



We Listen. We Care. We Act.

Thae Aei Khinn Zaw

Wherever oil and gas companies do business, engaging with affected communities and responding to their concerns is essential to operating successfully whilst ensuring respect for human rights. In doing business operations in any industry, it is really crucial to listen to the voices of the communities and hear their concerns and the grievances regarding the effects of the implementation of business activities. MPRL E&P acknowledges the importance of engagement and buy-in from all its stakeholders. Combined with effective community engagement, a transparent and legitimate grievance mechanism that is a joint effort between the company and communities can increase trust and improve communication.

The objective of the Operational Grievance Mechanism in Mann Field is to enable local communities to have a voice and to ensure impact associated with operations affecting the environment and surrounding communities are solicited, monitored, and effectively addressed. MPRL E&P has developed a multi-stakeholder approach to designing an Operational Grievance Mechanism (OGM) in Mann Field. This is the very first mechanism that has been facilitated and managed by both the host community and Myanmar Oil and Gas Enterprise (MOGE).



Best practices from the Mann Field Grievance Mechanism is leveraged and used across assets operated by MPRL E&P.

As part of the company's outreach and awareness building, community volunteers and the CSR field team regularly conduct information sessions for Mann Field communities, split up into small groups for them to better understand how the complaint will be handled and the types of remedy the company can, or cannot, provide and the timelines for the remaining steps in the procedure. Communities are provided a variety of access points so they can lodge a grievance in a manner convenient to them. The access points are publicized as part of the company's outreach and awareness building.

MPRL E&P has been organizing the OGM awareness raising campaign for three years now. Before the OGM awareness raising campaign kicked off, MPRL E&P conducted a Knowledge,

Attitude and Practice (KAP) survey to determine the awareness level of the OGM; to explore the satisfaction level of complainants; and to identify process improvements required. The campaign design was made based on the KAP survey results.

“Grievances can only be received if impacted communities are aware that the OGM exists and is physically and culturally accessible.”

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Your Opinion : What Makes a Great Company



Hnin Aye Aye Phy
Junior Geoscientist
Geoscience and Geophysics Department

A great company is made of great workers. If we have a new challenge, challenge yourself, do it better than yesterday, it is all up to us. I received a good chance in the past and joined MPRL E&P in 2014 with an internship opportunity and then joined as a permanent employee in 2015, and now I am working as a Junior Geoscientist in the Geoscience and Geophysics Department. I am responsible as the wellsite geologist in Mann Field and also integrate with well testing, structural modeling, depositional modeling and other log information as part of the Geoscience team. I also believe that great team work produces great achievements, which can ultimately lead to the overall success of the company.

Work connects you to your colleagues in the workplace. If you don't have anything to do, you'll get isolated. My work place has a good environment. There are experienced seniors and consultant geologists who always help my learning with patience and assist to improve my technical skills (Surface and Subsurface team). The mentorship program is one of the main factors that can make companies better by having better and more qualified employees technically, emotionally and socially. This way, everyone wants to work and serve to fulfill the target that company sets. To be a great company, all the staff should initiate learning by themselves and through others. As for me, I always explore myself through my daily work. It is only through hard and continued work that I came to realize my limitations and also discover attitudes, aptitudes and skills. It is essential that companies value its employees and their related career development, which will certainly help the growth of the company in the long run because of having excellent employees with relevant expertise. In return, employees should be determined to excel in their own field rather than sticking to the defined routine work schedule. They also should plan their own ways to develop skills and deliver excellence in performance. It is not enough by having excellent employees with expertise. But for companies it is really important to also plan for the sake of the communities in which business operations run and form a symbiotic relationship with local communities who support and coordinate together their business operations. In return, companies contribute to enhancing the wellbeing of communities by means of sustainable development. It is really ethical to give back to the communities in which a company operates, whether the company be local or foreign. That's why I can say my personal view on being a great company is that it is not all about the money.

Another factor that should be considered to be a great company is employees' happiness in their workplace. A great company in which happy and kind-hearted people who work hard themselves, inspiring and motivating others can form a warm and friendly working atmosphere. It is also vital to have the kind of people whom you can learn from and evolve with and share their vision, purpose and plan with others to create an excellent impact towards the image of the company. ■

In the field of business, there are so many companies which play a very important role for the economics of the country. In my opinion, companies have to aim both for monetary success and non-monetary achievement. For the success of a company, staff and leaders are one of the important factors of making the company great. Leaders and staff need to always mutually communicate and understand each other well as being a great company means having great staff and excellent leaders. To be one of the great staff, the company needs to provide the staff opportunities to learn and develop their skills. Besides, staff in the supervisory levels are always needed to observe carefully the skills their supervisees need, whether it be soft or hard skills. In this way, he or she can know which staff is suitable with what work place, responsibilities and duties. Leaders also need to find out what staff are enthusiastic about or interested in learning for their career development. Staff should also get the opportunity for their future development, too. Another important factor to make a great company is the relationship between the company and communities. The company should contribute to providing for the well-being and welfare of the community.

In my view, to be a great company, it is also very important to give back to the local communities in which a company operates its business operations. For this, companies have to draw long term strategies for the sustainable development of the communities. By planning a sustainable development plan, it is very effective and prosperous for both the image of the company and for the communities in the long run. Strategy and planning in systematic ways are also main points in making the company great. For a great company, it is nice to have grand strategy, good purpose and realistic planning, which all of the staff clearly understand. In this way, all of the staff can focus and follow the company's strategy, purpose and plan to achieve the success and the goals of the company. For the capacity of the staff, the company should not only ask to get their work done but also add value to the abilities of the staff. As it is important for a great company to have great leaders, the leaders should have the skills of comprehensive consideration and guidance towards their supervisees by showing empathy and achieving the goals and targets set by the company on a low cost basis with the most profit and least impact towards the environment by working with the team. In conclusion, I am proud of being one of the staff at MPRL E&P, which provides support and learning experiences for young students, interns and engineers, with the sense of having accountability and social responsibility. ■



Myat Ko Zan
Assistant Petroleum Engineer
Planning and Production Engineering Department



Stakeholder Engagement : CSR Performance Progress Updates

Thae Aei Khinn Zaw

MOGE (Nay Pyi Taw) - Review Meeting for the First Half of Fiscal Year 2018-2019



On 16 October 2018, the CSR & Communications Team of MPRL E&P held the first bi-annual CSR Progress Update and Review Meeting with Myanmar Oil and Gas Enterprise (MOGE) in Nay Pyi Taw to present on the progress and update of CSR Activities implemented during the first half of fiscal year 2018-2019.

At the meeting with officials from MOGE Nay Pyi Taw, there were a total of six attendees: U Nyan Tun, Deputy Managing Director, Exploration and Development, U Aung Win, Deputy Director, Planning, U Kareng Naw Aung, Deputy Director, Administration, U Ye Naing, General Manager from MOGE Mann, U Nay Thway, CSR Manager, and Daw Myint Myint Khaing, Finance Manager.

During the CSR progress update meeting, the CSR and Communications team of MPRL E&P presented on the CSR activities that were implemented during the first half of the fiscal year 2018-2019. Then, a series of discussions were held among attendees for the implemented CSR Activities and upcoming CSR Activities for the rest of the fiscal year 2018-2019.

By having regular coordination meetings with stakeholders, MPRL E&P strongly believes in the participation of all stakeholders involved from different backgrounds such as government, community and joint ventures partners. ■



MOGE (Mann Field), Township Administration and Local Communities - Review Meeting for the Second Quarter of Fiscal Year 2018-2019



Engaging with stakeholders is crucial to the success of the company because it is a continuous process between the company and all stakeholders from different backgrounds to present how the business is conducting its operations. Of all stakeholders, MOGE Mann and local communities are two of the key stakeholders for our business. That is why MPRL E&P organizes quarterly stakeholder engagement meetings for CSR Performance and Progress updates at MOGE Mann, with the officials from MOGE Mann and Local Communities in the months of October and November.

During the meeting for the 2nd quarter CSR Performance and Progress update with MOGE Mann, which was held in October, there were altogether 28 participants who attended the meeting including MOGE General Manager and Heads of Departments, officials from Health, Municipal, Planning and Education Departments from Minbu Township, Assistant Field Operations Manager and representatives from the CSR & Communications Department of MPRL E&P.

MPRL E&P also organized a meeting with local communities to keep them informed about the 2nd quarter CSR Performance and Progress Update and Review with Village Authorities, Village Development Committees and Community Volunteers at Auk Kyaung Village in Mann Field and 29 participants attended the meeting. ■



A Path Way to the Employment of Local People, through an "Earn While You Learn" Model

Moe Thu Zar Soe



MPRL E&P is committed towards empowering Mann Field Communities to seize employment opportunities or equip them for self-employment through better skill trainings. The electrical training courses are mainly designed to allow individuals in the related fields an opportunity to update their skills and improve their basic knowledge of electrical engineering. In November, MPRL E&P kicked off the electrical training in Mann Field with the support of No. (4) Industrial training Centre (Pakokku). The opening ceremony was attended by U Myint Swe, Minister of the Ministry of Labour, Immigration and Population, U Ye Naing, General Manager, MOGE (Mann Field) U Ye Htut Zaw, Principle of No. (4) Industrial Training Centre (Pakokku), U Myo Min Thein, MPRL E&P Assistant Field Operation

Manager, officials, community representatives, trainers and trainees. The technical experts are committed to delivering their sound knowledge on electrical engineering by using a lecture manual and in-class exercises through an interactive educational environment and learning by doing approach. 29 trainees attended a two-week training at Auk Kyaung village in Mann Field.

This essential two-week basic electrical training course provides a foundational understanding of how electricity works in commercial and industrial settings. It includes hands-on electrical skills improvement and is designed to train maintenance technicians and other non-electrical personnel. In this course, trainees are immersed in practical, real world examples that illustrates how electricity is distributed and used in their plants and facilities.



They also learned how to use electrical test equipment in their everyday jobs before moving on to an in-depth discussion about major electrical components, where and how these electrical components work, and their purposes within electrical systems. The goal of this basic electrical training course is not only to expand apprenticeship opportunities in the electrical industry that provide a path way to the employment of local people, through an "earn while you learn" model, but also to share knowledge of how to reduce electrical equipment downtime, improve overall efficiency and safety, and fix problems they've been unable to solve on their own. ■

Helping Women to gain Economic Independence through Unique Skills Training

Moe Thu Zar Soe

Despite the favourable linkage between a large working age population and the framing of labour intensive industries as progress drivers, Myanmar finds it uneasy to exploit this harmony purely because of the lack of development in human resources. For instance, the Myanmar government's 12-points economic policy document released in July also features an emphasis on human resource development and vocational training, looking to prioritise labour intensive industries.

To enhance the quality of the workforce, and as part of CSR initiatives and creating shared values, MPRL E&P is to select a better focused approach to vocational training. During the fiscal year 2018-2019, MPRL E&P organized a series of vocational trainings that included welding skill training, bamboo based product making training, and handbag making training in terms of supporting livelihood opportunities for Mann Field Communities.



In October, MPRL E&P kicked off handbag making training for a small group of young local women based on locally produced woven materials by exploring popular bag shapes, learning basic pattern cutting techniques, understanding different bag construction, and making different designs of bags, all while working on a traditional sewing machine. These vocational skills trainings provided

women to gain economic independence and have proved as a boon for a number of women and girls.

