



UNITEAM NEWS

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OUR BRAND NEW WEBSITES!



uniteamservices.com



unidelta-services.com

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.

marketing@uniteamservices.com

LAUNCHING 2024 WITH A DYNAMIC FIRST OFFICER ENGAGEMENT SESSION IN MYANMAR



In the complex landscape of global trade and commerce, the contributions of seafarers frequently remain unnoticed. However, their efforts are crucial to maintaining the flow of goods worldwide.

These individuals work tirelessly, playing a pivotal role in supporting the foundation of our everyday lives. They are responsible for transporting essential goods—including food, clothing, and fuel—across the globe, ensuring these items are available to consumers. Their dedication is essential for the continuity of international trade and the availability of commodities in global markets.

On 14 February, Uniteam Marine (UM) had a great opportunity to host an officer engagement session in Yangon, creating a space for open discussions, and highlighting the company's aim to strengthen bonds and relationships with seafarers. During this session, officers from various management fleets had the chance to come together, share their professional journeys, discuss hurdles they had faced, and brainstorm solutions together.

Our Yangon-based officer engagement session proved to be a great hit! The event took place at the UM Building's Ballroom in Yangon. The event began with a short reception, where pastries and beverages were provided to ensure a warm welcome to our guests. Afterwards, presentations were delivered by speakers from UM's Cyprus office.

Richard Knighton, fleet personnel director, delved into the concept of unveiling normalisation of deviance, developing discussions on its impact onboard.

Michalis Papaioannou, technical director, presented a case study involving an accidental release of a free fall lifeboat. He emphasised the critical importance of safety measures and proper precautions, fostering a dialogue with the audience on enhancing operational safety protocols.

Andreas Costi, cadet and training coordinator, shed light on the phenomenon of herding behaviour. His analysis aimed to guide future senior/existing officers towards avoiding such tendencies, encouraging the adoption of critical thinking and decisive judgment in their professional conduct.

Stavroula Christodoulou, crewing manager, engaged attendees in conversations about crew feedback, procedural enhancements, and future plans.

All discussions were centred on topics aimed at mutual development, allowing everyone to gather insights from each other's experiences and broaden their perspectives on their roles.

Through thorough discussions during the presentation, many attendees became more involved, engaging with ideas, as well as providing suggestions and examples relevant to the topics presented. UM are proud that officers and crew members connected, shared stories from personal experiences and engaged in team-building activities. At some point during the event all guests enjoyed a great meal together as a team.

One of the session's highlights was witnessing Team 2 of Captain Win Htet, proudly securing the win in the marshmallow and spaghetti tower exercise. The winning team was rewarded with a Cherokee double cabin car as a prize! However, the size of the car was not disclosed, making everyone laugh when they realised that the car was a small-scale replica.

All in all, the friendly atmosphere, the motivating and empowering contribution of everyone who attended, and the coordination of all the people who were involved, created a memorable day, emphasising UM's values of teamwork, leadership, and respect!

Moving forward, UM aspires to host more of these meaningful gatherings, with plans to expand their reach to wherever their seafarers' interests guide them. This will only serve to fortify UM's global network and strengthen the company's bonds as a unified team.

Andreas Costi, Cadet and Training Coordinator

LAUNCH OF UNITEAM MARINE YANGON FAMILY CARE UNIT



Uniteam Marine Yangon have launched the Uniteam Marine Family Care Unit, which focuses on making a positive impact on the lives of seafarers and their families. May Myo Thwe, founder of the Family Care Unit, has answered some questions for us.

What was the motivation behind creating the Uniteam Marine Family Care Unit?

It is a testament to our commitment to the well-being of our seafarers and their families, offering physical and mental support to ensure they can navigate both their professional duties and personal lives with a peace of mind.

It is also the reflection of our managing director Captain

Tin Maung Tun's personal experience as a seafarer. Having navigated the seas in his earlier years, he completely understands the challenges faced by those who dedicate their lives to the vast ocean.

How do you aim to create a positive impact for our seafarers?

Organising events and committing to providing both



physical and mental assistance in critical life moments such as funerals, weddings, and the birth of children, especially in situations where the seafaring spouse cannot be present. Additionally, our initiatives focus on facilitating connections among the families of seafarers, fostering a sense of community based on shared interests and experiences.

...article continued overleaf

...Family Care Unit article continued

In what ways does the Family Care Unit contribute to fostering a strong sense of unity with the families of seafarers?

Communication is a vital aspect of my role, and I ensure that it is effective and seamless. I circulate crucial information through various channels, including email, telegram, SMS, and regular calls, ensuring that families are always in the loop and well-informed. Additionally, I have recently embarked on a strategic business collaboration with other corporate entities to introduce a loyalty membership software platform. This innovative initiative is designed to provide our seafarers and employees with exclusive discounts and promotions when they use the software at partner vendors.

