



UNITEAM NEWS

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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

MESSAGE FROM THE CEO

In these dynamic and unpredictable times, we become more resilient and innovative.

Reflecting upon 2023, I feel a deep sense of pride and gratitude. This year, the global maritime sector faced significant unpredictability from global inflationary pressures, rising interest rates and the aftermath of the conflicts in Ukraine and the Middle East. On top of that, the ongoing effects of the COVID-19 pandemic and the pressures of decarbonisation, in line with environmental regulations, have further intensified these challenges. However, in the face of adversity, Uniteam Marine not only weathered the storm but emerged more resilient and focused.



Despite all the challenges, Uniteam Marine established cooperative ties with two renowned blue-chip companies; we brought together numerous investors for various vessel acquisition projects, and the team is in the process of launching a shipping fund to attract more investors for new ventures. We also worked on expanding our business by exploring new markets in the Middle East and the Far East. The year of 2024 is set to solidify those efforts for Uniteam Marine, creating connections and enhancing collaborations to increase our global presence.

At a group level, our affiliate companies continue their growth trajectory.

Celebrating its sixth year, Uniteam Cruise Services has sailed past significant milestones. With over 1,000 recruited crew members and 700 actively serving, we are at the helm of a flourishing enterprise.

Uniteam Healthcare has shown promising results, with nearly 50 skilled professionals now employed thanks to our program, and we are looking forward to welcoming more groups to our training initiative in 2024.

Uniteam Global Business Services and Uniteam Recruitment Services have not only shown consistent growth but have also embarked on exciting rebranding and digital initiatives, ensuring that they stay at the forefront of their markets.

Our decision to obtain the Overseas Employment Agency License through Unidelta, combined with the establishment of the Uniteam Career Development Institute (UCDI)—both in Myanmar—is paving the way for us to seize international opportunities and venture into new business arenas.

Beyond the commercial side, our real strength remains our people. Their welfare, whether onshore or offshore, is paramount to us. Through initiatives like our mental health programme, our partnership with the Sailors' Society, the "We Care" programme and upcoming projects, we underscore our unwavering commitment to the mental well-being and overall welfare of our team members.

We are firmly convinced that by investing in our people, we not only enrich their lives but also deliver superior value to our clients—who are at the heart of all we do. To them, we pledge our continuous attention, ensuring that we always offer services of the highest calibre.

We will also remain committed to environmental stewardship, understanding its critical role in the maritime sector. Adhering to international standards, we are proactive in our approach, anticipating future needs and shaping policies that reinforce our dedication to a sustainable future.

As we bid farewell to 2023, I am optimistic about the future. The challenges we faced this year (as we do every year) have moulded us, making us more resilient and adaptable. To our exceptional team and esteemed clients, your trust and commitment have been our guiding principles. As we turn our gaze to 2024, we remain rooted in our core values of teamwork, passion, excellence, respect and leadership.

Looking ahead to a future defined by hope, collaboration, and mutual success, I wish you and your families a peaceful, healthy, and prosperous 2024.

Holger Ruether - CEO

WAVES OF WELLNESS

Uniteam Marines and Sailors' Society's collaborative effort to boost Seafarers' Mental Health



I am delighted to share the story of our partnership with Sailors' Society, a global charity committed to supporting seafarers in various aspects of their lives.

Together we are making a significant impact by providing essential mental wellness learning materials and support to our seafarers worldwide.

In addition to the challenges of enduring extended periods away from their loved ones, navigating challenging waters, and battling unpredictable weather conditions, seafarers also grapple with the prevalence of social media and easy communication, which can sometimes exacerbate feelings of anxiety when being far from home. The mental and emotional toll of such a demanding profession is undeniable. Isolation, fatigue, and the constant pressure of their responsibilities can lead to anxiety, depression and other mental health issues. Recognising these multifaceted challenges, Uniteam Marine and Sailors' Society have come together to offer a support system to those who keep global trade moving.

One of the cornerstones of our partnership is the provision of mental wellness learning materials. We believe in the power of education, and we understand that equipping seafarers with the knowledge and tools to manage their mental health is crucial. Through the Sailors' Society's extensive network, educational resources and expertise, we have provided access to practical materials tailored to the unique needs of seafarers.

