

MARINE TRANSPORT WORKERS' TRADE UNION OF UKRAINE E-BULLETIN



AUGUST 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

INTERACTIVE TRAINING FOR SEAFARERS AND FAMILIES



The MTWTU together with the International Labour Organization (ILO) jointly conducted an interactive training for the MTWTU members and their families under the motto Fun Talks About Serious Things. Training speakers were ILO National Coordinator in Ukraine Sergei Savchuk, ILO National Project Coordinator on HIV Larisa Savchuk, MTWTU Chairman Michael Kiriciev and his First Vice Oleg Grygoriuk.

“We are glad to welcome not only seafarers, but their family members here. We do hope that all of you will gain some new knowledge, and that each of you will at least slightly change your attitude towards the HIV issue,” said Sergei Savchuk.

According to official figures, in Ukraine, from 50 to 60 people are infected every day and 10 people die due to AIDS. “But it is within our power to ensure that this does not happen to us, to our relatives and colleagues,” Larisa Savchuk emphasized. “Knowledge and information – that’s what keeps us protected”.

Cooperation between the MTWTU and the ILO has been going on for more than three years; lots of seminars, trainings and forums are being held within its framework.

Oleg Grygoriuk: “Important is that our cooperation with the ILO provides, among other things, the opportunity to raise responsibility within the Union members. Responsibility for themselves and their beloved when they are at home, responsibility for their colleagues when they are on board. I believe that information received during the training will be of use and will contribute to self-development”.

This time, the MTWTU and the ILO decided to raise the audience’s awareness on HIV in a brand new manner. At the beginning of the training, the participants discussed seafarers’ health and wellbeing issues and learnt of the HIV prevention workplace practices. The second part was held in a quiz format to help consolidate the gained knowledge. In addition, about 30 people underwent free anonymous HIV testing and took part in the prize lottery.

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SEAFARERS' FINANCIAL LITERACY



According to a USAID study, in Ukraine, about 65% of the population consider themselves financially literate. Many seafarers are most concerned of how to live a decent life after the end of a career and how to financially protect themselves and their loved ones in the future. Therefore, at the numerous requests of seafarers, the MTWTU organized a seminar for its members on seafarers' financial literacy. The speakers at the seminar were Eric Nyman, Ukraine's leading financial expert, and Sergey Shvets, who has successful asset management experience.

The event participants discovered modern investment opportunities available for Ukrainians; learned how to properly manage personal finances to achieve their goals, how to avoid mistakes in managing their finances and how savings can work effectively for seafarers.

"Thanks to the Union for the seminar," said one of the seminar participants, seafarer and MTWTU member Valery Rozvadovsky. "I learned a lot of interesting things about asset and financial management. Seafarers need to think about a competent investment: if you don't think yourself, nobody else will."



FIRST STEPS ONBOARD. FROM CADET TO CHIEF OFFICER IN FIVE YEARS



Moving up the career ladder onboard requires as much hard work, determination and perseverance from a seafarer as any other activity. Here, luck also plays an important role. However, professional growth is impossible without constant knowledge replenishment, usage of colleagues' experience and learning from own mistakes.

Lately, the MTWTU organized a unique seminar for its members called First Steps Onboard: From Cadet to Chief Officer in Five Years. During the event, Sergei Romashko, founder of the NextWave Project—Proper Course to Your Success, shared his own success story.

"There may be no one experienced enough to answer tricky questions concerning maritime job. Within this course, we help people aiming to get a promotion to achieve their goal," Sergei Romashko noted. "At the seminar I shared my own experience. Of course, everyone follows his own path, but I hope that today's recommendations will help these young guys in the future. There is no clear algorithm for how to promote quickly, but the most important is to perform your duties excellently, to be constantly interested in everything, to learn from experience, to be useful, to delve into all processes as quickly as possible, and you will succeed."



DOLPHIN SHOWS



Each year, the MTWTU invites its members and their families to Odessa Nemo Dolphinarium. Within two days, hundreds of guests watched the grand interactive show called United Planet, where the main characters were dolphins, fur seals and lions.

United Planet is a journey into the depths of the ocean, new discoveries and exciting tricks. Interaction of human and animal artists reminds everyone that our planet is a peaceful coexistence of people and animals.



STRESS-RESISTANCE ONBOARD



Being a seafarer is not just a job, but a specific lifestyle, requiring both physical and psychological resilience. Seafarers' wellbeing issues were discussed during the MTWTU-arranged seminar on Stress and its effect on the human body.

Lyudmila Krikun, psychologist, psychophysiological, existential consultant, member of Ukrainian Association of Existential Consultants and Psychotherapists spoke with the Union members about formation, impact, types and phases of stress and shared tips that help get out of stress.

“Stress is an inevitable aspect of our lives, but we should not allow stress conquer us,” said Lyudmila. She advised seafarers to adhere to a healthy lifestyle during the voyage, to maintain their physical health, to diversify their leisure and not to ignore good sleep and communication with colleagues.