



## MPRL E&P Establishes Three-year Educational Partnership with AIT

Hnin Wynt Zaw

With the global workforce evolving and the need for highly-skilled professionals increasing, it is becoming more important than ever for employers to develop and maintain well-educated and well-rounded employees. Being in a competitive upstream energy sector, MPRL E&P is committed to enhancing employee growth while fostering a culture that emphasizes learning and development.

Recognizing the importance of continuing education, MPRL E&P signed a three-year educational partnership program with the Asian Institute of Technology (AIT) in Thailand, an institution dedicated to delivering premier educational experiences at higher academic levels. Five MPRL E&P employees, three Junior Engineers and two Junior Geoscientists, embarked on a one-year Professional Master's Degree Program at AIT in early August 2022. They will be pursuing the Geosystem Exploration and Petroleum GeoEngineering (GEPG) Area of Specialization under the Geotechnical Engineering and Earth Resources Engineering Program, at AIT's School of Engineering and Technology.

Page 12 ➤

## A (Too Short) History of Myanmar Onshore Gas

Dr. Eloi Dolivo (OGDR)

While oil has a well-documented history in Myanmar expanding over twelve centuries, the art and industry of using gas have also most probably been mastered by ancient Burmese people just as long ago, if not even longer. This probably rich history is hardly documented, because gas, by contrast with oil, could not be transported at the time, and therefore could not be traded: no trade no money, no money no history (and also no taxes).

Those who know the backyards of the Minbu mud volcanoes cluster, this spectacular display of geology at work South of Mann Field, might have been intrigued by a few hillocks of dried grey mud and gravels, which are particularly rich in pottery shards.

These pottery shards-rich mounds, well beyond the shrine topping the largest volcano, strongly reminded the writer of these lines of an assignment in one of his previous petroleum lives, as a wellsite geologist and client representative on a well that turned up to be a fine gas discovery in the Algerian Sahara Desert in North Africa. The rig site was positioned along a North-south alignment that was riddled with remnants of ancient fireplaces with abundant pottery shards and other archaeological remains of the Stone Age, such as broken millstones, arrowheads in chert, beads in bones, and semi-precious rocks, obvious testimonies of an agricultural civilization hundreds of miles of the nearest present-day wheat field. Furthermore, this North-south alignment was exactly matching the outcrop on the surface of a fault mapped on seismic. Ancient Saharans obviously knew how to capture seeping gas for firing their pottery kilns as long as four to six thousand years ago before the ever-changing climate turned North Africa into the largest desert in the world.



Gas: From Underground to Where We Need It



Page 16 ➤



More Stories

Improving Access to Healthcare  
in Mann Field Communities

News 5 ➤

Caring for the Vulnerable :  
Words from the Medical  
Practitioner

Employee  
Spotlight 10 ➤

MPRL E&P Establishes Three-year  
Educational Partnership with AIT

Feature 12 ➤

A (Too Short) History of  
Myanmar Onshore Gas

Feature 16 ➤

The Power of Giving :  
Scholarship Stories of the  
Recipients of U Moe Myint &  
Family's Educational Foundation

In the Group 22 ➤

Cultivating Local Community  
Development through Surfing :  
The Birth of SAM

Feature 32 ➤

# Insight!

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## From the Desk of the Editor

Dear Readers,

First and foremost, on behalf of my team, I would like to wish our CEO, U Moe Myint, an amazing milestone birthday! You have always been motivating to all of us and it is our pride and pleasure to work with a mentor and leader like you. You continue to guide all of us with care and love like we are a family. You have shown us how to be resilient, mentally strong, and bounce back during these difficult times, and we appreciate you for all that you have done for us. We would like to also extend our warmest birthday wishes to U Myo Tin (DCE), U Sithu Moe Myint (COO) and U Phone Kyaw Moe Myint (DXM) for being our inspirations; you inspire us every day to keep pushing for success. It is a lifetime achievement for us to be able to work with you. May this year bring much more happiness and success in your life!

Secondly, we may be heading into another COVID-19 surge, with cases slowly rising in our communities. It is clear we are in a similar situation to last summer—only this time, the wave is being propelled by the Omicron variant, BA.4 and BA.5, but based on current findings, so far, we are in a much better shape because of vaccinations, booster shots, better mitigation, and preventive measures. I encourage everyone to continue following the health guidelines, and if you start having flu-like symptoms, to isolate yourself at home and get tested. And those whose symptoms have ceased, to keep a distance from your colleagues and family for a few more days, as it does not necessarily mean you have fully recovered. Make your own informed decisions, assess your level of risk and take the necessary steps to protect others if you get infected. It is important to stay tuned to WHO and our HSE Department's announcements on COVID-19-related news.

It is no secret that at MPRL E&P, we gain constant inspiration from our mentors and colleagues. Being part of an exciting team who continues to collaborate on many levels through highs and lows is something that

not only energizes us but also gives us new ideas, motivation, and a warm sense of a close-knit community. This year, we have sent a few of our colleagues to Thailand for a one-year Professional Master's Degree Program at Asian Institute of Technology (AIT); this educational partnership will not only strengthen our workforce and capabilities, but also many young talents who are eager and ready to take part in the development of our upstream energy sector in Myanmar. Furthermore, on the educational front, we have inspiring stories from the recipients of U Moe Myint & Family's Educational Foundation Program which enables distinguished students with financial difficulties to further their educational goals. The selected students are now pursuing degrees in the medical field, and it is heartwarming to read about their life experiences and appetite for personal and professional growth.

Many CSR initiatives have rolled out with a bang at various project locations, from Mobile Clinic extensions to provision of vocational trainings to community youths in Mann Field. In this issue, you will also see several health-related articles on Arthritis and Colorectal Carcinoma because we want to inform the team and readers through awareness and knowledge-sharing sessions. It is crucial that we are aware of the common symptoms, diseases, and life-time consequences so that we can better take control of our lifestyle and habits to prevent, reduce, and/or manage illness and diseases.

As we embark upon another year, I hope that this issue will encourage you to continue seeing the future with a growth mindset and positivity, find inspiration in new projects and exciting stories you have shared, and pat yourself on your back for the new skills you have learned. ■

Sincerely,  
**Hnin W. Zaw**

## MPRL E&P Group of Companies Holds Waso Robe Offering Ceremony

**Moe Thu Zar Soe**

The Waso robe offering ceremony marks the beginning of the three-month Buddhist Lent in the month of Waso (June-July). This ceremony celebrates the Buddha's first sermon, delivered forty-nine days after he attained Nirvana.

The annual Waso robe offering ceremony of MPRL E&P Group of Companies (GoCs) took place at Vantage Tower in the morning of 9 July 2022. It was attended by the Chief Administrative Officer (CAO), Heads of Department, and staff members from MPRL E&P GoCs.

The event started off with the teachings of the Five Precepts by the members of Hla Yadanar Monastery, accompanied by the offering of Waso robes and alms from the staff members on behalf of CEO U Moe Myint and family.

The venerable Sayardaw U Thumengala delivered a sermon, followed by the sharing of merits gained. The ceremony ended with the offering of Soon (day meals) and desserts to members of Sangha at the Vantage Tower dining room. ■





## Your Opinion : Is Hard Work Better or Smart Work?



**Hnin Su Hlaing**  
Accountant  
Finance Department

For me, hard work and smart work are different approaches to complete a certain job. Furthermore, I think that hard work correlates to working long hours whereas smart work means working hard but with efficiency.

Most people will say that working hard focuses more on quantity over quality and may not include good planning or preparation. In addition, both methodologies have pros and cons and end up with good results. Nowadays, people are starting to believe that hard work will fulfill the desired outcomes within a given time frame, but smart work will efficiently and effectively produce the same outcomes within that time frame or may even be shorter. One can say that end results are more or less similar, just that the approach to get the same end goal is different.

If you think about it, back in ancient times, people worked very hard to complete a given task. For instance, at the construction site, workers would be carrying huge rocks on their shoulders walking up and down the hill, back and forth around the hill, but now, a “pulley wheel” is used in this task, requiring less human effort and producing more efficiency overall.

Therefore, I think that working smart is better because you are being more productive and creative. If you put too much emphasis and effort on a task, you will get good results but you are not being creative in finding ways to get smarter with time. For example, in a professional environment, working on several tasks simultaneously can harm the end result and time management. Further, smart people do not usually rush into finishing the task, plus they are more positive, open-minded, and cooperative. I see various approaches of smart workers at work, they are good delegators, planners, and executioners. They also rely on modern technology to produce the same results but with efficiency.

In conclusion, both smart work and hard work will help you with reaching your end goal and you will be successful at doing it but I would like to suggest implementing the smart work method when completing a task. ■



**Thaw Zin Tun**  
HSE Officer  
HSE Department

My understanding of working hard means performing a given task the familiar or usual way while using all the available resources but not giving much thought to the circumstance, consequences, or other options. Hard worker rarely changes his or her working style until significant

deviations show up during the process or in the outcome. I feel that hard work is more like a reactive working style where you put a lot of time and focus on finishing the task.

On the other hand, working smart means performing a task with all the resources but in an efficient manner and you may find creative ways to complete the given task. A smart worker, therefore, has a wider and more diverse view of the consequences and factors that contribute to finishing the task. He or she may change the usual process depending on the feedback received or the circumstances. Moreover, working smart focuses not only on the final output but also on how to manage, tackle, and complete the task efficiently. It is more of an active and dynamic working style. In some situations, outsourcing can be an option if it allows you to transfer risks and save resources.

Both working styles are important, common, and helpful. Everyone is different when it comes to tackling tasks. Working hard alone may give you better results but you may be putting more physical stress and time, whereas working smart will give you the same results but with better quality, efficacy, and efficiency with less physical strain.

Lastly, I think that hard work is an integral part of the smart work method, and using both methods is essential in bringing effectiveness and efficiency to a task. Working hard may be good and working smart may be better, but to me, integrating hard work with smart work will produce the best results. ■

“A smart worker has a wider and more diverse view of the consequences and factors that contribute to finishing the task”

## Donation as a Knowledge Transfer

**Pyae Pyae Phyo**

A book donation ceremony for “Myanmar Energy Magnate: Biography of U Moe Myint” was held at the Information and Public Relations Department (IPRD), Ministry of Information at the regional Information and Public Relations Department (Magway), Ministry of Information on 23 June 2022.

The representatives from the CSR and Communications Department of MPRL E&P handed over a total of 120 copies of the Biography of U Moe Myint, the Founder and CEO of the MPRL E&P Group of Companies, to U Myo Zaw, the Director of IPRD Magway. The donated books will be distributed to various libraries in the Magway Region covering many townships, communities, and universities.

Magway Region is important to MPRL E&P because it is the area where Mann Field project is located.



Further, MPRL E&P has been actively involved with the development of local communities since the get-go. Books constitute tools for the sharing and updating of knowledge, in other words, books are essential for the building of knowledge-based communities, in the same way as the new technologies of information. MPRL E&P believes that through the provision of inspiring books as such, there will be an increasing demand for reading among the youth while developing a culture of



reading, especially in underprivileged communities, and enriching the knowledge, creativity, and development of intellectual minds of these youth.

During the past five months of the publication of this Biography, MPRL E&P Group of Companies (GoCs) has donated over 500 books to libraries, schools, universities, monasteries, and key stakeholders around the GoCs' project areas across Myanmar. MPRL E&P believes in spreading the joy of reading one book at a time! ■





*The workforce has never been as diverse and well-informed as it is today; we are witnessing more age-diverse teams with individuals from different backgrounds and experiences. Building a health-conscious work culture at work has become more crucial than before as organizations are now acknowledging that the healthy, happier, more energetic workforce increases productivity and also promotes a holistic healthy work environment.*

*In this issue, we would like to discuss the most common joint disease that affect most young adults and the aging work force in Myanmar. We know that living with arthritis is not easy. With the help of our in-house medical team and several credible sources online, here is some valuable information along with some preventive measures, self-care tips, and treatment options.*

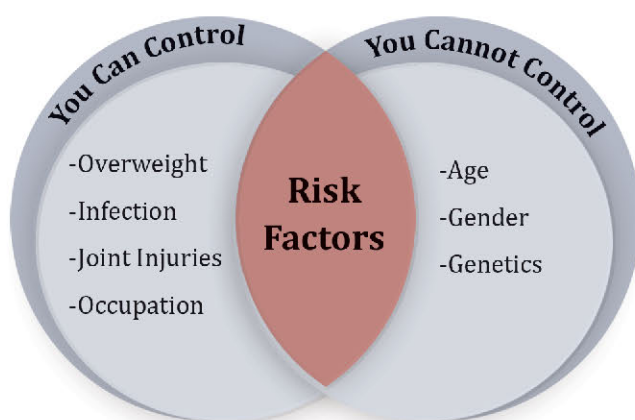
Simply put, arthritis is the swelling and tenderness of one or more joints. This chronic joint disease is known as “လေးဘက်နာ” in Myanmar. Arthritis is not just one disease or condition. Further, experts don't know the causes of many forms of arthritis; thus, treatments are varied. Unfortunately, there is no cure for it, therefore, arthritis can only be treated and managed. Because of this, arthritis is one of the many leading causes of work disability around the world.

There are more than hundred types of arthritis and even children and young adults can suffer from this condition, “Juvenile Arthritis” affects nearly 300,000 kids and teens in USA alone according to the Arthritis Foundation. Many medical organizations predict that the rise in arthritis is expected in the coming years and that is why it is crucial that you stay active and know how to change and manage your lifestyle.

#### Causes & Risk Factors

As mentioned before, no medical research or experts can pinpoint the real cause of arthritis, however, most forms of this disease are thought to be caused by a fault in the immune system that causes the body to attack its own tissues in the joints. Many forms of arthritis are considered autoimmune diseases and are common among people with other chronic conditions including diabetes, obesity, and heart disease.

According to the Centers for Disease Control and Prevention (CDC), there are risk factors that you can control and you cannot control.



# What is Arthritis?

Dr. Kyaw Ye Htut

#### When Should You See a Doctor?

Joints get sore and swollen for many reasons. It could be due to an injury, overuse, or doing a new type of physical activity. See your doctor if you have pain and stiffness that starts with no clear reason, lasts for more than a few days, and also causes swelling, redness and warmth. It is important to start treatment as soon as possible to prevent the condition from getting worse and causing long-term damage.

#### Most Common Types of Arthritis

1. Osteoarthritis (OA)
2. Rheumatoid Arthritis (RA)
3. Crystal-induced Arthritis (CIA)
4. Arthritis due to Rheumatic Fever
5. Systemic Lupus Erythematosus (SLE)
6. Reactive Arthritis
7. Septic Arthritis
8. Viral Arthritis

*\* Most prevalent types in Myanmar are highlighted*

Out of the many types of arthritis, there are a few that are most common in Myanmar.

#### 1. Osteoarthritis (OA) (ခူးနာရောဂါ)

The most common form of arthritis associated with aging and is a major cause of pain and disability in older people. Since it is a degenerative joint disease, OA affects many tissues of the joint such as hip, knee, joints of hand, neck and lumbar spine. Known as a “wear and tear” condition due to aging, people with OA experience tend to fall more often and have a higher risk of bone fracture than those without OA according to much research.

#### Symptoms

Pain, stiffness, tenderness, loss of flexibility, grating sensation, swelling, limited mobility

#### Risk Factors

Age, obesity, genetics, bone deformities, joint injury, gender (women are more likely to develop OA), certain metabolic diseases, weak muscles

#### Diagnosis

Physical exam, X-ray, MRI, joint aspiration

#### Treatment

Management of body weight and blood sugar, prevention of joint injuries, medication, surgery

#### Diet

Fruits and vegetables, healthy fats like olive oil and nuts, whole grains, fish, yogurt are suitable diet for OA

#### 2. Rheumatoid Arthritis (RA) (သွေးလေးဘက်နာ)

Most common form of joint inflammation and pain and is persistent throughout the world and in all ethnic group. This autoimmune disease affects the hands, knees or ankles, and usually the same joint on both sides of the body. Moreover, it is more common among women than men and it usually develops in middle age.

#### Symptoms

Pain, stiffness, tenderness and swelling, that lasts for a certain period of time. Typically, small joints are affected first.

#### Risk Factors

An infection of Group A streptococcus bacteria

#### Diagnosis

Physical exam, blood tests, imaging test

#### Treatment

Healthy lifestyle, hot and cold treatments, topical products, stress reduction, supplements, Disease Modifying Anti-Rheumatic Drug (DMARD), anti-inflammatories

#### Diet

Fruits and vegetables, peas and beans, healthy fats like olive oil and nuts, whole grains, fatty fish like salmon, tuna are good for RA.

#### 3. Crystal-induced Arthritis (CIA)

Another common type of inflammatory arthritis is that causes unexpected attacks of joint pain, often in the big toe (and knee or ankle) and at night. A variety of crystal can deposit in and around joints and cause an acute inflammatory arthritis called CIA. The most common disease “Gout” (ဒုလ္လဘ) is caused by deposition of monosodium urate monohydrate crystals and it develops in some people who have high levels of uric acid. Men are more likely than woman to develop gout.

#### Symptoms

Intense joint pain, inflammation and redness, limited mobility

#### Risk Factors

Genetic, overweight, medical conditions like high blood pressure, diabetes, gender, age, eating a diet rich in red meat organ meats, certain seafood like shellfish, consumption of sweetened (fructose) beverages including alcohol (especially beer)

#### Diagnosis

Blood tests to check uric acid levels, imaging test, joint fluid analysis

#### Treatment

Healthy lifestyle, uric acid-lowering drugs, anti-inflammatories

#### Diet

High intake of water, low-fat and non-dairy fat products, fruits and vegetables, healthy fats like olive oil and nuts, whole grains, chicken, Vitamin C are healthy diet for Gout. Avoid alcohol and sugary drinks.

#### 4. Arthritis due to Rheumatic Fever (ပိုးလေးဘက်နာ)

An autoimmune disease that can affect the heart, joints, brain, and skin. Rheumatic triggered by infection with specific strains of group A streptococci and affects usually children or young adults. It can occur when strep throat or scarlet fever isn't properly treated and shows up about two to four weeks after a strep throat infection.