These learning materials cover a wide range of topics, from stress management and coping strategies to building resilience and seeking help when needed. By providing these resources, Uniteam Marine and Sailors' Society aim to empower seafarers with the knowledge and skills they need to safeguard their mental well-being.

We recognise that the maritime profession can present its fair share of challenges, and sometimes, you require a supportive presence to confide in—someone who comprehends the unique dynamics of your role. This is precisely where the professional counselling services step in. Sailors' Society has assembled a team of experienced and compassionate

counsellors who are readily available whenever you may require their assistance. Whether you find yourself contending with the pressures of your maritime duties or experiencing emotional distress, dedicated counsellors are just a phone call away, regardless of your vessel's location. They are committed to providing confidential and empathetic support, aiding you in navigating the intricacies of your emotional well-being and mental health with professionalism and discretion.

So, dear seafarers, remember you are not alone; you have friends who have your back. This partnership is all about supporting you and ensuring you can sail the world's oceans with the peace of mind which comes from knowing that help and support are always within reach. Wishing you safe voyages and favourable winds!



Join the e-learning program here: www.sailors-society.org/mywellness

Richard Knighton - Fleet Personnel Director

THE AWARD CEREMONY ON WORLD MARITIME DAY 2023



The World Maritime Day 2023 took place on 28 September 2023 at Yangon's Wyndham Grand Hotel. The ceremony was organised by the Department of Marine Administration (DMA), and the Deputy Minister for the Ministry of Transport and Communications, U Aung Myain, was in attendance.

Also in attendance were all heads of departments from the DMA, regional countries, local maritime organisations, the Seafarer's Union, associations, training schools, officials from ports, vessel owners, representatives from ship crew employment services, and many other guests.

The Deputy Minister of Transport and Communications initiated the proceedings with an opening speech. Following this, "The World Maritime Day message" sent by the Secretary General of the International Maritime Organization was read out and displayed. Acting Director General of the Directorate of Maritime Transport, Dr Ko Ko Naing, addressed the gathering, highlighting that the theme of World Maritime Day 2023 is "Fifty Years of MARPOL Convention; We will continue as promised".

During the event, the prestige best performance award for Seafarer Recruitment and Placement Services (SRPS) was bestowed upon Uniteam Marine (Yangon). Captain Than Oo graciously accepted the award.

In the afternoon, the Myanmar Seafarers Forum 2023, the Stakeholders Consultation Workshop on National Maritime Transport Policy, and the Myanmar Port State Control Workshop took place concurrently.

In the evening, to honour World Maritime Day, Yangon's Department of Shipping headquarters and the Myanmar Port Authority's main office, along with international piers and docked ships, were illuminated with blue lights.

Phyo Win Nyunt - Senior Fleet Personnel Manager

A YOUNG BOY'S SEAFARING TALE: *Navigating your life safely.*



In November 1990, a young boy clung to his father's arms on board MT Vine as they embarked on their northbound transit of the Bosphorus, bound for Novorossiysk. This child was in for an extraordinary experience, strolling along the deck in his trainers and shorts accompanied by his father, the esteemed Captain Kostas. The crew embraced the boy with playfulness, treating him as if he were royalty: a blue-blooded heir. In those days, it was a world in which only three entities held sway: God, the captain, and the sea itself, with nothing in between or above.



The crew members, a band of seasoned seafarers who had been through numerous storms, could not help smiling at the sight of the young boy immersing himself in their maritime world. They generously shared their knowledge, showing him the intricacies of the ropes, the sheer magnitude of the anchor chain, how to hold a chipping hammer and even allowing him the honour of ringing the ship's bell. The boy felt as though he had entered a magical realm where adventures and dreams held no boundaries.

Among the fragmented memories of that voyage, the boy recalled witnessing the crew opening large circular hatches, descending into dark recesses with their dirty, weathered T-shirts and slippers, and retrieving buckets filled with a mysterious black liquid. He gazed at this spectacle with wide-eyed wonder, imagining that they were unearthing hidden treasures from a secret chest nestled within the vessel's ribs. As the crew emerged from this treasure trove, their entire beings drenched in that black liquid, they wore smiles that radiated joy and accomplishment.