What measures are in place to ensure effective communication between the Family Care Unit and seafarers?

To enhance 24/7 communication support, seafarers can reach out to us at any time through various channels (e.g., email, SMS, Viber, and Telegram) during their time at sea. At present, seafarers predominantly reach out to their assigned crew managers for updates, as many are unaware of the existence of the Family Care Unit. To ensure timely updates, I communicate every day with crew managers to get into the loop.

Furthermore, we have already implemented a mobile app, *Compas*, that provides real-time updates on the vessel's status, helping to bridge the communication gap caused by the dynamic nature of maritime journeys.

Finally, as part of our communication protocols, the dedicated crew managers conduct pre-departure briefings for seafarers and their families, emphasising the importance of maintaining open lines of communication.

Can you give us some examples of fun-filled activities that you are planning?

While the Christmas event has taken place, our future plans also include organising smaller, yet engaging events. These comprise mini flower coordination classes, seminars on financial management, cooking classes specifically for seafarers' wives, a celebration for Seafarers' Day, and summer classes tailored for the children of seafarers.

May Myo Thwe,
Family Care Manager



Having obtained the license for providing overseas employment services from the Ministry of Labour in 2023, Unidelta has actively started to pursue opportunities for offering talented applicants employment prospects with carefully selected employers overseas.

After a successful entry into the German healthcare sector already with four first-class employers, several groups of healthcare profession apprentices from Myanmar were meanwhile employed for three-year vocational training at five locations in Germany.

Encouraged by the positive feedback from both the applicants as well as the employers, Unidelta are now expanding their network with the aim of entering other employment sectors as well.

For a hotel group in Germany, we are in the process of preparing a group of applicants to start a three-year vocational training programme at a prime location near to the German capital Berlin. The applicants will pursue a career as a cook or as qualified specialists in restaurant and event management.

Under the Unidelta umbrella, all non-marine-related recruitment and mediation services will be bundled, so that Unidelta can better concentrate on this new business opportunity.

Other regions such as the UK, the Middle East (particularly Dubai/UAE, Doha/QATAR and Japan, but also Singapore, Thailand and Malaysia) are currently under investigation, with focus not only on the healthcare and hospitality sector, but

other industries as well.

In close cooperation with the Uniteam Career Development Institute, Unidelta have expanded support offered to young people to improve their foreign language skills-the key to a successful start of a professional career overseas.

In January, a separate Unidelta website (www.unidelta-services.com) was launched; in conjunction with Uniteam Healthcare Services (www.uniteamhealthcare.com) and the Facebook page "Uniteam Career Development Institute", a large number of talented people can now be addressed.

Unidelta are continuously receiving new applications via the new online web-application platform and the Unidelta team are doing their best to match suitable applicants with an employer.

Join us by filling in our application form and get the chance to have a first assessment interview with our team, and who knows, maybe your dream—or that of your children/friend—of a successful career in a new profession with an employer overseas can soon become a reality!

Captain Thomas Reppenhagen, *Sales and Client Relations Director*

UNVEILING OUR NEW WEBSITE: ELEVATING THE UNITEAM GLOBAL BUSINESS SERVICES (UGBS) EXPERIENCE



We are delighted to announce the launch of UGBS' latest digital venture: our new website! Launched in February 2024, this milestone represents a significant step forward in our commitment to enhancing the experience for our valued customers and strengthening the UGBS brand.

Accessible via www.uniteamservices.com, our new website has been meticulously designed with our customers in mind. With its user-friendly interface and intuitive navigation, it serves as a gateway to a seamless and engaging experience for anyone interacting with UGBS.

At the heart of our new website is a dedication to providing our customers with easy access to the information and services they need. From learning about our comprehensive range of solutions to accessing support resources and contacting our expert team, everything is just a click away.