#### Symptoms

Joint pain, skin rash or lesion, chest pain, heart murmur, lethargy, fatigue, fever, stiffness, bursts of unusual behavior or uncontrollable body movements in the hands, feet and face

#### Risk Factors

Untreated strep throat or scarlet fever

#### Diagnosis

Physical exam, blood test

#### Treatment

Antibiotics, corticosteroids, anti-inflammatories, rest ■

References : <https://www.webmd.com>

<https://www.cdc.gov>

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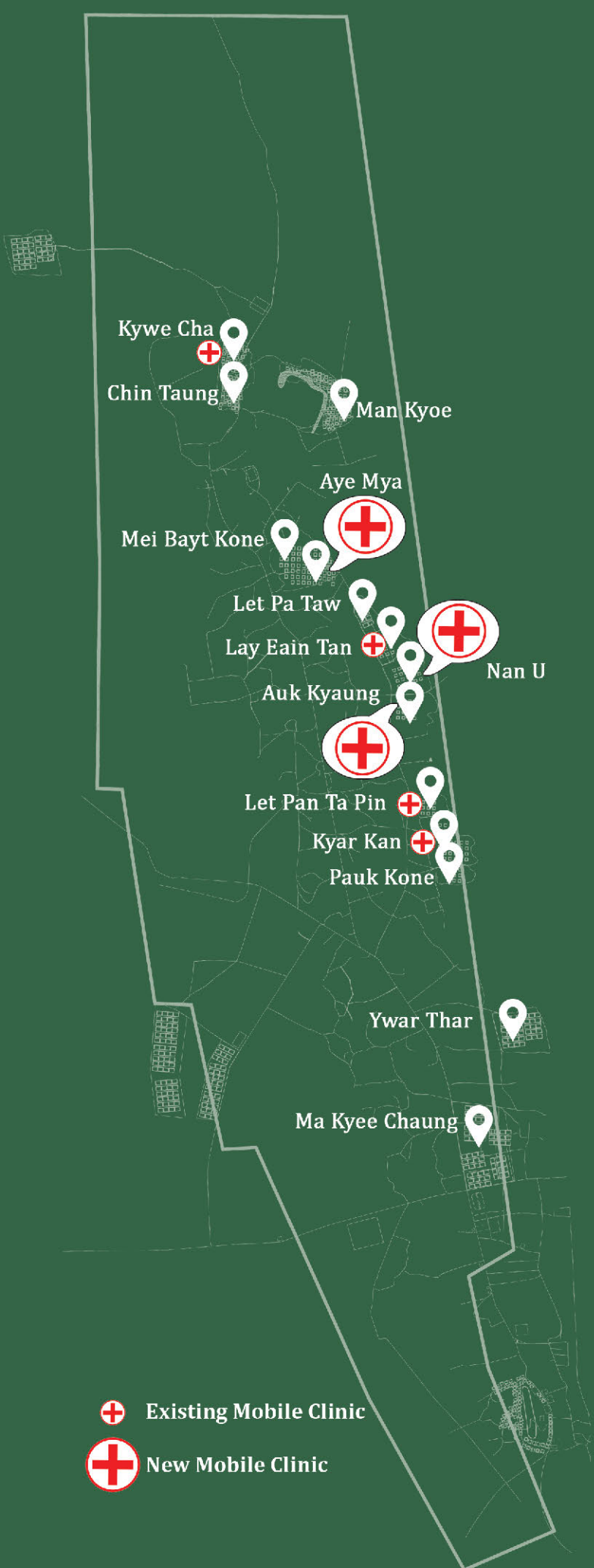


# Improving Access to Healthcare in Mann Field Communities

Moe Thu Zar Soe



Map of Mobile Clinic Locations in Mann Field



MPRL E&P's Mobile Clinic Program focuses on providing basic healthcare services and health education to Mann Field Communities, and is primarily catered towards the elderly population, women, and children. An initiative started in September 2018, we have four Mobile Clinics operating at Kywe Cha, Kyar Kan, Lay Eain Tan, and Let Pan Ta Pin Villages four days a week. One clinic session at these villages would receive about 25 to 40 patients per day, adding up to about 4,867 patient visits (up to 16 September) when we resumed the program in February 2022.

In March 2022, MPRL E&P's Impact Assessment Survey was rolled out to analyze the healthcare needs and health conditions at Mann Field Communities. The CSR & Communications Department held Focus Group Discussions and Key Informant Interviews with respective key stakeholders to ensure that the current Mobile Clinic Program was still aligned with their priorities and that the high level of buy-in from the local community was still relevant. The feedback received proved high level of satisfaction from the beneficiaries concerning most aspects of the Mobile Clinic services. We also discovered the increased demand for free and easily-accessible healthcare services, particularly in 'hard-to-reach' communities in Mann Field. Our CSR Team discussed practical recommendations during the meetings with the decision-makers to help keep communities and health workers safe, sustain essential healthcare services at the community level, and ensure an effective response to COVID-19. Because socio-economic and developmental factors contribute to significant barriers to health services delivery in remote areas resulting in poor health outcomes in inaccessible communities, it is only utilitarian and justifiable to expand our Mobile Clinic Program to other communities around Mann Field.

During the field trip in June, the CSR Team made several location scouting with respective Village Administrators and Village Development Committees for new healthcare facilities and made necessary arrangements and preparations for its outreach program. Two more Mobile Clinic sessions are now available every other Wednesday at Aye

Mya and Nan U or Auk Kyaung Villages since July 2022. Currently, five Mobile Clinic sessions are conducted a week, providing free-of-charge healthcare services to Mann Field Communities. To further help fill gaps in healthcare education, the CSR Team also made plans to have health talks on common health issues in these communities with the collaboration and support of healthcare professionals.

In addition to these provisions, we have two Junior Site Doctors from MPRL E&P who recently joined the Mobile Clinic Program in June 2022. For instance, with support and collaboration of the Community Healthcare Assistant and Community Volunteers from 14 surrounding villages in Mann Field, Dr. Hlaing Min Htet Kyaw and Dr. Kyaw Ye Htut recently started providing health education on common health problems. In August and September, a total of 302 community members joined 15 health talk sessions on diabetes and hypertension, the common health issues in Mann Field Communities.

Teamwork, service, and commitment from all levels of healthcare workers and stakeholders are the driving force that keep us going despite the various challenges we encounter amidst the pandemic. ■





# Provision of Water Supply for Mann Field Communities

Moe Thu Zar Soe

In Mann Field, the government provides piped drinking water to 5 out of 14 surrounding villages on a regular basis except for Pauk Kone and Let Pan Ta Pin Villages. In addition, there are five other villages without access to the government's drinking water pipeline, according to the Impact Assessment Survey conducted by CSR & Communications Team in March 2022. Therefore, the concerning access to water in dedicated villages becomes one of the priorities for MPRL E&P, which will be implemented as safe drinking water pilot projects in the Fiscal Year 2022-2023.



As part of the Community Infrastructure Development Program, MPRL E&P's CSR Team initiated the provision of water supply at Kywe Cha, Ywar Thar, and Pauk Kone Villages during the first quarter of this Fiscal Year. With the support and contributions from MPRL E&P and Kywe Cha Village, the provision of a safe water supply inclusive of



digging a water well, constructing a roof to cover the well, providing a reliable water pump, and other necessary items worth MMK 1.5 million were successfully executed on 6 June 2022. Moreover, MPRL E&P's CSR Program supplied a 25hp diesel engine water pump, 1,300 feet of 3-inch PVC pipe, and water pump accessories for the pumping



station at Ywar Thar Village, which will enable water supply from the nearby Ayeyarwady River. MPRL E&P's CSR Program funded the project with MMK 5,444,250 on top of Ywar Thar Communities' donation in the amount of MMK 332,000 to help kick-start this initiative.

After several discussions with the Village Administrator, Village Development Committees, Community Volunteer from Pauk Kone Village, and CSR Field Team members, a 520 feet deep tube well was created along with the installation a water pump, cable wire, PVC pipe for water supply in July with the budget of MMK 7,269,250 allocated by the collective contributions from MPRL E&P and Pauk Kone Village. The tube well digging project at Pauk Kone Village was completed in August. Upon completion, 490 people from 119 households in the village will be able to enjoy safe drinking water and a reliable supply of groundwater all year-round. ■

# Annual Assessment of Water Quality for Mann Field School Children

Moe Thu Zar Soe



Community Investment initiatives performed by MPRL E&P aim to actively engage with local communities where we operate through an effective, functioning Grievance Mechanism as well as investing in sustainable livelihoods, improving the well-being of vulnerable families, and maintaining partnerships with local stakeholders. Enhancing and optimizing access to clean water is a basic necessity that can improve the overall health, economy, and social well-being of a community.

MPRL E&P has been at the forefront of providing safe water, sanitation, and hygiene facilities and services in Mann Field for over six years.

Acknowledging the fact that the community schools in Mann Field highly depend on water supply from Mann Creek, Ayeyarwady River, and tube well as their primary sources, of which turbidity is high, making it unsuitable for everyday drinking, MPRL E&P began this initiative in 2016. The program prioritized providing water, sanitation, and hygiene facilities for 11 local schools by installing water filtration units and hand-washing stations coupled with some information sessions on water, sanitation, and waste management for school children.

MPRL E&P's CSR Team worked alongside the School Development Committees and provided technical assistance to ensure the safety standards and requirements were met. Additionally, the team conducted knowledge-transfer sessions with methods of maintaining the water filtration units and cleaning them on a timely basis, and lastly, testing the water for quality. In June 2022, CSR Team conducted an annual assessment of water



quality by collecting drinking water samples from water filtration units with sterile sample bottles, which were preserved with ice and delivered to ISO Tech Laboratory within 24 hours. According to the Treatment Water testing result, no Total Coliform and Fecal Coliform were detected in the school drinking water. Moreover, other important factors were in the range of the WHO standards and all the results for pH levels in the water sample were within the range of 6.5 – 8.5. The annual assessment of water quality for this Fiscal Year was valued at MMK 415,500, which was funded by MPRL E&P's CSR Program. Currently, WASH (Water, Sanitation, and Hygiene) and 5 R's Programs are ongoing in Mann Field Schools to further enhance personal hygiene practices and reduce all types of waste in communities through awareness sessions by the CSR Team members. MPRL E&P looks forward to making more contributions to help enrich Community Investment in Mann Field. ■



# Fish Amino Acid : Making Plants Healthier and Increasing Crop Yields

Pyae Pyae Phyoe

MPRL E&P's CSR Program always strives to foster a sustainable agricultural transformation in rural areas like Mann Field. As part of our agricultural development initiatives that bring out many benefits to the communities, we work together with local farmers by providing necessary inputs like seeds and plastic mulch. With the help of the farming experts, we provide agricultural advices ensuring they receive helpful agriculture knowledge and farming methods.

Under the Community Livelihood Development initiative, MPRL E&P's CSR Program came up with effective strategies inclusive of income improvement of local farmers and sustainable living. One of the initiatives that we introduced was the Fish Amino Acid training series which were intended to promote chemical-free crops and encourage affordable and effective organic fertilizer in Mann Field Communities. The training course took off in 2020 with seven training sessions and 105 attendees from Mann Kyoe, Chin Taung, Kywe Cha, Let Pan Ta Pin, Mei Bayt Kone, and Auk Kyaung Villages participated in these sessions.

For the first time in January 2020, an external trainer from East-West Seed Myanmar was invited to deliver Fish Amino Acid hands-on training which received a total of 30 attendees. Subsequent training series were demonstrated by U Win Ko, Community Liaison of MPRL E&P's CSR Program. We provided all necessary support including expenses for all training because we know that this program will be a transformative change to local agriculture development.

Fish Amino Acid (FAA) is a farming supplement that is abundant in amino acids and nutrients. This natural fertilizer is a liquid made from fish that encourages growth of the plants and enhances crop yields. Introduced by MPRL E&P's CSR Team as part of the local agricultural development programs, it is now vastly practiced in Mann Field Communities. Here are a few success stories from our CSR Team and the community users.



**Saw Eh Hsar Blute Htoo**  
Senior CSR Officer  
CSR & Communications  
Department

Fish Amino Acid (FAA) is a natural farming supplement that is rich in nitrogen and encourages plant growth during its vegetative state.

Farmers prefer naturally made plant tonic because it is affordable, easily accessible, and locally produced. We plan to sell a liter of packaged FAA at the price of MMK 4,000. The liquid obtained after the hands-on training was handed over to the Seeds Bank Committee for sale, and the proceeds were used for the next training sessions. Our Community Liaison usually helps out the Seeds Bank



Committee and farmers with making this fertilizer following the standard formula.

Although there is no systematic way to measure the efficiency results of using Fish Amino Acid, the surveys and words from the local farmers stated that this natural "fish juice" is affordable and beneficial for plant growth during their vegetative state. In light of today's rising agricultural input and commodity prices, FAA is a viable option for farmers. And if we compare FAA to other chemical fertilizers, either in terms of price or food safety, it has many benefits for farmers and consumers alike.

I am proud to see the positive impact of introducing FAA to our local communities in Mann Field through our training sessions, technical support, and agricultural inputs, and many farmers are realizing the benefits of using FAA. They are now implementing this new practice during planting and gardening.

Our next step is to support the pilot project of systematic production, registration, and distribution of FAA either on individual or group basis. We will continue to provide our support when required and we will ensure it is of good quality.



**U Win Ko**  
Community Liaison

In Mann Field, FAA fertilizer is used in tomato, chili, chickpea, peanut, and flower gardens. There are many benefits of using this fish protein—it promotes

root development, improves photosynthesis, encourages plant growth, and is beneficial to flower bud differentiation and development, improving the overall quality. I also heard that recently, farmers have been using FAA in the cultivation of mushroom seeds.

Spraying this natural fertilizer on fruit trees, for instance, results in healthy leaves, disease reduction, and an increase in fruit and vegetable quality and yield. That is why we promote FAA since it is also a pollution-free and environment-friendly green fertilizer.

Making FAA and giving practical training on how to make this fertilizer is easy. I shared my knowledge with the farmers during the hands-on training and had interactive discussions with them. The CSR Team also developed pamphlets on how to make and use FAA using various tools, materials, and ingredients. We have many local farmers who make this fish liquid themselves and use it during the plantation. Some purchase the product from the Seeds Bank Committee. From what I know, there is no commercial production at this time.



Fish Amino Acid becomes more and more popular in Mann Field Communities because the farms that use FAA realized that it enhances the healthy development of buds, flowers, and fruits and results in good yield, good quality, and strong fruit and petals, etc. It is becoming quite popular in many communities, and FAA is gaining a reputation as a good fertilizer among the farmers.



## HSE Department Continues its Training Series to Stay Relevant and Informed

Moe Thu Zar Soe



In today's ever-changing business world, the importance of workplace training has never been greater. It allows employees to expand their skills and knowledge bank and further enhance team motivation and productivity. Providing Health and Safety (HSE) training to our employees is one way of keeping the organization and staff relevant and informed, it is also a vital component of good working practice.

In the second quarter of the Fiscal Year 2022-2023, MPRL E&P's HSE Department continued its training series that are tailored to common health issues seen amongst the staff and outside of work. Small Health and Safety talks in areas of Hypertension, Colorectal Carcinoma, Earthquake, Electrical Safety, Omicron Subvariant Awareness, and Monkeypox were presented in the second quarter, and they were conducted by Junior Site Doctors, Site HSE Officers, and other External Practitioners.

Likewise, in July, the HSE Department organized "Basic First Aid Training" for the staff members from MPRL E&P Group of Companies who have a strong passion and interest in human welfare. It was held at Vantage Tower with the goal that every employee has the knowledge and capabilities to provide basic first aid care in an event of a medical emergency before regular medical aid arrives. During

the training, the trainers from the Myanmar Red Cross Society shared detailed explanations of common physical injuries resulting from accidents and demonstrated a few methods of providing first aid care to vulnerable ones in case of emergencies. A total of 41 trainees from MPRL E&P Group of Companies joined two different sessions of the two-day training (July 14 to 17) and were awarded completion certificates by the trainers after the post-training assessment.

As part of developing the HSE positive culture across the MPRL E&P Group of Companies, employees who demonstrate safe behaviors on the job are recognized. In the second quarter, Dr. Aung Zeyar Myint, Assistant Geoscience Manager, was acknowledged for his consistent effort in keeping the workplace on track to meet safety goals and objectives. It takes a strong commitment to make our workplace safe.



Amidst the pandemic, the online HSE training series offer many advantages, especially for the Field Operations Team members and other oil field personnel from government sectors. Further, most of our small training series are conducted via Microsoft Teams for all staff members since online methods these days are more efficient, easily-accessible on various platforms, and training materials become available after the presentations for personal use. These training sessions provide an opportunity for the participants to raise questions and discuss their concerns and explore different perspectives, making the sessions more interesting and lively.

During the second quarter of the Fiscal Year 2022-2023, a total of 479 employees across the Group of Companies joined various training sessions through the HSE training series. MPRL E&P thanks all our staff for their contributions to a safe work environment! ■

# 2

## Years

without Lost Time Accident (LTA)

Production Enhancement Project,  
Mann Field




# Congratulations!

Thank you for your hard work and strong commitment to making our workplace safe.





## Colorectal Carcinoma at a Glance

Moe Thu Zar Soe



The International Agency for Research on Cancer (IARC) estimates that globally, 1 in 5 people develop cancer during their lifetime, and 1 in 8 men and 1 in 11 women die from the disease. These new estimates suggest that more than 50 million people are living within five years of a past cancer diagnosis. Socio-economic risk factors and aging remain among the primary factors driving this increase.

According to Global Cancer Observatory, the top five most common cancers in Myanmar are lung, stomach, cervix uteri, breast, and liver in both sexes where lung, liver, and colorectum cancers are most common among the male population and cervix uteri, breast, stomach, and colorectum cancers are most common among the female population. Moreover, the total number of new cancer cases in Myanmar was steadily climbing every year between 2013 and 2017, and these increasing trends were observed especially in the top five cancers mentioned above.

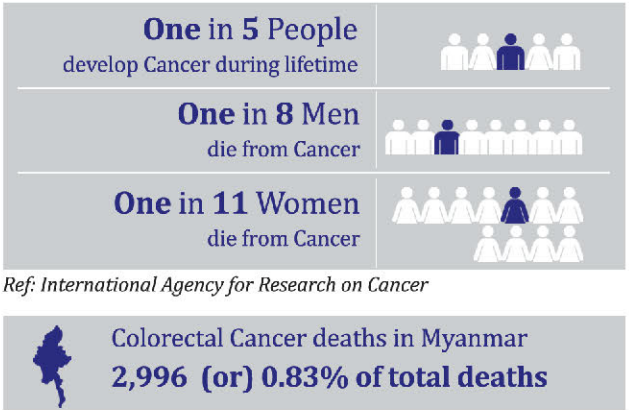
Cancer is a major public health problem in Myanmar, and cancer registration activities are currently

underway through both hospital-based and population-based approaches. According to the latest WHO data published in 2020, colorectal cancer deaths in Myanmar reached 2,996 or 0.83% of total deaths. The age-adjusted death rate is 6.75 per 100,000 placing Myanmar at 122 in the world.

