

Insight!



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MPRL E&P Newsletter

26 June 2023



Ten Years of Meaningful Impact: Reflecting on MPRL E&P's Corporate Social Responsibility Journey

U Sithu Moe Myint
Chief Operating Officer & Executive Director

It is truly a pleasure to feature a few of my thoughts regarding MPRL E&P's Corporate Social Responsibility element of our sustainability journey on our 10th year milestone. As we celebrate our achievements over the decade, it is certainly worthwhile reflecting on our beginnings of this meaningful and memorable journey.

The culture and spirit of our Myanmar people has always been built on foundations of empathy, compassion, and metta; the essence of why it is a core part of our social fabric to help and provide for,

where we can, the underserved and the less fortunate within our communities. This is why Myanmar, even as a developing country, has been frequently recognized worldwide as one of the most generous nations when it comes to philanthropy. Such is what guides many Myanmar individuals, as well as Myanmar businesses and corporations, to consistently participate in collective acts of philanthropy directed to those in need; acts of philanthropy, which over time, came to be known, promoted, and publicized as Corporate Social Responsibility (CSR) initiatives by many organizations within Myanmar's corporate community. Along the same lines, MPRL E&P has consistently been involved in such acts of corporate philanthropy since our founding in 1996, whether it be making periodic monetary donations, or donating towards the construction of new school buildings in Mann Field, or CEO's Foundation in providing educational scholarships over many years to students of various ages.

Our CSR Department was formally established in 2012 around the same time I first started my employment at MPRL E&P. In establishing the strategy and objectives for this department, I vividly recall giving careful consideration towards whether we should continue to be guided by only our philanthropic status quo, or rather be guided by a more effective, far-reaching, and sustainable strat-

egy. It is worth remembering that Myanmar at the time was going through a period of unprecedented and profound transformation within our society, governance, and business environment. It was evident that local communities, whom long had little influence or say, had now transitioned into a state of the world where they rapidly became key stakeholders within various businesses that had a footprint that impacted such communities, no matter the magnitude of the impact. It became clearly foreseeable that continued long-term sustainable operations, particularly in legacy assets such as Mann Field, required us to obtain and preserve a robust **Social License to Operate** from our local communities that co-exist within our operational area; a license that required a strategy that evolved past philanthropic initiatives alone. This set the stage for us to pursue a CSR strategy that prioritized the principle of sustainably improving livelihoods, as opposed to predominantly providing donations; a principle that could be summed up as prioritizing 'teaching others to fish' as opposed to simply 'providing fish'. Not only would such an approach enable us to secure the most meaningful and desired social operating license, but would also ensure the creation and preservation of sustainable livelihoods for our local communities for many years to come, and beyond a point in time when we may no longer be present in their day to day lives.

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From the Desk of the Editor

Dear Readers,

In this edition, we are excited to share some of the remarkable Corporate Social Responsibility (CSR) activities carried out by our dedicated CSR Team at Mann Field. We couldn't be more thrilled to share these stories of transformative changes that have made a positive impact on the Mann Field Communities.

Our very own Chief Operating Officer & Executive Director, U Sithu Moe Myint, takes the spotlight in an insightful feature story. With vivid details, he explains the incredible transformation that has taken place over the past decade. It's fascinating to delve into the coexistence of our foundational beliefs in giving and generosity as Myanmar citizens, whether it's donating home-cooked meals to the monks or throwing an extravaganza philanthropic event. Our DNA is filled with genuine kindness and compassion, making us truly unique.

Recognizing the need for a reliable support system in communities like Mann Field, our CSR Team has made valuable contributions towards the betterment of the community and its members. One exciting story highlights our provision of advanced training session for Mann Field Community members, with a focus on making value-added tomato products. By empowering women in the community with knowledge and skills, we aim to foster economic growth and gender equality, turning them into brilliant business owners. We also kick-started a Summer Art Program specifically designed for underserved youth, providing them with a platform to explore their creative talents and unleash their full potential.

Next, prepare to be moved by a heart-warming story of a young boy whose life changed through our support.

Despite financial and other constraints, we extended a helping hand, leading to a remarkable transformation in his confidence and happiness. These moments remind us of the significance of our CSR efforts and reinforces the way we operate our business responsibly and our commitment to being responsible members of our community.

At Mann Field, we firmly believe in the power of CSR to create positive change and uplift communities. In addition to the plethora of inspiring CSR stories, this edition has so much more to offer.

Our environmental consultant shares intriguing insights on the oceanic realm and the transformative potential of eDNA. Moreover, make sure not to miss our Employee Spotlight and Myint & Associates Telecommunications Five-year Service Award sections, where we proudly showcase the diverse talents and exceptional achievements of our remarkable staff.

Last but certainly not least, we value your feedback to improve our newsletter and provide you with an exceptional reading experience. Please take a moment to complete the feedback survey by scanning the QR code below with your mobile phone's camera. Your insights and opinions matter to us, and we genuinely appreciate your participation.

Get ready to be inspired, informed, and entertained as you dive into the pages of this edition! ■

Hnin W. Zaw

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Your input will help us further improve our newsletter to better meet your needs.

Thank you for your time and contribution.

Thank you for your interest in our **Insight!** Newsletter

Your Opinion: Embracing Different Perspectives



Hanni Win Thein
Junior Contracts Officer
Administration & Contracts Department

Perspective is the way we consider or perceive things. It is highly influenced by various factors such as cultural perception, community, socio-economic background, and individual interests. It is normal for different people to have different opinions on a particular matter based on their own perspectives. Since diverse ideas may have strengths and weaknesses, it is important to view things from different angles in order to develop a better understanding of a problem or challenge. I also believe that it is unwise to stubbornly stick to only one point of view as it may hinder sound judgment.

When dealing with different perspectives, I always strive to understand where the other person is coming from. I analyze the matter from a balanced and unbiased viewpoint, which helps me develop a more accurate understanding and respond rationally and considerately. Subsequently, I enjoy engaging in constructive communication with the other person, having factual discussions from various perspectives, and seeking valuable and reasonable outcomes.

Since it is easy to fall into the belief that our perspective is the only correct one, we must constantly remind ourselves that there are countless different ways to see the world, and each of them is wholly or partially valid. Moreover, we need to free ourselves from egocentric defaults and practice greater empathy to avoid misjudging the perspectives, emotions, and behaviors of others. Understanding different points of view and embracing diversity are essential elements in creating a peaceful society with greater empathy and sympathy. I invite you all to be aware of the importance of this both in your personal and professional lives and to embrace different perspectives on any subject matter. ■

“Since diverse ideas may have strengths and weaknesses, it is important to view things from different angles in order to develop a better understanding of a problem or challenge”



Khaing Tun Zaw
Senior Auditor
Internal Audit Department

I believe that it is really important to see a situation from another person's point of view because it helps us understand situations from different positions and take into account other beliefs, experiences, and perspectives. Today, every successful organization is built on the foundation of many people's ideas and viewpoints. There are numerous benefits to thinking from a variety of perspectives. Specifically, it gives us a better understanding and fosters greater empathy. Additionally, it helps us broaden our thinking and problem-solving approaches.

As a working professional, I regularly encounter different perspectives in my life. I follow the following steps - listening to a variety of perspectives, repeating to verify my understanding, respecting the differences in each other's perspectives, and finally, carefully analyzing different perspectives and create refined solutions.

In my opinion, valuing different perspectives provides the best opportunity for working together towards a common goal and creating mutually beneficial situations. It leads to success, keeps employees happy and motivated, and prevents serious issues like bullying, harassment, and discrimination. Moreover, viewing our own perspectives from the standpoint of others allows us to identify weaknesses and adjust our attitudes accordingly.

I think that "Embracing Different Perspectives" is a significant topic of discussion. It allows us to view the entire organization from multiple angles, enabling us to identify the root causes of problems and find solutions that consider the needs and feelings of everyone involved.

In conclusion, embracing different perspectives helps us think critically, acknowledge our mistakes, and improve in what we do. This leads to happier and healthier employees, customers feeling respected, and managers having access to the talent and skills necessary for their organizations to thrive. When we listen to and represent the voices of others, they are much more likely to engage with an open mind. Therefore, every organization and individual should embrace different perspectives as a positive practice. ■

News

MPRL E&P's CSR Program Donates Five New Laptops to the State Agriculture Institute (Pwint Phyu)

Moe Thu Zar Soe



To address the shortage of academic facilities at the State Agriculture Institute (S.A.I - Pwint Phyu), MPRL E&P's CSR Program donated five brand new Lenovo laptops and accessories to the Institute at the end of Fiscal Year 2022-2023. On 14 March 2023, the CSR Team members handed over the donated items and accessories worth MMK 4,354,000 to the Principal, U Koe Htinn.

MPRL E&P's CSR Program continued the Educational Partnership Program to support community youths with scholarships for three years of study at the Institute in the 2022-2023 Academic Year.

Currently, seven students, including four males and three females from the Mann Field Communities, are studying under MPRL E&P's Educational Partnership Program at the Institute. Throughout their years of study, the MPRL E&P's CSR Team members closely monitored the students' progress, conduct, and improvement while reinforcing good practices.

According to the Monitoring and Evaluation Report of MPRL E&P for the last quarter of the Fiscal Year 2022-2023, all scholarship students from Mann Field followed the academic guidelines and actively participated in all school activities.

Recognizing that charitable contributions should align with the interests of the business and employees to create a meaningful social impact, MPRL E&P widely encourages and supports philanthropic initiatives through donations and meeting the needs of the communities where it operates. ■

The “Must-haves” of Every Organization: Skills for Positive Workplace Interactions

Moe Thu Zar Soe



In March 2023, the HR Department at MPRL E&P organized a new learning event called "Skills for Positive Workplace Interactions Training." The main objective of this training was to improve communication among employees from different generations, fostering stronger collaboration and relationships. The program was designed for all employees seeking to better understand generational differences and acquire practical skills for effective teamwork across age groups.

The "Building Bridges across Generations" sub-topic, as presented by SkillEdge Academy, emphasized the development of a culture that promotes cross-generational collaboration and understanding. This, in turn, enhances employee engagement, retention, and productivity. The HR Department, recognizing the importance of creating conducive learning environments, ensured that the physical space supported staff members and participants during the training event.

The three-hour soft skills training session was facilitated by Sai Woone Seng, the CEO and Co-founder of SkillEdge Academy, on 22 March 2023. A total of 35 staff members from MPRL E&P actively participated in the session, engaging in discussions and exploring the values and communication styles of different generations. During the training session, the coach guided the participants in developing empathy and respect for colleagues of various age groups through group discussions. The participants also focused on how generational differences impact team collaboration and how empathy and respect can enhance employee retention.

Furthermore, the coach provided an overview of effective cross-generational communication, emphasizing the importance of mindset, skillset, and behavior in fostering positive workplace interactions. Role-playing exercises were conducted to

practice communication strategies aimed at improving service delivery. SkillEdge Academy provided informative handouts that captured the details of the training session, serving as valuable references for future situations.



During the training session, all attendees participated in a case study analysis, applying the concepts learned along with sharing insights and lessons learned. Digital feedback from all participants was provided to the trainer and training program after the session. The tips shared during the training are essential for all organizations, expanding our minds and opening our eyes not only in our careers but also in our personal lives. ■



Conducting Fire and Electrical Safety Awareness Training with the Donation of Fire Extinguishers to Mann Field Communities

Moe Thu Zar Soe



Acknowledging that fire and electrical hazards are real and serious threats to households and workplaces, MPRL E&P's CSR Program has collaborated with the Minbu Township Fire Services Department to host a Fire and Electrical Safety Awareness Training. The training was designed with two days and four sessions at four locations surrounding Mann Field on 20 and 21 May 2023. Its aim is to raise awareness of fire and electricity hazards that may occur during the summer and rainy seasons due to electrical problems and unpredictable natural disasters.