The five-day training course took place in Aye Mya Dhamayone around Mann Field and 12 young local women attended. Guided by a local trainer who has experience working in the crafts industry, and who shared unique skills of cutting and designing to create a decorative structured bag based on individual inspirations, the training worked with craftsman and local communities to help them towards self-reliance as it can provide fair wages, further skills development and a safe working environment.

After the course, the women either are employed as wage workers or have even set up their own businesses. MPRL E&P is committed to undertaking a more focused and proper management of vocational training by reviewing and leveraging existing resources. ■





THINKING ALOUD with

Kyaw Zin Oo, Geoscientist



How did it happen for you to have this secondment with Eni? Why did you decide to take it up?

During MPRL E&P's 2017 town hall meeting, Senior Management gave a message to all employees that the company was planning to send qualified employee(s) to Joint Venture Companies (Eni, Total, Woodside, Shell) on Secondment programs to upgrade the organization's technical skills. Therefore, I prepared for this opportunity.

In early 2018, after MPEP engaged with a proposal based on long and proven regional geological experience, Eni requested an Exploration Geoscientist from MPRL E&P to assist in evaluating the hydrocarbon potential of our joint Block RSF-5. Eni is a major petroleum company, and in 2015 was nominated the most successful oil and gas company in exploration worldwide. As such, Eni wanted a qualified secondee to achieve their goals. Although I felt I was well prepared to take up a secondment opportunity, I felt less confident when I knew about Eni's required qualifications and experience of a Seconde. Eni requested to be able to select one among at least three geoscientists, even though MPRL E&P recommended me for that assignment. After sitting through a 1 ½ hrs technical interview with the Eni Exploration Manager and Geophysicist at their office, I was finally selected for the secondment assignment.

I was pleasantly surprised that my background and working experience in both onshore & offshore Myanmar exploration encouraged Eni to hire me for a Secondment assignment of initially three months. As I said to the Eni Exploration Manager after the interview, "I decided to do this job to boost my professional skills and expand my network, although this assignment will be definitely tough and stressful for me".

Can you explain what the secondment is all about? How does it differ from an internship or on-job-training?

The term "Secondment" is the assignment of an employee of one organisation to another organisation for a temporary period as stipulated in the Joint Operating Agreement, so that the Joint Venture partners mutually benefit in terms of efficiency and experience in a two-way process, in this case my geological field experience against Eni's exploration processes and methods. After I was selected for the secondment assignment, I become a secondee, i.e. a temporary Eni employee while remaining as a permanent staff member of MPRL E&P. In our case, as the block RSF-5 is in the exploration study period, a secondee as well as an Exploration Geoscientist are the focal person for overall exploration studies between Eni and MPRL E&P. My main duty in Eni is evaluating 2D/3D Seismic data, well logs correlations, petrophysical properties, and data trend analysis aimed at predicting reservoir properties at subsurface conditions in RSF-5 block to de-risk for exploration targets in terms of reservoir, seal, trap, sources and charges.

In addition, the professional life of a secondee is very different from an Internship or on-job-training employee especially in duty and responsibility, especially since the intern or on-job-training employee learns the trade in a one-way process. When I was an intern in 2014 at MPRL E&P, my main duty was to learn new things and assist seniors, but now as a secondee at Eni,

I am having more responsibility and I contribute to as much as I benefit from learning for every assignment. However, both internship and secondee experiences are the best ladder steps for a career.

How have you made up to now in your secondment? Are there any specific challenges?

As we have agreed on the Secondment assignment for an initial three months (from May to Aug 2018) between Eni and MPRL E&P and me, further extensions were totally dependent on my first three-month performance as a Seconde. This was one of my big worries for me because if my performance results were not meeting Eni's expectations, Eni would end the Secondment assignment. Therefore, I tried and focused on every single assignment to figure out what Eni expected from me. Furthermore, not only my technical performance but also my integrity and behaviour were also to directly reflect on the reputation of MPRL E&P's organisation. The result of hard work led to good results and significantly affected Eni's overall Exploration studies so that the Secondment assignment has been extended to early 2019.

This was my success and also a success for MPRL E&P and Eni but this has led to the next challenge for me. In fact, I have faced challenges since the beginning of the Secondment assignment at Eni. In my early days in Eni, it was really difficult to follow their workflow and procedures as they are working in multi-disciplinary project teams and need to timely share work and results with minimal mistakes. In addition, one of the biggest challenges is delivering technical presentations about my assignments to the technical team because Eni's experts quickly see my mistakes. Therefore, I have to take great care on every single assignment on what Eni wants from me.

What do you think is the best way to succeed in a secondment?

The success of the Secondment program is measured by the following facts;

- 1) How does a secondee perform the assignments and contribute for the operator (in this case Eni) during the Secondment?
- 2) How do secondees' qualifications improve and contribute to the host organisation (MPRL E&P) during and after the Secondment?

In my opinion to answer the above two questions, the best way to succeed in a Secondment is to have a clear understanding of organisations (both MPRL E&P and Eni), of goals, of expectations and of a plan before and during the Secondment, so that a secondee can perform very well and be able to succeed.

In addition, a secondee, especially operating in a very different culture, should be flexible, adaptive and be able and available to work under pressure. The culture shock makes this kind of assignment usually more stressful than the routine assignments from the host company. I will have surely a lot to share and suggest when I return to MPRL E&P, in terms of work process, organization, communication and even geography! ■



OUR COMMUNITY

Nan U Village

Nan U village is one of the surrounding communities in Mann Field and there are about 130 households and 450 people living in this small community. There are office workers, grocery store owners and people in all types of different occupations.

In June 2014, a water pipeline installation project was implemented as part of MPRL E&P's community investment initiatives. In the 2017-2018 fiscal year, MPRL E&P provided a series of vocational skills trainings for the local communities in Mann Field that included soap making and sewing.

In the current fiscal year, basic welding training and electrical training were delivered. These trainings aim to open and strengthen livelihood opportunities for the young members of the communities.



Ma Aye Aye Myint @ Ma Phyu
Community Volunteer
Nan U Village

I am Aye Aye Myint, aka Ma Phyu and I have been a community volunteer in MPRL E&P's CSR projects since August 2017 due to

my keen interest in local development. I am mainly responsible for delivering accurate and timely information dissemination between the company and the community, to coordinate with all relevant stakeholders as required, to provide knowledge sharing sessions to the community members, and to receive capacity building trainings from the CSR personnel.

Because of the knowledge and skills I gained in my role as a community volunteer I think I became a better person and I am very happy with my prog-

ress. As a community volunteer, I have no pressure and I deliver my services at my own volition.

I believe my role is all about supporting and ensuring coordination and cooperation between the company and communities in implementing local development activities such as infrastructure and income generation which can be very beneficial for my village. ■



Reflections

Let's meet our outstanding performers in the recent Business English Proficiency Course (Pre- Intermediate Level) as they reflect on English and their careers.



Recipient of the 1st Prize

Daw Naw May Pale Htoo
CSR Supporting Assistant
CSR & Communications Dept.

I think I achieved the award because I had the opportunity to attend the class regularly and did the home work regularly. My head of department also planned the work schedule for me so I was able to attend the class regularly, which is important in that I could follow the lessons and do my homework without missing anything in between. When I did my homework, I searched for more formats and useful words, then included them in my assignments.

I am sure everybody was doing their best during the class period. We tried to apply the theories we learned from the class in our daily work duties (E.g. Email, Report, and Communications etc.). In addition, we, the 23 attendees, got the chance to get to know each other during the class. After the class it has become easy for us to communicate and coordinate when we have to work across different departments. I am very satisfied that I decided to join the class and receive an award. It helped me a lot in improving my business writing skills. I would be very grateful if I have another opportunity to attend an English Language speaking class again. ■



Recipient of the 2nd Prize

U Aye Maung Maung Aung
Assistant Planning and Production
Engineering Manager
Planning and Production Engineering Dept.

As for me, the arrangement of this tremendous course is a prize by Senior Management. A 2nd award in the Business English Proficiency Class is an additional prize. I felt great when I learned that I won the 2nd prize and was delighted for the recognition of Senior Management. Regular exercise is beneficial to improve English skills and I need to continue studying to develop my English language skills even further.

I have focused on work as a petroleum engineer for our operations to be successful since I started working at MPRL E&P. Then I realized that the English language is crucial in my career because it's how we communicate and interact with other people in modern business. The best time to study English language was ten years ago and the second best time is now. People say education is a life-long process, so I'm eager to learn English. If I have the chance, I would like to study the Business English Proficiency Course step by step until the Advanced Level. ■



Recipient of the Progressive Award

Daw Nang Hseng Noon
Accountant
Finance Department

First and foremost, I would like to say thanks to our teacher, colleagues and the company which supported and gave us an opportunity to attend this class. I have never expected to have this progressive award during my study period. It was the most memorable day for me. I was very surprised and excited to have this kind of wonderful award.

I prepared and studied my best by trying to understand the materials in respective chapters and actively doing regular assignments. I developed an amazing and infectious enthusiasm for learning in this course through group activities. I had to practice a lot and have really risen to the challenge to improve in my studies. Probably, overcoming or minimizing my weaknesses meant maximizing my strengths.

This course was really important to my career and daily work. It helped me gain improvement and confidence in verbal communications, as well as written communications such as emails and reports. As a result, I am able to work more closely with my colleagues and associates overseas. If I have an opportunity, I would like to keep learning English to develop strong cognitive skills, such as better concept formation, mental flexibility, listening skills and problem-solving, in addition to improving social interaction that will ensure my success in the future and my career path. ■

SIYB Entrepreneurs Day 2018: A Step Forward for Former Vocational Trainees from Mann Field

Thal Sandy Tun

MPRL E&P's CSR and Communications Department supported its former vocational trainees to participate in the SIYB Entrepreneurs Day 2018 by setting up their own booths showcasing local products such as natural shampoos, liquid soaps, bamboo handicrafts and cotton bags.

The SIYB Entrepreneurs Day 2018 was a SMEs business networking and local products exhibition organised by SIYB Myanmar in Magway (Magway Division) on the 16th and 17th of November, 2018, intending to mobilize the local business community and private stakeholders to support local economic development. The event was honoured by the Magway Regional Government, SME Department of the Ministry of Industry, and ILO Entrepreneurship and SME Support Programme.

During the two full-day event which attracted local business owners, partner organisations, retailer associations and interested people, there were networking games, a trade show, business consultancy, business matching, 'Go Green Magway—Say Less to Plastic' Campaign, awarding ceremonies and many other interesting activities. Over 200 booths showcased products of entrepreneurs coming from all over the country. It was hoped that the event helped them improve their business skills and knowledge on social responsibility.

MPRL E&P is committed to promoting entrepreneurship among young people in Mann Field in order to improve livelihoods and encourage local economic development through the provision of a total of eight vocational trainings since the year 2017. Following the training programmes, the SIYB

training packages, reflection workshops, information sharing on access to SMEs loans, extending market opportunities through events like the SIYB Entrepreneurs Day 2018 have been implemented as follow-up activities in order to strengthen the trainees' knowledge and capacity for starting their own businesses.

The Start and Improve Your Business Programme or SIYB, the largest entrepreneurship development programme in the world developed by the ILO (International Labour Organisation), was first launched in Myanmar in 2014. Now it has over 500 active trainers and 25,000 entrepreneurs all over the country.