Three percent of colorectal cancer occurs in patients younger than 40 years of age according to the World Cancer Data. Moreover, per medical resources online, colon cancer typically affects older adults, though it can happen at any age. It usually begins as small, benign clumps of cells called polyps that form on the inside of the colon. Over time some of these polyps can become colon cancers. And these polyps rarely show symptoms, and that is why regular screening tests are recommended by doctors. The causes for most colon cancers are still unknown. In Myanmar, the commonest stage seen in suspected colon patients is stage III during the initial diagnosis. This means the younger onset of colorectal cancer in Myanmar is increasing although it doesn't reflect the whole population and further larger study is required to prove this.

With the aim of adopting healthier lifestyle habits within the staff members and their families, in July 2022, the HSE Department from MPRL E&P organized an online awareness session on "Colorectal Carcinoma" through Microsoft Teams for all staff members from MPRL E&P Group of Companies. A total of 240 employees joined three different sessions, and Dr. Hlaing Min Htet Kyaw, Junior Site Doctor, shared his medical knowledge concerning colorectal carcinoma, often referred to as bowel or colon cancer.

According to the recent webinar regarding the latest advances for colorectal cancer presented by medical experts from Singapore, many patients with the disease have improved their chances of survival given the advances in treatment and preventative tools. A significant 60 percent of Singaporean patients survive roughly five years after diagnosis—a good indicator that the disease is well-managed in these patients. The lower survival rate for the remaining 40 percent is largely attributed to late diagnosis, as many individuals present with advanced cancers due to the asymptomatic nature of symptoms in the early stages of the disease.



Ref: International Agency for Research on Cancer

Ref: WHO data published in 2020

While prospects are usually bleaker for patients with advanced cancers where the malignancy has spread to far away organs like the liver, they can still benefit from palliative chemotherapy, radiation, and advanced drugs like targeted therapy and immunotherapy. The key takeaway is that the disease is highly preventable and treatable at an early stage. At the end of the day, prevention is better than cure when it comes to our health. ■

## Staff Members Receive Awareness on SARS-CoV-2 Omicron Variants and the Importance of Vaccination

Moe Thu Zar Soe

In July, MPRL E&P's HSE Department organized an awareness session on new Omicron subvariants as part of enhancing the Health and Safety culture within the organization through the training series for the Fiscal Year 2022-2023. The training aims to raise awareness of the subvariants of Omicron as two more spinoffs are on the rise worldwide as they are spreading faster than other circulating variants like BA.2, which caused a surge in cases at the beginning of the year 2022. First spotted by scientists in South Africa in April and linked to the subsequent rise in cases there, BA.4 and BA.5 are the newest members of Omicron's growing family of coronavirus subvariants. By July 2022, there was a surge in this subvariant outbreak in many countries worldwide.

According to the Centers for Disease Control and Prevention (CDC), the SARS-CoV-2 virus is constantly changing and accumulating mutations in its genetic code over time. New variants of SARS-CoV-2 are expected to continue to emerge. Some variants will emerge and disappear, while others will emerge and continue to spread and may replace previous variants. The original version of Omicron, known as BA.1, was two to three times as likely to spread as Delta, and BA.2 spread even more quickly. BA.4 and BA.5 may be the most transmissible versions yet.

A total of 287 employees participated in the awareness session provided by Dr. Soe Tinzar Htet and



WHO Coronavirus (COVID-19) Dashboard

Name	Cases - cumulative total	Cases - newly reported in last 7 days	Deaths - cumulative total	Deaths - newly reported in last 7 days	Total vaccine doses administered per 100 population	Persons fully vaccinated with last dose of primary series per 100 population	Persons Boosted per 100 population
Global	609,247,113	2,884,996	6,503,894	8,163	161.82	62.97	28.37
India	44,539,046	38,466	528,355	190	158.28	68.53	13.55
Indonesia	6,410,426	16,086	157,915	128	159.52	62.33	22.64
Thailand	4,673,629	5,385	32,640	86	203.77	76.53	45.63
Bangladesh	2,018,215	2,907	29,340	6	180.65	73.77	27.1
Nepal	999,316	446	12,016	1	195.68	76.62	27.36
Sri Lanka	670,596	125	16,747	16	186.47	68.39	38.15
Myanmar	618,898	1,842	19,444	2	115.64	50.63	4.09
Maldives	185,004	38	308		175.89	71.21	30.85
Bhutan	61,730	301	21		249.82	87.46	72.19
Timor-Leste	23,242	22	198		136.37	56.4	15.48

Ref: WHO Coronavirus (COVID-19) Dashboard on 20 September 2022.

Dr. Hein Lin Aung, Medical Officers from the Telehealth Unit of Pan Hlaing Hospitals through a webinar on 20 July 2022. The awareness session provided useful information on breakthrough infections and different strains, including BA.4 and BA.5 subvariants, which seem to be causing less severe illnesses and fewer deaths and hospitalizations among those who are immunized—a sign that growing population immunity is tempering the immediate consequences of COVID-19 surges. In MPRL E&P, 100% of staff members are fully vaccinated while 84.08% of them are boosted as of July 2022.

According to the COVID-19 report from the Ministry of Health (MoH) on 11 July 2022, the first six cases of Omicron BA.4 and BA.5 subvariants were found in the samples of overseas travelers returning to Myanmar. As it is understood that these new subvariants are highly contagious and less affected by both natural and vaccine-induced antibodies, all preventive measures must still be practiced at work and outside during daily undertakings. Bear in mind that we are still in the midst of a pandemic, even with vaccination, boosters, masks, and antibodies, and COVID-19 is still thriving and not going away. Keep vigilant and stay fit! ■



# Caring for the Vulnerable : Words from the Medical Practitioner

Hnin Wynt Zaw



*The following is an interview with Junior Site Doctor Dr. Hlaing Min Htet Kyaw from MPRL E&P's HSE Department as part of the Employee Spotlight series. The young doctor talks about his experience in Mann Field where he enjoys providing mobile healthcare services to all the vulnerable and underserved.*

## Can you please tell us a little about yourself?

I am Dr. Hlaing Min Htet Kyaw, and I joined MPRL E&P in October 2021 as a Junior Site Doctor. I finished my medical internship in 2018 and graduated from the University of Medicine, Magway in 2019. I am reaching my one-year stint with MPRL E&P, and so far, it has been a fun and challenging journey for me.

My current job responsibilities include providing medical assistance at Mann Field, incident investigation, medical reporting, treating general illness, and reporting serious illnesses. Further, I carry out alcohol testing for the Operation crew at Mann Field and conduct weekly camp and site inspections. Last but not least, I operate Mobile Clinics with the help of the CSR Team in various villages within the Mann Field communities.

## We would like to know more about your professional career path. How did you end up at MPRL E&P?

As soon as I finished my internship training as a Medical House Officer, I joined a hospital in Pyay and applied for a relevant position at Non-governmental Organization (NGO). A month later, I got a job offer from Medical Action Myanmar where I worked as a Medical Officer & Team Leader (HIV) at Puta-O. After working there for more than a year, I felt like I needed to expand my clinical skills and knowledge and so, I came back home and worked as a Doctor at a hospital. Some say, I am gaining clinical experience working as a Medical Officer for an NGO, but to me, it is different. When I was working for an NGO, I was only handling HIV cases, it was more like I was only expanding my knowledge and skills in one particular area. That is why I left. I was at the hospital for about two years until my entire family got infected with COVID-19. That's when I left my work and joined MPRL E&P to further my career in a corporate environment.

## What motivated you to practice medicine and not engineering or law for instance?

It is quite a story for me actually. When I was a

teenager, I wanted to be a fighter pilot and join the National Air Force. Obviously, it didn't happen. When I passed my matriculation exam with flying colors, my mother pushed me to apply for medical school. I said to myself, sure, why not. At first, I was not so keen on the medical field or becoming a doctor. The turning point for me was my internship; I realized how many patients depended on me with their hopeful eyes. I knew then that I'd never abandon this field and I have a clear purpose now.

It is never a dull moment being in the medical field. It is like solving a puzzle to identify or come up with the right number; there are many ways you can come up with to get the result—by addition, division, multiplication, etc. Saying it is easy, but in reality, it is challenging, and this is what keeps me going.

## We are moving into a new phase of the pandemic. I can only imagine the chaos at the hospitals and the hustle and bustle of the frontline health workers during the COVID-19 waves. Do you have any stories that are worth sharing?

I had first-hand experience with COVID-19 while I was working at Aung Zaw Oo Hospital in Pyay. We were told that our local hospital would be shut down if a positive case of COVID-19 was found, so when we received patients, we had to carefully monitor their fever. We created examination rooms for special cases of fever, we had to wear full PPE, and if patients were suspected of COVID-19, we had to refer them to the government hospital. We were not allowed to treat COVID-19 patients during the first wave.

The first COVID-19 patient for me was a 71-year-old lady with underlying heart disease and stroke. I had to monitor her closely and supervise her vital signs and lungs. Sadly, she did not make it as she was old and weak, and her underlying conditions were not favorable. I also provided medical treatment and care for my family, they all got infected with the virus because I was working at the hospital at the time. Most of my family members were okay, except for my mother, who needed intensive care as her blood oxygen dropped from the normal range. She recovered after about two weeks. As for me, I got infected during the third wave and luckily, I was okay.

## You are also contributing your services in Mann Field as a Junior Site Doctor. Tell us a little about this part of your job.

At Mann Field, I do a lot of health consultation

work for general illnesses and medical reporting. I also conduct weekly camp hygiene and sanitary inspection. Being in Mann Field, although it is in a remote location away from family and friends, I feel like it is now my second home. I am getting used to the culture here and realizing the importance of health and safety at the camp and in the communities. MPRL E&P's Mobile Clinic Program has been a game-changer, it is so crucial and beneficial for these kinds of communities where medical assistance and knowledge are limited. We have two Nurses and another Junior Site Doctor, Dr. Kyaw Ye Htut in Mann Field and we all share similar personalities and enjoyment, which makes my day go faster.

## What are the most common health issues in Mann Field?

Back pain, joint pain, and hypertension! Most of the causes are due to age and hard life. Hypertension seems to be very common, but lifestyle changes and regular intake of proper medication should suffice, but I have told the farmers that if they have consistent back pain, for example, they need to cut down on their workload and need a full rest. But for them, this is not the perfect solution, they need to work so that they get income to support themselves and/or their family.

## Do you think your contributions towards the health and safety in Mann Field have been impactful to the communities?

Yes. I am so grateful to be part of this Team in helping the communities with my provision of health talks and medical services. This has been a great opportunity for me as a Medical Officer because I can provide real-life care to vulnerable people and improve sustainable and healthy outcomes for them. For MPRL E&P and CSR & Communications Department coming up with different programs to support the community have been amazing.

Mobile Clinics are getting so popular and now, we have extended our services to several other underserved communities. From what I have seen, Mobile Clinics have reduced barriers to access to healthcare making it more affordable. Because of our health talks, consultations, and Mobile Clinics, general health knowledge among the communities is growing. I feel that Mobile Clinics are crucial, and I am happy to be part of this program in saving the lives of the needed and the vulnerable. ■



# Finding Purpose in Day-to-Day Work with Positivity

Hnin Wynt Zaw

*As a proud Myanmar female Accountant Daw Hsu Shwe Cin talks about her professional career development working in the Treasury Department and shares her various experiences of being a loyal employee for over nine years within the MPRL E&P Group of Companies alongside her radiant personality that won hearts of many.*

As the eldest daughter, Hsu Shwe Cin has taken the sole responsibility of leading her family after her father passed away. As soon as she graduated in 2008 from Yangon Institute of Economics, she entered the professional work scene to look after her two younger siblings by guiding them and financially supporting them to complete their education. "In the Asian culture, adults often say that sons or daughters who look after their parents will be blessed with a good job at a good workplace with good people. This is true for me, and I have always wanted to be a contributor to my family no matter what," said the 34-year-old with confidence.

Junior Accountant Hsu was born and raised in Yangon and graduated with a Bachelor's Degree in Commerce (B.Com). She had worked at a few different companies in various industries before joining Myint & Associates Co., Ltd. as a Junior Accountant in 2013. During the 2014 Southeast Asian Games, she worked as a Treasurer for the Myanmar Yachting Federation (MYF).

"As a career development, in 2015, I worked in a new field as a Junior Accountant at Myanmar Independent Power Production Limited (MIPP) which was one of the affiliated companies of MPRL E&P. Then, there came an opportunity for internal transfer, and I quickly jumped on it. I felt that I was well-suited for the position at MPRL E&P because I know the work culture and I am very familiar with the financial procedures within the Group of Companies."

Hsu is different. Her bubbly character and her positive aura are contagious. She believes that cultivating positive energy at work and home is crucial in achieving the Zen she needs to succeed in life. Happy as a lark, Hsu is ready to help her colleagues at any time, if that includes sharing funny jokes with coworkers to brighten up their days. Besides, her motto is "Love the life you live and live the life you love." We all live in a fast-paced world that is always changing and sometimes, we forget that we have the power to control our lives and our immediate environment. And it is straightforward – control our thoughts and energy that we give out. We often go through hurdles and stress at home and

work, and these days, it may seem more common. But for Hsu, she reminds herself to stay positive and be grateful for the little things. "I used to hang out with my friends and colleagues on Friday nights after work or on the weekends before the pandemic. I have come to realize that I need to change my perspective and learn to live with positive thinking. Staying positive means winning half the battle in pursuit of a good, healthy lifestyle," said Hsu who is now enjoying her newfound perspective on life. "I am taking care of my own health more than before and this includes me switching off the negatives. I also learned how to have a balanced work-life."

**"Staying positive means winning half the battle in pursuit of a good, healthy lifestyle"**

Hsu Shwe Cin  
Junior Accountant  
Treasury Department

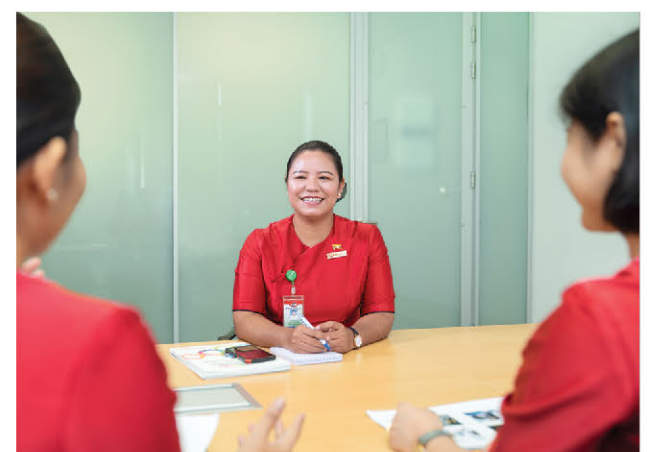
Hsu is also one of the Learning Club members at MPRL E&P who is always eager to participate in work-related activities because she enjoys collaborating with colleagues outside of everyday job scope and supporting each other during personal and career development activities. "I am not sure if this is my superpower or talent but I get along well with everyone and if they are having a bad day, I think I can make them smile a little just by having small talk," said Hsu with a big smile.

One of the best memories for Hsu was when she was offered to volunteer in the 2014 Southeast Asian (SEA) Game and the 2018 Optimist Asian and Oceanian Championship (OAOC) and as a Master of Ceremony at the 2020 Team Building Retreat within the Group of Companies due to her bright personality. "Volunteering for this event was one of the best times of my life, I will never forget this moment. I had always wanted to work with various teams during work-related activities, and the Company provided me with this opportunity where it gave me satisfaction, motivation, and zest to strive for better at work."

She is now familiarizing her new job assignments for the Assistant Accountant position as she has been nominated for a promotion in September 2022 after the interim period. "I am thankful for the new opportunities to learn about new business frontiers and excited to get to know the new Head of Department. My biggest responsibility is to maintain a smooth cash flow in each and every transaction when dealing with many internal and external stakeholders. But what I am most excited about is learning about local and international banking systems; I can apply my existing knowledge and gain a better understanding of the new regulations and practices in the banking industry."

Hsu is a good example of dedication and loyalty. Her 9-year stint within the MPRL E&P Group of Companies since 2013 underpins her commitment to the organization. She tries to be an unwavering and passionate employee through ups and downs because, at the end of the day, it trickles down to having a positive mindset and the grateful experiences she scored during her career that strengthened her trust in and commitment to the Company.

The future is bright for Hsu. From all the knowledge and experience she scored during these long years at MPRL E&P, she hopes to play an important part in the growth of her department as well as the organization. She plans to learn more about Finance in the near future because she feels that Finance professionals are more influential in helping the organization stay "healthy" through making tough decisions, coming up with sustainable funding strategies, and managing and mitigating risks. Alongside her new plans, she wishes to continue sending out a positive aura at work while effectively achieving her new goals. ■





## From Cover Page

This partnership program provides a unique opportunity for our staff to enhance their educational goals so that they can become more relevant and skilled in their field of expertise. MPRL E&P closely works with AIT on this program and covers all expenses of these selected five students including airfare, tuition, and room and board for their one-year Master's Degree Program.

Having the right education partnership is important, in other words, having a school you trust to provide the level of education your employees need to advance their skills is vital. AIT offers high-level educational programs and industry-related courses that support MPRL E&P's specific needs that strengthen the organization's goals, training objectives, and workforce. By combining the strengths of each, MPRL E&P hopes to stay competitive in the industry through this partnership program while meeting the evolving needs of both individuals and employers.

Believing in our employees and helping them achieve their educational goals and career aspirations is what MPRL E&P is all about. U Ko Ko, Country Manager & Executive Vice President at MPRL E&P, shares his excitement about collaborating with AIT in training future leaders for our assets in both Onshore and Offshore Myanmar.

"We'll continue our best to maintain this program with AIT. I hope this partnership will provide both MPRL E&P and Myanmar with highly skilled world-class energy professionals. We look forward to their contributions towards the exploration and development of the most needed energy for our country. Next year, this time around, they will come into work ready to share their new knowledge and experiences!"

Meet our first batch of employees who started their new adventure at AIT in August.



**Htet Paing Oo**  
Junior Geoscientist  
G&G Department

**What are your current responsibilities as a Junior Geoscientist?**

During my probationary period, I was mentored by my seniors and learned the ins and outs of the Geology & Geophysics (G&G) Department. Before I left for school, I was supporting my seniors with digitizing using QGIS software. Besides, I read a lot of books and asked my seniors when I had questions. I am also lucky to have seniors from other departments guide me and share their knowledge and experiences with me. With the help of all my seniors, my improvement didn't take long as I expected.