Through this training, officials from the Township Fire Services Department shared knowledge on the causes of electrical fires and how to deal with fire outbreaks. They emphasized the importance of regularly checking the quality and durability of

old electrical devices, cords, and plugs. Additionally, they demonstrated how to properly use fire extinguishers to put out fires in case of emergencies. The training sessions took place in Chin Taung, Mei Bayt Kone, Ywar Thar, and Let Pa Taw Villages.

The training program was attended by 82 residents from the respective villages, General Manager (Mann Field) U Khun Myo Thant, officials from the Government Entity, Field Operations Team members, personnel from Myint & Associates Co., Ltd., and members of the Minbu Township Fire Services Department including the CSR Team and Emergency Response Committee members. A total of 102 people attended four training sessions.

As part of the program, five fire extinguishers were handed over to each village, resulting in a total of 70 fire extinguishers distributed to the 14 villages in



Mann Field. The CSR Team members and Community Volunteers hung fire and electrical danger warning posters and the participants in the training distributed educational leaflets to further raise awareness, following COVID-19 guidelines. The fire and electrical safety awareness training was carried out by MPRL E&P's CSR Program at a cost of MMK 5,349,700. ■



Events MPRL E&P's HSE Department Launches Heat Stroke Awareness Campaign at Mann Field in April 2023



Initiating Solar-powered Water Pumping Project in Mann Field

Moe Thu Zar Soe



MPRL E&P ensures that Community Investment initiatives in the Mann Field Communities are provided in appropriate locations, respond to current needs, and remain adaptable to the evolving community. As part of the Community Infrastructure Development Program for the Fiscal Year 2023-2024, MPRL E&P plans to support the development of water resources through its CSR Program in the seven villages surrounding Mann Field.

MPRL E&P has initiated a new Solar-powered Water Pumping Project in Mann Kyo Village, one of the surrounding villages in Mann Field. The project aims to improve access to quality water resulting socio-economic and environment-related benefits for the communities in line with the reinforcement of MOGE to carry out solar power, which involves the use of Photovoltaic (PV) cells in solar panels to generate pumping machine for local communities.

"The three water wells, including the one previously supported by MPRL E&P, are working well to access water in Mann Kyo Village. However, the water level of these wells has become low and dried up due to the high summer temperatures this year," said U Win Ko, a member of the Mann Kyo Community.



In response to these challenges, MPRL E&P (CSR Program) has worked with the Village Administrator, Village Development Committee members, and Community Volunteer from Mann Kyo Village to test small-scale solar water pump systems through several discussions to make this initiative happen.

The solar water pump uses sunlight to generate electricity and power a motor that draws water from underground or from ponds, lakes, creeks, or rivers for household use and irrigation. In this project, well drilling, installation of solar-powered water pumps and PVC water pipelines, and the setup of other related equipment were carried out. The project was worth a total of MMK 5,164,100 with contributions of MMK 4,660,500 from MPRL E&P (CSR Program) and MMK 503,600 from the Mann Kyo Community.

"Now, the new well is set up with a solar-powered water pump, which is very convenient for us during days of power instability," added U Win Ko.

"The 32-foot dug well has been connected to two water storage tanks through 1,380-foot long pipelines with the aim to alleviate the water scarcity situation duration. Almost every house in Mann Kyo now has access to quality water through unique



pipelines and common water taps within the community. The main advantage of the solar water pump is that it uses sunlight at no cost. Once installed, there is no recurrence cost of electricity or fuel. In addition, this solar water pump project is comparatively low maintenance, highly reliable and environmentally friendly," explained the Senior CSR Officer from MPRL E&P.

The 1.5kW solar-powered water pump has been generating 18,000 gallons of reliable water while operating for 10 hours per day, benefiting 1,565 community members in 402 households across Mann Kyo Village.

"It runs quietly from morning until sunset and quickly fills the storage tanks with water. As a result, even my house located in the highland now has plenty of water from this new well powered by solar energy," noted U Win Ko.

Mann Field is in Minbu, Magway Region, which is in the tropical dry zone of central Myanmar, an area that receives enough solar energy but needs to develop more water resources. The Solar-powered Water Pumping Project drives economies of scale that significantly reduce operation costs and offer productive uses of solar energy besides pumping.

The project was first introduced by MPRL E&P (CSR Program) as a cost-effective solution for Community Infrastructure Development in Mann Field and results in both socio-economic and environmental benefits. ■



Summer Art Class: Fostering Creativity and Imagination of Young Children

Pyae Pyae Phyio



In an endeavor to nurture the creative spirits of young minds, MPRL E&P's CSR Program recently launched a Summer Art Class within the Mann Field Communities. The program, spanning four weeks from 18 April 2023 to 12 May 2023, successfully engaged children aged 6 to 12 years in the world of drawing and painting. A total of 152 children applied for the Summer Art Class, and 60 were selected based on two criteria: the purpose of attending the class and the applicants' drawing skills. The selection process aimed to ensure that the course would be beneficial for the chosen trainees.

With the support of two talented local artists, U Myint Hlaing Min from Minbu (Saku) and U Aung Mung from Aye Mya Village, three class sessions were held each day at three distinct locations - Mann Kyoe Monastery, Aye Mya Community Center, and Nan U Library. The program ensured accessibility for all interested children in Mann Field Communities.

According to Saw Eh Hsar Blute Htoo, Senior CSR Officer, the Summer Art Class was part of the Community Center Project, which was strategically planned as a component of the Community Capacity Building Program for the Fiscal Year 2023-2024 within the CSR Work Program. The initiative has been dedicated to empowering communities and instilling lasting positive change.

The Summer Art Class aimed to stimulate imagination, enhance critical thinking, and foster artistic expression. Through various art-making activities, children were encouraged to make decisions, explore their inventiveness, and develop essential fine motor skills. The transformative power of art



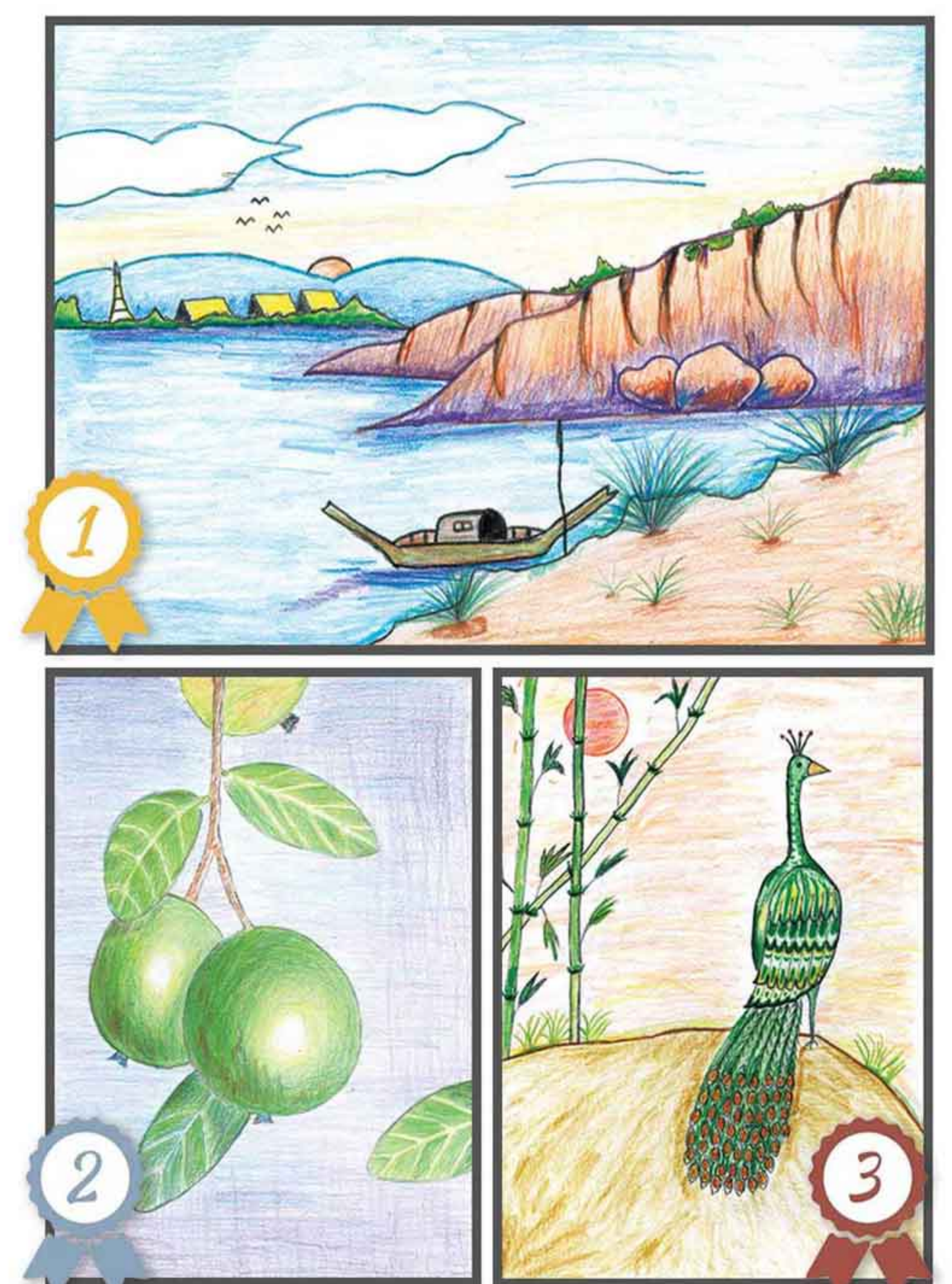
became evident as the young artists gained confidence and embarked on a journey of non-verbal communication, discovering new means of self-expression.

Thu Hnin Sett, a girl from Mann Kyoe Village, shared her experience in the Summer Art Class. She said, "In the Summer Art Class, I carefully followed the teachers' instructions. I also completed drawing and painting assignments. My drawing skills seemed to improve after attending the art class. I gained a better understanding of color matching techniques, the distinction between light and dark tones, and the ability to perceive depth and distance in my artwork. On the day of the training graduation, I won the first prize in nature landscape painting, which made me extremely happy. I truly appreciate the drawing materials supported by MPRL E&P's CSR Program, including books, pencils, rulers, and other stationery items. I want to express my gratitude to the company for opening the Summer Art Class. I would love it if the company could offer more courses like this during the summer holidays."



U Myint Hlaing Min, the focal trainer of the Summer Art Class, said, "The children showed an in-depth understanding of our teachings during the Summer Art Class. Among the three groups, the Mann Kyoe class demonstrated the most notable progress, while the others also performed well. All the children paid great attention during the lessons. Notably, 20 trainees experienced significant improvements in their drawing skills after attending the art class. Considering their interest, we can provide continued support to nurture their artistic talents and guide them towards becoming accomplished artists. The progress of the trainees indicates their readiness to undertake advanced-level courses. Therefore, if possible, I wish the CSR Program to consider offering such courses. I would also like to express my gratitude for the support of the CSR Program and acknowledge the cooperation of the CSR Team, Community Volunteers, and the Mann Field Communities."