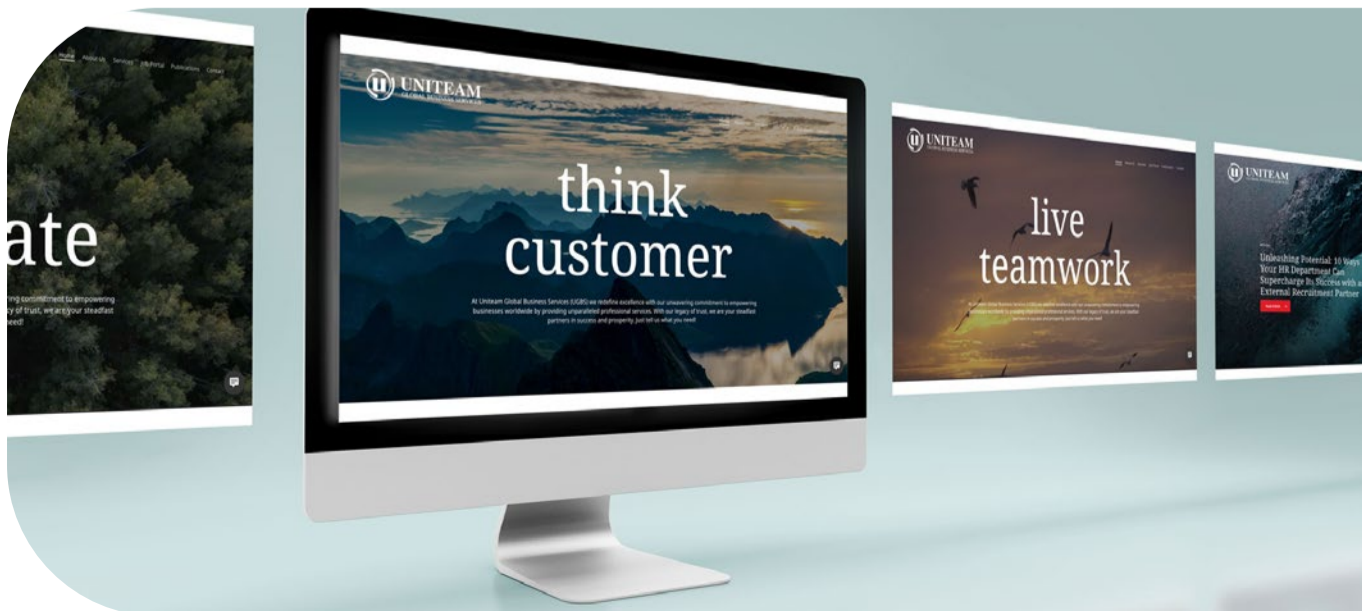
Furthermore, our website is designed to showcase the values and expertise that define UGBS. Through engaging content, insightful blog posts, and captivating visuals, we aim to communicate our commitment to excellence and innovation in every aspect of our business.

But our new website is more than just a digital storefront: it is a platform for building lasting connections with our customers. By integrating interactive features such as chat support and customer feedback mechanisms, we empower our customers to engage with us in meaningful ways, fostering trust and loyalty.

As we embark on this exciting journey, we invite all employees to join us in celebrating the launch of our new website. Your support and dedication have been instrumental in bringing this project to fruition, and we are excited to see how it will enhance the UGBS experience for our customers worldwide.

Together, let's embrace this new chapter in our digital evolution and continue to elevate the UGBS brand to new heights of success and recognition.

Kostas Papatomas, *Head of Financial Services & Staff Payroll*



CELEBRATING A MILESTONE: Uniteam Career Development Institute's (UCDI) *First Anniversary*



UCDI was established in November 2022 to provide knowledge and skills for working abroad, especially with a vision to promote linguistic diversity and cultural understanding.

As the doors of the UCDI Institute opened one year ago, it marked the beginning of a journey for German language. UCDI started with two classes, A-1.1 and B1.1. Over the past year, the institute expanded, both in terms of student enrolment and programme offerings. Currently, UCDI offers German language classes for A1, A2, B1 and B2 levels.

Global connections are increasingly essential, therefore, the ability to communicate in multiple languages has become a valuable asset. Young individuals who pursue studies and work opportunities abroad are very interested in enrolling at UCDI. By learning a new language, individuals gain insights into the customs, traditions, and perspectives of multiple cultures. Language learning promotes resilience, patience, and adaptability; all are invaluable in language acquisition and all aspects of life.

At present, there are around 150 candidates studying various levels of German at the UCDI. The crew members of the AIDA cruises are also engaging in learning the German language to enhance their careers. This endeavour promises to provide them with great support in delivering exceptional service to the passengers on board.

Thanks to the efforts of the Uniteam Training (UT) training director and the German language teachers of UCDI, the Institute became an approved test centre in Myanmar for German language by the G.A.S.T Institute in January 2024. On 24 December 2023 we commemorated the first anniversary of UCDI. Colleagues from Uniteam Marine (UM) and UT, alongside students of UCDI, attended the occasion, adding to the festive spirit. The management team members of UM and UT expressed their heartfelt wishes for the New Year, inspiring all with their remarkable words of encouragement.

During the celebration, students shared experiences of their journeys in learning the German language. A musical concert, featuring the exceptionally talented students of UCDI, was the highlight of the evening. Their performances fascinated the audience, filling the air with joyous melodies and festive cheer.

