 2023 Conference to be held from 8–11 October this year in Limassol.

Capt. Thomas Reppenhagen, Sales and Client Relations Director



SETTING SAIL FOR SUCCESS: The power of a skilled and diverse cruise crew



When we step foot on a luxurious cruise ship, we are greeted by a world of comfort, entertainment and impeccable service. But behind the scenes, a dedicated and talented group of individuals work tirelessly to ensure that our cruise experience is nothing short of extraordinary.

The cruise ship crew members come from diverse backgrounds, cultures and skill sets.

One of our talented crew members, Mr Saw Thurein Htun, joined our team as a new member in 2019, starting his career as a Galley Utility. Through hard work and dedication, he was able to showcase his culinary skills and passion for the industry. In recognition of his outstanding performance, Mr Saw Thurein Htun was promoted in 2022 to the position of “Commis de Cuisine”. He is presently onboard the AIDamar, a prestigious cruise ship cruising around Europe.

As part of our growth strategy, we actively seek to expand our business in the cruise sector. Our track record of delivering excellence, reliability and customer satisfaction

distinguishes us from competitors. By offering tailored services that cater to the unique needs of each client, we forge long-lasting partnerships built on trust and mutual success.

With a pool of 1,000 skilled crew members, over 600 onboard, and a commitment to matching talent with demand, we deliver exceptional results. Their extraordinary performance has earned accolades from numerous shipowners and operators, making them the driving force behind our clients’ success.

Those who are interested in working with us in the housekeeping, food and beverage, and galley departments can contact our UCS team by email or Facebook Messenger with any questions.



We will continue to do all that is possible to maintain our position as the local “Cruise Ship Career Partner of Choice”!

Check out our most recent news and offers at:



facebook.com/uniteamcruise



www.uniteamcruise.com

Naing Win Tin, Operations Manager

UGBS: NEW WEBSITE LAUNCH SEPTEMBER 2023



In an ever-evolving digital landscape, companies must adapt to stay ahead of the curve and provide exceptional services to their customers.

Understanding this imperative, Uniteam Global Business Services (UGBS), as a trusted business solutions provider, is thrilled to announce the upcoming launch of its upgraded website on 1 September 2023. The website will serve as an online platform to introduce and showcase the diverse range of our services, which includes accounting, staff payroll, human resources, taxation, recruitment and audit & assurance. This strategic move aims to enhance brand awareness and establish UGBS as a trusted partner in the market.

The new UGBS website will act as a virtual gateway for existing and potential customers to explore the full spectrum of services offered. From small enterprises to large corporations, UGBS caters to a wide array of business needs. Whether it’s managing finances, ensuring accurate payroll

processing, optimising human resource operations, handling tax matters or providing audit and assurance services, UGBS is poised to become a one-stop solution for businesses seeking professional support.

The website will boast a user-friendly interface designed to provide a seamless browsing experience. Visitors will be able to effortlessly navigate through various sections, gaining insights into each service UGBS specialises in. The intuitive layout and well-organised content will ensure that users find the information they need quickly and efficiently. Additionally, the site will feature engaging visuals and informative articles to educate visitors on the latest industry trends and best practices.

UGBS recognises the importance of brand awareness in today’s competitive market-

place. The launch of the new website is an integral part of the company’s marketing strategy, aiming to establish a strong online presence and solidify its reputation as a trusted business solutions provider. By effectively showcasing their expertise, presenting testimonials from satisfied customers and highlighting successful case studies, UGBS aims to inspire confidence and foster long-term relationships with existing and potential customers.

The website will feature a dedicated contact section, enabling visitors to connect directly with UGBS experts. This interactive platform will facilitate inquiries and the initiation of partnerships. UGBS’s team of experienced professionals will be readily available to provide personalised assistance and tailored solutions to meet the unique needs of each customer.

The launch of UGBS’s new website marks an exciting milestone for the company and its commitment to delivering exceptional business solutions. By introducing a comprehensive range of services, the website will serve as an informative platform, enabling businesses to make informed decisions and streamline their operations. UGBS aims to leverage the website’s potential to enhance brand awareness, build trust and forge lasting relationships with customers, while solidifying its position as a trusted provider in the industry. As the September launch approaches, businesses can look forward to an enriched online experience and unparalleled expertise from UGBS. www.uniteamservices.com

Kostas Papatomas, Head of Financial Services & Staff Payroll / Leading global operations & advisory services

OUR BRAND

“UNITEAM HEALTHCARE SERVICES” IS PROVING TO BE SUCCESSFUL

Last year around this time our first batch of Myanmar healthcare-professionals-to-be were starting their three-year apprenticeship programme at the university clinic in Marburg. It was an ambitious pilot project and both the employer and the candidates were excited to see how this partnership would develop.