**Are there any challenges that you are currently experiencing at work?**

There are no major challenges at the moment because of my educational background in this field. But I am eager to learn more about this industry and I know AIT will help me with my knowledge expansion.

I want to be able to grow with the company and contribute to developing Myanmar's oil and gas industry. Since I still need more hands-on experience and knowledge in the engineering field, I went ahead and applied for this Master's Degree Pro-

gram. After completing this program, I will come back with a new mindset and goals.

**What do you expect to get out of this whole experience?**

I expect to gain more information and knowledge about engineering. Since I only learned about geology in school and being a Junior Geoscientist, this AIT program will bring a whole new chapter to my learning journey. I'm always eager to learn new things, especially in the field that I am interested in and I'm sure that I will be more skilled in petroleum engineering after graduation.



**We are excited about your future endeavors. What do you think you will bring back with you after this program?**

The one-year Master's Degree Program at AIT that I am pursuing will have more engineering classes. With my geology background and experience combined with my new knowledge and degree from AIT, I will be ready to undertake any given task effectively and efficiently. I hope that one day I can help develop the growth of Myanmar's oil and gas industry. I would like to encourage young employees like us with education and experiences from abroad to join forces in advancing the oil and gas sector in Myanmar. I am thankful for this opportunity which will prepare me to become more relevant in the field.



**Khin Yadana Nwe**  
Junior Geoscientist  
G&G Department

**What were you working on as a Junior Geoscientist before pursuing your Master's Degree?**

As a Junior Geoscientist, I had to monitor daily production and spot water injection of Mann Field and report to my team. As a monthly task, I had to update on the Myanmar E&P activities including Myanmar Petroleum Blocks Status after receiving the Onshore Activities Report. I also had to contribute to the team in preparing reports by creating

projects and assisting the seniors with Mann Field development activities.

**What will you miss most about MPRL E&P while you are away?**

Well, I will have to say the daily production monitoring and spot water injection of Mann Field, which was my first task of the day. I will also miss my colleagues.

**What do you think about the course syllabus?**

All the courses I am taking are interesting and re-

lated to my career path. I am more excited to learn levels of the project and I will learn more about setting tasks, duties, and implementation procedures during a specific time to achieve a specific target or set of specific targets with high quality. I am going to take this opportunity to really focus on my studies and improve my skillset. This is an once-in-a-lifetime opportunity for me and I will not take it for granted. I'd like to thank MPRL E&P and all my seniors for giving me this chance to pursue my dreams.

**What are your thoughts on the oil and gas industry in Myanmar?**

Myanmar has enormous economic potential based on several factors like strategic location, size, and stock of natural resources, especially in Myanmar's deepwater shelf which remains mostly unexplored. Besides, many domestic and foreign companies are undertaking oil and gas pipeline projects and contracts to expand their production capacities and we as responsible citizens, should actively take part in the growth of the oil and gas sector in Myanmar.

**What is your motto in life?**

"Happiness can be found, even in the darkest of times, if one only remembers to turn on the light."

Professor Albus Dumbledore  
(J. K. Rowling's Harry Potter Series)





**Htet Aung Kyaw**  
Junior Engineer  
Field Operations  
Department

**Could you share some of your responsibilities as a Junior Engineer at MPRL E&P?**

My responsibilities as a Junior Engineer at Mann Field Operations Department included monitoring flow rates of oil wells, transferring oil from tank batteries to TAC, and then, TAC to One Million Station as part of the Measurement Team. I was also involved with pulling unit operations like pump service, swabbing, and bailing operations.

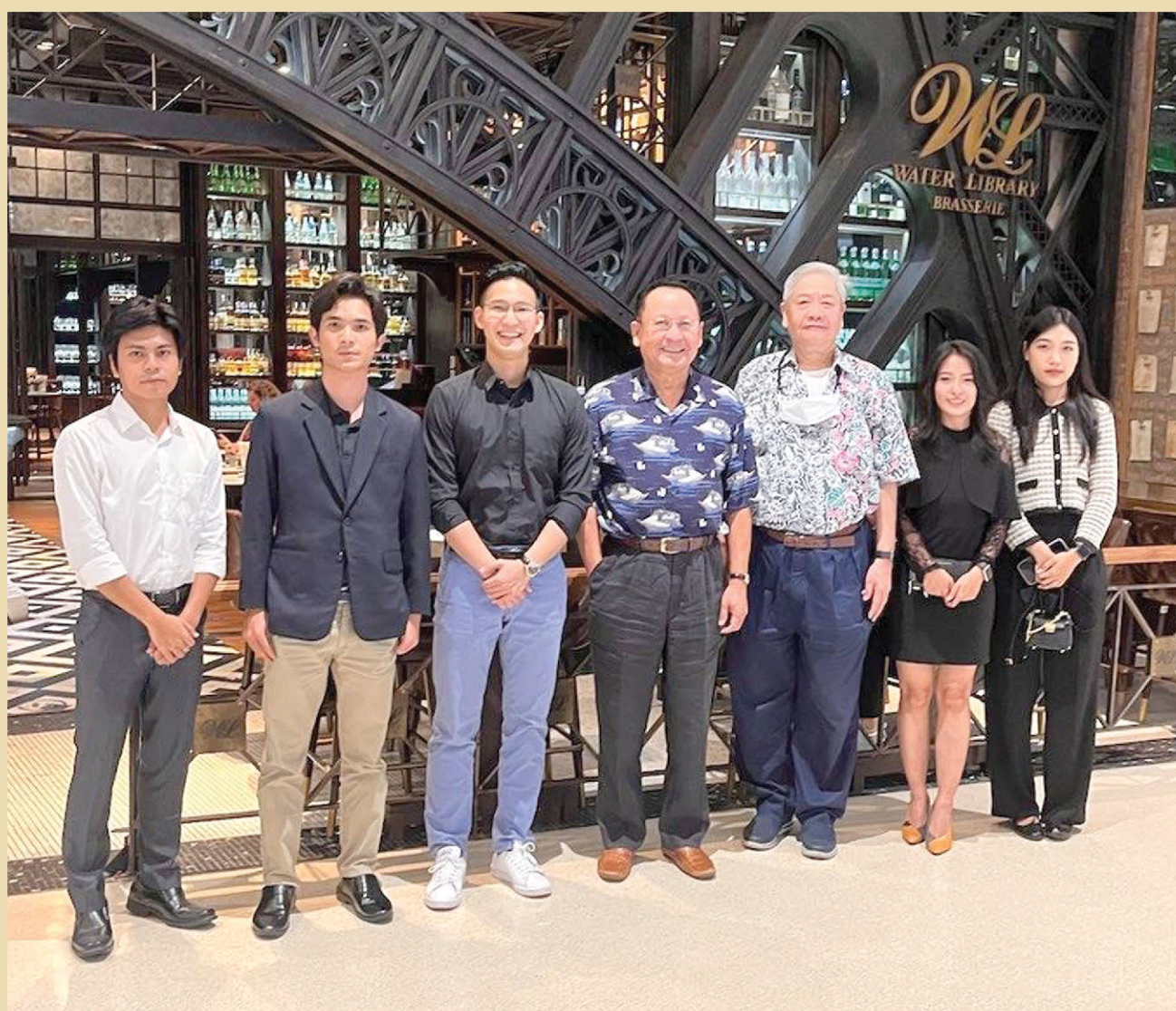
**Any challenges that you experienced while working at Mann Field?**

One of the challenges for me was adjusting and applying my academic knowledge in my actual workplace. Also, I had a hard time communicating with my seniors at first, I tried to be in sync with them, my colleagues, and crew members, and it took some time for me to get comfortable but now, I have improved a great deal during my last two years at MPRL E&P. I realized that when I am faced with difficulties, I must stay calm and carefully analyze the problem so that I can produce the best solution to overcome the hurdle with minimum error.

**How did you prepare for this Master's Degree Program selection process? Do you foresee any challenges at AIT?**

A big part of my preparation for AIT was the time I spent reviewing the summary of the oil and gas industry including drilling, production, and reservoir. I also went through some of the calculations and facts that are essential for petroleum engineers.

Pursuing a degree in a foreign country is definitely going to be a challenge. There will be language barriers, cultural differences, and different approaches to teaching and learning methods. But this change will be good for me and I look forward to finishing my course so that I can return and make use of my newly acquired knowledge and experiences. I just can't wait!



*CEO U Moe Myint together with five AIT students from MPRL E&P and U Pote Lee (iGroup)*

**What do you think about the syllabus?**

I am really excited about reservoir engineering, petrophysics, and well log interpretations classes because these subjects will enhance my technical and software knowledge that is required to become a reservoir engineer.

**Do you think MPRL E&P should continue with career development programs for their employees?**

Definitely. We, young people, are always hungry for improvement and we are ready to take on any opportunities and risks and overcome any obstacles so that we become better professionals while we improve our interpersonal, and soft skills. Here, I would like to extend my gratitude to MPRL E&P for giving me this opportunity to pursue my educational goal.



**Pyae Phyto Paing**  
Junior Engineer  
Field Operations  
Department

**How long have you been working at MPRL E&P? In which department(s)?**

I have been working at MPRL E&P for about two and a half years now. Currently, I'm in Pulling Units Team. Before settling in this department, I was working in the Measurement Team (Echo-Dynamometer).

**Could you share with us some of your responsibilities as a Junior Engineer?**

Under the Measurement Team, I had to closely monitor the flow rates of the wells and report immediately to all Pulling Units supervisors if any irregularity of the well is found. Next, I had to identify the well behavior thoroughly by measuring the hourly rate carefully and regularly. I fully took part in 100% of produced water disposal into identified wells on a daily basis and in monitoring the disposing rate of each well.

Under the Pulling Units Department, I had to service wells as per one monthly plan and a three-month plan to optimize production. I had to make well-servicing operations to meet the minimum target of three wells per week (including swabbing, bailing operations, and pump service). Also, I closely supervised well servicing and swabbing operations and was responsible for strictly controlling the material used for minimum cost at all operations. Last but not least, as safety is key in operations, I ensured to apply all safety procedures every day at work and implement positive safety culture in all operations. Moreover, I encouraged and educated all MOGE crew about building up safety capacity on a daily basis.





**What do you feel about this one-year Master's Degree Program at AIT?**

My biggest dream is to be a part of a big offshore project as I thrive on more challenging opportunities. I believe this program will not only help me enhance my technical skills and offshore knowledge but also equip me with everything I need as a Petroleum Engineer for any upcoming projects at MPRL E&P.

An accomplishment means reaching a goal that has been set. Accomplishments are important because, when achieved, they provide us with a sense of pride and motivate us to reach further goals in our lives. And I personally think that the secret behind my achievements so far is the strong desire to learn. I hope to complete my AIT Master's Degree Program in a year so that I can return the favor our company had offered me. I am forever grateful for this opportunity that MPRL E&P has offered me and I look forward to returning to my work with new knowledge and experiences.

Philosophy has taught me to evaluate life and experiences. I hope to be a beneficial part of any offshore projects by using my knowledge and experiences from studying at AIT while bringing about constructive change and a creative path to the "good life", not only for myself but also for MPRL E&P.

**Do you have a favorite motto?**

I believe in this saying: Passion + Consistency = Success. I've always put 100% effort into whatever I do and I experience great outcomes because of that.



**Yu Nandar Myat**  
Junior Engineer  
Field Operations  
Department

**What are some of your responsibilities at MPRL E&P as a Junior Engineer?**

Some of my responsibilities included onsite supervision of the pulling units, workover rig operations, and drilling rig operations. I assisted with all functions and responsibilities of the Operations Engineers, and at the same time, functioned as the Lead Operations Engineer assisting to Field Operations Manager/ Assistant Field Operations Manager. Moreover, I prepared daily reporting and cost track-



ing for all well operations, and was responsible for planning and material equipment needs, while ensuring that the equipment arrive on site, on time as required.

**What will you miss most about MPRL E&P during your study at AIT?**

I have truly enjoyed working with such a fine team of strong brotherhood, whom I will surely miss. All the support, camaraderie, and help they had provided me over the past two years was really heartwarming.

**What do you expect to get out of this whole experience?**

I strongly believe that this Master's Degree Program will grant me the qualifications needed to become a well-rounded engineer plus skills that I can use to polish up my professional career as well as personal growth. I also hope to gain a more global perspective and improve my interpersonal skills, foreign languages, adaptability, and problem-solving skills. I am determined to utilize the newly acquired skills and knowledge to enhance our goals and strengths as a team and extend my new-found knowledge with junior team members. I aspire to become an outstanding and inspiring female Petroleum Engineer one day and I would love to help our community in creating values together that will benefit the needs of the company and our country. AIT will prepare

me for this and I would like to thank MPRL E&P for giving me this wonderful opportunity.

**Any last words relating to the oil and gas industry in Myanmar as a young Petroleum Engineer?**

Myanmar is one of the most attractive countries in the ASEAN region and research shows that it is also one of the world's oldest oil producers. It is estimated to have substantial oil and gas reserves, however, only a handful of fields are currently operating and producing and most deposits remain unexplored. It is interesting to know that we can utilize the latest technologies and efforts to strive for the recovery of untapped reservoirs. Since the oil and gas industry still holds the largest shares in the world as an energy provider and is the core of the national economy, I found it fascinating with a strong growth outlook in the future. I am lucky to be working in this sector and I can't wait to see what the future holds for us. ■



**MPRL E&P's AIT Students at GTE & GEPC Orientation 2022**





# From Intern to Junior Engineer : Banyar Myo Tin's Road to a Rewarding Career at MPRL E&P

Hnin Wynt Zaw



*Believe it or not, an internship is a great way to get your foot in the door at a company and if you end up at your dream company, you wish that you get a full-time job offer after the internship. Here is a journey of Banyar Myo Tin, who first joined MPRL E&P as an intern and now enjoying his new role as a Junior Engineer as part of the Pyitharyar Integrated Project Team. As a fresh graduate with a Mechanical Engineering Degree from the University of Glasgow, he was excited to return to Myanmar in 2020 and apply his knowledge while expanding his practical skills in the upstream energy sector. Thus, his journey at MPRL E&P began in Mann Field where he learned about the intricacies of working with obsolete machinery to studying HSE protocols while discovering ways to maintain healthy relationships with different stakeholders. Lucky was Banyar Myo Tin who was able to connect his studies to real world experiences upon his graduation for learning truly begins when you practice in the real world.*

*Here is an intimate conversation I had with Banyar Myo Tin where he shared insights about his rewarding journey including his perspectives on the job market and employee productivity.*

**It's so nice to see you in a uniform, Banyar! There was a story of you in our Insight! Newsletter two years ago where you talked about your first experience at MPRL E&P as an intern. Well, we are now in 2022. Can you go back and briefly share your internship experience with us?**

My internship was in chunks; it first got interrupted by COVID-19 after working two months at Mann Field and was paused again after a week at the Head Office of MPRL E&P in Yangon when work-from-home policy was implemented. I resumed in February 2022 when I held the position of reviewing the technical reports for Pyitharyar Integrated Project.

There were some roadblocks during my internship. The main challenge for me was my limited knowledge. Yet, I saw it as the perfect growth opportunity because without much prior knowledge, I was able to soak up more information during my internship and improve my overall capacity exponentially.

**What was your biggest accomplishment as an intern?**

I have to say my ability to focus and do things I once thought impossible. During one of the assignment weeks, our team had to review 300+ pages of contracts. Thankfully, having studied "Contracts for Engineers," our team was able to pull off and

actively discuss the JOA, PSC, GSA, and other agreements needed to proceed with the Pyitharyar Integrated Project.

**After the internship program, did you end up pursuing your Master's Degree?**

I initially planned to go abroad for my Master's Degree in petroleum engineering since I was very interested in exploring our nation's undiscovered oil and gas. Then I learned that MPRL E&P had developed this mentorship program directed by our Deputy Country Manager, specifically tailored to transition petroleum engineers to work offshore on Southeast Asia's first ultra-deepwater gas production project.

I realized the opportunity to be mentored by an expert with 40 years of experience was too valuable to let pass, so I decided to hold off on getting my Master's Degree.

**What do you think are the three most desirable skills for new interns?**

I believe all interns are eager and motivated, so a skill that comes extremely handy is knowing when to be reserved and have self-control. For instance, I have always been driven to learn from my colleagues. However, knowing when to stop serves as a preventative measure from stressing out the seniors, whose jobs involve tasks other than coaching interns.

Another skill that is universally appreciated is teamwork. There is a Myanmar saying that directly translates to "Two people get along. When another joins, they start fighting. When two more join, they disband, and rivalry forms between the pairs." As much as this saying is exaggerated, the concept still applies in the workplace where artificial harmony exists, as described by Patrick Lencioni. Teammates often get along on the surface, but rivalry, gossip, and sabotages exist deep down, resulting in an unhealthy working environment.

The last skill benefits the employer as much as it does the intern. It is the ability to problem-solve and deliver finished assignments. Any task can be broken down into a problem and its solution. For example, the current "problem" would be the need to minimize the capital expenditure of the project and the time to reach the first commercially viable gas. A method to solve the "problem" is to weigh different options in approaching detailed engineering, drilling, and production design. Finally,

the "solution" would be the calculated best case, which is the optimum compromise of initial capital expenditure and project revenue.

**Can you share your thoughts on the labor market developments during the pandemic?**

Inflation, geopolitical conflicts, and supply chain disruptions are the "hot" topics that follow the pandemic. All of these result in a deficient economy with aggravated recessions. With a poor financial state, small companies start going out of business, and the larger ones begin downsizing, contributing to the loss of jobs and increased unemployment. This can be seen more obviously in contact-intensive industries such as tourism and transport.

Nevertheless, in the two years since the start of the pandemic, the EU and the rest of the world have emphasized job retention and outreaching global vaccination campaigns, resulting in the global trade volumes returning to the pre-crisis trend. The employment rate closely follows this worldwide, but things are bleaker on our side of the world.

I am extremely fortunate to have a stable job and stay with my family in my hometown. I am truly grateful to the CEO for the employment and the opportunity to be a part of Southeast Asia's first ultra-deepwater gas production project.

**Please finish this sentence: If the pandemic has taught us anything about work, it is that ...**

...adversity binds us together stronger than ever before. To give you an example, HSE Manager U Nay Myo Aung who was suffering from COVID-19 during the Delta wave, helped arrange the provision of oxygen tanks provided by the Company to the critical patients within the Group of Companies. This is who we are and I am proud to be part of this work culture.