Investing time and effort in learning at UCDI enriches one's understanding of global perspectives and facilitates meaningful connections with people from diverse backgrounds. For those aspiring to unlock their full potential,



joining UCDI could be the first step towards realising their dreams.

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.

Captain Kyaw Lin Than



EVANTHIA ANTONIOU'S



Journey through the waves of seafaring life

Overcoming these obstacles requires resilience, assertiveness, and building strong professional relationships. Despite the challenges, the experience at sea was rewarding, fostering personal growth, and contributing to a diverse and inclusive maritime community.

How did you deal with homesickness?

Homesickness was a common challenge. To cope, I stayed connected with loved ones through regular communication, whether by phone or video calls, when it was available. Keeping busy with work tasks and socialising with colleagues also helped distract from feelings of longing. During my voyages, I created a familiar environment on board with personal belongings and routines that provided comfort, such as painting, writing, reading, exercising, and watching movies when time permitted.

Additionally, focusing on the purpose and the excitement of my maritime journey helped alleviate homesickness. Exploring ports during downtime provided a sense of fulfilment and helped me embrace the unique experience of life at sea.

Would you recommend a seafaring career to young people?

Absolutely! It is a unique life. The advantages of sailing are that it builds character, resilience, a global perspective, and provides you with a good financial reward. But it is essential to know what you are getting yourself into, as I strongly believe that seafaring is not for everybody.

What were your key responsibilities, and what was your favourite part of the role?

As an officer on tanker vessels, my key responsibilities included overseeing cargo operations, navigating the vessel, following and implementing safety procedures, and crew management.

My favourite aspect of the role was the discharging and loading operation of the cargo. It always kept me in a challenging mood. Each successful completion felt like a victory, considering the significant financial stakes and the safety of my crew. There was a constant awareness of the potential risks involved, adding to the thrill of the job.

What did you do in harsh weather conditions?

Fear exists, but training kicks in. Seafarers commonly fear adverse weather conditions. While unpredictable, such situations do not warrant panic. With modern technology, we can forecast weather days in advance, enabling us to prepare accordingly by adjusting ballast, altering course, or avoiding affected areas until conditions improve. This combination of fear management and preparedness ensures safety at sea.

What do you enjoy most about your current work?

In my current role as a QSE Superintendent, I find satisfaction in conducting audits, and fostering a culture of safety among shipboard personnel.

Do you miss being out at sea?

The ocean calls out to me, and I admit, I miss it dearly. The daily challenges which need to be overcome, exploration of new places, and working with diverse people, listening to them share their stories... all of these are dearly missed and will continue to be missed. Nonetheless, I cherish these memories while embracing my new journey ashore, with my new career and the joys of married life.

What are some highlights of your career?

Highlights of my seafaring career includes building lifelong friendships with diverse crewmates and experiencing the beauty of the open sea with different sunrises and sunsets.

What motivated you to become a seafarer?

Ever since I was a kid, gazing at ships in Limassol's anchorage area, I have been curious of how people can live on those "metal boxes" called vessels. My passion for the ocean fuelled this fascination, drawing me closer to wanting to experience this adventure firsthand. Throughout my teenage years, my curiosity grew, and when the time came to choose a career path, there was no doubt: sailing as a seafarer was my destined voyage. The financial rewards associated with the profession played a significant role in the decision-making process as well.

Where did your journey start as a seafarer?

I started by studying commerce, shipping and finance at the Cyprus University of Technology, followed by maritime studies in a Greek maritime academy on Syros Island, learning navigation, safety protocols, and ship operations. Afterwards, I embarked on my first voyage, stepping onto a ship as a deck cadet, eager to learn and contribute. Upon the completion of the four-year academy course, in 2017, I got a second officer's license and from then on since 2021 taking my license as a chief officer, I was sailing on crude oil tanker vessels with six months contracts.

What were the challenges you faced as a seafarer?

Seafaring is never easy. Challenges include unpredictable weather, long periods away from loved ones, and demanding work schedules.

CREWING SURVEY: “SEAFARERS SAY: YOUR FEEDBACK MATTERS!”



Have Your Say and Help Steer Our Course to Improvement!

As you navigate the vast oceans, your role in Uniteam extends beyond the important work you do every day. Your unique insights, first-hand experiences, and thoughtful suggestions contribute significantly to our collective journey towards excellence. It is with this understanding that we are reaching out to you today.

We invite you all to take part in our ongoing online Seafarer Survey: “Seafarers Say: Your Feedback Matters!” This platform gives you the opportunity to voice your opinions, share your experiences, and help us understand your needs better.