Captain Kostas, ever the mentor, explained to the child that this black liquid was a customary part of preparations before entering port. However, at that tender age, the boy did not fully grasp the significance of what Capt. Kostas meant.

After their vessel had loaded in Novorossiysk, it returned to its home port in Larnaca, Cyprus. Captain Kostas and his son disembarked just in time for Christmas, eagerly anticipating the festivities and the warmth of family gatherings. The holiday season passed, yet the festive atmosphere seemed to linger in their hearts.

However, the tranquility of early January was shattered by a ringing phone at Captain Kostas's home. The boy, now older, was calmly playing with his model ship when he overheard his father's shocked and distressed voice on the other end of the line. The boy could only catch fragments of phrases like, "This cannot be true...it is impossible...how the heck did this happen? We have

always done it THIS WAY!" The abrupt end of the call left an unsettling silence, as Captain Kostas hastily packed his black hardtop suitcase, grabbed his captain's cap, and left home in a visibly distressed state.

As the years rolled by, the boy grew up to be a mariner just like his father. Before embarking on his cadetship on board MT Amazon Guardian in the early 2000s, Captain Kostas took the time to impart the knowledge and preparation that he, as a boy, had lacked when he first set foot in the maritime world back in the 1960s.

In the short ride to the airport, Captain Kostas asked his son, "Do you remember that phone call we received in the 1990s while you were playing with your model ship?"

The young mariner replied, "Yes, I think so."

"Listen, my son," Captain Kostas began, "back in the 1990s, we entered enclosed spaces with nothing but slippers, shorts, and T-shirts, armed only with courage but lacking wisdom. We never considered the potential dangers. That urgent phone call I received informed me that two crew members, along with my relieving captain, had perished inside the fuel oil tank due to an oxygen-deficient atmosphere. They entered but never came out..."

"Do you recall the smiles on the faces of the crew as they emerged from the bunker tank, and you looked at them in amazement? Those smiles were not expressions of happiness. Instead, they were the result of the deficient oxygen atmosphere and the initial stages of mild hypoxia. Had a few more minutes passed, they might not have survived too."

"We were not brave; we were just a group of experienced, but uninformed seafarers. We believed that doing something foolish was a sign of manhood. It was synonymous with a lack of knowledge and self-preservation. As you take your first steps in the world of shipping, please heed this advice: Take care of yourself; follow the procedures, and stand united with your fellow seafarers. The captain is no longer above God; every crew member is equally



important, and everyone has the right to question processes for the sake of safety. If you have doubts, seek support from your crew and your office, and do not proceed unless you are 100% certain."

As time marched on, safety standards in the maritime industry underwent a significant transformation. The introduction of the International Safety Management (ISM) Code and other regulations brought about a paradigm shift in ship operations. Every single procedure written, every single convention compiled, every single regulation released is based on a hard lesson learned. Safety drills, meticulous risk assessments, hazard identification, and the proper use of personal protective equipment (PPE) has become the norm. The lessons from that tragic incident in 1990 played a pivotal role in shaping the boy's unwavering commitment to these vital safety improvements.

That November evening in 1990 had not only forged his seafaring dreams but had also instilled in him a profound dedication to the safety of all those who ventured into the unpredictable embrace of the sea. This commitment became a guiding principle, a tribute to the progress made in maritime safety since the 1980s and 1990s. It ensured that every voyage he undertook would be as safe as it was adventurous.

That boy is me.

To all our crew members aboard the vessels, I wish you safety and dedication. Remember that we are always here to listen to your concerns and difficulties in the challenging world we have chosen to be a part of. Before you act: think! Safety is NOT common sense. Safety is a way of living, an attitude, and a duty to care for ourselves, our colleagues, and our families. Do not just stand and look. Intervene and get it safe!

With heartfelt wishes for a joyful Christmas period, irrespective of your chosen faith, keep yourselves safe for your families and loved ones. Ensure that your goal with each contract on board is to return to your families.

