

# GOING Beyond

A Golden Ocean Newsletter



Kicking it up a notch, the  
**M/V GOLDEN  
ERLING**  
delivered

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# Message from the CEO

To lead off this inaugural issue of “Going Beyond”, it seemed appropriate to give a big thank you to everyone onboard and ashore who have been helping Golden Ocean optimize the worldwide flow of goods over the years. The reality is however, times have changed, and while our fleet has performed well, it is time to up our game.

With Environmental, social, and corporate governance (ESG) considerations motivating commercial interests, major charterers and ports entities have increased their expectations of ship operators while at the same time, regulatory requirements have become much more demanding. The climate is changing and there is a genuine need to place much greater emphasis on quality and efficiency.

To meet these demands, Golden Ocean integrated the technical management of fleet vessels “in-house”. This integration was initiated to bring decision makers closer and improve synergies that we expect will help drive operational excellence. As a result, there will be enhancements in the way we operate, how we support our DOC holders and look after our crews on board. Our aim is to operate a high quality, safe, and environmentally fleet that delivers seamless performance to our customers. Our ambition is to attain best in class recognition.

We anticipate shipping will continue to face considerable challenges as the future unfolds. To stay ahead of the pack, we will need every member of the Golden Ocean family to think quality and deliver professionalism in all that we do. I am confident the initiatives we have undertaken to improve the way we collaborate, communicate, and lead our teams will help us meet future challenges and deliver best in class performance.



“  
Our aim is to operate a high quality, safe, and environmentally fleet that delivers seamless performance to our customers.”

Although this may be belated by the time of printing, please allow me to take this opportunity to wish you and your loved ones a Happy and Prosperous 2024.

All the best,  
**LARS-CHRISTIAN SVENSEN**  
Chief Executive Officer



# Seafarer’s Focus M/V GOLDEN NIMBUS

Seafarers, the unsung heroes of the maritime world, navigate the vast expanse of the open sea with a determination that goes beyond the visible horizon. Our journeys are not merely about sailing from one port to another; we are about reaching and surpassing goals that demand skill, resilience, and an unwavering commitment to the maritime profession.

One of the vital goals for us seafarers is ensuring the safety of the crew, vessel, and environment. The unpredictable nature of the sea requires a constant vigilance and adherence to stringent safety protocols. From navigating through challenging weather conditions to conducting routine maintenance checks, we seafarers work tirelessly to ensure that the vessels are not only seaworthy but also equipped to handle the countless challenges the ocean may present.

Efficiency stands as another key goal in the seafarer’s repertoire. As we navigate through vast ocean expanses, seafarers optimize routes, manage fuel consumption, and operate advanced navigation equipment with precision. Our ability to maintain efficient operations not only ensures timely arrivals at ports but also contributes to the overall economic sustainability of the maritime industry.

Seafarers also strive towards environmental sustainability, recognizing the impact of our industry on the delicate balance of marine ecosystems. The goal is to minimize the ecological footprint of shipping operations, and many seafarers actively engage in adopting eco-friendly practices on board, participating in clean energy initiatives, and supporting environmental conservation efforts.

Reaching these goals demands continuous learning and professional development. We seafarers undergo rigorous training to stay abreast of the latest technologies, safety protocols, and environmental best practices. Whether through formal education or on-the-job training, our commitment to personal and professional growth is evident in our ability to adapt to the ever-evolving landscape of the maritime industry.

As the sun sets on the horizon, painting the sea with hues of orange and gold, we seafarers continue our journey towards reaching our goals. Our dedication to safety, efficiency, and sustainability not only defines our individual success but also contributes to the collective progress of the global maritime community. Seafarers, with our sights set on the distant horizon, embody the spirit of goal attainment that propels the maritime industry forward.

By **JOHN LEONARD E. ZARAGOZA**  
Chief Officer Trainee, M/V Golden Nimbus



Sun setting paints the sky and sea in hues of Orange & Gold

“  
Seafarers, with our sights set on the distant horizon, embody the spirit of goal attainment that propels the maritime industry forward.”



# M/V Golden Erling Voyage

We visited the shipyard every-day extensively and carefully inspecting all the equipment, outfitting and machinery on the ship and witnessing and learning their proper functioning and operation, while making a list of observations for the shipyard to rectify.

This was my first takeover of a new building from a shipyard. All four senior officers had a comprehensive briefing in the Bernharde Schulte Ship Management office in Singapore before we proceeded to Shanhaiguan Shipyard in China.