**You are now working as a Junior Engineer as part of the Pyitharyar Integrated Project Team that is working hard toward achieving the first gas milestone. What are some of your responsibilities?**

My tasks are quite different as a Junior Engineer and our PIP Team is working toward the first gas milestone of the Pyitharyar Integrated Project. My tasks involve reviewing Pre-FEED documents, preparing reports concerning electronic bidding, organizing the development of the "Electronic Bidding System via FTP", designing production profiles for different drilling and production options,



From Cover Page



Gas has been used by industry as old as people built villages in cultivated land: from top (Minbu mud volcanoes) to bottom (Algerian Sahara Desert) (all pictures by the author)

**Top Left:** Geology in action at the Minbu mud volcanoes as sun shines on a six-inch bubble of gas about to burst through mud;  
**Top Right and Inset:** An eroded mud volcano reveals rubbles with abundant pottery shards, possibly from an ancient pottery workshop powered by gas (inset showing no other garbage mixed with the potsherds)  
**Bottom Left:** Somewhere in the Algerian deep Sahara Desert (North Africa: an alignment of four-to six-thou sand-year-old mounded pottery kilns aligned along a geological fault seeping gas)  
**Bottom Right:** A broken neck of a jug near one of these ancient Saharan kilns

Of course, that does not necessarily mean there had been a pottery industry at the site of the Minbu mud volcanoes, there is no written mention of any such industry, and the site might just have been an old rubbish dump (without plastics). On the other way, ancient people had much more reverence and ingenuity than now for such admirable telluric sites, many of them sacred, and it is quite possible that before the advent of modern trade in the middle of the 19th century, pottery was fired using the gas of Minbu mud volcanoes.

Meanwhile, there appears to have been in the 1980s a lively cottage industry of frying potato chips using gas seepages in the neighborhood of the Minbu mud volcanoes.

But let's come back to modern times, and as a reminder, let's focus only on the onshore gas industry, especially in the Central Myanmar basins. This snippet does not pretend to cover the whole Myanmar gas history, which has hardly been documented before the sixties.

Before the 1960s

Late 19<sup>th</sup> Century: Gas Was Just a Natural Curiosity

German Geologist Fritz Noetling was commissioned by the India Geological Survey in the 1890s to review the status of the petroleum industry in Myanmar. Noetling, like all travelers and geologists of these times, was impressed by gas bubbling in mud volcanoes around the country, and especially in Minbu, to the point of dedicating almost a whole chapter of his report to this phenomenon. However, at the time, gas associated with the production of oil was to be avoided if possible. Apart from isolated occurrences in Yen-an in the Chindwin Basin, Noetling only mentioned gas as a nuisance to workers of the "twinza" hand-dug wells of Yenangyaung,

whereby diving suits became common in the early 20<sup>th</sup> century.

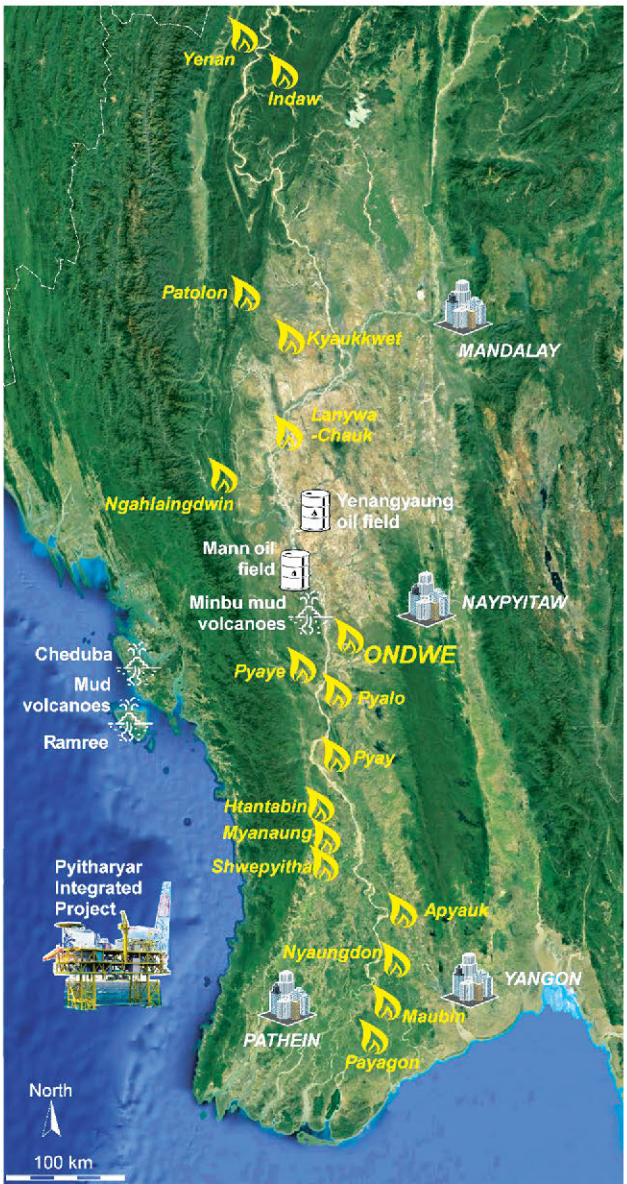
Subsequent geologists covering the geology of Burma, such as Harbans Lal Chhibber and Laurence Dudley Stamp, both in 1934, also mention the spectacular mud volcanoes of Ramree and Cheduba islands whose paroxysmal eruptions occasionally burst into flames a thousand feet high, as shared by local people to MPRL E&P veteran geologists during their field trips in 2007-2008.

But no authors of these times suggest any economical use of these gas outbursts, as gas could not be collected for being transported by pipeline to industrial markets. While describing a spectacular eruption of gas while drilling the first deep well at Pyaye, near Thayet in 1926, Dudley Stamp commented on the "negligible value of natural gas except in strategic localities".

Early 20<sup>th</sup> Century: The Dawn of Ondwe

The first geological structure that was drilled and discovered trapped gas is probably Ondwe, across the Ayeyarwady River from the yet-to-be discovered Mann Oil Field, some 15km east of Magway, in 1912. Various drilling campaigns until 1928 outlined a gas discovery at a very shallow depth.

But geologists were pursuing oil, Ondwe was left unexplored for some thirty years. Burmah Oil Company returned to drill two deep wells in Ondwe in 1956-58. These two wells were drilled by a steam-powered drilling rig for which it was deemed too expensive to truck diesel from Chauk. Therefore, two dedicated shallow wells were drilled to find again enough of the shallow gas discovered early in the 20<sup>th</sup> century to power the engine of the rig. Both of these wells performed most satisfactorily as they flowed 0.1 to 0.5 million



A map of some gas locations mentioned in this short paper; the yellow flames are gassy accumulations

cubic feet a day for up to a year and a half, as needed by the rig engine. Meanwhile, both deep wells of Ondwe encountered excessive pressures coinciding with gas shows strong enough in one of the wells to be qualified as "violent", a gas which also smelled - by contrast with odorless methane - indicating fairly good indications of petroleum liquids. Both wells were abandoned without being able to test whether they would flow gas at a commercial rate.

First Half of the 20<sup>th</sup> Century: Elsewhere in the Country

More to the North while exploring some promising oil in Indaw in the Chindwin Basin in the early 1930s, gas caused trouble in a well by blowing out and expelling along the way more than 750m of drill pipe. Some gas was also discovered in the same basin at the same time in Yen-an, but the absence of infrastructure led to the well-being plugged and abandoned.

To the South, near Thayet, more of the same: the drilling of the first well on Pyaye in 1928 was marked by a spectacular blow-out, an eruption of gas that blew out the drilling string out of the hole. According to the Indian Rangoon newspaper "Capital", the noise of escaping gas flowing at about 40 million cubic feet per day - just about the flow tested on the Pyitharyar wells - could be heard 12 miles away. The gas eruption took ten months to be controlled, and MOGE took 35 years to come back to economically produce the field.

While the gas was rather a nuisance, its value into managing the decline in pressure of the oil reservoir was well understood as early as in 1908: stringent regulations of that time prohibited the production of gas in the Yenangyaung Oil Field and wells encountering gas remained shut in.





*Roughnecks on a rig in the 1950s: unsure whether HSE Team would approve of this manner of reaching the monkey board on top of derrick (not to mention the head's protection of the time)*

### After 1963: MOGE's Finds North of Hinthada

Upon nationalization of the foreign oil companies in 1963, the People's Oil Industry, succeeded by Myanmar Oil Corporation, and finally, MOGE embarked on the modern seismic acquisition and discovered the 1970's and 80's substantial amounts of gas associated with oil, such as in the fields of Pyaye, Pyay, Shwepyithar and Mann-Htaukshabin in Central Myanmar. More uses were found for the gas, such as liquid petroleum gas (LPG for bottled gas) or compressed natural gas (CNG) for transport. Pyaye provided gas to fire the cement factory of Thayet until 1961, after which Pyalo succeeded it after its discovery in the late sixties. In 1982, the gas power station of Shwedaung started production to use the gas of the Pyay and nearby fields, supplemented by the gas pipeline laid from Yangon to Mandalay through Pyay and Magway.

MOGE was encouraged into developing a pipeline infrastructure by the discovery of some two dozen gas fields from Indaw in 2002 to the North in the Chindwin Basin, through to Kyaukkwet near Letpando in 1995, to the Shwepyithar Wet Gas Field in 1967, through gas pools in Chauk-Lanywa in the mid-1960s, Pyalo in 1969 and quite a few more. However, these fields were all relatively small, therefore short-lived upon production. Some of these gas finds came up with condensate - the lightest of oil, such as in Htantabin in 1980, the only onshore field that interestingly showing up to be an analog to Yadana as its gas lies in ancient reefs of the same age.

Mann in 1972 and Htaukshabin in 1978 showed enough gas associated with oil to build the embryo of a gas industry that provided electricity for a while to the town of Minbu, and still produces liquid petroleum gas (bottled gas) for local consumption.

As a way to save on expensive imported diesel, MOGE started the production of compressed natural gas (CNG) in 1986, and as of 2014, there were 45 CNG refueling stations in the country, mostly in Yangon, but also in Mandalay, as well as on the Yenangyaung and Chauk oil fields.

### In the Ayeyarwady Delta

Hardly any successful exploration occurred in the Ayeyarwady Delta until Burmah Oil Company discovered Payagon in 1959, which had to wait for MOGE to come on stream in 1983. During the very first licensing round in 1988, Shell was granted a large block in the area and discovered a second field on the same alignment of ancient volcanoes, in five million years old sands of the open seas then facing the estuary of the Ayeyarwady River. Yes indeed, most of Yangon at the time was under 10 to 50m of seawater and the fashionable beaches of the time were probably somewhere between Myanaung and Pyay.

Meanwhile, MOGE found two more fields aligned on the same trend on the top of a chain of ancient volcanoes, namely Nyaungdon in 1999 and Maubin in 2007. Most of these fields fed gas to the Kyaiklat gas power station starting in 1983.

By 1988, onshore gas production from onshore fields hit 115 million cubic feet per day, more than twice as nowadays, and also twice as our Pyitharyar wells. Onshore gas is mostly from the Payagon Field. Gas is still used for electrical power generation, fuel for cement factories, and conversion into fertilizers.

### Chinese Technical Successes Fail Commercial Hurdles

The Chinese state company CNPC through its local Chinnery Assets Ltd. made a discovery in Pyay Field in the late nineties-early 2000s but never made serious efforts to produce, apparently "unattracted" by the low contractual gas price, while having to operate deep over-pressured (i.e. pricy and risky) gas wells with relatively short lives.

Meanwhile more to the North, in the hilly jungles of the southern Chindwin Basin, Sinopec appraised the depth of an earlier oil discovery and announced in early 2011 the successful discovery of Patolon, storing nearly 1 Tcf of gas (a cube with edges of ten thousand feet or 3km or three times the volume of Mount Popa) and 7 million of barrels (enough to fill about 30 times the tanks of all the passenger cars of the country). However again, low prices and logistical challenges did not encourage Sinopec to stay on, and MOGE is still brooding plans to develop the field. Upon returning to MOGE's Ngahlaingdwin find of 1979 West of the Mann Field, Chinese North-PetroChem was fairly successful in its efforts to frac (hydraulic fracturing) the Shwesettaw gas sandstones in the early 2010s but also failed to produce an economic proposal and the gas field now lays fallow.



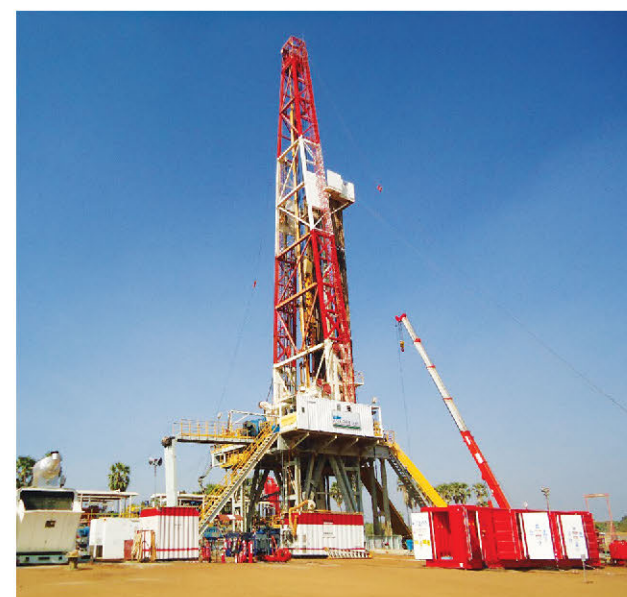
*Successful fracturation job in the Shwesettaw sandstones of well FM-1 (in Ngahlaingdwin Gas Field) in 2013; HSE Team to spot the killing details*

### 2000s: Ondwe Revived

After more than 40 years without interest in Ondwe, Indonesian MedcoEnergi drilled the NW Ondwe-1 well, which was tested in 2001. The well did flare some gas, which was not fluttering, yet its

flow was too small to be measured with available devices in the field. MedcoEnergi left the block without an attempt to better understand this technical, yet again uncommercial, success.

In 2013, at the opportunity of the second onshore bidding round, Italian major ENI was attracted to the challenge of exploring Ondwe in the RSF-5. The block was arguably the most promising acreage of the round. ENI also elected to associate with MPEP, without contesting the most knowledgeable local company to partner with for this fourth attempt in more than a century to try to make Ondwe the next gas onshore gas trove of the country.



*AD-2 Rig at work on Shwe Nan Htike-1: The same rig that found encouraging wet gas shows in extreme overpressures in Mann Deep East-1 also found wet gas in Shwe Nan Htike-1*

Having thoroughly imaged the field with a three-dimensional seismic survey, ENI contracted Asia Drilling's Rig AD-2 in 2020, during the early COVID-19 crisis, to drill Shwe Nan Htike-1, a rather daring well that crossed two live faults, losing significant amounts of mud in their fractured zones. The well nevertheless sampled significant gas rich in liquids, just below these faults, and at about the same depth and the same sandstones as in NW Ondwe-1. Continuing its downward journey, the drill bit encountered the deep objective to be disappointingly compact with very few pores yet apparently full of gas. Mechanical problems prevented the well to be tested, and the well is for now safely temporarily plugged, awaiting a technical decision on its final fate. Operational circumstances and corporate strategic decisions have forced ENI to prematurely leave the country without seeing the fruits of its efforts.

After more than a century of exploration of Ondwe, after four wells hinting at the presence of potentially producible possibly commercial gas, possibly with significant amounts of light oil, MPEP, rich in its local experience in the area, now prepares to take over all of the risks and complexities of checking whether this wet gas is worth bringing to the market for the mutual benefits of all stakeholders.

### A Final Word...For Now

Substantial resources of gas remain to be developed onshore in Myanmar and need to be economically rewarded by a fair price to all stakeholders, namely the resource owner – the people of Myanmar, the consumers as well as the operators of this yet technically and commercially risky business.

And maybe one day, if and when a taste for history and some reverence for ancestors' feats and ingenuity come back as a priority, a small archaeological campaign will pay tribute to the quite possibly century-old industry of Minbu mud volcano pottery. ■





Best Mentor



Best Grandfather



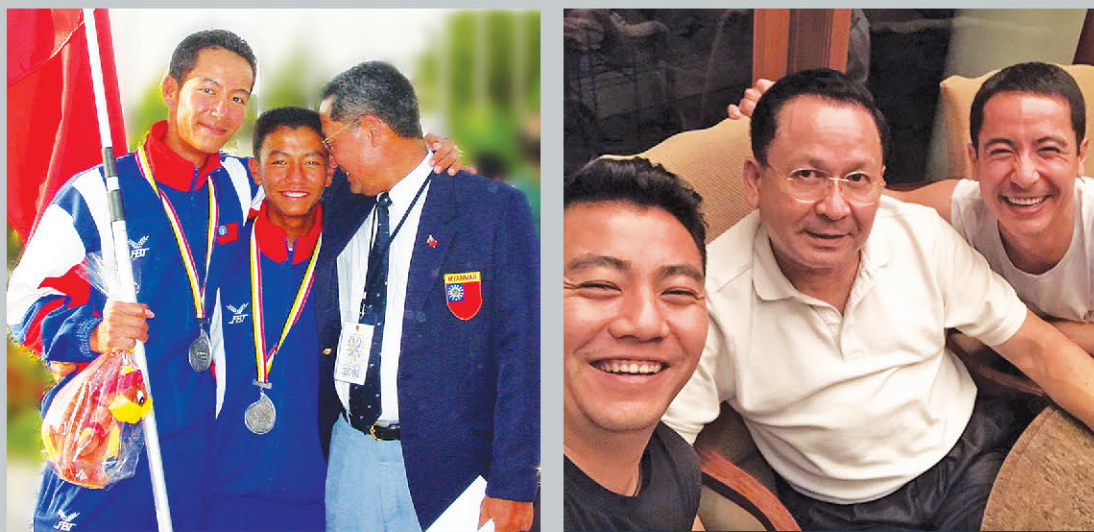
Happy  
Birthday  
to the Best!



Best Husband



Best Father





Happy  
**Birthday**  
September 2022  
**DCE**

Wishing you a wonderful year of  
good health, happiness and success!



Happy  
**Birthday**  
September 2022  
**COO**

Wishing you all the best today and  
for the rest of the year!



Happy  
**Birthday**  
September 2022  
**DXM**

Hoping this wonderful day fills up your heart  
with love, joy and blessings!