With my warmest wishes

Capt. Omiros Angelidis - QSE Director

SAILING INTO FESTIVITY: A Christmas Voyage with Uniteam Cruise Services



Embracing the magic of Christmas at sea is a unique and heartwarming experience for cruise ship crew members. Their dedication and hard work combine with the festive spirit to create a truly special atmosphere on board, making the holiday season unforgettable for all.

As the ship sets sail, crew members embark on a mission to transform it into a floating Christmas wonderland. With twinkling lights, enchanting decorations, and meticulous displays, they craft an inviting ambiance that welcomes passengers into the warmth of the holiday season.

Playing the roles of Santa Claus and his cheerful helpers, crew members ensure that children have the joy of meeting Santa in person. They organise a delightful array of holiday activities, from cookie decorating to captivating storytelling, ensuring young travellers have a magical Christmas voyage.

In the galley, dedicated crew members work tirelessly to prepare and serve traditional Christmas feasts to passengers. From succulent roast turkey and honey-glazed ham to decadent desserts like Christmas pudding, they bring the flavours of the season to life on every plate.

The ship's entertainment team adds an extra layer of enchantment with spectacular holiday shows and perfor-

mances. Their talent shines through live music, captivating theatre productions, and heartwarming Christmas-themed shows, creating cherished memories for all on board.

For those seeking a more spiritual celebration, the ship's chaplain or religious services coordinator organises mid-night Mass and other religious observances. These services provide crew members with a sense of togetherness and reflection during this special time of year.

Cruise ship crew members also partake in secret Santa gift exchanges, strengthening the bonds of camaraderie among colleagues from diverse corners of the globe. These exchanges form a cherished tradition that fosters the true spirit of giving during the holidays.

Join us in celebrating this magical season at sea, where hard work and festive cheer come together to create unforgettable moments for all on board.



For the latest updates, visit us at:



[facebook.com/uniteamcruise](https://www.facebook.com/uniteamcruise)



www.uniteamcruise.com

We are committed to remaining your preferred "Cruise Ship Career Partner of Choice!"

Richard Knighton - Fleet Personnel Director



UNITEAM GROUP OF COMPANIES: A spotlight on our contribution at the Saudi Maritime Congress 2023

The maritime sector is the backbone of global trade, and in the heart of the Arabian Peninsula, the Saudi Maritime Congress (SMC) stands as a beacon for the maritime industry in Saudi Arabia.

Held on 20–21 September 2023, this Congress brought together industry stalwarts, decision makers and innovators, all with a shared vision: to chart a course for the future of the maritime industry in the region.

For those unfamiliar with the SMC, it is more than just an event. The Congress offers a melting pot of opportunities, insights and networking potentials. Attracting over 2,000 visitors in its 2023 iteration, international companies eyeing the Saudi maritime and logistics market found it an unparalleled platform for connecting, collaborating, and cultivating relationships.

Uniteam Group of Companies proudly showcased its diverse range of services to the Congress's audience. For us, the participation was more than just an exhibition: it was an affirmation of our commitment to the maritime industry in the Kingdom and the region at large. Our collaboration with Kanoo Group played a significant role in the success of our participation. This joint effort signifies more than a business alliance: it is a testament to the collaborative spirit that drives innovation and progress in the industry.

As we reflect on our time at the SMC 2023, we are filled with gratitude and optimism: gratitude for interacting with global maritime professionals from Saudi Arabia and the gulf region, optimism for what the future holds. With a growing maritime industry in Saudi Arabia, the Congress provided an opportunity to foster relationships, spark ideas and lay the groundwork for future collaborations.

Malek Chehab - CMO

UNITEAM HEALTHCARE SERVICES - ONE YEAR OF SUCCESSFUL OPERATION



In 2020, when the notion took shape to delve into a new business arena—addressing the dearth of skilled personnel in the German healthcare sector— we were venturing into the unknown.

We were exhilarated by the prospect of blending our decades of know-how in recruitment and mobilising human resources from Myanmar with direct access to the German healthcare market, collaborating with business allies who are well-connected to the key figures and decision makers in this sector.

