

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



OCTOBER 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

## CAN SOMEONE LEARN TO BE CHARISMATIC?



Human charisma is on a constant agenda of psychologists and experts of similar fields. Some of them assert that charisma is a secret power that some people are born with. But the major part of scientists believes that with proper work on individual mental skills, any person can develop and improve charisma. How to develop a cherished charisma? How to gain communicative skills? And what to look for to become an astute leader? These issues became the central subject of the seminar for the Union members – seafarers, conducted on October 31 in the MTWTU Union Center.

The lecturer Ivan Nenov, an honored journalist of Ukraine, Ph.D. in Political Science, Associate Professor, member of the National Writers' Unions of Ukraine and of Bulgaria shared with the seafarers a piece of advice on how to improve charisma: to work on your image, behavior, character and strive to disclose personal qualities and talents

## ODESSA, MY MARITIME CITY



For the second time already, the MTWTU members-seafarers and their families participated in the Union-organized walking quest 'Odessa, my Maritime City'. During the event, they not only toured around the city, but learnt new facts about Odessa – the Pearl of the Sea.

In order to get to know the Southern Palmyra better, the participants had to guess the right root of the quest, cope with few quick-thinking challenges and answer sea-themed questions. Besides, all the teams had an opportunity to receive additional bonuses from the famous Odessa song and book characters. However, without any doubt, the primary purpose of the event was to let the seafarers' families communicate, get away from everyday routine and simply have fun!

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## MEETINGS WITH DANUBE CADETS



The MTWTU is continually working with the younger generation of seafarers: keeps them abreast of the latest maritime events, holds open lessons in educational institutions and arranges master-classes, presentations and various entertainment activities.

During October 24-25, the Union met with the cadets of Izmil Higher Professional School and Danube Institute of the National University “Odessa Maritime Academy”. At the meeting with future officers, Oleg Grygoriuk, MTWTU First Vice Chairman of the MTWTU, spoke about the Union and what it can do for the cadets, especially about trainings and seminars, entertainment activities, financial support and protection of their rights. Cadets also gained valuable advice that will be of use to them during further employment. Besides that, every participant received information materials from the Union.

## TRAINING FOR IZMAIL SEAFARERS



The Marine Transport Workers’ Trade Union of Ukraine regularly arranges educational seminars and training for seafarers, where the Union experts and invited speakers raise relevant and important topics for seafarers. The Union continues to expand the regional outreach of such

events. Thus, on October 24, 2019, an awareness-raising seminar for about 50 participants was held in the Izmil International Seamen’s Club.

At the seminar, the seafarers learnt of the current projects of the MTWTU and the ITF, of the Union’s initiatives to enlarge the number of jobs for Ukrainian seafarers and to improve their working conditions onboard the foreign-owned ships, as well as of the Union’s educational and social projects. The other topics of concern for the seafarers have also been covered: retirement, taxation, medical job-related issues and so on.

But the leading result of such meetings is the communication of the Union and seafarers, who are free to ask any concerning questions.

## SEAFARERS’ HEALTH ONBOARD



Seafarers’ job is rather dangerous: starting with natural marine hazards and up to long-term isolation from the family and society. Even though seafarers are regularly subject to medical examination, during the voyage their health is under constant threat. It is not only physical but also a mental challenge, as well as a test of patience and tranquility. The Marine Transport Workers’ Trade Union of Ukraine regularly holds educational workshops on psychological health. Thus, on October 18, seafarers attended a seminar of the psychologist Maria Didenko, where they, inter alia, could talk to an expert and ask her all their questions of concern. When a seafarer’s body and mind are healthy, he makes wise decisions, adapts to changeable conditions, copes with stress and works productively in a team.

In addition, every seminar participant received the Union’s publication – Medical Handbook for Seafarers. Written in easy and accessible language, the Handbook has been developed by the leading transport medicine experts and on a special order of the Union. It offers structured information on the urgent health conditions of seafarers that can occur on board a ship. In addition, it contains contact details of the MTWTU and all the diplomatic missions of Ukraine.

## ENGLISH SPEAKING CLUB

Earlier we wrote about the permanent English language courses for Ukrainian seafarers which have been launched with the great support from our colleagues, the All-Japan Seamen's Union.

Recently, we have started the new initiative in order to educate our members – the English speaking club allowing seafarers to discuss some specific topics in a more relaxed atmosphere.

This kind of approach to learning gives the seafarers an opportunity to overcome their fear of public speaking and being judged by other people, as well as to improve their communicative skills and even establish friendly connections.



## TAXES & PENSIONS IN PLAIN LANGUAGE



Even though seafarers' profession is considered prestigious and highly profitable, Ukrainian mariners yet remain one of the most socially vulnerable categories of citizens. Taxation and pensions are among the most concerning, and moreover, experience has shown that most Ukrainian seafarers are not fully aware of these issues. Therefore, by popular demand from seafarers, the MTWTU held a seminar for them called 'Taxes & Pensions in Plain Language'.

At the Seminar, the MTWTU Legal Advisor spoke about the regulatory framework and legal requirements towards seafarers' income taxation and their pensions. Together with the seafarers, they also analyzed and discussed real-life cases, mass-media updates and etc. Everyone had a chance

to share own opinion and experience, in particular, regarding the possible options of a seafarer's financial well-being upon reaching retirement age.

## LATEST MOVIE PREMIERES WITH THE UNION



After summer holiday break, the MTWTU happily resumed movie screenings for the Union members and their families. The fall season pleased the viewers not only with four most expected film premieres, but with the change of location: on the MTWTU members' request, the Union film screenings now take place at the best cinema in Odessa – Movie Planet. This October, the Union took seafarers' families to a fun world of Yeti – the new hero from DreamWorks wizards; together we worried about the beautiful Maleficent, in the continuation of the legendary Disney story; we became a part of Zombieland for a little while and watched the dramatic return of the Terminator.

## UNION INVITES TO KIDS' PARTY



More than 200 children of seafarers, members of the MTWTU, enjoyed the holiday organized for them by the Union at the Magic World entertainment complex for the whole family.

Exciting rides, modern slot machines, air hockey, trampolines, labyrinth, climbing wall, playgrounds for the youngest participants and much more entertainment for children to have fun!

Despite the fact that the weather this day was rainy and cold, everyone had a great and cozy time in a friendly company.