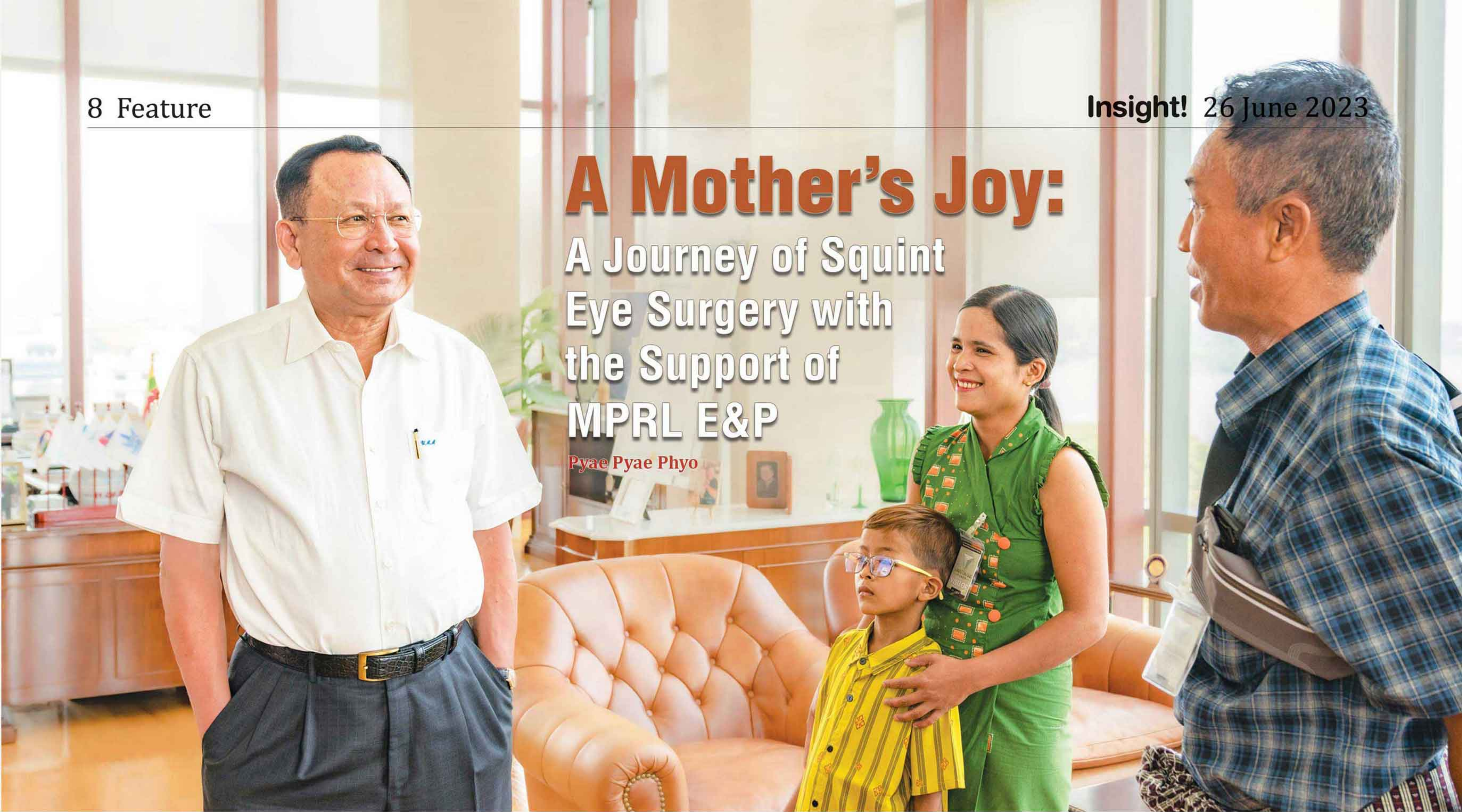
On 12 May 2023, the graduation ceremony for the Summer Art Class took place at the Aye Mya Village. This event marked the culmination of four weeks filled with exploration, learning, and personal growth. It attracted a total of 223 attendees, including trainers, trainees, parents, and members of the community. The closing ceremony celebrated the achievements of these talented young artists, whose artwork adorned the walls, transforming the venue into an art gallery. Additionally, the trainers and the CSR Program recognized the top three winners of the best artwork, along with the recipient of the People's Choice Award.



Through the Summer Art Class, MPRL E&P's CSR Program has not only encouraged artistic exploration but also nurtured the seeds of creativity and imagination in the young souls of Mann Field. It can be said that the Summer Art Class was a great success, captivating the hearts and minds of budding artists in Mann Field. ■

A Mother's Joy: A Journey of Squint Eye Surgery with the Support of MPRL E&P

Pyae Pyae Phyoe



In the belief of MPRL E&P's Corporate Social Responsibility (CSR), the impact goes beyond financial contributions and extends to touching the lives of individuals in need. This feature article highlights the heartwarming story of Daw Yoon Mon Oo, a mother whose joy knows no bounds as she witnesses her son's successful squint eye surgery. With the support of MPRL E&P's CSR Program, Daw Yoon Mon Oo's son, Wai Hlyan Moe Oo, not only received the medical care he needed but also experienced a transformation that brought newfound happiness and confidence.

Squint Eye Challenge

Wai Hlyan Moe Oo was diagnosed with squint, a condition where the eyes do not align properly, at the age of 45 days after being seriously ill. His parents diligently brought him to eye clinics every year in hopes of finding a cure for his condition. Each time, the doctors advised them to consider squint surgery when Wai Hlyan Moe Oo reached the age of five. Despite their best efforts, Wai Hlyan Moe Oo's parents, being a low-income family, struggled to save enough money for the surgery. The financial burden posed a significant obstacle to accessing the necessary treatment for their son's squinting eyes.

Wai Hlyan Moe Oo's mother shared her observations, saying, "My son always closes his eye on the squinting side when exposed to bright sunlight, and he stays inside and alone, and looks uneasy about his appearance. We deeply regret seeing him struggle with his eye issues." Her words highlight the noticeable discomfort and emotional distress faced by Wai Hlyan Moe Oo, underscoring the significance of finding a solution to alleviate his eye problems.

Eye Healthcare Program

Fortunately, Wai Hlyan Moe Oo, an eight-year-old boy from Mei Bayt Kone Village, was covered by

the eye healthcare pilot program known as "Clear Eyesight for Happy Life!" launched by MPRL E&P in January 2023. The program focused on eye health for students at 11 schools in Mann Field. The CSR Program provided access to basic eye healthcare services, including school eye screening, eye health talks, treatment, and referral activities for local schoolchildren in partnership with the Trachoma Control and Prevention of Blindness Program, under the Department of Public Health (Minbu).

After a school eye health examination, Wai Hlyan Moe Oo visited the Ophthalmology Department at Minbu Hospital, where Dr. Ei Ei Aung conducted a thorough examination. The ophthalmologist concluded that he required eye surgery to prevent further squinting of both eyes. Dr. Ei Ei Aung recommended continuing the treatment with Dr. Than Tun Aung, an ophthalmologist at Myittar Oo Eye Hospital in Yangon.



The Journey to Success

MPRL E&P's CSR Program, fulfilling its social responsibility, took charge of Wai Hlyan Moe Oo's eye surgery with the provision of financial and logistical assistance. Understanding the importance of access to quality healthcare, the CSR Program covered the costs associated with Wai Hlyan Moe Oo's squint eye surgery, including meals, accommodation, consultations, surgical procedures, and post-operative care.

On 19 March 2023, Wai Hlyan Moe Oo underwent squint eye surgery at Myittar Oo Eye Hospital. Daw Yoon Mon Oo vividly recalled the moments leading up to the procedure, filled with anticipation and hope. The medical team's expertise and care eased Daw Yoon Mon Oo's worries, allowing her to focus on Wai Hlyan Moe Oo's well-being.



The Impact of Success

The success of Wai Hlyan Moe Oo's squint eye surgery went far beyond correcting his physical condition. Daw Yoon Mon Oo was overjoyed to witness her son's transformation as his self-confidence soared. Wai Hlyan Moe Oo's improved vision and enhanced appearance meant he no longer faced the taunts and insecurities that had plagued him before.

One month after the operation, Wai Hlyan Moe Oo's mother shared, "My son has made remarkable progress. Previously, he refrained from participating in games and had a diminished appetite. But, after the eye surgery, he now eagerly joins in when he sees others playing, prompting us to manage his excitement. My son expressed a new desire to play more than ever before. He also said that his eyes have improved, and he is delighted to

be considered beautiful. My child's happiness moved me to tears of joy!"

Daw Yoon Mon Oo, a mother of two sons, appreciated that the company's CSR Program played a significant role in ensuring that her son's success was not just limited to the surgical outcome. It facilitated access to post-operative care, including follow-up appointments, therapy, and any additional support he needed during his recovery.



Empathy and Support

Daw Yoon Mon Oo was overwhelmed by the empathy and support she received from the company's CSR Team. She said, "When the company offered to provide my son with the eye surgery, I expected them to fulfill their obligation, but I was pleasantly surprised by the warm care they showed us. It exceeded my expectations. I am extremely happy and grateful. Given my financial situation, it would have been impossible for me to afford such expensive treatment on my own. The people in our village are also delighted and amazed to witness the care and treatment given to my child." The CSR Team guided



her through the entire process, addressing her concerns and ensuring Wai Hlyan Moe Oo's well-being every step of the way. The program not only covered the medical expenses but also provided emotional support.

During their stay in Yangon for the surgery, they had the opportunity to meet the company's Chief Executive Officer (CEO), U Moe Myint, who provided them with valuable advice. Wai Hlyan Moe Oo said, "Ba Ba CEO asked me to keep two promises as a gesture of gratitude. They are to study diligently and excel in sports. I will try my best to keep those promises."

A Grateful Mother

Daw Yoon Mon Oo's journey as a mother, witnessing her son's squint eye surgery success with the support of MPRL E&P's CSR Program, exemplifies the profound impact of corporate social responsibility. She expresses her deepest gratitude to MPRL E&P and



the dedicated CSR Team who made her son's surgery possible. Their support not only provided the necessary medical intervention but also restored Wai Hlyan Moe Oo's faith in himself and his abilities. Daw Yoon Mon Oo firmly believes that every child deserves the opportunity to thrive, regardless of their financial circumstances, and she credits the company's CSR Program for making that a reality. ■



Rising to the Challenge:

A Junior Graphic Designer's Journey in a Fast-evolving Creative Industry

Hnin Wynt Zaw



As a Junior Designer at MPRL E&P, U Htet Linn has found fulfilment and joy in working in the creative field, despite his background in science. He embraces the challenges that come with the role, as they push him to continuously enhance his skills and abilities. In this dynamic and fast-evolving industry, Htet Linn recognizes the importance of self-improvement and shares his insights on ways to thrive in this competitive landscape.

Can you tell us a little bit about your background?

I was born and raised in Yangon and graduated from West Yangon University with a Bachelor's Degree in Science, majoring in Chemistry. After completing my university studies, I felt a strong desire to explore the creative industry. To pursue this passion, I enrolled in graphic and layout design courses and gained valuable skills in these areas. During my time as a student, I also worked as a layout designer at various creative and news agencies. It was during this period that my passion for the creative industry truly ignited.

How did you end up working at MPRL E&P?

Despite my passion for graphic design, I initially gained experience working for PR and news agencies where I focused on creating layout designs for magazines and journals. This allowed me to build confidence and expand my skill set. Then, I came across a job opening at MPRL E&P for a graphic designer, and it felt like the perfect fit for me. Having completed my design courses, I was eager to seize this opportunity. When I saw the job vacancy announcement by MPRL E&P, I thought, "This is exactly what I've been looking for." Joining a reputable company like MPRL E&P was an exciting opportunity for me to challenge myself and grow professionally. I became part of the MPRL E&P in 2019 and have been able to contribute my creative skills to the company's marketing efforts ever since.

Do you feel that you have made a good decision by working in a creative field?

Learning and personal growth are my top priorities, especially when it comes to my career. Working in the creative field allows me to constantly expand my knowledge and explore different design disciplines. Being able to apply what I've learned to various projects and contribute my knowledge is incredibly rewarding. As a Junior Designer at MPRL E&P, I have the opportunity to work on diverse tasks such as tweaking mock-ups, enhancing photos, and creating layouts for brochures, newsletters, and corporate reports. This exposure has deepened my understanding of creative work, and it's one of the highlights of being part of MPRL E&P's Design Team.