This partnership has been a rewarding one. After meticulous groundwork, we devised a strategy for the complete supply chain process, from advertising, sourcing, shortlisting, and introducing candidates to potential clients, to documentation, travel coordination, and onboarding: a comprehensive solution for both applicants and employers.

Myanmar, with its demographic constitution, brims with potential. Boasting a youthful populace—the median age in 2023 stands at 29.6 years (source: www.worldometers.info)—the newer generations are actively seeking overseas career opportunities, especially given the scant job prospects at home.

A pioneering initiative with the University clinic in Marburg, Germany, was launched, and a contingent of 23 healthcare professional trainees embarked on their three-year vocational journey on 1 September 2022. A year on, it's heartening to note that all 23 have flourished, successfully clearing their midterm assessments. Apprentices and their employers all express contentment with the outcomes of this trailblazing initiative.

Meanwhile, under our auspices, nearly 50 candidates have been cherry-picked and employed across five locations with four separate employers. Additional groups are gearing up to participate in the training regimen come 2024.

Given the escalating demand for proficient healthcare professionals across Europe, Uniteam Healthcare Services harbours significant potential for growth. Currently, dialogues are underway with healthcare providers in the UK, aiming to cater to this market shortly.

European healthcare roles promise stable career paths coupled with a rewarding compensation package, inclu-



sive of comprehensive social insurance. Opportunities for continued professional advancement, coupled with enhanced remuneration, are abundant. It is heartening to observe a surge in prospective candidates responding to our regular social media appeals, eager to embark on an international vocation.

Through the Uniteam Career Development Institute (UCDI), we equip all candidates thoroughly for their interviews with potential employers. This includes language training and ensuring a seamless transition to their destined nations.

With the acquisition of an overseas employment agency licence (No.195/2023), we are poised for diversification, eager to offer our services to a global clientele. Shortly, we will bring together all non-marine manpower services under the aegis of the newly minted Unidelta Employment Services Co., LTD.

Stay abreast of our journey; we pledge to keep you informed about the unfolding chapters of Unidelta.

Capt. Thomas Reppenhagen - Sales and Client Relations Director

UNITEAM RECRUITMENT SERVICES *Gets a makeover!*



Uniteam Recruitment Services is updating its brand with a new logo, plus a revamped website and brand image! This move aims to give the brand a refreshed aesthetic that is more in line with its core identity and new promise, "Driving your career forward!"; it is also aimed at improving website navigation for candidates.



Uniteam Recruitment Services specialises in connecting the best talent with the top companies in Cyprus. The company's vision and mission are to provide inspiration, innovative solutions, and professional guidance to its clients, improving their performance and employability prospects.

writing strong CVs, setting up professional LinkedIn profiles, training candidates for interviews, providing connections with potential employers, and offering expert and professional guidance towards the most appropriate career path.

The years of experience and the scientific credentials of the Uniteam Recruitment Services team allow it to identify the talents of today and tomorrow, to understand and evaluate the trends of the Cypriot market and to offer a wide range of personalised professional services.

Uniteam Recruitment Services clients are always treated with respect, integrity and confidentiality. Empowering them to achieve their goals is a unique and exciting journey that the Uniteam Recruitment Services team undertakes every time with eagerness and enthusiasm.

Specifically, the Uniteam Recruitment Services team can help people stand out as candidates in their field of interest by

For more information visit the **Uniteam Recruitment Services website:** www.uniteamrecruitment.com

UNITEAM IS PRIORITISING HEALTH AND FINANCIAL WELL-BEING FOR OUR SEAFARERS



Uniteam transcends its role as a mere employer; it epitomises a close-knit family that has been carefully cultivated over the years. We offer not just employment opportunities and consistent income but ensure job security and nurture career growth, all while taking care of every member of our expansive family.

Besides our respected medical professionals, we were delighted to introduce Dr Hein Htet Kyaw, colloquially known as Dr Steel, as our distinguished guest speaker. Dr Steel shared his profound expertise on physical fitness, BMI regulation, preserving a nutritious diet, and embracing an all-encompassing approach to health.

With this profound sense of responsibility and dedication, we recently organised two enlightening events in Yangon, designed specifically for our loyal seafarers. These events aimed to promote a healthy lifestyle and adept financial management.