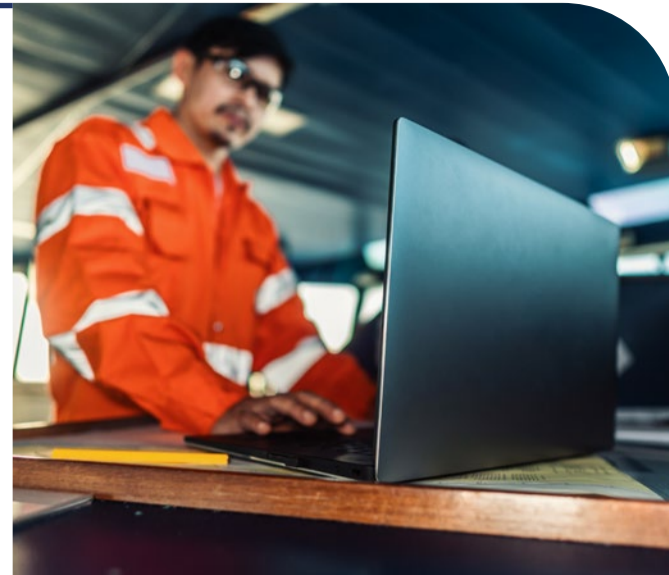
Your feedback is more than just appreciated; it is a vital tool for our growth and advancement. Your perspectives help us chart our course through a sea of possibilities, directing us towards the shores of improvement, innovation, and progress. Your honest and open responses will help us identify not only the areas where we already excel but more importantly, the areas where we can enhance our performance.

Our online survey, Seafarers Say: Your Feedback Matters! has been designed with your convenience in mind. Accessible anywhere, anytime, it can be completed from the comfort of your cabin or even from the deck under the open sky. Here is how you can participate:

- 1 Visit our online survey platform at <https://shout.com/s/hHHMba7o>
- 2 Answer the questions honestly and thoroughly. Please rest assured that your responses are entirely anonymous and will be used solely for the purpose of enhancing our services and operations.
- 3 Submit your survey.



We firmly believe that every voice matters. Your participation in this survey will help shape our policies, services, and working conditions to better meet your needs. By working together, we can ensure that our company remains not just a great place to work, but a supportive and progressive community for all.



Thank you in advance for your valuable contribution. Your feedback truly sets our compass for betterment, guiding us towards a future of continual growth and improvement.

As we navigate this journey together, we look forward to hearing your voice and implementing your suggestions.

Fair winds and following seas, dear seafarers.

Chloe Timmis, Crewing Administration Manager

THE BENEFITS OF USING *A Recruitment Agency*



We all understand that a recruiting agency’s primary goal is to assist both employers locating the ideal candidate for available positions. We offer organisations consulting and recruitment support services, offering expert guidance and help to make sure your interview process runs successfully.

A recruiter might be of great assistance in discovering such unique features. We are able to find talent that you might never have even considered because it is our job to be aware of current and forthcoming trends and news in the business.

Why Use A Recruitment Agency?

TIME & COST SAVINGS

To start, it can save time and money.

Using a recruitment agency will save your company time and money and be faster than hiring internally. To save employers time and effort, recruiters gather and evaluate CVs, examine references, and screen talented job applicants using the most effective interviewing techniques.

ACCESS TO HIDDEN JOB MARKET

You run the risk of failing to locate the ideal applicant for any high-performance positions that call for a lot of talent and skill. By collaborating with a recruitment firm, you can solve this problem quickly. You can reach professionals who would otherwise be hard to find through conventional advertising by using recruitment firms, which actively seek out new talent.

EXPERT ASSISTANCE AND ADVICE

The foundation on which recruitment firms are established is the provision of quality workers to companies. It follows that it is not surprising that agencies require expertise in this area. The advantage of this is that you can be confident that a specialist agency can give you expertise and help that is far beyond what your company can produce on its own.

FACILITATE SALARY DISCUSSIONS

One of the most contentious issues that a potential employer and employee must negotiate is salary. Using a recruitment agency is one of the finest methods to cope

with a prospect whose expectations are too high. The agency will make sure that prospective employees are well informed about the pay scale your company offers.

SUPPORT & GUIDANCE

A recruitment agency is only as good as its recruiters; they have a thorough understanding of the job market, are pros at interviewing and skill evaluations, are familiar with the demands of their clients, and know how to make you stand out in the eyes of potential employers.

EXPERTISE AND INDUSTRY KNOWLEDGE

Recruitment agencies have extensive knowledge of various industries and sectors. They understand the specific skills and qualifications required for different roles, allowing them to effectively match candidates with suitable positions.