Being a graphic designer has opened doors for personal and professional growth. It has made me more open-minded and improved my interpersonal skills through interactions with diverse individuals. I find joy in inspiring others through my designs and ideas, as well as bringing concepts to life visually. Every day is a unique experience in the creative field, and I cherish the opportunity to continually learn and explore new possibilities. Overall, I'm confident that working in a creative field has been a fantastic decision for my career and personal development.

What are some of your main responsibilities as a Junior Designer?

As a Junior Designer, my primary responsibilities revolve around fulfilling design requests for the MPRL E&P Group of Companies (GoC). This includes creating visually appealing page layouts, custom stickers, labels, backdrops, vinyls, greeting cards, and more, all of which are utilized for the company's marketing purposes.

In my role, I have the opportunity to collaborate with cross-functional teams throughout the organization. This collaborative environment is incredibly valuable as it exposes me to different perspectives and challenges me to continually expand my knowledge and expertise in creative design. Working closely with my team has been a great

source of inspiration and motivation for me.

Overall, my focus is to deliver high-quality design solutions that effectively communicate the company's messages and enhance its marketing efforts. It's a fulfilling role that allows me to showcase my creativity while contributing to the overall success of MPRL E&P Group of Companies.

How have you grown professionally since the first day at MPRL E&P?

When I initially joined MPRL E&P, one of the challenges I faced was adapting to the company's operations and culture, which was quite different from my previous experiences in other industries. It took me some time to acclimate and find my place within the work culture of MPRL E&P. However, with the invaluable help and guidance from my Team Leader and Supervisor, I have gradually become more comfortable in my role.

Since my first day at MPRL E&P, I have witnessed significant professional growth. The supportive environment and mentoring I have received have played a crucial role in boosting my confidence and overall happiness at the workplace. I now feel more assured in my abilities and have a deeper understanding of the company's expectations.

How important is teamwork and collaboration for you and your department?

Cooperation among team members and team spirit are vital in achieving efficient and successful collaboration. As we create designs for the MPRL E&P Group of Companies, we understand the significance of partnering with colleagues from different departments within the GoC. This collaboration allows us to gain valuable insights and ensure that our designs align with the goals and requirements of the company. Through strong teamwork and collaboration, we foster an environment that encourages open communication, idea sharing, and continuous improvement.

The Unstoppable Journey:

The Power of Determination Fueling Employee Success

Hnin Wynt Zaw



Daw Phyu Lai Thwe's journey at MPRL E&P is a testament to her unwavering dedication and determination. Starting out as a female security, she has now risen through the ranks to become a Junior Engineer in the Field Operations Department. As she enters her fourth year with the company, Phyu Lai Thwe opens about her professional trajectory, highlighting the challenges and triumphs she has encountered as a woman in a predominantly male workforce. Her story serves as a powerful inspiration to women everywhere, showcasing the heights that can be reached through perseverance, focus, and talent.

Can you tell us a little bit about yourself?

I am Phyu Lai Thwe, and family holds a special place in my life. I live with my mother, who has been my constant source of support and inspiration. I was born and raised in Yangon. With a strong passion for petroleum engineering, I dedicated six years of my life to studying this subject at Thanlyin Technological University, from 2012 to 2018. In 2017, I earned the degree of Bachelor of Technology in Petroleum Engineering (B.Tech), followed by the Bachelor of Petroleum Engineering (B.E) in 2019.

Shortly after graduating, I embarked on an exciting chapter in my career. In August 2019, I joined MPRL E&P Group of Companies, where I have been fortunate to contribute my skills and expertise. It's worth mentioning that I initially started my professional journey in Myint & Associates Co., Ltd. (M&AS) before transitioning to MPRL E&P. Over the past three years, I have accumulated valuable experience within the company, continually expanding my knowledge and capabilities.

What was your first job? And what led you to become part of MPRL E&P?

My professional journey started as a tutor for middle school children while I was pursuing my university education. However, it was my position as a female security at M&AS that I consider my first substantial job experience.

In March 2022, I had the privilege of joining MPRL E&P, and I was delighted to be transferred from M&AS to MPRL E&P. The opportunity to work at MPRL E&P has always been a personal aspiration of mine. I believe that this company offers many opportunities and invaluable experiences that align perfectly with my academic background.

Moreover, the oil and gas sector are constantly evolving, and I am eager to contribute to its growth. MPRL E&P provides an ideal platform for me to build a successful professional career, expand my expertise, and enhance my capabilities. I am excited about working in such a dynamic industry and being part of a company that shares my passion and dedication.

You are now working as a junior petroleum engineer in Mann Field at the Measurement Unit, Field Operations Team. Can you tell us more about your career switch from security to engineer?

I am enjoying my role as a junior engineer, having successfully transitioned from a security personnel. While I anticipated the challenges that came with this career switch, I have always maintained strong belief in my abilities and a commitment to excel in everything I do. Becoming an engineer in the oil and gas industry has long been my dream, and I am determined to make it a reality.

Initially, I faced many difficulties due to my limited hands-on experience in the technical field and being distanced from academia after graduation. Having spent approximately two and a half years as a security personnel, my responsibilities vastly differed from those of a petroleum engineer. Nonetheless, I embraced these challenges as opportunities for growth and diligently worked to bridge the gaps in my knowledge and skills.

Through perseverance and focus, I have been able to overcome these initial hurdles. Each day, I strive to strengthen my technical expertise and contribute effectively to the team. I am grateful for the

support and guidance I have received from my colleagues and mentors, who have played a significant role in my professional development.

My journey from security to junior engineer has reinforced my belief in the power of determination and the ability to pursue one's dreams.

Can you share your biggest achievement and challenges as a security personnel at MPRL E&P?

Throughout my experience as a female security, I encountered some challenges, particularly in terms of interpersonal communication and emotional management. However, I consider my greatest achievement in this role to be the development of my ability to effectively control my feelings, emotions, and stress levels. This accomplishment has played an important role in my personal growth, resulting in stronger emotional and mental strength. And I have to say that my soft skills have improved that I no longer require additional soft skill training. This experience has led me to become more confident in general and significantly contributed to my professional growth.

Are there any challenges as a female petroleum engineer working in the field?

One of my primary challenges has been bridging the gap between technical terminology and practical applications. However, working alongside my male colleagues in the field has never been an issue for me. Instead, I view them as an extended family—a supportive network that encourages and motivates one another to strive for excellence.

As an engineer, one of the most rewarding aspects is the opportunity to gain both technical expertise and practical experience while working directly at the operation site. This combination not only contributes to my professional growth but also serves as a source of inspiration, pushes me to improve my skills each day.

Stanley McBride, an environmental consultant who recently joined MPRL E&P, delves in to the depths of the aquatic realm and sheds light on the transformative potential of eDNA in our interaction with the natural world.

Environmental Baseline Study

As part of the MONREC approval process, MPRL E&P Pyitharyar Integrated Project (PIP) is required to submit an Environmental Impact Assessment (EIA) for Environmental Conservation Department's (ECD)'s approval. The EIA is an analysis of the potential impacts of Project activities on the environmental and socio-economic conditions. To achieve this, MPRL E&P will conduct an environmental baseline study of the project area. In order to comprehensively assess the impact, it is crucial to identify and collect data on species that reside in the Project area. There are two protected areas within 30-kilometer radius of the Project and it is incumbent that the ESIA considers the endangered species that live in these areas.

Harnessing eDNA for Environmental Baseline Studies

Stanley McBride

Traditional survey methods rely on Marine Mammal Observers (MMO) who are people trained in the detection and identification of marine mammals. The MMO accompany the EBS survey vessel and scan the water's surface for ani-

mals that surface for breath. This survey method has limitations as not all marine species reveal themselves, with some being elusive and avoiding marine vessels. Fortunately, advancements in technology have introduced a new sampling method that has simplified the species identification process without spending an inordinate amount of time searching for marine species.

The Power of DNA:

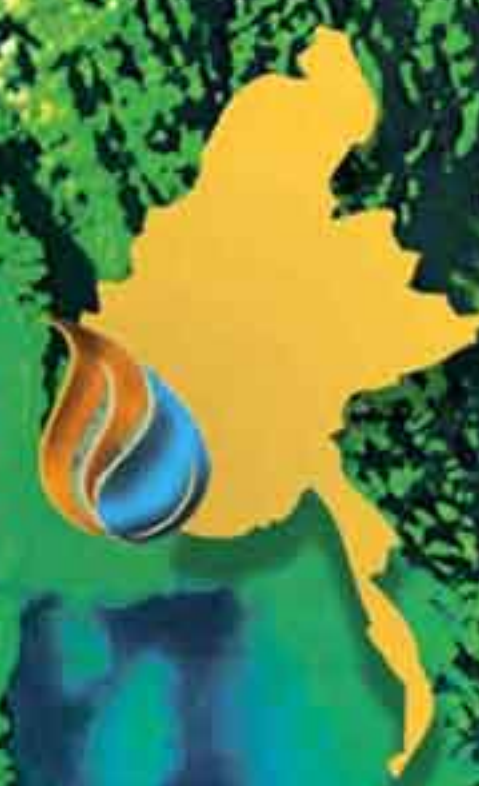
DNA, or Deoxyribonucleic Acid, is the fundamental blueprint for every organism on Earth. Composed of many molecules that combine to form the DNA molecule, it adopts a double helix structure. Within DNA, each species has unique "genetic marker" molecules which can be used to identify the exact species. Additionally, individuals within a species group exhibit unique genetic markers that can be used to identify unique individual traits. DNA can be used to identify an individual within a group of species. Therefore, DNA is an important investigative tool employed by scientists worldwide to identify and monitor species across the planet.

Introducing eDNA:

Environmental DNA (eDNA) is a scientific method that has revolutionized the identification and monitoring of aquatic species. By collecting water samples from aquatic environments and extracting DNA from those samples, researchers can identify the presence of specific species in the ecosystem. This method offers tremendous potential for the Andaman Sea's diverse ecosystem, including various cetaceans (marine mammals), allowing for efficient species identification.

Several studies have demonstrated the efficacy of eDNA in identifying the presence of aquatic species. A study by Sigsgaard et al. (2017) successfully used eDNA to monitor the European weather loach, a near-extinct species in Denmark. The authors found that eDNA was a reliable and efficient method for monitoring the presence of this species, demonstrating the potential of eDNA in conservation efforts.

Pyitharyar
Integrated
Project
Myanmar Offshore
Block A-6



One study by Ficetola et al. (2018) used eDNA to identify the presence of several cetacean species in the Mediterranean Sea. The authors found that eDNA was able to detect the presence of these species in areas where traditional monitoring methods had failed. The study also demonstrated the potential of eDNA in identifying rare or elusive species, which are difficult to detect using traditional methods.

While eDNA has demonstrated significant advantages in identifying aquatic species, there are some limitations to this method. For example, eDNA can be affected by environmental factors such as temperature, salinity, and pH, which can impact the detection and quantification of DNA in water samples (Lacoursiere-Roussel et al. 2016). Additionally, eDNA may not provide information on the abundance or distribution of species as the amount of DNA present in a sample may not necessarily correlate with the number of individuals present (Thomsen and Willerslev, 2015).