Meet some of our former vocational trainees who have participated in the event:



Daw Yi Yi Cho
Pauk Kone Village
Bamboo product maker

I feel very thankful for having had this chance to participate in the event. I would not know how to connect with the organizers if I were to do this all on my own. I am happy with my involvement regardless of whether I made a huge sale or not. I have made many new friends and I have also promoted my business. The event has widened my horizon too. I would like to thank MPRL E&P for all the assistance provided.



Daw Myint Myint Khaing
Auak Kyaung Village
Shampoo and laundry
detergent maker

As I have never been to such an event before, I am very happy about my very first experience with the event. I have made new friends and pitched new customers. People now know my products well through this exhibition. I am thankful to the CSR team of MPRL E&P for its support.



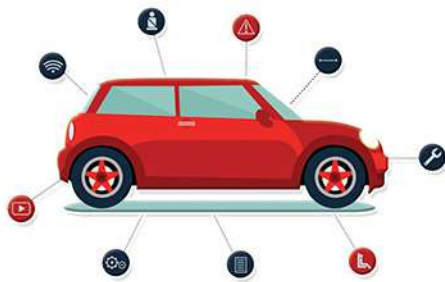
Daw Thu Zar Lwin
Pauk Kone Village
Cotton bag maker

I am delighted to have participated in this event as I had never been before. Many different ideas can be generated if we work together. Now as I am making the bags at home on my own, they are a bit old-fashioned-looking. I am convinced if I can design more refined and attractive products, people will be interested in buying them. I was also able to visit some other business booths at the event for inspiration. ■



HSE Team

Why is Vehicle Safety Important?



Why is vehicle safety important?

Myanmar has the second highest death toll of road accidents in Southeast Asia, according to the Myanmar Organization for Road Safety, who quoted a WHO study.

In Yangon Region this year, traffic accidents have killed more than 500 people according to traffic police. From January through October, the region has also seen 2,700 traffic injuries and a total of 2,145 reported accidents.

Furthermore, police figures show that the danger of Yangon's roads is not decreasing significantly. In January, 174 traffic accidents killed 35 people and injured 197. In May, 215 accidents killed 51 people and injured 275. In October, 182 accidents killed 42 people and injured 224.

Traffic deaths have also become more frequent in the second half of 2017. From January to June, traffic police recorded around 200 deaths. If the rate continues to accelerate, the death toll for 2017 is likely to exceed the 623 total deaths recorded in 2016.

The increasing number of deaths from road accidents in Myanmar can be attributed to high-speed driving, reckless driving and the consumption of alcohol and drugs, the study said.

How can one reduce traffic accidents?

"Traffic accidents can be reduced if traffic rules are obeyed," Yangon Traffic Police announced upon the release of the statistics. Traffic police are also working to reduce such accidents and the dangers of traffic. Most accidents involving small vehicles were caused by speeding."

Under Myanmar law, drivers involved in accidents are held responsible for the damages and possibly for criminal charges under sections 279 (reckless driving), 404 (culpable homicide), 337 (causing hurt), or 338 (causing grievous hurt). Drivers frequently flee the scene of an accident to avoid prosecution.

While Yangon Region has the highest traffic accident rate in the country, other regions also suffer traffic woes, particularly Bago, Mandalay, and Sagaing. In June alone, 355 people were killed in traffic accidents around Myanmar, meaning there was an average of 12 road deaths every day that month.

Another reason for high traffic fatalities is that many Myanmar drivers and people fail to wear seatbelts while driving.

In order to promote the seatbelt wearing habit in our Group of Company and safe driving practices, the company punishes and fines staff or drivers Ks 30,000 who don't wear seatbelts. The HSE team is also conducting periodic inspection of the GoC's staff for seatbelt wearing.

What kind of training do we do for GoC drivers?

- Defensive & Distracted Driving Training

The Importance of Defensive Driving and Safety. One important piece of safety on the road is defensive driving. ... Reducing risk through the avoidance of dangerous situations helps maintain driving safety on the road.

Defensive driving can also reduce driving risks. Drivers who have taken these courses instinctively anticipate dangerous situations and are better able to avoid risks that may occur. They also understand the importance of making allowances for adverse driving conditions such as bad weather.

What are some defensive driving techniques?

Following these defensive driving tips can help reduce your risk behind the wheel :

1. Think safety first
2. Be aware of your surroundings - pay attention
3. Do not depend on other drivers
4. Follow the 3- to 4-second rule
5. Keep your speed down
6. Have an escape route
7. Separate risks
8. Cut out distractions

What is Distracted driving?

"Any non-driving activity a person engages in that has the potential to distract him or her from the primary task of driving and increases the risk of crashing."

Driving is a skill that requires your full attention to safely control your vehicle and respond to events happening around you. Distractions are anything that takes your attention off the primary task of driving.

Other distracting activities include:

- Using a cell phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading, including a map
- Using PDA or navigation system
- Watching a video
- Changing the radio station, CD, Mp3 player or other device

Tips to help you drive safer

- Ensure all passengers are buckled-up properly
- Be well-rested and in the appropriate mindset to drive. Driving when upset or angry can be just as dangerous as driving while tired
- Identify and reduce all distractions before driving
- Do not tailgate
- Allow sufficient time to reach your destination
- Ensure your vehicle is properly maintained
- Put your cell phone on silent or turn it off and put it out of reach. If someone calls, call them back when you safely reach your destination
- Put your makeup on before you leave the house or at your destination. Don't brush or comb your hair or shave while driving
- When you're on the road, keep your eyes on the road and your hands on the steering wheel
- Avoid eating while driving
- Do not read a book or check your email in the car
- Do not be distracted by the passengers in the car

BE SAFE. DRIVE SMART.

People should know the driving hazards which are included as follows;

- Distracted driving
- Speeding
- Aggressive driving
- Drowsy driving
- Driving under the influence
- Severe weather
- Not wearing a seat belt
- Unexpected road conditions

A Monitoring Program is essential

- Driver behavior monitoring
- Auditing & inspection
- Kilometer driving record
- Drugs & Alcohol test

Why is driver behavior monitoring necessary?

90 percent of road accidents are closely related to driver behavior - sad, but true. Vehicle accidents cause fatalities and injuries, financial losses and lost productivity. They also result in legal and insurance costs. Reckless behavior, like speeding, sudden acceleration and swerving through lanes put other drivers at risk. Worse still, many people don't even realize they are high-risk drivers.

To improve driver behavior, our GoCs staff should know driving safety techniques, recognizing dangerous driving behavior, and driving hazards. So, they can monitor and advise with suggestions to the driver behavior improvement monitoring program which can be a strong motivator for drivers to improve their behavior. Also, when people see the direct relationship between reckless driving or they know that their behavior is being monitored, their driving improves. Monitoring driver behavior can be a silver bullet and could reduce the risk of potential incidents. ■



Natural Gas can be the Transition Fuel:

Thura Win

The following is an interview with U Thura Win, a Production Team Leader from Mann Field for the Employee Spotlight series of Insight!

Thal Sandy Tun

Please introduce yourself. Can you tell us what your main responsibility is and how it is related to the whole field operations?

I'm Thura Win. I've been working as an engineer at Mann Oil field since 2012. Now I'm working as production team leader. I have to monitor all GOCS's daily production, water out and line loss. Moreover, I have to monitor the hourly rate of all producing wells and interpret all echo/dynamo data of all wells. It is very important for the whole field's production because we can only make the responses as fast as necessary when the hourly rate is not in a normal condition. I have to arrange and perform all of the operations such as the GreenZyme treatment and salt water injection operations completely as instructed by the head office.

How did you become a petroleum engineer?

When I was a university student, I had the chance to go to an oil field and I saw the senior petroleum engineers who were working at the field. I wanted to become a petroleum engineer after I took inquiries about the life and challenges of petroleum engineers from the seniors. After I received a bachelor's degree in petroleum engineering from Technology University (Mandalay), I got a job as a planning executive at UNOG and also had the chance to study about oil shale at the MaePaLae region. Then, I joined MPRL E&P in 2012 and have worked at the GOCSs, focusing on pulling units operations, echo/ dynamo meter and data processing.

Do you like working in Mann Field? How is your work schedule?

Every one wants to work with their desired dream job and I have been lucky enough to get the great chance to work at my desired dream job. I do love to overcome the challenges of daily operations at Mann Oil Field. At Mann Oil Field, I have to work 28 days and 14 days off rotation.

How is the food at the staff canteen? What are your favorite dishes?

At the staff canteen, they serve a buffet four times a day with a tea break once a day. You can eat at least seven items of main and side dishes and staff have to keep the canteen clean. Although most of the curries are delicious, the ones I like the most are Burmese style pork curry and peanut soup.

How do you like to chill out after a long day at work? What are the recreational facilities in the field?

After a long day at work, I always do physical exercise at the camp. I feel relaxed mentally after doing some physical exercise. Some of the staff usually play football, with a cane ball net and some spend their leisure time in the recreation room by watching TV. I also love to spend my own time by going on trips with my family.



U Thura Win, Production Team Leader, Mann Field

What is petroleum engineering and how important is the field to the country?

Petroleum engineering is a field of engineering concerned with the activities related to the production of hydrocarbons, which can be either crude oil or natural gas. Energy is a key component in our everyday life. Economic and environmentally safe production of petroleum resources requires creative application of a wide range of knowledge. Moreover, oil and gas is the major export product of our country and petroleum engineering has to fulfill the energy demand and income of the country.

How can we better address energy challenges of the country? What does the country's plan to meeting growing electricity demand look like?

Our country still needs energy/electricity to supply the whole country. All of the related engineering fields must try hard to establish the more powerful energy sector in our country. Therefore we have to discover oil and gas not only in land but also in offshore. So, we all must study innovative technology and collaborate with other related engineering fields. In this case, the new generation is playing a major role which is why we have to share our knowledge to the new generation as much as we can. I think that the electricity demand for our country can be mainly solved by discovering natural gas.

Do you agree that natural gas can be the transition fuel from the fossil fuel era to solar and/or hydrogen era in future? Can you tell us what you think about this?

Natural gas can be the transition fuel from the fossil fuel era to the solar and/or hydrogen era in the future. Fossil fuels are extremely affected by our environment. Solar and hydrogen energy are renewable energy sources and safe for our environment but these energy sources are still more expensive than the energy from natural gas.

Where do you look for inspiration to achieve more at work? How do you ensure that you remain updated with industrial knowledge and development while performing your duties in the field?

Senior engineers, technical books and technical websites are the sources where I look for my inspiration to achieve more at work. In order to keep myself well informed and updated with industrial knowledge and developments, I usually study by visiting technical websites and reading books in my free time.

Please tell us your education and professional background as well as achievements. What are the skills a petroleum engineer should have?

I received my bachelor's degree of petroleum engineering from Technological University (Mandalay). Petroleum engineers should have necessary technical skills, team work, and leadership and management skills to be successful in their career.

What is the outlook of Mann Field for another two or three years?

We will continue drilling new wells and establishing suitable tertiary recovery methods for Mann Field to increase the extraction of oil for another two or three years. ■



Shattering the Glass Ceiling

Thandar believes when people are able to access and enjoy the same rewards, resources and opportunities regardless of their gender in the workplace and society, gender equality is truly achieved

Thal Sandy Tun

Ask a woman if they believe that they have the right to equality at the workplace and the answer will be a decisive 'yes'. Keep asking the same woman if they are confident enough to request a pay raise, or a promotion, and there comes an uncomfortable silence.