The Chief Engineer is Vipul Kumara A. T. Attanayake from Sri Lanka who is on his fourth trip in BSM and is first time in Golen Ocean. The Master Trainee is Marlon Abellanosa Gumban, working as Chief officer, from the Philippines is an old hand in Golen Ocean and BSM and he is in line to take over command of the vessel after myself. The Second Engineer is Adonis Rosell Arcenal also from the Philippines is a very old hand in Golen Ocean and BSM. Myself, Capt. Burgess Dadi Tarapore from India on my fourth trip in BSM and second time in Golen Ocean having sailed on a tanker Jahre Spray way back in my cadetship. Arriving in Beijing airport in the morning on the 18th of Dec 2023 we were met with -18°C temperature and we soon realized that the cold weather may be our greatest challenge. From Beijing we travelled 4 hrs by road to Shanhaiguan. The ETO Sanjeev Kumar Yadav from India joined us a few days later.

The Frontline team lead by Mr. Riley Wang was most cooperative and helpful. We had a very busy 4-day sea trial where we witnessed and learnt the testing and operation of everything mainly on the bridge and in the engine room and also ballast operations. As the delivery date drew near, we were handed over all the shipyard certificates, drawings, and manuals which we also had to carefully check carefully. About 5 days from delivery, we were joined by all the ship crew and junior officers and also the Technical Superintendent Mr. Shaju Paul and Marine Superintendent Mr. Sushil Kumar Singh who had come to assist us in the comprehensive takeover process with their repeat takeover experience making the takeover smooth, complete and successful.

Then the awaited day came on 16 Jan 2024 when the vessel was delivered to us under my command, and later the most awaited day when on 18 Jan 2024 with fire-works the vessel finally sailed out of its birth place Shanhaiguan shipyard proceeding to Yeosu for bunkering and then to DBCT, Hay Point to load its first cargo of coal.

By **CAPT. BURGESS TARAPORE**  
M/V Golden Erling

**Ship's Particulars**  
 Name: Golden Erling  
 IMO No: 9955571  
 Call Sign: V7A6326  
 Flag: MI  
 Class: ABS  
 DOB: Jan 16, 2024  
 LOA: 227.20 M  
 DWT: 84519.5  
 GRT: 49508  
 NRT: 26247  
 No. of Holds: 7  
 Speed: 14 Kts



JS Narayanan (left), Capt. Burgess Tarapore (right).



(Left to Right): ETO Sanjeev Yadav, 2E Adonis Arcenal, CE Attanayake Thenennehelage Vipul, Capt Burgess Tarpore, CO Marlon Gumban

“Truly it was a busy and an enriching experience for all of the senior officers who are very thankful for the opportunity and responsibility entrusted to us in taking over a new ship.”



The Square Knot on the Accomodation reflects owner's commitment to Quality & Safety



Freshlly Painted Hatch Covers



# Finding Joy Amidst the Lethargy that is: **Living Life at Sea**

Life onboard can be challenging.

**I**ronically living aboard ship, is the opposite of what most people think. Life at sea can be pretty boring and repetitive. It is a constant cycle of waking up, eating your meals, going to work, and back to sleep. To top it off, certain factors negatively affect the well-being of the average seafarer, not just physically, but also mentally and emotionally. Factors such as: work pressure, isolated environment, unfixed schedule of work and rest, hierarchy of ranks, and racial and communication barriers to name a few.

These strains on the emotional and mental health of seafarers lead to problems such as depression and anxiety. Now, how do these people cope up with all these? It is through finding happiness in little things and keeping the mindset on the positive side of the spectrum. One common example is to prepare a celebration for holidays and birthdays on board.

There are many ways to celebrate. Be it through a banquet, shower party or karaoke night, you name it! A breather from the non-stop work environment is a must in this profession. Recreational activities can also alleviate the stress accumulated throughout the stay onboard, by allocating the crew to have some fun. Engaging in friendly competition such as sports activities or even video games can be effective. These take the mind of the crew off work and remind them that they are humans and not machines.

Even during work, seafarers can find ways to make tasks fun and interesting without compromising the safety and



Crew of the Golden Coral share a photo shoot after friendly competition

efficiency of the job. These activities also improve the bond shared between the crew, which in turn, improve the synergy in work. Through this, you won't even notice that your contract has already been completed! In conclusion, life at sea may not be as exciting and enticing as people make it out to be, but seafarers find ways to make the job exciting and enticing in their own little ways.