INCREASED CONFIDENCE

Working with a reputable recruitment agency gives you added confidence throughout your hiring journey. These agencies act as trusted partners who genuinely care about helping you find success in your career path. Their support and guidance provide reassurance during what can sometimes feel like an overwhelming process.

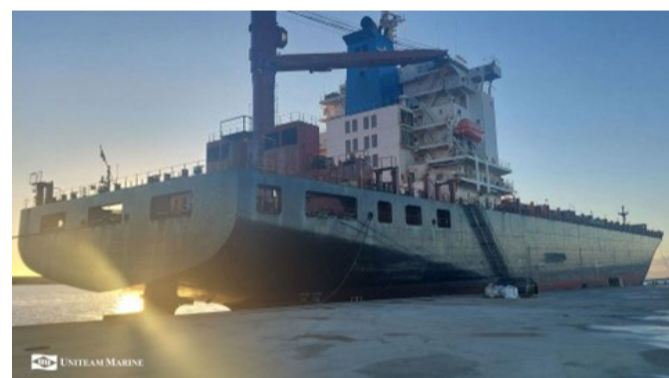
In conclusion, using a recruitment agency offers numerous advantages in today’s competitive job market. From their efficiency and expertise to their access to the hidden job market and expert perspective on financial benefits.

URS Team

AGE DOES NOT MATTER!



In a noteworthy demonstration of maritime excellence, Uniteam Marine proudly showcases the outstanding condition of its 22-year-old container vessel, the Antibes Express, which is a result of the unwavering dedication of its crew members.



During its time docked at Algericas, the Antibes Express underwent two intensive external inspections: a port state control and an annual flag state inspection. Remarkably, the vessel passed both inspections with flying colours.

This achievement is particularly significant due to the vessel's well-maintained condition, a testament to the meticulous attention to detail and dedication of the Uniteam Marine crew. It highlights that with proper care and expertise, maritime vessels can maintain peak performance and safety standards, regardless of age.

The successful completion of both the port state control and the annual flag state inspection is commendable, as these inspections are crucial for ensuring maritime safety and regulatory compliance. The impeccable condition of the Antibes Express underscores the commitment of Uniteam Marine crew members and office staff to these principles.

This milestone serves as a reminder of the importance of ongoing dedication to excellence in the maritime industry. It emphasises that diligent maintenance, rigorous inspections, and a culture of excellence are essential for ensuring the safety and efficiency of Uniteam Marine operations.

Captain Omiros Angelidis, QSE Director

EXEMPLARY PERFORMANCE OF MV ROME TRADER



On the 2 October 2023, Uniteam Marine assumed full management responsibility for the MV Rome Trader, formerly known as MV Chris, a 56,838-deadweight tonnage (DWT) bulk carrier built at COSCO (Guangdong) Shipyard Co., Ltd in China in 2010.

While alongside at the CUD Weihai Shipyard, the ship underwent extensive repairs and improvements undertaken by Uniteam Marine's dedicated crew. On 8 November 2023, all tasks were completed and the MV Rome Trader departed the shipyard.

MV Rome Trader is sailing under the flag of Liberia.

On 6 February 2024, the vessel encountered a highly demanding call in Savannah, USA, where she was expected to undergo a USCG port state control inspection along with the initial external ISM, ISPS, and MLC audits, as well as the flag's annual safety inspection.

Facing the multifaceted challenges of this demanding call, the crew, bolstered by the onsite support of QSE superintendent, Captain Leonard Rodriguez, excelled, meeting and surpassing expectations by successfully completing four out of five inspections with a commendable clean record. The USCG did note one finding, which was promptly addressed, earning the crew praise from the inspectors for their openness and proactive stance in tackling potential issues. Such transparency and steadfast commitment to the safety of the crew, the protection of the environment, and the integrity of the vessel are assurances of continued exemplary performance.

This episode serves to underscore the dedication of both the crew and the office staff, revealing the achievements possible when efforts are unified.

However, it is paramount to remember that past successes are not automatic predictors of future results. In the realm of shipping, as in the broader tapestry of life, each voyage presents its unique set of circumstances and challenges. The key to sustained success lies in remaining vigilant, focused, and free from complacency.

Captain Omiros Angelidis, QSE Director



OUTSTANDING AWARDS FOR Seafarers' Children



On the 14th of February, Uniteam Marine Yangon organised a reward ceremony for seafarers' children who achieved one to six distinctions in grade 11 on the government matriculation exam. The children attended with their proud parents to celebrate their outstanding performance.



The planning for this significant event started at the end of January 2024, and seafarers were able to submit their documents to the Corporate Communications & Marketing department in the Yangon office.