In recent years we have witnessed an increasing awareness of the merits women bring to the business world, their influence and their contributions to the economy, and their impact on society. This realisation has encouraged many businesses and organisations to offer workplace facilities specifically designed for working women with multiple family and career obligations such as day-care centres, flexible work arrangements and improved maternity leave policies.

Disappointingly, these actions seem to not be enough to break through the invisible stumbling block of gender bias, i.e. the glass-ceiling that is present in the business world and stands in the way of women's rights to move up the corporate hierarchy purely because of their gender. A glass-ceiling is an informal set of values or attitudes that are keeping a tight rein on women's ability to move upward in an organization and is one of the leading causes of female employee turnover around the world.

Daw Thandar is Assistant Joint Venture Business Manager in the Exploration and Joint Ventures Department of MPRL E&P who is aware of what holds women back and how businesses can play a role in promoting gender equality in the workplace.

She said, "Although women have made great strides in education and workforce participation, very few women have made it to the top tier of corporate leadership. Certainly, the number of women in business today is much higher than previous generations. I have no doubt that both male and female executives in the corporate levels have a lot in common in terms of professional aspirations. However, in most cases, it is women who are making sacrifices for their careers in terms of family, marriage or children."

The glass-ceiling is the result of decades of socially constructed gender norms that hamper women's involvement outside their homes, which consist of offices and workplaces. Another reason why the glass-ceiling persists is years of male leadership in the corporate realm which has resulted in a masculine, patriarchal workplace environment.

Thandar believes that traditional perceptions of leadership are largely associated with men while women are expected to take up more family responsibilities at home. In addition, women have limited access to a supportive environment. As a third factor, there are very few female role models in the corporate world that they can look up to.

"There are some common issues women are facing with their career. The number one issue is believing hard work alone is enough. The second issue is they fail to develop career-building relationships in their workplace. The third issue is when it comes to pursuing career opportunities or a raise—they wait, rather than seek out. This is the result of gender norms that expect women to be polite and accommodating. In the workplace, this puts them at a disadvantage because they are seen as 'weak!'" she exclaimed.



Daw Thandar
Asst. Joint Venture Business Manager
Exploration & Joint Venture Management

Remember when Sheryl Sandberg, chief operating officer of social network giant Facebook and founder of LeanIn.Org, talked about her divorce in her 20s, for being labelled bossy, and suffering from a lack of confidence as a college student at Harvard in her 2013 book 'Lean In'.

Thandar, who will describe herself as 'ambitious' with ample evidence to prove her statement, started out as a receptionist in 2006 after obtaining her bachelor's degree in English in 2005. She made her way up the ladder as a secretary, executive secretary, junior staff officer, staff officer, business coordinator, and finally to become an assistant manager responsible for managing one of MPRL E&P's operated blocks and four of MPEP's non-operated blocks. She said it was quite a challenge for her as her scope of work changed over time and she needed to get out of her comfort zone. However, she fared successfully with all her responsibilities! "Life is about shifting between good and bad. I never aim for the best most of the time, but I definitely try for the best and achieve my goals. In my current position, with my background being neither petroleum engineering nor geology, I have to learn to understand not only contractual terms but also technical operations," she said.

Finding herself in a leadership position now, she is eager to lead by example. What is her view of leadership? She responded, "Leadership is about mapping out where we need to go to 'win' as a team or an organisation. An important skill in leadership is communications, and I have learned that women are naturally inclined to verbal communications which is key for women in leadership to make the team feel comfortable."

In support of her opinion, workplace studies done after WWII suggest that women and men have very different communications styles, and women are generally better than men in getting longer lasting results because of their adoption of a more interactive communications style which encourages participation, power and information sharing at all levels in the organisation.

Thandar said State Counsellor Daw Aung San Suu Kyi inspires her most not necessarily because of her eminent political profile but because as a living example of how much we can accomplish if we put our minds to it. It happens that the State Counsellor mentioned in her speech at the ASEAN Business and Investment Summit 2017 in the Philippines that women have to play a significant role in the social and economic sphere but social norms regarding women as unskilled labourers and housewives who can't make decisions is one of the biggest challenges.

One should acknowledge the deleterious effects of the glass ceiling on women which range from low motivation and insecurity to stress and depression as a result of unfulfilled career aspirations and can lead to women quitting their careers, and thus, failing to contribute to the economy. Unfortunately, there are no blueprints available to help women break the glass ceiling. It will take extraordinary courage for a woman to address these delicate and complex issues and honour her ambitions and other women at large who set their sights on professional success.

For Thandar, she would like to get the ball rolling with women themselves.

"Women in the C-suite are key to the implementation of the laws and policies devised to promote gender equality in the country, either in an individual or collective effort. Women are also moving into jobs that are traditionally occupied by men. I accept as true that even these women working in factories or sweatshops have more choices and independence than if they were to remain at home."

As shown in the 2017 gender inequality index which ranked Myanmar 106th of 189 countries, women in Myanmar have difficulty accessing economic opportunities and political representation to be at the forefront of positive change and equally benefit from the current economic and social transformations although they are the greater part of the population of 5.21 million as of 2014.

"Gender equality is achieved when men and women are able to access and enjoy the same rewards, resources and opportunities regardless of their gender. Achieving gender equality is important for workplaces not only because it is 'fair' and 'the right thing to do' but also because it is linked to a country's overall economic performance," explained Thandar.

“No country can ever truly flourish if it stifles the potential of its women and deprives itself of the contributions of half its citizens.”

Michelle Obama

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She continued, "Changing workplace culture is both a time-consuming and formidable charge, but not unattainable. We have to start out by identifying biases and educating people. Then we need to design inclusive policies and benefits packages for employees at all stages of their careers and with diverse interests. As a third initiative, we need to create a dedicated space for women to connect and share experiences—prioritizing mentorship and community building which can help create powerful connections among women while paving the way for future leaders."

She did not hesitate to voice that men as a key stakeholder can play a role in realising this important change.

"Supporting women in the workplace is a decent thing for men to do. There are many other ways they can help in the empowerment of women—they can be a mentor, an advocate, or they can recruit and promote women. They can also share office house-work traditionally assigned to female staff such as taking meeting minutes or organising office parties. Most importantly, they can develop real and concrete policies and practices that can contribute to achieving gender equality in the workplace based on their awareness and knowledge about the gendered constructions of women and men."



Myanmar is a signatory to the Convention on the Elimination of All Forms of Discrimination against Women (CEDAW), hailed as an international bill of rights for women. The National Strategic Plan for the Advancement of Women 2013-2022 is a comprehensive ten year plan to improve the lives of women and girls in the country. Through the political will and commitment of all related stakeholders in government, NGOs and development partners, it aims to create enabling systems, structures and practices for the advancement of women, gender equality, and the realization of women's rights, according to UNFPA Myanmar.

Meanwhile, Thandar has her proven motto for success to share with all women who are aspiring to achieve equal representation in different sectors of society.

"Confidence is a key success factor for women including me. Believe in yourself and your own abilities. Last but not least, by continuously listening, learning, and building networks of people who are interested in our achievements, we can change the world." ■

News

Geoscience Team Went to the Myanmar Oil and Gas Conference

Thal Sandy Tun



The Geoscience Team consisting of 14 people from MPRL E&P attended the Myanmar Oil and Gas Conference held at Sule Shangri-La Hotel in downtown Yangon from 13 to 15 November, 2018. The conference was a technical one and the theme was "Myanmar: A Global Exploration Hotspot: Unleashing the Petroleum Systems Potential".

MPRL E&P actively participated in four events at the conference: as presenter, as chairman of a session, as a member of a panel discussion and as awarding a prize for the best presentation by Myanmar academics. During the conference, U Kyaw Zin Oo, Geoscientist, presented a paper titled "Evidence of currents in outcrops of Pliocene Ayeyarwady River and Implication for Sands Distribution in Deep Waters West of the Myanmar Coast". Technical Manager U Ko Ko co-chaired one of the two onshore sessions with U Nyan Tun, Deputy Managing Director from MOGE.

The Technical Manager also represented the onshore oil industry at the panel "Focus Areas for the Future—Research, Technology, Operations and Commercial". Other members included

U Nyan Tun (Deputy Managing Director) representing MOGE, U Dai Wa Aung (University of Yangon) representing the national academic institutions, Schlumberger's Syahir Lufthi Chan for the service companies, Woodside's Tony Almond for the offshore explorers, and Total's Romaric Roignan for the offshore producers. MPRL E&P delivered the best AAPG presentation award worth US\$ 500 to Dr. Sandy Chit Ko from Sittwe University for her presentation titled "Study of Relative Active Tectonics Features on Kaladan-Mrauk U Fault, Rakhine Coastal Region".



This is the fourth Myanmar Oil and Gas Conference, co-organized by AAPG (American Association of Petroleum Geologists), EAGE (European Association of Geoscientists and Engineers) and MGS (Myanmar Geosciences Society) and endorsed by MOEE (Ministry of Electricity and Energy) and MOGE (Myanmar Oil and Gas Enterprise), providing national and international petroleum geoscience communities to come together, network, learn and communicate new knowledge and ideas in one place. ■



Reducing Plastics in the Environment

Dr. Eloi Dolivo

1. Introduction

Coarse or silky, gritty or velvety, stiff or soft, heavy or light, multi-coloured, convenient, scaling from paperclips to cars and spacecraft, wherever we are, whatever we do, whatever we touch, plastics are all around us, on us, beneath us and even within. We just cannot do without.

And like any material, when worn and torn, we throw them away, most of them in landfills, from where they may float along the wind or the water. Some end up in the sea. Images of turtles choking with plastics bags, of dead whales washing up on beaches with their stomach bloated with plastics they mistook for jellyfishes, and of dolphins entangled with abandoned fishing nets have recently toured the world.

Do plastics need to end up choking the world in this way? Could we be more responsible, and yet continue to enjoy this indispensable commodity?