One year later we can say that with a 100% retention rate it was a success, and our “pioneers” are doing very well. They have passed one third of the distance to crossing the finishing line, i.e. graduating as qualified healthcare professionals in Germany.



In the meantime, an additional three employers in Germany have signed agreements to take Myanmar apprentices for the vocational training programme starting in autumn and we are glad to be able to give another three batches of motivated applicants the opportunity to commence their professional career in the healthcare sector.



For the first time we included candidates for a one-year healthcare assistant training programme suitable for applicants who do not meet the high entry level criteria for the three-year programme.

After passing the one-year vocational training programme successfully, these candidates would then have the possibility to continue with the three-year programme.

Since a good command of the German language is the key to being successful in this programme, we have increased our efforts at the Uniteam Career Development Institute (UCDI) to train interested candidates on various levels with the aim to reach solid German language skills at B2 level.



We wish the next groups the same success as their colleagues currently being trained in Marburg and we look forward to receiving feedback from them once they have started.

Another positive development to report is the fact that in June we obtained the Overseas Employment Agency Licence from the Myanmar Ministry of Labour for our affiliated company Unidelta Employment Services. This enables us to investigate business opportunities for the supply of manpower to other industries, not only in Myanmar but internationally. With a shortage of workforces reported in Germany, the UK and other countries we see a big growth potential in this field.

Capt. Thomas Reppenhagen, Sales and Client Relations Director



2023 Mental Health Series

#3 Understanding Stress

Recognising symptoms, and protecting your mental health



In today’s fast-paced and demanding world, stress has become an unwelcome companion in our lives. It affects people of all ages, genders and backgrounds, and its impact on mental health cannot be underestimated. Recognising the symptoms of stress and taking proactive steps to protect our mental well-being is crucial for leading a balanced and fulfilling life.

Stress is the body’s natural response to demanding situations or events that exceed our ability to cope. It can be triggered by various factors, such as work pressure, relationship issues, financial difficulties or major life changes. While some stress can be motivating, chronic or excessive stress can have detrimental effects on mental and physical health.

SYMPTOMS OF STRESS

Stress manifests differently in each individual, but common symptoms include persistent headaches, fatigue, irritability, changes in appetite, difficulty in concentrating and disturbed sleep patterns. Furthermore, stress can contribute to the development or worsening of anxiety and depression. Ignoring these signs can lead to more severe mental health issues, making early recognition crucial.

PROTECTING MENTAL HEALTH

Self-care: Prioritise self-care activities like exercise, meditation and hobbies that provide relaxation and promote mental well-being.

Establish boundaries: Learn to say “no” and set healthy boundaries to avoid overcommitting yourself. It is essential to balance work, personal life and leisure time.

Seek support: Don’t hesitate to reach out to friends, family or mental health professionals for support and guidance. Talking about your feelings can provide immense relief.

Healthy lifestyle: Maintain a balanced diet, get enough sleep and limit the consumption of stimulants like caffeine and alcohol. These factors greatly influence mental resilience.

Time management: Organise your tasks, prioritise, and delegate when necessary. Effective time management can help reduce stress levels and create a sense of control.

Stress management techniques: Explore stress management techniques such as deep breathing exercises, mindfulness or engaging in activities that promote relaxation.

Prioritising mental health in the face of stress is a lifelong journey. By recognising the symptoms of stress, understanding its impact on mental health and implementing proactive measures, we can protect our well-being and lead more fulfilling lives. Remember, seeking support and practising self-care are signs of strength, not weakness. Let’s foster a society that values mental health, where open conversations and supportive environments are the norm. Together, we can conquer stress and build a healthier future.

Anja Frauboese, Head of Corporate Communications & Marketing



REOPENING OF Bayview – the beach resort

Bayview – the beach resort is a well-established resort located at Ngapali Beach. Nestled along the captivating coastline of Myanmar, it is renowned as one of the best beach resorts in the region. Opening its doors again on 1 October, Bayview is set to offer an exceptional experience to its guests.

With its prime location on Ngapali Beach, Bayview provides a breathtaking setting for a relaxing getaway. Our resort comprises 45 deluxe private bungalows and rooms, all either overlooking the beach or nestled in our exotic gardens. The resort boasts pristine white sands and crystal-clear waters. During the day you can take part in the many sporting activities we have available, or just simply relax in our spa or by the sea. We are looking forward to greeting you at Bayview – the beach resort for your upcoming holidays.

For our readers we have a SPECIAL DISCOUNT!

With the booking code **BVBRUNS23** you will receive a **10% discount on rooms**. Valid for bookings from 1.10–21.12.2023!