The assembly attracted an impressive crowd, drawing in approximately 200 seafarers, underlining our unwavering commitment to the welfare and professional growth of our Uniteam family.

The subsequent event, orchestrated in partnership with AYA Bank on 16 September 2023, carried the theme



Fulfilling Dreams: Navigating Finances for Tomorrow.



In our ever-evolving world, chasing financial autonomy and ensuring a tranquil future are shared dreams. At Uniteam, we acknowledge that endowing our seafarers and their kin with adept financial stewardship is pivotal in realising these objectives.

During this gathering, distinguished senior delegates from AYA Bank generously imparted their profound financial acumen. Their goal was to enlighten our seafarers about judicious investment tactics for their well-deserved earnings. Furthermore, they showcased the exclusive financial services tailored for Uniteam's seafarers and their families, aiming to fortify their fiscal stability.

The seminar was segmented into two instructive sessions and garnered an overwhelming presence, with an audience exceeding 300. This laudable participation underscores the fervent enthusiasm and commitment of our Uniteam community in safeguarding their financial tomorrows.

Capt. Tin Maung Tun – Managing Director



MACHINE AND WELDING TRAINING: OPPORTUNITIES FOR WELDERS



Welded structures play a pivotal role in ensuring the safety of vessels, crew, and cargo across various sea conditions, diminishing the risk of leaks and spills, thereby mitigating environmental harm from maritime operations. Welders are instrumental in preserving the structural integrity and safety of ships, be it in the creation of new vessels or the refurbishment of existing ones.

Maritime welding demands a distinct skill set, given the rigorous sea conditions and stringent ship structural requirements. For seafarers and shipyard welders, comprehensive training is crucial to navigate this specialised field. Safety reigns supreme in welding operations, and its significance magnifies when the volatile nature of the sea and the presence of combustibles is taken into account. Quality training empowers welders, who adhere to safety standards as a result, thus curtailing accident risks. In the maritime sector, efficient welding techniques are vital as they conserve time and resources.

Uniteam Training provides niche training for ship fitters and welders, catering to various industrial sectors, including shipyards. The curriculum marries theoretical comprehension with hands-on experiential learning. Uniteam Training holds approval as an assessment centre from the National Skills Standards Authority (NSSA) and membership with the American Welding Society (AWS) as an educational institute.

On 12 September 2023, a momentous occasion transpired at Uniteam Training's Thanlyin campus. Esteemed guests, including Professor Park Sang Gi of GEOJE University, Korea, Managing Director Mr Kim Kyoo Sik, and Director Mr Lee Jusik of PAKCO Co., Ltd., graced the campus. The Uniteam Training and Unidelta management extended a warm welcome.

A focal point of the visit was the discussion on Korean welding standards and assessment procedures. Professor Park Sang Gi, an eminent figure from GEOJE University, shed light on the rigorous protocols adhered to within Korea's industrial realm. Welding apprentices benefitted from a session, aligning their skills with Korean benchmarks.



Both Mr Kim Kyoo Sik and Mr Lee Jusik of PAKCO Co., Ltd. enriched the discourse with insights on the Korean industrial spectrum's requisites, particularly shipyards. They projected the burgeoning demand for adept Myanmar welders to fortify Korea's industrial trajectory.

The meeting emphasised the opportunities awaiting Myanmar's qualified welders. With an increasing demand for proficient welders in industries like Korean shipyards, Uniteam Training stands at the forefront, readying welders for these promising career avenues.

Capt. Kyaw Lin Than – Managing Director



2023 Mental Health Series

#4 Building Mental Resilience

Strengthening the mind to face challenges and bounce back from adversity.



In the tapestry of life, facing challenges, setbacks, and adversities is inevitable. These hurdles, big or small, can at times shake our foundation and leave us feeling vulnerable. However, with a strong sense of mental resilience, we can navigate these challenges more effectively and even use them as stepping stones towards personal growth.

Mental resilience refers to the ability to adapt well in the face of adversity, trauma, or significant sources of stress. It does not mean that we will not experience difficulty or distress. Rather, it represents the psychological strength to cope, recover, and even grow from these experiences.