2. What are Plastics ?

Plastics are usually synthetic, i.e. most commonly derived from petrochemicals. For the purpose of recycling, the myriads of various plastics are grouped in seven families, recognisable by a number enclosed in a triangle of three chasing arrows as per the following table, which summarizes their properties.

| Plastic code | Type of plastic polymer | Properties | Common applications | Recycling potential |
|--------------|---|--|--|---|
| 01 PET | Polyethylene terephthalate (PET, PETE) | Clear, strong, tough, liquid-proof. | Soft drink, water bottles; small consumer electronics | Polyester fibres for durable, rough clothing, shoes, bags, hats, and accessories |
| 02 PE-HD | High-density polyethylene (HDPE) | Stiff, strong, tough, liquid-proof | Water pipes, buckets, milk, juice and water bottles; grocery bags, shampoo/toiletry bottles | Plastic lumber, tables, roadside curbs, benches, protective canvas, trash bins, stationery |
| 03 PVC | Polyvinyl chloride (PVC) | Versatile, easy to blend, strong, tough. | Packaging for non-food items; cling films for non-food use. Electrical cable insulation; rigid piping | Vinyloop process by dissolution to make new PVC for construction |
| 04 PE-LD | Low-density polyethylene (LDPE) | Easy to process, strong, tough, flexible, barrier to moisture | Frozen food bags; squeezable bottles; cling films; container lids | |
| 05 PP | Polypropylene (PP) | Strong, tough, resistant to heat, chemicals, grease and oil, versatile, barrier to moisture. | Microwaveable kitchenware; disposable cups; soft drink bottle caps; plates. | |
| 06 PS | Polystyrene (PS) | Versatile, clear, easy to form | Packing any material; disposable cups, plates, trays and cutlery; disposable take-away containers | Polystyvert French Canadian company just marketed eco-friendly process to make pellets raw material |
| 07 0 | Any other plastics - often polycarbonate or ABS | Dependent on polymers or combination of polymers | Soft drink bottles; compact discs, electronic device housing, sunglasses, prescription glasses, car headlamps, instrument panels | Agricultural plastics such as mulch film, drip tape and silage bags recycled for industrial applications such as plastic railroad sleepers. |

While plastics are usually non-toxic because they do not mix with water, plastics also include additives, to colour and/or to strengthen them such as:

- **plasticizers**, the most abundant additives; blended into plastics to make them pliable;
- **stabilizers**, to prevent degradation by ultra-violet light of the sun, or by oxidation;
- **fire retardants**, for plastics used in construction;
- **fillers**, to improve performance or reduce production costs, such as chalk, starch, cellulose or wood flour;
- **colouring agents**.

3. A Few Figures

As of 2018, about 380 million tonnes of plastics are produced worldwide each year, about enough to bury the whole of Yangon Downtown under a heap of plastics the size of the Vantage Tower. From the 1950's when plastics became part of our daily grind, until 2018, an estimated 6.3 billion tonnes of plastic has been produced worldwide, enough to bury all of Yangon under one kilometre (ten times the height of the Shwedagon Pagoda) of plastic, of which an estimated 9% has been recycled and another 12% has been incinerated.

4. Plastics in the Environment

Not all that bad!

Plastics do have their environmental advantages: for instance plastics are cheaper, less energy-consuming and easier to mould into bottles than glass. Lighter PET plastic containers are estimated to save 52% in transportation energy compared to heavier glass or metal. Paper bags are often made of cellulose from wood, so plastic bags help save forests.

Long to Degrade

The chemical structure of most plastics renders them resistant to many natural processes of degradation and as a result they are slow to degrade. It is estimated that a foam plastic cup will take 50 years, a plastic beverage holder will take 400 years and fishing line will take 600 years to degrade.



Fig. 2: A photo of plastic waste on Henderson Island, a deserted island in the Pacific nearly 200 km from the nearest populated island

Sneaky Micro-plastics

Plastics garbage is often divided in large debris (larger than 5 cm) and micro-plastics, smaller than 5 cm and down to 10-100 times thinner than a human hair, and which makes about 30% of the ocean's plastics waste.

Much less conspicuous micro-plastics are of increasing concerns as they are an invisible risk. Micro-plastics are derived from two main sources:

- primary sources such as:

- pellets as raw material manufacturer of plastic products,
- micro-beads in cosmetics, where they replace traditionally used natural ingredients, including ground almonds, oatmeal and pumice,
- micro-beads in air blasting to remove rust and paint, these micro-plastics often become contaminated with heavy metals such as cadmium, chromium, and lead,
- vectors for drugs in medicine.

- Secondary sources originate from the breakdown of larger plastic debris, from repeated shocks and abrasion, or from wear and tear of tyres, clothes and ropes.

Because micro-plastics do not break down for many years, they enter the food chain at the bottom, in the plankton and shrimps, becoming



From Cover Page



The CSR team always keeps awareness actionable and strives to achieve the underlying goal of this awareness campaign - improved engagement between MOGE, MPRL E&P and the 14 surrounding communities of Mann Oil Field.

The two-phased awareness raising campaign ran from October to November 2018 in order to promote awareness and practice of the Operational Grievance Mechanism (OGM) among the communities in Mann Field with the support and efforts of the community volunteers. In this fiscal year, we came up with an idea to present factual information about the OGM in an illustrated format. With the inspiration of cartoonist 'Sa Ya Lay', the mobile cartoon gallery was open to Mann Field communities, MOGE personnel and MPRL E&P's Field Operations team members. The cartoon gallery received 1,870 visitors during the campaign period.

Despite awareness campaigns, there may be some people who do not know about an OGM or that it is



relevant to them. In this case, community leaders also help to publicize the OGM and act as referral points. Designing a mechanism facilitated by community volunteers has proven to be successful as trust is immediately captured. In addition, strengthening the capacity of volunteers has led to improved decision making and empowerment. ■



“What was really innovative about the MPRL E&P OGM was that it was the first time a Myanmar company had based a complaints grievance mechanism on the UN Guiding Principles on Business and Human Rights. It was also innovative in the way it used volunteers, who were embedded in the villages and who were from the villages and were therefore trusted by the villagers in a way that somebody coming directly from the company would not be.”

Ms. Vicky Bowman, Director of Myanmar Centre for Responsible Business (MCRB)

Cultivating Inner Peace on Campus: MPRL E&P GoCs Yoga Club

Thal Sandy Tun



After a long hectic day at work and you want to avoid congested evening traffic, for an hour of inner peace and relaxation, an on-campus yoga class will be good news for you.

The MPRL E&P GoCs (Group of Companies) Yoga Club, comprised MPRL E&P GoCs staff members, rolled out the first yoga class in September 2018. A yoga class lasts for a period of three months with a membership of at least 25 people, and the one-hour session runs after office hours on every Monday, Tuesday and Wednesday under the instruction and guidance of a yoga trainer.

Yoga is a popular workout regime for people who are looking forward to gaining physical benefits such as balance, strength, stamina and flexibility while benefitting spiritually through stress reduction, better sleep, relaxation and confidence. In these yoga classes, a yogi, whether they are beginners or veterans, can engage in a number of sun salutation poses, for instance, with the help of experienced trainers according to their own level of mood and energy. Sun salutation poses or Surya Namaskara are a singular yoga sequence that improves cardiovascular health, aids weight loss and reduces tension.



Ma Soe Thinzar Aung, an Executive Office Assistant who has participated in the Yoga class, shared her experience.

"I have never been to Yoga classes although I've heard about its' many benefits. Honestly, I prefer to do Zumba which involves dance and aerobic movements performed to energetic music. However, after day one of the Yoga class, I found myself quite calm and relaxed both physically and mentally. During the class, the instructor explained about the Yoga world, asked us to focus on our breath, to stay concentrated in the present moment, which is all very similar to meditation in Buddhism. The instructor also explained the benefits of all the Yoga poses which I've learned are designed to encourage progressive muscle relaxation and stress reduction."

Ma Yin Nyein Oo, a Junior HR Officer who is also a liason-1 in the Yoga Club, explained why the yoga classes are brought closer to the office.

"Once you have learned yoga poses, you can practice these poses at home or anywhere you feel like. This is one reason why we choose to organise yoga classes among many other options. This will help our employees to improve concentration in their work and feel relaxed during the yoga class where they do meditation and breathing exercises. Having the classes available on campus also allows the staff to avoid traffic issues."



Soe Thinzar Aung resonated this point in her motivation for joining the Club.

"The main reason which made me interested in joining the Yoga Club organized by our HR Department is its location, being on campus, which does not require us to worry about our mobility capacity. I feel thankful about the thoughtfulness of the HR team. Now, yoga is going to be my favourite exercise, and I feel happy and motivated to do yoga at the office and in my own place as well. I believe all other members will enjoy the yoga classes and be satisfied with their own results."





WHO'S WHO?

at MPRL E&P

Corporate Affairs Department

Corporate Affairs Department, founded in 2017, is a dynamic team encompassing several functions within the MPRL E&P Group of Companies. In addition to leading periodic reviews evaluating how we are performing as a company and communicating performance to investors, clients, joint venture partners, and internal stakeholders, Corporate Affairs Department leads the environmental and social impact management initiatives of the newest business ventures. Being head of the department, Ms. Kyisin Htin Aung is a key team member who is also the last defense of this department.

Ms. Kyisin Htin Aung joined MPRL E&P in 2014 with a background in environmental health and with experience planning randomized controlled trials in South Africa, Botswana, Swaziland, Namibia, Nigeria, and Canada to research the effectiveness of interventions in reducing incidence of disease. She now directs the Corporate Affairs Department at MPRL E&P made up of several dynamic teams and functions. She leads the environmental and social impact management of new ventures for the MPRL E&P Group of Companies, overseeing EIAs and socialization concerned with proposed projects. She holds an MPH from the Joseph L. Mailman School of Public Health at Columbia University in the City of New York.



Ms. Kyisin Htin Aung
Corporate Affairs Manager



between executive leadership and employees, the department is organizing town hall meetings twice a year for the whole organization. In addition to this, the team supports the management in doing research and preparing materials for external stakeholders' reports including the occasional courtesy calls with government entities.

Monitoring & Evaluation: In terms of monitoring & evaluation, goal setting workshops are organized to establish departmental goals and objectives at the start of every fiscal year by the time the corporate goals are set. The department is also continuously monitoring the performances of MPRL E&P's work programs against the identified targets and objectives through arranging bi-yearly workshops with the head of departments to reflect previous practices and results and assisting them to get the right course of action to meet the goals.

There are different accountable team members for different tasks but the whole team is working as a unit for day to day operations with very little boundaries in terms of work scopes. Although they are coming from various backgrounds and following different policies and procedures of their parent companies, they all are oriented to a common goal which is the completion of any assigned tasks. Everyone is covering the weaknesses of their team members with their strong points in an effort to become a collectively complete unit.



Myo Paing
Corporate Affairs Officer

The right hand person of the team, Myo Paing joined the organization just over a year ago. He had a winding career path like a river as he studied Marine Engineering for his undergraduate degree and then worked as an application engineer in a R&D company transforming lab ideas to reality. After that, he worked as a sales engineer selling marine equipment at a small trading house which distributes marine parts and equipment as well as an owner

representative supervising Offshore Supply Vessels construction, which is another side business of the company. After working for a few years, he went back to study a post graduate degree in operations management and joined MPRL E&P as a Corporate Affairs Officer. His wide range of past experiences helped him fit in with the new role and become one of the core members of the team.

He is taking the lead in organizing town hall meetings, reflection workshops and goal setting workshops. He is closely in charge of coordination between the related agencies to achieve the Environmental Compliance Certificate (ECC) for MPRL E&P Group's newest business venture in time for commencement of operations.

Myo Paing is recognized as being good at multitasking and organizing the team members around him to get to their desired goals.



Social and environmental matters related to the MPRL E&P Group's newest business venture is currently managed by an independent team within Corporate Affairs. Aiming to achieve its social license to operate, Myint & Associates Offshore Supply Base Ltd. (M&AOSB) kicked off its social investments in 2017 and has successfully

reached its second year creating tangible benefits for the local community due to the tireless work of the whole team under the guidance of the Corporate Affairs Manager. A new school building in Nanttharpu Village Tract was the inaugural social investment that contributed to improving the educational standard of the host community. Achieving the second milestone, it is now providing the skills required to source a second income from the livelihoods training series as fishing is the only way for the majority of the community to earn income.