## Memorial Donations Made in Loving Memory of CEO U Moe Myint's Dear Parents



## Charitable Donations Made on Behalf of CEO U Moe Myint's 70<sup>th</sup> Birthday







Moe Thu Zar Soe

# The Power of Giving :

## Scholarship Stories of the Recipients of U Moe Myint & Family's Educational Foundation



*The U Moe Myint & Family's Educational Foundation was established on the birthday of our CEO U Moe Myint in September 2011. This family-led Foundation aims to provide financial support for the higher education of distinguished students from staff families within the MPRL E&P Group of Companies along with underprivileged Myanmar scholars across the country.*

*Since its inauguration in 2011, 3,057 basic education level students, 140 high school graduates and students who have passed their matriculation examinations with flying colors along with 37 general scholars have benefitted from the Foundation. In this regard, the Foundation has spent a total of MMK 981,797,280 in supporting the outstanding Myanmar students. The primary goal of this private scholarship program is to help reduce the financial barriers of the distinguished students so that their education goals are easier to obtain.*

*For this Academic Year 2022-2023, U Moe Myint & Family's Educational Foundation granted financial assistance in the amount of MMK 4,090,000 to 129 basic education level students from staff families across MPRL E&P Group of Companies who are attending local government and public schools.*

*We are lucky to share the latest interviews of three recent graduates of Class'21, the scholarship recipients, who passed their matriculation examination with distinctions, and are now starting their new adventure in the medical field.*



**Ma Khun Cho Thar**  
First Year  
University of Medicine-2

My name is Khun Cho Tha. My mother Daw Kay Khaing Moe works as a Community Based Facilitator (CSR Department) at Myint & Associates Offshore Supply Base Limited (M&AOSB). I passed the matriculation examination in March 2020 with 6 distinctions and 522 marks. Currently, I am attending the foundation year (1st-year MBBS) at the University of Medicine-2 with the support of U Moe Myint & Family's Educational Foundation Scholarship Program.

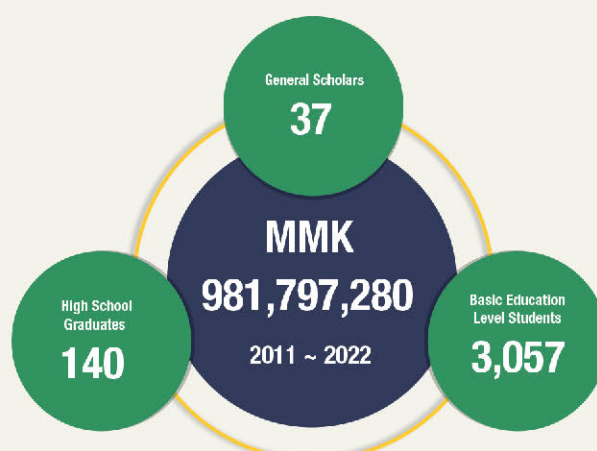
When I was in Grade 11, my mom always talked about her company, specifically the staff welfare activities, U Moe Myint & Family's Educational Foundation Scholarship Program and the relationships among the colleagues. At that time, I thought my mom was just praising her company. But when I visited Vantage Tower on Pyay Road with my mom, I felt the warmth of the company and realized that my mom's words were true.

I will never forget the time my mom and I went to MPRL E&P office for the scholarship application process, I was nervous and anxious. But my fear disappeared when I met my mom's seniors. They congratulated me and helped me with the application process. For example, Auntie Ni (Daw Ni Ni Khaing Myint) told me to contact her not only for school matters, but also for any help in need. Her encouraging words made me feel at home, and knowing the fact she would be there for me, made me feel less homesick. When my mom returned home to Ayeyarwady Division after dropping me off at the university, I felt empty. I thought, the worst illness for me had to be homesickness and loneliness during my first few days in Yangon. To brighten up my days, Auntie Wit Hmone (Daw Wit Hmone Tin Latt) would come to my dormitory and bring me some warm tasty bread. It would be more accurate to say that she brought me great warmth and care more than the bread.

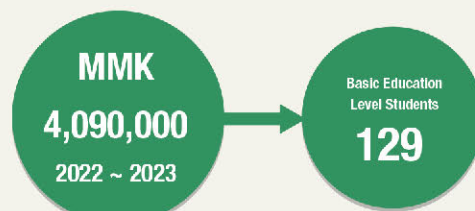
In my opinion, this scholarship program not only provides financial support but also kindness and benevolence. I would like to express my sincere gratitude to the Founder Sayar U Moe Myint and his family. I wish he continues his Foundation in providing beneficial contributions to those in need.

Currently, I am doing the foundation year at the University of Medicine-2. I will be in this program for seven years—six years of study until Final Part II and one year of house surgeon internship at the assigned hospitals. When I was young, my dream was to become a surgeon, but now I strive to become a pediatrician. Whenever I think about having the opportunity to interact with children, cure their health problems and make their innocent faces happy, I become more motivated and energized. I am able to pursue this dream because of the gracious support from the Foundation.

Part of this university student life means learning to surpass challenges on my own now that I am away from home and my family. My mother always taught me how to manage my own time and be efficient. I was quite an introvert, but now that I am two months deep into my university life, I am becoming more of an extrovert, learning to be more open and comfortable around new people. I gained more self-confidence during presentations, and now I feel okay being a group leader during discussions. This change in me is supported by the opportunity given to me by my family and the Foundation. Thank you!



**Total Contributions of U Moe Myint & Family's Educational Foundation (2011-2022)**



**Contributions of U Moe Myint & Family's Educational Foundation to Basic Education Level Students for Academic Year 2022-2023**

“Giving is not just about making a donation. It is about making a difference”

Kathy Calvin  
CEO & President of  
the United Nations Foundation





**Maung Ye Min Lwin Oo**  
First Year  
University of Medicine-1



My name is Ye Min Lwin Oo and I am 18 years old. I am the elder son of U Zaw Min Soe who is serving as a Chief Administrative Officer at MPRL E&P Pte Ltd. I passed the matriculation examination with five distinctions in the 2019-2020 Academic Year. As a result, I was awarded a prize from the Foundation. Since it happened during the pandemic, there was no official ceremony held at the company. However, all recipients including myself, feel honored to be mentioned and acknowledged in the company's Insight! Newsletter. Not only was I awarded a prize, but also selected as a recipient of U Moe Myint & Family's Educational Foundation Scholarship Program. With the scholarship funding from the Foundation, I am able to further my studies at the university with no financial burden.

I have just begun my foundation year as a student of the 05/2022 batch at the University of Medicine-1, Yangon. It has been about four months now and throughout my first few months at the university, I came across many challenges. Instead of terming them as "challenges", I would like to describe them as "regular tasks" because every university student encounters them one way or another. We are learning GCE-A level science subjects with an emphasis on the application of medical science. Language subjects are aimed at honing our communication skills and appreciation of literature and culture, which are needed for soft skills development. Every theory, principle, and lesson that we are learning in this first semester is coming in useful in our career. The lessons were difficult to follow initially, but as I studied harder, read more books on various topics, and did some research on the internet, most of the difficulties gradually subsided. At my university, there is at least one tutorial or test every week and one project every two weeks. Not only do I need to study for weekly tutorials, I also have to work in teams for group projects. Here, corporate skills such as leadership, teamwork, communication, and time management become vital when trying to accomplish every assignment. In the beginning, the new subjects and unfamiliar teaching practices were challenging for me, but I became used to these challenges as time passed. When going through this university life as an outstanding student, I am always conscious of my studies and time at the university, especially since I am the recipient of the Foundation. This opportunity keeps me going, yet makes me resilient, and definitely propels me to become a doctor one day.

After I get my M.B.B.S degree, I plan to work in public hospitals to get the most out of the real-world experience. I would like to play a part in the government sector and serve my country in any place I am assigned to. The pandemic has brought suffering to many, and to be specific, the



third wave was the most impactful one yet—it was a nightmare for most of us. Some lost their loved ones and others still suffering from the complications of the coronavirus. During the third wave, MPRL E&P formed a group "Emergency COVID-19 Assistance and Oxygen Support Committee" to provide immediate emergency assistance to those with urgent medical needs. The Committee provided oxygen, medication, and even doctors not only for the staff but also for their immediate family members. This experience and personal encounters changed my perspective and goal in life. I would like to be a frontline health worker one day and serve the community in fighting against diseases and illnesses. There is a proverb that says, "They that are bound must obey." As we have taken what the company and Foundation have provided, we have to give back when we can, when that time comes. I was not able to volunteer during the COVID-19 outbreak, but I am ready to serve my country and help those who have supported me throughout my life. I am fortunate to be able to embark on a new journey to become a doctor without any financial burden, and this is a priceless opportunity for me. I am forever grateful for the support I received from this Foundation, and I will try my best to become a well-rounded doctor one day who will be an asset to everyone within my reach.



**Ma Thet Hmu Thwe**  
First Year  
University of  
Medical Technology

I am the daughter of Daw Sandar, who is an Assistant Administrative Manager working for Myint & Associates Co., Ltd. (M&AS). My father is U Myo

Min Thein who worked as a Production Engineer at Mann Field. Since my father retired when I was in primary school, my mother became the sole provider and biggest help during my tertiary education. I passed the matriculation examination in the 2019-2020 Academic Year with 4 distinctions and 486 marks. As a result, I was selected to become a beneficiary student under U Moe Myint and Family's Educational Foundation Scholarship Program. This gave me so much joy and encouragement because now, my mother will not have to worry about my finances for my education. During the pandemic, all schools across the country were closed. I took advantage of this downtime doing online classes, and I completed one of the three levels of the BBA program. I know that this will help me in my future journey and I think business subjects will be useful no matter what career we pursue, so if I have the time again, I will continue to learn more about this subject.

Currently, I am in my first year at the University of Medical Technology in Yangon. It has been four months since I started the university. The Foundation financially supports me with monthly expenses on top of buying school supplies for my studies. This scholarship program is so important to me and I am forever thankful for this opportunity. It pushes me to excel in my studies and gives me the motivation to study harder.

Since I started my university life, I feel that I am growing into a mature young adult alongside the classes and experiences at the university. I just finished my first Theory Test in August. After four years in this medical technology field, I am determined to become a radiation technologist in the public health sector. I also have plans to pursue a Master's Degree after. Being a recipient of this Foundation, I feel fortunate and honored, and I'd like to express my sincere gratitude to Sayar U Moe Myint and his family for their unselfish generosity to support the educational endeavors of students like myself. It has changed my life in many ways, I am now one step closer to my goal. It has lightened my financial burden and as a result, I am able to focus more of my time on studying. I can't wait to grow professionally and work as a medical technician. Thank you for enabling this opportunity! ■







# Equipping Mann Field Community Youths with Technical and Vocational Skills

**Pyae Pyae Phy**

The young generation plays a vital role in the nation's growth and development. The rise in youth population and unemployment, along with the volatile labor market and economy due to technological advancements are a few reasons why we must provide future generations with the entrepreneurial skills and mindsets to endure and sustain in this changing world.

World Youth Skills Day is celebrated on 15 July every year. It focuses on the strategic importance of equipping the youth with skills for employment, entrepreneurship, and work. The day also highlights the current and future global challenges the young generation faces in the professional world. Recent happenings like the pandemic and global socio-economic crisis have further impacted the younger generation with education and skill set development. To revitalize the capacity and credentials of the youth, educational and personal development training must be implemented and carried out as part of the lifelong learning process.

According to UNESCO-UNEVOC, Technical and Vocational Education and Training (TVET) can equip youth with the skills required to access the professional world. TVET also enables improved responsiveness to changing skill demands by companies and communities, while it helps increase the productivity and wage levels of the youth. Further, TVET can reduce access barriers to the challenging professional environment, for example, through work-based learning, and ensuring that skills gained are recognized and certified. Lastly, TVET provides skills development opportunities for low-skilled people who are under or unemployed, out-of-school youth, and individuals not in education, employment, and training (NEETs).

At MPRL E&P, community livelihood development is one of our key focus areas. We have established educational partnerships with local and regional technical and vocational training institutes. The partnership serves as a platform facilitating bringing technical and vocational education closer to community youths. The educational partnership enables the provision of assistance in application processes and scholarships to help complete the courses without financial burden to disadvantaged students. Today, we spotlight the voices of Mann Field community youths who are gaining technical and vocational trainings and new skill sets with the support of MPRL E&P's CSR Program.



**Aung Paing Phy**  
Pauk Kone Village  
No.5 ITC (Magway)

I am Aung Paing Phy from Pauk Kone Village. With the support of MPRL E&P Company's CSR Program, I am attending a one-year Automobile Maintenance Course

at No. 5 Industrial Training Center (ITC - Magway). I heard from the village volunteers about the MPRL E&P's scholarship program at No. 5 ITC (Magway), and right away, I applied for it because I was eager to learn about Automobile Maintenance. Seven youths

from Mann Field passed the entrance exam—five male students attended the Automobile Maintenance Course and two female students took the CAD/CAM Course. The training center not only teaches relevant subjects but also improves the spirit, discipline, and general knowledge of the trainees. It also helps the trainees with obtaining a driver's license and provides them with professional connections for employment opportunities.

Myat Thu Maung, who is also from my village, completed the CAD/CAM Course with the support of MPRL E&P's CSR Program and is currently working at SUZUKI Car Company in Yangon with the connection of the training center. MPRL E&P's scholarship program not only supports the education of the local youth in Mann Field but also improves employment opportunities for each trainee. It is a very beneficial program for the entire family and the community. Our local trainees are very grateful to MPRL E&P for its scholarship program. I will continue to learn more about automotive and strive to become an expert in automotive maintenance. I plan to share the knowledge and experience I have gained with my friends back home. We wish MPRL E&P Company to continue supporting the development of young people in Mann Field. We are very grateful to the MPRL E&P's CSR Program for supporting us and to the teachers at the No. 5 Industrial Training Center for teaching us with passion and commitment.



**Ingyin Khaing**  
Mann Kyoe Village  
No.5 ITC (Magway)

I am Ingyin Khaing from Mann Kyoe Village. I passed the matriculation exam in 2020 and am currently studying CAD/CAM (Computer-Aided Design and

Computer-Aided Manufacturing) at No. 5 Industrial Training Center (ITC - Magway) with the support of MPRL E&P's CSR Program. The course was for nine months; I learned about Auto CAD, Basic Computer Skills, English, Technical Drawing, Trade Technology, and some calculation, to name a few. During the first semester, I completed nine subjects, and for the second semester, I did more theoretical and practical studies. I also had to complete Master CAM as an additional subject. After receiving the opportunity to attend this training school through MPRL E&P's scholarship program, I was excited to enhance my current knowledge and skills. I also became more well-rounded and learn how to build new relationships with people.

I like to thank MPRL E&P for their kind contribution towards my education plus room and board. This generosity helps us with our financial burden and focus on our studies. I am proud to have received a very good grade on my first-semester exam. I heard about MPRL E&P's scholarship program through U Win Ko, Community Liaison. I also learned about fellow villagers, Ko Zeyar Phy and Ko Yazar Aung, who attended the Automobile

Maintenance Course at No. 5 ITC (Magway) with the scholarship funds from MPRL E&P. It is clear to see the importance of MPRL E&P's scholarship support program among the youth in Mann Field and how plays a vital role in our lives. After completing this course, I hope to land a good job and help out with the development of the region.



**Wai Wai Lin**  
Ywar Thar Village  
SAI (Pwint Phyu)

I am Wai Wai Lin from Ywar Thar Village, a scholarship recipient of MPRL E&P's CSR Program. I am doing a three-year course at the State Agricultural

Institute (SAI - Pwint Phyu). I applied for MPRL E&P's scholarship around the outbreak of COVID-19 second wave. There are seven of us, four boys and three girls, from the Mann Field Communities who won the scholarship awards, and I was happy to be able to go to the same school with my friends. All of us with financial difficulties are now able to pursue our educational goals because of MPRL E&P, and we are forever grateful to the Company for giving us this opportunity.

This scholarship program covered all our expenses including tuition, dormitory, and meals, making it easy for us to complete the course with less stress. During the first year, we had to study subjects like Horticulture, Agronomy, Botany, English, Mathematics, Physics, Animal Husbandry, and so forth. We gained latest knowledge and experience about agriculture during the practical learning sessions. My social skills have also improved. After finishing the course, I plan to work in agriculture-related industry and share the new knowledge and skills with my peers at my home town and contribute to the development of the region.





# Learning Club Program Resumes after Twenty-Month Pause

Pyae Pyae Phyo

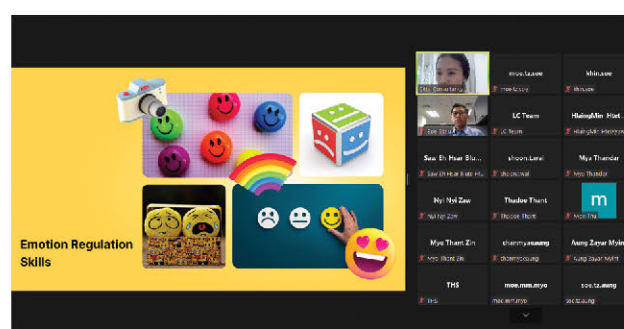
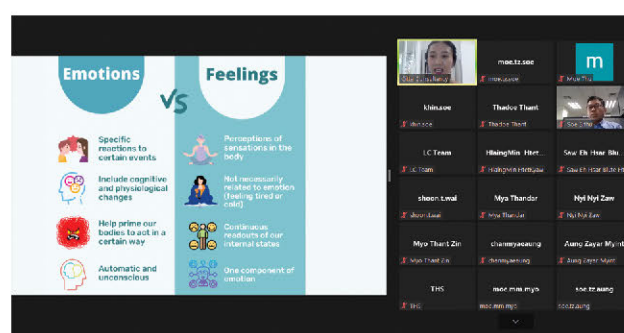
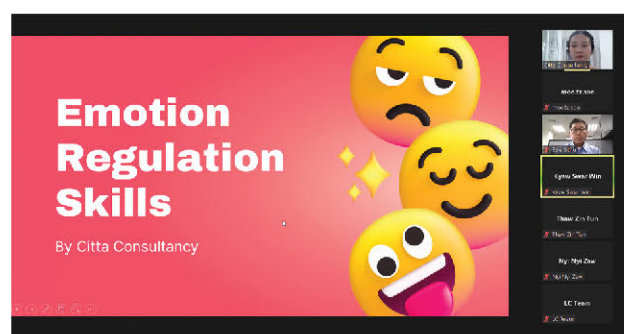
MPRL E&P's Learning Club Program, initiated by the HR Department, resumed with a virtual event after 20 months of inactivity.

In this Fiscal Year 2022 - 2023, the Learning Club Program returned with nine new members in the group, called the Learning Club Organizing Team. The Program was placed on hold for 20 months since December 2020 due to the COVID-19 restrictions and rotating shift schedules.

In July 2022, the Learning Club Organizing Team kicked off several meetings, including one "Meet and Greet" session with the team members and external stakeholders to talk about reactivating the Learning Club Program. As the COVID-19 situation has made face-to-face learning activities a little more challenging, the Organizing Team decided to create and promote a new online learning environment. An external professional speaker, who is proficient in organizational and mental wellness, was selected to provide a mental detox talk show for personal wellbeing to all staff members of MPRL E&P.