Contact: reservation@bayview-myanmar.com / +95 9 40430 0515
www.bayview-myanmar.com

Nay Min Aung, Resident Manager



PORTRAIT OF TECHNICAL DIRECTOR MICHALIS PAPAIOANNOU

Michalis Papaioannou joined Uniteam Marine in January 2023 as a Technical Director.

1. What inspired you to pursue a career in marine engineering and naval architecture?

The captivating allure of the vast ocean and its complex engineering challenges ignited my passion for marine engineering and naval architecture. From a young age, I was fascinated by ships and their intricate design, which inspired me to explore the mechanics behind their operation. The opportunity to contribute to the advancement of maritime technology and ensure safer and more efficient vessels further motivated me to pursue this career path. Additionally, the prospect of working on innovative projects that have a profound impact on global trade and exploration has been a driving force in my decision to enter this field.

2. What do you find most rewarding about your work as Technical Director?

What I find most rewarding is the opportunity to ensure the smooth and efficient operation of the fleet. It is fulfilling to oversee the maintenance and repair processes, ensuring that the ships are in optimal condition. Collaborating with a skilled

team and coordinating complex logistics brings a sense of accomplishment. Additionally, being part of a dynamic industry that plays a crucial role in global trade and transportation is both exciting and fulfilling.

3. You are an active member in technical committees such as the Cyprus Shipping Chamber Marine Committee. How important is it to stay connected?

Staying connected is of utmost importance. It allows me to stay abreast of the latest industry developments, trends and regulations. By staying connected, I have access to valuable insights and expertise from fellow professionals, enabling me to broaden my knowledge and perspectives. It also provides a platform for collaboration and exchange of ideas, fostering innovation and best practices within the industry. Moreover, staying connected helps me build a strong professional network, opening doors to new opportunities and partnerships.

Overall, active engagement in technical committees ensures continuous learning, growth and staying ahead in the dynamic field of shipping.

4. Do you have a credo/motto in life?

Yes, I do have a credo that guides my life:

“Embrace growth and embrace others.”

This motto reminds me to constantly strive for personal and professional development, to embrace new challenges and opportunities for learning. It also emphasises the importance of empathy, compassion and inclusivity towards others. By embracing growth, I push myself beyond comfort zones, fostering resilience and adaptability. Embracing others means valuing diverse perspectives, fostering meaningful connections, and making a positive impact in the lives of those around me. Overall, this credo inspires me to lead a purposeful and fulfilling life.

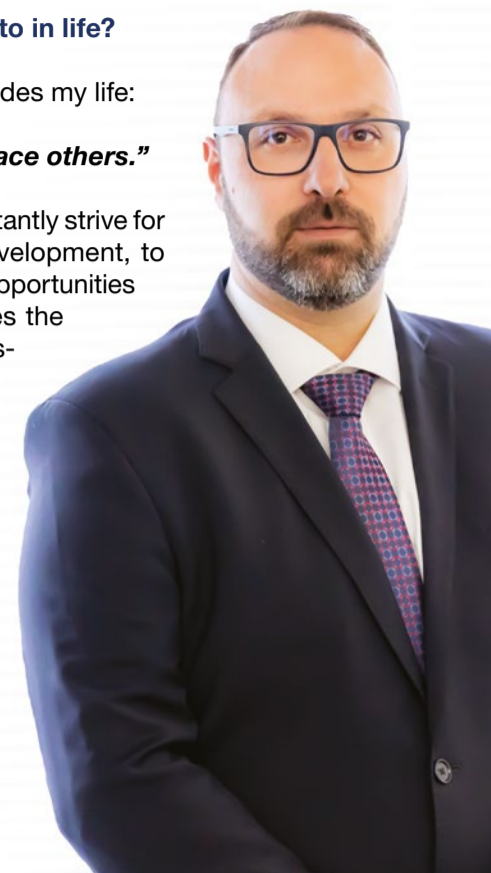


PHOTO & VIDEO COMPETITION 2023



Fresh morning – by Bosun Myint Oo, MV Elefteria Express

HUMOUR

Two fish were swimming along when they noticed a sunken shipwreck.

One fish said to the other,
“Hey, I heard this ship was once filled with treasure and gold!”
 The other fish replied,
“Really? Let’s go check it out!”
 As they swam inside the shipwreck, they found nothing but old bottles and debris. Disappointed, one fish sighed and said,
“Well, I guess it’s just another case of ‘sunk costs!’”

IMPRINT

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Frequency of publication:
 Quarterly

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Photographs:
 Uniteam Group of Companies, crew of Uniteam Marine

UNITEAM NEWS is designed to be of interest to our crew and to keep all employees of Uniteam Group of Companies 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



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 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 photo or video of the year.

SUDOKU

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