Yin Mon Aye
Corporate Affairs Associate

The Corporate Affairs Associate, Yin Mon Aye has taken the role since April 2018. Before joining the company, she worked as a project coordinator at a project management company in real estate development and as a project coordinator, she handled the coordination of resources, equipment, meetings, information and documentation throughout the project implementation. As for her educational background, she is a bachelor's degree graduate, majoring in English for Professional Purposes from National Management College in 2012. As for her post-graduate studies, she is now working on her final thesis for her master's degree in Business Administration, expected to complete in early 2019.

As the newest team member, she supports the departmental functions, working closely with her senior colleagues. As for MPRL E&P, she monitors the performance of the work programs against set targets and collectively identifies process improvements with heads of departments on a weekly and quarterly basis. She supports the team in collecting materials and developing content for the occasional courtesy calls and executive summaries for external stakeholders. Recently, she has been a supporting member of the organizing committees for the successful implementation of the Team Building Retreat for this fiscal year. In addition, she is responsible for monitoring the entire department's deliverables for timely completion.

Yin Mon Aye is able to adapt well in a fast-paced working environment in a short time and she has learned to work with the tight schedules. She has a strong will to overcome her weaknesses and improve to achieve the best outcomes of what has been tasked.

The CSR team is now composed of six individuals who have a robust understanding and knowledge in community and social related works. The team members include:

- Aung Aung Kyaw, Senior Program Officer
- Shu Maung, Program Officer
- Aung Lin Kyi, Program Coordinator
- Daniel Nay Win Tun, Program Assistant
- Saw Ba Lin Kyaw, Field Coordinator (Field-based)
- Kaung Htoo Thwin, Assistant Site Officer ■



Ngwe Saung
YACHT CLUB & RESORT

A Paradise on the Sand

Thal Sandy Tun

Ngwe Saung beach, said to be South East Asia's longest beach, is located just 188 km from the commercial city of Yangon. Taking a cue from its fishing village roots, the beach maintains a sleepy, laidback appeal that is perfect for relaxation and fun water activities.

Nestled on the unspoiled silvery sand of Ngwe Saung beach is Ngwe Saung Yacht Club and Resort, a full-service resort destination for beach lovers and ocean enthusiasts!



A water sports paradise and a breeding ground for young surfers

The resort marks its grand opening by hosting the 27th SEA Games (sailing competition) in late 2013 and it continues to be an ideal venue for many popular aquatic sports tournaments. In 2015, it hosted the Kitesurf Tour Asia and has also held the Optimist Asian & Oceanian Championship 2018, with participation of select Asian and Oceanian sailors from 16 countries, from the 10th to 17th of November, 2018.

Myanmar, with two thousands kilometres of coastline comprising of largely empty beaches, and a rainy season with promise of waves from mid-May to late September, has great surfing potential and Ngwe Saung beach has been a training ground for future Myanmar surfers who will realize the country's surfing potential through the launching of the Surf Association of Myanmar to compete internationally.



In addition, sailing, kitesurfing, windsurfing, fishing, boating, snorkelling and freediving are all the water activities attracting international and local visitors to Ngwe Saung Yacht Club with the assistance of well-trained staff.

An excellent location for team building retreats



Featuring a full range of event functionality and experienced event planners, the resort is a premier destination for family holidays, long stays, weddings, corporate retreats and other types of events. In addition to its ballroom which can accommodate up to 300 guests, the resort has a total of 154 rooms which include 18 villa suites, 16 villa rooms, 52 deluxe sea view rooms, 48 deluxe garden view rooms and 20 loft rooms. There are excellent pools, restaurants, bars, and full facilities such as 24-hour electricity and free Wi-Fi and excursion services to explore the natural beauty of the environment.



Currently, flights are not accessible to Ngwe Saung and guests will have the option of travelling by private car or daily shuttle bus, which takes approximately six hours to arrive to the destination. However, a warm welcoming smile and a sip of fresh coconut juice offered by the friendly staff at the doorstep of the resort will make you feel the journey is worth it.





Creating Arts and Crafts with Big Ambition

M&AOSB CSR Program Completed Coconut Handicraft Training, the 2nd Part of the Livelihoods Training Series

Yin Mon Aye



Arts and crafts play an important role in economies especially for the poorer parts of the society as it can employ many people. The opportunity enlarges when the area has tremendous potential to become an industrial estate in the future and blending a handicraft business into the development is a good way to alleviate poverty, and create jobs for a source of income in rural areas.

As a part of the M&AOSB Livelihoods Training Series, M&AOSB partnered with the Myanmar Coconut Producers and Traders Association (MCPTA) to offer a training program aimed at enhancing income-generating knowledge and skills of community stakeholders in Nanttharpu Village Tract, Kyway Chaing Village Tract, and Nga Yoke Kaung. A total of 23 participants from Kyway Chaing Village Tract, 13 participants from Nanttharpu Village Tract, and 3 participants from Nga Yoke Kaung attended the trainings which were offered in 2 back-to-back sessions in July and August. The 12-day training covers lessons in basic drawing, painting, cutting, smoothening, adhering parts with different types of glue

for durability, drilling, measuring, and designing, using tools and machinery, knowledge of electric currents, polishing, packaging, and pricing.

The CSR Program aims to uplift the socioeconomic status of community stakeholders and drive inclusive economic growth of the region by providing a source of income for its community so they do not have to depend on fishing alone as the source of living and also to empower women in the region who have had no major source of income before.

Seeking market opportunity is a challenging task due to a lack of business skills among the trainees, who have relatively low education standards and poor marketing ability. In consideration of this, M&AOSB partially contributed the trainees' memberships at MCPTA so that the trainees can stay connected to other producers and gain market access. In order to achieve sustainability, a committee is organized for supervision and management of the training materials in Kyway Chaing and Nanttharpu. At the end of the training, each trainee was also asked to develop their own action plans on what products they are going to produce, the timeframe and their market plan. A group of trainees have already started a work shop soon after the training and is receiving orders from the resorts and restaurants across the area. ■



From Page 17

Recipient of awards

During the five year period of operations, the Ngwe Saung Yacht Club and Resort has received the Best Resort of the Year in Myanmar Award at the eighth annual Mekong Tourism Alliance Awards (MTAA) in 2016, supported by tourism ministries in Cambodia, Myanmar, Laos PDR, Vietnam and Thailand with the aim of encouraging a greater sense of pride in tourism professionals and organisations in the Mekong region.

In the same year, the Ministry of Hotels and Tourism awarded the best customer service resort award on 2016's World Tourism Day.

Also, the resort received the TripAdvisor's 'Certificate of Excellence' for two consecutive years in 2017 and 2018.

Moreover, the resort took away the ASEAN Green Hotel Award at the 37th ASEAN Tourism Forum 2018 held in Thailand. The ASEAN Green Hotel Awards aims to honour hotels and resorts in the region which meet the 11 criteria of the ASEAN Green Hotel Standard such as environmental friendly policies and activities for hotel operation, collaboration with local community organizations, energy efficiency, water efficiency, control of noise pollution, wastewater management and treatment.



A socially responsible business

There are a total of 200 staff members at the Ngwe Saung Yacht Club and Resort who are providing superb services to local and international guests. Many of the staff members are from the communities in and around Ngwe Saung area. The objective is to be a socially responsible business by means of providing employment and skills opportunities for local people, as well as contributing to education and health needs.

Starting from mid-2017, a water refill system was installed at the resort in an effort to reduce the use of plastic bottles. Therefore, guests are requested to join in this plastic reducing campaign by bringing their own water bottles and using the refill system. Another campaign, 'No Plastic Straws', has been initiated in 2018 as well.

In order to maximize the benefits of tourism to the community, every impact of the business that can be a burden for them must be lessened. Therefore, hoteliers and government authorities should recognise the difference between mass tourism and sustainable tourism. The former is all about 'heads in beds', being a high-volume, high-impact but low-yield approach, so, as a result, the resort is working together with the Myanmar Hotelier Association (Ngwe Saung Zone) and aims to increase awareness and motivation among the local community including youth and children to become a preservation-minded community through a number of initiatives focusing on sustainability such as Trash Hero. ■



GIVING back: Myint & Associates Co., Ltd.

Moe Thu Zar Soe

In recent years, Myint & Associates Co., Ltd. (M&A) has taken another major step forward through establishing and further developing a robust corporate social responsibility program towards their employees, environment, and the community.

M&A is committed to implementing social welfare activities since 2015 with the aims of establishing social benefits in communities either from project areas or other areas in need through enhancing partnerships and being active in communities to contribute to their development.

The selection criteria tries to capture all aspects of CSR, instead of focusing just on donation and image improvement. The five categories that are evaluated for each activity are overall integration of religious donations, blood drives, contributions to homes for children, aging homes and those in need, vehicle donation and others.



Emergency services were one of the many casualties of meagre public spending. To fulfill this need, the donation from M&A was part of our philanthropic activities to gift a new fleet to a local NGO, aiming to roll out emergency health care services across the area. In July this year, the Future Light - a local NGO based on Gone Chain Village in Kyauk Phyu, Rakhine State received a brand new ambulance donated by M&A, a member of MPRL E&P Group of Companies. The well-equipped vehicle will be used by volunteers in their work providing first aid coverage around the island.



M&A encourages staff members to take part in activities and initiatives outside of work promoting a sense of pride and team building. The Admin Department of M&A has organized blood donations of MPRL E&P GoCs on a quarterly basis as part of many other voluntary social welfare initiatives initiated by employees since September 2015. In August, M&A's employees and their families donated some bags of rice, onion, garlic, potatoes, chick peas, cooking oil, cooking salt, stationery and medicine to "Kayunar Kalaymyar", home for children in Hmawbi Township, Yangon Region.

In October, M&A staff members organized the ceremony of offering new umbrellas for Naung Taw Gyi Pagoda, as well as the Kathina robe offering ceremony, a homage paying ceremony to ancestors and elders, and also donated cash for general renovation at Zote Thote Village in Bilin Township, Mon State.

Myint & Associates Co., Ltd. has proactively participated in local communities and the larger society in order to contribute to development in a way that benefits good corporate citizens and contributed a total of MMK 101,617,650/ to activities from June, 2015 to November, 2018. ■





Sandar Aye Nyein, 5th Year Student of Petroleum Engineering, Technological University (Thanlyin)



I am one of the 5th year students of the Petroleum Engineering Department at Technological University (Thanlyin). I prefer to study minerals that exist underground and this is the reason why I joined the Petroleum Engineering Field. I also decided to enroll at Myanmar Engineering Society (MES) for the second Industrial Attachment Program (IAP) because I wanted to gain more practical hands on experience of petroleum field operations. Myanmar Engineering Society (MES) holds the Industrial Attachment Program (IAP) for all of the fifth year students every year and I heard that MPRL E&P will accept three interns from the Petroleum Engineering Department from Technological University (Thanlyin) for the IAP Program. Moreover, I also knew MPRL E&P has so many operations at Mann Oil Field. So it is good news for me because I really wanted to gain field experience theoretically and practically. So, I sat for the qualifying exam. In the exam, I passed with good results and had an opportunity to join MPRL E&P for a one month internship at Mann Oil Field through their IAP Program. My internship program started in mid-October at the Mann Field Office (MFO) of MPRL E&P Pte Ltd.

