

MARINE TRANSPORT WORKERS' TRADE UNION OF UKRAINE E-BULLETIN



JULY 2018



Dear seafarers!

Marine Transport Workers' Trade Union of Ukraine takes care of you and your families not only when you are ashore, but when you are at the sea. In order to keep you informed about our activities, we designed this monthly E-BULLETIN which guides you through all our achievements and events provided by our Union. Any suggestions and proposal are welcome. Stay connected!

Yours sincerely, Oleg Grygoriuk
First Vice Chairman
MTWTU

MEDICAL HANDBOOK FOR UKRAINIAN SEAMEN



Supported by the ITF, the MTWTU published a specialized Medical Handbook for Seafarers, which systematizes general information on the urgent health conditions of seamen that can happen on board a ship, as well as describes the diseases that shipboard medical specialists meet most frequently. Written in easy and accessible language, the Handbook has been developed by leading experts in the field of transport medicine and on a special order of the MTWTU. Also, the publication is supplemented with some information that can be useful to every seafarer during the voyage: the Union contact details; the procedure of early contract termination due to medical reasons, the contacts of all diplomatic missions of Ukraine and etc. The Handbook is available to the members of the Union for free.

MTWTU&ILO TRAINING FOR SEAFARERS

The two-day training for seamen was devoted to the important issues like the impact of stress on a person, signs, types and prevention of occupational stress, prevention of burnout syndrome and depression among seafarers.

The training gave its participants an opportunity to supplement their knowledge on health and well-being of seafarers, as well as to raise their awareness on Union activities, well presented by the MTWTU First Vice Chairman Oleg Grygoriuk during

his speech, where he described the Union's priorities, tasks and implemented and yet scheduled projects for Ukrainian seafarers.



AMAZING PERFORMANCE FOR CHILDREN AND THEIR PARENTS



For several years already the MTWTU invites seafarers and their families to unforgettable show of the largest circus in our country Kobzov. Unbelievable acrobats' and trapeze artists' performances, light show and the children's favorite funny clown Zhorik - the circus actors once again gave a sea filled with emotions and delight to the audience. Such an incredible performance always inspires and surprises, the seafarers say. They also thank MTWTU for the unique opportunity to take part in many of the most interesting events.

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