By **JOSHUA CABANDAY**  
Deck Cardet, M/V Golden Coral

Making tasks fun and interesting keeps morale strong



# BigYellowFish Promotes Well Being on the M/V **GOLDEN CONFIDENCE**

**Our commitment towards work efficiency, overall safety and personal well-being is our utmost priority as what the culture on board M/V Golden Confidence reflects as shown in the BigYellowFish Monthly Report having been named as the Top performing ship for the period with all top 3 performing crew coming also from the latter.**

**T**his just shows how all crew on board the vessel shows tremendous resiliency and positivity that enhances the work efficiency on board. We may be far away from home but we have built our 2<sup>nd</sup> home here. We have learned to trust one another and treat each other as part of a family.

We feel confident to handle any challenging situations at sea and empowered to understand and manage our emotions while on board. We are able to communicate and be connected with one another and make each other feel that they are not alone. With the help of the Big Yellow Fish platform, we may not only feel connected with one another and the society but also we are able to refresh and expand our knowledge that is crucial in our every day's work. We are able to amplify our performance, improve our cooperation and learn new things that could improve our health and well-being.

Life on board is not easy, as there are hardships along the way but as long as we are together working hand in hand, supporting each other, sharing knowledge and experiences and always looking at the positivity of life anything is possible. After all, A happy ship always makes a safe ship."

By **NEAL RYAN DEMALATA**  
3<sup>rd</sup> Officer, M/V Golden Confidence



BYF top performers: D/C Ye Nay Lin, Chief Cook Bagalso, William & 3/E Lebraso, Rey



Crew of the Golden Confidence making the Big Yellow Fish experience a fun and challenging boost for morale







# Sailing Through Shadows: The Odyssey of the **GOLDEN FRIEND** in China's Maritime Labyrinth

In the embrace of the South China Sea, where the tapestry of waves weaves tales of countless journeys, the Golden Friend emerged as a silent protagonist navigating the epicentre of nautical chaos. As a fledgling third officer, entrusted with the ship's destiny, I found myself sailing into the labyrinthine waters of China – a maritime symphony of chaos and order.

The air resonated with a haunting echoes of ship horns, a melodic disarray that mirrored the intricate dance awaiting us. Little did I know, this journey would be more than a mere traversal; it would be an odyssey of trust, unity and personal metamorphosis.

The bridge of the Golden Friend, adorned with the glow of radar screens and the hum of maritime machinery, became the stage for a maritime saga. The crew, not just seafarers but characters in a novel of salt and steel, embarked on an expedition that transcended the mere mechanics of navigation.

As the responsibility of steering the vessel weighed on my shoulders, the bridge team revealed themselves as the guiding spirits of the maritime epic.

The Captain, a sage of the sea, communicated volumes with a mere glance – his eyes, weathered by the storms of countless voyages, exuding a quiet assurance that transcended the tumultuous water around us.

Beside me stood the chief mate, a stoic figure of maritime wisdom. His words, delivered with the precision of a seasoned narrator, wove a narrative that guided us through the intricate plot of vessels surrounding our ship.

The second officer, a silent sentinel of the sea, scrutinized our surroundings with the glaze of a maritime oracle. His insights and quick thinking provided the necessary plot twists in this unpredictable narrative.

In the midst of this maritime opera, the helmsman operated with a finesse akin to a virtuoso pianist, responding to every command with a grace that defied the sheer tonnage of the ship.

More than a mere dance with colossal vessels, this was a psychological thriller – a tale of trust and collaboration unfolding in real-time. The crew, cognizant of the stakes, seamlessly blended professionalism with companionship. The shared objective was not merely the safe navigation of a ship but a collective promise that each member would rise to the occasion.

As the Golden Friend emerged unscathed from the dense sea traffic, the sense of accomplishment wasn't an individual triumph but a collective victory of a crew bound by the ebb and flow of shared challenges. In the heart of those waters, the Golden Friend transcended its material form, becoming a symbol of maritime prowess and the unbreakable spirit that binds its crew.

In those tumultuous seas, I discovered that trust is not bestowed; it is an

alchemical fusion of shared experiences and trials. The Golden Friend, with its indomitable crew, revealed that navigating challenges is not a mere skill – it is an art, an art mastered when hearts and minds sail in harmonious unity.