The Uniteam Marine ballroom was nicely decorated, snacks and drinks were provided, and then the most important part of the event for the children took place: the award ceremony. After the opening speeches held by Captain Tin Maung Tun, certificates and prizes were handed over to the girls and boys by Managing Director Tin Maung Tun, Fleet Personnel Director Richard Knighton, Technical Director Michalis Papaioannou, Senior Fleet Personnel Manager Soe Lin, and Senior Fleet Personnel Manager Phyo Win Nyunt.

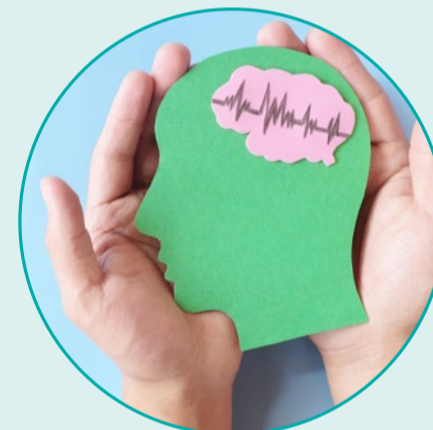
Uniteam Marine would like to express their deepest gratitude to everyone who was involved in this event and for their unwavering support throughout. It is of great priority to the team to raise awareness of the importance of education for seafarers' children, and make sure to motivate them to achieve good results.

Winn Thiri Mon (Grace) - Senior Corporate Communications & Marketing Coordinator

REVITALISING OUR WORKDAY: The Mind-Body Connection In Action

Embracing Everyday Wellness

In our bustling work environment, finding moments of calm and clarity is not just beneficial—it is essential for our mental and physical health. The ancient concept of the mind-body connection teaches us that our mental state directly influences our physical well-being, and vice versa. Here is how we can all harness this powerful relationship to enhance our daily work life with the resources we already have.



PRACTICAL STEPS FOR EVERYDAY BALANCE

- **Seize the Moment for Mini-mindfulness:** Even without specific breaks or spaces designated for meditation, we can practice mindfulness right at our desks or during short walks. Take a few minutes to focus on your breathing or observe your surroundings, allowing your mind a moment of rest.
- **Desk-based Stretching:** Incorporate simple stretches into your day to alleviate tension and boost circulation. Shoulder shrugs, wrist rolls, and seated leg stretches can be done anytime, helping to maintain physical comfort and mental focus.
- **Nutritional Snacks and Hydration:** Keep a bottle of water at your desk and opt for healthy snacks. Foods rich in omega-3 fatty acids, like walnuts or chia seeds, can support brain health and mood regulation.
- **Quality Sleep for Quality Work:** Prioritise good sleep hygiene by establishing a regular bedtime routine and minimising screen time before bed. Even in our busy lives, recognising the value of sleep can improve our daytime energy and mental clarity.
- **Nature's Desk Decor:** Personalise your workspace with a small plant or pictures of

natural landscapes. Visual connections to nature can reduce stress and improve mood, offering a serene glimpse of the outdoors.

- **Leverage Lunchtime Walks:** Use part of your lunch break for a short walk outside. The physical activity and exposure to natural light can rejuvenate your mind and body, preparing you for the rest of the day.

THE POWER OF CONNECTION

Sharing wellness tips and successes with colleagues can foster a supportive community atmosphere. Whether it is a new desk stretch that alleviates back pain or a mindfulness app that reduces stress, sharing these experiences can encourage others to find their own paths to wellness.

Integrating the mind-body connection into our workday does not require grand gestures or significant changes to our workplace. Instead, it is the small, consistent practices that contribute to our overall well-being. By taking proactive steps to care for our mental and physical health, we can enhance our productivity, creativity, and satisfaction at work. Let us embrace these practices together, supporting one another in our journey toward a balanced and fulfilling work life.

Malek Chehab

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.