BUILDING BLOCKS OF MENTAL RESILIENCE

- 1. Positive Mindset:** Cultivate a positive attitude. Accept that change is part of living and see challenges as opportunities for growth. A hopeful outlook allows you to envision a better future where you can rise above your current circumstances.
- 2. Emotional Awareness:** Recognise and understand your emotions. By being in tune with your feelings, you can better manage your reactions to stress and adversity.
- 3. Building Connections:** Foster strong, supportive relationships. Being connected to a supportive community can be a protective factor against life's challenges.
- 4. Acceptance:** Understand that setbacks are a part of life. By accepting situations that cannot be changed, we free ourselves to focus on circumstances that we can influence.
- 5. Self-empowerment:** Believe in your strengths and abilities. Celebrate your accomplishments—no matter how small—and remind yourself of past challenges you have overcome.
- 6. Problem-solving Skills:** Instead of avoiding challenges, face them head-on. Develop strategies and break tasks into manageable steps to approach problems more effectively.
- 7. Seeking Help:** Understand that it is okay to seek assistance. Professional guidance, like counselling or therapy, can provide tools and strategies to build and maintain resilience.

Mental resilience is not a trait that people either have or do not have. It involves behaviours, thoughts and actions that can be learned and developed over time. By continuously nurturing our mental resilience, we equip ourselves with the armour to face life's challenges and the wisdom to see adversity as an opportunity for growth.

A resilient mind not only helps us bounce back from setbacks but also empowers us to approach future challenges with confidence and optimism. Let us pledge to strengthen our mental resilience, championing a society that celebrates mental fortitude and supports one another in times of need. As we build our resilience, we light the path for others, guiding them towards a more resilient and vibrant future.

Malek Chehab - CMO



Bayview – the beach resort

SPECIAL PACKAGES

<p>Honeymoon Beach Package 4 nights 5 days</p> <p>PACKAGE INCLUDES:</p> <ul style="list-style-type: none"> • Four nights in the selected room category • Daily breakfast • Sixty-minute herbal oil massage for two • Four-course romantic beach dinner • One-and-a-half-hour Catamaran sailing adventure • Flower decorations • Welcome fresh fruit plate • Airport shuttle service <p>PRICE PER PERSON:</p> <ul style="list-style-type: none"> • Deluxe room: MMK 660,000 USD 314.00 per person • Seaview bungalow: MMK 780,000 USD 371.00 per person 	<p>Valentine Beach Package 3 nights 4 days</p> <p>PACKAGE INCLUDES:</p> <ul style="list-style-type: none"> • Three nights in the selected room category • Daily breakfast • Private boat trip to Pearl Island (half day) • Romantic beach dinner (four courses) • Flower decorations • Welcome fruit plate • Airport shuttle service <p>PRICE PER PERSON:</p> <ul style="list-style-type: none"> • Deluxe room: MMK 500,000 USD 238.00 per person • Seaview bungalow: MMK 615,000 USD 293.00 per person
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Please note: These packages remain valid until 31 May 2024. They are not available during peak season dates (22 December–4 January and 8 April–16 April).



PORTRAIT OF CHIEF COOK MR. HAYDEN QUILOR

When did you start working at Uniteam Marine?

I started working at Uniteam Marine in March 2023. This is my first time here.

What motivated you to work as a cook?

Before working overseas, I was a chef in a local restaurant in my country. I chose to work as a cook because cooking has always been my passion and skill. I have always been keen to experiment with cuisines and explore flavours.

Do you have a personal motto or credo in life?

“ Good food is the foundation of genuine happiness. ”

My family inspires me. I adore cooking delicious meals for them and watching their smiles as they eat. It is fulfilling to bring positive vibes to everyone who enjoys the dishes I prepare.

How will you celebrate Christmas on board?

Firstly, I will pray and express gratitude for the blessings in my life. I will contact my family in the Philippines. Seeing their smiles and hearing their greetings will warm my heart.

If we have sufficient ingredients on board, I would love to bake some cakes and prepare delectable dishes for the entire crew. We will cherish the moments and celebrate our togetherness.