On 17 August 2022, the Learning Club Program returned with the "Emotion Regulations" webinar. The interactive webinar was delivered by Daw Nang Kyi Pyar Maw, Senior Counsellor from Citta Consultancy. The webinar covered the topics like *What Emotion is, Types of Basic Emotions, The 3 Key Elements of Emotion, Science of Emotion, Emotion vs. Feeling, Emotion Regulation, Emotion Regulation Skills*, and *Grounding Techniques*. The event also included a pre-assessment session of seven wellness dimensions, followed by topic discussion and post-event survey sessions.

With the purpose of creating an effective and efficient learning environment, the event was held via Zoom meeting and run with a ticket limitation of 50 seats only. The attendees actively participated in the discussion, where many questions were



raised via public and private chat boxes. The webinar attendees were also gifted with stress-relieving presents with handmade packaging prepared by the Learning Club Organizing Team.

According to the post-event survey results, the Learning Club event received 100% positive feedback from all attendees, who offered interesting suggestions inclusive of future event topics, physical learning activities, and talk shows without seat limitations. This first event was a total success! The Learning Club Organizing Team is currently planning the second session, which is expected to return in the third quarter of FY 2022 - 2023.



## About the Learning Club Program

In May 2019, MPRL E&P's Human Resources (HR) Department initiated the Learning Club Program with an aim to create a vibrant learning environment that supports a community of learners where everyone contributes and assists each other through teaching, sharing knowledge, and learning from each other.

The Learning Club Program is a team-based activity where the dialogue and exchange of different perspectives among the members results in stretching the ability of the organization to grow and develop sustainably. The Program is organized and arranged by the internal staffers known as the Learning Club Organizing Team. They are keen and enthusiastic about enhancing their learning and development skills because they believe continuous learning is the ongoing expansion of knowledge and skill sets that positively impact one's interpersonal and communication skills.

MPRL E&P's HR Department invites and welcomes all staff who are interested in leading the Program and getting involved with the activities that will run throughout the Fiscal Year. Every year, the HR Team facilitates the recruitment for the Learning Club Organizing Team members with the approval of respective Department Heads.

When the Program was launched in May 2019, there were 18 members: 13 from Yangon Office (MYO) and 5 from Mann Field Office (MFO), and they led the Learning Club Organizing Team for the activities that occurred from 2019 to 2020. They chaired four successful events: *A Home called Life* in July 2019, *Creating in Happier Workplace* in November 2019, *Work at Office vs. Work from Home Debate* in July 2020, and *The New Normal Talk Show* in November 2020. These activities were temporarily suspended in December 2020 when the COVID-19 outbreak became a hard hit across the country. ■



## EMOTION REGULATION WEBINAR

**Topics Discussed:**

- Emotion Vs Feeling
- Emotion Regulation

**17 August 2022**  
Wednesday

**1:00 - 2:30 PM**

**Nang Kyi Pyar Maw**  
Senior Counsellor  
Citta Consultancy

**SEATS FOR 50 ONLY!**





## Improving School Infrastructure and Facilities for Children in M&AOSB Project Area

### Pyae Pyae Phyio

Guided by a clear sense of social and environmental responsibility, Myint & Associates Offshore Supply Base Limited (M&AOSB) always recognizes the importance of improving the livelihoods of local communities. Proper school infrastructure and facilities have a positive impact on the overall school environment including effective teaching and learning process. There are a total of four public schools in the surrounding areas of the Nga Yoke Kaung Bay location where the M&AOSB project locates. As part of M&AOSB's core values, the company's CSR Program supports these schools in the area on a needs basis under the company's shared value investment.

In June 2022, the schools across Myanmar were back in session for the 2022 - 2023 Academic Year. The Basic Education Schools around the M&AOSB project area were also reopened for in-person learning under the COVID-19 prevention measures.

As part of the Community Infrastructure Development initiatives, the CSR Team of M&AOSB provided proper school facilities and learning



**Hand Washing Station Donation for Kyway Chaing School**

environment to the children of the host communities at the beginning of this school year. The CSR Team conducted the needs assessment of three schools in Nanttharpu Village Tract, Kyway Chaing Village Tract, and Nga Yoke Kaung Town. The Team visited these schools to identify the current needs and acknowledged the requests of each school, and further discussed the necessary matters with School Principals, School Development Committees, and Village Administrators. After the internal review and thorough evaluation, the CSR Team took up school support initiatives to fulfill the urgent needs of the three local schools.

In August 2022, M&AOSB's CSR Program donated a GSS stainless steel water tank (1,000 liters) to Basic Education High School of Nga Yoke Kaung Town. The CSR Program completed a provision of five whiteboards with (8' x 4') length and conducted classroom floor renovation and wall painting for Basic Education High School (Sub) of Nanttharpu Village Tract. The CSR Program also provided a handwashing station with eight taps for Basic Edu-



**Whiteboard Donation for Nanttharpu School**

cation High School (Sub) of Kyway Chaing Village Tract.

To sum up, M&AOSB's CSR Program contributed a total amount of MMK 2,800,000 to the development of school infrastructure and facilities in Nga Yoke Kaung, Nanttharpu, and Kyway Chaing. M&AOSB hopes that these initiatives will result in positive outcomes for the stakeholders and children alike. ■

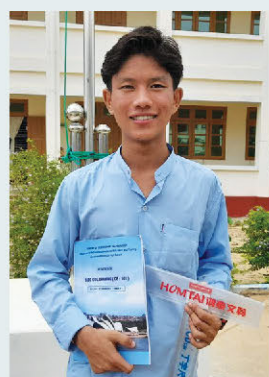


**Classroom Floor Renovation and Wall Painting for Nanttharpu School**



**GSS Stainless Steel Water Tank Donation for Nga Yoke Kaung School**

### From Page 24



**Zaw Myo Aung**  
Ayuk Kyaung Village  
GTHS (Magway)

My name is Zaw Myo Aung from Ayuk Kyaung Village. I passed the Grade-10 exam in 2020, and after about two years of school break, in May 2022, I saw

the announcement on the community noticeboard about MPRL E&P's scholarship program for young people to study at the Government Technical High School (GTHS - Magway). We learned about the scholarship program details from the Community Volunteers and CSR Staff. I aspire to be an engineer one day, but I had difficulties continuing my education due to the family's financial situation. I found out that this scholarship program supports local youths in 14 villages around Mann Field, who are having financial difficulties to continue with school. I took on this opportunity and applied for the scholarship. My friends, Si Thu Maung from Aye Mya village and Khin Hnin Aye from Lay Eain Tan Village are also studying at the GTHS (Magway) with the support of MPRL E&P.

During the first semester, we took classes like Myanmar, English, Mathematics, Physics, Chemistry, Basic Civil Drawing, plus some building materials and construction subjects. I had some difficulties in the beginning of the course, but now I'm doing fine. The scholarship covered my training fees, course books, teaching aids, dormitory, and monthly meal expenses. I would like to express my sincere thanks to MPRL E&P and all the responsible persons for helping me focus on my education without having to worry about financial issues during this three-year training period.



**Kyaw Min Thu**  
Mei Bayt Kone Village  
Ayeyarwaddy Training  
Center (Minbu)

I am Kyaw Min Thu from Mei Bayt Kone Village. I studied at the University of Community Health (Magway) until 2020, I was a final year student at the University. But I was unable to continue my education due to personal difficulties. With the scholarship support of MPRL E&P's CSR Program, I completed the Nursing Assistant Course at Ayeyarwaddy

Training Center (Minbu) in April 2022 and received a certificate that enables me to earn a proper living.

I heard about the scholarship program through the village loudspeaker, and I went ahead and applied for it. To attend the Nursing Assistant Course, I had to do written and oral interviews. The CSR Program provided educational support to five youths from Mann Field, including me. When I was studying at the University, I learned about health through theoretical teachings. Now, I have gained practical knowledge and experience. During the course, I learned about blood pressure measurement, how to draw an ECG, insert a catheter, care for stroke patients, handle and store clinical equipment, proper patient care methods, and home remedies. I also discovered many medical terms; I feel that my health knowledge has increased. After the training, I worked as a part-time instructor at Ayeyarwaddy Training Center (Minbu). Currently, I am working at Daw Toe Pharmacy and learning more about medicine. I hope to graduate as a Health Assistant (HA) and open a clinic and pharmacy one day because it is very much needed in the community. I would like to express my gratitude to MPRL E&P for supporting young people like us who have financial difficulties to continue learning. I hope that the company continues to support and uplift the youths in Mann Field. ■





# Honing In On New Opportunities : M&AS' Frozen Vegetables Production

Hnin Wynt Zaw

The outlook for frozen food has never been better. With the recent pandemic and changes in consumer perceptions, the demand for frozen food across the global market and Asia-Pacific (APAC) is on the upswing. According to Entrepreneur.com, the reports indicate that the APAC frozen food industry was estimated at \$57.02 billion in 2018 and is projected to reach \$83.46 billion by 2023. Many factors play a role in this upward trend, from the demand for convenience, availability of healthy frozen items to preservative-free produce grown organically.

Frozen food is defined as food products that are preserved under low temperatures and kept frozen until used. The food products vary from vegetables and fruits, meat, poultry, to dessert and soup. Many businesses such as hotels, caterers, and restaurants are among the major buyers of these products.

As the leading service provider in the oil & gas industry since 1989, Myint & Associates Co., Ltd. (M&AS) has recently introduced its selected line of frozen products under the management of the Catering & Beverages Department. Honing this new business opportunity for M&AS is a long-time coming. "These days, it is a challenge to procure frozen vegetables, and when you find them, you can't buy them in bulk," said U Win Ko, Assistant General Manager II (M&AS), who further explained how it all materialized. "We were thinking about starting a frozen vegetable production about three years ago. We discovered that the market is very competitive, in fact, many businesses only buy frozen products from their contracted brands, making it very difficult for us to penetrate the market."

But this did not stop the Catering & Beverages Team during the slowdown caused by the pandemic. Besides, situations have changed. Considering today's unreliability with the supply chain, limited importations, and currency volatility, it only makes sense to create something small using our own expertise, in-house talent, and longevity in the food and beverages realm. Currently, we offer frozen broccoli, sweet corn, cauliflower, and potatoes (French fries) as the first line of frozen vegetables.

Moreover, shelf life (both pantry and fridge) for fresh produce is of importance because storing at the proper temperature is key to obtaining the longest shelf-life. Most of our clients are offshore in remote areas, and sending fresh produce via supply vessels can be challenging due to the varying trans-

portation schedules of these vessels. Some vessels only transport offshore once a month, and some projects consist of large personnel on board (POB) that requires delivery of food items and produce at least once every two weeks. Vegetables are an incremental part of our daily diet, and for most of our offshore clients, we have to ensure the availability of vegetables, in this case, frozen vegetables that can easily fulfill the demand during food shortage due to logistical interruptions. Besides, we always need to be prepared for the unexpected; we may encounter an inadequate supply of frozen vegetables in the market. Our clients are important to us and so are our services.



M&AS' Catering and Beverages Team preparing food

Lastly, Myint & Associates Co., Ltd. (M&AS) is ISO and HACCP certified, therefore, we make sure we comply with all the required standards and regulations, starting from receiving the goods to transporting the packaged goods to our clients. As a food supplier, we also have certificates from Myanmar's Food Industry Development Supporting Laboratory (FIDSL), which is under the UMFCI's Myanmar Food Processors and Exporters Association (MFPEA). We maintain long-term relationships with our customers through trust and loyalty, which have been our goal since the inception of our services. Next, we ensure our packed products are fresh, nutritious, and of good quality and that they are also safely prepared, packaged, and frozen. The labels on the frozen packets show product weight, production date, expiration date, storage temperature, and instructions for use.

Passion, purpose, and experience in catering have been our specialty, and we believe that as a long-term service provider, we aim to expand our line of frozen products in the near future through collaboration with local suppliers, at the same time, support local economic development while contributing to the needs of our clients and the frozen food industry. ■

Reference: <https://www.entrepreneur.com/article/327811>

## The Leading Service Provider

In the Oil & Gas Industry of Myanmar and the Region



Myint & Associates  
Company Ltd.





WASH and WASTE Knowledge Sharing Sessions in Mann Field



 <b>11</b> Sessions	 <b>435</b> Students
 <b>11</b> Hours	 <b>6</b> Villages
 <b>6</b> Schools	




**Trash Hero Gaw Yan Gyi**

GAW YAN GYI




Trash Hero Gaw Yan Gyi Chapter conducted two cleanup sessions on 26 June 2022 and 10 July 2022. Trash Heroes picked up garbage along the main roads of Seik Kan, Zin Yaw Chung, and Ah Lel Kone Wards of Nanttharpu Village Tract. A total of 61 heroes including 16 adults and 45 kids participated in the cleanups and collected 165 kg of trash (33 bags). M&AOSB's CSR Program and Nanttharpu Community provided necessary support inclusive of cleaning materials, breakfast, refreshments, and transportation. ■








**Trash Hero Minbu**

MINBU



In this second quarter of FY 2022 – 2023, Trash Hero Minbu Chapter organized a total of 17 cleanup activities which were made possible with the kind support of MPRL E&P's CSR Program and Mann Field Communities. A total of 273 heroes including 21 adults and 252 kids joined the Trash Hero Minbu's cleanups around Aye Mya, Lay Eain Tan, Nan U, Chin Taung and Auk Kyaung Villages and collected 330 kg of trash (66 bags). ■





From Page 15

allocating cost and project activities for different development options and weighing different development options using the economic model designed by our in-house Reservoir Engineer.

### What aspect of your current role excites you and what aspect worries you?

The aspect that excites me the most about my work is the project, considering I did not have any prior knowledge about the ultra-deepwater industry. This gives me the feeling of hope that the only direction that I can go is toward getting better.

What I worry about at work also stems from what I get excited about; I fear I might not be sufficient and that I am not capable of completing the tasks at hand.

Nothing is a smooth ride. I am prepared because I have learned the skills to tackle problems and have been exposed to the work environment during my internship at MPRL E&P. This experience has immensely helped me complete my daily and long-term tasks.

### If you become a Head of Department one day, how would you improve employee productivity?

When I become a Head of Department (HoD), I would first come up with a difficulty matrix that assigns a "value" representing difficulty to every task. Each staff will be expected to complete a certain "value" per day/ week/ month/ year, depending on their position.

The matrix will consider: (1) the number of people needed to finish the task (2) the time needed (3) routine or novel work (4) stakeholders' involvement (Government/ Joint venture) and (5) employee's capability. The value will be calculated either by software or a professional estimate by the HoD or a group of qualified employees.

A spread-out factor will also affect the difficulty value, which means that the assigned number will go down exponentially with added days. For example, an activity assigned a value of 16, to be com-

pleted in 10 days, will be valued at 16 for those 10 days. But once it goes 1 day over, the activity will only be worth 4 points ( $\sqrt{16}=4$ ).

Moreover, team members will be expected to accomplish at least one task per day from each of the following categories: (1) personal development, (2) supervisor's task, and (3) helping teammates. However, tasks are transferrable between days of the week as long as at least five tasks from each category are completed per week.

Furthermore, a briefing will be done 1.5 hours after office check-in, where team members will be handed out tasks, discuss the potential problems, and propose a solution for the day.

A debrief will take place 1.5 hours before office dismissal, where the members will submit their finished work and give feedback. Offsetting the meeting time by 90 minutes allows the teammates to come prepared and finalize unfinished tasks after the debrief before they go home.

A punishment and reward system will be emphasized without being too obvious. Co-workers will be asked for their mood and feedback for the day during the debrief. HoD will adjust things accordingly including the amount of work, the matrix, the feedback system, and daily tasks allocation.

### That sounds like a plan, Banyar! Looks like you have put so much thought into employee productivity. Now, let's discuss your future plans. What do you wish to achieve in 2023? In five years, both in personal and professional life? And what is your take on making a meaningful impact at work?

By December 2023, I will have finished reviewing all the Pre-FEED documents, modeled some of Mann Field's reservoirs on Petrel, learned to understand the PIP Petrel Geoscience model, and will probably be in pursuit of my Master's Degree. In an ideal universe, I will try my best to maintain eyesight while enjoying my hobby of sailing and other physical activities, contributing to a perfect work-life balance.

Due to the current situation of our country and the world, predicting where I will be in the next five years might turn out to be inaccurate. However, I wish to be proficient at whatever I accomplish in the next five years and positively impact my environment.

My take on meaningful impact at work is contributing to a positive cash flow while building healthy relationships internally and among the JV partners.



### Describe your favorite "fun" day at MPRL E&P.

My kind of "fun" is doing so many things at the same time that I stop caring about what order of work I finish first. This is my every day at MPRL E&P, and I am glad to be a part of the ongoing ultra-deepwater project.

### One last question, how do you spend your weekends? How do you achieve work-life balance?

I spend my rest days with family and loved ones. I mostly focus on doing chores I couldn't finish during the workweek, such as bathing my dog, going grocery shopping, and completing unfinished office work. Likewise, I sometimes work out at the gym or go sailing at the Yangon Sailing Club. My advice is to not get extremely devoted to work and to embrace that you are "working to live," not "living to work." ■

From Page 7



**U Aung Myint San**  
Mann Kyoe Village

I am one of Fish Amino Acid users and enforcers in our community. Since I attended Fish Amino Acid hands-on training organized by MPRL E&P's CSR

Program in 2020, I learned how to make natural fertilizer and have been applying it on my farms. I am currently growing tomatoes on 1 acre of land and chili and chickpea on 1.5 acres of land. As the fertilizer is organic and homemade, it is cheaper than chemical fertilizers. It helps produce good quality crops and vegetables resulting in a healthy rise in business income. I enjoy sharing my experiences with my peers and my knowledge of making plant tonics. I really appreciate the CSR Program and its efforts in establishing Community Seeds Bank, and providing agricultural and livelihood development training. I wish the company continues to support the development of Mann Field's agriculture sector.



**U Soe Win**  
Mei Bayt Kone Village

These days, chemical fertilizers are becoming more expensive, and it has been inconvenient to purchase expensive fertilizers for my flower farming business.

However, after completing the Fish Amino Acid hands-on training by MPRL E&P's CSR Program, the expensive fertilizer problem has been solved. Now I make my own plant tonic at home and use it to spray flowers on my acre of land. I grow various kinds of jasmine flowers on my farm. Because of FAA, my flowers are looking healthier, and they are blooming several times more compared to last year. Great farming methodologies improve our livelihood and generate good business income for us. I always share my good experiences with FAA with my friends, and I will continue making this organic fertilizer for my farm! Thank you MPRL E&P for your support and commitment to agricultural development in our community.