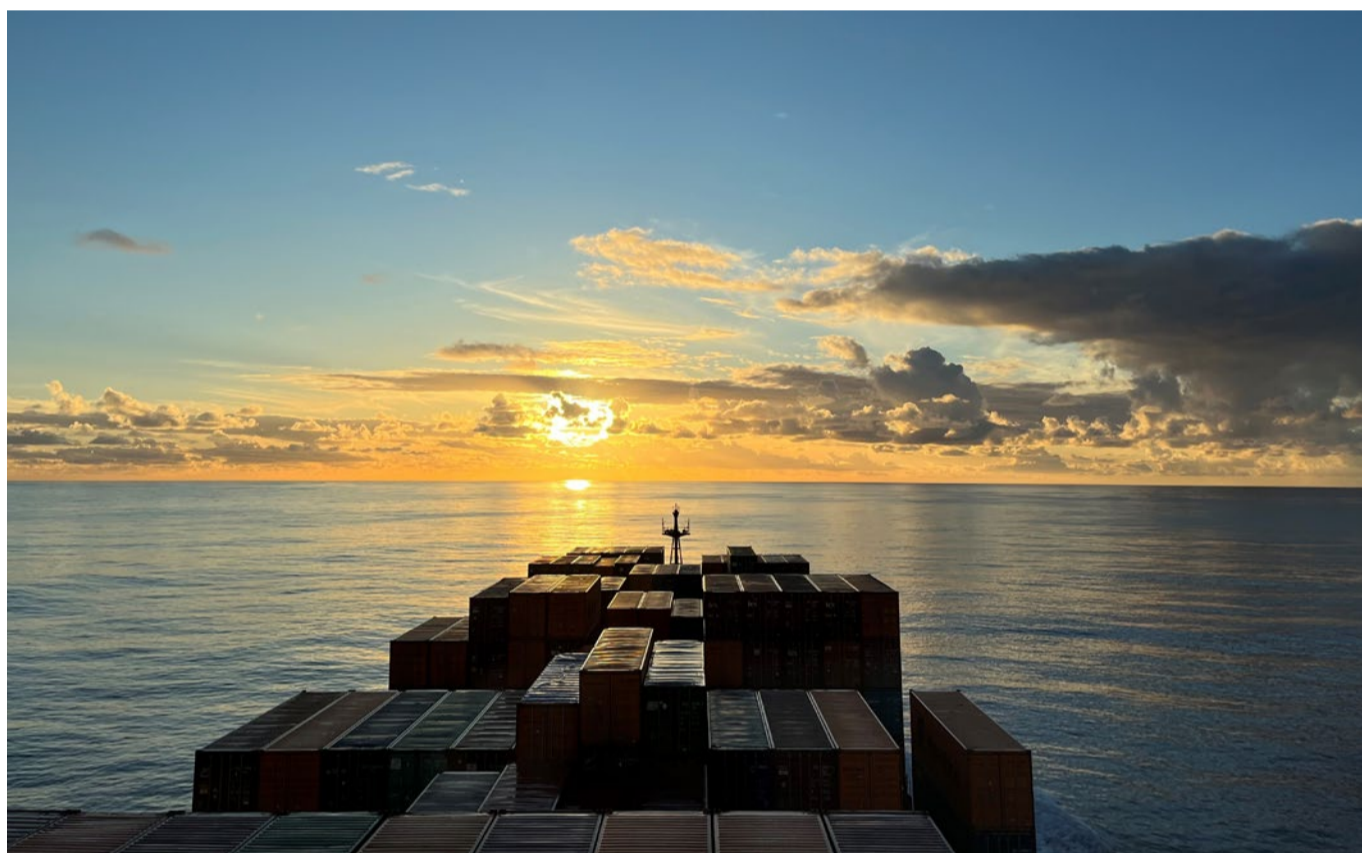
TO DONATE Myanmar by
KBZ Bank Code:



or Internationally by bank transfer:
VR Bank Südliche Weinstraße-Wasgau eG
IBAN: DE83 5489 1300 0063 5879 07
BIC: GENODE61BZA
Purpose: Orphanages

WINNER OF PHOTO & VIDEO COMPETITION

March Winner - "Antibes Express" by Second Officer Eduard Reutov



December Winner - Deck Cadet Sara Loizou



ONGOING COMPETITIONS

"Success through Teamwork - Experience onboard"

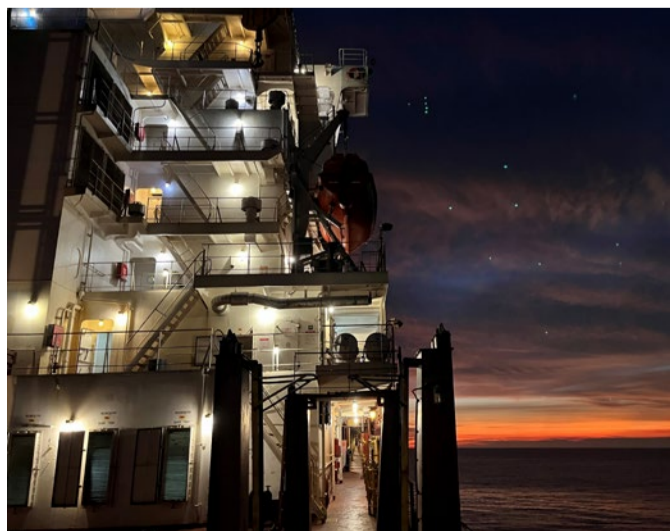
Please send us your experiences onboard reflecting our mission statement. We will publish one experience quarterly.

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.



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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.

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