Conclusion

In the quest to understand and preserve our aquatic ecosystems, eDNA emerges as a powerful tool. By enabling non-invasive and efficient identi-

fication and monitoring of aquatic species, including those within the Andaman Sea and the Pyitharyar Integrated Project's area of influence, eDNA contributes to a comprehensive environmental baseline study. This groundbreaking approach deepens our understanding of species distribution, paving the way for effective conservation efforts and environmental impact assessments. ■

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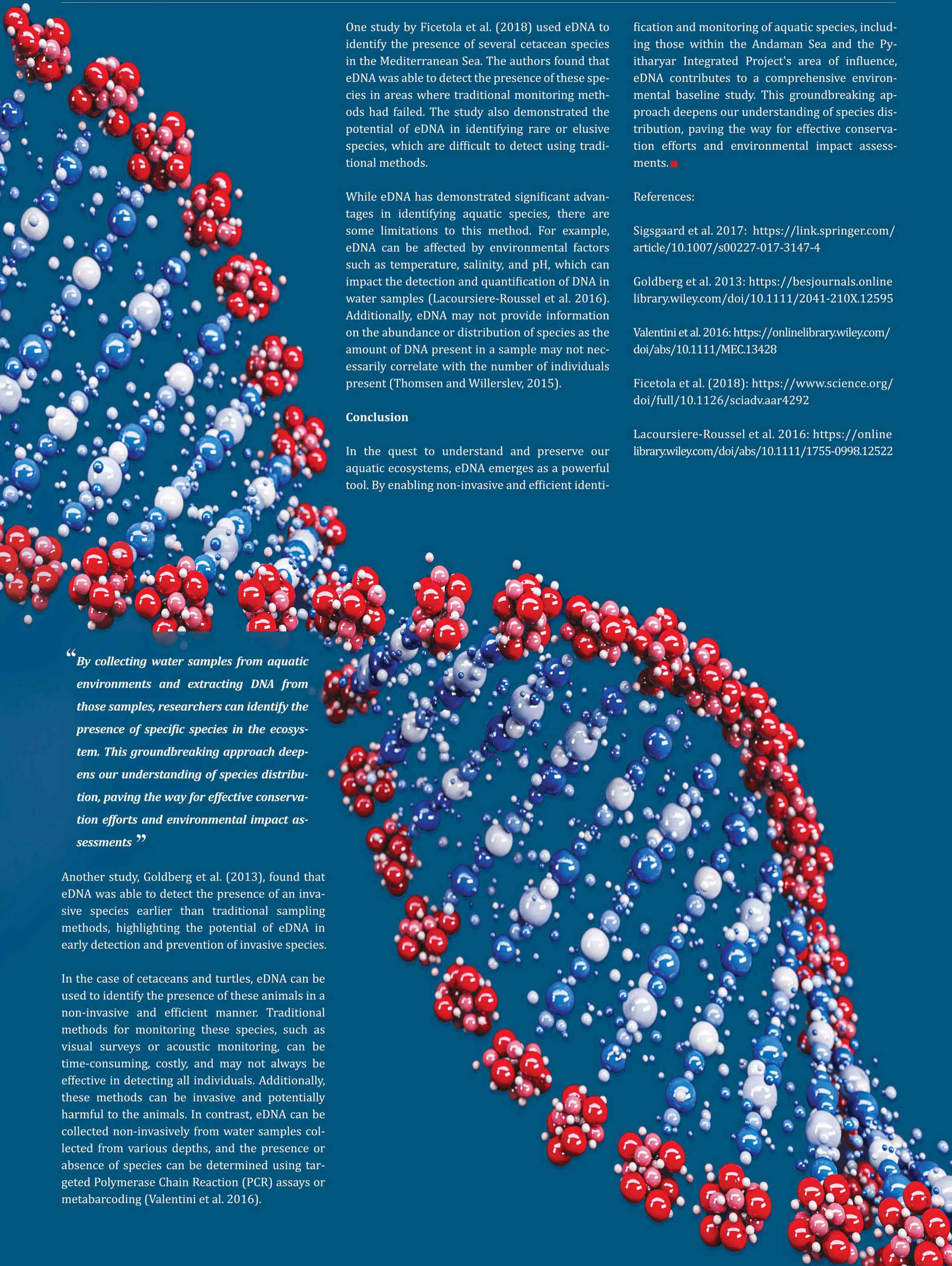
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“By collecting water samples from aquatic environments and extracting DNA from those samples, researchers can identify the presence of specific species in the ecosystem. This groundbreaking approach deepens our understanding of species distribution, paving the way for effective conservation efforts and environmental impact assessments”

Another study, Goldberg et al. (2013), found that eDNA was able to detect the presence of an invasive species earlier than traditional sampling methods, highlighting the potential of eDNA in early detection and prevention of invasive species.

In the case of cetaceans and turtles, eDNA can be used to identify the presence of these animals in a non-invasive and efficient manner. Traditional methods for monitoring these species, such as visual surveys or acoustic monitoring, can be time-consuming, costly, and may not always be effective in detecting all individuals. Additionally, these methods can be invasive and potentially harmful to the animals. In contrast, eDNA can be collected non-invasively from water samples collected from various depths, and the presence or absence of species can be determined using targeted Polymerase Chain Reaction (PCR) assays or metabarcoding (Valentini et al. 2016).



From Cover Page



As a key part of our CSR strategy, it was decided that pursuing a local community partnership model (the first such model created and practiced within the Myanmar business community) would enable us to more rapidly and effectively achieve our key objectives. This model consisted of our CSR human resources also including a core component of community volunteers from each of the 14 local communities that coexist together with us in Mann Field. Community volunteers would serve and participate, as equal partners to our CSR Team, in their capacity as representatives of their respective communities, advocating for their community needs, co-developing programs, monitoring/evaluating our collective CSR performance, and acting as focal points for effective and meaningful two-way communication. There was also a limit placed on how long an individual could serve as a community volunteer before being required to be replaced by another member of their community in order to ensure diverse representation.

Based on our earliest social impact assessments, community needs assessments, and consultations, it was learned that there were a number of legacy issues, concerns, and grievances (dating back to even before our active presence in Mann Field in 1996) stemming from historical operational impacts towards our Mann Field Communities. As opposed to frame these findings as threats, I recall taking the view that such findings much rather presented themselves as opportunities that, if effectively understood and addressed, could generate a significant amount of both trust and social capital that could materially enhance our ability to achieve collective community buy-in for our intended new CSR Programs and initiatives.



This formed the basis of the creation of our Operational Grievance Mechanism (OGM), serving as a formal communications platform for our local communities to officially inform us (in person, on the phone, or in writing, whichever was convenient) of their concerns and grievances. As another first initiative of its kind in Myanmar, there was an initial underlying concern of the risk that the OGM could be abused or used for purposes other than effective and honest communication. However, in practice, what was truly enlightening for me was that over the 8 years that we have had the OGM in place, there has not been one instance where the OGM was not leveraged by our local communities for its intended purpose. Since the inception of the OGM, there have been numerous grievances com-

municated to us, a large majority of which have been straightforward and addressed/resolved to a high level of satisfaction from the local community member lodging the grievance. What has also been an important element of the process involved grievance close-out consultation and dialogue, particularly effective when we had to explain to our local communities why some grievances, after careful investigation and assessment, could not be resolved; a part of our process that always resulted in an acceptable level of satisfaction from the community member lodging the grievance.



In 2015, many of you may remember that parts of Myanmar underwent a significant natural disaster in the form of mass flooding due to torrential and unprecedented rainfall from Cyclone Komen. Nationwide, in addition to our Government relief response, the general public also mobilized record breaking initiatives of disaster relief efforts to directly assist our fellow citizens that resided in the most impacted areas. One of the areas most impacted was Magway Region, and I vividly remember the quantity of relief supplies and large numbers of citizens from other States and Regions being physically involved in the relief efforts, mainly targeting towns located in northern Magway (towns such as Pwint Phyu). However, in the more remote communities within Mann Field, there were little to no relief efforts that were being provided. I recall forming an internal task force to lead our own emergency response and relief efforts, together with both our staff and community volunteers, to directly assist the impacted commu-



nities within Mann Field. We provided water purification tablets, food supplies, mosquito nets (noting the prevalence of malaria), firewood, critical medicine, and an emergency mobile medical clinic. Through our response, the additional creation of social capital and trust from our local communities was tremendous and far reaching.

One of the key learnings that we realized from our response to this natural disaster was that there still remained a critical need for us to contemplate a form of philanthropy within our CSR strategy. However, it was also important for us to design this element to ensure that our philanthropic initiatives would not create a long-term dependency or an expectation of sustained handouts. It was decided that we would pursue a model of shared philanthropy as one of our core CSR strategy pillars. This concept involved targeting philanthropic initiatives towards the most basic needs (such as access to clean water), and a design that would include a small collective contribution or co-investment from our local communities in support of our shared philanthropic initiatives.



Our community partnership model, OGM, effective resolution of legacy issues/grievances, and targeted disaster relief response efforts all markedly enhanced both our social capital and trust within each of our 14 Mann Field Communities, forming the bedrock of our CSR strategy and enabling us to achieve materially effective execution capability. Our new CSR strategy was then firmly established and rolled out underpinned by four fundamental elements consisting of (1) educational and vocational enhancement; (2) livelihood improvement; (3) access to healthcare; and (4) shared philanthropy.



Our undertakings, achievements, learnings, and milestones are a source of much pride in the sense that they truly embody not only the core values of our company, but rather the spirit and morale fabric of our Myanmar people. Beyond the human element of CSR, it is also worth noting that since the start of our CSR journey, a question that we have repeatedly asked ourselves is how we can measure, from a business point of view, our return on our social performance. Over the course of the political events that our nation has faced over the last two years, the answers can be found by observing the state of the security and safety situation within Mann Field. Comparative to many other onshore producing fields in Myanmar, Mann Field has faced, by far, the fewest security related incidents, and for an extended period now, is able to successfully sustain our production operations and performance similar to periods prior to 2021. Our ability to do so, in light of the overarching security related circumstances, is a clear measure of our social return from our decade of CSR, unequivocally demonstrating the business value of securing and preserving a robust **Social License to Operate**. ■

Events

MPRL E&P Group of Companies Hosts Annual Parrita (Pali) Chanting Events to Share Merits on Myanmar New Year Day



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How are you expanding your creative skillset at work?

As a designer, my main responsibility is to develop strategic ideas and design concepts. However, I also embrace design requests that may push me out of my comfort zone due to my limited experience in certain areas, such as using specific software. For example, I have collaborated with other team members to create marketing materials for social events organized by the company. This collaboration has involved tasks like photography, photo editing, videography, and more.

To meet the evolving business needs and demands, I understand the importance of staying dynamic and competitive in my field. As part of my continuous growth, I am currently engaged in an in-house training program to enhance my proficiency in AutoCAD Design. This additional skill will not only expand my creative skillset but also enable me to contribute to a wider range of projects within the company.

How do you balance the needs and requests of staff with your own artistic vision?

When I receive a design request, the requesters often provide specific instructions regarding the copy, colors, and overall concept they have in mind. While I value their input, there are instances where I may encounter difficulties or hesitations in aligning their vision with my own artistic ideas.

To strike a balance, I approach such situations by carefully considering ways to incorporate my own creative perspective while fulfilling their specific requirements. I believe it is essential to provide options and flexibility. I explore different design possibilities, presenting the requesters with multiple choices to choose from. This approach allows them to actively participate in the decision-making process and select the design that best aligns with their needs and preferences.

How do you prioritize your workload and manage your time effectively?

When it comes to prioritizing my workload and managing my time effectively, the Design Team plays a crucial role in determining what needs to be done to meet deadlines. If I am working on a task that requires more time, I communicate this

to my team. Additionally, in situations where there is a high volume of work, I seek clarity on which tasks can be temporarily shifted from the priority list. I consult my Team Leader or Supervisor to discuss the possibility of rescheduling deadlines, and this decision is made collaboratively with my colleagues.

How do you stay up to date with current design trends and techniques?