**Daw Aye Aye**  
Mei Bayt Kone Village

I used Fish Amino Acid since 2020 after attending the organic fertilizer making course by MPRL E&P's CSR Program. I am not too comfortable making

the tonic yet. So, I have been purchasing it from the Seeds Bank Committee. I have used the tonic on plants including jasmine flowers, guava, sesame, and peanuts on my 5-acre piece of land. From what I discovered during my course on using FAA, the fertilizer results in higher yields and healthy flowers, and also, it is low cost and safer than chemical products. It is an efficient fertilizer for plant growth and the production of healthy flowers and fruits, resulting in bigger fruits with brighter colors and more quantities. I like this organic fertilizer very much and hope to use this fertilizer as part of my regular application. Special thanks to MPRL E&P and CSR Team for their efforts in promoting a vibrant agriculture development community. ■



# A Kindred Soul : Unraveling the Roots

Hnin Wynt Zaw



တောပျိုမြိုင်

တောင်တောရယ်သာ၊ မာလာကဏ္ဍဗ္ဗ၊  
တစ်ပင်ကိုနှစ်ပင်ယွက်တယ်၊ ကျေးဌာန်ကမြို့။  
(အမည်မသိရွေးစာဆို)

### Mountains & Forests

*The mountains, the forests,  
the quivering buds  
The trees caressing one another.  
The birds frolicking with joy!*

- Anonymous

Something in the air today that reminds me of that town...oh how I yearn to be there with you.

Characterized by its mystical history, woven with organic beauty, tranquility, and delight, lies a village named Zoke Thoke. Located about 140 miles east of the bustling city Yangon, touched by the waters of the Andaman Sea to the west, and sharing a short border with Thailand, Zoke Thoke is one of the larger townlets in Bilin Township in Mon State. Be-



*U Thein Pe & wife Daw Sein Moe, CEO U Moe Myint's great granduncle, proud patrons of Naung Daw Gyi Pagoda and monastery*

holding the beauty of its own art, the homestead boasts many high mountain peaks, green paddy fields, and brick red earth, mingled with a golden hue from the surrounding pagodas steeped in extended rich culture. Infused with the lure of such natural beauty, Mon State proves to be one of the places to visit, now with transport options becoming more convenient. Enticed by tales of the warrior Kyansittha of the Pagan dynasty and Anawrahta, the first King of all of Burma who introduced his people to Theravada Buddhism, Mon became the first identifiable civilization in Myanmar. And for all this and amongst the ancient Mon Chronicles, unravels a pilgrimage site, known to most as Suvarnabhumi (or Thaton, the Burmese name of Sadhuim (သဒ္ဓိ) in Mon, Sudhammapura (သုဓမ္မပူရာ) in Pali, after Sudharma which means the assembly hall of the gods), a sacred kingdom of the Golden Land for the Mon people. Much debate surrounds the exact location of this legendary land Suvarnabhumi; many historians and scholars, including Buddhist literary evidence, and earliest epigraphic and archaeological data, referenced Thaton and its surrounding territory including Zoke Thoke to be the rightful spot. One can say Suvarnabhumi or Thaton is where Theravada Buddhism was first introduced and later flourished throughout the Southeast Asian region.

When King Anawratha dispatched his first deployment led by his trusted warrior commander Kyan-

sittha to Thaton to share the Buddhist scriptures with the Mon King, the mighty soldier fell in love with the innocent beauty of the village. Captured by its magical aura and kissed by the breeze from the Gulf of Mottama, many nights in his dream, he was a hermit dwelling around Mount Kaylartha, upon that, he felt a special connection to this place as if the natives were his kith and kin. The mountain top Kaylartha Pagoda is a holy site, and on that peak of Mount Kaylartha, Lord Buddha gave sermons for a week and offered his hair to six hermits and two ogre brothers. It is no wonder that Mon State is a sacred place, for these hair relics are enshrined in various pagodas around the State, one being Kyaiktiyo Pagoda which perched gracefully on a cliff, and the other four surrounding Zoke Thoke: Kaylartha, Kyaik Hti Saung, Zoke Kali, and Kyaik Day Yone Pagodas.

Besides being a legendary site with famed history of old Burma with touches of nobility and grandeur and their charitable donations of architecture and pagodas around Mon State, in Zoke Thoke, still today, you can see the old city wall made out of laterite, the only carvings out of this rock in the whole Myanmar. Symbols of strength and ferocity, war animals like lions, elephants, and tigers are still spotted on these ruins, with few others around Zoke Thoke covered with shrubbery.

Zoke Thoke is a place of particular importance to ancient civilization and to U Moe Myint. His late mother Daw Yin Yin Hla was a village belle of Zoke Thoke, a natural beauty, well-composed and graceful, just like her name that connotes elegance. His father, U P. Kyaw Myint, was very much captivated by her simplicity—it was love at first sight. Being the eldest son in the family and a natural provider, he took good care of his parents throughout his career. He lived with them under his shadow until







their last days, and U Moe Myint was very hands-on with them. He would lay next to his bedridden mother and recite calming prayers to soothe her soul. He was the anchor in her life, and she was his world. The connection between them was full of love and respect, for she raised him well to be an exemplary leader, mentor, and family man. When U Moe Myint was working as a pilot, his dear mother would prepare freshly squeezed grapefruit juice while she waited for his return from work, and at the first blush of dawn, she would wake up early just to make him breakfast. She continued providing her unconditional love and care for her daughter-in-law and grandchildren with no expectations. And for all that reason, which partake in his love for Zoke Thoke, U Moe Myint always cherishes and protects that kindred place.

His maternal family was pious; they were hard-working natives from Mon State, who made charitable donations to the community whenever they



could. Naung Daw Gyi Pagoda in Zoke Thoke was built by his mother's family on a 10-acre piece of land that is now fully maintained by U Moe Myint and his family. The religious vicinity is under renovation, from the restoration of the originality of the monastery, ordination halls, and rest houses for the monks to the construction of a small water reservoir and roofing of the main stairways to the Pagoda, just to name a few. Every year, he, his family and MPRL E&P staff would visit the Naung Daw Gyi Pagoda to pay respect to the monks, including Waso and Ka Htein Robe Offerings. In addition, U Moe Myint always extends his charitable donations to the elders and his relatives in Zoke Thoke through the provision of food, needed supplies, medication, and monetary contributions. Just like the Myanmar saying, "a strong tree can behold a thousand birds", U Moe Myint has been consistently moving heaven and earth to preserve and save this family-owned site that holds so much history, warm memories and sentimental value for him.

I remember one hot summer day when my mother rang her cousin sister in Zoke Thoke to ask for a recipe to make "Thingyan Htamin" for her brother U Moe Myint. It was a very simple traditional Mon dish infused with cold water and wax essence from a candle and served with salted fish. I thought, it is truly the little moments in childhood that make the biggest memories; that playing in the garden, that heartfelt conversation with your mom, that simple hello that put a smile on a child...these are the memories that stay forever in our hearts. ■







Cultivating Local Community Development through

# Surfing: The Birth of SAM

Hnin Wynt Zaw

*Making transformational community developments through sport may seem a little unconventional and uncommon for most, especially when it is accomplished through a “niche” sport like surfing. Thanks to the Surf Association of Myanmar (SAM), cultivating local community development has become more prevalent than ever with its efforts to bring positive benefits in the socio-cultural, economic, and environmental spheres.*

The perception of the role of recreational activities to facilitate change in local communities is quite new in the public eye, especially in a country like Myanmar where sports culture is still underdeveloped compared to other countries. Nevertheless, Myanmar strives to promote and strengthen sports alongside the popularity of social media and the rise in internet usage across the country; nowadays, even in remote areas, many are able to watch and enjoy international sports on television and online. The influence of social media on today's society is quite impactful, especially in Myanmar, after being isolated for many decades, now enjoys the new electronic information age. According to the data “Myanmar Social Media Penetration” on Statista.com, since 2016, an upward trend in social media usage was observed where 53.1% of the population represented active social media users in 2021. This digital transformation unfolded a new culture and perspective on life among the younger generation—they are now more inquisitive, dynamic, and unconventional than ever. There is more than just soccer and golf out there that is fun, sensational, and stimulating. Besides, born in the digital age, these young “explorers” are seen to be more aware and health-conscious, socially aware, and environmentally responsible, thus, putting more efforts in promoting a holistic “healthy” culture.



Myanmar National Surf Team, Bali Sea Training 2019



Phone Kyaw Moe Myint with his father, at the 30<sup>th</sup> SEA Games, Philippines 2019

What is SAM? The Surf Association of Myanmar (SAM) has recently been making waves in local communities across the country. It is the first official surfing community in Myanmar run by a group of young athletes who are also avid sailors with a love for the waters and the environment. SAM was born in April 2019 under Myanmar Yachting Federation (under its jurisdiction) and became part of the Myanmar Olympic Committee in July 2019. The 30<sup>th</sup> SEA Games was held in December 2019 in the Philippines where surfing sports were first-ever included and SAM was able to participate as a representative of Myanmar, the first for its team and the nation. This was truly a milestone event for Myanmar; it proved that the country is ready to penetrate the surf culture on a regional level in a few years with hopes that the surf community gets bigger and stronger as they start investing in local youths and training them to become world-class athletes.



Storms and typhoons bring in big swells during this time of the year. Unlike Bali, for instance, Myanmar has a hard ground or reef system, hence, it limits the surf season to five months out of the year. SAM took advantage of this monsoon season this year and started a Surf Camp at the Ngwe Saung Yacht Club & Resort (NSYC). The first camp



was held in May 2022 and it will run through September. Many youths and adults come down to Ngwe Saung beach and join the residents from nearby villages at the training camps. The local recruits by SAM are mostly youths from the community, both boys and girls from age 11 - 16, who are keen to try out these adventurous sports, not to mention, there were many hesitations among the parents, school teachers, and village heads at Bugwe Village who were worried about them being in the open sea. Their love for surfing and water is unquestionable; they enjoy being in the water whenever they can. Besides, they feel they are in control when they are out in the sea on their own; they come back more independent, driven, and “macho”. These trainees are finishing off their last Surf Camp in September as the monsoon season is winding up soon.







**Phone Kyaw Moe Myint**  
*President of Surf Association of Myanmar (SAM)*

Phone Kyaw Moe Myint serves as the President of SAM. He is also a home-grown avid sailor who believes this sport should and can be enjoyed by all walks of life. “Anyone who wishes to get into the sport should definitely visit Ngwe Saung during the surf season to learn the basics of surfing,” said Phone Kyaw Moe Myint, who often visits the beach to surf and hang out with the locals. “At the Ngwe Saung Yacht Club & Resort (NSYC), we have the capability to take you to an intermediate level, and after, you can travel all over the world and surf anywhere you like.” There, he is a mentor for these Bugwe youngsters who adore him and look up to him. He has taken part in various community projects in Ngwe Saung that not only help foster the sustainable livelihood of the community members but also, spark a love for self-development through fun and engaging approaches.

Being a gold medalist at the 21<sup>st</sup> & 27<sup>th</sup> Southeast Asian Games in Sailing and a Country Coordinator for Trash Hero Myanmar, it is no doubt that he is a water sports enthusiast and environmentalist with a creative, pragmatic, and proactive approach to life. Given that, for Phone Kyaw Moe Myint, bringing surf culture to Myanmar is only fair and justifiable, and the time is right.

Surfing became more popular amid the pandemic due to the nature of this sport being out in the open sea, in the “blue gym” surrounded by fresh air and water. Besides, it is a lot cheaper than most sports and more accessible – all you need is your surfboard and waves. “I just came back from a week-long trip in Phuket where the surf scene really exploded after COVID.

First, it was mainly just foreigners doing it but now, all the local Thai people are into it plus the culture and lifestyle just flourished,” said Phone Kyaw Moe Myint, who believes that surfing contributes to human mental and physical health, hence, making it one of the most popular marine recreational activities in the world. “I have been exploring and learning from all the places and people I have met and I am trying to bring the culture into Myanmar. You simply cannot just start surfing in a country where you don’t understand the culture because they are intertwined. That is why we are introducing surf camps, but more importantly, getting the locals to understand the lifestyle and its benefits.”



**Myanmar National Surf Team**



**Ngwe Saung Yacht Club & Resort**

Myanmar with nearly 1200 km of coastline facing the Bay of Bengal has many unexplored surf spots and has a strong potential to become a surf spot in Southeast Asia, just like its neighbors, Thailand and Indonesia. Supported by evidence and words left behind by foreign surfers, places like Dawei and Sittwe show promising signs but further research needs to be conducted, and infrastructure improvements leading to these locations are still borderline inconvenient. Luckily, Ngwe Saung beach is located only 233 km from Yangon, and one can easily get there by a local shuttle bus, plane, or car, making it one of the most visited beaches in Myanmar.

Situated along the untouched coastline of Ngwe Saung beach in the Bay of Bengal, Ngwe Saung Yacht Club & Resort (NSYC) is where luxury and water sports meet. The popularity of this resort is also due to its many marine recreational activities that are offered on-site from stand-up paddling to snorkeling in addition to boat and mountain bike tours around the vicinity. It is also the home of the





Myanmar National Sailing and Surf Team where many of the national athletes come from Ngwe Saung. Ngwe Saung Yacht Club & Resort (NSYC) is one of the very few certified “green” resorts by the ASEAN Green Hotel Standard because it “fosters sustainable tourism through the adoption of the Environmentally-friendly and Energy Conservation” methods. Many environmental initiatives like Trash Hero beach cleanups, led by Phone Kyaw Moe Myint along with Community Livelihood Development Programs by MPRL E&P’s CSR Team, are regularly operated and conducted there together with the local stakeholders.

With the increase in social interest in surfing due to SAM and its efforts in promoting the sport, we

must also not forget the many benefits this sport offers, in terms of social, economic to environmental dimensions. Many social benefits among adolescents, children, and adults are improvements in mental and physical health, resulting in a better quality of life, general well-being, and self-esteem. Moreover, surfing as a recreational activity also puts the youngsters from unprivileged areas, in a safer environment, off the streets. The athletes also become more aware of the environment, they try to protect and conserve the surfing space for the surfers and beachgoers in general. As a result, they become more active in social welfare and environmental awareness programs like beach cleanups and sustainable living. For the economic dimension, most benefits result from surf tourism,



which propels and revitalizes the local and regional economy, thus contributing to the attractiveness of a country.

Every sport is unique in its way but there is nothing more that will connect you with the ocean than surfing. As he sits on the white sands of Ngwe Saung beach and looks into the future, Phone Kyaw Moe Myint puts forth his personal benefit of surfing. He said, “On top of being active and becoming fit, one major benefit is the connection to the ocean where you become one with the waves. It’s hard to explain the calmness you will feel when watching the sunset while waiting for your next set. Or even the sensation when you catch that massive wave that combines emotions of fear, adrenaline, excitement, and pure joy surfing it.” Let the swoon and the swell take you on a new exciting journey, and let us combine our efforts in making the world a better place! ■



# Surf Camp

**Organized by :**  
Surf Association of Myanmar

**Instructors :**  
Myanmar National Surf Team

**Location :**  
Ngwe Saung Yacht Club & Resort



Madnest Surf Camp 2019



Surf Camp, May 2022



Surf Camp, June 2022





## President Cup and Olympic Day Movement Regatta Return with a Full Swing

Moe Thu Zar Soe

The National Olympic Committees all over the globe mark the day to encourage people to participate more in sports regardless of gender, age, and social background. The Olympic movement is based on three pillars: move, learn and discover. The main motto behind celebrating the day is to spread awareness about staying healthy, strong, and active. Nowadays, many institutions and non-governmental organizations celebrate the day by organizing sporting events and inviting people to take part in any kind of athletic game.

Myanmar Yachting Federation (MYF) held the Olympic Day Movement Regatta 2022 on 25, 26 June, and 2, 3 July 2022, and its 10<sup>th</sup> MYF President Cup Tournament on 30 and 31 July 2022 at the Yangon Sailing Club (YSC).

After a two-year hiatus due to the COVID-19 pandemic, MYF reorganized and resumed both events in full swing to continue promoting the sport of sailing and to enhance the competitive capabilities of the sailors in Myanmar. It is important to be reminded of "Olympism", the idea of creating "a peaceful and better world by educating youth through sport practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity, and fair play."

The theme for this year's International Olympic Day was "Together for a peaceful world". In the Olympic Day Movement Regatta, there were six classes in competition—optimist, Rater, Sharpie A, Sharpie B, Sharpie C, and ILCA Classes with the total of 74 contestants. The President of MYF contributed a total of MMK 4,100,000 to all prize-winners and team members, who made this event a success!

The 10<sup>th</sup> MYF President Cup Tournament was held on the last two days in July, and 88 contestants from four teams namely Team Sithu, Team Wiziya, Team Prome, and Team Galon, participated in the competition. The event highlighted competitive experience, camaraderie, and community among the participating teams. The top three teams were recognized for their teamwork and hard work and were awarded 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Place Trophies.

MYF has dedicated itself to the sport of yachting since disbanding from the Burma Rowing and Yachting Federation in 1991. MYF then, took part in the Southeast Asian (SEA) Games to foster solidarity and friendship among 11 Southeast Asian nations through sport every two years. The expenditures associated with the participation of Myanmar yachtsmen are managed by the Federation.

In addition, MYF, under the leadership of MPRL

E&P's CEO who also serves as the MYF President since 2005, has enjoyed his broad patronage towards active development of the sport of sailing and Myanmar youth. MPRL E&P's contributions have been significant in strengthening the mission of the Federation, which is to uphold the accomplishments of national athletes by hiring international professional coaches and purchasing state-of-the-art equipment from abroad. The biggest regional event by MYF was the 27<sup>th</sup> SEA Games Myanmar in 2013 at the Ngwe Saung Yacht Club & Resort (NSYC) in Ayeyarwady Region. This was a symbolic triumph as host after a 44-year long wait, putting Myanmar back in the international lime-light. For MYF and the athletic community, this was more than a sporting event, this "coming out ceremony" was a moment of celebratory transformation for the country, exhibiting to the international community of our sportsmanship, the capability of Myanmar athletes, and national pride.

Through the continuous efforts of the current leadership, the Myanmar Yachting Federation (MYF) hopes to further strengthen and advocate not only the sport of sailing in Myanmar, but many other water sports in the country while bringing positive change to any youngster. ■

## 2022 Olympic Day Movement Regatta







**Optimist Dinghy Association of Myanmar**  
**2022 ODAM Optimist Team Race Championship**