By **CUJBA BOGDAN**  
3<sup>rd</sup> Officer, M/V Golden Friend

# Sailing beyond Comfort: Embracing Challenge & Innovation. **GOLDEN COMFORT**

In the face of the vast and formidable expanse of the open sea, the act of deploying lifeboats serves as a testament to human ingenuity and resilience. While requiring meticulous precision, this task also embodies the spirit of teamwork and unity. Every crew member, from the captain on the bridge to the deckhands on the fore-deck, makes a substantial contribution to ensuring everyone's safety while on board.

Error is not an option when it comes to the high-stakes task of lowering lifeboats. When the alarm sounds, crew members must immediately respond, executing a meticulously planned series of actions. Every action is calculated, each command decisive, as time steadily marches forward.

The process begins with a thorough assessment of the situation, taking into account variables including wind speed, sea conditions, and ship condition. Once the decision to launch has been confirmed, the crew needs to swiftly assemble at their appointed locations, ready to carry out their designated tasks with precision and efficiency.

Every detail must be attended to with care while the lifeboat is prepared for deployment, davits must be secured, and mechanical systems must be engaged. Safety inspections are conducted meticulously, leaving no potential risk overlooked. Once the command to commence lowering is issued, the true challenge unfolds. Crew members must coordinate their actions seamlessly, ensuring the lifeboat descends safely and smoothly to the water's surface. Effective communication is paramount, with each team member contributing to guide the lifeboat and maintaining control amidst varying wind and sea conditions.

By **JOHN JOHUA B. LOPEZ**  
3<sup>rd</sup> Officer, M/V Golden Comfort



Team Golden Comfort manages the challenges of safely launching the lifeboat

Effective communication is paramount, with each team member contributing to guide the lifeboat and maintaining control amidst varying wind and sea conditions.

# Forgotten Beauty GOLDEN CORAL

To gaze at the world's beauty is somehow our privilege as we engage in our daily life at sea. Deprived of living normally at shore, we are also blessed with the opportunity to see the world. Though greatly compensated, a seafarer's adventure will always be challenging. One will embark on a journey where our hearts and minds are filled with hope to soon return home. It is not unusual to deal with the unexpected, from the raging waves to the calmest waters we continue to endure.



The beauty of the blue sea ahead is a privilege of the seafaring life

“  
As a seafarer we are blessed to be able to see what lies beyond which others could not witness.

As the world gets sophisticated with the availability of online connectivity among many Ships, many seafarers tend to forget to look outside, having been able to connect with the world somehow many are being disconnected from her beauty and wonders, not to mention the everyday stress that we deal, the challenges encountered, and failures we experience. Indeed it is a rough career, Seafarers need to adapt, blend, and adjust to the abnormal environment. Physical or Mental it will always take a toll on anyone, yet if we grab the chance and take a glance around, we may see that somehow, as a seafarer we are blessed to be able to see what lies beyond which others could not witness, freely we can enjoy viewing the beautiful sceneries that nobody could catch a sight of and watching the curious creatures as they accompany us in our journey, Positively, we can consider that this is a once in a lifetime chance.

Our hardships may seem unending underway, but even still the sea remains forever exquisite for us to delight.

By **JERAMEL G. ORTIZ**  
3<sup>rd</sup> Officer, M/V Golden Coral

# Seafaring Tales: M/V GOLDEN CHAMPION

We glazed at the cold, blue sea of unfathomable depths. The vessel quakes as each waves collides of which we feel the ringing sensation of each vibration throughout our senses.

Amidst the vast sea, by daylight we thrive with the golden sun, the mountainous or feather-like clouds, underneath the seemingly endless skies. By night, we are accompanied with the pale moon, the glittering stars within the devouring darkness. These things, always present and constant no matter where we go.

In the heart of a good vessel, is a camaraderie of a tightly-knitted bond of strangers put into action. Together, we navigate throughout these waters, deep or shallow, just as we navigate through the challenges, big or small. The bonds created, somehow always finds its way throughout these challenges and makes the impossible possible. Through the laughter and tears, the storms and calmness, the will at we all share becomes our weapon to continue our journey. The crushing waves will always be there, but our faith to one another will not falter away. In the face of fear, our commitment is always deep-seated like the strength of a good old tree. Together, we share the same endless journey, with our spirits united as one.