Graphic design is a highly competitive and fast-evolving industry, and it is crucial to stay informed about the latest trends and techniques to produce outstanding work that meets clients' demands. However, keeping up with the ever-changing world of graphic design can be challenging. Nevertheless, it is essential to stay updated on graphic design trends. Some of the ways I do this include attending webinars, conferences, and offline workshops, as well as engaging in online resources such as reading magazines, journals, books, blogs, and taking online courses and tutorials from platforms like Udemy, Skillshare, and Lynda. YouTube is also a valuable source for designers, as it provides a wealth of informative and educational materials. ■

From Page 11

What are your long-term professional goals?

My ultimate career objective is to establish myself as a distinguished professional in a specific area of the oil and gas field. I want to become a recognized subject matter expert, capable of making big contributions to the industry. To achieve this, I am committed to staying focus and motivated while continuously honing my skills and expanding my knowledge.

What do you think are the most important qualities of a successful petroleum engineer working in the field camp?

A successful petroleum engineer working in the field camp possesses a range of qualities that con-

tribute to their effectiveness. I would say, technical knowledge, problem-solving skills, safety awareness, attention to detail, teamwork, critical thinking, and leadership abilities are very vital for this role.

How would you motivate other female engineers?

Acknowledging that there will be challenges is important, but with determination, these obstacles can be overcome, leading to significant contributions within your team and work. It is important to actively seek guidance and support from colleagues and mentors without hesitation or reservation. Don't shy away from asking for help when needed.

As a woman in a male-dominated industry, it is important to recognize that you may encounter unique challenges and obstacles. However, never give up on your dreams. Stay motivated by focusing on the positive impact you can make. Remember, you have worked hard to reach your current position, and every success that comes your way is well-deserved. As a female petroleum engineer, you have the power to break down barriers and gender stereotypes.

Lastly, believe in yourself, set meaningful goals, and discover your true passion in life. Trust in your abilities and let your passion drive you towards success. ■



Ngwe Saung Yacht Club & Resort Promotes Itself at ADEX Ocean Mission 2023 in Singapore

Moe Thu Zar Soe



Ngwe Saung Yacht Club & Resort (NSYC) made a significant impact at the "ADEX Ocean Mission 2023" event held from 31 March to 02 April 2023, at the Sands Expo and Convention Centre in Singapore. As a renowned dive consumer and trade show in Asia, the event focused on honoring and connecting women in the dive industry who are dedicated to exploring the wonders of the underwater world across the globe.

Supported by prominent dive industry organizations such as the Diving Equipment and Marketing Association (DEMA) and China Underwater Association, the event attracted participants from various hotels that possess diving assets, including those from the Philippines, Indonesia and Thailand. Our very own Ngwe Saung Yacht Club & Resort (NSYC) seized the opportunity to highlight their exceptional amenities and services during the event.

Over the course of three days, the event featured prominent speakers from around the globe, including scientists, marine conservationists, underwater photographers, videographers, artists, and enthusiastic ocean advocates.

It served as an invaluable platform for exhibitors, including dive operators, equipment manufacturers, and national tourism boards, to forge connections, showcase their technologies, diving destinations, and tour packages to the diving community. ■



Events MPRL E&P Group of Companies Provides Water Purification Tablets to Communities Affected by MOCHA in May 2023



Trash into Composting Treasure: Organic (Bio) Waste Management and Bokashi Composting Training

Moe Thu Zar Soe



According to the UN's Food and Agriculture Organization (FAO), it is alarming to learn that approximately one-third of the global food produced for human consumption, equivalent to 1.3 billion tons, goes to waste every year. Composting is an eco-friendly and sustainable solution to the problem of food waste and Bokashi can be a successful business model while simultaneously supporting a strong-rooted social and environmental purpose.

MPRL E&P aims to help support farming communities in Mann Field turning waste into compost through Bokashi, making it a valuable resource that they can use to grow plants in the area, such as in their horticulture farms and in crop fields. With the widely support of Bokashi Myanmar, the first organic waste management company in Myanmar founded by Inda Aung Soe in 2008, the CSR Team from MPRL E&P organized a two-day training course on the Organic (Bio) Waste Management and Bokashi Composting which are significant opportunity to use that waste to regenerate the soil and protect from land degradation for Mann Field farming communities at the monastery located in Mann Kyo Village on 14 and 15 March 2023. One of the three co-founders of Bokashi Myanmar Inda Aung Soe and the certified trainer Daw Aye Aye Than facilitated the knowledge on food waste and how to transform trash to composting treasure through learning by doing approach and a total of 25 community farmers and interested parties joined the two-day training session.



Bokashi, a Japanese term meaning "fermented organic matter," holds great potential in inspiring and delivering pesticide-free, organically grown food. Moreover, Bokashi composting provides an effective solution for reducing the amount of food



waste that ends up in landfills from households, schools, and other sources. In just 4 to 6 weeks, food waste can be transformed into nutrient-rich compost, thanks to the action of microbes. Research conducted by Bokashi Myanmar reveals that 7 out of 10 types of waste in Myanmar originate from crop fields, kitchens, and households. Unfortunately, these wastes are often burned or illegally discarded, leading to pollution and the spread of diseases.

Additionally, improper waste management can result in the rotting of organic materials such as vegetables, meat, and eggshells, releasing significant amounts of methane into the atmosphere. However, recognizing that organic waste does not have to be considered as trash, trainees enthusiastically embarked on producing Bokashi compost by utilizing organic waste in their horticulture farms and crop fields at Mann Field. Their eagerness demonstrates a strong belief in the value and potential of Bokashi composting in sustainable waste management practices. ■



Equipping Potential Entrepreneurs in Mann Field Communities

Moe Thu Zar Soe



In March 2023, the CSR Team facilitated the participation of selected former trainees, who currently operate micro-enterprises under various brand names like "May," "May July," "Pyae Sone," etc., in the Advanced Training on Making Tomato-based Value-added Products. The training was organized by SSID (Magway) at its Incubation Centre from 20 to 22 March 2023. Skilled experts from SSID provided hands-on training to the participants, focusing on processing and making marketable tomato-based value-added products. The training aimed to enable the trainees to practice what they had learned within their own homes. It covered crucial aspects of the tomato value chain, including nursery practices, production practices, value addition, market access, packaging, and the economics of production.

"Tomatoes have economic and nutritional importance. They are a profitable horticultural crop that provides income to farmers in Mann Field and individuals involved in cultivation and production," said Daw San May, a horticulture farmer from Kyar Kan Village who attended a two-day horticulture training supported by MPRL E&P in July 2019. "Even a small crop field can generate significant earnings and help improve our livelihoods," she added.

To enhance farm income stability and empower potential entrepreneurs, MPRL E&P's CSR Program collaborated with the Magway Regional Small Scale Industries Department (SSID) on value addition for tomatoes. With SSID's support, the CSR Team organized a seven-day training session on making value-added tomato products at Aye Mya Village in September 2022. A total of 20 women from seven villages in Mann Field participated in the session. Among them, 11 former trainees now run their own small businesses and have successfully marketed their new products to local consumers, both within and outside their villages, as well as in grocery stores in Minbu.

The communities surrounding Mann Field benefit from MPRL E&P's CSR Program, which includes various vocational trainings. These initiatives involve the distribution of plastic mulches and quality tomato seeds through the Seed Bank Committee. Additionally, regular monitoring and technical assistance are provided to farmers through the Community Liaison and skilled experts from the Department of Agriculture (Minbu) and Yetagon Farm Advisory Services to ensure optimal output. In the Fiscal Year 2022-2023, 27 tomato growers from Mann Kyoe, Chin Taung, Let Pa Taw, and Kywe Cha villages cultivated a total of 7.3 acres of tomatoes. They harvested 51,875 visses, resulting in a tenfold increase in profits for some farmers compared to the previous year.

"The training focused on women and local youths from Mann Field, empowering them to generate income from the comfort of their homes," said the Junior CSR Officer from MPRL E&P. She emphasized that the training was a form of economic empowerment, enabling the trainees to expand their production independently.

In collaboration with resource organizations, MPRL E&P's CSR Team closely monitors and supports the trainees, providing them with opportunities to enhance employable skills, earn a living, and sustain their small businesses. ■



Operational Grievance Mechanism: A Unique Platform to Promote Two-way Communication



Moe Thu Zar Soe

The Operational Grievance Mechanism (OGM) at MPRL E&P is an important avenue for capturing the concerns of affected communities and creating opportunities to find solutions together. It is the first grievance mechanism implemented by a company in Myanmar based on the UN Guiding Principles on Business and Human Rights. The main objective of the OGM is to facilitate direct and open dialogue between stakeholders and MPRL E&P, enabling local communities to have a voice and ensuring that the impacts associated with operations affecting the environment and surrounding communities are solicited, monitored, and effectively addressed.

MPRL E&P has worked closely with the operator of Mann Field and applied a multi-stakeholder

approach to design and manage the OGM. It is the very first mechanism facilitated and managed by the host community, the state-owned entity, and MPRL E&P. The OGM was initially piloted in three out of the 14 communities in Mann Field in April 2014, and it was fully rolled out to the remaining communities in August 2014. This allows community stakeholders to voice their concerns directly to the company, avoiding the need for third-party involvement, and enables the company to respond to concerns before they escalate.

To encourage stakeholder accessibility and provide information to potential users of the OGM, effective communication with the entire community is essential. Therefore, MPRL E&P has conducted five Awareness Raising Campaigns on the OGM,

each with a unique design, over several consecutive years since 2016. Recently, for the Fiscal Year 2022-2023, MPRL E&P launched its fifth OGM Awareness Raising Campaign in Mann Field. This year's campaign featured a two-day, four-session event with six hands-on exhibits showcasing CSR initiatives and a cartoon gallery. Crowd control measures were in place during the third week of March 2023.

U Tun Hla Aung, a Village Administrator from Mann Kyoe Village, expressed his satisfaction with the mechanism, stating, "I provide farmers in Mann Kyoe with OGM information and sound advice to effectively utilize this mechanism, which is designed to enhance mutual benefits and respect for each party. The sustainability of the OGM and the increased awareness among Mann Field Communities, including children who participated in this year's campaign, make me very pleased."





The campaign aimed to strengthen awareness about the OGM and build trust in the mechanism's ability to resolve issues. It played a crucial role in fostering a better relationship between Myanma Oil and Gas Enterprise, MPRL E&P, and Mann Field Communities. The two-day campaign took place in Nan U, Kyar Kan, Mann Kyo, and Mei Bayt Kone on 14 and 16 March 2023. It promoted awareness and practice of the OGM among community members, with the support and efforts of the CSR Team members and Community Volunteers.

Daw Aye Aye Myint (aka Ma Phyu), a Community Volunteer from Mann Field, shared her perspective on the campaign, saying, "I participated in this year's campaign, and I found the involvement of community members highly notable. Both school children and adults happily engaged in the fantastic activities and showed their eagerness, especially in the cartoon gallery."

The campaign featured exhibit booths showcasing the OGM Flow Chart, MPRL E&P's Agricultural and Livestock initiatives, Trash Hero Minbu, Mobile Clinic, Educational Partnership, Community Infra-

structure Development, as well as a Cartoon Gallery and Jigsaw Game Stations. A total of 788 community participants actively and happily joined the campaign.

MPRL E&P has implemented the OGM in Mann Field since September 2014, committing to engage with communities and promote two-way communication to build mutual trust and maintain the social license from local communities. "As of May 2023, there have been a total of 168 logged OGM cases. An Impact Assessment Report conducted at the end of the Fiscal Year 2021-2022 revealed that 97% of the respondents were aware of the mechanism and its procedures," stated by the Monitoring, Evaluation and Learning Coordinator from MPRL E&P's CSR & Communications Department.

Over time, by working together to minimize adverse impacts and address relevant needs, a successful partnership has been established between project-affected stakeholders and MPRL E&P. One key indicator of the mechanism's performance is that 95% of complainants are satisfied with the process.