During my one-month internship with MPRL E&P, I received a systematic schedule on how to study field operations. Firstly, I learned about the HSE policy of MPRL E&P during the internship. I came to know that everyone must fully wear the Personal Protection Equipment (PPE) whenever entering the perimeter of each worksite. I also found out

that we need to receive permits for the working area such as a cold and hot permit to prevent unnecessary accidents. There is also a waste management system and GOCS produced water disposing system to reduce environmental impact. The aim of the two systems is for zero discharge. After several titles under HSE, I realized that safety is a high priority.

In production measurement operations, I learned about the separators, heating system and how to transport Oil and Gas etc. I also studied about the details of the Orific meter, which is used to calculate the gas flow rate of the whole Mann Field to the refinery plant.

At the pumping unit section, I learned about the API designation and selection for different types of pumping units such as beam balance and crank balance. At the production section, I have learned how to increase the production rate by using pressure build up, swabbing and pumping unit etc. And then I knew how to collect and transport the crude oil, and how to discharge the produced water by passing the drain pit from the GOCS station for the zero discharge program.

In deepening operations, I understood about the drilling machinery for drilling operations, which was taught in my theoretical knowledge. And I also learned about the drilling mud and got the chance to practice in the mud lab. I also got a chance to visit the drilling site at Htauk Shar Pin Oil Field with the help of the Field Operations Manager.



I also learned how to inspect and do maintenance at the downhole shop. Moreover, I learned about the different types of packers, their functions and why we need to use them. I also clearly knew about how to enhance the production rate and why we need to do pump service and about the completion strings and how to enhance the production rate of a well that has production problems. I learned not only about well servicing but also about workover operations such as scraping, swabbing operations with the Giberson swab-cup, and bailing operations to clean out the bottom hole.

During this internship period, all of the staff from the Mann Field of MPRL E&P warmly welcomed me and shared their knowledge. All of the supervisors from each operation explained everything clearly and patiently to me and I also learned how to work with a team because I had to learn worksite experiences and prepare a presentation together with my team. Not only did I learn production and drilling operations but I also learned about the important parts of MPRL E&P such as Essential Safety Rules and Corporate Social Responsibility (CSR) Programs. If I have a chance, I want to come to Mann Field again for my thesis next year to gain even more hands-on experiences. ■

Htet Paing Oo, First Year Honors Student of Geology, University of Yangon



After the matriculation examination, my mother advised me to choose a Geology specialization at the University of Yangon. I started studying Geology since December 2015 and I applied to this internship while I was attending the first semester

of my first year Honor's Class. Then, I started working as an intern after finishing my first semester. Among many branches of Geology, I'm particularly interested in the Petroleum Geology subject. In this country, MPRL E&P is one of the most well-established local petroleum companies, which is why I applied for this internship in this company. During the interview, the CEO asked me some questions and then gave me an opportunity to work as an intern at MPRL E&P Pte Ltd.

My educational history and achievements include passing the matriculation examination with (3) distinctions including Mathematics, Physics and Biology with total marks (482) from No.2 Basic Education High School Bahan. I have completed the Level (3) Microsoft Course at the KMD computer center and I have also attended Level (6) at NELC and received a four skills diploma. I also won the first prize in the football competition

when I was in Grade (3) and Grade (8) and the second prize in a major football competition in the University of Yangon when I was a first year student. I also received the second prize in a volleyball match, also at Yangon University.



From Page 11

On Land and in Sea

Plastics pollute the land, waterways and oceans in many ways, particularly depending on the size of the plastic garbage.

Land: Landfill areas contain many different types of plastics, much of them single-use items such as packaging.

Rivers: Plastics from the land enter the ocean largely through storm-water runoff, flowing into watercourses or directly discharged into coastal waters.

Oceans: Polystyrene pieces and plastic pellets used in the creation of plastic products are the most common types of plastic pollution in oceans, and combined with plastic bags and food containers make up the majority of debris.

How are Living Beings Impacted by Plastics Pollution?

Marine animals are harmed either by strangling, by swallowing plastic waste, or through exposure to chemicals within plastics interfering with their physiology.

Seabirds are also affected by plastic pollution. They often mistake trash floating on the ocean's surface as prey. The fish they eat have often already ingested plastic debris, thus transferring the plastic from prey to predator.

Humans are also affected by plastic pollution, such as through disruption of various hormonal mechanisms. Due to the pervasiveness of plastic products, most of the human population is constantly exposed to the chemical components of plastics.



Fig. 3: A dolphin in trouble

5. How to Reduce Impact of Plastics on the Environment?

Three avenues:

- recycle
- biodegrade
- decrease consumption

While the two first avenues need the support of authorities at various levels and some entrepreneurship, we responsible citizens can walk the third avenue.

5.1 Recycling

Plastics can be recycled after sorting by type of material, or reused without sorting.

Sorting and Recycling

The greatest challenge to the recycling of plastics is sorting many sorts of plastic waste. Workers typically sort the plastics by looking at the plastics identification code (see above table). A certain degree of recycling is already practiced in Myanmar and PET bottles for instance should not end up in landfills.

Progress is still being made in recycling plastics. For instance, French Canadian Polystyvert very recently announced an eco-friendly way to recycle polystyrene, hitherto not recyclable and thrown away by millions of tons.

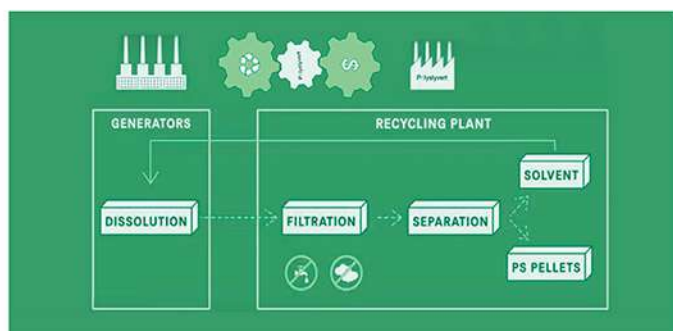


Fig. 4: Polystyrene recycling (from Polystyvert website)

Recycling without Sorting

Various initiatives are ongoing to recycle raw plastics without the need to sort them out. Three quite ingenious examples are summarized below.

Road surfacing in India: Several schemes exist in India to recycle plastics for road surfacing. This road surface is claimed to be very durable and monsoon rain resistant. The process chops plastics into tiny flakes that are heated to mix into viscous bitumen with a dosing machine. The process uses 60 kg of plastic for an approximately 500-metre-long, 8-metre-wide, two-lane road.



Fig. 5: A road in India made of plastic waste

Paving stones in Africa: A township of the city of Mopti (Mali, West Africa) pioneered the process some ten years ago. Collected plastics waste is melted, sand added to the proportion of about three to four parts of sand for one part of plastics in weight, and the mass is poured into specially designed moulds. After 45 minutes of cooling time, the stones are ready to be used in paving. All plastic litters can be used in the mix.



Fig. 6: Paving stones from plastics garbage and sand in Mopti (Mali, West Africa)

Pyrolysis: Since plastics are made of petroleum, they can be melted and distilled to return as petroleum; this operation is called pyrolysis, and is eventually realized in sophisticated plants.

Lately, a small team of young French entrepreneurs has miniaturized and simplified the process, and adapted it to run on a boat.

After a small prototype has shown feasibility, a 25-m long ship began construction in September. The vessel is to host a crew of a dozen scientists, engineers and seamen.



Fig. 7: The Plastic Odyssey French boat, capable of recycling plastic wastes into fuel

The fuel will consist exclusively of plastics to be collected en route during a trip around the globe to start in March 2020, and the ship is to stop for fueling in Yangon sometime in 2023. The on-board pyrolysis unit will be able to make 1 ton of fuel per day from about the same amount of plastics.

From Page 21

5.2 Biodegrading

Plastics are usually made of petroleum products, but can also be made from renewable materials such as corn, especially for the single-use items such as market flimsy plastic bags or hot drink cups.

Biodegradable plastics degrade mostly under the influence of the ultra-violet rays of the sun. Meanwhile, quite a few types of synthetic plastics ending in landfills can be biodegraded by bacteria and/or microscopic mushrooms of the mould type.

The process produces methane, which can be used for power generation.

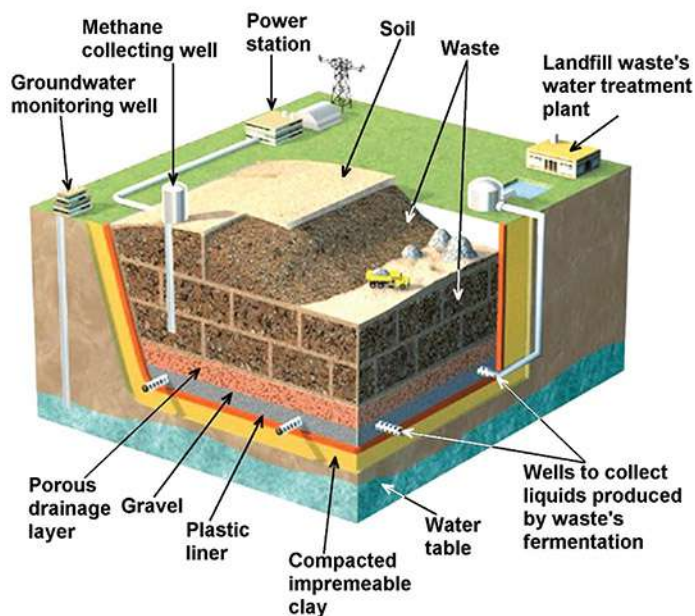


Fig. 8: A modern landfill, designed to prevent groundwater contamination and reduce soil and air pollution

5.3 Decreasing Consumption

Many authorities from towns to nations are now implementing bans to limit the use of plastics, particularly the single-use of flimsy plastics bags at markets and retail stores as well as the use of plastic straws.

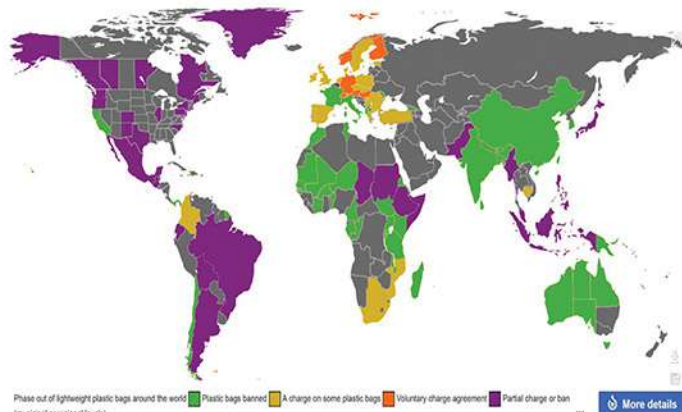


Fig. 9: A map of countries banning single-use plastics; Myanmar is indicated as "partially banning at municipal or regional levels", that is better than about half of the countries in the world

But our own initiative in watching our lifestyle can play a significant role, such as by simply:

- quitting plastic straws
- quitting single-use plastic bags, and using only sturdy shopping bags
- quitting polystyrene cups (at least until a recycling plant is working in country), and using personal mugs instead

These simple gestures will significantly tidy up our walkways, sooth the eyesore of plastics lying and flying around and decrease the risk to wild-life.

MPRL E&P's CSR team is now polishing a project for skilled tailors in Mann field to design, fabricate and market a handy long-lasting shopping bag. More about MPRL E&P's shopping bag project when it matures to the market.