**CM GOODWIN G. ALPAJORA &  
DCDT JOSEPH KENT N. TORREON.**  
M/V Golden Champion



Left to right: CCK Mark Francis C. Nuevo, DCDT Joseph Kent N. Torreón, ETO Jorge Agaton P. Calvo

“  
Together, we navigate throughout these waters, deep or shallow, just as we navigate through the challenges, big or small.



# Staff from Golden Ocean, Frontline & SFL Staff Celebrate Lo Hei

On the 21st of February 2024, staff from the Singapore offices of Golden Ocean, Frontline and Ship Finance (SFL) joined together for the annual Chinese New Year “Lo Hei” celebrations at Jade Seafood Restaurant in Singapore. The group, which included many foreign nationals, joined local colleagues to participate in this festive activity, which symbolizes togetherness and the hope for good fortune in the coming year.

Lo hei (Cantonese for ‘tossing up’) refers to the communal tossing of yusheng 鱼生, a dish comprising fish slices, vegetables, spices and condiments. Traditionally, the practice was commonly observed on the seventh day of the first lunar month. A key ingredient in yusheng, raw fish has been part of the Chinese culinary culture from as early as the Zhou Dynasty (circa 1046 BC–256 BC). By the end of the Qing Dynasty (1644–1911), the consumption of raw fish slices was largely limited to the southern Chinese province of Guangdong and the Chaoshan region. Cantonese and Teochew immigrants introduced the yusheng dish to Singapore and Malaysia in the 19th century.

Even though it is traditionally a Chinese custom, lo hei is also enjoyed by many from other communities. Different variations to yusheng – including vegetarian and halal ones – are available today to cater to the different dietary needs of people. Most Chinese restaurants offer the dish during the Chinese New Year period, and staff are usually able to recite the auspicious phrases that set the stage for Lo Hei.

The term yusheng can be understood literally as ‘raw fish’ in Mandarin Chinese. However, yu 鱼 (‘fish’) is also a homophone to yu 余 (‘abundance’), while sheng 生 (‘raw’) shares the same character and pronunciation as sheng 生 (‘growth’, ‘life’); together, the name of the dish also implies an increase in abundance and conveys the wish of prosperity and long life.

Lo hei has since become an integral part of Chinese New Year celebrations in Singapore and will continue to be a valued tradition adopted by the staff of our Guoco Tower offices to promote comraderia and good fortune.



Tossing the Noodles for Prosperity



The Singapore Team enhancing togetherness and good forrune

# Seafarers through the Horizon

## M/V GOLDEN NIMBUS



A Horizon of Hope for the crew of the Golden Nimbus

**We seafarers, the bold and brave who navigate the vast oceans, are not merely sailors; we are adventurers, ambassadors, and stewards of the maritime world. Beyond the routine tasks of steering vessels through unpredictable waters, we mariners embark on journeys that transcend the ordinary, displaying resilience and a spirit that goes beyond the horizon.**

At the heart of our mixed role is the capacity to bridge cultures and foster global connections. We often spend weeks or months away from home, become ambassadors of goodwill, carrying the essence of diverse backgrounds to foreign shores. In ports worldwide, we engage with local communities, sharing stories and forging bonds that transcend linguistic and cultural barriers. This cultural exchange not only enriches our lives but also contributes to a sense of unity that is vital in our world today.

Seafarers don't merely navigate vessels; we navigate crises with unparalleled skill and courage. In times of distress, be it a medical emergency or a distressed

vessel, we seafarers transform into first responders. Our comprehensive training equips us to handle unforeseen challenges with precision and composure, often making the critical difference between peril and safety on the high seas.

Furthermore, we seafarers are emerging as frontline advocates for environmental sustainability within the maritime industry. Recognizing our role in the health of the oceans, we go beyond compliance, actively participating in initiatives to reduce the ecological footprint of the shipping sector. From adopting eco-friendly practices onboard to supporting global efforts for cleaner seas, we seafarers are catalysts for change, ensuring the industry progresses towards a more sustainable future.

As the sun sets over the open sea, we continue our voyage into the unknown, driven by an insatiable curiosity and a sense of duty that exceeds the ordinary. Our legacy extends beyond the wake of our vessels, leaving an indelible mark on the shores they touch, the cultures they encounter, and the seas they traverse. We seafarers, indeed, are a testament to the human spirit's ability to go beyond, navigating not only the oceans but also the realms of connection, compassion, and conservation.

