

MARINE TRANSPORT WORKERS' TRADE UNION OF UKRAINE E - BULLETIN



Dear seafarers!

FEBRUARY 2020

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 proposals are welcome. Stay connected!

Your sincerely, Oleg Grygoriuk
First Vice Chairman MTWTU
Vice President IFSMA,
Goodwill Maritime Ambassador IMO



CAREER-BUILDING AT SEA



The seminar 'Career-Building at Sea' was part of the author's course of Yevgeniy Bogachenko, acting offshore fleet captain and founder of the KEY4MATE maritime educational project.

"Career-building is crucial for anyone who has connected their lives with the sea. The seminar is aimed to teach how to prove oneself as a quality professional and demonstrate it to a person, directly affecting the promotion onboard. For mechanics, this person is a Chief Engineer, and for navigators – is a Captain", said Yevgeniy Bogachenko.

Among the issues raised at the seminar were:

- factors affecting promotion;
- personal growth;
- how to demonstrate strengths;
- how to take hold on the new position;

"In addition to knowing the basics of your profession, it is important to be a charismatic leader and have decision-making skills. One should not be afraid of responsibility and stay ready to deal with conflict situations on board," Yevgeniy commented.

HOW TO MAINTAIN YOUR IMMUNITY



During the cold season, when the number of viral diseases increases, it is important to have the knowledge how to protect yourself and your family.

Ways to prevent viral diseases, the importance of vaccination inter alia, were presented during the seminar for the Union members, facilitated by Liudmila Kucherenko, infectious diseases specialist of higher category, national trainer of Ukraine on the implementation of friendly services in healthcare.

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TRAINING ON MARITIME LABOUR CONVENTION



During the first part of the training, the MTWTU Advisor Chairman Sergei Kazantsev, a certified trainer of trainers on ILO Maritime Labour Convention, 2006, outlined the main provisions of this milestone document to the seafarers, the Union members.

During the second part, in order to apply the knowledge gained, the training participants were divided into two groups: one was representing the Port State Control officers and the other was representing the ship.

The PSC officers, using ship inspection report and the MLC, 2006, had to detect the violations of the Convention and the national flag legislation and to determine whether these violations are serious enough to detain the ship. At the same time, the ship group had to appeal against the PSC's comments, if possible, and to develop a plan to correct the deficiencies found on board.

Another practical task was individual. There, each seafarer had to find mistakes in a Seafarers' Employment Agreement.

PSYCHOLOGICAL 'CUSTOMS'

Trainings from psychologist and therapist Marina Volkova have already become traditional at the Maritime Union Center.

This time, the seafarers and their families discussed the process of setting personal boundaries; learnt how the boundaries get violated and how to deal with such interventions.

The seminar participants also learnt how to set healthy personal boundaries, allowing them to live their own lives filled with vivid emotions, desires and actions.



STAYING FIT AND HEALTHY ONBOARD

Another workshop on seafarers' health, facilitated by fitness and endurance trainer Sergei Protsenko, revealed life hacks that help seafarers stay in good physical shape both onboard and ashore.

The trainer shared some practical tips on how to maintain health, increase endurance, avoid injuries, build a schedule of physical activity, train under time and equipment constraints and eat healthy in restricted conditions onboard.

Sergei also shared his secrets of healthy nutrition and demonstrated some morning exercises and techniques for a healthy spine to the seminar participants.



10 YEARS TOGETHER: 'MARITIME' MAGAZINE UNITES!



For 10 consecutive years, the 'Maritime' Magazine for seafarers and their families has been sharing most relevant and valuable content with its readers. Throughout these years, we have been informing our readers of the Union's victories and achievements, of the significant national and international events, have been providing consultations and practical advice, publishing seafarers' interviews, as well as photos and stories our seafarers kept sending us from voyages. We are thankful to the Union members-seafarers, who openly spoke about their career choice, their first voyages and shared their emotions in our traditional Tête-à-Tête column. And a special pleasure has been to receive the pictures of 'Maritime' Magazine traveling around the world together with our seafarers on board the ship.

As part of the 'Maritime' Magazine 10th anniversary celebration, we acknowledged the seafarers, the MTWTU members, who have been with us over the years and contributed to the development of our magazine, with memorable certificates and gifts.

UNION-THEMED QUIZ

Another Union-organized intellectual and entertaining game from the City Quiz project was traditionally held for the families of seafarers, the Union members. Eight teams took part in the game with musical riddles, quick-thinking tasks, a crossword puzzle and questions on maritime and trade union topics.



Furthermore, following our good tradition, the movie premiere also took place this month. Our seafarers and their families got an opportunity to become the first spectators of **Sonic the Hedgehog** movie.