During the Fiscal Year 2022-2023, 11 cases were effectively filed through the OGM, with a 100% satisfaction rate regarding how all 11 cases were addressed and closed out. This demonstrates the success of the annual awareness raising activities and the robust relationships facilitated by MPRL E&P's Field Operations Team, CSR Team, Community Volunteers, and Mann Field Communities, leading to positive outcomes and achieving targets. ■





Celebrating a Milestone: Myint & Associates Telecommunications Ltd. Honors Employees with Five-year Service Awards

M&A Telecoms Team

Myint & Associates Telecommunications Ltd., the information technology arm of the MPRL E&P Group of Companies, celebrated a significant milestone with a five-year service award ceremony honoring a group of dedicated employees. These individuals have demonstrated exceptional commitment and outstanding performance in their respective fields throughout their tenure with the company.

Established in 2015, Myint & Associates Data Center (M&A Data Center) is a pioneering and innovative Uptime Institute Tier III design certified ICT (Information Communications Technology) Data Center in Myanmar. It was launched to cater to the diverse and evolving needs of clients, ranging from government agencies to private enterprises. The primary objective of the data center is to provide reliable and responsive services while fostering the growth and development of Myanmar's technology sector.

The Uptime Institute is a globally recognized authority responsible for establishing and overseeing Tier Standards and Certifications for data center design, construction, and operational sustainability. This prestigious certification ensures that the data center adheres to the highest standards of design, redundancy, security, and safety compliance. As a result, M&A Data Center guarantees its users an impressive uptime rate of 99.98%, with no more than 1.6 hours of downtime throughout the year, in accordance with Tier III standards. Since its inception, M&A Data Center has achieved an exemplary track record of zero seconds of downtime, upholding the Service Level Agreement (SLA) defined by Tier III for all its valued customers.

In addition to its role as a leading data center, M&A Telecoms serves as the central hub for managing and supporting all information technology solutions within the MPRL E&P Group of Companies. The company takes pride in its position as a regional market leader, offering top-quality services and maintaining the highest levels of professionalism, integrity, and ethics in all interactions with stakeholders, partners, and clients. This commitment to excellence is reinforced by a team of knowledgeable and experienced professionals who strive to deliver the best results in their respective domains.

Recognizing the immense contributions and dedication of its employees, M&A Telecoms organized a five-year service award ceremony in April 2023. This event served as an opportunity to honor a few individuals who have remained committed to the company for at least five years. Their hard work, exceptional performance and dedication have played a pivotal role in the continued success of M&A Telecoms. Let us now highlight two of the outstanding awardees who were recognized during this occasion.



U Kyaw Htet Aung
Assistant Engineer (Outsource & Services)

U Kyaw Htet Aung, a dedicated professional with a Bachelor's Degree in English from Dagon University, brings a wealth of technical expertise to the table. Holding internationally recognized certifications in Microsoft and Cisco, he has established himself as a competent IT specialist. Since 2017, Kyaw Htet Aung has been an integral part of the M&A Telecoms Team, playing a crucial role in managing the IT technical aspects of MPRL E&P Group of Companies and other organizations.

Kyaw Htet Aung's career journey has been a testament to his resilience and determination. In 2015, he embarked on his professional path at KMD Group of Companies, assuming the position of System Installation Checker. In this role, he efficiently supported daily IT operations, showcasing his dedication to ensuring smooth and seamless system functioning. Seeking further growth opportunities, Kyaw Htet Aung transitioned to Blue Ocean Operating Management Co., Ltd., Myanmar's pioneering call center. There, he excelled as an IT Support Specialist, providing valuable assistance to resolve technical issues. Balancing his work responsibilities, he pursued academic endeavors to enhance his skill set, demonstrating his commitment to personal and professional development.

In 2017, Kyaw Htet Aung joined M&A Telecoms as an Assistant Engineer, marking a significant

milestone in his career. Here are a few words from the happy award recipient.

How do you feel about being honored with the five-year service award?

Receiving the five-year service award personally brought me so much joy and satisfaction. It was a moment of pride for me to be acknowledged for my dedication and contributions to the organization. The recognition further reinforces my commitment to upholding the company's policies and procedures while working collaboratively with my colleagues to accomplish the company's goals and objectives.

Do you believe there is a distinction between theoretical knowledge acquired in academics and practical experience in the professional field?

Absolutely, I think that there exists a substantial difference between theoretical knowledge gained through academic studies and the practical experience gained in a professional work environment. It is crucial to acquire hands-on practical experience in one's chosen field of interest. Continuously improving one's skill set is essential to remain competitive and become the best version of oneself. In the IT industry, it is particularly important to possess a keen attention to detail, effective communication skills, self-discipline, problem-solving abilities, and a genuine passion for technology.

What attracts you to working in IT support?

The aspect I find most appealing about working in IT support is the opportunity to solve problems and assist individuals with their technological challenges. Witnessing the positive impact my assistance has on someone's life gives me a sense of fulfillment and motivation. Over the years, I have noticed significant development in my problem-solving and interpersonal skills, and I eagerly anticipate further growth and advancement in my career. The IT sector offers vast opportunities for personal and professional growth, and I am excited to explore what lies ahead for me.





U Han Thar Lin
Assistant Engineer (Network Operating Center)

U Han Thar Lin went to West Yangon Technological University (WYTU) and received a Bachelor's Degree in Mechanical. Since 2017, he has been working as an Assistant Engineer in M&A Data Center focusing on the functions of machinery like the physical construction of the tools and techniques. Han Thar Lin has not only fulfilled the duties given to him by his supervisor for more than five years, but he is also an employee who has worked enthusiastically for many years in Data Center Operations. Han Thar Lin's heartfelt words are presented.

How do you feel about being recognized with the five-year service award?

I am absolutely thrilled to receive this award! It is a wonderful validation of the hard work and dedication I have put into my role over the past five

years. This recognition serves as a strong motivator for me to continue pushing myself to new heights in my work. Moving forward, I am committed to upholding my responsibilities as a diligent and dependable employee. I feel incredibly fortunate to be a part of such an exceptional team and organization that not only recognizes my efforts but also provides a supportive environment for my personal and professional growth. This award inspires me to further enhance my technical knowledge and expertise, and I eagerly anticipate the exciting opportunities that lie ahead.

Why do you enjoy working on the sector of the data center facility?

I am very satisfied with the experience I have gained and the opportunity to apply it to the operation of my current workplace, in addition to the mechanical aspects of the degree I have acquired, as well as the facility sector in charge of the data center. In addition to the mechanical aspects of my degree, I enjoy working in the IT sector of the data center facility because it offers a unique blend of challenges and opportunities. The field of technology is constantly evolving, and being part of the mechanical side allows me to stay at the forefront of these advancements. I find it fascinating to work with cutting-edge machinery and tools that are crucial for the efficient and reliable operation of data centers. Moreover, the data center industry plays a pivotal role in today's digital age, and I take pride in contributing to the infrastructure that supports the flow of information and empowers businesses.

What are your long-term goals?

My long-term goals revolve around continuous growth and development, both personally and professionally. I aspire to further deepen my expertise in the field of mechanical engineering, particularly in relation to data center operations. Additionally, I want to stay on top of emerging technologies and best practices and continuously enhance my skills to adapt to the evolving needs of the industry. Ultimately, my goal is to make a positive impact in the workplace and contribute to the success of the organization I am a part of. ■



Events Promoting Workplace Vaccination for a Safe and Healthy Environment



Taking Action against Plastic Pollution on World Environment Day

Han Myo Aung

World Environment Day (WED) is an annual global platform led by the United Nations Environment Programme (UNEP) that aims to raise awareness and promote environmental outreach. Celebrated every year on 05 June since 1973, WED serves as a powerful reminder of the critical importance of addressing plastic pollution.

The theme for WED 2023 is "Solutions to Plastic Pollution." Shockingly, more than 400 million tonnes of plastic are produced worldwide each year, with nearly half of it designed for single-use purposes. According to reports from UNEP, less than 10% of this plastic is recycled, leading to an alarming estimate of 19 to 23 million tonnes ending up in our lakes, rivers, and oceans annually.

Plastic pollution, also known as "white pollution," refers to the detrimental environmental impact caused by the accumulation of discarded plastic items, especially single-use products like bags, bottles, and packaging. These plastics can persist in the environment for hundreds of years, posing a significant threat to ecosystems and wildlife. The accumulation of plastic waste in areas where it doesn't naturally belong has become a pervasive and urgent problem that demands immediate attention.

Plastics are man-made materials composed of various organic polymers, forming long chains of linked molecules. They are versatile and commonly used in packaging, construction, automotive, electronics, medical equipment, and other industries.

Plastic pollution knows no boundaries and affects various locations, including urban areas, rural communities, and oceans. It is caused by a range of factors, including improper waste disposal, industrial and commercial sources, and human behavior. Single-use plastics such as bags, straws, and

utensils, play a significant role in exacerbating the problem.

The consequences of plastic pollution are diverse, impacting both the environment and human health. It harms marine life through entanglement, ingestion, and suffocation. Plastic pollution disrupts ecosystems, leads to climate change, and damages infrastructure. Moreover, it poses serious health risks to humans, including cancer, endocrine disruption, and reproductive problems.

To tackle plastic pollution, a variety of solutions are suggested. Individuals can reduce their plastic consumption, dispose of waste properly, and support eco-friendly businesses. Corporations can adopt sustainable packaging and design alternatives to plastic. Governments play a crucial role in enforcing regulations, implementing bans, and encouraging sustainable practices.

Successful initiatives in combating plastic pollution include bag bans, producer responsibility programs, and plastic-free campaigns. However, challenges persist, including resistance to change, weak enforcement, and economic obstacles. A 2021 UNEP report emphasized the global urgency to address plastic pollution by reducing production, enhancing waste management, and promoting sustainable alternatives.

We can make a significant impact on reducing plastic waste and its environmental footprint by finding innovative ways to reuse plastic. Repurposing plastic into reusable bags, food containers, planters, toys, and engaging in craft projects, composting, and using plastic for watering cans are just a few examples. By extending the lifespan of plastic through reuse, we can minimize the amount of plastic waste in landfills and the environment.

Proper cleaning and sanitization of plastic items before reuse are essential, and any plastic that cannot be reused or recycled should be disposed of correctly.

MPRL E&P, a responsible business organization, consistently adheres to environmental laws and legislation. Every year, they actively participate in World Environment Day through activities such as plantation campaigns, presentations on the WED theme, and spreading awareness about environmental concerns. MPRL E&P has implemented an effective waste management system and practices waste segregation, promotes a zero-waste lifestyle, and encourages avoiding single-use plastic products whenever possible. They collect waste using reusable jumbo bags, prioritize reducing, recycling, and reusing plastic bags and containers, and promote sustainable shopping practices.

Additionally, MPRL E&P collaborates with governmental organizations and communities for environmental conservation efforts. They support initiatives like the Trash Hero movement, sponsor environmental projects, and partner with local environmental groups to develop and implement solutions for reducing plastic pollution, improving waste collection and disposal, conducting environmental monitoring activities, and raising awareness about environmental concerns.

On World Environment Day and beyond, it is crucial for individuals, organizations, and governments to unite in the fight against plastic pollution. By taking collective action and implementing sustainable practices, we can protect our planet, preserve ecosystems, and ensure a healthier future for generations to come. ■

WORLD ENVIRONMENT DAY 05 June 2023 Celebration Beat Plastic Pollution!





Trash Hero

Minbu

Trash Hero Minbu actively engaged in the theme of #BeatPlasticPollution for World Environment Day 2023 through a unique gift exchange initiative.

In their commitment to raise awareness and promote action to reduce plastic waste and protect the environment, the chapter leaders organized an event where participants exchanged plastic waste for eco-friendly and sustainable fabric bags. As a result of their collective efforts, Trash Hero Minbu successfully collected an impressive total of 313 bags filled with plastic trash.