Do you have a special meal for Christmas, and if so, would you share their recipe ingredients?

Yes, certainly.

MAIN COURSE:

Lengua Estofada

Ingredients: Ox tongue or beef tongue, olive oil, garlic, onion, stewed tomatoes, pimentos, bay leaf, white wine vinegar, pitted green olives, mushroom halves, broth, salt and pepper.

Hawaiian Baked Spareribs

Ingredients: Pork spareribs, clear fizzy drinks, pineapple juice, smashed garlic, onion, a small piece of ginger, star anise, black peppercorns.

Glaze

Pineapple juice, ketchup, cane vinegar, brown sugar, honey, soy sauce, salt, ground black pepper.

DESSERT:

Chocolate-Avocado Mousse

Ingredients: Avocado, coconut sugar, coconut milk or almond milk, salt, unsweetened cocoa powder, coconut cream, cherries, chopped nuts for garnish.

Brownie Brittle

Ingredients: Melted butter, sugar, vanilla extract, white of a large egg, all-purpose flour, unsweetened cocoa powder, baking soda, salt, and chocolate chips.

TRANSFORMING LIVES AT MYITTAR YAUNG CHI

Myanmar Development Aid e.V. (MDA) is a not-for-profit charitable association that sponsors projects in Myanmar. Following the devastating Cyclone Nargis in 2008, which resulted in the loss of many people's livelihoods, MDA was founded.

Today, MDA is privileged to care for 130 children, with an equal distribution between boys and girls. Each donation they receive is invaluable, allowing them to provide these children with a warm and supportive home, essential medical care, and access to quality education.

With a contribution of merely £1 per day, you can guarantee that a child receives three nutritious meals. By donating £2.50 daily, you can cover the entirety of a child's needs. Moreover, with a monthly commitment starting at £75, you have the opportunity to embark on a transformative journey as a sponsor.

Each year, as some children move on from their care, they welcome new faces. This dynamic nature of MDA means they are perpetually in need of new sponsorships.

Your support is instrumental in moulding the futures of these young individuals, ensuring they have brighter prospects ahead.

Thank you.



TO DONATE Myanmar by KBZ Bank Code:



or Internationally by bank transfer:

VR Bank Südliche Weinstraße-Wasgau eG
IBAN: DE83 5489 1300 0063 5879 07
BIC: GENODE61BZA
Purpose: Orphanages

ONGOING COMPETITIONS

“Success through Teamwork - Experience onboard”

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

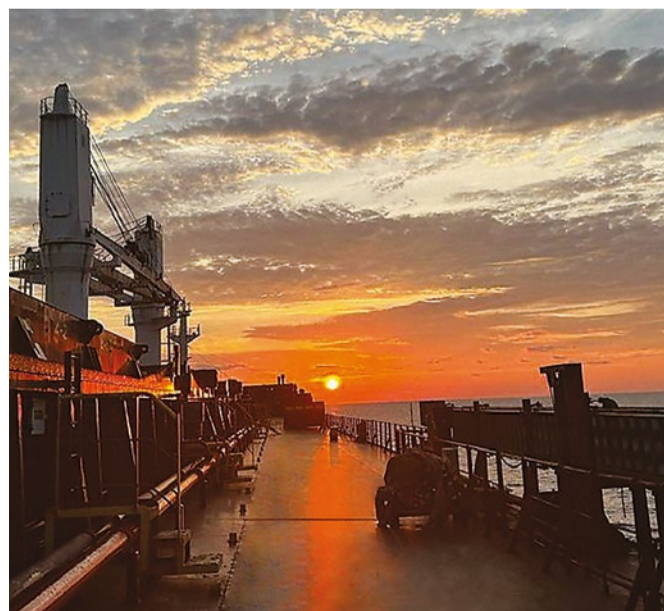
Prize: USD 200,- for every published article for the crew's entertainment fund.

“Best Photograph & Video” for 2024!

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.

WINNER OF PHOTO & VIDEO COMPETITION 2023



Congratulations!

MV Puerto Rosario, Gulf of Mexico – by Deck Cadet Sara Loizou

IMPRINT

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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, Malek Chehab, marketing@uniteamservices.com