By **JOHN LEONARD E. ZARAGOZA**  
Chief Officer Trainee, M/V Golden Nimbus







# Ensuring Safety Excellence: A Safety Officer's Journey through the Dry Dock Period

Embarking on the dry dock period for Golden Sue and Golden Deb in Zhoushan, China, transcended routine maintenance; it symbolized a striving for safety excellence. In my role as the appointed safety officer, we led a team dedicated to maintaining safety standards, efficiency, and camaraderie. This narrative documents our unwavering commitment to executing the company's safety protocols, nurturing collaboration and support among the vessel's crew and shore staff, and prioritizing personnel safety and vessel integrity, all while striving for a flawless record of zero incidents and zero pollution.

The dry dock phase is a pivotal juncture in a vessel's life cycle, embodying the essence of teamwork, safety culture, and unwavering commitment to perfection. Entrusted with overseeing this crucial period, I witnessed the smooth integration of the company's safety protocols, the exemplary cooperation of the vessel's crew, and the firm support from shore personnel. This narrative explores thoroughly our journey to achieve safety excellence, encompassing best practices, expeditious reporting, remedial actions for near misses, and the cultivation of a harmonious camaraderie.

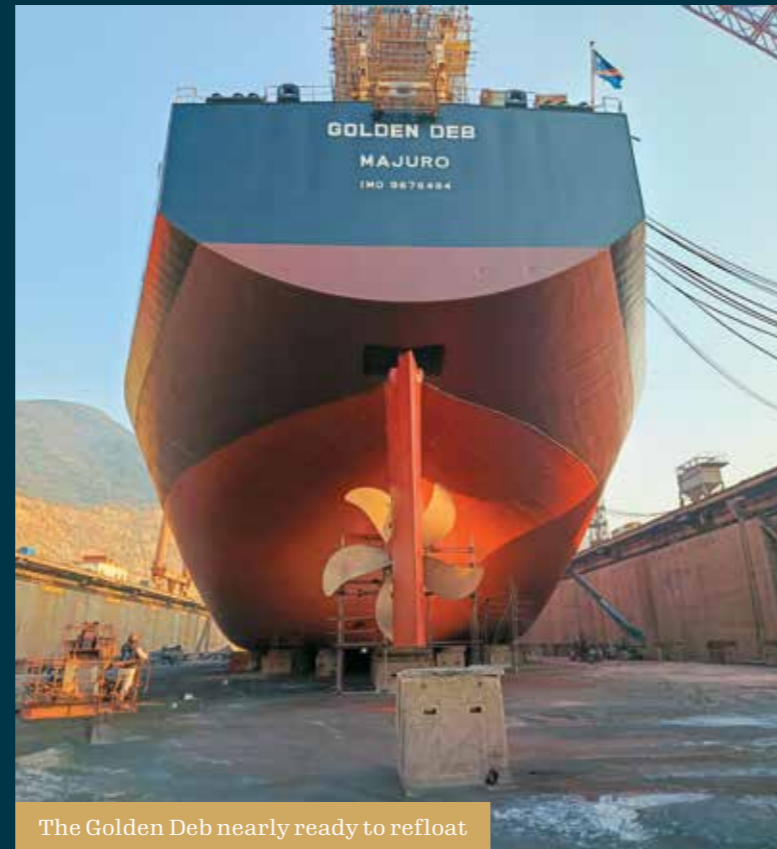
## SAFETY PROCEDURES AND PRIORITIES

Our adherence to the Safety Management System (SMS) was unwavering, serving as our guiding compass throughout the dry dock period.

## BEST PRACTICES AND PRECAUTIONARY MEASURES

During the dry dock period, we adhered to a set of best practices to ensure safety, efficiency, and compliance with regulatory standards. These practices were meticulously implemented to safeguard personnel, protect the vessels, and eliminate the risk of incidents.

- Buddy System:** Implemented a buddy system where workers were paired up to watch out for each other's safety.
- Regular Toolbox Meetings:** Conducted regular toolbox meetings to discuss safety procedures, potential hazards, and best practices before starting each shift.
- Lockout Tagout (LOTO):** Strictly enforced LOTO procedures to prevent accidental start-up of machinery or equipment during maintenance or repair work.
- Risk Assessment:** Conducted thorough risk assessments before commencing any task. This helped identify potential hazards and ensured that proper safety measures were in place before work began.
- Strict Compliance on PPE:** Enforced strict compliance with Personal Protective Equipment (PPE) requirements, including helmets, safety glasses, gloves, safety harnesses, and appropriate footwear, based on the nature of the work being performed.
- Fire Watchmen During Hot Work:** Assigned trained fire watchmen to oversee hot work activities, equipped with fire-fighting equipment and proper PPE.