Stay tuned folks, and let's think about the footprint of our daily grind in the environment. ■

From Page 20

While working at MPRL E&P as an intern, my senior colleagues were very helpful and kind and it is a pleasure for me to work with such a united and supportive team. They always encouraged me to ask questions and they were very supportive whenever I wanted to learn new things at work. During my internship at Mann Field, I've learned well logging, well log correlations, contouring, and seismic data picking and field surveying columnar description. I have also learned about the jobs that the engineers at Mann Field have and why they are doing it as well as general knowledge regarding some operations systems such as the pumping unit, casing swabbing at Mann field and drilling rig at MOGE. I have also learned about the echo meter

and noted that it is to measure the fluid inside the hole. I also learned about the drilling and pumping accessories and how these accessories work at downhole. During my internship in Mann field, I want to give a special shout-out and appreciation to my senior geologist, U Chan Myae Aung, who supervised all my daily activities and answered my questions patiently. Because of the help from the Yangon office staff, field operations staff and their systematic teaching and explanations, I have become more and more interested in petroleum geology, and I'm trying hard to achieve my goals of joining the world of petroleum geology after my studies.



I've been spending my eight months out of the year in university and four months in MPRL E&P's internship since 2016. As I'm currently in my first year honors Geology class at the University of Yangon and will be graduating in 2020, I have plans to study abroad for my further studies and plan to gain work experience with international companies overseas after. I intend to settle back in Myanmar after I've gained enough experience and knowledge abroad. ■

Bridging the Gap with a Mobile Healthcare Service

Moe Thu Zar Soe



Mobilizing health care is a simple, obvious, and underutilized idea. This is about taking screenings, primary care, advice, to as close as possible to where our communities live. By doing this, we also get as close as possible to the early stages of health issues. MPRL E&P's Mobile Clinic Pilot Program is focused on providing the most vulnerable with quality health care and prevention education for Mann Field communities, primarily targeted at the elderly population and children under the age of five.

Initiating a pilot project in September of 2018, the clinic open at Chin Taung village on Mondays, Lay Eain Tan village on Wednesdays and Let Pan Ta Pin village on Fridays. The mobile clinic sees about 25 to 30 patients a day at three different locations, adding up to about 720 patient visits in November, 2018. MPRL E&P receives support from the Minbu township public health department which sends regional healthcare assistants (RHAs) to provide extra pairs of hands to the Field Camp Doctors who run the mobile clinic in Mann Field. About 24 trips have been made since the program has been launched with the focus being on primary and preventive care on the move.

"Local people are often unable to travel very far. When they visit the clinic, it also helps us to see their living conditions so our doctors can educate them about good nutrition and hygiene." Field Support Staff added.

MPRL E&P's Field Camp Doctors, village administration, community volunteers and CSR Team put in a lot of coordinated effort to make this initiative successful and the mobile clinic program is made possible with the support of MPRL E&P's CSR program. We believe this mobile clinic program will provide effective and efficient care for patients, tackle health issues on a community-wide level, improve health outcomes and enhance social bonding in the communities. ■



Daw Lai Lai Khaing, CSR Field Support Staff said the mobile clinic has been piloted in September 2018 in order to improve the health of populations in Mann Field communities so they can feel comfortable and energetic in their daily life. By traveling to these communities and offering free services, the mobile clinic removes logistical constraints such as transportation issues, difficulties making appointments, long wait times and complex administrative processes.

Exploring

Northern Thailand

(Chiang Mai, Chiang Rai, Pai)

Saw Eh Hsar Blute Htoo

“Travel and Change of Place Impart New Vigor to the Mind”

Seneca

I personally believe that travelling with my friends is the best way to travel. Last Thadingyut holiday, my ten friends and I travelled to Thailand and spent six days there. We started planning this trip since we were on the way back from the Youth Camp during April's Water Festival. First, we decided on a date where all could take the time off from school or work. It's not easy to find a time that works for all but we agreed on the dates from 23rd to 28th October. Then, we discussed on a budget that everyone could afford and started finding accommodations, planning transportation and deciding on daytime and nighttime activities. We made sure that all things were ready before our trip.

Chiang Mai

We flew to Chiang Mai on October 23rd and a van that we rented for our whole trip picked us up at the airport. Chiang Mai is a wonderful city that is surrounded by beautiful places in all corners and other points of interest include its amazing food scene, full of so many delicious dishes. The most famous attraction in all of Chiang Mai is Doi Suthep which is a mountain that has a fantastic view over all of the city. It's about 12km outside of the city and a drive around along its mountainous and beautiful roads is truly breathtaking. We had a night stop at Chiang Mai, so the night market is the best place to conduct our night time activities. Walking along the street market, buying handmade goods, eating street food, and seeing street artists singing and dancing will be perfect for your nightlife adventure in Chiang Mai.

Pai

On the next day, which was the 24th, we continued our trip to another city named "Pai". It takes around three hours by van and we have to pass 760 degree-plus curves to get to Pai. It is especially famous for its relaxed atmosphere and bohemian lifestyle. So, if you've loved visiting Chiang Mai, Pai will probably inspire you too. Yes, there are so many things to do in Pai, and everyone is guaranteed to fall in love with its gorgeous scenery. Like a Thai movie named "Pai in love", I know myself that I totally fell in love with Pai after my two days there. I actually believe that two days is not enough to see all the attractions in Pai and I felt sorry for myself that we didn't have time to go to the waterfalls and hot springs in the surrounding countryside.



Explore the countryside: Motorbike or scooter is the best way to explore Pai as traffic is little compared to the busy roads of Chiang Mai. But our group just explored with the van that we rented for our whole trip because we were on a budget trip. You can easily find motorbike rental services in the town with reasonable rates, starting at just 200 baht for 24 hours.

Accommodation: There are a lot of places to stay in Pai. You can choose from luxurious bungalows to dorm rooms. We stayed in a budget resort "Pai Floral Resort" during our time in Pai which cost 500 baht per night. It's close to town and 5 minutes' walk to the night market.



From Page 24

View point: There are many viewpoints around town that look over the Pai valley. One of the popular viewpoints that we visited was Yun Lai Viewpoint. It's not too far of a drive out of town and on the same way to Santichon village. It's one of the most popular attractions of Pai which you will feel from the crowds visiting. It has some interesting traditional Chinese clay houses which houses mostly souvenir shops and restaurants where you can wander around. You can also ride a horse and take a photo in Chinese traditional costume.

Drinks with a view of Pai: There are a lot of cute coffee shops all over the town of Pai. But I would recommend to get just outside the city and you'll find coffee shops along the road with spectacular views of Pai city. My favorite coffee shop, Coffee in Love, is located in a good place to take photos and see the art installations. Others popular shops are The Container and Roadside Theme Cafe. If you love strawberries, just make a pit stop at Love Pai Strawberry.

Pai Canyon: It can be found 8km out of town along the road towards Chiang Mai and a great place to see the sunset, but it gets really busy. Arrive an hour before to give yourself a chance to walk the many paths. But be very careful as the paths are dangerous with vertical drops at the edges. I recommend to wear proper trainers/shoes not flip flops. I have seen so many people slip and slide on the sandy floor!

Walking Street: I loved and really enjoyed wondering around this walking street. It comes alive around 5.30pm every night. Every night our group went there and found a lot of different kinds of food. Mainly they sell food and you can go from one store to the other just trying little things. You can also find souvenirs and clothes with very reasonable prices. There are a lot of young happy people around and bars and restaurants. I would definitely recommend this over any restaurant. Eat a little at the restaurant and follow the street food and fill your stomach.



Memorial Bridge: The Memorial Bridge was a great site to see. It is a gorgeous bridge and not challenging to walk. You don't need to spend long here but worth a quick visit with a full walk in 15 minutes.



Chiang Rai

After two full days in Pai, we continued our trip to Chiang Rai on the 26th. One of the most popular temples located in the city is The White Temple. It's one of the most visited temples in Chiang Rai, due to its color, complicated architecture, and design. The tea plantation in Chiang Rai is also one of the places to visit. The clock tower in the middle of city center is beautiful and from 7:00 to 9:00 pm on the hour, it plays songs and does a light show. I would also recommend visiting Mae Fah Luang Garden which is situated between Chiang Rai and Mae Sai. You can also do a tree top adventure in that garden. The Saturday night market of Chiang Rai is very crowded but you can find many interesting local products and amazing food.

On the 28th morning, we returned back to Chiang Mai and took a flight to Yangon. Our trip is full of fun and memorable moments. I'm pretty smitten with Northern Thailand and hope to return someday as I know our paths will cross again. ■



Health & Hygiene

Go Hand in Hand with Education

Wit Hmone Tin Latt

One of the most effective ways we have to protect ourselves and others from illness is good personal hygiene. The foundations of lifelong responsibility for the maintenance of personal hygiene are laid down in childhood, which is important for a healthy childhood, for a healthy adulthood, and for the development of positive values about health and the use of health services.

School is a place which not only provides education to children but also a learning environment. Thus, educating school children on basic hygiene and sanitation is very important. Children are generally eager to learn as well as to copy each other and can instill and promote positive behavioral changes in one another. Children also have important roles in their household, carrying out many of the chores related to hygiene. They are in a good position to drive change in their families and communities.



Children can be the most effective advocates for social and behavioral change. Daw Lai Lai Khaing, CSR Field Support Staff, is so passionate about combining her love for health and education with volunteering that she finds time in her daily schedule to help out with handwashing promotion in 10 schools which reached at least 2,301 children in the 'WASH and Learn' program.

Daw Lai Lai Khaing said "the basic and most critical requirement that must precede the physical infrastructure is investment of time and allocation of resources to build awareness, basic orientation and training." Under the WASH programme, MPRL E&P supported 10 handwashing facilities to schools in Mann Oil Field. Improvements in water, sanitation and hygiene education in schools provide safe drinking water, builds good sanitary facilities and establishes appropriate hygiene habits.

“Constant access to water and a cleaning agent are critical components to achieve sustainable hand sanitation.”



"Training of children on how to wash hands more efficiently without using excess water is important. Children, if not trained, usually do not turn off the taps while applying soap and rubbing their hands; hence most of the water goes wasted" she added.

MPRL E&P has put in place appropriate measures to manage social impacts resulting from our activities and invest in social projects that support our commitment to sustainable livelihoods. For the current fiscal year, MPRL E&P intends to implement projects within the sectors: Health, Water and Sanitation; Community Infrastructure; Education; Community Capacity Building and Disaster Relief and Management. ■



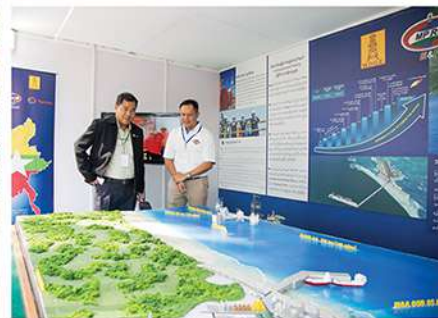
4th Family Kathina (Kahtain) of MPRL E&P Group of Companies (November 18, 2018)



M&AOSB Kathina (Kahtain) at Nanttharpu Village Tract



Ayeyarwady Region Investment Fair (November 29, 2018)



2018 Optimist Asian & Oceanian Championship in Myanmar was successfully held at Ngwe Saung Yacht Club & Resort, Ayeyarwady Region, from 10th to 17th November 2018 - A milestone of 16 countries and 129 boats participated

