

# MARINE TRANSPORT WORKERS' TRADE UNION OF UKRAINE E-BULLETIN



NOVEMBER 2019



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

## TRENDS OF OFFSHORE WIND ENGINEERING



Offshore wind power is rapidly developing today, and there is no doubt that this industry is in need for proper service and qualified marine specialists. Therefore, the MTWTU hold a seminar for its members on offshore wind engineering, prospects for seafarers and potential employers and positions in demand. The seminar was moderated by Sergei Romashko, founder of Next Wave educational project for seafarers. For five years, Sergei has been working as a Chief Officer on board research vessel, collecting data before, during and after wind farms' construction. Before that, he used to work onboard a vessel, engaged with construction, installation and maintenance of wind turbines' components. "Projects on wind farm construction are being launched worldwide, attracting more and more companies, and that means more opportunities for Ukrainian seafarers. We discussed where Ukrainians can find such jobs, on which stage of construction they can apply their knowledge and how they can plan their training in advance. Personally I have shared several companies, owning or operating this kind of fleet and employing Ukrainian seafarers", the coach said.

## HOW TO AVOID PROFESSIONAL BURNOUT?



As work at sea is one of the most challenging occupations both mentally and physically, the risk of emotional and professional burnout among seafarers is quite high. Concerning the abovementioned, the MTWTU decided to organize the seminar for Ukrainian seafarers teaching them how to prevent professional burnout. The seminar was moderated by business coach in management and personal development, SeMar Staff CEO Elena Sen'ko. "Stressful working regime, high pace of work and level of competition, on one hand, and the lack of special skills of introspection, on the other hand, cause burnout – a decrease of all seafarer's mental and physical resources", - the mentor said. Nobody is protected from professional burnout, but we all should remember that it is easier to prevent the burnout than to treat it. "In order to avoid emotional and occupational burnout, each of us should develop the goal-setting skills, have various interests (hobbies), and be able to both relax when it is needed and work in a regime which is suitable for our personal abilities." Elena Sen'ko recommends.

[www.mtwtu.org.ua](http://www.mtwtu.org.ua)  
[office@mtwtu.org.ua](mailto:office@mtwtu.org.ua)  
+380482429901  
[www.facebook.com/MTWTU](https://www.facebook.com/MTWTU)

## UNION WEEK – NEW LEVEL 4.0



On the last week of November, the Marine Transport Workers' Trade Union of Ukraine (MTWTU), ITF's only maritime affiliate in Ukraine, held the annual three-day awareness-raising seminar for Ukrainian seafarers. The ITF-supported event, Union Week - New Generation, is the fourth awareness-raising seminar hosted by MTWTU in four years in Odessa, Ukraine, which attracted over 150 Ukrainian acting and future seafarers. The topics on the agenda ranged from education on the global trade union movement, the ITF and the role of the ITF Inspectorate, seafarers' wellbeing, as well as education on Seafarers' Employment Contracts and Collective Bargaining Agreements, the Maritime Labour Convention, and an update on the industry locally. Participating seafarers also took part in virtual reality trainings on safety and ship operations, allowing them to enhance their professional skills. ITF Coordinator from Croatia Romano Peric and ITF Inspector from Spain Gonzalo Galan participated in the seminar representing the ITF Inspectorate. «We are thankful to the ITF for their support for our fast-growing union. It allows us develop, expand and of course educate our seafarers on their labour rights. These activities help inform our seafarers and ensure that they're updated and protected knowing their rights,» said MTWTU First Vice Chairman Oleg Grygoriuk who moderated Union Week. During the seminar seafarers were also able to undergo free medical tests to test for HIV, hepatitis B and C, syphilis and blood sugar levels.

## LEISURE ACTIVITIES WITH FAMILY AND FRIENDS

On November 15, 2019, the Marine Transport Workers' Trade Union of Ukraine organized a long-awaited amateur bowling tournament for the families of seafarers that are members of the Union. Eight teams fought for the victory, but in order to become an ultimate champion, they had to produce the best results in both two rounds. Union-arranged tournaments are not just an exciting competition, but a friendly and welcoming atmosphere and a memorable kind of leisure among friends and colleagues. The exciting bowling game, famous all over the world since the end of the 19th century, gave the participants loads of positive emotions. Nice gifts from the Union were also there not only for the winners but for every and each tournament participant.



## BEST MOVIE SCREENINGS WITH THE UNION

The MTWTU invited its members and their families to the long-awaited premieres, which millions of fans around the world are looking forward to seeing. Thus, seafarers with their families became one of the first viewers of the legendary franchise relaunch: the Union arranged a screening of the comedy action movie Charlie's Angels. Moreover, both children and adults were pleased to meet again with the Disney's cartoon characters from Frozen II movie, who took the audience on an exciting journey. 2019 became a true record holder in terms of best movie screenings for seafarers, arranged by the Union!