The Golden Deb nearly ready to refloat



The Golden Sue shining under the lights in dock

- Enclosed Space Entry:** Ensured adequate ventilation and gas measurement before entering enclosed spaces. Each entry followed checklist procedures, and provided workers with proper PPE and communication devices.
- Good Housekeeping:** Kept work areas clean, organized, and free from clutter.
- Weather Monitoring:** Monitored weather conditions regularly, especially when working at heights or in exposed areas.
- Oil Containment Procedures:** Implemented oil containment procedures during the replacement of mainline hydraulic pipes to prevent oil spills and environmental pollution.
- Staging with Safety Nets:** Erected staging around the ship's accommodation areas with properly installed safety nets to prevent falls and provide a safety barrier for workers working at heights.
- Ensuring Fire Fighting Equipment (FFE) and Life-Saving Appliances (LSA) Compliance:** Ensured all FFE were in place according to the ship's fire plan after shore service was completed.
- Two-Way Communication:** Established two-way communication channels, such as walkie-talkies, to facilitate effective communication among workers, supervisors, and safety personnel.
- Ensuring Compliance Through Safety Rounds and Inspections:** Conducted regular safety rounds and inspections around the vessel to ensure all areas were in compliance with safety protocols and to identify any unsafe acts or behaviors.

## MAINTAINING A POSITIVE CULTURE

Amidst the challenges and responsibilities, maintaining a positive culture is paramount. Smiles, encouragement, and mutual support are not just gestures but vital components of our safety culture. Despite the pressures and uncertainties, our shared commitments remains unwavering as we aim for zero incidents, zero pollution, and resilience in the face of adversity. By fostering a positive and supportive work environment, we empower our team to overcome challenges and achieve safety excellence.

## A JOURNEY OF SAFETY EXCELLENCE

The dry dock activity wasn't merely a maintenance task; it was a journey marked by dedication, cooperation, and an unwavering commitment to safety excellence. Through meticulous planning, implementation of safety procedures, cooperation among the crew, the unwavering support of shore staff, and continuous improvement initiatives, we navigated through challenges with resilience and determination. As safety officers, our journey is ongoing, guided by the principles of safety, efficiency, and an unwavering dedication to safeguarding lives and the environment, leading to excellence in all maritime operation.

By **JOHN PAUL REMIGIO**  
2<sup>nd</sup> Officer, assigned Safety Officer



# Seafarer Wellbeing

Although COVID-19 pandemic is not as problematic for seafarers as it was in previous years, there are still many issues seafarers face that can create high levels of fear and anxiety. Feelings of loneliness and isolation when working far from home and loved ones with limited means for social and physical interaction can over time take a serious toll on crew mental health. The problem is, most people find it extremely difficult to express their mental vulnerability to others as there may be some fear of ridicule or perception of weakness if needs are exposed. To complicate matters, many ports and terminals still restrict shore leave making it difficult for seafarers to go ashore and unwind. The fact is ship-board life pose significant risks for inducing high levels of psychological stress which can, if left untreated, result in a debilitating occupational illness

If you may feel you cannot confide with those onboard, family members or friends, please do talk to someone. Golden Ocean wants seafarers serving on out fleet to know they get confidential help if needed. Anyone who is severely stressed or unable to cope, should be aware that a variety of trained individuals are available to help. Masters are to provide anyone needing help with access for ship's satellite phone if counselling is needed.



Golden Ocean is heightening support for seafarer wellbeing

Resources include:

#### Golden Ocean's Contracted Provider Big Yellow Fish

Contact via the Big Yellow Fish Smart Phone Application



#### SeafarerHelp

Free, Confidential, Multilingual helpline for seafarers and their families available 24 hours a day, 365 days per year at  
**Telephone : +44 20 7323 2737**

#### Sailor Society

A personal lifeline for seafarers available at  
**[www.sailors-society.org/about-us/#wherewework](http://www.sailors-society.org/about-us/#wherewework)**

If in doubt, contact your DPA. In all cases, it is Owner's policy to support any crew in need of help.

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