In April and May 2023, the Trash Hero Minbu Chapter led a series of 13 clean-up activities in the Mann Field Communities. A total of 306 heroes participated in these cleanups who diligently cleaned up 355 kg of trash (equivalent to 71 bags). The cleanup efforts of Trash Hero Minbu focused on areas around Aye Mya, Nan U, Lay Eain Tan, Mei Bayt Kone, and Auk Kyaung Villages. MPRL E&P's CSR Program provided essential support to facilitate the cleanups organized by Trash Hero Minbu. ■



Trash Hero Minbu Cleanup Statistics since September 2017




Trash Hero

Gaw Yan Gyi

In celebration of World Environment Day 2023, Trash Hero Gaw Yan Gyi Chapter took action to raise awareness about plastic pollution and promote sustainable waste management practices that can help reduce plastic waste.

Firstly, a knowledge-sharing session on plastic pollution was conducted, engaging a total of 44 participants. They were empowered with knowledge on reducing household plastic waste and encouraged to incorporate sustainable practices into their daily lives. The event took place at M&AOSB's Site Office on 04 June 2023.

As part of the event, 70 empty plastic bottles were distributed to gasoline shops and dishwashing liquid shops in Nanttharpu Village Tract. These bottles were collected during previous cleanups and cleaned with soap and water for reuse. The initiative aimed to reduce plastic usage by recycling plastic waste and provide a practical solution for individuals who no longer needed their plastic items. These are our involvements for "Solutions to Plastic Pollution" during our World Environment Day 2023 celebration. ■



Trash Hero Gaw Yan Gyi Cleanup Statistics since December 2020



Chiang Mai

on my Mind

Zin Mon

We learn the value of things more in their loss than in their enjoyment.

These words have resonated deeply with me over the past three years. While I have always enjoyed traveling, I found myself making excuses and not exploring as much as I wanted to. My trips were limited to once a year, and sometimes, even that wouldn't materialize. The weight of regret truly struck me during the pandemic, when travel became an unattainable dream. It was then that I made up my mind, to stop making excuses and seize every opportunity to embark on new adventures.

During the Thingyan Holidays in April of this year, I went on a memorable trip to Chiang Mai with my colleagues. Interestingly enough, our visit coincided with the smoke season, which seemed quite comical considering there are 12 months in a year. Despite the less-than-ideal air quality, our determination to explore prevailed, filling us with delight and anticipation, even amidst the polluted atmosphere. Fortunately, we were able to visit other destinations further from Chiang Mai, and ended up creating beautiful memories together.



Doi Inthanon Camp Site

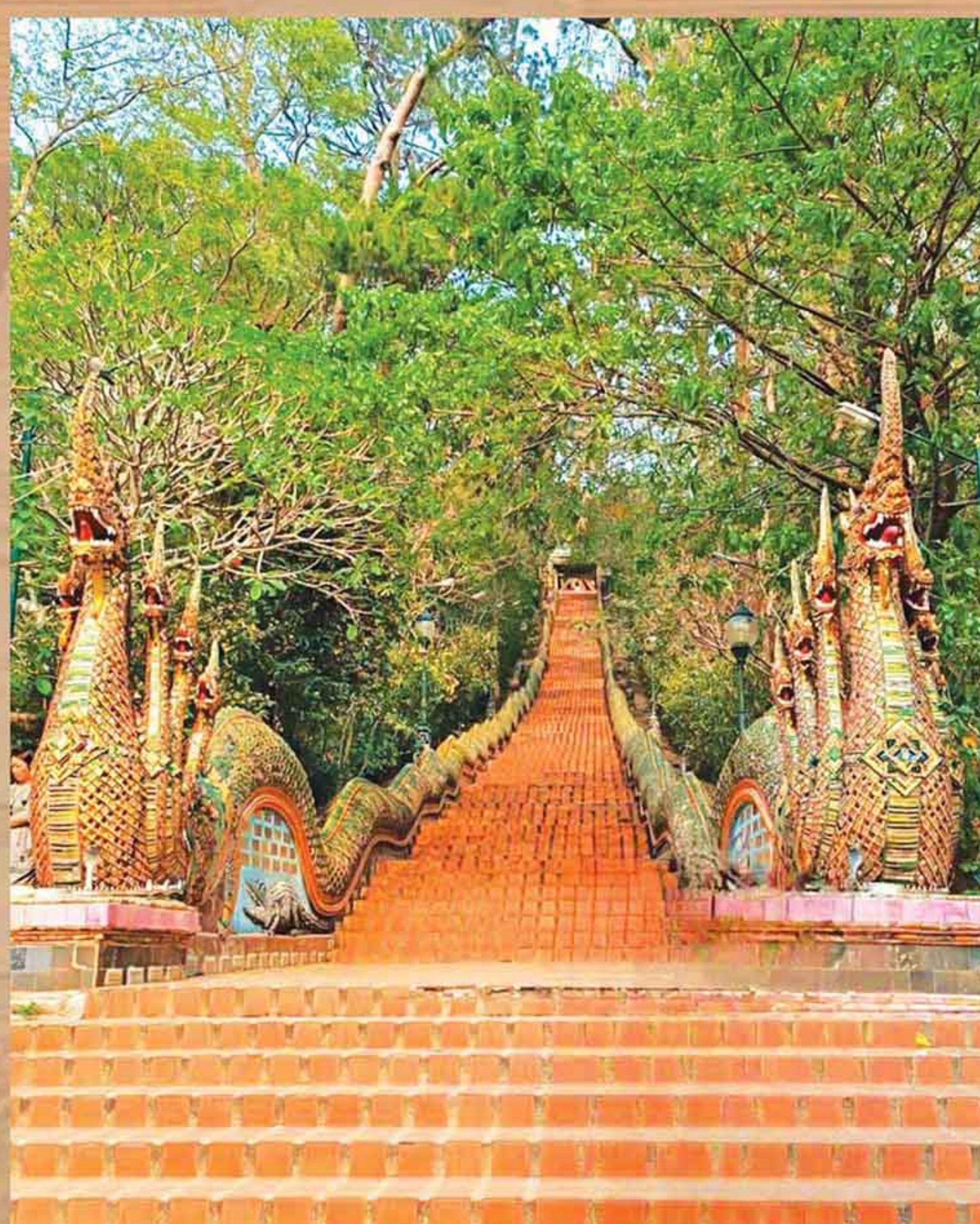
Wat Phra That Doi Suthep

We kicked off the trip with a visit to Wat Phra That Doi Suthep, perched atop Doi Suthep Hill, approximately 11 kilometers away from the bustling city center of Chiang Mai. To reach our destination, we made our way to the nearby bus station near Chiang Mai University, where we hopped on a songthaew—a popular mode of public transportation. The roundtrip cost us 150 baht per person, granting us two hours to explore the temple and capture countless photographs.

After getting off the bus, we faced the tiring task of climbing up the seven-headed serpent stairs that led us to the temple grounds. It is rumored that there are over 300 steps, but our tired legs struggled to keep count, making it feel as though we were climbing a thousand. However, as we reached the summit, any weariness or fatigue we



Wat Chedi Luang



Seven-headed Serpent Stairs

had vanished in the face of the temple's grace and tranquility. It became clear why the locals often claim that a trip to Chiang Mai is incomplete without a visit to Wat Phra That Doi Suthep. The tranquil aura and spiritual beauty of the temple left a lasting impression on us.

Mae Kampong

Another unforgettable day is our one-day tour to the charming Mae Kampong village. This little gem is nestled on the outskirts of Chiang Mai, approximately 55 kilometers away from the bustling city. And let me tell you, we were determined to make the most of it without breaking the bank, so we went for the cheapest tour option available.

As we arrived at Mae Kampong, we were immediately enchanted by the village's eco-tourism vibes, surrounded by lush forests and vibrant local traditions. Our first stop was the popular Teddu Café,



Wat Phra That Doi Suthep

and let me tell you, it was a true hidden gem. Tucked away beneath a ravine, we had to descend a set of stone stairs to reach this little haven. I'm not sure if it was the delicious taste of their coffee or the breath of fresh air through the green jungle, but something magical happened. Suddenly, I found myself daydreaming of living in that unhasty, minimalist environment, enjoying a cup of latte while listening to melodic symphony of mountain streams.



Suspension Bridge at Teddu Café, Mae Kampong



Teddu Café at Mae Kampong

We reluctantly returned to reality after an hour of pure bliss at the Café, with our hearts still lingering in the dreamy atmosphere. Eager to explore, we strolled along the village's sole street. Since it was a Monday, not all the food stalls and shops were open, and we thoroughly enjoyed this more tranquil and less crowded ambiance. If you're someone who thrives on hustle and bustle, I would recommend visiting on the weekends when the village comes alive with vibrant energy.

As we wandered, we stumbled upon a wildly popular spot, right at the heart of the village—a two-story wooden house café with a burst of colors. It was practically begging to be captured on camera, so we gladly took photos to our heart's content. And to satisfy our cravings, we indulged in some spicy sausages, cooked in the unique northern style. Our taste buds were in for a treat!

Of course, our adventure didn't stop there. We ventured further to explore other famous spots, such as the Mae Kampong Waterfall and a café situated at the edge of the village with a breathtaking bird's-eye view of the entire Mae Kampong village. It was a day filled with relaxation, carefree vibes, and minimal activity—perfect for unwinding and chilling out amidst nature's embrace.



Rabeing View Café at Mae Kampong

Doi Inthanon National Park

Our next destination was Doi Inthanon National Park. Doi Inthanon, the highest mountain in Thailand, is situated in the Chom Thong District about 1.5 hours drive away from the city center. It is a paradise for hikers, nature lovers, and campers. This place reaches its popularity during winter, the cool air and beautiful colors of nature make it the perfect time to go camping and trekking adventures.

I didn't have much expectation regarding the temperature, given that it was April, I anticipated it would be slightly cooler compared to the old town. Unexpectedly, the climate at the mountain's summit would surprise us with pleasant and chilly embrace. What a delightful revelation, experiencing the preservation of the lush forests around us.

Our adventure led us to a series of remarkable destinations. First, we stopped by the Wachirathan Waterfall, it was a natural wonder. Then, we walked around Ang Ka Luang Nature Trail which cuts through a moss-covered forest; we felt like all our fatigue faded away. Our journey wouldn't be complete without a visit to the Twin Royal Pagodas where we were treated with stunning views of the beautiful gardens and the majestic mountains that surrounded us.



Ang Ka Luang Nature Trail at Doi Inthanon



Doi Inthanon Twin Pagodas



Flower Garden at Doi Inthanon

We decided to spend one night at a famous campsite near Siriphum Waterfall and ordered Mookata, envisioning that romantic experience of camping and barbecuing. Little did we know that the blowing wind and flying sparks would shatter our fantasy, we burst out in laughter at the end. It turned out to be an unexpectedly fun and delightful night.



Night Market at Chiang Mai

Throughout our seven-day stay in Chiang Mai, we strolled around the city, participated in Songkran Festival, and explored the stunning temples. I have to admit, not everything went perfectly according to plan during this trip, but we ended up creating a fun journey making long-lasting memories. In fact, it brought us closer and we decided that to travel again somewhere together again in the near future. That's what truly matters to me. Overall, this trip ignited a spark within me, fueled my passion for traveling. I can't wait for the next adventure that lies ahead. It is very true that "Photos are a return ticket to a moment otherwise gone." ■



Myanmar Yachting Federation hosts 2023 Myanmar National Open Sailing Championship Prize Awards Ceremony & Dinner on 29 April 2023 at the Yangon Sailing Club, 132 Inya Road, Yangon, Myanmar



Myanmar Surf Association hosts Myanmar National Surf Championship followed by Prize Awards Ceremony & Dinner 16~28 May 2023 at Ngwe Saung Yacht Club & Resort, Ngwe Saung Beach, West Coast, Myanmar